BALANCE TRAINING

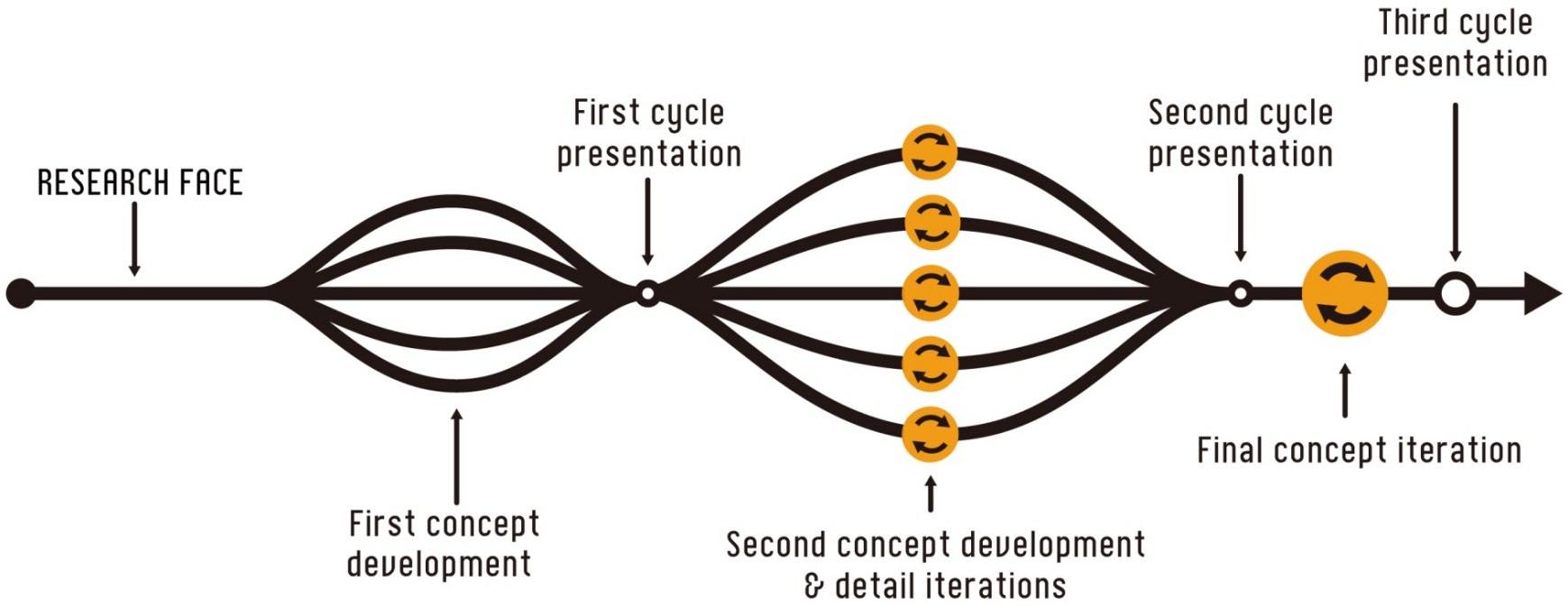
An interaction system inside the fitness room

Design Goal

Help people training in the gym to improve themselves in a most balance way without getting injured.

Interaction Vision

The interaction between users and environment and other users in the gym will be **playful, secure**, and **confident**. Just like a personal coach stand aside to help you in the whole process.



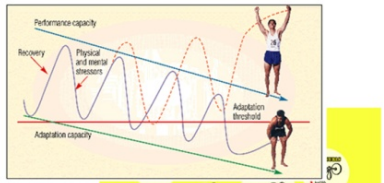
DESIGN PROCESS

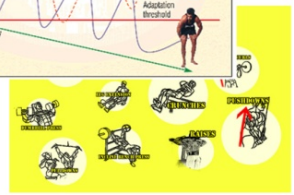
RESEARCH FACE

First cycle presentation

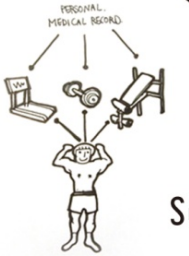
Second cycle presentation

Third cycle presentation



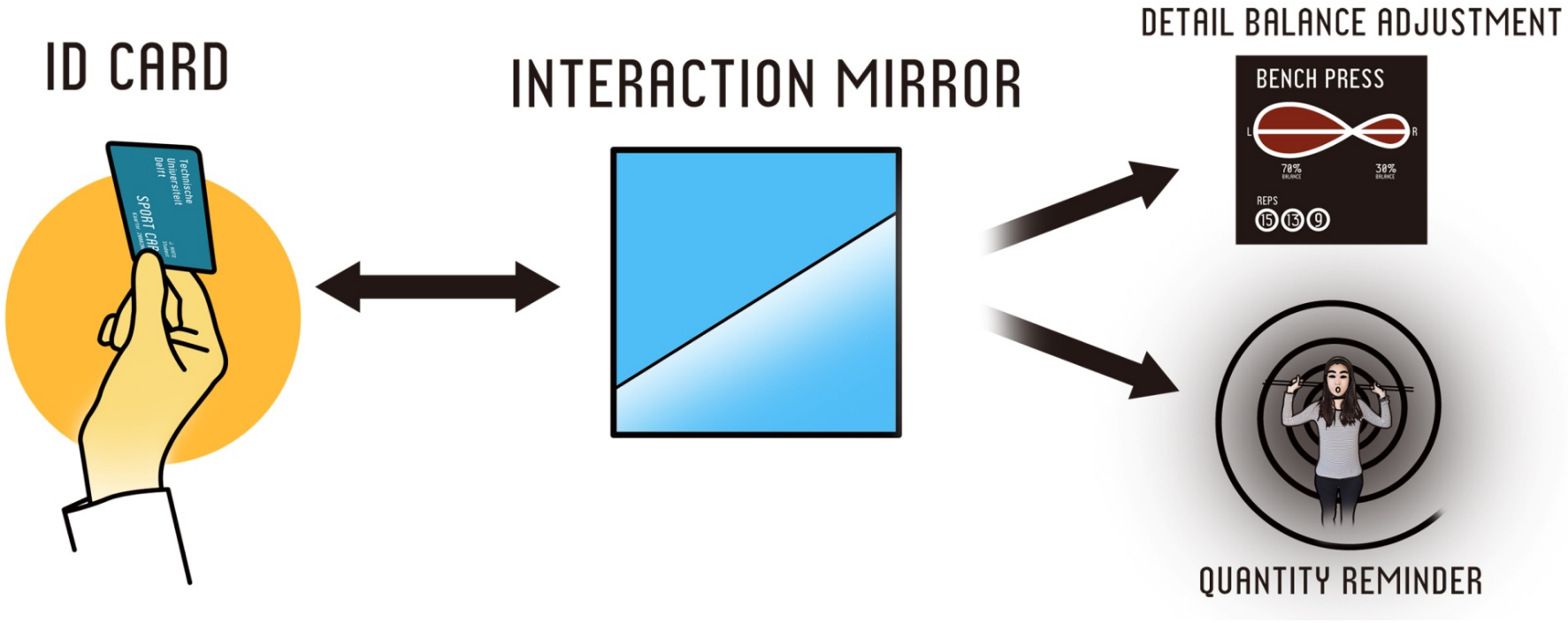


First concept development



Second concept development & detail iterations

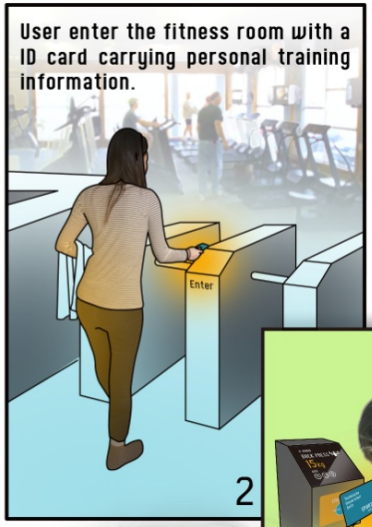
Final concept iteration

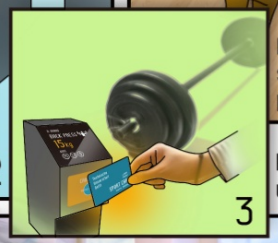


System Structure

SCENARIO
GOING TO FITNESS ROOM TODAY

User enter the fitness room with a ID card carrying personal training information.

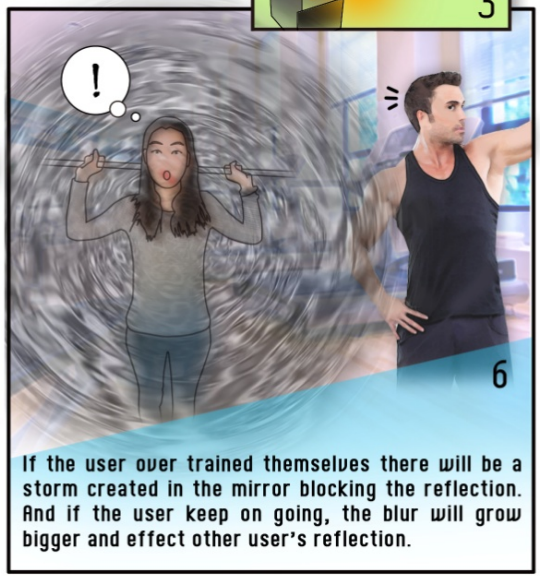




Before using every equipment, use ID card to obtain training record.

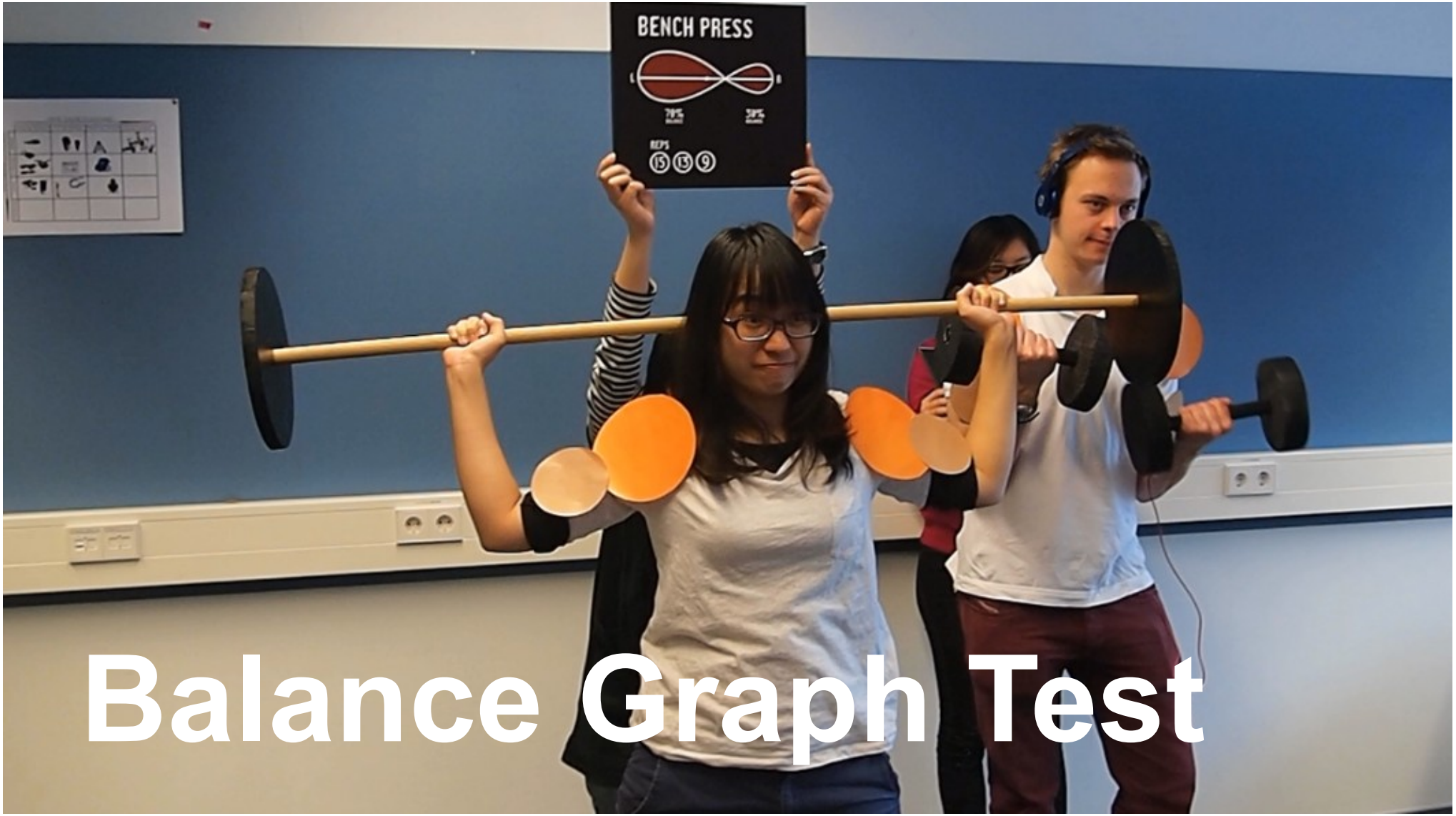
While training, the mirror will start monitoring the training progress.

The reflection on the mirror will show detail information to help user adjust their balance.

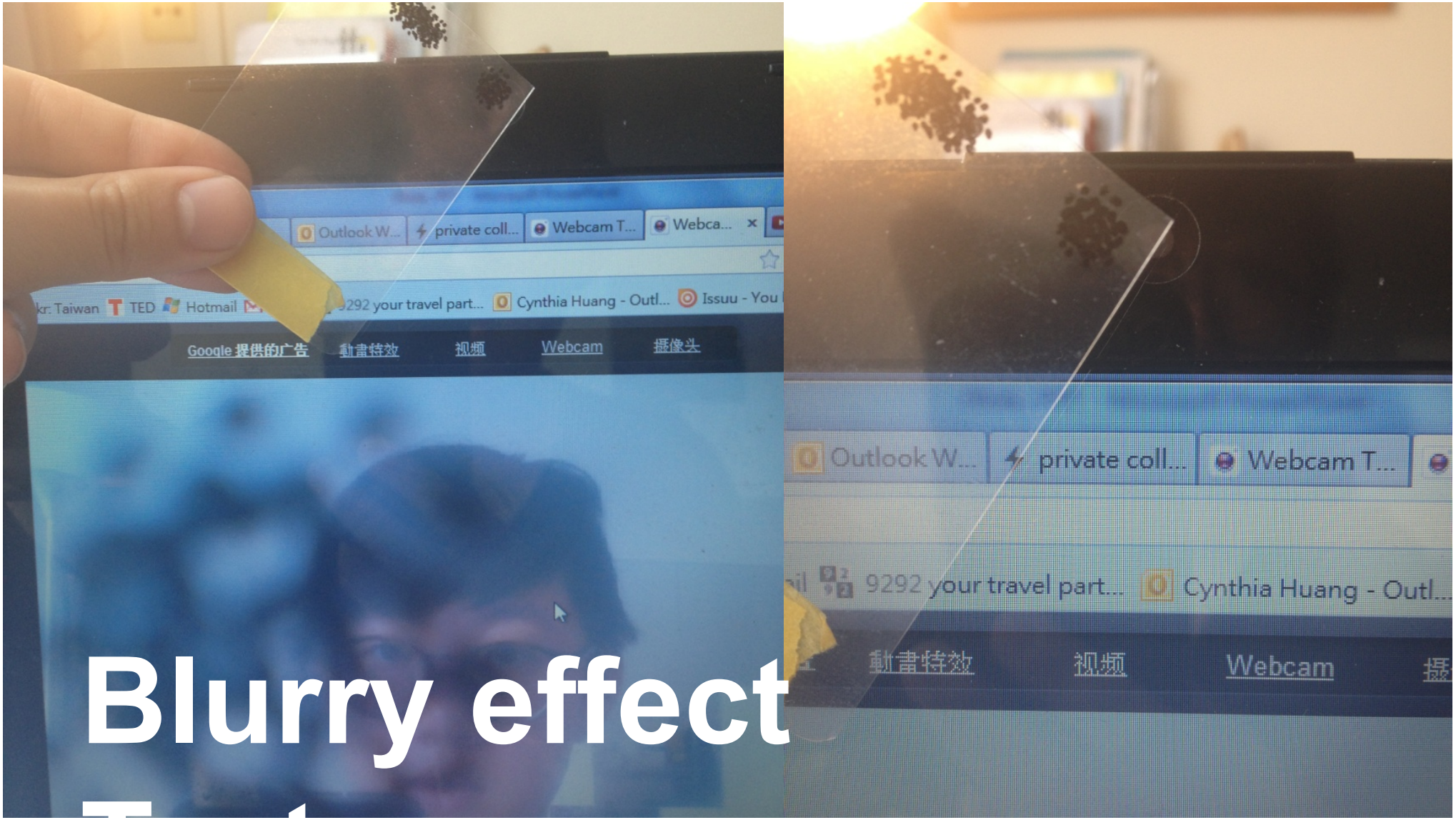


If the user over trained themselves there will be a storm created in the mirror blocking the reflection. And if the user keep on going, the blur will grow bigger and effect other user's reflection.

Final Prototype Set Up



Balance Graph Test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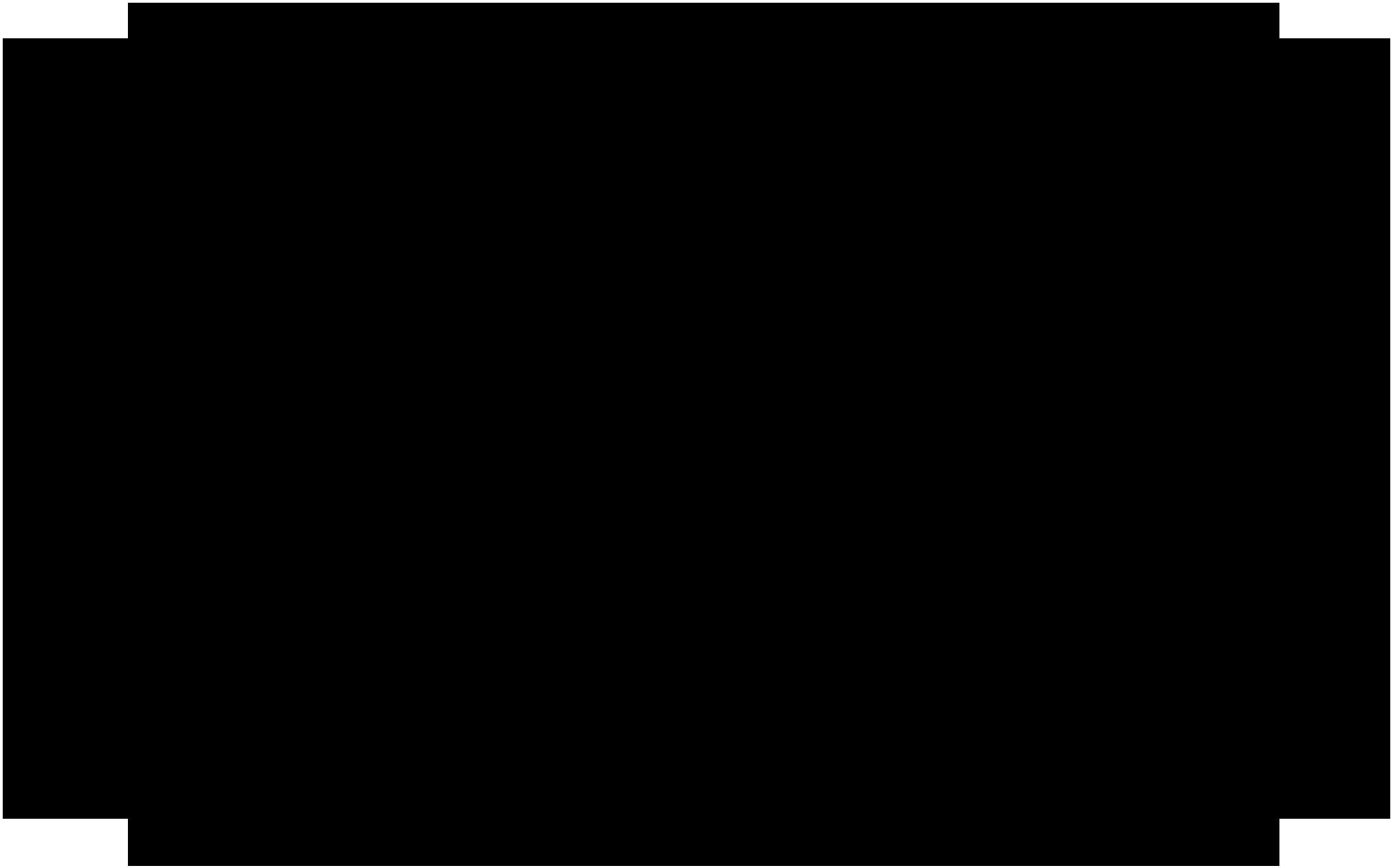
Cynthia Huang - Outl...
動畫特效
视频
Webcam
Blurry effect



Conclusion

After the prototyping I interview several people about the system. And receive positive feed back that this system really help them to better manage their training. And they also think that the system is like a coach to remind them when they are doing wrong.

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Thank you