

Instructions:

1. Module import
2. Setting up 'Mediapipe' instance and reading the video.
3. Printing landmark coordinates.
4. Landmarks coordinates for desired locations (left knee, left ankle, left hip).
5. Knee angle calculator function.
6. Displaying angle at the left knee landmark point.
7. Configuring the number of reps and stage (bent or straight) with threshold angle as 13deg.
8. Time counter for 1 knee bent.
9. Adding flag (keep your knee bent) if the time span of bent is less than 8 seconds.