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| AI GYM TRACKER |
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The AI Gym Tracker is a tool that helps people track their progress and performance in their fitness routines using machine learning algorithms. It is designed to work with popular gym equipment and fitness apps, such as Fitbit and MyFitnessPal, to collect data on exercise activities, heart rate, and calories burned.

The AI Gym Tracker uses this data to create personalized workout plans and suggest improvements based on the user's fitness goals. It also provides feedback on the user's performance and progress over time, allowing them to track their improvements and adjust their routines accordingly.

This requires the following steps:

1)INSTALL AND IMPORT DEPENDENCIES

* OpenCV
* Media Pipe
* Numpy

2)MAKE DETECTIONS:

The Media Pipe Pose Estimation Model makes detections and joins all the landmarks using drawing\_utils. The solutions.pose function recognizes each landmarks using their specific coordinates.

3)CALCULATE ANGLES:

The numpy module helps provide access to arrays and other numerical functions.

Here we use np.array and np.arctan2(x,y)

Using the angle calculated, the position of the person is determined whether pushups-up or down or Squats-up or down

4)CURL COUNTER:

The Curl Counter is a fitness tool that is specifically designed to count the number of repetitions performed during bicep curls. It can be used by anyone looking to track their progress in strength training or to monitor the progress of their clients.

CONCLUSION:

Overall, the AI Gym Tracker is a powerful tool for anyone looking to take their fitness routine to the next level and achieve their goals more efficiently.

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A picture containing text, indoor

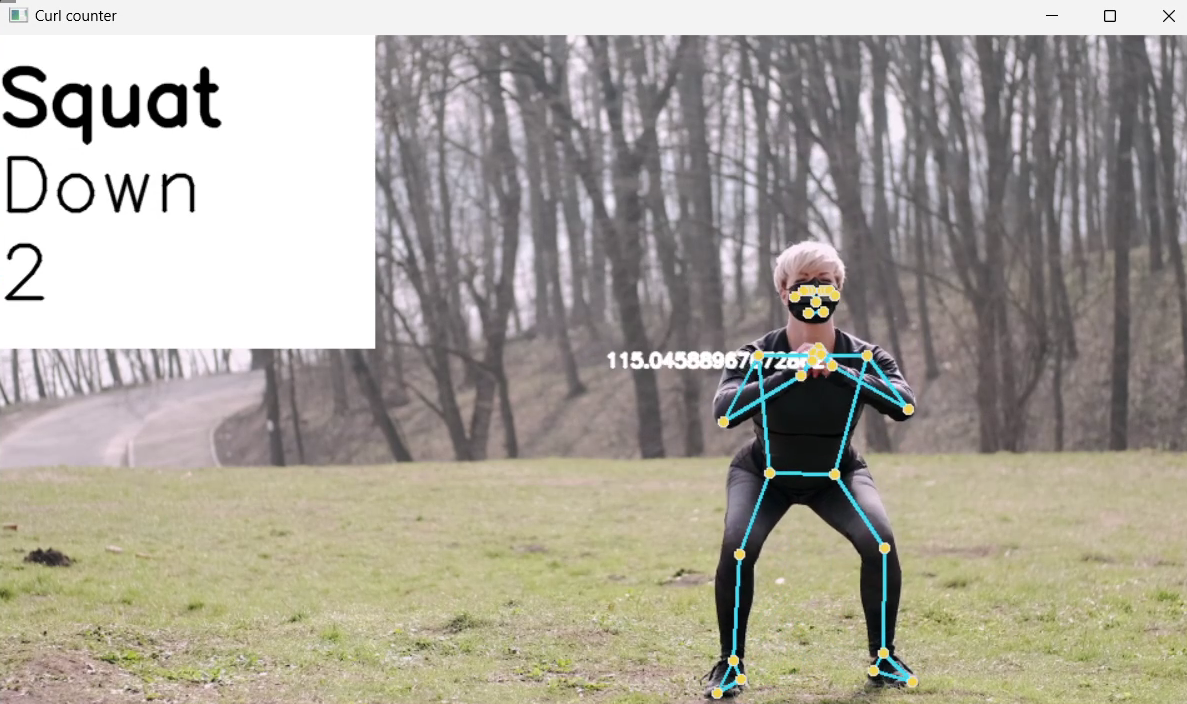
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A picture containing person, floor, indoor

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A picture containing text, grass, outdoor

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