

AI personal trainers market Report 2025: Size, Trends, and Growth Insights for Global Expansion

The Business Research Company's AI personal trainers Global Market Report 2025 – Market Size, Trends, And Global Forecast 2025-2034

LONDON, GREATER LONDON, UNITED KINGDOM, May 26, 2025

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AI Personal Trainers Global Market Report 2025

Forecasting an exponential rise in the global market of AI personal trainers market in the recent years, the market size is slated to grow from \$12.23 billion in 2024 to \$15.83 billion in 2025. This



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surge, with a compound annual growth rate CAGR of 29.4%, can be attributed to the increasing adoption of AI-powered fitness solutions providing personalized training. It reflects a rising health consciousness and growing demand for tailored workout plans. Further, the integration of ai with wearable fitness devices and apps and the expanding use of machine learning for real-time workout feedback and injury prevention is driving this growth.

Where Is The AI personal trainers market Headed In The

Future?

In the forecast period, the [AI personal trainers market size](#) is expected to witness even more significant growth. Projections indicate a rise to \$43.84 billion in 2029 at a compound annual growth rate CAGR of 29.0%. Surging investments in AI-powered fitness startups and digital coaching platforms, along with an escalating preference for virtual training over traditional gym memberships, are key market drivers. Advanced AI capabilities in motion tracking, biometric analysis, and performance optimization, along with an accelerating shift toward home-based and remote fitness solutions, will further fuel the expansion. The forecast period shows significant

trends in real-time data monitoring, wearable devices integration, mobile applications for mental health, and collaborations with experts.

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What is driving the growth of AI personal trainers market?

The increasing awareness of health and wellness is expected to propel the growth of the AI personal trainers market going forward. Health and wellness refer to a holistic state of physical, mental, and emotional well-being achieved through balanced lifestyle choices, preventive care, and mindful living. This awareness is rising due to increasing access to digital platforms, empowering individuals to make informed lifestyle choices and prioritize preventive self-care. AI personal trainers play a critical role in health and wellness as they provide personalized, data-driven guidance that adapts to individual needs, making fitness and lifestyle changes more effective, accessible, and sustainable.

Who are the main players in the AI personal trainers market?

Major companies operating in the AI personal trainers market include Athletica AI Inc., Peloton Interactive Inc., iFIT Health & Fitness Inc, Whoop Inc., Oura Health Oy, Akvelon Inc., Strava Inc., Virtuagym B.V., Tempo Inc., Freeletics GmbH, Skynet Coaching Inc, TAKELEAP DMCC, ALFA AI GmbH, Altis Movement Technologies Inc., BodBot LLC, FitnessAI Inc., KemtAI Ltd., LifeBEAM Technologies Ltd., Gymfitty Inc., Planfit Inc.

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What trends are emerging in the AI personal trainers market?

Major companies operating in the AI personal trainers market are focusing on the development of technologically innovative solutions, such as virtual personal trainer apps, to enhance user experience and provide real-time feedback.

How is the [AI personal trainers market segmented?](#)

The AI personal trainers market is segmented –

- 1 By Training Delivery Mode: Mobile Apps, Web-Based Platforms, Smart Fitness Equipment
- 2 By Target User: Fitness Enthusiasts, Beginners, People With Specific Health Conditions
- 3 By Revenue Model: Subscription-Based, Freemium Model, Pay-Per-Session
- 4 By Functionality: Basic Customization, Advanced Customization, Gamified Workouts

Subsegments include:

- 1 By Mobile Apps: Weight Loss And Nutrition Coaching Apps, Strength Training And Muscle Building Apps, Cardio And Endurance Training Apps, Yoga And Meditation Apps, Personalized Fitness Plan Apps, Activity Tracking And Goal Monitoring Apps

2 By Web-Based Platforms: Virtual Group Fitness Classes, On-Demand Personal Training Sessions, Subscription-Based Fitness Coaching, Corporate Wellness Platforms, AI-Driven Health And Fitness Assessment Tools, Interactive Video Training Platforms

3 By Smart Fitness Equipment: AI-Powered Treadmills And Bikes, Smart Mirrors And Home Gym Systems, Wearable Fitness Trackers, Connected Strength Training Equipment, Real-Time Motion Analysis Systems, Voice-Controlled Fitness Devices

What are the regional insights into the AI personal trainers market?

North America was the largest region in the AI personal trainers market in 2024. Asia-Pacific is expected to be the fastest-growing region in the forecast period. The regions covered in the AI personal trainers market report are Asia-Pacific, Western Europe, Eastern Europe, North America, South America, Middle East, Africa.

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