

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

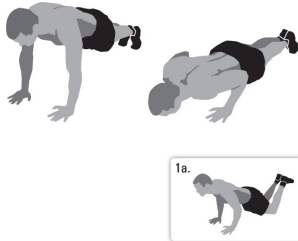
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PUSH UPS Narrow

UPPER BODY

6 10 16
BEG INT ADV

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- Place hands narrower than shoulder-width apart
- Keeping body straight, lower chest to floor
- Elbows should be tucked against body
- Return to starting position

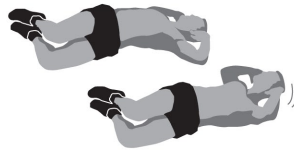
Option: Perform exercise on knees if fatigued (see 1a.)

SIDE CRUNCHES

MIDDLE BODY

16 20 24
BEG INT ADV

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- Begin in sit up position with both knees bent
- Drop legs to one side, cup ears loosely with hands
- Curl torso while keeping shoulders parallel to floor
- Slowly lower upper torso back to floor
- Switch sides halfway through set

Tip: Keep eyes to sky to avoid pulling neck forward

LUNGES Stationary

LOWER BODY

12 20 24
BEG INT ADV

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- Step into lunge position until thigh is parallel to floor
- With feet remaining stationary, move up and down slowly
- Switch legs halfway through set

Tip: Do not allow knee to go forward of toe

BEAR CRAWL

FULL BODY

:20 :30 :50
BEG INT ADV

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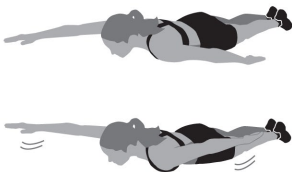
- Begin in standard push up position
- Crawl forward on hands and feet
- Continue crawling for allotted time (in seconds)

SUPERMAN

UPPER BODY

40 60 80
BEG INT ADV

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- Lie down on stomach, one arm in front, one arm in back
- Rapidly raise and lower arms eight inches off floor
- Switch arm positions halfway through set

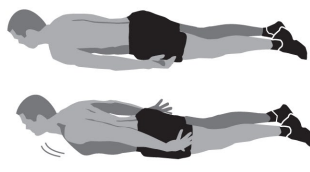
Tip: Keep arms straight during the exercise

LIZARDS

MIDDLE BODY

8 12 16
BEG INT ADV

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- Lie on stomach with arms at sides, palms facing up
- Gently raise upper torso about six inches
- Hold for three seconds
- Return to starting position

Tip: Keep head aligned with back. Do not arch neck.

DUCK WALK

LOWER BODY

8 12 20
BEG INT ADV

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- Begin by stepping into a lunge position
- Step into another lunge position with opposite leg
- You will be making forward progress in this exercise
- Each new step is a repetition

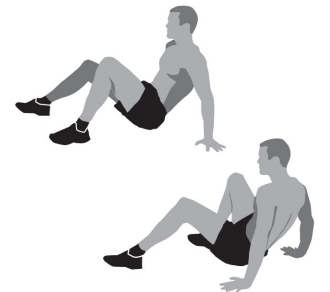
Tip: Do not allow knees to go forward of toes

CRAB CRAWL

FULL BODY

:20 :30 :50
BEG INT ADV

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- Begin in seated position on floor
- Use arms to lift buttocks off floor
- Walk forward and backward on palms and heels
- Crawl for allotted time (in seconds)

ARM ROTATIONS Vertical

UPPER BODY

40 60 80
BEG INT ADV

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- Extend arms above head
- Rotate arms in circles while keeping fists extended
- Switch direction of circles halfway through set

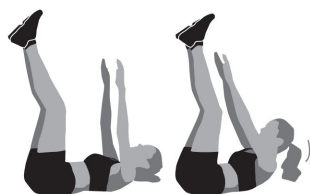
Option: Change size and speed of circles for added variety

REACH UPS

MIDDLE BODY

8 12 20
BEG INT ADV

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- Begin on back with legs and arms pointing to sky
- Curl upper body and reach for toes with outstretched arms
- Slowly return to starting position
- Maintain slow and controlled movement

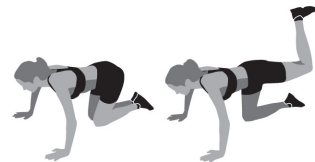
Option: Reach for opposite toes for added variety

KICK BACKS

LOWER BODY

8 12 16
BEG INT ADV

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- Begin on floor on all fours
- Kick heel to sky until thigh is parallel to floor
- Hold in raised position for three seconds and release
- Switch legs halfway through set

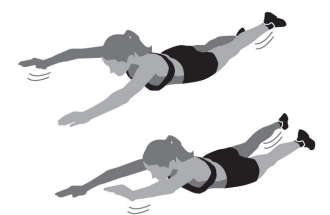
Tip: Keep head and back aligned. Do not arch neck.

SWIMMERS

FULL BODY

10 14 24
BEG INT ADV

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- Lie prone with legs together and arms extended to front
- Alternate lifting opposite arm and leg six inches off floor
- Move arms and legs smoothly during the exercise
- Every other arm/leg movement equals one repetition

Tip: Remember to breathe. Do not arch head or neck.