

Training for everyone! – Outdoor bodyweight workout

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 arm. This workout is great for strengthening your core, arms and legs muscles. This program can also be carried out either outside or at home and does not require any gym access or machines.

The raw data as well as pattern data are presented in a section below.

Initial set up

1. Start the appboard and connect it to your smartphone via the Activity Hub app.
2. Mount your device on your arm 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

10 reps x 3 rounds

If you want a challenge, instead try out this challenging routine:

Round 1: 20 repetitions

Round 2: 15 repetitions

Round 3: 10 repetitions

1. Running

Start with running/jogging either outdoors or on the treadmill as a warm-up. Go for as long as you want, but at least 5 minutes.



2. Push-ups

Push-ups is a great old-school exercise that activates a lot of muscles on the way. Mostly your chest and shoulder muscles, triceps, as well as your abdominals. If you feel that the below demonstration is too hard, you can do the push-ups on your knees. Remember to still keep your back straight.



3. Sit-ups

Another classic exercise that gets your abdominal muscles as well as your lower back working. This is a great exercise to strengthen your core which in turn helps your posture, which is important, especially in an office setting. Plant both of your feet as demonstrated below, put your arms on the back of your head and get going.



4. Squats

After the plank we're doing squats. This is an essential exercise that activates some of the largest muscles in your body, and most of the muscles in your legs, such as your glutes, quadriceps, hamstrings, and more.



Sample Data

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

Running

Raw data from the running exercise 10 reps

Pattern generated for running

Push-ups

Raw data from the push-up exercise 10 reps [cvs]

Pattern generated for push-ups [pattern.json]

Sit-ups

Raw data from the sit-up exercise 10 reps [cvs]

Pattern generated for sit-ups [pattern.json]

Squats

Raw data from the squats exercise 10 reps [cvs]

Pattern generated for squats [pattern.json]

Results

Exercise	Repetitions x Sets	Counted
Running	10x4	9-10/10
Push-ups	10x4	9/10
Sit up	10x4	10/10
Squat	10x4	9-10/10

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

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