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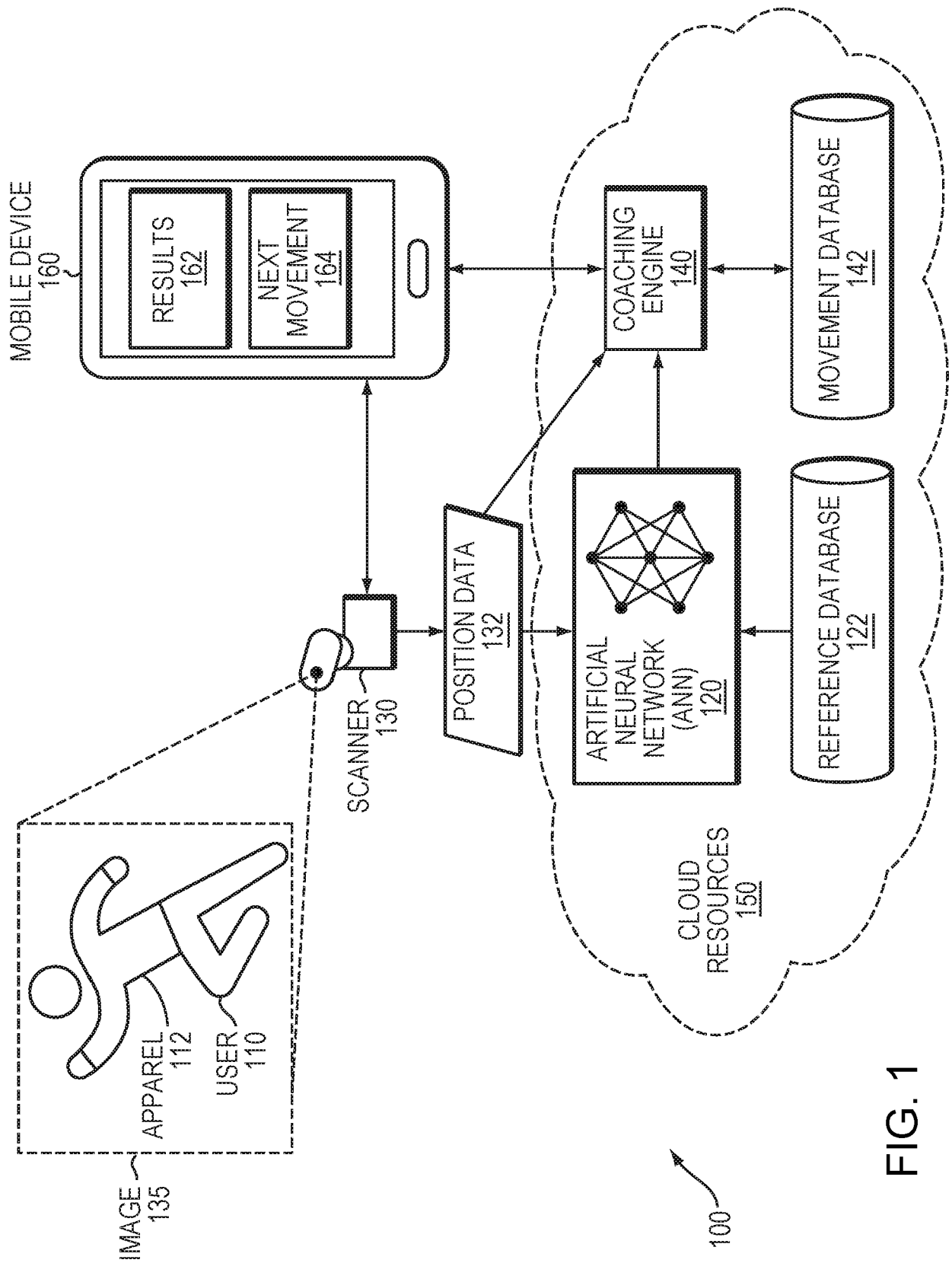


FIG. 1

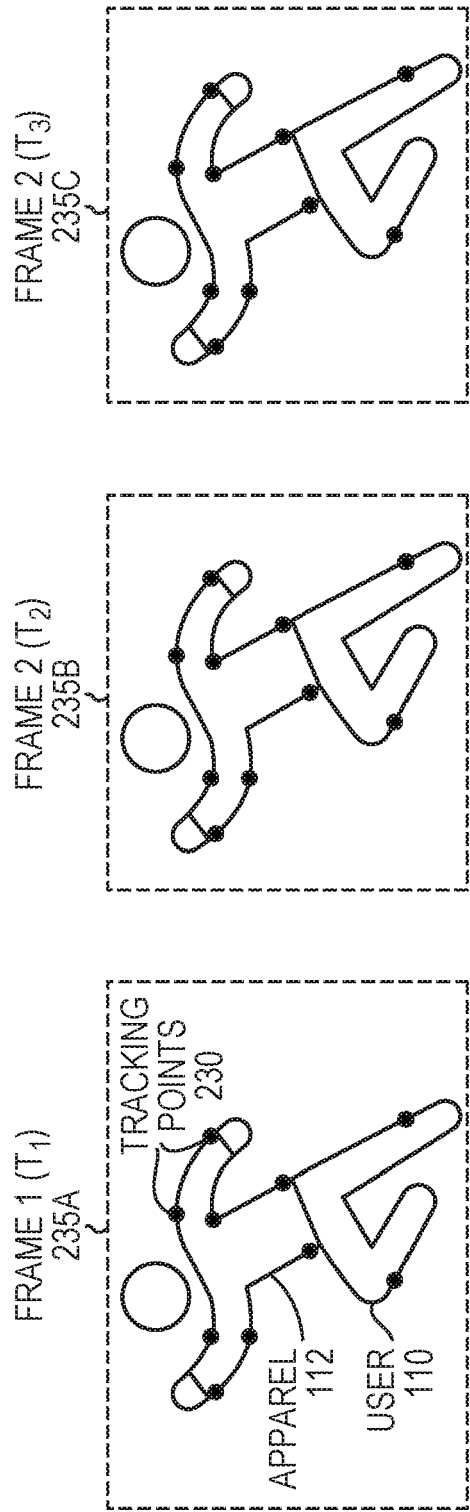


FIG. 2A

POSITION DATA

T ₁	X ₁ , Y ₁ , X ₂ , Y ₂ ,...X _N , Y _N ,
T ₂	X ₁ , Y ₁ , X ₂ , Y ₂ ,...X _N , Y _N ,
T ₃	X ₁ , Y ₁ , X ₂ , Y ₂ ,...X _N , Y _N ,
⋮	⋮
T _N	X ₁ , Y ₁ , X ₂ , Y ₂ ,...X _N , Y _N ,

FIG. 2B

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REFERENCE DATA SET

MOVEMENT ID	MOVEMENT DATA	RANK DATA
MOVEMENT 1	M ₁	[0,2,4]
MOVEMENT 2	M ₂	[3,7,1]
MOVEMENT 3	M ₃	[0,7,2]
⋮	⋮	⋮
MOVEMENT N	M _N	[2,2,5]

300

FIG. 3

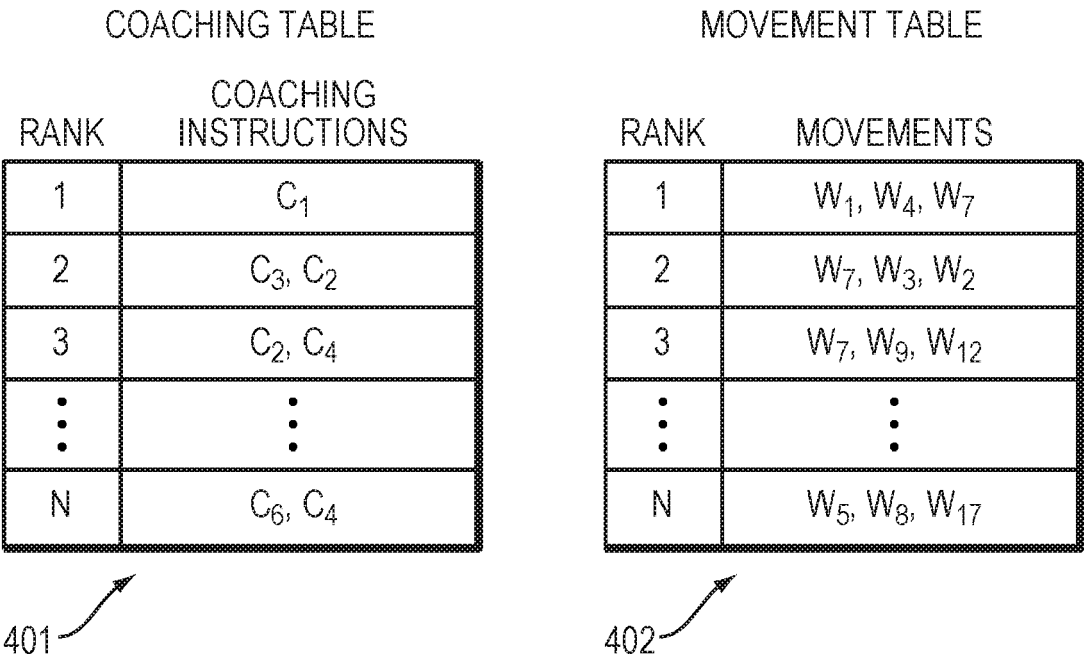


FIG. 4

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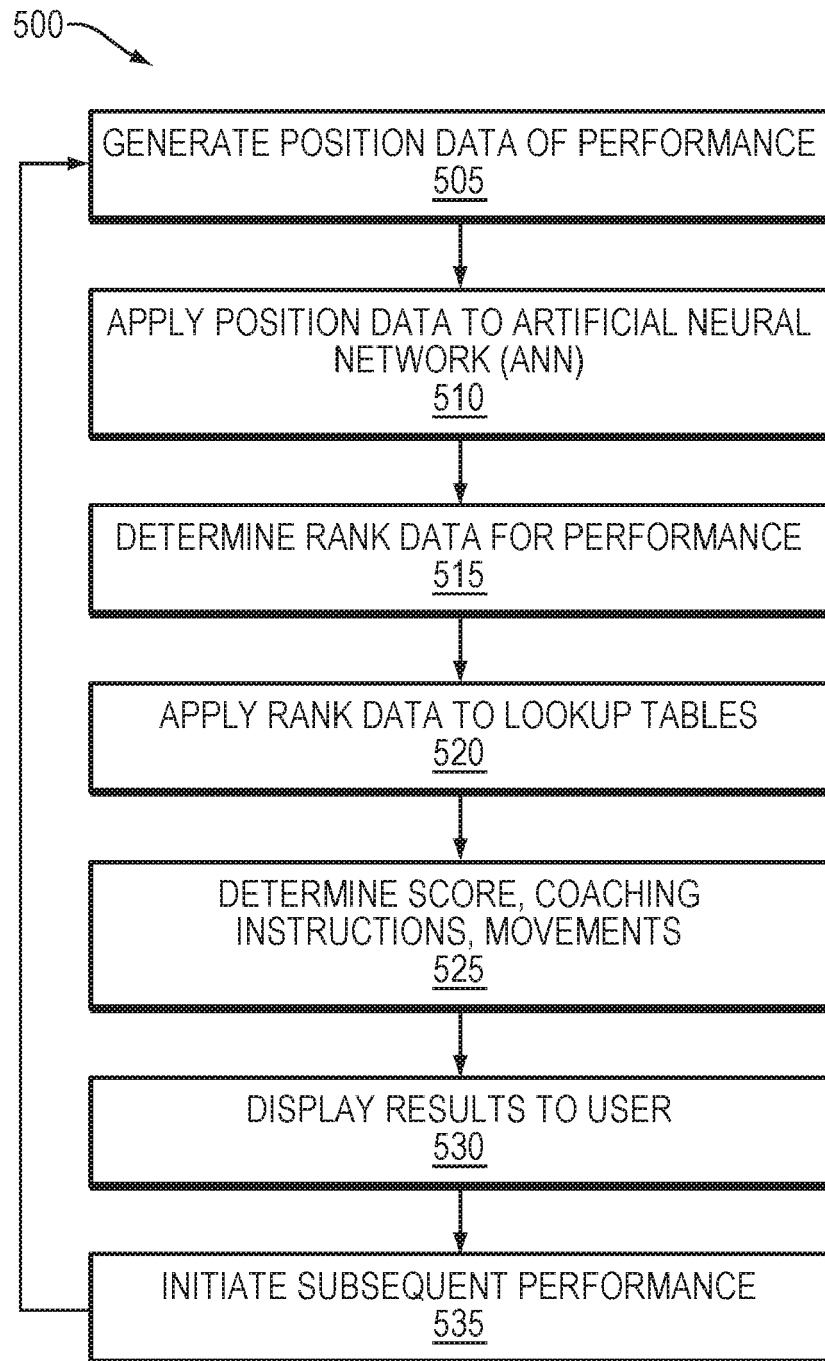


FIG. 5

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	DAY 3							
	Week 1		Week 2		Week 3		Week 4	
SMR								
AIS								
NMA								
MS								

Day 1	Back Squat							
	x5		x5		x5		x5	
	x5		x5		x5		x5	
	x5		x5		x5		x5	
	x5		x5		x5		x5	
	x5		x5		x5		x5	
	Goblet Lateral Lunge super set							
	Sissy Squat 4x50							
	x8		x8		x8		x8	
	x8		x8		x8		x8	
	x8		x8		x8		x8	
	x8		x8		x8		x8	

Day 2	Leg Press 15, 10, 10 Drops							
	SL Extensions 15, 10, 10 Drops							
	x15		x15		x15		x15	
	x15		x15		x15		x15	
	x15		x15		x15		x15	
	DROP		DROP		DROP		DROP	
	Goblet Squat 15, 10, 10 Drops							
	Extensions 15, 10, 10 Drops							
	x15		x15		x15		x15	
	x15		x15		x15		x15	
	x15		x15		x15		x15	
FAIL		FAIL		FAIL		FAIL		

Day 3	30s ON 15s OFF 3 Rounds							
	Matrix Parachute Run							
	Atlas Ball Over Shoulder Chains							
	Hollow Rocking							

FIG. 6

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OPTIMIZE

91.50/100
MVM T
perfection

Note: Feedback and optimizations require correct
robot use


Difficulty

FIG. 7