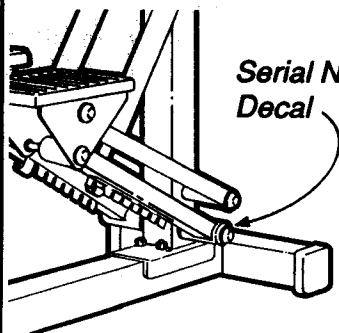


# IMAGE 8388 <sup>TM</sup>

**Model No. IM538380**

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



*Serial Number  
Decal*

## **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.*

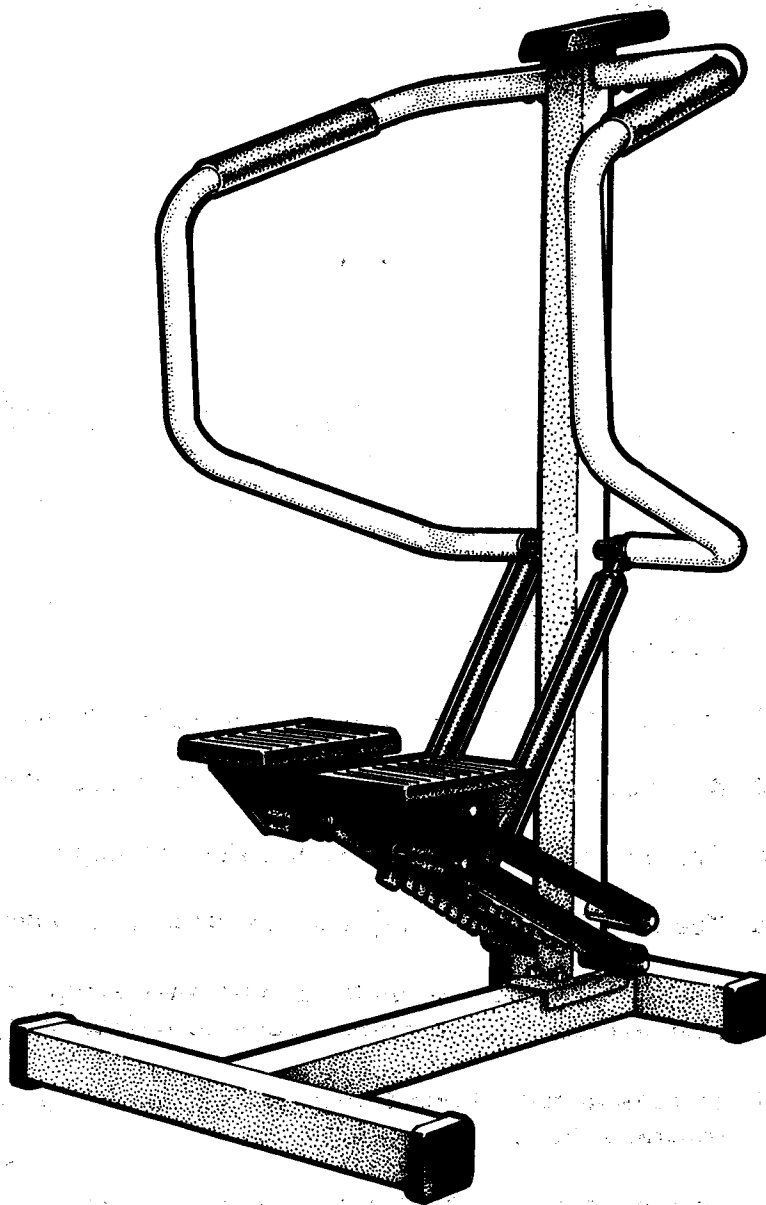
**CUSTOMER HOT LINE:**

**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**

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## IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the stepper.

1. Place the stepper on a level surface. Keep the monitor out of direct sunlight or the LCD display may be damaged.
2. Inspect and tighten all parts each time you use the stepper.
3. Always wear appropriate clothing, including athletic shoes, when using the stepper.
4. Always hold the handrails when using the stepper.
5. Keep small children away from the stepper at all times.
6. Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.
7. The resistance cylinders become very hot during use. Allow the cylinders to cool before touching them.
8. Use the stepper only as described in this manual.

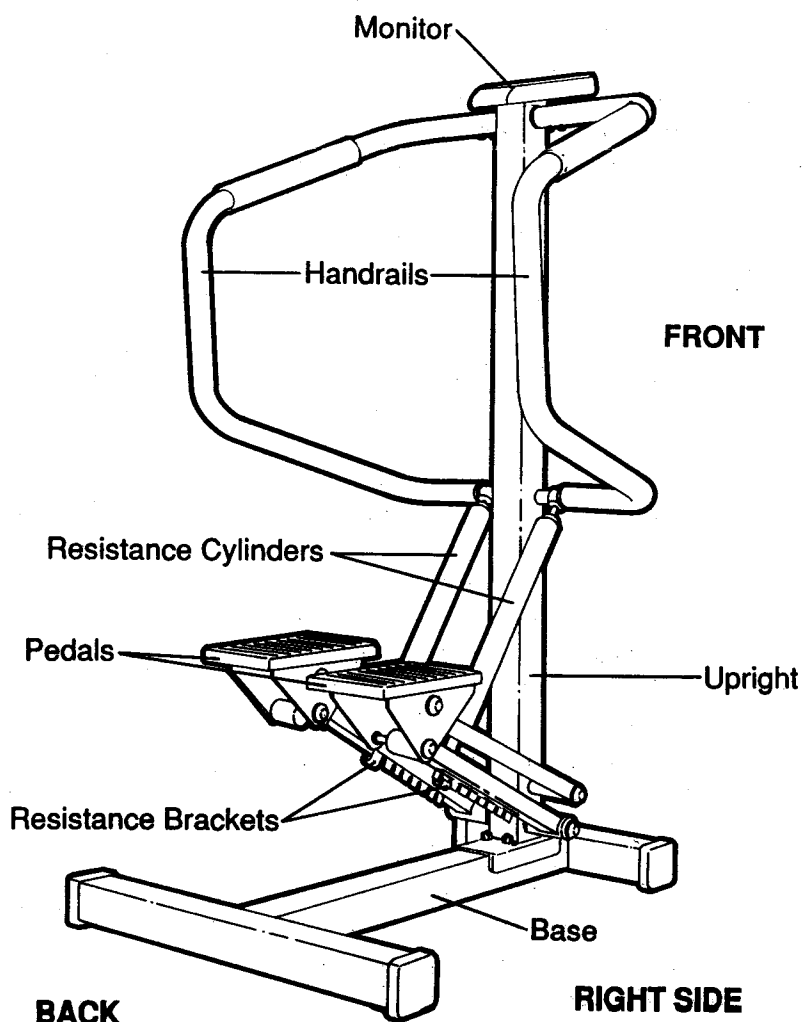
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. IMAGE assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the innovative IMAGE™ 838 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The IMAGE 838 blends advanced engineering with contemporary styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better and be healthier in just a few minutes a day.

**For your safety and benefit, read this manual carefully before using the stepper.** If you have additional questions, please 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). To help us assist you, please note the product model number and serial number before calling. The model number can be found on the front cover of this manual. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

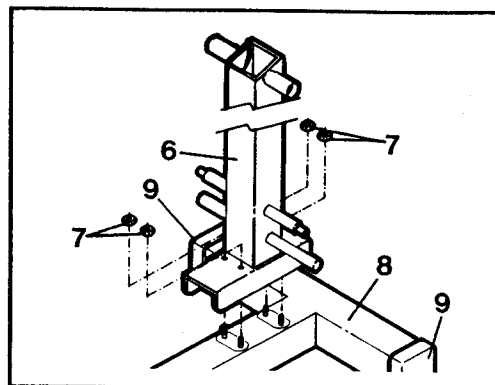
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



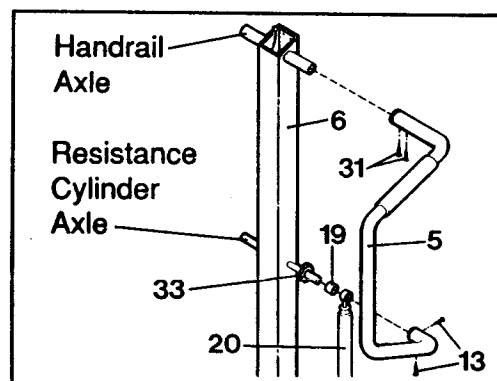
# ASSEMBLY

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

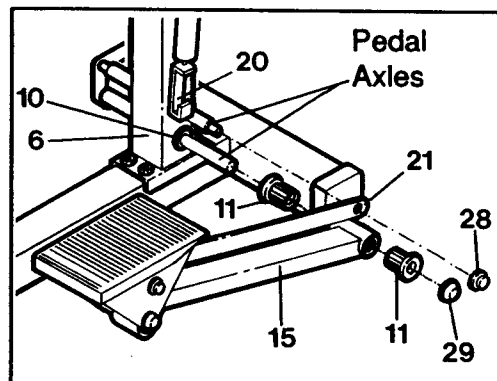
1. Press the four Base Endcaps (9) onto the Base (8). (Note: The Base Endcaps may be on the Base already.) Turn the Base so the threaded ends of the bolts are upward. Attach the Upright (6) to the Base with four Nylock Nuts (7). Make sure that the plate at the top of the Upright is angled toward the back of the Base as shown.



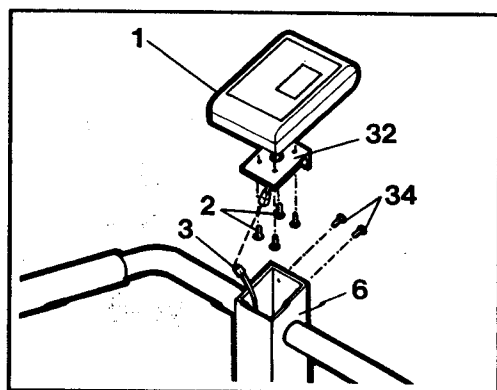
2. Slide a Small Cylinder Spacer (33) onto the resistance cylinder axle on the Upright (6). Make sure that the open side of the Spacer is turned toward the Upright. Slide a Cylinder Spacer (19) and a Resistance Cylinder (20) onto the resistance cylinder axle. Back the two Axle Screws (13) out of the Right Handrail (5). Slide the Handrail onto the Upright as shown, making sure that the handrail is flush against the Resistance Cylinder. Attach the Handrail with two Handrail Screws (31) and two Axle Screws (13). Attach the other Resistance Cylinder and the Left Handrail (not shown) in the same manner.



3. Press a Bushing (11) into each side of the Right Pedal Arm (15). (Note: The Bushings may be in the Right Pedal Arm already.) Slide a Pedal Arm Spacer (10) onto the lower pedal axle on the Upright (6). Make sure that the open side of the Spacer is turned toward the Upright. Apply grease to the lower pedal axle. Slide the Right Pedal Arm (15) and the right Link Arm (21) onto the pedal axes as shown. Tap a Push Cap (28) onto the upper pedal axle, and an Axle Cap (29) onto the lower pedal axle. Rest the Right Pedal Arm (15) on the bracket at the lower end of the right Resistance Cylinder (20). Make sure that the bracket is fully inserted into one of the slots under the Right Pedal Arm. Attach the Left Pedal Arm and the left Link Arm (not shown) in the same manner.



4. Attach the Monitor Bracket (32) to the Monitor (1) with the four Monitor Bracket Screws (2). Connect the Sensor Wire (3) to the wire protruding from the Monitor. Attach the Monitor Bracket to the top of the Upright (6) with the two Mounting Screws (34). Make sure that the lip on the front of the Monitor Bracket is on the outside of the Upright.



# OPERATION AND ADJUSTMENT

Place the stepper on a level surface. Keep the monitor out of direct sunlight or the LCD display may be damaged. The stepper features precision hydraulic cylinders for long life and trouble-free operation; due to the nature of hydraulic cylinders, it is recommended that the floor beneath the stepper be covered in case of slight oil leakage.

Hold the handlebars with an overhand grip and step onto the pedals. Both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, continuous motion. Because the pedals move independently, it is important to maintain a continuous motion. Change the height of your step or the stepping resistance as necessary until you can comfortably maintain a continuous motion (see ADJUSTING THE RESISTANCE).

For an effective aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance. For strengthening the muscles, slower steps at medium resistance are more effective.

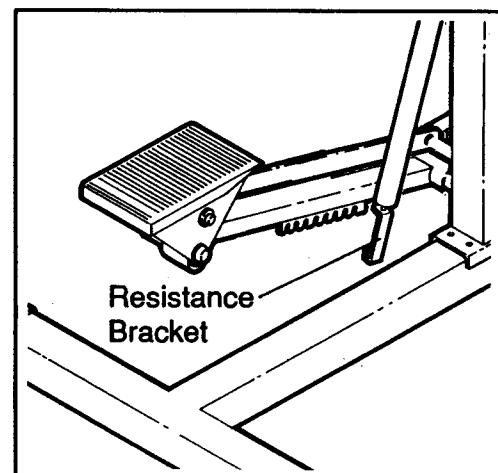
As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise, always keeping your back straight in order to avoid injury.

**WARNING: Always keep your feet on the pedals when stepping, or the pedals may become separated from the resistance cylinders, causing serious injury.**

## ADJUSTING THE RESISTANCE

The resistance of the stepper pedals can be changed by moving the resistance brackets. Change the resistance of one pedal at a time. Hold the resistance bracket with one hand, and lift the pedal with the other hand. To increase the resistance, move the bracket farther away from the upright; to decrease the resistance, move the bracket closer to the upright. Make sure that the bracket is fully inserted into one of the slots under the pedal. Change the resistance of the other pedal in the same manner, making sure that the resistance brackets are in the same position on both pedals.

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



# MONITOR OPERATION

The multi-function CXP monitor is designed to provide you with instant feedback as you exercise. The monitor also allows you to set workout goals, and provides motivation to help you reach your goals. Read the instructions below before using the monitor.

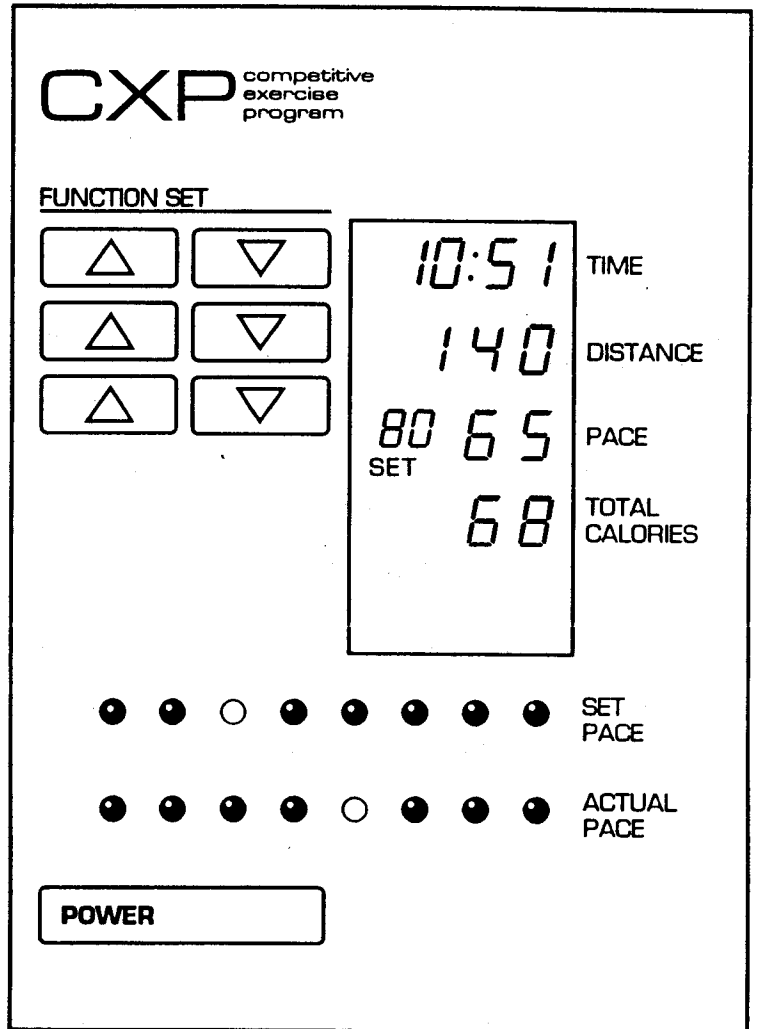
## DESCRIPTION OF THE FUNCTIONS

**TIME:** This function displays the elapsed time. This function also allows time goals 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 distance goals to be set. The monitor will count your 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 pace goals 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.

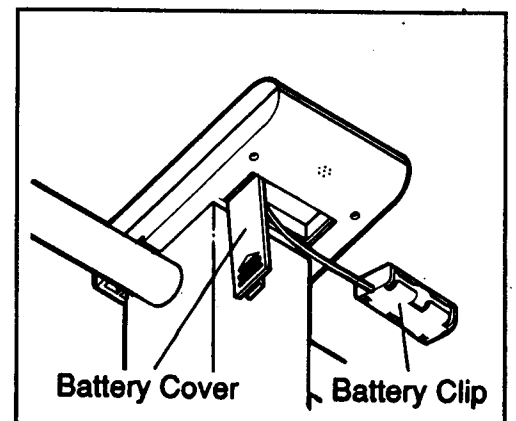
**TOTAL CALORIES:** This function displays the total number of nutritional Calories you have burned. Note: The number displayed is based on an average stepper resistance. If the stepper resistance is very high or low, the actual number of Calories burned may differ slightly from the number displayed.



## INSTALLING BATTERIES

Remove the protective film from the front of the monitor. The monitor requires two "AA"-size 1.5-volt batteries (not included) ; alkaline batteries are recommended.

Open the battery cover, and carefully remove the battery clip from the monitor. Find the markings inside the battery clip showing the correct orientation of the batteries. Insert two batteries into the battery clip. Replace the battery clip in the monitor, and close the battery cover.



## **OPERATING THE MONITOR**

1. To turn the power on, press the **POWER** button or simply begin stepping.
2. As you step, the following feedback will be displayed:

The **TIME** function will display the elapsed time. If you stop for ten seconds or longer, the time will hold until you resume stepping.

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 step, the monitor will count the time down. If you stop for ten seconds or longer, the countdown will stop until you resume stepping. When the goal is completed, 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 your steps down. When the goal is completed, a tone will sound.

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.

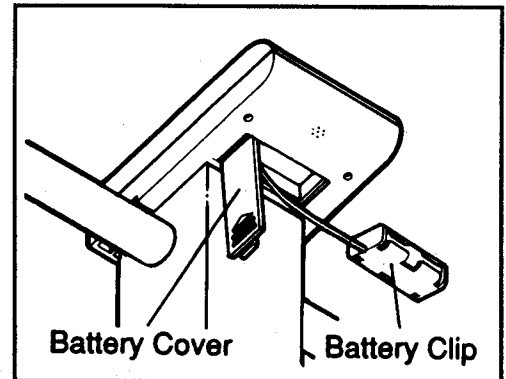
4. To reset the displays to zero, press the **POWER** button twice.
5. To turn the power off, press the **POWER** button. If the stepper pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

# TROUBLE-SHOOTING AND MAINTENANCE

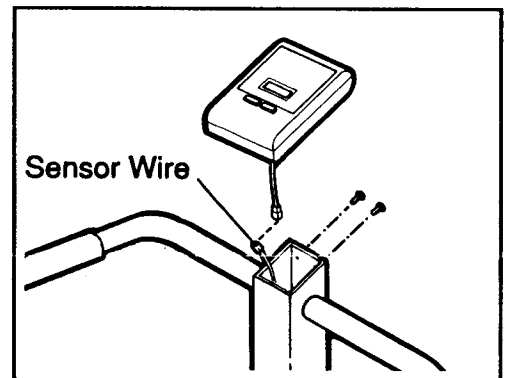
Inspect and tighten all parts each time you use the stepper. The stepper can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the monitor.

## MONITOR

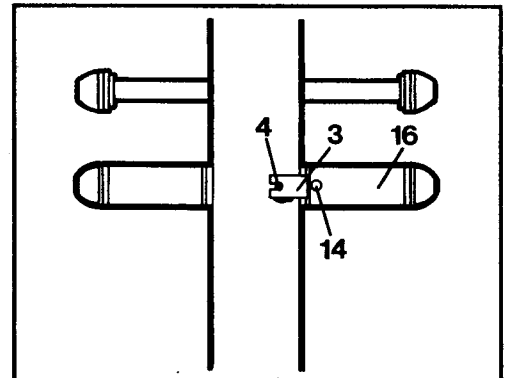
The monitor requires two "AA"-size 1.5-volt batteries (not included); alkaline batteries are recommended. If the monitor does not function properly, or if the display becomes faint, the batteries should be replaced. Open the battery cover, and carefully remove the battery clip from the monitor. Find the markings inside the battery clip showing the correct orientation of the batteries. Insert two new batteries into the battery clip. Replace the battery clip in the monitor, and close the battery cover.



If the monitor displays incorrect feedback, remove the two screws from the monitor bracket, and lift the monitor bracket off the upright. Make sure that the sensor wire is connected to the wire protruding from the monitor. Reattach the monitor bracket to the upright with the two screws.



If the monitor still displays incorrect feedback, the reed switch (3) should be repositioned. Loosen the reed switch screw (4). Hold the left pedal so that the left pedal arm (16) is parallel to the floor. Adjust the position of the reed switch so that there is a  $3/16$ " gap between the reed switch and the magnet (14). Tighten the reed switch screw.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results. **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

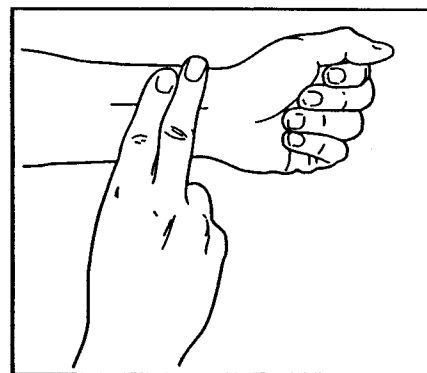
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed for both unconditioned and conditioned persons according to age.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. To measure your heart rate, stop exercising and place two fingers on your wrist. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the proper level.



## WORKOUT GUIDELINES

Each workout should consist of three basic parts: a warm-up, 20 to 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. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Then, increase the intensity of your exercise to raise your heart rate to your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath. Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of the muscles, and reduce soreness and other post-exercise problems. To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is **CONSISTENCY**.

# PART LIST—Model No. IM538380

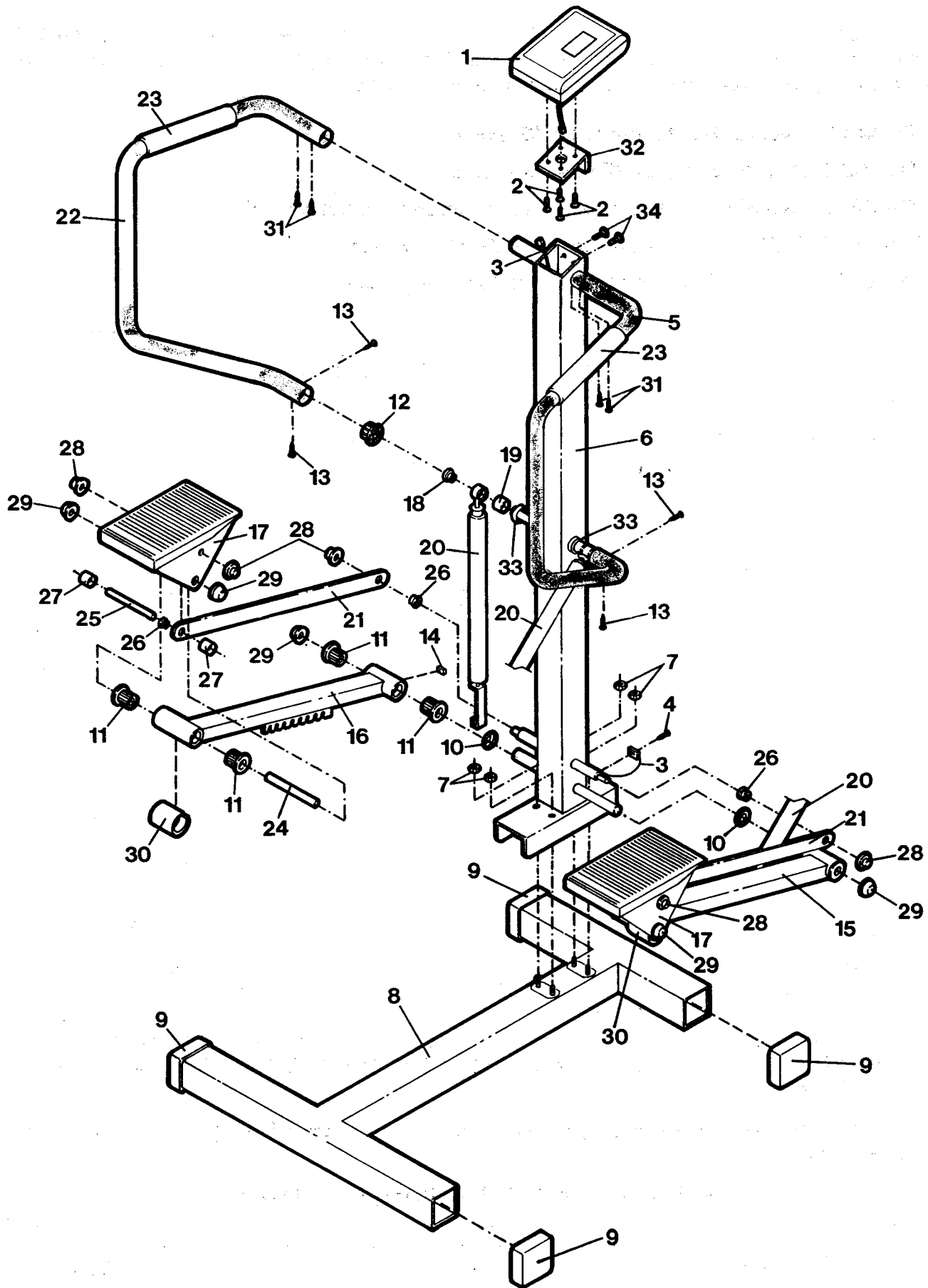
Rev. 11/92

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Monitor	18	4	Resistance Cylinder Bushing
2	4	Monitor Bracket Screw	19	2	Cylinder Spacer
3	1	Sensor Wire/Reed Switch	20	2	Resistance Cylinder
4	1	Reed Switch Screw	21	2	Link Arm
5	1	Right Handrail	22	1	Left Handrail
6	1	Upright	23	2	Handrail Foam
7	4	Nut	24	2	Pedal Arm Axle
8	1	Base	25	2	Link Arm Axle
9	4	Base Endcap	26	4	Link Arm Bushing
10	2	Pedal Arm Spacer	27	4	Link Arm Spacer
11	8	Pedal Arm Bushing	28	6	Small Axle Cap
12	2	Handrail Bushing	29	6	Axle Cap
13	4	Axle Screw	30	2	Bumper
14	1	Magnet	31	4	Handrail Screw
15	1	Right Pedal Arm	32	1	Monitor Bracket
16	1	Left Pedal Arm	33	2	Small Cylinder Spacer
17	2	Pedal	34	2	Mounting Screw
			#	1	Owner's Manual

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

# EXPLODED DRAWING—Model No. IM538380

Rev. 11/92



## 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). To help us assist you, please be prepared to give the following information when calling:

1. The **MODEL NUMBER** of the product (IM538380).
2. The **NAME** of the product (IMAGE 838™ stepper).
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.

**IMAGE, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**