



new image®

# FITT CUBE

INTERVAL TRAINING  
GYM IN A BOX

[newimagefitness.co.uk](http://newimagefitness.co.uk)

A high-angle photograph of a muscular woman with long brown hair, wearing a red long-sleeved top and black shorts, performing a deadlift. She is lifting a large, heavy metal crate with orange handles from the floor. The scene is set on a dark, industrial concrete floor. A semi-transparent orange horizontal band is overlaid across the middle of the image, containing the text "welcome...".

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.



**#beyourbest**

# STEP TWIST GRIP JUMP

your way to fitness!



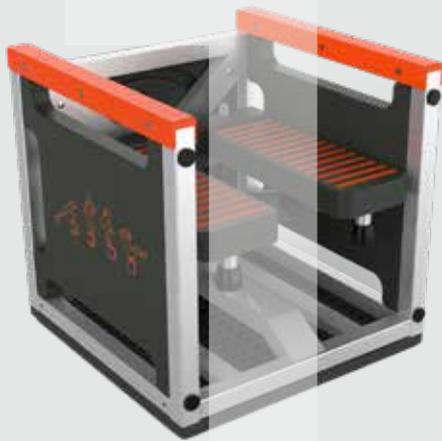
# FITT Cube is an innovative, self-contained tool developed specifically for interval training.

Whether you're looking to build functional strength or you want a high intensity, calorie burning workout, FITT Cube is the tool you need.

Engineered with a compact but heavy-duty steel frame, FITT Cube offers 4 functions and over 20 exercises in a 45cm cubic volume.

STEP, GRIP, TWIST and JUMP your way to fitness by flipping the cube to the function of your choice. The following pages will help you get the most out of your FITT Cube with exercises, tips and tricks.

*This booklet shows you how to get the most from your FITT Cube with exercises, tips and tricks!*



**STEP**



**GRIP**



**TWIST**



**JUMP**

## STEP

Carefully step onto FITT Cube with one foot on each pedal. Allow your arms to be somewhat loose so you can focus primarily on the movement of your legs.

Step downward with one foot, which should cause the other foot pedal to rise at the same time. When you reach the crest of the movement with the top foot, promptly press down with that foot and allow the other to rise.

Start out slowly, then increase your speed as you get more comfortable with the movement to achieve an effective workout.

**Primary muscles worked** – calves, hamstrings, quads, glutes

**FITT Cube function** – STEP.



## BICEPS STEP\*

Grab the resistance band handles before carefully stepping onto FITT Cube with one foot on each pedal.

Keep your back straight, chest up and stomach tight. Start with your arms straight down with palms facing forward, and elbows tight to your sides.

Pull your left hand up and bend your arm at the elbow until your hand is at chest height. At the same time, step downward with your left foot. When you reach the crest of the movement, promptly extend your left arm and bend your right, stepping down with your right foot simultaneously.

Start out slowly, then increase your speed as you get more comfortable with the movement to achieve an effective workout.

**Primary muscles worked** – calves, hamstrings, quads, glutes, biceps.

**FITT Cube function** – STEP.

\*Resistance bands not included as standard.  
Available from High Street TV.



## FRONT RAISE STEP\*

Grab the resistance band handles before carefully stepping onto FITT Cube with one foot on each pedal.

Keep your back straight, chest up and stomach tight. Start with your arms by your sides, palms facing down.

Pull your left hand up and away from your body in front of you, keeping your arm almost straight, until your knuckles are at shoulder height. At the same time, step downward with your right foot. When you reach the crest of the movement, slowly lower your left hand back down to your side, raising your right hand at the same speed and stepping down with your left foot simultaneously.

Start out slowly, then increase your speed as you get more comfortable with the movement to achieve an effective workout.

**Primary muscles worked** – calves, hamstrings, quads, glutes, anterior deltoids.

**FITT Cube function** – STEP.

\*Resistance bands not included as standard.  
Available from HSTV.



## HAND STEP

Lower yourself to your knees in front of FITT Cube, with the stepper in front of you. Place one hand on each pedal and, when balanced, transfer your weight onto your hands, lifting your knees off the ground so you are in a plank position.

Press downward with one hand, which will cause the other pedal to rise at the same time. When you reach the crest of the movement with the top hand, promptly press down with that hand and allow the other to rise.

Start out slowly, then increase your speed as you get more comfortable with the movement to achieve an effective workout.

### Primary muscles worked

– core, chest, triceps, shoulders.

**FITT Cube function** – STEP.



## PRESS UP

Grip the soft-touch handles either side of the stepper and assume an incline press-up position, imagining pulling your navel to your spine, your core tight.

For a close press, tuck your elbows into your sides as you lower your chest to the handles in a controlled, slow movement before forcing back up powerfully.

For a wider press, let your elbows spread out as you lower your chest, again forcing back up powerfully. You'll find the muscle engagement is slightly different for each position so try both as you become comfortable with the move.

**Primary muscles worked** – chest, triceps, shoulders, core.

**FITT Cube function** – GRIP.



## DIPS

Face away from FITT Cube and grip the handles behind you, knees bent, arms straight, palms facing in. Walk your feet out slightly so that your bottom is in front of FITT Cube. This is the starting position.

Slowly lower your body by bending at the elbows, stopping when your upper arms are parallel to the floor. You'll find your bottom is a few inches off the ground. If you make contact with the ground, stop slightly earlier on the following repetitions so you are under constant tension.

Push yourself back up to the starting position, straightening your arms to lift your torso back up. Keep your legs still throughout.

**Primary muscles worked** – triceps, shoulders, chest, core.

**FITT Cube function** – GRIP.



## BENT OVER ROW

Stand with FITT Cube in front of you, feet shoulder width apart. Bend the knees slightly and hinge at the hip joint until your torso is almost parallel to the floor, ensuring your back is straight throughout.

Grip the handles with palms facing in. This is your starting position.

Keeping the torso stationary, breathe out and lift FITT Cube towards your chest. Keep the elbows close to the body and as you reach the top of the movement, squeeze your back muscles and hold for a brief pause.

Inhale and slowly lower FITT Cube back to the starting position.

**Primary muscles worked** – Latissimus dorsi, rhomboids and biceps.

**FITT Cube function** – GRIP.



## TWIST

Sit in the centre of the cushioned twist seat on FITT Cube with your feet grounded in front of you.

Grip the frame beneath you and, engaging your abs and core, lift your feet off the ground. Rotate your shoulders to the right as you rotate your knees up to your left.

Find a comfortable limit for your rotation, then rotate your shoulders back to the left with your knees moving round to the right.

**Primary muscles worked** – core.

**FITT Cube function** – TWIST.



## RUSSIAN TWISTS

Sit in the centre of the cushioned twist seat on FITT Cube with your feet grounded in front of you.

Engaging your abs and core, lean back as far as you can without losing control or arching your back, lifting your feet off the floor at the same time. Keep your hands in front of your body for balance and rotate your shoulders to the left.

Find a comfortable limit for your rotation, then rotate your shoulders back to the right, before returning to centre.

**Primary muscles worked** – core.

**FITT Cube function** – TWIST.



## V-SIT

Sit in the centre of the cushioned twist seat on FITT Cube with your feet lifted off the floor, knees bent so that they are the same level as your chest.

Engage your abs and core with your chest open and lifted. With your arms by your sides, slowly unfold from your seated V by simultaneously lowering your torso and legs towards the floor and away from each other. Stop when your legs are around a 45 degree angle, or when you feel your lower back arch away from the seat.

With your core tight and tucked, use your abs to return to the starting position.

**Primary muscles worked** – core.

**FITT Cube function** – TWIST.



## UNSTABLE PLANK

Start off by carefully placing your palms flat on the twist seat and move your feet out until you are in the press-up position.

When balanced, lower your arms until your forearms, elbows and fists are flat on the seat. Contract your core and lengthen your spine. Try to be as parallel to the ground as you can.

Concentrate on keeping your core tight, as well as squeezing your glutes to stay as stable as you can.

**Primary muscles worked** – core.

**FITT Cube function** – TWIST.



## POWER PISTOL SQUAT

Sit on the jump platform side of FITT Cube with feet placed flat on the floor.

Extend your left leg out in front of you and, holding your arms out for balance, drive through your right heel, forcing yourself up to a standing position on one leg.

When you reach the crest of the movement, lower yourself in a controlled manner back down, resisting the downward motion until you are sat back down on the platform.

Swap legs, extending your right leg with your left foot placed flat on the floor. Drive through your left leg until standing and lower back down. That is one rep.

### Primary muscles worked

– hamstrings, quads, glutes, core, calves.

### FITT Cube function

– JUMP.



## MULTI-LEVEL PUSH-UP

Start on the floor in full plank position to the left of FITT Cube, left palm on floor, right palm on the platform near the edge.

Do a push-up, lowering your chest to the floor, then pressing up to the start.

Walk your hands and feet to the right, placing your right palm near the right edge of the box, left palm near left edge and stepping your feet to the right.

Do a push-up on top of the platform, then walk hands and feet to the right again so the your left palm is near the right edge of the box and right palm is on the floor. Do a further push-up to complete one rep.

**Primary muscles worked** – shoulders, chest, triceps, abs.

**FITT Cube function** – JUMP.



# JACKKNIFE

Sit on the front edge of the platform, palms resting face down on the box either side of your hips.

Straighten your arms and shift your hips forward to just in front of the platform with knees bent, heels on floor.

Bend your elbows 90 degrees behind you, lowering your hips towards the floor as you bring your left knee towards your chest.

Straighten your arms, lowering your left leg to the floor before switching sides and repeating to complete one rep.

**Primary muscles worked** – shoulders, triceps, abs.

**FITT Cube function** – JUMP.



## STEP-UPS

Start by placing your left foot on the platform, making sure the entire foot is in contact with the surface.

Pull your body up through the heel of your left foot, pressing down into the platform so that your right foot lifts off the ground below.

Place your right foot alongside your left, before lowering yourself back down with your left foot, ensuring you are in control of the movement as your left foot makes contact with the ground and then your right foot joins it. Swap legs with each repetition.

**Primary muscles worked** – glutes, hamstrings.

**FITT Cube function** – JUMP.



## LATERAL STEP-OVERS

Stand with your left side next to FITT Cube, platform-side up.

Lift your left knee in front of you so it forms a 90-degree angle, then rotate your thigh towards the platform. Lower your leg down so your left foot lands on the far side of the platform before lifting your right leg up to join it.

As your right foot plants, lift your left foot away and drop down to the other side of FITT Cube. Bring your right foot again to join your left and reverse the process to complete one repetition.

**Primary muscles worked** – hip flexors, glutes, calves, quads, hamstrings.

**FITT Cube function** – JUMP.



## HIGH KNEES

Stand directly in front of FITT Cube. Step up onto the jump platform with one foot, transferring your weight onto that foot. Extend your leg so that you lift off the floor onto the platform.

At the same time, lift your other foot up, but do not set it down on the platform. Instead, bend your knee until it is above hip height and hold that leg up.

Step back down slowly and alternate your leg to repeat the action. That's one repetition.

**Primary muscles worked** – Glutes, hamstrings, quads, calves, abs.

**FITT Cube function** – JUMP.



## BURPEE BOX JUMP

Start off by carefully placing your palms flat on the twist seat and move your feet out until you are in the press-up position.

When balanced, lower your arms until your forearms, elbows and fists are flat on the seat. Contract your core and lengthen your spine. Try to be as parallel to the ground as you can.

Concentrate on keeping your core tight, as well as squeezing your glutes to stay as stable as you can.

**Primary muscles worked** – core.

**FITT Cube function** – JUMP.



## BOX JUMPS

Stand directly in front of FITT Cube.

Swing your arms back and as they come forward, bend at the knees and jump onto the platform. Stand up tall on the platform, fully extending.

Jump backwards down to the ground, ensuring a soft landing by bending at the knees as you make contact, absorbing the shock.

**Primary muscles worked** – hamstrings, quads, glutes, core.

**FITT Cube function** – JUMP.



## BULGARIAN SPLIT SQUAT

Stand lunge-length in front of FITT Cube, facing away from it. Rest the top of your left foot on the platform.

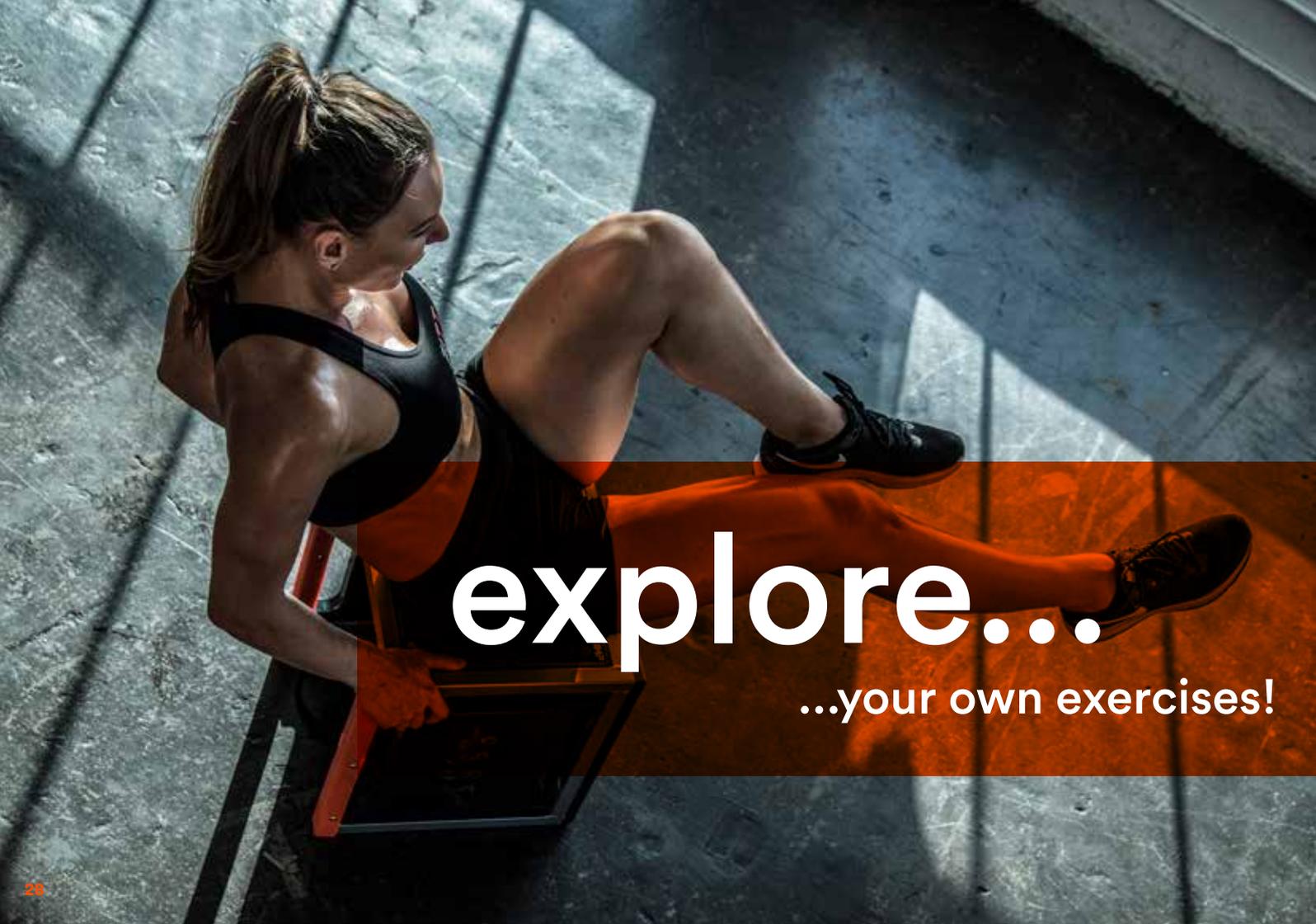
Lower your body until your rear knee nearly touches the floor and your front thigh is parallel to the floor. Don't let your front knee travel beyond your toes.

Drive up through your front heel back to the starting position, keeping your movements measured. When you have completed your set on one leg, carry out the same exercise on the other.

**Primary muscles worked** – hamstrings, quads, glutes.

**FITT Cube function** – JUMP.



A woman with her hair in a ponytail, wearing a black sports bra and orange leggings, is performing a sit-up on a red chair. She is smiling and looking towards the right. The background is a concrete floor with shadows from a window. A semi-transparent orange banner is overlaid on the bottom right of the image.

explore...

...your own 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.

\*Resistance bands not included as standard. Available from HSTV.

# 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 × 30 minute sessions works well for some while others would prefer 75 minutes of high intensity activity (5 × 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](https://newimagefitness.co.uk)

# 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

[newimagefitness.co.uk](http://newimagefitness.co.uk)



# FAQ's

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.

# Extended Warranty

Purchasing the FITT Cube 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 FITT Cube 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.

FITT Cube 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 FITT Cube

\*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](mailto:customercare@highstreettv.com)

[www.highstreettv.com](http://www.highstreettv.com)

# Using your FITT Cube®

## Safety Information:

Please read this instruction manual before you begin assembly. It is important to keep these instructions for future reference.

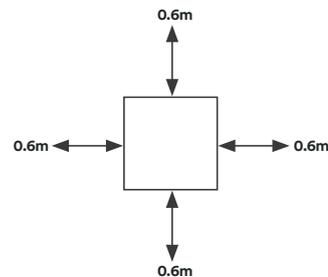
- Assemble and operate the equipment on a level surface.
- Ensure the equipment is stable before use.
- Always ensure that the equipment has adequate space on each side for emergency dismount. A minimum of 0.6m.
- The safety level of the equipment can only be maintained if it is regularly examined for 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 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.
- 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.
- MAX USER HEIGHT 6ft 2in.
- 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.
- 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:

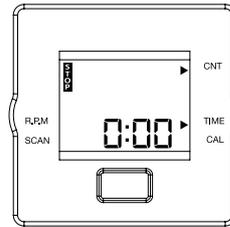
- It is important you assemble the product in a clean and uncluttered space.
- Remove all the parts from the carton and lay them out on the floor.
- Should you require any support regarding this product please call our customer services on 0844 800 0631 / 0344 800 0631. High Street TV, PO Box 724, Altrincham 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 [newimagefitness.co.uk](http://newimagefitness.co.uk).
- 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, 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

### 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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**[newimagefitness.co.uk](http://newimagefitness.co.uk)**

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