

**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 Junior Cards**

Ability levels with suggested repetitions or time

Exercise name ► **FOUR ON THE FLOOR**

Body segment exercised ► **UPPER BODY**

Exercise ► movements

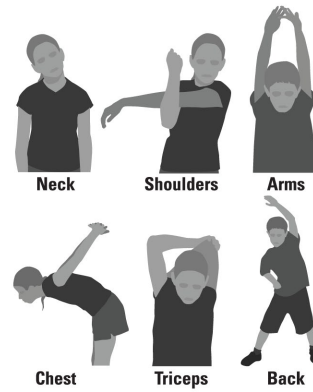
Exercise ► description

- Hands shoulder-width apart
- Lower chest to floor and up
- Option: Kneel if necessary

Wild Cards are included to mix up your routine.

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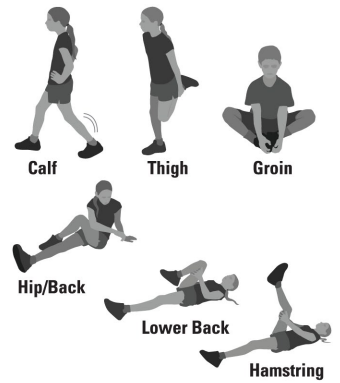
**Information Card**  
**Stretching - Upper Body**



See other side

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**Information Card**  
**Stretching - Lower Body**



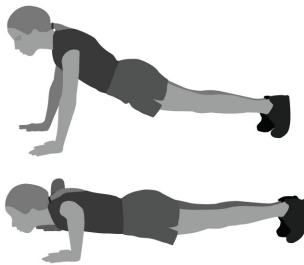
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**FOUR ON THE FLOOR**

UPPER BODY

4 6 12  
BEG INT ADV

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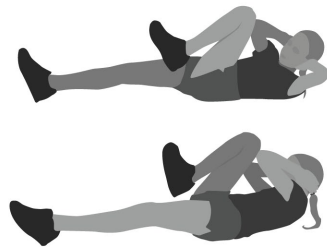
- Hands shoulder-width apart
- Lower chest to floor and up
- Option: Perform on knees if necessary

**BICYCLE CRUNCHES**

MIDDLE BODY

6 10 12  
BEG INT ADV

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- Cup ears with hands
- Alternate touching elbows with opposite knees
- Tip: Do not pull head forward

**GIRAFFE WALK**

LOWER BODY

10 20 30  
BEG INT ADV

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- Walk on toes

**HIGH KNEE STEPS**

FULL BODY

4 6 10  
BEG INT ADV

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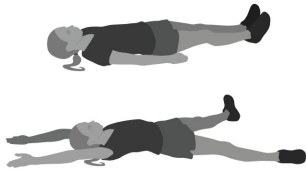
- Touch knees to chest while skipping

**SNOW ANGELS**

UPPER BODY

5 10 15  
BEG INT ADV

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- Lie down on back
- Spread arms and feet in a snow angel motion
- Tip: Touch hands above head each repetition

**THE BRIDGE**

MIDDLE BODY

:20 :30 :40  
BEG INT ADV

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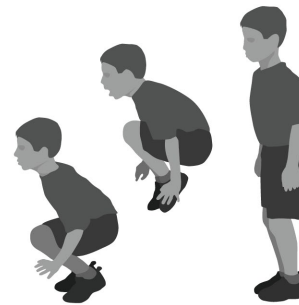
- Support body on forearms
- Hold body in straight position
- Option: Kneel if necessary

**CHEST BUSTERS**

LOWER BODY

4 6 10  
BEG INT ADV

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- Jump up and touch thighs to chest

**CROSS COUNTRIES**

FULL BODY

6 10 16  
BEG INT ADV

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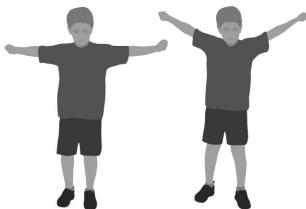
- Move arms and legs in cross country motion

**ROLL-O's**

UPPER BODY

10 20 30  
BEG INT ADV

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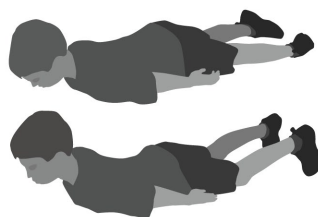
- Make circular motion with arms
- Tip: Vary size, speed, or direction for more variety

**LIZARDS**

MIDDLE BODY

4 6 10  
BEG INT ADV

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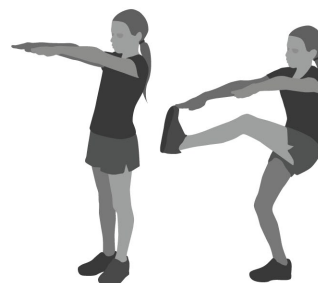
- Lie on stomach with arms at sides
- Gently raise head and upper torso six inches
- Tip: Keep head in line with back

**MILITARY MARCH**

LOWER BODY

4 6 10  
BEG INT ADV

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- Walk with arms straight out in front
- Kick opposite hand with each step

**STAR JUMPERS**

FULL BODY

4 6 10  
BEG INT ADV

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- Drop down to a squat position
- Explode up into the air