

Workout Performance Report



Squat

Duration: 0 min 30 sec

Total Repetitions: 5

Average Accuracy: 74%

Repetition Accuracy

Rep Number	Posture Accuracy (%)
1	80
2	73
3	73
4	73
5	73

Session Feedback



■ Keep your back straighter! ■■ Go down slowly and controlled. ■■ Coming up... Almost there! ■ Keep your back straighter! ■ Keep your back straighter!

Score: 74%