

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** (4 BEG, 6 INT, 12 ADV)

Exercise movements ►

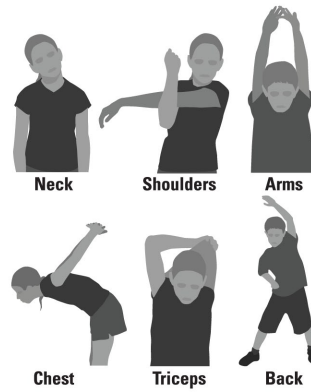
Exercise description ►

- 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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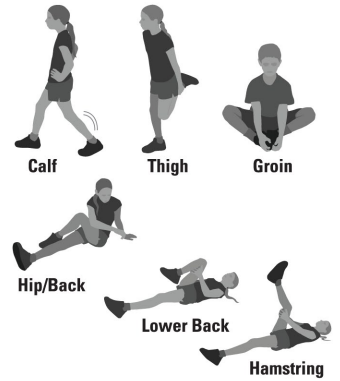
Information Card
Stretching - Upper Body



See other side

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Information Card
Stretching - Lower Body



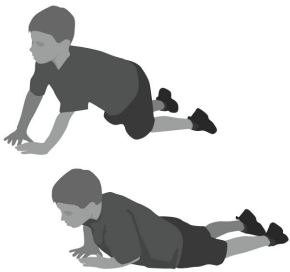
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SPADES

UPPER BODY

2 BEG 6 INT 10 ADV

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- Hands under chest (thumbs touching)
- Kneel on floor
- Lower chest to floor and up

THE PLANK

MIDDLE BODY

:20 BEG :30 INT :40 ADV

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- Hold position steady with straight body
- Switch sides halfway through

GORILLA WALK

LOWER BODY

6 BEG 10 INT 12 ADV

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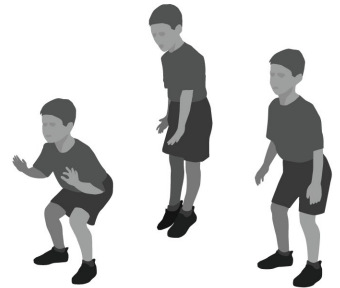
- Walk holding ankles

BUNNY HOPS

FULL BODY

4 BEG 6 INT 10 ADV

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- Hop on two feet

PRAYING MANTIS

UPPER BODY

2 BEG 4 INT 8 ADV

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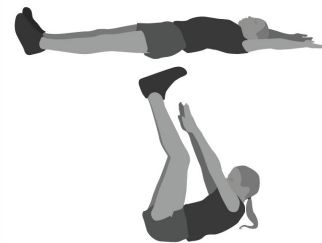
- Feet spread and hips straight up
- Lower top of head to floor and up

VENUS FLY TRAP

MIDDLE BODY

2 BEG 4 INT 8 ADV

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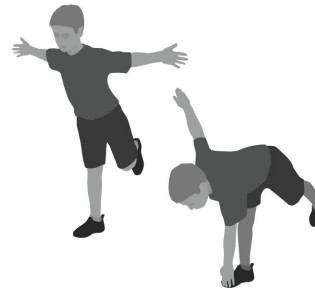
- Lie on back with arms and legs outstretched
 - Touch feet and fingers above head
- Tip: Keep head and back aligned

THE TIGHTROPE

LOWER BODY

4 BEG 6 INT 8 ADV

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- Balance on one foot with arms to sides
- Reach down to touch opposite toe
- Alternate sides

HOP SCOTCH

FULL BODY

4 BEG 6 INT 10 ADV

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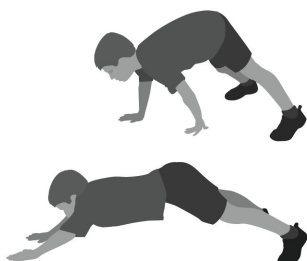
- Jump forward in 2-1-2 progression

INCHWORM

UPPER BODY

4 BEG 6 INT 8 ADV

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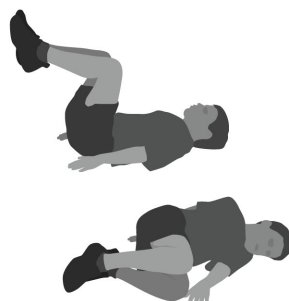
- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

ROLLER DERBY

MIDDLE BODY

4 BEG 6 INT 8 ADV

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- Lie on back with legs curled
- Drop legs to alternating sides

RATTA-TAT-TAT

LOWER BODY

:20 BEG :30 INT :40 ADV

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- Pitter-patter feet quickly for allotted time

RED ROVER

FULL BODY

2 BEG 4 INT 6 ADV

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- Opposite arm and leg extended
- Hold position for five seconds
- Alternate sides