



Gym Trainer Free Download is a compact Windows application whose purpose is to help users manage their workout sessions by creating several programs which include various types of exercises. It sports a clean and straightforward layout that offers support for copy and paste, and “drag and drop” operations.

The program provides an extensive list with workout exercises, such as Cardio, Biceps, Triceps, Abdominals, Shoulders, and Stretching, and lets you select between different programs, namely Aerobic, Cardio, Tone, Mass, Warm Up, and others. It also displays images for each exercise. Thanks to its built-in calendar, you can easily create a program for each day. Plus, you are allowed to drag and drop the exercise on the desired day. What’s more, the training session can be saved to a file, and you can also archive data and customize the working programs and exercise names. Other notable characteristics worth mentioning are represented by the possibility to customize the text in terms of font and size, pick the orientation, add images from the computer to replace the original pictures, as well as print or export data to XLS or DOC file format. During our testing we have noticed that Gym Trainer carries out a task quickly, and no errors showed up throughout the entire process. It leaves a minimal footprint on system resources, so the overall performance of the computer is not affected. All in all, Gym Trainer offers a handy set of parameters for helping you create workout sessions, and is suitable for all types of users, regardless of their experience level.

System Requirements Windows Vista, Windows 7, Windows 8, Windows 8.1, Windows 10

Program Feature Highlights Create New Workout Session Add Exercises & Record Time Calendar for Workout Session Export Workout Session Customize Workout Session Copy & Paste Export Exercise to Word Print Exercise to printer Print Task List Custom Date/Time Save to Disk Export as PDF, XLS Create Contact List from Exercise Archive your Workout Session Control Workout Session Timer View Exercise with Image Import Exercise from Word Folders Move items to another folder Cleanup Clean up unused items Customize Program Change Exercise Name Move to Another Folder Remove Exercises Customize

Gym Trainer is a compact Windows application with a straightforward layout that offers support for copy and paste, and “drag and drop” operations. The program features a rich feature set, including workout routines, and you are offered 14 different types of exercises, including Cardio, Biceps, Triceps, Abdominals, Shoulders and Stretching. You can select between different programs, including Aerobic, Cardio, Tone, Mass, Warm Up, and others. It also displays images for each exercise. Thanks to its built-in calendar, you can easily create a workout program for each day of the week. Moreover, you are allowed to drag and drop the exercise on the desired day. On the right side of the interface, a menu with sub-menus is displayed, and the workout session can be saved to a file. The program also allows you to customize the text in terms of font and size, customize the orientation, add images from the computer to replace the original ones, as well as print or export data to XLS or DOC file format. Any features, bugs

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or typos are mine and my company's only, and this application is totally free. If you like Gym Trainer, please consider donating, sharing on your social media, or even write a review. Programs – Update and Uninstall Just un-click, Uninstall and then Restart your PC. Then open your Download folder (usually C:\Program Files (x86)\Downloads) Open the folder with the downloaded file, drag and drop the downloaded file to the DELETE FOLDER tab Installation Download Gym Trainer Trial Version to your desktop. (It may not update if your version is older) Double Click on the "Gym Trainer\_x\_x\_x.exe" file. Click on the "Next" button. Click on the "Accept" button. Enjoy! Features: Create Your Own Gym Trainer Account Set Your Own Privacy Settings Customize Your Own Profile Photo Set Your Account Password Create Your Own Gym Trainer Calendar Bookmark a Gym Exercise Add a Favorite Gym Exercise Move Items to Arrange Order Remove Items from Arrange Order Bookmark a Gym Exercise Remove Mark from Gym Exercise Show You Favorite Gym Exercises Add Some Favorite Gym Exercises Sort Your Gym Exercises Manage Your Gym Exercises Add Gym Exercises to 09e8f5149f

Gym Trainer is a compact Windows application whose purpose is to help users manage their workout sessions by creating several programs which include various types of exercises. It sports a clean and straightforward layout that offers support for copy and paste, and “drag and drop” operations. The program provides an extensive list with workout exercises, such as Cardio, Biceps, Triceps, Abdominals, Shoulders, and Stretching, and lets you select between different programs, namely Aerobic, Cardio, Tone, Mass, Warm Up, and others. It also displays images for each exercise. Thanks to its built-in calendar, you can easily create a program for each day. Plus, you are allowed to drag and drop the exercise on the desired day. What’s more, the training session can be saved to a file, and you can also archive data and customize the working programs and exercise names. Other notable characteristics worth mentioning are represented by the possibility to customize the text in terms of font and size, pick the orientation, add images from the computer to replace the original pictures, as well as print or export data to XLS or DOC file format. During our testing we have noticed that Gym Trainer carries out a task quickly, and no errors showed up throughout the entire process. It leaves a minimal footprint on system resources, so the overall performance of the computer is not affected. All in all, Gym Trainer offers a handy set of parameters for helping you create workout sessions, and is suitable for all types of users, regardless of their experience level.

**Features & Functionality of Gym Trainer**

**Additional Features:**

Exercise programs Alarm Timer Cardio Cardio Premium Cardio VIP Aerobic Cardio FX Cardio FX Premium Cardio FX VIP Cardio Power Cardio Power Premium Cardio Power VIP Cardio Power House Cardio Power House Premium Cardio Power House VIP Cardio Turbo Cardio Turbo Premium Cardio Turbo VIP Cardio Voodoo Cardio Voodoo Premium Cardio Voodoo VIP Cardio Beat Cardio Beat Premium Cardio Beat VIP Cardio Beat Plus Cardio Beat Plus Premium Cardio Beat VIP Cardio Beat VIP 5 Cardio

#### What's New in the Gym Trainer?

Gym Trainer is a compact Windows application which helps you to create workouts for your muscles. Thanks to its easy-to-use interface, it is a breeze to make a workout and view information about the exercises you have performed. All of that will give your results much more accurate and efficient. Its clean and straightforward layout offers support for many handy functions and operations. You can copy and paste exercises to program with them as well as “drag and drop” operations. Apart from workout sessions, the program also allows you to create a different workout program for each day of the week. There are many workouts in the program in addition to the usual Aerobic, Cardio, Weight etc. The program lets you choose between the Muscle Builders, Fitness Centers, Hot baths, Yoga, Sex, Recovery and Stretch. The calendar can be used to schedule workouts in advance. Also it is a convenient way to print or export files in various formats.

**Gym Trainer Icon: Gym Trainer Window: Download Gym Trainer Free Vista Tweaker - Tweak Your Vista! Vista Tweaker will customize your Windows Vista. With it, you can enable or disable extra features, and change the look and feel of Windows Vista to your liking. This software is specially created to help normal users customize and optimize their Windows Vista OS, whether for work or play, at home or on the go. With Vista Tweaker, you can modify many aspects of Windows Vista, including changing the appearance of Start menu and folders, adjusting size of fonts, allowing or disallowing control panels in Explorer, and many more. Vista Tweaker is**

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completely free to use. Vista Tweaker comes in different themes. Each theme of Vista Tweaker has its own “look” and “feel”. Themes can be installed and uninstalled freely. A theme is an easy-to-use software package that you can apply to Vista Tweaker, to change the look and feel of Windows Vista. You can easily customize Windows Vista by using Vista Tweaker without affecting your original Windows OS. For example, you may want to “tweak” Vista to look like Windows ME. Vista Tweaker can make Vista look like Windows ME, while still allowing you to run your system as normal. Vista Tweaker comes with many themes. Each theme allows you to customize Vista in different ways. For example

Minimum: OS: Windows 7, 8, 10 Processor: 1.7 GHz Memory: 1 GB RAM Graphics: DirectX 9.0 compatible graphics card DirectX: Version 9.0 Hard Drive: 500 MB available space Sound Card: DirectX 9.0 compatible Additional Notes: The best bet would be to download a free trial. So if you have any problems with the game or have any questions about it, you can always contact our support team. They are available 24/7

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