

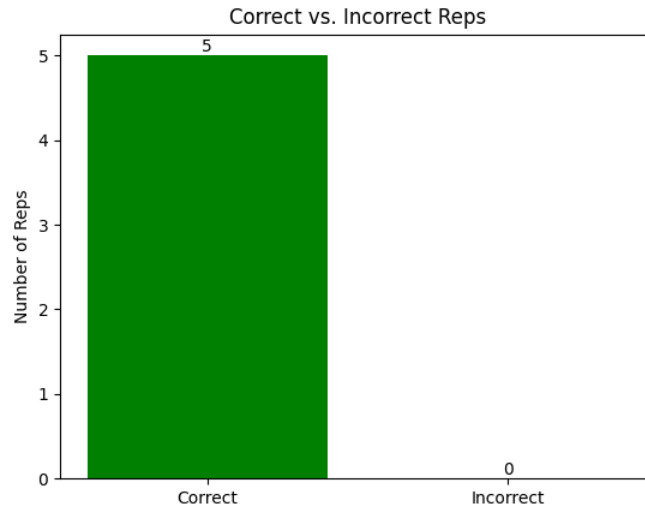
# Workout Report: Push-Up

**Exercise:** Push-Up

**Reps Completed:** 5

**Incorrect Posture Reps:** 0

**Duration:** 0 min 25 sec



## Analysis and Recommendations:

Consider lowering yourself closer to the ground or holding yourself for some time. This will allow you to gain extra strength and improve your pushup quality.