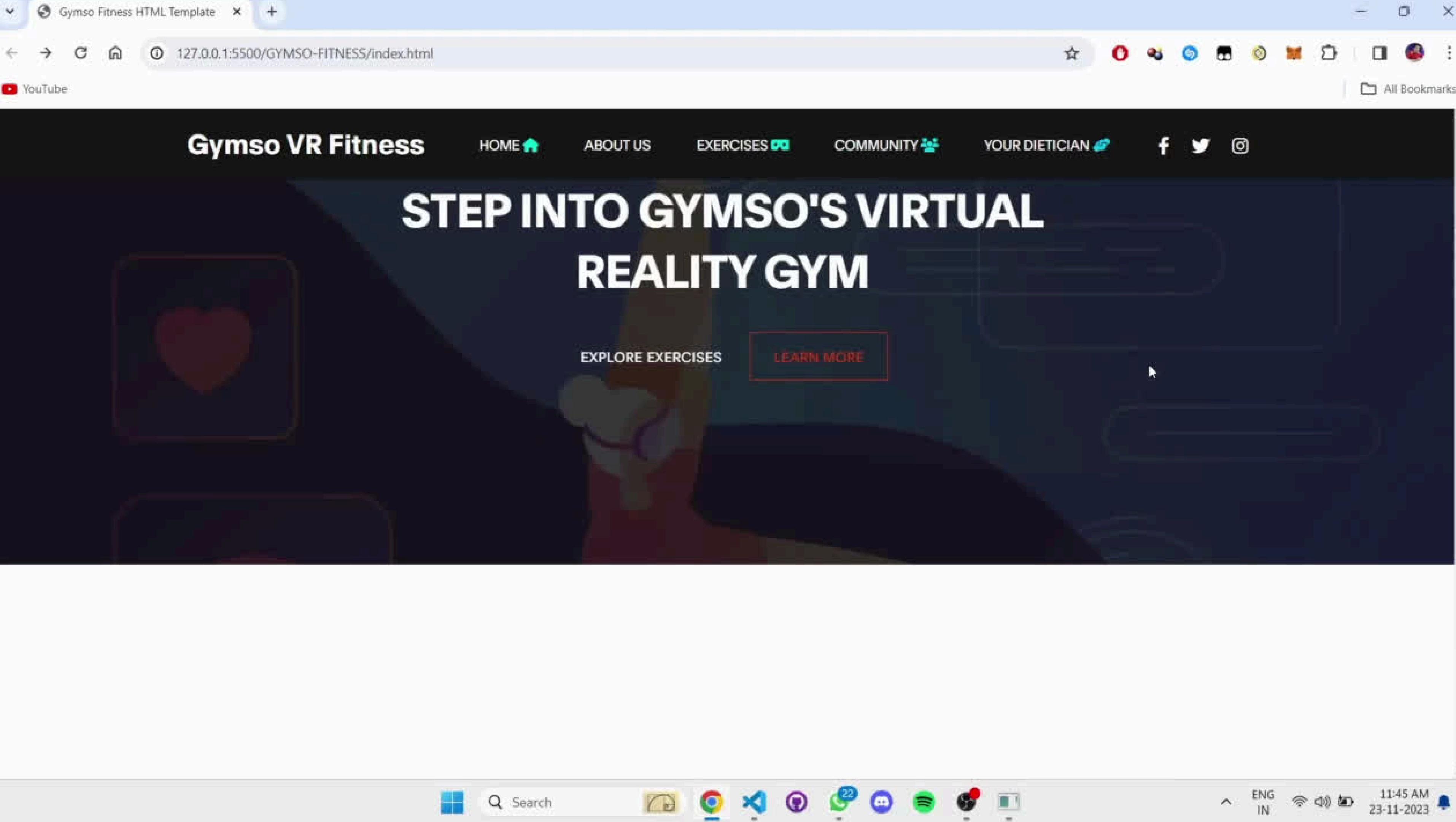


GYMSO VR FITNESS

A PROJECT BY FOR{WE WIN} WHILE(WE PARTICIPATE)



Gymso VR Fitness

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STEP INTO GYMSO'S VIRTUAL REALITY GYM

[EXPLORE EXERCISES](#)[LEARN MORE](#)

PROBLEM STATEMENT

**parental
restrictions**

**financial
limitations**

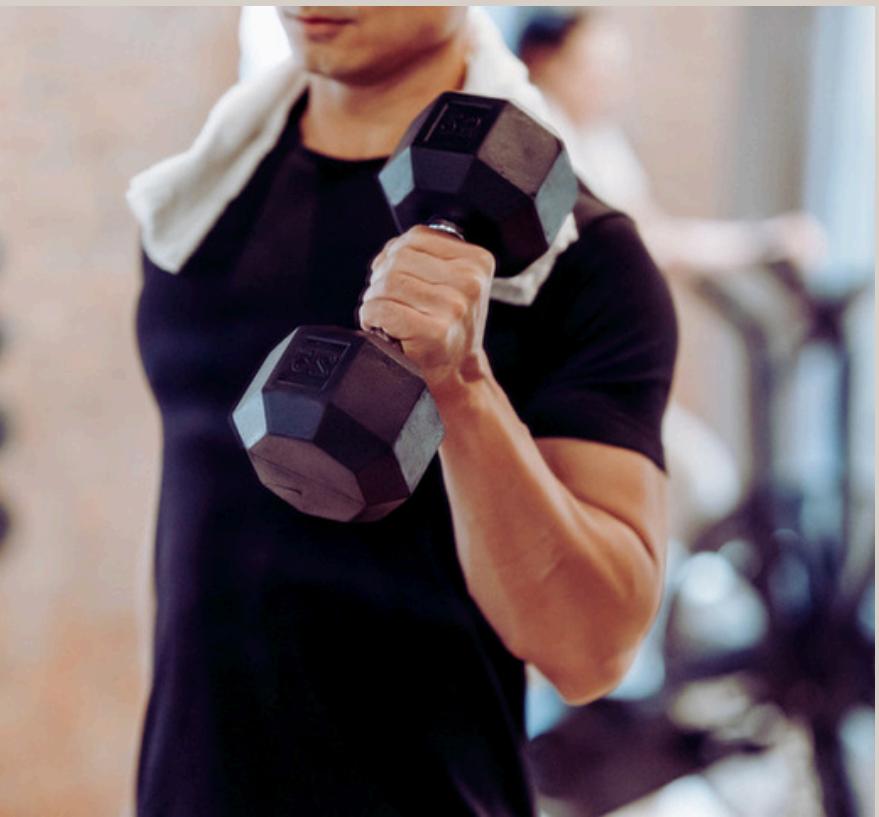
**body
dysmorphia**

**long
distance
gym
companion**

@For{we win}
while{we participate}

INTRODUCTION

Welcome to our **AI-powered home gym experience!** Using **computer vision** and **VR** technology, we bring the gym to you. Enjoy **personalized workouts** and an **Immersive fitness environment**, breaking down barriers for a healthier you. Welcome to the future of at-home fitness!



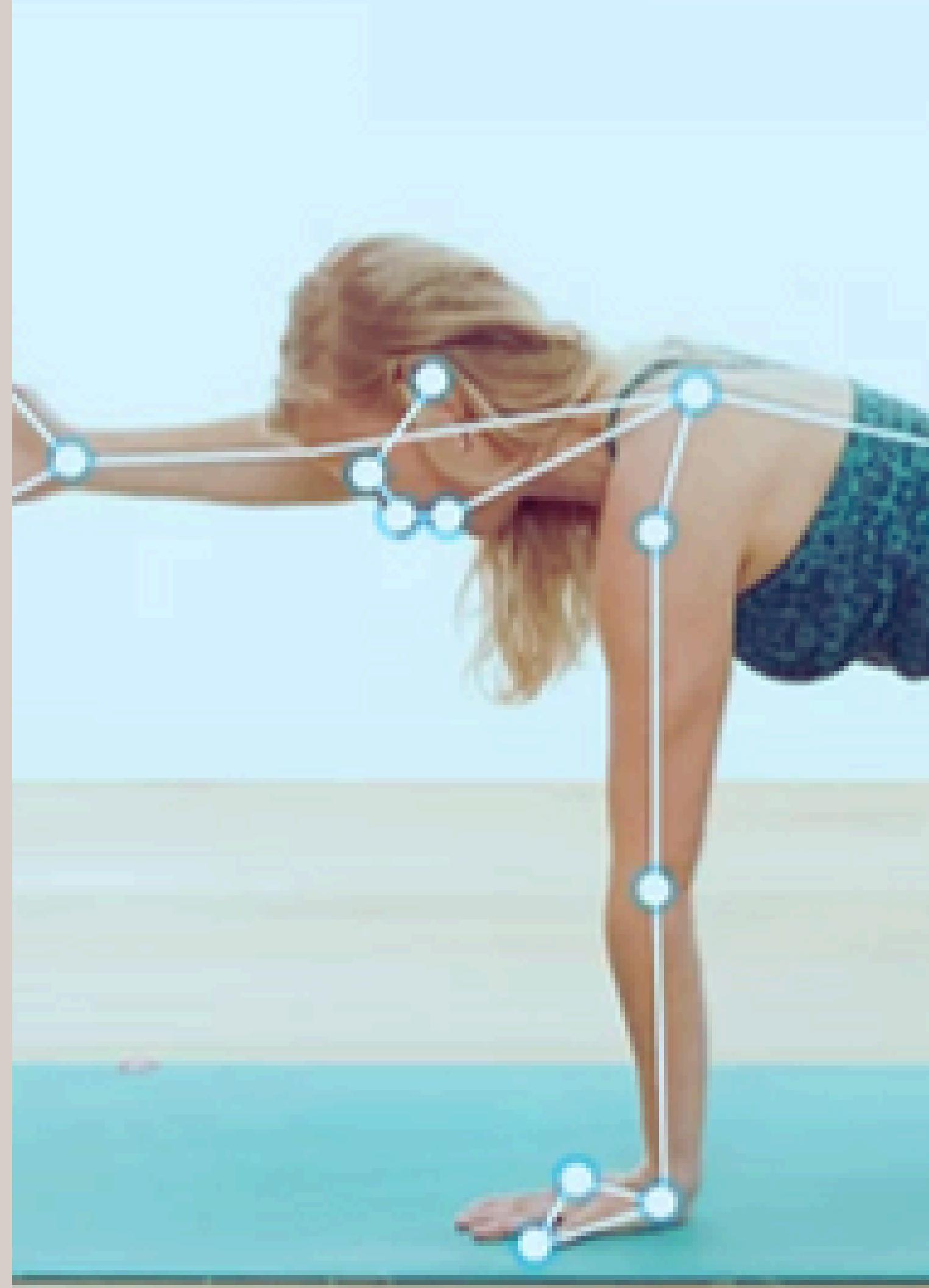
Gym
Technology



OUR FEATURES

VR GYM

The site provides a **VR Gym** so you get an **authentic experience**. You can **see your friends and what they are doing** in the form of **3D avatars** inside the **virtual gym**.



OUR FEATURES

COMPUTER VISION POSTURE TRAINER

The site provides a **computer vision trainer** that properly evaluates if your exercise **form** is **correct or not**, it **helps** you **correct it** and only counts a rep if the form is right.



OUR FEATURES

LLM GYMBRO

Get **advice** and **answers** to any kind of queries related to **workout**, **gym**, **health** and **fitness** that you usually get from **people at the gym** from our **personalized LLM**.

OE Ending soon



The folks of my thought 37 x
worm-eaten
Mohade3000
1.00Ξ Open Edition
0d 0h 7m 24s



Open Editions 2 x
A night at the opera
Wasteman Goldmineovich
0.01Ξ Open Edition
0d 0h 9m 59s



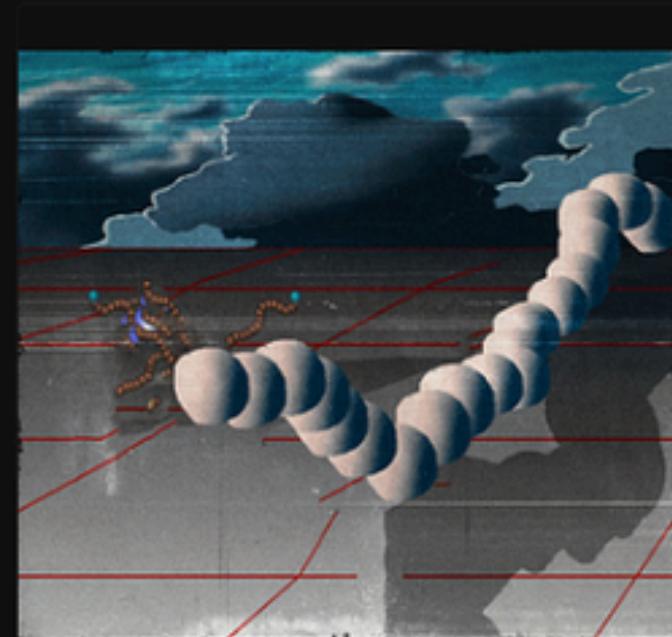
CRIME BREAKFAST BUTTERED S
CRIME BREAKFAST
1.00Ξ Open Edition
0d 0h 13m

OUR FEATURES

NFT Marketplace

Users can **buy skins** for their characters and different backgrounds in the VR world using **NFTs** from the **blockchain marketplace objkt.com**

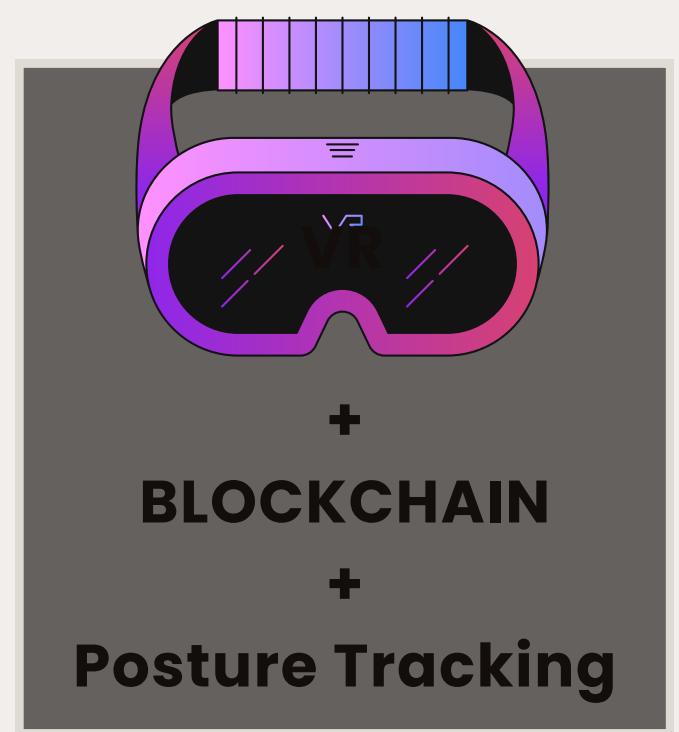
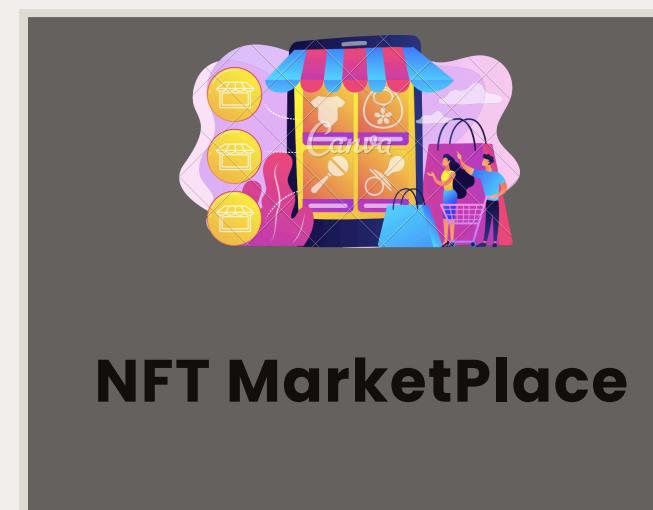
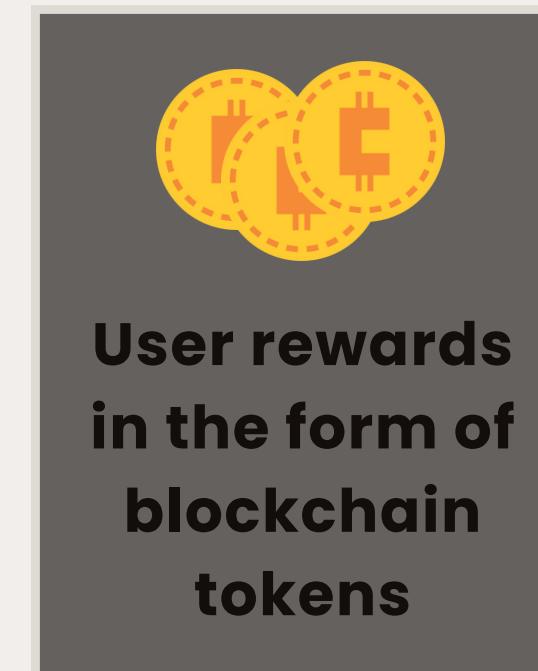
@For{we win}
while(we participate)



@For{we win}
while(we participate)



OUR UNIQUE SELLING POINT



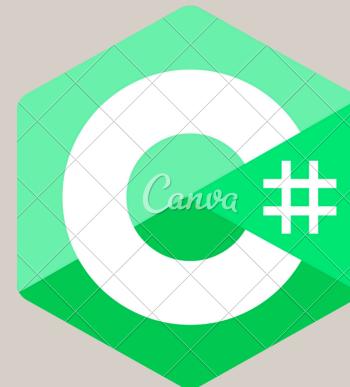
T E C H

S T A C K

WEBSITE



VIRTUAL REALITY



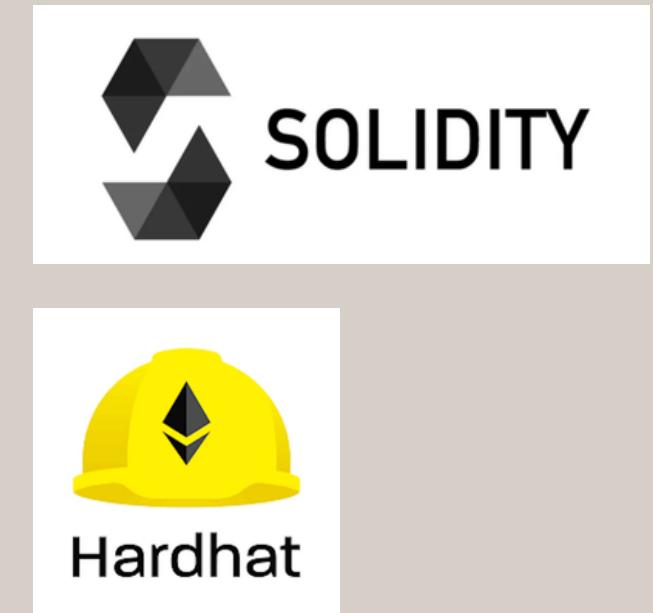
LLM USED

Falcon 7b Instruct Chat

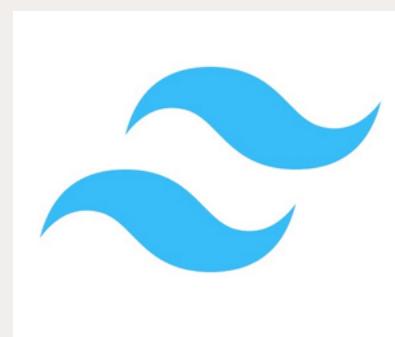
FROM



NFT MARKETPLACE USING BLOCKCHAIN



FRAMEWORK



MediaPipe

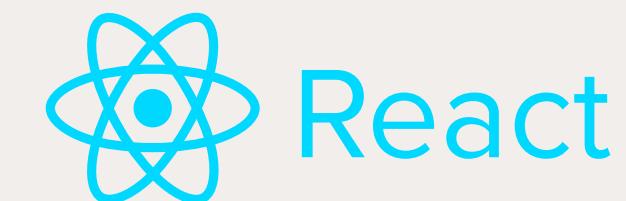
LIBRARIES



LLM INTEGRATION



LIBRARIES





SOCIAL IMPACT

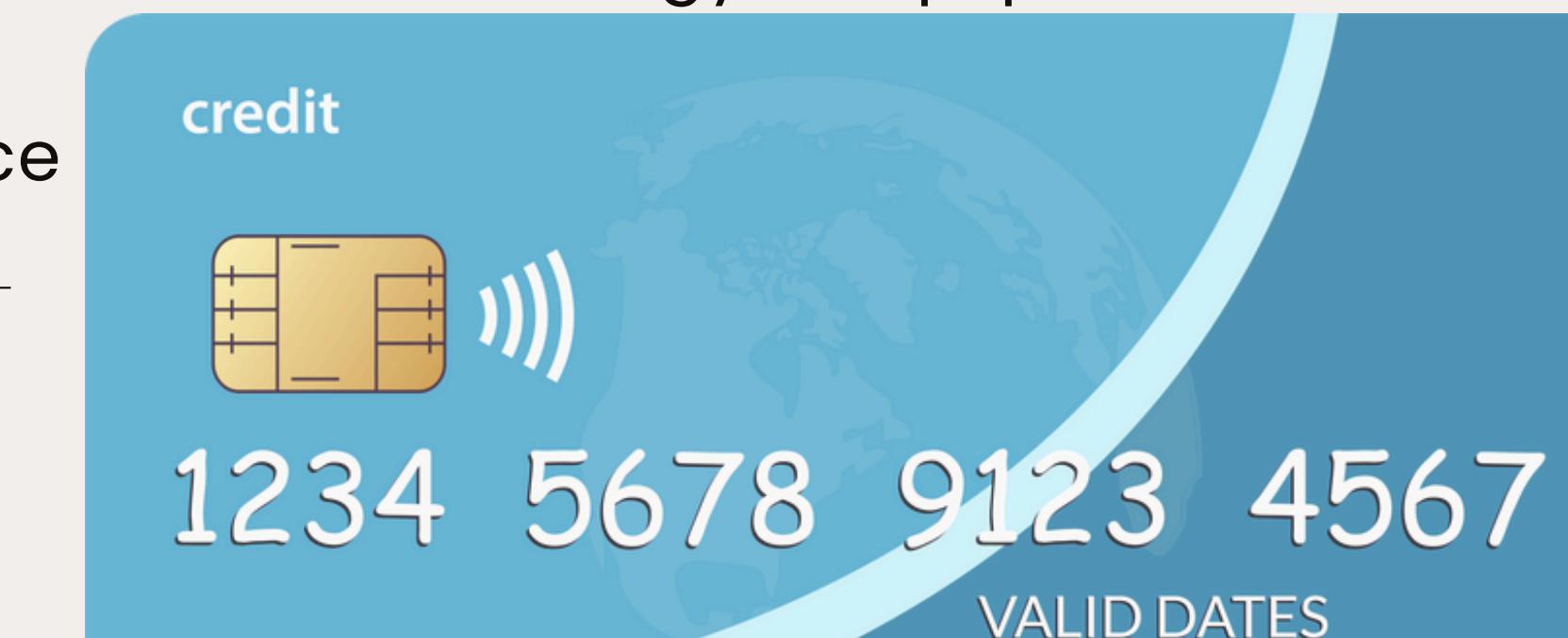
Our website goes beyond fitness—it fosters a **positive social impact** by **democratizing access to health and well-being**. By **eliminating barriers** to traditional gyms, such as **financial constraints** and **parental restrictions**, we **promote inclusivity** in fitness. This means **more people**, regardless of **their background or circumstances**, can prioritize their health.





BUSINESS PLAN

- Users can purchase credits to access our services (freemium model)
- Tiers of subscription will be available for frequent usage of our services
- Collaboration with various home gym equipment companies
- NFT marketplace



MARKET RESEARCH



Body Dysmorphia:

- Approx. 2.0% of the population, with higher rates in teens, women, and those with pre-existing psychiatric conditions.

Gym Environment Preferences:

- 28% of women feel anxious in gyms, with 61% preferring female-only spaces, compared to 16% of men feeling intimidated by public workout areas.

Workout Preferences:

- 61% prefer designated home workout spaces, while only 31% rely on commercial gym memberships.



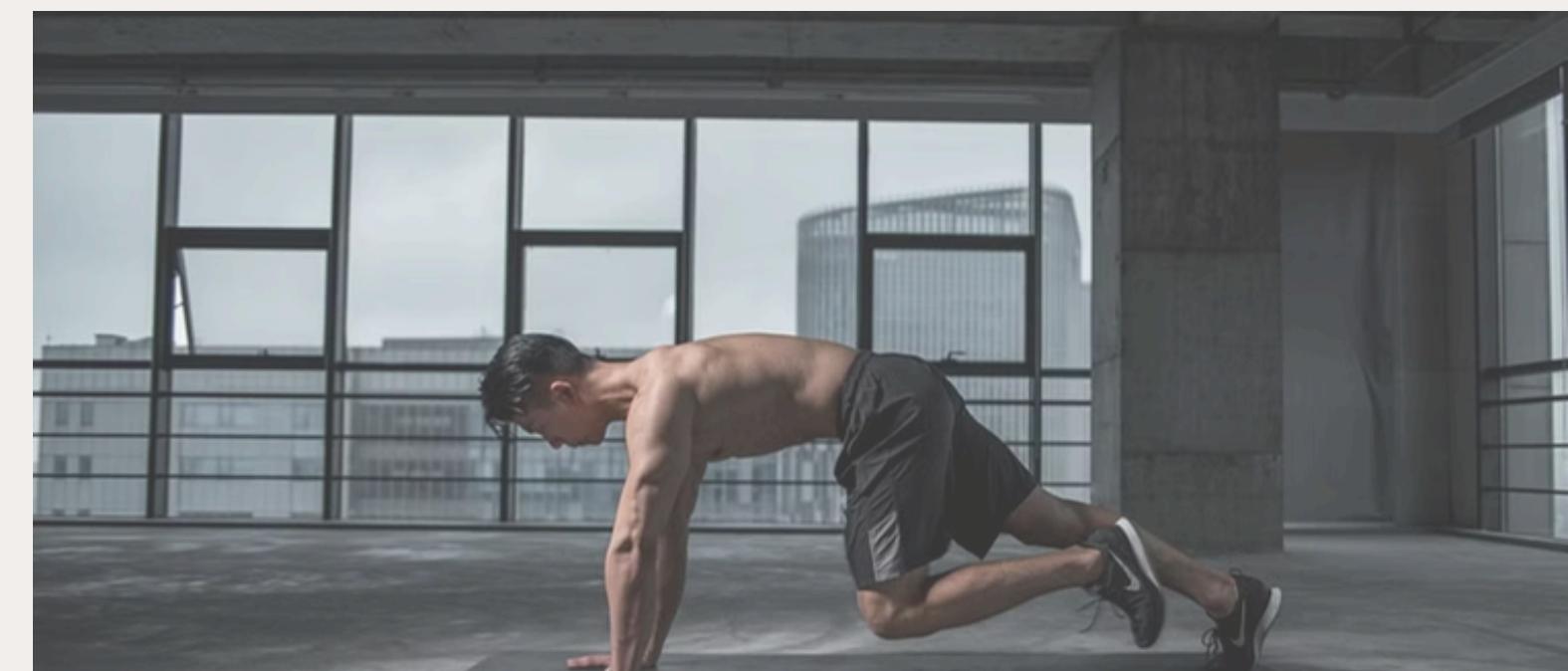
TARGET AUDIENCE

- **Individuals with Body Dysmorphia:** A safe space for body-positive workouts in VR.
- **Long-Distance Friends and Family:** Connect and sweat together from anywhere.
- **Introverts and Socially Anxious Individuals:** Stress-free solo workouts in VR.
- **Busy Professionals:** Fitness on your schedule, wherever you are.



FUTURE SCOPE

- Creation of an online store for fitness essentials
- Organizing in-app fitness competitions with prize pools
- Introducing choices in models and backgrounds in VR mode
- Developing a fitness oriented community
- Hiring professional gym trainers for moderating the community



SCREENSHOT GALLERY



Left Bicep Curls: 4
Right Bicep Curls: 4

GYMSO

Customized Muscle Gain Plans

Tell us about your muscle gain goals, and we'll tailor a diet plan for you.

Select Your Muscle Gain Goal
Lean Mass

Your Current Weight (lbs)
Enter your weight

Target Weight (lbs)
Enter your target weight

Diet Preferences
Enter any specific

Get Customized

Gymso VR Fitness

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g

Embark on a Virtual Fitness Journey!

STEP INTO GYMSO'S VIRTUAL REALITY GYM

EXPLORE VR EXPERIENCES LEARN MORE

Chainlit Chat Readme

User 07:32:04 PM List some exercises for legs
Took 1 step

Chatbot 07:32:10 PM

1. Lunges
2. Squats
3. Deadlifts
4. Calf raises
5. Jumping jacks
6. Plank
7. Bicycle crunches
8. Leg raises
9. Reverse lunges
10. Chair squats

Type your message here...

STAY TANK

YOU