

POWERZONE

GYM PLANNER

User Guide

Installing the Software

The Powerzone gym Planner is a piece of software that is based on Google Sketchup. This planner is simple to use, but it does require some basic knowledge of how to use 3D software. To begin with, you will need to install the planner. This is a two stage process:

Stage 1: Download and Install Google Sketchup

<http://www.powerzoneuk.com/planner.html>

Once you have downloaded the setup program then you will need to install it. To do so, double click the setup file that you downloaded and follow the standard setup process. **It is important that you install the software in the default directory.**

Stage 2: Download and Install the Powerzone Plug-in

<http://www.powerzoneuk.com/planner.html>

Once downloaded, double click this setup file to install the plug-in. Once it is installed, your version of Google Sketchup will automatically open with the correct toolbar ready for use from now on.

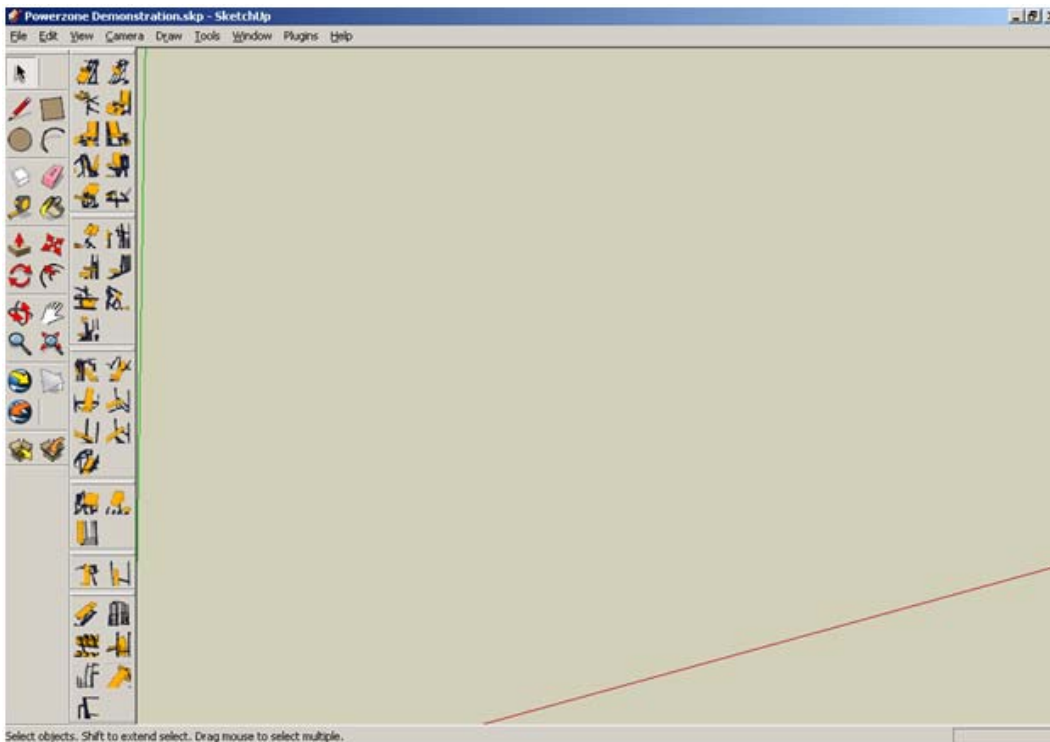
That's it! You are ready to start planning your gym!

Planning your Gym

Now that you have got the Plugin installed you are almost ready to start planning your gym. This next step is not always necessary and is completely optional:

Organizing your toolbars


When you first load up Google Sketchup you will be presented with a lot of tools and options all across the top. You can drag and drop these toolbars somewhere far easier to manage. First, click on the toolbar “grab” area and drag it to the side of the screen. You can organize your toolbars however you wish, you can leave them exactly where they are. The following layout will work very well and be easy to use:

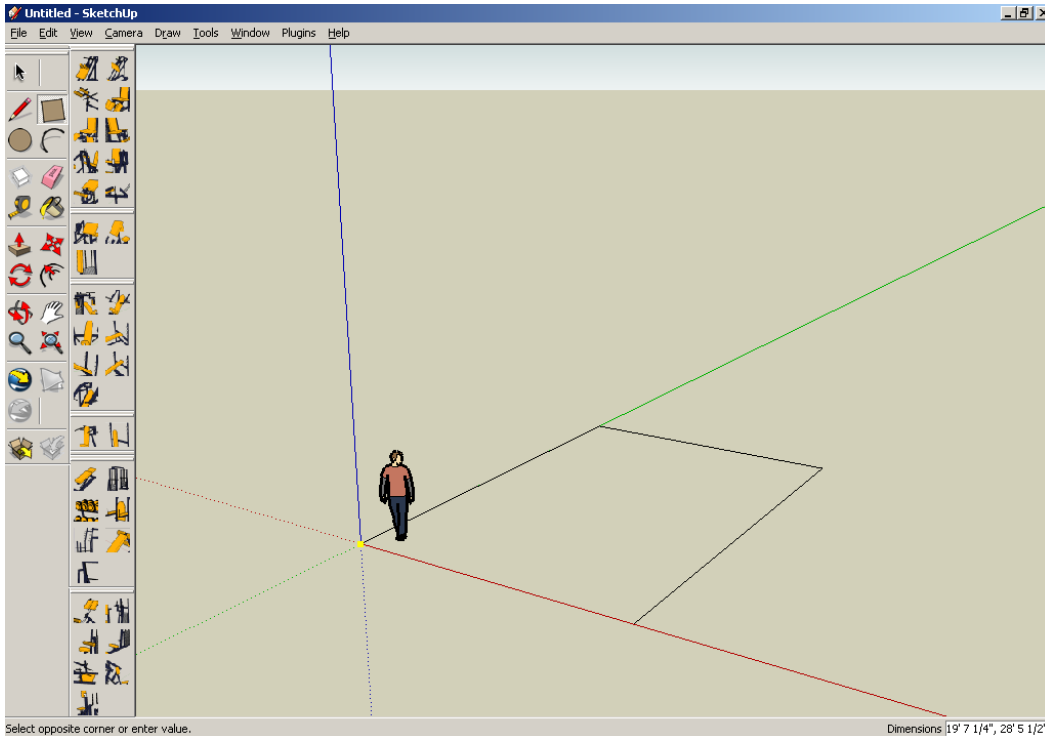


An organized set of toolbars will let you work faster and be easier to understand

This will give you the maximum functional area in which to draw and keep your toolbars nicely organized!

How Big is your Gym?

To begin with you will need to draw out an area in the gym planner that is roughly the same size and shape as the area available in your gym. To do this, click on the rectangle tool . To start drawing, click somewhere near the center of the new drawing that you have open and drag the box outwards:

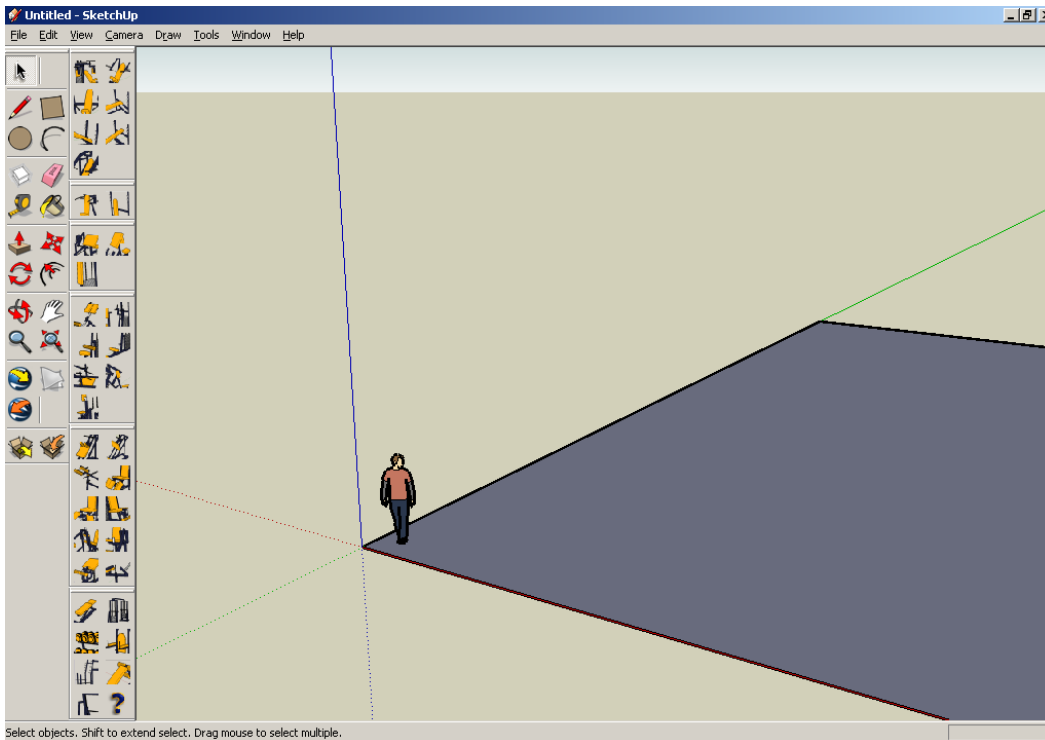


Drawing your gym starts with knowing where your walls are

You can specify a size very simply. While you are dragging your rectangle you can take a look at the bottom right of the screen where it says **Dimensions**. By typing in your area dimensions you can precisely specify your workable area. Try it, the default settings are in feet and inches, so if you would have an area that is 42 feet 6 inches by 80 feet 2 inches you simply type:


42' 6" , 80' 2"

Hit the return key and presto! A precisely sized work area...



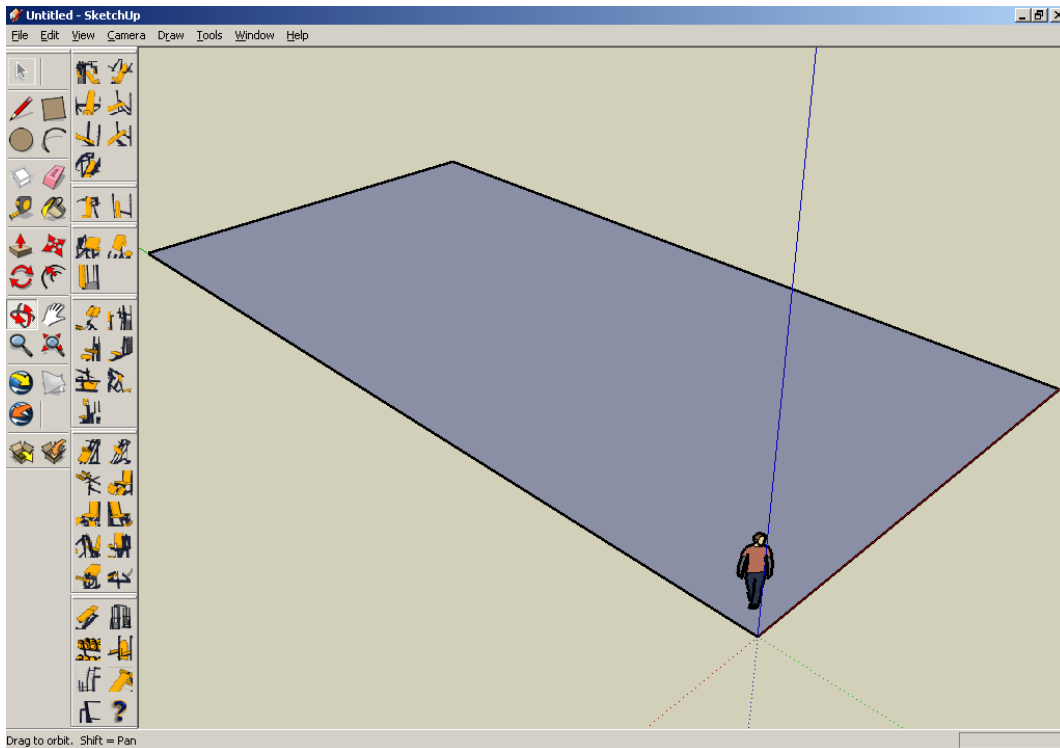
Your "gym" is represented by this box, keep your machines inside it!

Moving Around Your World

As you can see, there is a lot of our gym that is now off the screen. We need to get used to moving around. A mouse with a clickable scroll wheel is the best type of mouse to do this with but if you do not have one of these then you can just use the tools. Right now we want the **Orbit** tool. It's this one:  in the main toolbar

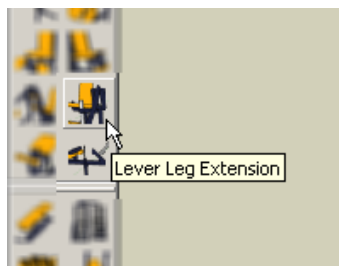
With this tool selected, click anywhere on the screen (preferably near the middle) and move your mouse around. The best way to get used to this is to practice for a while. You will see that you can change the position of everything on the screen very easily. For people with an advanced mouse you can simply click and hold the middle mouse button down to rotate your view in exactly the same manner.

Rotate your screen so that you can see your whole gym, just so you know where everything is.



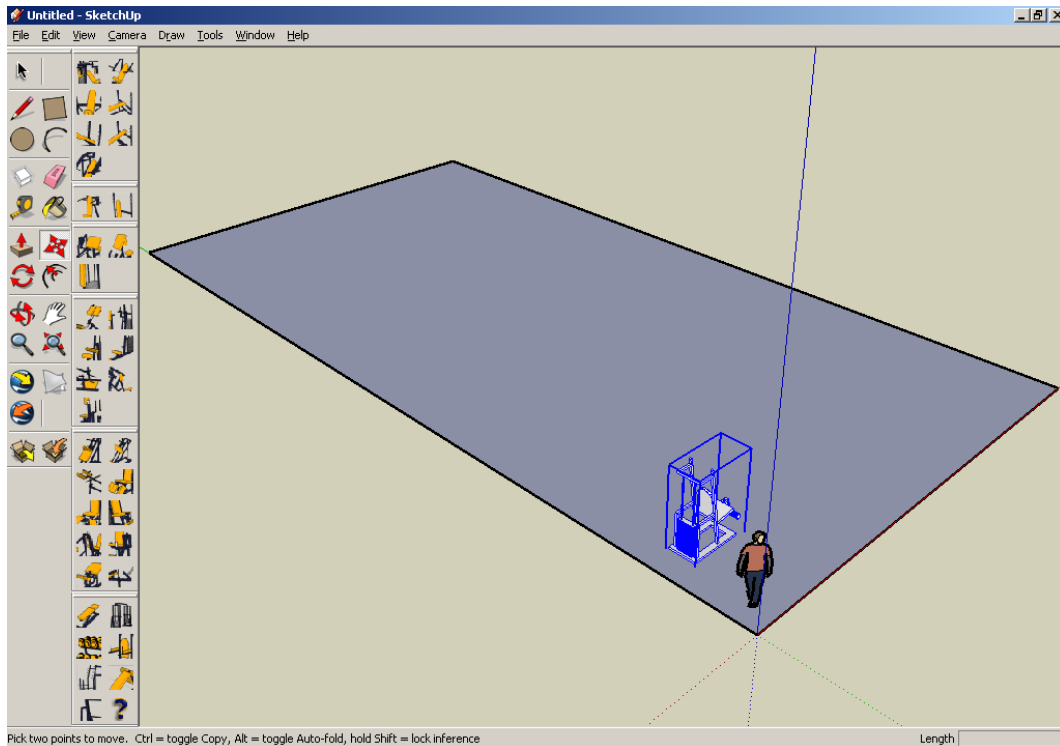
Rotate your view so that you can see what you have drawn. This is something you will be doing a lot.

Now, let's place some equipment! This is incredibly easy. The equipment icons are all grouped into body-parts, so all machines for your back are together, arms, legs etc. To see the name of a piece of kit then hover your mouse over its icon and it will appear after a brief pause. It may be hard to tell which machine is which at first, but you will soon learn to distinguish the pieces of kit by their icons.




Click the icon and then move your mouse over your gym area. To place the machine, left click again and it's placed!

Note: At this point if you intend to use more of the same machine you can colour the first machine in and all new machines of the same type will have the same colours.



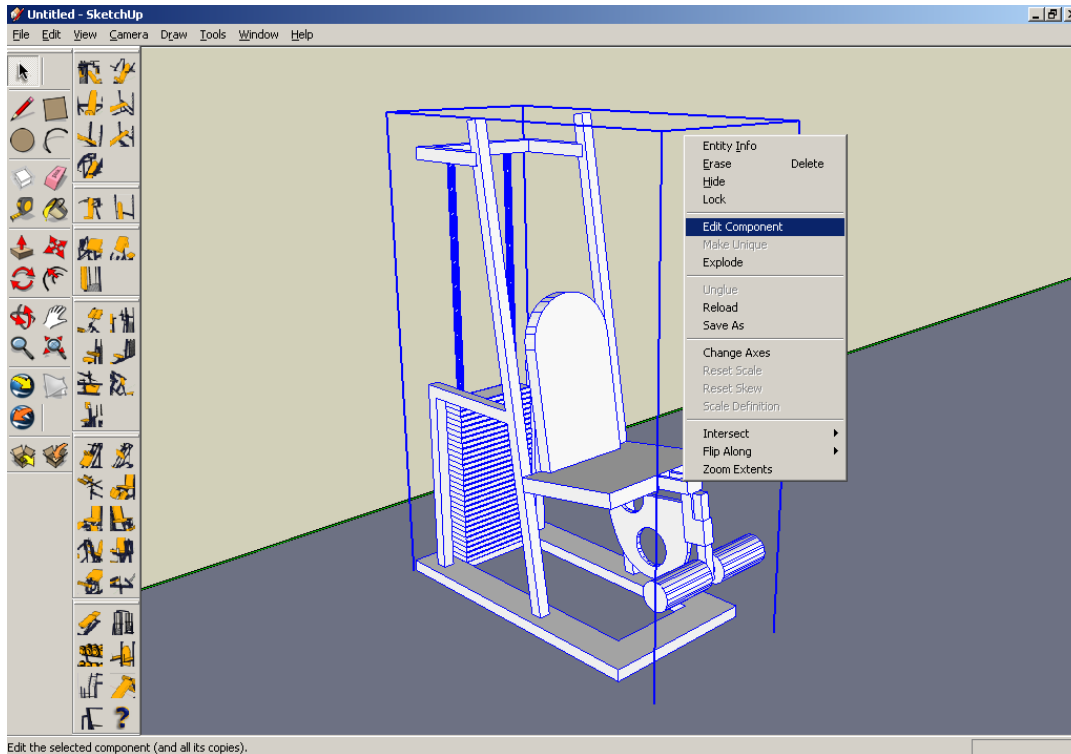
Placing equipment is very simple, simply click where you want it to be

Zoom into your machine using the Zoom tool: . Select this tool and then left click to zoom in or right click to zoom out. Advanced mouse users can simply scroll in or scroll out at any time to achieve the same effect.


Using the **Orbit** and the **Zoom** tools you can position your screen so that you can clearly see your newly placed machine. Now, its time to paint it!

Painting Your Equipment

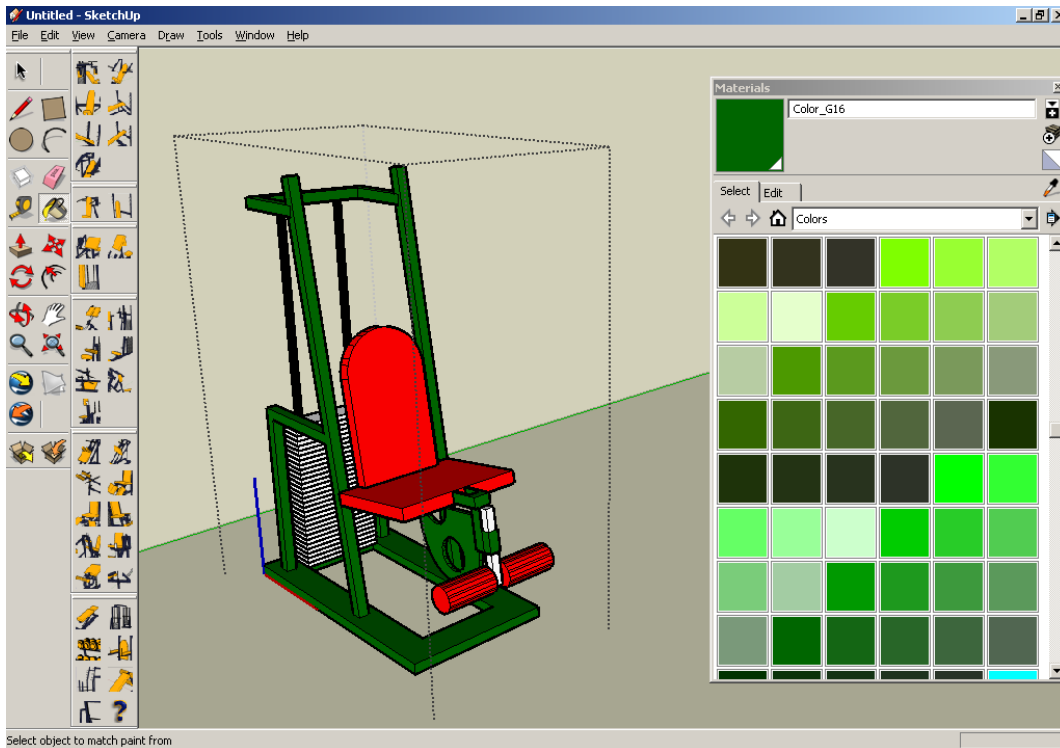
Select the **Black Arrow** tool from the main menu, go to your machine and left click it. You will get a blue box around the whole machine as shown above. After it is selected, right click someone on the machine and go to **Edit Component**.



Each machine is a group of metal bars that can be painted separately

The blue box will change to a dotted black box and everything else in your little “world” will be greyed out. At this point you need to select the **Paint** tool:  from the main toolbar. The colour chooser window will open and you can fill your paint can.

Note: Machines will be coloured in the same manner in which the steel for the framework or the padding will be sent for powder coating or upholstery. You cannot choose two colours for one frame, but you can mix and match like this:



Once you get used to it, painting takes seconds... not like in real life where it takes days

Multiple Machines of the Same Type

If you have already painted one machine then your colours have been saved for this particular machine. Every new machine of this type will have the same colour! When you paint one machine all other machines of the same type are automatically updated to keep your colour scheme identical.

That's it! You can now use every feature of this software that you need to use!

Legal Disclaimer

Important Notice: This software gives only a representation. Each machine is custom built and specifications are different each time, even though each machine is “the same”. For this reason, Powerzone accepts no responsibility for machines that do not fit in the space that you have drawn. Sharp Horizon as the software developer also accepts no responsibility for the use of this software. Absolutely no warranty is given with this software and comes with no implication or statement to suitability of use for a particular purpose.

Use of this software to buy machines based on available space is solely the responsibility of the user. Using this software is an agreement to this statement.

This software, while giving you a good representation of machines and space, is not 100% accurate. Always make sure that you leave plenty of room around your machines, leave spaces for weights trees, leave pathways to get around your gym and always make sure your fire exits are clear! Powerzone and Sharp Horizon (the developers of the software extension) accept no responsibility for this software or its use, it is just a general guide and should not be used in place of real architectural planners.

If you do use this software to come to a conclusion about how much equipment will fit inside your gym then please send a detailed email, including a saved image of your gym layout, to: info@powerzoneuk.com. Include with it a written list of all machines that you require by name and your layout will be checked and space availability will be measured.