Athlete Report — 7Nsen.txt (LEAN)

VM Avg Activation — 21%
RF Avg Activation — 26%
BF Avg Activation — 25%
ST Avg Activation — 25%

VM Session Summary
- under: 59%
- optimal: 30%
- over: 11%

RF Session Summary
- under: 47%
- optimal: 40%
- over: 13%

BF Session Summary
- under: 49%
- optimal: 38%
- over: 13%

ST Session Summary
- under: 59%
- optimal: 30%
- over: 11%

Fatigue Trends (negative slope → decline over session)
- VM: 0.01
- RF: 0.02
- BF: 0.02
- ST: 0.01