**Table 1. Summary of trial types**

Experiment 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Trial type | Baseline  [v-align] | Baseline  [no-v] | P  [no-v] | V  [v-shift] | PV  [v-align] |
| Visual feedback | Available | - | - | Available | Available |
| Mechanical disturbance | - | - | Flexor/  Extensor | - | Flexor/  Extensor |
| Visual disturbance | - | - | - | Leftward/  Rightward | - |
| Background load | Flexor/  Extensor | Flexor/  Extensor | Flexor/  Extensor | Flexor/  Extensor | Flexor/  Extensor |
| Number of trials | 150 | 100 | 50 | 50 | 50 |

Experiment 2

|  |  |  |  |
| --- | --- | --- | --- |
| Trial type | Baseline  [v-align] | PV  [v-align] | PV  [v-conflict] |
| Visual feedback | Available | Available | Available |
| Mechanical disturbance | - | Flexor/  Extensor | Flexor/  Extensor |
| Visual disturbance | - | - | Leftward/  Rightward |
| Background load | Flexor/  Extensor | Flexor/  Extensor | Flexor/  Extensor |
| Number of trials | 150 | 50 | 50 |

**Legend**

S2. A table that summarizes entire composition of the experiments. “Flexor/Extensor” indicates mechanical loads stretching shoulder and elbow flexors/extensors, respectively. “Leftward/Rightward” indicates cursor deviations generated by visual disturbances toward leftward or rightward, respectively.