



Figure S6. Examples of monosynaptic reflexes across time and conditions. (A) Mean of 10 monosynaptic reflexes ($H_{M10\%}$) evoked before (STRE_PRE) and after (STRE_POST) strength training in a representative participant. (B) Mean of 10 monosynaptic reflexes ($H_{M10\%}$) evoked before (SKI_PRE) and after (SKI_POST) skill training in a representative participant.