

# FITHUB

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# PROBLEM STATEMENT

- **Absence of fitness club vibe while workout out remotely or at home.**
- **Lack of motivation to kick start workout.**
- **Injuries due to incorrect posture**

# SOLUTIONS

- **Postural deformities detected and feedback given.**
- **Social status of achievement done with friends connected.**
- **motivational count during exercise.**
- **Workout and diet suggestions.**

# SOCIAL MEDIA $\forall$ s FITNESS APP

- **INSTAGRAM**

- 1.386 billion active users
- average of 11.7 hours per month
- average of 29 minutes per day

- **FACEBOOK**

- 2.96 billion active users
- average of 11.7 hours per month
- average of 29 minutes per day

# SOCIAL MEDIA $\forall$ s FITNESS APP

- **HEALTHIFYME**

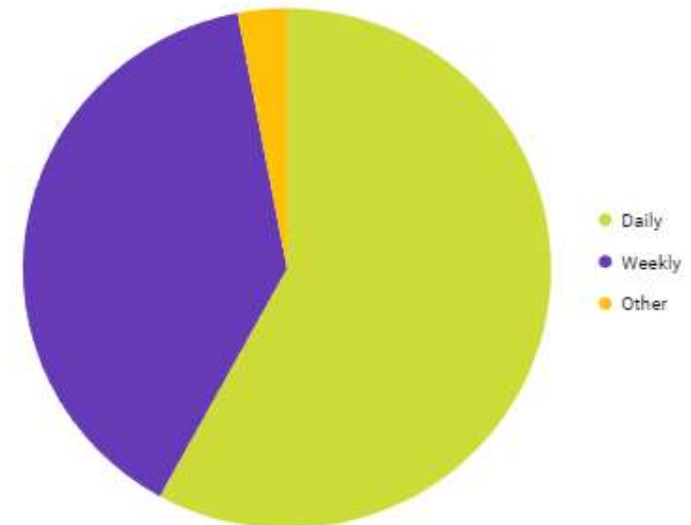
- 4.4 million active users
- over 5,00,000 workouts done per week

- **NIKE TRAINING CLUB**

- 1.8 million active users
- over 5,00,000 workouts done per week

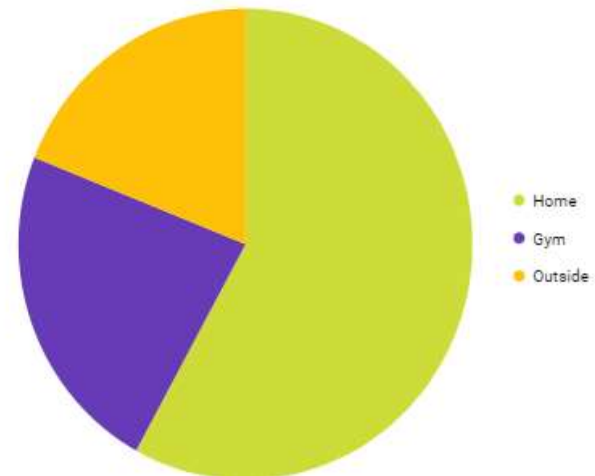
# WORKOUT STATISTICS

- Voxpopme's Influence market research online community (MROC)
- Study of 100 respondents
- 58 percent: exercise daily
- 39 percent: workout weekly
- Rest: others



# WORKOUT STATISTICS

- Voxpopme's Influence market research online community (MROC)
- Study of 100 respondents
- 58 percent: prefer working out at home
- 23 percent: workout at gym
- Rest: outside



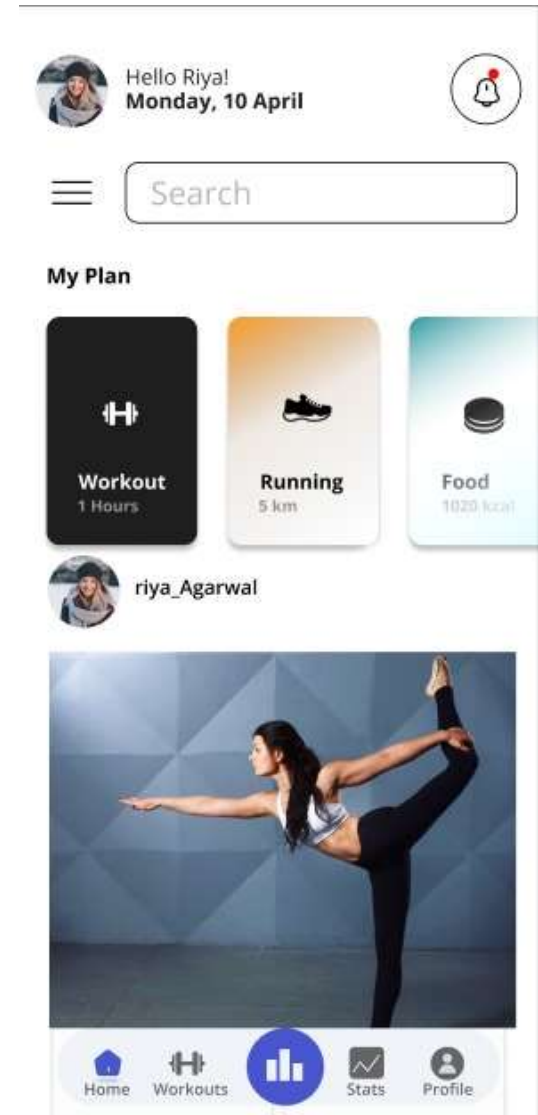
# IMPLEMENTATION

- **Compete and Workout with Friends**
- **Design workout**
- **Track exercise count**
- **Diet plans**
- **Connect with friends**



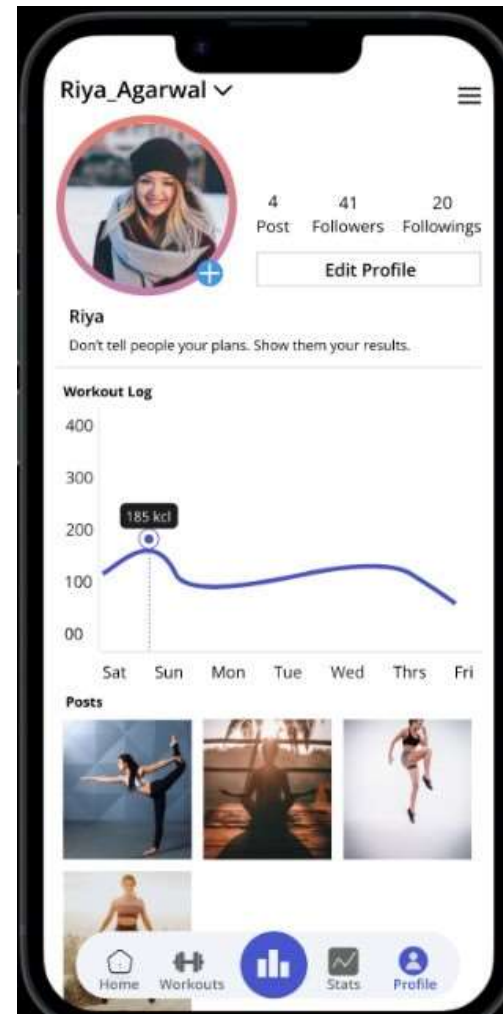
# IMPLEMENTATION

## Home



# IMPLEMENTATION

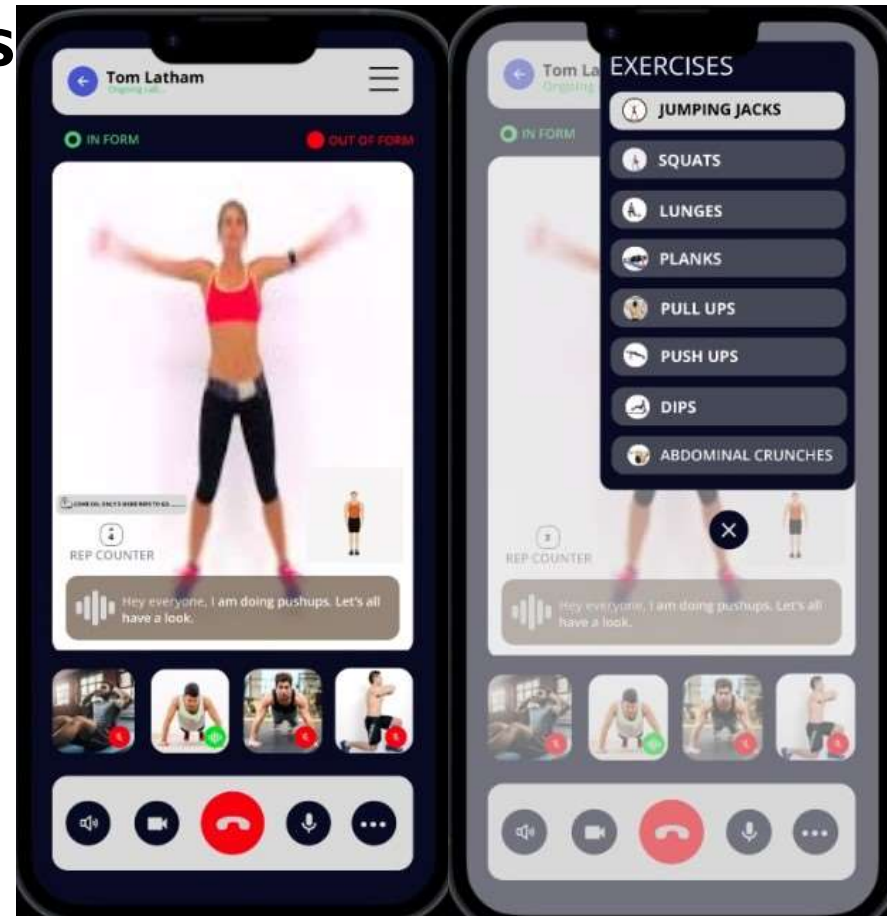
- **User Profile**
  - Connect friends
  - Share your interest
  - Track your progress
  - Post your transformations



# IMPLEMENTATION

## WORKOUT WITH FRIENDS

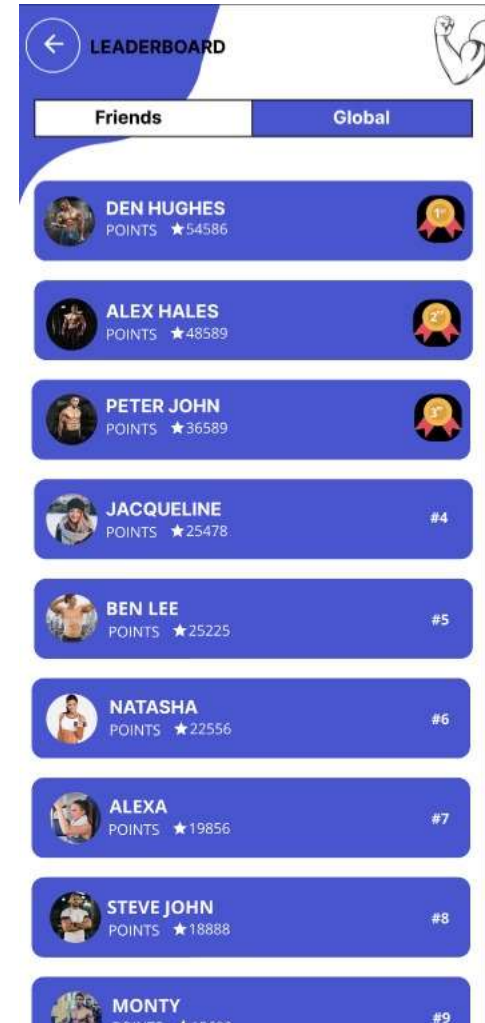
- Choose your workout
- AI software check forms
- AI software counts reps



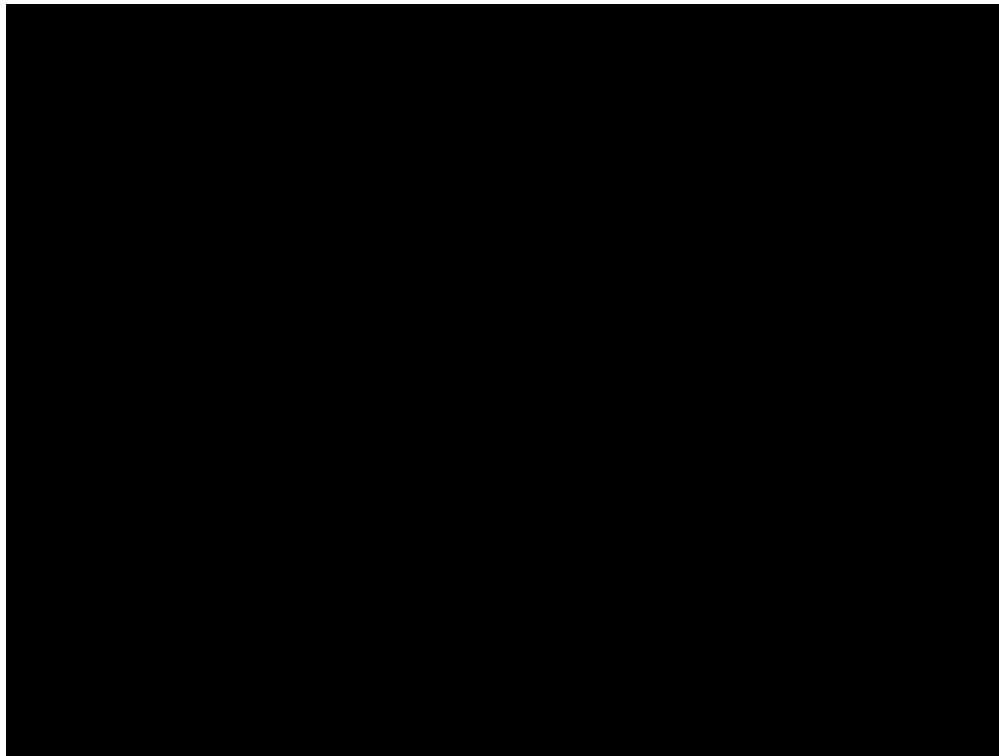
# IMPLEMENTATION

- LEADERBOARD

- Compete and track your daily/weekly progress with your community
- Vouchers/cash prizes



# FEASIBILITY



# WAY FORWARD

- Implementing ML to provide personalized workout suggestions
- FITHUB for Institutions
  - Schools
  - Companies
  - Fitness clubs

# CONCLUSION

- **Mobile app provides pre-set workout , live workout and self created workout regimes while using AI to track reps.**
- **AI software recommends correct postures and form of a particular exercise.**



THANK YOU