

Swimming Biomechanics Analysis

Report generated on 2025-12-17 22:21:26

Key Metrics

Metric	Value
Stroke Rate	21.5 SPM
Symmetry Index	0.40
Stroke Length	-0.02 m
Average Velocity	2.19
Max Velocity	23.17

Automated Feedback

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

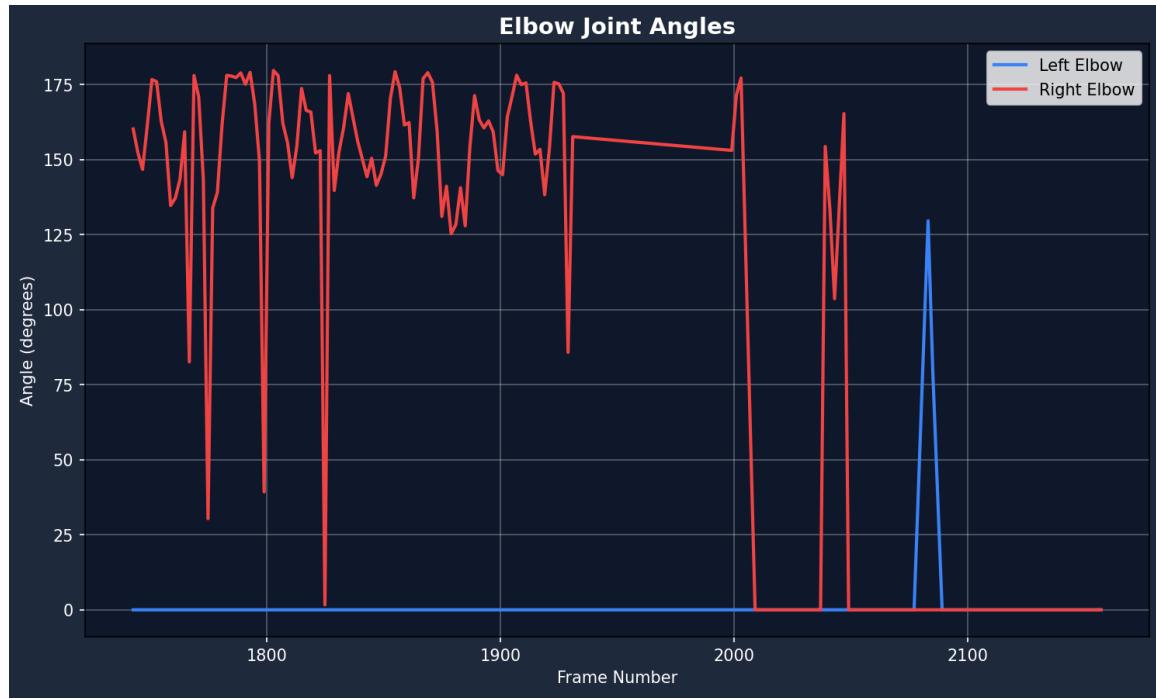
Recommendations:

- 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.

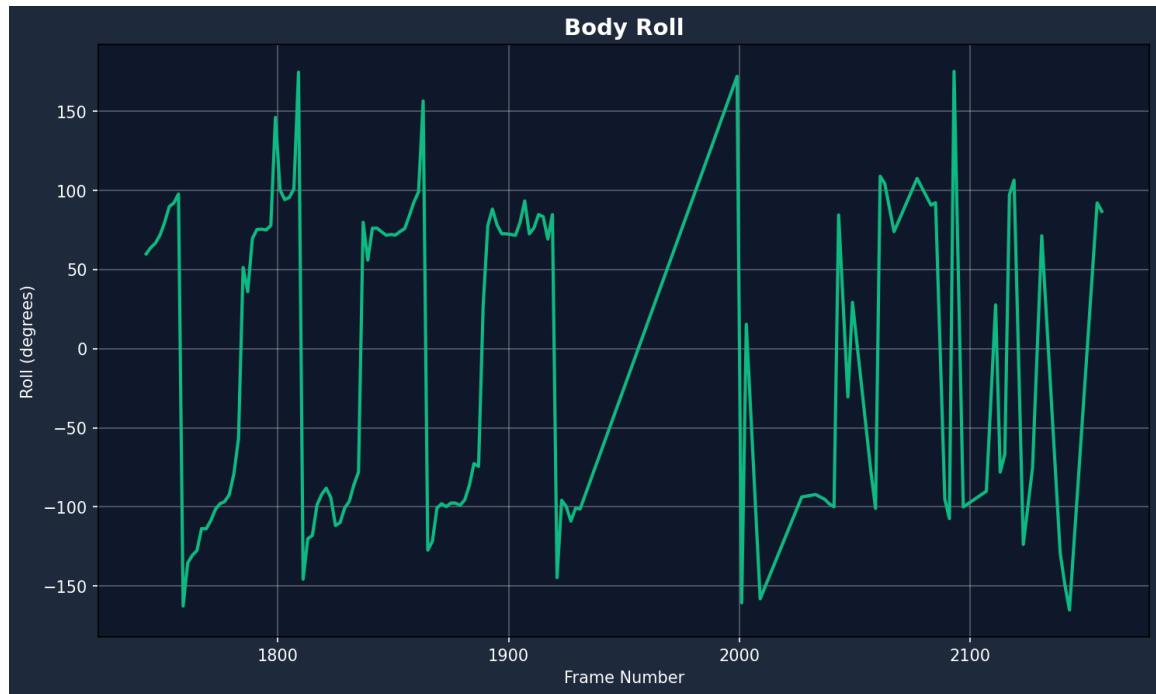
Stroke Phase Breakdown

Phase	Frames	Percentage
Catch	103	76.9%
Pull	22	16.4%
Push	9	6.7%

Elbow Joint Angles



Body Roll



Video ID: d4e1ce18c0064790926ddd1fb626c39b

Generated by Swimming Biomechanics Analysis Platform