Accelerometer-Based Analysis results for Dips, Pull-Ups and Push-ups

1 Dips and Pull-ups results

This section presents all figures obtained from the accelerometer-based analysis of dips and pull-ups. Each figure corresponds to a specific step of the workflow: signal smoothing, repetition segmentation, cadence estimation, phase comparison, and ENMO-integrated load computation.

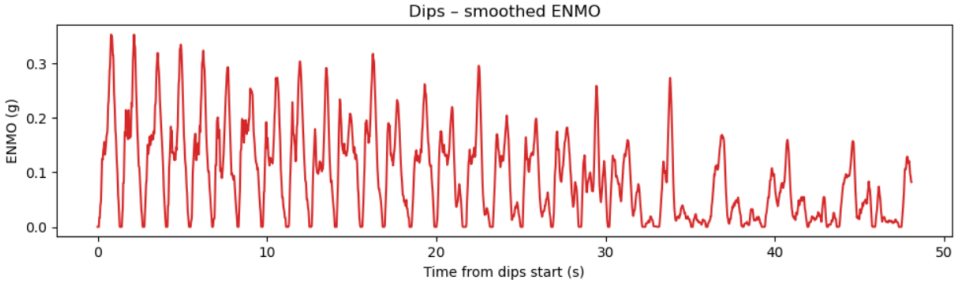

Figure 1: Smoothed ENMO signal during the dips set.

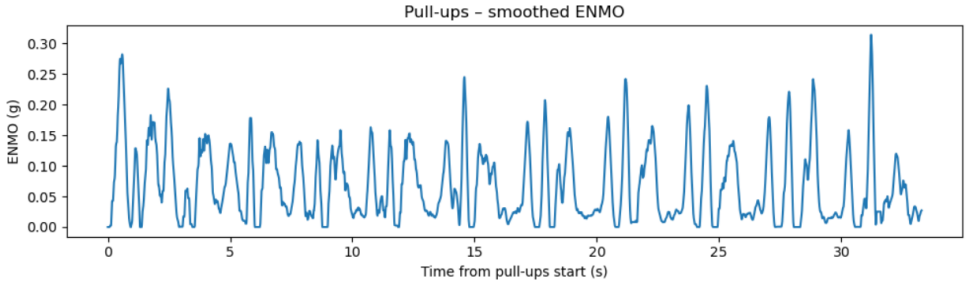

Figure 2: Smoothed ENMO signal during the pull-ups set.

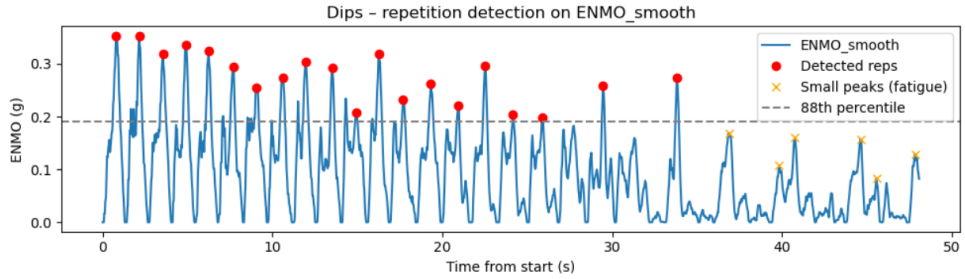

Figure 3: Dip repetition detections.

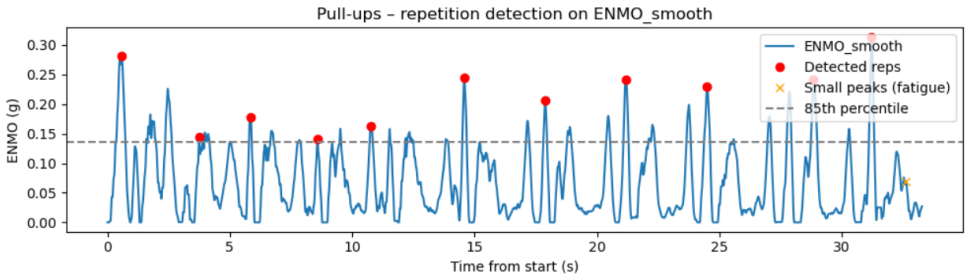

Figure 4: Pull-ups repetition detection.

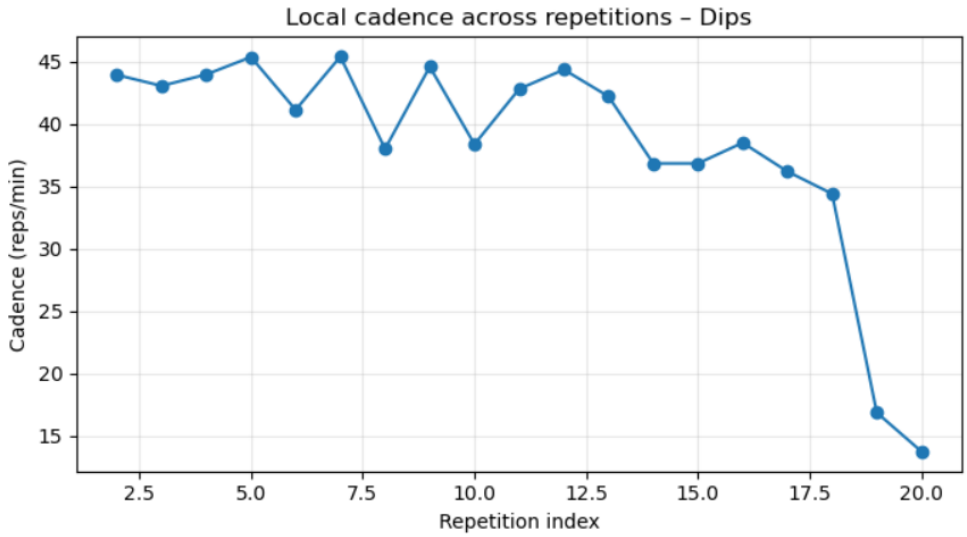

Figure 5: Local cadence across dips repetitionss.

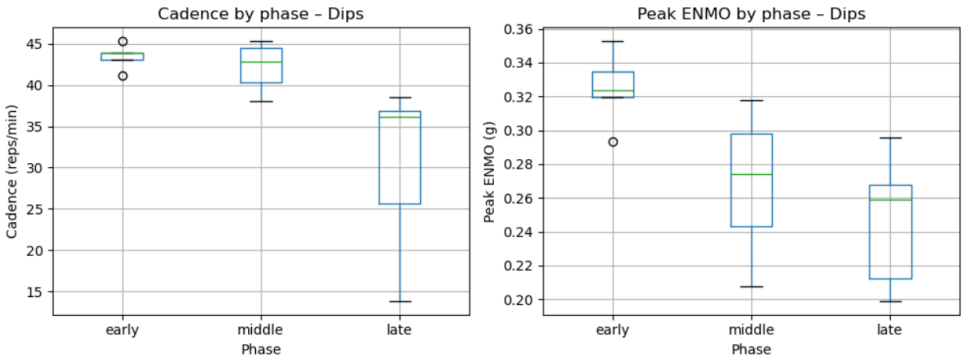

Figure 6: Cadence and peak ENMO for dips across early, middle, and late phases.

2 Comparison between Dips and Pull-ups

Comparison of the movement load between dips and pull-ups exercises

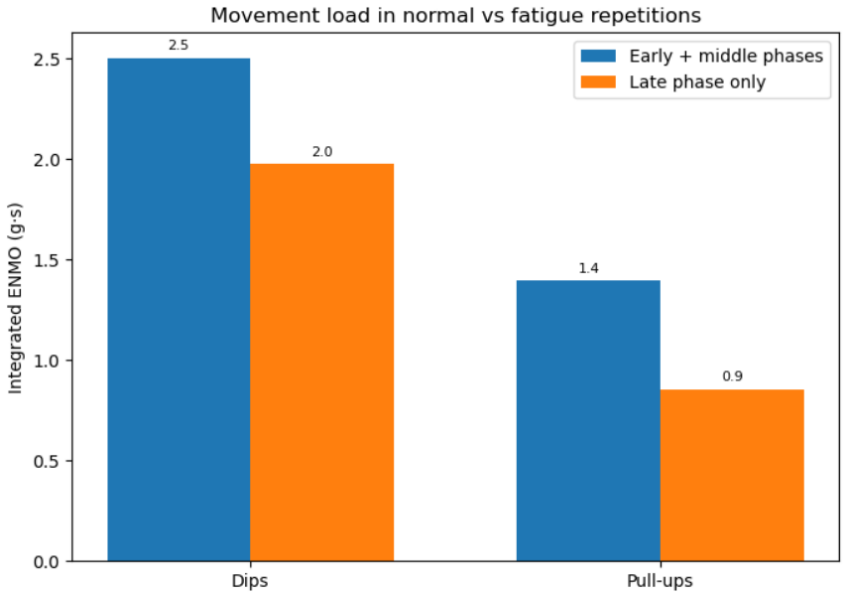

Figure 7: Integrated ENMO load for early/middle vs. late repetitions.