

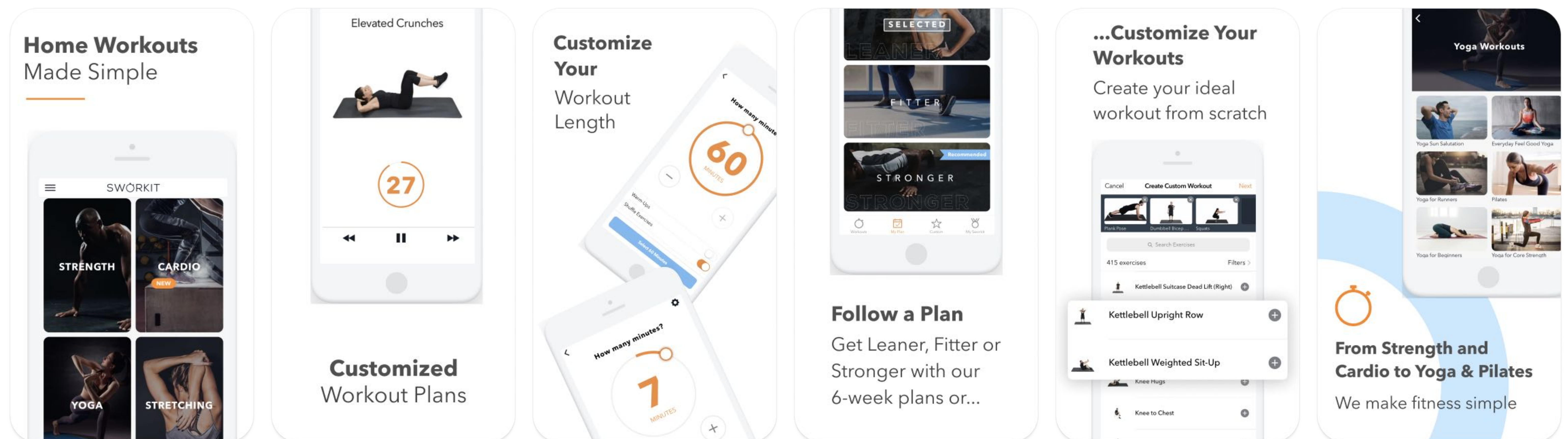
Welcome to Sworkit

MAKE FITNESS A PRIORITY

SWORKIT

Introduction

Sworkit delivers personalized workouts, customizable plans, and resources that help anyone adopt and maintain healthy habits for life. Our content is curated by our personal trainers, who are also available to answer member questions at any time.



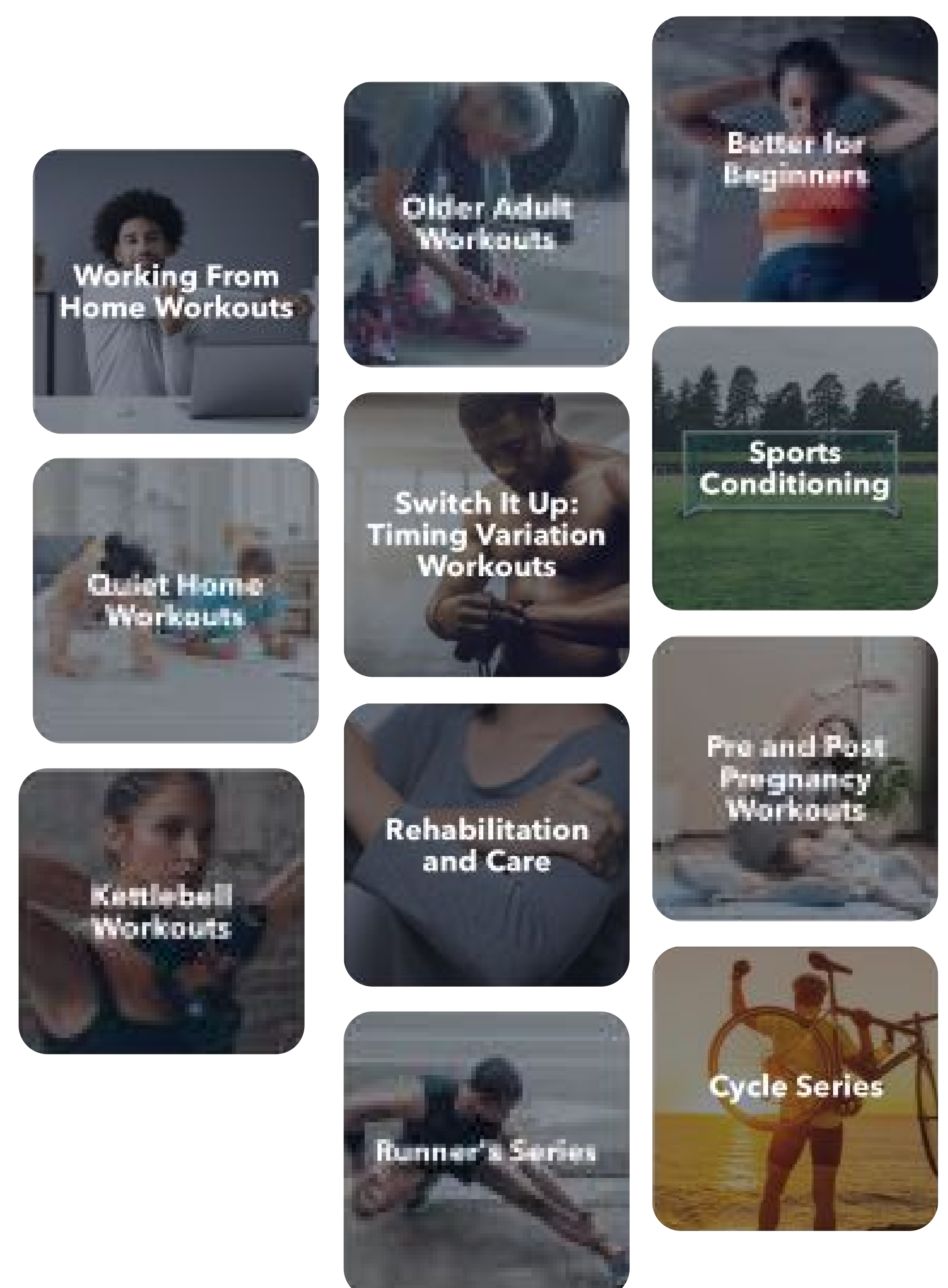
GETTING STARTED

Top Tips for Creating a Healthy Exercise Habit

1. Don't hesitate! Take the first step to and sign up now.
2. Let Sworkit build you a recommended plan
3. Start small. Every workout counts and consistency is most important
4. Set a schedule for when you will workout and share it with those around you
5. Create an accountability group with coworkers, family members, or friends
6. Prioritize your health, and adopt a "no excuses" mentality

SWORKIT has workouts for everyone

- Strength
- Cardio
- Yoga
- Stretching
- Kids Workouts
- Beginner to Advanced
- Guided Fitness Plans
- Rehab & Care
- Focused Training
- Pre and Post Pregnancy
- Older Adult Workouts
- Monthly Challenges & More!
- Quiet Home Workouts
- Quick Workouts
- Sports Conditioning



Backed by science. Trusted by millions.



120,700+
5-Star Reviews

100,000,000+
Workouts Completed



#1 fitness app based on a study at the University of Florida of over 20 fitness apps