

GETTING STARTED ADVAGYM WEB TOOL

INTRODUCTION

Advagym delivers a connected training experience for commercial facilities, staff and members in strength and cardio. By tracking progress, offer PT tools and communication, Advagym increases the engagement at the Gym.

Based on a cloud service, smartphone app, wireless sensors and beacons, Advagym can be installed at any type of facilities with no impact on daily operation and existing equipment.

With the Advagym Webtool, both hardware, software, exercises and programs, members and staff can be managed and configured 24/7.

OVERVIEW

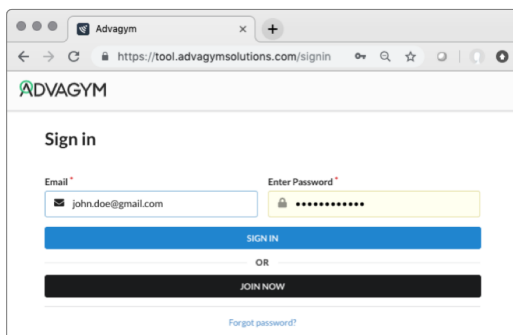
Advagym Webtool offers a range of Tools to configure and manage your Advagym Service with sensors, exercises, members and staff. The Webtool is extensive in possibilities but easy to navigate with a role-based user model.

SIGN IN / CREATE ACCOUNT

The Advagym web service can be reached by the address below. Use your web browser to open.

<http://tool.advagymsolutions.com>

In order to use the service start by creating an account with email and password. Note! In order to get **admin** or **staff** access you need to be assigned by an admin for a Gym.



NAVIGATING

Once Logged in you will get access based on your assigned role as Partner, Admin or Staff



Gym access

If you have admin access to a Gym, it will show up as a dedicated tab for that Gym. You will be able to manage both Hardware, Service, staff and members of that Gym.

Personal Trainer access

If you are assigned as a personal trainer, you will have direct access to managing programs and exercises for your Gym as well as sharing programs to individual members, follow their progress and communicate with them through the Advagym app.

Partner access

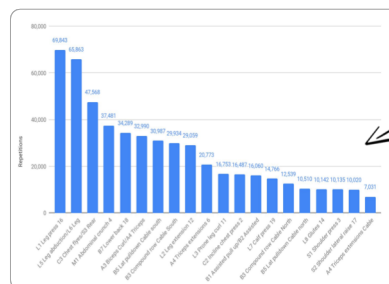
Partner access, allows a partner to create and view individual Gyms initiated by the Partner.

Note! It is perfectly ok to be admin, staff and member of several Gyms, and access will be granted accordingly.

MANAGING A GYM

In the **GYM** section you are able to,

- Manage admins and staff
- Manage Programs and Collections
- Manage Exercises
- Manage Zones and Machines
- Statistics, machine utilization and retention



Machine Utilization

GETTING STARTED ADVAGYM APPLICATION

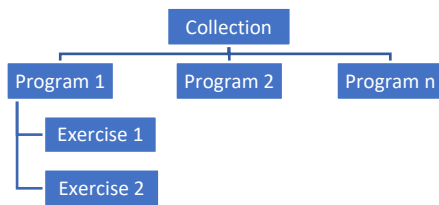
PERSONAL TRAINER

If you are assigned as a personal trainer, you will have access to managing Exercises, Programs and Collections for your Gym.

This is a powerful feature of Advagym where a Personal trainer or the Gym can create personalized programs and exercises and share with individual members.

Designing Workouts

A new exercise can be designed standalone, associated to a Machine or Zone or, become part of a program for a more complete workout. Machine and zone exercises can be combined freely. Collections is a combination of several programs running over time as a training plan.

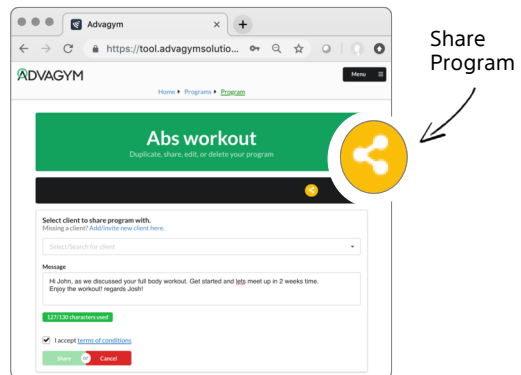


Note! It is recommended to start with a base of exercises and then arrange them into programs and collections for a complete workout.

Sharing with members

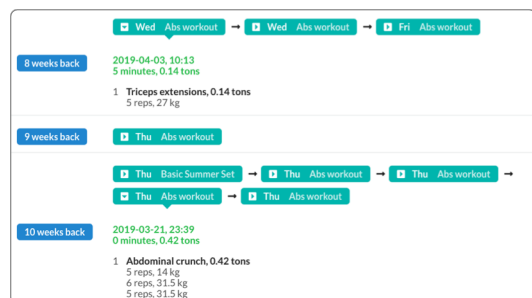
The First step, sharing a program with a member is to make an invitation. Select **'Your Clients'** and then press the button called 'Add/Invite'. Fill in the form and an email will be sent to the client, Inviting them to sign up with Advagym.

Once a member have been invited, the Personal Trainer can share programs to that member. To share a Program, go into the program tab, select your program and press the orange Share icon in the top menu bar. Fill in the details and send.



Member will receive the program in the Advagym app. Once accepted the program, the PT will be able to follow the progress of the client in the **'Your Clients'** tab of Advagym.

Through the messaging function, the PT can give instructions to the member looking at the workout, ready for the next session at the Gym.



LEARN MORE

For your convenience we added a series of online instruction videos showing each and one of the modules in Advagym Webservice.

Understanding the possibilities in Advagym will give you a powerful tool to drive engagement between member and staff at your Gym.

Enjoy the workouts!

www.advagymsolutions.com