

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