

Exercise Summary

SQUATS:

Total Reps: 2

Good Form Reps: 0

Common Issues: INSUFFICIENT_DEPTH

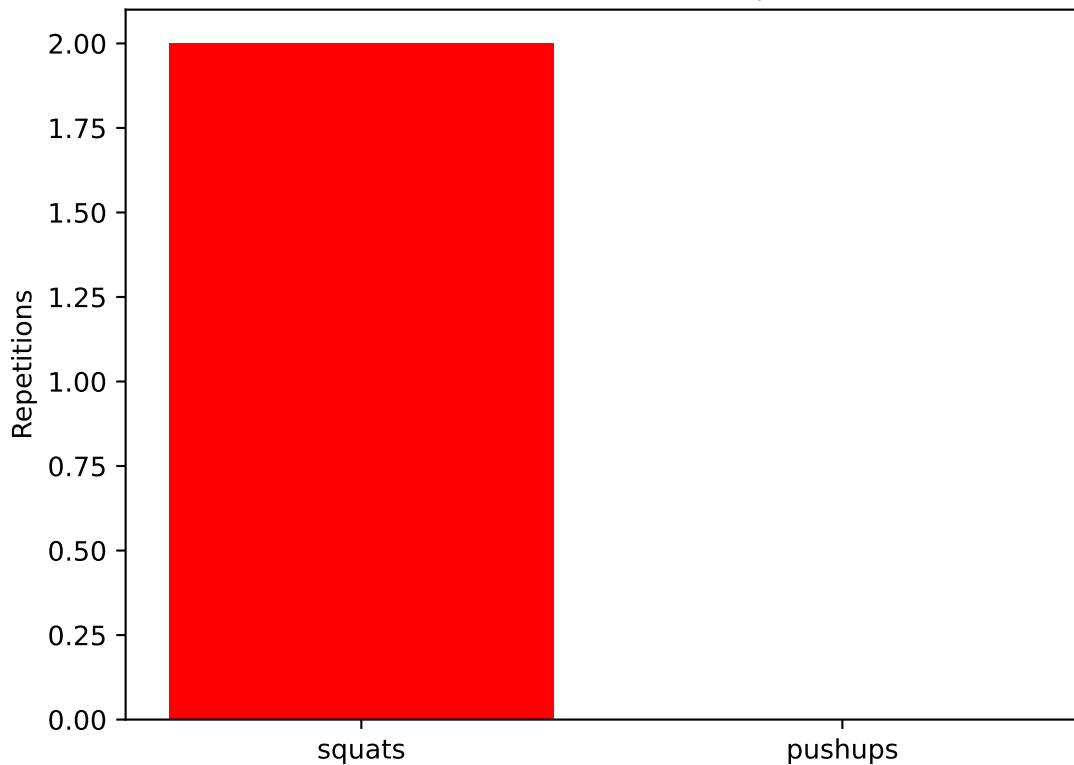
PUSHUPS:

Total Reps: 0

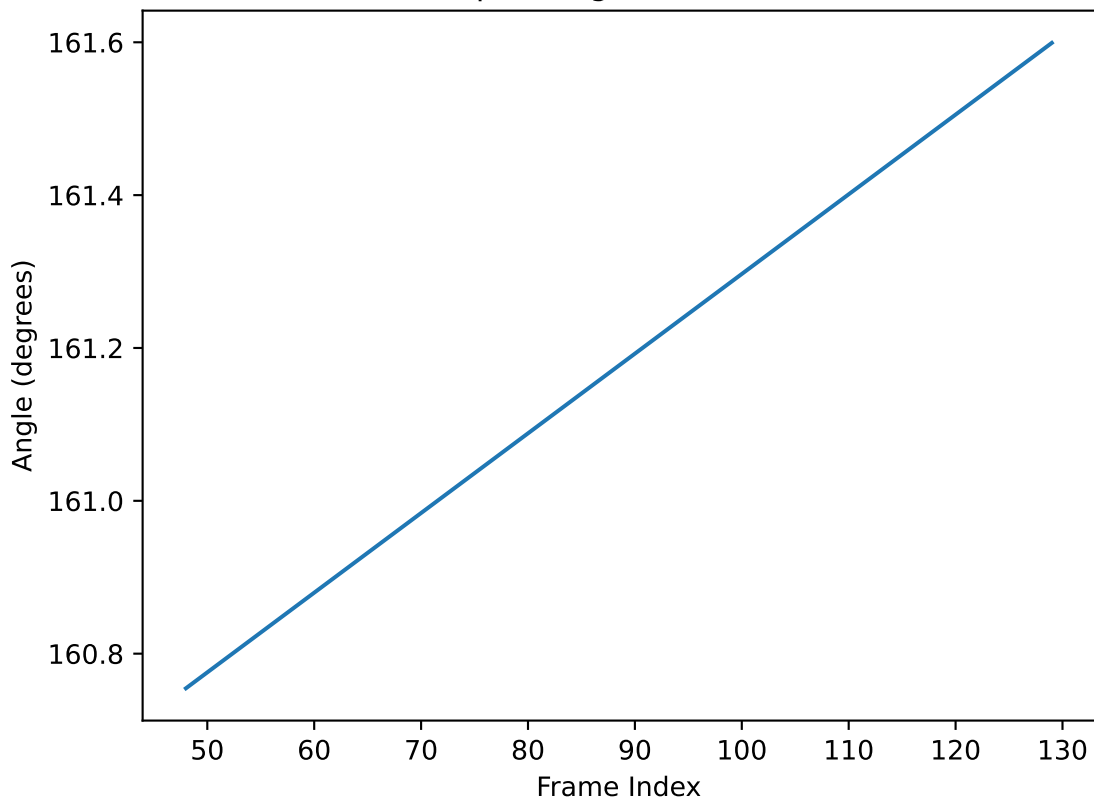
Good Form Reps: 0

Common Issues: None

Good vs Bad Form Reps



Squat Angle vs Frame



Squat Frame 48 - Rep 1



Squat Frame 129 - Rep 2

