Accelerometer-Based Analysis results for Push-ups

1 Push-ups results :

This section presents all figures obtained from the accelerometer-based analysis of push-ups. Each figure corresponds to a specific step of the workflow: signal smoothing, repetition segmentation, cadence estimation.
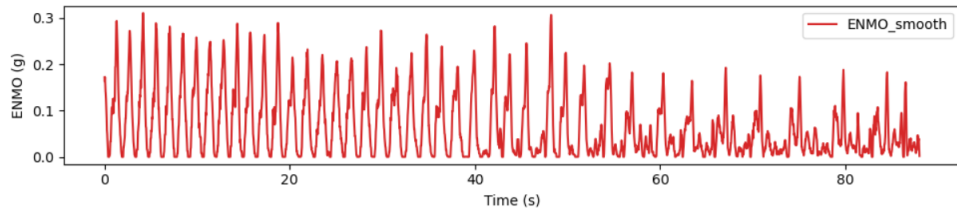

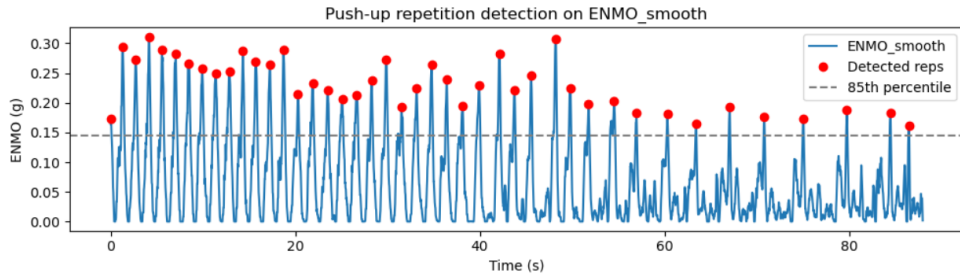Figure 1: Smoothed ENMO signal during the continuous 92-second push-ups set.

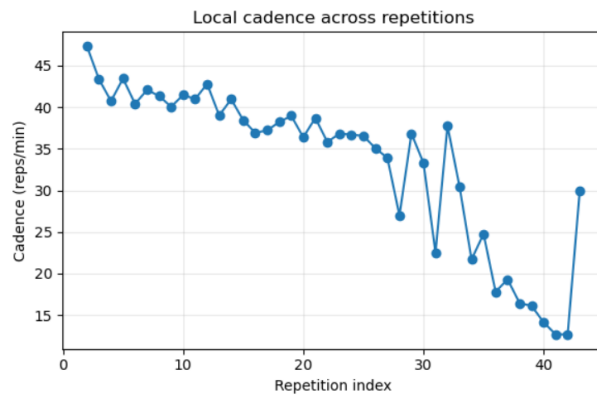Figure 2: Detected push-ups repetitions (red markers) using adaptive ENMO peak detection.

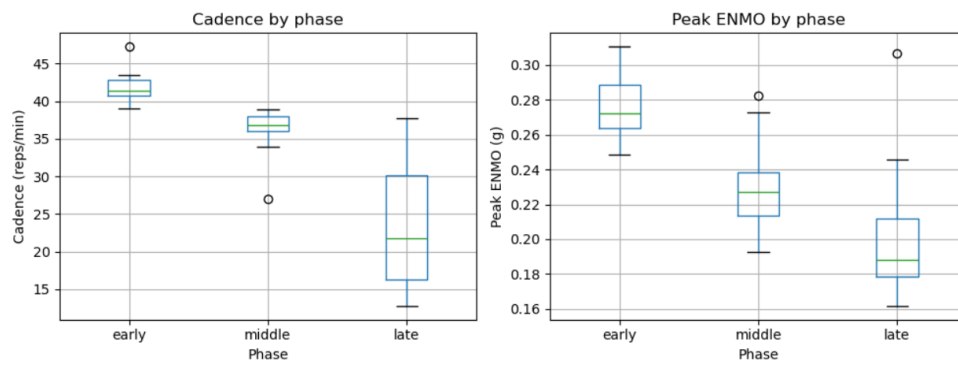Figure 3: Instantaneous cadence across the push-ups set.

Figure 4: Cadence (left) and peak ENMO amplitude (right) across early, middle, and late phases.