

Training Screen

EMG Channel 1/EMG Channel 2

- EMG indicates the level of electrical activity coming from **muscle tension**. At high levels, this can result in inaccurate and unusually high beta and high beta.
- How to Fix High EMG: coach the client to relax, take a few breaths, lower the shoulders, relax the face

Activation CH1/CH2

- Activation reflects the ratio of slow to fast wave activity
- The lower the value, the higher the activation

Beta Asymmetry

- Near one or greater = lower tendency to experience anxiety

Training Efficiency

- How frequently your training criteria is being met
- Higher the value, the better the training quality
- Ratio of your thermometers, how often you get green vs. red

Alpha Asymmetry

- Near one or greater = lower tendency to experience negative moods/depression