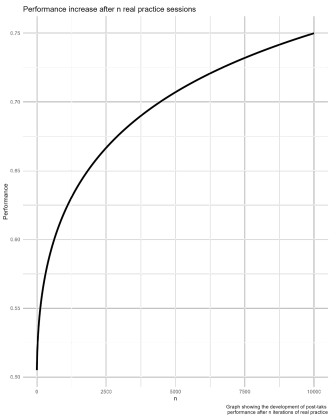
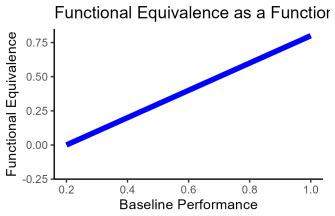
Table 3

	considerations	function	Graph
Real practice (Law of practice adaption)	• post-task performance can approach 1 but never excel it • due to the law of practice we assume that improvement per practice decreases with higher amount of practices > growth of function is only modulated by parameters G, A and n, not by the baseline.	post_task performance = pre_task_motor_performance+ ((1-pre_task_motor_performance) * n^G)/(A + n^G) Parameters: A and G	
functional equivalence	• The amount of pre-task performance can be taken as a measurement of expertise in the task • High expertise individuals are assumed to be able to have more effective cognitive representations of a task (Toth et al., 2020, Discussion section) • The ability to rehearse motor system activation through cognitive representations is mirrored in the degree of functional equivalence • Even with incredible expertise, it cannot be assumed that we can reach complete function equivalence with mental imagery > introduction parameter F	functional_equivalence = baseline_performance - F	
Mental practice (Law of practice with expertise	• The maximum of performance increase is that of an actual action with a FE of 1	post_task performance = (pre_task_motor_performance+ ((1-pre_task_motor_performance) * n^G)/(A +	

level actualization)	• A lower FE decreases the performance improvement > The addition of FE gives influence to the baseline performance over the post-task performance	n^G)) * functional_equivalence	