**Prepare the Network**

You must first setup a folder where the Gym Assistant data will be shared. This can be in either the Gym Assistant folder on one of the networked workstations or in another folder anywhere on the network. If you need help to setup your network, please consult with a computer professional, otherwise launch the Network Setup Wizard in the Control Panel on each workstation.

**Share the Data Folder**

- Create the folder where the data should be shared
- Right-click on the data folder and then select **Sharing and Security**

- Check the box labeled **Share this folder on the network**
- Check the box labeled **Allow network users to change my files**
- Click **OK**
**Determine Computer Name for the Shared Data folder**
- On the computer where the data will be shared right-click on My Computer, then select Properties.
- Click the Computer Name tab.
- Note the Workgroup name. Every computer that will be sharing the data should be in the same Workgroup. If you need to change the Workgroup for this computer:
  - Click the Change button.
  - Set the Computer Name and Workstation, then click OK. You will then need to restart the computer before continuing.

**Install and Setup Gym Assistant on each workstation**
- Install Gym Assistant 2.0 on each workstation
- First, make sure that the workstation is in the same network Workgroup as the data computer:
  - Right-click on My Computer, then select Properties.
  - Click the Computer Name tab.
  - Note the Workgroup name. Every computer that will be sharing the data should be in the same Workgroup. If you need to change the Workgroup for this computer:
    - Click the Change button.
    - Set the Computer Name and Workstation, then click OK. You will then need to restart the computer before continuing.
- In Gym Assistant select Networking / Data Path from the Settings menu.
- Select a Workstation ID (1-5). Each workstation must have a unique Workstation ID.
- Click the Set button to set the data path.
- Click on My Network.
- Open Entire Network.
- Open Microsoft Windows Network
- Open the Workgroup for the computer that is sharing the data (which will probably be called either MSHOME or WORKGROUP). If the
- Open the computer that is sharing the data.
- Open the folder that is holding the data.
- Open the Members.dat file.
- Click OK.