

PushCam

Your camera counts your pushups.

PushCam turns your iPhone's front camera into a hands-free pushup counter. Lay the phone on the floor under your chest and just work out — every rep is counted out loud with a big on-screen number, your breathing is coached in rhythm with your reps, and your streak and daily goal keep you coming back. Everything happens live on your device; nothing is ever recorded.

1. Set Up Your Phone

PushCam watches how your face grows and shrinks in the frame as you lower and push back up, so the phone's position matters:

1. Lay the phone **flat on the floor, screen up**, roughly under your chest.
2. Point the **top of the phone toward your head**.
3. Tap **Start** and get into your up (plank) position during the countdown.
4. When the screen says **Hold steady...**, stay in your up position for a second — PushCam is calibrating to you.

The first time you start a workout, iOS asks for camera access. PushCam only uses the camera to detect your movement in real time — no photos or video are ever saved.

2. Do Your Pushups

Once calibrated, just do pushups. Each time you come back up, the rep counts — you'll feel a haptic tap, hear the number spoken aloud, and see the big counter tick up.

- **Breathing coach** — the screen shows INHALE as you lower and EXHALE as you push, so you build the right habit from rep one.
- **Spoken counts** — hear every rep so you never look at the screen. Turn this off in Settings → Feedback.
- **Lost you?** — if PushCam can't see you, a yellow warning appears. Re-center yourself over the phone and keep going.
- Tap **Done** when you're finished and your workout is saved.

Tip: Keep your pace steady and go through a full range of motion — clear ups and downs are exactly what the counter is looking for.

3. Sets Mode — Pro

Rather train in structured sets? Turn on **Sets mode** in Settings and choose your sets, reps per set, and rest time.

1. PushCam counts your reps and shows **Set 2 of 3 · 4/10** style progress at the top.
2. When you finish a set, a big green **REST** countdown starts automatically. Feeling strong? Tap **Skip Rest**.
3. After the last set, the workout wraps up on its own.

4. Goals, Streaks, and the Widget

Set your daily pushup goal in Settings (5 to 500). The home screen shows today's total against your goal and your current day streak — work out on consecutive days to keep the flame burning.

- **Home-screen widget** — shows today's count vs. goal and your streak at a glance. Long-press your home screen → Edit → Add Widget → PushCam.
- **Daily reminder** — flip on Settings → Reminders and pick a time; PushCam nudges you once a day.
- **Apple Health** — turn on Settings → Apple Health and every workout is saved as strength training.

5. Your Log

The **Log** tab keeps your workout history. On the free tier you always see your most recent workout. With Pro you get every workout you've ever done, stat tiles (total reps, best day, and more), and a 30-day chart of your daily totals so you can actually watch yourself get stronger. Swipe left on a workout to delete it.

Free vs Pro

PushCam is free to use forever — counting, coaching, goals, streaks, the widget, reminders, and Health sync are all included. A single one-time purchase — PushCam Pro, \$2.99, no subscription — unlocks the rest.

	Free	Pro — \$2.99 once
Camera counting + breathing coach	Included	Included
Daily goal, streak, widget	Included	Included
Reminders + Apple Health sync	Included	Included
Workout history	Most recent workout	Every workout, forever
Progress graphs + stat tiles	—	Included
Sets mode with rest timers	—	Included

Unlock Pro from Settings or any locked feature, and use **Restore Purchases** to bring it to a new phone.

Frequently Asked Questions

Is PushCam recording me?

No. The camera feed is analyzed live on your device to tell up from down, and is never stored, never uploaded, never seen by anyone. There's no account and no tracking of any kind.

It's not counting my reps. What's wrong?

Check the setup: phone flat on the floor, screen up, under your chest, top toward your head. Make sure you hold your up position during "Hold steady..." so it can calibrate, then use a full range of motion. Good lighting helps too.

It counted when I wasn't doing a pushup.

PushCam tracks how close your face is to the camera, so leaning way down and back up reads as a rep. Stay in position during a set, and tap Done as soon as you finish.

Can I turn off the voice?

Yes — Settings → Feedback → Speak rep count. You'll still get the haptic tap and the on-screen counter.

Does my streak break if I miss my goal?

The streak counts consecutive days with at least one workout — any workout keeps it alive, even a short one.

Is Pro a subscription?

No — Pro is a single one-time purchase. Buy it once and it's yours forever.