

If you give proper importance to your health and physical fitness, there are many smartphone and web apps that can help you achieve your workout goals. There are apps that will plan workouts for you, notify you when it's time to start your exercises and keep track of your daily calorie intake. However, all such services lack the clarity, convenience and conciseness of the newly-released **Sworkit**. The service is available on web, iOS and Android, and acts as your fitness trainer in a very simplified way. You just have to tell Sworkit the area of your body that you want to concentrate on, and it will come up with the perfect workout routine for you. Not only that, Sworkit graphically demonstrates each exercise and keeps the timer rolling while you perform the workout in front of your computer or mobile device. The user has to do nothing but follow the photos and timer on their device's screen.

The image shows a screenshot of the Sworkit website. At the top, there is a navigation bar with the Sworkit logo and links for 'Start', 'About', and 'Exercises'. Below the navigation bar, the Sworkit logo is displayed next to the text 'Sworkit is randomized circuit training workouts.' Underneath, there is a 'Workout Length:' dropdown menu set to '5 min'. Below that, there is a 'Select a Workout Type:' section with buttons for 'Full Body', 'Upper Body', 'Core Strength', 'Lower Body', 'Stretching Only', 'Back Strength', and 'Anything Goes'. Below that, there is a 'Select a Yoga Sequence' section with buttons for 'Sun Salutation' and 'Full Sequence'. At the bottom left, there are two buttons: 'Available on the App Store' and 'ANDROID APP ON Google play'. On the right side, there is a smartphone displaying the Sworkit app interface, which shows a timer at 24.3, a 'Pause' button, and a '4:51' timer.

The web and smartphone versions of Sworkit are pretty similar in looks and functionality. First, you have to select the time period of your workout. There are predefined lengths for that,

starting at 5 minutes and ending at 60. Once you have decided the timespan of your workout, the next step is to select a workout or yoga type. There are separate workout routines available for different body parts, or you can hit the *Anything Goes* button and perform a random set of exercises. There are two *Yoga*

*Sequences*

available in Sworkit, including

*Sun Salutation*

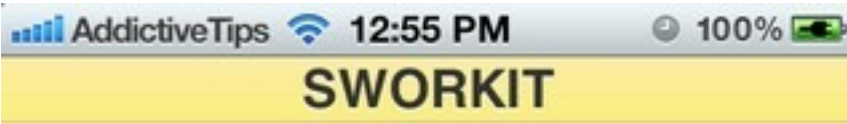
and

*Full Sequence*

. Both the routines will be optimized for you by Sworkit according to the

*Workout Length*

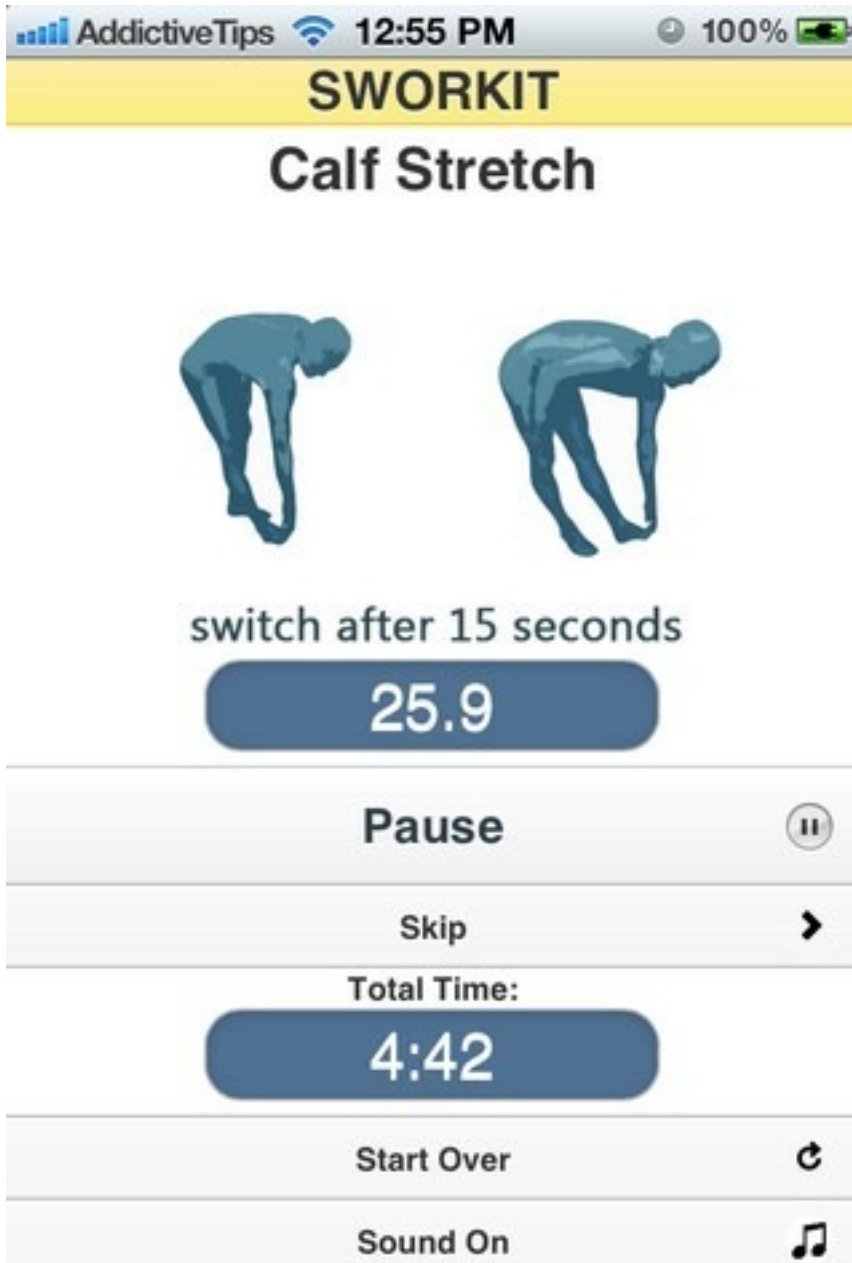
you selected earlier.



### How Many Minutes?

- 5
- 10
- 15
- 30
- 60

Select Exercise Type	
Full Body	>
Upper Body	>
Core Strength	>
Lower Body	>
Stretching Only	>
Back Strength	>
Anything Goes	>
Yoga	
Sun Salutation	>
Full Sequence	>



[Download Sworkit](#) for free from the App Store or Google Play. Sworkit is a fitness app that provides graphical guidelines for daily workout routines. It includes a timer, a total time display, and control buttons for pausing, skipping, starting over, and sound on/off. Sworkit is available for iPhone, Android, and Web.

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