



Lifting Analysis Report

2023-06-14 09:42:19

Individual Height: 177 cm

Lifted Weight: 60 kg

Second	Action	Error Frames	% Error Frames
0	Reduce weight or use lifting aid	0	19.17%
1	Reduce weight or use lifting aid	120	100.00%
2	Reduce weight or use lifting aid	120	100.00%
3	Reduce weight or use lifting aid	120	100.00%
4	Reduce weight or use lifting aid	120	100.00%
5	Reduce weight or use lifting aid	120	100.00%
6	Reduce weight or use lifting aid	120	100.00%
7	Reduce weight or use lifting aid	120	100.00%
8	Reduce weight or use lifting aid	120	100.00%
9	Reduce weight or use lifting aid	23	19.17%