

### 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

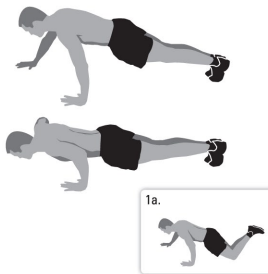
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### PUSH UPS Staggered

UPPER BODY

8 12 20  
BEG INT ADV

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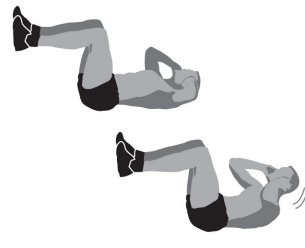
- Place one hand in front of head, the other behind
  - Keeping body straight, lower chest to floor
  - Return to starting position
  - Alternate hand positions halfway through set
- Option: Perform exercise on knees if fatigued (see 1a.)

### CRUNCHES

MIDDLE BODY

10 15 20  
BEG INT ADV

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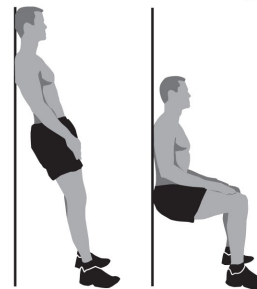
- Lie on back with knees bent and calves parallel to floor
  - Cup ears loosely with hands
  - Curl upper body to knees, squeeze abdominals
  - Slowly return to starting position
- Tip: Do not fully clasp hands behind head or pull neck up

### WALL SITS

LOWER BODY

:20 :30 :50  
BEG INT ADV

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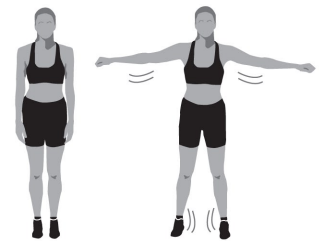
- Lean back against wall with feet shoulder-width apart
  - Slowly slide down wall until thighs are parallel to floor
  - Maintain seated position for allotted time (in seconds)
- Option: Stop halfway down wall if fatigued

### HALF JUMPING JACKS

FULL BODY

30 45 60  
BEG INT ADV

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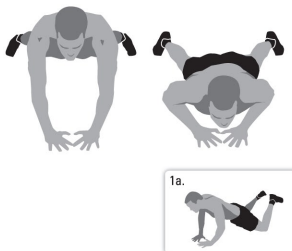
- Begin in standing position
- Jump up, simultaneously spread legs and raise arms
- Arms and legs move half as far as standard jumping jacks
- Jump back to starting position
- Each time arms go up and down equals one repetition

### PUSH UPS Spades

UPPER BODY

4 8 16  
BEG INT ADV

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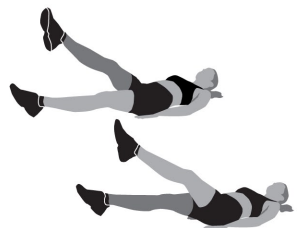
- Place hands under chest (thumbs touching)
  - Spread legs apart
  - Keeping body straight, lower chest to floor
  - Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

### FLUTTER KICKS

MIDDLE BODY

8 14 28  
BEG INT ADV

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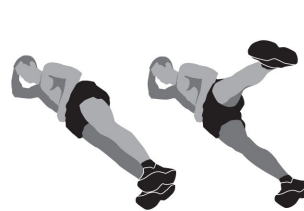
- Lie down with hands under buttocks, palms facing down
  - Scissor-kick legs 2-3 feet off the floor
  - Heels should not touch floor during exercise
  - Every other scissor-kick equals one repetition
- Tip: Keep slight bend in legs during exercise

### SIDE LEG LIFTS Outer

LOWER BODY

12 16 24  
BEG INT ADV

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- Lie on side, rest head on hand, face shoulders forward
- Scissor-kick legs 2-3 feet off the floor
- Pause for three seconds at top of range
- Switch sides halfway through set

### STAR JUMPERS

FULL BODY

4 8 12  
BEG INT ADV

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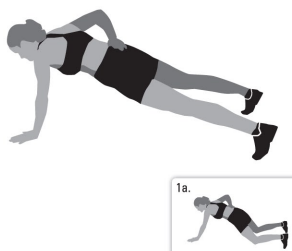
- Stand tall with knees slightly bent
- Lower to a crouching position with thighs parallel to floor
- Explode up into the air and extend hands to sky
- Land in starting position with knees slightly bent

### THE TRIPOD HOLD

UPPER BODY

:20 :30 :50  
BEG INT ADV

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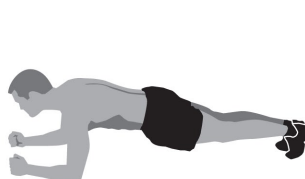
- Begin in standard push up position with legs spread
  - Release one hand and rest it on lower back
  - Maintain tight body position for allotted time (in seconds)
  - Switch arms halfway through time
- Option: Perform exercise on knees if fatigued (see 1a.)

### THE BRIDGE

MIDDLE BODY

:20 :30 :50  
BEG INT ADV

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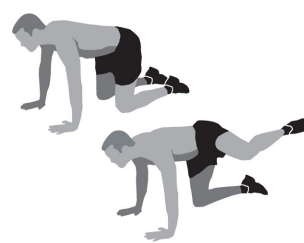
- Begin in modified push up position (on knees)
  - Slowly lower down to elbows
  - Lift knees off floor and hold a tight body position
  - Hold for allotted time (in seconds)
- Option: Beginners may remain on knees to hold position

### FIRE HYDRANTS

LOWER BODY

8 12 16  
BEG INT ADV

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- Begin on floor on all fours
  - Raise leg directly to the side until 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.

### CROSS COUNTRY

FULL BODY

14 24 40  
BEG INT ADV

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- Begin in standing position with knees bent
- Jump up and extend left foot forward and right foot back
- At the same time, swing arms in opposite direction of legs
- Simulate cross country skiing with skis and poles
- Every other arm/leg swing equals one repetition