Short Video from Kuaishou











State 1: Content Extraction

The video content shows a young woman wearing a white Nike sports tank top, black yoga pants, and white sneakers performing a difficult dance move outdoors that involves high leg lifts and running slopes. The background of her movement is outdoors with blue sky and trees, and the season appears to be in summer.

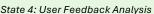


State 2: Video Content Analysis

The title of the video describes exercise and fitness. emphasizing running and fat-burning techniques with no obvious bottom-line issues. The OCR and ASR content demonstrates how you should get yourself warmed up quickly and run slopes outdoors in the summer months, with detailed instruction on the essentials of the movements and precautions to be taken

State 3: Interim Check

The content of the video is primarily about exercise and fitness, showing healthy athletic postures, and is not overly revealing or sexy, nor does it lead to unhealthy aesthetics.



The comments on the video mainly express the viewer's learning and appreciation for the blogger, and share their own experience and results of doing the exercise, encouraging each other to do better summer workouts together.

State 5: Final Summary

In summary, the video clearly does not have bottom line issues. It is labeled "Positive".



