Trials

EMG Channels:

1. Biceps (Right)
2. Triceps (Right)

Marker placement:

1. Lateral side of wrist
2. Lateral side of elbow
3. Superior side of shoulder (Acromion point)

Trials:

1. Resting anatomical position - Success
2. From anatomical position, flexing biceps (5 times) - Success
3. While holding 5 lbs, keep elbow at 90 degrees with hand supine - Success
4. From anatomical position, curl 5 lbs (6 times) - Success
5. Same as trial 4, but faster - Fail: Ground connection fell off
6. Same as trial 4, but faster - Success
7. Flex biceps from 90 degrees with maximum effort - Success
8. Extension of triceps from 90 degrees with maximum effort - Success

Notes:

* Trial 5 has to be repeated due to the ground connection falling off
* Ground connection was attached to the medial side of wrist (bony part)
* EMG connections were to the anterior portion of the biceps and anterior portion of the triceps
* For trials 6 and 7, subject was able to overpower the opposing force
* Cameras captured images at 2,400 FPS
* Data was collected at 2,400 samples per second

\* File names used are labeled FDI representing channel 1 (biceps) and APB representing channel 2 (triceps)

