



**POWER
PLAY**



**Eat Healthy. Be Active.
Have Fun!**

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Information Card

Before You Begin

1. Before you begin using FitDeck Junior, consult with your physician. This is especially important if you have never or infrequently exercised before.
2. If while using FitDeck Junior, 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 Junior 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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1f

Information Card

Resources

Author: Phil Black, FitDeck, Inc. Founder, former Navy SEAL and Navy SEAL Instructor, Certified Personal Trainer.

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To order FitDeck Junior or other FitDeck products please visit us online at www.fitdeck.com or call toll free 1-800-226-6022.

FitDeck, Inc.
P.O. Box 22774
San Diego, CA 92192-2774
www.fitdeck.com

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1b

Information Card

FitDeck Philosophy

FitDeck makes exercise more simple, convenient, and fun.

Simple: FitDeck cards demonstrate hundreds of exercises, stretches, and movements in a user-friendly format. Clear illustrations and concise instructions eliminate non-essential information.

Convenient: Choose a FitDeck that suits your specific needs, fitness level, and lifestyle – no equipment, with equipment, or a combination.

Fun: Shuffle cards to create thousands of routines with unexpected combinations, sequences, and intensity levels.

For dozens of FitDeck workouts, challenges, DVDs, games and tips, visit us at:

www.fitdeck.com

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Information Card

The FitDeck Junior Workout

Begin your FitDeck Junior workout by shuffling the 50 Exercise Cards. As the name suggests, the cards contain exercises and stretches targeted for young children ages 5 – 12 years old.

In fact, if you are reading this card, it is likely that you are an adult who will be leading children in these activities.

Drawing and performing these exercises will deliver a full-body workout resulting in increased strength, flexibility, and aerobic endurance.

FitDeck Junior Cards were created to deliver maximum convenience and flexibility. Physical activity games can be easily developed for various age groups, skill levels, and group sizes. Games can also be tailored for multiple environments: family rooms, indoor/outdoor, classrooms, auditoriums, hallways, playing fields, and parks. See FitDeck Junior Games Card and www.fitdeck.com for a sampling of ideas.

Always Warm Up, Cool Down, and Stretch as recommended on the Information Cards.

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Information Card

Using FitDeck Junior Cards

Review Information Cards
Warm Up and Stretch (See Stretching Cards)

1. **SHUFFLE** exercise cards
 2. **DRAW** a card and flip it over
 3. **PERFORM** the exercise
 4. **DRAW** next card and flip it over
 5. **PERFORM** the exercise
 6. **REPEAT** as desired
- Cool Down and Stretch

Using 1-minute per card as a guide, draw the number of cards consistent with your fitness level and time available to workout:

For example: 15 minutes = 15 cards



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: Perform on knees if necessary

Ability levels with suggested repetitions or time: 4 (BEG), 6 (INT), 12 (ADV)

Wild Cards are included to mix up your routine.

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Information Card

FitDeck Junior Categories

Each FitDeck Junior Card is categorized and color-coded by the body segment being engaged during each 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 create games based on specific categories.

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

See other side

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Information Card

Frequently Asked Questions

1. How often should I use the FitDeck Junior Cards?

Experienced users may perform a sampling of these exercises daily. Beginners should allow more time for recovery (i.e. one day of rest between workouts). Proper rest, varying your routine, and changing intensity levels are the keys to not overtraining.

2. How many cards should I do at a time?

It depends on your current fitness level and goals. A beginner might start off slowly with 2-5 cards per workout. Experienced users can do 10, 20, 30 cards per workout. Visit our website for fun game ideas for individuals, partners, teams, and groups. (www.fitdeck.com)

3. Does it matter what order I do the cards?

Not necessarily. Most people enjoy the variety and surprise of randomly choosing cards during their workout. This cuts down on boredom and surprises the muscles. Others prefer to focus on one body segment at a time (i.e. Lower Body).

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Information Card

Warm Up

- Warm up before using FitDeck Junior
- Warm up with 3-5 minutes of: jumping jacks, running in place, or brisk walking / jogging
- Warm up to prepare muscles for activity

Cool Down

- Cool down after using FitDeck Junior
- Cool down with a sampling of basic stretches
- Cool down to prevent delayed muscle stiffness
- Cool down to reduce risk of injury

Stretching

- Stretch following Warm Up & Cool Down activities
- Stretch to promote recovery after a workout
- Stretch with slow and controlled movements
- Stretch in each position for 15-30 seconds

Note: See Stretching Card for upper and lower body stretches.

See other side

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Information Card

FitDeck Junior Games

Relay Race – designate a spot 20 yards away from starting line. Children run to the spot, select a card, perform the exercise, and return to tap the next child on their team; team that finishes first wins.

Obstacle Course – set up a course with obstacles that children must run around, over, or through. At each obstacle, children must perform the card assigned to it.

52-Card Pickup – create a 'face-up' and a 'face-down' team. Throw entire deck of cards in the air and let cards float to ground. Each team picks up and performs their respective cards. Team that completes cards first wins.

Scavenger Hunt – hide cards around your house, classroom, or park. Players must follow clues to help them find the cards, return to base, and perform the exercises.

Color Stations – set up stations with cards of the same color (upper, middle, lower, or full body).

Warm Up – use cards as a Warm Up routine before a sporting event, race, or competition.

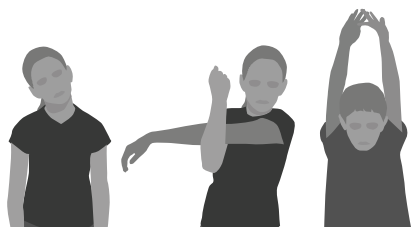
Visit www.fitdeck.com for more game ideas.

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Information Card

Stretching - Upper Body



Neck

Shoulders

Arms



Chest

Triceps

Back

See other side

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6f

Information Card

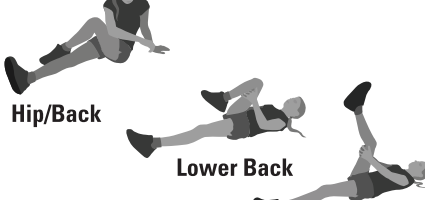
Stretching - Lower Body



Calf

Thigh

Groin



Hip/Back

Lower Back

Hamstring

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6b

SNACK TIP

Get power to play. eat 2½ - 5 cups of fruits and vegetables every day.

WATER BREAK

When you play hard, it's important to drink lots of water.

PLAY TIP

Power up with 60 minutes of active play every day!

PLAY TIP

Stuck inside? Use these cards to get moving during the day!

TAKE A GUESS!

Do you know what's in season now?



Mandarins are in season in winter.
Pears are in season in fall.
Red peppers are in season in summer.
Peas are in season in spring.

FOUR ON THE FLOOR

UPPER BODY

4

BEG

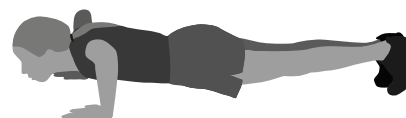
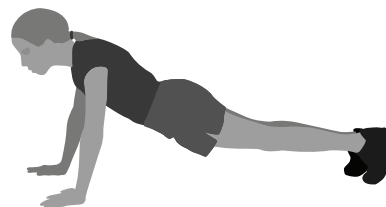
6

INT

12

ADV

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

SPADES

UPPER BODY

2

BEG

6

INT

10

ADV

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- Hands under chest (thumbs touching)
- Kneel on floor
- Lower chest to floor and up

BELLY ANGELS

UPPER BODY

5

BEG

10

INT

15

ADV

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

ROLL-O's

UPPER BODY

10

BEG

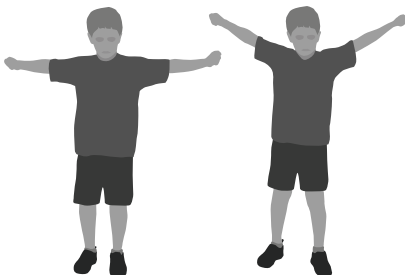
20

INT

30

ADV

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- Make circular motion with arms
- Tip: Vary size, speed, or direction for more variety

PRAYING MANTIS

UPPER BODY

2

BEG

4

INT

8

ADV

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- Feet spread and hips straight up
- Lower top of head to floor and up

SNOW ANGELS

UPPER BODY

5

BEG

10

INT

15

ADV

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- Lie down on back
 - Spread arms and feet in a snow angel motion
- Tip: Touch hands above head each repetition

DIPSY DOOS

UPPER BODY

5

BEG

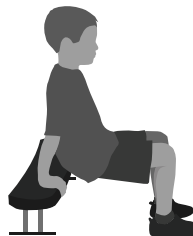
10

INT

15

ADV

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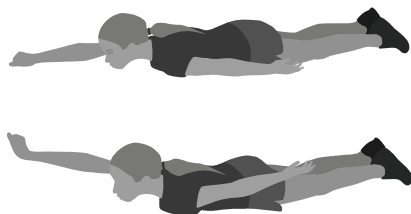
- Move body up and down on edge of chair
- Option: Perform on floor if no chair available

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)

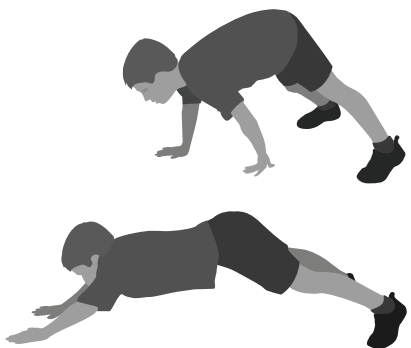
Tip: Keep arms straight during exercise

INCHWORM

UPPER BODY

4 6 8
BEG INT ADV

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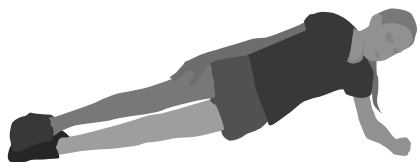
- Begin in standing position
- Walk on hands into push up position
- Take steps forward to starting position

THE PLANK

MIDDLE BODY

:20 :30 :40
BEG INT ADV

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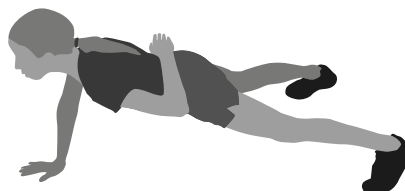
- Hold position steady with straight body
- Switch sides halfway through

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

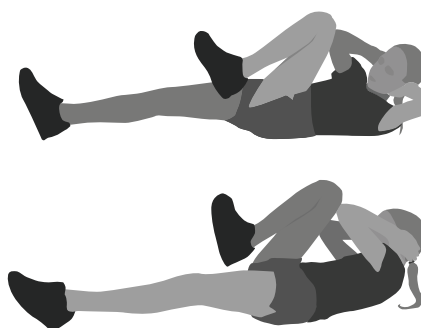
Option: Kneel if necessary

BICYCLE CRUNCHES

MIDDLE BODY

6 10 12
BEG INT ADV

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- Cup ears with hands
- Alternate touching elbows with opposite knees

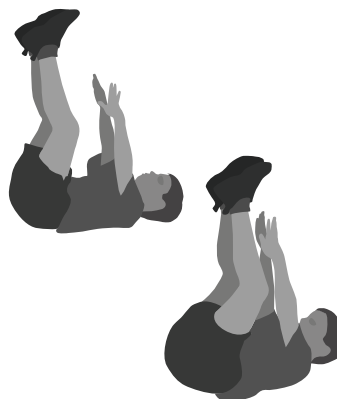
Tip: Do not pull head forward

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

THE BRIDGE

MIDDLE BODY

:20 **:30** **:40**
BEG INT ADV

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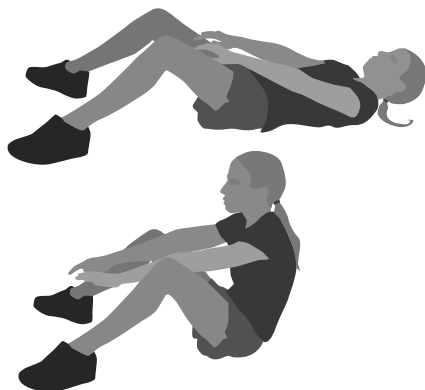
- Support body on forearms
 - Hold body in straight position
- Option: Kneel if necessary

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

VENUS FLY TRAP

MIDDLE BODY

2 **4** **8**
BEG INT ADV

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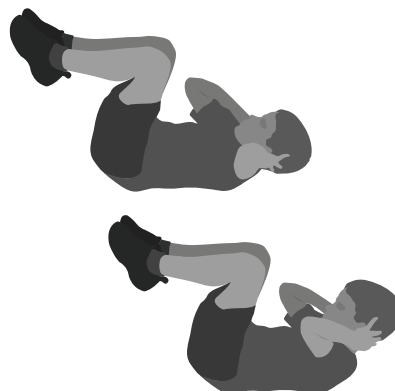
- Lie on back with arms and legs outstretched
 - Touch feet and fingers above head
- Tip: Keep head and back aligned

CRUNCHERS

MIDDLE BODY

8 **12** **16**
BEG INT ADV

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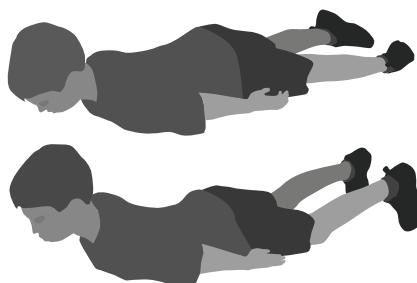
- Cup ears with hands
- Curl upper body until elbows hit knees

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

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

ROLLER DERBY

MIDDLE BODY

4

BEG

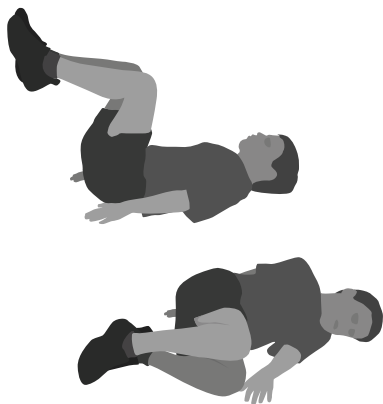
6

INT

8

ADV

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- Lie on back with legs curled
- Drop legs to alternating sides

DUCK WALK

LOWER BODY

6

BEG

10

INT

12

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

CHEST BUSTERS

LOWER BODY

4

BEG

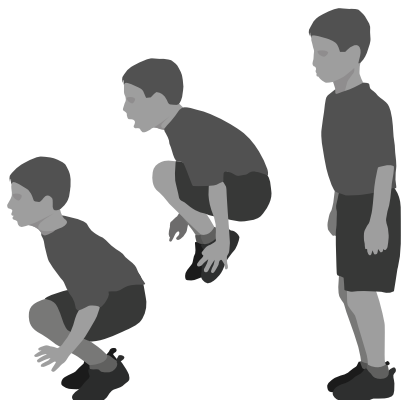
6

INT

10

ADV

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- Jump up and touch thighs to chest

SQUATTERS

LOWER BODY

8

BEG

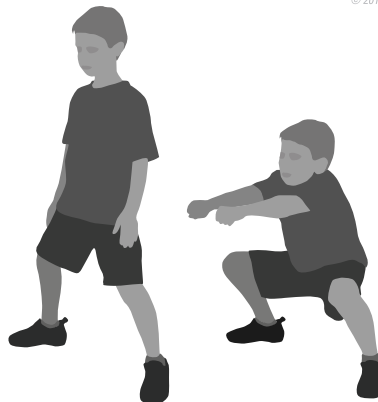
10

INT

16

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

GIRAFFE WALK

LOWER BODY

10

BEG

20

INT

30

ADV

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- Walk on toes

GORILLA WALK

LOWER BODY

6

BEG

10

INT

12

ADV

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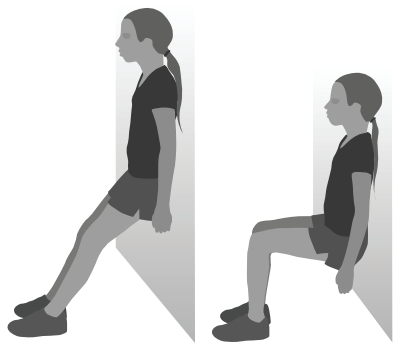
- Walk holding ankles

TEST OF TIME

LOWER BODY

:20 **:30** **:40**
BEG INT ADV

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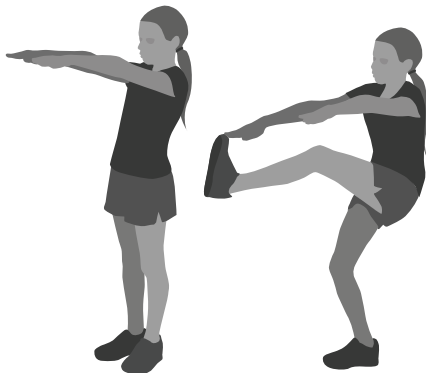
- Lean back against wall in squat position
- Option: Stop halfway down wall if fatigued

MILITARY MARCH

LOWER BODY

4 **6** **10**
BEG INT ADV

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- Walk with arms straight out in front
- Kick opposite hand with each step

RATTA-TAT-TAT

LOWER BODY

:20 **:30** **:40**
BEG INT ADV

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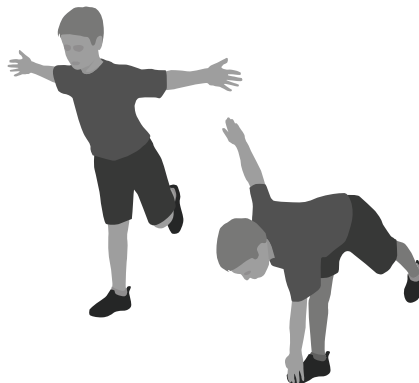
- Pitter-patter feet quickly for allotted time

THE TIGHTROPE

LOWER BODY

4 **6** **8**
BEG INT ADV

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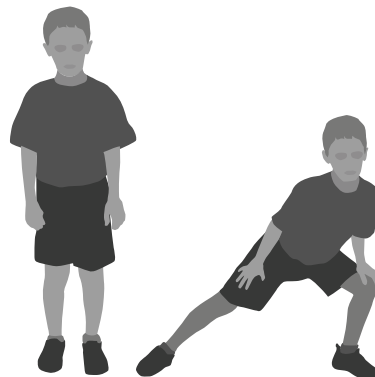
- Balance on one foot with arms to sides
- Reach down to touch opposite toe
- Alternate sides

THE TWO STEP

LOWER BODY

4 **6** **8**
BEG INT ADV

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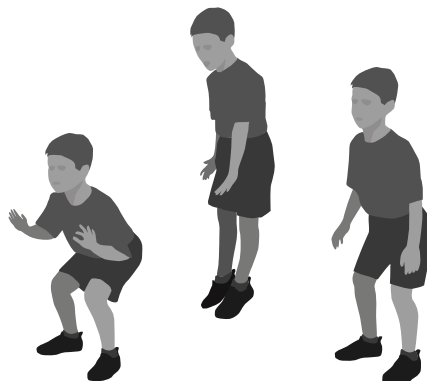
- Step to one side into a squat
- Back to start and alternate sides

BUNNY HOPS

FULL BODY

4 **6** **10**
BEG INT ADV

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- Hop on two feet

BEAR CRAWL

FULL BODY

:20 **:30** **:40**
BEG INT ADV

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- Crawl on hands and balls of feet

CRAB CRAWL

FULL BODY

:20 **:30** **:40**
BEG INT ADV

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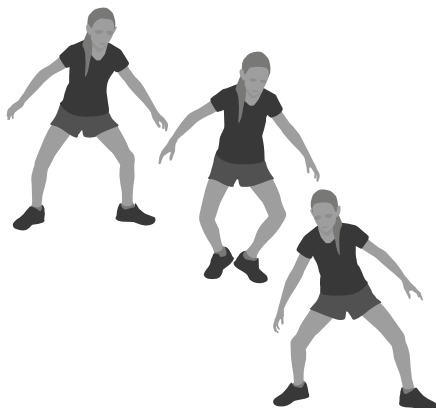
- Crawl on hands and heels

SIDEWINDERS

FULL BODY

6 **10** **16**
BEG INT ADV

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

HIGH KNEE STEPS

FULL BODY

4 **6** **10**
BEG INT ADV

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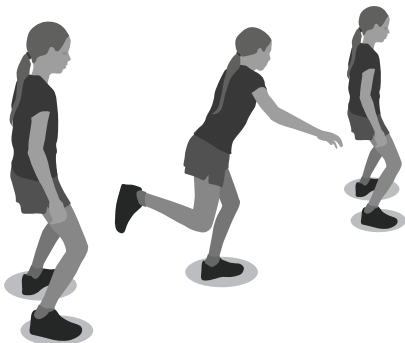
- Touch knees to chest while skipping

HOP SCOTCH

FULL BODY

4 **6** **10**
BEG INT ADV

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- Jump forward in 2-1-2 progression

THE FLAMINGO

FULL BODY

6 **10** **12**
BEG INT ADV

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- Hop on one foot
- Alternate feet halfway through

JUMPING JACKS

FULL BODY

6

BEG

10

INT

14

ADV

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- Jump with hands over head and feet split

CROSS COUNTRIES

FULL BODY

6

BEG

10

INT

16

ADV

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- Move arms and legs in cross country motion

THE CRUSHER

FULL BODY

4

BEG

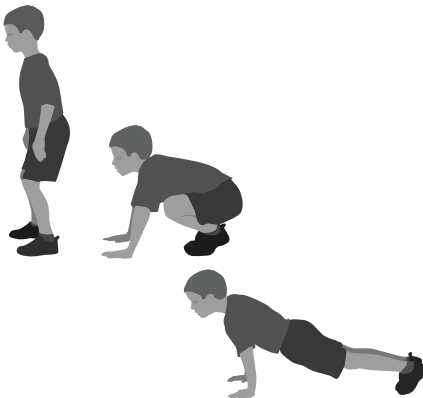
8

INT

10

ADV

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

SWIMMERS

FULL BODY

6

BEG

8

INT

12

ADV

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- Alternate lifting opposite arms and legs

CHASE THE RABBITS

FULL BODY

8

BEG

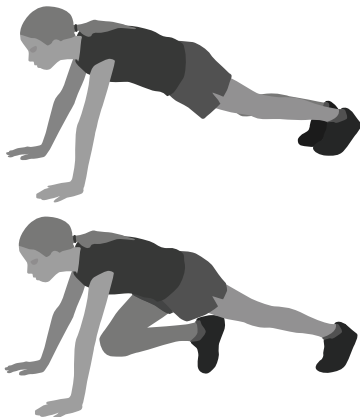
10

INT

16

ADV

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- Alternate knees to chest in fast motion

STAR JUMPERS

FULL BODY

4

BEG

6

INT

10

ADV

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- Drop down to a squat position
- Explode up into the air

RED ROVER

FULL BODY

2

BEG

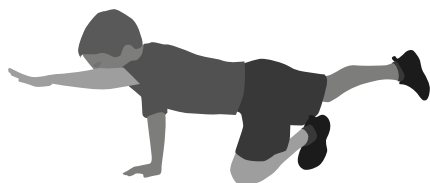
4

INT

6

ADV

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- Opposite arm and leg extended
- Hold position for five seconds
- Alternate sides

THE MULE

FULL BODY

4

BEG

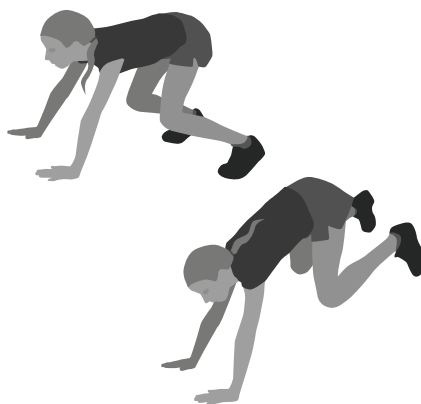
6

INT

10

ADV

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- Balance on hands and feet
- Kick both feet up behind you