

2021 Spring Lean Challenge

SWÖRKIT
CHALLENGE

6-Week Workout Schedule

OVERVIEW OF ALL CHALLENGE WORKOUTS

Week 1

Fitness Test #1

Day 1: Fresh Start Reset

Day 2: Low-Impact: Endurance Cardio

Day 3: Legs for Days (Low Impact)

Day 4: Summer Ready Cardio

Day 5: Flex Those Strong Arms

Week 4

Day 1: Build Confidence Cardio

Day 2: Tank Top Arms

Day 3: Build Strength-Lower Body

Day 4: Perfect Summer Butt

Day 5: Cardio and Stretch

Combo-Workout

Week 2

Day 1: Tabata Low Impact Cardio

Day 2: Booming Back

Day 3: Legs Fit For Shorts

Day 4: Beach Yoga

Day 5: Full Steam Ahead Cardio

Week 5

Day 1: Jump and Shout Cardio

Day 2: Boulder Shoulders

Day 3: Pilates for Your Core and Glutes

Day 4: Legs to Show Off

Day 5: Abs and Cardio Extreme

Week 3

Day 1: HIIT Summer Ready

Day 2: Arms Like Woah

Day 3: Legs and Booty Blaster

Day 4: Summer Slimdown Cardio

Day 5: Beach Confident Abs

Fitness Test #2

Week 6:

Day 1: Super Summer Shape Up Pyramid

Day 2: Push For Summer-Upper Body and Core

Day 3: Summer Sunrise Yoga

Day 4: Brazilian Butt Lift

Day 5: Core Cardio Mix

Fitness Test #3

For complete timing recommendations for each workout visit the Spring Lean FAQ at <https://help.sworkit.com/en/collections/2872603-2021-spring-lean-challenge>

Fitness Test

TEST YOUR STRENGTH AND ENDURANCE

Fitness test check in dates are April 12, May 5, and May 23. This test is meant to measure your personal results keeping in mind that some days we're stronger than others. Perform these tests and fill in your results to track your progress.

How many reps can you complete in 1 minute?

| Exercise | April 12 | May 5 | May 23 |
|---------------|----------|-------|--------|
| Squats | | | |
| Push-ups | | | |
| Jumping Jacks | | | |

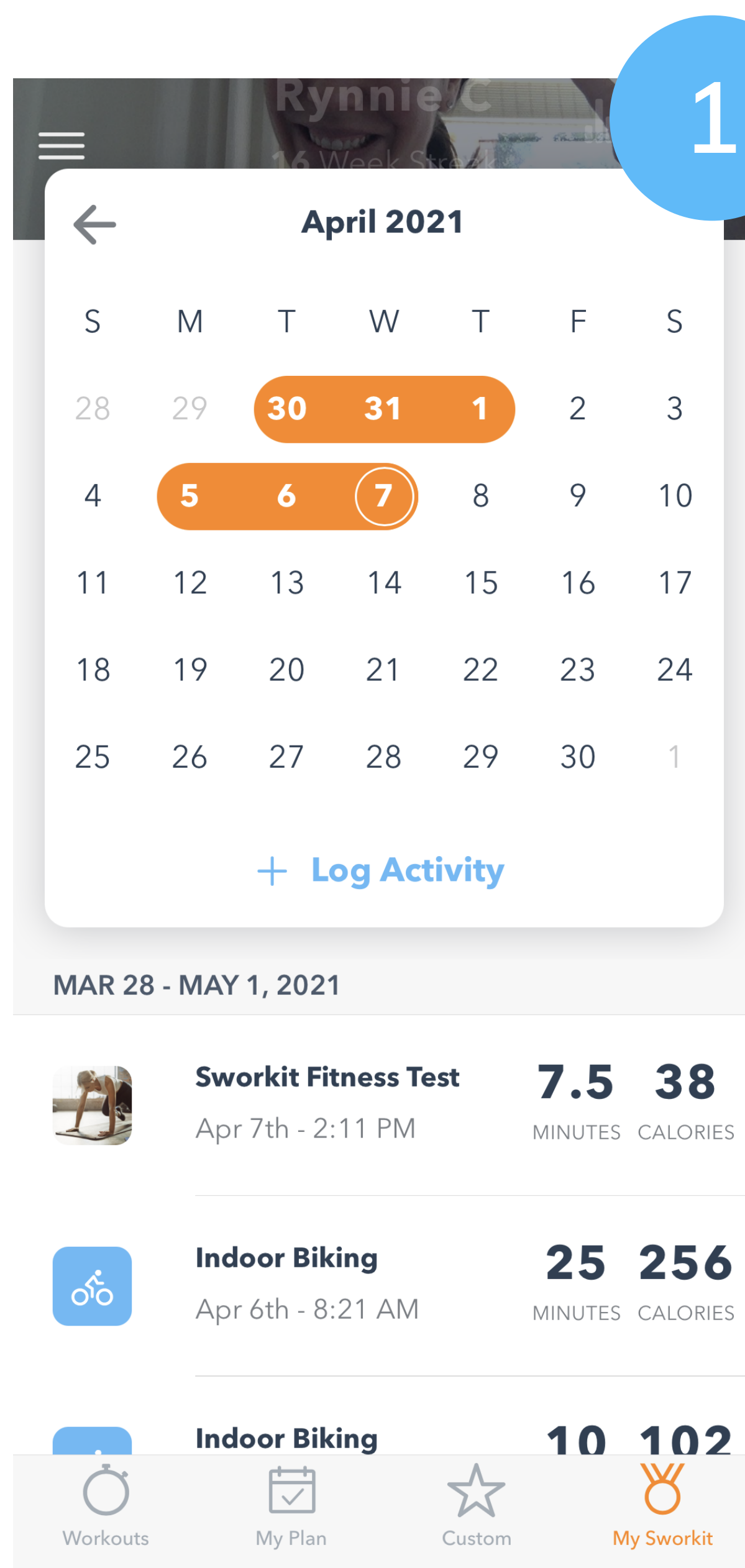
How long can you hold each position?

| Exercise | April 12 | May 5 | May 23 |
|-----------------|----------|-------|--------|
| 6 inches & hold | | | |
| Plank | | | |
| Wall Sit | | | |

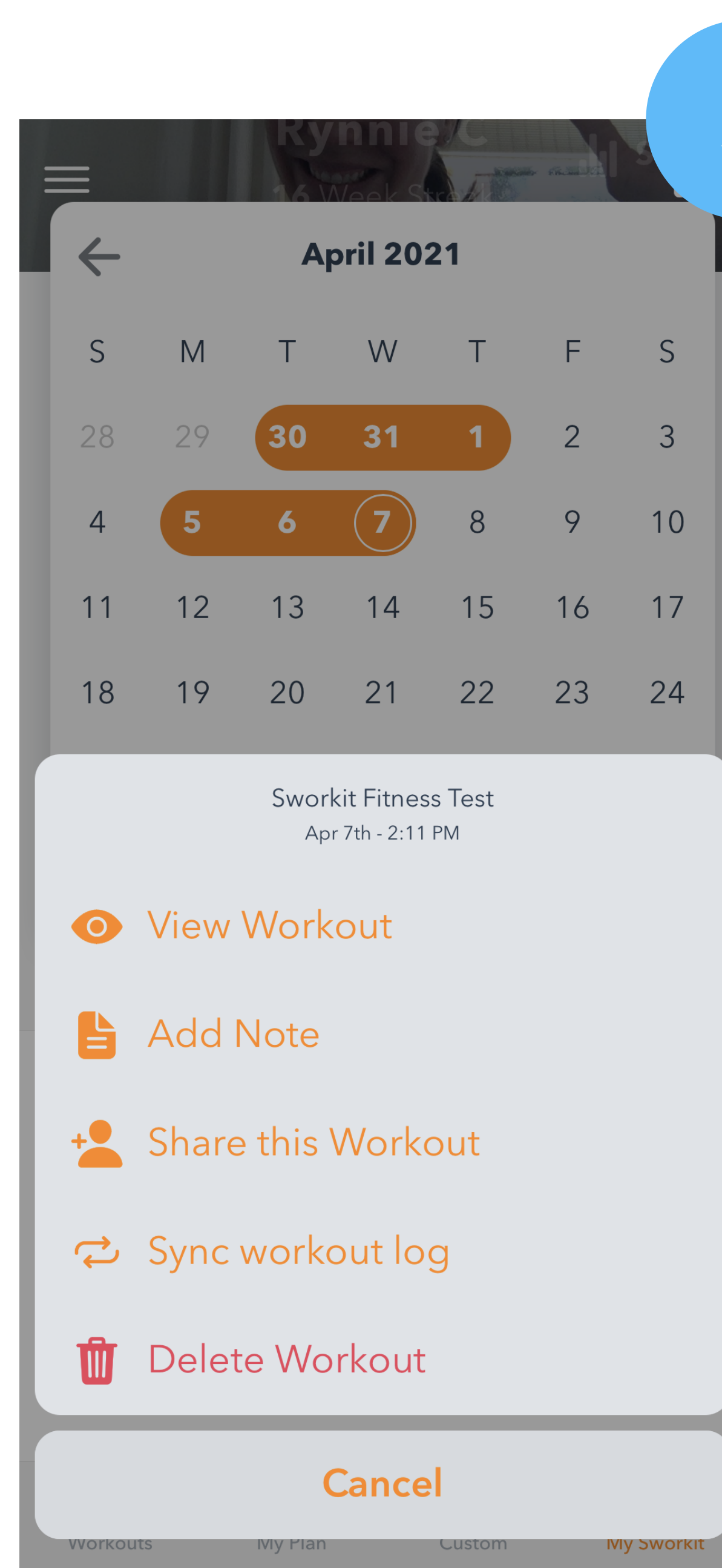
See how to perform these exercises at
app.sworkit.com/exercise-library

Recording Fitness Test Results in Sworkit

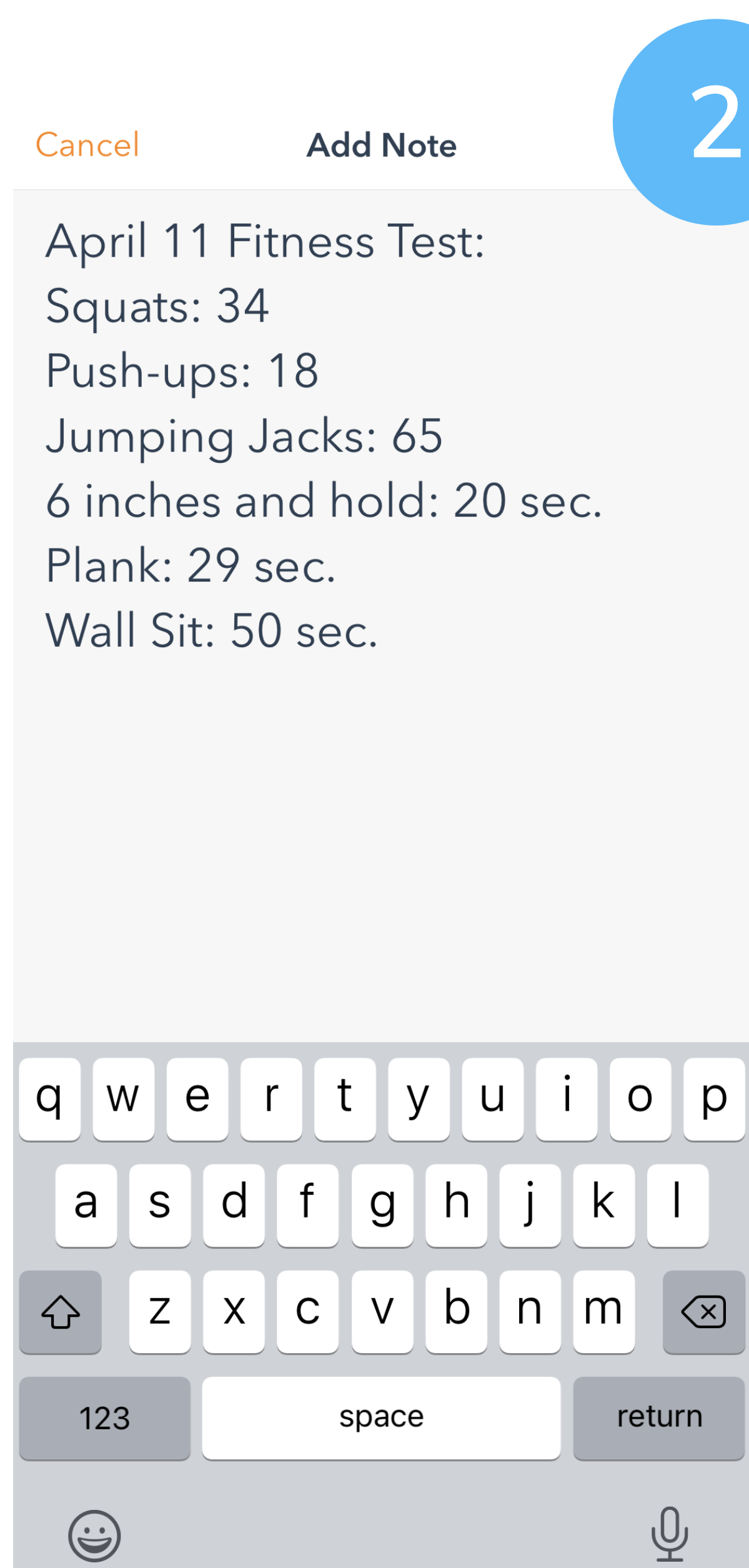
You can record your fitness test results in the Sworkit app with the new notes feature. Follow the steps below to learn how to record notes within the app.



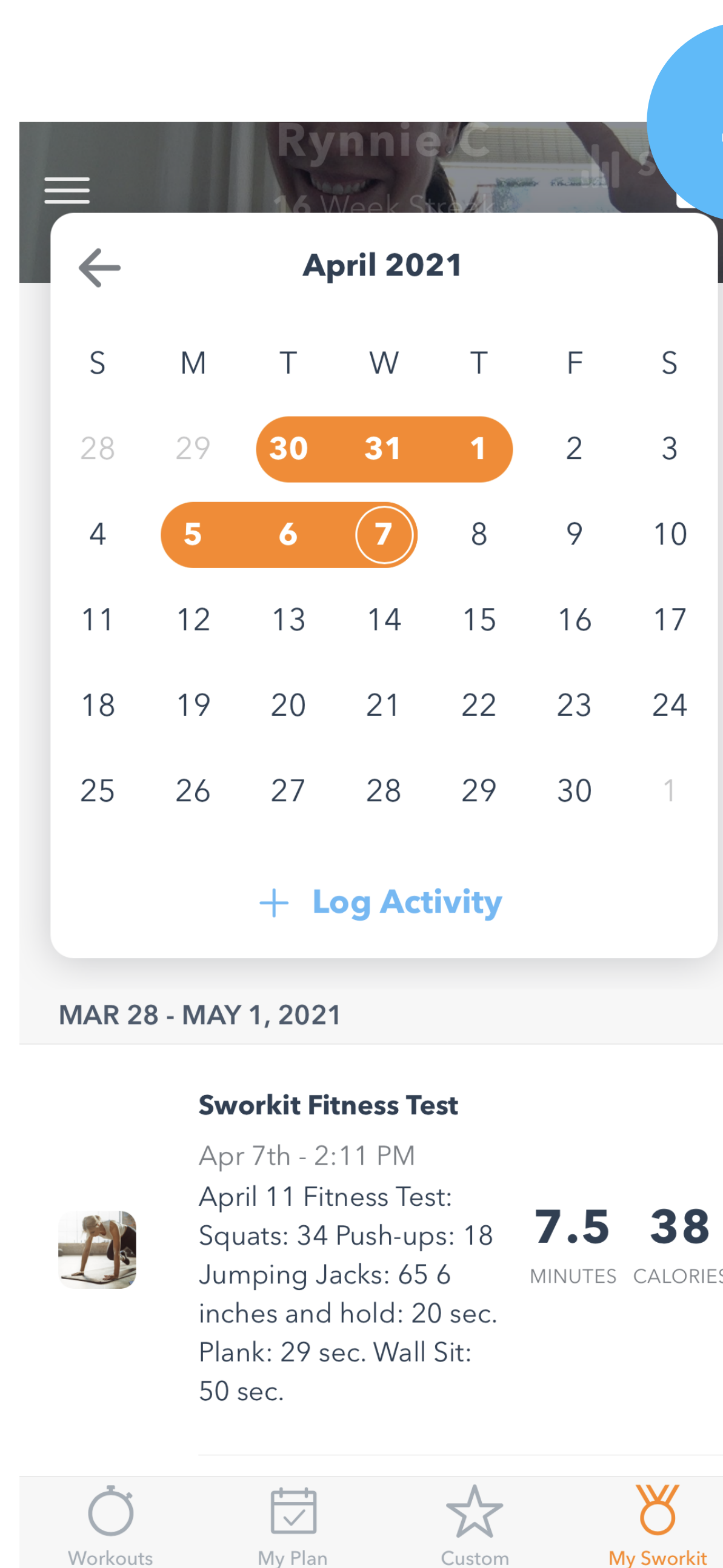
After completing the Sworkit Fitness Test click on the completed workout on the My Sworkit page.



Click "Add Note"



Type out your fitness test results.



View your results from the My Sworkit page any time!

WORKOUT TRACKER

My Sworkit acts as a fitness journal, but some prefer to write down their accomplishments. Use this worksheet to track which days you do workouts and what workouts you do!

| 6 WEEK WORKOUT TRACKER | | | | | | |
|------------------------|--------|---------|-----------|----------|--------|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Week Prep Planner

GET READY FOR THE WEEK

Set your intentions for the week: _____

This week I want to accomplish: _____

| Day | Obligations | Meals | Exercise |
|-----------|-------------|-------|----------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |

SMART Goals

WORKSHEETS

Plan your SMART Goals so you can maximize your results. SMART is an acronym that you can see below.

| | | |
|------------------------|--|--|
| Initial Goal | Write the goal you have in mind | |
| S specific | What do you want to accomplish? Who needs to be included? When do you want to do this? Why is this a goal? | |
| M measurable | How can you measure progress and know if you've successfully met your goal? | |
| A achievable | How can you measure progress and know if you've successfully met your goal? | |
| R realistic | Why am I setting this goal now? Is it aligned with overall objectives? | |
| T time-bound | What's the deadline and is it realistic? | |
| Smart Goal | Review what you have written and craft a new goal statement based on your answers. | |

Maintaining Your Goals

Check in with your goals and how they're going with this activity.

| | WHERE AM I NOW? What's my current situation? What change do I want to create? | WHERE DO I WANT TO BE? Describe the outcome of your goals and dreams. | HOW DO I GET THERE? What are my next steps I need to take? |
|--------|---|---|--|
| Goal 1 | | | |
| Goal 2 | | | |
| Goal 3 | | | |