

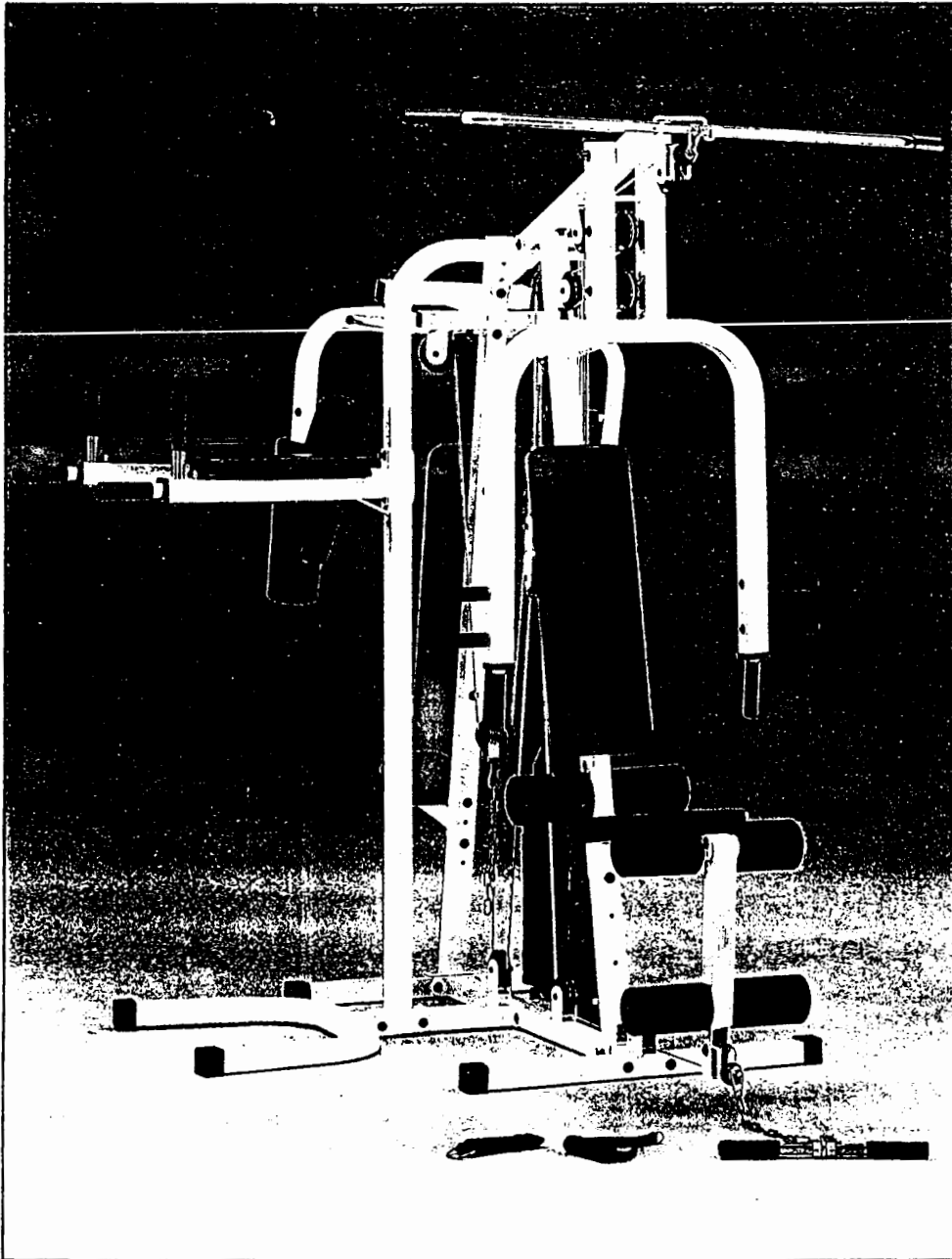
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# IMAGE 510V

## AND IMAGE 510

### Home Trainer

#### OWNER'S MANUAL



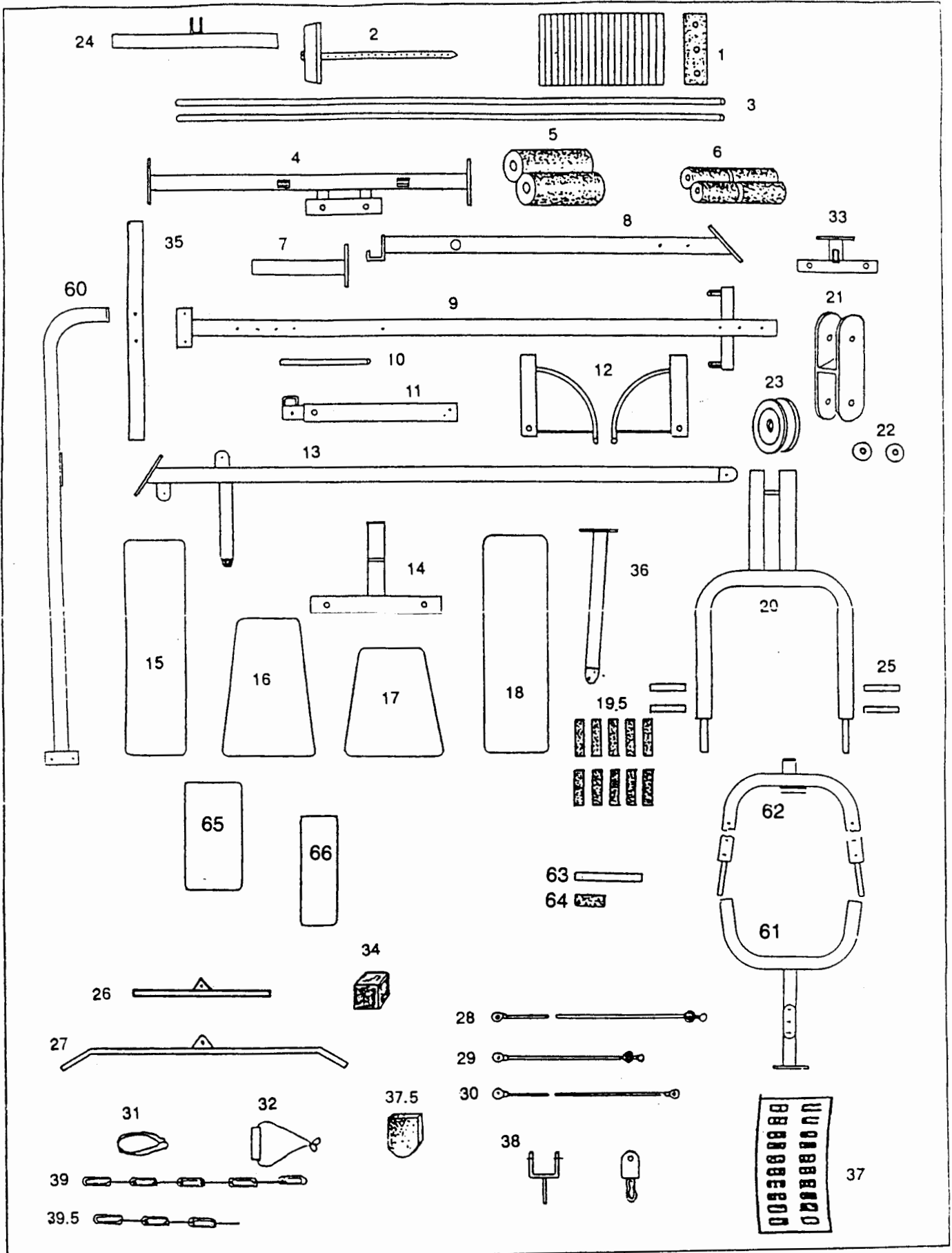
## IMAGE 510V PARTS LIST

PART	PART NAME	QUANTITY	CARTON
1	Weight Plate 10 lbs.	18 stacks	3,4,5
1	Weight Plate 10 lbs.	1 stack	2
2	Top Plate w/Guide Pin	1 pc	1
3	Guide Rod	2	1
4	Center Base	1	2
5	Pec Deck Pads	2	2
6	Foam Pads, Leg Extension Bar	6	2
7	Pec Deck Beat Bar	1	2
8	Top Cross Beam	1	2
9	Right Veticle Beam	1	1
10	Pad Holders	3	2
11	Leg Extension	1	1
12	Pec Deck Arms	2	2
13	Left Veticle Beam	1	1
14	Pec Deck Assembly	1	2
15	Back Rest for Press Bar	1	1
16	Large Seat for Press Bar	1	1
17	Small Seat for Pec Deck	1	1
18	Back Rest for Pec Deck	1	1
19	Foam Hand Grips	12	2
19.5	Rubber Hand Grips	4	2
20	Press Bar	1	1
21	Floating Pulley Block	1	2
22	Rubber Donut	2	2
23	Pulley	16	2
24	Left Bass	1	2
25	Press Bar Handle	4	2
26	Curling Bar	1	2
27	Lat Bar	1	1
28	* Cable, Top Cable 186"L	1	3
29	Cable, Lower Leg Extension 130" L	1	3
30	Cable, Pec Deck 98"L	1	3
31	Ankle Strap	1	2
32	Single Handle	1	2
33	Guide Rod Holder	1	2
34	Rubber End Caps 2"	6	2
35	Right Base	1	2
36	Left Seat Bar	1	2
37	Weight Lbs. Stickers	1	2
37.5	Pec Deck Stopper	1	2
38	Pulley Bracket	1	2
39	Chain for Curl Bar 20"L	1	2
39.5	Chain for Pulley Bracket 12"L	1	2

### HARDWARE KIT

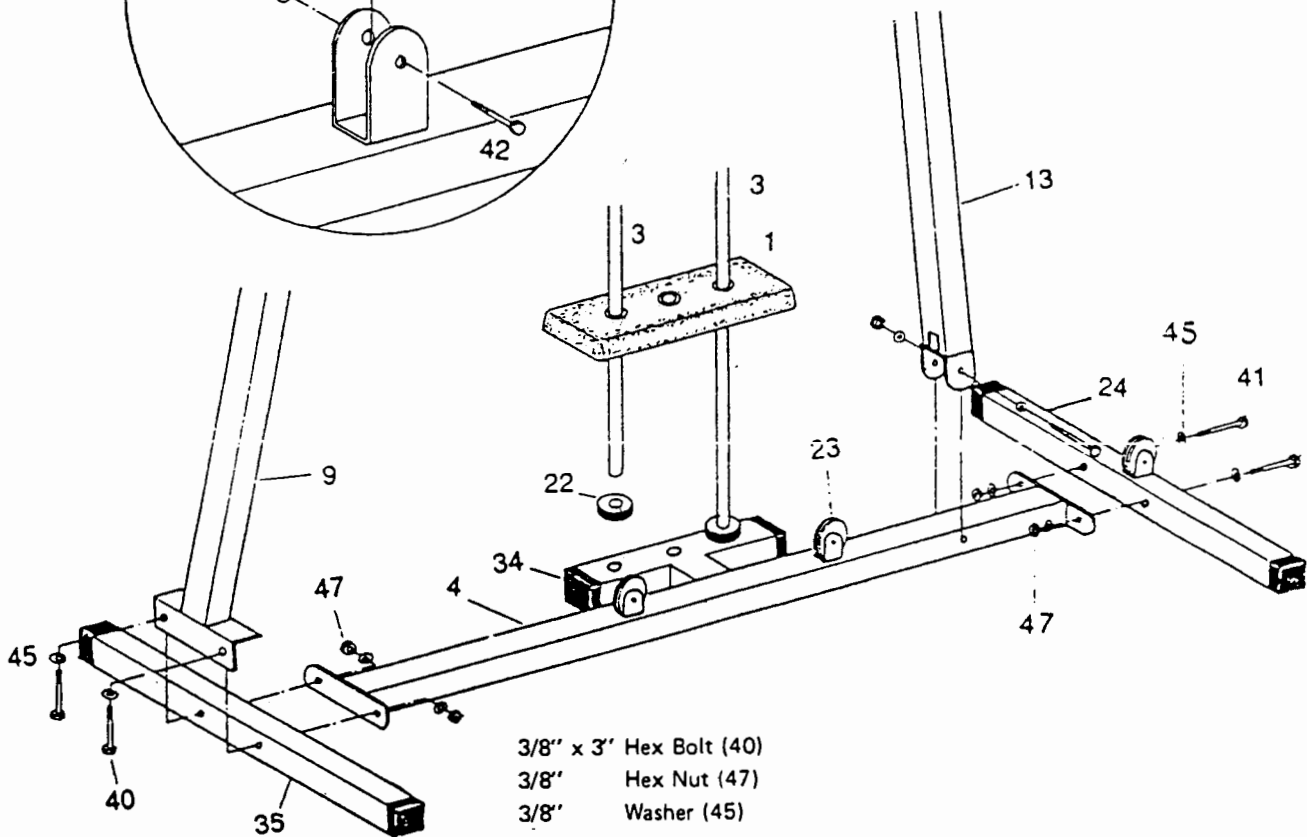
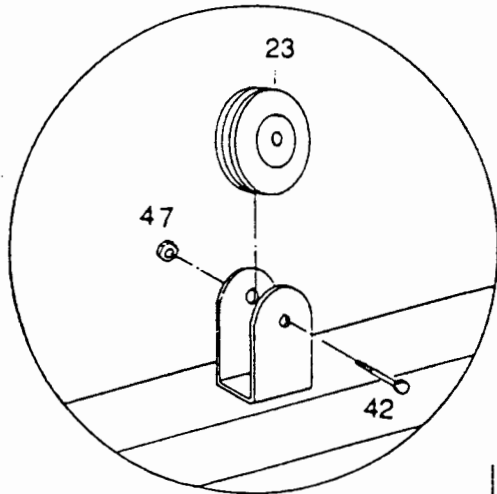
PARTS	PART DESCRIPTION	QUANTITY	
40	Hex Bolt 3/8" x 3"	12	
41	Hex Bolt 3/8" x 2-3/4"	22	
42	Hex Bolt 3/8" x 2"	14	
43	Hex Bolt 3/8" x 7-1/4"	2	
44	Hex Bolt 8mm x 3/4"	14	
45	Washer 3/8" I.D.	58	
45.5	Washer 1/2" I.D.	4	
46	Washer 5/8" I.D.	2	
46.5	Washer 8mm	10	
47	Hex Nut 3/8"	37	
48	Hex Nut 1/2"	10	
48.5	Hex Nut 8mm	2	
49	Insert Pin-4"	1	
50	L Pin	1	
51	Plastic Pipe Ends-Round-1"	14	
52	Plastic Pipe Ends-Square-2"	9	
53	Plastic Pipe Ends-Square-1-1/2"	6	
54	Press Bar Bumper	1	
55	Pivot Pin-Press Station-6-1/4"	1	
56	Pivot Pin-Leg Extension-3-1/2"	1	
59	Rowing Hooks	4	
59-1	Plastic Pipe Ends 2" x 1-1/4"-VKR + Press Bar Arms	2	
60	Veticle Beam for VKR 510V ONLY	1	1
61	Main Base for VKR 510V ONLY	1	1
62	Top Base for VKR 510V ONLY	1	1
63	Long Handle for VKR 510V ONLY	2	2
64	Large Hand Grips for VKR 510V ONLY	2	2
	Small Hand Grips for VKR 510V ONLY	1	1
		1	1

# PARTS DRAWINGS



3/8" x 2" Hex Bolt (42)  
 3/8" Hex Bolt (47)

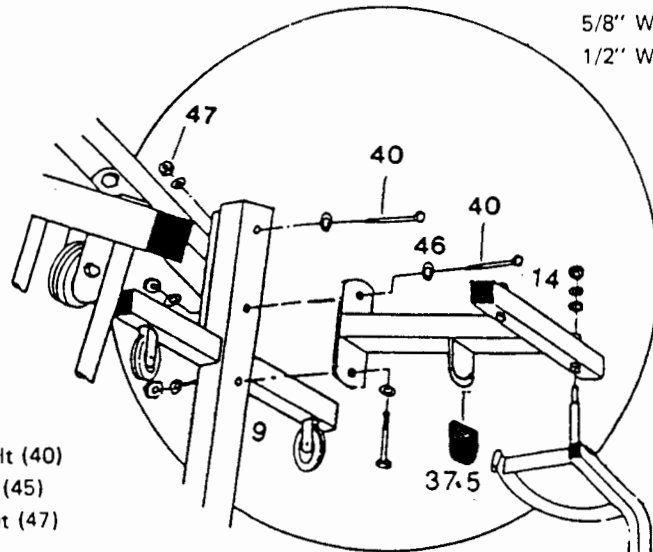
3/8" x 2 3/4" Hex Bolts (41)  
 3/8" Washers (45)  
 3/8" Hex Nut (47)



3/8" x 3" Hex Bolt (40)  
 3/8" Hex Nut (47)  
 3/8" Washer (45)

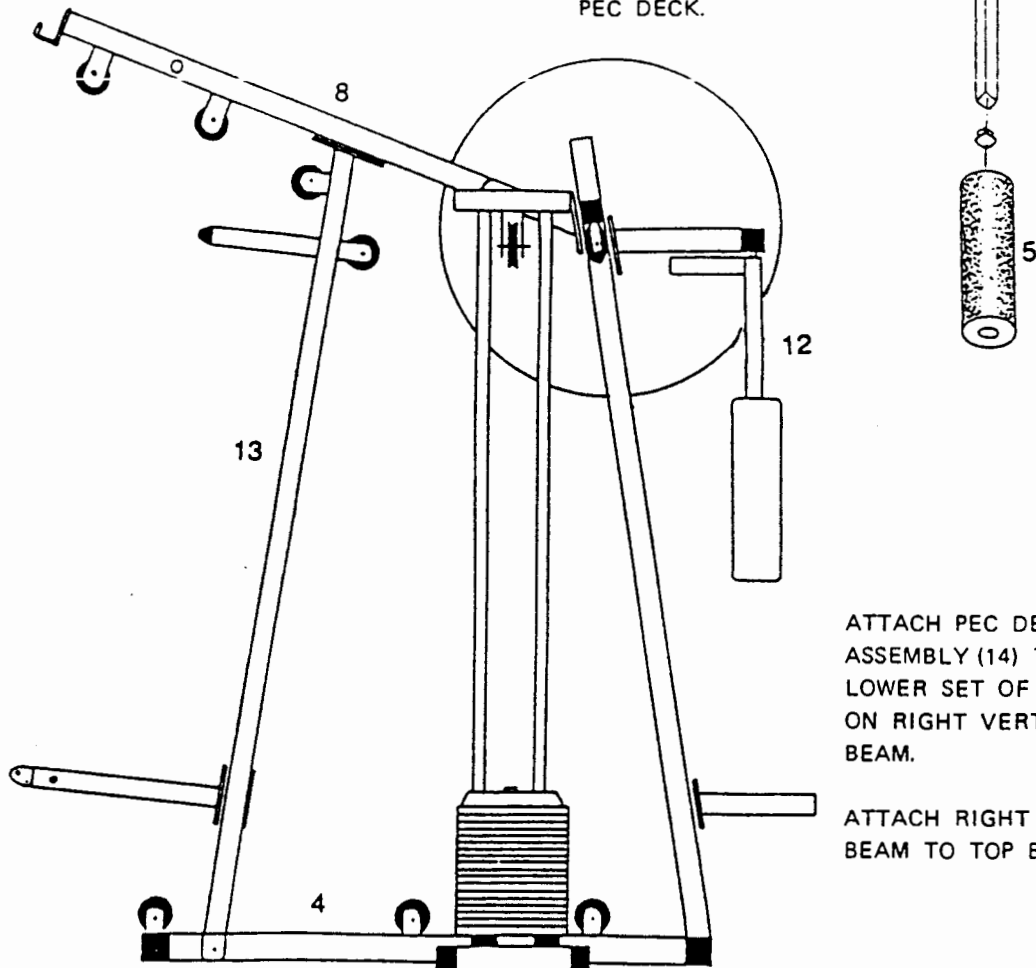
ATTACH LEFT BASE (24) TO CENTER BASE (4). ATTACH RIGHT BASE (35) AND RIGHT VERTICAL BEAM (9) TO CENTER BASE. SLIDE GUIDE RODS (3) THRU RUBBER DO NUTS (22) AND INTO BASE. SLIDE EACH WEIGHT PLATE (1) OVER GUIDE RODS. PLACE RUBBER END CAPS (34) ON EACH CORNER OF BASE. PLACE 2" SQUARE PIPE ENDS IN OPEN ENDS OF BASE BELOW WEIGHT STACK. ATTACH WEIGHT STICKERS TO WEIGHT PLATES.

1/2" Hex Nut (48)  
 5/8" Washer (45.5)  
 1/2" Washer (45)



3/8" x 3" Hex Bolt (40)  
 3/8" Washer (45)  
 3/8" Hex Nut (47)

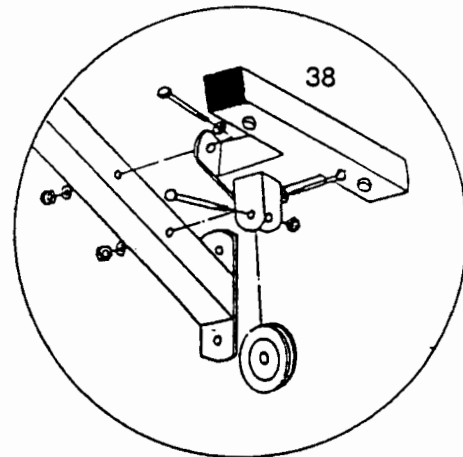
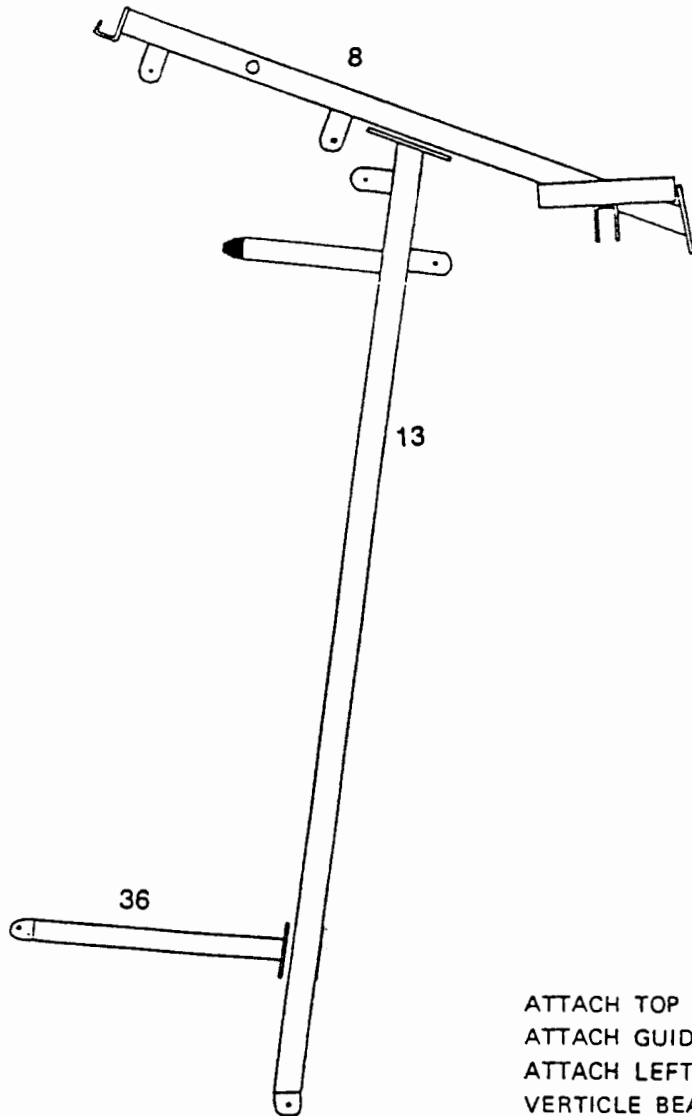
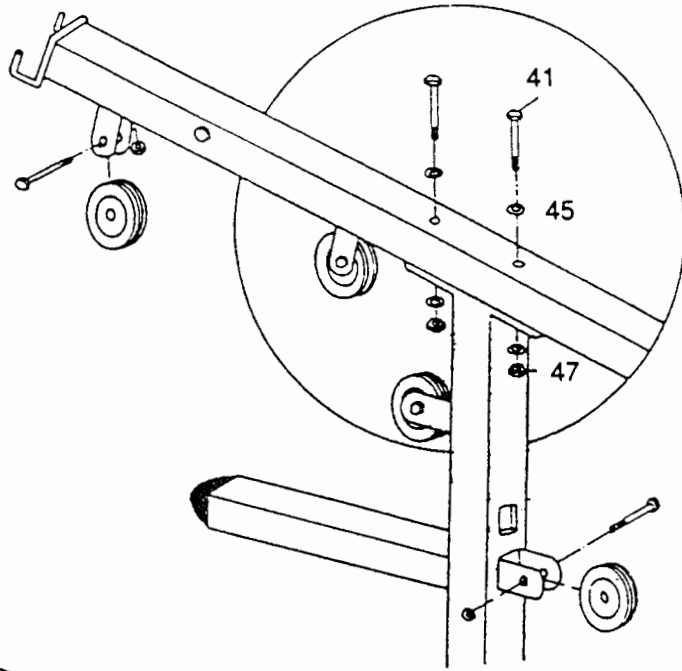
NOTE: USE LOWER SET OF HOLES TO ATTACH PEC DECK.



ATTACH PEC DECK ASSEMBLY (14) TO LOWER SET OF HOLES ON RIGHT VERTICLE BEAM.

ATTACH RIGHT VERTICLE BEAM TO TOP BEAM.

3/8" x 2 3/4" Hex Bolt (41)  
 3/8" Washer (45)  
 3/8" Hex Nut (47)



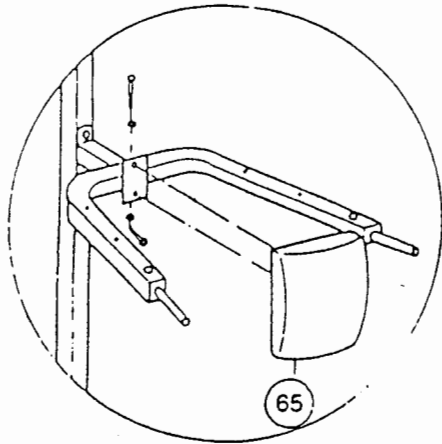
3/8" x 2 3/4" Hex Bolt (41)  
 3/8" Hex Nut (47)  
 3/8" Washer (45)

ATTACH TOP BEAM (8) TO LEFT VERTICLE BEAM.  
 ATTACH GUIDE BAR HOLDER (33) TO TOP BEAM.  
 ATTACH LEFT BEAM SEAT SUPPORT (36) TO LEFT  
 VERTICLE BEAM.

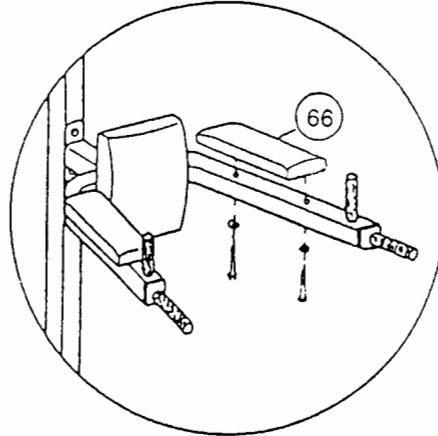
VKR

ASSEMBLY INSTRUCTIONS

FOR MODEL 510V ONLY

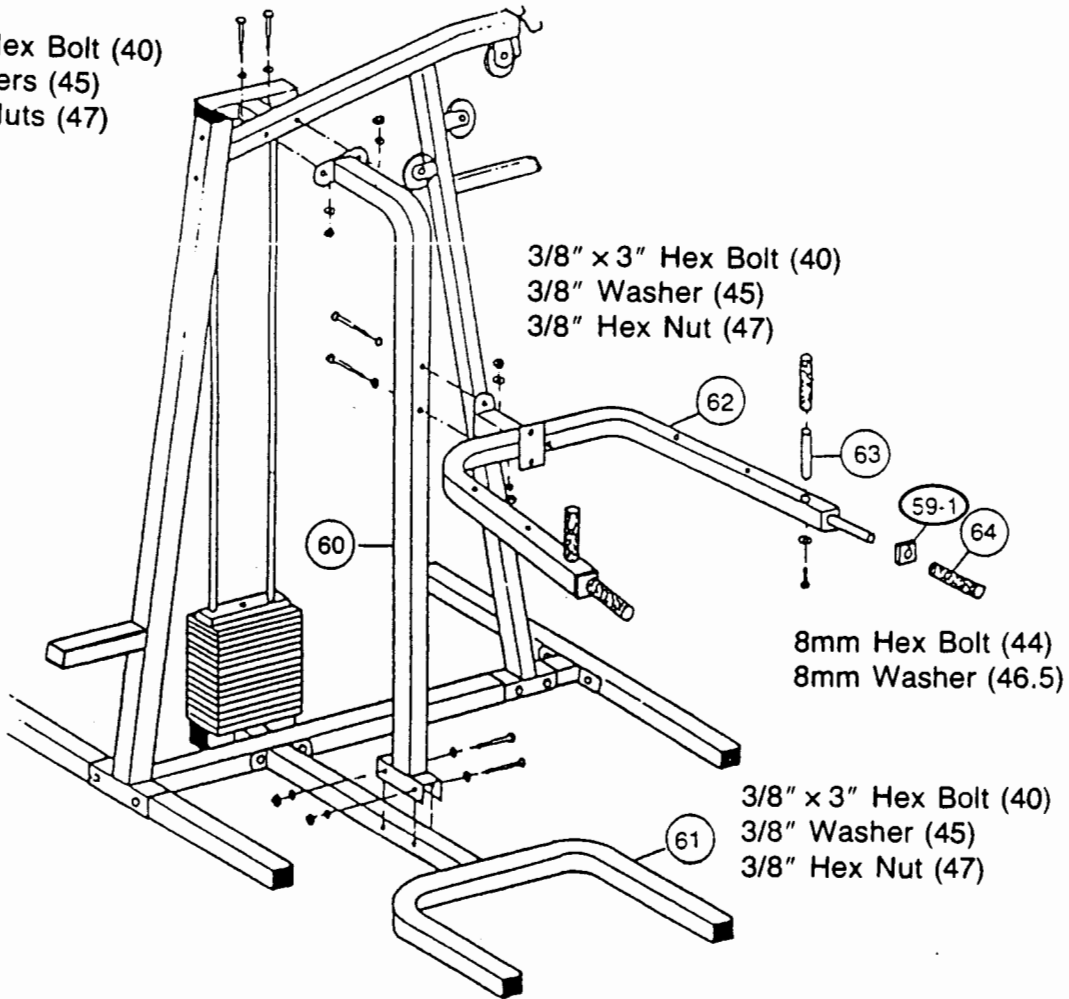


8mm Hex Bolt (44)  
8mm Washer (46.5)



3/8" x 2 3/4" Hex Bolt (41)  
3/8" Washer (45)

3/8" x 3" Hex Bolt (40)  
3/8" Washers (45)  
3/8" Hex Nuts (47)

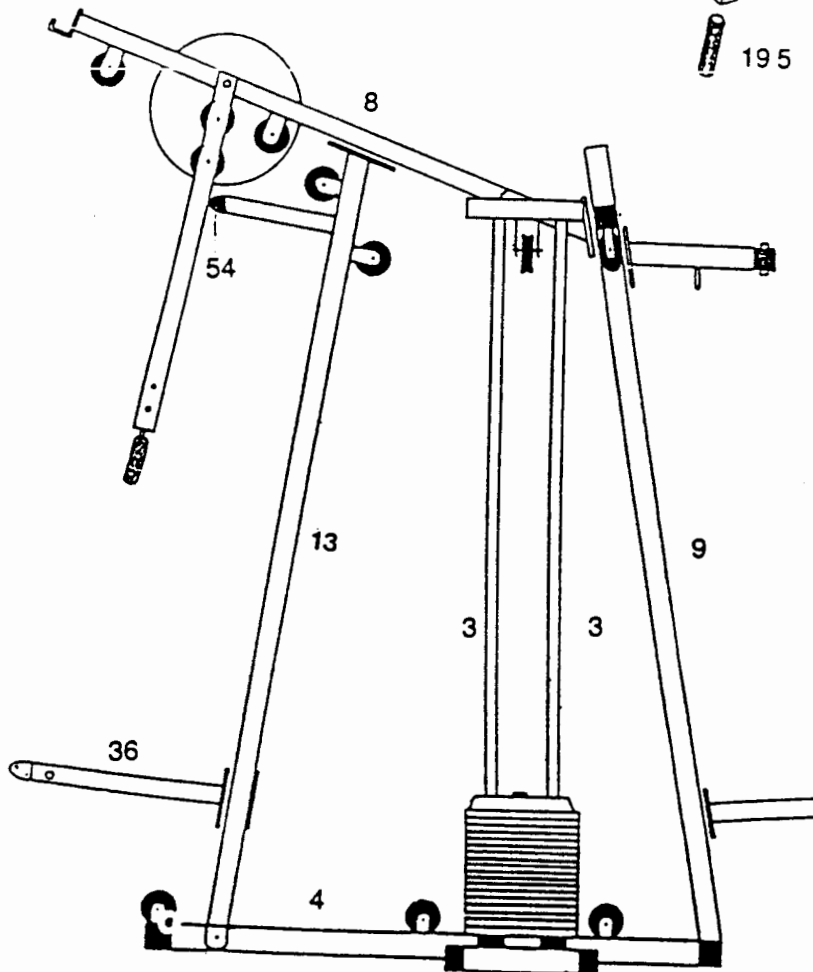
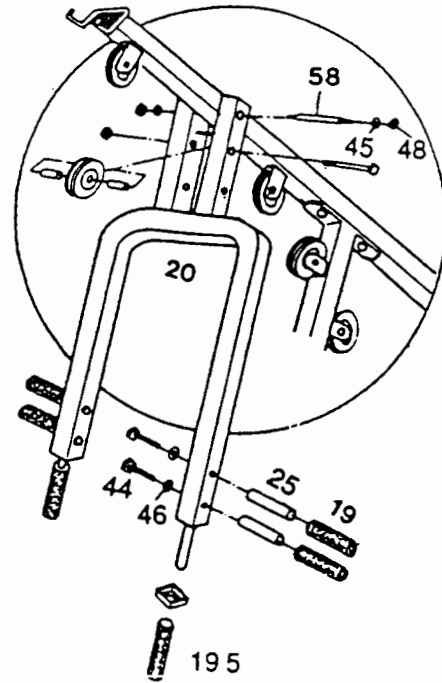


Attach Vertical Beam for VKR (60) to Top Beam and Main Base for VKR. Attach Top Base for VKR (62) to Vertical Beam for VKR. Attach Back Rest for VKR (65) Attach Elbow Rests for VKR (66) Attach Long Handles (63) and then Hand Grips (19) Attach Plastic Pipe Ends (59-1) and then Large Hand Grips for VKR (64) to Top Base.

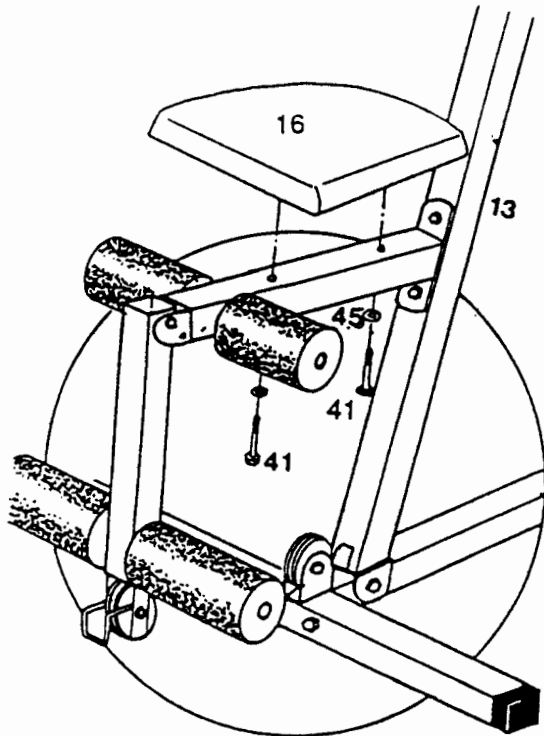
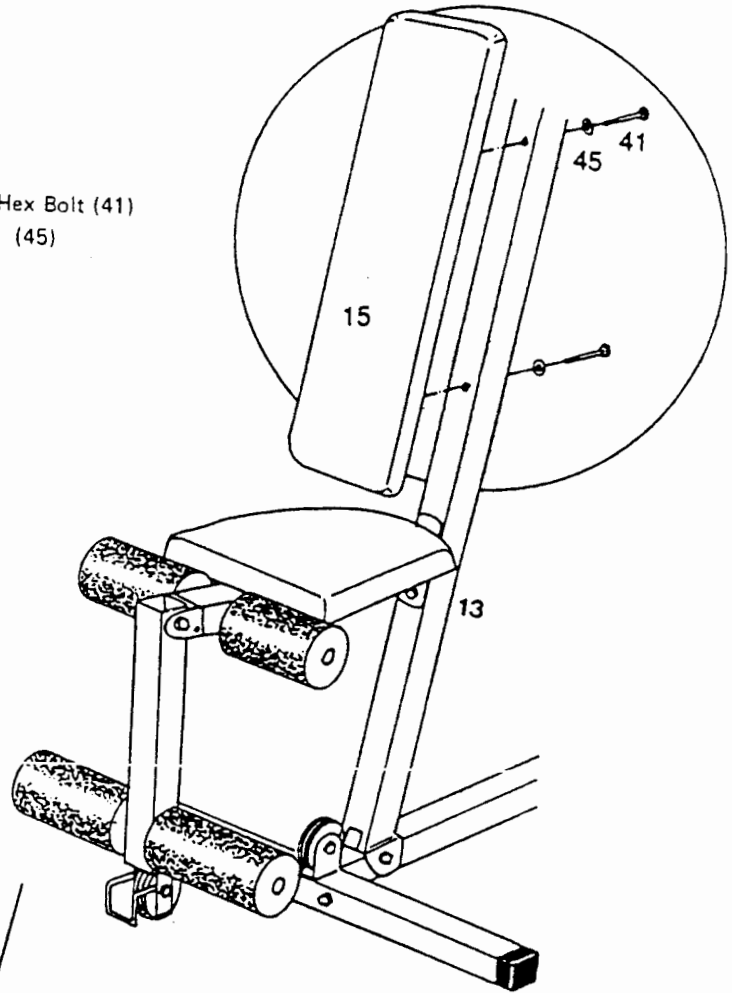
ATTACH PRESS BAR (20) TO TOP BEAM (8) USING 6 1/4" PIVOT PIN (55). ATTACH PRESS BAR HANDLES (25) USING HARDWARE SHOWN. SLIP FOAM HANDLE GRIPS (19) ON FOUR HORIZONTAL HANDLES ON PRESS BAR. SLIP RUBBER HANDLE GRIPS (19.5) ON TWO VERTICAL HANDLES (USE SOAPY WATER TO ASSIST SLIDING ON GRIPS). INSERT ROUND PLASTIC PIPE ENDS (51) INTO ENDS OF ALL HANDLES. SCREW PRESS BAR BUMPER (54) INTO LEFT VERTICAL BEAM.

1/2" Hex Nut (48)  
 6 1/4" Pivot Pin (58)  
 1/2" Washer (45)

8mm x 3/4" Hex Bolt (44)  
 3/8" Washer (46)



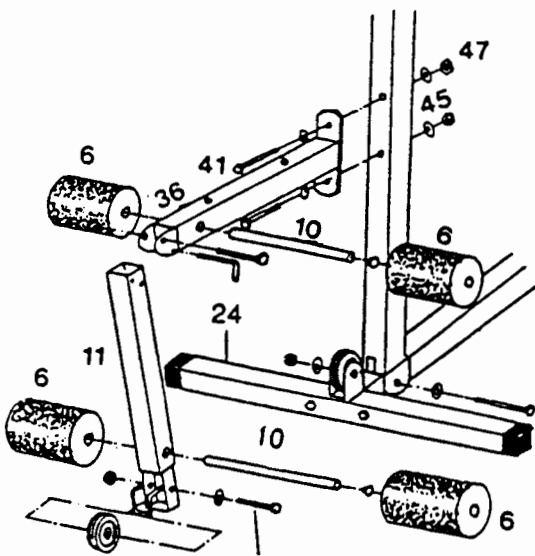
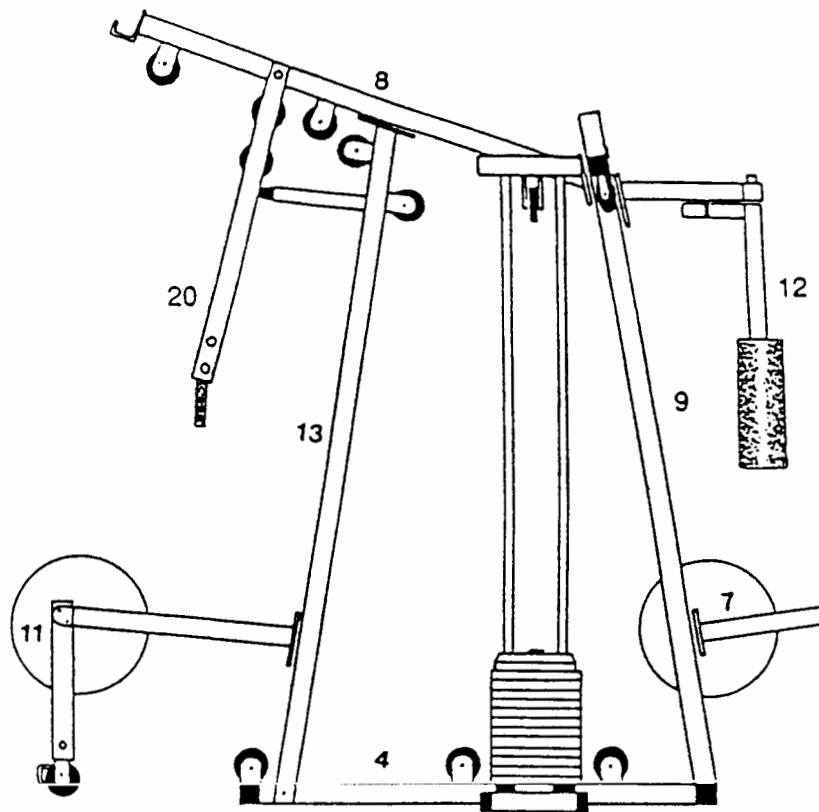
3/8" x 2 3/4" Hex Bolt (41)  
3/8" WASHER (45)



3/8" x 2 3/4" Hex Bolt (41)  
3/8" Washer (45)

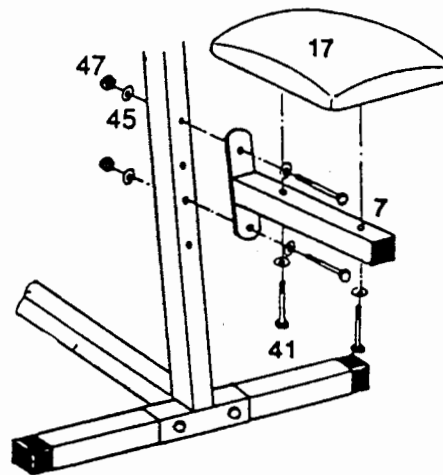
3/8" x 2" Hex Bolt (42)  
3/8" Hex Nut (47)

ATTACH BOTH SETS SEATS AND BACKS AS SHOWN.



3/8" x 2" Hex Bolt (42)  
 3/8" Hex Nut (47)  
 3/8" Washer (45)

L Pin (50)



3/8" x 2 3/4" Hex Bolt (41)  
 3/8" Hex Nut (47)  
 3/8" Washer (45)

ATTACH LEG EXTENSION BAR (11) TO LEFT SEAT BAR (36) ATTACH LEFT SEAT BAR TO LEFT VERTICLE BEAM. ATTACH RAD HOLDERS (16) AND FOAM PADS (6) USING HANDLE BOLTS (57). ATTACH RIGHT SEAT BAR (7) TO RIGHT VERTICLE BEAM (9). INSERT PLASTIC PIPE ENDS (51) IN ENDS OF PAD HOLDERS.

