

GymGoal User Manual

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1 Overview

1.1 Introduction

GymGoal is an advanced workout planner and tracker. It works on iPhones and iPads.

When I just started working out, many years ago, I thought that the only thing that matters in gym is lifting as much as possible. I was spending about an hour a day in a gym, 3-4 days a week, doing lots of different exercises, whatever seemed to interest me at the moment. A year later I realized that I was not improving much neither my strength nor muscle size. It was obvious that I was doing something wrong.

So I read some books, used some software to track my progress, and eventually it all settled down in my head. But don't worry, I'm not going to force my way of working out on you.

GymGoal shows how to do exercises right way. It has general information on working out for strength, weight loss, speed. But you can find this in many other places.

The main advantage of GymGoal is that it is a really advanced and flexible app for organizing workouts, tracking progress and eliminating problems like neglected muscles or lack of progress. GymGoal supports many workout types – weights, cardio, circuits, stretching, plyometrics and more. Its flexibility is unmatched – it will let you record what you need. At the same time I tried hard to make GymGoal easy to use.

1.2 Main terms

Workout

For example you warm up, do several exercises with weights like deadlifts, squats and so on, then jog for 10 minutes – all together this is one workout.

Exercise

Deadlift is an exercise, squat is an exercise, jogging is an exercise, swimming is an exercise. Your workout usually consists of several exercises.

Routine (Workout Routine)

It is a template, a list of exercises that you plan to do during your workout.

Your actual workout may be different from your routine. When you work out, you may skip or replace or add some exercises.

Schedule

GymGoal “schedule” is actually more of a “cycle”. For example you work out your upper body on Mondays, lower body on Wednesdays, you jog on Fridays, and you repeat this every week.

In GymGoal you can create a weekly schedule (there is also a rotating schedule) and attach your upper body workout to Monday, lower body workout to Wednesday and so on. The schedule will be shown on the Home page. Tapping a schedule line will start your workout session. Like everything else in GymGoal, schedule is flexible. For example today is Friday, but you can tap Monday and record your Monday workout if you want to.

Schedule and routines are optional in GymGoal. It is possible to log workouts without them, but using GymGoal during your actual workout will be easier with routines and schedule.

1.3 Home Page



Routines – Open this page to:

- Browse routines
- Enter / edit / delete your routines
- Add routines to your schedule
- Start your routine-based workout without a schedule

Double star to the left – (it's a separate button) Your favorite routines. You can add any routine to Favorites by tapping the Star button on the routine details page.

Exercises – Open this page to:

- Browse exercises
- Enter / edit / delete your custom exercises
- Start your workout without a routine

Star to the left – (it's a separate button) Your favorite exercises. You can add any exercise to Favorites by tapping the Star button on the exercise details page.

Body Map – Exercises grouped by muscles and other categories.

History – Your workout history. Open this page to view your progress, to enter your past workouts, or to edit your workout history if you have noticed mistakes.

Measurements – Track your weight and other body measurements, BMI, BMR, TDEE, Body Fat Percentage and more.

Tools – Adjust settings. Learn how to work out. Back up your data to the server (free) to prevent any data loss.

? tab – Short demo videos. If you enter your schedule, it will be shown here instead.

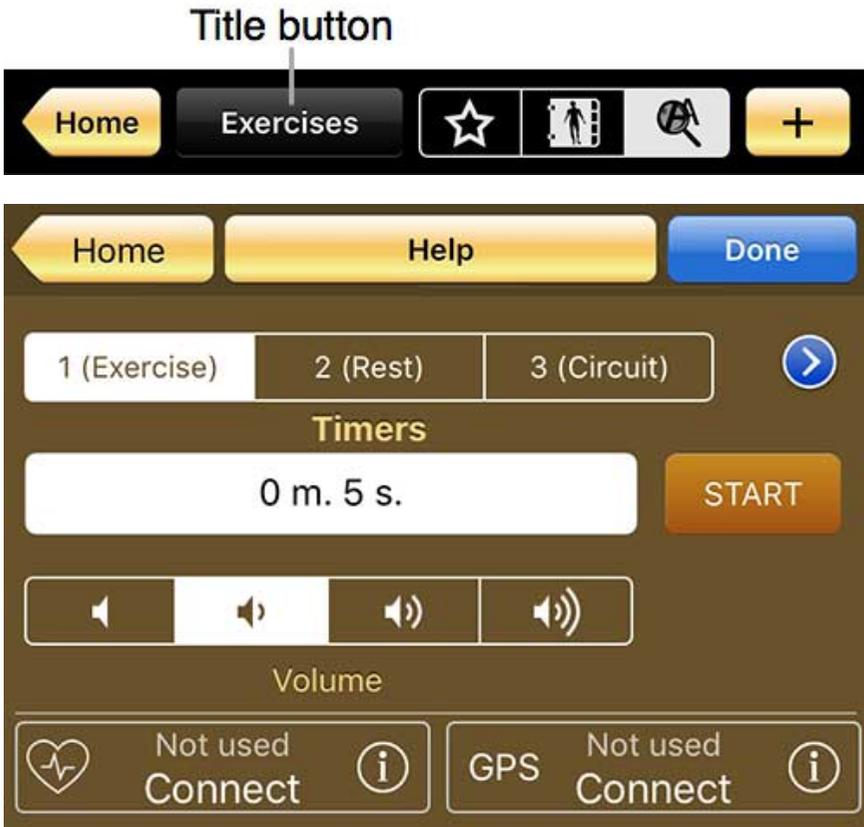
Notes tab – You can enter more specific notes on other pages, for example when you log your workout, or in Measurements. The notes on Home page are generic.

Tips tab – A tip of the day.

? button – Help.

1.4 Page titles

Every page, except Home, has a black button in place of the title. Tap this button to jump Home from anywhere, to read help, or to use timers, heart rate monitor or GPS tracking when you are not recording your workout.



Tapping the title button pops up this screen.

1 (Exercise) | 2 (Rest) | 3 (Circuit)

These are timers. You normally start them on the workout logging page. When a timer is started on the workout logging page, the time is recorded into your workout log. When it is started on the pop-up screen, the time is not recorded anywhere, it is for your information only.

However you can use the pop-up screen to set the timer's volume.

 button opens these three timers full-screen.

Heart rate

Heart rate controls are in the bottom-left corner. You can also start your heart rate monitor on the workout page. It is duplicated here to give you the ability to monitor your heart rate when you are not recording any workout.

GPS

GPS controls are in the bottom-right corner. You can also start GPS tracking on the workout page. It is duplicated here to give you the ability to track your route, speed and distance when you are not recording any workout.

1.5 Using GymGoal

There are two ways of logging workouts – with routine(s) and without.

No-routines way looks easy – browse exercises (Exercises or Body Map or Favorites), tap the exercise thumbnail, record how you did this exercise.

Routines look complex – you need to enter your workout routine(s) beforehand.

But if you think about this, entering your routine saves you a lot of time during your workout. What does it take to enter a routine? Just this – you need to find all exercises that make it. You do this when you have plenty of time. But if you do not use routines, you will be searching for exercises every time you record your workout. Even if you add all your regular exercises to favorites, you will tap the screen about 3 times more than you would do with a routine.

You don't lose any flexibility with routines. When you are logging your routine-based workout you can skip / replace / add exercises.

Do not have a routine? You can choose one that is already entered. These routines are well thought of. They are efficient and train all body in a balanced way.

Entering your own routine is easy

There are three ways:

- a) Open Routines, tap + at the top, add exercises.
- b) Open Routines, choose one that is already there, tap Copy, rename it, add / replace / delete exercises.
- c) If you have logged some workouts: open History, pick a day, tap , select Save as routine.

Routine configuration

When you are logging your workout, GymGoal automatically creates sets and enters some numbers into weight, reps, distance and other fields. When you create or edit your routine, you can indicate where GymGoal should take these numbers from.

By default they are copied from your workout history. If there is no history, three empty sets are created. The alternative option is to enter all these numbers as presets into your routine.



In any case you can change any number during the actual workout.

Logging your workouts

After selecting or creating your routine, you can attach it to GymGoal's "schedule".

Tap  on your routine details page and attach this routine to weekdays. You can add several routines to your schedule. Another option – your routine can have several split-days, and you can attach separate routine days to different weekdays.

The schedule appears on Home page, instead of the instructional videos. Just tap a line in the schedule to start logging your workout. You can tap any line, there's no restrictions. For example today is Wednesday – you are free to tap Monday and do your Monday workout now.

If you do not want to use the schedule: open your routine, tap , select 

History is for history

While you can tap + and enter a workout record on History page – please do this only for your past workouts. Do not use this feature to log your ongoing workout.

If something happens to GymGoal or your iPhone before you hit Save button to save the whole workout record, you will lose it.

When you log your workouts the recommended way, there is no Save button – everything is saved immediately.

2 Exercises

2.1 Types of exercises

Exercises in GymGoal are divided into 4 major groups:



Weights



Cardio



Stretching



Plyometrics.



Weights – anaerobic exercises. Also known as weight training, weight lifting, resistance training.

This group has exercises with dumbbells, barbells, exercise machines or just body weight. The key is that they are anaerobic. Anaerobic exercise is an intensive exercise that lasts up to 2 minutes. You can learn more in [Tools > Glossary](#) and [Tools > Building muscles.](#)



Cardio – aerobic exercises.

This is where you find running, cycling, swimming etc. Aerobic exercises are performed at moderate levels of intensity for extended periods of time. You can learn more in [Tools > Glossary](#) and [Tools > Ridding fat.](#)



Stretching – exercises for improving flexibility.



Plyometrics – exercises for developing explosive power. You can learn more in [Tools > Explosive power.](#)

2.2 Searching for an exercise

If you tap Exercises or Body Map or Star (favorite exercises) on Home page, GymGoal opens the same page, but with a different tab selected at the top.



- 1) Favorites
- 2) Body Map
- 3) Name Search

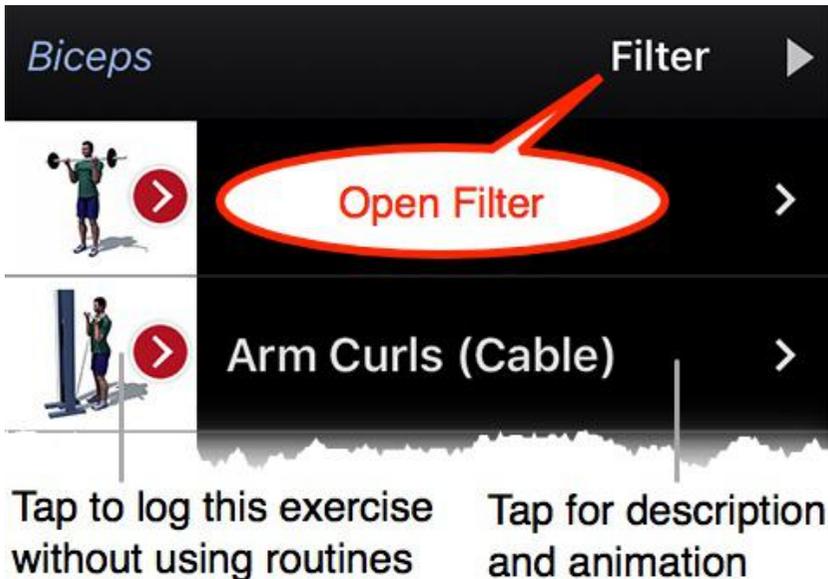
GymGoal also opens this page when you are adding exercises to a workout routine, or when you are adding or replacing exercises during your workout.

Body Map

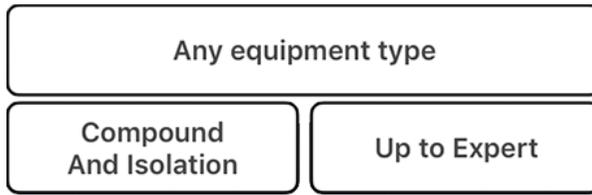
Select an exercise type, then select a group to get a list of exercises.

The top selector lists four types: [Weights](#), [Cardio](#), [Stretching](#), [Plyometrics](#).

When [Weights](#) is selected, the page shows a picture of a body with the list of major muscle groups. Selecting a muscle group opens the list of exercises that target it.



Filter allows you to further limit the list of weight training exercises:



Popup screens for filter options explain their meanings.

When **Cardio** is selected, the page shows a list of groups. Selecting a group opens the list of exercises. **Indoor or outdoor** group lists all cardio exercises.

When **Stretching** or **Plyometrics** is selected, the page also shows a list of groups. Selecting a group open the list of exercises.

Name Search



Enter one or more words that should be in the name of an exercise. An exercise will be found only if its name contains all words entered. The search matches partial words and ignores capitalization.

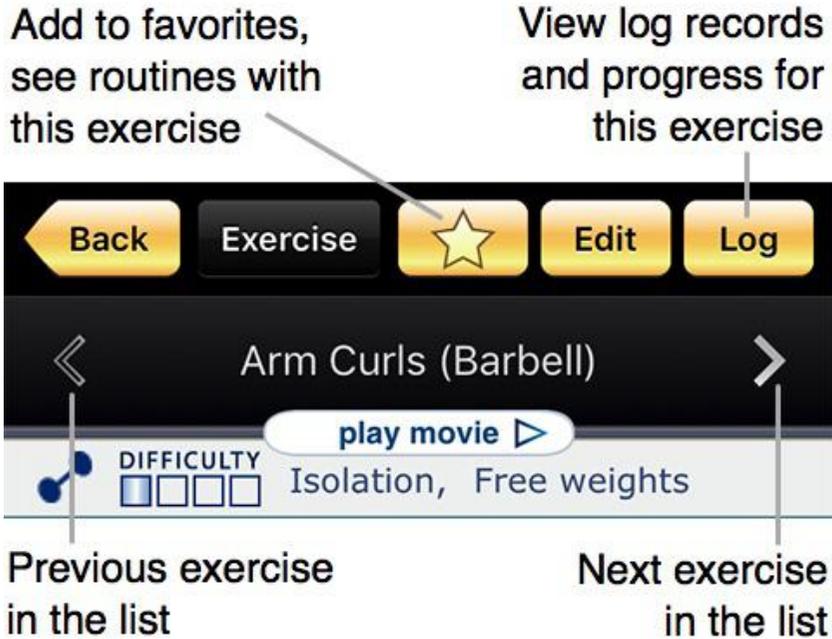
You can select the exercise type and use the filter for weight training exercises.

Favorites

This tab open the list of your favorite exercises. You can also see all your custom exercises in one place on this page.

2.3 Exercise details

Tap an exercise name in a list of exercises to open the exercise details page.



Some parts of the description text are clickable:

Breathing

[General Rules](#)

Clickable



[Biceps, Brachialis \(Lower Biceps\),](#)

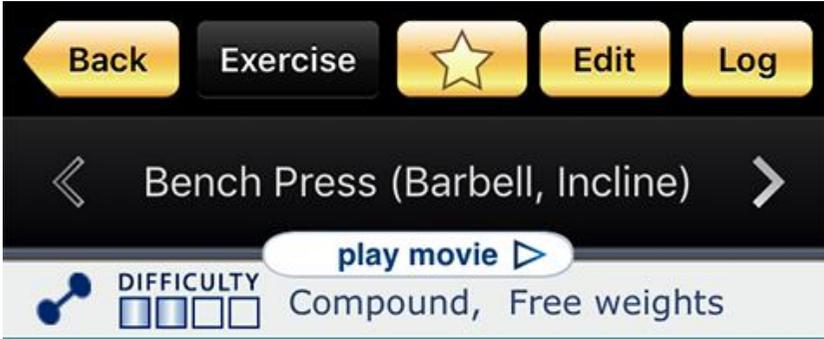
You can [Edit](#) everything in your custom exercises. Only text descriptions / exercise instructions are editable in exercises that come with GymGoal.

You can add your images and links to YouTube videos to any exercise: scroll the screen to see the very bottom of the page, tap one of these buttons:

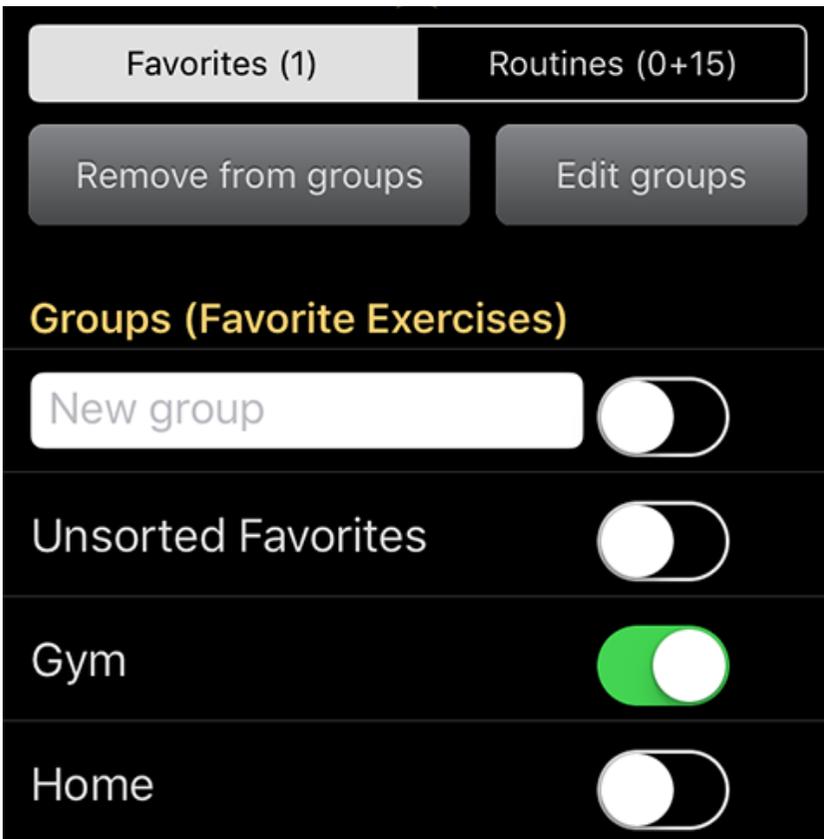


2.4 Favorite exercises

Tap the star button on the exercise page to add this exercise to favorites.



When you are adding an exercise to favorites, you can create a group in favorites. This page also shows all groups that you have already created, and you can add this exercise to any number of these groups.



In the example above there are two existing groups: Gym and Home. If you want to create a new group, type its name into the New Group entry field.

Tap [Edit Groups](#) to delete some groups. The exercises in these groups will not be deleted.

There is a selector at the top of the page: [Favorites | Routines](#)

The number (1) means that this exercise is included into one group of favorites.

(0+15) means that this exercise is not in any custom routines, and it is included into 15 bundled routines that come already entered in GymGoal.

Selecting [Routines](#) in the top selector shows all routines this exercise is a part of.

Browsing favorite exercises

Tapping the star button on Home page opens the list of favorite exercises.

If you have created any groups in favorites, you will see the list of these groups first. Tap Edit on this page to delete or rename the groups. When you delete a group, exercises are not deleted.

Tapping a group opens the list of exercises in this group.

If all your exercises are in Unsorted Favorites, tapping the star button on Home page immediately open the list of favorite exercises.

The list of favorite exercises also has an Edit button at the top. Tap it to remove some exercises from the selected group. The exercises will not be deleted, they will only be removed from the selected group.

2.5 New custom exercise

When you see a list of exercises in Body Map or Exercises, tap + button at the top to enter a new custom exercise. This exercise will be added to the selected group, unless you change the group on the exercise editing page.

You can also create new exercises when you are adding exercises to your custom routine or to your ongoing workout.

Exercise type

The screenshot shows a form for editing an exercise. At the top left is a share icon. To its right is a white box containing the text 'Biceps'. Below this is a label 'Exercised muscles' followed by a white box containing 'Zottman Curl'. Underneath are two columns: 'Difficulty' with a 'Beginner' button, and 'Type' with a 'Compound' button. Below these is an 'Equipment' section with three buttons: 'Text', 'Pics', and '123'. To the right of these is a 'Free weights' button. At the bottom is a large white box containing the text 'Exercise description and instructions' in blue. A grey arrow points from the 'Text' button to this box.

Biceps

Exercised muscles

Exercise Name

Zottman Curl

Difficulty

Beginner

Type

Compound

Equipment

Text Pics 123

Free weights

Exercise description and instructions

Select the correct type for your exercise (Weights or Cardio or Stretching or Plyometrics). Enter exercised muscles (weights) or groups (other exercise types). For weights you can indicate if this exercise is compound or isolating, and select the equipment type. You can learn more in [Tools > Glossary](#)



This selector allows you to enter:

Text Exercise description and instructions

Pics Pictures and links to YouTube clips

123 A list of parameters to record

Recorded parameters

The list of possible parameters is different for each exercise type. For example a weight training exercise can track:

- Angle
- Weight or Assisted weight or Body weight
- Time
- Distance
- Repetitions
- Rest

Weight is suitable for most weight training exercises. You have an extra option to enter only one dumbbell's weight for an exercise that uses two identical dumbbells.

Tap **...** to activate this option.

Assisted weight is for exercise machines that make your exercise easier. For example adding more weight to a chin-up machine makes your chin-ups easier, because this weight helps you instead of working against you.

Body weight exercises – your muscles lift your body or a significant fraction of it.

These are exercises like pull-ups and push-ups. Tap **...** to indicate what portion of your body is lifted. GymGoal allows you to record additional weight, for example you may use a weight plate with your pull-ups. The total weight lifted will be the sum of your body weight and the additional weight.

2.6 Edit or delete an exercise

Open an exercise in Exercises or Body Map or Favorites, tap [Edit](#) at the top, select [Edit or Delete](#).

You can edit everything in your custom exercises. Only text descriptions / exercise instructions are editable in exercises that come with GymGoal.

You can also add your images and links to YouTube videos to exercises that come with GymGoal: Open an exercise in Exercises or Body Map or Favorites, scroll the screen to see the very bottom of the page, tap one of these buttons:



Deleting an exercise

You can delete only custom exercises. Tap [-](#) at the top of the exercise editing page.

If this exercise is a part of a routine, it will be deleted from the routine. If it was included in supersets, please check this routine and make sure that the supersets make sense.

If you have logged any workouts with this exercise, please be aware that all log records for this exercise will be deleted.

2.7 Copy an exercise

You can also copy and edit an existing exercise. Open an exercise in Exercises or Body Map or Favorites, tap [Edit](#) at the top, select [Duplicate](#).

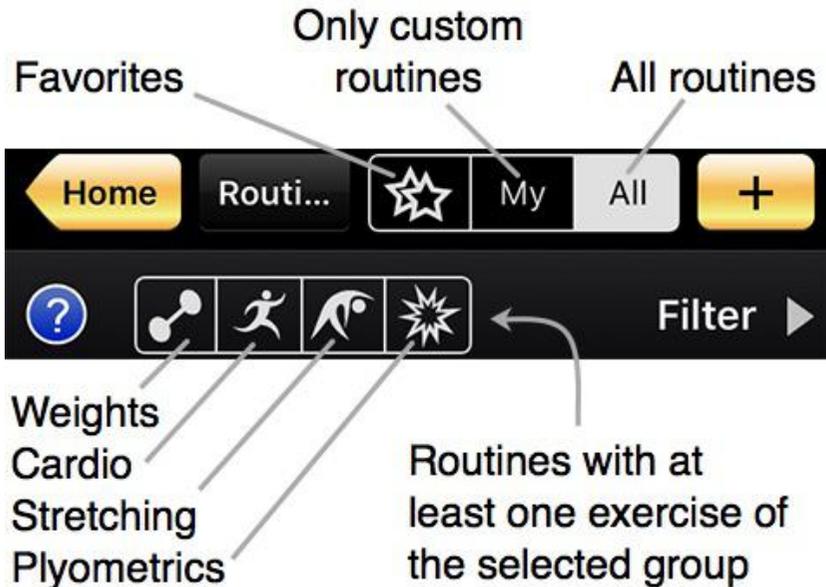
The new exercise is an exact copy – it has the same name, description, pictures, muscles or groups, list of parameters. When you copy an exercise that came with GymGoal, the result is a custom exercise and you can change anything in it.

3 Routines

A routine is a template, a list of exercises that you plan to do during your workout. Your actual workout may be different – you may skip or replace or add some exercises.

Routines make using GymGoal during the actual workout more convenient. Even if you add all your regular exercises to favorites, without a routine you will tap the screen about 3 times more than you would with a routine.

3.1 Browsing routines



Tapping Filter opens the following choices:



A routine can have several days. For example the whole routine works whole body, but the total list of exercises is split into 2 days: Upper Body and Lower Body. The first selector allows to see only routines with the specific number of split days.



The second option specifies the technical difficulty of the routines.



The third option – equipment type.

Routine details

Tap the routine name in a list to open details. This screen show routine exercises.



adds this routine to the schedule.



opens the Action menu:

- Start >
- Email this routine
- Show muscle names
- Body Map
- History

Select [Start >](#) to start logging your workout with this routine.

You can [Email](#) this routine in a readable file, for example for printing. If you want to share this routine with another GymGoal user, you can email it in a special file. If that person opens your email on his iPhone and taps the attachment, this routine will be added to his custom routines in GymGoal.

[Show muscle names](#) shows muscle names above the exercise names.

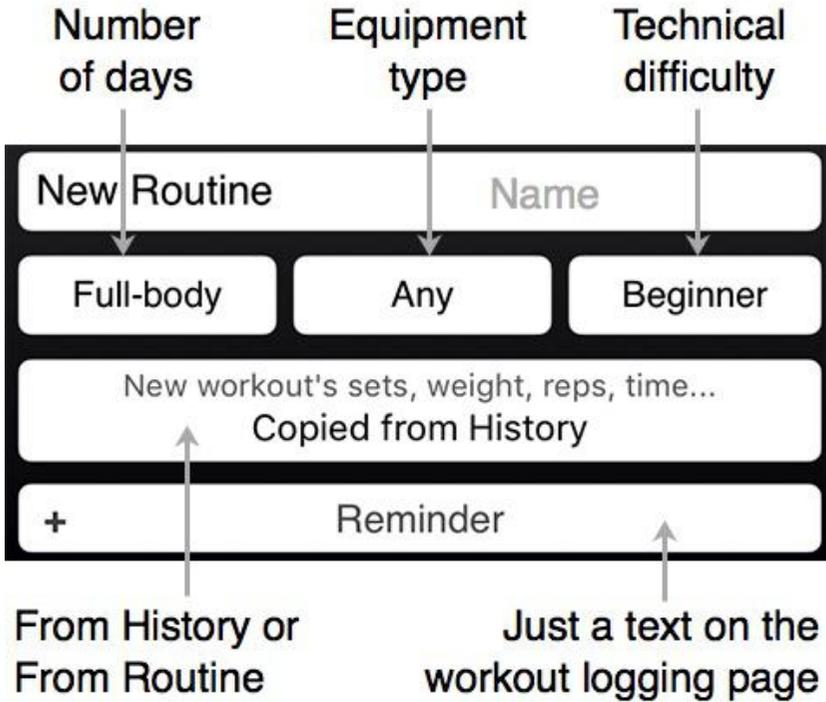
[Body Map](#) shows a body map that highlights muscles targeted by this routine.

[History](#) shows the list of logged workouts that were based on this routine.

3.2 New custom routine

GymGoal comes with several routines already entered. You can use them, but you cannot change exercises in them. You can change anything in custom routines.

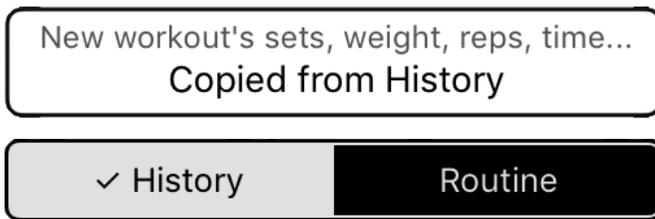
To create a custom routine, tap **Routines** on Home page, then tap **+** at the top.



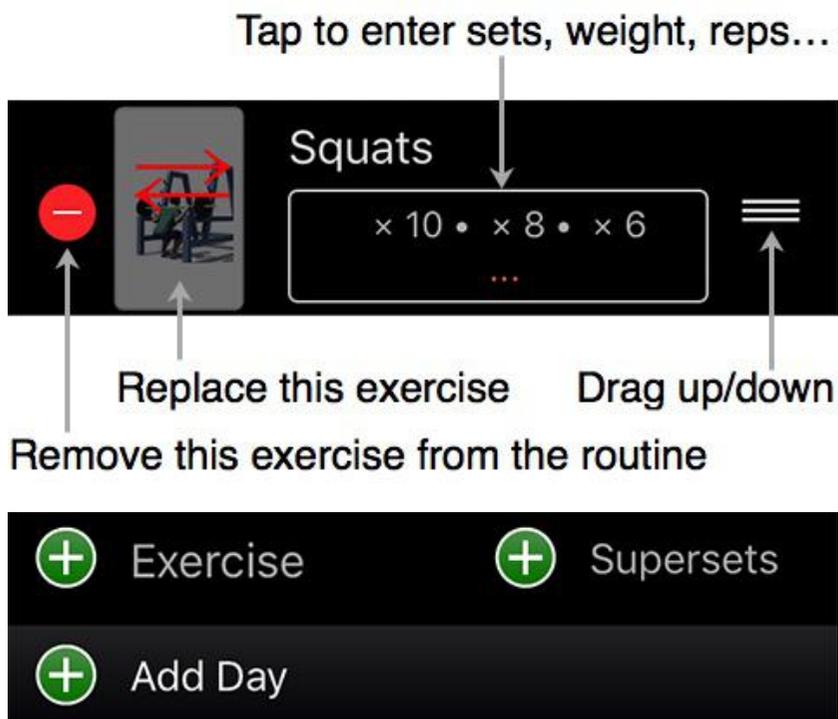
When you are logging your workout, GymGoal automatically creates sets and enters some weights, reps, distance etc. When you create or edit your routine, you can indicate where GymGoal should take these numbers from.

By default they are copied from your workout history. The alternative option is to enter all these numbers as presets into your routine.

In any case you can change any number during the actual workout.



If you select [From Routine](#), you need to enter sets, weights, reps and so on into the routine. Tap the buttons in the list of exercises to enter these numbers.

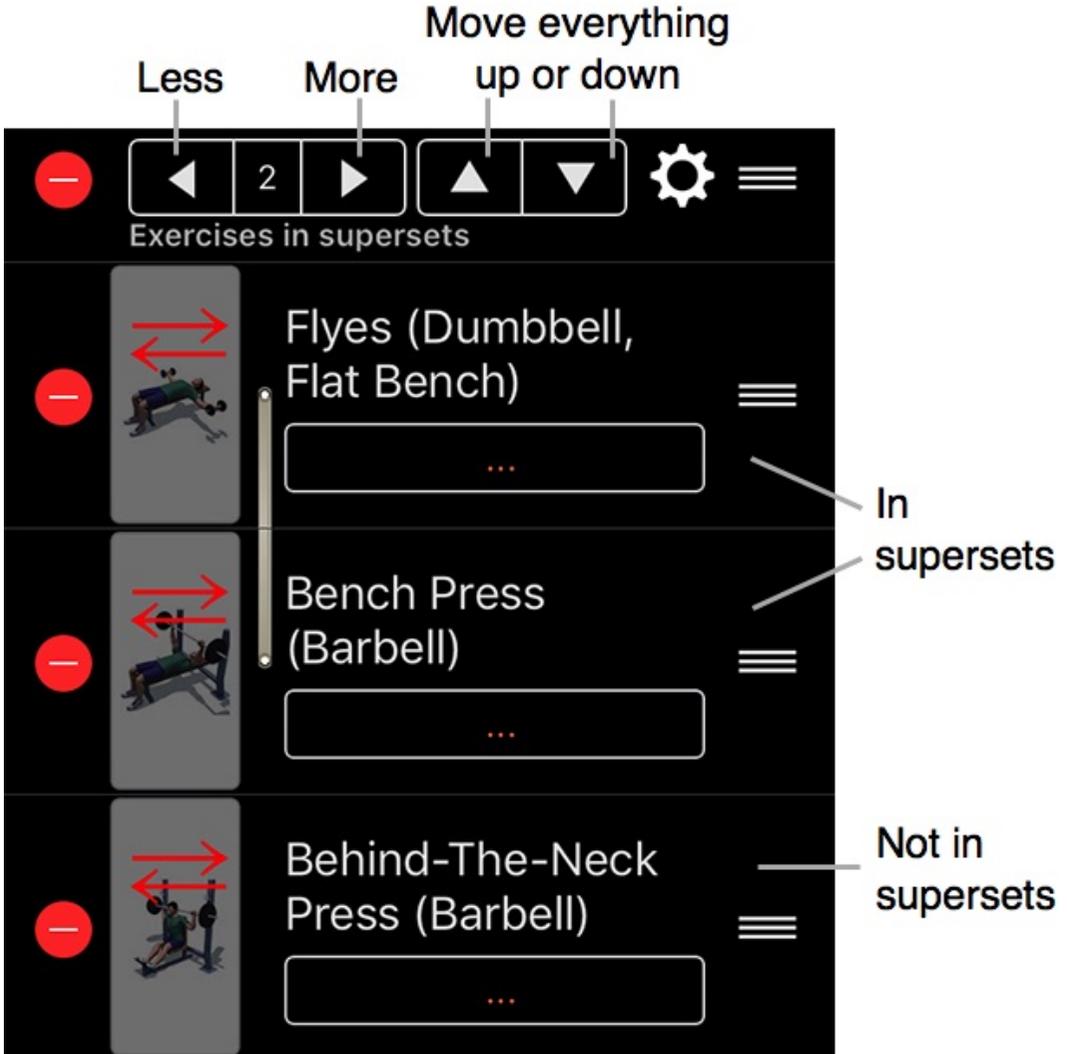


Use the button at the bottom of the page to add exercises, supersets and days.

3.3 Supersets

When you tap **+ Supersets**, GymGoal add a superset header to your routine.

Several exercises under this header will make supersets. How many exercises – you indicate in this header.



To arrange the supersets you can drag up/down the header and exercises. There are also buttons to move the whole set of exercises up and down.

Tap Setting button to chose if you will rest between exercises in supersets or not. Supersets are usually performed with no rest between exercises.

3.4 Edit, delete, copy

Editing a routine

Open a custom routine in Routines, tap **Edit** at the top.

You can edit everything in your custom routines. If a routine came with GymGoal, you can only edit presets for weight, reps and so on, if you select the option “New workout’s sets... Copied from Routine”.

Deleting a routine

You can delete only custom routines. Tap **-** at the top of the routine editing page. You can also delete routines by swiping with your finger right-to-left in the list of routines.

If you have logged any workouts with this routine, the log records will remain in History.

Copy a routine

You can also copy and edit an existing routine. Open a routine in Routines, tap **Copy** at the top.

When you copy a routine that came with GymGoal, the result is a custom routine and you can change anything in it.

Routine from a workout

You can also save a recorded workout session as a routine. Open a day in

History, tap  , select **Save as routine** .

4 Schedule

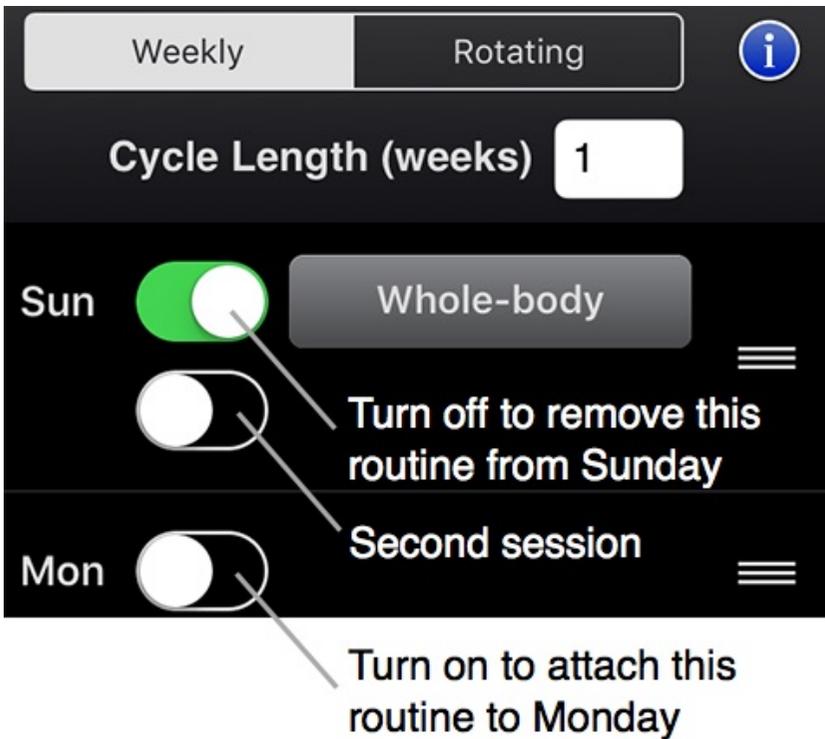
4.1 Entering workout cycle

GymGoal “schedule” is actually more of a “cycle”. For example you work out your upper body on Mondays, lower body on Wednesdays, you jog on Fridays, and you repeat this every week.

In GymGoal you can create a weekly schedule (there is also a rotating schedule) and attach your upper body workout to Monday, lower body one to Wednesday, jogging to Friday.

To add a routine to the schedule, open this routine in [Routines](#) and tap 

If you do not have a schedule yet, GymGoal automatically creates a weekly schedule and adds this routine to some week days.



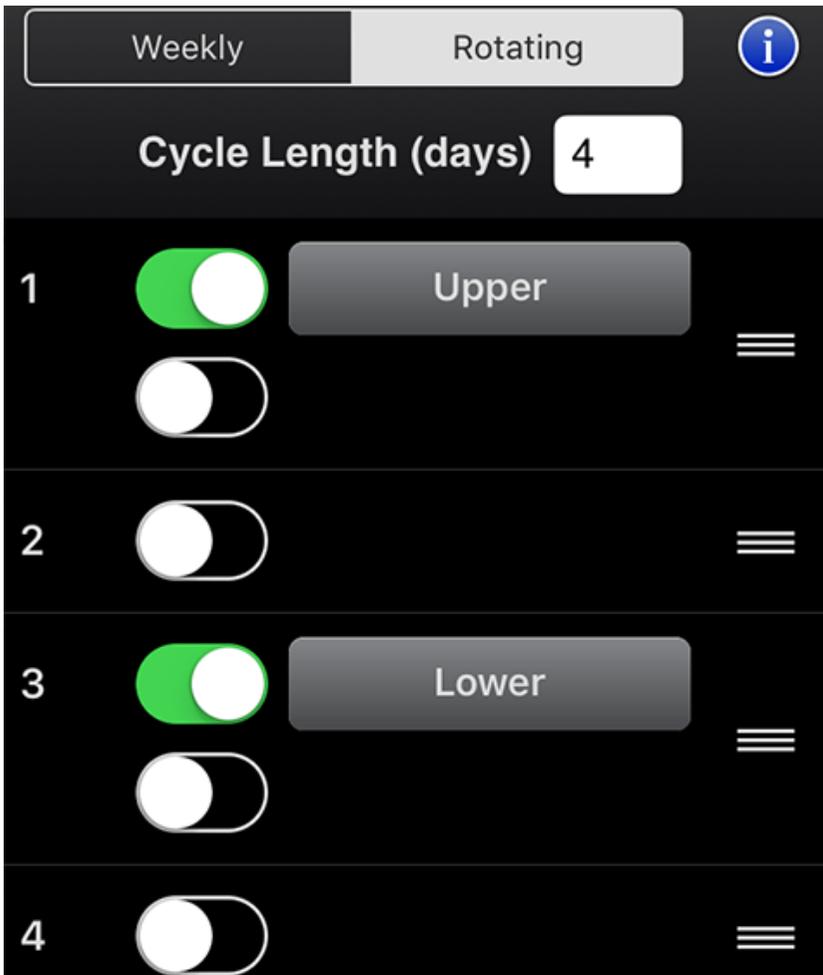
Turn a switch off to remove the routine from this weekday. Turn a switch on to

attach the routine to the selected weekday. You can schedule up to four workout sessions on the same day.

A weekly schedule can be more than one week long. If it is two weeks long, for example, then you work out differently on the second week. After the second week the cycle repeats and you do your first week workouts again.

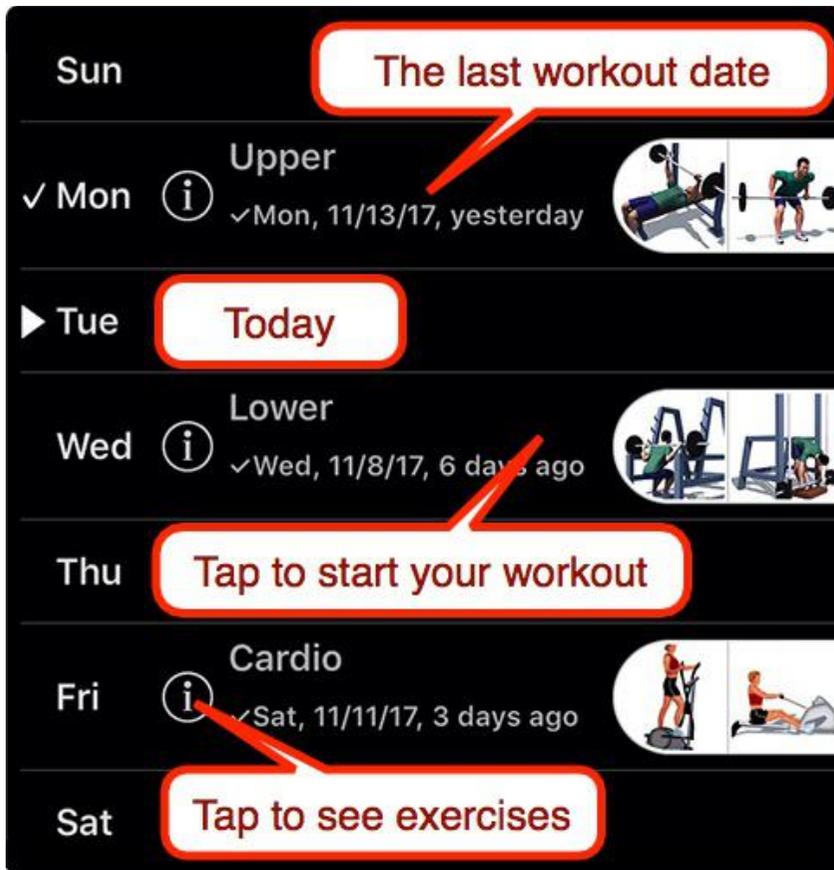
Rotating schedule

For example, you work out every second day, regardless of the day of week, and you do a 2-day split routine: (A) Upper body, (B) Lower body. Your workout pattern is: AxBx, where 'x' stands for an off day (rest day). This pattern is repeated (rotated) every 4 days, so your training cycle length is 4 days.



4.2 Using schedule

When you have the schedule, it is shown on Home page instead of the instructional videos.



The schedule shows workout and off days of your cycle. A triangle indicates today's day. A checkmark indicates the last recorded workout. The date below the routine name is the last date this workout was recorded.

In the example today is Tuesday, the last workout was Monday's workout performed yesterday.

Tap any workout day to start recording this workout. In the example, today is Tuesday but it is OK to tap Wednesday or Friday to start that workout.

5 Workout

5.1 Starting a workout

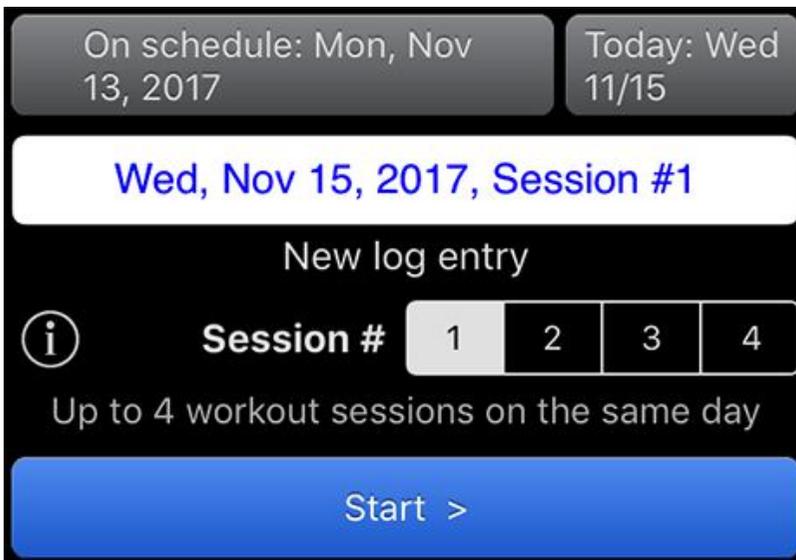
There are three ways to start a workout:

- a) Tap a workout day in the schedule on Home page
- b) Open a routine and tap 
- c) Open a list of exercises and tap an exercise thumbnail with 

The first two way are recommended, because they use routines.

Do not use History to log your ongoing workout! If GymGoal closes before you hit Save, you will lose it. When you log your workouts correctly, there is no Save button – everything is saved immediately.

All three ways listed above open this screen:



On this screen you should confirm or change the date, the session number, and tap 

There are two buttons above the date entry field: [On schedule...](#) and [Today...](#). Tapping the button will change the date below to the date shown on this button.

[On schedule...](#) appears only when you tap a workout day in the schedule. In this example the Monday workout was tapped, but today is Wednesday. If you missed your Monday workout and you are starting it now, leave the today's date and tap [Start >](#). If you worked out on Monday without GymGoal, you can change the date to Monday and enter your workout results now.

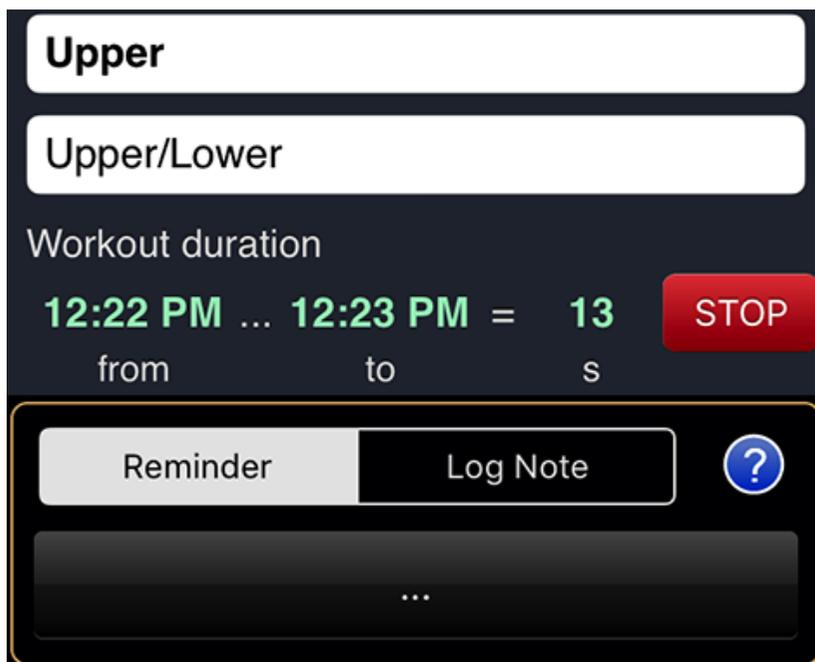
[Session #](#) - GymGoal supports up to 4 workout sessions a day. For example there may be a morning session, a midday session, an evening session. Each session is a separate workout, with a start time, duration, and a number of exercises.

[New log entry](#) – When you select a date and a session number, GymGoal shows if there is already a workout record in History for this date and session. If there is no record, it displays [New log entry](#).

When there is already a workout record in History for the selected date and session, the info line displays [Add to existing log record](#). This indicates that the existing workout record will not be deleted – the new workout data will be added at the end of the existing data.

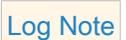
5.2 The first page

If you use a routine, GymGoal opens this page. If you are using a list of exercises instead of a routine, GymGoal jumps straight to the selected exercise, but you can open this page by tapping  at the top.



Workouts in History have titles and subtitles. When you start a routine-based workout GymGoal automatically copies the split day name to the title, and the routine name to the subtitle. Here Upper day of Upper/Lower routine is started.

It is important to record the correct workout duration, because it is used to calculate calories. GymGoal automatically starts the workout timer. You can  the timer and change the start time if needed.

 is just a text. It will be displayed here whenever you start a workout based on this particular routine. It is not logged.  will be saved to History.

5.3 Exercise page

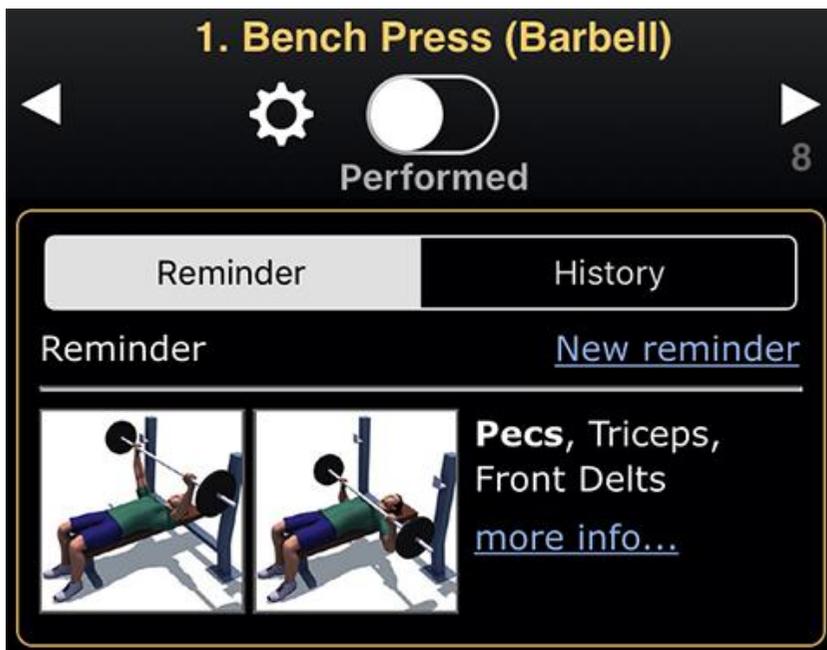


Stop the workout and go back to Home page

 button opens the workout overview. It lists all exercises with sets, weight etc in one table. Tapping an exercise name in this table opens this exercise on the workout logging screen.

Time on this button shows the total workout duration.

 opens exercise description with pictures and animation, and also exercise history. The switch description/history is at the top of the screen.

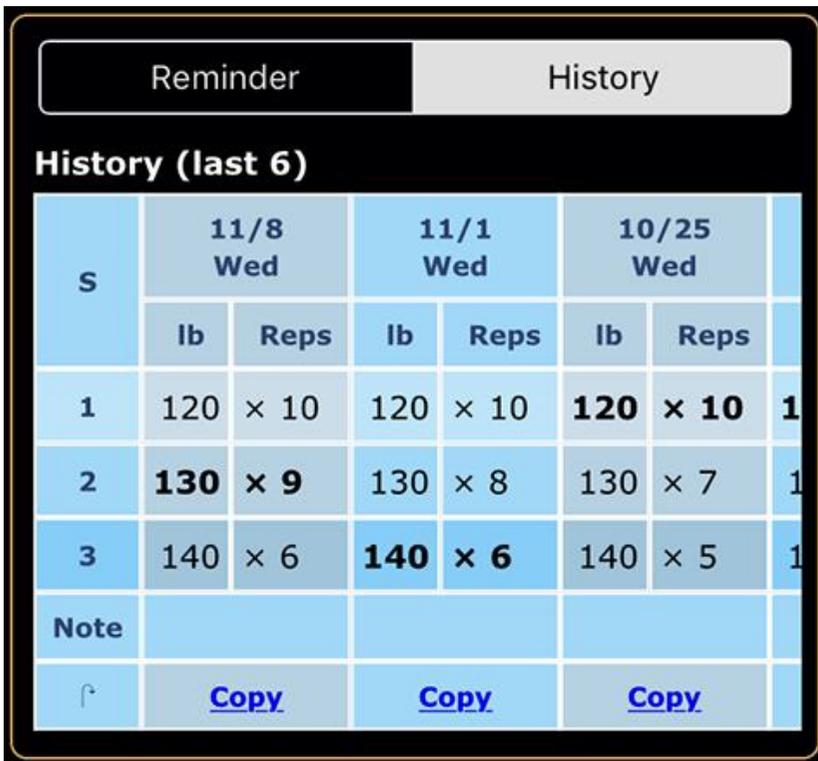


Tap  or  to go to the previous or to the next exercise.

 allows you to [Insert Exercise](#) that is not in this routine, to [Finish Workout](#), to see details on the automatically calculated [One Rep Max](#) for this exercise, or to enter the [Actual One Rep Max](#).

[Reminder](#) tab shows your reminder text for this exercise if you have entered it earlier, small exercise pictures, targeted muscles. Tap [more info...](#) to see the whole exercise details screen,

[History](#) tab shows several last history records for this exercise.



The screenshot shows the 'History' tab with a table titled 'History (last 6)'. The table has columns for date, set number, weight (lb), and reps. The first three columns are grouped by date: 11/8 Wed, 11/1 Wed, and 10/25 Wed. Each date group has sub-columns for 'lb' and 'Reps'. The table contains three rows of data, with the second and third rows having bolded values. Below the table is a 'Note' section with a plus icon and three 'Copy' buttons.

Reminder		History					
History (last 6)							
S	11/8 Wed		11/1 Wed		10/25 Wed		
	lb	Reps	lb	Reps	lb	Reps	
1	120	× 10	120	× 10	120	× 10	1
2	130	× 9	130	× 8	130	× 7	1
3	140	× 6	140	× 6	140	× 5	1
Note							
+	Copy		Copy		Copy		

Note that some numbers are in bold font: set 2 on Nov. 8, set 3 on Nov. 1. These

are your best sets – they made the highest One-Rep Max on that day.

You can tap [Copy](#) at the bottom of the history table to copy numbers from the selected day to the current workout.

GymGoal tries to find history records of the same exercise within the same routine. If this exercise is in several routines, GymGoal will not show records of workouts that were based on other routines. This is useful when, for example, the same exercise is in a high-weight-low-reps and in a low-weight-high-reps routines.

If you want to skip this exercise – just go to the next one. If you are not skipping it – switch [Performed](#) on.

5.4 Exercise with sets (weight-lifting)

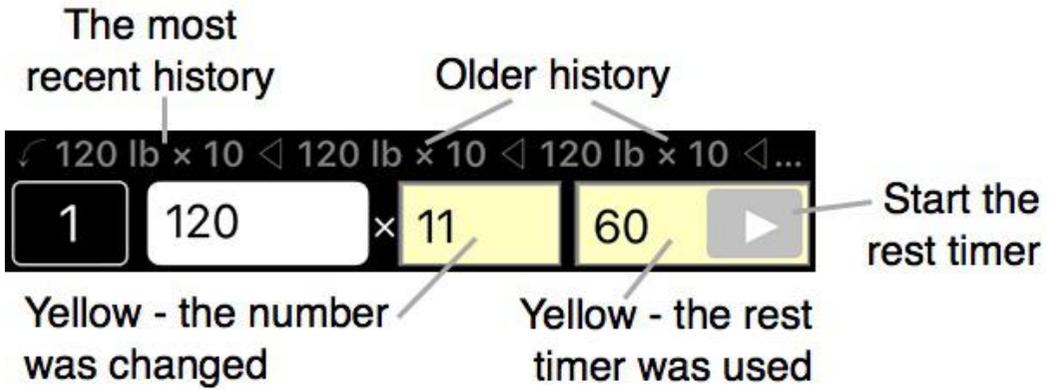


One-Rep Max under the Performed switch shows your best 1RM and the date it was recorded. GymGoal automatically calculates your 1RM, but you can also enter it manually when you tap



Tap to delete the last sets. Tap to add a set.

GymGoal picks up your preferred units (**lb or kg**) automatically from your workout and measurement logs, but you can change the unit for the current exercise here.



Every set has the following elements:

- A button with the set number
- History above the entry fields
- Data entry fields

Data entry fields may be different for custom exercises. For example you can create an exercise that tracks time and angle instead of reps.

When you change a number or run the “rest between sets” timer, the background of that entry field turns light yellow. When you tap anywhere in the set, the background of the whole set turns blue. This may be used to keep track of what set you are doing now. Yellow backgrounds are more reliable, because you may highlight the whole set by mistake while scrolling the page. If you do not need to change any number, run the rest timer to make the yellow background.

+10 lb
2 Above the button with the set number GymGoal shows how much the weight is increased or decreased compared to the previous set. Here you need to add 10 lb for your second set.

When you tap the button with the set number, GymGoal pops up a screen that offers several actions for the selected set:

- Label
- Copy
- Move, Add, Delete
- Summary

Label – you can select a color label for this set. When white is selected, you can enter freeform notes for this set. When you tap the button to select a color label, you can assign meaningful descriptions for these colors. For example red may be “too hard”, green - “too easy” and so on.

Here you can also select type for this set:

- Regular
- Warm-up
- To Failure
- Drop Set

Tap **i** on this screen to learn more about labels and set types.

Copy – you can copy an earlier set from this workout, or a history record, to the selected set.

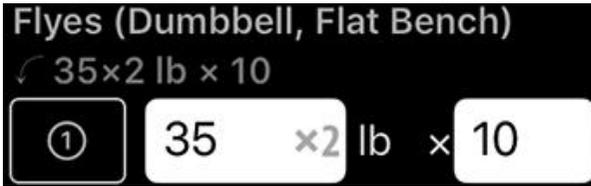
Move, Add, Delete – you can move this set up or down, delete it, add a set after this one.

Summary shows some stats like total and average weight, total number of reps.

Supersets

Supersets must be first created in your routine, so you need to log a routine-based workout to be able to use them.

Weight with , ,



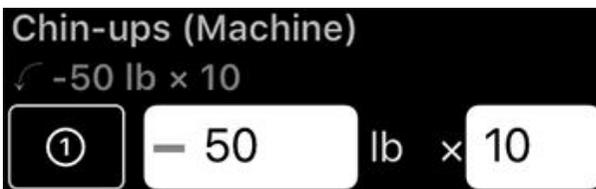
When you see in the weight entry field, you should enter the weight of one dumbbell, and GymGoal will double it to calculate the total weight lifted in

this exercise. In this example two 35 lb buttons were used for Flies.



in the weight entry field means that this is a body-weight exercise, and you should enter only the additional weight, if you used any. In the example a 35 lb

weight plate was used for Bench Dips. GymGoal will calculate the total weight lifted as your body weight (or a portion of it) plus the additional weight.



in the weight entry field means that this is an assisted weight exercise. These exercise machines use weight to make your exercise easier. For

example adding more weight to a chin-up machine makes your chin-ups easier, because this weight helps you instead of working against you. GymGoal will calculate the total weight lifted as your body weight (or a portion of it) minus the additional weight.

5.5 Exercise with no sets (cardio)

Data entry fields may be different for custom exercises. For example you can add angle and weight.

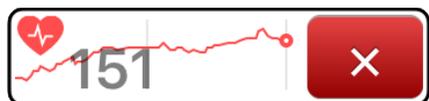
Start the exercise timer to automatically record the correct start time and duration. The duration is used to calculate calories. The start time and duration are required to pull the correct heart rate and location data if you use these features.

Heart Rate – You can connect your BlueTooth 4 (LE) heart rate monitor (top-left screen corner) to record your heart rate graph and automatically calculate your average and maximum heart rate.

GPS – You can activate it to save the map of your run or other outdoor activity and to automatically calculate the distance, speed and pace.

Note **A** inside Calories entry field. It stands for “automatic” - GymGoal will calculate calories automatically. When you connect your heart rate monitor, **A** appears inside the Heart Rate entry fields. When you activate GPS, **A** appears inside Speed entry field.

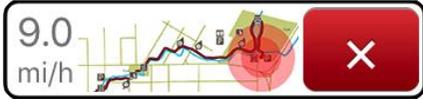
You can tap inside an automatic entry field and enter your number – GymGoal will stop calculating it. If you want to remove your number and resume the automatic calculation, enter 0.



When heart rate is monitored, the button to connect it is replaced with a small graph. Tap this graph to select your target zone, and

GymGoal will alert you when your heart rate leaves this zone. Your cardio workouts will be more efficient if your heart rate stays in the zone that is the best for your goal. In Weight Management zone, for example, up to 85% of burned

calories are "fat" calories.



When GPS is active, the button shows your current speed and a picture of a map. This map is just a generic picture, it is not the actual

map of your run. Tap this picture to open the real map.

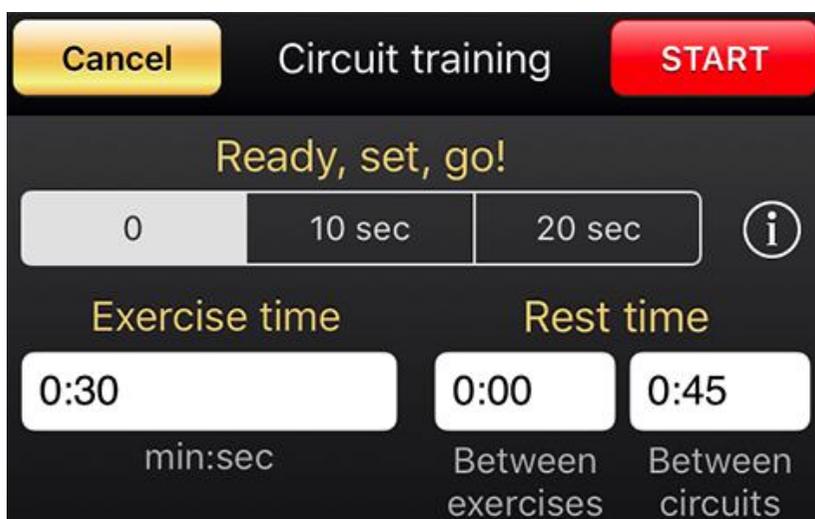
5.6 Circuit training

Circuit training is a fast-paced workout in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise with little or no rest.

You can learn more in [Tools > Glossary](#).

In GymGoal a circuit workout should be entered as supersets. When you switch a superset to [Performed](#),  appears to the right of the switch. Adjust the number of sets, weights for weight-lifting exercises, if needed, and tap .

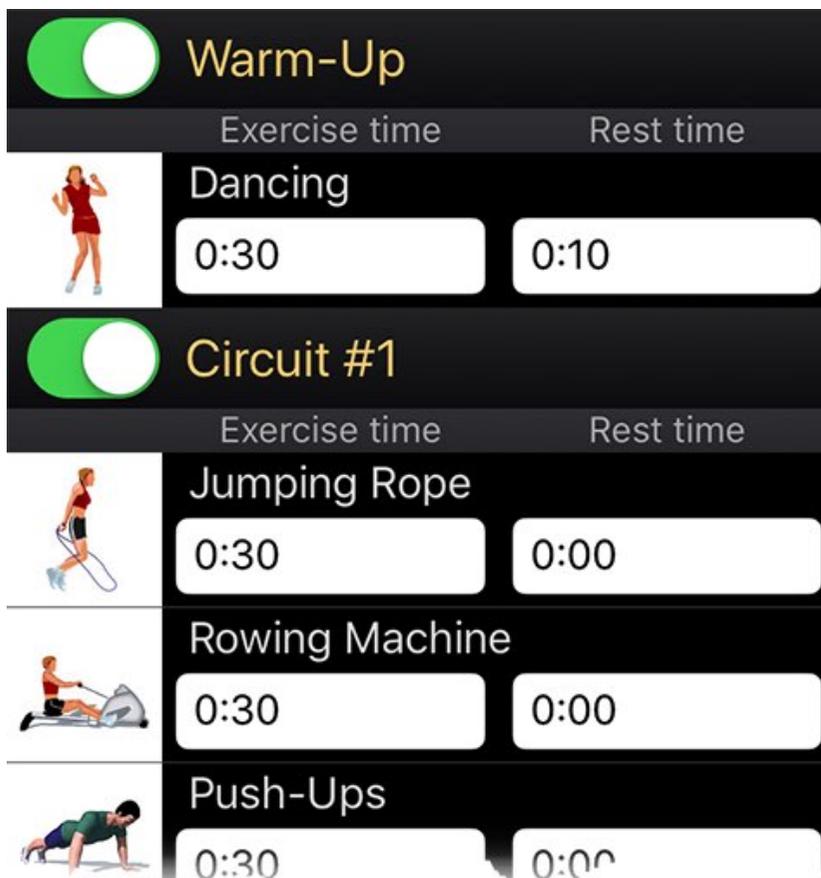
GymGoal makes a circuit training workout by including all superset exercises, one exercise that comes before the superset (for warm-up) and one exercise that comes after the superset (cool-down).



[Start](#) – tap to start your workout, when everything is set up the way you want.

[0 | 10 sec | 20 sec](#) – When you tap Start, GymGoal will first run a timer to let you prepare for the workout, if you select 10 or 20 sec.

Exercise time, **Rest time** – if you enter something into these fields, exercise time and rest time will be set for all exercises in the circuit. You can adjust individual times before you tap Start.



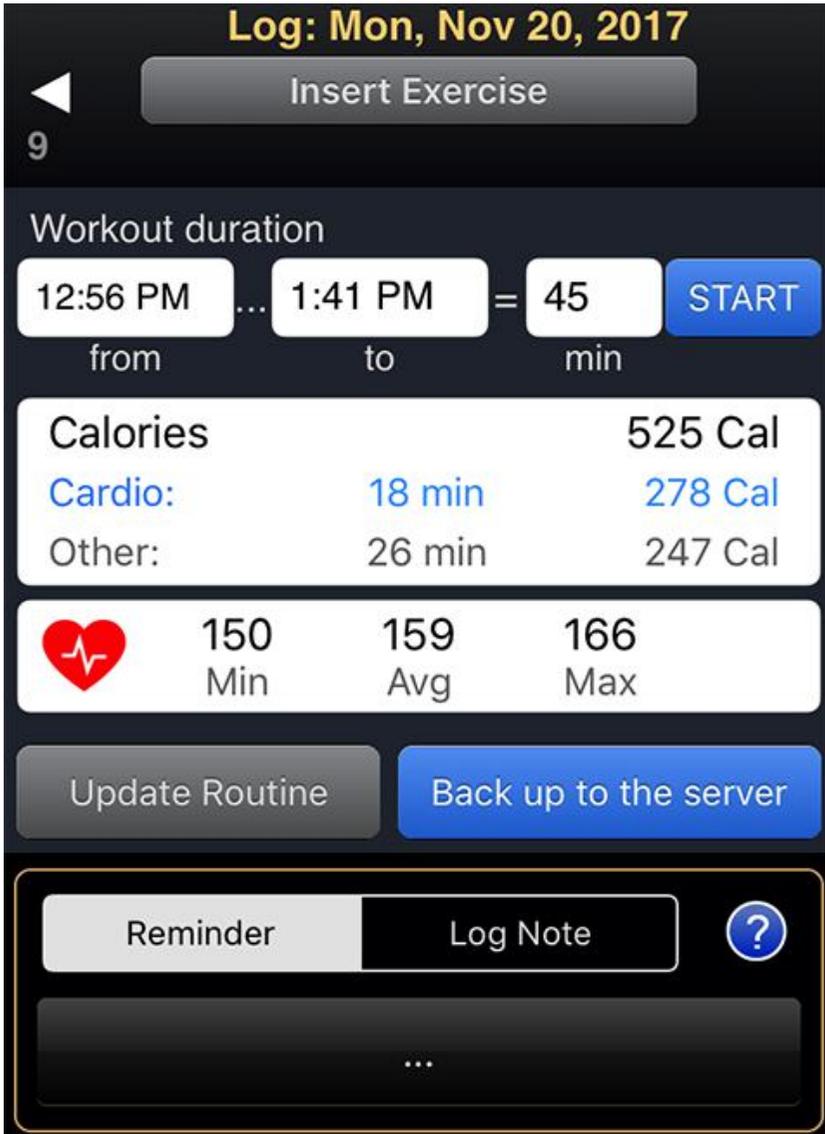
Warm-Up, **Cool-Down** – they appear if your routine has one exercise before the supersets, and one – after the supersets. You can switch off these exercises if needed.

Circuit #1, **Circuit #2** and so on – these are “sets” in supersets. If there were 3 sets in the supersets, there will be 3 circuits. If you change your mind and decide to do less circuits that were planned – turn off switches for some circuits.

5.7 The last page



The last exercise in the workout has this button instead of a  arrow. Tap it to open the workout completion page. You can also tap  and select [Finish Workout](#).



Tap [Insert Exercise](#) to add one more exercise to your ongoing workout.

GymGoal stops the workout duration timer once you open this page. Tap [START](#) if you have not finished your workout yet.

Check the start time and duration – this is important. The workout duration is used to calculate calories. Correct start time and duration are required for correct heart rate and location data.

Calories are broken into two parts – cardio calories and calories for other exercises (weights, stretching, plyometrics). Tap the calories area to enter the calories manually or to adjust the calculation of non-cardio calories.

Only cardio exercises have heart rate entry fields, but you can track your heart rate during the whole workout. The numbers in the heart rate area on the workout completion page are for the whole workout. Taping in this area opens the heart rate graph.

[Update routine](#) updates the routine this workout was based on. This action is available only when a workout was based on a routine. GymGoal finds the differences between the routine and the recorded workout and applies the changes to the routine. You can select what changes to apply, what to skip. Please review carefully all changes before committing them.

[Back up to the server](#) to save your GymGoal data. If something happens to your iPhone, or you need to reinstall GymGoal, you will be able to restore your data from this backup (Tools > Download).

[Reminder](#) and [Log Note](#) – same as on the first workout logging page. They are attached to the whole workout, not to a specific exercise. You can enter notes about the specific exercise when you are logging this exercise.

6 History

6.1 Dates

When **Dates** is selected, History screen shows all workouts for the selected year.



Tap  to email your workout history for review and printing or for importing to a spreadsheet.

Tap **Edit** at the top of the screen to delete workouts from the history. Expand months before tapping Edit.

Tap **+** to add a new workout record to the history. Do not use this feature to log your ongoing workout – it is only for entering your past completed workouts. The screen for entering or editing a workout in history has a Save button. If GymGoal closes for any reason before you tap Save, your work will be lost. When you log your ongoing workout the recommended way, there is no Save button – everything is saved immediately.

Every month has a header with  and **Summary**. A number after  is the number

of workout sessions in this month.

Summary opens some stats and total list of exercises for this month.

Initially all months except one are collapsed. Tap  to expand this month to view workouts.

 Exercise type icons in the workout line show the type of exercises in this workout. GymGoal shows only two icons. If more than two exercise types were recorded in this workout, icons of some types will not be shown here.

Tap a workout to open the details view of this workout.

The last three items in the Dates list are links to summary stats: year summary, cardio stats, weight training stats.



6.2 Workout details

This screen shows everything that was recorded during the workout.

Page header



Edit – edit this workout record.

 opens a list of actions:

- Email
- Save as routine
- Add to routine
- Update routine

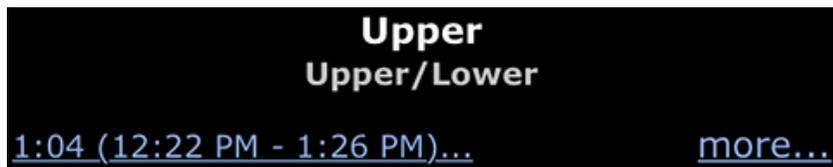
Email sends an html file that can be used for review and printing.

Save as routine creates a new routine from this workout record.

Add to routine adds the recorded exercises to an existing routine. Please scroll the routine page and review the whole routine before saving the changes.

Update routine updates the routine this workout was based on. This action is available only when a workout was based on a routine. GymGoal finds the differences between the routine and the recorded workout and applies the changes to the routine. You can select what changes to apply, what to skip. Please review carefully all changes before committing them.

Workout report



The report header shows the workout's title, subtitle and duration. You can edit title and subtitle during the workout and here.

Workout start [time](#) and duration – tapping it opens a graph that shows your daily workout duration change over the selected period.

Tap [more...](#) to see more stats in the workout report.

Exercise	Weight (lb)	Reps	Rest	% 1RM	Ttl V
 1 Outdoor Running 	time:		0:18:36		
	distance:		0.96 mi		
	energy:		278 Cal		
 2 Bent Over Row (Barbell)	1	150 × 10	90	75%	3
	2	160 × 8	90	80%	3
	3	170 × 6	120	85%	2
1RM: 200.1 Ttl Weight: 3,800 Ttl Reps: 24 Avg Weight: 158.3					

There is a list of performed exercises below the header. Tapping an exercise name opens progress graphs and tables for this exercise.

You will see a heart rate graph near the bottom of the page if you tracked your heart rate. If you activated GPS in GymGoal during your workout, there is also a button to open the map.



6.3 Exercise progress

Tap an exercise name on workout details page in history to open exercise progress page. You can also open this page by selecting an exercise on the month or year summary page.



The page has this selector at the top. **123** opens a table of history data, the other choice is a graph.

Graph

Select a period and what parameter you want to graph. You can select units for some parameters, for example lb or kg for weight.

The list of trackable parameters is different for different types of exercises. Besides your custom exercises may have custom lists of tracked parameters.

For example standard parameters for a weight-lifting (anaerobic) exercise are:

- Log
- One Rep Max
- Actual 1RM
- Weight (total, min, max, avg)
- Reps (total, min, max, avg)

Log graph shows days when you did this exercises.

One Rep Max is the maximum weight you can lift in a single repetition doing this exercise. It is automatically calculated by GymGoal when you log your workouts, so it is approximate. However it is a good metric for tracking your progress.

Actual 1RM (actual One Rep Max). This graph shows manually entered, not calculated, One Rep Max for the selected exercise. You can actually try lifting your maximum weight and record it. When you record your workout, tap  to enter your actual 1RM.

Weight – additionally select **Total** or **Min** or **Max** or **Avg**.

- Total – the total weight lifted on one day.
- Min, Max, Avg – minimum or maximum or average weight used on one day.

Reps (repetitions) – additionally select **Total** or **Min** or **Max** or **Avg**.

- Total – the total number of repetitions on one day.
- Min, Max, Avg – minimum or maximum or average number of repetitions on one day.

Standard parameters for a cardio (aerobic) exercise are:

- Log
- Time (total, min, max, avg)
- Distance (total, min, max, avg)
- Calories
- Average heart rate
- Maximum heart rate

Table

When you select **123** at the top of the screen, GymGoal shows a list of numbers, grouped by months.

Goal



You can enter your goals for the selected parameter. For example One Rep Max is selected. Tap this button to set your short-term and long-term goals for One Rep Max for this exercise.

When you set a goal, you enter a date and a number. In this example the short-term goal is to reach 1RM of 250 lb on 1/20/2018.

A Graph shows your goal as a green line. A table shows how much is left to reach your goal. For example your goal is 250 lb, your current 1RM is 201 lb, the table will show Remains 49.

6.4 Muscles

When **Muscles** is selected, History screen shows worked muscles and the number of workouts in the selected period for each muscle. Only weight-lifting (anaerobic) exercises are counted.

There are two selectors on this page: **period** and **less | more**.

Period options depend on the length of your workout history. When there is less than three years in the history, the options are: 3 years, 1 year, 3 months, 1 month.

less | more adjust the way GymGoal counts exercises for each muscle. When “less” is selected, it counts only exercises for which this muscle is a “target” muscle. When “more” is selected, GymGoal also counts exercises for which this muscle is a “primary” muscle.

Selecting a specific muscle opens a list of exercises for this muscle you did in the selected period. GymGoal shows the number of workouts with this exercise in the selected period. The exercises are grouped into Compound and Isolation.

Selecting an exercise from this list opens its progress graphs and tables.

7 Measurements

7.1 Overview

Tap  on Home page to open Measurements.

This page has two sections: [Measurements](#) and [Calculators](#). Measurements section offers 13 standard trackers and 6 custom ones. Calculators section has 6 fitness calculators.

Measurements

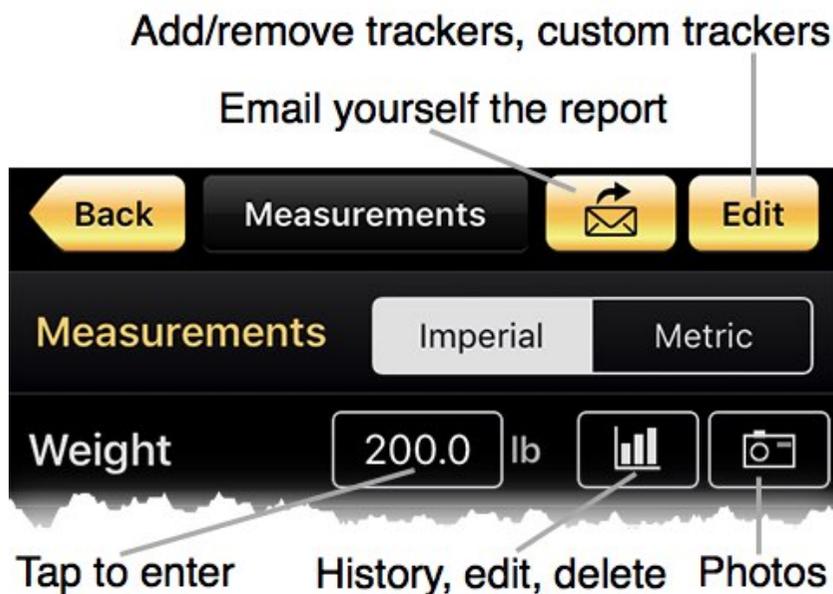
- Weight
- Neck
- Shoulder
- Forearm
- Bicep
- Chest
- Waist
- Abdomen
- Hips
- Thigh
- Calf
- Wrist
- Height
- 6 Custom trackers

Calculators

- Body fat percentage (Fat)
- Body Mass Index (BMI)
- Basal Metabolic Rate (BMR)
- Total Daily Energy Expenditure (TDEE)
- Target Heart Rate (THR)
- One Repetition Maximum (1RM)

Measurements and most calculators save the history that can be viewed as a graph or a table. You can also attach photos with notes to all trackers – pics for body weight or fat percentage, pics for biceps and so on.

7.2 Measurements section



Measurements section offers 13 standard trackers and 6 custom ones. Tap **Edit** to arrange them.

Select **Imperial** (lb, in) or **Metric** (kg, cm) before entering your measurements.

New

Tap the data entry field to enter the measurement. The next screen has a date field with today's date – you can leave it unchanged or enter a date in the past, if this measurement was entered earlier.

If you have already entered a number for the same date, the new entry will replace the older one.

Some trackers ask for a single number, others ask for two – left side and right side. You may leave one side blank if you do not want to track it.

History, Edit, Delete

Tap the graph button to view this tracker's history as a graph or a table.



The history page has this selector at the top. **123** opens a table of history data, the other choice is a graph. Tap a number in the table to edit it. You can delete history

records by either swapping them right-to-left with your finger, or using **Edit** button at the top.

Photos

You can track your progress with photos. They can be taken with your device's camera or imported from your photo library. Each photo can have a description. If you take photos with the camera, you can email them or export them to your photo library.

7.3 Calculators section



Most Calculators can store the input and the results in history. Turn off **Save input and results** when you want to calculate something for another person.

Each calculator has a separate screen, designed for specific input and results. They all however have common elements.

Calculate

and save

Once you enter all requested numbers, tap **Calculate** button. If there is **and save** text under this button – it's a reminder that the input and the results will be saved to History. For example you have entered Height and Weight to calculate BMI – height and weight will be saved to measurements, BMI will be saved to its own history. If you are calculating something for another person, go back to the previous screen and turn off **Save input and results** option.



This button at the top of the screen opens history for the selected calculator. You can see a graph or a table of numbers. Tap a number in the table to edit it. You can delete history records by swapping them right-to-left with your finger.



You can track your progress with photos. They can be taken with your device's camera or imported from your photo library. Each photo can have a description. If you take photos with the camera, you can email them or export them to your photo library.

8 Tools

Tap  on Home page to open Tools.

This screen is divided into four sections:

1. File
2. Back up/Restore
3. How to work out
4. Settings

File

You can create up to 50 files in GymGoal. One file contains all GymGoal data for one person – everything that can be entered in GymGoal: routines, custom exercises, workout logs, schedule, measurements etc.

You can create an empty file or to copy an existing one.

To delete a file, select it and tap [Delete](#) on the file details screen.

Back up/Restore

You can back up all your data to the server (logs, custom exercises, pictures, everything that you enter in this app). If anything happens to your iPhone, you will be able to restore all your data to your repaired or new device.

Before you back up your data, you need to create an account. This is free. When you download your backup from the server to your new iPhone, for example, you will need to enter the login and password of your account. If you forget them, you will be able to restore them to the email registered with your account.

GymGoal can email you your backup file when you save your data to the server. This file can be used to restore GymGoal data – open an email with such file on your iPhone and tap the attachment. In this case you do not need to remember

your login and password.

If you use several files, please note that GymGoal backs up one file at a time. Separate files need to be backed up separately.

How to work out

This section offers some information on working out for strength, muscle size, fat loss or explosive power. There is also some info about protein supplements, and a glossary.

Settings

Some settings work in GymGoal globally, others are attached to a file. For example you may have separate color themes for different files (people).

If a meaning of a setting is not obvious, it has an  (info) button that explains how it works.

9 Apple Watch

Open GymGoal on your iPhone and on your Watch.

If you have a schedule in GymGoal, it should be displayed on Watch. If it's not there, tap History on your iPhone and return to Home page. Tapping a line in history on your watch starts the workout session.

If you do not use a schedule, or if Watch does not show it for some reason, you need to start the workout session on your iPhone. Watch should show the first exercise of your workout.

You can log your workout on your iPhone or on Watch – the devices should synch.

To start logging an exercise on Watch tap [Start](#). If this is a cardio (aerobic) exercise, GymGoal starts a stopwatch or a timer.

If this is an exercise with sets (weight-lifting), Watch shows one set at a time. Tap < and > buttons to go to previous or next set.

Tap a button with weight and reps to edit these numbers. On the next page tap a number to edit it.

GymGoal starts a workout mode on your Watch when you start logging a workout. This mode activates the heart rate monitor. Your current heart rate is shown on Watch in a button. Tapping this button expands the heart rate feature full screen. Heart rate monitor on Watch consumes significant amount of energy. If you do not care about your heart rate, you can turn the monitor off on this screen. This however will affect the way your workout calories are shown in Activity.

When you finish your workout on iPhone, please look at GymGoal on Watch. It should close the workout screen and return to the schedule. Some time later it will stop the heart rate monitor (the lag may be a minute or so – it is not controlled by GymGoal). You can also finish your workout on Watch.