

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)

Radus Simply Fit Enjoy The Workout Of Your Life With Americas Leading Fitness Coach

Michal Rosen-Zvi



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