

Physio Intelligence - Session Report

Session Summary

Session ID: test_session

Exercise Type: Shoulder Raise

Duration: 120 seconds

Total Reps: 10

Form Score: 85%

Form Quality

Overall Rating: Good

Issues Count: 0

Recommendations

- Excellent form on shoulder_raise
- Ready to increase difficulty or try next exercise
- Next exercise: Shoulder Rotation
- Always warm up before exercising
- Stay hydrated during workout

Report generated: 2026-02-06T13:08:55.843060

Report ID: report_20260206_130855