**Supplemental Digital Content 1**. Procedures and list of items in the Kinesthetic and Visual Imagery Questionnaire (Table A), and rating subscales (Table B).

The Kinesthetic and Visual Imagery Questionnaire includes 6 items to evaluate individual ability in visual (3 tasks) and kinesthetic (3 tasks) movement imagery. Completing each item requires four steps. First, the starting position is described. Second, the specific whole body movement is explained. Third, the subject is requested to physically perform one repetition. Due to the circumstances in which this study was conducted, subjects were instructed to use a wooden stick as replacement of the bar. Third, each subject is asked to reassume the starting position and to imagine the movement, using visual and kinesthetic imagery (without any actual movement). Finally, each subject assigns a score by using the 5-point scale illustrated below (Table B).

**Table A**

|  |  |  |
| --- | --- | --- |
| Visual | Kinesthetic | Movement |
| V1 | K1 | Grabbing and unracking the bar |
| V2 | K2 | Executing the lifts\* |
| V3 | K3 | Racking back the bar |

\*As forcefully and fast as possible

**Table B**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Visual Imagery Subscale | | | | |
| 5 | 4 | 3 | 2 | 1 |
|  |  |  |  |  |
| Image as clear as seen | Clear image | Moderately clear image | Blurred image | No image |
|  |  |  |  |  |
| Kinesthetic Imagery Subscale | | | | |
| 5 | 4 | 3 | 2 | 1 |
|  |  |  |  |  |
| As intense as executing the action | Intense | Moderately intense | Mildly intense | No sensation |