

Lower limb EMG activation during reduced gravity running on an incline. Speed matters more than hills irrespective of indicated bodyweight

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Item type

Journal Contribution

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Supplementary material

Data tables and visualisations for each of the muscles examined in this study are available online through the following links.

Semitendinosus: <https://chart-studio.plotly.com/~rodw/18>

Biceps Femoris: <https://chart-studio.plotly.com/~rodw/19>

Rectus Femoris: <https://chart-studio.plotly.com/~rodw/20>

Vastus Lateralis: <https://chart-studio.plotly.com/~rodw/21>

Vastus Medialis: <https://chart-studio.plotly.com/~rodw/22>

Gluteus Maximus: <https://chart-studio.plotly.com/~rodw/23>

Tibialis Anterior: <https://chart-studio.plotly.com/~rodw/24>

Soleus: <https://chart-studio.plotly.com/~rodw/25>

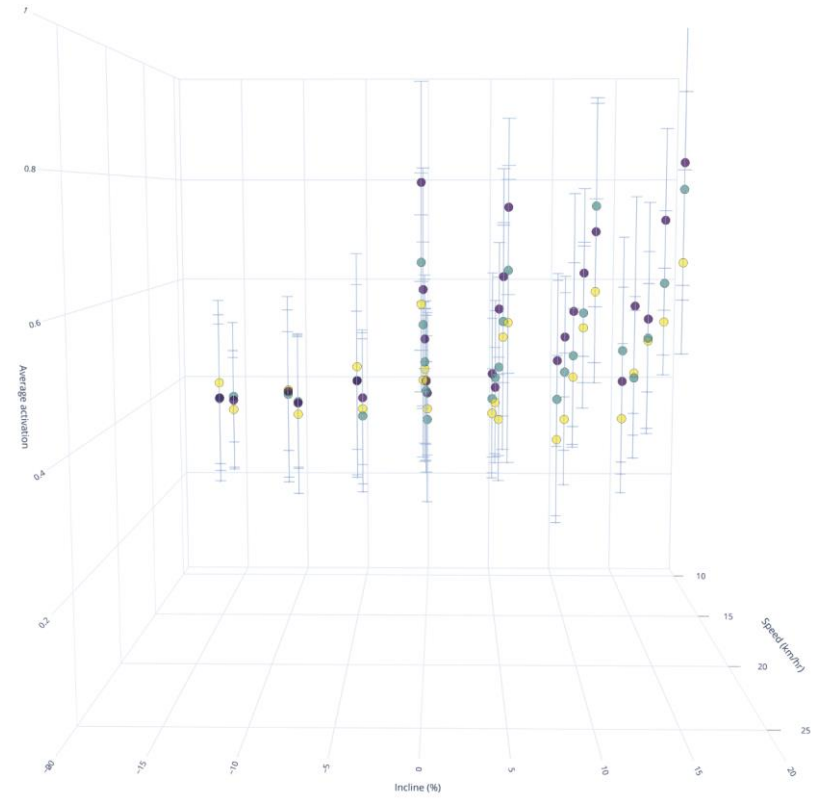
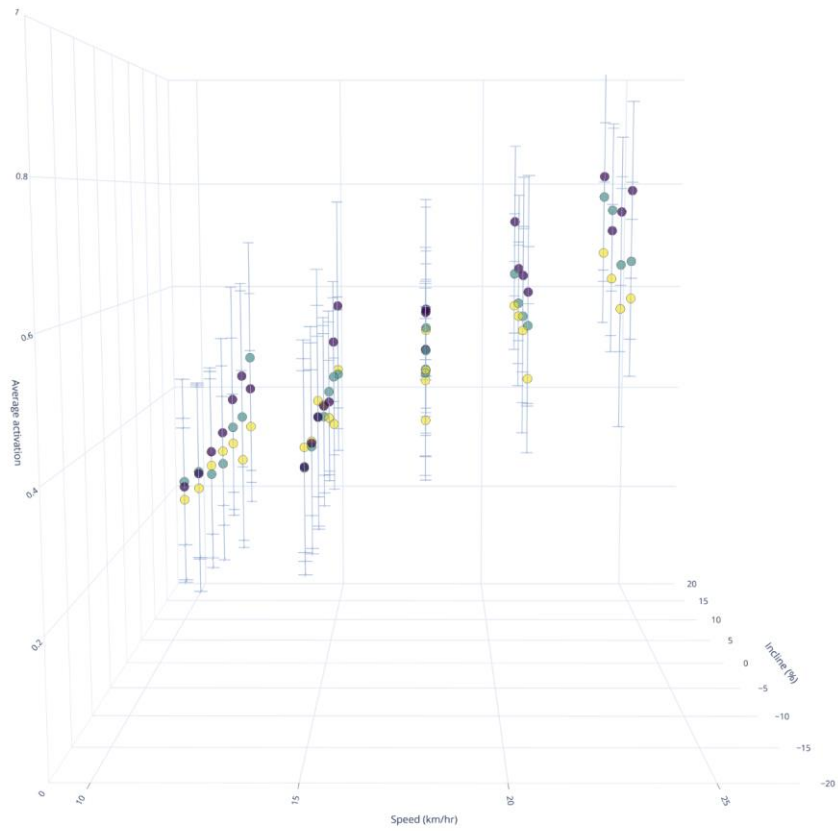
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Gastrocnemius Medialis: <https://chart-studio.plotly.com/~rodw/27>

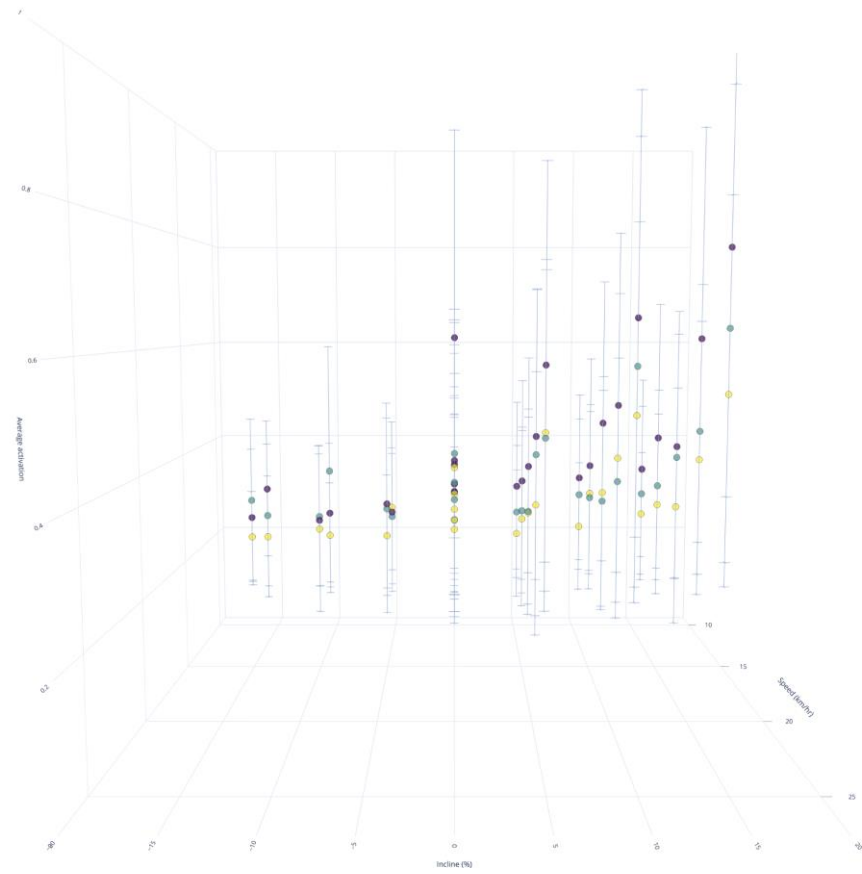
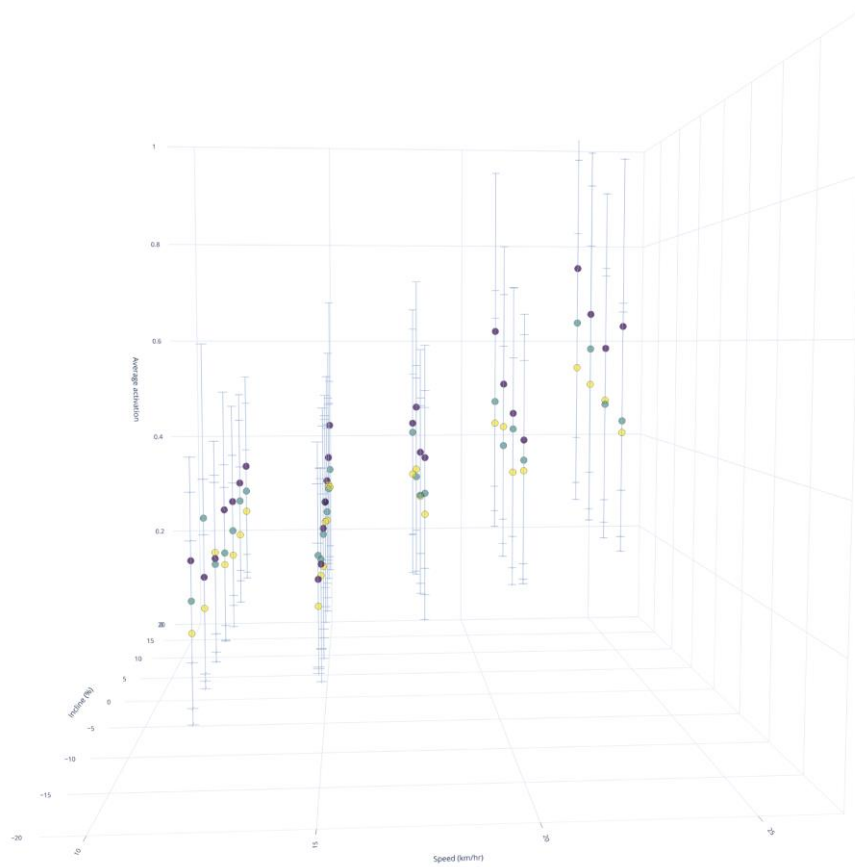
Gluteus Medius: <https://chart-studio.plotly.com/~rodw/28>

In each of the the following pages, 2 screen captures of orthogonal views of the 3D scatter plots for each muscle are presented. In each figure, the vertical axis represents the average of all subjects' peak muscle activation level (0-1), while the horizontal (X and Z) axes are speed (km/hr, horizontal axis on the left figure) and inclination (% , horizontal axis on the right figure). In each figure 100% bodyweight is represented by the purple sphere, 80% by the green sphere, and 60% by the yellow sphere. Whiskers represent a standard deviation.

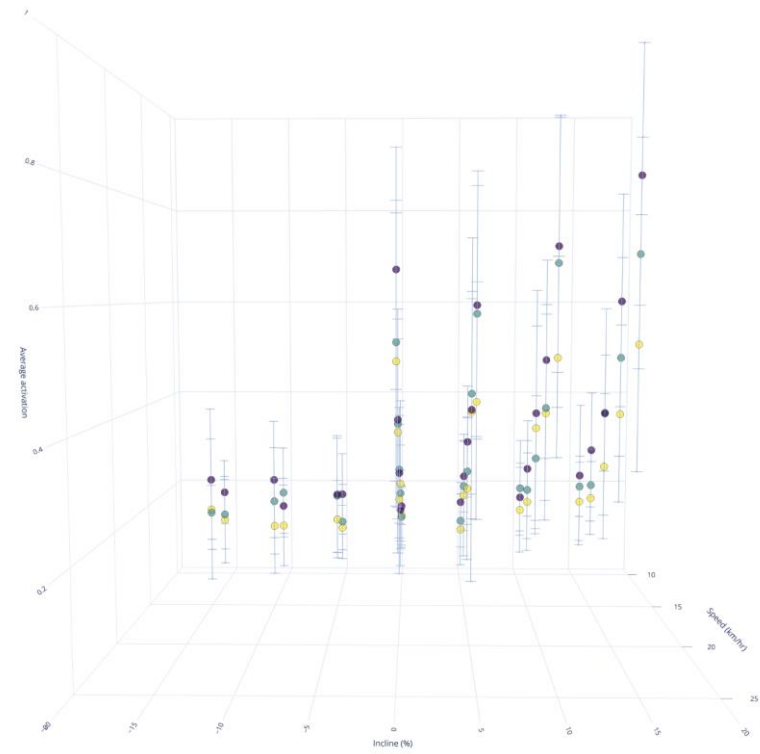
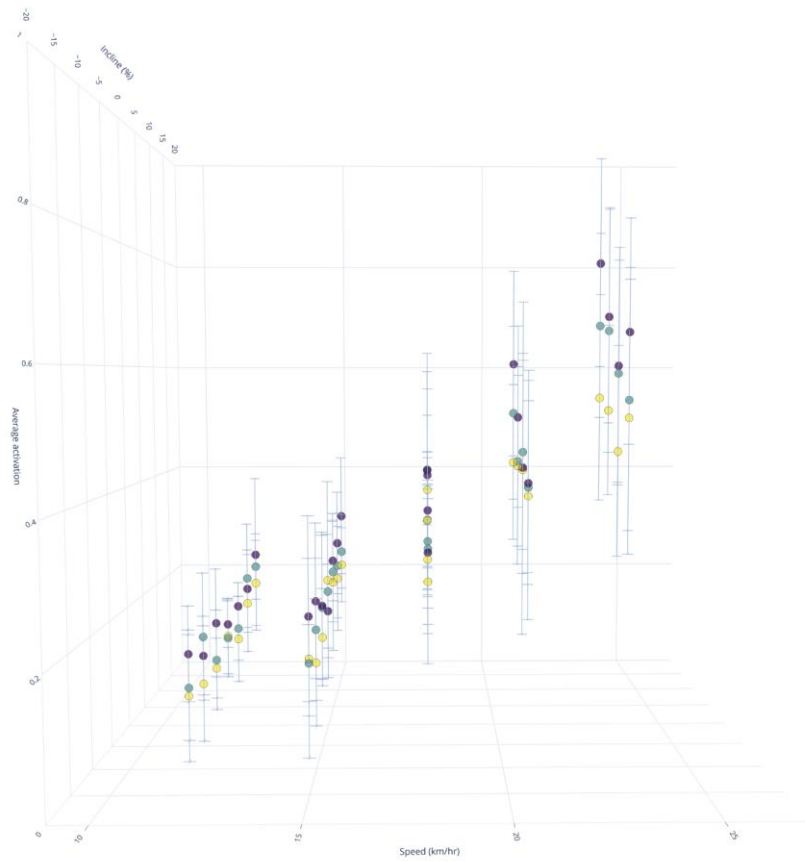
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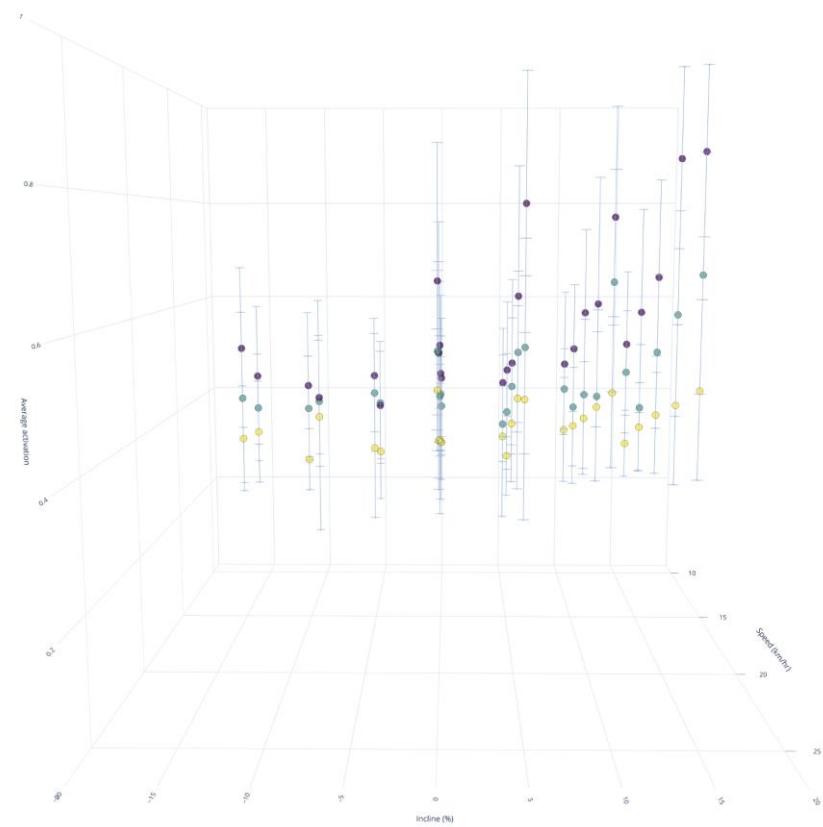
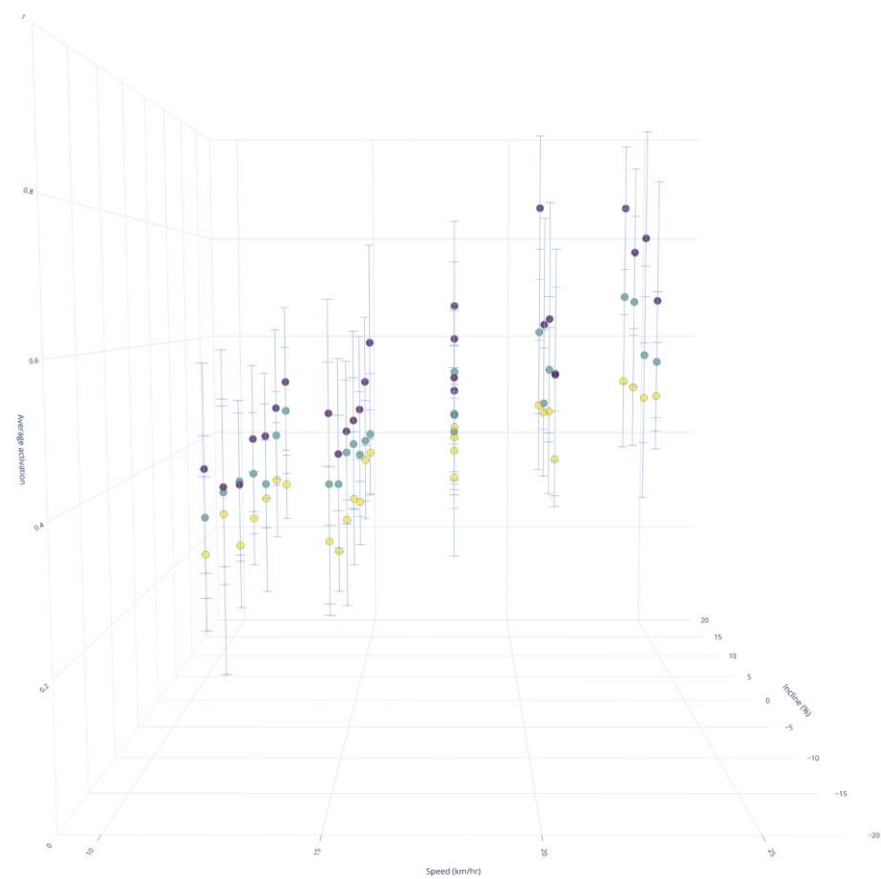
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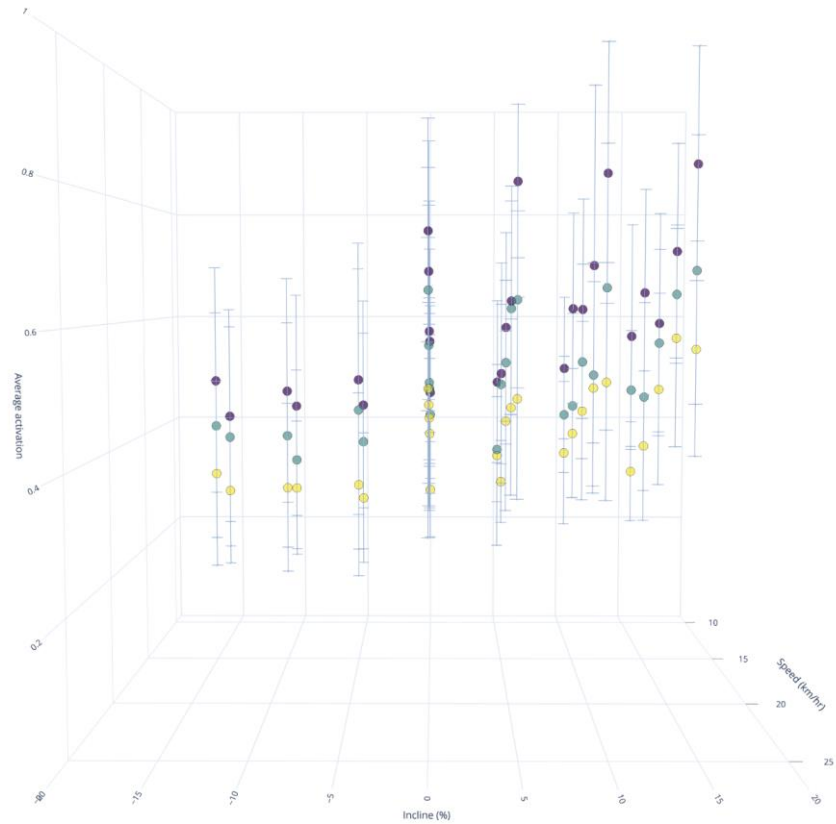
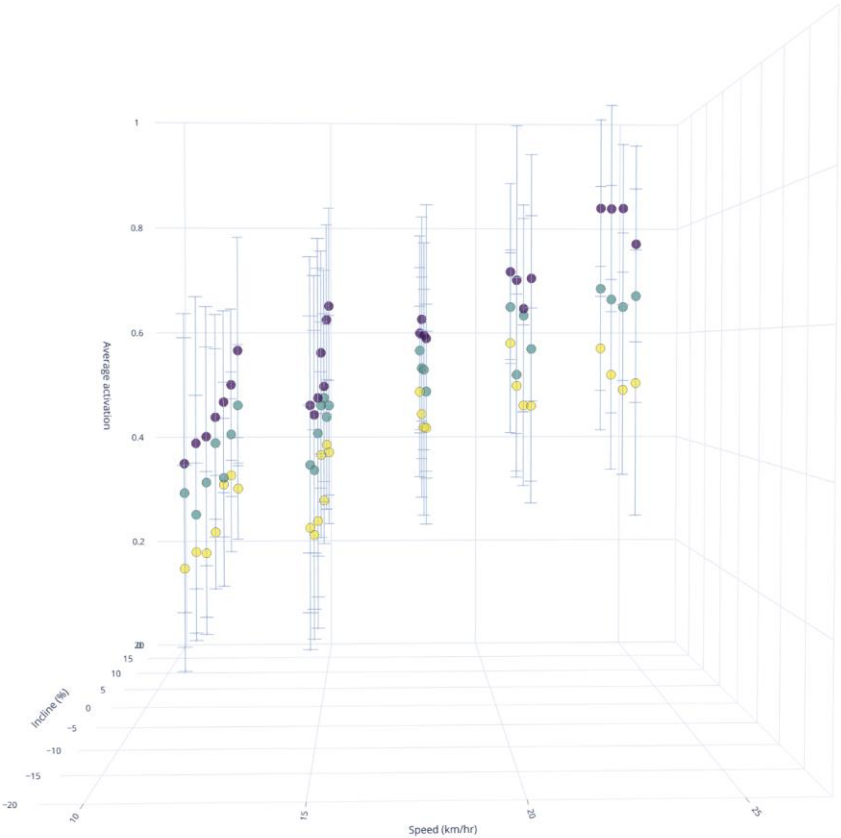
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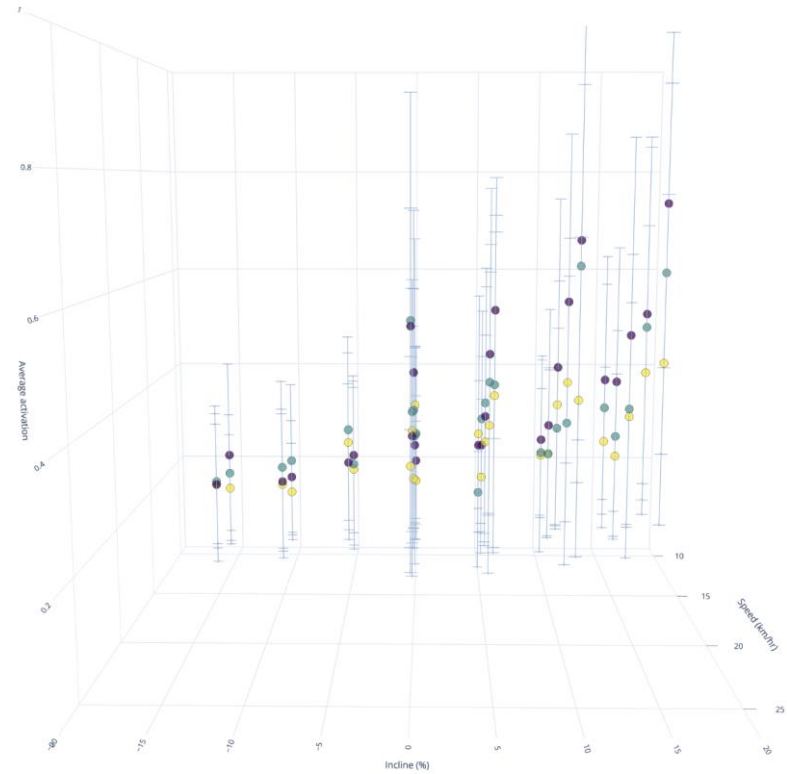
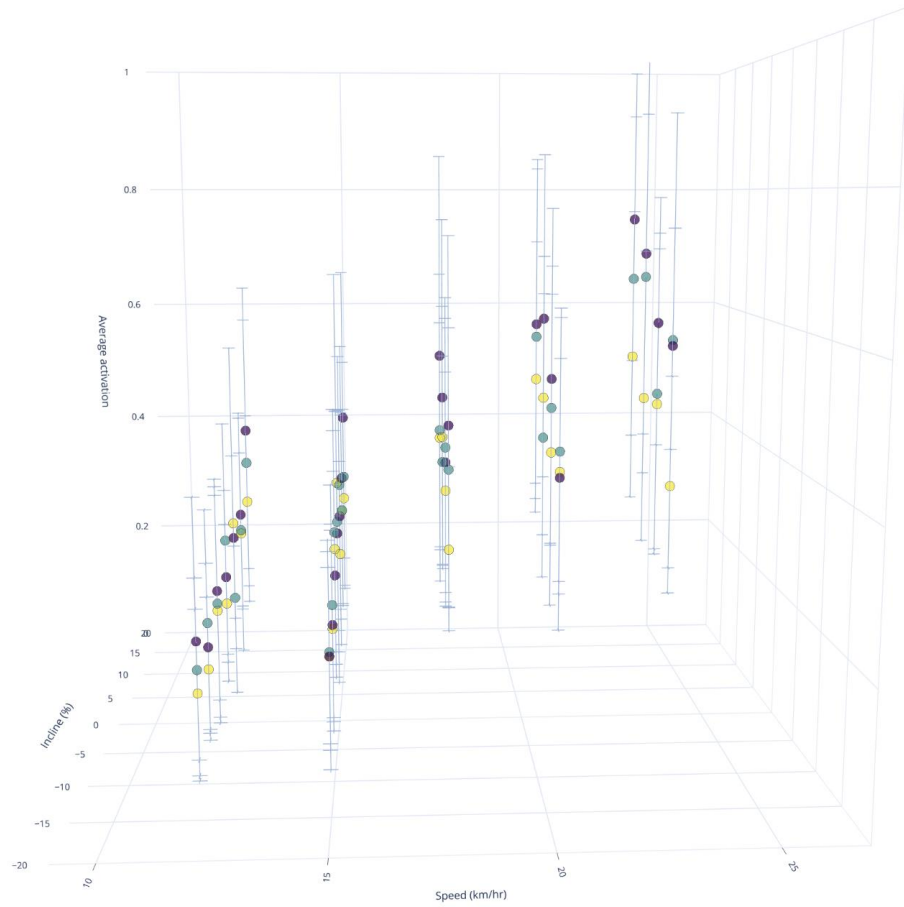
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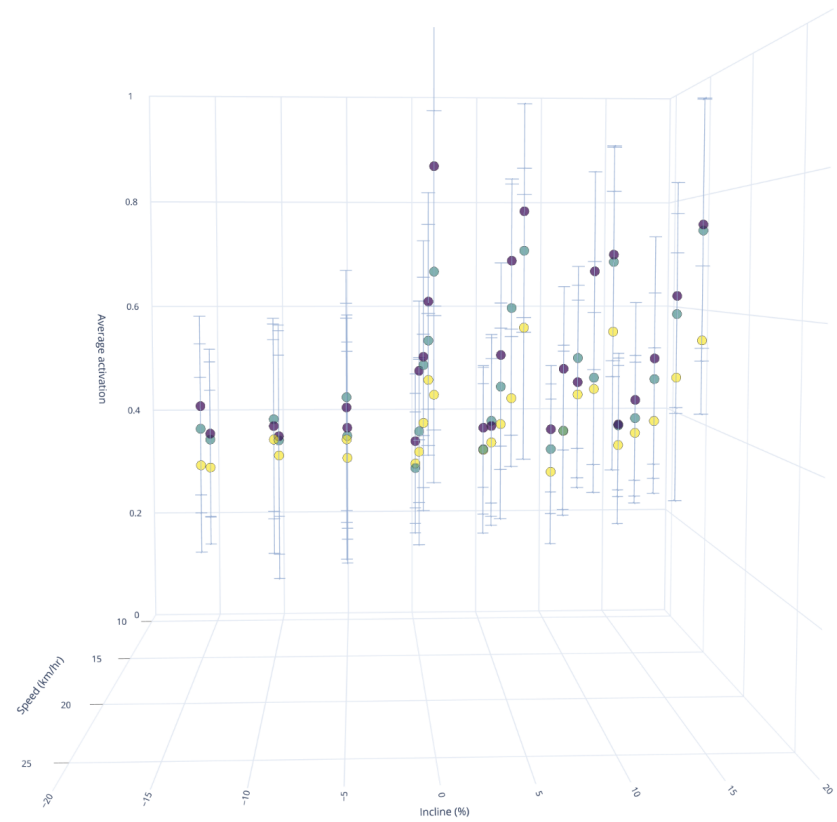
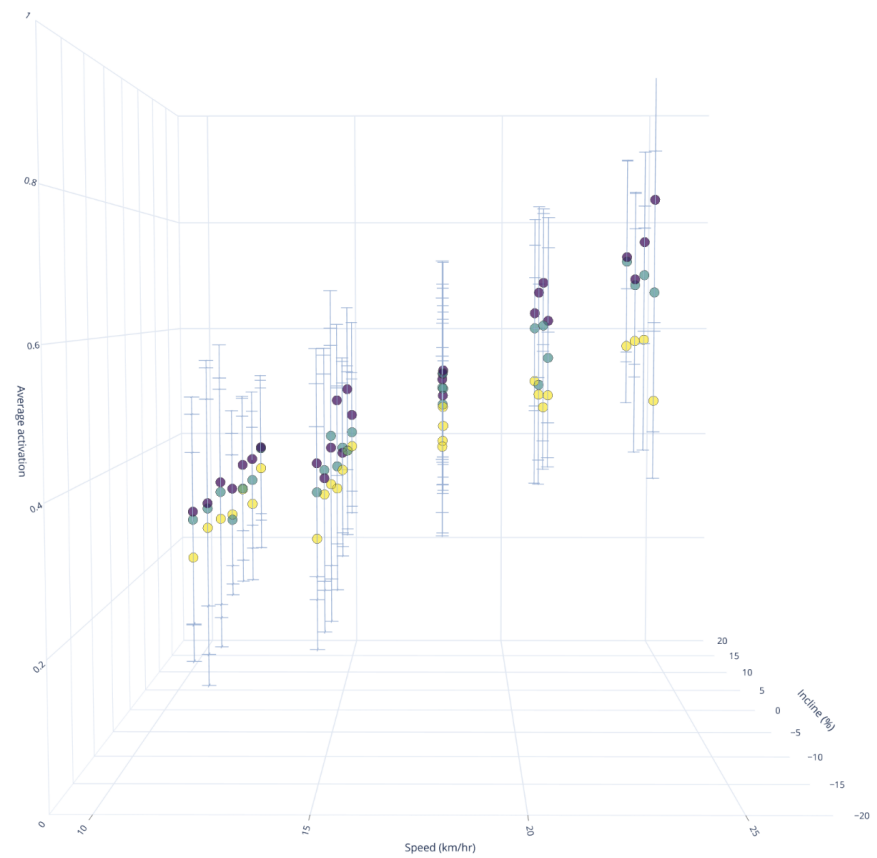
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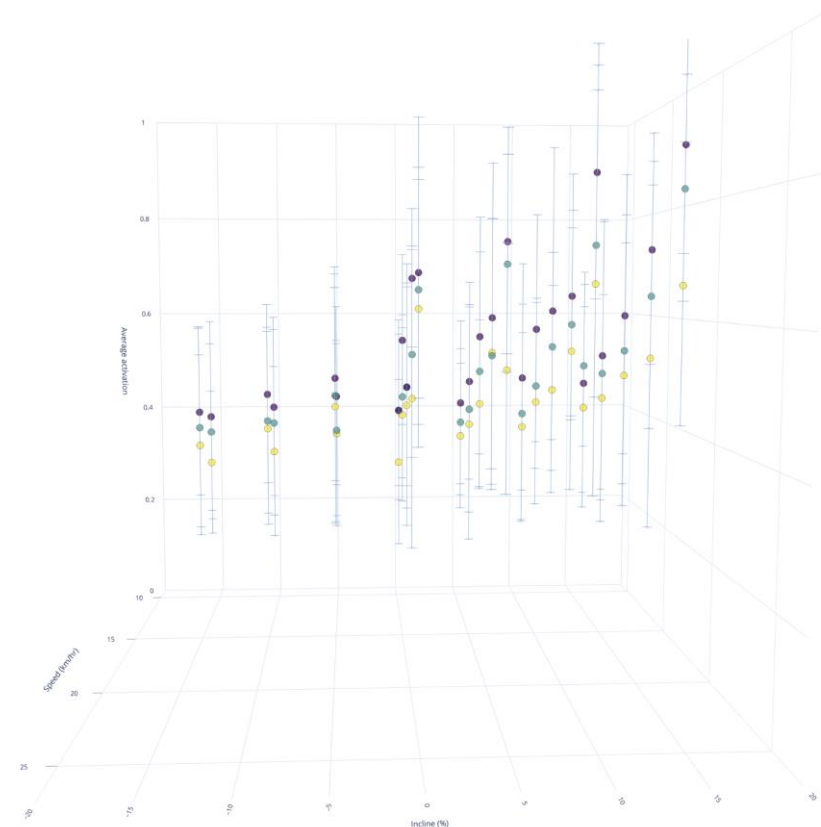
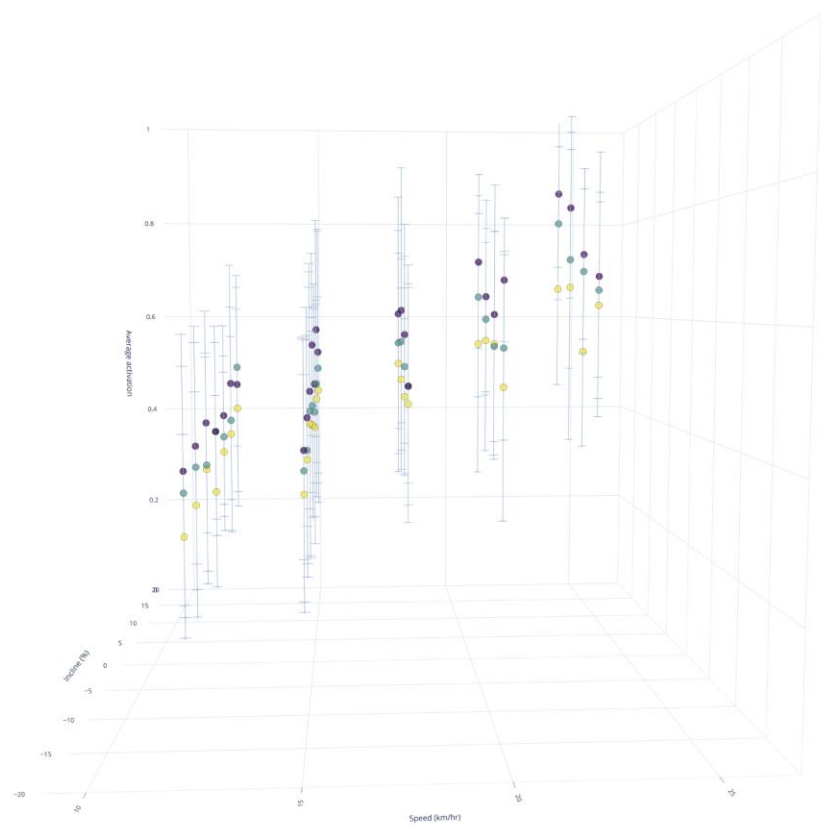
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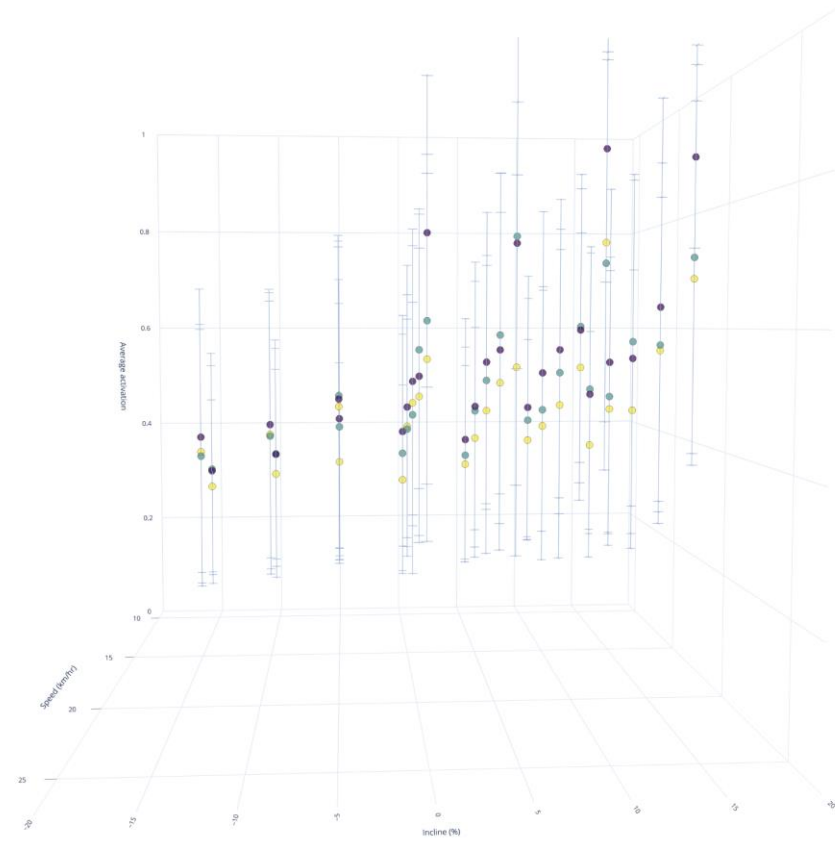
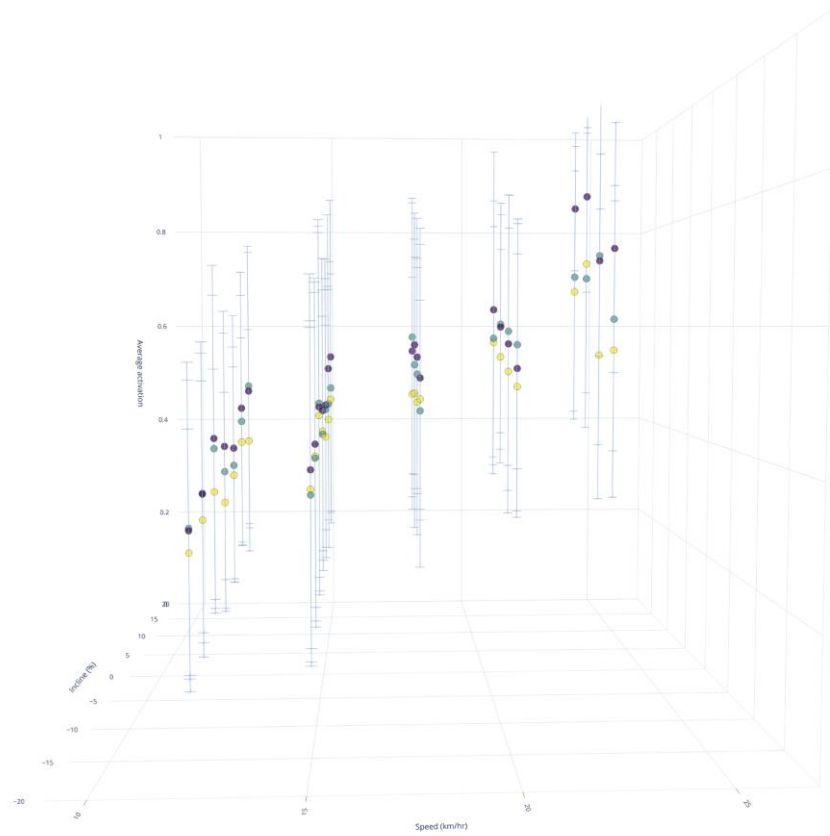
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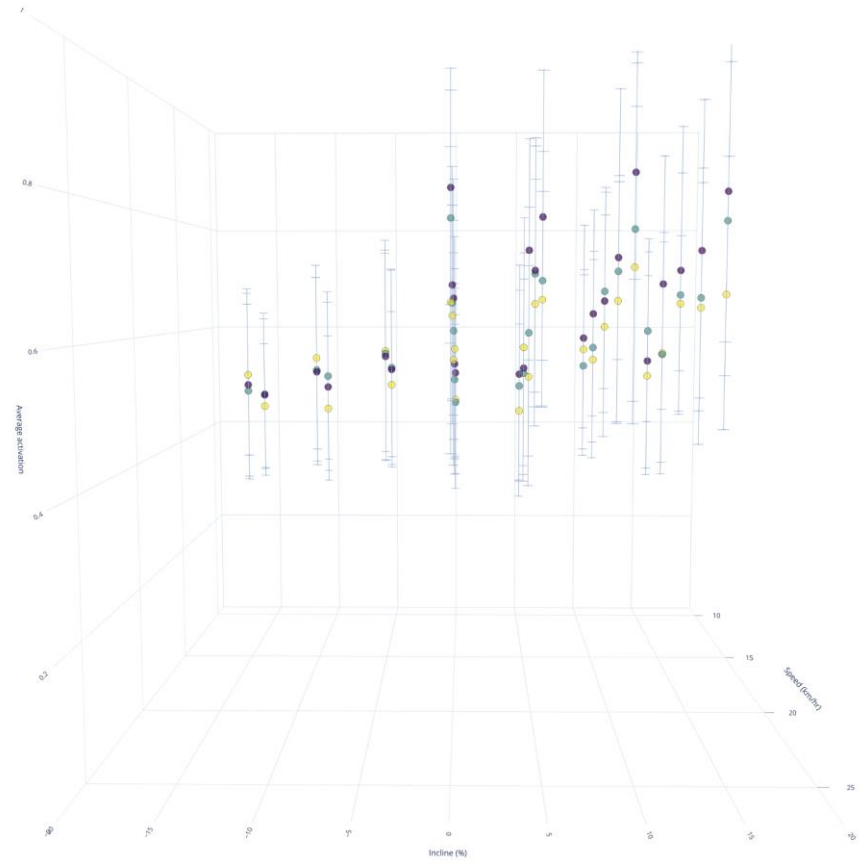
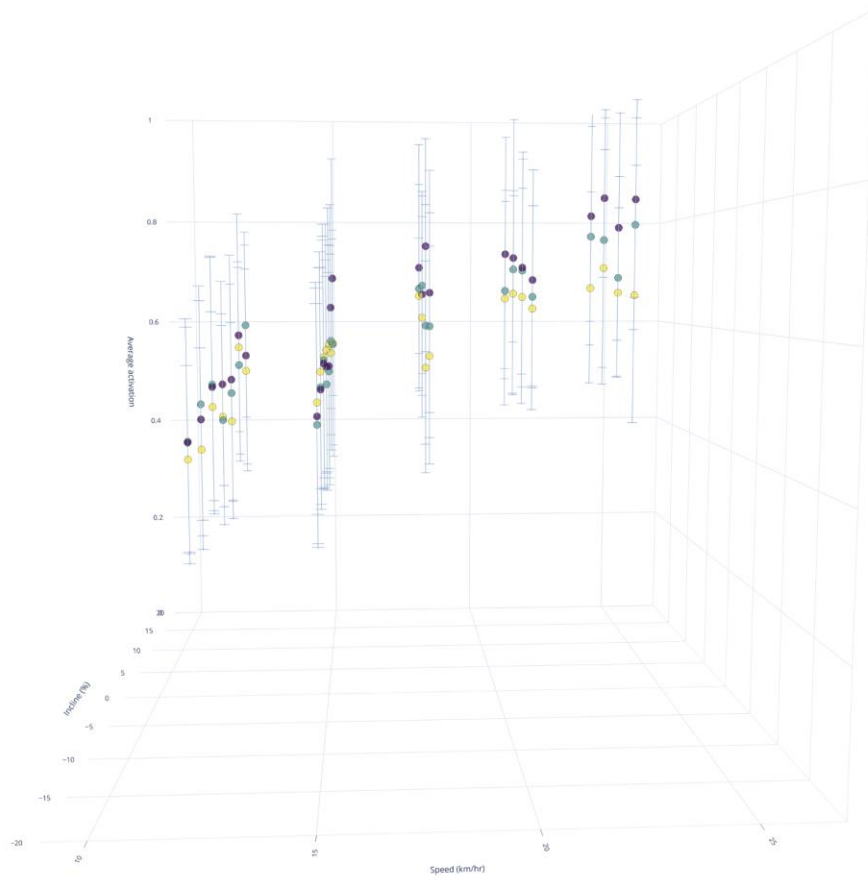
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Gluteus Medius: <https://chart-studio.plotly.com/~rodw/28>

