

Description of Additional Supplementary Files

Supplementary Movie 1: Flexibility and stretchability of MEAP.

Supplementary Movie 2: Commercial array and MEAP on Biceps Brachii.

Supplementary Movie 3: Commercial array and MEAP on muscle-tendon junction.

Supplementary Movie 4: Activation zone movement in the heatmap during sEMG recording on biceps brachii.

Supplementary Movie 5: Demonstration of ultrasound imaging for muscle-tendon junction location.

Supplementary Movie 6: Real-time recording and heatmaps of RMS, median frequencies and mean frequencies of biceps brachii.