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 17:00:59
Duration: 84.90 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 84.9 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 84.9 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.
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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