

(54) Title of the invention : PHYSICAL FITNESS TRAINING DEVICE

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(57) Abstract :

A body 1 having plurality of wheels 2 for assisting a user to perform different exercises according to his/her moods, a thermal imaging camera 3 integrated with a controller for capturing images of said user's body, wherein the controller on processing the images detects soreness on the user's body, a projecting unit 4 linked to the controller that upon receiving a command from the controller based on detected soreness of user's body displays warm up exercises, an AI enabled image capturing module 5 interfaced with the controller for capturing images of the user while exercising, wherein the controller on processing the images classifies the user's exercises into various categories, a chamber 6 in continuation with a set of motorized sliders 7 for storing different gym equipment's, wherein the sliders 7 actuates on receiving command from the controller provides access to the user to utilize the gym equipment's. Ref Figure 1

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