Exercise Form Analysis Report

USER PROFILE

Name: Harish
Age: 0 years
Height: 0 cm
Weight: 0 kg
BMI: 0.0 (Underweight)

EXERCISE ANALYSIS

Exercise: Squats
Date: 2025-09-20 22:31:41
Duration: 90.29 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

• AI-identified form inconsistencies
• Performance analysis completed

ANALYSIS SUMMARY

Exercise: Squats.Score: 91.0/100.Form Accuracy: 59.7%Key Issues: Going too deep! Control the descent. Don't lean forward too much. Keep knees aligned with toes. Descending... keep control!, Drive thro...

RECOMMENDATIONS

1. Follow AI-suggested improvements
2. Practice with guided feedback

AVERAGE METRICS

Knee Angle: 141.13
Torso Angle: 133.65
Alignment Score: 0.81