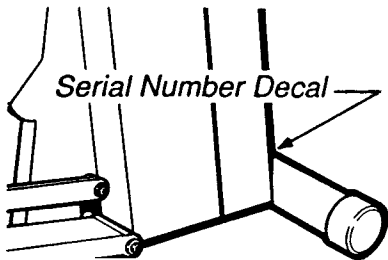


IMAGE™ 850

PERSONAL FITNESS SYSTEM

Model No. IM523000

Serial No. _____



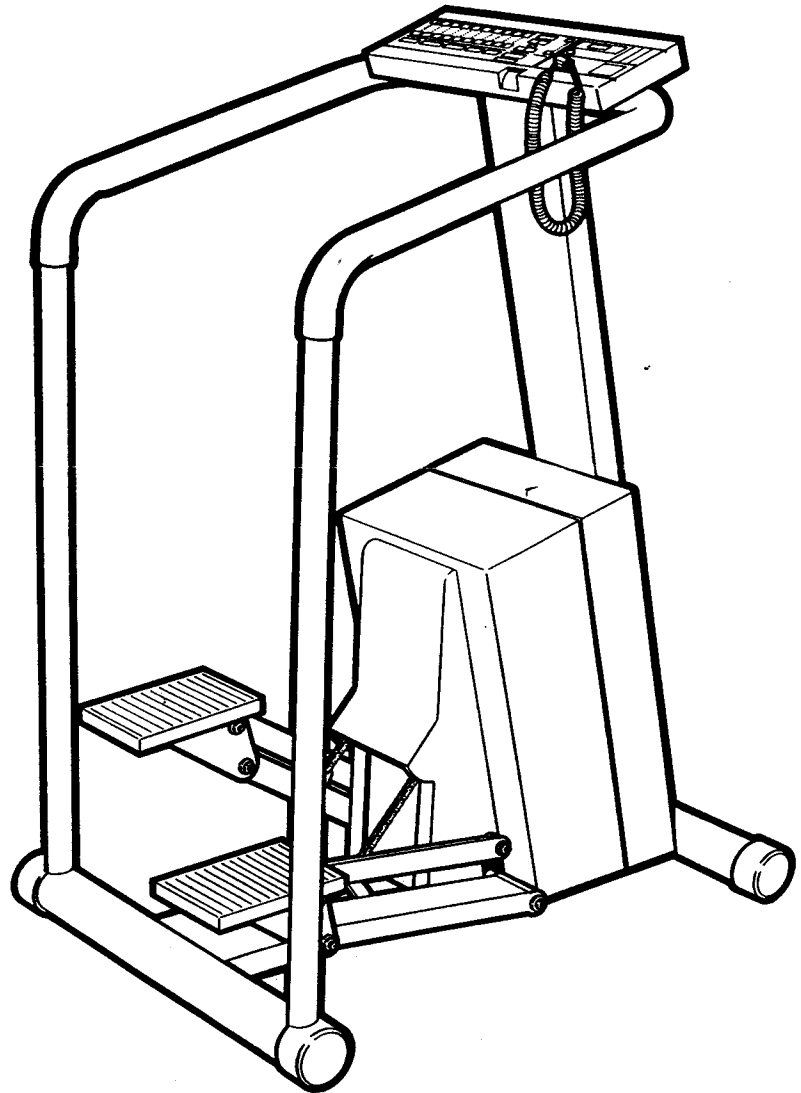
QUESTIONS?

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.



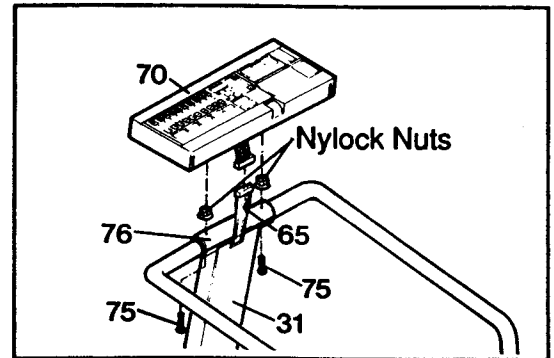
OWNER'S MANUAL

ASSEMBLY

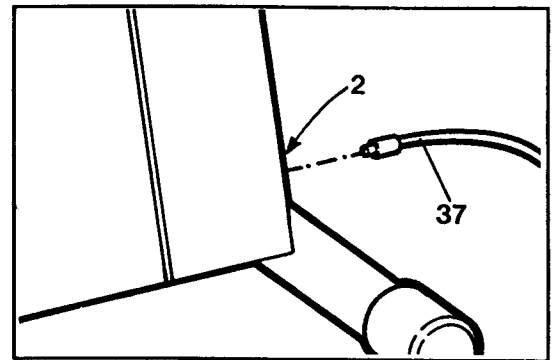
Place all parts of the stepper in a cleared area on the floor and remove the packing materials. **Make sure that all parts are included before disposing of the packing materials.**

1. Remove the nylock nuts from the two Long Handrail Bolts (75). Discard the nylock nuts.

Connect the wires protruding from the Console (70) to the Wire Harness (65). Position the Console on top of the Handrail Saddle (76) as shown. Tighten the two Long Handrail Bolts (75) into the Console. Tuck any excess wires into the Frame (31).



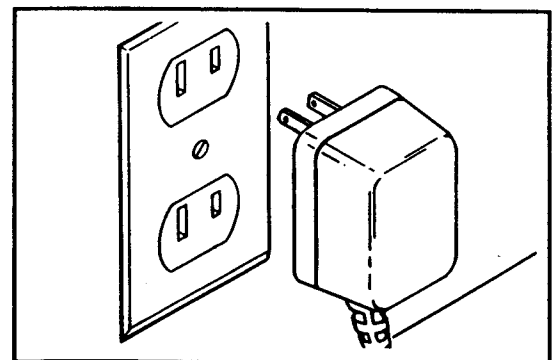
2. Plug the Power Cord (37) into the Power Plug (2) at the front of the stepper.



OPERATION

PLUGGING IN THE POWER CORD

Plug the transformer on the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces. Turn on the power when using the stepper, or the stepper could be damaged.



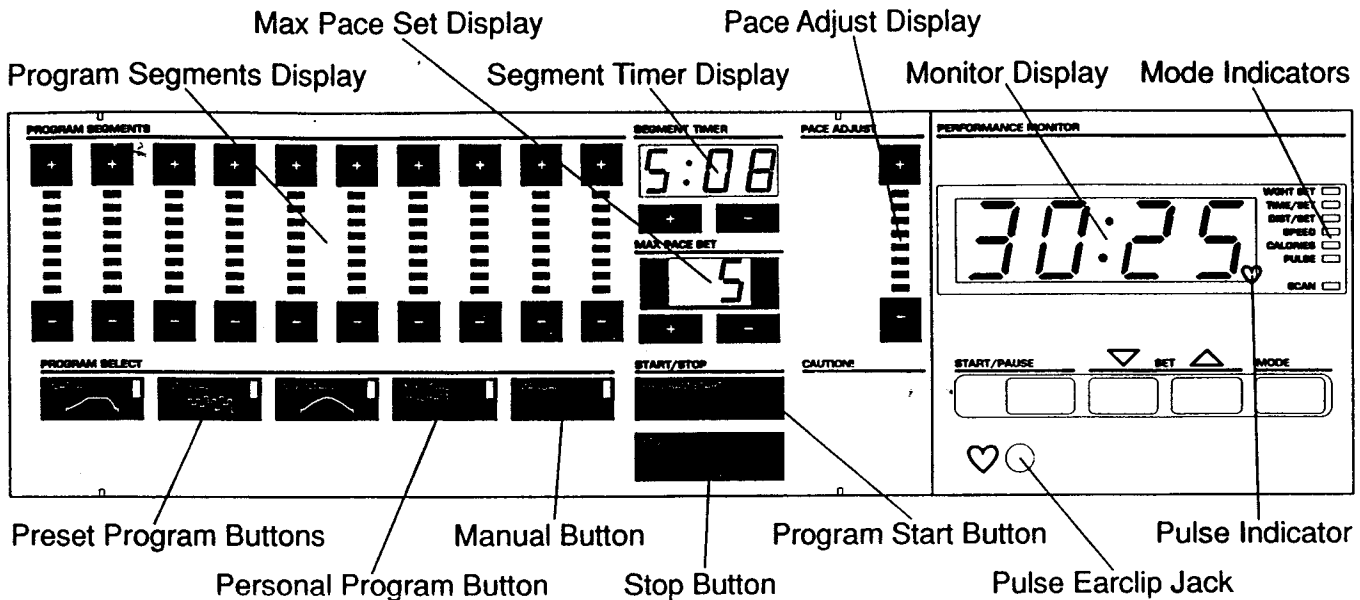
EXERCISING ON THE STEPPER

Hold the handrails and step onto the pedals; both pedals will sink to the floor. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, a continuous stepping motion must be maintained. Adjust your stepping pace until you can maintain a continuous motion comfortably. (See MANUAL MODE on page 5.) To exercise your upper leg muscles, keep your feet flat on the pedals as you step. To focus on the calf muscles, rise on your toes. Whether you stand erect or lean forward slightly, always keep your back straight in order to avoid injury.

PROGRAMMABLE CONSOLE OPERATION

The state-of-the-art stepper console offers both manual and programmable modes. In addition, the console features a performance monitor to provide you with instant exercise feedback. **Please read these instructions carefully before operating the stepper.**

DIAGRAM OF THE CONSOLE



TURNING THE POWER ON

Insert the power key into the front of the console. The monitor display will turn on, the indicator on the MANUAL button will light, and one indicator in the PACE ADJUST display will light. A tone will sound to indicate that the console is ready for operation.

MANUAL MODE

When the power is turned on, the console will be in the manual mode. As you exercise, your stepping pace can be adjusted by pressing the plus (+) and minus (-) buttons in the PACE ADJUST display. Each time the plus button is pressed, the resistance will decrease and your stepping pace will increase. (Because the pedals move independently, as the resistance decreases you must increase your stepping pace or both pedals will sink to the floor.) Every fourth time the plus button is pressed, an additional indicator in the display will light. Each time the minus button is pressed, the resistance will increase and your stepping pace will decrease. Every fourth time the button is pressed, an additional indicator will darken. The buttons can be held down to adjust your stepping pace quickly.

PROGRAMMABLE PACE MODE

In the programmable mode, the stepping pace will be controlled automatically by programs you select, leaving you free to concentrate on exercising. Three different preset programs are offered. In addition, you can create an endless number of your own personal programs and store them in memory for future workouts.

CREATING A PERSONAL PROGRAM

Press the **PERSONAL PROGRAM** button. The indicator on the **PERSONAL PROGRAM** button will light, and the indicator on the **MANUAL** button will darken.

The first step in creating a personal program is to select a maximum pace level for the program. There are ten maximum pace levels. If level 1 is selected, the program will offer only slow pace settings. If level 10 is selected, the program will offer a wide range of pace settings, from slow to fast. The program is preset at level 1, as shown in the **MAX PACE SET** display. If you want to select a different level, press the plus (+) button in the **MAX PACE SET** display. Each time the button is pressed, the maximum pace level will increase by 1.

All personal and preset programs are divided into ten equal time periods, called "segments." The stepping pace will change automatically at the beginning of each segment. Ten pace settings should now be programmed on the **PROGRAM SEGMENTS** display. The display is divided into ten individual segments, each with a plus (+) and minus (-) button and eight small indicators. A different pace setting can be programmed on each segment. The lighted indicators in each segment show the pace setting of that segment. One lighted indicator is the slowest pace setting, and eight lighted indicators is the fastest pace setting. If a program has not previously been created, four indicators will be lighted in each segment. To program a pace setting on the first segment (at far left), press the plus or minus buttons in the first segment. Each time the plus button is pressed, a tone will sound and the pace setting will increase. Every fourth time the button is pressed, an additional indicator will light. Each time the minus button is pressed, a tone will sound and the pace setting will decrease. Every fourth time the button is pressed, an additional indicator will darken. The buttons can be held down to program a pace setting quickly. Pace settings should be programmed on the remaining nine segments in the same manner. You may wish to program a low setting on the first segment for a warm-up, a combination of higher settings on the middle segments, and a low setting on the final segment for a cool-down. An endless variety of profiles can be created on the **PROGRAM SEGMENTS** display.

The final step in creating a personal program is to set the length of time you want each program segment to last (all ten segments will last for the same length of time). Each segment is preset to last for 2 minutes, as shown in the **SEGMENT TIMER** display. (Since there are ten segments, the program will last for 20 minutes.) If you want to change the length of time each segment will last, press the plus (+) or minus (-) buttons in the **SEGMENT TIMER** display. Each time one of the buttons is pressed, the length of time displayed will increase or decrease by 10 seconds. The buttons can be held down to change the length of time quickly. The segments can be set to last for a minimum of 30 seconds, up to a maximum of 9 minutes and 50 seconds.

When you are ready to start the program, press the **PROGRAM START** button and begin stepping. The first segment of the **PROGRAM SEGMENTS** display will begin to flash, and the stepping pace will automatically adjust to the setting of the first segment. The time remaining in the first segment will be shown in the **SEGMENT TIMER** display. When no time remains, the second segment will begin to flash, the stepping pace will adjust to the setting of the second segment, and the **SEGMENT TIMER** display will show the time remaining in the second segment. The program will continue in this manner until all ten segments have been completed.

The settings of the program can be changed while the program is running, if desired. If you need 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 preset program can be selected or the console can be switched to the manual mode by pressing the **MANUAL** button. The current settings of the program will be saved in memory. The settings will be saved as long as the power cord remains plugged in; however, when the power cord is unplugged, the settings will be erased.

SELECTING A PRESET PROGRAM

Press the PLATEAU, INTERVAL or MOUNTAIN buttons. The indicator on the button you press will light. Next, select a maximum pace level for the program. This is done in the same manner as for a personal program. The ten pace settings of the selected program will appear on the PROGRAM SEGMENTS display. If desired, the setting of any segment can be changed by pressing the plus (+) or minus (-) buttons in that segment. Next, set the length of time you want each program segment to last. This is done in the same manner as for a personal program.

When you are ready to start the program, press the PROGRAM START button and begin exercising. The program will run in exactly the same manner as a personal program. The settings of the program can be changed while the program is running, if desired. If you need 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. Any changes you made to the settings of the program will not be saved in memory. Only the original program settings will be saved.

OPERATING THE PERFORMANCE MONITOR

The performance monitor offers seven different modes to provide you with instant feedback as you exercise. The modes can be selected by pressing the MODE button. Mode indicators will light to show which mode you have selected. Press the START/PAUSE button to start or stop the modes. The mode indicators will flash to show when the modes are stopped. The modes are described below:

Weight Set: When the power is turned on, the Weight Set mode will be selected automatically. For the Calories mode to be accurate, your weight should be entered into the console. Press the SET buttons to enter your weight, in pounds. Each time one of the buttons is pressed, the weight displayed will change by 5 pounds. The buttons can be held down to enter your weight quickly. **IMPORTANT NOTE:** Your weight must be entered into the console immediately after the power is turned on, and before you step onto the stepper pedals. If the pedals are moved before your weight has been entered, the power key must be removed and then reinserted before your weight can be entered.

Time/Set: This mode displays the elapsed time. This mode also allows time goals to be set. To set a time goal, first select the Time/Set mode. (A goal cannot be set while the Scan mode is selected.) Be sure the mode is stopped, and press the SET buttons to enter the length of time you plan to exercise. Each time one of the buttons is pressed, the length of time displayed will change by 1 second. The buttons can be held down to enter a time goal quickly. When the mode is started, the time will be counted down. Note: Time goals should be set only when the console is in the manual mode. When the console is in the programmable mode, the console will be controlled by the Segment Timer.

Distance/Set: This mode displays the distance you have stepped, in vertical miles. This mode also allows distance goals to be set. To set a distance goal, first select the Distance/Set mode. (A goal cannot be set while the Scan mode is selected.) Be sure the mode is stopped, and press the SET buttons to enter the distance you plan to step. Each time one of the buttons is pressed, the distance displayed will change by 0.01 vertical mile. The buttons can be held down to enter a distance goal quickly. When the mode is started, the distance will be counted down as you exercise. Note: Distance goals should be set only when the console is in the manual mode.

Speed: This mode displays your current stepping speed, in vertical miles per hour.

Calories: This mode displays the number of Calories you have burned. For an accurate count, select the Weight Set mode and enter your weight into the console.

Pulse: This mode displays your heart rate. Plug the pulse earclip into the jack on 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 heart-shaped pulse indicator on the display will flash. After a few seconds, your heart rate will be displayed. If your heart rate is not displayed, try rubbing your ear lobe and repositioning the earclip.

Scan: This mode displays the Time/Set, Distance/Set, Speed, Calories and Pulse modes, for approximately five seconds each, in a repeating cycle.

TURNING THE POWER OFF

To turn the power off, simply remove the power key from the console.

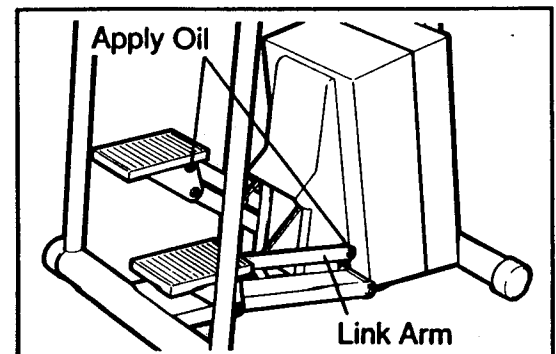
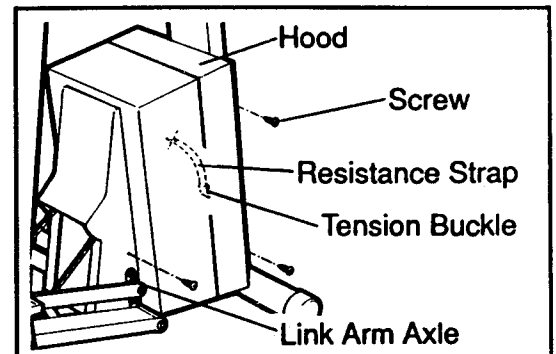
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the stepper regularly. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

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

If the range of stepping resistance is too high or too low, the range can be adjusted. Remove the six screws from the hood, and carefully raise the hood until the bottom of the hood is higher than the link arm axles. Tilt the hood back until the tension buckle is exposed. To lower the range of resistance, open the tension buckle, loosen the resistance strap slightly and close the buckle tightly. To raise the range of resistance, tighten the strap slightly. When the range is properly adjusted, reattach the hood with the six screws.

The axles to which the link arms are attached should be oiled every six months. Apply a few drops of light multi-purpose oil at both ends of the link arms.



CONDITIONING GUIDELINES

The following guidelines will help you to outline a personal exercise program. **WARNING: 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 level. The proper intensity level can be found using the heart rate as a guide. For an effective aerobic workout, your heart rate should be kept 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 given for both conditioned and unconditioned persons, according to age.

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, your heart rate can be increased gradually 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. Compare your heart rate to your training zone, and adjust the intensity of your exercise as necessary.

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. The warm-up should be followed by a few minutes of light exercise. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. End each workout with 5-10 minutes of stretching to cool down. This will help to increase flexibility as well as offset muscle contractions. Work out in this manner 2-3 times per week, with at least one day of rest between workouts. After several months, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

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 (IM523000).
2. The NAME of the product (IMAGE 850 stepper).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER of the part(s) (see page 14 of this manual).
5. The DESCRIPTION of the part(s) (see page 14 of this manual).

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.

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