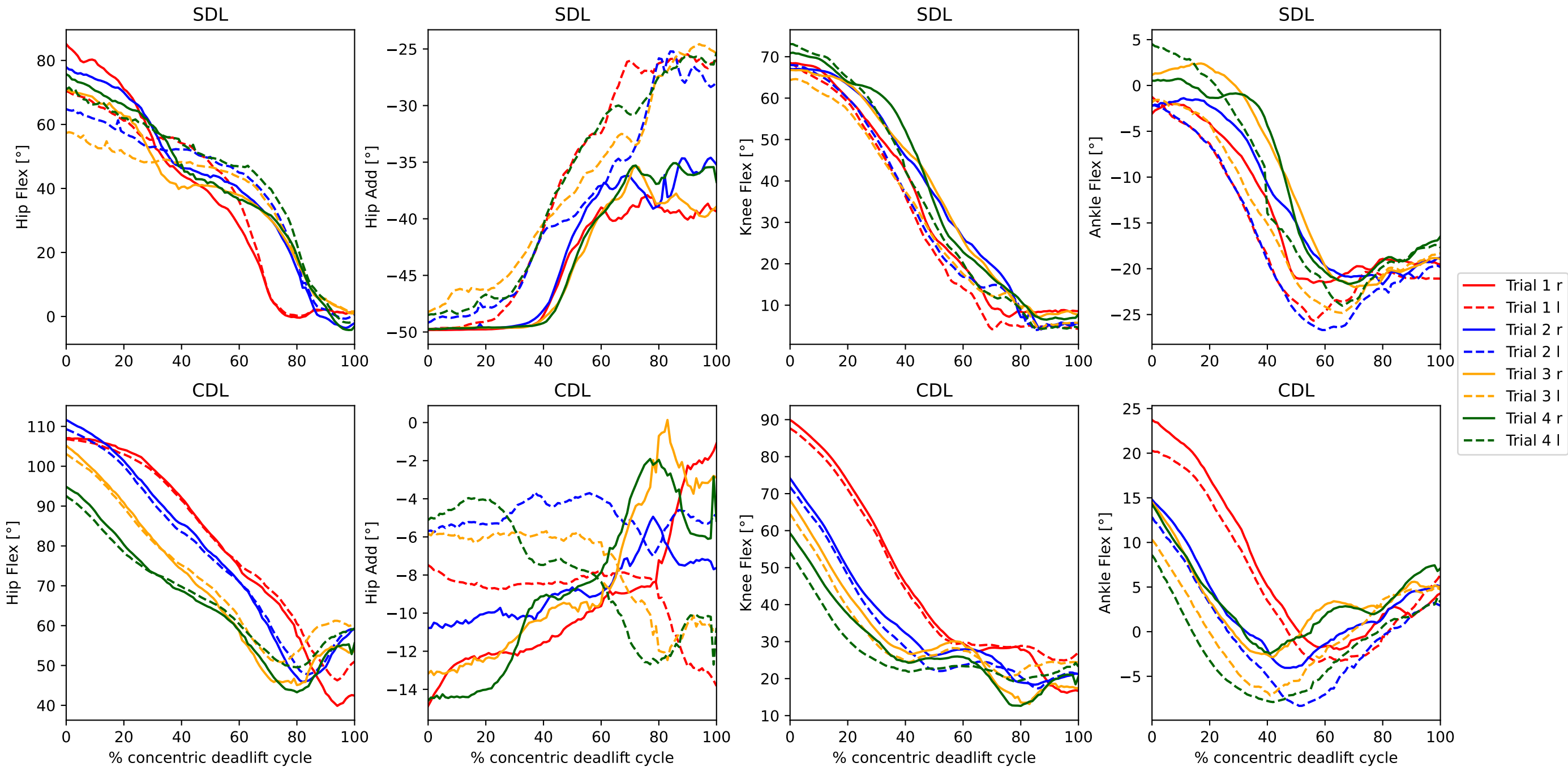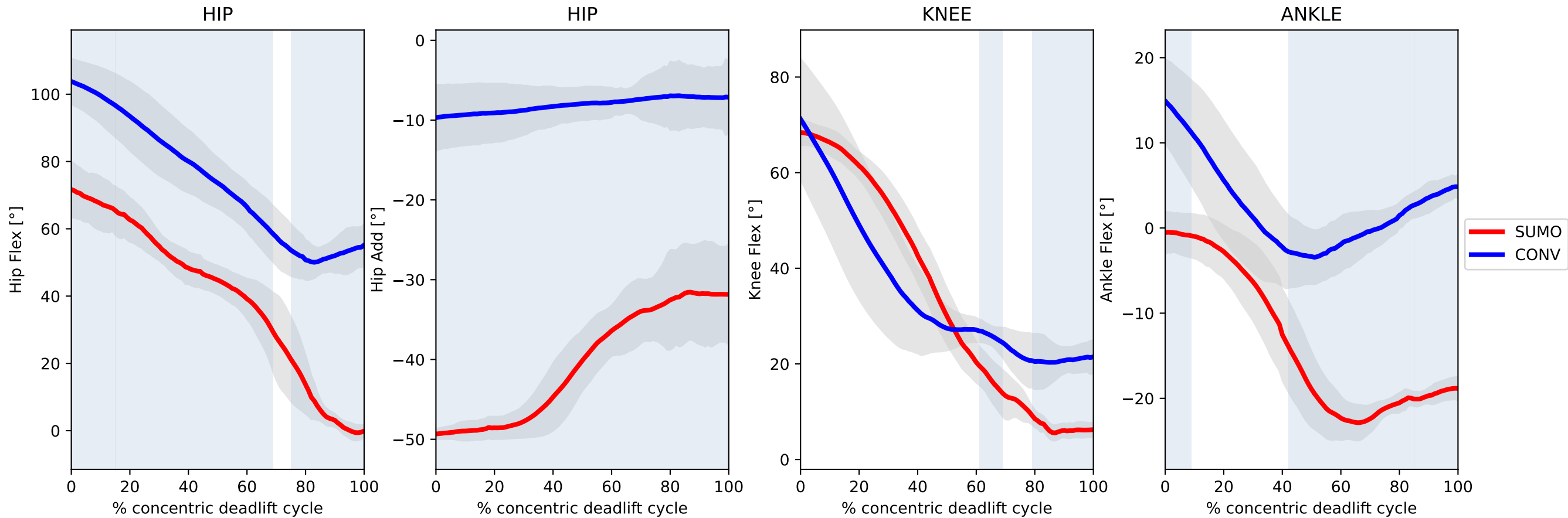# Biomechanical & Muscle Force Analysis Deadlift

Athlete: 0
Bodymass: 57.6 kg
Preferred: sumo
Load: 87.5 kg
e1RM: 110 kg

Test date: 2025-01-23T18:25:43.511Z
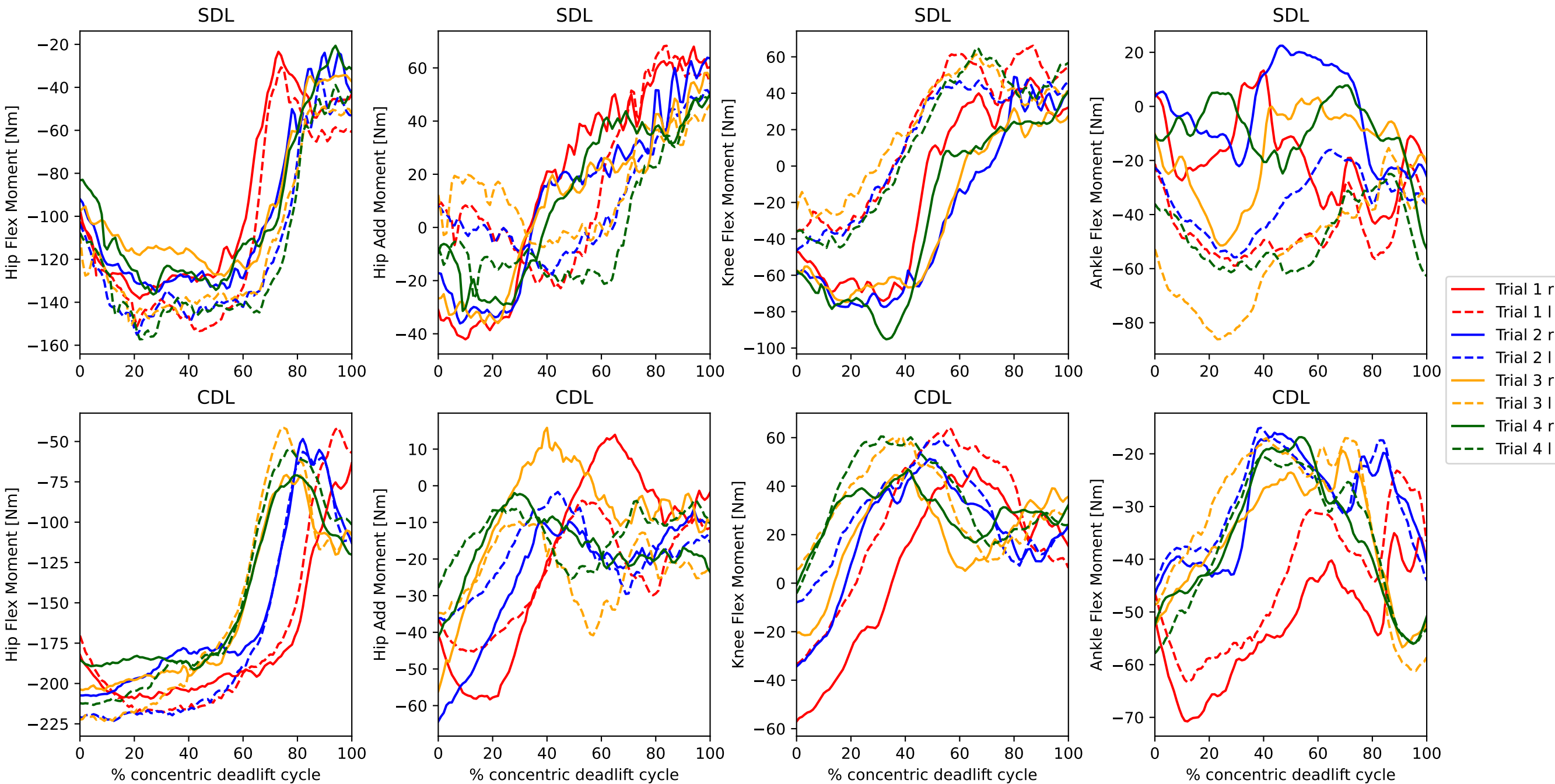
Kinematics Trials Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

Kinematics Means Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

Joint Moments Trials Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo
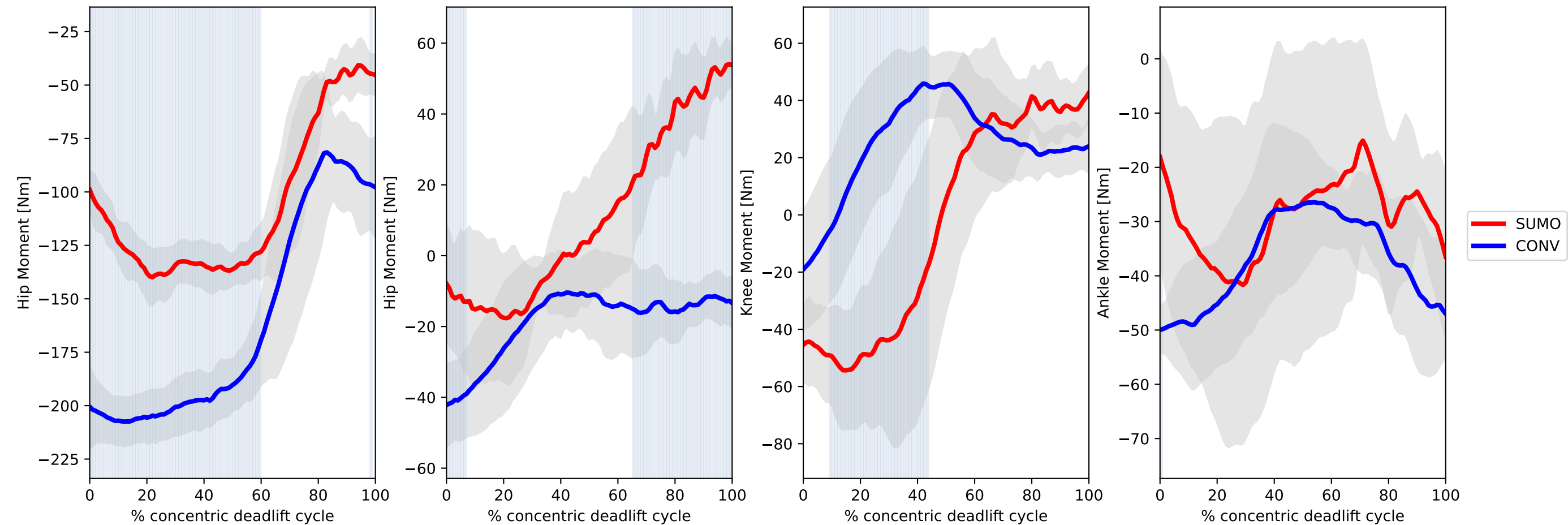
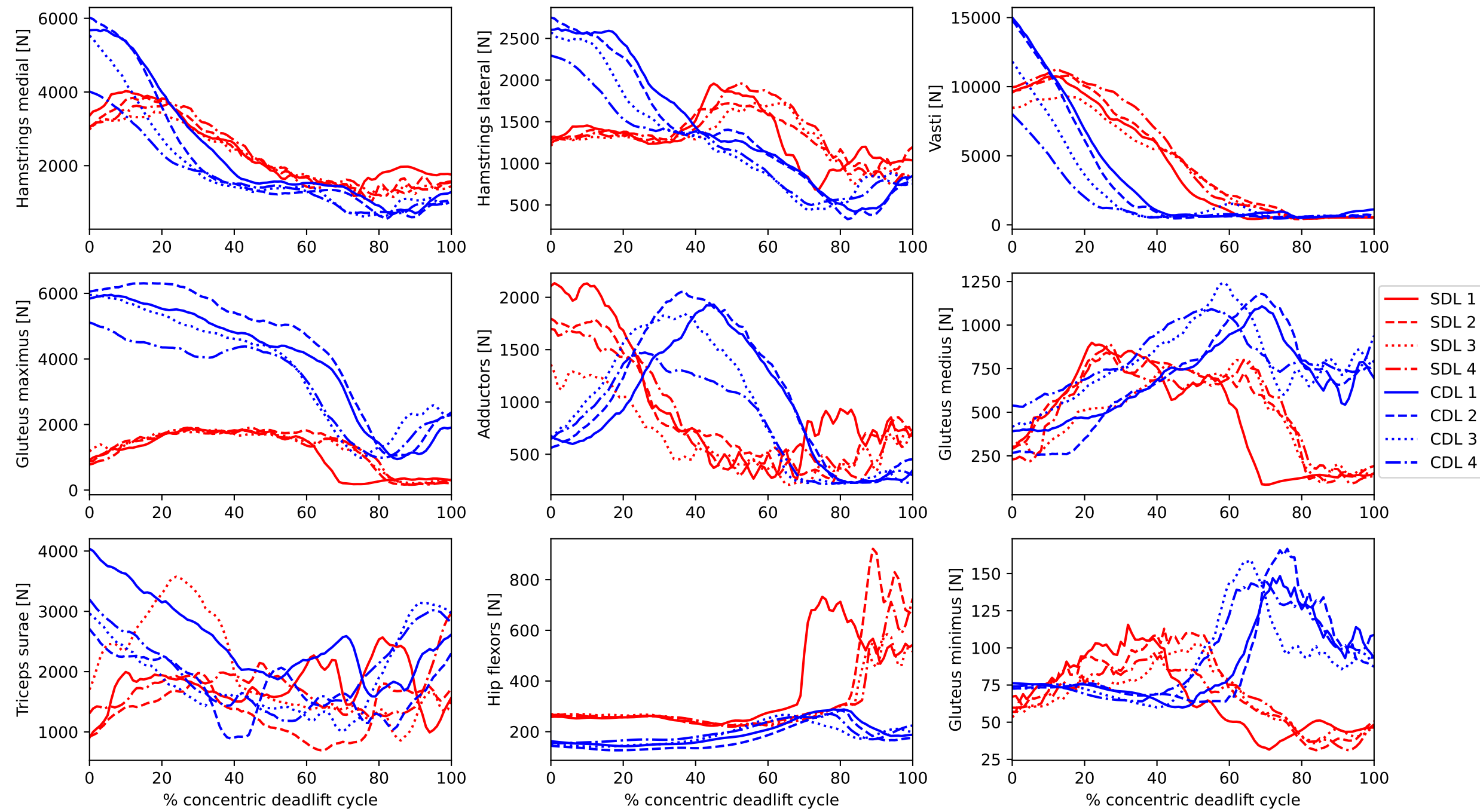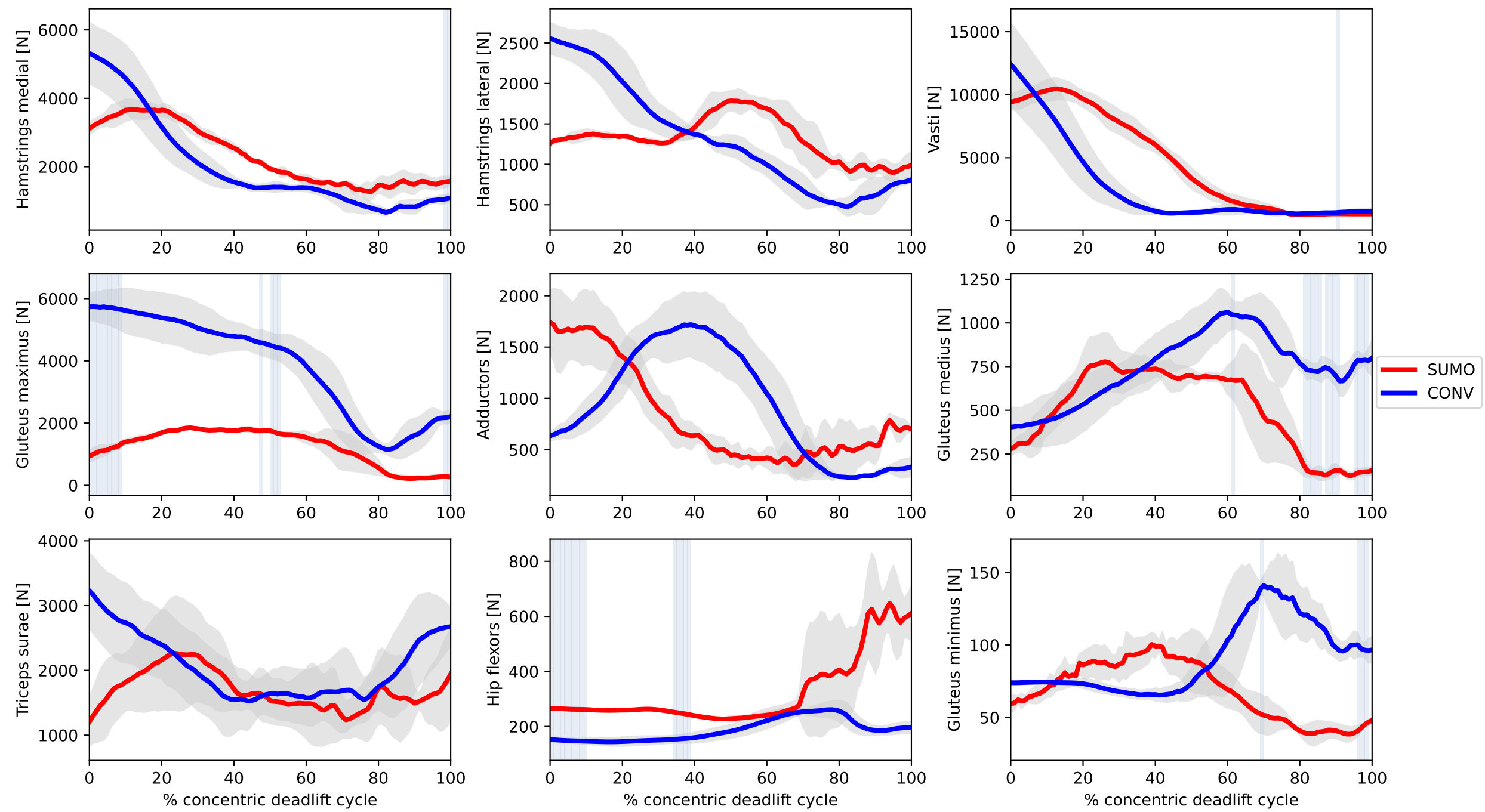Joint Moments Means Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

Muscle Force Groups Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

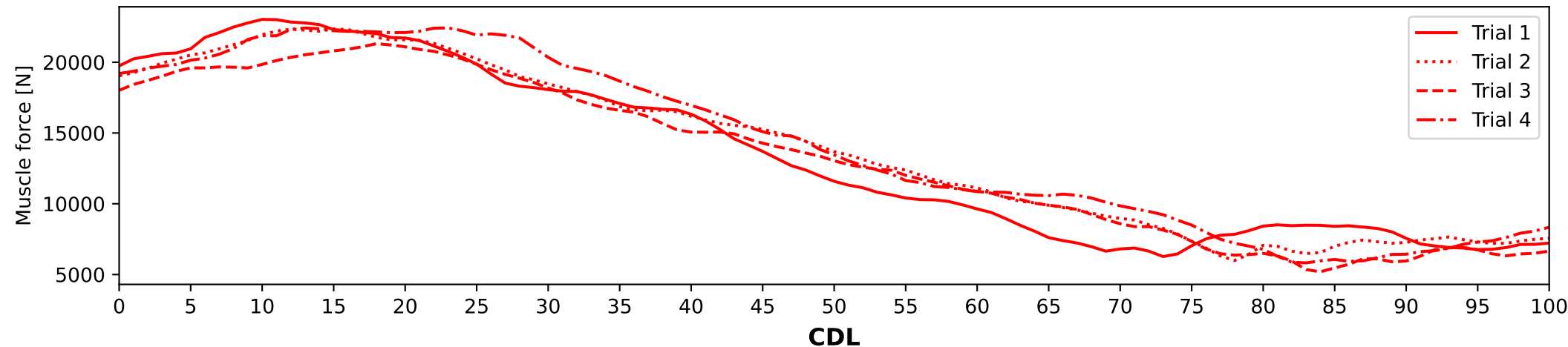Legend: SDL 1, SDL 2, SDL 3, SDL 4, CDL 1, CDL 2, CDL 3, CDL 4

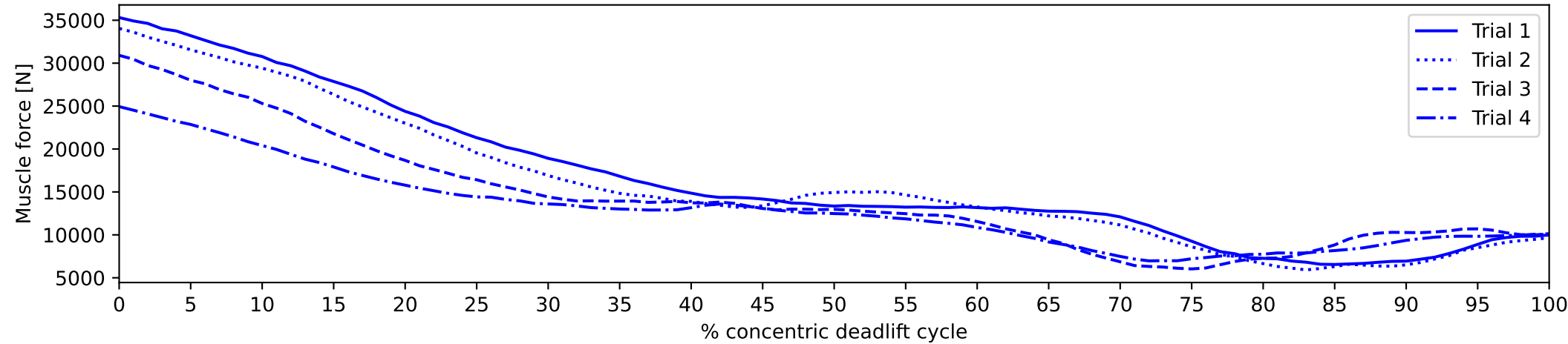Muscle Force Groups Means Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

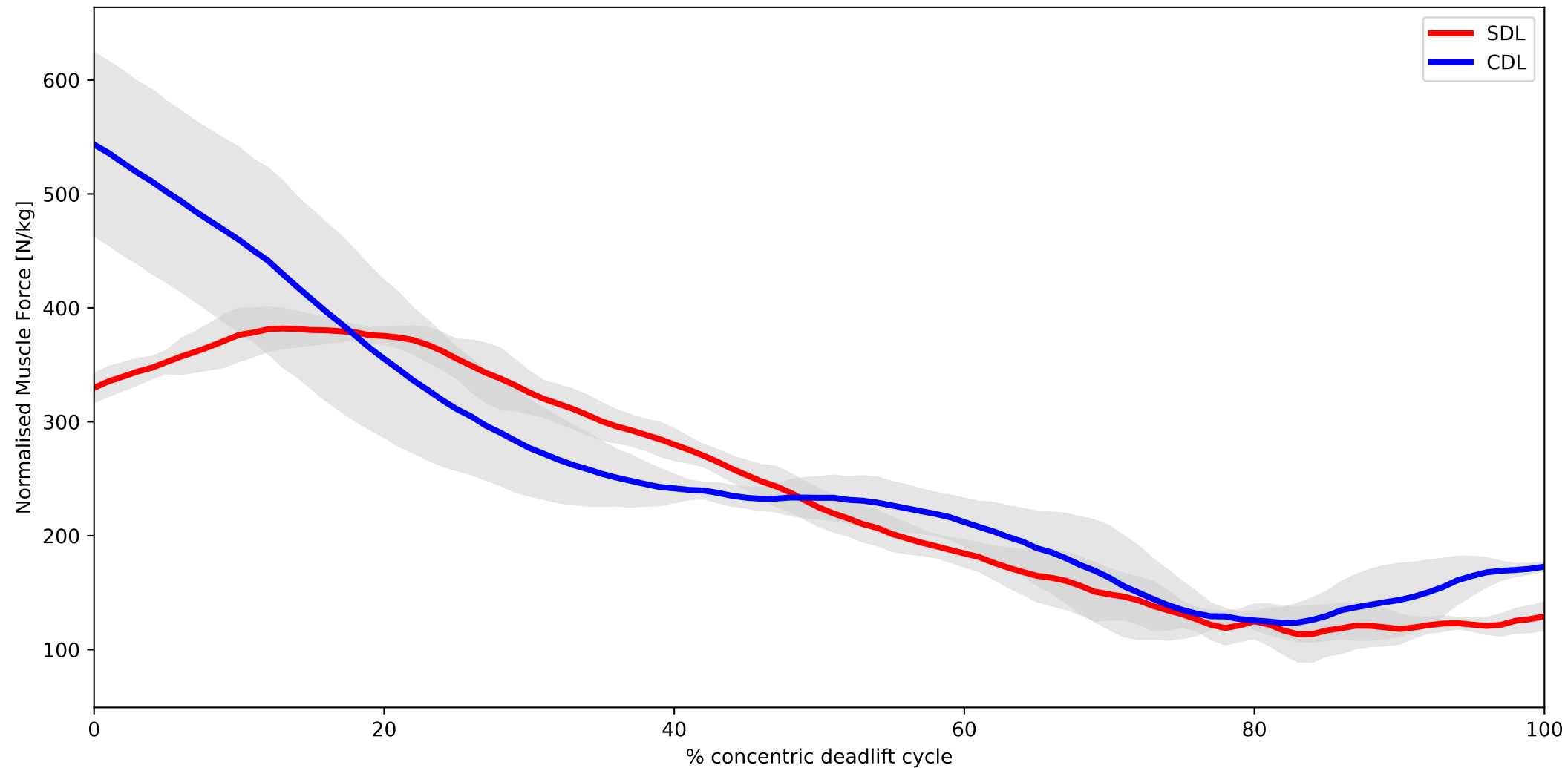**Total Muscle Force Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo**

Total Muscle Force Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo
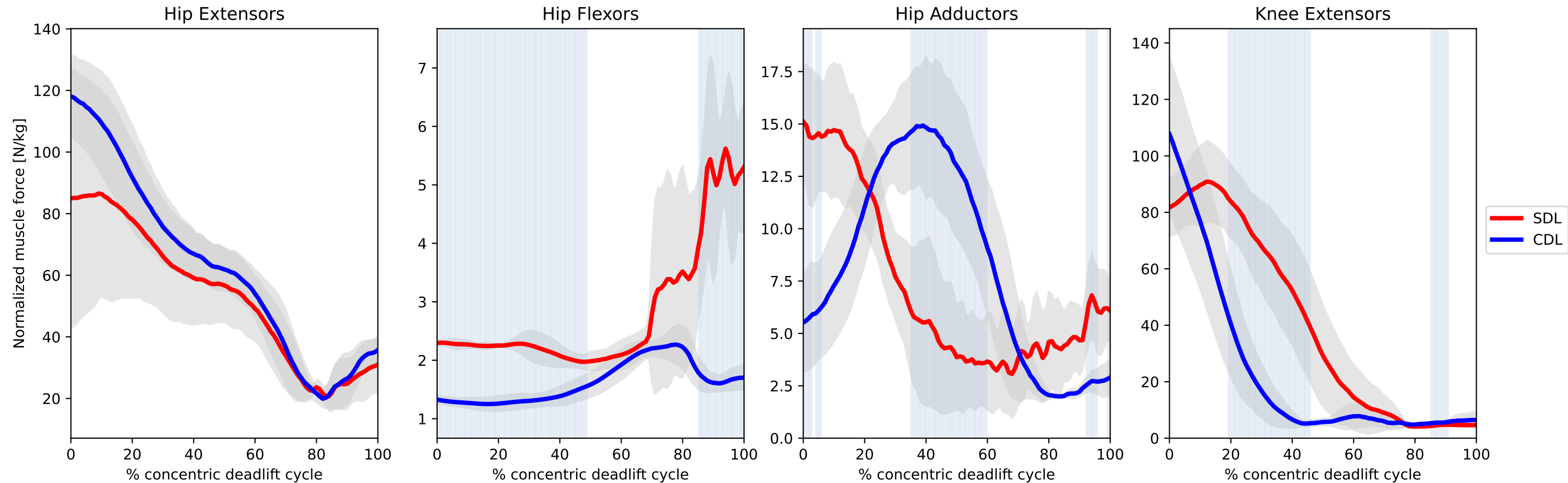**Total Muscle Forces**

Muscle Force Means Athlete 0

Hip Extensors — Hip Flexors — Hip Adductors — Knee Extensors

Normalized muscle force [N/kg] vs % concentric deadlift cycle

Legend: SDL (red), CDL (blue)

Peak Muscle Forces Athlete 0

| Hip Extensors | Hip Flexors | Hip Adductors | Knee Extensors |

Perferred: 59.4769, Non-preferred: 118.345

Perferred: 6.73221, Non-preferred: 2.42376

Perferred: 15.4947, Non-preferred: 16.176

Perferred: 91.522, Non-preferred: 107.678