

[illegible]

Figure 1 is a schematic representation of the experimental design. It shows two parallel horizontal timelines for 'Control' and 'Experimental' groups. Both groups start with a 'Baseline' phase, represented by a series of 'u' shapes. The 'Control' group then enters a 'Training' phase, also represented by 'u' shapes, followed by a 'Test' phase. The 'Experimental' group follows a similar pattern but includes a green bar during its 'Training' phase, indicating a specific intervention or condition. The 'Test' phase for the 'Experimental' group is also labeled 'Test'.