

How to Recover Settings Files from Backup

How to recover Settings Files from Backup September 2024

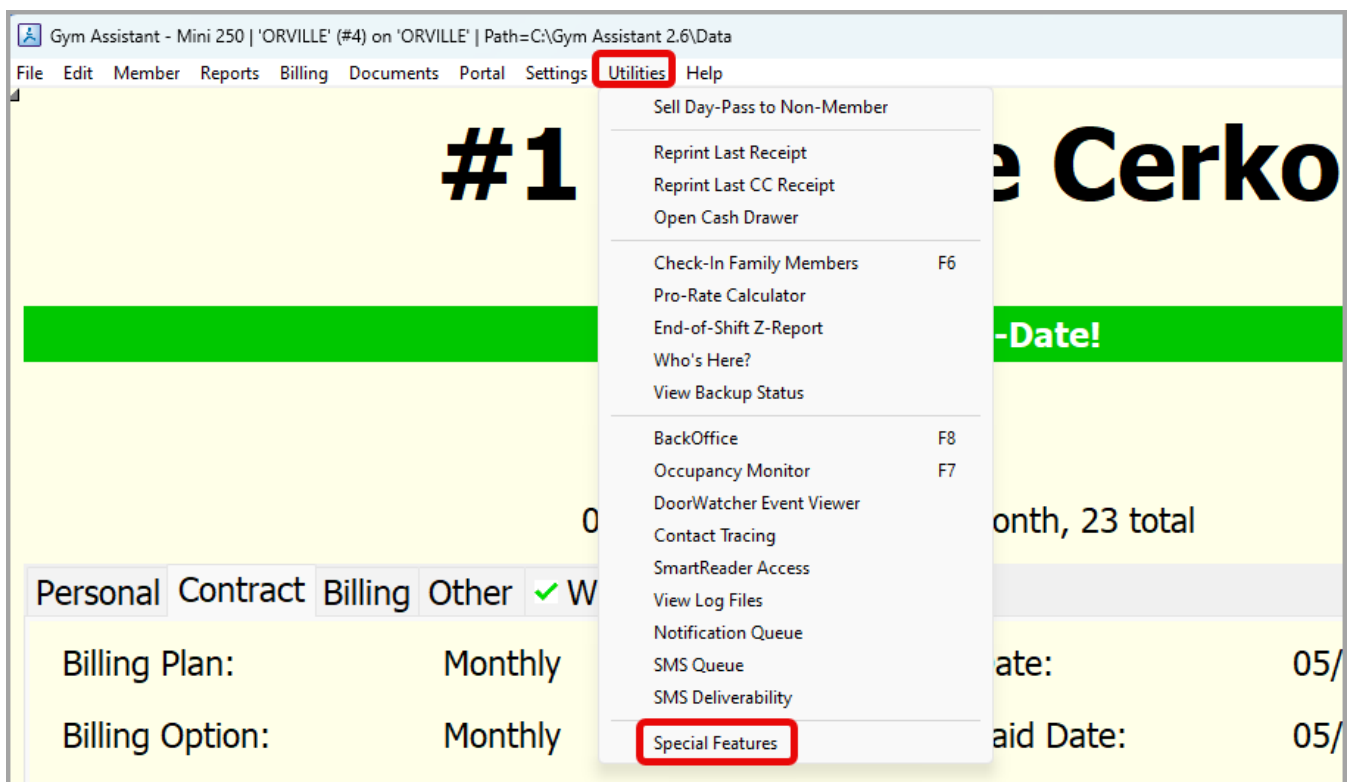
Introduction

This process allows you to recover various Gym Assistant Settings.

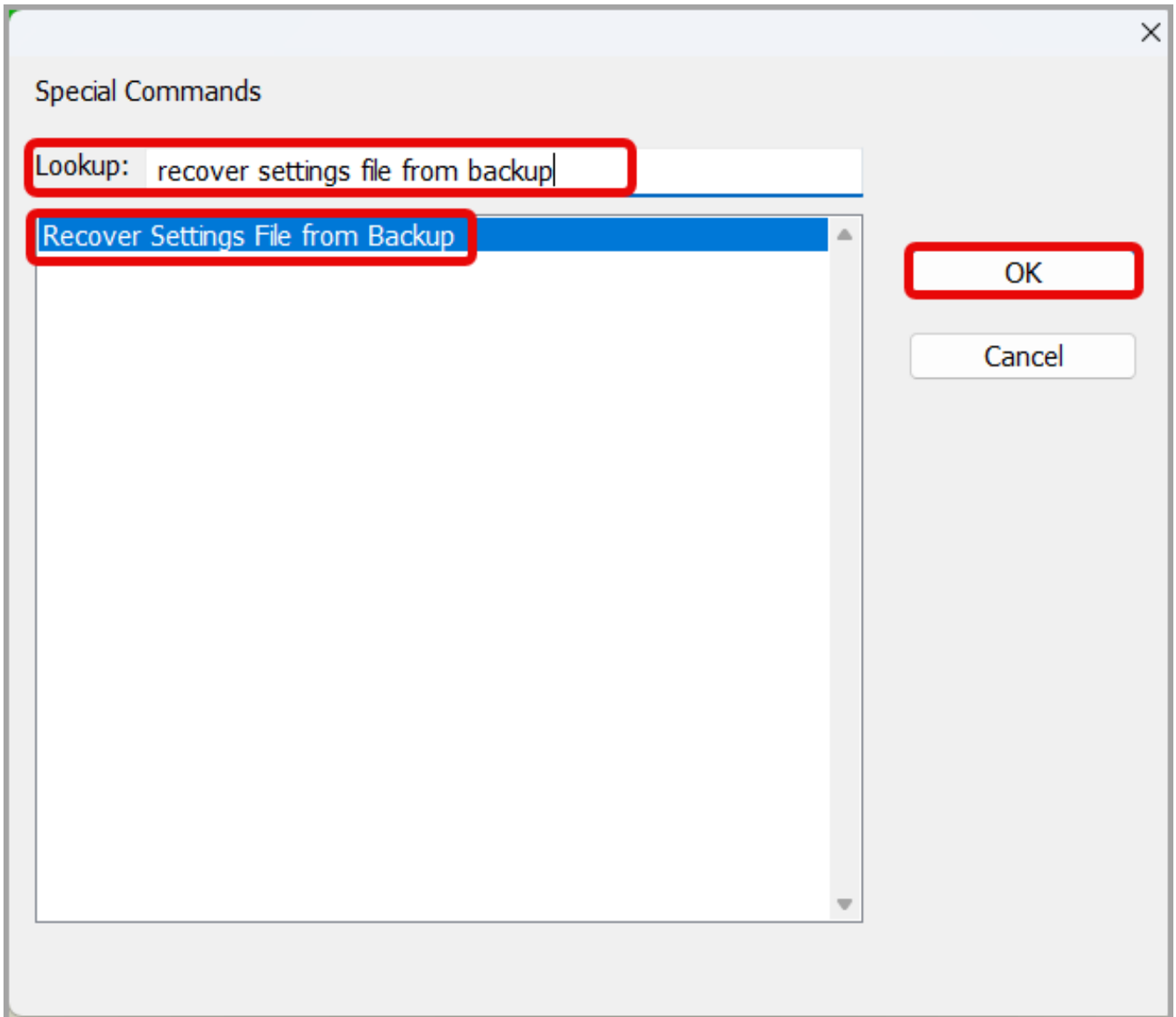
As with any bulk change done in Gym Assistant, do a manual backup of data prior to making the change (instructions to preform a manual backup titled **How to Do a Manual Backup** included in knowledge base articles).

Be in the Gym Assistant program.

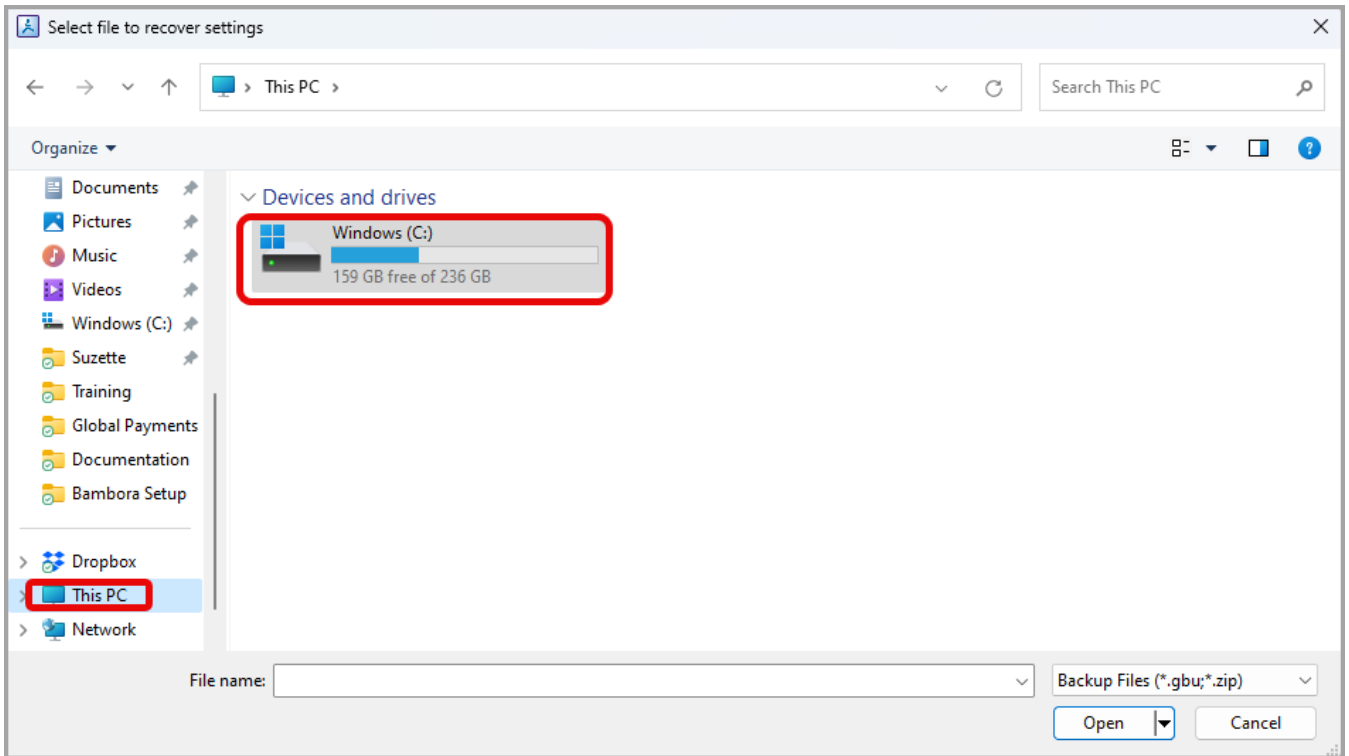
- Begin by clicking **Utilities > Special Features**.



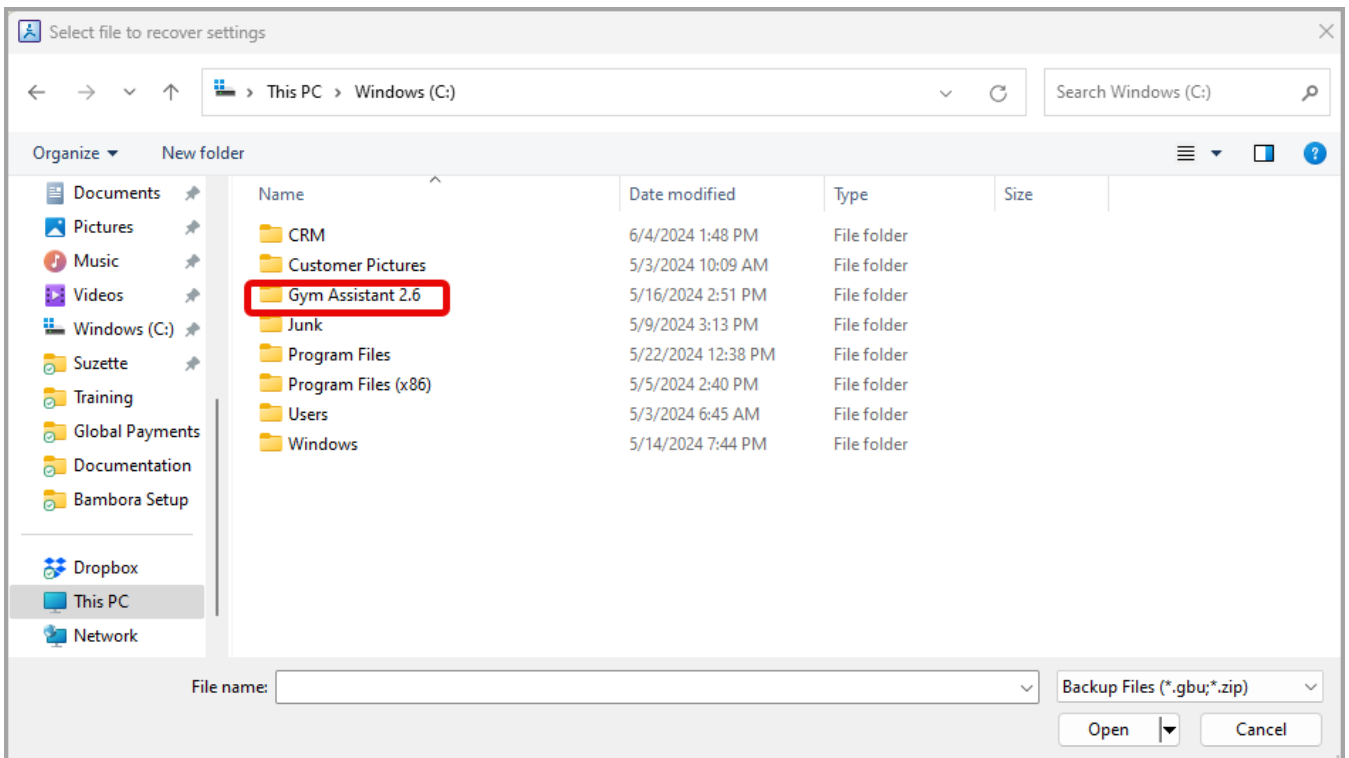
- Type **Recover Settings File from Backup** in the lookup box > click **OK**.



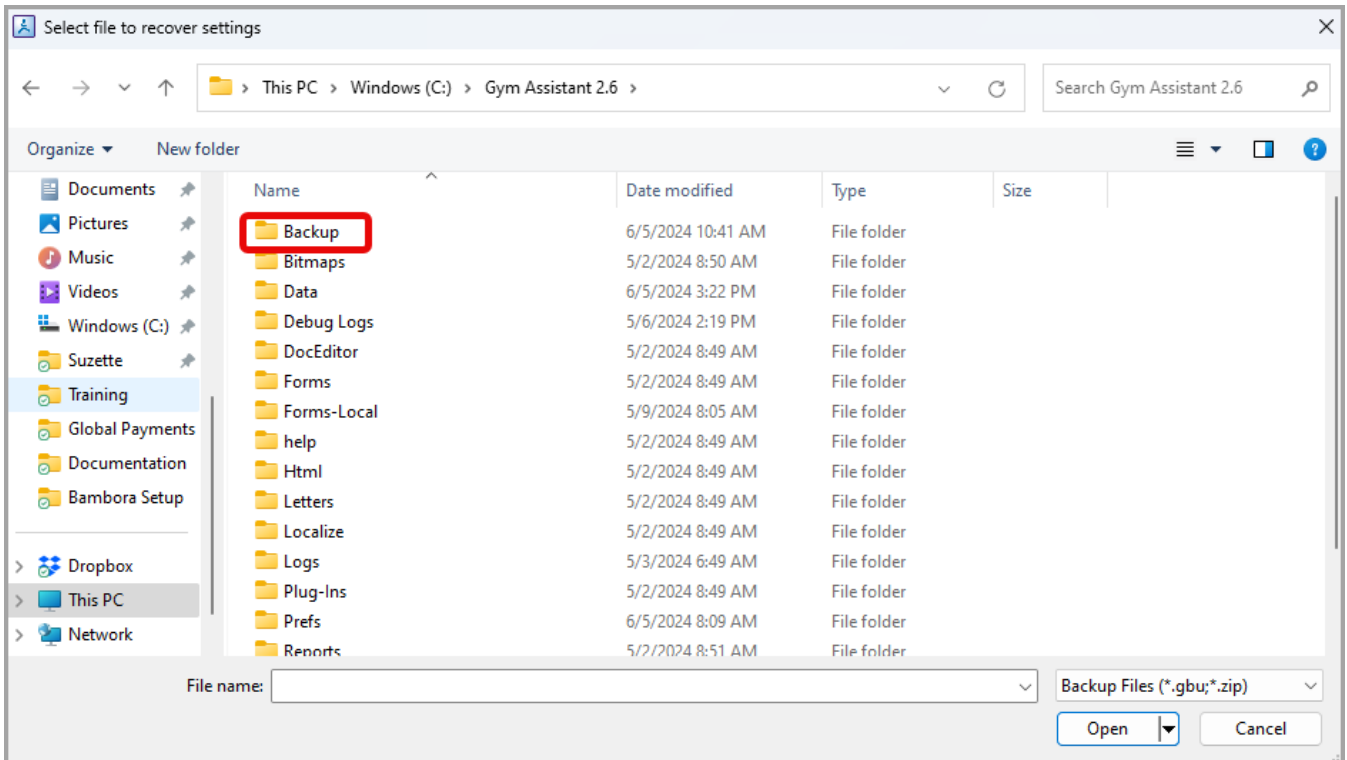
- Click **This PC** > double click **Windows (C:)**.



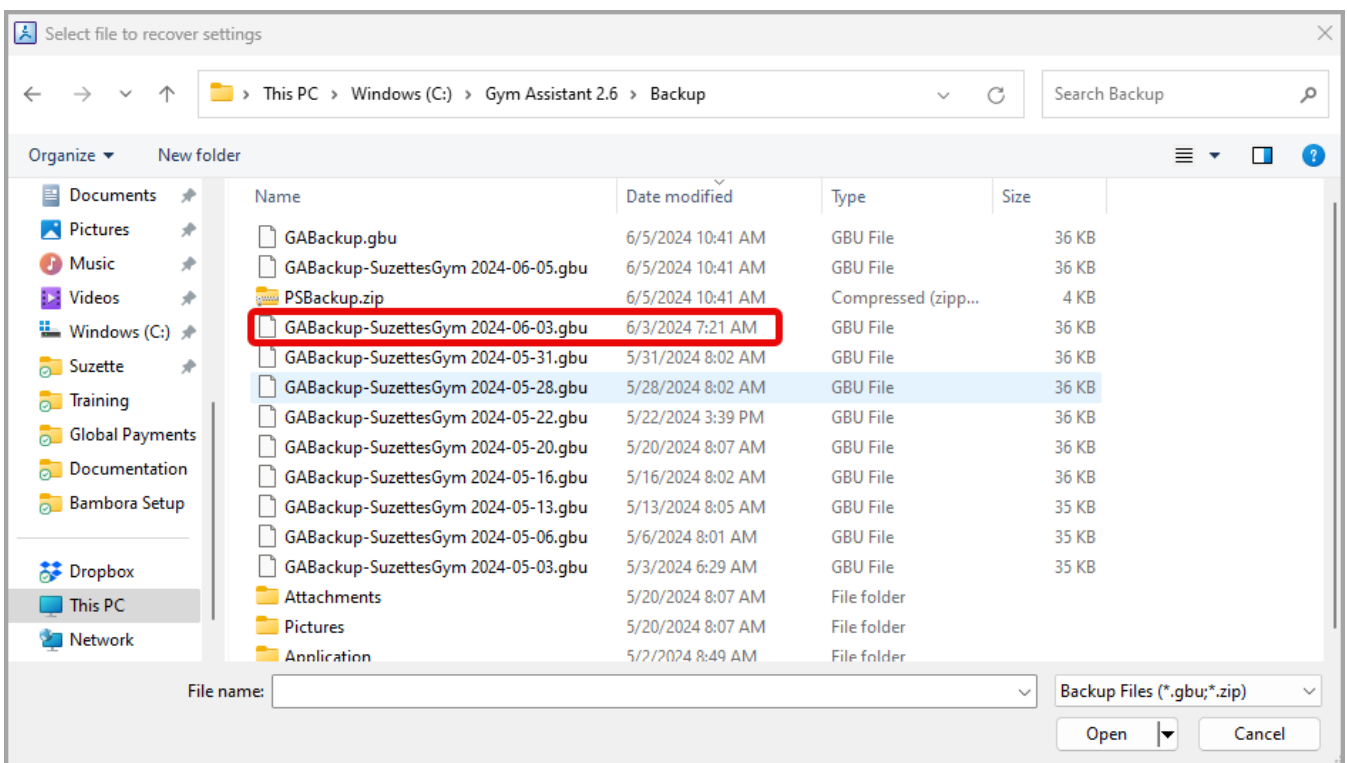
- Double click on the **Gym Assistant 2.6** folder.



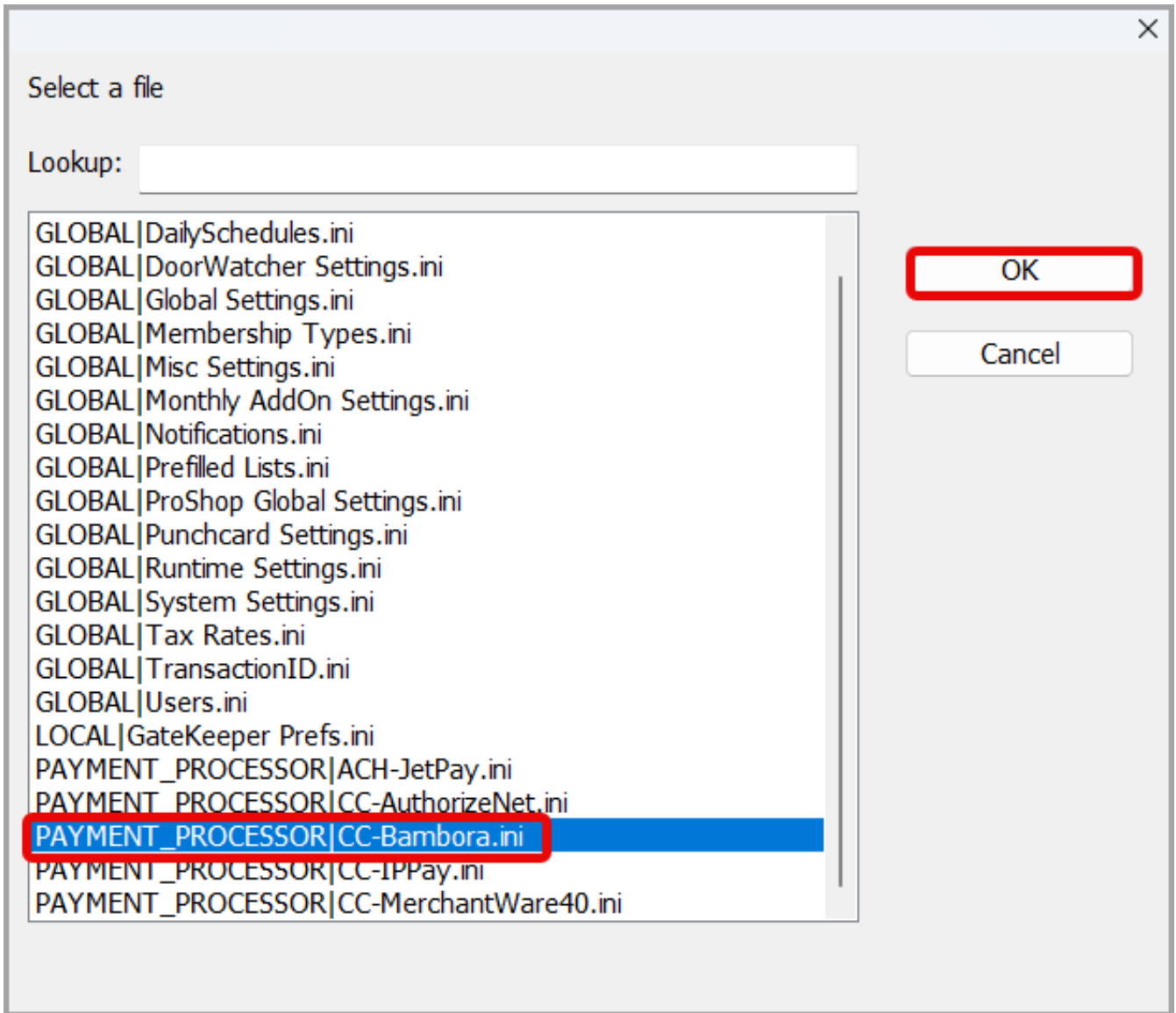
- Double click on **Backup**.



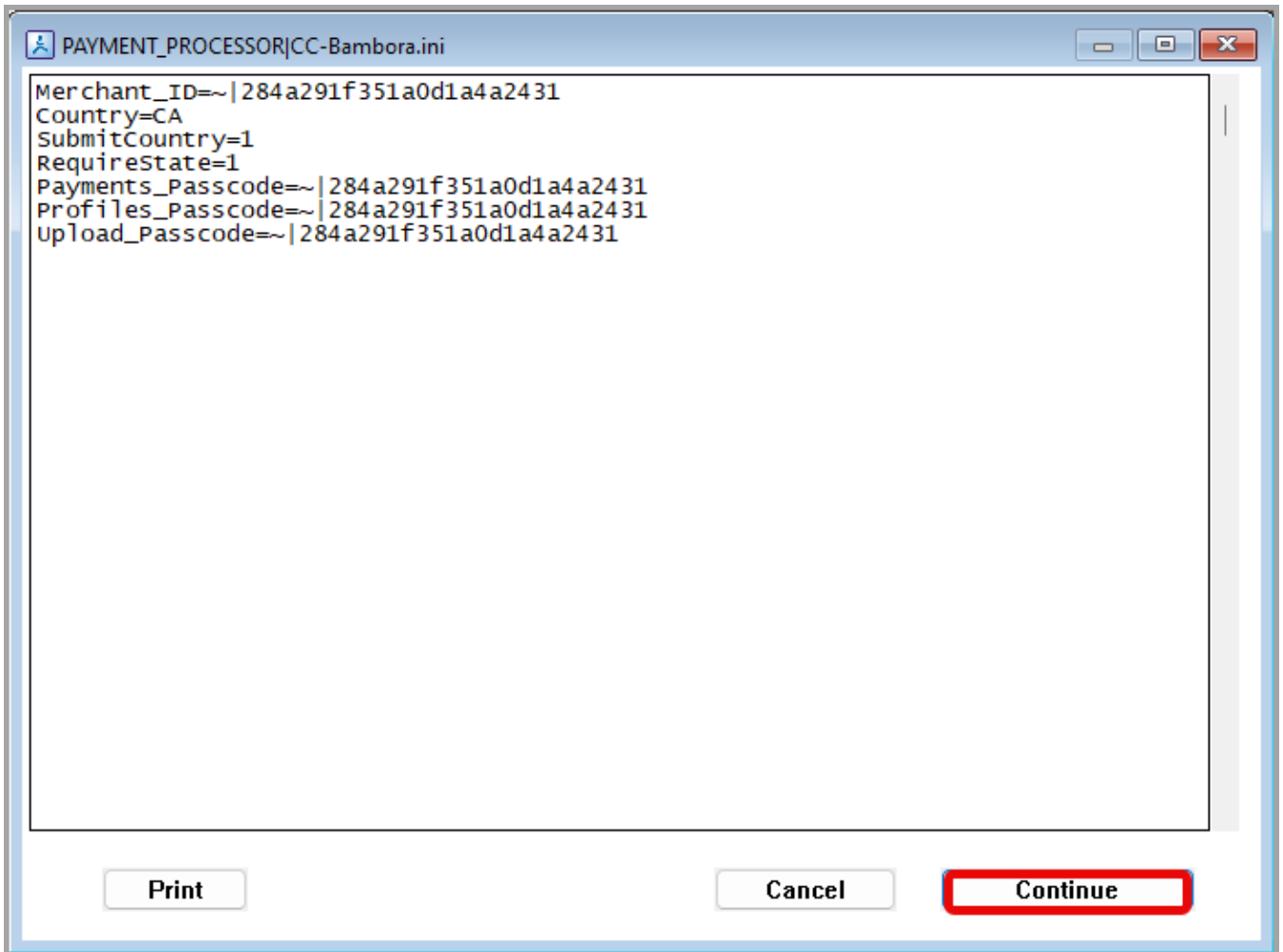
- Double click on the **GABackup.gbu** file from a date prior to the settings changing > click enter on your keyboard.



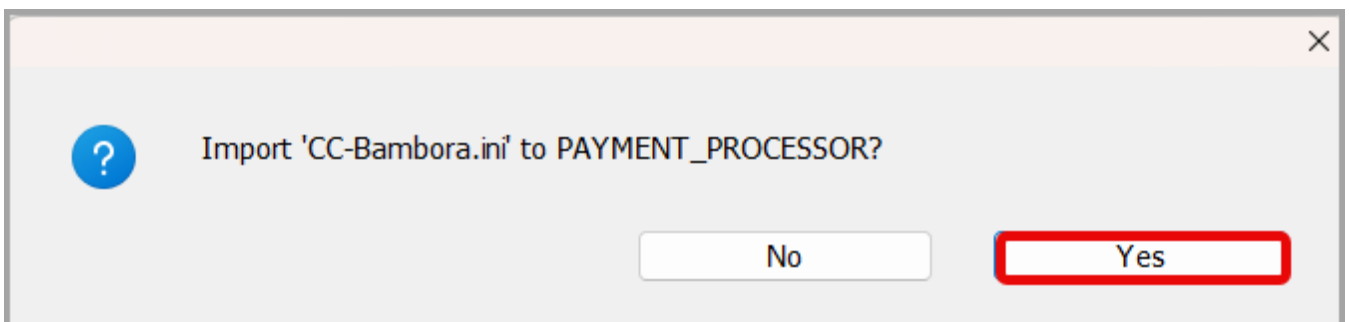
- Select the particular settings file you are trying to recreate from the list > click **OK**.



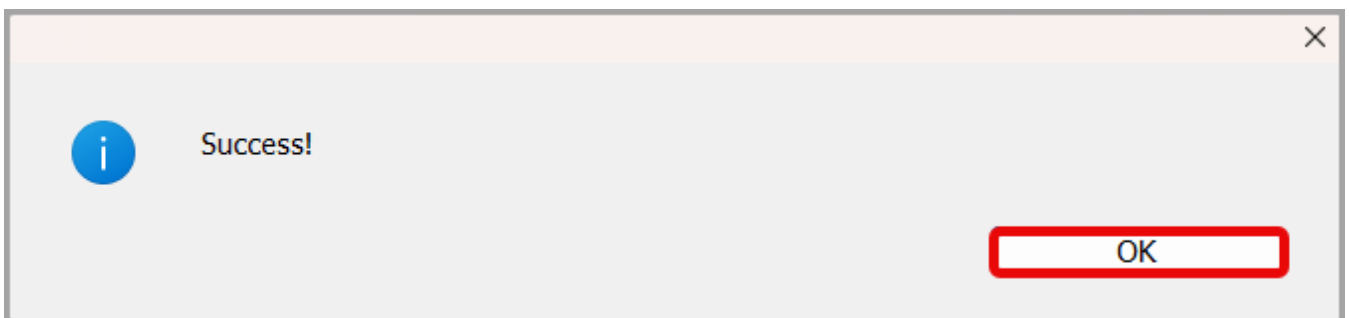
- Review the information for accuracy > click **Continue**.



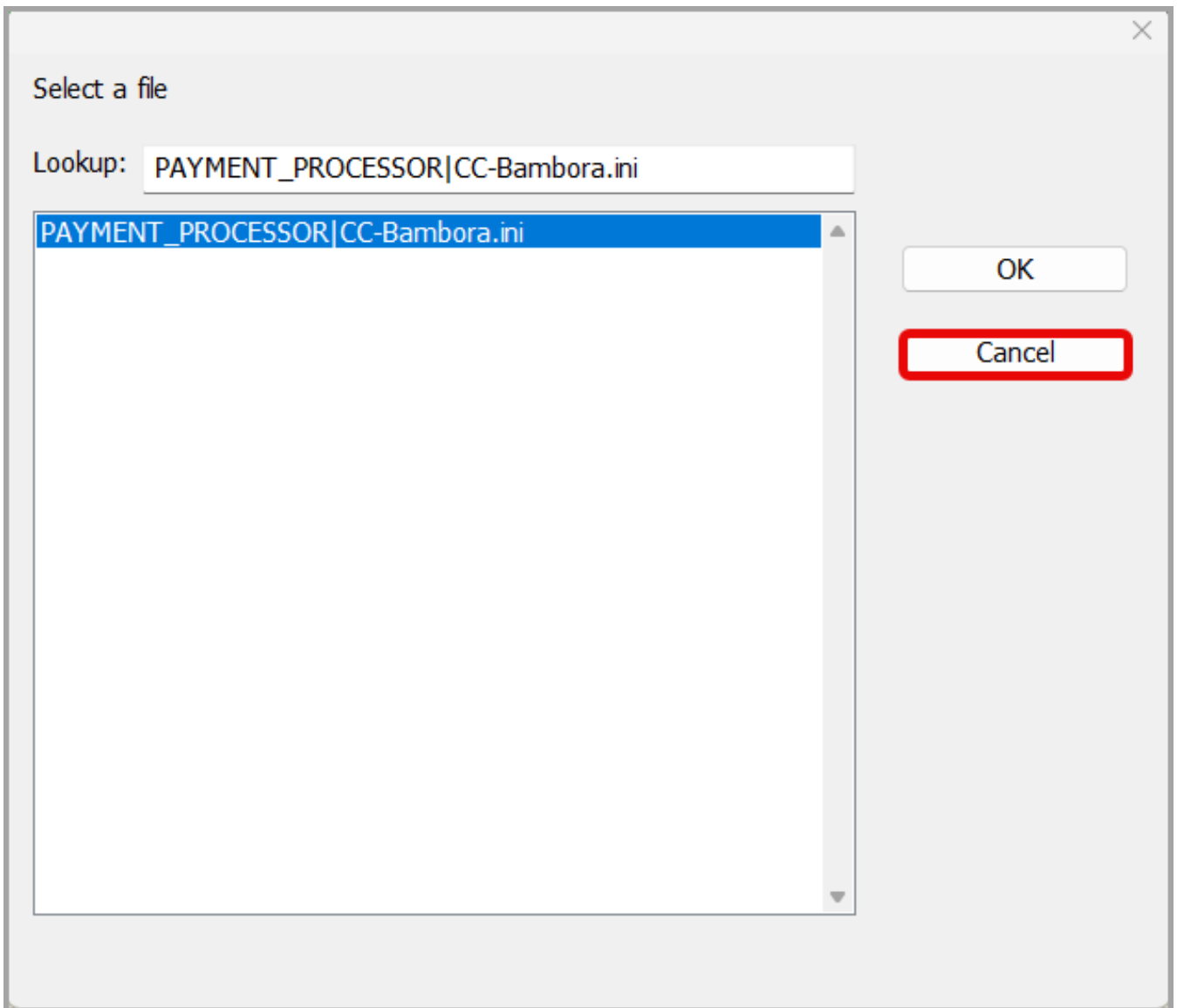
- Click **Yes** when asked to Import the selected information.



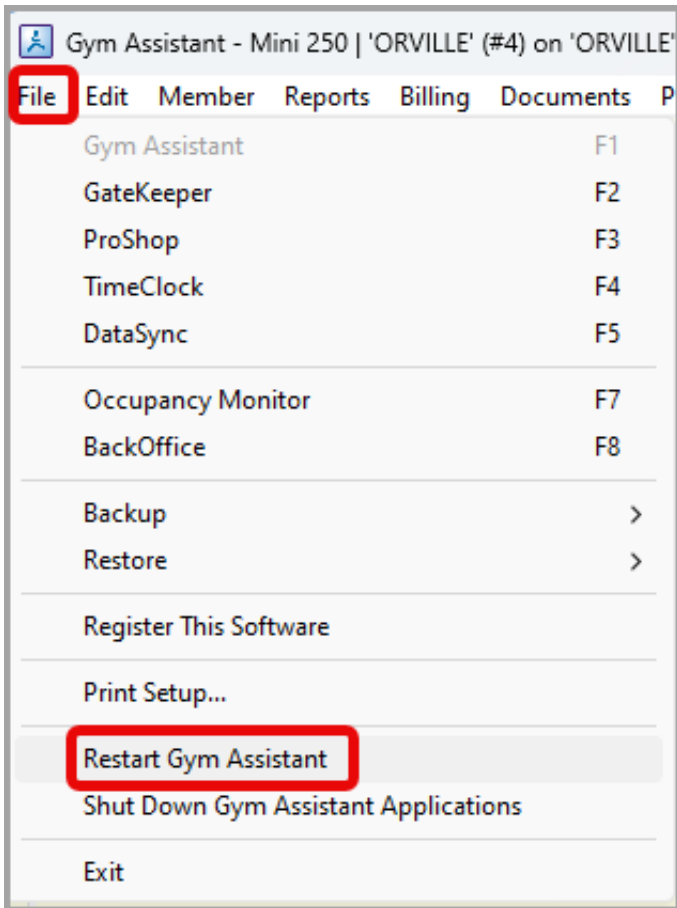
- Click **OK** in the box indicating **Success**.



- 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>