

#### **AUT SPORTS PERFORMANCE RESEARCH INSTITUTE NEW ZEALAND**



# 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.



### 437,000 claims cost ACC \$285 million

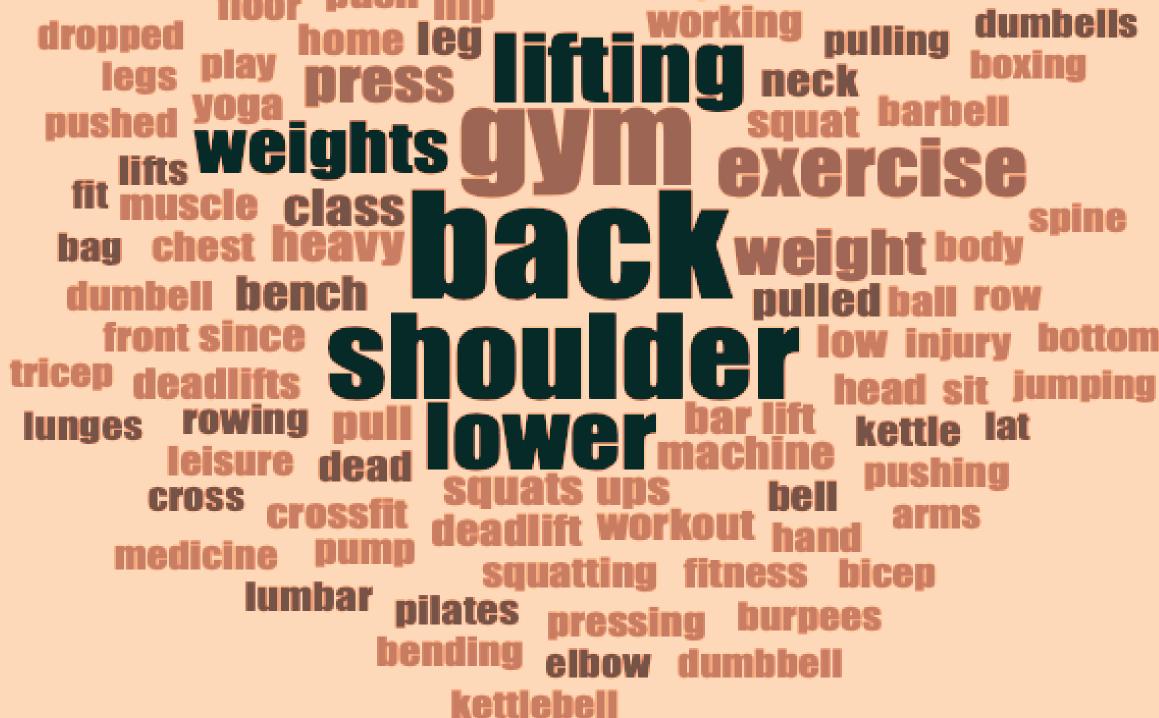
pinch floor push hin exercising

- Propose how to educate gym users to prevent further injury.
- Contribute to ACCs body of

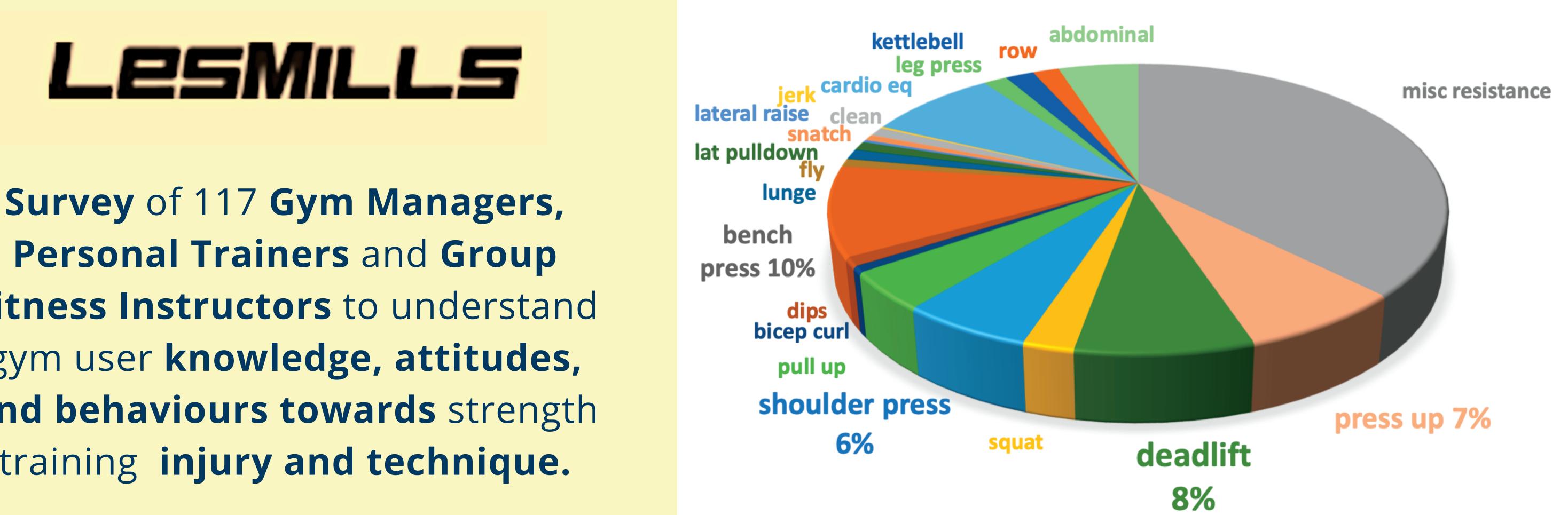
knowledge.



37% back or shoulder Epidemiology soft tissue injuries.







**Personal Trainers** and **Group** Fitness Instructors to understand gym user knowledge, attitudes, and behaviours towards strength training injury and technique.

Biomechanics  $\mathbf{M}$ udy St

### $\bigstar$ TONAL STRENGTH INSTITUTE

## **RECRUITING NOW!**

200 inexperienced female gym users for biomechanics screening.



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



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