

```
html, body {  
  height: 100%;  
  width: 100%;  
  margin: 0;  
  padding: 0;  
  font-family: Arial, sans-serif;  
}
```

```
.container {  
  max-width: 1200px;  
  margin: 5px;  
  text-align: left;  
}
```

```
.video-container {  
  display: flex;  
  gap: 20px;  
  margin: 10px 0;  
}
```

```
.video-container > div,  
.video-container > video {  
  flex: 1;  
  position: relative;  
}
```

```
.button-container {  
  display: flex;  
  gap: 20px;  
  margin-bottom: 10px;  
}
```

```
.button-pair {  
  display: flex;  
  gap: 10px;  
  flex: 1;  
}
```

```
.button-pair button {  
  flex: 1;  
  margin: 0;  
}
```

```
.video-wrapper {
```

```
    position: relative;
}
```

```
#instructionVideo {
    width: 600px;
    height: 450px;
    object-fit: cover;
}
```

```
#videoTime {
    text-align: center;
    padding: 8px;
    font-size: 24px;
    font-weight: bold;
}
```

```
#poseCanvas {
    pointer-events: none;
    z-index: 10;
}
```

```
button {
    padding: 10px 20px;
    font-size: 16px;
    margin: 10px 0;
    cursor: pointer;
    background: #4CAF50;
    color: white;
    border: none;
    border-radius: 4px;
    display: block;
}
```

```
canvas {
    margin: 10px 0;
    border: 1px solid #ccc;
    width: 600px;
    height: 600px;
    display: block;
}
```

```
#label-container {
    margin-top: 20px;
    font-size: 32px;
}
```

```
font-weight: bold;  
line-height: 1.5;  
}
```

```
#label-container div {  
margin: 10px 0;  
}
```