

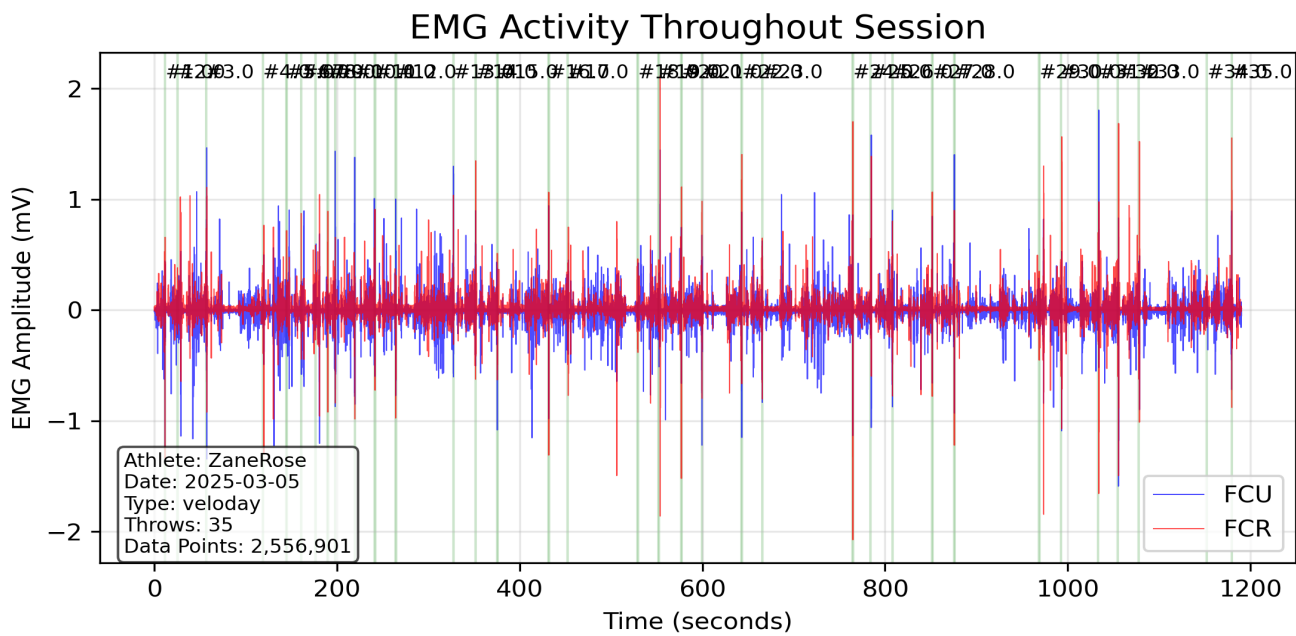
EMG Analysis Report: ZaneRose

Date: 2025-03-05 | Session Type: veloday | Muscles: FCU, FCR

Key Insights

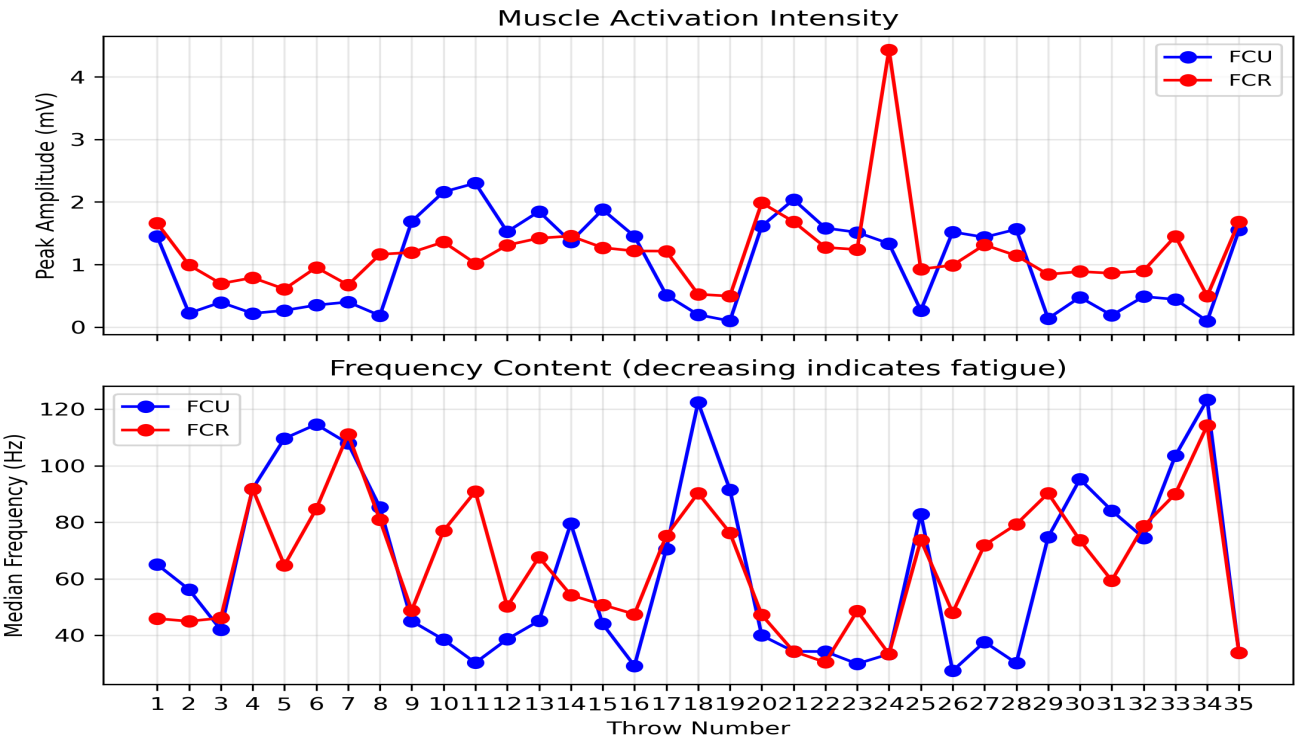
- Total throws detected: 35
- Highest FCU activation: Throw #11 (2.30 mV)
- Highest FCR activation: Throw #24 (4.43 mV)
- Good muscle coordination overall

Session Overview



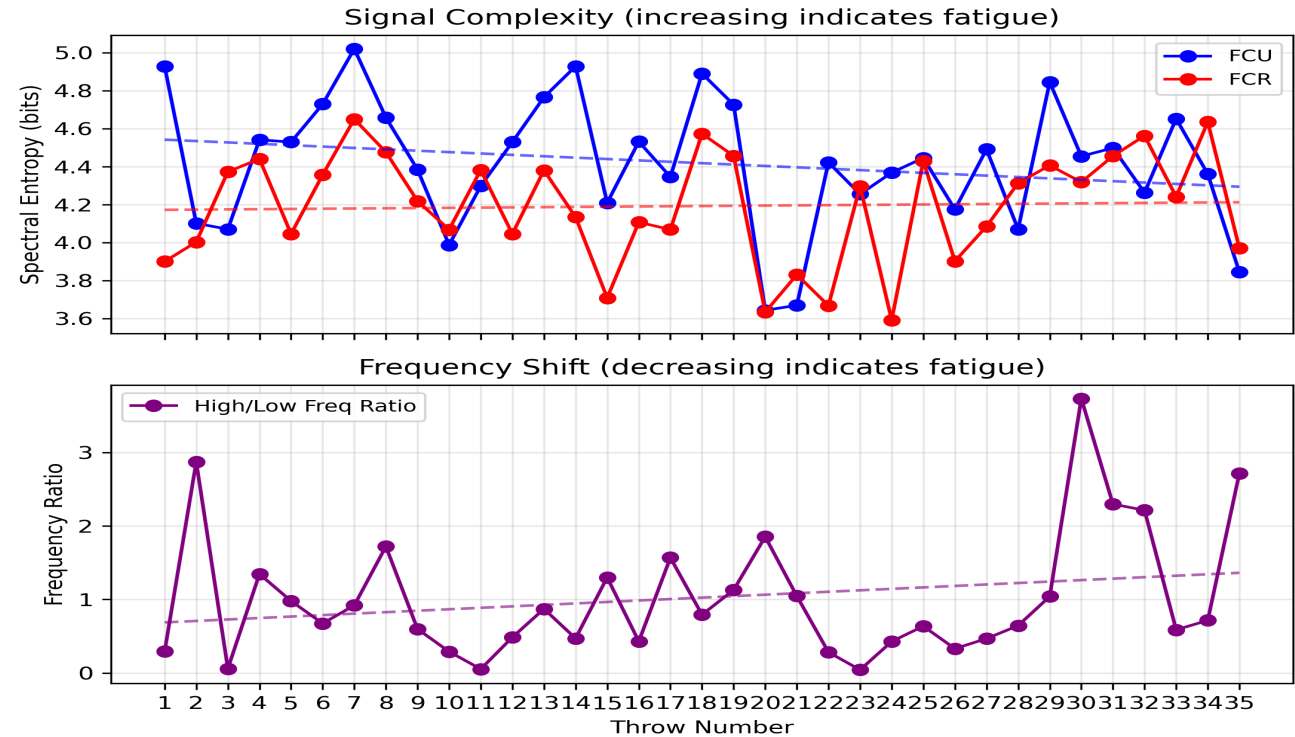
EMG activity throughout session with throw markers

Performance Metrics



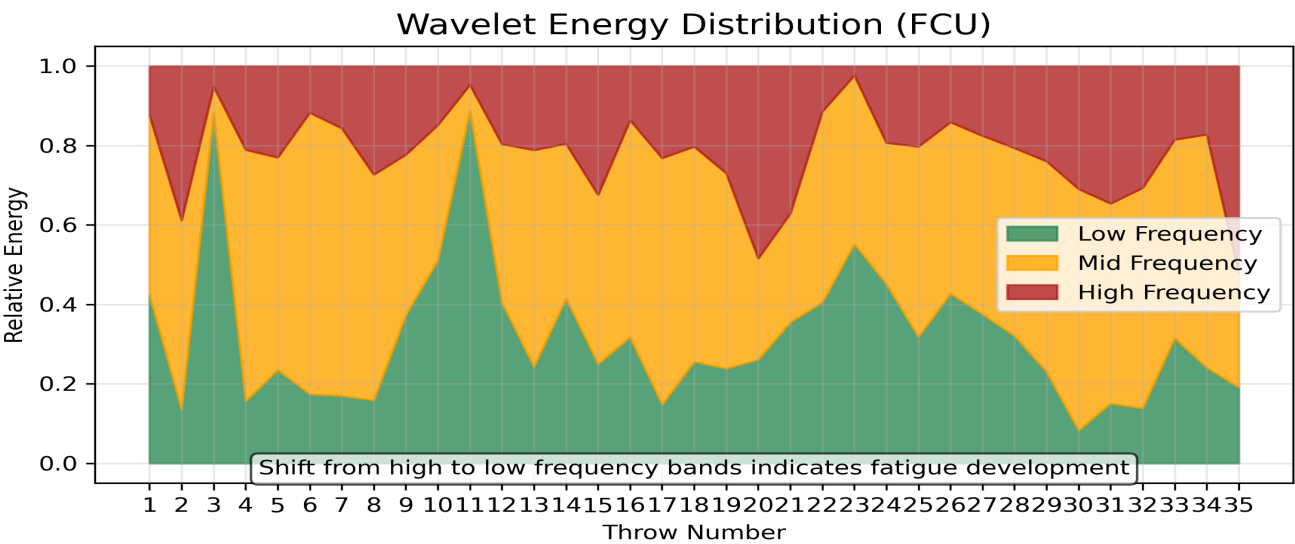
Activation intensity and frequency content across throws

Fatigue Analysis



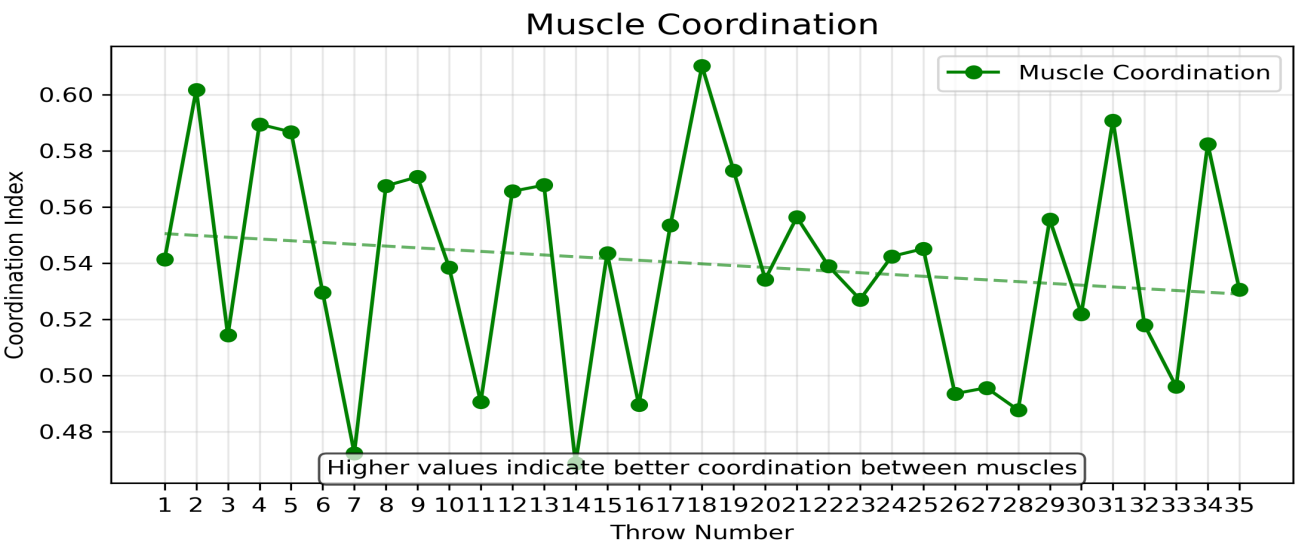
Spectral entropy and frequency indicators of fatigue

Frequency Distribution



Distribution of energy across frequency bands

Muscle Coordination



Muscle coordination across throws

Throw-by-Throw Summary

Throw #	Duration (s)	FCU Peak (mV)	FCR Peak (mV)	Coordination
1	0.26	1.45	1.66	0.54
2	0.27	0.22	0.99	0.6
3	0.24	0.4	0.7	0.51
4	0.3	0.22	0.79	0.59
5	0.2	0.27	0.61	0.59
6	0.2	0.35	0.95	0.53

7	0.31	0.4	0.67	0.47
8	0.46	0.19	1.16	0.57
9	0.27	1.69	1.2	0.57
10	0.26	2.16	1.36	0.54
11	0.26	2.3	1.02	0.49
12	0.26	1.52	1.31	0.57
13	0.27	1.85	1.42	0.57
14	0.28	1.37	1.46	0.47
15	0.29	1.88	1.27	0.54
16	0.27	1.45	1.22	0.49
17	0.21	0.51	1.22	0.55
18	0.34	0.2	0.53	0.61
19	0.26	0.1	0.5	0.57
20	0.27	1.61	1.99	0.53
21	0.26	2.04	1.69	0.56
22	0.26	1.58	1.27	0.54
23	0.27	1.52	1.24	0.53
24	0.3	1.34	4.43	0.54
25	0.22	0.27	0.93	0.55
26	0.29	1.52	0.99	0.49
27	0.29	1.44	1.32	0.5
28	0.26	1.56	1.14	0.49
29	0.32	0.14	0.84	0.56
30	0.23	0.48	0.89	0.52
31	0.2	0.19	0.86	0.59
32	0.24	0.49	0.9	0.52
33	0.22	0.44	1.45	0.5
34	0.22	0.1	0.5	0.58
35	0.27	1.55	1.68	0.53

Summary

Total throws detected: 35 Good muscle coordination overall