Ask AI Assistant

Laura Gibson - 2026-11-08 - AI Agents

Ask AI Assistant brings AI-powered help directly into Gym Lead Machine, so you can create content, get answers, and complete supported tasks without ever leaving the platform. This guide covers what Ask AI Assistant is, its core capabilities, and how to use it inside Gym Lead Machine.

What Is Ask AI Assistant?

Ask AI Assistant is a built-in AI workspace inside Gym Lead Machine that helps you create content, get answers, generate assets, and complete supported actions from one place. It's designed to cut down on screen-switching by letting you work through simple, natural-language prompts. It also supports a full-screen experience when you want a focused workspace for higher-volume work.

You can type prompts or use voice input to speak instructions directly into Ask AI. That makes it quick to move through tasks like drafting content, asking questions, or requesting supported actions while you work anywhere in your Gym Lead Machine account.

Ask AI is billed on a pay-per-use basis: you're only charged for what you actually use, with no flat monthly fee for the feature. You'll find Ask AI in the top navigation bar. Click the icon and enter your prompt.

Note: To generate personalized, on-brand content, make sure your Brand Voice is configured under **Marketing → Branded Content → Brand Voice**.

What You Can Do with Ask AI Assistant

Ask AI Assistant supports a range of use cases across content creation, business assistance, and in-app actions. Reviewing these capabilities will help you understand which types of requests work best and how to phrase your prompts effectively.

Capability	Description	Example Prompts
Branded Content Generation	Generate content using your Brand Voice settings for consistent messaging across emails, social posts, ads, and campaigns.	"Write a Facebook ad post using my brand voice." / "Create a social media caption for our spring promotion."
Create Communities	Set up a new community through a guided chat instead of clicking through multiple menus. Ask AI walks you through setup step by step.	"Help me set up a community for local business owners." / "Create a community for my coaching clients."
Answer Questions and Generate Ideas	Get quick answers, campaign inspiration, content ideas, CTA suggestions, or guidance on how to approach a task in Gym Lead Machine.	"Give me blog post ideas about SMS marketing." / "Suggest CTA ideas for a lead magnet campaign."
CRM Actions and Data Retrieval	Find, review, and act on CRM information faster using supported actions and plain-language requests.	"Show me tomorrow's booked appointments." / "Create a contact named John Doe with phone number 555-1234."
Contact Summary Agent	Summarize contact records, including communications, payments, appointments, and tasks, without manually reviewing multiple tabs.	"Summarize this contact." / "What should I know before following up with this lead?"
Funnel Creation Agent	Build funnels through a guided AI experience using your business details, templates, brand personalization, and native Gym Lead Machine page elements.	"Generate a lead magnet funnel." / "Create an appointment funnel for a dental practice."
Image Generation and Editing	Generate and edit images for campaigns, websites, emails, and social posts directly inside Gym Lead Machine.	"Generate an image for a summer sale campaign." / "Edit this image to make it brighter and more modern."

Automated In-App Actions	Complete supported Gym Lead Machine actions straight from chat, such as creating contacts, updating opportunities, listing or rescheduling appointments, applying tags, or making supported bulk updates.	"Tag all contacts from last week's webinar as Webinar-2025." / "List opportunities lost this week."

How Do Ask AI Responses Appear?

Ask AI responses appear in the conversation view and can include paragraphs, headings, bullet points, numbered steps, links, structured cards, and other formatted content. Clear formatting makes longer responses easier to review and instructions easier to follow.

Some structured responses appear in collapsible cards. These keep longer conversations tidy by letting you expand additional detail only when you need it.

How Do You Navigate Ask AI Conversations?

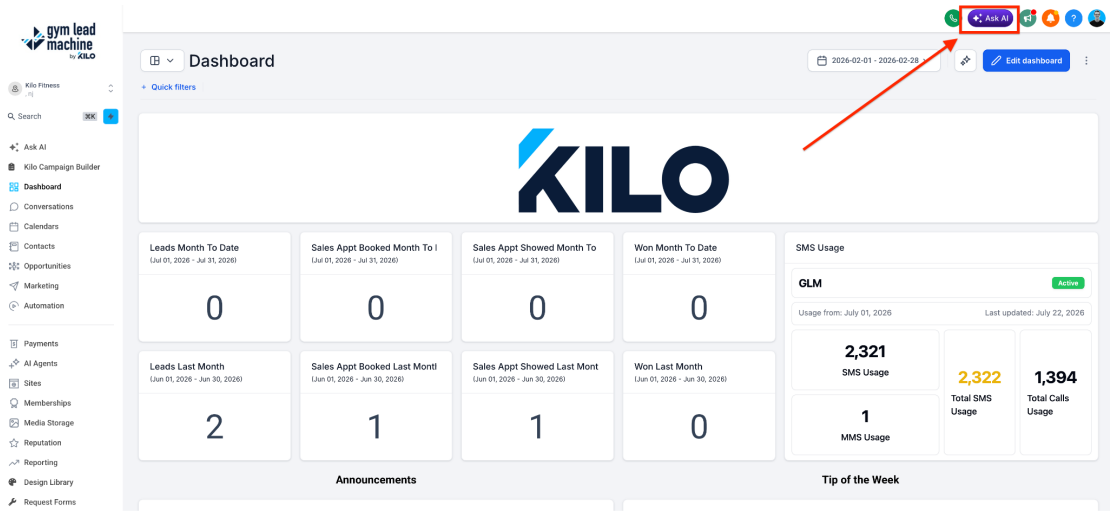
The Ask AI sidebar lets you manage all of your conversations from one place. You can review previous sessions, jump back into an existing conversation, or start a new chat when you're beginning a separate task.

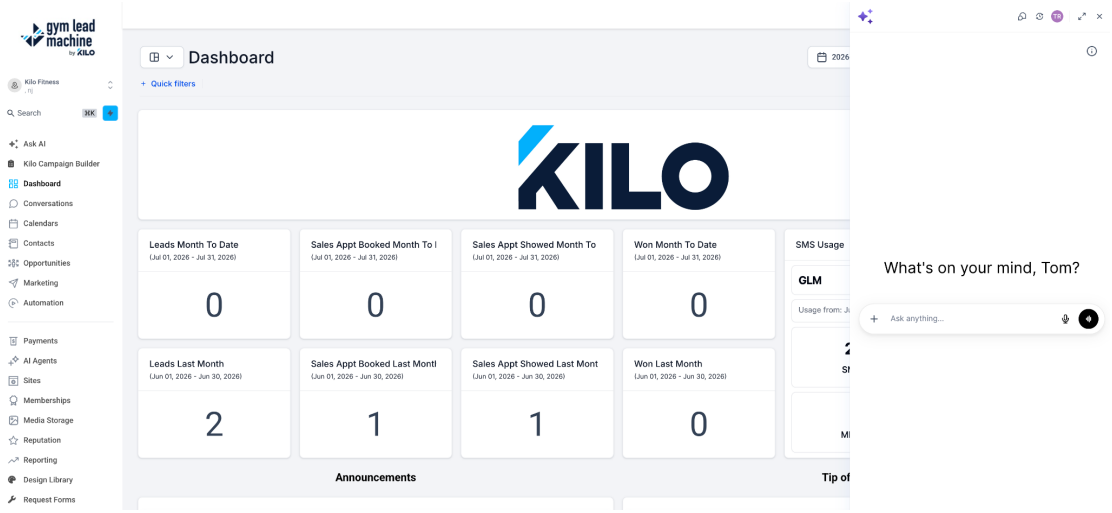
If you don't have any conversations yet, the sidebar will prompt you to start a new conversation or try one of the suggested prompts.

How Do You Use Ask AI Assistant?

You can launch Ask AI from the top navigation bar for quick access anywhere in Gym Lead Machine, or from the left sidebar when you want to open the dedicated full-screen Ask AI workspace.

Access Ask AI from the Top Navigation





The top navigation route is the fastest way to open the assistant while you're working in another area of the platform.

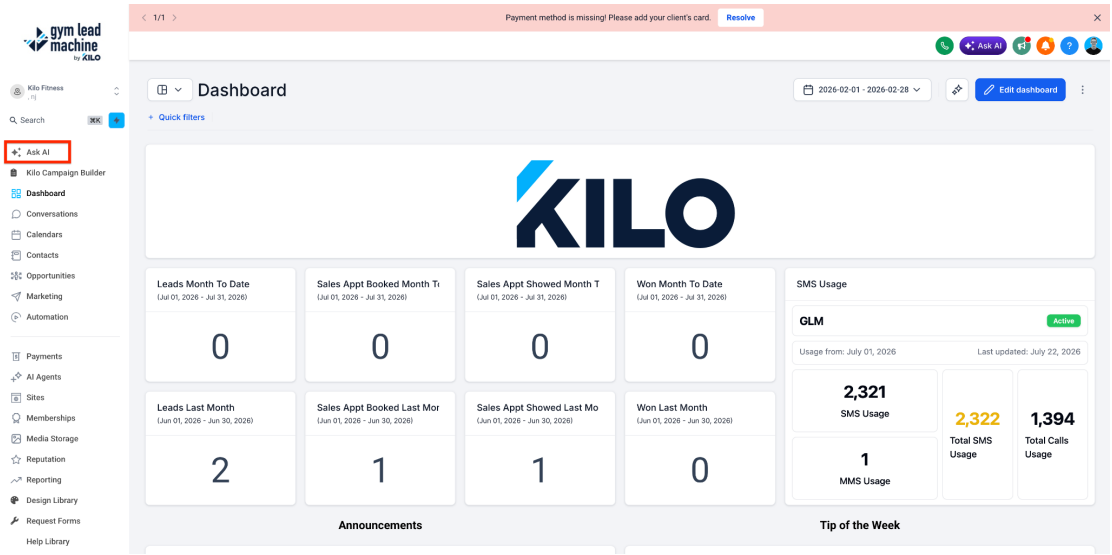
1. Click the **Ask AI** icon in the top navigation bar.
2. Type or speak what you need: content, a new community, ideas, or a question.
3. The assistant will guide you through the task or respond instantly with what you asked for.

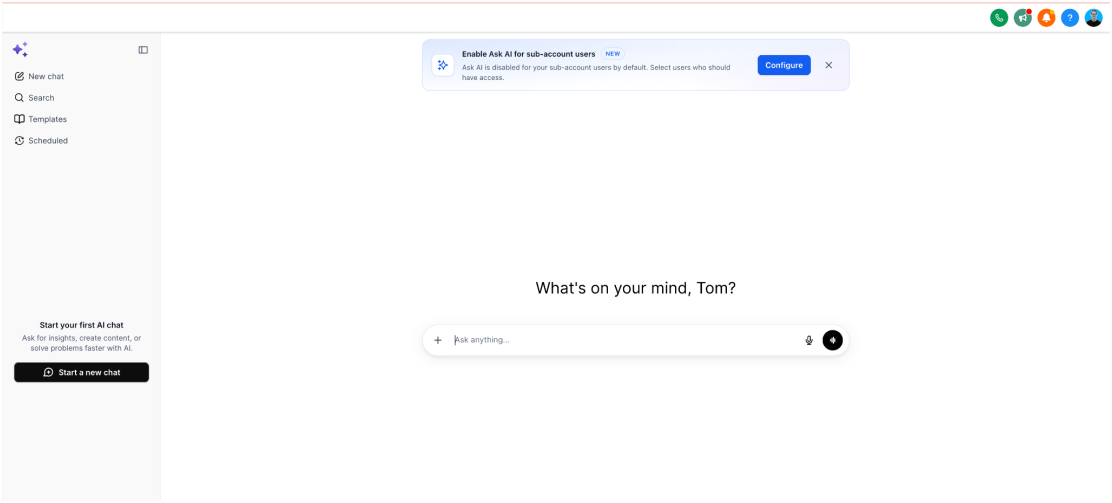
You can start with something like:

- "Give me blog post ideas about SMS marketing."
- "Write a Facebook ad post using my brand voice."
- "Help me set up a community for local business owners."

You can also view your chat history and jump back into older chats using the toggle next to the full-screen toggle.

Access Ask AI from the Left Sidebar





From the left sidebar, Ask AI opens as a full-screen workspace rather than a chatbot tucked into a corner. Use it when you want to focus on real work and knock out higher-volume tasks without leaving Gym Lead Machine.

1. In your account, look at the left navigation panel.
2. Click **Ask AI**. It appears as a dedicated menu item.
3. In the Ask AI workspace, click **New chat** to start a fresh thread, or use **Search** to find previous conversations (where available).

Ask AI Assistant Use Cases

These practical examples show how Ask AI turns simple prompts into guided actions, from generating branded content to creating a Voice AI agent, all from one chat.

Example 1: Generate Branded Content

1. Click the **Ask AI** icon in the top bar.

2. Type your request, for example: "Create a new social media post for our Easter offer for 20% on all the services."

3. The assistant pulls in your Brand Voice settings and returns a ready-to-use draft. It can also refine the text and adjust it to fit your specific needs.

4. Click **Create draft** or make changes as needed, then execute accordingly.

Note: Make sure you've set up Brand Voice so your content comes out personalized.

Example 2: Create a Voice AI Agent

Use Ask AI to set up a Voice AI agent and route urgent calls with a Call Transfer Action.

1. Open Ask AI and enter a prompt like: "Create a Voice AI agent that answers inbound calls, collects the caller's name and reason for calling, and routes urgent requests."

2. Answer the setup questions the assistant asks. It gathers a few quick details before it creates anything: your business name, the phone number urgent calls should transfer to, what counts as "urgent" (so it knows when to route), the agent's name, and so on. Enter the details as prompted.

3. Review the proposal, then confirm creation. Once you've provided the details, the assistant prepares a proposal for your review. After you confirm, it creates the Voice AI agent.

4. Test the setup with an inbound call, or use **Test Your Agent** to confirm urgent calls route correctly.

Frequently Asked Questions

Can I type my own prompt instead of using suggested prompts?

Yes. Suggested prompts are optional. You can type a custom prompt directly into the composer.

How do I start a new Ask AI conversation?

Use the new chat option in the Ask AI sidebar, or start from the welcome screen when it's available.

How does Ask AI handle list-based updates?

Ask AI updates list-based elements at the item level instead of rewriting the entire list. Only the specific item you're modifying gets updated.

Which elements support item-level updates?

Supported elements include Testimonials, Pricing Tables, Logo Showcase, and Number Counters. Elements like FAQs, Image Sliders, Photo & Video Galleries, and Navigation Menus also benefit from this updating behavior.

Will Ask AI overwrite my entire FAQ or Pricing Table when I make a small change?

No. Ask AI modifies only the specific list item you requested, which reduces the risk of unintended overwrites.

Can I speak prompts instead of typing them?

Yes. When voice input is available, you can speak prompts directly into Ask AI, a faster way to create content, ask questions, or request supported actions without typing every prompt.

Can Ask AI create communities?

Yes. Ask AI can guide you through creating a community by asking for the required details and assisting with setup.

Can Ask AI summarize contacts?

Yes. Ask AI can summarize contact details such as conversations, appointments, payments, and tasks so you can quickly get up to speed on a contact's history.

If you have questions about Ask AI Assistant in Gym Lead Machine, our Support team is happy to help. Reach us at **hello@usekilo.com.**

- Tags
- Gym Lead Machine