

| S | Proprioceptive and visual manipulation | | | Visual manipulation | | | Proprioceptive movement manipulation | | |
|----|--|---------------|---------|---------------------|---------------|---------|--------------------------------------|---------------|---------|
| | Pre training | Post training | G index | Pre training | Post training | G index | Pre training | Post training | G index |
| 1 | 3 | 7 | 0.4 | 3 | 6 | 0.33 | 6 | 6 | 0 |
| 2 | 6 | 10 | 0.25 | 9 | 14 | 0.21 | 9 | 10 | 0.05 |
| 3 | 6 | 10 | 0.25 | 6 | 11 | 0.29 | 7 | 7 | 0 |
| 4 | 11 | 17 | 0.21 | 15 | 17 | 0.06 | 14 | 13 | -0.03 |
| 5 | 5 | 9 | 0.28 | 9 | 12 | 0.14 | 6 | 9 | 0.2 |
| 6 | 15 | 18 | 0.09 | 12 | 15 | 0.11 | 7 | 14 | 0.33 |
| 7 | 14 | 18 | 0.12 | 14 | 16 | 0.06 | 14 | 13 | -0.03 |
| 8 | 10 | 16 | 0.23 | 9 | 12 | 0.14 | 7 | 11 | 0.22 |
| 9 | 8 | 16 | 0.33 | 7 | 10 | 0.17 | 11 | 9 | -0.1 |
| 10 | 7 | 16 | 0.39 | 11 | 14 | 0.12 | 10 | 11 | 0.04 |
| 11 | 6 | 11 | 0.29 | 8 | 12 | 0.2 | 8 | 11 | 0.15 |
| 12 | 13 | 18 | 0.16 | 13 | 14 | 0.03 | 7 | 12 | 0.26 |
| 13 | 5 | 8 | 0.23 | 6 | 8 | 0.14 | 7 | 9 | 0.125 |
| 14 | 8 | 22 | 0.46 | 9 | 12 | 0.14 | 15 | 15 | 0 |
| 15 | 3 | 6 | 0.33 | 8 | 9 | 0.05 | 5 | 8 | 0.23 |
| 16 | 4 | 7 | 0.27 | 2 | 4 | 0.33 | 4 | 6 | 0.2 |
| 17 | 17 | 21 | 0.1 | 11 | 16 | 0.18 | 16 | 18 | 0.05 |
| 18 | 8 | 15 | 0.3 | 8 | 15 | 0.3 | 11 | 13 | 0.08 |