Athlete 3, Protokoll, 30. Jänner 2025:

|  |  |
| --- | --- |
| Körpergröße [m] | 1,85 |
| Körpergewicht [kg] | 96,3 |
| Geschlecht | männlich |
| Alter | 23 |
| Bevorzugte Kreuzhebetechnik | Konventionell |
| e1RM [kg] | 220 kg |
| 80%-e1RM [kg] | 175 kg |

EMG-Kanäle:

|  |  |
| --- | --- |
| Channel 1 | Gluteus maximus, rechts |
| Channel 2 | Biceps femoris, rechts |
| Channel 3 | Gastro medialis, rechts |
| Channel 4 | Rectus femoris, rechts |
| Channel 5 | Vastus lateralis, rechts |
| Channel 6 | Adductor magnus, rechts |
| Channel 7 | Tibialis anterior, rechts |
| Channel 8 | Gluteus maximus, links |
| Channel 9 | Biceps femoris, links |
| Channel 10 | Gastro medialis, links |
| Channel 11 | Rectus femoris, links |
| Channel 12 | Vastus lateralis, links |
| Channel 13 | Adductor magnus, links |
| Channel 14 | Tibialis anterior, links |