## **Initial Position Fixed** PC DELTa BIC BRA TRI DELTp Normalized $\dot{V}_{ci}$ Normalized $\dot{V}_{ci}$ Concentric $\leftarrow$ Eccentric $0.0 \rightarrow 0.5$ $0.0 \rightarrow 0.5$ Start PC DELTa СВ BIC BRA TRI DELTp Concentrice Concentric Start DELTa СВ PC BIC BRA TRI DELTp ocception occ