

The SweatBank Success Manual

Be Inspired, Be Motivated, Be Informed, Be Successful



SweatBank's Creed

To facilitate, educate and support all walks of women through interesting and challenging fitness workouts, amazing community and relevant information.

What is SweatBank?

SweatBank is a place where you can go 7 days a week to find a new daily workout. You can hop on and off whenever you'd like. No one is ever expected to workout every single day, nor should you! However, there will be a new workout for you here each day, so that you have choice in which workout you feel like doing and when. If you miss a day, you needn't feel like there's catching up to do, just jump in where you left off.

Community

Not only does SweatBank have daily workouts, but there is a forum called The Sweat Exchange and this is where you post what workout you did to help keep you accountable, and to socialize with hundreds of other women on there, encouraging one another and fostering a great women's only fitness community. We also have a private facebook community with a similar function.

Eat Clean and Train Dirty Blog

There's a useful blog with regular healthy recipes posted to keep your fitness fuelled and your waistline trim. There are

also articles that cover issues that are relevant to women's health, wellness, or are to be motivational.

Reward Levels

Then there is the actual Sweat Bank itself. This is where we extrinsically motivate you to keep on trucking through your workouts. Each workout is titled SweatDrop #1, 2 , 3 etc. Each time you complete a workout, you "check off" that it is done by clicking completed and it will go into your virtual SweatBank. Once you've accumulated enough Sweat Drops, you will reach your first reward level and we'll send some serious swag your way! So not only are you intrinsically motivated to crush every workout on the SweatBank site to accomplish your goals, but you will be extrinsically rewarded for it as well, through hot new fitness gear and other goodies that women love! If you use the site regularly, expect to be highly motivated!

Challenges and Events

We are always finding ways to challenge you and keep things interesting with great events, podcasts, women's retreats, and health challenges that you and whole family can take part in. Keep an eye on this space in the site for upcoming events.

Participation, What You Can Expect and How to Use the site

I don't think I need to tell you that if you want results, you'll need to participate, but here are your Guidelines on how you should use this site and plan your workouts.

1. **Beginners** should start with choosing 3 regular workout days per week, **Intermediate** level 3-5 days per week, and **Advanced** 5-6 days per week. Set the time and place in your schedule and stick to it as best as you can. In between doing SweatBank workouts, you can do "cardio" type workouts if you like such as jogging, biking, swimming and various other activities that work the heart and lungs rather than the muscles. Following the sequencing Sweat Drop 1, 2, 3 etc is ideal so long as you schedule in your rests.

2. Workouts can be done **at home or at a gym**. We have workouts with no equipment, and workouts with dumbbells, and stability balls. If you are a beginner, you can get away with no equipment for a little while, doing the movements without weight, but if you want to turn exercise into a regular lifestyle habit, you'll want to invest in a set or two of inexpensive dumbbells and a stability ball eventually. It keeps the muscles guessing and keeps your mind interested. How do you know your weights are heavy enough? You will know because in a set of 15, for example, your last repetitions will be very difficult to complete. They will burn. If they don't, your weights are too light and will be ineffective. If you can't complete 5 repetitions, they are too heavy.

3. Use the forum and/or join us on our private Facebook group. <https://www.facebook.com/groups/SweatBankPrivate/>

Post your difficulties, your successes, your hopes and dreams. Some of you will feed off each other's momentum and thrive because of it. Please give it a try! You may end up being a large contributor to changing someone else's life for the better.

4. Get your nutrition cleaned up! You may lose some weight initially without tweaking your nutrition, but in the long term, you cannot out train a poor diet. If fat loss is your goal, it actually takes some strategy, as you can do too much "eating clean" if you know what I mean. But if you're not eating regularly, and eating the right macronutrients pre and post workouts, you may not fully achieve the results you want. Participate fully in the website, the challenges that we post every quarter, try the recipes, and consider a custom nutrition plan with us down the road if you haven't already (Gold Subscription). Contact us to upgrade at any time....and NEVER EVER DIET!

5. Each workout has a focus: Upper Body, Lower Body, Core, Cardio/HIIT or Full Body. Follow the SweatDrops in order with the appropriate rests, or try to choose workouts that stagger the muscle groups that you cover (i.e.,
Legs Monday, Upper
body Tuesday, Wednesday Rest, Thursday Full
body, Friday Cardio/HIIT, Saturday Rest, Sunday Core).
Never do two weighted leg workouts on consecutive days,

for example.

6. If you ever have wondered why you've lost motivation to continue a program in the past, there could be several reasons, but lack of accountability and progress tracking are one of the biggest culprits, whether you were aware of that or not. Every time I start a program and ask for measurements, I always get a little slack from a few. Some people don't care about their weight and measurements. However, these are way more than just numbers but ways to physically measure whether we're a step closer to your goals. Measurable goals are key to keeping you accountable! Each month you're with SweatBank, we'll email you requesting your measurements. Just think of these a quick map check on the side of the road that ensures we're on the right path toward your final destination; GOALS ACHIEVED!

7. Set aside a little time to read each page of this site, so that you know it's ins and outs.

8. Plan ahead! We're all busy! Really busy! If you want to make changes in your life and incorporate regular healthy habits into your lifestyle then you need to schedule them. Even if only tentatively. This goes for when and where you will exercise, when you will have rest/recovery days, what you will eat, when you will shop and prep your meals. Schedule it! All of it! And stick to it the best you can.

9. Check this site daily whether you plan to workout that day or not so you can see the workout of the day, you can see others post and you can participate. Live, breath and think fitness! It will help turn this new thing into a daily habit and eventually, a lifestyle.

10. Do your best. Some days you will be on fire, and others, you will be a total write off. Except it! Move on! Get it in and get it done either way. There are only a few exceptions when I'd actually say, "Yeah, maybe skip today's workout!" That is when you it's your scheduled rest day, you're injured, over-trained, had a horrible sleep, or you are sick. I will expand on each of those in a separate blog post someday, but for now, all you need to do is this. If you're putting off your workout and talking yourself out of it, try this: **Do only ten minutes and if you still feel the same ten minutes in, you can stop. At least you will have done something and tried your best. Most often it takes less than ten minutes for the endorphins to kick in during exercise however, and 9/10 times you will opt to keep going anyway.

11) If you haven't yet, make your goal something measurable. "Getting fit" is great but it cannot truly be measured. Great goals are S.M.A.R.T. That is, Specific, Measurable, Attainable, Realistic and Timed. A good example would be to wear a size 6 dress and run a half marathon in 6 months. It's specific (size and distance). It's measurable as each size closer to 6 is a point of measurement and so

is each mile closer to a half marathon. It's attainable, since both are a possibility. It's realistic since I'm already a runner so achieving a half marathon, although a challenge, is still realistic in 6 months and size 6 is only a couple sizes away. Both are timed, meaning I am setting a time limit for which I hope to achieve these goals in, rather than "someday." This is important.

12) Don't stress! If you miss a workout or you eat poorly a few days in a row, let it slide. So many people use falling off track as an excuse to give up 100%. Instead, let it slide and move on! Stress only adds to your cortisol levels, which adds to your waistline directly. Just get right back to where you left off and keep going. Don't use it as an excuse to stop all together.