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### Manuals.plus /

- › [Simply Fit Board](#) /
- › [Simply Fit Board Workout Balance Board User Manual](#)

## Simply Fit Board 30043

# Simply Fit Board User Manual

Model: 30043

## INTRODUCTION

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The Simply Fit Board is an innovative fitness tool designed to engage your core, legs, and upper body through a unique twisting motion. It provides an effective and fun way to improve balance, coordination, and strength. Made from durable ABS engineering plastic, this lightweight board supports users up to 400 lbs and features an anti-slip surface for enhanced safety during workouts.

This manual provides essential information for the safe and effective use, setup, and maintenance of your Simply Fit Board.

## SAFETY INFORMATION

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Before using the Simply Fit Board, please read and understand all safety instructions. Failure to do so may result in injury.

- Consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions or concerns.
- Use the Simply Fit Board on a flat, stable, and non-slip surface. Carpeted surfaces are recommended for optimal stability.
- Maintain adequate clear space around the board during use to prevent collisions with objects or other individuals.
- Ensure the board is free from damage or cracks before each use. Do not use if the board shows signs of wear or damage.
- The maximum weight capacity for this board is 400 pounds (181 kg). Do not exceed this limit.
- Children should only use the board under direct adult supervision.
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Wear appropriate athletic footwear to ensure proper grip and support.

## SETUP

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The Simply Fit Board requires minimal setup. It is ready for use directly out of the packaging.

1. Unpack the Simply Fit Board from its packaging.

2. Place the board on a flat, stable surface. A carpeted floor is ideal to prevent slipping and provide cushioning. If using on a hard floor, consider placing a non-slip mat underneath for added stability.
3. Ensure there is sufficient clear space around the board for safe movement during your workout.



Figure 1: Top-down view of the Simply Fit Board, showing its green color and textured footpads.



Figure 2: Side view of the Simply Fit Board, illustrating its curved shape designed for twisting and balancing exercises.

## OPERATING INSTRUCTIONS

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The Simply Fit Board is designed for a variety of exercises focusing on core strength, balance, and overall fitness. Start with basic movements and gradually progress as your balance and strength improve.

## Basic Twisting Exercise

1. Stand with your feet centered on the board, shoulder-width apart. Ensure your entire foot is on the board's textured surface.
2. Slightly bend your knees.
3. Initiate a gentle twisting motion from your core, rotating your hips and lower body from side to side. Your upper body should remain relatively stable, with arms moving naturally to assist balance.
4. Maintain a controlled and smooth motion. Avoid jerky movements.
5. Focus on engaging your abdominal muscles throughout the exercise.





Figure 3: A woman performing the basic twisting exercise on the Simply Fit Board, demonstrating proper foot placement and body posture.





Figure 4: A man using the Simply Fit Board, incorporating light dumbbells to enhance the upper body workout during twisting motions.

## Targeted Muscle Engagement

The Simply Fit Board effectively targets key muscle groups:

- **Core Muscles:** The twisting motion engages your obliques and rectus abdominis, contributing to a stronger core.
- **Leg Muscles:** Your quadriceps, hamstrings, and glutes are activated to maintain balance and facilitate the twisting movement.
- **Balance and Coordination:** Consistent use improves proprioception and overall body control.



Figure 5: Illustrative diagram showing the primary abdominal muscle groups targeted during Simply Fit Board exercises.



Figure 6: Illustrative diagram showing the primary leg muscle groups targeted during Simply Fit Board exercises.

## Advanced Exercises

For more advanced workouts, the Simply Fit Board can be incorporated into:

- **Plank Variations:** Place hands or forearms on the board for an unstable surface, increasing core engagement.
- **Push-ups:** Perform push-ups with hands on the board for added instability, challenging stabilizer muscles.
- **Squats and Lunges:** Integrate the board for balance challenges during lower body exercises.

Refer to the included workout DVD or official online resources for detailed demonstrations of various exercises.



Figure 7: The Simply Fit Board Users Guide and Workout DVD, providing additional exercise routines and instructions.

## MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your Simply Fit Board.

- **Cleaning:** Wipe the board with a damp cloth and mild soap as needed. Avoid abrasive cleaners or solvents that could damage the plastic.
- **Storage:** Store the board in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Regularly inspect the board for any signs of cracks, stress marks, or damage, especially around the edges and center. Discontinue use if any damage is observed.

## TROUBLESHOOTING

Problem	Possible Cause	Solution
Board slips on floor during use.	Smooth floor surface; insufficient grip.	Use on a carpeted surface. If on a hard floor, place a non-slip mat underneath the board.
Difficulty maintaining balance.	New to balance boards; incorrect posture.	Start with gentle movements. Keep knees slightly bent. Use a wall or sturdy object for support initially. Practice regularly to improve balance.

Problem	Possible Cause	Solution
Board makes cracking sounds or shows visible cracks.	Material fatigue; exceeding weight limit; impact damage.	Immediately discontinue use. The board may be compromised and unsafe. Contact customer support for assistance.

## SPECIFICATIONS

Attribute	Detail
Brand	Simply Fit Board
Model Name	Simply Fit Board - The Abs Legs Core Workout Balance Board with A Twist
Model Number	30043
Color	Green
Material	Plastic (ABS Engineering Plastic)
Product Dimensions (L x W x H)	26 inches x 11 inches x 4 inches (66 cm x 28 cm x 10 cm)
Maximum Weight Recommendation	400 Pounds (181 kg)
Age Range (Description)	Adult
Manufacturer	Allstar Innovations
UPC	740275047149
Sport Type	Fitness

## WARRANTY AND SUPPORT

For warranty information, product support, or to inquire about replacement parts, please contact the manufacturer directly. Keep your purchase receipt as proof of purchase.

Manufacturer: Allstar Innovations

Please refer to the product packaging or the official Simply Fit Board website for the most current contact information and warranty details.