

# What's in an EMG?

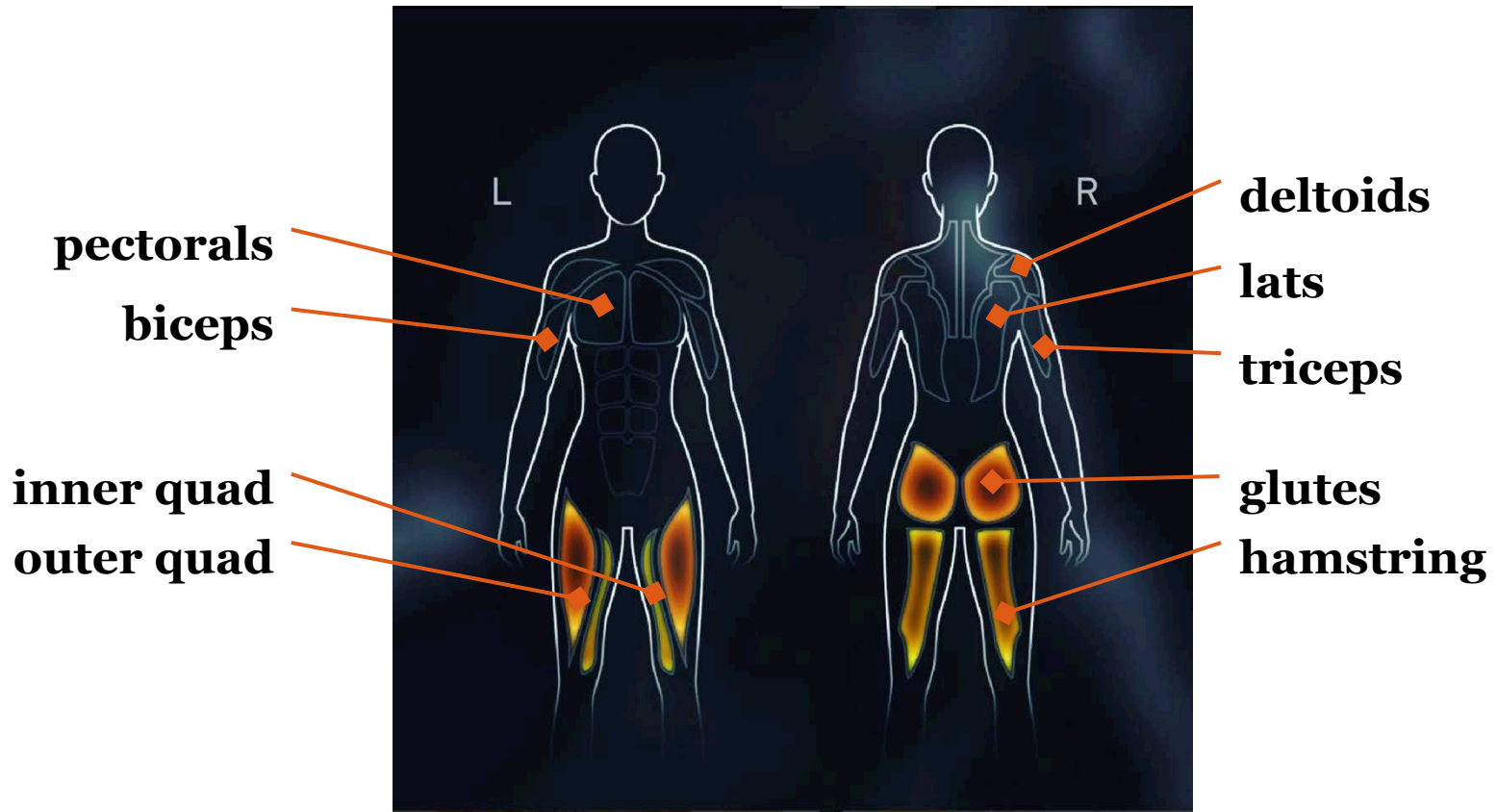
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QS17 Amsterdam  
S. Shelly Jang

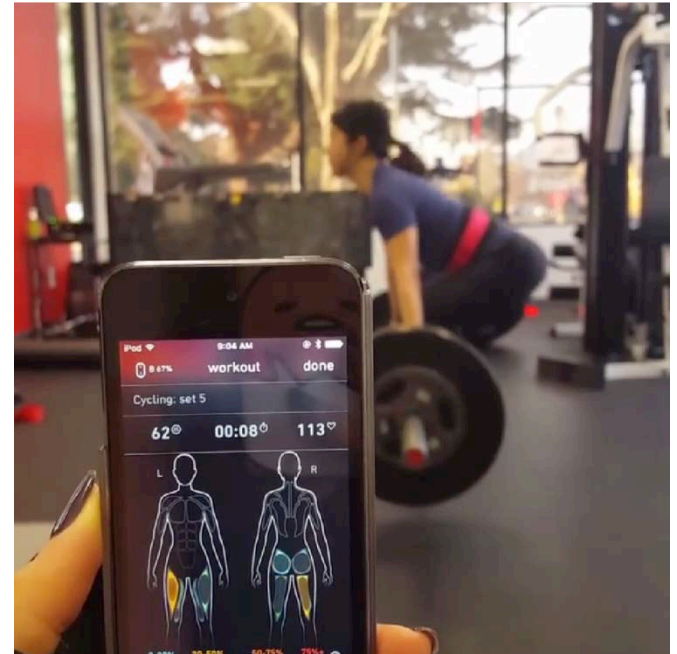
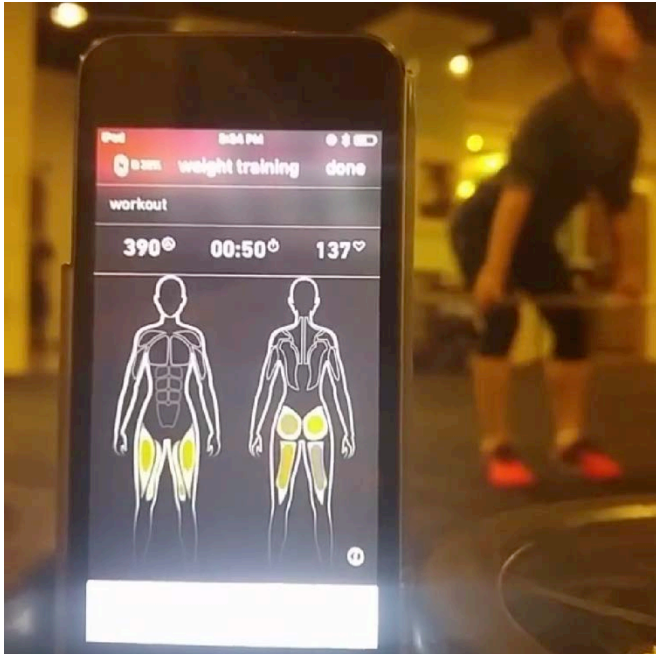


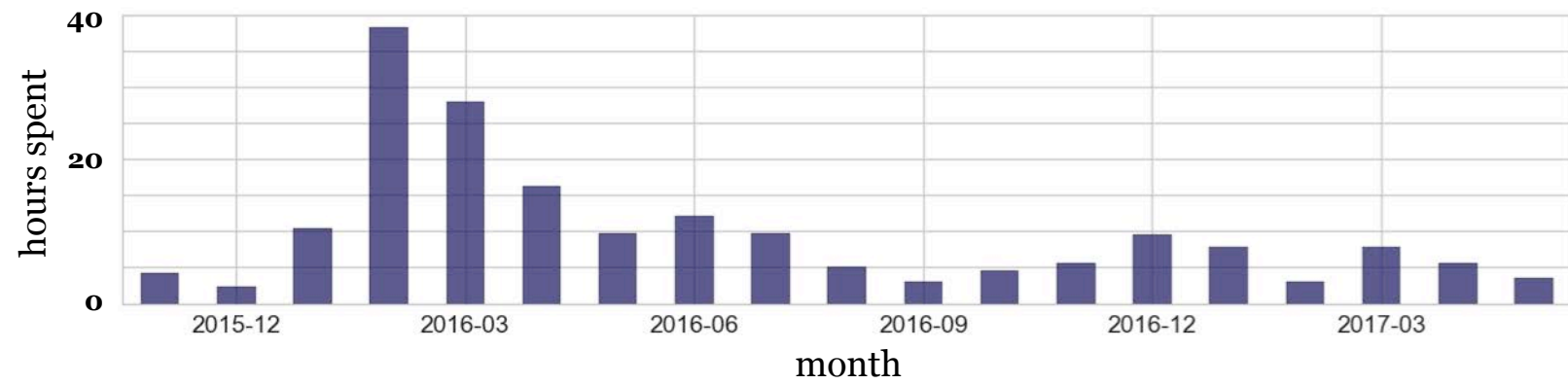
**ATHOS**

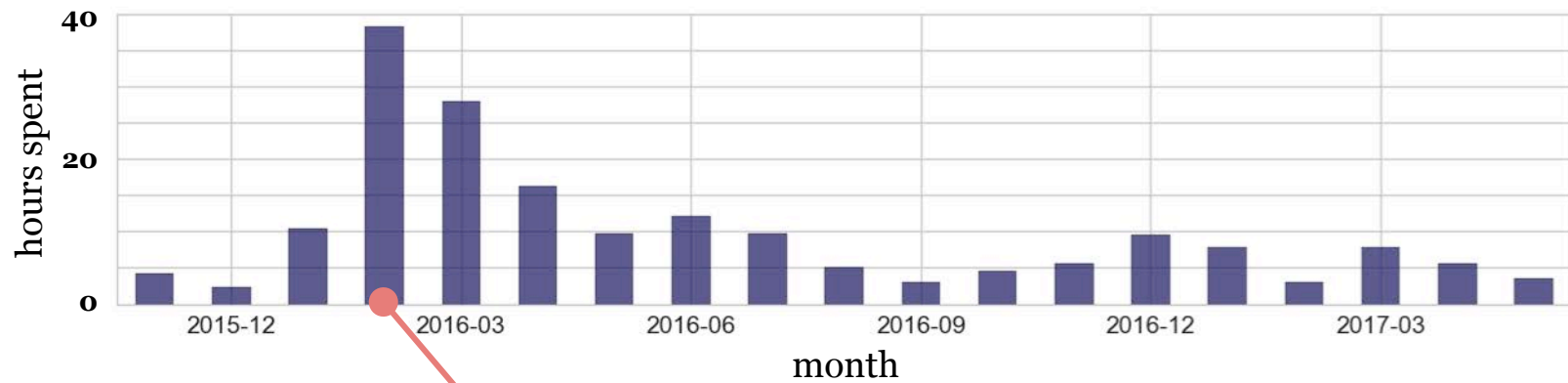




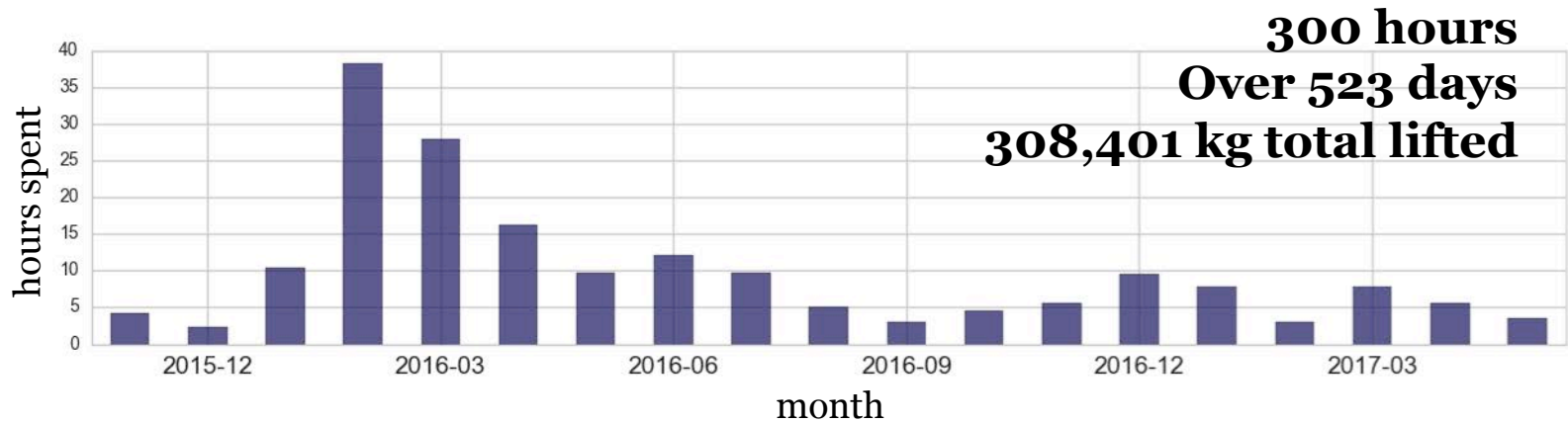
# What did you do?





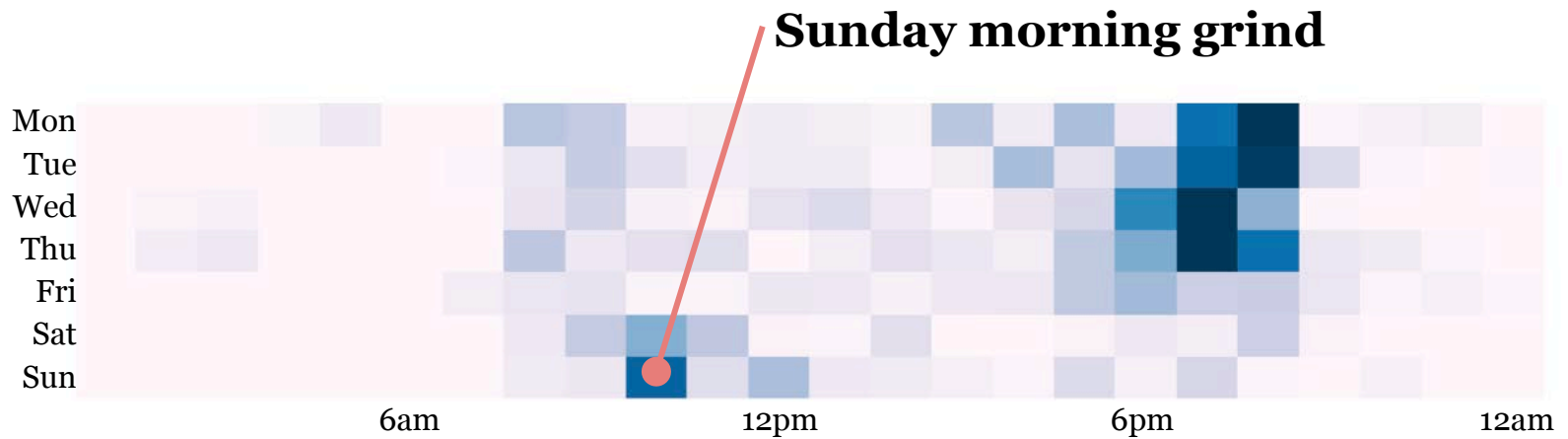
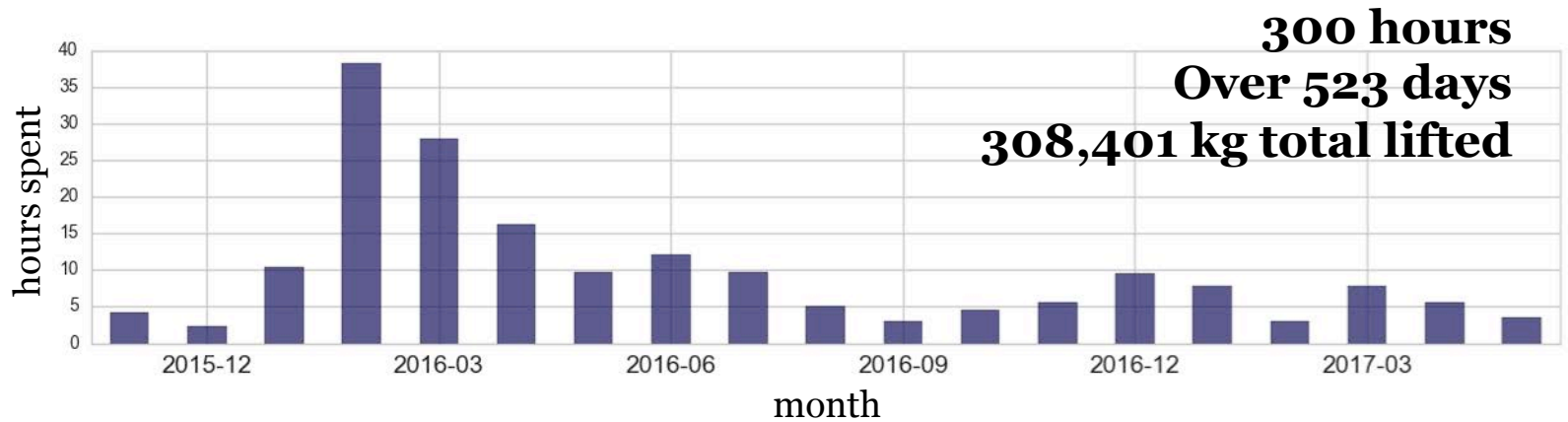


**the honeymoon phase**



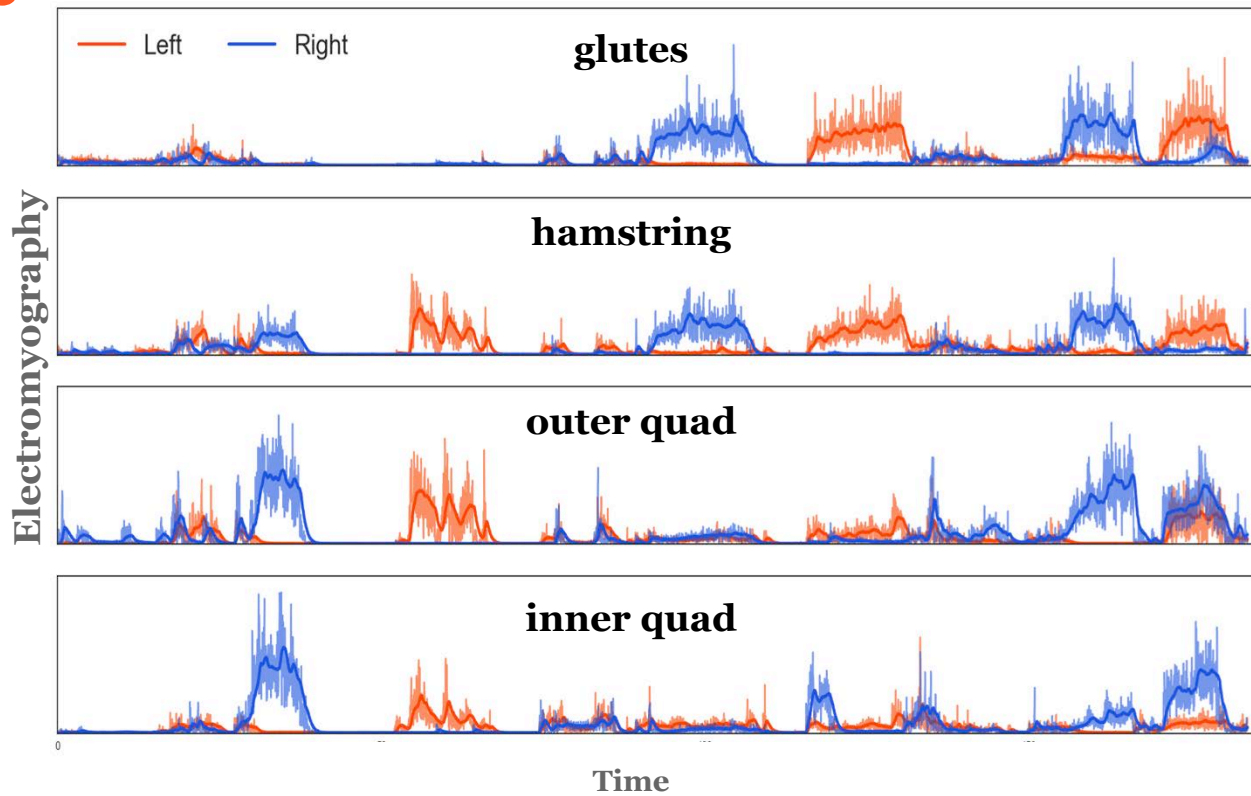
**Roughly 37 T-Rexes lifted**





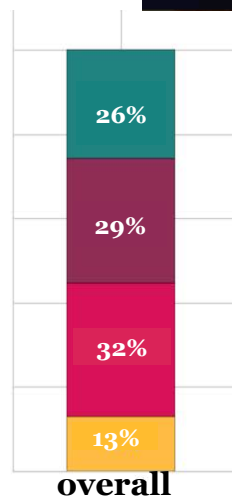
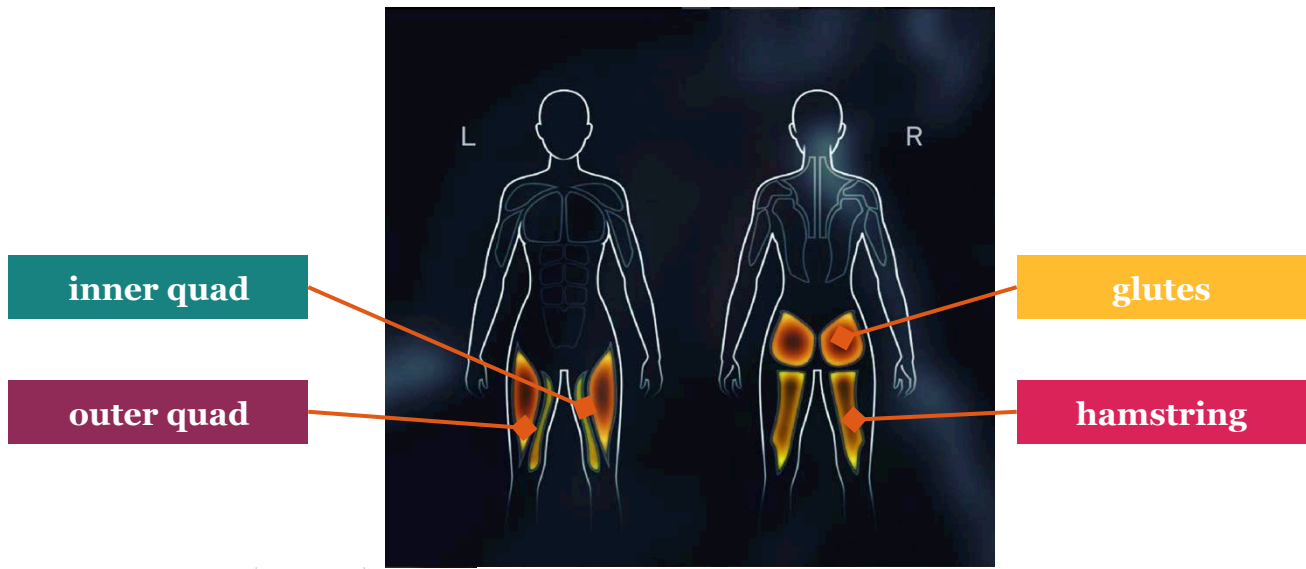


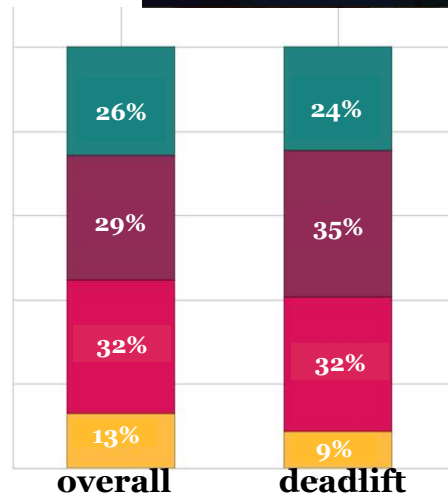
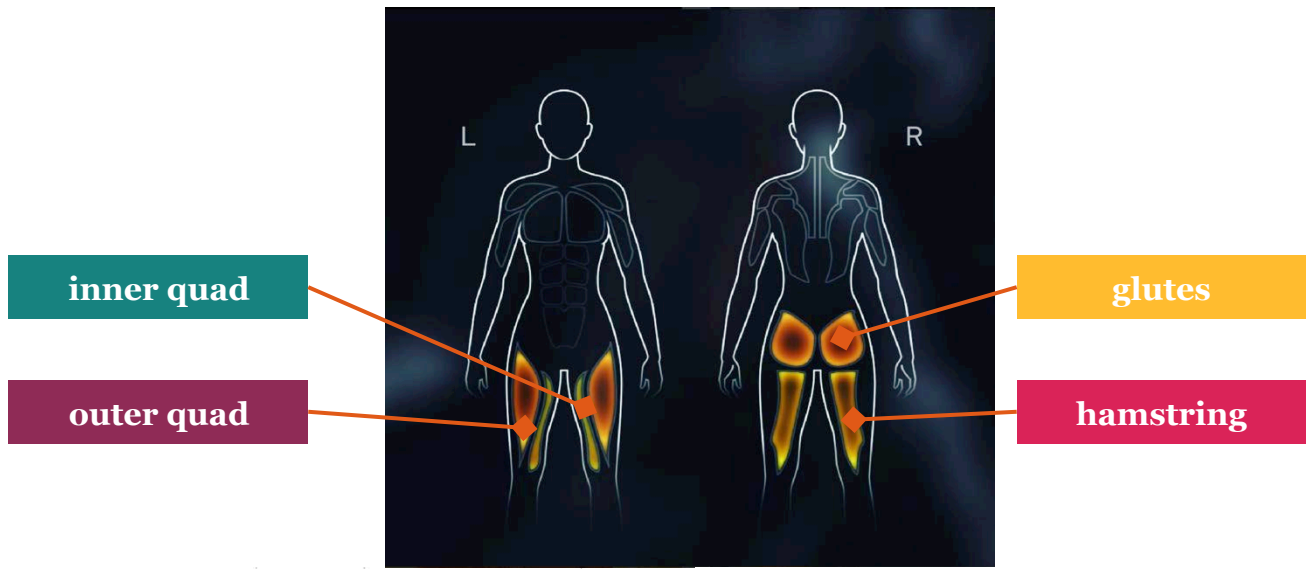
# How did you do it?

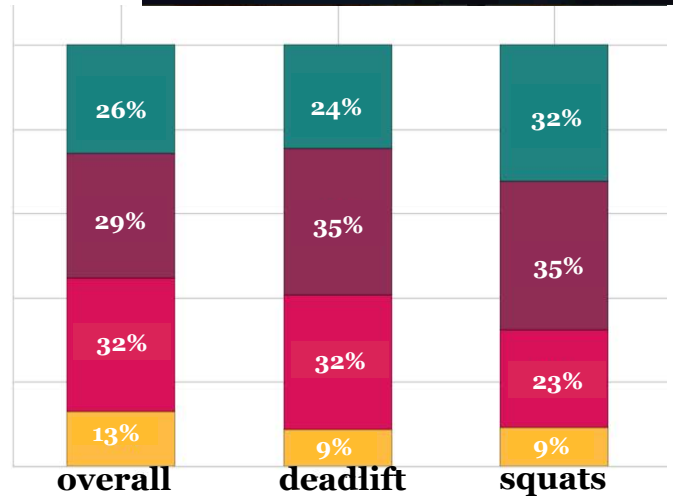
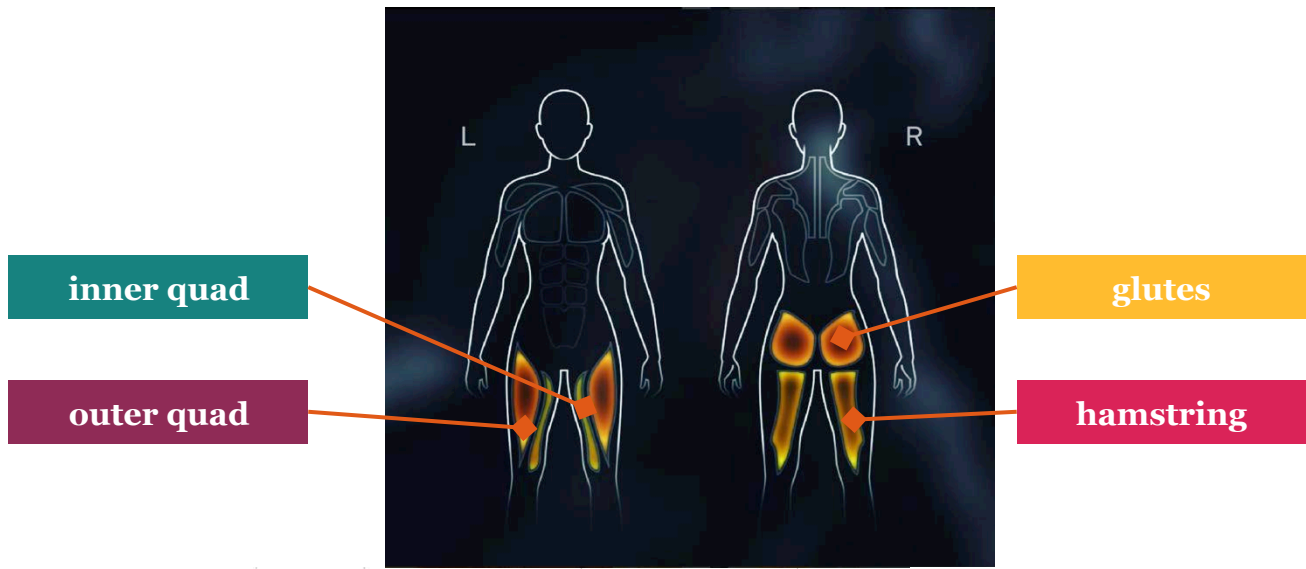


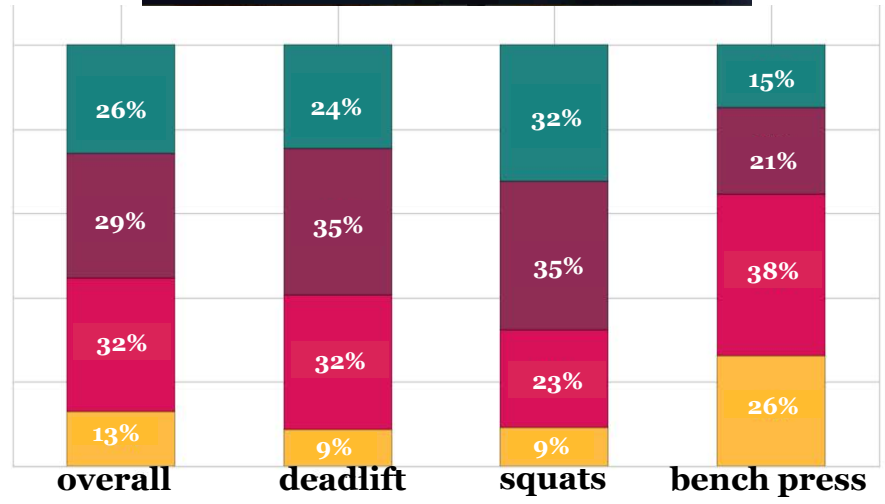
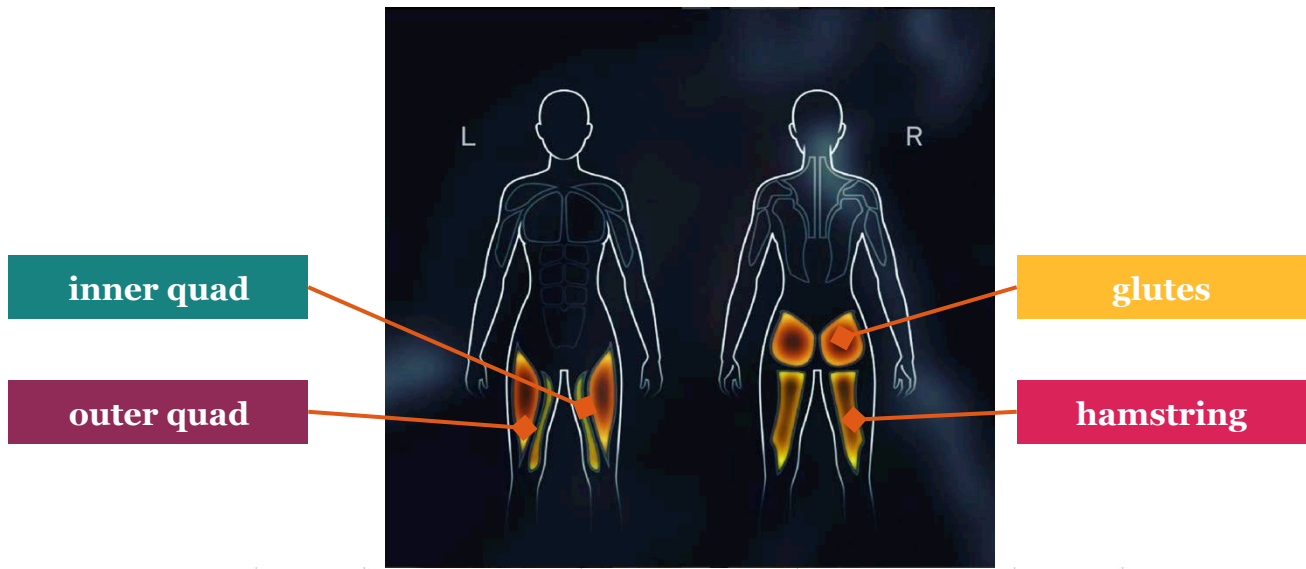
# What did you learn?

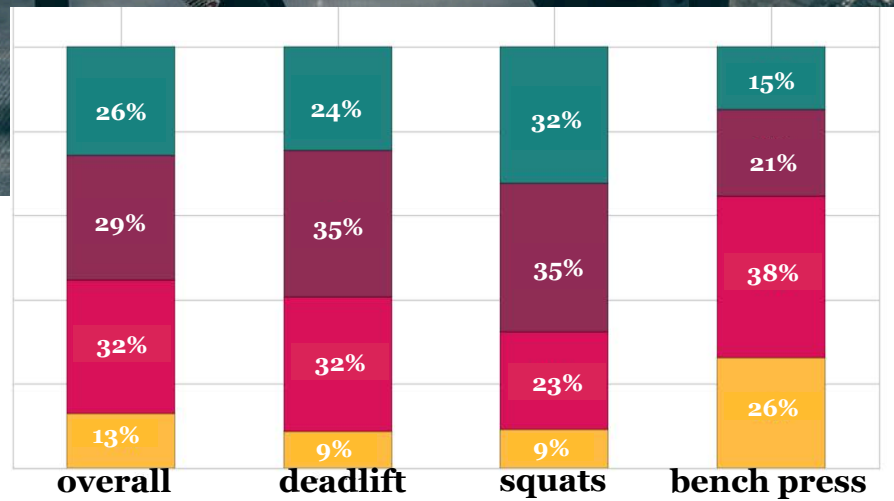
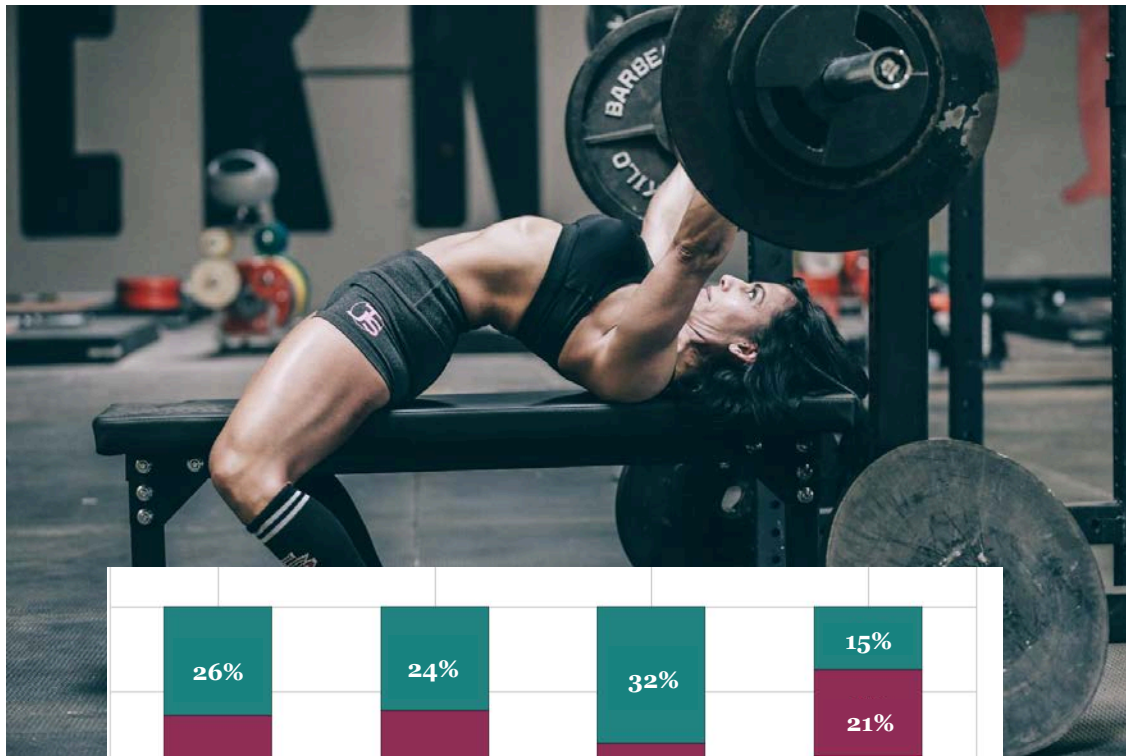
I had to focus on  
targeting individual muscle









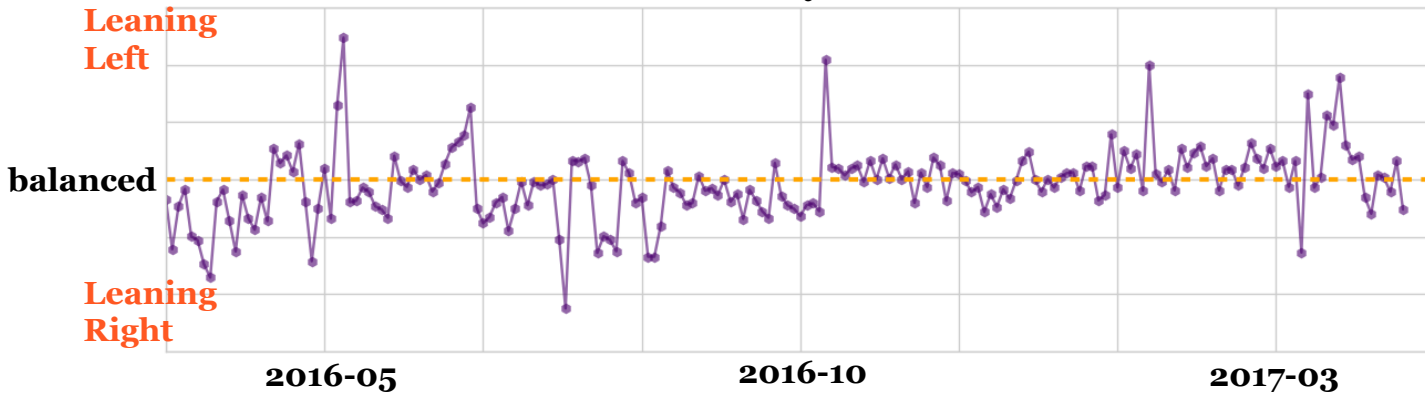


What did you learn?

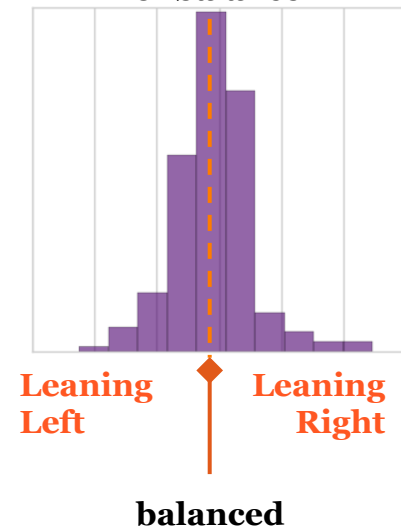
Monitoring balance may  
prevent injury



## lower-body balance

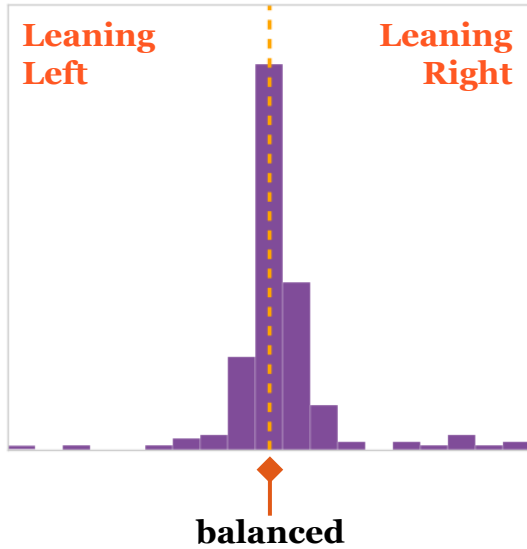


## distribution of balance

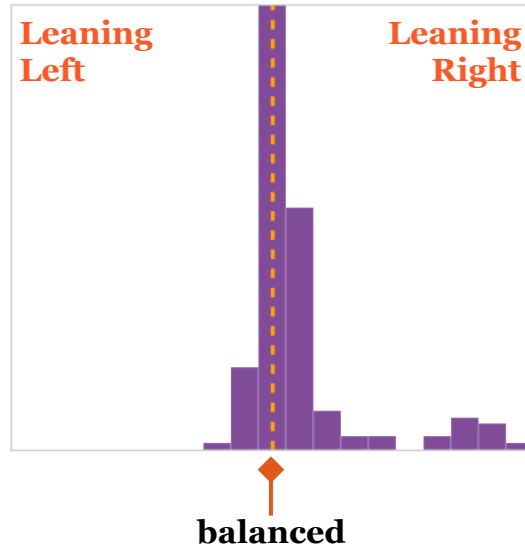


## lower-body balance

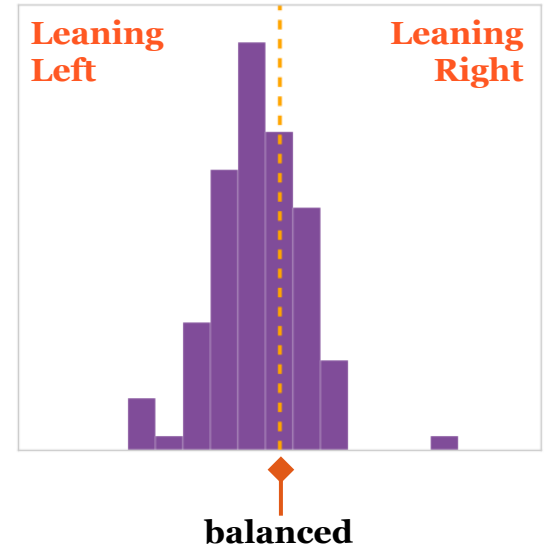
### squat



### deadlift



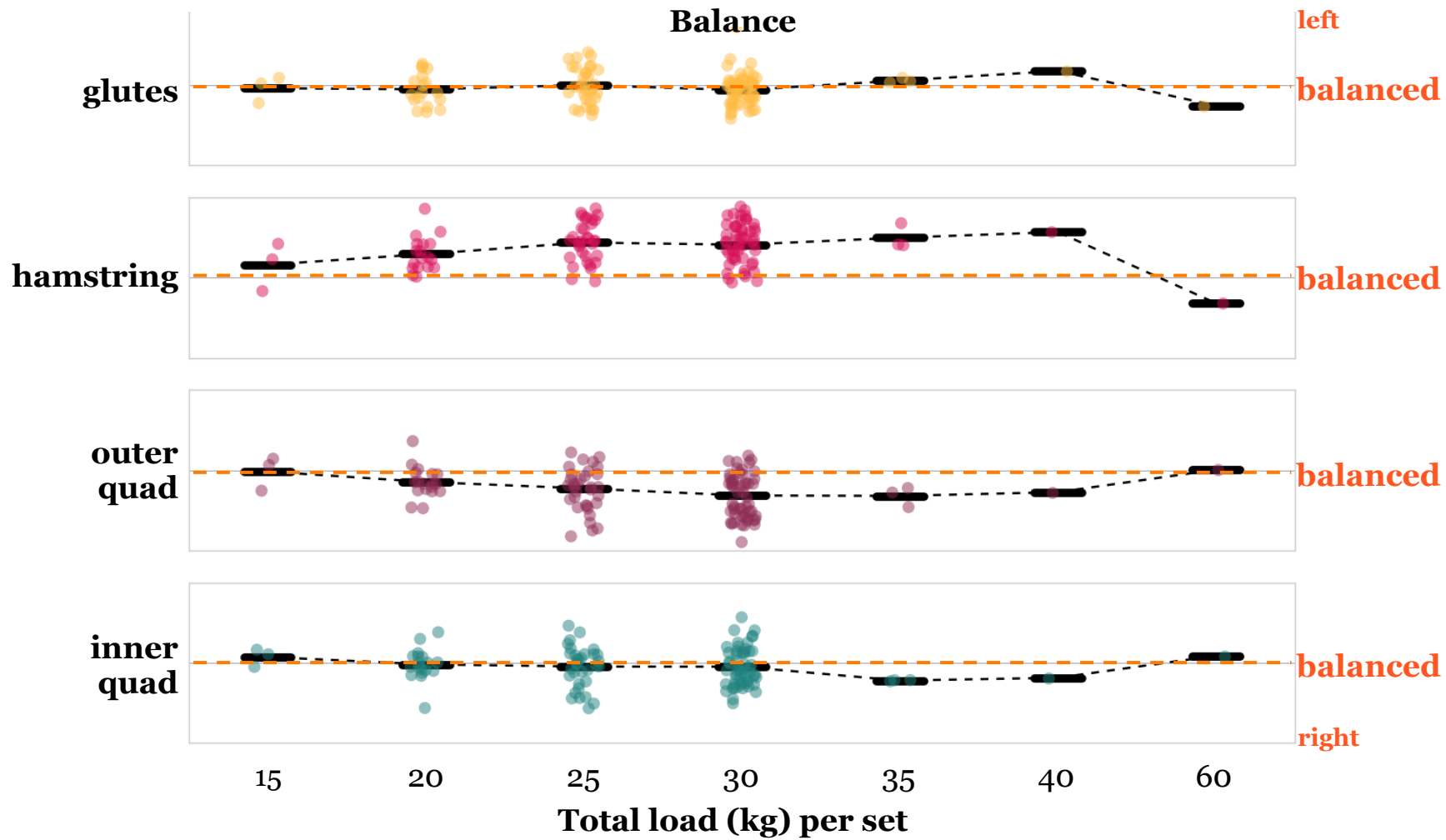
### bench press

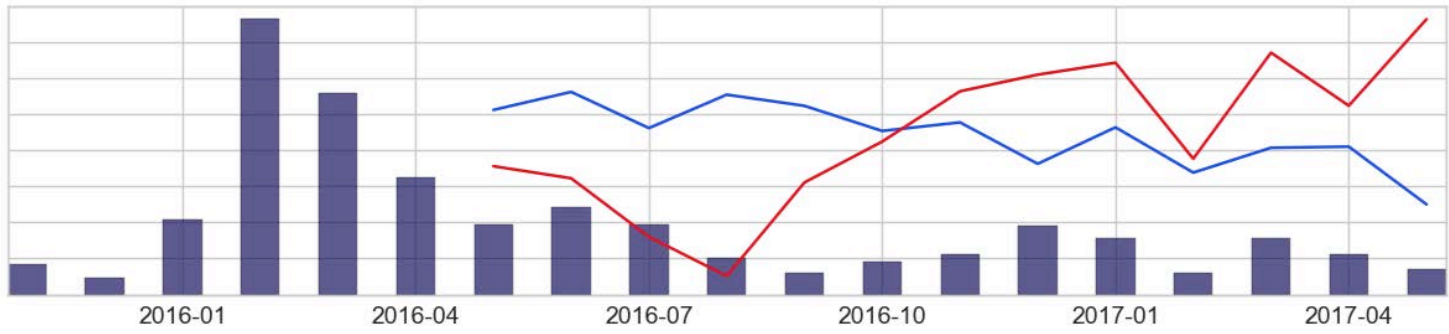




# What did you learn?

be wary of incorrect  
compensation in your muscles





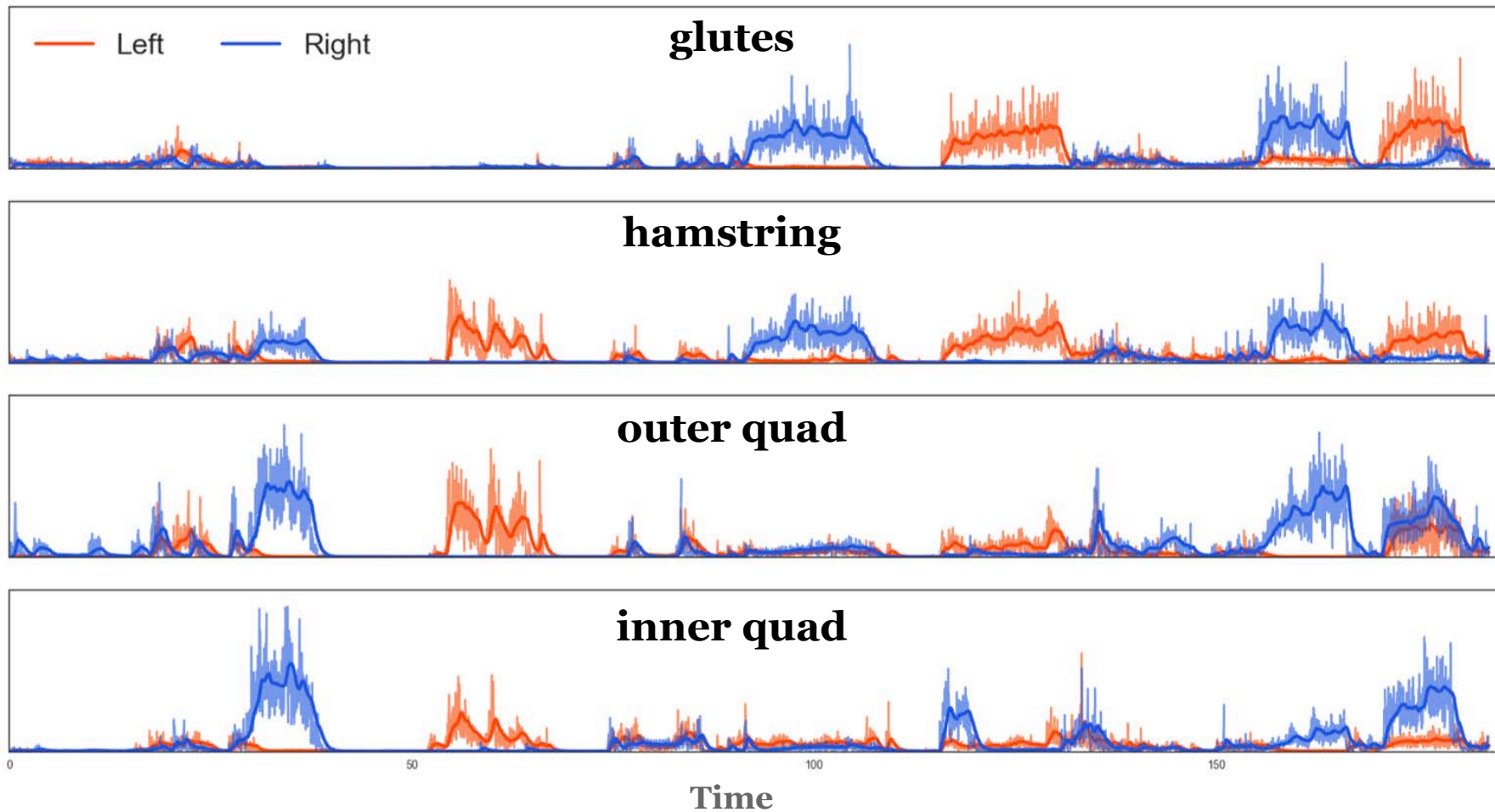
# Thank you

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*Disclaimer*

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

Electromyography





What did you learn?

neglecting exercise  
lead to increase in  
negative emotion

-positive -negative

