The graph shows the change in MEP amplitude (mV) for both the Antagonist muscle and the Agonist muscle before and after training. The Antagonist muscle shows a significant decrease in MEP amplitude from pre-training (t0) to post-training (t1), indicated by *p<0.05. The Agonist muscle, however, shows an increase in MEP amplitude from pre-training (t0) to post-training (t1).