

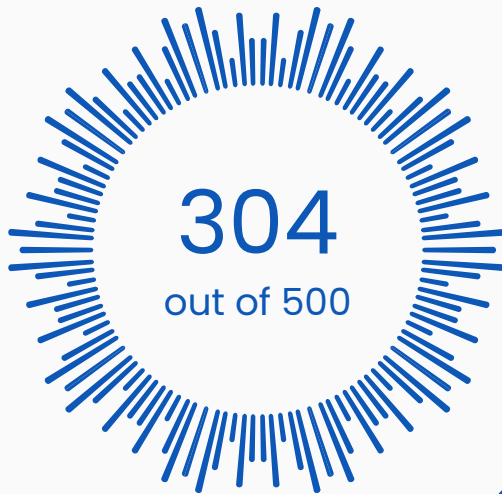


Weekly Exercise Report

Please note: This report is generated by AI and is based on exercises conducted under the supervision of vitality.ai.



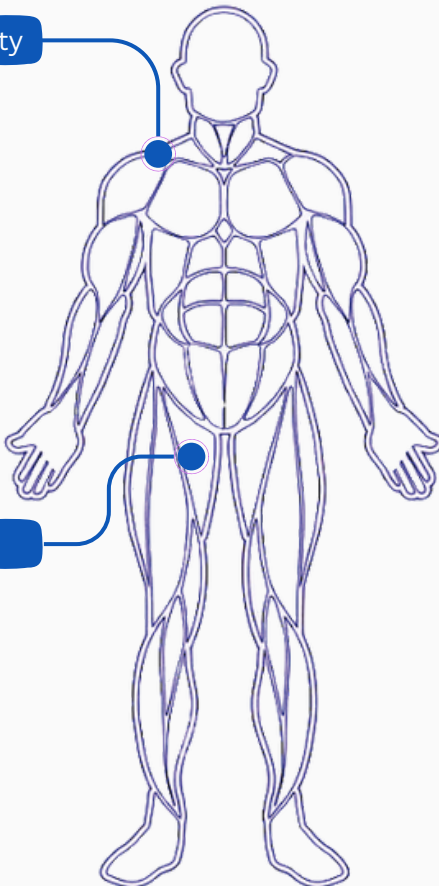
Ankit Gupta



Shoulder Flexibility

65/100

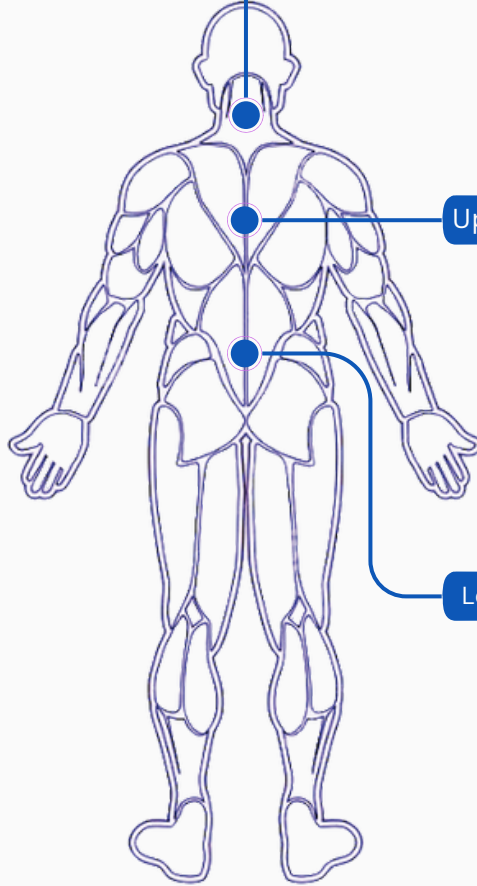
*Needs Improvement



Glute Flexibility

58/100

*Needs Improvement



Neck Flexibility

69/100

*Needs Improvement

Upper Back Strength

54/100

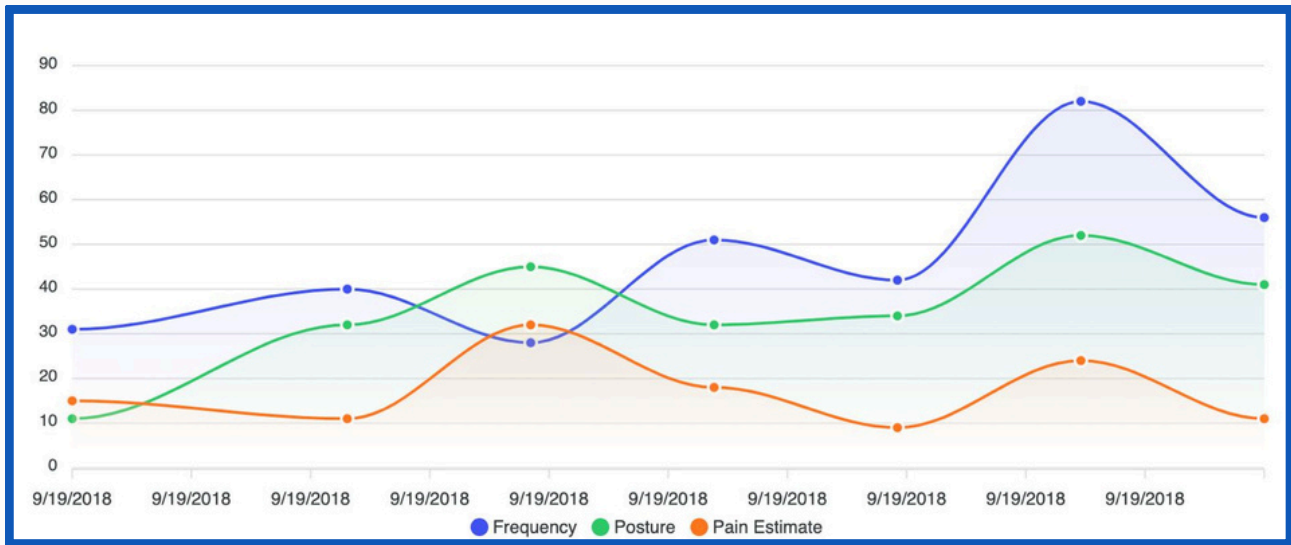
*Needs Improvement

Lower back Flexibility

58/100

*Needs Improvement

Week's Analytics



Shoulder Flexibility

65/100

- Able to touch the chin down but not the chest, which shows that the shoulders are a bit flexible but needs to improve flexibility in the upper back.
- Little curve is there in the lower back but is not going uniformly to the upper back due to the stiffness in the vertebral column.
- Though the shoulder and spine health is okay, but it needs to improve further to avoid any possibilities of cervical or neck pain.

Feedback: Needs Improvement

Glute Flexibility

58/100

- Partial range of motion achieved during glute stretches suggests moderate flexibility, yet focus on enhancing flexibility throughout the entire gluteal region is recommended.
- Limited hip mobility observed during glute exercises indicates potential tightness in the glute muscles, highlighting the need for targeted stretching to enhance flexibility.
- While some flexibility is evident in the glutes, efforts should be directed towards improving range of motion to optimize performance and reduce the risk of hip discomfort or injury.

Feedback: Needs Improvement

Neck Flexibility

69/100

- Able to rotate the neck partially, but restricted mobility suggests the need for exercises targeting neck flexibility to enhance range of motion and reduce stiffness.
- Limited ability to tilt the head indicates restricted neck flexibility, emphasizing the importance of incorporating stretching exercises to improve mobility and prevent tension buildup.
- While some flexibility is evident in the neck, further enhancement is advised to minimize the risk of neck strain or discomfort during daily activities or exercise.

Feedback: Needs Improvement

Upper Back Strength

54/100

- Slight difficulty maintaining posture during upper back exercises suggests potential weakness in the upper back muscles, highlighting the importance of strengthening exercises to improve stability and support.
- Limited endurance observed in upper back exercises indicates the need for targeted strength training to build muscle endurance and prevent fatigue during prolonged activities.
- While some strength is evident in the upper back, continued focus on strengthening exercises is recommended to enhance overall stability and reduce the risk of postural issues or discomfort.

Feedback: Needs Improvement

Lower Back Flexibility

58/100

- Partial range of motion achieved during lower back stretches suggests moderate flexibility, yet emphasis on improving flexibility throughout the entire lower back region is advised.
- Limited lumbar mobility observed during exercises indicates potential tightness in the lower back muscles, emphasizing the importance of targeted stretching to enhance flexibility.
- While some flexibility is evident in the lower back, efforts should be directed towards increasing range of motion to optimize performance and reduce the risk of lower back discomfort or injury.

Feedback: Needs Improvement