

# Workout Report

Exercise: Squats | Duration: 0m 30s

## Summary

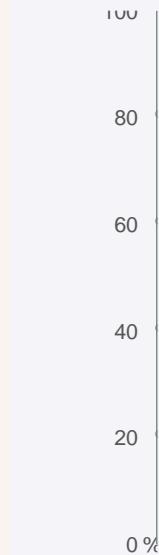
Total Reps

0

Avg Accuracy

0%

## Repetition Accuracy Chart



100  
80  
60  
40  
20  
0 %

## Repetition Accuracy Details

Rep #

Accuracy

## Therapy / Exercise Plan

- Focus on posture: use mirror feedback and slow down movements.

- Reduce intensity and increase rest periods.
- Consider professional guidance if difficulty persists.

Generated on 03/02/2026, 01:45:42