

# 3-in-1 Lady Fitness Workout Kit USER'S GUIDE

## Package Contents:

Fitness Mat  
Neo Fit  
Travel Bag



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## USING THE FITNESS MAT:

1. Unroll the Fitness Mat and lay on a flat surface.
2. Start workout.

*Note: You can also use the Fitness Mat for your other exercises, such as Pilates and Yoga.*

## USING THE NEO FIT:

### To Put On:

1. Lift up the Wii Balance Board and put it on its short side with the top of the Wii Balance Board facing towards you.
2. Slide the first elastic strap of the Neo Fit over the legs of the Wii Balance Board. Do the same with the other 3 elastic straps until the Neo Fit is completely on the Wii Balance Board.

### To Take Off:

1. To release the Neo Fit, lift up the Wii Balance Board and put it on its short side with the top of the Wii Balance Board facing towards you.
2. Slide the first elastic up and over the legs of the Wii Balance Board. Do the same with the other 3 elastic straps until the Neo Fit is completely off the Wii Balance Board.

## USING THE TRAVEL BAG:

1. Lay the Travel Bag on a flat surface.
2. Unzip the Travel Bag by pulling the zippers to the far end of the bag until the zippers cannot go any further and the bag is completely open and unzipped.
3. Lift up on end of the Travel Bag and slide in the Wii Balance Board.
4. Close the Travel Bag and zip it back to where the bag is completely closed.

## TROUBLESHOOTING:

**Problem:** The zipper on the Travel Bag does not work properly.

**Solution:** Make sure that there aren't any broken parts or debris hindering proper movement on the zipper.

**Problem:** The Neo Fit does not go on properly to the Wii Balance Board.

**Solution:** Make sure the elastic straps aren't torn. Make sure there aren't any broken parts or anything else hindering proper insertion on the Wii Balance Board.

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FOR TECHNICAL SUPPORT  
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