

Abstract

Remeo is an Electromyography (EMG) sensor which enables the active and current user to receive feedback via a user interface in regards to the flexion and extension of a particular muscle. The purpose of Remeo is to be able to measure full muscle activity during exercise. Remeo can also be simply used to gain a better understanding as to how a muscle is working; whether this is at maximum effort or the minimal extension. Through the process of research and development for the initial prototype of Remeo it is clear that when used in its proper parameters, a user can clearly see low value (or in the case of our user interface dim light) when the muscle is at full extension and a high value (or in the case of our user interface bright light) when the muscle is at full flexion.