

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 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.

© 2008 FitDeck

Information Card
Stretching - Upper Body

Neck Shoulders Arms

Chest Triceps Back

See other side

© 2008 FitDeck

Information Card
Stretching - Lower Body

Calf Thigh Groin

Hip/Back Lower Back Hamstring

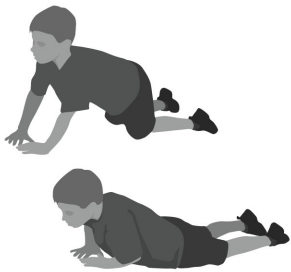
© 2008 FitDeck

SPADES

UPPER BODY

2 6 10
BEG INT ADV

© 2008 FitDeck



- Hands under chest (thumbs touching)
- Kneel on floor
- Lower chest to floor and up

THE BRIDGE

MIDDLE BODY

:20 :30 :40
BEG INT ADV

© 2008 FitDeck



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

DUCK WALK

LOWER BODY

6 10 12
BEG INT ADV

© 2008 FitDeck



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

BEAR CRAWL

FULL BODY

:20 :30 :40
BEG INT ADV

© 2008 FitDeck



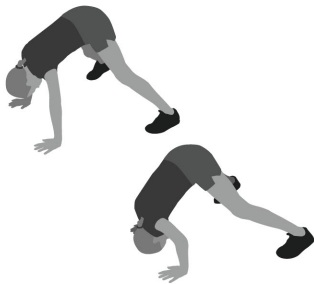
- Crawl on hands and balls of feet

PRAYING MANTIS

UPPER BODY

2 4 8
BEG INT ADV

© 2008 FitDeck



- Feet spread and hips straight up
- Lower top of head to floor and up

TUG OF WAR

MIDDLE BODY

8 12 16
BEG INT ADV

© 2008 FitDeck



- Curl body up; reach hands through legs
- Tip: Do not swing arms for momentum

GORILLA WALK

LOWER BODY

6 10 12
BEG INT ADV

© 2008 FitDeck



- Walk holding ankles

SWIMMERS

FULL BODY

6 8 12
BEG INT ADV

© 2008 FitDeck



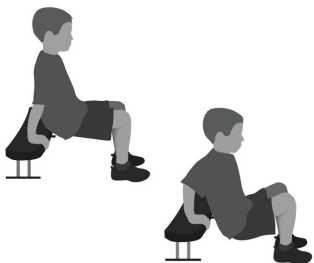
- Alternate lifting opposite arms and legs

DIPSY DOOS

UPPER BODY

5 10 15
BEG INT ADV

© 2008 FitDeck



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

SCORPION

MIDDLE BODY

:20 :30 :40
BEG INT ADV

© 2008 FitDeck



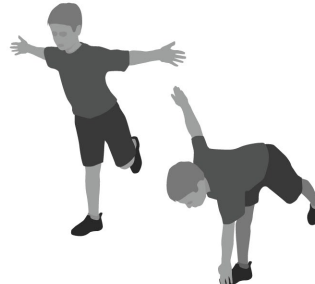
- Grab left foot with right hand and hold
- Alternate sides halfway through allotted time

THE TIGHTROPE

LOWER BODY

4 6 8
BEG INT ADV

© 2008 FitDeck



- Balance on one foot with arms to sides
- Reach down to touch opposite toe
- Alternate sides

THE MULE

FULL BODY

4 6 10
BEG INT ADV

© 2008 FitDeck



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