|  |
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| **Additional file 1** Type III sum of squares table of the final models of the regression analyses  |
|  |  | Nparm | DF | Sum Sq | Mean Sq | F Ratio | p-value |
| *Waiter’s bow* |
|  | Type of FB | 2 | 2 | 4159.99 | 2079.99 | 26.90 | <0.0001 |
|  | Joint | 1 | 1 | 303.54 | 303.54 | 3.93 | 0.049 |
|  |  |  |  |  |  |  |  |
| *Lifting task* |
|  | Type of FB | 2 | 2 | 1953.44 | 976.72 | 15.97 | <0.001 |
|  | Joint | 1 | 1 | 319.79 | 319.79 | 5.23 | 0.02 |
|  | Baseline score kinematics | 1 | 1 | 592.64 | 592.64 | 9.69 | 0.002 |

FB= feedback