

Sweat Roulette is a simple web app that will get you fit anywhere, anytime.

The idea was formed while laying on a Maltese beach. Marcus and Charlotte have set off travelling and were talking about an easy way to stay in shape without having to find a gym or buy any equipment that they'll just have to leave behind.

Sweat Roulette was born.

The healthy project by digital nomads Marcus Michaels (<http://marcusmichaels.com/blog>) and Charlotte Saunders (<http://beingcharlotte.com>) plans to get anyone, anywhere, moving - be it lunchtime in the office, bedroom in the morning or with your mates at a party seeing who can last the longest.

A unique workout generated every time a session is started. There's no hassle of getting down a gym or planning a specialist workout regime. It's just get up and go, then stop when you want to.

The exercise is loosely based off Tabata but with more exercises being constantly added.

It has been gained instant interest on Facebook and Twitter with further functionality already being developed.

Sweat Roulette is great in groups and, depending on how long it's performed for, a good way to warm up or a great cardio workout.

And as suggested on Twitter, probably fun while drunk (not recommended!):

https://twitter.com/cath_hope/status/480821175950770176

Visit the web app here: <http://sweatroulette.com>

