

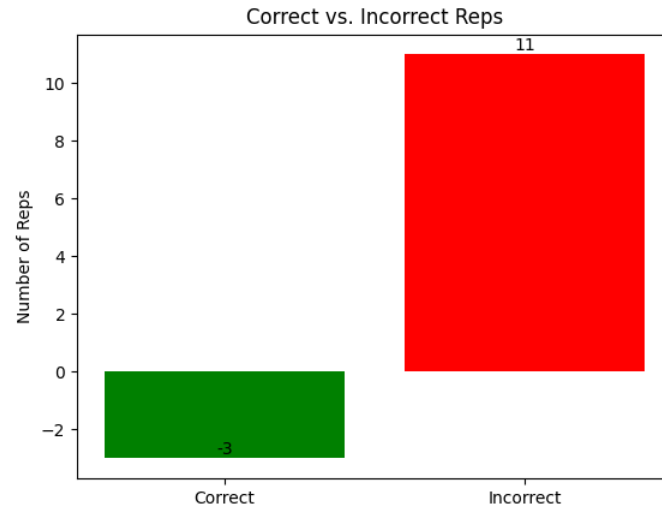
Workout Report: Bicep Curl

Exercise: Bicep Curl

Reps Completed: 8

Incorrect Posture Reps: 11

Duration: 0 min 24 sec



Analysis and Recommendations:

Focus on slower, controlled movements. This will help you build strength and muscle more effectively. Keep your elbows close to your sides and avoid swinging your body. A slight movement is okay as long as you don't over do it