ADVAGYM EDUCATION

Spring 2022

PREPARATION

Before you start make sure you prepare yourself and the gym. Follow the checklist for an effective education.

1 **Configure the Gym**
Setup the gym in the web-tool and configure as "Free". Turn on the "Get to know your users" setting and assign the educator as an administrator for the gym.
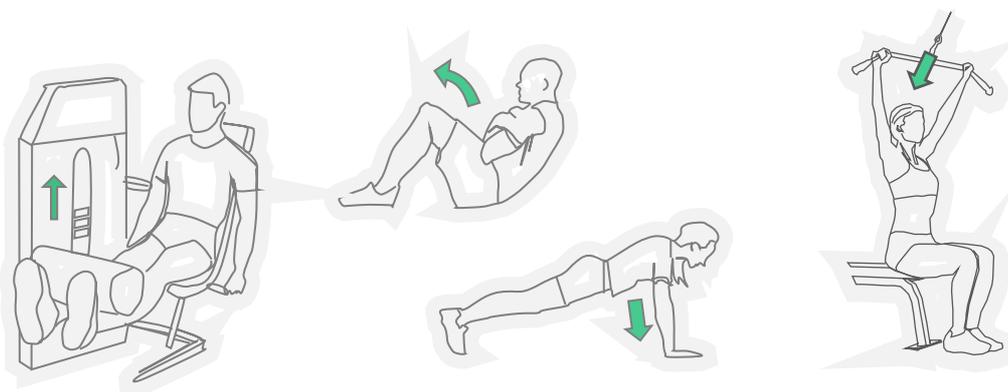
2 **Install the Hardware**
Make sure the Observer, Beacon, machine sensors, zones and pucks have been configured and installed at the gym.

3 **Setup the workouts**
Copy Program and Categories to the gym or create some new programs and categories on your own.

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PART 1, UNDERSTAND THE HARDWARE AND SOFTWARE

This first part is simply about showing how the hardware works together with the software. Using the pucks as the points of interaction will allow the gym to easily get going and understand how the solution works.

BECOME A MEMBER IN ADVAGYM

1. Start on the gym floor at your location
2. Ensure that everybody has downloaded the Advagym application
3. Make sure that everybody has created an account and agreed to share data[1]
4. Ensure everyone has Bluetooth, NFC (Android) and location services activated
5. Explain that the phone has detected the Beacon, inviting them to the Gym

Becoming a member of the gym via the beacon OR interacting with the hardware means that the member will get access to the content that the facility provides as well as receiving messages and coaching services from the facility.

Now everybody will be a member of the facility and will get access to the content. This will be displayed in the "Program" tab in the app which is automatically updated with Categories and Programs from the facility.

Note! A facility should always be set to "Free" with the "Get to know the users" feature enabled. For other usage, please talk with your Advagym representative.

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[1] You will get a request to share data with the gym when creating the account in the app.

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EXPLAINING THE HARDWARE

Now you will go through how the hardware works and how members can experience Advagym during their daily routines.

| OBSERVER | BEACON | MAIN UNIT | PUCK | PHONE HOLDER |

1. Walk up to a strength machine of choice and when inside the app, tap the puck with the phone[2] and move it slightly away from the puck. You should be able to see that the little lamp on the puck lights up.

2. Place the phone in the phone holder and demonstrate a few repetitions in the machine. Show that the reps are recorded automatically, and that the rest timer starts when ending the repetitions. You don't have to tap the puck to connect again to start a new set. Explain the tempo indicator guiding the user with the correct speed. The tempo indicator can be changed in the Webtool setting menu with timings for concentric, eccentric and hold time in both directions.

WORKOUT   REST

3. Move on to a multimachine such as a dual adjustable pulley or a cable crossover and demonstrate how you can choose between several exercises.
4. Move over to a Zone puck. Show how you can view Information using a link or picture. Show how you can select and start Exercises and Programs.
5. Show where the Observer is located and how it works. Explain that it collects data from all machines. Because of the Observer we can show how the strength machines are being utilized.

> The most common error with the Observer is that the network or electricity shuts down. To fix this just restart the Observer. Unplug and plugin the power again.

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[2] Android uses NFC while iPhone uses Bluetooth, the puck supports both formats.

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PART 2 WEBTOOL AND WORKING WITH ADVAGYM

You have gone through how the hardware works, now it is time to look at the software, which we call the Webtool. In this part we will go through how to send messages, create programs and exercises.

EXPLAIN GYM VS. PT/COACH MENUS

1. Go to the webpage https://tool.advagymsolutions.com to show the participants what it looks like where you login. (Explain that you use the same credentials as for the app)
2. Login to your profile and explain what comes up. The green menus are used for "PT/Coach" and the blue menus for the "Gym".

Content created within the **green menus** will be available to that specific trainer and the **clients** that they choose to distribute that content to.

Content created within the **blue menus** are for the facility and everything that is done here will be available for the **members**. Within that environment you can also send messages to all the members. All messages sent will be available to staff and admin.

EXPLAIN DIFFERENT ROLES

Click on the "Facility" icon and explain that we will now start looking at roles. There are different roles within Advagym. Add someone to the group as an admin and explain how they can add other users.

Admin – Has full access to the system and can also add and delete other users.
Staff – Somewhat limited access. Cannot add or delete other users.
Installer – Only used for installation using the support app.
Members - Have no access to the webtool, only the Advagym application.

EXPLAIN HOW TO MANAGE MEMBERS

In this section you can manage the members. You can see how many members have registered an account, number of invited members who have not yet registered and number of guest users at this gym. If you have the feature" Get to know your users" enabled, you can also see which members are at the gym and what they are doing.

Members – See which members are at the gym and when they have finished a workout

Activity – See who had trained at the gym, who is at the gym right now and what they have been doing (this is indicated via a green dot at their profile meaning they have been in contact with the beacon).

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EXPLAIN MESSAGING

Here you can send messages to all members. These will end up directly in the app and shown as a push notification on the members` phone. You can create messages with different features.

Text – Write a text that members will receive.
Picture – Add a picture to strengthen the message.
Workout – Send a training program or a class to members.
Links- You can also send links which will create even more messaging functionality.

Send a message so that the participants can see what this looks like in the app.

EXPLAIN BEACON MESSAGING

Same functionality and execution as Messages but with the difference that these messages will be received by the members arriving at the facility and when the app gets in the range of the beacon. The app needs to be open in the phone and the member will only receive each message once.

Example – Welcome! Today we have a discount on protein bars. Please show this message in the reception to receive a 20% discount.

EXPLAIN PROGRAMS AND EXERCISES

You will now start looking at how to create and build Exercises and Programs. Start with Exercises, since this is what you need to build Programs.
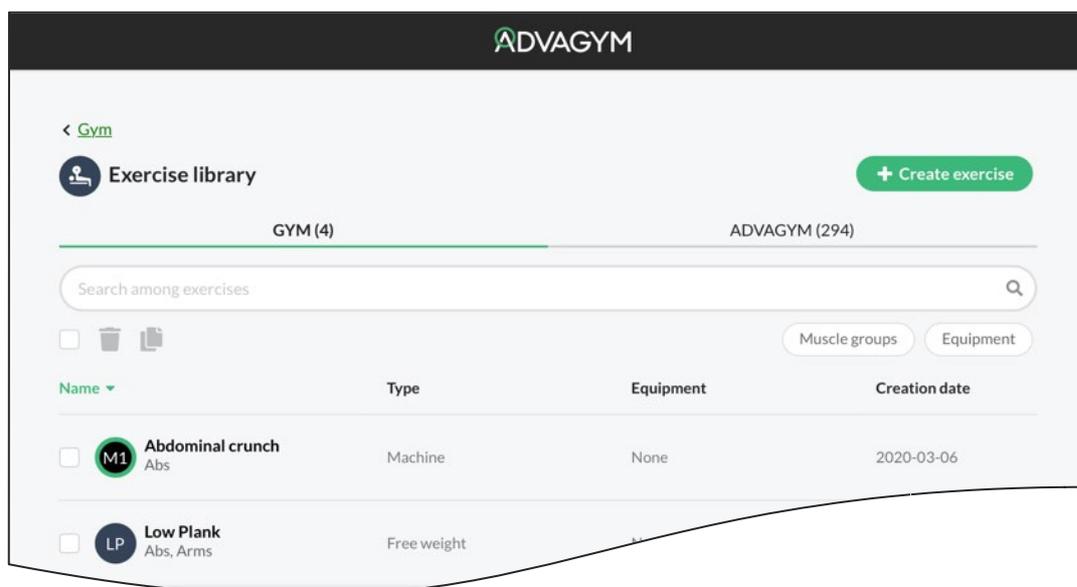
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1. Click on **Exercise library**, there are two tabs here.

Gym – The exercises that are created by the gym are placed here, or the exercises from the Advagym tab that have been modified in any way.

Advagym – All the exercises that already exist in Advagym are placed here. If you change something in these exercises, like switching out a video or changing the name or description, that exercise will move to the "Gym" tab. You can only customize the machine exercises; free weight exercises cannot be changed.

2. Click on "Create exercise" and go through the user interface for creating an exercise. You can choose to create either a "machine exercise" or a "free weight exercise". The definition of a machine exercise within Advagym is that a machine has a main unit together with a puck. All other exercises are defined as free weight exercises.

   Exercise units are what will define the exercise in Advagym. Choose what is most applicable for the created exercise. For example, planche is an exercise that includes duration, but squat will probably have weight and repetitions. **Note!** the video link that you add needs to be a YouTube link. We suggest having one YouTube account for the gym where all instructors and staff can add videos of exercises.

3. Create the exercise and see that it appears among "Gym exercises". You can also search for the exercise with or without filters.

4. Go back to the gym overview and click on "Program library". There are four choices in the Program library.

Program – Workouts/training sessions designed with several exercises to be completed.

Classes – Follow a video with an instructor, can be performed at wherever you are and cast to a second screen via AirPlay or Chromecast.

Collections – Several programs gathered at the same place. Simple explanation would be a two-split program or a three-split program that you easily will find in one place.

Categories – A way to organize content. The categories will appear in the app and include for example strength sessions, cardio sessions, or workout from home. The gym can create their own categories and fill them with content.

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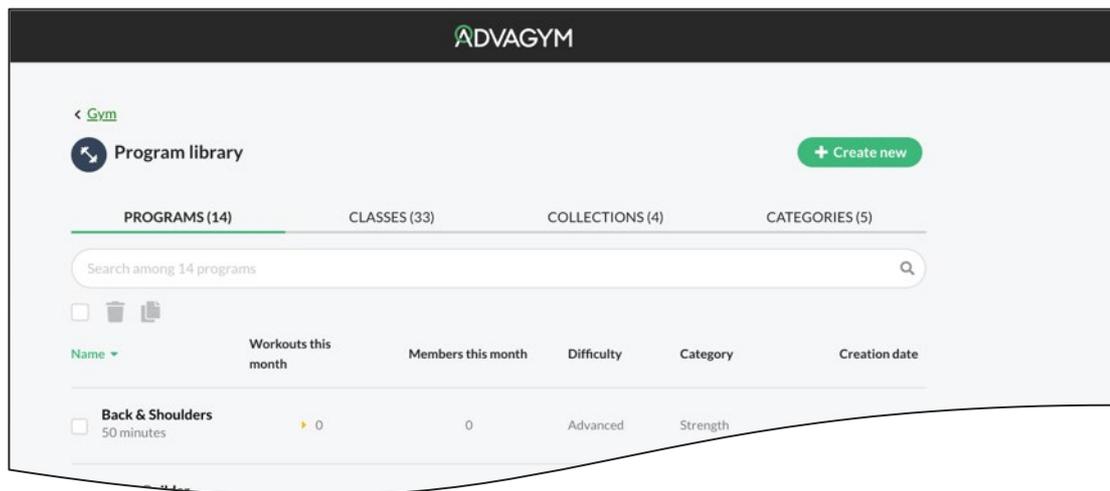
1. Click "Create new". You will get a pop-up window about what you want to create. Click "Program"
2. Follow the instructions for creating a program. Save the program and inform the participants that when the program is saved, it will immediately be available for all the members of that facility. You can also choose to hide the program. That button can be seen when creating or editing the program. You can also click preview to see how the program will look like in the application.
3. Click "Create new" and choose Category.
   Click "Create new" and show how you can create a category to easier organize and display programs within the app. Preview can also be used here to show how it will look like within the app.

EXPLAIN HOW TO SHARE PROGRAMS AND FOLLOW CLIENTS AND MEMBERS

Go back to the main page of the Webtool to the "green buttons". Explain that the procedure of creating exercises and programs is the same, but with the difference that the green buttons will create exercises and programs only accessible to that account/trainer. Those specific programs can then be shared with clients or groups. It is the same procedure and user interface to create the exercises and the workouts, with just a few small differences.

To be able to send a workout to a client as a trainer/coach you need to have added that member as your client. This is done with the button "My clients". Click the button "Add client" to simply add the member as your client via the email address they use with their Advagym account. The member/client will get an invitation from you asking them to share their training data with you.

When the client is added, you can send a program to them. You can send programs that you have created or programs that are available to you from the sites you have access to. When you click on the name of a client you will see four different tabs.
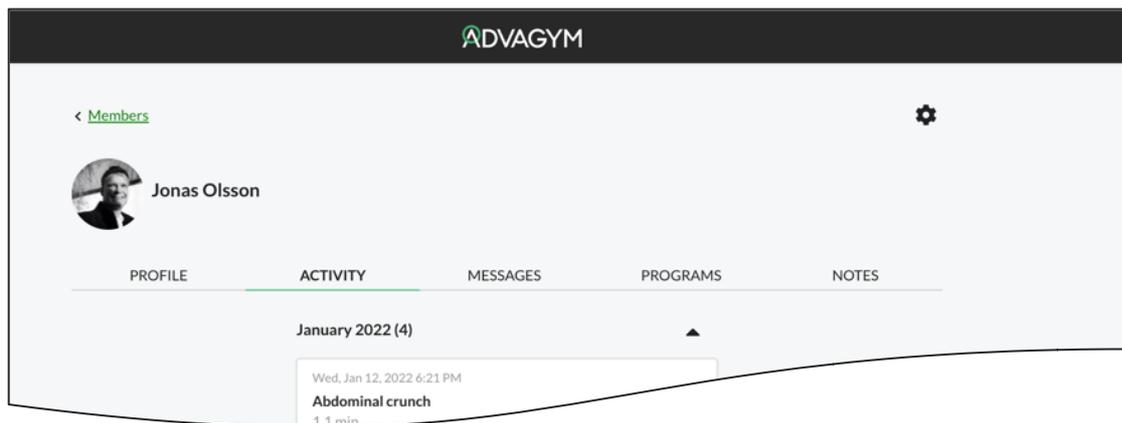
Activity – Here you can see and analyze the training the client has been doing. By seeing what they have been doing, you can digitally coach and guide the members and prepare for your next meeting on the gym floor. You can also comment on workouts they have done and create programs from recorded workouts.

Messages – Send messages to your client, with the same functionalities as before. You can also send specific workouts to the client via messaging. The client can also chat with you as a trainer.

Programs – See what programs are assigned to the client and add or delete programs.

Notes - Write notes about the client and add PDF files or pictures. Can only be seen by the trainer.

PART 3 HARDWARE, AND STATISTICS

In this part we talk about what we can do regarding troubleshooting, how to manage and configure the hardware and will also look at statistics for the facility.

EXPLAIN ZONES

We will start with configuring a Zone. Click on Zones in "Connected equipment". Here you can see a list of all the configured zones at the facility. You can edit and change each zone puck, add or delete content and information.

1. Click "Add new zone"
2. Fill out the information about the zone. Title, description, and picture.
3. Choose the items you want to add to the zone.
   Information – Add text information, pictures, videos, or links.
   Exercises – Add exercises for the zone, for instance stretch/mobility exercises.
   Programs - Here you can add workouts/programs to the puck.
4. Save and finish.
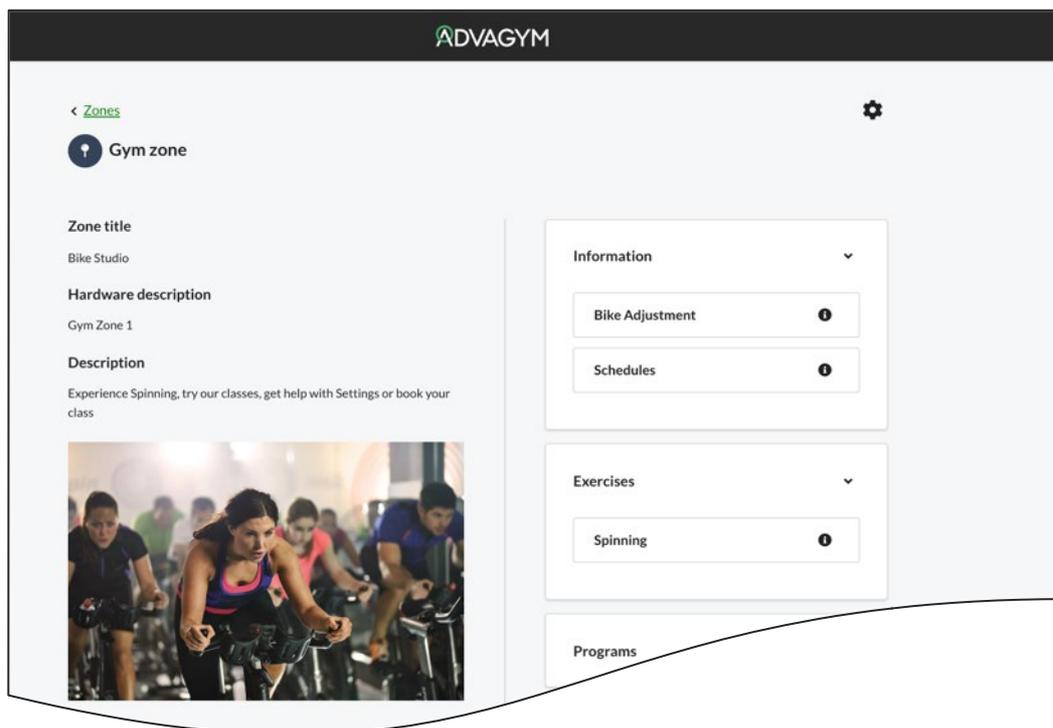
Now the Zone is configured, and you can use the support application to install a puck to this zone. The zone can be updated with new content over time.

By adding a Zone, you can **preconfigure** the content of a zone before you install the actual puck with the Advagym support application.
It is also possible to install a Zone via the support app and then configure and fill the puck with content via the Webtool.

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Explain Machines

1. Click on machines under "Connected equipment". All the machines available at the facility are listed here. Every machine has a main unit with a corresponding puck. There are two tabs here, one called "Weight" which includes all the strength machines, and the other called
"Cardio" which includes the available connected cardio machines (only applicable to certain brands of cardio machines[3]).
2. If we click on a machine, we can see which exercise is connected to that specific machine. If you choose to edit (via the edit cogwheel) you can change which exercise shall be connected to the machine. You can add or delete exercises and edit the weight stack of the machine.
3. On machines with multiple exercises such as a cable-cross you can add or delete multiple exercises.


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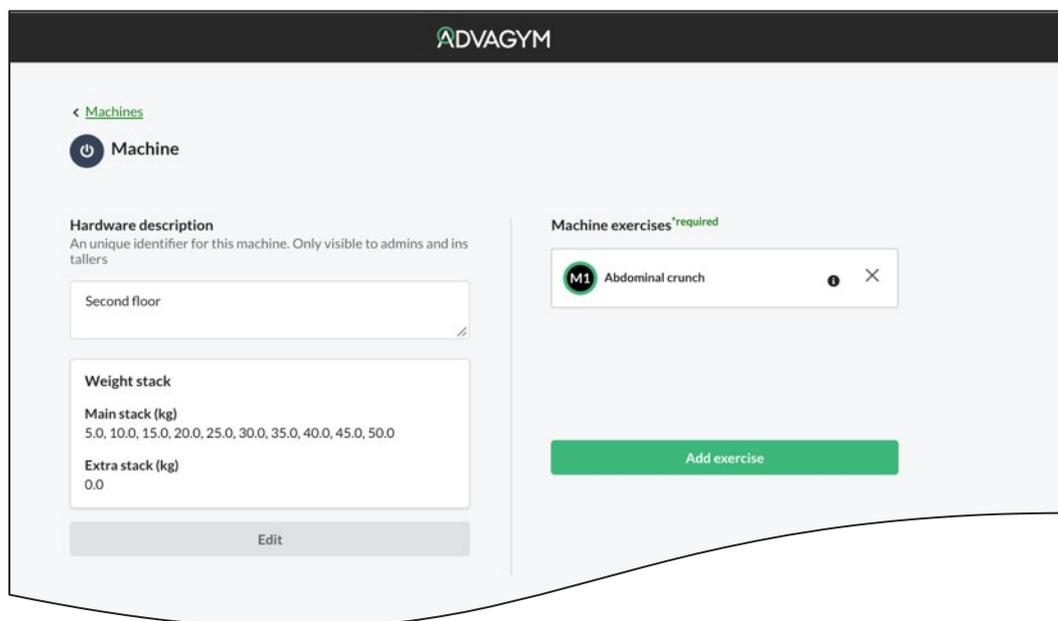
[3] Advagym supports Bluetooth connected cardio using FTMS and GymConnect standards

EXPLAIN STATUS AND STATISTICS

Within the status tab you can oversee all the hardware connected to the system. It will display specific problems (if any) with the hardware, troubleshoot videos and suggestions on how to fix the specific problem. A prerequisite is that the Observer is online, powered up and functioning correctly.

In the statistics tab you can monitor how many machines and pucks are being used. You can also see how many retained and new members are using the system. There are three tabs here; Equipment; Members and Activity.
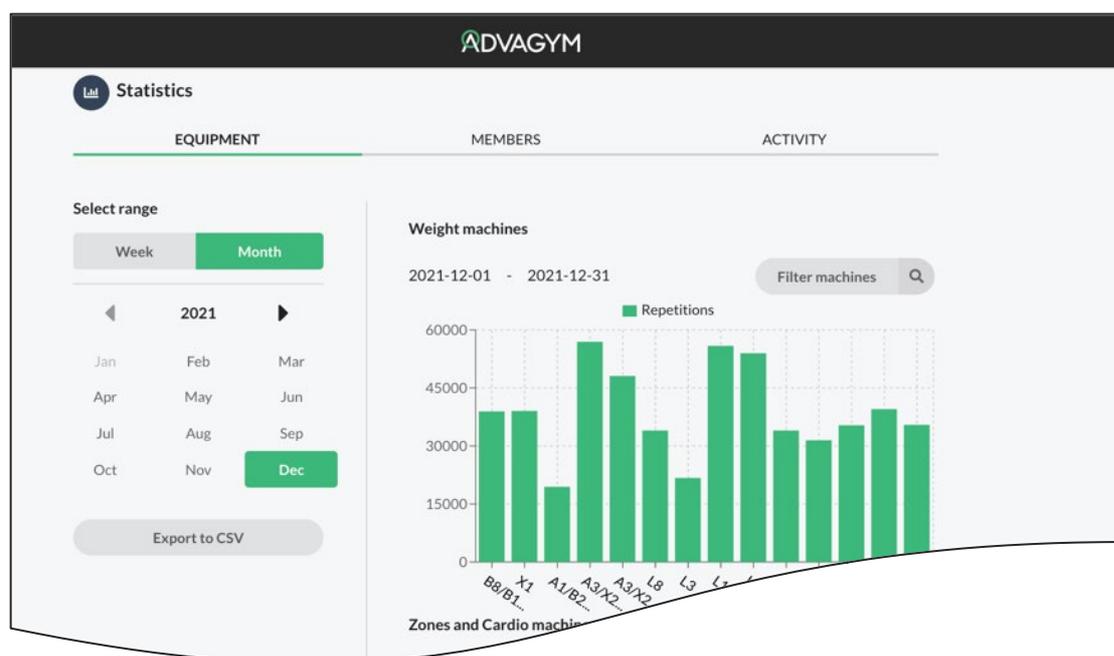
Equipment
1. Here you can find the usage from each machine on any given date.
2. Zones and cardio machines: here you can see the number of times a member has touched a zone puck or used the cardio connected equipment (via puck).

Members
1. Click on "Members"
2. From any given date you can see how many members have done a workout in the facility, both new and retained members.
3. You can also see if members have been working out outside the gym. That is if they have used the Advagym application to log their training or done a class or worked out at home.

Activity
1. Click on "Activity". This shows how many repetitions have been done on average per hour for any given day or month of your choice. This could be explained as the occupancy of the gym floor. Many repetitions should correlate to many members and simultaneous workouts.

FINISH THE EDUCATION

Finish the training by going back to the first page and clicking the Advagym logo in the top middle of the screen. Explain that we have gone through the green buttons where the trainer/coach works and the blue buttons which the facility can work with.

Suggestions for the participants to do after the education session

1. Create Exercise
2. Create Program
3. Send a gym message or PT message
4. Send a Program
5. Add a member to the facility
6. Add a member as a client
7. Train with the Advagym application
8. Test both machine and Zone pucks
9. Create a Zone
10. Create a Category and add some programs to it