

The Health & Fitness Center at Washtenaw Community College 4833 East Huron River Drive Ann Arbor, MI 48105 734-975-9950 734-975-9958 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.

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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 phone and log in with the account information you created.	
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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 Wai	u will be asked to review the Volt iver and click Accept.
	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
	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
	with exercise, you are taking medication
_	for blood pressure or heart condition, or
	you feel that you should not be exercising-
	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
	You should be in good physical condition
	and be able to participate in the
	exercise(s). If you engage in this exercise
	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.



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What's your height?		What's your weight?		
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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.





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.
- 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.

100% 9:41 AM V 2 Week 1 · Hypertrophy DAY 1 DAY 2 DAY 3 E (HI) (HI) Start Workout 3 30-40 MINUTES OVERVIEW ■ DETAILS **DB** Goblet DB RDL Squat DB One-Arm **DB Bench** 17 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.



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