

**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, 6, 12)

Exercise movements ►

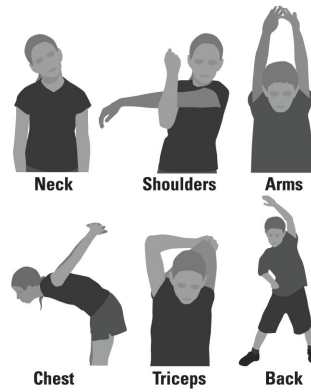
Exercise description ► 

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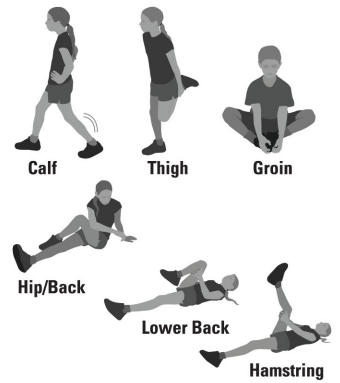
**Information Card**  
**Stretching - Upper Body**



See other side

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

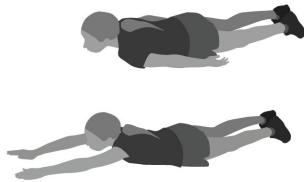


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**BELLY ANGELS**

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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**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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**GIRAFFE WALK**

LOWER BODY

10 20 30  
BEG INT ADV



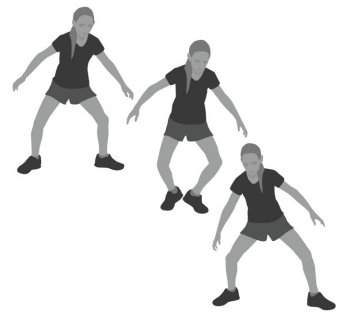
- Walk on toes

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**SIDEWINDERS**

FULL BODY

6 10 16  
BEG INT ADV



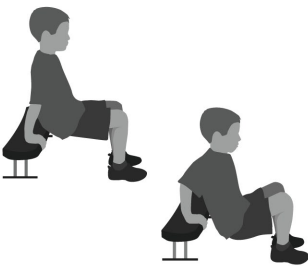
- Side shuffle quickly without crossing feet
- Switch directions halfway through

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**DIPSY DOOS**

UPPER BODY

5 10 15  
BEG INT ADV



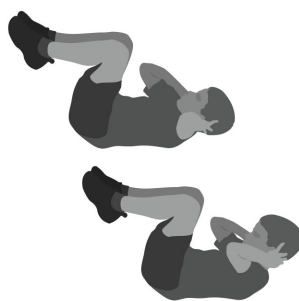
- Move body up and down on edge of chair
- Option: Perform on floor if no chair available

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**CRUNCHERS**

MIDDLE BODY

8 12 16  
BEG INT ADV



- Cup ears with hands
- Curl upper body until elbows hit knees

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**GORILLA WALK**

LOWER BODY

6 10 12  
BEG INT ADV



- Walk holding ankles

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**THE FLAMINGO**

FULL BODY

6 10 12  
BEG INT ADV



- Hop on one foot
- Alternate feet halfway through

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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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**VENUS FLY TRAP**

MIDDLE BODY

2 4 8  
BEG INT ADV



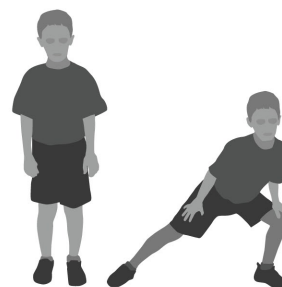
- Lie on back with arms and legs outstretched
  - Touch feet and fingers above head
- Tip: Keep head and back aligned

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**THE TWO STEP**

LOWER BODY

4 6 8  
BEG INT ADV



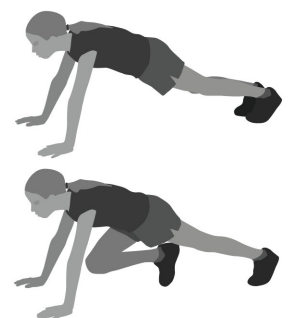
- Step to one side into a squat
- Back to start and alternate sides

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**CHASE THE RABBITS**

FULL BODY

8 10 16  
BEG INT ADV



- Alternate knees to chest in fast motion

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