sweat zora neale hurston analysis

sweat zora neale hurston analysis is a critical examination of one of the most compelling short stories by the acclaimed African American author Zora Neale Hurston. This analysis delves into the rich thematic elements, character development, and cultural context that define "Sweat," a story that explores issues of gender, power, and resilience within the African American experience. By interpreting Hurston's use of symbolism, setting, and narrative style, this article sheds light on how the story communicates deeper social and psychological meanings. Furthermore, the analysis highlights the significance of the story's historical background during the Harlem Renaissance and its reflection of African American folklore and dialect. Readers will gain a comprehensive understanding of the story's plot, major themes, and literary techniques. The following sections will provide a detailed breakdown of the story's characters, themes, symbolism, and Hurston's unique storytelling approach.

- Plot Summary and Context
- Main Characters and Characterization
- Themes in "Sweat"
- Symbolism and Literary Devices
- Zora Neale Hurston's Narrative Style and Language
- Historical and Cultural Significance

Plot Summary and Context

"Sweat" is a short story written by Zora Neale Hurston that centers on Delia Jones, a hardworking African American washerwoman living in the rural South. The narrative follows Delia's struggle with her abusive and unfaithful husband, Sykes, who torments her emotionally and physically. The story reaches its climax when Sykes brings a venomous snake into their home, leading to a dramatic confrontation that symbolizes the consequences of his cruelty. Set in a small Florida town, the story reflects the harsh realities faced by African American women in the early 20th century. The plot is straightforward yet powerful, highlighting themes of endurance, justice, and empowerment.

The context of the story is crucial to understanding its depth. Written during the Harlem Renaissance, "Sweat" showcases elements of African American folklore and dialect, emphasizing cultural identity and resistance against oppression. Hurston's background as an anthropologist informs her vivid depiction of rural black life, making the story both a literary work and an ethnographic document.

Main Characters and Characterization

The story's characters are central to its impact, each representing different facets of human experience and social dynamics. The characterization in "Sweat" is nuanced, with Hurston employing dialect and behavior to create authentic personalities.

Delia Jones

Delia is the protagonist, portrayed as a resilient and diligent woman who endures physical and emotional abuse from her husband. Despite her hardships, she maintains her dignity and works tirelessly to support herself. Delia's character embodies strength, morality, and perseverance, symbolizing the plight of many African American women of her time.

Sykes Jones

Sykes is Delia's antagonist, characterized by his cruelty, laziness, and infidelity. He represents the oppressive forces that Delia must overcome. His introduction of the snake into their home serves as a metaphor for the toxicity of their relationship and his eventual downfall.

Supporting Characters

Though minor, other characters help to contextualize the social setting and community dynamics. These include neighbors who observe the couple's conflict, illustrating societal attitudes towards domestic abuse and gender roles within the community.

Themes in "Sweat"

The story explores multiple themes that resonate with both historical and contemporary audiences. These themes deepen the narrative and invite critical reflection.

- **Gender Roles and Oppression:** The story critiques the patriarchal system that subjugates women, highlighting Delia's struggle against her husband's domination.
- **Resilience and Empowerment:** Delia's endurance and eventual triumph symbolize the empowerment of marginalized individuals.
- **Justice and Retribution:** The narrative suggests a moral balance, where Sykes's malicious actions lead to his own demise.
- Racial and Social Identity: The story reflects the complexities of African American life in the South, emphasizing cultural pride and survival.

Symbolism and Literary Devices

Zora Neale Hurston employs various symbols and literary techniques to enrich the narrative of "Sweat."

The Snake

The snake in the story is a powerful symbol of evil, danger, and Sykes's malevolence. It represents the poisonous nature of his character and the threat he poses to Delia's wellbeing. The snake also embodies the ultimate instrument of justice, as it is the cause of Sykes's downfall.

Setting

The rural setting reflects both the physical and social environment in which the characters live. The oppressive heat and isolation mirror the tension and hostility in Delia's domestic life.

Dialect and Dialogue

Hurston's use of African American Vernacular English (AAVE) lends authenticity to the characters and setting. This linguistic choice also preserves cultural heritage and enhances the story's realism.

Irony

There is a strong use of situational irony, particularly in the fate of Sykes. His attempt to harm Delia with the snake backfires, leading to his own injury and death.

Zora Neale Hurston's Narrative Style and Language

Hurston's narrative style in "Sweat" is characterized by vivid descriptions, rhythmic dialogue, and a blend of folklore and realism. Her anthropological background informs her detailed portrayal of African American rural life.

Use of Folklore

The story incorporates elements of African American folklore, especially through the symbolism of the snake and the oral storytelling tradition evident in the dialogue.

Descriptive Imagery

Hurston uses rich imagery to evoke the setting and emotional atmosphere. The oppressive heat, the sweat produced by Delia's labor, and the vivid description of the snake all contribute to a palpable sensory experience.

Character Voice

The distinct voices of Delia and Sykes, conveyed through dialect, highlight their contrasting personalities and social roles. This use of language also serves to immerse readers in the cultural context.

Historical and Cultural Significance

"Sweat" holds great historical and cultural importance as a work that captures the African American experience during the early 20th century. It is set against the backdrop of systemic racism, economic hardship, and gender inequality prevalent in the Jim Crow South.

The story is part of the Harlem Renaissance literary movement, which sought to celebrate black culture and challenge racial stereotypes. Hurston's work contributes to this movement by portraying strong black characters and authentic cultural expressions.

Moreover, "Sweat" addresses universal themes of justice and human dignity, making it relevant across time and cultures. Its focus on a black woman's perspective was groundbreaking, providing a voice to those often marginalized in literature.

- 1. Depiction of African American Women's Strength
- 2. Representation of Rural Southern Life
- 3. Contribution to Harlem Renaissance Literature
- 4. Preservation of African American Vernacular and Folklore
- 5. Critique of Patriarchal and Racial Oppression

Frequently Asked Questions

What is the main theme of Zora Neale Hurston's "Sweat"?

The main theme of "Sweat" is the struggle for empowerment and independence, particularly for African American women, as well as the consequences of abusive relationships.

How does Zora Neale Hurston use symbolism in "Sweat"?

Hurston uses symbolism such as the snake to represent evil and oppression, and sweat to symbolize hard work and endurance, reflecting the protagonist Delia's resilience.

What role does Delia Jones play in "Sweat" by Zora Neale Hurston?

Delia Jones is the protagonist who embodies strength, perseverance, and moral integrity as she endures physical and emotional abuse but ultimately asserts her independence.

How does the setting influence the story in "Sweat"?

The rural Florida setting reflects the harsh and oppressive environment in which Delia lives, emphasizing themes of poverty, racial discrimination, and domestic hardship.

What is the significance of the title "Sweat" in Hurston's story?

The title "Sweat" signifies the hard labor and suffering endured by Delia, highlighting both her physical toil as a washerwoman and her emotional struggles.

How does Hurston address gender roles in "Sweat"?

Hurston critiques traditional gender roles by showing Delia's strength and independence in contrast to Sykes's abusive masculinity, challenging patriarchal expectations.

What literary techniques does Hurston use in "Sweat" to enhance the narrative?

Hurston employs dialect, vivid imagery, symbolism, and irony to create an authentic voice, deepen character development, and underscore the story's themes.

How is the theme of justice portrayed in "Sweat"?

Justice in "Sweat" is portrayed through the eventual downfall of Sykes, suggesting a moral balance where cruelty and abuse lead to consequences.

Why is "Sweat" considered an important work in African American literature?

"Sweat" is important because it highlights the experiences of black women in the early 20th century, showcasing their resilience and confronting issues of race, gender, and class.

Additional Resources

1. *Understanding Zora Neale Hurston's* "Sweat": A Critical Analysis
This book offers an in-depth examination of Hurston's short story "Sweat," focusing on its themes of resilience, oppression, and empowerment. It explores the cultural and historical context of the Harlem Renaissance and how Hurston's use of dialect and symbolism enhances the narrative. Readers gain insight into the complex characterization and feminist undertones present in the story.

- 2. Voices of the South: The Literary Impact of Zora Neale Hurston's "Sweat"

 This work analyzes the significance of "Sweat" within Southern African American literature. It delves into Hurston's portrayal of rural life and the intersection of race, gender, and class in the early 20th century. The book also compares "Sweat" to Hurston's other works, highlighting recurring motifs and stylistic choices.
- 3. Feminism and Freedom in Zora Neale Hurston's "Sweat"
 Focusing on the feminist themes of "Sweat," this book discusses the protagonist Delia's struggle against domestic abuse and societal expectations. It investigates how Hurston challenges traditional gender roles and presents a narrative of female empowerment. The analysis also considers the story's relevance to contemporary discussions on gender and autonomy.
- 4. Symbolism and Setting in "Sweat": A Study of Hurston's Narrative Techniques
 This title explores the symbolic elements and setting in "Sweat" that contribute to the story's
 emotional depth and thematic complexity. It examines the use of the snake as a multifaceted symbol
 and the rural Florida environment as a backdrop for conflict and transformation. The book provides
 readers with tools to interpret Hurston's nuanced storytelling style.
- 5. Race, Identity, and Resistance in Zora Neale Hurston's "Sweat"
 This book analyzes how "Sweat" addresses issues of racial identity and resistance within the African American community. It highlights Hurston's portrayal of everyday struggles and resilience in the face of systemic oppression. The text situates the story within the broader framework of African American literature and cultural history.
- 6. The Harlem Renaissance and Zora Neale Hurston's "Sweat": Cultural Contexts
 Providing historical background, this book situates "Sweat" within the Harlem Renaissance and discusses its cultural significance. It traces Hurston's influences and contributions to the movement, emphasizing how "Sweat" reflects the era's artistic and social currents. The analysis includes a discussion of language, folklore, and narrative style.
- 7. Domestic Conflict and Power Dynamics in Hurston's "Sweat"
 This study focuses on the portrayal of domestic conflict and power struggles between the characters in "Sweat." It explores themes of abuse, control, and liberation within the household setting. The book offers a psychological reading of character motivations and the symbolic resolution of their conflicts.
- 8. Language and Dialect in Zora Neale Hurston's "Sweat": Authenticity and Identity
 Examining Hurston's use of African American Vernacular English, this book discusses how language
 shapes character identity and cultural authenticity in "Sweat." It considers the role of dialect in
 enhancing realism and preserving oral traditions. The analysis also addresses challenges and
 criticisms related to linguistic representation.
- 9. Resilience and Redemption: Thematic Explorations in Zora Neale Hurston's "Sweat" This title explores the central themes of resilience and redemption in "Sweat," focusing on Delia's journey toward self-empowerment. It discusses how Hurston constructs a narrative that celebrates endurance and moral strength. The book also reflects on the story's enduring appeal and its place in American literary canon.

Sweat Zora Neale Hurston Analysis

Find other PDF articles:

https://staging.devenscommunity.com/archive-library-202/Book?dataid=Nln17-0761&title=crate-training-puppy-overnight.pdf

sweat zora neale hurston analysis: Sweat Zora Neale Hurston, 1997 Now frequently anthologized, Zora Neale Hurston's short story Sweat was first published in Firell, a legendary literary magazine of the Harlem Renaissance, whose sole issue appeared in November 1926. Among contributions by Gwendolyn Bennett, Countee Cullen, Langston Hughes, and Wallace Thurman, Sweat stood out both for its artistic accomplishment and its exploration of rural Southern black life. In Sweat Hurston claimed the voice that animates her mature fiction, notably the 1937 novel Their Eyes Were Watching God; the themes of marital conflict and the development of spiritual consciousness were introduced as well. Sweat exemplifies Hurston's lifelong concern with women's relation to language and the literary possibilities of black vernacular. This casebook for the story includes an introduction by the editor, a chronology of the author's life, the authoritative text of Sweat, and a second story, The Gilded Six-Bits. Published in 1932, this second story was written after Hurston had spent years conducting fieldwork in the Southern United States. The volume also includes Hurston's groundbreaking 1934 essay, Characteristics of Negro Expression, and excerpts from her autobiography, Dust Tracks on a Road. An article by folklorist Roger Abrahams provides additional cultural contexts for the story, as do selected blues and spirituals. Critical commentary comes from Alice Walker, who led the recovery of Hurston's work in the 1970s, Robert Hemenway, Henry Louis Gates, Gayl Jones, John Lowe, Kathryn Seidel, and Mary Helen Washington.

sweat zora neale hurston analysis: A Study Guide for Zora Neale Hurston's "Sweat" Gale, Cengage Learning, 2016 A Study Guide for Zora Neale Hurston's Sweat, excerpted from Gale's acclaimed Short Stories for Students. This concise study guide includes plot summary; character analysis; author biography; study questions; historical context; suggestions for further reading; and much more. For any literature project, trust Short Stories for Students for all of your research needs.

sweat zora neale hurston analysis: Zora Neale Hurston Cynthia Davis, Verner D. Mitchell, 2013-05-09 Zora Neale Hurston (1891-1960), the most prominent of the Harlem Renaissance women writers, was unique because her social and professional connections were not limited to literature but encompassed theatre, dance, film, anthropology, folklore, music, politics, high society, academia, and artistic bohemia. Hurston published four novels, three books of nonfiction, and dozens of short stories, plays, and essays. In addition, she won a long list of fellowships and prizes, including a Guggenheim and a Rosenwald. Yet by the 1950s, Hurston, like most of her Harlem Renaissance peers, had faded into oblivion. An essay by Alice Walker in the 1970s, however, spurred the revival of Hurston's literary reputation, and her works, including her 1937 novel Their Eyes Were Watching God, have enjoyed an enduring popularity. Zora Neale Hurston: An Annotated Bibliography of Works and Criticism consists of reviews of critical interpretations of Hurston's work. In addition to publication information, each selection is carefully crafted to capture the author's thesis in a short, pithy, analytical framework. Also included are original essays by eminent Hurston scholars that contextualize the bibliographic entries. Meticulously researched but accessible, these essays focus on gaps in Hurston criticism and outline new directions for Hurston scholarship in the twenty-first century. Comprehensive and up-to-date, this volume contains analytical summaries of the most important critical writings on Zora Neale Hurston from the 1970s to the present. In addition, entries from difficult-to-locate sources, such as small academic presses or international journals, can be found here. Although intended as a bibliographic resource for graduate and undergraduate students,

this volume is also aimed toward general readers interested in women's literature, African American literature, American history, and popular culture. The book will also appeal to scholars and teachers studying twentieth-century American literature, as well as those specializing in anthropology, modernism, and African American studies, with a special focus on the women of the Harlem Renaissance.

sweat zora neale hurston analysis: A Study Guide for Zora Neale Hurston's "Sweat" Cengage Learning Gale, 2017-07-25 A Study Guide for Zora Neale Hurston's Sweat, excerpted from Gale's acclaimed Short Stories for Students. This concise study guide includes plot summary; character analysis; author biography; study questions; historical context; suggestions for further reading; and much more. For any literature project, trust Short Stories for Students for all of your research needs.

sweat zora neale hurston analysis: Zora Neale Hurston's Their Eyes Were Watching God Harold Bloom, 2008 Critics have suggested that Zora Neale Hurston's Their Eyes Were Watching God has helped revise a male-dominated literary canon. All-new critical essays touch on subjects such as sight and vision, speech and dialect, and the ways the novel subverts traditional power structures, and more.

sweat zora neale hurston analysis: Rereading the Harlem Renaissance Sharon L. Jones, 2002-12-30 African American writers of the Harlem Renaissance generally fall into three aesthetic categories: the folk, which emphasizes oral traditions, African American English, rural settings, and characters from lower socioeconomic levels; the bourgeois, which privileges characters from middle class backgrounds; and the proletarian, which favors overt critiques of oppression by contending that art should be an instrument of propaganda. Depending on critical assumptions regarding what constitutes authentic African American literature, some writers have been valorized, others dismissed. This rereading of the Harlem Renaissance gives special attention to Fauset, Hurston, and West. Jones argues that all three aesthetics influence each of their works, that they have been historically mislabeled, and that they share a drive to challenge racial, class, and gender oppression. The introduction provides a detailed historical overview of the Harlem Renaissance and the prevailing aesthetics of the period. Individual chapters analyze the works of Hurston, West, and Fauset to demonstrate how the folk, bourgeois, and proletarian aesthetics figure into their writings. The volume concludes by discussing the writers in relation to contemporary African American women authors.

sweat zora neale hurston analysis: Experiencing Gender Rocío Carrasco-Carrasco, 2015-10-13 This book provides comprehensive insights into the concept of gender in an international context. By focusing on diverse and varied critical approaches, it explores how gender identities are shaped by socio-cultural factors, and provides a map of how gender experiences are understood and represented in the arts and society. Through an analysis of both focal and local experiences of gender within a global context, the contributions to this volume create a continuum in which gender and experience stand at a crossroads within the arts. Moreover, this crossroads intersects with the cultural determinations that some of the contributors explore in a critical way. Consequently, this volume represents a necessary contribution to the new maps of gender that are currently being set for the future. The book will appeal to academic scholars interested in the articulation of gender in traditional discourses, as well as the many deconstructions that have been undertaking in the recent past and the present. In addition, the volume is suitable for use in programmes and modules for undergraduate students of feminist and gender studies, cultural studies, sociology, literature, and popular culture, among other disciplines.

sweat zora neale hurston analysis: Analysis and Assessment, 1980-1994 Cary D. Wintz, 1996 Twenty-nine collected essays represent a critical history of Shakespeare's play as text and as theater, beginning with Samuel Johnson in 1765, and ending with a review of the Royal Shakespeare Company production in 1991. The criticism centers on three aspects of the play: the love/friendship debate.

sweat zora neale hurston analysis: Student Companion to Zora Neale Hurston Josie P.

Campbell, 2001-07-30 Zora Neale Hurston is considered one of the most controversial yet prominent figures associated with the Harlem Renaissance. This introductory study examines Hurston's contributions to that literary movement, as well as her role as mediator between the black and white worlds in which she lived. Readers will appeciate the clear presentation of the biographical facts of her life, as well as an overview of the issues and varying perceptions surrounding her literary achievements. A full chapter is devoted to analysing each of Hurston's major works of fiction: Jonah's Gourd Vine (1934), Their Eyes Were Watching God (1937), Moses, Man of the Mountain (1939), Seraph on the Suwanee (1948) as well as her short fiction and her fictionalized autobiography Dust Tracks on a Road (1942). For each of the works, plot, character development, themes, setting and symbols are identified and discussed in clear accessible language. An alternate critical perspective enhances the understanding of each of Hurston's full length works. Contemporary reviews are cited in a bibliography which also helps students find further biographical and critical information on Zora Neale Hurston.

sweat zora neale hurston analysis: *Teaching Modernist Women's Writing in English* Janine Utell, 2021-04-25 Offers pedagogical techniques for teaching anglophone modernist writing by Virginia Woolf, Gertrude Stein, Dorothy Richardson, Jean Rhys, Nella Larsen, and others. Gives syllabus suggestions for undergraduate and graduate courses in literature and writing. Covers topics such as feminism, gender identity, canon formation, politics, activism, and war. Suggests many digital humanities approaches.

sweat zora neale hurston analysis: *Lives Through Literature* Helane Levine-Keating, Walter Levy, 2001

sweat zora neale hurston analysis: Evolution, Literature, and Film Brian Boyd, Joseph Carroll, Jonathan Gottschall, 2010 Jonathan Gottschall teaches English at Washington and Jefferson College. --Book Jacket.

sweat zora neale hurston analysis: Common Core Jocelyn A. Chadwick, 2015-02-27 Common Core: Paradigmatic Shifts is a timely and protean educator resource and reference, designed to be of immediate use in the classroom and in Professional Learning Communities. In addition, this book also provides a "looking glass," allowing educators to peer briefly back in history to ascertain the origin of standards, as they came to be in the United States educational system, and as they earnestly impacted English language arts. Common Core: Paradigmatic Shifts identifies and provides curricular approaches speaking to teachers' concerns regarding content preparedness. In addition, this book includes teacher narratives from around the country, describing their approaches and strategies with the Common Core initiative and its impact on their students, as well as those who do not use the Core. Essentially, Common Core: Paradigmatic Shifts will spark further proactive, engaged, and reconstructive conversation among teachers regarding both students and themselves. Ignited by the advent of the Core, their conversation today is about just how do they use standards to create vibrant, engaged, immersive, and relevant instruction that lives beyond the traditional walls of the classroom. Common Core: Paradigmatic Shifts will prove to be a "go to" resource that provides useful information and instructional approaches beyond Common Core.

sweat zora neale hurston analysis: <u>Black Womanist Ethics</u> Katie G. Cannon, 2006-02-09 This study articulates the distinctive moral character of the Afro-American women's community. Beginning with a reconstructive history of the Afro-American woman's situation in America, the work next traces the emergence of the Black woman's literary tradition and explains its importance in expressing the moral wisdom of Black women. The life and work of Zora Neale Hurston is examined in detail for her unique contributions to the moral tradition of the Afro-American woman. A final chapter initiates a promising exchange between the works of Hurston and those of Howard Thurman and Martin Luther King, Jr. A pioneering and multi-dimensional work, 'Black Womanist Ethics' is at once a study in ethics, gender, and race.

sweat zora neale hurston analysis: Reading and Writing about Literature Janet Gardner, Joanne Diaz, 2020-08-13 Reading and Writing about Literature provides the essentials of reading and writing about literature in a brief and very affordable package.

sweat zora neale hurston analysis: Gloria Naylor Virginia C. Fowler, 1996 Twayne's United States Authors, English Authors, and World Authors Series present concise critical introductions to great writers and their works. Devoted to critical interpretation and discussion of an author's work, each study takes account of major literary trends and important scholarly contributions and provides new critical insights with an original point of view. An Authors Series volume addresses readers ranging from advanced high school students to university professors. The book suggests to the informed reader new ways of considering a writer's work. Each volume features: -- A critical, interpretive study and explication of the author's works -- A brief biography of the author -- An accessible chronology outlining the life, the work, and relevant historical context -- Aids for further study: complete notes and references, a selected annotated bibliography and an index -- A readable style presented in a manageable length

sweat zora neale hurston analysis: The Story and Its Writer, Compact Ann Charters, 2023-08-02 The Story and Its Writer includes 80 classic and contemporary short stories that help you become better at reading fiction and writing about it.

watching God Neal Lester, 1999-10-30 Zora Neale Hurston's Their Eyes Were Watching God highlights the vitality of African American culture. This casebook demonstrates how African Americans fashioned themselves individually and collectively to combat racism, classism, and sexism. With provocative documents that contextualize the complex issues of the novel, Lester provides an excellent resource for students and teachers first approaching the excitement and cultural flavor that define Hurston's novels. The casebook is an encyclopedia of African American folk culture that simultaneously presents historical, political, and social commentary on the relationships between men and women and between blacks and whites in America. Documents include interviews with people living in the South at the time of the novel's publication, poetry, rap, folktales, and sermons. Also included are original materials on ebonics, minstrel songs, the blues tradition, the novel in theatrical and dance performance, and materials on Hurston's hometown of Eatonville, Florida.

sweat zora neale hurston analysis: The Heath Introduction to Fiction John Jacob Clayton, 2000 This affordable, chronologically arranged anthology features 72 short stories carefully selected for their representation of international voices and techniques, their significance in the development of fiction, and their educational and thematic value. Selections are weighted toward the modern and contemporary, with a fair representation of earlier stories. Story groupings help instructors shape thematic units, and help students recognize thematic and technical points of comparison between readings. Multiple stories by the same author allow students to compare works and analyze the evolution of the writer's literary technique.

sweat zora neale hurston analysis: Melancholics in Love Frances L. Restuccia, 2000 Drawing from a wide spectrum of literary and autobiographical texts from the past and present, such as Jane Austen's Emma and Tina Turner's I, Tina, Frances L. Restuccia moves from a psychoanalytic explanation of the formation of women melancholics to the cultural co-construction of battered women.

Related to sweat zora neale hurston analysis

Log in - Sweat Forgot your password? Log in with Email or Log in with Facebook

Sweat: The Fitness App Trusted By Millions of Women - Sweat Work out anywhere, anytime with 50+ programs and 13,000+ workouts. The Sweat app has transformed the lives of millions of women. Start your free trial today

Join Sweat | Step Into Strength Explore Sweat Programs Trainers Sweat Challenge Exercises Articles Fitness Wellbeing Nutrition Community Community Support

Log in - Sweat When you visit our website, we store cookies on your browser to collect information. The information collected might relate to you, your preferences, or your device or browser, and is **Join Sweat - Sweat** Work out anywhere, anytime with the Sweat app. Learn from leading trainers

like Kayla Itsines & join the world's most powerful female fitness community

Sweat App: Every Drop Counts Work out absolutely anywhere, anytime with guidance from female fitness trainers right on your phone. Start now to train together with women worldwide

Sweat's First-Ever Subscription Changes - Sweat Support There are thousands of ways to Sweat: at home, in the gym or when you're on the move and this price update allows us to continue investing in empowering women through fitness. For more

Sweat Programs - Sweat You'll find over 60 Sweat programs for women in the Sweat app, including pregnancy options. Discover gym and at-home workouts for all fitness levels

Welcome To The Sweat App Sweat is the fitness app trusted by millions of women across the world. Discover our extensive library of programs, workouts, trainers, recipes and more

How to access your account on any computer device - Sweat Support You can access your Sweat account on any computer device that has access to a web browser. This can be a great way to view your workouts

Log in - Sweat Forgot your password? Log in with Email or Log in with Facebook

Sweat: The Fitness App Trusted By Millions of Women - Sweat Work out anywhere, anytime with 50+ programs and 13,000+ workouts. The Sweat app has transformed the lives of millions of women. Start your free trial today

Join Sweat | Step Into Strength Explore Sweat Programs Trainers Sweat Challenge Exercises Articles Fitness Wellbeing Nutrition Community Community Support

Log in - Sweat When you visit our website, we store cookies on your browser to collect information. The information collected might relate to you, your preferences, or your device or browser, and is **Join Sweat - Sweat** Work out anywhere, anytime with the Sweat app. Learn from leading trainers like Kayla Itsines & join the world's most powerful female fitness community

Sweat App: Every Drop Counts Work out absolutely anywhere, anytime with guidance from female fitness trainers right on your phone. Start now to train together with women worldwide

Sweat's First-Ever Subscription Changes - Sweat Support There are thousands of ways to Sweat: at home, in the gym or when you're on the move and this price update allows us to continue investing in empowering women through fitness. For more

Sweat Programs - Sweat You'll find over 60 Sweat programs for women in the Sweat app, including pregnancy options. Discover gym and at-home workouts for all fitness levels

Welcome To The Sweat App Sweat is the fitness app trusted by millions of women across the world. Discover our extensive library of programs, workouts, trainers, recipes and more

How to access your account on any computer device - Sweat You can access your Sweat account on any computer device that has access to a web browser. This can be a great way to view your workouts

Log in - Sweat Forgot your password? Log in with Email or Log in with Facebook

Sweat: The Fitness App Trusted By Millions of Women - Sweat Work out anywhere, anytime with 50+ programs and 13,000+ workouts. The Sweat app has transformed the lives of millions of women. Start your free trial today

Join Sweat | Step Into Strength Explore Sweat Programs Trainers Sweat Challenge Exercises Articles Fitness Wellbeing Nutrition Community Community Support

Log in - Sweat When you visit our website, we store cookies on your browser to collect information. The information collected might relate to you, your preferences, or your device or browser, and is **Join Sweat - Sweat** Work out anywhere, anytime with the Sweat app. Learn from leading trainers like Kayla Itsines & join the world's most powerful female fitness community

Sweat App: Every Drop Counts Work out absolutely anywhere, anytime with guidance from female fitness trainers right on your phone. Start now to train together with women worldwide

Sweat's First-Ever Subscription Changes - Sweat Support There are thousands of ways to Sweat: at home, in the gym or when you're on the move and this price update allows us to continue investing in empowering women through fitness. For more

Sweat Programs - Sweat You'll find over 60 Sweat programs for women in the Sweat app,

including pregnancy options. Discover gym and at-home workouts for all fitness levels **Welcome To The Sweat App** Sweat is the fitness app trusted by millions of women across the world. Discover our extensive library of programs, workouts, trainers, recipes and more **How to access your account on any computer device - Sweat** You can access your Sweat account on any computer device that has access to a web browser. This can be a great way to view your workouts

Back to Home: https://staging.devenscommunity.com