

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	arms moving too much 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	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
alternating v ups	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 rom=5 shoulders on the ground

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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 stopping early
arm circles (forward)	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 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 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 speed=0.80 rps speed=1.00 rps speed=1.20 rps speed=1.60 rps speed=2.00 rps stepping wide jumps wide space between arms
burpee	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
burpee (no pushup)	as fast as possible good form high hips leaning too far forward no jump no upright position not moving feet back not visible

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Exercise	Fine-grained Attributes
	sitting down stepping feet back stepping feet forward
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=1.20 rps speed=1.60 rps speed=2.00 rps speed=2.50 rps speed=3.00 rps stepping
cat-cow pose	cat posture cat posture to cow posture cat posture, back as high as possible cat posture, hands too far forward cow posture cow posture to cat posture cow posture, belly as low as possible cow posture, hands too far forward tabletop to cat posture tabletop to cow posture
child pose	average getting into position hands as far as possible head up high butt knees as wide apart as possible knees together not leaning forward enough stopping early
cobra pose	arms fully extended, shrugging shoulders getting into position hands too far forward head down high, keeping shoulders away from the ears, arms wide apart higher, keeping shoulders away from the ears looking far up lower, arms wide apart lower, keeping shoulders away from the ears medium height, arms wide apart medium height, keeping shoulders away from the ears medium height, shrugging shoulders stopping early
criss-cross	elbow reaching knee head down knees close to chest legs up not moving low knees not extending leg not visible only legs sitting position speed=0.60 rps speed=0.80 rps speed=1.00 rps speed=1.20 rps speed=1.40 rps torso_rotation=1 torso_rotation=2 torso_rotation=3 torso_rotation=4 torso_rotation=5
criss-cross (feet on the floor)	feet on the floor sitting position torso_rotation=1 torso_rotation=2 torso_rotation=3 torso_rotation=4 torso_rotation=5
cross (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 not fully extending arm punching down punching up static legs stopping after first rep
cross (right leg front)	as fast as possible average fast but low range of motion

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Exercise	Fine-grained Attributes
	front arm low hips not rotating, hips facing camera hips not rotating, hips not facing camera 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 lazy 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 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 pull wrist
deltoid stretch (right arm)	bent elbow

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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 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 torso too high
floor touches	feet not under knees 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 early width=1 width=2 width=3 width=4 width=5
forward stance forward bend (left leg forward)	fold hold stance up
forward stance forward bend (right leg forward)	fold hold stance up
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

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Exercise	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 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 too low
halfway lift	getting into position 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 right around left
high kicks	average
high knees	angle=105.0 degrees angle=30.0 degrees angle=37.5 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=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

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Exercise	Fine-grained Attributes
	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 speed=4.00 rps
high knees march	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 up toes facing down toes facing up upper body not straight
hip circles	no circle, forward-backward movement only no circle, left-right movement only no circle, right-left movement only not moving
hip circles (clockwise)	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
hip circles (counterclockwise)	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
hook left (feet next to each other)	average
hook left (left leg front)	as fast as possible average low range of motion punching down punching up rear arm low static legs stopping after first rep
hook left (right leg front)	as fast as possible average fast but low range of motion

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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 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 average lazy low range of motion slow
hook right (feet next to each other)	average
hook 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 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 stopping after first rep
hook right + cross (right leg front)	average
hook right + hook left (left leg front)	as fast as possible average lazy low range of motion 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 slow
hook right and hook left (right leg front)	as fast as possible average lazy low range of motion slow
hook right and uppercut left (right leg front)	as fast as possible average lazy low range of motion

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Exercise	Fine-grained Attributes
inchworm	slow arms too narrow arms too wide average bending knees too much excessively short 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 out 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 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 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 slow
jab + uppercut right (left leg front)	as fast 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 uppercut
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

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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 wide space between arms
kickback (right leg)	as fast as possible 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 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

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Exercise	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 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=2 depth=3 depth=4 depth=5 jumping 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=2.00 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=0.35 rps speed=0.40 rps starting late
neck rolls	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 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 tilting head right and left, barely moving head tilting head right and left, too fast too fast
oblique twists	average
opposite arm and leg lifts (on knees)	arm and leg as high as possible

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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=1.20 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=0.75 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 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=1.75 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 early stopping

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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 average crunched up hand off head insufficient insufficient insufficient not moving not moving slow starting stopping early
quadruped thoracic spine rotation (right)	as fast as possible average crunched up hand off head insufficient insufficient insufficient not moving not moving slow starting stopping early
quick feet	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=1.50 rps

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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 degrees 45 degrees 70 degrees bent legs clockwise hands on legs no rotation not visible one leg random start to compare
raised leg circles (counterclockwise)	20 degrees 45 degrees 70 degrees 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 forward 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
snowboarders	no squat not facing the webcam perfect form rotation_angle=1 rotation_angle=2 rotation_angle=3

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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 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 too slow
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 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 not visible speed=0.20 rps speed=0.40 rps speed=0.50 rps speed=0.60 rps speed=0.80 rps speed=1.00 rps squat_depth=1 squat_depth=2 squat_depth=3

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Exercise	Fine-grained Attributes
	squat_depth=4 squat_depth=5 starting late wide space between legs
squat kick	butt below knees 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 narrow 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 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 stopping early
standing kicks (left leg)	as fast as possible average bent knee hands behind head

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Exercise	Fine-grained Attributes
	hands on hips insufficient kicks kick as high as possible lower kicks 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=1.25 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 pointed down thumbs pointed sideways 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 sideways 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 wyt wrong order - standing ywt
tabletop position (frontal view)	hands too far forward hands under shoulders
the hundred (extended legs)	arms still

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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 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 feet 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 hand instead of elbow stopping early
tuck jump	average big air feet behind insufficient knees too close low turnover
uppercut left (feet next to each other)	average
uppercut left (left 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 left (right leg front)	as fast as possible average fast but low range of motion

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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 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 slow
uppercut left + uppercut right (right leg front)	as fast 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 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 slow
uppercut right + uppercut left (right leg front)	as fast as possible average lazy low range of motion slow
upward salute	arms and head leaning back, chest popping out

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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 stopping early
walking in place	average
warrior 1 (left)	arms only bent back knee front leg straight knees over toes leaning forward no arms no obvious issue not visible starting stopping early
warrior 1 (right)	arms only bent back knee front leg straight knees over toes leaning forward no arms no obvious issue not visible starting 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
yoga pushup	arms too narrow arms too wide 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 too shallow downward dog too slow

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

General Actions	
bobbing head (imagine there is music)	neck warm-up (without hands)
boxing bounce-steps	nodding head to say yes (long)
catching your breath (crouching)	nodding head to say yes (short)
catching your breath (hand on knees)	open and drink from a bottle
catching your breath (hands behind head)	picking up the camera
catching your breath (leaning on something)	plank preparation
catching your breath (walking around)	pretending to towel off sweat (without using a towel)
changing the webcam view while lying down	scratching arm
clapping hands (long)	scratching back of the head
clapping hands (short)	shaking head to say no (long)
coming closer to the webcam	shaking head to say no (short)
crouching	shoulder swipe
drinking something from a bottle	shoulder warm-up
falling over	shrugging (long)
feet apart	shrugging (short)
fist bump (hold)	sitting down
fist bump (preparation and hold)	sitting on a chair
fist bump (quick)	small kicks while waiting
fixing hair (long, both hands)	standing up
fixing hair (long, one hand)	step feet together
fixing hair (short, one hand)	stretching arms
give up gesture	thumb down (hold)
going down on knees	thumb down (preparation and hold)
grabbing a bottle (bottle visible from the start)	thumb down (quick)
grabbing a towel (towel visible from the start)	thumb up (hold)
grabbing an off-screen bottle	thumb up (preparation and hold)
grabbing an off-screen towel	thumb up (quick)
high five (hold)	using towel to remove sweat
high five (preparation and hold)	walking towards the webcam
high five (quick)	waving (hold)
jump feet together	waving (preparation and hold)
keeping hands in pockets	waving (quick)
leaving plank position	wiping face sweat on shirt
lying down after push-up	yawning (covering mouth with hand)
lying down in random position	yawning (long)
neck warm-up (with hands)	yawning (short)