Athlete Report — 1Nmar.txt (LEAN)

VM Avg Activation — 55%

RF Avg Activation — 33%

BF Avg Activation — 34%

ST Avg Activation — 33%

VM Session Summary
- under: 0%
- optimal: 59%
- over: 41%

RF Session Summary
- under: 16%
- optimal: 65%
- over: 18%

BF Session Summary
- under: 0%
- optimal: 87%
- over: 13%

ST Session Summary
- under: 20%
- optimal: 64%
- over: 16%

Fatigue Trends (negative slope → decline over session)

Trend slope (per rep):
- VM: 0.22
- RF: 0.14
- BF: 0.10
- ST: 0.00