**A**

**Major Project Report on**

**An Application based Data-Driven AI Fitness Trainer integrating Deep Learning Algorithms and Computer Vision**

Submitted in partial fulfillment of the requirements for the degree

### Final Year Engineering – Computer Science Engineering (Data Science)

by

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## CERTIFICATE

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**TABLE OF CONTENTS**

Abstract

1. Introduction………………………………………………………………………..1
   1. Purpose.............................................................................................................1
   2. Problem Statement…………………………………………………………...2
   3. Objectives ........................................................................................................2
   4. Scope ........................................................................................................…...3
2. Literature Review……………………………………………………………….....4
3. Proposed System………..........................................................................................5
   1. Features and Functionality…………………………………………………..7
4. Requirements Analysis ........................ ...................................................................9
5. Project Design..........................................................................................................10
   1. Use Case diagram ……………………………………………………………11
   2. DFD (Data Flow Diagram) ……………………….………………………….12
   3. Proposed System Architecture ..........................................................................13
   4. Implementation …………………………………………………………...….14
6. Technical Specification……………...…………………………………………......16
7. Project Scheduling.....................................................................................................18
8. Results……………..……………………………………………………….……….22
9. Conclusion…………………......................................................................................25
10. Future Scope………………………………………………………………..……….26

References

# Abstract

Generic workout routines, lack of personalized advice, and time management issues often lead to ineffective workouts and frustration. The AI Fitness Trainer addresses these issues by offering personalized recommendations through Deep Neural Networks (MLP), tailored to each user’s fitness goals. It combines Mediapipe, CVzone, and CNN for advanced pose estimation with real-time feedback from a voice assistant. Additionally, users can track progress and performance through a dashboard and leaderboard, ensuring an engaging and effective fitness experience.

# Chapter 1

## Introduction

In today's fast-paced world, achieving personal health and fitness goals requires more than just generic workout routines and static fitness plans. Modern fitness enthusiasts seek personalized guidance, something that adapts to their individual needs, goals, and limitations. However, traditional fitness programs often fail to meet these evolving expectations. Lacking the necessary flexibility, many existing solutions do not cater to unique user requirements, which ultimately leads to decreased motivation and inconsistent results.

Most fitness solutions, such as mobile apps and wearable devices, offer generic workout plans and manual tracking. They lack real-time, personalized feedback, which is crucial for optimizing performance. Without immediate guidance on form and progress, users often experience inefficient workouts and struggle to stay on track.

Inadequate personalization, lack of real-time feedback, and low user engagement remain key issues in current fitness technologies. A dynamic and interactive solution is needed to provide tailored guidance and keep users motivated while achieving their fitness goals.

### Purpose

The AI Fitness Trainer (AIFT) aims to transform how individuals approach fitness by offering personalized workout plans, real-time posture correction, and detailed progress tracking. Using advanced AI and computer vision, AIFT delivers tailored feedback to ensure proper form and effective workouts. The platform adapts to users’ evolving fitness levels, providing customized recommendations that improve over time. Additionally, AIFT enhances user engagement by offering motivating feedback and real-time performance insights, helping users stay focused and committed to their routines. The system integrates calorie tracking and progress analytics, allowing users to visualize their journey towards their goals. By adapting to each individual’s needs and providing continuous support, AIFT makes fitness more efficient, engaging, and results-oriented. This comprehensive solution not only improves the effectiveness of workouts but also fosters sustainable habits, making long-term fitness goals more attainable. Ultimately, AIFT revolutionizes personal fitness by ensuring users receive continuous, personalized guidance throughout their fitness journey. This personalized experience helps users overcome the common barriers to maintaining long-term fitness success.

### Problem Statement

The challenge in achieving fitness goals often stems from the need for individuals to simultaneously focus on two demanding tasks: performing exercises with correct form and tracking progress or results. This dual-task requirement imposes cognitive load, dividing attention and increasing the likelihood of improper form, which can lead to injuries or inefficient workouts. Many fitness enthusiasts also lack access to personalized, real-time guidance, which limits their ability to correct mistakes in the moment and maximize the benefits of their workouts. Traditional fitness solutions, such as static workout plans, gym sessions without real-time feedback, and generic mobile applications, fail to cater to each individual’s specific goals, fitness levels, and physical limitations. The absence of a tailored approach to fitness results in decreased motivation, inefficient workouts, and slow progress. Access to professional trainers for personalized advice can be financially burdensome, and conventional fitness programs lack the adaptability to accommodate diverse fitness goals and schedules. Without the ability to receive continuous, customized support, users often struggle to achieve their long-term health and fitness objectives.

### Objectives

The objectives of the AI Fitness Trainer (AIFT) are centered around providing a comprehensive, personalized fitness solution using advanced deep learning technologies. AIFT aims to deliver real-time feedback on exercise form, gesture, posture, and accuracy percentage by detecting and tracking exercises performed. This includes calculating calories burned and addressing user inactivity during workouts, all powered by deep learning-based human pose estimation, computer vision technologies, and convolutional neural networks (CNNs). Furthermore, AIFT offers personalized workout routines based on each user's health conditions, age, and fitness goals through a deep learning-based Multilayer Perceptron (MLP) network. The platform also generates dynamic and customizable diet plans tailored to users' health conditions, age, preferences, height, weight, and allergies, leveraging the MLP network. In addition, AIFT provides comprehensive weekly performance reports by integrating workout and diet data, using data aggregation, descriptive statistics, and visualization techniques to enhance user engagement. Finally, AIFT motivates users by allowing them to log progress and participate in leaderboards, encouraging consistency and goal achievement.

### Scope

The scope of the Data-Driven AI Fitness Trainer project is vast and promising. It extends across a wide range of areas, including fitness centers, home workouts, corporate wellness programs, and more, offering a comprehensive solution for personalized fitness training, workout plans, and nutrition guidance. AIFT is designed to cater to a diverse range of users, from fitness enthusiasts and beginners to professional athletes and individuals with specific health needs, providing tailored workout and diet plans for each. The recommendation engines within AIFT are highly customizable, enabling seamless integration with other platforms and ensuring flexibility for different fitness applications and use cases. With its adaptive workout plans, real-time feedback, and personalized recommendations, AIFT enhances the overall fitness experience, making it a powerful tool for users aiming to achieve their fitness goals efficiently and effectively. By leveraging data-driven insights and advanced technologies, AIFT not only promotes individual health but also contributes to a broader culture of wellness and fitness awareness.

# Chapter 2

## Literature Review

In recent years, the intersection of artificial intelligence and fitness has become a focal point of research, reflecting a growing demand for personalized training solutions. As fitness enthusiasts increasingly seek tailored guidance to achieve their health goals, various studies have explored innovative approaches to enhance user experience and effectiveness in workout routines. This literature review examines the key findings and contributions of notable research in the field, highlighting the challenges and opportunities for developing advanced AI-driven fitness solutions.

The exploration of AI-driven fitness solutions has gained significant momentum in recent years, addressing the need for personalized and effective workout regimes. A study by **Venkata Sai P. Bhamidipati et al. (2023)** presented an AI-based approach for posture estimation in gym workouts. Utilizing *Mediapipe* and *OpenCV*, the authors developed a system that leverages real-time video processing and keypoint detection to assess exercise form. However, their findings highlighted limitations in the model's ability to adapt to exercises beyond the predefined dataset and its dependence on optimal lighting conditions, suggesting a need for systems that can operate effectively in various environments.

**Mukundan Chariar et al. (2023)** proposed an innovative method for squat analysis and correction, focusing on classifying squat types through an autoencoder-based technique. By implementing deep learning methodologies, the authors emphasized the importance of accurate posture correction during squats to prevent injuries. While their approach demonstrated promising results, it remained limited to squatting exercises, indicating the necessity for broader applications that encompass a wider variety of workouts.

The work of **Han Cui and Naim Dahnoun (2022)** further advanced the field by introducing a real-time human posture estimation system using mmWave radar and neural networks. Their findings indicated that accurate posture estimation can be achieved at 20 frames per second with minimal localization error. Yet, the reliance on specialized hardware raised concerns about accessibility and implementation in consumer-grade applications, underscoring the need for more user-friendly solutions.

In a different vein, **Thomas Callens et al. (2020)** explored human motion recognition and prediction in a collaborative context, utilizing probabilistic motion models. Their research demonstrated how recognizing and predicting human movements can enhance interaction with robotic devices, contributing to intuitive user experiences. However, the study primarily focused on robotic collaboration and did not directly address fitness-related applications, indicating a gap in translating these findings to personal training contexts.

Additionally, **Xu-na Wang and Qing-mei Tan (2020)** presented a feedforward deep neural network recommendation method, termed the deep association neural network (DAN), which focuses on personalized recommendations. While their work enhances the personalization aspect of fitness solutions, it also highlighted challenges related to interaction features in real-world scenarios. This study underscored the necessity for recommendation systems to provide not only accurate but also contextually relevant suggestions tailored to individual users.

Lastly, **Badiâa Dellal-Hedjazi and Zaiai Alimazighi (2020)** explored deep learning techniques for recommendation systems, emphasizing the integration of demographic and content-based filtering. Their findings pointed to improved accuracy and speed in generating personalized suggestions. However, the complexity involved in the algorithms might hinder real-time applicability, indicating the importance of balancing computational efficiency with the quality of recommendations.

Collectively, these studies highlight the ongoing challenges in developing AI-driven fitness solutions. Issues such as limited adaptability, dependence on specific exercises, hardware constraints, and the need for real-time feedback remain prominent. Therefore, a comprehensive approach that combines these insights is essential to create a truly personalized fitness experience that effectively meets users' diverse needs.

# Chapter 3

## Proposed System

# Chapter 4

## Requirement Analysis

# Chapter 5

## Project Design

### Use Case Diagram

### DFD (Data Flow Diagram)

* 1. **System Architecture**

### Implementation

# Chapter 6

## Technical Specification

# Chapter 7

## Project Scheduling

# Chapter 8

## Results

# Chapter 9

## Conclusion

# Chapter 10

## Future Scope

## References