

Exercise Form Analysis Report

USER PROFILE

Name:

Age: 19 years

Height: 178 cm

Weight: 70 kg

BMI: 22.1 (Normal weight)

EXERCISE ANALYSIS

Exercise: Squats

Date: 2025-09-21 00:02:50

Duration: 86.21 seconds

Reps Completed: 10

PERFORMANCE SCORE

Overall Score: 91.0/100

Grade: A

Form Accuracy: 59.7%

Total Frames Analyzed: 1050

Correct Form Frames: 627

KEY FINDINGS

- Frequent knee valgus (inward collapse) during descent.

ANALYSIS SUMMARY

The user demonstrates exceptional form and technique with minimal corrections needed during the Squats exercise session. Performance assessment: Outstanding (91.0/100 points). Form accuracy of 59.7% was maintained across 1050 analyzed frames over 86.2 seconds. Analysis reveals Frequent knee valgus (inward collapse) during descent.. Technical proficiency shows strong potential with targeted improvement focusing on Frequent.

RECOMMENDATIONS

- Focus on pushing knees outward, aligned with toes.
- Consider progressive overload increases.
- Maintain current excellent form standards.
- Build foundation with perfect form before adding intensity.

AVERAGE METRICS

Knee Angle: 141.13

Torso Angle: 133.65

Alignment Score: 0.81