



DEAL or NO DEAL



DEAL or NO DEAL: FITNESS EDITION



*CLICK THE CASE
TO PLAY!*

HOW TO PLAY:

1. Pick a case, any case!
2. Decide to perform that exercise (DEAL) or change the case for a different exercise chosen randomly (NO DEAL)



Click apple
when finished

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1

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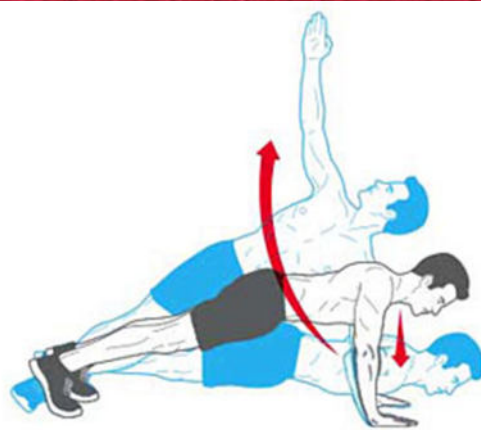
4

5

6



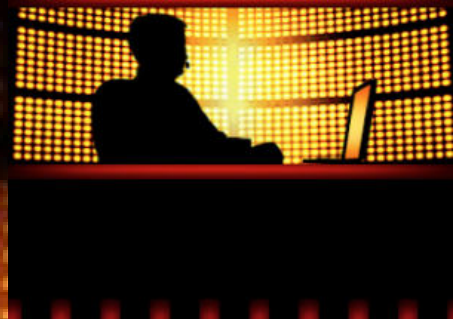
1



T PUSH-UPS

DEAL

NO DEAL



T PUSH-UPS



NEON 30 NEON

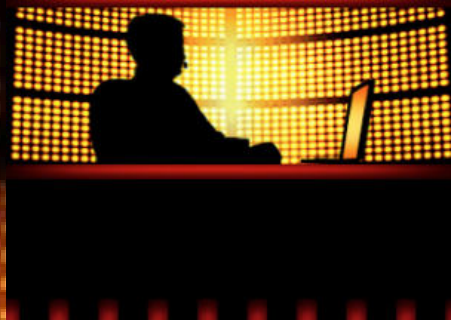
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SPIDERMAN CLIMBERS

DEAL

NO DEAL



SPIDERMAN CLIMBERS



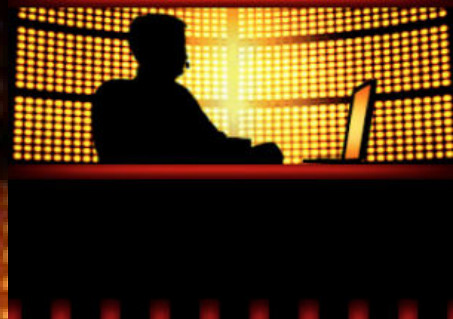
3



SQUATS

DEAL

NO DEAL



SQUATS



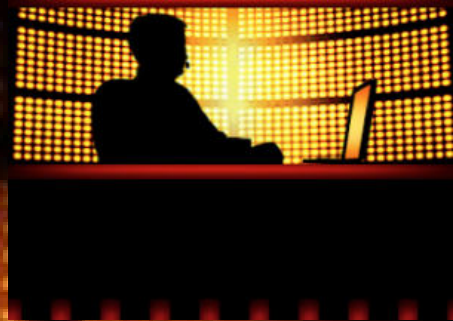
4



PUSH-UPS

DEAL

NO DEAL



PUSH-UPS



CrossFit

00:30

5



BRIDGE TAPS

DEAL

NO DEAL



BRIDGE TAPS



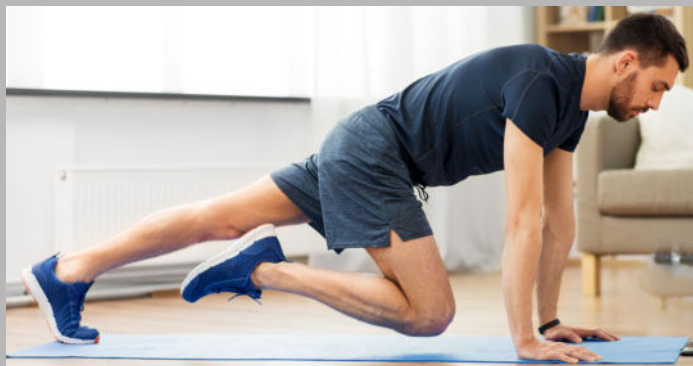
EXERCISE LIBRARY
BRIDGE TAPS



10



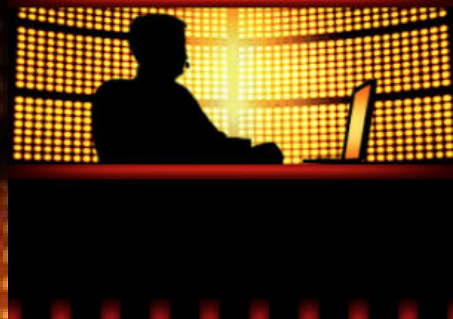
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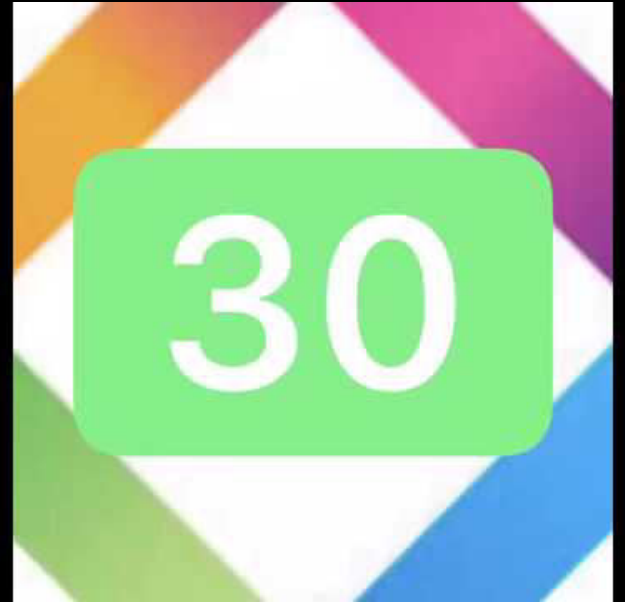
MOUNTAIN CLIMBERS

DEAL

NO DEAL



MOUNTAIN CLIMBERS



7



DEAL

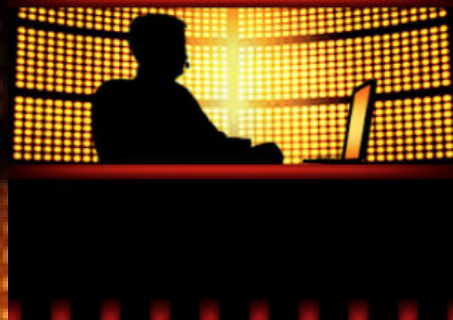
NO DEAL



Water Break



8



INVISIBLE JUMP ROPE



NEON 30 NEON

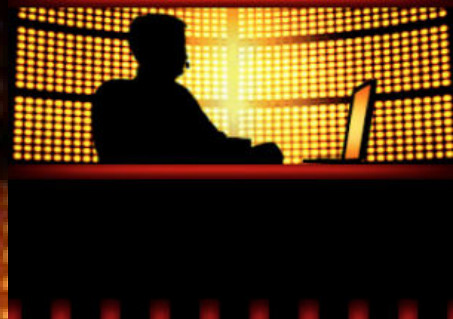
9



CRUNCHES

DEAL

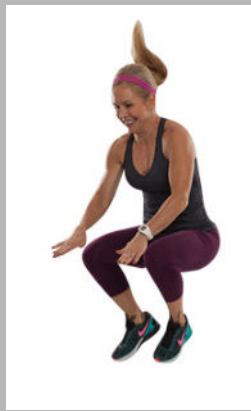
NO DEAL



CRUNCHES



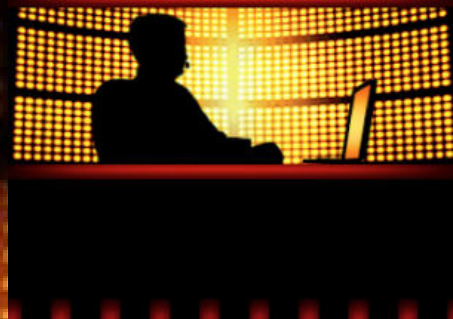
10



KNEE TUCKS

DEAL

NO DEAL



JUMPING KNEE TUCKS



EXERCISE LIBRARY
JUMP KNEE-TUCKS



30

11



JOG IN PLACE



10



12

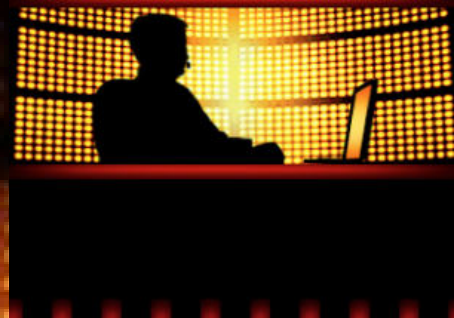


JUMPING JACKS

JUMPING JACKS

DEAL

NO DEAL



JUMPING JACKS



00:30

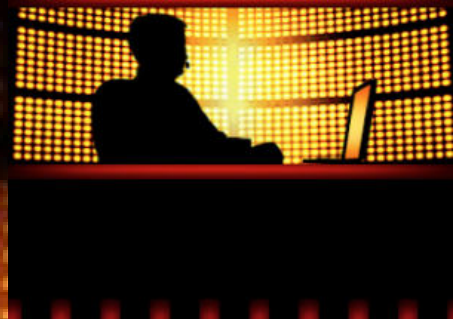
13



CRAB KICKS

DEAL

NO DEAL



CRAB KICKS



14



LUNGES

DEAL

NO DEAL



LUNGES



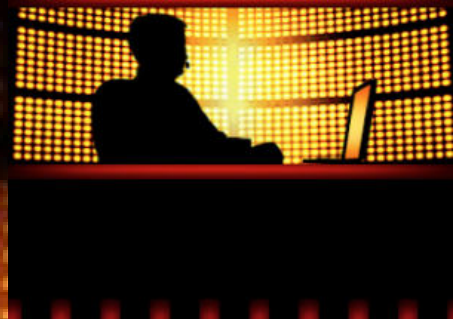
15



V UPS

DEAL

NO DEAL



ALTERNATING V UPS



NEON 30 NEON

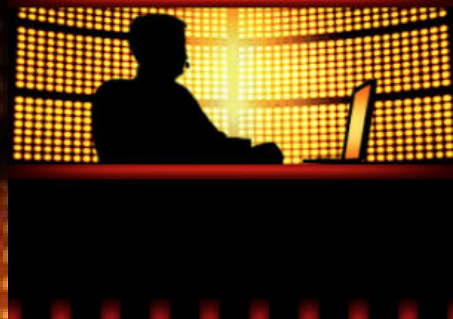
16



JUMPING LUNGES

DEAL

NO DEAL



JUMPING LUNGES



**JUMPING
LUNGES**



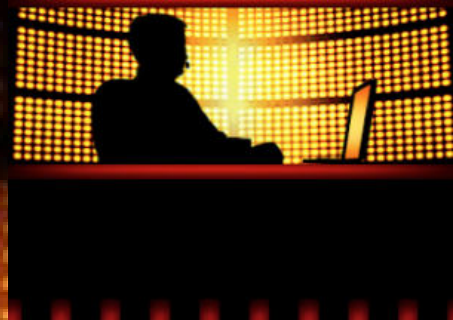
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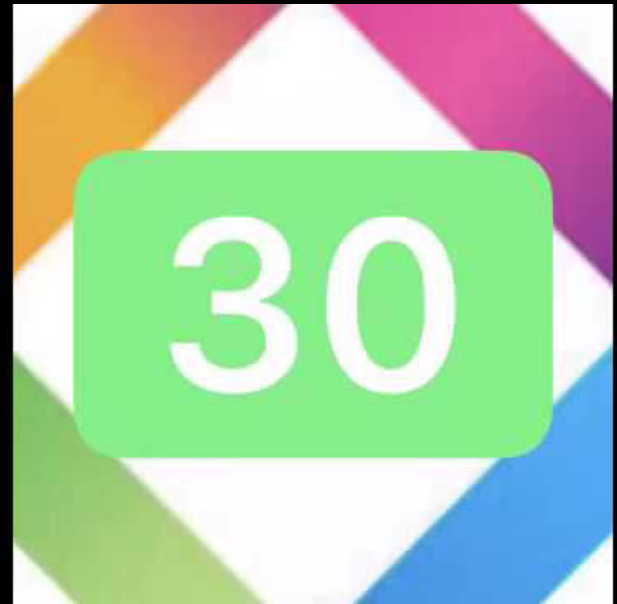
BICYCLE CRUNCHES

DEAL

NO DEAL



BICYCLE CRUNCHES



18



SKATERS

DEAL

NO DEAL



SKATERS



10



19



PLANK

DEAL

NO DEAL



PLANK



00:30

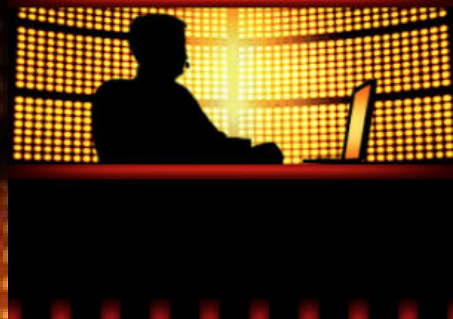
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SIDE LUNGES

DEAL

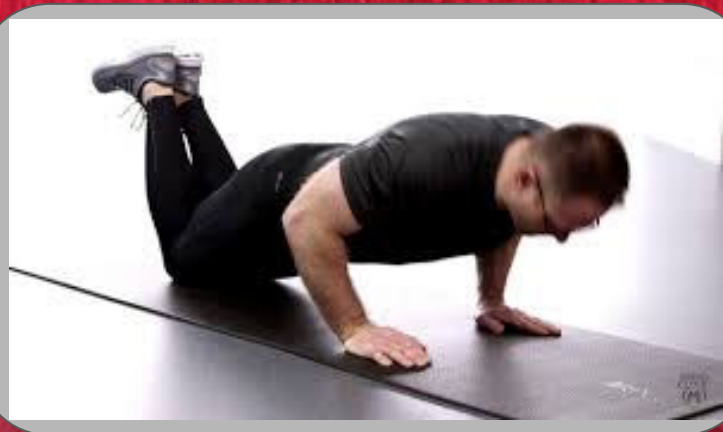
NO DEAL



SIDE LUNGES



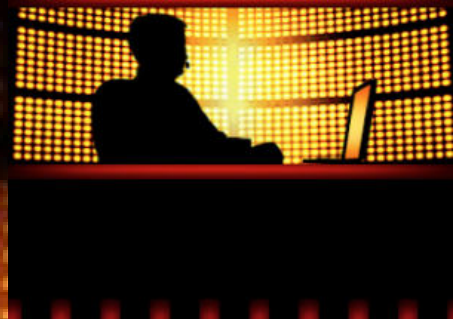
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KNEE BENT PUSH-UPS

DEAL

NO DEAL



KNEE BENT PUSH-UPS



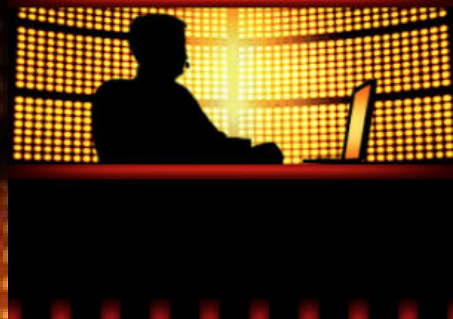
22



HIGH KNEES

DEAL

NO DEAL



HIGH KNEES

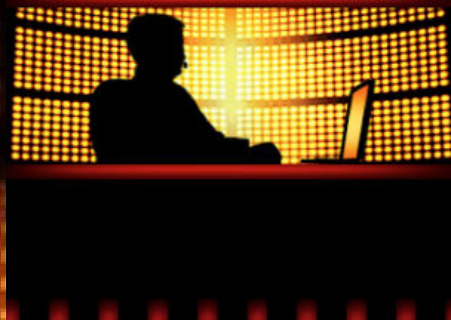


EXERCISE LIBRARY
HIGH KNEES



00:30

23



MARCHING IN PLACE



HIGH
KNEES

10



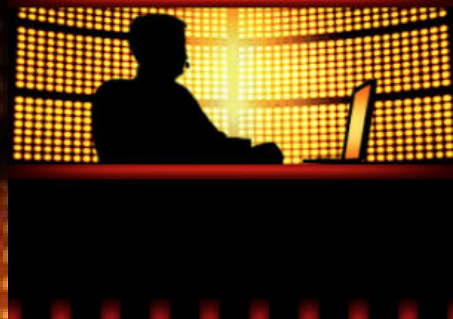
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SIT-UPS

DEAL

NO DEAL



SIT-UPS



NEON 30 NEON

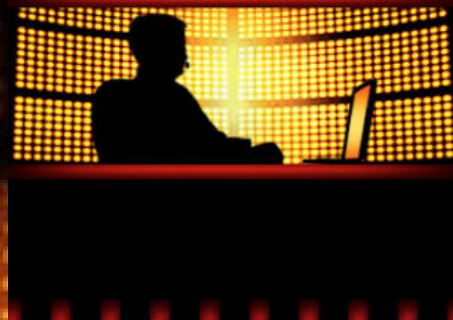
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BURPEES

DEAL

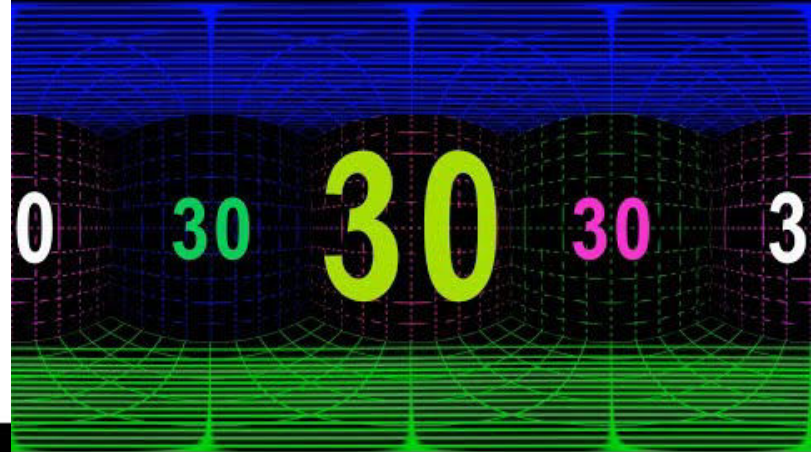
NO DEAL



BURPEES



CrossFit®



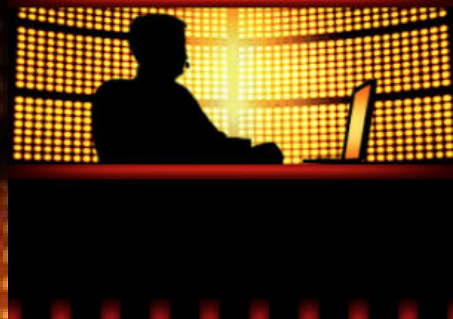
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SQUAT JUMPS

DEAL

NO DEAL



SQUAT JUMPS



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