

# GET TO SWORK

Tons of guided workouts at your fingertips

Perfect for anyone who needs a quick workout, right now



## **No. 1** TRAINER ON THE GO

Create custom tailored workouts for your busy clients.

## **No. 2** IMPROVE PATIENT HEALTH

Doctors, provide workouts to the patients who just need someone to show them what to do.

## **No. 3** REHAB INJURIES

Tired of using those old, confusing paper diagrams?

Let Sworkit show your patients what exercises are best for them.

## **No. 4** LEVERAGE YOUR BRAND

Create your own, custom, branded workouts to share or sell to the world.

SWORKIT  
BY NEXERCISE

[CHECK OUT A SWORKIT USE CASE >>](#)

# TRAINER ON THE GO

Work with your clients remotely

## PROBLEM

Personal trainers can't always meet face-to-face with their clients. Travel, schedule conflicts, illness, and unforeseen circumstances will extend the time between in-person sessions and the longer they are out of touch, the more likely you are to lose their business completely.

## SOLUTION

Your client sends you a text telling you that she has to go out of town for a week.

You text her back, stating, "No problem. I'll send you workouts you can do on Monday, Wednesday, and Friday in your hotel room. Let me know how they work for you."

You open Sworkit, spend 10 minutes building three custom routines and then send them to your client.

You then check in with her during the week to make sure she completed the workouts.

She doesn't miss a beat, thanks you for your flexibility, and then confirms her appointment for the following Monday. She also tells her friends how much she loves that you are able to work with her busy schedule.



SWORKIT  
BY NEXERCISE

No. 1

# IMPROVE PATIENT HEALTH

Doctors prescribe select programs to patients

## PROBLEM

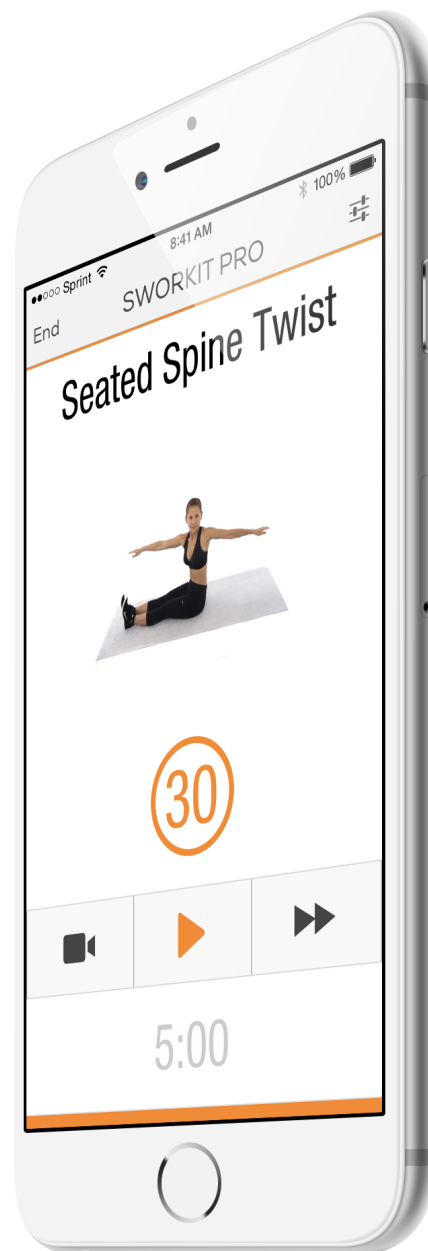
You have a patient whose health is declining. After years of warnings and urging him to exercise more, he is now diabetic and has lower back issues. When confronted with his lack of physical activity, his response is a predictable, "Doc, I just don't have time or even know what to do."

## SOLUTION

You tell your patient to download Sworkit, do *Full Body* for 10 minutes on Monday and Thursday, *Cardio – Light Warm Up* for 10 minutes on Tuesday and Friday, and *Full Body Stretch* for 10 minutes on Wednesday.

Reluctantly, he agrees and downloads the app while sitting in your office. He gives it a try and finds it amazingly easy and flexible.

He returns to your office for a follow-up visit and to your surprise, has lost 10 pounds. His numbers are dramatically improved and he is on his way to defeating diabetes.



SWÖRKIT  
BY NEXERCISE

No. 2

# REHAB INJURIES WITH SWORKIT

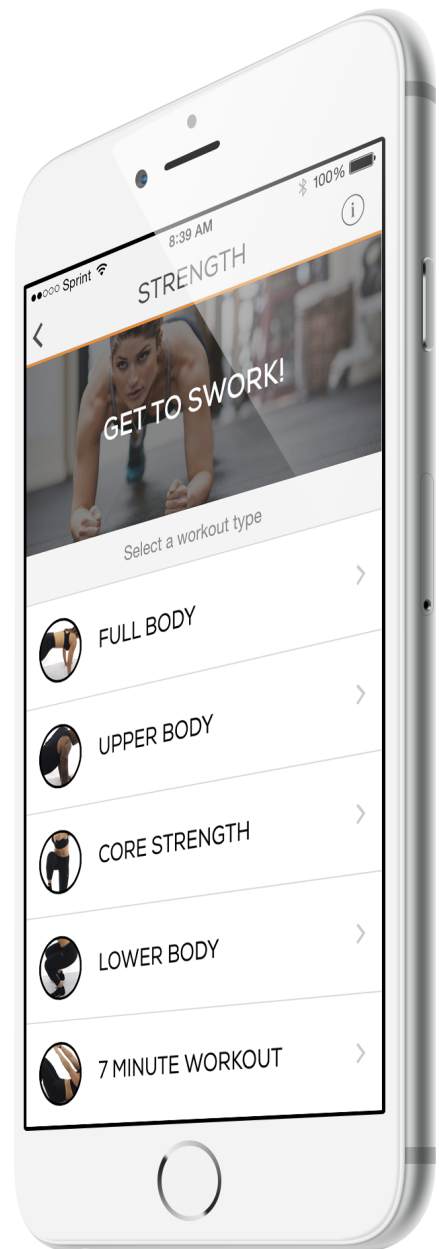
& Come back stronger than ever

## PROBLEM

Are you tired of having to hand out and explain those paper handouts that demo the exercises your clients need to do to rehab their injuries? Even worse, do you ever cross exercises off of those sheets because they are not relevant to your patient?

## SOLUTION

With Sworkit, you can eliminate those sheets forever. No more photocopying, crossing things off, or demonstrating. Just select the exercises and tell the patient how frequently to accomplish them. That's it.



SWORKIT  
BY NEXERCISE

No. 3

# BUILD YOUR BRAND

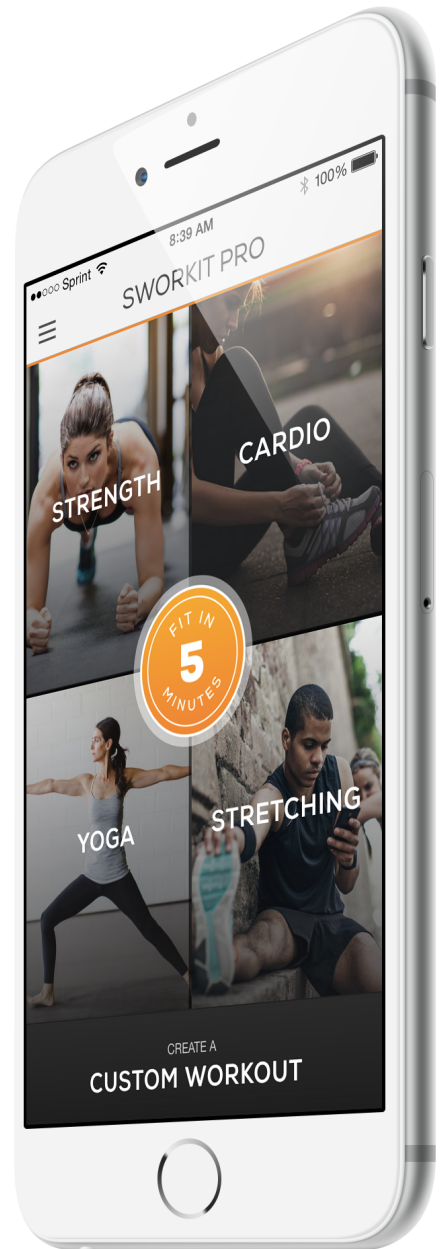
Take things to higher levels with Sworkit

## PROBLEM

It can be difficult for personal trainers or gym chains to be heard through the noise. How can you engage a global audience and earn global revenue without a global advertising budget?

## SOLUTION

Create custom or branded workouts with Sworkit. Work with the Sworkit team to build and promote your branded exercises sessions, plans, and programs globally. Then earn revenue from anyone in the world who signs up for your plan. Contact the Sworkit team at [business@sworkit.com](mailto:business@sworkit.com).



SWORKIT  
BY NEXERCISE

No. 4