

Assessment Report



User Profile

Name : fxname5

Age : 23

City : bangalore

Gender : male

Fitness Parameters

Activity Name Score Grade Health Attributes

Squat Assessment	34	5A	lowerbody
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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

Cover page

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