



# **TECHNICAL MANUAL**

*Zen Yoga and Pilates*

May 2022

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# USER'S MANUAL

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## **1.0 GENERAL INFORMATION**

## **A. GENERAL INFORMATION**

Zen, A computer-assisted training system that can recognize the poses performed by the user and assist them in improving their stance by delivering relevant feedback. The system evaluates the practitioner's posture by extracting feature vectors using computer vision techniques.

### **1.1 Minimum System Requirements**

The minimum requirements are:

For Desktops:

- Computer with webcam
- SSD/HDD ~ 100MB free space
- Intel Core i3 processor or above
- RAM 4 GB and above
- Javascript enabled web browser
- Active internet connection

For Mobile/Tablet:

- Device with webcam
- Android 7.0 or above or iOS 11.3 or above
- 100MB free space
- Qualcomm® Snapdragon™ 600 or above
- RAM 4 GB and above
- Javascript enabled web browser
- Active internet connection

## **2.0 GETTING STARTED**

## B. GETTING STARTED

### 2.1 Creating an account

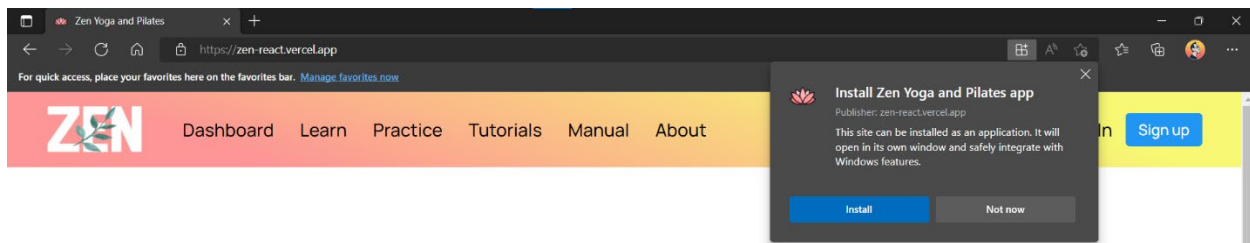
Open <https://zen-react.vercel.app/> in any web browser of your choice. Click on the blue sign up button and provide the required information to set up an account.

### 2.2 Granting required permissions

After setting up your account you'll be redirected to the Dashboard which will be initialized to zero. Click on the Learn option and select either Yoga or Pilates and choose the difficulty level and click on go then grant the camera permission when prompted to learn new yoga poses or pilates exercises. Similarly, to practice or perfect your newly learnt poses or exercises click on the Practice option. During practice sessions your progress will be recorded and displayed in the dashboard page in the form of charts and tables.

### 2.3 Installing the Application

To install the application, click on the install option beside the address bar of your browser.



### 2.4 Installing the Android App

Download the android application from <https://github.com/Maverick-2000/Zen-React/releases> and follow the same steps that you followed while setting up the desktop application.

### 2.4 Installation on iOS

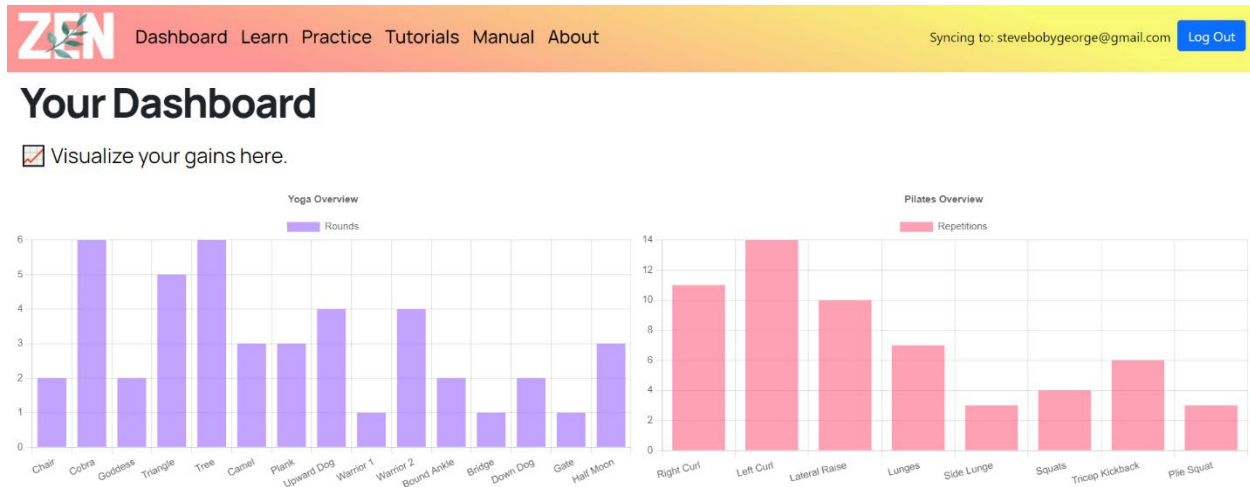
The web app can be installed via Safari. Tap the Share button (at the browser options). From the options tap the Add to Homescreen option, you can notice an icon of the website or screenshot of website added to your devices homescreen instantly. Tap the icon from homescreen, then the Progressive Web App of your website will be loaded.

## 3.0 FEATURE OVERVIEW

## C. FEATURE OVERVIEW

### 3.1 Review (Dashboard)

The Review module, also known as the Dashboard, is used to visually describe the data from a pose or exercise.



### 3.2 Learn

The Learn module can be used to learn new poses and exercises for yoga and pilates.

### 3.3 Practice

The practice module can be utilized to perfect the poses and exercises that have been previously learned.

### 3.4 Tutorials

A curated list of tutorials for learning poses and exercises.