

Workout Report

Exercise: Squats | Duration: 0m 28s

Summary

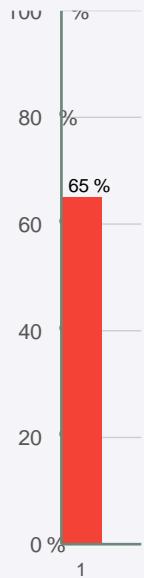
Total Reps

1

Avg Accuracy

65%

Repetition Accuracy Chart



Repetition Accuracy Details

Rep #

Accuracy

1

65%

Therapy / Exercise Plan

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

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