

# 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

FOR BETTER RESULTS, YOU CAN SUBSCRIBE TO OUR ACTIVE CLUB ONLINE SESSION

# **FITNESS REPORT**

**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.**