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FAQ: How Do I Get Contact Lists Imported to GLM?

Mavilyn Carlos - 2026-07-28 - [Contacts](#)

Kilo's team can **import your contact lists** (leads, clients, and alumni) into your Gym Lead Machine system, whether you provide them before launch or later on.

How do my contact lists get imported before launch?

If you are a new GLM client, your build questionnaire will include the ability to upload a lead, client, and alumni list for import. These lists, if provided, will be imported to your system on your website/GLM launch day. They will be tagged properly by our team, but will not be entered into any campaigns or communications on your behalf.

Can I have contact lists imported after launch?

Yes. If you opt to launch your website and GLM system without providing contact lists pre-launch, you are welcome to do so at a later time by submitting [this request form](#) to our team.

If you have questions about importing contact lists to Gym Lead Machine, our Support team is happy to help. Reach us at **hello@usekilo.com**.

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