

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

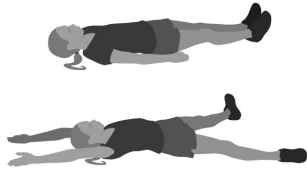
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SNOW ANGELS

UPPER BODY

5 10 15
BEG INT ADV

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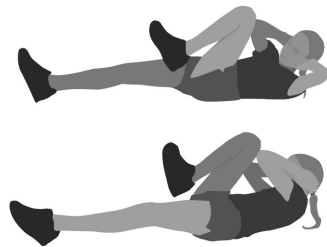
- Lie down on back
 - Spread arms and feet in a snow angel motion
- Tip: Touch hands above head each repetition

BICYCLE CRUNCHES

MIDDLE BODY

6 10 12
BEG INT ADV

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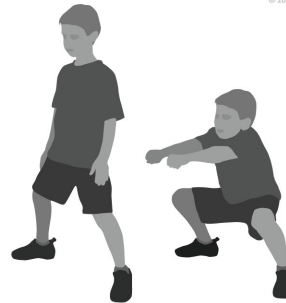
- Cup ears with hands
 - Alternate touching elbows with opposite knees
- Tip: Do not pull head forward

SQUATTERS

LOWER BODY

8 10 16
BEG INT ADV

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- Stand with wide stance; hands at sides
 - Bend at the knees and squat down
- Tip: Try not to bend upper body forward

CRAB CRAWL

FULL BODY

:20 :30 :40
BEG INT ADV

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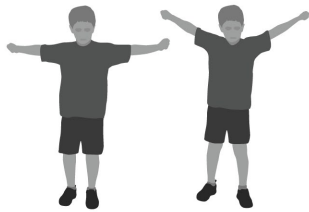
- Crawl on hands and heels

ROLL-O's

UPPER BODY

10 20 30
BEG INT ADV

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- Make circular motion with arms
- Tip: Vary size, speed, or direction for more variety

THE PLANK

MIDDLE BODY

:20 :30 :40
BEG INT ADV

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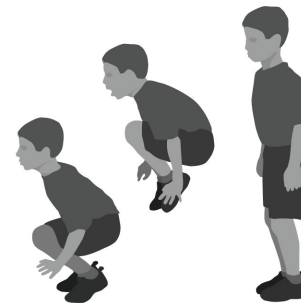
- Hold position steady with straight body
- Switch sides halfway through

CHEST BUSTERS

LOWER BODY

4 6 10
BEG INT ADV

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- Jump up and touch thighs to chest

HIGH KNEE STEPS

FULL BODY

4 6 10
BEG INT ADV

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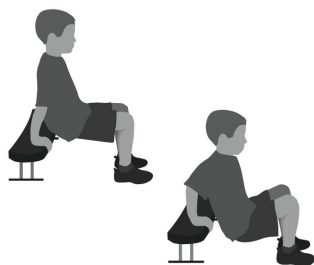
- Touch knees to chest while skipping

DIPSY DOOS

UPPER BODY

5 10 15
BEG INT ADV

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

TUG OF WAR

MIDDLE BODY

8 12 16
BEG INT ADV

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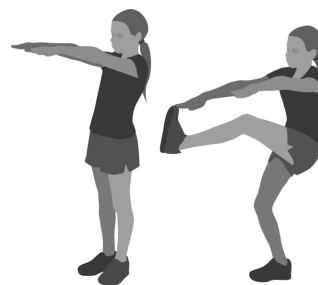
- Curl body up; reach hands through legs
- Tip: Do not swing arms for momentum

MILITARY MARCH

LOWER BODY

4 6 10
BEG INT ADV

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- Walk with arms straight out in front
- Kick opposite hand with each step

RED ROVER

FULL BODY

2 4 6
BEG INT ADV

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- Opposite arm and leg extended
- Hold position for five seconds
- Alternate sides