What’s in an EMG?

QS17 Amsterdam
S. Shelly Jang
pectoralis
biceps
inner quad
outer quad
deltoid
lats
triceps
glutes
hamstring
What did you do?
The honeymoon phase
300 hours
Over 523 days
308,401 kg total lifted

Roughly 37 T-Rexes lifted
300 hours
Over 523 days
308,401 kg total lifted

Sunday morning grind
How did you do it?
What did you learn?

I had to focus on targeting individual muscle.
<table>
<thead>
<tr>
<th></th>
<th>inner quad</th>
<th>outer quad</th>
<th>hamstring</th>
<th>glutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>overall</strong></td>
<td>26%</td>
<td>24%</td>
<td>32%</td>
<td>15%</td>
</tr>
<tr>
<td><strong>deadlift</strong></td>
<td>29%</td>
<td>35%</td>
<td>35%</td>
<td>21%</td>
</tr>
<tr>
<td><strong>squats</strong></td>
<td>32%</td>
<td>32%</td>
<td>23%</td>
<td>38%</td>
</tr>
<tr>
<td><strong>bench press</strong></td>
<td>13%</td>
<td>9%</td>
<td>9%</td>
<td>26%</td>
</tr>
</tbody>
</table>
Overall squats: 26%
Bench press: 32%
Deadlift: 15%
Squats: 24%
Bench press: 15%
What did you learn?

Monitoring balance may prevent injury
lower-body balance

squat

deadlift

bench press

balanced

balanced

balanced
glutes

deadlift

squat

Leaning Left

Leaning Right

balanced

Leaning Left

Leaning Right

balanced

Leaning Left

Leaning Right

balanced

hamstring balance

bench press
What did you learn?

be wary of incorrect compensation in your muscles
Thank you

shelly.jang@gmail.com

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