The file “ES1\_emg.mat” contains a structure composed of a matrix and labels for each column.

The matrix is of size NxM, where N represents the number of samples, and M represents muscles and accelerometer data. Specifically, it includes the following:

1. Emg Deltoid
2. Deltoid Accelerometer - X
3. Deltoid Accelerometer - Y
4. Deltoid Accelerometer - Z

The sampling frequency is Fs = 2000.