

# Squat Pose Analysis Report

Human Pose Estimation Automated Form Analysis

## Summary

---

*Session overview*

Total repetitions	4
Session duration	25.52 sec
Average squat depth	62.1°
Fastest / slowest rep	1.56s / 1.84s
Depth consistency (std)	3.96

## Expert Feedback

---

*Automatic coaching suggestions*

## Performance Analysis

Congratulations on completing 4 repetitions of your squat exercise! Your performance demonstrates a commendable effort in strength training. The range of motion you achieved, with a minimum angle of 56.3 degrees and a maximum angle of 172.5 degrees, indicates that you are effectively engaging your muscles throughout the movement. This range suggests that you are capable of achieving a deep squat, which is excellent for building strength and flexibility in your lower body. Keep up the great work; consistency is key to progress!

## Suggestions for Improvement

To enhance your squat form and maximize the benefits of this exercise, consider the following personalized suggestions:

- 1. Depth Consistency:** Aim for a more consistent depth in your squats. If you can comfortably reach a depth closer to 90 degrees (thighs parallel to the ground), it will help engage your glutes and quads more effectively. Focus on lowering your hips while keeping your chest up.
- 2. Foot Placement:** Ensure your feet are shoulder-width apart, with your toes slightly pointed outward. This position can help maintain balance and stability throughout the movement.
- 3. Knee Alignment:** Pay attention to your knees as you squat. They should track over your toes and not cave inward. You might find it helpful to practice squats in front of a mirror to monitor your form.
- 4. Core Engagement:** Prior to descending into the squat, engage your core by tightening your abdominal muscles. This will provide better support for your spine and help maintain an upright torso.
- 5. Breathing Technique:** Inhale deeply as you lower into the squat and exhale as you push through your

# Squat Pose Analysis Report

Human Pose Estimation Automated Form Analysis

heels to rise back up. Proper breathing can enhance your stability and power during the movement.

**6. Progressive Overload:** As you become more comfortable with your form, consider gradually increasing the weight or resistance used in your squats. This will help you build strength and muscle over time.

**7. Mobility Work:** Incorporate mobility exercises for your hips, ankles, and thoracic spine into your routine. Improved flexibility in these areas can enhance your squat depth and overall performance.

Remember, practice makes perfect! Keep focusing on your form, and you'll see significant improvements in your strength and technique. You're doing great—stay motivated and keep pushing your limits!

## Rep-by-Rep Performance

Rep	Start	End	Min angle	Dur (s)	Status
1	62	101	67.5	1.56	Correct
2	223	269	56.3	1.84	Correct
3	374	420	62.1	1.84	Correct
4	529	571	62.4	1.68	Correct

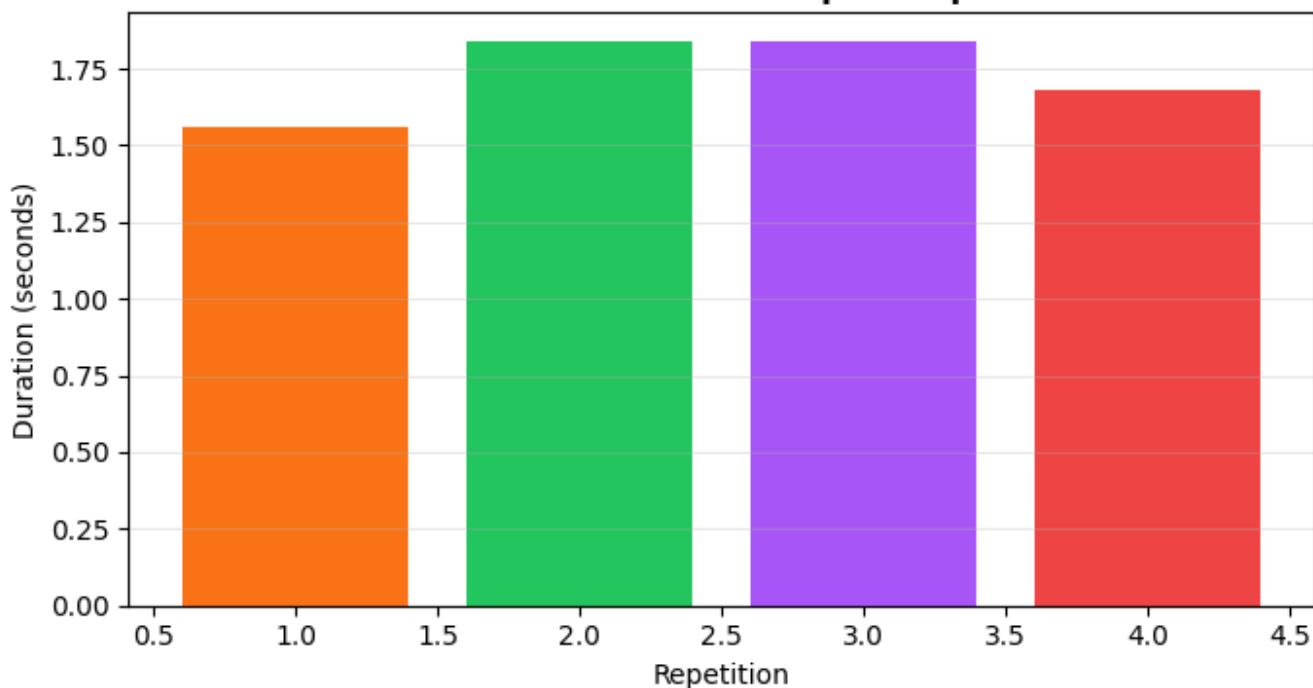
## Visualizations



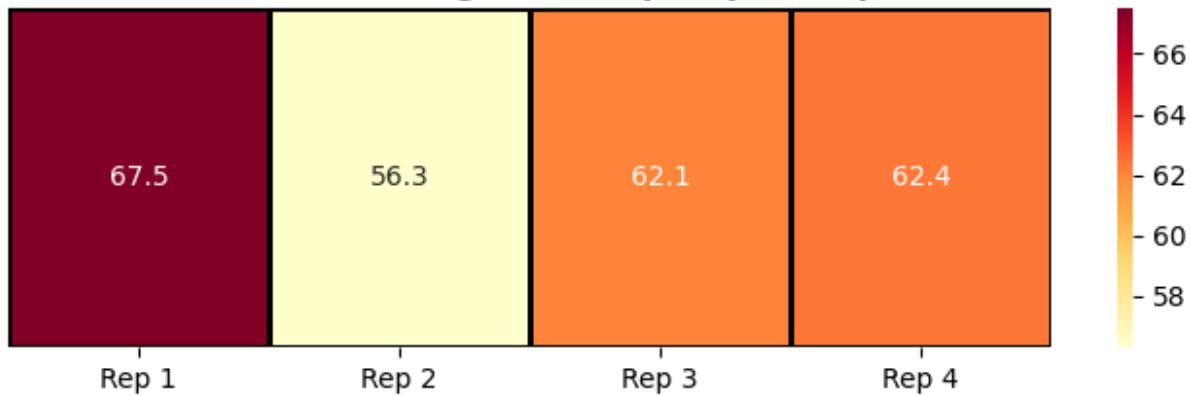
# Squat Pose Analysis Report

Human Pose Estimation Automated Form Analysis

## Duration of Each Squat Rep



## Minimum Knee Angle Per Rep (Squat Depth)



## Key Frames

---

# Squat Pose Analysis Report

Human Pose Estimation Automated Form Analysis

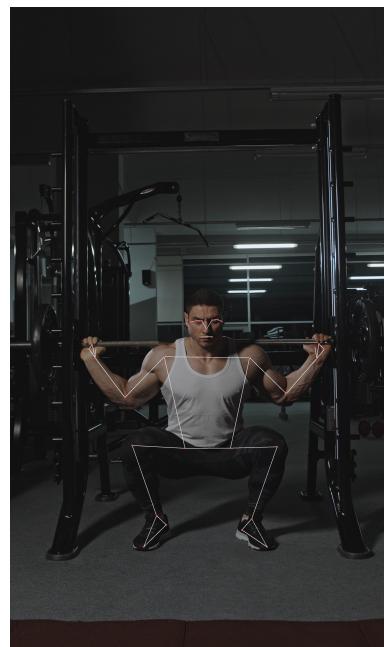
Deepest Squat



Standing



Mid Rep



## Quality Assessment

---

**Depth score: 100%**

No major form issues detected. Great job!

## Timing Information

---

Total exercise time	25.52 sec
Average rep time	1.73 sec
Fastest rep	1.56 sec
Slowest rep	1.84 sec