

# GYM/AWARE

## USER GUIDE



# What's in the Box?

GymAware

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- Each GymAware kit contains:**
- GymAware device
  - USB charger cable
  - Service kit
  - Quick start guide
  - Velocity training bookmark

## Welcome

### Congratulations on your purchase of a GymAware PowerTool.

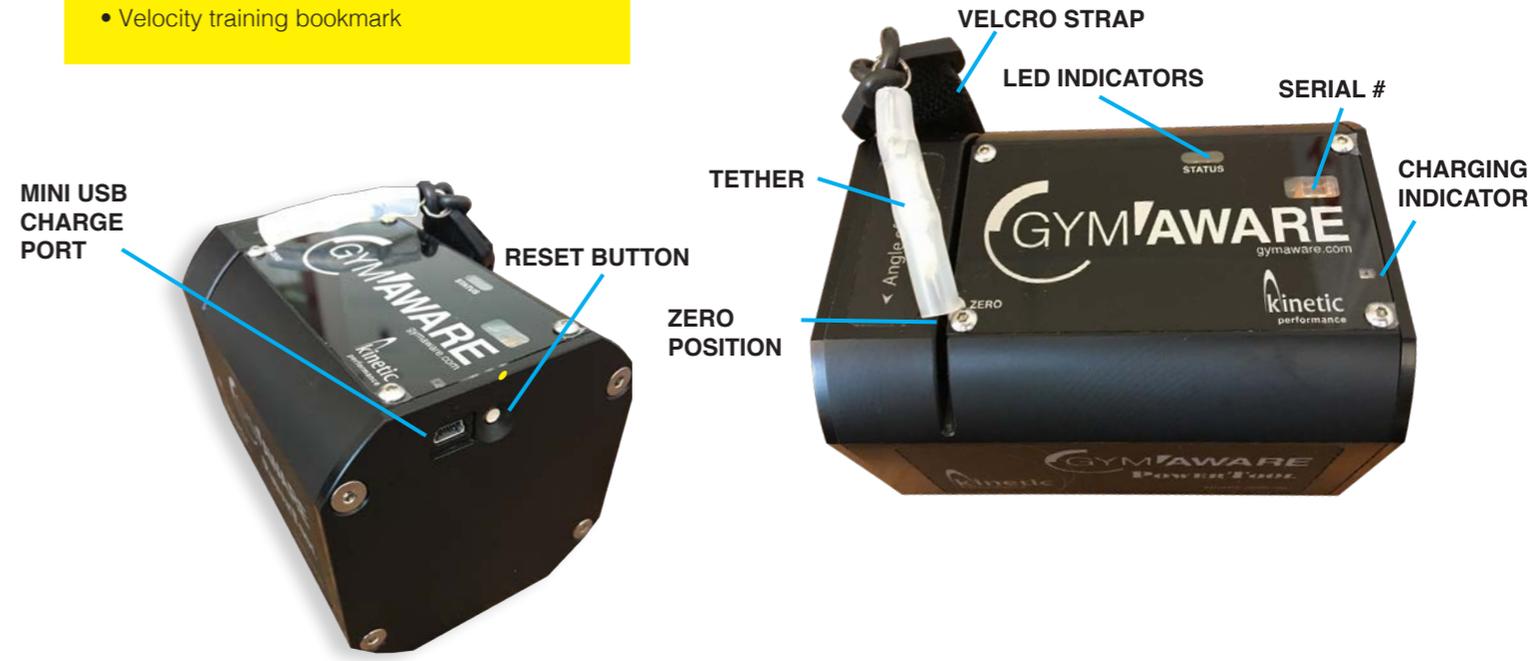
You have now joined the community of GymAware users who are all benefitting from using the best velocity and power monitoring equipment available.

We value your feedback on our products and hope that you will contact us with any questions or comments you may have.

This user guide is designed to get you up and running; there are some great GymAware set up tutorials available on YouTube: search for "GymAware Setup".

For further **on-line help** and tutorials check out our support at [gymaware.zendesk.com](https://gymaware.zendesk.com)

The GymAware PowerTool is backed with a 12 month warranty - see [gymaware.com](https://gymaware.com) for further details.



# Get Connected - GymAware 2



## Download the GymAware App from the iTunes Apps store

Search for GymAware in "iPad only Apps"

**Note:** GymAware will **only** work with App v2.3 and above.  
For the best experience make sure your iPad is running the **latest version of iOS.**

### Get Started:

Ensure the iPad App is downloaded and the GymAware is placed on a flat surface on its magnetic feet.

1. Open the GymAware App - *On initial opening only, the App guide will appear as a set of slides - read these then close by clicking the "X" at the top of the window.\**
2. Slowly **pull the tether twice** to wake up your PowerTool - or press the reset switch located on the side of the PowerTool
3. The connection window will pop up (bottom left of the screen)
4. Ensure the tether is fully retracted
5. Tap the I'm at Zero button\*\*

You are now connected and ready to collect data!



\*The help slides can be accessed at any time by tapping the yellow "?" located under the iPad time at the top of the screen.

\*\* Zeroing the device only needs to be done once per session

# Welcome 3 Launching the in-App Help

The very first time you open the App, you will see a series of introduction slides. Help is available throughout the App by tapping the yellow "?" Once **HELP** mode is on, tap on an element to learn more and then tap the "X" when you are finished learning to return to the active state of the App.



Tap the **ABOUT** button to replay the introduction slides.

Tap the **"X"** button to exit help mode.

Once **HELP** mode is activated, tap each element to reveal the information.

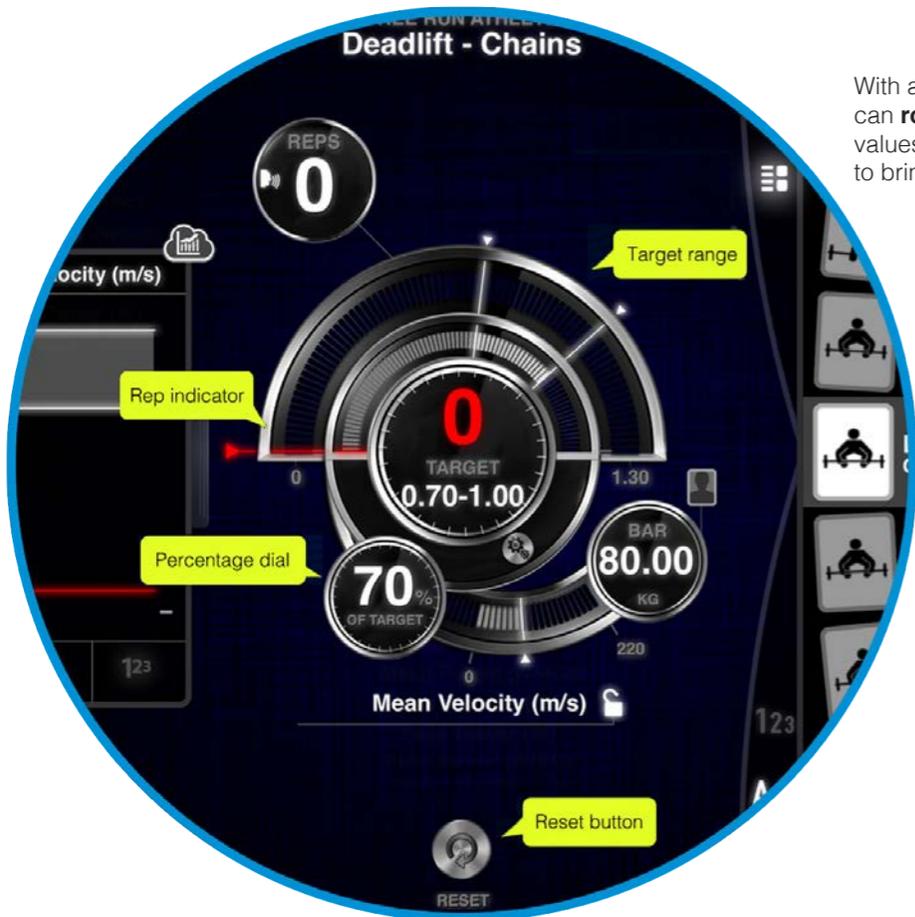
You may need to scroll the yellow box to reveal all the information.

**Bar Weight**  
Adjust the selected exercise's **BAR WEIGHT**.  
Adjustments can be made by either touching & rotating the dial, like a conventional stereo knob. Alternatively, you can double tap the dial to pop open a keypad entry input, similar to a calculator keypad. It's

# Basic App Guide 4

## Using the Dial Interface

With any of the input fields you can **rotate** the dial to update values or use the **double tap** to bring up the key pad.



# Basic App Guide 4

## 4 Modes GymAware App

### 1. FreeRun

The default mode is **FreeRun**



This is free to all FLEX and GymAware users. No data is stored on the iPad and there are no athlete profiles or ranges.

### 2. GymAware Teams

This requires an in-App purchase of \$295/yr and gives users the ability to register up to 250 athletes via the iPad.

Data remains local to the iPad and includes more advanced Targets and features.

# App Basic Guide 4

## 3. GymAware Cloud Teams



GymAware Leaderboard via GymAware Cloud subscription

Complete your GymAware ecosystem with our introductory Cloud tier. A Cloud Teams license gives you access to a suite of online features curated for busy team-based coaches. Get 2 x coach logins, bulk add athletes, unlimited data review, online leaderboards, velocity board and preset VBT zones.

Recommended for coaches who need only a light touch from their online software. Includes unlimited GymAware units.

\$495/yr

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For comprehensive Velocity Based Training and elite performance reporting.

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For remote coaches integrating the FLEX Stronger app into their toolset, this tier unlocks a data bridge that allows data collected on the FLEX Stronger app to sync to your Cloud account.

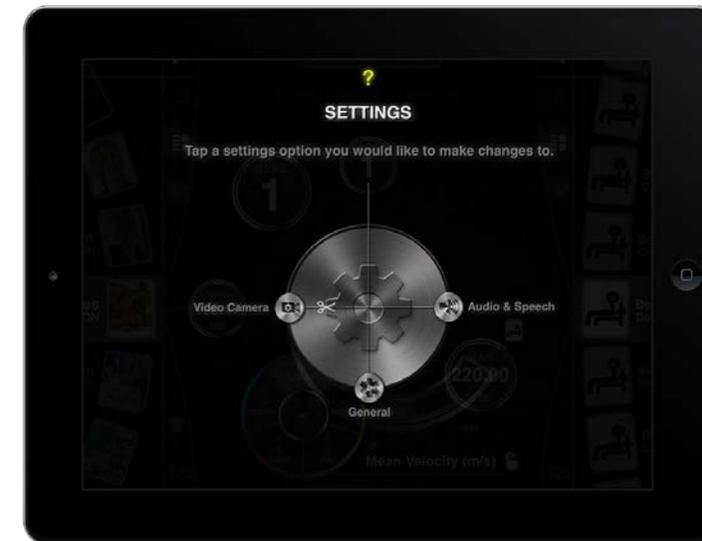
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\$995/yr

# Basic App Guide 4

## General App Settings

Access the General, Audio/Speech and Camera settings from one main area at the Prepare or Setup screen.



Settings are accessed by tapping the cog icon:

Options include -

- Audio and speech options: Customisable target sounds
- Video camera settings
- General settings including kg/lbs etc. (non global weight metric)

## Recording Modes

By default, Auto-Rec mode is enabled.

Access the recording modes from either the PREPARE or SETUP screens. The icon is the **COG** shaped icon next to the PREPARE or RECORD button (depending on which screen you are in).

To enter the recording mode settings, tap the COG icon.

**SET timeout** can be adjusted from this screen. The set timeout refers to how many seconds after no bar movement will the set automatically stop recording.

This can be adjusted up to 60 seconds.



## SETUP screen (GymAware Cloud Teams/Pro)

### SQUAD selector

Tap on the Squad tab or arrow at the top of the screen to reveal the squad list.

After selecting the squad the athletes are displayed. Tap on an athlete to select them.

To switch between "Set Up" and "Review" tap the Box at the top of the screen.

Press the "Record" button to proceed to the "Prepare" screen where you can make any final adjustments.



Tap to switch between REVIEW screen and SETUP screen.

All dials are adjustable in SETUP screen.

**EXERCISE selector**  
Tap the "Exercise tests label" to reveal the list of pre-programmed exercise tests

Tap the target segment you wish to use.

When you have setup the athletes, tap the REC button to move to the prepare screen.

## PREPARE Screen

To return to the setup screen press the **BACK** button located at the bottom of the screen.

Use this screen as a final check of parameters and position athlete.

In this view the **LEADERBOARD** tab is hidden. The **BAR GRAPH** tab has been swiped open to display the results in this form.

Tap the line graph option and change the parameter to bar path to view real time position of the bar.

Pull TAB to view the current leaderboard.

Bar weight, parameter and targets can still be adjusted from this screen.

Tap the >> to skip to the next athlete in the squad list.

Press the BACK button to return to the SETUP screen.

Press the RECORD button when you are ready to START

## REVIEW Screen

By tapping the **REVIEW ATHLETE** button you can switch between setup and review modes.

Only athletes and exercises which have collected data sets will be displayed.

### PARAMETER LOCK

In **REVIEW** mode, all sets collected for each exercise are able to be reviewed. By default the **lock icon** is 'open'.

This means that each set will display the measurement parameter which it was collected under.

You can make a global change across all sets by changing the and then 'closing' the lock icon.

Clicking the lock will allow bodymass adjustments.

Unlock to change the parameter displayed.

The colour of the graph corresponds to the colour of the target selected in the dial.

Tap these icons to access the line graph and numerical results display

## Targets and Ranges

The targets module appears when you use GymAware Lite or GymAware Cloud. The dial colour will change depending on which target is selected.

### Squad Target (Green Zone)

Applicable to all athletes within the squad. Changing the Squad Target will automatically update across any iPad logged into the Cloud with a WiFi connection.

Coaches select a squad target for each exercise and configure the desired training zone. Any athlete, on any station performing the same exercise who are connected to the same Cloud account will then see the target zone.

### Athlete (Blue Zone)

Coaches can individualise any target zone or load per athlete without effecting the squad.

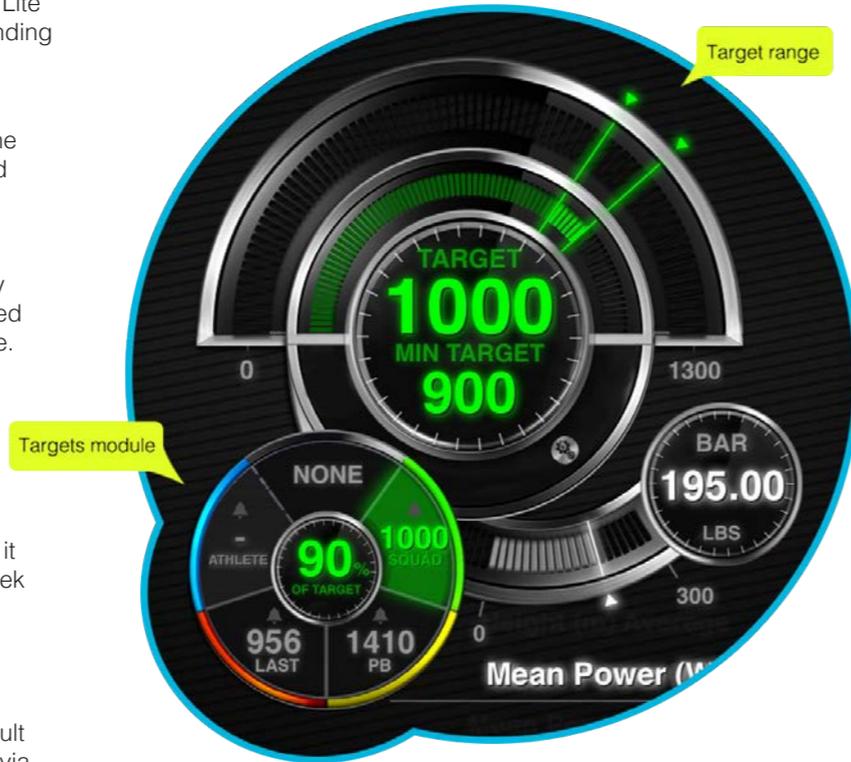
### Last Target (Orange Zone)

This value is the result from the exercise the LAST time it was performed. That can be today or from previous week or month.

### Personal Best Target (Yellow Zone)

This value is an athletes Personal Best (PB) or PR (Personal Record). It could be from the last set or a result they posted previously. PB's are automatically tracked via the GymAware Cloud and are based on weight.

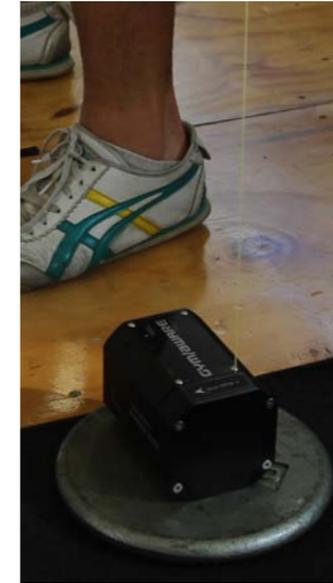
Double tap the bell icon to reveal PB set information.



## On the Floor

Positioning of GymAware for optimal performance.

**Note:** The magnetic feet of GymAware hold it in position.



On the gym floor place GymAware on a small weight to help keep it in place.



Aim to position GymAware so that it is vertically under the path of the lift.

**NOTE: GymAware is positioned parallel to the bar with the big arrow facing away from the athlete.**



GymAware should be positioned adjacent and away from the athletes feet.

## GymAware Setup 5

### Pin-loaded weights machine

The PowerTool can be attached to any pin-loaded weights machine.



Place GymAware on a small weight close to the weight stack.



Thread the pin through the Velcro strap.



Return the pin to the weight stack.



You are now set and ready to collect data.

## GymAware Setup 5

### Ceiling Mount

The GymAware can be mounted above the lifting platform. You need to purchase a ceiling bracket and mount it using the additional mounting screws provided.



Screw the GymAware to the ceiling bracket for security.

*Maximum mounting height: 3m\**  
**\*An extension tether is available.**



Attach the bracket to the ceiling.

The ceiling mount brackets are available from the Kinetic shop.



Ceiling mount in use attached to a weights cage - this needs to be attached with the ceiling mount and screws for safety.



During the exercise, position the Velcro strap in the centre of the bar.

## iOS and PowerTool Communication

There are occasions where you may find your PowerTool is not behaving as it should. It may not be responding or disconnect from the App. Listed below are some key trouble shooting steps you can implement to try to resolve the issue:

### 1. Make sure BlueTooth is on

Yes, a rookie mistake, but it happens especially after traveling or when iPads are left out in the weights room.

### 2. Perform a Full Reset of the PowerTool

Nothing like a good re-boot to wake everything up. Press the reset button located on the side.

### 3. Leave the PowerTool on charge overnight

Plug it in - a good 10hr charge can make the difference.

### 4. Forget and re-pair the PowerTool with your iPad

With a lot of BlueTooth connections in the air, sometimes your PowerTool will connect to another iPad in range, or just get scrambled.

### 5. Bad State

Try the battery disconnect - search for help at [gymaware.zendesk.com](https://gymaware.zendesk.com)

## Restart the iOS

PowerTool connects to the iOS device, then omits one long beep and switches off.

The PowerTool has a problem and cannot continue communicating with the iOS device.

Restart the iOS device.



Hold the Sleep/Wake button for 5 seconds then swipe the on-screen slide to power off.

Next, turn the iOS device back on by pressing the power button.

## GymAware won't turn on

GymAware is smart.

By default, the type of battery inside the unit disconnects after a period of non-use in order to protect itself. If your GymAware won't turn on (ie. LEDs light up) when the tether is pulled we recommend:

- Pull the tether slowly a few times (4-5) at least 30cm-60cm.
- Perform a full reset by pressing the reset button on the side of the unit
- Place the unit on charge overnight - this may make the unit start to beep consistently, but this is the low battery warning and needs to be ignored as it will shut off after a low charge is reached.
- Battery jumpstart - this involves taking the end cover off, disconnecting the battery and reconnecting.

Further information/tutorials are available - [gymaware.zendesk.com](https://gymaware.zendesk.com)

## Tether care

The GymAware tether is a braided cord with a 65kg breaking strain (thats a big big fish); however, there are some simple concepts to keep in mind to make sure it functions as it should.

**Issue and Prevention:**

**Slack tether - Blocked angle sensor** - Clean the angle sensor regularly. The weights room can be a sweaty place and the angle sensor can become clogged with chalk and grime. Use the angle cleaning tool in the GymAware First Aid kit for a seasonal service.

**Be controlled when dumping the bar** - instructing the athletes to be mindful of violent releases. It is the sudden shock of the reversing tether direction which can damage the spring inside the spool mechanism.

**Adjust the tether tension** - this involves using tools. Find someone who is good at changing lightbulbs and follow the instructions at [gymaware.zendesk.com](https://gymaware.zendesk.com) - We have even made a video which we recommend watching.

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## PowerTool Hardware - What do the indicator LED's mean?

FUNCTION	DESCRIPTION	LEDS
Sleeping	No LED's on - When turning the PowerTool off a tripple beep will sound.	
Error	Red Solid LED on - Tripple beep will sound and may turn Power-Tool off.	
Setup	Solid Yellow LED on - once setup is complete a single beep will occur.	
Connected	Solid Green LED - once connection is established a double beep will sound.	
Disconnected	Blinking Yellow LED - once disconnection occurs a double beep will sound.	
Sending data	Green LED blinking very fast.	
Startup battery critical	Solid Red LED turns on - after 6 seconds the LED turns off and unit enters sleep mode without a beep.	
Battery low	Solid Red LED on.	
Battery critical	Solid Red LED on and after two long beeps turns off.	
Calibration or firmware upgrade	All LEDs blinking like a Christmas tree.	

LEGEND			
	No light on		Beep
			Light blinking
			Light solid

# GymAware Care 7

*Do not wash in warm water. Actually, do not wash in any water. Ever. It's an electrical good.*

Warranty will be voided if the GymAware is broken through misuse.

**GymAware is backed with a 12 month warranty\*.**

\*This warranty begins from the day Kinetic performance ship the equipment to you. If you have purchased GymAware from a distributor please discuss the warranty period with them. Additional warranty may be supplied upon discussion with Kinetic Performance.

### What is misuse and how to avoid it?

In the gym we understand you are using heavy weights and pushing your limits. But, like in any gym, you still need to respect the equipment. In terms of the GymAware this means not pulling the tether out (anything more than a metre) then just letting it go and retract back to the unit.

Why? Because of the velocity at which the tether retracts this can either snap the tether or damage the spring mechanism inside the unit. How do you ensure this doesn't occur? Whilst it doesn't require delicate handling, holding onto the tether and returning it to the unit at a moderate pace will ensure longevity of the unit.

### More tips for caring for your GymAware unit:

- Dropping heavy weights onto the unit causing it to break.
- If a tether is pulled out past its limit – you could snap or break the tether.
- Submerging the unit in water is also not a good idea, it's for dry, land use only.
- Take care when plugging the wall charger in that you don't push the charging port up or down as it can break the port.
- Also, whilst on wall chargers, ensure you are using only the GymAware charger you purchased with the unit. Other similar chargers have a much higher charge capacity and will fry the main circuit board.
- Complete periodic inspections of the Velcro straps. Check the rubber ring condition to ensure it doesn't break mid-use.
- Ensure your unit is properly mounted with screws if using the mounting bracket. If a unit isn't mounted properly in a mounting bracket, then drops and breaks – this will be counted as misuse.

**Finally, think of GymAware like your first car, it is after all the Rolls-Royce of LPT's**

# GymAware Options

## GymAware Free Run

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## GymAware Teams

### Annual subscription fee

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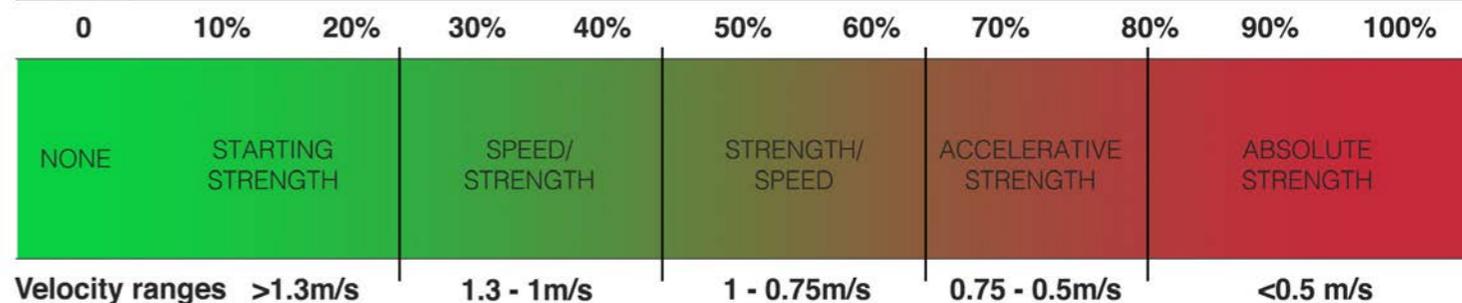
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## VELOCITY ZONES

### % 1RM



# GYM/AWARE

- VELOCITY BASED TRAINING
- FATIGUE MONITORING
- ACCURATELY MEASURE POWER OUTPUT
- DESIGNED FOR TEAMS
- VALIDATED AND RELIABLE



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