

# 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 16:46:16

Duration: 59.77 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

## RULE-BASED 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 59.8 seconds. Analysis reveals Frequent knee valgus (inward collapse) during descent.. Technical proficiency shows strong potential with targeted improvement focusing on Frequent.

### **Key Findings:**

- Frequent knee valgus (inward collapse) during descent.

### **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.

## AI-POWERED ANALYSIS

### **AI 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 59.8 seconds. Analysis reveals Frequent knee valgus (inward collapse) during descent.. Technical proficiency shows strong potential with targeted improvement focusing on Frequent.

### **AI Key Findings:**

- Frequent knee valgus (inward collapse) during descent.

### **AI 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

## **FORM ERRORS BREAKDOWN**

**Knee Alignment:** 281 occurrences

**Depth Issues:** 146 occurrences

**Torso Lean:** 135 occurrences

**Elbow Position:** 0 occurrences

**Body Alignment:** 0 occurrences