

CSCI599 - FormBuddy



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Project Overview - FormBuddy

- **Goal:** Create an application that can evaluate and give advice on correcting a user's lifting form in real time



Project Plan - FormBuddy



- **Phase 1 (2-3 weeks):**
 - Identify and setup working environments
 - Collect training data for specific lifts (bench press, military press, etc.)
 - Label videos with correct/incorrect form
- **Phase 2 (1-3 weeks):**
 - Train and configure a neural network to determine correct form
 - OpenPose (python library)
- **Phase 3 (1-2 weeks):**
 - Debug
 - Expand to more compound lifts (time dependent)
- **Phase 4 (2-3 weeks):**
 - Deploy application (Aiming for a mobile deployment)



Questions/Suggestions?