

# Workout Report

Exercise: Squats | Duration: 0m 6s

## Summary

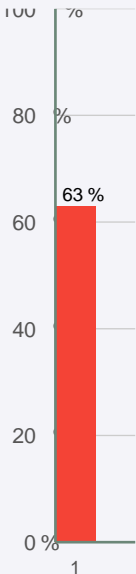
Total Reps

1

Avg Accuracy

63%

## Repetition Accuracy Chart



## Repetition Accuracy Details

Rep #	Accuracy
1	63%

## Therapy / Exercise Plan



- Maintain form and control pace.
- Gradually increase repetitions.
- Include warm-up and cool-down stretches.

Generated on 29/01/2026, 23:58:17