

Assessment Reports



User Profile

Name : test28

Age : 12

Gender : male

Fitness Parameters

Activity Name	Score	Grade	Health Attributes
pushups	50	5A	healthatt

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 maintain your strength.