

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

Haoran Xie

Atsushi Watatani

Kazunori Miyata

Japan Advanced Institute of Science and Technology



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

# ダイエット

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

ずん胴ウエスト でっふりト腹 ぶるぶる二の腕 でか尻

がっちりふくらばき 肉厚背中 極太もも に効く 定価・¥12000・税

サンマーク出版

1分で下腹がマイナス4cmなど驚きの結果が!

sold 1,200,000 copies

BACKGROUND:

# Open Pose [CVPR2017]



INPUT



Confident Map



Part Affinity

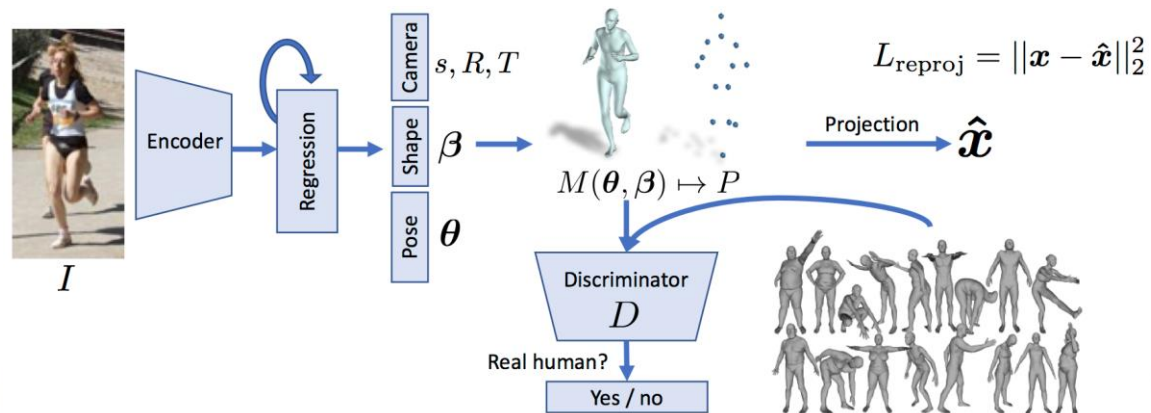


Z. Cao et al., Realtime Multi-Person 2D Pose Estimation using Part Affinity Fields. CVPR2017



BACKGROUND:

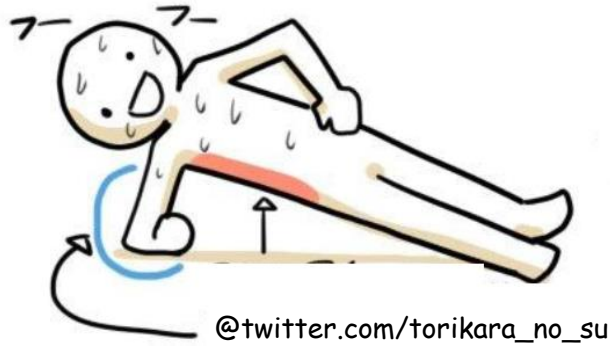
# Human Mesh Recovery [CVPR2018]



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

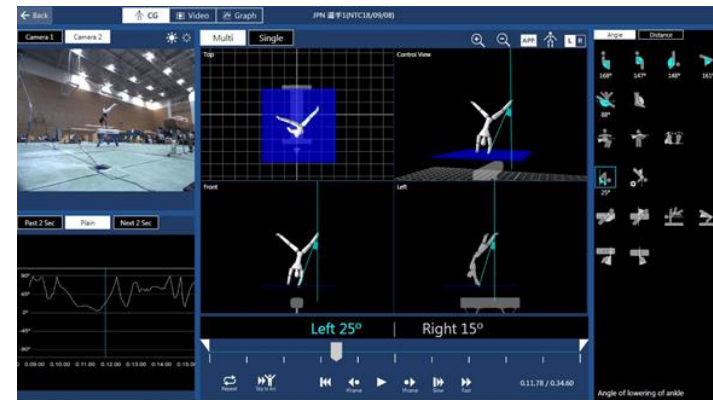
# Motivation

## Core Training Issues



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



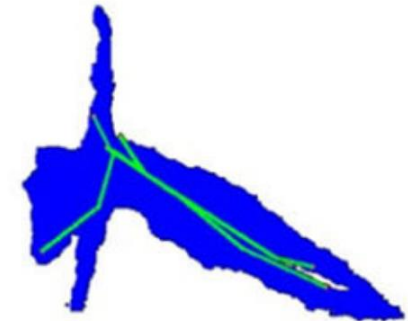
Golf training systems, ISS2018



Physical training systems, FIT2018



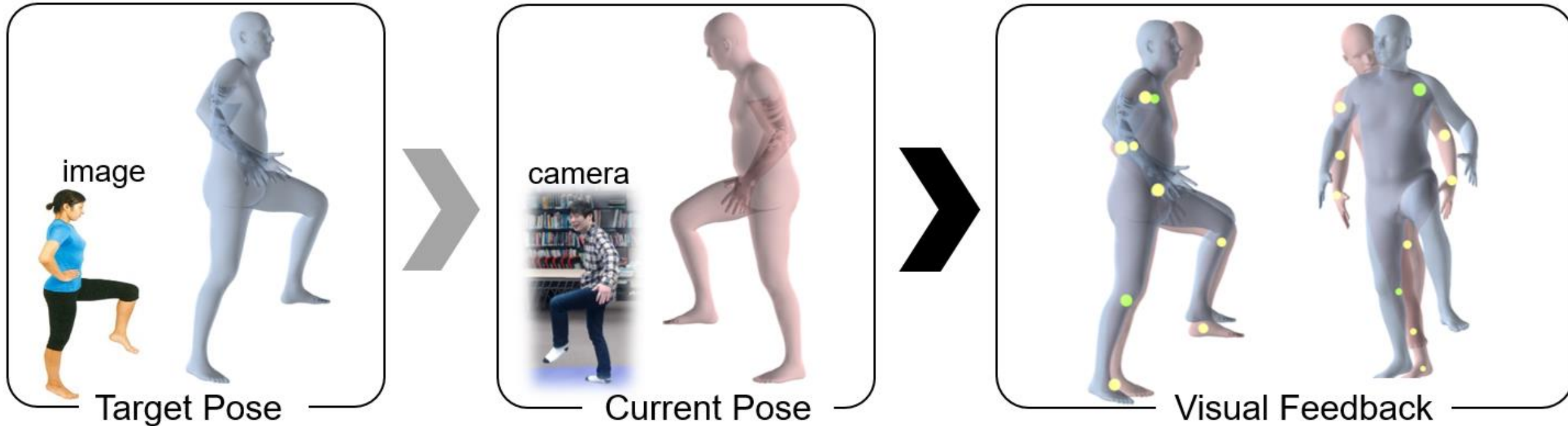
Yoga training systems, Multimed Tools Appl (2018)



2D skeletons from Depth Sensors (Kinect)

2D Silhouette from Cameras

# Contributions

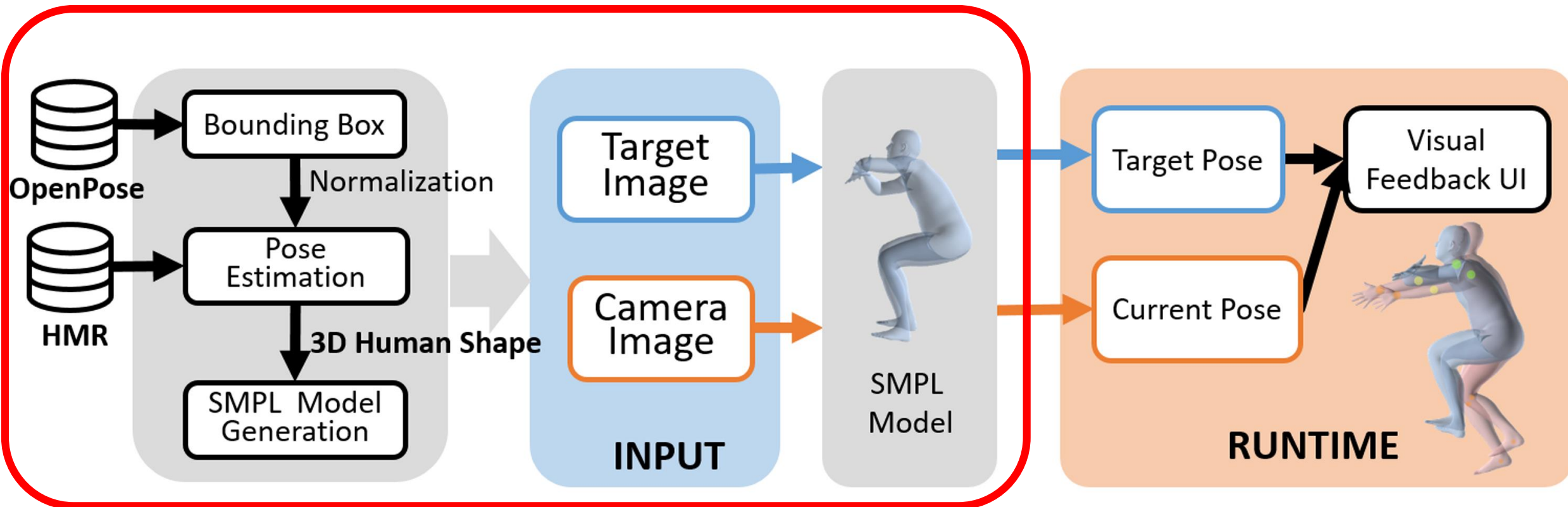


- |                               |   |                                    |
|-------------------------------|---|------------------------------------|
| 1. Expensive for common users | ➤ | 1. Available for common users      |
| 2. Need special devices       | ➤ | 2. Using normal web-camera         |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

Deep learning  
based approach



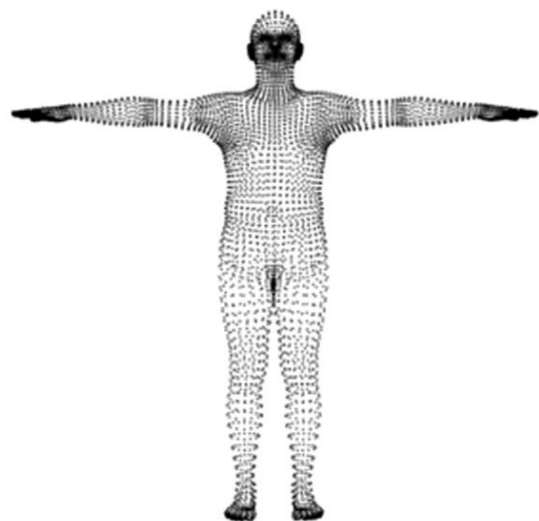
# Framework





# SMPL [SIGGRAPH Asia 2015]

A Skinned Multi-Person Linear Model



$N = 6,980$



$M(0,0)$



$M(0,\beta)$

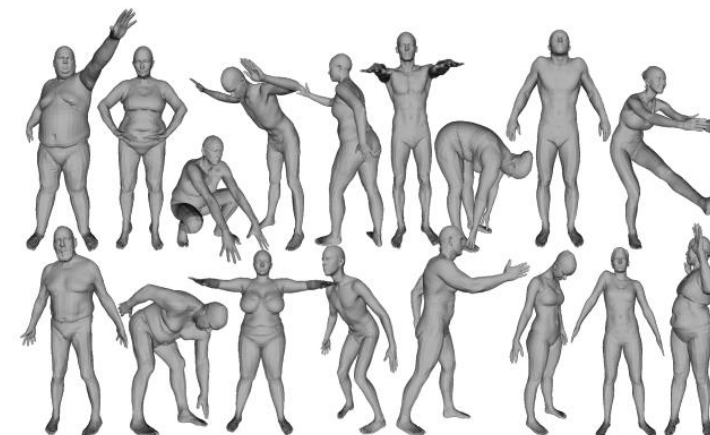


$M(\theta,\beta)$

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

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

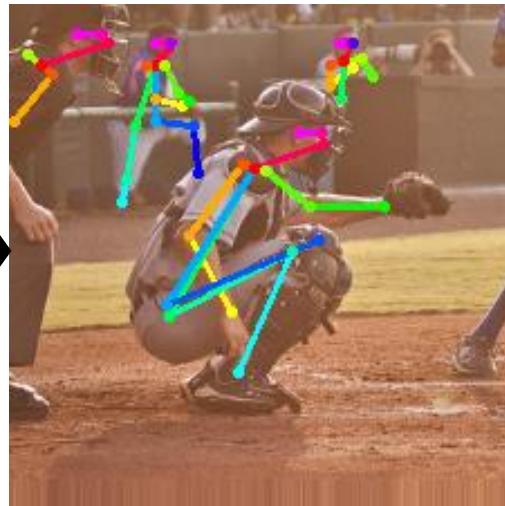
Shape parameters  $\beta \in \vec{R}^{10}$   $K = 23$  joints



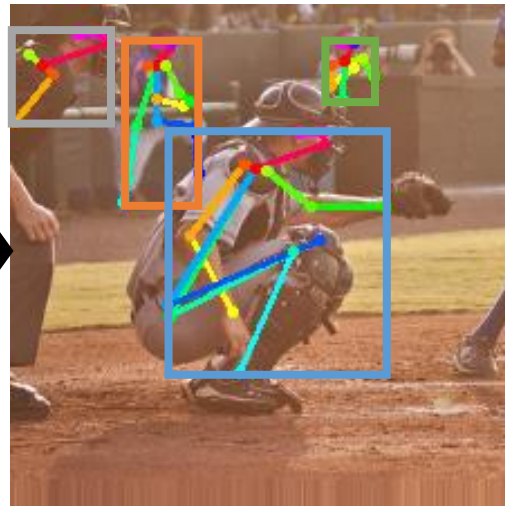
# SMPL Model Generation



INPUT Image



Joints Estimation  
(openpose)



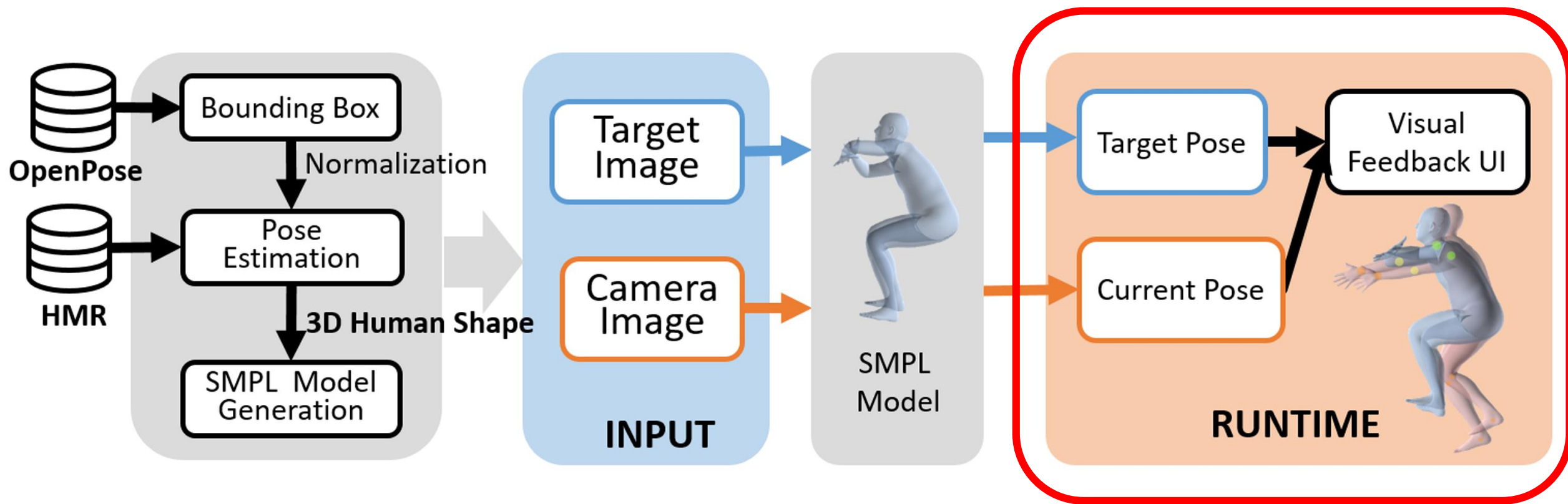
Bounding Box



3D Pose Estimation  
(Human Mesh Recovery)

# 3D Shape Generation

# Framework





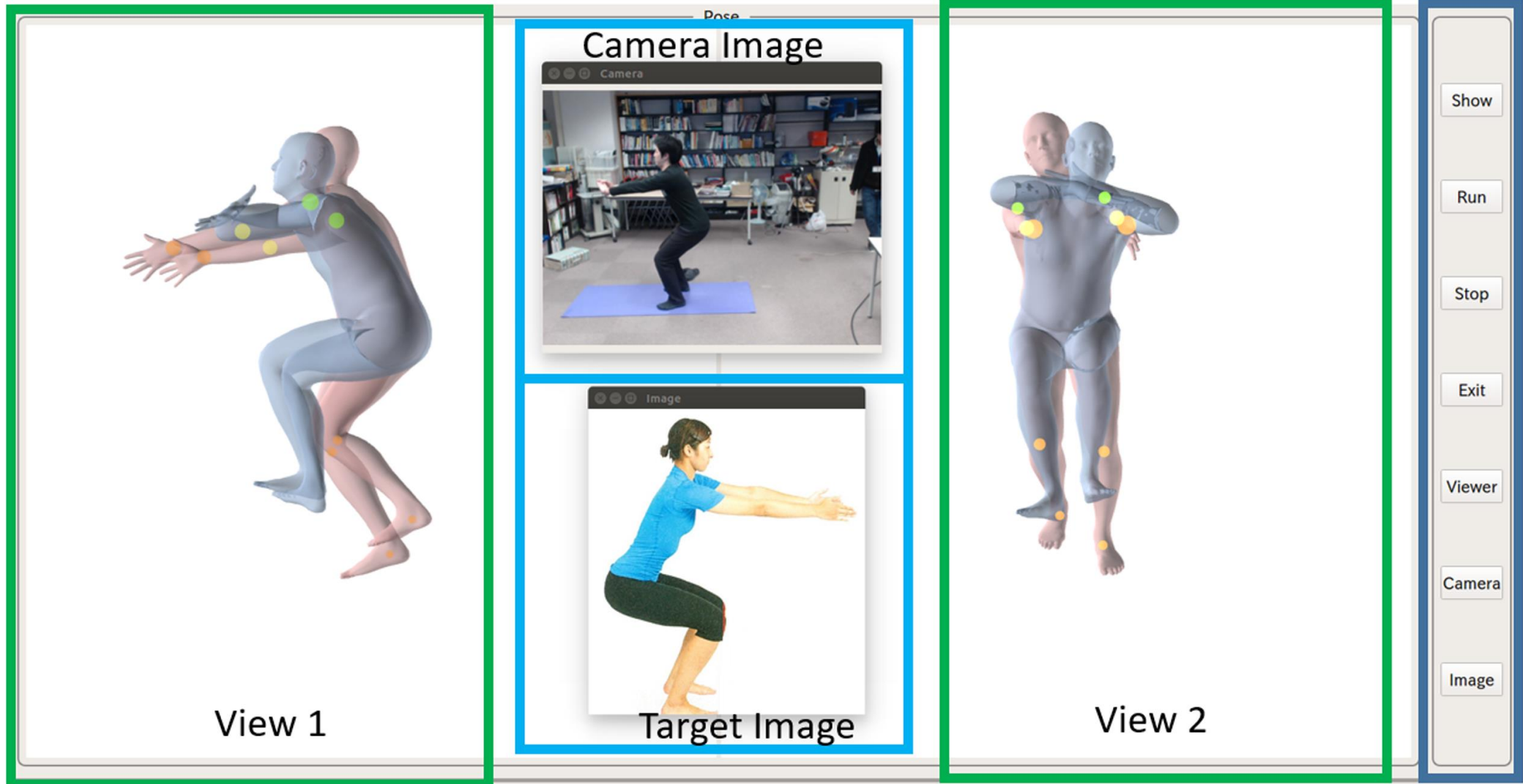
# User Interface

## Visual Guidance

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

Makers' colors far  close

## Control Panel



# User Study

Pose



Run

Save

Stop

Exit

Camera

Image

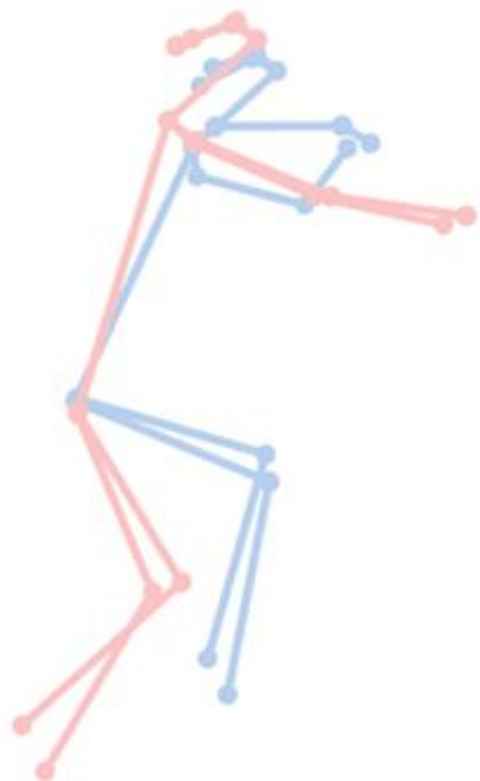
# Results

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

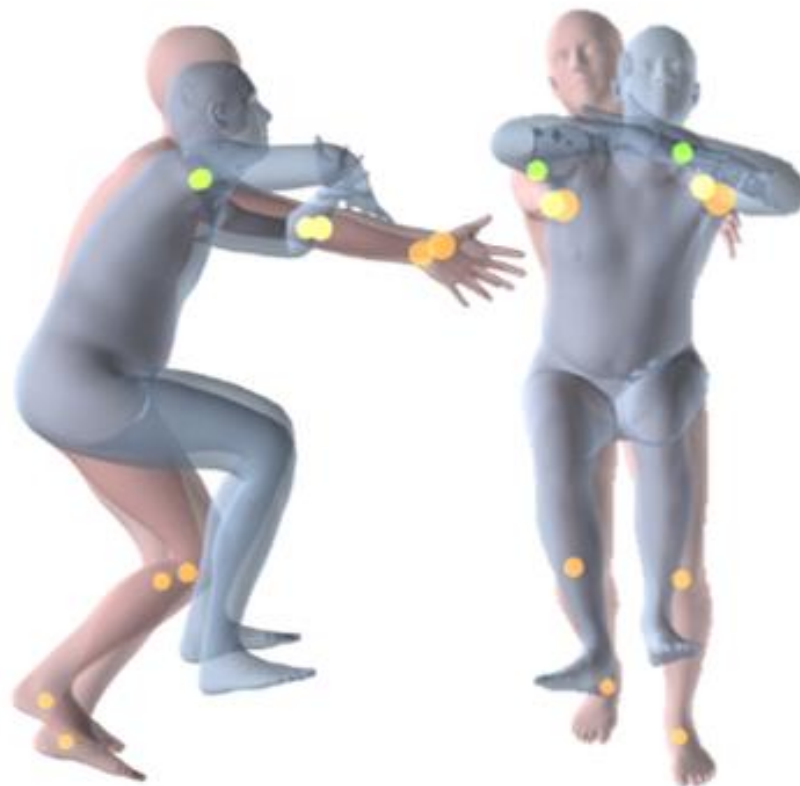




# Comparison Study

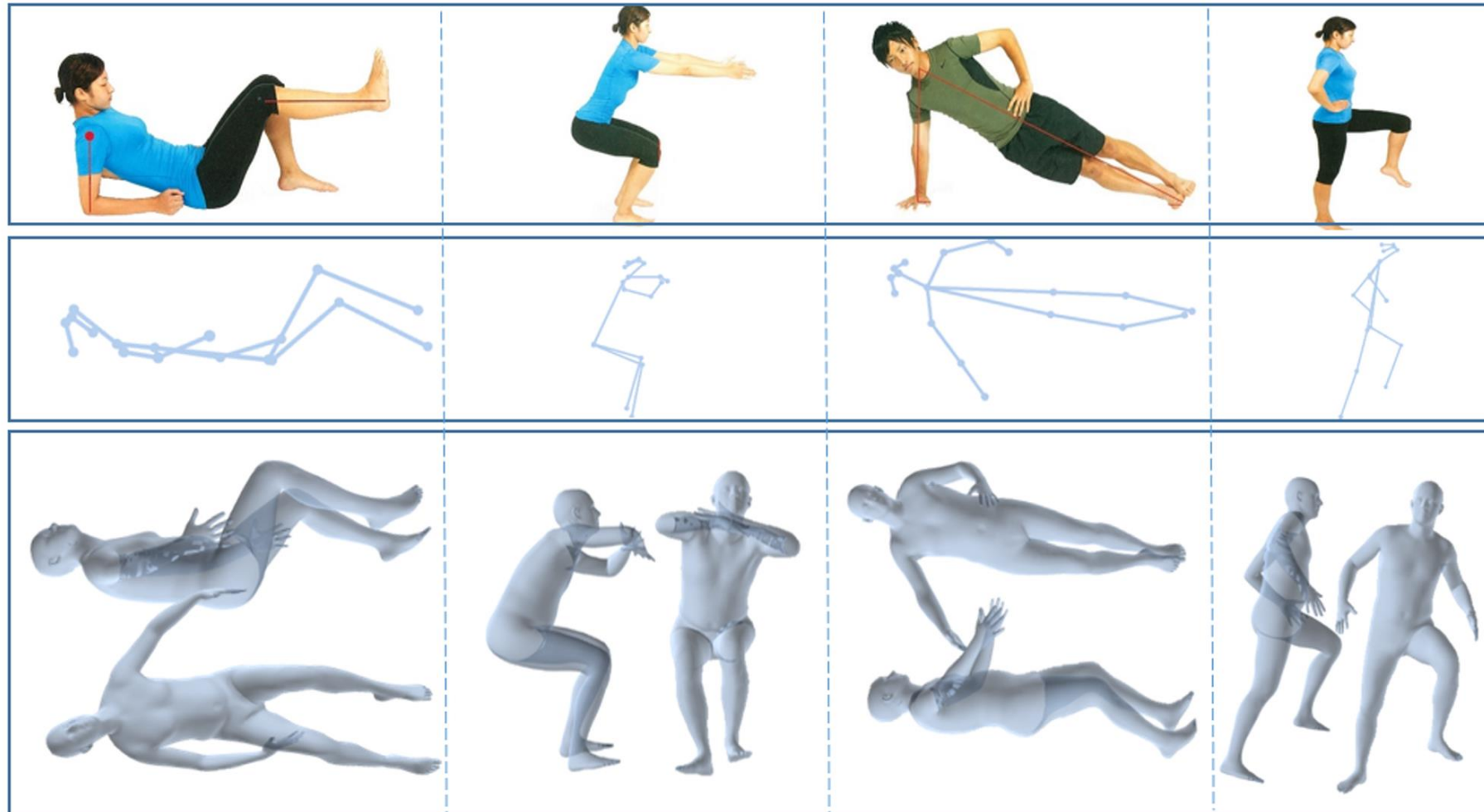


(1) Skeleton guidance



(2) Our guidance

# Evaluations: tasks



Core training 1

Core training 2

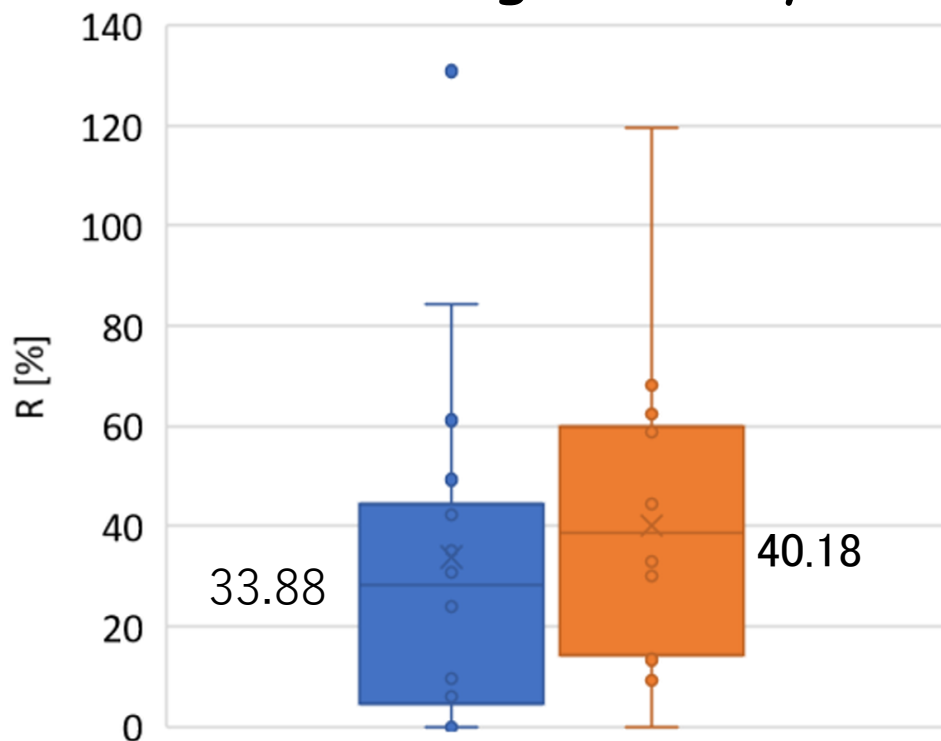
Core training 3

Core training 4

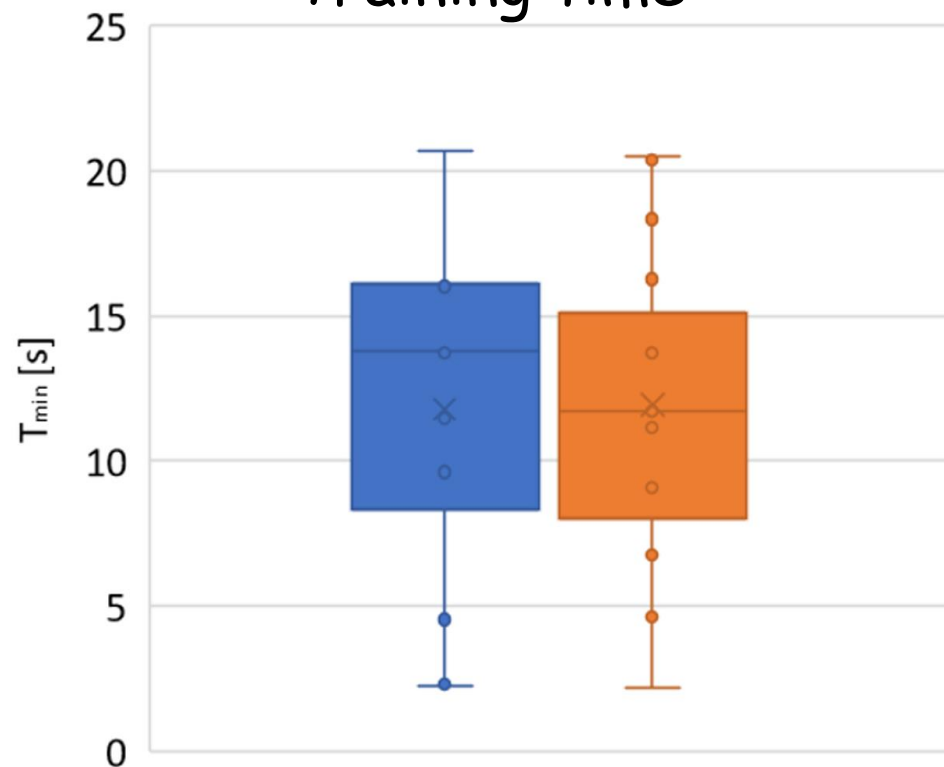
8 participants (Male, Age  $24.2 \pm 1.05$ )

# 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

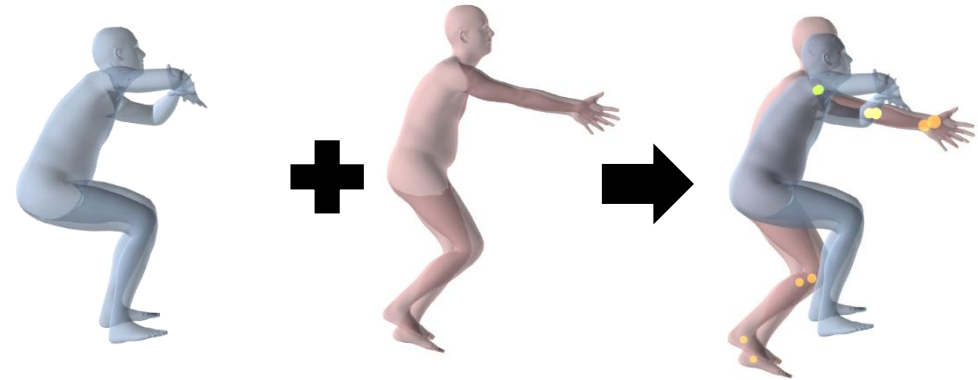
Training accuracy  $R = \frac{RMSE_0 - RMSE_{min}}{RMSE_0} \times 100$

# 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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