

**Supplementary Figure S6**: **Example of time-averaged EMG for Subject 1.** There was a single value of stiffness for each task condition. To determine the effect of stiffness on potent and null EMG, we averaged EMG across time before movement onset. The result was a single potent and null EMG value for each task condition that was first averaged across trials and then averaged across time. The colored data are the time series EMG for a single sample and the large black dots are the averages across time.