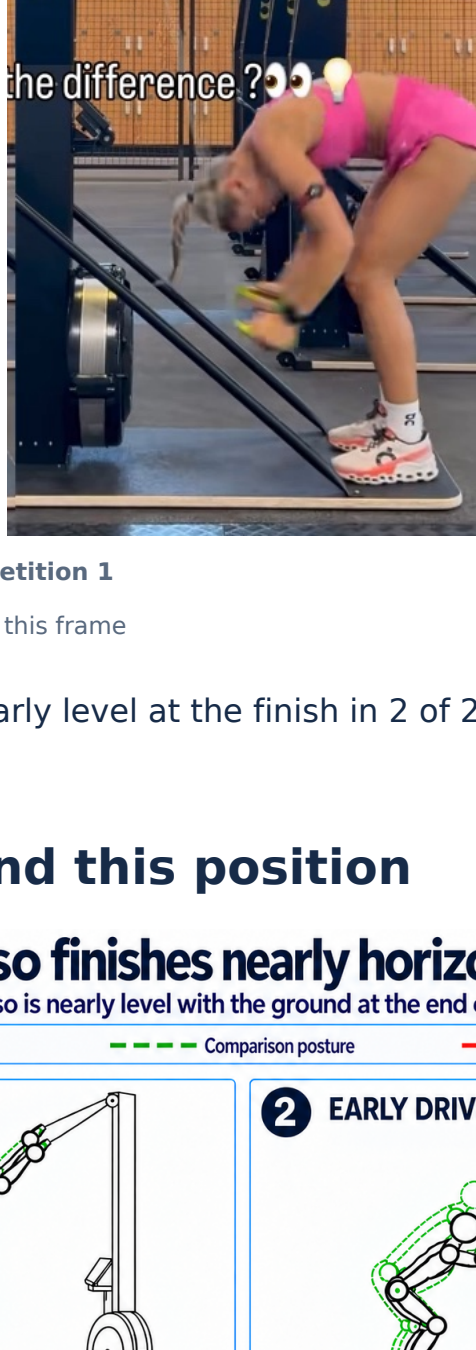


ski_squat2.mov

Corrections found

Section 1 of 2

Torso finishes nearly horizontal



1.93s | Finish · Repetition 1

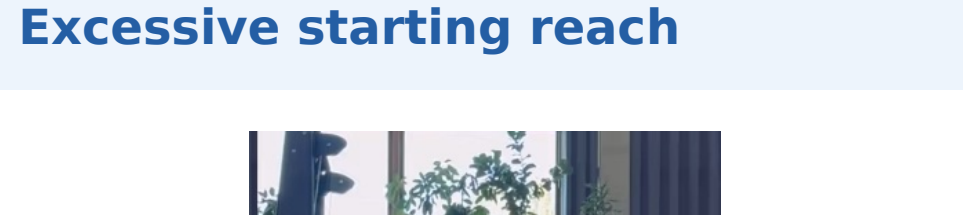
Angle unavailable for this frame

Your torso is nearly level at the finish in 2 of 2 complete repetitions.

Understand this position

Torso finishes nearly horizontal

Your torso is nearly level with the ground at the end of the pull.



1 START A complete repetition begins at the top.

2 EARLY DRIVE Your hands and torso move down.

3 FINISH Compare your torso with the horizontal line. **Nearly horizontal at finish**

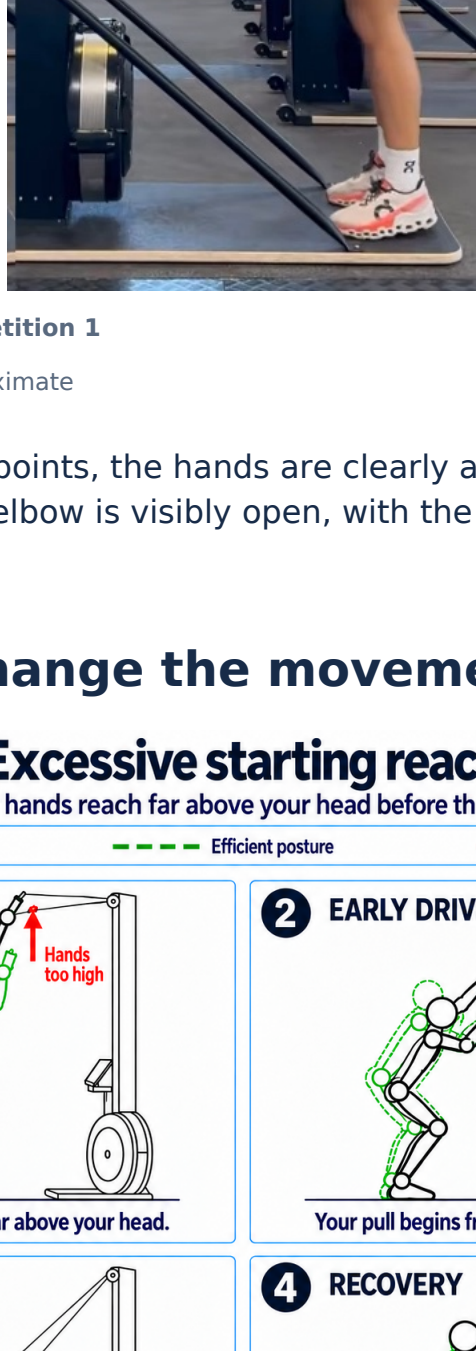
4 RECOVERY Your body returns to the next start.

POSITION SHOWN Your torso is nearly horizontal when your hands finish the pull.

MEASUREMENT The angle is measured from hip to shoulder relative to horizontal.

Section 2 of 2

Excessive starting reach



1.29s | Start · Repetition 1

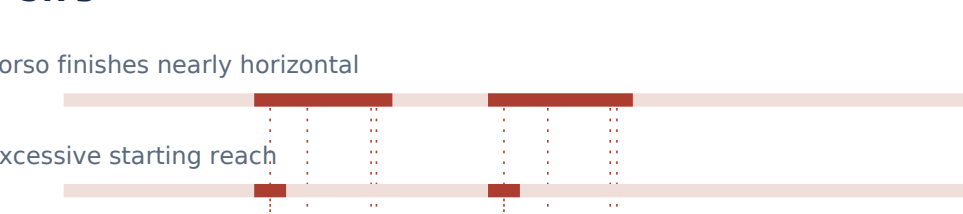
Elbow $\approx 180^\circ$ · approximate

At both top endpoints, the hands are clearly above the crown and the nearer elbow is visibly open, with the arm almost straight.

How to change the movement

Excessive starting reach

Your hands reach far above your head before the pull.



1 START Your hands start far above your head. **Hands too high**

2 EARLY DRIVE Your pull begins from a longer reach. **Longer reach to pull from**

3 FINISH Similar finishing position.

4 RECOVERY You return to the same high reach. **Reach repeats**

PROBLEM SHOWN Your hands start higher than the reference.

TIP TO IMPROVE Start with your hands just above eye level and keep a comfortable bend in your elbows.

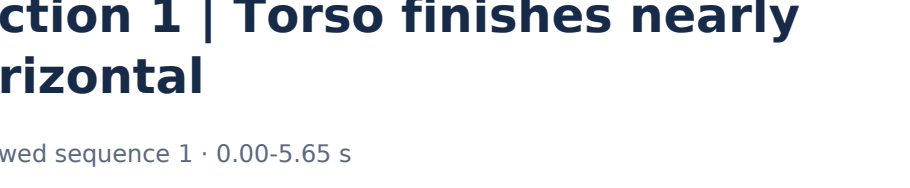
Movement & angles

Approximate 2D image angles. Each chart covers up to 10 seconds; gaps indicate unavailable measurements. These are recorded angles, not targets.

0-5.7s

Torso finishes nearly horizontal

Excessive starting reach



Measurement details & cited moments

Section 1 | Torso finishes nearly horizontal

Reviewed sequence 1 · 0.00-5.65 s

Approximately 5° below horizontal at the finish, visible in 2 of 2 complete repetitions.

Reliable finish-angle measurements: 1 of 2 complete repetitions. The displayed angle is the median of 1 measured matching finishes. 0 finishes could not be assessed visually.

Some matching finishes were visible but their angles could not be measured reliably.

The finish is the bottom turnaround of the hands, immediately before recovery.

This describes the visible torso position at that moment.

The torso is diagonal in other parts of the strokes.

Those positions do not replace the assessment at each actual hand bottom turnaround.

The original images support a qualitative position assessment, not calibrated anatomical measurements.

The far-side landmarks overlap the nearer side.

Observed in reviewed window 0.00-5.65s; no efficiency measurement.

Torso inclination is measured relative to image horizontal (0 degrees); it is different from the hip-joint angle in the chart.

Cited moments: 1.29s, 1.53s, 1.93s, 1.96s, 2.76s, 3.04s, 3.43s, 3.47s



1.29s | Start · Repetition 1

Angle unavailable for this frame



1.53s | Early pull · Repetition 1

Angle unavailable for this frame



1.96s | Return · Repetition 1

Angle unavailable for this frame



2.76s | Start · Repetition 2

Angle unavailable for this frame



3.04s | Early pull · Repetition 2

Angle unavailable for this frame



3.43s | Finish · Repetition 2

Torso $\approx 5^\circ$ below horizontal · approximate



3.47s | Return · Repetition 2

Angle unavailable for this frame

Section 2 | Excessive starting reach

Reviewed sequence 1 · 0.00-5.65 s

Wrist above eye at the start: 34% of reference torso length. Starting elbow angle: 180° . Measurements available from 2 of 2 cited strokes.

These measurements describe the footage; they do not establish that this amount of movement is excessive.

The repeated overhead endpoints and visibly open nearer elbow support the catalogue's high-reach pattern.

The hands remain forward of the head and the farther elbow has some bend.

An above-eye start alone would not support this finding; the open nearer elbow and clearly overhead endpoint are also visible.

Arm overlap limits comparison between sides.

Comfort and training intent cannot be established from images.

Observed in reviewed window 0.00-5.65s; no efficiency measurement.

Cited moments: 1.29s, 2.76s



2.76s | Start · Repetition 2

Elbow $\approx 180^\circ$ · approximate



1.53s | Early pull · Repetition 1

Angle unavailable for this frame



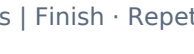
1.93s | Finish · Repetition 1

Elbow $\approx 110^\circ$ · approximate



3.04s | Early pull · Repetition 2

Elbow $\approx 100^\circ$ · approximate



3.43s | Finish · Repetition 2

Elbow $\approx 110^\circ$ · approximate

Movement checks

Torso finishes nearly horizontal

Position observed

Excessive starting reach

Correction found

Arms stay straight through the pull

Not observed repeatedly

Hands move before your torso

Not observed repeatedly

Excessive knee bend and hip drop

Not observed repeatedly

Knees stay stiff through the pull

Not observed repeatedly

Stopping the pull too early

Not observed repeatedly

Hands travel too far behind your hips

Not observed repeatedly

Starting the next pull still crouched

Not observed repeatedly

Head swings separately from your torso

Not observed repeatedly

Feet keep shifting between strokes

Not observed repeatedly

AI-generated feedback for review. Approximate 2D image angles depend on camera position.

Saved assessment: gpt-6-astra | 2026-10-05