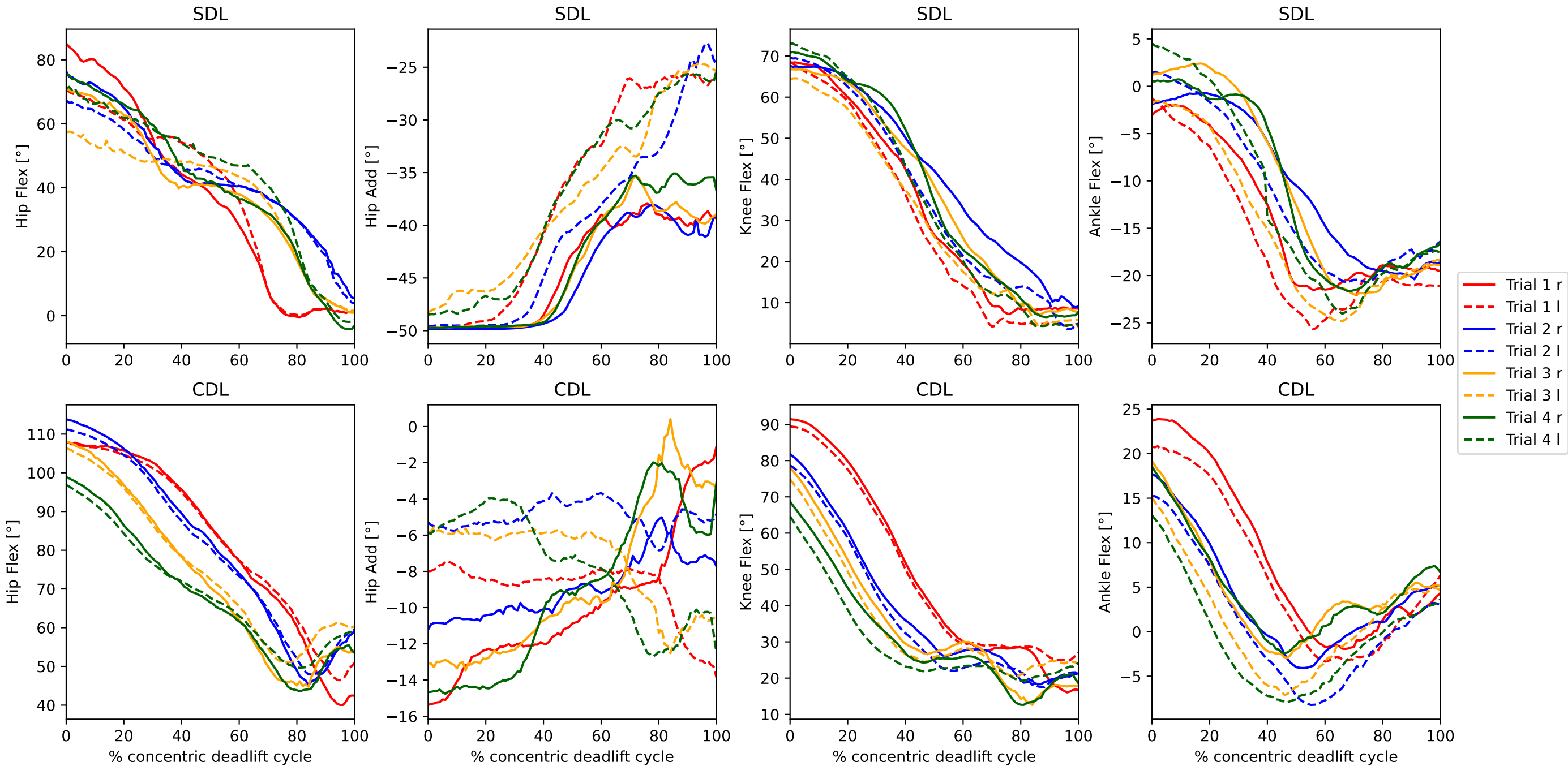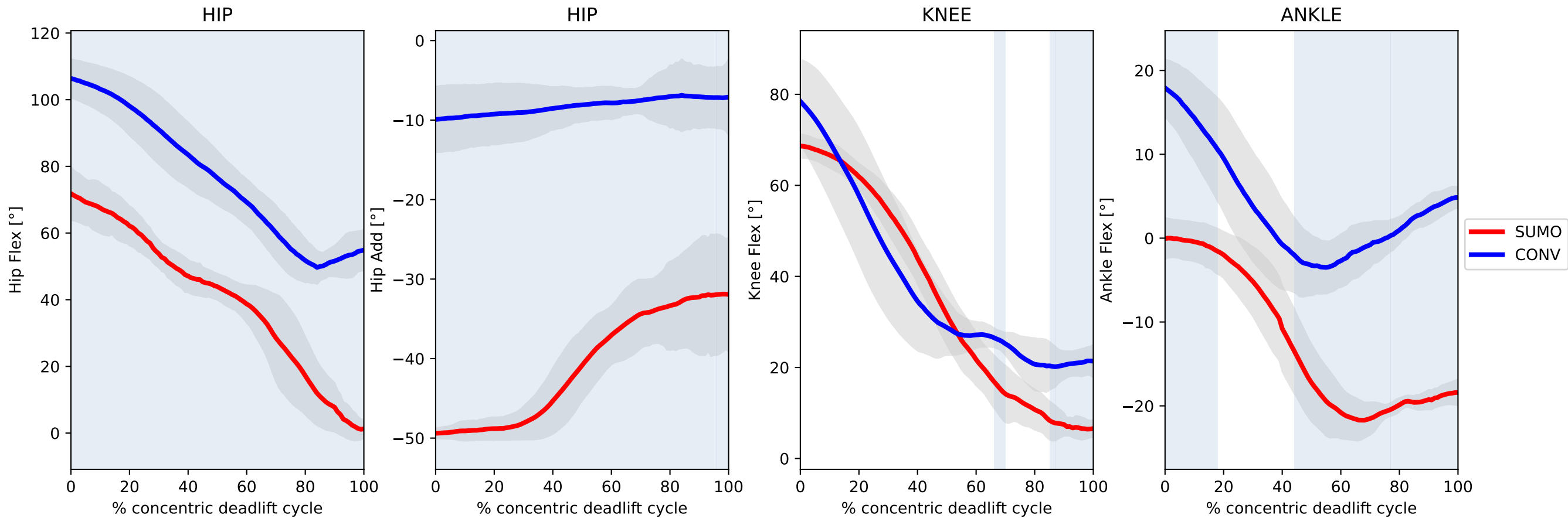# Biomechanical & Muscle Force Analysis Deadlift

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

Test date: 2025-01-23T18:25:43.511Z
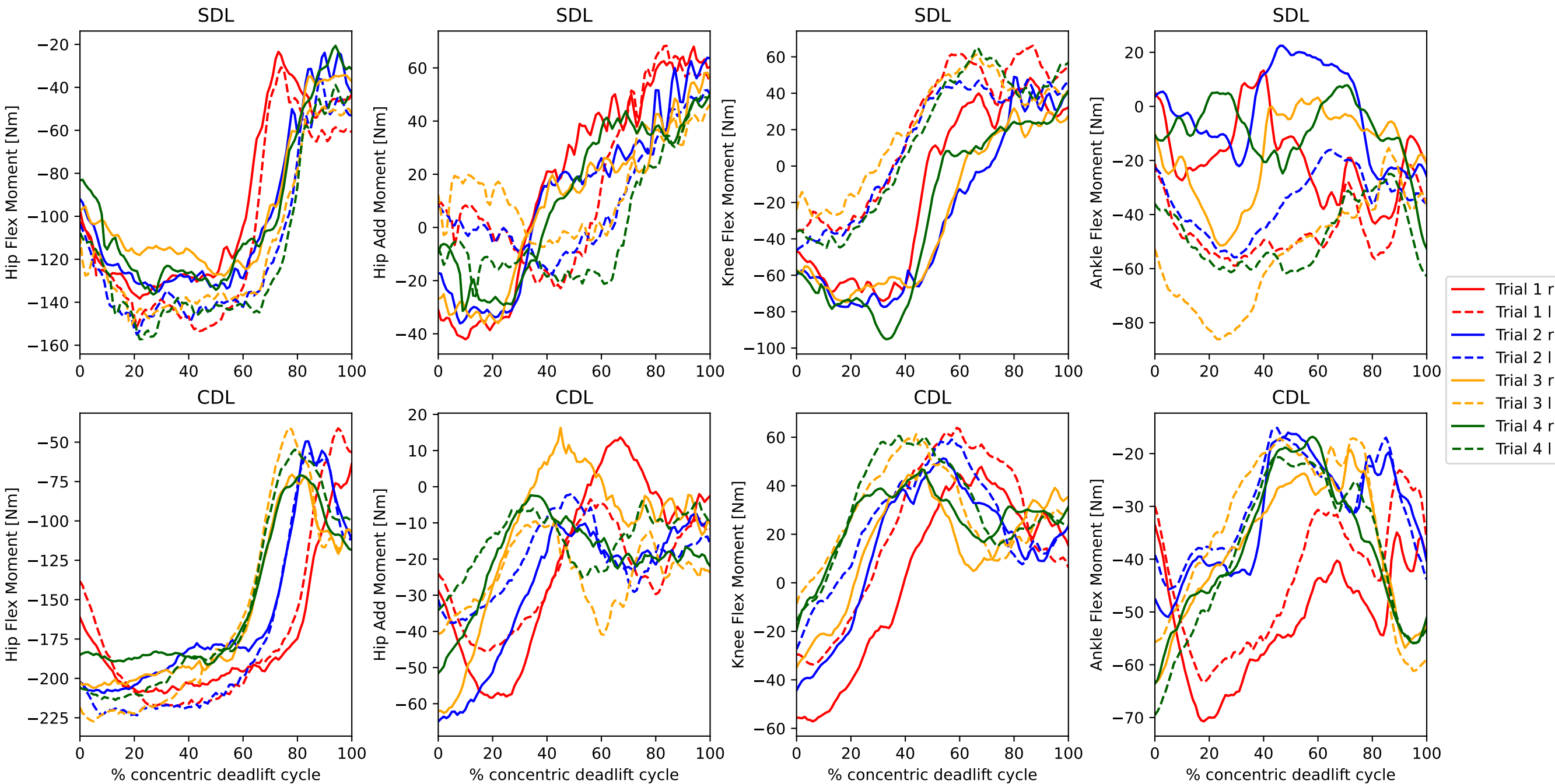
Kinematics Trials Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo
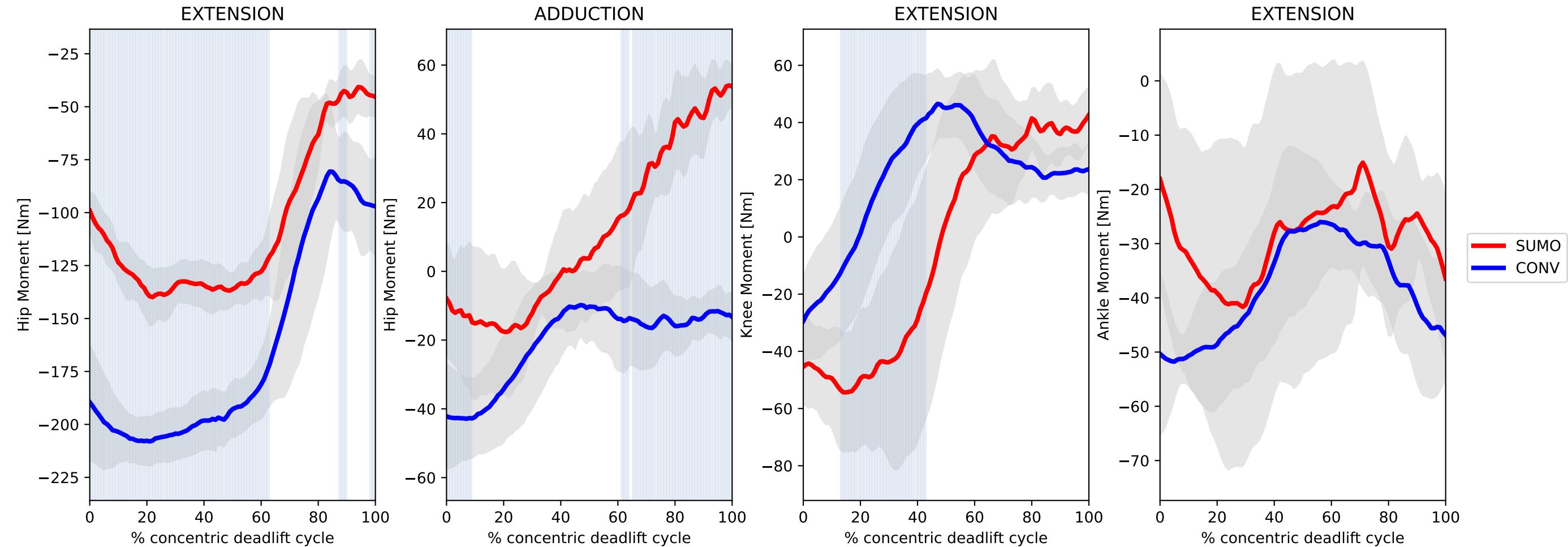
Kinematics Means Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo
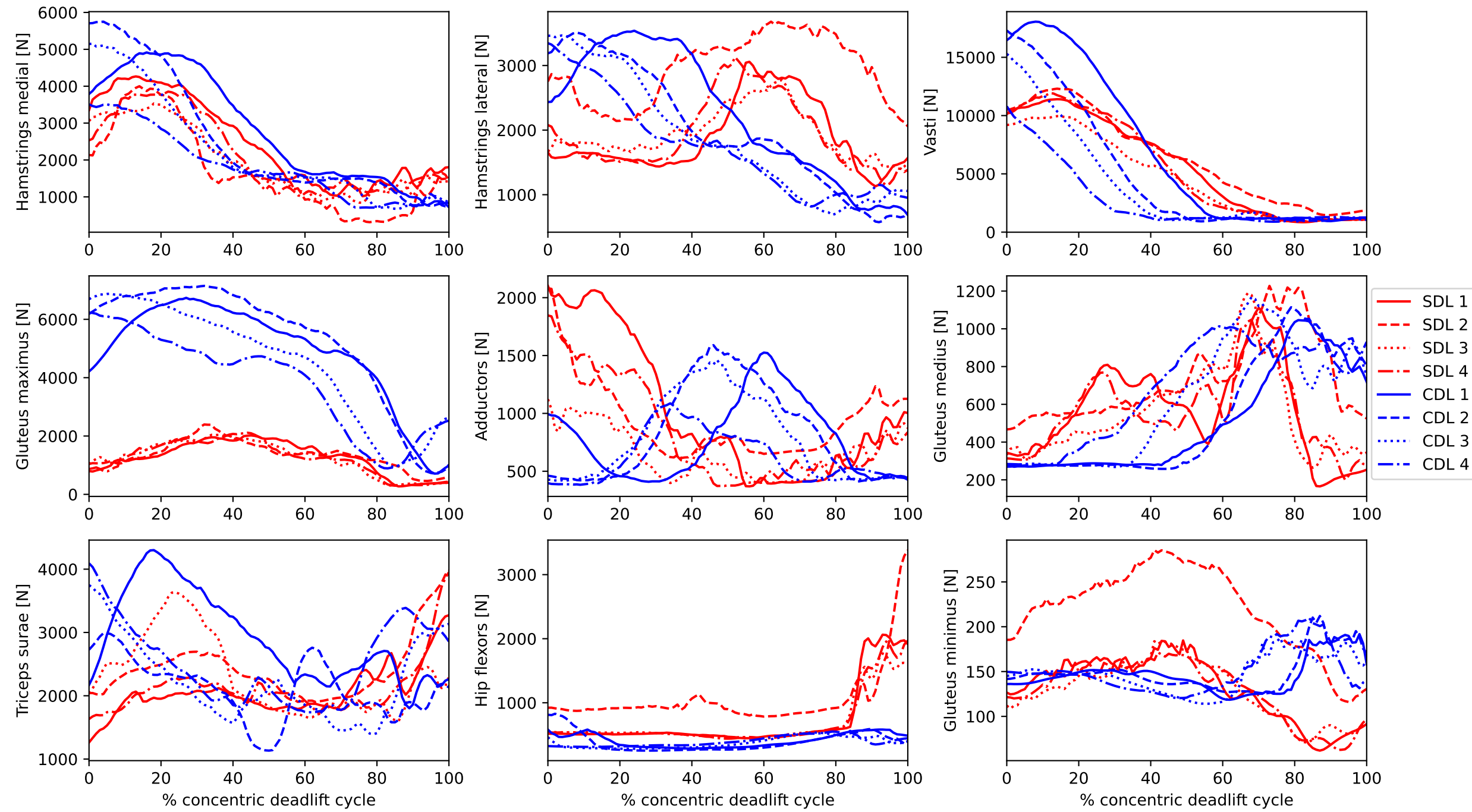
Joint Moments Trials Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo
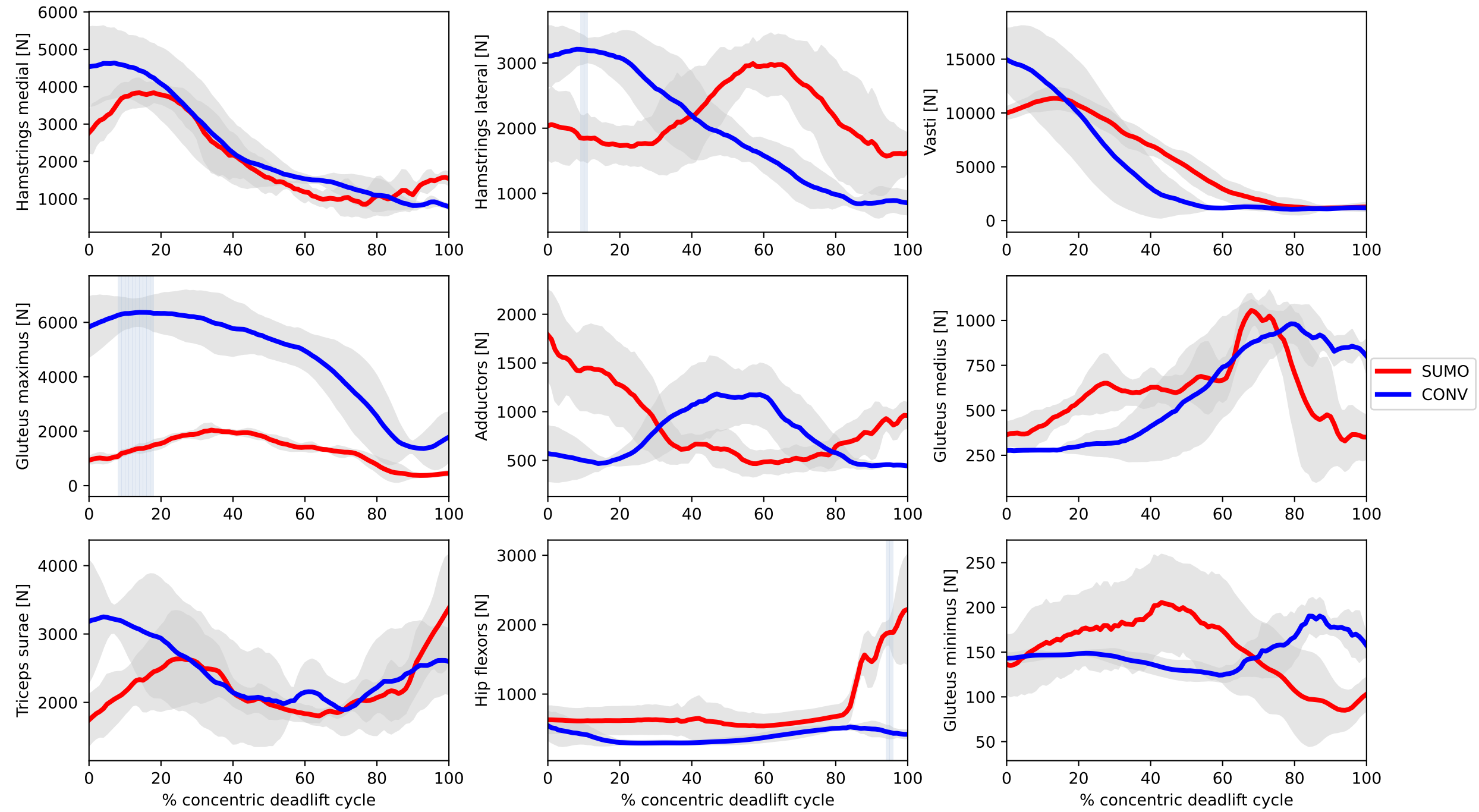
Joint Moments Means Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo

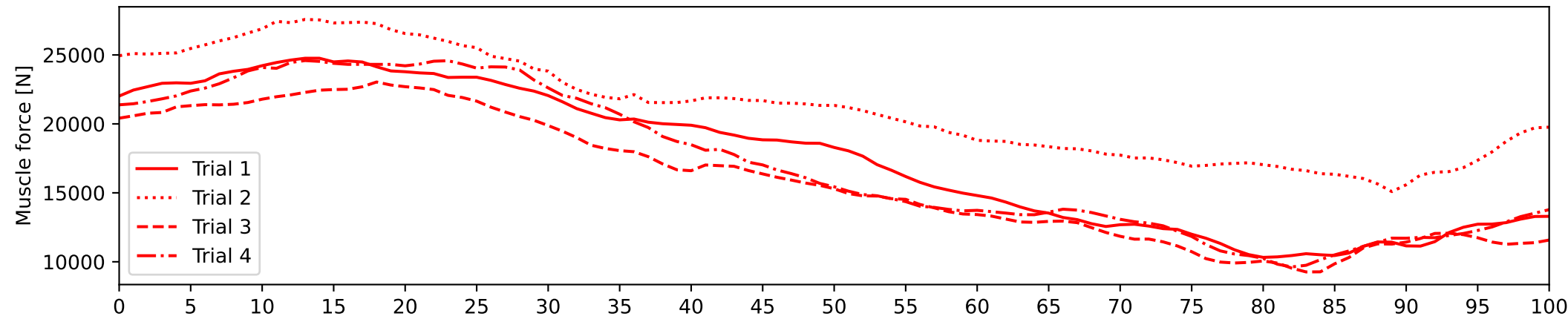Muscle Force Groups Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo

Muscle Force Groups Means Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo
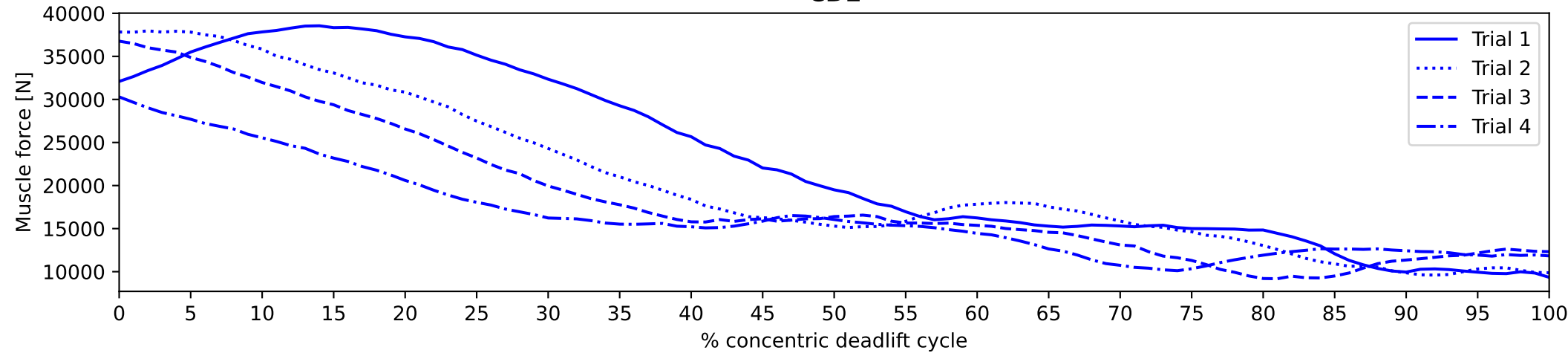
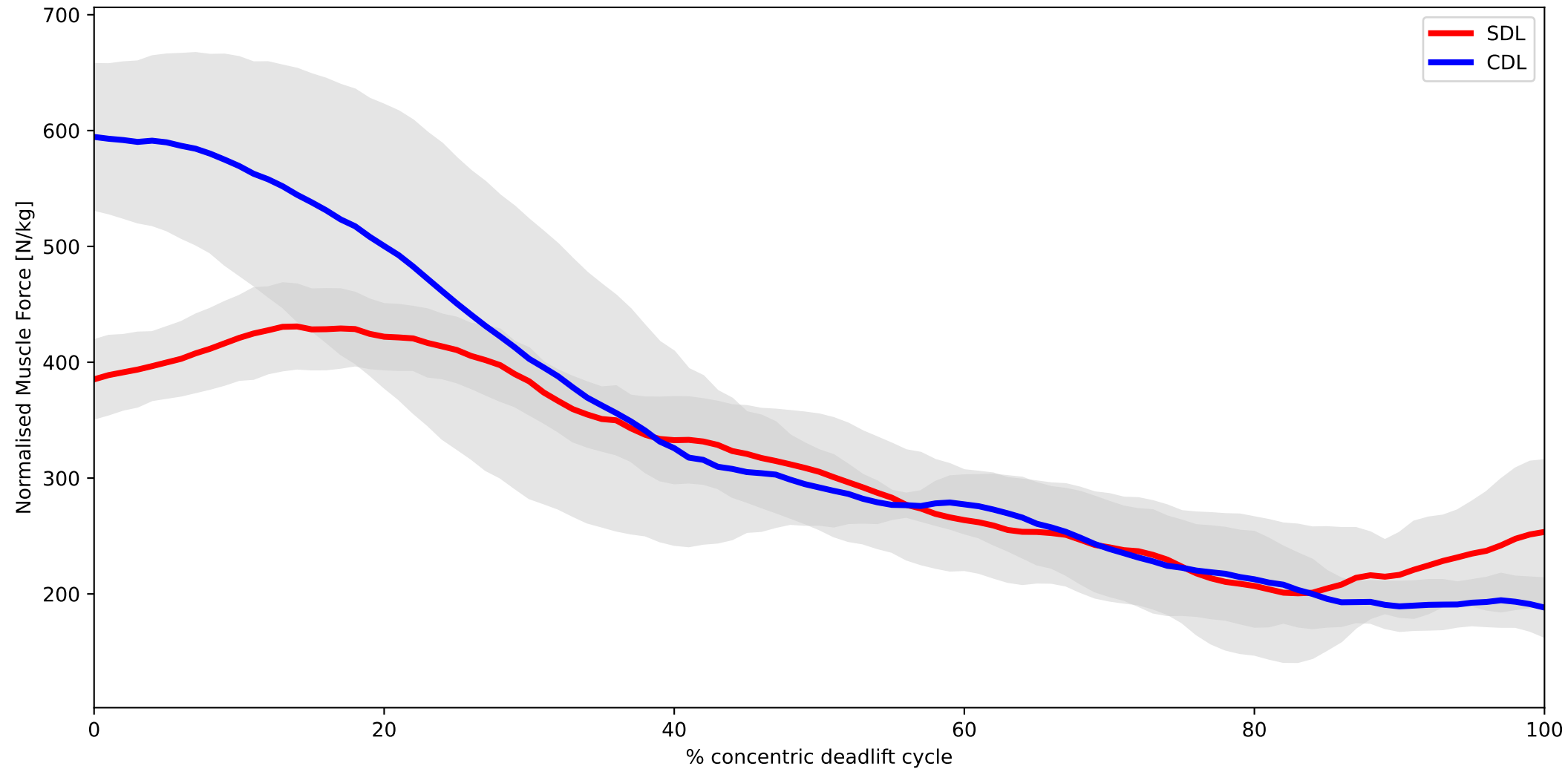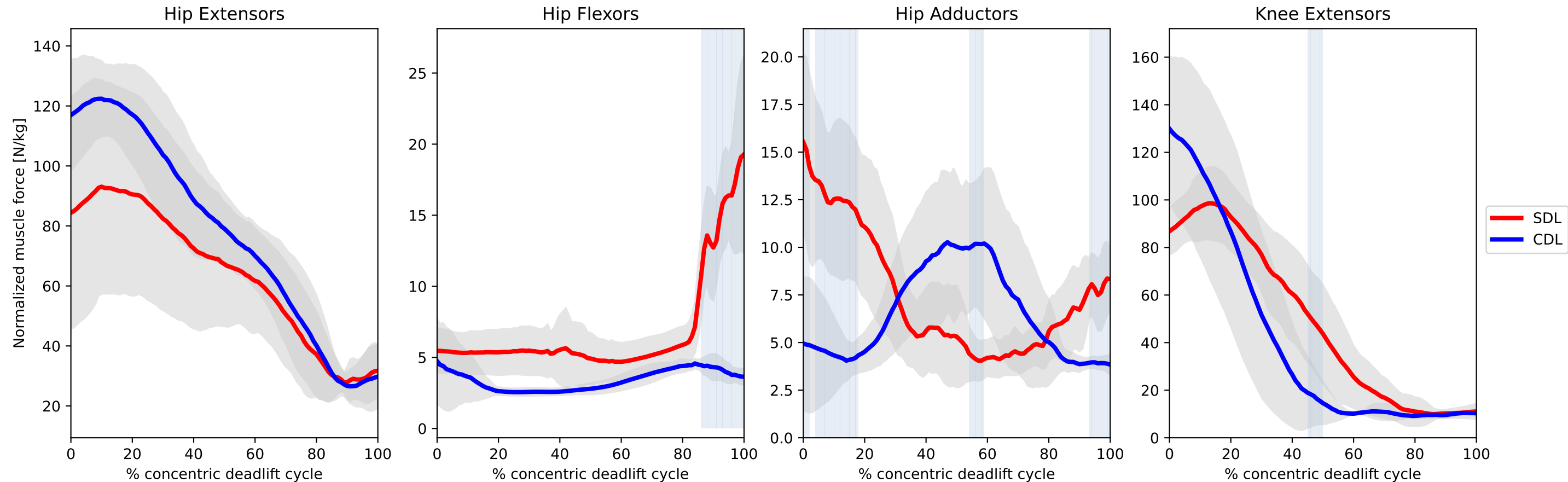**Total Muscle Force Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo**

SDL

CDL

Total Muscle Force Athlete 0; Model: athlete_0_scaled_increased_force_10; Preferred: sumo
Total Muscle Forces

Muscle Force Means Athlete 0

Peak Muscle Forces Athlete 0

Hip Extensors — Perferred: 63.922, Non-preferred: 129.097

Hip Flexors — Perferred: 20.4698, Non-preferred: 6.26502

Hip Adductors — Perferred: 16.0987, Non-preferred: 12.7609

Knee Extensors — Perferred: 99.3765, Non-preferred: 133.463