



FITTLE

FITTLE/BOX

USER MANUAL _____

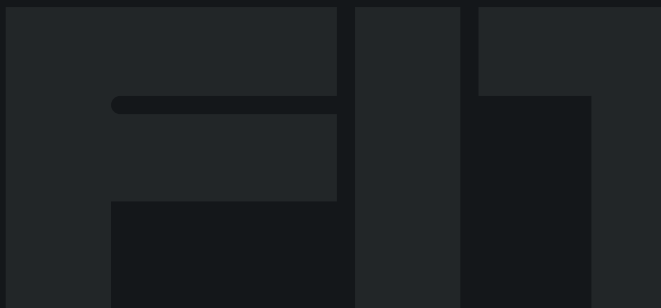


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SAFETY INFORMATION + NOTICES

DECAL PLACEMENT AND ISO STANDARDS



Max user bodyweight: 100kg

Safety check before use

BS EN ISO 20957-1 Class: S & H

Box designed in UK - made in Vietnam. Equipment made in China.

IMPORTANT SAFETY INSTRUCTIONS



WARNING:

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your FITTLE/Box before use. FITTLE assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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| 1. Read the entire manual before using FITTLE/Box and follow all instructions and warnings. | 2. It is the responsibility of the owner to ensure that all users of FITTLE/Box are adequately informed of all precautions. |
| 3. Keep children under age 16 and pets away from FITTLE/Box at all times. | 4. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 50 or persons with pre-existing health conditions. |
| 5. Make sure FITTLE/Box is properly assembled and all fasteners are tight before use. | 6. Do not exceed the loading limit of 160kg on FITTLE/Box. |
| 7. Do not jump on FITTLE/Box. | 8. Due to its weight and size, moving FITTLE/Box requires all equipment to be removed prior to moving. |
| 9. Make sure to inspect FITTLE/Box regularly for any signs of wear or damage and contact the FITTLE Team to take appropriate action. | 10. Place FITTLE/Box on a level surface. Make sure that there is enough clearance around FITTLE/Box prior to exercise. |
| 11. Wear appropriate workout clothing and shoes when using FITTLE/Box. | 12. Always warm up before using FITTLE/Box to reduce the risk of injury. |
| 13. Never use FITTLE/Box if you are feeling dizzy, unsteady or have any medical condition that may affect your ability to exercise safely. | 14. Do not drop weights during or after use, as this can cause damage to FITTLE/Box and its surrounding area, creating a safety hazard. |

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| 15. Stop using FITTLE/Box immediately if you experience pain or discomfort while exercising. | 16. Replace weights and other equipment neatly and securely after use to prevent tripping hazards. |
| 17. Regularly check for loose bolts and tighten them as necessary to ensure the stability and safety of FITTLE/Box. | 18. Do not use FITTLE/Box outdoors or in damp or wet conditions. |
| 19. Make sure FITTLE/Box is securely closed when not in use. | 20. FITTLE/Box should only be used for its intended purpose. Do not use it for any other activity or purpose. |
| 21. Keep FITTLE/Box and surrounding area clean and free of clutter to prevent tripping hazards and to maintain hygiene. | |

PRIOR TO USE

MEDICAL WARNINGS

Consult your physician before beginning this or any fitness plan. This is particularly important for individuals over 50 or persons with pre-existing health conditions.

Incorrect or excessive training can result in serious injury or death. Certain exercise programs or equipment may not be appropriate for all people. Consult your physician prior to using FITTLE/Box.

If you experience faintness, chest pain, shortness of breath, or other abnormal symptoms, stop exercising immediately and consult a physician.

If you are taking medication that may affect your heart rate, consult your physician before using FITTLE/Box.

MAINTENANCE AND ROUTINE INSPECTION

Before each use, inspect FITTLE/Box for any signs of damage or wear. If you believe anything is out of the ordinary, do not use FITTLE/Box. Contact us at support@fittle.fit to schedule inspection by an approved FITTLE technician.

If you do not understand how to operate FITTLE/Box, contact us at support@fittle.fit for an explanation on safe and proper use.

Keep the quick start guide and any warning labels for future reference. Request replacement of any labels, if damaged, illegible, or removed, by contacting us at support@fittle.fit

Damaged or worn parts should be replaced immediately. Do not attempt to repair FITTLE/Box on your own. Do not use FITTLE/Box until a proper repair and inspection has been performed by an approved FITTLE technician.

Use of damaged equipment could result in serious injury or death. - Never operate FITTLE/Box if it is not functioning properly. If you believe there is a problem, do not use your FITTLE/Box until a proper assessment has been conducted by an approved FITTLE representative. Ensure other individuals in the household or who may come in contact with the product know not to use FITTLE/Box until maintenance has been performed and the product is in good working order.

FITTLE will not be held liable for any harm or damage due to any malfunctions or damage caused by unauthorised maintenance, misuse, accidents, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the product is used, rust or corrosion as a result of the product's location, alterations or modifications without FITTLE's written authorisation or for failure on your part to use, operate and maintain the product as set out in this User Manual.



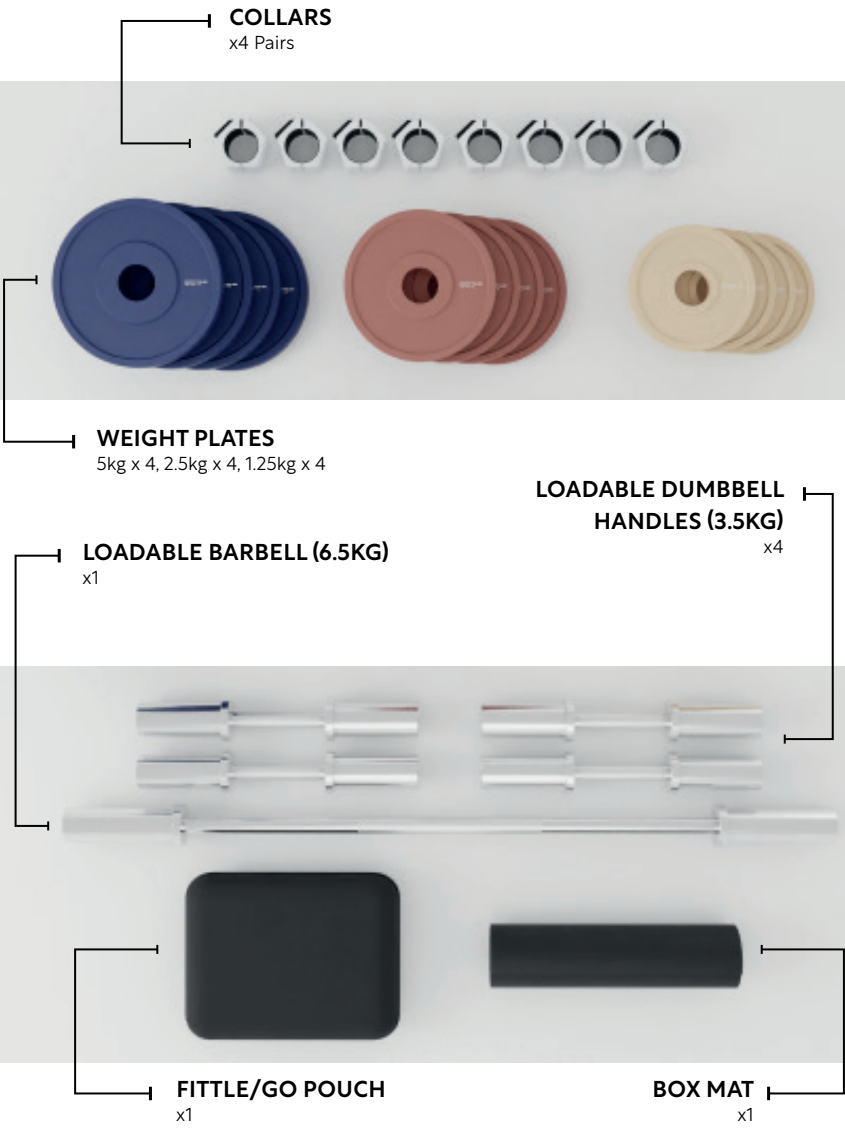
FITTLE/Box

SPECIFICATIONS

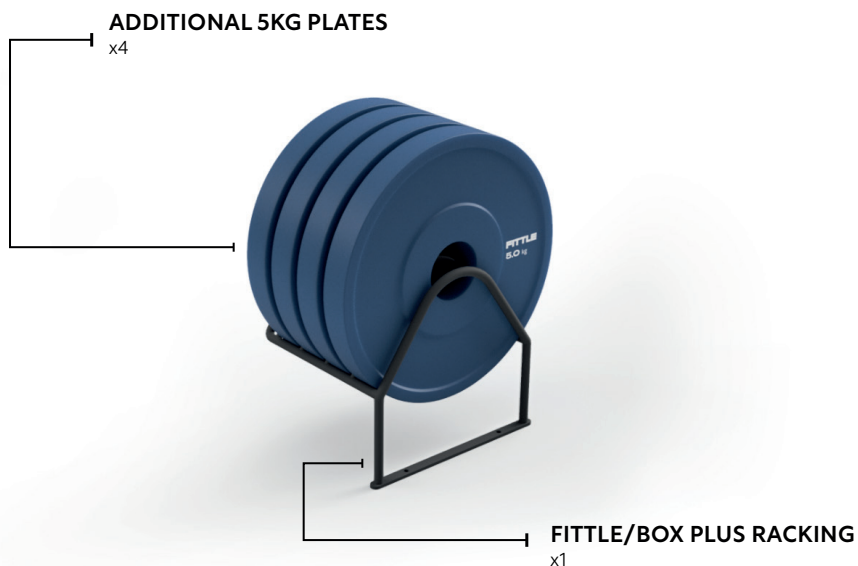
Product weight without equipment or accessories	25kg
Product weight with equipment and accessories (Base model)	83.5kg
Product weight with equipment and accessories (Plus model)	103.5kg
Maximum user weight	100kg
Maximum exercise weight	60kg

WHAT'S INCLUDED

BOX BASE MODEL



BOX PLUS MODEL



GO POUCH AND ACCESSORIES



FITTLE/GO TRAVEL POUCH

RESISTANCE TUBES WITH HANDLES

Grey (10lbs) and Black (30lbs)



RESISTANCE BANDS



SKIPPING ROPE



ABS SLIDERS

USING FITTLE/BOX

GETTING STARTED

QuickStart FAQs

❑ How do I assemble FITTLE/Box Base?

Your FITTLE/Box and all equipment will be delivered and installed in a room of your choice.

❑ I have bought FITTLE/Box Plus Kit, how do I assemble?

To fit the FITTLE/Plus racking into your FITTLE/Box, follow these simple steps:

1. Gather FITTLE/Box Plus rack and two screws from its box.
2. Insert the racking ends into the grooves in the middle section of your FITTLE/Box.
3. Using a screwdriver, attach the bottom plate of the racking into the base of FITTLE/Box with the screws provided.
4. Check that the racking is securely in place.
5. Insert your additional 5kg plates into the racking.

❑ Why does my equipment feel greasy?

Following assembly, we recommend removing the protective oil film that may have been applied to the equipment during the manufacturing and transportation process. This oil is intended to prevent corrosion and keep the equipment lubricated during transit.

Before using FITTLE/Box for the first time, take a clean, dry cloth and wipe down all surfaces of the equipment to remove this protective oil film. This will help prevent any slipping or loss of grip during your workout sessions.

❑ Why are my bar collars stiff to use?

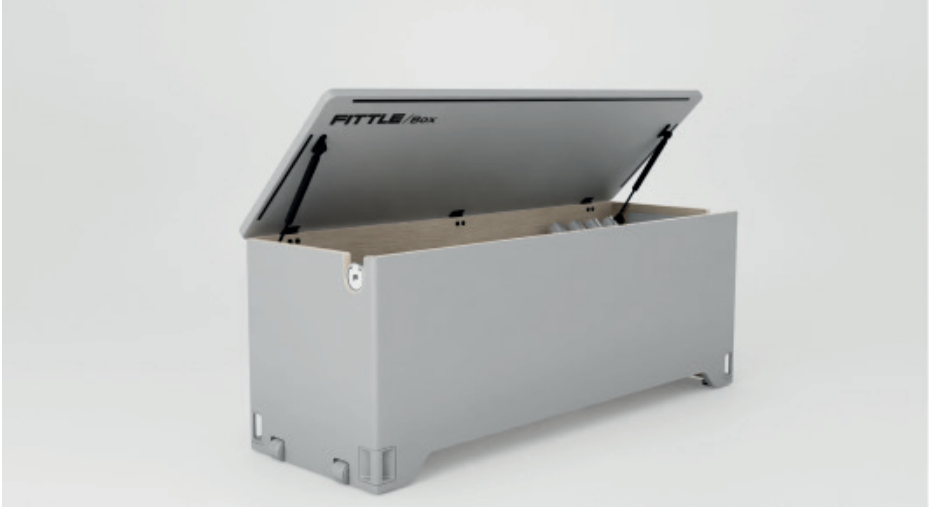
Please note that the bar collars may feel stiff and tight initially. This is completely normal and expected as the collars are designed to securely hold weights in place during use. The tightness ensures that the weights do not shift or slide while exercising, providing a safer workout experience.

As you continue to use FITTLE/Box and adjust the collars during your workouts, you will notice that they gradually loosen up over time. This is a natural part of the breaking-in process, and it is not indicative of any defects in the equipment.

GENERAL SAFETY TIPS

1. Although every FITTLE/Box is assembled with the utmost care, before using your FITTLE/Box, make sure all components are securely fastened.
2. Ensure FITTLE/Box is on a stable surface and there is enough space around it to perform exercises safely.
3. Do not exceed the maximum weight capacity of the bench, including weight plates, dumbbells, and barbell.
4. When adding or removing weight plates, use caution to avoid injury. Never place your fingers between the plates or inside the collars.
5. Always use collars or clamps on the dumbbell handles and barbell to prevent the weight plates from sliding off during exercise.
6. Once all the weight plates are on the bar, slide a bar collar onto each end of the bar and clip to secure in place.
7. When using resistance bands, make sure they are properly attached to FITTLE/Box and are anchored securely.
8. When performing exercises, maintain proper form and technique to avoid injury.

OPENING AND CLOSING



To safely open and close FITTLE/Box, follow these instructions:

1. Make sure there is enough space above it to fully open.
2. When opening the lid, do not use excessive force.
3. As you open FITTLE/Box, the gas struts located on either side of the lid will assist with the lifting motion.
4. If FITTLE/Box does not open smoothly or feels difficult to lift, do not force it. Check to ensure that all components are properly assembled and securely fastened before attempting to open it again.
5. To close FITTLE/Box, stand in front of it to ensure that there are no objects blocking the path of the lid.
6. Ensure also that all equipment and weights have been properly stored and removed from the Box before closing.
7. The gas struts will assist with the lowering motion, but be sure to control the speed of the lid as it comes down.

STORING AND REMOVING EQUIPMENT

Placing the dumbbells on the rack



Barbell placement



Placing the barbell in its rack



Placing the plates in the rack



Placing the Box Mat in its section



Placing the FITTLE/Go Pouch in its section



Placing the bar collars on their shelf

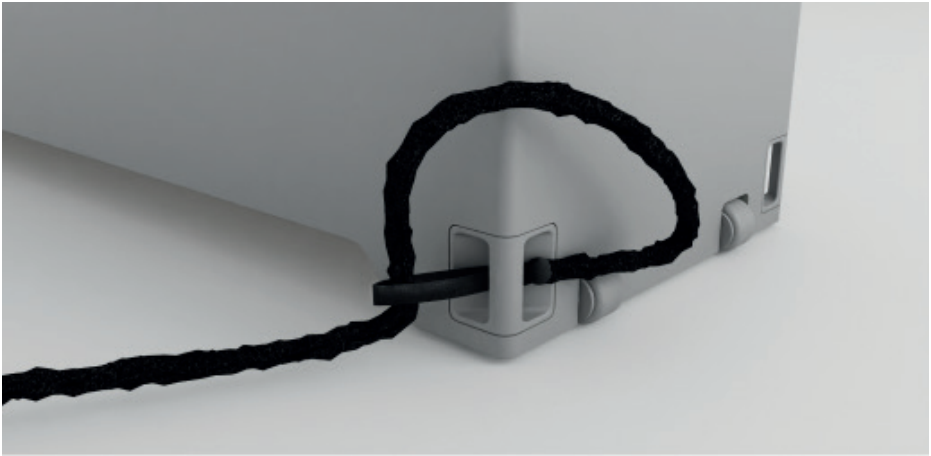


ASSEMBLING EQUIPMENT

Loading dumbbell or barbell bar:

1. Remove the weight plates you need for your workout.
2. Place the weight plates on a flat surface for easy access.
3. Pick up the dumbbell or barbell bar and ensure it is clean and dry.
4. Slide the weight plates onto the bar, starting with the heaviest plates first.
5. Make sure the weight plates are evenly distributed on each side.
6. Once all the weight plates are on the bar, slide a bar collar onto each end of the bar to secure the plates in place.
7. Ensure the clips or collars are snug and tight to prevent the weight plates from sliding off during use.
8. Before using the equipment, ensure that the collars are securely in place by tilting the bar while on the floor.

ATTACHING AND DETACHING EQUIPMENT



Resistance tubes

1. Start by removing the fabric-coated resistance tubes and foam handles from the FITTLE/Go pouch. You are also provided two carabiner clips for use with two handles.
2. Place the longer fabric loop of each resistance tube through the attachment point of the chosen fixture foot
3. Once the loop is through the attachment point, secure it by pulling the other end of the resistance tube through the hole.
4. Repeat this process for each resistance band, ensuring that they are all properly attached to their respective fixture feet.
5. Clip the carabiner to the shorter fabric end of each resistance tube.

AFTER USE

MOVING



Prior to moving FITTLE/Box, ensure that all contents have been emptied to avoid personal injury and product damage.

FITTLE/Box is fitted with two wheels. Raise the Box using the handle located on the right hand side of the Box when facing the front. Lift the product until the wheels engage with the floor (approximately 10 degrees).

Move the product with care to avoid it becoming unstable and tipping over. Do not raise the product excessively high and place the handle end back down with care once moved into a suitable position.

MAINTENANCE AND CLEANING

General maintenance:

Regularly inspect the painted surface of the wooden box for any signs of wear, such as scratches, chips, or fading.

If you notice any such damage, contact the FITTLE Team at support@fittle.fit who can provide touch up paint pens.

Avoid exposing FITTLE/Box to direct sunlight for extended periods, as UV rays can cause the paint to fade or crack over time.

When placing weights on top of FITTLE/Box during exercise, ensure that the Box Mat is in place on top of the Box.

Store FITTLE/Box in a dry and cool place when not in use to prevent warping or mold growth.

Cleaning

Box exterior

1. Start by wiping the surface of the wooden box with a clean, dry cloth to remove any loose dust or debris.
2. Mix a mild cleaning solution by combining warm water with a small amount of dish soap or a cleaner specifically designed for painted surfaces.
3. Dip a soft cloth into the cleaning solution and wring it out well to avoid excess moisture.
4. Wipe the wooden box with the damp cloth, being careful not to use too much water or scrub too hard.
5. Dry the wooden box thoroughly with a clean towel to prevent water damage.

Box interior

1. Begin by removing all equipment from the inside of the Box.
2. Use a soft-bristled brush or a vacuum cleaner to remove any loose dust, debris or dirt from the inside of the box.
3. Wipe down the inside of the Box with a damp soft cloth with a mild cleaning solution, paying special attention to any areas

where equipment was stored on the metal racking.

4. Dry the inside of the box thoroughly with a clean towel or allow it to air dry completely before replacing the equipment.

Box mat

The Box mat is made from natural rubber coated with a layer of polyurethane. Clean with a microfibre cloth, neutral soap and cool water. Do not use other detergents, do not use abrasive sponges. Dry thoroughly after cleaning.

Keep the Box mat away from direct sunlight or artificial heat sources. Do not store away in the Box if it is still damp.

As normal effect of the natural rubber, the colour may fade over time. This denotes the materials are of high quality and does not affect the performance or life of the product from a performance perspective.

The Box mat can be used on the Box or on the ground.



FITTLE