NEXT ATHLETE OS

RC46 · mobile QA

Selective movement rebuild

First runtime-affecting pass where movement truth beats pose names. No images generated. Special/weak movements are gated instead of being faked.

Physio truth

Foot/ hand identity

Selective MediaPipe

Special gates

Runtime QA

Sequence changes
12

MP activations
36

Runtime changed
YES

Rebuilt / gated exercises

lateral-line-hops
rebuilt foot-pair anchor sequence

pull-up
bar/hands locked keyframe sequence

chin-up
bar/hands locked keyframe sequence

buddy-hamstring-curls
manual knee pivot lock tightened

seated-box-jump
box prop phases/foot-pair anchors added; MediaPipe not activated for weak frame

box-jump
box prop phases/foot-pair anchors added; MediaPipe not activated for weak frame

med-ball-slam
object/hand binding metadata added

chest-pass

blocked from selective activation; current images marked placeholder

Active MediaPipe groups

Only safe/high-confidence groups got MediaPipe runtime landmarks. Partner, prop and wrong-family throw mappings remain manual/review gated.

bodyweight-squat **chin-up** **hamstring-bridge**

lateral-line-hops **pull-up**

Lab: `tools/movement_rebuild_lab.html`

Pass QA: `preview.html?v=rc46&motionlab=1#pass`