

# Swimming Biomechanics Analysis

Report generated on 2025-12-17 18:26:58

## Key Metrics

Metric	Value
Stroke Rate	25.0 SPM
Symmetry Index	0.23
Stroke Length	-0.00 m
Average Velocity	2.65
Max Velocity	37.82

## Automated Feedback

■■ Significant asymmetry detected between left and right strokes. Stroke rate is moderate.

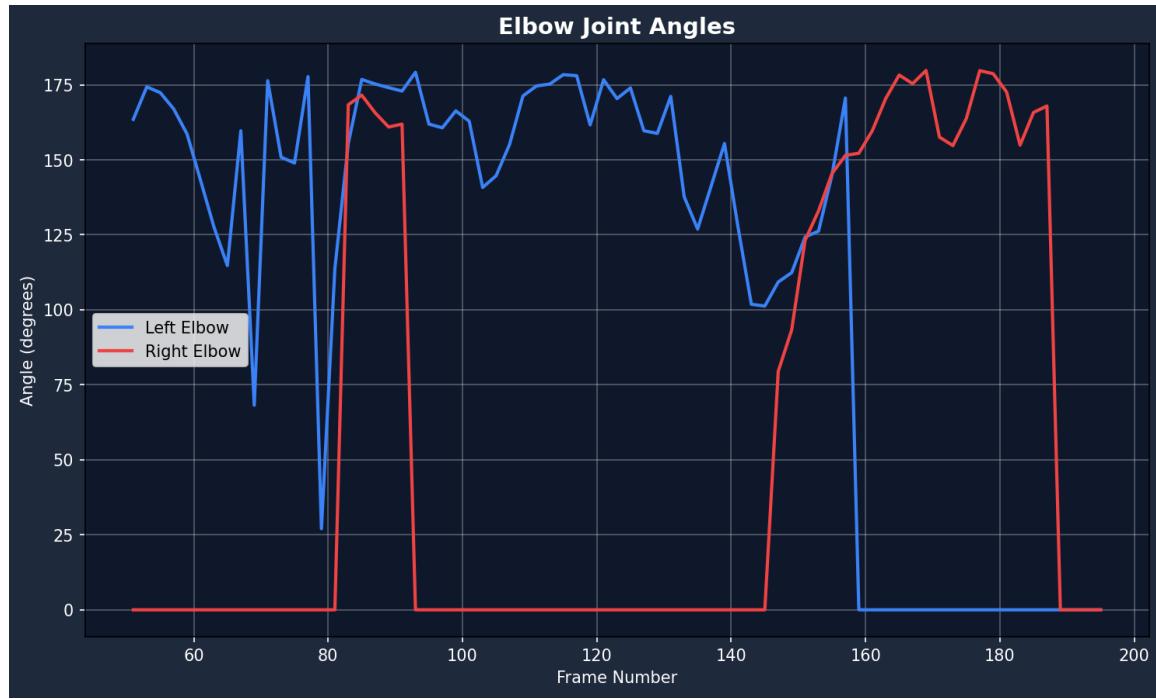
Recommendations:

- Focus on bilateral balance exercises and stroke symmetry drills.
- Aim for 28-32 SPM for competitive freestyle swimming.
- High velocity variation detected - work on consistent power application.
- Body roll is excessive - reduce rotation to maintain streamline.

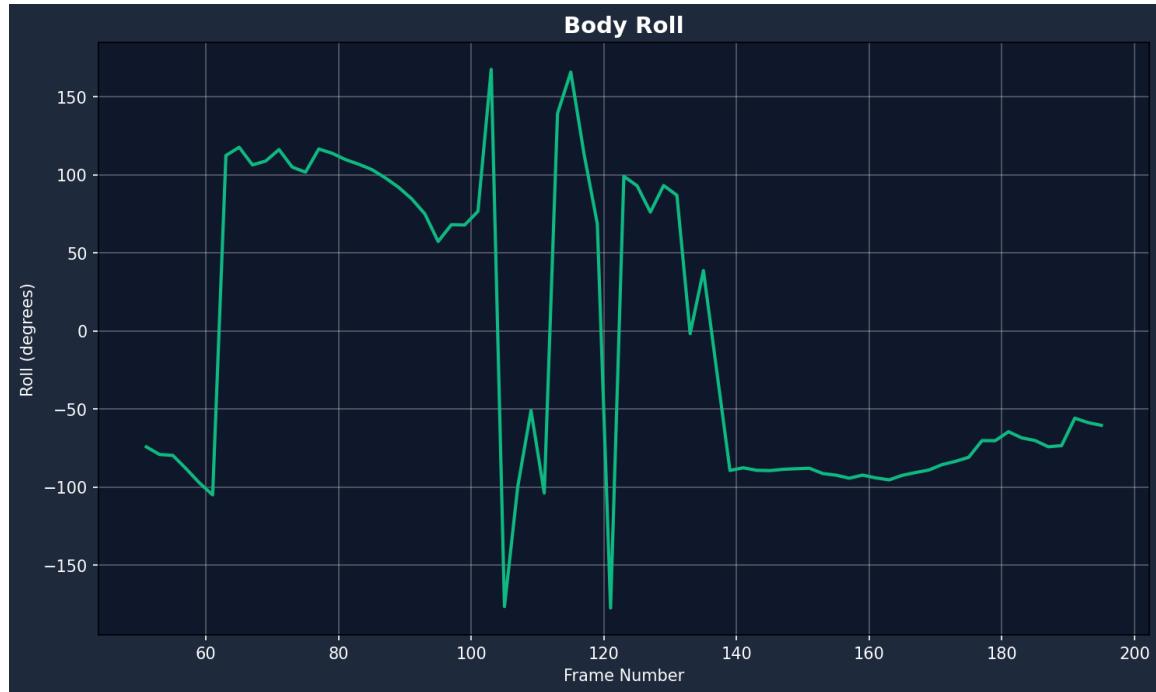
## Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	59	81.9%
Pull	8	11.1%
Push	5	6.9%

## Elbow Joint Angles



## Body Roll



Video ID: 8397a7362aa843b4bfe6aaf19aac2b7b

Generated by Swimming Biomechanics Analysis Platform