The file "ES2\_emg.mat" contains a structure consisting of a matrix named "signals" and an array named "time." The matrix has dimensions NxM, where N denotes the number of samples, and M represents the muscles. Specifically, it includes the following muscle channels:

1. Biceps right
2. Biceps left
3. Trapezius right
4. Trapezius left

The sampling frequency is Fs = 1000 Hz.