



RESERVE YOUR OWN BAG FOR A WORKOUT IN THE IMPACT WRAP APP!

- ✓ SELF CHECK IN
- ✓ WORKOUT HISTORY
- ✓ TRACK YOUR PROGRESS

MEASURE YOUR STRIKE COUNT, AVERAGE IMPACT FORCE, PACING AND MORE!



THREE EASY STEPS!

- 1 ON YOUR PHONE, DOWNLOAD THE LATEST VERSION OF THE IMPACT WRAP APP IN THE APPLE STORE OR GOOGLE PLAY**
- 2 TAP ON THE “WORKOUT” TAB (BOTTOM CENTER OF THE PHONE). IF A WORKOUT IS SCHEDULED IT WILL APPEAR WITH THE START TIME.**
- 3 TAP “SELECT BAG” TO CHOOSE A BAG. “FAVORITE” INDICATES THE BAG ON WHICH THE MEMBER HAS COMPLETED THE MOST WORKOUTS. THE METRICS ARE THE MEMBERS HIGHEST SCORES FOR THAT BAG AND MAY BE FROM DIFFERENT WORKOUTS.**

