

IS AI REPLACING IRL TRAINERS?

Artificial intelligence is changing the game. Question is: Are you up for the challenge?

TONAL

While you're hoisting up to 200 pounds of cable resistance generated by Tonal's two extendable arms, proprietary sensor technology within the 24-inch touch-screen analyzes your movement patterns. The machine's AI provides feedback for improvement, like "Drive your hips farther back to get lower." Because it tracks speed, resistance and form, Tonal can add weight during reps if you're crushing a set or scale back when you're flagging. It's the most reliable spotter you'll ever have. **From \$2,995; tonal.com**



IF YOU THINK hiring an overenthusiastic personal trainer is the only way to get fit, make like Joaquin Phoenix in *Her* and lean on artificial intelligence. (Just don't fall in love with your new virtual BFF.) It's baked into "smart" gym equipment, making home workouts about as personalized as one-on-one training. That's a good thing, because "technology gives you metrics that are very objective," says Rahul Rajan, chief artificial intelligence officer of Uplift Labs in Palo Alto, CA. "They also can spot population-based patterns that could predict injury,

which is very powerful."

That's not a replacement for human expertise and intuition, though. "Technology can throw numbers at you, but how do you contextualize them with how you're feeling that day?" says Rajan. There's no algorithm (yet) that can account for stress, illness and other factors that influence fitness.

Using these devices alongside a personal trainer who can use that information to program dynamically is likely the best application, he adds. Here, our favorite AI-enabled devices.



VITRUVIAN TRAINER+

Lifting heavy at home can be intimidating, but the Vitruvian Trainer+ acts as a coach and spotter. What looks like a futuristic aerobic step hides 440 pounds of resistance and adaptive weight technology. The machine's AI learns from your workout behavior and adjusts weights accordingly, increasing load if you're banging out reps and decreasing if you're struggling to reach full range of motion. Use the app to make workouts or choose from classes created by elite coaches.

From \$2,495; vitruvianform.com



TEMPO STUDIO

A motion sensor camera inside this easel-sized structure hones in on 25 essential joints as you move to produce a 3D model of your body on its 42-inch HD screen. AI measures range of motion to provide real-time visual feedback, personalized technique tips, recommend weight and tailor training around your progress. During live classes, instructors cue similar form corrections and use heart rate data, rep counts and any other feedback from the system to coach you accordingly. **From \$2,495; tempo.fit**



PELOTON GUIDE

Peloton's voice-activated, webcam-like camera beams your image onto a screen next to the instructor's so you can mimic movements and correct your form. Meanwhile, the AI-powered Movement Tracker feature counts reps and the Body Activity feature highlights which muscle groups you've recently worked. [The more you work a muscle, the darker blue it will appear.] Based on that data, Guide can recommend classes focused on other muscle groups for a more well-balanced regimen. **From \$295; onepeloton.com**