

### 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 Standard

UPPER BODY

8 12 20  
BEG INT ADV

1a.

- Place hands shoulder-width apart
- Keeping body straight, lower chest to floor
- Return to starting position

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

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### SIT UPS

MIDDLE BODY

10 15 20  
BEG INT ADV

- Lie on back with knees bent
- Cross arms at chest level, hands on opposite shoulders
- Curl body up, touching elbows to thighs
- Slowly return to starting position

Tip: Keep head and back aligned during movement

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### SQUATS

LOWER BODY

10 15 20  
BEG INT ADV

- Stand with feet parallel and shoulder-width apart
- As you squat, raise arms straight out in front for balance
- Continue to squat down until thighs are parallel to floor
- Return to starting position

Tip: Do not allow knees to go forward of toes

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### SQUAT THRUSTS

FULL BODY

5 10 15  
BEG INT ADV

- Drop to a crouching position with hands on floor
- Thrust legs out behind you
- Return to a crouching position; stand up

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### BELLY ANGELS

UPPER BODY

8 16 30  
BEG INT ADV

- Lie down on stomach with arms outstretched above head
- Bring arms to sides and then back to starting position

Tip: Touch hands above head with each repetition

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### REVERSE CURLS

MIDDLE BODY

8 12 18  
BEG INT ADV

1a.

- Lie on back and cup ears loosely with hands
- Curl legs toward chest while keeping upper body still
- Slowly return legs to fully extended position

Option: Place hands on floor for more support (see 1a.)

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### LUNGES

LOWER BODY

6 8 12  
BEG INT ADV

- Stand with feet shoulder-width apart and hands on hips
- Step forward and lower body until thigh is parallel to floor
- Step back and return to starting position
- Switch legs and repeat
- Every other lunge equals one repetition

Tip: Do not allow knee to go forward of toe

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### JUMPING JACKS

FULL BODY

20 35 50  
BEG INT ADV

- Jump up, spread legs and touch hands over head
- Jump again and return to starting position
- Each time hands touch equals one repetition

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### ARM ROTATIONS Horizontal

UPPER BODY

40 60 80  
BEG INT ADV

- Extend arms straight out to sides (parallel to floor)
- 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

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### OBLIQUE BRIDGE

MIDDLE BODY

:20 :30 :50  
BEG INT ADV

- Support body using elbow and forearm
- Tighten middle body to maintain well-aligned posture
- Hold position for allotted time (in seconds)
- Switch sides halfway through time

Option: Beginners may hold position while on knees

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### KNEE TAPS

LOWER BODY

24 40 60  
BEG INT ADV

- Stand with forearms parallel to floor
- Run in place with knees lifting high enough to touch palms
- Every other knee tap equals one repetition

Tip: Keep head straight and forearms parallel to floor

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### CHASE THE RABBITS

FULL BODY

10 20 30  
BEG INT ADV

- Begin in standard push up position
- Rapidly alternate knees to chest (upper body remains still)
- Legs should move as if running in place
- Every other knee to chest equals one repetition

Tip: Keep head aligned with back and look straight ahead

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