

# Assessment Report



## User Profile

Name : fxname5

Age :

City :

Gender :

## Fitness Parameters

Activity Name   Score   Grade   Health Attributes

## 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