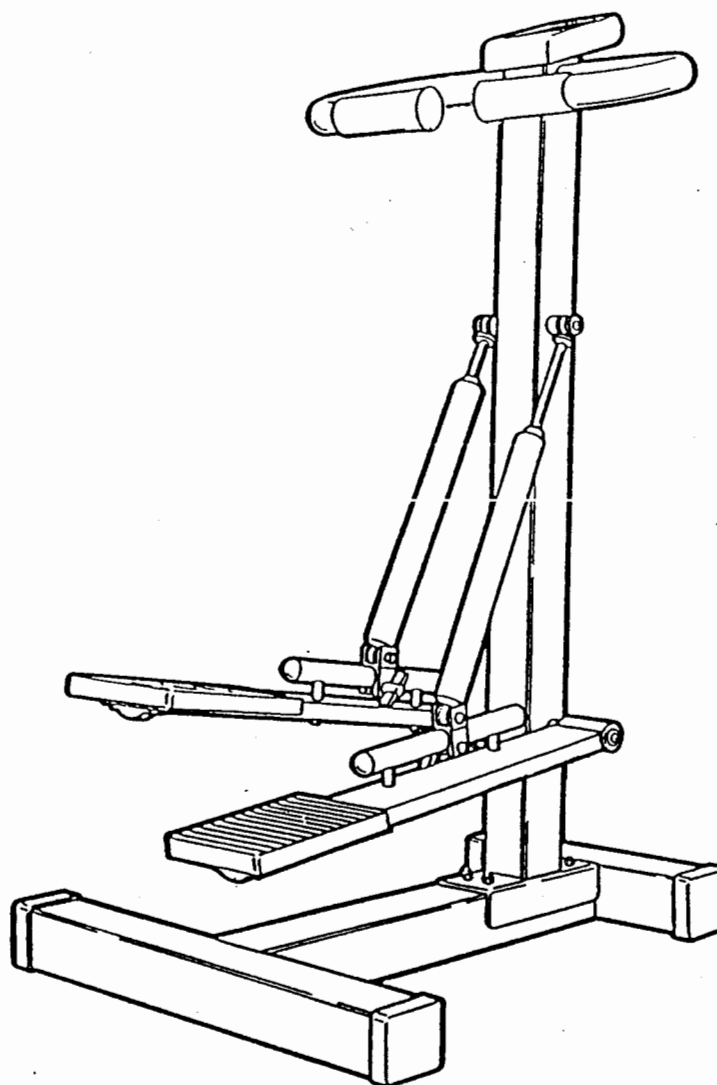
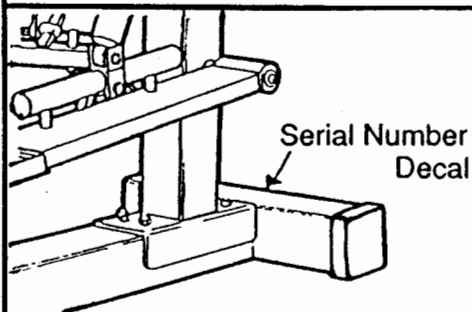


IMAGE 832™

Model No. IM538320

Serial No. _____

Write the serial number in the space above for reference.



CAUTION:

Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

OWNER'S MANUAL

TABLE OF CONTENTS

Important Safety Precautions	2
Before You Begin	3
Assembly	4
Operation and Adjustment	5
Monitor Operation	5
Maintenance and Trouble-Shooting	8
Conditioning Guidelines	8
Part List	10
Exploded Drawing	11
Ordering Replacement Parts	Back Cover
Warranty	Back Cover

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.

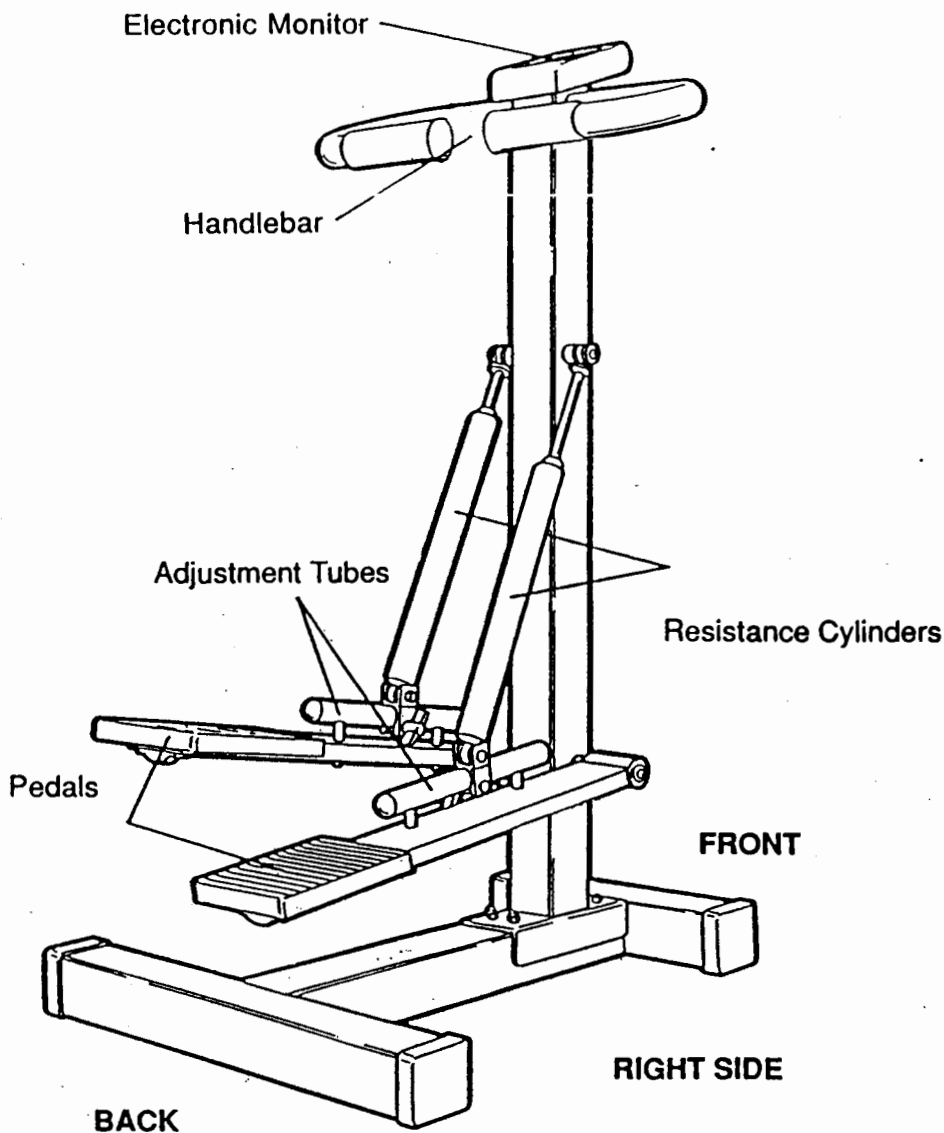
SAVE THIS MANUAL

BEFORE YOU BEGIN

Thank you for selecting the IMAGE 832 Stepper. The IMAGE 832 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 **1-800-753-4645**, during our business hours: Monday - Friday, 9 a.m. - 6 p.m. Eastern 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.

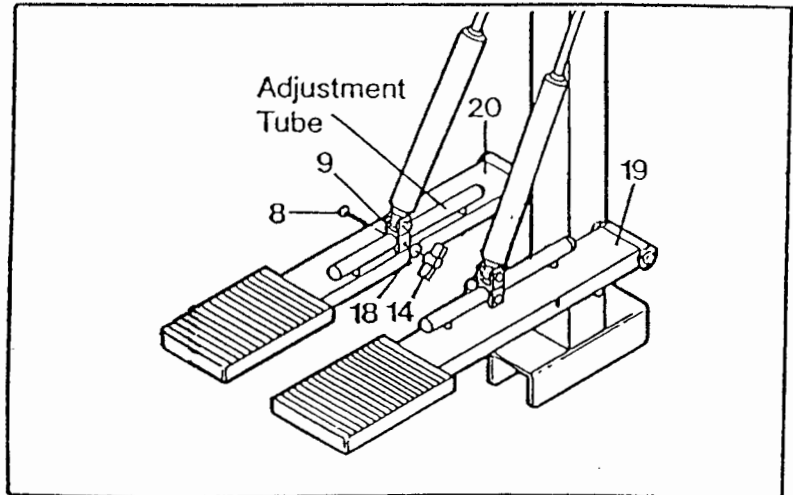


ASSEMBLY

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).

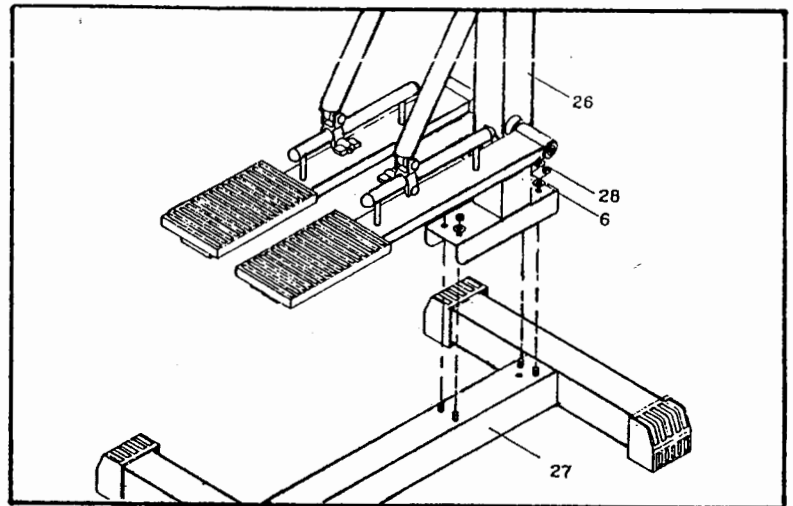
ASSEMBLING THE CYLINDERS

Slide the Cylinder Mount (9) over the adjustment tube on the Left Pedal (20). Secure the Cylinder Mount to the adjustment tube with a Cylinder Mount Bolt (8), Cylinder Mount Washer (18) and a Lock Knob (14). Attach the right Resistance Cylinder to the Right Pedal in the same manner.



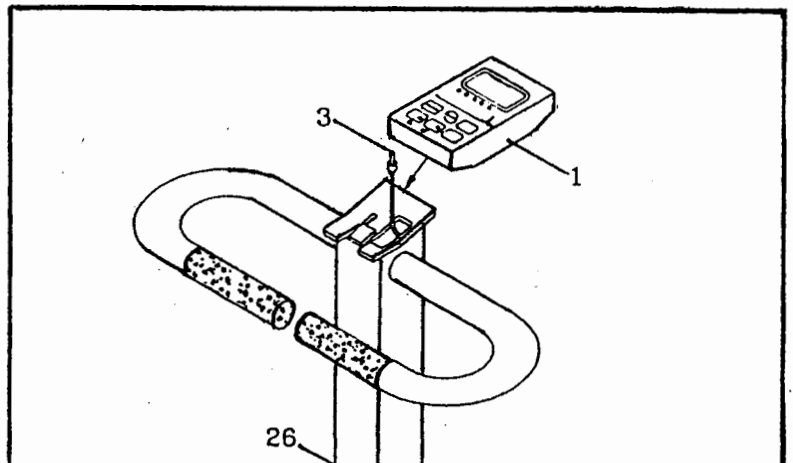
ASSEMBLING THE BASE

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 Spring Washers (6) and the four Frame Nuts (28).



ASSEMBLING THE ELECTRONIC MONITOR

Plug the Sensor Wire (3) to the Electronic Monitor (1). Slide the Electronic Monitor onto the Mounting Bracket on the top of Main Frame (9).



OPERATION AND ADJUSTMENT

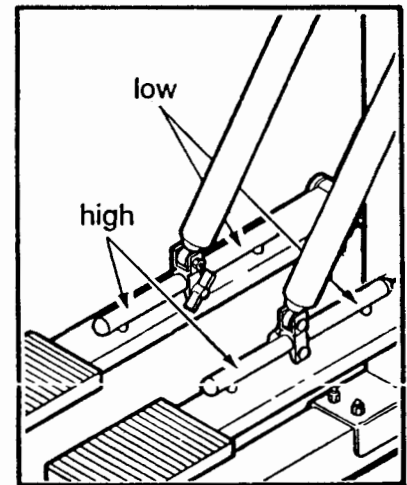
Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. Rest your hands on the handlebars with an overhand grip. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

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 GUIDE

The IMAGE 832 features a unique electronic monitor, designed to help you get the greatest benefit and enjoyment from your exercise. Please read the instructions below before using the monitor.

DESCRIPTION OF THE MODES

TIME: Tracks your elapsed time for each exercise session from 1 minute to 99 minutes. Preset your session time, and the timer will count down for you.

STEPS: Calculate the number of steps you take during a session, from a minimum of 1 to a maximum of 9999. Preset your steps and the counter will count down for you.

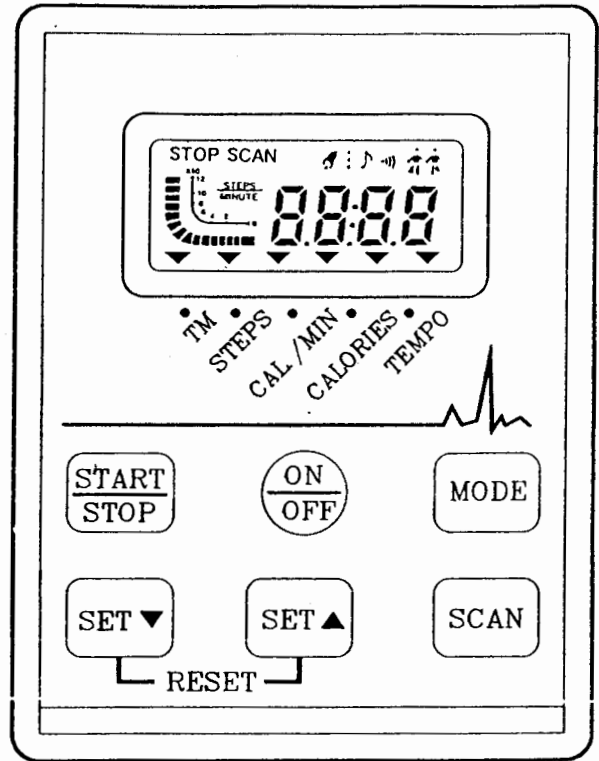
CAL/MIN: Displays the approximate number of calories you are burning per minute.

CAL: Displays the total approximate number of calories you have burned during your exercise session. Preset your total calories and the counter will count down for you.

TEMPO: Displays your steps per minute from 10 to 480. The speed bar graph in the LCD display also shows your current number of steps per minute. Preset your exercise tempo and an audio signal will sound in time with the steps per minute that you wish to maintain.

MONITOR DIAGRAM

- A. Indicator Arrows - Indicate the mode currently displayed.
- B. Main Display - Display for all modes.
- C. ON/OFF Key - Turns the power on and off. Power will be auto OFF in 4 minutes if no key is not pressed or no steps are taken.
- D. START/STOP Key - Puts the monitor in the START or STOP Mode. START is the monitoring mode, used when you are exercising. STOP the programming mode, to preset time, steps, calories, and tempo. In the START mode, the word "STOP" disappears from the display.
- E. SET ▼ and SET ▲ Keys - Presets goals for exercise time, number of steps and total calories as well as tempo for exercise session. Press SET ▲ or SET ▼ to increase or to decrease setting.
- F. RESET - Press SET ▼ and SET ▲ simultaneously to reset the displayed function to 0.
- G. SCAN Key - Turns Scan mode on and off. Make sure that SCAN is off when setting goals. In SCAN mode, automatically displays the TIME, STEPS, and CAL modes, for 4 seconds each, in a repeating cycle.
- H. MODE Key - Selects modes.



MODE SYMBOLS

When you preset a goal for time, steps, calories, or tempo, a symbol for that mode appears, indicating that goal has been set. The symbol disappears when you reset. To reset your goal, press SET ▼ and SET ▲ simultaneously.

- : a TIME goal has been set
- : a STEPS goal has been set
- : a CALORIES goal has been set
- : a TEMPO goal has been set
- : CADENCE of your workout

A steps/minute bar graph lets you track your steps per minute. It always shows regardless of which monitoring function the computer currently displays. The fine line shows the units of measurement from 0 to 120 steps per minute; the broad bar shows current steps per minute status.

OPERATING THE MONITOR

Note: Two "AA" - size batteries must be installed before operating the monitor (see MONITOR CARE below for installation instructions).

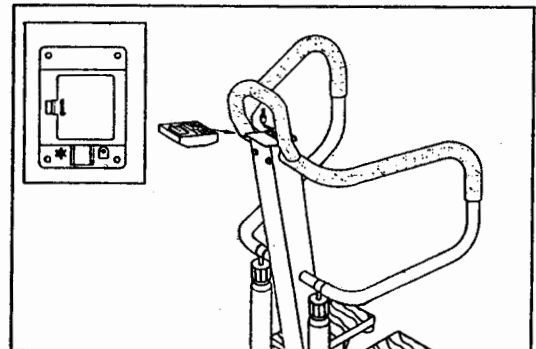
1. Press ON/OFF to turn the monitor on. The monitor automatically selects TIME and in SCAN mode. Press SCAN key to turn Scan mode off.
2. Press SET ▲ to preset the amount of time you wish to exercise (1 to 99 minutes). Each time the key is pressed, the time displayed will increase by 1 minute.
3. Press MODE to select STEPS. Press SET ▲ to preset the number of steps you wish to complete during your workout (from 0 to 9999). Each time the key is pressed, the number displayed will increase by 10.
4. Press MODE to select CAL. Press SET ▲ to preset the number of calories you wish to expend during your workout (1.0-999.9)
5. Press MODE to Select TEMPO. Press SET ▲ to select the tempo (from 0.125 to 9.875 seconds) you wish to maintain during your session.
6. Press START/STOP to start the countdown when you are ready to begin your workout. A tone sounds in time with the tempo you have selected.
7. Press SCAN to activate the automatic scan. The TIME, STEPS, CAL/MIN, CAL, and TEMPO will be displayed, for 4 seconds each, in a repeating cycle.
8. An alarm sounds when the preset goals have been reached. The alarm will be automatically off in a few seconds.

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, push the computer upwars from the mounting bracket on the Main Frame. 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. Reinstall the monitor with sliding the monitor onto the the mounting bracket.



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.

CONDITIONING GUIDELINES

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

Caution: Never set the resistance so high that you must push or pull against the handlebar 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 from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined 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 your "Training Zone." You can determine your Training Zone by consulting the table below. Training Zones are listed for both

Use the resistance that is appropriate for you

EXERCISE INTENSITY

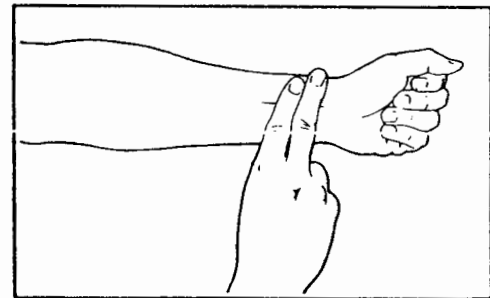
To maximize the benefits of exercising, your level of exertion must exceed mild demands, while falling short of causing breathlessness and fatigue. The proper level of exertion can be found using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 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 a pulse. Carefully take a six-second heart beat count. Add a 0 to the result to find your heart rate. Compare your heart rate to your training zone. (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**.

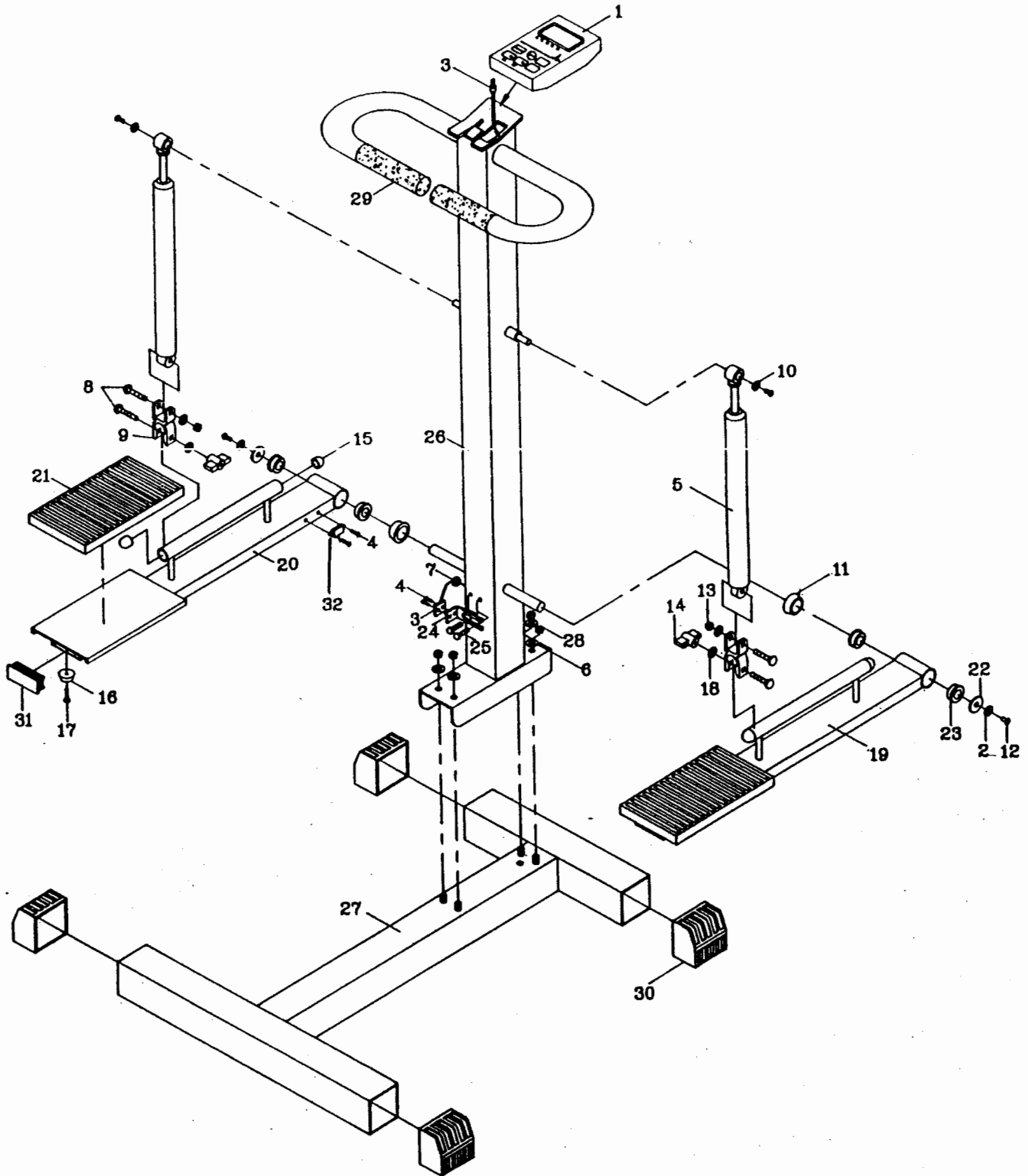
PART LIST - Model No. IM538320

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Electronic Monitor	17	2	Bumper Screw
2	2	Spring Washer 14	18	4	Cylinder Mount Washer
3	1	Monitor Wire/Reed Switch	19	1	Right Pedal
4	4	Reed Switch Screw	20	1	Left Pedal
5	2	Resistance Cylinder	21	2	Pedal Foot Pad
6	4	Spring Washer 16	22	2	Pedal Washer
7	1	Grommet	23	4	Pedal Bushing
8	4	Cylinder Mount Bolt	24	1	Sensor Bracket
9	2	Cylinder Mount	25	1	Washer Screw
10	2	Cylinder Washer	26	1	Main Frame
11	2	Axle Spacer	27	1	Base
12	4	Screw	28	4	Frame Nut
13	2	Nylon Nut	29	2	Handle Bar Foam
14	2	Lock Knob	30	4	Base Endcap
15	4	Adjustment Tube Endcap	31	2	Pedal Endcap
16	2	Bumper	32	1	Magnet
			#	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.

EXPLODED DRAWING - Model No. IM538320

Specifications are subject to change without notice.



ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-753-4645**, during our business hours: Monday - Friday, 9 a.m. - 6 p.m. Eastern Time. When ordering parts, please be prepared to give the following information:

1. The MODEL NUMBER of the product (IM538320)
2. The NAME of the product (IMAGE 832).
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