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FITT BELL

Versatile full body training tool,
for the complete workout

ASSEMBLY AND USER GUIDE



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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 Bell 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...



Track your fitness & access all your workout videos for our New Image range wherever & whenever you want!



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**





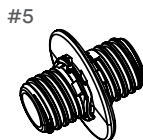
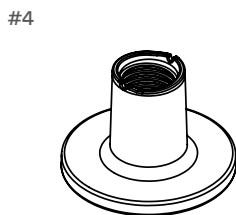
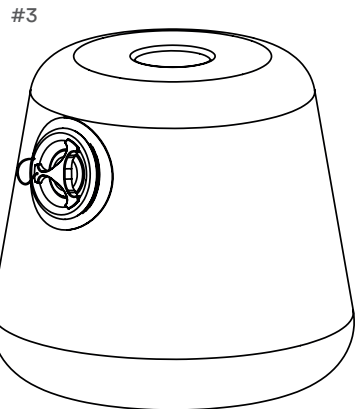
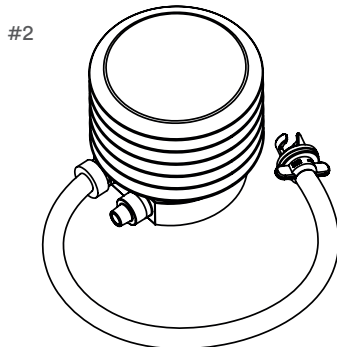
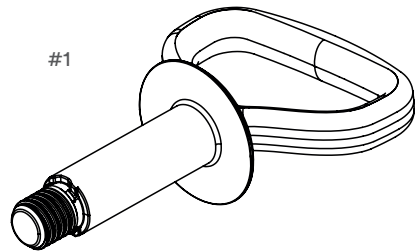
Congratulations on purchasing your new FITT Bell!

Keep hold of your FITT Bell 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 Bell.

WHAT'S IN THE BOX:

	Part name	Double version	Single version
1	Handle	2	1
2	Hand Pump	1	1
3	Inflating Water Vessels	2	1
4	Base Stem	2	1
5	Threaded Connector	1	--

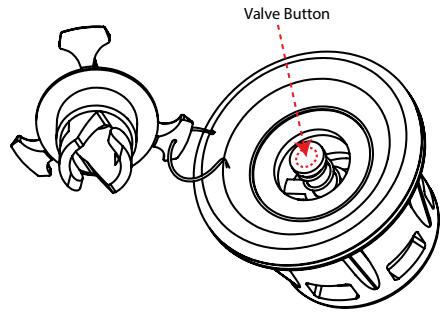


Content subject to purchased version where highlighted-

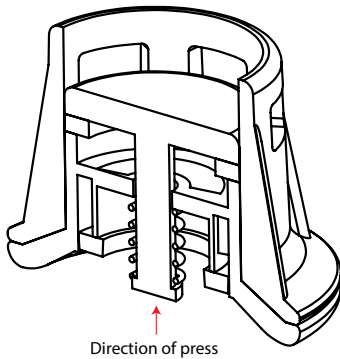
Single offer will contain x1 piece. | Double offer will contain x2 pieces

HOW THE VALVE WORKS:

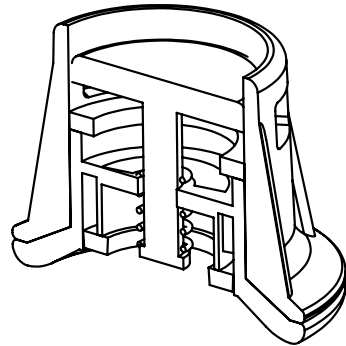
Depressing the spring loaded button as highlighted will both open and close the valve alternately per press. The diagrams as below highlight how it works



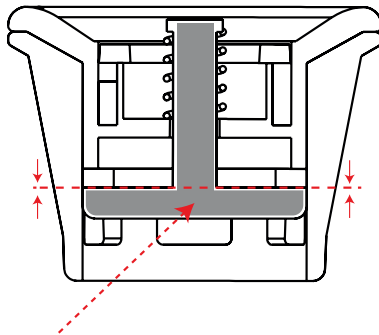
Closed position



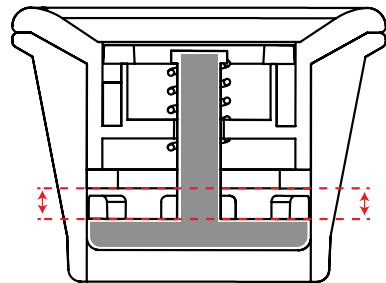
Open position



Flow area when in closed position



Flow area when in open position



Moving part of valve

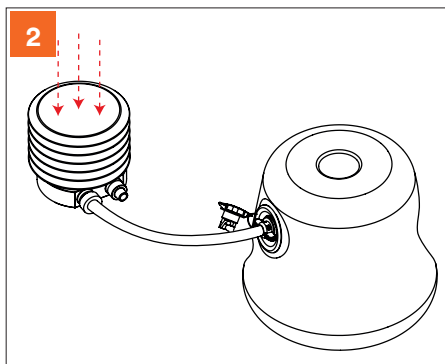
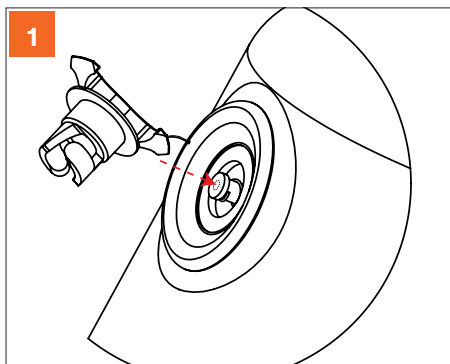
HOW TO USE:

When ready to set-up, remove locking cap and depress valve button so it is set to the open position.

If the bell is deflated fully, inflate slightly with hand pump provided. This will help the water filling process - Attach the pump head by twisting and locking into place following the open and close markings until

it is tightly attached. Pump the hand pump until the unit becomes slightly inflated. Ensure the Valve remains in open after any initial inflation.

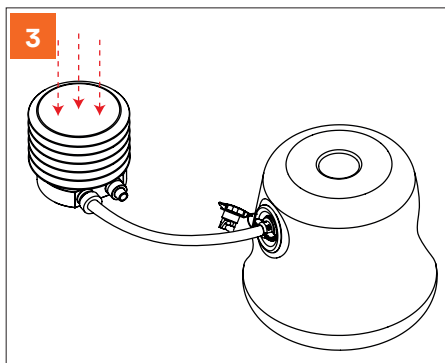
Note: To check valve is open, air should flow freely out when the bell unit is squeezed.



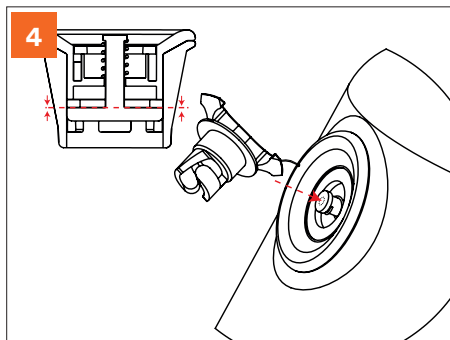
When ready to fill, place the vessel in sink or outdoor area (if using an outdoor tap). Angle the unit with the valve facing upwards towards the water source and fill with water slowly to the desired quantity, checking fill level until happy.

If the water starts to bubble around the valve when filling, carefully squeeze out excess air to allow for easy water flow.

Note: The top fill line should not be exceeded to avoid spilling when closing.

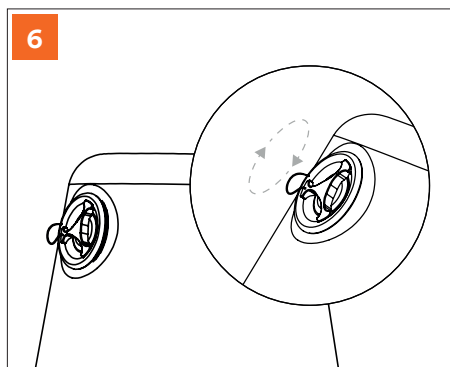
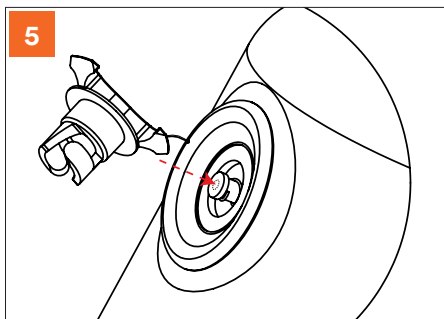


When filled to desired level, depress valve button so it is in the closed position (see p5)

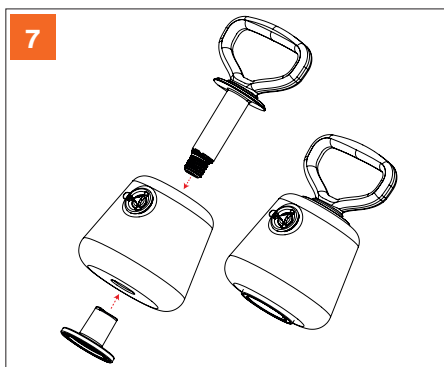


Attach pump head by twisting and locking into place following the open and close markings until it is tightly attached. Squeeze the hand pump until the unit becomes moderately firm. The valve must be in the closed position before the adapter is attached for this to stay inflated.

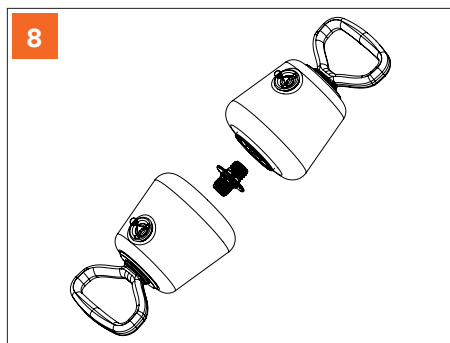
Remove the adapter by reversing the attachment step. The valve should remain in the closed position.



Twist and lock filling cap into place and ensure it is securely tightened once cap is locked, using a towel or cloth, wipe dry any excess water from the exterior of the bell unit



Insert base and handle stem until threads meet. Twist into position until feeling a click. This will ensure it is locked in to position.



To use the product in its dual orientation, take the threaded adapter and screw in to the underside of each base, one at a time until feeling a click to ensure both sides of the unit are in the locked position. Rest units against floor or upright surface whilst doing so for added support under weight.

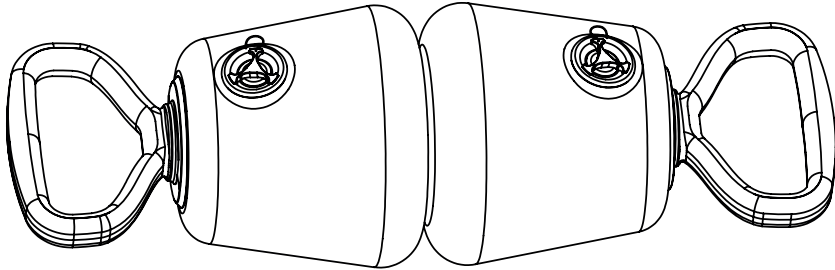
9

When finished using the product and ready to empty, reverse steps to remove handle parts. Returning the unit back to sink or outdoor space, unlock the cap and open the valve being careful not to spill water when doing so.

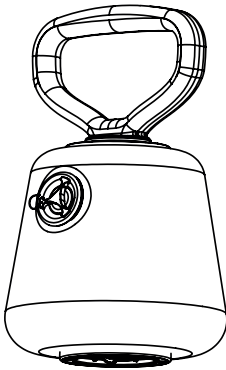
Slowly squeeze the water from the unit and drain away. Ensure as much air & water as possible is removed from the unit, shaking out any residual water. Return filling cap ready to store for next use.

Your product is now ready to use in your chosen
EXERCISE MODES

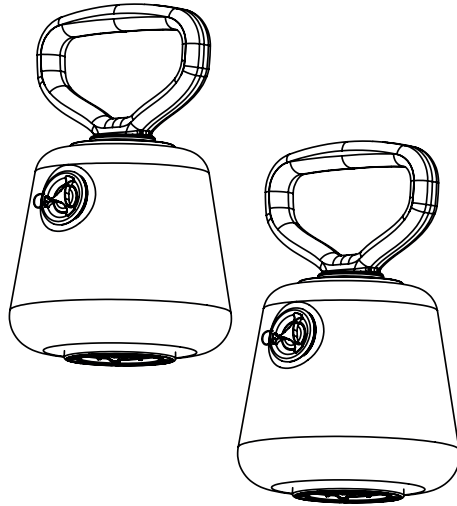
1 DOUBLE CONNECTED



2 SINGLE



3 DOUBLE INDIVIDUAL



TWO UNITS CANNOT BE CONNECTED IF PURCHASED AS TWO SINGLE UNITS. THREADED ADAPTER REQUIRED



Note: Always face the filling valve away from body to avoid risk of collision with body in use.

SINGLE EXERCISE



GOBLET SQUAT

SET UP: Hold one Bell at chest height, with both hands on the sides of the handle, feet shoulder-width apart. Stand upright, head facing forwards.

EXERCISE: Keep your back neutrally aligned, head facing straight ahead throughout. Press your hips back and bend your knees to start the squat. Keep the Bell close to your body and continue downwards until your elbows meet the inside of your knees. Finally, stand back up into the starting position.

DOUBLE EXERCISE



SIDE RAISES

SET UP: Hold a Bell in each hand, arms by your sides so the weight is at knee height. Keep your back straight and head facing forwards.

EXERCISE: With straight arms, raise both Bells outwards, away from your body, in a controlled manner until your hands are level with your ears. Slowly return to the starting position and repeat.

DOUBLE CONNECTED EXERCISE



DEADLIFTS

SET UP: Connect the two Bells together and place them on the floor in front of you. Bend at the knees to around 45 degrees, pushing your hips backwards while keeping your back straight and head forwards. Grab the handles with palms facing inwards.

EXERCISE: Keep your back straight and head in a neutral, forward-facing position. Engage your core and extend your knees, bringing hips forwards until your back and knees are completely straight. Keep your arms straight throughout the upward motion so the unit remains horizontal, ending up around hip height. Return to the starting position slowly and repeat for the desired number of reps.

NOTE: IT IS ADVISED TO USE AN EXERCISE MAT FOR ALL EXERCISES

SAFETY INFORMATION:

- Please read this user guide before first using your FITT Bell. It is important to keep these instructions for future reference.
- Assemble and operate the equipment on a level surface.
- Always ensure you have adequate space on all sides when performing exercises, at least 2m.
- It is advised to perform exercises with this product with the use of an exercise mat for added safety and to protect flooring. These can be available for purchase on our website newimagefitness.com.
- The safety level of the equipment can only be maintained if it is regularly examined for wear and tear e.g handles and connections.
- Replace defective components immediately and keep the equipment out of use until it is required.
- Use only the adjustment setting as described in the instructions. Always use the correct adjustment plug / fixing.
- Keep hair, fingers and loose clothing away from connections and other moving parts to avoid serious injury.
- Always consult your GP before undertaking any exercise programme.
- Always wear suitable clothing and footwear e.g. tracksuit, shorts and training shoes.
- Remove all personal jewellery before exercising.
- 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 help to prevent strain.
- Never overload the equipment, never overfill above the max weight: 8Kgs. Only fill with water do not use sand or other similar material.
- 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 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 instructions 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.

- Only use accessory items recommended by the manufacturer.
- CAUTION the instructions must be followed carefully in the assembly, use and maintenance of the equipment.
- Assembly: It is important you assemble the product in a clean and uncluttered space.
- Keep away from fire.
- This product is not a toy. Do not stand or jump on it.

MAINTENANCE AND STORAGE

- Wipe clean only with a clean, damp cloth. DO NOT use detergents. Apart from otherwise specified.
- Ensure the Fitt Bell is completely DEFLATED and DRY before storage. It should be stored with the valve in the open position.
- Store in a cool, dry place with as little temperature variation as possible. This equipment should not be stored outdoors, in a garage or an outbuilding.
- Keep sharp points and objects away from this product.
- Keep out of direct sunlight when not in use.
- To prevent mould build up it is recommended to change the water regularly in the FITT bell and rinse the inside with baby sterilising solution or similar and rinse thoroughly with cold clean water.

CUSTOMER SUPPORT / IMPORTER ADDRESS:

Should you require any support regarding this product please call our customer services on 0844 8000631 / 0344 800 0631. High Street TV, PO Box 7903, Corby NN17 9HY.

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



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

Made in China

Please read all instructions carefully

And retain for future reference

Model Number: FBELL01



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