

# Exercise Form Analysis Report

## USER PROFILE

**Name:** Harish  
**Age:** 19 years  
**Height:** 178 cm  
**Weight:** 70 kg  
**BMI:** 22.1 (Normal weight)

## EXERCISE ANALYSIS

**Exercise:** Squats  
**Date:** 2025-09-22 11:42:02  
**Duration:** 106.75 seconds  
**Reps Completed:** 11

## PERFORMANCE SCORE

**Overall Score:** 94.2/100  
**Grade:** A  
**Form Accuracy:** 72.0%  
**Total Frames Analyzed:** 853  
**Correct Form Frames:** 614

## RULE-BASED ANALYSIS

### **Summary:**

The user demonstrates exceptional form and technique with minimal corrections needed during the Squats exercise session. Performance assessment: Outstanding (94.2/100 points). Form accuracy of 72.0% was maintained across 853 analyzed frames over 106.7 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 (94.2/100 points). Form accuracy of 72.0% was maintained across 853 analyzed frames over 106.7 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:***

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## **AVERAGE METRICS**

**Knee Angle:** 154.60

**Torso Angle:** 140.69

**Alignment Score:** 0.90

## **FORM ERRORS BREAKDOWN**

**Knee Alignment:** 173 occurrences

**Depth Issues:** 26 occurrences

**Torso Lean:** 59 occurrences

**Elbow Position:** 0 occurrences

**Body Alignment:** 0 occurrences

**Landing Form:** 0 occurrences

**Takeoff Form:** 0 occurrences

**Jump Asymmetry:** 0 occurrences