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(57) Abstract :

A smart exercise mat 100 is provided for performing exercises herein. The smart exercise mat 100 may integrate various electronic components to enhance user experiences with the exercise mat. The exercise mat 100 includes a display unit 206 to display various information and sensors, such as a weight sensor 202 to measure the weight of the user, and motion sensors 204 to evaluate feet count of the user on the exercise mat. In addition, the exercise mat 100 may include an alert unit 212 for notifying the user while performing set of exercises. The exercise mat 100 also provides warm effect in winter season, and enables the user to get massage on exercise mat 100 when required.

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