



new image®

FITT CUBE®

INTERVAL TRAINING GYM IN A BOX

ASSEMBLY AND USER GUIDE



Download the FITT Cube & Trainer App



To help you get started visit:

 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 Cube 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...

Download the FITT Cube Trainer & Tracker App to access all your FITT15 workouts and fitness progress anytime! Available on the iPhone App Store and Google Play.



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**





Visit myfittcube.com for exclusive workout content, your step-by-step how-to guide and for social links.

 YouTube

Congratulations on purchasing your new FITT Gym!

FITT Cube is an innovative fitness tool engineered to give you everything you need for a circuit-style, interval training workout

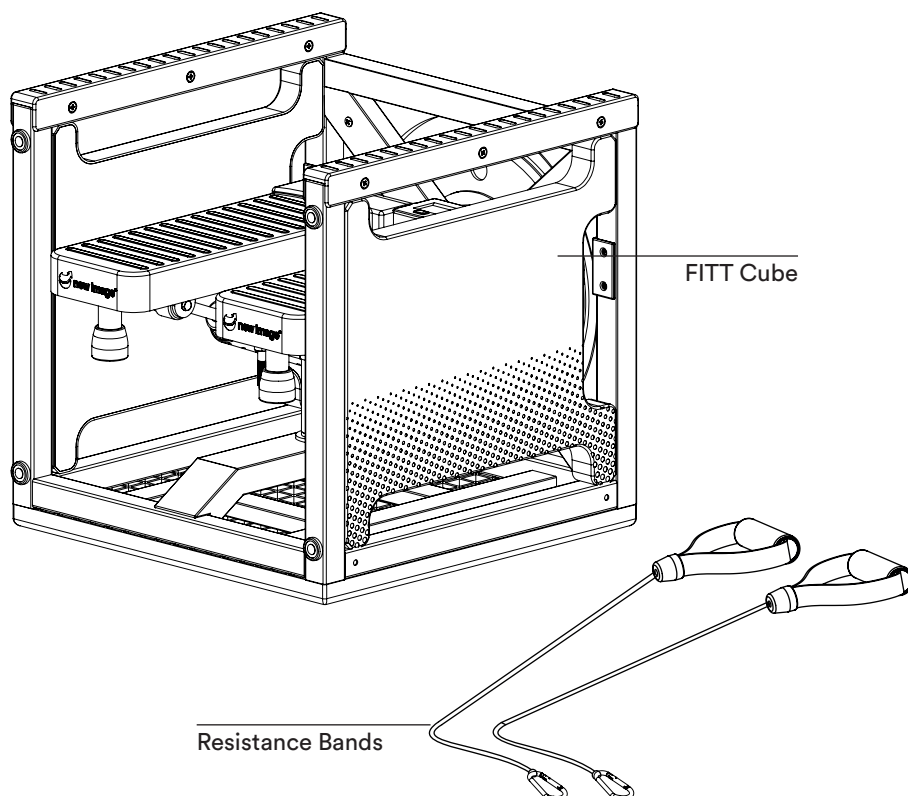
We want to make sure you get the most out of it but we want you to be safe while you do.

That means:

- familiarising yourself with the product before attempting any advanced moves like JUMPS
- ensuring your workout environment offers space above and around you and a flat surface beneath you!
- Increasing the intensity only once you're comfortable with the product, even if you are a regular gym goer
- changing your jumps to steps when you tire!

We are so excited for you to get started on **FITT Cube** – take care and [#workthecube](#)

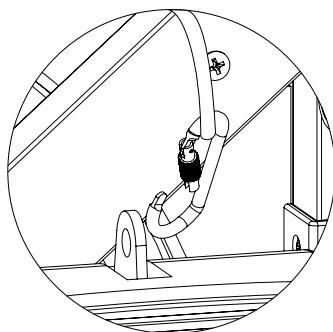
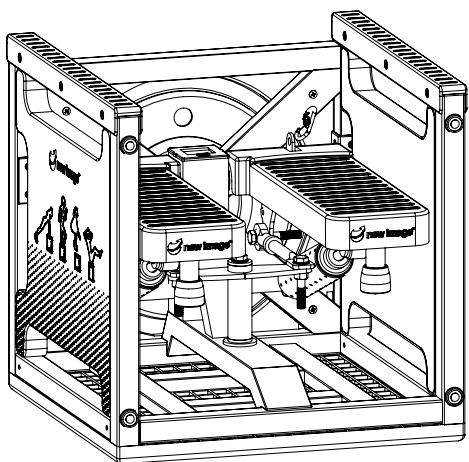
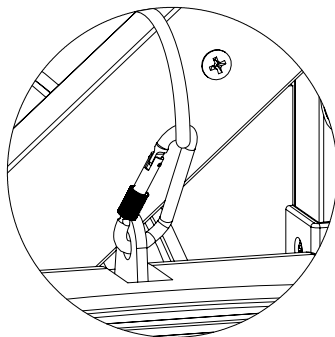
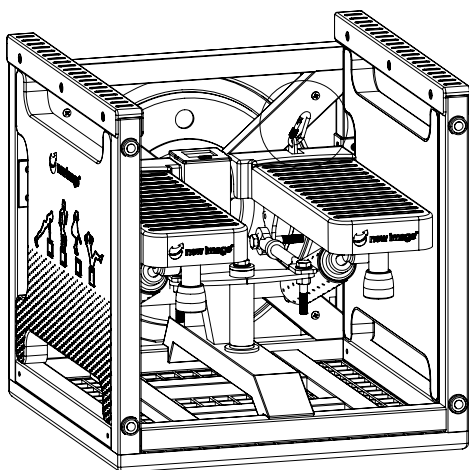
WHAT'S IN THE BOX:



QUICK-START GUIDE:

Your FITT Cube arrives almost ready-assembled.

1. To fit the resistance bands simply clip onto the loop at the top of the stepper, close and screw it locked.
2. Ensure it is securely fastened before starting your routine.



TRANSFORMATION IN PROGRESS:

Use the 4 functions as an indicator of difficulty level.
Remember your transformation is a journey!



BEGINNER

1. STEP

Get your step count up

2. GRIP

Push and pull moves



ADVANCED

3. TWIST

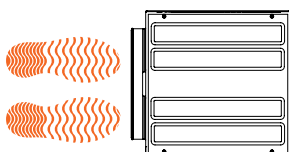
Work your core

4. JUMP

It's time for dynamic power

JUMP ORIENTATION:

You'll find the plyometric platform is most stable if you jump from the "seat" side. Focus on landing evenly in the centre of the surface to avoid tipping.



EXAMPLE EXERCISES:

The 20 exercises identified in this guide are just the start. Once you're familiar with FITT Cube and comfortable with the workouts, feel free to add your own exercises to your routine. Here are a few more to get you going:

Box Squat – a great bodyweight squat variation where you “tap” the jump platform with your bum at the base of the movement, before standing back up tall.

Lateral Ski Jumps – Grab the grips in a crouched press up position with your feet to one side of FITT Cube. Jump from side to side, trying to land outside the width of the cube whilst remaining light on your feet.

Mountain climbers – Grab the grips with your feet out behind you. Run on the spot, lifting your raised knee to your chest before planting it down and swapping legs at the same time.

Front raise – Grab the grips and stand up straight with FITT Cube against your thighs. Lift with almost straight arms in front of you until your arms are parallel to the ground, then lower in a controlled manner. Remember this is an unstable, 14kg product so ensure good posture and technique.

Burpee jump over – Instead of the burpee box jump described in this guide, you jump over the cube in the last phase of the movement, rotating to perform the next rep on the other side. This is really dynamic and an advanced move!

Seated row – Attach the resistance bands* and flip FITT Cube so that the twist seat is at the top. Sit in front of it so the soles of your feet are pressed flat against the stepper. Sit up tall and pull the resistance bands back, keeping your elbows close to your sides, squeezing your shoulder blades, then return your hands to the starting position.

Reverse fly – Attach the resistance bands* and flip FITT Cube so that the twist seat is at the top. Sit in front of it so the soles of your feet are pressed flat against the stepper. Sit up tall and pull the resistance bands, this time spreading your arms out wide as you do, before returning your hands to the starting position.

FREQUENTLY ASKED QUESTIONS:

What are the functions?

STEP – a variety of exercises using the stepper. Think you've mastered it? Buy some resistance bands from HSTV for an upper body workout while you step.

GRIP – Grab the handles for push and pull exercises – press ups, dips, bent over rows etc.

TWIST – The comfortable twist seat is unrestricted so can be used from any angle for a variety of twisting exercises. Twist moves target parts of the core (transverse abdominis) responsible for pulling your tummy in.

JUMP – Plyometric (jump) exercises are excellent for strength and power and there

Is FITT Cube suitable for anybody of any fitness level?

Yes. FITT Cube is your Functional Interval Training Tool (FITT). You dictate the tempo and the intensity and you choose your workout. We have highlighted which exercises we feel are more advanced but once you feel comfortable, they should all be achievable.

How do I get the most out of my FITT Cube?

We'd recommend doing between 10 to 15 exercises per workout. Mix up upper and lower body work to get a total body, heart raising workout. Simply flip the cube during your rest period to the side you need for the next exercise.

What's so good about interval training?

Interval training is a great way to get an intense workout in a short period of time. A common split is 45 seconds on, 15 seconds off. If you carried out 10 exercises at this rate, you would complete your workout in 10 minutes! No matter how busy you are, you can spare 10 minutes!

How do I make my workout easier or harder?

One of the big advantages of interval training is you can change the work-to-rest ratio. If you're finding the workout too difficult, simply extend the rest period or reduce the work period. If you want to make it more intense, shorten the rest period and extend the work intervals.

What is the height limit for FITT Cube?

There is no maximum or minimum height limit for FITT Cube. It is a training tool that can be comfortably used by a wide variety of heights.

What is the weight limit for FITT Cube?

The product is tested to ENISO20957-1, EN957-2 and EN957-8 using 110kg as the maximum weight.

Visit myfittcube.com for your how-to guide and workout advice from our resident PT.

SAFETY INFORMATION:

Please read this user guide before first using FITT Cube. 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.

Always check that any plug/fixings are tight and secure before use and after adjustment.

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.

Keep hair, fingers and loose clothing away from hinges and other moving parts to avoid serious injuries.

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.

The braking system is speed independent. The stepping action is dependant.

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.

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 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.

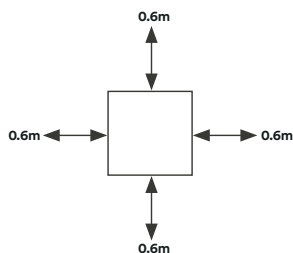
This product is intended for home use only.

Do not stand on twist seat.

Ensure jump platform is dry before use.

CAUTION the instructions must be followed carefully in the assembly, use and maintenance of the equipment.

Safety standards: This equipment meets the requirements ENISO20957-1, EN957-2, and EN957-8



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 myfittcube.com.

Use a warm, damp cloth to keep the product clean.

The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, handles, 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.

Bands may wear over time. If you have any concerns, please contact customer support.

Dimensions: 375mm x 390mm x 435mm

Weight: 14 kgs

Class : HC

Class: H

Weight: 25Kgs

Dimensions: 1600mm x 430mm x 800mm

Model number: FG01

Computer Operation

Functions and operations

Press the button to display the following functions:

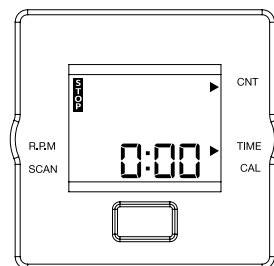
REPS/MIN: Displays steps in every minute.

SCAN: Scan each function in sequence.

TIME: Determine the duration of workout session.

CALORIES: Shows the calories burned. This is a rough guide only and should be used as comparison over several exercise sessions.

COUNT: Accumulate the number of steps during your workout session.



How to replace the battery:

Use 1 x LR44 battery.

Carefully remove the computer from the stepper and unclip the wire.

Remove the old battery, and recycle by taking to your local recycling facility. Do not dispose in normal house hold waste

Replace with new battery, ensure the polarity is positioned correctly.

“+” terminal facing up. Clip in wire and replace the computer into the stepper.



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