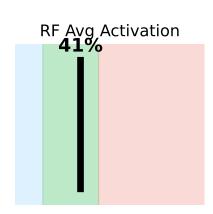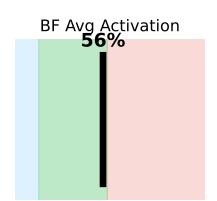# Athlete Report — 9Npie.txt (LEAN)
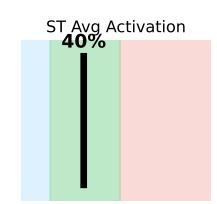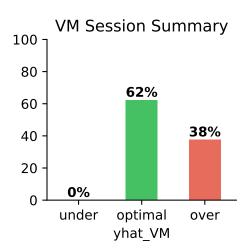

VM Avg Activation — **59%**

RF Avg Activation — **41%**

BF Avg Activation — **56%**

ST Avg Activation — **40%**

VM Session Summary: under 0%, optimal 62%, over 38% (yhat_VM)

RF Session Summary: under 0%, optimal 73%, over 27% (yhat_RF)

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

ST Session Summary: under 2%, optimal 80%, over 18% (yhat_ST)

Fatigue Trends (negative slope → decline over session)

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