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Send a Video Text Message Through GLM

Laura Gibson - 2026-07-25 - [Conversations](#)

Sending **video text messages** is a powerful way to engage your leads with a personal touch. Whether you're using your phone or your desktop, Gym Lead Machine makes it easy. Follow the instructions below based on your preferred device.

How Do I Send a Video Text from the Gym Lead Machine Mobile App?

Use the blue + icon on the contact's profile to record or attach a video. Watch the video below for a quick walkthrough, or follow the written steps underneath.

1. **Open the app.** Launch the Gym Lead Machine mobile app.
2. **Search for a contact.** Use the search bar to find the contact you want to message.
3. **Tap the plus button.** Tap the blue + icon at the bottom of the contact's profile.
4. **Choose your media option:**
 - **Camera:** Take a new photo
 - **Video:** Record a new video
 - **Photos & Videos:** Select from your phone's saved media

- **Media Library:** Choose from files stored in your Gym Lead Machine account
5. **Record and save your video.** For example, select **Video**, record your message, then save it.
 6. **Send the video text.** A clickable video link will be generated: tap **Send** to deliver it!

How Do I Send a Video Text from the Gym Lead Machine Desktop App?

Attach a video from your media library through the More menu on the contact's profile. Watch the video below for a quick walkthrough, or follow the written steps underneath.

1. **Log into your account.** Go to the Gym Lead Machine desktop app and sign in.
2. **Find the contact.** Use the top search bar to locate the person you want to message.
3. **Open the contact's profile.** Click the contact's name to view their details.
4. **Access the media menu.** Click **More**, then choose **Attach Files**.
5. **Select a stored video.** Browse your media library and double-click the video you'd like to send.
6. **Send the video link.** A URL will appear: click **Send** to text it to your contact.

If you have questions about sending video text messages in Gym Lead Machine, our Support team is happy to help. Reach us at hello@usekilo.com.

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