

# **Push - Application that uses the iPhone's TrueDepth camera to count the number of push-ups**

A new app called 'Push' has recently received a lot of attention. That's because this app helps users count the number of push-ups during exercise using the iPhone's TrueDepth camera.

There are plenty of corporate fitness apps available on the App Store, but a new app called 'Push' has been getting a lot of attention lately. That's because this app helps users count the number of push-ups during exercise using the iPhone's TrueDepth camera.

## **Count the number of push-ups with your iPhone**

meet your new  
favorite workout  
companion





# smart push-up detection with facial tracking



**20** push-ups  
JUNE 02

TOTAL TIME	TOTAL REST	SETS
<b>56s</b>	<b>1s</b>	<b>12,8</b>

AVG. PUSH-UP DURATION  
**0.56s**

TEMPERATURE  
☀️ **25°C**

HUMIDITY  
**65%**



share your  
workouts to  
**Instagram**  
stories

Using the Push application is quite simple. All you need to do is give Push camera access and then place your iPhone on the floor facing your face. The app uses facial recognition thanks to the TrueDepth sensor to detect and count each push-up. It also calculates the total time and average duration of each push-up.

Push motivates you to do at least one exercise every day of the week to maintain your gains. After completing the workout, the app will show you a summary with all the important information – you can then share it on Instagram or another app.

Push is your new favorite workout companion. Use it to smartly count push-ups with face tracking and progress tracking. It's all in a beautiful interface designed to keep you motivated. The app will record push-ups with reps, rest times, and store statistics like average push-up time, rest time, and weather conditions.

Developer João Pozzobon told 9to5Mac that he's working on adding Apple Health integration, as well as daily goals and reminder notifications. In the future, users can expect friend rankings and widgets.

Push is available for free on the App Store and requires an iPhone with Face ID running iOS 17 or later.

## Outstanding features of Push

### Change your exercise habits

Use Push to record your push-ups with reps and rest times, storing statistics like average push-up time, rest time, and weather conditions.

### Promote exercise

Log in at least one workout per day and keep your streak consistent.

### Share progress with friends

Choose any workout and share your success via Instagram stories with just one tap.

Push is constantly updated with new features and improvements. If you have any feedback or suggestions, please get in touch at [hi@jooGPS.com](mailto:hi@jooGPS.com).

You finished reading the article "**Push - Application that uses the iPhone's TrueDepth camera to count the number of push-ups**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.