

# 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 19:35:08

**Duration:** 13.57 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 13.6 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 13.6 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