

Virtual Gym

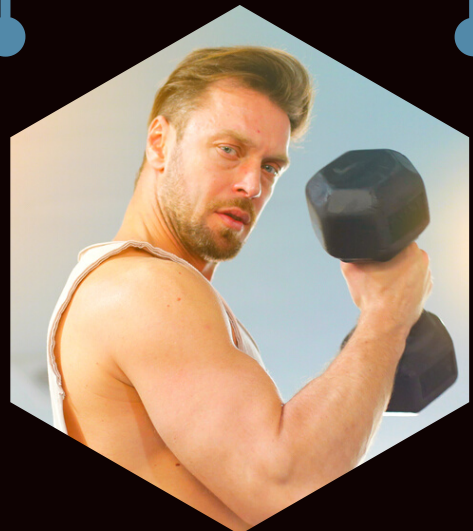
Lift Weight , Before Date

USER MANUAL

This manual guide you about how to place your mobile so that it will detect correctly your exercise ,and also tells about the angle range that you should follow while doing the exercise so that your rep gets completed

OUR SERVICES

- SQUAT COUNTER
- PUSHUPS COUNTER
- SHOULDERPRESS COUNTER
- BICEPSCURL COUNTER
- SITUPS COUNTER



virtual.gym@gmail.com

Virtual Gym

Lift Weight , Before Date

SQUATS COUNTER



Initial 90<@<160

Final @<70

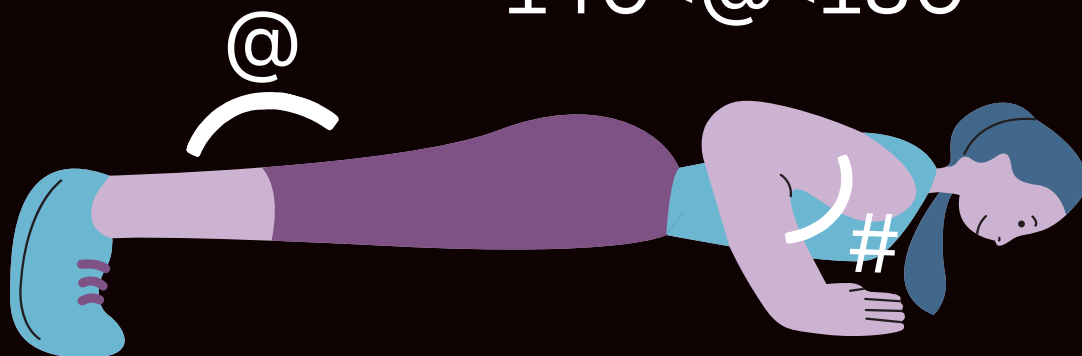


Virtual Gym

Lift Weight , Before Date

PUSHUPS COUNTER

140<@<180



Initial #>160

Final #<130



Virtual Gym

Lift Weight , Before Date

SHOULDERPRESS COUNTER

70<@<90



Final

) >160



Initial



Virtual Gym

Lift Weight , Before Date

BICEPSCURL COUNTER



Initial #>160

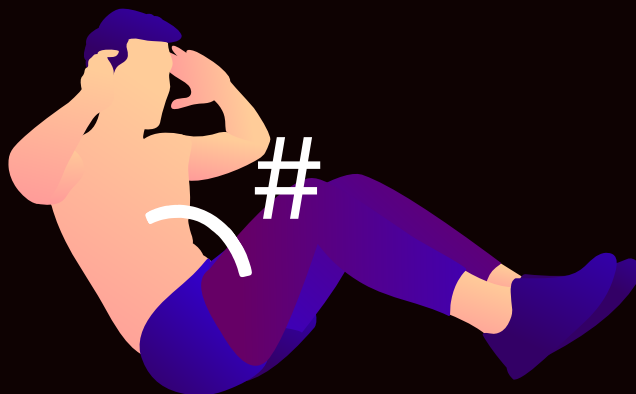
Final #<30



Virtual Gym

Lift Weight , Before Date

SITUPS COUNTER



Initial 60<#<105

Final #<55