Athlete Report — 9Nmar.txt (LEAN)

VM Avg Activation: 31%
RF Avg Activation: 26%
BF Avg Activation: 30%
ST Avg Activation: 28%

VM Session Summary — under 19%, optimal 64%, over 17% (yhat_VM)
RF Session Summary — under 52%, optimal 31%, over 17% (yhat_RF)
BF Session Summary — under 50%, optimal 28%, over 22% (yhat_BF)
ST Session Summary — under 55%, optimal 27%, over 17% (yhat_ST)

Fatigue Trends (negative slope → decline over session)
Trend slope (per rep):
- VM: −0.13
- RF: −0.10
- BF: −0.28
- ST: −0.23