RhythmFit

Health, Fitness & Sports

CYBER SAVANTS

Parth Tiwari

Problem:

Individuals seeking **dance and fitness** instruction face lack of **personalized feedback** while learning from online tutorial videos, limiting their ability to correct technique and form effectively.

- **Lack of Peer Support:** Without a supportive community, learners feel isolated, lacking motivation and commitment to their dance or fitness journey.
- **Limited Access to Quality Instructors:** Dance and fitness enthusiasts face difficulty finding qualified instructors nearby, hampering their progress and growth.
- **Financial Constraints:** High costs of lessons, memberships, and studios hinder aspiring dancers and fitness enthusiasts, limiting their learning opportunities.

Solution:

Approach: RhythmFit, AI-powered Dance and Fitness Trainer through a Progressive Web App.

Unique Selling Proposition:

- Personalized guidance, affordable access, and a thriving community supercharged by gamified experience.
- Platform to perfect moves, challenge others to a dance, yoga or workout duel, win rewards and connect with like-minded enthusiasts.
- Suits your mood with different forms of music to choose from

Frameworks/Technology used: Tenserflow, TF hub, Astro, HTML, CSS, JS, Python

Ease of Implementation: Functional prototype deployed at https://rhythm-fit.netlify.app/

No Third party API used

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Market Validation:

100 M

Total downloads

Home Workout - No Equipment

38 M

Total monlthly views

Top Youtube channels teaching dance, Yoga and Workout

30 M

Total downloads

- Nike Training Club: Fitness At-Home Workouts
- Daily Yoga
- Addidas Training: HIIT Workouts

10 M

Total downloads

Cult.fit

5 M

Total users

Yoga | Down dog

100K

Total users

Insane AI

Source: Play store, socialblade.com

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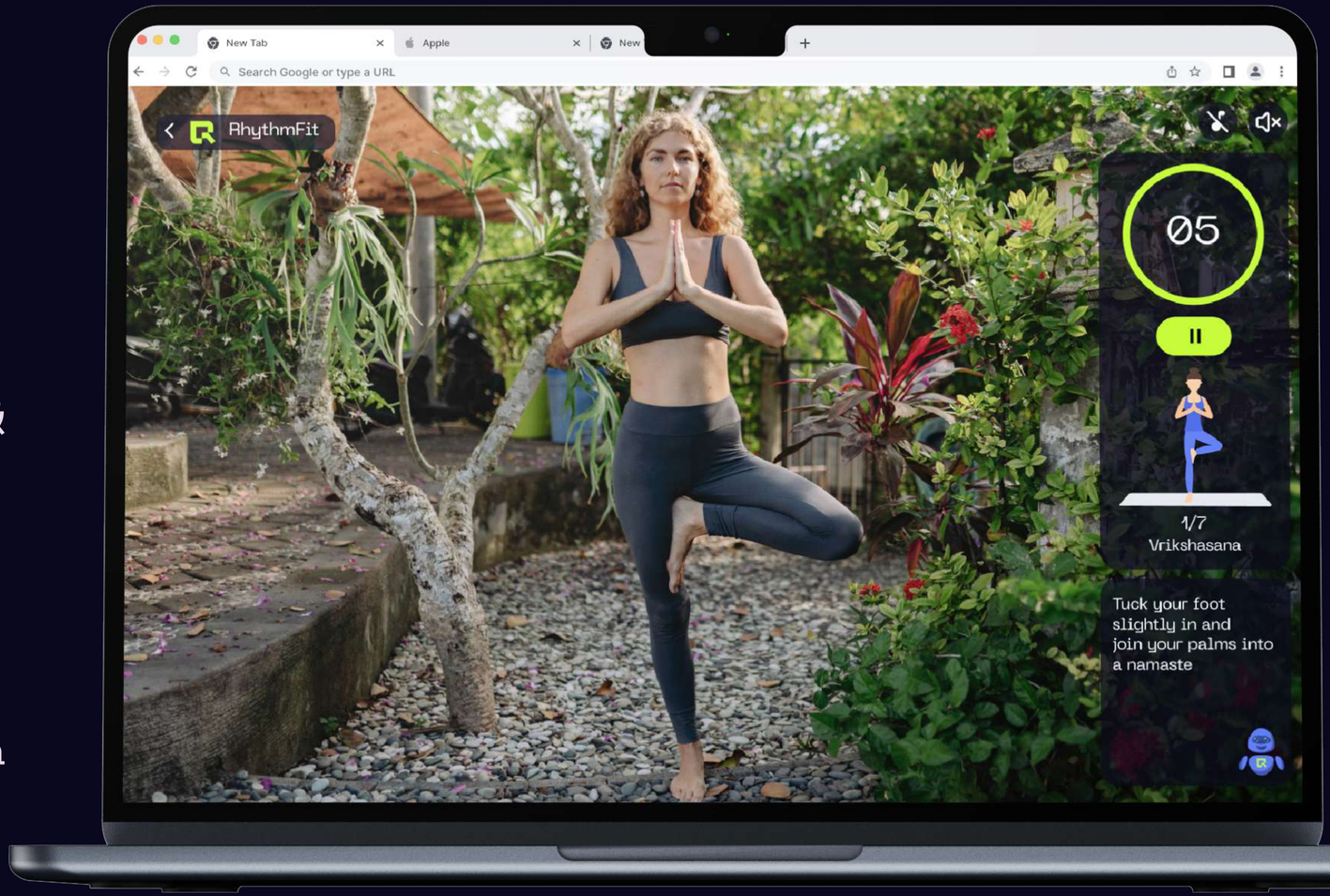
Product:

- Real time AI based feedback to the user.
- SOTA Computer Vision based pose detection for monitoring user's pose and movements.
- Different dance modes to suit user's mood & requirement
- Form based selection of background music to keep the stickiness all times
- Arena – Challenge friends or colleague on a particular dance form on timing or effective movements in sync.



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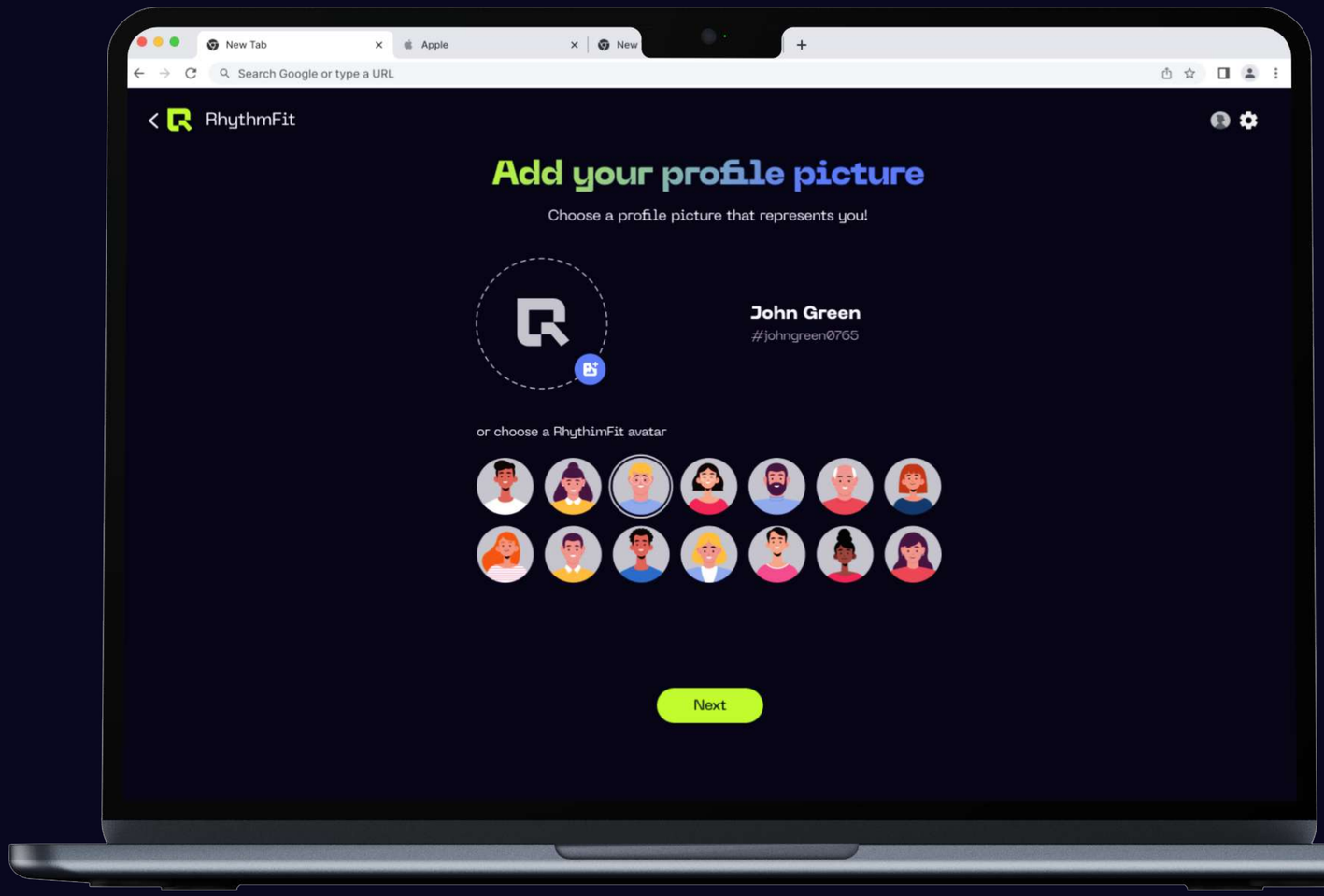
Figma Prototype:

Scan the QR code below to try out the **Figma** prototype!

https://shorturl.at/iPZ36



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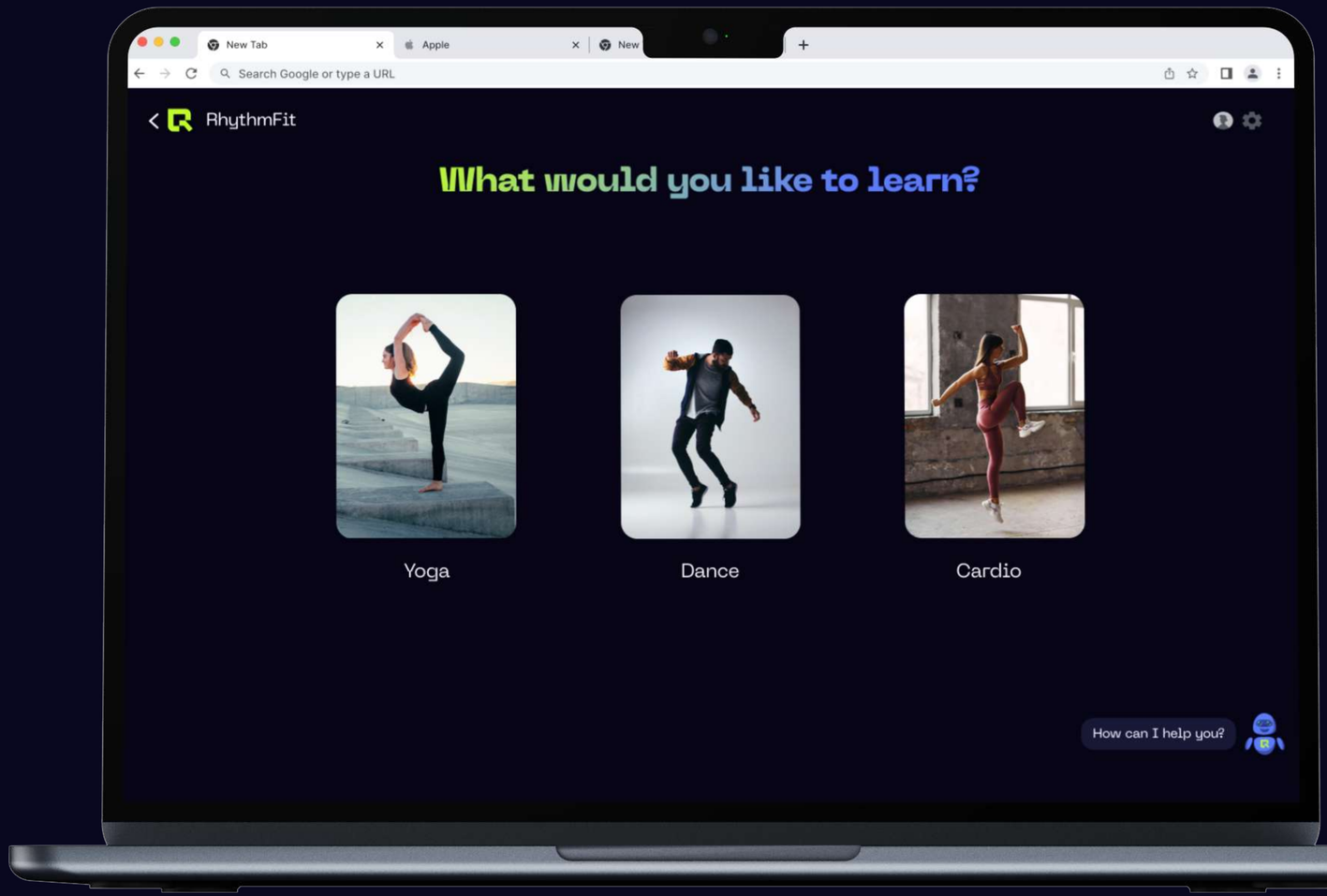

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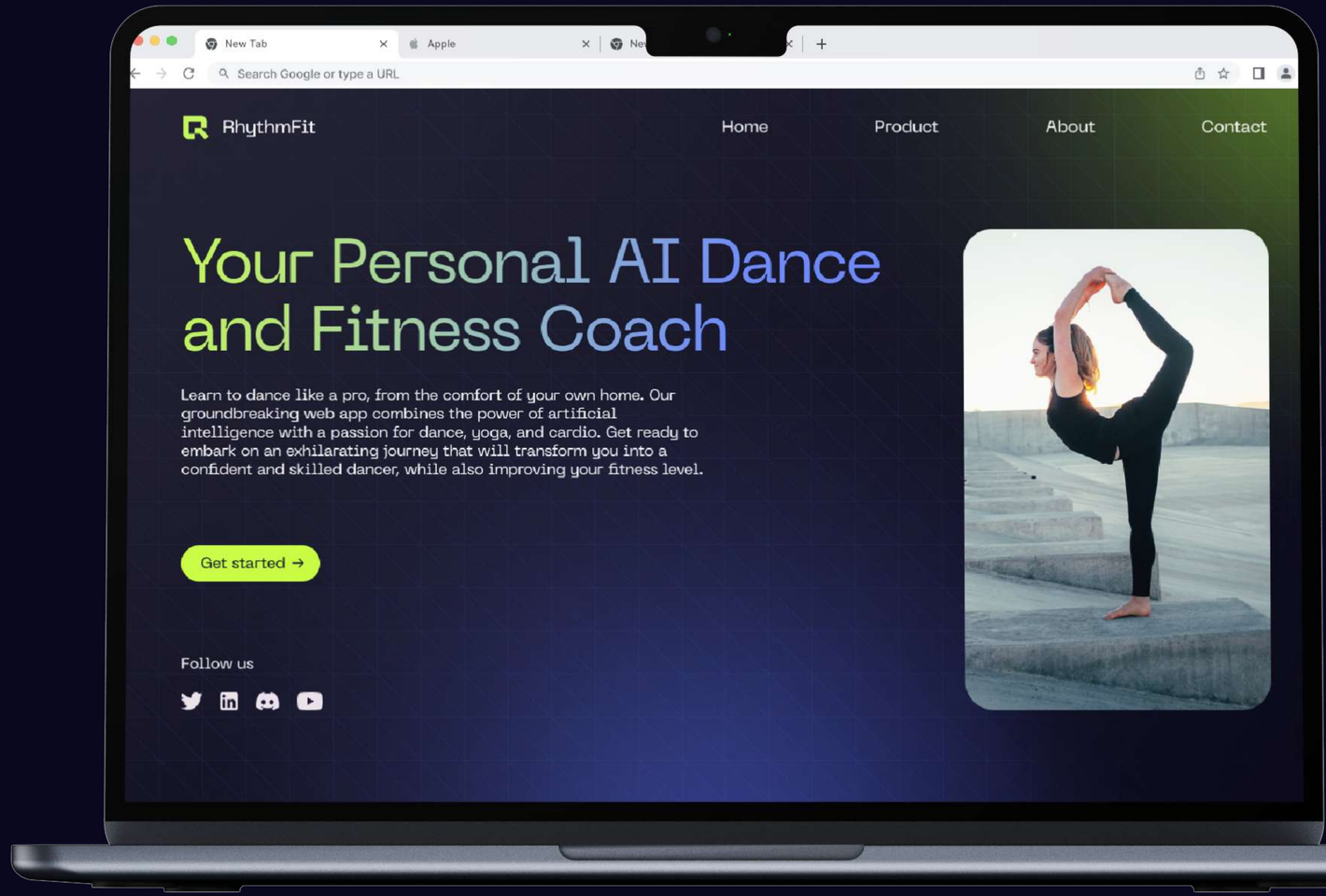
Live Demo:

Scan the QR code below to try out the **Live** website!

https://rhythm-fit.netlify.app/



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Solution Video:

Scan the QR code below to see the **YouTube** video.

https://youtu.be/ba_LuX8zRDw

RhythmFit

Team:

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