

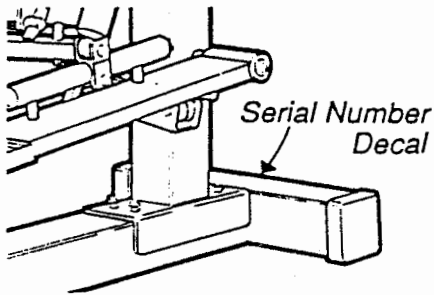
# IMAGE 830™



Model No. IM538302

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



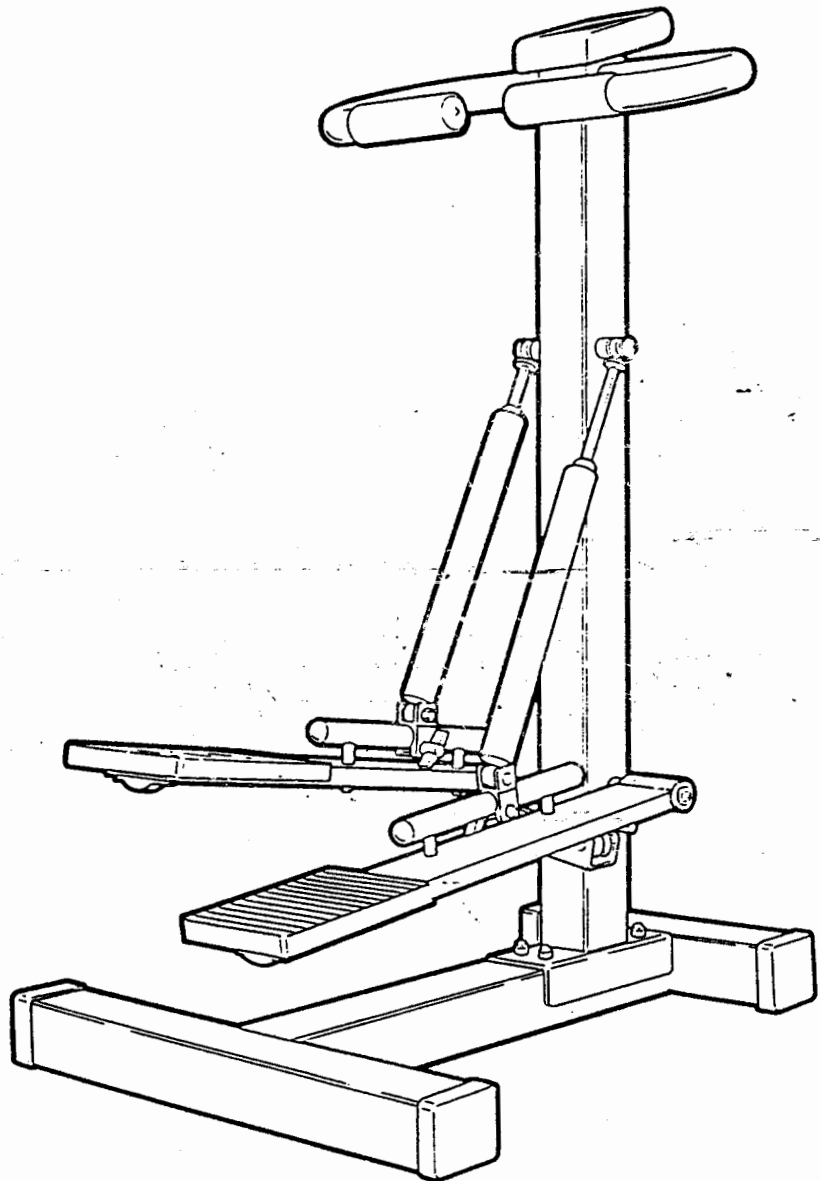
## QUESTIONS?

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.

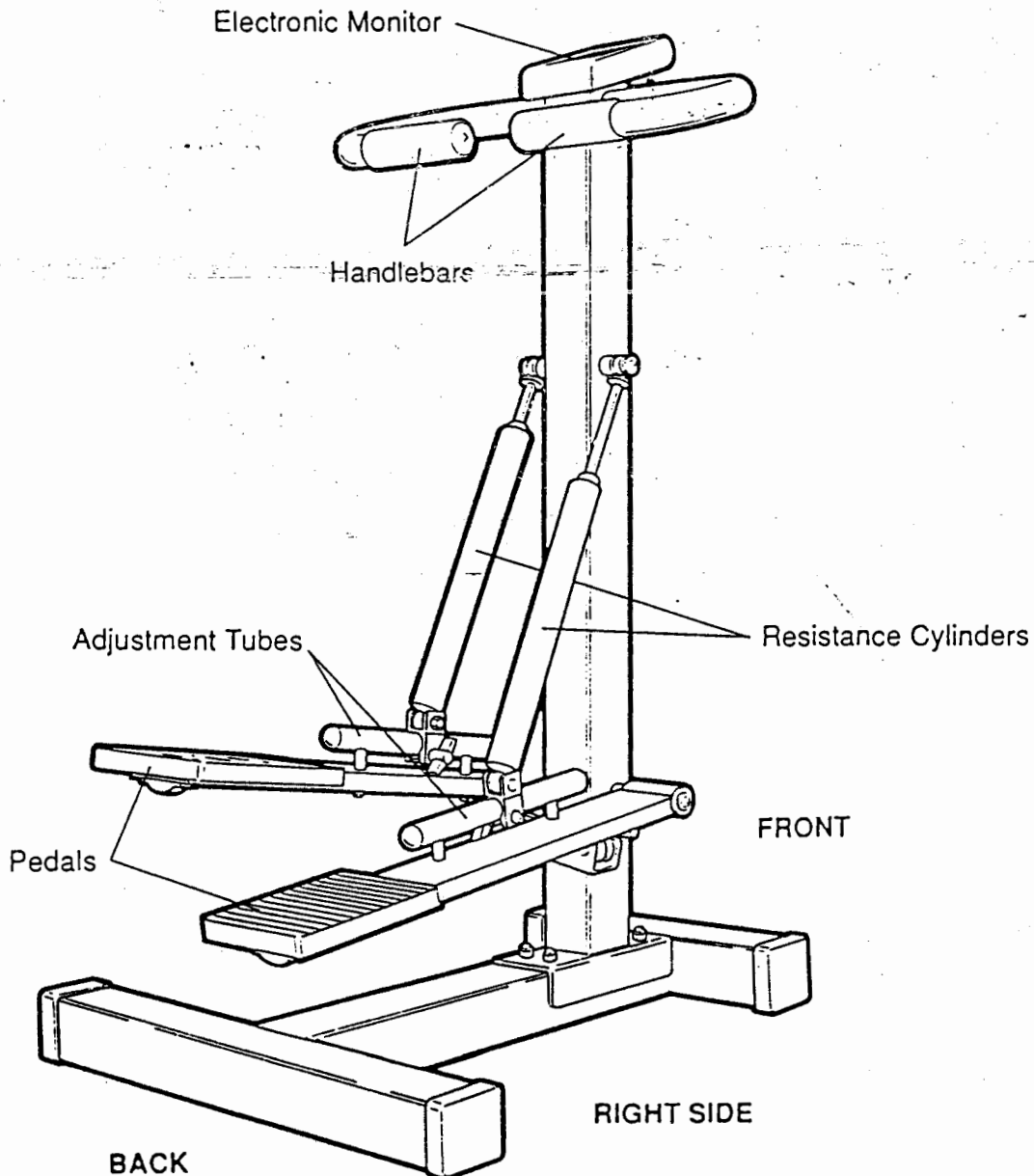
**WARNING:** Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. IMAGE assumes no responsibility for personal injury or property damage sustained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

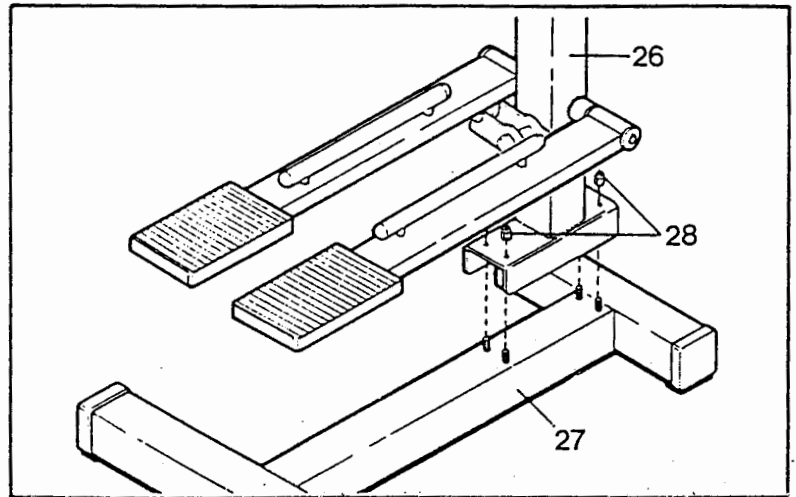


# ASSEMBLY

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).

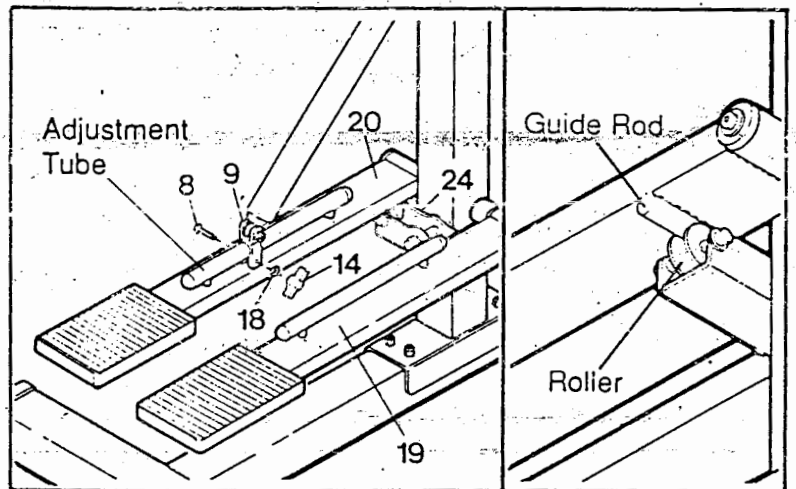
## ASSEMBLING THE BASE

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).



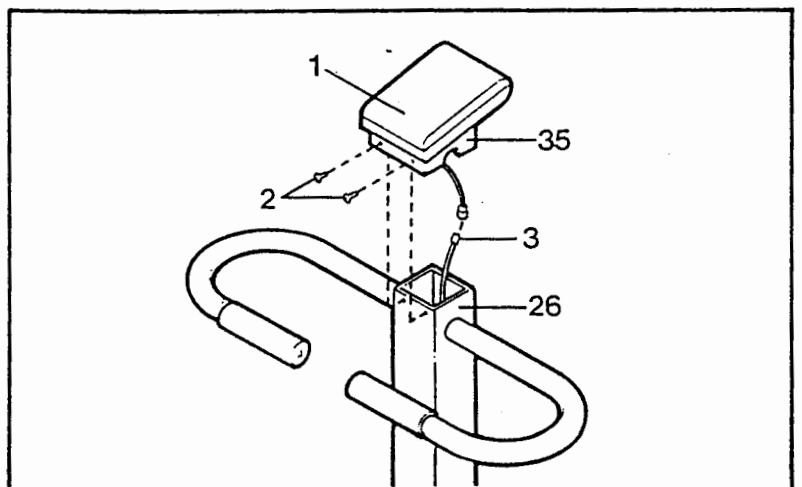
## ASSEMBLING THE RESISTANCE CYLINDERS

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 Monitor Bracket (35) to the Frame (26) with the two Bracket Screws (2).



# OPERATION AND ADJUSTMENT

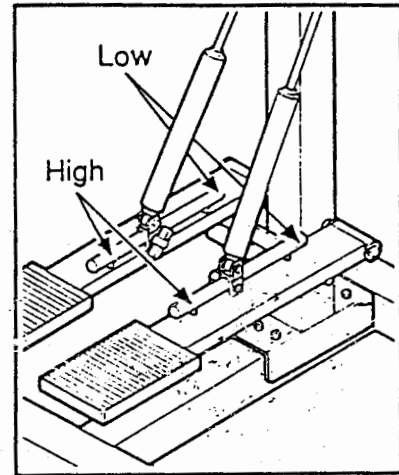
Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. Rest your hands on the handlebars with an overhand grip. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

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.



# OPERATING THE CXP MONITOR

The multi-function CXP monitor is designed to provide you with instant feedback on your performance as you exercise. If you choose to set workout goals, the monitor will even help you to reach your goals. Read the instructions below before using the monitor.

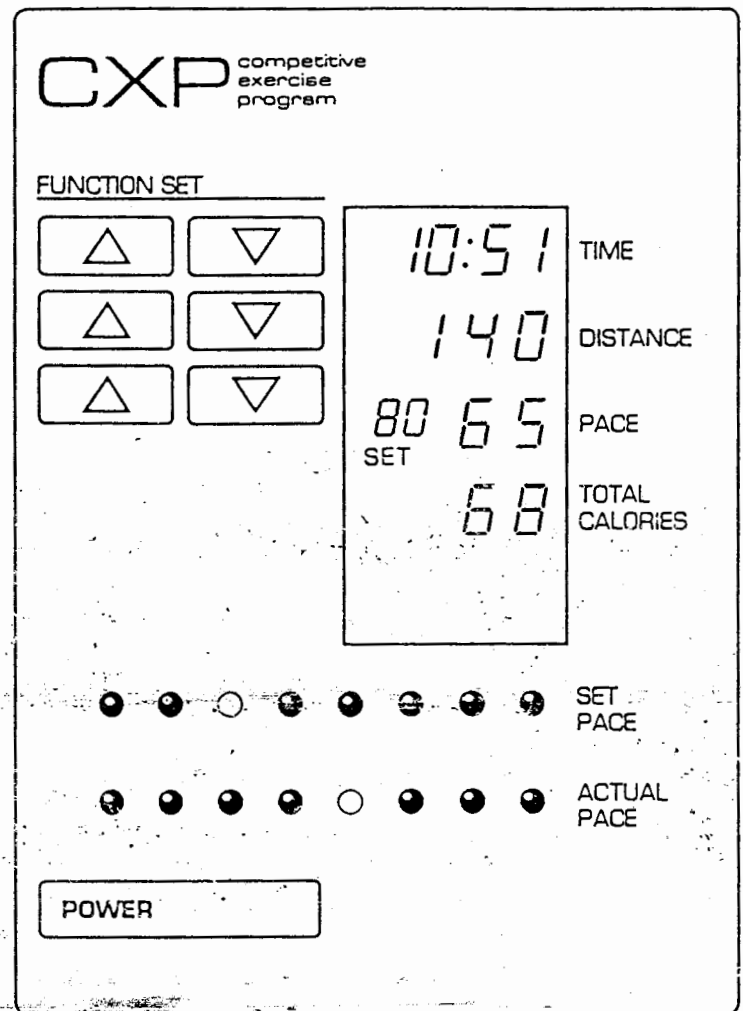
## DESCRIPTION OF THE FUNCTIONS

**TIME:** This function displays the elapsed time. This function also allows a time goal to be set. The monitor will count the time down, and sound a tone when the goal is completed.

**DISTANCE:** This function displays the total number of steps you have completed. This function also allows a distance goal to be set. The monitor will count the steps down, and sound a tone when the goal is completed.

**PACE:** This function displays your current stepping pace, in steps per minute. This function also allows a pace goal to be set. The monitor will sound a repeating tone to help you maintain your goal pace. The set pace and actual pace displays will provide additional help.

**TOTAL CALORIES:** This function displays the total number of nutritional Calories you have burned. Note: The number displayed is based on an average stepper resistance. If the resistance is set very high or low, the actual number of Calories burned may differ slightly from the number displayed.



## OPERATING THE MONITOR

Remove the protective film from the front of the monitor. Two "AA"-size 1.5-volt batteries (not included) must be installed before the monitor can be operated (see MONITOR CARE).

1. To turn the power on, press the power button or simply begin stepping.
2. As you exercise, the TIME function will be activated, displaying the elapsed time. If you stop stepping for ten seconds or longer, the time will hold until you resume.

The DISTANCE function will display the total number of steps you have completed.

The PACE function will display your current stepping pace, in steps per minute.

The TOTAL CALORIES function will display the total number of Calories you have burned.

3. If desired, workout goals can be set in the following manner:

To set a time goal, press the set buttons next to the time display. A goal can be set for a minimum of 1 minute, up to a maximum of 99 minutes, in increments of 1 minute. The buttons can be held down to set a goal quickly. As you exercise, the monitor will count the time down. If you stop stepping for ten seconds or longer, the countdown will stop until you resume. When no time remains, a tone will sound.

To set a distance goal, press the set buttons next to the distance display. A goal can be set for a minimum of 1 step, up to a maximum of 9,999 steps, in increments of 1 step. The buttons can be held down to set a goal quickly. As you exercise, the monitor will count the steps down. A tone will sound when your goal is completed.

To set a pace goal, press the set buttons next to the pace display. A goal can be set for a minimum of 20 steps per minute, up to a maximum of 199 steps per minute, in increments of 1 step per minute. The buttons can be held down to set a goal quickly. As you exercise, your pace goal will be shown on the left side of the pace display. Your actual pace will be shown on the right side of the pace display. To help you maintain your pace goal, the monitor will sound a repeating tone. Each time the tone sounds, the light in the set pace display will advance one position. Each time you take a step, the light in the actual pace display will advance one position. To maintain your pace goal, simply step in time with the tone, and keep the lights together. It may be necessary to adjust the stepper resistance in order to maintain your pace goal.

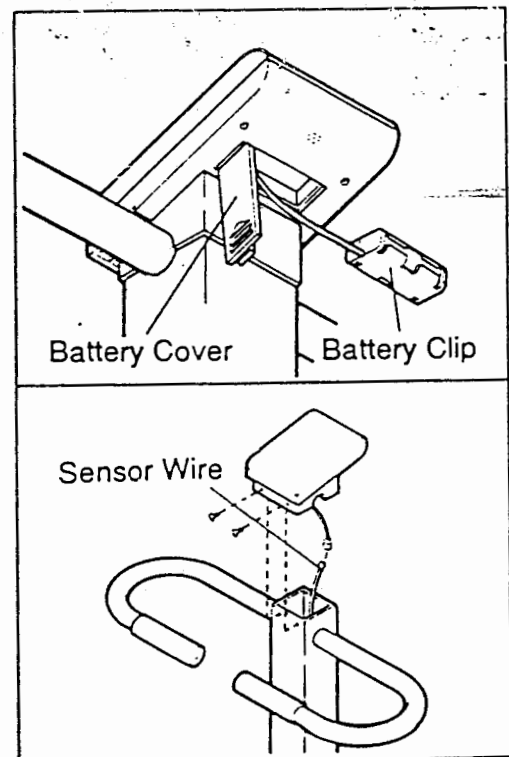
4. All displays can be reset to zero, if desired, by pressing the power button twice.
5. To turn the power off, press the power button. If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

#### MONITOR CARE

The monitor can be cleaned using a soft, dry cloth—do not allow liquid to come in contact with the monitor. Keep the monitor out of direct sunlight or the LCD display may be damaged. Remove the batteries when storing the stepper.

The monitor is powered by two "AA"-size 1.5-volt batteries (not included). Alkaline batteries are recommended. If the monitor does not function properly, or if the display becomes faint, the batteries should be replaced. Open the battery cover, and carefully remove the battery clip from the monitor. Insert two new batteries, in the direction indicated on the inside of the battery clip. Replace the battery clip into the monitor, and close the battery cover.

If the monitor still does not function properly, remove the two screws from the monitor bracket, and lift the monitor bracket off of the frame. Be sure the wire protruding from the monitor is plugged into the sensor wire. Re-attach the monitor bracket with the two screws.



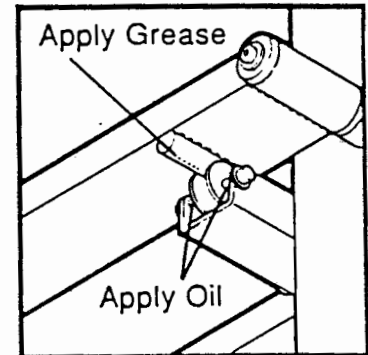
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## MAINTENANCE AND TROUBLE-SHOOTING

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 on page 7 of this manual.

To prevent damage to the stepper, the guide rods on the pedals must 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.



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## 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

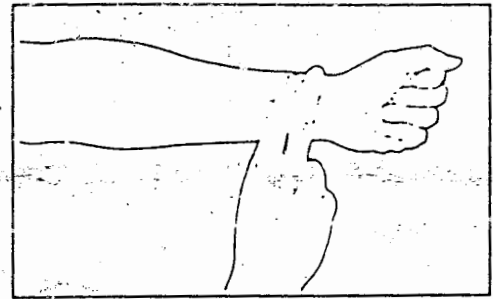
To maximize the benefits of exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be found using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between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

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Carefully take a six-second heart beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heart beat count is 14, your heart rate is 140 beats per minute. A six-second count is used because your heart rate will drop rapidly after you stop exercising. Compare your heart rate to your training zone, and alter your level of exertion as necessary.

| TRAINING ZONES<br>(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     |



## 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 strenuous exercise by increasing circulation, delivering more oxygen to the muscles and raising the body temperature. 5-10 minutes of stretching or light calisthenics will provide a good warm-up. After warming up, begin exercising at a light pace. After a few minutes, increase the intensity of your exercise to raise your heart rate to your training zone for 20-30 minutes. Always end your workouts with 5-10 minutes of stretching to cool down. This will help to offset muscle contractions and other problems caused when you stop exercising suddenly.

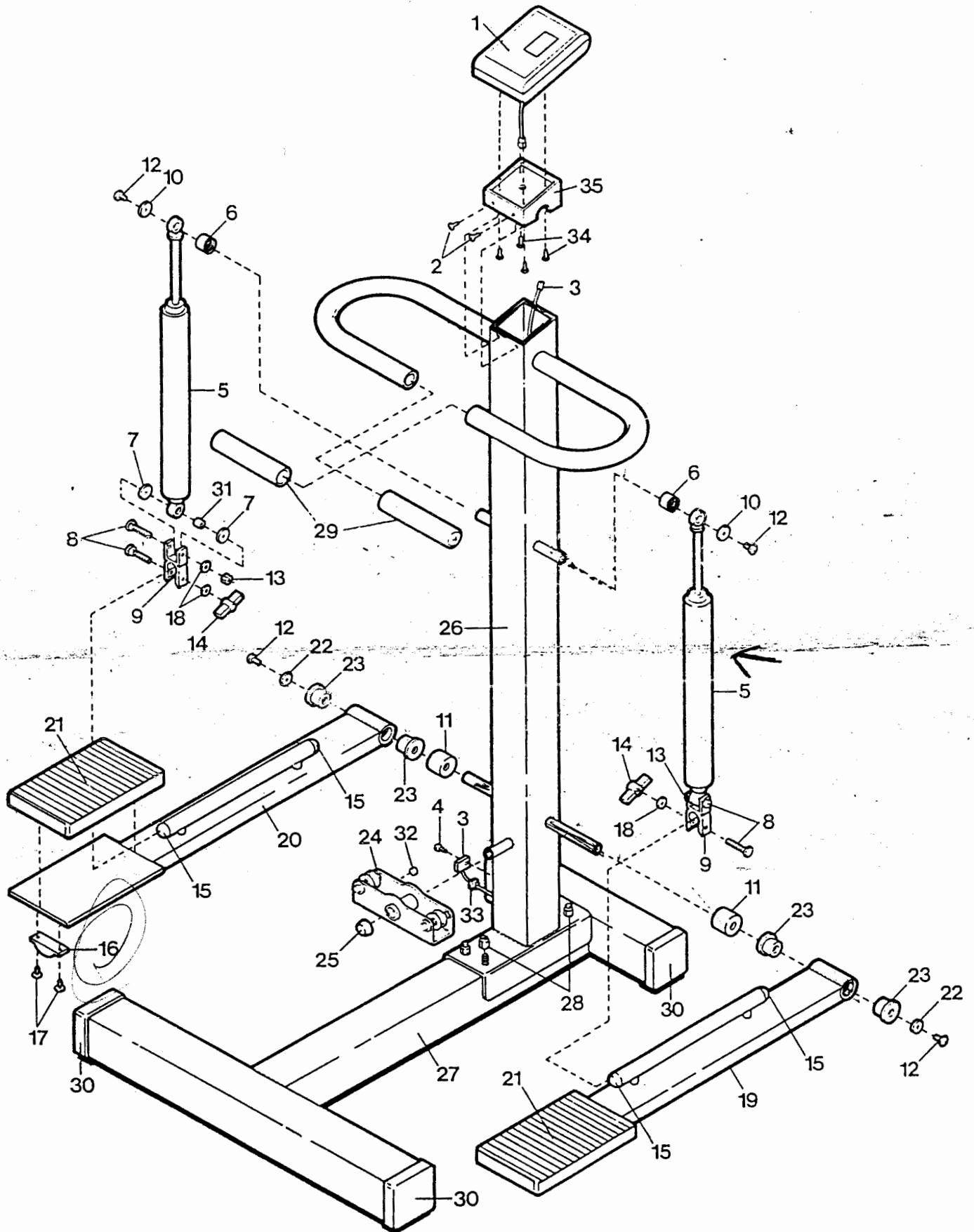
To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 per week. The key to success is **CONSISTENCY**.

# PART LIST - Model No. IM538302

Rev. 9/91

| Key No. | Qty. | Description             | Key No. | Qty. | Description          |
|---------|------|-------------------------|---------|------|----------------------|
| 1       | 1    | Electronic Monitor      | 19      | 1    | Right Pedal          |
| 2       | 2    | Bracket Screw           | 20      | 1    | Left Pedal           |
| 3       | 1    | Sensor Wire/Reed Switch | 21      | 2    | Pedal Foot Pad       |
| 4       | 1    | Reed Switch Screw       | 22      | 2    | Pedal Washer         |
| 5       | 2    | Resistance Cylinder     | 23      | 4    | Pedal Bushing        |
| 6       | 2    | Upper Spacer            | 24      | 1    | Reciprocator         |
| 7       | 4    | Lower Spacer            | 25      | 1    | Reciprocator Pushnut |
| 8       | 4    | Bracket Bolt            | 26      | 1    | Main Frame           |
| 9       | 2    | Cylinder Bracket        | 27      | 1    | Base                 |
| 10      | 2    | Cylinder Washer         | 28      | 4    | Frame Nut            |
| 11      | 2    | Axle Spacer             | 29      | 2    | Handgrip             |
| 12      | 4    | Screw                   | 30      | 4    | Base Endcap          |
| 13      | 2    | Nylock Nut              | 31      | 2    | Cylinder Bushing     |
| 14      | 2    | Lock Knob               | 32      | 1    | Magnet               |
| 15      | 4    | Adjustment Tube Endcap  | 33      | 1    | Grommet              |
| 16      | 2    | Bumper                  | 34      | 4    | Monitor Screw        |
| 17      | 4    | Bumper Screw            | 35      | 1    | Monitor Bracket      |
| 18      | 4    | Bracket Washer          | #       | 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 (IM538302).
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.

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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.

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