

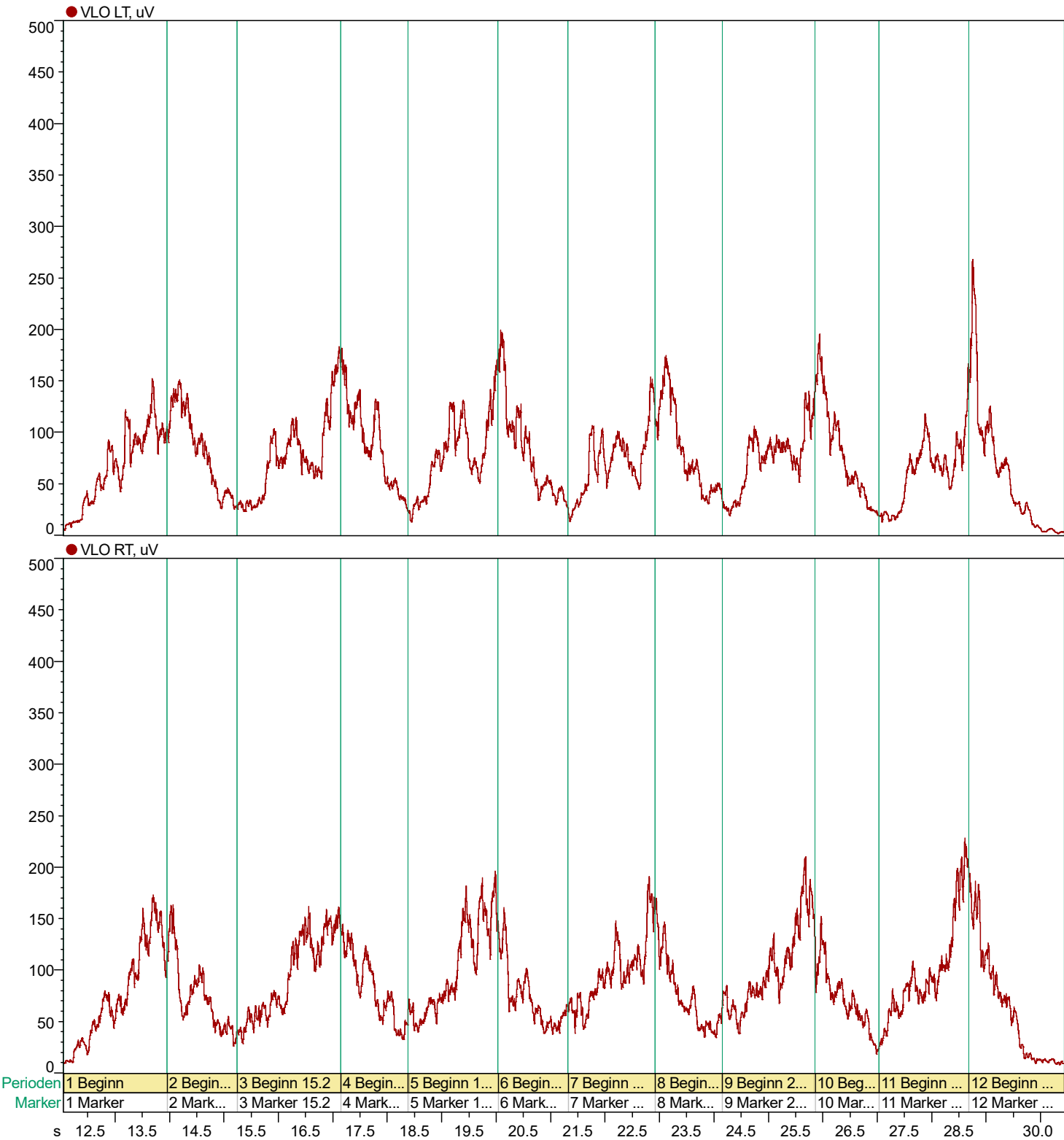
Noraxon Standard EMG Analysis

Subject:
Nachname Gerg
Vorname Maximilian
Geburtstag

Record:
Name Maxi Außen 1
Messdatum 10.12.2024 15:36
Anzahl der Perioden 12



Analyzed Signals / Periods



Subject Comments

Noraxon Standard EMG Analysis



Subject

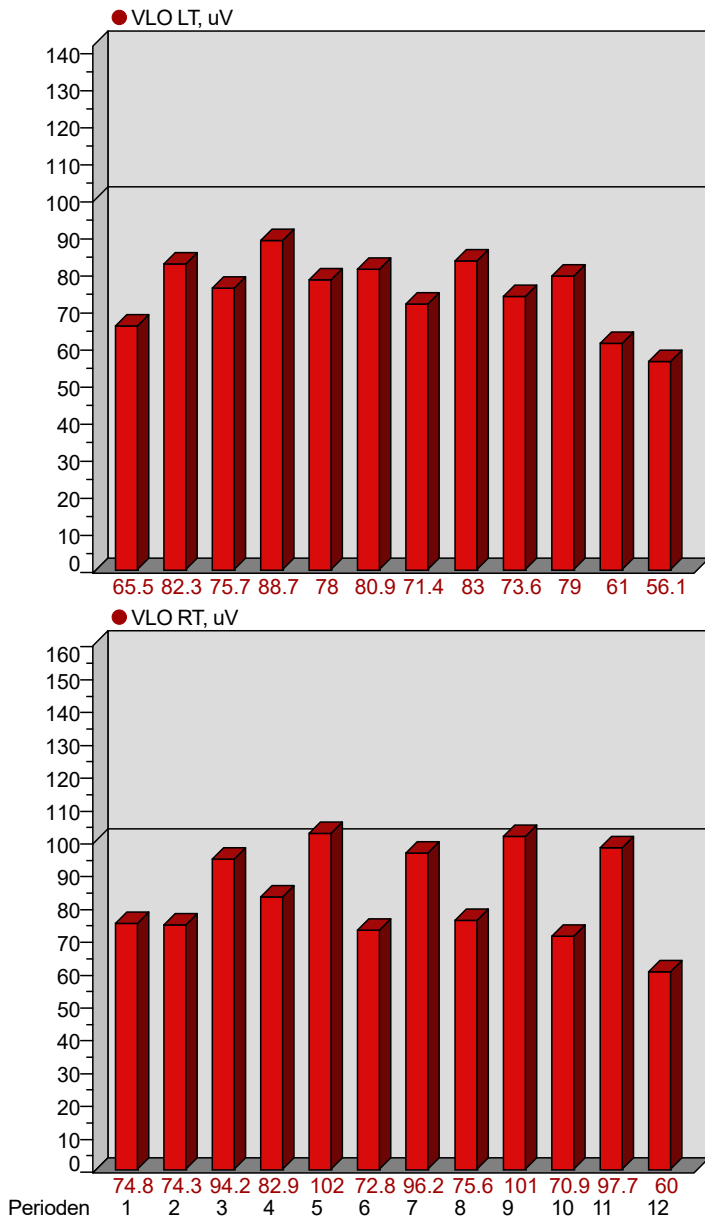
Vorname Maximilian
Nachname Gerg
Geburtsdag

Record

Name Maxi Außen 1
Messdatum 10.12.2024 15:36
Anzahl der Perioden 12



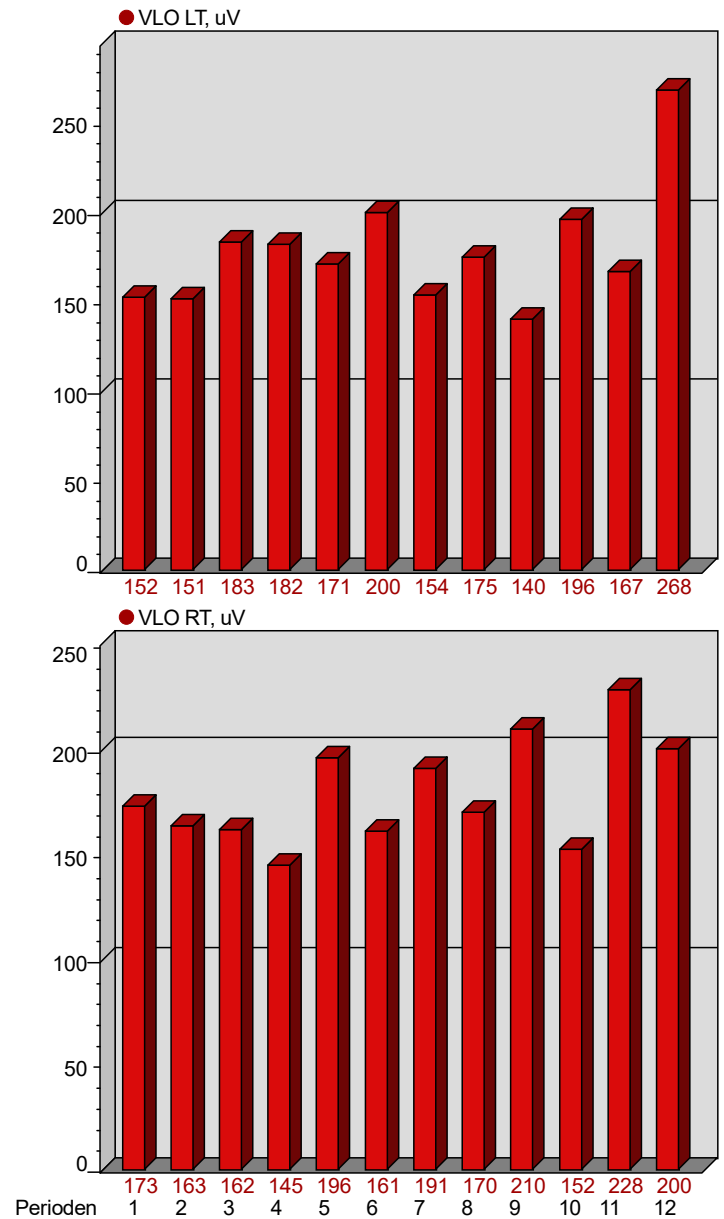
Mittelwert von jeder Periode



Averaged Mean Amplitude of All Periods

Kanal	Mittelwert, uV
VLO LT, uV	74.6±9.24
VLO RT	83.5±13.5

Maximum von jeder Periode



Averaged Max of All Periods

Kanal	Mittelwert, uV
VLO LT, uV	178±32.3
VLO RT	179±24.3

Record Comments

Marker, 12.1 sec

Logitech Webcam C930e

A man with short brown hair and a beard is standing in the center of an office. He is wearing a green t-shirt with a red and white graphic on the chest, red shorts, white socks, and white sneakers. He is standing on a light-colored wooden floor. Behind him is a large whiteboard on a stand. To the left, there is a desk with a computer monitor and a person sitting at it. To the right, there is another desk with a small Christmas tree and some papers. The office has white walls and a drop ceiling with recessed lights.

VLOLT	7.50	
VLORT	11.21	

A man in a green t-shirt and red shorts is performing a squat in an office environment. He is positioned in front of a large whiteboard. The office has desks, chairs, and various office supplies. A small Christmas tree is visible on a desk to the right. The man is wearing white socks and white sneakers. The whiteboard is a large, blank, rectangular board on a stand. The office has a modern, open-plan feel with white walls and wooden desks. There are several other people working at desks in the background, though they are out of focus. The lighting is bright, typical of an office. The man's posture is correct for a squat, with his feet shoulder-width apart and his back straight. He is looking down at his hands, which are clasped in front of him. The whiteboard is a standard office whiteboard, likely made of wood or a similar material. It is mounted on a black metal stand. The office desks are dark-colored, and the chairs are ergonomic office chairs. The overall atmosphere is professional and active. The man's expression is focused, and he appears to be concentrating on his form. The whiteboard is a key feature in the background, providing a clear reference point for the man's position. The office setting suggests that the man might be a professional or a student, and the squat could be part of a fitness routine or a physical education class. The image captures a moment of physical activity in a typically sedentary environment, highlighting the importance of staying active even in an office setting. The man's clothing is casual, and the office is well-lit and organized. The whiteboard is a common tool in many offices, used for brainstorming, presentations, and collaboration. The man's squat is a fundamental exercise that targets the legs, hips, and core muscles. It is a versatile movement that can be adapted for various fitness goals. The office setting provides a convenient space for the man to incorporate exercise into his daily routine. The image is a clear and concise representation of a man performing a squat in an office, with a whiteboard in the background. The details of the office environment and the man's posture are accurately captured, providing a comprehensive view of the scene. The whiteboard is a prominent feature, and the man's position relative to it is clearly defined. The office setting is well-detailed, showing various pieces of furniture and equipment. The man's expression and posture are also clearly visible, adding to the overall understanding of the scene. The image is a high-quality, professional-looking photograph that effectively communicates the man's activity and the office environment. The whiteboard is a key element, and the man's squat is the central focus of the image. The office setting provides context and adds to the realism of the scene. The man's clothing and the office furniture are also clearly visible, providing additional details about the scene. The image is a well-composed and informative photograph that captures a moment of physical activity in a professional setting. The whiteboard is a central feature, and the man's position is clearly defined. The office setting is well-detailed, and the man's posture is accurately captured. The image is a high-quality, professional-looking photograph that effectively communicates the man's activity and the office environment. The whiteboard is a key element, and the man's squat is the central focus of the image. The office setting provides context and adds to the realism of the scene. The man's clothing and the office furniture are also clearly visible, providing additional details about the scene. The image is a well-composed and informative photograph that captures a moment of physical activity in a professional setting.

Category	Value
VLOLT	97.86
VLORT	113.61

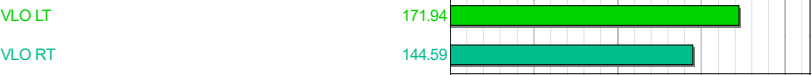
A man in a green t-shirt and red shorts stands in the center of an office, demonstrating a posture correction exercise. He is standing on a yellow mat, with his feet shoulder-width apart. His arms are slightly away from his body, and he is looking down at his feet. The office background includes desks, chairs, a whiteboard, and a Christmas tree.

VLO LT	28.18				
VLO RT	36.69				

Marker, 17.1 sec



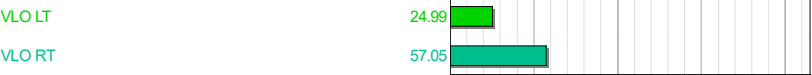
Mittelwert EMG, uV



Marker, 18.4 sec



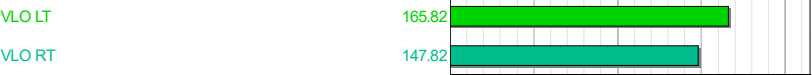
Mittelwert EMG, uV



Marker, 20.0 sec



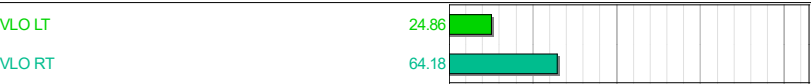
Mittelwert EMG, uV



Marker, 21.3 sec



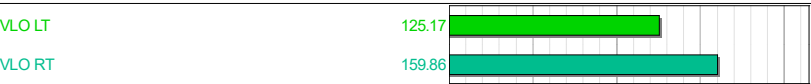
Mittelwert EMG, uV



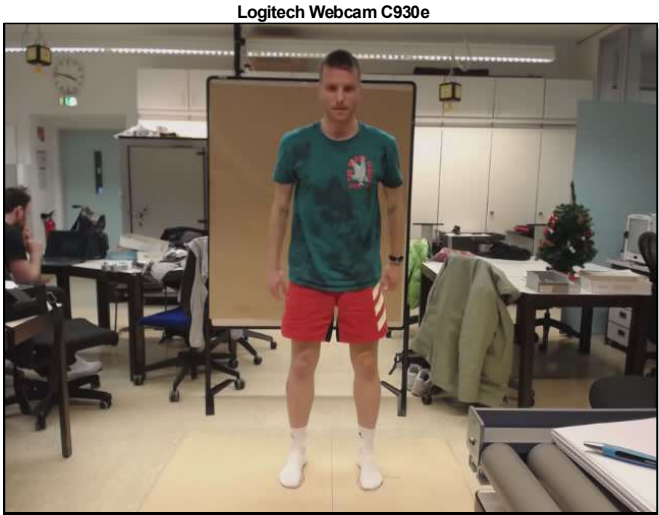
Marker, 22.9 sec



Mittelwert EMG, uV



Marker, 24.2 sec



Mittelwert EMG, uV



Marker, 25.9 sec



Mittelwert EMG, uV



Marker, 27.0 sec



Mittelwert EMG, uV



Marker, 28.7 sec



Mittelwert EMG, uV



2.95

9.16