

창의융합경진대회

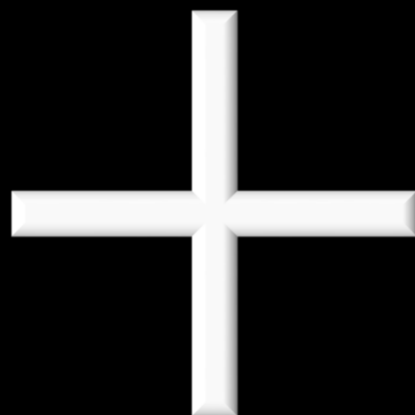
Plank Core Master

건강재활과

2021260003 김보은
2021260037 서한나
2021260018 양호인
2021260031 조예진
2021260034 채승병
2021260016 조은채

컴퓨터소프트웨어과

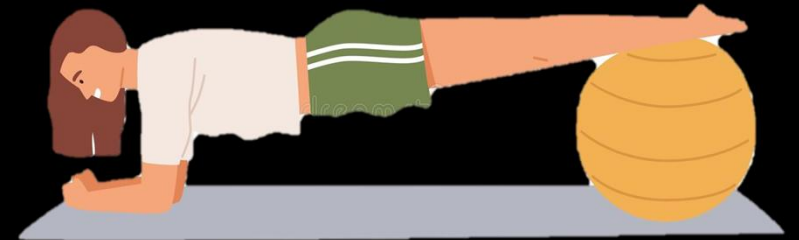
2019270042 전지호
2019270052 이주현



OBJECTIVE



Fun training



Balance training



Core muscle training



Self-Checkable

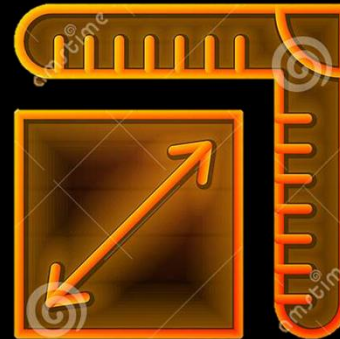
ADVANTAGE OF BALANCE PAD



소음 감소 효과



친환경 소재



다양한 사이즈



전신 운동

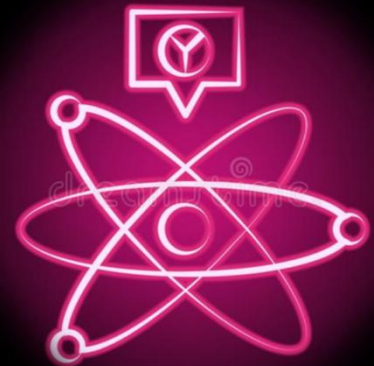
ADVANTAGE OF SMARTPHONE LEVEL



정확도



접근성



융합성

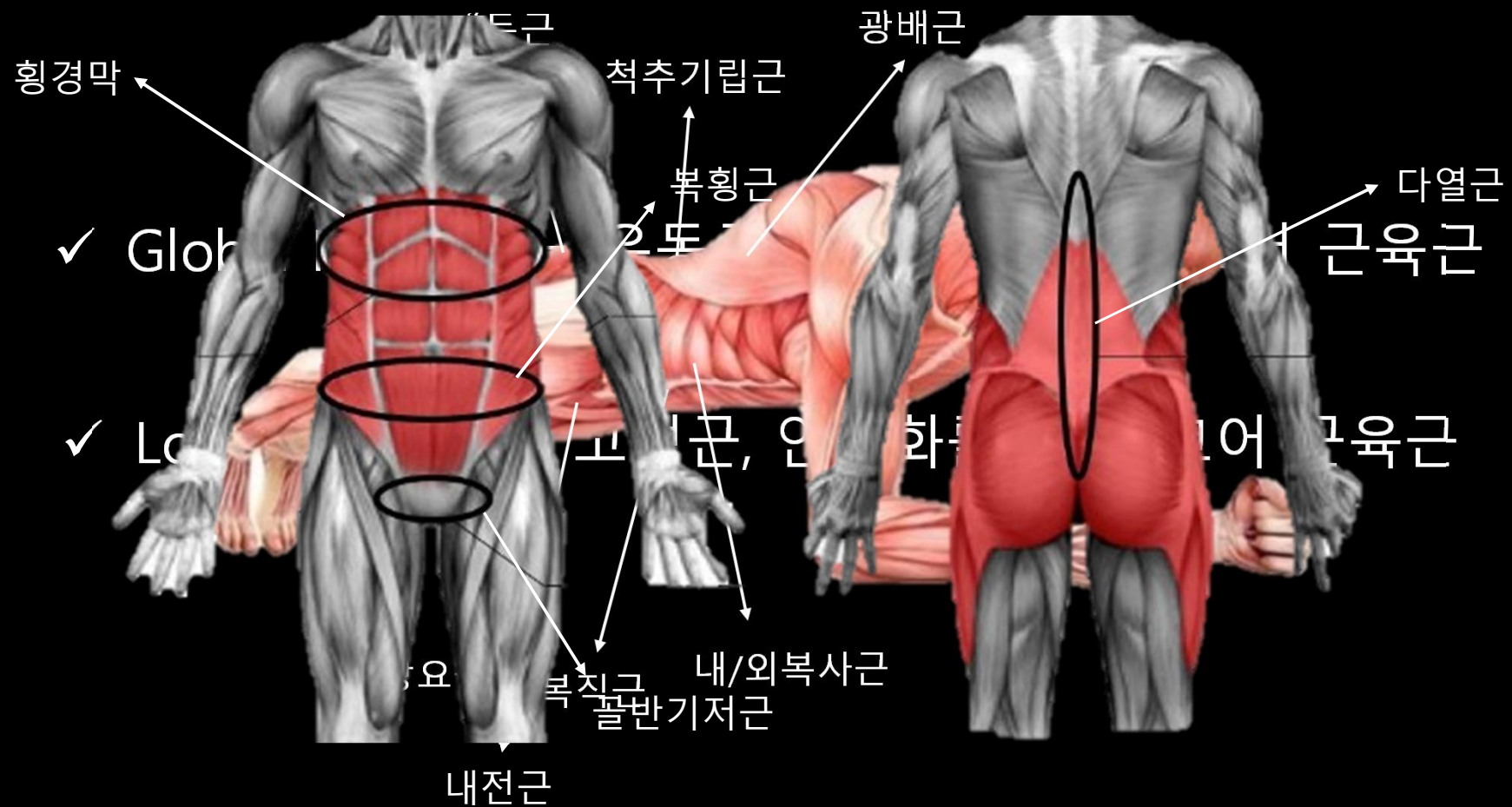
PLANK

옆드려 버티기



등척성 운동 / 신체의 중심근육을 수축 → 척추 주변 근육 발달

USING MUSCLE



ADVANTAGE OF PLANK



요통 완화



바른 자세 교정



에너지 향상

SHORTCOMING OF PLANK



지루함



자세 유지 힘들



라운드 숄더

PLANK + SMARTPHONE LEVEL



즉각적 · 시각적 피드백 제공



셀프 트레이닝 → 객관적 자세 유지



어플 내 게임을 통한 fun training



만족도 평가 → 객관적 데이터



난이도 조절 → 개인 맞춤형 운동

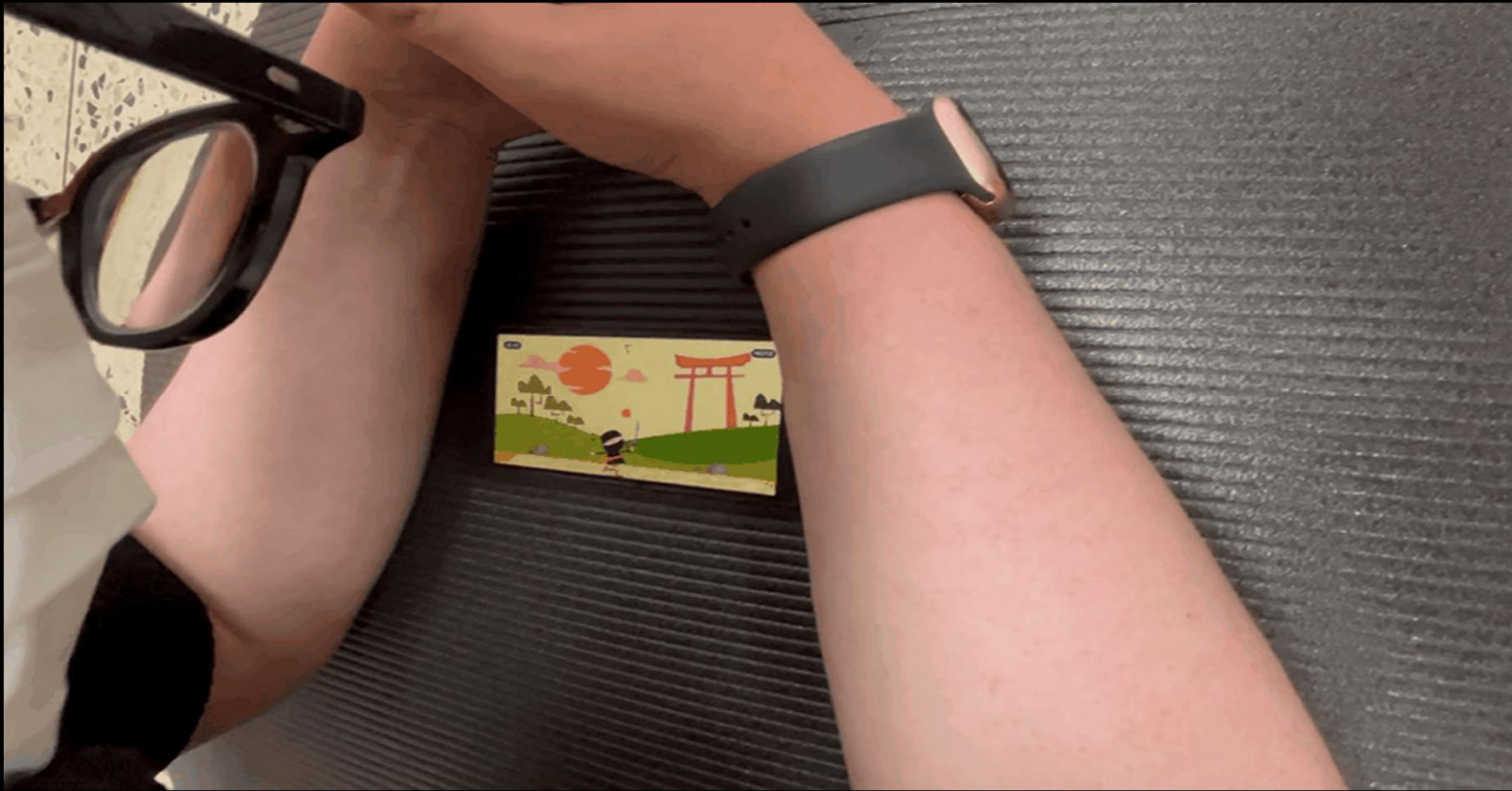


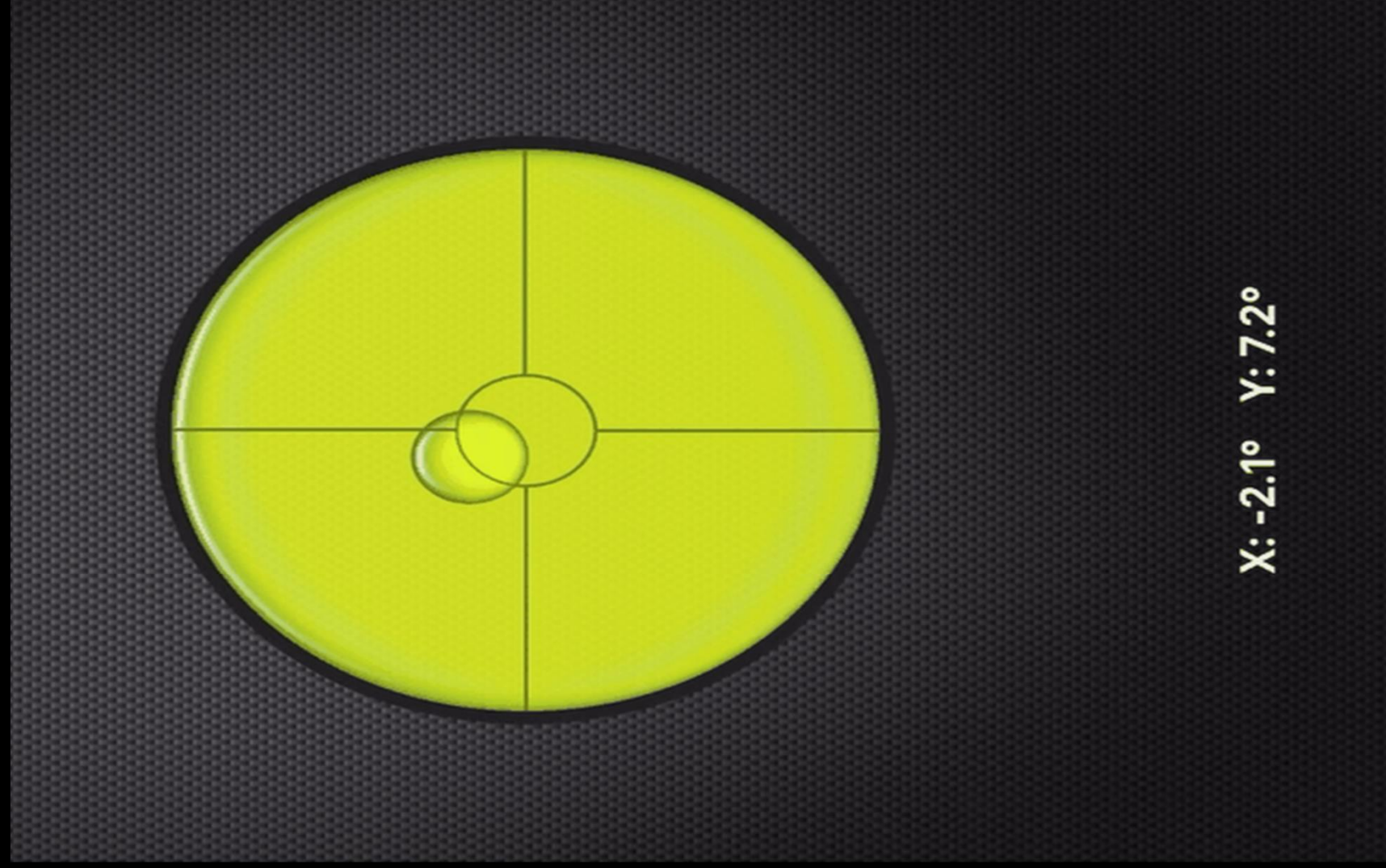
응용 가능한 플랭크 자세 제공

I. COMBINATION



II. COMBINATION

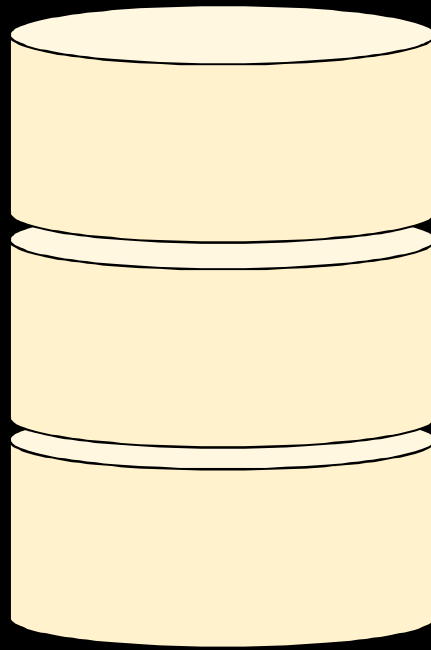




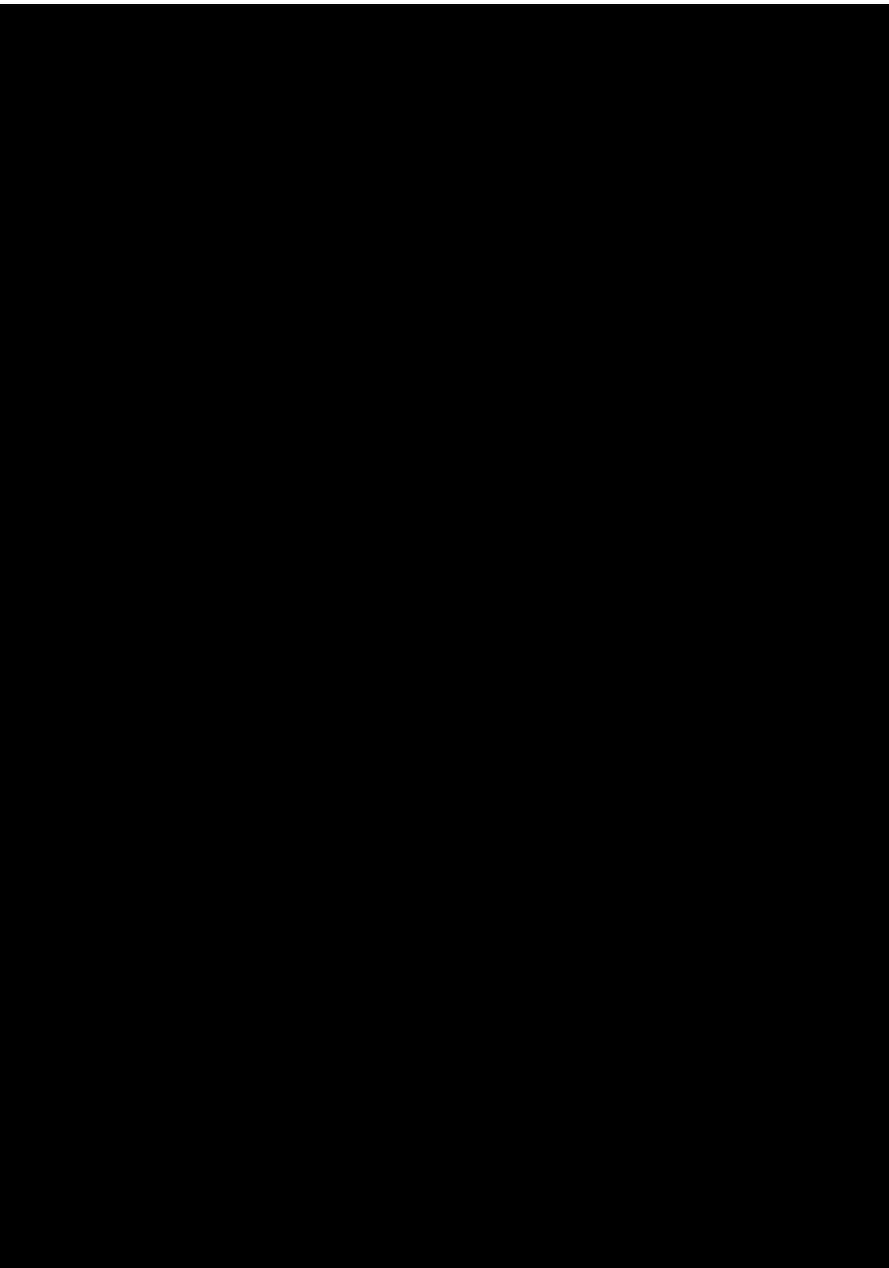
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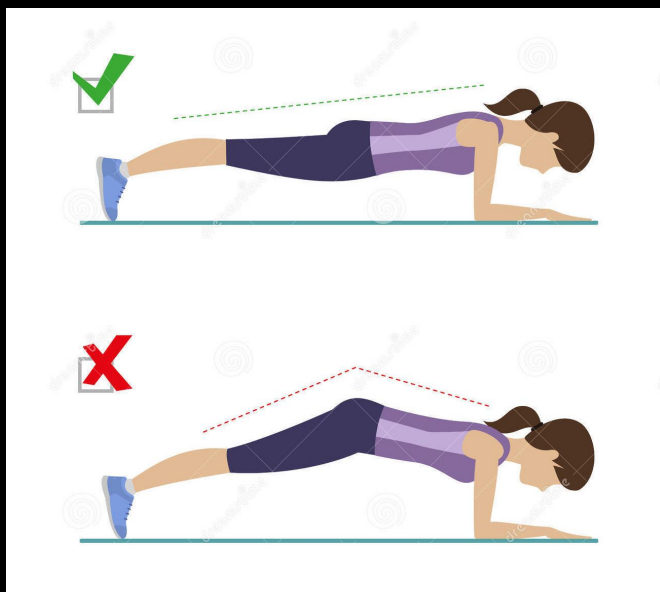
쌓기 게임



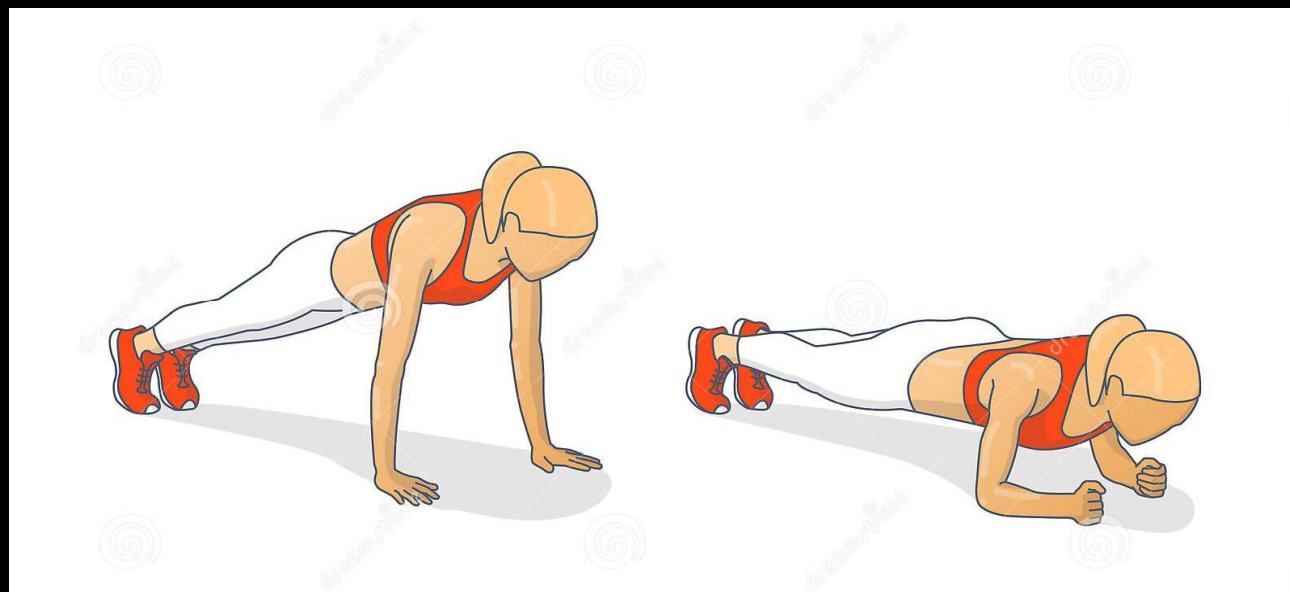
달리기 게임



ADDITIONAL

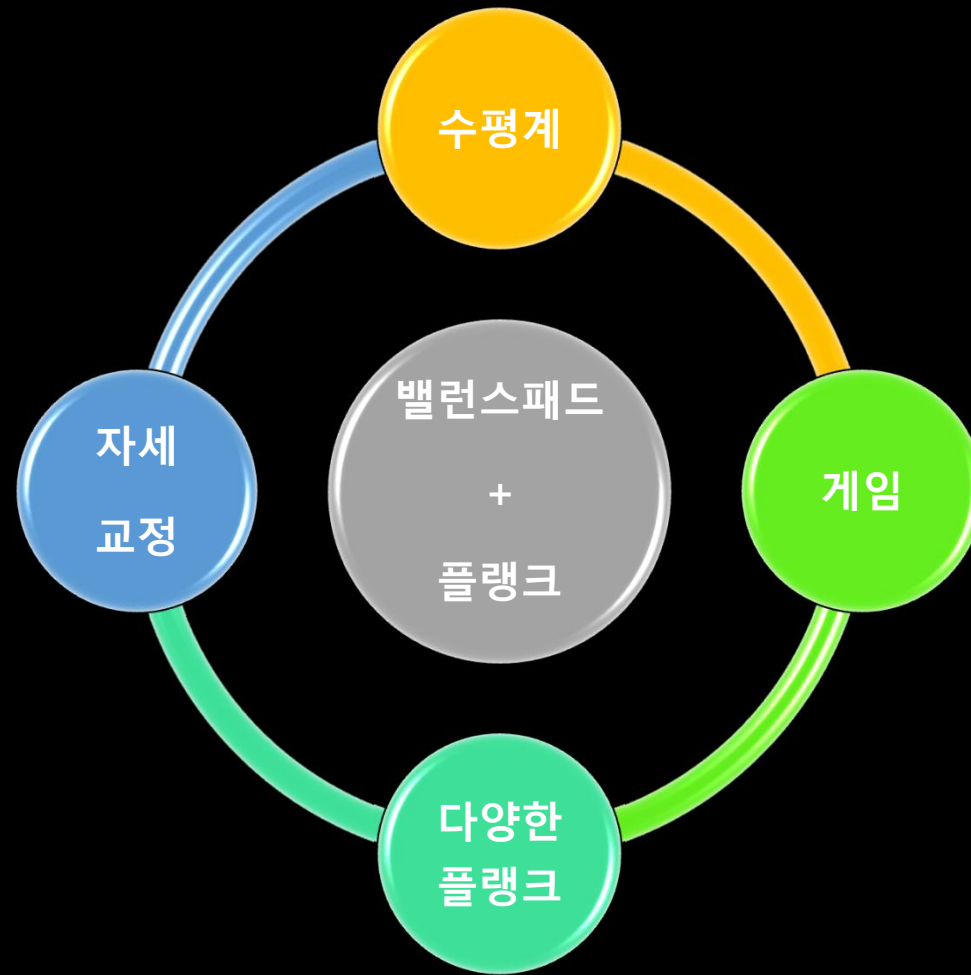


올바른 플랭크의 자세



다양한 플랭크의 동작 · 움직임

CATEGORY IN APPLICATION



PLANK CORE MASTER

감사합니다!