

# 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:** 2025-09-20 22:50:40

**Duration:** 94.00 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

## KEY FINDINGS

- Frequent knee valgus (inward collapse) during descent.

## 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 94.0 seconds. Analysis reveals Frequent knee valgus (inward collapse) during descent.. Technical proficiency shows strong potential with targeted improvement focusing on Frequent.

## RECOMMENDATIONS

1. Focus on pushing knees outward, aligned with toes.
2. Consider progressive overload increases.
3. Maintain current excellent form standards.
4. Build foundation with perfect form before adding intensity.

## AVERAGE METRICS

**Knee Angle:** 141.13

**Torso Angle:** 133.65

**Alignment Score:** 0.81