

**Supplementary Table S1. Ipsilateral torque recorded for each condition when electrical stimulation delivered to the contralateral tibial nerve**

		Condition			
		REST	VOL	CONV	WPHF
	N				
H <sub>max</sub>	10	0 (0 to 0) <sup>a</sup>	10.4 (9.8 to 10.6) <sup>b</sup>	5.4 (4 to 6.7) <sup>c</sup>	7.1 (6 to 14.7) <sup>b</sup>
M <sub>max</sub>	10	0 (0 to 0) <sup>a</sup>	10.3 (9.9 to 11.3) <sup>b</sup>	9.1 (7.1 to 12.9) <sup>b</sup>	15.0 (10.5 to 28.7) <sup>c</sup>
Superimposed doublet	22	8.1 (-0.4 to 18.4) <sup>a</sup>	10.5 (10 to 11.5) <sup>a</sup>	15.5 (7.7 to 19.8) <sup>a</sup>	15.4 (11.2 to 30.8) <sup>b</sup>
M <sub>sup</sub>	10	20.2 (9.8 to 33.3) <sup>a</sup>	10.9 (10.3 to 11.8) <sup>a</sup>	11 (6.4 to 31.1) <sup>a</sup>	26.1 (16.8 to 65.8) <sup>b</sup>
Potentiated doublet	22	0.6 (0 to 2.6) <sup>a</sup>	10.6 (9.3 to 12.3) <sup>b</sup>	12.8 (9.7 to 18.4) <sup>b</sup>	14.7 (6 to 37.9) <sup>b</sup>

Values are median (25<sup>th</sup> to 75<sup>th</sup> percentile) and expressed as % of ipsilateral MVC torque. Conditions that do not share a letter are significantly different from one another for that stimulation parameter ( $P < 0.05$ ). H<sub>max</sub> = stimulation to evoke a maximal H-reflex, M<sub>max</sub> = stimulation to evoke a maximal M-wave. M<sub>sup</sub> = stimulation at the intensity of M<sub>max</sub> delivered during the maximal voluntary contraction. The number of participants is denoted by N. Due to problems with EMG data acquisition two subjects had to be excluded from these analyses.