THE DIGITAL GYM INSTRUCTOR

- Development of a digital gym instructor to improve movement patterns during gym-based exercises for women.
- Understand the common gym injuries in New Zealand and their mechanisms.
- Propose how to educate gym users to prevent further injury.
- Contribute to ACCs body of knowledge.

437,000 claims cost ACC $285 million

37% back or shoulder soft tissue injuries.

Survey of 117 Gym Managers, Personal Trainers and Group Fitness Instructors to understand gym user knowledge, attitudes, and behaviours towards strength training injury and technique.

RECRUITING NOW!

200 inexperienced female gym users for biomechanics screening.

Great opportunity to trial a digital system to coach technique of gym-based exercise!

Melissa Cuthbertson-Moon, Prof. Patria Hume, Dr Hannah Wyatt, Bryce Hastings, Isaac Carlson.