NEXT POSE ATLAS · IPAD

RC48 Green Motion Expansion

movement truth over pose/sheet names; green expansion only where visual smoke-test + confidence allow it

9 Seq changes	**38** New MP active	**28** Retained MP	**0** Trace errors
102 Active anchor frames	**2** Review holds	**0** Missing anchors	**0** Jump errors

Expanded / tightened movements

linear-pogos
foot-pair vertical jump/pogo tightened
active sequence metadata/runtime
landmarks expanded

squat-jump
foot-pair vertical jump/pogo tightened
active sequence metadata/runtime
landmarks expanded

lateral-pogo-jumps
bilateral lateral pogo foot-pair logic added
active sequence metadata/runtime
landmarks expanded

bodyweight-squat
squat hip/knee/foot pattern tightened
active sequence metadata/runtime
landmarks expanded

goblet-squat
squat hip/knee/foot pattern tightened
active sequence metadata/runtime
landmarks expanded

carioca-shuffle
footwork semantics promoted from review to green-active
active sequence metadata/runtime
landmarks expanded

lateral-power-shuffle
footwork semantics promoted from review to green-active
active sequence metadata/runtime
landmarks expanded

db-farmer-carry
farmer carry promoted to green-active
active sequence metadata/runtime
landmarks expanded

broad-jump
kept manual due low-confidence frame
metadata only

Held gates

chest-pass · rotational-throw · buddy-hamstring-curls · box-jump · seated-box-jump · broad-jump

Trace issues

INFO · REVIEW_HOLD Exercise is intentionally held because current image sequence is not the movement truth. `chest-pass`

INFO · REVIEW_HOLD Exercise is intentionally held because current image sequence is not the movement truth. `rotational-throw`