

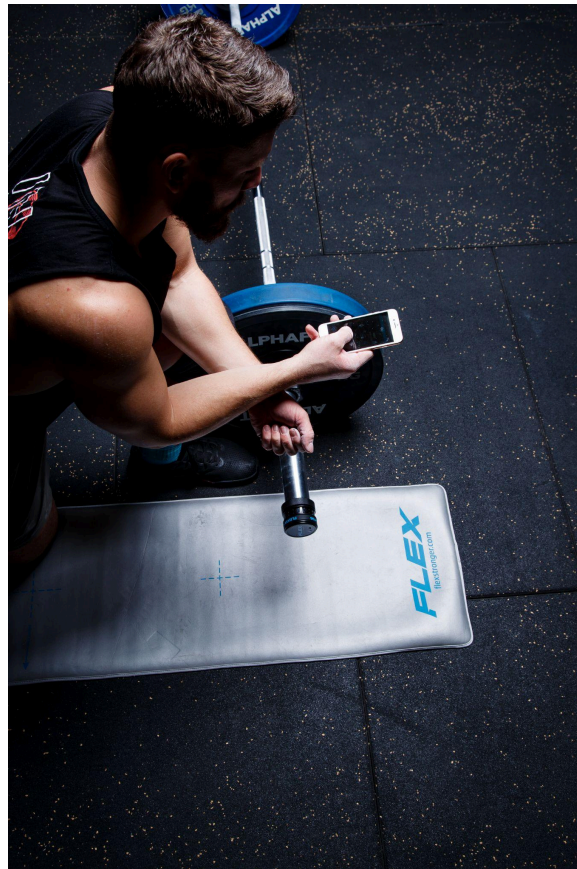
# Product Overview

<b>Get Started with FLEX</b> .....	<b>2</b>
<b>Setup your FLEX account</b> .....	<b>2</b>
<b>Device Maintenance</b> .....	<b>2</b>
<b>Do's and don'ts</b> .....	<b>3</b>
<b>Do's</b> .....	<b>3</b>
<b>Don'ts</b> .....	<b>3</b>
<b>App Features</b> .....	<b>4</b>
<b>Video mode</b> .....	<b>4</b>
<b>1RM</b> .....	<b>5</b>
<b>Buddy mode</b> .....	<b>6</b>
<b>Train</b> .....	<b>7</b>
<b>Favorites</b> .....	<b>8</b>
<b>History</b> .....	<b>9</b>
<b>Community</b> .....	<b>10</b>
<b>Settings</b> .....	<b>11</b>
<b>Training screen</b> .....	<b>12</b>
<b>Exercise Assist</b> .....	<b>13</b>
<b>FLEX x GymAware Integration</b> .....	<b>14</b>
<b>Setup</b> .....	<b>14</b>
<b>GymAware App Features</b> .....	<b>15</b>
<b>Squads</b> .....	<b>15</b>
<b>Shortlisting</b> .....	<b>16</b>
<b>Auto record/Manual Record</b> .....	<b>17</b>
<b>Video mode</b> .....	<b>18</b>
<b>Set timers</b> .....	<b>19</b>
<b>Auto skip</b> .....	<b>20</b>
<b>Targets</b> .....	<b>20</b>
<b>Exercise test</b> .....	<b>24</b>
<b>Settings</b> .....	<b>25</b>
<b>Review and Help</b> .....	<b>26</b>
<b>Exercise Assist</b> .....	<b>28</b>
<b>Subscription Options</b> .....	<b>29</b>
<b>Contact Us</b> .....	<b>30</b>

# Get Started with FLEX

## Setup your FLEX account

1. Download the FLEX Stronger app (available on the [App Store](#) or [Google Play](#))
2. Open the FLEX Stronger app
3. Enter your email address to create an account. You will receive an email to authorize your login.
4. With Bluetooth enabled open FLEX Stronger, tap in the top left corner to open the connection menu. Turn on the FLEX device, find the device serial number in the menu, then tap 'connect'.
5. Place the reflective mat under the bar, select your exercise and bar weight, and start lifting.



## Device Maintenance

- Use the charging cable that came with your FLEX purchase
- Store the FLEX in a dry place
- Keep the clear window clean from smudges or finger prints by wiping it clean with a paper towel
- The mat will still function even when dirty or marked. If you wish to clean the mat, use a light detergent with water. Ensure you dry the mat with a towel and leave it unrolled.

## Do's and don'ts

### Do's

- Use the locking ring to tighten the FLEX on the bar if you are dumping the barbell
- Keep the reflective mat under the FLEX unit/bar (refer to the markings on the mat)
- If performing an Olympic lift, position the mat towards the back  $\frac{1}{3}$  of the mat. This will ensure the lasers stay on the mat
- Utilize the FLEX Rack holder to keep the unit safe when changing weight plates

### Don'ts

- Do not stick a pin or paperclip in the microphone hole next to the power button. This will break the buzzer.
- Do not remove the O-ring. For more information about the O-ring check this [article](#).
- Do not try to pull FLEX off the bar without unscrewing it.

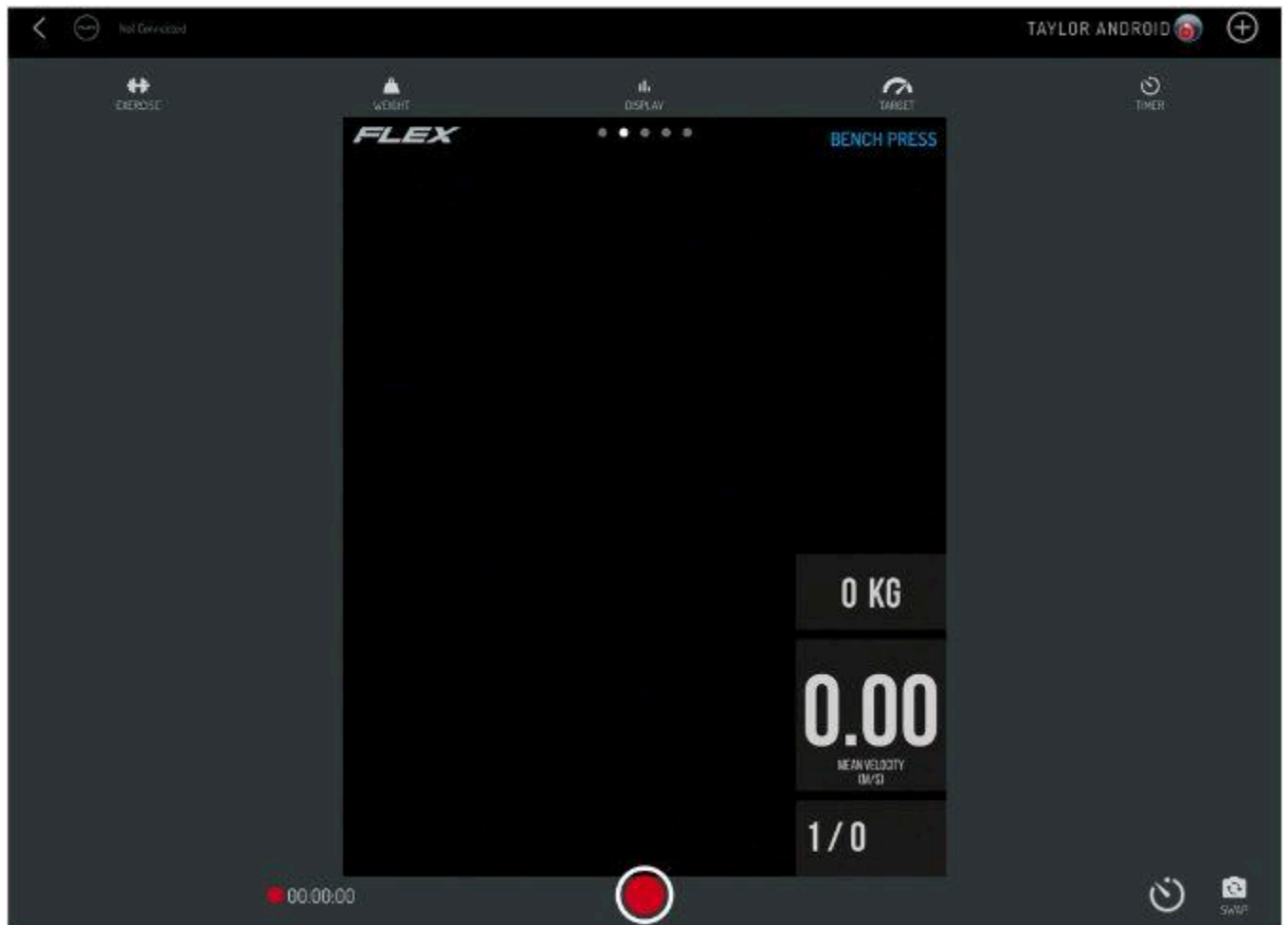
# App Features

Check out the overview of the most-used sections on the FLEX Stronger app's main screen:

## Video mode

Video mode captures your lift with an overlay of the real time metrics.

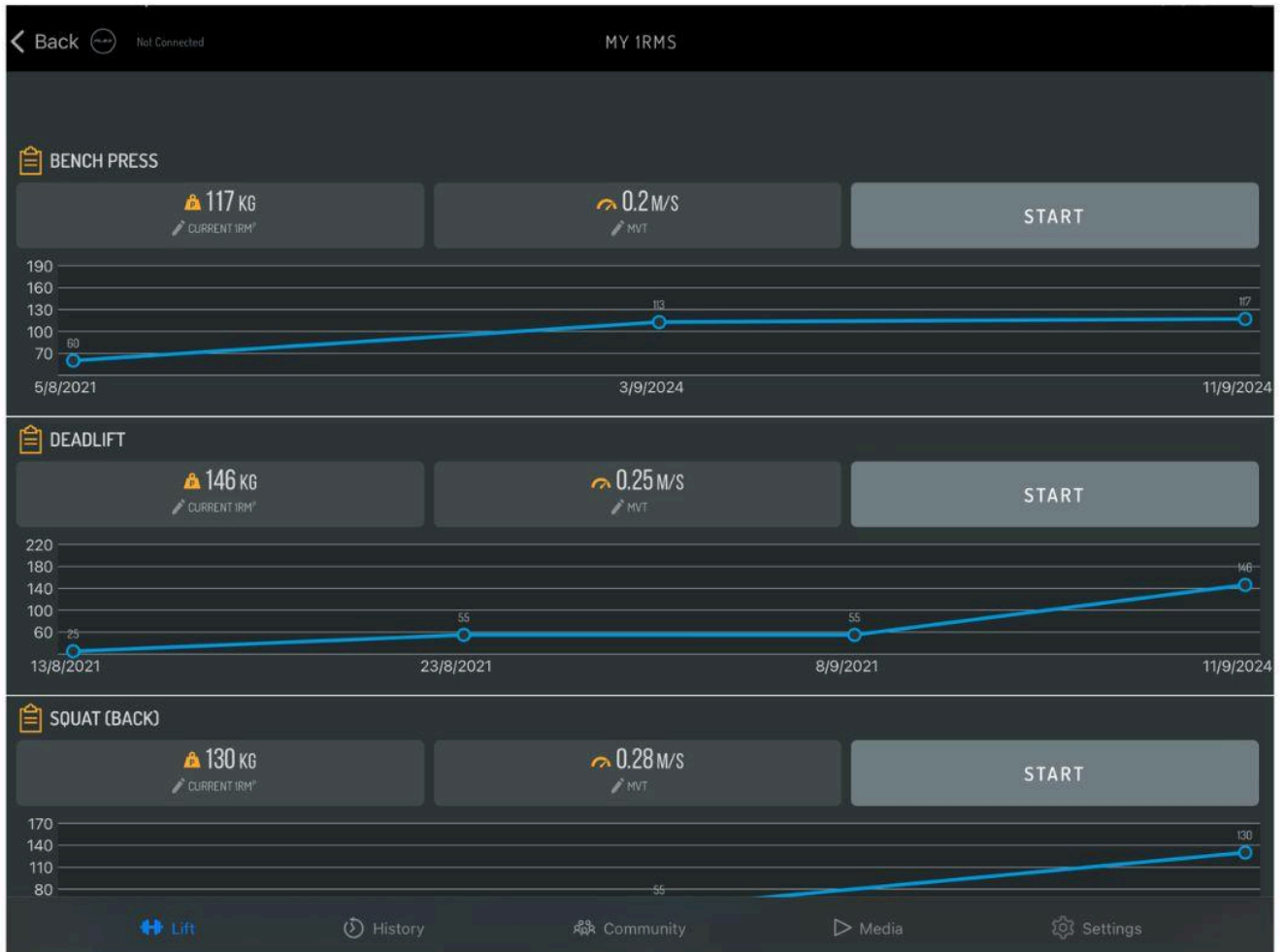
- Press the video button swipe left or right to find your favorite template and start your lift.
- The videos are saved in your media tab and can be downloaded to your device.



# 1RM

This feature will guide you through our 1RM protocol. Start at 50% and work your way up to 80% and at the end you will get an estimated 1RM report. If you do not know your 1RM, the protocol will suggest a starting weight.

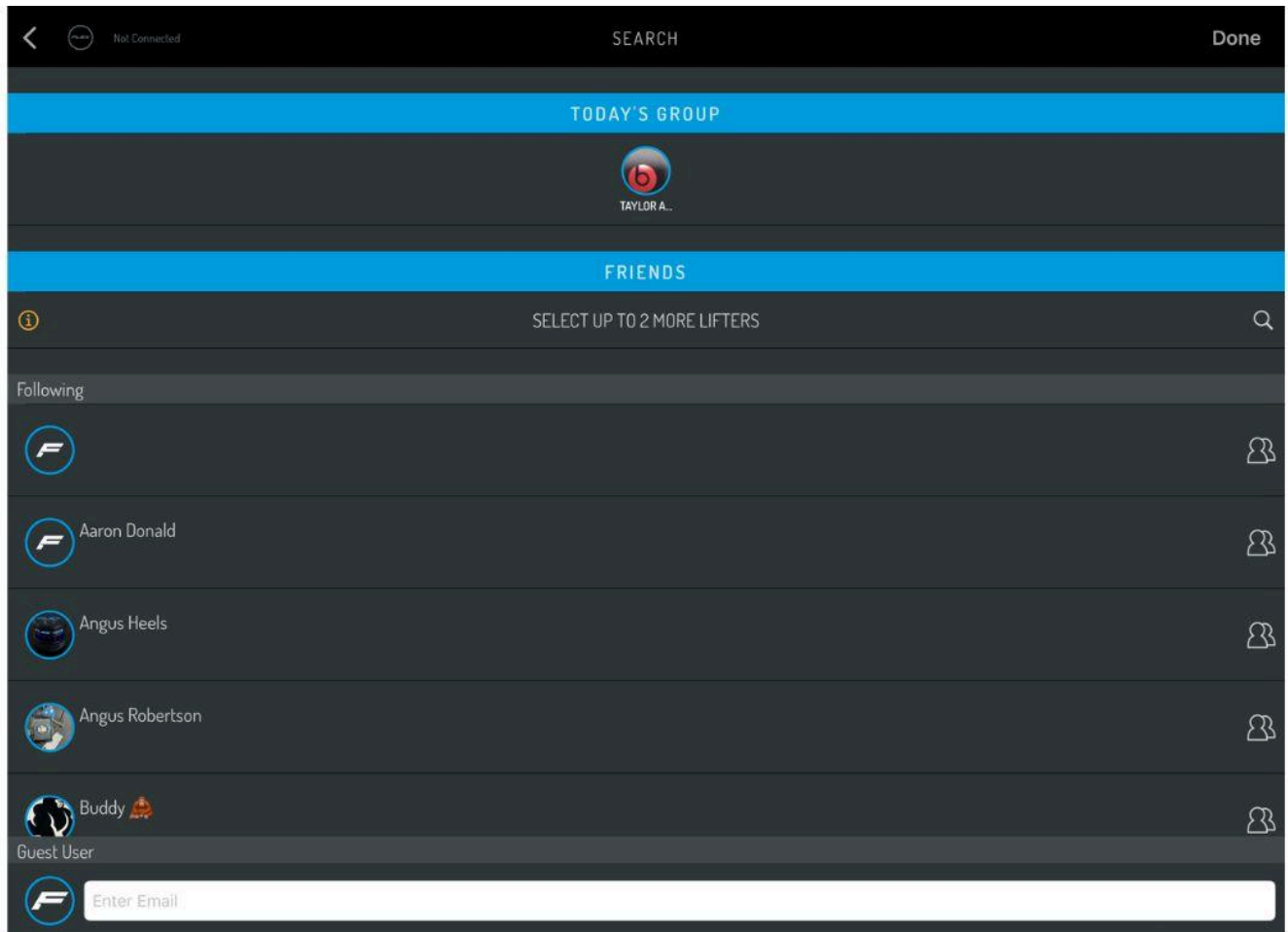
- Tap into the 1RM protocol that you wish to start
- Follow the prompts and lift with maximal intent (try to beat the target)
- The protocol will finish in 4-5 sets



## Buddy mode

This feature will allow you work out with a friend or two (main account holder + two friends). Buddies can join as a guest (an email address is needed). After the session, the guest will need to created a FLEX account using the same email address to receive the session data.

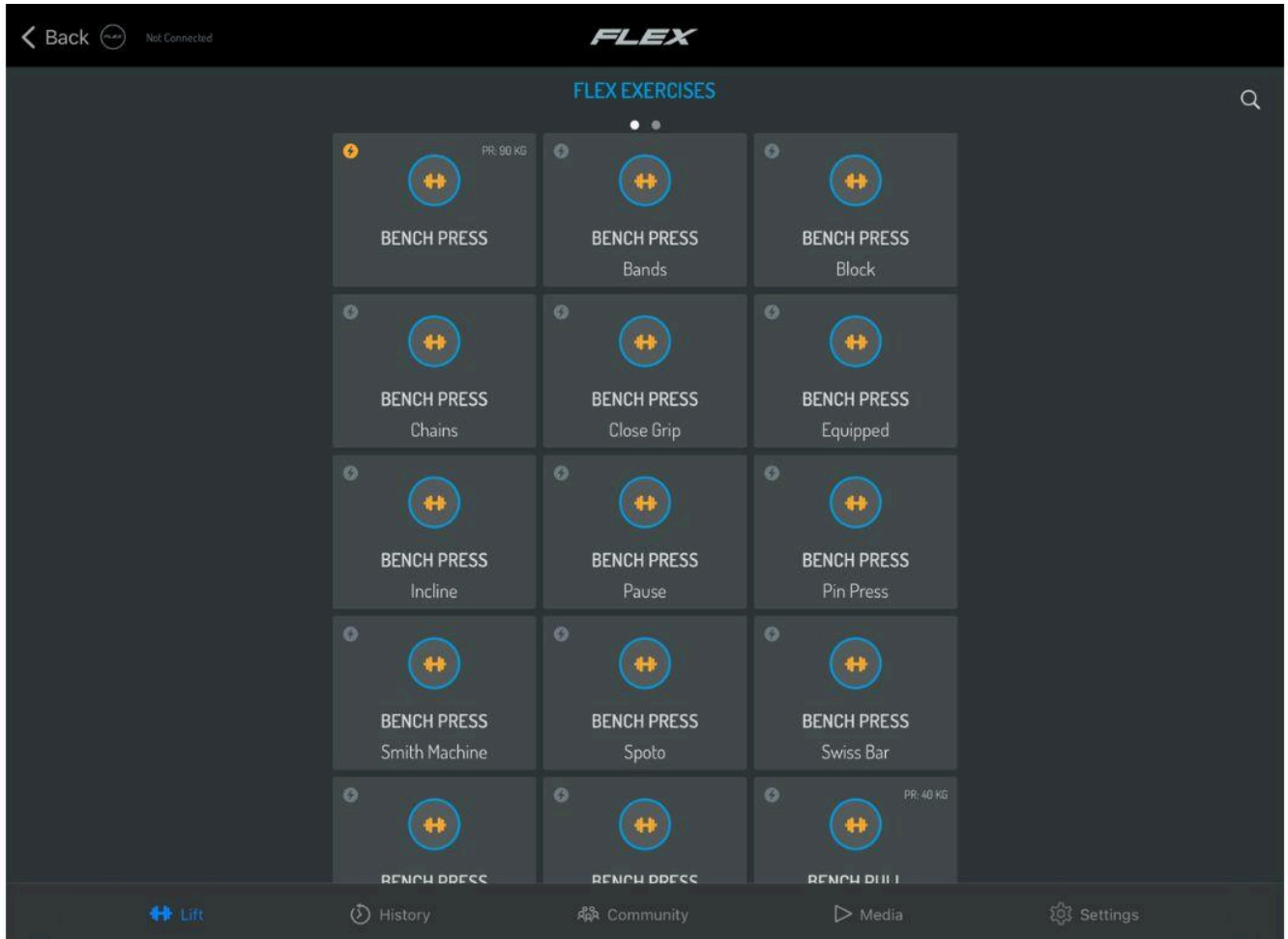
- Tap the '+' sign in the top right corner.
- Tap the icon to the left of your buddies
- If the user does not have an account, add them as a guest by typing their email in the field below.



## Train

This is where you go to select your exercise to then start your session. When you select an exercise you will be sent to the train screen to start lifting.

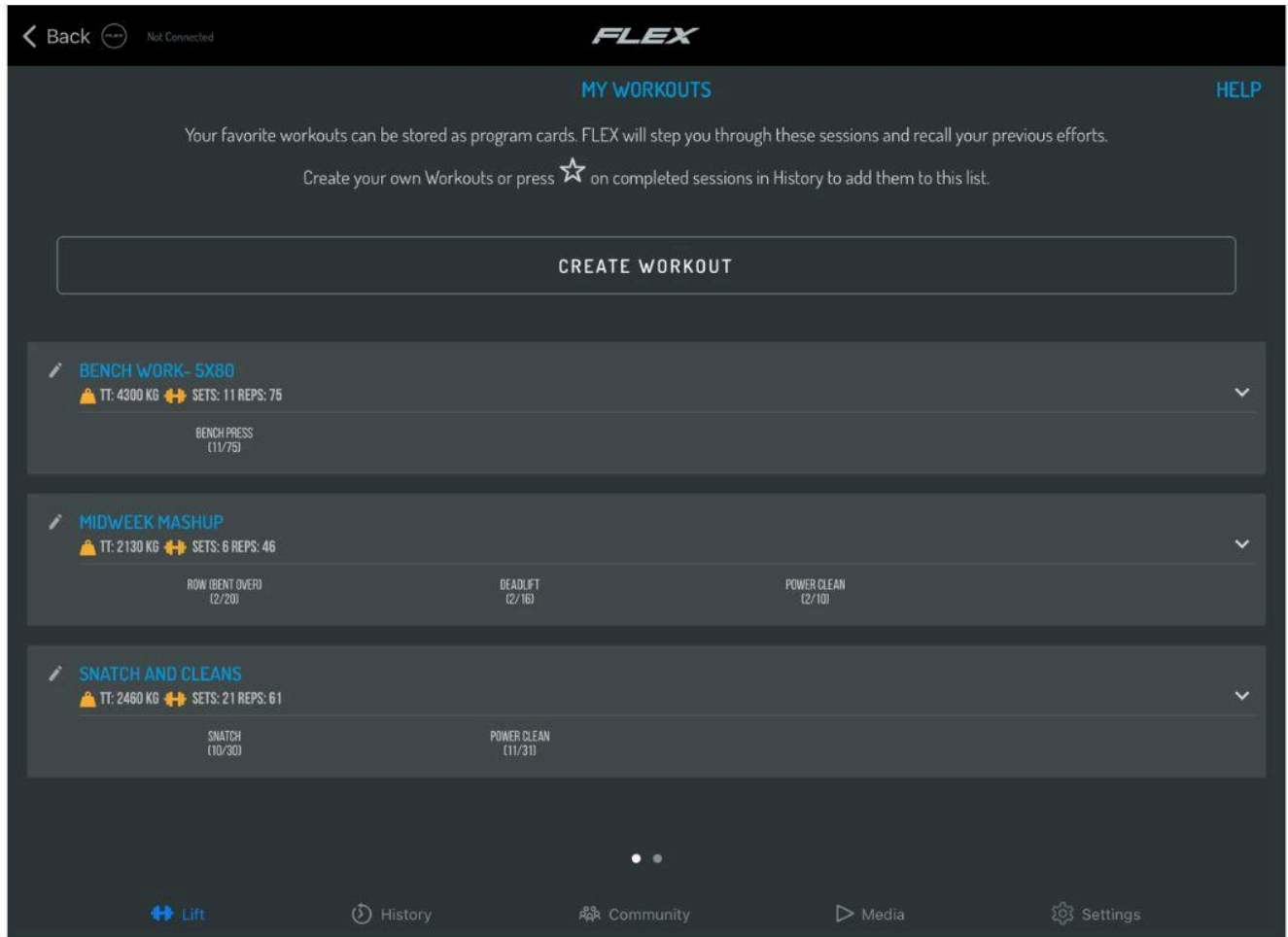
- A previously used exercise will be added to the “Recently Used” list
- Tap ‘lift’ and then tap ‘Train’.
- Search the exercise list by tapping the magnifying glass.



## Favorites

This is where you can create, share or store workouts. These can be shared with friends or kept for personal use.

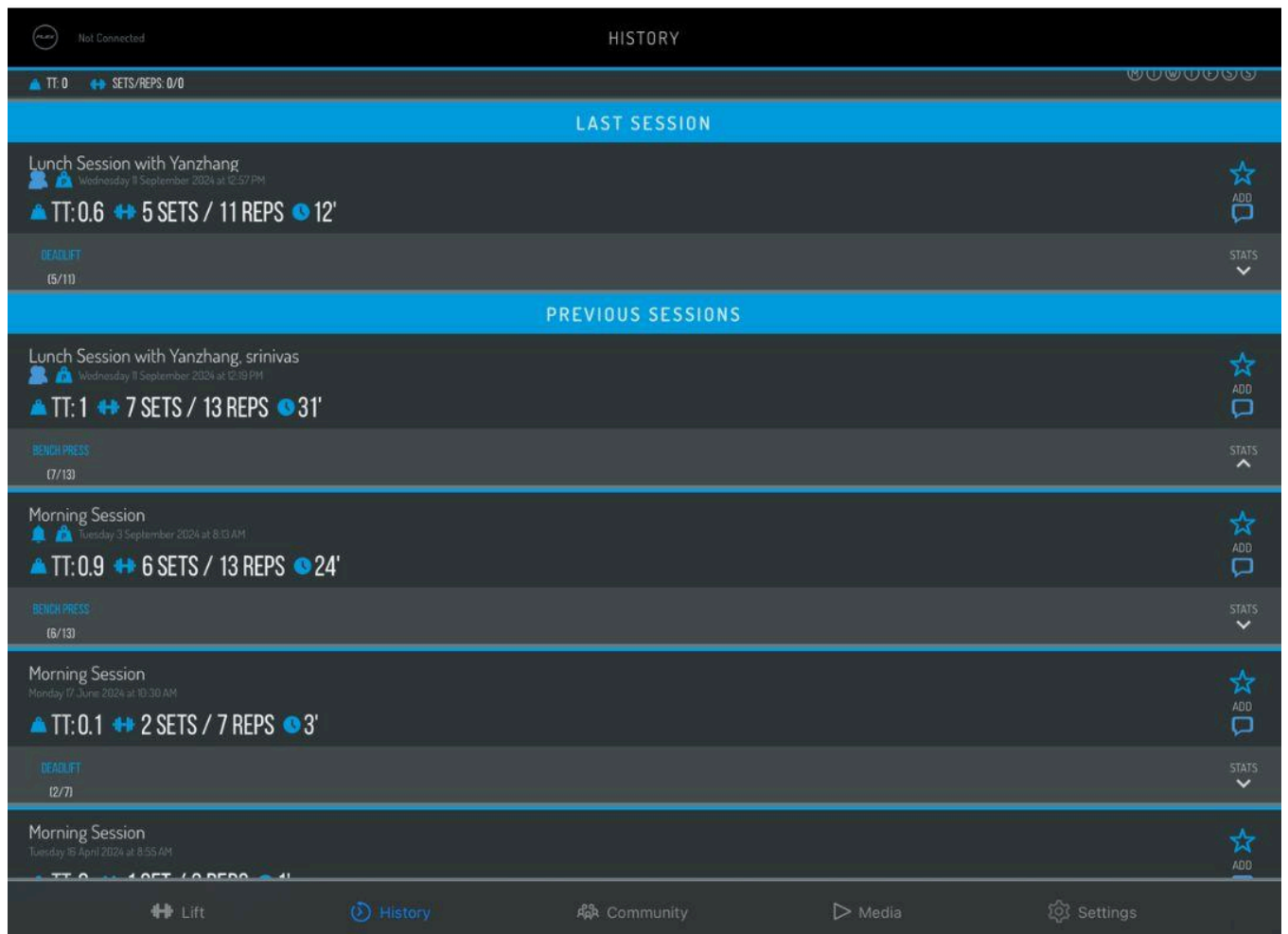
- Create your own custom Workout.
- Save workouts that your friends have completed.
- Share a workout with a friend.



# History

This is where you can review your previous workouts. Whether you are working out remotely with a coach or you are working on your own, the history section stores all the data you have collected. You can view your data as an overview of the entire workout or see each individual sets/ reps. You can also export this data to CSV.

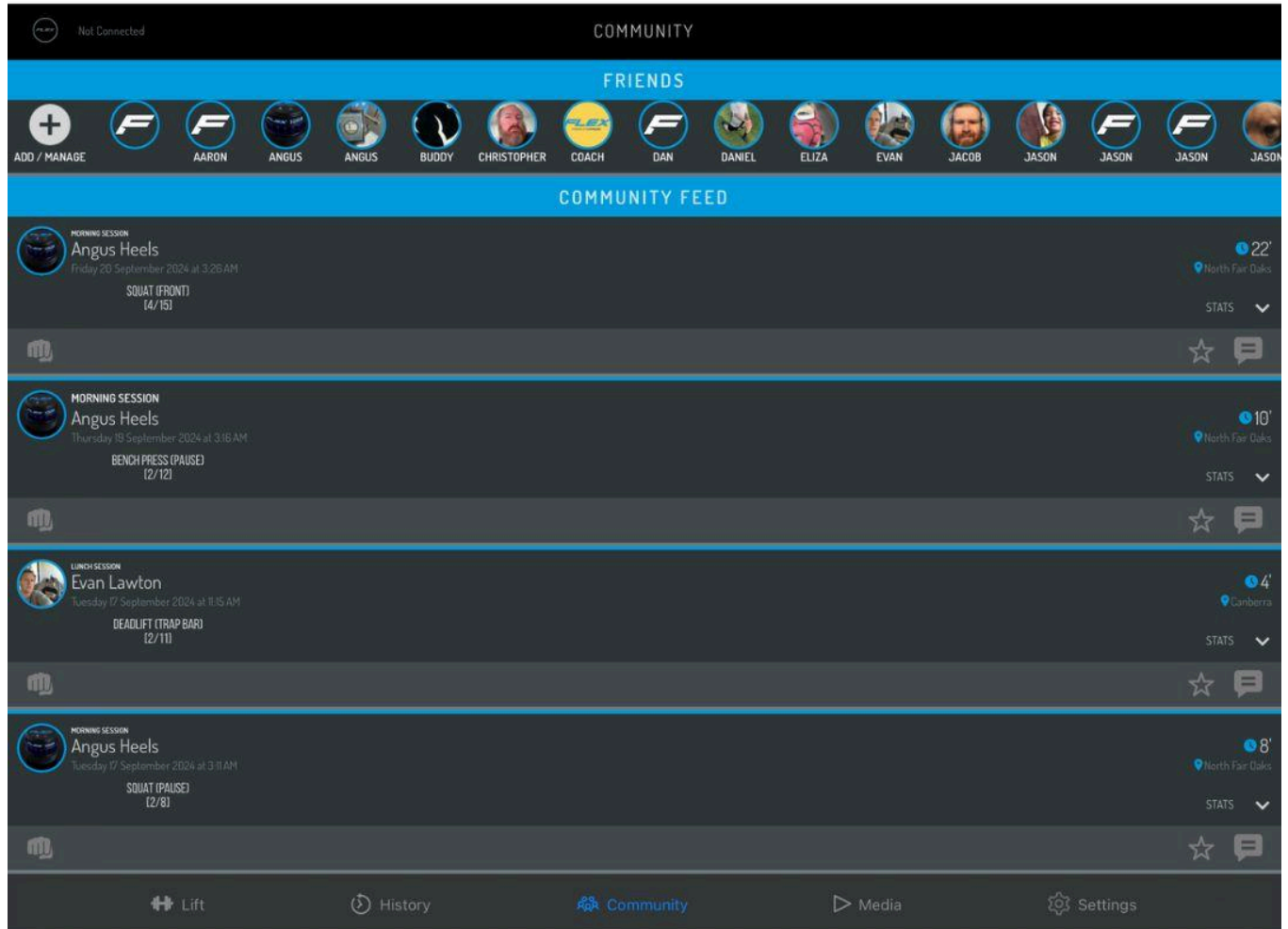
- You can view your data as an whole of the entire workout or see each individual sets/ reps.
- You can also export this data to CSV. by tapping the dotted line.



# Community

This is where you can engage with your friends and view their workouts.

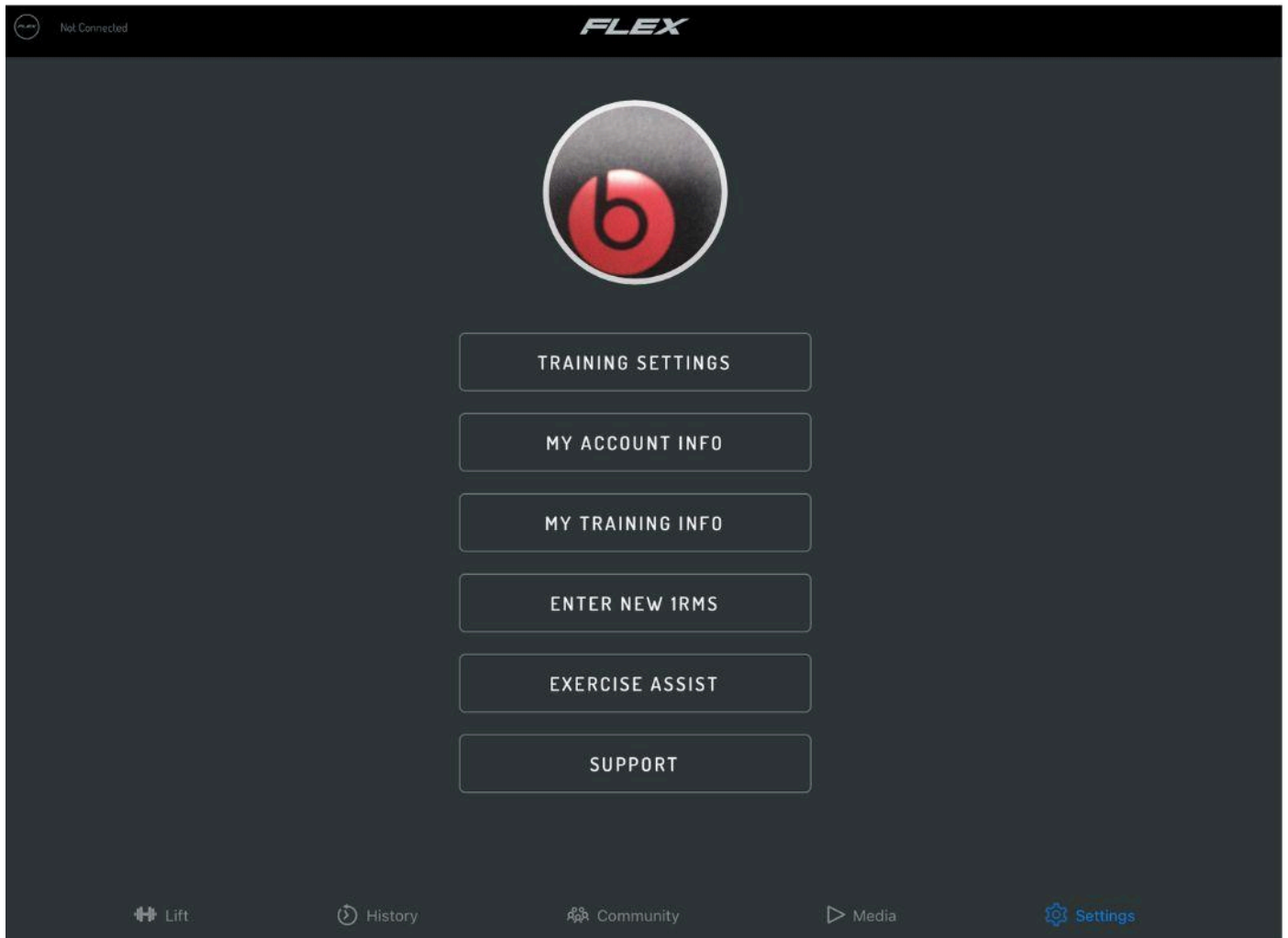
- You can send an encouraging fist bump, comment on their progress, and favorite their workouts to your list.
- For friends to find your account, make sure your settings are not set to private.
- Add new friends by tapping the + sign and searching their name.



## Settings

This is where you can edit your account information, FLEX settings (), 1RM settings, Exercise assist settings (retrain exercises) and Support

- Under Training settings you will find measurement types, Auto record settings, ect
- Account info you will find name, Profile visibility, ect.
- Training info allows you to set your training experience, body mass ect.
- Support will link you to our Zendesk for help.



## Training screen

1. Record in video mode
2. Set a rest timer
3. Exercise assist
4. Add a buddy
5. Set a velocity target
6. Add your bar weight
7. Metric viewed (tap to change between Peak and Mean)
8. Swipe to change metric
9. Set a prep timer (certain exercises only).
10. Connect your FLEX unit



## Exercise Assist

Exercise Assist is an additional feature to the FLEXstronger app that predicts what movement/exercise that you or your athlete is completing to ensure that your data is always accurate.

- A white lightning bolt is not learned and Orange means learned.
- Train your exercises with 3 sets of 5 reps.
- The account holder can retrain exercises by going into the settings menu.

More information can be found [here](#).

Turn ON/OFF Exercise Assist

ON OFF

DEVICE FLEX

EXERCISES TRAINED	CONFIDENCE
BENCH PRESS	78.47 %
CLEAN PULL HANG	69.76 %
DEADLIFT	93.96 %
POWER CLEAN	89.44 %
SQUAT BACK	87.47 %

EXERCISES UNTRAINED	CONFIDENCE
DEADLIFT TRAP BAR	0.00 %
JUMP COUNT MOVEMENT	0.00 %
ROW BENT OVER	0.00 %
PRESS OVERHEAD FRONT	0.00 %
SPLIT SQUAT	0.00 %
SNATCH	0.00 %
SQUAT ZERCHER	0.00 %
BENCH PULL	0.00 %
DEADLIFT TRAP BAR CHAIN	0.00 %

Lift History Community Media Settings

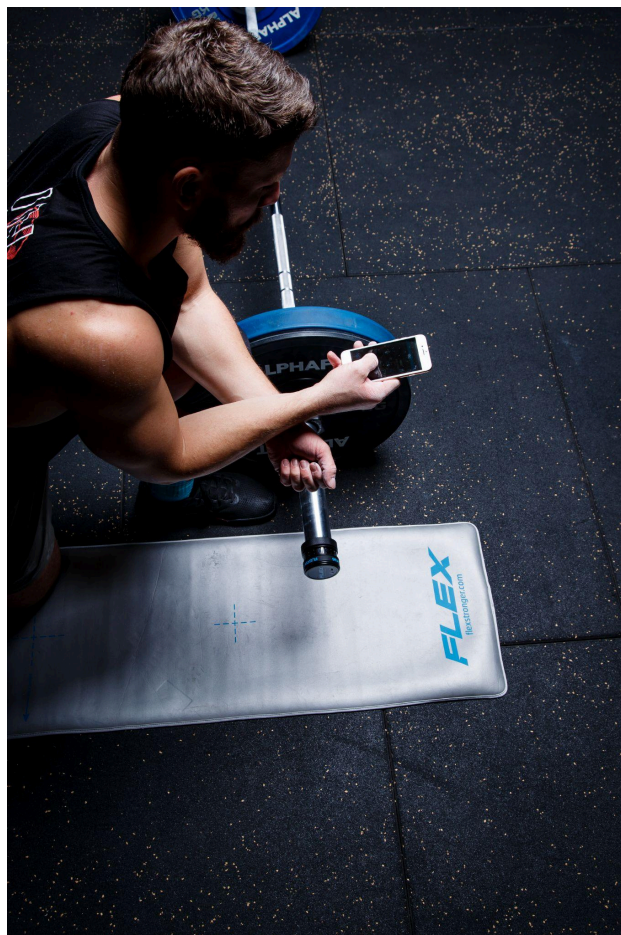
# FLEX x GymAware Integration

The FLEX has been integrated into the GymAware ecosystem, allowing you to utilize the GymAware iPad app and cloud for a fraction of the cost.

## Setup

Setting up the GymAware RS is a simple 4 step process, after which you are ready to start lifting!

1. Download the GymAware app on the [App Store](#) (available only on Apple iPad)
2. Turn on the FLEX (push the power button)
3. Open the GymAware app (available only on Apple iPad)
4. Tap in the bottom left hand corner to open the connection menu.
5. Find the device serial number in the menu and tap connect
6. Place the reflective mat under the bar, select your exercise and bar weight, and start lifting.

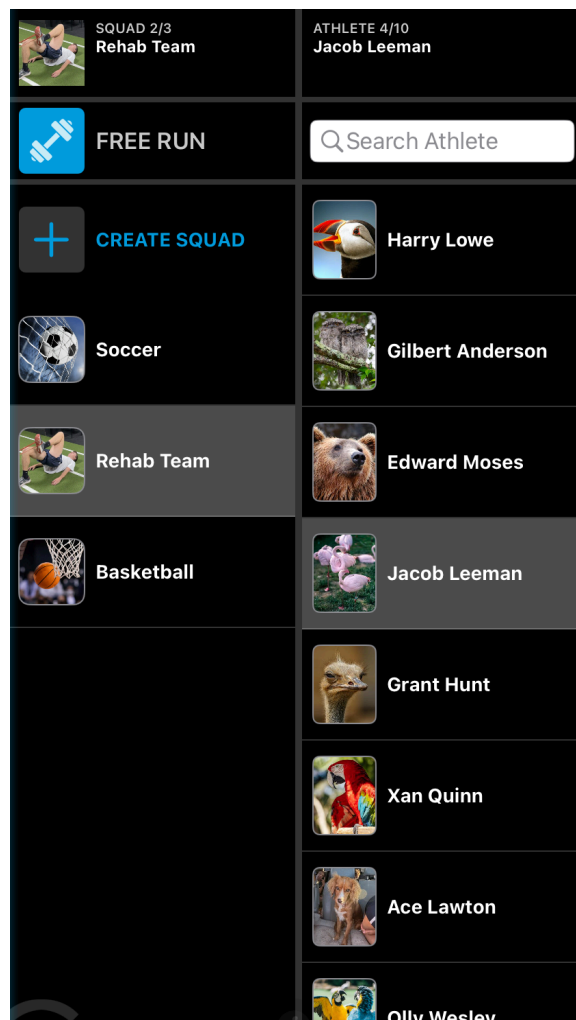


# GymAware App Features

## Squads

Utilizing Squads is how you organize your athletes. Whether by Sport, Position, Class, the benefit is allowing the athletes to efficiently get set up and start lifting.

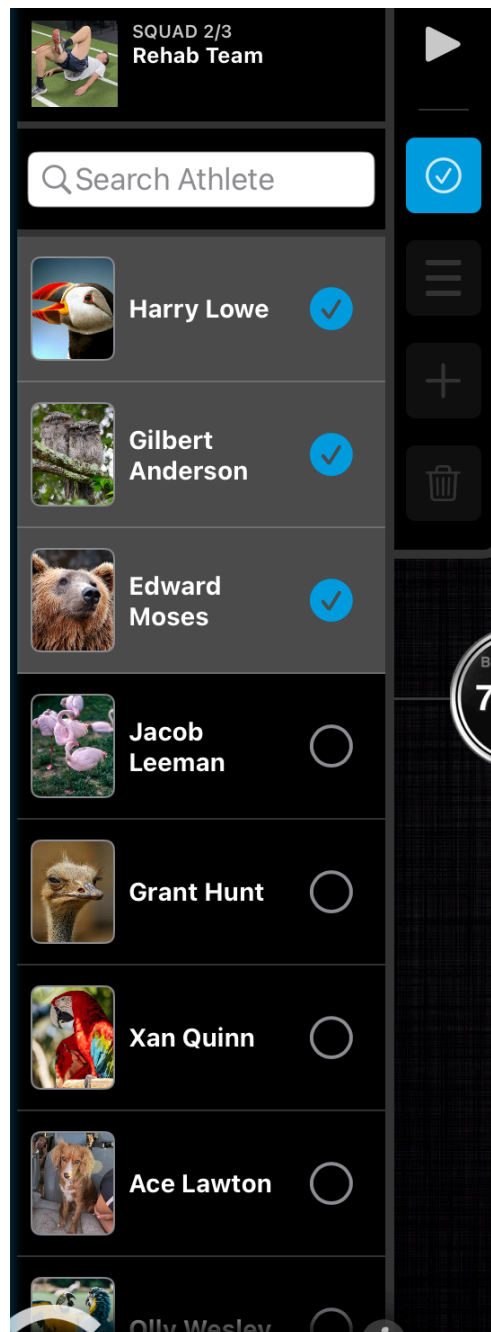
- Create your own Squads by scrolling to the top of the list (left hand side of the app) and press the '+', name the Squad and press the '+' to add Athletes. By swiping you can add or remove Athletes to this list.



## Shortlisting

Shortlisting is how athletes can assign themselves to a rack. Instead of cycling through the various number of athletes in a squad, you can shortlist certain athletes to a group.

- Shortlisting - Tap the ✓ on the left hand side of the app. Then tap the bubble next to the athlete's name you want in the list. Tap the ✓ to close this menu.
- You can also reorder the athletes that are selected by tapping the three horizontal lines under the ✓

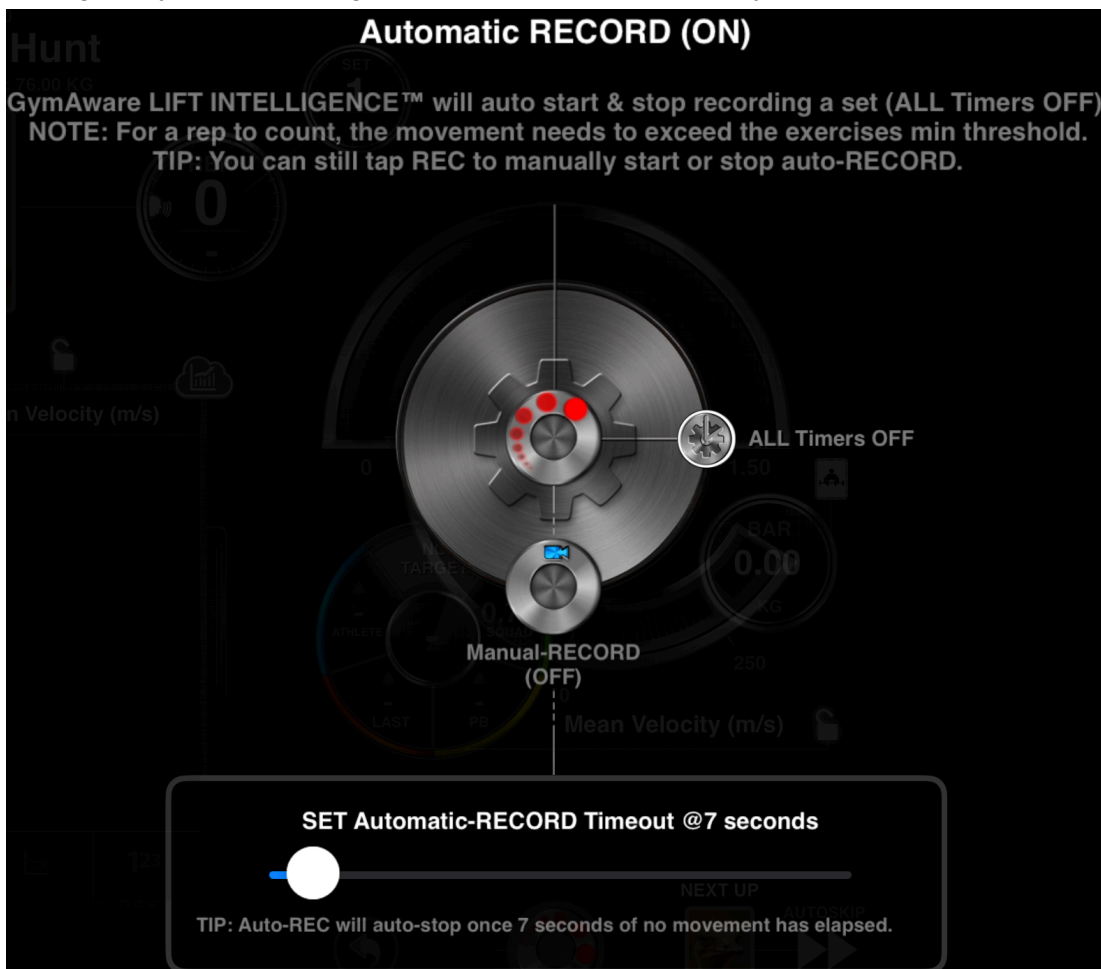


## Auto record/Manual Record

Auto record allows you to start collecting data as soon as the bar is picked up. There is no need to manually press start or stop. This feature creates efficiency in the weight room and allows athletes to lift instead of needing to interact with the iPad to start and stop a session.

- This can be turned off and will allow for a manual start/stop of the session.
- Tap the settings cog next to the auto record button.
- Tap the manual record button to swap between the two functions.

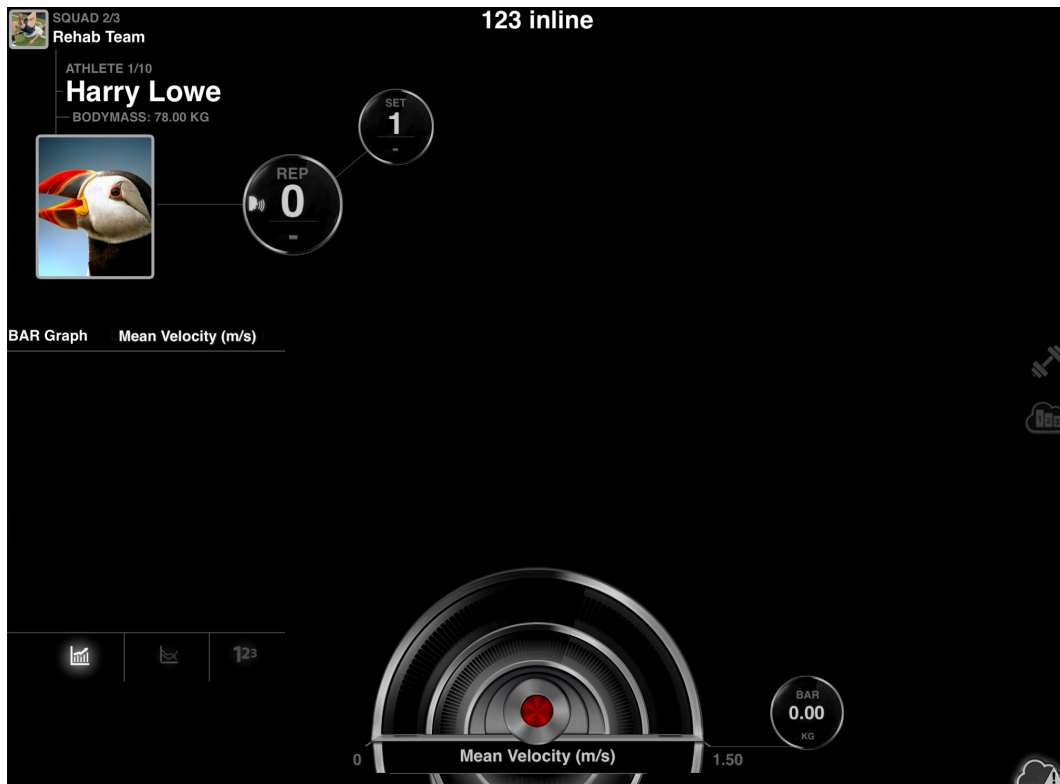
Manual record allows coaches to control the session, You might find this useful when doing jump testing or if you are wanting to use video mode (this is only available in manual record).



## Video mode

Video mode captures your lift with an overlay of the realtime metrics. This feature can only be used while in manual record mode.

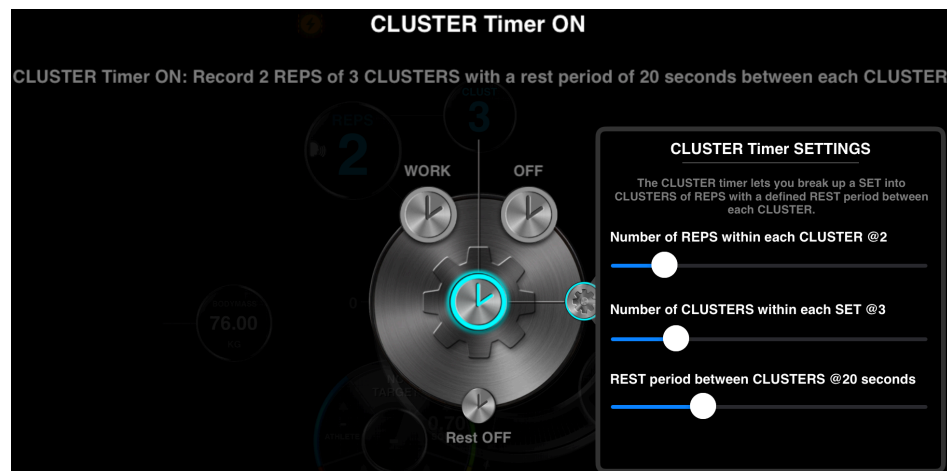
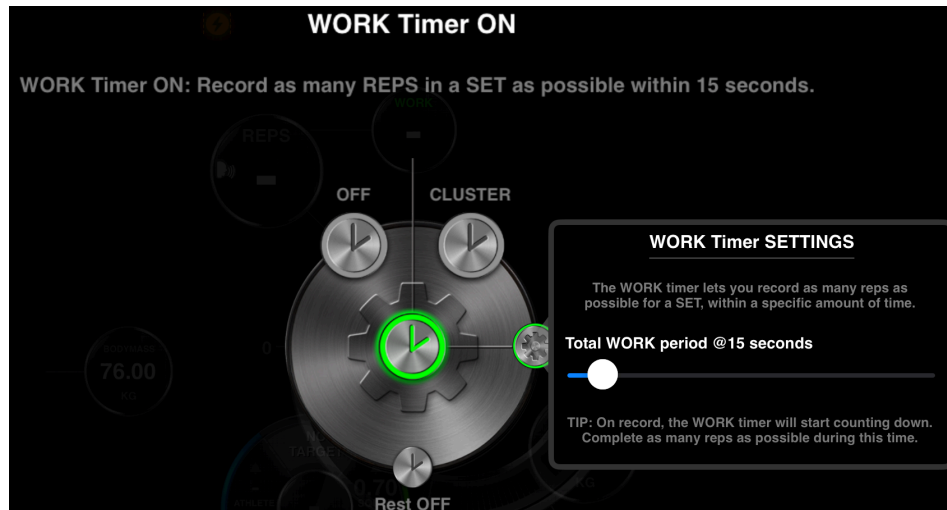
- This can only be done with Manual record turned on.
- These videos are saved in Photos on the iPad.



## Set timers

Timers allow you to add a different dynamic to your workouts. Add a Work or Cluster timer to your session with a simple set up.

- Tap the settings cog near the record button
- Tap the timers button, then select which timer you want to utilize.

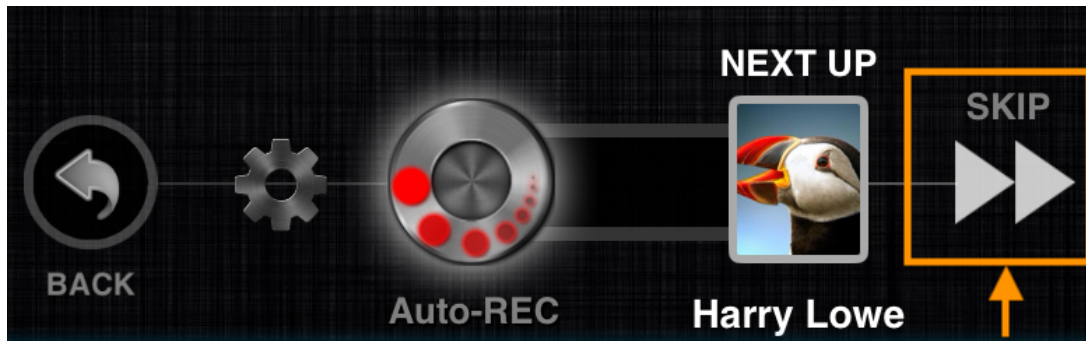


## Auto skip

This Feature jumps to the next athlete at the end of a set without touching the iPad. This is helpful with keeping the session going without needing to tap the app. Having a shortlisted squad will also assist with not needing to scroll to the next athlete.

Spend less time tinkering with the interface and keep the efficient session going.

- Double tap the 'skip' button to turn on Autoskip. Once the set ends, autoskip will move to the next athlete.
- Double tap 'Auto skip' to turn off

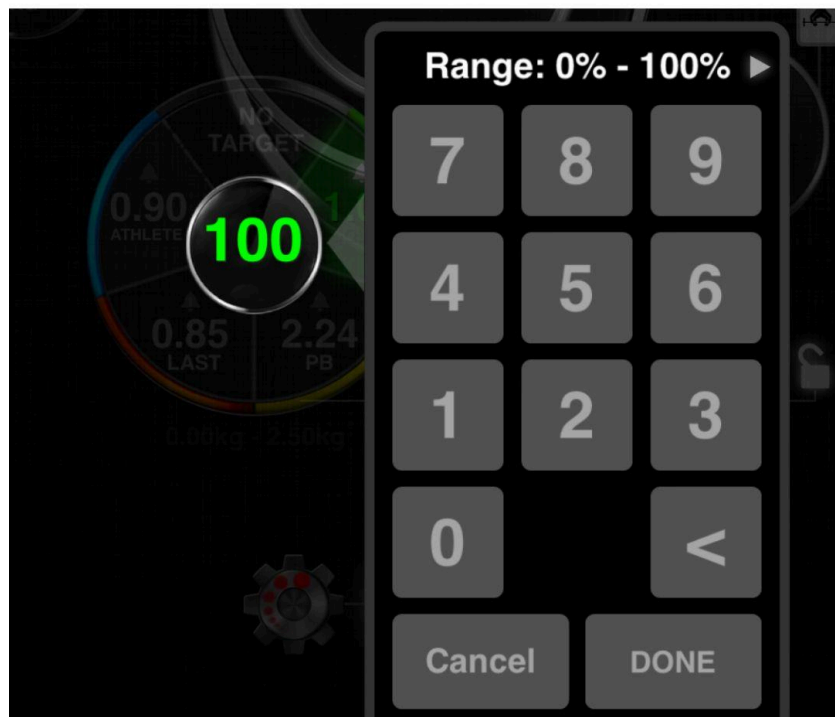


## Targets

Prescribing targets allows coaches to set markers for the athletes to attain. This information can help coaches and athletes make decisions on if the weight should be lighter or heavier. There are different types of targets (Squad, Athlete, PB and Last) in the app but they are all set up the same way. Only one target can be active at one time and a target type needs to be active to set zones.

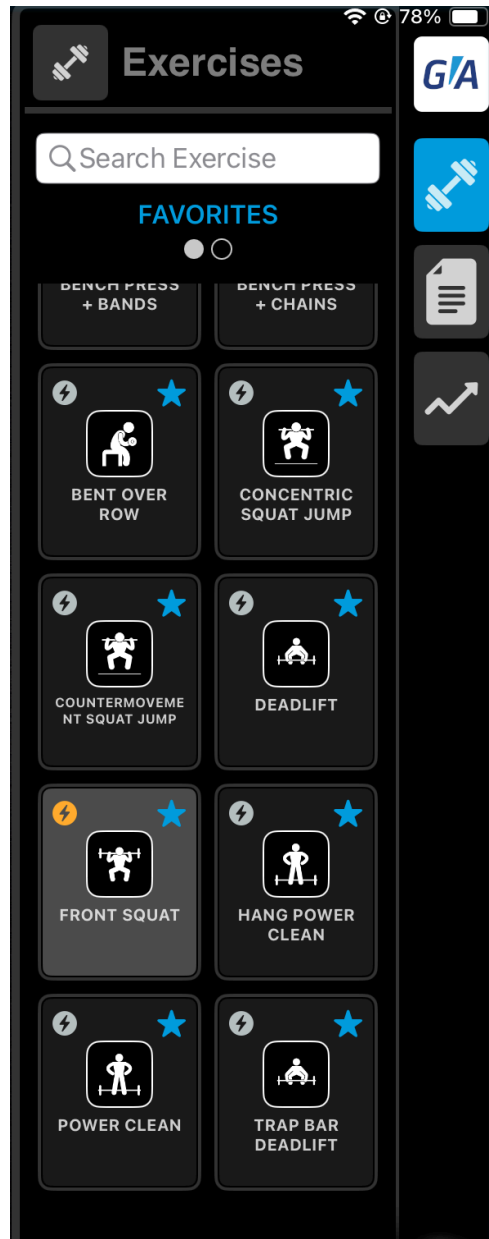
- Tap the Yellow Squad target in the center dial.
- Double tap the center dial - a keypad will pop up, type the number and press done.
- To set a zone, double tap the % - a Keypad will pop up - type the number you want the zone to be. This ranges from 100% to 50%. If you want a 20% zone created you will need to type 80.
- Velocity loss zone - Double tap the % and enter the percent drop you desire.





## Exercise List

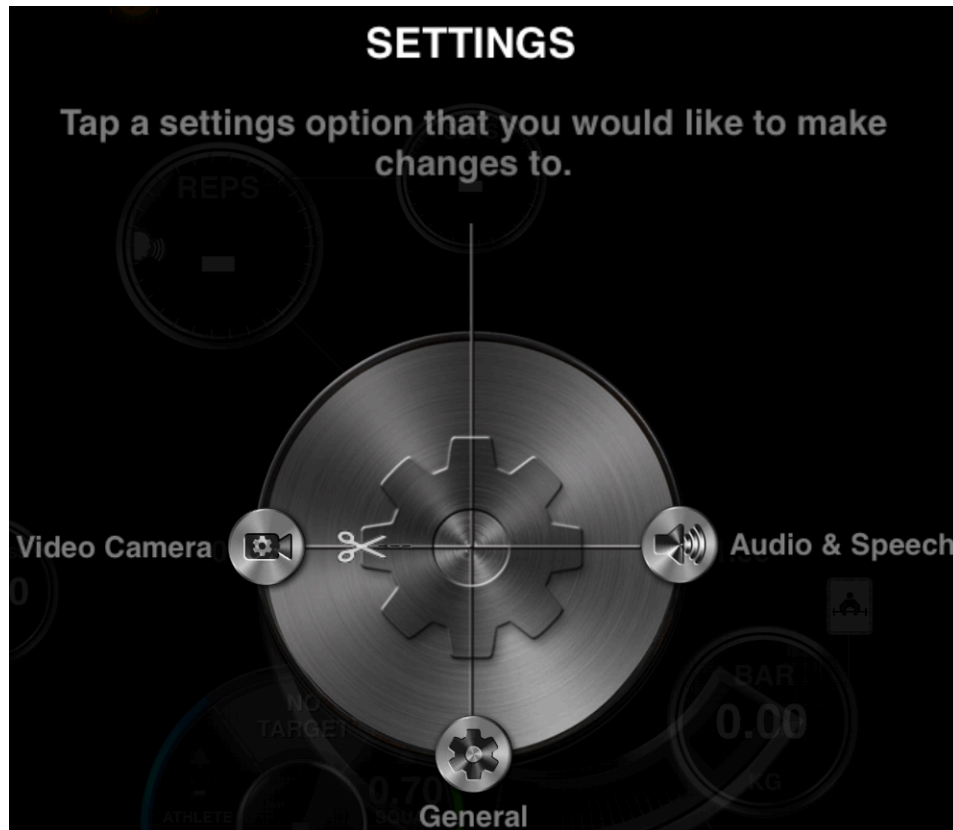
The Exercise List allows you to search an exercise and start lifting. You can tap the 'Star' to mark exercises as your favorites. This allows coaches and athletes to efficiently find the correct exercises needed during the session. Create your own exercise test by scrolling to the top of the list (right hand side of the app) and press the '+', name the Exercise Test and press the '+' to add Exercises. By swiping you can add or remove exercises to this list.



## Settings

This settings area is where you can adjust video mode settings, audio and speech settings and the general settings.

- Tap the cog under the center dial
- Adjust audio and speech, video and general settings



## Review and Help

This section of the app allows you to access the collected data in the app. You can make edits or rewatch the set. The help '?' allows you to see highlighted areas on the app that display help pop-ups when tapped.

- Tapping the 'set up athlete' will allow you to review recent data.
- You can make edits to each set/rep.
- Need help? You can tap the yellow **?** to toggle help mode. Activating this will bring up pop up dialogues around the app for help.

SQUAD 2/3  
Rehab Team

Search Athlete

Edward Moses

Grant Hunt

Ace Lawton

Roo Jamie

REVIEW ATHLETE 2/4

DATE	TIME	SETS	REPS	WEIGHT	Best Rep (m/s)
30/4/2025	09:03:52	2/2	3	70.00	0.90
30/4/2025	08:56:31	1/2	3	70.00	0.84
30/4/2025	08:51:28	1/1	3	4.54	1.00
24/4/2025	16:55:22	1/1	1	90.00	0.39

Mean Velocity (m/s)

AV: 0.83

68.75kg - 71.25kg

NO TARGET

ATHLETE: 0.70

SQUAD: 0.84

LAST: PB

BODYMASS: 76.00 KG

0.71 0.87 0.90

Exercises

Search Exercise

DEADLIFT

AUTO OFF

POWERTOOL: Disconnected

LOGGED IN

Online: CLOUD

v5.0.9 | b793 | GIT:feature-workouts | 178d80ee

**HELP Mode ON**  
Tap what you want to learn more about & exit help mode when done

# Front Squat

**REPS** [Progress Bar]

**SETS** [Progress Bar]

**BODYMASS**  
104.00  
KG

**TARGET** [Progress Bar]

**BAR**  
60.00  
KG

**Mean Velocity (m/s)** [Progress Bar]

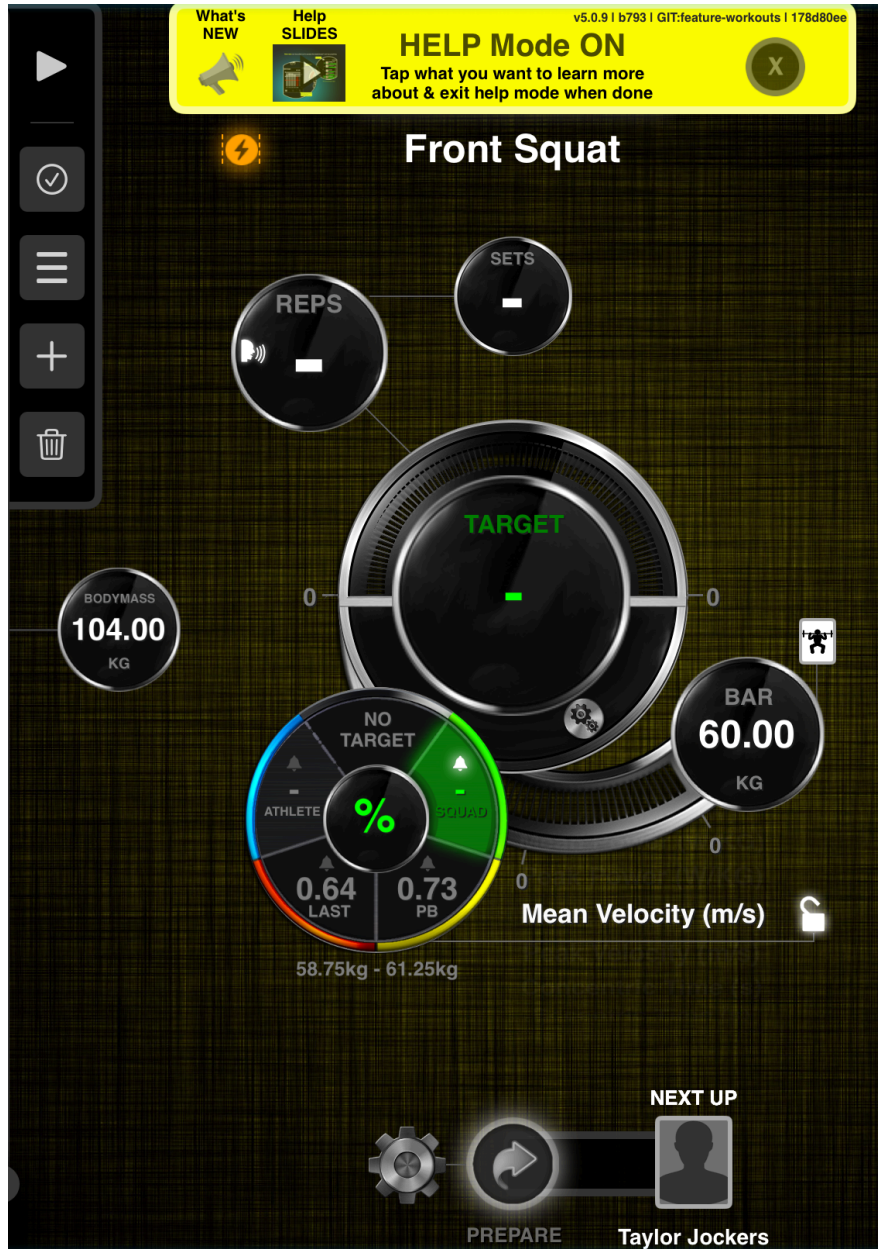
58.75kg - 61.25kg

**NO TARGET**

**ATHLETE** 0.64 LAST

**SQUAD** 0.73 PB

**PREPARE** **NEXT UP** Taylor Jockers



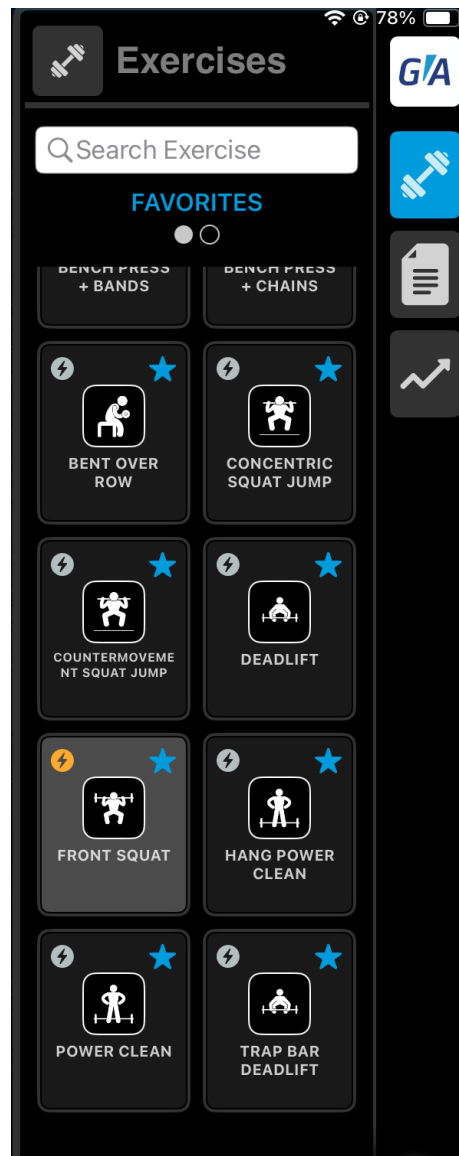
## Exercise Assist

Exercise Assist is an additional feature to the GymAware app that predicts what movement/exercise that you or your athlete is completing to ensure that your data is always accurate.

Exercise assist is only available with one of the [Cloud Subscription](#) levels.

- A white lightning bolt means the exercise is not learned and Orange means learned.
- Train your exercises with 3 sets of 5 reps.
- This data can be retrained by logging into the cloud.
- Each Athlete will need to use his or her profile to keep the trained data accurate.

More information can be found [here](#).



## Subscription Options

Collecting the data is important, but being able to review that data in a safe location is more crucial. We make this easy with a range of software options that are compatible with your GymAware RS device:

	Free Run	Essentials (\$325)	Standard (\$545)	Premium (\$1095)	Enterprise (\$2195)
Basic Metrics	✓	✓	✓	✓	✓
Data Collection		✓ (local to iPad)	✓	✓	✓
Data Export		✓ (30 days only)	✓	✓	✓
Cloud Login			✓	✓	✓
Advanced metric				✓	✓
Reporting/API				✓	✓
Coach Logins		1	2	6	15
Athlete Count		50	50	200	unlimited
1RM Dashboard				✓	✓
Exercise Naming				✓	✓
Workout Builder				✓	✓

Which subscription options would suit you best? Contact our team at [support@gymaware.com](mailto:support@gymaware.com) or follow this [link](#) to learn more.

## Contact Us

If you have further questions about our products/software please check out our the [GymAware Zendesk](#) for help articles or contact our support team at [Support@gymaware.com](mailto:Support@gymaware.com)