Workout Report

Exercise Info

Exercise: Squat

Duration: 0 min 45 sec

Total Reps: 4

Average Accuracy: 75%

Repetition Accuracy

80%	
73%	
73%	
73%	

Rep Number	Posture Accuracy (%)
1	80
2	73
3	73
4	73

Feedback

- ■■ Coming up... Almost there!
- Keep your back straighter!
- $\blacksquare\blacksquare$ Go down slowly and controlled.
- ■■ Coming up... Almost there! (Score: 75%)