

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

Narrow

UPPER BODY

6 10 16
BEG INT ADV

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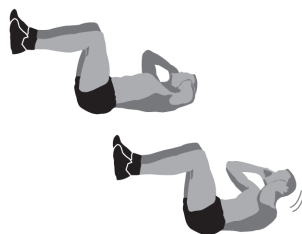
- Place hands narrower than shoulder-width apart
 - Keeping body straight, lower chest to floor
 - Elbows should be tucked against body
 - Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

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

LUNGES

Stationary

LOWER BODY

12 20 24
BEG INT ADV

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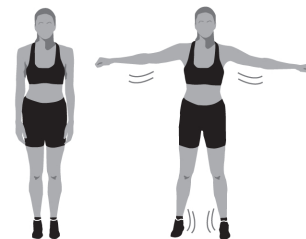
- Step into lunge position until thigh is parallel to floor
 - With feet remaining stationary, move up and down slowly
 - Switch legs halfway through set
- Tip: Do not allow knee to go forward of toe

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

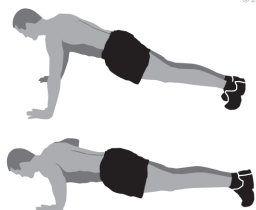
PUSH UPS

Negatives

UPPER BODY

4 8 12
BEG INT ADV

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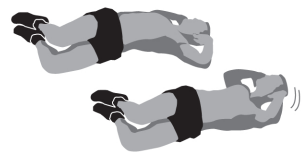
- Place hands shoulder-width apart
 - Slowly count to five while lowering chest to floor
 - Return to starting position
- Option: Perform exercise on knees if fatigued (see 1a.)

SIDE CRUNCHES

MIDDLE BODY

16 20 24
BEG INT ADV

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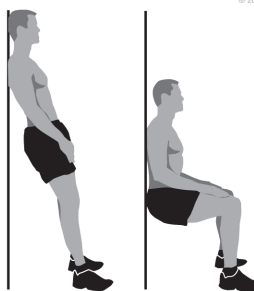
- Begin in sit up position with both knees bent
 - Drop legs to one side, cup ears loosely with hands
 - Curl torso while keeping shoulders parallel to floor
 - Slowly lower upper torso back to floor
 - Switch sides halfway through set
- Tip: Keep eyes to sky to avoid pulling neck forward

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

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

DIPS

UPPER BODY

8 12 20
BEG INT ADV

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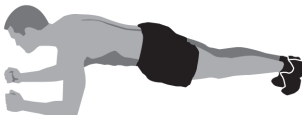
- Place palms behind you on a chair or other flat surface
 - Lower upper body until triceps are parallel to floor
 - Return to starting position
- Option: If chair unavailable, place palms on floor (see 1a.)

THE BRIDGE

MIDDLE BODY

:20 :30 :50
BEG INT ADV

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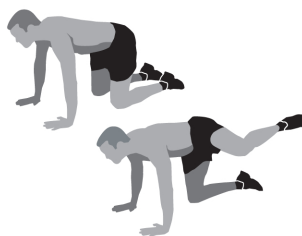
- Begin in modified push up position (on knees)
 - Slowly lower down to elbows
 - Lift knees off floor and hold a tight body position
 - Hold for allotted time (in seconds)
- Option: Beginners may remain on knees to hold position

FIRE HYDRANTS

LOWER BODY

8 12 16
BEG INT ADV

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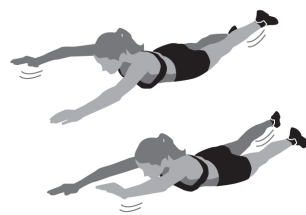
- Begin on floor on all fours
 - Raise leg directly to the side until parallel to floor
 - Hold in raised position for three seconds and release
 - Switch legs halfway through set
- Tip: Keep head and back aligned. Do not arch neck.

SWIMMERS

FULL BODY

10 14 24
BEG INT ADV

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- Lie prone with legs together and arms extended to front
 - Alternate lifting opposite arm and leg six inches off floor
 - Move arms and legs smoothly during the exercise
 - Every other arm/leg movement equals one repetition
- Tip: Remember to breathe. Do not arch head or neck.