



PostuRight

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Problem Statement

Increasing number of people are now exercising in their homes even more so with the onset of Covid-19. Many of whom are beginners in working out and hence are at a loss of what and how to perform various exercises learnt online properly. In addition, online fitness instructors are also unable to look out for every participants at the same time. Exercises if done incorrectly, could potentially injure the user temporarily or for the long term.





PostuRight



Our solution for the problem is to introduce PostuRight, a camera-enabled Smart Assistant for checking posture and form for exercises. Executing improper exercise form induces higher injury risk level which can have the potential to cause long term injuries.

Hence PostuRight is capable of using its camera and the Machine-Learning Model to map lines to the body to be interpreted as joints on the body. In our demonstration, PostuRight is able to detect when the user performs a squat and track and display the number of repetitions. It also looks out for improper posture when doing a squat and gives the appropriate feedback.

Benefit of PostuRight



Better Form

Identifies improper form
and provides feedback
instantly



Reduce Injury Risk

Ensuring proper form to
reduce risk of injury



Second Pair of Eyes

Helps fitness instructor by
reducing oversight of
working out with improper
form

Thank you you ah!

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