

Athlete 2, Protokoll, 22. Jänner 2024:

Körpergröße:

Körpergewicht:

Geschlecht:

Alter:

Bevorzugte Kreuzhebe Technik:

Channel 1 = Biceps femoris, Hamstrings, rechts

Channel 2 = Gluteus maximus, rechts

Channel 3 = Rectus femoris, rechts

Channel 4 = Vastus lateralis, rechts

Channel 6 = Adductor magnus, rechts

Channel 7 = Tibialis anterior, rechts

Channel 8 = Biceps femoris, Hamstrings, links

Channel 9 = Gluteus maximus, links

Channel 10 = Rectus femoris, links

Channel 11 = Vastus lateralis, links

Channel 12 = Adductor magnus, links

Channel 13 = Tibialis anterior, links