



AI Workout Motion & Injury Risk Analysis

Upload your workout video.

The system will analyze **rep quality**, **depth**, and **potential injury risk moments**.

Upload workout video



Drag and drop file here

Limit 200MB per file • MP4, MOV, AVI, MPEG4

Browse files

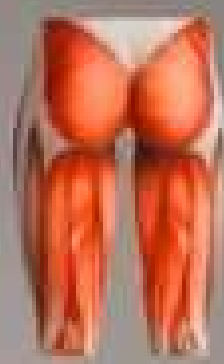


input_video.mp4 0.9MB





80%



20%





Workout Summary

Total Reps

4

Good Reps

3

Needs Improvement

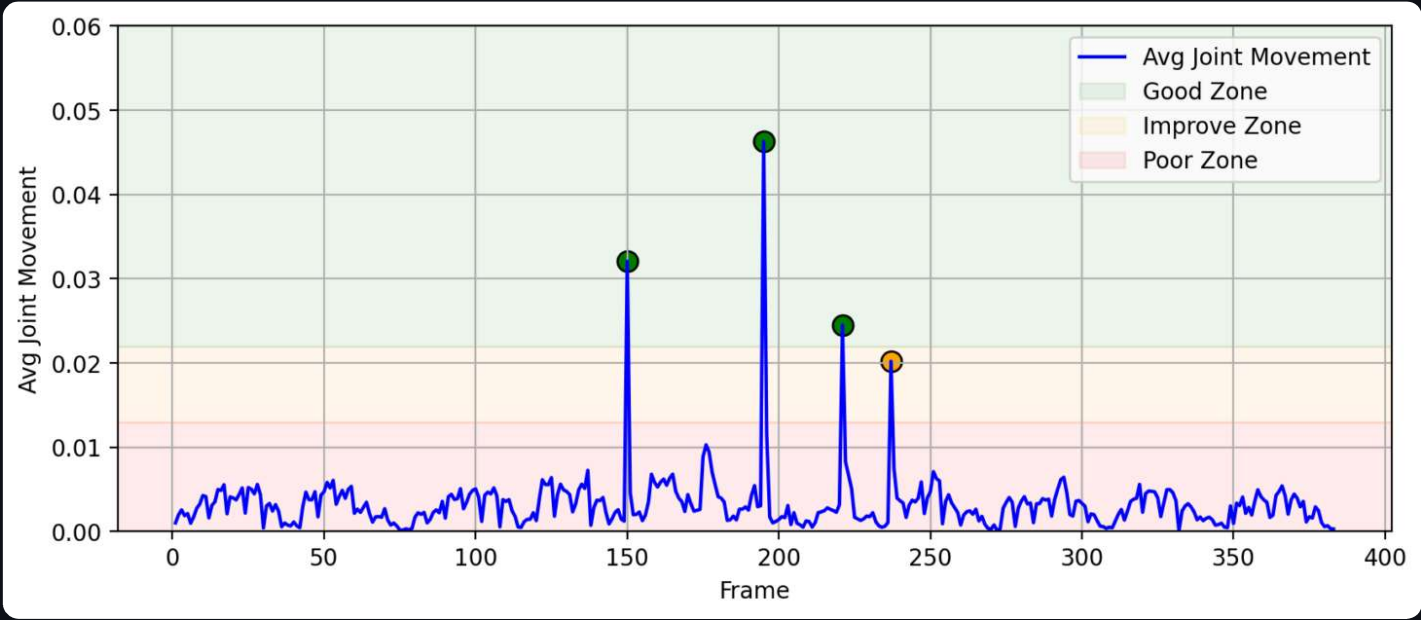
1

Risky Moments

2



Motion Analysis Graph



Potential Injury Risk Moments

Rep 2 | Time: 6.5s | Sudden uncontrolled movement spike

Rep 4 | Time: 7.9s | Quality drop after good rep (fatigue)



Rep-wise Breakdown

	rep	status	depth	time	injury_risk
0	1	GOOD	62	5	<input type="checkbox"/>
1	2	GOOD	90	6.5	<input checked="" type="checkbox"/>
2	3	GOOD	47	7.37	<input type="checkbox"/>
3	4	BAD	39	7.9	<input checked="" type="checkbox"/>

Your workout shows some risky movement patterns. Review highlighted timestamps to reduce injury risk.



Download Workout Report