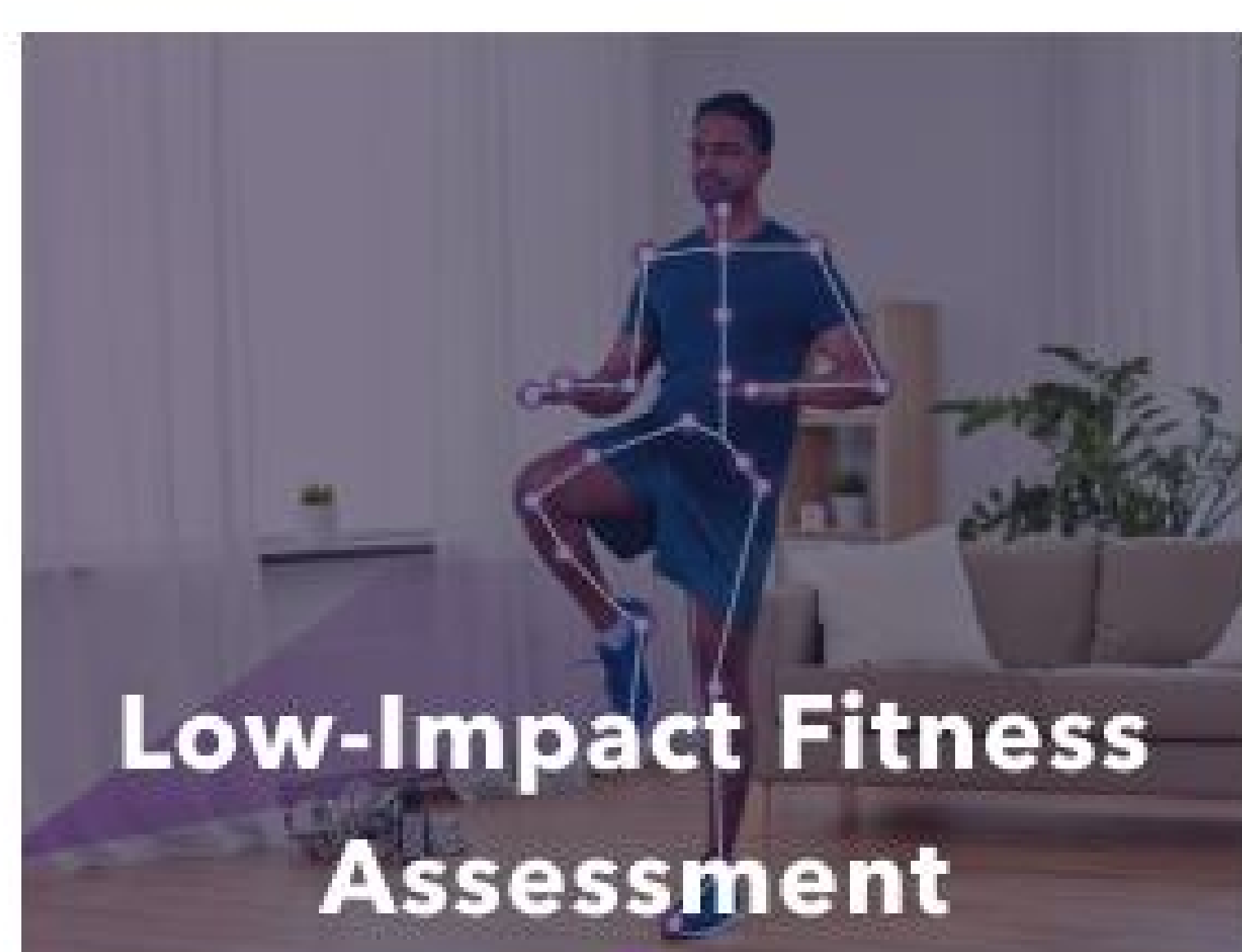
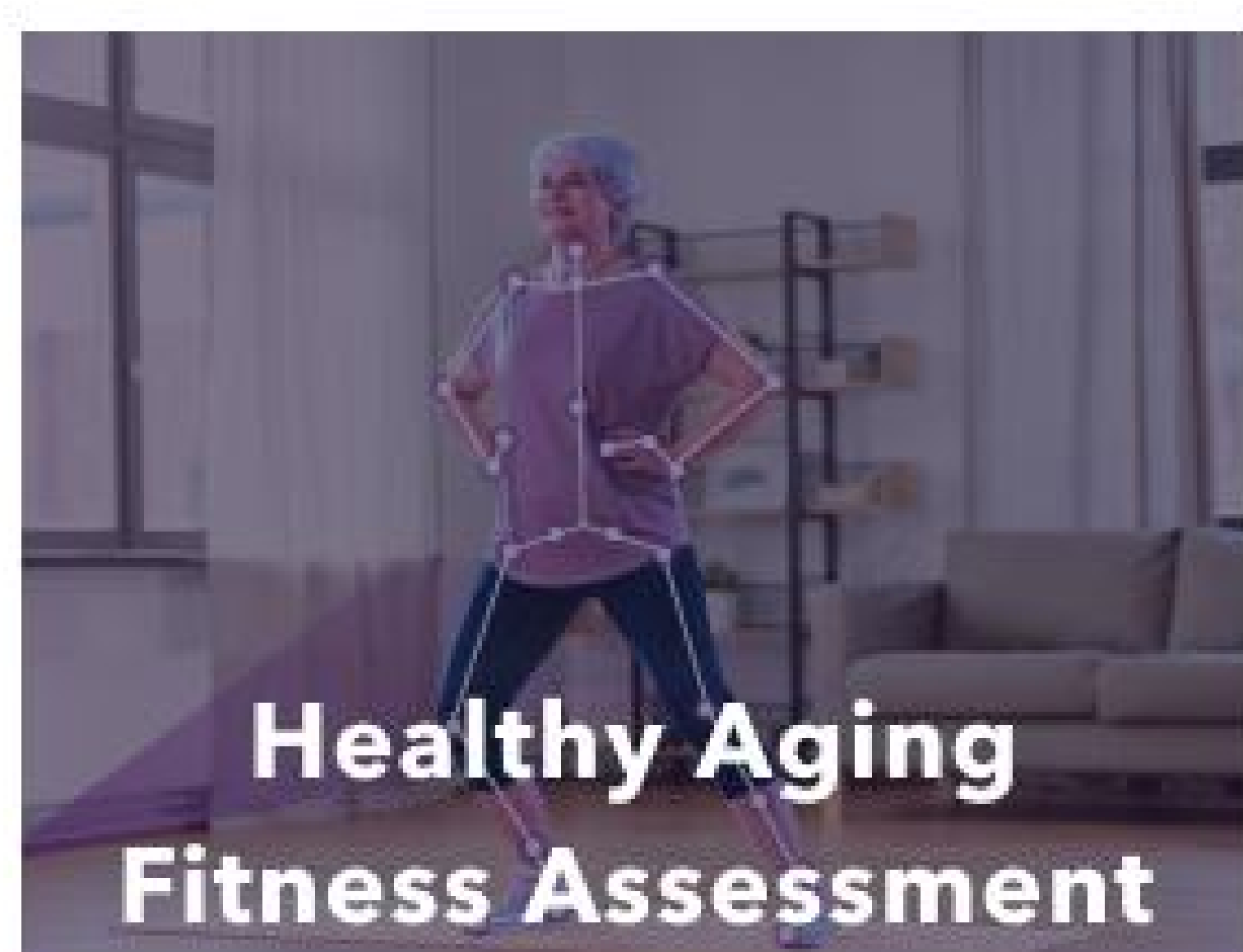
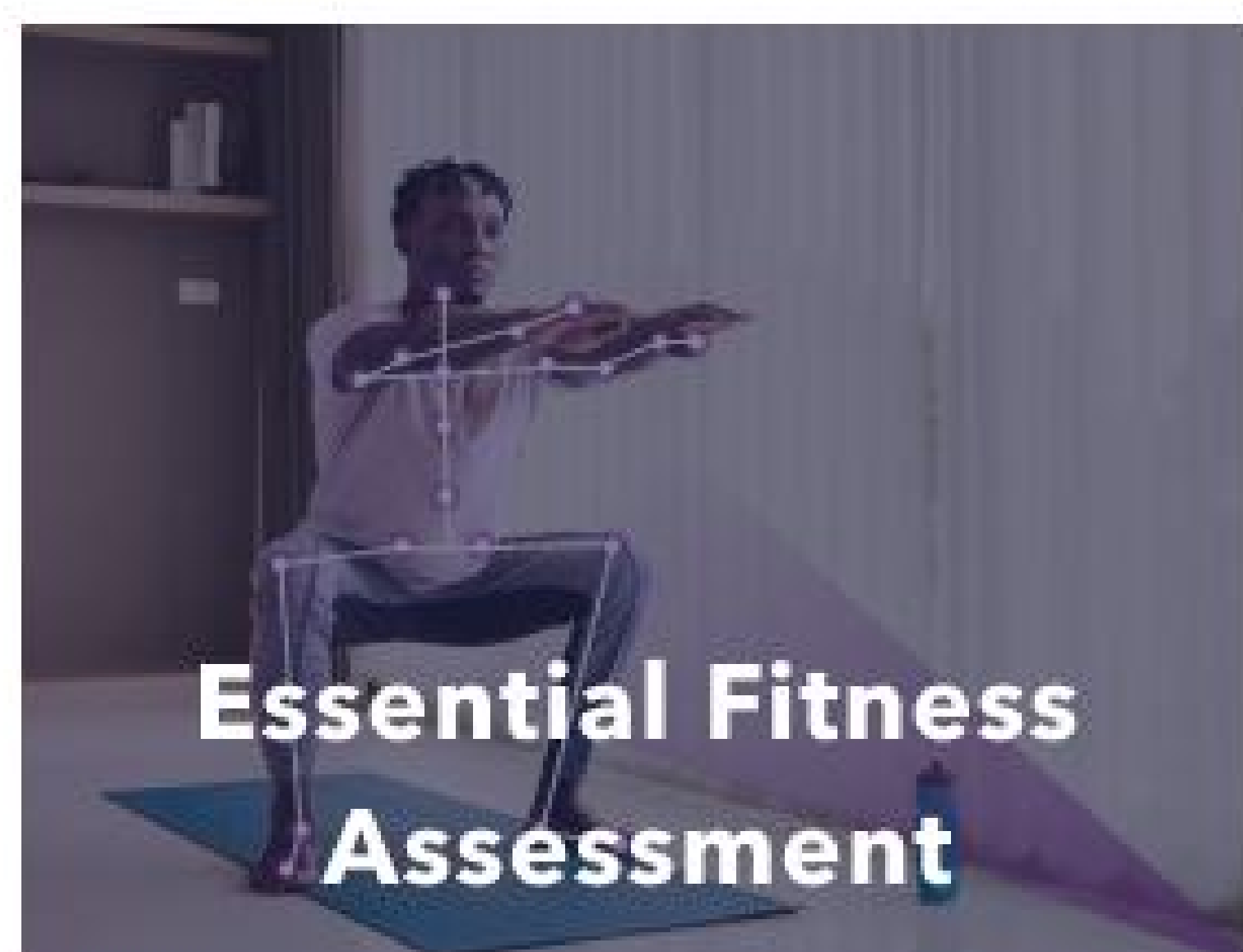


# SWORKIT



## What's New

# Fitness Assessments

## Exciting New Features in Your Sworkit Membership!

*Unlock your fitness potential with Sworkit Fitness Assessments! Whether you're just starting or looking to enhance your routine, these assessments provide rep insights to track your progress, celebrate your achievements, and help you reach new milestones—all from the comfort of your own space.*

### What are fitness assessments?

Fitness assessments establish a personal baseline to monitor improvements over time. By retaking them regularly, you can compare results, celebrate personal bests, and track your fitness journey.

### Tips for success!

- ✓ **Follow Audio Cues (+ On Screen Demonstrations)**  
Listen to the audio prompts for guidance during the assessment, so you can focus on your movements rather than constantly checking the screen.
- ✓ **Optimize Camera Positioning:**  
With motion tracking, position your device at an angle that captures your full range of motion, ensuring your entire body is in view for accurate rep counting.
- ✓ **Create a Clear Space**  
Remove obstacles and ensure your workout area is well-lit to help the camera track your movements effectively and deliver accurate results.

**Explore the five fitness assessments now available in the Sworkit app!**

