



new image®

FITT GYM™

BODYWEIGHT TRAINING SYSTEM

ASSEMBLY AND USER GUIDE



To help you get started 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 FITT Gym 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 new FITT Gym!

With **FITT Gym** you have everything you need to build your own workout, to reinforce your strengths and to target any muscle groups you want to improve.

Whether you're looking to build strength, tone your core or improve your flexibility, FITT Gym is engineered for you. The combination of a beautifully smooth track and fluid cable system makes even complex moves achievable.

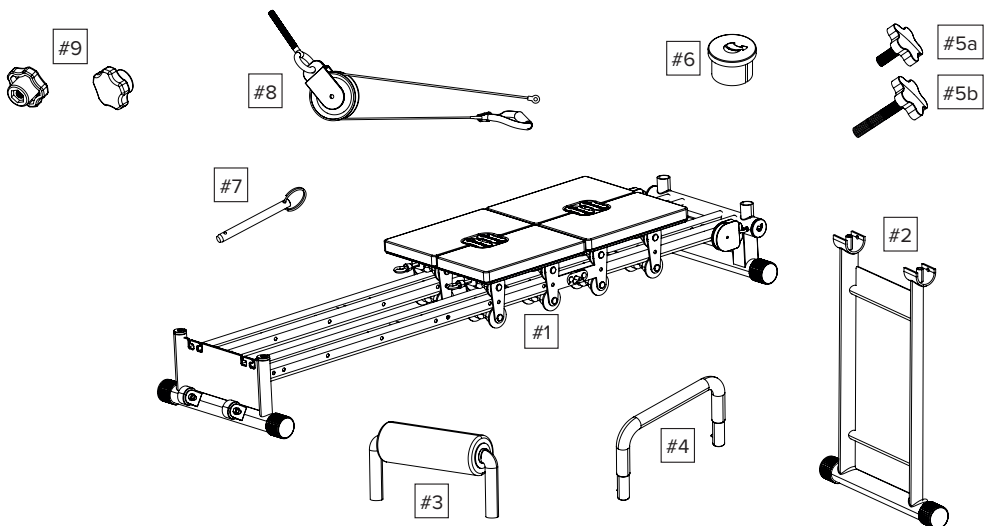
One of the best things about exercise is the long-term effects it has on your health. By working out on FITT Gym just a few times a week, you'll increase the amount of lean muscle in your body which in turn results in more calories burned!

Keep hold of your FITT Gym User Guide. It provides product information, workout ideas and important product maintenance tips.

Please read this assembly and user guide before first using your FITT Gym.

WHAT'S IN THE BOX:

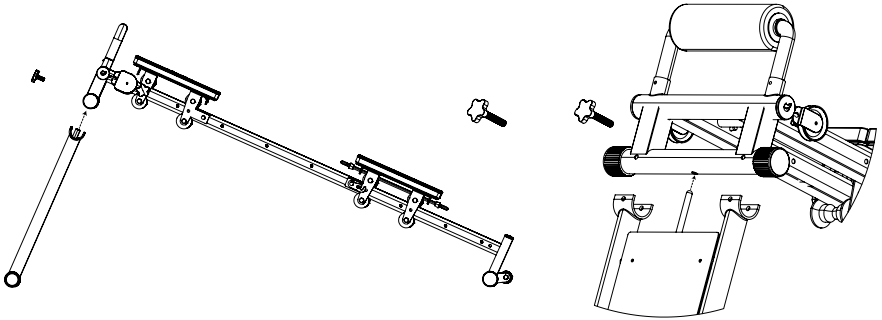
Component	Part Number	Quantity per unit
Main frame	#1	1
Incline leg	#2	1
Roller bar	#3	1
Horseshoe bar	#4	1
Short Star screw	#5a	2
Long Star screw	#5b	2
End caps	#6	2
Safety rod	#7	4
Pulleys	#8	2
Pulley tightening knob	#9	2



QUICK-START GUIDE:

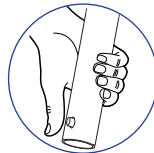
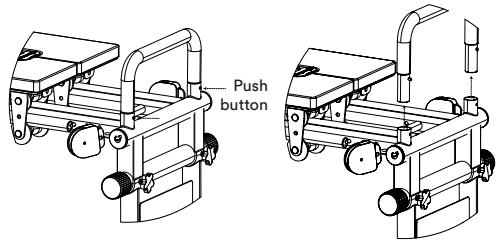
Your FITT Gym arrives almost ready-assembled.

1. Lay the box flat and open at the top. Remove all packaging materials.
2. Carefully remove the main unit and attachments from the box, laying them out on the floor.
3. For incline orientation, lift the main unit with your right hand at end closest to pads (top end). With left hand attach the incline leg (part #2) to “top” end of the main unit (part #1). Ensure the incline leg (part #2) is correctly positioned into main unit with locating pin fully inserted, threading the long star screws (part #5b) into the holes at the top of the incline for extra stability. Ensure the screws are tight before use.

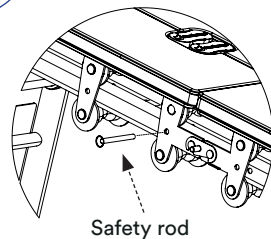


4. Insert the roller bar (part #3) at the top end and horseshoe bar (part #4) at the bottom of the unit. Press bars into position. Both bars are secured in place once the push button pops into position.

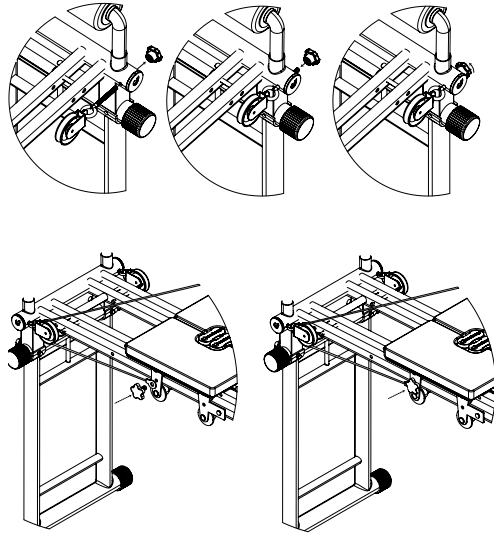
To remove the bars, hold them from behind with the push buttons facing forward, press the push buttons in with your fingers or thumbs, wrap your hand around the bar and lift.



5. When you're ready to use the FITT Gym, remove the two safety rods (part #7) from the top pads, bearing in mind that the pads will naturally drop down the track due to gravity.



6. To attach pulley wheel, insert threaded pin (Part #8) fixed to pulley wheel through holes on main frame and secure by screwing on pulley tightening knob (Part #9). Pulley is labelled with left or right sticker to ensure you attach the correct pulley (sticker facing outwards). Ensure the cable and handle end is over the top of the pulley wheel facing towards the bottom of the unit. Insert short screw (part #5a) through opposing end of cable ensuring cable is underneath the pulley wheel. Thread the short screw (Part #5a) into position 1 (see diagram). Ensure the screws are tight before use. Once complete carry out same instruction for other pulley. Always ensure that the pulley tightening knob is securely fixed before each use.

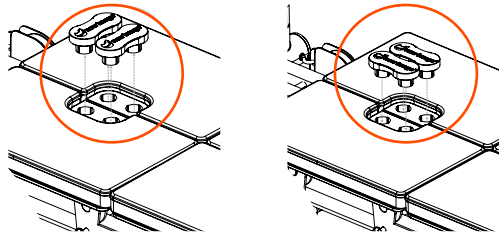


WARNING: Do not kneel when using pulleys as may cause serious injury.

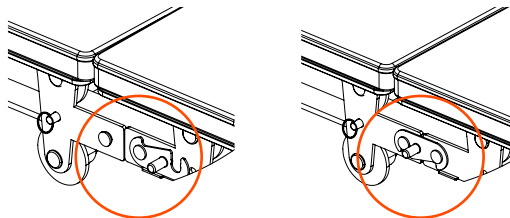
CHANGING THE QUAD PAD CONFIGURATION:

Your FITT Gym is designed to use the quad pads in a variety of ways, depending on the requirement of the exercise. Your FITT Gym arrives in quad configuration. To change configurations use either A or B methods below:

A: To split the pads left and right change New Image locking key on all four pads from horizontal to vertical position.



B: To split the pads top and bottom, on both outer side of track, under pads, release hinge latch.

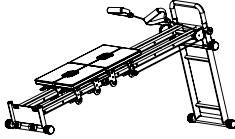


Use a combination of **A** and **B** to create your desired configuration.

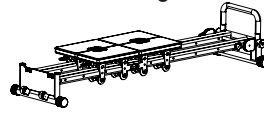
Make sure all four pads are gliding smoothly after the configuration has been changed.

QUAD PAD CONFIGURATIONS:

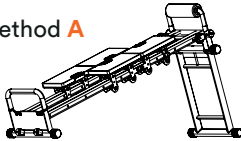
Original configuration



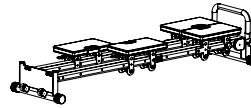
Original configuration
No incline leg



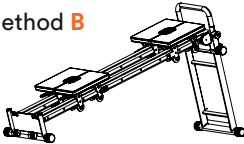
Use method **A**



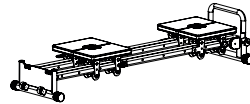
Use method **B**
No incline leg



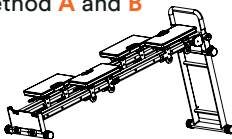
Use method **B**



Use method **A and B**
No incline leg

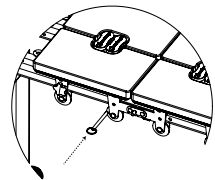


Use method **A and B**



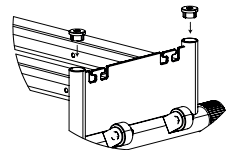
FIXING YOUR PADS IN POSITION:

For exercises that require static pad position, use safety rods (part #7) to lock pads in position. Use one safety rod per pad (four safety rods in total). Position your pads at any of the seven points along the track.



USING YOUR FITT GYM WITHOUT BARS:

If exercising without roller bar (part #3) or horseshoe bar (part #4) ensure you insert end caps (part #6) to exposed holes on main unit at top and bottom.



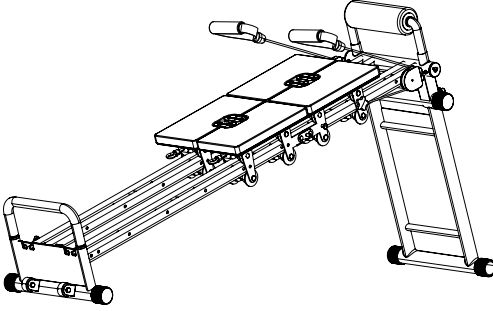
Your FITT Gym is now ready to use!

For assembly and 'getting started' videos visit: newimagefitness.co.uk

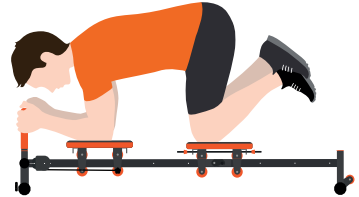
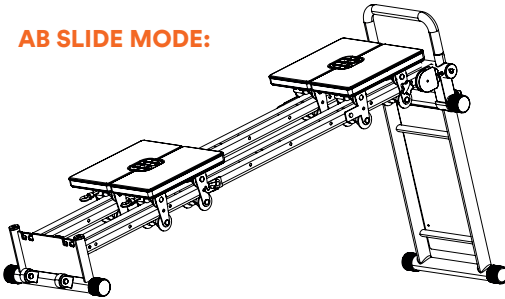
There are over 50 exercises (that we've identified) that you can do on your FITT Gym. Go to newimagefitness.co.uk for all exercise moves.

Your FITT Gym can be used in the following modes.

BODYWEIGHT GYM MODE:

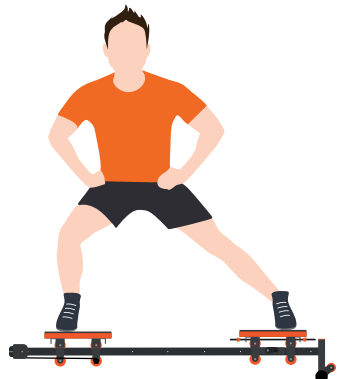
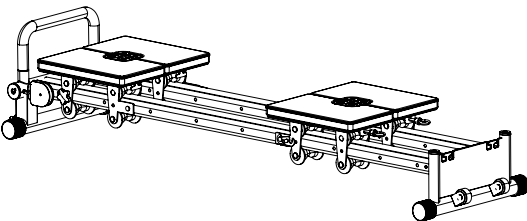


AB SLIDE MODE:



PILATES MODE:

To adjust your FITT Gym to flat orientation remove the incline leg (part #2) and lay flat.



STARTER WORKOUT:

A few important reminders before you work out:

- Ensure you're wearing athletic shoes and comfortable clothing when exercising on your FITT Gym
- Do not exercise barefoot and check your FITT Gym before use to ensure everything is where it should be
- Always have control of the moving pads before getting on/off the product
- Always keep your feet on the floor until you are ready to carry out your exercise

Bodyweight Gym workout:

1. Cross Cable Row
2. Upright Row
3. Seated Bicep Curls
4. Reverse Fly
5. Pullover Crunch
6. Lying Triceps Extension
7. Seated Chest Press
8. Front Raise
9. Oblique Twister
10. Single Leg Squat

Ab Slide workout:

1. Ab Slider
2. Ab Run

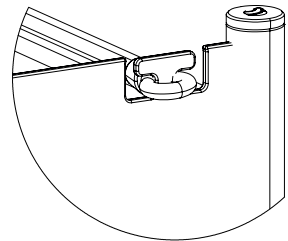
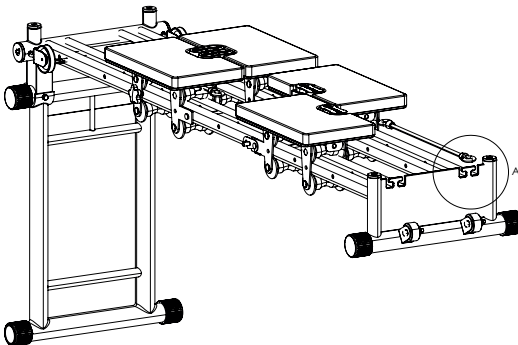
Pilates workout:

1. Single Leg Adduction
2. Front Lunge
3. Pike Press to Plank
4. Reverse Lunge
5. Dynamic Child Pose
6. Plank to Knee Raise

For all exercises and workouts refer to exercise chart included in the box.

ADDING RESISTANCE:

To challenge yourself and make your workout harder; hook the resistance bands which are already fixed to the bottom of the two lower pads to the foot plate.



ACCESSORIES:

Additional accessories are available to order which will provide you with more exercise options. To order; call 03448000837 or visit newimagefitness.co.uk

LAT BAR:



Stiff Arm Close Grip:

Palms facing down, grip handles shoulders width apart and pull in a downward direction keeping arms straight throughout moving pads up the track.



Pull Up Wide Grip:

Grab handles, palms facing up in a wide grip position pulling arms towards your head.



SQUAT PLATFORM:



Hack Squat:

Whilst laid with back on pad, place both feet on squat platform, heels in contact with the pad. Bend knees under control to your lowest point on track. Then straighten legs.



Single Leg Pistol Squat:

Whilst laid with back on pad, place one foot with a straight leg on squat platform, heel in contact to squat pad. Other leg to be raised outwards. With straight leg, bend at knee to your lowest position on the track. Then push leg back to straight position. Repeat on both legs.



Check out newimagefitness.co.uk for accessory exercises.

FREQUENTLY ASKED QUESTIONS:

What's so good about bodyweight training?

Bodyweight training strenghtens the core, improves flexibilty as you build your strength and can be modified to be as challenging as you want it to be.

What is the maximum user weight for FITT Gym?

The product is tested in accordance to ISO20957 at a maximum user weight of 110kg.

What is the maximum user height for FITT Gym?

While there is no maximum or minimum user height for FITT Gym, we have found it is most comfortable for users shorter than 6ft3.

How many moves can I do on FITT Gym?

We've identified over 50 moves you can do on FITT Gym and the great news is, you'll never get bored - you can just change the orientation and focus on something else.

Is FITT Gym suitable for anybody of any fitness level?

Because FITT Gym is a bodyweight training system it's suitable for virtually anyone, regardless of current fitness level. Consult your GP before beginning any new fitness programme.

How do I make my workout harder?

Adding resistance bands, increasing the number of reps or slowing down the move.

How do I make my workout easier?

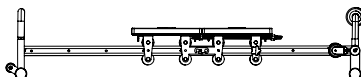
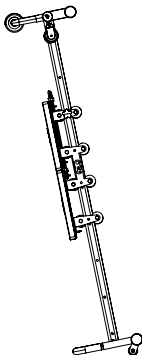
If you're finding the exercise too difficult, simply reduce the number of reps.

Visit newimagefitness.com for 'how-to' guide and workout advice.

STORAGE:

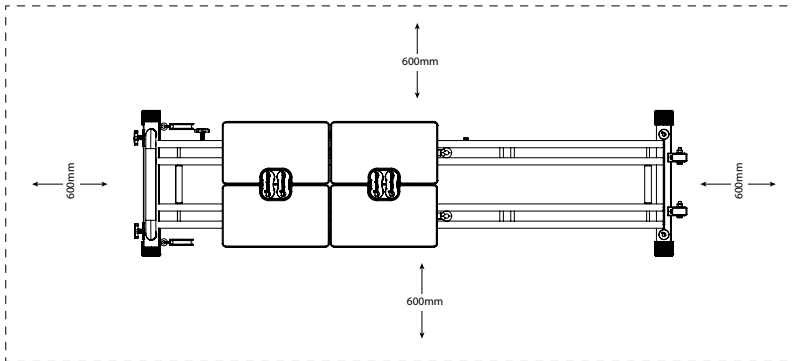
We think FITT Gym is beautiful and should therefore be left on display when not in use, however we recognise that space is at a premium. In order to make transport easier, we have integrated wheels onto the end of your FITT Gym. Remove incline leg and simply tip it up and wheel it to where you intend to store it.

The incline leg can be removed entirely to reduce the overall height to around 30cm. In this configuration, it can fit under most beds or in most cupboards.



SAFETY INFORMATION:

- Please read this user guide before first using FITT Gym. 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 with a minimum of 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, connections.
- 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.
- Keep hair, fingers and loose clothing away from hinges and other 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 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.
- Care should be taken at all times when getting on and off the equipment. Falling off the equipment could result in injury.
- 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.

- 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 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.
- Do not stand on pads in incline configuration.
- Do not kneel on pads when using pulleys.
- Ensure pads are dry before use.
- Only use accessory items recommended by the manufacturer.
- CAUTION the instructions must be followed carefully in the assembly, use and maintenance of the equipment.
- Safety standards: This equipment meets the requirements Class: H.

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.
- 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

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.
- 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.
- Bands may wear over time. If you have any concerns please contact customer support.
- Wipe down your FITT Gym after each use with a clean, damp cloth. Do not use chemicals or detergents.

Class: H

Weight: 25Kgs

Dimensions: 1600mm x 430mm x 800mm

Model number: FG01

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

EXERCISE NOTES

A series of 26 horizontal dotted lines for writing notes.



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