



MAXI-GLIDER 360°[®]

newimagefitness.co.uk





new image[®]



Introduction to **New Image**

Our New Image brand is focused on transformation. Whatever your fitness goals, our aim is to design and engineer fitness products to help you reach your targets.

We know that sometimes the hardest part is getting started so we build easy-to-use solutions that make getting fit fun and effective.

We are on a mission to build a fitter, more active nation.

Welcome to our Active Innovation brand,
New Image®

newimagefitness.co.uk



Introduction to **Maxi-Glider 360**

The Maxi-Glider 360® is a versatile and low-impact workout device that targets your lower body and core.

The introduction of moving handles ensures a full body workout that recruits even more muscles. Gripping the stationary handles is easier but it's important to remember that the more muscles you use, the more calories you'll burn.

The Maxi-Glider 360 has been engineered to be simple to use. Just choose your resistance level, jump on and get moving.

The following pages will help you get the most out of your Maxi-Glider 360 with exercises, meal plans, tips and tricks.

Using your **Maxi-Glider 360**

Safety Information:

Please read this instruction manual before you begin assembly. 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 that the equipment has adequate space on each side for emergency dismount. A minimum of 0.6m.
- 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 pin/fixing.
- Always check that any pins/fixings are tight and secure before use and after adjustment.
- Never leave any adjustment devices projecting from the equipment.
- 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 overload the equipment: MAX USER WEIGHT 110Kgs.
- 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



Assembly:

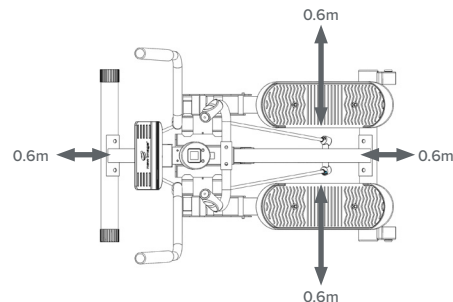
- It is important you assemble the product in a clean and uncluttered space.
- We recommend you have someone assist you with the assembly as some components are heavy.
- Remove all the parts from the carton and lay them out on the floor.

Customer support:

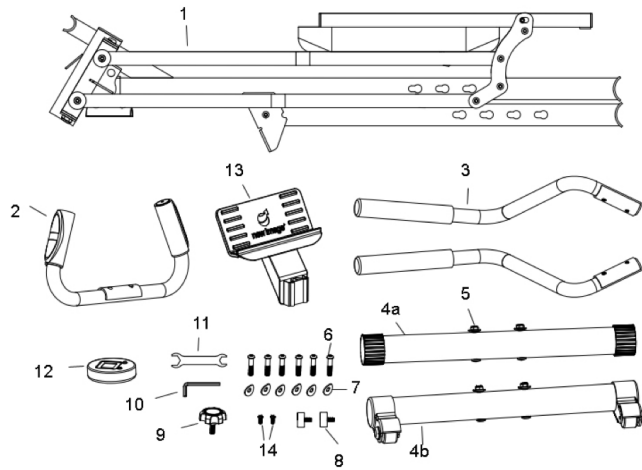
- Should you require any support regarding this product please call our customer services on 0800 587 6133. High Street TV, PO Box 724, Altrincham WA15 5BJ














Care and maintenance:

- This equipment should not be placed 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 wet clean electrical components. Unplug before any care and maintenance.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, 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.



What's in the box



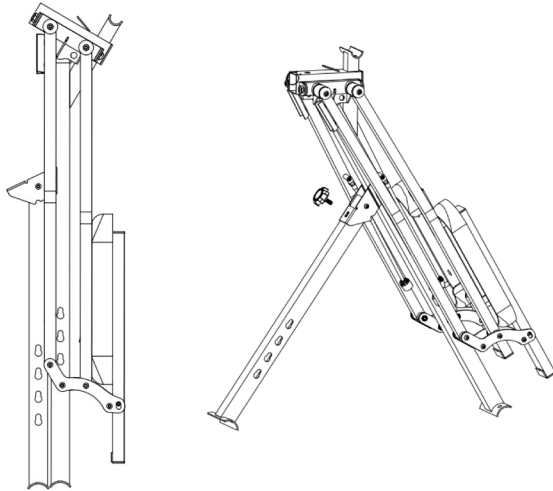
Component	Part No. and Description	Qty
	#1 A-Frame	1
	#2 Stationary Handles	1
	#3 Moving Handles	2
	#4a Front Foot #4b Back Foot #5 Screw (m10*60), Washer and Nut	1 1 4
	#6 Screws (m8*40)	6
	#7 Washers (m8*40)	6
	#8 Soft Bumpers	2
	#9 Supporting Pin	1
	#10 Alan Key	1
	#11 Wrench	1
	#12 Progress Tracker	1
	#13 Phone/Tablet Holder	1
	#14 Screws	2

Setting up your **Maxi-Glider 360**

Everything you need to assemble your Maxi-Glider 360 is in your pack.
Follow these 9 steps to build it:

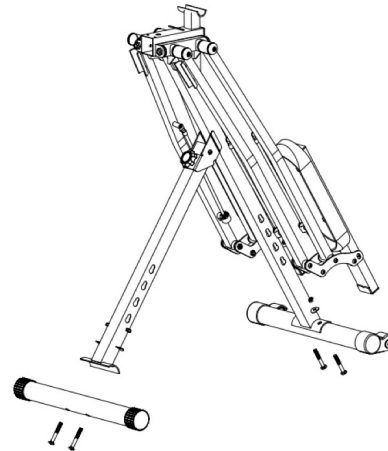
Step 1

Spread legs of A-frame and screw in supporting pin.



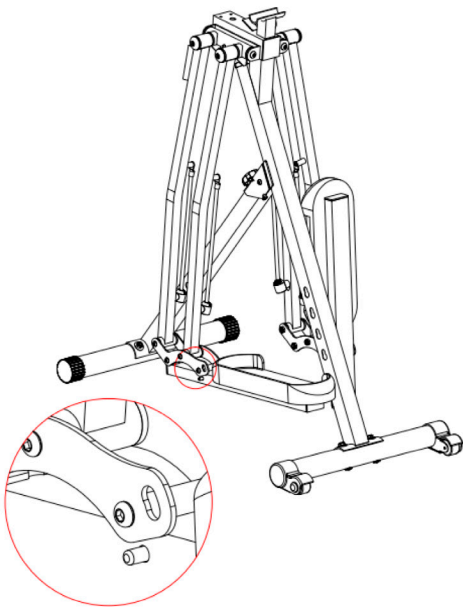
Step 2

Attach feet, ensuring back feet has the wheels facing outwards. Use screw #5.



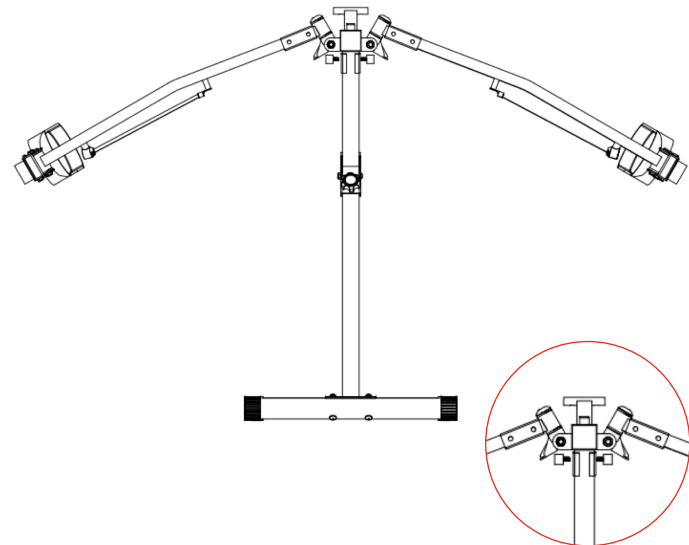
Step 3

Depress pin and lower oversized footplates.



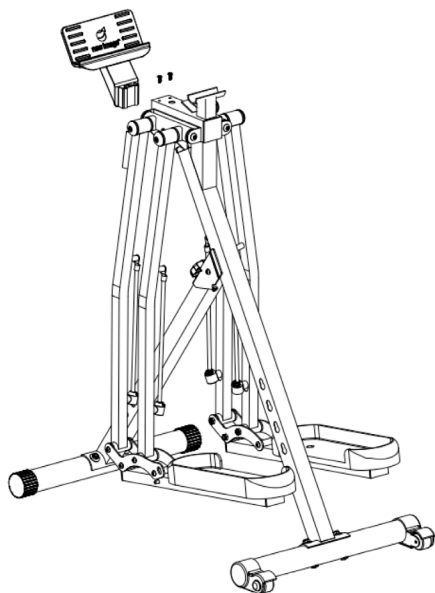
Step 4

Lift 360° legs and insert soft bumper on both sides.



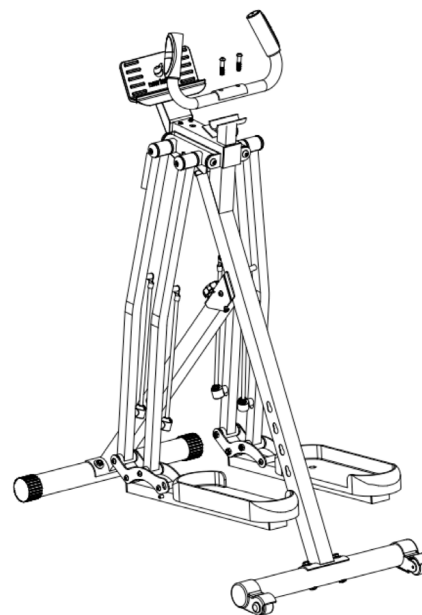
Step 5

Attach phone/tablet holder using screws provided. Use screw #14.



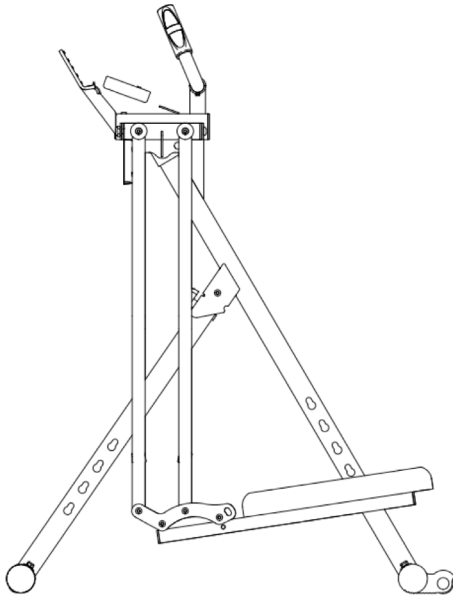
Step 6

Attach stationary handles. Use screw #6.



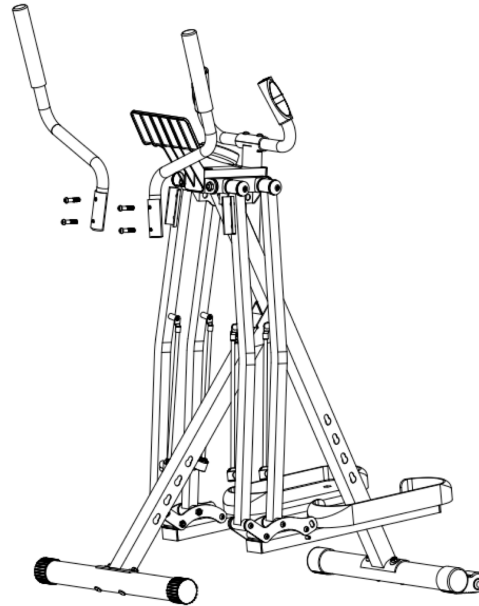
Step 7

Attach wires to progress tracker before plugging in heart rate monitor wire and sliding tracker in place.



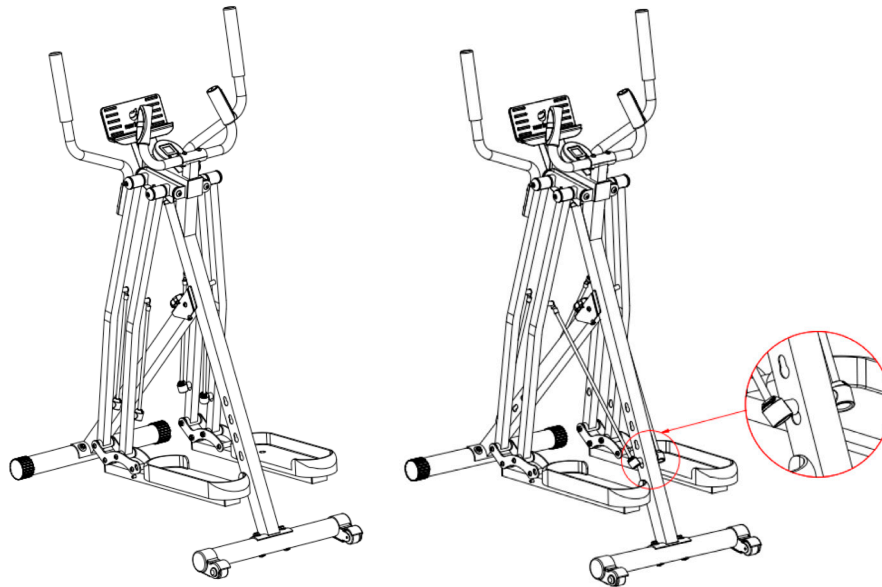
Step 8

Attach moving handles, ensuring curves face outwards. Use screw #6.

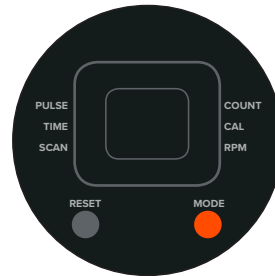


Step 9

Choose your resistance levels and get started.



Using the **Progress Tracker**



Modes:

Pulse – Check your heart rate when you grip the heart rate monitor sensors on the stationary handles.

Time – Measure the duration of your workout.

Scan – Get an overview of each mode as you workout.

Count – Measure the number of strides you achieve during your workout.

Cal – Watch the number of calories you're burning increase as you workout.

RPM – Keep to a set pace by following your revolutions per minute.

Reset:

Use this button to reset the specs to zero for your next workout.

Battery:

The Progress tracker uses two AAA batteries (included). Replace the batteries by removing the cover at the back of the unit.

PLEASE NOTE: The progress tracker will only turn on when the equipment is in use to preserve battery life.

WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Choose your resistance and **get started**



Select your resistance level from 0 to 4 on each of the 4 legs.

For a constant workout, ensure all 4 plugs are at the same level.

The higher the number, the greater the level of resistance and the harder the workout.

Step onto the device, holding the stationary handles for balance.

Get moving.

Exercises

THE GLIDE

Jump on and glide, striding forwards and backwards with alternate legs. For a total body workout, use the moving handles.

Resistance level: 0-4

Muscles worked: Calves, **Quadriceps**, **Hamstrings**, Glutes, Core

Duration: 5 minutes+



THE SQUAT GLIDE

Glide, striding forwards and backwards but bend at your knees and hips until you feel the burn in your glutes.

Resistance level: 0-4

Muscles worked: Calves, Quadriceps, Hamstrings, **Glutes**, Core

Duration: 5 minutes+



THE HOLD

Stride forward with one foot and backwards with the other. Hold that position for 10 seconds, then swap legs.

Resistance level: 0-4

Muscles worked: Calves, **Quadriceps**, **Hamstrings**, Glutes, Core

Duration: 1 minute per set, 2-3 sets per workout



THE SINGLE SIDE

Put your weight on one leg and push the other out to the side, pausing for a second before dropping back down. Do 10 and then swap legs.

Resistance level: 0-4

Muscles worked: **Hip flexors**, **Hip abductors**, Glutes, Core

Duration: 1 minute per leg, 2-3 sets per workout



THE ROTATION

Put your weight on one leg and push the other forward and out to the side, moving your leg round in a circle and returning to centre. Do 10 and then swap legs.

Resistance level: 0-4

Muscles worked: Hip flexors, Hip abductors, Glutes, Core

Duration: 1 minute per leg, 2-3 sets per workout



THE DOUBLE ROTATION

Hold the stationary handles and bend slightly at the hips and knees. Push both legs forward and out to the sides, moving your legs round in a circle and returning to centre.

Resistance level: 0-4

Muscles worked: Hip flexors, Hip abductors, Glutes, Core

Duration: 1 minute per set, 2-3 sets per workout



THE PLANK

Grip the moving handles and lean forward, your feet pushing backwards on the pedals. Hold this position for as long as you can.

Resistance level: 0-4

Muscles worked: Triceps, Chest, **Core**

Duration: As long as you can hold it, aim for 30 seconds per set, 2-4 sets per workout



THE CHEST FLY

Grip the moving handles and pull your hands together, lifting your legs up to the side with just your upper body. Hold for 10 seconds and relax. Repeat this 10 times.

Resistance level: 0-4

Muscles worked: Biceps, Chest, Core

Duration: Aim for 10 seconds per hold, 2-3 holds per workout



The importance of **movement**

We all should aim to be active at least once on a daily basis.

Doing this helps us:

- Maintain a healthy weight
- Maintain the ability to perform everyday tasks with ease
- Improve self-esteem
- Reduce symptoms of depression and anxiety

There are many ways to approach physical activity and exercise. 150 minutes of moderate intensity activity per week split into 5 x 30 minute sessions works well for some while others would prefer 75 minutes of high intensity activity (5 x 15 minutes). Your lifestyle will ultimately determine your options but for many of us time is the key driver.

If you're too busy to go to the gym, make sure you have everything you need at home and choose a time of day when you have the most energy. Mix up your workout to keep boredom at bay and keep track of your progress – it will help keep you motivated to see your performance improving.

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



FAQ's

Is the Maxi-Glider 360 suitable for anybody of any fitness level?

Yes. The Maxi-Glider 360 is a low-impact fitness device suitable for anyone of any age and fitness level. You choose the level of resistance you want for each exercise so can 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 plug at the end of the resistance bands to a lower number on the frame. For an easy glide, plug the bands into the bottom of the legs themselves and you'll have no additional resistance during your workout.

How do I make my workout harder?

Move all four resistance bands to level 4 and focus on exercises that focus this tension e.g. "rotation" and "side" movements.

What is the height limit for this product?

While there is no specific height limit for this product, we have found it is easy for users up to 6ft 2in to maintain good posture. There is no minimum limit as you choose the length of your stride.

What is the weight limit for this product?

The product is tested to ISO 20957 using 110kg as the maximum weight.

What is the correct stance when using this product?

You should adopt a similar stance to your running style, keeping your back straight, head up and knees slightly bent. For a deeper workout, bend slightly at the knees to increase the amount of work required by the upper legs, bum and core.

Extended **Warranty**

Purchasing the Maxi-Glider 360 is not only an investment in your health and wellbeing but in monetary terms too. We appreciate this and know from experience that many customers use their Maxi-Glider 360 daily for many years. Unfortunately, from time to time even though you follow all of the instructions and guidelines things do breakdown. That's why we have introduced an extended warranty.

Maxi-Glider 360 is covered by a standard 12-month manufacturer's warranty, however if you would like extra assurance our extended warranty will cover you for 3 years.

Call us today on 0800 587 7833 to purchase the extended warranty for your own peace of mind and enjoy:

- Up to 3 years' warranty cover
- Protection against breakdowns (including parts and labour)
- A UK customer care team available all year round
- New for old replacement if we can't fix it!
- Free return for your faulty Maxi-Glider 360

*Terms and conditions apply. See website for details.

Question?

Our UK based customer service agents are dedicated to helping you get the most from your new product.

Call: 0844 800 0631/
0344 800 0631 (Mon to Fri
8.00am-8.00pm and Sat and
Sun 8:00am-1:00pm)

customercare@highstreettv.com

www.highstreettv.com



Join our **community**

Want to be part of the New Image community?

We have lots of ways to get involved...

- Join the conversation
- Keep up to date with our latest products
- Intensify your workout with our fitness accessories
- Submit product reviews
- Offer tips and tricks to other users

To find out more about the New Image® range of fitness equipment, tools and accessories to help you achieve your goals, visit

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