Send a Video Text Message Through GLM

Laura Gibson - 2026-10-05 - Messaging

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, then click on the contact’s card.

3. **Tap the speech bubble.** This is the icon to open up the contact’s conversation.

   NOTE: Make sure the conversation icon in the bottom left corner, is showing the speech bubble (text icon). If the last message in the conversation was an email, it will default to show the email icon. Make sure to switch it to SMS before starting your recording or uploading your video.

1. **Choose your media option:**

   - **Camera**: Take a new photo
   - **Video**: Record a new video
   - **Photos & Videos**: Select from your phone's saved media
   - **Choose from Media Storage**: Choose from files stored in your Gym Lead Machine account

2. **Record or upload your video.** For example, select **Video**, record your message.

3. **Wait for the video to load**. The larger the video, the longer it takes. The video is fully loaded, when the link populates in the conversation box and you can see a preview image.

4. **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**.

- Tags
- Gym Lead Machine