NEXT POSE ATLAS · RC50 · MOBILE

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

buddy-hamstring-curls

manual-knee-pivot-locked

4 frames | 0 MP active

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