Tonal upgrades its smart weightlifting machine with heavier weights and a better camera

Launched in 2018, the Tonal is a wall-mounted strength training machine with electromagnetically adjustable resistance and a touchscreen display. It can monitor lifting form, offer virtual coaching, predict and set the optimal weight for each exercise, and responsively adjust as you lift for a personalized workout. The company also offers on-demand workouts.

Along with sporting a new all-black design and chrome accents, the Tonal 2 comes with a host of meaningful internal improvements, including a new adaptive weight system with up to 250 pounds of digital resistance, up from the 200 pounds in the original trainer.

The latest version of the trainer now offers drop sets via a software update also available on the Tonal 1, with the option to automatically reduce weight during a set as muscle fatigue builds up. The Tonal 2 also comes with a new “Aero HIIT” mode, which lets you combine cardio and strength training into a single session.

Tonal also improved its optional Smart View feature, which uses cameras to watch your form and give real-time coaching cues. On the Tonal 1, Smart View required you to use your phone camera, and used the on-device camera for a second angle in some exercises; on the Tonal 2, it uses the built-in camera, with an option to use your smartphone for a second

angle. The company says the camera also can now use AI to “analyze 500 data points per second.”

The Tonal 2 is available now, starting at $4,295, not including delivery and installation, plus a $495 “smart accessories bundle” that the company’s website says is “required to unlock the best Tonal experience.” It also requires a $60/month subscription, with a one-year commitment to start. Tonal noted on Instagram it will be introducing a trade-in program for existing Tonal 1 owners looking to upgrade, but didn’t give specifics. Tonal told *The Verge* the Tonal 2 can be mounted on the original Tonal’s existing wall mount for easier installation.

https://www.theverge.com/2025/1/8/24339367/tonal-2-smart-home-trainer-fitness-tech