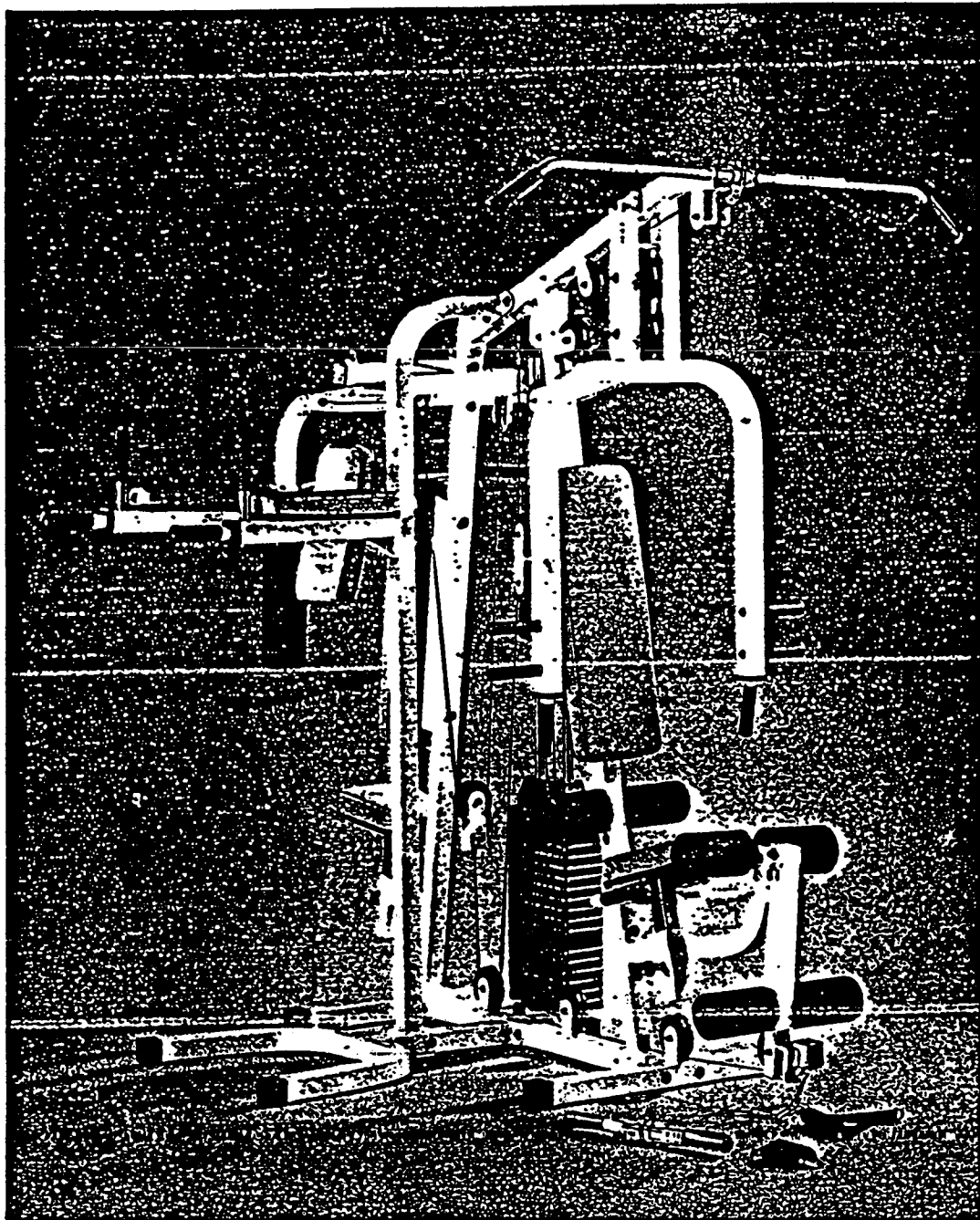


IMAGE 512

Home Trainer

OWNER'S MANUAL



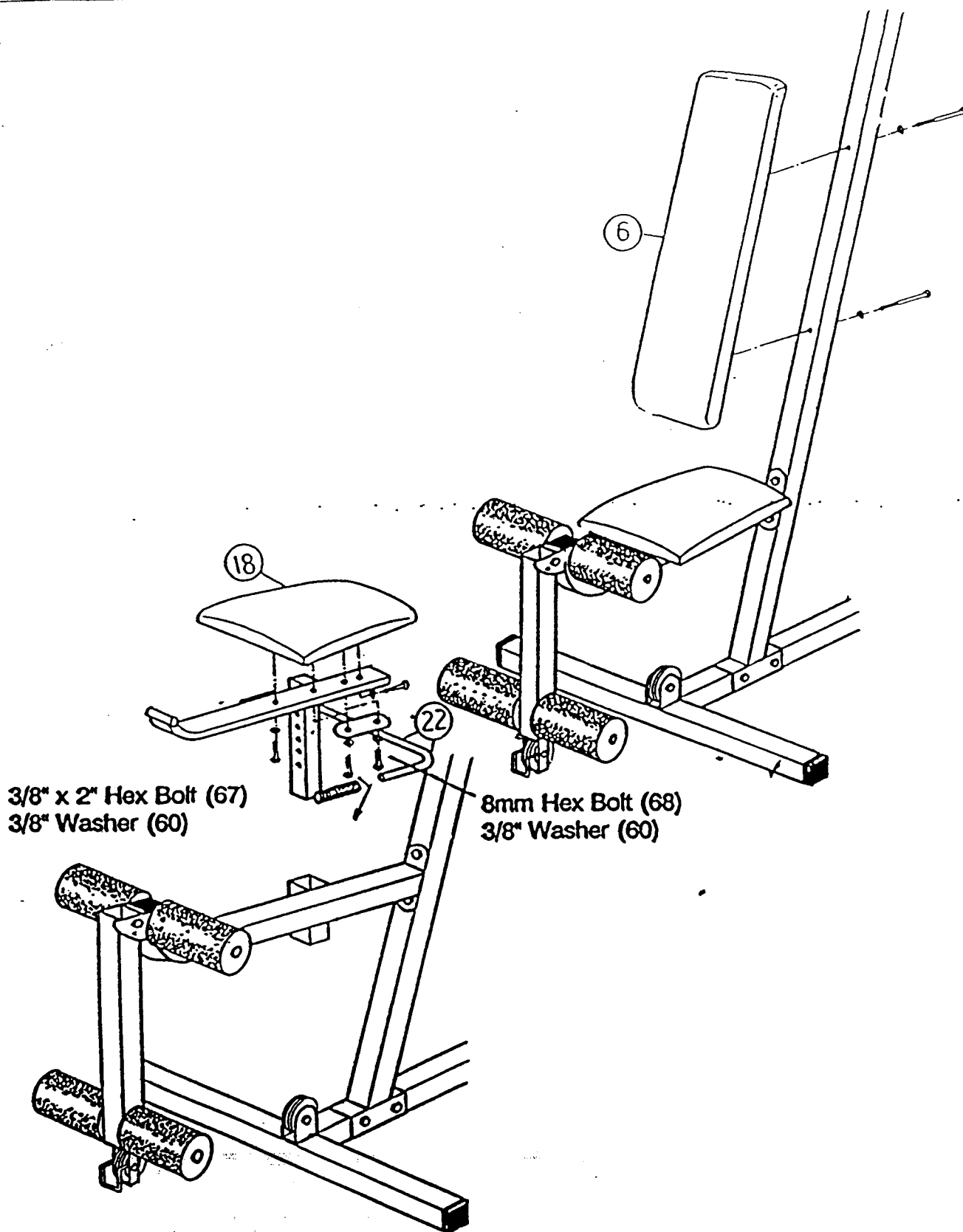
IM512

Cable lengths and descriptions

Pec-deck cable	99.5" long (loop, loop)
Lat cable	186" long (loop, ball, bolt)
Leg cable	141.5" (loop, ball, loop)

1/8 6/16

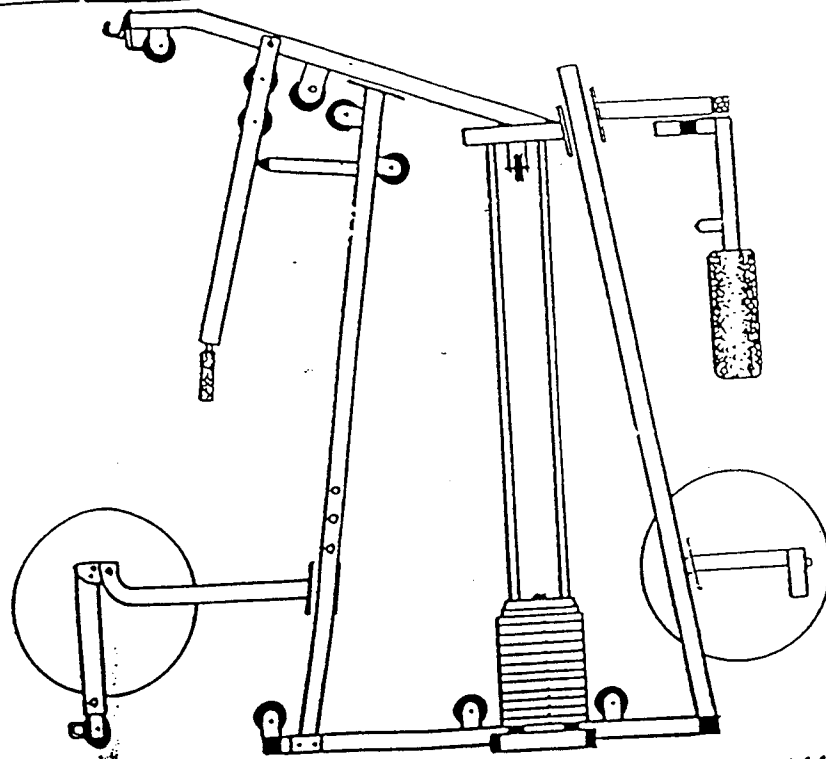
ASSEMBLY INSTRUCTIONS



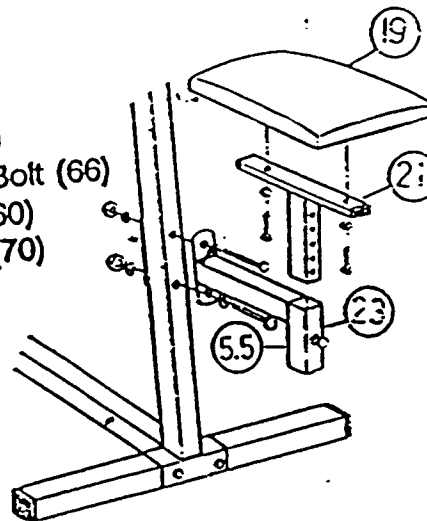
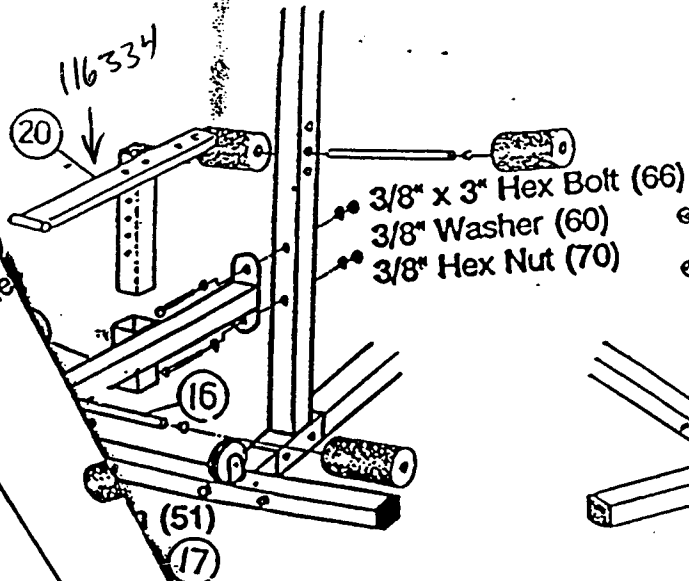
Attach Large Seat for Press Bar Side (18) and Holder Assembly (22) to Right Seat Adjustor (20). Attach Grips to Holder Assembly and slip Right Seat Adjustor into Right Seat Assembly.

Attach Back Rests (6) for Pec Deck and Press Bar Stations.

ASSEMBLY INSTRUCTIONS



3/8" x 2" Hex Bolt (18)
3/8" Washer (60)



3 1/2" P
3/8" Wa
3/8" He

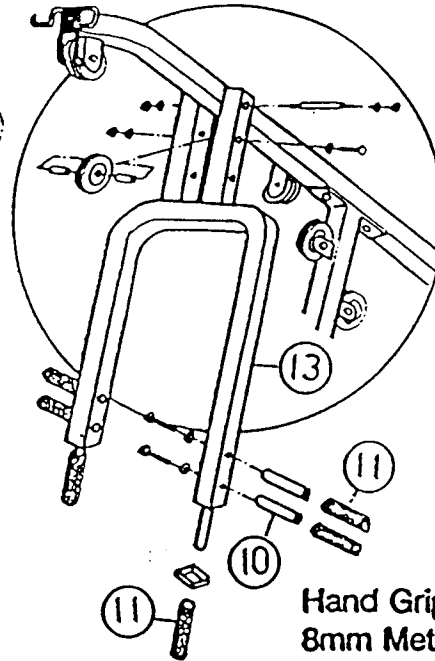
Right Vertical Beam. Slide Right Seat Adjustor
on Leg Extension/Arm Curl Bar (15) to Right Seat
and Foam Pads (17) as shown. Attach Left Seat

(19) to Left Seat Adjustor (21).
Left Seat Assembly (5.5).
Left Seat Assembly and Right Seat Assembly.

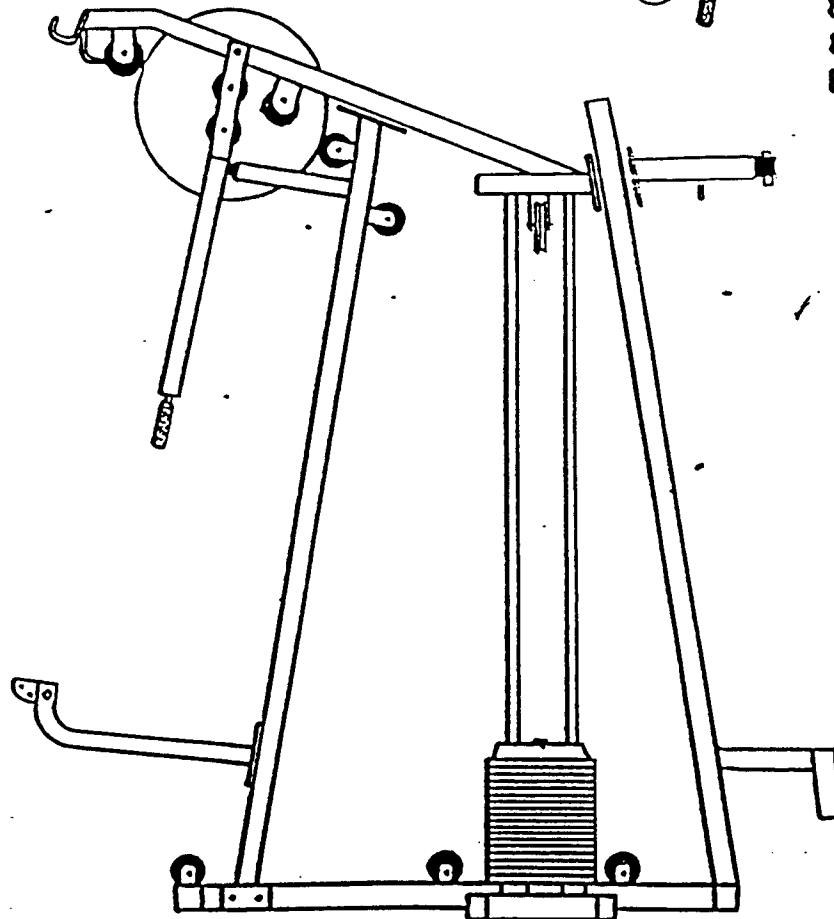
ASSEMBLY INSTRUCTIONS

Press Bar Pulleys (2)
2 - 3/8" x 7 1/4" Hex Bolts (64)
4 - Spacers - 3/4" (59)
2 - 3/8" Hex Nut (70)

Press Bar
5/8" x 8 1/4" Pivot Pin (52)
5/8" Washer (62)
1/2" Hex Nuts (71)

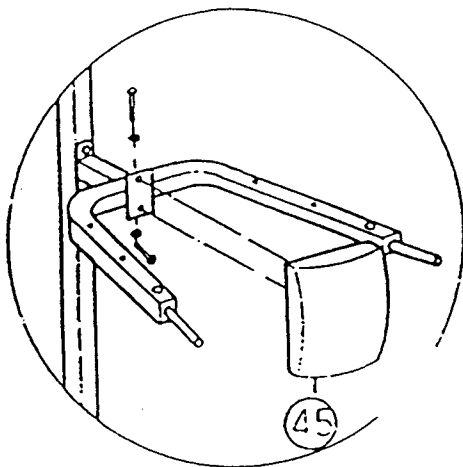


Hand Grips (10)
8mm Metric Bolt (68)
8mm Washer (74)
Plastic Pipe Ends (58)

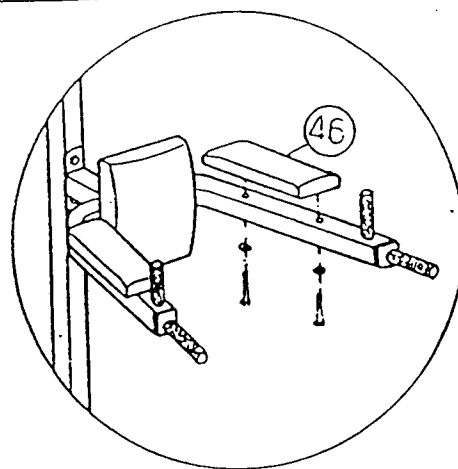


Using Insert Pin (52), attach Press Bar (13) to Top Beam. Attach Press Bar Handles (10) and Grips (11) to Press Bar.

Slide Pipe Ends (58) over Lower Handles on End of Press Bar.



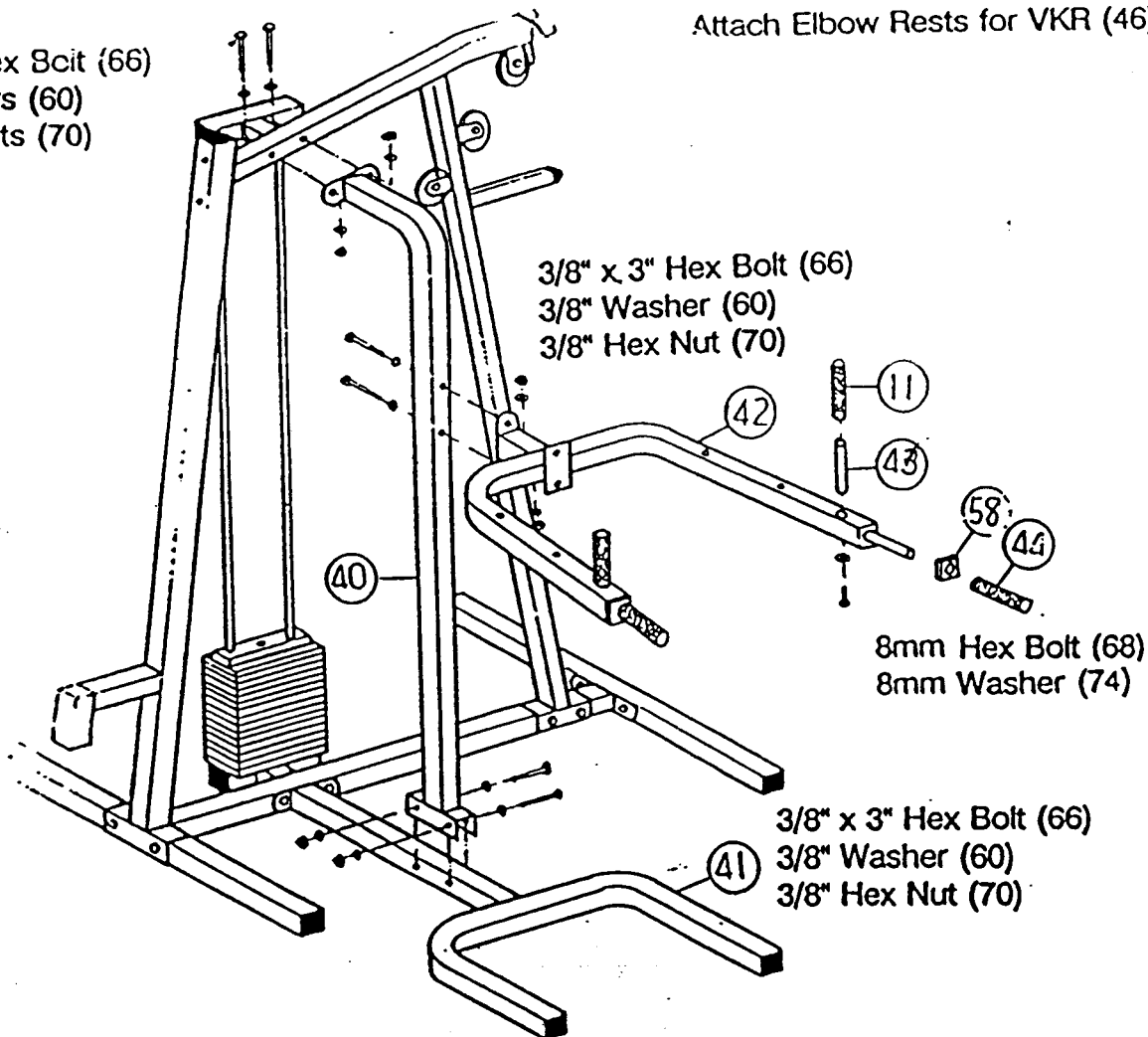
8mm Hex Bolt (68)
3mm Washer (74)



3/8" x 2 3/4" Hex Bolt (65)
3/8" Washer (60)

Attach Back Rest for VKR (45)
Attach Elbow Rests for VKR (46)

3/8" x 3" Hex Bolt (66)
3/8" Washers (60)
3/8" Hex Nuts (70)

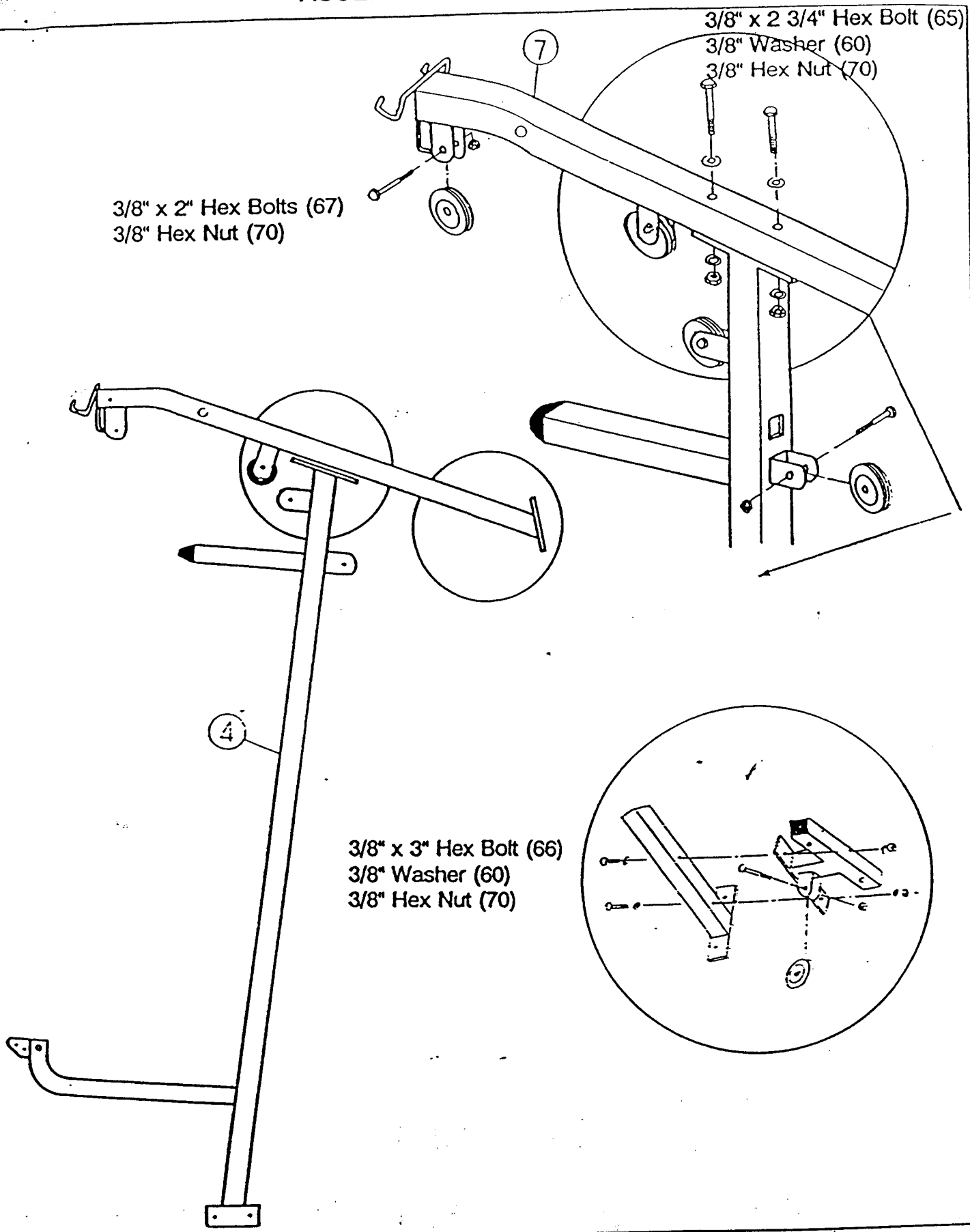


3/8" x 3" Hex Bolt (66)
3/8" Washer (60)
3/8" Hex Nut (70)

8mm Hex Bolt (68)
8mm Washer (74)

3/8" x 3" Hex Bolt (66)
3/8" Washer (60)
3/8" Hex Nut (70)

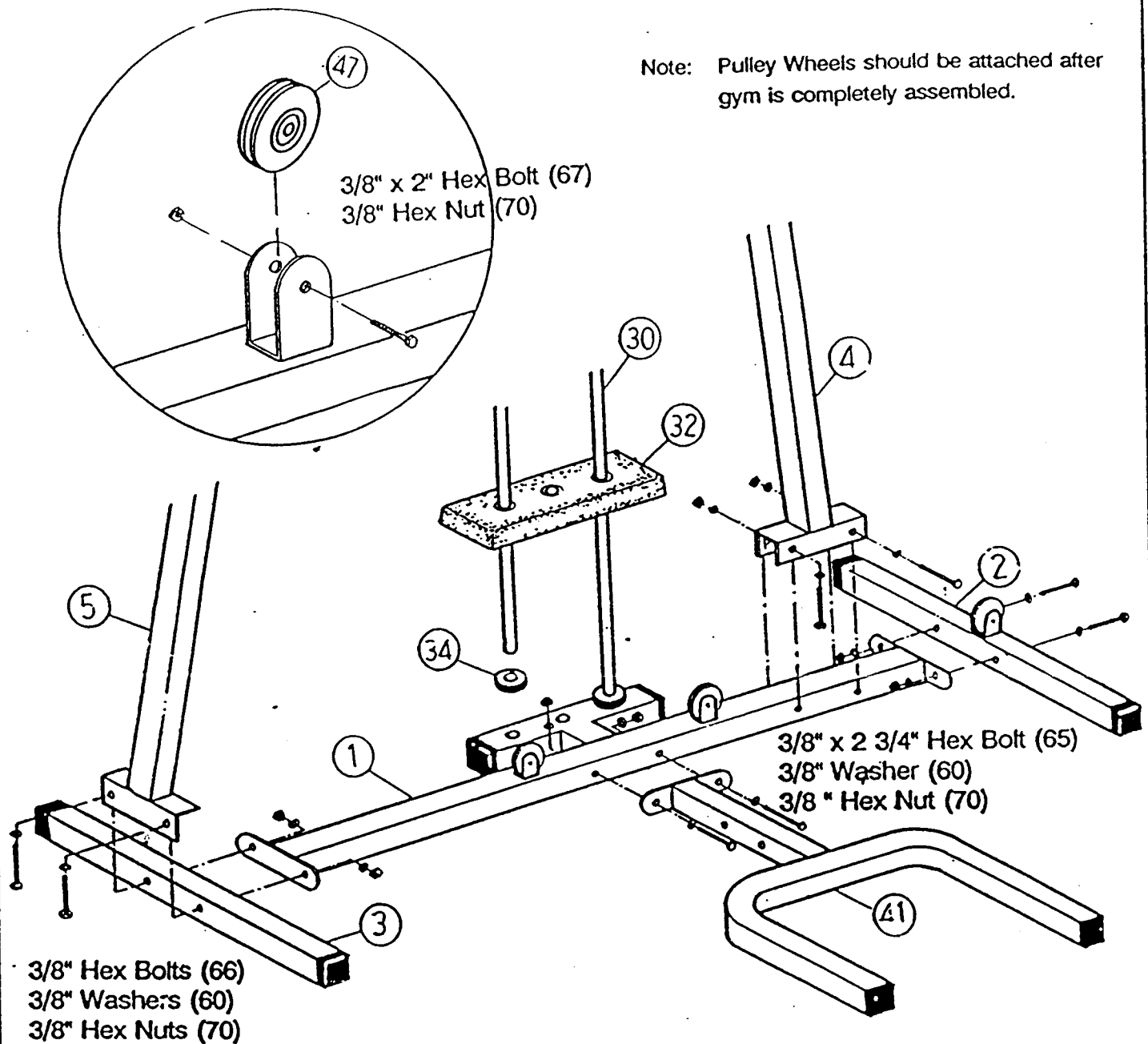
Attach Vertical Beam for VKR (40) to Top Beam and Main Base for VKR.
Attach Top Base for VKR (42) to Vertical Beam for VKR.
Attach Handles (43) and Hand Grips for VKR (44) to Top Base.
Slide Pipe Ends (58) over ends of Top Base.



Attach Top Cross Beam (7) to Left and Right Vertical Beam. Attach Guide Rod Holder (7.5) to Top Cross Beam while inserting Guide Rods into The Holes on Guide Rod Holder.

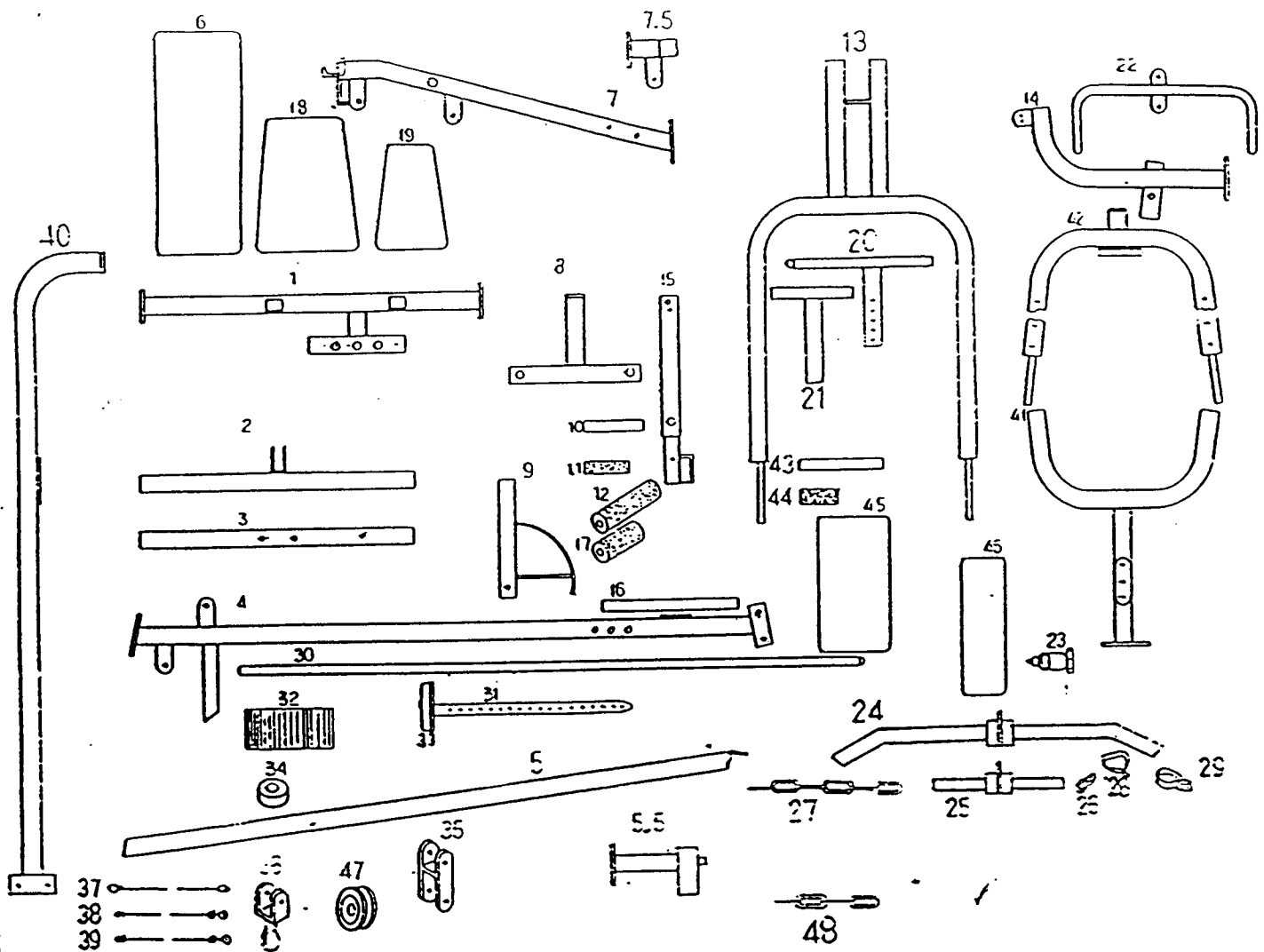
ASSEMBLY INSTRUCTIONS

Note: Pulley Wheels should be attached after gym is completely assembled.



1. Attach Left Base (3) to Main Base (1). Attach Right Base (2) to Main Base (1). Attach Main Base for VKR (41) to Main Base (1).
2. Attach Left Vertical Beam (5) to Main Base (1). Attach Right Vertical Beam (4) to Main Base (1).
3. Attach Rubber End Caps (49) to each end of Base.
4. Attach Guide Rods (30) through Rubber Donuts (34) into the Base as shown. Slide each Weight Plate (32) on Guide Rods. Attach Weight Stickers to Weights. (Note: Groove for selector Pin on Weight Plates should face the floor).
5. Attach Guide Pin with Top Plate (31) over Guide Rods and into Weight Stack.

PARTS DRAWINGS



MISSING PARTS?

Call or write:

ASSEMBLY QUESTIONS?

Service Department
4311 Triangle Street
McFarland, WI 53558
Telephone 608-838-3732

SERVICE QUESTIONS?

WARNINGS:

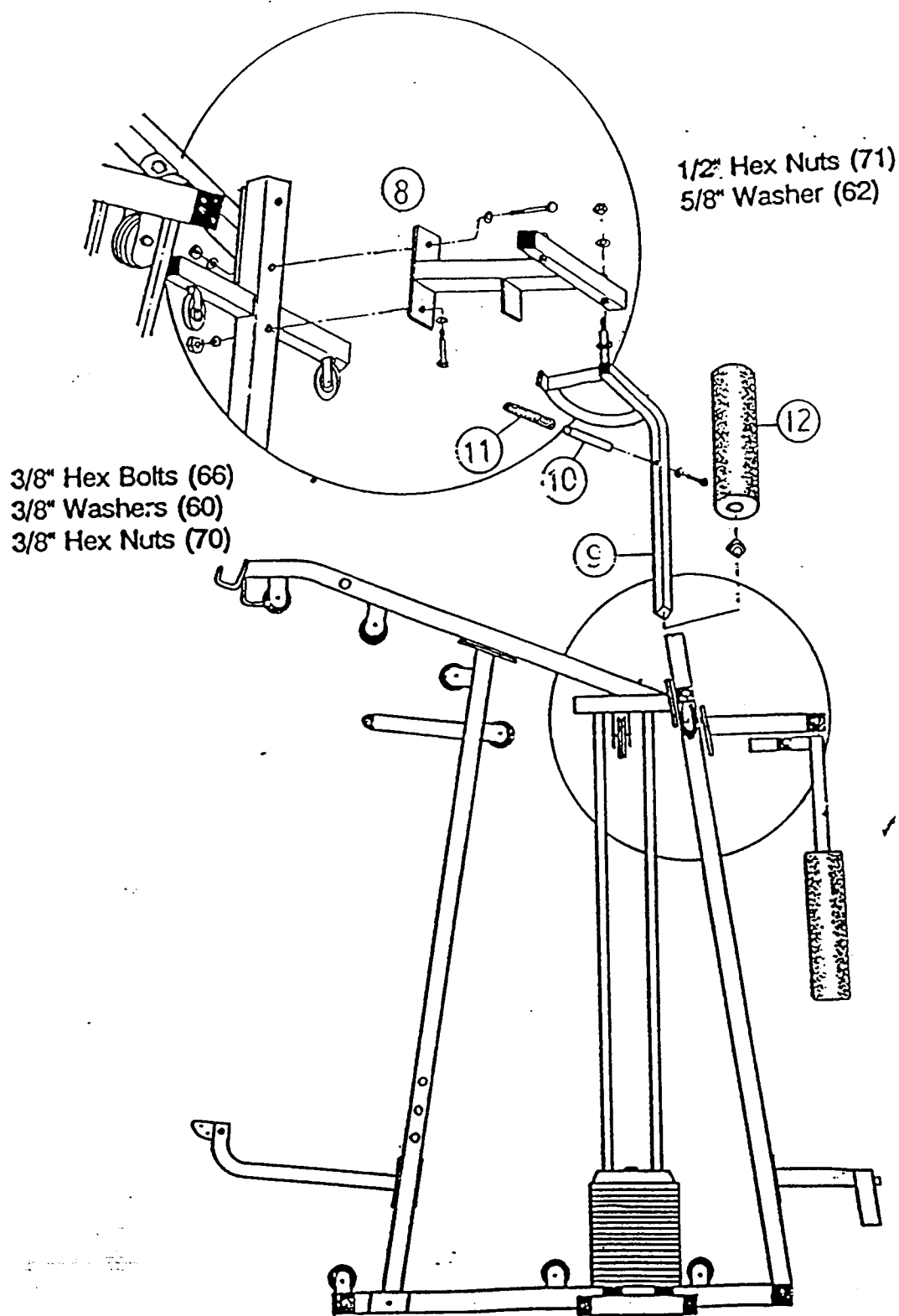
PRIOR TO UNDERTAKING ANY PROGRAM OF EXERCISE THAT REQUIRES A MAJOR INCREASE IN PHYSICAL ACTIVITY, CONSULTATION WITH A COMPETENT MEDICAL AUTHORITY IS STRONGLY RECOMMENDED. IN ADDITION, ANYONE WHO HAS A PHYSICAL HANDICAP, SUFFERS FROM A PROLONGED ILLNESS, OR WHO HAS INCREASED RISK FACTORS SUCH AS OBESITY, HYPERTENSION, CARDIO-CIRCULATORY PROBLEMS, ETC., SHOULD CONSULT A COMPETENT MEDICAL AUTHORITY BEFORE UNDERTAKING ANY EXERCISE OR ENGAGING IN A CONTINUING PROGRAM OF EXERCISING.

- PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING TO ASSEMBLE.
- BE SURE ALL THE PARTS ARE SECURELY TIGHTENED. FAILURE TO DO SO MAY RESULT IN MECHANICAL FAILURE OR PERSONAL INJURY.
- WE RECOMMEND TWO PEOPLE FOR PROPER ASSEMBLY OF THE HOME TRAINER.

IMAGE 512 HOME TRAINER PARTS LIST

PART #	PART NAME	QUANTITY	CARTON #
1	Main Base	1	1
2	Right Base	1	2
3	Left Base	1	2
4	Right Verticle Beam	1	1
5	Left Verticle Beam	1	2
55	Left Seat Assembly	2	1
6	Back Rest	1	2
7	Top Cross Beam	1	2
7.5	Guide Rod Holder	1	2
8	Pec Deck Assembly	2	2
9	Pec Deck Arms	6	2
10	Handle Pipe 6 7/8"	16	2
11	Hand Grips 1" x 5"	2	2
12	Pec Deck Pads	1	1
13	Press Bar	1	2
14	Right Seat Assembly	1	2
15	Leg Extension/Arm Curl Bar	3	2
16	Pad Holders	6	2
17	Foam Pads, Leg Extension Bar	1	2
18	Large Seat for Press Bar Side	1	1
19	Small Seat for Pec Deck Side	1	2
20	Right Seat Adjuster	1	2
21	Left Seat Adjuster	1	2
22	Holder Assembly Block	2	2
23	Seat Adjustment Pin	1	1
24	Lat Bar	1	2
25	Curling Bar	4	2
26	Spring Clip	1	2
27	Chain for Curl Bar	1	2
28	Single Handle	1	2
29	Ankle Strap	2	1
30	Guide Rod	1	2
31	Guide Pin	19	3,4,5
32	Weight Plate 200 lbs.	1	2
33	Top Plate	2	2
34	Rubber Donut Weight Stack Bottom	1	2
35	Floating Pulley Block	1	2
36	Pulley Bracket With Clip	1	2
37	Cable 98"	1	2
38	Cable, 186"	1	2
39	Cable, 130"	1	1
40	Verticle Beam for VKR	1	1
41	Main Base for VKR	1	1
42	Top Base for VKR	2	2
43	Handle for VKR	2	2
44	Hand Grips for VKR	1	1
45	Back Rest for VKR	2	1
46	Elbow Rest for VKR	16	1
47	Pulley 4 1/4"	1	2
48	Chain for Pulley Bracket		
HARDWARE KIT			
49	Rubber End Caps 2"	8	
50	Insert Pin 4"	1	
51	Insert Pin 3"	1	
52	Pivot Pin - Press Station 8 1/4"	1	
52.5	Pivot Pin - Leg Extension 3 1/2"	1	
53	Press Bar Bumper	1	
54	Plastic Pipe Ends 1" Round	6	
55	Plastic Pipe Ends 2" Square	9	
57	Plastic Pipe Ends 1" x 2"	3	
58	Plastic Pipe Ends 2" x 1 1/4" - VKR + Press Bar Arms	2	
59	Plastic Spacer 3/4" - Pulley on Press Bar	2	
60	Washer 3/8" LD.	65	6,4
61	Washer 1/2" LD.	2	
62	Washer 5/8" LD.	3	
63	Hex Nut 8mm	2	
64	Hex Bolt 3/8" x 7 1/4"	2	
65	Hex Bolt 3/8" x 2 3/4"	18	
66	Hex Bolt 3/8" x 3"	13	
67	Hex Bolt 3/8" x 2"	18	
68	Hex Bolt 8mm x 3/4"	15	
69	Wrench 4mm	1	
70	Hex Nut 3/8"	40	
71	Hex Nut 1/2"	4	
72	Rubber Grips	4	
73	Plastic Pipe End Square 1 1/2"	5	
74	Washer for 8mm x 3/4" Bolt	15	

ASSEMBLY INSTRUCTIONS



Attach the Pec Deck Assembly (8) to Left Vertical Beam using lower set of holes on Left Vertical Beam. Tighten this connection.

Attach Both Pec Deck Arms (9) to Pec Deck Assembly. Slide Pec Deck Pads (12) on Arms.

Attach Pec Deck Handles (10) and Grips (11) to Pec Deck Arms.