



# PoseTrack

Exercise Accuracy & Feedback System Using 3D Motion Analysis

## AI Feedback

The app gives visual scores and natural language feedback about posture, accuracy, and movement mistakes.



## Reference Upload

Upload a reference exercise video or import one from YouTube to define the target movement.



## Progress Tracking

Users can follow their workout history, scores, achievements, streaks, and improvement over time.



## In-App Recording

Record your own exercise attempt directly from the mobile app using the device camera.



## Pose Comparison

PoseTrack analyzes both videos, aligns the movements, and compares joint-level differences.



Upload

Record

Analyze

Compare

Feedback

Track Progress

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