

# Strength Score

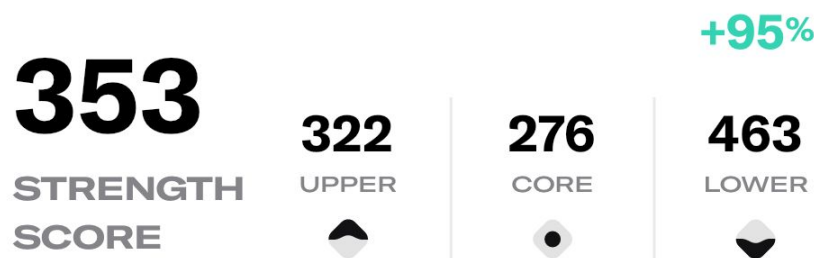
Be your strongest and measure your strength on Tonal with Strength Score. Using your previous workout data, Strength Score allows you to track your progress as you get closer to your fitness goals.

## Table of Contents

- [How Tonal Calculates Your Strength Score](#)
- [Why Strength Score Changes](#)
- [Finding Your Strength Score](#)
- [Frequently Asked Questions](#)

## How Tonal Calculates Your Strength Score

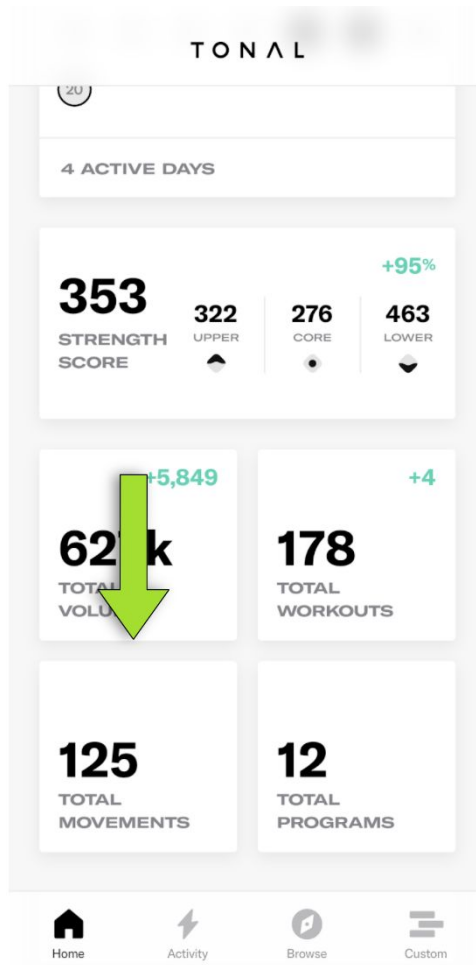
Each body region has its own Strength Score—upper body, lower body, and core. Your total score indicates your overall strength over time. Your Strength Score becomes more accurate the more workouts you do with Tonal.



Strength Score uses your best set (highest one-rep max) for each move from the past six months to measure your strength. This represents what you're capable of on your best day, rather than recent performance.

A Strength Score of 1000 or over places you in around the 90th percentile of Tonal users. Men using Tonal have average scores of 300–550, while average scores for women range from 150–275.

**Note:** To see your current and historical best sets for every movement: tap on **Total Movements** in the Tonal mobile app home screen, then select a movement.



### Why Strength Score Changes

Your Strength Score can increase when you do the following:

- Lift a higher weight than your previous personal record for a movement.
- Lift the same weight with more reps than your previous personal record for a movement.
- Perform a new move and lift higher than your recommended starting weight.

Your Strength Score can decrease when you do the following:

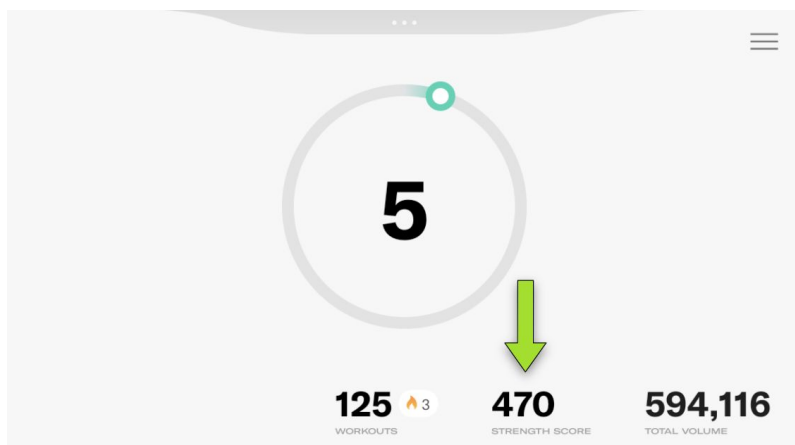
- Go more than six months since your previous personal record for a movement.
- Perform a new move and lift your recommended started weight.
- Reset your starting weights.

**Note:** To help you safely learn new movements, your on-trainer strength assessment recommends starting weights lower than what you may be capable of. Your Strength Score changes while you get used to performing new moves.

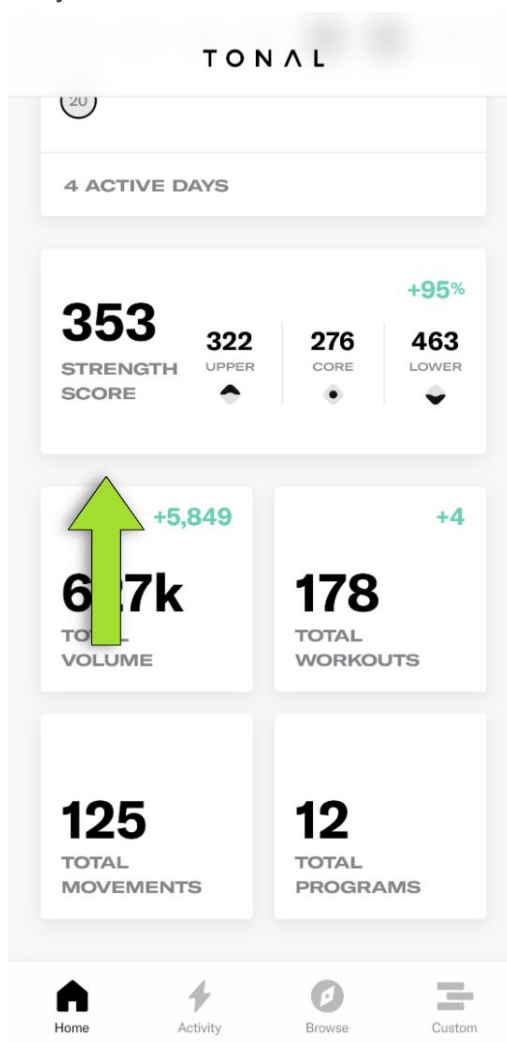
### Finding Your Strength Score

View your Strength Score on both the trainer and your smartphone:

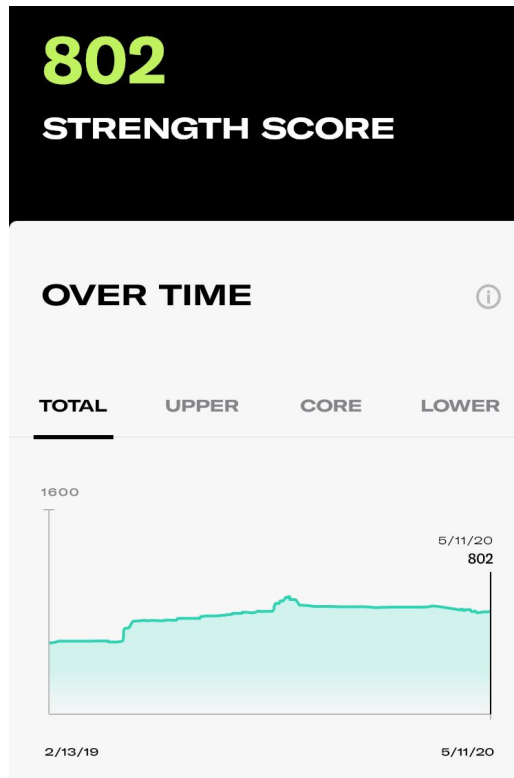
**Trainer:** In the home screen under the weight dial.



**Mobile app:** In the home screen under your streak calendar.



To get a complete picture of your strength improvements, tap on the **Strength Score** card in the mobile app home screen. You can see how your scores have changed over time, as well as your highest lifetime scores.



## STATS

### IMPROVEMENT

All Time

Total **+43.7%**

Upper **+44.3%**

Core **+26.4%**

Lower **+63.5%**

## LIFETIME

Best Total **918**

Best Upper Body **1,034**

Best Core **759**

Best Lower **995**

If you don't have the app, download it for iOS or Android.

## Frequently Asked Questions

**Will my Strength Score history change if the community gets stronger or the algorithm changes?**

- No. Strength Score is not a ranking of Tonal users. Other users and their scores won't affect your progress.

**Do Strength Score calculations vary based on movement?**

- Yes. Strength Score takes into account how each movement requires neurological and muscular engagement. For example, lifting 50 lbs for a Bicep Curl set results in a higher score than lifting 50 lbs for a set of Goblet Squats.

#### **What's the fastest way to increase my Strength Score?**

- Try out new programs and workouts! Your Strength Score will increase as you progress in a program and try out new moves.

#### **Why is my Strength Score not increasing?**

- Generally, focusing on one body region may cause your Strength Score to plateau. Join a program with your favorite Tonal Coach to make sure you get a full body workout and target areas for improvement.

#### **Will my score decrease if I do an easy workout or a few light sets?**

- No. Strength Score uses your best sets to measure what you're capable of. Tonal encourages users to do active recovery, warmup sets, and other low weight sets as part of balanced strength training.

#### **I haven't done strength training in a while. Why hasn't my Strength Score decreased?**

- If you performed your best lifts within the last six months, your Strength Score likely won't decrease.

#### **I haven't trained with Tonal in several months. Should I recalibrate my starting weights?**

- Yes. We recommend redoing your strength assessment if you haven't worked out using Tonal in several months. Your Strength Score may change after completing the assessment and this helps Tonal set the appropriate weights for your current fitness level.

#### **Is Strength Score the only way to measure my strength?**

- Strength comes in many forms—Strength Score is just one way to measure it. We look forward to equipping you with even more tools for measuring your progress as you get closer to your fitness goals with Tonal.

If you need further assistance, please [submit a request](#) to our team or give us a call at 855-MY-TONAL.