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Setyawan et al.

Body Posture Position Alarm Prototype Based on NodeMCU ESP8266

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Body Posture Position Alarm Prototype Based on NodeMCU ESP8266

Candra Dwi Setyawan

Universitas Muhammadiyah Sidoarjo

Arief Wisaksono

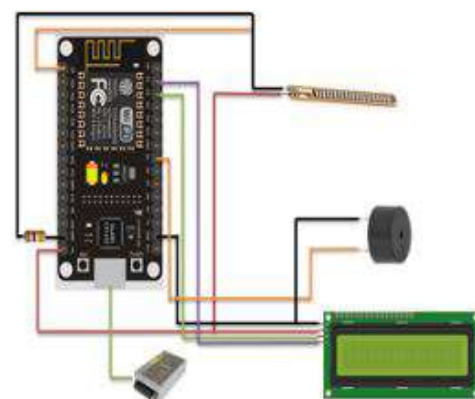
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Abstract

Lack of physical activity has a negative impact, namely reduced motor coordination abilities and changes in posture or shape of the spine. Sitting positions that are more static and less ergonomic, such as sitting in a hunched position, can trigger significant muscle activation. Therefore, in an effort to prevent bone abnormalities, research was carried out regarding a prototype



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