Athlete 2, Protokoll, 22. Jänner 2025:

|  |  |
| --- | --- |
| Körpergröße [m] |  |
| Körpergewicht [kg] |  |
| Geschlecht | männlich |
| Alter |  |
| Bevorzugte Kreuzhebetechnik | Konventionell |
| e1RM [kg] |  |
| 80%-e1RM [kg] |  |

EMG-Kanäle:

|  |  |
| --- | --- |
| Channel 1 | Biceps femoris, Hamstrings, rechts |
| Channel 2 | Gluteus maximus, rechts |
| Channel 3 | Rectus femoris, rechts |
| Channel 4 | Vastus lateralis, rechts |
| Channel 5 | - |
| 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 |