

Never skip leg day!

Try out some new exercises with Bosch Self-Learning AI Software

The Self-Learning AI Software can recognize and track more than fifteen pre-learned fitness exercises and has the ability to learn new movements and fitness exercises created by you!

This session will include exercises where the sensor is mounted on the ankle and the focus will be on building leg strength. If you have the software deployed on your smartphone you may choose to use your smartphone to track your exercises as well.

Lastly, some examples of raw data as well as pattern data are presented.

Initial set up

1. Start the appboard and connect it to your smartphone via the Activity Hub app.
2. Mount your device on your left ankle as directed in the demonstration below.



3. Select 'Learn new exercise' in the app.
4. Do at least 5 repetitions of each exercise in the workout plan before each exercise. The app will tell you when it has successfully learnt an exercise.
5. The learnt exercise can be renamed later from the 'Exercise List' in the App
6. Start recognition mode and begin your workout!

Workout plan

1. Bicycle

Let us start the workout with some warmup to get your pulse raising. Get on some kind of bike and pedal away! Why don't you try to hit 500 or 1000 repetitions?



2. Front Lunges

Now that we are all warmed up, it's time for front lunges. This single-leg bodyweight exercise is great for building leg strength and can challenge your balance. Front lunge activates the glutes, hamstrings, and quadriceps. Try 8 reps on each leg for 3 rounds. For optimal challenge use a barbell or dumbbells with desired weight.



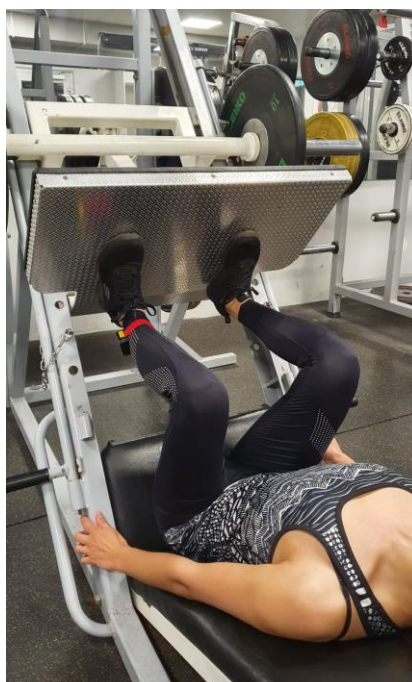
3. Leg extension

Next up are leg extensions. These mainly activate your quadriceps. Be sure to use both legs simultaneously, and don't start with too much weight. Try to hit 3 sets of 8-10 repetitions.



4. Leg press

Last out is leg press. This exercise hits many marks, such as quadriceps, glutes, hamstrings, hips, as well as your calves. Plant both your feet firmly against the plate and be sure to divide the weight evenly. For this exercise try to hit 3 sets of 8-10 repetitions as well.



Sample Data

Be mindful of the orientation and placement of your device when using the generated pattern.

Bicycle

Raw data from the bicycle exercise 10_reps [Raw data 10_reps cvs file]

Pattern generated bicycle exercise [Pattern.json]

Front Lunges

Raw data from the front lunges exercise 10_reps [Raw data 10_reps cvs file]

Pattern generated front lunges exercise [Pattern.json]

Leg Extension

Raw data from the front leg extension 10_reps [Raw data 10_reps cvs file]

Pattern generated leg extension exercise [Pattern.json]

Leg Press

Raw data from the leg press exercise 10_reps [Raw data 10_reps cvs file]

Pattern generated leg press exercise [Pattern.json]

Results

Exercise	Repetitions x Sets	Counted
Bicycle	10x4	9-10/10
Front Lunge	10x4	10/10
Leg Extension	10x4	9-10/10
Leg Press	10x4	9-10/10

For any questions or comments, please visit the Bosch Sensortec Community: community.bosch-sensortec.com.

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