

SONY

Dear Member!

We are happy to share that we have Advagym at **XXXX Club/Gym**. Advagym is a training app that connects with strength and cardio machines and guides you with exercises for free weight, mobility, and classes across the gym or from home.

With Advagym you can

- Log your training and follow your progress with tracking on reps and sets
- Get instructions with videos, text and take notes
- Create your own program or try out the gym programs
- Get coaching and receive messages from your Gym/PT

To get started

1. Download the app, use the link or scan the QR code with your phone
2. Create your account using your email
3. Tap the puck with your phone and start your workout

<< PLEASE INSERT YOUR INVITE LINK FROM THE WEBTOOL HERE >>

<< USE THE SAME LINK TO CREATE A QR CODE USING ANY FREE ONLINE QR CODE GENERATOR AND PASTE IT HERE >>

We hope Advagym can be a great companion for you in your fitness journey. Get the app, look for the puck, tap and get started.

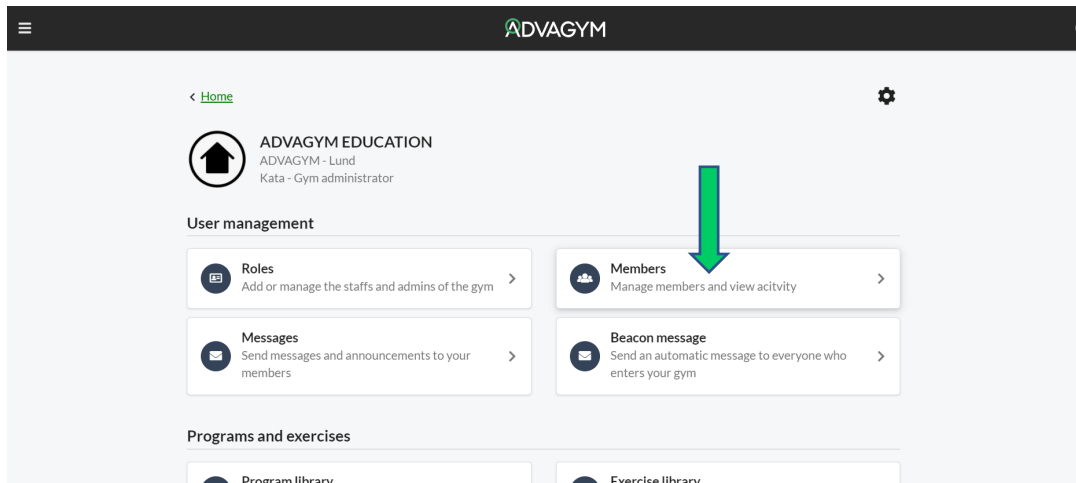
To find out more about the Advagym service, ask one of our staff at the gym.

Stay fit and see you on the gym floor!

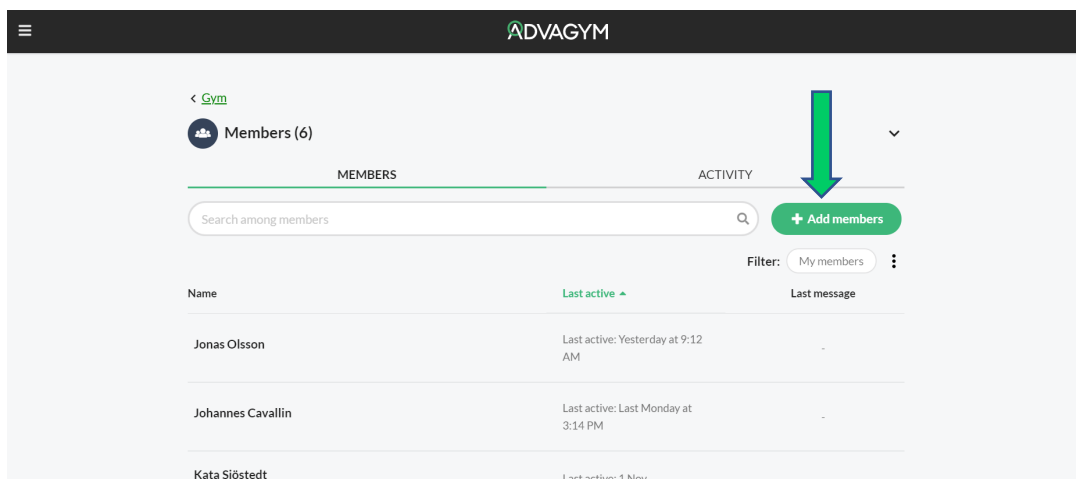
Best regards,
XXXX Club/Gym

How to create the invitation link in the Advagym web-tool and QR code using a free QR code generator.

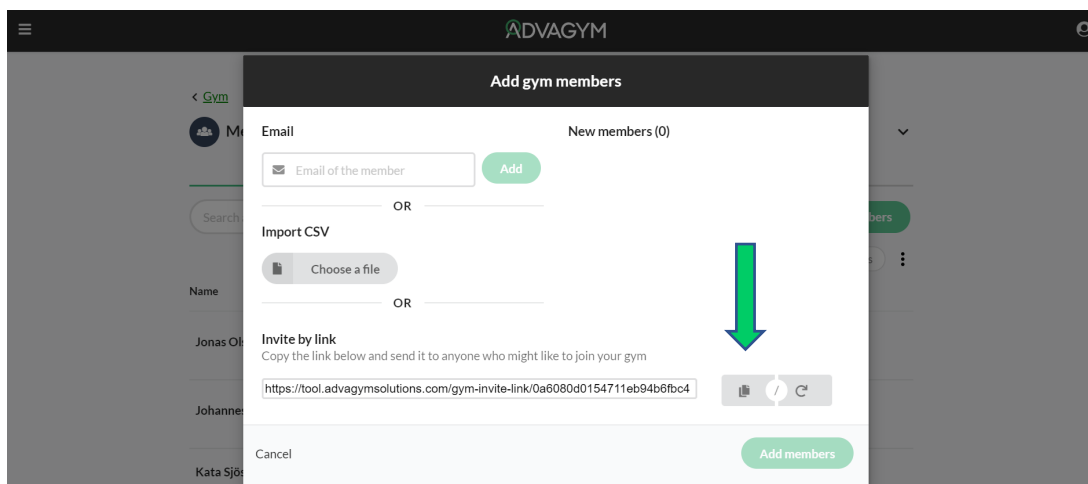
1. Click on Members



2. Click on + Add members

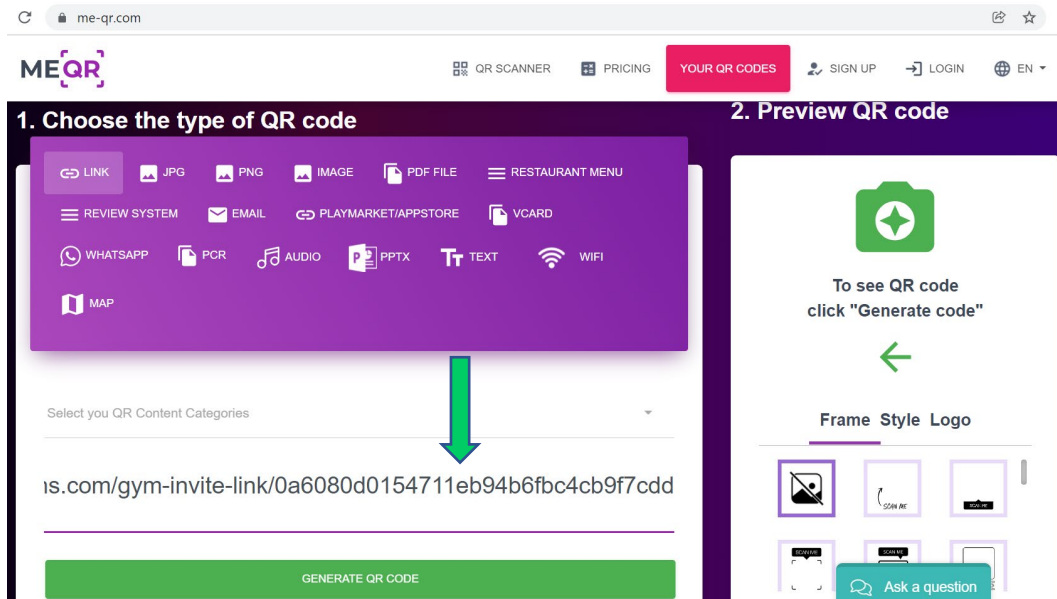


3. Copy the link with copy button and insert in your Invite/information email.



To create a QR code us a free QR code generator for example <https://me-qr.com/>

1. Insert the link from the webtool and generate the QR code



2. Download the QR code as a **.png** file and insert it into your Invite/Information email.

