S·C·A·P·E - I·F
A PLATFORM THAT UNDERSTANDS YOUR EXERCISE

17:38

Plank with weights
0:23

Strenghten your back

Lower your left arm
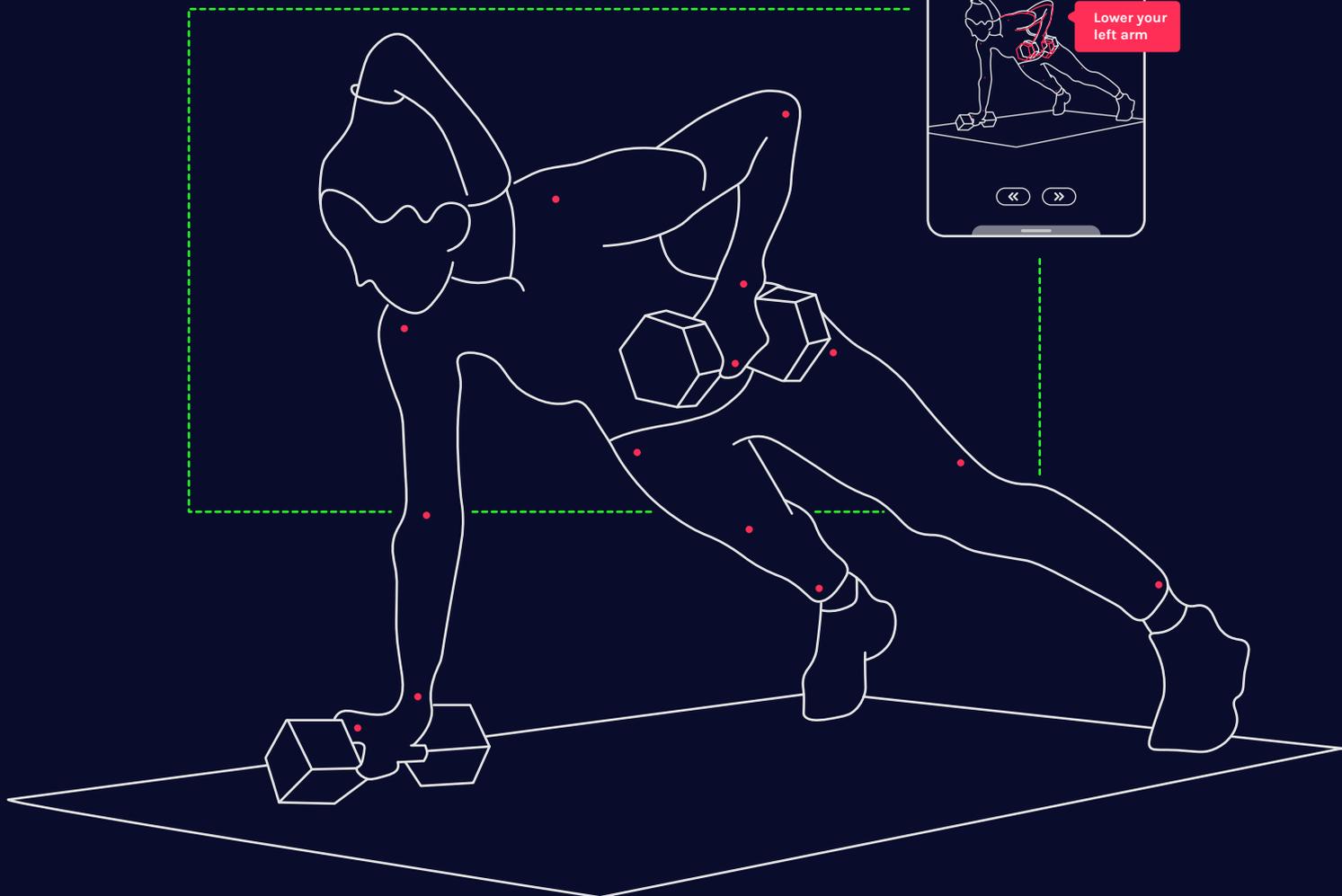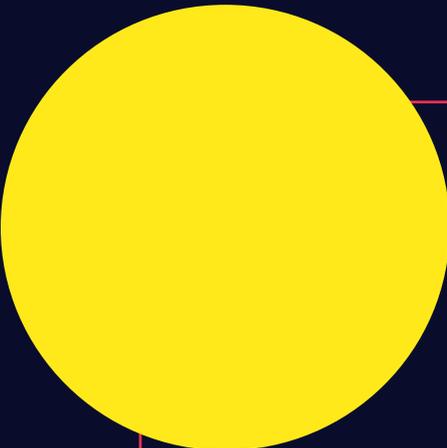
THE PROBLEM

A 2019 study, published
in Mayo Clinic Proceedings,
indicates that 37.5% of study
participants within 6 weeks
reported at least one injury during
a training session in high-intensity
group workout classes (HIIT, circuit
training, or any other vigorous
forms of weight training).

It I s as we imagine **1 out of every 5** gym
attendees will hurt themselves within
the next month or so.

When performing
physical exercises, it is difficult to
evaluate if the activities are performed
properly. This can lead to less efficient
exercise, serious injuries, and health
deterioration.

Less efficient exercise means that
improvements will be seen over a longer
period of time than necessary, or no
improvement will be seen at all, mean-
ing that a person can lose their motiva-
tion for performing physical activities.

Moreover, as for global COVID-19
pandemic, a lot of people that are
engaged in physical activities are
demotivated in getting to sports facili-
ties for training assistance, limiting
them to performing exercises at home
without physical assistance or with the
assistance being via video call, making
them more prone to injuries or ineffi-
cient workouts.
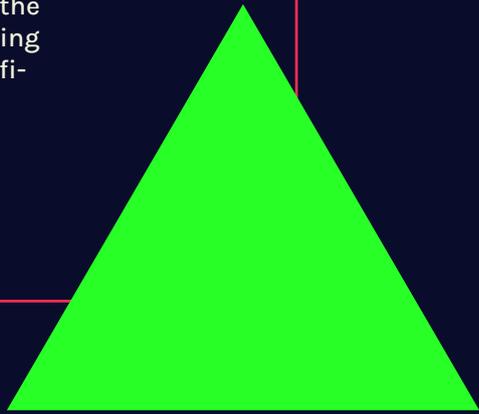
OUR SOLUTION

Our proposed solution (clothing with built-in sensors and mobile app) works as a complete sports ecosystem:

FOR TRAINERS

To use this platform to create more relevant workouts, train their clients on the spot or remotely, and better understand their clients' progress and performance.

Your pose score:

8.5

320 kcal
102 bpm

Strenghten left arm

Ankle more to the right
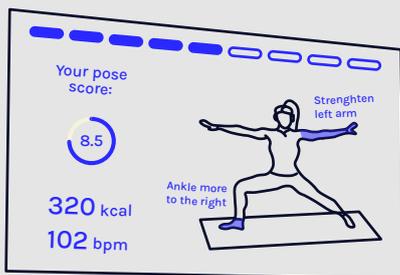
FOR SPORTS PRACTITIONERS

To become more aware of their body readiness level, understand key factors that contribute to injuries and better performance, analyze the progress and follow virtual assistance to supervise physical activities and enabling the freedom of choice where and when to perform exercises more safely with or without expert's presence.
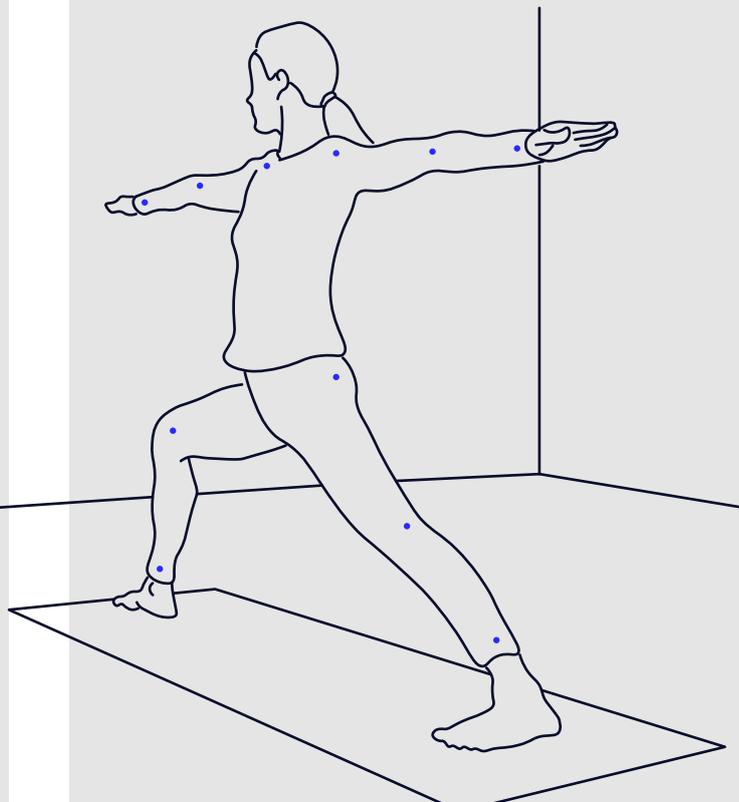
BASIS OF THE TECHNOLOGY

01   MOBILE APP

Android and iOS mobile app where data from a smart wearable are sent for further movement analysis and data visualization.

It's the world-first mobile app that helps to connect in a deeper level sport practitioner with their bodies and their trainers.

For trainers it's a platform to uniquely sell their training programs and track practitioner's progress remotely or on spot.
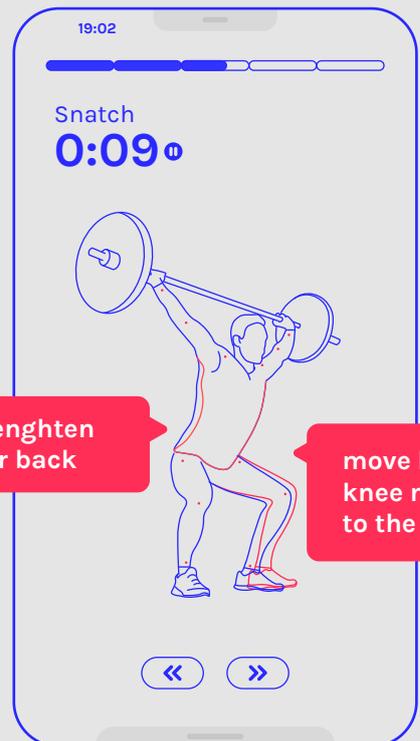
Yet for practitioners – it's a safe haven to learn sports in a progressive, flexible and, most importantly, in correct way with live feedback and progress tracking.
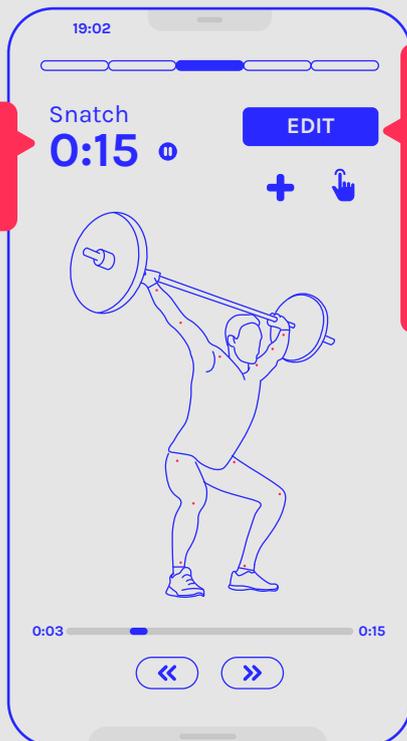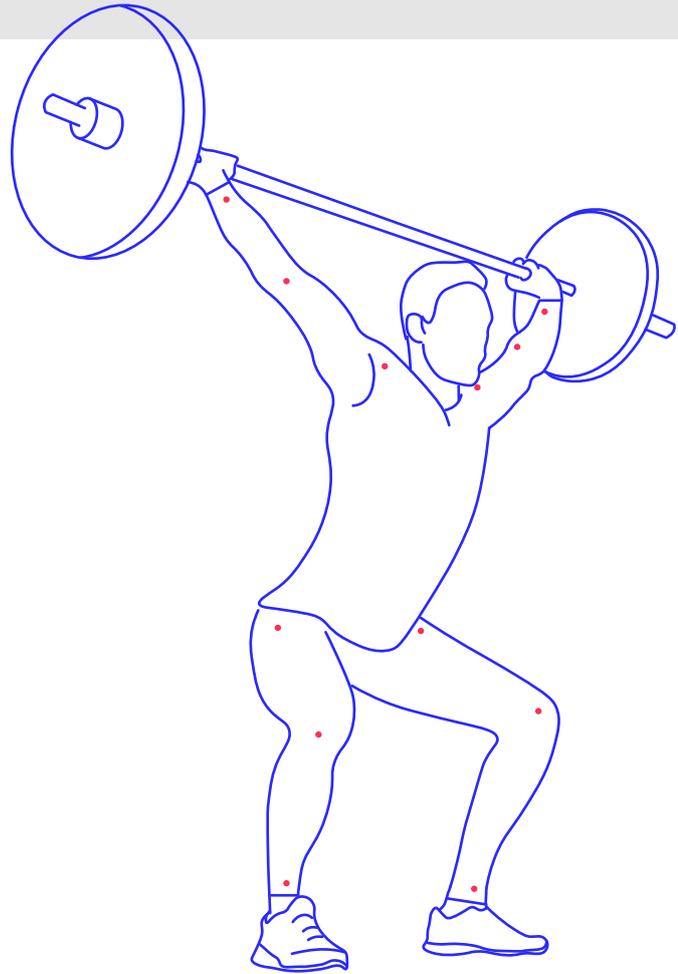
Add tittle and exercise duration

Edit workout video, add restricions and comments, change location of the avatar's joints.

19:02

Snatch
0:15

EDIT

0:03   0:15

TRAINERS PROFILE

19:02

Snatch
0:09

Strenghten your back

move left knee more to the left

PRACTITIONER PROFILE

SMART SPORT CLOTHING

The sensor nodes are embedded on wearable tracksuits and are connected using wired communication (using conductive threads as electric conductors).

Power is supplied from a lithium battery. The number of sensors used can be changed and adjusted for different application requirements. Data is sent wirelessly to a portable device (smartphone, tablet) or personal computer for processing and feedback.

Bluetooth low energy protocol is used for data transmission to achieve energy efficiency for maximized battery life.
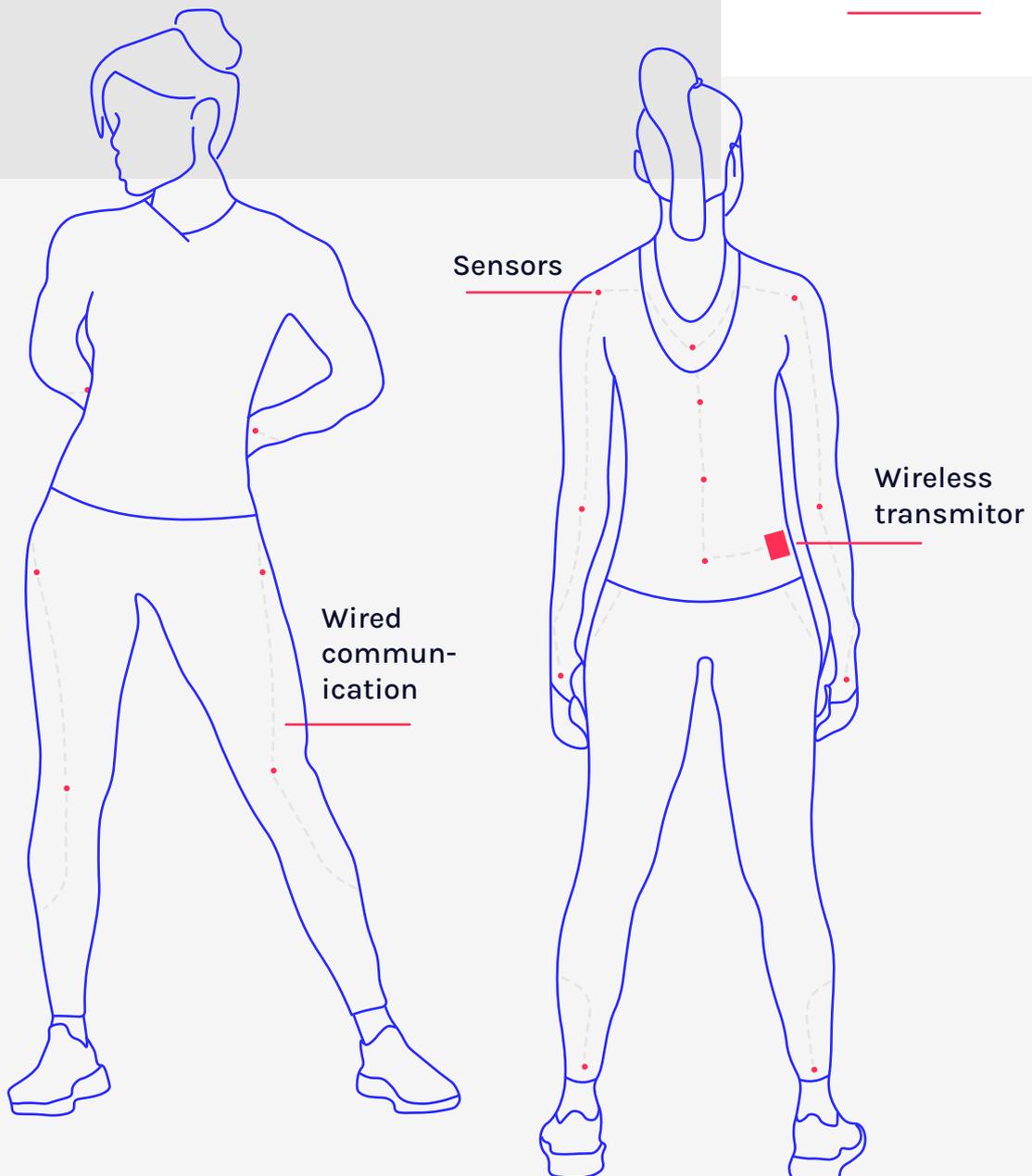
18
coin-size
sensors

Accelerometer, magnetometer and gyroscope sensors fusion

Data transmitted via Bluetooth low energy protocol to the app

Sensors

Wireless transmitor

Wired commun-ication

KEY FEATURES

A training platform for exercise recording, workout program creation and selling

Washable, chargeable, clothing for women and men with built-in sensors for everyday exercises and workouts

Activity progress tracking and performance analytics

Live feedback

Smart sport tech gadgets connected in one place

Workout and exercise plans

CORE BENEFITS

Improving the efficiency of practice with live feedback and individually tailored exercises based on body measurements

Easy-to-use mobile app for movement recording, data-based performance analysis, live feedback, progress tracking and relevant exercise-related content creation or consumption

Reducing the injury risk while doing physical activities

A social network platform for trainers and sport coaches to increase their clientele and promote their knowledge

A flexible approach for sport practitioners to do exercises in a correct manner, not restricted to a single location or time