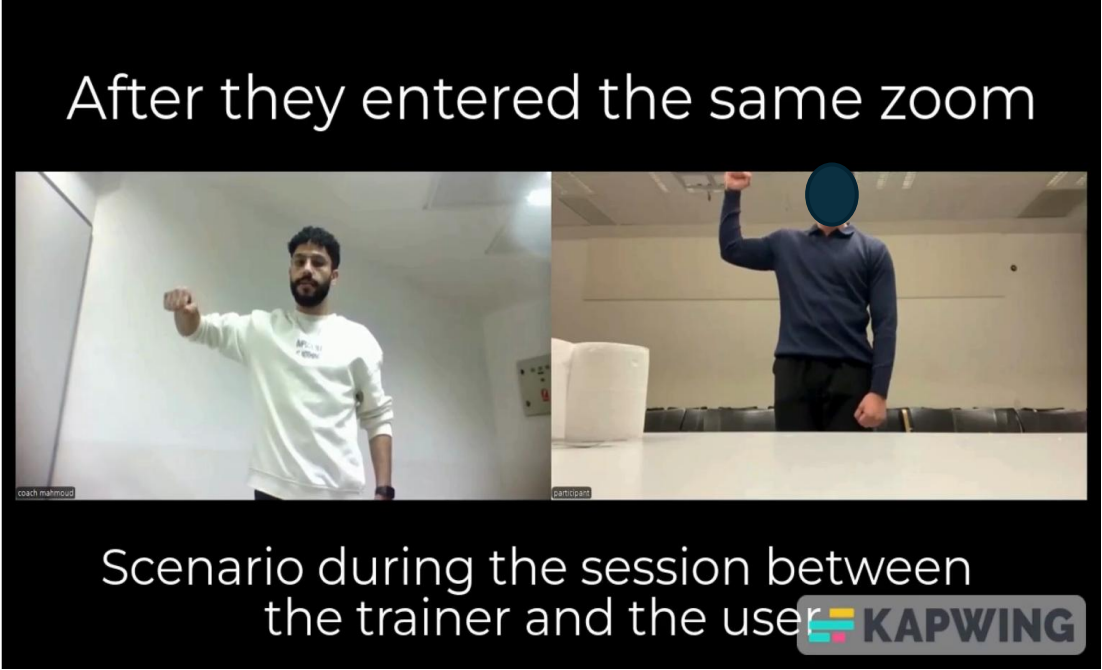
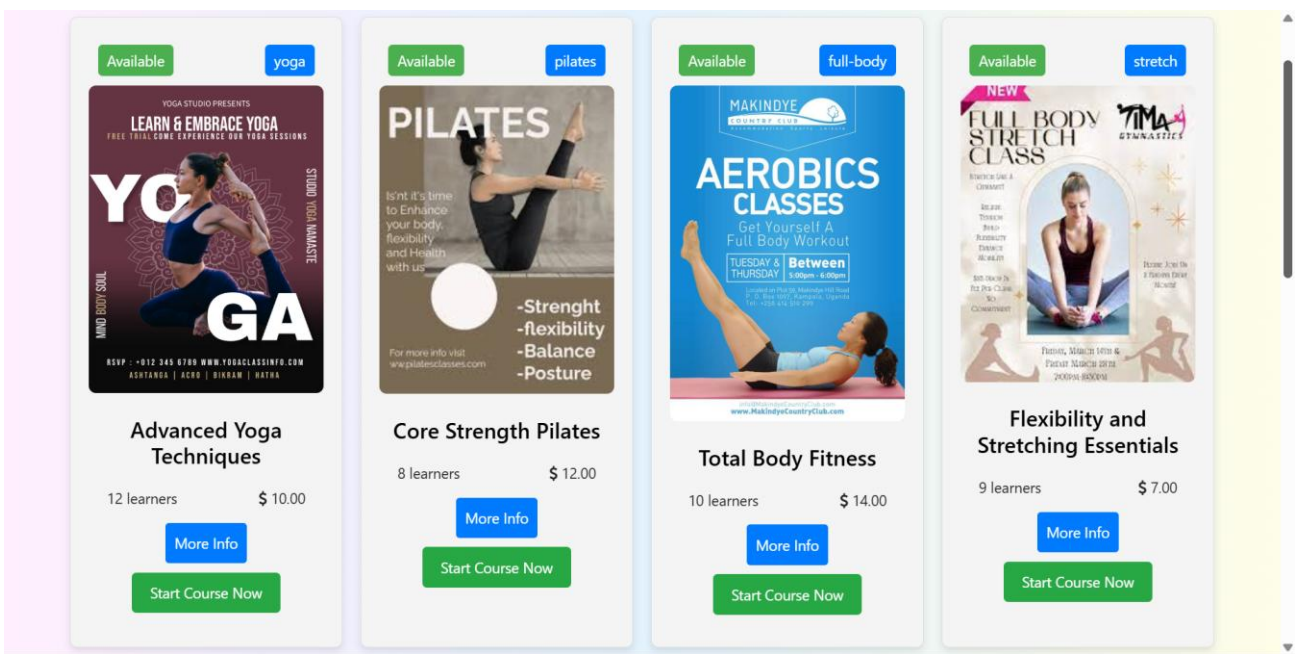


Introduction

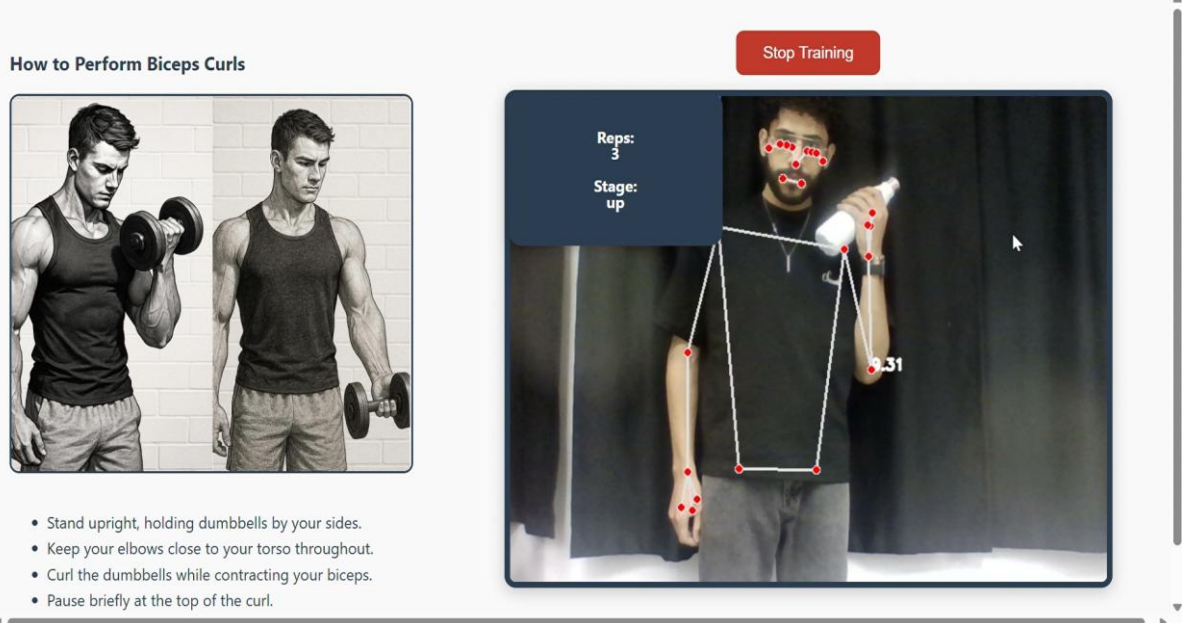
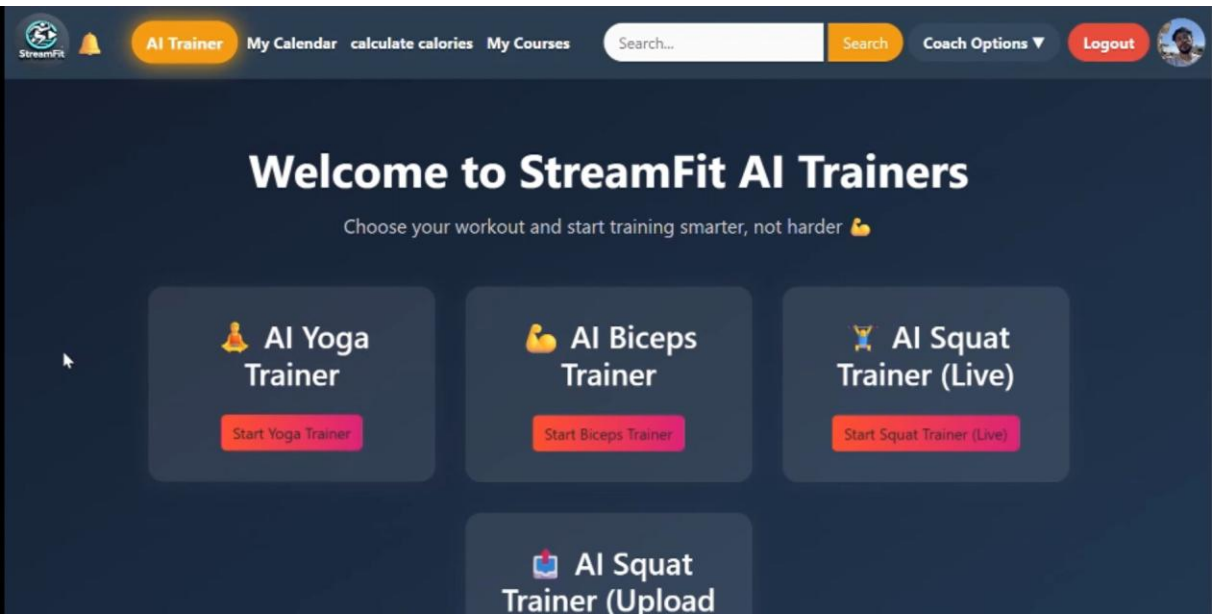
- 🔧 **Users** often follow recorded workouts **without knowing if their form is correct**
- 👨‍🏫 **Coaches** struggle to provide **personalized feedback** or see who is actually improving .
- ⚠️ **Motivation drops quickly** due to lack of real-time interaction or visible progress
- 🏥 **Injury risk increases** when exercises are done incorrectly without supervision.

User Interfaces

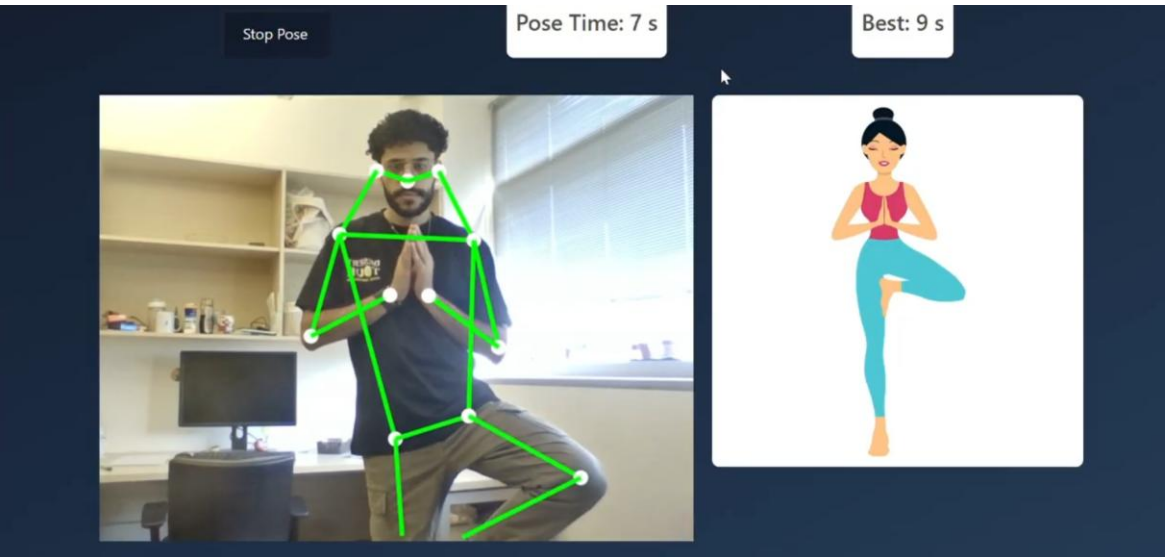
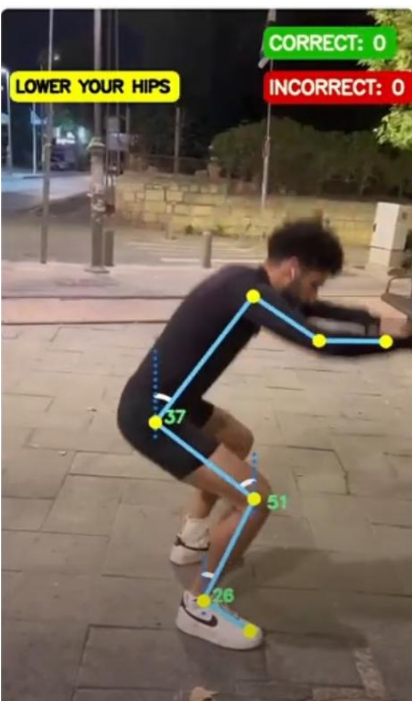
zoom class between the user and the trainer



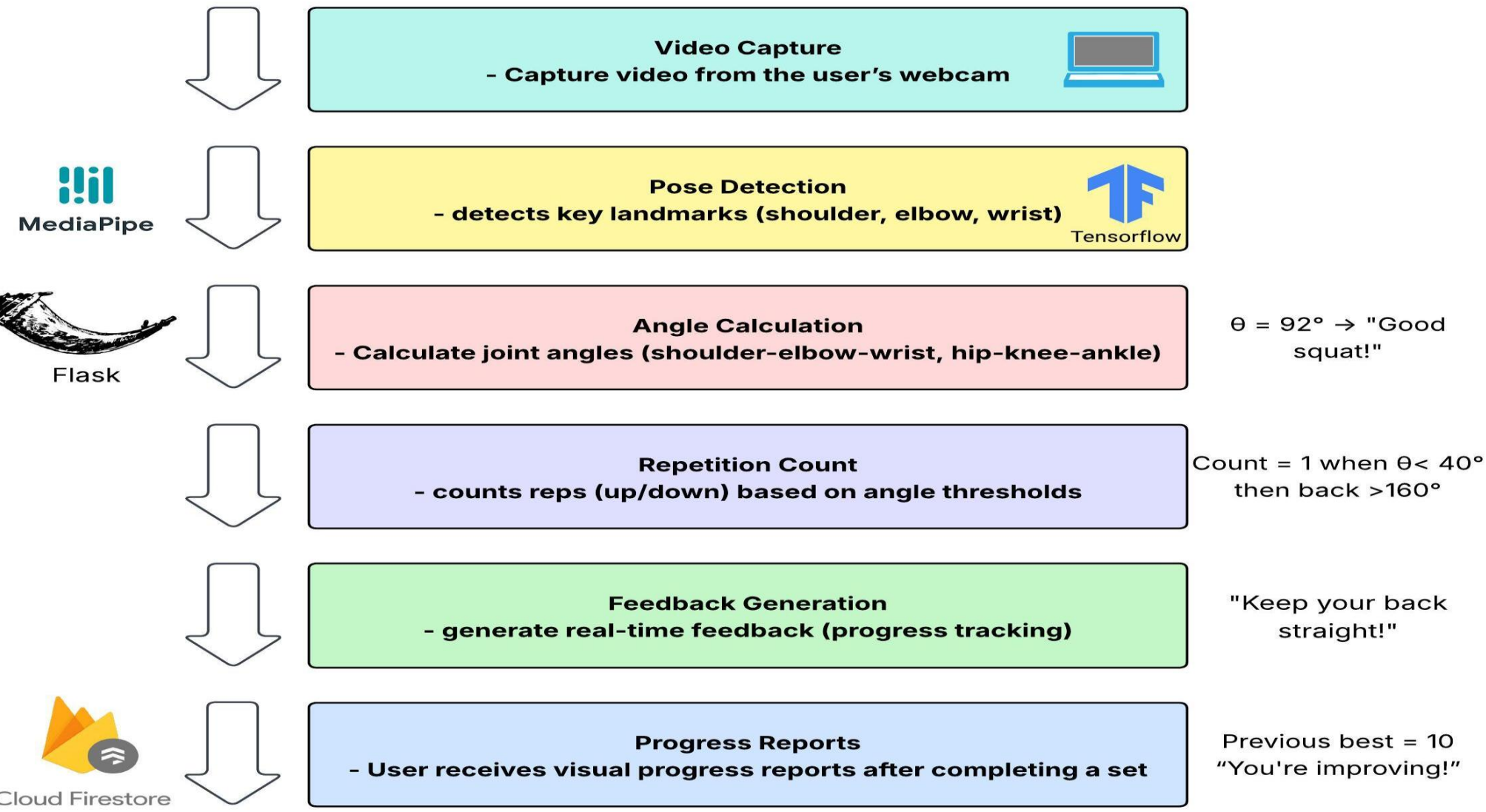
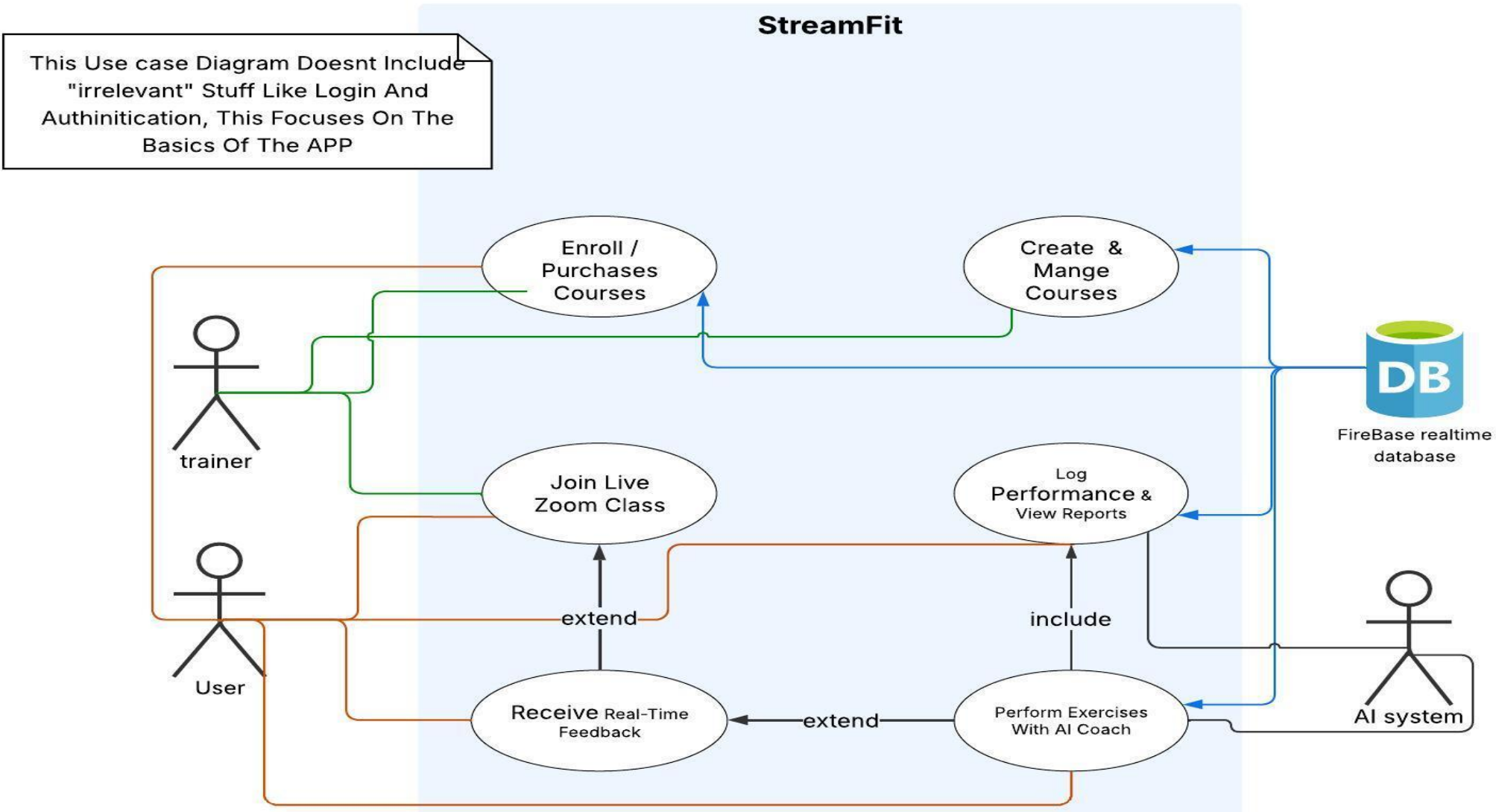
Training with AI trainer



Upload video for
your session and
the system give you
full feedback →



Solution Overview



Conclusions

- ✓ Users train with privacy, flexibility, and real-time feedback
- ✓ Trainers manage live and recorded sessions easily
- ✓ AI Trainer guides users with voice corrections and tracking
- ✓ Firebase logs sessions for progress insights
- Future Improvements: Add more exercises (plank, lunges)
Gamification and Progress Incentive
Expand language support

