

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 19:05:10

Duration: 48.70 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 48.7 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 48.7 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:

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

AI Recommendations:

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

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