Run a Pre-Send Spam Check on Email Campaigns in GLM

Tom Regier - 2026-11-17 - Email

The **Pre-Send Spam Check** in Gym Lead Machine reviews an email campaign for potential spam risks before you send it. It analyzes your email content and sender configuration, highlights possible deliverability issues, and gives you recommendations to help your campaign reach your recipients' inboxes.

Watch the video below for a walkthrough, or read on for the full guide.

What you can do with the Pre-Send Spam Check

- Check an email campaign for spam risks before it goes out
- Review your content, sender setup, and trust and reputation factors in one place
- See how many improvements are recommended and how serious each one is
- Follow guidance on how to address each flagged issue
- Run the check again after making changes

What does the Pre-Send Spam Check look at?

The check evaluates three areas of your campaign: your email content, your sender setup, and the trust and reputation factors email providers use to judge your messages.

Content. Looks for potential spam triggers, risky wording, and other deliverability concerns in the body of your

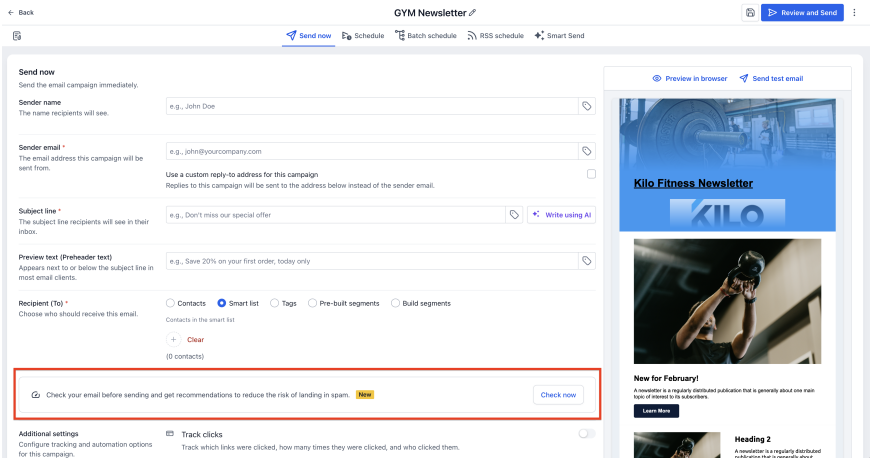
email.

Sender setup. Identifies potential issues with your sender configuration.

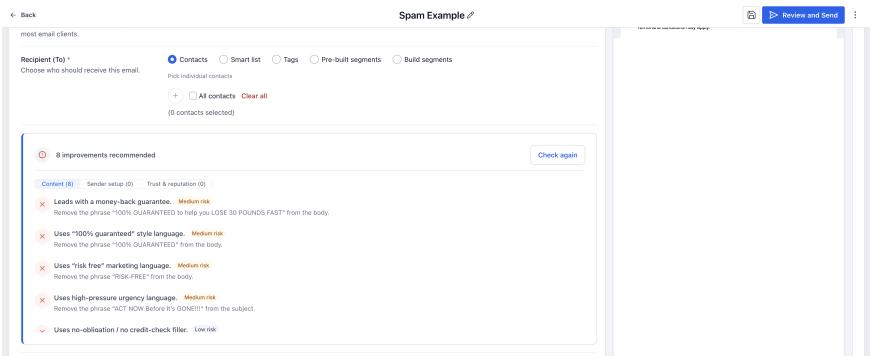
Trust & reputation. Highlights factors that may affect how email providers evaluate your messages.

How do I check an email campaign for spam before sending?

1. Go to **Marketing → Emails → Campaigns**.
2. Create a new email campaign or open an existing one.
3. Finish building your email, then open **Send or Schedule**.
4. Enter your sender name, sending domain, sender email address, and subject line.
5. Scroll below **Recipient (To)** and click **Check now**.



6. Review the results for each recommended improvement.



7. Follow the recommendations to address any flagged issues.
8. Click **Check again** to review your changes.
9. When you're satisfied with the results, continue to **Review and Send**.

How do I read my spam check results?

Your results show how many improvements are recommended in each of the three categories, with a risk level for every flagged issue.

- **High risk:** an issue that deserves priority attention before you send.
- **Medium risk:** a potential concern worth reviewing and improving.
- **No improvements needed:** no issues were identified in that category.

Each flagged issue includes guidance to help you understand what may need to change.

Frequently asked questions

Where do I find the spam check for my email campaign?

The spam check is on the Send or Schedule screen of your email campaign. Scroll below the **Recipient (To)** field and click **Check now** to run it.

Can I run the spam check again after I edit my email?

Yes. After you make changes based on the recommendations, click **Check again** to rerun the check and see your updated results. You can repeat this as many times as you need before sending.

What's the difference between High risk and Medium risk?

High risk issues deserve priority attention before you send, while Medium risk issues are potential concerns worth reviewing and improving. If you have limited time to fix things, work through the High risk items first.

If a category says no improvements are needed, is my email clear of spam risks?

That result covers only the category it appears in. Your other categories can still flag issues with your content, sender setup, or trust and reputation, so review all three before you send your campaign.

Helpful tips

- Run the check after your content and sender details are final, since the check analyzes both
- Work through High risk items before Medium risk items
- Click **Check again** after every round of edits to confirm your changes helped
- Read the guidance on each flagged issue before changing your email, so you know what needs to change

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When this feature is most helpful

- Reviewing a new campaign before it goes out to your full list

- Preparing a promotion or offer email for your members or leads
- Checking a campaign after you change your sender name, sending domain, or sender email
- Revising a campaign that was flagged on a previous check

If you have questions about the Pre-Send Spam Check in Gym Lead Machine, our Support team is happy to help. Reach us at **hello@usekilo.com**.