



***The Boom Board  
Custom 7-day Meal Plan***

***Designed to Optimize  
Strength, Endurance  
and Flexibility!***

***"Get Healthy, Get Fit, and You'll  
Love Your Shape!"***



## Welcome to Boom Board Fitness

*The home fitness program with proven results designed for your busy lifestyle*

Get healthy, get fit, and you'll love your shape! That's our motto here at Boom Board Fitness. We know that many of you don't have a lot of time to exercise. We know that many others don't like to exercise, even if they do have the time! But let's face it. Everyone knows there is no way to get healthy or fit without some amount of effort. It is with these challenges in mind that we have designed the Boom Board – the latest evolution in home exercise equipment.

With the Boom Board and our 15-Minute Push-Button Workout we have created a simple program that not only requires minimal time and effort, we think you'll have fun doing it! The patented push-button technology takes only moments to master and is versatile enough to meet the needs of any user. Whether you haven't exercised in years, are an avid weekend-warrior, or a professional athlete, the Boom Board adjusts to the workout right for you - because you are in control. You provide just the amount of resistance to the cables to get the workout you want!

*The 15-Minute Push-Button Workout that follows is based on a system that focuses on these fitness aspects:*

Please see general safety rules before use.

1. Endurance – the push-button technology allows smooth transition from exercise to exercise creating a cardiovascular workout.
2. Strength – your variable resistance to the cables provides muscle toning/building exercises in both the contracting and relaxing range of motion.
3. Flexibility – full range of motion exercises combined with a stretching component help maintain and improve flexibility.

The final component of our program is the easy to follow 7-day Menu Plan designed to compliment your workout and support your fitness goals. No one really believes they can eat whatever they want as long as they exercise, and they are right! Any fitness program must combine the health benefits of good nutrition with sensible exercise in order to be successful. At Boom Board Fitness we also know that dieting can be a challenging part of any fitness program. That is why we have designed a simple 7-day Menu Plan. We believe if you stick with our plan for just seven days, and we think you can, you won't want to stop! The results you will achieve in just one week will convince you that success can be yours with the Boom Board Fitness program, and soon you'll see why our motto is:

***"Get healthy, get fit, and you'll love your shape!"***



## 7-day meal plan

Here you'll find our 7-day meal plan. If you stick with it for just one week, and get regular exercise with the Boom Board - we think you'll see results that will give you the incentive you need to reach your health and fitness goals!

The meal plan is based on balanced nutrients, wholesome foods, a moderately restricted 1200 caloric intake and exercise. Nutritious, wholesome foods supply your body with a steady stream of energy and reduce cravings - so you feel good and are less tempted to overeat. A 1200 calorie intake allows a variety of these nutritious foods while also promoting a deficit of calories that leads to weight loss. Too strict an intake on the other hand causes your metabolism to slow down its use of calories to avoid, "starving." Finally, exercising with the Boom Board causes additional calories to be spent. Add the calories lost with our 7-day meal plan to the extra calories you burn while exercising with the Boom Board and you begin to shed those extra pounds in a healthy, enjoyable and sustainable fashion!

There are a number of factors that determine the number of calories an individual needs on any given day. They include; age, gender, body size, and amount of exercise. Please consult your physician before beginning any exercise or diet program to determine a safe level of exercise and calories for you.

### Day 1

<i>Breakfast</i>	Oatmeal (½ c. uncooked) 1 turkey breakfast link 1 c. strawberries
<i>Snack</i>	¼ cantaloupe 1 serving almonds (23 pcs.)
<i>Lunch</i>	3 oz. lean roast beef ½ whole grain bun 1 c. mixed green salad w/tomato 1 T. low-fat dressing
<i>Snack</i>	½ c. non-fat yogurt 2 T. low-fat granola
<i>Dinner</i>	4 oz. roasted chicken w/out skin 1 c. steamed broccoli 1 ½ c. mixed green salad w/tomato w/ 1 t. olive oil and 2 t. balsamic vinegar

### Day 2

<i>Breakfast</i>	¾ c. low-fat cottage cheese 1 c. crushed pineapple in water 1 slice whole wheat toast
<i>Snack</i>	2 c. watermelon balls 2 T. dry-roasted peanuts
<i>Lunch</i>	3 oz. tuna in water/drained 1 ½ c. mixed green salad w/ tomato 1 t. olive oil and 2 t. Balsamic vinegar


 boom board

*Snack* 1 c. carrot strips  
2 T. raisins

*Dinner* 4 oz. Red Snapper  
Wild rice (¼ c. uncooked)  
1 ½ c. mixed green salad w/tomato  
1 T. low-fat dressing

**Day 3**

*Breakfast* 1 whole wheat tortilla  
1 scrambled egg (no salt)  
2 T. salsa  
½ c. non-fat milk  
1 c. strawberries

*Snack* ½ c. non-fat yogurt

*Lunch* 1 turkey patty grilled  
1 slice whole wheat bread  
Steamed asparagus (8 to 12 spears)

*Snack* ¼ cantaloupe  
1 serving almonds (23 pcs.)

*Dinner* 3 oz. roasted chicken w/out skin  
Barley (¼ c. uncooked)  
1 c. green beans

**Day 4**

*Breakfast* 4 oz. non-fat yogurt  
¾ c. low-fat granola

*Snack* ¼ honeydew melon  
1 string cheese (part skim mozzarella)

*Lunch* 3 bean salad w/  
⅓ c. kidney beans  
⅓ c. garbanzo beans  
½ c. green beans and  
1 t. olive oil and 2 t. balsamic vinegar

*Snack* 1 c. grapes  
2 T. dry-roasted peanuts

*Dinner* 3 oz. broiled pork chop  
1 c. unsweetened apple sauce  
1 c. mixed green salad w/ tomato  
1 T. low-fat dressing

**Day 5**

*Breakfast* 1 poached egg  
½ whole grain English Muffin  
½ c. blueberries

*Snack* 1 large stalk celery  
2 T. peanut butter

*Lunch* 4 oz. turkey deli meat (oven roasted)  
1 slice whole wheat bread  
1 ½ c. mixed green salad w/tomato  
1 T. low-fat dressing

*Snack* 1 string cheese (part skim mozzarella)  
1 medium apple



*Dinner* 4 oz. Red Snapper poached w/  
1 c. mixed peppers  
Barley (¼ c. uncooked)  
⅔ c. peas

### Day 6

*Breakfast* Oatmeal (½ c. uncooked)  
1 turkey breakfast link  
1 c. strawberries

*Snack* ¼ cantaloupe  
2 T. dry-roasted peanuts

*Lunch* 3 oz. tuna in water/drained  
1 c. mixed green salad w/tomato  
1 T. low-cal dressing

*Snack* 4 oz. non-fat yogurt

*Dinner* 3 oz. roasted chicken w/out skin cut into strips  
1-7 in. whole wheat tortilla  
1 c. mixed roasted peppers  
1 ½ cup mixed green salad w/ tomato w/  
1 t. olive oil and 2 t. balsamic vinegar

### Day 7

*Breakfast* ¾ c. low-fat cottage cheese  
1 c. crushed pineapple (in water)  
1 slice whole wheat toast

*Snack* ¼ cantaloupe  
2 T. dry-roasted peanuts

*Lunch* 1 c. lentil soup w/  
Barley (¼ c. uncooked)  
1 c. mixed green salad w/tomato  
1T. low-fat dressing

*Snack* 8 oz. non-fat milk  
2 low-fat fig bars

*Dinner* 3 small turkey meatballs, baked  
1 slice whole wheat bread  
¼ c. tomato sauce  
¼ c. part skim mozzarella cheese

### Additional meal plan tips:

Don't add salt to your food. Wholesome, nutritious foods contain natural salt and too much salt has harmful health effects. Instead, get creative with seasonings such as: pepper, lemon, garlic, onion and other herbs.

Drink approximately 64 oz. of water daily to maintain hydration and energy. Ample water can also help your body flush out fluid that is a by-product of metabolism and weight loss.

Don't stress. Stress isn't healthy. Remember that any calorie deficit you create by exercising with the Boom Board and in your diet will lead to weight loss. So if you eat a little too much, chances are you may still create deficit and lose weight that day. If you eat way too much, remember you are creating habits for a lifetime of fitness, and tomorrow is another day to choose again the Boom Board Fitness program – for your health!



## BOOM BOARD LIMITED WARRANTY

Company warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of one year on parts from the date of the original purchase from an authorized dealer. THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY BOOM BOARD FITNESS.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to:

Boom Board Fitness, 2828 Donald Douglas Loop North  
Suite 102, Santa Monica, CA 90405

If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER. This limited warranty is not transferable. IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU. In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Santa Monica, California.

BOOM BOARD FITNESS SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY. This limited warranty is the only written or express warranty given by Boom Board Fitness. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

