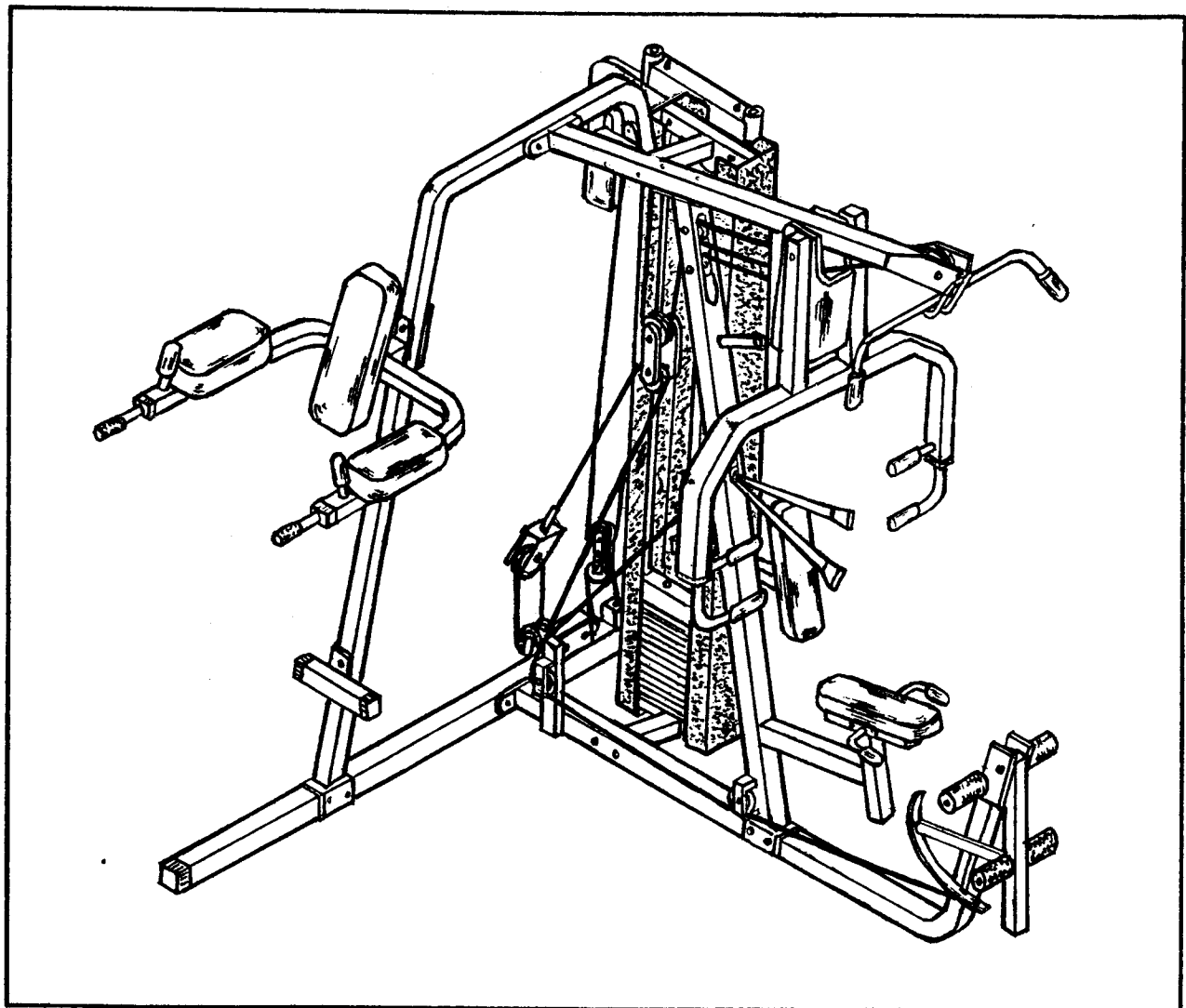


IMAGETM 571

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: 1-800-753-4645 Mon.-Fri., 9 a.m.-6 p.m. MST

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

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the IMAGE 571.

1. Read all instructions in this manual and in the accompanying literature before using the IMAGE 571. Use the IMAGE 571 only as described.
2. Inspect and tighten all parts each time you use the IMAGE 571. 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 IMAGE 571 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, 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 IMAGE 571.
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.

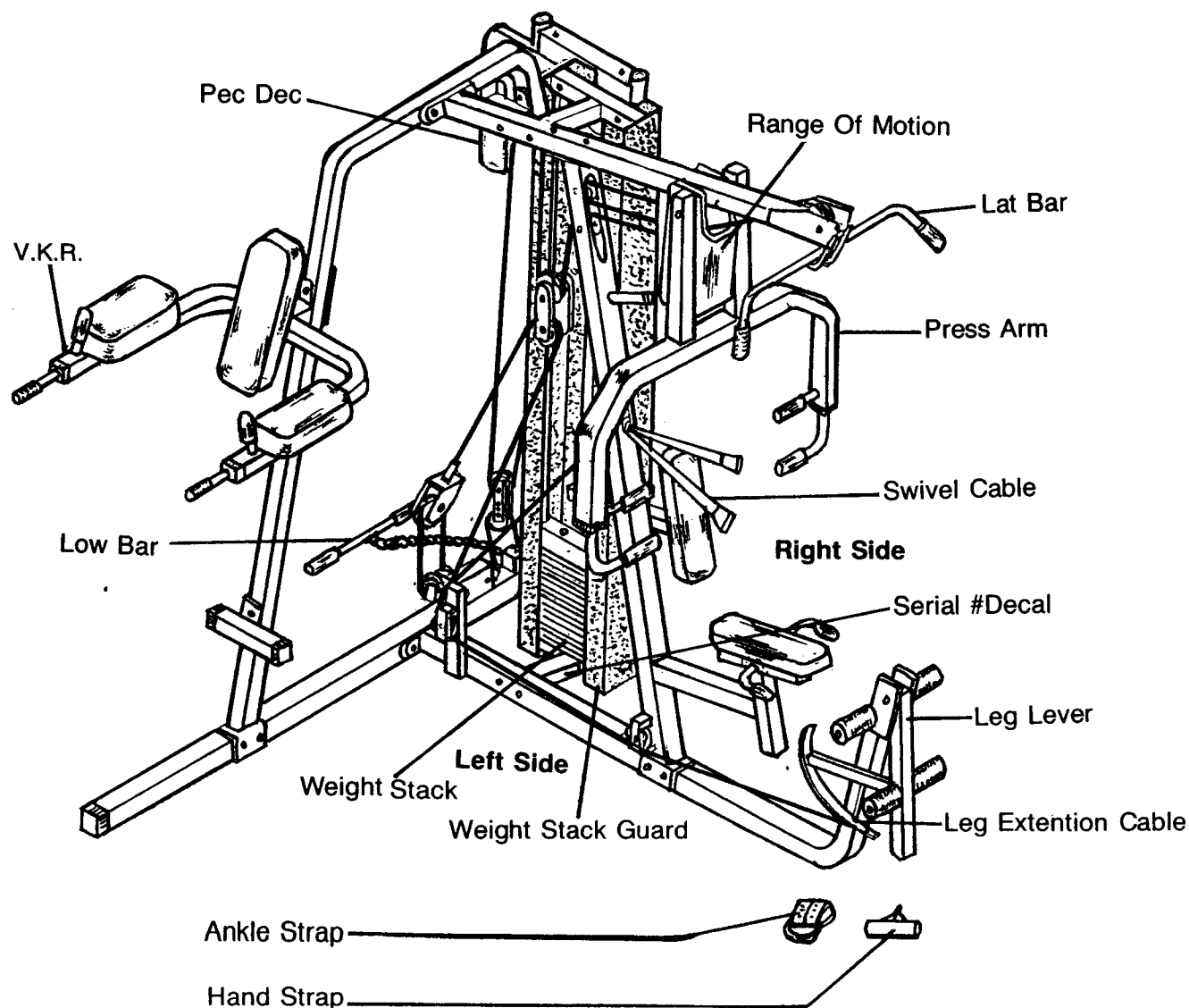
BEFORE YOU BEGIN

Congratulations for selecting the IMAGE 571 weight training system. The IMAGE 571 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 571 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 571. If you have additional questions, please call our Customer Service Department toll-free at 1-800-753-4645 Monday through Friday, 9 a.m. until 6 p.m. Mountain Time. To help us assist you, please note the product model number and serial number before calling. The model number is IM-571. The serial number can be found on a decal attached to the IMAGE 571. (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 571:



ASSEMBLY

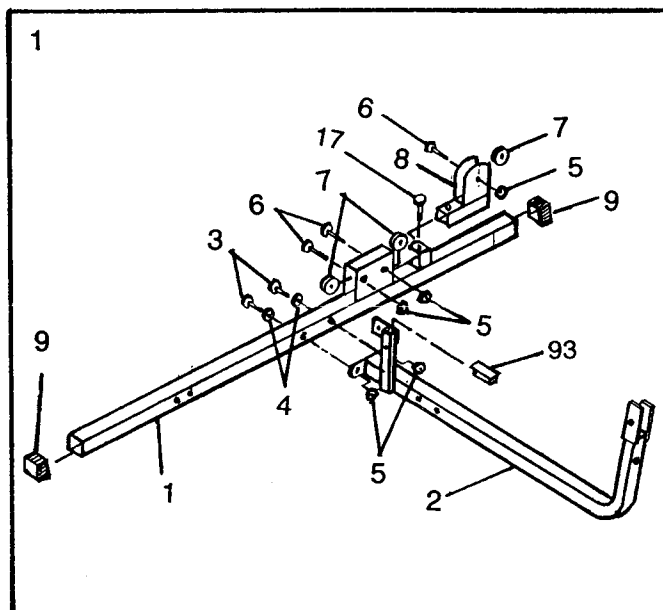
Assembly requires two persons and will take about 8 hours. **The following tools (not included) are required for assembly: two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet and a standard screwdriver. A small amount of grease and a small bowl of soapy water are also needed.** As you assemble the IMAGE 571 read each step and examine each drawing carefully. **Make sure that all parts are oriented as shown in the drawings.** Refer to the PART IDENTIFICATION (ID) CHART accompanying this manual for help identifying the small parts used in assembly. Due to the size and weight of the IMAGE 571 it should be assembled in the location where it will be used. Place all parts of the IMAGE 571 in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

1. Attach the Base Frame (2) to the Long Stabilizer (1) with two 3/8" x 2-3/4" Bolts (3), two 3/8" Washers (4) and 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).

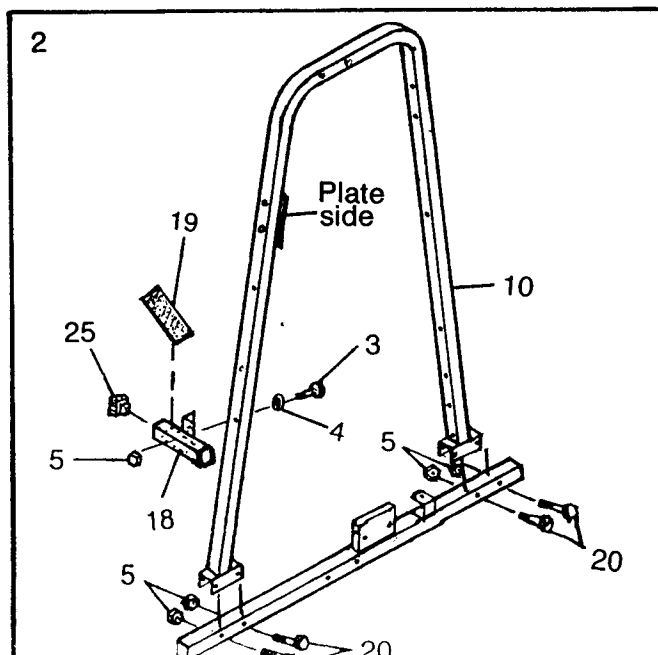
Attach two 3-1/2" Pulleys (7) to the Long Stabilizer (1) using two 3/8" x 2" Shank Bolts (6) and 3/8" Nylon Nuts (5).

Attach one 3-1/2" Pulley (7) to the Swivel (8) using one 3/8" x 2" Shank Bolt (6) and 3/8" Nylon Nut (5).

Press two 2" End Caps (9) onto both ends of the Long Stabilizer (1).

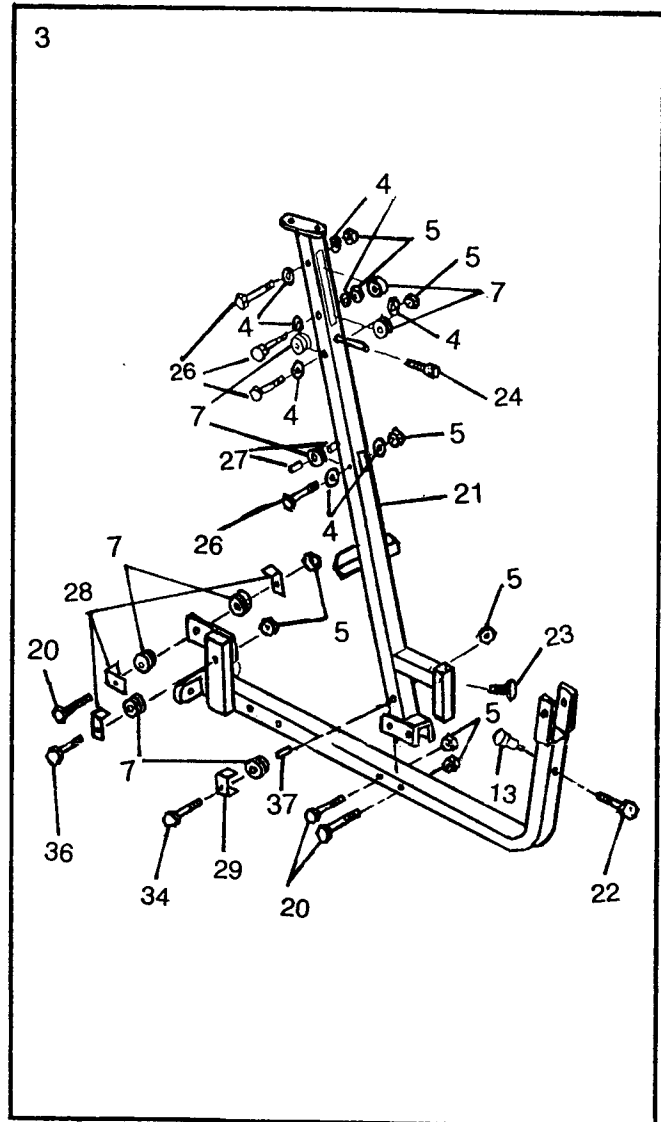


2. Attach the "U" Upright (10) to the Long Stabilizer (1) using four 3/8" x 3" Shank Bolts (20) and 3/8" Nylon Nuts (5). Attach the VKR Step (18) to the "U" Upright (10) with one 3/8" x 2-3/4" Bolt (3), 3/8" Washer (4) and 3/8" Nylon Nut (5). Press two 2" End Plugs (25) into both ends of the VKR Step (18), and then attach the Non-Slip Tape (19) to the VKR Step (18) as shown.



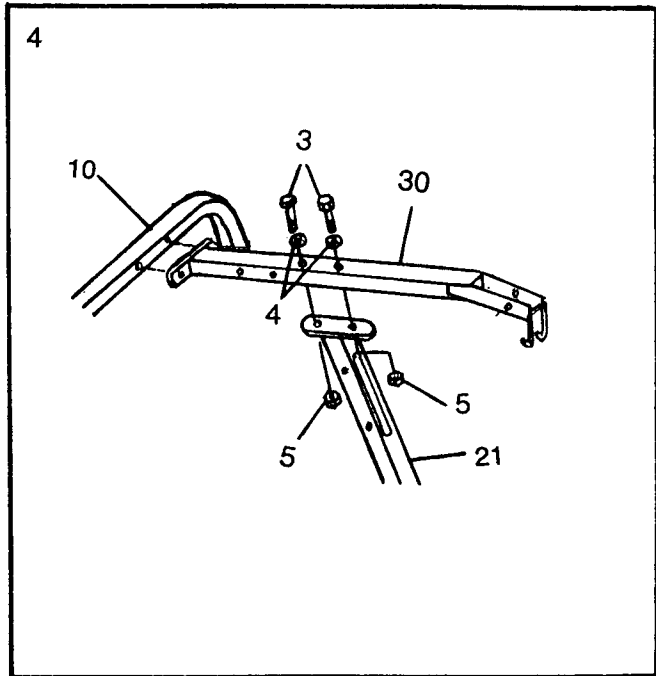
IM571 ASSEMBLE

3. Attach the Upright Support (21) to the Base Frame (2) using two 3/8" x 3" Shank Bolts (20) and 3/8" Nylon Nuts (5).
Install two 3-1/2" Pulleys (7) into the big holes of the Upright Support (21) and tighten with two 3/8" x 2-1/2" Shank Bolts (26), four 3/8" Washers (4) and two 3/8" Nylon Nuts (5).
Install one 3-1/2" Pulley (7) into the next holes of the Upright Support (21) and tighten with one 3/8" x 2-1/2" Shank Bolt (26), two 3/8" Washers (4) and one 3/8" Nylon Nut (5).
Insert two 7m/m L Spacers (27) into the middle holes of the Upright Support (21), and then install one 3-1/2" Pulley (7) in position of between two Spacers (27), tighten with one 3/8" x 2-1/2" Shank Bolt (26), two 3/8" Washers (4) and one 3/8" Nylon Nut (5).
Attach the Small "U" Pulley Bracket (29) with one 3-1/2" Pulley (7), one 22m/m Spacer (37) to the Upright Support (21) using a 3/8" x 4-1/2" Shank Bolt (34) and 3/8" Nylon Nut (5).
Attach the other three Small "L" Pulley Bracket (28) with three 3-1/2" Pulleys (7) to the place on the Base Frame (2) using a 3/8" x 3" Shank Bolt (20), a 3/8" x 2-3/4" Shank Bolt (36) and two 3/8" Nylon Nuts (5). as shown.
Make sure insert the 3/8" x 3" Shank Bolt (20) and the 3/8" x 2-3/4" Shank Bolt (36) in the correct place as the drawing shown.
Press the 1" Bolt Bumper (24) onto the place on the Upright Support (21).
Insert a Lock Knob (13) with a 2" Bolt Bumper (22) into both sides on the Base Frame (2).

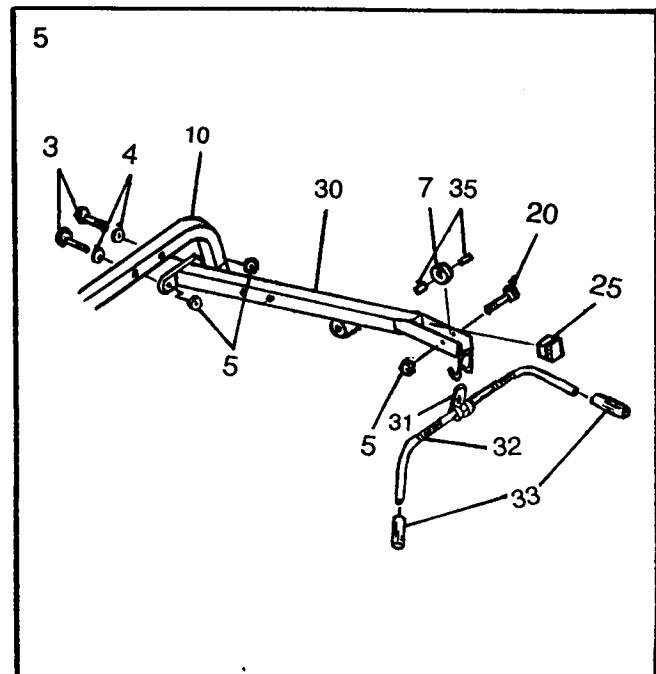


IM571 ASSEMBLY

4. Attach the Upright Support (21) to the Top Frame (30) using two $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " Nylon Nuts (5).



5. Attach the Top Frame (30) to the "U" Upright (10) using two $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " 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- $\frac{1}{2}$ " Pulley (7) between the two 11m/m Spacers (35), tighten with a $\frac{3}{8}$ " $\times$ 3" Shank Bolt (20) and a $\frac{3}{8}$ " Nylon Nut (5). Press two 1" Hand Grips (33) onto the Lat Bar (32).



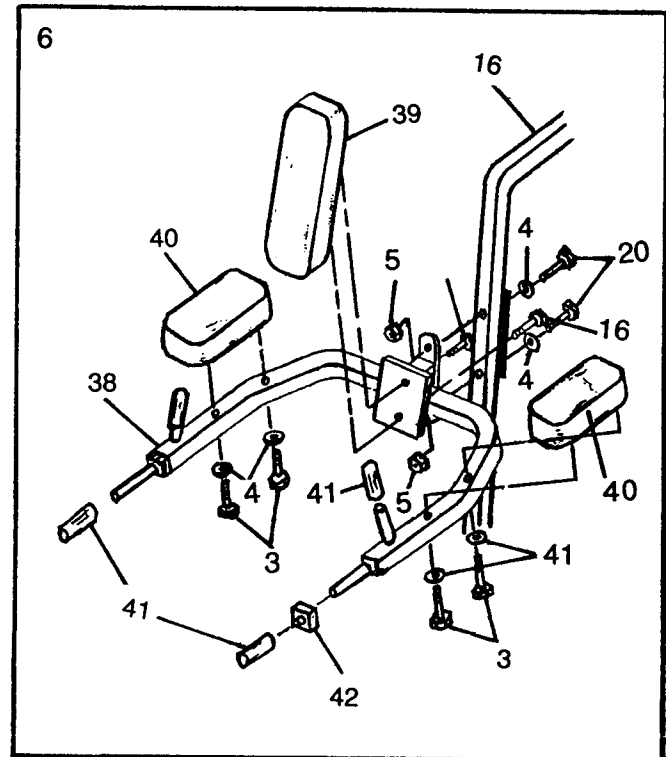
IM571 ASSEMBLY

6. Attach the VKR "U" Frame (38) to the "U" Upright (10) using two $\frac{3}{8}$ " $\times$ 3" Shank Bolts (20), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " Nylon Nuts (5)

Attach the VKR Back Pad (39) to the VKR "U" frame (38) using two $\frac{3}{8}$ " $\times$ $\frac{3}{4}$ " Bolts (16).

Attach two VKR Arm Pads (40) to the VKR "U" Frame (38) using four $\frac{3}{8}$ " $\times$ $2\frac{3}{4}$ " Bolts (3) and four $\frac{3}{8}$ " Washers (4).

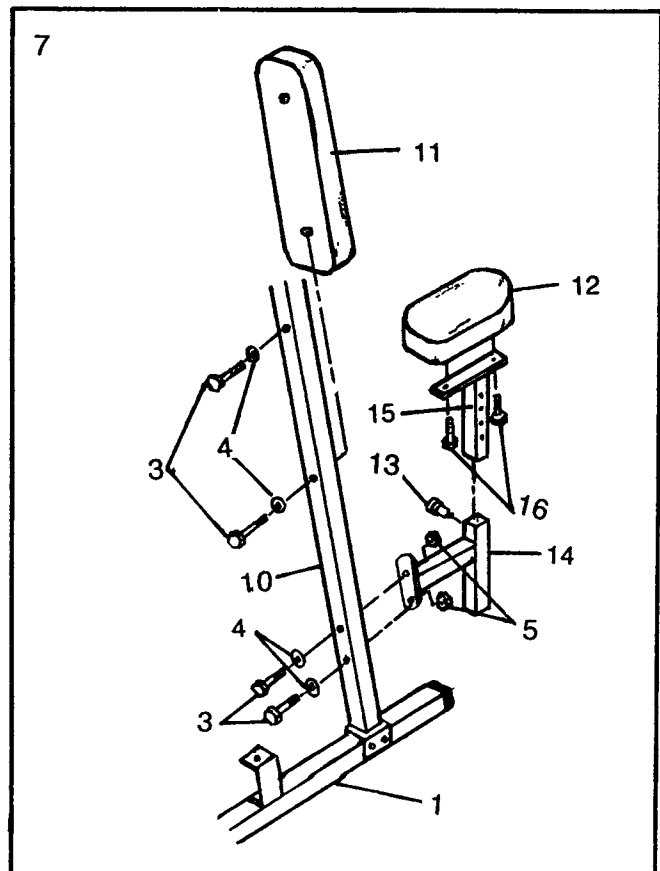
Slide two 2" Insert End Caps (42) onto the VKR "U" Frame, and then slide four 1- $\frac{1}{4}$ " Hand Grips (41) onto the VKR "U" Frame.



7. Attach the Pec Dec Seat Support (14) to the "U" Upright (10) using two $\frac{3}{8}$ " $\times$ $2\frac{3}{4}$ " Bolts (3), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " Nylon Nuts (5).

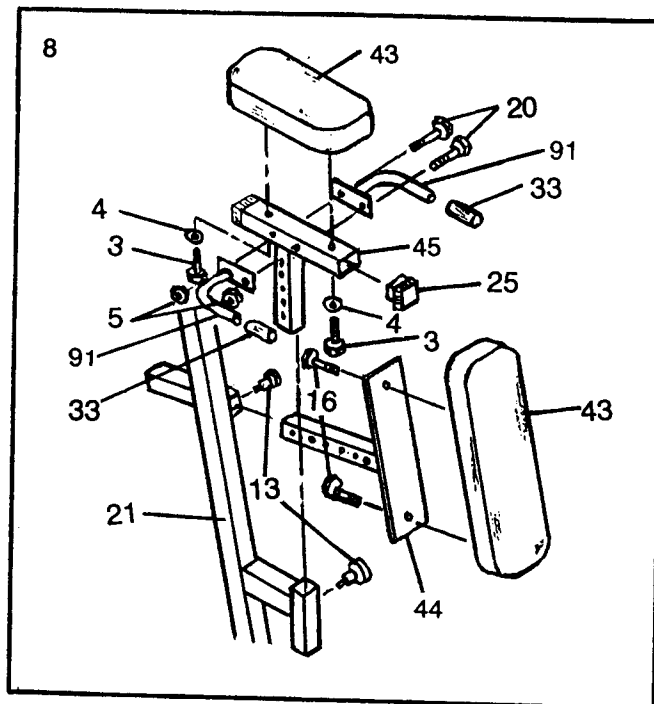
Attach the Small Seat Pad (12) to the Pec Dec Seat Adj (15) using two $\frac{3}{8}$ " $\times$ $\frac{3}{4}$ " Bolts (16), then slide the Pec Dec seat Adj (15) into the Pec Dec Seat Support (14) and adjust it to the desired height with a Lock Knob (13).

Attach the Big Back Pad (11) to the "U" Upright (10) using two $\frac{3}{8}$ " $\times$ $2\frac{3}{4}$ " Bolts (3) and two $\frac{3}{8}$ " Washers (4).

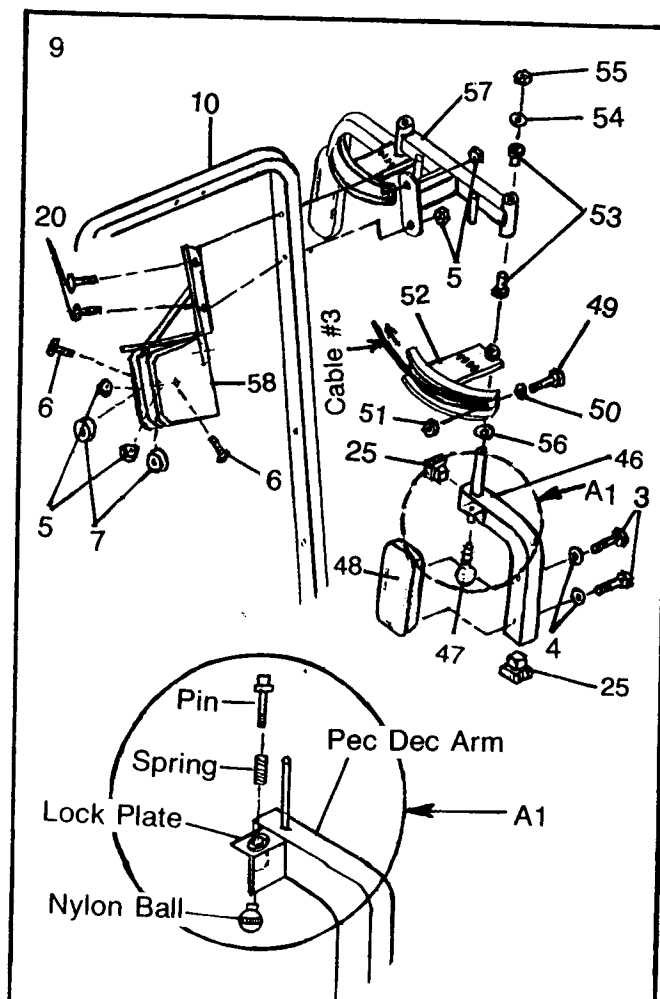


IM571 ASSEMBLY

8. Attach the Handle Bars (91) to the Press Seat Adj Tube (45) using two $\frac{3}{8}$ " $\times$ 3" Shank Bolts (20) and $\frac{3}{8}$ " Nylon Nuts (5). Attach the 20" Long Pad (43) to the Press Seat Adj Tube (45) using two $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3) and two $\frac{3}{8}$ " Washers (4). Slide the Press Seat Adj Tube (45) into the Upright Support (21) and adjust it to the desired height with a Lock Knob (13). Attach the 20" Long Pad (43) to the Back Adj Plate (44) using two $\frac{3}{8}$ " $\times$ $\frac{3}{4}$ " Bolts (16) and slide the Back Adj Plate (44) into the Upright Support (21), then adjust it to the desired place with a Lock Knob (13). Press two 2" End Plugs (25) into both sides on the Press Seat Adj Tube (45). Slide two 1" Hand Grips (33) onto both Handle Bars (91).



9. Attach the Pec Dec Support (57) with the Pec Dec Mount (58) to the "U" Upright (10) using two $\frac{3}{8}$ " $\times$ 3" Shank Bolts (20) and $\frac{3}{8}$ " Nylon Nuts (5) as shown. Thread the Pec Dec Arm (46) through one Pec Dec Adj Plate (52), and up through one side of Pec Dec Support (57) and attach using two 1" Nylon Bushings (53), one 1" Nylon Washer (56), one $\frac{1}{2}$ " Washer (54) and one $\frac{1}{2}$ " Nylon Nut (55). Insert one Spring Lock Knob (47) through the hole of Pec Dec Arm (46) and up to one of holes of Pec Dec Adj Plate (52). Make sure the spring lock knob is in the hole. Attach one Pec Dec Pad (48) onto the Pec Dec Arm (46) using two $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3) and two $\frac{3}{8}$ " Washers (4). Press two 2" End Plugs (25) into the Pec Dec Arm (46). Same assembly to attach the other Pec Dec Arm to the Pec Dec Support and Pec Dec Pad to the Pec Dec Arm. Attach two 3- $\frac{1}{2}$ " Pulleys (7) into both sides of the Pec Dec Mount using two $\frac{3}{8}$ " $\times$ 2" Shank Bolts (6) and $\frac{3}{8}$ " Nylon Nuts (5).



IM571 ASSEMBLY

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

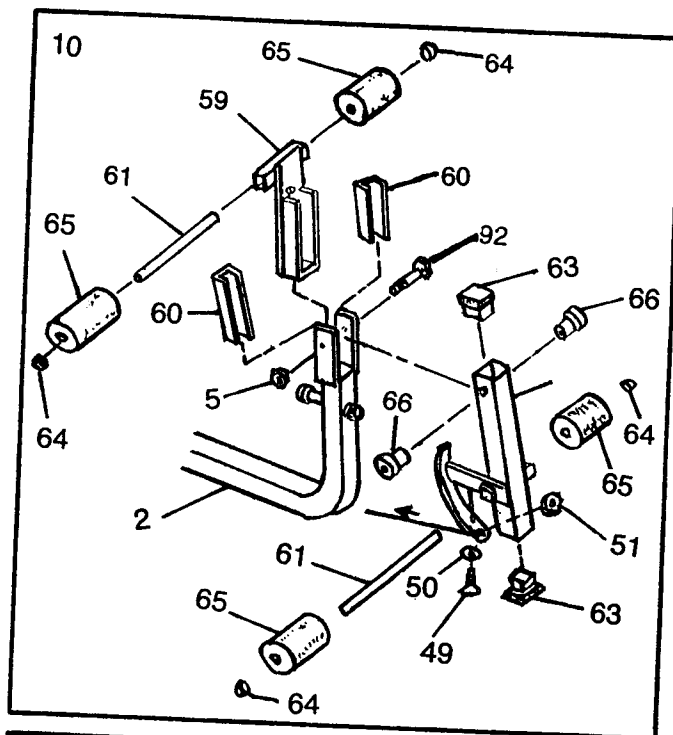
And then slide the Roller Pad Adj (59) into the place of the Base Frame (2).

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 3-1/4" Shank Bolt (92) and 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), and press four Push Nuts (64) into ends of Solid Rollers (61) as shown.

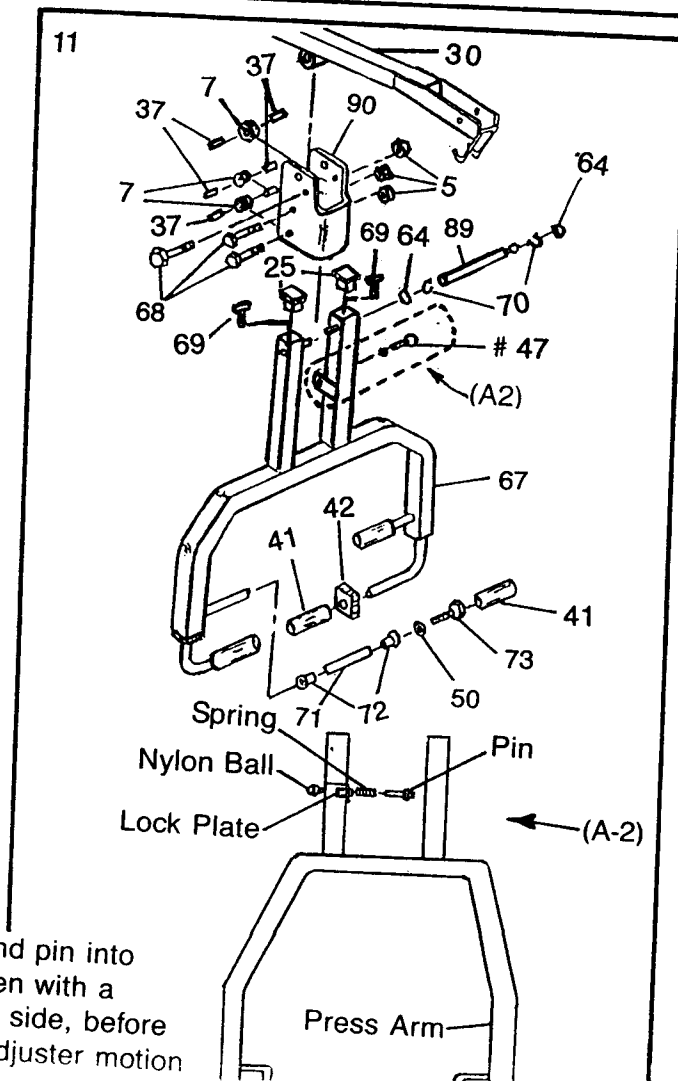


11. Press two 2" End Plugs (25) into the Press Arm (67) as shown. Press two 2" Insert End Caps (42) onto the Press Arm (67). Hold the Range Motion (90) between the posts of the Press Arm (67), and then thread the Top Frame (30) through the Range Motion (90). Thread the $\frac{3}{4}" \times 9-5/8"$ Axle (89) with two Spring Washers (70) through the holes of Press Arm, Range Motion and Top Frame. Press two Push Nuts (64) into both sides of the $\frac{3}{4}" \times 9-5/8"$ Axle (89). Attach three $3-1/2"$ Pulleys (7) to the Range Motion (90) using six 22m/m Spacers (37), three $3/8" \times 3-3/4"$ Shank Bolts (68) and $3/8"$ Nylon Nuts (5).

Insert the Spring Lock Knob (47) into the Range Motion (90)

Insert two 3/4" Bushings (72) into the 1-1/4" x 5-5/8" L Round Tube (71), and slide onto the Press Arm (67) as shown. Then lock with a M8 Washer (50) and a M8 x 20L Bolt (73).

Last, slide 1-1/4" Hand Grip (41) onto each end of the Press Arm.

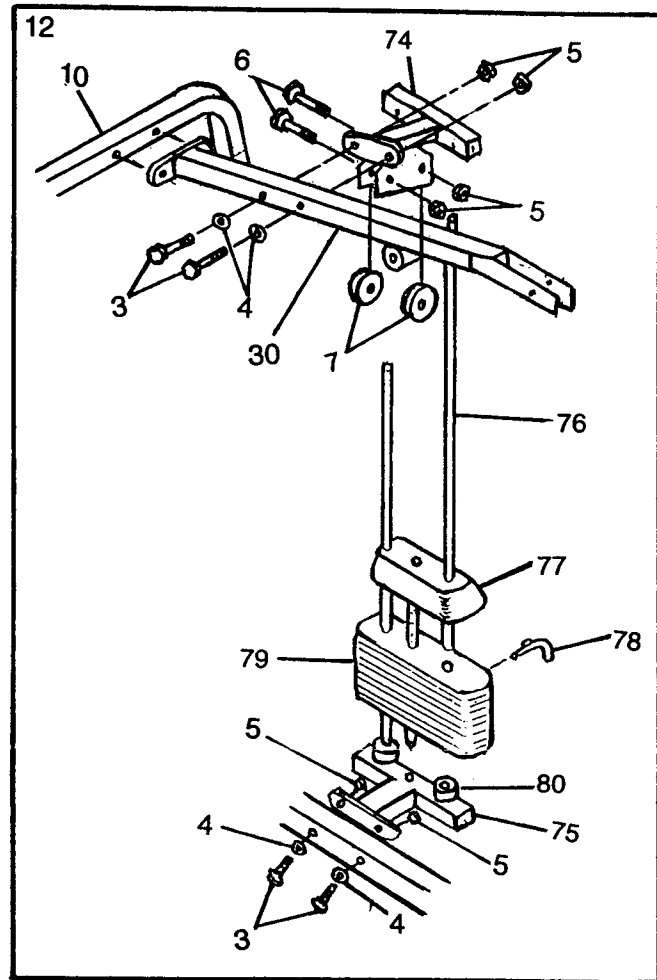


(A-2) (Key #47)

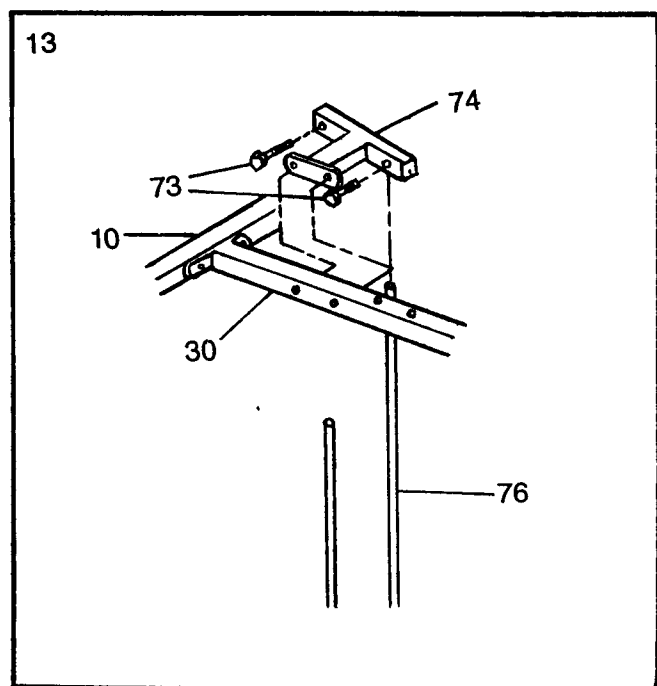
Attach the spring and pin into the lock plate, tighten with a nylon ball from both side, before insert through the adjuster motion as shown.

IM571 ASSEMBLY

12. Attach the Weight Stack Bottom (75) to the Base Frame (2) using two $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " 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 $\frac{3}{8}$ " $\times$ 2- $\frac{3}{4}$ " Bolts (3), two $\frac{3}{8}$ " Washers (4) and two $\frac{3}{8}$ " Nylon Nuts (5). Put the "L" Pin W/TAB (78) into the pin groove of Weight Stack (79). Install two 3- $\frac{1}{2}$ " Pulleys (7) into the Weight Guide Top (74) with two $\frac{3}{8}$ " $\times$ 2" Shank Bolts (6) and two $\frac{3}{8}$ " Nylon Nuts (5).

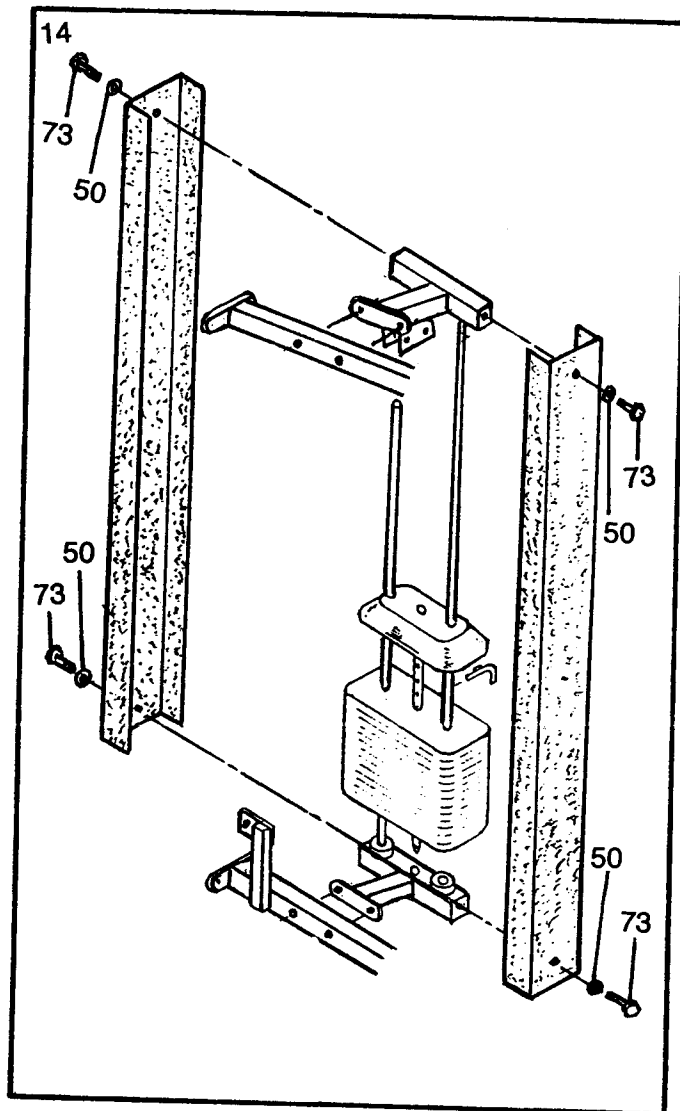


13. Connect the Weight Guide Top (74) onto the Weight Guides (76) and lock with two M8 $\times$ 20L Bolts (73).



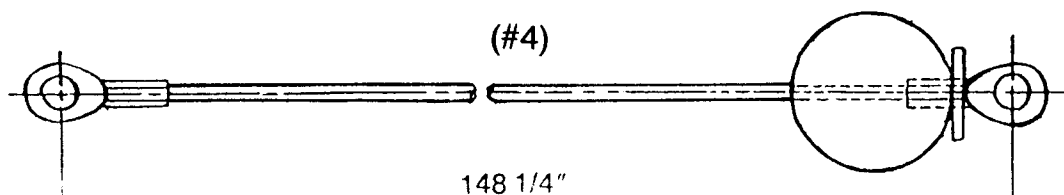
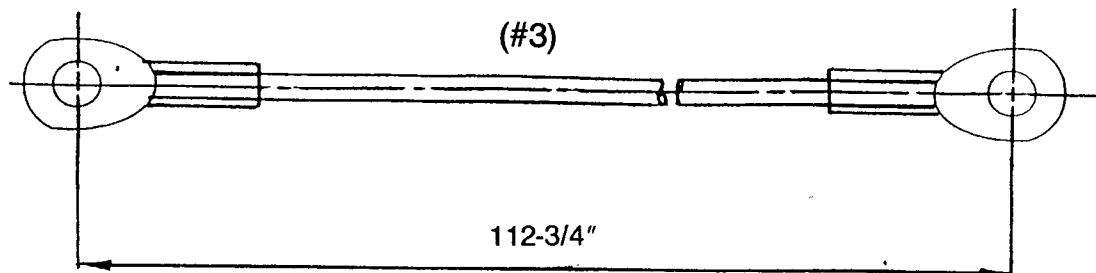
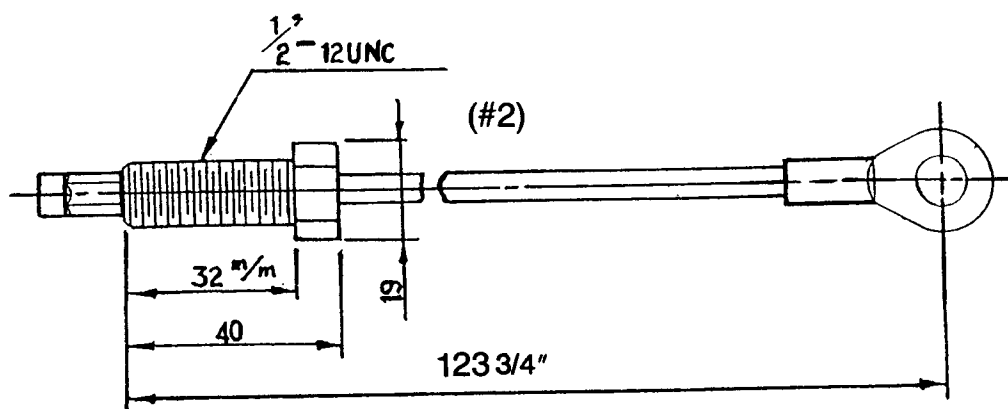
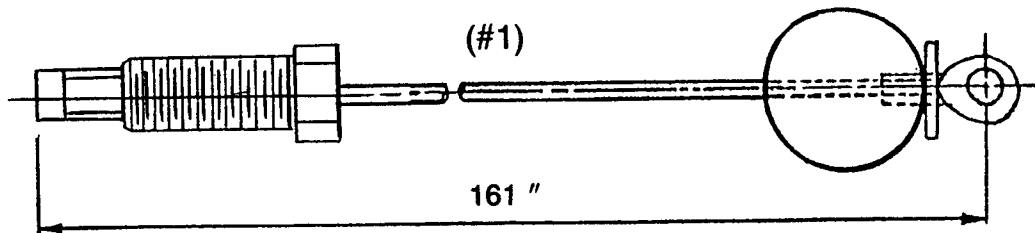
IM571 ASSEMBLY

14. Attach two Weight Stack Guards to both end sides of Weight Guide Top (74) and Weight Stack Bottom (75) using four M8 x 20L Bolts (73) and four M8 Washers (50).

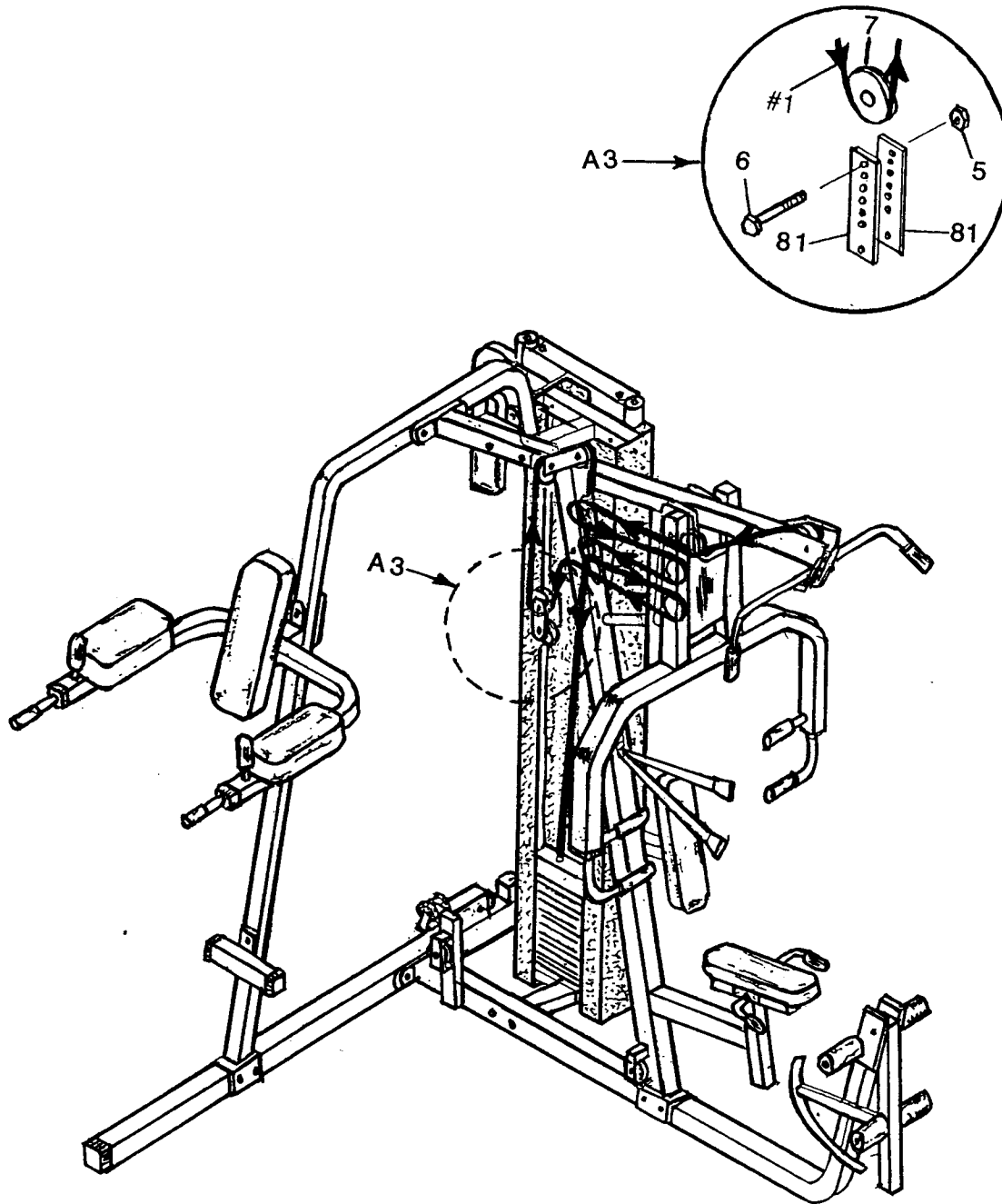


IM571 ASSEMBLY

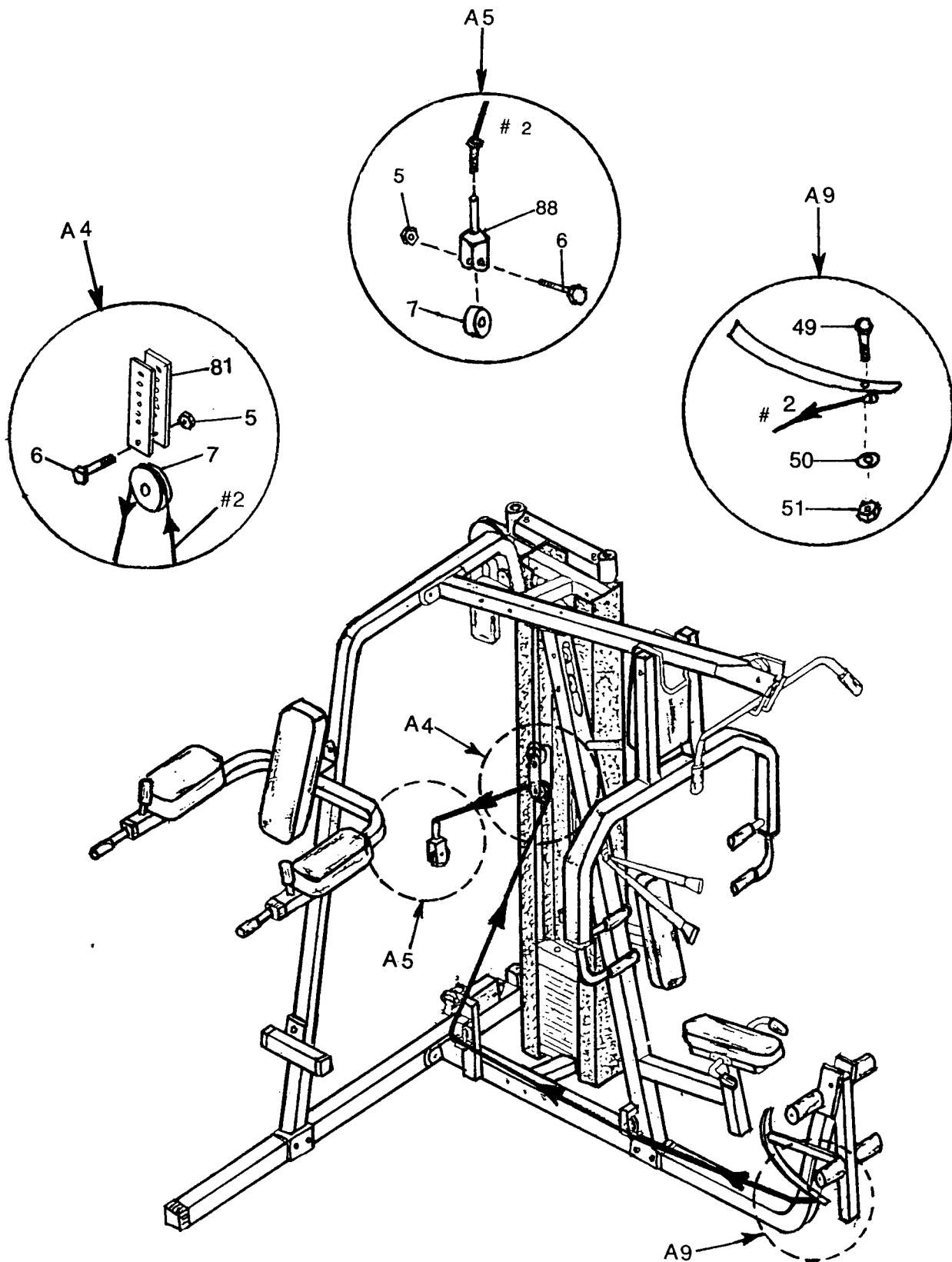
CABLE INSTALLATION



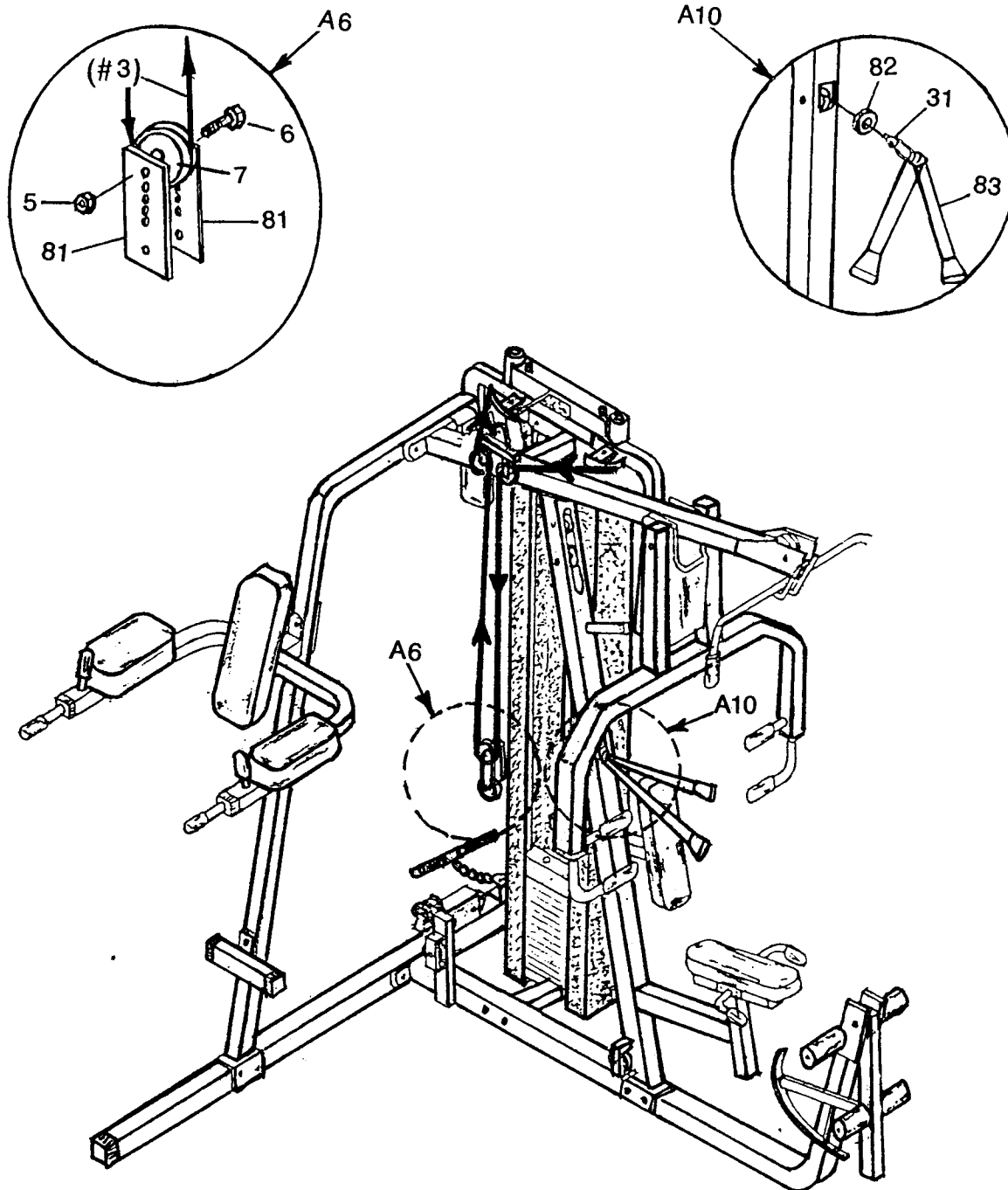
IM571 CABLE (#1) RIGGING SYSTEM



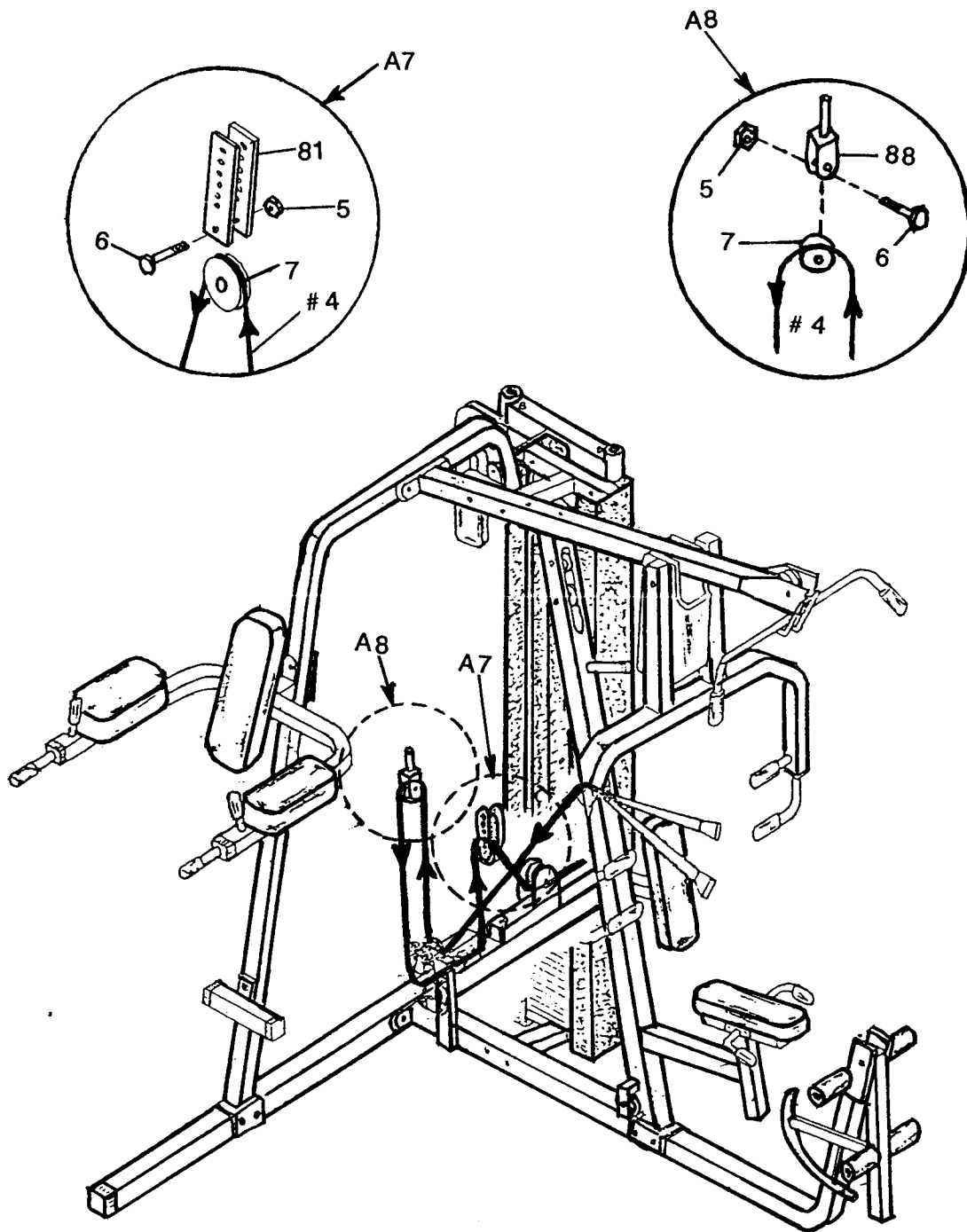
IM571 CABLE (#2) RIGGING SYSTEM



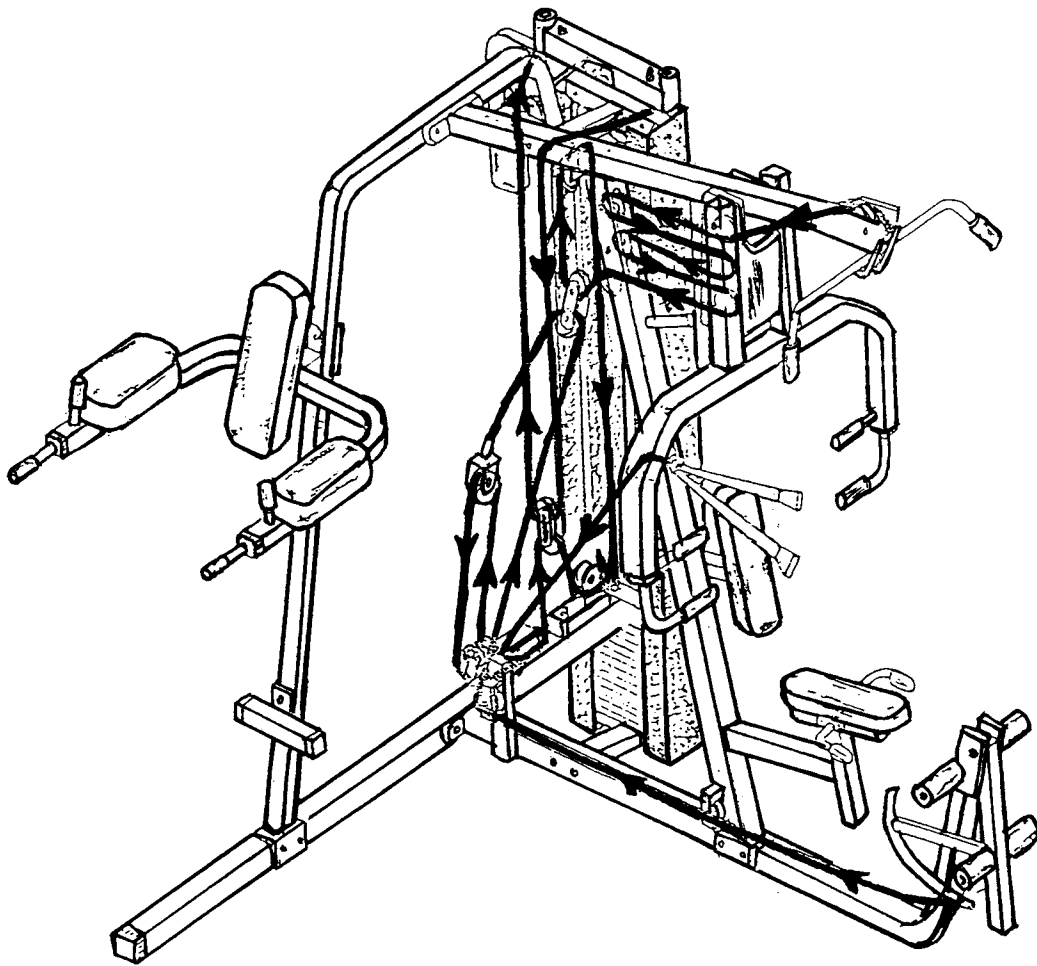
IM571 CABLE (#3) RIGGING SYSTEM



IM571 CABLE (#4) RIGGING SYSTEM



IM571 FULL CABLE RIGGING SYSTEM



PART LIST — Model No. IM571 - MAIN FRAME

KEY #	Q'TY	DESCRIPTION	KEY #	Q'TY	DESCRIPTION
1	1	Long Stabilizer	51	3	M8 Nylon Nut
2	1	Base Frame	52	2	Pec Dec Adj Plate
3	23	3/8" x 2-3/4" Bolt	53	4	1" Nylon Bushing
4	33	3/8" Washer	54	2	1/2" Washer
5	51	3/8" Nylon Nut	55	2	1/2" Nylon Nut
6	12	3/8" x 2" Shank Bolt	56	2	1" Nylon Washer
7	24	3-1/2" Pulley	57	1	Pec Dec Support
8	1	Swivel	58	1	Pec Dec Mount
9	2	2" End cap	59	1	Roller Pad Adj
10	1	"U" Upright ✓	60	2	Nylon Protect Cover
11	1	Big Back Pad	61	2	18-1/2" Solid Roller
12	1	Small Seat Pad	62	1	Leg Lever
13	4	Lock Knob	63	2	1-1/2" End Plug
14	1	Pec Dec Seat Support	64	6	Push Nut
15	1	Pec Dec Seat Adj	65	4	7" Foam Pad
16	6	3/8" x 3/4" Bolt	66	2	Small Bushing
17	1	1/2" x 2-1/2" Shank Bolt	67	1	Press Arm
18	1	V.K.R. Step	68	3	3/8" x 3-3/4" Shank Bolt
19	1	Non-Slip Tape	69	2	M6 Bolt
20	14	3/8" x 3" Shank Bolt	70	2	Spring Washer
21	1	Upright Support	71	2	1-1/4" x 5-5/8" L Round Tube
22	1	2" Bolt Bumper	72	4	3/4" Bushing
23	1	Knob Bolt	73	8	M8 x 20L Bolt
24	1	1" Bolt Bumper	74	1	Weight Guide Top ✓
25	11	2" End Plug	75	1	Weight Stack Bottom
26	4	3/8" x 2-1/2" Shank Bolt	76	2	Weight Guide
27	2	7m/m L Spacer	77	1	Top Plate W/Guide Pin
28	3	Small "L" Pulley Bracket	78	1	"L" Pin W/Tab
29	1	Small "u" Pulley Bracket	79	19	Weight Stack
30	1	Top Frame	80	2	Weight Bumper
31	4	Cable Clip	81	4	Adj Pulley Plate
32	1	Lat Bar	82	1	Rubber Stop
33	4	1" Hand Grip	83	1	A.B. Strap
34	1	3/8" x 4-1/2" Shank Bolt	84	1	20" Chain
35	2	11m/m Spacer	85	1	Low Bar
36	1	3/8" x 2-3/4" Shank Bolt	86	1	Ankle Strap
37	7	22m/m Spacer	87	1	Hand Strap
38	1	V.K.R. "U" Frame	88	1	Single Pulley Bracket
39	1	V.K.R. Back Pad	89	1	3/4" x 9-5/8" Axle
40	2	V.K.R. Arm Pad	90	1	Range Of Motion
41	8	1-1/4" Hand Grip	91	2	Right Handerbar
42	4	2" Insert End Cap	92	1	3/8" x 3-1/4" Shank Bolt
43	2	20" Long Pad	93	1	1/2" x 1" End Plug
44	1	Back Adj Plate	#	1	Cable #1
45	1	Press Seat Adj Tube	#	1	Cable #2
46	2	Pec Dec Arm ✓	#	1	Cable #3
47	3	Spring Lock Knob	#	1	Cable #4
48	2	Pec Dec Pad	#	1	Weight Stack Sticker
49	3	M8 x 25L Bolt	#	1	Owner Manual
50	9	M8 Washer			