Table 2.

ANOVA results for co-contraction (C) and reciprocal activation (R) between conditions and epochs at joint and muscle group levels. \* Refers to p <0.05. \*\* Refers to p<0.01.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Muscle groups** | **Condition** |  | **Epochs** |  | **Interaction** |
| **A.** | F(3,21) p |  | F(1,7) p |  | F(3,21) p |
| C(TA+SOL) | 14.9 0.001\*\* |  | 46.4 0.001\*\* |  | 12.6 0.001\*\* |
| C(RF+BF) | 7.1 0.01\*\* |  | 183.2 0.001\*\* |  | 48.2 0.001\*\* |
| C(RA+ES) | 11.9 0.001\*\* |  | 63.2 0.001\*\* |  | 15.7 0.001\*\* |
| C(TA+RF+RA)+(SOL+BF+ES) | 28.8 0.001\*\* |  | 362.0 0.001\*\* |  | 41.8 0.001\*\* |
| **B.** |  |  |  |  |  |
| R(TA-SOL) | 5.1 0.01\*\* |  | 3.7 0.09 |  | 2.2 0.1 |
| R(RF-BF) | 2.0 0.1 |  | 0.12 0.7 |  | 0.8 0.4 |
| R(RA-ES) | 0.04 0.9 |  | 11.5 0.01\*\* |  | 0.7 0.5 |
| R(TA+RF+RA)-(SOL+BF+ES) | 3.8 0.05\* |  | 12.4 0.01\*\* |  | 1.3 0.3 |