



Dexter Wellness Center
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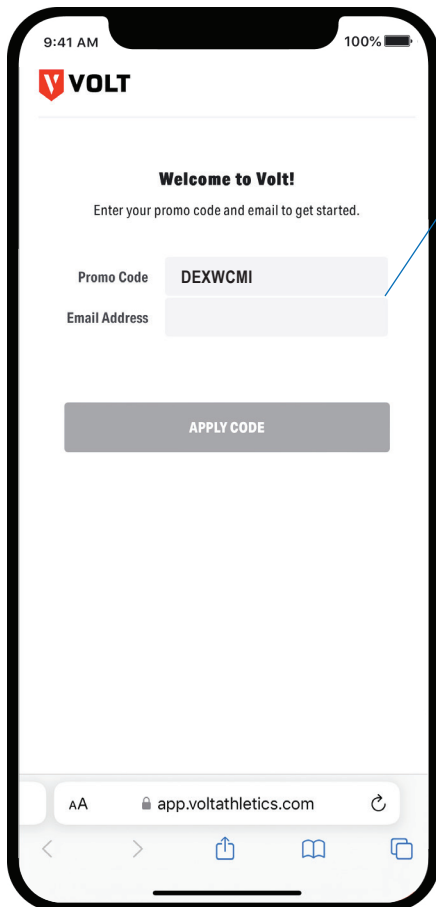
Guided Fitness User Guide

Accessing Volt

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

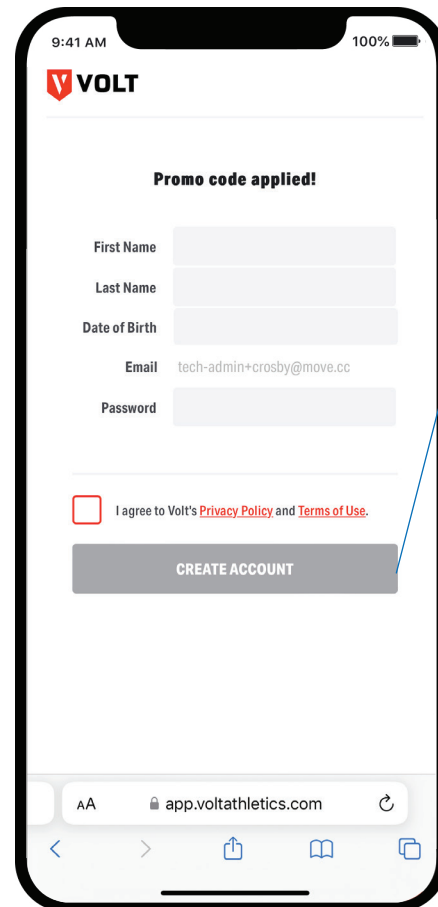


You will be presented with your **Promo Code** the first time you click on the Volt tile. **Do not change the Promo code.** Enter your email address linked to your membership account.



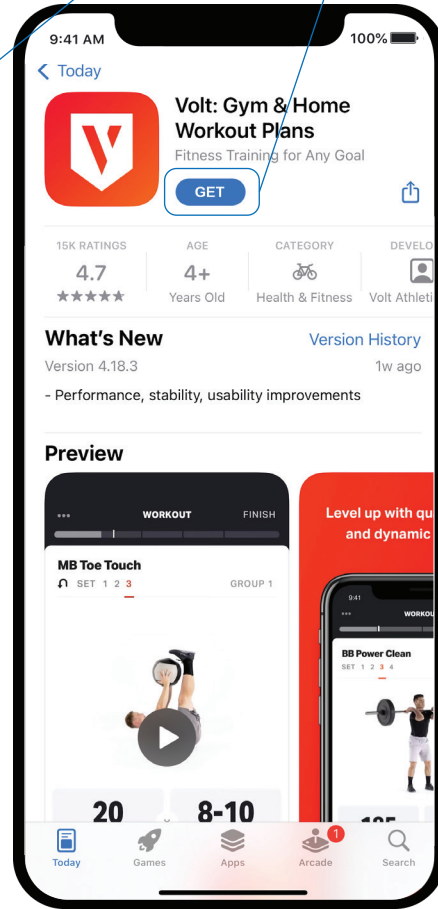
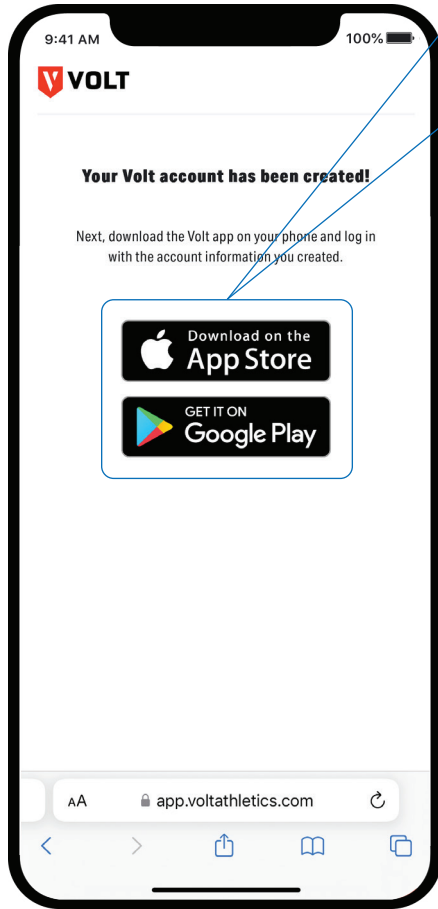
Signing up

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

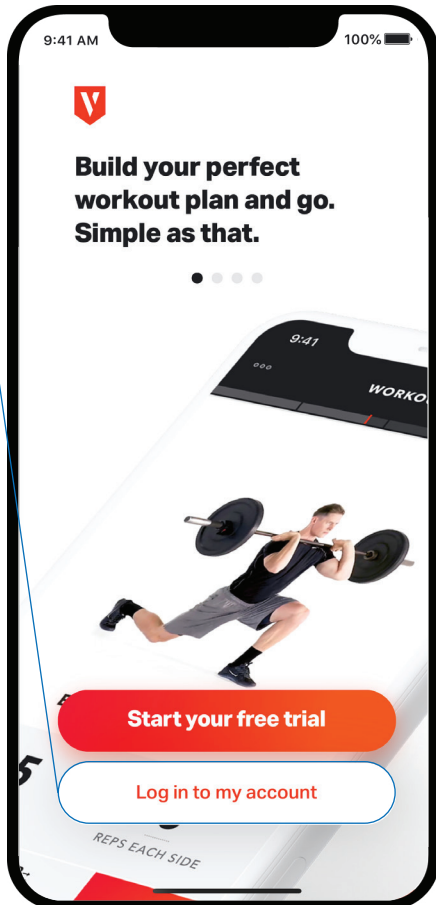
After your new account is created, select either the [App Store](#) or [Google Play](#) to download the Volt app.



Logging in

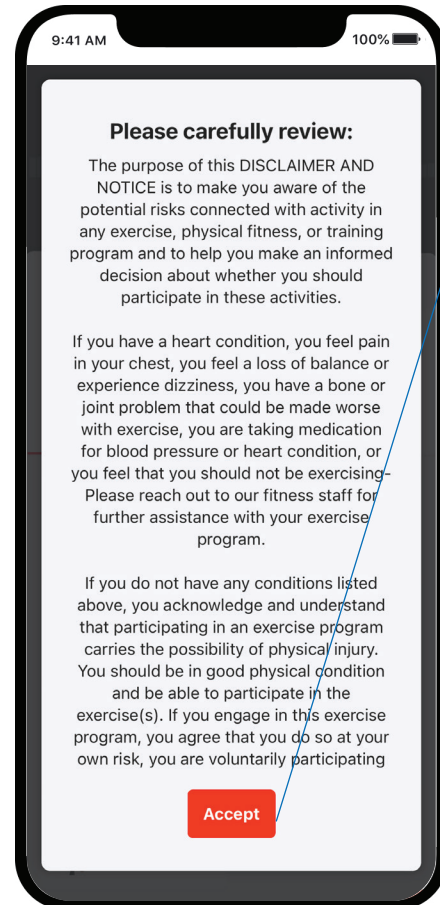
Open the Volt app after it has finished downloading.

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



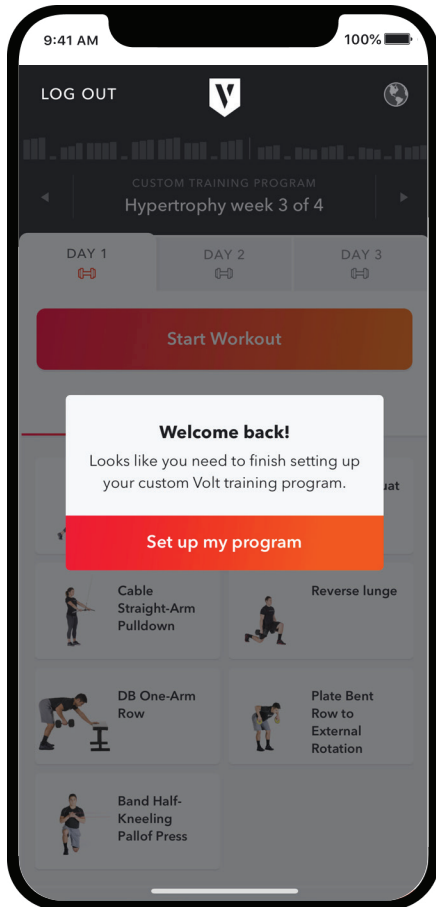
Signing the waiver

You will be asked to review the Volt waiver and click **Accept**.



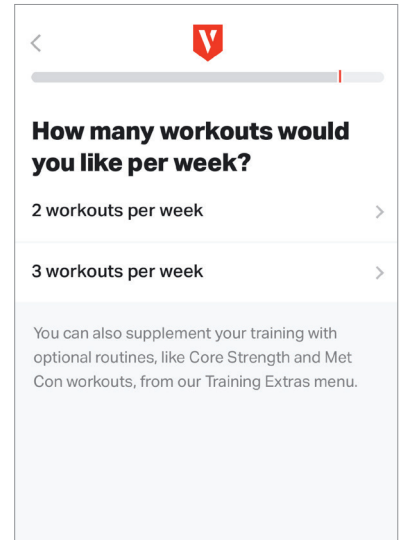
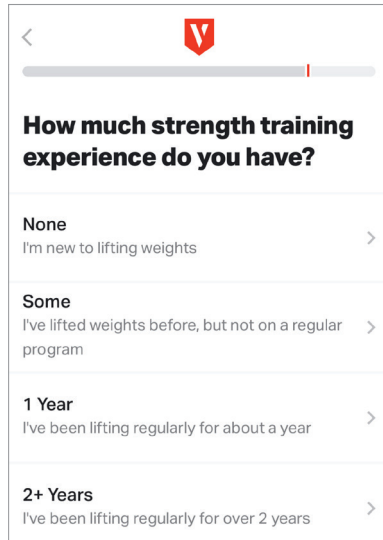
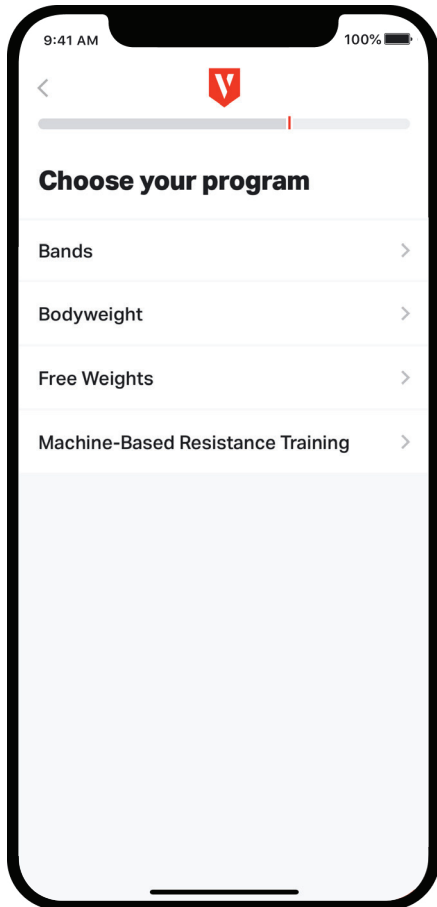
Completing your Volt setup

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.

A screenshot of a form titled 'What's your height?'. It features a red Volt logo at the top, a progress bar, and a red input field. The word 'Feet' is on the right side of the field. Below the field, the word 'Inches' is visible. At the bottom is a red 'Next' button.A screenshot of a form titled 'What's your weight?'. It features a red Volt logo at the top, a progress bar, and a red input field. The word 'Pounds' is on the right side of the field. At the bottom is a red 'Next' button.A screenshot of a form titled 'Choose your units'. It features a red Volt logo at the top, a progress bar, and two radio button options: 'Feet/Pounds' and 'Meters/Kilograms'. Both options have a right-pointing chevron. At the bottom is a red 'Next' button.A screenshot of a form titled 'What gender would you like your training tailored to?'. It features a red Volt logo at the top, a progress bar, and a sub-header 'What gender would you like your training tailored to?'. Below the sub-header is a line of text: 'We'll use this info to make minor adjustments to your workouts.' There are three radio button options: 'Male', 'Female', and 'Prefer not to use gender'. Each option has a right-pointing chevron. At the bottom is a red 'Next' button.

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.



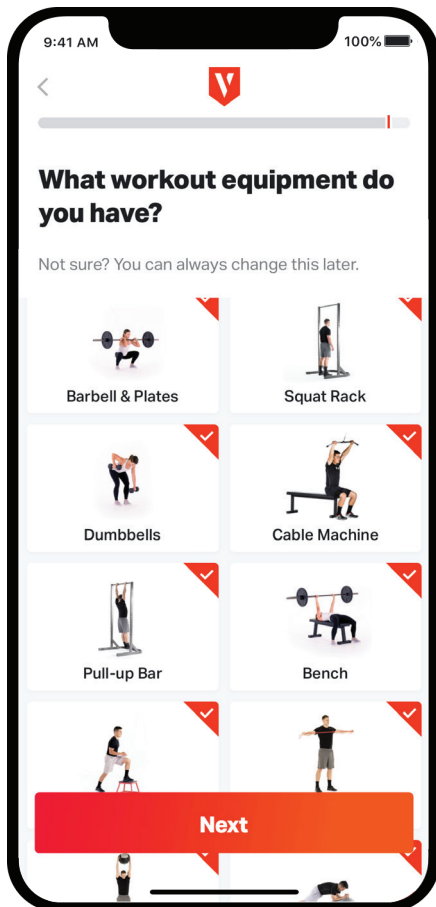
Customizing your program

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

Selecting your equipment

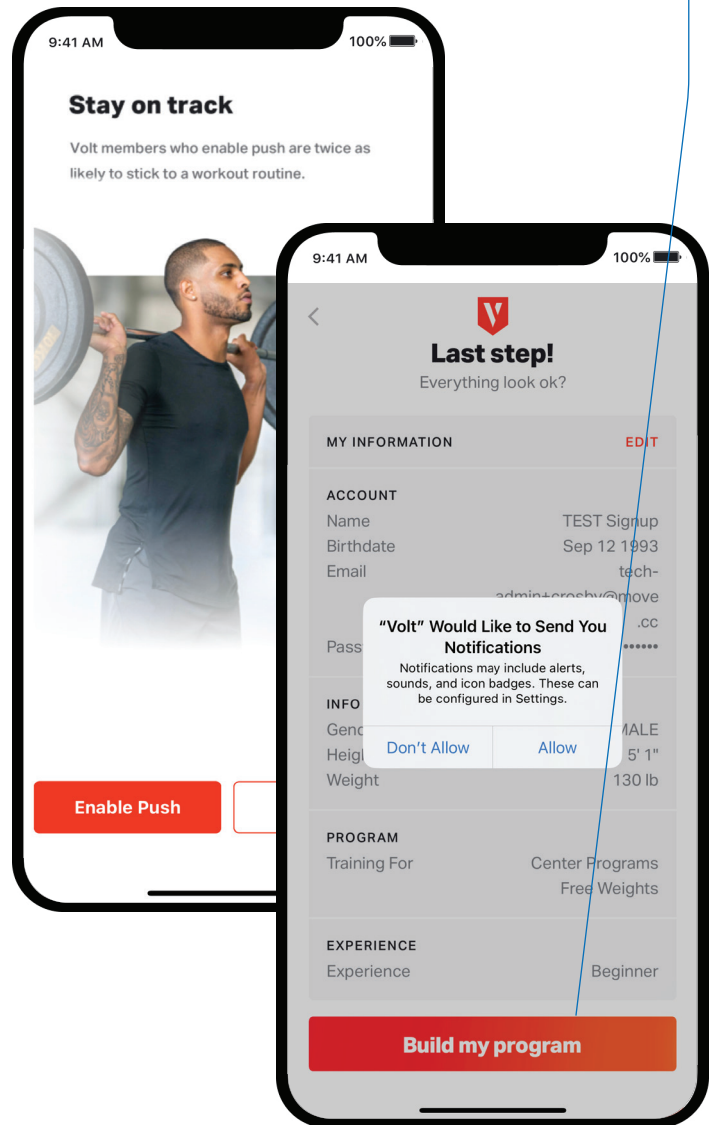
Select the equipment that you have available to customize your workout even more.

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:

- 1 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 you 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.

