

TRAINER TIPS

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- i. Performing new member inductions
 - ii. Creating replacement RFID chip cards
 - iii. Granting trainer rights
 - iv. Erasing RFID chip cards
 - v. Resolving machine errors
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I. Performing new member inductions

1 Register the member

a) Using the gym software



The gym uses its software to create an eGym account with the member's email address.

b) Using the Trainer app



The trainer creates a new eGym account with the member's email address in the Trainer app.

c) Registration directly on the machine



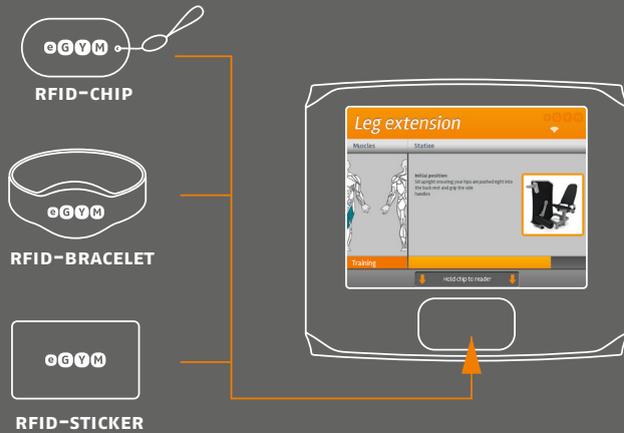
The member enters his or her email address and creates an eGym account.

Make sure the member has a valid email address. This is essential to allow him or her to use all the features of the eGym system.

Check that the email address has been entered correctly!

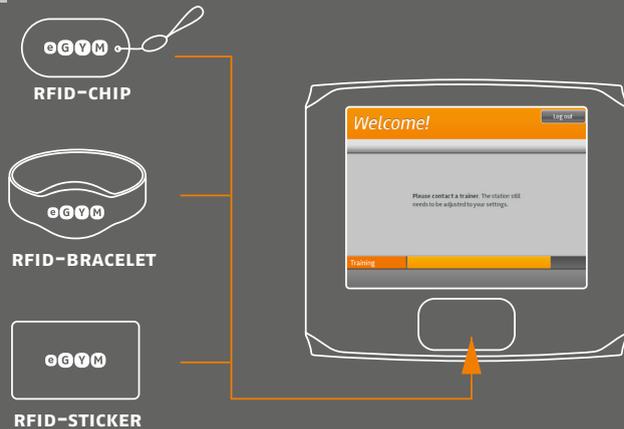
The only way to change the email address is using the gym software!

2 Log on to the machine



The member holds his or her RFID chip card to the reader.

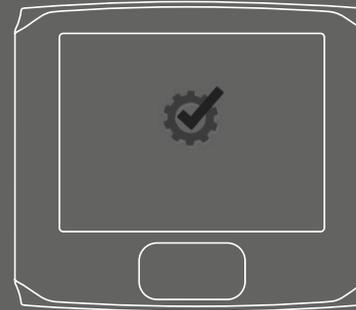
3 Trainer login



The trainer then also holds his or her RFID chip card to the reader.

4 Machine settings

a) After registering using the Trainer app or gym software



Once the medical history has been entered, the auto-start function is launched. Check the settings on the machine and make any adjustments as required.

b) After registering directly on the machine



Adjust the settings on the machine. Adjust the seat height, lever position and range of motion to the member.

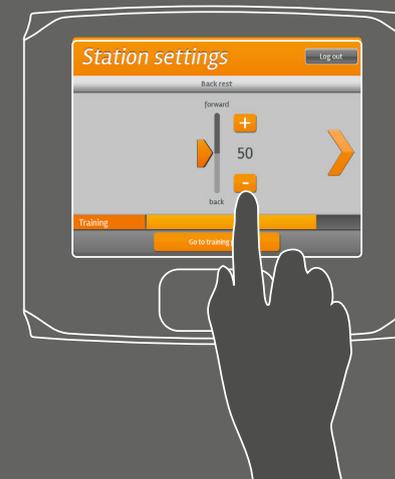
5 Maximum strength measurement



Ideal: Build up power as quickly as possible and execute a complete round of concentric movement.

**The member should warm up first.
Consider the member's medical history.**

6 Adjust other machines



Repeat steps 2-5 on all other machines.

I. Performing new member inductions

7 The member completes a trial round of the circuit.



Provide the following information:

Orange time bar: train

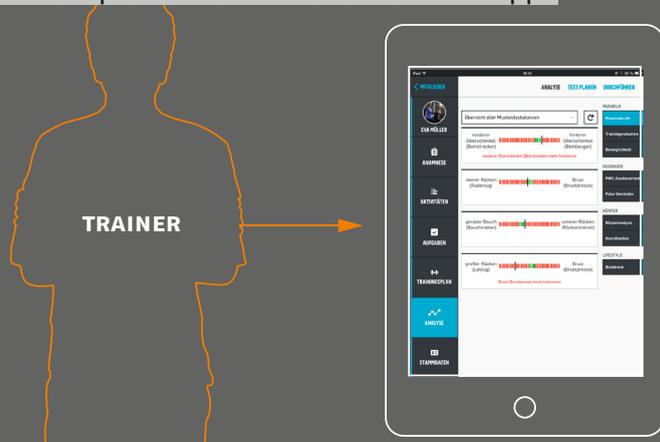
Blue time bar: change machine

The movement curve indicates the optimal training speed.

Identify and correct errors.

Probably more precise: The training alternates consistently between the regular and negative training method. The training alternates consistently between regular and negative training methods.

8 Next steps for the trainer in the Trainer App



Analyse muscle imbalances.

If required, draw up a training plan including exercises to address these areas.

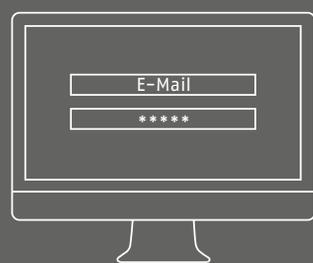
9 Next steps for the member on egym.com



Open the eGym email. Check the spam folder if the email is not in the inbox.

Click on the registration link. If the link does not work, try again using different browsers.

If the problem persists, contact: support@egym.de



Set password

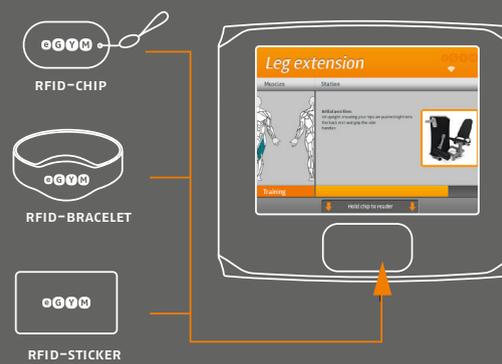
In gyms without the Trainer app, a replacement RFID chip card cannot be issued without a password.



Track the training results and invite friends to compare results.

II. Creating replacement RFID chip cards

1 Log on to the machine



Provide a new RFID chip card. The member enters his or her email address.

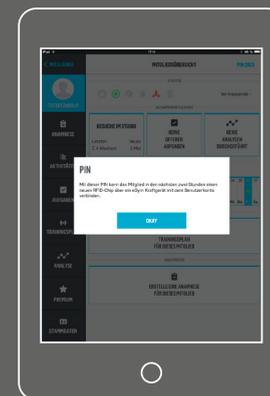
Forgotten email address: retrieve the email address on the gym software/ Trainer app.

2 Enter password



3 Password not recognised:

a) Trainer app available



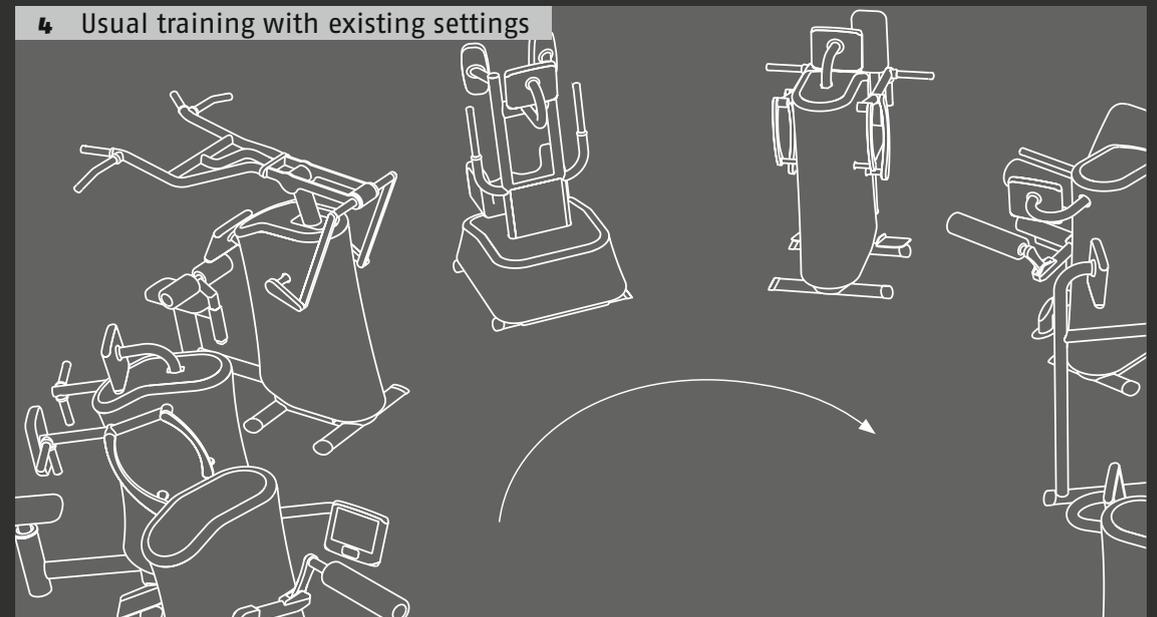
Select „Generate PIN“ in the Trainer app and enter the PIN on the machine.

b) Trainer app not available



The member uses the „forgotten password“ option on egym.com

4 Usual training with existing settings



III. Granting trainer rights

1 Create an eGym account for the trainer



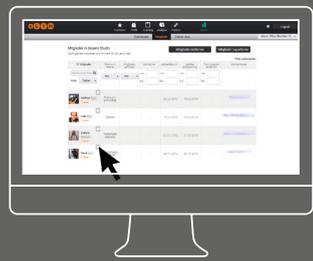
The trainer needs a regular eGym account. See I. „Performing new member inductions“.

2 Log on to egym.com



The gym operator logs on to egym.com and goes to „Gym“.

3 Activate trainer rights



Click on the cogged wheel icon beside the appropriate trainer/member on the „Member“ tab.

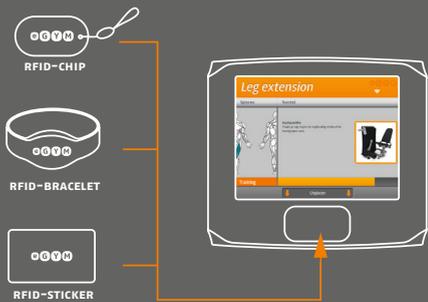
4 Confirm trainer rights



Confirm the „Grant trainer rights“ pop-up window. The trainer's eGym account now has trainer rights. Please mark the RFID chip card.

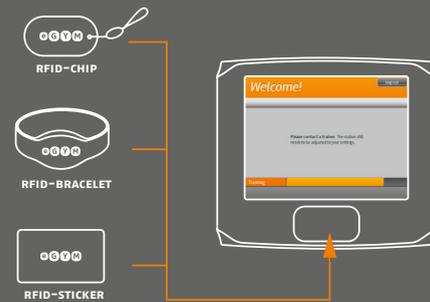
IV. Erasing RFID chip cards

1 Log on to the machine



The trainer logs on to the machine using the member's RFID chip to be erased.

2 Trainer login



The trainer then holds his or her RFID chip card to the reader.

3 Erase chip card



Select „Erase chip card“ and confirm. The RFID chip card can now be used for new members.

V. Handling machine errors

1 Error on the machine

a) Error number available



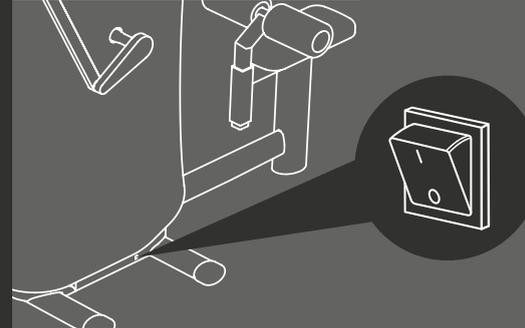
Write down the error number displayed on the screen.

b) Other incorrect behaviour



If the machine is not working or if there is any other abnormality, write down a precise description of the error.

2 Restart the machine



Switch the machine off, wait for 10 seconds and then switch it on again.

3 Block access to the machine



If the error is not resolved, switch the machine off and place an out-of-order sign on the screen.

4 Contact eGym Support



+ 44 2037014267



support@egym.co.uk

1. Inform them of the error number
2. Precise description of the error: behaviour of the machine, time and frequency of the error.
3. If available, provide the email address of the member who noticed the error.

 + 49 89 / 9 21 31 05-06

 support@egym.co.uk