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# **3D Human Pose Estimation**

**KTH Thesis Report  
Literature Study Draft**

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# Acronyms

**AR/VR** Augmented Reality/Virtual Reality

**HPE** Human Pose Estimation

**RGB** Red Green Blue

**VAE** Variational Auto-Enocder

**SOTA** State-of-The-Art

**POV** Point of View

**NRSfM** Non-Rigid Structure from Motion

**MoCap** Motion Capture

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# Chapter 1

## Introduction

With rapid advancements in deep learning facilitated by the developments in computational hardware, there has been a tremendous growth in computer vision research and its applications [4]. One of the major tasks of computer vision that is required for real-world applications is to perceive and understand dynamic objects and more importantly humans.

Human Pose Estimation, also referred to as HPE is a fundamental problem in computer vision that also forms a basics for human action and gesture recognition as well as human motion prediction. Human Pose Estimation (HPE) is defined as the localization of human keypoints like joints, head, eyes, nose etc mainly in images and videos in either a 2D or 3D coordinate space. The widely available and used data like images and videos are 2 dimensional data and lack spatial information which is crucial for most of the applications like autonomous driving, Augmented Reality/Virtual Reality (AR/VR), social robots etc. Hence this thesis focus is on 3D Human Pose Estimation.

### 1.1 Background

There has been a lot of research done in 3D human pose estimation and more advancements have been made in the past few years leveraging the power of deep learning. The current state of the art implementation explores various ways to solve the task using Red Green Blue (RGB)/Depth images, 2D poses, 3D poses, multi-view and sequential images. The main approaches either directly estimate 3D pose or, estimate

parameters to construct a 3D pose. Some approaches achieve this either directly from RGB/D image or from 2D pose alone.

The former approaches are usually trained in a cascaded manner i.e by having an intermediate state that learns 2D pose in some way. Most of these methods have complex architectures that are hard to train or use multi-view images making it impractical to scale the training to the wild, where such data is very hard to obtain. Since 2D poses are naturally obtained by projecting 3D poses to a plane, the latter approach of lifting 2D-to-3D is an *ill-posed inverse* problem due to its inherent ambiguity.

Non-supervised (Weak/Semi/Self/Un-supervised) learning regimes have also gained traction in 3D HPE recently and many of the deep learning techniques that have already improved the results in other computer vision tasks (and even in supervised HPE), are yet to be explored.

## 1.2 Problem

How can we learn a strong visual representation of the data to tackle the 3D-pose estimation? Could data as its own supervisory goal (self-supervision) resolve the ambiguities of the pose estimation?

## 1.3 Goal

The main interest of the thesis is to investigate ways to estimate 3D pose directly from image efficiently in an end-to-end manner. And would also try to address the 2D-to-3D lifting issue by exploring probabilistic models. Since a deterministic approach for an inherently ill-posed problem is not ideal.

Improvements in the aspects of ease of training procedure i.e requiring less data or less labor intense labeling, inference speed, and most importantly accuracy is important and will directly impact its super tasks such as, action and gesture recognition, motion prediction and intention/behaviour prediction.

## 1.4 Benefits, Ethics and Sustainability

Human Pose Estimation plays a very important to enable autonomous vehicles and robots to safely interact with humans. It plays a key role in developing higher dimensional communication platforms with AR/VR. It is crucial for surveillance systems to ensure public safety. However such important technologies are only as good as the intentions of its users. Mass surveillance of citizens by their governments is a matter of debate.

## 1.5 Methodology

The problem of 3D HPE has 3 aspects to be addressed and explored.

**The neural network:** The architecture and the kind of neural network to be used. 3D poses can be predicted using regular linear neural network, or using various forms of autoencoder architectures. These models can use linear, convolutional or graph networks to learn the features. This thesis focus on exploring all the above mentioned kinds of networks to build Variational Auto-Encoder (VAE) to estimate 3D pose. As mentioned in the goals variational inference is a better choice over deterministic models to generate 3D poses due to the natural ambiguity in producing 3D data from 2D data.

**The learning task:** The model could either learn to directly predict the 3D coordinates of the key points, or learn structural parameters that could model a 3D pose. The thesis only explores the former task.

**The learning technique (or the cost):** . The model can be trained by directly comparing the predicted 3D pose and the ground truth thus requiring 3D annotations. Or by projecting the prediction back to 2D to compare with the input (requires only 2D annotations that could be acquire from State-of-The-Art (SOTA) in 2D HPE). Adversarial training and self-supervision techniques have also given promising results in the last couple of years. The thesis is prime focus is on the first aspect to investigate the merit in VAE and hence direct comparison of 3D pose and ground truth would be used and could be further extended to other techniques with moderate modifications.

## 1.6 Stakeholders

Daimler's 'Environment Perception for Autonomous Driving' R&D team in Stuttgart conducts cutting-edge research in the field of Computer vision and Deep Learning to improve the State-Of-The-Art and to make Autonomous Driving a reality. This thesis is part of the team's on-going research in the area of Human Pose Estimation which would help autonomous cars better perceive, understand and interact with humans. Daimler/Mercedes-Benz autonomous cars try to understand humans both, inside and outside the car and Human Pose Estimation is a critical element to accomplish the task.

The question is also of interest to the research area of Human State/Action Recognition in specific and also to areas of computer graphics to model humans in 3D space. Hence it is beneficial to various areas that try to understand and interact with humans. The scientific communities in the areas of Autonomous Driving, AR/VR, Motion Capture, Computer Graphics, and Human-Robot interaction could be interested in the contribution of this thesis.

## 1.7 Delimitations

This thesis focuses only on 3D pose estimation and not the intermediate 2D pose. Data collection is not part of the thesis study but uses only publicly available, widely used and benchmarked datasets.

## 1.8 Outline

The current version of the draft consists of two chapters alone. Chapter 2, the Theoretical Background further contains related works and would later include theoretical concepts that would be touched in the methodology.



# Chapter 2

## Theoretical Background

In this chapter the details of various related works and the state-of-the-art in 3D Human Pose Estimation are presented along with some works in the sibling task of hand pose estimation.

### 2.1 Related Work

#### 2.1.1 Pose from images and heatmaps

There are numerous works that try to estimate 3D human poses from 2D RGB images or 2D joint confidence heatmaps [1, 3, 12, 17]. Most of these methods follow a cascading approach, where an explicit intermediate representation of 2D pose or 2D heatmaps is used.

For example, [12] proposes a general framework with 3 networks. Human detection Network, RootNet, PoseNet. Where, the human detection network predicts the region the human is in an image. The RootNet localizes the human's root in the global 3D world. And, the PoseNet predicts the 3D pose of a single person with respect to the root. Where, the root is a fixed reference point of the human body say, pelvis.

The advantage of such top-down frameworks is to divide the task of RGB to 3D into smaller, well-studied sub-tasks. This makes scaling single-person pose estimation algorithms for multi-person pose estimation easy, as the majority of the data available mostly consists of a single person per frame. In addition to it, this approach provides the opportunity to improve certain modules without affecting or having to re-train the

other modules of the system.

### 2.1.2 Pose Lifting

In contrast to the estimating pose from an image, Pose Lifting works such as [1, 2, 10, 13, 16], focus on estimating 3D poses from 2D poses alone. Assuming 2D poses from the SOTA methods in 2D HPE. These methods include simple linear models as first described in [11] with a series of fully connected linear layers, and sometimes batch normalization, dropout and, residual connections to regress 3D pose effectively.

Non-Rigid Structure from Motion (NRSfM) is another promising lifting method that also leverages images along with 2D annotations. NRSfM deals with the problem of reconstructing 3D shape (pose/point cloud) and cameras of each projection from a sequence of images with corresponding 2D orthogonal projections (2D keypoints). This approach has been widely used in facial keypoint detection and [9] introduces deep learning variant for the same. Instead of predicting the 3D coordinates of each keypoint/joint of the 3D pose, [9, 13, 17, 18] predicts the 3D shape and camera pose from 2D pose using this method.

The Pose Lifting approach facilitates to leverage the already well established 2D HPE models that are trained on enormous and diverse labelled data. Thus demanding lesser training data for 3D pose estimation than it would need when learning from images. Since these networks do not have deep and heavy convolution layers they are less computationally inexpensive for both training and inference. Moreover, the 2D and 3D pose data usually can be entirely loaded on to GPU further accelerating the training procedure. Thus addressing the critical problem that hinders scalability of 3D HPE models and also helps to develop better modular systems by combining the best of Pose Lifting networks with the best of 2D HPE.

### 2.1.3 Non-Supervised Learning

The standard way to train 3D/2D HPE is by minimizing the distance between the predicted 3D/2D pose and its corresponding ground truth. The area of 2D HPE is well established and matured with reliable systems deployed in the real world. This was made possible with the high volume of images from diverse settings and the reasonable ease of manual labelling of 2D poses. On the other hand, labelling 3D pose manually is not practical. Though single-person datasets such as Human3.6M [8], Human Eva [7]

and, multi-person datasets such as CMU Panoptic [6] provide 3D pose ground truth. They are obtained using Motion Capture (MoCap) systems which are only limited to indoors or cannot be directly adapted to outdoor environments where the majority of the use cases exist. It is also worth mentioning JTA(Joint Track Auto) dataset [5] that is made using the GTA(Grand Theft Auto) game engine which is technically scalable with its own limitations. But datasets from simulations come with the difficulty of domain adaptation to be transferable to the real world.

To overcome this bottleneck, [10] proposes unsupervised training of a generative adversarial network by projecting the predicted 3D pose back to 2D and minimizing its distance with the input 2D pose. And further training a discriminator to distinguish the real 2D pose from the projected poses. Thus removing the need for any explicit 3D annotations besides 2D poses that are either manually labelled or obtained using 2D HPE models.

RepNet [16], trains an adversarial network without 2D-3D correspondences in a weakly supervised manner. Moreover, it also does not require camera parameters to project the 3D pose but learns to predict them. Thus enabling better generalization to more diverse data with unknown cameras and poses.

[2] proposes a combination of unsupervised and adversarial techniques that train a lifter network that outputs 3D pose which is then rotated in random angles and is projected to 2D in a different Point of View (POV). A discriminator is then used to evaluate if this new 2D pose is in the possible pose distribution which is learnt from 2D pose datasets alone. These approaches make 3D HPE more scalable as they do not require 3D annotations which are hard to acquire in outdoor settings, where 2D poses can be easily estimated using already mature 2D HPE methods. Additionally requiring only 2D poses that are only quite small in dimension enables easier training and inference on edge computing units.

### **2.1.4 Non Standard Models**

Another interesting approach that this thesis is mainly building upon is cross-modal training [14, 15]. These approaches train a set of variational autoencoders that are formed by combining encoders and decoders that learn data of different modalities using a shared latent space. For example, [14], trains an encoder, and decoder pair to learn RGB data, an encoder to learn 2D pose and a decoder to learn 3D pose. All these

try to learn means and variations on a shared latent space. This training technique allows an RGB encoder to learn 3D pose making use of the information learnt by 2D to 3D encoder. This method allows variational inference of 3D poses from RGB image without any intermediate step like the earlier cascading approaches. Making it more efficient and fast for both training and inference without compromising the modularity offered by cascading approaches.

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