Motivation

- Exercise can be daunting for those new to working out
  - Uncertainty
  - Risk of Injury
- Personal trainers are not always convenient
- Lack of real-time feedback during solo workouts
Our Solution

- Machine learning to analyze exercise form
- Provide real-time feedback and long-term analytics
Squat Depth
Feet Width
Shoulder Alignment
Knee Angle
Analyzer Overview

- Calibrate
- Exercise
- Results
Technologies

- PoseNet
- ReactJS
- Firebase
- Google Cloud Text-to-Speech
Challenges

- Sensitivity to lighting and background setting
- Angle limitations to detect joints / keypoints on the body
Future Implementations

- Implement more exercises
- Improve audio feedback
- More analytics for the user
- Mobile Application
Questions?