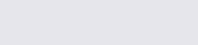
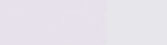


## YOUR PERSONAL COACH IN YOUR PHONE

This is a new level where you can choose a type of activity and a trainer.  
Anytime. Anywhere



Personal trainer on your  
phone



Your living space is  
transformed into a home  
gym instantly

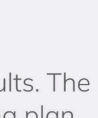


Real-time feedback

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#### Real-time control

Like a real coach, the app guides you, gives you feedback  
and tells you when to move on to the next level.



[Read more](#)



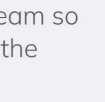
#### See your progress

With a good training plan you see really fast results. The  
app tracks your activity and changes your training plan.

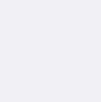
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#### Intelligent technology

3D camera scans and recognizes your movements,  
therefore gives the necessary instructions.



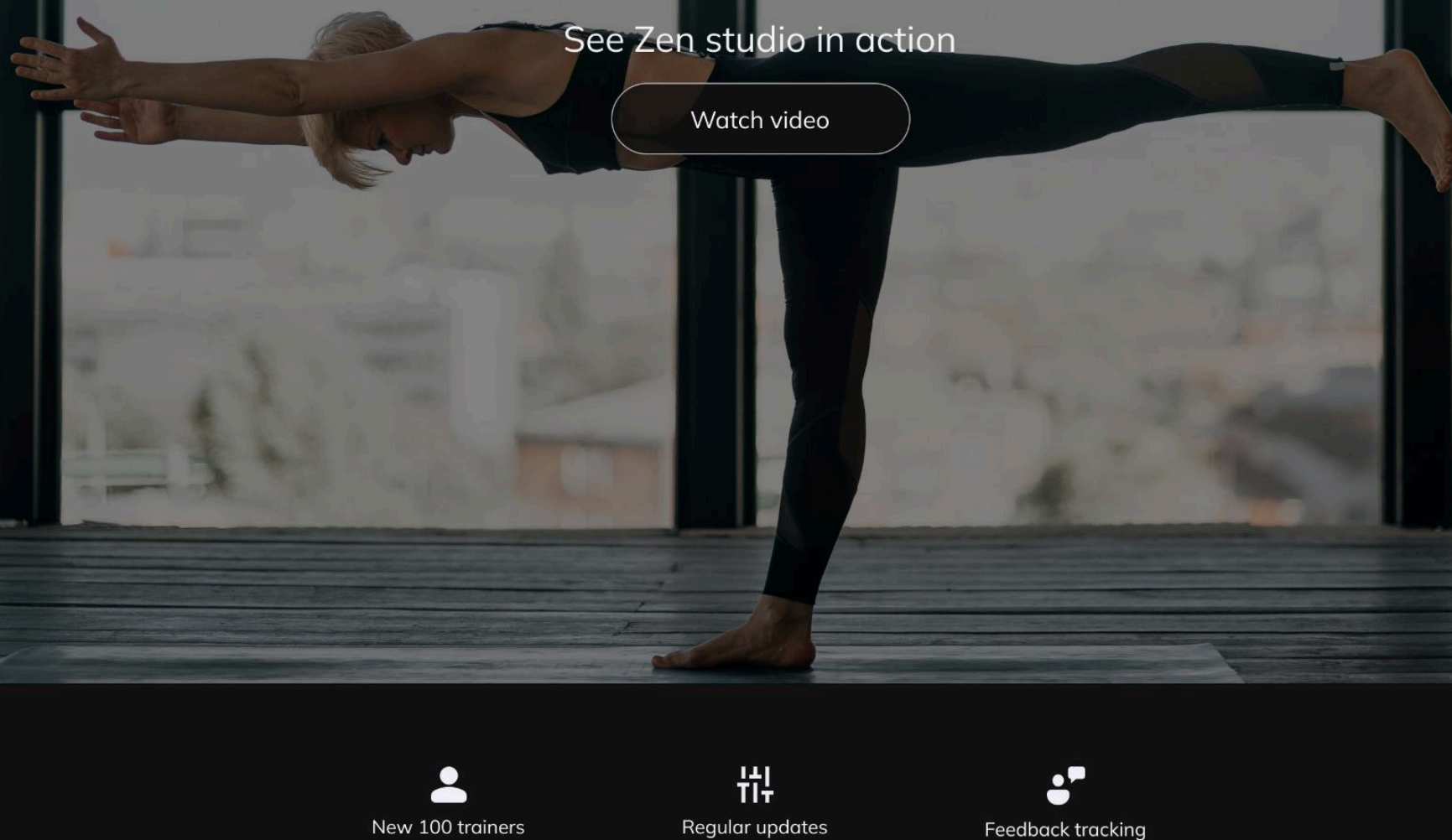
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#### Design for you

The user-friendly interface was created by our team so  
that you are focused on the correct execution of the  
workout, and not on finding the right button.

[Read more](#)



### See Zen studio in action

[Watch video](#)



New 100 trainers



Regular updates



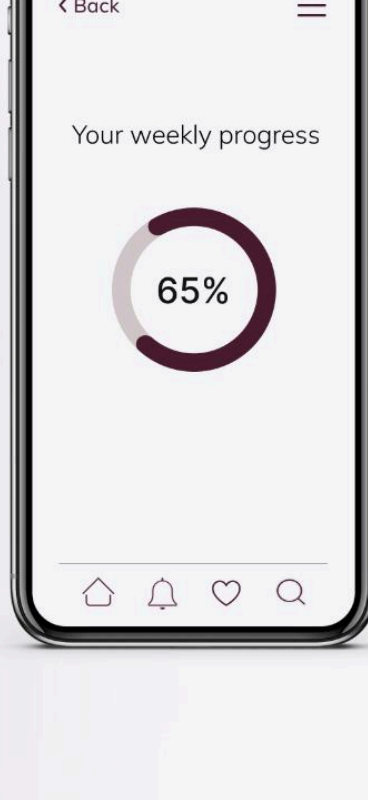
Feedback tracking

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#### Mobile app

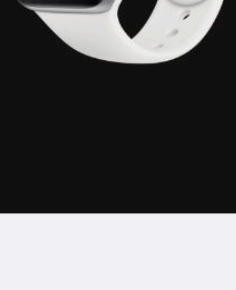
A convenient mobile application allows you to  
track your progress and view your training plan  
anytime, anywhere.

[Link](#)



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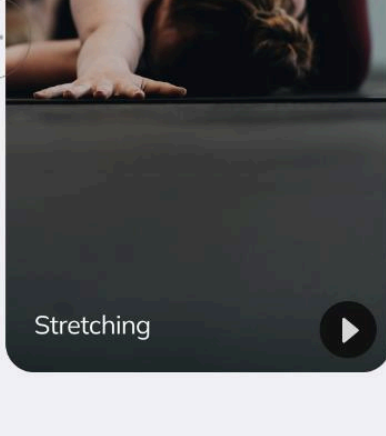
#### Heart rate watch



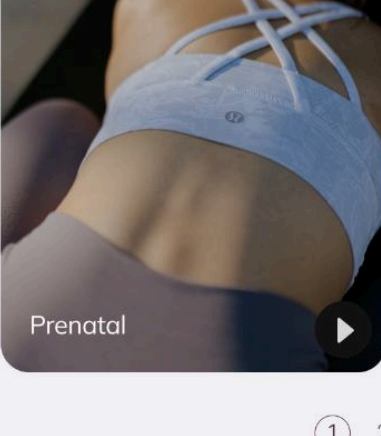
Your heart rate is a huge indicator of health and  
fitness, and changes in it can be a red flag that  
you're getting sick or a positive sign that your  
workouts are starting to pay off.

### Zen studio

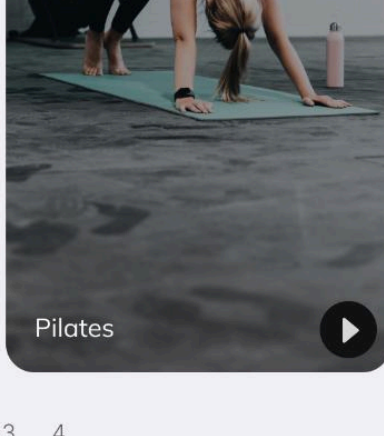
Choose your workout



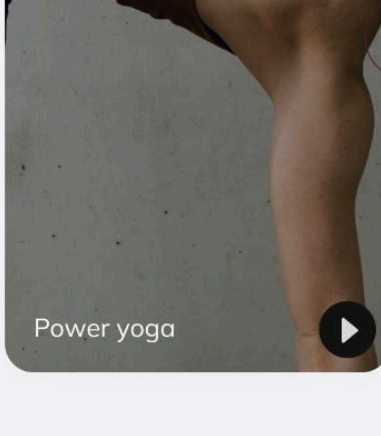
Stretching



Prenatal



Pilates



Power yoga

1 2 3 4

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#### FAMILY SUBSCRIPTION

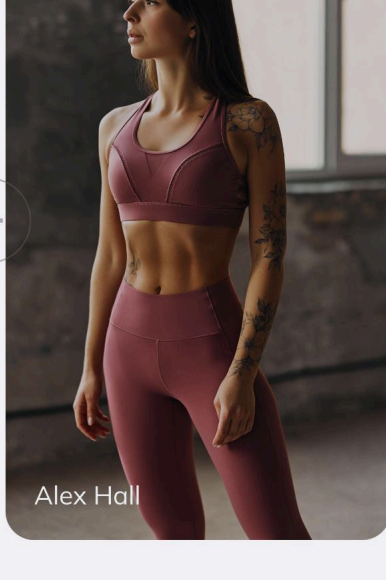
Special offer for the whole family. One account can  
be used by all members of your family.

[more](#)

[Subscribe](#)

### Zen studio

Choose your trainer



Alex Hall



Thomas Lewis



Sara Young



Fred Walker

1 2 3 4

#### FAQs

[Learn more about the app.](#)

##### Is there a 30-day free trial?

Yes! Try it out hassle-free. Meet the coaches, join the community, and see how  
the app helps you get the most from your workouts.

##### What do I need to buy to join the app?

What should I expect after I join the app?

##### If I buy a subscription, what other tech do I need?

Does the app support Android?

##### What types of classes and workouts are available?

#### Reviews

★★★★★ 4.7 245 reviews

Sort by [Highest rating](#)

★★★★★ 5

Mike H.

Nov. 28, 2022

The cabinet is very thoughtfully designed and looks wonderful. The materials are high quality and cheerful.

★★★★★ 5

Jane M.

Dec. 15, 2022

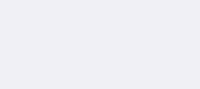
Love it , I was a little unsure about a home gym because I had tried them before and couldn't get motivated  
to use them but I am so stoked over this system between free weights and a trainer I'm definitely hooked

★★★★★ 5

Tony W.

Sep.05, 2022

This makes workouts so much more convenient and accessible. It takes the guesswork out of what to work  
on and has amazing variety of content so you never feel bored.



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