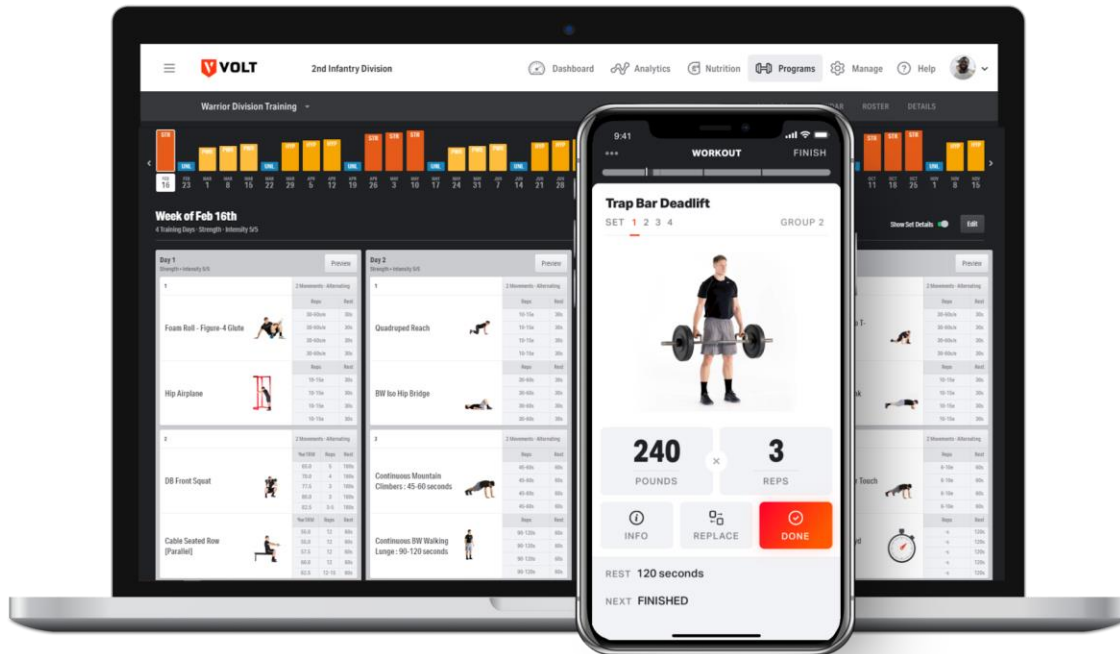# VOLT FOR THE ARMY

OVERVIEW

Volt Athletics, Inc. ("Volt") was founded in 2011 in Seattle, WA, to deliver safe, science-backed training programs to coaches and teams in the athletic performance industry. Applying the same research-based approach to physical development for individuals training within the tactical field, Volt's American made strength and conditioning software now delivers comprehensive training regimens to military & tactical personnel, accessible through an online platform and smartphone app.

With Volt, individuals receive periodized training programs that are personalized to their strength level, training experience, goals, gender and more, and optimized to help avoid overtraining and injury. Each easy-to-follow workout is clearly laid out for the user, complete with video technique demonstrations, step-by-step instructions, and detailed coaching cues. The workouts are specific to the individual user, from exercises, sets, reps, and rest to how much weight to lift in each set. This personalized approach allows Volt to help coaches and group leaders deliver a unified training program at scale while optimizing for the unique needs of each individual user.

One of the greatest challenges facing individuals is the need to always be physically ready. Volt is uniquely capable of solving this need with the world's first performance training AI, built by Volt's team of strength and conditioning coaches, sport and data scientists, and software engineers. This patent-pending technology works behind the scenes while the user moves through a workout, using Rate of Perceived Exertion (RPE) feedback to adapt and adjust their workout from set to set in real-time. This readiness-focused experience allows users to train at the appropriate level based on their physical capabilities on a given day—helping them avoid overtraining, injury and performance plateaus while developing the strength, power, mobility, and aerobic fitness required to be most capable.

WHAT IS VOLT?
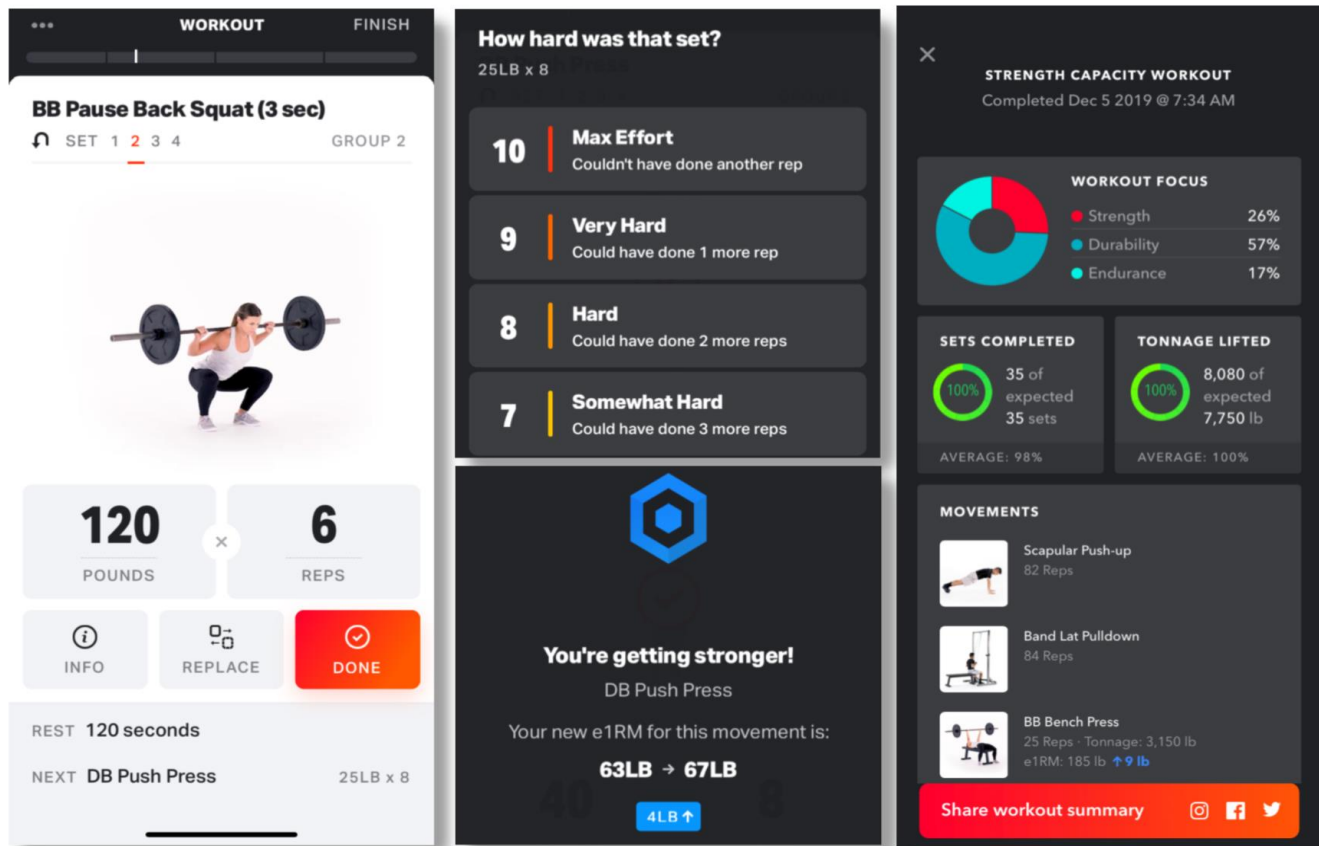
Volt is the only software solution that leverages AI to personalize and adapt every workout to each user every day— putting users first so they stay physically-ready.

Create Habits

Volt's science-based training programs and easy-to-use mobile app helps commanding officials build habit-forming workout regiments that are safe, effective, convenient, and save time on implementation.

Optimized in Real-Time

Volt's patent-pending AI technology uses each user's rate of perceived exertion to adjust their sets in real-time and optimize their training results.

Flexible for Any Environment

With over 3,000 available exercises, Volt is flexible and designed to work within any training environment -- from a garage gym to a fully-equipped training facility.

Coaching Cues, Tips, and Demonstrations

Every Volt workout includes video demonstrations, detailed coaching cues, and tips to help users execute their training with proper technique and stay healthy along the way.

Built to Scale

Volt can seamlessly deliver individualized training to one individual or millions, helping reduce injuries and provide a unified, data-driven approach to fitness and physical development.

Track What Matters Most

A pre-workout check-in logs individuals sleep, soreness, energy, mood, and stress to help track trends over time and Volt captures detailed data about each training session to identify micro and macro trends.

### Insights on Your Groups Performance

Commanding officials have full insights into individuals usage at any level of the command structure. Custom reporting shows performance trends over time across all fitness levels.

Communication Made Easy

With push notifications, in-app messaging, and email capabilities, Volt can make communications easy and seamless.
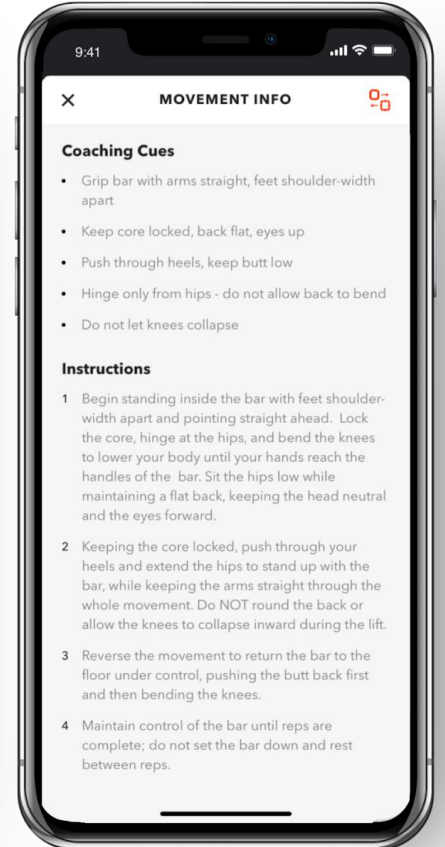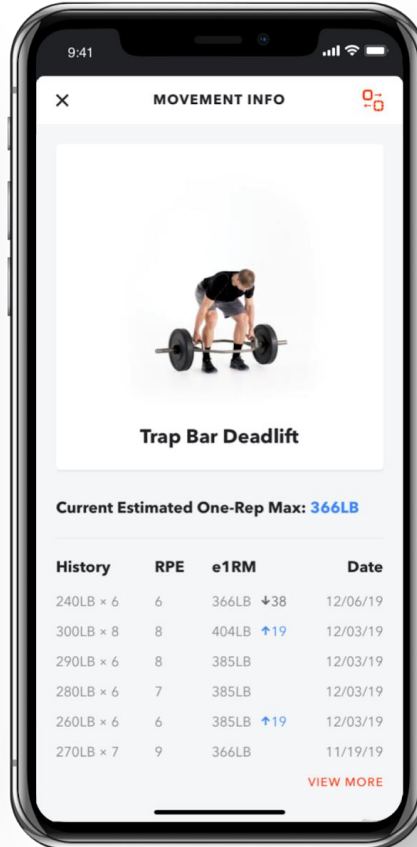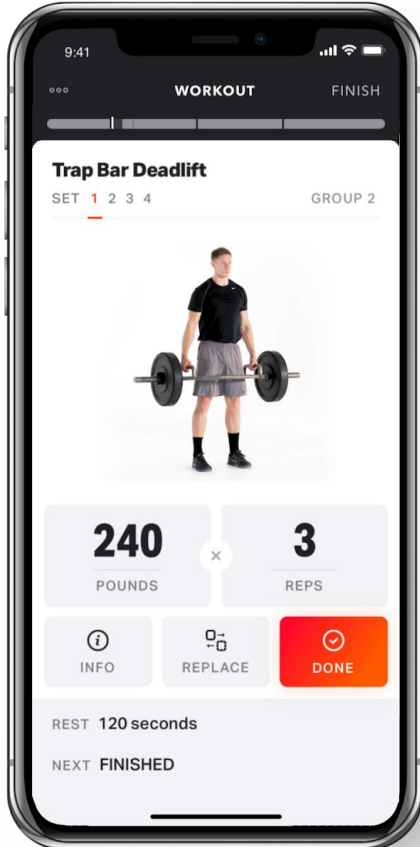
THE VOLT APP EXPERIENCE

When an individual creates their Volt account, they are guided through a series of questions to assist in the customization of their unique program. Volt optimizes every individuals training program based on training goal & focus, their fitness experience, the equipment they have access to, and more. See images below:
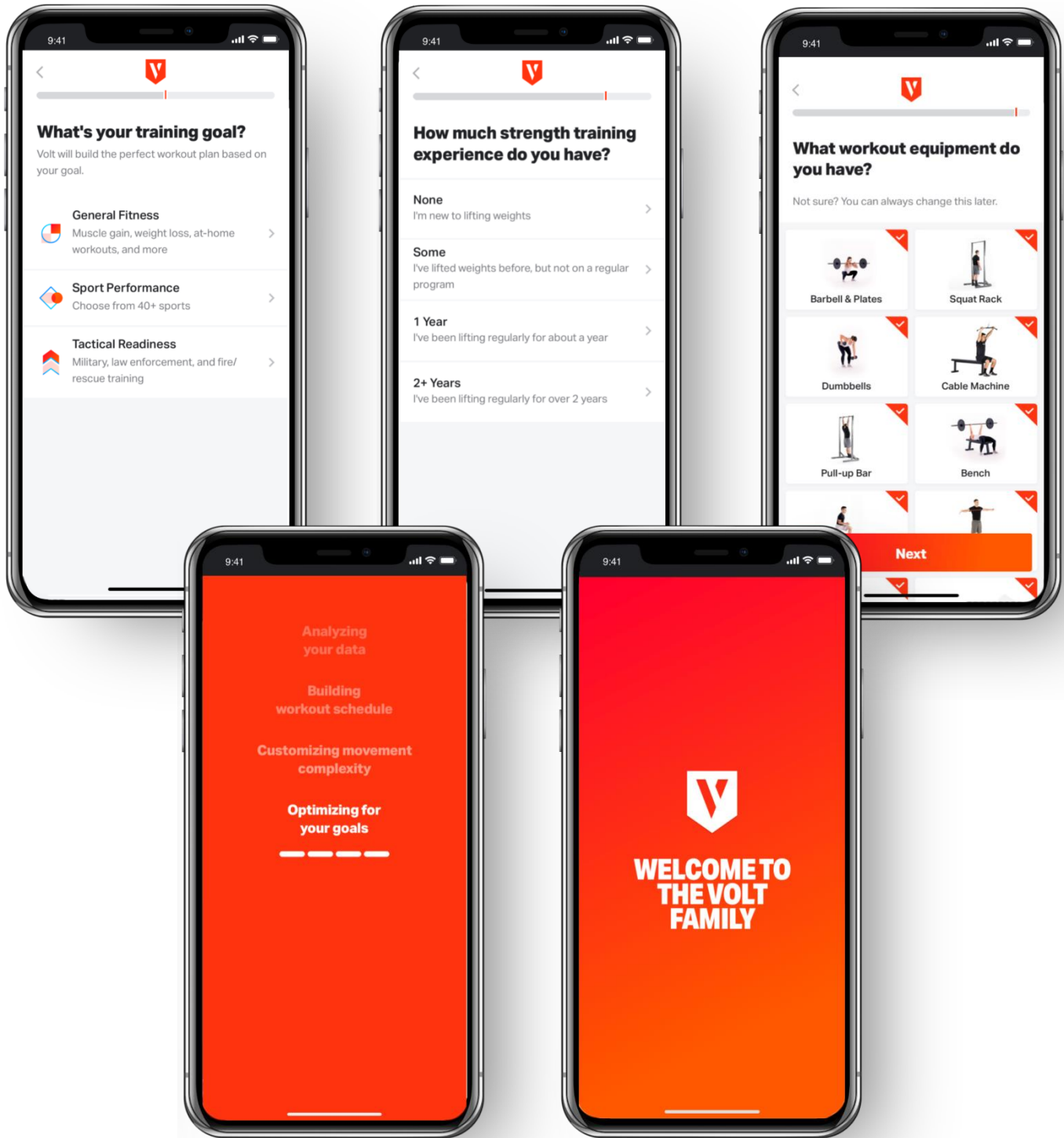
Prior to each training session, the user will take a readiness survey to evaluate their readiness to train. The readiness survey will ask the user to rate their sleep quality, mood, energy, stress, and soreness levels. This information helps identify areas of focus for the user to improve their readiness over the course of the program. See the image below:
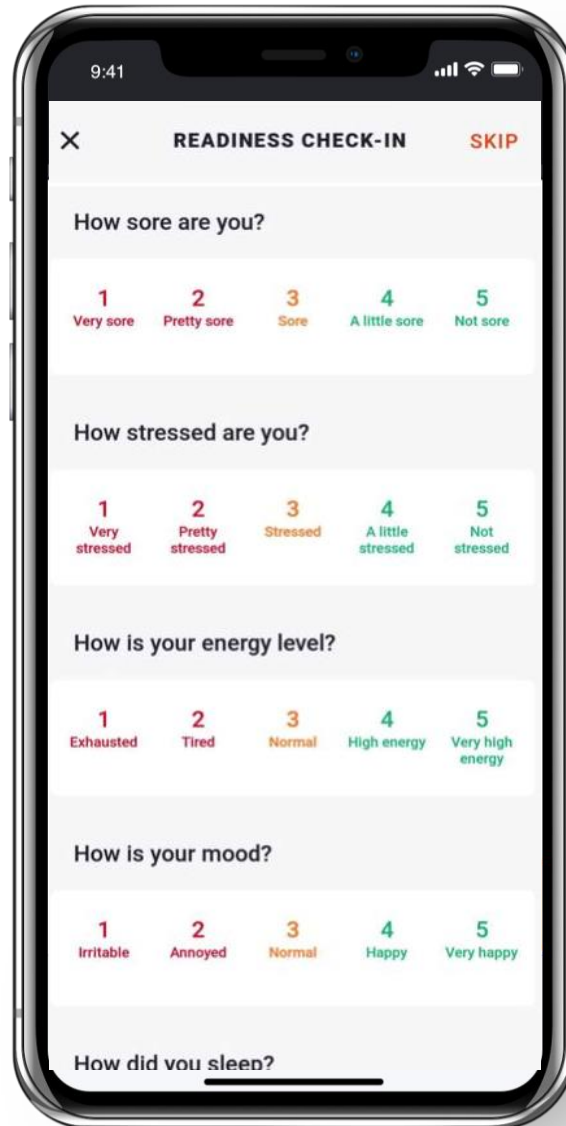
Throughout each workout, the user can view the video demonstration, performance history, coaching cues and full instructions for each exercise in their program. Example:

Coaching Cues

- Grip bar with arms straight, feet shoulder-width apart
- Keep core locked, back flat, eyes up
- Push through heels, keep butt low
- Hinge only from hips - do not allow back to bend
- Do not let knees collapse

Instructions

1. Begin standing inside the bar with feet shoulder-width apart and pointing straight ahead. Lock the core, hinge at the hips, and bend the knees to lower your body until your hands reach the handles of the bar. Sit the hips low while maintaining a flat back, keeping the head neutral and the eyes forward.

2. Keeping the core locked, push through your heels and extend the hips to stand up with the bar, while keeping the arms straight through the whole movement. Do NOT round the back or allow the knees to collapse inward during the lift.

3. Reverse the movement to return the bar to the floor under control, pushing the butt back first and then bending the knees.

4. Maintain control of the bar until reps are complete; do not set the bar down and rest between reps.

Individuals have access to proprietary AI functionality that allows them to optimize their training for any environment. Using the "Equipment Selection" panel and the "Replace Movements" feature, users can adjust to accommodate for their specific access to equipment or to modify for injury. Volt will suggest 6 alternate movements to retain originally intended exercise stimulus. Example:
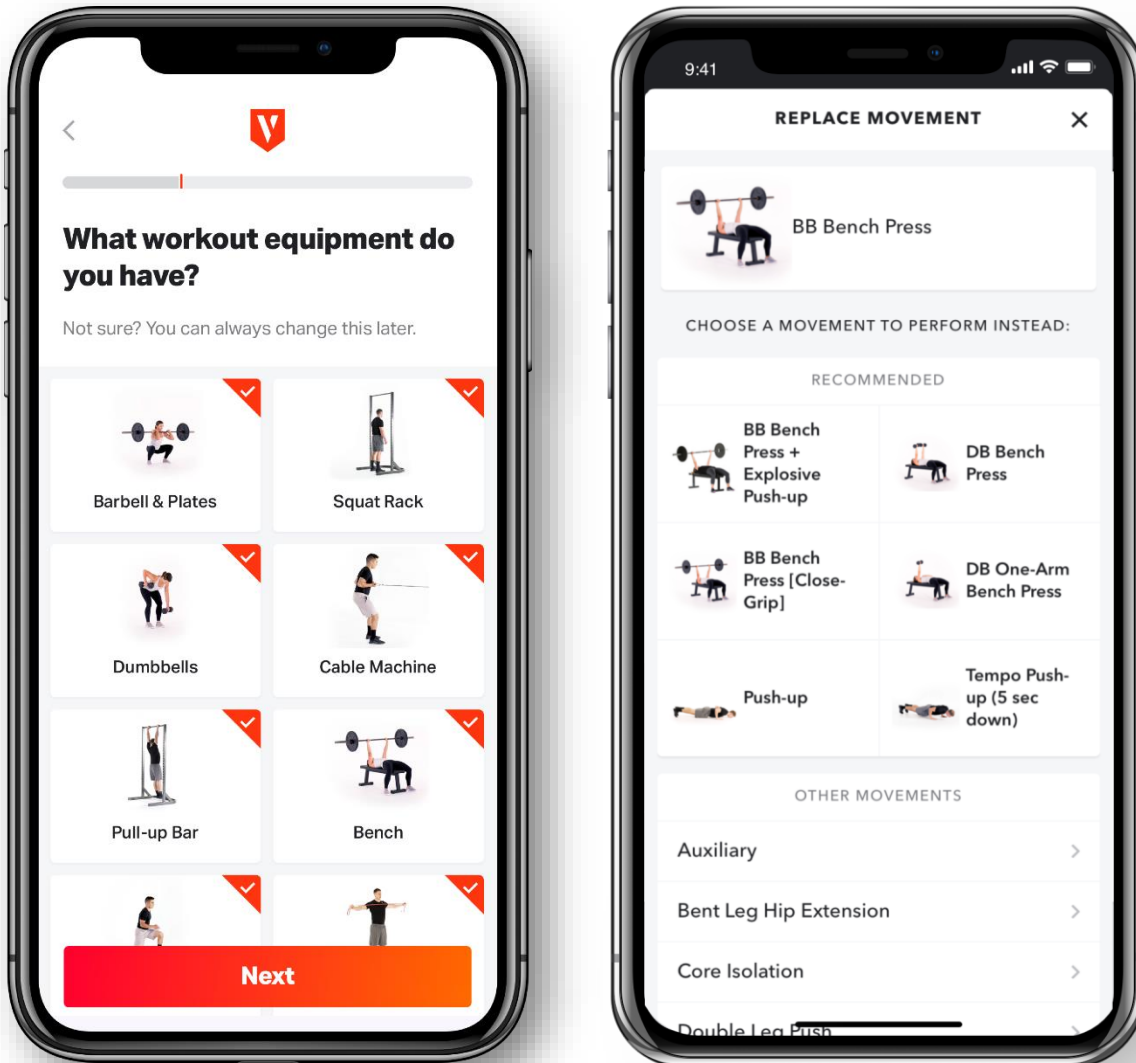
Using Volt's proprietary training AI, an individuals training is adjusted in real time based on their feedback, set by set. This ensures they are receiving the proper stimulus every single training session, preventing over- and under- training. Additionally, users can track their personal progress each session and over time. Example:
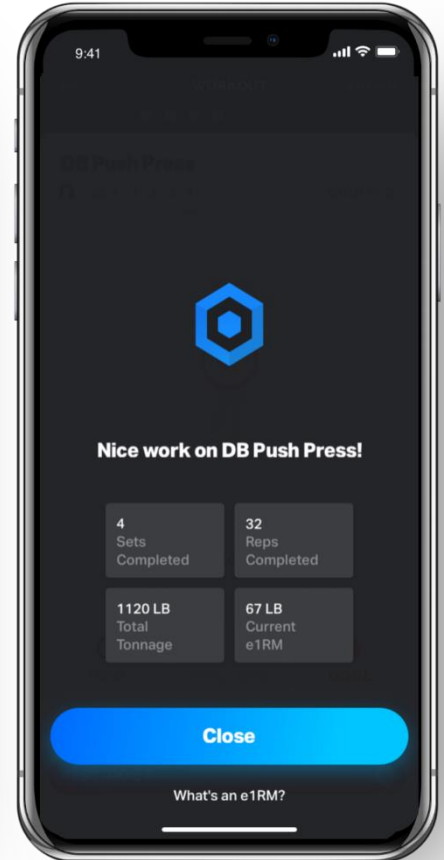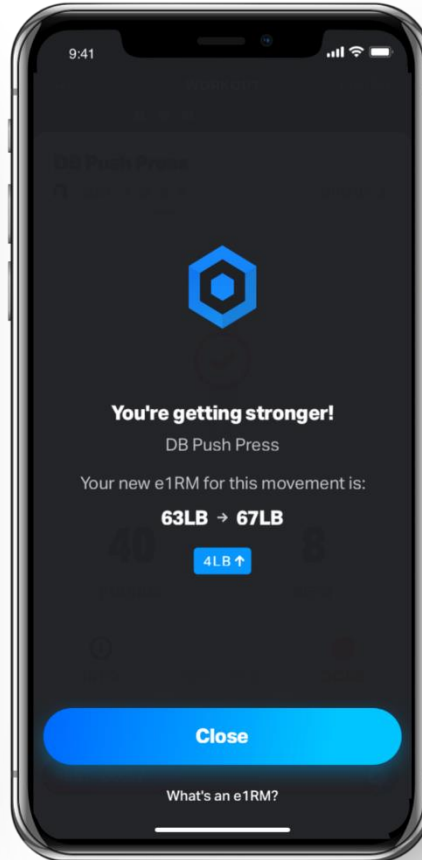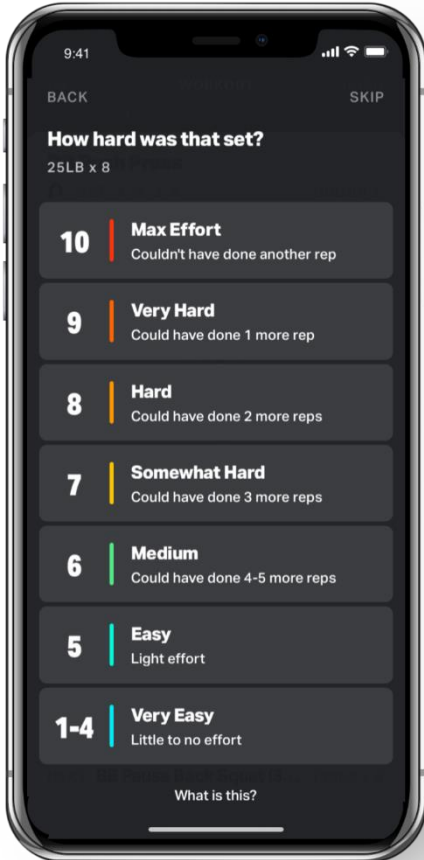
Workouts can be delivered in either "Lifting" mode (traditional sets x reps model) or "Circuit" mode (self-progressing time based mode). Circuit mode allows users to complete their entire workout hands-free. Audio guidance ensures that they user knows what they are doing, what is coming next, and how to perform the prescribed movement.
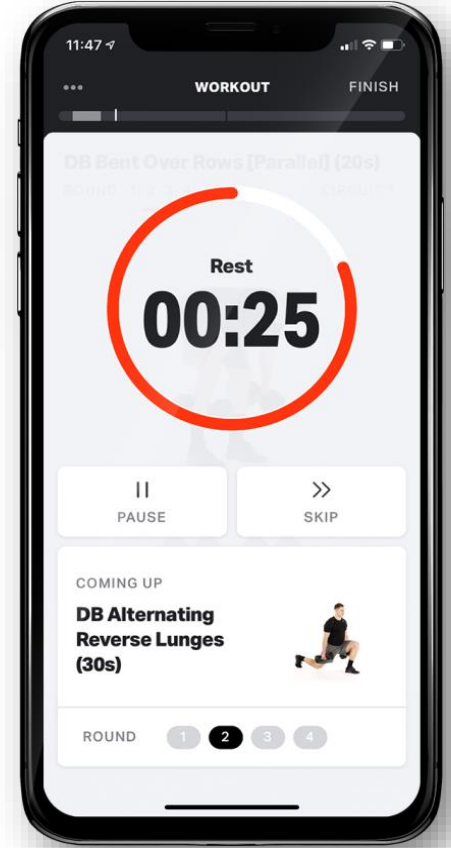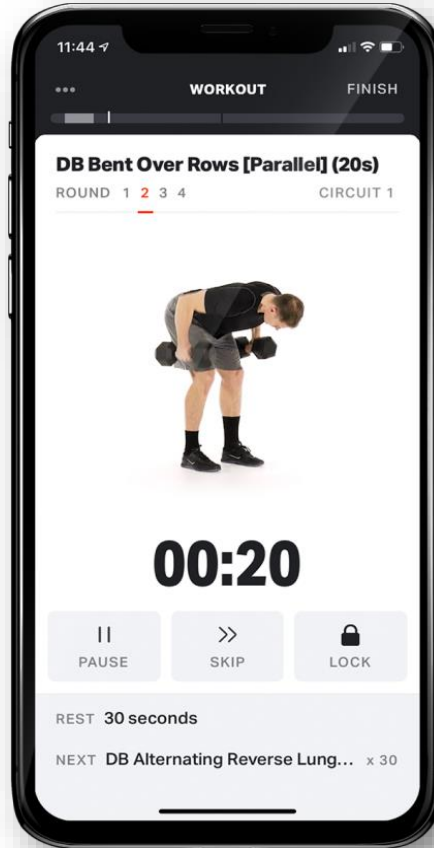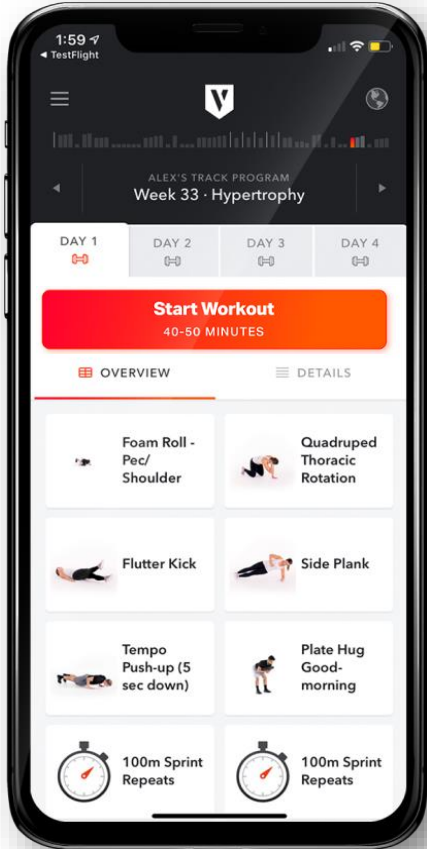
A sharable daily training summary is provided following each session that shows a breakdown of the training results, including the total number of exercises, sets, and repetitions logged, as well as their workout readiness. See images below:
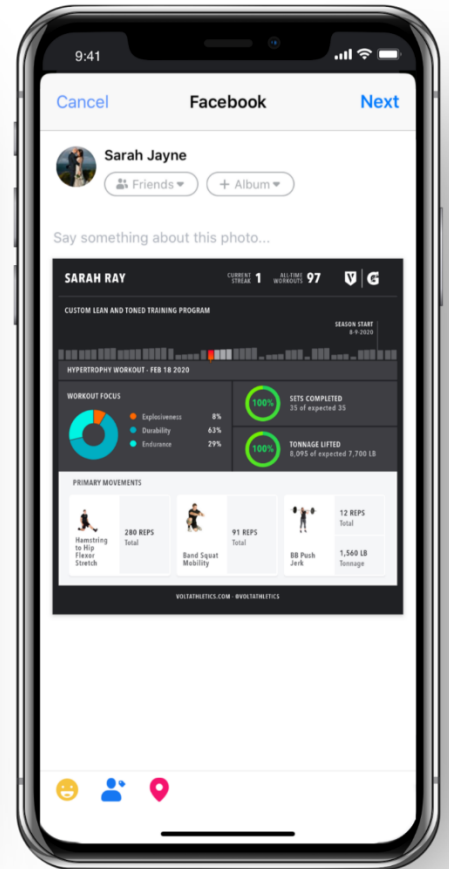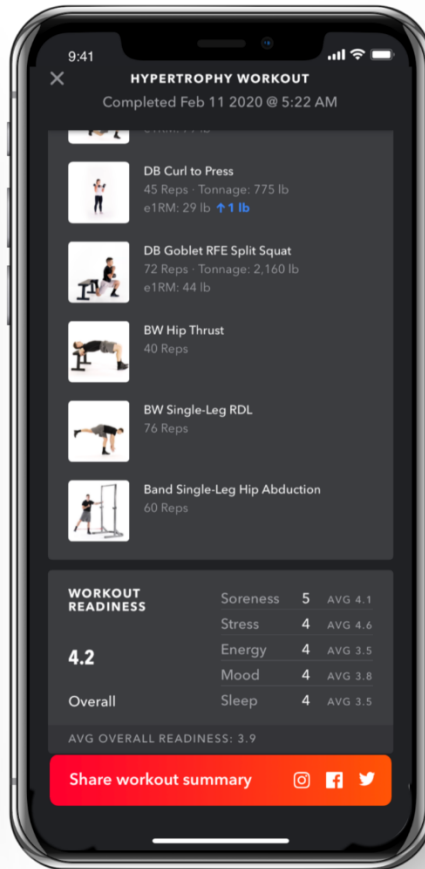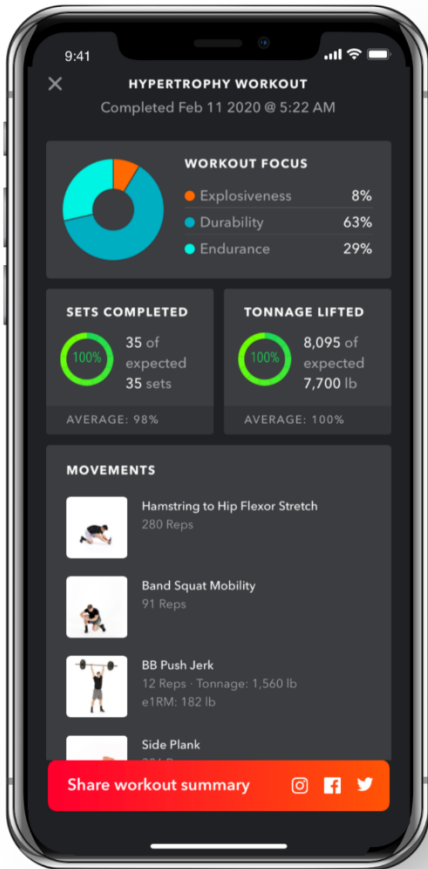
THE VOLT COACH PLATFORM

The Volt coach dashboard provides a snapshot of the periodized training calendar allows coaches to view their members workouts for each week throughout the entire 52 week training program. See the pictures below of the training calendar and view of weekly workouts:

Coaches can leverage the program editing tools to design, modify and customize programs for groups, teams and individuals. Coaches/Trainers have access to over 3,000+ movements in the Volt exercise library and can see accountability reports to monitor program adherence for each individual Users. See the images below:

First Name	Last Name ^	Last 30	Last 60	Last 90	All Time	Last Workout
Kristyn	Barrett	15	15	15	15	today
Jason	Eckerle	4	4	4	4	today
Samantha	Leyh	8	8	8	8	10 days
Nick	Mack	---	1	1	1	41 days
Maegan	O'Connor	13	13	13	13	4 days
Adam	Strang	6	14	14	16	11 days
Meredith	Stutz	8	8	8	8	14 days
Ryan	Wittlinger	---	---	---	---	---

EXPORT TO CSV

Coaches can monitor, track, and measure their members in any performance metric they wish- aerobic, strength, body composition, and more. See below for an example of the team leaderboard:

	1.5 MILE RUN 8:09.250 AVG. TIME	:60 PUSH-UPS 35.75 AVG. REPS	:60 SIT-UPS 32.75 AVG. REPS	ABDOMINAL CIRCUMFERENCE 33.5 AVG. INCHES

	First Name	Last Name	:60 Push-Ups ⌄
☐	Ronald	Burkett	19
☐	Gregory	Chaney	28
☐	Robert	Wright	28
☐	Carlton	Smith	31
☐	Patrick	Hamilton	36
☐	Charles	Aris	42
☐	Tracy	Norris	44
☐	Michael	Adame	58

EXPORT TO CSV

The Education Center allows Coaches to provide educational content on topics such as nutrition, sleep, stress, and other recovery modalities. See sample of hub below:

NUTRITION CENTER

Nutrient Timing for Strength Training

What to eat before, during, and after a Volt training session

LEARN MORE

Nutrition
Macronutrients, meal ideas, and nutrient timing

Hydration
Sweat, electrolytes, and hydration strategies

Recovery
Sleep and nutritional strategies for recovery

VOLT'S UNIQUE CAPABILITIES

PROGRAMMING	Users have access to 40+ templated programs that are customized per their unique needs. Coaches have access to over 150+ templated programs to unify training delivery and save time. Volt can also design and/or upload custom programming upon request.
TRAINING EDITOR	Users can modify their training using Replace Movements. Coaches can leverage the program editing tools to design, modify, and customize programs to tailor the training towards the specific needs of their groups, teams, and individuals.
PROGRAM ROSTER MANAGEMENT	Coaches can create as many programs as necessary within a team and easily switch Users between programs based on their needs (i.e. rehab vs. return to duty vs. strength training).
TRAINING CALENDAR	Training plans are periodized based on training dates of the specific groups, accounting for unpredictability in schedules. The periodization allows users to intentionally progress through their training.
MOVEMENT LIBRARY	Users and Coaches have access to over 4,500 movements broken down by movement categories in the movement library, with new movements continually being added.
MOVEMENT ANIMATIONS & INSTRUCTIONS	Every movement has animations and instructions within the app, providing Users with precise guidance on how to perform the exercises without having to navigate to YouTube.
HANDS FREE OPERATION	Circuit mode programming allows the user to navigate through their workout hands-free.
AUDIO GUIDANCE	Volt is the only strength and conditioning coach platform app that includes audio guidance during the workout experience, with pre-generate cues and pointers assigned to each and every movement in the exercise library.
CORTEX & SMART SETS AI TECHNOLOGY	Within the app, users will interact with Volt's patent-pending Smart Sets technology. Cortex is able to make adjustments in real-time within a workout based on users' feedback, using RPE. This allows the weights and reps to continually be integrated on based on each user's individual strength levels.
INDIVIDUALIZED TRAINING PROGRESSIONS	Every user will have their personal estimated one-rep max for each movement within Volt, enabling the training to meet each Users where they are at on a given day. The training intensity fluidly dials up or down based on how prepared for training the user is that day.
DAILY TRAINING SUMMARY	A daily training summary is provided following each session that shows a breakdown of the training results, including the total number of exercises, sets, repetitions, tonnage, and performance improvements.

TRAINING IS OPTIMIZED FOR ANY ENVIRONMENT	Whether users are on campus, in the gym, have an injury restriction, or deployed overseas, movement replacements can be made within the app. No longer can individuals use the excuse of not having specific equipment.
READINESS SURVEY	Prior to each training session, users will take a readiness survey to evaluate their readiness to train. The readiness survey will ask the Users to rate their sleep quality, mood, energy, stress, and soreness levels. This data can be reported to Coaches.
REPORTING & ANALYTICS	Coaches can track adherence to training through accountability reports, training summaries, and performance reports. Customized reports can be created upon request.
IN-APP MESSAGING	Coaches have direct messaging capabilities to individuals or to all users assigned to them.
IPHONE & ANDROID MOBILE APPS	The Volt app is fully compatible and in both the Apple and Google Play Stores.
UNLIMITED COACH ACCESS	There is no limit to the number of Coaches who can have access to the platform.
EDUCATION CENTER	Coaches can provide users with educational content (video, imagery and articles) on nutrition, hydration, stress management, sleep and relaxation and more inside the Education Center. Users can access this content from directly inside the Volt App.
API INTEGRATIONS	Volt has a robust API that allows for integration with other systems, such as Smartabase, wearables, Apple Health & Google Fit, and other software platforms.
SUPPORT	Support team allows Coaches/Trainers and Users to have 24/7 access to CSCS certified support team via email, phone or virtual chat.
ONBOARDING EXPERIENCE	In addition to our Support Team, Volt has numerous ways to help with the onboarding of all users. Additionally, support services are extended to both individual Users and Coaches/Managers throughout the duration of the contract. There is no limit to amount of support provided by Volt.
MARKETING SUPPORT	In addition to their Account Manager, the Support Team, and the CSCS Certified Volt Coaches, groups have access to the Volt Marketing Team for support with creation and distribution of promotional and engagement materials to their users in the form of emails, in-app messages, and push notifications.

PAST PERFORMANCE

Volt has worked with several military units, such as the 123d Security Forces Squadron - Kentucky Air National Guard. "We've really been enjoying the Volt program," says TSgt Robert Denham, DPO Program Manager for the 123d SFS. "Volt provides the 52-week fitness plan and adjusts the training in real-time to our Airmen. Those features have helped with officer buy-in and our squadron's physical preparedness to perform their duties."

Performance in the Tactical (Military, Fire, Law) Sector include:

- Texas Army National Guard - 20,000 Soldiers
- North Carolina National Guard - 240 Remedial Soldiers
- USAFE-AFAFRICA MAJCOM, Europe & Africa - 12,000 Airmen
- US Air Force BOST Program, 15 CONUS AF Bases - 3,000 Airmen
- 944th Logistics Readiness Squadron, Luke AFB - 40 Airmen
- 123rd Special Forces Squadron, Kentucky Air National Guard - 35 Airmen
- 15th Air Support Operations Squadron, Ft. Stewart, GA - 110 Airmen
- 123rd Special Tactics Squadron, Kentucky Air National Guard - 20 Airmen
- Sacramento Metro Fire, California - 350 Firefighters
- Pelham Fire Department, Alabama - 80 Firefighters
- Loveland Fire Department, Colorado - 80 Firefighters
- Seattle SWAT Department, Washington - 25 Officers
- South King County Fire Training Consortium, Washington - 1,100 Firefighters

SCIENCE BEHIND VOLT

Volt training is rooted in 50+ years of exercise science and research, and designed by expert coaches to be safe, progressive, and effective. Volt's performance training AI, Cortex®, leverages this expertise to optimize and personalize each user's unique plan—analyzing user feedback and adapting their workouts from set to set to optimize results over time. Our data and sport science teams are continually analyzing our performance training dataset to prescribe out training plans that can be delivered to one user, or thousands, through our intuitive user interface.

Founded by a Certified Strength and Conditioning Specialist® (CSCS®) through the National Strength and Conditioning Association (NSCA), Volt's training programs are overseen by a performance advisory board that includes elite level practitioners, including the founder of the NSCA, and Hall of Fame Strength Coach, Boyd Epley. This combination of domain expertise allows for every Volt physical fitness training program to help users maximize physical performance, reduce the risk of musculoskeletal injuries, improve strength, power, stability, and kinesthetic awareness.

Volt's training relies on a foundation of research, culminated in the Sport Science department, led by Dr. Joe Eisenmann. Dr. Eisenmann is an applied sports scientist with over 25 years of experience in the field. He completed his Ph.D. at Michigan State University in 2000 and has held faculty positions at the University of Wyoming, York University, Iowa State University, and Michigan State. Additionally, the Sport Science department is supported by Dr. Kit Moreland, who completed his Ph.D. at the University of Washington. Dr. Moreland focuses on the quantification of Volt's training, as well as researching effective user behavior to make sure Volt's physical fitness training and management program is as optimal as possible.

Volt has a proven track record of delivering high-quality physical fitness training and management software to organizational users as well as directly to 1+ million consumers. Since its launch, Volt's technology offering has expanded to include two iOS applications, two Android applications, and a Web interface. Volt's team has planned, developed, and successfully released over 50 updates to Volt's software application.

Volt's patent-pending software uses advanced technology that allows individualized physical fitness training to be accessible to the 1 million+ people that have downloaded Volt's iOS and Android mobile applications. Volt's in-house team has a combination of world-class software developers, user experience designers, sport-science practitioners, and human performance experts that have brought Volt to the forefront of the physical fitness training industry.

The technology team at Volt has extensive experience delivering and supporting leading-edge web and mobile applications. Volt's Chief Technology Officer, Brian McNaboe, has over 20 years' experience in software and hardware engineering and has tackled technical challenges for organizations such as Amazon, NASA, Adobe Systems, and Boeing. Additionally, Jay Ostis, Volt's Head of Engineering, has 20 years of experience in the software industry. They lead a talented team of in-house software engineers, user experience designers, and quality assurance engineers. Volt's software application has operated with a historical uptime greater than 99% and has more recently achieved a 99.9% uptime. All accounts in good standing are accessible any time that Volt's software applications are available.

Additionally, Volt's engineering team built Cortex, the world's first performance training AI. This allows Volt to provide unparalleled physical fitness training personalization to every user of the application. Using patent-pending features, Cortex captures auto-regulation information from the user, allowing for the fitness training to adapt and adjust in real-time. Cortex and Volt's in-house team of sport and data scientists then leverage that ever-growing and powerful data set to derive insights and provide better training guidance for improved physical fitness outcomes.