

Exercise: Squats | Duration: 0m 10s

Generated on: 29/01/2026, 14:25:50

Total Reps
2

Avg Accuracy
64%

Rep Accuracy Chart



Rep #

Accuracy

1

63%

2

64%

Generated on 29/01/2026, 14:25:54

Therapy / Exercise Plan

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