

# Workout Report

Exercise: Squats | Duration: 0m 8s

Total Reps

1

Avg Accuracy

65%

Rep Accuracy Chart



Rep #	Accuracy
1	65%

## Therapy / Exercise Plan

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

Generated on 29/01/2026, 14:18:28

Generated on 29/01/2026, 14:18:32

