

Workout Performance Report

Exercise

Squats

Duration

0 min 10 sec

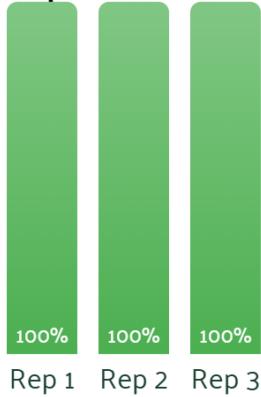
Total Reps

3

Avg Accuracy

100%

Repetition Accuracy



Detailed Table

Rep	Accuracy (%)
1	100
2	100
3	100

Personalized Therapy Plan

- ✓ Excellent posture control – continue advanced exercises.
- ✓ Increase repetitions gradually.
- ✓ Add resistance training.
- ✓ Stretch before and after workout.

"Every rep counts — every day stronger than yesterday."

