

Training for everyone! - Outdoor core 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 ankle. This workout is great for strengthening your core. 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 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 a new 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. Plank with leg lift

Take your plank exercise to the next level. Start in a plank position where your body forms a straight line. Your elbows should be bent and placed under your shoulders. Lift your leg to a 45-degree angle and hold for a second. If you find this too difficult, you can stand in the plank position with your hands placed on the ground. Plank with leg lift is a great exercise for your abdominal muscles, and with the added leg lifts you also train your glutes, legs, and shoulders. Try to hit 3 sets of five repetitions with the left leg and five repetitions with the right leg.



2. Side plank leg lift

Next up is another plank, this time the side plank leg lift. Much like the exercise before it, we are using our legs as well, but this time it is carried out by balancing on your side as shown below. Keep your non-steadying arm straight up, and slowly lift your leg towards a 30-degree angle, and then return it to its beginning position. Try to hit 3 sets of 5-10 repetitions.



3. Leg raise

The last exercise of the round is leg raise. This exercise hits your core and targets your lower abs. Lie down on your back, put your hands behind your head and slowly lower your legs until they are close to the ground. Try to keep the lower part of your back in contact with the ground. If you find this hard, stop at a point where you don't have to struggle as much. Try to hit 3 sets of 10 repetitions.



Sample Data

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

Running

Raw data from running [cvs]

Pattern generated for running [pattern.json]

Plank leg lift

Raw data from the plank leg lift exercise 10 reps [cvs]

Pattern generated for plank leg lift [pattern.json]

Side plank leg lift

Raw data from the side plank leg lift exercise 10 reps [cvs]

Pattern generated for side plank leg lift [pattern.json]

Leg raise

Raw data from the leg raise exercise 10 reps [cvs]

Pattern generated for leg raise [pattern.json]

Results

Exercise	Repetitions x Sets	Counted
Running	10x4	9-10/10
Plank leg lift	10x4	9-10/10
Leg raise	10x4	10/10
Side plank leg lift	10x4	10/10

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

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