

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

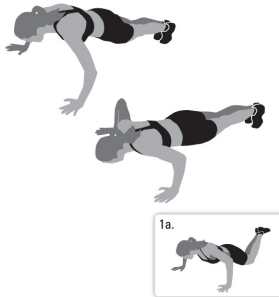
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PUSH UPS Wide

UPPER BODY

8 12 20
BEG INT ADV

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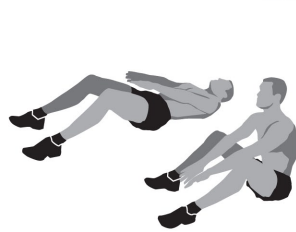
- Place hands wider than shoulder-width apart
 - Keeping body straight, lower chest to floor
 - Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

REACH THROUGHS

MIDDLE BODY

10 15 20
BEG INT ADV

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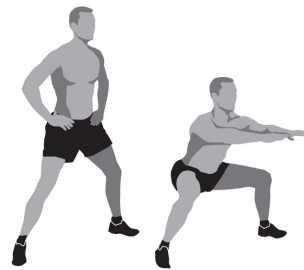
- Lie on back with knees slightly bent
 - Extend arms towards knees
 - Curl body up and reach hands between legs
 - Slowly return to starting position
- Tip: Do not swing arms or head to generate momentum

SQUATS Wide

LOWER BODY

12 18 24
BEG INT ADV

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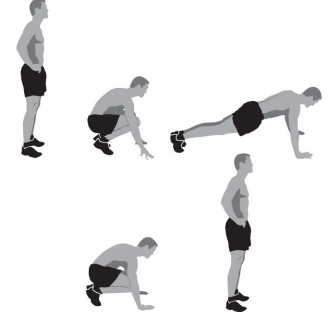
- Stand with feet wider than shoulder-width apart
 - As you squat, raise arms straight out in front for balance
 - Continue to squat down until thighs are parallel to floor
 - Return to starting position
- Tip: Do not allow knees to go forward of toes

SQUAT THRUSTS

FULL BODY

5 10 15
BEG INT ADV

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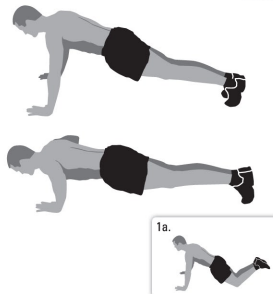
- Drop to a crouching position with hands on floor
- Thrust legs out behind you
- Return to a crouching position; stand up

PUSH UPS Negatives

UPPER BODY

4 8 12
BEG INT ADV

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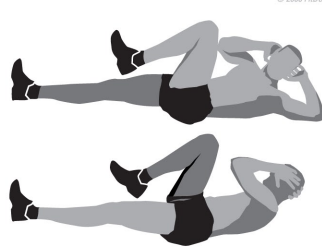
- Place hands shoulder-width apart
 - Slowly count to five while lowering chest to floor
 - Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

BICYCLE CRUNCHES

MIDDLE BODY

10 14 24
BEG INT ADV

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- Lie on back with knees bent and calves parallel to floor
 - Cup ears loosely with hands
 - Move legs in bicycle motion (elbows to opposite knees)
 - Keep heels four inches off floor
 - Every knee touch equals one repetition
- Tip: Do not fully clasp hands behind head or pull neck up

CALF RAISES

LOWER BODY

16 24 32
BEG INT ADV

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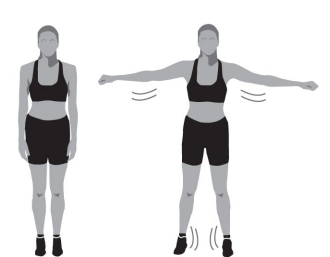
- Stand with feet together (place hand on wall for support)
- Lift one foot up and rest it behind the other
- Flex ankle of weight-bearing leg as if trying to stand on toes
- Hold at top of extension, lower body down and repeat
- Switch feet halfway through set

HALF JUMPING JACKS

FULL BODY

30 45 60
BEG INT ADV

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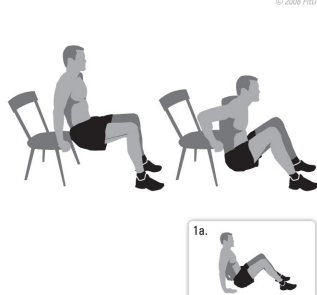
- Begin in standing position
- Jump up, simultaneously spread legs and raise arms
- Arms and legs move half as far as standard jumping jacks
- Jump back to starting position
- Each time arms go up and down equals one repetition

DIPS

UPPER BODY

8 12 20
BEG INT ADV

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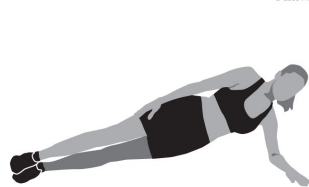
- Place palms behind you on a chair or other flat surface
 - Lower upper body until triceps are parallel to floor
 - Return to starting position
- Option: If chair unavailable, place palms on floor (see 1a.)

OBLIQUE BRIDGE

MIDDLE BODY

:20 :30 :50
BEG INT ADV

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- Support body using elbow and forearm
 - Tighten middle body to maintain well-aligned posture
 - Hold position for allotted time (in seconds)
 - Switch sides halfway through time
- Option: Beginners may hold position while on knees

KNEE TAPS

LOWER BODY

24 40 60
BEG INT ADV

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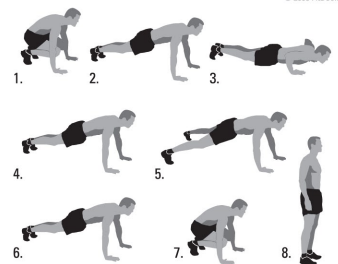
- Stand with forearms parallel to floor
 - Run in place with knees lifting high enough to touch palms
 - Every other knee tap equals one repetition
- Tip: Keep head straight and forearms parallel to floor

8 COUNT BODY BUILDERS

FULL BODY

4 8 12
BEG INT ADV

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- Drop to crouching position with palms on floor
- Thrust legs out behind you
- Lower chest to floor; push up
- Spread legs; legs back together
- Return to crouching position; stand up