🏋️ Fitness for Everyone

BREAKING STEREOTYPES: STRENGTH TRAINING ISN'T JUST FOR MEN!
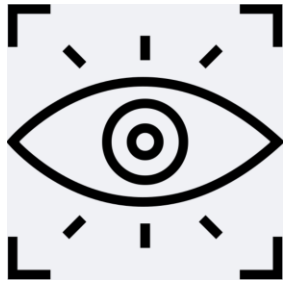
Sama, Kavya

🚨 The Problem

- ❌ Poor squat form leads to injuries
- ❌ Bad rep counting messes with progress
- ❌ Gym intimidation is real, especially for women & underrepresented genders
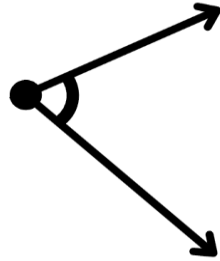
💡 **Our Solution:**

SQUATSENSE

An CV-powered squat coach designed to empower, correct form, and make fitness accessible.

🔍 How It Works

✅ Uses computer vision & joint tracking

✅ Analyzes squat angles in real-time

✅ Detects form errors & provides instant feedback

✅ Counts reps and tracks progress

📌 Why This Matters

- ◆ Shatters fitness stereotypes

- ◆ Makes strength training safe & effective

- ◆ Accessible for beginners & pros alike

🔥 Join the Movement!

- No more second-guessing. No more gym anxiety.

- Just you, your strength, and AI guiding the way.

- Fitness is for everyone!