# EMG: Normalizing to Maximal Voluntary Contraction (MVC)

This Application note describes how to normalize EMG data to Maximal Voluntary Contractions (MVC), using LabScribe v3

1) Acquire the EMG data on a subject performing MVC.

2) Set the Channel Function to Max, at the right hand top of the Channel Bar.

3) Place the 2 cursors around EMG signal you want to normalize.

4) Read the max value between the cursors, in Volts. (If you have already done units conversion, you need to turn off the units for the channel first).

5) Right-Click in the channel, go to Units->Simple.
    Set Value at cursor1: Max Value from Channel Bar => 100
    Set Value at cursor2: 0 => 0
    Set Units to %
    Choose if you want to apply the units to all blocks or only this block. A Block is defined as start and stop of recording. To apply this MVC to all recording from the subject, in this file, Choose "apply the units to all blocks".
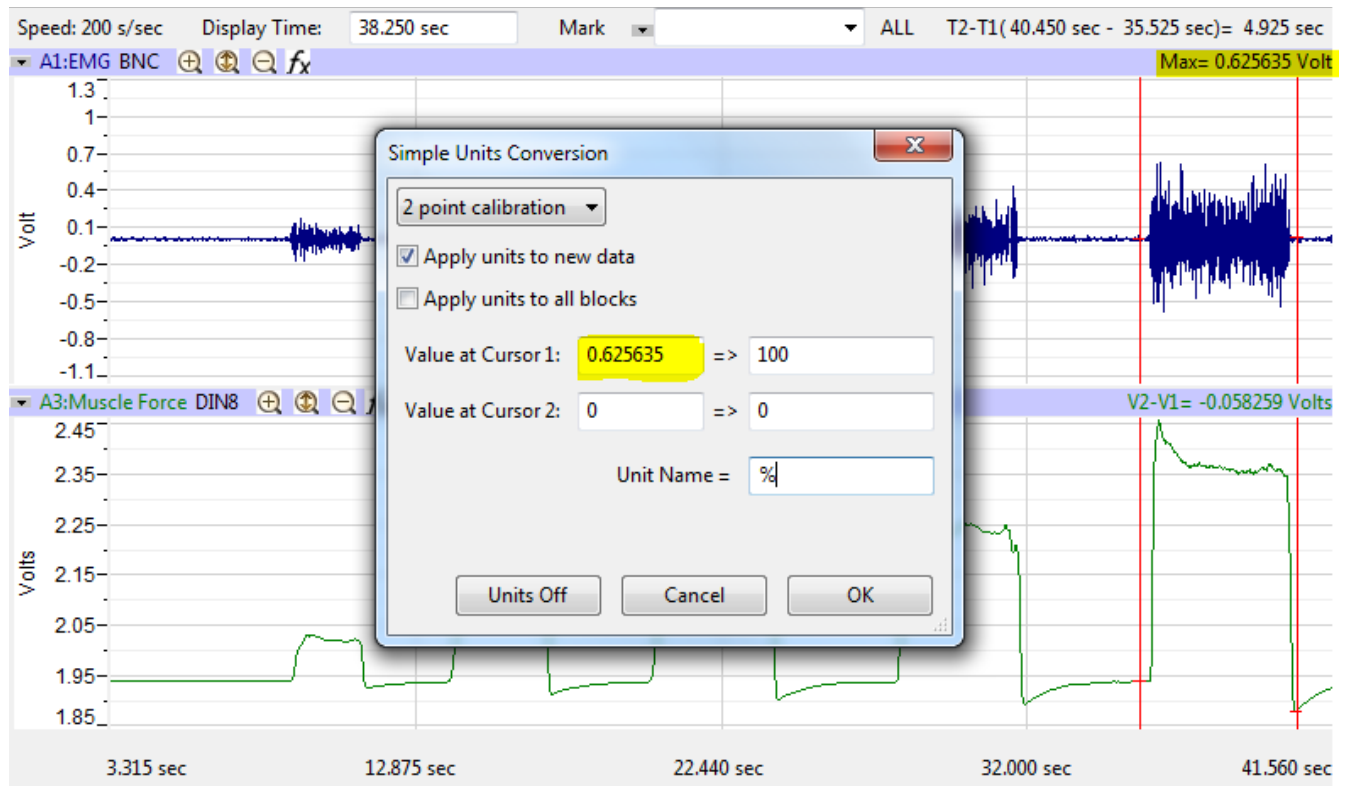
Click OK.

The EMG channel is now Calibrated in %MVC.