Workout Tracker Overview

Laura Gibson - 2026-09-17 - Workout Tracker

The **Workout Tracker** is where your coaches build workouts, run them in class, and capture how your athletes perform. It connects the whole workout day in one place: you create a workout, attach it to a class on your schedule, display it on a screen at the gym, and log results as athletes finish. Everything lives inside Kilo GMS, so there is no separate spreadsheet or whiteboard photo to keep up with.

This article gives you the big picture of how the Workout Tracker works and where each piece lives. Deeper how-to articles for each part are linked from your knowledge base.

What You Can Do with the Workout Tracker

- Build reusable workouts with sections like Warm-up, Strength, Metcon, and Cool-down
- Keep a movement library of exercises your gym uses
- Assign a workout to a single class or to every class of the same type on a given day
- Display the day's workout on a gym screen, TV, or whiteboard
- Log athlete results during class from one screen
- Let athletes log their own results from the Kilo app
- Track personal records (PRs) automatically as results come in

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How the Workout Tracker Fits Together

The Workout Tracker moves through a simple flow, from building a workout to capturing results:

1. **Add your exercises** to the movement library so they are ready to drop into any workout.
2. **Build a workout** in the Workout Builder, organized into sections with

movements and scoring.

3. **Assign the workout to a class** on your schedule so it is tied to a specific day and time.
4. **Display the workout** on the Whiteboard at the gym so athletes can see it.
5. **Log results** during or after class, either by the coach from the Whiteboard or by athletes in the app.
6. **Personal records update automatically** as results are logged.

You do not have to use every part. A gym that only wants to post the daily workout can stop after assigning and displaying it. A gym that wants the full performance history can use it all.

The Main Parts of the Workout Tracker

Movement Library. Your gym's list of exercises (for example, Back Squat, Row, Double-Unders). Each movement can have a scoring type so Kilo knows how results are measured. The library comes pre-loaded with 100+ common movements, and you can add your own.

Workout Builder. Where you create and edit workouts. A workout is organized into sections, and each section holds movements pulled from your library. You can add athlete notes (which athletes see) and coach notes (which stay private to staff). Saved workouts become reusable templates, meaning you can use the same workout again without rebuilding it.

Programming. The calendar view where you assign workouts to classes. You can view it by month or as an agenda list, and assign a workout to one class or to all classes of the same type on a day.

Whiteboard (Kiosk). The gym-facing display you put on a TV or monitor. It shows the full workout by section and includes a built-in timer with stopwatch and countdown modes. It also has a results view where a coach can log results for the whole class.

Logging Results. Results can be captured two ways: a coach logs them from the Whiteboard during class, or athletes log their own from the Kilo app. Either way, results are tied to the athlete, the movement, and the class.

Personal Records (PRs). When a result beats an athlete's previous best for a movement, Kilo flags it as a personal record automatically, so coaches and athletes can see progress over time.

Where Do Coaches Build a Workout?

Coaches build workouts in the Workout Builder. Start a new workout, add

sections (such as Warm-up, Strength, or Metcon), then add movements to each section from your movement library. Set a scoring type for each movement so results can be logged correctly, add any athlete or coach notes, and save it. Saved workouts are stored as templates you can reuse, duplicate, or edit later.

What Scoring Types Can I Use?

Each movement can use a scoring type that matches how the effort is measured. Setting the right scoring type means the result inputs and any personal records line up with the movement.

Scoring type	What it measures	Example
Time	How long something takes	8:42 for a workout
Weight	Load lifted	225 lbs back squat
Reps	Number of repetitions	50 push-ups
Rounds + Reps	Rounds completed plus extra reps	5 rounds + 12 reps
Distance	Distance covered	2,000 m row
Calories	Calories burned	60 cal bike

How Do I Get a Workout to Show Up for a Class?

Assign the workout to the class from your Programming calendar. Open the day you want, choose the class, and assign a saved workout to it. You can assign to a single class or to all classes of the same type on that day. Once assigned, the workout is tied to that class and ready to display on the Whiteboard.

What Happens If I Change a Workout After I've Assigned It to a Class?

Editing the original workout template does not change classes you have already assigned it to. When you assign a workout to a class, Kilo saves a copy of that workout to the class as it looked at the time. This keeps a class from changing unexpectedly after it has been scheduled. If you want to update a class that already has a workout, use **Change Workout** on that class to swap in the updated version.

Can the Coach Log Results, or Do Athletes Log Their Own?

Both are supported, and they work together. A coach can log results for the whole class from the Whiteboard, which is fastest when everyone finishes together. Athletes can also log their own results in the Kilo app, which is helpful when people finish at different times or want to keep their own record. Use whichever fits the class, or a mix of both.

Logging from the Whiteboard vs. the Kilo App: Which Should You Use?

	Whiteboard (coach logs)	Kilo App (athlete logs)
Who enters results	A coach or staff member	The athlete
Best for	Logging a full class quickly from one screen	Athletes recording their own results
Where it happens	On the gym screen or kiosk	On the athlete's phone

When	During class	During or after class

How Are Personal Records Tracked?

Kilo checks each logged result against the athlete's previous best for that movement and flags a new personal record automatically. When an athlete beats their prior best, a PR indicator appears so the coach and athlete can see it. There is nothing extra to turn on for standard movements; PRs are detected as results are logged.

Helpful Tips

- Build out your movement library first. Workouts come together faster when the exercises you use most are already there.
- Save workouts you run often as templates, then duplicate and tweak instead of starting from scratch.
- Use coach notes for cues or scaling reminders you don't want athletes to see, and athlete notes for instructions you do.
- Put the Whiteboard on a dedicated TV or tablet at the gym so the day's workout and timer are always visible.
- If you need to change a class that already has a workout, use Change Workout rather than editing the original template.

When the Workout Tracker Is Most Helpful

- Running daily programming that needs to be visible to athletes at the gym
- Coaching classes where you want results captured in the moment
- Tracking athlete progress and personal records over time
- Reusing proven workouts across multiple classes or days without rebuilding them

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More help articles are available **here**!

If you have questions about the Workout Tracker in Kilo GMS, our Support team is happy to help. Reach us at **hello@usekilo.com.**

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