



[Knowledge Base](#) > [Gym Lead Machine](#) > [Onboarding & New Users](#) > [GLM Basics: Part 1](#)

## GLM Basics: Part 1

Laura Gibson - 2026-07-25 - [Onboarding & New Users](#)  
Note

Welcome to Kilo's On-Demand Training for Gym Lead Machine. This video walk-through is Part 1 of a 2 Part series, covering the fundamental features of GLM.

Ideal for New Clients and as a refresher for existing Kilo clients, we recommend opening your own GLM Account in a separate window so you can follow along! Pause and rewind as needed to help you get to grips with the platform.

Be sure to check out Part 2 [here](#).

**For Individual Topics, refer to the broken-down chapters here:**

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[Dashboard](#)

- [Tags](#)
- [Gym Lead Machine](#)