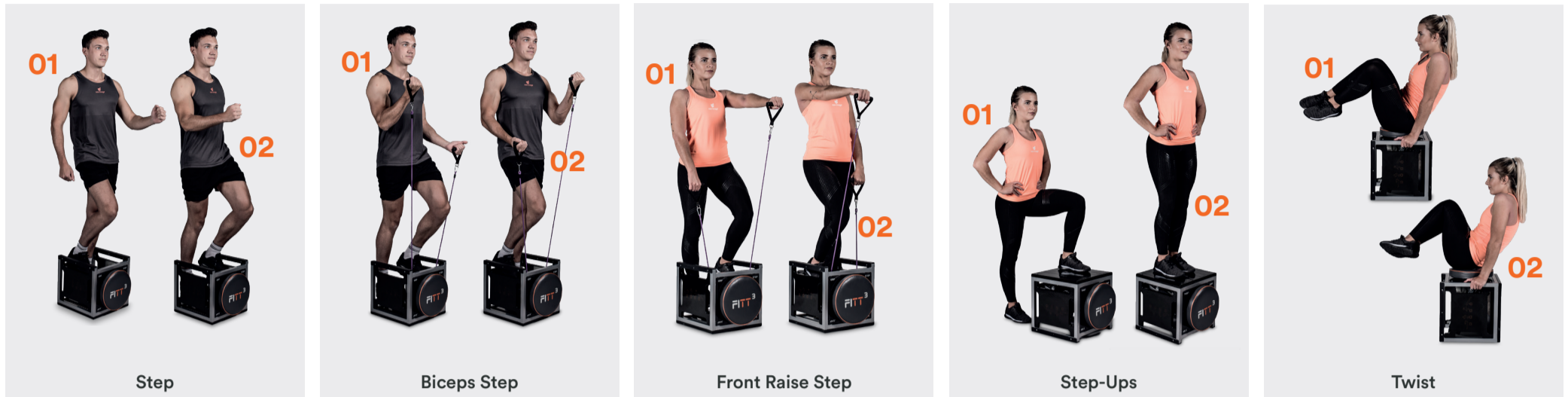


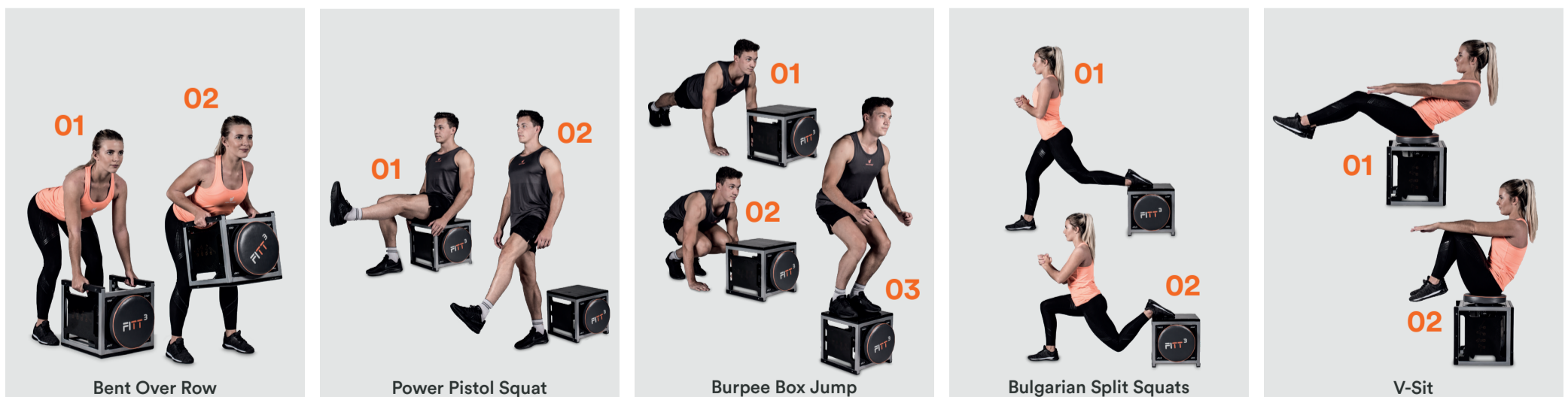
BEGINNER



INTERMEDIATE



ADVANCED



Turn over to follow a sample workout or build your own.

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Fit in 15

FITT Cube is ideal for circuit-style training. Combining a variety of exercises into one “set” gives you the best opportunity to work lots of muscle groups in a quick, high intensity workout.

The term AMRAP stands for “As Many Reps as Possible”. That’s the attitude to take with FITT Cube. Complete as many reps as you can in the time and next time you workout, try to beat that number!

We’ve created a beginner, intermediate and advanced workout for you but once you’re comfortable, we encourage you to challenge yourself with a wider variety of moves to suit your goals. See the Assembly and User Guide for more details on each exercise.



#beyourbest

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	Beginner	Intermediate	Advanced
Work duration (secs)	40	45	50
Rest duration (secs)	20	15	10
No. of moves in a circuit	5	5	5
Sets	3	3	3
Total workout time (mins)	15	15	15
Exercises	Step Twists Step ups Biceps steps Front raise steps	Press up Plank Box jump Lateral step-over Dips	Bent over row Power pistol squat Burpee box jump Bulgarian split squat V-sit

	Beginner	Intermediate	Advanced
Work duration (secs)			
Rest duration (secs)			
No. of moves in a circuit			
Sets			
Total workout time (mins)			
Exercises			

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