Athlete Report — 4Nsen.txt (LEAN)

	VM Avg Activation	RF Avg Activation	BF Avg Activation	ST Avg Activation
	24%	26%	33%	25%

VM Session Summary
- under: 62%
- optimal yhat_VM: 23%
- over: 16%

RF Session Summary
- under: 52%
- optimal yhat_RF: 33%
- over: 15%

BF Session Summary
- under: 17%
- optimal yhat_BF: 66%
- over: 17%

ST Session Summary
- under: 59%
- optimal yhat_ST: 29%
- over: 12%

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep):
- VM: -0.03
- RF: -0.04
- BF: -0.04
- ST: -0.03