

S1: Summary of statistical rmANOVA comparisons between pre- and post-training measures of bgEMG at rest and during AO and AOMI.

bgEMG Rest					
Cases	Sum of Squares	df	Mean Square	F	p
Time	4.655E-5	1	4.655E-5	0.742	0.398
Time x GROUP	1.274E-5	1	1.274E-5	0.203	0.656
Residuals	0.001	23	6.273E-5		
GROUP	3.274E-6	1	3.274E-6	0.045	0.834
Residuals	0.002	23	7.311E-6		

bgEMG during AO					
Cases	Sum of Squares	df	Mean Square	F	p
Time	2.208E-6	1	2.208E-6	0.077	0.784
Time x GROUP	3.294E-6	1	3.294E-6	0.115	0.738
Residuals	0.001	22	0.001		
GROUP	5.435E-5	1	5.435E-5		
Residuals	0.001	23	5.072E-5		

bgEMG During AOMI					
Cases	Sum of Squares	df	Mean Square	F	p
Time	6.614E-5	1	6.614E-5	2.985	0.097
Time x GROUP	1.052E-5	1	1.052E-5	0.475	0.498
Residuals	0.001	23	2.216E-5		
GROUP	9.680E-7	1	9.680E-7	0.016	0.901
Residuals	0.001	23	6.117E-5		