

# Assessment Report



## User Profile

Name : fxname5  
Age : 34  
City : bangalore  
Gender : male

## Fitness Parameters

Activity Name	Score	Grade	Health Attributes
Squat Assessment	34	5A	lowerbody

## 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.

## Need Help To Improve Your Score

FOR BETTER RESULTS, YOU CAN SUBSCRIBE TO OUR ACTIVE CLUB ONLINE SESSION

THAT HAS BEEN PERSONALIZED AS PER YOUR ASSESSMENT REPORT

Cover page

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