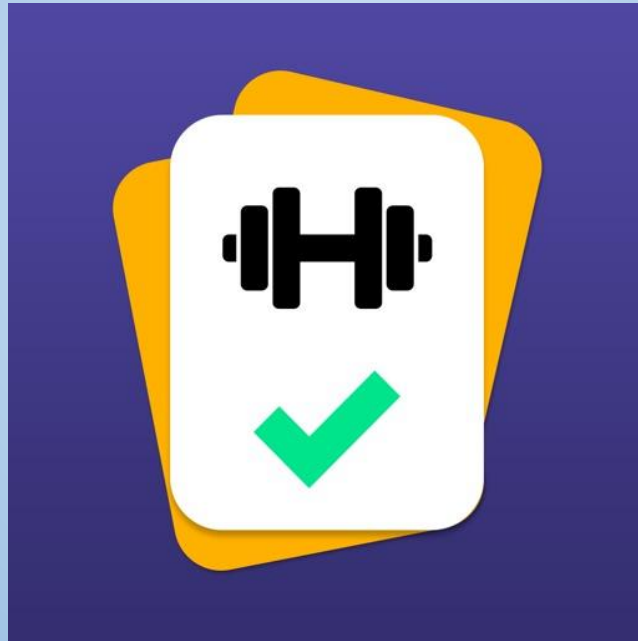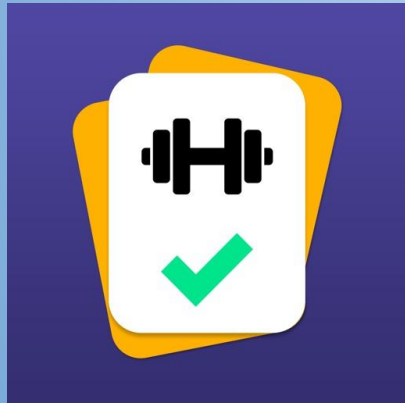# Sweat Deck App

Set-Up Instructions

Mr. Barthuly
Jefferson
Elementary

First, go to the "Self Service App"

Next, install the "Sweat Deck" app

Before We Start...

Before beginning the workout, you will need to go to your Seesaw app and make sure you are in the "PHY ED" class.
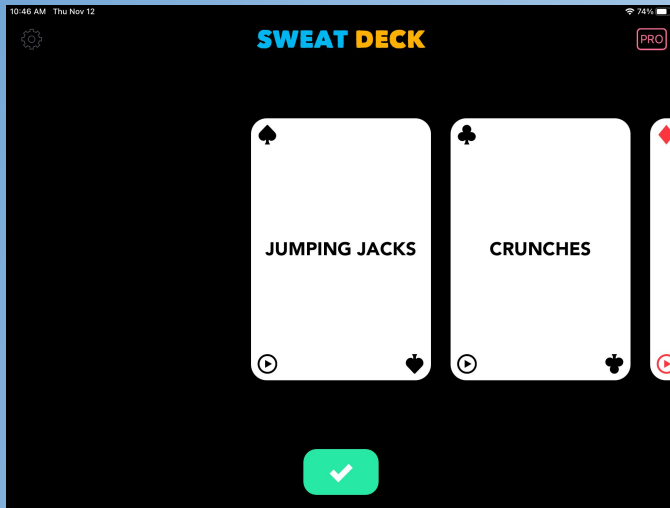
Tap on your name in the top corner and then tap on the "PHY ED" class.

When we share the results of our workout, the Sweat Deck app will share to whichever Seesaw class your app is in, so we need to make sure you are in the PHY ED class.
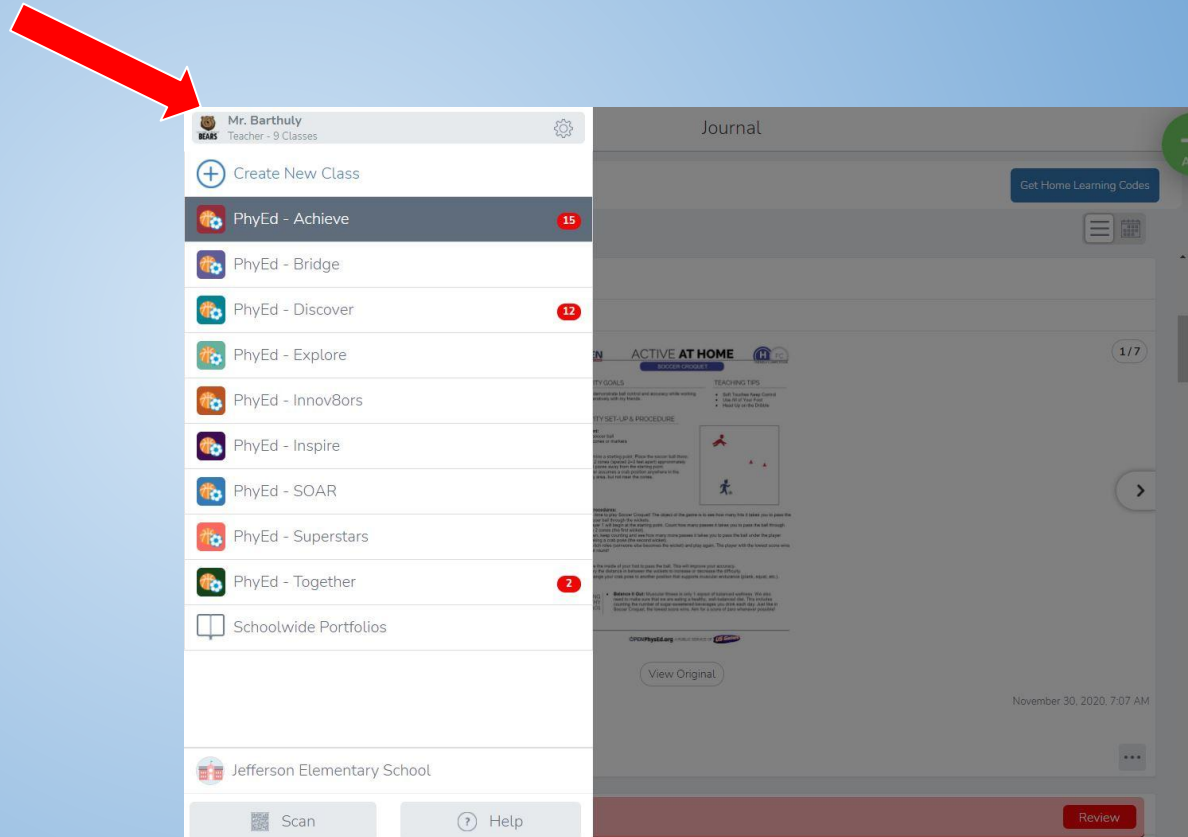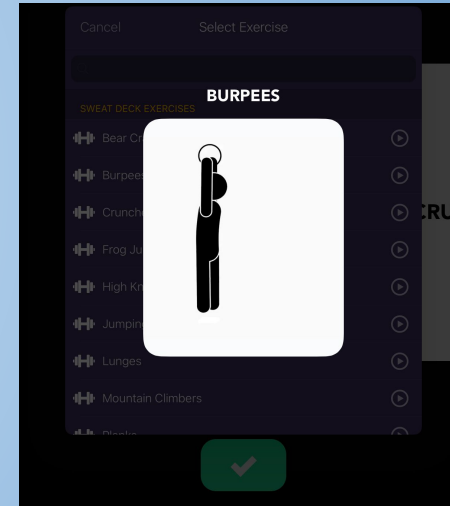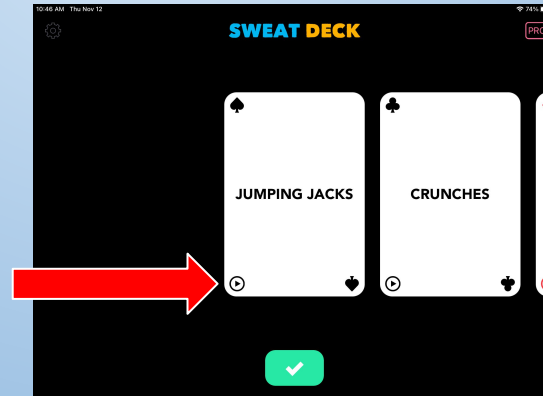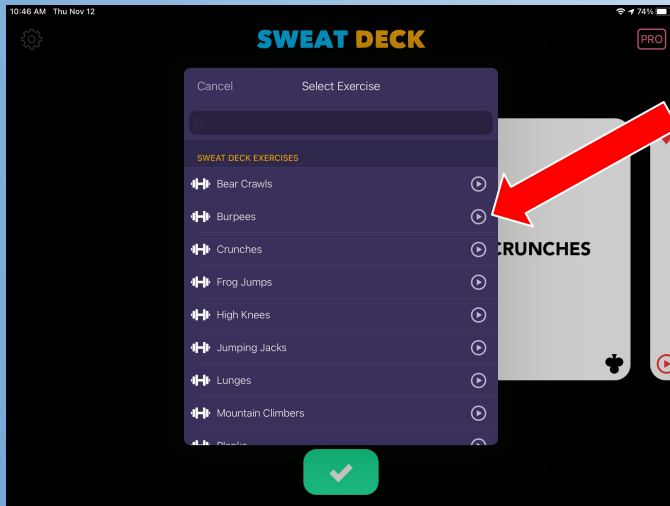
Getting Started

Choose an exercise for each of the 4 suits by tapping on the card
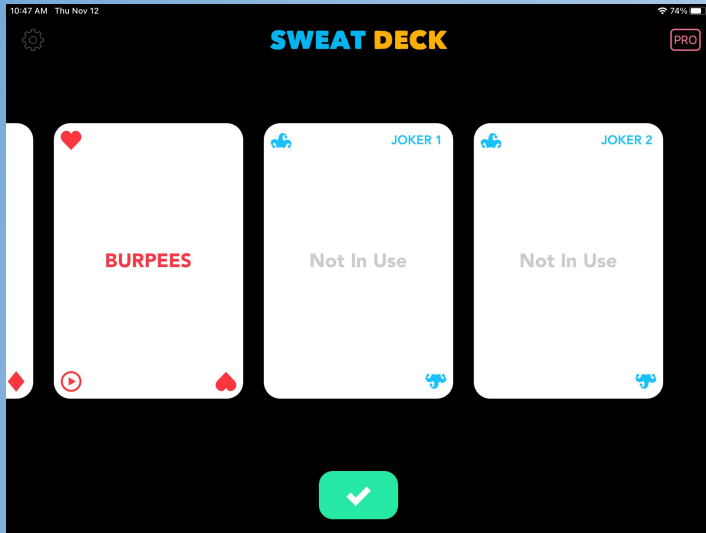
Choose an exercise from the list. Tap on the "Play" symbol in the list or on the card itself to see a demonstration of the exercise
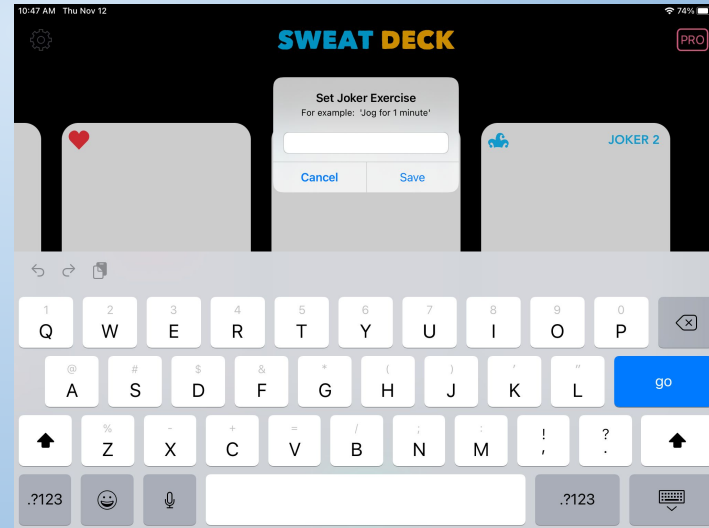
Demonstration Video
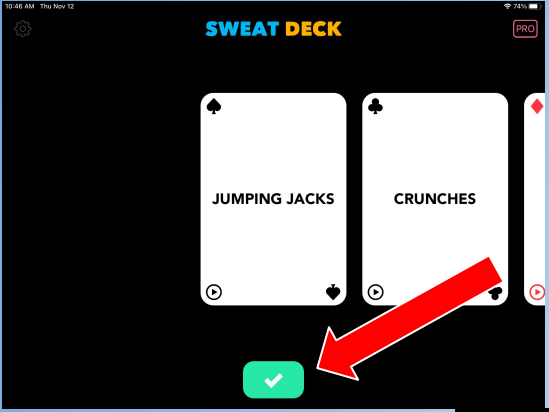
Getting Started

For the 2 Joker cards, you will type in the exercises you want. Include how many repetitions or how long you will do the exercise

EXAMPLES
Jog in Place for 30 seconds
OR
10 Donkey Kicks

The Workout

Tap the Green Check mark to start the workout

Tap OK to start the workout!

Before the workout starts, you will have the option to adjust settings.

The only settings we are interested in are:

#1 - Setting a repetition value for the Jack, Queen, King, and Ace cards
#2 - How many repetitions for each exercise (you can double or triple the value of the card)
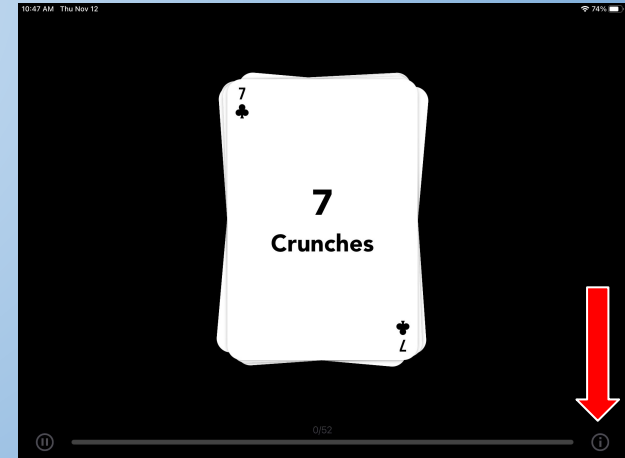#3 - How many times you will go through the deck (1 time through, 2 times through or 3 times through)
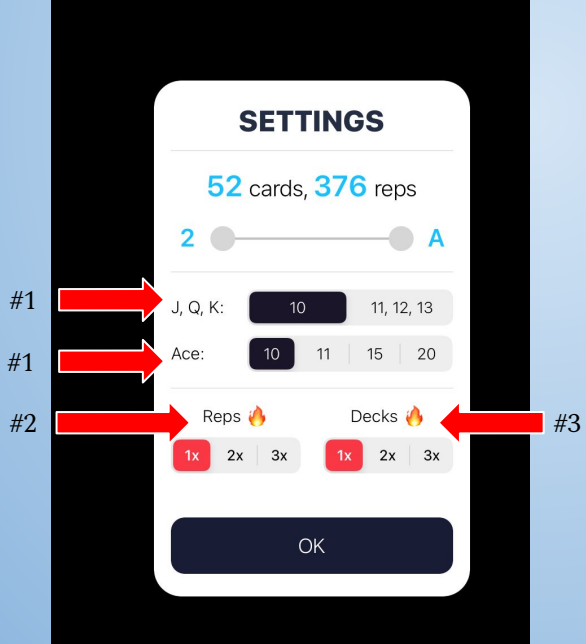
These settings may change from class to class. **Wait for Mr. Barthuly to tell you what the settings will be.**
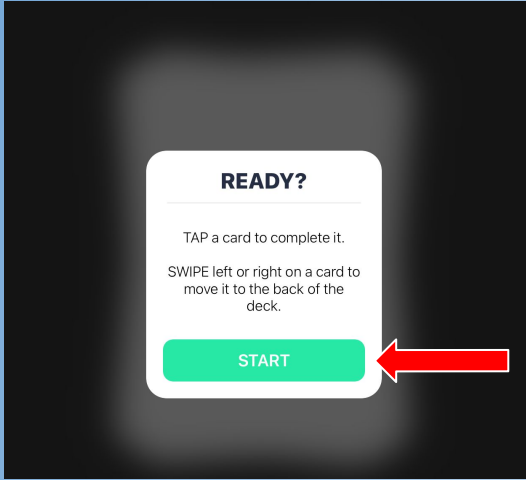
Just before the workout, it will give you a reminder...Tap each card when you complete the exercise. Swipe to move the card to the back of the deck. Tap START to begin!

During the workout, if you forget what the exercise is, top on the "i" in the bottom right corner to see the demonstration video

Sharing

MY WORKOUT

52 cards completed
752 reps

♠ Jumping Jacks (188)
♣ Crunches (188)
♦ Squats (188)
♥ Burpees (188)
♧ -
♧ -

SHARE   OK

When you complete all of the cards, you will get a summary of your workout. This gives you the option to SHARE our results to SeeSaw.
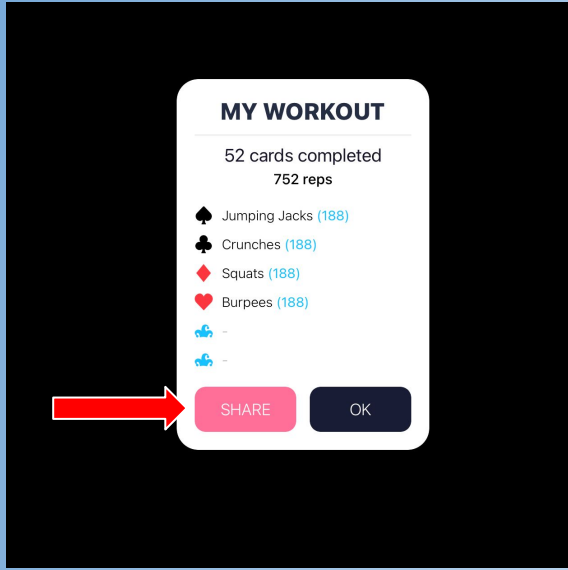
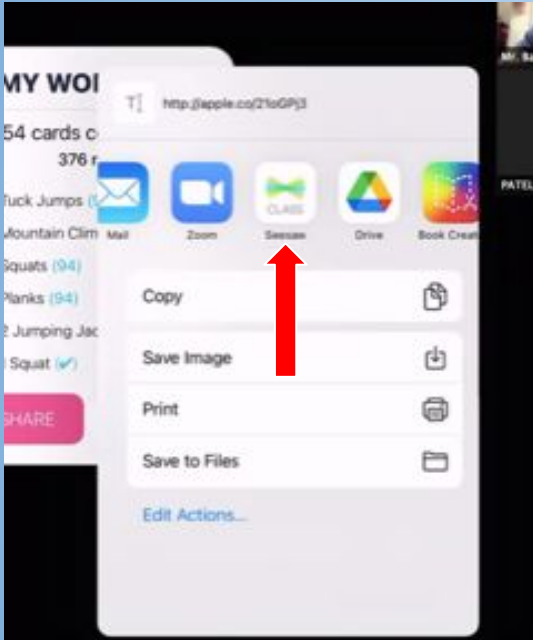Before you tap SHARE...make sure your Seesaw app is in your PHY ED class!!

Last chance!!

Side Note:
If you tap "OK" before sharing, you will lose your results and will end up having to do the workout all over again. **So be careful!**
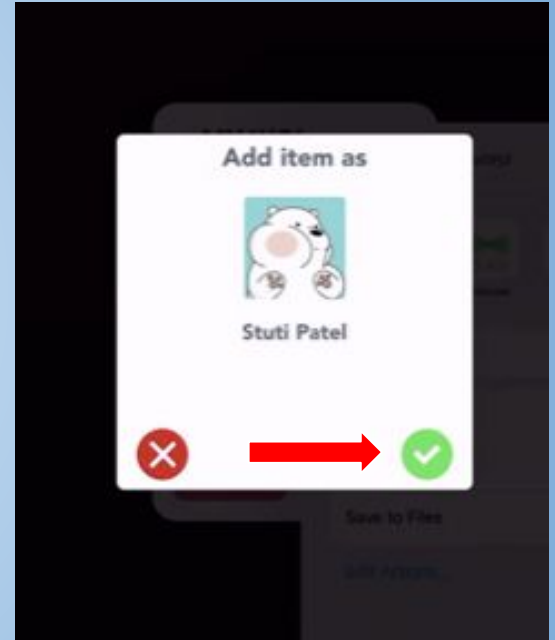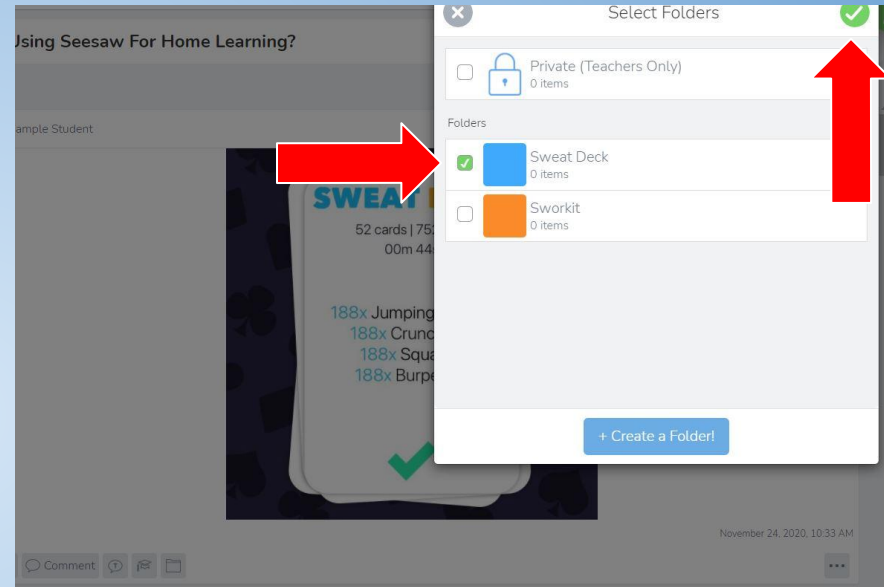
After you tap "Share" you will need to find the "Seesaw" app and tap on it.

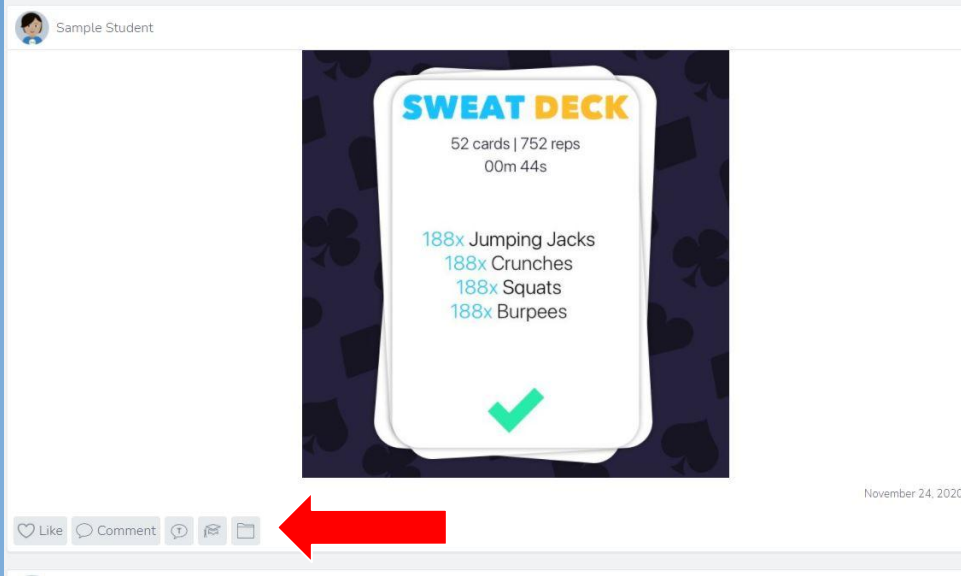Tap the Green Check mark to share your results directly to Seesaw

Now, head over to Seesaw. Find your post from Sweat Deck and tap the folder icon

Tap the "Sweat Deck" folder and then the green check mark to add your post to the folder. That's it!

https://www.youtube.com/watch?v=mMlJM0BzynI&t=85s

Here is a quick video summary of how the app works in case you still have any questions or are unsure of how to use it.

Contact Mr. Barthuly if you need more help!