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GymPraaktis Exercise Engine® smart tech set to revolutionise home fitness

GymPraaktis has announced the launch of its revolutionary new Exercise Engine® software for gyms and members looking to improve their fitness routines from home.

Linking smartphones to patented technology, GymPraaktis enables users to record their routines for instant precision feedback.

Using Artificial Intelligence, the Exercise Engine® immediately calculates scores for each attempted move, such as squats or bicep curls, based on how well the user performs key elements.

No special markers or equipment are needed. The user can perform their routine at home, in the park or anywhere that is convenient for them, and link with coaches for instant performance insight.

Launching the new technology, Muzaffar Karabaev, CEO of GymPraaktis, said:

“In these challenging times, GymPraaktis technology gives gyms the opportunity to provide precision feedback to members, even when they are unable to visit in person.

“Our Exercise Engine means coaches can offer accurate, measurable insights into the gains clients are making in terms of technique, as well as tips and encouragement.

“Getting detailed scores in real time will allow users to track and develop their technique, quantify progression, and improve their performance long-term.

“Logging scores that can be compared against peer groups, family and friends will drive wider competitive engagement in fitness programmes, even when gym doors are closed.”

ENDS

Notes to Editors:

A free showcase version of the GymPraaktis App illustrating how the Exercise Engine® can be used is now available through the Google Play Store for Android devices. An iOS version will be available in the coming weeks.

The app uses the Exercise Engine® to score user performance across five different routines.

Within the app users can create groups of friends to compare scores and compete with one another. The app also includes a process for awarding of credits for each attempt, giving points based on the scores achieved and moving up to different levels based on attainment.

GymPraaktis, based near London, England, is a software company specialising in health and wellness. Its core developer personnel operate from Uzbekistan.

For further information please visit the company website <http://www.gympraaktis.com>.

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