Supplemental Digital Content 1

Supplemental Digital Content 1. Group data (mean ± SEM) of brachioradialis evoked responses in Experiment 1. The two training blocks are signified by grey boxes. (a): brachioradialis MEP area demonstrated a main effect for time ($p < 0.001$). (b): brachioradialis CMEP area demonstrated a main effect for condition ($p = 0.012$; ballistic isometric training > control, $p = 0.021$) and time ($p = 0.033$). (c): brachioradialis $M_{\text{max}}$ area demonstrated a main effect for time ($p = 0.002$), along with a condition × time interaction ($p < 0.001$). MEPs and CMEPs were normalized to $M_{\text{max}}$ and then expressed as a percentage of Pre value.