Exercise Form Analysis Report

USER PROFILE

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

EXERCISE ANALYSIS

Exercise: Vertical Jump
Date: 2025-09-21 19:15:43
Duration: 13.30 seconds
Reps Completed: 0

PERFORMANCE SCORE

Overall Score: 84.6/100
Grade: B
Form Accuracy: 65.6%
Total Frames Analyzed: 343
Correct Form Frames: 225

RULE-BASED ANALYSIS

Summary:

The user shows excellent form with only minor refinements suggested during the Vertical Jump exercise session. Performance assessment: Excellent (84.6/100 points). Form accuracy of 65.6% was maintained across 343 analyzed frames over 13.3 seconds. Analysis reveals General form maintenance achieved., Minor technique refinements possible., Consistent effort demonstrated.. Technical proficiency shows strong potential with targeted improvement focusing on General, Minor.

Key Findings:

• General form maintenance achieved.
• Minor technique refinements possible.
• Consistent effort demonstrated.

Recommendations:

• Focus on form consistency over speed.
• Video review for self-correction.
• Build foundation with perfect form before adding intensity.

AI-POWERED ANALYSIS

AI Summary:

The user shows excellent form with only minor refinements suggested during the Vertical Jump exercise session. Performance assessment: Excellent (84.6/100 points). Form accuracy of 65.6% was maintained across 343 analyzed frames over 13.3 seconds. Analysis reveals General form maintenance achieved., Minor technique refinements possible., Consistent effort demonstrated.. Technical proficiency shows strong potential with targeted improvement focusing on General, Minor.

AI Key Findings:

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AI Recommendations:

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AVERAGE METRICS

Left Knee Angle: 144.58
Right Knee Angle: 142.76
Avg Knee Angle: 143.67
Left Alignment: 0.85
Right Alignment: 0.83
Avg Alignment: 0.84
Jump Height Relative: 6.37
Knee Asymmetry: 5.94

FORM ERRORS BREAKDOWN

Knee Alignment: 113 occurrences
Depth Issues: 0 occurrences
Torso Lean: 0 occurrences
Elbow Position: 0 occurrences
Body Alignment: 0 occurrences
Landing Form: 0 occurrences
Takeoff Form: 4 occurrences
Jump Asymmetry: 0 occurrences