

How To Join WoW VO Workouts



Workout Days and Times

Wednesdays 11:00am-12:30pm and 6:00pm-7:30 (Pacific Time)

Saturdays 10:00am-11:30 (Pacific Time)

How to Join

- **Criteria:** It is imperative that you meet the “Criteria” that is stated in the General Information Sheet. Please review again if necessary before signing up.
- **Artist Information Sheet:** Fill out all the information on the AIS. You will give all your contact information, as well as, your preferred workout time and day. Make your answers SHORT. [CLICK HERE](#) for the Artist Information Sheet.
- **Audition:** To assess where you are in your VO development, an audition is necessary so that you are placed with the group that will be most beneficial to you. [Click here to get the audition script](#). Record the script and export it as an mp3 labeled **WoW-Audition-FirstNameLastName.mp3** and send to LarryHudson@VOHeavenworkouts.com. In the subject line of your email type “**WoW Audition**”.
- **Skype:** You must have Skype installed and operational on your computer (connected to your recording microphone). Send a Skype connection request to Larry Hudson. His Skype ID is **LarryDHudson**.

If you don't have Skype installed on your computer use this link to get the App and create an account (it is strongly recommended that you use YOUR NAME as the ID).

[Click here for Skype](#)

- **Dropbox account** – You must have a Dropbox and account and the APP installed on your computer. It is the way we share scripts with each other. If you don't already have a Dropbox account and the APP installed on your computer use this link to get one. [Click here for Dropbox](#). To see the Dropbox “How to Use” Video Tutorial [CLICK HERE](#)
- **Register/Payment:** Each month you will receive a “sign up reminder” for coming month. In the reminder email there is a link to register for that month and make payment. **For your first month** you will need to contact Larry to get the link for registration and payment at LarryHudson@VOHeavenWorkouts.com

Resources

Use the links below to download **Skype** and **Dropbox** onto your computer if you don't already have them.

How This Works Each Week

- **Weekly Email Request:** You will be sent a request email 3 days prior to the weekly workout day. For the Wednesday workout it is sent on Sunday morning and for Saturday workouts it is sent on Wednesday). You need to respond with a YES or NO by the following day at 5pm. A CONFIRMATION email is sent by 10pm PT the evening before the workout. It has labeling instructions for your Script File and a list of who is in your group. The name in **BOLD** will be the Initiator of the call.
- **Dropbox/Scripts:** You will receive more detailed information once you have registered and paid for your first month of workouts that will include an invitation to the workout shared Dropbox folder. This is where you will upload your script file each week and have access to the scripts for the other participants in your group for that week.

We look forward to having you join us on the workouts!