

Workout Report

Exercise: Squats | Duration: 0m 12s

Generated on: 29/01/2026, 14:21:51

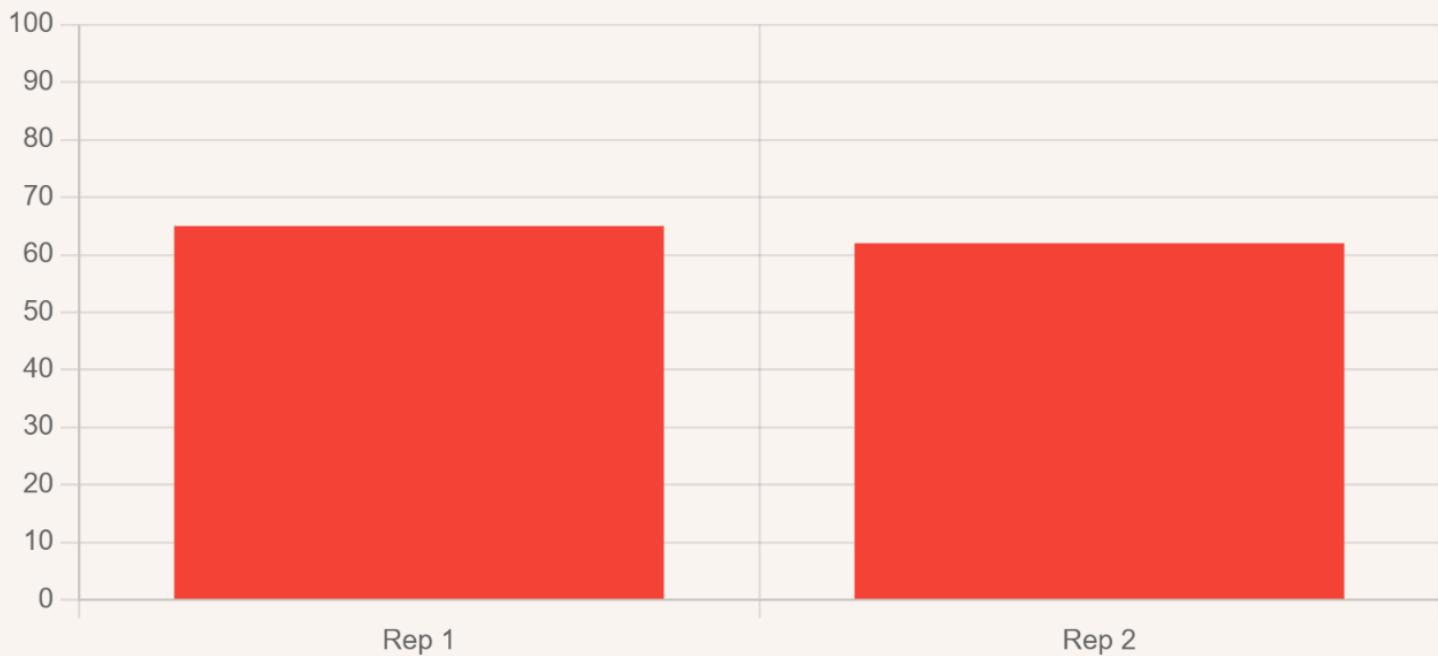
Total Reps

2

Avg Accuracy

64%

Rep Accuracy Chart



Rep #

Accuracy

1

65%

2

62%

Therapy / Exercise Plan

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Focus on form: slow down, ensure proper posture, and reduce intensity.

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