

**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

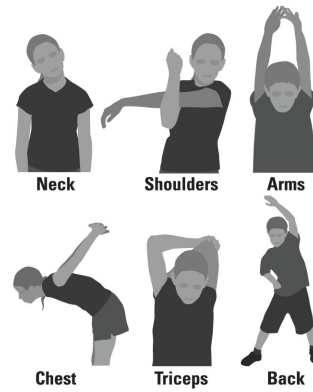
Exercise ► description

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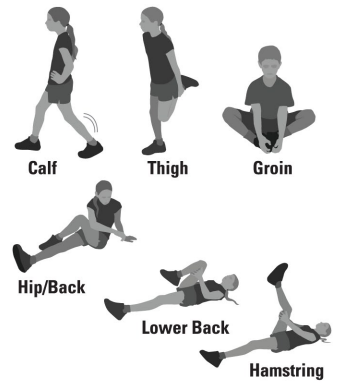
**Information Card**  
**Stretching - Upper Body**



See other side

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



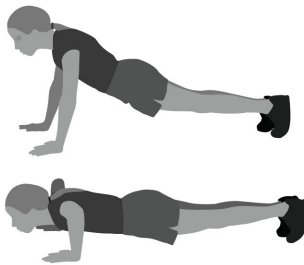
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**FOUR ON THE FLOOR**

UPPER BODY

4 6 12  
BEG INT ADV

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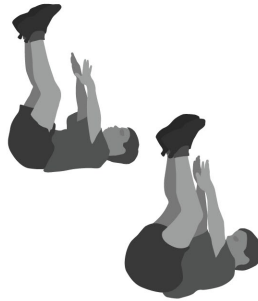
- Hands shoulder-width apart
- Lower chest to floor and up
- Option: Perform on knees if necessary

**TOE TAPPERS**

MIDDLE BODY

6 8 12  
BEG INT ADV

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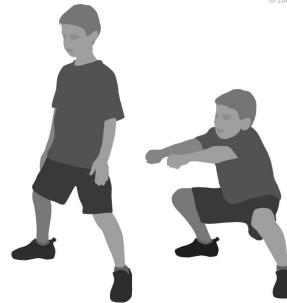
- Reach for toes with fingers
- Option: Touch opposite toes for variety

**SQUATTERS**

LOWER BODY

8 10 16  
BEG INT ADV

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

**HIGH KNEE STEPS**

FULL BODY

4 6 10  
BEG INT ADV

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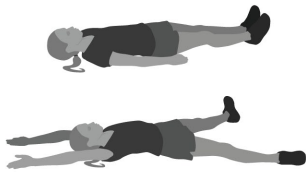
- Touch knees to chest while skipping

**SNOW ANGELS**

UPPER BODY

5 10 15  
BEG INT ADV

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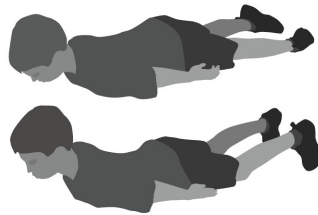
- Lie down on back
- Spread arms and feet in a snow angel motion
- Tip: Touch hands above head each repetition

**LIZARDS**

MIDDLE BODY

4 6 10  
BEG INT ADV

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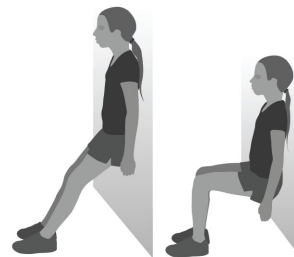
- Lie on stomach with arms at sides
- Gently raise head and upper torso six inches
- Tip: Keep head in line with back

**TEST OF TIME**

LOWER BODY

:20 :30 :40  
BEG INT ADV

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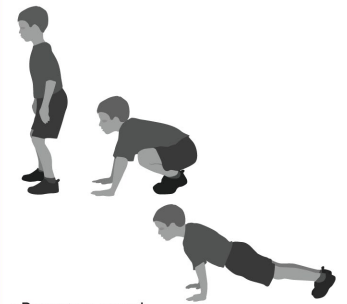
- Lean back against wall in squat position
- Option: Stop halfway down wall if fatigued

**THE CRUSHER**

FULL BODY

4 8 10  
BEG INT ADV

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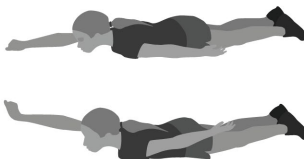
- Down to a crouch
- Extend legs behind
- Back to a crouch and stand back up

**SUPERMAN**

UPPER BODY

10 16 20  
BEG INT ADV

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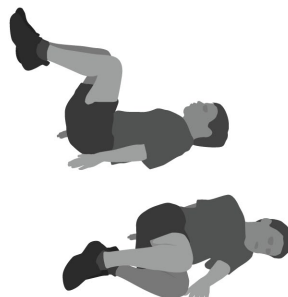
- One arm in front and one arm behind
- Move arms up and down (switch halfway)
- Tip: Keep arms straight during exercise

**ROLLER DERBY**

MIDDLE BODY

4 6 8  
BEG INT ADV

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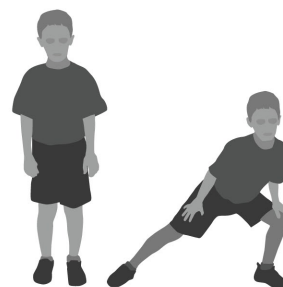
- Lie on back with legs curled
- Drop legs to alternating sides

**THE TWO STEP**

LOWER BODY

4 6 8  
BEG INT ADV

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

**RED ROVER**

FULL BODY

2 4 6  
BEG INT ADV

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