Application name: Make Reps Count (courtesy: Jeff Cavaliere)

Application description: During a workout, a wrong form usually implies incorrect muscle group activation. This may lead to unsatisfactory strength/muscle development and wasted time in the gym. The app would use the EMG apparatus from the Smart Healthcare Milestone to log data. Specifically, one would attach the electrodes to the target muscle group and track its EMG response during a set of repetitions. The user will then make a change in form, log data for a new set and compare it to the previous data to check any changes in activation. This will help the user in making an informed decision about one’s appropriate form which can vary depending one’s physique and flexibility.

Application interface:

Diagram

Description automatically generated with medium confidence

Live activation vs time data

Final information after processing data for a set

User editable field

Buttons