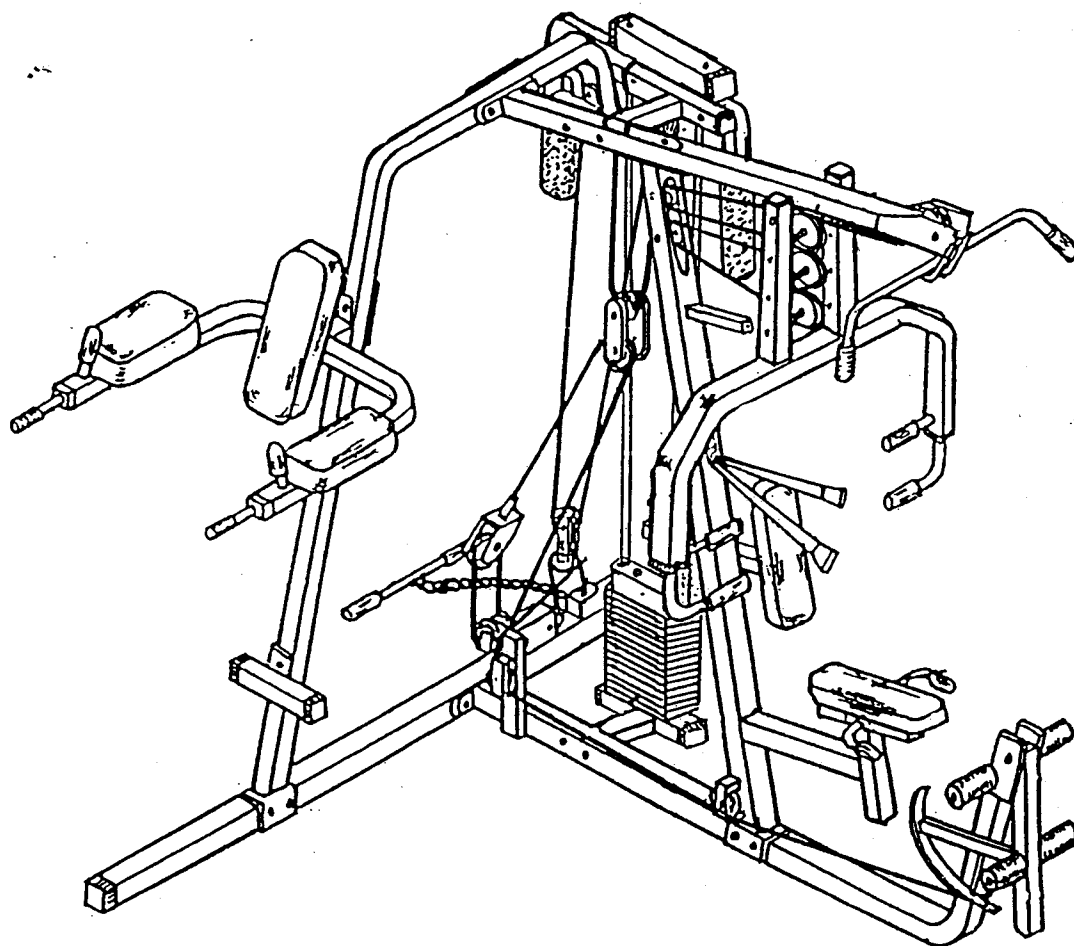


# IMAGE<sup>TM</sup> 5 7 0

## Home Trainer



**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: 1-800-479-4544 Mon.-Fri., 6 a.m.-6 p.m. MT**

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

118656

## OWNER'S MANUAL

# IMPORTANT SAFETY PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important safety precautions before using the IMAGE 570

1. Read all instructions in this owner's manual and in the accompanying literature before using the IMAGE 570. Use the IMAGE570 only as described.
2. Inspect and tighten all parts each time you use the IMAGE 570. Replace any worn parts immediately.
3. Keep your hands away from moving parts other than the designated handles. Always wear athletic shoes for foot protection.
4. Keep small children away from the IMAGE570 at all times.
5. When adjusting either of the seats, make sure that the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the holes, the seat may slip during use, causing serious injury.
6. Never release the press arm, butterfly arms, leg lever, leg press, bars or straps while weights are raised. The weights will fall with great force.
7. Make sure that the cables remain on the pulleys as you use the IMAGE570.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

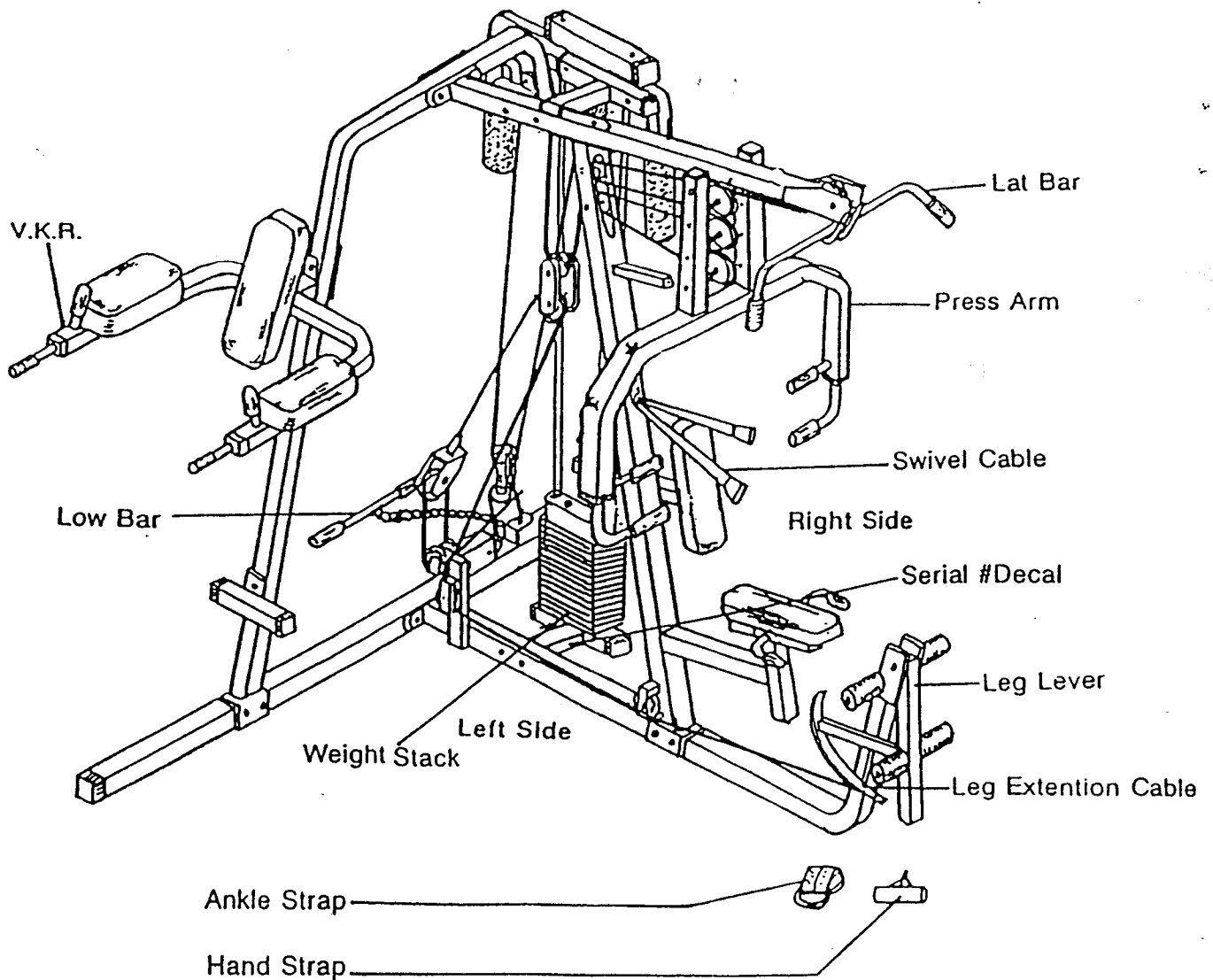
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. IMAGE assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

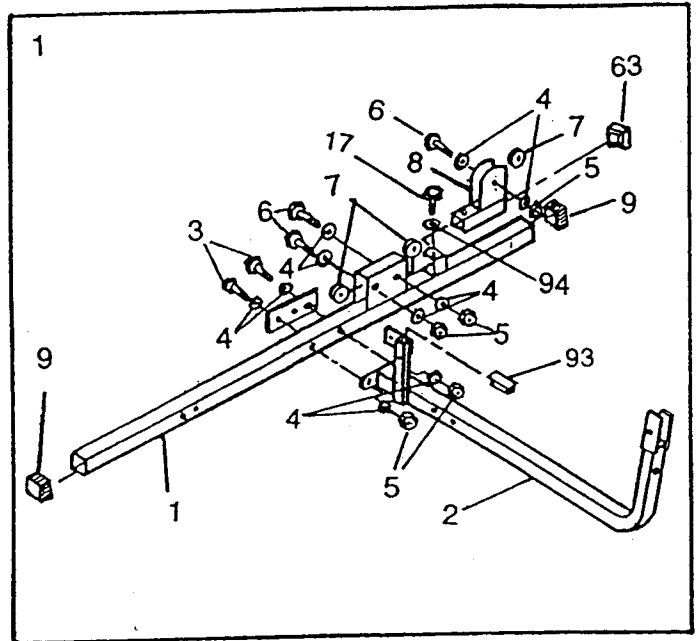
Congratulations for selecting the IMAGE™ 570 weight training system. The IMAGE 570 offers an impressive array of weight training exercises to develop every major muscle group of the body. Whether your goal is improved cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the IMAGE 570 will help you to achieve the specific results you want.

For your safety and benefit, read this manual and the accompanying literature before using the IMAGE 570. If you have additional questions, please call our Customer Service Department toll-free at 1-800-479-4544, Monday through Friday, 6 a.m. until 6 p.m. MT (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IM 570. The serial number can be found on a decal attached to the IMAGE 570 (see the front cover of this owner's manual for the location of the decal).

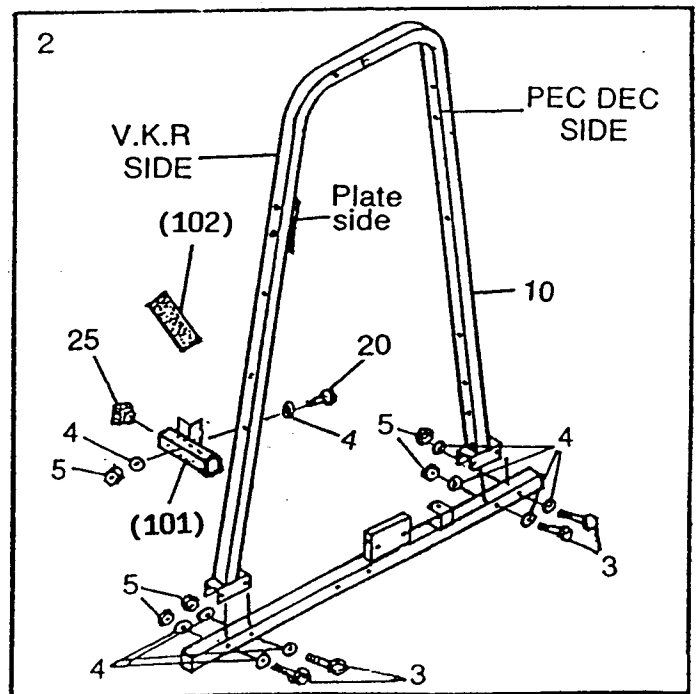
Before reading further, please examine the drawing below and familiarize yourself with the parts that are labeled. **IMPORTANT:** Please note the location of the left and right sides of the IMAGE 570.



1. Attach the Base Frame (2) with one 6-3/4" Plate (95) to the Long Stabilizer (1) with two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).  
 Attach the Swivel (8) to the Long Stabilizer (1) using one 1/2" x 2-1/2" Shank Bolt (17) and one Ø26 x Ø13 Washer (94).  
 Attach two 3-1/2" Pulleys (7) to the Long Stabilizer (1) using two 3/8" x 2" Shank Bolts (6), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).  
 Attach one 3-1/2" Pulley (7) to the Swivel (8) using one 3/8" x 2" Shank Bolt (6), 3/8" Washer (4) and 3/8" Nylon Nut (5). Press one 1/2" x 1" End Plug (93) to the Base Frame (2), also press two 2" End Caps (9) onto both ends of the Long Stabilizer (1).  
 Press one 1-1/2" End Plug (63) to the Swivel (8) as shown.



2. Attach the "U" Upright (10) to the Long Stabilizer (1) using four 3/8" x 3-1/4" Bolts (3), eight 3/8" Washers (4) and four 3/8" Nylon Nuts (5).  
 Attach the VKR Step (101) to the "U" Upright (10) using one 3/8" x 3" Shank Bolt (20), two 3/8" Washers (4) and one 3/8" Nylon Nut (5).  
 Press two 2" End Plugs (25) into both ends of the VKR Step (101) and then attach the Non-Slip Tape (102) to the VKR Step as shown.



# IM-570 ASSEMBLY

3. Attach the Upright Support (21) to the Base Frame (2) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).

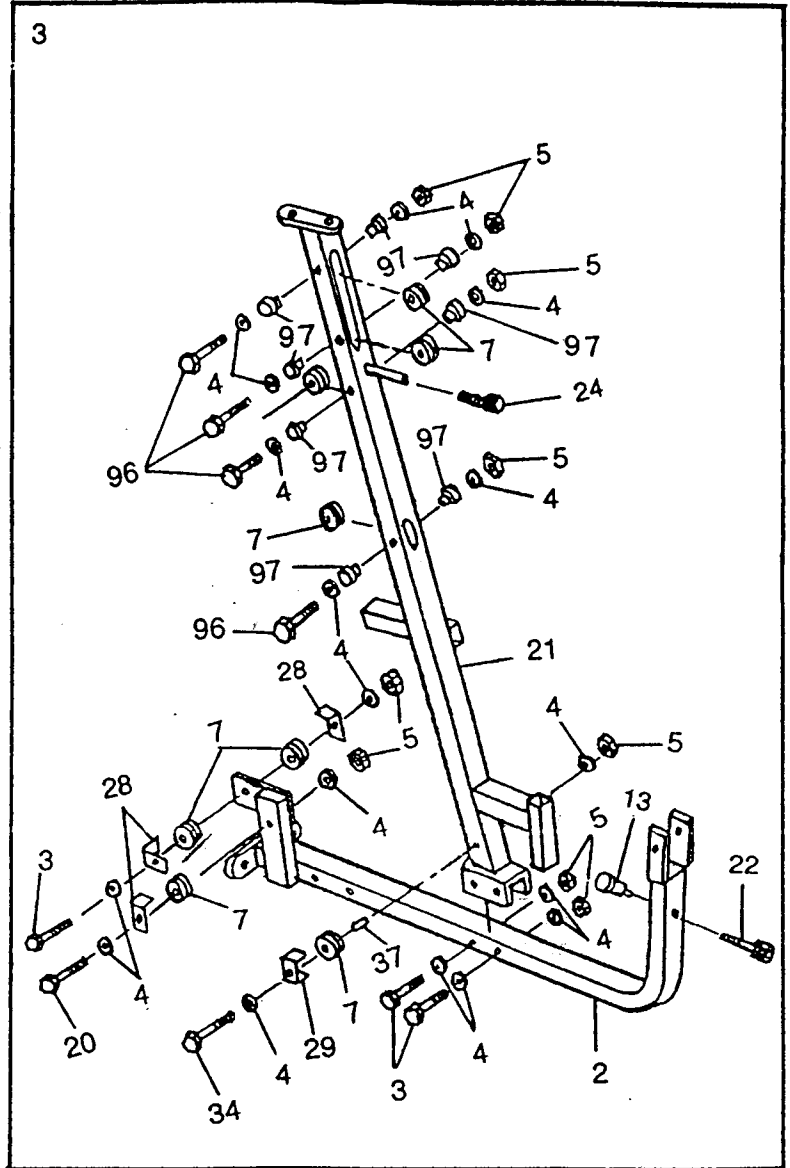
Install two 3-1/2" Pulleys (7) into the upper holes of the Upright Support (21) and tighten with two 3/8" x 2-3/4" Shank Bolts (96), four 3/8" Washers (4), four Ø26 x 13m/mL Spacers (97) and two 3/8" Nylon Nuts (5). Install one 3-1/2" Pulley (7) into the next hole of the Upright Support (21) and tighten with one 3/8" x 2-3/4" Shank Bolt (96), two 3/8" Washers (4), two Ø26 x 13m/mL Spacers (97) and one 3/8" Nylon Nut (5).

Same assembly for another one 3-1/2" Pulley (7) to be installed in the middle holes of the Upright Support (21) as shown. Attach the Small "U" Pulley Bracket (29) with one 3-1/2" Pulley (7), one 22m/mL Spacer (37) to the Upright Support (21) using one 3/8" x 4-1/2" Shank Bolt (34), two 3/8" Washers (4) and one 3/8" Nylon Nut (5).

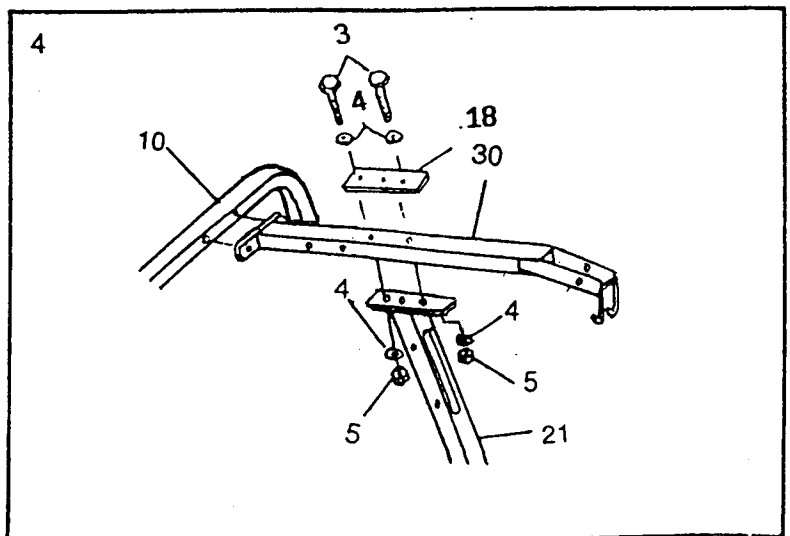
Attach the other two Small "L" Pulley Bracket (28) with two 3-1/2" Pulley (7) to the place on the Base Frame (2) using one 3/8" x 3-1/4" Bolt (3), two 3/8" Washers (4) and one 3/8" Nylon Nut (5) as shown.

The same assembly for the last one Small "L" Pulley Bracket (28) with one 3-1/2" Pulley (7) to be installed to the Base Frame (2) as shown.

Press the 1" Bolt Bumper (24) onto the place of the Upright Support (21). Insert a Lock Knob (13) with a 2" Bolt Bumper (22) into the Base Frame (2) as shown.

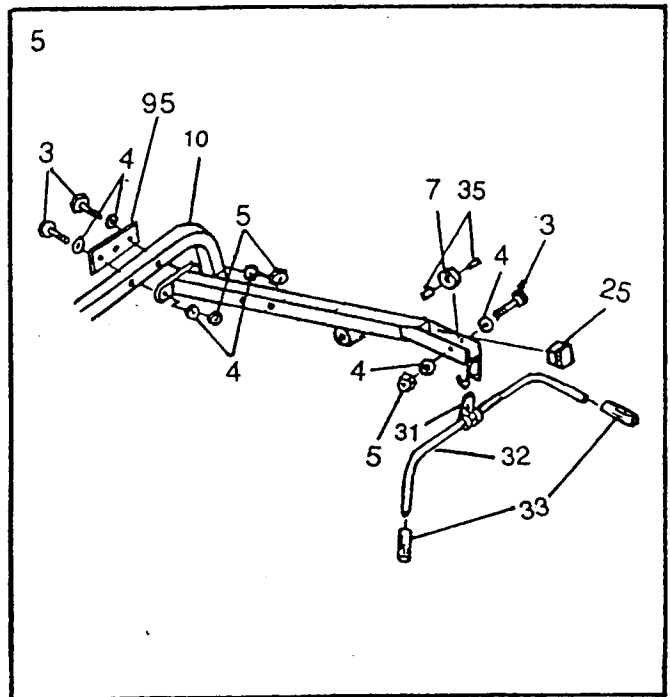


4. Attach the Upright Support (21) with one 9" plate (18) to the Top Frame (30) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).

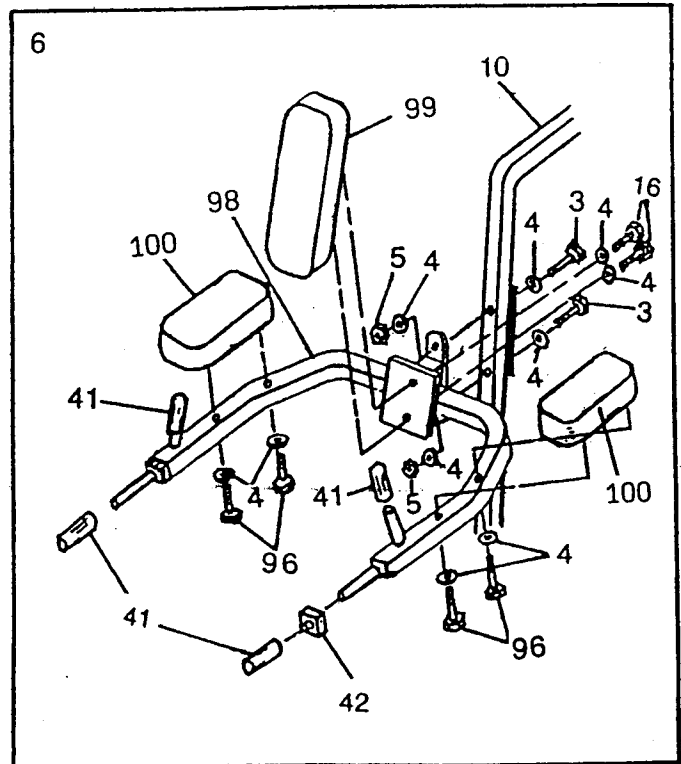


# IM-570 ASSEMBLY

5. Attach the Top Frame (30) with one 6-3/4" Plate (95) to the "U" Upright (10) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon nuts (5). Press the 2" End Plug (25) into the Top Frame (30) as shown. Insert two 11m/m Spacers (35) in the place of the Top Frame (30), and then install a 3-1/2 Pulley (7) between the two 11m/m Spacers, and tighten using a 3/8" x 3-1/4" Bolt (3), two 3/8" Washers (4) and a 3/8" Nylon Nut (5). Press two 1" Hand Grips (33) onto the Lat Bar (32).



6. Attach the VKR "U" Frame (98) to the "U" Upright (10) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5). Attach the VKR Back Pad (99) to the VKR "U" frame (98) using two 3/8" x 3/4" Bolts (16) and two 3/8" Washers (4). Attach two VKR Arm Pads (100) to the VKR "U" Frame (98) using four 3/8" x 2-3/4" Shank Bolts (96) and four 3/8" Washers (4). Slide two 2" Insert End Caps (42) onto the VKR "U" Frame, and then slide four 1-1/4" Hand Grips (41) onto the VKR "U" Frame.

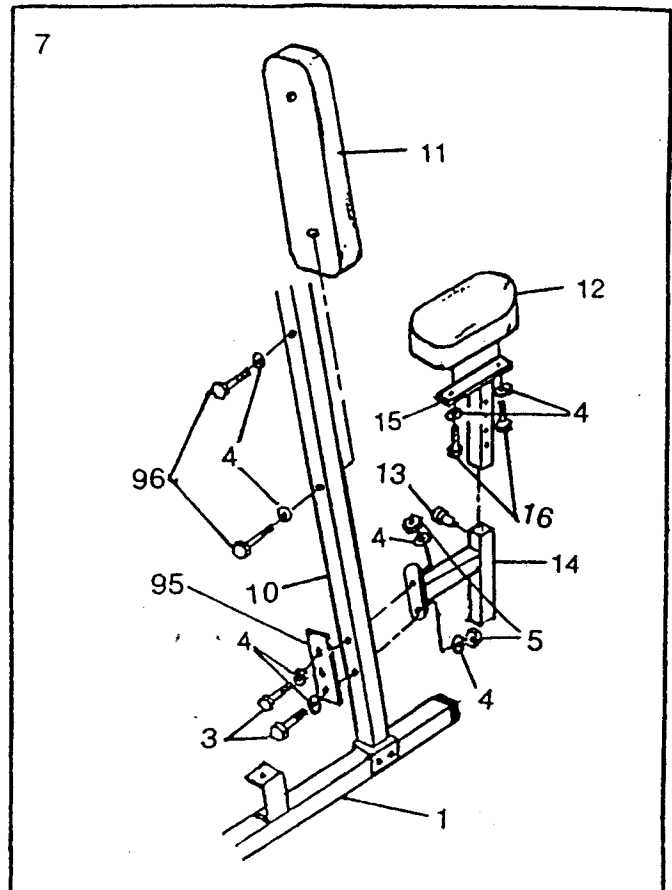


# III-5 / U ASSEMBLY

7. Attach the Pec Dec Seat Support (14) with a 6-3/4" Plate (95) to the "U" Upright (10) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).

Attach the Small Seat Pad (12) to the Pec Dec Seat Adj (15) using two 3/8" Washers (4) and two 3/8" x 3/4" Bolts (16), then slide the Pec Dec seat Adj (15) into the Pec Dec Seat Support (14) and adjust it to the desired height with a Lock Knob (13).

Attach the Big Back Pad (11) to the "U" Upright (10) using two 3/8" x 2-3/4" Shank Bolts (96) and two 3/8" Washers (4).

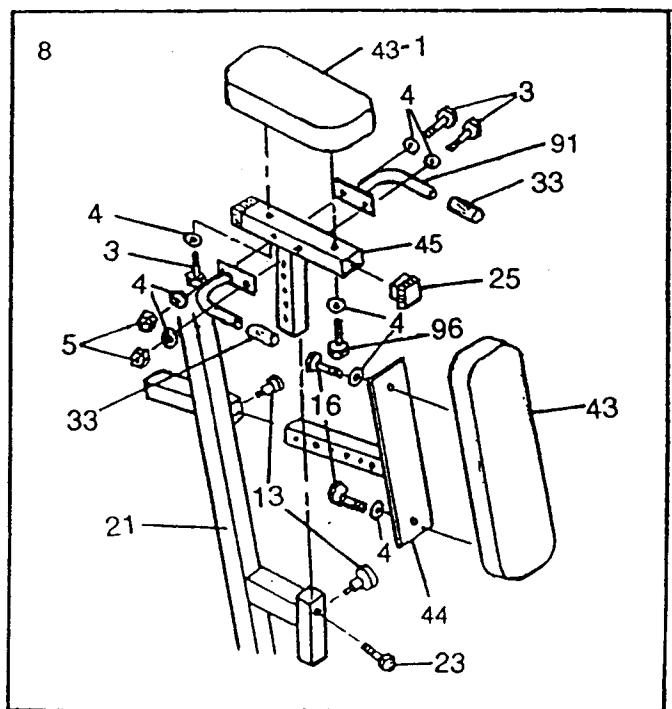


8. Attach the Handle Bar (91) to the both sides of Press seat Adj Tube (45) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5). Attach the 17-1/2" Pad (43-1) to the Press Seat Adju Tube (45) using two 3/8" x 2-3/4" Shank Bolts (96) and two 3/8" Washers (4), and then slide the Press Seat Adju Tube into the Upright Support and adjust it to the designed height with a Lock Knob (13). Attach the 20" Long Pad (43) to the Back Adj Plate (44) using two 3/8" x 3/4" Bolts (16) and two 3/8" Washers (4), then Slide the Back Adj Plate into the Upright Support and adjust it to the desired place with a Lock Knob (13).

Press two 2" End Plug (25) into both sides of the Press Seat Adj Tube (45).

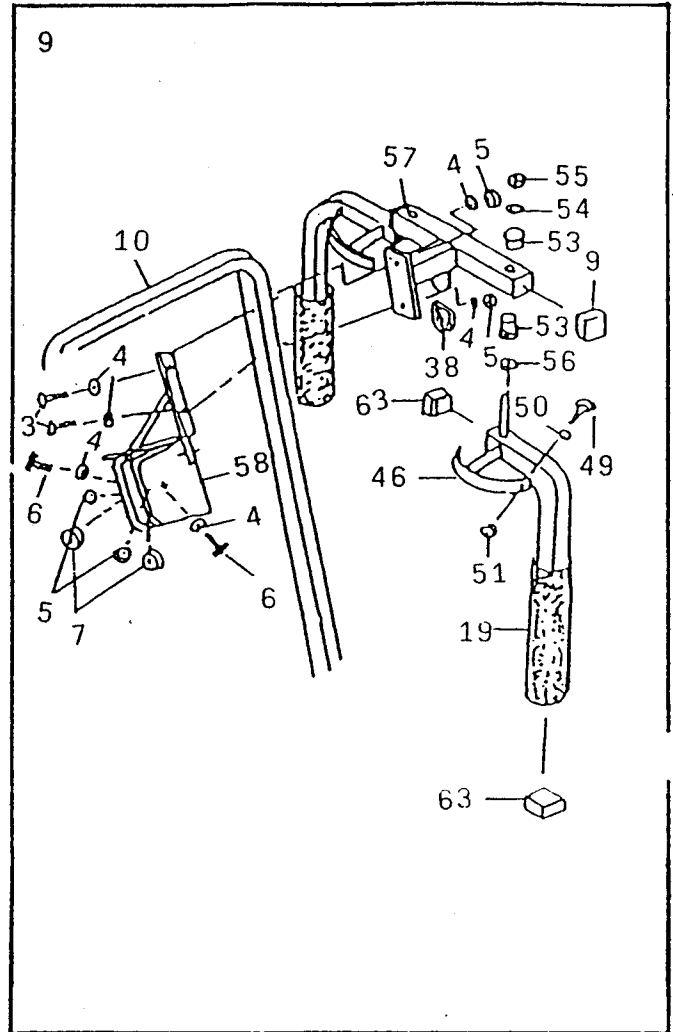
Slide two 1" Hand Grips (33) onto both Handle Bar (91).

Note: Using the Knob Bolt (23) to tight the Press Seat Adj Tube (45) when slide into the Upright Support as shown.



# IM-570 ASSEMBLY

9. Attach the Pec Dec Support (57) with the Pec Dec Mount (58) to the "U" Upright (10) using two 3/8" x 3-1/4" Bolts (3), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5). Thread the Pec Dec Arm (46) through one side of Pec Dec Support (57) and attach using two 7/8" x 5/8" Bushings (53), one 1-3/16" x 5/8" Washer (56), one 1/2" Washer (54) and one 1/2" Nylon Nut (55). Press two 2" End Caps (9) into both sides of Pec Dec Support (57), and Press one Rubber Bumper (38) onto the Pec Dec Support as shown. Press two 1-1/2" End Plugs (63) into the Pec Dec Arm (46). Attach two 3-1/2" Pulleys (7) into both sides of the Pec Dec Mount (58) using two 3/8" x 2" Shank Bolts (6), two 3/8" Washers (4) and two 3/8" Nylon Nuts (5) as shown.



# IM-570 ASSEMBLY

10. Slide one 18-1/2" Solid Roller (61) through the Roller Pad Adj (59), adjust it to the desired height.

And then slide the Roller Pad Adj (59) into the place of the Base Frame.

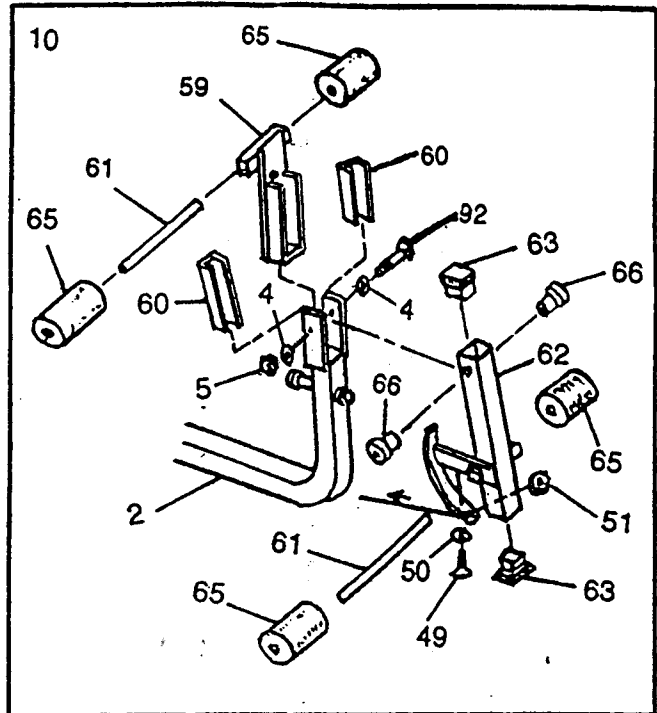
Slide two Nylon Protect Covers (60) onto both sides of the Base Frame (2) as shown.

Attach the leg Lever (62) with two Small Bushings (66) to the Base Frame (2) using a 3/8" x 3-1/2" Shank Bolt (92) two 3/8" Washer (4) and one 3/8" Nylon Nut (5).

Slide the other one 18-1/2" Solid Roller (61) into the Leg Lever (62), adjust it to the desired height.

Press two 1-1/2" End Plugs (63) into the Leg Lever (62).

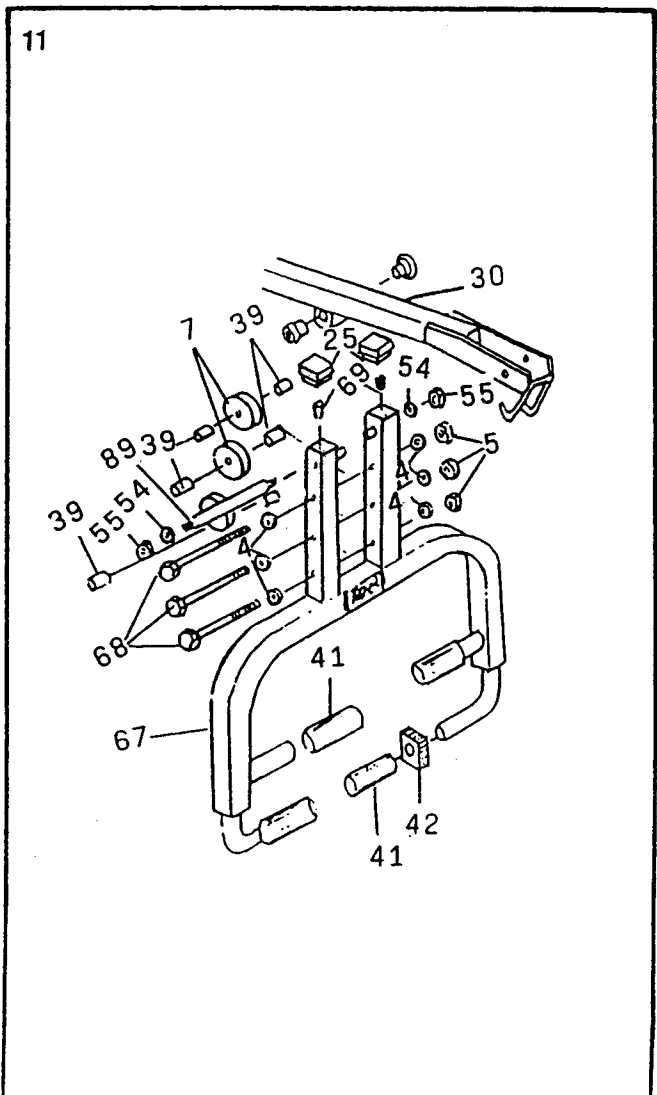
Slide four 7" Foam Pads (65) onto both sides of two solid Rollers (61)



11. Press two 2" Insert End Caps (42) onto the Press Arm (67) as shown.

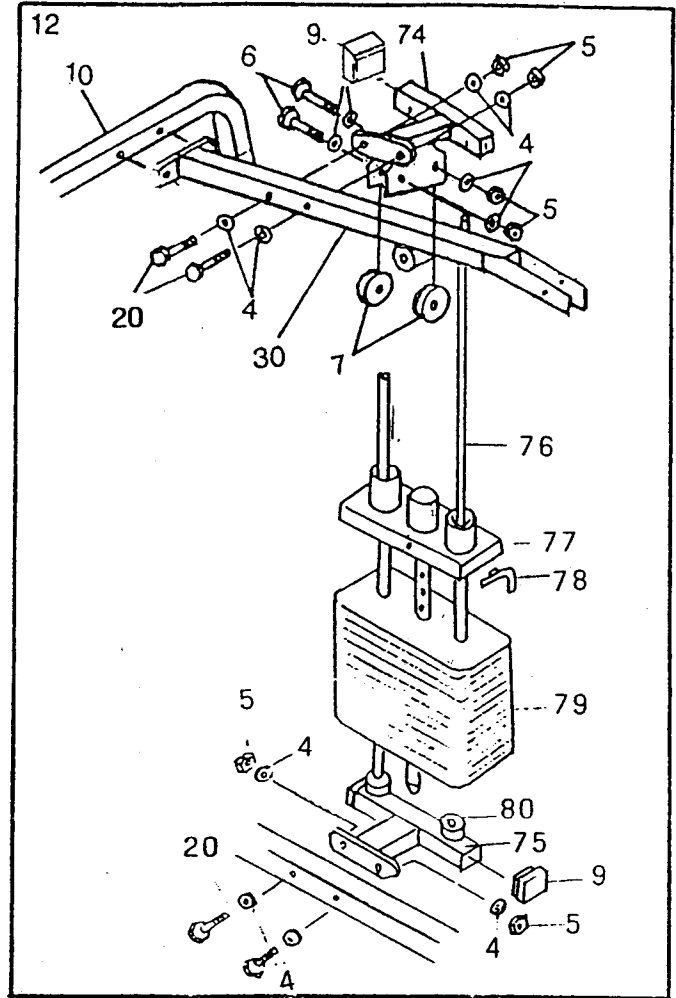
Hold the Top Frame (30) between the posts of the Press Arm (67), and then thread the 3/4" x 9-7/8" Axle (89) through the holes of Top Frame and Press Arm.

And then, lock with two 1/2" Washers (54) and two 1/2" Nylon Nuts (55) on both sides of Axle. Attach three 3-1/2" Pulleys (7) to the Press Arm (67) using six 12.7m/m Spacers (39), three 3/8" x 9" Shank Bolts (68), six 3/8" Washers (4) and three 3/8" Nylon Nuts (5) as shown.

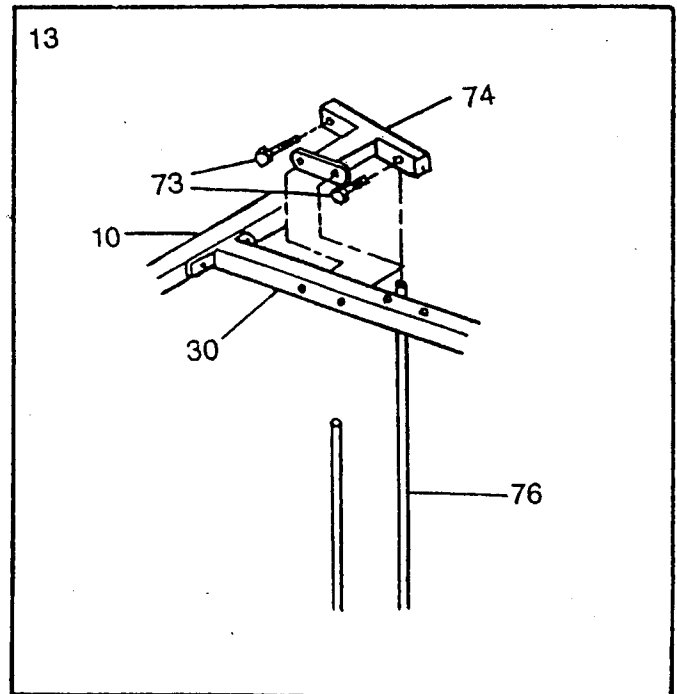


# IM-570 ASSEMBLY

12. Attach the Weight Stack Bottom (75) to the Base Frame (2) using two 3/8" x 3" shank Bolts(20), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5). Slide a Weight Bumper (80) onto the lower end of each of the two Weight Guides (76). Insert the Weight Guides (76) into the Weight Stack Bottom (75) and Slide Weight Stacks (79) down onto the pair of Weight Guides. Slide the Top Plate (77) down onto the Weight Guides. Attach the Weight Guide Top (74) to the Top Frame (30) using two 3/8" x 3" Shank Bolts(20), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5). Put the "L" Pin W/TAB (78) into the pin groove of Weight Stack (79). Install two 3-1/2" Pulleys (7) into the Weight Guide Top (74) with two 3/8" x 2" Shank Bolts (6), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).

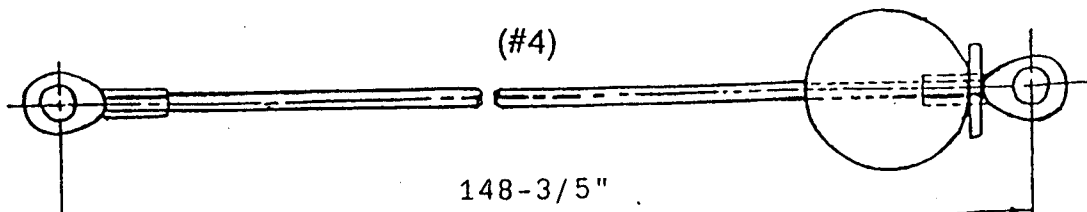
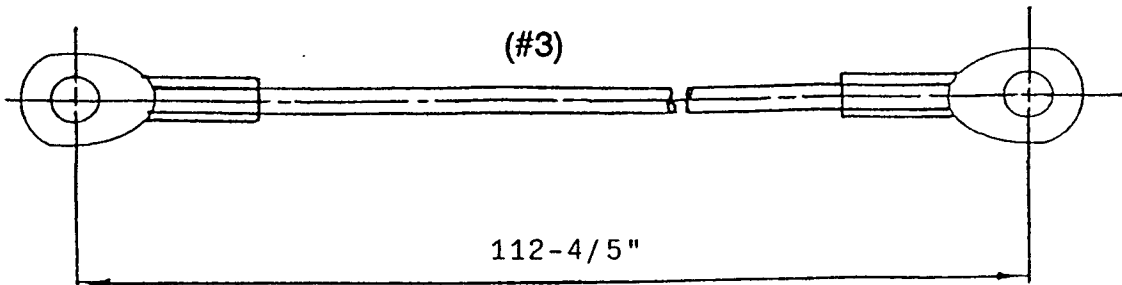
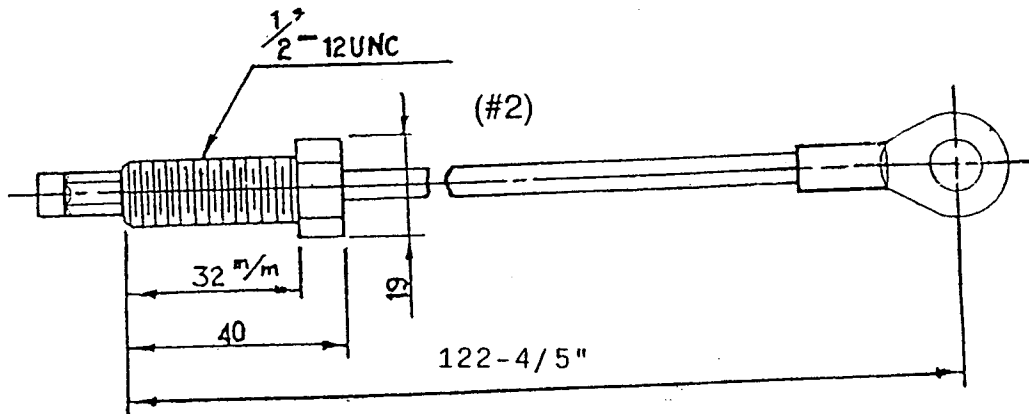
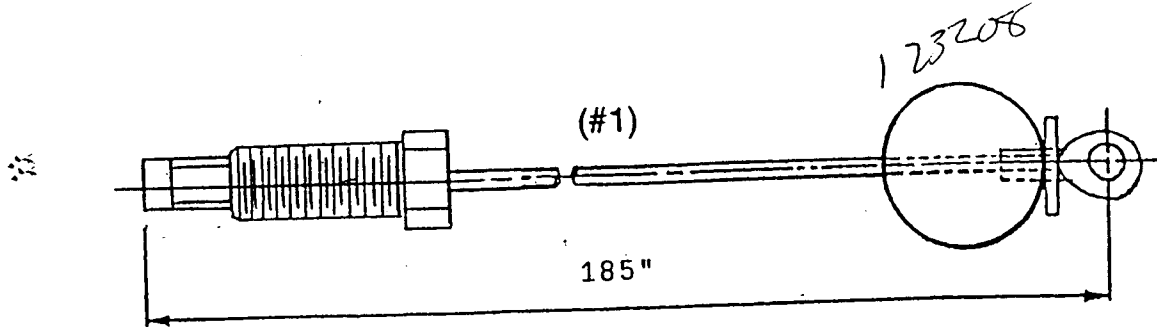


13. Connect the Weight Guide Top (74) onto the Weight Guides (76) and lock using two M8 x 20L Bolts (73).

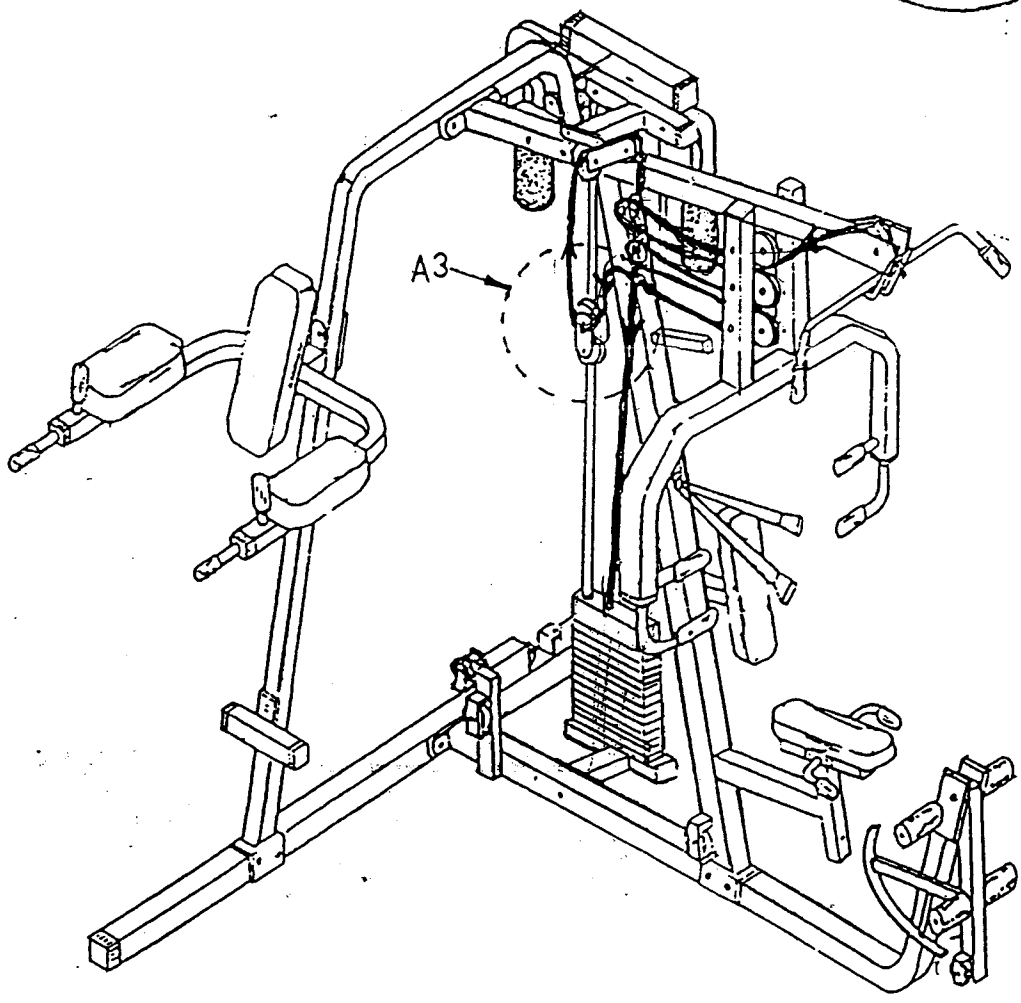
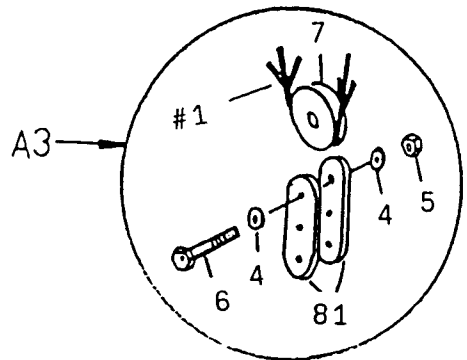


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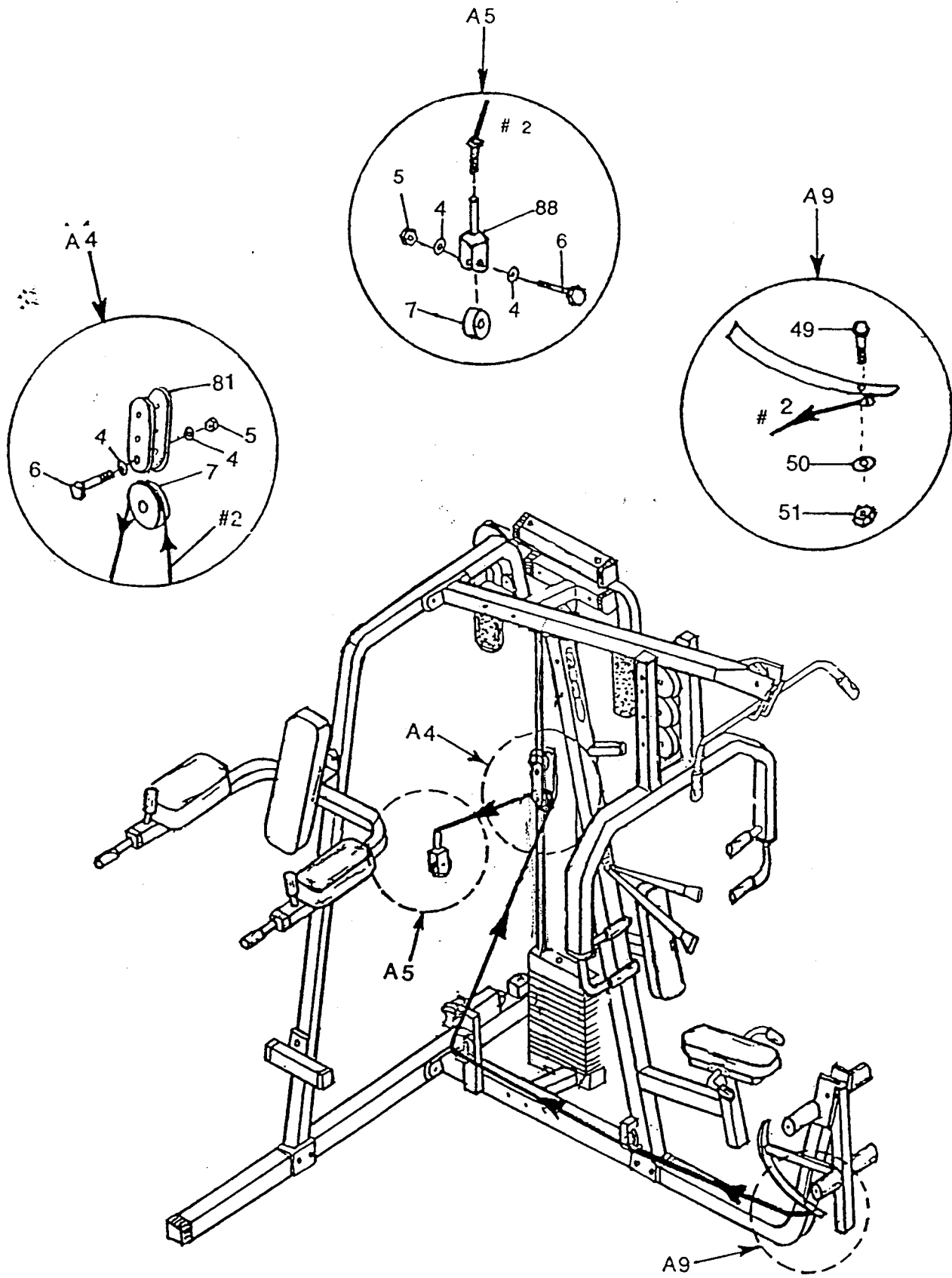
## CABLE INSTALLATION



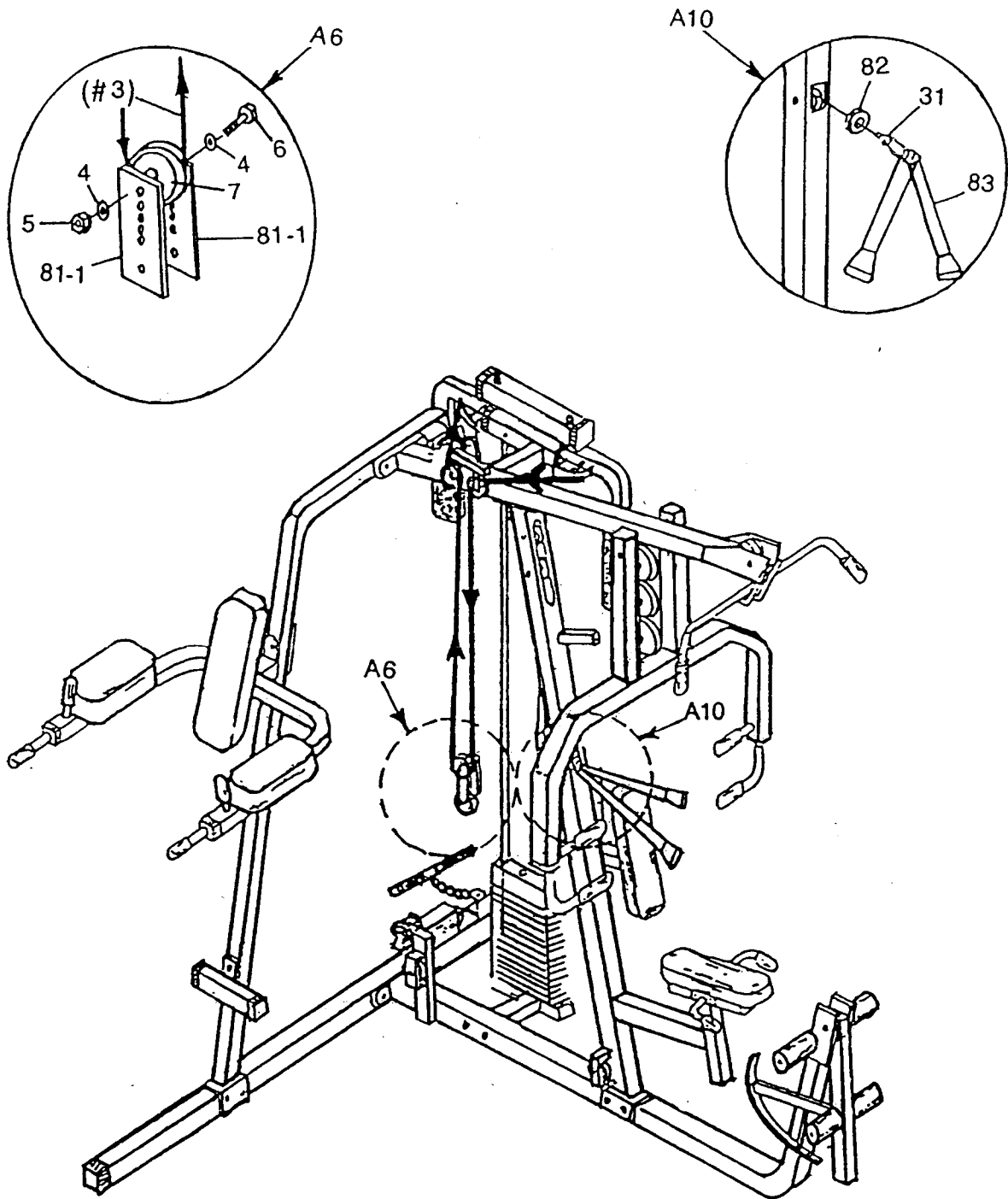
**IMI-570 CABLE (#1) RIGGING SYSTEM**



# IM-570 CABLE (#2) RIGGING SYSTEM

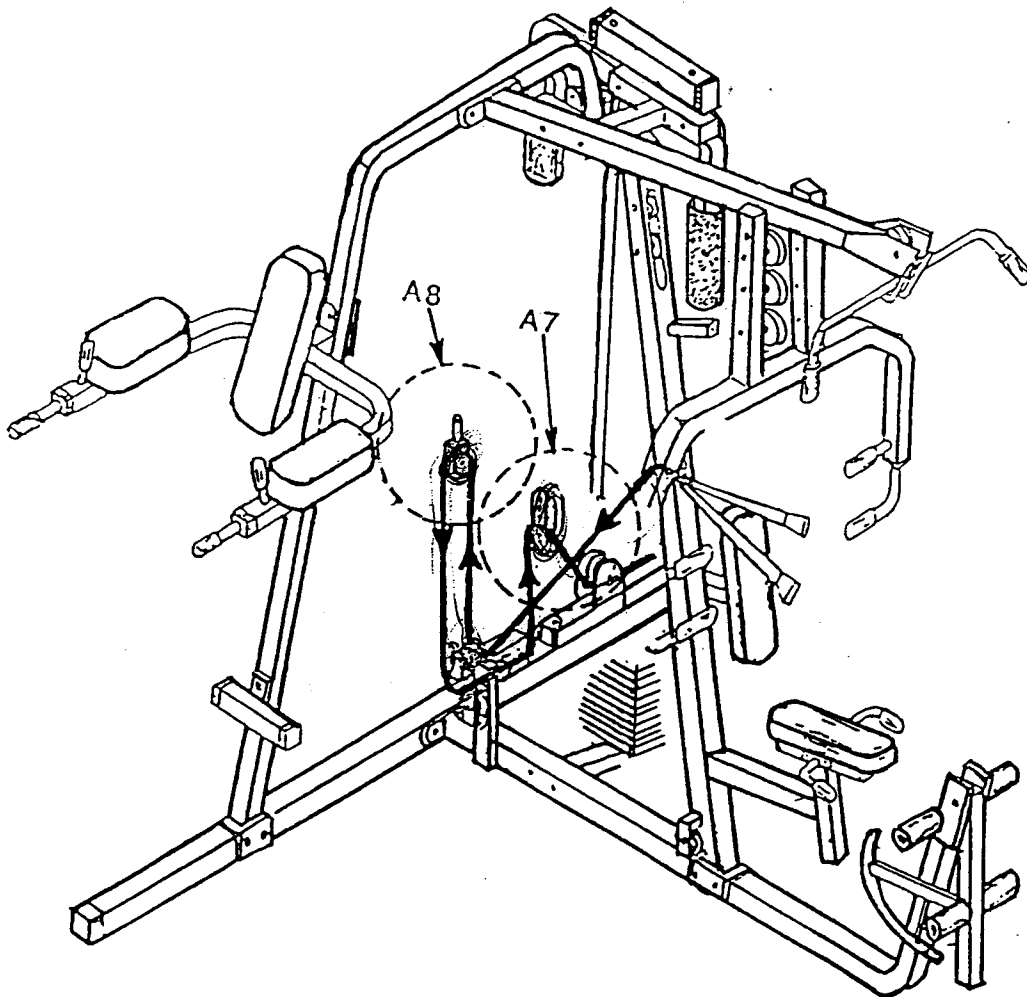
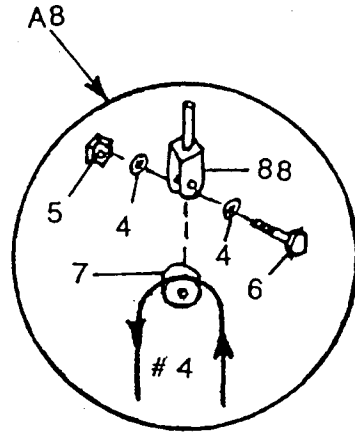
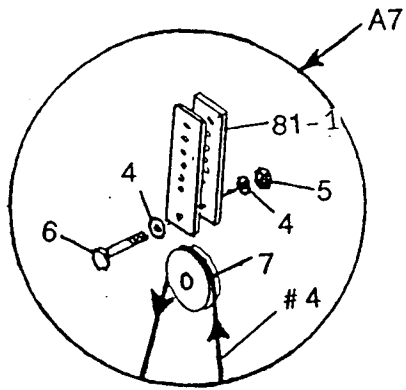


# IM-570 CABLE (#3) RIGGING SYSTEM

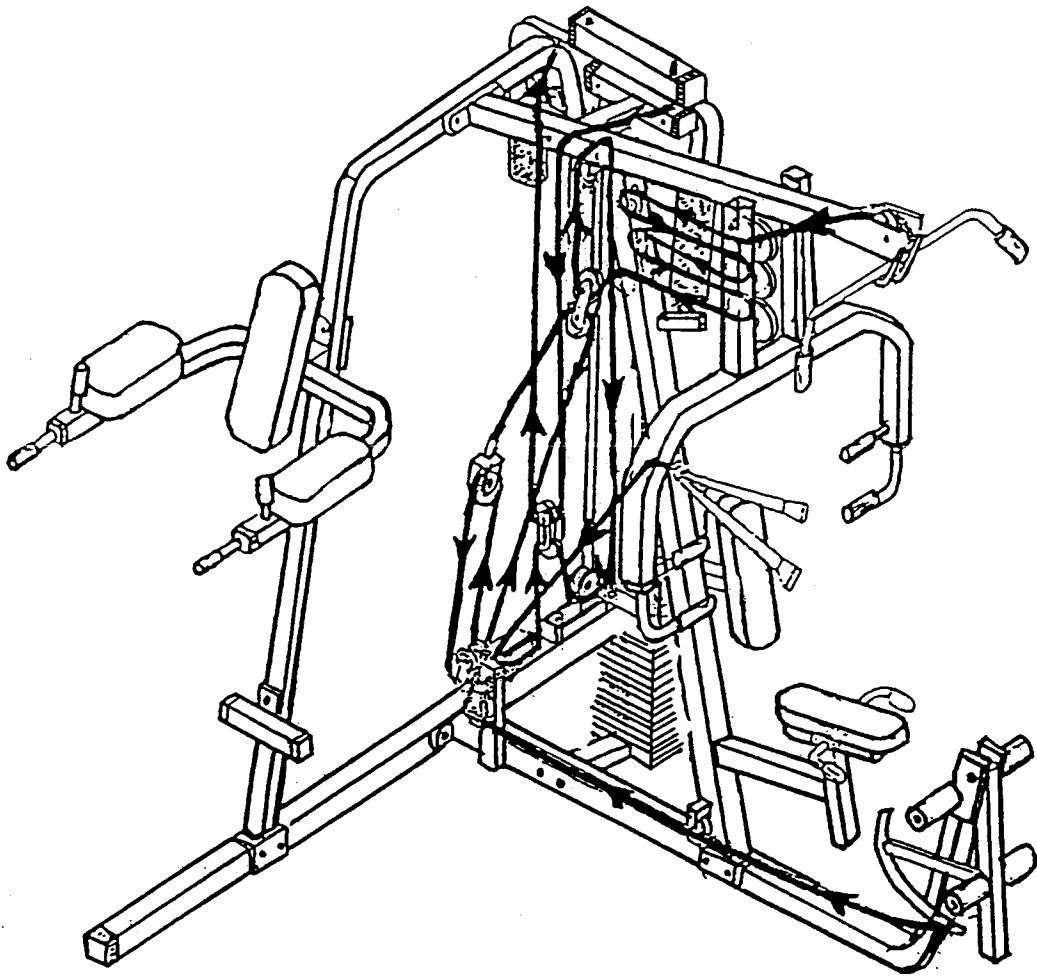


# IM-570 CABLE (#4) RIGGING SYSTEM

148.75"



# IM-570 FULL CABLE RIGGING SYSTEM



KEY #	Q'TY	DESCRIPTION	KEY #	Q'TY	DESCRIPTION
1	1	Long Stabilizer	55	4	1/2" Nylon Nut
2	1	Base Frame	56	2	1 3/16" x 5/8" Washer
3	23	3/8" x 3-1/4" Bolt	57	1	Pec Dec Support
4	112	3/8" Washer	58	1	Pec Dec Mount
5	49	3/8" Nylon Nut	59	1	Roller Pad Adj
6	12	3/8" x 2" Shank Bolt	60	2	Nylon Protect Cover
7	24	3-1/2" Pulley	61	2	18-1/2" Solid Roller
8	1	Swivel	62	1	Leg Lever
9	8	2" End Cap	63	3	1-1/2" End Plug
10	1	"U" Upright	65	4	7" Foam Pad
11	1	Big Back Pad	66	2	Small Bushing
12	1	Small Seat Pad	67	1	Press Arm
13	4	Lock Knob	68	3	3/8" x 9" Shank Bolt
14	1	Pec Dec Seat Support	69	2	M6 Bolt
15	1	Pec Dec Seat Adj	73	2	M8 x 20L Bolt
16	6	3/8" x 3/4" Bolt	74	1	Weight Guide Top
17	1	1/2" x 2-1/2" Shank Bolt	75	1	Weight Stack Bottom
18	1	9" Plate	76	2	Weight Guide
19	2	Big Foam Pad	77	1	Top Plate W/Guide Pin
20	6	3/8" x 3" Shank Bolt	78	1	"L" Pin W/Tab
21	1	Upright Support	79	19	Weight Stack
22	1	2" Bolt Bumper	80	2	Weight Bumper
23	1	Knob Bolt	81	2	Pulley Plate (5-1/8")
24	1	1" Bolt Bumper	81-1	2	9" Adj Pulley Plate
25	7	2" End Plug	82	1	Rubber Stop
28	3	Small "L" Pulley Bracket	83	1	A.B. Strap
29	1	Small "U" Pulley Bracket	84	1	20" Chain
30	1	Top Frame	85	1	Low Bar
31	4	Cable Clip	86	1	Ankle Strap
32	1	Lat Bar	87	1	Hand Strap
33	4	1" Hand Grip	88	1	Single Pulley Bracket
34	1	3/8" x 4-1/2" Shank Bolt	89	1	3/4" x 9-7/8" Axle
35	2	11m/m Spacer	91	2	Hander bar
37	1	22m/m Spacer	92	1	3/8" x 3-1/2" Shank Bolt
38	1	Rubber Bumper	93	1	1/2" x 1" End Plug
39	6	12.7m/m Spacer	#	1	Cable #1
41	8	1-1/4" Hand Grip	#	1	Cable #2
42	4	2" Insert End Cap	#	1	Cable #3
43	1	20" Long Pad	#	1	Cable #4
43-1	1	16" Pad	#	1	Weight Strack Sticker
44	1	Back Adj Plate	#	1	Owner Manual
45	1	Press Seat Adj Tube	94	1	φ26 x φ13 Washer
46	2	Pec Dec Arm	95	3	6-3/4" Plate
49	3	M8 x 25L Bolt	96	12	3/8" x 2-3/4" Shank Bolt
50	4	M8 Washer	97	8	φ26 x 13m/mL Spacer
51	3	M8 Nylon Nut	98	1	V.K.R. "U" Frame
53	4	7/8" x 5/8" Bushing	99	1	V.K.R. Back Pad
54	2	1/2" Washer	100	2	V.K.R. Arm Pad
			101	1	V.K.R. Step
			102	1	Non-Slip Tape

Please photocopy the form below and return it to:

<b>IMAGE, INC.</b>			
Name	_____		
Street Address	_____		
City	State	Zip	
Product Name	_____		
Serial Number	_____		
Date of Purchase	_____		
Name of Store where Purchased	_____		
Address	_____		
Comments	_____		
	_____		
	_____		
	_____		

**THIS WARRANTY WILL BE HONORED BY IMAGE, INC. IF MORE INFORMATION IS REQUIRED, YOU MAY CALL DIRECTLY: 1-800-479-4544**

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**ONE YEAR WARRANTY ON PARTS  
FIVE YEAR WARRANTY ON WELDS  
90 DAY WARRANTY ON UPHOLSTERY**

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During the warranty period after the original purchase we will repair or replace this item free of charge to the owner if it has a manufacturing defect or if in use as described and prescribed by our labels and brochures it does not perform as our labels or brochures say it will.

To obtain such free repair or replacement, please tell our Customer Service Department the product's name, serial number and purchase date as well as the nature of the problem, and ask for authorization to return the product for repair or replacement.

However, please note that this warranty does not cover incidental or consequential damages or costs connected with any such warranty period defect or malfunction. Some states do not allow such exclusions or limitations of incidental or consequential damages or costs and it therefore may not apply to you.

Also please note that while this warranty gives you specific legal rights, you may also have other rights which vary from state to state.