Workout Assistant and Fitness Guide using Machine Learning

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Abstract: *In today's world, virtual assistants have become an integral part of our daily lives. In fact, according to a survey, nearly 27% of people use AI virtual assistants to carry out their daily activities.AI is an emerging technology that we want to explore through our project of AI based workout assistants. In our project, we will introduce Fit Exercise. This app will detect your exercise pose, count the exercise repetitions, and provide you with personalized, detailed advice on how you can improve your form. The app uses a Media Pipe to identify your exercise pose. Then, it will analyze the geometry of your pose from your data set and the real time video and count the repetitions for your exercise.*

Keywords: AI, Virtual assistant, CNN, workout assistant, Pose estimation. Blaze pose, OpenCV

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