**Project Description**

The project aims to have a portable system that can assess weight training exercises for their form. The system should be able to detect good form, bad form, incomplete repetition, repetition start/end and inactivity.

This semester I will aim for the system to be able to assess bicep curls. Bicep curl is the simplest exercise I can think of.

**Plan**

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| **Deadline** | **Feat** |
| Jan 21st | Data collection method over Bluetooth |
| Jan 28th | Learn about state-of-the-art, Refine data collection pipeline |
| Feb 4th | Collect data and visualize it in real-time. Find ways to label the data. |
| Feb 11th | Work more on labeling the data. |
| Feb 18th | Start Experimenting and training models. |

This is my weekly plan till the middle of February. This is a rough plan and has a high chance of being expedited. At the start of March, I hope to have a working system that may not be very accurate. The month of March will be spent making the system better and more accurate. Improvements will be continued in April and work on the poster and research paper will be done in that semester.