OUR MISSION

Auto Spotter hopes to allow the user to push themselves harder in their workouts whilst knowing they are safe in case they are unable to perform a rep; the Auto-Spot will allow the user to achieve their fitness goals and live a healthier lifestyle. At the same time, it will promote safety in the gym and reduce the likelihood of accidents caused by attempts to lift unreasonable weights.

What is the Auto Spotter?

The Auto Spotter includes metal arms that stay retracted until the user is in need of assistance, at which time the arms will extend and gain control of the bar and lift it onto the rack. It uses sensors to track the movement of the bar to detect when it should activate and provide a spot for the lifter. When bench pressing, the Auto Spotter will engage whenever it senses that a rep has not been completed and the bar begins to drop, and similarly on a squat will engage when it determines the lifter is not pushing the weight up anymore.

HOW IT WORKS

1. ATTEMPT REP

2. REACH FAILURE
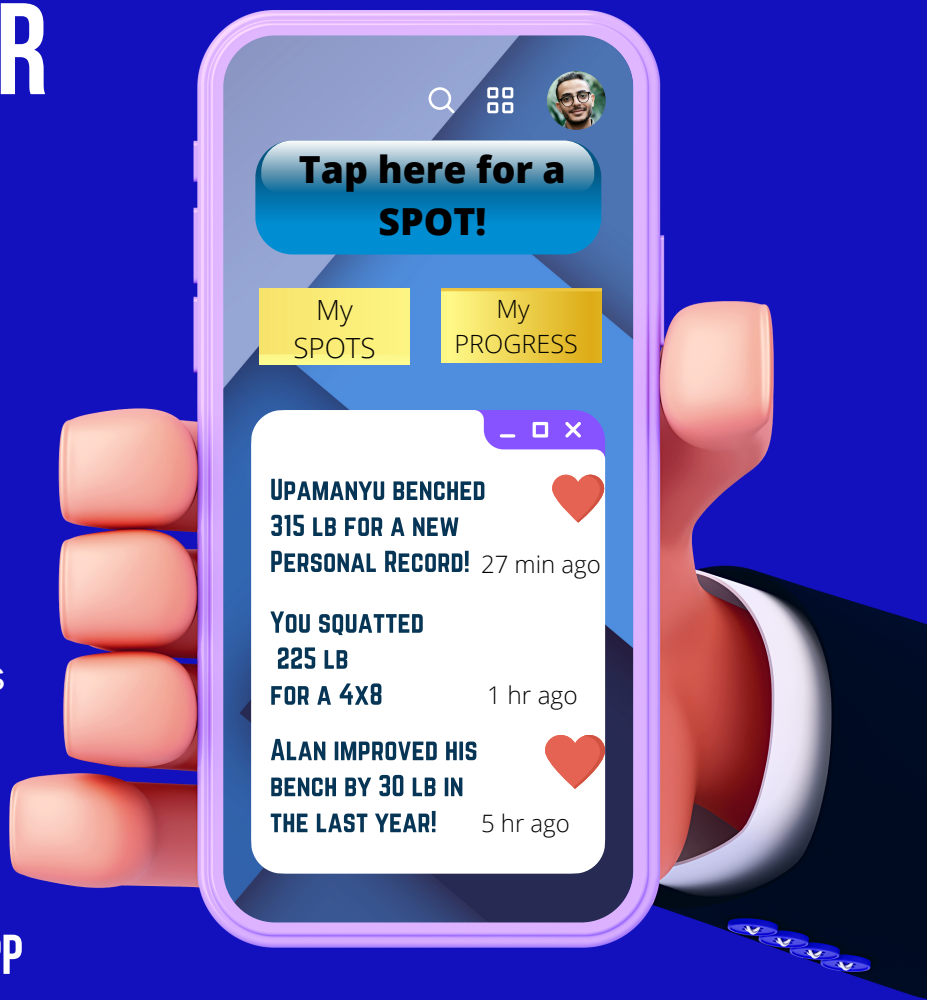
3. RECEIVE SPOT
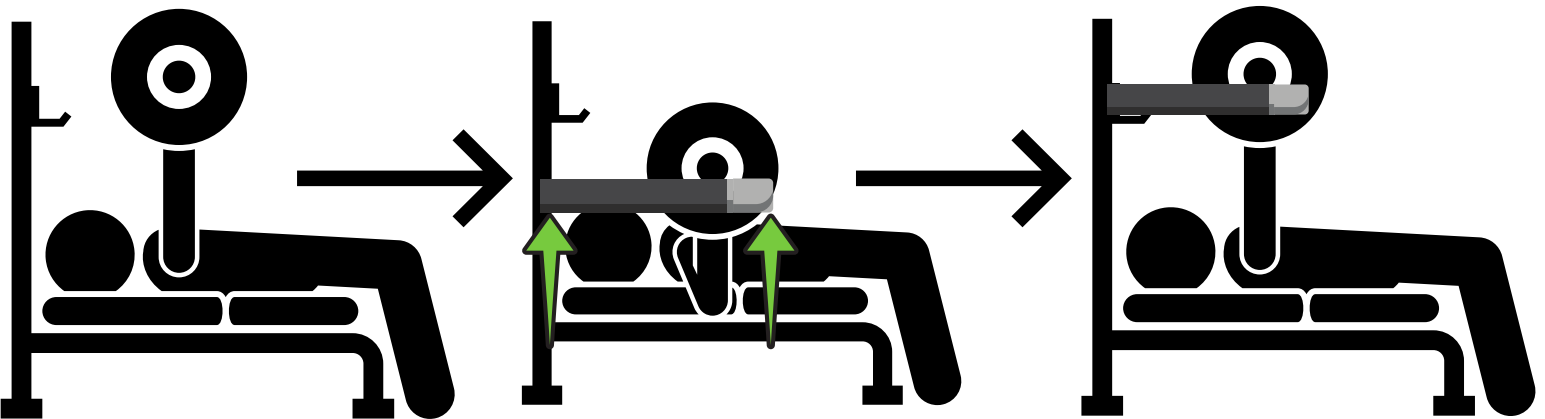
Two Spot Modes

- **Full Spot** - Auto Spotter uses sensors to identify a failed rep, takes complete control of bar and racks bar automatically

- **Assist Spot** - Auto Spotter determines how much force the lifter is pushing with and only provides the lifter the exact amount of force needed to complete the rep

How to Use the App

The app can be used to control all aspects of the Auto Spotter. Within the app, you can add friends so that you can see each other's workouts and progress. When you want to use the Auto Spotter machine, simply open the app and select which spot mode you would like and lift away! The Auto Spotter App will save the information about your set including what exercise you performed, how much weight you lifted and for how many reps. Using these saved workouts, you can evaluate the progress you have made in the gym! If you are proud of your performance, you can post your workout stats to your page so that your friends can see what you have been up to!