

Requirements

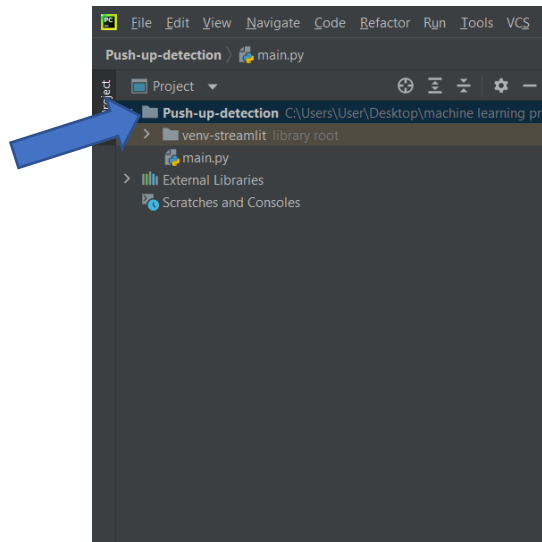
Opencv-python == 4.9.0.80

mediapipe == 0.10.9

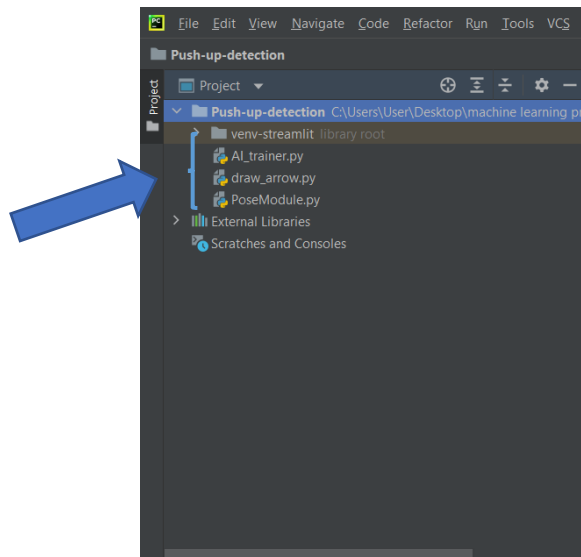
numpy == 1.25.0

Installation

Step1: Create a new project (ex: push-up-detection) in PyCharm or in visual studio code



Step2: Drag and drop the 3 files  AI_trainer.py ,  PoseModule.py and  draw_arrow.py in push-up-detection folder:



Step3: Download a video of a right-side push-up from YouTube and place it in the same folder as the Python files.

Step 4: Run the script “*Ai_trainer.py*”

N.B. You can modify your script to capture yourself doing push-ups by changing 'Ai_trainer.py'

```
cap = cv2.VideoCapture('push-up1.mp4')
```

by

```
cap = cv2.VideoCapture(0)
```

and open your webcam and start push up workout