

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

Neck Shoulders Arms

Chest Triceps Back

See other side

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Information Card
Stretching - Lower Body

Calf Thigh Groin

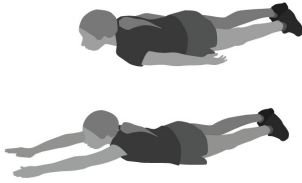
Hip/Back Lower Back Hamstring

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BELLY ANGELS

UPPER BODY

5 10 15
BEG INT ADV



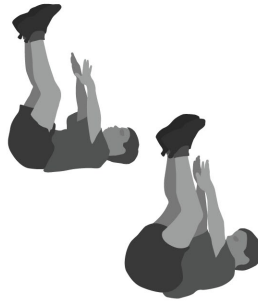
- Lie down on stomach
 - Move arms from sides to above your head
- Tip: Touch hands above head each repetition

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TOE TAPPERS

MIDDLE BODY

6 8 12
BEG INT ADV



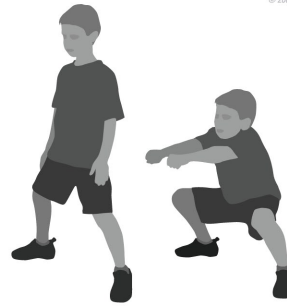
- Reach for toes with fingers
- Option: Touch opposite toes for variety

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SQUATTERS

LOWER BODY

8 10 16
BEG INT ADV



- Stand with wide stance; hands at sides
 - Bend at the knees and squat down
- Tip: Try not to bend upper body forward

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CRAB CRAWL

FULL BODY

:20 :30 :40
BEG INT ADV



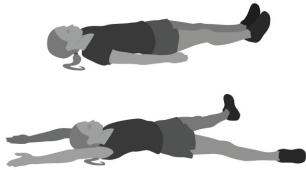
- Crawl on hands and heels

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SNOW ANGELS

UPPER BODY

5 10 15
BEG INT ADV



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

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THE BRIDGE

MIDDLE BODY

:20 :30 :40
BEG INT ADV



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

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DUCK WALK

LOWER BODY

6 10 12
BEG INT ADV



- Alternate steps into lunge position
 - Each new step is a repetition
- Tip: Do not allow knee to go forward of toe

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SWIMMERS

FULL BODY

6 8 12
BEG INT ADV



- Alternate lifting opposite arms and legs

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TRIPOD HOLD

UPPER BODY

:20 :30 :40
BEG INT ADV



- Spread feet; support weight on one arm
 - Balance on one hand for allotted time
 - Switch arms halfway through set
- Option: Kneel if necessary

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SCORPION

MIDDLE BODY

:20 :30 :40
BEG INT ADV



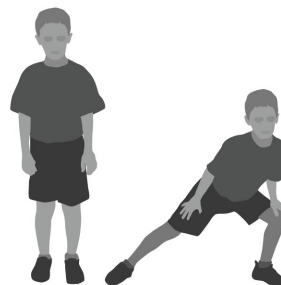
- Grab left foot with right hand and hold
- Alternate sides halfway through allotted time

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THE TWO STEP

LOWER BODY

4 6 8
BEG INT ADV



- Step to one side into a squat
- Back to start and alternate sides

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THE MULE

FULL BODY

4 6 10
BEG INT ADV



- Balance on hands and feet
- Kick both feet up behind you

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