Athlete Report — 1Nsen.txt (LEAN)

VM Avg Activation — 44%
RF Avg Activation — 43%
BF Avg Activation — 57%
ST Avg Activation — 70%

VM Session Summary
- under: 6%
- optimal (yhat_VM): 72%
- over: 22%

RF Session Summary
- under: 6%
- optimal (yhat_RF): 67%
- over: 27%

BF Session Summary
- under: 0%
- optimal (yhat_BF): 72%
- over: 28%

ST Session Summary
- under: 0%
- optimal (yhat_ST): 40%
- over: 60%

Fatigue Trends (negative slope → decline over session)
Trend slope (per rep)
- VM: -0.03
- RF: -0.00
- BF: 0.00
- ST: 0.03