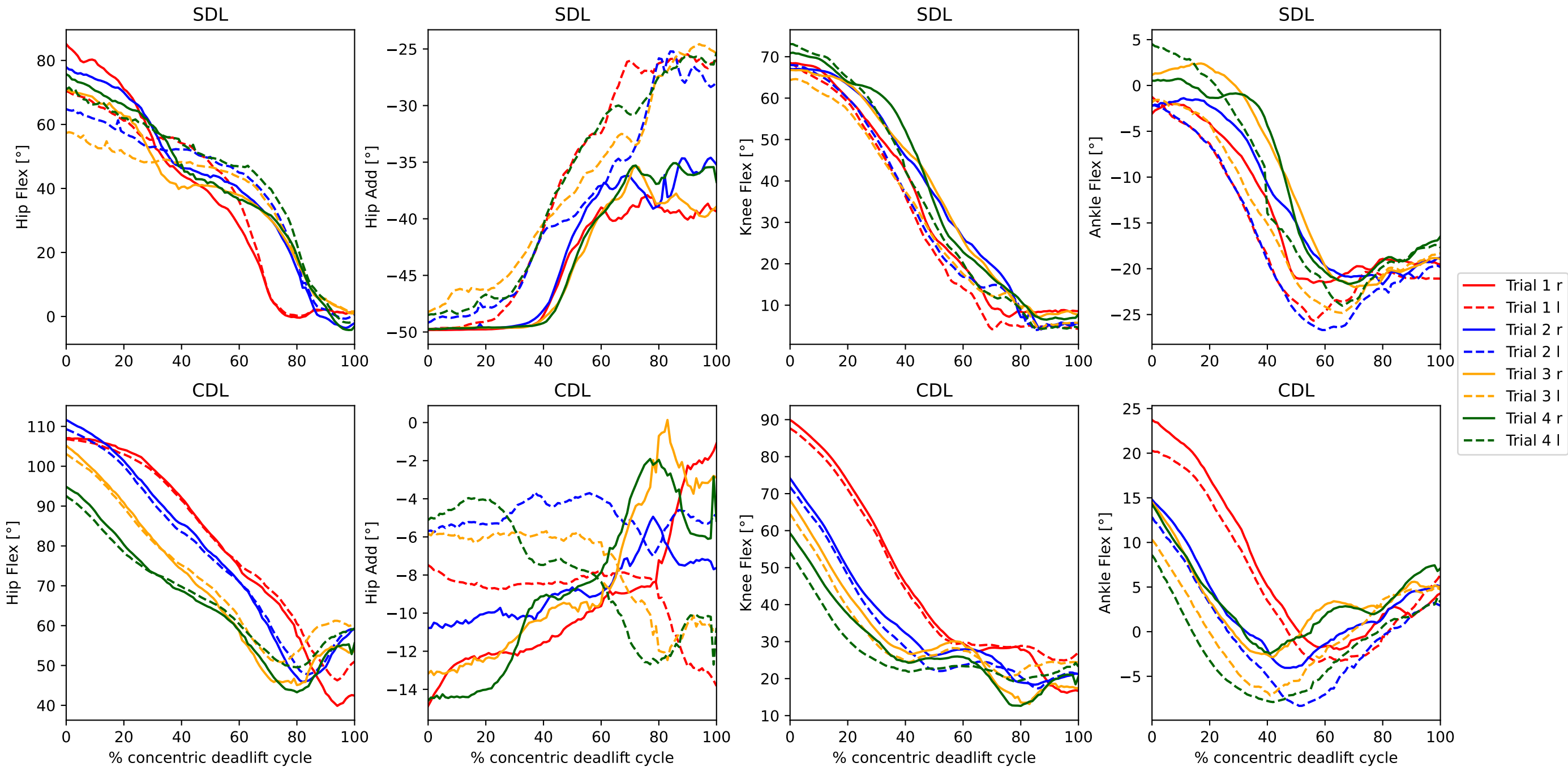# Biomechanical & Muscle Force Analysis Deadlift
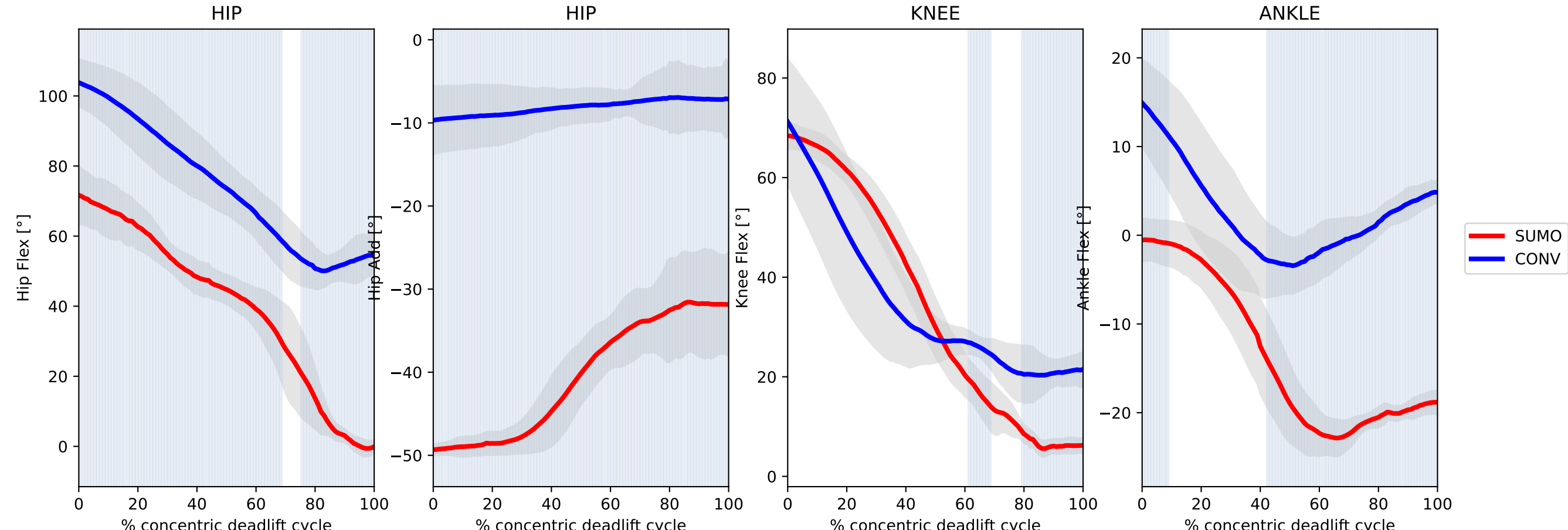
Athlete: 0
Bodymass: 57.6 kg
Preferred: sumo
Load: 87.5 kg
e1RM: 110 kg

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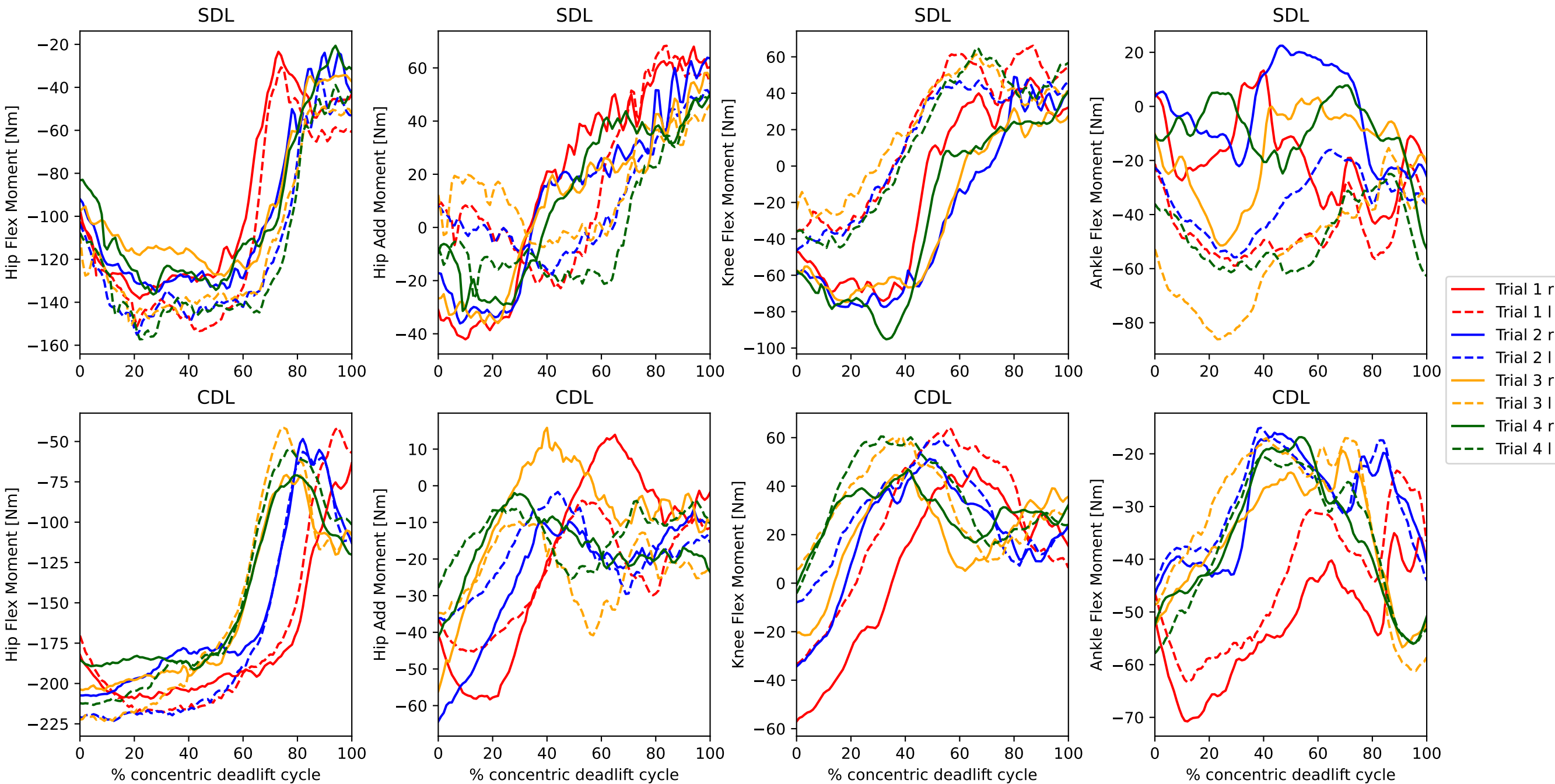
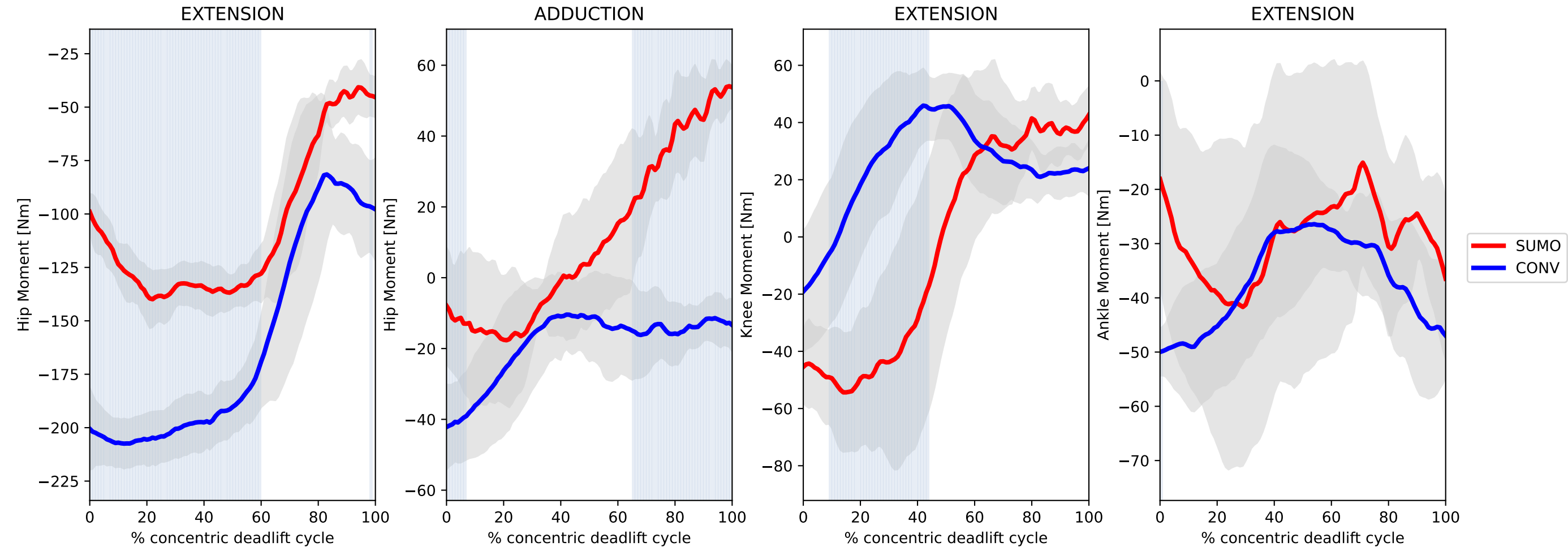**Kinematics Trials Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo**

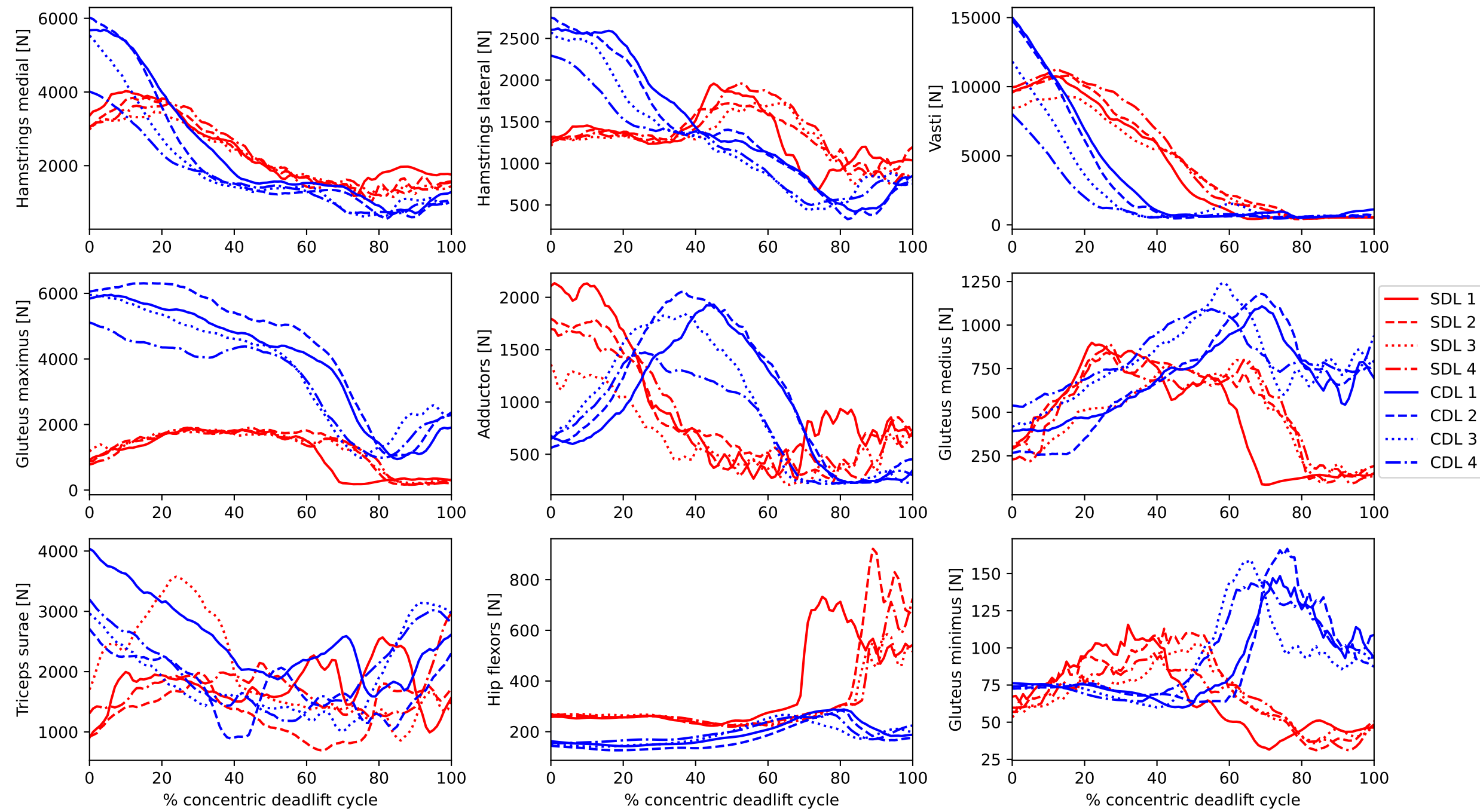Kinematics Means Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

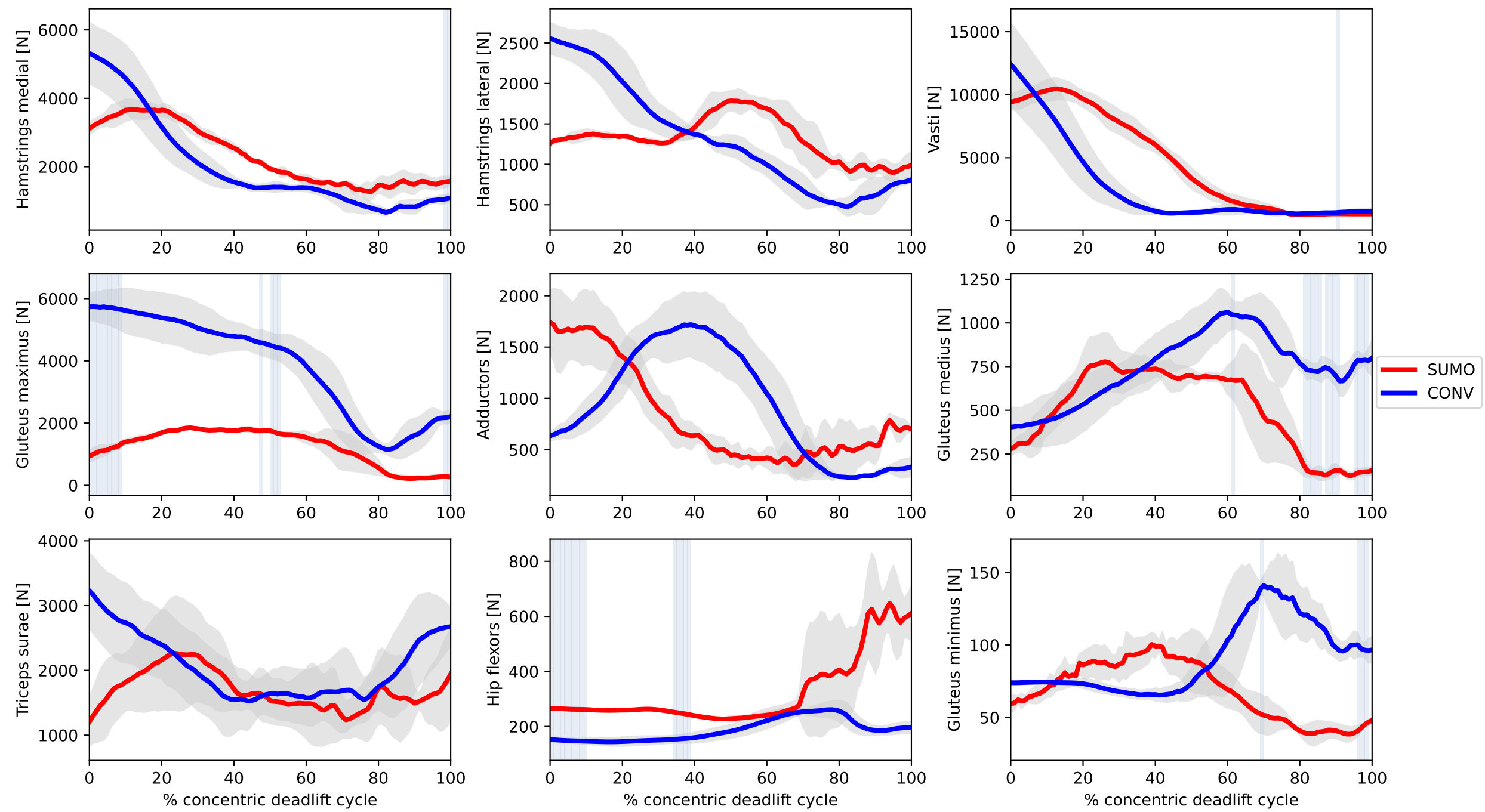Joint Moments Trials Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo

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:
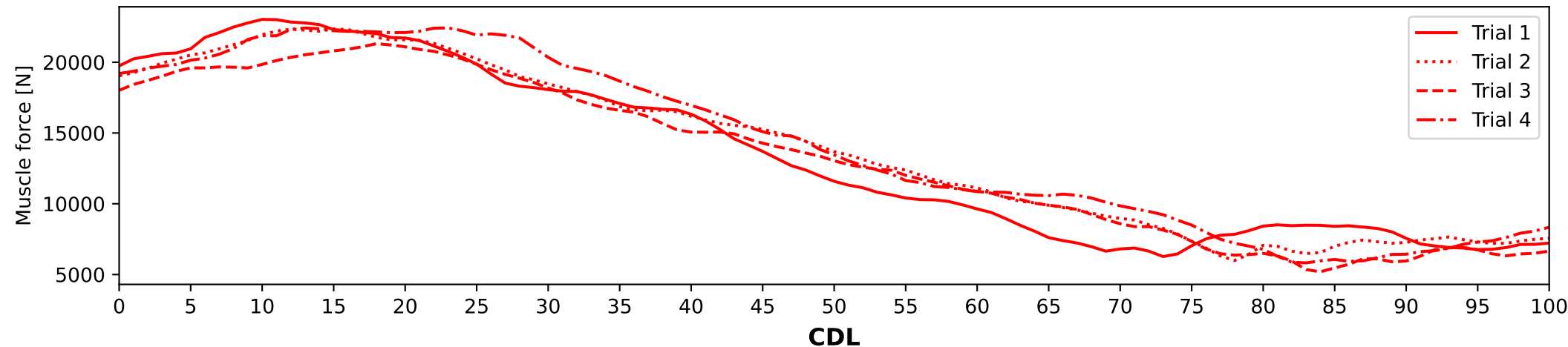- SDL 1
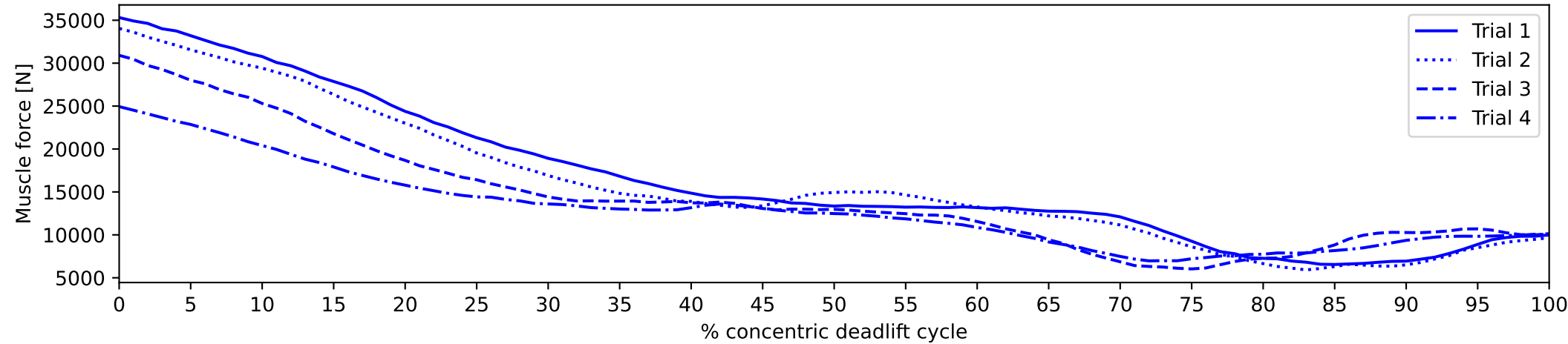- SDL 2
- SDL 3
- SDL 4
- CDL 1
- CDL 2
- CDL 3
- CDL 4

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

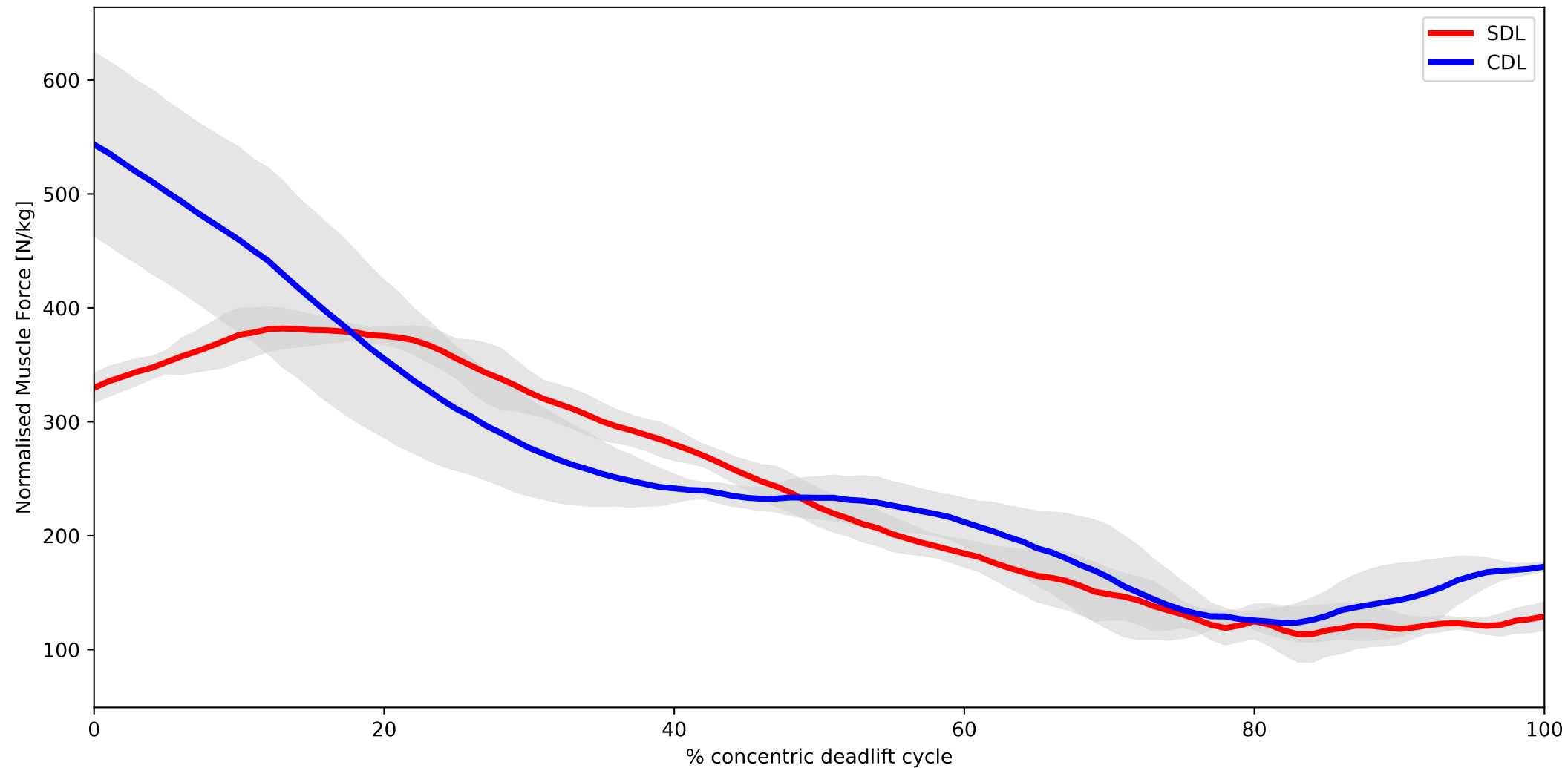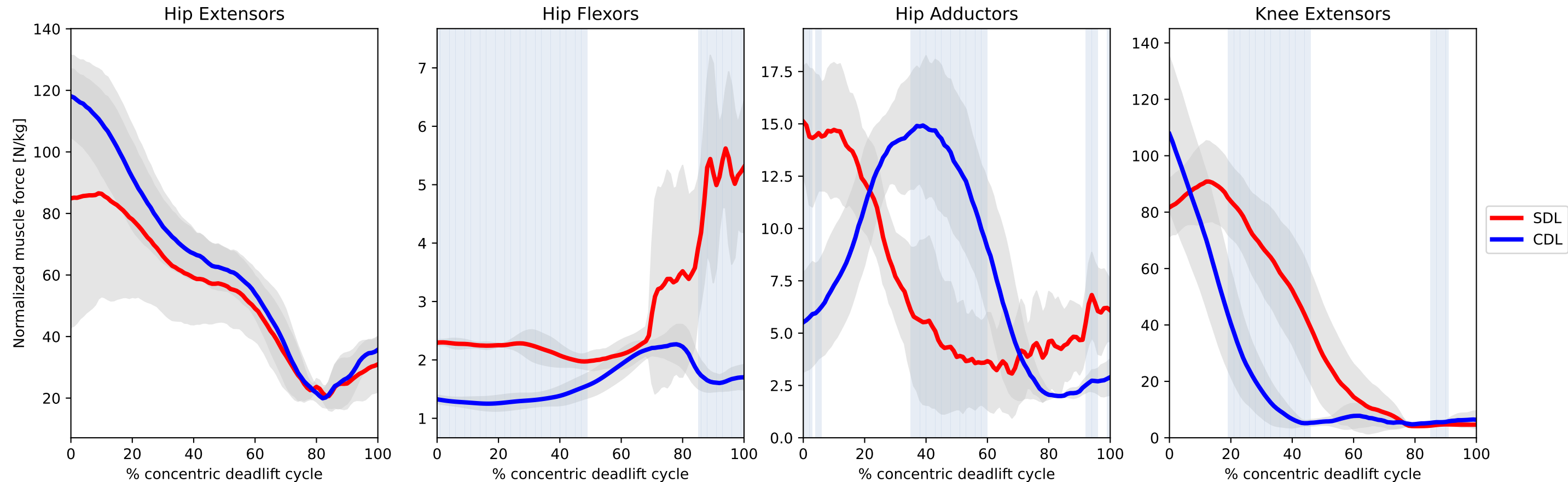**Total Muscle Force Athlete 0; Model: athlete_0_scaled_increased_force_3; Preferred: sumo**

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

Muscle Force Means Athlete 0

Peak Muscle Forces Athlete 0

Hip Extensors — Perferred: 59.4769, Non-preferred: 118.345

Hip Flexors — Perferred: 6.73221, Non-preferred: 2.42376

Hip Adductors — Perferred: 15.4947, Non-preferred: 16.176

Knee Extensors — Perferred: 91.522, Non-preferred: 107.678