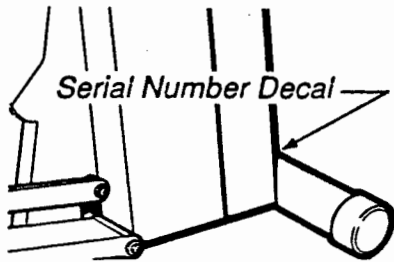


IMAGE™ 855^o

MOTORIZED EDDY-BRAKE RESISTANCE

Model No. IM538553

Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that 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.

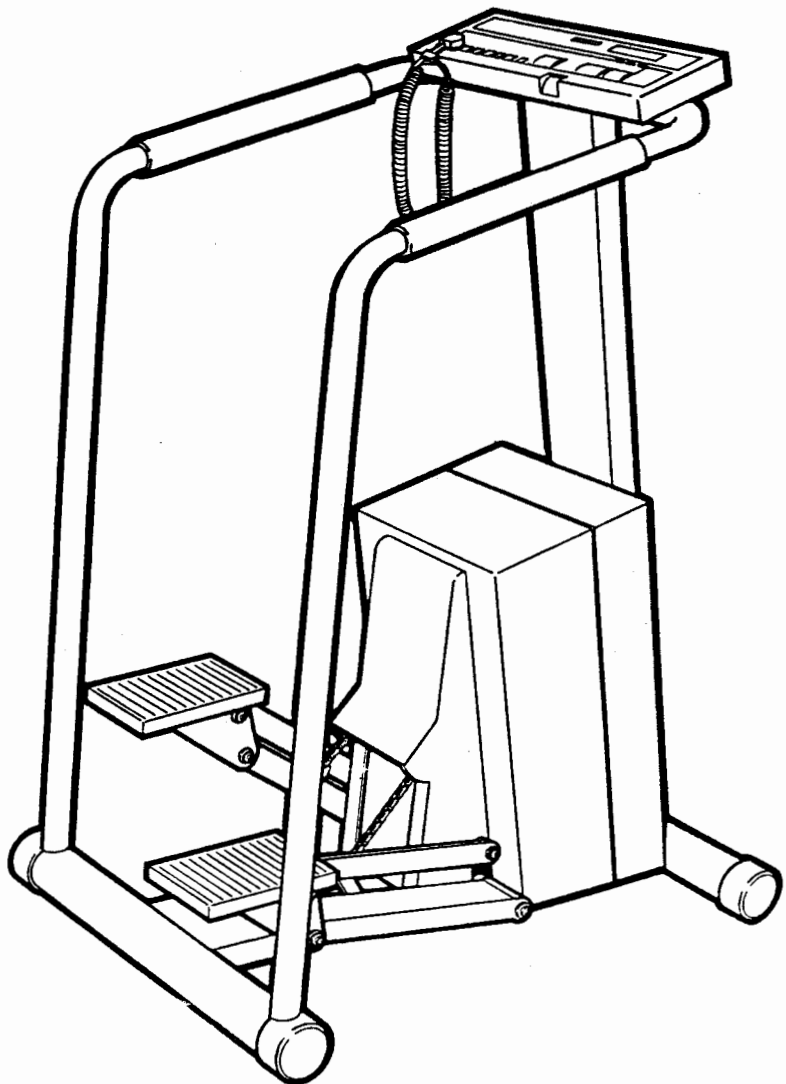
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:
1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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



USER'S MANUAL

TABLE OF CONTENTS

Warranty	3
Important Precautions	4
Before You Begin	5
Assembly	6
Operating the Stepper	6
Maintenance and Trouble-Shooting	11
Conditioning Guidelines	12
Part List	14
Exploded Drawing	15
Ordering Replacement Parts	Back Cover

LIMITED WARRANTY

Icon Health & Fitness, Inc., ("ICON") 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 ICON. 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 a ICON authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before operating this stepper.

1. Place the stepper on a level surface.
2. Do not use the stepper outdoors or near water.
3. Wear suitable exercise clothing, including athletic shoes, when using the stepper.
4. Plug in the power cord and turn on the power when using the stepper, or the stepper could be damaged. Do not use the stepper if the power cord is damaged. Keep the power cord away from walkways and heated surfaces. Do not use an extension cord.
5. Always hold the handrails when using the stepper.
6. Keep your hands away from the pedals, chains and link arms when using the stepper.
7. Keep small children away from the stepper at all times.
8. The pulse earclip is not a medical device. Various factors, including the user's movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
9. Use the stepper only as described in this manual.
10. Servicing other than the procedures described in this manual should be performed only by an authorized service representative.
11. Always unplug the power cord when performing the maintenance and adjustment procedures described in this manual.

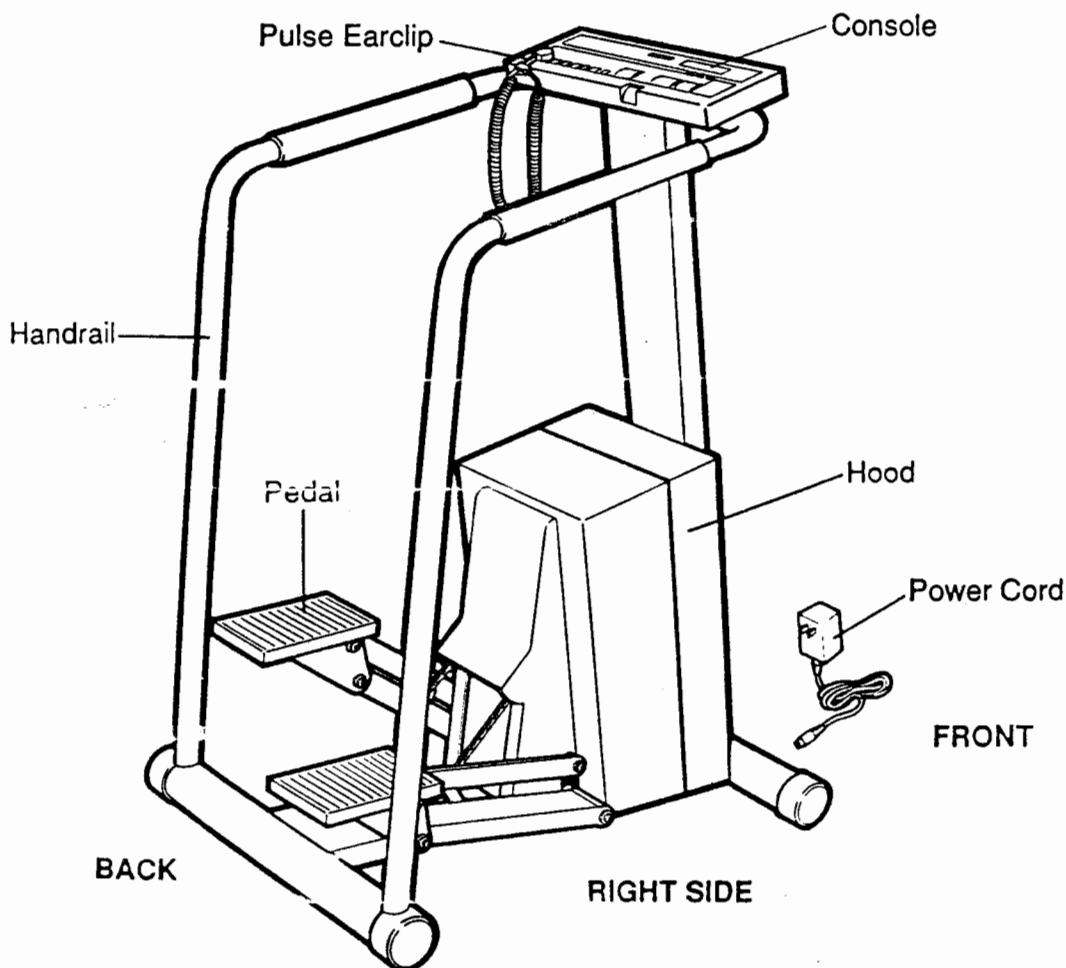
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. ICON assumes no responsibility for personal injury or property damage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

BEFORE YOU BEGIN


Thank you for selecting the IMAGE™ 855 stepper. The IMAGE 855 blends advanced engineering with innovative styling to let you enjoy an excellent form of low-impact cardiovascular exercise in the convenience of your own home. Your workouts on the IMAGE 855 will be more effective with such features as adjustable pace, smooth independent-action pedals and the sophisticated INTELEX™ console.

For your 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 is IM538553. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location of the decal).

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

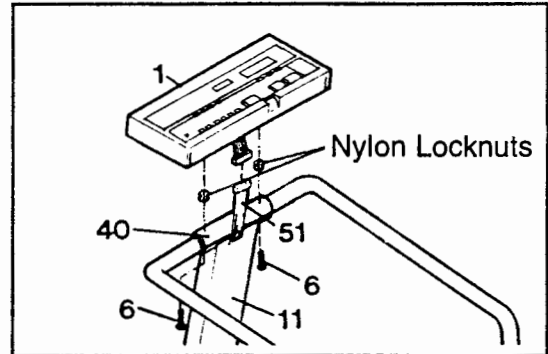


ASSEMBLY

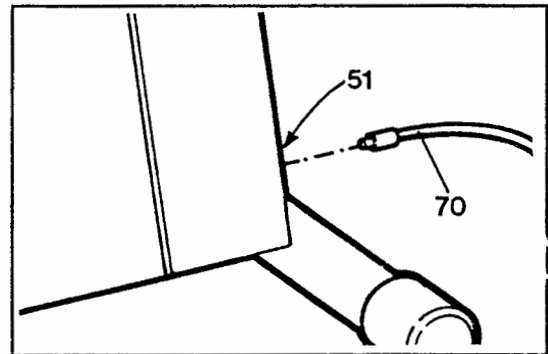
Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until the stepper is completely assembled. **Assembly can be completed using your own adjustable wrench** .

1. Remove the nylon locknuts from the two 5/16" x 2" Screws (6). Discard the nylon locknuts.

Connect the wires protruding from the Console (1) to the Wire Harness (51). Position the Console on top of the Handrail Saddle (40) as shown. Tighten the two 5/16" x 2" Screws (6) into the Console. Tuck any excess wires into the Frame (11).



2. Plug the Power Cord (70) into the Power Plug (51) at the front of the stepper.

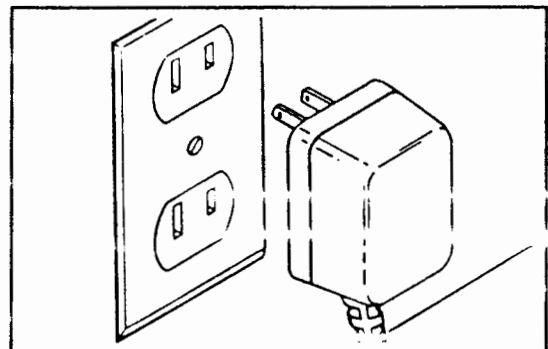


OPERATING THE STEPPER

PLUGGING IN THE POWER CORD

Remove the power key from the console. Plug the transformer on the power cord into a 120-volt outlet. All indicators and displays on the console will flash three times.

Keep the power cord away from walkways and heated surfaces.



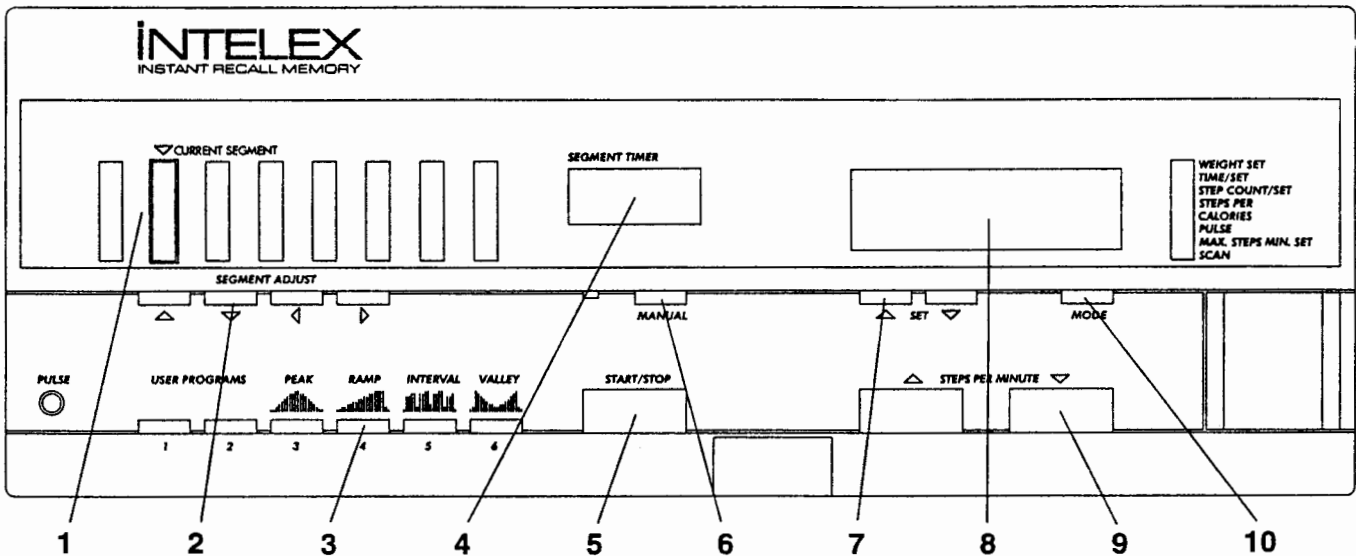
TURNING THE POWER ON

Insert the power key into the slot in the front of the console. Various indicators on the console will light.

DIAGRAM OF THE CONSOLE

The sophisticated intellex console is designed to help you get the most from your workouts. In the manual mode, the stepping pace can be controlled with the touch of a button. As you exercise, the console will give you instant feedback on your performance. In the program mode, the console will guide you through any of four preset workout programs, each designed to give you a different type of workout. Or, you can create your own workout programs, and store them in memory for future use.

If there is a thin sheet of clear plastic on the face of the console, remove it. **Please read these instructions carefully before using the console.**



1. PROGRAM DISPLAY—This display shows the pace settings of user programs and preset programs.
2. SEGMENT ADJUST BUTTONS—These buttons are used to program or change pace settings of user programs and preset programs.
3. PROGRAM BUTTONS—These buttons are used to select user programs and preset programs.
4. SEGMENT TIMER DISPLAY—This display shows the time remaining in the current segment when user programs or preset programs are in progress.
5. START/STOP BUTTON—This button starts and stops the console.
6. MANUAL BUTTON—This button switches the console to the manual mode.
7. SET BUTTONS—These buttons are used to set goals for the WEIGHT SET, TIME/SET, STEP COUNT/SET and MAX. STEPS MIN. SET modes.
8. MONITOR DISPLAY—This display shows all of the monitor modes.
9. PACE (STEPS PER MINUTE) BUTTONS—These buttons are used to control the stepping pace.
10. MODE BUTTON—This button is used to select monitor modes. Modes are selected in the following order: WEIGHT SET, TIME/SET, STEP COUNT/SET, STEPS PER MINUTE, CALORIES, PULSE, MAX. STEPS MIN. SET and SCAN.

MANUAL MODE OPERATION

When the power is turned on, the console will be in the manual mode and the stepping pace will be set at 25 steps per minute. The pace setting can be changed, if desired, by pressing the PACE (STEPS PER MINUTE) buttons. Each time the PACE increase button is pressed, the pace setting will increase by 5 steps per minute. The button can be held down to increase the pace setting rapidly. The PACE decrease button operates in the same manner to decrease the pace setting. The pace setting can be changed from a minimum of 25 steps per minute up to a maximum of 140 steps per minute, in increments of 5 steps per minute. Note: After the PACE buttons are pressed, it will take a few seconds for the stepper to reach the selected pace setting. Each time the console is stopped, the pace setting will automatically change to 25 steps per minute.

Hold the handrails and step onto the pedals; both pedals will slowly sink. Begin stepping, alternately pressing the right and left pedals down with a smooth, rhythmic motion. Because the pedals move independently, a continuous motion must be maintained or both pedals will sink to the floor. Adjust the stepping pace as desired by pressing the PACE buttons.

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

SELECTING MONITOR MODES

The console offers a wide selection of monitor modes to give you instant feedback on your performance as you exercise. The modes can be selected by repeatedly pressing the MODE button. Mode indicators will light to show which mode is currently displayed. Press the START/STOP button to start or stop the modes. (The mode indicators will flash to show when the modes are stopped.) The MONITOR display can be reset, if desired, by removing the safety key and then reinserting it. The monitor modes are described below.

WEIGHT SET: For the CALORIES mode to be accurate, this mode should be selected and 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 1 pound. The buttons can be held down to enter your weight quickly.

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. (Make sure that the SCAN mode is not selected.) Make sure the mode is stopped, and press the SET buttons to set the length of time you plan to exercise. Each time one of the buttons is pressed, the time displayed will change by 10 seconds. The buttons can be held down to set a time goal rapidly. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound and the pace setting will automatically change to 25 steps per minute. Note: Time goals can be set only when the console is in the manual mode.

STEP COUNT/SET: This mode displays the total number of steps you have completed. This mode also allows step goals to be set. To set a step goal, first select the STEP COUNT/SET mode. (Make sure that the SCAN mode is not selected.) Press the SET buttons to set the number of steps you plan to complete. Each time one of the buttons is pressed, the number displayed will change by 10 steps. The buttons can be held down to set a step goal rapidly. As you exercise, the steps will be counted down. When the step goal is completed, a tone will sound and the pace setting will automatically change to 15 steps per minute. Note: Step goals can be set only when the console is in the manual mode.

STEPS PER MINUTE: This mode displays your current stepping pace, in steps per minute. Note: Each time one of the PACE (STEPS PER MINUTE) buttons is pressed, this mode will be displayed automatically for approximately 5 seconds.

CALORIES: This mode displays the total number of Calories you have burned. For accuracy, first 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. After a few seconds, your heart rate will be displayed. Note: If your heart rate is not displayed, rub your ear lobe lightly and reposition the earclip.

MAX. STEPS MIN. SET: This mode is used to select maximum pace settings for user programs and preset programs. Note: This mode can be selected only when user programs or preset programs are selected.

SCAN: This mode automatically displays all modes except **WEIGHT SET** and **MAX. STEPS MIN. SET**, for approximately 5 seconds each, in a repeating cycle. Note: The **PULSE** mode will be displayed only if the pulse earclip is worn.

PROGRAM MODE OPERATION

CREATING A USER PROGRAM

Press the **USER PROGRAM 1** or **USER PROGRAM 2** button. A "U1" (USER 1) or "U2" (USER 2) will appear for five seconds in the **SEGMENT TIMER** display to show which program you have selected.

The first step in creating a user program is to select a maximum pace setting for the program. The maximum pace setting is preset at 140 steps per minute, as shown in the **MONITOR** display. The maximum pace setting can be changed, if desired, by pressing the **SET** buttons. Each time one of the buttons is pressed, the setting will change by 5 steps per minute. The buttons can be held down to change the setting rapidly. The maximum pace setting can be from 60 steps per minute to 140 steps per minute. Note: The minimum pace setting is preset at 25 steps per minute, and cannot be changed.

Each program consists of twenty equal time periods, called segments. A different pace setting can be programmed for each segment. The segments are displayed in the vertical columns of the **PROGRAM** display. Up to eight segments are displayed at a time: the segment most recently completed, the current segment, and the next six upcoming segments. The lighted indicators in each vertical column show the pace setting programmed for the segment displayed. One lighted indicator represents the slowest pace setting, and eight lighted indicators represent the maximum pace setting. If a program has not previously been created, four indicators will be lighted in each column.

To program a pace setting for the first program segment, displayed in the **CURRENT SEGMENT** column, press the **SEGMENT ADJUST** increase or decrease buttons until the desired number of indicators is lighted. Each time the increase button is pressed, the pace setting will increase; every fourth time the button is pressed, an additional indicator will light. The button can be held down to increase the pace setting rapidly. The **SEGMENT ADJUST** decrease button operates in the same manner to decrease the pace setting. Next, press the **SEGMENT ADJUST** left button. The first program segment will move to the left, and the second segment will be displayed in the **CURRENT SEGMENT** column. Program a pace setting for the second segment in the same manner. Repeat this procedure until you have programmed pace settings for all twenty segments. You may wish to program slow pace settings for the first few segments, a combination of faster pace settings for the middle segments and slow pace settings for the final few segments. An endless variety of pace settings can be programmed.

Each program segment is preset to last for 1 minute, as shown in the **SEGMENT TIMER** display. Since there are 20 segments, the program will last for 20 minutes. The segments can be set to last for a different length of time, if desired. First select the **TIME/SET** mode by repeatedly pressing the **MODE** button. (Make sure THAT the **SCAN** mode is not selected.) Next, press the **SET** buttons to change the

length of time the segments will last. Each time one of the buttons is pressed, the length of time will change by 1 second. (The length of time the program will last will be shown in the MONITOR display.) 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 3 minutes.

To start the program, press the START/STOP button and begin stepping. The first program segment will be displayed in the CURRENT SEGMENT column, and the stepping pace will change to the first setting. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, the first segment will move to the left, the second segment will be displayed in the CURRENT SEGMENT column and the stepping pace will change to the second setting. The program will continue in this manner until the twentieth segment is displayed in the CURRENT SEGMENT column and no time remains.

While the program is in progress, you can change the stepping pace during the current segment, if desired, by pressing SEGMENT ADJUST increase or decrease button. If you desire to stop the program before the program has ended, press the START/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. The user program you have created will be stored in memory.

SELECTING A PRESET PROGRAM

Press the PEAK, RAMP, INTERVAL or VALLEY button. A "P3" (PEAK), "P4" (RAMP), "P5" (INTERVAL), or "P6" (VALLEY) will appear for five seconds in the SEGMENT TIMER display to show which program you have selected. The small diagrams above the PROGRAM buttons show how the stepping pace will change during each program. During the PEAK program, for example, the pace will gradually increase and then gradually decrease.

After a program has been selected, a maximum pace setting should be selected for the program. This is done in the same manner as for a user program.

The first seven segments of the selected program will be shown in the PROGRAM display. If desired, the pace setting of any segment can be changed. Press the SEGMENT ADJUST left or right button until the segment you want to change is displayed in the CURRENT SEGMENT column. Press the SEGMENT ADJUST increase or decrease button to change the pace setting of the segment.

Next, set the length of time you want each program segment to last. This is done in the same manner as for a user program.

To start the program, press the START/STOP button and begin stepping. The program will run in exactly the same manner as a user program. 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. Although the settings of a preset program can be changed, any changes made to the pace settings will not be saved in memory.

TURNING OFF THE POWER

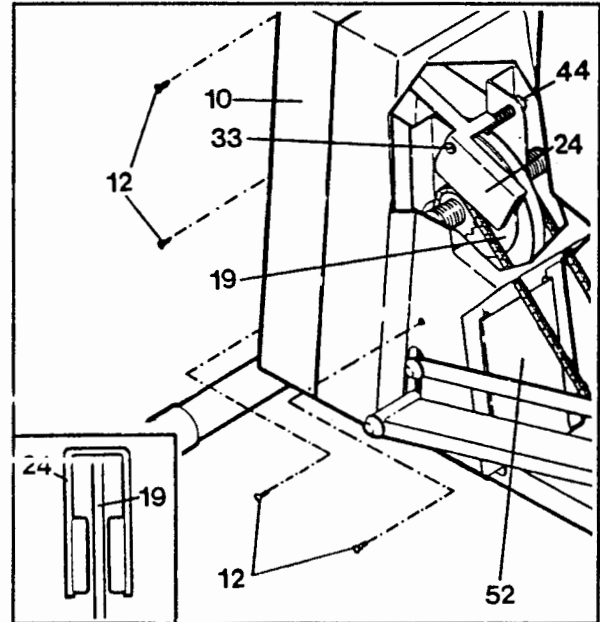
Remove the power key from the console. Keep the power key in a secure location. Note: If no console buttons are pressed and the stepper pedals are not moved for 10 minutes, the display will darken and the console will go into a "sleep" mode to conserve power. To "wake" the console, press any button.

MAINTENANCE AND TROUBLE-SHOOTING

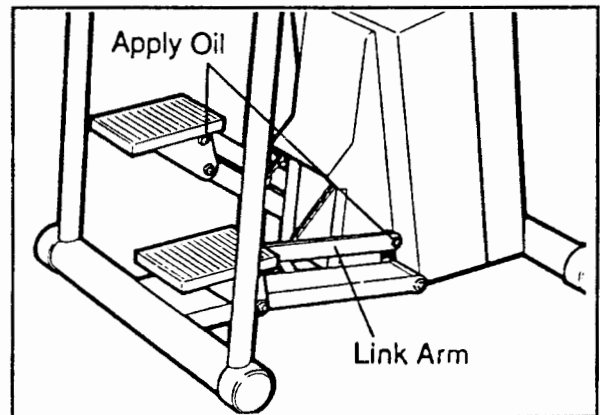
Inspect and tighten all parts of the stepper regularly. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the console.

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.

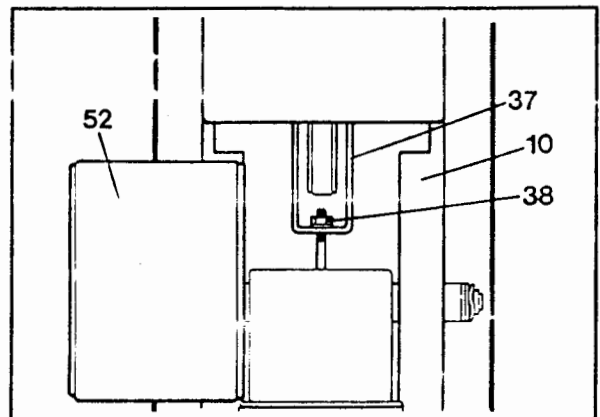
If the stepper produces a grinding sound as you step, the Tension Bracket (24) may need to be adjusted. Unplug the power cord. Gently pull outward on the sides of the Hood (10) until you can remove the Access Cover (52). Remove the four #8 x 1/2" Tec Screws (12) from each side of the Hood. Gently pull outward on the sides of the Hood and lift the Hood off the stepper. Locate the Tension Bracket (24). Hold the 3/8" Adjustment Nut (44) stationary with a wrench. If the Tension Bracket is touching the right side of the Resistance Disk (19), turn the 3/8" x 4 1/2" Bolt (33) clockwise until the Tension Bracket is centered (see the inset drawing). If the Tension Bracket is touching the left side, turn the 3/8" x 4 1/2" Bolt (33) counter-clockwise. Reattach the Hood (10) to the stepper with the eight #8 x 1/2" Tec Screws (12). Replace the Access Cover (52).



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.



If the pedals slip as you step, the tension of the drive belt may need to be adjusted. Unplug the power cord. Gently pull outward on the sides of the Hood (10) until you can remove the Access Cover (52). Locate the 5/16" Hex Nut (38) in the Pulley Bracket (37). Turn the Nut clockwise one third of a turn. Step for a few minutes. If further adjustment is needed, turn the Nut clockwise an additional one third of a turn. Repeat until the tension is properly adjusted. **IMPORTANT: Do not overtighten the Nut.** Replace the Access Cover (52) in the Hood (10).



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 individuals over the age of 35 or individuals 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 level 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)	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 months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased gradually until it is near the middle of your training zone as you exercise. You can measure your heart rate using the pulse mode of the console. Exercise for at least four minutes, and then measure your heart rate immediately. If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise. **WARNING: The pulse earclip is not a medical device. Various factors, including your movement during exercise, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.**

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 your muscles as well as 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 to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the drawings below. Move slowly as you stretch—never bounce.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Hamstrings, lower back and groin.

CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.

Stretches: Calves, achilles tendons and ankles.

QUADRICEPS STRETCH

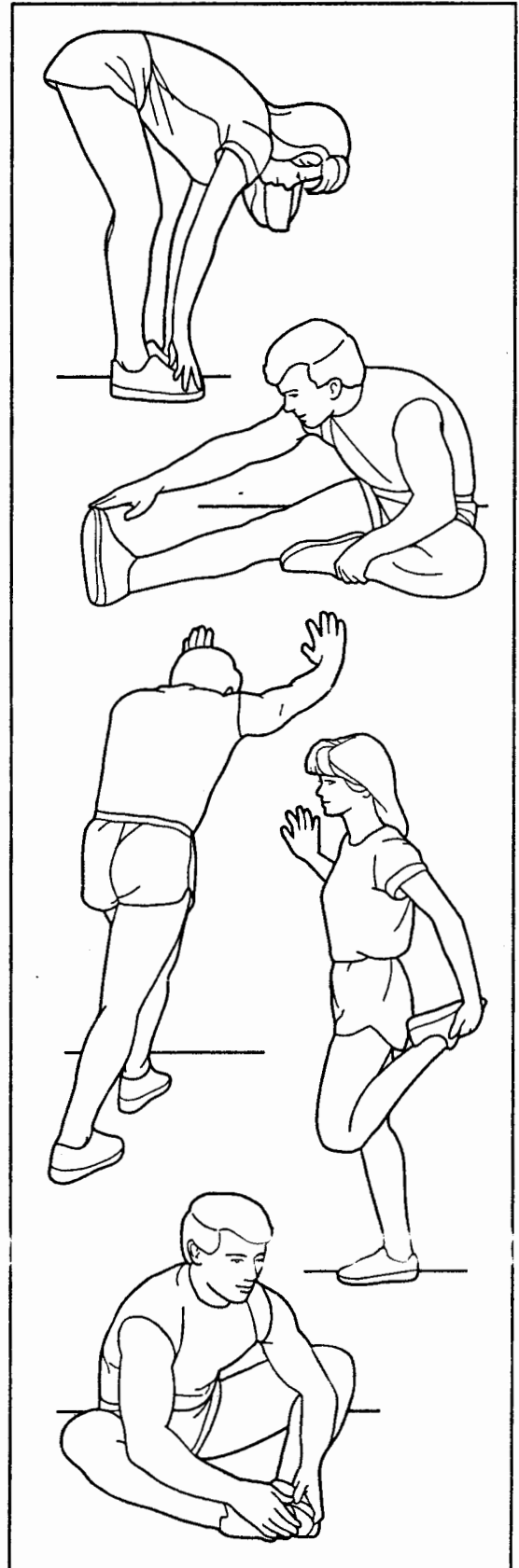
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.

Stretches: Quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.



PART LIST—MODEL NO. IM538553

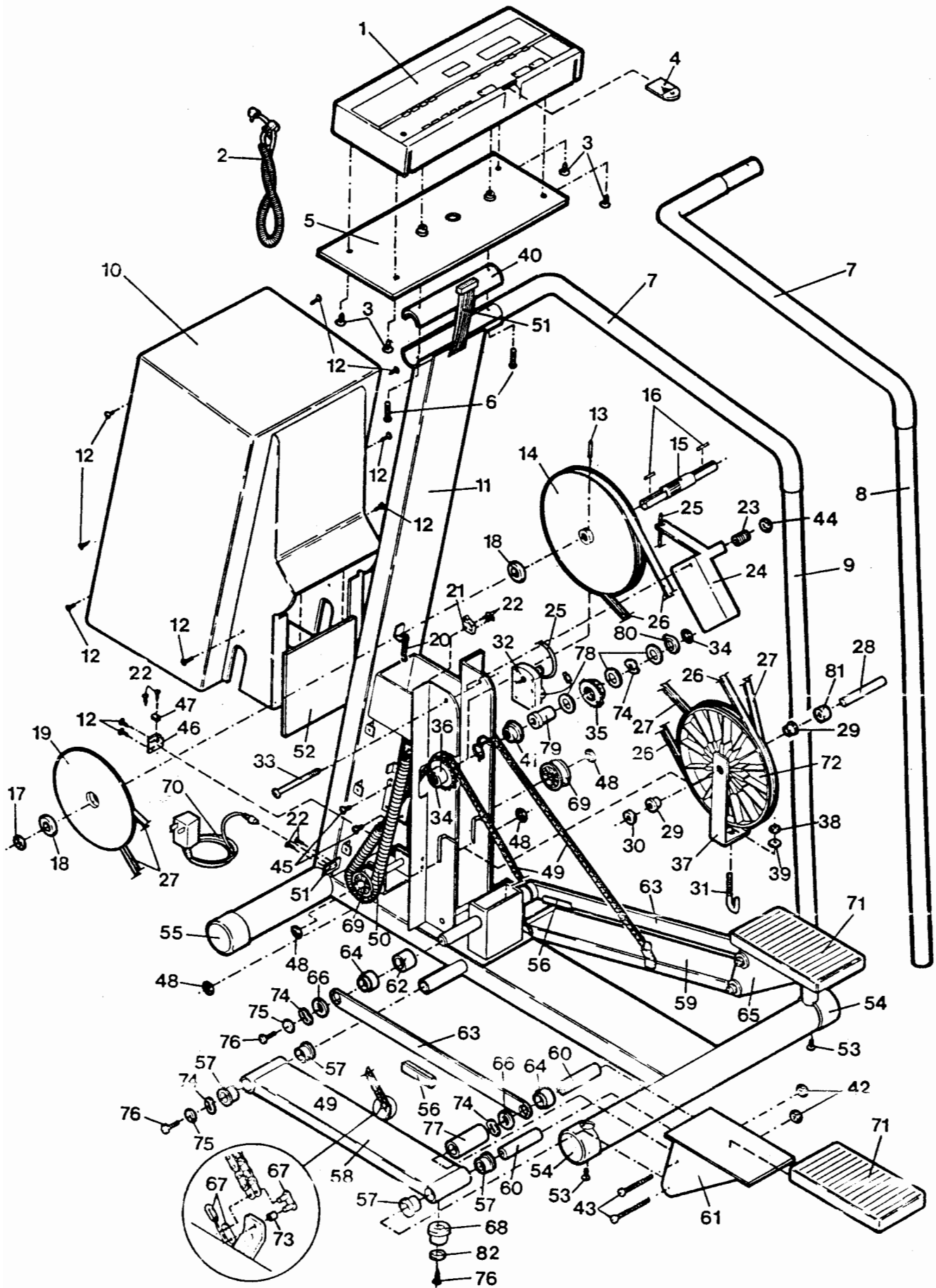
R0495A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Programmable Console	43	4	5/16" x 4 1/2" Screw
2	1	Pulse Earclip	44	1	3/8" Adjustment Nut
3	4	#8 x 1/2" Self-tapping Screw	45	2	#12 x 1/2" Screw
4	1	Power Key	46	1	Sensor Bracket
5	1	Console Plate	47	1	Optical Sensor
6	2	5/16" x 2" Screw	48	4	3/8" Pushnut
7	2	Handrail Foam	49	2	Pedal Chain
8	1	Left Handrail	50	2	Pedal Spring
9	1	Right Handrail	51	1	Wire Harness/Power Plug
10	1	Hood	52	1	Access Cover
11	1	Frame	53	2	Handrail Mounting Bolt
12	10	#8 x 1/2" Tec Screw	54	2	Rear Stabilizer Endcap
13	1	Roll Pin	55	2	Front Stabilizer Endcap
14	1	Drive Pulley	56	2	Link Arm Bumper
15	1	Drive Shaft	57	3	Pedal Arm Bushing
16	2	Key	58	1	Left Pedal Arm
17	1	Thin Spacer	59	1	Right Pedal Arm
18	2	Bearing	60	4	Pedal Pivot
19	1	Resistance Disk	61	1	Left Pedal
20	1	Small Tension Spring	62	2	Link Arm Spacer
21	1	Limit Switch	63	2	Link Arm
22	6	#4 x 3/4" Screw	64	4	Link Arm Bushing
23	1	Large Tension Spring	65	1	Right Pedal
24	1	Tension Bracket	66	4	1" Washer
25	1	Tension Rope	67	4	Master Link Assembly
26	1	Drive Belt	68	2	Pedal Arm Bumper
27	1	Tension Pulley Belt	69	2	Spring Pulley
28	1	Pulley Axle	70	1	Power Cord
29	2	Small Bushing	71	2	Pedal Foot Pad
30	1	Pulley Axle Spacer	72	1	Tension Pulley
31	1	J-Bolt	73	4	Master Link Bushing
32	1	Tension Motor	74	0	1 1/8" Spring Washer
33	1	3/8" x 4 1/2" Bolt	75	4	1 1/4" Washer
34	2	5/8" Pushnut	76	4	#8 x 3/4" Screw
35	1	Right Sprocket	77	2	Pedal Sleeve
36	1	Left Sprocket	78	6	1 1/2" Washer
37	1	Pulley Bracket	79	2	Sprocket Bushing
38	1	5/16" Hex Nut	80	2	Retainer
39	1	J-Bolt Washer	81	1	Large Spacer
40	1	Handrail Saddle	82	2	5/16" Washer
41	2	Tabbed Bushing	#	1	Owner's Manual
42	4	5/16" Nylon Locknut			

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

EXPLODED DRAWING—MODEL NO. IM538553

R0495A



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 (IM538553).
2. The **NAME** of the product (IMAGE 855 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).