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VOLT

Guided Fitness User Guide

Accessing Volt

You can access Volt by clicking on the Volt tile, shown here to the right, in your center mobile app.

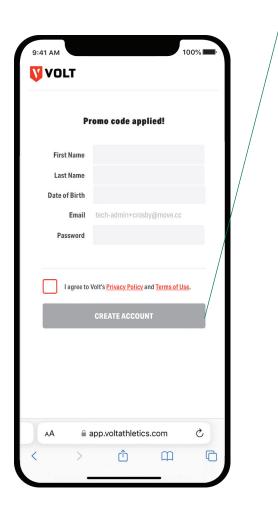


You will be presented with your **Promo Code** ← the first time you click on the Volt tile. **Do not change the Promo code.** Enter your email address linked to your membership account.

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VOLT		
	Welcome to Volt!	/
Enter your p	romo code and email to get started	
Promo Code	AVEMCKSD	
Email Address		
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	APPLY CODE	
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Signing up

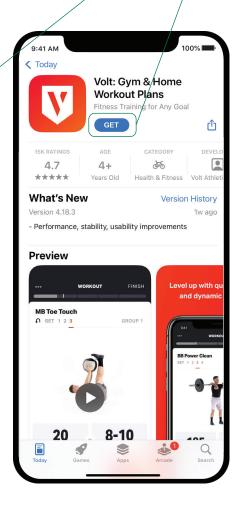
Enter your name and date of birth in the respective fields. Create your own unique password. Check the box to agree to the Volt Privacy Policy and Terms of Use. Then, click **Create Account**.



Downloading the app

After your new account is created, select either the App Store or Google Play to download the Volt app.

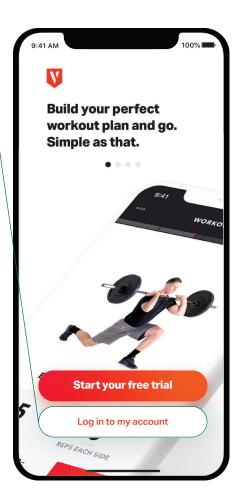
9:41 AM VOLT Your Volt account has been created! Next, download the Volt app on your phore and log in with the account information you created. More than the the formation of the
A app.voltathletics.com



Logging in

Open the Volt app after it has finished downloading.

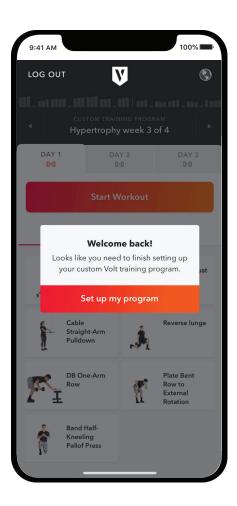
Log in using your email on your membership account and the unique password that you created for Volt.



<text><text><text><text><text></text></text></text></text></text>	You	ning the waiver will be asked to review the Volt ver and click Accept . •	
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The purpose of this DISCLAIMER AND NOTICE is to make you aware of the potential risks connected with activity in any exercise, physical fitness, or training program and to help you make an informed decision about whether you should participate in these activities. If you have a heart condition, you feel pain in your chest, you feel a loss of balance or experience dizziness, you have a bone or joint problem that could be made worse with exercise, you are taking medication for blood pressure or heart condition, or you feel that you should not be exercising Please reach out to our fitness staff for further assistance with your exercise program. If you do not have any conditions listed above, you acknowledge and understand that participating in an exercise program carries the possibility of physical injury.	9	100% 🖚	/
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and be able to participate in the exercise(s). If you engage in this exercise program, you agree that you do so at your own risk, you are voluntarily participating		above, you acknowledge and understand that participating in an exercise program carries the possibility of physical injury. You should be in good physical condition and be able to participate in the exercise(s). If you engage in this exercise program, you agree that you do so at your	
Accept		Accept	

Completing your Volt setup

After accepting the waiver, you will see a **Welcome Back** notification. Complete your program setup by entering the requested information such as height, weight, gender, preferred units and exercise demonstrations.



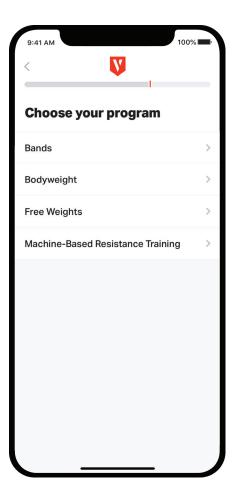
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What's your height?		What's your weight?
l	Feet	Pounds
Inches		
Next		Next
< V		< 💟
Choose your units		What gender would you like your training tailored to?
Feet/Pounds	>	We'll use this info to make minor adjustments to your workouts.
Meters/Kilograms	>	Male
		Female

Prefer not to use gender

>

Setting up your Volt program

Choose one program from the 12 pre-designed program options for low-impact training using resistance bands, bodyweight, free weights or exercise machines.



How much strength training experience do you have?		< 💟
		How many workouts would you like per week?
None I'm new to lifting weights	>	2 workouts per week
Some		3 workouts per week
Some I've lifted weights before, but not on a regular program	>	You can also supplement your training with optional routines, like Core Strength and Met
1 Year I've been lifting regularly for about a year	>	Con workouts, from our Training Extras menu
2+ Years I've been lifting regularly for over 2 years	>	

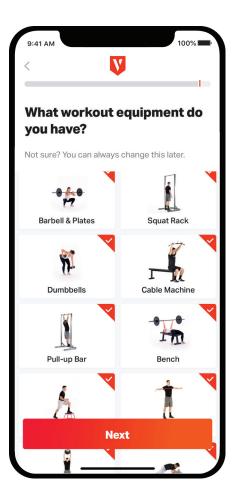
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Tailor your Volt program to your specific workout needs by answering questions related to experience and frequency.

Selecting your equipment

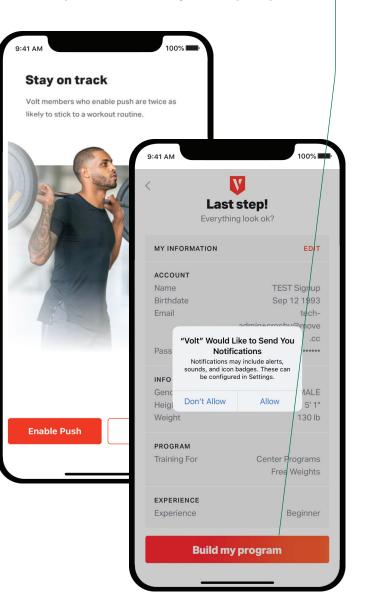
Select the equipment that you have available to customize your workout even more.

Note: By checking all equipment options it will provide more variety. These selections can be adjusted at any time under Settings.



Managing notifications

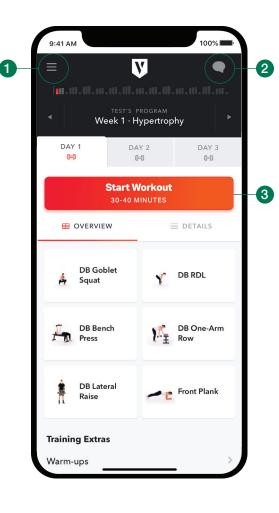
You will see a message asking to enable push notifications. Allowing notifications is highly encouraged, increasing communication with your Personal Trainer or Fitness Specialist, and to ensure your program is appropriate for you before selecting **Build my program.**



Exploring the Volt home screen

The default Volt home screen displays your available weekly workout, as well as the number of days you should complete. Maximize your Volt experience by utilizing the following:

- Navigation Menu: Familiarize yourself with your Volt app control center.
- 2 Chat Bubble: Send or receive messages directly from your Personal Trainer or Fitness Specialist.
- 3 Start Workout: Start your training program for that day with the exercises that are listed directly below Overview.



Exploring the Navigation Menu

Your Volt Navigation Menu is your app control center, providing you quick and easy access to the following:

My Training: Displays your current workout and allows your to perform your workout.

Resource Hub: Available articles and videos on category-specific content related to nutrition, mind and body.

Activity Log: Track any outdoor workouts by logging activities such as walking, running, cycling, hiking, swimming, yoga and more.

Settings: App settings that allow you to edit account information, manage notifications, sync with Apple Health, edit available equipment and sign out.

