

## TABLE OF CONTENTS

<b>ABSTRACT.....</b>	<b>i</b>
<b>PLAGIARISM STATEMENT.....</b>	<b>ii</b>
<b>TABLE OF CONTENTS.....</b>	<b>iii</b>
<b>TABLE LIST.....</b>	<b>iv</b>
<b>FIGURE LIST.....</b>	<b>v</b>
<b>CHAPTER I.....</b>	<b>1</b>
1.1 Background.....	1
1.2 Research Problem.....	2
1.3 Problem Limitations.....	3
1.4 Research Objective.....	3
1.5 Benefits of Research.....	3
1.6 Writing Scheme.....	4
<b>CHAPTER II.....</b>	<b>5</b>
<b>CHAPTER III.....</b>	<b>10</b>
3.1 Home Workouts.....	10
3.2 Deep Learning.....	10
3.3 Computer Vision.....	11
3.4 Real-Time Processing.....	11
3.5 Human Detection.....	11
3.5.1 YOLO (You Only Look Once).....	12
3.6 Human Detection.....	12
3.6.1 YOLO11n-pose.....	12
3.7 Repetition Counter.....	14
3.7.1 RepNet.....	14
3.8 Data Augmentation.....	15
3.9 Intersection Over Union.....	16
3.10 Object Keypoint Similarity.....	16
3.11 Mean Average Precision (mAP).....	17
3.12 Off-By-One (OBO) Error.....	18
3.13 Mean Average Error (MAE).....	19
<b>CHAPTER IV.....</b>	<b>20</b>
4.1 General Description of Research.....	20
4.2 Problem Analysis.....	21
4.3 Data Acquisition.....	22
4.3.1 COCO-Pose Dataset.....	22
4.3.2 RepCount Dataset.....	23
4.4 Algorithm Design for Model Development.....	24
4.4.1 Algorithm Overview.....	24

4.4.2 Human Detection.....	25
4.4.2.1 Data Augmentation.....	26
4.4.2.2 YOLO11-Pose.....	26
4.4.3 Repetition Counter.....	26
4.4.3.1 RepNet Framework Conversion.....	27
4.4.3.2 RepNet Real-time Implementation.....	28
4.4.4 Combining RepNet and YOLO11.....	29
4.4.5 Hyperparameter Tuning.....	30
4.5 Implementation.....	30
4.6 Strategy Analysis and Model Evaluation.....	31
4.6.1 Evaluation Metrics Selection.....	31
4.6.2 Result Analysis and Model Performance.....	32
4.7 Report Writing.....	33
<b>CHAPTER V.....</b>	<b>34</b>
5.1 Research Environment.....	34
5.2 Importing Libraries.....	34
5.3 Loading Pre-trained Models.....	37
5.3.1 YOLO11-Pose.....	37
5.3.2 RepNet.....	39
5.4 Framework Conversion and Model Modification.....	43
5.4.1 RepNet Framework Conversion.....	43
5.4.1.1 Weight Format Conversion.....	44
5.4.1.2 RepNet Model Format Conversion.....	46
5.4.2 Model Modifications.....	50
5.4.2.1 YOLO11 Modifications.....	50
5.4.2.2 RepNet Modifications.....	51
5.5 Combined Model Process.....	57
5.6 Evaluation Strategy.....	61
<b>CHAPTER VI.....</b>	<b>65</b>
6.1 Framework Conversion Evaluation.....	65
6.2 Real-Time User Study.....	68
6.2.1 Singular Real-Time-Adjusted RepNet Model.....	69
6.2.2 Combined RepNet and YOLO Model.....	72
6.3 Results Analysis.....	75
6.3.1 Real-Time RepNet.....	75
6.3.2 User Study Observations and Results.....	76
<b>CHAPTER VII.....</b>	<b>78</b>
7.1 Conclusion.....	78
7.2 Future Works.....	78
<b>REFERENCES.....</b>	<b>79</b>