

The CENTRE, Rolla's Health & Recreation Complex 1200 Holloway St. Rolla, MO 65401 573.341.2386 573.341.2381 fax

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.

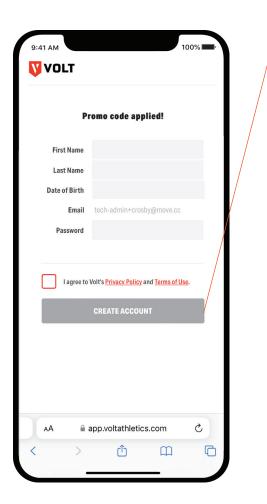


You will be presented with your **Promo Code** ← the first time you click on the Volt tile. **Do not change the Promo code.** Enter your email address linked to your membership account.

Welcome to Volt! Enter your promo code and email to get started. Promo Code PWTCRHMO Email Address APPLY CODE	
Email Address	
APPLY CODE	
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Signing up

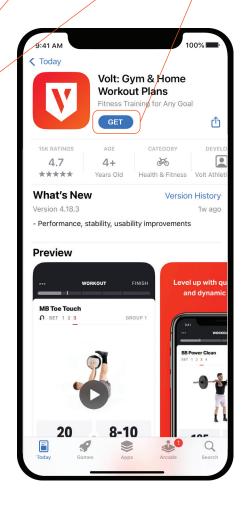
Enter your name and date of birth in the respective fields. Create your own unique password. Check the box to agree to the Volt Privacy Policy and Terms of Use. Then, click **Create Account**.



Downloading the app

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

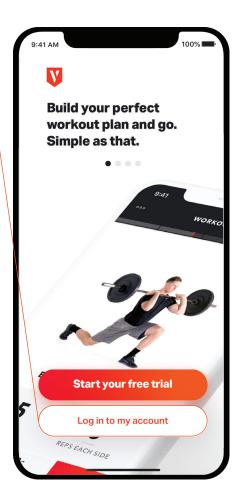
9:41 AM	LT			100% 💼
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Next,		e Volt app on yo ount information		og in
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Logging in

Open the Volt app after it has finished downloading.

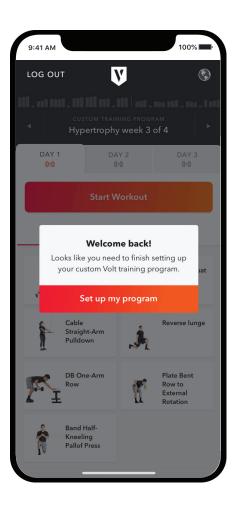
Log in using your email on your membership account and the unique password that you created for Volt.



You	Signing the waiver You will be asked to review the Volt waiver and click Accept.				
	3:41 AM				
9	9:41 AM				
	Please carefully review:				
	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.				
	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 own risk, you are voluntarily participating				
	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.



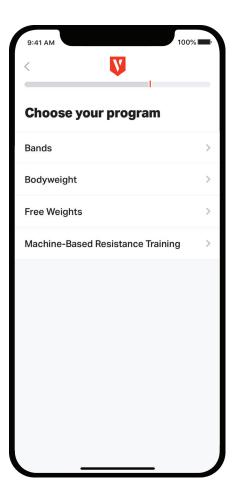
< 🗸	< V
What's your height?	What's your weight?
l	Feet Pounds
Inches	
Next	Next
<	< V
Choose your units	What gender would you like your training tailored to?
Feet/Pounds	> We'll use this info to make minor adjustments to your workouts.
Meters/Kilograms	> Male >>
	Female

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 wou you like per week?	
None I'm new to lifting weights	>	2 workouts per week 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 M Con workouts, from our Training Extras me	
1 Year I've been lifting regularly for about a year	>		
2+ Years I've been lifting regularly for over 2 years	>		

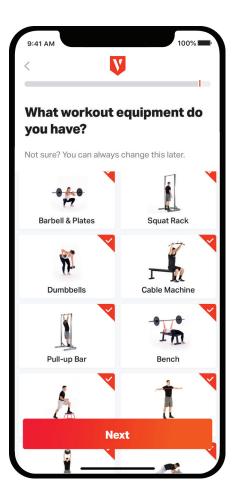
Customizing your program

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

Selecting your equipment

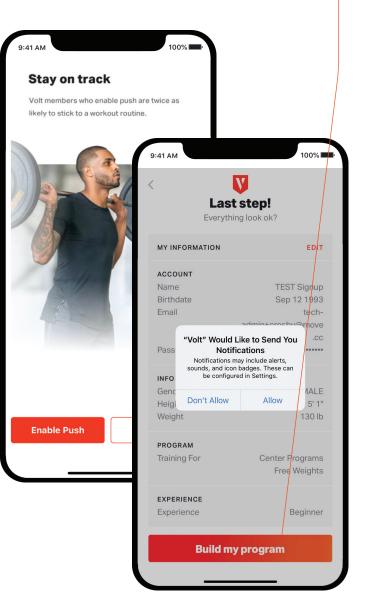
Select the equipment that you have available to customize your workout even more.

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.
- Chat Bubble: Send or receive messages directly from your Personal Trainer or Fitness Specialist.
- Start Workout: Start your training program for that day with the exercises that are listed directly below Overview.

9:41 AM 100% V Week 1 · Hypertrophy DAY 1 DAY 2 DAY 3 را (H) (HI) Start Workout 3 30-40 MINUTES OVERVIEW ■ DETAILS DB Goblet DB RDL Squat DB Bench DB One-Arm 1 m Press Row **DB** Lateral Front Plank Raise **Training Extras** Warm-ups

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.

