**Supplementary digital content 1**

*Experimental setup.* Depicted below is the study’s primary arm posture (shoulder flexed, forearm supinated). This posture was used in the screening, assessment, and intervention sessions. Surface electrodes were placed over the right biceps and triceps brachii and captured maximal compound muscle action potentials from electrical stimulation of the brachial plexus at Erb’s point, cervicomedullary motor evoked potentials (CMEPs) from magnetic stimulation at the cervicomedullary junction, and motor evoked potentials from transcranial magnetic stimulation over the motor cortex. Also, electrical stimulation over the biceps muscle belly (i.e., motor point stimulation) was used to evoke biceps twitches. Voluntary and evoked-twitch torques were measured with a force transducer (F).