TONAL Healthcare

TONAL CLINICIAN GUIDE



ABOUT THIS GUIDE

The Clinician's Guide to Tonal serves as a practical companion for clinicians and staff integrating Tonal into their professional practices. It outlines Tonal's most relevant features for rehabilitation and performance enhancement with a focus on how Tonal supports safe, measurable, and personalized training experiences.

THIS GUIDE COVERS:

SETUP AND CALIBRATION

Establishing accurate starting weights for every exercise through weight assessment and suggested progression tools.

WORKOUT AND GUIDANCE FEATURES

Understanding how Tonal guides you throughout your workout experience and tracks your progress, including suggested weights, range of motion tracking, and real-time form checks.

DYNAMIC WEIGHT MODES

Exploring Tonal's adaptive resistance options, from Eccentric and Chains modes to SmartFlex and Burnout to enable controlled progression and targeted stimulus.

SAFETY FEATURES

Ensuring client confidence and control through Smart Accessories with Easy Weight On/Off, and safety features including Spotter mode, and Auto Weight-Off.

CLINICAL USE CASES

Applying Tonal in client-specific contexts using the Custom Workout builder, progress and outcome tracking, and training load progression tools.

By walking through these capabilities, this guide aims to help healthcare and performance professionals make the most of Tonal's intelligent training system, creating a safer, smarter, and more engaging experience personalized to each client.

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01

THE WEIGHT ASSESSMENT

HOW THE WEIGHT ASSESSMENT WORKS

To get suggested starting weights automatically for each exercise, new clients must complete an 18-minute weight assessment, which includes a short warmup and cooldown. The assessment also calculates the client's initial Strength Score, Tonal's proprietary measure of strength.

If you plan on setting up Custom Workouts for clients to perform on their own either at your clinic or at home, the weight assessment will be helpful in automatically setting the appropriate resistance without your guidance.

From the Home screen, select **Complete Your Weight Assessment**. The session includes four compound movements **(seated lat pulldown, standing chop, bench press, and neutral grip deadlift)** with progressively increasing resistance. Follow the coach's on-screen guidance to complete the assessment.

THE SCIENCE BEHIND THE WEIGHT ASSESSMENT

The Weight Assessment utilizes Tonal's progressive weight system to gradually hone in on a comfortable weight for a user over the course of a single set. This system combines sports science; a responsive, online weight controlling algorithm at the firmware level; and one of the world's most powerful strength training AI systems, trained on the motion data of billions of repetitions performed on Tonal.

The progressive weight system is grounded in velocity-based training (VBT) and the force velocity relationship in concentric muscle actions. The central tenet of the VBT framework is the intuitive concept that the more weight a person is lifting, the more slowly they move.

In practice, we start the user off at a low weight, and for the first few reps, measure their speed while only slightly increasing the weight. This is a key differentiation between Tonal and traditional VBT applications, where we can manipulate the load between reps and not only between sets.

As the user continues to perform successful reps, the weight will increase more noticeably. Eventually, the user hits a point where further increases in the weight start to impact their speed.

As the weight continues to increase, based on how significantly a user slows down, Tonal will either slow the rate of weight increase, stop adding weight, or decrease the weight.

This is the power of the progressive weight system. The user can continuously perform the exercise without being overburdened, and Tonal is able to detect when they are approaching their limit.

As the weight continues to increase, based on how significantly a user slows down, Tonal will either slow the rate of weight increase, stop adding weight, or decrease the weight. This is the power of the progressive weight system. The user can continuously perform the exercise without being overburdened, and Tonal is able to detect when they are approaching their limit.

We continue this process over the course of 10 reps, homing in on the maximum weight that the user can perform comfortably. Once we have the estimated one-rep max (1RM) of the four moves in the calibration set we leverage another world-class model: Tonal's cold start suggested weight model.

The model then leverages the data to accurately predict a client's suggested weight for all moves on Tonal, typically to within a few pounds of their actual 1RM. The cold start model uses a blend of performance data, including velocity, range of motion, weight lifted, muscle group utilization per movement, and more.

WHAT IF MY CLIENT IS UNABLE TO COMPLETE THE ASSESSMENT, OR I WANT TO ADJUST THE WEIGHTS MANUALLY?

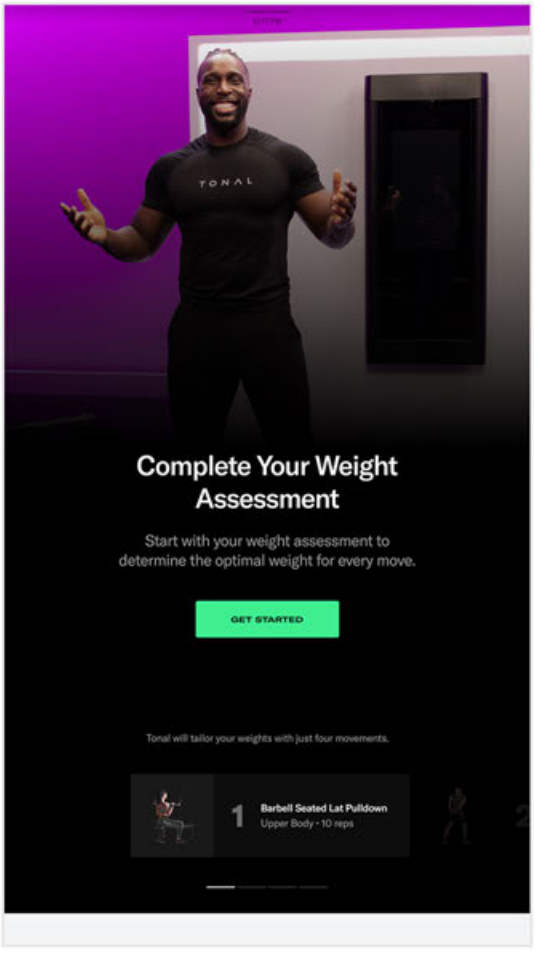
You are able to manually adjust the weights on any movement. If your client cannot perform the weight assessment and they are logged into their own account, Tonal will remember the weights that you manually selected.
To try the assessment at a later date, simply go to the Home screen, select **Complete Your Weight Assessment.**

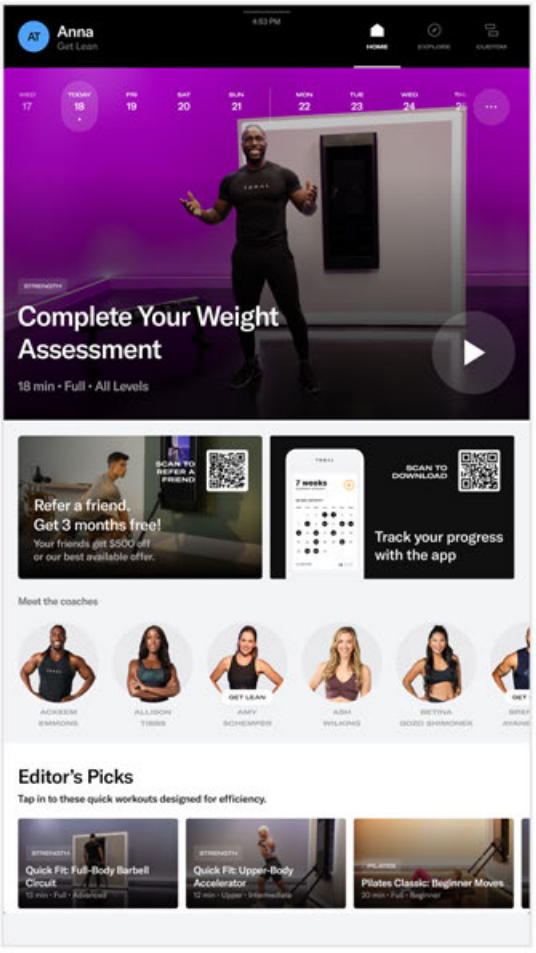
If the client has had a significant interruption in training (e.g., post-injury, postpartum, prolonged inactivity), you can re-run the Weight Assessment at any time. Just go to **Profile > About You** on the top of your Tonal screen, and select **Recalibrate**. This will reset the client's Strength Score and all suggested weights for upcoming sessions.

92%

WEIGHT ACCEPTANCE RATE

Out of the millions of reps performed each year on Tonal, we maintain a 92% weight acceptance rate among our members.





02

SAFETY FEATURES

Tonal's electromagnetic resistance offers a unique layer of clinical safety and control not available with traditional weights.

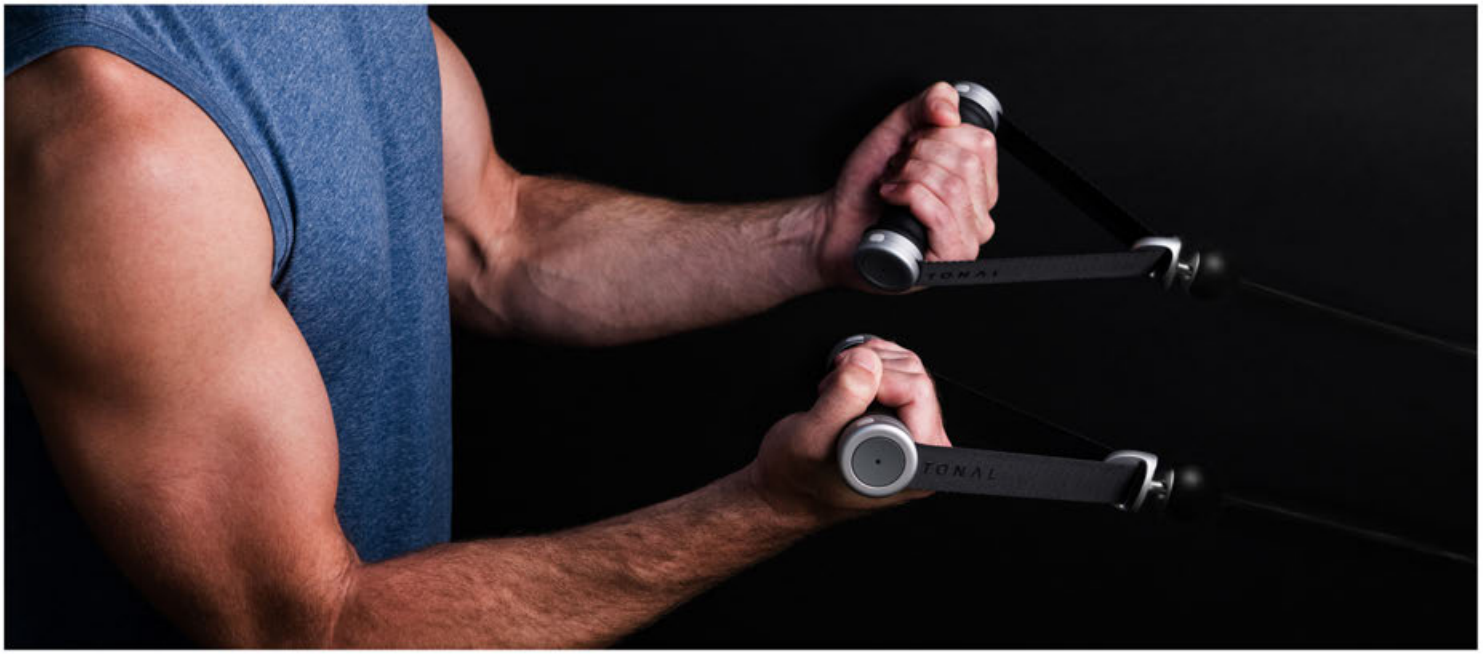
EASY WEIGHT ON/OFF

Turning the weight on or off is effortless, which is critical for clients new to strength training, managing symptoms, or requiring supervised sessions. Use it to minimize strain during setup, allowing clients to assume proper body position before load is applied. It also makes it easy to instantly get out of loaded positions.

HOW TO USE:

1. Each Smart Accessory (handles and bar control module on the bar) has a button that turns the weight on and off
2. Weight will only activate once the client presses the button, so they can get in the proper position before loading the weight
3. The resistance turns off immediately when the button is pressed again
4. Clinicians or clients can also turn the weight on and off by tapping the on-screen dial





SPOTTER MODE

Spotter is a dynamic weight mode that continuously monitors force output and rep velocity and decreases resistance automatically if the client is struggling to complete a rep. This ensures safe completion of the rep without form breakdown.

>50%

TONAL MEMBERS

Over half of Tonal members surveyed say Spotter mode makes them feel safer and confident during their workouts, allowing them to get closer to their goals.

Spotter mode is enabled by default in most guided workouts, but can be manually activated by tapping Modes in the weight dial during a workout, or when choosing an exercise in the Custom Workout builder.

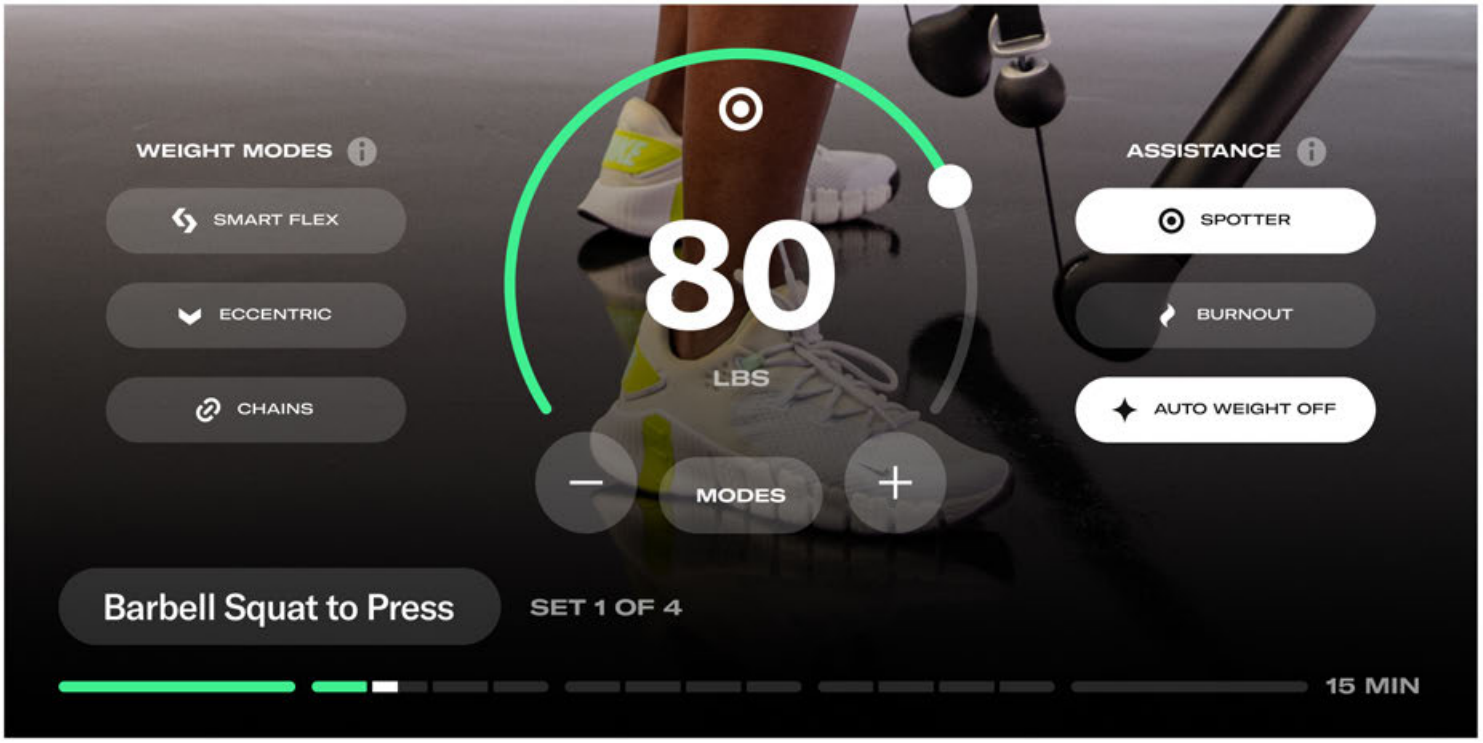
BAR TILT TO BAIL

Tilt to Bail allows the client to instantly turn off resistance by tilting the bar laterally. This simulates a natural “drop” reaction and turns the weight off without needing to locate a button. This feature is always active while using the bar. Confirm it’s functioning during setup with a slight test tilt.

AUTO WEIGHT OFF

If the client pauses for more than a few seconds, Tonal automatically turns off resistance. This offers another method of terminating a set if it is uncomfortable for the client to click the button.

The pause duration is automatically set to 5 seconds but can be customized to be between 2 and 10 seconds, or turned off completely. During the workout navigate to **Weight Modes → Auto Weight-Off** on the weight dial. Adjust the slider based on your preference. Once set, this setting will be applied to all following workouts for this specific account.



03

DYNAMIC WEIGHT MODES

All dynamic weight modes can be enabled when selecting an exercise in the Custom Workout builder (section 3), or by selecting Weight Modes in the on-screen dial during a workout. For safety purposes, Spotter mode is enabled by default in most Guided Workouts.

MODE	FUNCTION	CLINICAL USE
ECCENTRIC	Increases resistance during the lowering phase of a rep	Customizable eccentric overload for tendon rehab, hypertrophy, and reloading
CHAINS	Resistance increases through the concentric portion of the movement	Helps reinforce intent, supports acceleration
SMART FLEX	Dynamically adjusts load based on joint angle and mechanical leverage	Optimizes strength curves, especially effective for pulldowns and lateral raises
BURNOUT	Gradually reduces resistance under fatigue to extend time under tension	Enables high-rep endurance while preserving form

04

ADDITIONAL WORKOUT FEATURES

DROP SETS

Drop sets are an advanced strength training technique, typically performed by lifting to failure at a certain weight, then continuously lightening the load as the set goes on. At the gym, this requires extensive equipment and lots of weight changes.

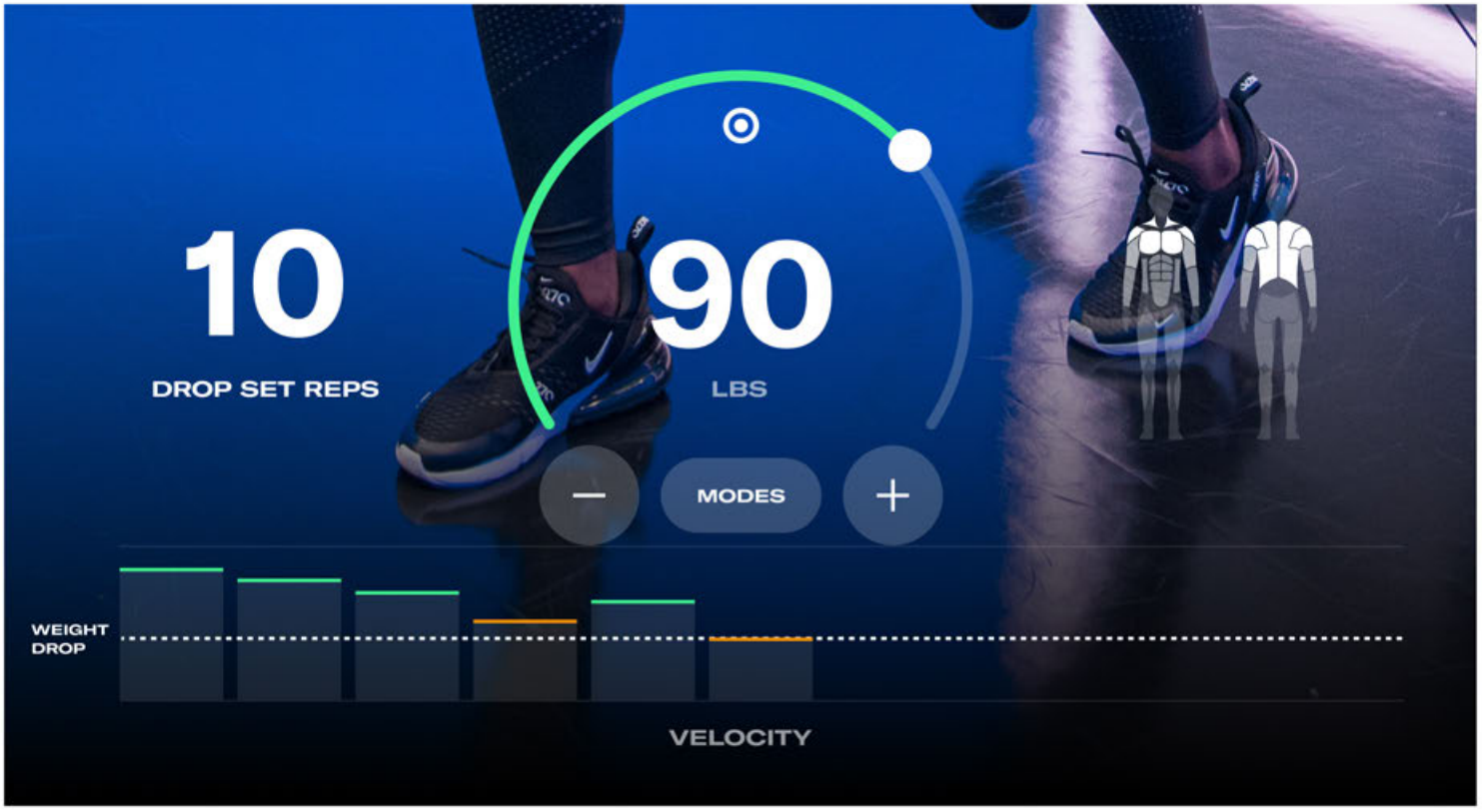
The Drop Sets feature on Tonal makes the process automatic by providing personalized load reduction based on your client's unique fatigue profile. The load decreases by 8% once the average velocity of the reps in a set decreases by 20%. Afterwards, the load will drop by 8% for every subsequent rep that the velocity decreases. This corresponds to roughly having the first drop at 2 reps in reserve and keeping you there as you approach failure. Drop Sets are designed to help you elongate the set, increasing total volume and maximizing the number of reps completed near failure.

Drop Sets are ideal for maximizing volume within a narrow time window, particularly with higher-functioning clients in hypertrophy or muscular endurance protocols.

KEY DIFFERENCES BETWEEN BURNOUT MODE AND DROP SETS:

- Drop Sets will lower weight earlier than Burnout mode
- Drop Sets are opened- ended designed to go to failure, where Burnout mode applies to a specific duration or rep count

Efficacy Highlight: *2.2 million Drop Sets have been completed between January and August 2025. Internal data shows that Drop Sets lead to a 70% increase in set volume when compared to a traditional 8-rep max set, making drop sets an efficient method to increase set volume and reps completed in proximity to failure.*



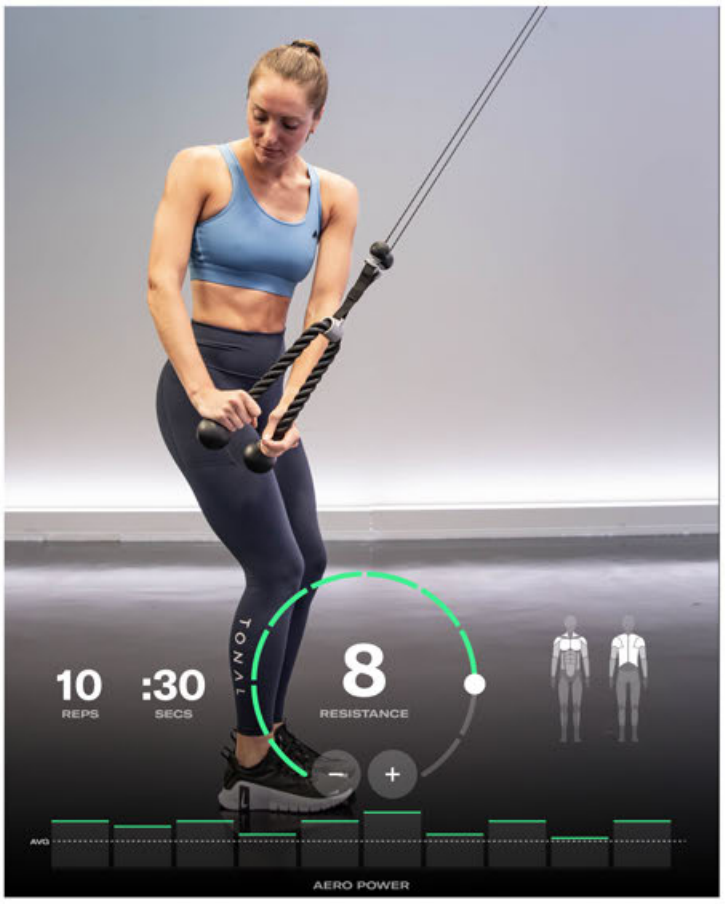
AERO

Aero (only available on Tonal 2) integrates resistance with cardio-style interval training, using Tonal's highly responsive motor to enable fluid, low-impact movement patterns. It features exercises such as the Aero Mini Pull, Aero Chop, Aero Lunge, and Aero Twist, emphasizing rhythm, control, and heart rate elevation.

TRY AERO FOR:

- Metabolic conditioning
- Return-to-activity protocols
- Clients who need low-load, movement-rich environments

> ***Clinical Application:*** *Aero gets the heart rate up while minimizing joint loading. Tonal members have repeatedly called out feeling "unstuck" and more mobile after integrating Aero either as a warmup or full HIIT session. Aero can reduce the monotony of warming up on a bike.*

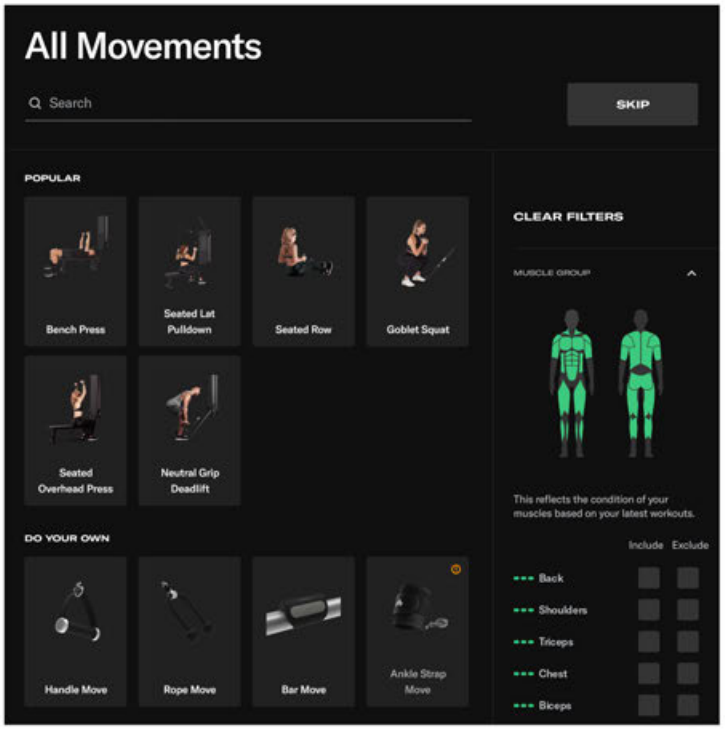


GENERIC MOVEMENTS

In addition to selecting from the 300+ movements in the Tonal library, clients and practitioners have the option to add a generic handle, bar, rope or ankle strap exercise to any workout.

Generic movements allow you to perform or prescribe an exercise that is not in Tonal's movement library. Create your own from the Custom tab on your trainer.

While generic moves don't generate tracked metrics, they preserve the flexibility needed for real-time adaptations and creative clinical programming.



05

GUIDANCE FEATURES

Tonal provides a robust suite of automated guidance tools to help professionals monitor real-time performance and track changes over time.

PRE-WORKOUT GUIDANCE

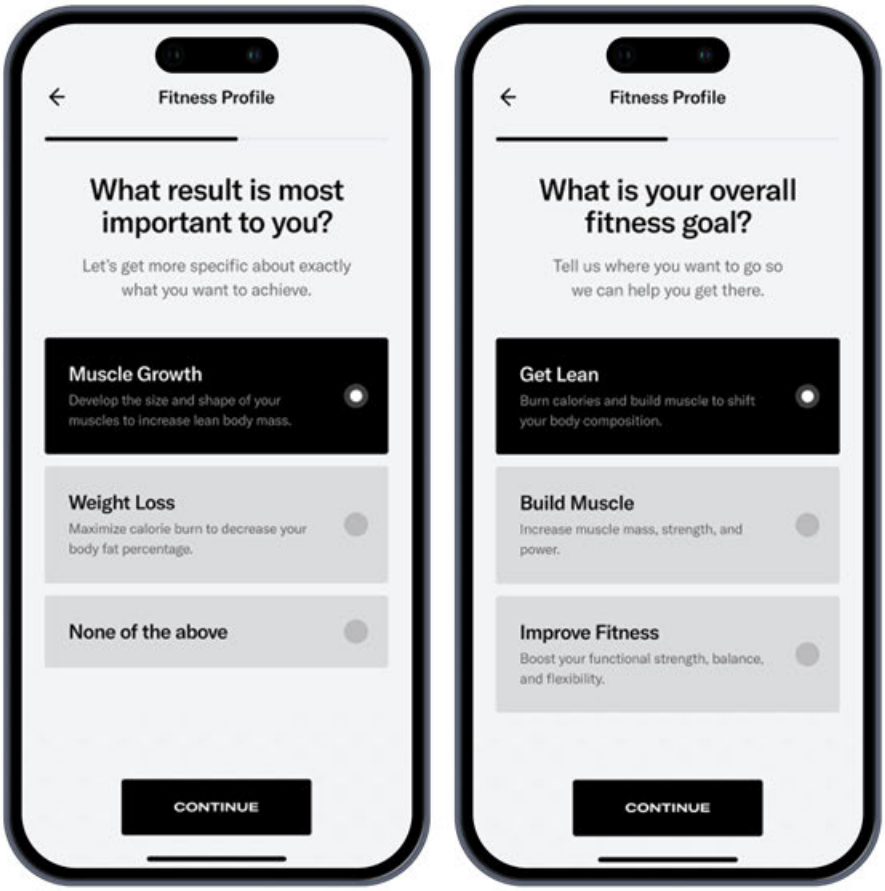
For practitioners looking for turnkey programming—or supporting clients capable of following traditional training structures—Tonal offers a series of intuitive tools to help navigate its content library and personalize the experience. These features help match the right workouts to a client's goals, capacities, and training day needs.

GOALS

When setting up their accounts, members can select up to three training goals from the following list:

- Muscle Growth
- Strength
- Endurance
- Performance
- Functional Strength
- Movement Quality
- Weight Loss

These selections influence workout recommendations and metric tracking throughout the Tonal experience.



Clients and practitioners can filter workouts by selected goals on the Explore page to surface sessions that reflect specific training stimuli. Each workout has a details page showing the relative exposure to each goal, allowing informed decisions when choosing sessions day-to-day.

IN WORKOUT GUIDANCE

SUGGESTED WEIGHTS

If a client has completed the Weight Assessment, Tonal will suggest weights for each exercise and rep range based on their performance history. Resistance increases automatically in one-pound increments as competency is demonstrated.

As the practitioner, you are always in control—you can override the suggested weight at any time, by adjusting the resistance on the weight dial, and Tonal will remember your selection for that client in future sessions.

To evaluate trends over time, use the Exercise History feature in the Tonal mobile app to view past set data or changes in estimated one-rep max.

RANGE OF MOTION

Tonal displays **real-time line graphs** for every rep, with a post-set visual summary showing traces of all reps performed.

Alternating or two-sided movements are color-coded by side, for spotting inconsistencies, asymmetries, or compensation strategies.

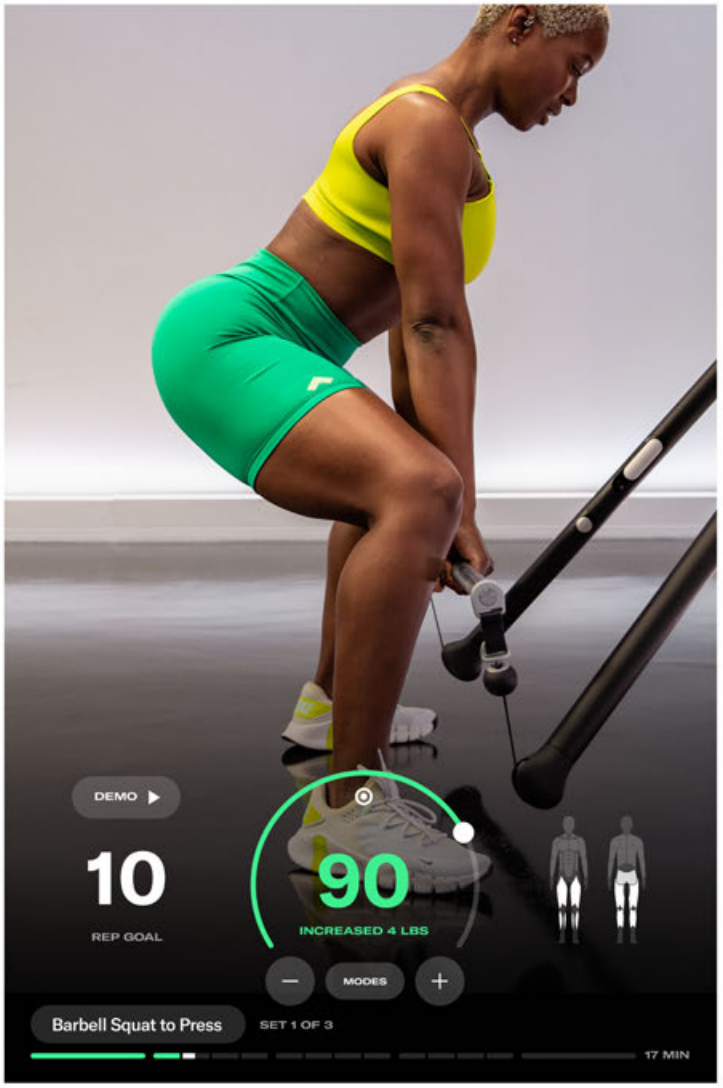
Practitioners can use this data to:

- Provide instant feedback and encourage adjustments during the set
- Highlight irregularities post-set to refine form
- Identify and monitor asymmetries between sides

POWER OUTPUT

Each rep's power output is displayed as a bar graph, with color-coded sides for alternating movements. A dotted threshold line marks 80% of peak power for that set.

Use this data to promote intent and maximum effort where appropriate, and monitor and compare limb dominance or side-to-side performance.



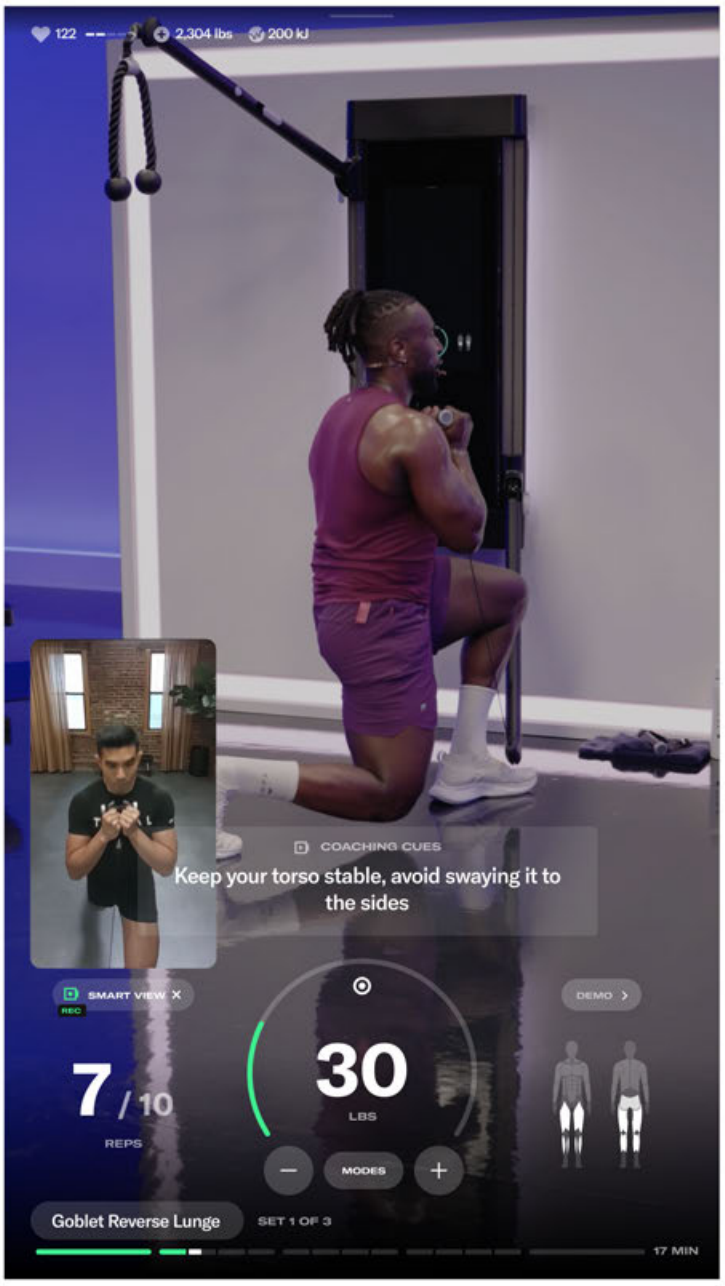


BACK-UP FORM CHECKS

While practitioners remain the primary authority on form, Tonal includes real-timecoaching cues on key movements by analyzing cable force and motion tracking.

Form coaching cues appear visually, as well as audibly on moves done while facing away from Tonal.

If Smart View is enabled, these video clips are automatically saved and sent to the client's mobile app for later review, accompanied by visual guidance on select movements to help them understand and adjust their form in between sessions.

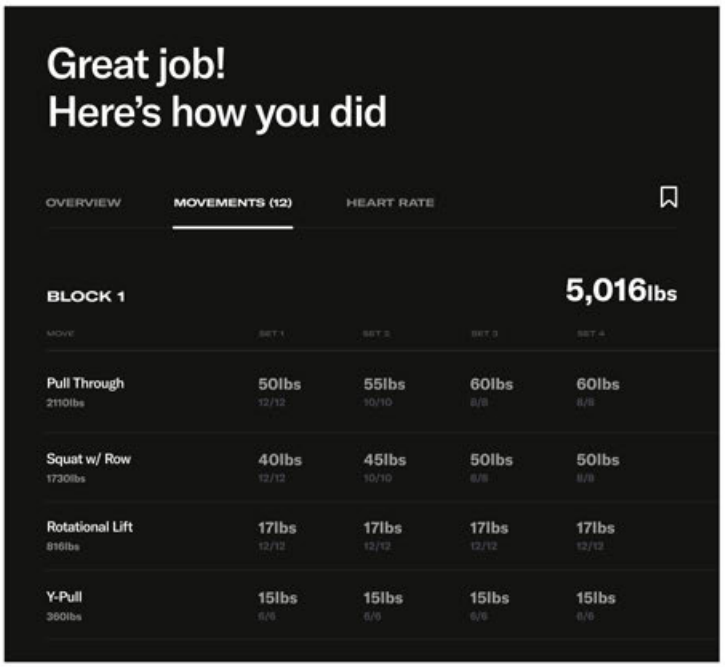


PROGRESS TRACKING

POST-WORKOUT SUMMARY

Immediately after a session, the **Workout Summary** displays:

- Total Volume (lbs)
- Total Work (kJ)
- Session Duration
- Movements Completed
- Estimated Calories Burned
- Heart Rate Zone Time (if paired with a HR monitor)
- Any Form Feedback videos (auto-sent to mobile app)



PERSONALIZED WEEKLY TARGETS

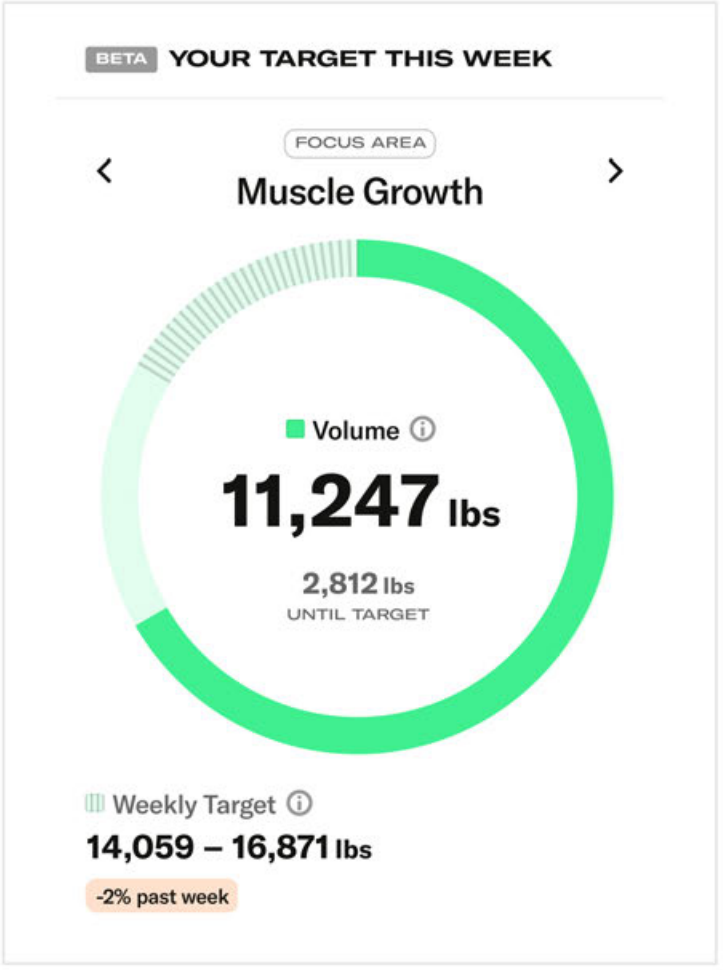
Tonal defines one primary metric per training goal and assigns a weekly target based on the client's rolling 8-week average. These targets adapt over time to reflect progress and ensure appropriate stimulus.

Practitioners can use these metrics to guide volume, frequency, and focus.

Even when prescribing custom programming, metrics can serve as useful feedback tools for gauging whether clients are doing "enough" to make progress.

Tonal's training goals and paired metrics:

- Muscle Growth → Volume
- Strength → Strength Sets
- Endurance → Endurance Sets
- Weight loss → Work (kilojoules)
- Performance → Power Reps
- Functional Strength → Functional Strength Score
- Movement Quality → Movement Quality Score



06

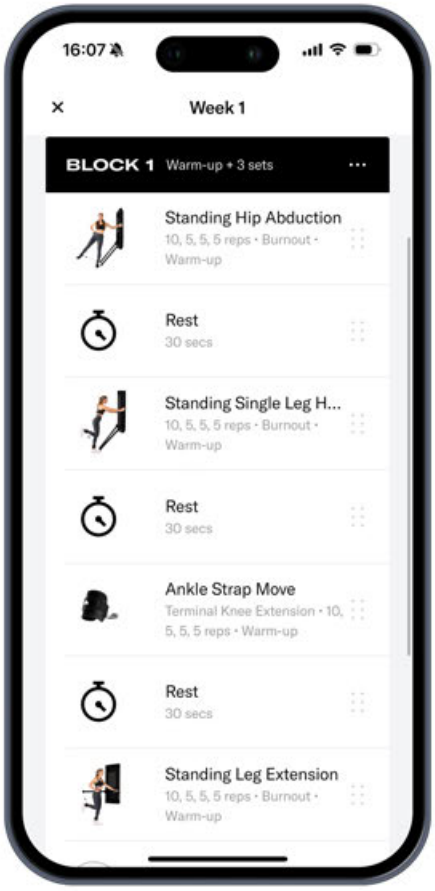
CLINICAL USE CASE

The following section highlights how the Custom Workout builder tool can be utilized to create rehab-specific workouts as well as how signals from Tonal can be used to track clinically relevant longitudinal outcomes.

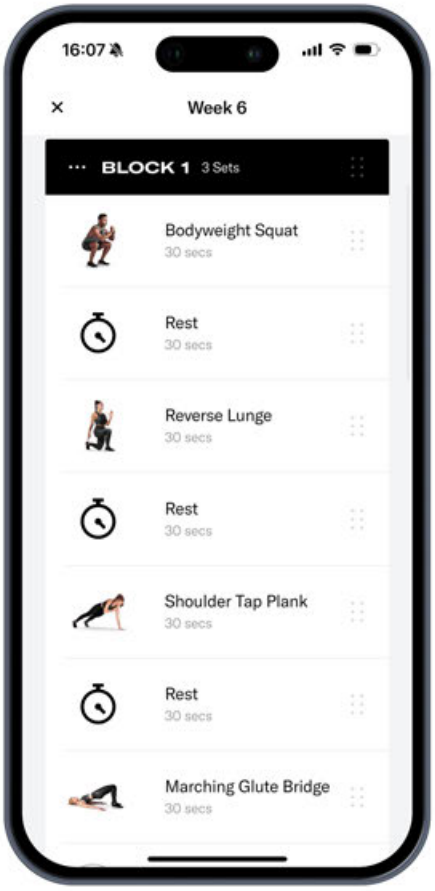
TONAL CUSTOM WORKOUT BUILDER

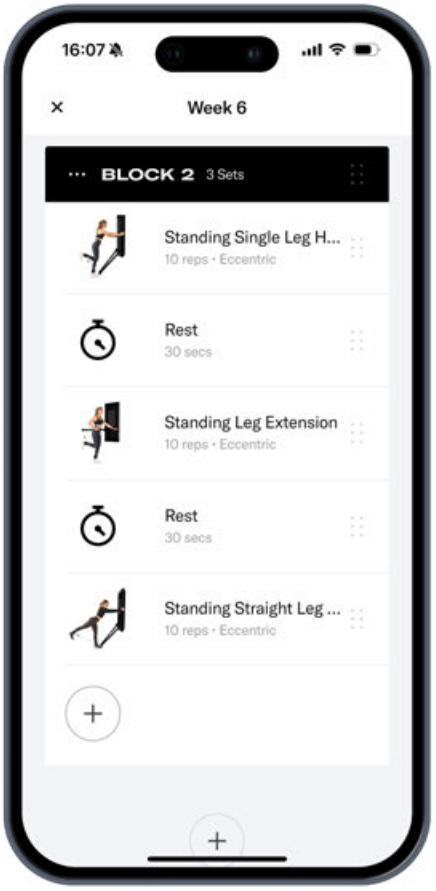
Tonal's Custom Workout builder enables you to create progressive rehabilitation routines that support your clients throughout their recovery and performance journeys. These can be standardized programs that you tailor to your clients' needs dynamically as they progress.

EXAMPLES:

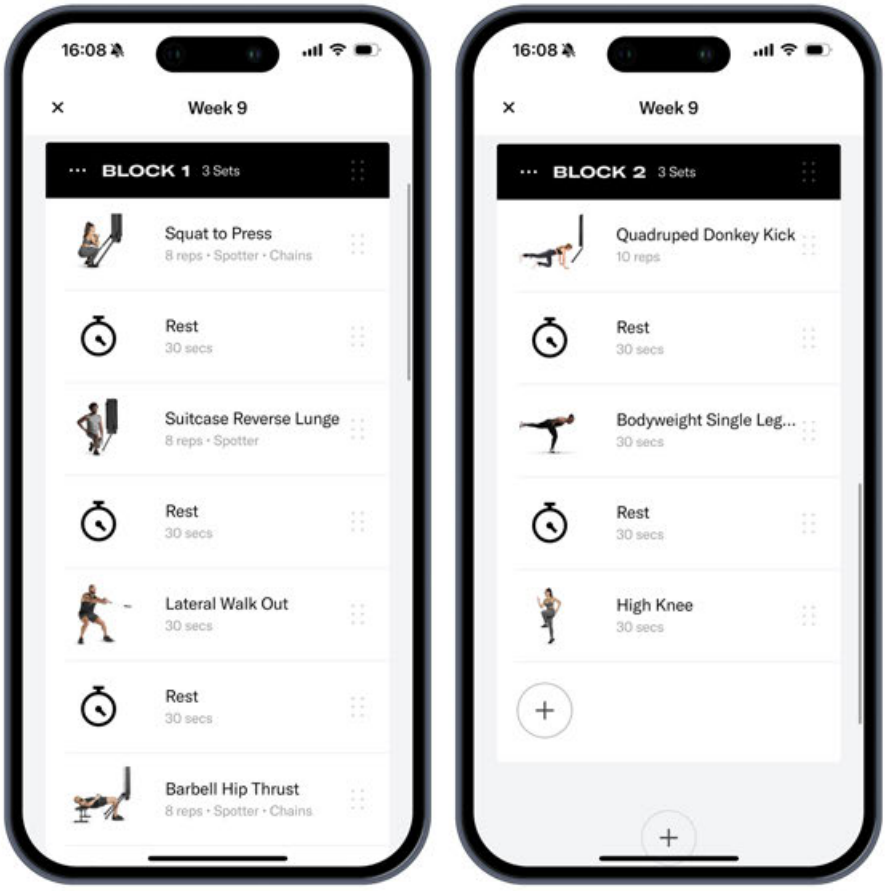


Here is a sample routine for an individual dealing with anterior knee pain. The clinician structured this program by week, with the early phase focused on controlled mobility through gentle resistance. Using Tonal's Burnout mode, Tonal will automatically sense fatigue during movement, lowering resistance to allow the client to maintain good form and technique.





Fast-forwarding a bit to the mid-phase, the client is progressing well. Their routine has shifted to focus on more functional movements to reinforce safe movement strategies and muscular balance throughout the core and lower body. Using Tonal's Eccentric mode, the clinician targets loading through the lengthening phase of movement, thereby improving performance-controlled mobility and weight acceptance.



Now our client is nearing the end of their recovery, and the clinician is leveraging Tonal to challenge the client with more dynamic movements in preparation for return to sport. Using Chains mode, Tonal can replicate the experience of lifting physical chains. This allows for a more dynamic lifting experience, where the weight shifts throughout the movement, with the most significant resistance felt at the top of the range, allowing the client to accelerate all the way through the movement and drive intent.

Tonal's exercise content and technical features adapt to your client's progression, while improving your ability to measure performance, drive intent, and safely increase training without adding an increased burden on your clinical resources.

As an added bonus, if enabled, the Smart View feature automatically records every rep, empowering the clinician to either drive home movement cues after the session or show proof of progress over time.

TRACKING CLINICALLY RELEVANT OUTCOMES LONGITUDINALLY

The following section highlights longitudinal outcomes of a single client who trained with Tonal under the guidance of one of our key clinical partners.* This client initially presented with acute knee pain. After two weeks of clinical care focused on restoring mobility and managing pain, they began their first four weeks of programming, gradually reintroducing load. Having progressed from pain to performance, the client continued training on Tonal under the clinician's guidance. The data below reflects their progress across 207 completed workouts.

**Not all clients will react similarly. Use your clinical judgment to determine when and if clients are able to use Tonal.*

CLIENT BACKGROUND

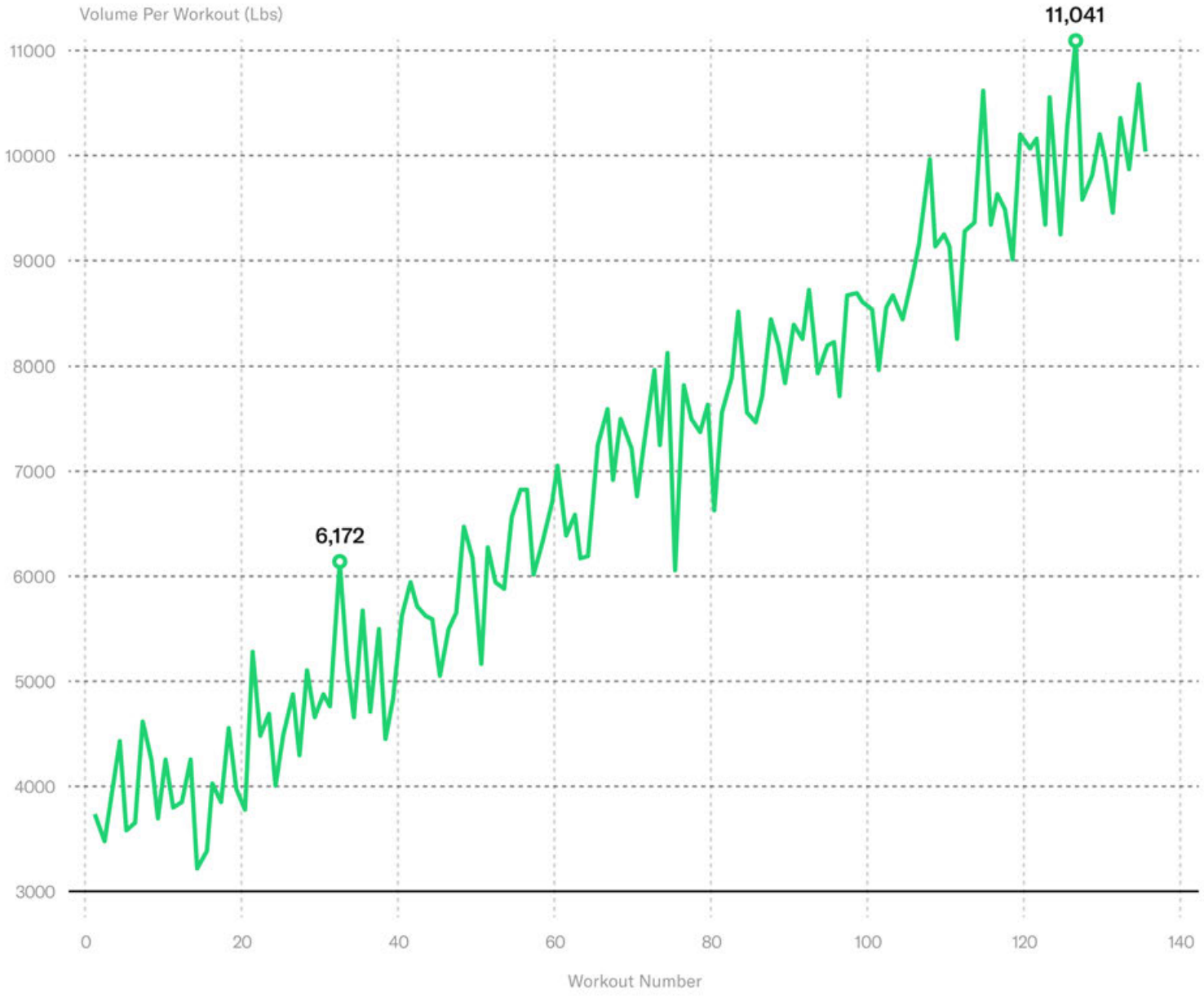
- 44-year-old male
- Began training on Tonal after acute care
- Training tenure: 44 months
- Total workouts completed: 207
- Average workouts per week: 2.71



LEVERAGING TONAL TO MEASURE OUTCOME CHANGES

TRAINING LOAD PROGRESSION

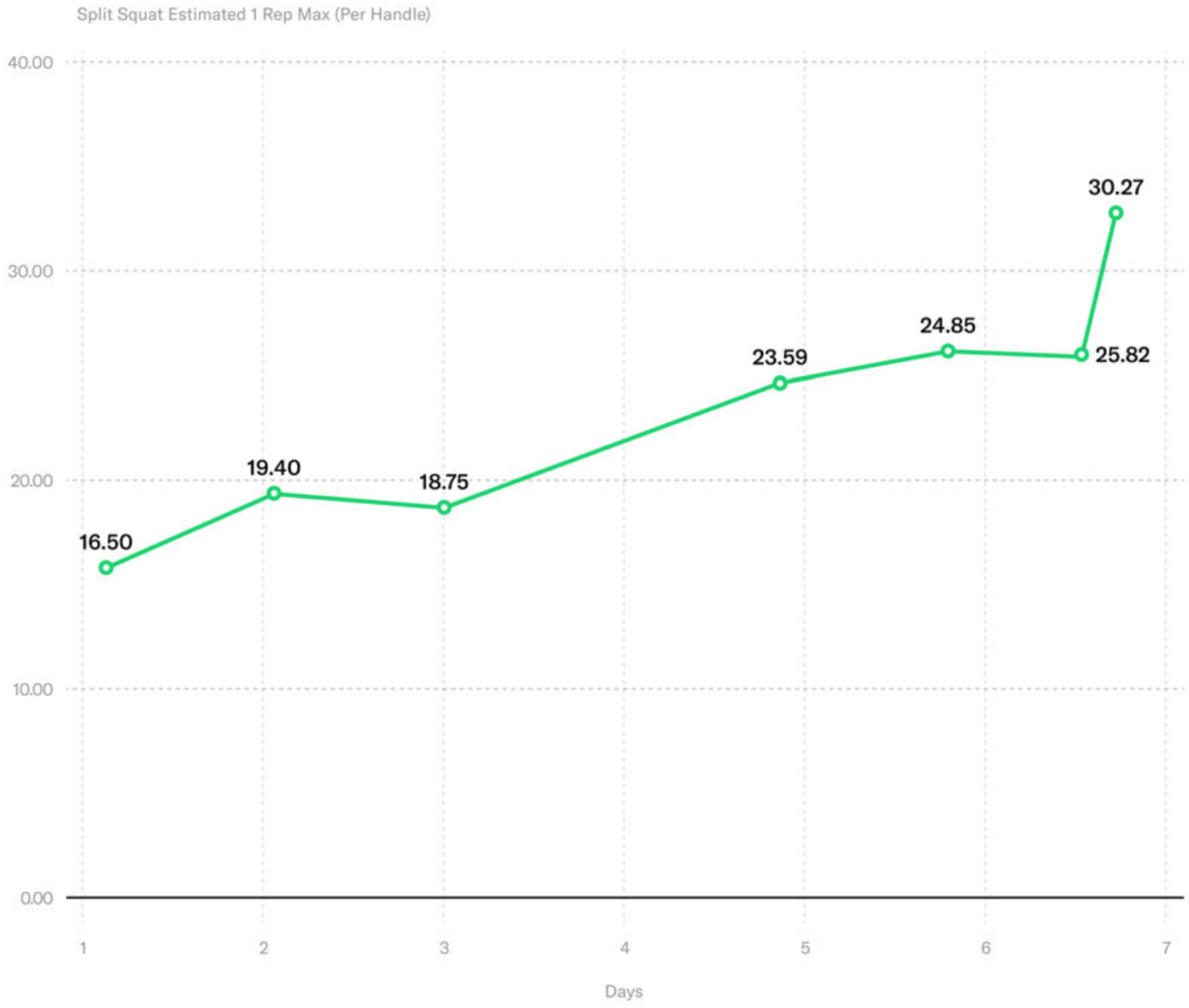
- By tracking **volume per workout**, clinicians can clearly see increases in work capacity
- In this case, average session volume increased from **5,000 lbs in the first month** to **11,000 lbs in the most recent month** (over time-bound 45-minute sessions)



STRENGTH GAINS

- Tonal automatically tracked strength progress in the background, eliminating the need for manual notes and allowing the clinician to stay fully engaged during sessions
- For this client, the estimated 1RM on the split squat increased from 16.5 lbs per handle to 30.27 lbs per handle*
- This objective feedback provided proof of progress for both clinician and client

* *Results not typical. Your clients' results may vary.*



MOTOR CONTROL & SYMMETRY IMPROVEMENTS

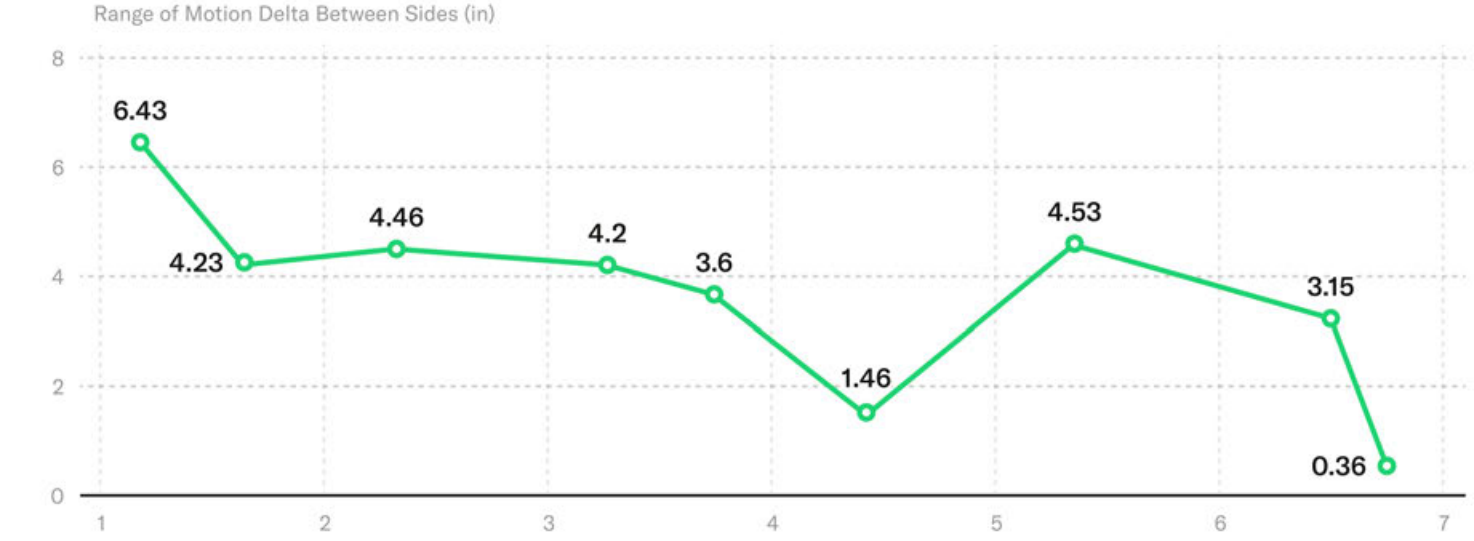
Beyond strength and power, Tonal enables clinicians to monitor **range of motion trends,** both bilaterally and unilaterally.

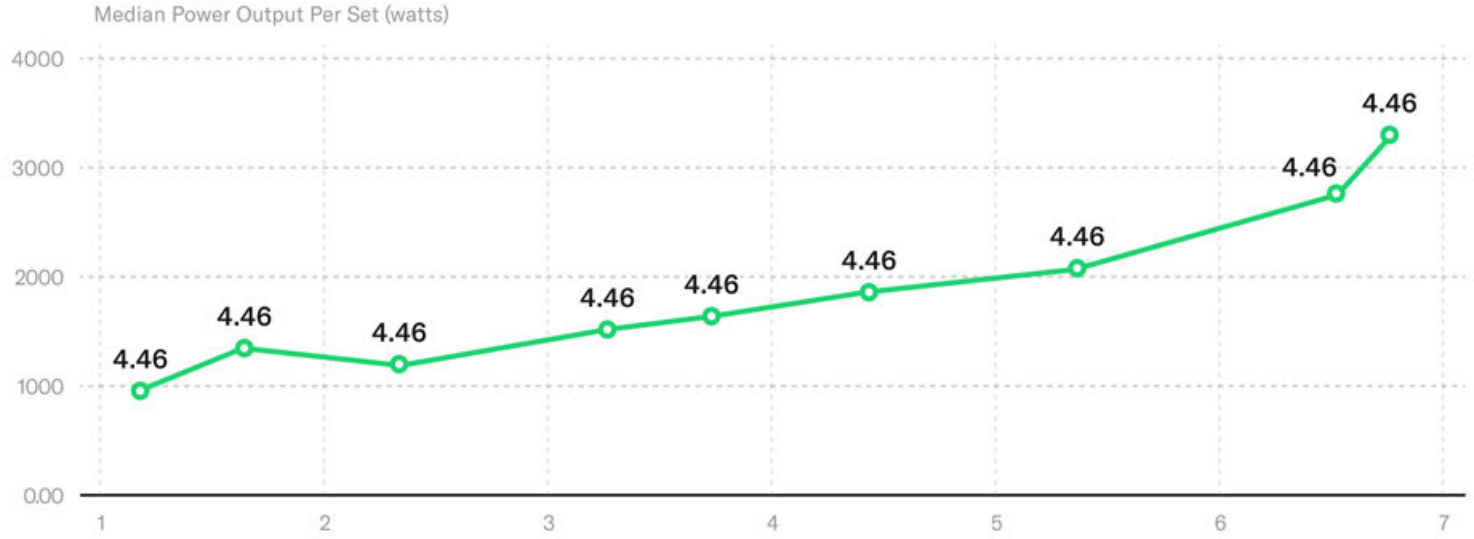
In this case, the clinician addressed movement limitations, and Tonal detected meaningful improvements: The **range of motion delta between sides decreased from 6.43 inches to 0.36 inches** over time.

Tonal can also monitor **power output** during unilateral and alternating movements, offering deeper insights into motor control and performance balance.

POWER GAINS

Median power output increased from **944 watts** to **3,294 watts**





CLINICAL USE CASE: SUMMARY

Tonal's Custom Workout builder, allows practitioners to maintain full autonomy over exercise selection, loading strategies, and program design. With each session preloaded, the clinician could focus entirely on execution—progressing from safe load reintroduction to more advanced patterns—while ensuring the program remained individualized and clinically grounded.

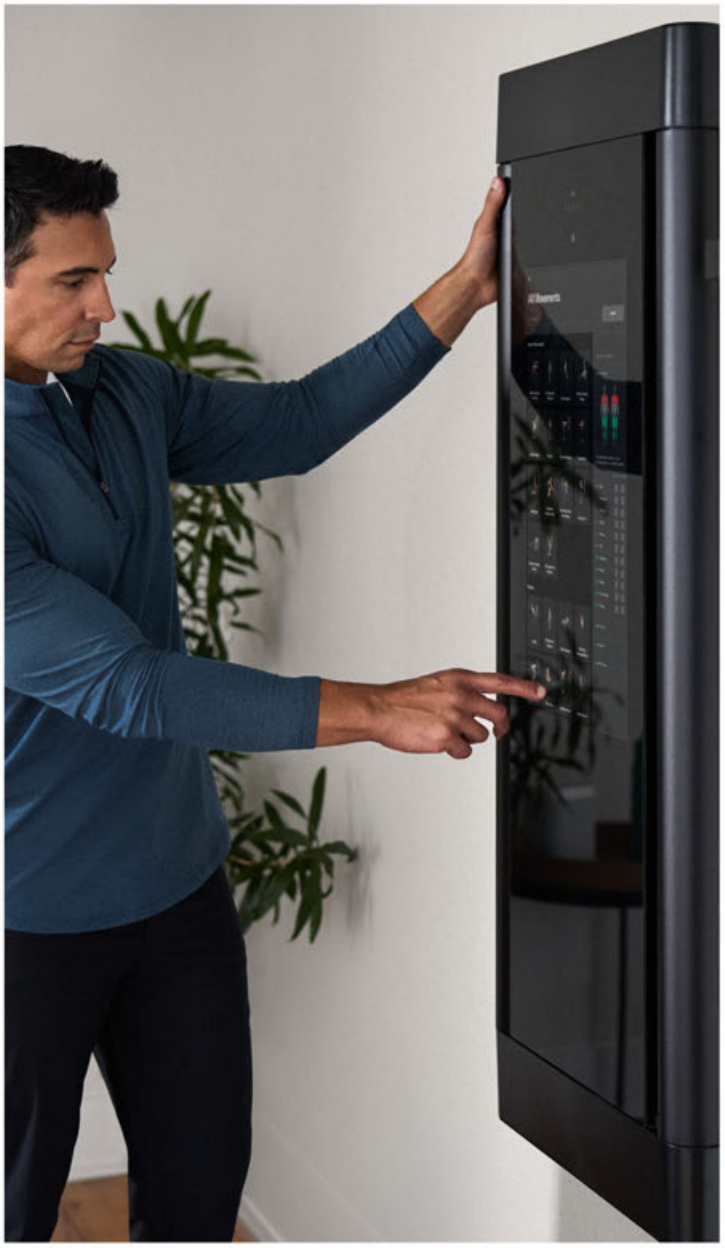
Building on that foundation, Tonal's comprehensive metrics provide a 360° view of the client's recovery and performance, tracking progress across work capacity, symmetry, strength, and power.

In the example provided, the client demonstrated:*

- Increased work capacity
- Reduced movement asymmetry
- Improved maximal strength
- Enhanced power outputs in a functional pattern relevant to their injury

* *Results not typical. Your clients' results may vary.*

By combining clinical expertise with Tonal's automatic progress tracking, the client was able to transition from rehabilitation to performance, restoring functional capacity and continuing care long-term. Tonal's ability to collect and present longitudinal data gave both clinician and client confidence in outcomes and a clear roadmap for ongoing progress.



TONAL

Healthcare

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