Spotter

McMaster University

Proof of Concept Contract SE 4G06 & TRON 4TB6

Group 12

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- Live motion tracking
- Preconfigured movement constraints for select exercises.
- Option for users to set custom movement constraints
- Notify users whether they are performing exercises within specified constraints.

The preconfigured exercises we aim to implement into the system by the final demonstration are:

- Shoulder lateral raises
- Squats
- Pushups
- Situps
- Wall sit
- Plank
- Lunges

Member	Signature
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