Load Lab scribe on computer
Then click on Human muscle→ EMG group strength
Attach electrodes to elbow-red, middle of forearm-black and wrist-green

Calibration
- balance textbook on dynamometer for 10 sec

EMG intensity force
- clench fist 4 times with interval breaks of 2 secs and clenching for 2 sec
- each clench should progressively get stronger
First one to add is mean
- Analysis→ add function→ General→ mean
- also want to measure area

EMG intensity and fatigue
- measure circumference of dominant and non-dominant
- measure max force- V2-V1, half force- (V2-V1)/2 and time for half force

Antagonist muscles
Have to reposition electrodes on shoulder
- below shoulder- red
- mid-bicep- black
- mid-tricep- brown
- upper tricep- white
- elbow- green

Record extending/flexing without weights
Record extending/flexing with weights

Leg exercise
Back of knee- red
Back of calf- black
By ankle- ankle