

Simply Fit Board

Users Guide



Simply Fit Exercises



Simply Fit Tip

Use hand weights for a more effective work out. Doing any exercise while balancing utilizes more muscles & burns more fat!

INDOOR USE ONLY

1 basic twist

- Place the Simply Fit Board on a firm, flat surface.
- Put feet evenly on the outer edges of the board using the textured circles for guides.
- Be sure to hold onto a stable object when you first step onto board.
- When balanced, begin to twist from the hips so that the board twists in a circular motion.
- This exercise alone will give you a full body workout and burns up to 90 calories every 10 minutes.

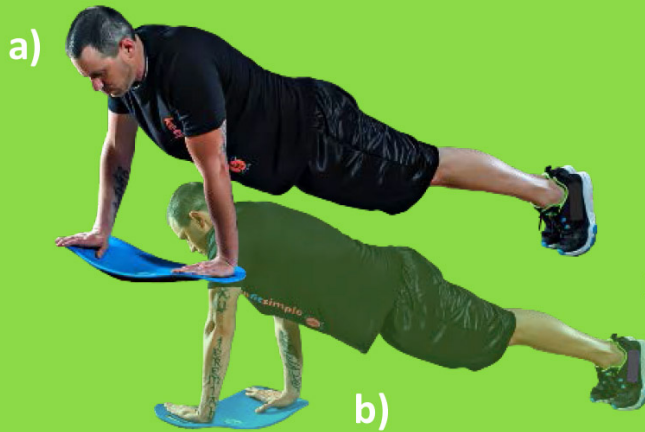
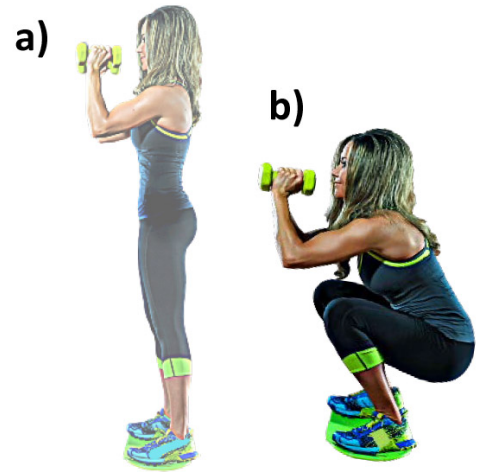
*See last page for warnings & disclaimers

See our Basic Twist Instructional @ [Youtube.com/SimplyFitBoard](https://www.youtube.com/SimplyFitBoard)



2 squats

Standing on the board with knees slightly bent, bring hands up in front of the face. Slowly lower your torso, keeping weight on heels & knees behind toes. Beginner - Intermediate

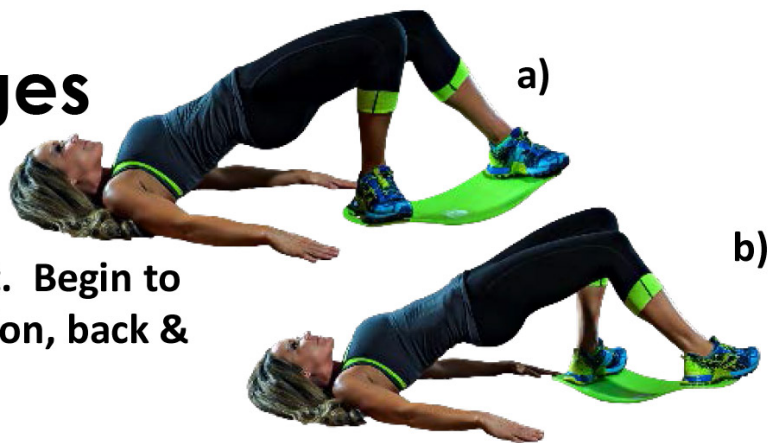


3 plank twists

From basic plank position, begin to twist the board in a circular motion using your arms & upper back. Hold core tight. Beginner - Intermediate

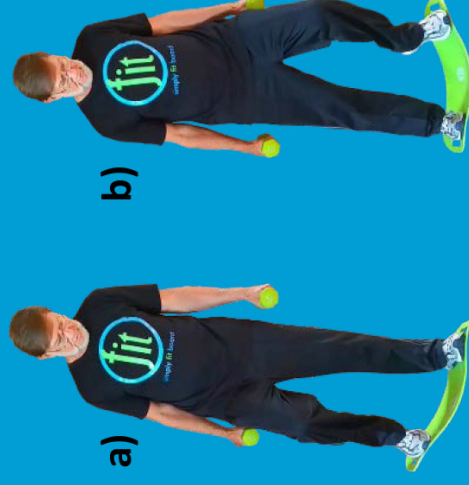
4 twisted bridges

Place feet on board & lift torso into a bridge, holding core tight. Begin to twist your feet in a circular motion, back & forth while holding bridge. Intermediate



5 standing rock

Standing on the board with knees slightly bent, begin to apply your weight to one side of the board, then rock your weight to the other side and repeat.
Beginner.



plank pike 6

From the basic plank position, pull your torso up and in onto your tip toes, and flex your abs as you peak at the top.
Beginner to Intermediate.

7 donkey kicks

From the basic plank position, bend knee so that lower leg is vertical to the floor, with the upper leg parallel to floor. Push heel up as you lift the upper leg, flexing your glutes.
Intermediate.



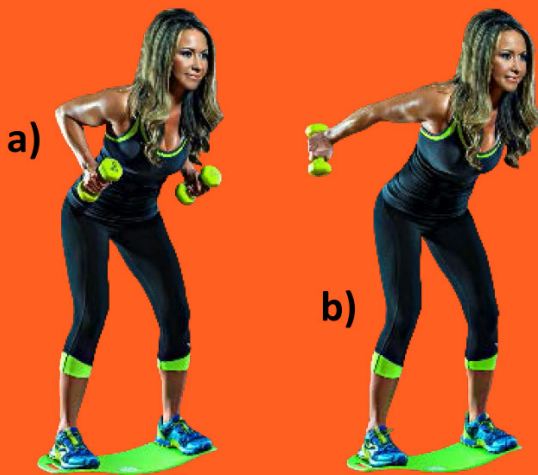


screaming squats **8**

Lower into a squat position (keeping knees behind toes) using your legs only, begin to rock the board back & forth while holding the squat. Advanced.

9 spiderman planks

Start in a basic plank position. Bring knee up & out toward elbow, while twisting board & elbow down to meet the knee. Repeat on opposite side. Intermediate - Advanced



tricep kickbacks **10**

Slightly bend at waist bringing elbow up so that upper arm is parallel. Extend hand back until entire arm is parallel to ground. Beginner.

Simply Fit Board Workout Guide

This is a basic 5 day workout guide. We recommend a warm up and cool down of at least 2-5 minutes of the basic twist everyday. Choose 3 exercises to perform each day. You can easily turn this into a 3 day workout guide by adding the basic twist and abs to Mon, Wed & Fri, and resting on Tues. & Thur.

Monday	Tuesday	Wednesday	Thursday	Friday
Push Day	Basic Twist & Ab Day	Leg & Glute Day	Basic Twist & Ab Day	Pull Day
Chest/Triceps/Shoulders				
Shoulder Press	10-30 minutes basic twist holding 3-10 lbs. dumbbells	Squats	10-30 minutes basic twist holding 3-10 lbs. dumbbells.	Bicep Curl
Tricep Kickbacks	Abs: (Upper & Obliques) Standing Jackknife Plank Plank Pikes Plank Walks Plank Cross Unders* Plank Jacks*	Screaming Squats	Abs: (Lower & Obliques) Mountain Climbers Plank Knee Ups Plank Knee Up & Ins Plank Kick Throughs* Woodchoppers* Spiderman Planks*	Hammer Curl
Lateral Raise	Choose 2 Upper and 1 Oblique move *Oblique Move	Donkey Kicks	Choose 2 Lower and 1 Oblique move *Oblique Move	Lateral Bicep Curl
Front Raise		Toe Taps		Reverse Fly
Overhead Tricep Extensions		Bridges		Bent Over Rows
Push Ups		Twisted Bridges		Plank Twists
Standing Chest Fly		Burning Bridges		Dumbbell High Pull
		Standing Rock		Deadlifts
Choose 3 exercises (1 for each muscle group listed above) do 8 reps of each, twist 1 minute in between, then repeat 2 more times.	Choose 3 exercises, do 10 reps of each, twist 1 minute in between, then repeat 2 more times.	Choose 3 exercises, do 8 reps of each, twist 1 minute in between, then repeat 2 more times.	Choose 3 exercises, do 10 reps of each, twist 1 minute in between, then repeat 2 more times.	Choose 4 exercises (2 for each muscle group listed above) do 8 reps of each, twist 1 minute in between, then repeat 2 more times.
Biceps/Back				

View videos demonstrating each move on our website at www.SimplyFitBoard.com

10 Simply Fit Tips

#KeepFitSimple

Our company was founded on the belief that staying fit doesn't have to be complicated. Keep it simple. Start with one small change at a time, and watch your health transform!

Drink at least ½ of your body weight in oz. of water each day.

* Thirst is often mistaken for hunger. Lack of water is the #1 trigger of daytime fatigue.

Take at least 10,000 steps a day!

* 10 min. of twisting on the Simply Fit Board = 1,200-1,500 steps.

Perform 5 minutes of resistance exercise each day. Ex: Bicep Curl, Squats, Shoulder Press. *5 min. is enough to build & maintain muscle, burn fat & protect bone.

Eat protein & fiber 5 times a day.

* 3 meals & 2 snacks. Feel full longer & rebuild muscle & strength after exercise.

Journal your journey to learn what is working.

* Research indicates that you can lose twice the amount of weight, just by writing down what you eat.

Find a balance between activity & food intake.

* If you're more active, consume more healthy foods. If you're less active, consume less food.

Track your progress with before & after pictures & measurements

* We look at ourselves everyday & may not be aware of the changes that are occurring. Compare your photos & measurements to stay encouraged & keep going! You'll be amazed!

Eat healthy foods that you LIKE!

* A lifestyle change will only happen if you eat the healthy foods you like.

Grab a workout buddy.

* A friend will help you stay accountable and on track.

CELEBRATE YOUR SUCCESSES!

* Treat yourself to a new pair of workout shoes, or take your workout buddy to a movie.

Simply Fit Foods

Developed by
Kate Herman-Calvin, M.S.
Exercise Physiology

Daily Recommended Intake:

Grains

Make sure at least half of your portions of grains are WHOLE grains.

6oz/day



Vegetables

The more colorful the better (dark leafy greens, green veggies, orange veggies, red veggies).

2.5 cups/day



Fruits

Can be frozen, dried, fresh or canned.
LIMIT fruit juices because they contain excess sugars.

2 cups/day



Meats & Beans

LEAN meats such as fish and poultry are best. As well as beans, nuts, seeds.

5.5-7 oz/ day



Dairy

-If allergic, find other sources such as lactose-free beverages or calcium fortified foods.

2-3 cups/day



*Source: Baechle, Thomas R., and Roger W. Earle. *Essentials of Strength Training and Conditioning*. Champaign, IL: Human Kinetics, 2008. Print.

Follow us on [Facebook.com/SimplyFitBoard](https://www.facebook.com/SimplyFitBoard) for more recipes and healthy eating tips!

SMOOTHIES

Smoothies are an awesome and quick way to get great nutrition first thing in the morning. Be creative with smoothies and add foods that you like. Add water or almond/soy milk, fresh or frozen berries, leafy greens (spinach, Swiss chard, or arugula), nuts and/or chia/flax seeds, protein powder and ice into a blender and mix away and you're good to go!



BANANA PANCAKES

- 1 Banana, mashed
- 2 eggs

*In a bowl, whisk the eggs. Add the banana and mix well. Portion out the size pancake you want onto a hot greased skillet. Brown on both sides and top with fresh fruit or coconut butter!



CHICKEN SALAD

Salads don't have to be boring! Throw together a couple handfuls of spinach, arugula, and field greens. Add in sunflower seeds, tomatoes, red onions, hard boiled eggs, etc. and top with a chicken breast! You can dress the salad with an oil based dressing (or a vinaigrette) - but only 1 or two tablespoons! As you get further into your program, you can start using the tomatoes and their juices for a natural dressing.

BLACK BEAN & VEGGIE STIR-FRY WITH NOODLES

- Stir-Fry
- 2 tsp olive oil
 - 2 medium red bell peppers, chopped
 - 1 small onion, chopped
 - 1 small zucchini halved and cut into chunks
 - 2 cloves garlic, minced
 - 1 bag (16 oz) shirataki noodles, drained and rinsed in hot water
 - 1 cup canned black beans, drained and rinsed
 - 2 tbsp reduced-sodium soy sauce
 - 2 tbsp fresh cilantro, chopped
 - Hot pepper sauce (optional)
- For the stir-fry seasoning:
- 2 tbsp dried onion
 - 2 tbsp garlic powder
 - 2 tsp dried parsley
 - 1/2 tsp ground ginger
 - 1/4 tsp crushed red pepper flakes
 - 1/2 tsp salt
- Directions:
- In a small bowl, combine the dried onion, garlic powder, parsley, ginger, red-pepper flakes and salt.
 - Warm the oil in a wok or large cast-iron skillet over high heat. Add the bell peppers, onion, zucchini and garlic. Reduce the heat to medium-high and cook, stirring frequently, for 4 minutes or until the vegetables start to soften.
 - Add the noodles, beans, soy sauce, and seasoning mix. Reduce the heat to medium. Cook, stirring frequently, for 3-4 minutes longer, or until the mixture is hot. Add the cilantro. Toss to mix.
 - Season with the hot-pepper sauce to taste at the table.

SNACKS

- 8-12 (which is about a handful) of: almonds, cashews
- 1/2 avocado
- 1-2 hard boiled eggs
- 1 small apple w/1 tbsp of peanut butter or 1 oz cheese
- 1 small orange with 2 oz turkey
- Celery sticks with peanut butter and raisins
- 1/4 cup cottage cheese with raisins or pineapple and 9 almonds
- 1.5 ounces of canned tuna with avocado and tomatoes



Simply Fit Board Testimonies



Lost 80 Lbs. in 1 year
"A year ago today I got my fit board. I was 230 and size 16. I'm now 144 and a size 8. I don't know what I would of done with out my board."
~K. Trujillo

"My core (all those muscles that were surgically destroyed) are getting the best workout- I can FEEL it. I have progressed to screaming squats, and weights, My whole routine is done on the board! I see my muscle tone improving and my gut melting. This is fun for me- love love love my board."
~F. Justiniano

"It's excellent because it is for both the beginner and advanced fitness levels. I am advanced, use the gym regularly and have a personal trainer. My mom does not work out regularly and just needed something fun and not too time consuming to get back into the swing of things. We both use it differently and we both LOVE it. My mom said you two are geniuses for coming up with this and I agree. It is both fun and a fabulous workout no matter what level you are at. Thanks to both of you for this fantastic product." ~ S. Burkhardt

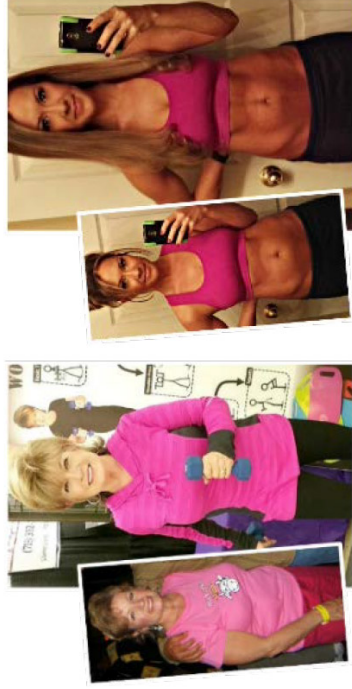
I got my board in Feb....(my bday) just a couple of months ago, and I'm down 27 pounds!! Love to read how your success is going. Thank you!! ~D. Miller-Gilley

www.SimplyFitBoard.com 719-336-3526

Disclaimer/Warning- When using this equipment, please use caution and hold onto a stable object when you first step onto the board. You must take full responsibility for the risk of injury to yourself and to others. Please read and fully understand all instructions before using these products.
**Simply Fit Systems Inc. strongly recommends that you consult with your physician before beginning any exercise program

OVER 150 ★★★★★ REVIEWS

www.Facebook.com/SimplyFitBoard



"I look and feel better at 63 years old, than I did when I was 52! Bye bye muffin top!"
~Linda Clark

"I saw my body transform in just 4 weeks doing the Ab Challenge."
~Gloria Hoffman

"Thank you for sending the fit boards so quickly! I've used mine for only 30 minutes each day since I received it and have already lost 7lbs in 2 weeks! Thanks!! Have a great day!"
~B. Snyder

"Just spent 10 minutes on my Simply Fit Board & I'm in love. Best in home, no impact, full body work out EVER! My legs are jelly, but my knee doesn't hurt! The board is transforming my life." ~C. Siobhan

