Project Design Phase-II
Customer journey

Date	03 November 2022
Team ID	PNT2022TMID43812
Project Name	AI-powered Nutrition Analyzer for Fitness Enthusiasts

Human Pose Simulation

This functionality is similar to the facial recognition technique. However, here the entire human body is covered for checking the posture and analyzing. Human pose estimation can analyze the body positions in 3 ways-

Contours Modeling- It covers the width of the body including the torso and limbs.

Volume Modeling- With the 3D body scan technique, volume modeling enables the AI-powered app to represent the body in various geometric shapes.

Skeleton Modeling- It represents the structure of the skeleton. It is necessary to check the position of ligaments and bones during the workout sessions.

Altogether, the human pose estimation concept is useful for app users to do exercises and workouts with the right posture in a tailored fitness app development

Necessity of AI-powered Fitness App

Though the integration of AI is just in a nascent stage in fitness apps, we know that this technology has immense potential. While giving a competitive edge to your fitness firm, AI can bring transformation to your services like exercises and workouts with personalized training.