

Fitness Wearable for Resistance and Strength Training

Status: Filled

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Project Description

Physical health and fitness are trends which are skyrocketing in popularity. As this market continues to grow, the number of individuals who are interested in strength and resistance training has grown proportionately. After several rounds of brainstorming sessions and detailed market research, the VaMo team has identified its initial customers as being weight training enthusiasts who enjoy adopting new technology. Our potential customers may have different goals; whether it be elevating motivation, optimizing their performance, or taking their training to the next level. With this proposed technology, our customers will be able to achieve their goals

- 3- Workout tracking for 3 major powerlifting movements: Squats, Deadlifts and Bench Presses Reps, Sets, Range of Motion, Heart Rate Intensity

Additions (pending time availability)

- 1- Workout Pre-Planning
- 2- Add tracking options for other workouts and exercises

Timeline Milestones

End of Feb	prototype to collect accelerometer and gyro data, 3-d movements with heart rate tracking
End of April	early prototype with tracking of 3 basic exercises
End of June	App done
End of August	prototype finished combined with app tracking