

Gym# Workout Form Checkr



AI Enhanced Workout Form Training



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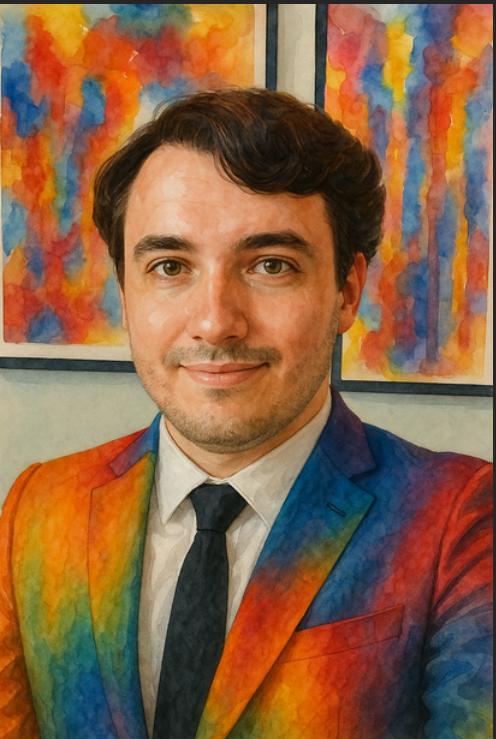
Search



Team



Michael



Austin



Aarya



Darrell





Libraries Used

Gradio

Quickly build a demo API

Torch

Tensor formatting

Python Imaging Library

Used for opening, editing, and
converting images in Python

LangChain/LangGraph

Form Recommendations

1: Image Process

Interface

Upload

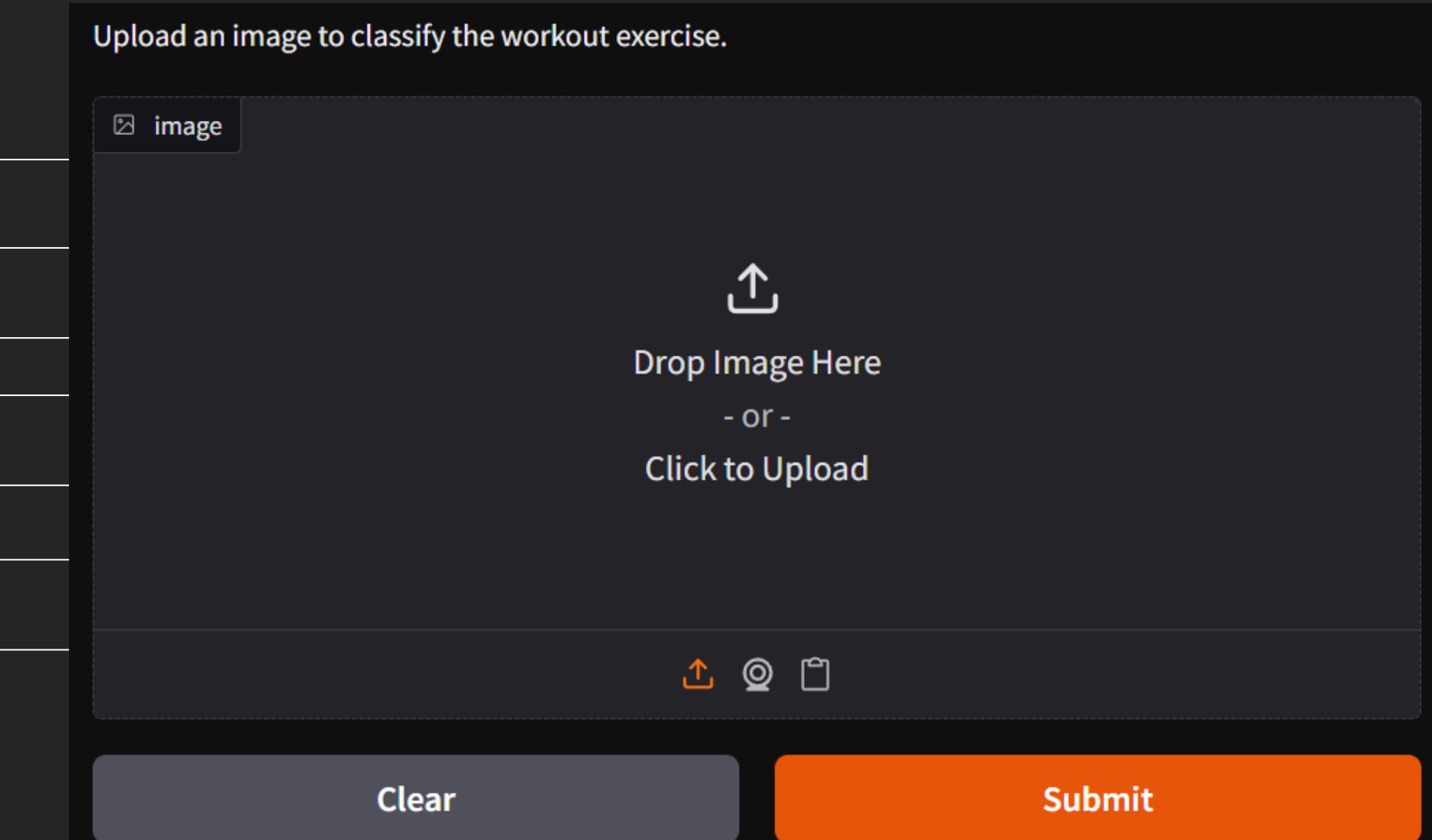
Uploads images from this PC

Record

Records a single frame by accessing the camera

Paste

Pasting an image that has been copied



2: Form Recommendations

Build and Tooling

LangChain

React Agent

LangGraph

Workflow

Results

Display Recommendation

Gym Workout Classification

Upload an image to classify the workout exercise.



Clear Submit

Prediction Scores

Exercise	Score
barbell biceps curl	0.95
hammer curl	0.05
lateral raises	0.02
tricep pushdown	0.01
push up	0.01
squat	0.01
lat pulldown	0.01
plank	0.01
deadlift	0.01
tricep dips	0.01
hip thrust	0.01
russian twist	0.01
bench press	0.01
... 10 more items	0.01

barbell biceps curl



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Challenges

image

Clear

Submit

Prediction Scores

russian twist

russian twist	16%
plank	13%
decline bench press	12%
barbell biceps curl	10%
pull up	9%
squat	7%
lateral raises	4%
tricep pushdown	4%
push up	3%
hammer curl	3%
shoulder press	3%
leg extension	2%
chest fly machine	2%
bench press	2%
hip thrust	2%
tricep dips	2%
t bar row	1%



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Challenges

Gym Workout Classification

Upload an image to classify the workout exercise.

image



Clear Submit

X Prediction Scores

russian twist

Exercise	Score (%)
russian twist	50%
leg extension	12%
tricep dips	9%
barbell biceps curl	8%
hip thrust	5%
decline bench press	5%
tricep pushdown	2%
hammer curl	2%
shoulder press	1%
lateral raises	1%
push up	1%



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Challenges

Gym Workout Classification

Upload an image to classify the workout exercise.

image X



Clear Submit

Prediction Scores

Exercise	Score (%)
squat	30%
barbell biceps curl	16%
tricep pushdown	12%
deadlift	10%
lateral raises	8%
pull up	4%
plank	3%
leg raises	3%
chest fly machine	3%
bench press	2%
tricep dips	1%
push up	1%
decline bench press	1%



Search

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Challenges

Gym Workout Classification

Upload an image to classify the workout exercise.

A shirtless man is performing a squat with a barbell in a gym setting. He is holding the barbell at shoulder height, and his legs are bent at the knees. The background shows gym equipment and windows.

Clear Submit

Prediction Scores

Exercise	Score (%)
squat	54%
chest fly machine	11%
shoulder press	6%
bench press	4%
deadlift	4%
incline bench press	3%
leg extension	3%
tricep pushdown	2%
hammer curl	2%



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Challenges

Gym Workout Classification

Upload an image to classify the workout exercise.

image

The image shows a man in a gym setting performing an incline bench press. He is leaning forward at an angle, pushing a barbell upwards. The barbell has two large black weight plates labeled 'MIRAFIT' and '20 KG'. The background includes gym equipment like kettlebells and a squat rack.

Prediction Scores

incline bench press

Exercise	Score (%)
incline bench press	52%
bench press	15%
squat	6%
lat pulldown	5%
deadlift	3%
decline bench press	3%
shoulder press	2%
chest fly machine	2%
romanian deadlift	2%



Thankyou

