

# How to Recover Settings Files from Backup

## How to recover Settings Files from Backup September 2024

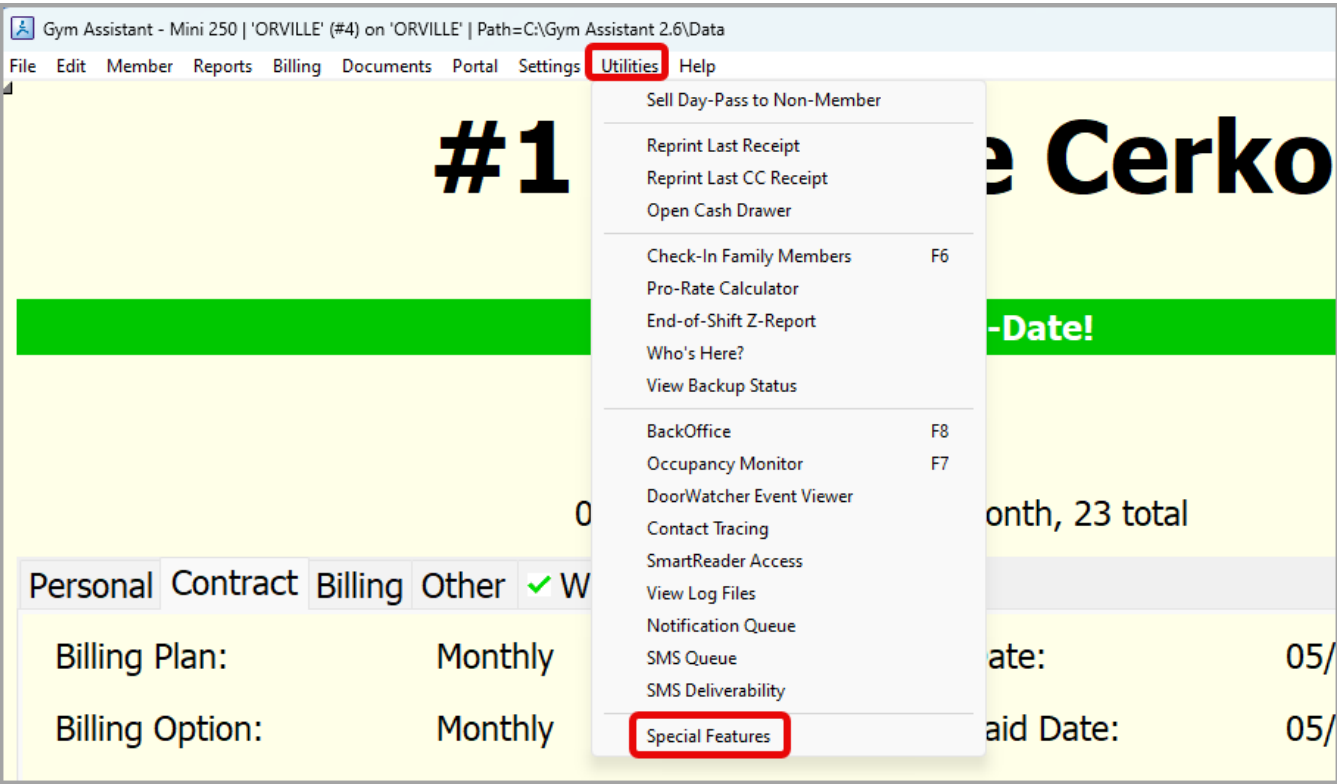
### Introduction

This process allows you to recover various Gym Assistant Settings.

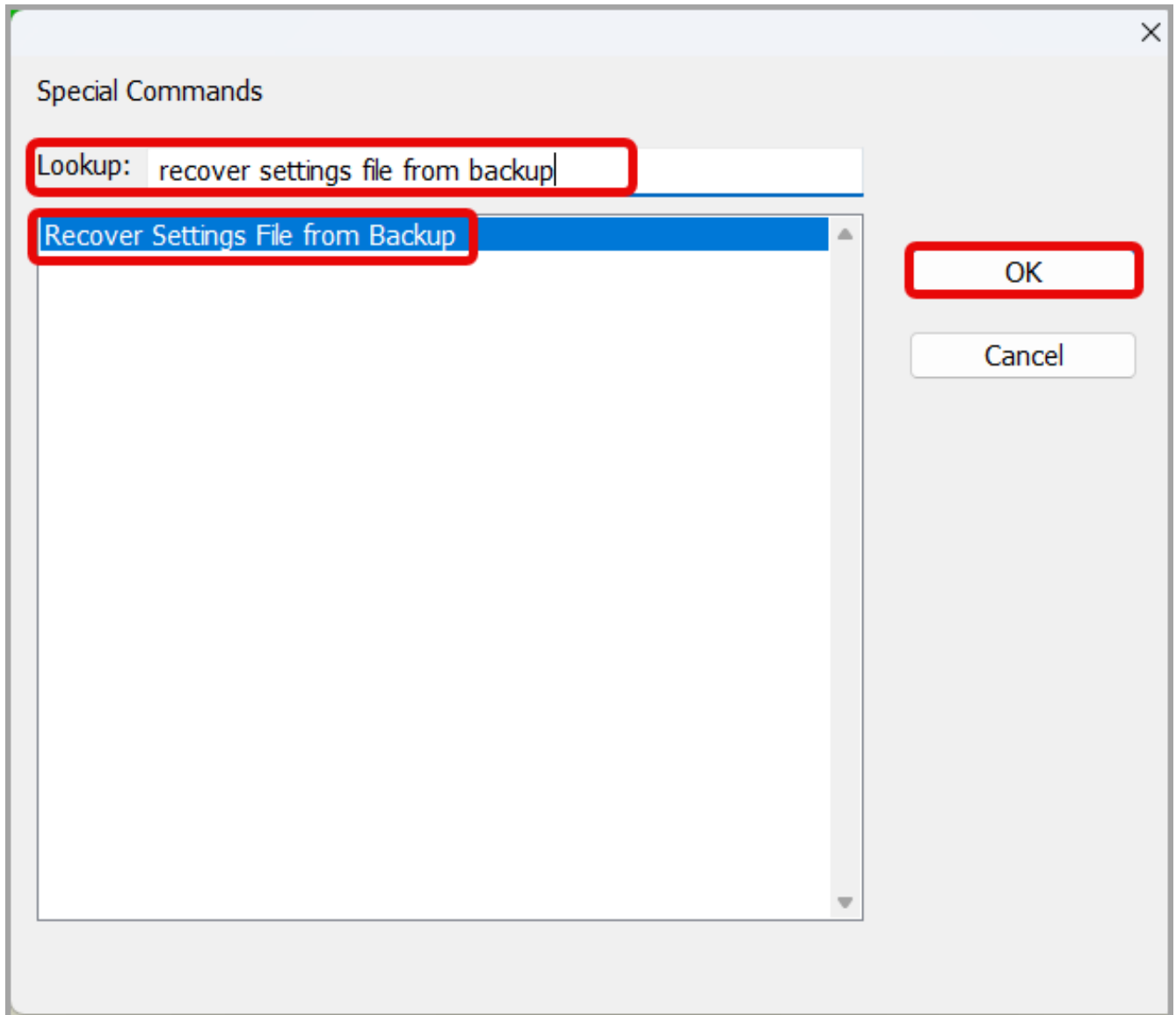
As with any bulk change done in Gym Assistant, do a manual backup of data prior to making the change (instructions to preform a manual backup titled **How to Do a Manual Backup** included in knowledge base articles).

Be in the Gym Assistant program.

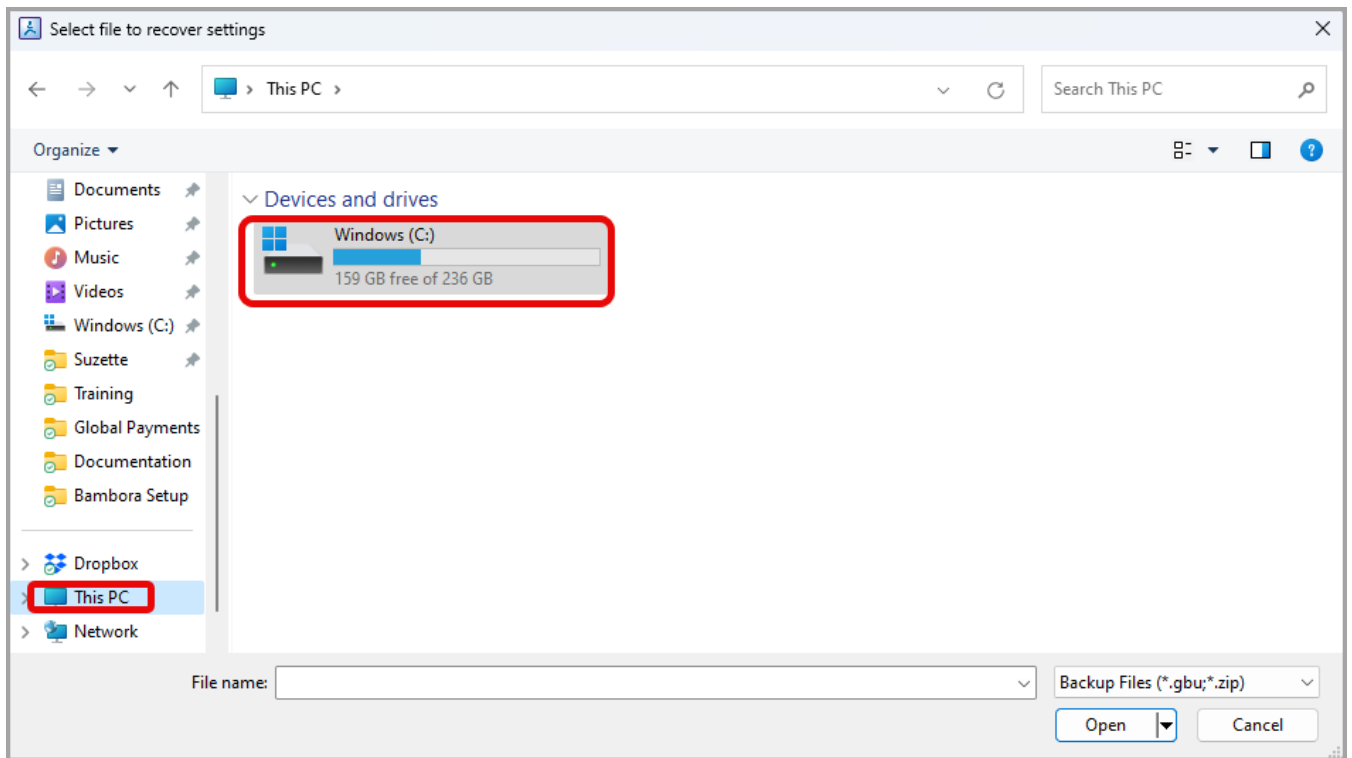
- Begin by clicking **Utilities > Special Features**.



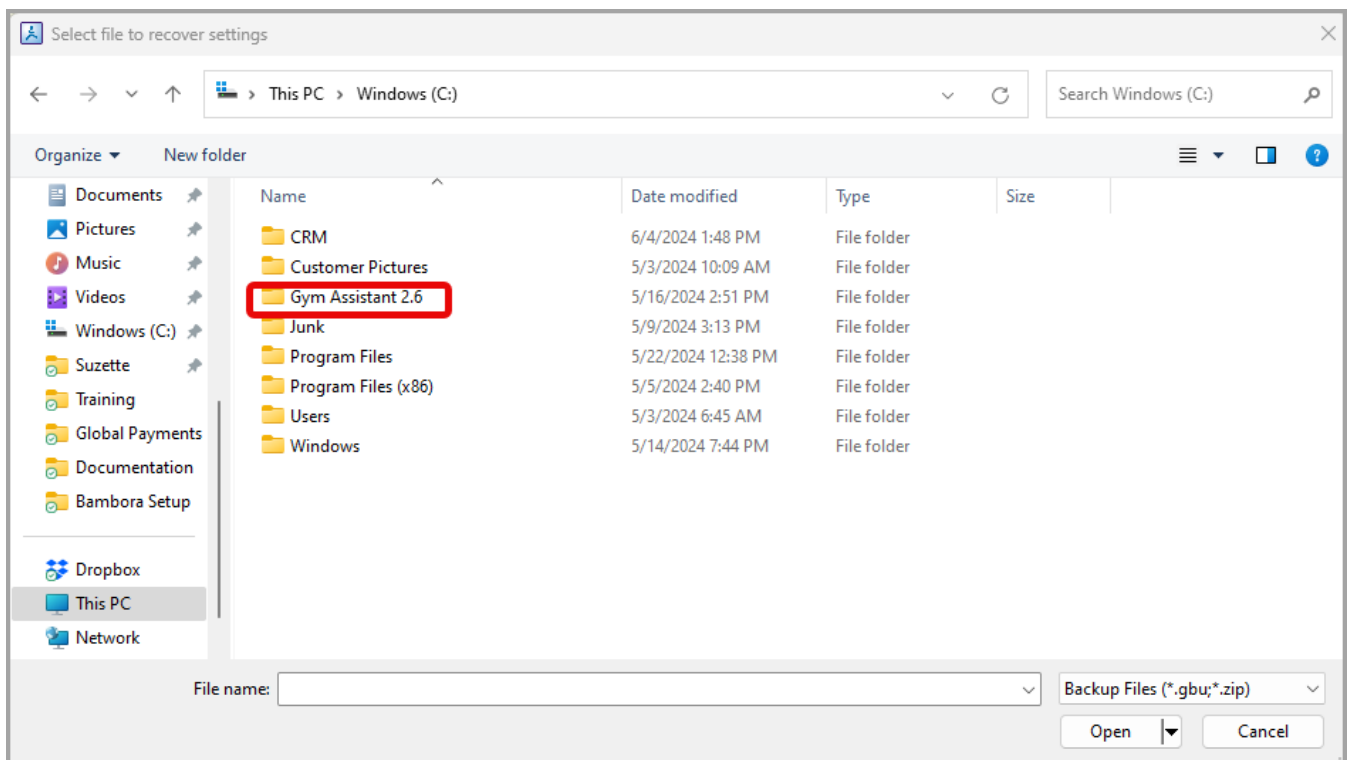
- Type **Recover Settings File from Backup** in the lookup box > click **OK**.



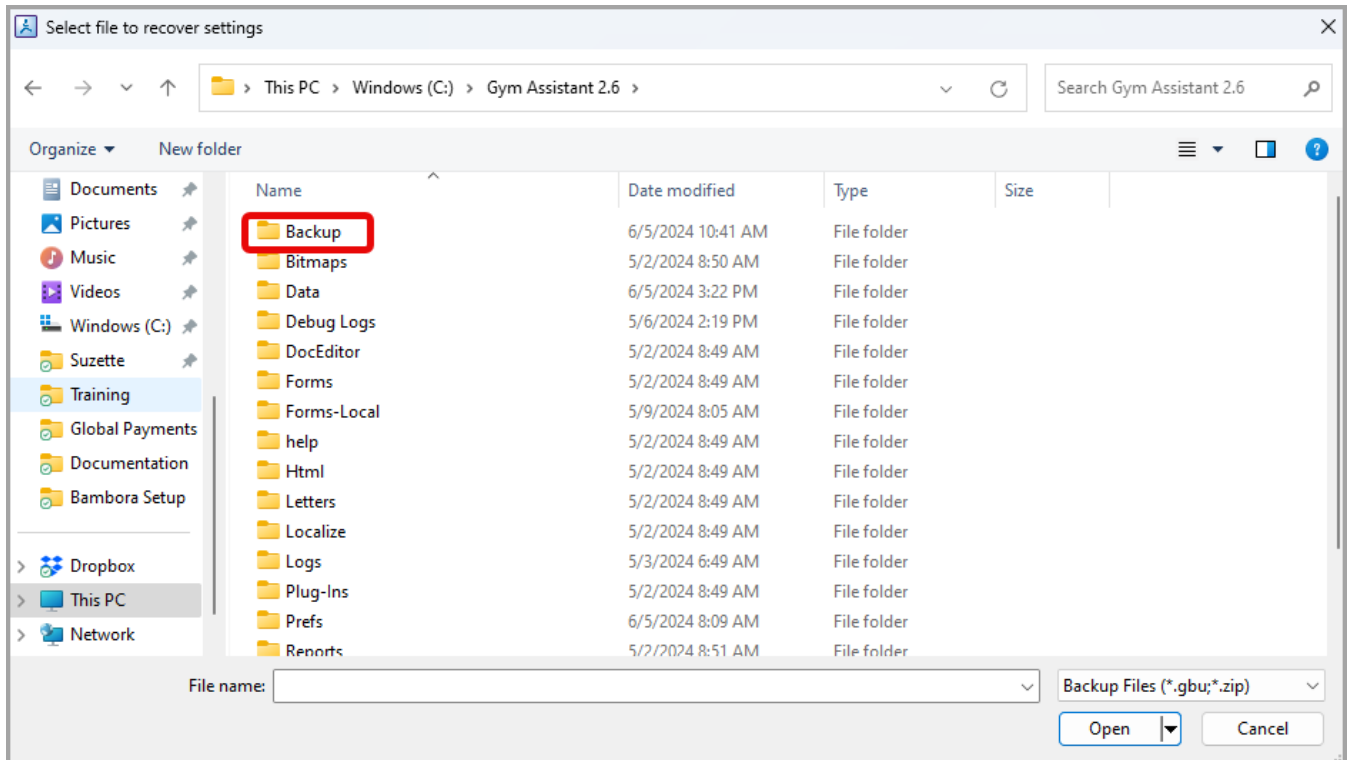
- Click **This PC** > double click **Windows (C:)**.



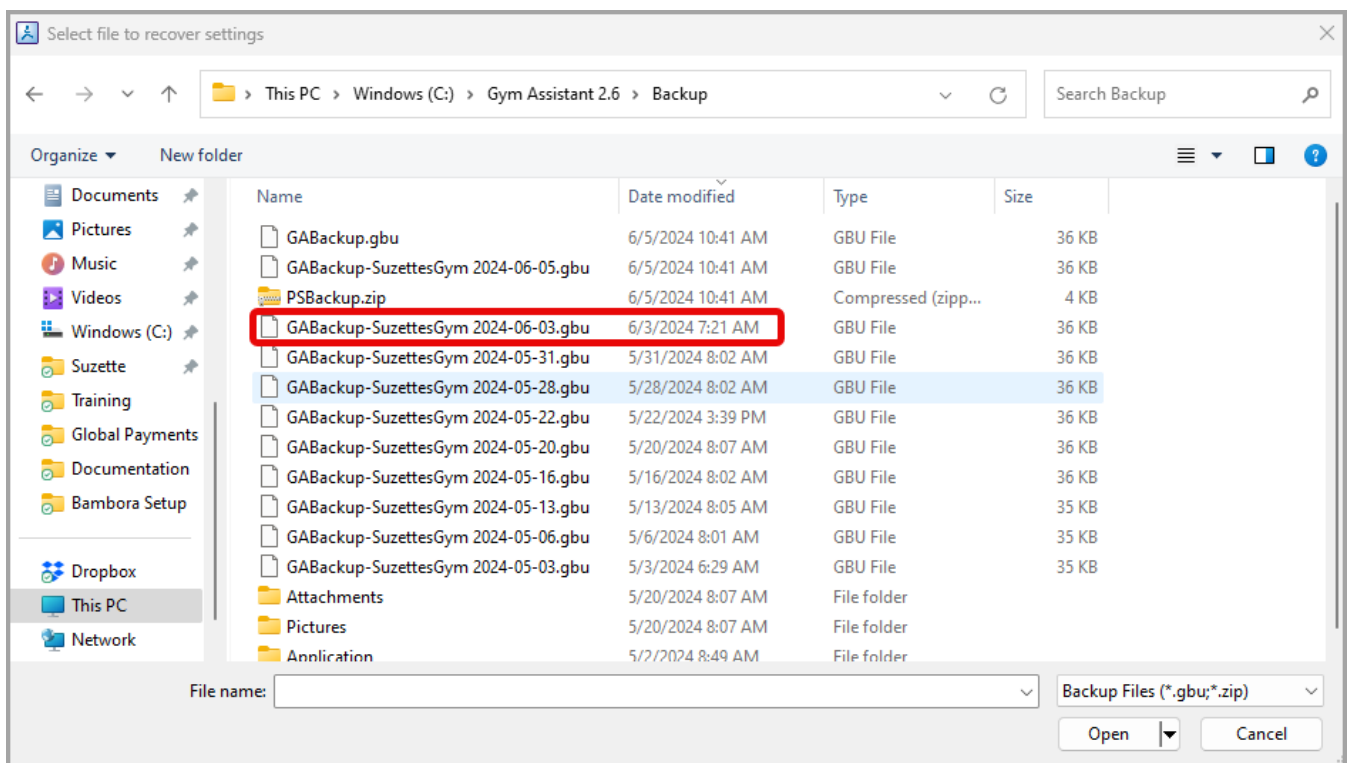
- Double click on the **Gym Assistant 2.6** folder.



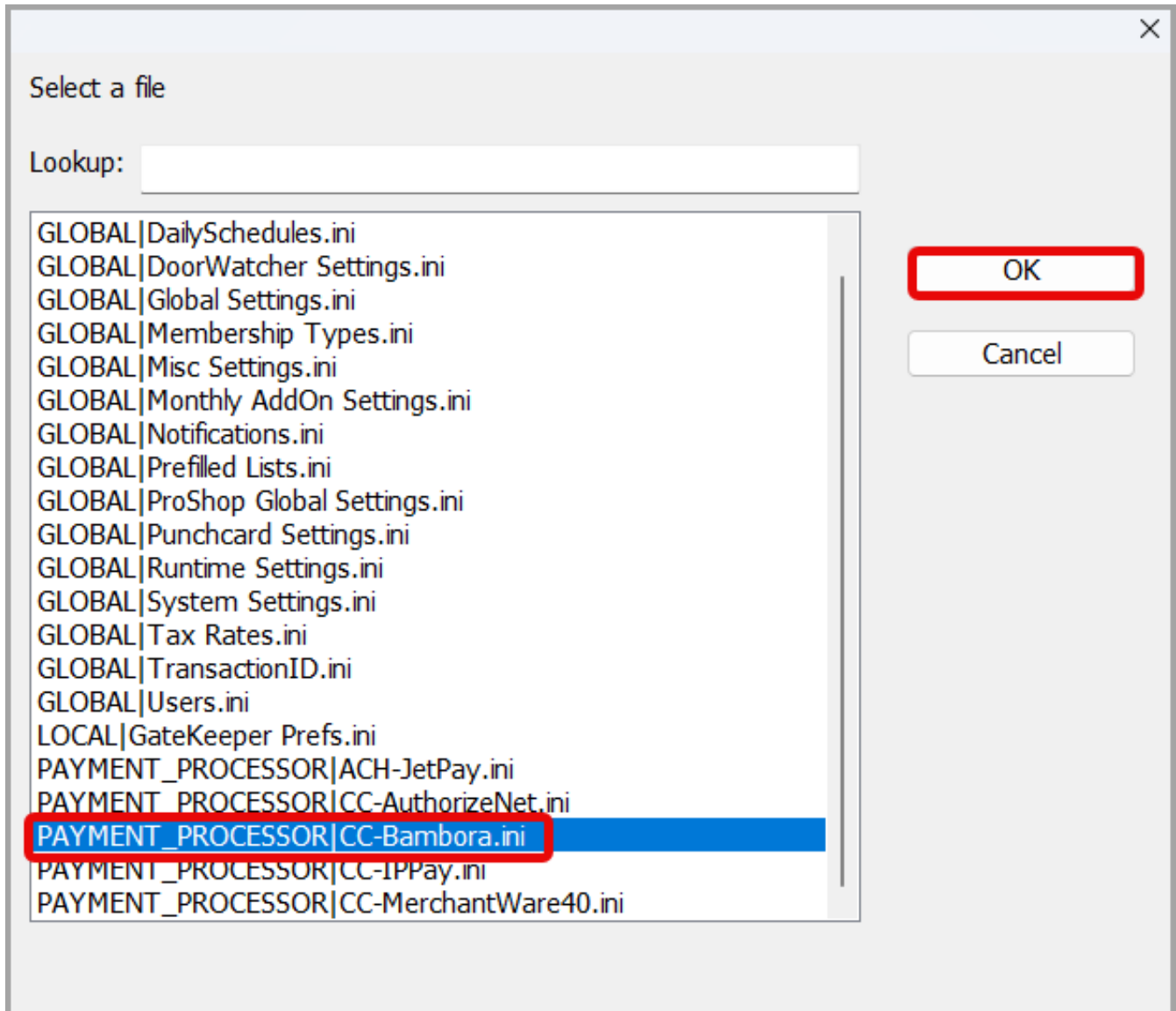
- Double click on **Backup**.



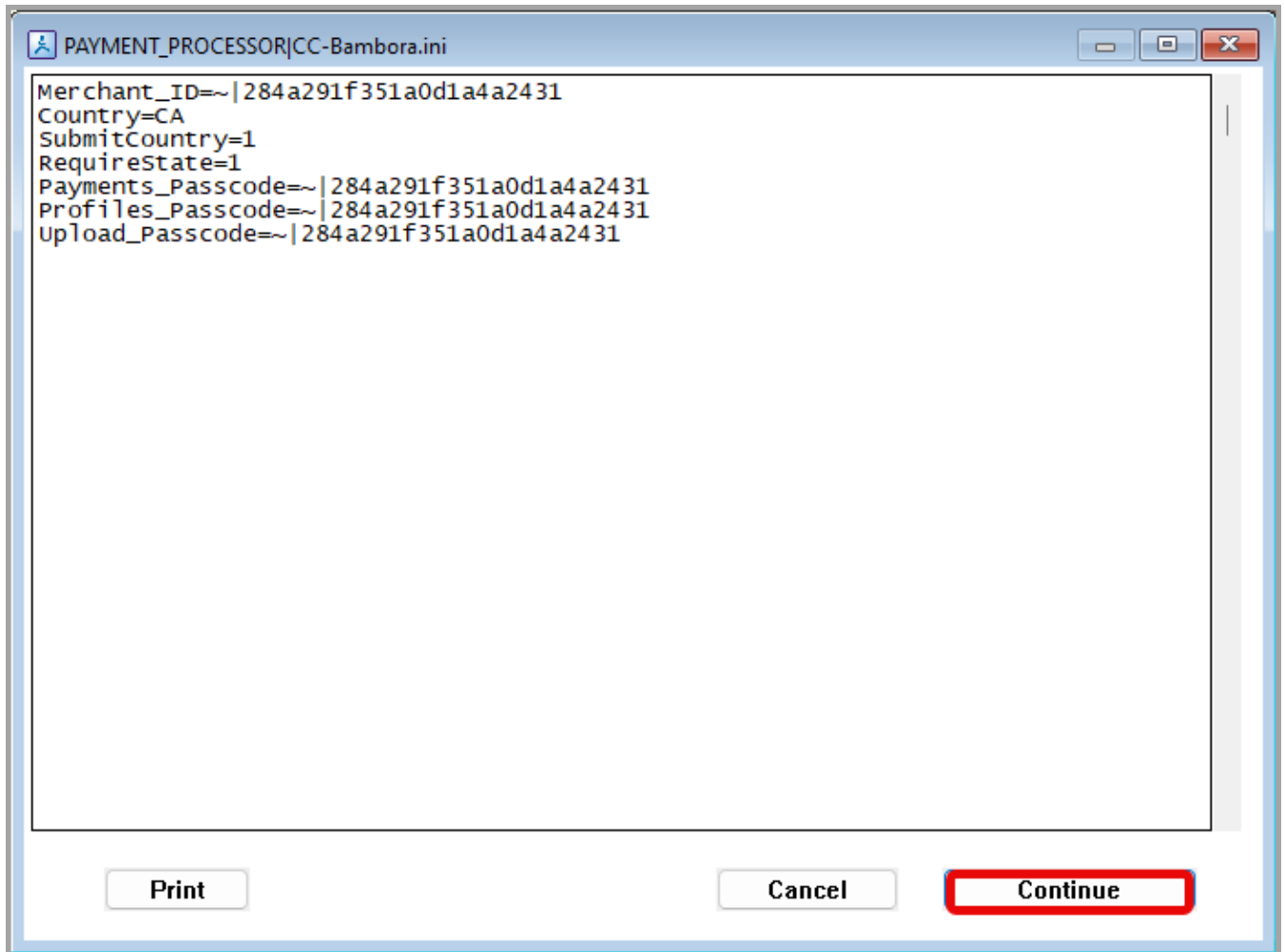
- Double click on the **GABackup.gbu** file from a date prior to the settings changing > click enter on your keyboard.



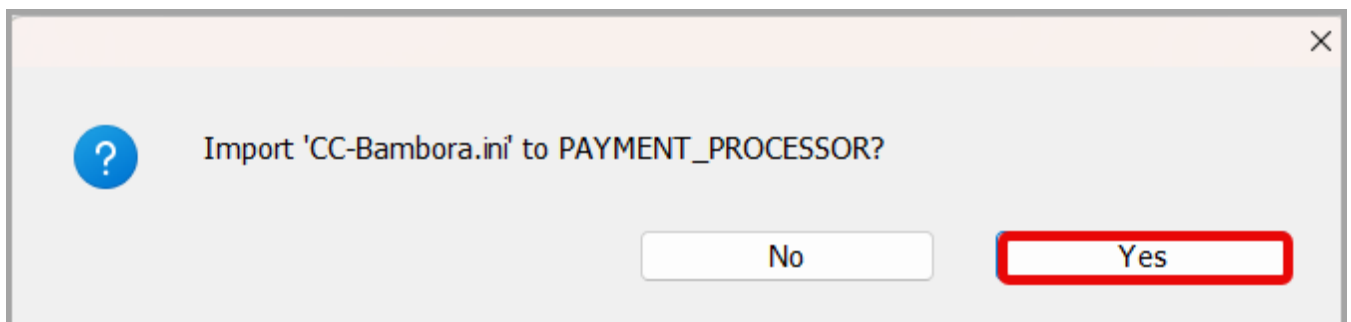
- Select the particular settings file you are trying to recreate from the list > click **OK**.



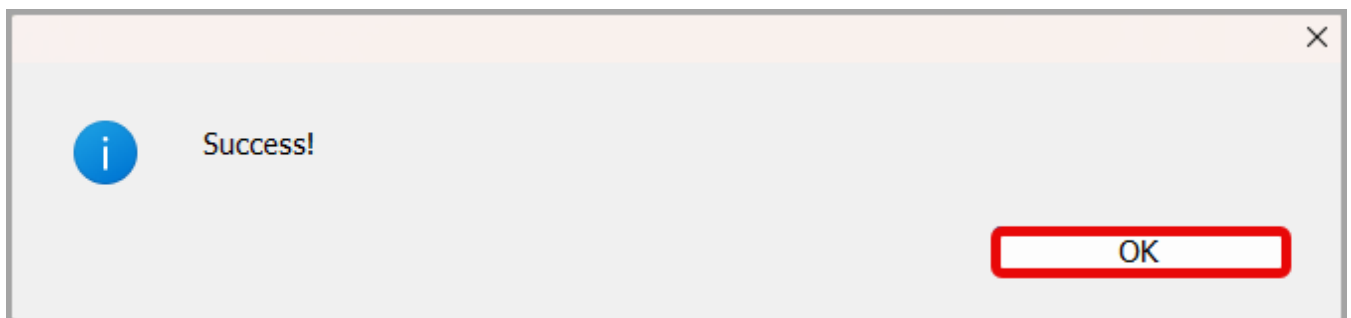
- Review the information for accuracy > click **Continue**.



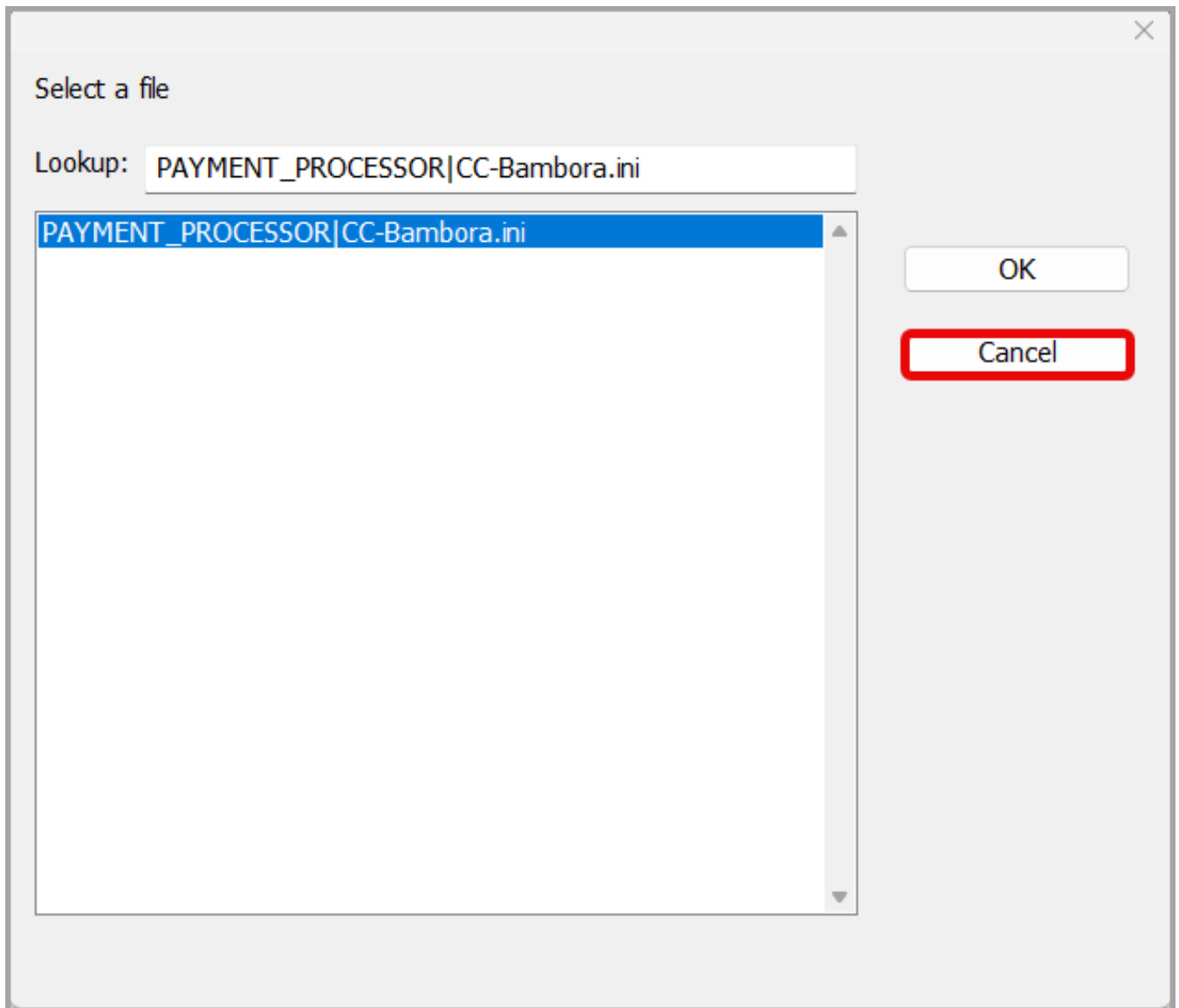
- Click **Yes** when asked to Import the selected information.



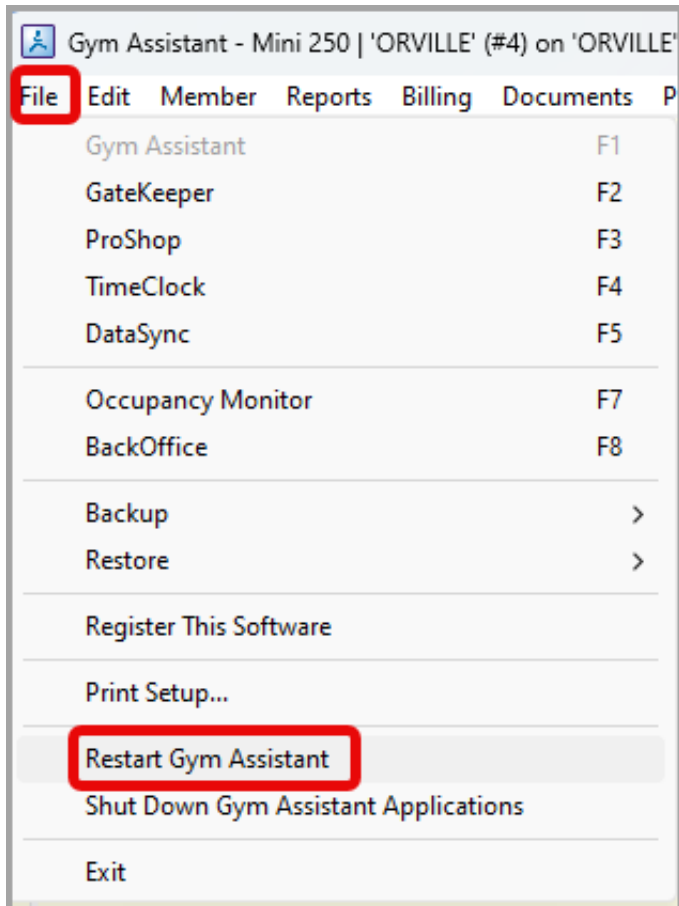
- Click **OK** in the box indicating **Success**.



- Click **Cancel** in the final box to exit the Select a file screen.



- Go to **File > Restart Gym Assistant** to complete the process.



Online URL: <https://gymassistant.phpkb.cloud/article/how-to-recover-settings-files-from-backup.html>