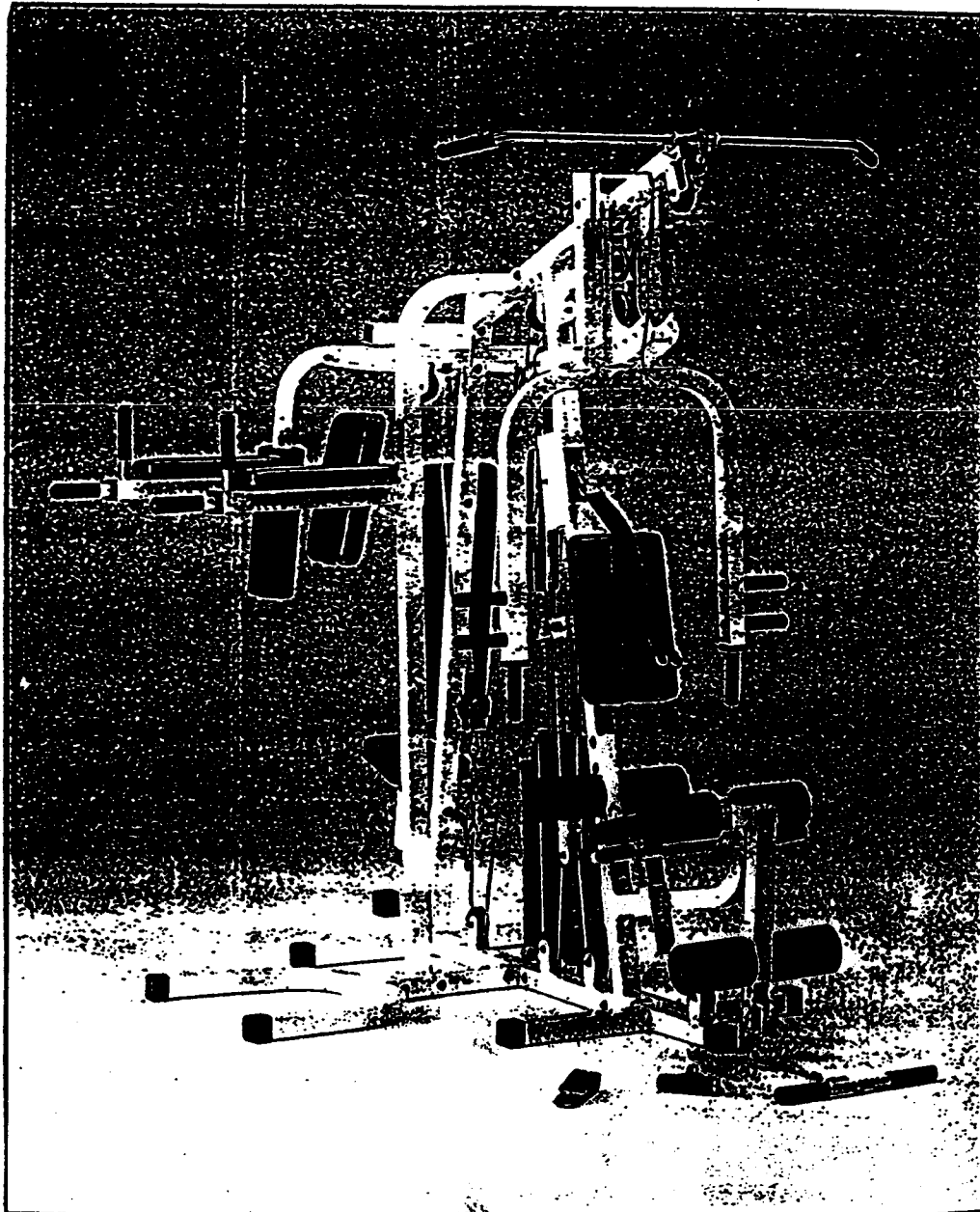


IMAGE 516V

AND IMAGE 516

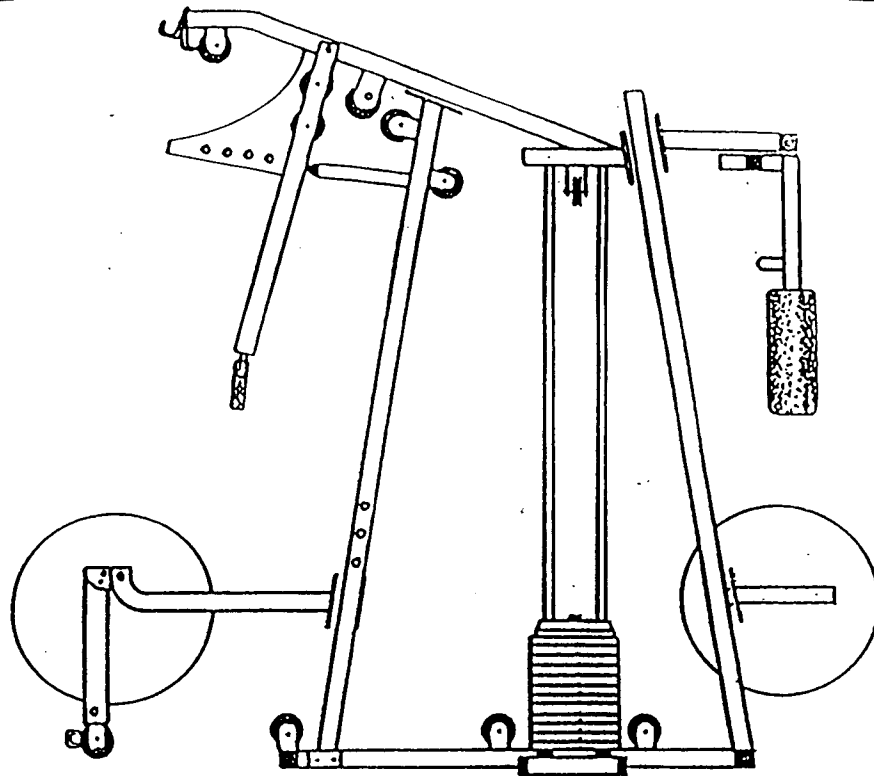
Home Trainer

OWNER'S MANUAL

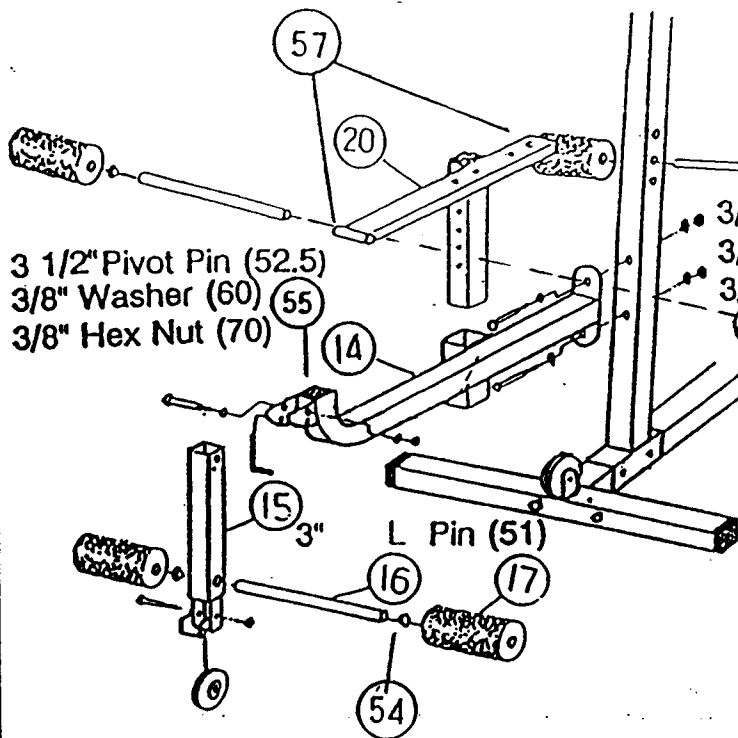


PICTURED WITH OPTIONAL VKR

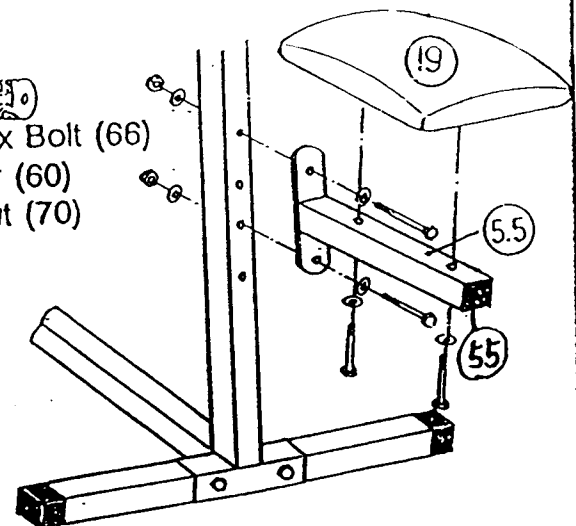
ASSEMBLY INSTRUCTIONS



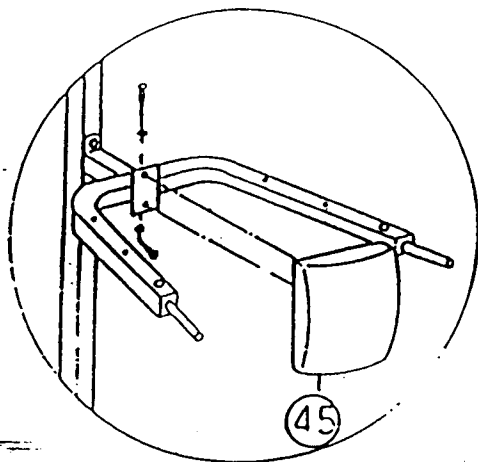
3/8" x 2-3/4" Hex Bolt (65)
3/8" Washer (60)



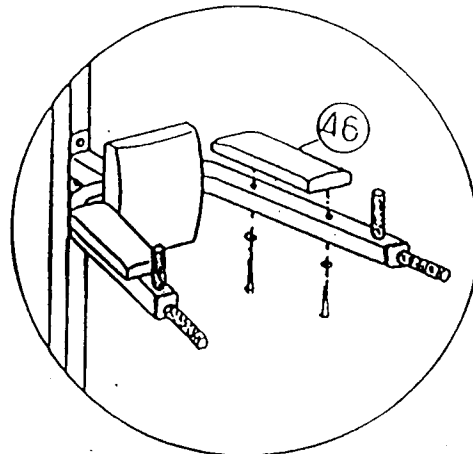
3/8" x 3" Hex Bolt (66)
3/8" Washer (60)
3/8" Hex Nut (70)



Attach Right Seat Assembly (14) to Right Vertical Beam. Slide Right Seat Adjustor (20) into Right Seat Assembly. Attach Leg Extension Bar (15) to Right Seat Assembly Insert 1" Plastic Pipe Ends (54) into ends of Pad Holders (16). Attach Pad Holders (16) and foam Pads (17) to Right Seat Adjustor (20) as shown. Attach left Seat Assembly (5.5) to Left Vertical Beam. Attach Small Seat for Pec Deck Side (19). To left Seat Assembly (5.5). Screw Adjustment Pin (23) into Right Seat Assembly. Insert 2" Square Pipe End (55) and 3/4" x 2-3/4" Pipe Ends (57) where indicated.

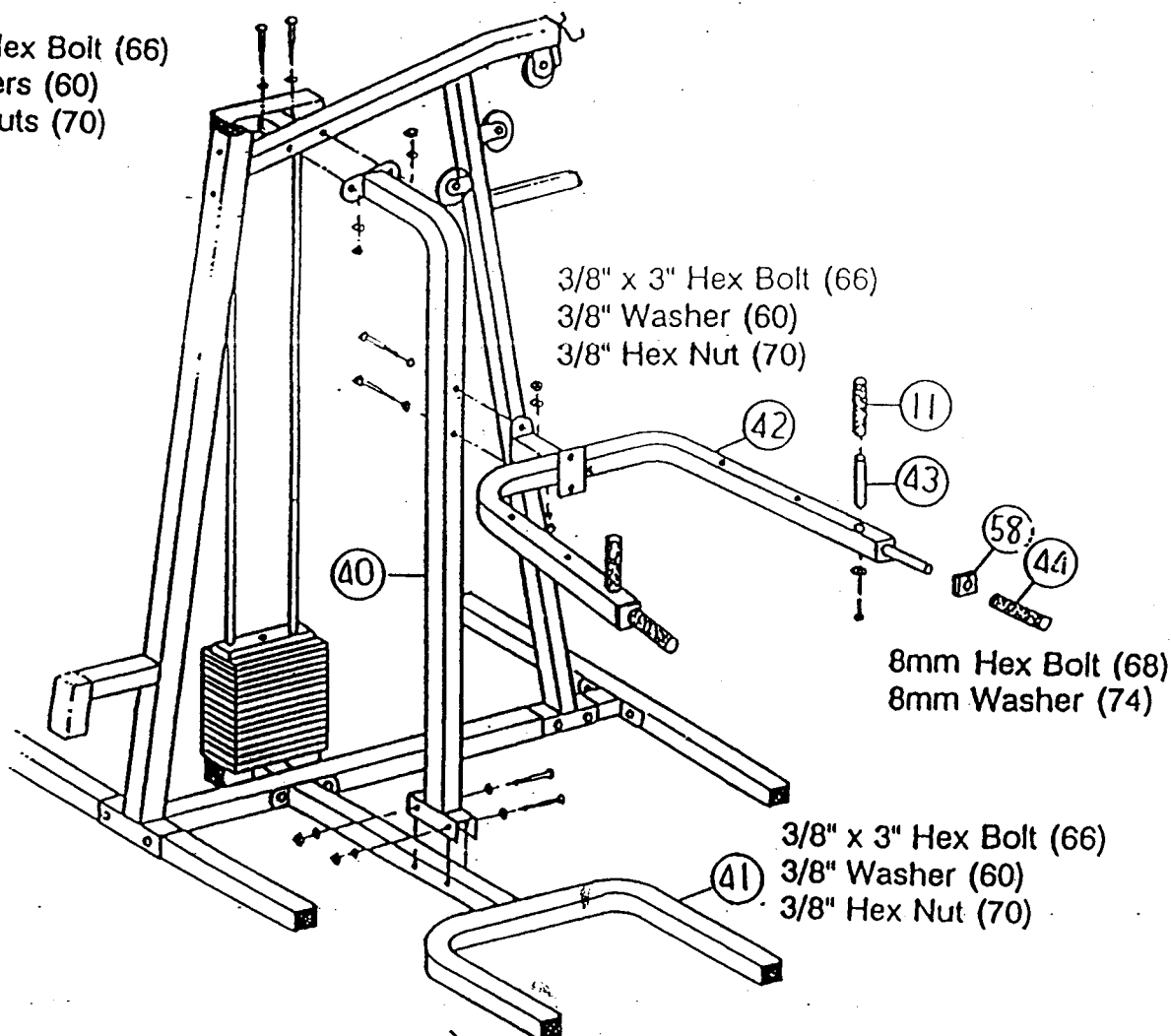


8mm Hex Bolt (68)
8mm Washer (74)



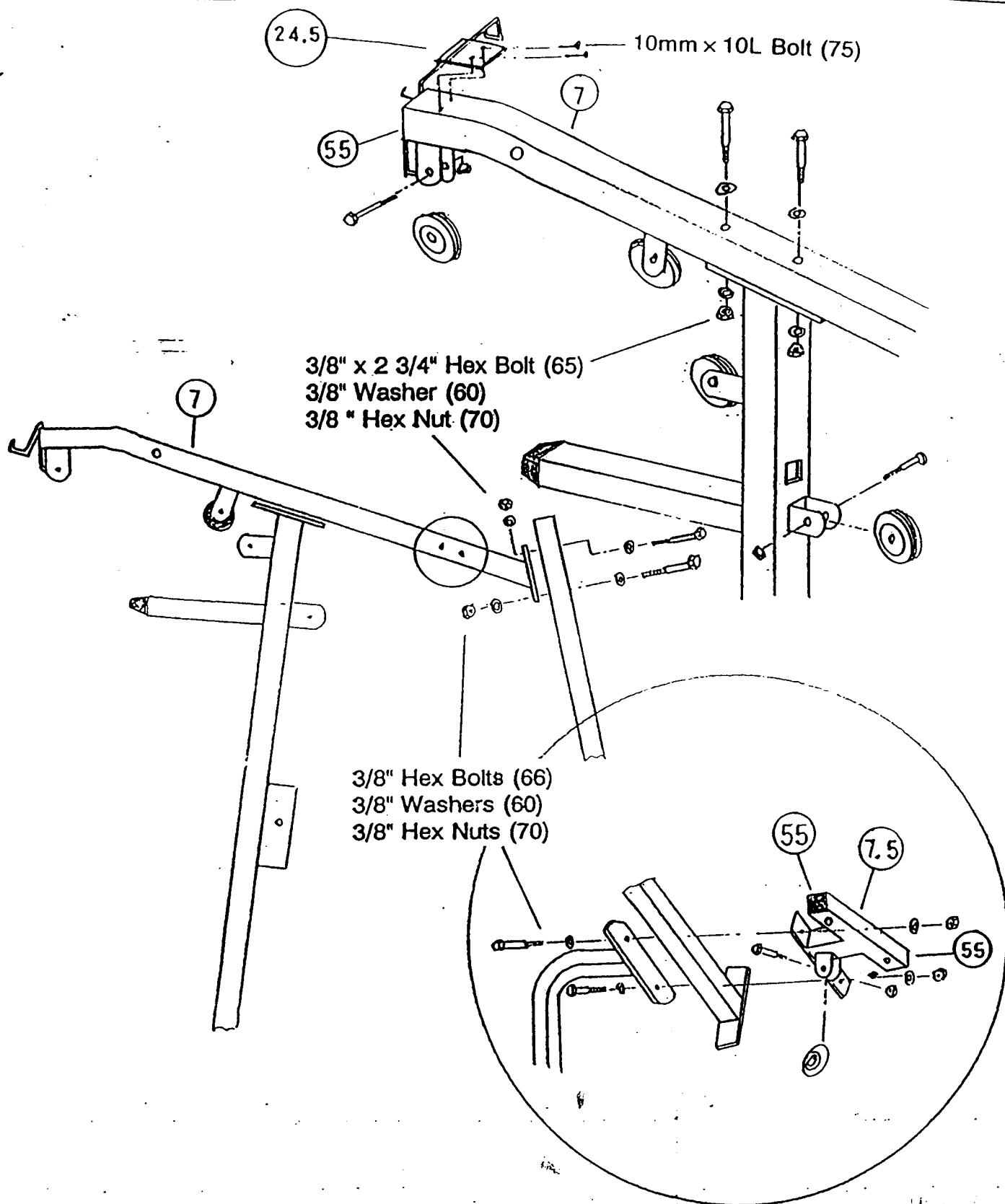
3/8" x 2 3/4" Hex Bolt (65)
3/8" Washer (60)

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



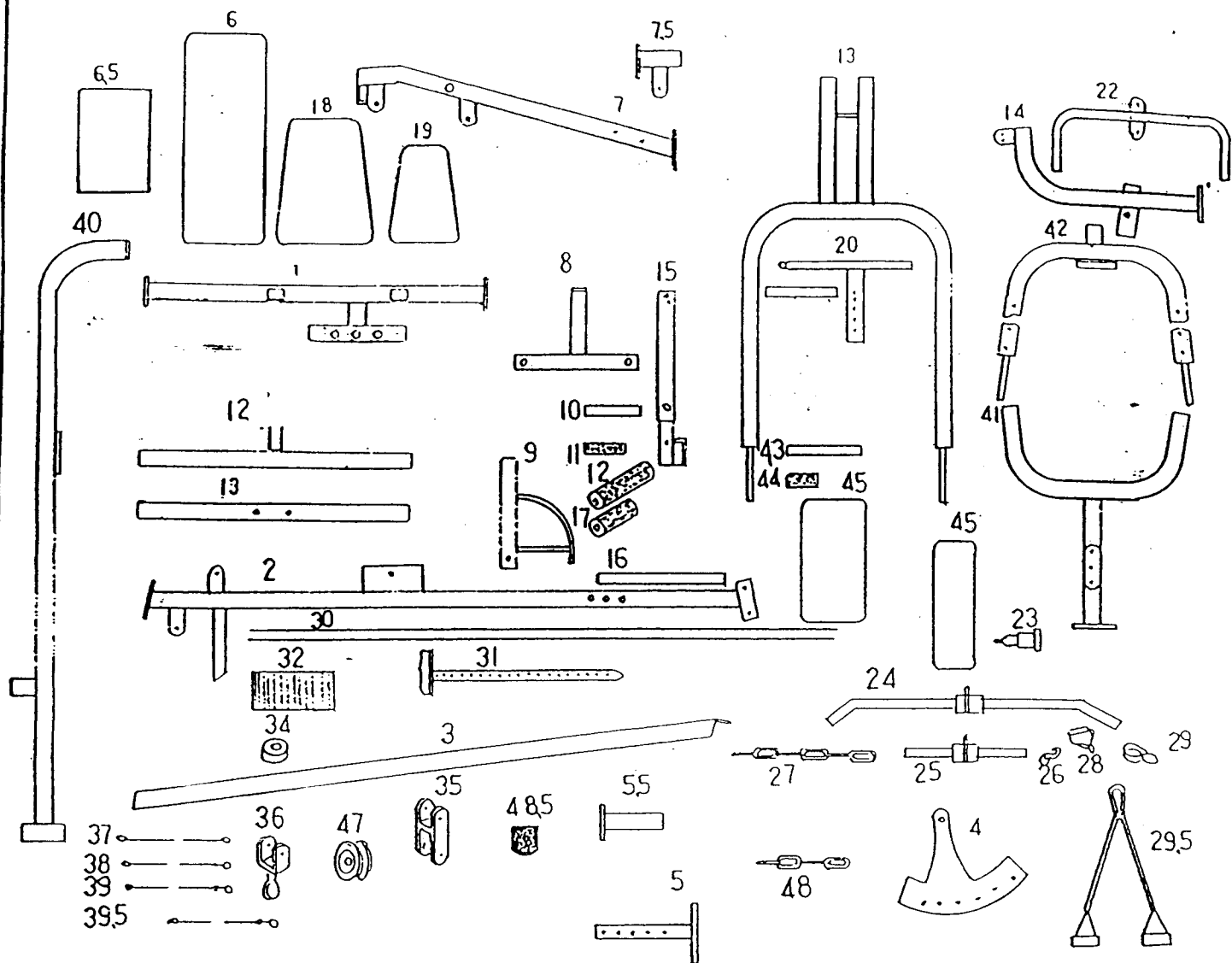
Attach Vertical Beam for VKR (40) to Top Beam and Main Base for VKR. Attach Top Base for VKR (42) to Vertical Beam for VKR. Attach Back Rest for VKR (45). Attach Elbow Rests for VKR (46). Attach Long Handles (43) and then Hand Grips (11). Attach Plastic Pipe Ends (58) and then Large Hand Grips for VKR (44) to Top Base.

ASSEMBLY INSTRUCTIONS



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. Attach 2" Square End Caps (55) as shown. Attach Lat Bar Holder (24.5) to Top Cross Beam (7).
 Note: Do not tighten Bolts on Left Vertical Beam until next step.

PARTS DRAWINGS



MISSING PARTS?

Call or write:

ASSEMBLY QUESTIONS?

Service Department
4311 Triangle Street
McFarland, WI 53558

Telephone 608-838-3732

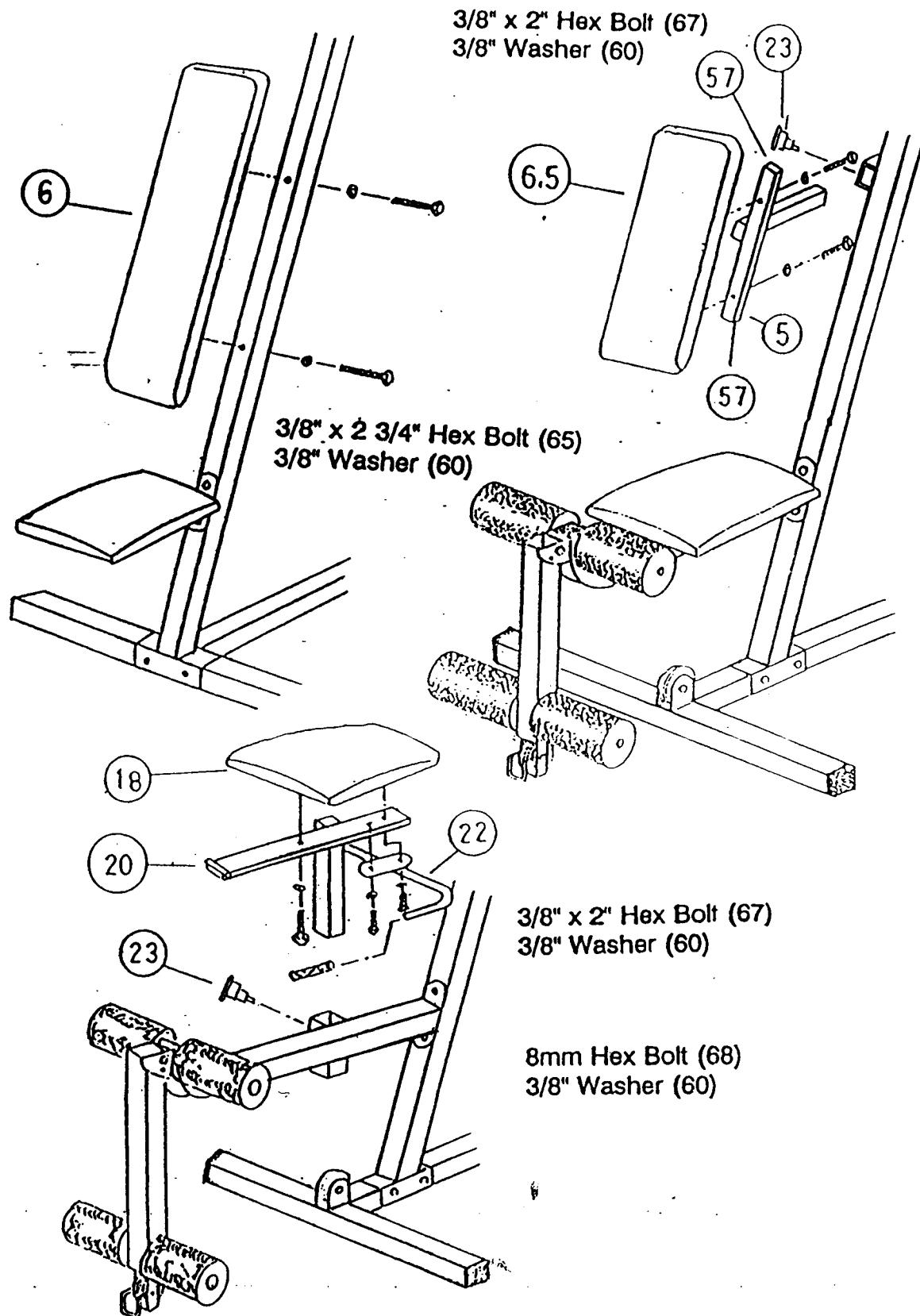
SERVICE QUESTIONS?

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.**

ASSEMBLY INSTRUCTIONS



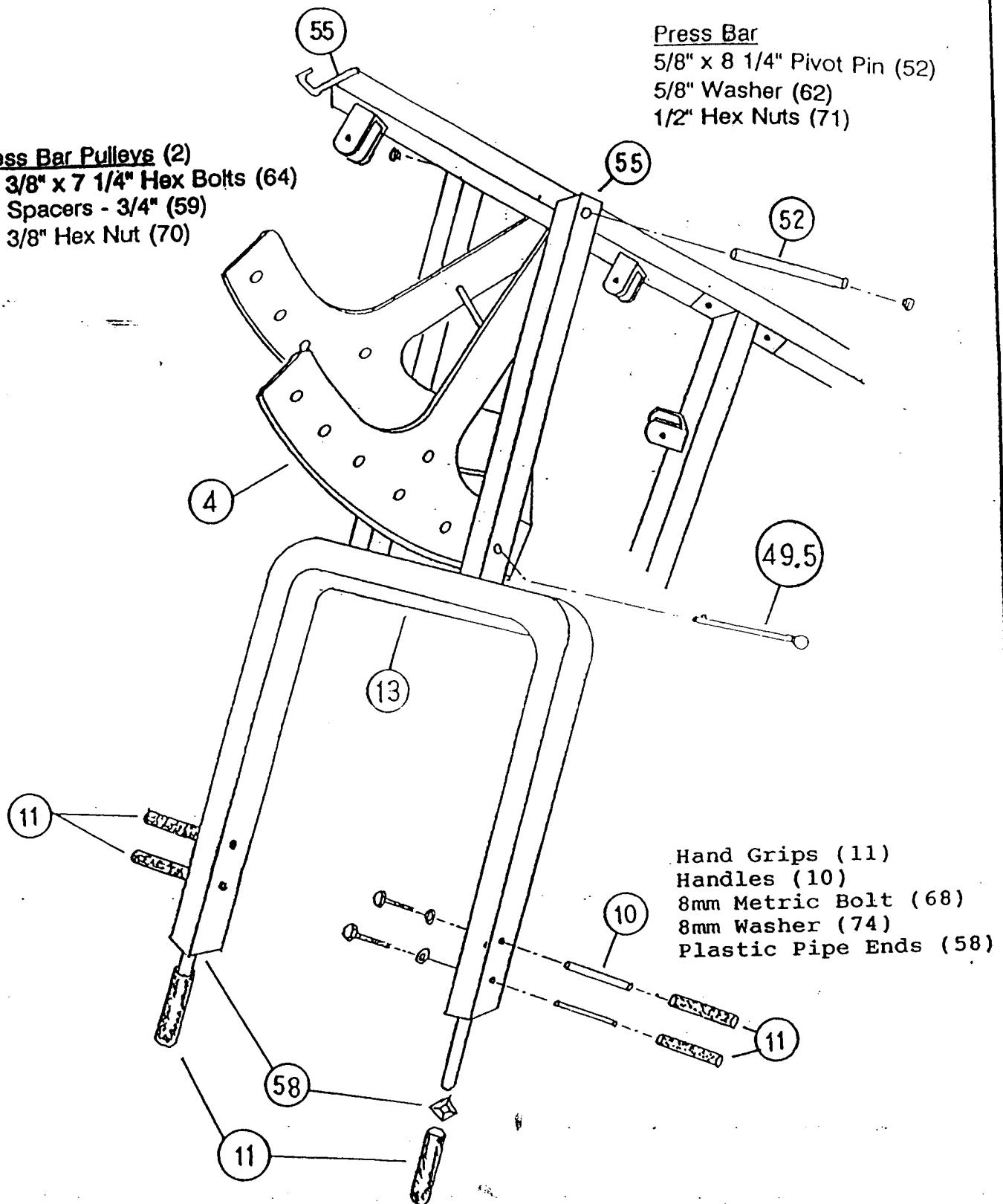
Attach Large Seat for Press Bar Side (18) and Right Seat Hand Grip (22) to Right Seat Adjustor (20). Attach Grips to Holder Assembly and slip Right Seat Adjustor into Right Seat Assembly.

Attach Left Back Rest (6) to Left Vertical Beam (3). Attach Right Back Rest (6.5) to Right Back Rest Adjustor (5). Slide Right Back Rest Adjustor (5) into position. Screw Adjustment Pin (23) into Right Back Rest Guide. Insert 3/4" x 2" Pine Ends (57) where indicated.

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)

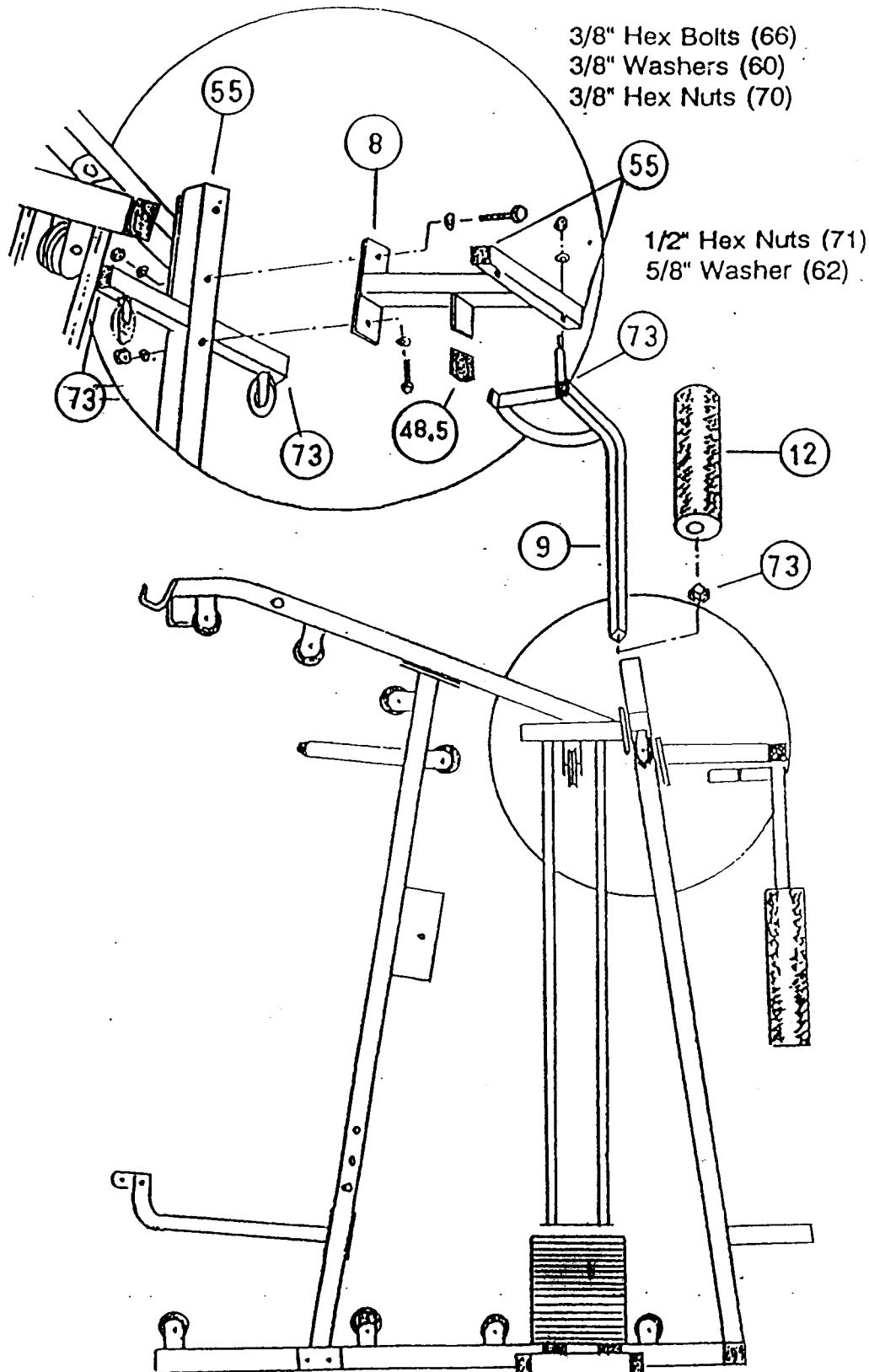


Hand Grips (11)
 Handles (10)
 8mm Metric Bolt (68)
 8mm Washer (74)
 Plastic Pipe Ends (58)

Using Pivot Pin (52) attach The Range of Motion Selector (4) and The Press Bar (13) to The Top Beam. Insert 9" Range of Motion Lock Pin (49.5) into Range of Motion Selector (4).

Slide Pipe Ends (58) over Lower Handles on End of Press Bar. Attach Press Bar Handles (10) and Grips (11) to Press Bar. Attach Pipe Ends (55) where indicated.

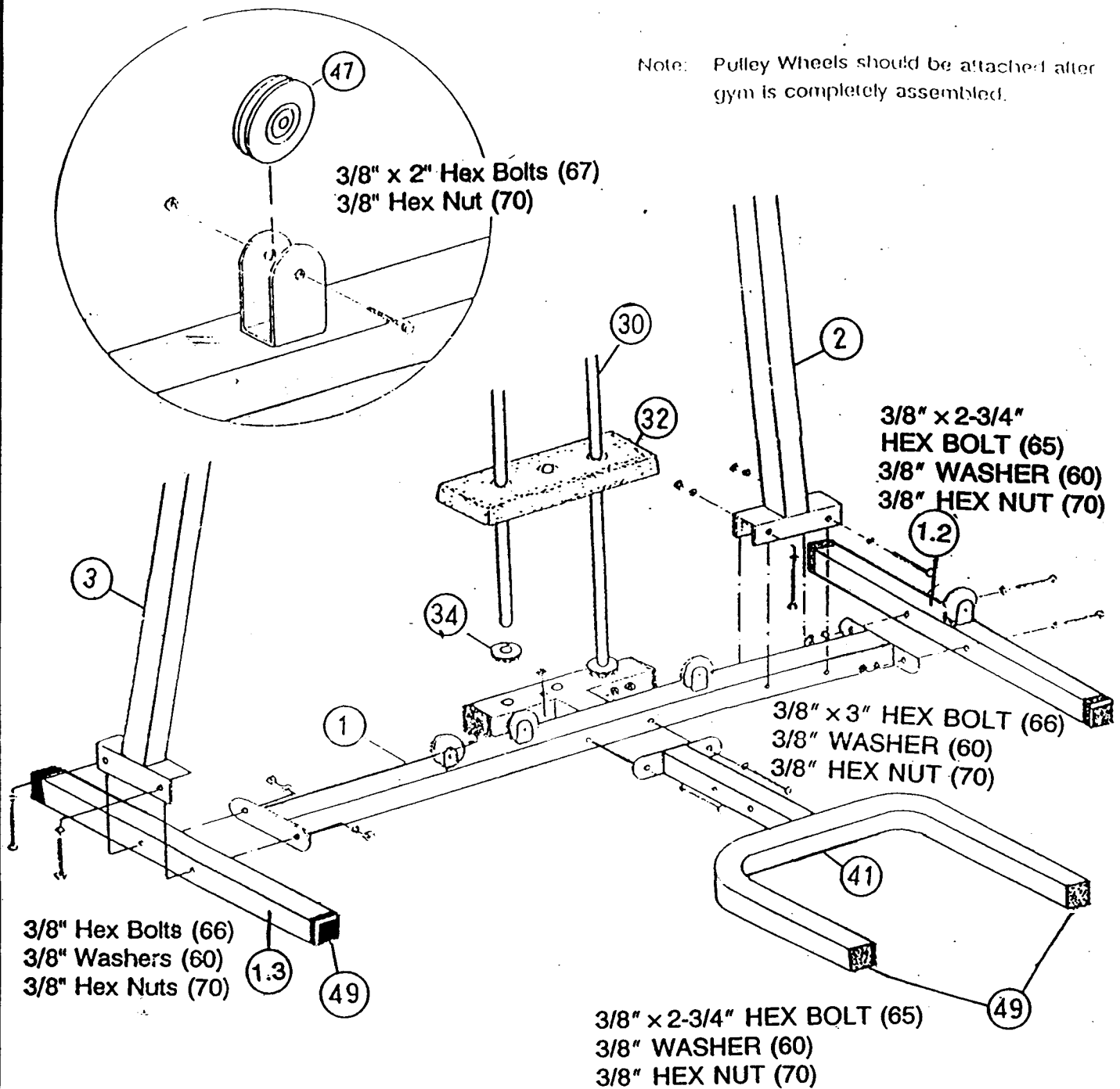
ASSEMBLY INSTRUCTIONS



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. Slide Pec Deck Bumper (48.5) on. Insert 2" Square End Caps (55) and 1 1/2" Square End Caps (73) where indicated.

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



Notes: a) If your Gym is not equipped with a VKR ignore assembly instructions regarding parts 40-46.

b) Pulley wheels should not be attached until after the gym is completely assembled.

1. Attach Main Base (1) to Right Base (1-2) and Left Base (1-3)
2. Attach Left Vertical Beam (3) to Main Base (1) and Left Base (1-3)
3. Attach Right Vertical Beam (2) to Main Base (1)
4. Attach VKR Base (41) to Main Base (1).
5. Attach Rubber End Caps (49) to each end of Base. Attach 2" x 2" Pipe End (55).
6. Attach Guide Rods (30) through Rubber Dounts (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.)
7. Attach Guide Pin Top Plate (31) over Guide Rods and into Weight Stack.
8. Place Weight Selector Insert Pin (50) into the groove under the top plate.

IMAGE 516 HOME TRAINER PARTS LIST

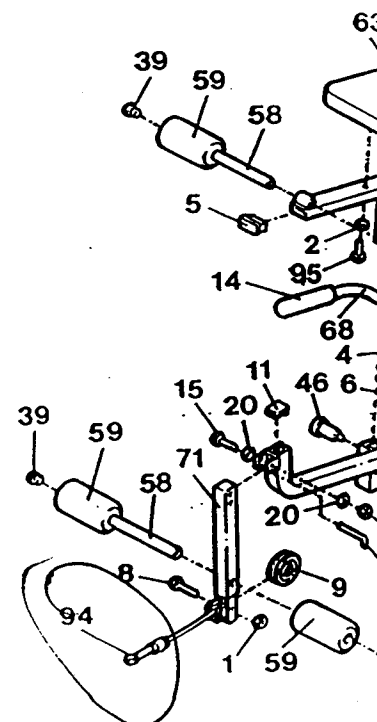
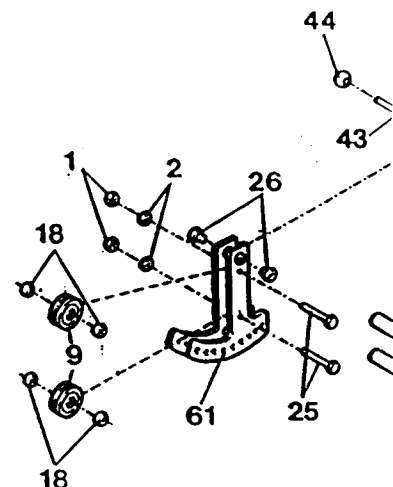
PART#	PART NAME	IM516 QUANTITY	IM516V QUANTITY
1	Base	1	1
1.2	Right Base	1	1
1.3	Left Base	1	1
2	Right Vertical Beam	1	1
3	Left Vertical Beam	1	1
4	Range of Motion Selector	1	1
5	Right Back Rest Adjuster	1	1
5.5	Left Seat Assembly	1	1
6	Left Back Rest	1	1
6.5	Right Back Rest	1	1
7	Top Cross Beam	1	1
7.5	Guide Rod Holder	1	1
8	Pec Deck Assembly	1	1
9	Pec Deck Arms	2	2
10	Handle Pipe 6 7/8"	6	6
11	Hand Grips 1" x 5"	14	14
12	Pec Deck Pads	2	2
13	Press Bar	1	1
14	Right Seat Assembly	1	1
15	Leg Extension Bar	1	1
16	Pad Holders	3	3
17	Foam Pads, Leg Extension Bar	6	6
18	Large Seat for Press Bar Side	1	1
19	Small Seat for Pec Deck Side	1	1
20	Right Seat Adjuster	1	1
22	Right Seat Hand Grip	1	1
23	Adjustment Pin	2	2
24	Lat Bar	1	1
24.5	Lat Bar Holder	1	1
25	Curling Bar	1	1
26	Spring Clip	4	4
27	Chain for Curt Bar	1	1
28	Single Handle	1	1
29	Ankle Strap	1	1
29.5	AB Harness	1	1
30	Guide Rod	2	2
31	Guide Pin	1	1
32	Weight Plate 200 lbs.	19	19
33	Top Plate	1	1
34	Rubber Donut Weight Stack Bottom	2	2
35	Floating Pulley Block	1	1
36	Pulley Bracket With Clip	1	1
37	Cable	1	1
38	Cable	1	1
39	Cable	1	1
39.5	Cable	1	1
40	Vertical Beam for VKR 516V ONLY		1
41	Main Base for VKR 516V ONLY		1
42	Top Base for VKR 516V ONLY		2
43	Long Handle for VKR 516V ONLY		2
44	Large Hand Grips for VKR 516V ONLY		1
45	Back Rest for VKR 516V ONLY		2
46	Elbow Rest for VKR 516V ONLY		20
47	Pulley	1	1
48	Chain for Pulley Bracket	1	1
48.5	Pec Deck Bumper	6	9
49	Rubber End Caps 2"	1	1
49.5	9" Range of Motion Lock Pin	1	1
50	Insert Pin 4"	1	1
51	3" L Pin	1	1
52	Pivot Pin-Press Station 8 1/4"	1	1
52.5	Pivot Pin-Leg Extension 3 1/2"	1	1
53	Press Bar Bumper	12	12
54	Plastic Pipe Ends 1" Round	10	10
55	Plastic Pipe Ends 2" Square	4	4
57	Plastic Pipe Ends 2" x 3/4"	2	4
58	Plastic Pipe Ends 2" VKR + Press Bar Arms	4	4
59	Plastic Spacer 3/4" Pulley on Press Bar	49	65
60	Washer 5/8" I.D.	2	2
61	Washer 1/2" I.D.	2	2
62	Washer 5/8" I.D.	2	2
63	Hex Nut 3/8"	2	2
64	Hex Bolt 3/8" x 1/2"	13	19
65	Hex Bolt 3/8" x 3/4"	9	13
66	Hex Bolt 3/8" x 3"	22	22
67	Hex Bolt 3/8" x 2"	9	13
68	Hex Bolt 8mm x 3/4"	2	2
69	Wrench 4mm	39	45
70	Hex Nut 3/8"	2	2
71	Hex Nut 1/2"	12	14
72	Rubber Grips	6	6
73	Plastic Pipe End Square 1 1/2"	2	11

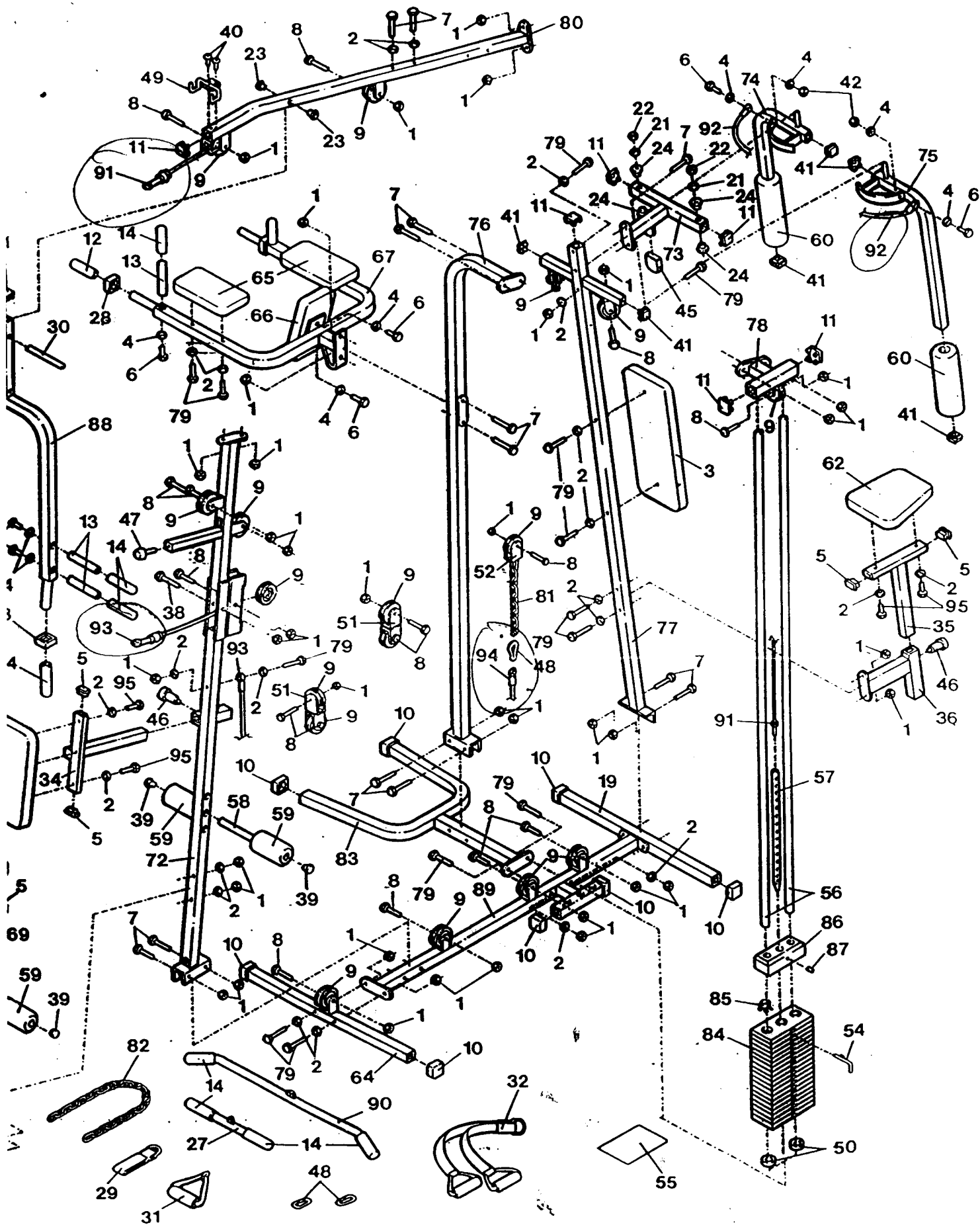
PART LIST/EXPLODED DRAWING—Model No. IM-516V

Key No.	Qty.	Description
1	46	3/8" Nylock Nut
2	29	3/8" Washer
3	1	Large Backrest
4	13	8mm Washer
5	6	1" x 2" Inner Cap
6	11	8mm x 3/4" Bolt
7	13	3/8" x 3" Bolt
8	18	3/8" x 2" Shank Bolt
9	20	Pulley
10	8	2" x 2" Outer Cap
11	9	2" x 2" Inner Cap
12	2	Large Handgrip
13	6	Handle
14	14	Small Handgrip
15	1	3 1/8" Shank Bolt
16	1	Owner's Manual
17	1	Exercise Guide
18	4	3/4" x 3/4" Spacer
19	1	Stabilizer
20	2	1/2" Washer
21	2	11/16" Washer
22	2	1/2" Nylock Nut
23	2	1/2" Bushing
24	4	5/8" Bushing
25	2	3/8" x 3 1/2" Shank Bolt
26	2	Thick 5/8" Bushing
27	1	Rower Bar
28	4	2" x 2" Outer Cap w/Hole
29	1	Ankle Strap
30	1	7 1/2" Axle
31	1	Hand Strap
32	1	Dual Hand Strap
33	1	Small Backrest
34	1	Small Backrest Post
35	1	Small Seat Post
36	1	Small Seat Frame
37	1	Part List/Exp. Draw./Part ID
38	1	3/8" x 3" Shank Bolt
39	6	Tube Cap
40	2	3/16" Screw
41	6	1 1/2" x 1 1/2" Inner Cap
42	2	8mm Nylock Nut
43	1	10 3/4" Pin
44	1	Pin Knob
45	1	Bumper Cap
46	3	Lock Knob
47	1	Bumper
48	3	Cable Clip
49	1	Lat Bar Holder
50	2	Weight Bumper
51	2	Swivel Bracket
52	1	"U" Bracket
53	1	"L" Pin

Key No.	Qty.	Description
54	1	"L" Pin w/Tab
55	1	Decal Sheet
56	2	Weight Guide
57	1	Weight Selector
58	3	Pad Tube
59	6	6" Foam Pad
60	2	15 1/2" Foam Pad
61	1	Adjuster
62	1	Small Seat
63	1	Large Seat
64	1	Stablizer w/Bracket
65	2	Armrest
66	1	VKR Backrest
67	1	VKR Frame
68	1	"U" Handle
69	1	Large Seat Post
70	1	Leg Lever Frame
71	1	Leg Lever
72	1	Front Upright
73	1	Butterfly Support
74	1	Left Butterfly Arm
75	1	Right Butterfly Arm
76	1	VKR Upright
77	1	Butterfly Upright
78	1	Weight Guide Top
79	17	3/8" x 2 3/4" Bolt
80	1	Frame Top
81	1	Short Chain
82	1	Long Chain
83	1	"Y" Stabilizer
84	19	Weight
85	57	Weight Insert
86	1	Top Weight
87	1	Weight Selector Screw
88	1	Press Arm
89	1	Base
90	1	Lat Bar
91	1	Cable #1
92	1	Cable #2
93	1	Cable #3
94	1	Cable #4
95	6	3/8" x 1 3/4" Bolt
#	1	Grease
#	1	Decal

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the OWNER'S MANUAL for information about ordering replacement parts.

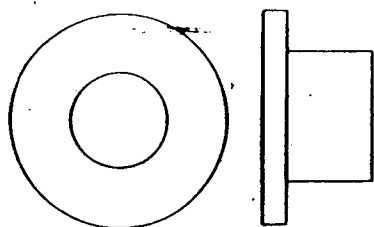




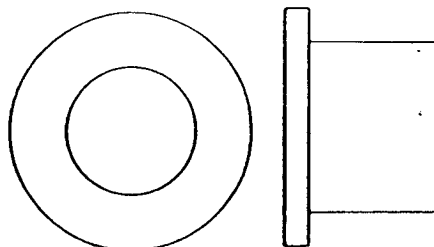
PART ID CHART—Model No. IM-516V

Use this chart to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The second number refers to the quantity included. (Some of the hardware may already be attached to one of the parts to be assembled.)

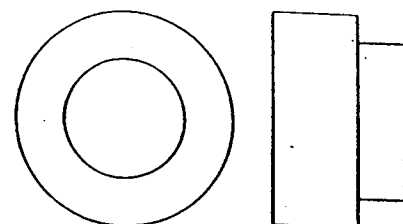
The following tools (not included) are required for assembly: two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet and a standard screwdriver. A small amount of grease and soapy water are also needed.



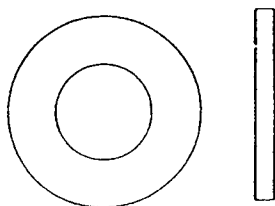
1/2" Bushing (23)—2



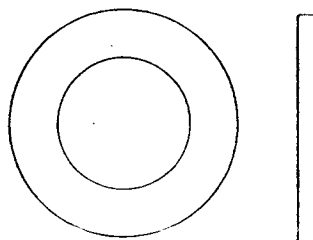
5/8" Bushing (24)—4



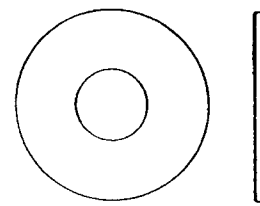
Thick 5/8" Bushing (26)—2



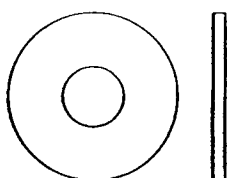
1/2" Washer (20)—2



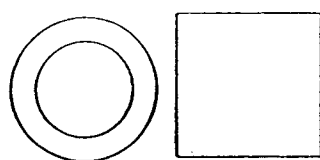
11/16" Washer (21)—2



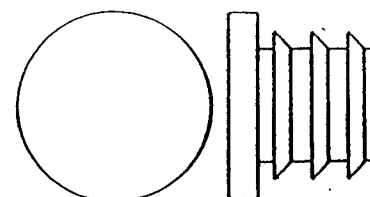
3/8" Washer (2)—29



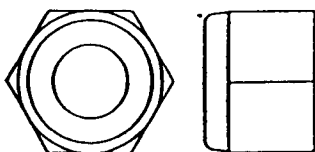
8mm Washer (4)—13



3/4" x 3/4" Spacer (18)—4



Tube Cap (39)—6



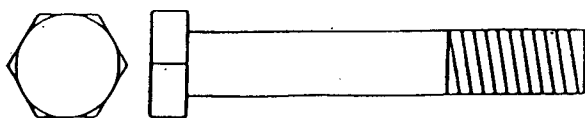
1/2" Nylock Nut (22)—2



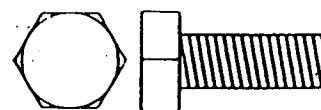
3/8" Nylock Nut (1)—46



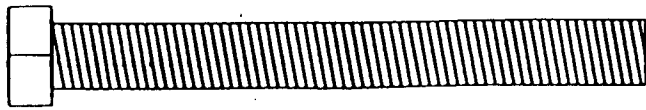
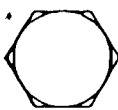
8mm Nylock Nut (42)—2



3/8" x 2" Shank Bolt (8)—18



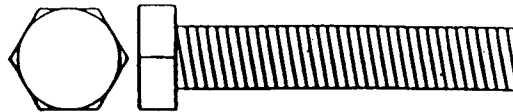
8mm x 3/4" Bolt (6)—11



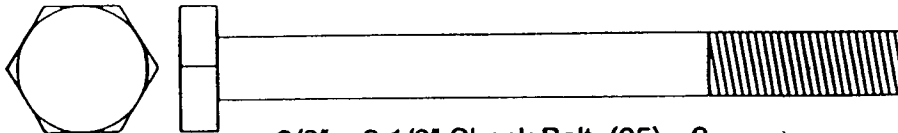
3/8" x 3" Bolt (7)—13



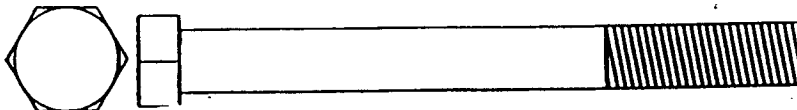
3/16" Screw (40)—2



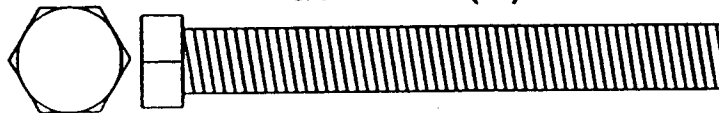
3/8" x 1 3/4" Bolt (95)—6



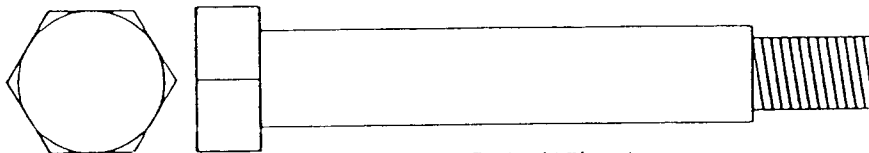
3/8" x 3 1/2" Shank Bolt (25)—2



3/8" x 3" Bolt (38)—1

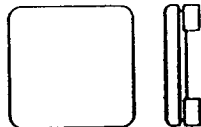


3/8" x 2 3/4" Bolt (79)—17



3 1/8" Shank Bolt (15)—1

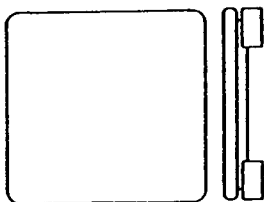
The parts in this box are drawn at one half actual size.



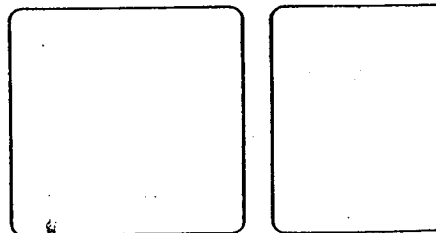
1 1/2" x 1 1/2" Inner Cap (41)—6



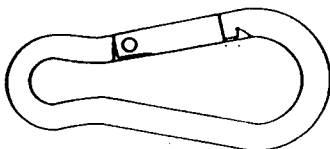
1" x 2" Inner Cap (5)—6



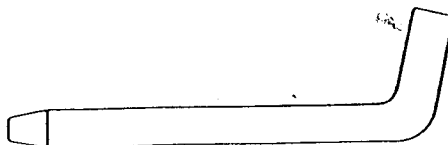
2" x 2" Inner Cap (11)—9



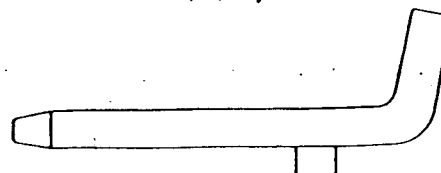
2" x 2" Outer Cap (10)—8



Cable Clip (48)—3



"L" Pin (53)—1



"L" Pin w/Tab (54)—1

PART LIST/EXPLODED DRAWING—Model No. IM-5

Key No.	Qty.	Description	Key No.	Qty.	Description
1	46	3/8" Nylock Nut	54	1	"L" Pin w/Tab
2	29	3/8" Washer	55	1	Decal Sheet
3	1	Large Backrest	56	2	Weight Guide
4	13	8mm Washer	57	1	Weight Selector
5	6	1" x 2" Inner Cap	58	3	Pad Tube
6	11	8mm x 3/4" Bolt	59	6	6" Foam Pad
7	13	3/8" x 3" Bolt	60	2	15 1/2" Foam Pad
8	18	3/8" x 2" Shank Bolt	61	1	Adjuster
9	20	Pulley	62	1	Small Seat
10	8	2" x 2" Outer Cap	63	1	Large Seat
11	9	2" x 2" Inner Cap	64	1	Stabilizer w/Bracket
12	2	Large Handgrip	65	2	Armrest
13	6	Handle	66	1	VKR Backrest
14	14	Small Handgrip	67	1	VKR Frame
15	1	3 1/8" Shank Bolt	68	1	"U" Handle
16	1	Owner's Manual	69	1	Large Seat Post
17	1	Exercise Guide	70	1	Leg Lever Frame
18	4	3/4" x 3/4" Spacer	71	1	Leg Lever
19	1	Stabilizer	72	1	Front Upright
20	2	1/2" Washer	73	1	Butterfly Support
21	2	11/16" Washer	74	1	Left Butterfly Arm
22	2	1/2" Nylock Nut	75	1	Right Butterfly Arm
23	2	1/2" Bushing	76	1	VKR Upright
24	4	5/8" Bushing	77	1	Butterfly Upright
25	2	3/8" x 3 1/2" Shank Bolt	78	1	Weight Guide Top
26	2	Thick 5/8" Bushing	79	17	3/8" x 2 3/4" Bolt
27	1	Rower Bar	80	1	Frame Top
28	4	2" x 2" Outer Cap w/Hole	81	1	Short Chain
29	1	Ankle Strap	82	1	Long Chain
30	1	7 1/2" Axle	83	1	"Y" Stabilizer
31	1	Hand Strap	84	19	Weight
32	1	Dual Hand Strap	85	57	Weight Insert
33	1	Small Backrest	86	1	Top Weight
34	1	Small Backrest Post	87	1	Weight Selector Screw
35	1	Small Seat Post	88	1	Press Arm
36	1	Small Seat Frame	89	1	Base
37	1	Part List/Exp. Draw./Part ID	90	1	Lat Bar
38	1	3/8" x 3" Shank Bolt	91	1	Cable #1
39	6	Tube Cap	92	1	Cable #2
40	2	3/16" Screw	93	1	Cable #3
41	6	1 1/2" x 1 1/2" Inner Cap	94	1	Cable #4
42	2	8mm Nylock Nut	95	6	3/8" x 1 3/4" Bolt
43	1	10 3/4" Pin	#	1	Grease
44	1	Pin Knob	#	1	Decal
45	1	Bumper Cap			
46	3	Lock Knob			
47	1	Bumper			
48	3	Cable Clip			
49	1	Lat Bar Holder			
50	2	Weight Bumper			
51	2	Swivel Bracket			
52	1	"U" Bracket			
53	1	"L" Pin			

Note: "*" indicates a non-illustrated part.
Specifications are subject to change
without notice. See the back cover of the
OWNER'S MANUAL for information
about ordering replacement parts.

