



HOME GYM MADE SMARTER

USE AI FOR GAINS

Sometimes lifting is all about quality, not quantity. **Tonal** has two extendable arms that generate up to 200 pounds of resistance, plus a motion-sensor camera hidden in its 42-inch screen to analyze form and offer cues to boost performance. An initial fitness assessment determines your baseline, then AI algorithms take over. “Spotter” mode drops weight if you struggle in the bottom of a chest press, while “Burnout” mode reduces weight one pound at a time at the end of a set of curls, so you can work your biceps to failure. **\$2,995 plus \$49/month membership; tonal.com**

Turn your living room into a hotbox. [No, we don’t mean the smoke-filled Camaro from your high school days.] The latest smart equipment can create a home workout to rival any gym.



HIRE A VIRTUAL PERSONAL TRAINER

The full-length reflective surface of **Mirror** hides an LCD screen controlled by an iOS app. Try a class in more than 50 disciplines, or connect with a personal trainer on-demand. Using the built-in two-way audio and video, your trainer provides expert feedback, form corrections, and encouragement in real time for \$40 a pop—a fraction of what you’d pay for a trainer at the gym. You can even sweat to your own workout playlists via Apple Music. **\$1,495 plus \$39/month membership, mirror.co**



BUY ONE WEIGHT THAT DOES IT ALL

A true total-body strength workout usually requires multiple sets of weights or a pricey squat rack. Not so with the space-saving **JAXJOX** connected kettlebell. It adjusts from 12 to 42 pounds in seconds. While you’re swinging, motion sensors track reps, sets, weight, and power, so you can review your “Fitness IQ”—which measures strength progression—in the app. Users can also subscribe to on-demand workouts. **\$229 plus optional \$13/month membership, jaxjox.com**



MAKE ANY ROOM A WEIGHT ROOM

Arena houses a multidirectional cable system and specialty attachments capable of more than 300 exercises, from hamstring curls to woodchops. The portable device uses opposing electromagnetic fields to generate hundreds of pounds of resistance [same tech that powers electric cars]. Motorized resistance technology safely recruits more muscle fibers than traditional strength training, so you get better results in less time. **\$1,995 plus optional \$20/month membership, goarena.co**