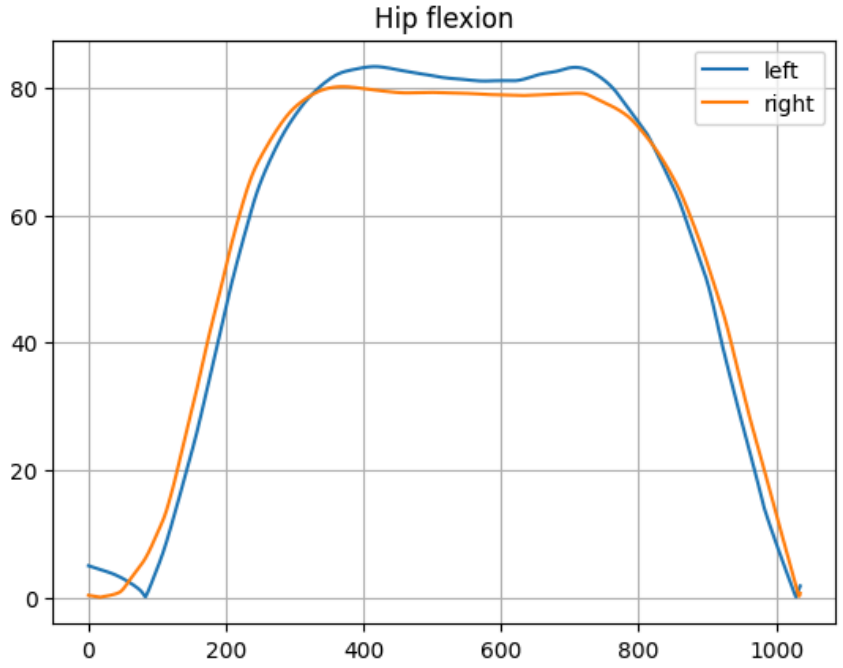
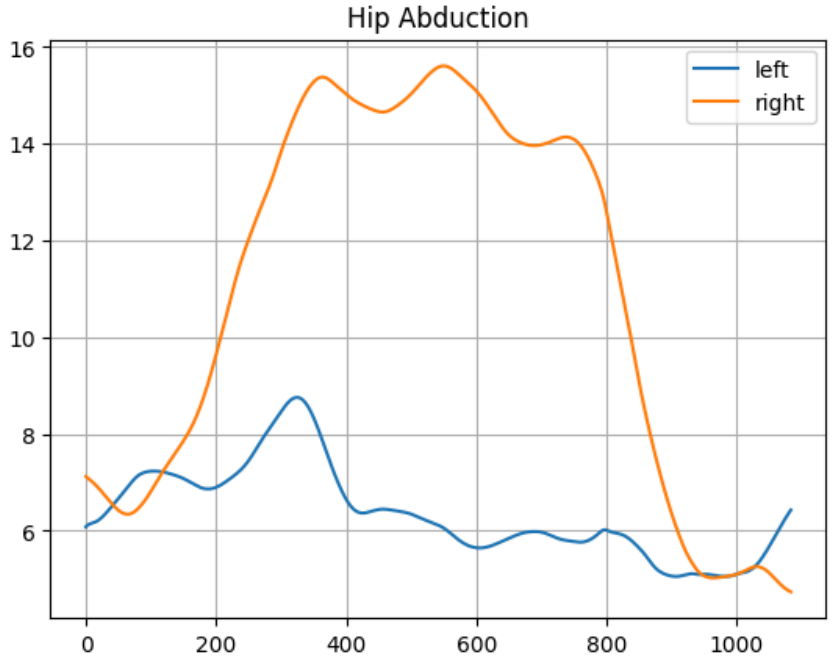
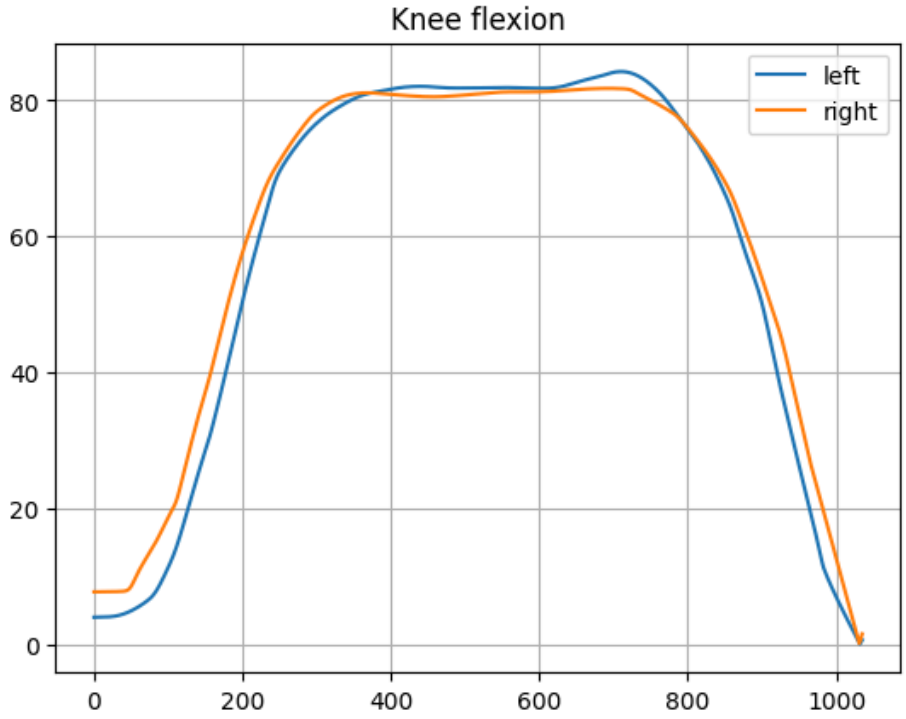


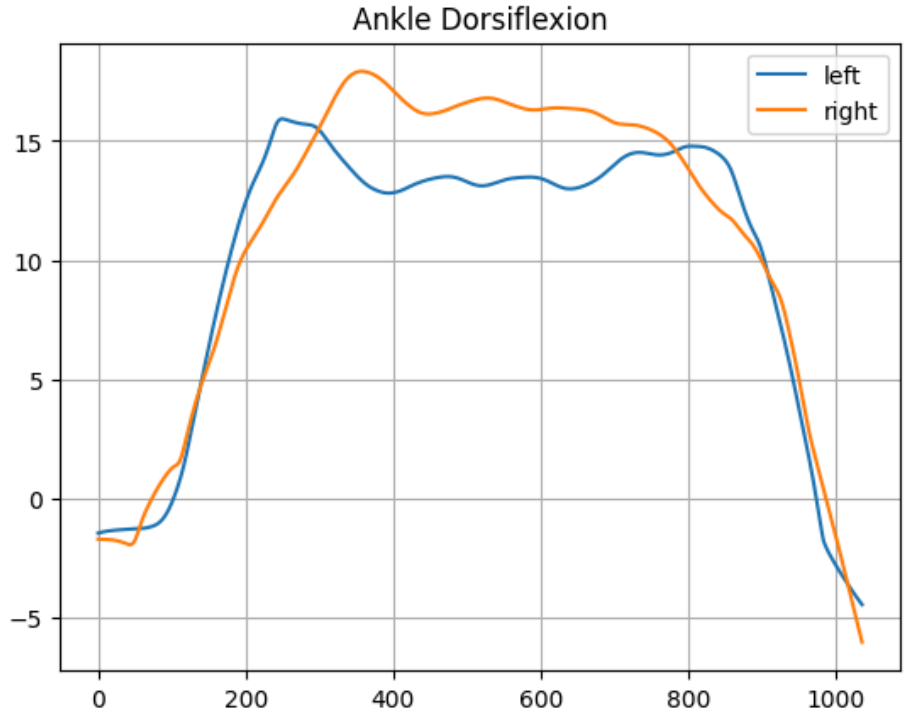

This graph shows how the angle of the hip flexion changes during a squat. The blue line shows the left side of the hip, and the orange line shows the right side. When performing the squat correctly, the two lines should be as close to each other as possible. The maximum value of the hip flexion angle should be between 90 and 130 degrees. This metric affects the mobility index.



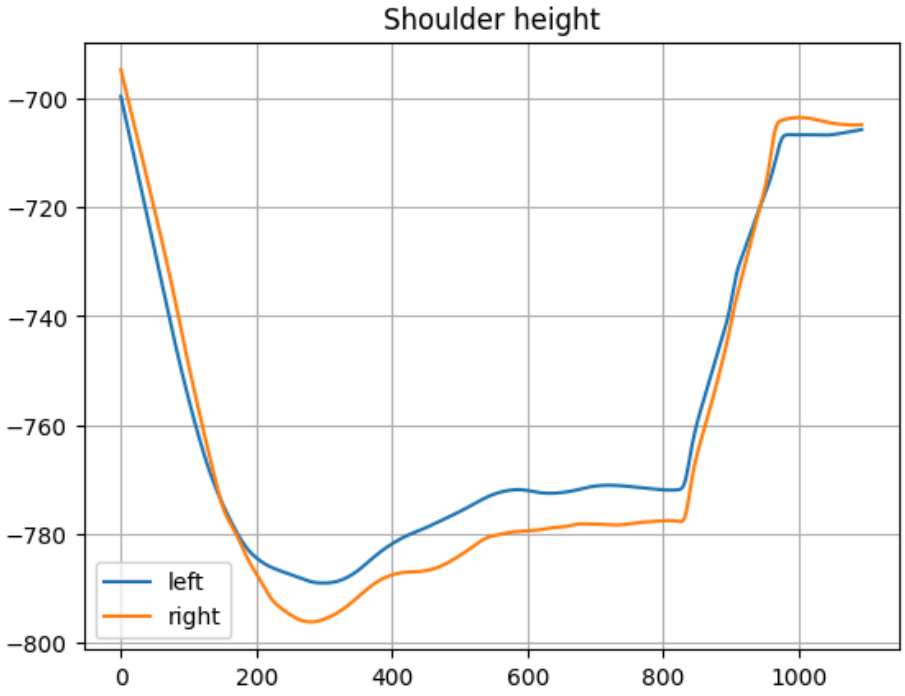

This graph shows how the angle of the hip abduction changes during a squat. The blue line shows the left side of the hip, and the orange line shows the right side. When performing the squat correctly, the two lines should be as close to each other as possible. This metric affects the mobility index.



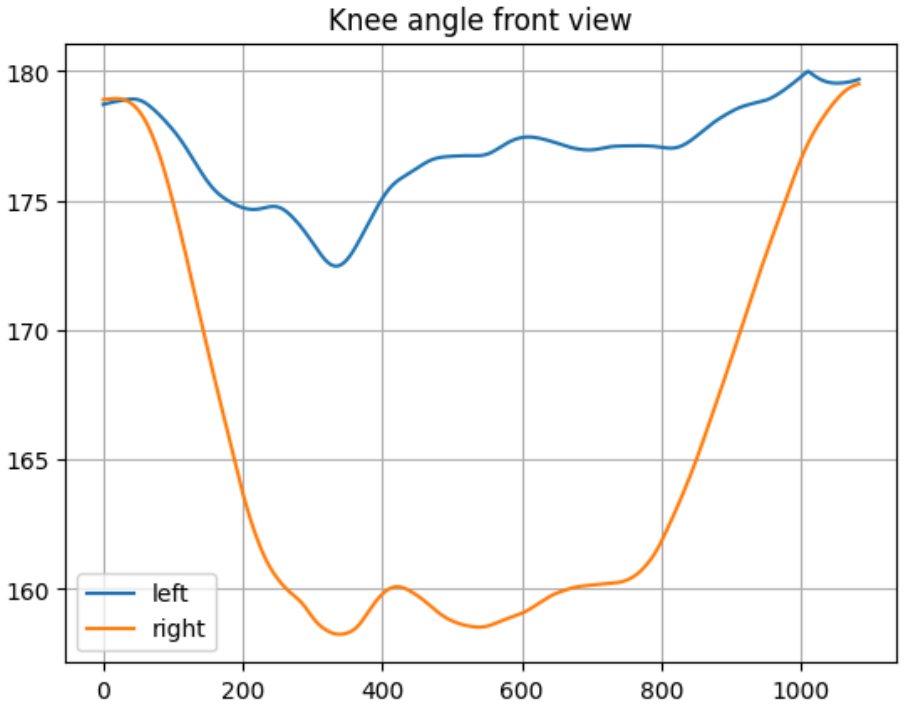

This graph shows how the angle of the knee flexion changes during a squat. The blue line shows the left side of the hip, and the orange line shows the right side. When performing the squat correctly, the two lines should be as close to each other as possible. The maximum value of the knee flexion angle should be between 90 and 140 degrees. This metric affects the mobility index.



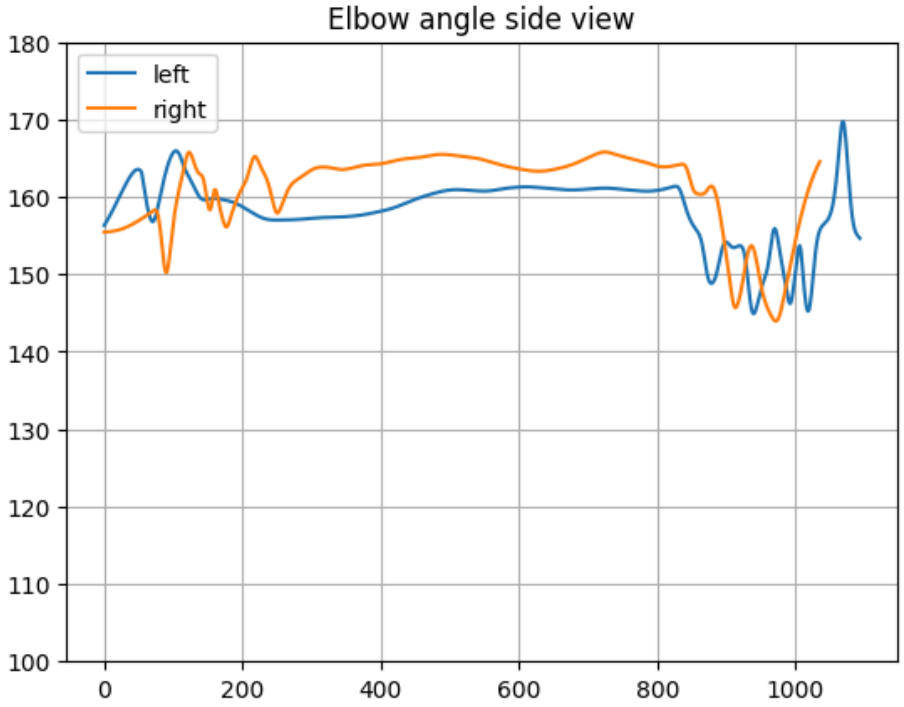

This graph shows how the angle of the ankle dorsiflexion changes during a squat. The blue line shows the left side of the hip, and the orange line shows the right side. When performing the squat correctly, the two lines should be as close to each other as possible. The maximum value of the ankle dorsiflexion angle should be between 15 and 30 degrees. This metric affects the mobility index.



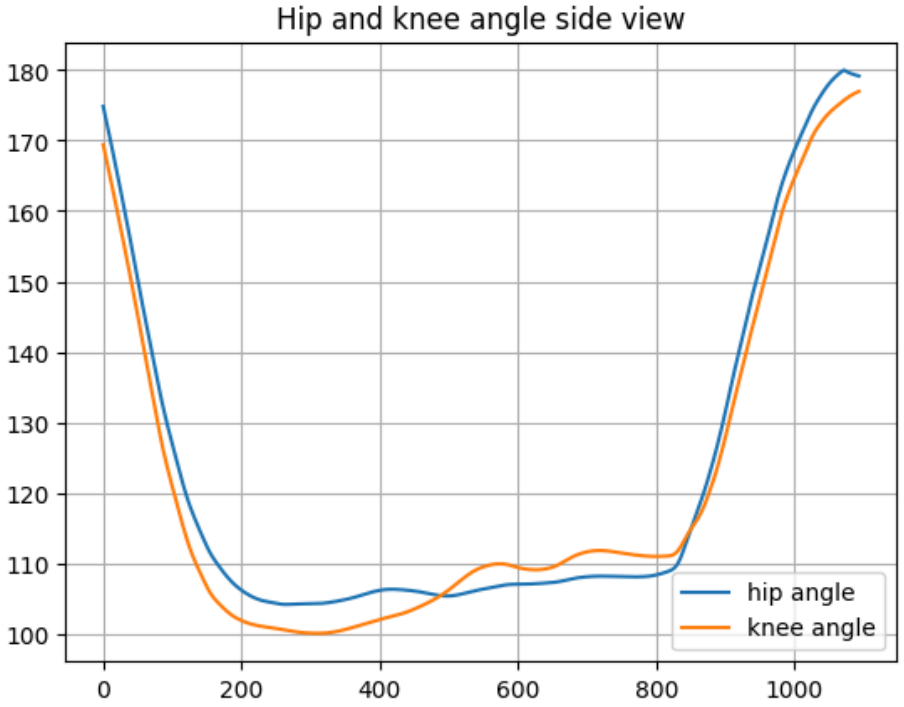

This graph shows how the height of the shoulders changes during a squat. The blue line represents the left shoulder, and the orange line represents the right shoulder. When performing the squat correctly, the shoulders should be at the same height at any given moment, meaning the lines should be as close to each other as possible. This metric affects the quality index.




This graph shows how the knee angle from the front view changes during a squat. The blue line represents the left knee, and the orange line represents the right knee. From the front view, during the squat, the legs should remain straight, so the ideal graph is horizontal lines located close to 180 degrees. This metric affects the quality index.




This graph shows how the elbow angle changes during a squat. The blue line represents the left elbow, and the orange line represents the right elbow. During the squat, the arms should remain straight, so the ideal graph is horizontal lines located close to 180 degrees. This metric affects the quality index.




This graph shows how the hip angle and knee angle change during a squat. If these two angles are the same, it means that the person's body remains parallel to the shin, i.e., the technique is correct. Therefore, these two lines should be as close to each other as possible.