Athlete Report — 7Npie.txt (LEAN)

VM Avg Activation **31%**

RF Avg Activation **53%**

BF Avg Activation **47%**

ST Avg Activation **41%**

VM Session Summary — under 6%, optimal 84%, over 10% (yhat_VM)

RF Session Summary — under 0%, optimal 66%, over 34% (yhat_RF)

BF Session Summary — under 3%, optimal 71%, over 26% (yhat_BF)

ST Session Summary — under 31%, optimal 47%, over 23% (yhat_ST)

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep): VM −0.00, RF −0.02, BF 0.03, ST 0.01