Athlete Report — 3Npie.txt (LEAN)

VM Avg Activation — 54%
RF Avg Activation — 37%
BF Avg Activation — 45%
ST Avg Activation — 29%

VM Session Summary
- under: 0%
- optimal (yhat_VM): 69%
- over: 31%

RF Session Summary
- under: 4%
- optimal (yhat_RF): 76%
- over: 20%

BF Session Summary
- under: 14%
- optimal (yhat_BF): 54%
- over: 32%

ST Session Summary
- under: 39%
- optimal (yhat_ST): 48%
- over: 13%

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep)
- VM: 0.13
- RF: 0.19
- BF: -0.04
- ST: -0.04