**Flexion-Relax-Extension Exercise Routine**

Preparation and Setup (5 minutes)  
0:00 - 5:00: Attach EMG sensors to the biceps, triceps. Calibrate the system and verify signal quality for each muscle group.

Exercise Instructions

* Flexion: Bend the elbow without help from the other hand. Hold for 3 seconds.
* Extension: Place elbow on a towel roll and straighten arm out. Alternatively, slide arm out in front of you on a table.

**Flexion-Relax-Extension Sequence**  
For this routine, each flexion movement is followed by a relaxation period, then an extension movement, and another rest. This sequence includes five repetitions.

1. Repetition 1
   * 00:00 - 00:30: Flexion – Participant bends elbow to activate biceps.
   * 00.30 - 00.33: Relax (rest arm).
   * 00.33 - 01.03: Extension – Participant extends elbow, activating triceps.
   * 01:03 - 01:13 Relax

Repetition 10 times

Wrap-Up (5 minutes)  
Remove EMG sensors, gather participant feedback, and securely store data for later analysis.