NEXT POSE ATLAS · RC50 · DESKTOP

Visual Review + Correction Mode

Review-only layer on accepted RC49 base. Flags wrong foot/hand, direction, anchor, image candidate, needs-new-pose or hold without touching runtime.

28 Exercises	**136** Frames	**6** Review recommended
No Runtime changed	**81** MP active frame entries	**0** Missing poseKeys

Review recommended first

Chest Pass
`chest-pass`
review-hold-needs-true-pose-set · 7 frames · 6 MP active

Rotational Throw
`rotational-throw`
review-hold-needs-true-pose-set · 7 frames · 6 MP active

Buddy Hamstring Curls
manual-knee-pivot-locked · 4 frames · 0 MP active

buddy-hamstring-curls

Box Jump

box-jump

manual-prop-locked | 4 frames | 0 MP active

Seated Box Jump

seated-box-jump

manual-prop-locked | 4 frames | 0 MP active

Broad Jump

broad-jump

manual-review-retained | 6 frames | 0 MP active