Table 1: Full list of exercises and fine-grained attributes for the QEVD-FIT-300K video collection. Each video is labeled with one or more label in the format: "<exercise> - <fine-grained attribute>".

Exercise	Fine-grained Attributes
air jump rope	Fine-grained Attributes arms moving too much
an jump rope	flapping
	heels only
	height=1
	height=2
	height=3
	height=4
	height=5
	no jump
	no obvious issue
	no wrist circles
	not moving
	side to side
	speed=0.75 rps
	speed=1.00 rps
	speed=1.25 rps
	speed=1.50 rps
	speed=1.75 rps
	speed=2.00 rps
alternating forward lunges	depth=1
	depth=2
	depth=3
	depth=4
	depth=5
	hands behind head
	high turnover
	insufficient
	knee over toes
	leaning forward
	low turnover
	narrow
	no obvious issue
	normal speed
	normal width
	not alternating
	not bending back leg
	not visible
	starting late
	wide
alternating lateral lunge	heel off the floor
	knee in line with toe, stepping foot pointing towards the camera
	knee out, toes straight
	knee over toe
	knee straight, toes out
	no stepping
	not alternating
	rom=1
	rom=2
	rom=3
	rom=4
	rom=5
	starting late
	stepping foot pointing away
	too fast
	too narrow
	too shallow
	torso bent forward
	torso bent sideways
	wrong knee bent
alternating single leg glutes bridge	wrong knee bent arms crossed
alternating single leg glutes bridge	wrong knee bent
alternating single leg glutes bridge	wrong knee bent arms crossed
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow
alternating single leg glutes bridge	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground (extreme)
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starring late too fast too slow as fast as possible butt off the ground (extreme) legs too low
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground butt off the ground (extreme) legs too low no reach
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground butt off the ground (extreme) legs too low no reach rom=1
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground butt off the ground legs too low no reach rom=1 rom=2
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground (extreme) legs too low no reach rom=1 rom=2 rom=3
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground butt off the ground (extreme) legs too low no reach rom=1 rom=2 rom=3 rom=4
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible but off the ground butt off the ground butt off the ground consideration butt off the ground consideration
	wrong knee bent arms crossed arms on the ground arms up in the air head off the floor heels off the ground hips slightly too low hips very low keeping the hips up knees in knees out non-working leg bent not alternating shoulders off the ground starting late too fast too slow as fast as possible butt off the ground butt off the ground (extreme) legs too low no reach rom=1 rom=2 rom=3 rom=4

	ontinued from previous page
Exercise	Fine-grained Attributes starting late
	stopping early
	too slow
	touching foot touching knee
	touching knee and knee bent at 90 degrees
	touching shin
	touching wrong foot
	very low range of motion
arm circles (backward)	arm lower than shoulder arm not straight
	average
	big circles
	fast
	head down medium circles
	no circles, arms moving up and down
	not moving arms
	slow
arm circles (forward)	stopping early arm lower than shoulder
ann eners (forward)	arm not straight
	average
	big circles
	fast head down
	medium circles
	no circles, arms moving up and down
	not moving arms
	slow stopping early
arm crosses	average
backwards windmills	average
bending windmill stretch	average
boxing bounce steps (front to back)	as fast as possible
	average feet facing forward
	feet facing sideways
	feet together
	hands down
	not moving slow
boxing bounce steps (side to side)	as fast as possible
boxing bounce steps (side to side)	average
	hands down
	not moving slow
bunny hops	early stopping
, , , , , , , , , , , , , , , , , , ,	high hips
	in-place jump
	legs not straight looking at the camera
	looking down
	looking up and down (moving head)
	narrow jumps
	narrow space between arms
	not visible single jump left to right
	single jump right to left
	speed=0.60 rps
1	
	speed=0.80 rps
	speed=1.00 rps
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms
burpee	speed=1.00 rps speed=1.20 rps speed=2.00 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stetpping wide jumps wide space between arms as fast as possible average high hips leaning too far forward
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup
burpee	speed=1.00 rps speed=1.20 rps speed=1.06 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back
burpee	speed=1.00 rps speed=1.20 rps speed=1.06 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position
burpee	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup not moving feet back not visible on knees stepping feet back stepping feet forward
burpee burpee (no pushup)	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet back stepping feet forward as fast as possible
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet forward as fast as possible good form
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet back stepping feet torward as fast as possible good form high hips
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet forward as fast as possible good form high hips leaning too far forward no far forward no far forward no moving feet back not visible not moving feet back stepping feet forward as fast as possible good form high hips leaning too far forward no jump
	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet back stepping feet forward as fast as possible good form high hips leaning too far forward no jump
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	speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms as fast as possible average high hips leaning too far forward no jump no obvious issue no pushup no upright position not moving feet back not visible on knees stepping feet back stepping feet forward as fast as possible good form high hips leaning too far forward no jump

buttkickers  buttkickers  buttkickers  buttkickers  buttkickers  buttkickers  buttkickers  buttkickers  bringing knees forward early stopping feet disappear behind knees feet stay below knees looking at feet not in place not visible speed=1.00 rps speed=1.00 rps speed=2.00 rps speed=2.00 rps speed=2.00 rps speed=2.00 rps speed=2.00 rps speed=3.00 rps stepping  cat posture cat posture cat posture, back as high as possible cat posture, hands too far foward cow posture cow posture cow posture to cat posture cow posture, hands too far foward tabletop to cat posture cow posture tabletop to cat posture cow posture cow posture cow posture composture, and stoo far foward tabletop to cat posture tabletop to cow posture tabletop to cat posture cow posture, hands too far foward tabletop to cat posture tabletop to cat posture tabletop to cat posture to composition hands as far as possible head down  arms fully extended, shrugging shoulders getting into position hands too far forward head down	Table 1 – c	continued from previous page
butkickers  butkic	12AUI UISC	Fine-grained Attributes sitting down
butkickers    bringing kness forward   early stopping feed disappear behind kness feed stay below kness   looking at feet   not in place   not visible   speed=2.00 pps   speed=		
carly stopping feet disappear behind kness feet stay below kness looking at feet not in place not visible speed=1.20 rps speed=1.20 rps speed=2.50 rps speed		
feet disappear behind knees feet stay below knees looking at feet not in place not visible speeds 1.00 pps speeds 2.00 pp speeds 3.00 pp speeds 2.00 pp spee	buttkickers	
feet stay below knees   looking at feet   not in place   not visible   speed=1.00 pps   speed=1.20 pps   speed=1.20 pps   speed=2.20 pps   s		
looking a feet   not in place   not visible   speed=1.00 pps   speed=1.00 pps   speed=1.00 pps   speed=1.00 pps   speed=1.00 pps   speed=1.00 pps   speed=2.00 pps   speed=2.00 pps   speed=2.00 pps   speed=2.00 pps   speed=3.00 pps   speed=3.0		
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speed=1.20 pps speed=2.50 pps speed=2.50 pps speed=2.50 pps speed=3.00 pps speed=4.00 pps speed=		
speed=2.00 rps speed=2.00 rps speed=2.00 rps speed=3.00 rps speed=3.00 rps stepping cat posture to cat posture cat posture to cow posture cat posture, hands too far foward cow posture cow posture to cat posture cow posture cow posture to cat posture cow posture to cat posture cow posture cow posture to cat posture cow posture		
speed=2.00 rps speed=3.00 rps speed=4.00 rps speed=3.00 rps speed=4.00 rps speed=		
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static legs stopping after first rep  cross (right leg front) as fast as possible average		
cross (right leg front) as fast as possible average		static legs
average	among (ai aht log far et)	
	cross (right leg front)	
		Continued on next page

	continued from previous page	
Exercise	Fine-grained Attributes front arm low	
	hips not rotating, hips facing camera	
	hips not rotating, hips not facing can	
	not fully extending arm	
	punching down punching up	
	static legs	
	stopping after first rep	
cross + hook left (left leg front)	as fast as possible	
	average lazy	
	low range of motion	
	slow	
cross + hook right (right leg front)	as fast as possible	
	average lazy	
	low range of motion	
	slow	
cross + jab (left leg front)	as fast as possible	
	average lazy	
	low range of motion	
	slow	
cross + jab (right leg front)	as fast as possible	
	average	
	low range of motion	
	slow	
cross + uppercut left (left leg front)	as fast as possible	
	average	
	lazy low range of motion	
	slow	
cross + uppercut right (right leg front)	as fast as possible	
	average	
	lazy low range of motion	
	slow	
cross-legged hamstring stretch	left leg front	
	left leg front, fold down	
	left leg front, fold up left leg, hold	
	right leg front	
	right leg front, fold down	
	right leg front, fold up	
austor lunges	right leg, hold	
curtsy lunges	left leg back right leg back	
dead bugs	foot touching the floor	
	getting into position	
	low back off the floor moving opposite leg	
	moving same side	
	not fully extending legs	
	opposite knee close to chest	
	opposite knee too bent	
	opposite knee too straight rom=1	
	rom=2	
	rom=3	
	rom=4	
	rom=5 start moving opposite leg too early	
	starting late	
	too fast	
dead bugs (legs only)	average foot touching the floor	
	low back off the floor	
	moving arms	
	moving opposite leg	
	not fully extending legs opposite knee close to chest	
	opposite knee too bent	
	opposite knee too straight	
	rom=1	
	rom=2 rom=3	
	rom=4	
	rom=5	
	start moving opposite leg too early	
	starting late too fast	
deltoid stretch (left arm)	bent elbow	
(	early stopping	
	getting into position	
	pull elbow	
	pull forearm	
deltoid stretch (right arm)		
deltoid stretch (right arm)	pull forearm pull wrist	Continued on next page

	ontinued from previous page
Exercise	Fine-grained Attributes early stopping
	getting into position
	pull elbow
	pull forearm pull wrist
downward dog	bent arms
	bent legs
	get into position from above
	get into position from the ground head out
	heels off the floor
	heels on the floor
	no obvious mistake
	not visible rounded back
	stopping early
	wide space arms
	wide space legs
fire hydrant	arms shoulder width
	arms too close arms too wide
	head straight
	head too low
	head up
	kicking sideways knee off ground
	knee on ground
	moving spine
	no obvious issue
	starting late stopping early
	stopping early straight leg
	too fast
	too slow
fire hydrant (standing)	head straight
	head up losing balance
	moving spine
	no obvious issue
	rom=1
	rom=2 rom=3
	rom=4
	rom=5
	shin not parallel
	starting late
	stopping early straight leg
	too fast
	too slow
	torso 90 degrees
floor touches	torso too high feet not under knees
noor touches	frog
	hand on knees
	insufficient reach
	no obvious issue
	not bringing feet together not moving legs
	not visible
	opposite
	perfect form
	rounded back speed=0.40 rps
	speed=0.50 rps
	speed=0.60 rps
	speed=0.70 rps
	speed=0.80 rps stepping
	stopping stopping early
	width=1
	width=2
	width=3 width=4
	width=4 width=5
forward stance forward bend (left leg forward)	fold
	hold
	stance
forward stance forward bend (right leg forward)	up fold
201 mand statice for ward being (right leg forward)	hold
	stance
	ир
forward windmills	average
front lunge kick (left leg)	average not bending right knee
	shallow and low
front lunge kick (right leg)	average
	not bending left knee
	Continued on next page

Table 1 – c	ontinued from previous page Fine-grained Attributes
garland pose	arms not between thighs
	feet as wide apart as possible, horizontal arms
	feet below hips, butt as low as possible
	feet below hips, horizontal arms
	feet together, horizontal arms getting into position
	head down
	high butt
	no arms
	stopping early
glute hamstring walkout	average
	butt on the ground dropping hips too low
	feet too narrow
	feet too wide
	foot flat on the ground
	head off ground
	knees in knees out
	on your toes
	rom=1
	rom=2
	rom=3
	rom=4
	rom=5 shoulders off the ground
	starting late
	stepping in-place
	stepping too big
	too fast too slow
glutes bridge	arms crossed
glucs orage	arms on the ground
	arms up in the air
	feet too narrow
	feet too wide head off the floor
	heels off the ground
	hips slightly too low
	hips very low
	knees in
	knees out
	shoulders off the ground starting late
	stopping early
	too fast
	too slow
good morning	as low as possible
	elbows forward head up
	insufficient
	no arms
	no issues
	rounded back
halfway lift	too low getting into position
nanway int	hands on knees
	hands on shins
	hands on shins, bent knees
	hands on shins, feet wide apart
	hands on thighs head down, back not straight
	head up
	stopping early
heel lift	left leg
	right leg wrap left around right
	wrap iert around right wrap right around left
high kicks	average
high knees	angle=105.0 degrees
	angle=30.0 degrees
	angle=45.0 degrees
	angle=45.0 degrees angle=52.5 degrees
	angle=60.0 degrees
	angle=65.0 degrees
	angle=67.5 degrees
	angle=75.0 degrees angle=90.0 degrees
	angle=90.0 degrees angle=97.5 degrees
	arms down
	early stopping
	not in place
	not jumping not straight
	only left leg
	only right leg
	single repetition
	speed=0.50 rps
	Continued on next page

	continued from previous page
Exercise	Fine-grained Attributes speed=1.00 rps
	speed=1.00 rps speed=1.25 rps
	speed=1.50 rps
	speed=1.75 rps
	speed=2.00 rps
	speed=2.25 rps speed=2.50 rps
	speed=2.75 rps
	speed=3.00 rps
	speed=3.25 rps
	speed=3.50 rps
	speed=3.75 rps
high knees march	speed=4.00 rps arms only
	height=1
	height=2
	height=3
	height=4 height=5
	looking down
	moving wrong arm
	no arms
	no issues
	sloppy arms
	speed=0.60 rps speed=0.80 rps
	speed=1.00 rps
	speed=1.10 rps
	speed=1.20 rps
	speed=1.30 rps stopping early
hip abductions (left leg)	as fast as possible
	as high as possible
	average
	head on the floor
	leg not straight low range of motion
	not moving, leg down
	not moving, leg up
	right leg bent, toes facing down
	right leg bent, toes facing up toes facing down
	toes facing up
	upper body not straight
hip abductions (right leg)	as fast as possible
	as high as possible average
	head on the floor
	left leg bent, toes facing down
	left leg bent, toes facing up
	leg not straight
	low range of motion not moving, leg down
	not moving, leg down
	toes facing down
	to a feet a second
	toes facing up
his similar	upper body not straight
hip circles	upper body not straight no circle, forward-backward movement only
hip circles	upper body not straight
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving
hip circles hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving hands on head
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles
	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head
hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart
hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no tircle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles
hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no tircle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs
hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no tircle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles medium circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs
hip circles (clockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on hips, feet shoulder-width apart large circles large space between legs no hands small circles large space between legs medium circles narrow space between legs medium circles large space between legs medium circles large space between legs marrow space between legs no hands
hip circles (clockwise) hip circles (counterclockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only no trole, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles narrow space between legs no hands small circles
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles sarrow space between legs no hands small circles average
hip circles (clockwise)  hip circles (counterclockwise)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only no trole, right-left movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles narrow space between legs no hands small circles
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles narrow space between legs no hands small circles average as fast as possible average low range of motion
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on hips, feet shoulder-width apart large circles large space between legs no hands small circles large space between legs medium circles large space between legs medium circles large space between legs marrow space between legs marrow space between legs and small circles average as fast as possible average low range of motion punching down
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no tircle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on hips, feet shoulder-width apart large circles large space between legs medium circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles average as fast as possible average low range of motion punching down punching down
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles average as fast as possible average low range of motion punching down punching down punching up
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no tircle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on hips, feet shoulder-width apart large circles large space between legs medium circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles average as fast as possible average low range of motion punching down punching down
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles arrow space between legs medium circles narrow space between legs no hands small circles average as fast as possible average low range of motion punching down punching down punching up rear arm low static legs stopping after first rep as fast as possible
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other) hook left (left leg front)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles arrow space between legs marlow space between legs no hands small circles average as fast as possible average low range of motion punching up rear arm low static legs stopping after first rep as fast as possible average
hip circles (clockwise)  hip circles (counterclockwise)  hook left (feet next to each other) hook left (left leg front)	upper body not straight no circle, forward-backward movement only no circle, left-right movement only no circle, left-right movement only no circle, left-right movement only not moving hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs no hands small circles hands on head hands on hips, feet shoulder-width apart large circles large space between legs medium circles narrow space between legs medium circles narrow space between legs medium circles arrow space between legs medium circles narrow space between legs no hands small circles average as fast as possible average low range of motion punching down punching down punching up rear arm low static legs stopping after first rep as fast as possible

	continued from previous page
Exercise	Fine-grained Attributes front arm low
	hips not rotating, hips facing camera
	hips not rotating, hips not facing camera
	low range of motion
	punching down
	punching up rear arm low
	static legs
	stopping after first rep
hook left + cross (left leg front)	average
hook left + hook right (right leg front)	as fast as possible
	average
	lazy low range of motion
	slow
hook left + jab (right leg front)	as fast as possible
	average
	lazy
	low range of motion slow
hook left + uppercut right (right leg front)	as fast as possible
noon left + appereut right (right leg from)	average
	lazy
	low range of motion
	slow
hook left and cross (left leg front)	as fast as possible lazy
	low range of motion
	slow
hook left and hook right (left leg front)	as fast as possible
	average
	lazy low range of motion
	slow
hook left and uppercut right (left leg front)	as fast as possible
11 0 . 0 ,	average
	lazy
	low range of motion
hook right (feet next to each other)	slow average
hook right (left leg front)	as fast as possible
nook right (left leg front)	average
	fast but low range of motion
	front arm low
	hips not rotating, hips facing camera
	hips not rotating, hips not facing camera low range of motion
	punching down
	punching up
	rear arm low
	static legs
	stopping after first rep
hook right (right leg front)	as fast as possible
	average low range of motion
	punching down
	punching up
	rear arm low
	static legs
hook right Lorons (right less front)	stopping after first rep
hook right + cross (right leg front)	average as fast as possible
hook right + hook left (left leg front)	as fast as possible average
	lazy
	low range of motion
had sala sala (Sala Const.)	slow
hook right + jab (left leg front)	as fast as possible
	average lazy
	low range of motion
	slow
hook right + uppercut left (left leg front)	as fast as possible
	average
	lazy low range of motion
	slow
hook right and cross (right leg front)	as fast as possible
	lazy
	low range of motion
hook right and hook left (right leg front)	slow as fast as possible
rigin and nook ich (rigin icg from)	as fast as possible average
	lazy
	low range of motion
	low range of motion slow
hook right and uppercut left (right leg front)	low range of motion slow as fast as possible
hook right and uppercut left (right leg front)	low range of motion slow as fast as possible average
hook right and uppercut left (right leg front)	low range of motion slow as fast as possible

Table 1 – c	continued from previous page Fine-grained Attributes
Exercise	slow
inchworm	arms too narrow
	arms too wide
	average
	bending knees too much
	excessively short feet too narrow
	feet too narrow feet too wide
	getting into position
	getting into position, dropping too heavy
	getting into position, hands too far from feet
	hands too far from feet
	hips too low
	looking up not going far enough in
	not going far enough in
	stepping too big
	too fast
jab (left leg front)	as fast as possible
	average
	elbow not moving
	fast but low range of motion not fully extending arm
	punching down
	punching up
	rear arm low
	static legs
	stopping after first rep
jab (right leg front)	as fast as possible
	average
	elbow not moving fast but low range of motion
	not fully extending arm
	punching down
	punching up
	rear arm low
	static legs
igh Larges (left leg front)	stopping after first rep
jab + cross (left leg front)	as fast as possible average
	lazy
	low range of motion
	slow
	as fast as possible
	average
	lazy
	low range of motion slow
jab + hook left (right leg front)	as fast as possible
J (gg)	average
	lazy
	low range of motion
	slow
jab + hook right (left leg front)	as fast as possible
	average lazy
	low range of motion
	slow
jab + uppercut left (right leg front)	as fast as possible
	average
	lazy
	low range of motion
jab + uppercut right (left leg front)	slow as fast as possible
jac . apperent right (left leg from)	as last as possible average
	lazy
	low range of motion
	slow
jabs	arms too low
	as fast as possible
	feet flat, not moving hips not alternating
	not fully extending arms
	on tip-toes, moving hips
	only left arm
	only right arm
	rolling hands
	slow
jumping jacks	uppercut arms_rom=1.0
Jumping Jacks	arms_rom=1.0 arms_rom=1.5
	arms_rom=2.0
	arms_rom=2.5
	arms_rom=3.0
	arms_rom=3.5
	arms_rom=4.0
	early stopping
	legs_rom=1.0 legs_rom=1.5
	Continued on next page
	Continued on next page

	continued from previous page
Exercise	Fine-grained Attributes legs_rom=2.0
	legs_rom=2.5
	legs_rom=3.0
	legs_rom=3.5
	legs_rom=4.0 not jumping
	not synchronized
	only arms
	only legs
	opposite puppet dance
	single repetition
	speed=0.25 rps
	speed=0.50 rps
	speed=0.75 rps
	speed=1.00 rps speed=1.25 rps
	speed=1.50 rps
	speed=1.75 rps
jumping lunges	knee over toes
	knees touching ground large steps
	leaning forward
	losing balance
	medium steps
	no obvious issue
	not alternating legs not visible
	small steps
	speed=0.60 rps
	speed=0.80 rps
	speed=1.00 rps squat depth=1
	squat_depth=2
	squat_depth=3
	squat_depth=4
	squat_depth=5
	starting late stopping early
kickback	switching to the other leg
kickback (left leg)	as fast as possible
	as high as possible
	average back not straight
	hands too far forward
	narrow space between arms
	single repetition
kickback (right leg)	wide space between arms as fast as possible
KICKOGCK (Fight leg)	as high as possible
	average
	back not straight
	hands too far forward
	narrow space between arms single repetition
	wide space between arms
knee circles	as fast as possible
	average
	feet wide apart
	large circles medium circles
	no circle, forward-backward movement only
	no circle, left-right movement only
	not moving
	slow small circles
	without hands
leg lifts	left leg
law lumpa mass (I-fe I II-)	right leg
low lunge pose (left leg back)	bending knee too far forward getting into position
	knee above ankle
	knee above ankle, arms down
	knee above ankle, butt as low as possible
	looking down losing balance
	stopping early
	upper body leaning forward
low lunge pose (right leg back)	bending knee too far forward
	getting into position knee above ankle
	knee above ankle, arms down
	knee above ankle, butt as low as possible
	looking down
	losing balance stopping early
	upper body leaning forward
lunges	left leg back
	right leg back
	Continued on next page

Table 1 – c  Exercise	continued from previous page Fine-grained Attributes
lunges (left leg out in front)	average
- · · · · · · · · · · · · · · · · · · ·	fast
	front knee going forward over toes
	hands on hips insufficient
	narrow space between legs
	not bending back leg
	not moving
	upper body leaning forward
lance (dalate and in food)	very wide space between legs, front leg not vertical
lunges (right leg out in front)	average fast
	front knee going forward over toes
	hands on hips
	insufficient
	narrow space between legs
	not bending back leg not moving
	upper body leaning forward
	very wide space between legs, front leg not vertical
lunges stance	left leg back
	right leg back
mountain-climbers	bent arms depth=1
	depth=1 depth=2
	depth=2 depth=3
	depth=4
	depth=5
	jumping knees outword
	knees outward knees twisting inwards
	looking down
	no moving
	no obvious issue
	not bringing feet forward not visible
	rounded back
	running feet
	single repetition
	sliding feet back
	speed=0.50 rps
	speed=1.00 rps speed=1.50 rps
	speed=1.00 rps
	speed=2.50 rps
	stepping
	stopping early
	width=1 width=2
	width=3
	width=4
	width=5
moving plank	one arm at a time cheat
	butt moving side-to-side butt sinking
	head down
	high hips
	legs apart
	legs on the floor
	legs together
	not visible on knees
	speed=0.25 rps speed=0.30 rps
	speed=0.25 rps speed=0.30 rps speed=0.35 rps
	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, barely moving head
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, tor fast alternate looking right and left, too fast
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, barely moving head
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tilting head up and down
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, too fast alternate looking right and left, too fast alternate litting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast alternate tilting head up and down, too fast alternate tilting head up and down, too fast average
neck rolls	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tooking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, too fast alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast
neck rolls	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast tilting head left and right
neck rolls	speed=0.25 rps speed=0.30 rps speed=0.36 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking ight and left, barely moving head alternate ioloking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast tilting head left and right tilting head left and right, barely moving head tilting head left and right, too fast
neck rolls	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, too fast alternate ilting head up and down alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast tilting head left and right tilting head left and right, too fast tilting head right and left
neck rolls	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, too fast alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements, too fast tilting head left and right tilting head left and right tilting head left and right, barely moving head tilting head left and right, too fast tilting head right and left, barely moving head tilting head right and left tilting head right and left, barely moving head
neck rolls	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast tilting head left and right tilting head left and right, barely moving head tilting head left and right, too fast tilting head left and right, too fast tilting head right and left, too fast tilting head right and left, barely moving head tilting head right and left, too fast tilting head right and left, too fast
neck rolls oblique twists	speed=0.25 rps speed=0.36 rps speed=0.36 rps speed=0.40 rps starting late  alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking right and left, too fast alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down, barely moving head alternate tilting head up and down, too fast average barely moving head random movements, too fast tilting head left and right tilting head left and right tilting head left and right, barely moving head tilting head left and right, too fast tilting head right and left, barely moving head tilting head right and left tilting head right and left, barely moving head
	speed=0.25 rps speed=0.30 rps speed=0.35 rps speed=0.40 rps starting late alternate looking far left and far right alternate looking far right and far left alternate looking left and right, barely moving head alternate looking left and right, too fast alternate looking left and right, too fast alternate looking right and left, barely moving head alternate looking right and left, too fast alternate tilting head up and down alternate tilting head up and down alternate tilting head up and down alternate tilting head up and down, too fast average barely moving head random movements random movements, too fast tilting head left and right, too fast tilting head left and right, barely moving head tilting head left and right, too fast tilting head right and left tilting head right and left, too fast tilting head right and left, too fast

Table 1 – continued from previous page

	continued from previous page
Exercise	Fine-grained Attributes
	as fast as possible average
	back not straight, arching up
	back not straight, dropping down
	hands too far forward, not under shoulders
	knees not under hips
	losing balance
	low arm and leg
	not alternating not moving
	only arms
	only legs
plank	arms crossed
	butt sinking
	head down
	head up
	high hips
	legs on the floor moving body
	not visible
	perfect shape
	rounded back
	stopping early
plank (on knees)	head down
	head up
	moving body
	on knees
plank taps	head down
	high hips
	legs apart legs together
	moving hips
	no obvious issue
	not touching shoulders
	not visible
	speed=0.60 rps
	speed=0.75 rps
	speed=0.85 rps
	speed=0.95 rps speed=1.05 rps
	speed=1.03 rps speed=1.20 rps
	starting late
	whole body moving side to side
plank taps (on knees)	head down
	legs apart
	legs together
	moving hips
	no obvious issue
	not touching shoulders speed=0.60 rps
	speed=0.00 rps speed=0.75 rps
	speed=0.85 rps
	speed=0.95 rps
	speed=1.05 rps
	speed=1.20 rps
plie squat	average
	feet out 45 degrees
puddle jump	back feet touching floor
	back leg not moving
	deep early stopping
	high jump
	in-place
	leaning forward
	looking down
	narrow
	no jump
	normal width
	not bending front leg shallow
	shallow single jump (left to right)
	single jump (right to left)
	sliding feet
	sloppy
	speed=0.25 rps
	speed=0.50 rps
	speed=0.75 rps
	speed=1.00 rps
	speed=1.25 rps speed=1.50 rps
	speed=1.50 rps speed=1.75 rps
	wide
punch left (feet next to each other)	average
punch right (feet next to each other)	average
pushups	90 degrees
	butt sinking
	child pose cheat
	deep
<u> </u>	early stopping
	Continued on next page

Table 1 – continued from previous page

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes elevated hips	
	fast	
	head down	
	head moving in an out of frame	
	insufficient	
	legs on the floor moving head	
	narrow	
	not visible	
	shallow	
	shoulder-width	
	side to side sloppy	
	very wide	
	waiting position	
	wide	
pushups (on knees)	90 degrees	
	butt sinking	
	deep early stopping	
	elevated hips	
	fast	
	head down	
	insufficient	
	moving head	
	narrow not visible	
	shallow	
	shoulder-width	
	sloppy	
	very wide	
	waiting position wide	
quad stretch (left)	average	
	early stopping	
	getting into position	
	hold onto something	
	hopping knee forward	
	no grab	
	quick drop	
	slow fall	
quad stretch (right)	average	
	early stopping getting into position	
	hold onto something	
	hopping	
	knee forward	
	no grab	
	quick drop slow fall	
quadruped thoracic spine rotation (left)	as fast as possible	
4()	average	
	crunched up	
	hand off head	
	insufficient insufficient	
	insufficient	
	not moving	
	not moving	
	slow	
	starting stopping early	
quadruped thoracic spine rotation (right)	stopping early as fast as possible	
The second of th	average	
	crunched up	
	hand off head	
	insufficient insufficient	
	insufficient	
	not moving	
	not moving	
	slow	
	starting stopping early	
quick feet	stopping early hunched back	
•	leaning forward	
	lifting feet too high	
	looking down	
	moving upper-body	
	narrow no obvious issue	
	not leaning forward	
	not lifting feet	
	not visible	
	shaking knees	
	shoulder-width speed=1.00 rps	
	speed=1.00 rps speed=1.50 rps	
	Continued on next page	
	1.6	

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes	
	speed=2.00 rps	
	speed=2.50 rps speed=3.00 rps	
	speed=3.50 rps	
	stopping early	
	wide	
raised leg circles	early stopping	
raised leg circles (clockwise)	20 degres	
	45 degres	
	70 degres	
	bent legs	
	clockwise	
	hands on legs no rotation	
	not visible	
	one leg	
	random	
	start	
	to compare	
raised leg circles (counterclockwise)	20 degres	
	45 degres	
	70 degres	
	bent legs	
	counterclockwise	
	hands on legs no rotation	
	not visible	
	one leg	
	random	
	start	
	to compare	
reverse crunches	90 degrees	
	below 90 degrees	
	extending legs	
	fast feet down	
	frontal	
	getting into position	
	head up	
	height=1	
	height=2	
	height=3	
	height=4	
	height=5	
	not moving	
	not raising hips not visible	
	over 90 degrees	
	slow	
	thighs not moving	
roll down	average	
	back up	
	hold	
running in place	average	
	faster	
shoulder gators	looking down no obvious issue	
	not moving back	
	not moving back	
	not visible	
	range_of_motion=1	
	range_of_motion=2	
	range_of_motion=3	
	range_of_motion=4	
	range_of_motion=5	
	snappy too fast	
	upper body moving	
side plank	arm in air	
•	balance on leg	
	both knees on floor	
	drooping head	
	early stop	
	elbow below head	
	elbow below shoulder high hips	
	leaning forward	
	legs bent	
	losing balance	
	low hips	
	no obvious issue	
	not visible	
	one knee on floor	
	no squat	
snowboarders		
snowboarders	not facing the webcam	
snowboarders	perfect form	
snowboarders	perfect form rotation_angle=1	
snowboarders	perfect form rotation_angle=1 rotation_angle=2	
snowboarders	perfect form rotation_angle=1	

Table 1 – continued from previous page

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes	
	rotation_angle=4 rotation_angle=5	
	rounded back	
	single repetition	
	squat_depth=1	
	squat_depth=2	
	squat_depth=3	
	squat_depth=4	
	squat_depth=5	
	stepping	
	stopping early	
spider man	arm not extended	
	arms too narrow	
	arms too wide, stepping too narrow	
	arms too wide, still stepping out back foot too close	
	back knee on the ground back knee too high, hips too high	
	back knee too high, hips too high back leg extended, back knee just off the ground	
	elbow plank	
	no rotation	
	no stepping	
	not alternating	
	rom=1	
	rom=2	
	rom=3	
	rom=4	
	rom=5	
	rotating away from your front leg	
	small rotation	
	starting late	
	stepping too short	
	too fast	
oniden men muchum	too slow arms too narrow	
spider man pushup	arms too narrow arms too wide	
	average	
	dragging foot	
	hips too high	
	hips too low	
	no pushup	
	not alternating	
	not bringing leg far enough	
	not synchronized (down, leg in, up, leg out)	
	not synchronized (down, leg, up)	
	not synchronized (down, up, leg)	
	rom=1	
	rom=2	
	rom=3 rom=4	
	rom=5	
	shallow pushup	
	starting late	
	too fast	
	too slow	
squat jabs	average	
squat jacks	as fast as possible	
	average	
	low turnover	
	no arms	
	no jump	
	no squat	
	regression	
	shallow squat shallow squat no jump	
	stopping early	
squat jump	butt below knees	
squat jump	jump_height=1	
	jump_height=2	
	jump_height=3	
	jump_height=4	
	jump_height=5	
	knees inwards	
	knees over toes	
	lazy	
	leaning forward	
	narrow space between legs	
	no jump no obvious issue	
	no obvious issue not visible	
	speed=0.20 rps	
	speed=0.40 rps	
	speed=0.50 rps	
	speed=0.60 rps	
	speed=0.80 rps	
1		
	speed=0.80 rps speed=1.00 rps squat_depth=1	
	speed=0.80 rps speed=1.00 rps squat_depth=1 squat_depth=2	
	speed=0.80 rps speed=1.00 rps squat_depth=1	

Table 1 – continued from previous page

Table 1 – c	able 1 – continued from previous page	
ALICA CEST	Fine-grained Attributes squat_depth=4	
	squat_depth=5	
	starting late	
squat kick	wide space between legs butt below knees	
squat kick	kick_height=1	
	kick_height=2	
	kick_height=3	
	kick_height=4	
	kick_height=5	
	knees over toes leaning forward	
	narrow space between legs	
	no obvious issue	
	no squat	
	not alternating legs	
	not lifting knees not visible	
	speed=0.20 rps	
	speed=0.40 rps	
	speed=0.60 rps	
	squat_depth=1	
	squat_depth=2 squat_depth=3	
	squat_depth=4	
	squat_depth=5	
	stopping early	
	wide space between legs	
squat punch	inward knees	
	knees over toes leaning forward	
	low arm range of motion	
	multiple punches	
	no obvious issue	
	no squat	
	not visible one arm	
	punches not on target	
	speed=0.20 rps	
	speed=0.30 rps	
	speed=0.40 rps	
	speed=0.50 rps speed=0.60 rps	
	squat_depth=1	
	squat_depth=2	
	squat_depth=3	
	squat_depth=4	
	squat_depth=5 starting late	
	stopping early	
squats	90 degrees	
	back not straight	
	hold	
	insufficient	
	knees over toes	
	no obvious issue	
	not visible	
	over 90 degrees	
	plie	
	shallow shoulder-width	
	starting late	
	wide	
standing groin stretch	back from left lean	
	back from right lean	
	hold left hold right	
	lean left	
	lean right	
standing hamstring stretch	roll up	
and the India Character I	wrap	
standing kick (alternate legs)	arms extended hands behind head	
	hands down	
	hands on hips	
	kicking high	
	kicking low	
	kneeing looking down	
	losing balance	
	moving fast	
	moving slow	
	not visible	
standing kicks (left leg)	not visible stopping early	
standing kicks (left leg)	not visible stopping early as fast as possible	
standing kicks (left leg)	not visible stopping early as fast as possible average bent knee	
standing kicks (left leg)	not visible stopping early as fast as possible average	

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes hands on hips	
	insufficient kicks	
	kick as high as possible	
	lower kicks	
atou dina kiaka (riaht laa)	slow	
standing kicks (right leg)	as fast as possible average	
	bent knee	
	hands behind head	
	hands on hips	
	insufficient kicks	
	kick as high as possible lower kicks	
	slow	
standing knee-to-elbow	not moving legs	
	not visible	
	stopping early	
standing knee-to-elbow (bouncing)	both elbows down	
	elbows not touching hand to knee	
	no elbows down	
	no obvious issue	
	not moving arms	
	not twisting body	
	speed=0.50 rps	
	speed=0.75 rps speed=1.00 rps	
	speed=1.00 rps speed=1.25 rps	
	speed=1.50 rps	
standing knee-to-elbow (not bouncing)	both elbows down	
-	elbows not touching	
	hand to knee	
	no elbows down no obvious issue	
	not alternating	
	not moving arms	
	not moving legs	
	not twisting body	
	speed=0.50 rps speed=0.75 rps	
	speed=1.00 rps	
	speed=1.25 rps	
	speed=1.50 rps	
standing oblique crunches	arms together	
	feet together good rotation	
	head down	
	high knees	
	insufficient rotation	
	low knees	
	no rotation	
	not visible only one side	
	speed=0.40 rps	
	speed=0.60 rps	
	speed=0.75 rps	
standing t	arms hanging down	
	arms too overhead bent legs	
	chin not tucked, looking at the screen	
	lower range of motion, arms too low	
	not bending torso at all	
	starting late	
	stopping early thumbs not pointing at all, hands flat	
	thumbs not pointing at air, names hat thumbs pointed down	
	thumbs pointed sideway	
	too fast	
	too slow	
	torso not low enough torso parallel to the ground, thumbs pointed up	
	very low range of motion	
standing ytw	arms too low	
	bent legs	
	hands flat	
	not low enough thumbs pointed down	
	thumbs pointed down	
	too fast	
	too slow	
	torso parallel to the ground, thumbs pointed up	
	wrong order - standing twy	
	wrong order - standing tyw wrong order - standing wty	
	wrong order - standing wty wrong order - standing wyt	
	wrong order - standing wyt	
tabletop position (frontal view)	hands too far foward	
the houndred (out3-31)	hands under shoulders	
the hundred (extended legs)	arms still  Continued on next page	

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes hands only	
	head on floor	
	head up	
	head up	
	head up	
	legs not straight legs straight	
	not visible	
	one leg down	
	shins not parallel	
3 1 1 1 (6 : 3 0 )	stopping early	
the hundred (feet on the floor)	arms still hands only	
	head on floor	
	head up	
	head up	
	head up legs 90 degrees	
	moving arms as fast as possible	
	shins not parallel	
	stopping early	
the hundred (table-top position)	arms still	
	hands only head on floor	
	head up	
	head up	
	head up	
	knees to chest	
	legs 90 degrees moving arms as fast as possible	
	not visible	
	shins not parallel	
	stopping early	
toe touch	bent knees	
	getting into position hands at ankles	
	hands at anxies	
	hands at knees	
	hands at shins	
	hands on floor	
	legs straight not visible	
	stopping early	
	wide feet	
tree pose	getting into position	
	knee facing forward	
	looking down losing balance	
	no arm	
	left foot on the floor, right foot above knee joint	
	left foot on the floor, right foot below knee joint	
	left foot on the floor, right foot on knee joint	
	right foot on the floor, left foot above knee joint right foot on the floor, left foot below knee joint	
	right foot on the floor, left foot on knee joint	
tricep stretch (left arm)	fake stretch, other arm in position but not stretching	
	getting into position	
	hold	
	not using other arm	
	other arm not above head, pushing elbow back pulling elbow back as far as possible	
	pulling hand instead of elbow	
	stopping early	
tricep stretch (right arm)	fake stretch, other arm in position but not stretching	
	getting into position hold	
	not using other arm	
	other arm not above head, pushing elbow back	
	pulling elbow back as far as possible	
	pulling elbow back as far as possible pulling hand instead of elbow	
tuck jump	pulling elbow back as far as possible pulling hand instead of elbow stopping early	
tuck jump	pulling elbow back as far as possible pulling hand instead of elbow stopping early average	
tuck jump	pulling elbow back as far as possible pulling hand instead of elbow stopping early	
tuck jump	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient	
tuck jump	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close	
	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average	
	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early  average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down rear arm low	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early  average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down rear arm low static legs	
uppercut left (feet next to each other)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down rear arm low	
uppercut left (feet next to each other) uppercut left (left leg front)	pulling elbow back as far as possible pulling hand instead of elbow stopping early  average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down rear arm low static legs stopping after first rep as fast as possible average	
uppercut left (feet next to each other) uppercut left (left leg front)	pulling elbow back as far as possible pulling hand instead of elbow stopping early average big air feet behind insufficient knees too close low turnover average as fast as possible average low range of motion punching arm going too low punching down rear arm low static legs stopping after first rep as fast as possible	

	ontinued from previous page
Exercise	Fine-grained Attributes
	front arm low
	hips not rotating, hips facing camera hips not rotating, hips not facing camera
	low range of motion
	punching down
	punching up
	static legs
remover left 1 areas (left lea front)	stopping after first rep
uppercut left + cross (left leg front)	as fast as possible average
	lazy
	low range of motion
	slow
uppercut left + hook right (left leg front)	as fast as possible
	average
	lazy
	low range of motion slow
uppercut left + hook right (right leg front)	as fast as possible
	average
	lazy
	low range of motion
	slow
uppercut left + jab (right leg front)	as fast as possible
	average lazy
	low range of motion
	slow
uppercut left + uppercut right (left leg front)	as fast as possible
	average
	lazy
	low range of motion
uppercut left ± uppercut right (right log front)	slow as fast as possible
uppercut left + uppercut right (right leg front)	as rast as possible average
	lazy
	low range of motion
	slow
uppercut right (feet next to each other)	average
uppercut right (left leg front)	as fast as possible
	average
	fast but low range of motion front arm low
	hips not rotating, hips facing camera
	hips not rotating, hips not facing camera
	low range of motion
	punching down
	punching up
	static legs
	stopping after first rep
uppercut right (right leg front)	as fast as possible average
	low range of motion
	punching arm going too low
	punching down
	rear arm low
	static legs
	stopping after first rep
uppercut right + cross (right leg front)	as fast as possible
	average lazy
	low range of motion
	slow
uppercut right + hook left (left leg front)	as fast as possible
-	average
	lazy
	low range of motion slow
uppercut right + hook left (right leg front)	as fast as possible
appoint right i nook int (right leg from)	as fast as possible average
	lazy
	low range of motion
	slow
uppercut right + jab (left leg front)	as fast as possible
	average
	lazy low range of motion
	slow
uppercut right + uppercut left (left leg front)	as fast as possible
	average
	lazy
	low range of motion
uppercut right + paparout left (right less faces)	slow
uppercut right + uppercut left (right leg front)	as fast as possible
	average lazy
	average lazy low range of motion
	lazy
upward salute	lazy low range of motion

Table 1 - continued from previous page

Table 1 – continued from previous page		
Exercise	Fine-grained Attributes arms leaning back, chest popping out	
	bent arms	
	getting into position	
	legs together	
	looking down	
	shoulders away from the ears, hands facing each other	
	shoulders away from the ears, hands facing forward	
	shoulders close to ears	
mulling in along	stopping early	
walking in place warrior 1 (left)	average arms only	
wantor i (icit)	bent back knee	
	front leg straight	
	knees over toes	
	leaning forward	
	no arms	
	no obvious issue	
	not visible	
	starting	
warrior 1 (right)	stopping early arms only	
warrior 1 (right)	bent back knee	
	front leg straight	
	knees over toes	
	leaning forward	
	no arms	
	no obvious issue	
	not visible	
	starting	
. 2.4.6)	stopping early	
warrior 2 (left)	arms only	
	bent back knee front leg straight	
	knees over toes	
	leaning forward	
	low arm	
	no obvious issue	
	not visible	
	starting	
	stopping early	
warrior 2 (right)	arms only	
	bent back knee	
	front leg straight knees over toes	
	leaning forward	
	low arm	
	no obvious issue	
	not visible	
	starting	
	stopping early	
wide-legged forward bend	inhale and lengthen	
wide-legged forward fold	exhale and fold	
	hold	
	inhale inhale up	
	walk out	
	walking hands back	
wrist twists	as fast as possible	
	average	
	barely moving hands	
	not moving hands	
wrist twists (running in-place)	average	
	running as fast as possible	
	walking	
	wrists up but not moving arms too narrow	
riana mishing		
yoga pushup		
yoga pushup	arms too wide	
yoga pushup	arms too wide average bent knees	
yoga pushup	average bent knees heels off the floor	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3 rom=4 rom=5 rounded back	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3 rom=4 rom=5 rounded back shallow pushup	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3 rom=4 rom=5 rounded back shallow pushup starting late	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3 rom=4 rom=5 rounded back shallow pushup starting late too fast	
yoga pushup	average bent knees heels off the floor hips too high during pushup phase hips too low looking up no pushup not finishing the pushup, going straight to downward dog rom=1 rom=2 rom=3 rom=4 rom=5 rounded back shallow pushup starting late	

Table 2: General actions from our QEVD-FIT-300K dataset.

General	Actions	

bobbing head (imagine there is music)

boxing bounce-steps

catching your breath (crouching)

catching your breath (hand on knees) catching your breath (hands behind head)

catching your breath (leaning on something)

catching your breath (walking around)

changing the webcam view while lying down

clapping hands (long) clapping hands (short) coming closer to the webcam

crouching

drinking something from a bottle

falling over feet apart fist bump (hold)

fist bump (preparation and hold) fist bump (quick)

fixing hair (long, both hands) fixing hair (long, one hand) fixing hair (short, one hand) give up gesture

going down on knees grabbing a bottle (bottle visible from the start)

grabbing a towel (towel visible from the start) grabbing an off-screen bottle

grabbing an off-screen towel high five (hold)

high five (preparation and hold) high five (quick) jump feet together keeping hands in pockets

leaving plank position lying down after push-up lying down in random position neck warm-up (with hands)

neck warm-up (without hands)

nodding head to say yes (long) nodding head to say yes (short)

open and drink from a bottle picking up the camera

plank preparation

pretending to towel off sweat (without using a towel)

scratching arm

scratching back of the head shaking head to say no (long)

shaking head to say no (short) shoulder swipe

shoulder warm-up shrugging (long) shrugging (short) sitting down sitting on a chair small kicks while waiting

standing up step feet together

stretching arms thumb down (hold)

thumb down (noid) thumb down (preparation and hold) thumb down (quick)

thumb up (hold)

thumb up (preparation and hold)

thumb up (quick)
using towel to remove sweat walking towards the webcam waving (hold)

waving (preparation and hold) waving (quick)

wiping face sweat on shirt yawning (covering mouth with hand) yawning (long) yawning (short)

2