

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

Neck Shoulders Arms

Chest Triceps Back

See other side

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Information Card
Stretching - Lower Body

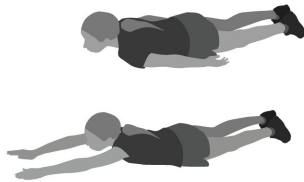
Calf Thigh Groin

Hip/Back Lower Back Hamstring

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BELLY ANGELS

UPPER BODY 5 10 15
BEG INT ADV



- Lie down on stomach
- Move arms from sides to above your head
- Tip: Touch hands above head each repetition

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CRUNCHERS

MIDDLE BODY 8 12 16
BEG INT ADV



- Cup ears with hands
- Curl upper body until elbows hit knees

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GIRAFFE WALK

LOWER BODY 10 20 30
BEG INT ADV

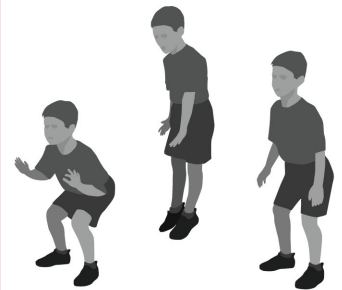


- Walk on toes

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BUNNY HOPS

FULL BODY 4 6 10
BEG INT ADV

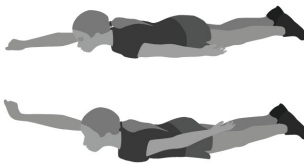


- Hop on two feet

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SUPERMAN

UPPER BODY 10 16 20
BEG INT ADV



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

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VENUS FLY TRAP

MIDDLE BODY 2 4 8
BEG INT ADV

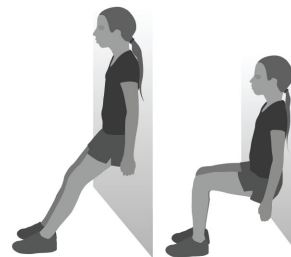


- Lie on back with arms and legs outstretched
- Touch feet and fingers above head
- Tip: Keep head and back aligned

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TEST OF TIME

LOWER BODY :20 :30 :40
BEG INT ADV

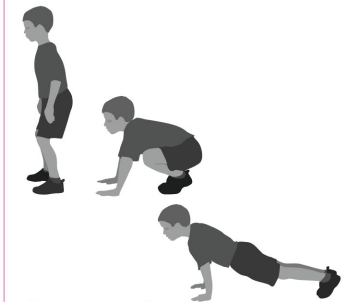


- Lean back against wall in squat position
- Option: Stop halfway down wall if fatigued

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THE CRUSHER

FULL BODY 4 8 10
BEG INT ADV

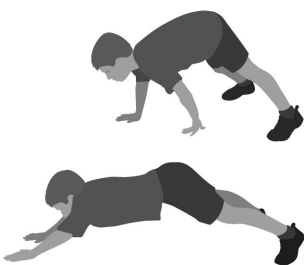


- Down to a crouch
- Extend legs behind
- Back to a crouch and stand back up

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INCHWORM

UPPER BODY 4 6 8
BEG INT ADV

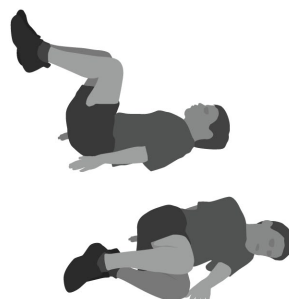


- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

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ROLLER DERBY

MIDDLE BODY 4 6 8
BEG INT ADV



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

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RATTA-TAT-TAT

LOWER BODY :20 :30 :40
BEG INT ADV

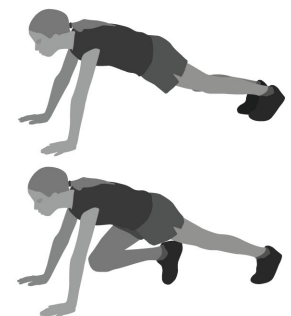


- Pitter-patter feet quickly for allotted time

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CHASE THE RABBITS

FULL BODY 8 10 16
BEG INT ADV



- Alternate knees to chest in fast motion

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