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# FITT MILL

BRING IT HOME

ASSEMBLY AND USER GUIDE



To help you get started visit:

 [newimagefitness.co.uk](https://www.newimagefitness.co.uk)

# WELCOME

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## 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 Mill 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](http://newimagefitness.co.uk)



BRING IT **HOME**





# Congratulations on purchasing your new FITT Mill!

Keep hold of your FITT Mill 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 Mill.

## WHAT'S IN THE BOX:

	Part name	Qty
1	FITT MILL	1
2	Socket Wrench	1
3	Allen Key	1
4	Tablet holder screw	2
5	Tablet Holder	1
6	Remote control	1
7	Magnetic safety clip	1
8	Power cable	1

#1



#2



#3



#4



#5



#6



#7



#8

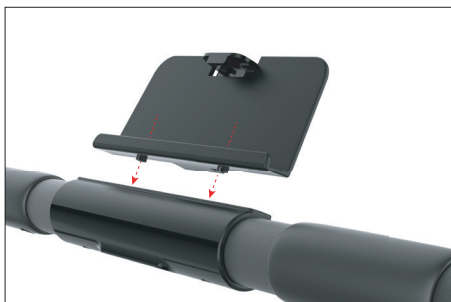
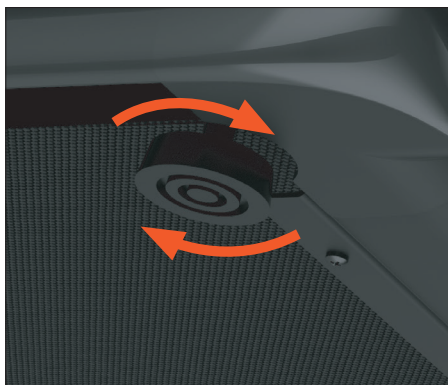
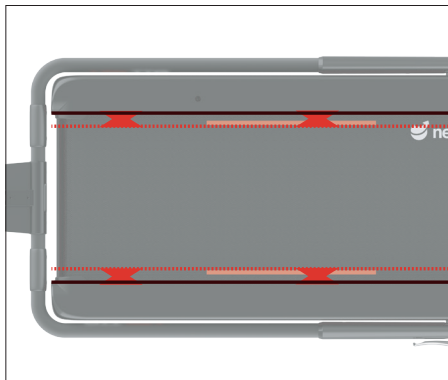


## QUICK START GUIDE:

- 1 Remove packaging and carefully lay the main unit on the floor near to a desired power point - It is advised to lift the unit between two people if the weight of the unit is too heavy.

- 2 Check positioning of running belt and ensure it is aligned as advised using the Allen key provided. The orange strips running parallel on the unit should be equidistant from the edge of the frame of the unit. (please see belt alignment section).

Level surface – Ensure the unit lays flat on the floor without any wobble or instability. If this is the case, flooring may be on level and will require adjustment to the unit. On the underside, screw/unscrew the 4 stopper feet in small increments to suit any uneven surfaces. This should be done with care when lifting the unit and should never be completed whilst plugged into a power source.



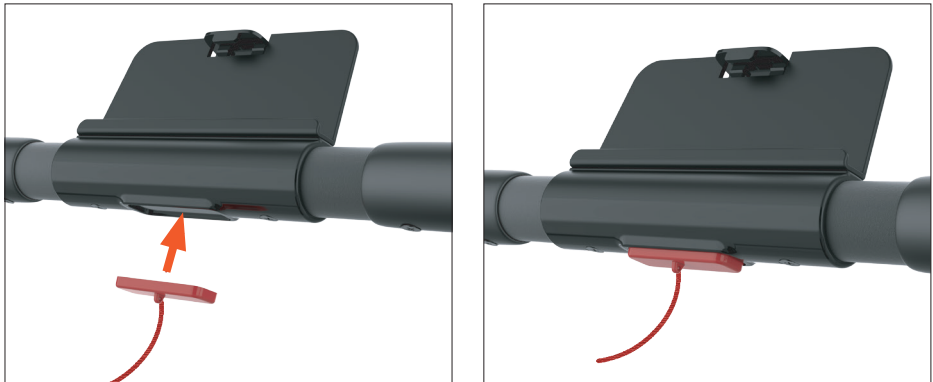
- 3 Using the screws provided, align the tablet with the holes on the upper part of the handle. Insert screws and tighten using the Allen key. Ensure the front lip is facing in the direction of the running belt for correct orientation.



- 4 Insert power cable into the unit and plug into power point.



- 5** To lift the handle into position, release locking lever and lift until upright at its furthest point. Re-lock the lever again by folding back down and ensure handle is securely fixed.



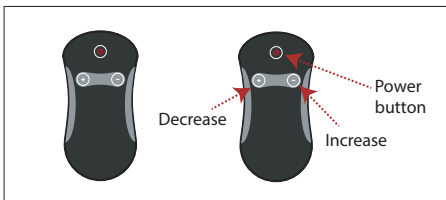
- 6** Attach the Magnetic safety clip to the connection point on the underside of the upright handle and unravel ready to connect to clothing.



**Note:** When the safety key is removed during use, the treadmill will automatically stop, the display will stop functioning and display E7. To re-start re-attach the magnetic safety clip to the connection point.



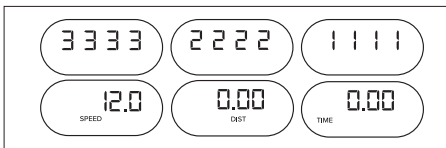
**7** Turn on power switch located next to the power input. This should light up red and an audible beep should sound. If an error message shows on the display window, ensure the magnetic safety clip is correctly in place.



**8** Once ready to operate the product, holding the remote-control step on to the treadmill and attach the safety clip to clothing. When in use, ensure the safety clip is attached firmly to clothing and is clear of becoming entangled with any part of body or clothing during exercise. (Waistband or bottom of a T-shirt is advised).



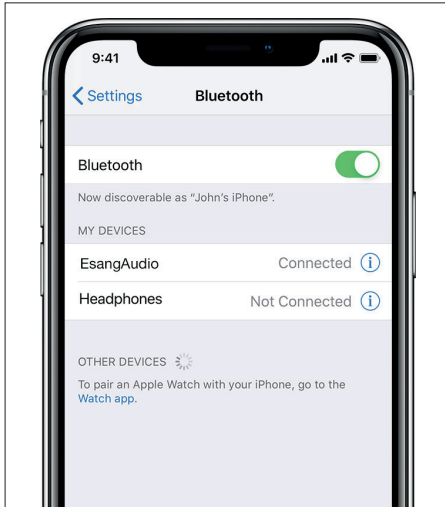
**9** Prepare to start exercise. Using the remote, press the power button and listen for a further audible beep and countdown on the display. Numbers counting downwards to 1 will display. The unit will then start to move at low speed setting and will toggle between screens (Time, speed & distance). Use the plus and minus buttons to alter the speed to suit requirement.





**THE UNIT IS LIMITED TO 4KM/H WHEN THE HANDLE REMAINS FOLDED DOWN. THE UNIT WILL LIMIT AT 12KM/H WITH THE HANDLE FOLDED UP. IT IS ALWAYS ADVISED TO USE THE HANDLE IN THE UP POSITION.**

## OPERATING THE BLUETOOTH SPEAKER

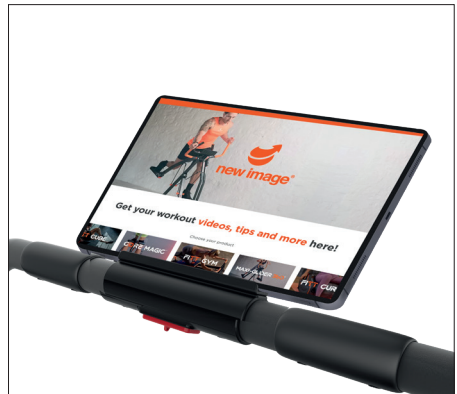


- 1** Using smart phone or tablet. Open the Bluetooth devices settings and locate the device named 'EsangAudio'. Connect the device.
- 2** Play chosen media and alter volume level from smart phone or tablet to your desired level.

## PHONE/TABLET HOLDER



- 1** For use with smartphones and smaller devices, lift the spring-loaded platform and carefully insert the phone. Release the platform to fix the phone, ensuring the device is well secured.



- 2** For tablets and larger devices, place on the ledge of the holder ensuring it is placed centrally to avoid any risk of falling during exercise.



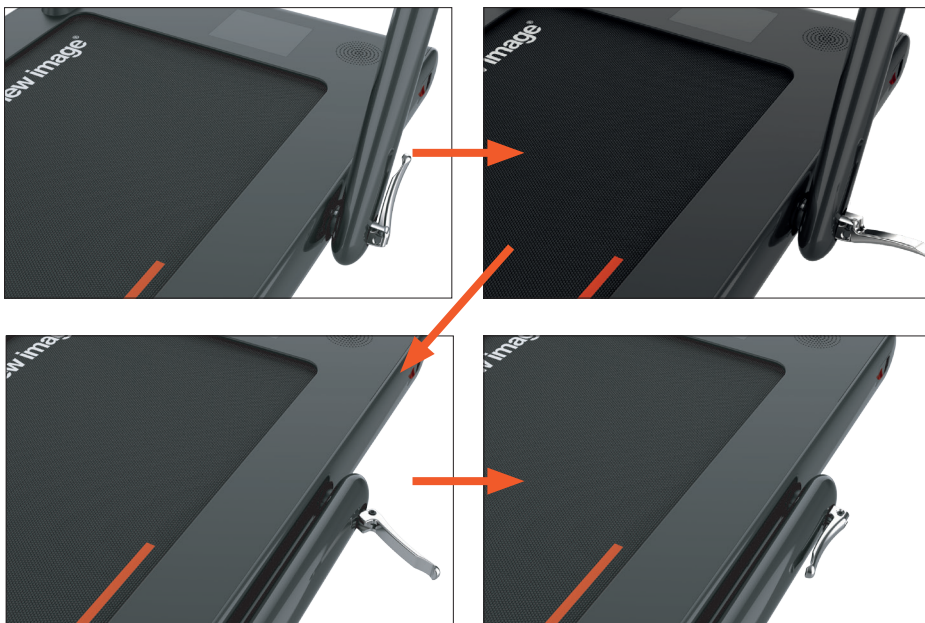
## STORING THE UNIT

Once finished exercising, the product can be easily moved to a suitable storage location using the inbuilt wheels.



- 1 Unplug the power cord from the unit and power source, ensuring power source is turned off first. Store this away safely along with the remote control and magnetic safety clip.

- 2 Release the locking lever and fold the handle flat, parallel to the unit and then re-secure locking lever to ensure the handle is fixed in the down position.





**3** Tilt the unit onto the transport wheels using two hands to support the handle and main unit. Move to desired location.

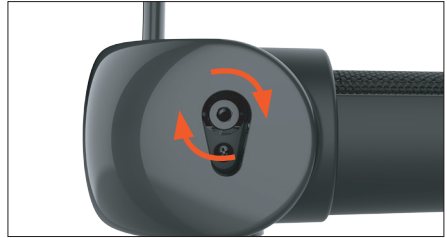
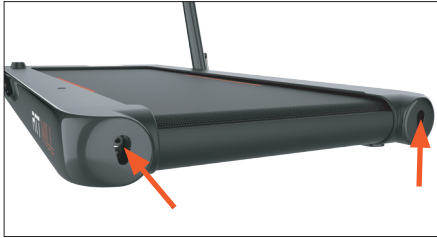
**4** If storing flat, this can be placed under most raised Sofa's & Beds.



**5** If storing upright, ensure it is always leaning against a wall at a slight angle and wheels are not in contact with the floor to ensure the unit cannot fall. It is suggested if upright that the unit should be stored in a cupboard space to avoid a falling hazard if contact is made.

## RUNNING BELT ALIGNMENT

To avoid fault or unnecessary wear, always check to ensure the belt is aligned in the centre of the unit and is running parallel. Two orange strips run parallel on the running belt and should always be equidistant from each side of the FITT Mill frame. These should be used as a clear indicator if the belt does become misaligned.



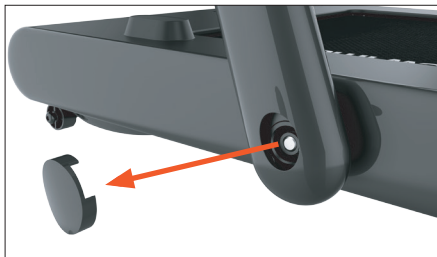
- 1 If the belt is not aligned, use the Allen key provided to loosen the bolts as located.

Ensure both are completely loose of resistance.

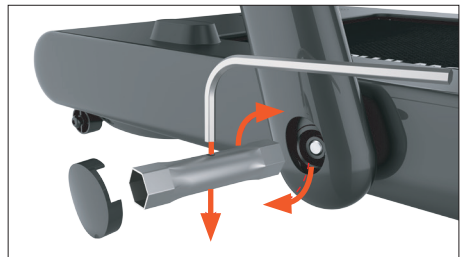
- 2 Once loose this will reduce the tension of the running belt and allow the belt to be realigned. Carefully move the belt in the required direction, making sure the belt is repositioned to be equidistant from each side.

## ADJUSTING THE HANDLE TIGHTNESS

The handle tightness can be maintained by adjusting the tightening nut located on the lower, left hand side of the house using the socket wrench and Allen key provided.



- 1 Remove cap to reveal the tightening nut.



- 2 Insert the Allen key through the socket wrench and attach to the nut. Rotate clockwise to tighten or anti-clockwise to loosen.

This should be done with handle in the down position and regularly maintained for safety.

## SAFETY INFORMATION:

- Please read this user guide before first using your FITT Mill. 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 you have adequate space on all sides when performing exercises, at least 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 and 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.
- Keep hair, fingers and loose clothing away from hinges 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: MAX USER WEIGHT 120kgs.
- Never use the equipment in any other manner other than the ways explained in these instructions. Any other use, especially misuse, can cause injuries or damage by electric shock, heat or fire.
- If you feel faint, stop exercising immediately.
- Injuries to health may result from incorrect form / technique or excessive training.
- Care should be taken at all times when getting on and off the equipment. Falling off the equipment could result in injury
- 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.
- If the supply cord is damaged, do not use your Fitt Mill.
- Always unplug your Fitt Mill when it is not in use, and before moving or cleaning the appliance.
- The power cord must not be knotted, twisted, pulled, strained or squeezed.
- Do not touch the power plug or appliance with wet hands while the appliance is connected to the mains power supply.
- Do not attempt to repair any power cord.

## MAINTENANCE AND STORAGE

- Wipe clean only with a clean, damp cloth. **DO NOT** use detergents.
- This equipment should not be stored outside, in a garage or 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)
- The safety level of the equipment can only be maintained if it is regularly examined for wear and tear. This includes any ropes, pulleys, handles, nuts, bolts, moving parts, bushes, chains, wheels, bearings and connections.

## LUBRICATING THE BELT

- The running belt must be lubricated using silicone oil to ensure smooth operation and to help belt longevity, it needs to be lubricated as below:
  - usage less than 3 hours per week, once every 5 months
  - usage 4 – 7 hours per week, once every 2 months
  - usage more than 7 hours per week, once a month.
- To apply the silicone oil, lift the running belt and squeeze a small amount of the oil on the underneath of the belt.
- To ensure an even application across the belt step from left to right on the belt whilst running it at 1 kmh.
- Do not over lubricate the belt, after lubrication the underneath of the belt should feel a little damp.
- **NEVER** let the belt run dry.

**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](http://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: K1**

**Class:HC**





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