

Information Card Before You Begin

1. Before you begin using FitDeck Bodyweight, consult with your physician. This is especially important if you are over age 35 and/or are new to exercise.
2. If while using FitDeck Bodyweight, you feel faint, lightheaded or dizzy, experience undue stress or feel pain, stop exercising immediately and consult with your physician.
3. Review the 50 FitDeck Bodyweight Cards and ensure that you can safely and properly perform the suggested exercises. If you are uncomfortable with any exercise for any reason, remove it from the deck until you feel confident that you can perform the exercise safely.
4. Always choose the proper intensity level that best suits your physical strength and ability level. Know your limits and train within them.
5. Use common sense when exercising.

See other side

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Information Card Reading FitDeck Bodyweight Cards

Ability levels with suggested repetitions or time

Exercise name: **PUSH UPS**
Wide

Body segment exercised: **UPPER BODY**

Exercise movements:

Exercise description:

- Place hands wider than shoulder-width apart
- Keeping body straight, lower chest to floor
- Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

Wild Cards are included to mix up your routine.

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Information Card Stretching - Upper Body

Neck Shoulder Back/Arms

Chest Triceps Back

See other side

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Information Card Stretching - Lower Body

Calf Quad Groin

Hip/Back Lower Back Hamstring

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PUSH UPS Staggered

UPPER BODY

8 12 20
BEG INT ADV

1a.

- Place one hand in front of head, the other behind
- Keeping body straight, lower chest to floor
- Return to starting position
- Alternate hand positions halfway through set

Option: Perform exercise on knees if fatigued (see 1a.)

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HALF SIT UPS

MIDDLE BODY

8 12 16
BEG INT ADV

- Lie on back with knees bent
- Cross arms at chest level, hands on opposite shoulders
- Curl body up and stop when elbows get halfway to thighs
- Slowly return to starting position

Tip: Perform with slow and controlled movements

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SQUATS Wide

LOWER BODY

12 18 24
BEG INT ADV

- Stand with feet wider than shoulder-width apart
- As you squat, raise arms straight out in front for balance
- Continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

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BEAR CRAWL

FULL BODY

:20 :30 :50
BEG INT ADV

- Begin in standard push up position
- Crawl forward on hands and feet
- Continue crawling for allotted time (in seconds)

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PUSH UPS Negatives

UPPER BODY

4 8 12
BEG INT ADV

1a.

- Place hands shoulder-width apart
- Slowly count to five while lowering chest to floor
- Return to starting position

Option: Perform exercise on knees if fatigued (see 1a.)

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BICYCLE CRUNCHES

MIDDLE BODY

10 14 24
BEG INT ADV

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Move legs in bicycle motion (elbows to opposite knees)
- Keep heels four inches off floor
- Every knee touch equals one repetition

Tip: Do not fully clasp hands behind head or pull neck up

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CALF RAISES

LOWER BODY

16 24 32
BEG INT ADV

- Stand with feet together (place hand on wall for support)
- Lift one foot up and rest it behind the other
- Flex ankle of weight-bearing leg as if trying to stand on toes
- Hold at top of extension, lower body down and repeat
- Switch feet halfway through set

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8 COUNT BODY BUILDERS

FULL BODY

4 8 12
BEG INT ADV

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

- Drop to crouching position with palms on floor
- Thrust legs out behind you
- Lower chest to floor; push up
- Spread legs; legs back together
- Return to crouching position; stand up

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ARM ROTATIONS Vertical

UPPER BODY

40 60 80
BEG INT ADV

- Extend arms above head
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

Option: Change size and speed of circles for added variety

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LIZARDS

MIDDLE BODY

8 12 16
BEG INT ADV

- Lie on stomach with arms at sides, palms facing up
- Gently raise upper torso about six inches
- Hold for three seconds
- Return to starting position

Tip: Keep head aligned with back. Do not arch neck.

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KNEE TAPS

LOWER BODY

24 40 60
BEG INT ADV

- Stand with forearms parallel to floor
- Run in place with knees lifting high enough to touch palms
- Every other knee tap equals one repetition

Tip: Keep head straight and forearms parallel to floor

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CROSS COUNTRY

FULL BODY

14 24 40
BEG INT ADV

- Begin in standing position with knees bent
- Jump up and extend left foot forward and right foot back
- At the same time, swing arms in opposite direction of legs
- Simulate cross country skiing with skis and poles
- Every other arm/leg swing equals one repetition

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