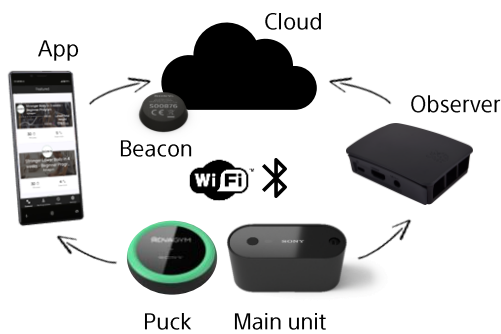


GETTING STARTED ADVAGYM APPLICATION

INTRODUCTION

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

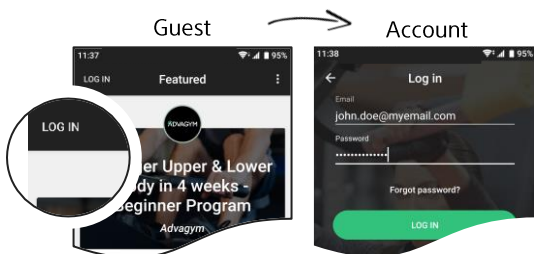
The Main unit measures repetitions, speed and range of motion and is located on top of the weight stack on a pin-loaded machine. The pucks can be used standalone at free weight zones and together with the machine to connect the app with programs and sensor.



DOWNLOAD AND INSTALL

The Advagym app is free to use for end users on both Android and iPhone. Search For **ADVAGYM** on Google Play or App store.

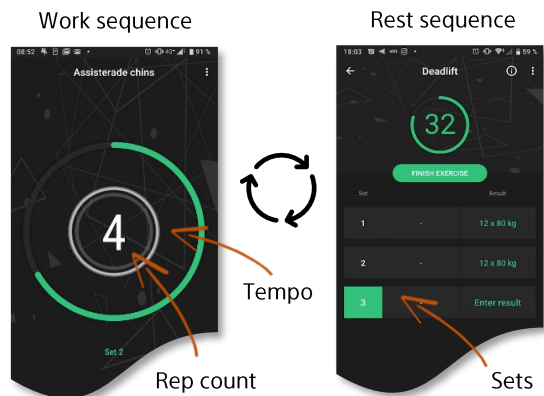
Once installed, the app can be used directly in guest mode. To store the training history in the cloud, receive personalized programs and communicate with the gym, members need to create their personal account.



FIRST WORKOUT

Once installed, member can start using Advagym. Look for the Puck at your facility to find out which equipment or zone have been outfitted with the Advagym Service.

- 1 To start the workout, tap the Puck with the phone. The Advagym app instantly connects with the main unit and presents the associated program or exercise.
- 2 Place the phone in the phone holder on the equipment and facing your workout position.
- 3 Place your self at the machine, select your weight. Tracking will start as soon as you use the machine, waking up the unit from sleep mode



Advagym counts the reps and detects when you rest and starts a rest timer. When you continue with the exercise, Advagym starts the next set, counting the reps until you rest again. To keep the right speed, follow the tempo indicator, the gray circle. Once done, just press finish and your first workout have been recorded.

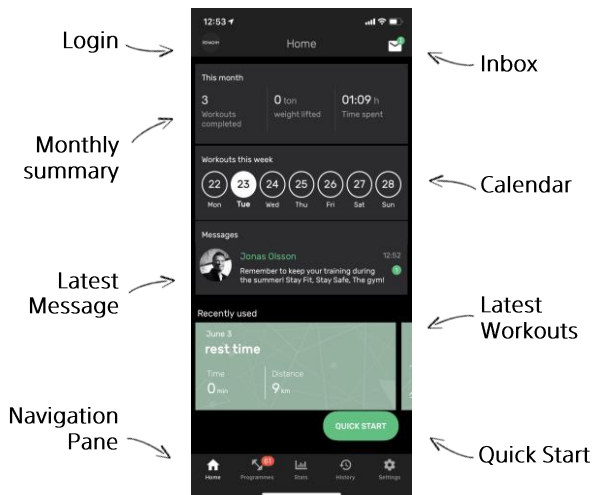
Advagym supports a variety of programmes, exercises and classes that can be cast to a big screen using Airplay or Chromecast. The gym or PT can share their knowledge to the members setting up their own set of workouts for almost any type of training using machines, free weight, body weight or cardio equipment.

MENUS

Advagym have been designed to be easy to use for any user but with a rich set of statistics and training history for more advanced users.

HOME

This is the starting page, here you will find messages from gym and PT, your monthly summary, calendar, latest workout and quick start if you like to select your own exercises.



PROGRAMMES

Contains Gym, PT and personal programs. Your total weight will be shown directly on the tile so you can easily follow your progress, ready for the next workout.

STATS

Here you will find number of times, total reps, weight and one rep max (1RM). 1RM is the estimated maximum weight you could master during one repetition only. Over time you should see a progress on 1RM, getting more fit.

HISTORY

This tab arranges the workouts by days and months. The history tab lists both featured and personal programs, training in a zone, with a machine or connected cardio machines like a treadmill. In History tab you find detailed data about each occasion and workout.

SETTINGS

In settings you will find your personal settings like weight, account information and general settings to personalize the Advagym app.

For more information. Enter settings and try out all the options for your personalized experience.

Setting	Value
Rest timer, default between sets	on/off/time
Countdown sound	on/off
Vibrate when finished	on/off
Sound cues, start, count, stop	on/off
Tempo indicator	on/off
Measurement unit, Imperial/Metric	Toggle
My gyms, list of gyms you have been member on	
My PT, list of PTs you have been training with	
Achievements, badges received for your effort	
Connections, 3 rd party data sharing	

CONNECTIONS

Advagym have been developed to be open and connect with 3rd party services to share and receive data. Cardio equipment like treadmills can share their data via the cloud to Advagym.

Advagym can also share training data back via the cloud. A user can always add and remove data sharing with 3rd party services using the Connections menu.

New connections may be added in coming releases. For more information on what is shared also visit the website of the 3rd party provider.

MORE INFORMATION

For more information visit us at

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