How to Set Gym Assistant up to Relaunch with Windows Sign In

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Introduction
This insures that Gym Assistant automatically launches when Windows is launched or relaunched after an update.

- Copy Gym Assistant shortcut from Gym Assistant Icon on Desktop by hovering over the icon > right clicking > copy.
- Click on the Windows Start Button on the taskbar.
- Enter Run.
- Enter shell:startup > click OK.
- This will open the Startup Folder > Paste the shortcut into the Startup Folder > close the folder.

To ensure that Gym Assistant will then relaunch at sign in restart the computer, sign into the computer and Gym Assistant should launch automatically. automatically.

Online URL: https://gymassistant.phpkb.cloud/article/how-to-set-gym-assistant-up-to-relaunch-with-windows-sign-in.html