Eat Healthy. Be Active. Have Fun!
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.

Information Card

FitDeck Philosophy

FitDeck makes exercise more simple, convenient, and fun.


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

Resources

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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.

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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.

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

Information Card

Reading FitDeck Junior Cards

Ability levels with suggested repetitions or time

Exercise name ➤
Body segment ➤
Exercise movements ➤
Exercise description ➤

Wild Cards are included to mix up your routine.
**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

**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).

See other side

**Information Card**

**Shell and Pick-Up Game**

- **Shell Race** — designate a spot 20 yards away from the starting line. Children run to the spot, select a shell, perform the exercise, and return to tag the next child on their team; the 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 exercise assigned to it.

- **52-Card Pickup** — create a one-up and a face-down deck. Place all deck cards face down to the ground. Each child picks up and performs the exercise assigned to it.

- **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 sports event, race, or competition.

Visit www.fitdeck.com for more game ideas.

See other side

**Information Card**

**FitDeck Junior Games**

- **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

**Information Card**

**Stretching - Upper Body**

- **Neck**
- **Shoulders**
- **Arms**
- **Chest**
- **Triceps**
- **Back**

See other side

**Information Card**

**Stretching - Lower Body**

- **Calf**
- **Thigh**
- **Groin**
- **Hip/Back**
- **Lower Back**
- **Hamstring**

See other side
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?

- Peaches are in season in spring.
- Butternut squash is in season in winter.
- Tomatoes are in season in summer.

FOUR ON THE FLOOR

UPPER BODY

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

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SPADES

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

BELLY ANGELS

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

ROLL-O’s

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

PRAYING MANTIS

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

SNOW ANGELS

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

DIPSY DOOS

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

Upper body

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

**TRIPOD HOLD**

Upper body

- Spread feet; support weight on one arm
- Balance on one hand for allotted time
- Switch arms halfway through set
- Option: Kneel if necessary

**INCHWORM**

Upper body

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

**BICYCLE CRUNCHES**

Middle body

- Cup ears with hands
- Alternate touching elbows with opposite knees
- Tip: Do not pull head forward

**THE PLANK**

Middle body

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

**TOE TAPPERS**

Middle body

- Reach for toes with fingers
- Option: Touch opposite toes for variety
**THE BRIDGE**

MIDDLE BODY

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

**CRUNCHERS**

MIDDLE BODY

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

**TUG OF WAR**

MIDDLE BODY

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

**LIZARDS**

MIDDLE BODY

- Lie on stomach with arms at sides
- Gently raise head and upper torso six inches
- Tip: Keep head in line with back

**VENUS FLY TRAP**

MIDDLE BODY

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

**SCORPION**

MIDDLE BODY

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

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

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**Squatters**

- Stand with wide stance; hands at sides
- Bend at the knees and squat down
  - Tip: Try not to bend upper body forward

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**Duck Walk**

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

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**Giraffe Walk**

- Walk on toes

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**Chest Busters**

- Jump up and touch thighs to chest

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**Gorilla Walk**

- Walk holding ankles
**TEST OF TIME**

**LOWER BODY**

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

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**THE TIGHTROPE**

**LOWER BODY**

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

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**MILITARY MARCH**

**LOWER BODY**

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

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**THE TWO STEP**

**LOWER BODY**

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

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**RATTA-TAT-TAT**

**LOWER BODY**

- Pitter-patter feet quickly for allotted time

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**BUNNY HOPS**

**FULL BODY**

- Hop on two feet
BEAR CRAWL
FULL BODY
• Crawl on hands and balls of feet

CRAB CRAWL
FULL BODY
• Crawl on hands and heels

SIDEWINDERS
FULL BODY
• Side shuffle quickly without crossing feet
• Switch directions halfway through

HIGH KNEE STEPS
FULL BODY
• Touch knees to chest while skipping

HOP SCOTCH
FULL BODY
• Jump forward in 2-1-2 progression

THE FLAMINGO
FULL BODY
• Hop on one foot
• Alternate feet halfway through
**JUMPING JACKS**

- Jump with hands over head and feet split

**THE CRUSHER**

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

**CROSS COUNTRIES**

- Move arms and legs in cross country motion

**SWIMMERS**

- Alternate lifting opposite arms and legs

**CHASE THE RABBITS**

- Alternate knees to chest in fast motion

**STAR JUMPERS**

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

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

**THE MULE**

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