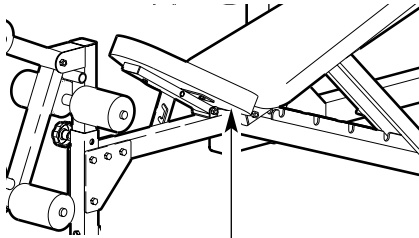


IMAGE[®] 5.5

Model No. IMBE39401

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

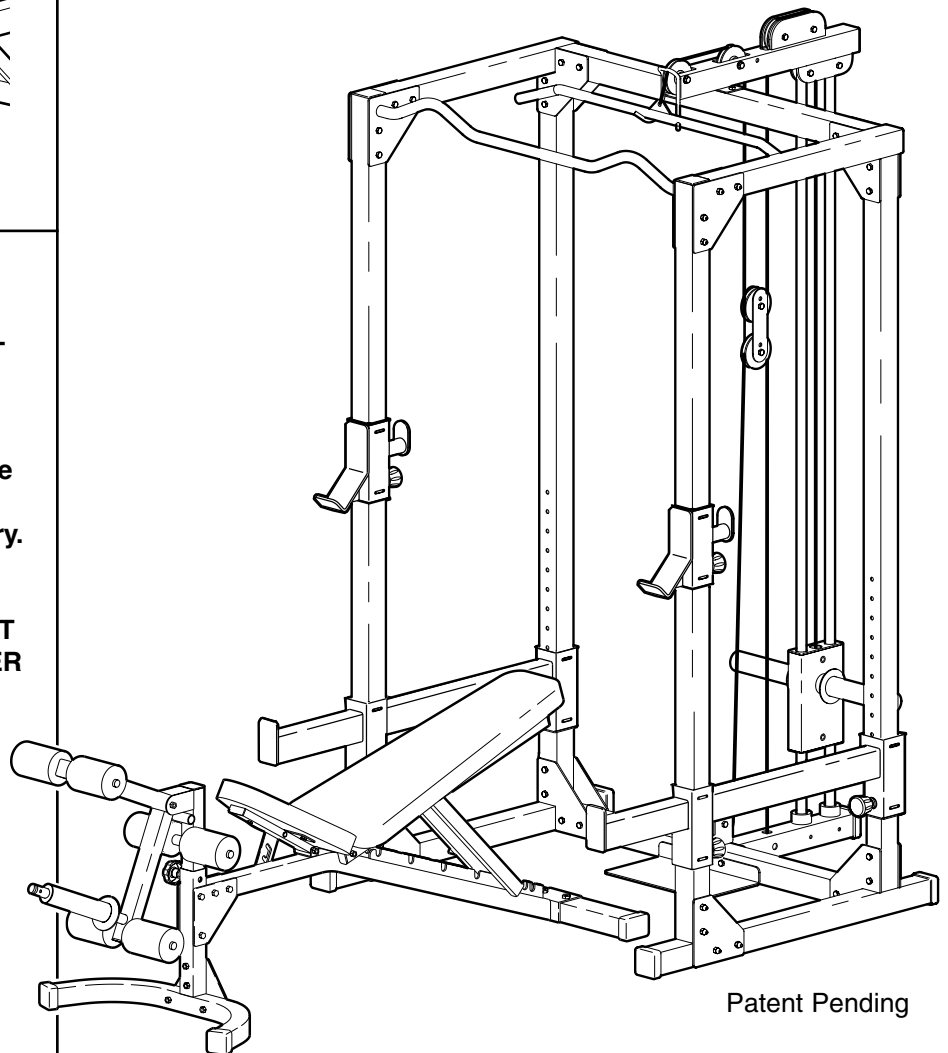
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



Patent Pending

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



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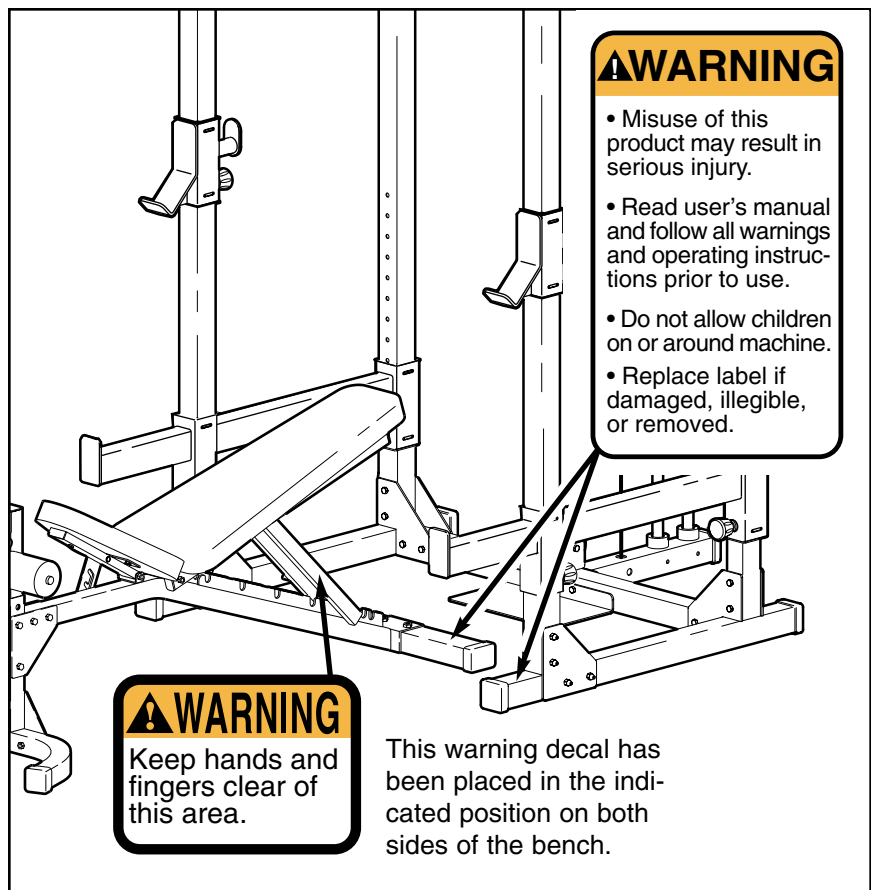
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Important Precautions	3
Before You Begin	4
Part Identification Chart	5
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Limited Warranty	Back Cover

Note: A Part List/Exploded Drawing is attached in the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decals shown at right have been placed on the weight rack and on the bench. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



Important Precautions

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight rack.

1. Read all instructions in this manual before using the weight rack. Use the weight rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight rack are adequately informed of all precautions.
3. The weight rack is intended for home use only. Do not use the weight rack in any commercial, rental, or institutional setting.
4. Use the weight rack only on a level surface. Cover the floor beneath the weight rack to protect the floor or carpet.
5. Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight rack at all times.
7. Keep hands and feet away from moving parts.
8. Always secure weights (not included) with the weight clips when they are mounted on the weight carriage.
9. Always make sure there is an equal amount of weight on each end of the barbell (not included).
10. Always set both weight rests and both safety spotters at the same height.
11. The weight bench is designed to support a maximum of 550 pounds, including the user, a barbell, and weights (not included). Do not place more than 300 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage or the leg lever.
12. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
13. Always wear athletic shoes for foot protection while exercising.
14. Always exercise with a partner. When you are performing squat exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. Always disconnect the lat bar from the weight rack when performing an exercise that does not require the lat bar.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

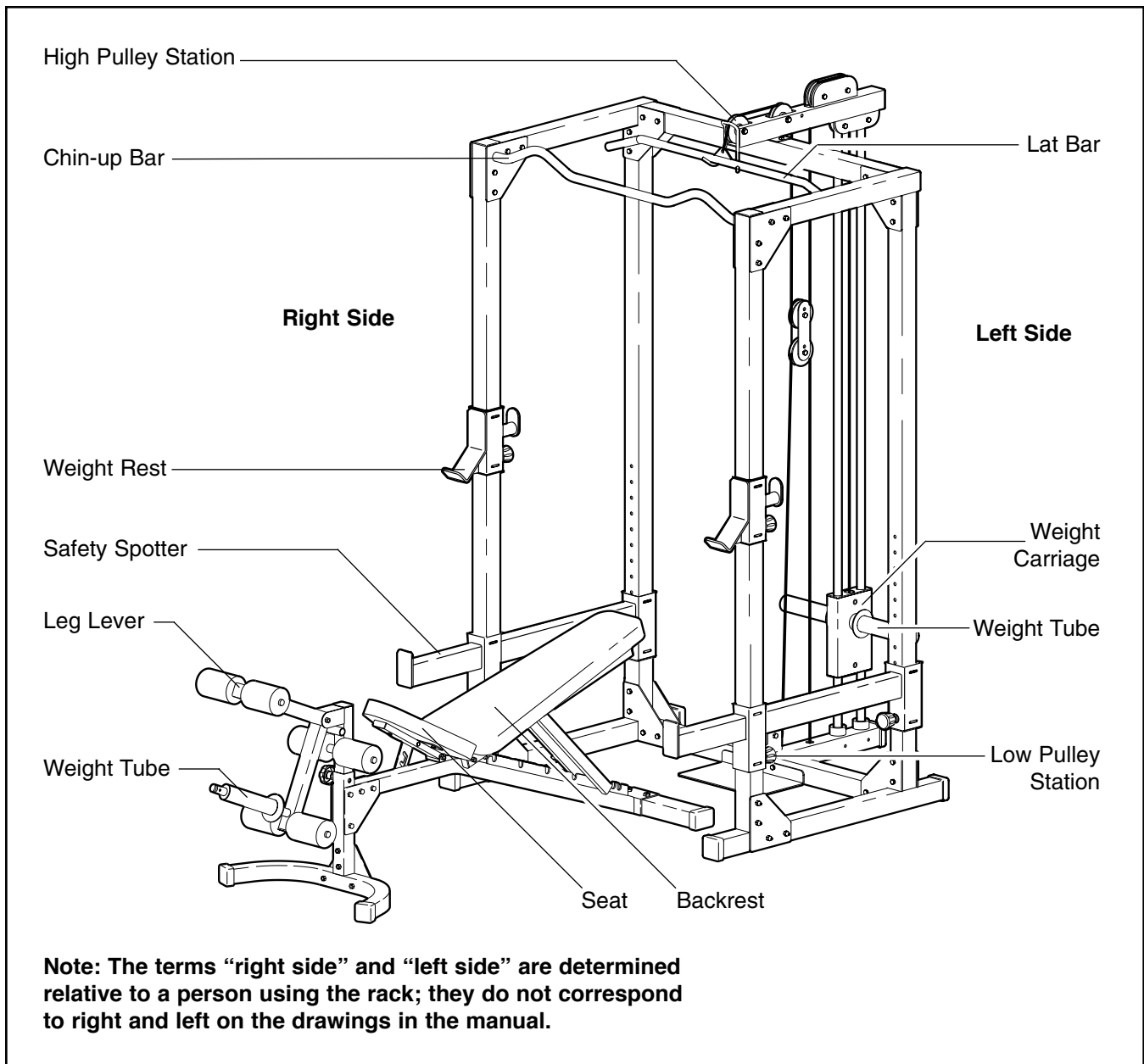
Before You Begin

Thank you for selecting the versatile IMAGE® 5.5 weight rack. The IMAGE® 5.5 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the IMAGE® 5.5 will help you achieve the specific results you want.

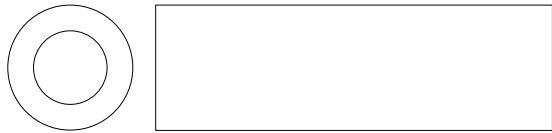
For your benefit, read this manual carefully before using the weight rack. If you have additional questions, please call our Customer Service Department

toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IMBE39401. The serial number can be found on a decal attached to the weight rack (see the front cover of this manual).

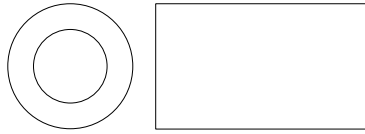
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



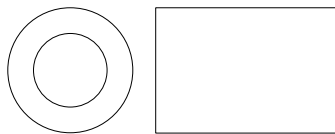
Part Identification Chart—Model No. IMBE39401



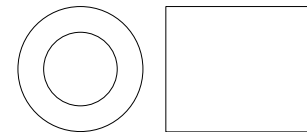
51mm Spacer (39)



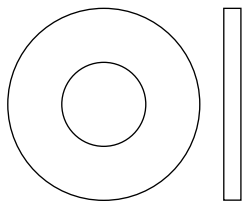
28mm Spacer (40)



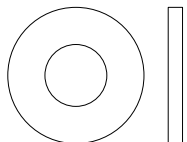
24mm Spacer (38)



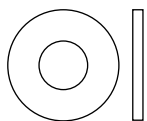
18mm Spacer (85)



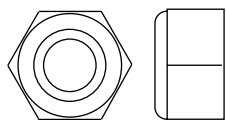
M10 Washer (37)



M8 Washer (36)



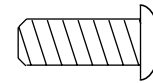
M6 Washer (74)



M10 Nylon Locknut (29)



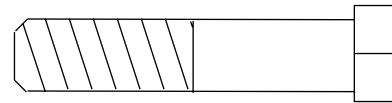
M8 Nylon Locknut (30)



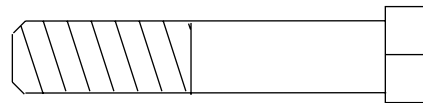
M6 x 16mm Screw (50)



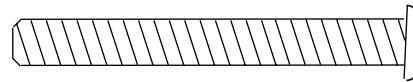
M6 x 35mm Bolt (78)



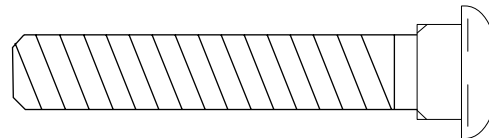
M10 x 45mm Bolt (32)



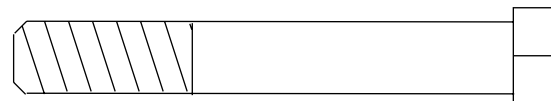
M10 x 50mm Bolt (86)



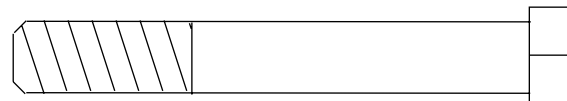
M6 x 52mm Screw (51)



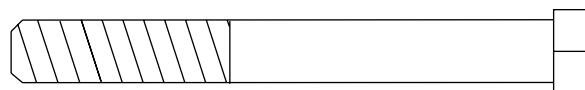
M10 x 58mm Carriage Bolt (57)



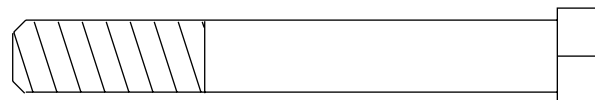
M10 x 66mm Bolt (35)



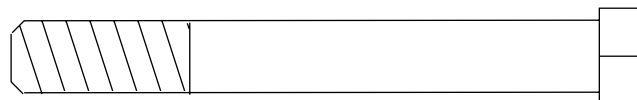
M10 x 68.5mm Bolt (75)



M8 x 72mm Bolt (33)



M10 x 72mm Bolt (34)



M10 x 78mm Bolt (31)



M10 x 192mm Bolt (66)

Assembly

Make Things Easier for Yourself!




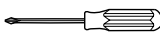
Everything in this manual is designed to ensure that the weight rack can be assembled successfully by anyone. However, it is important to realize that the versatile weight rack has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight rack, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the Part Identification Chart on page 5.

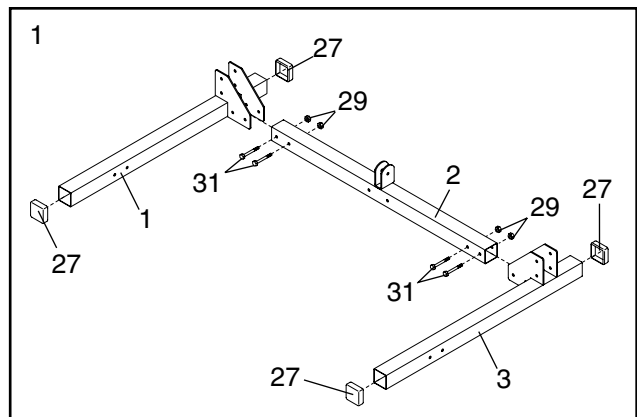
The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Press 60mm Square Outer Caps (27) onto the ends of the Right and Left Bases (1, 3).

Attach the Right and Left Bases (1, 3) to the Center Base (2) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**

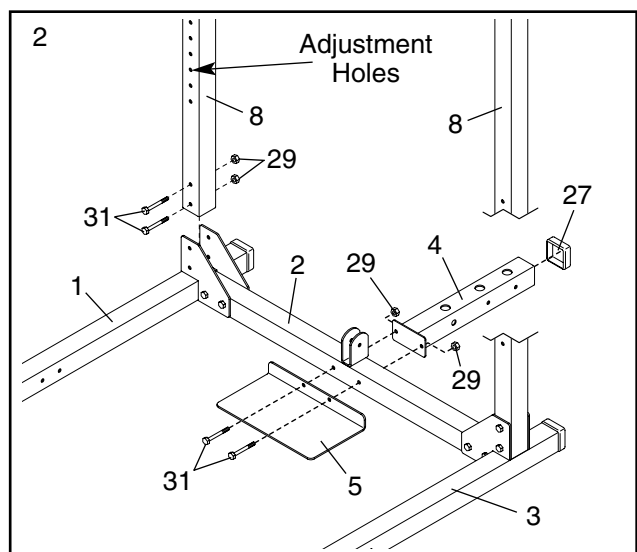


2. Identify the two Rear Uprights (8), which are slightly shorter than the Front Uprights (not shown).

Attach the Rear Uprights (8) to the Left and Right Bases (1, 3) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet. Make sure the Uprights are oriented exactly as shown, with the adjustment holes on the indicated side near the bottom.**

Press a 60mm Square Outer Cap (27) onto the end of the Weight Guide Base (4).

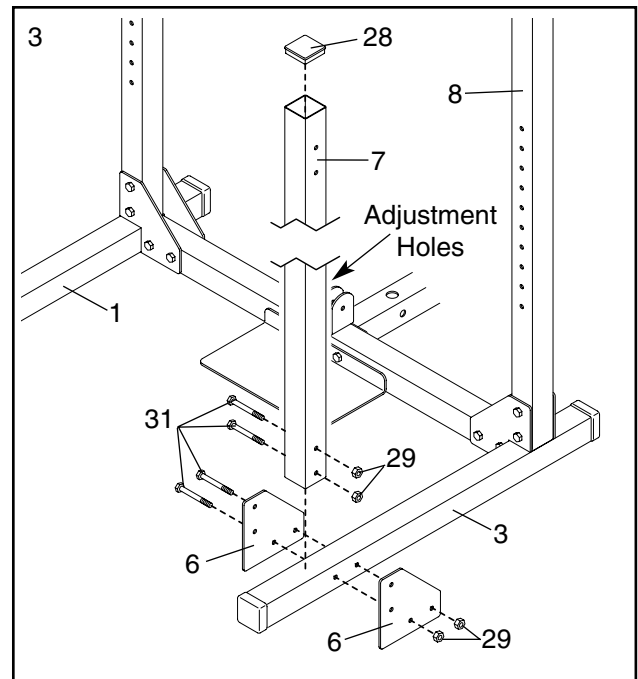
Orient the Foot Plate (5) and the Weight Guide Base (4) as shown. Attach the Foot Plate and the Weight Guide Base to the Center Base (2) using two M10 x 78mm Bolts (31) and two M10 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**



3. Tap a 60mm Square Inner Cap (28) into the top of each of the Front Uprights (7).

Attach one of the Front Uprights (7) and two Rack Joint Plates (6) to the Left Base (3) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Make sure the Front Upright is oriented so that the holes on the bottom of the Front Upright and the holes in the Joint Plates line up. If they do not line up, turn the Front Upright upside-down. Do not tighten the Nylon Locknuts yet. Make sure the Front Upright is turned so the adjustment holes are facing the Rear Upright (8).**

Attach the other Front Upright (7, not shown) and two Rack Joint Plates (6, not shown) to the Right Base (1) in the same manner.



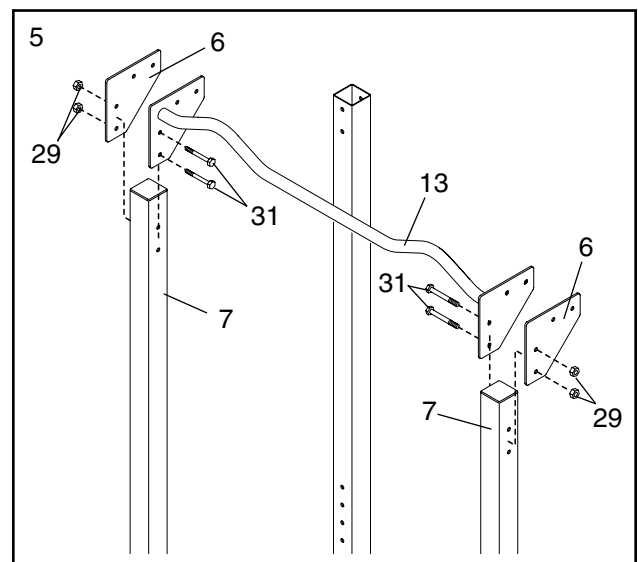
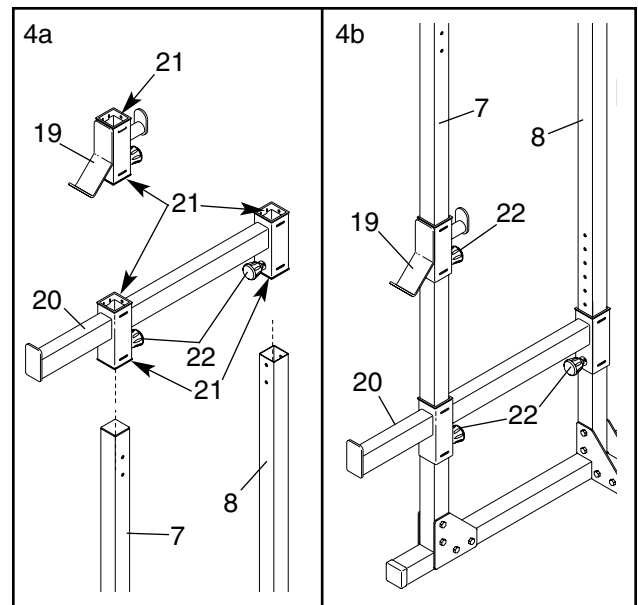
4. **This step will require two people.**

Refer to drawing 4a. Have one person hold out the Adjustment Knobs (22) on a Safety Spotter (20), while the other person slides the Safety Spotter down over the right Uprights (7, 8), as shown. Hold the Adjustment Knob out on the Weight Rest (19), and slide the Weight Rest onto the Front Upright (7). **To avoid breaking the Square Bushings (21) inside the top and bottom of the Safety Spotter and Weight Rest, be careful not to catch the Square Bushings on the edges of the Uprights as they slide on.**

Refer to drawing 4b. Secure the Safety Spotter (20) and the Weight Rest (19) to the right Uprights (7, 8) by snapping the three Adjustment Knobs (22) into adjustment holes in the Uprights and turning them clockwise until tight.

Assemble the other Safety Spotter (20) and Weight Rest (19) to the left Uprights (7, 8) in the same manner. **Make sure both Safety Spotters and both Weight Rests are at the same height.**

5. Attach the Chin-up Bar (13) and two Rack Joint Plates (6) to the Front Uprights (7) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**

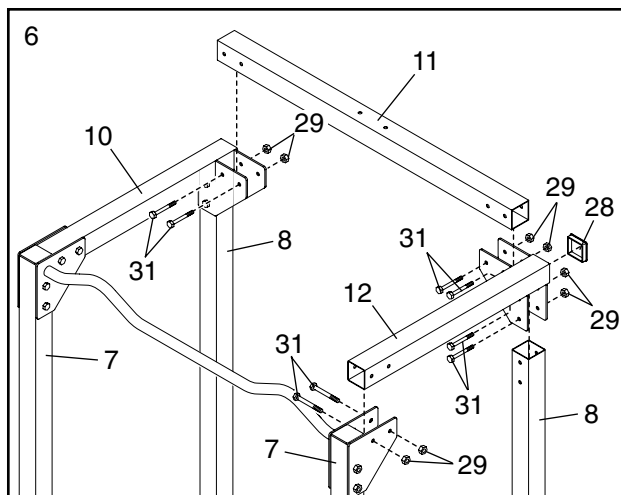


6. Press a 60mm Square Inner Cap (28) into the Left Frame (12). Attach the Left Frame to the left Uprights (7, 8) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29). **Do not tighten the Nylon Locknuts yet.**

Assemble the Right Frame (10) on the right Uprights (7, 8) in the same manner.

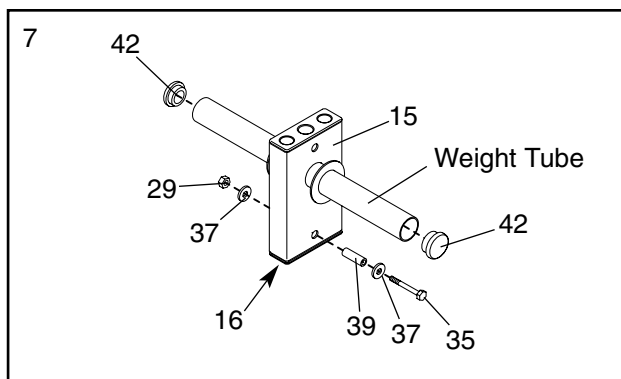
Attach the Center Frame (11) to the Left Frame (12) and the Right Frame (10) using four M10 x 78mm Bolts (31) and four M10 Nylon Locknuts (29).

Tighten all Nylon Locknuts used in steps 1–6.



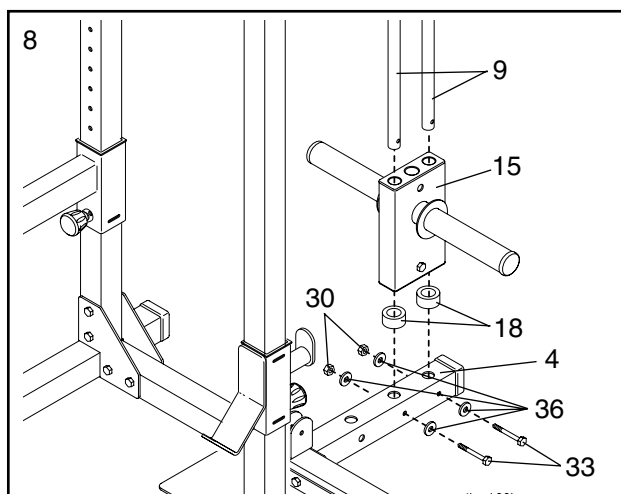
7. Press the two 51mm Round Inner Caps (42) into the weight tubes on the Weight Carriage (15).

Make sure the Weight Carriage is turned so the weight tubes are near the top, as shown. Attach the lower Carriage Bushing (16) to the Weight Carriage (15) using a M10 x 66mm Bolt (35), two M10 Washers (37), the 51mm Spacer (39), and a M10 Nylon Locknut (29).



8. Insert the two Weight Guides (9) into the Weight Guide Base (4). Attach the Weight Guides using two M8 x 72mm Bolts (33), four M8 Washers (36), and two M8 Nylon Locknuts (30).

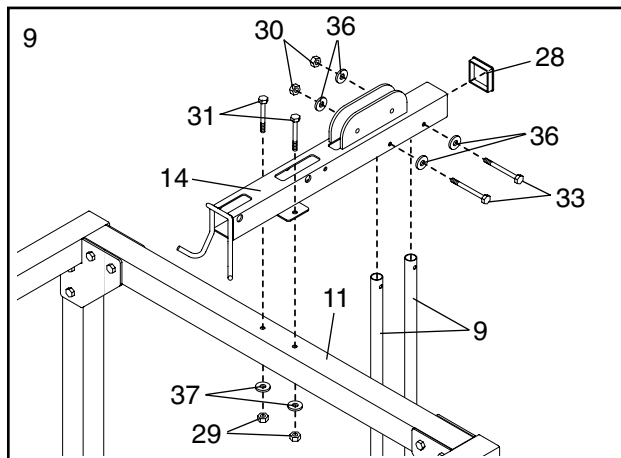
Slide the two Weight Bumpers (18) and the Weight Carriage (15) over the Weight Guides (9). **Be sure the Weight Bumpers are on the bottom.**



9. Press a 60mm Square Inner Cap (28) into the end of the Weight Guide Frame (14).

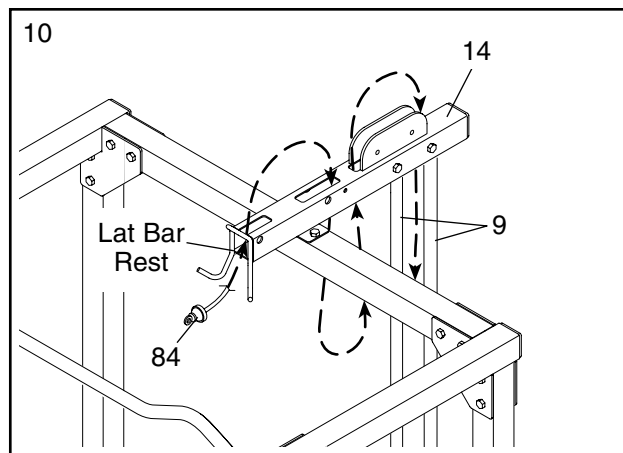
Hold the Weight Guide Frame (14) on top of the Center Frame (11) and the Weight Guides (9). Attach the Weight Guides to the Weight Guide Frame using two M8 x 72mm Bolts (33), four M8 Washers (36), and two M8 Nylon Locknuts (30).

Attach the Weight Guide Frame (14) to the Center Frame (11) using two M10 x 78mm Bolts (31), two M10 Washers (37), and two M10 Nylon Locknuts (29).

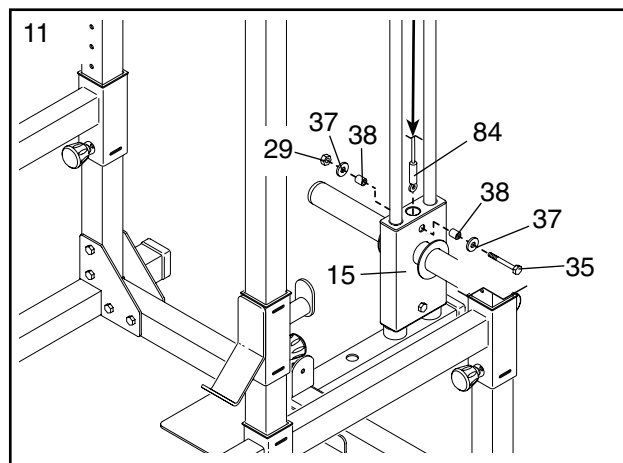


10. Locate the High Cable (84), which is slightly longer than the Low Cable (not shown), and notice that there is a ball on one end of the Cable and a metal sleeve on the other end.

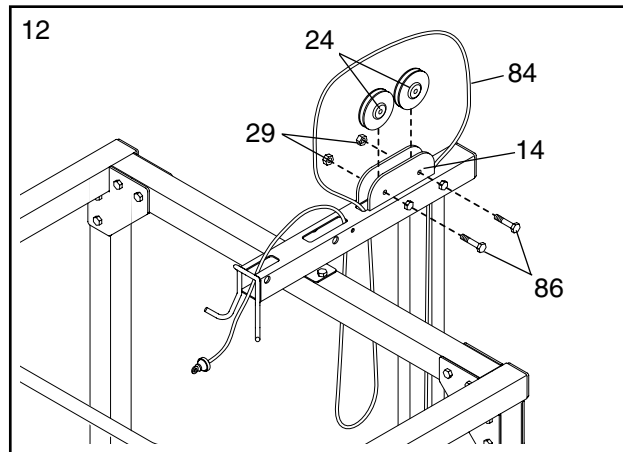
Route the metal-sleeve end of the High Cable (84) up under the lat bar rest on the Weight Guide Frame (14), down through the indicated hole, back up through the next hole, and then down between the Weight Guides (9) as shown.



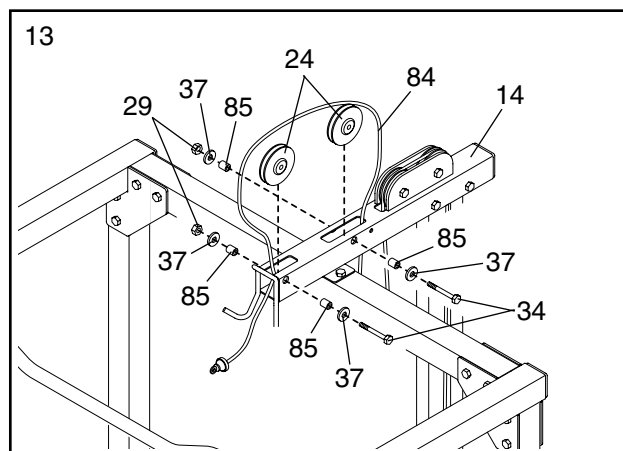
11. Insert the end of the High Cable (84) into the hole in the center of the Weight Carriage (15). Attach the Cable using a M10 x 66mm Bolt (35), two M10 Washers (37), two 24mm Spacers (38), and an M10 Nylon Locknut (29).



12. Lift the High Cable (84) in the location shown. Attach two Pulleys (24) inside the bracket on the Weight Guide Frame (14) using two M10 x 50mm Bolts (86) and two M10 Nylon Locknuts (29).



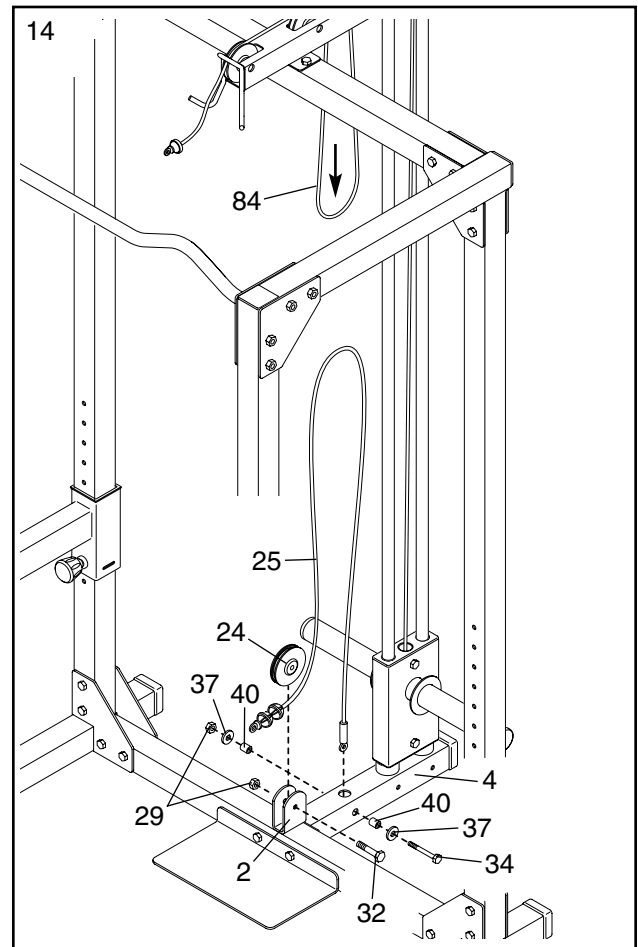
13. Lift the High Cable (84) in the location shown. Attach two Pulleys (24) inside the Weight Guide Frame (14) using two M10 x 72mm Bolts (34), four M10 Washers (37), four 18mm Spacers (85), and two M10 Nylon Locknuts (29).



14. Pull the High Cable (84) down in the indicated location, so there is no slack at the ends of the Cable.

Locate the Low Cable (25), which has two balls on one end. Insert the metal-sleeve end of the Cable into the indicated hole in the Weight Guide Base (4). Attach the Cable using an M10 x 72mm Bolt (34), two M10 Washers (37), two 28mm Spacers (40), and a M10 Nylon Locknut (29).

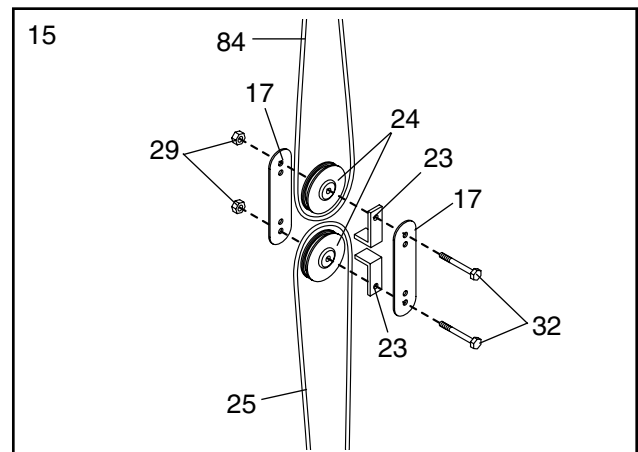
Route the ball-end of the Low Cable (25) through the bracket on the Center Base (2). Attach a Pulley (24) inside the bracket using a M10 x 45mm Bolt (32) and a M10 Nylon Locknut (29).



15. Wrap the High Cable (84) around a Pulley (24) as shown. Attach the Pulley and a Cable Trap (23) to the two Pulley Plates (17) using a M10 x 45mm Bolt (32) and a M10 Nylon Locknut (29).

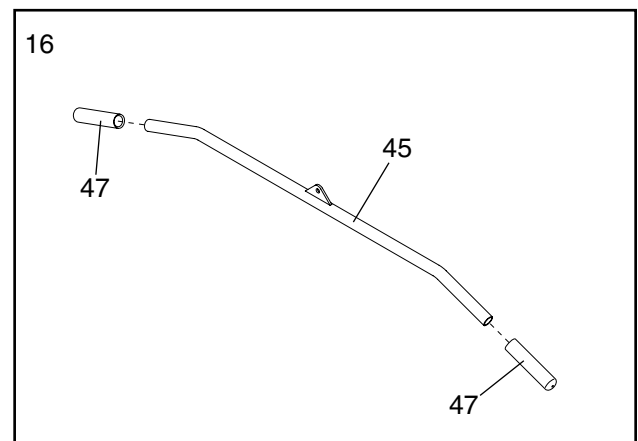
Wrap the Low Cable (25) around a Pulley (24) as shown. Attach the Pulley and a Cable Trap (23) to the Pulley Plates (17) using a M10 x 45mm Bolt (32) and a M10 Nylon Locknut (29).

Make sure the Bolts (32) are inserted through the highest and lowest holes in the Pulley Plates (17), and that the Cables (25, 84) are between the Cable Traps (23) and the Pulleys (24).



16. Wet the ends of the Lat Bar (45) with a small amount of lubricant. Slide the Handgrips (47) onto the ends of the Lat Bar.

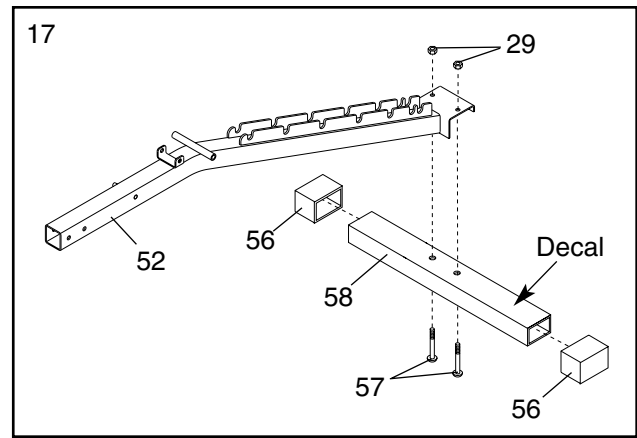
Make sure that all parts of the weight rack are properly tightened. In addition, pull each cable a few times to make sure the cables move smoothly over the pulleys. If the cables do not move smoothly, locate and correct the problem. When weights are used, the cables may be damaged if they are incorrectly routed.



17. Press a 51mm x 76mm Outer Cap (56) onto each end of the Stabilizer (58).

Attach the Stabilizer (58) to the Bench Frame (52) with two M10 x 58mm Carriage Bolts (57) and two M10 Nylon Locknuts (29). **Attach the Stabilizer so that the warning decal is in the position shown.**

Note: Do not tighten the Nylon Locknuts yet.

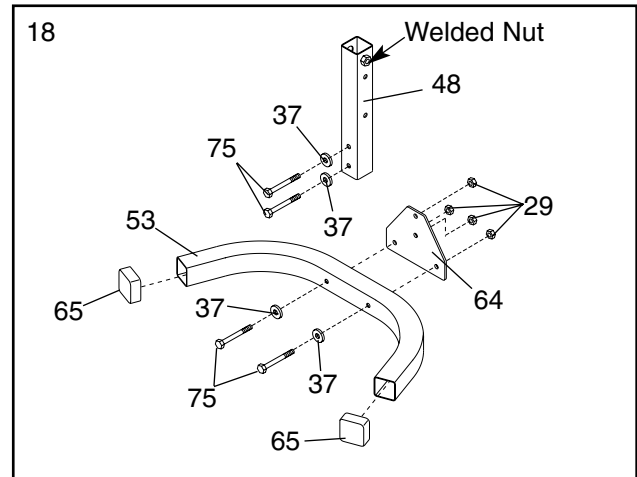


18. Press a 50mm Square Outer Cap (65) onto each end of the Bench Base (53).

Attach the Bench Base Joint Plate (64) to the Bench Base (53) with two M10 x 68.5mm Bolts (75), two M10 Washers (37), and two M10 Nylon Locknuts (29).

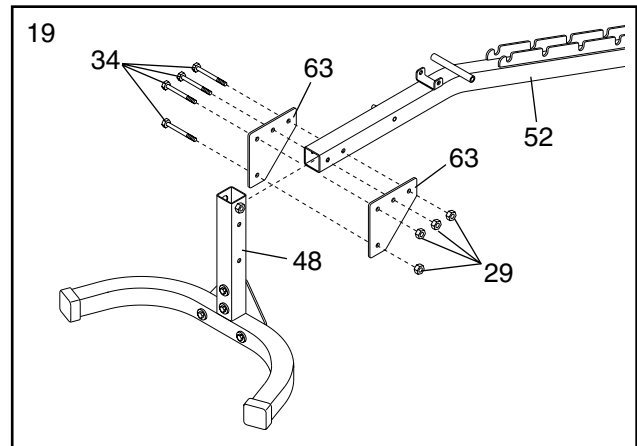
Attach the Bench Leg (48) to the Bench Base Joint Plate (64) with two M10 x 68.5mm Bolt (75), two M10 Washers (37), and two M10 Nylon Locknuts (29). **Be sure the welded nut is in the position shown.**

Note: Do not tighten the Nylon Locknuts yet.



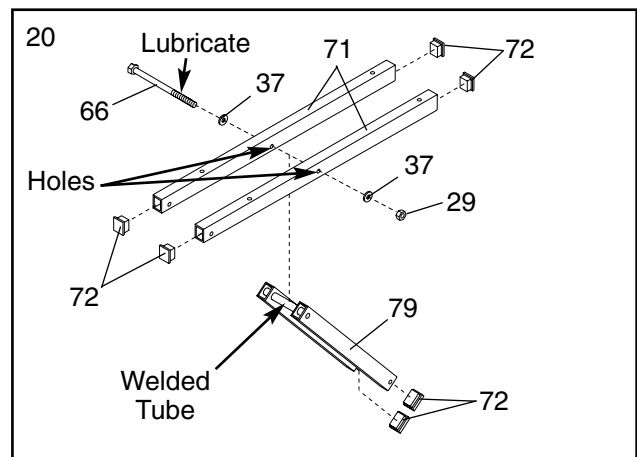
19. Attach the Bench Leg (48) to the Bench Frame (52) with two Bench Joint Plates (63), four M10 x 72mm Bolts (34), and four M10 Nylon Locknuts (29).

Note: Tighten all the M10 Nylon Locknuts (29) used in steps 17-19.

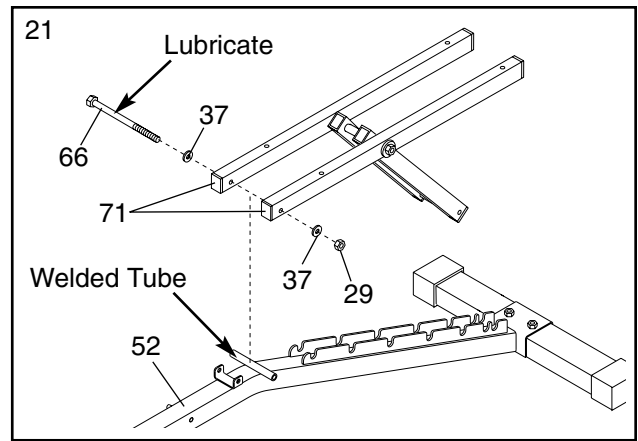


20. Press two 25mm x 38mm Inner Caps (72) into each Backrest Tube (71). Press two 25mm x 38mm Inner Caps into the Backrest Adjustment Bracket (79).

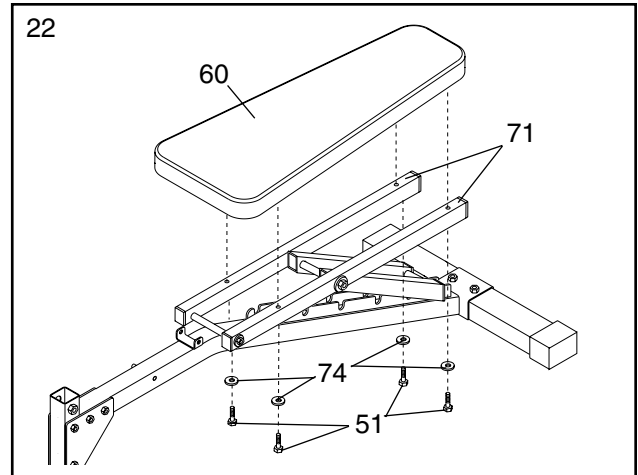
Lubricate a M10 x 192mm Bolt (66). Attach the Backrest Tubes (71) to the welded tube on the Backrest Adjustment Bracket (79) with the Bolt, two M10 Washers (37) and a M10 Nylon Locknut (29). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are closer to one side. Turn the Backrest Tubes so the holes are closer to the floor. Do not over tighten the Nylon Locknut; the Backrest Tubes must pivot easily.**



21. Lubricate a M10 x 192mm Bolt (66). Attach the Backrest Tubes (71) to the welded tube on the Bench Frame (52) with the Bolt, two M10 Washers (37), and a M10 Nylon Locknut (29). **Note: Do not over tighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

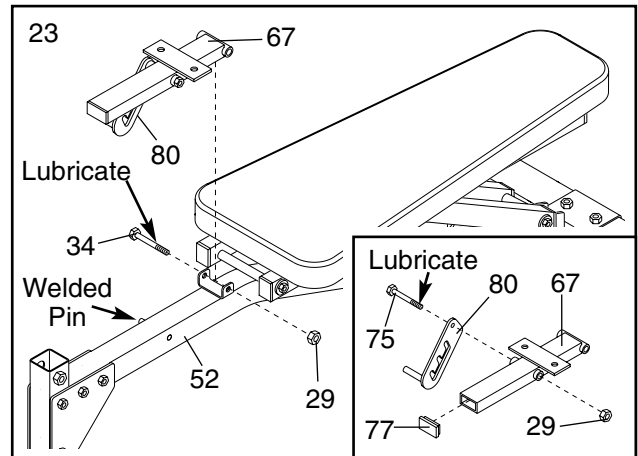


22. Attach the Backrest (60) to the Backrest Tubes (71) with four M6 x 52mm Screws (51) and four M6 Washers (74).



23. See the inset drawing. Press the 20mm x 40mm Inner Cap (77) into the open end of the Seat Mounting Bracket (67).

See the inset drawing. Lubricate a M10 x 68.5mm Bolt (75). Attach the Seat Adjustment Bracket (80) to the indicated side of the Seat Mounting Bracket (67) with the Bolt and a M10 Nylon Locknut (29). **Note: Do not over tighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**

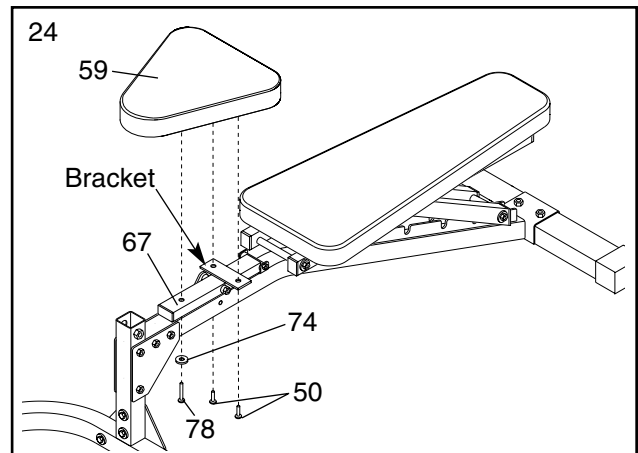


Place the Seat Mounting Bracket (67) on the Bench Frame (52) so that the Seat Adjustment Bracket (80) fits over the welded pin on the side of the Bench Frame.

Lubricate a M10 x 72mm Bolt (34). Attach the Seat Mounting Bracket (67) to the indicated bracket on the Bench Frame (52) with the Bolt and a M10 Nylon Locknut (29). **Note: Do not over tighten the Nylon Locknut; the Seat Mounting Bracket must pivot easily.**

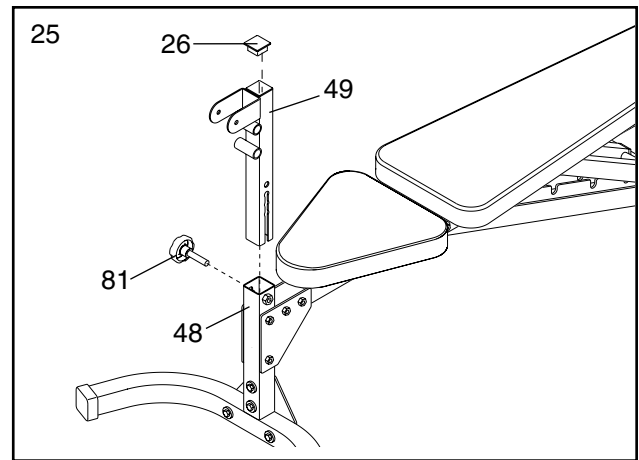
24. Turn the Seat (59) as shown. Attach the wide end of the Seat to the bracket on the Seat Mounting Bracket (67) with two M6 x 16mm Screws (50).

Tilt the Seat Mounting Bracket (67) upwards and attach the narrow end of the Seat (59) to the Seat Mounting Bracket with a M6 x 35mm Screw (78) and an M6 Washer (74).



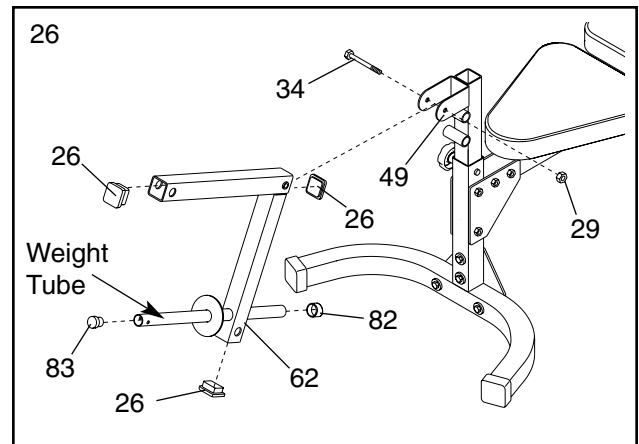
25. Attach the Adjustable Bench Leg (49) to the Bench Leg (48) with the Small Adjustment Knob (81).

Insert a 45mm Square Inner Cap (26) into the top of the Adjustable Bench Leg (49).



26. Insert three 45mm Square Inner Caps (26) into the ends of the Leg Lever (62). Insert a 25mm Round Inner Cap (83) into the weight tube on the Leg Lever. Press a 25mm Angled Outer Cap (82) onto the other end of the weight tube.

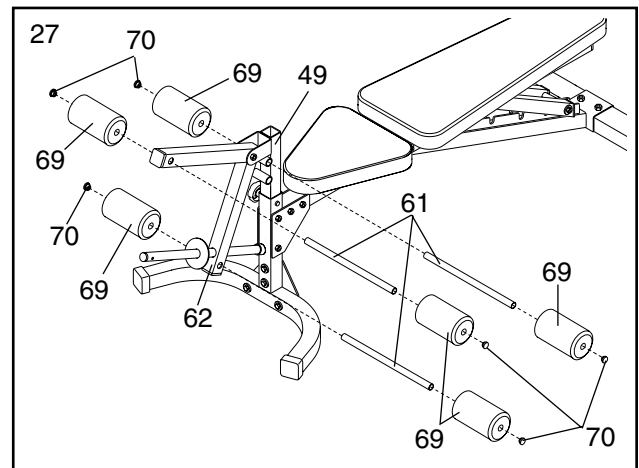
Attach the Leg Lever (62) to the Adjustable Bench Leg (49) with an M10 x 72mm Bolt (34) and an M10 Nylon Locknut (29).



27. Insert 19mm Round Inner Caps (70) into the ends of the three Pad Tubes (61).

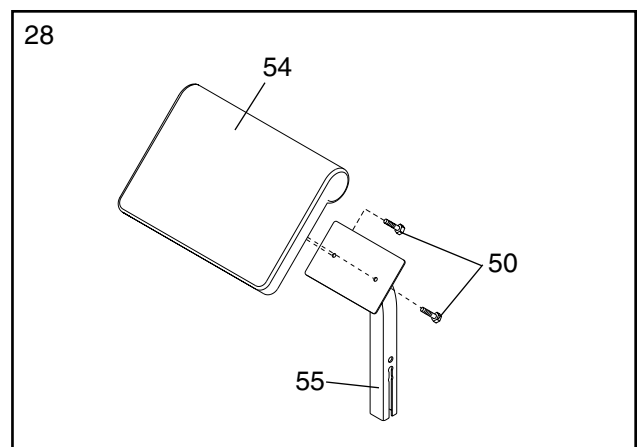
Insert two Pad Tubes (61) through the holes in the Leg Lever (62). Slide a Foam Pad (69) onto each side of the Pad Tubes.

Insert a Pad Tube (61) through the upper tube on the Adjustable Bench Leg (49). Slide a Foam Pad (69) onto each side of the Pad Tube.



28. Attach the Curl Pad (54) to the Curl Upright (55) with two M6 x 16mm Screws (50).

29. **Make sure all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in Adjusting the Weight Rack, on page 14.**



Adjusting the Weight Rack

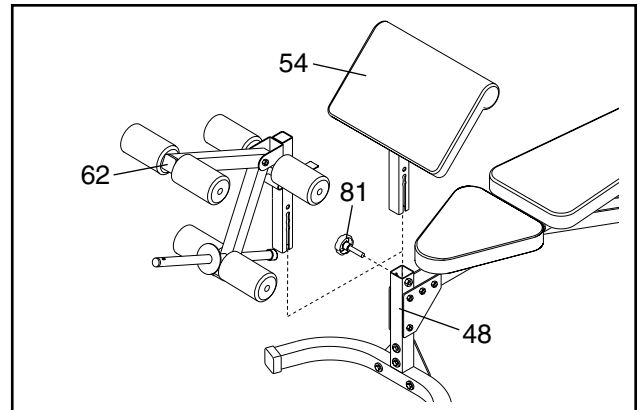
This section explains how the weight rack and bench can be adjusted. See the Exercise Guidelines on page 17 for information about how to get the most benefit from your exercise program. See the included exercise poster for information about how to perform a variety of exercises.

Inspect and tighten all parts each time you use the weight rack. Replace any worn parts immediately. The weight rack can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

USING THE CURL PAD

To use the Curl Pad (54), unscrew the Small Adjustment Knob (81) and lift the Leg Lever (62) out of the Bench Leg (48). Insert the Curl Pad into the Bench Leg, and secure it with the Small Adjustment Knob.

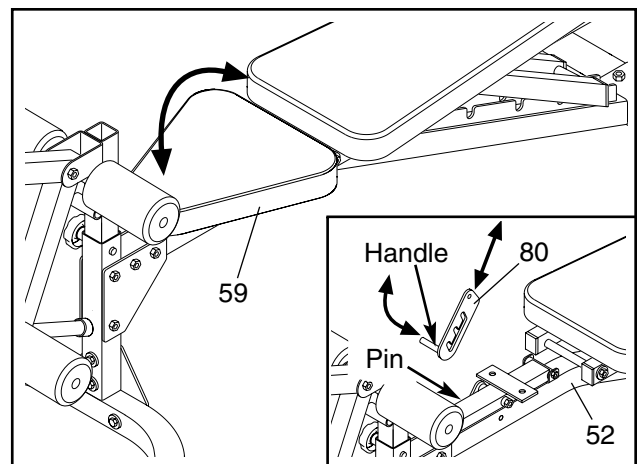
Note: When not using the Curl Pad (54), store it away from the weight bench.



ADJUSTING THE SEAT

To raise the Seat (59), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (80) engages the welded pin (not shown) on the right side of the Bench Frame (52).

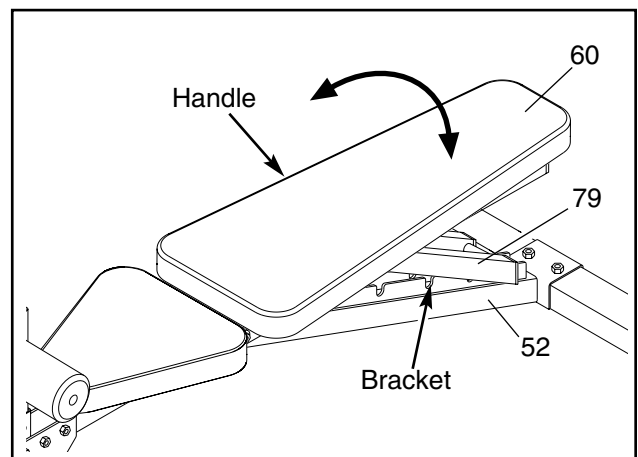
To lower the Seat (59), use the handle on the Seat Adjustment Bracket (80) to disengage the Seat Adjustment Bracket from the pin on the right side of the Bench Frame (52). Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket to the pin.



ADJUSTING THE BACKREST

To raise the Backrest (60), grip the end of the Backrest with one hand and pull it upward until the Backrest Adjustment Bracket (79) locks into the appropriate tab on the bracket on the Bench Frame (52).

To lower the Backrest (60), grip the end of the Backrest with one hand and lift it slightly. Grip the handle (not shown) on the right side of the Backrest Adjustment Bracket (79) with your other hand and pull the Backrest Adjustment Bracket free of the tabs on the bracket on the Bench Frame (52). Lower the Backrest to the desired position and lock the Backrest Adjustment Bracket into the desired tab on the Bench Frame bracket.

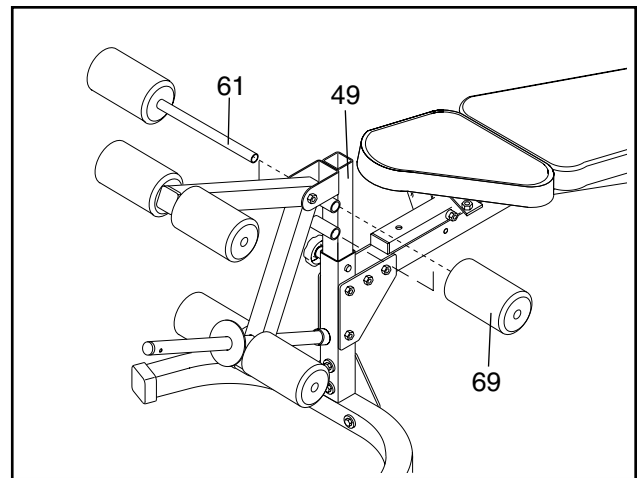


WARNING: Make sure the Backrest Adjustment Bracket (79) is securely locked to the Bench Frame (52) before using the weight bench.

ADJUSTING THE PAD TUBES

For some exercises, it may be necessary to move the Pad Tube (61) in the Adjustable Bench Leg (49). To do this, remove a Foam Pad (69) from one side of the Pad Tube. Slide the Pad Tube out of the Adjustable Bench Leg. Reinsert the Pad Tube into the lower welded tube on the Adjustable Bench Leg. Replace the Foam Pad on the Pad Tube.

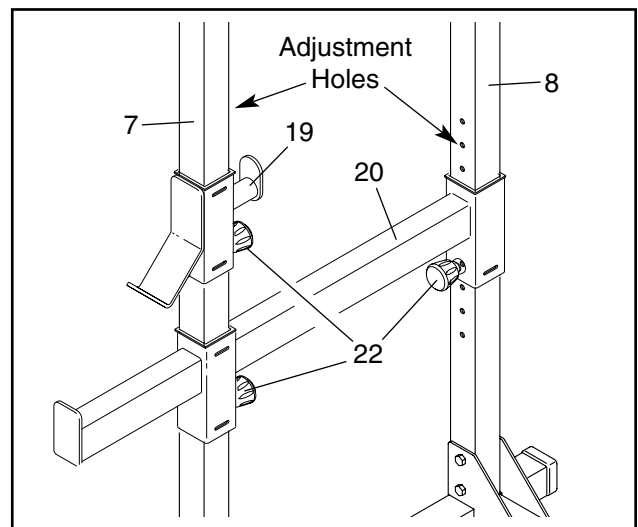
To do leg raise exercises, the Pad Tube (61) must be moved to the lower welded tube, the narrow end of the seat must be raised, and the backrest must be declined as shown.



USING THE WEIGHT RESTS AND SAFETY SPOTTERS

Before beginning an exercise, move the Weight Rests (19) and the Safety Spotters (20) to sets of holes in the Uprights (7, 8) that are best suited for that exercise. Do this by turning the Adjustment Knobs (22) counterclockwise until loose. Pull the Knobs out and slide the Weight Rests or the Safety Spotters to the desired height. Snap the Knobs into the adjustment holes in the Uprights and turn the Knobs clockwise until tight.

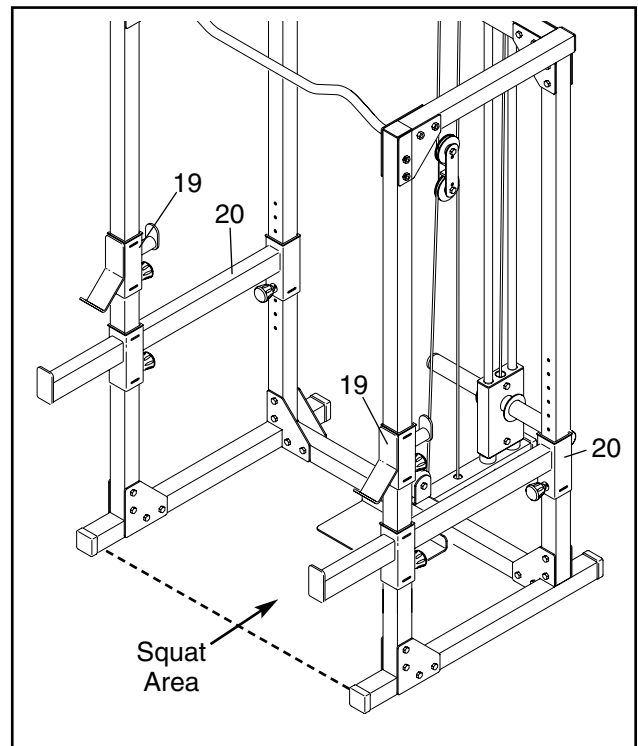
The selected holes for the Safety Spotters (20) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (19) should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown on the accompanying exercise chart. **Note: Make sure the Adjustment Knobs (22) are fully tightened.**



WARNING: Always set both Weight Rests (19) at the same height and both Safety Spotters (20) at the same height.

SETTING UP FOR SQUAT EXERCISES

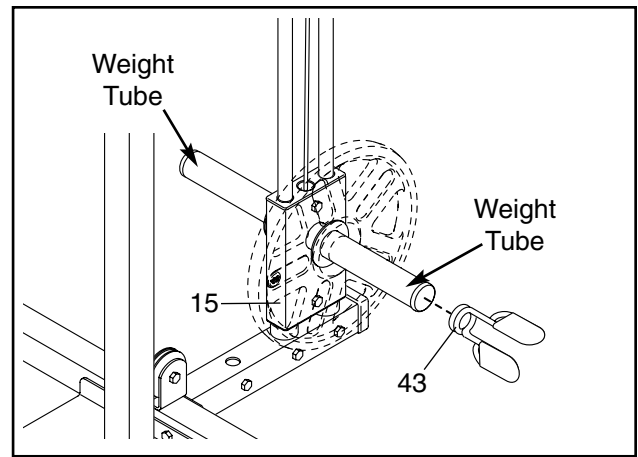
Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (19) and the Safety Spotters (20) at a comfortable height in the manner describe in USING THE WEIGHT RESTS AND SAFETY SPOTTERS above.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

To use the high or low pulley station, slide the desired amount of weight onto the weight tubes on the Weight Carriage (15). Secure the weights with Weight Clips (43).

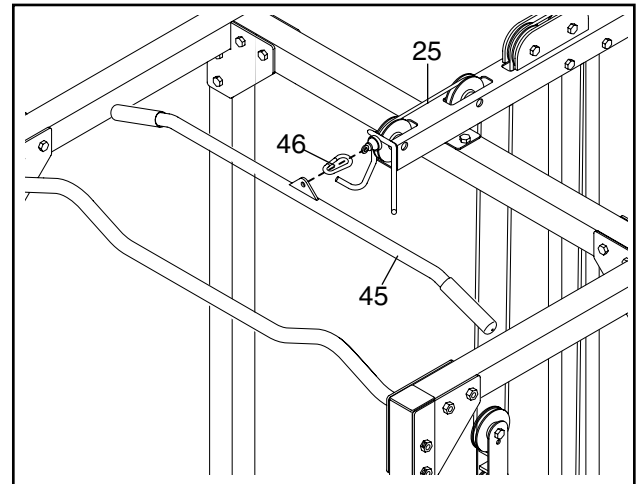
⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (15). Always place the same amount of weight on each side of the Weight Carriage, and secure the weights on the Weight Carriage with the Weight Clips (43).



ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high pulley station or the low pulley station, first place the desired weights on the weight carriage (see ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE above). Next, attach the Lat Bar (45) to either Cable (25) with a Cable Clip (46).

⚠ WARNING: Always disconnect the Lat Bar (45) when performing an exercise that does not require using the Lat Bar.

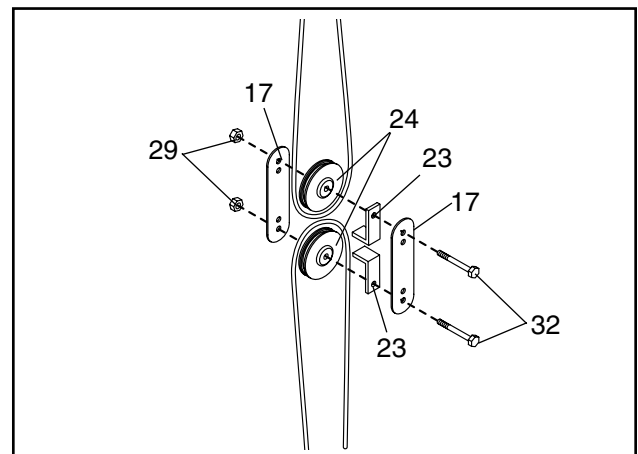


TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly after it is first used. If there is slack in the cables, tighten them as described below.

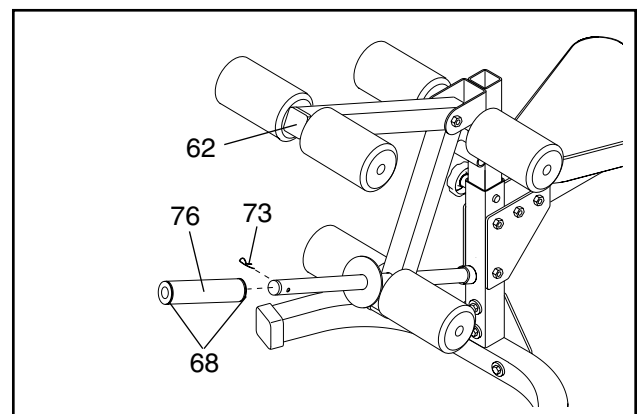
Remove the M10 x 45mm Bolt (32) and the M10 Nylon Locknut (29) attaching the lower Pulley (24) and Cable Trap (23) to the two Pulley Plates (17). Reattach the lower Pulley and Cable Trap to the higher holes in the Pulley Plates using the Bolt and Nylon Locknut.

If moving just the lower Pulley (24) does not sufficiently tighten the cables, you can also move the upper Pulley down one set of holes in the Pulley Plates (17).



USING OLYMPIC WEIGHTS ON THE LEG LEVER

To use Olympic weights on the Leg Lever (62), insert the Weight Adapter Bushings (68) into the ends of the Weight Adapter (76). Slide the Weight Adapter over the weight tube on the Leg Lever. Insert the Weight Adapter Pin (73) into the weight tube.



Exercise Guidelines

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

The only way to increase the size and strength of your muscles is to push them close to their maximum capacity. When you progressively increase the intensity of your exercise, your muscles will continually adapt and grow. You can tailor the individual exercise to the proper intensity level in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions).

The proper amount of weight for each exercise obviously depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Many people desire a complete and balanced fitness program. Cross training is an efficient way to accomplish this. One example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling, running, or swimming on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body and develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Specifying the exact length of time for each workout, as well as the number of repetitions or sets for each exercise, is a highly individual matter. It is very important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

You will gain the greatest benefits from exercising by maintaining proper form. This requires moving through the full range of motion for each exercise and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise poster accompanying this manual, you will find photographs showing the correct form for several exercises. A description of each exercise is also provided, along with a list of the muscles affected. Refer to the muscle chart on page 18 to find the locations of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Make sure to rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

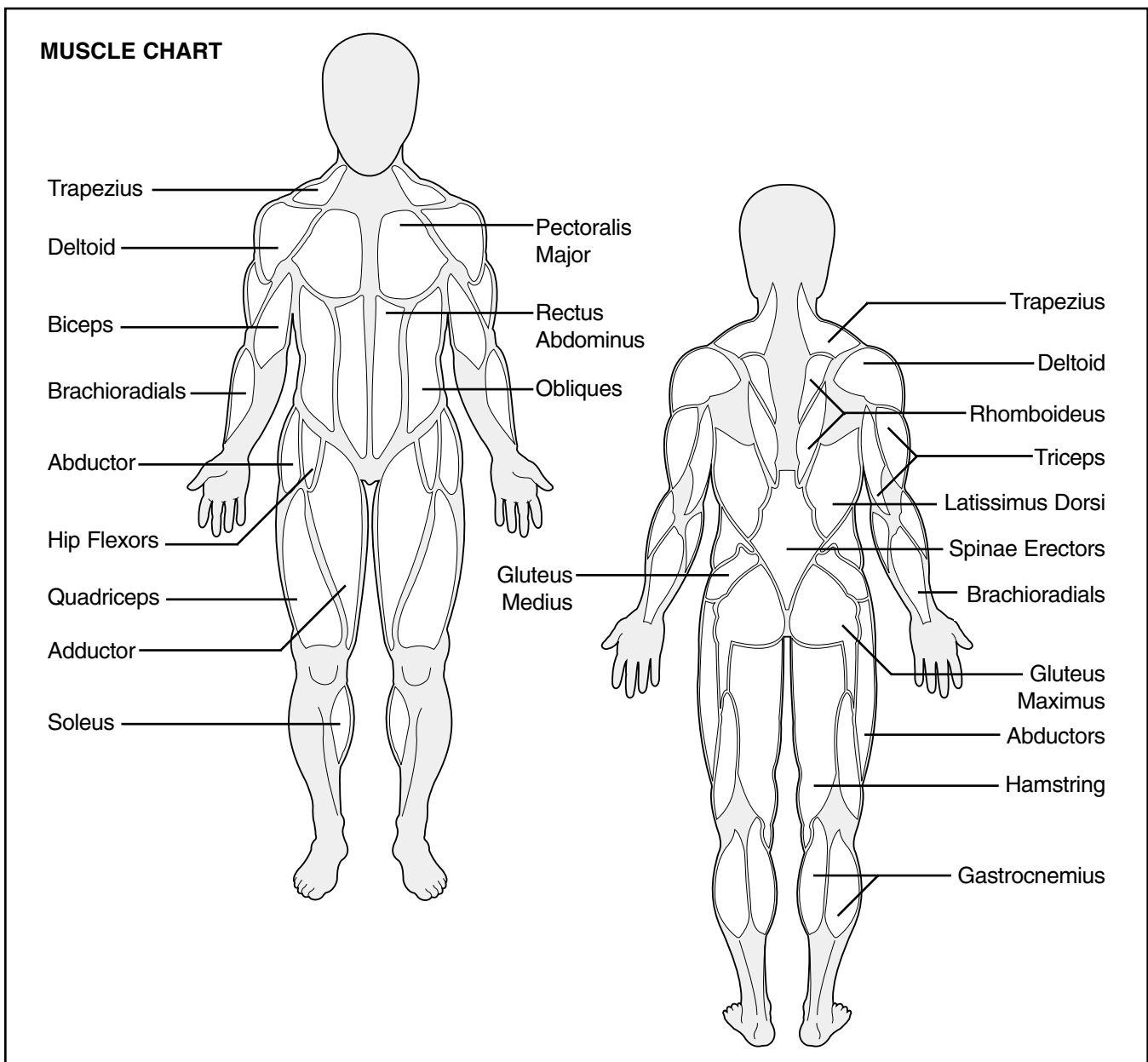
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into

each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the weight, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY Date: ____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
Date:
____ / ____ / ____

WEDNESDAY Date: ____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
Date:
____ / ____ / ____

FRIDAY Date: ____ / ____ / ____	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

Part List—Model No. IMBE39401

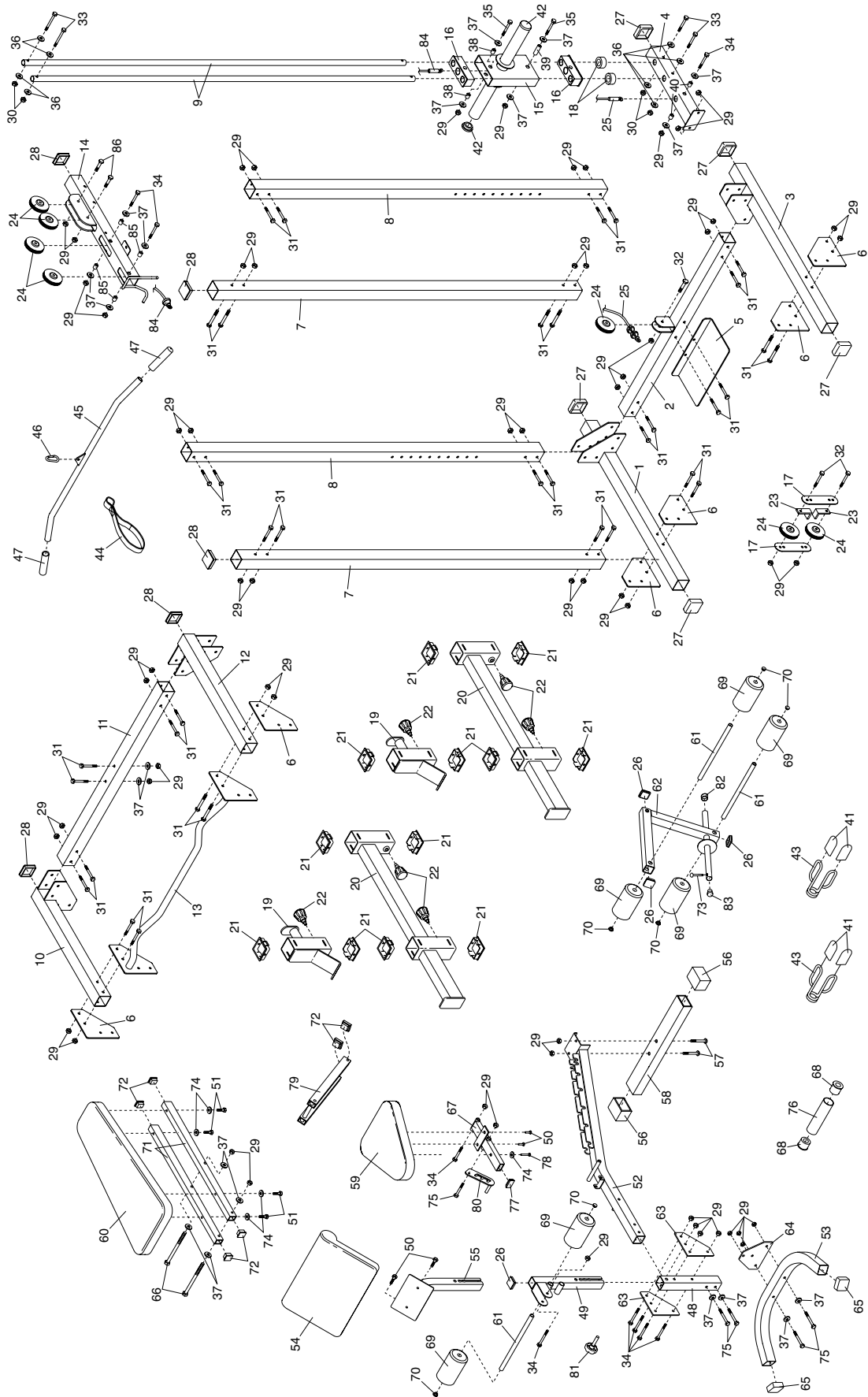
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Base	46	1	Cable Clip
2	1	Center Base	47	2	Handgrip
3	1	Left Base	48	1	Bench Leg
4	1	Weight Guide Base	49	1	Adjustable Bench Leg
5	1	Foot Plate	50	4	M6 x 16mm Screw
6	6	Rack Joint Plate	51	4	M6 x 52mm Screw
7	2	Front Upright	52	1	Bench Frame
8	2	Rear Upright	53	1	Bench Base
9	2	Weight Guide	54	1	Curl Pad
10	1	Right Frame	55	1	Curl Upright
11	1	Center Frame	56	2	51mm x 76mm Outer Cap
12	1	Left Frame	57	2	M10 x 58mm Carriage Bolt
13	1	Chin-up Bar	58	1	Stabilizer
14	1	Weight Guide Frame	59	1	Seat
15	1	Weight Carriage	60	1	Backrest
16	2	Carriage Bushing	61	3	Pad Tube
17	2	Pulley Plate	62	1	Leg Lever
18	2	Weight Bumper	63	2	Bench Joint Plate
19	2	Weight Rest	64	1	Bench Base Joint Plate
20	2	Safety Spotter	65	2	50mm Square Outer Cap
21	12	Square Bushing	66	2	M10 x 192mm Bolt
22	6	Adjustment Knob	67	1	Seat Mounting Bracket
23	2	Cable Trap	68	2	Weight Adapter Bushing
24	7	Pulley	69	6	Foam Pad
25	1	Low Cable	70	6	19mm Round Inner Cap
26	4	45mm Square Inner Cap	71	2	Backrest Tube
27	5	60mm Square Outer Cap	72	6	25mm x 38mm Inner Cap
28	5	60mm Square Inner Cap	73	1	Weight Adapter Pin
29	61	M10 Nylon Locknut	74	5	M6 Washer
30	4	M8 Nylon Locknut	75	5	M10 x 68.5mm Bolt
31	36	M10 x 78mm Bolt	76	1	Weight Adapter
32	3	M10 x 45mm Bolt	77	1	20mm x 40mm Inner Cap
33	4	M8 x 72mm Bolt	78	1	M6 x 35mm Screw
34	9	M10 x 72mm Bolt	79	1	Backrest Adjustment Bracket
35	2	M10 x 66mm Bolt	80	1	Seat Adjustment Bracket
36	8	M8 Washer	81	1	Small Adjustment Knob
37	20	M10 Washer	82	1	25mm Angled Outer Cap
38	2	24mm Spacer	83	1	25mm Round Inner Cap
39	1	51mm Spacer	84	1	High Cable
40	2	28mm Spacer	85	4	18mm Spacer
41	4	Weight Clip Sleeve	86	2	M10 x 50mm Bolt
42	2	51mm Round Inner Cap	#	1	Allen Wrench
43	2	Weight Clip	#	1	User's Manual
44	1	Strap	#	1	Exercise Poster
45	1	Lat Bar			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

Exploded Drawing—Model No. IMBE39401

R0201A



Ordering Replacement Parts

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (IMBE39401)
- The NAME of the product (IMAGE® 5.5 weight rack)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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