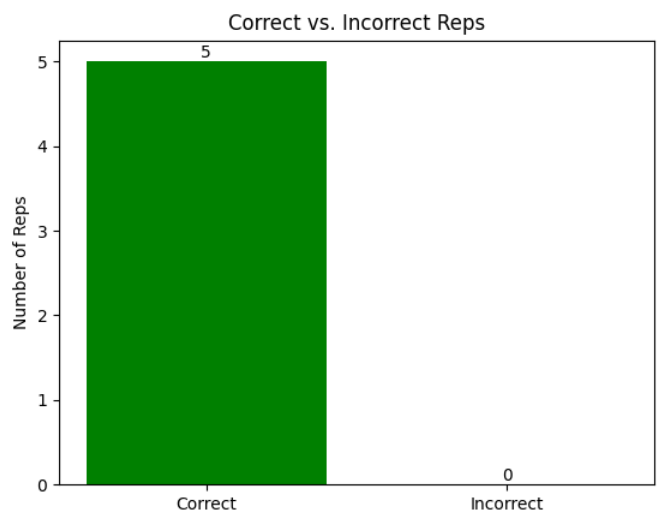


# Workout Report: Squats

**Exercise:** Squats  
**Reps Completed:** 5  
**Incorrect Posture Reps:** 0  
**Duration:** 0 min 14 sec



**Analysis and Recommendations:**  
Continue practicing your chosen exercise