

Fit-Sense AI

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Abstract: *Sustaining a healthy lifestyle has grown more crucial in the fast-paced world of today. But not everybody has access to a personal trainer for fitness. This is where technology can become extremely important in increasing the accessibility and appeal of fitness. A project called "Fit- Sense AI" is an AI-powered fitness Trainer that uses OpenCV for computer vision, MediaPipe for position estimation, and artificial intelligence (AI) to build a virtual fitness trainer that you can use on your computer. The goal of this project is to offer people a customized, interactive fitness experience. It can follow the user's motions in real time and provide feedback and instructions for different exercises by using computer vision techniques. The AI fitness trainer will assess your technique while you're doing strength training or yoga poses and provide suggestions for improvement.*

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