

What's in an EMG?

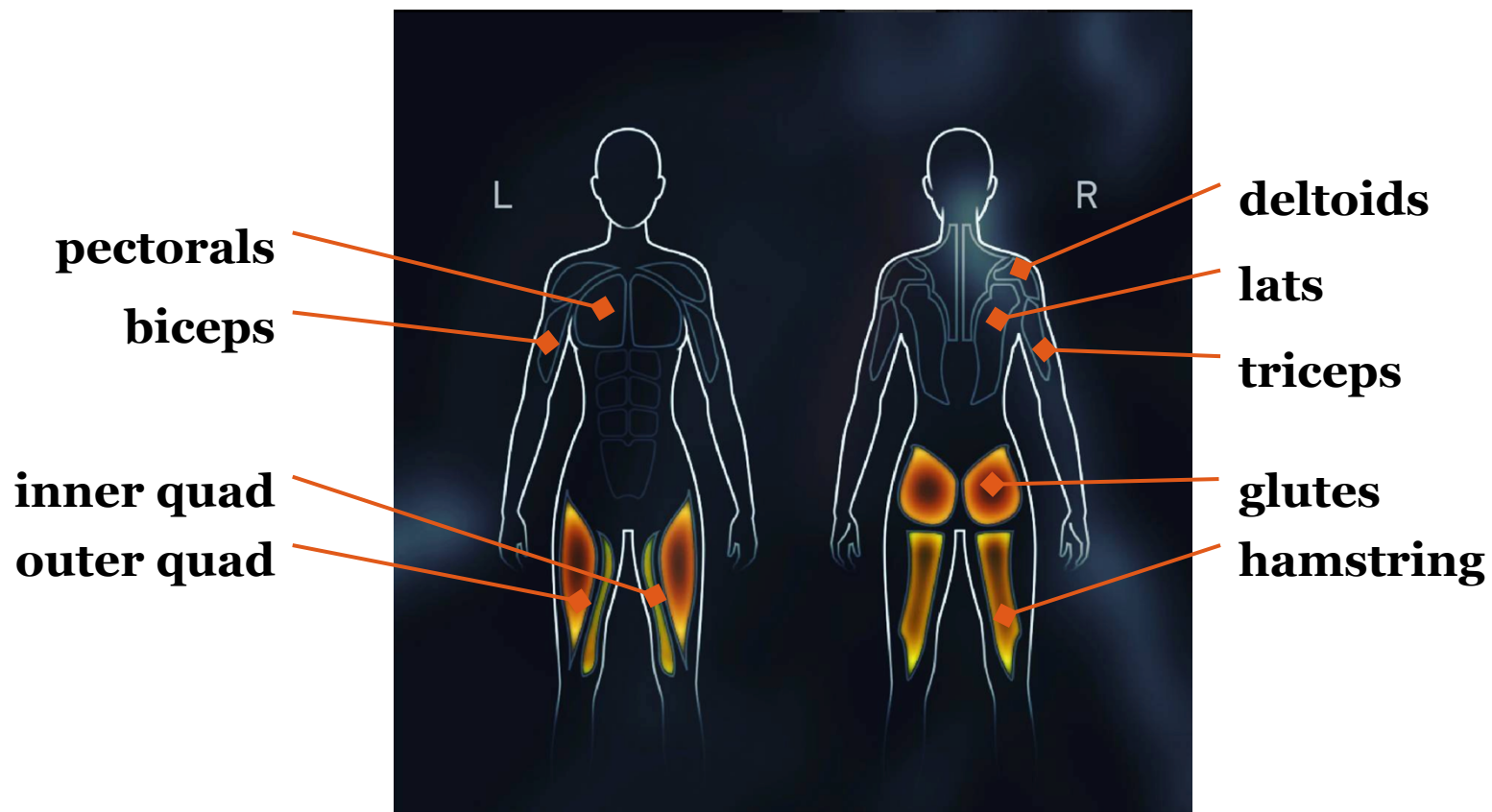


QS17 Amsterdam
S. Shelly Jang

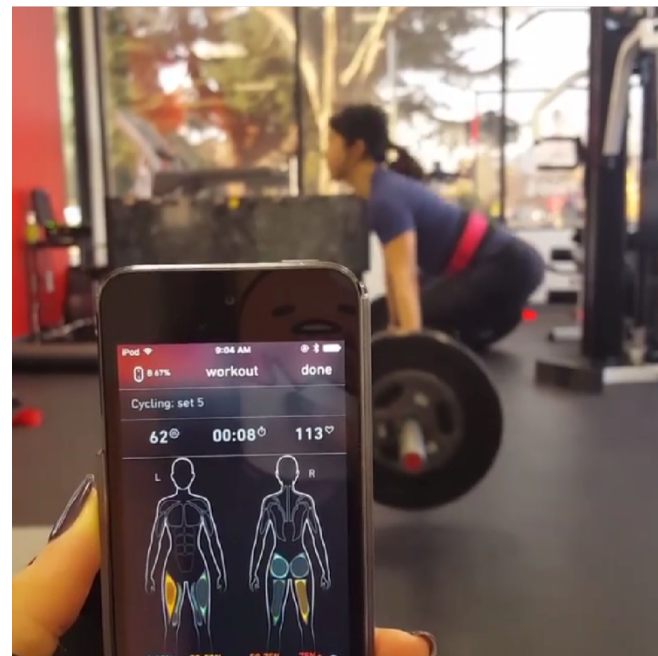
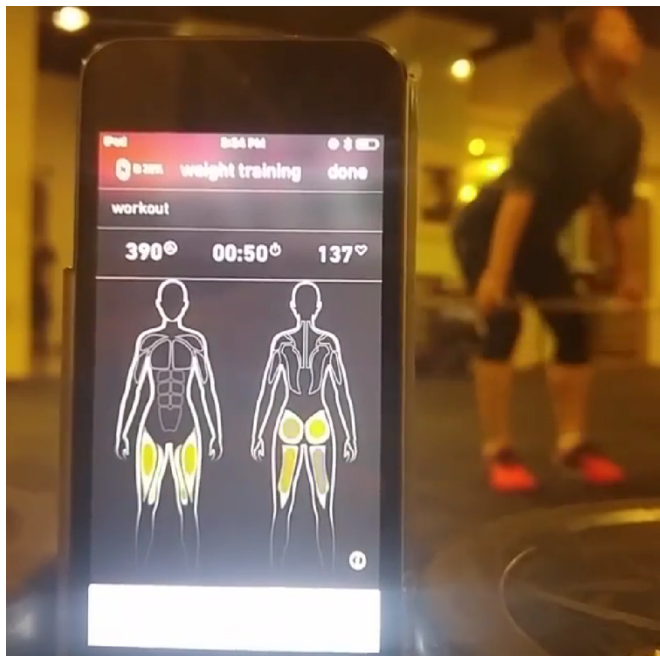


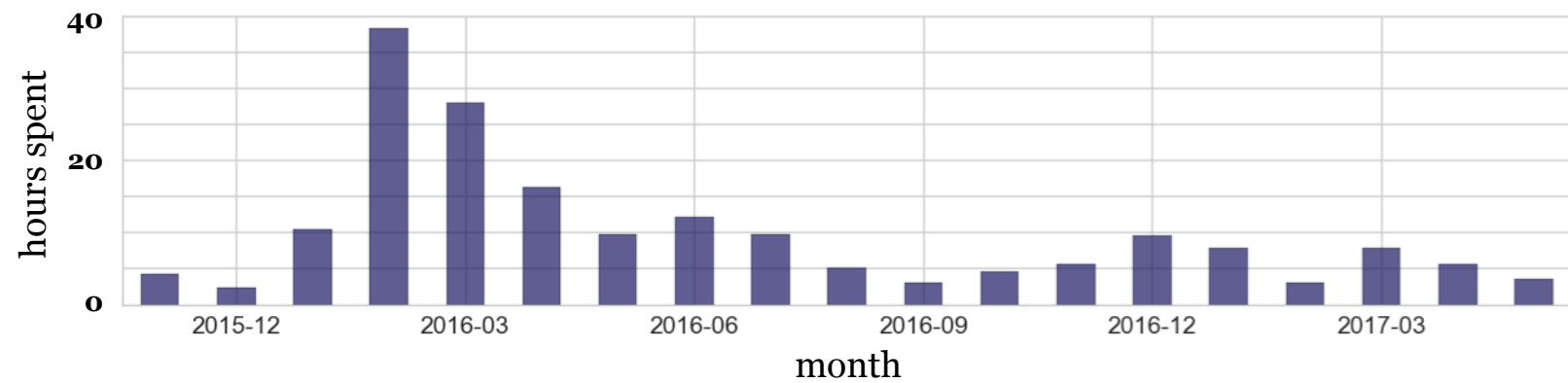
ATHOS

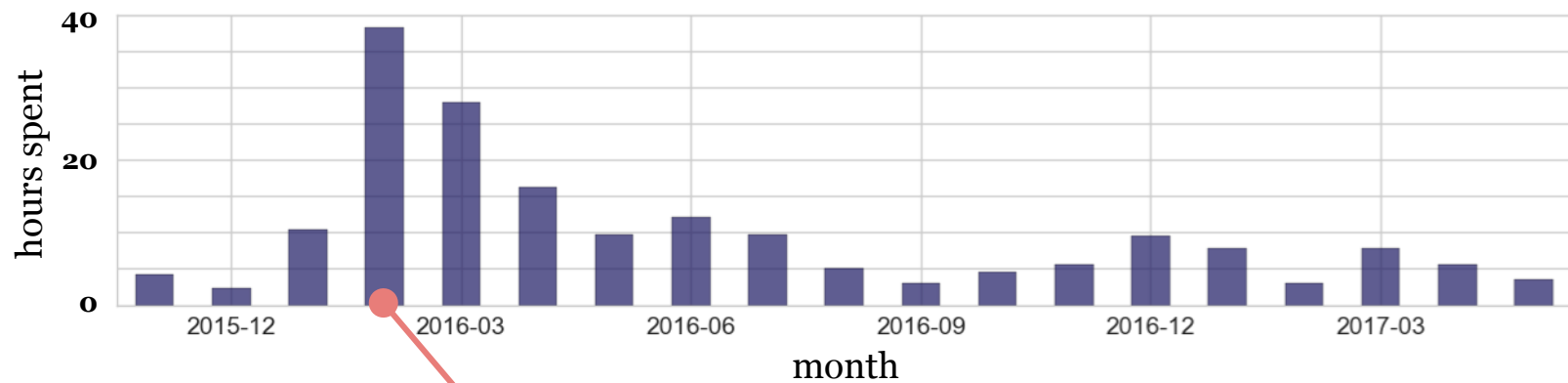




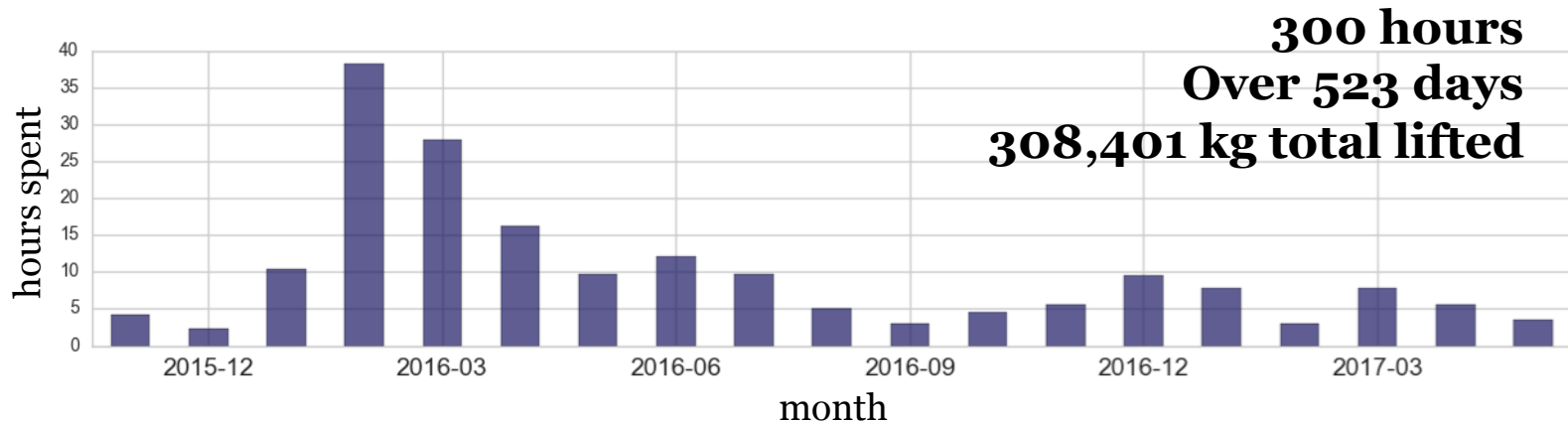
What did you do?





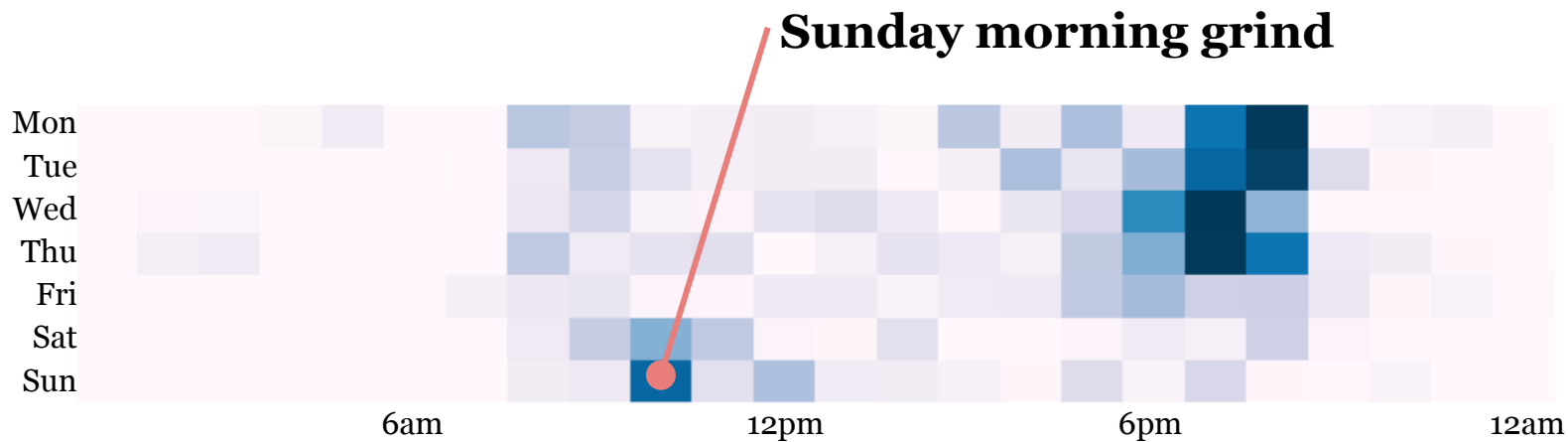
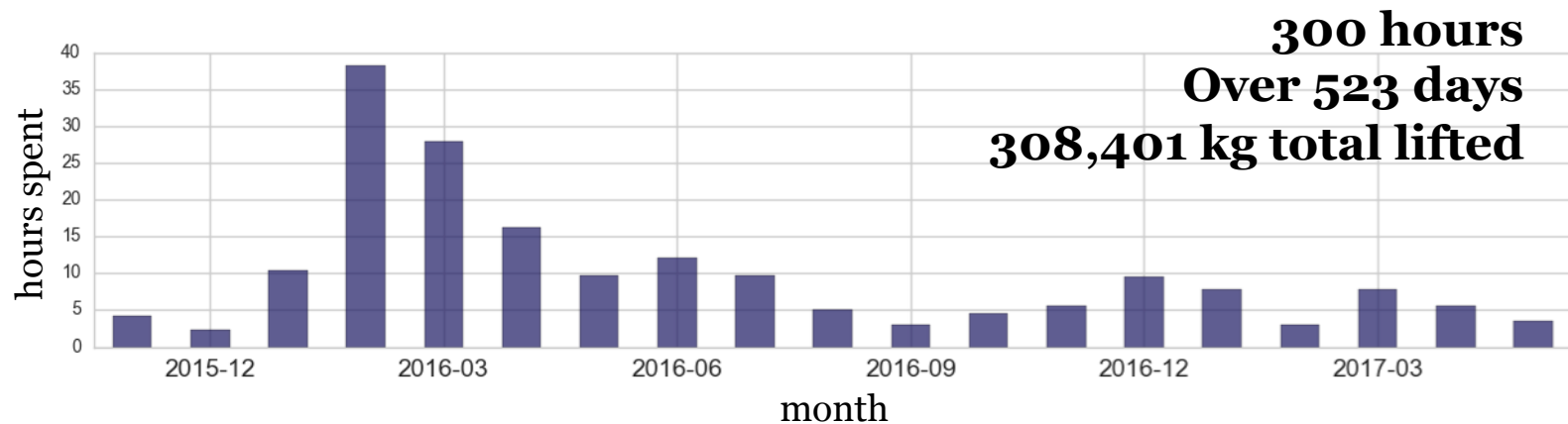


the honeymoon phase

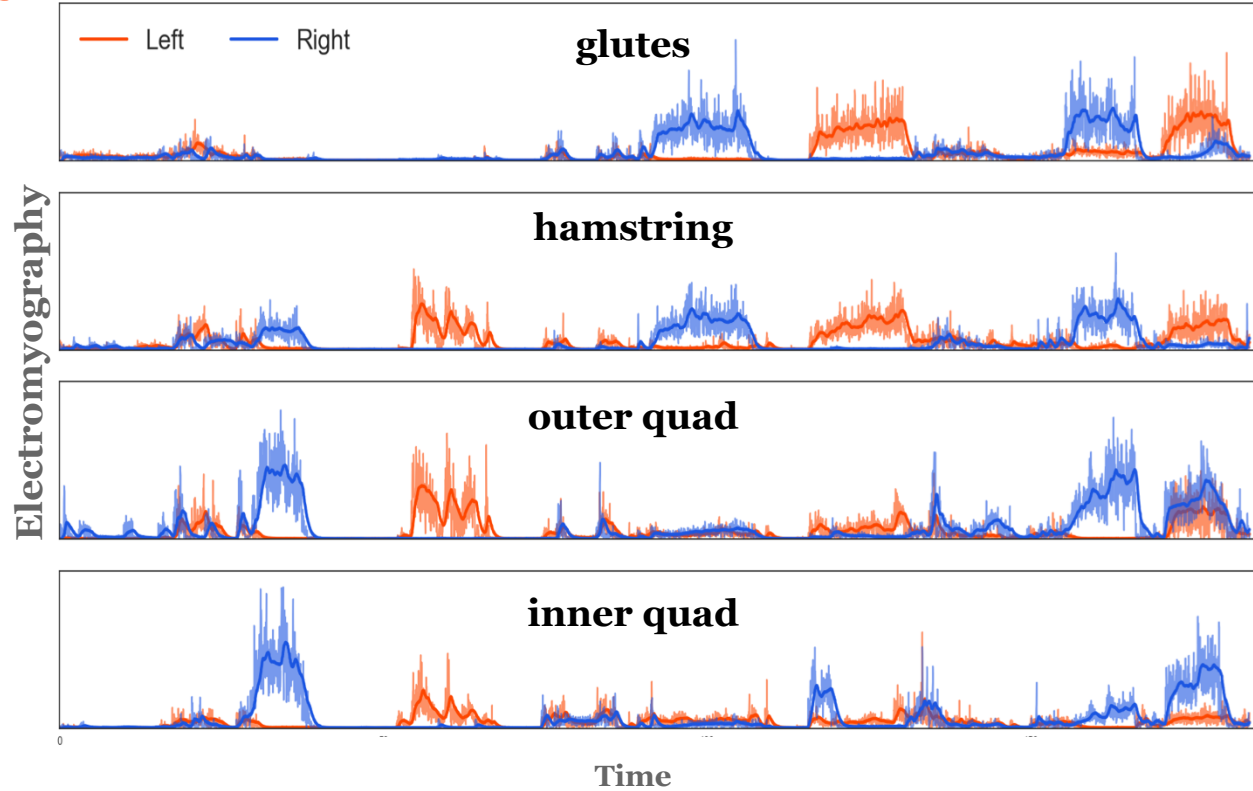


Roughly 37 T-Rexes lifted



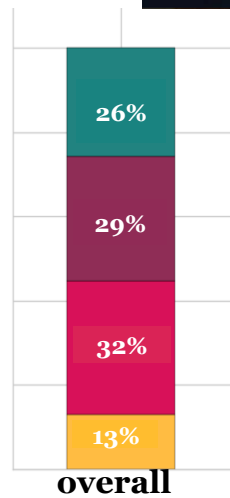
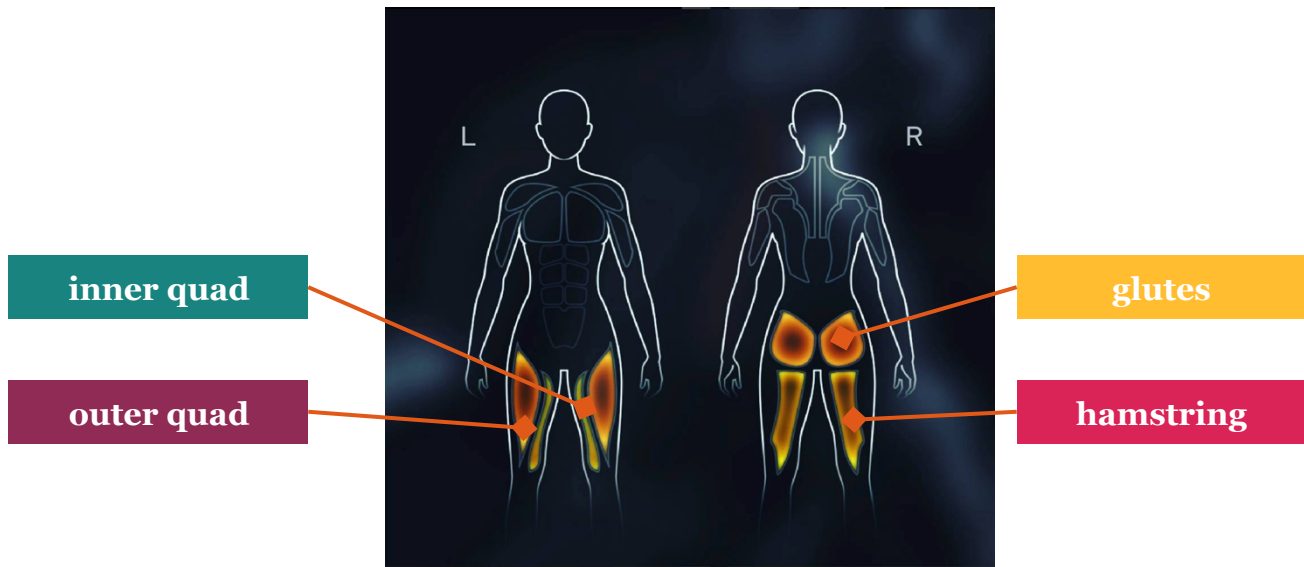


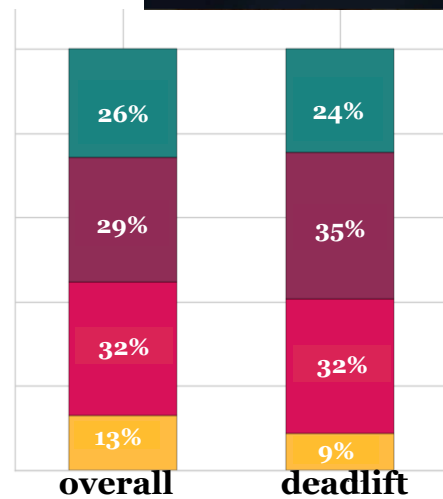
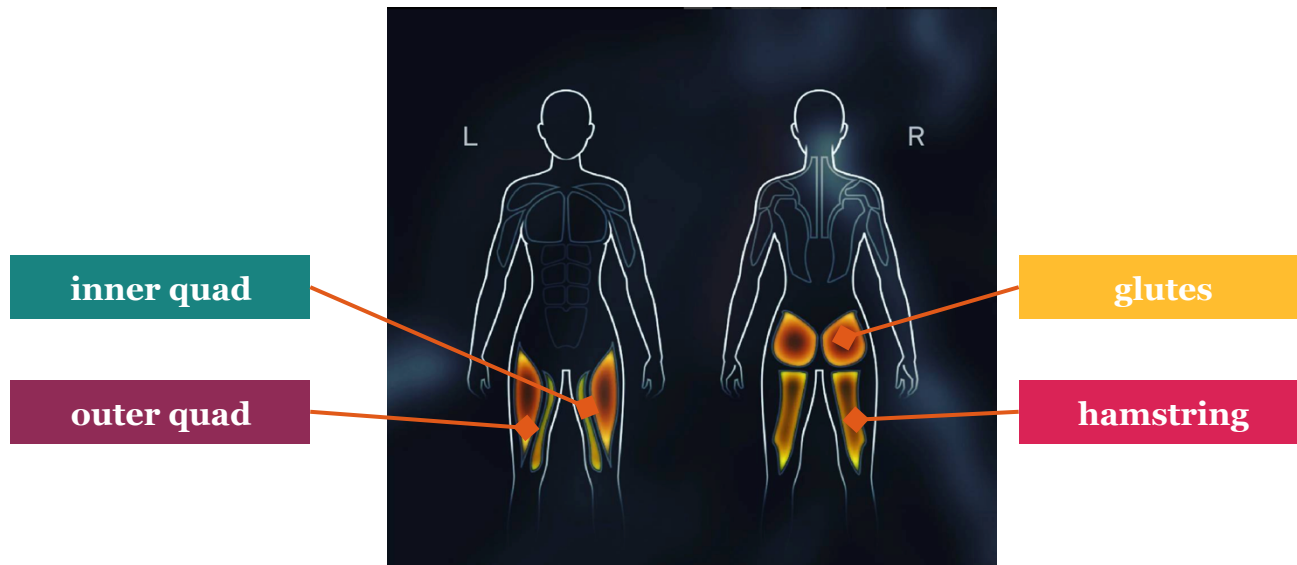
How did you do it?

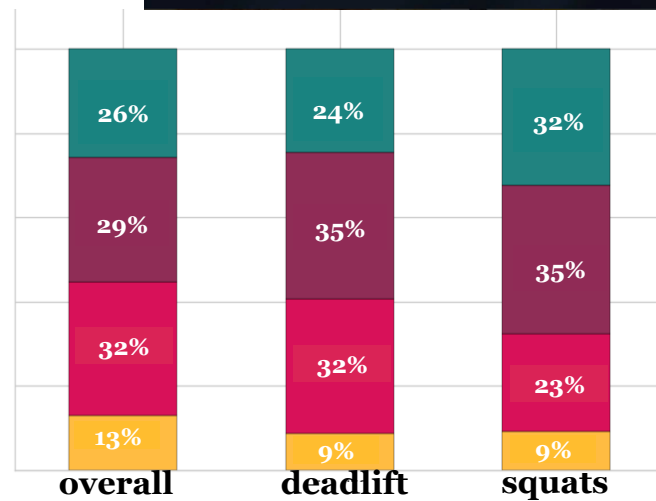
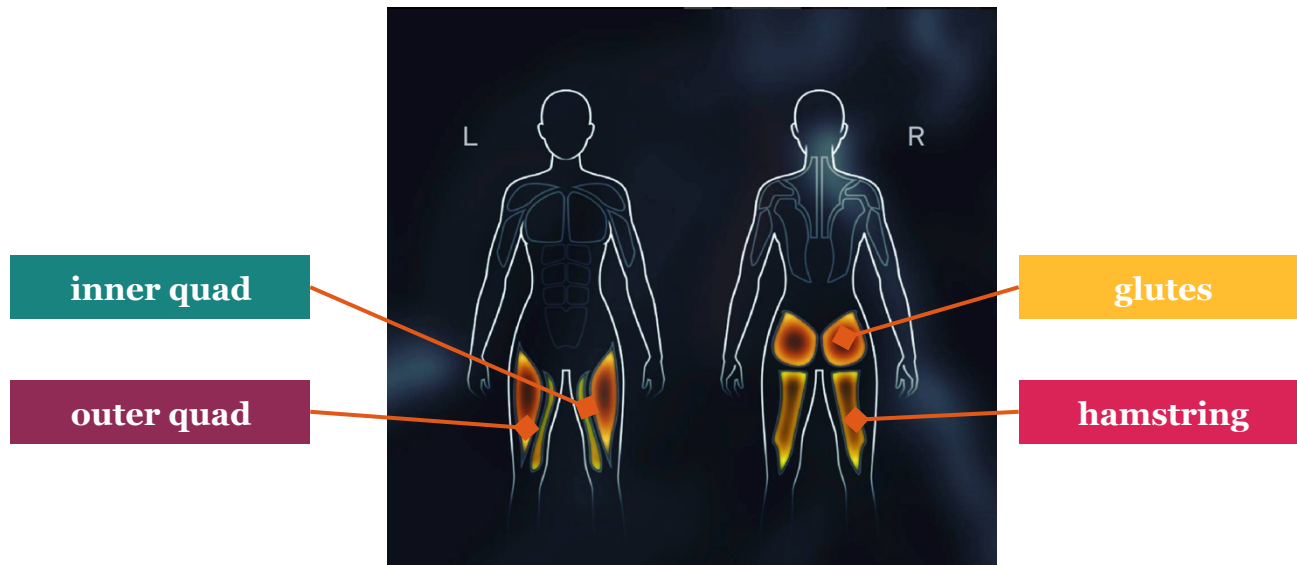


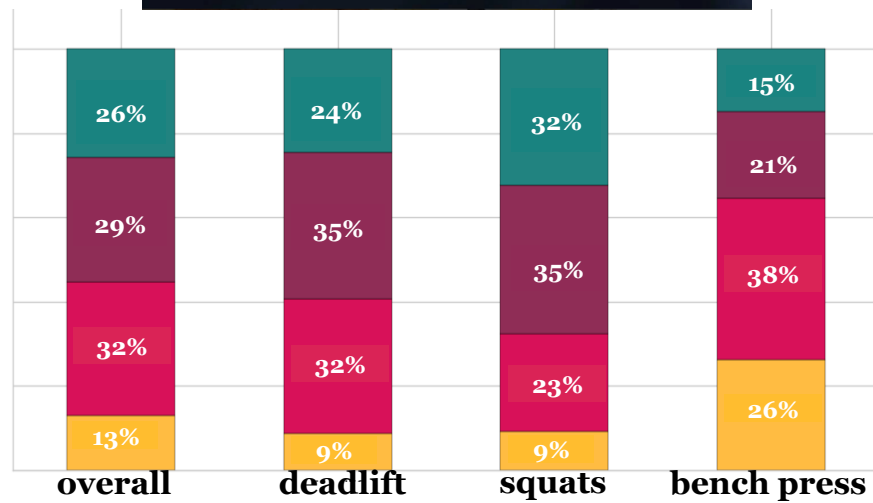
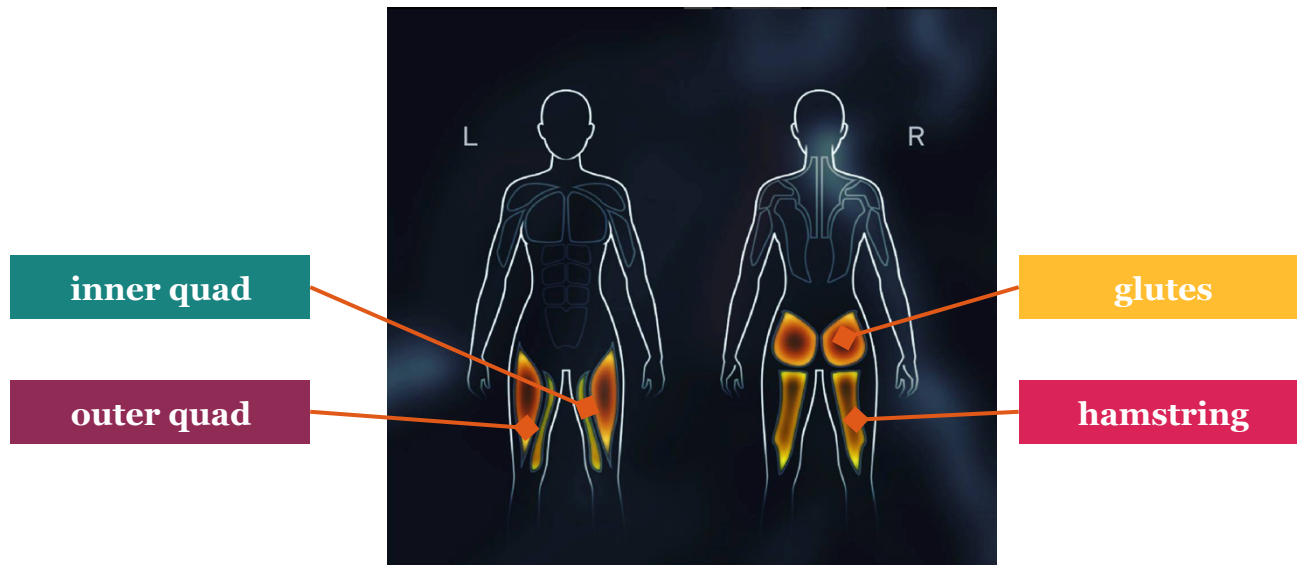
What did you learn?

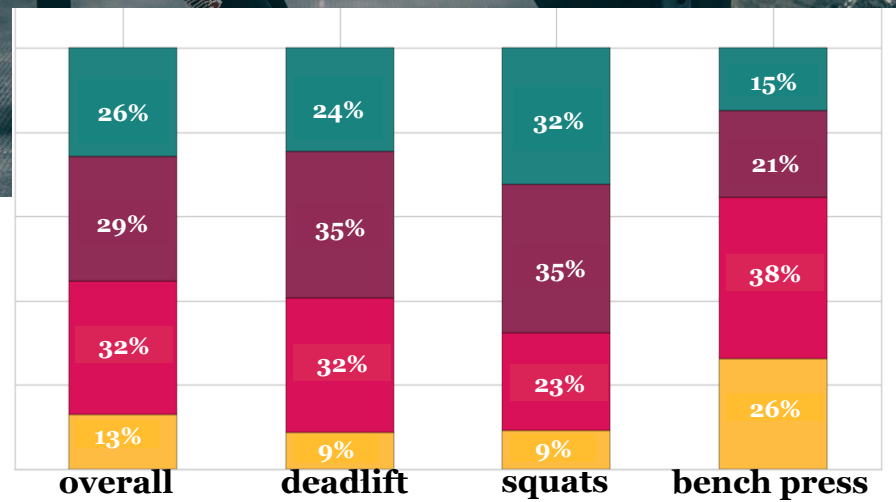
I had to focus on
targeting individual muscle







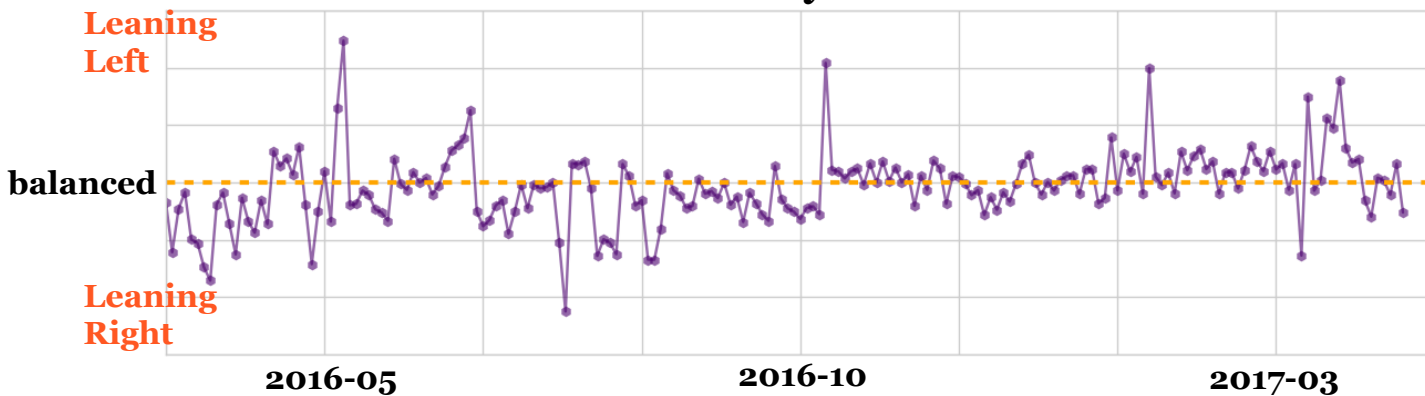




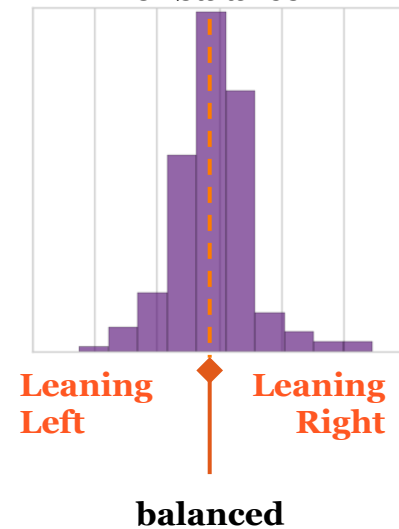
What did you learn?

Monitoring balance may
prevent injury

lower-body balance

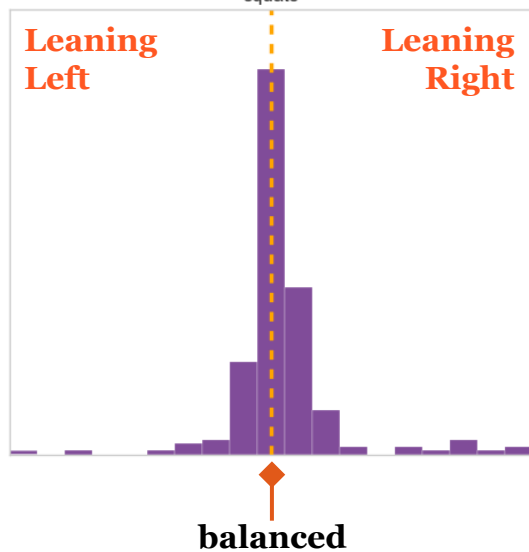


distribution of balance

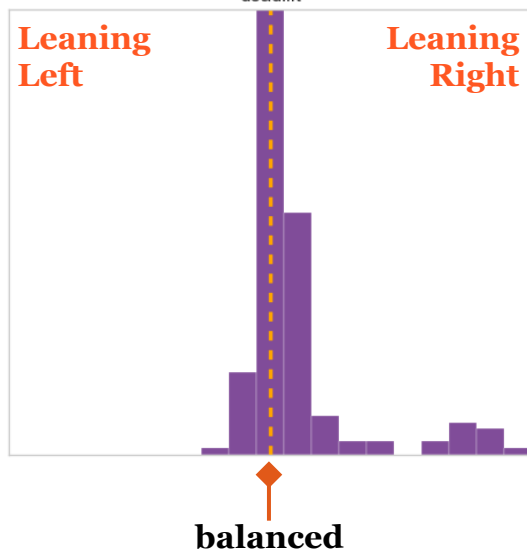


lower-body balance

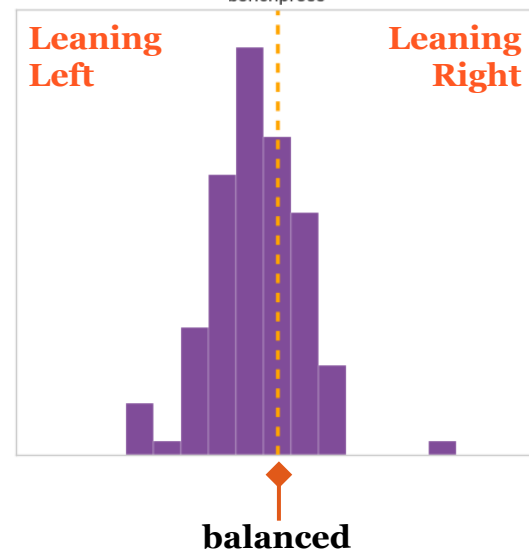
squat



deadlift

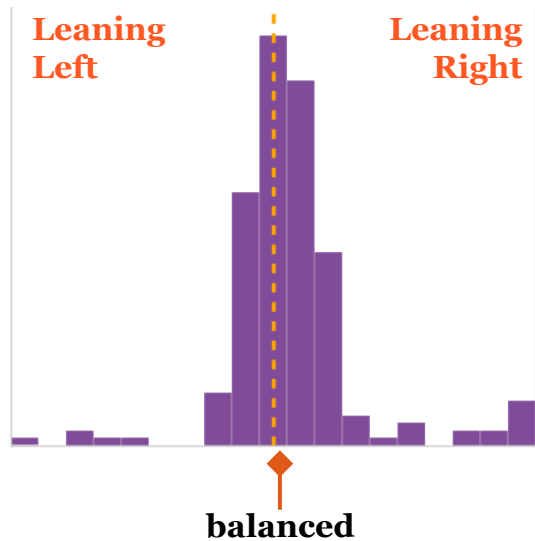


bench press

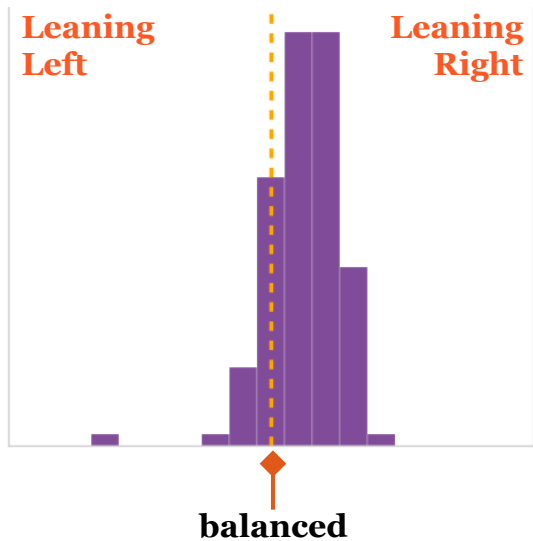


hamstring balance

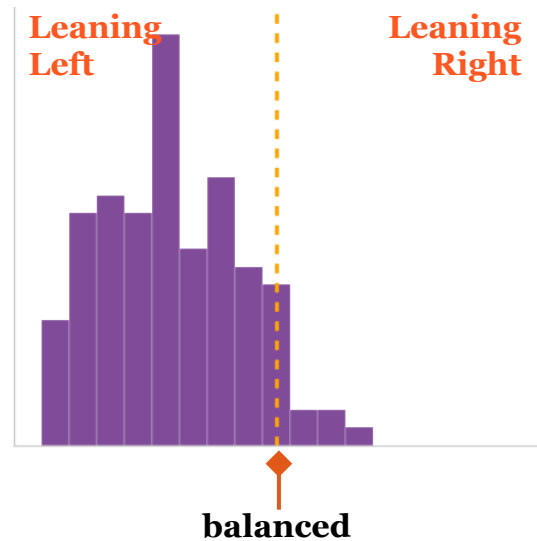
squat



deadlift

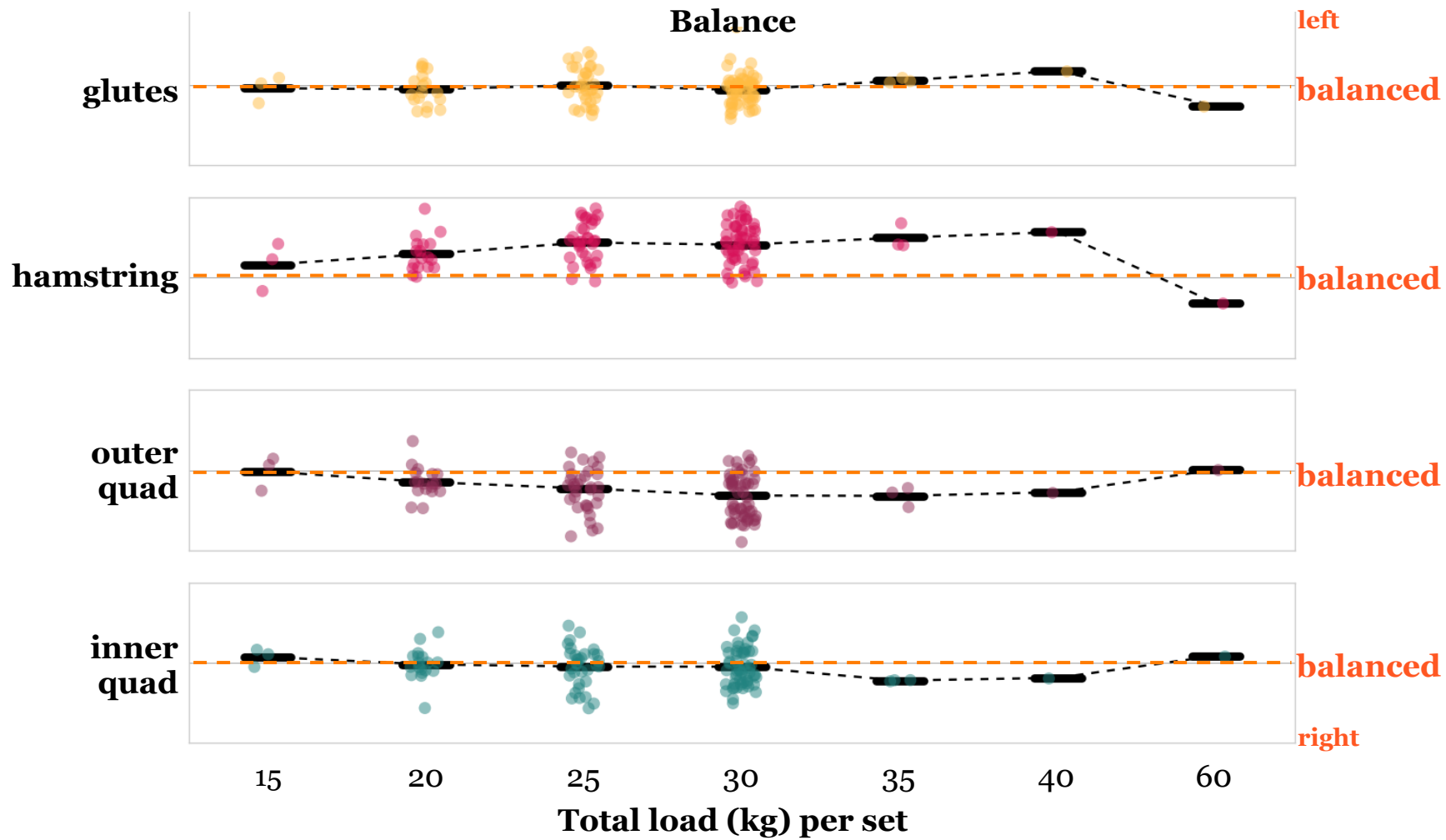


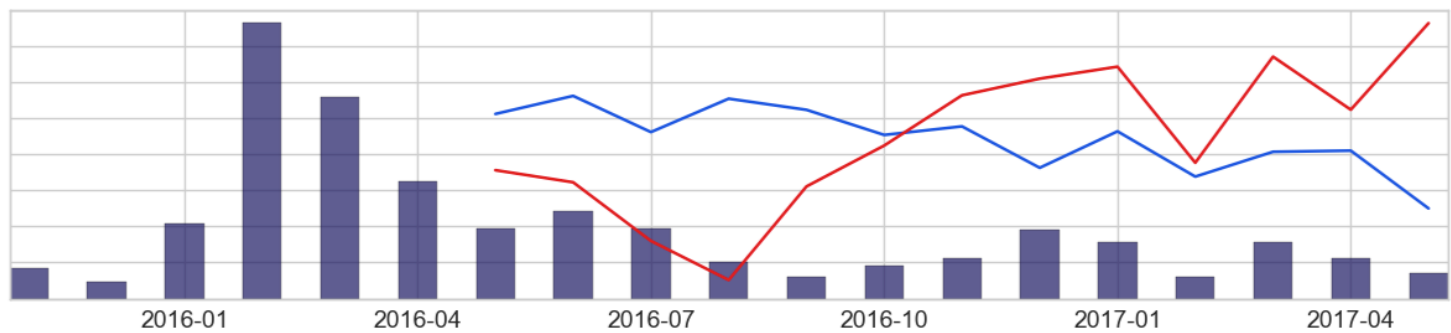
bench press



What did you learn?

be wary of incorrect
compensation in your muscles



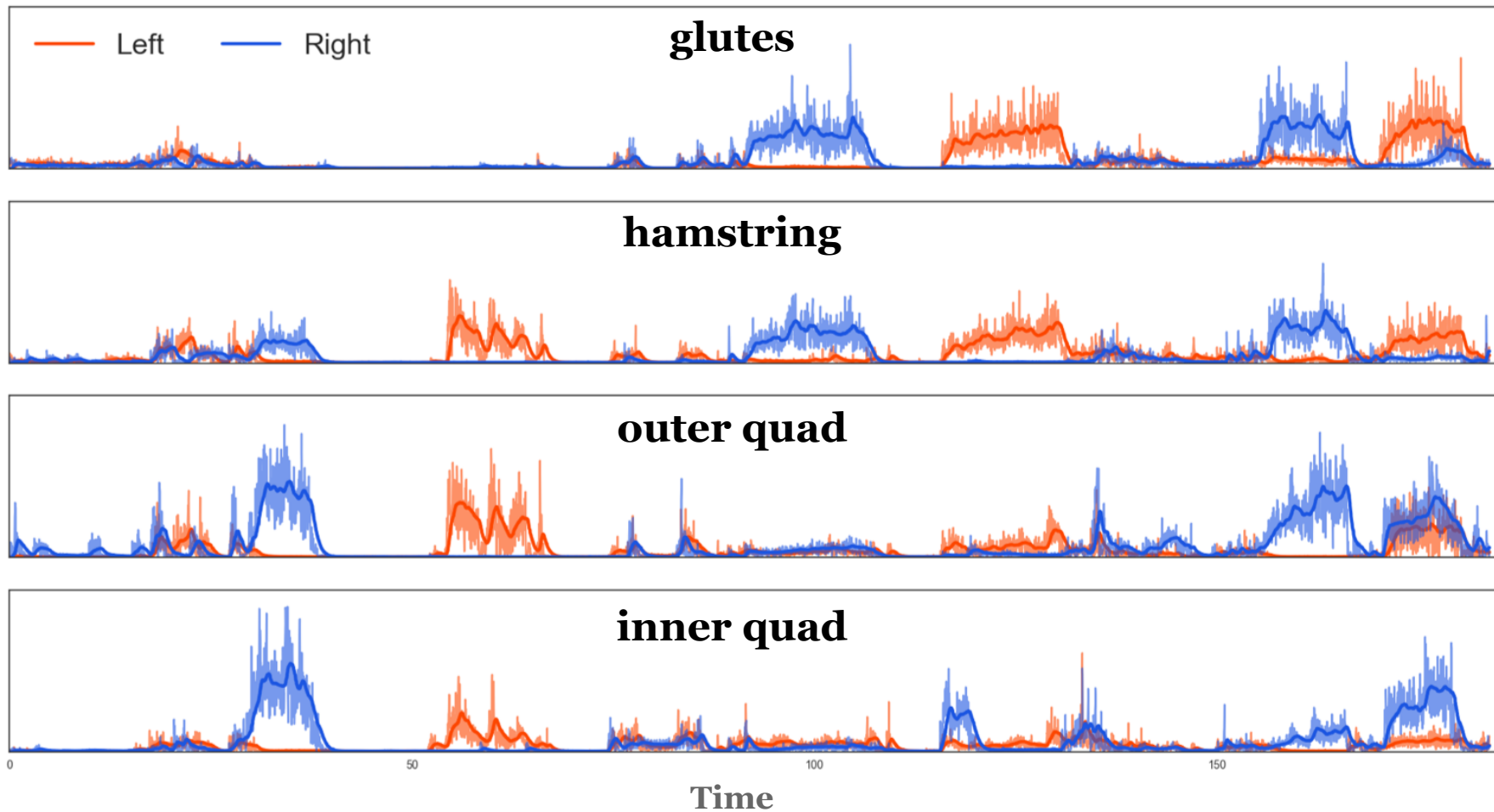


Thank you

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Disclaimer

*The data and views expressed on this slides **are my own** and **do not** reflect those of my employer*



What did you learn?

neglecting exercise
lead to increase in
negative emotion

