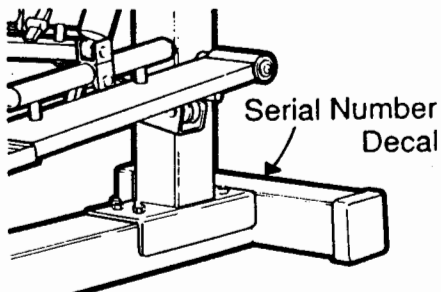


IMAGE 830™

Model No. IM538301

Serial No. _____

Write the serial number in the space above for reference.



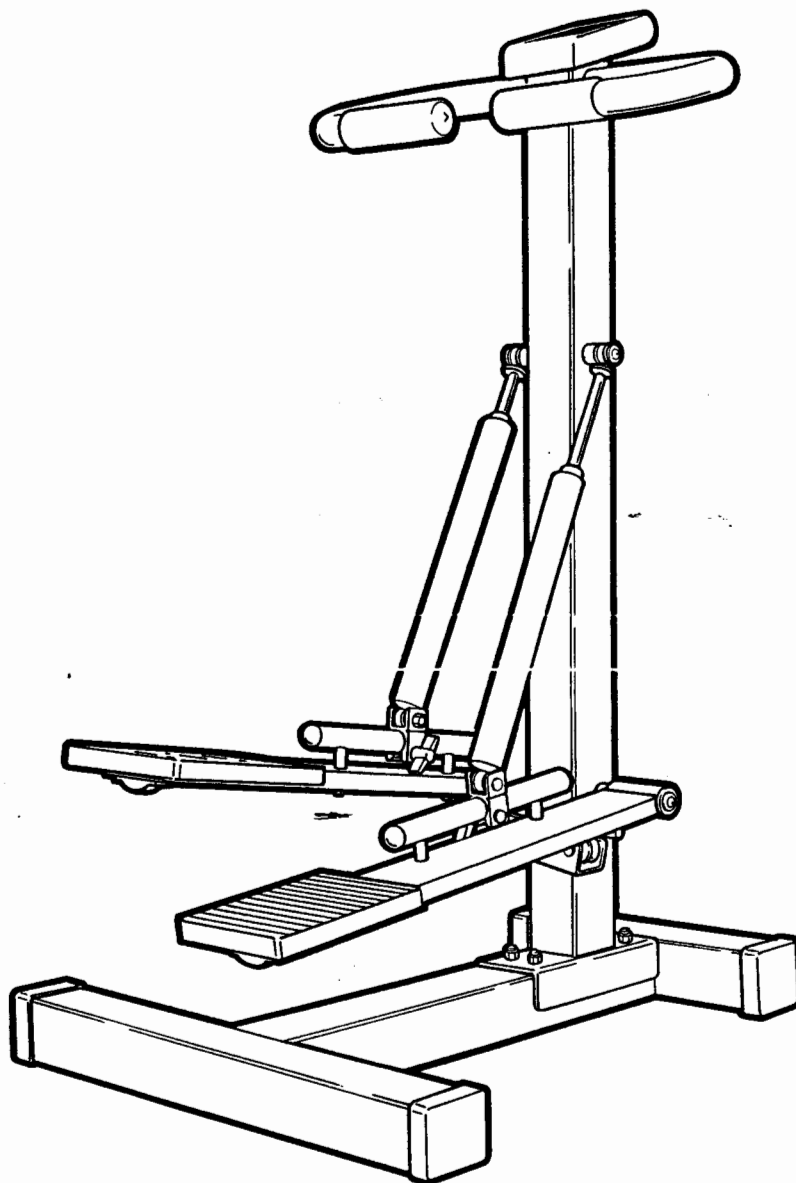
QUESTIONS?

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 am - 6 pm 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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IMPORTANT SAFETY PRECAUTIONS

1. Position the stepper on a level surface. The electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all parts are tightened securely before each workout.
3. Wear workout attire, including running or aerobic shoes, when using the stepper.
4. Always hold the handlebars when using the stepper.
5. Keep small children away from the stepper during use.
6. The resistance cylinders may become hot after a period of use. Allow the cylinders to cool before touching them.
7. Use the stepper only as described in this manual.

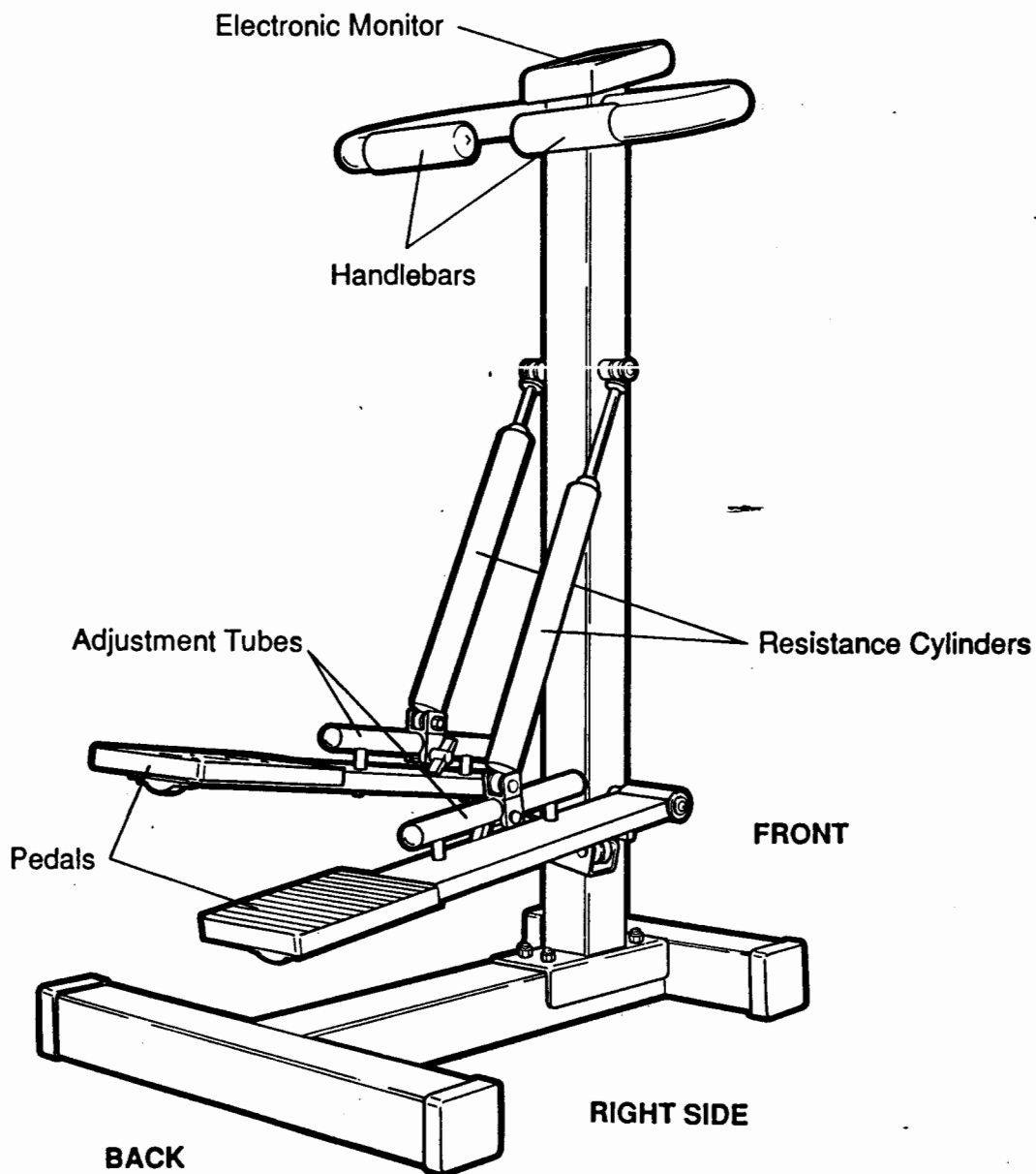
WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. IMAGE assumes no responsibility for personal injury or property damage sustained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

BEFORE YOU BEGIN

Thank you for selecting the IMAGE 830 Stepper. The IMAGE 830 blends advanced engineering with innovative styling to provide you with an effective, low-impact form of cardiovascular exercise in the comfort of your own home.

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**, during our business hours: Monday - Friday, 6 a.m. - 6 p.m. Mountain Time. In all communications regarding this product, please refer to the product model number and serial number. The model number is printed on the front cover of this manual. The serial number is recorded on a decal affixed to the product (see the drawing on the front cover).

Before reading the following sections of this manual, please review the drawing below and familiarize yourself with the parts labeled.

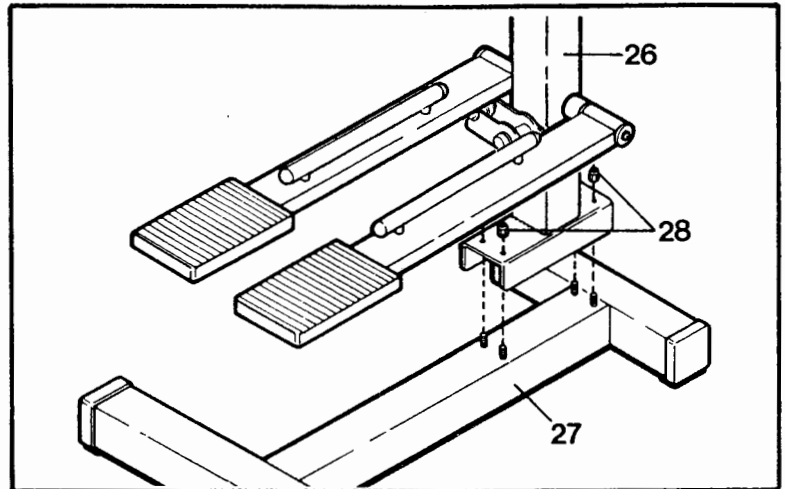


ASSEMBLY

Remove all parts from the packing carton. **Make sure that all parts are included before disposing of the packing materials.** Read each step carefully before beginning. Assembly can be completed using an adjustable wrench and phillips screwdriver (not included).

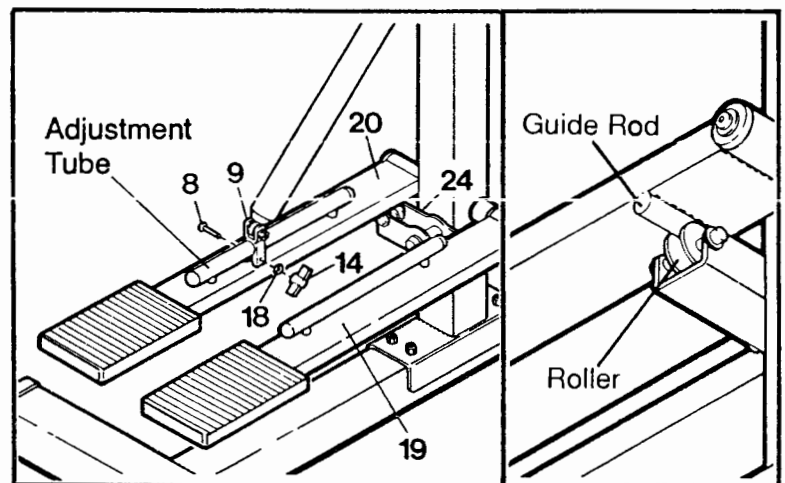
ASSEMBLING THE BASE

1. Turn the Base (27) so that the threaded ends of the bolts are upwards. Position the Main Frame (26) over the bolts in the Base. Attach the Main Frame with the four Frame Nuts (28).



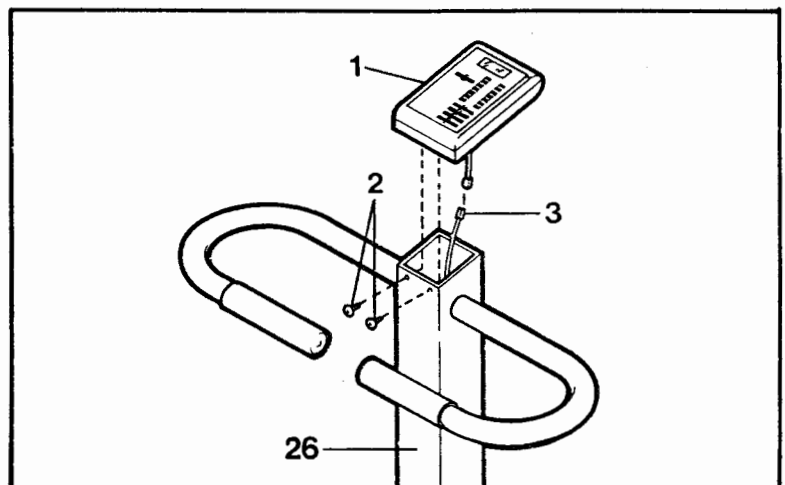
ASSEMBLING THE RESISTANCE CYLINDERS

1. Rotate the Pedals (19, 20) to the position shown, with the Pedals resting on the Reciprocator (24). **NOTE:** There is a guide rod on the underside of each Pedal. The guide rods must rest on the rollers or the Reciprocator will be damaged.
2. Slide the Cylinder Bracket (9) over the adjustment tube on the Left Pedal (20). Secure the Cylinder Bracket to the adjustment tube with a Bracket Bolt (8), Bracket Washer (18) and a Lock Knob (14). Attach the right Resistance Cylinder to the Right Pedal in the same manner.



ASSEMBLING THE ELECTRONIC MONITOR

1. Connect the Sensor Wire (3) to the wire protruding from the Electronic Monitor (1). Attach the Electronic Monitor to the Main Frame (26) with the two Monitor Screws (2).



OPERATION AND ADJUSTMENT

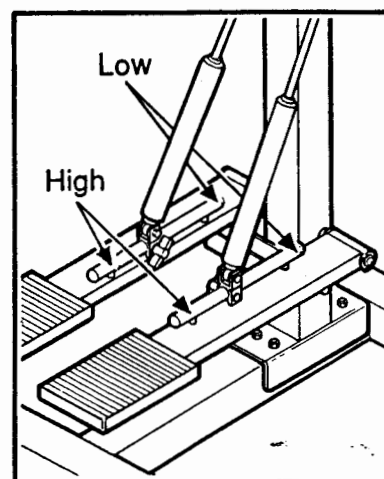
Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. Rest your hands on the handlebars with an overhand grip. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

Keep your feet flat on the pedals as you step to emphasize the muscles of the upper legs, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. (See ADJUSTING STEPPER RESISTANCE below.)

ADJUSTING STEPPER RESISTANCE

The resistance of the stepper can be changed by sliding the cylinder brackets to different positions on the adjustment tubes. To change the resistance, loosen the lock knobs on the cylinder brackets. Move the cylinder brackets to the desired position on the adjustment tubes, and tighten the lock knobs.

WARNING: The resistance cylinders may become hot during use. Allow the cylinders to cool before touching them.



MONITOR OPERATION

This stepper features a unique electronic monitor, designed to help you get the greatest benefit and enjoyment from your exercise. Please read the instructions below carefully before using the monitor.

DESCRIPTION OF THE MODES

TIME: Displays the amount of time you have exercised. A time goal can also be set, and the time remaining will be displayed.

COUNT: Displays the total number of steps you have taken. If desired, a goal can be set, and the number of steps still to be taken will be displayed.

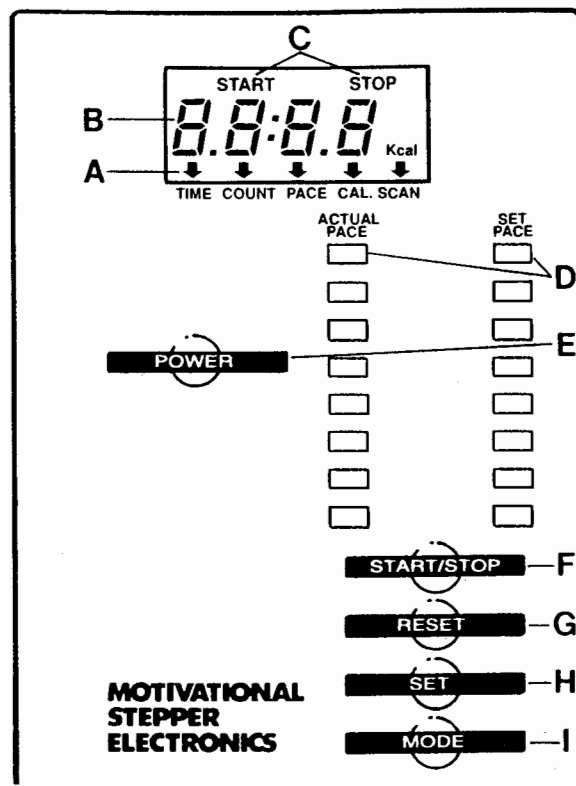
PACE: To help you pace your exercise, the monitor will sound a tone at a preselected time interval. A dual-column visual display provides added motivation.

CALORIE: Displays the approximate number of Calories (kilocalories) you have burned.

SCAN: Automatically displays the TIME, COUNT and CALORIE modes, for 4 seconds each, in a repeating cycle.

MONITOR DIAGRAM

- A. Indicator Arrows - Indicate the mode currently displayed.
- B. Main Display - Display for all modes.
- C. Start/Stop Indicators - Show whether the monitor is started or stopped. When the monitor is started, all modes accumulate values. When the monitor is stopped, all modes are put on hold.
- D. Visual Pace Display - Visual motivational display for the PACE mode.
- E. POWER Key - Turns the power on and off.
- F. START/STOP Key - Starts and stops the monitor.
- G. RESET Key - Resets the display to 00:00 for all modes, and stops the monitor.
- H. SET Key - Sets goals for the TIME, COUNT and PACE modes.
- I. MODE Key - Selects modes.



OPERATING THE MONITOR

Note: Two "AA"-size batteries (not included) must be installed before operating the monitor (see MONITOR CARE below for installation instructions).

1. Press the POWER key. A tone will sound to indicate the monitor is ready for operation.
2. Select the mode desired in the following manner:

TIME - Press the MODE key until an indicator arrow points to TIME. (When the monitor is first turned on, the TIME mode will be selected already.) The timer can be started and stopped by pressing the START/STOP key. If you wish to set a time goal, stop the monitor and press the SET key. Each time the key is pressed, the time displayed will increase by 1 minute. After the desired amount of time is set, press the START/STOP key to start the countdown. When the display reaches 00:00, a tone will sound.

COUNT - Press the MODE key until an indicator arrow points to COUNT. The counter can be started and stopped by pressing the START/STOP key. As you exercise, the number of steps you have taken will be displayed. If you wish to set a goal, stop the monitor and press the SET key. Each time the key is pressed, the number displayed will increase by 10. After the desired number is set, press the START/STOP key to start the countdown. When the display reaches 0, a tone will sound.

PACE - Stop the monitor and press the **MODE** key until an indicator arrow points to **PACE**. The monitor paces your exercise by sounding a tone at a preselected time interval. Press the **SET** key to set the time interval between tones. Each time the key is pressed, the time interval displayed will change by 1/8 (.125) of a second. After the desired time interval is set, press the **START/STOP** key to start the mode. To maintain the set pace, step in time with the tone. To give you added motivation, the **PACE** mode also features a dual-column visual display. The light in the left column rises one position with each step you take. The light in the right column rises one position each time the tone sounds. To maintain the set pace, keep the lights together as you exercise.

CALORIE - Press the **MODE** key until an indicator arrow points to **CAL**. The mode can be started and stopped by pressing the **START/STOP** key. As you exercise, the number of Calories (kilocalories) you have burned will be displayed.

SCAN - Press the **MODE** key until an indicator arrow points to **SCAN**. The mode can be started and stopped by pressing the **START/STOP** key. The **TIME**, **COUNT** and **CALORIE** modes will be displayed, for 4 seconds each, in a repeating cycle.

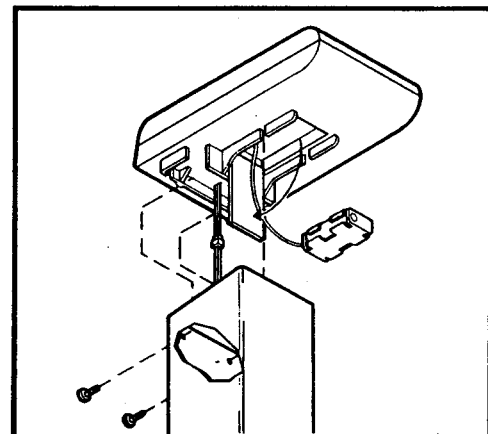
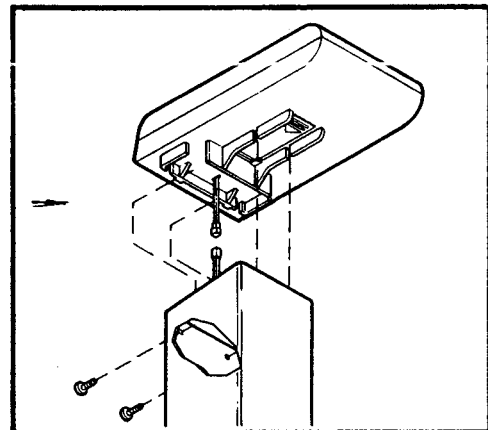
3. To turn the monitor off, press the **POWER** key. To conserve the batteries, always turn the monitor off when not in use.

MONITOR CARE AND TROUBLE-SHOOTING

The monitor can be cleaned using a soft, dry cloth. Never allow liquids to come in contact with the monitor. Do not expose the monitor to direct sunlight or the LCD display may be damaged. Remove the batteries from the monitor when storing the stepper for extended periods of time.

The monitor is powered by two "AA"-size batteries (not included). If the monitor does not function properly, or if the display becomes faint, the batteries should be replaced. Most problems are the result of weak batteries.

The battery compartment is located in the underside of the monitor. To access the battery compartment, remove the two screws from the stepper frame and lift off the monitor. Open the battery cover as shown, and carefully remove the battery clip. Insert two "AA"-size batteries, in the direction indicated on the inside of the battery clip. For best performance, use only alkaline batteries. Replace the monitor with the two monitor screws.

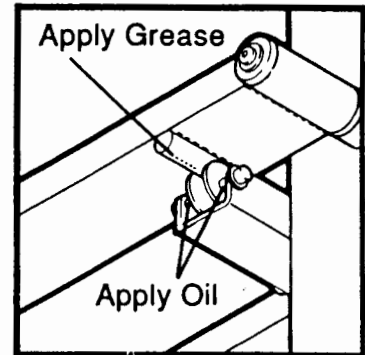


MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, refer to MONITOR CARE AND TROUBLE-SHOOTING on page 7 of this manual.

To prevent damage to the stepper, be sure that the guide rods on the pedals always remain on the reciprocator rollers. Lubricate the rollers periodically using a few drops of light, multi-purpose oil. The underside of the guide rods should also be lubricated using a small amount of heavy grease.



CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program.

Caution: Never set the resistance so high that you must push or pull against the handlebars with your arms to press the pedals down. Exercising in this manner could result in heart risk. Before beginning this or any exercise program, consult your physician.

EXERCISE INTENSITY

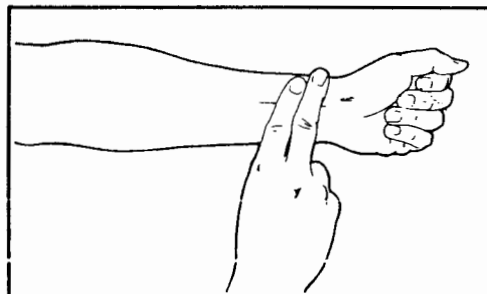
To maximize the benefits of exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be found using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is called your "training zone."

You can find your training zone using the table to the right. Training zones are given for both unconditioned and conditioned persons according to age. Use the column that is appropriate for you.

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. As your condition improves, a greater workload will be required in order to raise your heart rate to the proper level.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel your pulse. Carefully take a six-second heart beat count. Add a 0 to the result to find your heart rate. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) If your heart rate is below your training zone, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

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



PLANNING YOUR WORKOUT

Every workout should consist of 5 important parts: 1. Resting, 2. Warming up, 3. Training zone exercise, 4. Cooling down, 5. Resting. Warming up should be a part of every workout, preparing the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. 5-10 minutes of stretching will provide a good warm-up. After warming up, begin exercising with low intensity. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for a period of 20-30 minutes. To aid circulation, and help prevent soreness, finish your workout with 5-10 minutes of stretching or light exercise.

EXERCISE FREQUENCY

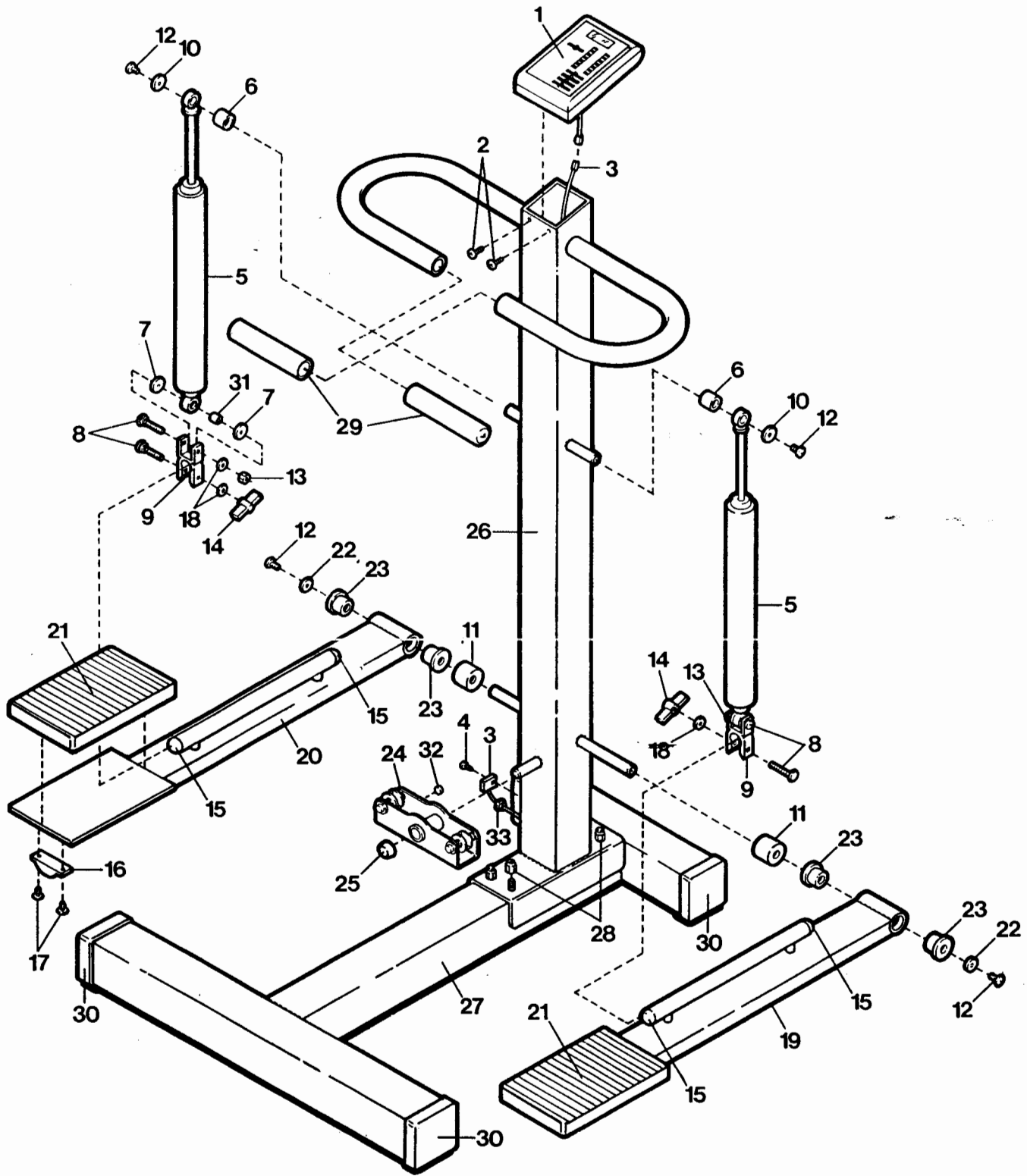
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to a successful program is CONSISTENCY.

PART LIST - Model No. IM538301

Rev. 5/91

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	18	4	Bracket Washer
2	2	Monitor Screw	19	1	Right Pedal
3	1	Monitor Wire/Reed Switch	20	1	Left Pedal
4	1	Reed Switch Screw	21	2	Pedal Foot Pad
5	2	Resistance Cylinder	22	2	Pedal Washer
6	2	Upper Spacer	23	4	Pedal Bushing
7	4	Lower Spacer	24	1	Reciprocator
8	4	Bracket Bolt	25	1	Reciprocator Pushnut
9	2	Cylinder Bracket	26	1	Main Frame
10	2	Cylinder Washer	27	1	Base
11	2	Axle Spacer	28	4	Frame Nut
12	4	Screw	29	2	Handgrip
13	2	Nylock Nut	30	4	Base Endcap
14	2	Lock Knob	31	2	Cylinder Bushing
15	4	Adjustment Tube Endcap	32	1	Magnet
16	2	Bumper	33	1	Grommet
17	4	Bumper Screw	#	1	Owner's Manual

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



Specifications are subject to change without notice.

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-3756**, during our business hours: Monday - Friday, 6 a.m. - 6 p.m., Mountain Time. When ordering parts, please be prepared to give the following information:

1. The **MODEL NUMBER** of the product (IM538301).
2. The **NAME** of the product (IMAGE 830).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** of the part(s) from page 10 of this manual.
5. The **DESCRIPTION** of the part(s) from page 10 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.

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