# Augmented Statups YOLOv7 Pose-Estimation Tutorial

## 1. Clone the repo to your working directory using Terminal

git clone https://github.com/augmentedstartups/pose-estimation-yolov7.git

Or

Download YOLOv7 Pose Files from Course (Includes YOLOv7 Pose Weights)

## 2. Create a new Conda Environment

conda env create -f environment.yml

Activate new Conda Environment  
conda activate yolov7pose

## 3. Navigate to the cloned pose-estimation folder

cd pose-estimation

## 4. Download the Pose Weights and put it in pose-estimation folder

<https://github.com/WongKinYiu/yolov7/releases/download/v0.1/yolov7-w6-pose.pt>

Otherwise use on Ubuntu:

wget https://github.com/WongKinYiu/yolov7/releases/download/v0.1/yolov7-w6-pose.pt

## 5. Run Pose Estimation:

python run\_pose.py –-source 0

To run inference on video:

python run\_pose.py –-source [path to video]

To run on GPU:

python run\_pose.py –-source 0 –-device 0

## References

YOLOv7 - <https://github.com/WongKinYiu/yolov7>