

“The Way it Works”

HYPERVOLT

Date: April 10, 2024
To: Personal Trainers
From: Personal Training Management

Personal Trainers at The Alaska Club have access to Hypervolt handheld percussion devices to be used on clients. Please read below regarding training and expectations.

What is HyperVolt?

Hypervolt Percussion Therapy is an easy to use, self-myofascial release tool that helps aid in the recovery process. It relieves tension, unlocks sore muscles, and primes your body and mind to be at their best. The Alaska Club Personal Training Department can utilize this amazing technology with our clients.

Expectations

- All trainers will be expected to use the Hypervolt with clients on a consistent basis.
- All trainers will complete the online Hypervolt training prior to using the Hypervolt with clients.
- Mandatory courses include: Hypervolt for self-care and Hypervolt movement enhancement (links below).
- Each club will have a designated number of Hypervolt units for use with clients. Each unit will be labeled and kept in a secure, central location determined by the Personal Training Manager.
- Our primary objective is to teach/train our clients to utilize the Hypervolt on themselves. Trainers will demonstrate Hypervolt use on themselves first, and then allow client to utilize on themselves second.
- If necessary, trainers will utilize Hypervolt on their client, but the trainer will not use hands to manipulate muscles. No physical touch is permitted during Hypervolt use.

Online Training Links

- Hypervolt Movement Enhancement Course: <https://hyperice.inspire360.com/hyperice/hypervolt-movement-enhancement-course> (Code: HypeFitEdu22)
- Hypervolt for Self-Administration Course: <https://hyperice.inspire360.com/hyperice/hyperice-hypervolt> (Code: HypeFitEdu22)

Examples of Application

- Prior/during/after the session with your client.
- During your session with a client, use on target muscle groups prior to lift.
- Demo on the floor - Find a member who is squatting/hack squat and offer to demo so they can feel the difference.
- At least 1x per month, the PTM and/or Trainers will have a demo table (closeout days, events etc).

*Hypervolt Go's are available for purchase through AFE next to The Alaska Club West location. Price: \$199

8 Hypervolt units are available throughout the network and distributed as follows:

#1 Valley	#8 Eagle River
#2 South	#9 Eagle River
#3 South	#10 Fairbanks
#4 Fairbanks	#11 East
#5 West	#12 Valley
#6 West	#13 Juneau
#7 East	

