

SWÖRKIT

Set-Up Instructions

(Set Up Account, Download and Log Into App, Customize Workout)

Mr. Barthuly
Jefferson
Elementary

Sworkit



Sworkit is an exercise and fitness app that you can use anywhere without any equipment except for a device, like your iPad.

This presentation will help you get your account set up, download the app and log in, and create a custom workout that we will be sharing to Seesaw.

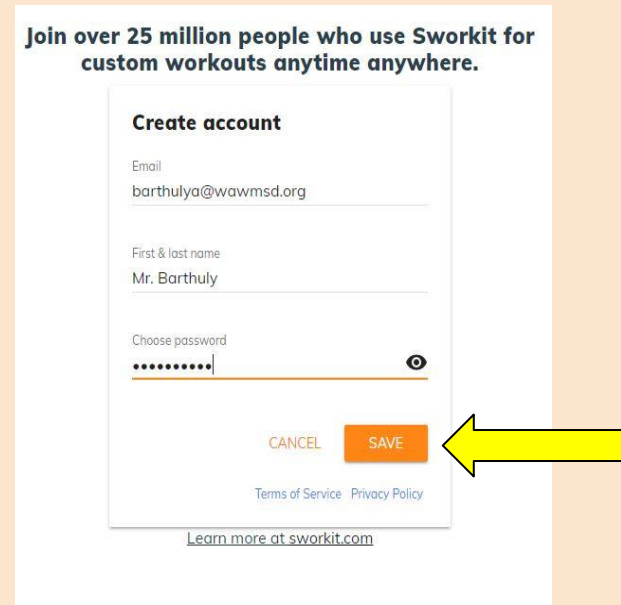
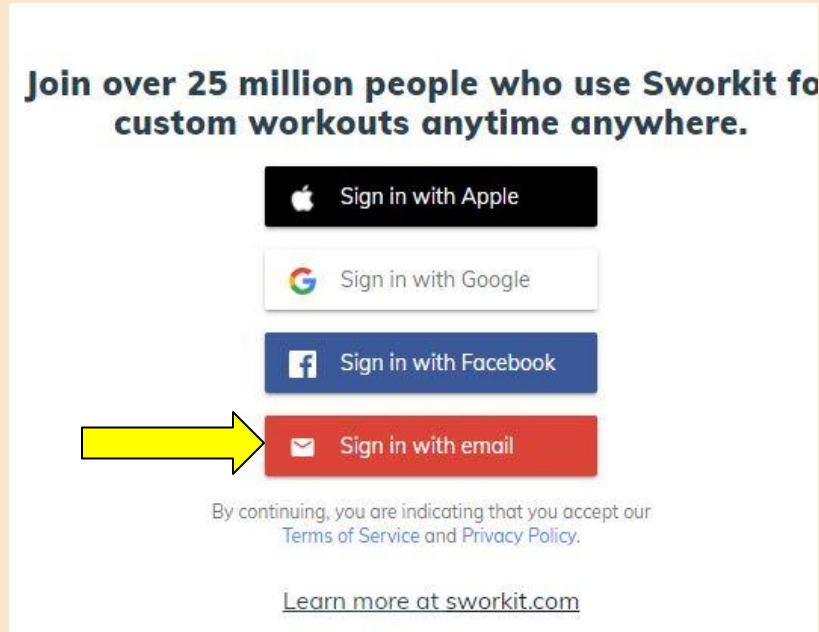
Create Account (Email and Password)

From your web browser (not the mobile app),
go to: <https://app.sworkit.com/redeem/>

Select “Sign in with email”.

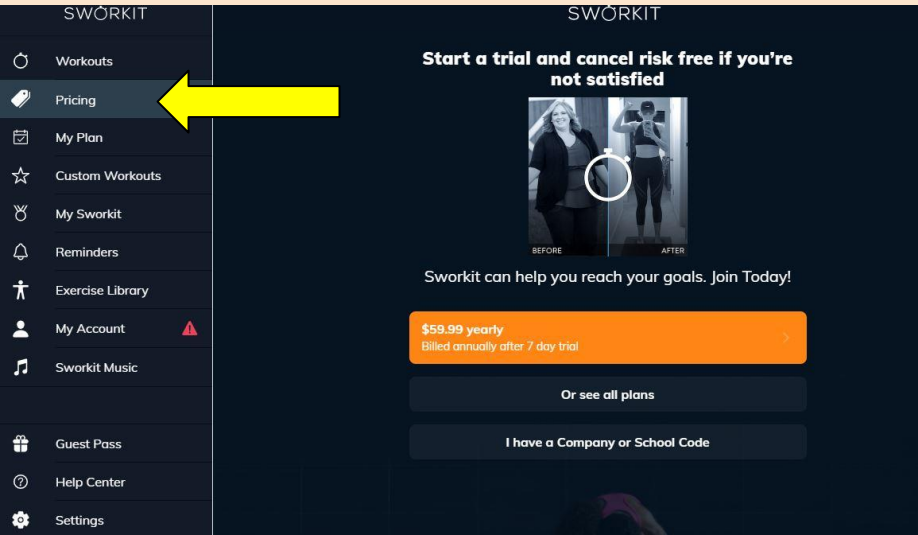
Enter your school email, name and create your
account password. WRITE DOWN YOUR
PASSWORD SO YOU DON'T FORGET IT!

Click “Save”.



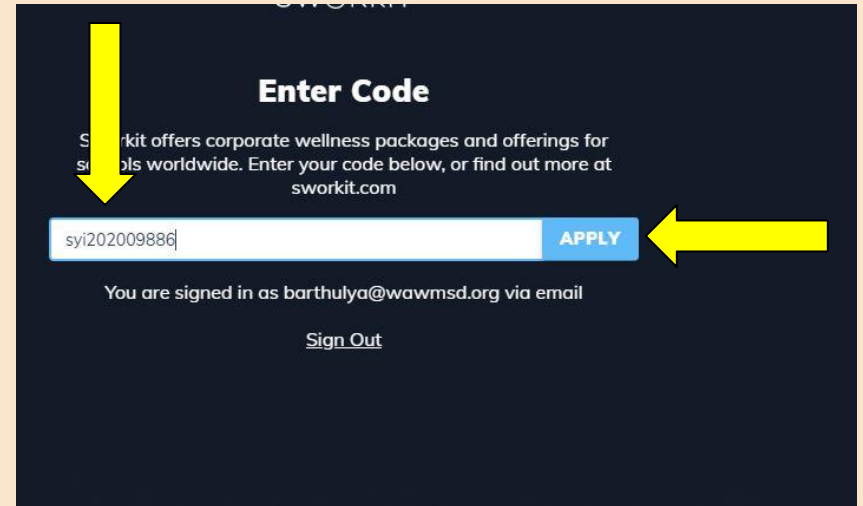
Create Account (Code)

Tap “Pricing” on the left side. This may say “My Plan”.



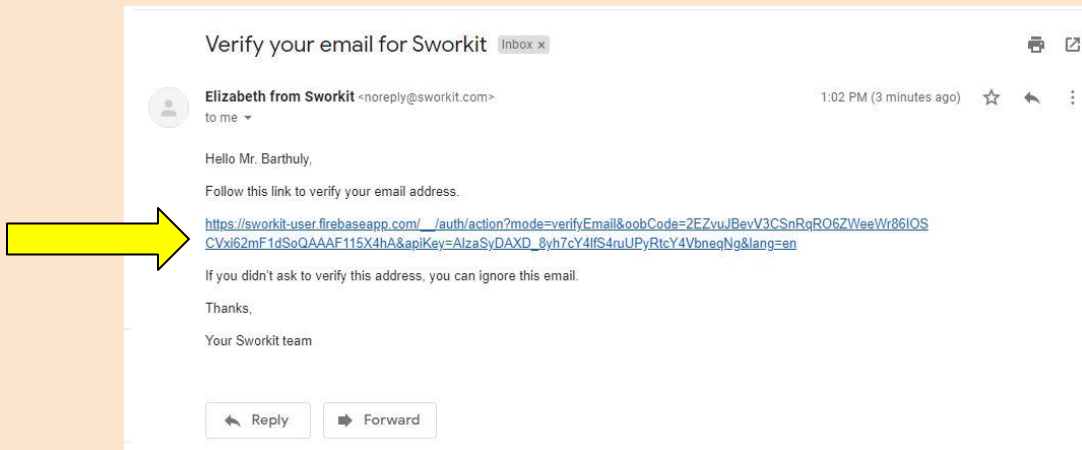
Enter our school code: **syi202009886**

Then tap “Apply”.



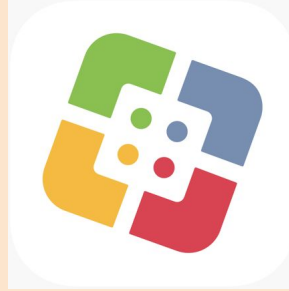
Create Account (Verify)

You will receive an email asking you to “verify” your email address. Log into your school email account and tap the link. That’s all you need to do.



Download App

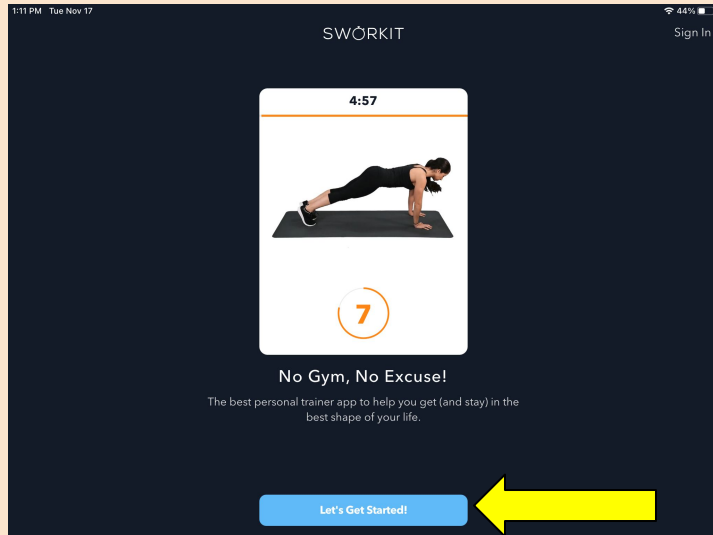
Go to your Self Service App.



Find SworKit and install the app.

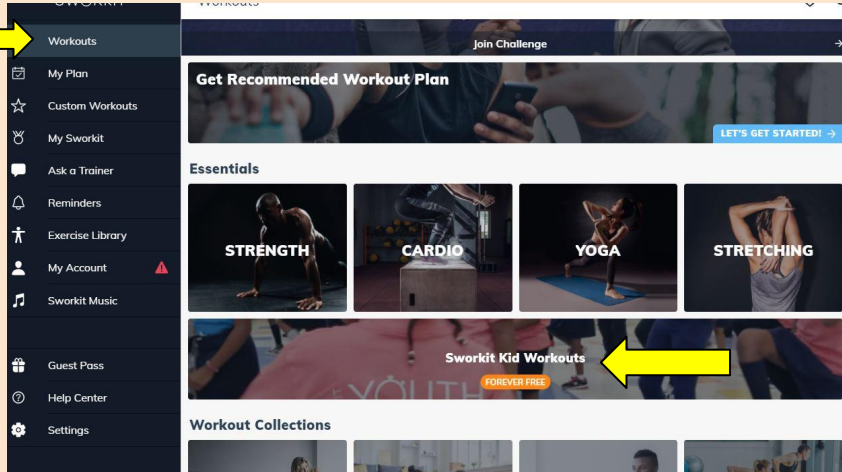
Sign Into The App

When you open the app, tap “Let’s Get Started”. Next, sign in with your school email and the same password you used to create your account. Tap “Next”.

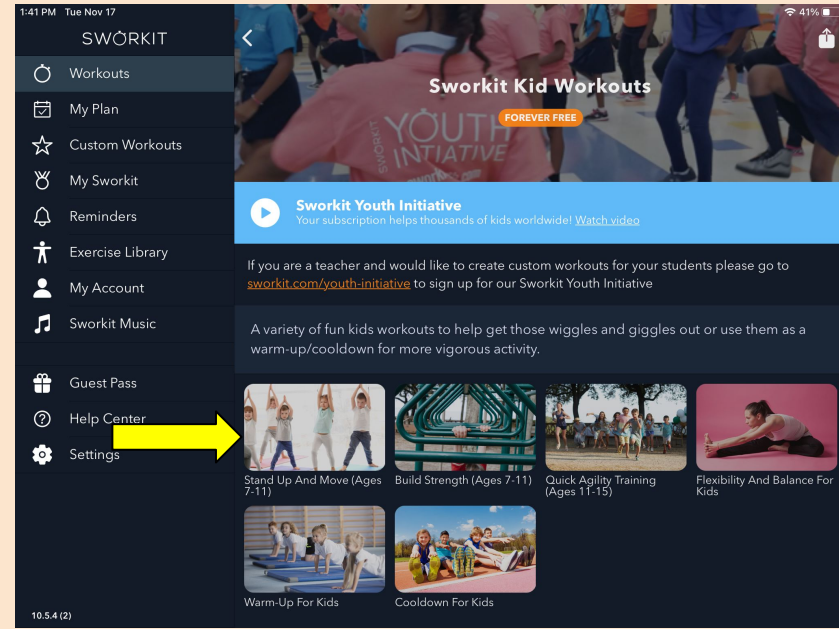


Customize Kids Workout

Tap “Workouts” on the left side, Then tap “Sworkit Kid Workouts” in the middle.

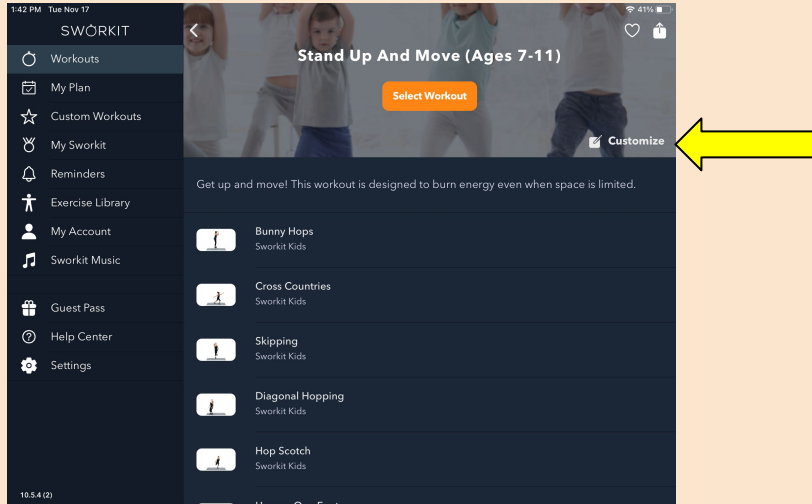


Next, tap “Stand Up And Move (Ages 7-11)”

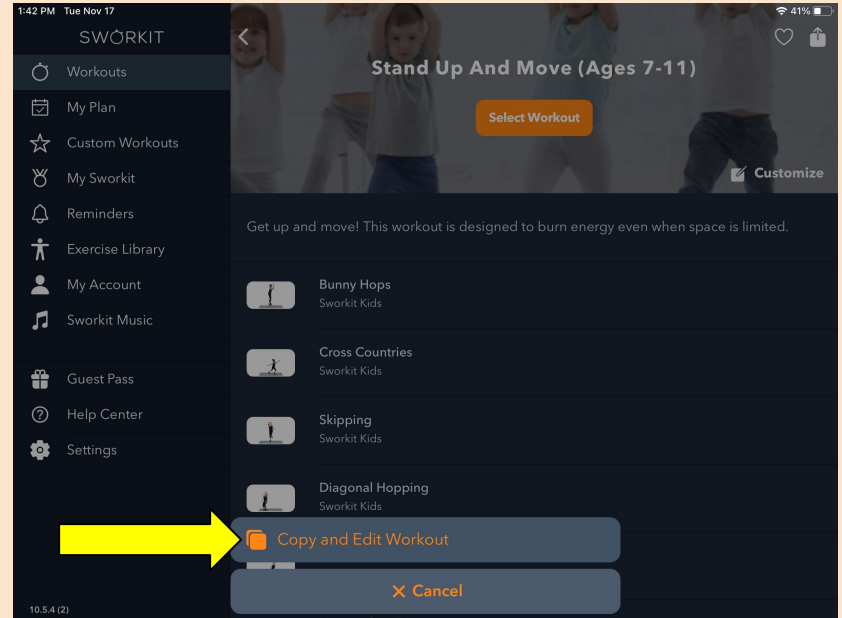


Customize Kids Workout

Tap “Customize”.



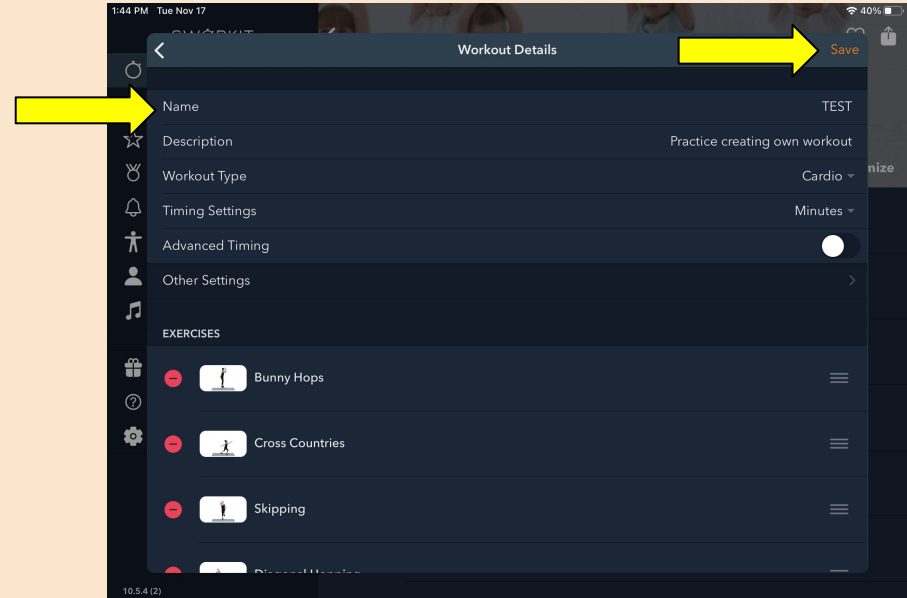
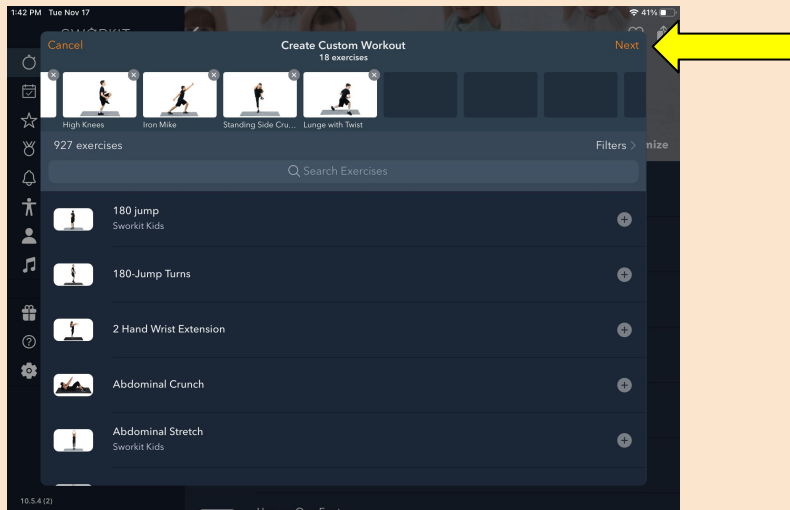
Then, tap “Copy and Edit Workout”.



Customize Kids Workout

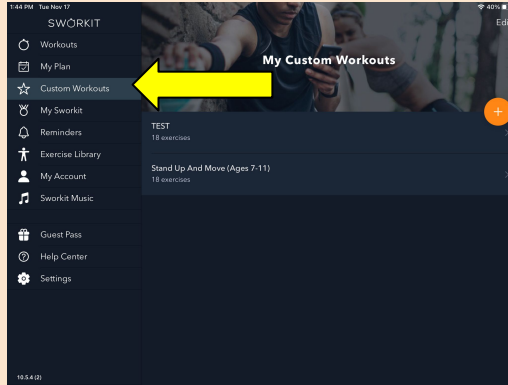
You will then be able to choose which exercises you want in your workout. Tap the “X” to remove an exercise from the top, and tap an exercise from the list below to add it. **Please select 20 exercises.** Tap “Next”.

Then, you will be able to name your workout by tapping on it. You do NOT need to change any other settings. Tap “Save”.

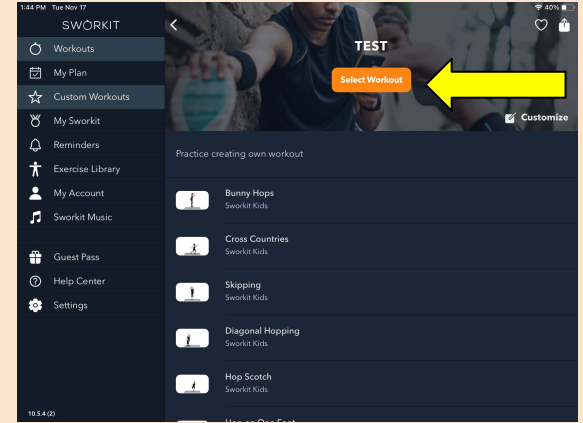


Workout

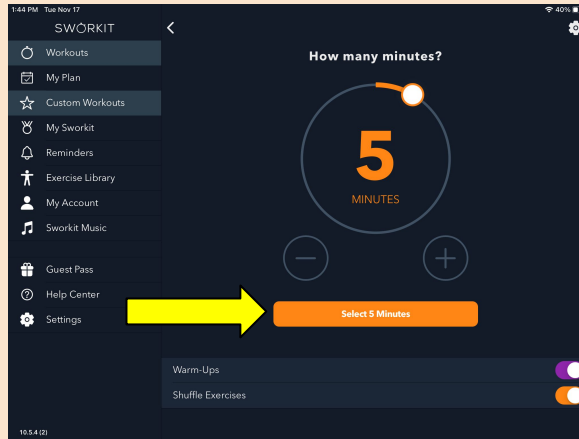
#1 - Find your custom workouts by tapping “Custom Workouts” on the left. Tap your workout.



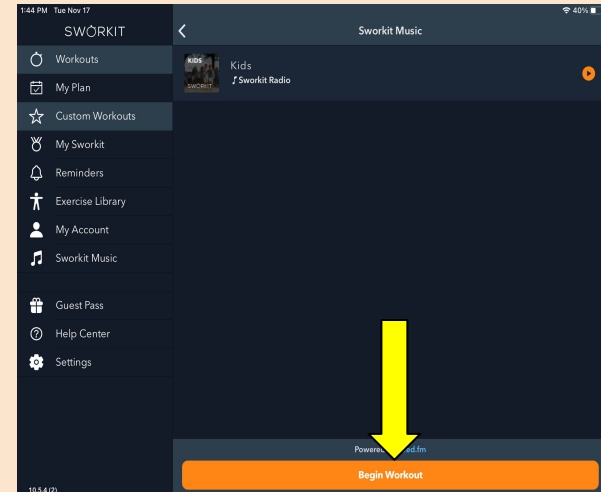
#2 - Tap “Select Workout”.



#3 - On this screen, you will decide how long to do the workout. Mr. Barthuly will let you know how many minutes to do the workout. After you set the minutes, tap “Select ___ Minutes”.

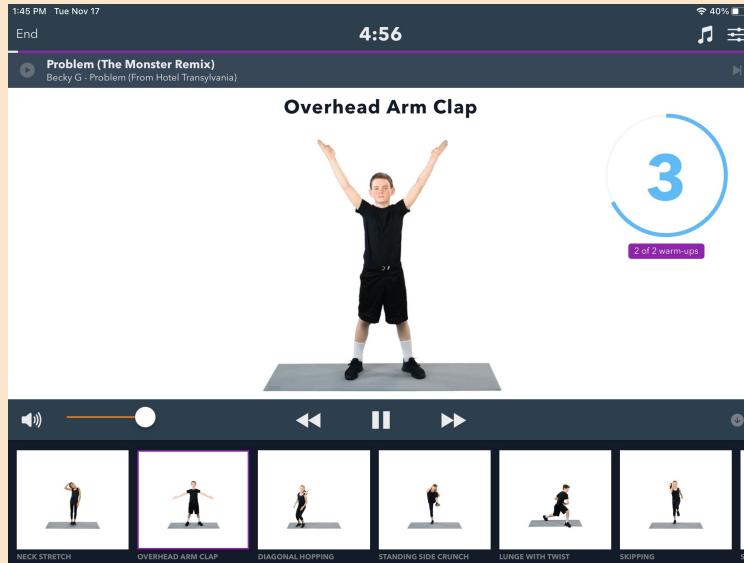


#4 - You have an option to play music, you can try this out on your own. It will not be required for class. Tap “Begin Workout” to start.



Workout

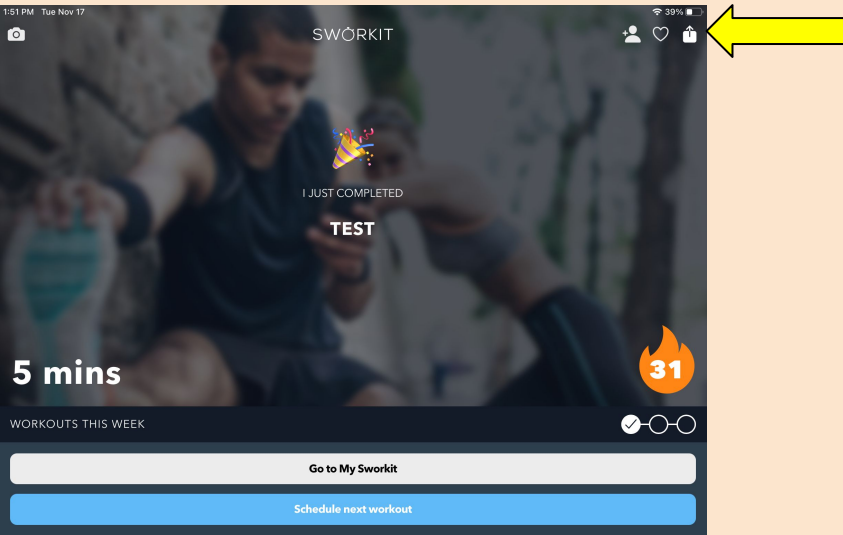
The workout has now begun. You will do exercises, starting with a warm-up, for 30 seconds with a 5 second break in between each exercise. The exercises you chose are shuffled throughout the workout. Remember, the workout is based on time, so skipping exercises will not shorten the workout. Follow along with the exercises you chose until the time runs out.



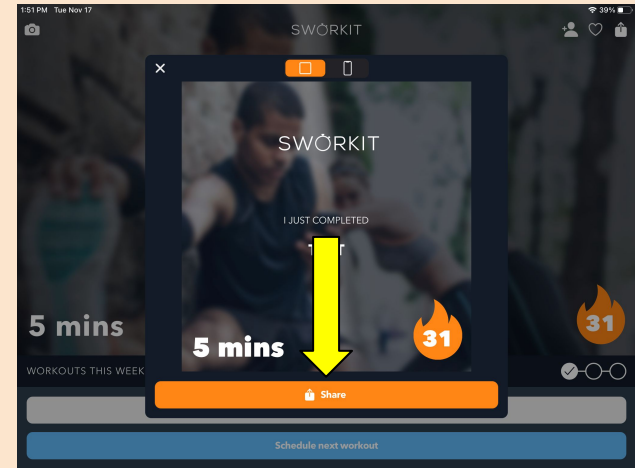
Share to Seesaw

At the end of the workout, you will need to share your results to Seesaw.

First, tap on the share icon in the top right corner.

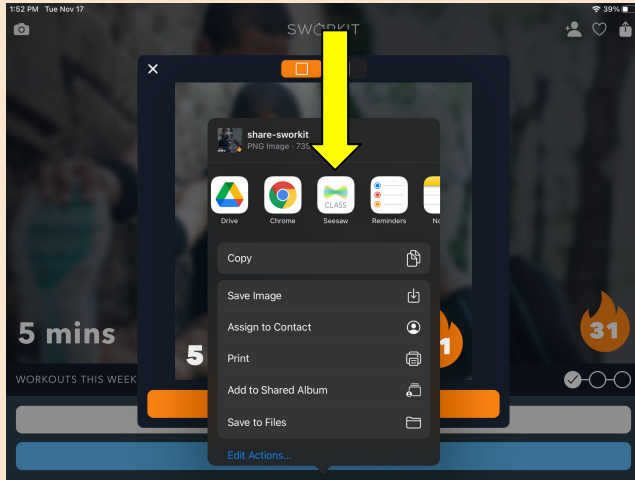


Next, tap "Share".

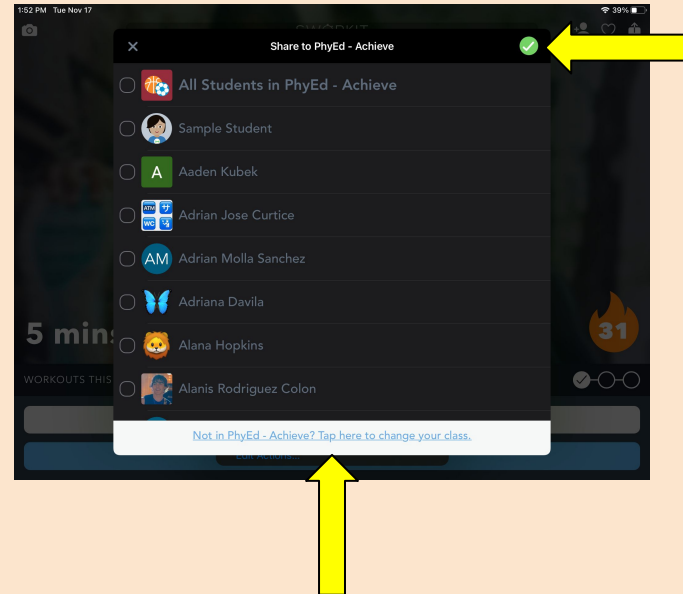


Share to Seesaw

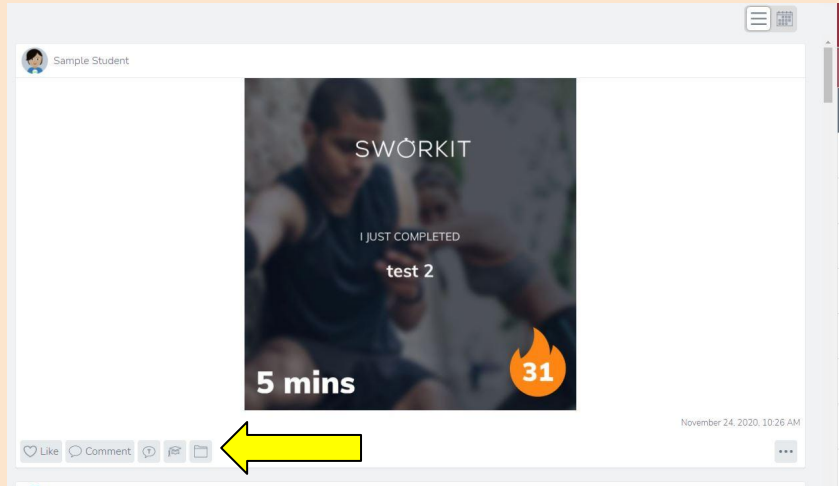
Find the Seesaw icon and tap it.



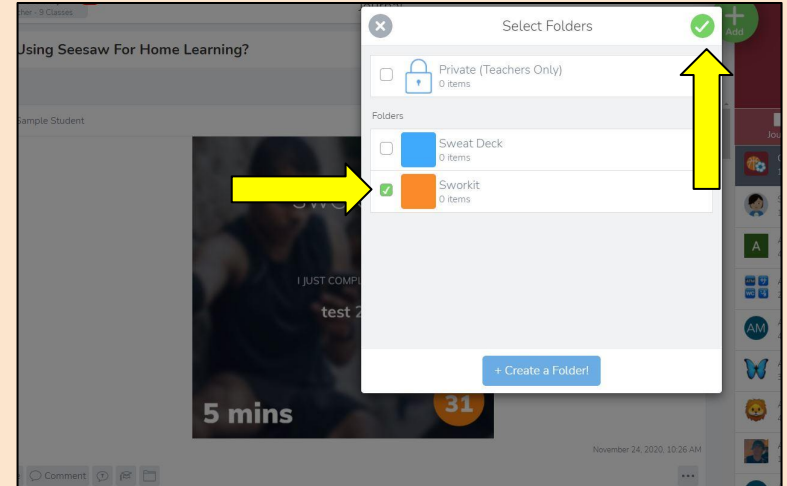
Make sure you have the right class selected and then tap the green check mark.



Share to Seesaw



Head over to Seesaw. Find your post from Sworkit and tap the folder icon



Tap the "Sworkit" folder and then the green check mark to add your post.

That's it!