

FITNESS REPORT



REPORT CARD

Name :

Age :

City :

FITNESS 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 maintain your strength

NEED HELP TO IMPROVE YOUR SCORE

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

As India's leading provider of integrated sports management services, our experts have gained detailed insights and have created various packages while keep the kids at the center. They know exactly what works for children at different ages and stages.