

Fitness report



REPORT CARD

Name :

Age :

City :

Table parameters

| Activity Name | Score | Grade | Health Attributes |
|---------------|-------|-------|---------------------|
| Squats | 5 | A | Lower body strength |

REMEDIAL MEASURES - SQUATS

You have excellent leg strength

- Do regular exercise like jumping and skipping to maintain your leg strength
- Do Single leg bridge, bridge and squats atleast twice a week to mantain your strength