

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)

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

Albert A Gayle



Radu's Simply Fit Enjoy The Workout Of Your Life With Americas Leading Fitness Coach:

Radu's Simply Fit Radu Teodorescu, Maura Rhodes, 1996 The master of physical fitness presents his inspiring and easy to follow program for getting fit Learn how Radu trains some of his famous clients including Cindy Crawford Regis Philbin and Matthew Broderick Best Life ,2007-10 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life The Saddle and Show Horse Chronicle ,1914 **Instructor** ,1956 **Indianapolis Monthly** ,2004-09 Indianapolis Monthly is the Circle City's essential chronicle and guide an indispensable authority on what's new and what's news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy's cultural landscape *Popular Mechanics* ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **New York Magazine** ,1988-09-05 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Forbes** ,1921 **Princeton Alumni Weekly** ,1957 *Popular Mechanics* ,1943-12 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Flying Magazine** ,1966-11 **The Illustrated sporting & dramatic news** ,1877 *The United States Army and Navy Journal and Gazette of the Regular and Volunteer Forces* ,1881 *Popular Mechanics* ,1943-05 **Sports Illustrated** ,1960 **Bulletin of the Atomic Scientists** ,1970-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan Project Scientists the Bulletin's iconic Doomsday Clock stimulates solutions for a safer world The Journal of the Armed Forces ,1881 Spirit of the Times and the New York Sportsman ,1868 **Musical Magazine and Musical Courier** ,1902 Road and Track ,1969

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