

Simply Fit Board

Users Guide



Simply Fit Exercises



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.

*See last page for warnings & disclaimers

Indoor Use Only

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

a)



b)



a)



b)

plank twists

3

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

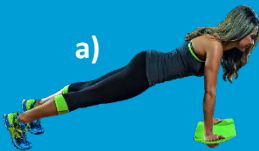
a)



b)



a)



b)



plank pike

5

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.

6

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.

a)

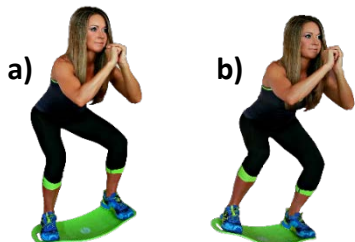
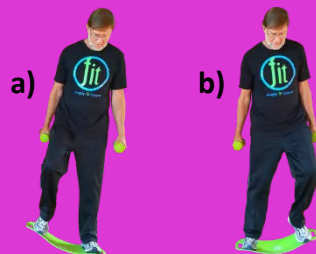


b)



7 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.

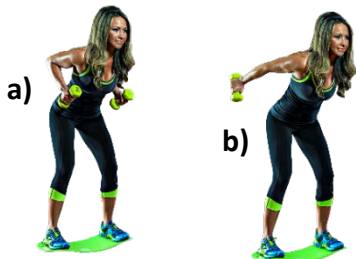


8 screaming squats

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



10 tricep kickbacks

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			Biceps/Back	
Shoulder Press	10-30 minutes basic twist holding 3-10 lbs. dumbbells Abs: (Upper & Obliques) Standing Jackknife Plank Plank Pikes Plank Walks Plank Cross Unders* Plank Jacks* Choose 2 Upper and 1 Oblique move *Oblique Move	Squats	10-30 minutes basic twist holding 3-10 lbs. dumbbells. Abs: (Lower & Obliques) Mountain Climbers Plank Knee Ups Plank Knee Up & Ins Plank Kick Throughs* Woodchoppers* Spiderman Planks* Choose 2 Lower and 1 Oblique move *Oblique Move	Bicep Curl
Tricep Kickbacks		Screaming Squats		Hammer Curl
Lateral Raise		Donkey Kicks		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.

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

Simply Fit Foods

Developed by
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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 gloves 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

