

1. Introduction

2. Methodology

3. Results

2. Methodology

The research was conducted in a laboratory setting. The participants were 20 healthy adults (10 males and 10 females) aged between 20 and 30 years. They were all right-handed and had no history of neurological or psychiatric disorders. The study was approved by the local ethics committee.

The participants were familiarized with the task before the data collection. They were then divided into two groups: a control group and an experimental group. The control group performed the task without any load, while the experimental group performed the task with a load of 10 kg.

The task was a simple lifting task. The participants were asked to lift a box from the floor to a table. The box was 10 cm high and 10 cm wide. The table was 80 cm high. The participants were asked to lift the box with one hand. The lifting was performed in a controlled manner, with the participants standing on a force plate. The force plate recorded the vertical force exerted by the participants. The data were collected for 10 trials per condition.

Figure 1

Figure 1

