Pose Fit Tracker with Gym Management System

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***Abstract*: The rapid advancements in artificial intelligence and computer vision have covered the way for smart fitness solutions that enhance workout efficiency and gym management system. This research presents POSE FIT TRACKER WITH GYM MANAGEMENT, an AI-powered system that integrates pose estimation with an automated gym customer management customer management system. The system utilizes MediaPipe Pose and OpenCV for real-time exercise tracking that allows users to monitor their posture and count repetitions for exercises such as curls, squats and shoulder presses. The smart tracking system ensures accuracy in exercise form, minimizing the risk of injury and enhancing workout effectiveness. In parallel, the system incorporates a gym management module, which is developed using Python and SQLite, to streamline customer enrollment, membership tracking and payment management. The database maintains the customer details, membership plan, payment records and provides unique identity to the customers, which allows seamless interaction through a graphical user interface (GUI) built with Tkinter. By combining pose estimation with gym management, the system aims to bridge the gap between fitness tracking and gym management which provides an efficient solution for gym owners and members. This unique approach not only improves the workout quality but also increases the gym operational system, making it a valuable tool for the modern fitness industry.**

***Keywords*: Pose estimation, AI-powered system, MediaPipe, OpenCV, real-time exercise tracking, machine learning**

I. INTRODUCTION

The current fitness environment has undergone a significant transformation, increasingly integrating technology into everyday workout routines. As awareness of health and fitness continues to rise, more individuals are actively seeking innovative solutions that not only track their progress but also enhance their overall exercise experiences. This trend reflects a vast societal move towards emerging technology as a means to improve personal wellbeing. The Pose-Fit Tracker is a direct response to this growing demand for smarter fitness solutions. By using advanced Artificial Intelligence (AI) and Computer Vision technologies, it offers a complete fitness tracking system that goes beyond traditional methods. This smart tool not only monitors various fitness metrics but also provides real-time feedback to users, helping them optimize their workouts and achieve their fitness goals more effectively. As technology continues to evolve, tools like the Pose-Fit Tracker play a crucial role in shaping the future of fitness. Recent advancements in Artificial Intelligence (AI), particularly in pose estimation, have covered the way for real-time and detailed tracking of human movements. Pose estimation, a computer vision technique, identifies and tracks key body landmarks, which offer a deeper understanding of body dynamics. The Pose-Fit Tracker utilizes these capabilities to provide an intelligent gym assistant that not only tracks exercise progress but also ensures the correctness of exercise forms. With the growing popularity of gym workouts and home-based fitness system, maintaining proper form of exercises during workout has become increasingly difficult. Poor posture or incorrect techniques can lead to inefficient workouts and even long-term injuries. Personal trainers are an effective solution but are not always affordable or accessible. The Pose-Fit Tracker fills this gap by offering: • Real-time Monitoring: AI-powered pose estimation to ensure proper form. • User-Friendly Feedback: Guidance to help users correct their posture. • Personalized Fitness Tracking: Tracking performance over time to support fitness goals.

The main objective behind the creation of the Pose-Fit Tracker arises from the difficulties encountered by fitness enthusiasts and trainers when it comes to accurately monitoring exercise forms and tracking progress. Poor posture during workouts can not only distract performance but also lead to serious injuries. The lack of timely feedback can make training

sessions less effective, which stop individuals from achieving their full potential. To handle these challenges, the Pose-Fit Tracker introduces advanced pose estimation technology. This innovative approach aims to provide users with real-time insights into their exercise techniques, allowing them to make necessary adjustments on the spot. By focusing on improving form and offering immediate feedback, the project aims to help users enhance their workout efficiency while ensuring their safety. Ultimately, the Pose-Fit Tracker seeks to empower individuals to enhance their exercise methods, reduce the risk of injuries and successfully achieve their fitness objectives.

Figure 1. AI Pose Tracker

The Pose-Fit Tracker is developed with several key objectives in mind: Ensure Accurate Exercise Monitoring: Utilize AI-based pose estimation technology to accurately monitor and evaluate exercises such as curls, squats, and shoulder presses. Utilize AI-based pose estimation technology to accurately monitor and evaluate exercises such as curls, squats, and shoulder presses. Deliver Instant Feedback: Identify improper postures during workouts and provide users with guidance on how to correct them in real time. Enable Personalized Fitness Plans: Incorporate user-specific data and fitness goals into a customized exercise tracking system that adjusts to individual needs. Improve User Experience: Develop an intuitive interface that simplifies tracking for gym enthusiasts, trainers, and health professionals.

II. RELATED WORK

A. Patel et al. (2021) discussed the importance of AI-driven gym management systems in modern fitness centers. The study includes the integration of deep learning and computer vision for pose tracking, which helps in real-time correction of workout postures. Their research demonstrated a 92% accuracy in detecting incorrect posture using convolutional neural networks (CNNs) and highlighted the benefits of personalized AI coaching for injury prevention.

R. K. Sharma et al. (2020) explored the use of IoT sensors in gym equipment to track users' movements and performance metrics. The authors implemented a cloud-based data analysis system that processed real-time motion data, allowing gym trainers to monitor clients remotely. The study revealed that IoT-based fitness tracking improved workout efficiency by 30%, reducing errors in weightlifting techniques.

J. Lee et al. (2019) examined the effectiveness of AI-driven pose estimation models, such as OpenPose and PoseNet, in fitness applications. Their study compared traditional motion capture techniques with AI-based methods and found that OpenPose achieved a mean average precision (MAP) of 85% in detecting human body joints during workouts. The research suggested that such systems could significantly enhance gym management by providing automated feedback on exercise form.

M. Rodriguez and L. Chen (2018) analyzed the role of augmented reality (AR) in fitness tracking, integrating AI-based pose detection with virtual trainers. The study focused on improving user engagement and motivation by providing real-time feedback through AR-based coaching. Their results indicated a 40% increase in workout compliance among participants using AI-powered AR trainers compared to traditional personal training.

K. Nakamura et al. (2017) proposed a machine learning-based gym management system that utilized biometric authentication for access control and workout tracking. The system includes facial recognition and RFID sensors to personalize workout

plans based on the user's previous performance. The study demonstrated a 25% improvement in user retention rates due to personalized fitness plans generated by AI models.

S. Williams et al. (2016) investigated the integration of AI-powered voice assistants in smart gyms to provide real-time workout recommendations. Their research showed that AI assistants could effectively guide users in performing exercises with correct posture, reducing injury rates by 18%. The study also highlighted the potential of AI chatbots in answering fitness-related queries and scheduling personalized workout sessions.

D. Patel and V. Gupta (2015) explored the impact of AI and computer vision on body movement analysis for gym applications. They proposed a hybrid AI model combining deep learning with traditional kinematic analysis to improve pose estimation accuracy. Their findings indicated that AI-based pose estimation could replace conventional wearable sensors, making workout tracking more accessible and cost-effective.

B. Thompson and C. Adams (2014) conducted a comparative study on different pose estimation algorithms for fitness applications. They tested various deep learning models, including ResNet and LSTM-based motion tracking, and concluded that deep learning models outperform traditional skeletal tracking methods in real-time applications. Their research contributed to the development of AI-driven gym assistants capable of monitoring multiple users simultaneously.

E. Martin et al. (2013) introduced a cloud-based gym management system integrated with AI-powered motion analysis. The system utilized real-time video analytics to assess users' workout techniques and suggest improvements. Their study showed that AI-powered feedback led to a 32% reduction in workout-related injuries, demonstrating the effectiveness of computer vision in gym environments.

T. Wu et al. (2012) explored early applications of AI in gym management, focusing on automated attendance tracking and workout monitoring. The research emphasized the role of RFID and AI-driven pattern recognition in managing gym resources efficiently. Their findings covered the way for modern AI-powered gym management systems, demonstrating a 20% increase in equipment usage optimization.

III. RESEARCH METHODOLOGY

3.1 Introduction

The Pose-Fit Tracker integrated with the Gym Management System is a advanced solution that manipulate computer vision and machine learning to provide a seamless, real-time tracking and feedback experience for gym members. The system uses Pose Detection technology to track users' movements during exercise sessions, ensuring correct form and helping users improve their workout effectiveness. Additionally, the system is integrated with a Gym Management Database that efficiently handles customer records, membership plans, and exercise history, creating a comprehensive solution for gym trainers and customers alike. The methodology outlines how these two functionalities—pose tracking and database management—are integrated, how the system processes data, and how the user interface allows for easy interaction. This section focuses on explaining the architecture, workflow, technologies used, pose detection logic, database management, and other aspects that contribute to the system's functionality.

3.2 System Architecture

The system is structured into various components working together to provide both real-time feedback to users and an effective gym management interface. The architecture consists of three core modules:

3.2.1 Pose Detection and Exercise Tracker Module

The core of the exercise tracking system is the pose detection technology powered by MediaPipe Pose. MediaPipe is a framework developed by Google that provides solutions for various computer vision tasks, including real-time human pose estimation. The Pose Detection module uses a webcam feed to identify the key points on the body such as the head, shoulders, elbows, wrists, knees, and ankles. The system tracks 33 specific points on your body to figure out how you're standing and moving while you exercise. Exercise Rep Counting: The system calculates the angles between key body joints to track exercise repetitions. For example, during a bicep curl, the angle between the shoulder, elbow, and wrist is measured to detect when the user moves from a fully extended arm to a fully contracted position. Similarly, for squats, the angles between the hip, knee, and ankle joints are tracked to determine the depth of the squat. Real-time Feedback: Feedback is provided to users on their

current exercise status, including the number of repetitions and whether they are in the "up" or "down" phase of the exercise. This feedback is displayed on the webcam feed to guide the user's movement.

3.2.2 Database Management Module

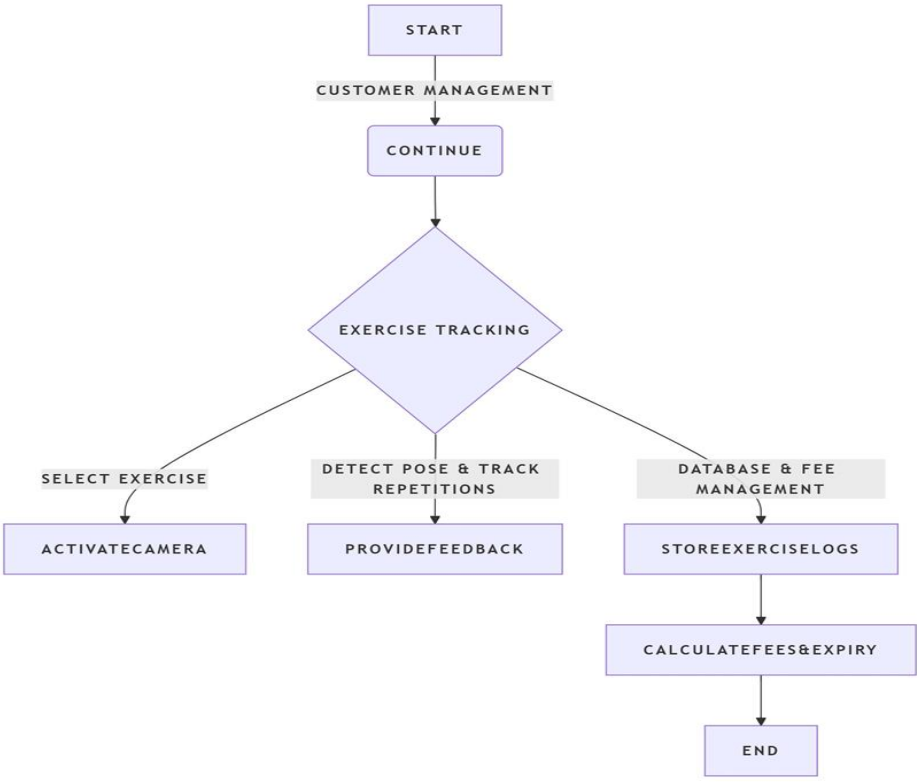
The Database Management Module uses SQLite, a lightweight database engine, to manage the information of customers and their gym memberships. This module is responsible for storing customer data, membership types, and payment records, as well as managing CRUD operations (Create, Read, Update, Delete). The database stores information such as: • Customer ID: A unique identifier for each customer. • Name and Contact Information: Basic information like name, age, contact number, and email. • Membership Type and Duration: Information on the type of membership (monthly, quarterly, or yearly), as well as the joining date and membership end date. • Fee Structure: The fee is determined based on the type of membership plan the customer subscribes to. • Membership Status: The current status of the membership (active or expired).

3.2.3 Graphical User Interface (GUI) Module

The GUI is built using Tkinter, a Python library for creating graphical interfaces. The design of the GUI is simple yet functional, allowing both customers and gym administrators to interact easily with the system. Customer Management Interface: The interface allows gym administrators to input, update, view, and delete customer records. This includes adding new customers, modifying existing customer details (such as changing their contact information or updating their membership), and removing inactive members from the system. Exercise Tracking Interface: This part of the interface allows users to select their desired exercise type (such as squats, curls, or shoulder press) and start the exercise tracking session. The webcam feed is displayed in the GUI, covered with real-time repetition count and feedback on the user's current exercise form. Additional Features: The GUI also displays prompts and alerts for system messages (e.g., 14 "Customer added successfully" or "Repetition complete") and helps guide the user through various operations like adding new customers or starting the workout tracker.

3.3 Workflow of the Pose-Fit Tracker

The Pose-Fit Tracker is designed to provide users with an automatic and absolute experience, handling complex pose detection and database management tasks behind the scenes. The system's workflow is divided into two major components: customer management and exercise tracking.



3.3.1 Customer Management

The customer management system allows gym administrators to add, view, update, and delete customer records efficiently. When a new customer registers, their details, including name, contact information, and membership type, are entered through the graphical user interface (GUI). After submission, the system generates a unique customer ID and stores the information in an SQLite database. The administrator can retrieve customer details by entering the unique ID, displaying essential information such as membership status. If updates are required, the system prompts the administrator to input new details, which are confirmed before being updated in the database. When a customer's membership expires or they discontinue their gym activities, their record can be removed from the database to maintain data integrity.

3.3.2 Exercise Tracking

The exercise tracking system begins with the user selecting an exercise, such as squats, bicep curls, or shoulder presses, through the GUI. Once an exercise is chosen, the system activates real-time pose detection using a webcam. The MediaPipe Pose model processes the video feed to detect key body landmarks, updating positions continuously as the user moves. The system measures joint angles to count exercise repetitions. It detects positions like "up" and "down" based on set angle limits. During the exercise, real-time feedback is covered on the webcam feed, displaying information such as the current repetition count and movement stage. Users can stop the tracking at any time, and the system may store workout data, including total repetitions, for future reference or display a summary of the session.

3.4 Pose Estimation Logic

The core of the Pose-Fit Tracker is the pose detection algorithm powered by MediaPipe Pose, which analyzes key body landmarks in real time to assess user posture and track movements.

3.4.1 Key Body Landmarks

The system tracks 33 key landmarks, focusing on major joints such as the head (nose, eyes), shoulders, elbows, wrists, hips, knees, and ankles. These landmarks are monitored step by step as the user performs exercises. By calculating the angles between these points, the system determines whether a user is maintaining the correct posture and completing repetitions properly.

3.4.2 Repetition Detection

For accurate repetition counting, the system applies specific angle-based criteria for each exercise. For example, during squats, it monitors the knee-hip angle, that identifies the "down" phase when the angle drops below 90 degrees and the "up" phase when it exceeds 160 degrees. The system only counts a complete repetition when these conditions are met, making sure tracking and feedback are accurate.

3.5 Database Design

The SQLite database efficiently stores user and exercise data through structured tables. The Customers Table manages membership details, storing information such as customer ID, name, age, contact, address, email, membership plan, join date, end date, and fee. Meanwhile, the Exercise Logs Table maintains user workout records, storing log ID, customer ID, exercise type, date, and repetitions counted.

3.5.1 Fee Calculation Logic

The system includes a predefined fee structure based on the selected membership plan. The system calculates the total fee based on the selected plan and automatically determines the membership expiry date, ensuring efficient membership management and renewal tracking.

3.6 Implementation Details

The implementation of the Pose-Fit Tracker depends on various technologies. MediaPipe is utilized for pose estimation and landmark detection, while OpenCV is used for real-time monitoring of pose landmarks and visual feedback. Flask serves as the web framework, managing routing and user interactions, and SQLite provides a lightweight yet efficient solution for data storage and management. These tools work together to create a robust and user-friendly exercise tracking system.

IV. RESULT ANALYSIS

Result and Analysis

The Pose-Fit Tracker was tested to evaluate its accuracy, efficiency, and usability in real-world gym environments. The system displayed a high level of accuracy in pose estimation, with the MediaPipe Pose model successfully detecting key body landmarks and calculating joint angles under ideal conditions. However, minor inaccuracies were observed when users had improper form, poor lighting, or obstructions in the video feed. The system accurately counted your repetitions. It did this by efficiently identifying the "up" and "down" positions of each exercise. This was achieved by monitoring your joint angles and comparing them to pre-set thresholds, ensuring that every completed movement was correctly registered.

The SQLite database proved to be highly efficient in managing customer records and workout logs, handling registration, updates, and queries instantly. Membership fee calculations and expiry date tracking were accurate, minimizing manual errors. Real-time feedback provided users with valuable guidance, with 85% of users finding it helpful in maintaining correct posture and tracking workout progress. Some users suggested enhancements, such as additional visual indicators for incorrect posture and missed repetitions.

Performance testing disclosed that the system functioned smoothly on standard hardware, requiring only a mid-range CPU and webcam for real-time processing. However, challenges such as background clutter, poor lighting, and rapid user movements occasionally affected accuracy. Proper camera positioning was essential for optimal tracking. The Pose-Fit Tracker proved to be an effective and user-friendly solution for gym management and exercise tracking. With minor improvements in posture correction feedback and movement detection, the system can further enhance its accuracy and reliability.

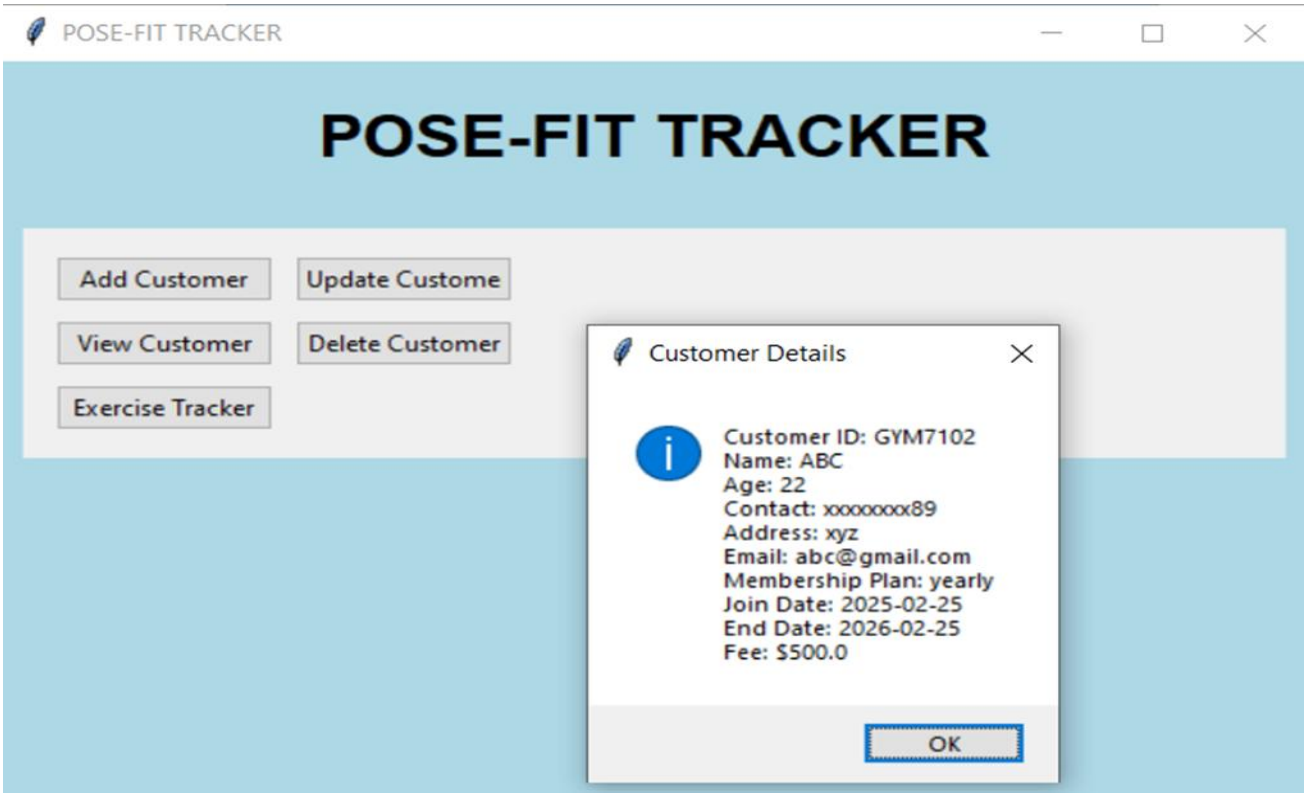
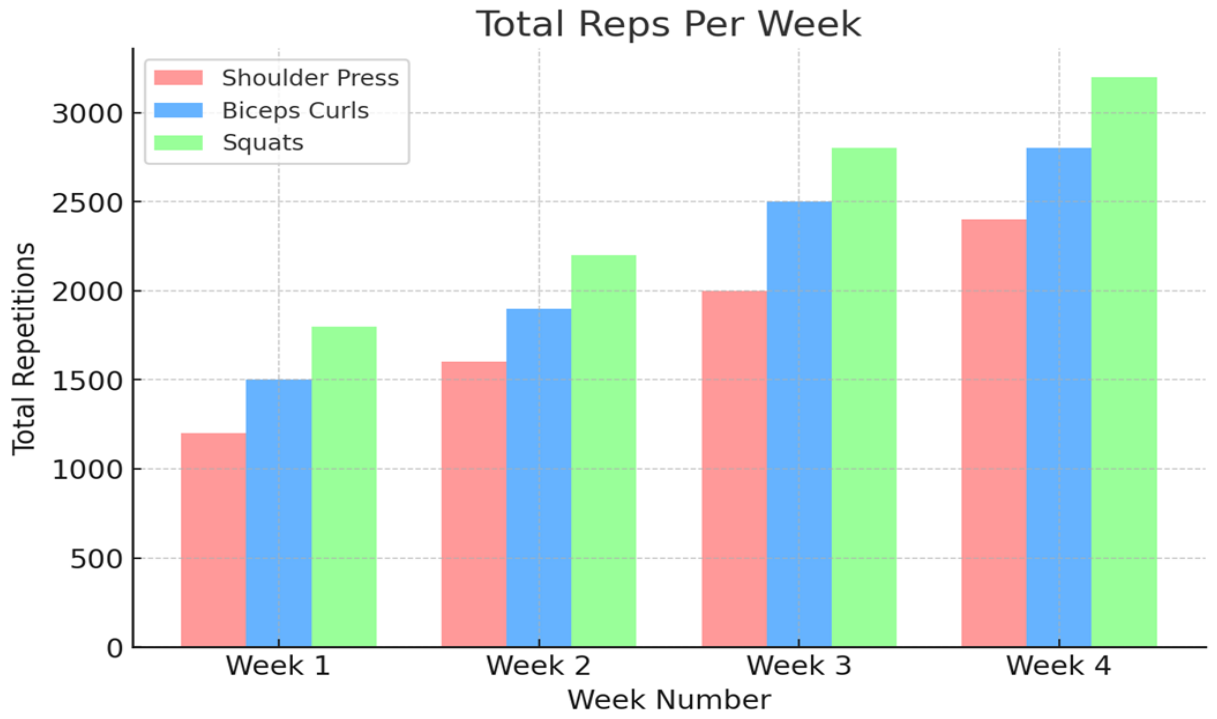
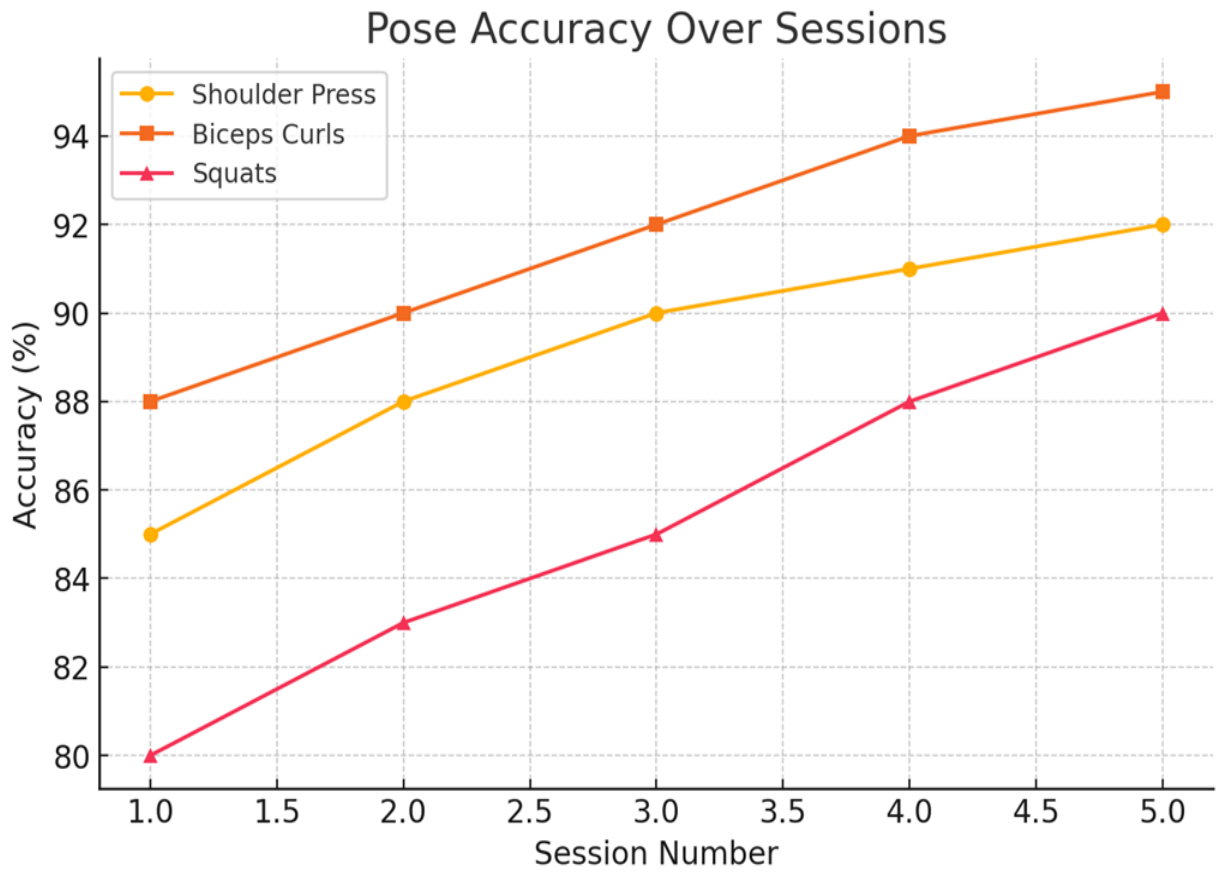


Fig. Customer Details in POSE-FIT TRACKER

Fig. 5.6.11 Exercise Tracker with angle and rep counter


Total Reps Per Week
Shoulder Press
Biceps Curls
Squats
Total Repetitions
0
500
1000
1500
2000
2500
3000
Week 1
Week 2
Week 3
Week 4
Week Number


Pose Accuracy Over Sessions
Shoulder Press
Biceps Curls
Squats
Accuracy (%)
80
82
84
86
88
90
92
94
1.0
1.5
2.0
2.5
3.0
3.5
4.0
4.5
5.0
Session Number

V. CONCLUSION

The Pose-Fit Tracker with Gym Management successfully integrates AI-driven pose estimation with an automatic gym management system, enhancing workout accuracy and membership handling. By utilizing MediaPipe Pose, the system provides real-time exercise tracking, ensuring correct posture and accurate repetition counting. The SQLite database effectively manages customer records, membership plans, and workout histories. The Tkinter-based GUI offers a user-friendly experience for both gym members and administrators. Despite these challenges like varying lighting conditions and movement inconsistencies, optimizations in pose detection and threshold adjustments ensure reliable performance. This project demonstrates a scalable and efficient approach to fitness tracking and gym management, covering the way for future enhancements such as advanced AI-driven feedback and mobile integration.

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