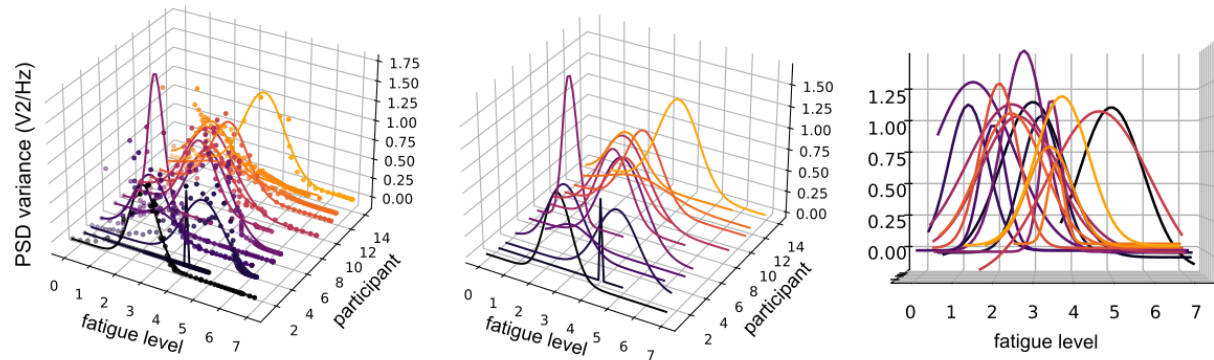


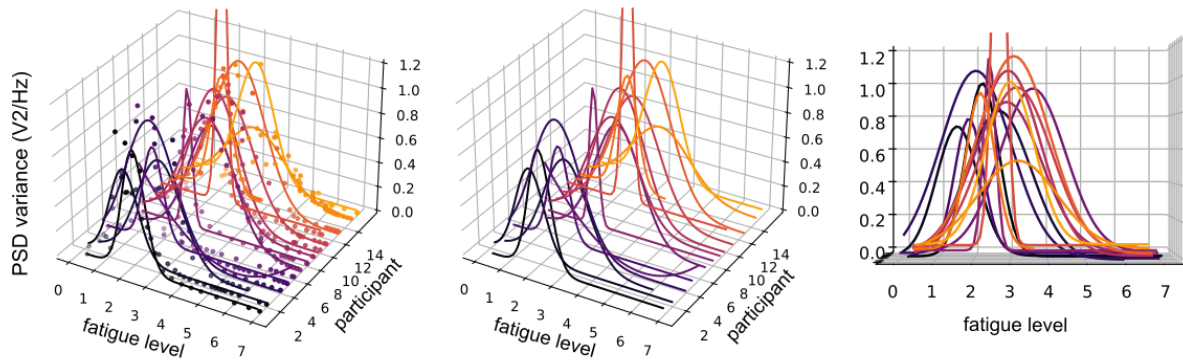
# Supplementary material

## EMG Svar across all participants

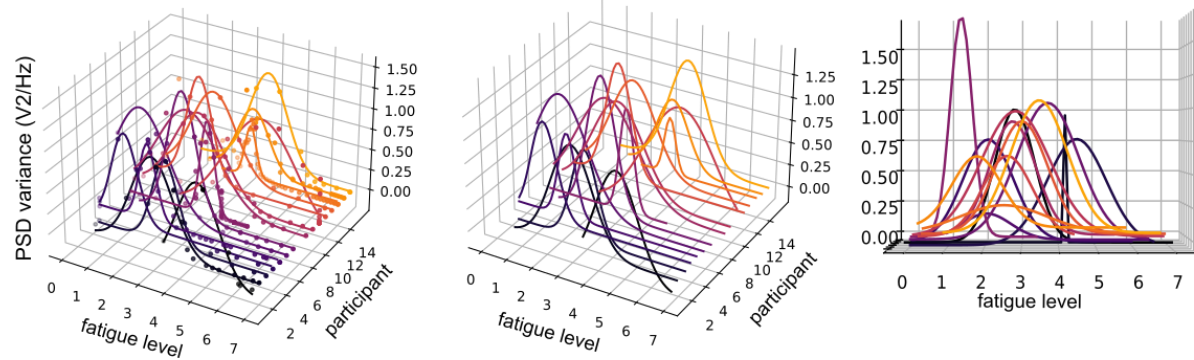
(a) 20% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data



(b) 50% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data

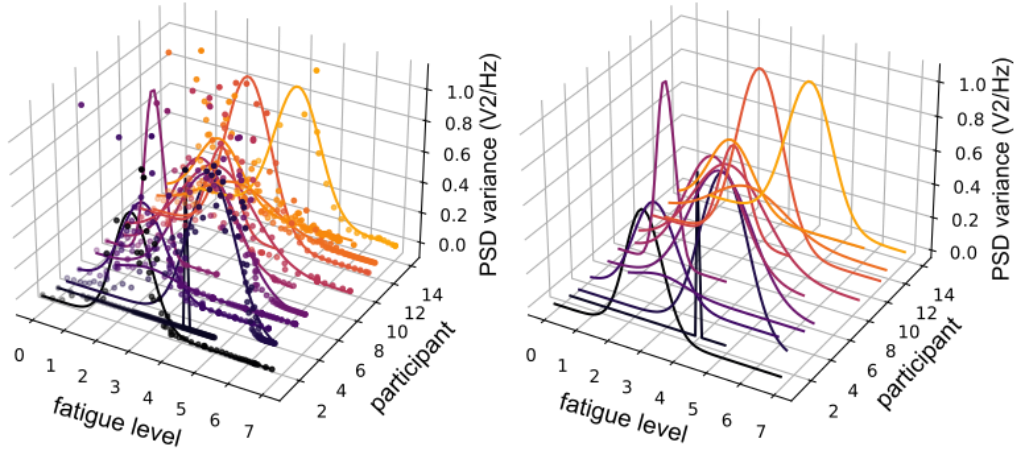


(c) 75% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data

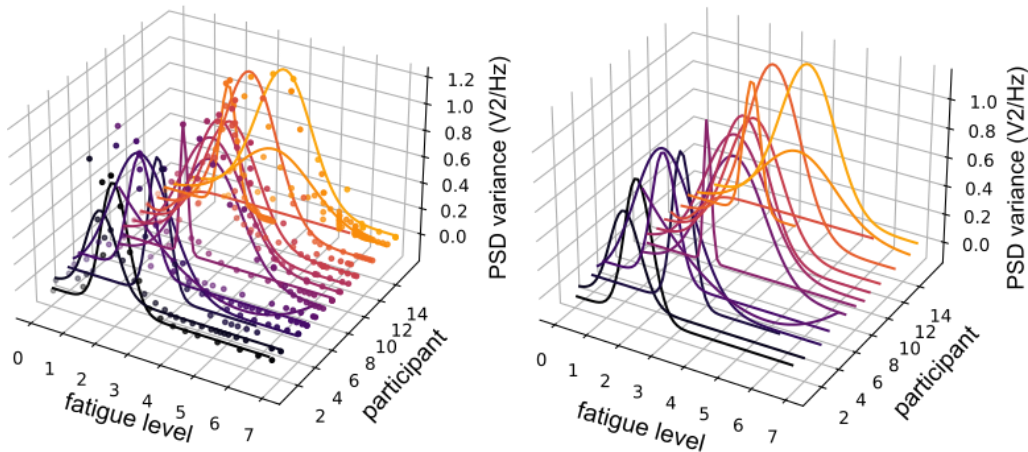


## EMG $S_{var}$ for $\leq 60\text{Hz}$ spectrum (all participants)

(a) 20% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data



(b) 50% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data



(c) 75% MVC - Fitting a gaussian function to the normalised PSD variance/perceived fatigue data

