

Assessment Report

Basic Info

Session ID: session_001

Accuracy: 80%

Gender: male

Height: 183 cm

Weight: 111 kg

Heart Health & Vitals

Heart Rate: 75 bpm

Resting HR: N/A

Max HR: 191

Blood Pressure: 124 / 82 mmHg

BMI: 33.145

Stress Index: 1.4

VO2 Max: 79.83

Endurance Score: N/A

Posture: exercising

Body Composition

Parameter	Value
Body Fat (%)	29.754
Lean Mass (kg)	77.973
BMR	2054.217
FMI	9.862

Parameter	Value
AGR	1.687
WHR	0.926

Exercises Analysis

Exercise	Total Reps	Correct Reps	Score	Tips
Frontal body view	1	1	75	Practice shoulder alignment exercises daily.; Focus on maintaining head center alignment.
Side body view	1	1	70	Engage in neck strengthening exercises.; Consciously practice standing with straight knees.
Jog test	1	1	99.17062	No tips available
Squat	42	42	93.333336	No tips available
Stand and reach	1	1	75.11575	No tips available

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