FORMPRO AI: PERSONALIZED REAL-TIME BIOMECHANICAL FEEDBACK FOR EXERCISE OPTIMIZATION USING COMPUTER VISION AND INTELLIGENT MOTION ANALYSIS

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ABSTRACT

FormPro AI presents a novel approach to real-time exercise form correction using a smartphone camera, filling a critical gap in accessible, immediate fitness coaching. By leveraging advanced computer vision and machine learning techniques, the app analyzes body landmarks in real-time to provide dynamic, personalized feedback on exercises like squats, deadlifts, overhead presses, and bench presses. Unlike traditional fitness applications that rely on post-workout summaries or require specialized equipment, FormPro AI offers multi-angle biomechanical feedback using only a standard phone camera. This study explores the development, implementation, and potential impact of FormPro AI, demonstrating its capability to mimic human coaching through precise, real-time guidance. Our analysis indicates that FormPro AI's blend of accessibility, accuracy, and adaptability represents a pioneering advancement in the realm of digital fitness.

1. INTRODUCTION

The growing popularity of fitness and strength training has brought about an increased awareness of the importance of proper exercise form. Correct form not only maximizes workout efficiency but also reduces the risk of injury. Traditional methods of form correction, such as personal training or instructional videos, have inherent limitations: they are either expensive, unavailable in real-time, or too generalized. This paper introduces FormPro AI, an innovative mobile application designed to bridge this gap by offering instant, dynamic feedback on exercise form using a smartphone camera. FormPro AI addresses the shortcomings of current fitness solutions by utilizing computer vision to track and analyze body movements during workouts. Unlike existing fitness apps that provide general guidance or post-workout analysis, FormPro AI delivers real-time, personalized feedback tailored to specific exercises. The app combines the use of MediaPipe for body landmark recognition, OpenCV for live video manipulation, and NumPy for calculating joint angles to provide a comprehensive training assistant directly on the user's phone. This paper outlines the technical aspects of FormPro AI, compares its functionality to existing solutions, and highlights its novel contribution to the field of fitness technology. By transforming the smartphone into an adaptive virtual coach, FormPro AI establishes a new standard in real-time fitness guidance.

2. METHODOLOGY

FormPro AI employs the smartphone's built-in camera to capture the user's movements in real-time. The video feed is processed using OpenCV, which converts the images into RGB format to ensure compatibility with MediaPipe's pose estimation module. The use of OpenCV allows for efficient image processing, setting up the foundation for real-time feedback.The app leverages MediaPipe's pose detection capabilities to identify 33 key body landmarks, including the shoulders, elbows, hips, knees, and ankles. This comprehensive body mapping is crucial, as it enables the monitoring of various exercises such as squats, deadlifts, overhead presses, and bench presses. The application extracts the coordinates of these landmarks in real-time to facilitate the subsequent angle calculations. FormPro AI uses custom algorithms for each exercise to perform multi-angle analysis. A primary exercise angle is calculated specific to each movement, providing the main feedback for form correction. For example, in the case of squats, the app calculates the angle between the hip, knee, and ankle to assess the squat depth and posture. Additionally, a secondary form angle is tracked to monitor other aspects of posture, such as torso positioning during squats and deadlifts. This secondary analysis ensures that the user's body alignment is maintained correctly throughout the movement, allowing for a more nuanced form assessment.NumPy is employed to perform precise vector calculations between landmarks, enabling the measurement of angles in real-time. This live feedback is vital, as it guides users on how to adjust their form immediately, mimicking the corrections a human coach would provide during a workout. The application dynamically updates its analysis with every video frame, ensuring that feedback remains relevant to the user's current positioning. To deliver this feedback, OpenCV overlays dynamic visual cues onto the video feed. These overlays include numerical angle values, movement stage indicators (such as "up" or "down"), and personalized form corrections like "Tuck elbows in" or "Maintain a neutral spine." This feature creates an interactive experience, allowing users to visually reference their form in real-time. The app's capability to update the feedback loop on every frame provides an adaptive coaching experience that adjusts to the user's movements seamlessly.FormPro AI incorporates repetition counting logic based on custom thresholds for each exercise. During squats, for example, the system identifies the "down" phase when the knee angle falls below 95 degrees and the "up" phase when the angle exceeds 170 degrees. This repetition counter is designed to work alongside the form analysis, offering a comprehensive assessment of the user's exercise performance by not only counting reps but also ensuring they are performed with proper form. This methodology highlights the app's multi-layered approach to exercise analysis, which sets it apart from other fitness solutions. By integrating MediaPipe, OpenCV, and NumPy, FormPro AI creates a feedback-rich environment that guides users through their workouts with a level of precision and adaptability typically found only in human coaching.

3. RESULTS

Preliminary testing of FormPro AI demonstrates its capability to provide accurate, real-time feedback across multiple exercises. Users reported a noticeable improvement in their form awareness and technique within just a few workout sessions. Specifically, during squat and deadlift exercises, users observed a marked decrease in common form errors, such as knee valgus (inward knee collapse) and excessive forward lean, attributed to the app's instant, personalized guidance.Initial comparisons between FormPro AI's angle calculations and professional motion capture systems indicate a high level of accuracy, reinforcing its potential as a reliable tool for form correction. Unlike traditional fitness applications, FormPro AI's feedback is tailored to the user's unique body proportions and ratios. The application dynamically adjusts its form assessments based on the individual's limb lengths, joint positions, and body type. This personalization allows the app to deliver more relevant and effective feedback, guiding users to correct their form in a way that suits their specific biomechanics.The multi-angle feedback approach, unique to this application, enabled users to fine-tune their technique in ways traditional fitness apps and video-based instruction could not achieve. For instance, in the overhead press exercise, real-time corrections such as "Keep elbows tucked in" prompted users to adjust their movements during the lift, potentially reducing shoulder strain. The use of body-specific landmarks ensures that the guidance provided is not a one-size-fits-all recommendation, but rather an individualized adjustment tailored to the user's natural movement patterns.The innovation of FormPro AI lies in its ability to deliver real-time, personalized exercise feedback using only a smartphone camera. This approach democratizes access to advanced biomechanical analysis, which previously required specialized, costly equipment. By providing an accessible, intuitive, and interactive coaching experience, FormPro AI addresses the lack of affordable, real-time fitness guidance for the average gym-goer.Existing fitness apps often offer generalized post-exercise feedback or rely on expensive sensors, making them impractical for everyday use. FormPro AI's live correction mechanism fills this gap, offering targeted guidance for a variety of exercises. Its unique multi-angle analysis not only identifies major form errors but also helps fine-tune posture and alignment, accommodating individual body differences—a feature rarely found in current fitness technologies.Additionally, FormPro AI's modular framework, built using open-source technologies such as MediaPipe and OpenCV, allows for the expansion of its capabilities. New exercises can be added by implementing custom angle calculations and feedback logic, making FormPro AI a living platform that evolves with user needs. This adaptability ensures that the application remains relevant for users of varying body types, fitness levels, and workout goals.

4. CONCLUSION

This paper presented FormPro AI, an innovative application that provides real-time exercise form correction using computer vision through a smartphone camera. The app leverages a multi-angle feedback mechanism and advanced biomechanical analysis to offer exercise-specific guidance that is dynamically tailored to each user's unique body proportions and movement patterns. By integrating visual overlays directly onto the live video feed, FormPro AI creates an interactive and immersive coaching experience.A key strength of FormPro AI is its individualized approach to feedback. The app's ability to adapt to various body types and ratios ensures that its form assessments are personalized, allowing users to receive guidance that aligns with their specific biomechanics. This individualization, combined with the app's live, frame-by-frame analysis, enables precise and effective corrections that promote safer and more efficient workouts.Looking ahead, future work will focus on refining the form detection algorithms, expanding the range of exercises supported, and enhancing the user experience to further solidify FormPro AI's position as a pioneering tool in digital fitness. By transforming smartphones into adaptive virtual coaches, FormPro AI is poised to set a new standard in fitness technology, offering a comprehensive, accessible, and effective solution for improving exercise form and technique.

5. ACKNOWLEDGMENT

We would like to thank all the volunteers who helped us with this study.