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# Get Started with the GymAware RS

## Setup GymAware

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. With the unit placed on a level surface, turn the RS on by pulling the tether 3 times or pressing the yellow button.
3. Open the GymAware app, tap the bottom left hand corner to open the connection menu. Find the device serial number in the menu and tap 'connect'.
4. Now place the RS under the bar and connect the tether to the bar.

## Do's and Don'ts

The list of Do's and don'ts is small, but these steps are important to maintain correct data collection and longevity.

### Do's

- Make sure your Bluetooth settings are turned on.
- Only connect the tether *after* the RS is connected to the app. This will ensure the RS is 'Zeroed' correctly.
- Use a baseplate for stability when using the GymAware RS.
- Use for barbell exercises, bodyweight jumps or Barbell Jumps, pin loaded weight machines; leg press etc.

### Don'ts

- Do not let go of the tether when retracting it. The tether should retract in a controlled manner.
- If you have a tether issue, do **NOT** unscrew the bronze shaft that the spool is threaded to. This will loosen the connection and will need to be tightened.
- Do **Not** place the RS under the weights. This could lead to damaging the unit.

## Device Maintenance

The RS is rugged so the maintenance is minimal, but the steps below will keep the RS in the best shape possible.

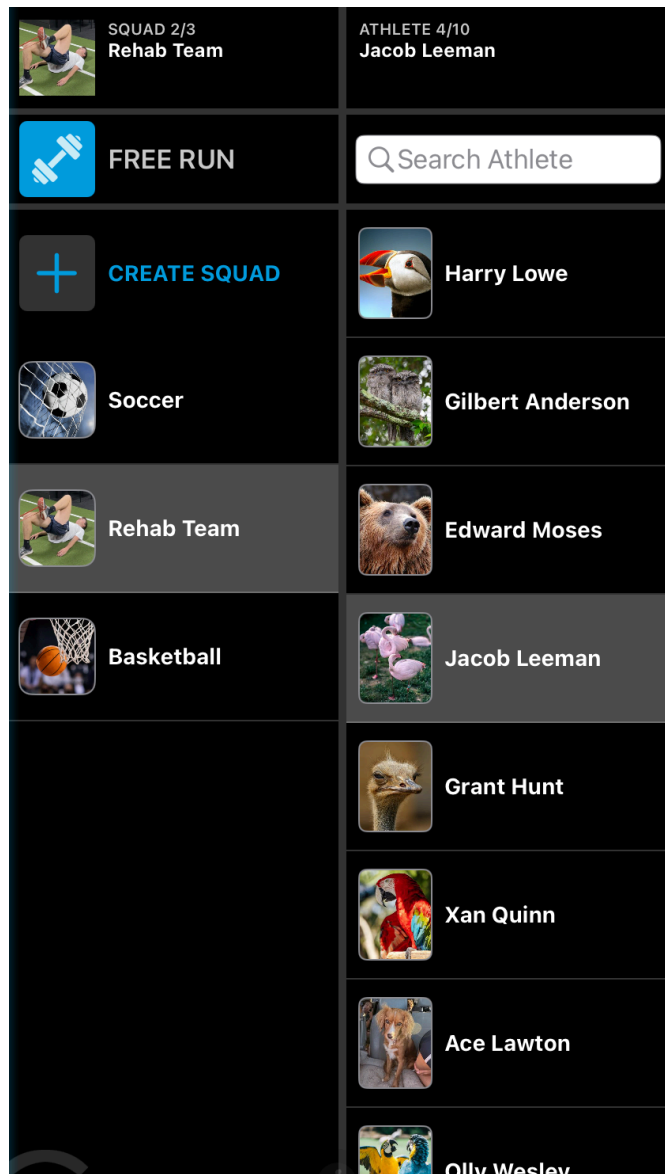
- The battery will need to be charged every 3-4 weeks with consistent use. Be sure to use the charging cables that came with the device.
- Store the GymAware RS in a dry place.

# 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.

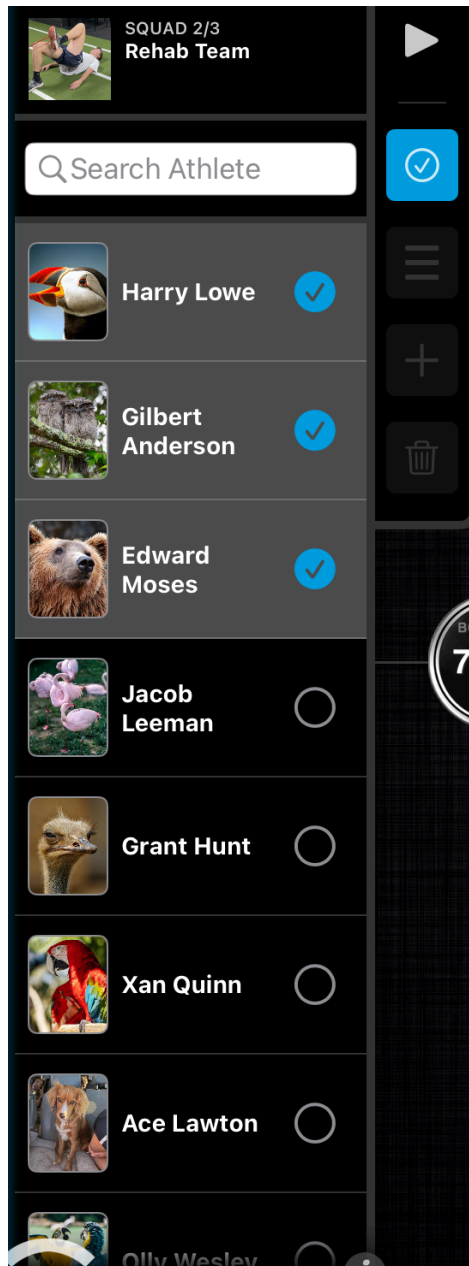
- Create your own Squads by scrolling to the top of the list (left hand side of the app) and press the '+', name the Squad and press the '+' to add Athletes. By swiping you can add or remove Athletes to this list.



## 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).

**Automatic RECORD (ON)**

GymAware LIFT INTELLIGENCE™ will auto start & stop recording a set (ALL Timers OFF).  
NOTE: For a rep to count, the movement needs to exceed the exercises min threshold.  
TIP: You can still tap REC to manually start or stop auto-RECORD.

ALL Timers OFF

Manual-RECORD (OFF)

SET Automatic-RECORD Timeout @7 seconds

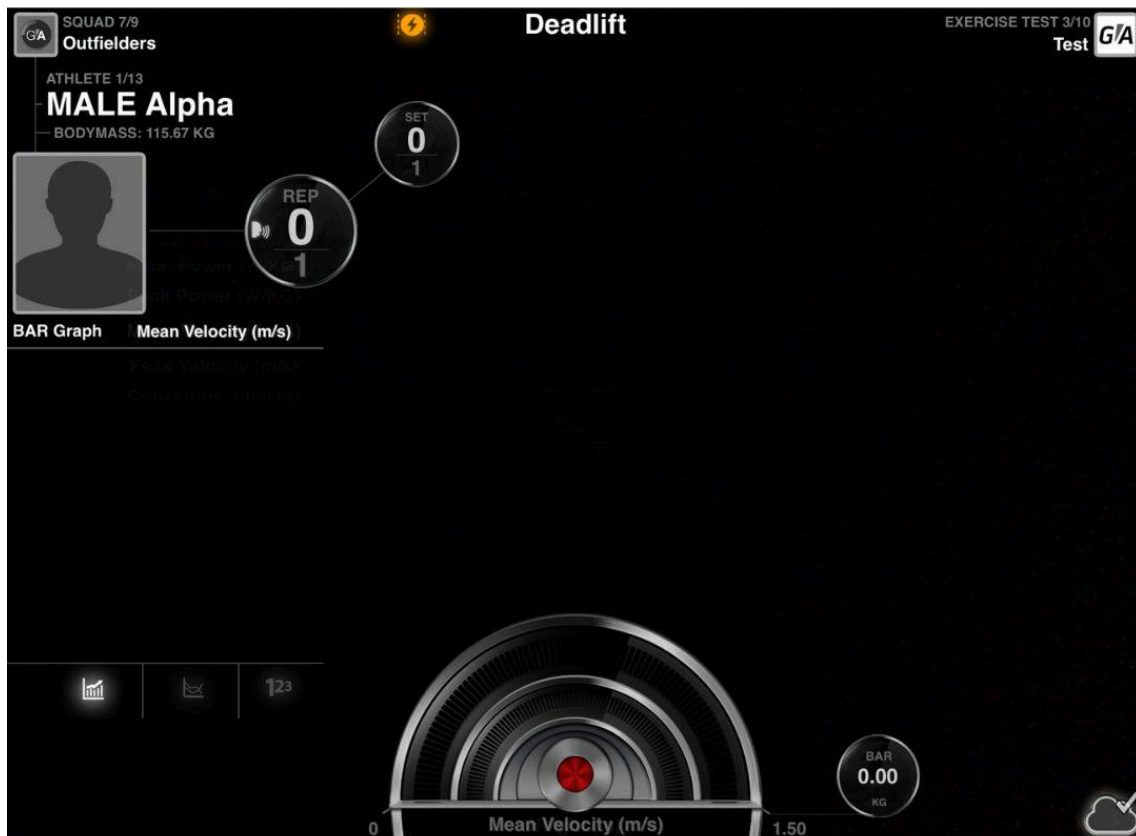
TIP: Auto-REC will auto-stop once 7 seconds of no movement has elapsed.

The screenshot shows a dark-themed interface with various data points and controls. A large gear icon is highlighted with a red dot, indicating the recording mode settings. A slider at the bottom is set to 7 seconds for the automatic recording timeout. The interface also displays 'ALL Timers OFF' and 'Manual-RECORD (OFF)'.

## 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.

### CLUSTER Timer ON

CLUSTER Timer ON: Record 2 REPS of 3 CLUSTERS with a rest period of 20 seconds between each CLUSTER.

**CLUSTER Timer SETTINGS**

The CLUSTER timer lets you break up a SET into CLUSTERS of REPS with a defined REST period between each CLUSTER.

Number of REPS within each CLUSTER @2

Number of CLUSTERS within each SET @3

REST period between CLUSTERS @20 seconds

### WORK Timer ON

WORK Timer ON: Record as many REPS in a SET as possible within 15 seconds.

**WORK Timer SETTINGS**

The WORK timer lets you record as many reps as possible for a SET, within a specific amount of time.

Total WORK period @15 seconds

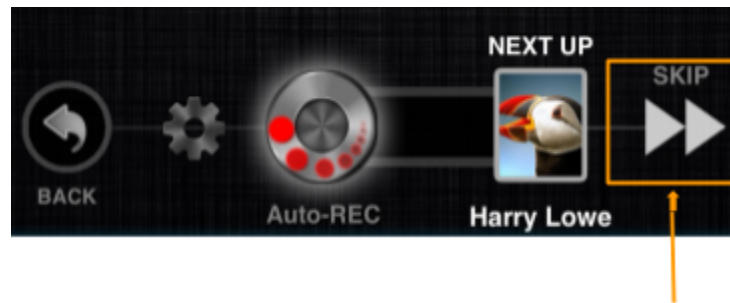
TIP: On record, the WORK timer will start counting down. Complete as many reps as possible during this time.

## 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

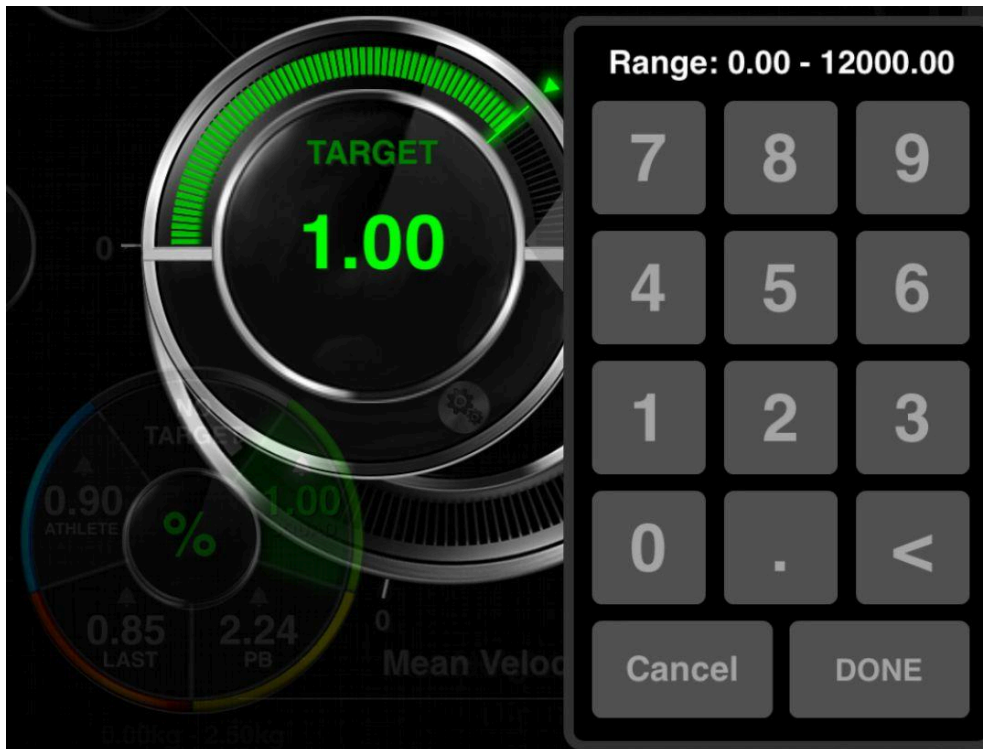


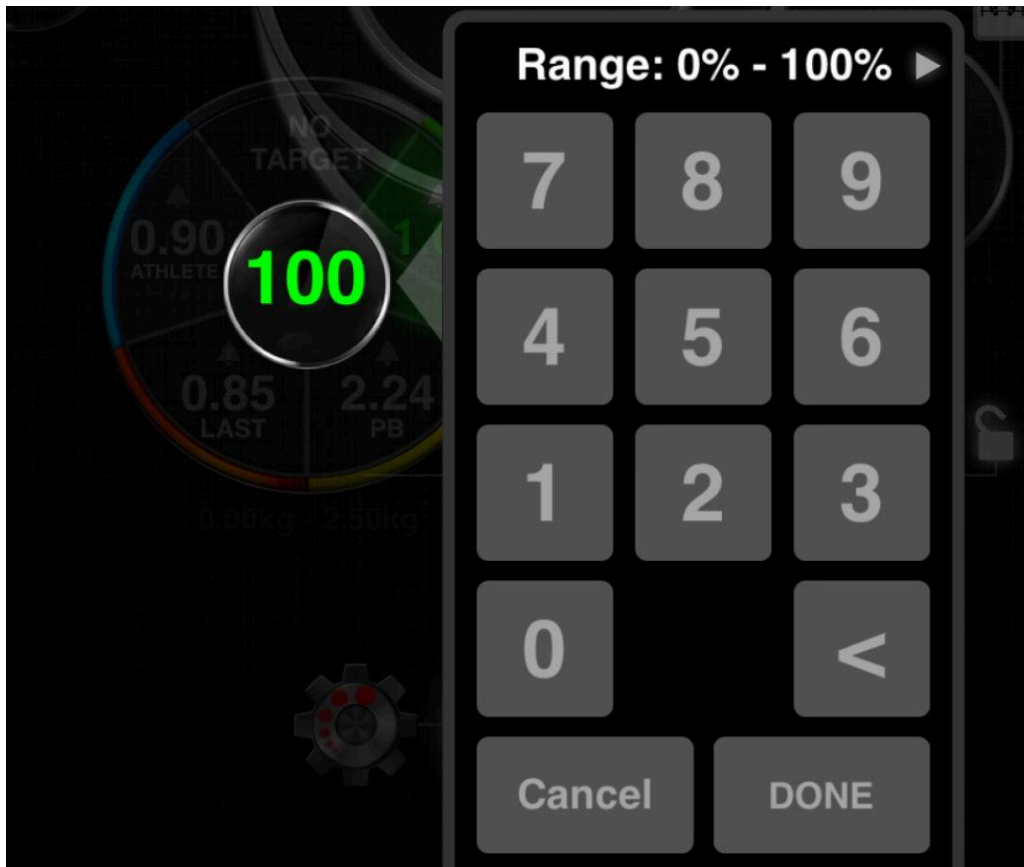
## Targets

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.

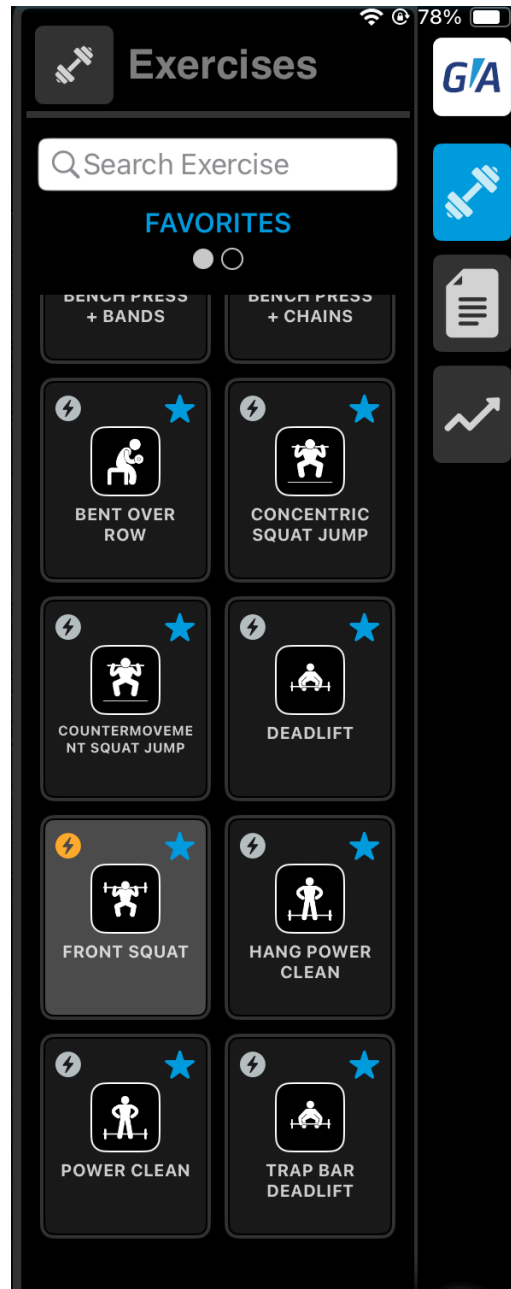
- Tap the Yellow Squad target in the center dial.
- Double tap the center dial - a keypad will pop up, type the number and press done.
- To set a zone, double tap the % - a Keypad will pop up - type the number you want the zone to be. This ranges from 100% to 50%. If you want a 20% zone created you will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





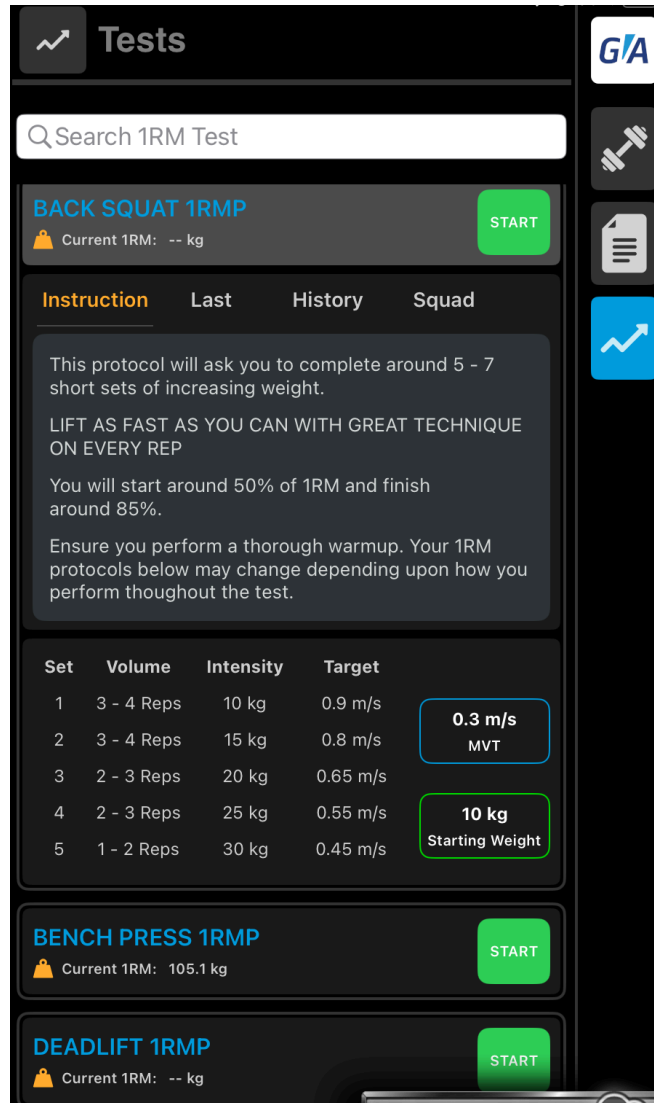
## Exercise List

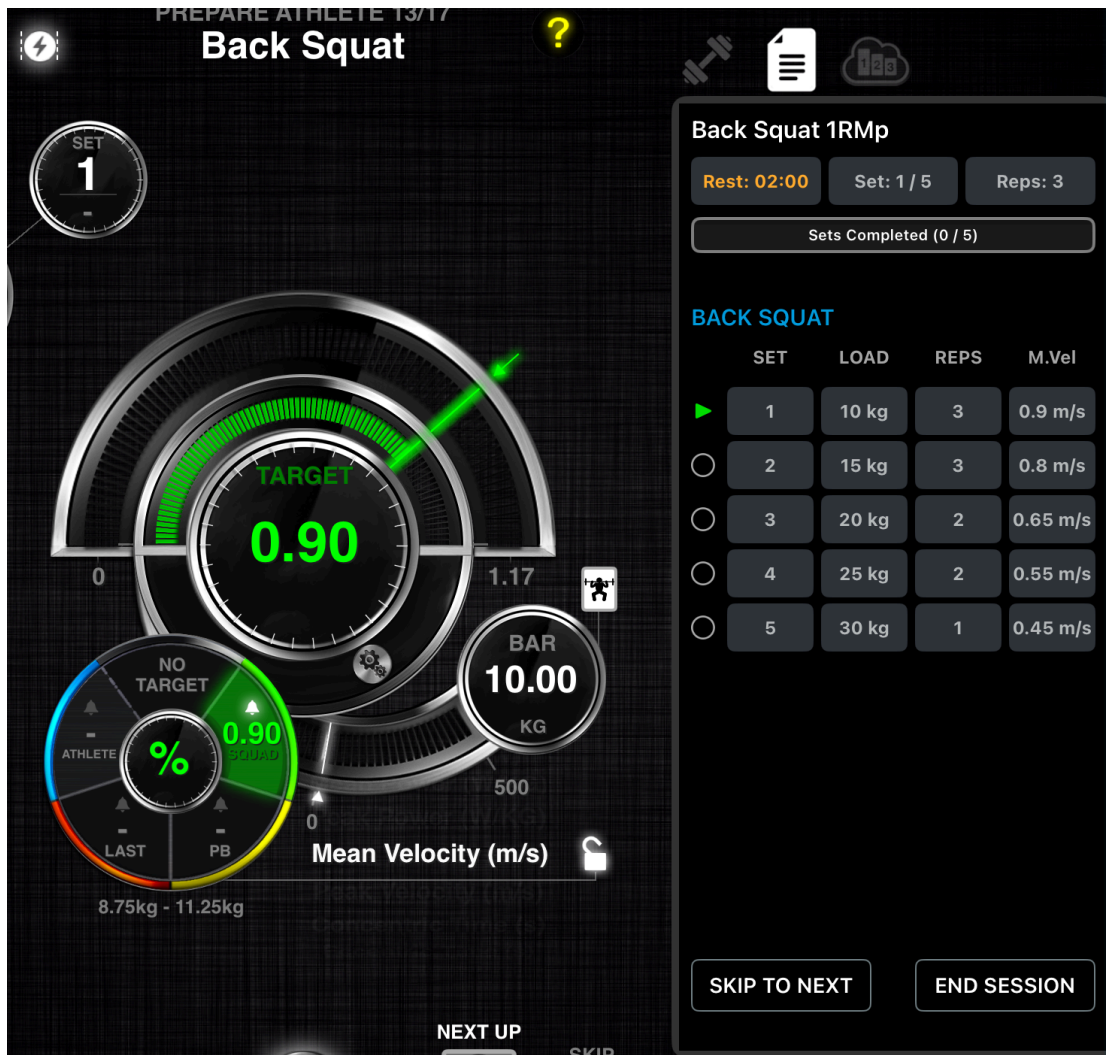
The Exercise List allows you to search an exercise and start lifting. You can tap the 'Star' to mark exercises as your favorites. This allows coaches and athletes to efficiently find the correct exercises needed during the session. Create your own exercise test by scrolling to the top of the list (right 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.



# 1RM Testing

This New feature allows you to do a 1RM test in the app. You can set you starting weight based on your 1RM (if you know it) and your MVT. Once you press start you will be follow the prompts, velocity targets and weight suggestions to get a accurate 1RM result.





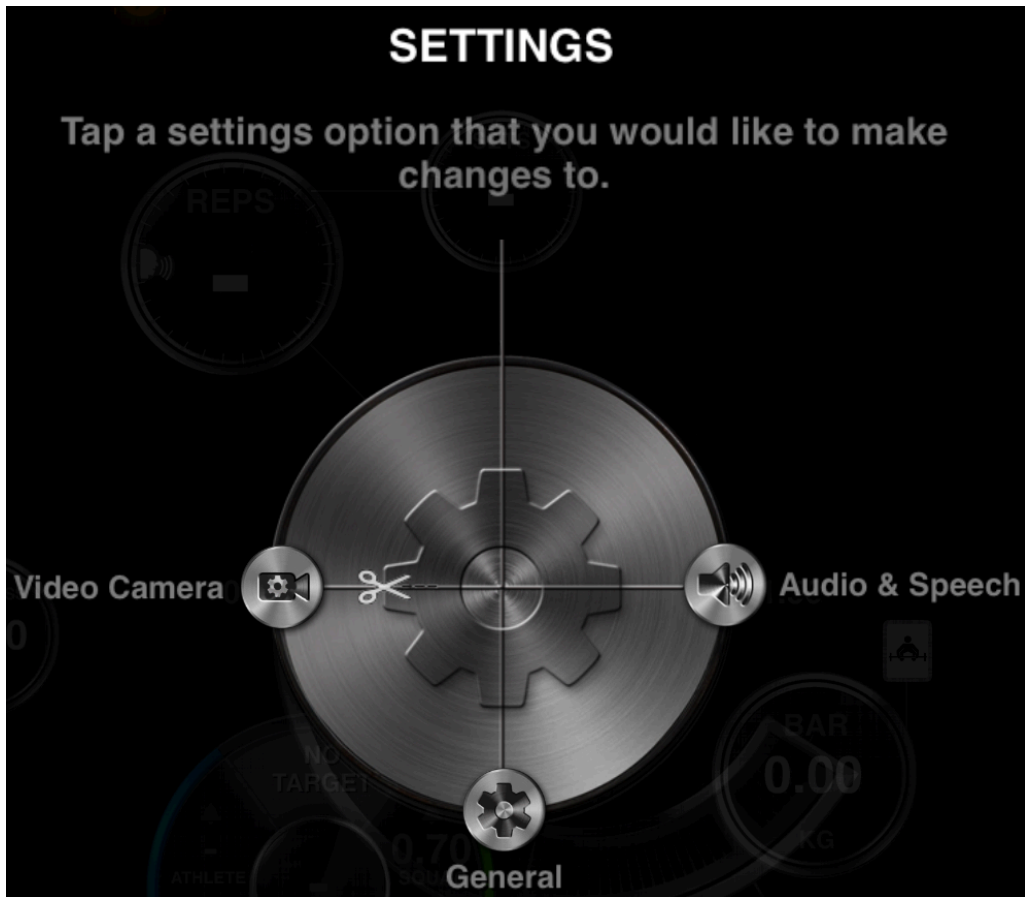
## Settings

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

# SETTINGS

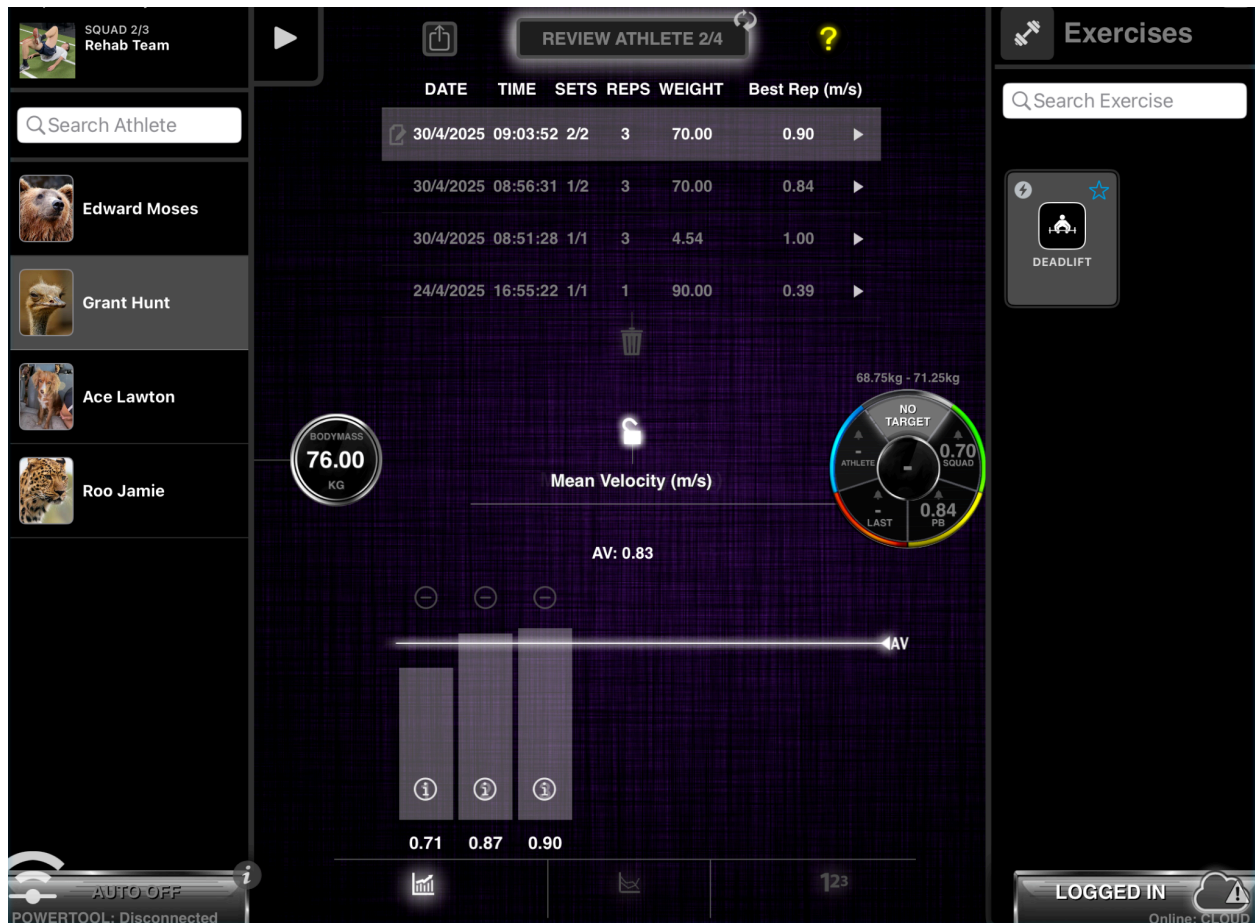
Tap a settings option that you would like to make changes to.

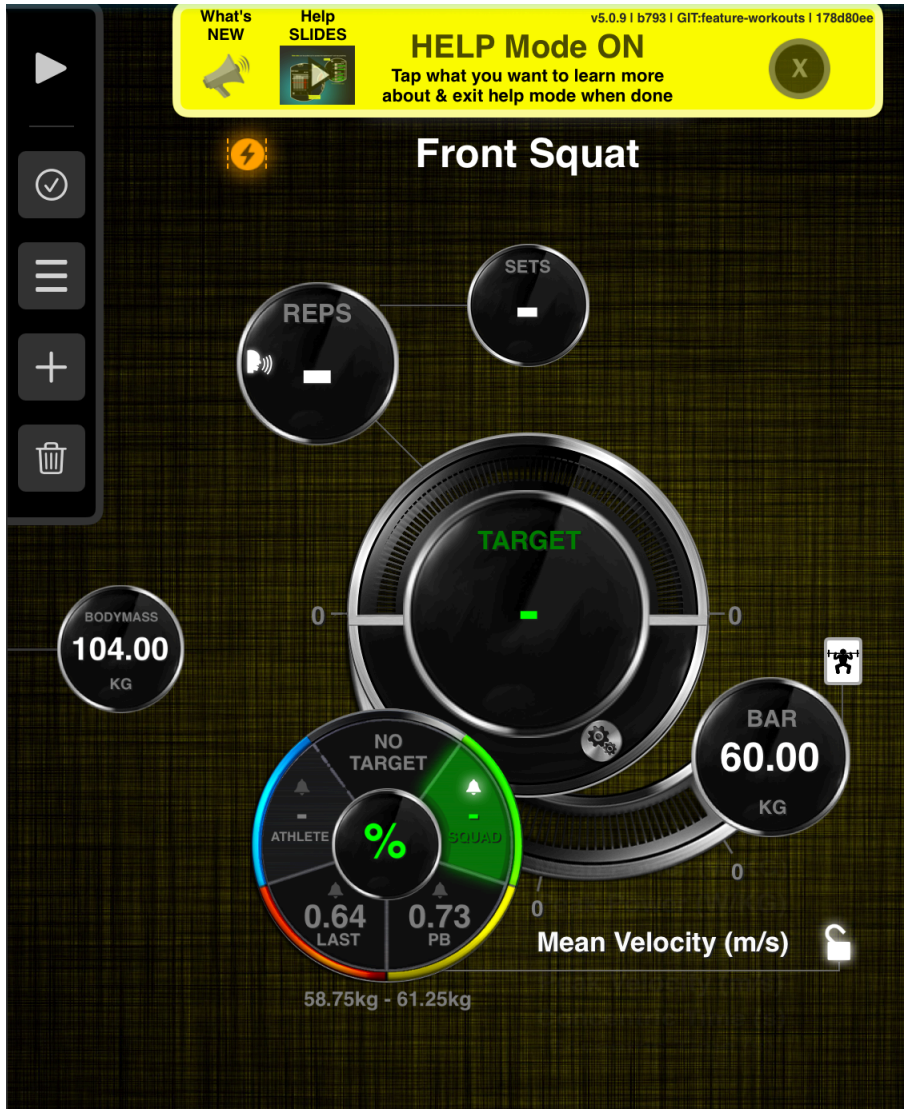


## Review and Help

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.





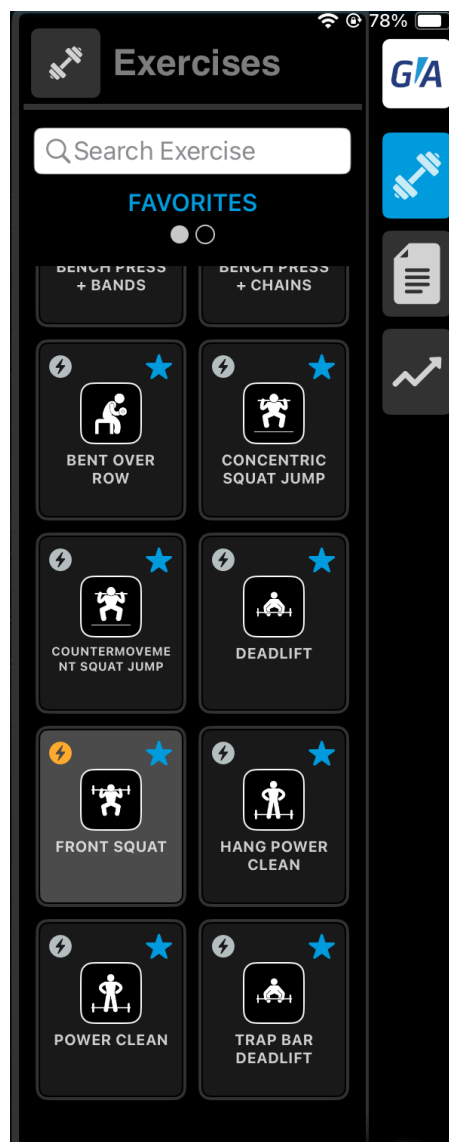
Exercise Assist

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	250	unlimited
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 the [GymAware Zendesk](#) for help articles or contact our support team at [Support@gymaware.com](mailto:Support@gymaware.com)