Athlete Report — 11Nsen.txt (LEAN)

VM Avg Activation: 33%
RF Avg Activation: 36%
BF Avg Activation: 37%
ST Avg Activation: 42%

VM Session Summary
- under: 42%
- optimal (yhat_VM): 37%
- over: 20%

RF Session Summary
- under: 24%
- optimal (yhat_RF): 55%
- over: 21%

BF Session Summary
- under: 4%
- optimal (yhat_BF): 72%
- over: 24%

ST Session Summary
- under: 0%
- optimal (yhat_ST): 80%
- over: 20%

Fatigue Trends (negative slope → decline over session)
Trend slope (per rep)
- VM: -0.05
- RF: -0.08
- BF: -0.06
- ST: -0.06