Well-U FitKit: FitDeck

Choose a set of exercise playing cards to create a custom workout

FitDeck Travel

Number of Cards: 26
Fitness Levels: Beginner to Advanced
Description: Designed for frequent travelers who spend a lot of time in airports and airplane seats. Contains illustrations describing 18 different stretches and exercises that are performed while sitting in an airplane seat. Increase circulation, keep joints moving, de-stress, and maintain proper posture during your flight. Every exercise is performed in an airplane seat (no need to move about the cabin).

FitDeck Bodyweight

Number of Cards: 56
Fitness Levels: Beginner to Advanced
Description: FitDeck Bodyweight is our original and most popular deck of Exercise Playing Cards. It contains illustrations & instructions describing 50 upper, middle, lower, and full body exercises. Just shuffle cards and go anywhere, anytime.

FitDeck Stretch

Number of Cards: 56
Fitness Levels: Beginner to Advanced
Description: FitDeck Stretch is a popular title because of its applicability to all fitness routines and sports training. Use FitDeck Stretch prior to exercise to improve performance, prevent common injuries, and reduce post-workout soreness. Stretching helps reduce muscle stiffness, improves circulation, and fends off potential repetitive stress injuries.
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**FitDeck Office**
- **Number of Cards**: 26
- **Fitness Levels**: Beginner to Advanced
- **Description**: For individuals who sit at their desks for long periods of time. Increase blood circulation, keep muscles limber, de-stress, and maintain mobility. Exercises performed in office attire (no need to change into workout clothes).

**FitDeck Resistance Tube**
- **Number of Cards**: 26
- **Fitness Levels**: Beginner to Advanced
- **Description**: Strengthen and tone entire body (upper, middle, and lower body). Pre-arrange cards or shuffle cards for random sequences. A perfect portable workout tool for travelers in their hotel rooms.

**FitDeck Yoga**
- **Number of Cards**: 56
- **Fitness Levels**: Novice to Enthusiast
- **Description**: Designed to improve breathing, concentration, flexibility, and posture. Contains illustrations & instructions describing 50 fundamental Yoga poses. Learn about proper breathing, meditation, and positioning.