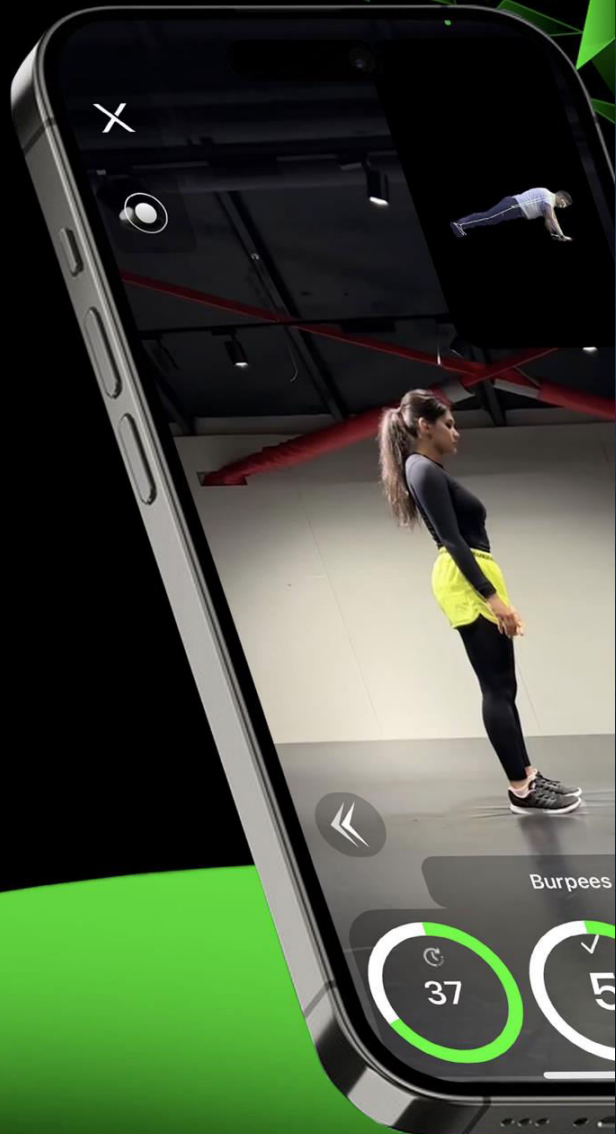


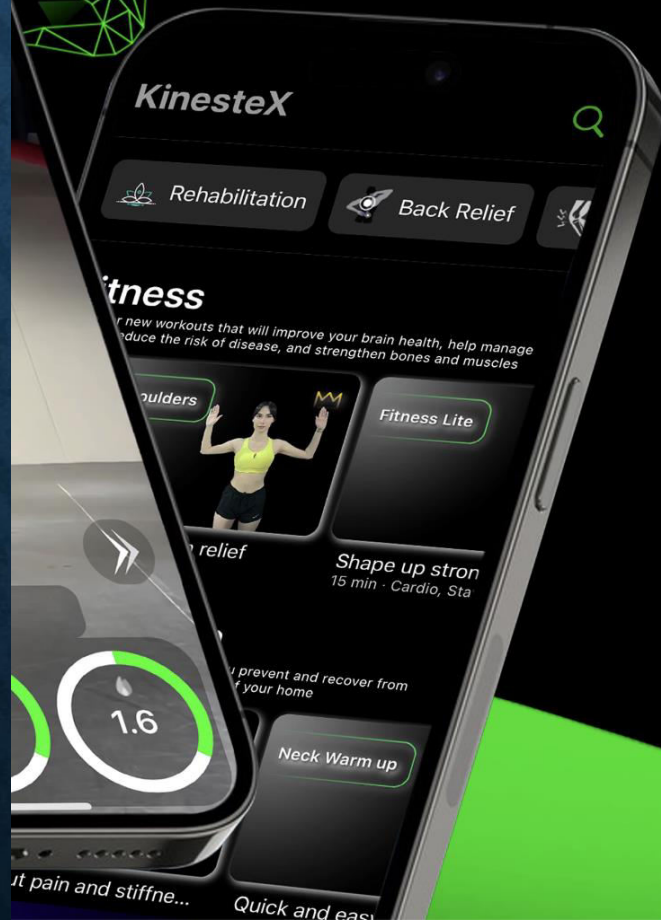
KinesteX

I contributed to the development of an iOS app using SwiftUI, Firebase Realtime Database, and integrated a Fitness AI as part of a collaborative team of iOS developers. This app allows users to track and analyze their fitness progress, set goals, and receive personalized workout recommendations based on their individual fitness levels and goals. The Firebase Realtime Database ensures seamless data synchronization and real-time updates for a dynamic user experience. The integration of the Fitness AI enhances user engagement by providing tailored fitness routines, making it an ideal companion for individuals seeking to achieve their fitness objectives.

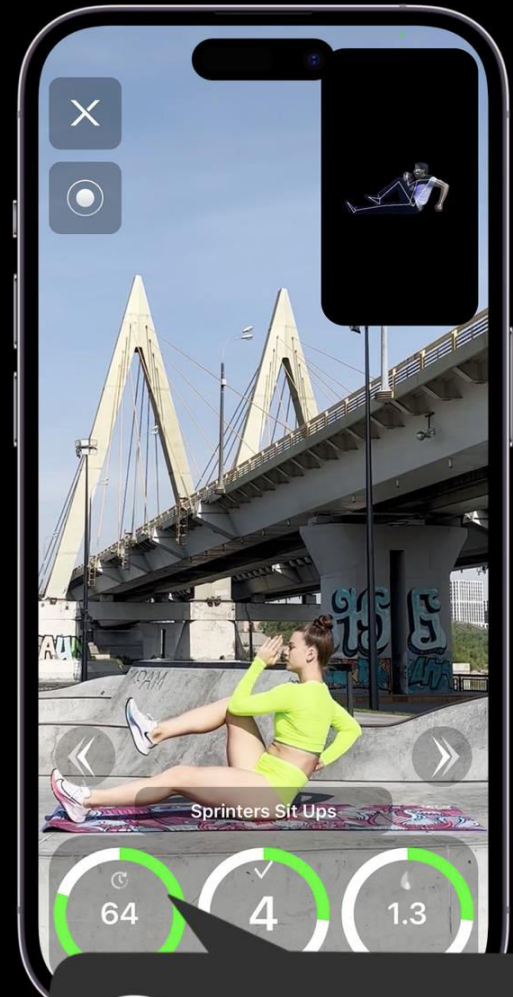
KinesteX



AI coach in your pocket

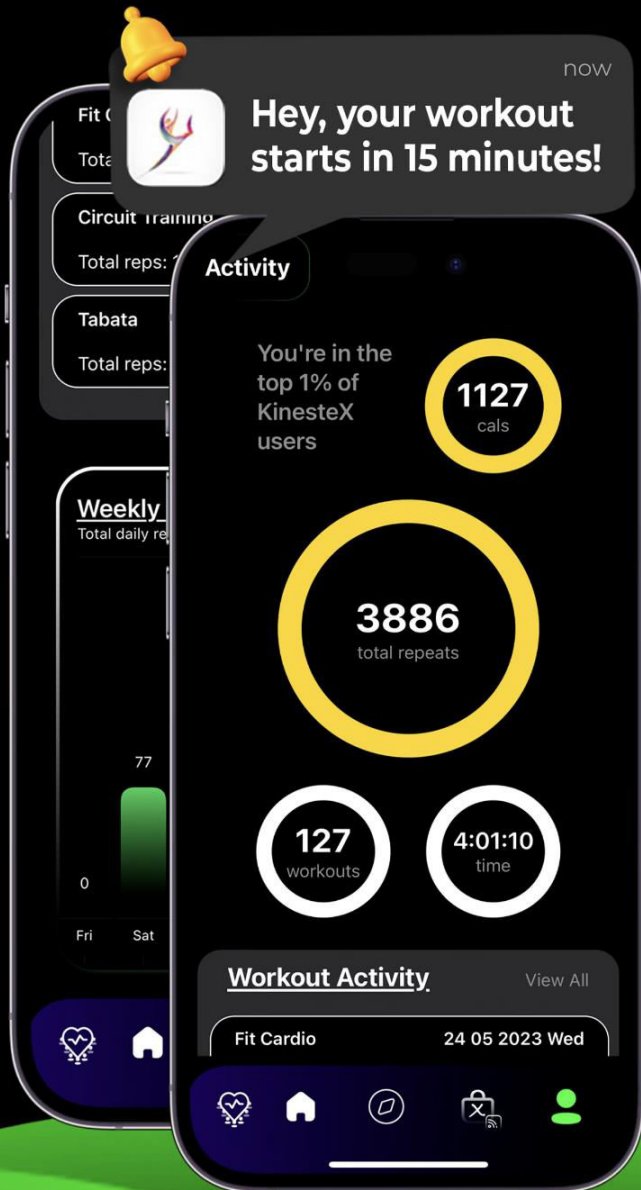


AI Real-time feedback

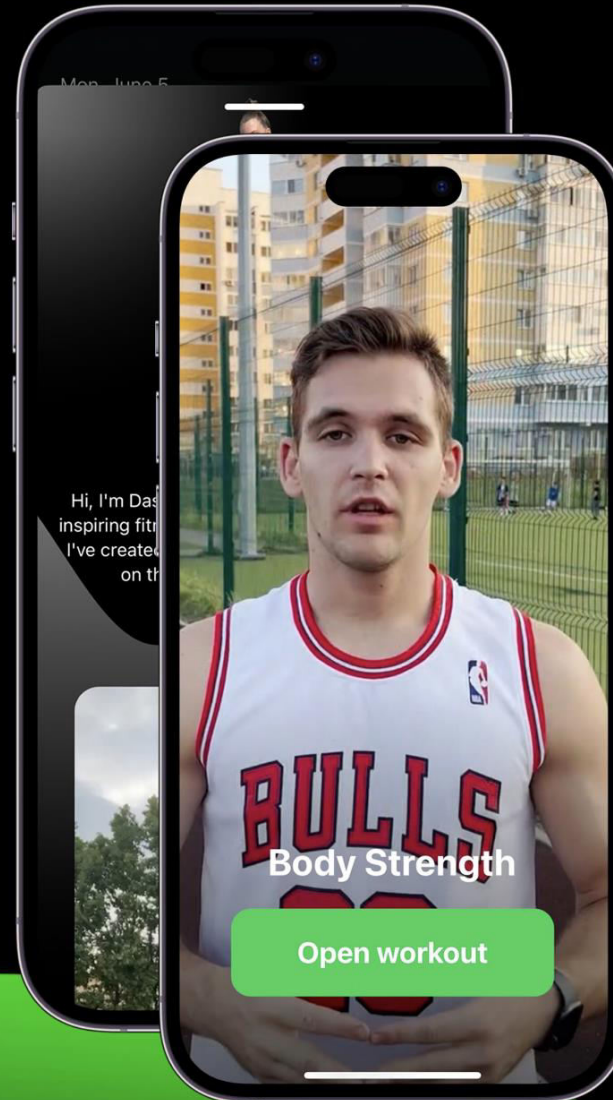


Well done! -
15 more left

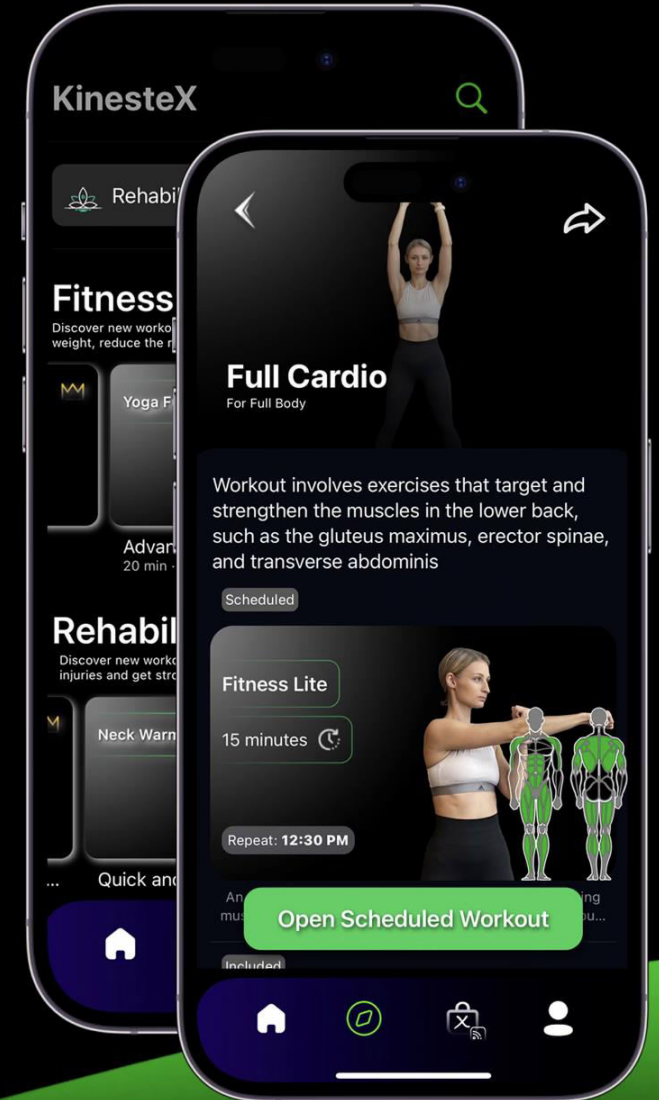
Track your progress
and get notified



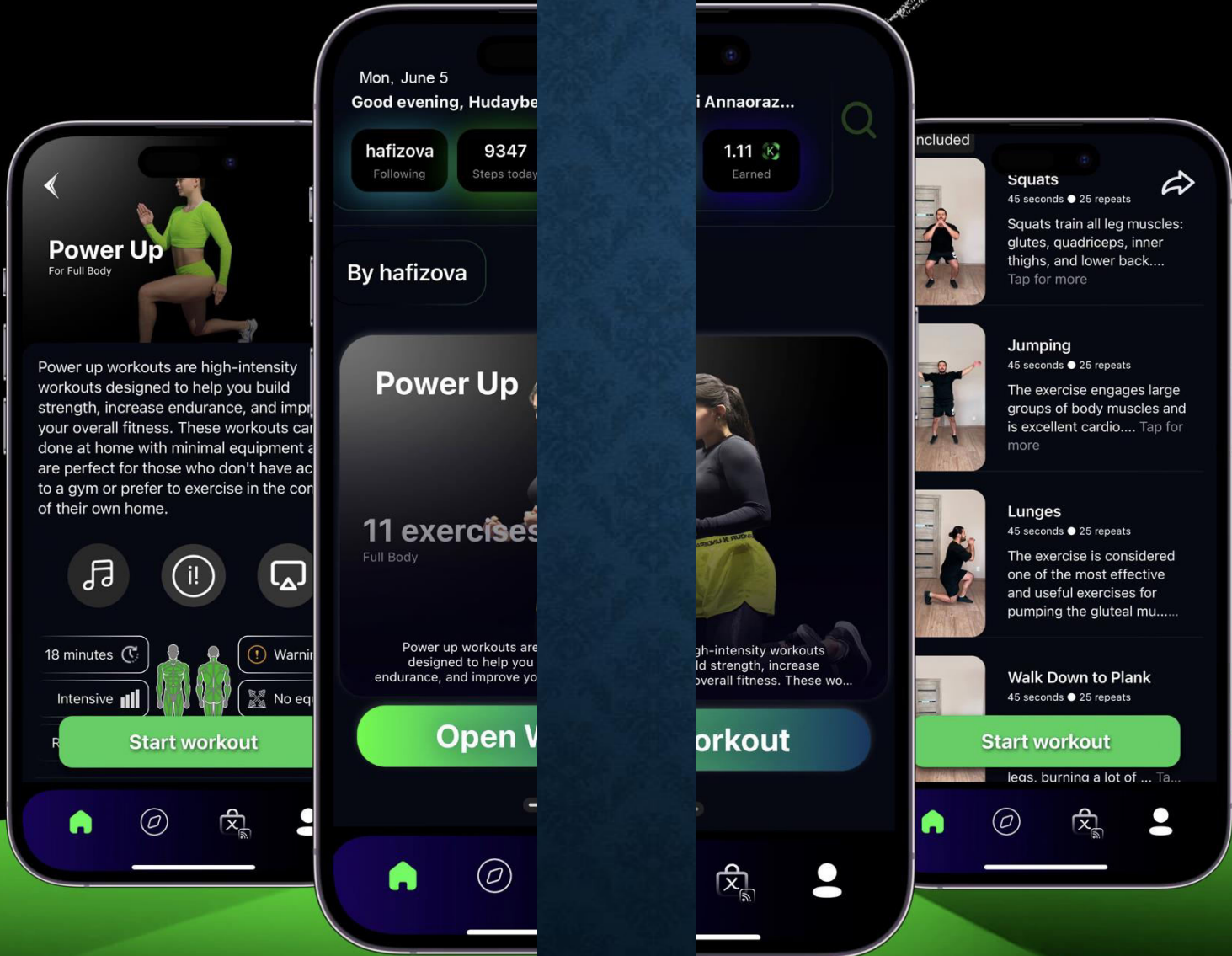
Workout with AI
version of your
favorite influencer



Choose from Yoga,
Fitness, Cardio,
Weight Loss

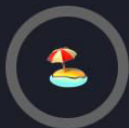


Get personal training with AI from your influencer





Your coach
dashmilash ✓



No scheduled
workouts



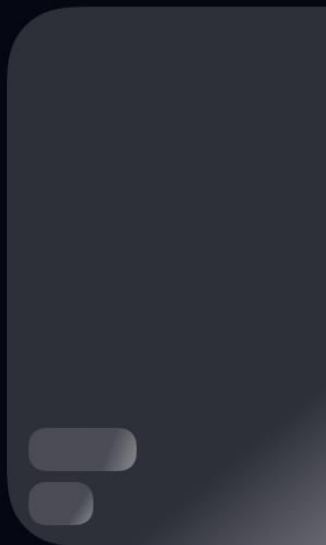
Your progress

Completed
workouts

Nothing upcoming



Our workout plans



Your coach
dashmilash ✓

Trial expires in

00
DD

00
HR

00
MIN

00
SEC



No scheduled
workouts

Subscribe



Plans by Dasha Semenova

Cardio

These plans range from intensive to super intensive throughout the whole 6 weeks period.

Body Fit



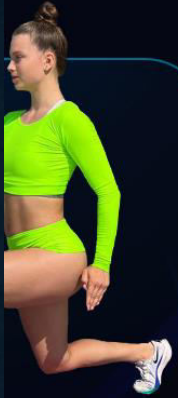
6 weeks

Strength

Cardio



Workouts by Dasha Semenova

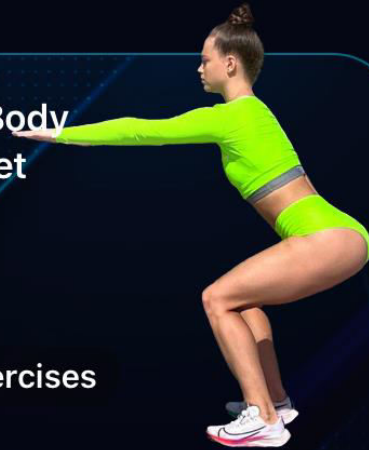


OUT

Total Body Reset

13 exercises

VIEW WORKOUT



Our workout plans

Rehabilitation

Complex Leg
Mobilization



Full Rec
of Menis



Workouts by Dasha Semenova

Fitness Lite

6 exercises

VIEW WORKOUT



Fast Fit

8 exercis

VIEW

Our workout plans

Rehabilitation

Complex Leg
Mobilization

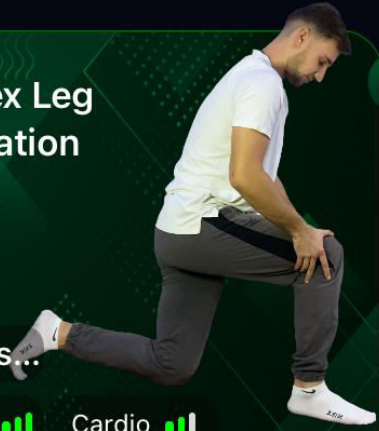


Full Rec
of Menis



Rehabilitation

Complex Leg
Mobilization



9 exercises...

Strength Cardio

VIEW PLAN

Full Recovery
of Meniscus

5 weeks

Strength

Cardio

Full Cardio



Prana Cardio



KinesteX



Rehabilitation



Back Relief



Fitness

Discover new workouts that will improve your brain health, help manage weight, reduce the risk of disease, and strengthen bones and muscles

Arms & Shoulders



Quick shoulder pain relief
9 min · Stay Fit

Fitness Lite

Shape up strong
15 min · Cardio, Stay Fit

Rehabilitation

Discover new workouts that will help you prevent and recover from injuries and get stronger at the comfort of your home

Building Strength of Knees



Neck Warm up



KinesteX Chat

Hi

Hello! How can I assist you today?

Tell me about KinesteX please

KinesteX is an AI fitness and physiotherapy application that utilizes full-body motion tracking to assist users in their recovery and exercise routines. The app employs advanced pose tracking AI models to analyze and provide real-time feedback on the user's movements and form.

To get started with KinesteX, users

Enter a message



KinesteX Store



Custom design
Two colors
All sizes





X Shorts



59.5 KC

X Hoodie



64 KC

X Blanket



89.5 KC

X Thermos



60 KC



1.100



Health
Instructors

A

Aziz



Manage
Subscription

Achievements



Success...



Fitness Li...



Workaholic



Buddy



Calorie-Fr...

Activity

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top 100% of





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dashmilash 



1	9	45
Plans	Workouts	Followers

Dasha Semenova

Hi, I'm Dasha Semenova, a passionate blogger inspiring fitness goals. Sharing my active journey, I've created adaptable exercises for all. Join me on this inspiring fitness adventure!

Plans by Dasha Semenova

Cardio

These plans range from intensive to super intensive throughout the whole 6 weeks period.

Body Fit

6 weeks

