

Materials List for:

# Determining The Electromyographic Fatigue Threshold Following a Single Visit Exercise Test

Sujay S. Galen<sup>1</sup>, Darren R. Guffey<sup>2</sup>, Jared W. Coburn<sup>3</sup>, Moh H. Malek<sup>1</sup>

<sup>1</sup>Physical Therapy Program and Integrative Physiology of Exercise Laboratory, Department of Health Care Sciences, Wayne State University

<sup>2</sup>Sports Medicine and Physical Therapy, MEDSPORT, University of Michigan Health System

<sup>3</sup>Department of Kinesiology, California State University, Fullerton

Correspondence to: Moh H. Malek at [en7488@wayne.edu](mailto:en7488@wayne.edu)

URL: <https://www.jove.com/video/52729>

DOI: [doi:10.3791/52729](https://doi.org/10.3791/52729)

## Materials

Name	Company	Catalog Number	Comments
839 E Monark cycle ergometer	Monark Exercise AB	839 E	
Heart rate monitor	Polar	Polar H1	
Laptop	Dell Inspiron	varies	any laptop computer with USB slots should work.
EMG amplifiers	BioPac Systems, Inc.	100B	100C are the latest version
Disposable EMG electrodes	BioPac Systems, Inc.	EL-500	
Sandpaper	Home Depot	9 inch x 11 inch 60 Grit course no-slip grip Advanced Sandpaper (3-Pack)	