

### 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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### REACH THROUGHS

MIDDLE BODY

10 15 20  
BEG INT ADV

- Lie on back with knees slightly bent
- Extend arms towards knees
- Curl body up and reach hands between legs
- Slowly return to starting position

Tip: Do not swing arms or head to generate momentum

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### LUNGES

LOWER BODY

6 8 12  
BEG INT ADV

- Stand with feet shoulder-width apart and hands on hips
- Step forward and lower body until thigh is parallel to floor
- Step back and return to starting position
- Switch legs and repeat
- Every other lunge equals one repetition

Tip: Do not allow knee to go forward of toe

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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 Spades

UPPER BODY

4 8 16  
BEG INT ADV

1a.

- Place hands under chest (thumbs touching)
- Spread legs apart
- Keeping body straight, lower chest to floor
- Return to starting position

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

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### FLUTTER KICKS

MIDDLE BODY

8 14 28  
BEG INT ADV

- Lie down with hands under buttocks, palms facing down
- Scissor-kick legs 2-3 feet off the floor
- Heels should not touch floor during exercise
- Every other scissor-kick equals one repetition

Tip: Keep slight bend in legs during exercise

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### DUCK WALK

LOWER BODY

8 12 20  
BEG INT ADV

- Begin by stepping into a lunge position
- Step into another lunge position with opposite leg
- You will be making forward progress in this exercise
- Each new step is a repetition

Tip: Do not allow knees to go forward of toes

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### CRAB CRAWL

FULL BODY

:20 :30 :50  
BEG INT ADV

- Begin in seated position on floor
- Use arms to lift buttocks off floor
- Walk forward and backward on palms and heels
- Crawl for allotted time (in seconds)

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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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### REACH UPS

MIDDLE BODY

8 12 20  
BEG INT ADV

- Begin on back with legs and arms pointing to sky
- Curl upper body and reach for toes with outstretched arms
- Slowly return to starting position
- Maintain slow and controlled movement

Option: Reach for opposite toes for added variety

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### KICK BACKS

LOWER BODY

8 12 16  
BEG INT ADV

- Begin on floor on all fours
- Kick heel to sky until thigh is parallel to floor
- Hold in raised position for three seconds and release
- Switch legs halfway through set

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

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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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