**TUIO:**

1. Go to form camera screen by rotating the TUIO
2. Go Back by rotating the TUIO
3. Go to form View swimming

**Mediapipe:**

1. Go to form View training by swiping right
2. Go to camera screen by swiping left

**Yolo:**

1. If the swimmer is swimming good make peace sign
2. If the swimmer is not swimming good raise 4 fingers

**AR:**

1. If you want to see the goggles 3d object face the camera to the goggle picture
2. If you want to see the fins 3d object face the camera to the fins picture
3. If you want to see the cap 3d object face the camera to the cap picture