



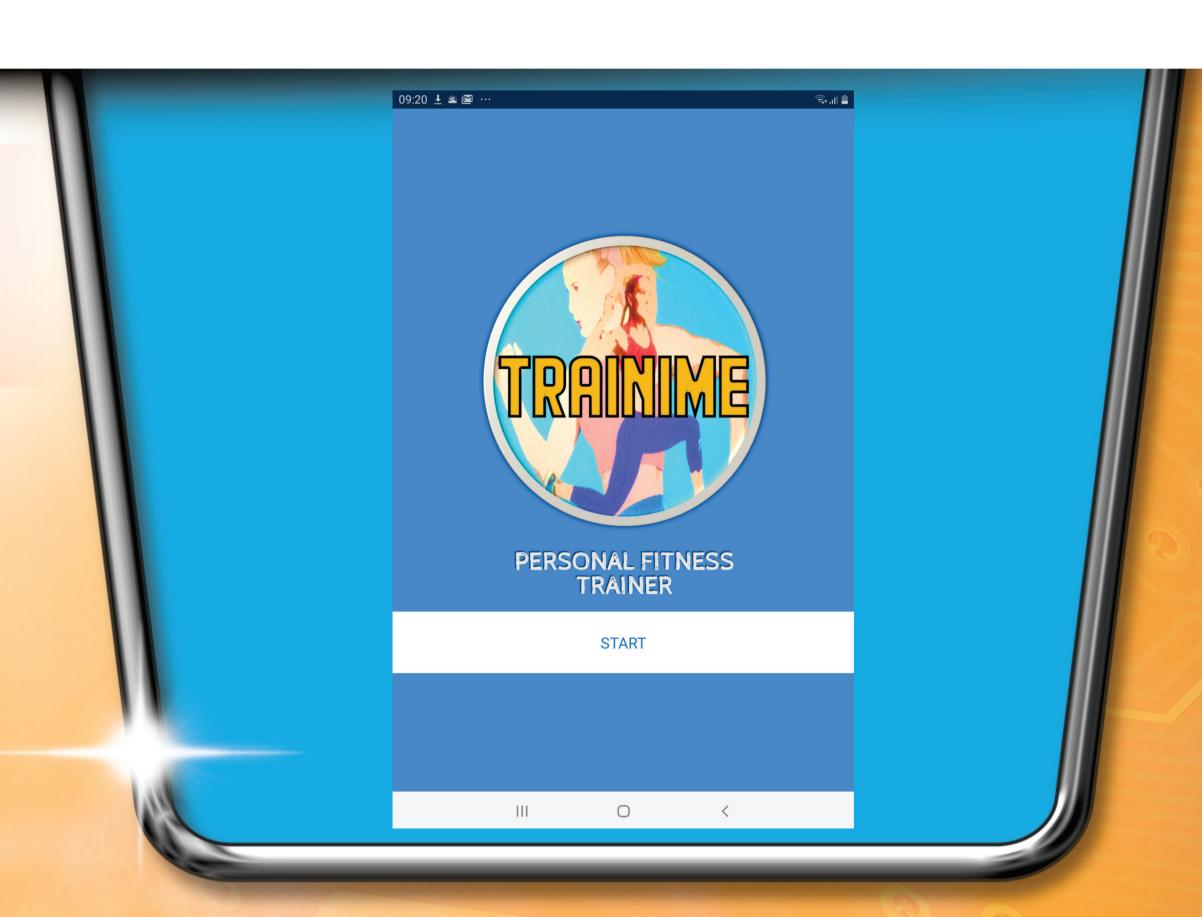




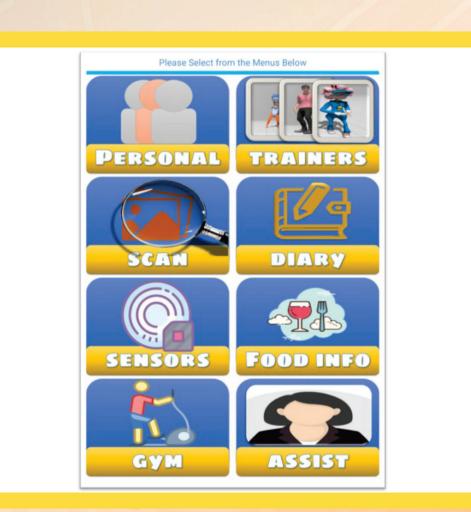




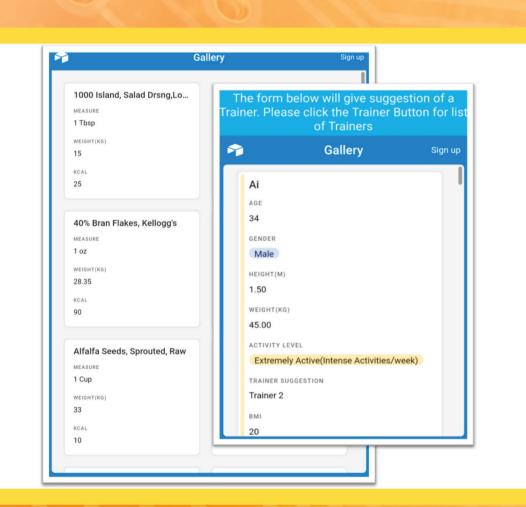
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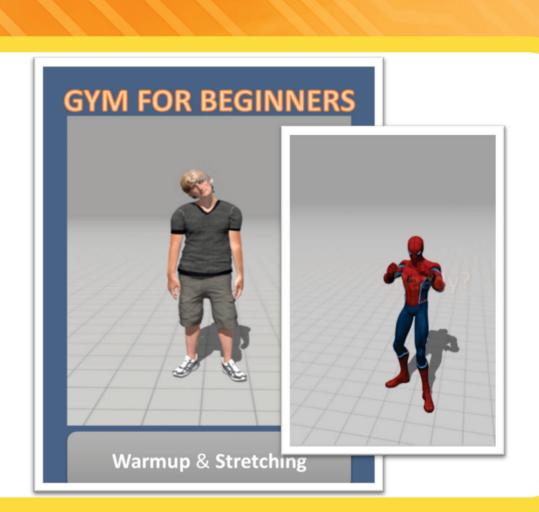


# PERSONAL FITNESS TRAINER











#### Introduction

TRAINIME is an intelligent virtual fitness trainer that utilized the study on fitness in health education and facilitated with the technologies from the field of Artificial Intelligence (AI) and Virtual Reality (VR).

# **Inventiveness and Novelty**

This app utilized the technology of AI and VR to intelligently suggest the most suitable trainer based on profile submitted (weight, height, age, activity level and gender). There are 8 different 3D virtual trainers with 9 different types of movements for fitness. This app also has an image recognition function, BMI and BMR calculation, Food Nutrition Info, Fitness Activity Log, Intelligent Bot Assistant and Fitness Sensors.

# **Intellectual Property Status**

Copyright Obtained: LY2018006398

## **Usefulness and Application**

It can be used for BMI and BMR calculation, Fitness Log, Food Nutrition Info, Personal Trainers and Built-in sensors for Fitness.

## **Product/Technology Readiness**

TRL 6- Completed, tested, commercially available and can easily set up in any fitness facility.

# **Research Achievement:**

10 research papers: 8 Scopus, 2 Accepted for publication 2 Awards: Knovasi 2019 (Silver), ITEX 2019 (Silver)

### **Commercial Potential**

Ready to be commercialized anytime, niche to the Malaysian and International users, technology transfer ready

#### **Industry/Bussiness Partners**

a) Muslimah GYM and Fitness

b) Infinity Gym

# **Grant/Publication/etc)**

Short Term Grant (304/PMEDIA/6315301) 1 Master student graduated

# **Level of Impact**

International-Worldwide Available

## Presentations and other strength

This product is available as a fitness app and can be easily set up in any participating fitness centers as a virtual fitness trainer. It is equipped with the latest Artificial Intelligent technology, fitness tools, and the trainers were designed based on researches and interviews from actual fitness trainers.

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