

FITNESS REPORT



REPORT CARD

Name :

Age :

City :

Table parameters

Activity Name	Score Grade		Health Attributes
Squats	5	A	Lower body strength

FITNESS REPORT

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 at least 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

ACTIVE CLUB SPORT

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

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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, our experts have gained detailed insights and have created various packages while keeping the kids at the center. They know exactly what works for children at different ages and stages.