



REPORT CARD

Name :

Age :

City :

Table parameters

Activity Name

Score

Grade

Squats

5

A

REMEDIAL MEASURES - SQUATS

You have excellent leg strength

- Do regular exercise like jumping and skipping to maintain your health
- 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 (PERSONALIZED PROGRAM) 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 solutions, we have created various packages while keeping the kids at the center at different ages and stages.