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Manage Your Movement Library

Laura Gibson - 2026-09-17 - [Workout Tracker](#)

The **Movement Library** is your gym's list of exercises that coaches pull from when building workouts. Keeping it organized means every workout uses consistent movement names and scoring, so results and personal records line up over time.

You'll find it under **Calendar → Workout Library → Movements & Benchmarks**. The library comes pre-loaded with 100+ common movements, and you can add your own whenever you need one that isn't there.

What You Can Do with the Movement Library

- Browse the full list of movements your gym can use in workouts
- Add your own movements
- Set a default scoring type for a movement so it's preselected in workouts
- Turn on personal record (PR) tracking for a movement
- Search, filter by source, and sort movements by name
- Edit, duplicate, and delete movements (within a few rules)

Default Movements vs. Movements You Add

Every movement shows a **Source** so you know where it came from. There are two kinds:

Default movements are provided by Kilo and shared across gyms. They come with a sensible scoring type already set. You can adjust their scoring and PR settings, but you can't rename or delete them, which keeps movement names consistent everywhere.

Coach-created movements are ones you add yourself. These are fully yours to edit, rename, duplicate, or delete.

How to Add a Movement

1. Go to **Calendar → Workout Library → Movements & Benchmarks** and

click **New Movement**.

2. Enter a **Name**. This is the only required field.
3. Optionally add a **Description** with any details or cues.
4. Optionally choose a **Scoring Type** to set as the movement's default.
5. Optionally turn on **Record PRs for This Movement** to track personal records.
6. Click **Create Movement**. It appears at the top of your list right away.

What Can I Edit on a Movement?

What you can change depends on whether the movement is a default movement or one you created. Default movements keep their name locked so everyone uses the same wording, while movements you add are fully editable.

Field	Default movement	Movement you created
Name	Locked	Editable
Scoring Type	Editable	Editable
PR tracking	Editable	Editable

Any change applies to future workouts only. Workouts that have already run are never affected.

What Does Setting a Scoring Type on a Movement Do?

It sets the movement's default, so that scoring type is preselected whenever the movement is added to a workout. It's a time-saver, not a lock. A coach can still change the scoring type for that movement inside a specific workout, and doing so won't change the movement in your library.

What Does "Record PRs" Do?

It turns on personal record tracking for that movement, so a PR indicator can appear when an athlete beats their previous best. Movements with PR tracking on show an indicator in the library so you can tell at a glance which ones are tracked. You can turn it on or off any time by editing the movement.

Can I Add My Own Movements?

Yes. Click New Movement, give it a name, and save. A name is all that's required; scoring type, description, and PR tracking are optional and can be added

later. You can also duplicate any movement (default or your own) to create an independent copy named with "(Copy)" that you can edit freely.

Why Can't I Rename or Delete Some Movements?

Default movements provided by Kilo can't be renamed or deleted, because they're shared to keep movement names consistent across gyms. You can still adjust their scoring type and PR tracking. If you want a variation, duplicate the default movement and edit your copy. Movements you created yourself can be renamed and deleted normally.

Will Deleting a Movement Affect Past Workouts?

No. Deleting a movement removes it from future workout selection, but workouts that have already run keep their movements and results exactly as they were. When you delete one of your movements, a short undo window lets you restore it before it's removed for good.

Helpful Tips

- Set a default scoring type on movements you add so coaches don't have to pick one every time.
- Turn on PR tracking for the lifts and benchmarks you want athletes to chase over time.
- Use the source filter to quickly separate Kilo's default movements from your gym's own.
- Duplicate a default movement when you want a custom variation with a different name.

When the Movement Library Is Most Helpful

- Setting your gym up before you start building workouts
 - Keeping movement names and scoring consistent across all your programming
 - Adding gym-specific movements or benchmarks that aren't in the default list
 - Choosing which movements should track personal records
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If you have questions about the Movement Library in Kilo GMS, our Support team is

happy to help. Reach us at **hello@usekilo.com**.

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