



# Sworkit IOS Application

## Instructions

### What is it?

Sworkit builds randomized circuit training workouts that you can do anywhere. You just choose which part of your body you want to work on and how long you have to work out, and Sworkit takes care of the rest. By providing an actual workout and taking you through the motions, you don't have to do any other planning or have any extra equipment.

### Benefits?

We all have the desire to take care of ourselves and we know that we need fitness to stay healthy. But it's easy to come up with excuses: "I don't have the time". "I don't like gyms". "I don't want to buy new equipment". Sworkit helps make sure that none of these excuses apply and we can all get a simple workout in whenever.

### What's with the randomization?

Workouts can be boring or they can be fun. Sworkit employs randomization is to give the user a new experience every time they workout. This allows for more motivated sessions and provides excitement, and sometimes even pain. Pain is good.

### Why circuit training?

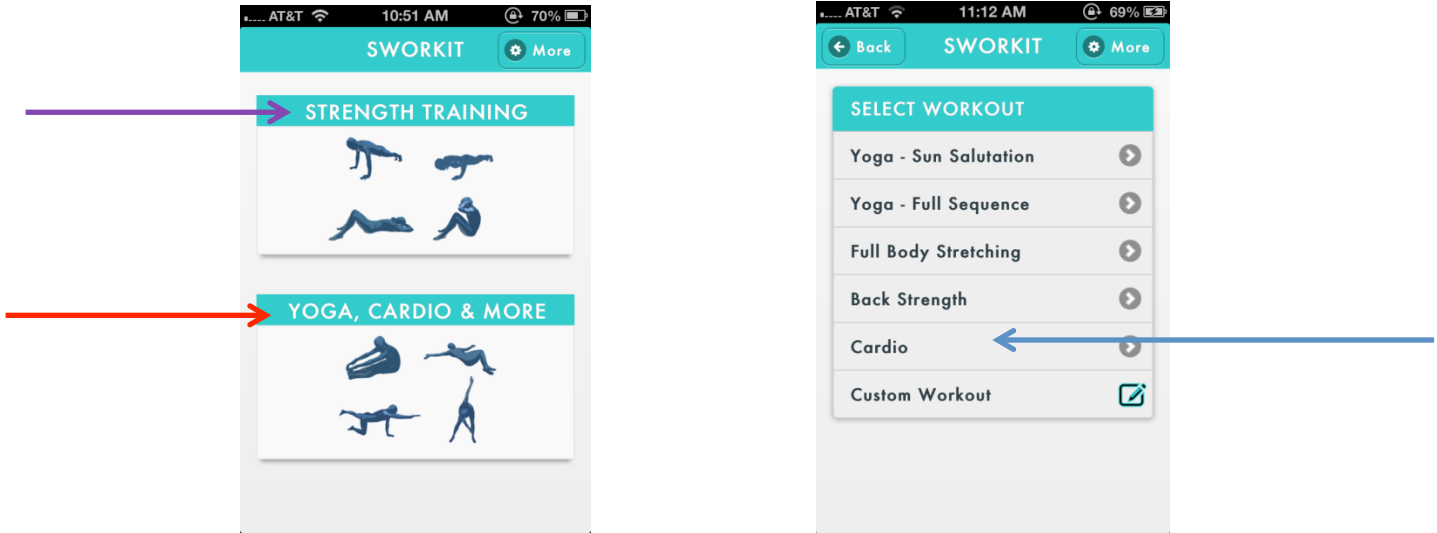
Circuit training has been proven to provide highly efficient workouts at a fast pace. Sworkit allows you to choose the total amount of time you want to work out and provides you with the proper exercise timing, rest, and transitions.

### Instructions

\*No account required for this application. You will be **REQUIRED** to share the selected workout and provide photographic evidence of completion to the instructor.

## Assignment part 1: Cardio and more

When opening up the Sworkit application the first screen that appears prompts the user to select between “**strength training**” and “**yoga, cardio & more.**” For the first part of the assignment you will select “**yoga, cardio & more.**” Within this section of Sworkit there are several preloaded options for workouts. The first one we will complete is “**cardio**”



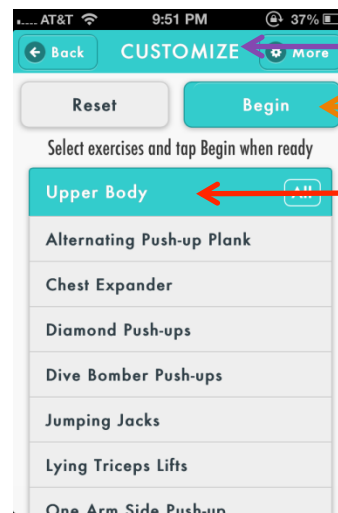
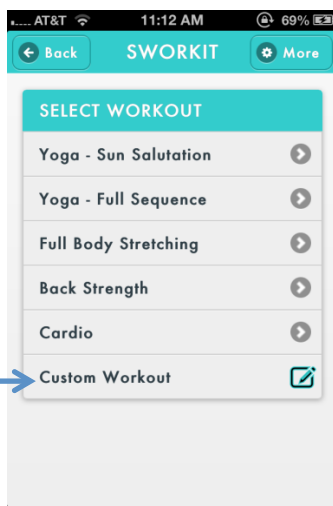
## Time and beginning your 1<sup>st</sup> workout

Next you will be prompted to select the amount of time you want to exercise by touching a “**time,**” for this first workout we will select “**15.**” **Before** you touch “**play**” scroll throw the workout by touching the “**forward-arrow**” and review the diagrams or watch the “**videos**” so you know how to perform the exercise. Make sure the “**audio**” is turned on so that the device will notify you of when to move on to the next exercise. At any point you wish to stop the workout simply touch the “**end**” icon.



## Creating your 2<sup>nd</sup> custom workout

While you are catching your breath from the first work out I would like you to explore the “**custom workout**” feature. When selected you will be taken to the “**customize**” screen. Here exercises are broken into **SIX** different categories, *SWIPE UP/DOWN* to navigate this page. Add/remove exercise to your personal workout plan by simply touching the desired lift or stretch. I would like you to select at least **ONE** per “**category**” and a total of **TWELVE exercises**. When you have selected at least **TWELVE** exercise touch “**begin**” to start the workout. The next screen will ask for “how many minutes” select **TEN MINUTES**. Note that you may want to think about the order in which you select your exercises!



## Important Setting!

Some important settings are located in “**More**” tab. Once selected make sure you “**enable transitions.**” This will give you 5 seconds between exercises. A complete “**exercise list**” is also available.

