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RESEARCH CENTER FOR ASSISTIVE INFORMATION AND COMMUNICATION SOLUTIONS – AICOS

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PROJECT SPEC SHEET (EN)

PT-X – PERSONAL TRAINER EXPANDED

Project no: 21683 (NORTE2030-FEDER-02278600)

Supported by: SIID – I&D Empresarial
- Operações em Copromoção

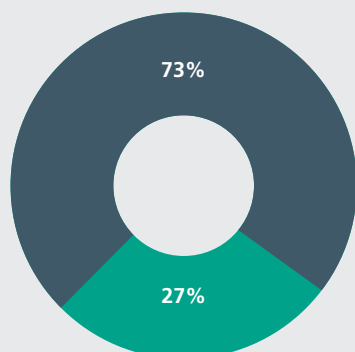
Partners: 2045 Digital Health
Solutions (coordinator), Fraunhofer
Portugal, INESC TEC.

Start date: 01-10-2025

Conclusion date: 30-09-2028

Total eligible cost: 1.360.978,56 €

EU Funding: 991.121,93 €



■ COPROMOTORS FUNDING
■ EU FUNDING

Project Summary

The PT-X project aims to revolutionize the personal training market by integrating artificial intelligence, computer vision, and digital avatars. This solution will enable personal trainers to offer simultaneous workouts to multiple clients while maintaining the quality of individual service. Led by 2045 Digital Health, it involves FhP-AICOS in the development of automated exercise analysis modules and INESC TEC in the creation of real-time embedded conversational agents (ECAs).

The goals include democratizing access to PTs, reducing costs, enhancing user experience, and promoting health and social inclusion in the fitness sector.

