Movement 1 (M1): inverted pendulum

Movement 2 (M2): hinge

Trial 1: 10 times: M1 Right, hold 3 second, move back, hold 1 second

10 times: M2 Right, hold 3 second, move back, hold 1 second

Trial 2: 10 times: M1 Forward, hold 3 second, move back, hold 1 second

10 times: M2 Forward, hold 3 second, move back, hold 1 second

Trial 3: 10 times: M1 Backward, hold 1 second, move back, hold 1 second

10 times: M2 Backward, hold 1 second, move back, hold 1 second