

Visual Feedback for Core Training with 3D Human Shape and Pose

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BACKGROUND:

Core Training

28



モデルが秘密にしたがる

体幹

究極の部分やせ

佐久間健一

リセット

ダイエツト

門外不出のエクササイズを
ついに公開!!

120万部突破のシリーズ
第2弾

守丸胸ウエスト たっぷりお腹 ぶるぶる二の腕 つか尻
がっちりふくらばき 肉厚背中 極太ももに効く

1分で下腹がマイナス4cmなど驚きの結果が!

BACKGROUND:

Open Pose [CVPR2017]



INPUT



Confident Map

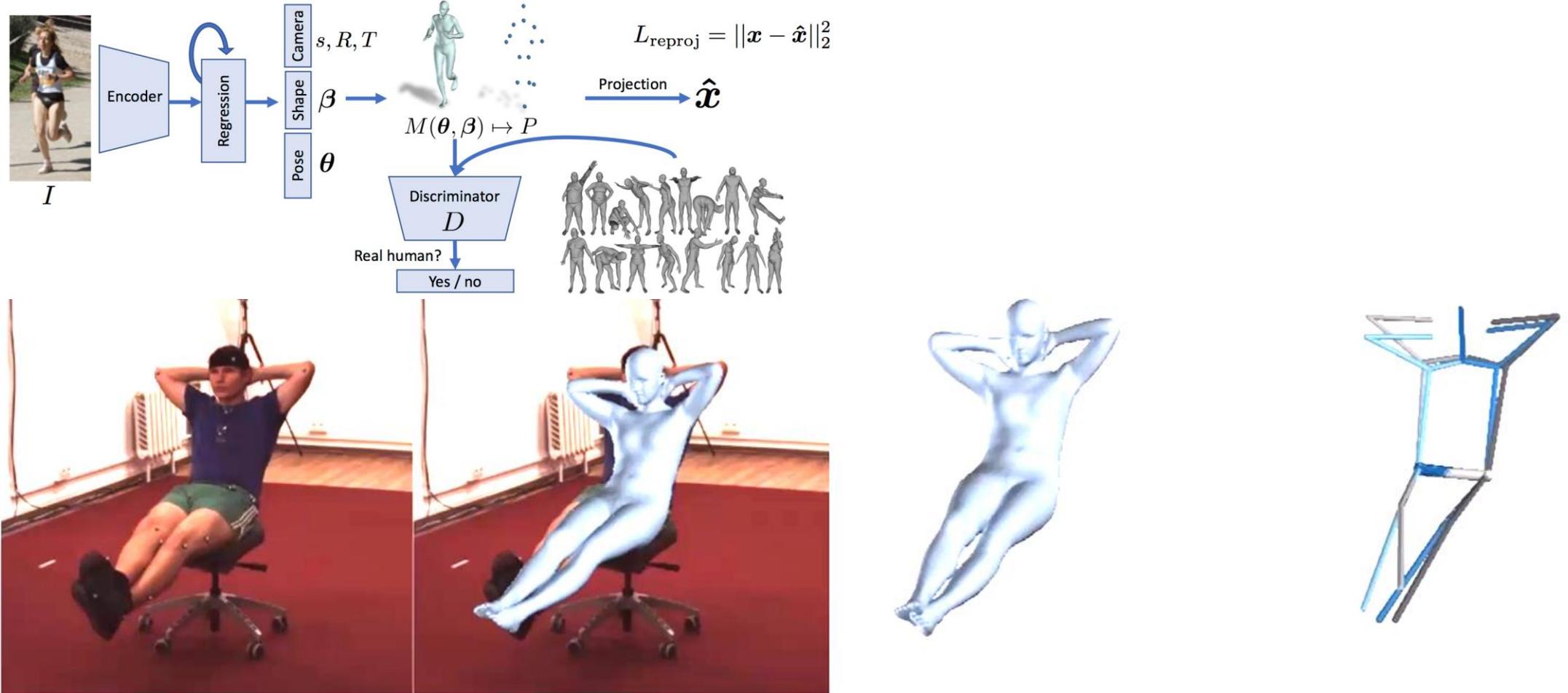


Part Affinity



BACKGROUND:

Human Mesh Recovery [CVPR2018]



A. Kanazawa et al., End-to-end Recovery of Human Shape and Pose. CVPR2018

Motivation

Core Training Issues

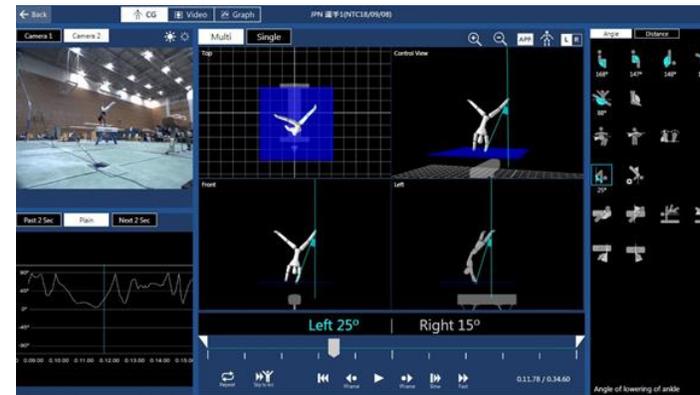


@twitter.com/torikara_no_su



1. Difficult to achieve target poses
2. Injury if in an incorrect pose

Existing Training System



Gymnastics Training System @Fujitsu,2017

1. Expensive for common users
2. Need special devices
3. Using 2D skeletons
4. Difficult to use

Related Works



Strength training systems, IPSJ2015



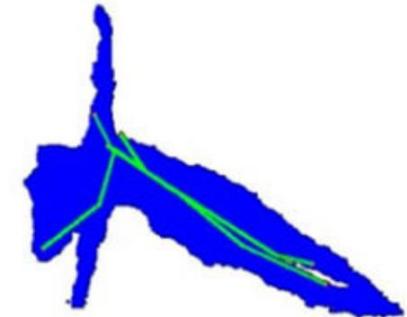
Golf training systems, ISS2018



Physical training systems, FIT2018



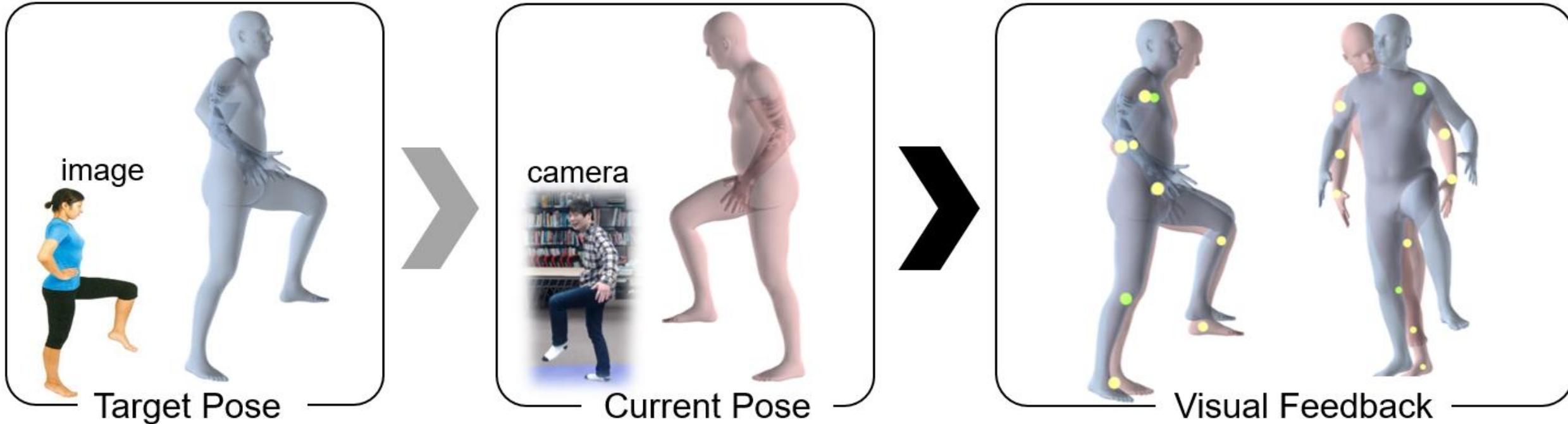
Yoga training systems, Multimed Tools Appl (2018)



2D skeletons from Depth Sensors (Kinect)

2D Silhouette from Cameras

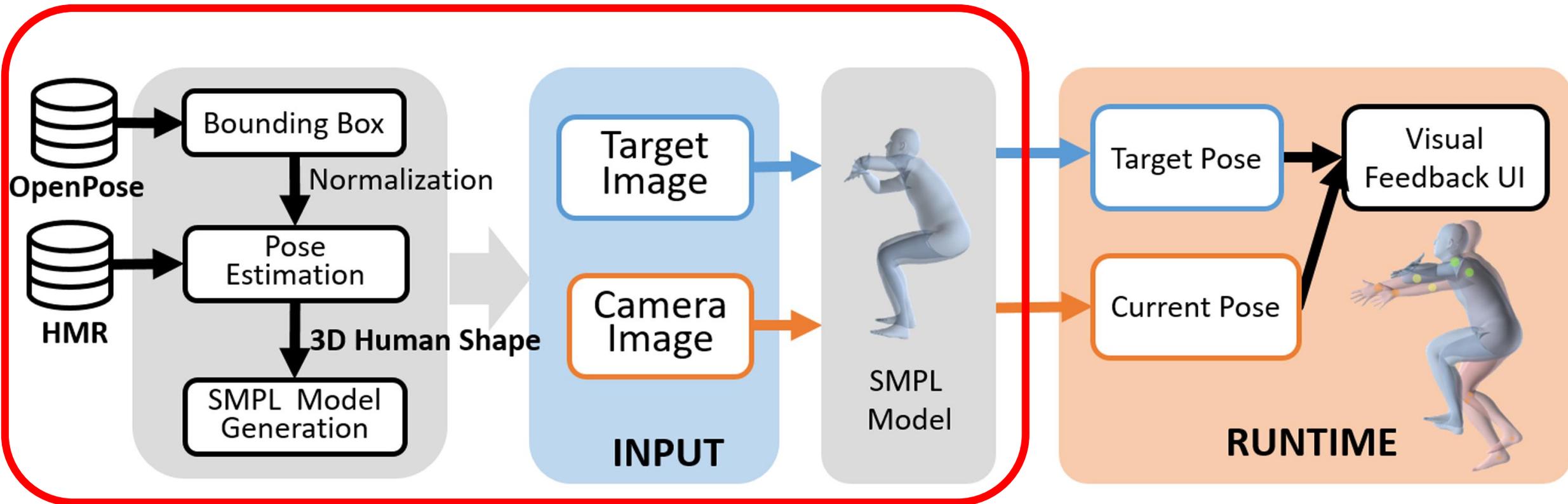
Contributions



- | | | |
|-------------------------------|---|------------------------------------|
| 1. Expensive for common users | ➤ | 1. Available for common users |
| 2. Need special devices | ➤ | 2. Using normal web-camera |
| 3. Using 2D skeletons | ➤ | 3. Adopting 3D human shapes |
| 4. Difficult to use | ➤ | 4. Providing simple user interface |

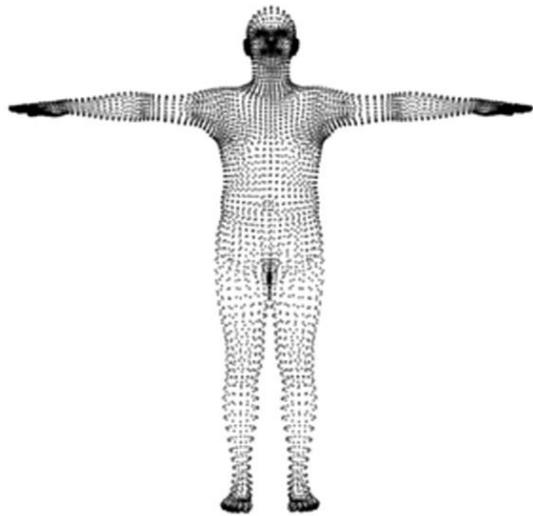
Deep learning
based approach

Framework



SMPL [SIGGRAPH Asia 2015]

A Skinned Multi-Person Linear Model



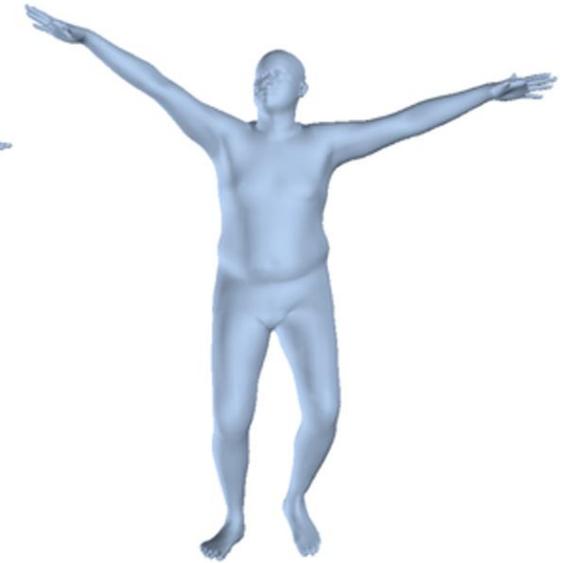
$N = 6,980$



$M(0,0)$



$M(0,\beta)$

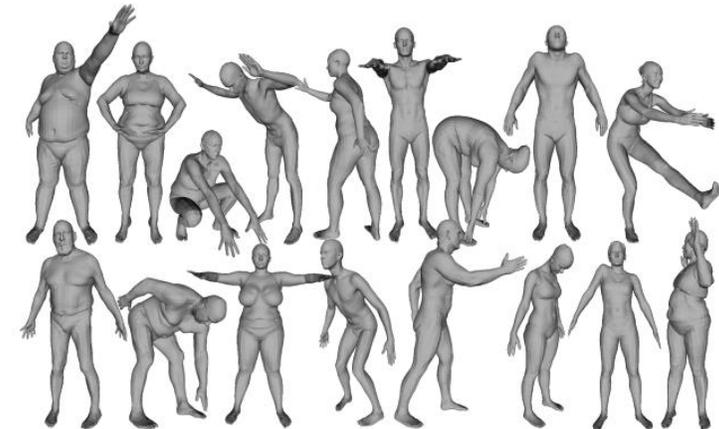


$M(\theta,\beta)$

Model Meshes $M(\theta, \beta) \in \vec{R}^{3 \times N}$

Pose parameters $\theta \in \vec{R}^{3 \times K+3}$

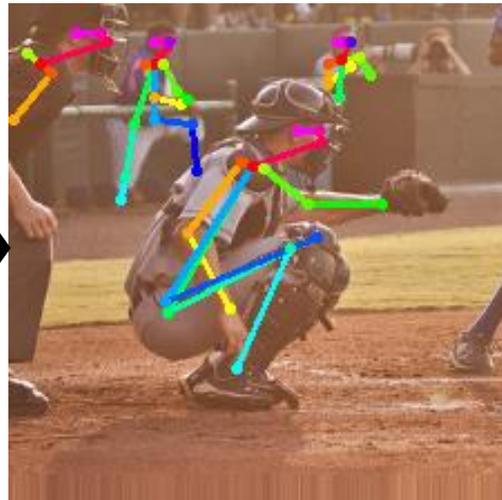
Shape parameters $\beta \in \vec{R}^{10}$ $K = 23$ joints



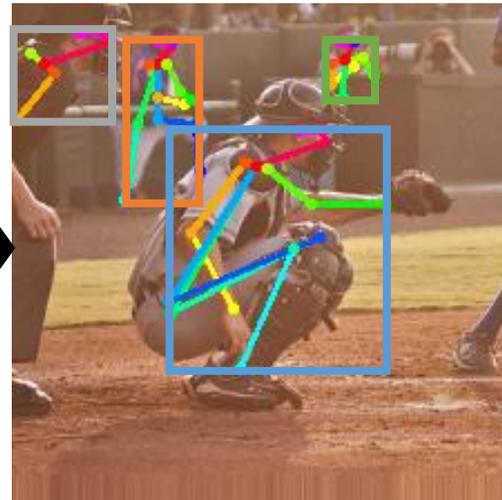
SMPL Model Generation



INPUT Image



Joints Estimation
(openpose)



Bounding Box

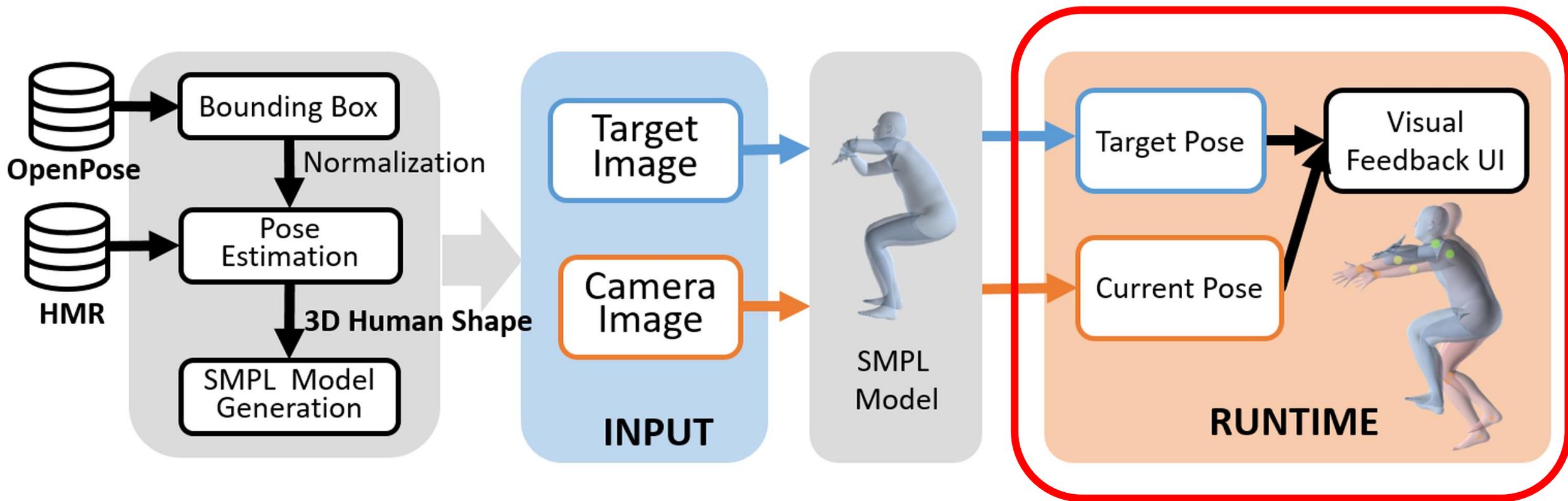


3D Pose Estimation
(Human Mesh Recovery)

3D Shape Generation



Framework



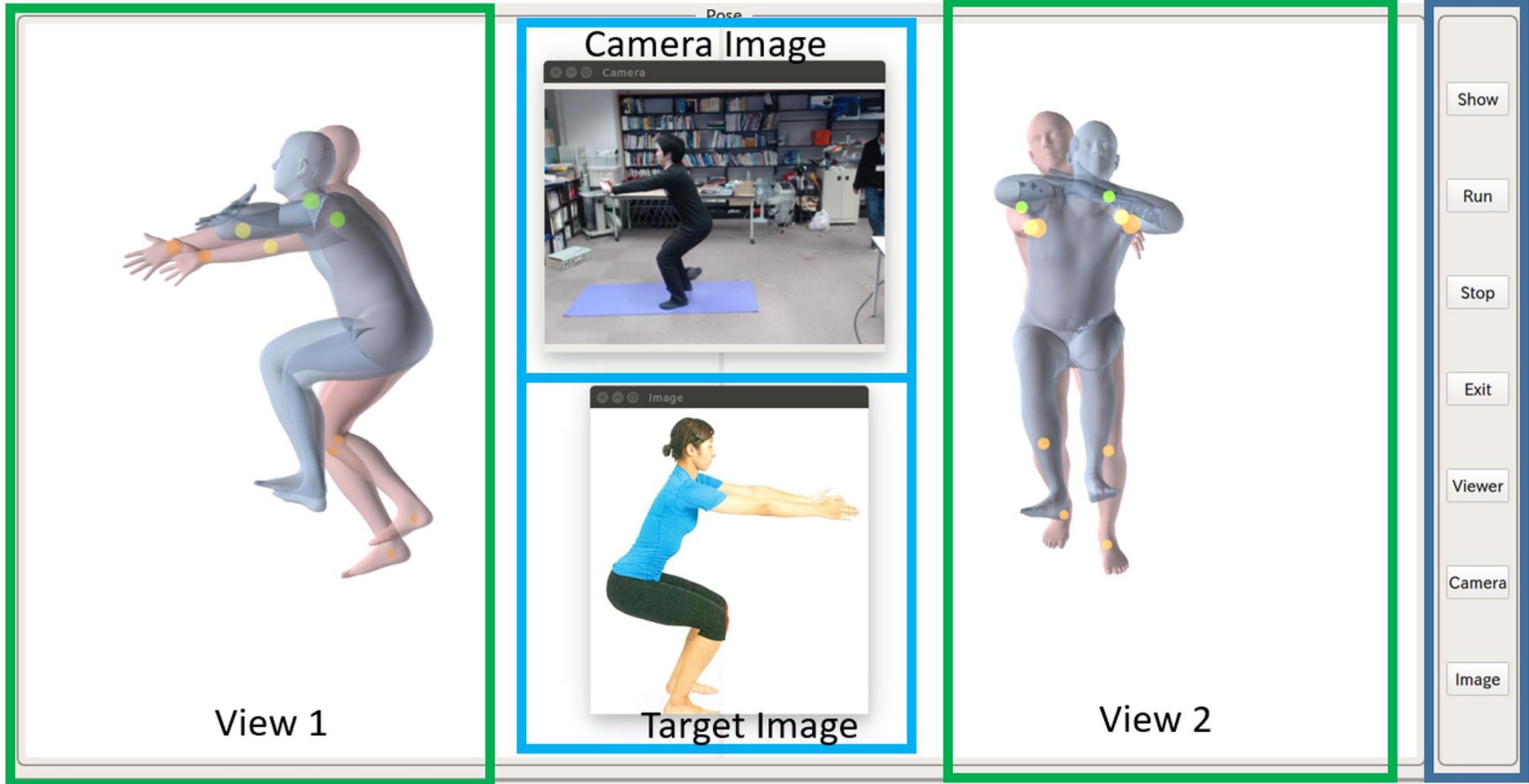
User Interface

Visual Guidance

Makers' positions: 10 (hands, elbows, shoulders, knees, ankles) *2

Makers' colors far  close

Control Panel



The interface is divided into four main sections:

- View 1:** A 3D model of a human figure in a squatting pose, viewed from the side. It features 10 colored markers (5 on each side) at the hands, elbows, shoulders, knees, and ankles. The markers are color-coded by distance: red (far), orange, yellow, and green (close).
- Camera Image:** A live video feed showing a person in a dark shirt performing a squat on a blue mat in a room with bookshelves.
- Target Image:** A reference image of a person in a blue shirt performing a squat against a white background.
- View 2:** A 3D model of the human figure in a squatting pose, viewed from the front. It also features 10 colored markers at the same anatomical locations as View 1.
- Control Panel:** A vertical sidebar on the right containing several buttons: Show, Run, Stop, Exit, Viewer, Camera, and Image.

User Study

Pose



Run

Save

Stop

Exit

Camera

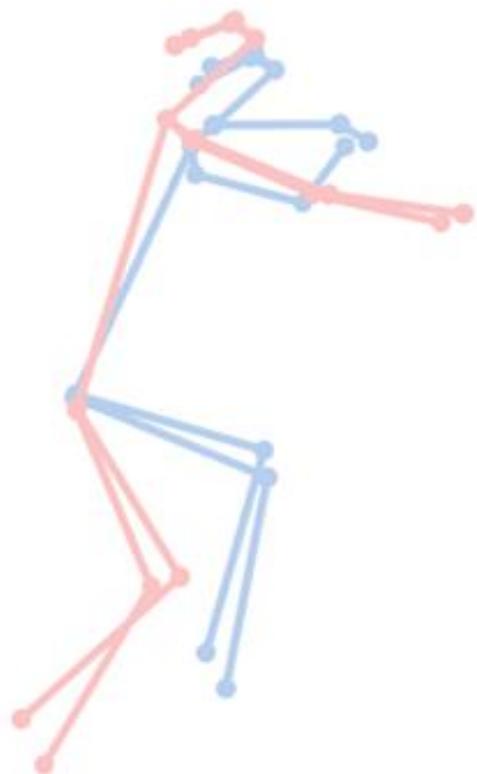
Image

Results

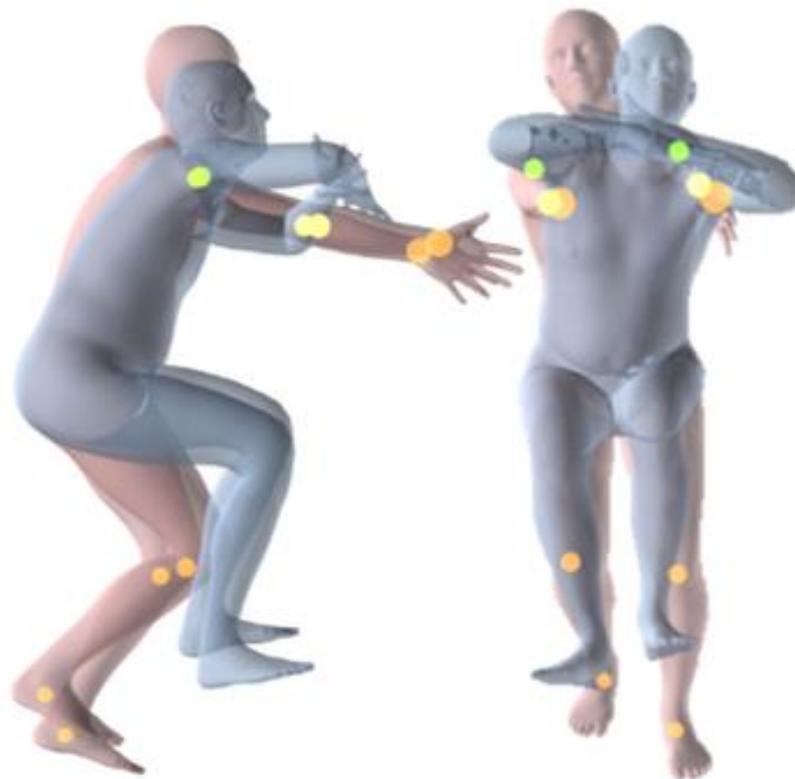
OS : Ubuntu 16.04.5 LTS (Xenial Xerus)
CPU : Intel® Core™ i5-4690 CPU@3.50GHz
GPU : Geforce GTX 1060 6GB
RAM : 16GB
CUDA : 8.0.61
cuDNN : 6.0.21
Tools : Pyenv, Pyenv-virtualenv



Comparison Study

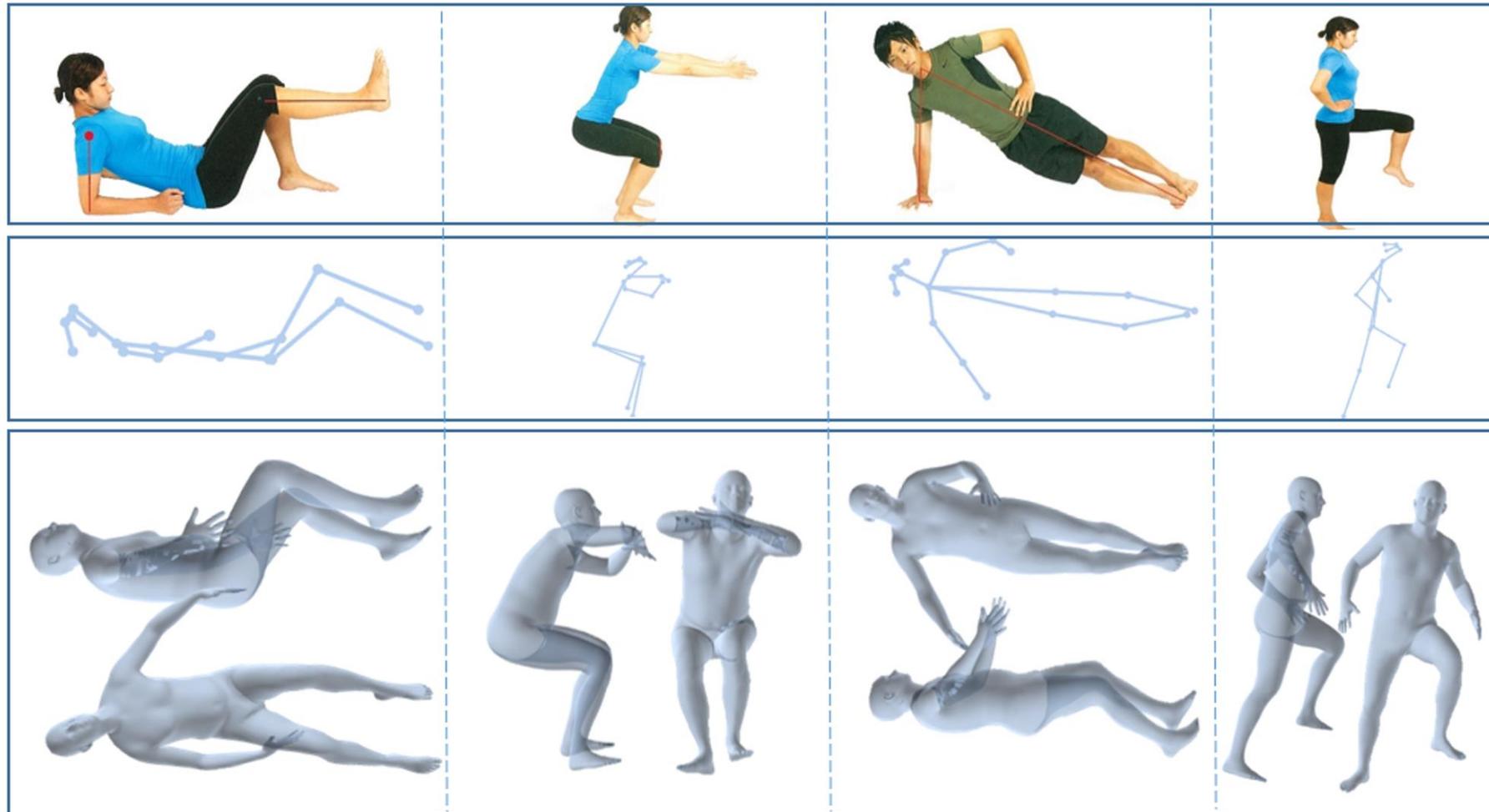


(1) Skeleton guidance



(2) Our guidance

Evaluations: tasks



Core training 1

Core training 2

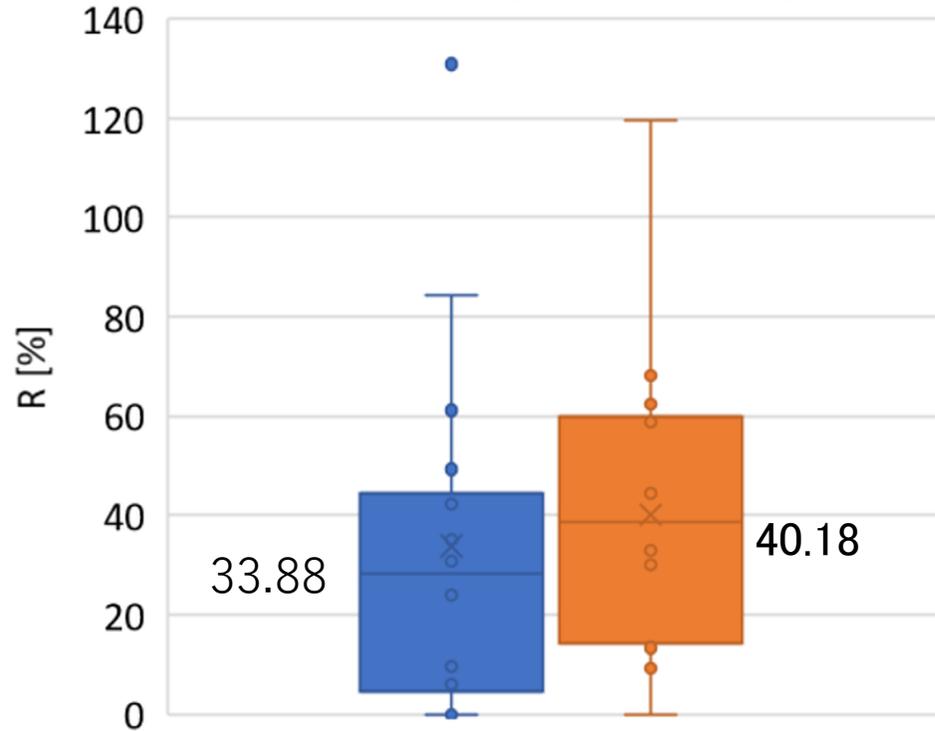
Core training 3

Core training 4

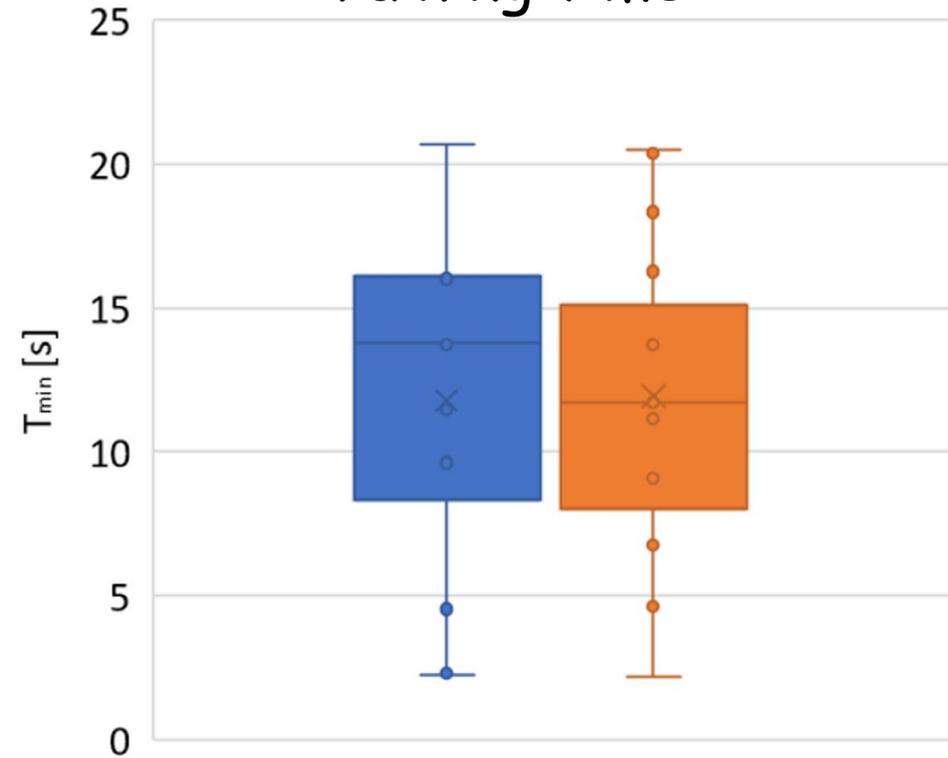
8 participants (Male, Age 24.2 ± 1.05)

Evaluations: results

Training accuracy



Training time



skeleton guidance (2D)



our guidance (3D)

$$RMSE_i = \sqrt{\frac{1}{N} \sum_{k=1}^N (\vec{E}_k(t_i) - \vec{M}_k(t_i))} \quad N = 5,628$$

↑ current ↑ target

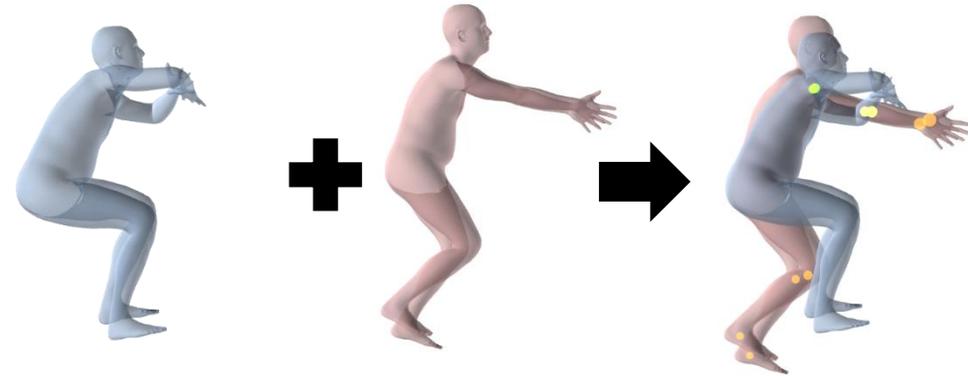
Training accuracy $R = \frac{RMSE_0 - RMSE_{min}}{RMSE_0} \times 100$

Conclusion

1. User interface for core training from a web camera



2. Multiple-view 3D human pose based on OpenPose and HMR models



Limitation

1. Computation costs (2 seconds /frame)
2. Body shape alignment on root
3. Dynamical sport training
4. High-level visual guidance

More Sports, More UIs



Learning 3D Human Dynamics from Video. CVPR2019.

Thank You!

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