The platform has a built-in scale that measures your weight while simultaneously spinning slowly for the 4 sensors to capture every angle of your body. The spinning gives users a sense of enjoyment when scanning their body. Stand on the platform to begin scanning.

The 4 state of the art 3D spatial sensors analyze the spinning body for approximately 15 seconds. The sensors analyze muscular composition, body proportion, and 20 unique body metrics. Once finished, the sensors will upload a visual 3D model of the body on to the screen.
Ask PHYSEEK to recommend a workout plan.
PHYSEEK will analyze your scans, discover areas for improvement, and recommend exercises that best suit your body type.
PHYSEEK provides a demonstration of the exercise, an intensity score and required equipment for each exercise.
Simply swap or filter out exercises that fit your needs!

Room for improvement: Back, Tricep, ...

Workout 1

Exercise 1: Deadlift
3 sets of 10 reps
Intensity: 7.8
Equipment: Barbell

Exercise 2: Lat Pulldown
3 sets of 8 reps
Intensity: 3.4
Equipment: Pulley

The Screen

The screen is an interactive touch-screen interface that allows you to set your goals and see your results.
The screen allows you to compare your past PHYSEEK scans to see results of your exercises.
Overlap your past scans with your current scans to visualize your gains!