**Supplemental Digital Content 2.** Group data (mean ± SEM) of brachioradialis evoked responses in *Experiment 2*. The control period is signified by the first grey box; the training block is signified by the second grey box. (a): brachioradialis MEP area demonstrated a main effect for time ($p < 0.001$). (b): brachioradialis CMEP area demonstrated a main effect for time ($p < 0.001$). (c): brachioradialis $M_{\text{max}}$ area demonstrated a main effect for time ($p < 0.001$). A number sign (#) indicates statistically significant difference between the mean of
ballistic isometric and slow-ramp isometric training at that timepoint versus the mean at Pre.

MEPs and CMEPs were normalized to $M_{\text{max}}$ and then expressed as a percentage of Pre value.