

Gym Pack

This package contains 27 motion-captured exercise animations, both with and without props, which can be utilized in workout environments. The props that are included should serve as a reference when creating your own as they're not game-ready/optimized/textured.

About the Package

- Animations included:
 - 4x Dumbbell row
 - 3x Triceps curl
 - 3x Biceps curl
 - 1x Bench press
 - 1x Squat
 - 1x Shoulder press
 - 1x Deadlift
 - 1x Barbell curl
 - 1x Push-up
 - 1x Dumbbell lunges
 - 8x Various jumps
 - 2x Seated biceps curl
- The animations are 3 to 30 seconds long with an average of 10 seconds.
- All the animations are looping.
- The animations are using the default UE5 Mannequin (Manny)
- A and T-pose are included in the animations/poses folder.
- Hands/feet IK/weapon bones are animated and follows the hands/feet.
- The majority of the animations are in-place but there is one with root motion/in-place (lunges)
- Props included:
 - Barbell
 - Plate weight
 - Bench (height 45 cm)
 - Dumbbell
 - Cable bar
- Props/characters/blueprints are located in the demo folder.
- Source .fbx files are located in the source folder and accessed using a file browser.
- There is a level in the levels folder called 'Animation_Showcase' that shows all the animations and how they work with the props using the BP_Character blueprint.

Naming Convention/Abbreviations

MM: Male Model/Mannequin

LH: Left Hand

RH: Right Hand

BH: Both Hands

Fwd: Forward

IP: In-Place

RM: Root Motion

Animation List

<u>Animation</u>	<u>Description</u>	<u>Prop/s</u>	<u>Technical Info</u>
MM_Stand_Gym_BarbellDeadlift01_IP	Deadlifting off the ground with a barbell	GymBarbell01 GymPlate01	Barbell attached to weapon_r
MM_Stand_Gym_BarbellCurl01_IP	Biceps curls using a barbell bar and plates	GymBarbell01 GymPlate01	Barbell attached to weapon_r
MM_Stand_Gym_BarbellShoulderPress01_IP	Shoulder press using a barbell bar above the head	GymBarbell01 GymPlate01	Barbell attached to weapon_r
MM_Stand_Gym_BarbellSquat01_IP	Squatting with a barbell bar	GymBarbell01 GymPlate01	Barbell attached to weapon_r
MM_Stand_Gym_BicepsCurlSingleBH01_IP	Individual biceps curls using left and right hand	GymDumbbell01 (x2)	Dumbbells attached to weapon_r/weapon_l
MM_Stand_Gym_TricepsExtensionRH01_IP	Tricep extension behind the back using right hand	GymDumbbell01	Dumbbell attached to weapon_r
MM_Stand_Gym_TricepsExtensionLH01_IP	Tricep extension behind the back using left hand	GymDumbbell01	Dumbbell attached to weapon_l
MM_Stand_Gym_BicepCurlSingleRH01_IP	Biceps curls using right hand	GymDumbbell01	Dumbbell attached to weapon_r
MM_Stand_Gym_BicepCurlSingleLH01_IP	Biceps curls in using left hand	GymDumbbell01	Dumbbell attached to weapon_l
MM_Stand_Gym_DumbbellRowLH01_IP	Dumbbell row leaning on a bench using left hand	GymDumbbell01 GymBench01	Dumbbell attached to weapon_l
MM_Stand_Gym_DumbbellRowLH02_IP	Dumbbell row leaning on a bench using left hand	GymDumbbell01 GymBench01	Dumbbell attached to weapon_l
MM_Stand_Gym_DumbbellRowRH01_IP	Dumbbell row leaning on a bench using right hand	GymDumbbell01 GymBench01	Dumbbell attached to weapon_r
MM_Stand_Gym_DumbbellRowRH02_IP	Dumbbell row leaning on a bench using right hand	GymDumbbell01 GymBench01	Dumbbell attached to weapon_r
MM_Stand_Gym_DumbbellLungesFwdBH01_IP	Lunges forward/backward using two dumbbells	GymDumbbell01 (x2)	Dumbbells attached to weapon_r/weapon_l
MM_Stand_Gym_DumbbellLungesFwdBH01_RM	Lunges forward/backward using two dumbbells	GymDumbbell01 (x2)	Dumbbells attached to weapon_r/weapon_l
MM_Stand_Gym_JumpingJacks01_IP	Jumping jacks, variation 01	-	-

MM_Stand_Gym_JumpingJacks02_IP	Jumping jacks, variation 02	-	-
MM_Stand_Gym_JogOnSpot01_IP	Jogging on the spot	-	-
MM_Stand_Gym_JumpShiftStance01_IP	Jumping and shifting weight (think boxer)	-	-
MM_Stand_Gym_JumpShiftStance02_IP	Jumping and shifting weight (think boxer)	-	-
MM_Stand_Gym_JumpShiftStance03_IP	Jumping and shifting weight (think boxer)	-	-
MM_Stand_Gym_JumpRope01_IP	Jumping on the spot using a rope (not included)	-	-
MM_Stand_Gym_JumpKneesUp01_IP	Jumping up and down with the legs going high up	-	-
MM_Stand_Gym_TricepsPushDownBH01_IP	Triceps push down using a cable bar	GymCableBar01	Bar attached to weapon_r
MM_Lie_Gym_PushUps01_IP	Push ups on the ground	-	-
MM_Lie_Gym_BarbellBenchPress01_IP	Bench pressing lying down on a bench	GymBarbell01 GymPlate01 GymBench01	Barbell attached to weapon_r
MM_Sit_Gym_BicepsCurlLH01_IP	Sitting on a bench curling with left hand	GymDumbbell01 GymBench01	Dumbell attached to weapon_l Sit height 45 cm
MM_Sit_Gym_BicepsCurlRH01_IP	Sitting on a bench curling with right hand	GymDumbbell01 GymBench01	Dumbell attached to weapon_r Sit height 45 cm

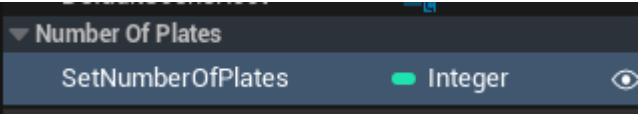
Blueprints

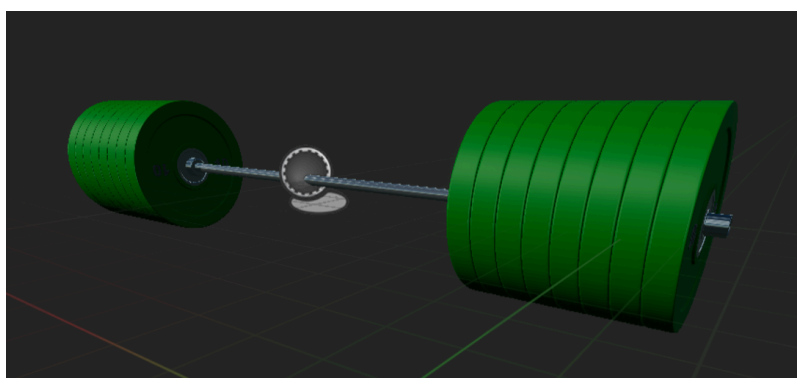
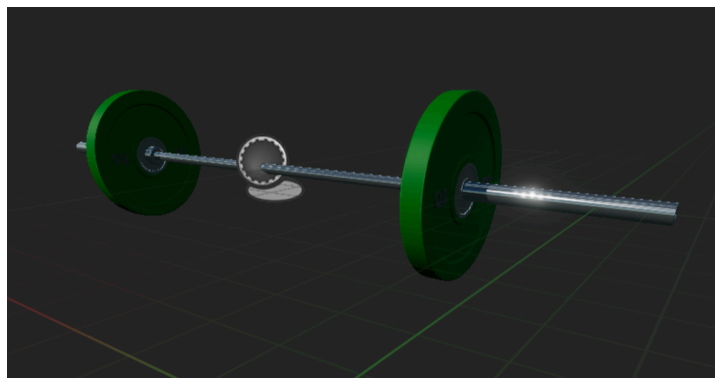
These blueprints should be used as a reference when creating your own blueprints.

BP_Barbell01

This blueprint combines the barbell and the plate weight meshes so you can set a custom amount of plates from zero - Infinite. The logic is found in the construction script if you want to change something such as adding weights with different colors etc.

The value you need to change to add/remove plates inside of the BP_Barbell01 blueprint:




















BP_Character

Character template that combines the character animations with the props. If you want to change the logic it can be done in the construction script of the blueprint. This blueprint is placed in the **'Animation_Showcase'** level so you can see how it works with the animations and props. You can choose which character to use (default is Manny) and add any props using the settings below.

Prop Left Hand / Prop Right Hand supports static meshes.

Prop BP supports a blueprint such as the **BP_Barbell01** and is attached to **Socket Prop BP** where you can type the bone you want it attached to (weapon_r / weapon_l).

▼ Props	
Prop Left Hand	<div> SM_GymDumbbell01  </div>
Prop Right Hand	<div><div>None</div> None  </div>
Prop BP	<div>None    </div>
Socket Prop BP	<div>None</div>
▼ Character	
Set Character Type	<div> SKM_Manny  </div>
▼ Set Character Animation	
Anim to Play	<div> MM_Stand_Gym_TricepsExtensionLH01  </div>
Looping	<div><input checked="" type="checkbox"/></div>
Playing	<div><input checked="" type="checkbox"/></div>
Initial Position	<div>0,0</div>
PlayRate	<div>1,0</div>