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# Speediance All-In-One Home Gym

## Summary of Device

Speediance is an all-in-one smart home gym, the idea of the all-in-one design is for the user to be able to achieve a complete body training session. Different attachments can be used to complete different types of exercises, these include barbells, rowing machine seat,  D-handles etc. The pulleys use two direct drive engines to generate different levels of weight and they have a maximum weight of 100kg/220lbs. The system uses this digital weight system to make lifting more "convenient". The device is able to fold up to be out of sight and to save space, only taking up 3.2 square feet once folded. There is a 21.5" display with simple touch controls which displays necessary information to the user about their current exercise.

## What’s good about it?

 It has a small footprint, being able to be hidden and out of sight is a big perk as smaller apartments don't have the space for a home gym to be on display at all times. The ability to do a full body workout in such a small area is the big seller point. To start your session you just choose your exercise and start lifting that's it.

## What’s bad about it?

 With the standard price being €3490 without any accessories (which are an added €350 - €600), majority of people can buy a full home gym for that price, most likely a lot cheaper. A max of 100kg is perfect for the standard user, but they lose out on the elite gym users as the weight needs to be higher for it to be beneficial to them. The machine doesn't measure your form in anyway just how much you are lifting.

## What can we take from it?

Being able to do many different types of lifts with a single device  is super beneficial.

# Tonal intelligent fitness system

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## Summary of Device

"A gym designed with your goals in mind."

1. Strength Assessment
2. Adaptive Weight
3. Full-Body Workouts
4. Smart Accessories
5. Custom Programs

Tonal is **a smart gym that offers challenging workouts in the privacy of your home**. The sleek, compact device attaches to your wall and features an interactive touch screen and 2 adjustable, electromagnetic pulleys, which provide up to 200 lbs.

## What’s good about it?

Tonal is a very well thought out device, it has a lot of functionality, an all in one gym, strength scores to show how strong you are broken down by muscle group, perfomance data to see how you are doing during your workout (heart rate, range of motion, time under tension etc), Ongoing motivation to boost your confidence with celebrations for reaching milestones and workout recaps to see detailed reports of your progression.

## What’s bad about it?

 Once again the price tag is extremely high coming in at €3000 with an added €500 for accessories.

## What can we take from it?

The ongoing motivation and celebrations is a great feature to take from this as it will help new users' confidence when they start lifting.

# Fiture interactive smart fitness mirror

## Summary of Device

Fiture is the interactive fitness mirror packed with classes that make you love to move, smarter training with their Motion Engine technology. You can learn moves and master them with the guidance from their motion engine technology. The mirror will count your reps and track your moves and show you leader boards of everybody's scores. Seamless gesture and voice controls so you can start moving with the wave of your hand.

## What’s good about it?

 There are two options when purchasing the mirror, a normal size and a mini. The price tags are much more affordable at €1000 and €750. The motion engine technology to see your form is a great feature for teaching new users how to do certain exercises or postitions.

## What’s bad about it?

Some people don't like to see themselves while they workout and the mirror could turn people off from wanting to use it.

## What can we take from it?

The voice controls and hand gestures are a great feature, users who could get very sweaty hands can have a good experience as they won't worry about their hands not being recognized on the touchscreen of a device

# Altis Ai Personal Trainer

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## Summary of Device

Altis uses advanced AI and computer vision to help the user understand how the user's body is moving during exercise, and what the user needs to do to improve form and movement performance. Think about Altis like GPS for your body. Altis uses powerful AI to put an elite personal trainer in the convenience of the users home. No cookie-cutter programs or canned content. Every single rep, set, and exercise of each workout is customized, calibrated, and optimized for the user. Atlis works with any screen and is the size of a standard soundbar.

## What’s good about it?

Real-time form guidance, immediate live feedback on your performance and exercise form. Gesture and voice control.

## What’s bad about it?

 No Audio feedback so user always has to be looking at the screen to see how they are doing.

## What can we take from it?

Real-time feedback on form is good to take from this as if you have the feedback as audio and on screen the user will always be in the know of whats happening during their exercise.