

### 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

© 2008 FitDeck

### 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.

© 2008 FitDeck

### Information Card Stretching - Upper Body

Neck

Shoulder

Back/Arms

Chest

Triceps

Back

See other side

© 2008 FitDeck

### Information Card Stretching - Lower Body

Calf

Quad

Groin

Hip/Back

Lower Back

Hamstring

© 2008 FitDeck

### PUSH UPS Standard

UPPER BODY

8 12 20  
BEG INT ADV

© 2008 FitDeck

1a.

- Place hands shoulder-width apart
- Keeping body straight, lower chest to floor
- Return to starting position

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

### HALF SIT UPS

MIDDLE BODY

8 12 16  
BEG INT ADV

© 2008 FitDeck

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

Tip: Perform with slow and controlled movements

### SQUATS

LOWER BODY

10 15 20  
BEG INT ADV

© 2008 FitDeck

- Stand with feet parallel and shoulder-width apart
- As you squat, raise arms straight out in front for balance
- Continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

### BEAR CRAWL

FULL BODY

:20 :30 :50  
BEG INT ADV

© 2008 FitDeck

- Begin in standard push up position
- Crawl forward on hands and feet
- Continue crawling for allotted time (in seconds)

### BELLY ANGELS

UPPER BODY

8 16 30  
BEG INT ADV

© 2008 FitDeck

- Lie down on stomach with arms outstretched above head
- Bring arms to sides and then back to starting position

Tip: Touch hands above head with each repetition

### CRUNCHES

MIDDLE BODY

10 15 20  
BEG INT ADV

© 2008 FitDeck

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Curl upper body to knees, squeeze abdominals
- Slowly return to starting position

Tip: Do not fully clasp hands behind head or pull neck up

### WALL SITS

LOWER BODY

:20 :30 :50  
BEG INT ADV

© 2008 FitDeck

- Lean back against wall with feet shoulder-width apart
- Slowly slide down wall until thighs are parallel to floor
- Maintain seated position for allotted time (in seconds)

Option: Stop halfway down wall if fatigued

### CHASE THE RABBITS

FULL BODY

10 20 30  
BEG INT ADV

© 2008 FitDeck

- Begin in standard push up position
- Rapidly alternate knees to chest (upper body remains still)
- Legs should move as if running in place
- Every other knee to chest equals one repetition

Tip: Keep head aligned with back and look straight ahead

### ARM ROTATIONS Horizontal

UPPER BODY

40 60 80  
BEG INT ADV

© 2008 FitDeck

- Extend arms straight out to sides (parallel to floor)
- 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

### FLUTTER KICKS

MIDDLE BODY

8 14 28  
BEG INT ADV

© 2008 FitDeck

- 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

### SIDE LEG LIFTS Inner

LOWER BODY

12 16 24  
BEG INT ADV

© 2008 FitDeck

- Lie on side, rest head on hand, face shoulders forward
- Bend top leg so knee points to sky
- Lift bottom leg up and down in a two-foot range
- Pause for three seconds at top of range
- Switch sides halfway through set

### CROSS COUNTRY

FULL BODY

14 24 40  
BEG INT ADV

© 2008 FitDeck

- Begin in standing position with knees bent
- Jump up and extend left foot forward and right foot back
- At the same time, swing arms in opposite direction of legs
- Simulate cross country skiing with skis and poles
- Every other arm/leg swing equals one repetition