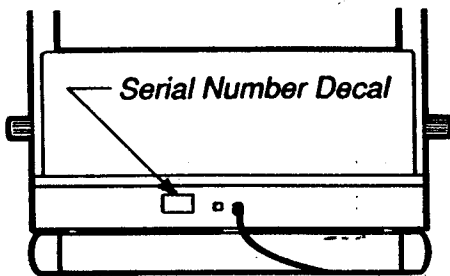


IMAGE™ 933

PERSONAL FITNESS SYSTEM

Model No. IM393310

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory. TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

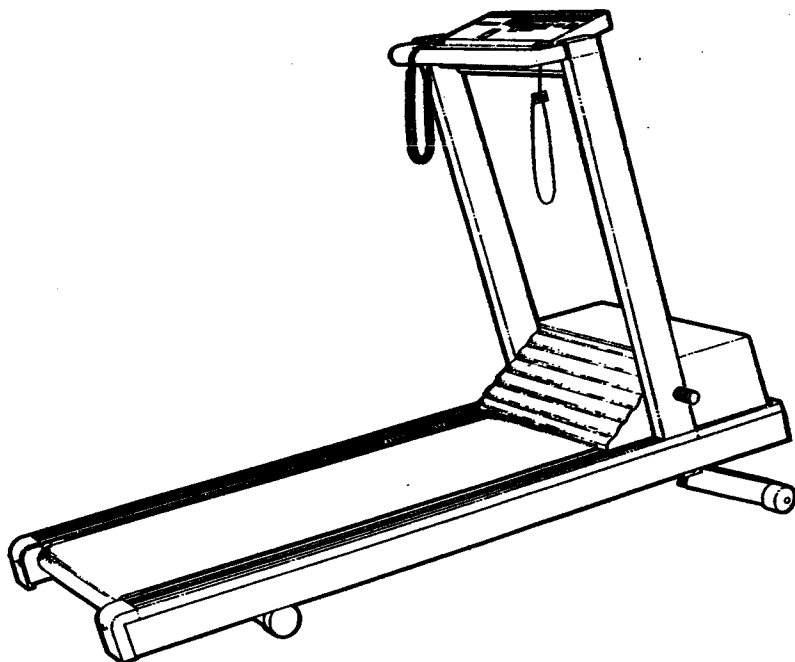
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:
1-800-999-3756**

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

CAUTION:

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



OWNER'S MANUAL

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LIMITED WARRANTY

IMAGE, INC. ("IMAGE"), 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. IMAGE's obligation under this warranty is limited to replacing or repairing, at IMAGE's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by IMAGE 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 IMAGE. 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 IMAGE authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMAGE.

IMAGE IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUES OR PROFITS, LOSS OF ENJOYMENT OR USE, COSTS OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES OF WHATSOEVER NATURE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

IMAGE, INC., 1500 S. 1000 W., Logan, UT 84321-9813

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important safety precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind the treadmill. Do not place the treadmill on thick carpet, near water or outdoors. Do not operate where aerosol products are used or where oxygen is being administered.
2. Plug the power cord directly into a grounded circuit carrying 12 or more amps. No other appliance should be on the same circuit. (See the OPERATION AND ADJUSTMENT section of this manual for proper grounding instructions.) Keep the power cord away from heated surfaces. If an extension cord is required, use only a 14-gauge, general-purpose cord of six to ten feet in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug are damaged, or if the treadmill is not working properly. (Refer to the BEFORE YOU BEGIN section of this manual if the treadmill is not working properly.)
4. Wear appropriate exercise attire when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. *Always wear running or aerobic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.* Athletic support clothes are recommended for both men and women.
5. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
6. Never allow more than one person on the treadmill at a time. Use the treadmill only as described in this manual.
7. Keep small children away from the treadmill during operation. Never leave the treadmill unattended while it is running. Always turn the power off when the treadmill is not in use.
8. Never drop or insert any object into any opening.
9. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures described in this manual should be performed by an authorized service representative only.
10. This treadmill is capable of high speeds. Adjust the speed slowly to avoid sudden jumps in speed.

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

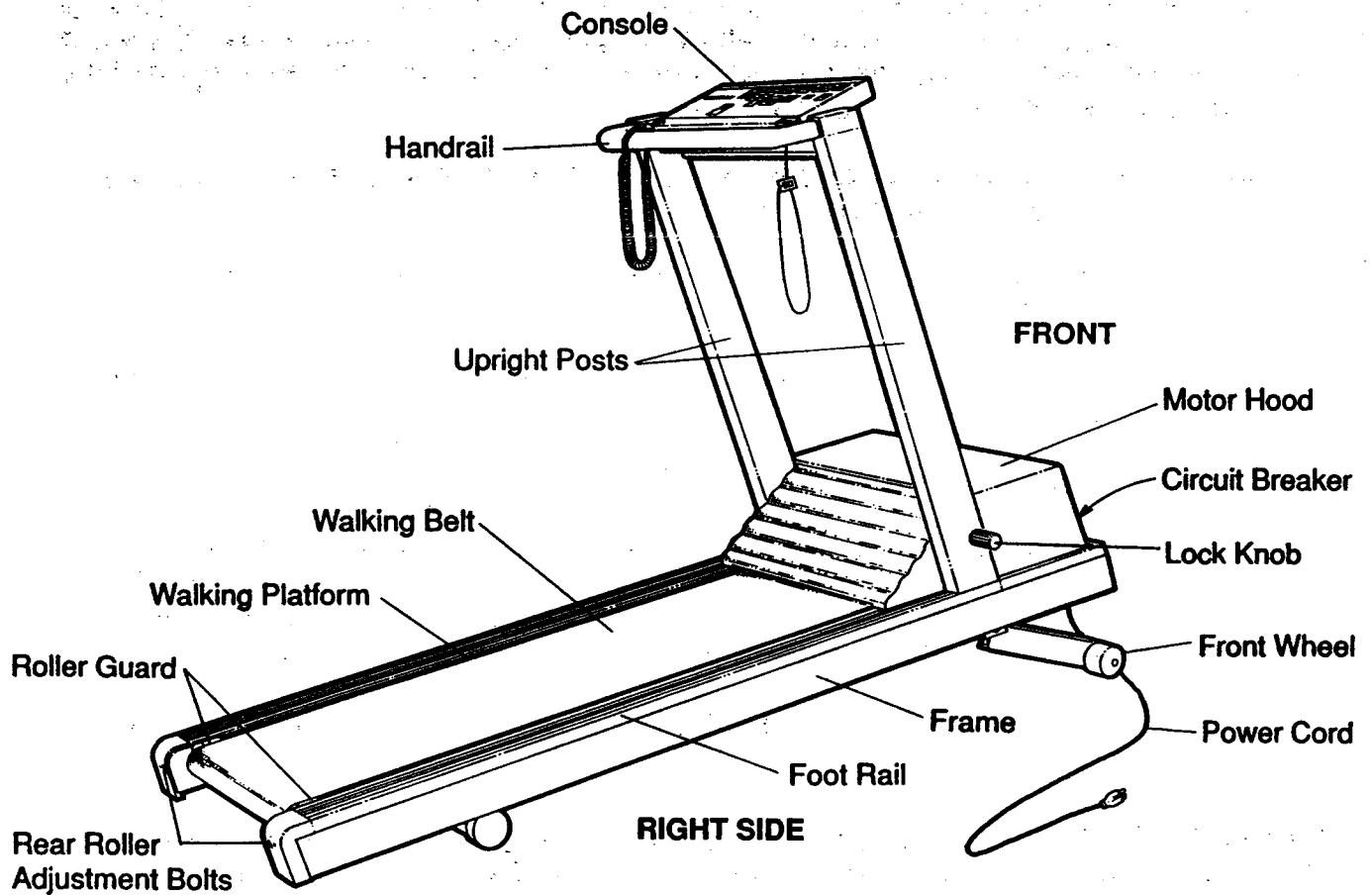
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the Image 933 treadmill. The Image 933 combines state-of-the-art technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home. Your exercise on the Image 933 will be enhanced by such features as a key-activated power switch, electronic speed and incline control, and a multi-function exercise monitor.

For your safety and benefit, read this manual carefully before using this equipment. 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 mention your product model number and serial number when calling. The model number is printed on the front cover of this manual. The serial number can be found on a decal attached to the product (see the drawing on the front cover).

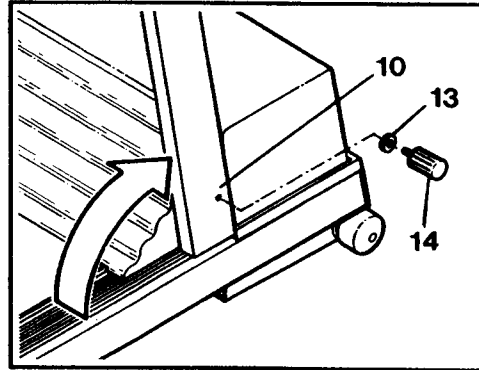
Before reading further, please review the drawing below and familiarize yourself with the parts labeled.



OPERATION AND ADJUSTMENT

CONVERTING THE TREADMILL TO THE OPERATING POSITION

Set the treadmill in a cleared area and remove all packing materials from the treadmill. **Make sure that all parts are included before disposing of the packing materials.** For your convenience, the treadmill is delivered to you completely assembled. The treadmill is in the compact storage position. To convert the treadmill to the operating position, first place a Knob Washer (13) on each Upright Knob (14). Raise the Upright (10) to the vertical position, and tighten an Upright Knob into each side of the Upright.

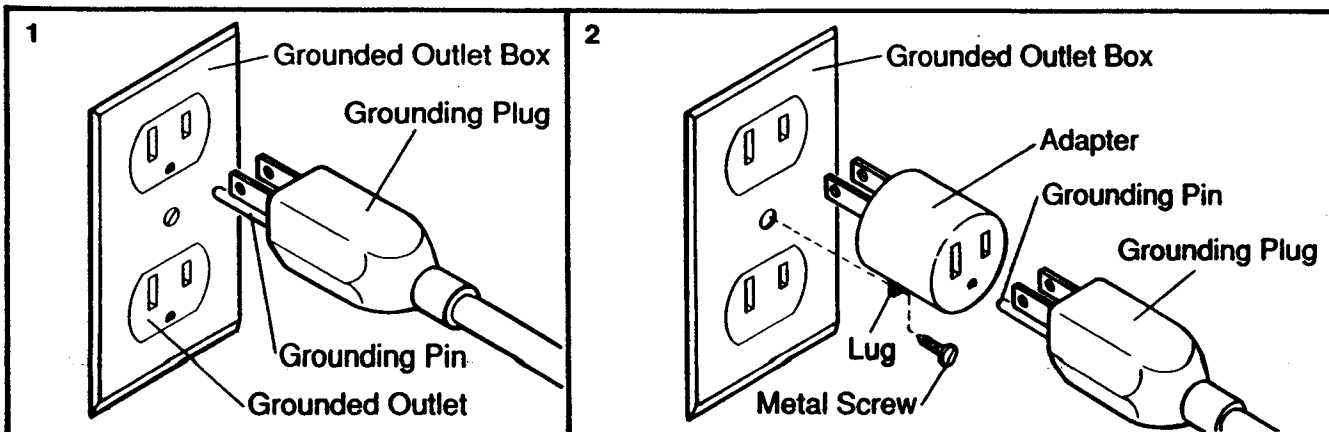


GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1. A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter **must be connected to a permanent ground such as a properly grounded outlet box cover.** Whenever the adapter is used it **must be held in place by a metal screw.** **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



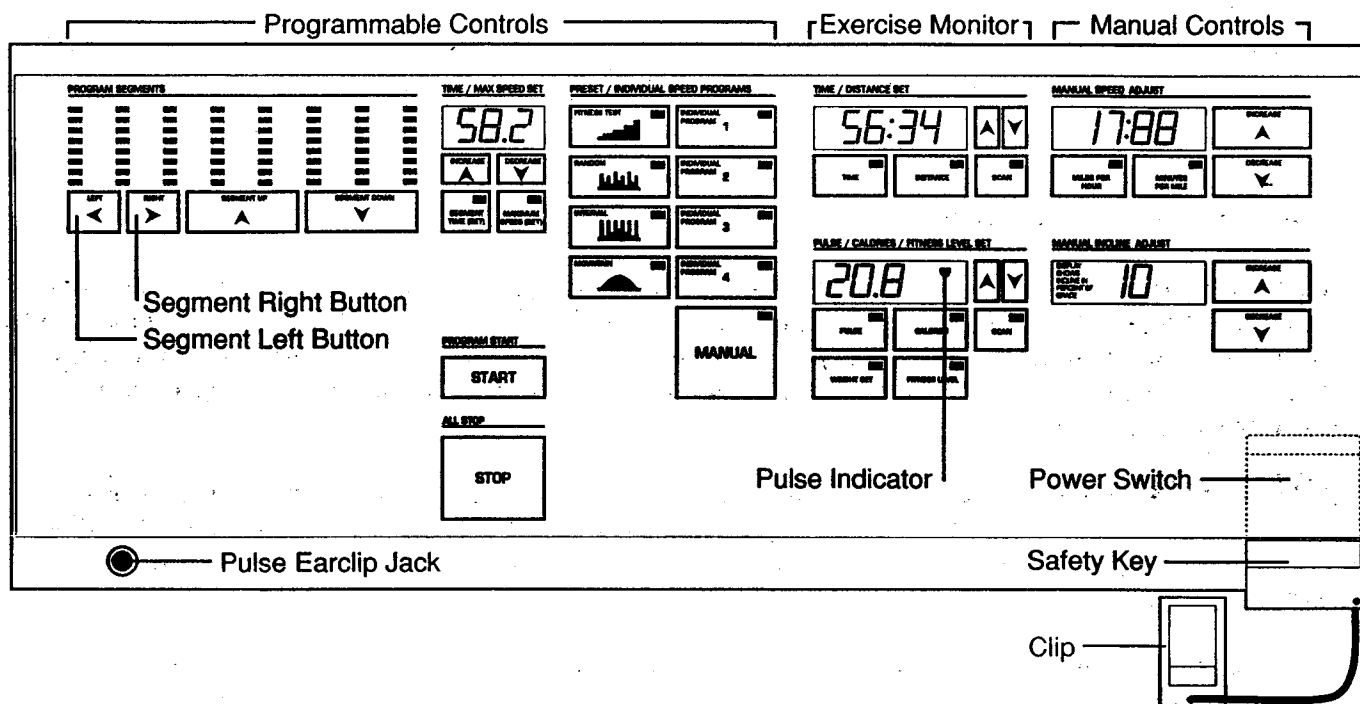
105509

MAINTENANCE-FREE WALKING PLATFORM

This treadmill features a walking platform with a specially designed hydrocarbon slip agent. **Do not apply silicone spray or any other substance to the walking platform or the walking belt.** Such substances will deteriorate the surface of the platform and cause excessive wear.

DIAGRAM OF THE TREADMILL CONSOLE

Please read these instructions carefully before operating the console. Refer to the diagram below and to the treadmill console.



TURNING THE POWER ON

Stand on the foot rails of the treadmill. **CAUTION: Do not stand on the walking belt when turning the power on.**

There is a clip attached by a cord to the safety key. Slide the clip onto the waistband of your clothing. **CAUTION: Always wear the clip when operating the treadmill. If you fall while wearing the clip, the safety key will be pulled from the console, instantly turning the power off.**

Insert the safety key into the power switch on the right side of the console. **IMPORTANT: When the safety key is first inserted after the power cord is plugged in, the treadmill will perform an automatic incline test, rising to maximum incline, and then returning to minimum.**

MANUAL TREADMILL OPERATION

When the power is turned on, the console will be in the manual mode. The walking belt will be stationary, and the incline of the treadmill will be 1.5%.

The console can display speed using either of two units of measurement: miles per hour or minutes per mile. Select the unit desired by pressing the MILES PER HOUR or MINUTES PER MILE buttons beneath the MANUAL SPEED ADJUST display. Note: If you select MINUTES PER MILE, the speed of the walking belt must be at least 2.0 miles per hour to be displayed.

The speed of the walking belt can be controlled using the INCREASE and DECREASE buttons beside the MANUAL SPEED ADJUST display. Each time one of the buttons is pressed, the speed will increase or decrease by 0.1 mile per hour. The buttons can be held down to change the speed quickly. Press the INCREASE button until the walking belt begins to move at slow speed. Hold the handrail and step carefully onto the walking belt. As you exercise, the speed of the walking belt can be changed as desired. To stop the walking belt, hold down the DECREASE button. The walking belt can be stopped quickly, if necessary, by pressing the STOP button. **CAUTION: After the INCREASE or DECREASE buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed gradually until you are familiar with the operation of the treadmill. As the INCREASE or DECREASE buttons are pressed, the display will show the selected speed setting. The display will then change to show the actual speed of the walking belt, until the belt reaches the selected speed setting.**

To vary the intensity of your exercise, the incline of the treadmill can be changed, from 1.5% to 10%. Press the INCREASE or DECREASE buttons beside the MANUAL INCLINE ADJUST display to change the incline. Each time one of the buttons is pressed, the incline will increase or decrease by 0.5%. The buttons can be held down to change the incline quickly.

PROGRAMMABLE TREADMILL OPERATION

When the console is in the programmable mode, the speed of the walking belt will be controlled automatically by programs you select. Four different preset programs are offered. In addition, an endless number of custom programs can be created. Up to four custom programs can be stored in memory.

CREATING A CUSTOM PROGRAM

Press one of the four INDIVIDUAL PROGRAM buttons. Be sure that the walking belt is fully stopped before you continue.

The first step in creating a custom program is to set a speed range for the program. Press the MAXIMUM SPEED (SET) button beneath the TIME/MAX SPEED SET display. The minimum speed the walking belt can move during a program is 1.5 miles per hour. The maximum speed the walking belt can move is set at 3 miles per hour, as shown in the display. The maximum speed setting can be changed, if desired, by pressing the INCREASE or DECREASE buttons beneath the display. Each time one of the buttons is pressed, the setting will change by 0.1 mile per hour. The buttons can be held down to change the setting quickly. The maximum speed setting can be from 2 to 10 miles per hour.

All custom and preset programs are divided into eight equal time periods, called "segments." The speed of the walking belt will change automatically at the beginning of each segment. The speed settings can be programmed on the eight vertical segments of the PROGRAM SEGMENTS display. The setting of each segment is shown by the number of bars lighted in the segment. If one bar is lighted, the segment is set for 1.5 miles per hour. If all eight bars are lighted, the segment is set for the maximum speed. If a program has not previously been created, the same number of bars will be lighted in all eight segments.

The first segment of the PROGRAM SEGMENTS display will be flashing. To program the first segment, press the SEGMENT UP or SEGMENT DOWN buttons beneath the display until the desired number of bars is lighted. Each time the SEGMENT UP button is pressed, a tone will sound and the setting will increase. Every few times the button is pressed, an additional bar will light. Each time the SEGMENT DOWN button is pressed, a tone will sound and the setting will decrease. Every few times the button is pressed, a bar will darken. The buttons can be held down to program the segment quickly. After the first segment is programmed, press the RIGHT button beneath the display. The first segment will stop flashing, and the second segment will begin to flash. Program the second segment in the same

manner as the first segment. (Segments can be programmed only when they are flashing.) Continue in this manner until all eight segments are programmed. You may wish to program the first segment for a low setting to warm up, the middle segments for higher settings, and the final segment for a low setting to cool down. The segments can be programmed in an endless variety of "profiles."

The final step in creating a custom program is to set the length of time you want each program segment to last. (All program segments will last for the same length of time.) Press the SEGMENT TIME (SET) button beneath the TIME/MAX SPEED SET display. Each segment is preset to last for 150 seconds (2.5 minutes), as shown in the display. Since there are eight segments, the program will last for a total of 20 minutes. If you wish to change the length of time each segment will last, press the INCREASE or DECREASE buttons beneath the TIME/MAX SPEED SET display. Each time one of the buttons is pressed, the length of time displayed will change by 1.0 second. The buttons can be held down to change the length of time quickly.

When you are ready to start the program, press the START button. The first segment of the PROGRAM SEGMENTS display will begin to flash, and the walking belt will begin to move at the first speed setting. Step carefully onto the walking belt and begin your workout. The time remaining in the first segment will be shown in the TIME/MAX SPEED SET display. When no time remains, the second segment will begin to flash, and the speed of the walking belt will change to the second setting. The program will continue in this manner until all eight segments have been completed. Note: The program settings can be changed while the program is running. **If you wish to stop the program before the program has ended, press the STOP button.** The console will then be in the same state as if the program had ended.

After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. The current program settings will be saved in memory. The program settings will be saved as long as the power cord remains plugged in. If the power cord is unplugged, only the preset program settings will be saved.

SELECTING A PRESET PROGRAM

Press the RANDOM, INTERVAL or MOUNTAIN buttons. (The FITNESS TEST program will be explained later.) Be sure that the walking belt is fully stopped before you continue.

Set a speed range for the program. This should be done in the same manner as for a custom program.

The eight speed settings of the selected program will be shown on the PROGRAM SEGMENTS display. If desired, the setting of any segment can be changed. Press the RIGHT or LEFT buttons beneath the display until the segment you want to change begins to flash. Press the SEGMENT UP or SEGMENT DOWN buttons beneath the display to change the setting of the segment.

Next, set the length of time you want each program segment to last. This should be done in the same manner as for a custom program.

When you are ready to start the program, press the START button. The program will run in exactly the same manner as a custom program.

After the program has ended, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL button. Although the settings of a preset program can be changed, any changes made to the settings of the segments will not be saved in memory.

SELECTING THE FITNESS TEST PROGRAM

Press the FITNESS TEST button.

When the FITNESS TEST program is selected, the console will control both the speed and the incline of the treadmill. The settings of this program are preset, and cannot be changed.

Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the INCREASE or DECREASE buttons beside the display to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1.0 pound. The buttons can be held down to enter your weight quickly.

Next, press the FITNESS LEVEL button. The display will show a zero until the program has started.

When you are ready to start the program, press the START button. When the walking belt begins to move, step carefully onto the walking belt and begin your workout. As you exercise, the speed and incline of the treadmill will gradually increase. When you are exercising as hard as you can **without discomfort**, press the STOP button. Your fitness level will be displayed in the PULSE/CALORIES/FITNESS LEVEL SET display.

EXERCISE MONITOR OPERATION

The console features an electronic exercise monitor, designed to provide you with instant feedback on your performance as you exercise. You can choose from nine different modes, and change modes at any time. Indicators on the mode buttons will show which modes are currently displayed. Modes can be selected in the following manner:

TIME: Press the TIME button beneath the TIME/DISTANCE SET display. As you exercise, the elapsed time will be displayed.

TIME GOAL: Press the TIME button beneath the TIME/DISTANCE SET display. Next, press the INCREASE button beside the display to set the length of time you plan to exercise. Each time the button is pressed, the time displayed will change by 10 seconds. The button can be held down to set a time goal quickly. As you exercise, the time will be counted down. When no time remains, a tone will sound. Note: The TIME and TIME GOAL modes cannot be selected at the same time. Set time goals only when the console is in the manual mode. When the console is in the programmable mode, a time goal will be set automatically.

DISTANCE: Press the DISTANCE button beneath the TIME/DISTANCE SET display. As you exercise, the distance you have traveled will be displayed.

DISTANCE GOAL: Press the DISTANCE button beneath the TIME/DISTANCE SET display. Next, press the INCREASE button beside the display to set the distance you plan to travel during your workout. Each time the button is pressed, the distance displayed will change by 0.1 mile. The button can be held down to set a distance goal quickly. As you exercise, the distance will be counted down. When the goal is completed, a tone will sound. Note: The DISTANCE and DISTANCE GOAL modes cannot be selected at the same time.

TIME/DISTANCE SCAN: Press the SCAN button beneath the TIME/DISTANCE SET display. As you exercise, the TIME (or TIME GOAL) and DISTANCE (or DISTANCE GOAL) modes will both be displayed in a repeating cycle.

PULSE: Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Plug the pulse earclip into the jack on the left side of the console, and attach the earclip to your left ear lobe. Slide the clothes clip onto your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip. It may be helpful to stop exercising briefly while you measure your pulse.

PULSE GOAL: Press the PULSE button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Next, press the INCREASE or DECREASE buttons beside the display to set a maximum heart rate limit for your workout. The maximum heart rate limit can be from 60 to 220 beats per minute. (See **CONDITIONING GUIDELINES** in this manual.) Each time one of the buttons is pressed, the heart rate displayed will change by 1 beat per minute. The buttons can be held down to set a maximum heart rate limit quickly. The pulse earclip must be plugged into the jack on the left side of the console, and attached to your left ear lobe. The clothes clip should be attached to your collar to prevent excessive movement of the earclip wire. When your pulse is detected, the pulse indicator beside the display will flash on and off. After a few seconds, your heart rate will be displayed. If your heart rate ever rises above the maximum heart rate limit you set, a warning tone will sound until your heart rate subsides. **Note:** If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.

CALORIES: For the most accurate feedback, your weight should be entered into the console before this mode is selected. Press the WEIGHT SET button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. Press the INCREASE or DECREASE buttons beside the display to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 1.0 pound. The buttons can be held down to enter your weight quickly. Next, press the CALORIES button beneath the display. As you exercise, the total number of Calories you have expended will be displayed.

PULSE/CALORIES SCAN: Press the SCAN button beneath the PULSE/CALORIES/FITNESS LEVEL SET display. As you exercise, the PULSE (or PULSE GOAL) and CALORIES modes will both be displayed in a repeating cycle.

TURNING THE POWER OFF

Stand on the foot rails of the treadmill. Remove the safety key from the console. **IMPORTANT:** Always remove the safety key when you finish your workout. The key can be stored in a secure location to prevent unauthorized persons from turning the power on.

MAINTENANCE AND TROUBLE-SHOOTING

Check all parts periodically to ensure that they are tightened securely. Outside surfaces of the treadmill can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the console.

WALKING BELT ADJUSTMENT

The walking belt should always be kept centered on the walking platform. If the belt shifts to the right or left sides of the platform, the belt may be damaged by the roller guard screws. The belt can be adjusted using the rear roller adjustment bolts and the allen wrench included. (The allen wrench can be stored on the frame using the self-adhesive wrench clip.) **CAUTION: ALWAYS TURN THE POWER OFF BEFORE ADJUSTING THE WALKING BELT.**

IF THE WALKING BELT HAS SHIFTED TO THE LEFT: TURN THE POWER OFF. Turn the left adjustment bolt clockwise, and the right adjustment bolt counterclockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

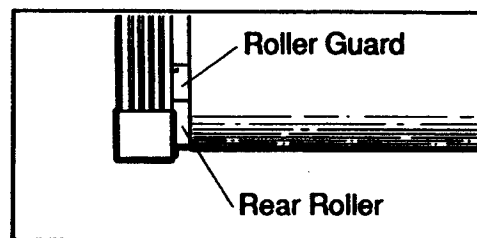
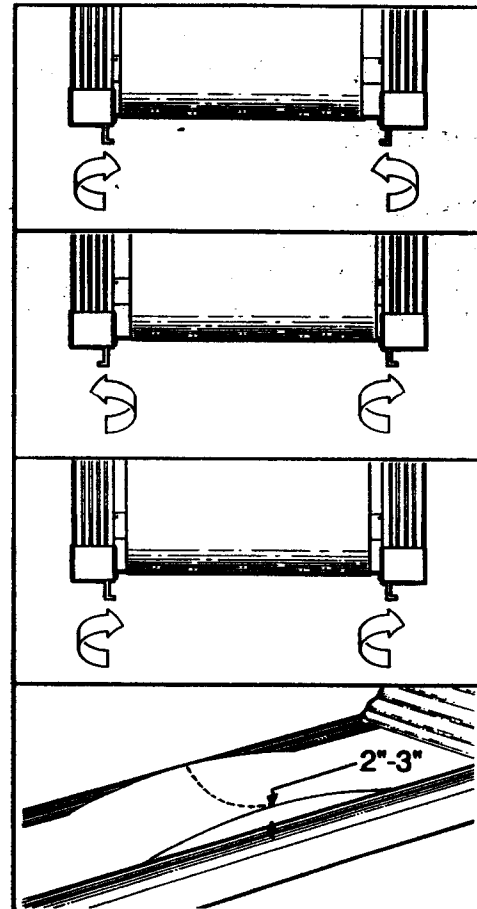
IF THE WALKING BELT HAS SHIFTED TO THE RIGHT: TURN THE POWER OFF. Turn the left adjustment bolt counterclockwise, and the right adjustment bolt clockwise, 1/4 of a turn each. Turn the power on. Repeat as necessary until the belt is centered.

IF THE WALKING BELT SLIPS DURING USE: TURN THE POWER OFF. Turn both adjustment bolts clockwise 1/4 of a turn. Turn the power on. Repeat as necessary until the belt does not slip. Be careful not to overtighten the bolts. Overtightening can stretch the belt, cause excessive roller noise, and reduce motor performance.

To check the walking belt for proper tension, **TURN THE POWER OFF**, and lift the edges of the walking belt. You should be able to lift each edge 2-3 inches off the walking platform. The center of the belt should remain just at the surface of the platform.

ROLLER GUARD ADJUSTMENT

The rear edge of the roller guards should be 1/8 inch from touching the rear roller. To adjust the roller guards, loosen the screws in the roller guards, slide the roller guards forward or backward, and retighten the screws.

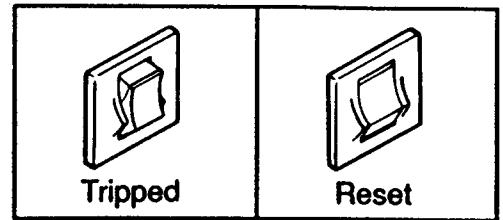


PULSE EARCLIP

If the pulse earclip does not function properly, the earclip should be cleaned. Press the earclip open, and wipe the small, clear circles inside using a cotton swab saturated with denatured alcohol.

CIRCUIT BREAKER

If the treadmill stops or will not start, check the circuit breaker located on the front of the frame near the power cord. The circuit breaker is designed to protect the electrical system. If the circuit breaker has tripped, the switch will protrude as shown. To reset the circuit breaker, allow the treadmill to cool for a few minutes and then push the switch back in.



CONSOLE ERRORS

If a console malfunction occurs, an error code may appear on the console. Four backward E's on the MANUAL SPEED ADJUST display indicate a speed sensor error. Two backward E's or a PO on the MANUAL INCLINE ADJUST display indicate an incline sensor error or a power error. If an error code appears, try removing and then reinserting the safety key to solve the problem. If the error code appears again, call our Customer Service Department, toll-free, at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time. Do not operate the treadmill until the problem is corrected.

STORAGE

Always unplug the power cord when storing the treadmill. Loosen the upright knobs on the sides of the upright and lower the upright to the horizontal position on the walking belt. Store the treadmill in a cool, dry location out of direct sunlight. The treadmill can be moved by lifting the back end of the frame and either pushing or pulling the treadmill on the front wheels.

CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal fitness program. Remember that adequate rest and good nutrition are essential to the success of any fitness program. **Before beginning this or any exercise program, consult your physician.**

EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found using the heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is called your "training zone." You can find your training zone by consulting the table below. Training zones are listed for both conditioned and unconditioned persons, according to age. Find the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)	AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program, keep your heart rate near the low end of your training zone. Over the course of a few months, gradually increase your heart rate until it is near the high end of your training zone. You can find your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is above your training zone, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity.

WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20-30 minutes of training zone exercise, and a cool-down.

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching will provide a good warm-up.

After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes.

Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

PART LIST- Model No. IM393310

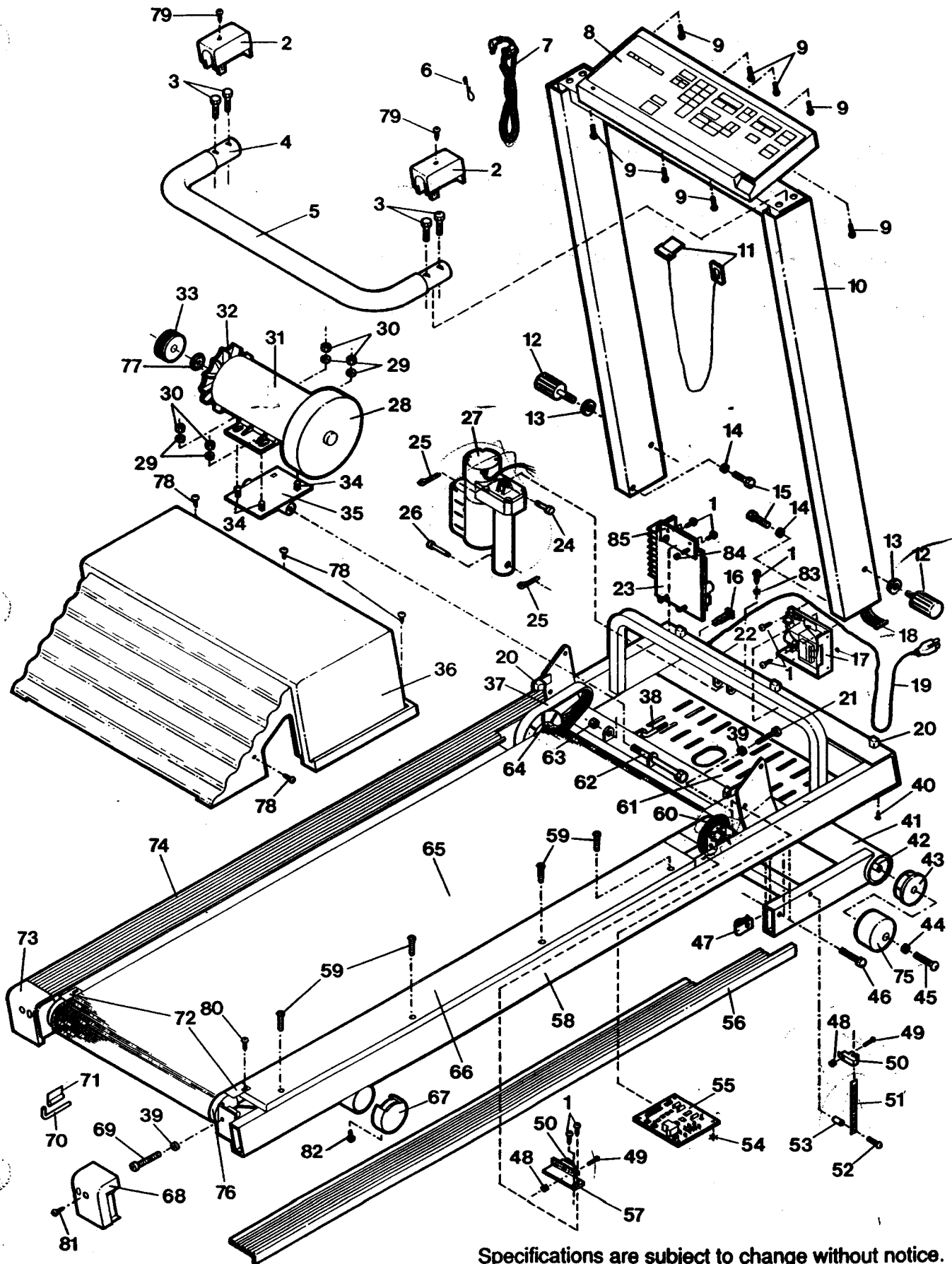
Rev. 9/91

Key No.	Qty.	Description.	Key No.	Qty.	Description
1	8	Small Screw	44	2	Wheel Washer
2	2	Upright Cap	45	2	Wheel Bolt
3	4	Handrail Bolt	46	2	Incline Leg Bolt
4	1	Handrail/Foam	47	2	U-Nut
5	1	Handrail Foam	48	2	Small Nut
6	1	Clothes Clip	49	2	Small Bolt
7	1	Pulse Earclip	50	2	Photo Interrupt Switch
8	1	Console	51	1	Incline Ladder
9	10	Console Screw	52	1	Ladder Bolt
10	1	Upright	53	1	Spacer
11	1	Safety Key/Clip	54	4	Plastic Standoff
12	2	Upright Knob	55	1	Interface Board
13	2	Knob Washer	56	1	Right Foot Rail
14	2	Upright Washer	57	1	Bracket
15	2	Upright Bolt	58	1	Frame
16	1	Circuit Breaker	59	8	Platform Bolt
17	1	Power Board	60	1	Speed Encoder
18	1	Wire Harness	61	1	Safety Cover
19	1	Power Cord	62	1	Swivel Bolt
20	5	Hood Mount Anchor	63	1	Swivel Nut
21	1	Front Roller Adjustment Bolt	64	1	Front Roller/Pulley
22	1	Grommet	65	1	Walking Belt
23	1	Controller	66	1	Walking Platform
24	1	Short Lift Motor Pin	67	2	Rear Leg Endcap
25	2	Cotter Pin	68	1	Right Endcap
26	1	Long Lift Motor Pin	69	2	Rear Roller Adjustment Bolt
27	1	Lift Motor	70	1	Allen Wrench
28	1	Flywheel	71	1	Wrench Clip
29	4	Motor Mount Washer	72	2	Roller Guard
30	4	Motor Mount Nut	73	1	Left Endcap
31	1	Motor	74	1	Left Foot Rail
32	1	Fan	75	2	Front Wheel
33	1	Motor Pulley	76	1	Rear Roller
34	3	Motor Mount Bolt	77	1	Fan Pushnut
35	1	Motor Mount	78	5	Hood Screw
36	1	Motor Hood/Decal	79	2	Upright Cap Screw
37	1	Belt	80	2	Roller Guard Screw
38	1	J-Bolt	81	2	Endcap Screw
39	3	Adjustment Washer	82	2	Rear Leg Screw
40	14	Plastic Fastener	83	2	Ground Washer
41	1	Incline Leg	84	2	Controller Nut
42	1	Leg Shaft	85	1	Controller Plate
43	2	Bushing	#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING- Model No. IM393310

Rev. 9/91



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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). When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (IM393310).
2. The NAME of the product (Image 933 treadmill).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) from page 14 of this manual.
5. The DESCRIPTION of the part(s) from page 14 of this manual.

If possible, place the treadmill near your telephone for easy reference when calling.