

### 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 Narrow

UPPER BODY

6 10 16  
BEG INT ADV

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- Place hands narrower than shoulder-width apart
- Keeping body straight, lower chest to floor
- Elbows should be tucked against body
- Return to starting position

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

### SIT UPS

MIDDLE BODY

10 15 20  
BEG INT ADV

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- Lie on back with knees bent
- Cross arms at chest level, hands on opposite shoulders
- Curl body up, touching elbows to thighs
- Slowly return to starting position

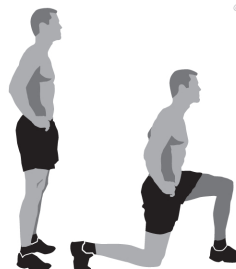
Tip: Keep head and back aligned during movement

### LUNGES

LOWER BODY

6 8 12  
BEG INT ADV

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- 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

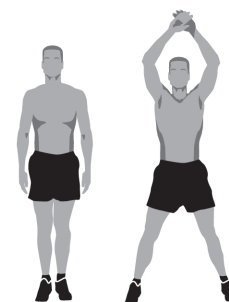
Tip: Do not allow knee to go forward of toe

### JUMPING JACKS

FULL BODY

20 35 50  
BEG INT ADV

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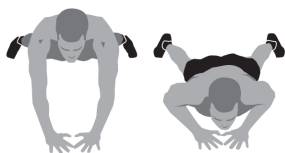
- Jump up, spread legs and touch hands over head
- Jump again and return to starting position
- Each time hands touch equals one repetition

### PUSH UPS Spades

UPPER BODY

4 8 16  
BEG INT ADV

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

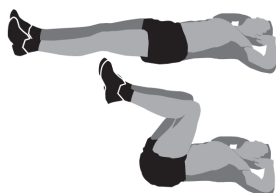
Option: Perform exercise on knees if fatigued (see 1a.)

### REVERSE CURLS

MIDDLE BODY

8 12 18  
BEG INT ADV

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- Lie on back and cup ears loosely with hands
- Curl legs toward chest while keeping upper body still
- Slowly return legs to fully extended position

Option: Place hands on floor for more support (see 1a.)

### SIDE LEG LIFTS Outer

LOWER BODY

12 16 24  
BEG INT ADV

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- Lie on side, rest head on hand, face shoulders forward
- Slowly lift outer leg up and down in a two-foot range
- Pause for three seconds at top of range
- Switch sides halfway through set

### STAR JUMPERS

FULL BODY

4 8 12  
BEG INT ADV

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- Stand tall with knees slightly bent
- Lower to a crouching position with thighs parallel to floor
- Explode up into the air and extend hands to sky
- Land in starting position with knees slightly bent

### DIPS

UPPER BODY

8 12 20  
BEG INT ADV

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- Place palms behind you on a chair or other flat surface
- Lower upper body until triceps are parallel to floor
- Return to starting position

Option: If chair unavailable, place palms on floor (see 1a.)

### THE BRIDGE

MIDDLE BODY

:20 :30 :50  
BEG INT ADV

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- Begin in modified push up position (on knees)
- Slowly lower down to elbows
- Lift knees off floor and hold a tight body position
- Hold for allotted time (in seconds)

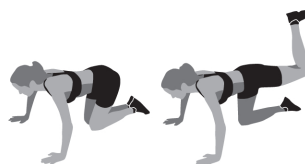
Option: Beginners may remain on knees to hold position

### KICK BACKS

LOWER BODY

8 12 16  
BEG INT ADV

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- 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

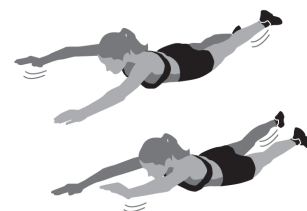
Tip: Keep head and back aligned. Do not arch neck.

### SWIMMERS

FULL BODY

10 14 24  
BEG INT ADV

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- Lie prone with legs together and arms extended to front
- Alternate lifting opposite arm and leg six inches off floor
- Move arms and legs smoothly during the exercise
- Every other arm/leg movement equals one repetition

Tip: Remember to breathe. Do not arch head or neck.