

### 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 ► 

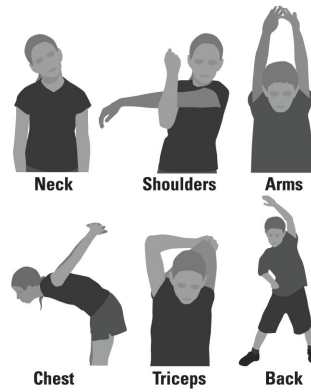
Exercise description ► 

- 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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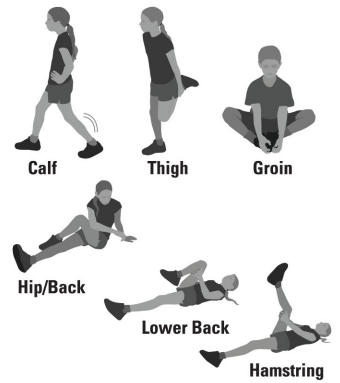
### Information Card Stretching - Upper Body



See other side

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### Information Card Stretching - Lower Body



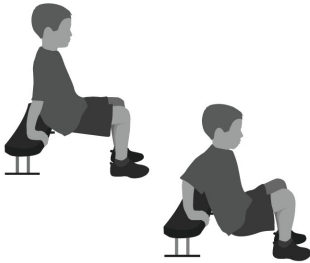
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## DIPSY DOOS

UPPER BODY

5 10 15  
BEG INT ADV

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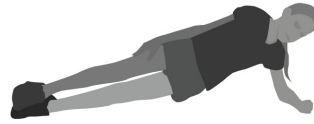
- Move body up and down on edge of chair
- Option: Perform on floor if no chair available

## THE PLANK

MIDDLE BODY

:20 :30 :40  
BEG INT ADV

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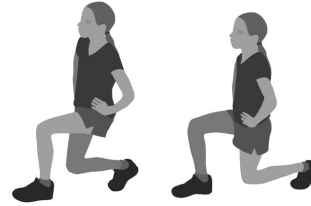
- Hold position steady with straight body
- Switch sides halfway through

## DUCK WALK

LOWER BODY

6 10 12  
BEG INT ADV

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- Alternate steps into lunge position
- Each new step is a repetition
- Tip: Do not allow knee to go forward of toe

## BEAR CRAWL

FULL BODY

:20 :30 :40  
BEG INT ADV

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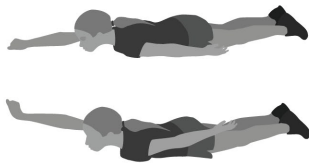
- Crawl on hands and balls of feet

## SUPERMAN

UPPER BODY

10 16 20  
BEG INT ADV

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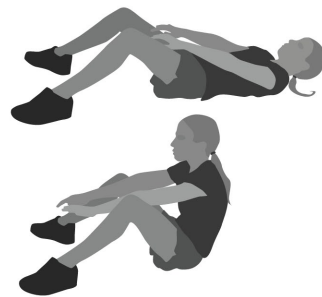
- One arm in front and one arm behind
- Move arms up and down (switch halfway)
- Tip: Keep arms straight during exercise

## TUG OF WAR

MIDDLE BODY

8 12 16  
BEG INT ADV

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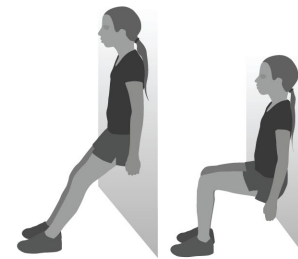
- Curl body up; reach hands through legs
- Tip: Do not swing arms for momentum

## TEST OF TIME

LOWER BODY

:20 :30 :40  
BEG INT ADV

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- Lean back against wall in squat position
- Option: Stop halfway down wall if fatigued

## SIDEWINDERS

FULL BODY

6 10 16  
BEG INT ADV

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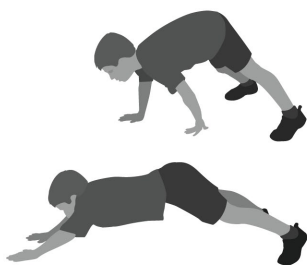
- Side shuffle quickly without crossing feet
- Switch directions halfway through

## INCHWORM

UPPER BODY

4 6 8  
BEG INT ADV

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- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

## SCORPION

MIDDLE BODY

:20 :30 :40  
BEG INT ADV

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- Grab left foot with right hand and hold
- Alternate sides halfway through allotted time

## THE TWO STEP

LOWER BODY

4 6 8  
BEG INT ADV

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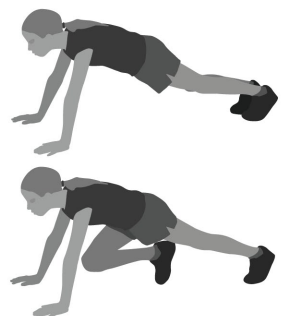
- Step to one side into a squat
- Back to start and alternate sides

## CHASE THE RABBITS

FULL BODY

8 10 16  
BEG INT ADV

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- Alternate knees to chest in fast motion