

**Supplementary Figure S5**: **EMG approximates force.** Time-varying force during the force ramp was regressed on the EMG from all 8 muscles. The linear model was able to consistently capture variability across all subjects. The data displayed are the median predicted and actual values from the bootstrap. The dark black line is the unity line representing a perfect fit. Although the small deviations from the unity line could be due to the non-linear relation between EMG and force, a linear model is a good approximation.