

Thank you for downloading FitDeck Bodyweight TEST-DRIVE. This will give you a taste of the hundreds of fun ways to use our growing family of FitDeck titles.

FitDeck Bodyweight - our flagship title - represents our "foundation" deck that can be used by nearly everyone. No special equipment or training is required for a fun and effective workout.

Each of these 3 workouts will take about 10 minutes. Select the number of repetitions to perform on each card based on your fitness level (e.g. beginner, intermediate, advanced).

The next page shows 9 cards selected from the 56 actual FitDeck Bodyweight cards. They represent a cross-section of exercises from each body segment (e.g. upper, middle, lower, full body).

- 1 JUST DO IT!**

 1. Shuffle 9 cards
 2. Draw any card at random
 3. Flip it over and perform the exercise
 4. Repeat every 60 seconds (including rest) until you finish all 9 cards
- 2 AND NOW A WORD FROM OUR SPONSORS...**

 1. Shuffle 9 cards
 2. Place 9 cards on the coffee table face down
 3. Every time a TV commercial comes on, perform 3 cards
 4. Continue until you finish all 9 cards
- 3 HEAD TO TOE**

 1. Arrange cards as follows: 2 blue (upper), 2 green (middle), 2 orange (lower), 2 red (full), place Wild Card anywhere in the stack
 2. Begin with the blue cards (upper body) and perform each card in a row with no rest in between until you finish all 9 cards

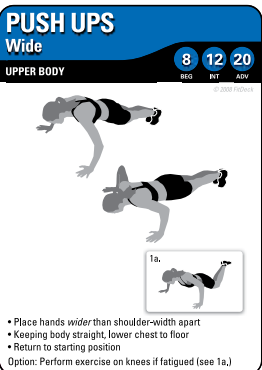
Additional helpful cards from FitDeck Bodyweight:

Information Card
Reading FitDeck Bodyweight Cards

Ability levels with suggested repetitions or time

Exercise name ▶ **PUSH UPS**

Body segment exercised ▶ **Wide**

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
FitDeck Bodyweight Categories

Each FitDeck Bodyweight Card is categorized and color-coded by the body segment being engaged during a particular exercise or movement. The categories are:

- Upper Body**
- Middle Body**
- Lower Body**
- Full Body**

Use color codes as a quick reference to create hundreds of unique workouts.

Shuffle cards to create a random sequence of exercises.

Group cards to build custom routines based on specific categories.

Pre-arrange cards to create sports-specific workout routines.

See other side

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Information Card
Stretching - Upper Body

Neck

Shoulder

Back/Arms

Chest

Triceps

Back

See other side

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FitDeck Bodyweight Sample Cards (1 of 2)

PUSH UPS

Staggered

8 **12** **20**
BEG INT ADV

UPPER BODY

- 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.)

SUPERMAN

40 **60** **80**
BEG INT ADV

UPPER BODY

- Lie down on stomach, one arm in front, one arm in back
- Rapidly raise and lower arms eight inches off floor
- Switch arm positions halfway through set

Tip: Keep arms straight during the exercise

BICYCLE CRUNCHES

10 **14** **24**
BEG INT ADV

MIDDLE BODY

- Lie on back with knees bent and calves parallel to floor
- Cup ears loosely with hands
- Move legs in bicycle motion (elbows to opposite knees)
- Keep heels four inches off floor
- Every knee touch equals one repetition

Tip: Do not fully clasp hands behind head or pull neck up

REACH UPS

8 **12** **20**
BEG INT ADV

MIDDLE BODY

- Begin on back with legs and arms pointing to sky
- Curl upper body and reach for toes with outstretched arms
- Slowly return to starting position
- Maintain slow and controlled movement

Option: Reach for opposite toes for added variety

**REPEAT
LAST CARD**

LUNGES

Stationary

12 **20** **24**
BEG INT ADV

LOWER BODY

- 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

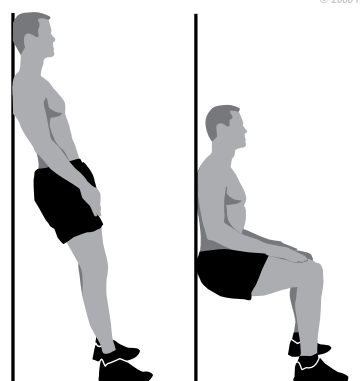
Before you Begin: Please check with your physician before beginning any new exercise or diet plan.
As with any exercise plan, please warm up and stretch prior to your workout.

FitDeck Bodyweight Sample Cards (2 of 2)

WALL SITS

LOWER BODY

:20 :30 :50
BEG INT ADV



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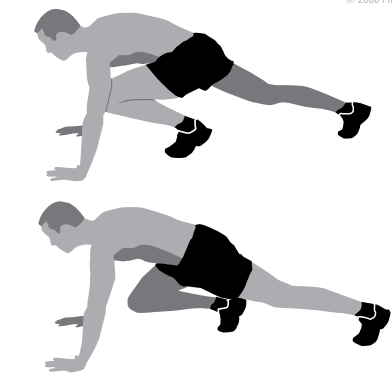
- Lean back against wall with feet shoulder-width apart
- Slowly slide down wall until thighs are parallel to floor
- Maintain seated position for allotted time (in seconds)

Option: Stop halfway down wall if fatigued

CHASE THE RABBITS

FULL BODY

10 20 30
BEG INT ADV



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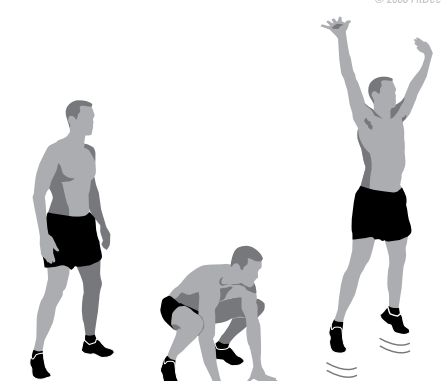
- Begin in standard push up position
- Rapidly alternate knees to chest (upper body remains still)
- Legs should move as if running in place
- Every other knee to chest equals one repetition

Tip: Keep head aligned with back and look straight ahead

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

If you like this sample FitDeck Bodyweight workout, consider purchasing the full deck at www.fitdeck.com. Other popular "Bodyweight-Only" titles:

[FitDeck Yoga](#)

[FitDeck Pilates](#)

[FitDeck Stretch](#)

[FitDeck Senior](#)

Our newest titles involve training for sports. They include:

[FitDeck Basketball](#)

[FitDeck Soccer](#)

[FitDeck Swimming](#)

For up-to-date information on new titles, interesting workout ideas, and all things FitDeck, please join Phil Black's Blog at fitdeck.com/connect/

*Before you Begin: Please check with your physician before beginning any new exercise or diet plan.
As with any exercise plan, please warm up and stretch prior to your workout.*