

Workout Report

Exercise: Squats | Duration: 0m 18s

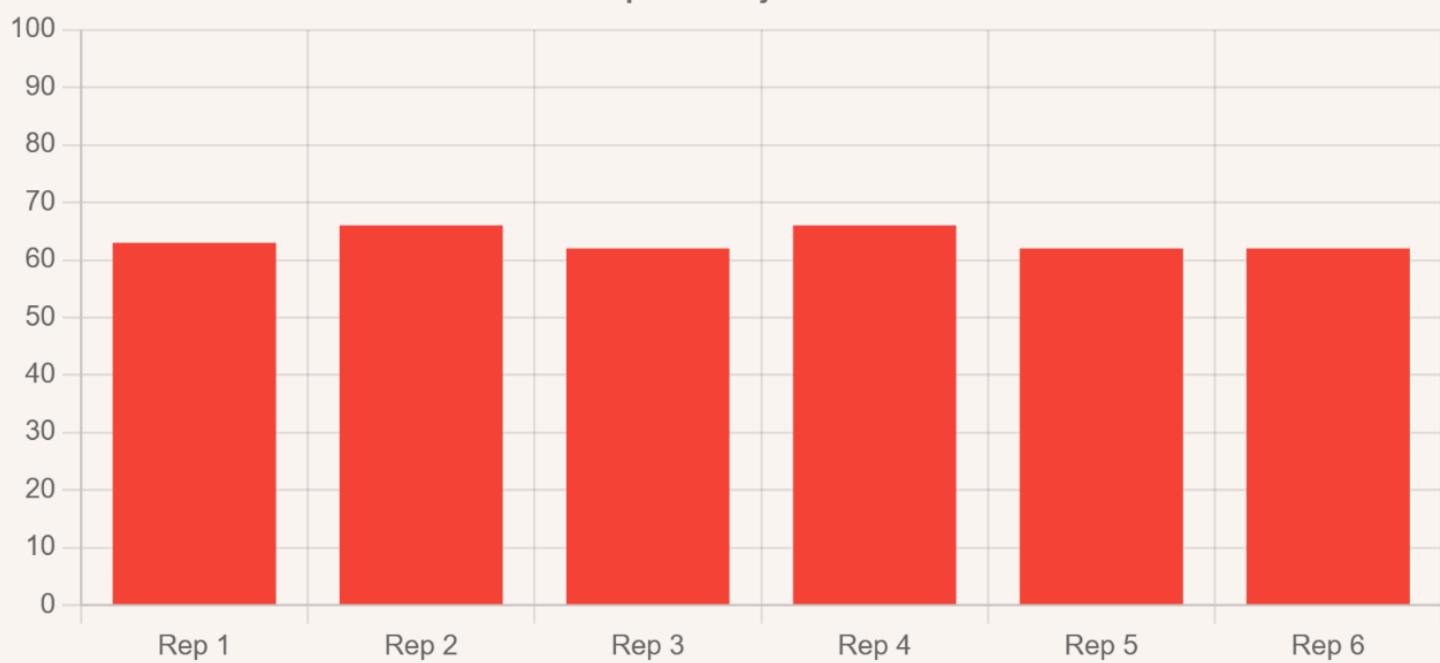
Total Reps

6

Avg Accuracy

64%

Rep Accuracy Chart



Rep #

Accuracy

1

63%

2

66%

3

62%

4

66%

5

62%

6

62%

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Therapy / Exercise Plan

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

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