

Gym Management

Gym Management allows managing equipment, equipment Type, register member, register member type, measurement History, member, membership, trainer, trainer skill, trainer attendance, diet plan, assign diet schedule, workout plan, assign workout schedule, gym meeting/events, and appointments. Gym Management also manages reports, dashboards, and workspace.

Features of Gym Management

Configuration

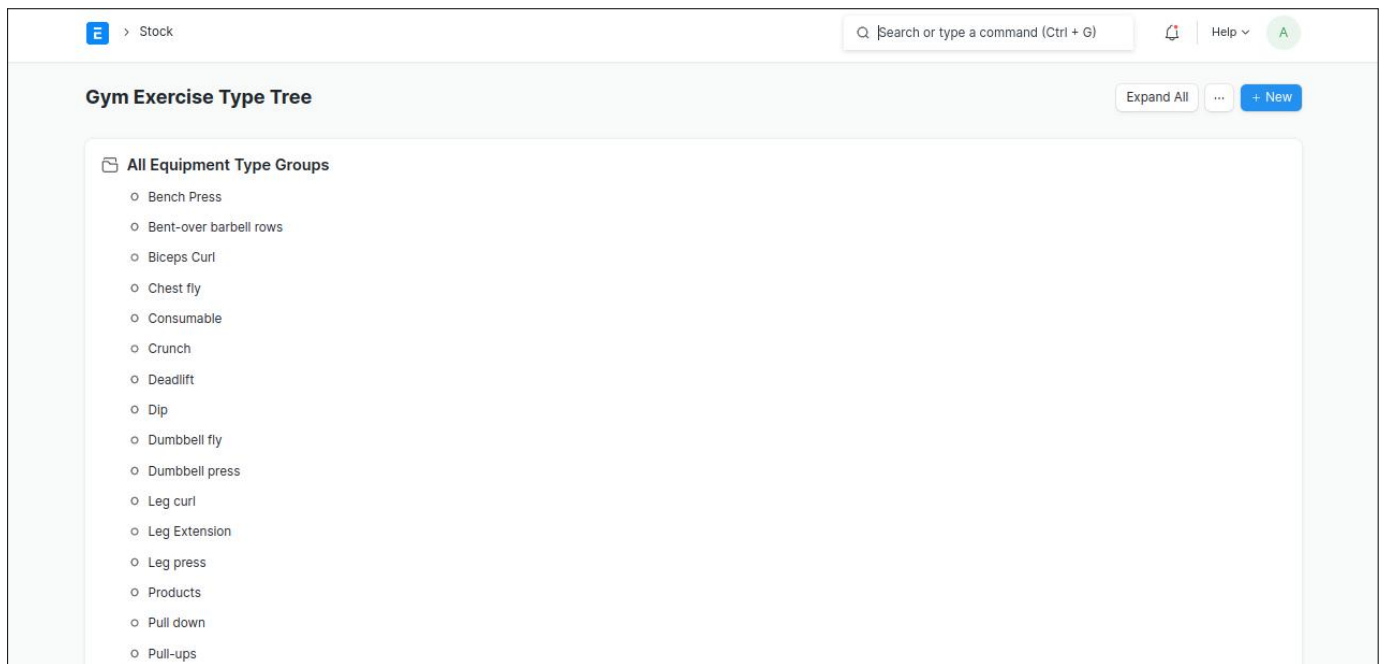
Equipments

- Manage gym equipment with a gym exercise type and set them as out of service or maintenance.

The screenshot displays the 'Equipment Images' management interface. At the top, there is a search bar with the text 'Search or type a command (Ctrl + G)' and a 'Help' button. Below the search bar, the page title 'Equipment Images' is visible, along with an 'Image View' toggle and an '+ Add Equipment' button. On the left side, there is a 'Filter by' section with dropdown menus for 'Assigned To' and 'Created By', and a 'Tags' dropdown. Below these are 'Edit Filters', 'Show Tags', and 'Save Filter' options. The main content area shows a grid of equipment items, each with an image, a name, and an associated exercise type. The items are: 'LEG-EXTENSION-MACHINE' (Products), 'KETTLEBELLS' (Products), 'INCLINE-BENCH-PRESS' (Products), 'HAMMER-STRENGTH-MA...' (Standing calf raise), 'DUMBBELLS' (Dumbbell fly), 'CALF-MACHINE' (Deadlift), 'CABLES-AND-PULLEYS' (Pull-ups), 'Barbells' (Biceps Curl), and 'BENCH-PRESS' (Chest fly). The interface also includes a '1 filter' indicator and a 'Last Modified On' column header.

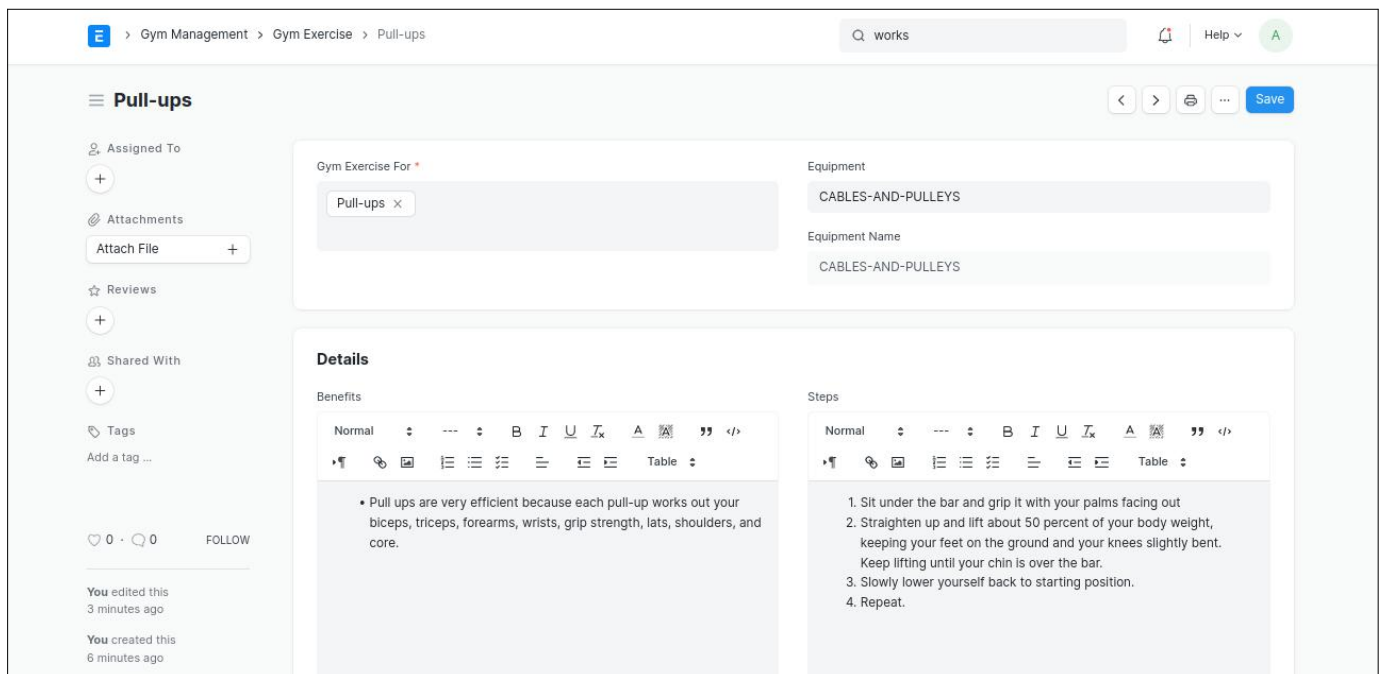
Gym Exercise Type

- Manage gym exercise type as a tree view.



Gym Exercise

- Configure various exercises, and add the steps to be followed and their benefits.
- Also attach images and video links of the Exercise for better understanding.



Member Setup

Registered Member

- Manage all registered gym members with registered member type.
- New registered member create for first create a lead then convert in opportunity then make a registered member otherwise also create member directly.

The screenshot shows a CRM interface for managing registered members. The page title is "Registered Member". On the left, there are filter options: "Assigned To", "Created By", "Tags", and "Save Filter". The main area displays a table of members with columns for Name, Full Name, Registered Member Type, and Territory. The table lists several members, including "Customer 1", "Kadam", "John", "Ravina", "Lucy", and "Saket", each with a status of "Enabled" and a last modified date. A "+ Add Registered Member" button is visible in the top right corner.

Name	Full Name	Registered Member Type	Territory	Status	Last Modified On
<input type="checkbox"/> Full Name					6 of 6
<input type="checkbox"/> Customer 1		Commercial	Customer 1	Enabled	- 1 d
<input type="checkbox"/> Kadam		Bronze Member Of Gym	Kadam	Enabled	- 4 d
<input type="checkbox"/> John		Silver Member Of Gym	John	Enabled	- 4 d
<input type="checkbox"/> Ravina		Silver Member Of Gym	Ravina	Enabled	- 4 d
<input type="checkbox"/> Lucy		Bronze Member Of Gym	Lucy	Enabled	- 4 d
<input type="checkbox"/> Saket		Gold Member Of Gym	Saket	Enabled	- 1 w

Registered Member Type

- Manage registered member type as a tree view.

The screenshot shows a CRM interface for managing registered member types. The page title is "Registered Member Type Tree". On the right, there are buttons for "Expand All", "...", and "+ New". The main area displays a tree view of member types under the heading "All Registered Member Type Groups". The tree structure is as follows:

- All Registered Member Type Groups
 - Commercial
 - Government
 - Gym Member
 - Bronze Member Of Gym
 - Gold Member Of Gym
 - Silver Member Of Gym
 - Individual
 - Non Profit

Measurement History

- Measurement History with BMI and BMR calculation.
- Efficiently track the body measurement growth of the member.

E > Gym Management > Measurement History > MH-00001

Search or type a command (Ctrl + G) Help A

Kadam Save

Attachments
Attach File +

Reviews +

Shared With +

Tags
Add a tag ...

0 · 0 FOLLOW

You edited this 2 weeks ago

You created this 2 weeks ago

Date *
05-07-2022

Registered Member *
Kadam

Height - Weight

Weight (Kg) * 64.00 BMI 22.15

Height (cm) * 170.00 BMR 1,797.01

Body Measurement

All body measurements are in Centimeters.

Neck 0.00 Chest 0.00

- Also, automatically set in measurement history table in Registered Member.

E > Selling > Registered Member > Kadam

Search or type a command (Ctrl + G) Help A

Kadam Enabled View : Create : Actions : < > Save

Measurement History

Measurement History Table

<input type="checkbox"/>	No.	Measurement History	Date	Registered Member	Weight ...	Height (...)	BMI	BMR	
<input type="checkbox"/>	1	MH-00001	05-07-2022	Kadam	64	170	22.145	1,797.010	
<input type="checkbox"/>	2	MH-00003	07-07-2022	Kadam	65	172	21.971	1,820.766	

Add Row

Member for Membership

- Manager member with membership type and its details.

E > Non Profit > Member > NPO-MEM-2022-00001

Search or type a command (Ctrl + G) Help A

Kadam Accounting Ledger Accounts Receivable < > Save

Reviews +

Shared With +

Tags
Add a tag ...

0 · 0 FOLLOW

You edited this 19 hours ago

You created this 19 hours ago

Connections ^

Membership Details Fee

Membership + Bank Account +

Member Name * Kadam Membership Type * Gold

Membership Expiry Date 18-08-2022 Email Address kadam@gmail.com

PAN Details

Registered Member ^

Registered Member Kadam

Membership

- Create a new membership for the member and also generate an invoice for the membership member.

Kadam • New

Generate Invoice < > 🖨️ ⋮ Save

Attach File +

Reviews +

Shared With +

Tags Add a tag ...

0 · 0 FOLLOW

You edited this 20 hours ago

You created this 20 hours ago

Member Name: Kadam

Membership Status: New

Membership Type: Gold

Validity

From: 18-07-2022 Member Since: 18-07-2022

To: 18-08-2022

Payment Details

Paid Invoice

Currency: INR

Membership Type

- Manage membership type with the amount.

Membership Type List View + Add Membership Type

Filter By: Assigned To, Created By, Tags

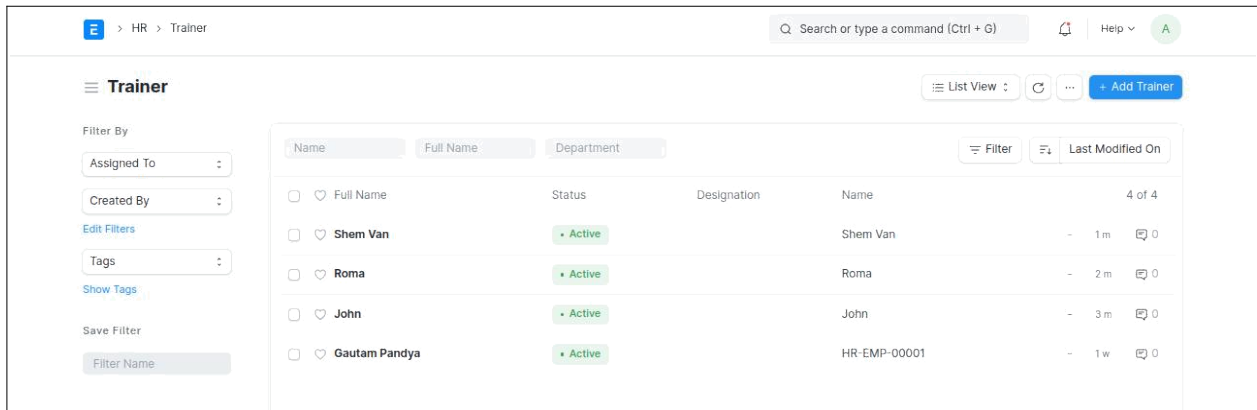
Name	Membership Type	Amount	Last Modified On
<input type="checkbox"/> Name	Membership Type		3 of 3
<input type="checkbox"/> Bronze	Bronze	250	- now 0
<input type="checkbox"/> Silver	Silver	500	- now 0
<input type="checkbox"/> Gold	Gold	1,000	- 19 h 0

Save Filter: Filter Name

Trainer Setup

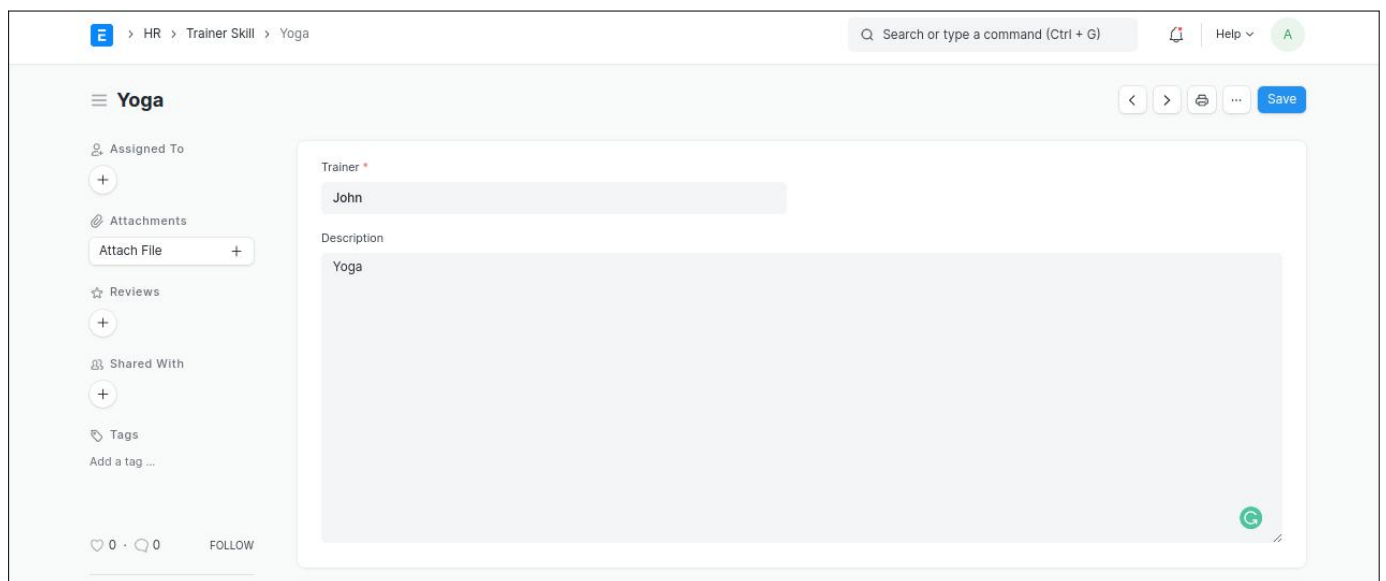
Trainer

- Easily manage gym trainers, and categorize the trainers according to their skills.
- Also manage attendance system.



Trainer Skill

- Manager trainer skill.



Workout Management

Workout Plan

- Manage Workout, gym exercise, No of days plan.
- Also assign workout plan via a button and also create via connection in the dashboard.

The image shows two screenshots of a web application interface for managing workout plans.

Top Screenshot: Full Body Workout Plan

The breadcrumb trail is: Gym Management > Workout Plan > Full Body Workout Plan. The page title is "Full Body Workout Plan". On the left sidebar, there are sections for "Assigned To", "Attachments" (with an "Attach File" button), "Reviews", "Shared With", "Tags", and "Add a tag ...". Below the sidebar, it shows "0" likes and "0" comments, and a "FOLLOW" button. A note says "You edited this 1 week ago".

The main content area has a "Connections" section with an "Assign Workout" button and a sub-button "Assign Workout Schedule". Below this, there are input fields for "Workout Plan" (set to "Full Body Workout Plan") and "No of Days" (set to "8").

The "Workout Routine" section contains a table with the following data:

No.	Workout	Gym Exercise	Sets	Repetition	Repetition Days	
1	Biceps	Deadlift	10	3	1	Edit

There is an "Add Row" button below the table.

Bottom Screenshot: Workout Plan

The breadcrumb trail is: Gym Management > Workout Plan. The page title is "Workout Plan". On the left sidebar, there are "Filter By" options for "Assigned To" and "Created By", an "Edit Filters" link, "Tags", and a "Save Filter" section with a "Filter Name" input field.

The main content area shows a "List View" and an "Add Workout Plan" button. Below is a table with columns for "Name", "Workout Plan", "No of Days", and "Last Modified On".

Name	Workout Plan	No of Days	Last Modified On
<input type="checkbox"/> Name	Workout Plan	No of Days	5 of 5
<input type="checkbox"/> Weight Loss Basic Plan	Weight Loss Basic Plan	20	- 4 m 0
<input type="checkbox"/> Weight Loss Intermediate Plan	Weight Loss Intermediate Plan	16	- 4 m 0
<input type="checkbox"/> Weight Loss Extreme Plan	Weight Loss Extreme Plan	13	- 5 m 0
<input type="checkbox"/> Muscle Building Workout Plan	Muscle Building Workout Plan	10	- 5 m 0
<input type="checkbox"/> Full Body Workout Plan	Full Body Workout Plan	8	- 1 w 0

Assign Workout Schedule

- Easily assign a workout plan to the member.
- The end date will be automatically calculated according to the plan you configure.
- Set a trainer in Schedule time.
- Also get a workout plan via a button.

Gym Management > Assign Workout Schedule > WS-00001

Search or type a command (Ctrl + G) | Help | A

Kadam's Workout Plan For Full Body Workout Plan

Get Workout Plan < > 🗑️ ... Save

Assigned To

+

Attachments

Attach File +

Reviews

+

Shared With

+

Tags

Add a tag ...

Title	Kadam's Workout Plan For Full Body Workout Plan	Start Date *	05-07-2022
Registered Member *	Kadam	End Date	13-07-2022
Goal	Full Body Workout Plan	Trainer	HR-EMP-00001
No of Days	8		

Diet Management

Food Item


- Configure food items along with their nutritive value.

Gym Management > Food Item > Banana

Search or type a command (Ctrl + G) | Help | A

Banana

< > 🗑️ ... Save



Assigned To

+

Attachments

14.jpeg x

Attach File +

Reviews

+

Shared With

+

Tags

Food Name *

Banana

UOM *

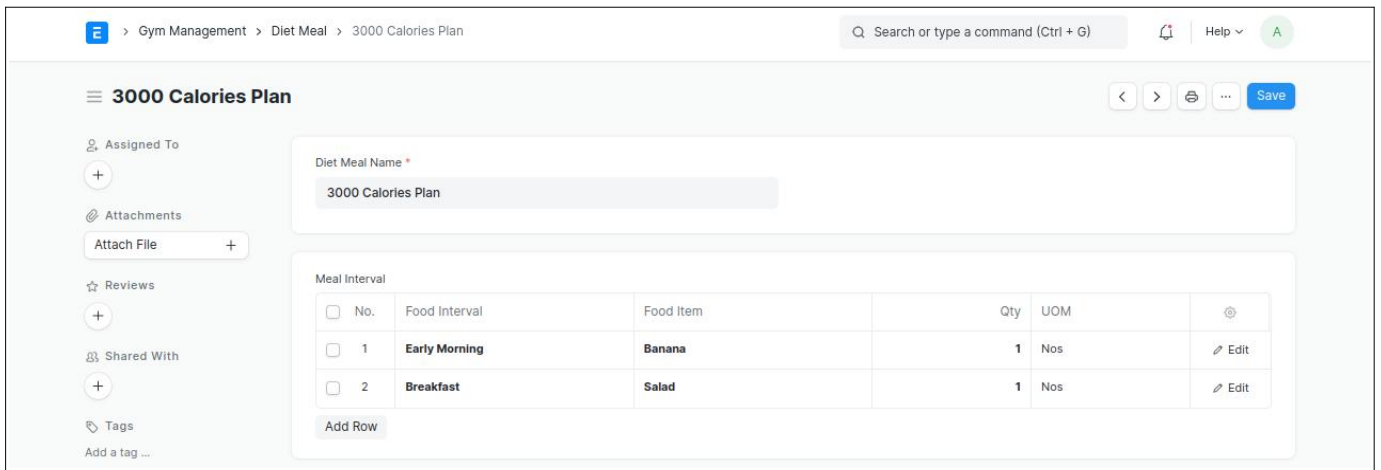
Nos

Nutrition Information

Calories	200.000	Fat	3.000
Protein	10.000	Fibres	2.000
Carbohydrates	4.000	Sodium	1.000

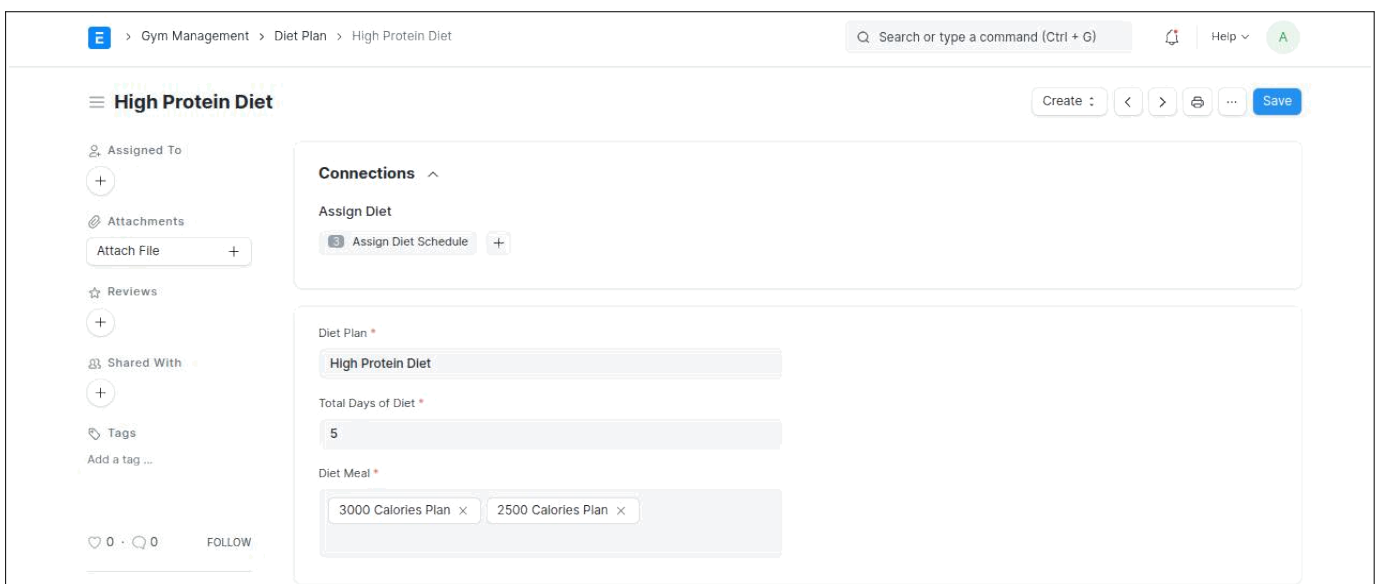
Diet Meal

- Create customized diet meals based on the intervals along with the quantity to be taken.



Diet Plan

- Select multiple diet meals and can plan a diet routine for gym members.
- Manage multiple diet meals and total days of diet plan.
- Also assign diet plan via a button and also create via connection in the dashboard.



Assign Diet Schedule

- Easily assign a diet plan to the member.
- The end date will be automatically calculated according to the plan you configure.
- Set a trainer in Schedule time.
- Also get a diet plan via a button.

☰ Kadam's Diet Plan For High Protein Diet

Get Diet Plan < > ⌂ ... Save

Assigned To



Attachments

Attach File +

Reviews



Shared With



Tags

Add a tag ...

Title	Kadam's Diet Plan For High Protein Diet	Start Date *	06-07-2022
Registered Member *	Kadam	End Date	11-07-2022
Goal	High Protein Diet	Trainer	HR-EMP-00001
Total Days of Diet	5		

Gym Events/Meetings & Appointment

- Manage gym Events/Meetings.

Kadam Meeting + Open

Search or type a command (Ctrl + G) | Help | A

Participants : Add Participants : < > Save

Attachments: Attach File +

Reviews: +

Shared With: +

Tags: Add a tag ...

0 · 0 FOLLOW

You edited this just now

You created this 28 minutes ago

Subject *
Kadam Meeting

Event Category
Event

Event Type *
Private

Color
Choose a color

Starts on *
19-07-2022 16:00:00

Ends on
19-07-2022 17:00:00

Status
Open

All Day

Send an email reminder in the morning

Repeat this Event

Sync with Google Calendar

Participants

Event Participants

No.	Reference Document Type	Reference Name	
1	Registered Member	Kadam	Edit

- Also appointment set according to Event/Meeting.

APMT-Kadam-0001 + Open

Search or type a command (Ctrl + G) | Help | A

EV00001 < > Save

Shared With: +

Tags: Add a tag ...

0 · 0 FOLLOW

You edited this 27 minutes ago

You created this 27 minutes ago

Registered Member Details

Name *
Kadam

Phone Number
9876543210

Skype ID

Email *
kadam@gmail.com

Details
Kadam Meeting

Linked Documents

Appointment With
Customer

Party
Kadam

Calendar Event
EV00001

Key Reports of Gym Management

Measurement Analysis

- Multi-select registered member-wise and date-range-wise reports.

Measurement Analysis

Analysis Report : Create Card Set Chart ...

Measurement ID Registered Member 19-06-2022 19-07-2022 Group By Member with Average

ID	Date	Registered Member	Weight	Height	BMI	BMR	Neck	Biceps	Hips	Calf	Chest	Waist	Thighs
1	MH-00003	07-07-2022	Kadam	65.000	172.000	21.971	1,820.766	0.000	0.000	0.000	0.000	0.000	0.000
2	MH-00001	05-07-2022	Kadam	64.000	170.000	22.145	1,797.010	0.000	0.000	0.000	0.000	0.000	0.000
3	MH-00002	01-07-2022	Saket	75.000	165.000	27.548	1,923.245	0.000	0.000	0.000	0.000	0.000	0.000

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.001564 sec

- Also group by a registered member with the average value shown in the report.

Measurement Analysis

Analysis Report : Create Card Set Chart ...

Measurement ID Registered Member 19-06-2022 19-07-2022 Group By Member with Average

Registered Member	Weight	Height	BMI	BMR	Neck	Biceps	Hips	Calf	Chest	Waist	Thighs
1 Kadam	64.500	171.000	22.058	1,808.888	0.000	0.000	0.000	0.000	0.000	0.000	0.000
2 Saket	75.000	165.000	27.548	1,923.245	0.000	0.000	0.000	0.000	0.000	0.000	0.000

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.024783 sec

Workout Schedule Analysis

- Multi-select registered member-wise, workout plan, and date-range-wise reports.

Workout Schedule Analysis

Analysis Report : Create Card Set Chart ...

Workout Schedule ID 19-06-2022 19-07-2022 Registered Member Workout Plan Trainer

ID	Title	Registered Member	Workout Plan	No of Days	Start Date	End Date	Trainer	
1	WS-00002	Saket's Workout Plan For Full Body Workout Plan	Saket	Full Body Workout Plan	8	07-07-2022	15-07-2022	Roma
2	WS-00001	Kadam's Workout Plan For Full Body Workout Plan	Kadam	Full Body Workout Plan	8	05-07-2022	13-07-2022	Shem Van

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.001126 sec

Diet Schedule Analysis

- Multi-select registered member-wise, diet plan, trainer, and date-range-wise reports.

E > Gym Management
Q Search or type a command (Ctrl + G)
Help

Diet Schedule Analysis

Analysis Report Create Card Set Chart ...

Diet Schedule ID 19-06-2022 19-07-2022 Registered Member Diet Plan Trainer

ID	Title	Registered Member	Diet Plan	No of Days	Start Date	End Date	Trainer	
1	DS-00001	Kadam's Diet Plan For High Protein Diet	Kadam	High Protein Diet	5	06-07-2022	11-07-2022	Shem Van
2	DS-00003	Lucy's Diet Plan For High Protein Diet	Lucy	High Protein Diet	5	06-07-2022	11-07-2022	Roma
3	DS-00002	Saket's Diet Plan For High Protein Diet	Saket	High Protein Diet	5	05-07-2022	10-07-2022	John

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.001439 sec

Expiring Memberships

- Month-wise expire membership

E > Non Profit
Q Search or type a command (Ctrl + G)
Help

Expiring Memberships

Create Card Set Chart ...

2022-2023 Aug

Membership Type	Membership ID	Member ID	Member Name	Email	Expiring On	
1	Gold	NPO-MSH-2022-00001	NPO-MEM-2022-00001	Kadam	kadam@gmail.com	18-08-2022

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.001495 sec

Gym Events/Meetings

- Date-range wise, Category wise, status wise, and appointment wise report

E
Q Search or type a command (Ctrl + G)
Help

Gym Schedule

Create Card Set Chart ...

Event ID 25-06-2022 00:00:00 25-07-2022 00:00:00 Event Category Status Appointment ID

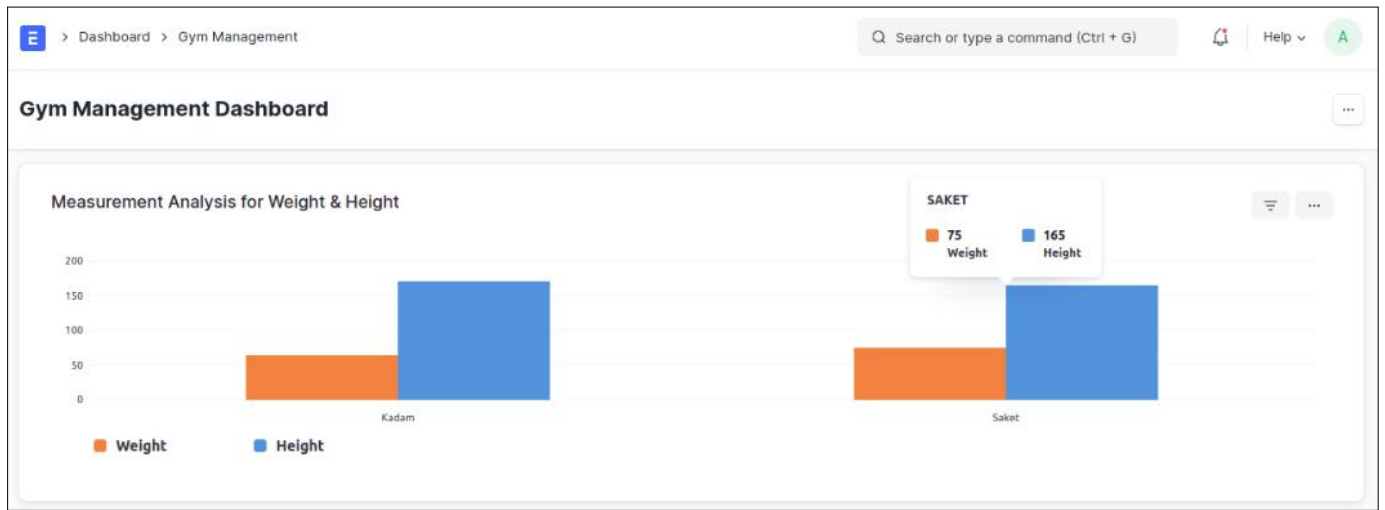
Event ID	Subject	Event Category	Starts On	Ends On	Status	Event Participants	Appointment ID	
1	EV00002	Saket Meeting	Call	22-07-2022 16:00:00	22-07-2022 17:00:00	Open	Customer 1, Saket	
2	EV00001	Kadam Meeting	Meeting	19-07-2022 16:00:00	19-07-2022 17:00:00	Open	Kadam	APMT-Kadam-0001, APMT-Kadam-0002
3	EV00003	Test	Event	13-07-2022 16:00:00	13-07-2022 17:00:00	Closed		

For comparison, use >5, <10 or =324. For ranges, use 5:10 (for values between 5 & 10). Execution Time: 0.002496 sec

Gym Management Dashboard

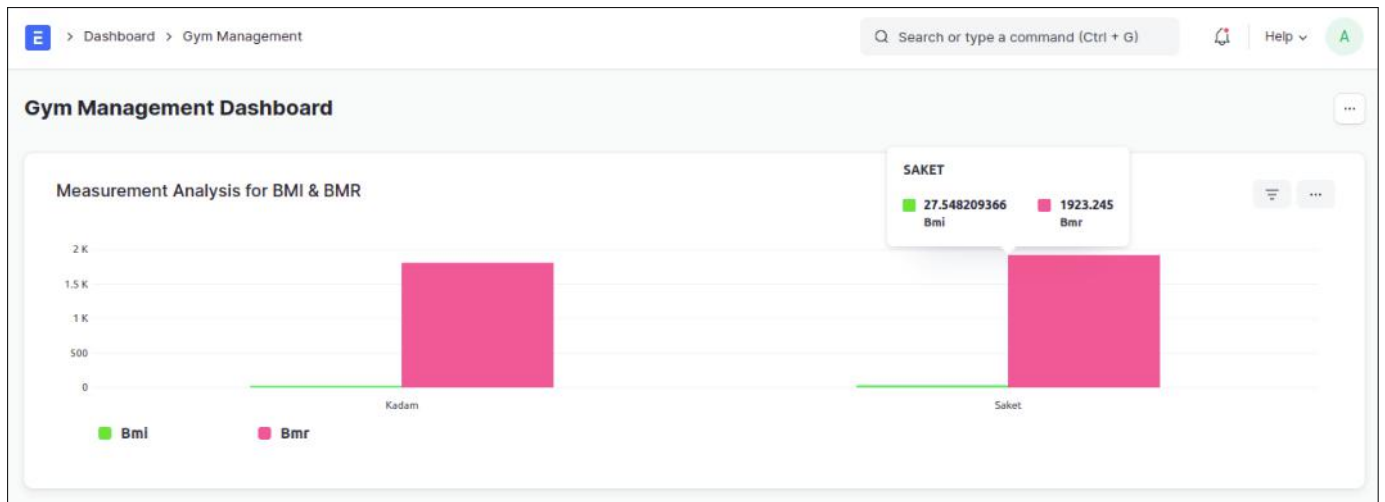
Measurement Analysis for Weight & Height

- Date range-wise Measurement Analysis of Weight, and Height.



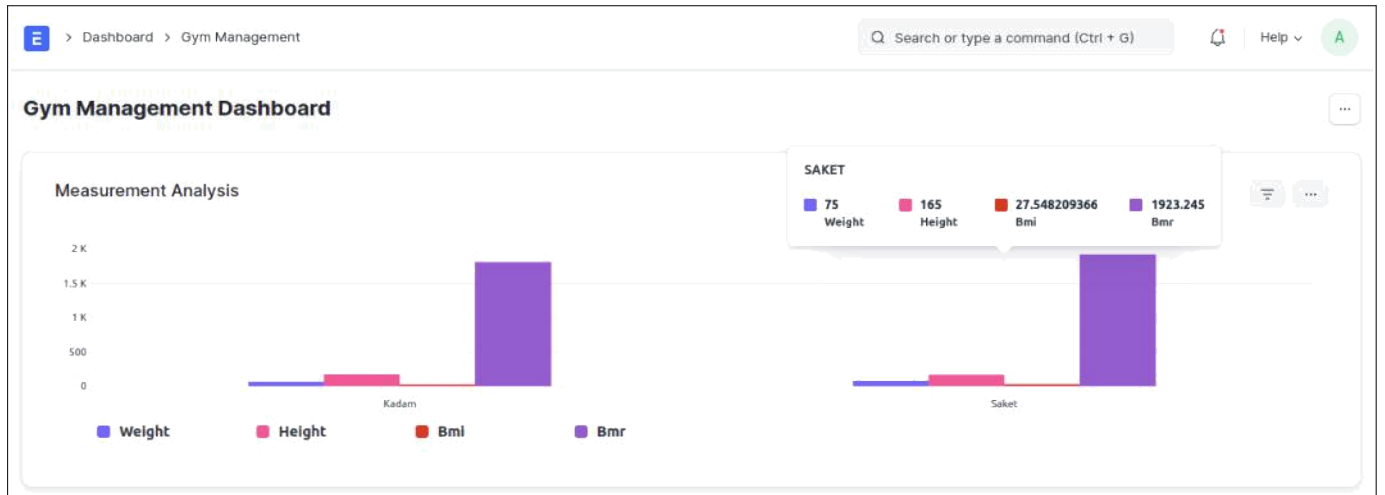
Measurement Analysis for BMI & BMR

- Date range-wise Measurement Analysis of BMI, and BMR.



Measurement Analysis

- Date range-wise Measurement Analysis of Weight, Height, BMI, and BMR.



Workspace of Gym Management

- Add the shortcut, dashboard, Configuration and Reports.

The workspace interface for Gym Management includes a sidebar with navigation options and a main area with shortcuts and configuration sections.

Navigation Sidebar:

- Accounting
- Assets
- Build
- Buying
- CRM
- Gym Management**
- HR
- Loans
- Payroll
- Projects
- Quality
- Selling
- Stock
- Support
- Website
- Settings
- Utilities

Your Shortcuts:

- Equipment (9 Active)
- Registered Member (6 Total)
- Measurement History
- Member
- Trainer
- Food Item
- Diet Plan
- Assign Diet Schedule
- Workout Plan
- Assign Workout Schedule
- Appointment Schedule
- Dashboard

Configuration & Reports:

- Configuration**
 - Equipment
 - Gym Exercise Type
 - Gym Exercise
 - Product / Item
- Member Setup**
 - Registered Member
 - Registered Member Type
 - Measurement History
 - Member
 - Membership
 - Membership Type
- Trainer Setup**
 - Trainer
 - Trainer Skill