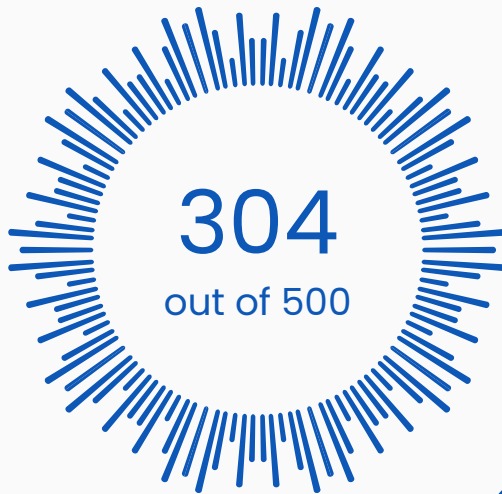# Weekly Exercise Report

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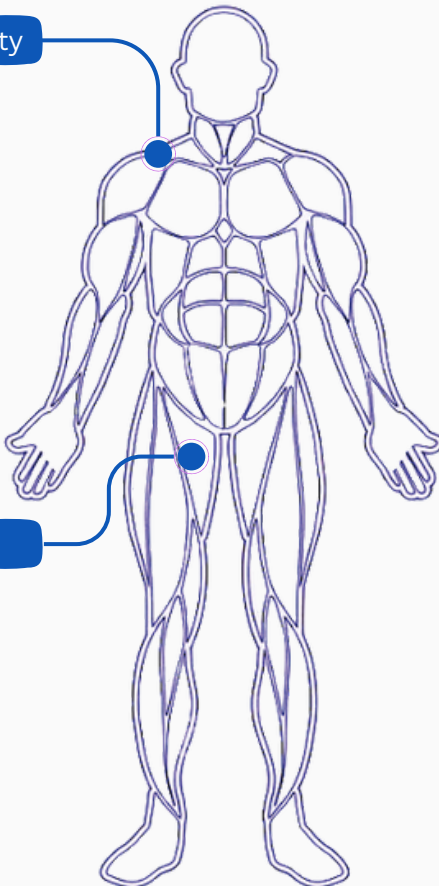
Ankit Gupta

304
out of 500

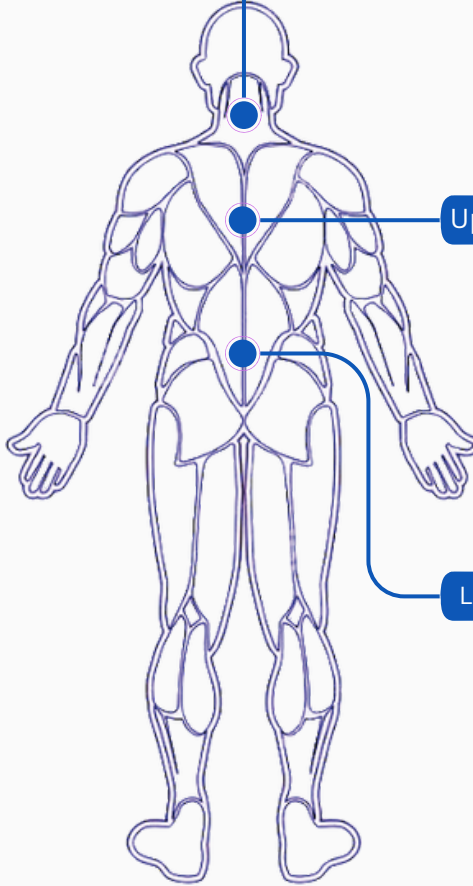**Neck Flexibility**

69/100

*Needs Improvement

Shoulder Flexibility

65/100

*Needs Improvement

Upper Back Strength

54/100

*Needs Improvement

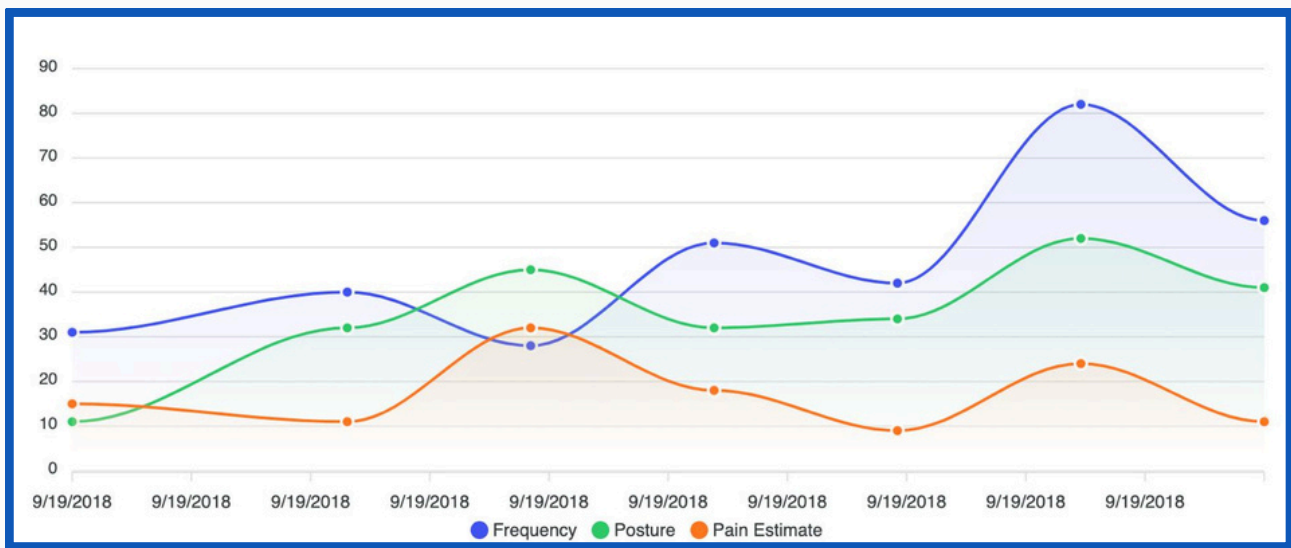**Glute Flexibility**

58/100

*Needs Improvement

Lower back Flexibility

58/100

*Needs Improvement

Week's Analytics

Tree Pose

75/100

- **Arms:** The arms are raised above the head, but they appear slightly bent and not fully extended.
- **Torso:** The torso seems to be leaning slightly to one side, which affects balance.
- **Leg Position:** The lifted leg is correctly placed against the inner thigh of the standing leg, but the angle might need adjustment.
- **Foot Placement:** The foot of the standing leg appears flat and stable, which is good.

Feedback: Needs Improvement

Downward Dog Pose

68/100

- **Arms:** The arms are straight and shoulder-width apart, which is good.
- **Back:** The back appears to be curved more than necessary, indicating the need for a straighter alignment.
- **Hips:** The hips should form the highest point, creating an inverted "V" shape, but they seem to be slightly lower.
- **Legs:** The legs are straight, which is correct, but the heels may not be reaching the floor completely.
- **Head:** The head is aligned with the arms, looking down, which is good.

Feedback: Needs Improvement

Mountain Pose

51/100

- **Arm Position:** The arms are slightly bent and not fully extended downwards, close to the body.
- **Leg Position:** The feet are not close together as required in the mountain pose.
- **Posture:** The person's posture appears slightly slouched.

Feedback: Needs Improvement