

SWÖRKIT  
BEST ME IN  
2023

CHALLENGE

January 1 - February 25



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# Best Me in 2023

## SWORKIT FITNESS CHALLENGE WORKBOOK GUIDE

### GET PREPARED

The best way to accomplish anything is to visualize the results and plan out the process of getting there. What does success look like for YOU?

We've created this guide to help you envision your success and be prepared for any road bumps that may come along. To start, read through this guide and think about how it may be useful for you in your journey. You may find that only a few of the activities or tips apply to you, and that's okay. Use what works best for your life, so you can live your best life.

### GET IN THE RIGHT MINDSET

By joining this challenge you're joining us in the pledge to inspire, encourage, and lead in the pursuit to live well. At Sworkit, we believe in eliminating all excuses and picking ourselves up when we fall.

We believe in supporting one another and being honest with ourselves. We believe in simplicity and balance. All of these habits and beliefs will be reiterated throughout the challenge.

We believe in you! To get in the right mindset, use the "I am" prompt below to define who you are. Be positive and be kind to yourself.

Here's an example: "I am strong. I am a fighter who will stop at nothing to get where I want to go, and I am unapologetic about my dedication to success. I am an awesome mother and a provider."

I am \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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# Getting Involved

## STAY ENGAGED

### FOLLOW OUR 8-WEEK WORKOUT PLAN

Our certified trainers have created 8-week workout plans for you to follow. Each of our workout plans progress every week so that you, too, can advance with the workouts.

This year, you can choose from the following plans:

- Boost Energy
- Build Muscle
- Lose Weight
- Sworkit Steps

There are five workouts to complete each week, but you do not have to complete the workouts on specific days. However, we do recommend doing the workouts in order as each workout is specifically designed to build on the last. Also, timing suggestions are provided for each workout in the app. For Sworkit Steps, there is a total steps goal.

For the two additional days you will have each week, we highly recommend active rest and recovery days. This might include: taking a walk outdoors, stretching, or foam rolling. Find something that helps you recover for your next workout — you know your body best!

In order to select the best plan for you, our trainers have provided a “What You Need To Know” guide about each plan to help you decide.

**Disclaimer:** If you have an injury or are not feeling well, please take a step back or if necessary, get help from a medical professional.

# Getting Involved

## STAY ENGAGED

### GET INVOLVED IN THE SWORKIT COMMUNITY ON FACEBOOK

Whether you need a pick-me-up or are feeling motivated and want to share, your posts in our community are encouraged, appreciated, and can help make someone's day! Accountability and support can get us through the tough days. Sharing your daily Sworkouts and challenge progress is a great way to give back — it encourages others to keep going!

Every week, we'll check in and see how the challenge is going! You will hear from Sworkit team members, who are also doing the challenge alongside you

Throughout the challenge we will share weekly reminders to help you prepare for what's coming next.

### How to Join the Sworkit Facebook Community

You can request to join the community by visiting [facebook.com/groups/sworkit](https://facebook.com/groups/sworkit).

**\*Friendly Reminder:** since we usually only allow users who have completed at least five Sworkit workouts into the community, let us know you're joining because of the 2023 challenge, and we'll be sure to let you into the group!

Follow Sworkit on your favorite social platform:

[Instagram](#) @Sworkit

[Facebook](#) @Sworkit

[Twitter](#) @Sworkit

[LinkedIn](#) Sworkit Health

[YouTube](#) @SworkitHealth



# Workout Plan: Build Muscle

# BUILD MUSCLE

## WHAT YOU NEED TO KNOW

### **What to Expect: Week 1-4**

The beginning of the Build Muscle fitness plan introduces you to the fundamentals of strength training. You'll slowly begin to notice yourself looking and feeling stronger as you progress each week. Week after week the workouts will gradually intensify to continue to challenge you physically and mentally. You'll start out with more compound movements and gradually introduce weight-bearing activities.

### **What to Expect: Week 5-8**

By week 5 you should be feeling STRONG! During the second half of the challenge, you will be focusing on more compound movements with workouts that are more weight-bearing. If you feel strong enough, we encourage you to push yourself and go up in weight. The remaining weeks of the challenge are going to be focused on increasing your overall muscle strength and endurance.

### **What weight to start with?**

Start with a weight that you can perform ALL the reps with. Leave your ego at the door and choose a weight that you can successfully complete all the reps assigned. You'll know if the weight was just right if you can successfully complete all the reps, but you wouldn't be able to complete 2 extra reps.

If you're just starting out, or consider yourself a beginner, try a lighter weight than you think you can complete. Focus on learning the movement and performing with perfect form. You can always increase the weight later.

### **When should I move up in weight?**

Move up in weight when you can easily perform more than 2 extra reps than the assigned rep count with good form. Always focus on perfect form and control each rep.

### **How much weight should I add when progressing?**

Increase weight by 2.5 pounds-5 pounds at a time, then use the "2 rep" rule to see if your new weight is enough or not.

### **Will I still gain muscle if I only have one set of weights?**

You can still gain muscle if you only have one set of weights. Modifications to exercise selection and rep ranges will need to be made depending on weight equipment available. For example, you'll need to complete more reps (i.e. 15) than the assigned rep count (i.e. 10) if a heavier set of weights isn't available to you.

### **What if I do not have weights?**

For the best results with this program, it is highly recommended having some weights or equipment that provide resistance. Examples of recommended weight equipment include: dumbbells, kettle bells and resistance bands. However, many modifications can be made in order to accommodate limited access to or no equipment, so don't let that deter you from following this plan!



# BUILD MUSCLE | WORKOUT PLAN WEEKS 1-4

WEEK 1				
Day 1	Day 2	Day 3	Day 4	Day 5
Tank Top Arms	Build Strength Lower Body	HIIT for Athletes	Shoulder and Chest Day	Get Those Glutes!
WEEK 2				
Day 1	Day 2	Day 3	Day 4	Day 5
Dumbbell Upper Body	Legs Get It	Push It Plyo	Back to Back	Glute Gains
WEEK 3				
Day 1	Day 2	Day 3	Day 4	Day 5
Upper Body Circuit	Leg Day	Pro Plyometrics	Shoulder Smolder	Loop Hole
WEEK 4				
Day 1	Day 2	Day 3	Day 4	Day 5
All About Arms	Kettlebell Lower Body	HIIT Cardio and Pilates	Back Attack	Kettlebell Lower Body Strength & Balance

## BUILD MUSCLE | WORKOUT PLAN WEEKS 5-8

WEEK 5				
Day 1	Day 2	Day 3	Day 4	Day 5
Best Arms	Leg Love	Core Strength for Athletes	Tricep Strength	Bust Stress Glute Workout
WEEK 6				
Day 1	Day 2	Day 3	Day 4	Day 5
Warrior Arms	Thigh Day	Abs & Core Day	Big Back	Glute Activation
WEEK 7				
Day 1	Day 2	Day 3	Day 4	Day 5
Armbitious	Power Legs	350 Core	Feel the Burn: Shoulder and Bicep Day	Grow your Glutes
WEEK 8				
Day 1	Day 2	Day 3	Day 4	Day 5
Advanced Upper Body	Don't Skip Leg Day	Strong Core with Kettlebells	Best Chest	Glutes to the Max



# Workout Plan: Lose Weight

# LOSE WEIGHT

## WHAT YOU NEED TO KNOW

### **What to Expect: Week 1-4**

The first weeks of the Lose Weight program are going to be exciting and challenging. The workouts in the beginning will push your body to new limits. You will burn calories and move your body in new ways. Each week begins with high impact cardio and finishes with low impact cardio. In the middle, you have an upper body and a lower body day, as well as a full body active recovery day that will help build endurance and functional mobility, all while you lose weight! If you're just starting out, aim for 1-2 rounds with 30-60 second rest breaks when needed.

### **What to Expect: Week 5-8**

Ready to bring the heat and get to Swork? In weeks 5-8, the workouts will progressively intensify. These workouts will burn even more calories to help you blast fat and accomplish your weight loss goals. Expect to be challenged, but walk away feeling accomplished.

During these 4 weeks, we recommend that you reduce your rest periods to 15-30 seconds and increase your active minutes or rounds (as specified in the workout description). Discomfort is okay, but pain is not, so always go at your own pace! Let's burn.

### **How much is a healthy amount of weight to lose per week?**

The amount of weight loss per week is HIGHLY dependent on a variety of factors. In general, sustainable weight loss averages around 0.5 lbs per week, while aggressive weight loss averages around 2 lbs a week (but no more than 2 lbs on a weekly basis). Each person is different and variance should be expected.

### **How does fat loss work?**

It helps to understand that our bodies are designed to store excess energy in fat cells. If you're carrying extra pounds, it means that you are storing more energy (calories are units of energy) than you're using.

When you aim to eat more nutrient dense foods and focus on weight loss, you take in fewer calories than your body needs. Because of this deficit, your body turns to fat reserves for energy.

Your body disposes of fat deposits through a series of complicated metabolic pathways. A combination of exercise and a caloric deficit leads to your body utilizing fat stored for energy and the result is fat loss.

Exercise is just one component to weight loss. Eating nutritious foods that provide energy and improve your physical performance is a major component to weight loss. Making changes to your nutrition plan that focus on quality and quantity of food will help you achieve your weight loss goals. A caloric deficit (eating fewer calories than your body needs) will require your body to utilize fat stored for energy.

We highly recommend working with a registered dietitian or nutritionist if you are looking for specific dietary recommendations to complement your workout plan and weight loss goals.



# LOSE WEIGHT | WORKOUT PLAN WEEKS 1-4

WEEK 1				
Day 1	Day 2	Day 3	Day 4	Day 5
Stay on your Feet Cardio	Tank Top Arms	Recharge Recovery Day	Leg Daze	Low Impact Cardio
WEEK 2				
Day 1	Day 2	Day 3	Day 4	Day 5
Get it Started Cardio	Low Impact Upper Body and Core	Barre Fundamentals	Drop It Like a Squat	Low Impact Cardio Endurance
WEEK 3				
Day 1	Day 2	Day 3	Day 4	Day 5
Move It or Lose It Cardio	Reaching for your Goals: Arm Day	Tabata Low Impact Cardio	Buns of Steel	Forever Flexible
WEEK 4				
Day 1	Day 2	Day 3	Day 4	Day 5
Cardio Blitz	Arms Like Woah	Next Level Cardio	Legs for Days	Functional Mobility at Home

## LOSE WEIGHT | WORKOUT PLAN WEEKS 5-8

WEEK 5				
Day 1	Day 2	Day 3	Day 4	Day 5
Feel the Burn Cardio	Give Yourself a Pat on the Back	Road Recovery	Beginner Glutes	Coredio Low Impact
WEEK 6				
Day 1	Day 2	Day 3	Day 4	Day 5
Blast Off Boot Camp	Flex Those Strong Arms	Strengthen and Lengthen Yoga	Strong Legs	Resistance Band Full Body
WEEK 7				
Day 1	Day 2	Day 3	Day 4	Day 5
Tabata Time Advanced Cardio	Push it: Plank and Push Arm Day	Loosen Tight Hips Yoga	Great Glutes	Low Impact Cardio Fusion Kickboxing
WEEK 8				
Day 1	Day 2	Day 3	Day 4	Day 5
Maximum Calorie Burner	Advanced Upper Body	Grounded Cardio	Advanced Lower Body	Yoga for Body Toning



# Workout Plan: Boost Energy

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# Boost Energy

## WHAT YOU NEED TO KNOW

### What does Boost Energy mean?

Boost Energy is a program for people who are not necessarily looking to build muscle or lose weight. This challenge was designed to help you increase your energy each day by getting in the habit of moving your body each day for 8 weeks. This is a great choice if you're already exercising, but are experiencing low energy or fatigue throughout your work day. It's also a good option if you're just looking to feel better each day without having to commit to an intense workout plan.

You'll get to try a variety of exercises or fitness modalities in this plan, all of which can be done in smaller spaces and from the comfort of your home. Workouts in this plan include: stretching, yoga, core work, low impact cardio, barre, Pilates, injury prevention, occupational movement prep, and more!

You can expect full body, no equipment routines, that are meant to positively impact your energy, productivity, focus, and overall mood each day!

### What to Expect: Week 1-4

The first half of this challenge is all about creating the daily habit of moving your body. These workouts are great to do after meetings, as a midday energy booster, or an evening de-stresser. You might find yourself working up a sweat now and then, but the focus of these initial weeks are to give you workouts and movement breaks designed to keep your energy up and your body feeling good!

### What to Expect: Week 5-8

The back half of this challenge is going to push you to increase your habit a little bit. Every workout will still be fun and refreshing, but expect the workouts to be a little longer and to learn new movements. Expect to feel more energized as you enter this stage of the challenge! Your body will thank you for taking care of it, and you'll be thanking your body for crushing your daily habit goal.

### Who Should Choose the Boost Energy Workout Plan?

The Boost Energy plan is for anyone who has a goal other than losing weight or building muscle. If you're happy where you currently are in your fitness journey, don't identify with the other two goals of the challenge, or just want to keep your energy levels up and keep active each day, the Boost Energy plan is for you!



## BOOST ENERGY | WORKOUT PLAN WEEKS 1-4

WEEK 1				
Day 1	Day 2	Day 3	Day 4	Day 5
That's a Stretch	Yoga for Beginners	Functional Mobility	Plank You Very Much	Increased Flexibility
WEEK 2				
Day 1	Day 2	Day 3	Day 4	Day 5
Seated Recovery Flow	Beginner Pilates	Reduce Effects of Typing and Texting	Core, Core, Core	Full Body Stretch
WEEK 3				
Day 1	Day 2	Day 3	Day 4	Day 5
Stand Up and Move Refresher	Everyday Feel Good Yoga	Prevent & Relieve Knee Pain	ABsolutely Awesome	Bottom Half Stretch
WEEK 4				
Day 1	Day 2	Day 3	Day 4	Day 5
Sit and Stand Desk Stretch	Beginner Barre	Reduce the Impact of Sitting	Time for Core	Get Moving without Sweating

## BOOST ENERGY | WORKOUT PLAN WEEKS 5-8

WEEK 5				
Day 1	Day 2	Day 3	Day 4	Day 5
Loosen Up	Yoga for a Perfect Day	Lower Back Care	Mobility plus Core Circuit	Safe Sweat & Stretch
WEEK 6				
Day 1	Day 2	Day 3	Day 4	Day 5
Standing Only Stretch	Flexibility Flow Yoga	Neck Care	Maintaining Fitness	Let's Keep it Moving
WEEK 7				
Day 1	Day 2	Day 3	Day 4	Day 5
Front to Back Stretch	Yoga for Back Strength	Hip and Core Care for Better Posture	Pilates for Abs & core	Standing Only Cardio
WEEK 8				
Day 1	Day 2	Day 3	Day 4	Day 5
Work It: Daily Stretch	Flexibility Relaxing Yoga Flow	See You Sciatica	Stable to your Core	Finish Stronger



# Workout Plan: Sworkit Steps

# Sworkit Steps

## WHAT YOU NEED TO KNOW

### What is Sworkit Steps?

Sworkit Steps is another challenge option or something you can do in addition to your daily workouts. You can participate in the Sworkit Steps Challenge and/or any of the other three challenge plans.

### Who Should Choose the Sworkit Steps Option?

Anyone! By counting your steps, you begin to be more mindful about how you move your body. Whether you're already working out, live life on the go, or are simply looking to move more and feel better each day, Sworkit Steps is for you!

### How Daily Steps Impact your Health

Research tells us individuals who walk at least 7,000 steps per day reap many health benefits, including reduction in mortality rates. Additionally, research shows us 150 minutes per week of moderate-intensity exercise, such as brisk walking, provides similar benefits.

150 minutes a week can be divided in many different ways. Some people aim for 30 minutes of exercise five days a week, others fit in 10 minutes of exercise several times a day. Do what works best for you!

### Sworkit Steps Challenge Goals

Sworkit Steps Beginner/Intermediate Goal:

Approximately 5,000 steps per day | 37,500 weekly steps | 300,000 total steps

Sworkit Steps Advanced Goal:

Approximately 9,000 steps per day | 62,000 weekly steps | 500,000 total steps

### Creating your Daily Step Goal

Lightly Active = 5,000 to 7,499 steps per day

Moderately Active = 7,500 to 9,999 steps per day

Active = 10,000 to 12,500 steps per day

Highly Active = more than 12,500 per day

*\*The average American walks 3,000 to 4,000 steps a day, or roughly 1.5 to 2 miles. It's a good idea to find out how many steps a day you walk each day, and make that your baseline. A simple way to work toward your goal is to aim to add 1,000 extra steps a day every two weeks.*

### Helpful Articles for Counting your Steps with Sworkit:

[How to Count your Steps with Sworkit](#)

[How to Set your Workout and Steps Goal in Sworkit](#)

#### Studies mentioned:

Mayo Clinic, W.H.O., NIH.gov, University of Massachusetts, 2021



# Best Me in 2023 Worksheets

# SMART Goals

## WORKSHEETS

Learn how to set SMART Goals and how they can help you maximize your results. Read the [“What Are SMART Fitness Goals and Why Are They Important”](#) article on the Sworkit blog and then come back to complete this worksheet prior to the start of the challenge.

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









# 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			

# Maintaining Your Goals

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

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