TABLE A. Accuracy (AC) non-statistically significant main effects and interactions. Repeated Measures Analysis of Variance (ANOVA).

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| --- |
| **Cases**  | **Sphericity Correction**  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  | **η² p**  |
| Contractions ✻ Groups  |  | None |  | 299.892 |  | 1.000 |  | 299.892 |  | 2.929 |  | 0.095 |  | 0.072 |
| Force intensities (% MVIC) ✻ Groups  |  | None |  | 279.782 |  | 2.000 |  | 139.891 |  | 1.285 |  | 0.283 |  | 0.033 |
| Contractions ✻ Force intensities (% MVIC) ✻ Groups  |  | None |  | 112.794 |  | 2.000 |  | 56.397 |  | 0.744 |  | 0.479 |  | 0.019 |
|  |

TABLE B. Aggregate Likert score non-statistically significant main effects and interactions. Repeated Measures Analysis of Variance (ANOVA).

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| **Cases**  | **Sphericity Correction**  | **Sum of Squares**  | **df**  | **Mean Square**  | **F**  | **p**  | **η² p**  |
| Contractions ✻ Groups  |  | None |  | 0.037 |  | 1.000 |  | 0.037 |  | 0.009 |  | 0.925 |  | 2.368e -4  |  |
| Force intensities (% MVIC)  |  | None |  | 14.908 |  | 2.000 |  | 7.454 |  | 1.800 |  | 0.172 |  | 0.045 |  |
| Contractions ✻ Force intensities (% MVIC)  |  | None |  | 0.058 |  | 2.000 |  | 0.029 |  | 0.010 |  | 0.990 |   | 2.574e -4  |  |
| Contractions ✻ Force intensities (% MVIC) ✻ Groups  |  | None |  | 0.025 |  | 2.000 |  | 0.013 |  | 0.004 |  | 0.996 |   | 1.103e -4  |  |
|  |