



new image®

# FITT STRIDER

UPRIGHT ELLIPTICAL TRAINER

ASSEMBLY AND USER GUIDE



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# WELCOME

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## to New Image

We're passionate about helping you be fit, strong and active! Whatever your fitness goal, New Image has a range of unique and easy-to-use fitness solutions to help you be your best.

We know getting started is sometimes the hardest part so we design all our products to be simple, fun to use and effective.

We hope you enjoy your new FITT Strider and would love to hear your experiences. Check out our social channels and take a look at YouTube for videos, tips and workouts.

## Download the app...



Track your fitness & access all your workout videos for our New Image range wherever & whenever you want!



## Join the conversation...

- Watch exclusive workout videos
- Ask questions to our thriving community
- Check out our nutritional tips and tricks

To find out more about the New Image range of fitness equipment, tools and accessories to help you achieve your goals, visit [newimagefitness.co.uk](http://newimagefitness.co.uk)



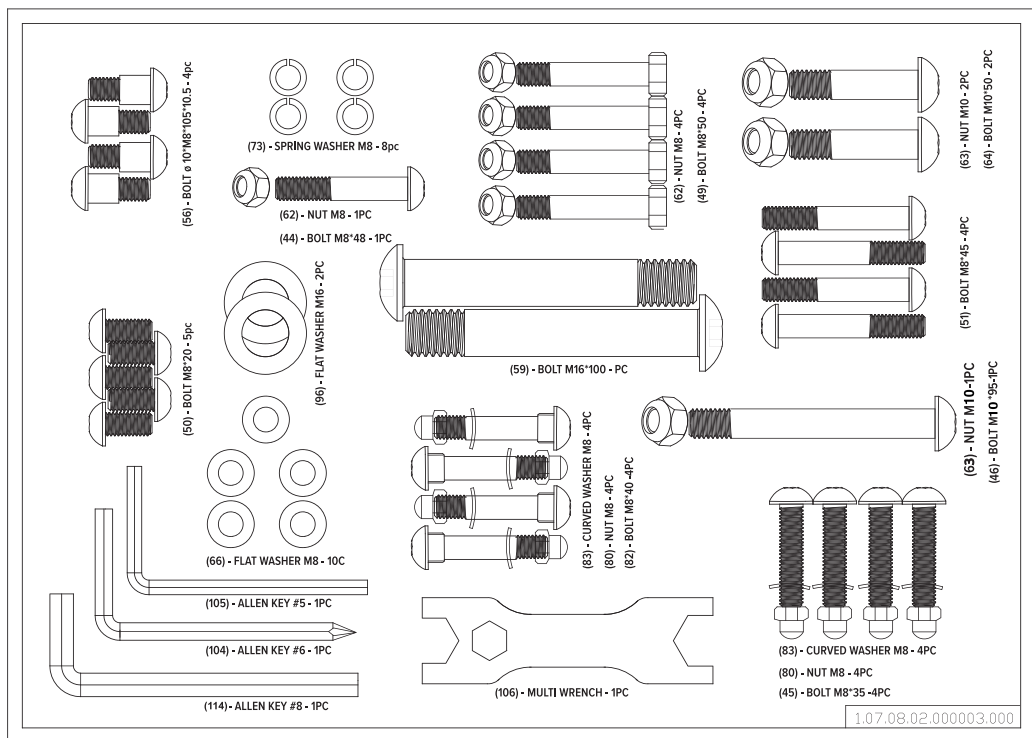


# Congratulations on purchasing your new FITT Strider!

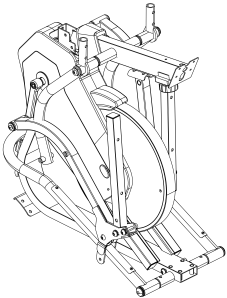
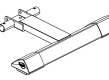
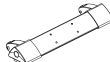


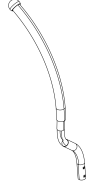




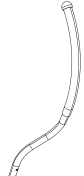
The **FITT Strider** by New Image is a compact, upright elliptical cross trainer that delivers total body results for all experience levels. The smooth, elliptical motion mimics the movements used in running to give you a

heart-pumping, cardio workout without all the impact on your joints. It's the perfect way to improve heart-health, cardiovascular fitness, muscle tone and more, all in one machine.

## WHAT'S IN THE BOX:



## WHAT'S IN THE BOX: Fixings & tools

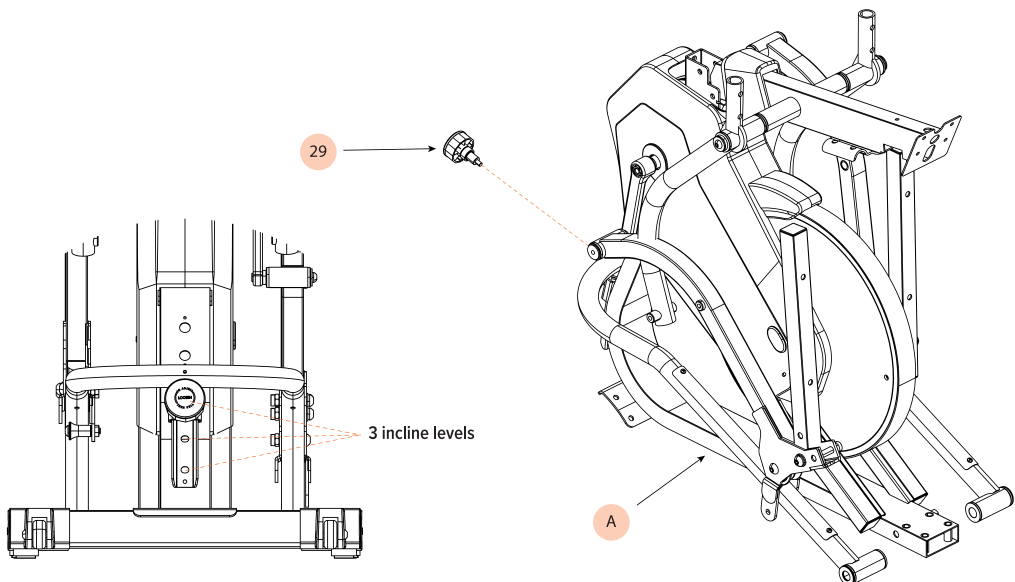
<b>A</b> 	<b>B</b> 	<b>C</b> 	<b>D</b> 	<b>E</b> 	<b>F</b> 
	<b>16</b> 	<b>17</b> 	<b>29</b> 	<b>90</b> 	<b>G</b> 

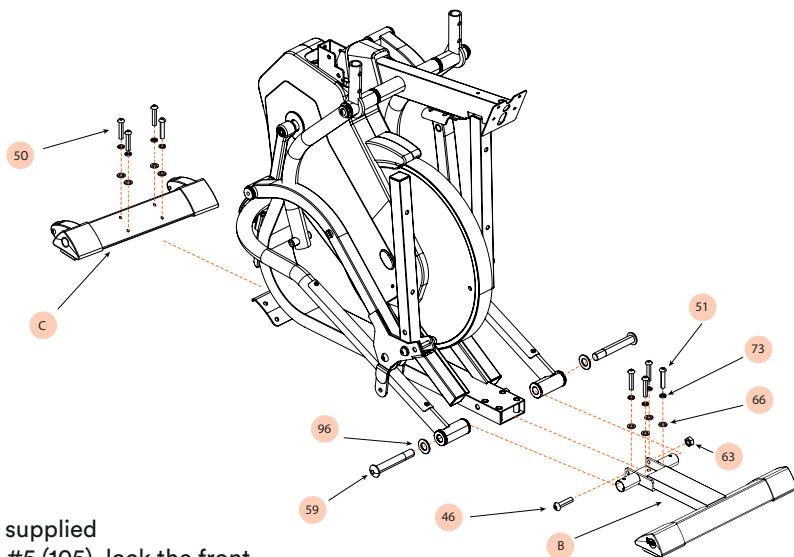
## QUICK-START GUIDE:

### Step 1

Insert the spring locking knob through 1 of the 3 respective holes to set the incline level of the machine. The higher the hole, the higher the incline.

Note: Ensure the main frame is standing safely. The unit will be unstable at this stage





## Step 2

Using the supplied Allen Key #5 (105), lock the front stabiliser leg on to the main frame by inserting the 4 Spring washers (73), Flat washers (66) & M8 Bolts (50)

Using the Allen Key #5 again, lock on the rear stabiliser leg by inserting 4 spring washers (73), Flat Washers (66) and M8 Bolts (51)

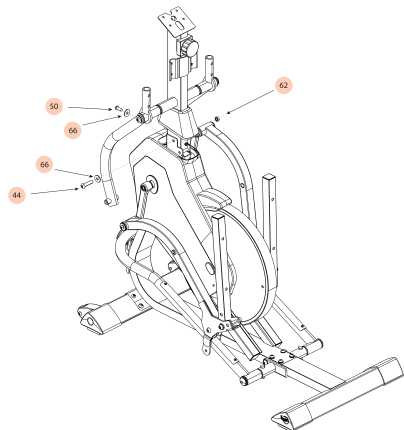
Next, lock the side of the rear stabiliser leg using Allen Key #6 (104) to tighten M10 Bolt (46) & Nut (63) through the respective hole. Ensure these are tightly fastened.

Finally, Take the 2 M16 bolts (59) & M16 Washers (96) and insert through the tubular part of main frame (A) and the corresponding tube of the rear stabiliser leg (B).

Using Allen Key #8 (114), Tighten each of the bolts securely.

## Step 3

Rotate the middle upright tube up 90 degrees. Use Multi wrench (106) to lock into position above the main frame using M8 bolt (44), flat washer (66) and M8 nut (62) to secure through the side hole using the Allen Key #5. Following this, use M8 bolt (50), and flat washer (66) to secure through the front hole using the Allen Key #5.

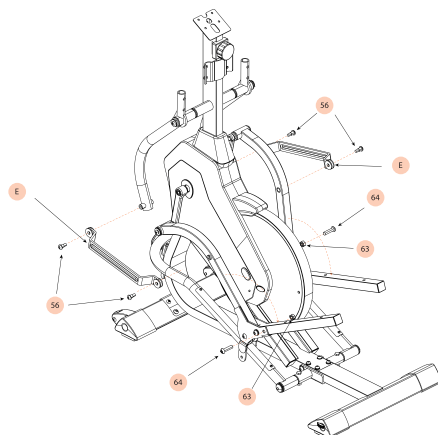




## Step 4

Using Allen Key #6, lock the connector bars (E) to the corresponding moving handle bar and pedal frame with the 4 M8 bolts (56)

Unfold the pedal bars until they are at a 90 degree angle. Using Allen Key #6 (104) and Multi Wrench (106) lock the pedals into place using M10 Bolt (64) and M10 nut (63).

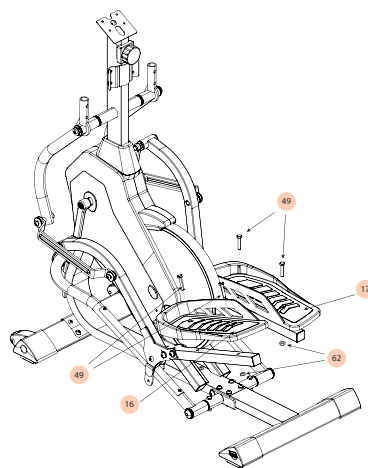


## Step 5

Put the left pedal (16) on top of the pedal tube and align holes. Use M8 Bolts (49) to insert through holes and secure with M8 Nuts (62).

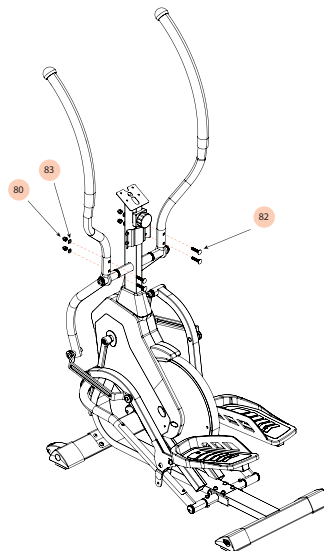
Repeat the same process using the right pedal (17) and 2 M8 bolts (49) and nuts (62) on the opposite side.

Use Multi Wrench (106) to tightly secure the nuts.



## Step 6

Insert the Left (F) & Right (G) handle bars onto the swinging handle bars. Using the supplied multi wrench, lock the 4 M8 Bolts (82), Curved Washers (83) and M8 nuts (80) and tightly secure.



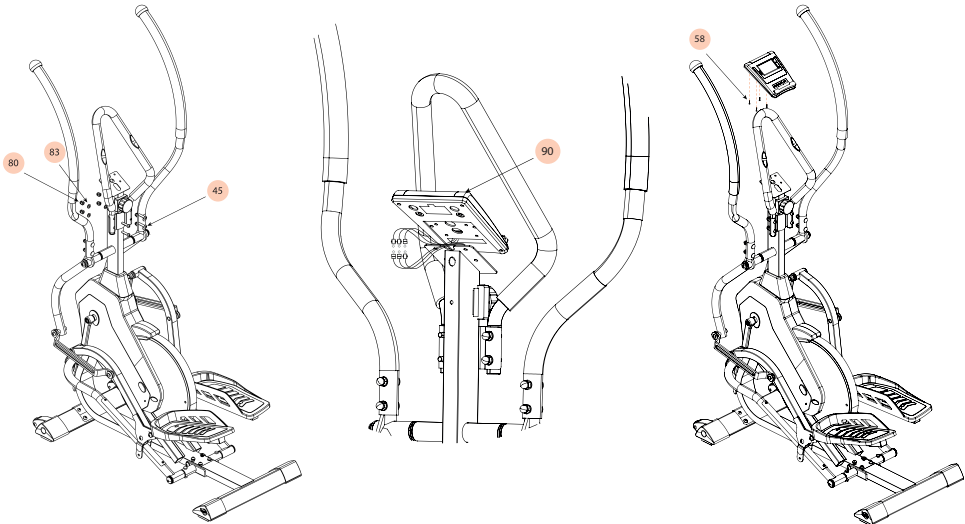
## Step 7

Using supplied Multi wrench (106) & Allen Key #5 (105), place the middle handle bar (D) onto the bracket on the upright frame. Insert M8 Bolt (45) through the front side and secure tightly using the M8 curved washers (83) & M8 nuts (80).

First, remove the 4 screws (58) that are pre-assembled on the back of the Computer (90) and set the aside temporarily.

Locate the 6 wires (3 from the computer & 3 stored in the upright computer tube) and connect the opposing ends and ensure they are secure. Once connected tuck the cables neatly into the upright tube to stop any interference with the cables.

Using Allen Key #6 (104) and secure the previously removed 4 bolts (58) through the upright computer bracket and into the corresponding holes on the rear side of the computer (90).





## OPERATING THE MONITOR

### DISPLAY:

HEIGHT: Displays estimated height.

GEAR: Displays estimated incline value from level 1 to level 3.

DISTANCE: Indicates the simulated distance that has been 'run'

SPEED/TIME: Displays speed and time when exercising

CALORIES/PULSE: Displays estimated calories burnt and pulse rate whilst exercising

### BUTTONS:

- **[RESET]** clear data from selected mode.  
To reset all stored information from previous workout, press and hold for four seconds.
- **[MODE]** selects mode. Choose between Height, Distance, Time and Calories. Press **MODE** button for Height, Distance, Time or Calories. They will flash on the display. After finding the intended function mode, press **SET** button to enter target data setting.  
  
E.g., Press **MODE** button, when the Height window flashes, press **SET** button to increase your target value.
- Long press **MODE** button to clear date from selected mode  
  
**[SET]** programs data setting for selected mode. press **SET** button to increase setting target value.
- Put both palms of hands on each of the pulse sensor on the fixed handles. The pulse value will display on window (this data is just for reference, cannot be regarded as medical data)
- 2. Display turns off automatically after 4 minutes when not in use. Press any button or start operating the unit to re-start.

### Monitor Maintenance

When the display is dark or non-responsive, replace with 2x AAA batteries.

## SAFETY INFORMATION

- Please read this user guide before first using your Fitt Strider training equipment. It is important to keep these instructions for future reference.
- Assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure you have adequate space on all sides when performing exercises, at least 0.6m on each side.
- The safety level of the equipment can only be maintained if it is regularly examined for wear and tear e.g ropes, pulleys, handles and connections.
- Replace defective components immediately and keep the equipment out of use until it is required.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment plug / fixing. Note any adjustment devices left projecting could interfere with the user's movement during use.
- Keep hair, fingers and loose clothing away from hinges and other moving parts to avoid serious injury.
- Always consult your GP before undertaking any exercise programme.
- Always wear suitable clothing and footwear e.g. tracksuit, shorts and training shoes.
- Remove all personal jewellery before exercising.
- Ensure you warm up well before using the equipment as this will help to reduce muscle strain.
- After eating, allow 1-2 hours before exercising as this help to prevent strain.
- Never overload the equipment: MAX USER WEIGHT 120kgs.
- Never use the equipment in any other manner other than the ways explained in these instructions.
- If you feel faint, stop exercising immediately.
- Injuries to health may result from incorrect form / technique or excessive training.
- Care should be taken at all times when getting on and off the equipment. Falling off the equipment could result in injury. Mount and dismount the equipment safely e.g footplatform in the lowest position.
- Children should not be allowed on or around the equipment, especially when it is not in use and unsupervised.
- Parents and others in charge of children should be aware of their responsibility because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended.
- This product is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning the use of the appliance by a person responsible for their safety.

- This product is not suitable for therapeutic purposes.
- This product is intended for home use only.
- Only use accessory items recommended by the manufacturer.
- CAUTION the instructions must be followed carefully in the assembly, use and maintenance of the equipment.
- Assembly: It is important you assemble the product in a clean and uncluttered space.
- Keep away from fire.
- This product is not a toy. Do not stand or jump on it.
- Product weight: 41kgs.
- Product dimensions: Length 1050mm x Width 650mm x Height 1735mm.
- Please note the Fitt Strider is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- WARNING! - This stationary training equipment is not suitable for high accuracy purposes.
- WARNING! – Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

## MAINTENANCE AND STORAGE

- Wipe clean only with a clean, damp cloth. DO NOT use detergents.
- This equipment should not be stored outside, in a garage or outbuilding. Keep the equipment in a dry place with as little temperature variation as possible.
- We recommend placing a mat beneath the equipment to protect both the equipment and flooring. New Image mat can be purchased at [newimagefitness.co.uk](http://newimagefitness.co.uk)
- The safety level of the equipment can only be maintained if it is regularly examined for wear and tear. This includes any ropes, pulleys, handles, nuts, bolts, moving parts, bushes, chains, wheels, bearings and connections.

### **Need help? We're here for you.**

Please contact our Customer Services Team on:

**Phone:** 0344 800 0631 (UK) / 0412 132 998 (Ireland)

**Email:** [customer@highstreettv.com](mailto:customer@highstreettv.com)

**Visit:** [highstreettv.com/support](http://highstreettv.com/support).

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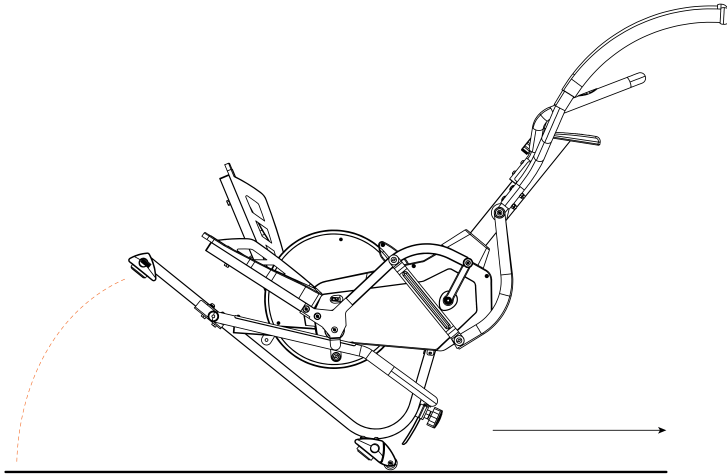
Please read all instructions carefully and retain for future reference.

Model number: BM606G

Class: HC

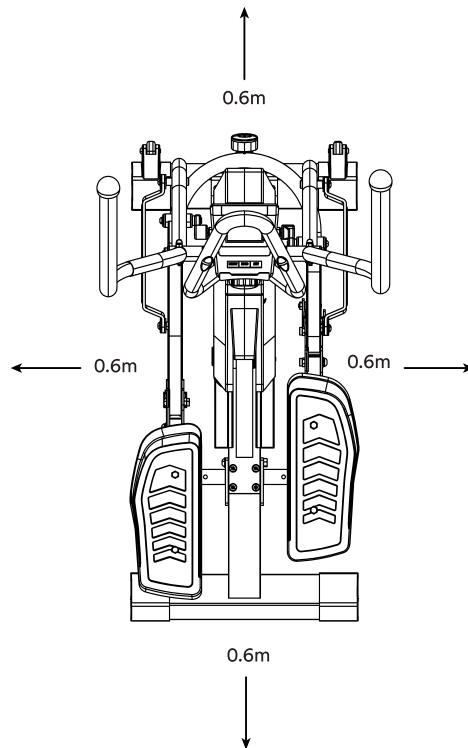
## 1. Moving the Machine

To move the machine lift up the rear stability leg until the wheels on the front stability make contact with the ground as shown in the diagram below. With the wheels on the ground you can transport the unit to the desired location.



## 2. Surrounding distance

When operating the machine, always ensure a minimum distance of 0.6m around all surround edges of the product. This will ensure a safe exercise space is maintained.

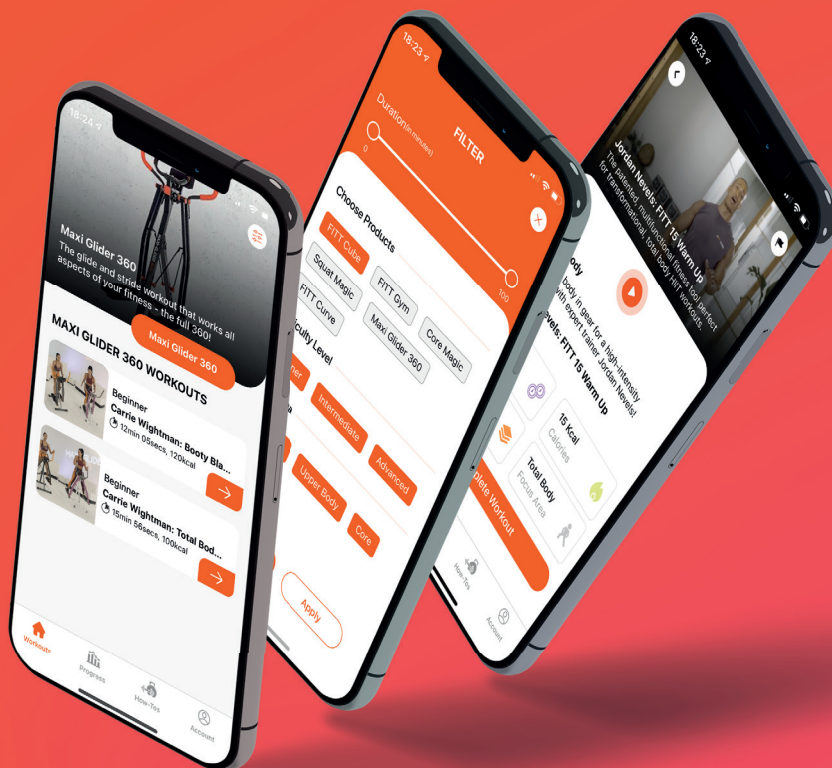






# NEW IMAGE FITNESS APP

## connected fitness



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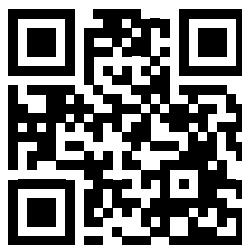
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