



## 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 n

## NEED HELP TO IMPROVE YOUR SC

FOR BETTER RESULTS, YOU CAN SUBSCRIBE TO OUR ACTIVE CLUB ( 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 keep the kids at the top at different ages and stages.