

**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

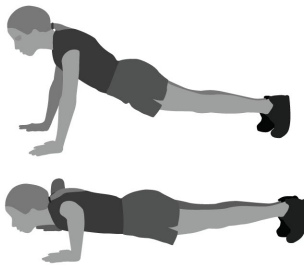
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**FOUR ON THE FLOOR**

UPPER BODY

4 6 12  
BEG INT ADV

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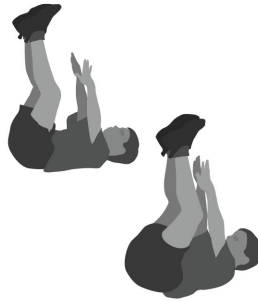
- Hands shoulder-width apart
- Lower chest to floor and up
- Option: Perform on knees if necessary

**TOE TAPPERS**

MIDDLE BODY

6 8 12  
BEG INT ADV

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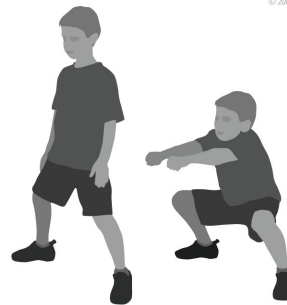
- Reach for toes with fingers
- Option: Touch opposite toes for variety

**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

**THE FLAMINGO**

FULL BODY

6 10 12  
BEG INT ADV

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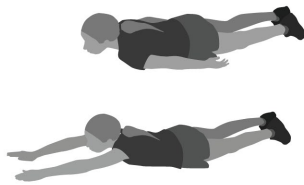
- Hop on one foot
- Alternate feet halfway through

**BELLY ANGELS**

UPPER BODY

5 10 15  
BEG INT ADV

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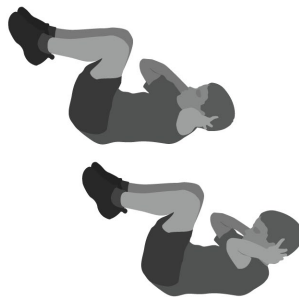
- Lie down on stomach
- Move arms from sides to above your head
- Tip: Touch hands above head each repetition

**CRUNCHERS**

MIDDLE BODY

8 12 16  
BEG INT ADV

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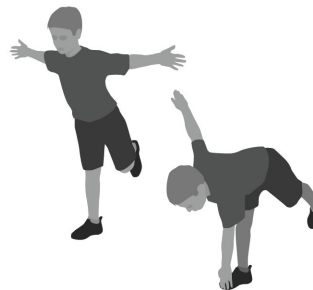
- Cup ears with hands
- Curl upper body until elbows hit knees

**THE TIGHTROPE**

LOWER BODY

4 6 8  
BEG INT ADV

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- Balance on one foot with arms to sides
- Reach down to touch opposite toe
- Alternate sides

**JUMPING JACKS**

FULL BODY

6 10 14  
BEG INT ADV

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- Jump with hands over head and feet split

**TRIPOD HOLD**

UPPER BODY

:20 :30 :40  
BEG INT ADV

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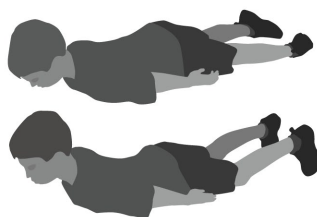
- Spread feet; support weight on one arm
- Balance on one hand for allotted time
- Switch arms halfway through set
- Option: Kneel if necessary

**LIZARDS**

MIDDLE BODY

4 6 10  
BEG INT ADV

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- Lie on stomach with arms at sides
- Gently raise head and upper torso six inches
- Tip: Keep head in line with back

**RATTA-TAT-TAT**

LOWER BODY

:20 :30 :40  
BEG INT ADV

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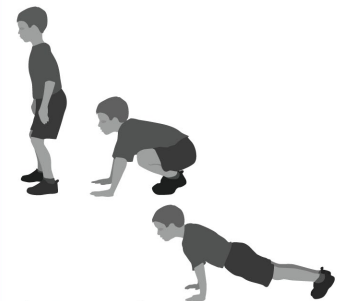
- Pitter-patter feet quickly for allotted time

**THE CRUSHER**

FULL BODY

4 8 10  
BEG INT ADV

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