

Workout Report

Exercise: Squats | Duration: 0m 26s

Summary

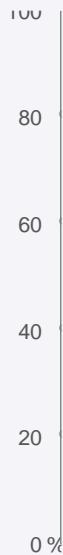
Total Reps

0

Avg Accuracy

0%

Repetition Accuracy Chart



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.

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