

# The cost of muscle power production: muscle oxygen consumption per unit work increases at low temperatures in *Xenopus laevis* Daudin

Seebacher, F. , Tallis, J. and James, R.S.

Author post-print (accepted) deposited in CURVE April 2015

## Original citation & hyperlink:

Seebacher, F. , Tallis, J. and James, R.S. (2014) The cost of muscle power production: muscle oxygen consumption per unit work increases at low temperatures in *Xenopus laevis* Daudin. *Journal of Experimental Biology*, volume 217 (11): 1940-1945.

<http://dx.doi.org/10.1242/jeb.101147>

**Publisher statement:** This article may only be accessed for non-commercial purposes and may not be included in third party article collections without the prior written consent of the Company of Biologists Ltd.

**Copyright © and Moral Rights are retained by the author(s) and/ or other copyright owners. A copy can be downloaded for personal non-commercial research or study, without prior permission or charge. This item cannot be reproduced or quoted extensively from without first obtaining permission in writing from the copyright holder(s). The content must not be changed in any way or sold commercially in any format or medium without the formal permission of the copyright holders.**

This document is the author's post-print version, incorporating any revisions agreed during the peer-review process. Some differences between the published version and this version may remain and you are advised to consult the published version if you wish to cite from it.

**CURVE is the Institutional Repository for Coventry University**  
<http://curve.coventry.ac.uk/open>

1     **The cost of muscle power production: muscle oxygen consumption**  
2             **per unit work increases at low temperatures in *Xenopus laevis***

3                             **Daudin**

4  
5  
6

7                             **Frank Seebacher<sup>1\*</sup>, Jason A. Tallis<sup>2</sup> and Rob S. James<sup>2</sup>**

8  
9

10     <sup>1</sup>*School of Biological Sciences A08, University of Sydney NSW 2006, Australia.*

11     <sup>2</sup>*Department of Biomolecular and Sport Sciences, Faculty of Health and Life*  
12     *Sciences, Coventry University, Coventry CV1 5FB, UK*

13

14     **Running Title:** metabolic cost of muscle work

15  
16  
17

18     **Keywords:** muscle performance, locomotion, metabolic cost, temperature, thermal  
19     acclimation.

20  
21

22     \*author for correspondence:

23     telephone:     +61 2 9351 2779

24     email:             frank.seebacher@sydney.edu.au

25  
26  
27  
28  
29  
30  
31  
32  
33

34  
35  
36  
37  
38  
39  
40  
41  
42  
43  
44  
45  
46  
47  
48  
49  
50  
51  
52  
53  
54  
55  
56  
57  
58  
59  
60  
61  
62  
63  
64  
65  
66  
67

## SUMMARY

Metabolic energy (ATP) supply to muscle is essential to support activity and behaviour. It is expected therefore that there is strong selection to maximise muscle power output for a given rate of ATP use. However, the viscosity and stiffness of muscle increases with a decrease in temperature, which means that more ATP may be required to achieve a given work output. Here we test this hypothesis in *Xenopus laevis* acclimated for four weeks to 15°C (cold) or 25°C (warm) and tested acutely at both temperatures. Cold acclimated frogs had greater sprint velocity at 15°C than warm acclimated animals. However, acclimation temperature did not affect isolated gastrocnemius muscle biomechanics. Isolated muscle produced greater tetanus force, faster isometric force generation and relaxation, and generated more work loop power at 25°C than at 15°C acute test temperature. Oxygen consumption of isolated muscle at rest did not change with test temperature, but oxygen consumption while muscle was performing work was significantly higher at 15°C than at 25°C. Muscle therefore consumed significantly more oxygen at 15°C for a given work output than at 25°C. The metabolic cost of muscle performance and activity therefore increased with a decrease in temperature. To maintain activity across a range of temperature, animals must increase ATP production or face an allocation trade-off at lower temperatures. Our data demonstrate the potential energetic benefits of warming up muscle before activity, which is seen in diverse groups of animals such as bees that warm flight muscle before take-off, and humans performing warm ups before exercise.

## INTRODUCTION

68

69 Metabolic energy supply (adenosine triphosphate, ATP) to muscles is essential to  
70 support the normal functioning of animals in their ecological context. Long distance  
71 movement during migration (Kvist et al. 2001) or foraging (Killen et al. 2007) are  
72 constrained by access to reliable food sources to permit sufficient ATP production for  
73 muscular activity. Additionally, behavioural interactions between conspecifics are  
74 sustained by the locomotory system and incur high energetic costs (Briffa and  
75 Sneddon 2007). Hence, success in aggressive or competitive behavioural interactions  
76 may be proportional to the capacity of cells to supply sufficient ATP for muscle  
77 performance. Similarly, in human sporting events, ATP supply determines exercise  
78 performance levels, particularly among top athletes (Jones et al. 2010).

79 The relationship between ATP use and muscle power output is therefore an  
80 essential determinant for ecological success across a broad spectrum of contexts. It  
81 could be expected that there is strong selection to maximise muscle power output for  
82 a given rate of ATP use, and the assumption is often made that this relationship is  
83 more or less constant, at least within populations or species (Alexander 1997; Irschick  
84 and Garland 2001; Santillan 1999; Maynard-Smith 1994). If, however, the  
85 relationship between ATP use and power output changed in response to  
86 environmental changes, the relationship between metabolic cost and the resultant  
87 benefits, in terms of movement and behaviour, would be variable.

88 Variation in environmental temperature affects both locomotor and muscle  
89 performance (Garland et al. 1990; James 2013). However, it is as yet unresolved  
90 whether temperature alters the energetics of muscle performing work. It is possible  
91 that the relationship between ATP use and power output can change with temperature.  
92 The resistance of skeletal muscle to length changes comprises viscous and elastic  
93 components of the sarcomere that are independent from crossbridge formation (De  
94 Tombe and Keurs 1992; Fukuda et al. 2005; Mutungi and Ranatunga 1998; Granzier  
95 and Wang 2003). This passive tension decreases with increasing temperature because  
96 muscle becomes less viscous (Mutungi and Ranatunga 1998). Hence, if the passive  
97 tension is great enough to affect force production (De Tombe and Keurs 1992), it may  
98 cause a thermal dependence of the qualitative relationship between ATP use and  
99 muscle power output. In other words, colder muscle may require greater rates of ATP  
100 hydrolysis to achieve a given power output compared to the same muscle at a higher  
101 temperature.

102 Hence, our aim was to determine the relationship between isolated muscle  
103 power output and oxygen consumption in response to chronic and acute temperature  
104 changes in *Xenopus laevis*. Specifically, we tested the hypotheses that with a decrease  
105 in muscle temperature the metabolic energy required to achieve a given power output  
106 increases because of the changes in the physical properties of the muscle.  
107 Alternatively, temperature may have the same effect on ATP use and muscle power  
108 output by its thermodynamic effect on protein activities so that both decrease with  
109 decreasing temperature, but the ratio between power and oxygen consumption  
110 remains constant. A corollary of the latter hypothesis is that acclimation to chronic  
111 temperature change may elicit a compensatory response so that animals will at least  
112 partially offset acute thermodynamic effects on swimming and muscle performance.

113

114

## RESULTS

115

### Swimming performance

116 There was a significant interaction between acclimation treatment and test  
117 temperature for frog swimming performance ( $F_{2,17} = 4.36$ ,  $p < 0.03$ ), and frogs from  
118 the cold acclimation treatment performed better at 15°C (Fig. 1).

119

120

### Isometric mechanics of isolated gastrocnemius muscle

121 Isometric tetanus stress was greater at 25°C than at 15°C ( $F_{1,14} = 90.74$ ,  $p < 0.0001$ )  
122 with no effect of acclimation (both main effect and interaction  $F_{1,14} < 0.3$ ,  $p > 0.55$ ;  
123 Fig. 2A). Isometric muscle force generation (time to half peak tetanus;  $F_{1,14} = 126.26$ ,  
124  $p < 0.0001$ ; Fig. 2B) and relaxation (time from last stimulus to half tetanus relaxation;  
125  $F_{1,14} = 40.20$ ,  $p < 0.0001$ ; Fig. 2C) times were significantly longer at 15°C than at  
126 25°C, and there were no effects of acclimation (main effects and interactions all  $F_{1,14}$   
127  $< 1.2$ ,  $p > 0.3$ ).

128

129

### Work loop performance of isolated gastrocnemius muscle

130 Muscle power output was significantly greater at 25°C than at 15°C ( $F_{1,14} = 70.87$ ,  $p <$   
131  $0.0001$ ), but there was no effect of acclimation treatment nor an interaction (both  $F_{1,13}$   
132  $< 0.80$ ,  $p > 0.39$ ; Fig. 3A). The decline in work produced at work loop 40, which is an  
133 indicator of muscle fatigue, did not differ between acclimation treatments ( $F_{1,14} =$   
134  $1.59$ ,  $p = 0.23$ ) or test temperatures ( $F_{1,14} = 3.40$ ,  $p = 0.086$ ; acclimation x test  
135 temperature interaction  $F_{1,14} = 0.10$ ,  $p = 0.92$ ).

136

137 **Oxygen consumption of gastrocnemius during rest and work loop performance**

138 The raw data trace (Fig. 4A) shows a typical pattern of oxygen consumption, which  
139 increases rapidly between rest and activity (during work loop performance). Oxygen  
140 consumption of muscle at rest did not change significantly with test temperature ( $F_{1,14}$   
141 = 1.12,  $p = 0.31$ ) or acclimation treatment ( $F_{1,14} = 0.87$ ,  $p = 0.37$ ), and there was no  
142 interaction ( $F_{1,14} = 0.21$ ,  $p = 0.66$ ; Fig. 4B). However, maximum oxygen  
143 consumption during work loop performance of isolated muscle was significantly  
144 higher at 15°C than at 25°C ( $F_{1,14} = 5.87$ ,  $P < 0.03$ ; Fig. 4C), but there was no effect of  
145 acclimation nor an interaction (both  $F_{1,14} < 1.2$ ,  $p > 0.28$ ).

146 Integrating the results from the work loop power output and oxygen  
147 consumption measurements, we show that the amount of oxygen used per J of net  
148 work output was significantly greater at 15°C than at 25°C ( $F_{1,14} = 27.05$ ,  $p < 0.0001$ ;  
149 Fig. 5), and that there was no effect of acclimation treatment nor an interaction (both  
150  $F_{1,14} < 1.53$ ,  $p > 0.24$ ).

151

152

153

**DISCUSSION**

154 We have shown that the ATP required by *Xenopus* muscle to achieve a given work  
155 output increases with decreasing temperature. Cooler, more viscous or stiffer muscle  
156 requires a greater amount of force to be applied to, and hence work done on, during  
157 stretch, reducing the net work produced per length change cycle and contributing to  
158 the reduction in net power output when compared with warmer muscle with less  
159 resistance (Bishop 1993; Noonan et al. 1993). This means that the metabolic cost of  
160 muscle performance changes in animals that experience variation in body, or muscle,  
161 temperature. Importantly, this temperature dependence of muscle performance is  
162 independent from thermodynamic effects on protein function. The thermal sensitivity  
163 of muscle function and of other physiological processes is thought to be caused by  
164 thermodynamically-induced decreases in protein activities at cool temperature, and by  
165 damage to proteins and membranes at very high temperatures (James 2013; Tattersall  
166 et al. 2012). Our data show that there is an additional dimension to the thermal  
167 dependence of muscle function.

168 During activity and exercise 90% of ATP consumption is by working muscle  
169 (van Beek et al. 2011). The post-exercise recovery period or oxygen debt is directly

170 related to the intensity of exercise (Svendsen et al. 2010). There are obvious  
171 advantages to reducing the recovery period after activity by decreasing the amount of  
172 ATP used for a given activity via optimising muscle temperature. For example,  
173 animals can resume activity more quickly and are therefore better able to respond to  
174 external threats. Additionally, fatigue resistance may increase with more efficient use  
175 of ATP. Muscle fatigue is determined to a large extent by sarcoplasmic reticulum  
176 calcium depletion (Allen et al. 2008). Calcium released from the sarcoplasmic  
177 reticulum following excitation binds to troponin, thereby facilitating myosin-actin  
178 crossbridge formation and muscle force generation. Muscle relaxation is achieved by  
179 resequentering calcium into the sarcoplasmic reticulum by endo-sarcoplasmic  
180 reticulum calcium ATPase (SERCA; Berchtold et al. 2000). Hence, both force  
181 generation and relaxation require ATP, and the activity of SERCA in particular is  
182 associated with muscle fatigue resistance (James et al. 2011).

183         Muscle stiffness (negative work) is determined both by the number of attached  
184 crossbridges, and the viscosity of the muscle (Sugi and Tsuchiya 1988; Mutungi and  
185 Ranatunga 1998). The mechanical efficiency of crossbridges, that is the ratio between  
186 power output and enthalpy output remains constant with changes in temperature, at  
187 least in relatively fast fibre type mouse muscle (EDL; Barclay et al. 2010). If this  
188 were also the case for *Xenopus* muscle, then temperature-dependent changes in  
189 mechanical efficiency cannot explain the increased oxygen consumption per unit  
190 work at low temperatures we observed. The most parsimonious explanation of the  
191 increased ATP use at low temperatures is that there is a greater number of ATP-  
192 consuming crossbridges, or greater ATP use by existing ones, to achieve the same  
193 force output. However, tetanus force, which depends on the number of attached  
194 myosin-actin crossbridges and the force produced by each (Syme 2004), decreased at  
195 low temperature in our *Xenopus*. This decrease in tetanus stress as well as in power  
196 output at low temperature indicates that any increase in crossbridge attachment, and  
197 related increase in ATP consumption, was insufficient to compensate for the  
198 increased muscle viscosity at low temperatures even following thermal acclimation.

199         The slower muscle force generation and relaxation times at low temperature  
200 were most likely caused by negative thermodynamic effects on proteins involved in  
201 excitation-contraction coupling (e.g. dihydropyridine and ryanodine receptors) and  
202 relaxation (SERCA; Berchtold et al. 2000). Colder muscle also generates force less  
203 rapidly and often produces lower peak force (James 2013; James et al. 2011), which is

204 an additional explanation for the reduced tetanus stress and power production at low  
205 temperatures.

206         Daily and seasonal variations in body temperature are particularly pronounced  
207 in ectotherms. The implications of the current findings are that muscle-powered  
208 behaviour and movement become more efficient at particular times of day or at  
209 different seasons. Many ectotherms thermoregulate behaviourally by selecting  
210 thermally suitable microhabitats to let body temperatures change towards the  
211 operative temperatures of the environment (Hertz et al. 1993; Seebacher 2000). The  
212 rate of heat transfer is modified physiologically by changes in blood flow that can  
213 accelerate heating and retard cooling (Seebacher and Grigg 2001). The main benefits  
214 of thermoregulation lie in reaching suitable body temperatures for organs and the  
215 nervous system to function properly. Our data indicate that rapid changes in muscle  
216 perfusion particularly when cool animals enter a heating environment (Seebacher and  
217 Franklin 2007) are important to facilitate the efficiency of muscle function and  
218 thereby locomotion. Some insects such as bees perform rapid contractions of their  
219 flight muscles before take-off. These contractions increase flight muscle temperatures  
220 (Kovac et al. 2010) and, as we show here, will increase the energetic efficiency of  
221 flight. Hence, many ectotherms warm their muscles before movement and activity.  
222 Muscle activity and animal movement are possible at lower temperature, but would  
223 require a greater investment of ATP. These relationships are somewhat  
224 counterintuitive because ATP use is assumed to increase with increasing temperature,  
225 particularly in ectotherms (Dickson et al. 2002). The important finding here is that  
226 while ATP use may increase at higher temperatures, it also becomes more efficient.

227         At a seasonal time scale, many ectotherms acclimate locomotor performance  
228 and metabolism to compensate for the thermodynamic effect of longer-term changes  
229 in temperature (Guderley 2004; Johnston and Temple 2002). Interestingly, our data  
230 imply that under cold conditions there should be a net increase in ATP production if  
231 muscle function and locomotor performance are to be maintained across a  
232 temperature range. Hence, for thermal acclimation to fully compensate for, say,  
233 winter conditions, it is not sufficient to maintain metabolic scope or enzyme activities  
234 at the same level as during summer, but there has to be an increase above summer  
235 rates so that muscle performance can remain constant across seasons. Alternatively,  
236 there may be a relative increase in the ATP allocated to muscle myosin ATPase or  
237 SERCA activity during winter. Hence, if the capacity for metabolic cold acclimation



238 is limited, as it is likely to be (Seebacher et al. 2013), there may be an allocation  
239 trade-off (Angilletta et al. 2003). Interestingly, burst speed was higher at the lower  
240 15°C test temperature in our *Xenopus* acclimated to low temperatures, but this was  
241 not paralleled by acclimation in muscle force production, power output or oxygen  
242 consumption. It is worth noting however, that at lower acclimation and test  
243 temperatures (10°C) the mechanics of isolated *Xenopus* muscle differed between  
244 acclimation treatments (Wilson et al. 2002), which indicates that the muscle responds  
245 to extreme thermal conditions. A likely explanation for the differences in response  
246 between swimming and isolated muscle performance is that short bursts of  
247 locomotion rely on creatine kinase dynamics to supply ATP and are therefore  
248 independent from oxygen consumption, at least in the short term (Gray 2005; Wüst et  
249 al. 2013). Additionally, it is possible that burst performance may rely more on the  
250 excitation of the muscle rather than on muscle contraction-relaxation dynamics  
251 (Robin and Allard 2012) so that it is more dependent on neural signal transmission  
252 than on muscle function per se.

253         Even endotherms show considerable body temperature fluctuations (Glanville  
254 et al. 2012), and peripheral muscles in particular can be several degrees cooler than  
255 core temperatures (Robergs et al. 1991; Noonan et al. 1993). Hence, the energetic  
256 efficiency of muscle power production and locomotion will change daily and  
257 seasonally. It may be speculated from our data that as in bees and other ectotherms  
258 the advantage of warm-ups before exercise is to increase the energetic efficiency of  
259 muscle performance.

260

261

## **MATERIALS AND METHODS**

262

### **Animals and swimming performance**

263 African clawed frogs, *Xenopus laevis* Daudin, 1802 (n = 20; mean mass  $\pm$  s.e. = 9.84  
264  $\pm$  0.57 g; mean snout-urostyle length  $\pm$  s.e. = 4.29  $\pm$  0.11 cm), were obtained from the  
265 University of Warwick (Coventry, UK). Morphological measurements for each frog  
266 were recorded using Mitutoyo calipers ( $\pm$  0.01 mm; Japan). Frogs were kept in plastic  
267 tanks (645 x 423 x 276 mm; 3-4 frogs per tank) at 20°C at Coventry University for 2  
268 weeks to habituate to their new surroundings. Animals were kept in a 12h:12h  
269 light:dark cycle and fed bloodworms daily. After two weeks, the temperature in the  
270 tanks was changed gradually over 3 d to reach acclimation temperatures of either



304 Hertfordshire, UK) attached to an LVDT (Linear Variable Displacement Transformer,  
305 DFG 5.0, Solartron Metrology, Bognor Regis, Sussex, UK). The LVDT was used to  
306 monitor the length changes delivered to the muscle preparation. The whole of the  
307 muscle, tendon and bone preparation was then allowed to equilibrate within the bath  
308 at either 15°C or 25°C for 10 minutes in circulating, oxygenated (95% O<sub>2</sub>; 5% CO<sub>2</sub>)  
309 frog Ringer solution. The muscle preparation was then held at constant length and  
310 square wave stimuli of 160 mA and 2 ms duration were delivered via two parallel  
311 platinum wire electrodes to generate a series of twitches. Stimulus amplitude  
312 (voltage) and muscle length were adjusted to determine the stimulation parameters  
313 and muscle length corresponding to maximal isometric twitch force. An isometric  
314 tetanus force response was elicited by subjecting the muscle to a 200 ms train of  
315 electrical stimulation. Stimulation frequency was altered (95 to 120 Hz), for each  
316 subsequent tetanus, to determine maximal tetanus force. Time to half peak tetanus  
317 force and time from last stimulus to half tetanus force relaxation were measured. A  
318 rest period of 5 minutes was allowed between each tetanus response. Half of the  
319 muscles from each acclimation group of frogs were first tested at 15°C, the other half  
320 of the muscles were first tested at 25°C.

321

322 The work loop technique was used to determine the power output (average of each  
323 work loop cycle) of muscles during cyclical length changes (Josephson 1993). Unlike  
324 fixed-length isometric studies and fixed load isotonic studies of muscle performance,  
325 the work loop technique allows measurement of muscle power output under length  
326 and activation changes that are generally more indicative of *in vivo* contractile  
327 performance (Caiozzo 2002; James et al. 1996). In the absence of *in vivo* strain data  
328 for gastrocnemius muscle in *Xenopus laevis*, each muscle preparation (n = 8 per  
329 acclimation treatment) was subjected to a set of four sinusoidal length changes  
330 symmetrical around the length found to generate maximal twitch force. Previous  
331 research on *Bufo marinus* (Gillis and Biewener 2000) suggests that sinusoidal length  
332 changes are likely to represent a simplification of *in vivo* strain patterns, however,  
333 they should provide a reasonable approximation of muscle performance. The muscle  
334 was stimulated using the stimulation amplitude and stimulation frequency found to  
335 yield maximal isometric force. Electrical stimulation and length changes were  
336 controlled via a data acquisition board (KUSB3116, Keithley Instruments, Ohio,  
337 USA) and a custom-designed program developed with TestPoint software (CEC

338 Testpoint version 7, Measurement Computing, Norton, Massachusetts, USA). Muscle  
339 force was plotted against muscle length for each cycle to generate a work loop, the  
340 area of which equated to the net work produced by the muscle during the cycle of  
341 length change (Josephson 1993). Instantaneous power output was calculated for every  
342 data point in each work loop (2,000 data points per work loop) by multiplying  
343 instantaneous velocity by instantaneous force. These instantaneous power output  
344 values were then averaged to generate an average net power output for each work  
345 loop cycle. The cycle frequency of length change was altered between 2 Hz and 8 Hz  
346 to determine the cycle frequency for maximal power output for each individual at  
347 each temperature. Muscle strain was kept at 0.11 at each cycle frequency, where a  
348 strain of 0.11 represents a length change of  $\pm 5.5\%$  of resting muscle length, 11 %  
349 peak to peak. Every 5 minutes, the muscle was subjected to a further set of four work  
350 loop cycles with length change cycle frequency, stimulation duration and stimulation  
351 phase parameters being altered in between each set until maximum net work was  
352 achieved at each cycle frequency and maximal power output had been determined at  
353 each test temperature. At 15°C power output was typically maximal at a length  
354 change cycle frequency of 3 Hz, at 25°C this value usually increased to 7 Hz.

355

356 On completion of the maximal power output determination (burst muscle performance  
357 test) at the initial acute test temperature the test temperature of the Ringer solution  
358 bathing the muscle was altered to the other test temperature (15°C or 25°C) over 10 to  
359 20 minutes, allowing at least a further 10 minutes for the muscle to equilibrate to the  
360 new test temperature. The above isometric and work loop studies were then repeated  
361 at the new test temperature.

362

363 On completion of the maximal power output determination at the second test  
364 temperature the muscle was subjected to a short, sustained high intensity (endurance)  
365 test whereby fifty work loops were delivered to the muscle whilst oxygen  
366 consumption was recorded. During the endurance test length change cycles were  
367 delivered at a cycle frequency of 2 Hz when at 15°C or at 5 Hz when at 25°C. The  
368 stimulation delivered during the endurance test was at half the stimulation frequency  
369 found to generate maximal isometric tetanus force for that muscle at that temperature.  
370 After the endurance test the temperature of the Ringer solution bathing the muscle was

371 altered back to the initial test temperature over 10 to 20 minutes, allowing at least a  
372 further 10 minutes for the muscle to equilibrate to the new test temperature. The above  
373 isometric and work loop studies, including the endurance test, were then repeated at  
374 the new test temperature. A set of control sinusoidal length change and stimulation  
375 parameters were imposed on the muscle every three to five sets of work loops, when  
376 the muscle was at the initial and final (third) common test temperature, to monitor  
377 variation in the muscle's ability to produce power/force over the time-course of the  
378 experiment. Any variation in power (average power per cycle) was found to be due to  
379 a matching change in ability to produce force. On average the net mean muscle power  
380 output per cycle decreased by 8.7% over the time course of each experiment.  
381 Therefore, the power produced by each preparation at each temperature was corrected  
382 to the control run at the initial test temperature that yielded the highest power output  
383 (average power per cycle), assuming that alterations in power generating ability were  
384 linear over time between the control runs delivered at the first and final test  
385 temperatures.

386

387 At the end of the isometric and work loop experiments, the bones and tendons were  
388 removed and each muscle was blotted on absorbent paper to remove excess Ringer  
389 solution. Wet muscle mass was determined to the nearest 0.1 mg using an electronic  
390 balance (Mettler-Toledo B204-S, Im Langacher, 8606 Greifensee, Switzerland).  
391 Mean muscle cross-sectional area was calculated from muscle length and mass  
392 assuming a density of  $1060 \text{ kg m}^{-3}$  (Méndez and Keys 1960). Maximum isometric  
393 muscle stress ( $\text{kN m}^{-2}$ ) at each test temperature was then calculated as maximum  
394 tetanus force divided by mean cross-sectional area. Maximum normalised muscle  
395 power output ( $\text{W kg}^{-1}$ ) at each test temperature was calculated as average power  
396 output per length change cycle divided by wet muscle mass.

397

398

### **Isolated muscle oxygen consumption**

399 To measure oxygen consumption of isolated muscle ( $n = 8$  per acclimation treatment)  
400 at rest and during prolonged work loop performance, we used a plastic covering to  
401 seal the Perspex bath that contained the isolated muscle during work loop  
402 measurements. A section of the plastic covering contained a fast-responding  
403 fluorescent oxygen sensor (Pst3, PreSens, Regensburg, Germany) that was submerged  
404 in the Ringer's solution approximately 2-3 mm above the isolated muscle. The sensor

405 was attached to a custom made support, which formed part of the chamber seal and  
406 which allowed us to mount a fibreoptic probe to monitor oxygen content of the  
407 chamber in real-time. The probe was attached to an oxygen meter (both PreSens,  
408 Germany) connected to a laptop computer. During measurements of oxygen  
409 consumption, we stopped the flow of aerated Ringer's solution by clamping the piping  
410 into and out of the chamber, and recorded oxygen concentrations every second. We  
411 measured oxygen consumption of muscle at rest for 2-5 minutes before starting work  
412 loops. We also ran preliminary tests to ensure that there was no oxygen consumption  
413 in the chamber without the muscle.

414

415

### Statistical Analysis

416 Sprint swimming velocity, muscle oxygen consumption rates, twitch and tetanus  
417 stress, time to half peak tetanus, time from last stimulus to half tetanus relaxation,  
418 normalized muscle power output, and oxygen consumed per joule of power output  
419 were analysed by analysis of variance with acclimation temperature as a fixed factor  
420 and test temperature as a repeated measure; we used Pillai's trace as the test statistic to  
421 determine significance of the repeated measure. We estimated muscle fatigue by  
422 calculating the decline of work produced over 40 work loops as a percentage of the  
423 work produced at the first work loop of each preparation. We compared the percent  
424 work produced (arcsin-transformed data; Quinn and Keough 2004) between  
425 treatments at work loop 35 using acclimation treatment as a fixed factor and test  
426 temperature as a repeated measure. We tested for the homogeneity of the data using  
427 Levene's test, and all data fulfilled this assumption.

428

429

430

431

### REFERENCES

432 **Alexander, R. M.** (1997). Optimum muscle design for oscillatory movements. *J.*

433 *Theor. Biol.* **184**, 253–259.

434 **Allen, D. G., Lamb, G. D. and Westerblad, H.** (2008). Skeletal Muscle Fatigue:

435 Cellular Mechanisms. *Physiol. Rev.* **88**, 287–332.

436 **Angilletta, M. J., Jr, Wilson, R. S., Navas, C. A. and James, R. S.** (2003).

437 Tradeoffs and the evolution of thermal reaction norms. *Trends Ecol. Evol.* **18**,

438 234–240.

- 439 **Barclay, C. J., Woledge, R. C. and Curtin, N. A.** (2010). Is the efficiency of  
440 mammalian (mouse) skeletal muscle temperature dependent? *J. Physiol.* **588**,  
441 3819–3831.
- 442 **Berchtold, M. W., Brinkmeier, H. and Müntener, M.** (2000). Calcium ion in  
443 skeletal muscle: its crucial role for muscle function, plasticity, and disease.  
444 *Physiol. Rev.* **80**, 1215–1265.
- 445 **Bishop, D.** (2003). Warm up I: potential mechanisms and the effects of passive warm  
446 up on exercise performance. *Sports Med.* **33**, 439-454.
- 447 **Briffa, M. and Sneddon, L. U.** (2007). Physiological constraints on contest  
448 behaviour. *Funct. Ecol.* **21**, 627–637.
- 449 **Caiozzo, V. J.** (2002). Plasticity of skeletal muscle phenotype: Mechanical  
450 consequences. *Muscle Nerve* **26**, 740-768.
- 451 **De Tombe, P. P. and Keurs, Ter, H. E. D. J.** (1992). An internal viscous element  
452 limits unloaded velocity of sarcomere shortening in rat myocardium. *J. Physiol.*  
453 **454**, 619–642.
- 454 **Dickson, K. A., Donley, J. M., Sepulveda, C. and Bhoopat, L.** (2002). Effects of  
455 temperature on sustained swimming performance and swimming kinematics of  
456 the chub mackerel *Scomber japonicus*. *J. Exp. Biol.* **205**, 969–980.
- 457 **Fukuda, N., Wu, Y., Farman, G., Irving, T. C. and Granzier, H.** (2005). Titin-  
458 based modulation of active tension and interfilament lattice spacing in skinned  
459 rat cardiac muscle. *Pflugers Arch. - Eur. J. Physiol.* **449**, 449–457.
- 460 **Garland jr T., Bennett, A. and Daniels, C.** (1990). Heritability of locomotor  
461 performance and its correlates in a natural population. *Experientia* **46**, 530-533.
- 462 **Gillis, G. B. and Biewener, A. A.** (2000). Hindlimb extensor muscle function during  
463 jumping and swimming in the toad (*Bufo marinus*). *J. Exp. Biol.* **203**, 3547-  
464 3563.
- 465 **Glanville, E. J., Murray, S. A. and Seebacher, F.** (2012). Thermal adaptation in  
466 endotherms: climate and phylogeny interact to determine population-level  
467 responses in a wild rat. *Funct. Ecol.* **26**, 390–398.
- 468 **Gray, S. R.** (2005). Skeletal muscle ATP turnover and muscle fiber conduction  
469 velocity are elevated at higher muscle temperatures during maximal power  
470 output development in humans. *Am. J. Physiol. Regul. Integr. Comp. Physiol.*  
471 **290**, R376–R382.
- 472 **Granzier, H. L. M. and Wang, K.** (1993). Passive tension and stiffness of vertebrate

473 skeletal and insect flight muscles: the contribution of weak cross-bridges and  
474 elastic filaments. *Biophys. J.* **65**, 241-2159.

475 **Guderley, H.** (2004). Locomotor performance and muscle metabolic capacities:  
476 impact of temperature and energetic status. *Comp. Biochem. Physiol. B* **139**,  
477 371–382.

478 **Hertz, P. E., Huey, R. B. and Stevenson, R. D.** (1993). Evaluating temperature  
479 regulation by field-active ectotherms: the fallacy of the inappropriate question.  
480 *Am. Nat.* **142**, 796–818.

481 **Irschick, D. and Garland jr T.** (2001). Integrating function and ecology in studies of  
482 adaptation: investigations of locomotor capacity as a model system. *Annu. Rev.*  
483 *Ecol. Syst.* **32**, 367-396.

484 **James, R. S.** (2013). A review of the thermal sensitivity of the mechanics of  
485 vertebrate skeletal muscle. *J. Comp. Physiol. B* **183**, 723–733.

486 **James, R. S., Young, I. S., Cox, V. M., Goldspink, D. F. and Altringham, J. D.**  
487 (1996). Isometric and isotonic muscle properties as determinants of work loop  
488 power output. *Pflügers Arch.* **432**, 767-774.

489 **James, R. S., Walter, I. and Seebacher, F.** (2011). Variation in expression of  
490 calcium-handling proteins is associated with inter-individual differences in  
491 mechanical performance of rat (*Rattus norvegicus*) skeletal muscle. *J. Exp. Biol.*  
492 **214**, 3542–3548.

493 **James, R. S., Tallis, J., Herrel, A. and Bonneaud, C.** (2012). Warmer is better:  
494 thermal sensitivity of both maximal and sustained power output in the  
495 iliotibialis muscle isolated from adult *Xenopus tropicalis*. *J. Exp. Biol.* **215**,  
496 552–558.

497 **Johnston, I. A. and Temple, G. K.** (2002). Thermal plasticity of skeletal muscle  
498 phenotype in ectothermic vertebrates and its significance for locomotory  
499 behaviour. *J. Exp. Biol.* **205**, 2305–2322.

500 **Jones, A. M., Vanhatalo, A., Burnley, M., Morton, R. H. And Poole, D. C.** (2010).  
501 Critical power: implications for determination of  $VO_{2max}$  and exercise tolerance.  
502 *Med. Sci. Sports Ex.* **42**, 1876–1890.

503 **Josephson, R. K.** (1993). Contraction dynamics and power output of skeletal muscle.  
504 *Annu. Rev. Physiol.* **55**, 527-546.

505 **Killen, S. S., Brown, J. A. and Gamperl, A. K.** (2007). The effect of prey density on  
506 foraging mode selection in juvenile lumpfish: balancing food intake with the



507 metabolic cost of foraging. *J. Anim. Ecol.* **76**, 814–825.

508 **Kovac, H., Stabentheiner, A. and Schmaranzer, S.** (2010). Thermoregulation of  
509 water foraging honeybees—balancing of endothermic activity with radiative  
510 heat gain and functional requirements. *J. Insect Physiol.* **56**, 1834–1845.

511 **Kvist, A., Lindstrom, A., Green, M., Piersma, T. and Visser, G. H.** (2001).  
512 Carrying large fuel loads during sustained bird flight is cheaper than expected.  
513 *Nature* **413**, 730–732.

514 **Maynard Smith, J.** (1994). Optimization theory in biology, in: Conceptual Issues in  
515 Biology, 2nd ed., Ed. E. Sober, pp. 91-118. MIT Press, Cambridge.

516 **Méndez, J. and Keys, A.** (1960). Density and composition of mammalian muscle.  
517 *Metabolism* **9**, 184-188.

518 **Mutungi, G. and Ranatunga, K. W.** (1998). Temperature-dependent changes in the  
519 viscoelasticity of intact resting mammalian (rat) fast- and slow-twitch muscle  
520 fibres. *J. Physiol.* **508.1**, 253–265.

521 **Noonan, T. J., Best, T. M., Seaber, A. V. and Garrett, W. E.** (1993). Thermal  
522 effects on skeletal muscle tensile behavior. *Am. J. Sports Med.* **21**, 517-522.

523 **Quinn, G. P. and Keough, M. J.** (2004). Experimental design and data analysis for  
524 biologists, pp. 66-67. Cambridge University Press, Cambridge, UK.

525 **Robergs, R. A., Pascoe, D. D., Costill, D. L., Fink, W. J., Chwalbinska-Moneta,**  
526 **J., Davis, J. A. and Hickner, R.** (1991). Effects of warm-up on muscle  
527 glycogenolysis during intense exercise. *Med. Sci. Sports Ex.* **23**, 37–43.

528 **Robin, G. and Allard, B.** (2012). Dihydropyridine receptors actively control gating  
529 of ryanodine receptors in resting mouse skeletal muscle fibres. *J. Physiol.* **590**,  
530 6027–6036.

531 **Santillan, M.** (1999). A thermodynamic optimization analysis of a possible relation  
532 between the parameters that determine the energetics of muscle contraction in  
533 steady state. *J. Theor. Biol.* **199**, 105–112.

534 **Seebacher, F.** (2000). Heat transfer in a microvascular network: the effect of heart  
535 rate on heating and cooling in reptiles (*Pogona barbata* and *Varanus varius*). *J.*  
536 *Theor. Biol.* **203**, 97–109.

537 **Seebacher, F. and Grigg, G. C.** (2001). Changes in heart rate are important for  
538 thermoregulation in the varanid lizard *Varanus varius*. *J. Comp. Physiol. B* **171**,  
539 395–400.

540 **Seebacher, F. and Franklin, C. E.** (2007). Redistribution of blood within the body is

541 important for thermoregulation in an ectothermic vertebrate (*Crocodylus*  
542 *porosus*). *J. Comp. Physiol. B* **177**, 841–848.

543 **Seebacher, F., Beaman, J. and Little, A. G.** (2013). Regulation of thermal  
544 acclimation varies between generations of the short-lived mosquitofish that  
545 developed in different environmental conditions. *Funct. Ecol.* doi:  
546 10.1111/1365-2435.12156.

547 **Sugi, H. and Tsuchiya, T.** (1988). Stiffness changes during enhancement and deficit  
548 of isometric force by slow length changes in frog skeletal muscle. *J. Physiol.*  
549 **407**, 215–229.

550 **Svendsen, J. C., Tudorache, C., Jordan, A. D., Steffensen, J. F., Aarestrup, K.**  
551 **and Domenici, P.** (2010). Partition of aerobic and anaerobic swimming costs  
552 related to gait transitions in a labriform swimmer. *J. Exp. Biol.* **213**, 2177–2183.

553 **Syme, D. A.** (2004). Fatigue and recovery of dynamic and steady-state performance  
554 in frog skeletal muscle. *Am. J. Physiol. Regul. Integr. Comp. Physiol.* **286**,  
555 R916–R926.

556 **Tattersall, G. J., Sinclair, B. J., Withers, P. C., Fields, P. A., Seebacher, F.,**  
557 **Cooper, C. E. and Maloney, S. K.** (2012). Coping with thermal challenges:  
558 physiological adaptations to environmental temperatures. *Compr. Physiol.* **2**,  
559 2151–2202.

560 **van Beek, J. H. G. M., Supandi, F., Gavai, A. K., de Graaf, A. A., Binsl, T. W.**  
561 **and Hettling, H.** (2011). Simulating the physiology of athletes during  
562 endurance sports events: modelling human energy conversion and metabolism.  
563 *Phil. Trans. Roy. Soc. A* **369**, 4295–4315.

564 **Wilson, R., James, R. S. and Van Damme, R.** (2002). Trade-offs between speed and  
565 endurance in the frog *Xenopus laevis*: a multi-level approach. *J. Exp. Biol.* **205**,  
566 1145–1152.

567 **Wüst, R., van der Laarse, W. J. and Rossiter, H. B.** (2013). On-off asymmetries in  
568 oxygen consumption kinetics of single *Xenopus laevis* skeletal muscle fibres  
569 suggests higher-order control. *J. Physiol.* **591.3**, 731–744.

570

571

572

## FIGURE CAPTIONS

573

574

575 Figure 1 Sprint speed of *Xenopus laevis* acclimated to cold (15°C, blue bars) and  
576 warm (25°C, red bars) temperatures for four weeks. Swimming performance was  
577 measured at 15°C, 20°C and 25°C acute test temperatures, and there was a significant  
578 interaction between acclimation and test temperatures. N= 10 for each acclimation  
579 group.

580

581 Figure 2 Isometric mechanics of gastrocnemius muscle from cold (15°C, blue bars)  
582 and warm (25°C, red bars) acclimated *Xenopus laevis* measured at 15°C and 25°C  
583 acute test temperatures. Tetanus stress (A) was significantly greater at 25°C test  
584 temperature than at 15°C regardless of acclimation treatment (significant differences  
585 between test temperatures are indicated by horizontal bars with different letters).  
586 Similarly, time to half peak tetanus (B) and time from last stimulus to half tetanus  
587 relaxation (C) were significantly shorter at 25°C compared to 15°C test temperature  
588 regardless of acclimation treatment. N = 8 for each acclimation group.

589

590 Figure 3 Average work loop power output per length change cycle, per kilogram  
591 muscle mass, (A) of isolated gastrocnemius muscle from *Xenopus laevis* was  
592 significantly greater at 25°C than at 15°C acute test temperatures in frogs from both  
593 cold (15°C, blue bars) and warm (25°C, red bars) acclimation treatments (differences  
594 between test temperatures are indicated by horizontal bars with different letters).  
595 Muscle fatigue, estimated as the decline of work (J) produced per work loop (B;  
596 plotted as the percentage of the work produced at the first work loop per muscle  
597 preparation), did not differ between treatments over 40 work loops. N = 8 for each  
598 acclimation group.

599

600 Figure 4 Oxygen consumption by isolated gastrocnemius muscle. The raw data trace  
601 (A) shows the decline in oxygen concentration of muscle at rest (left of the dashed  
602 vertical line) and during work loop performance (right of the dashed line). There was  
603 no difference in oxygen consumption of isolated gastrocnemius muscle of *Xenopus*  
604 *laevis* at rest (A) between acclimation treatments (cold: 15°C, blue bars; warm: 25°C,  
605 red bars). However, during work loop performance (C) isolated muscle consumed  
606 significantly more oxygen at 15°C than at 25°C acute test temperature (indicated by

607 horizontal bars with different letters) regardless of acclimation treatment. N = 8 for  
608 each acclimation group.

609

610 Figure 5 The metabolic cost of work, that is the  $\mu\text{mol}$  of oxygen consumed per Joule  
611 of work produced, was significantly greater at  $15^{\circ}\text{C}$  than at  $25^{\circ}\text{C}$  acute test  
612 temperature (indicated by horizontal bars with different letters) regardless of  
613 acclimation treatment.

614

615

616

617

618

619

620

621

622

623

624

625

626

627

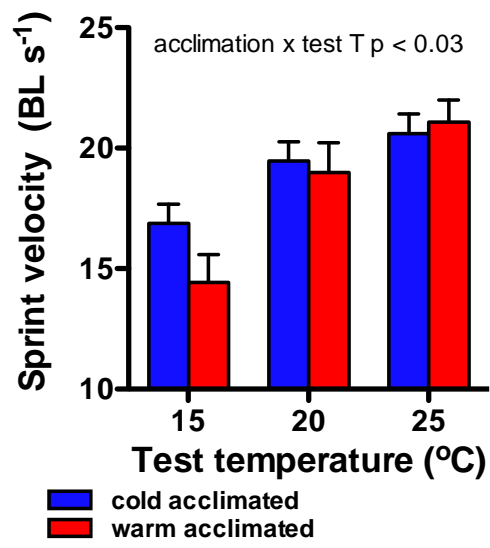


Fig. 1

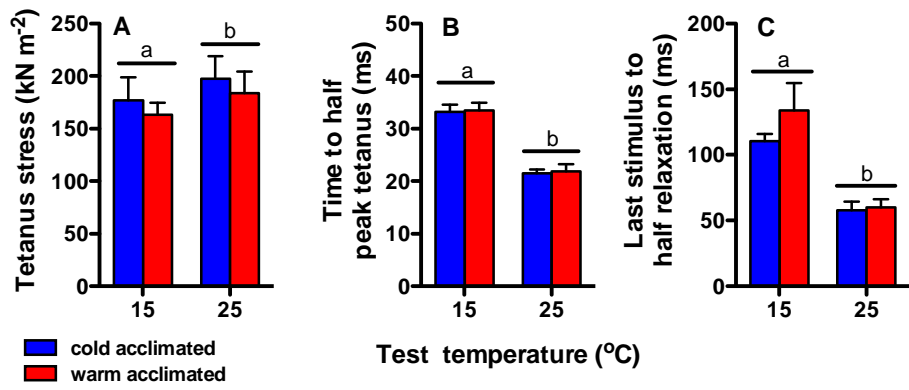


Fig. 2

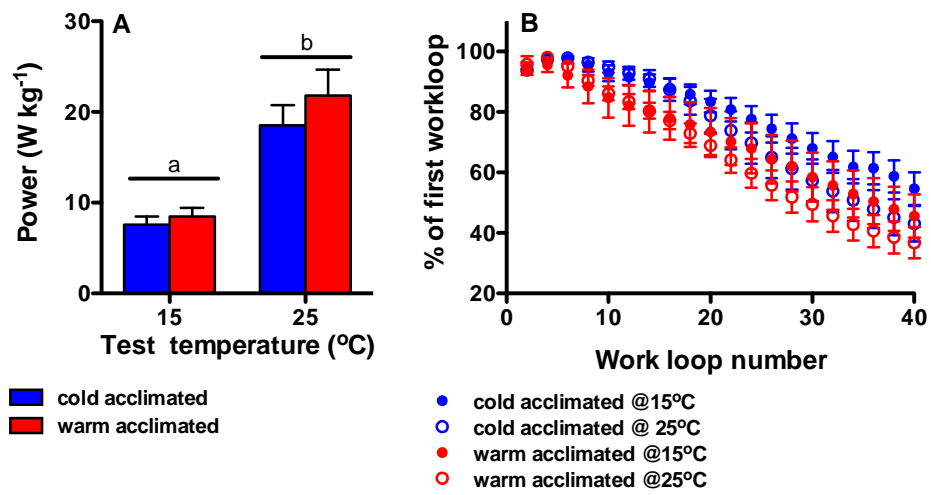


Fig. 3

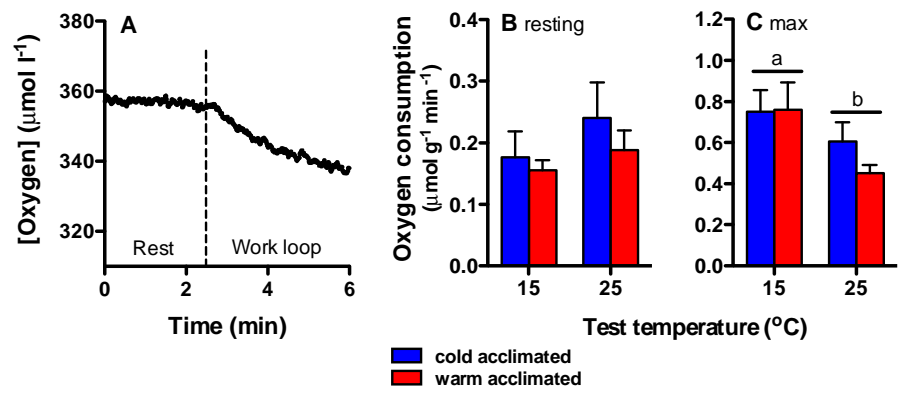


Fig. 4



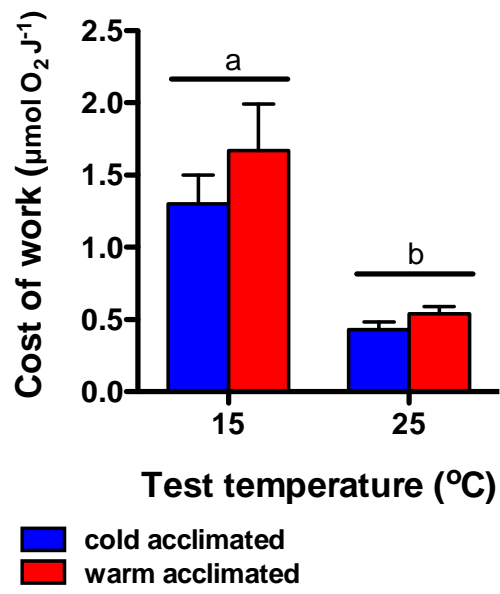


Fig. 5