

Workout Performance Report

Exercise

Squats

Duration

1 min 19 sec

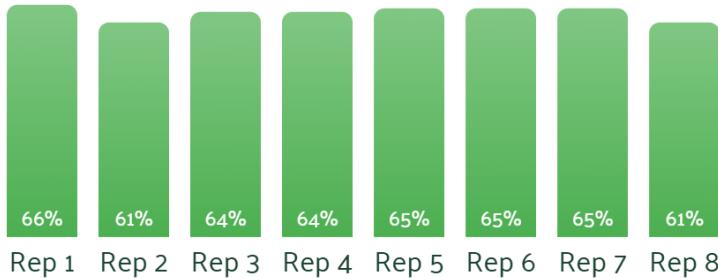
Total Reps

8

Avg Accuracy

64%

Repetition Accuracy



Detailed Table

Rep	Accuracy (%)
1	66
1	61
1	64
1	64
1	65
1	65
1	65
1	61

Personalized Therapy Plan

- ✓ Moderate performance – improvement required.
- ✓ Reduce speed and focus on correct form.
- ✓ Use mirror or camera feedback.
- ✓ Take short breaks between sets.