

# A SMART MIRROR FOR GUIDED AT-HOME WORKOUTS

By Rhiannon McGregor and Kathryn Bishop

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Watch this video at <https://www.lsnglobal.com/news/article/22770/a-smart-mirror-for-guided-at-home-workouts>

New York – Described as a ‘nearly invisible interactive home gym’, **Mirror** is a new home device that doubles as a full-length mirror and interactive workout platform.

With a sleek, free-standing design, Mirror has been created to fit seamlessly into a bedroom or living space, transforming into a two-way screen that allows the owner to actively follow classes such as yoga, boxing and cardio. Mirror is embedded with a camera and speakers, so users can see themselves, their workout instructor and classmates, and can choose from 50 live classes each week or from a library of on-demand workouts.

‘We’re creating a personalised experience with the best trainers and classes around the world, so anyone can enjoy the benefits of a workout, whenever and wherever they want,’ CEO Brynn Putnam explains in a press release.

Like cycling fitness platform Peloton, which at CES 2018 introduced **an interactive treadmill**, Mirror is targeting time-pressed consumers who want immersive, efficient and effective at-home workout experiences.