Biomechanical & Muscle Force Analysis Deadlift

Athlete: 1

Bodymass: 82.5 kg

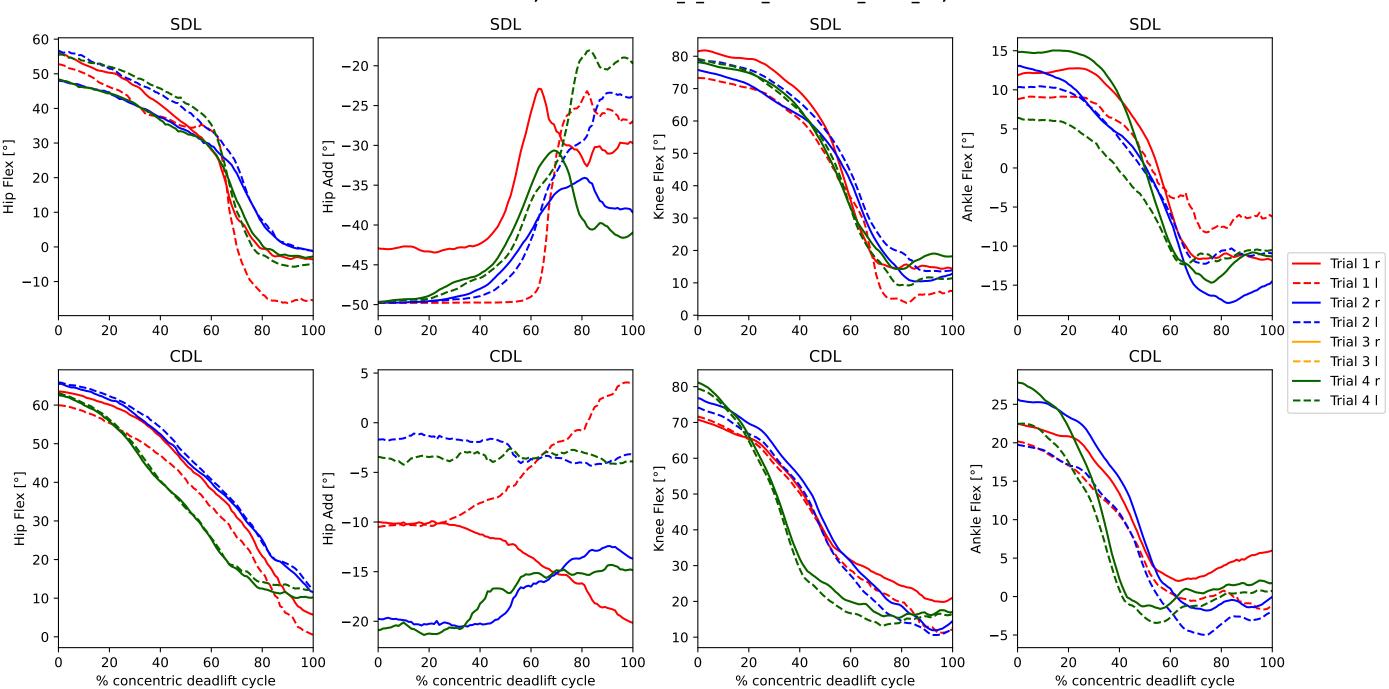
Preferred: sumo

Load: 150 kg

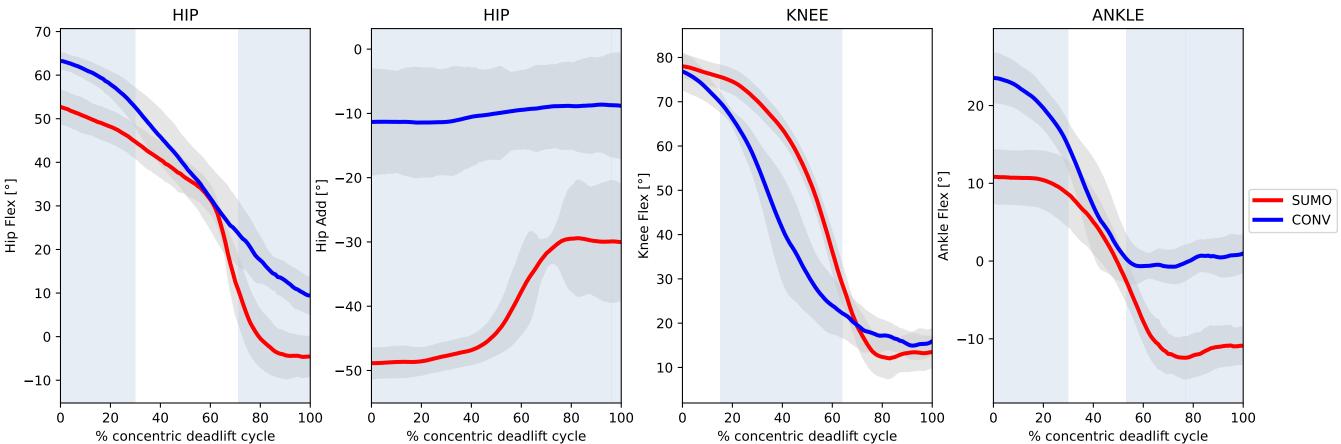
e1RM: 195 kg

Test date: 2024-12-19T18:25:43.511Z

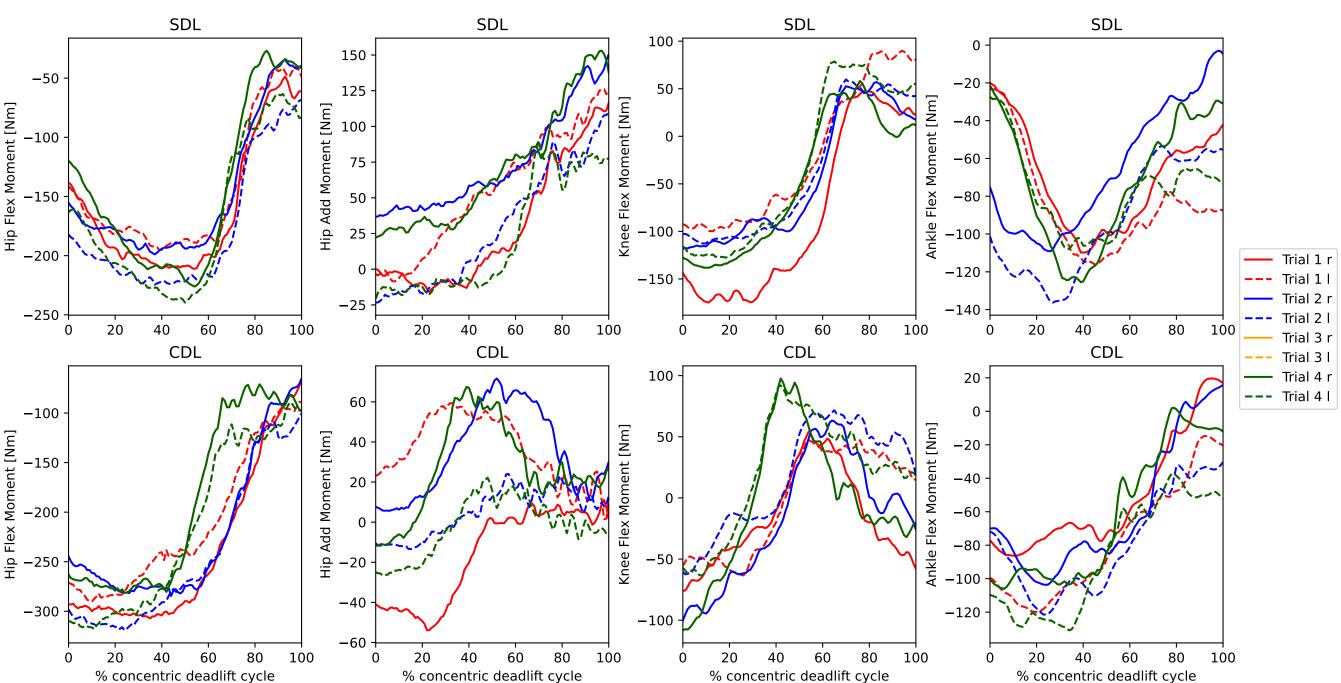
Kinematics Trials Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo



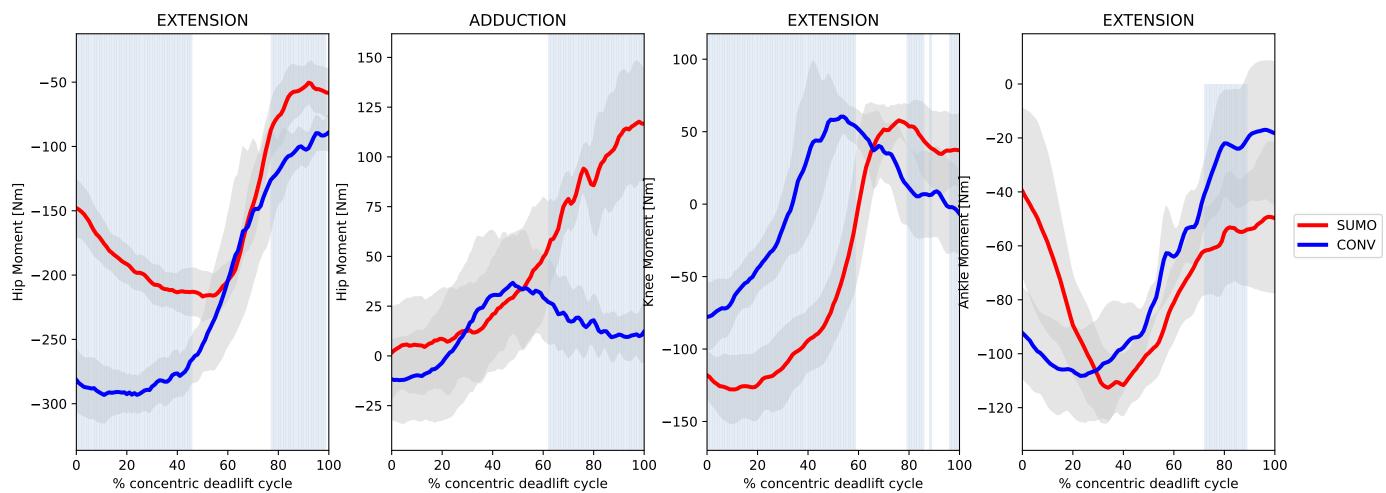
Kinematics Means Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo



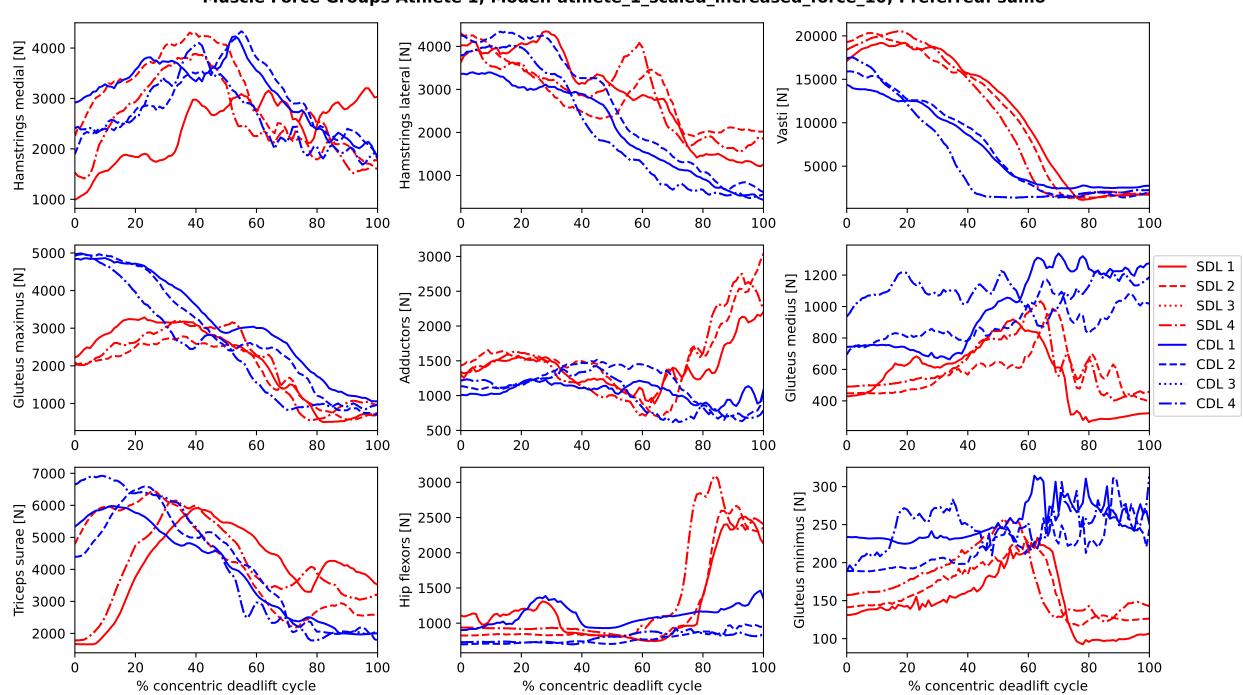
Joint Moments Trials Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo



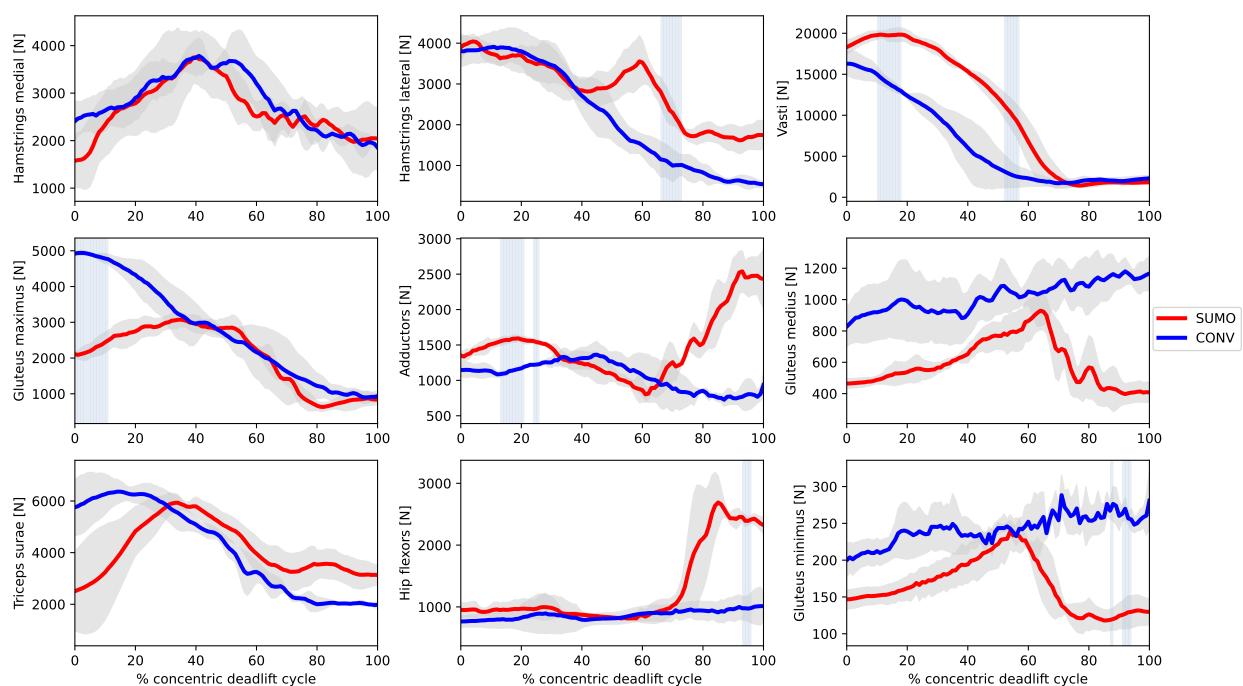
Joint Moments Means Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo



Muscle Force Groups Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo

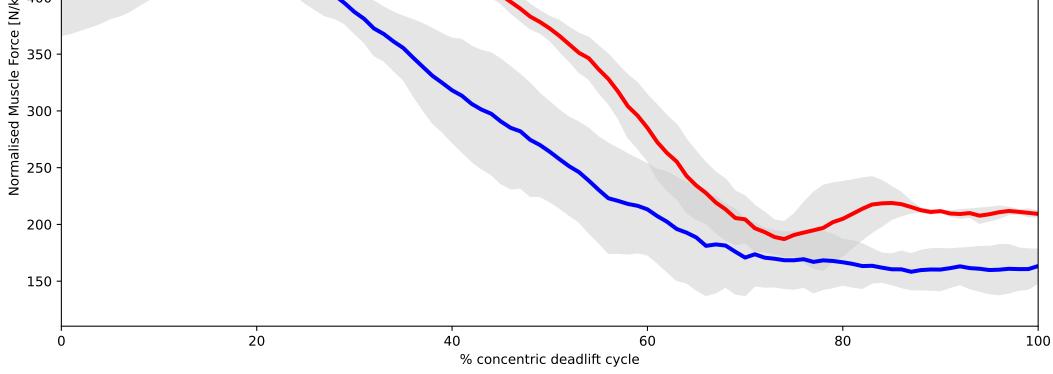


Muscle Force Groups Means Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo

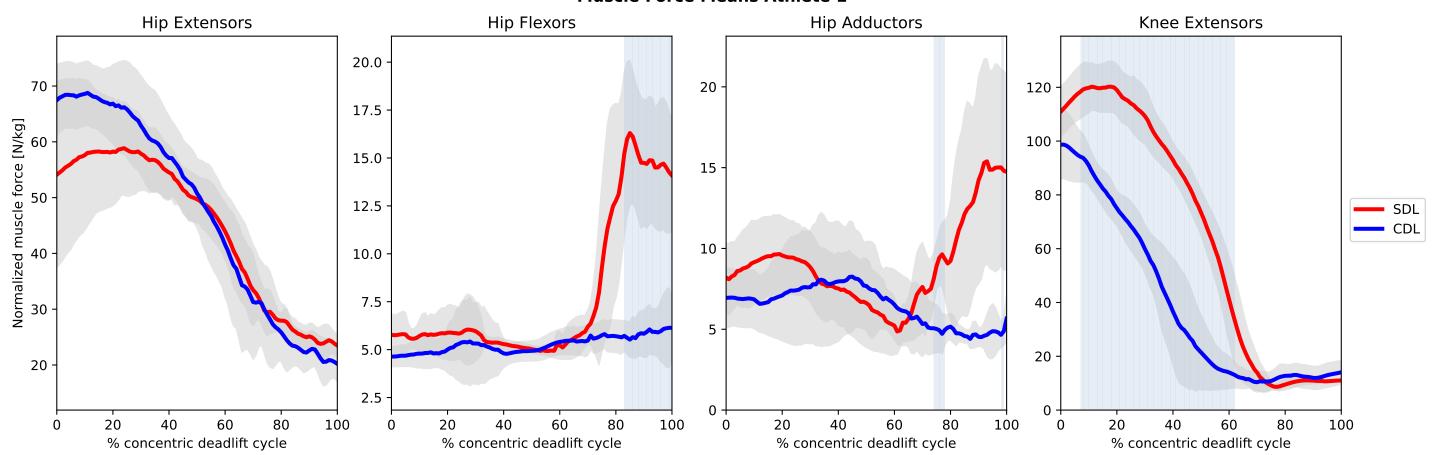


Total Muscle Force Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo SDL 40000 -Trial 1 Mnscle force [N] 350000 250000 200000 200000 Trial 2 Trial 3 --- Trial 4 25000 -**CDL** Trial 1 Trial 2 ∑ 35000 Trial 3 Muscle force 25000 - 250000 -Trial 4 15000 -% concentric deadlift cycle

Total Muscle Force Athlete 1; Model: athlete_1_scaled_increased_force_10; Preferred: sumo **Total Muscle Forces** SDL 500 CDL 450 · Normalised Muscle Force [N/kg] 250 -200 -



Muscle Force Means Athlete 1



Peak Muscle Forces Athlete 1

