



trAlner24 — Your Personal Trainer 24/7

Allow users to work out anytime and anywhere, with personalized counting and timing for exercises, and feedback for form correctness.

- To cope with the growing demand for fitness app

- To affiliate with health care, insurance and sport equipment companies for formulating a one-stop health and fitness solution

Data:
2659 images for Squat
5611 images for Plank

Technology



Python



Scikit-Learn



Tensorflow



Flask



OpenPose



CSS



HTML

Model Architecture

OpenPose
(pose estimation)

Counting detection model
(CNN model)

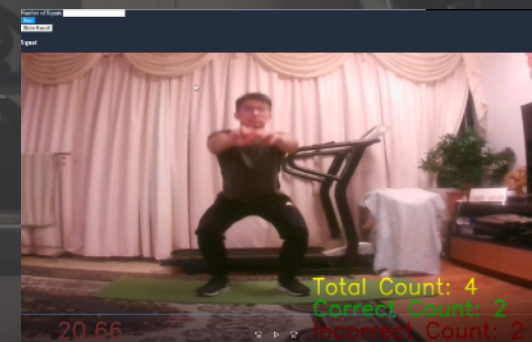
Action detection model
(MLP model)

Workouts
detection

Exercise Selection

Select Your Exercise: **SQUAT** **PLANK**

Real Time Counting and Evaluation



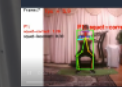
Result page

Result

Overall Score: 68.0

Correct: 3

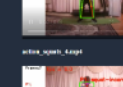
Incorrect: 2



Correct: 3



Incorrect: 2



Correct: 3

