



## 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.

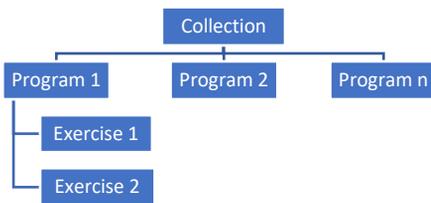
This is a powerful feature of Advagym where a Personal trainer or the Gym can create personalized programs and exercises and share with individual members.

#### 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.

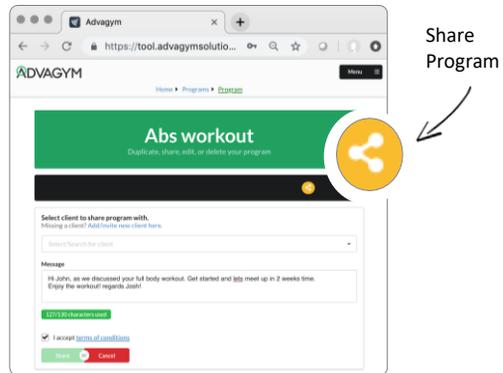


*Note! It is recommended to start with a base of exercises and then arrange them into programs and collections for a complete workout.*

#### Sharing with members

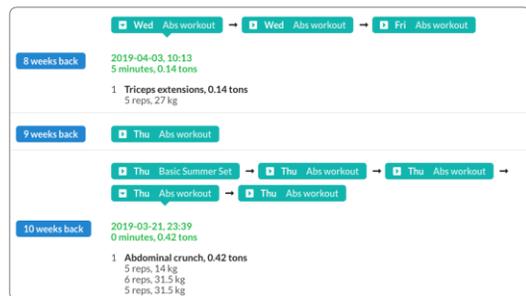
The First step, sharing a program with a member is to make an invitation. Select **'Your Clients'** and then press the button called **'Add/Invite'**. Fill in the form and an email will be sent to the client, Inviting them to sign up with Advagym.

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](http://www.advagymsolutions.com)