



new image®

CORE MAGIC™

UPPER BODY TONING SYSTEM

ASSEMBLY AND USER GUIDE



For help on getting started and for
exclusive workout content visit:

 [newimagefitness.co.uk](https://www.newimagefitness.co.uk)

WELCOME

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 Core Magic and would love to hear your experiences. Check out our social channels and take a look at YouTube for videos, tips and workouts.

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



BRING IT **HOME**





Congratulations on purchasing your Core Magic!

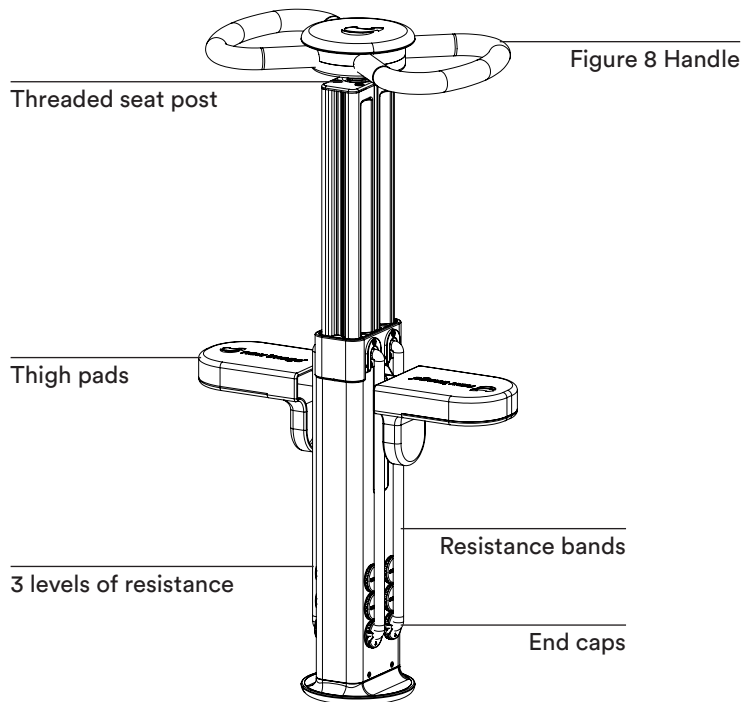
Core Magic is the innovative and effective exercise equipment that targets your core and upper body.

- Comes ready-assembled – just choose your resistance level
- Offers greater range of motion than any other at-home ab product
- Supports over 10 different exercises including crunch variations, chest fly's and triceps extensions
- Lightweight, compact and portable
- Easy to use with maximum results

Please read this assembly and user guide before using your Core Magic.

Ensure you retain this user guide as it provides product information, core workout ideas and important product maintenance tips.

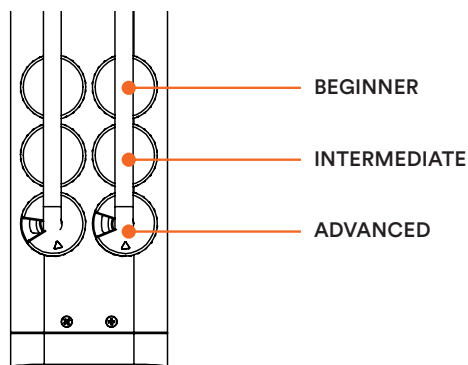
WHAT'S IN THE BOX:



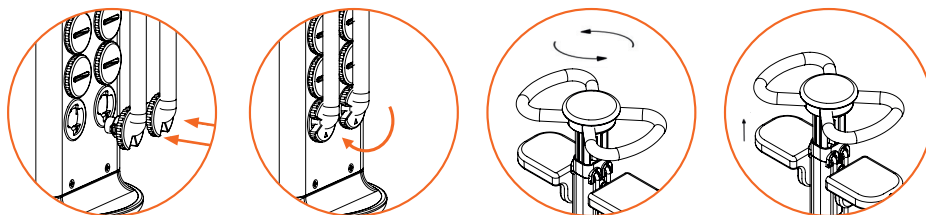
QUICK-START GUIDE:

Your Core Magic arrives fully assembled. Follow the simple steps to select your resistance level:

1. Remove all packaging and stand the product upright.
2. Remove all 8 end caps from your Core Magic.
3. Choose your resistance level, beginner (top), intermediate (middle) or advanced (bottom) refer to below diagram for correct plug position.



4. Take 4 plugs (attached to bands) from above thigh pad and insert all 4 plugs, (one at a time) into the hole with segment facing down. Twist clockwise 90 degrees until segment “clicks” into place and faces left. This is locked position. Ensure all four plugs are clicked into position before using your Core Magic.
5. Adjust figure 8 handle height by twisting clockwise or anti-clockwise to a position where arms rest on figure 8 handle at a 90 degree angle from torso.
6. Do not twist anti clockwise past the max mark located on figure 8 handle thread.



CORRECT TECHNIQUE – AB CRUNCH:

- Position yourself on an upright chair or stool ensuring back is straight and feet are flat on floor.
- Ensure your seating position allows for your knees to be bent at a 90 degree angle.
- Position the Core Magic vertically, thigh pads placed with back edge centrally on top of your thighs.
- Cross your forearms and rest them across the “8-pack” handle.
- Now for the tricky part – Inhale sucking your tummy in.
- Now focus on lowering your chest slowly towards your thighs as you lower the 8-pack handle in a folding motion.
- **Keep your head down tucking your chin towards your chest, tracking your forehead down over your crossed arms.**
- This will ensure you are engaging your Core instead of using your arms to carry out the Ab Crunch exercise.
- Push the figure 8 handle as low as possible down the column, then slowly extend back to the start position in a controlled manner, maintaining tension at the top of the move.
- Ensure you push all the way down for full range of motion.
- Allow 1 second to push figure 8 handle down, hold handle in low position for 1 second then allow 1 second to extend back to start position.

START POSITION



FINISH POSITION

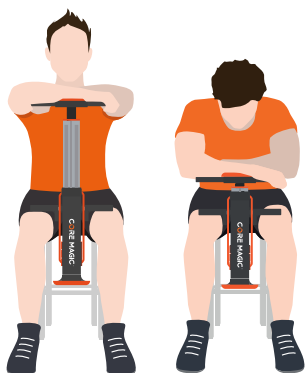


Go to newimagefitness.co.uk for videos on how to get started.

WORKOUT INSPIRATION:

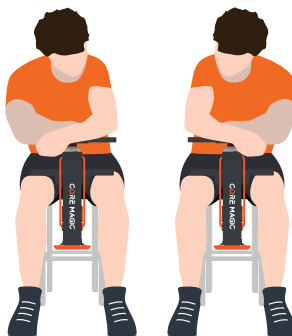
For the **Ab Crunch** and left and right **Oblique Crunch** try to carry out between 25 and 50 repetitions (reps) per set. Try 2 sets of 12-15 reps per workout. Once this is too easy, increase the number of reps per set or change the resistance level. Don't forget there are three resistance levels available – beginner, intermediate and advanced. Adjust the positions to decide the amount of resistance, ensuring plugs are **always** locked in place before use.

AB CRUNCH



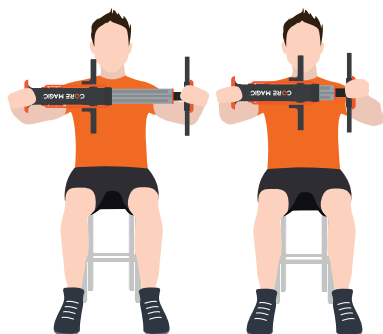
With torso facing forwards, focus on lowering your chest to your lap, pulling your tummy in as you do. Return to the start in **controlled** manner.

OBLIQUE CRUNCH



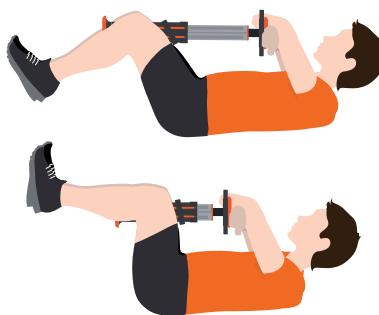
With torso facing forward, lower your chest to your thighs but this time rotate to the left so that the right side of your chest travels towards your left thigh. Return to start in a **controlled** manner and repeat in the opposite direction. Ensure handle is unscrewed slightly to allow a rotational movement of the handle.

CHEST FLY



This can be done standing or sitting. Hold the Core Magic horizontally and press the foam padding on either end inwards, as if trying to press your palms together. Return to the start in a **controlled** manner. In order to get a balanced workout you will need to swap over arms and repeat same number of reps.

REVERSE CRUNCH



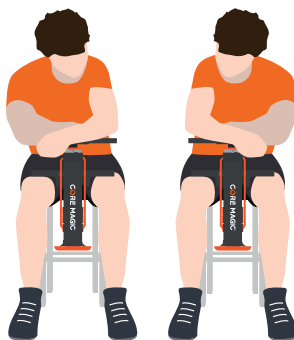
Perform this exercise lying on your back. Palms facing down, grab handles shoulder width apart and pull in a downward direction keeping arms straight throughout moving pads up the track.

CHEST PRESS



Place the Core Magic on the floor between your legs and lean over it with a straight back. Press both palms down whilst maintaining the straight back, bent over position before returning to start in a **controlled** manner.

TWIST UNDER TENSION



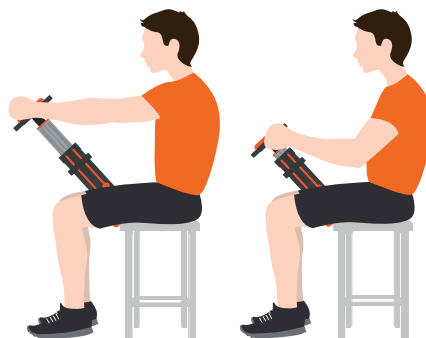
With torso facing forwards, lower your chest towards your lap. When you reach a midway point, rotate to left and right without moving up or down before returning to the start in a **controlled** manner.

SIDE BEND



Place the Core Magic on the floor to the left side of your chair and lean over it with your left forearm flat on the handles. Bend sideways to push the handles down before returning to start in a **controlled** manner. Swap over sides and repeat same number of reps.

SEATED ROW



Whilst seated, place the Core Magic between your legs, resting on the edge of the seat of the chair. Maintaining an upright posture pull figure 8 handles in towards your core in a **controlled** manner.

SAFETY INFORMATION:

- Please read this instruction manual before you begin assembly. It is important to keep these instructions for future reference.
- Do not sit on the product. It is NOT a seat.
- Assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- The safety level of the equipment can only be maintained if it is regularly examined for wear and tear.
- Replace defective components immediately and keep the equipment out of use until it is repaired.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment plug/fixing.
- Always check that any plug/fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- Keep hair, fingers, loose clothing away from moving parts to avoid serious injury.
- Always consult your doctor before undertaking any exercise programme.
- Always wear suitable clothing and footwear e.g. tracksuit, shorts and training shoes.
- Remove all personal jewellery before exercising.
- Try to ensure your back is straight while exercising, especially for long periods.
- 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 will help to prevent strain.
- 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.
- Children should not be allowed on or around the equipment, especially when it is not in use and unsupervised.
- This appliance 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 instruction 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.
- CAUTION the instructions must be followed carefully in the assembly, use and maintenance of the equipment.
- Safety standards: This equipment meets the requirements ISO 20957-1.
- Work within your recommended exercise level, do not work to exhaustion.

ASSEMBLY:

- It is important you assemble the product in a clean and uncluttered space.
- Remove all the parts from the carton and lay them out on the floor.

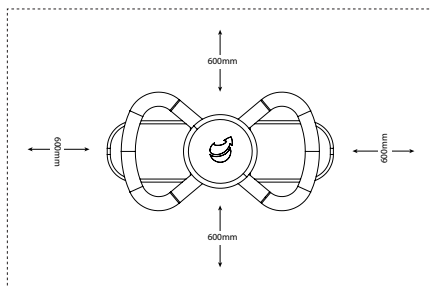
CARE AND MAINTENANCE:

- This equipment should not be stored outdoors, in a garage or an 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
- Use a warm, damp cloth to keep the product clean. Do not use chemicals or detergents.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, handles, nuts, bolts, moving parts, bushes, chains, wheels, bearings and connection parts etc.
- Ensure that you inspect the product regularly (once a week is recommended).
- Ensure that all fixings are tight before use.
- Always replace damaged or worn components with original parts from the manufacturer.
- Bands may wear over time. If you have any concerns, please contact customer support.
- Use only accessories and attachments recommended by the manufacturer.
- Store out of direct sunlight.

CUSTOMER SUPPORT / IMPORTER ADDRESS:

- Should you require any support regarding this product please call our customer services on 0844 800 0631 / 0344 800 0631. High Street TV, PO Box 724, Altrincham WA15 5BJ

USING YOUR CORE MAGIC – 0.6M AT EACH SIDE:



To dispose of product and packaging please recycle where facilities exist. Check with you local authority or retailer for recycling advice in your country.

Class: H

Weight: 2.3kg

Dimensions: 790mm x 375mm x195mm

Model number: CM01

ACCESSORIES:

Additional accessories are available to order which will provide you with more exercise options. To order; call 0344 8000 837 or visit newimagefitness.co.uk



FAQ'S:

Please read this instruction manual before you begin assembly.

Core Magic suitable for anybody of any fitness level?

Yes. The Core Magic is a low impact fitness device suitable for anyone of any age and fitness level. You choose the level of resistance and reps to select the level that best suits your strengths and stamina.

How do I make my workout easier?

Simply reduce the level of resistance by moving the resistance bands to an easier setting or reduce the number of reps.

How do I make my workout harder?

Move all four resistance bands to a harder setting or increase the number of reps. Alternatively focus on exercises that require more control.

What is the correct posture when using this product?

Sit on an upright chair or stool ensuring back is straight and feet are flat on floor. Ensure your seating position allows for your knees to be bent at a 90 degree angle. Position the Core Magic vertically, thigh pads placed with back edge centrally on top of your thighs. Cross your forearms and rest them across the "8-pack" handle. Inhale, sucking your tummy in and focus on lowering your chest slowly towards your thighs as you lower the 8-pack handle in a folding motion. Keep your head down tucking your chin towards your chest, tracking your forehead down over your crossed arms. Push the figure 8 handle as low as possible down the column, then slowly extend back to the start position in a controlled manner, maintaining tension at the top of the move. Ensure you push all the way down for full range of motion. Allow 1 second to push figure 8 handle down, hold handle in low position for 1 second then allow 1 second to extend back to start position.



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