

# Waist Tracking

## 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 waist and the arm. 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 waist 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. Good Morning

The Good morning exercise strengthens your lower back and hamstrings. Focus on sending your hip backwards when you tilt your upper body forward. Use a barbell and select a weight that is suitable for you. Try 6-8 reps and 3 sets.



### 2. Bench Hip Raise

Next up is the hip raise exercise. Focus on activating your glutes and engaging your core to form a straight line. This exercise strengthens your glutes and hamstrings. Additionally, it increases the stability of your lower back. Try to do 10-15 repetitions for 3 rounds. For a more challenging exercise, try the single-leg hip raise.



### 3. Bulgarian Split Squat

The Bulgarian split squat exercise has many advantages since it targets the quadriceps, glutes, and the hamstring and contributes to increasing the knee and hip stability. 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.*

#### Running

Raw data from running 10\_reps [Raw data 10\_reps cvs file]

Pattern generated running exercise [Pattern.json]

#### Good morning

Raw data from the good morning exercise 10\_reps [Raw data 10\_reps cvs file]

Pattern generated good morning exercise [Pattern.json]

#### Hip raise

Raw data from the hip raise exercise 10\_reps [Raw data 10\_reps cvs file]

Pattern generated hip raise exercise [Pattern.json]

#### Bulgarian squats

Raw data from the bulgarian squats exercise 10\_reps [Raw data 10\_reps cvs file]

Pattern generated bulgarian squats exercise [Pattern.json]

## Results

Exercise	Repetitions x Sets	Counted
Good morning	10x4	10/10 (+2 false matches)
Hip raise	10x4	9-10/10
Bulgarian split squat	10x4	9-10/10

For any questions or comments, please visit the Bosch Sensortec Community: [community.bosch-sensortec.com](https://community.bosch-sensortec.com).

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