

**Supplementary Figure S8**: **Force in all 3 dimensions.** Although force exerted along the track did not vary across conditions with the same force threshold, force exerted toward the subject increased as the target moved closer to the start position. The correlation between the force exerted toward the subject and stiffness was likely due to the biomechanics of the arm, where modulation of off-axis muscle force enabled modulation of on-axis co-activation.