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this api offers extensive information on each exercise including target body parts equipment needed video gifs images for visual guidance and step by step instructions

welcome to the gym rat data stash where the real lifters and fitness geeks come together to build the ultimate iron paradise of knowledge this is your go to spot for all things lifting a beastly collection of

however with so many different exercise routines and workout plans keeping track of exercises and learning new ones can be challenging that s why i wanted to introduce an open source dataset of

jun 7 2025 fixed crash when switching from statistics mode back to detection mode 2025 11 15 new exercise database feature all exercise configurations are now managed in data exercises json

this api offers extensive information on each exercise including target body parts equipment needed video gifs images for visual guidance and step by step instructions

free exercise db open public domain exercise dataset in json format 800 exercises with a browsable public searchable frontend

for this we collected the largest fine grained exercise action quality assessment dataset fitness aqa details on our self supervised representation learning approaches and dataset are as follows

jul 13 2025 it delivers fast modern and scalable access to detailed exercise data including targeted muscle groups required equipment visual aids images and videos and step by step instructions

i m someone who is quite into their fitness and have tried using many different fitness apps for building and tracking custom workouts most of the apps i tried had a very small list of in built exercises

this dataset provides a detailed overview of gym members exercise routines physical attributes and fitness metrics it contains 973 samples of gym data including key performance indicators such as

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