Athlete Report — 10Nsen.txt (LEAN)

VM Avg Activation: 31%
RF Avg Activation: 31%
BF Avg Activation: 33%
ST Avg Activation: 47%

VM Session Summary: under 40%, optimal 43%, over 17% (yhat_VM)
RF Session Summary: under 42%, optimal 38%, over 20% (yhat_RF)
BF Session Summary: under 38%, optimal 43%, over 19% (yhat_BF)
ST Session Summary: under 0%, optimal 81%, over 19% (yhat_ST)

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep): VM 0.03, RF 0.02, BF 0.02, ST -0.02