Athlete Report — 2Nmar.txt (LEAN)

VM Avg Activation	RF Avg Activation	BF Avg Activation	ST Avg Activation
49%	37%	34%	35%

VM Session Summary
- under: 0%
- optimal (yhat_VM): 68%
- over: 32%

RF Session Summary
- under: 6%
- optimal (yhat_RF): 72%
- over: 22%

BF Session Summary
- under: 11%
- optimal (yhat_BF): 77%
- over: 12%

ST Session Summary
- under: 36%
- optimal (yhat_ST): 50%
- over: 14%

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep):
- VM: -0.07
- RF: 0.04
- BF: -0.23
- ST: -0.21