WWW.IJRPR.COM

International Journal of Research Publication and Reviews

Journal homepage: www.ijrpr.com ISSN 2582-7421

Enhancing Fitness Training with AI

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DOI: https://doi.org/10.55248/gengpi.234.4.38631

ABSTRACT

The project aims to develop an AI-based virtual trainer using computer vision technology. The system will utilize a camera to capture the user's movements during exercise and provide real-time feedback to improve their form and technique. The AI model will analyze the captured data to identify any deviations from the correct form and suggest corrective actions. The system will also provide personalized workout plans and track the user's progress. The proposed AI virtual trainer has the potential to enhance the effectiveness of workout routines and promote healthy habits for individuals. The pose could be a squat/sit-up. Users have an option to choose, and the users will add the input whether they want to do squats or sit-ups. The input will be obtained via a binary format. Each function is written distinctly if it is squat or push-up. Input is received via a real-time webcam or via a video. The technology used is Open CV. The existing system is not based on real-time web cameras and also it has very low accuracy. The proposed system is scalable, and it is efficient considering all the parameters such as accuracy and execution speed. The advantages of proposed system are it can be used for newbies in a gym and the people who train at home can leverage this

1. INTRODUCTION

In latest years, the usage of Artificial Intelligence (AI) withinside the health enterprise has gained significant attention due to its potential to revolutionize the way we approach physical exercise. One area where AI has been particularly promising is in the development of virtual trainers that can provide personalized feedback and guidance during workouts. In this project, we propose an AI-based virtual trainer that utilizes computer vision technology to provide real-time feedback on exercise form and technique. The system uses a camera to capture the user's movements and an AI model to analyze the data and identify any deviations from the correct form. The virtual trainer then provides personalized corrective actions to help the user improve their form and reduce the risk of injury. The proposed system also includes personalized workout plans and progress tracking features, allowing users to set fitness goals and track their progress over time. Overall, the AI virtual trainer has the potential to enhance the effectiveness of workout routines, promote healthy habits, and provide a more engaging and interactive fitness experience

2. SCOPE OF THE STUDY

- The scope of the AI virtual trainer using computer vision project is quite vast and promising.
- The system can be utilized by individuals looking to improve their fitness and exercise routines.
- It can also be implemented in gyms, fitness centres, and other related establishments to provide personalized feedback and guidance to their clients

3. EXISTING SYSTEM

CNN (Convolutional Neural Network) is a commonly used deep learning algorithm for AI virtual trainers using computer vision. While CNN has several advantages such as high accuracy, robustness, and effectiveness in handling image data, it also has some disadvantages that should be considered. Here are some of the disadvantages of CNN: Large Training Data: CNN requires a large amount of labeled data for training, which can be time-consuming and expensive to collect. This can limit the generalizability of the model and make it less effective in real-world scenarios. Complexity: CNN can be complex and difficult to understand, especially for non-experts. This can make it challenging to optimize the model or troubleshoot issues. Limited Interpretability: CNN can be difficult to interpret, especially when dealing with high-dimensional image data. This can make it challenging to explain how the model is making its decisions, which can be important in some applications such as medical diagnosis. Overfitting: CNN can be prone to overfitting, especially when dealing with complex image data or limited training data. This can lead to poor performance on new data and limit the generalizability of the model. Computational Resources: CNN can be computationally expensive and require high end hardware such as GPUs to train and run. This can increase the time and cost required to develop and deploy the model. Therefore, while CNN

has some advantages for AI virtual trainer using computer vision, it is important to carefully consider its limitations and drawbacks when using it in such applications. It may be necessary to explore other machine learning algorithms or combination of algorithms to obtain better results.

4. PROPOSED SYSTEM

OpenCV offers a big type of image processing functions, which include picture graph filtering, characteristic detection, and item recognition. This makes it suitable for analyzing and interpreting images in real-time applications. Real-Time Processing: OpenCV is optimized for real-time image processing and can handle high frame rates with ease. This makes it ideal for AI virtual trainers using computer vision project, which may involve processing video streams in real-time. Cross-Platform Compatibility: OpenCV is a cross-platform library and can be used on one-of-a-kind working structures which include Windows, Linux, and macOS. This makes it accessible to a wide range of users and applications. Easy to Use: OpenCV is easy to use and has a straightforward implementation in famous programming languages which include Python and C++. This makes it accessible to a wide range of users, including those with limited computer vision experience. Extensive Documentation: OpenCV has extensive documentation and a large community of developers who contribute to its development and maintenance. This makes it easy to find resources and support when using OpenCV for AI virtual trainer using computer vision project. Machine Learning Integration: OpenCV integrates with popular machine learning libraries such as TensorFlow and Py Torch, allowing for the development of more superior pc imaginative and prescient models. Overall, OpenCV is a powerful and flexible computer vision library that can be used for AI virtual trainer using computer vision projects. Its image processing capabilities, real-time processing, cross-platform compatibility, ease of use, extensive documentation, and machine learning integration make it an ideal choice for building computer vision models that can inform and improve virtual training.

5. LITERATURE SURVEY

Song, S., Zhao, X., Gao, L., Xie, J., Yang, X., Li, J. (2020). A real-time AI-based virtual fitness trainer with 3D position estimation using a monocular camera. IEEE Transactions on Consumer Electronics, 66(3), 231-237. The article describes a real- time AI-based virtual fitness trainer system that uses 3D position estimation from a monocular camera to provide personalized feedback a guidance during exercise. The machine makes use of a convolutional neural network (CNN) Estimate Three-D positions from enter 2D pictures captured through the camera. Estimated positions are then used to analyse the user's form and provide real- time feedback on exercise technique. The system was evaluated on a dataset of 22 different exercises and obtained promising results that demonstrate the potential of the proposed approach for improving training efficiency and reducing the risk of injury. Paper concludes that the system has the potential to improve user experience and promote healthy habits.

Chen, L., Lin, Y., Wang, X., Jiang, X. (2019). Deep learning-based intelligent fitness assistant. IEEE Access, 7, 81048-81057. A report on the deep learning-based artificial intelligence system, which uses a combination of central neural network (CNN) and short-term neural network (LSTM) networks to provide personalized guidance during exercise. The system uses data from wearable devices such as accelerometers and gyroscopes to monitor the user's movements and provide feedback on form and process. The proposed method was evaluated on data from 10 different exercises, and achieved good results, demonstrating the method's potential to improve exercise and reduce injury. The article concludes that the system can provide a new interactive workflow that supports healthy behaviors and improves the overall user experience.

Bellocchio, E., Minto, S., Mulas, F. (2020). Virtual fitness coach: A system for automated fitness training. Procedia Computer Science, 179, 348-355. The paper presents a virtual fitness coach system that utilizes machine learning and computer vision techniques to provide automated fitness training. The system utilizes a Microsoft Kinect sensor to track the user's movements during exercise and affords remarks on shape and technique. The system includes a personalized workout plan generator that creates customized workouts based on the user's fitness level, preferences, and goals. The proposed system was evaluated on a dataset of five different exercises and achieved promising results, demonstrating the potential of the approach for providing automated and personalized fitness training. The paper concludes that the system can provide an engaging and interactive fitness experience, promoting healthy habits and enhancing the overall user experience.

Tian, Y., Tao, D., Liu, J. (2018). Towards personalized virtual fitness coaching via adversarial learning. The paper presents a personalized virtual fitness coaching system that uses adversarial learning to improve the effectiveness of the feedback provided to users. The system uses a convolutional neural network (CNN) to extract features from the user's movements during exercise and a Generative Adversarial Network (GAN) to generate personalized feedback on form and technique. The proposed system was evaluated on a dataset of three different exercises and achieved promising results, demonstrating the potential of the approach for providing personalized and effective fitness coaching. The paper concludes that the system can provide an innovative and interactive fitness experience, promoting healthy habits and enhancing the overall user experience.

6. MODULE AND DESCRIPTION

DATA-PREPROCESSING

Video data acquisition: Capture video data using a camera. Frame extraction: Extract individual frames from the video data. Data augmentation: Augment the training data by applying transformations such as rotation, scaling, and translation to the frames. Data labeling: Label the training data with information such as the exercise type and the correct body pose. Data normalization: Normalize the training data to account for differences in lighting conditions and camera angles. Data partitioning: Split the training data into training and validation sets for model training.

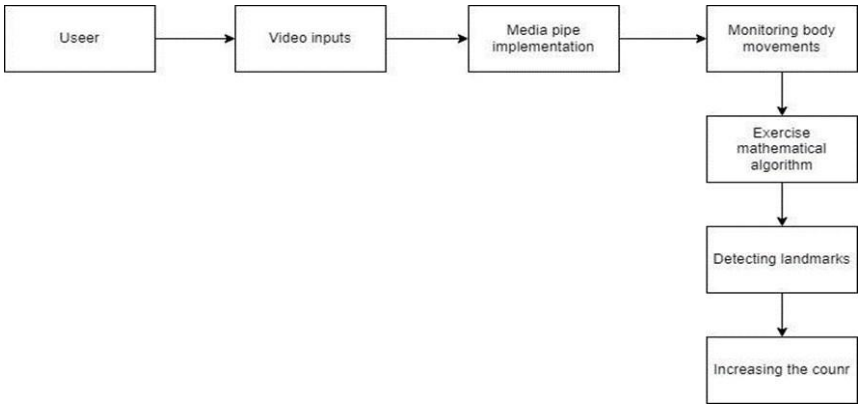
MODEL TRAINING

Feature extraction: Extract features from the preprocessed video data, such as joint positions and angles. Model selection: Choose a suitable machine learning model, such as a neural network, to classify exercise type and analyze movement. Hyperparameter tuning: Fine-tune the hyperparameters of the selected model to optimize its performance. Model training: Train the selected model using the labeled and preprocessed video data. Model evaluation: Evaluate the performance of the trained model on the validation set to ensure that it is accurate and robust.

PREDUCTING THE OUTPUT

Video data acquisition: Capture video data using a camera. Frame extraction: Extract individual frames from the video data. Pose estimation: Use computer vision algorithms to estimate the body pose from the frames. Movement analysis: Analyze the movement of the body pose to determine the correctness of the exercise. Exercise feedback: Provide real-time exercise guidance and feedback to the user primarily based totally at the evaluation of the movement.

7. ARICHITECTURE



7.1 SYSTEM ARCHITECTURE

Figure 7.1 System Architecture

7.2 WORKFLOW DIAGRAM

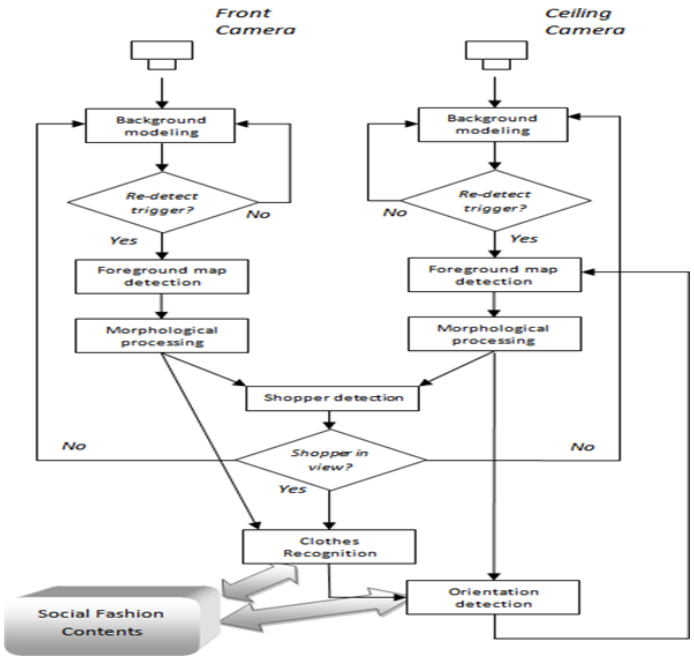


Figure 7.2 Workflow Diagram

8. RESULT AND DISCUSSION

The system will utilize a camera to capture the user's movements and an AI model to analyze the data and provide real-time feedback on exercise form and technique. Additionally, the system will offer personalized workout plans and progress tracking features, allowing users to set fitness goals and track their progress over time.

8.1 SCREENSHOTS

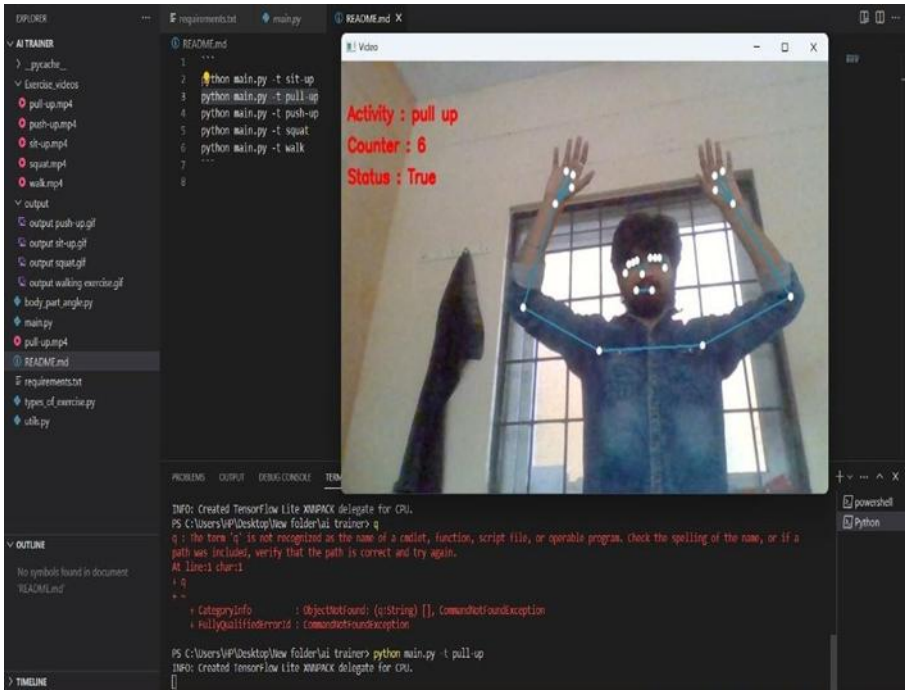


Figure 8.1 Pull-up Detection

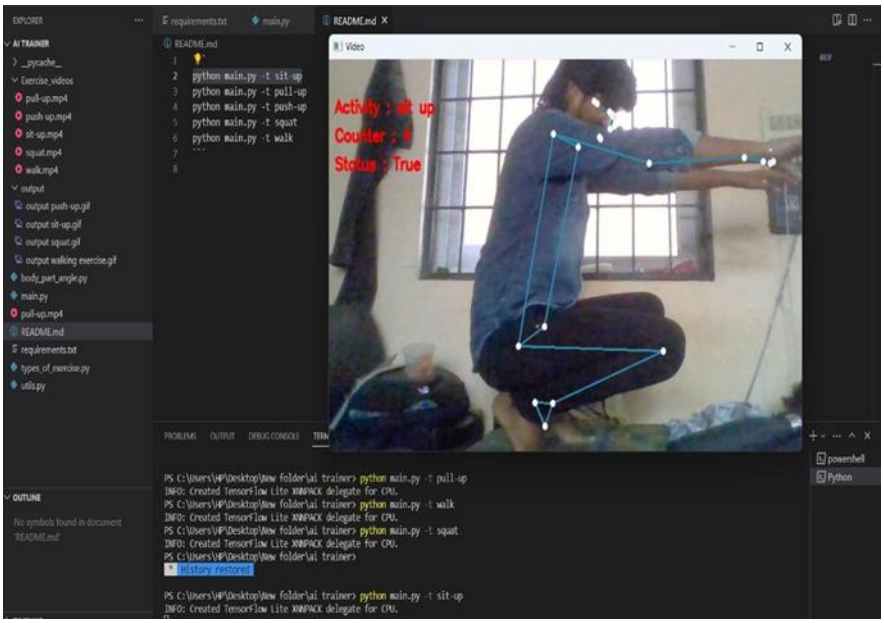
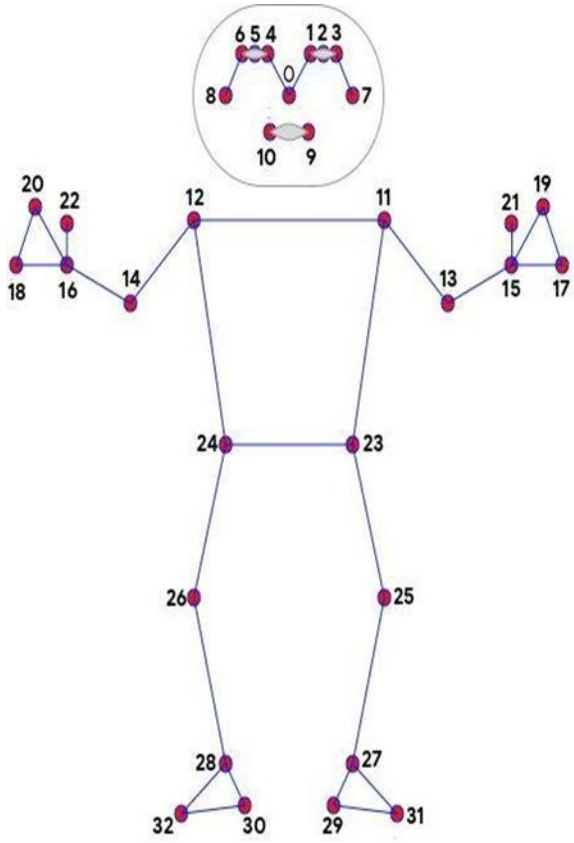
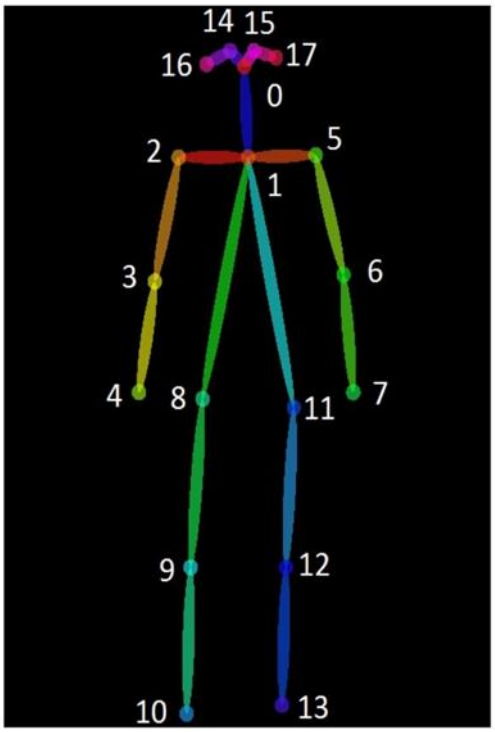


Figure 8.2 Sit-up Detection



Landmarks

0. Nose
1. Left_eye_inner
2. Left_eye
3. Left_eye_outer
4. Right_eye_inner
5. Right_eye
6. Right_eye_outer
7. Left_ear
8. Right_ear
9. Left_mouth
10. Right_mouth
11. Left_shoulder
12. Right_shoulder
13. Left_elbow
14. Right_elbow
15. Left_wrist
16. Right_wrist
17. Left_pinky
18. Right_pinky
19. Left_index
20. Right_index
21. Left_thumb
22. Right_thumb
23. Left_hip
24. Right_hip
25. Left_knee
26. Right_knee
27. Left_ankle
28. Right_ankle
29. Left_heel
30. Right_heel
31. Left_foot_index
32. Right_foot_index



9. CONCLUSION

In conclusion, the AI digital teacher the usage of laptop imaginative and prescient era is a promising development in the field of fitness and exercise. It presents customers with personalized and interactive guidance during their workouts, analyzing their movements to provide feedback on form and technique. The system adapts to the user's fitness level and progress over time, offering a customized experience. The accuracy and reliability of the computer vision algorithms used to analyze the user's movements is crucial for the success of the AI virtual trainer. Rigorous testing and validation are required to ensure that the system is effective and meets the needs of users. Overall, the AI virtual trainer has the potential to revolutionize the fitness industry, making training extra reachable and personalized.

10. REFERENCE

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