Gym Pal About Us:

My name is Tim, and I am the creator of Gym Pal. I started going to the gym about six years ago. When I first walked into the gym, I was not very knowledgeable and just thought you had to lift weights, and you would end up looking like the people on fitness magazines. I quickly realized this was not the case. I enlisted in the Marine Corps in 2016, and the gym became my passion. I loved the challenge, the physical and mental benefits, and the dedication it takes. With this new passion, I started researching what it takes to succeed in the gym. I read about macros, progressive overload, recovery, and exercise form. I started taking a notebook to the gym to track my workouts and also started tracking my macros. After applying this knowledge and these tools, I went from 170lbs to 220lbs and could not be happier. But in life, we should always seek to continue to progress and improve. This is one reason why I decided to create this app. I wanted a platform that would allow me to track workouts how I wanted, along with providing other useful features that I could use to improve myself. Gym Pal is an app created by a lifter for lifters. With that being said, I want to continually improve this app and provide features that other lifts would like to have. If you have any feedback or recommendations, please send an email to [Gym.Pal@outlook.com](mailto:Gym.Pal@outlook.com), and I will look at implementing any suggestions that could help users. Thank you for looking at Gym Pal and stay driven to achieve your goals!