



In Motion Wellness Studio

LEVEL **Beginner**

SESSION **3**

SPECIALIST **TJ**

LAST WORKOUT

IN MOTION ASSESSMENT

undefined With your In Motion Specialist



3

MOVEMENTS

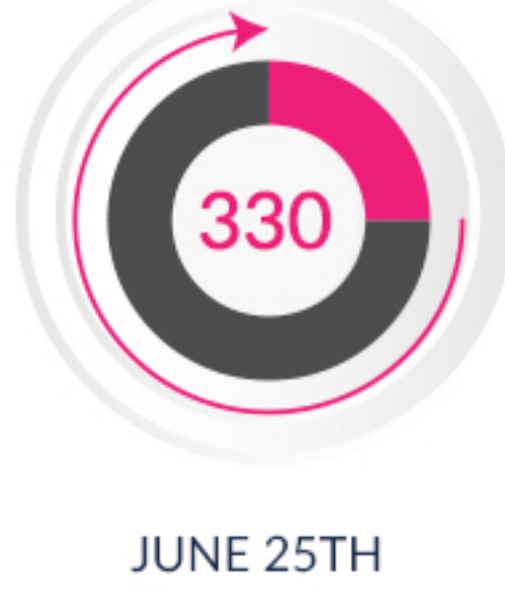


9

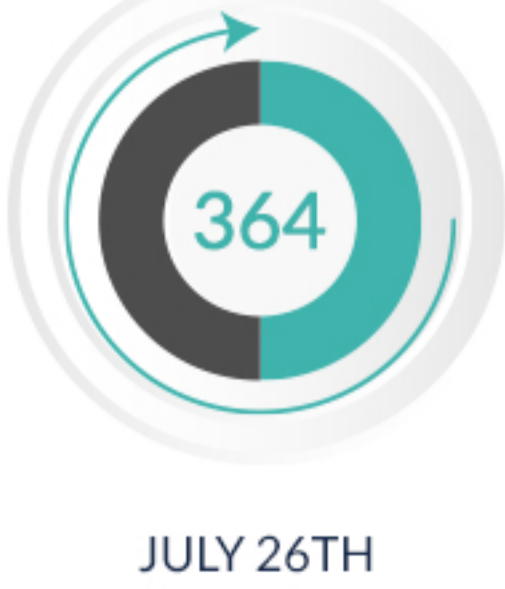
REPS

PHASE 3 ROLLOUT

MOTION SCORE TIMELINE



JUNE 25TH



JULY 26TH



AUGUST 26TH



AUGUST 26TH

SESSION SUMMARY



GREAT PROGRESS!

Good torso position throughout the overhead squat.



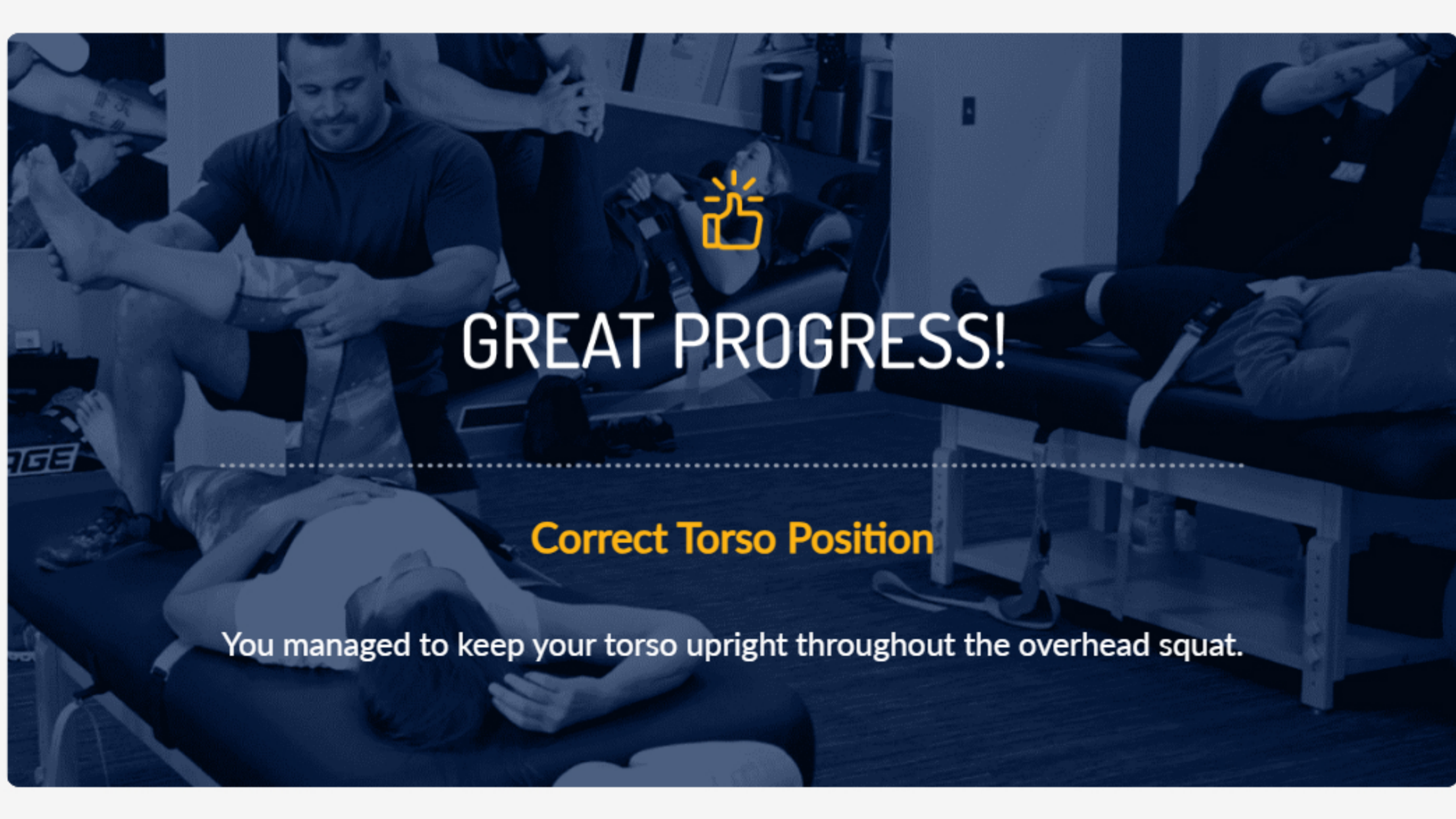
NEXT FOCUS

Let's improve your rotation range of movement.



ON THE MAT

Increase range with the deep lunge stretch.



GREAT PROGRESS!

Correct Torso Position

You managed to keep your torso upright throughout the overhead squat.



NEXT FOCUS

Low Rotation Range

Let's improve our shoulder mobility to improve your rotational range of movement.



Checkout this InMotion video to see how you can improve your range of movement.



ON THE MAT

Time to increase your range!

Let's increase your range using the deep lunge stretch.



TEACH ME



COMPLETE ANALYSIS

Lets break down your mobility assessment.

In future sessions we can focus on these areas where we can make the most improvements.

PHASE 2 ROLLOUT

MOTION SCORE

433-380 IDEAL 379-340 NEED IMPROVEMENT 339 - LESS (POOR)

TOTAL SCORE:

330

BALANCE

SCORE

83

Your stability during the torso rotation exercise is notable.

To elevate your core control and alignment, incorporate single-leg balance drills into your routine.

POSTURE

SCORE

80

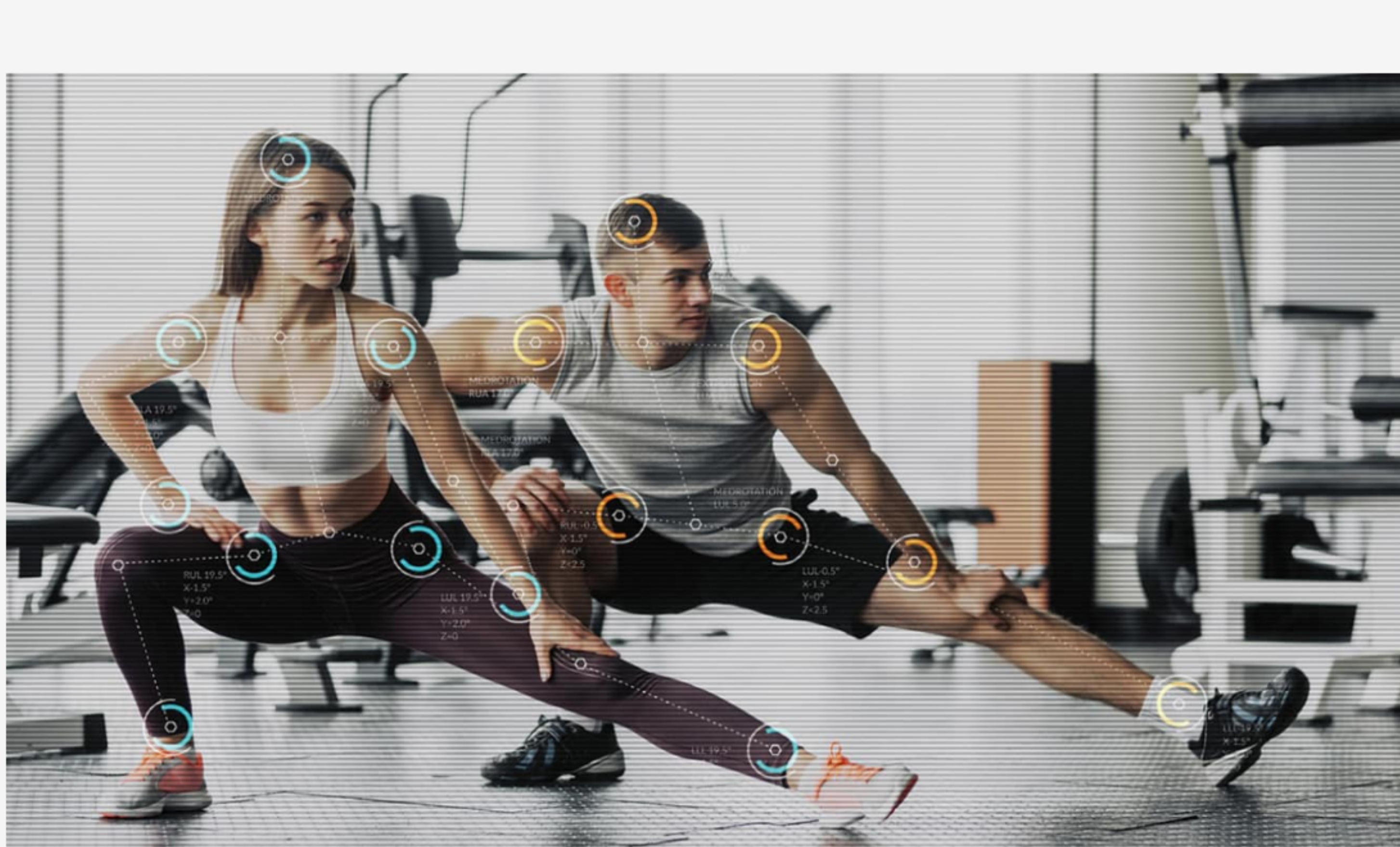
Your alignment during the squat shows strong awareness and control. To perfect your posture, integrate targeted core strengthening exercises like planks into your workouts.

DEPTH

SCORE

67

You're making good progress. Enhance your flexibility and strength by practicing deep squats with added weights to deepen your range.



Using the camera on your phone, ASENSEI tracks your form, measures your movement and improvement, and provides recommendations from InMotion specialists.

