**VIRTUAL GYM TRAINEE**

**Introduction:**

**Problem:**

In existing GYM TRAINING APPS we only have description or animated representation of the exercise

But for proper training we need an interactive

**Related Work:**

As in usual gym application, the techniques are provided using

description and videos and these applications cannot keep check

on the performer that either he is exercising correctly or not. To

keep check on correctness of the performer we need to record

the real-time motion of the performer which will be analyzed by

the application to predict correctness.

**Used methodology in previous app:**

**Jefitt app:**

Routine planning and animation

Set target using tracking tools

METHODOLOGY: DESCRIPTION AND VISUAL EXPLANATION

**Cardio trainer:**

Used for specifically jogging and walking

METHODOLOGY: GPRS system for calculating distance location tracks

**Proposed Methodology:**

Implementing the Kinect features using an application of PC

**Expected Results:**

The body parts of the performer are detected using sensors so

that the application compares the real-time body position with the

correct data set stored in the applications. After comparing the

real time info with stored data set, application will predict the

correct position needed for the exercise.

Conclusion:

By using this application we can have following advantages:

1. This app will cut down the cost of trainer.

2. This app could be helpful for the introverts to practice exercise

at home.

3. This app can be helpful for finding accuracy of the exercise

being performed by the user.