**KEY:**

- **pre**
- **post**

- **** Significant improvement at $\alpha = 0.0008$
- *** Significant improvement at $\alpha = 0.004$
- ** Significant improvement at $\alpha = 0.01$
- * Significant improvement at $\alpha = 0.05$
- †† Significant worsening at $\alpha = 0.01$
- † Significant worsening at $\alpha = 0.05$

$F$ = trained as a movement focus