



REPORT CARD

Name :

Age :

City :

Table parameters

Activity Name	Score	Grade
Squats	5	A

REMEDIAL MEASURES - SQUATS

You have excellent leg strength

- Do regular excercise like jumping and skipping to maintain your leg stre

- Do Single leg bridge, bridge and squats atleast twice a week to mantain

NEED HELP TO IMPROVE YOUR SCOR

FOR BETTER RESULTS, YOU CAN SUBSCRIBE TO OUR ACTIVE CLUB ONLINE THAT HAS BEEN PERSONALIZED AS PER YOUR ASSESSMENT REPORT

ACTIVE CLUB SPORT

With supporting text below as a natural lead-in to additional content.

[KNOW MORE](#)

ACTIVE CLUB PLAY

With supporting text below as a natural lead-in to additional content.

[KNOW MORE](#)

As India's leading provider of integrated sports management services and have created various packages while keep the kids at the center at different ages and stages.