

**Supplementary Table S1.** Summary of the statistical analysis of Lifting Speed of the Hand y coordinate.

Item	Variable	Test	Statistic	Confidence
A	Lifting Speed under the conditions of each hand at each intensity	Two-way repeated measures ANOVA	<p>Hand: Mauchly's Test <math>\chi^2(0) = 0.0</math>, <math>p = \text{nothing}</math>, <math>\epsilon = 1</math>;  F (1,29) = 0.797</p> <p>Intensity: Mauchly's Test <math>\chi^2(2) = 14.187</math>, <math>p = 0.001</math>, <math>\epsilon = 0.716</math>;  F (1.431, 41.502) = 17.434;</p> <p>Interaction: Mauchly's Test <math>\chi^2(2) = 1.574</math> <math>p = 0.455</math>, <math>\epsilon = 1</math>;  F (2,58) = 0.854</p>	<p>Hand: <math>p = 0.379</math>, partial <math>\eta^2 = 0.027</math>, power = 0.139, Sphericity assumed;</p> <p>Intensity: <math>p &lt; 0.001</math>, partial <math>\eta^2 = 0.375</math>, power = 0.997, corrected by Greenhouse-Geisser;</p> <p>Interaction: <math>p = 0.431</math>, partial <math>\eta^2 = 0.029</math>, power = 0.190, corrected by Huynh-Feldt;</p>
B	Lifting Speed under the conditions of H1:H2 in I1	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.699$ ;	H1: H2; $p = 0.490$ , Cohen's $d = 0.140$ ;
C	Lifting Speed under the conditions of H1:H2 in I2	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 1.163$ ;	H1: H2; $p = 0.254$ , Cohen's $d = 0.233$ ;
D	Lifting Speed under the conditions of H1:H2 in I3	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.341$ ;	H1: H2; $p = 0.736$ , Cohen's $d = 0.068$ ;
D	Lifting Speed under the conditions of I1:I2, I1:I3, I2:I3 in H1	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 0.267</math>;</p> <p>I1: I3: <math>t(29) = 4.065</math>;</p> <p>I2: I3: <math>t(29) = 5.294</math>;</p>	<p>I1: I2; <math>p = 1.000</math>, Cohen's <math>d = 0.053</math>;</p> <p>I1: I3: <math>p = 0.001</math>, Cohen's <math>d = 0.813</math>;</p> <p>I2: I3: <math>p &lt; 0.001</math>, Cohen's <math>d = 1.059</math>;</p>
E	Lifting Speed under the conditions of I1:I2, I1:I3, I2:I3 in H2	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 0.330</math>;</p> <p>I1: I3: <math>t(29) = 3.976</math>;</p> <p>I2: I3: <math>t(29) = 5.164</math>;</p>	<p>I1: I2; <math>p = 1.000</math>, Cohen's <math>d = 0.066</math>;</p> <p>I1: I3: <math>p = 0.001</math>, Cohen's <math>d = 0.795</math>;</p> <p>I2: I3: <math>p &lt; 0.001</math>, Cohen's <math>d = 1.033</math>;</p>

**Supplementary Table S2.** Summary of the statistical analysis of Lowering Speed of the Hand y coordinate.

Item	Variable	Test	Statistic	Confidence
A	Lowering Speed under the conditions of each hand at each intensity	Two-way repeated measures ANOVA	<p>Hand: Mauchly's Test <math>\chi^2(0) = 0.0</math>, <math>p = \text{nothing}</math>, <math>\epsilon = 1</math>;</p> <p><math>F(1,29) = 0.101</math></p> <p>Intensity: Mauchly's Test <math>\chi^2(2) = 0.811</math>, <math>p = 0.667</math>, <math>\epsilon = 1</math>;</p> <p><math>F(2,58) = 2.706</math>;</p> <p>Interaction: Mauchly's Test <math>\chi^2(2) = 4.976</math> <math>p = 0.083</math>, <math>\epsilon = 1</math>;</p> <p><math>F(2,58) = 1.159</math></p>	<p>Hand: <math>p = 0.753</math>, partial <math>\eta^2 = 0.003</math>, power = 0.061, Sphericity assumed;</p> <p>Intensity: <math>p = 0.075</math>, partial <math>\eta^2 = 0.085</math>, power = 0.515, Sphericity assumed;</p> <p>Interaction: <math>p = 0.321</math>, partial <math>\eta^2 = 0.038</math>, power = 0.245, Sphericity assumed;</p>
B	Lowering Speed under the conditions of H1:H2 in I1	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 1.296$	H1: H2; $p = 0.205$ , Cohen's $d = 0.259$
C	Lowering Speed under the conditions of H1:H2 in I2	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.927$	H1: H2; $p = 0.362$ , Cohen's $d = 0.185$
D	Lowering Speed under the conditions of H1:H2 in I3	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.150$	H1: H2; $p = 0.882$ , Cohen's $d = 0.030$
D	Lowering Speed under the conditions of I1:I2, I1:I3, I2:I3 in H1	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 2.420</math></p> <p>I1: I3: <math>t(29) = 1.956</math></p> <p>I2: I3: <math>t(29) = 0.400</math></p>	<p>I1: I2: <math>p = 0.066</math>, Cohen's <math>d = 0.484</math></p> <p>I1: I3: <math>p = 0.181</math>, Cohen's <math>d = 0.391</math></p> <p>I2: I3: <math>p = 1.000</math>, Cohen's <math>d = 0.080</math></p>
E	Lowering Speed under the conditions of I1:I2, I1:I3, I2:I3 in H2	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 1.369</math></p> <p>I1: I3: <math>t(29) = 1.695</math></p> <p>I2: I3: <math>t(29) = 0.098</math></p>	<p>I1: I2: <math>p = 0.544</math>, Cohen's <math>d = 0.274</math></p> <p>I1: I3: <math>p = 0.303</math>, Cohen's <math>d = 0.339</math></p> <p>I2: I3: <math>p = 1.000</math>, Cohen's <math>d = 0.020</math></p>

**Supplementary Table S3.** Summary of the statistical analysis of Range of the Hand y coordinate.

Item	Variable	Test	Statistic	Confidence
A	Range under the conditions of each hand at each intensity	Two-way repeated measures ANOVA	<p>Hand: Mauchly's Test <math>\chi^2(0) = 0.0</math>, <math>p = \text{nothing}</math>, <math>\epsilon = 1</math>;  F (1,29) = 0.296</p> <p>Intensity: Mauchly's Test <math>\chi^2(2) = 1.599</math>, <math>p = 0.450</math>, <math>\epsilon = 1</math>;  F (2,58) = 2.487</p> <p>Interaction: Mauchly's Test <math>\chi^2(2) = 5.195</math>, <math>p = 0.074</math>, <math>\epsilon = 1</math>;  F (2,58) = 0.073</p>	<p>Hand: <math>p = 0.591</math>, partial <math>\eta^2 = 0.010</math>, power = 0.082, Sphericity assumed;</p> <p>Intensity: <math>p = 0.092</math>, partial <math>\eta^2 = 0.079</math>, power = 0.480, Sphericity assumed;</p> <p>Interaction: <math>p = 0.930</math>, partial <math>\eta^2 = 0.003</math>, power = 0.061, Sphericity assumed;</p>
B	Range under the conditions of H1:H2 in I1	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.716$ ;	H1: H2; $p = 0.480$ , Cohen's $d = 0.143$ ;
C	Range under the conditions of H1:H2 in I2	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.459$ ;	H1: H2; $p = 0.649$ , Cohen's $d = 0.092$ ;
D	Range under the conditions of H1:H2 in I3	Bonferroni-corrected pairwise comparisons	H1: H2: $t(29) = 0.103$ ;	H1: H2; $p = 0.919$ , Cohen's $d = 0.021$ ;
D	Range under the conditions of I1:I2, I1:I3, I2:I3 in H1	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 2.014</math>;</p> <p>I1: I3: <math>t(29) = 0.065</math>;</p> <p>I2: I3: <math>t(29) = 1.995</math>;</p>	<p>I1: I2; <math>p = 0.160</math>, Cohen's <math>d = 0.403</math>;</p> <p>I1: I3; <math>p = 1.000</math>, Cohen's <math>d = 0.013</math>;</p> <p>I2: I3; <math>p = 0.167</math>, Cohen's <math>d = 0.399</math>;</p>
E	Range under the conditions of I1:I2, I1:I3, I2:I3 in H2	Bonferroni-corrected pairwise comparisons	<p>I1: I2: <math>t(29) = 2.044</math>;</p> <p>I1: I3: <math>t(29) = 0.162</math>;</p> <p>I2: I3: <math>t(29) = 1.764</math>;</p>	<p>I1: I2; <math>p = 0.150</math>, Cohen's <math>d = 0.409</math>;</p> <p>I1: I3; <math>p = 1.000</math>, Cohen's <math>d = 0.032</math>;</p> <p>I2: I3; <math>p = 0.265</math>, Cohen's <math>d = 0.353</math>;</p>