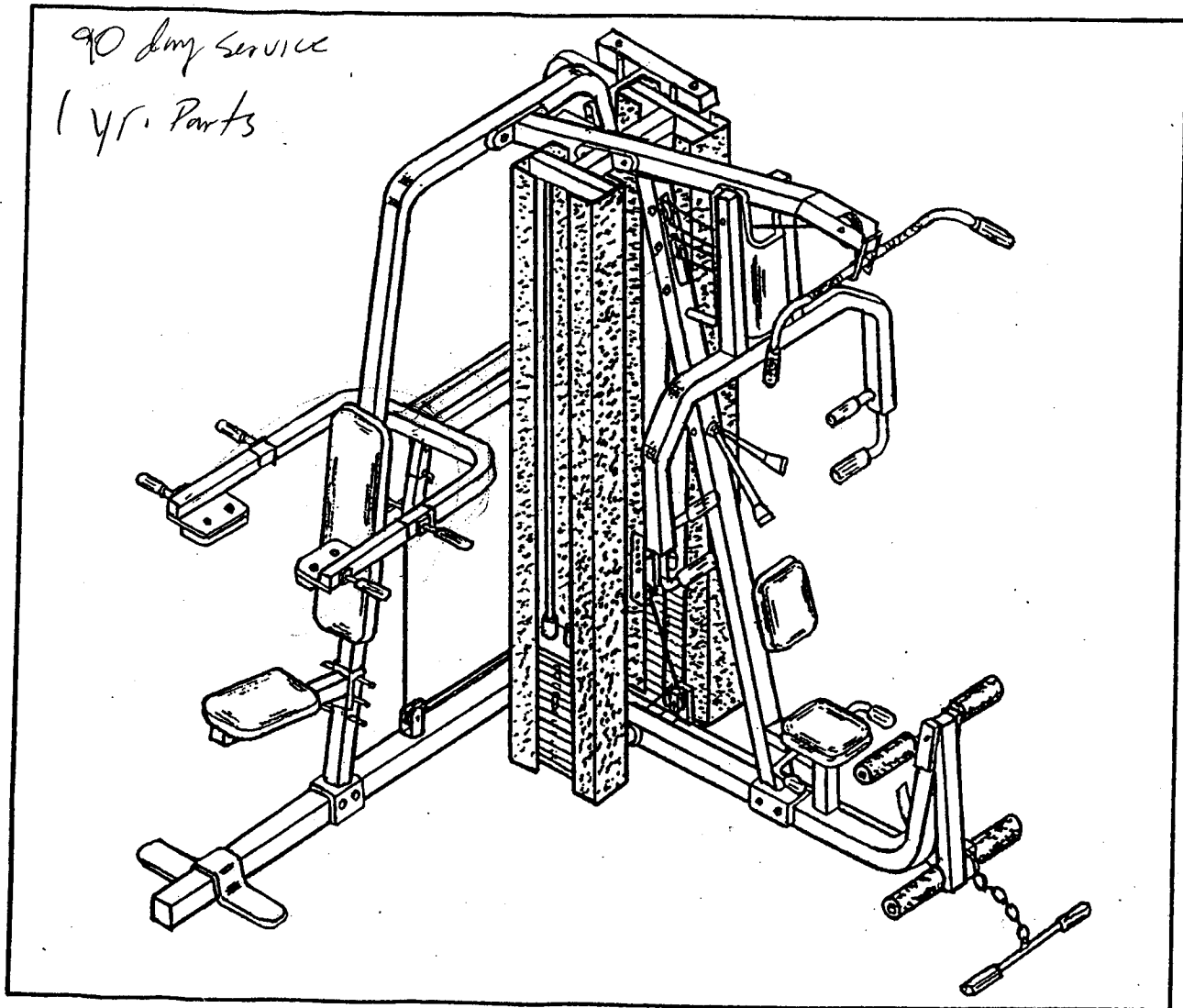


IMAGETM 572

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 572.

- 1. Read all instructions in this manual and in the accompanying literature before using the IMAGE 572, Use the IMAGE 572 only as described.**
- 2. Inspect and tighten all parts each time you use the IMAGE 572. 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 572 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 572.**
- 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.

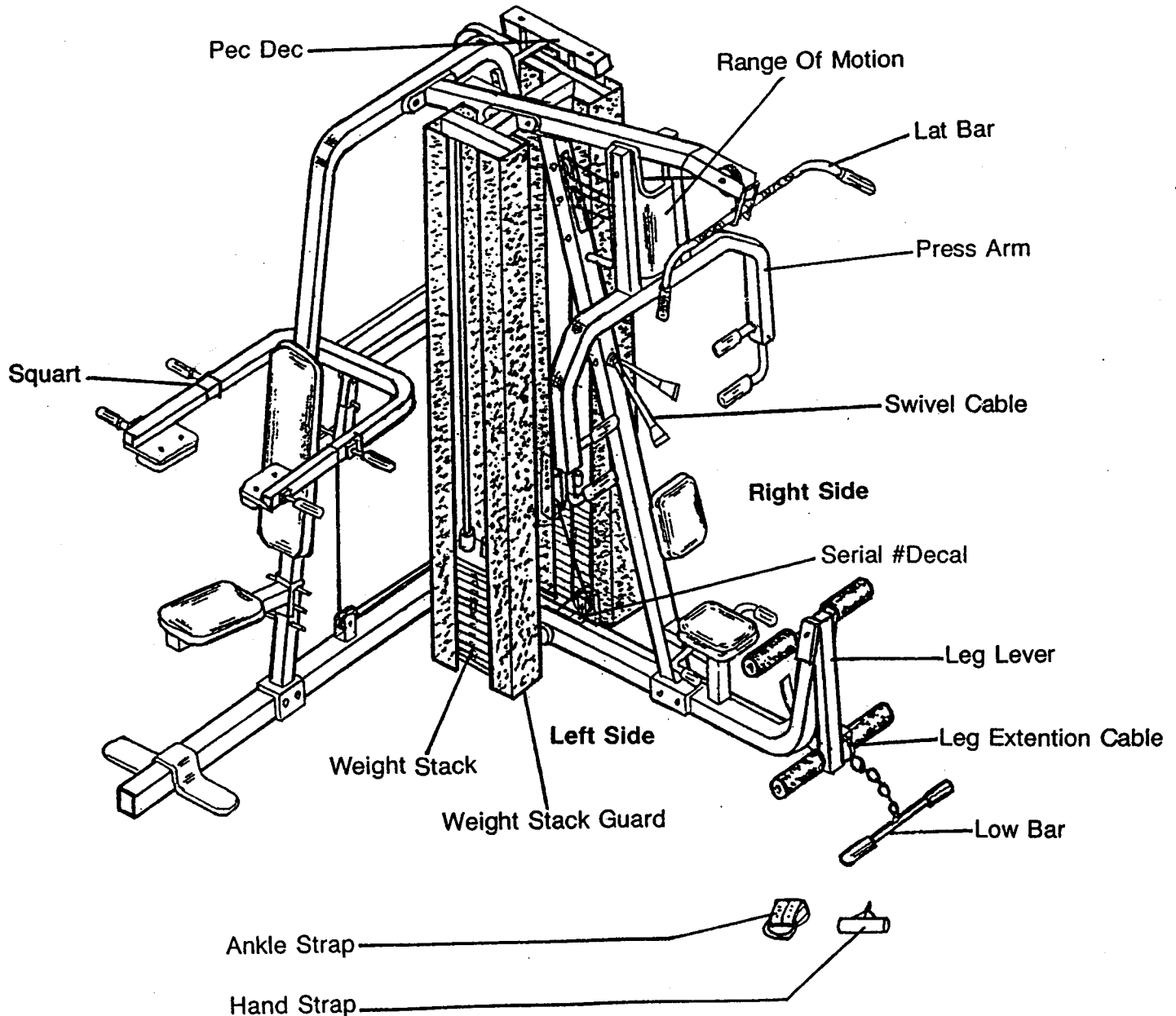
BEFORE YOU BEGIN

Congratulations for selecting the IMAGE 572 weight training system. The IMAGE 572 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 572 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 572. 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-572. The serial number can be found on a decal attached to the IMAGE 572. (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 572.



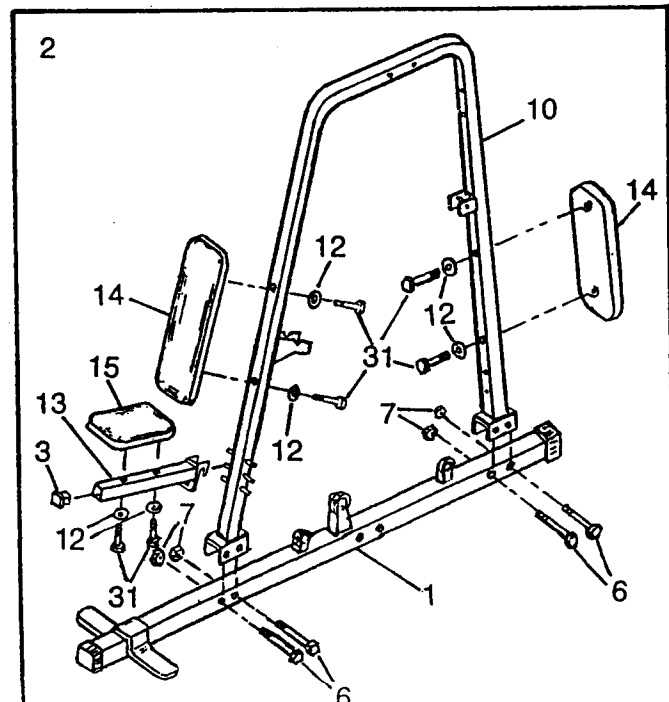
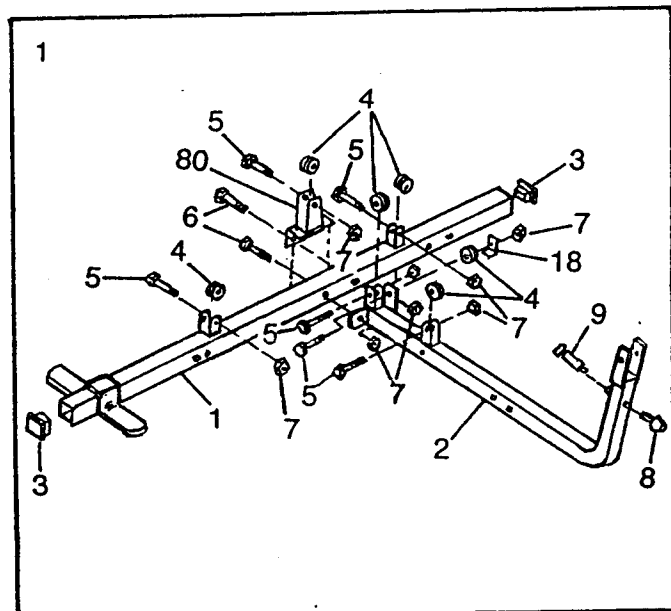
ASSEMBLY

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 572 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 572 it should be assembled in the location where it will be used. Place all parts of the IMAGE 572 in a cleared area and remove the packing materials until assembly is completed.

1. Attach the Base Frame (2) to the Long Stabilizer W/Foot Plate (1) with one Big Pulley Bracket (80), using two 3/8" x 3" Bolts (6) and two 3/8". Nylon Nuts (7). Attach two 3-1/2" Pulleys (4) to the Long Stabilizer (1) using two 3/8" x 2" Shank Bolts (5) and two 3/8" Nylon Nuts (7). Attach one 3-1/2" Pulley (4) to the Big Pulley Bracket (80) using a 3/8" x 2" Shank Bolt (5) and 3/8" Nylon Nuts (7). Attach two 3-1/2" Pulleys (4) to the Base Frame (2) using two 3/8" x 2" Shank Bolts (5) and two 3/8" Nylon Nuts (7). Attach a 3-1/2" Pulley (4) with one "L" Pulley Plate (18) using a 3/8" x 2" Shank Bolt (5) and 3/8" Nylon Nut (7). Press two 2" End Plug (3) into the Long Stabilizer (1).

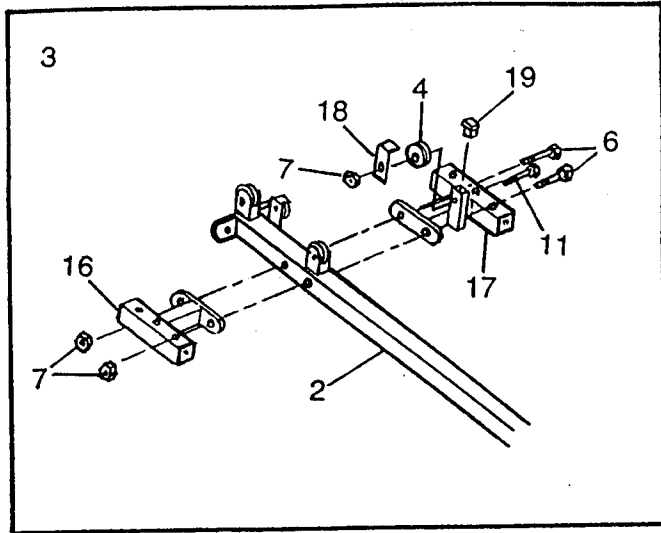
Insert the Bolt Bumper (8) and Lock Knob (9) into the Base Frame (2) as shown.
Note: Don't tighten all the Pulley when begin to assemble.

2. Attach the "U" Upright (10) to the Long Stabilizer (1) using four 3/8" x 3" Bolts (6) and four 3/8" Nylon Nuts (7). Put the Front Seat Support (13) on the tube of "U" Upright (10) as shown. Attach two Large Backrest (14) to the "U" Upright (10) using four 3/8" x 2-3/4" Bolts (31) and four 3/8" Washers (12). Attach one Large Pad (15) to the Front Seat Support (13) using two 3/8" x 2-3/4" Bolts (31) and two 3/8" Washers (12).

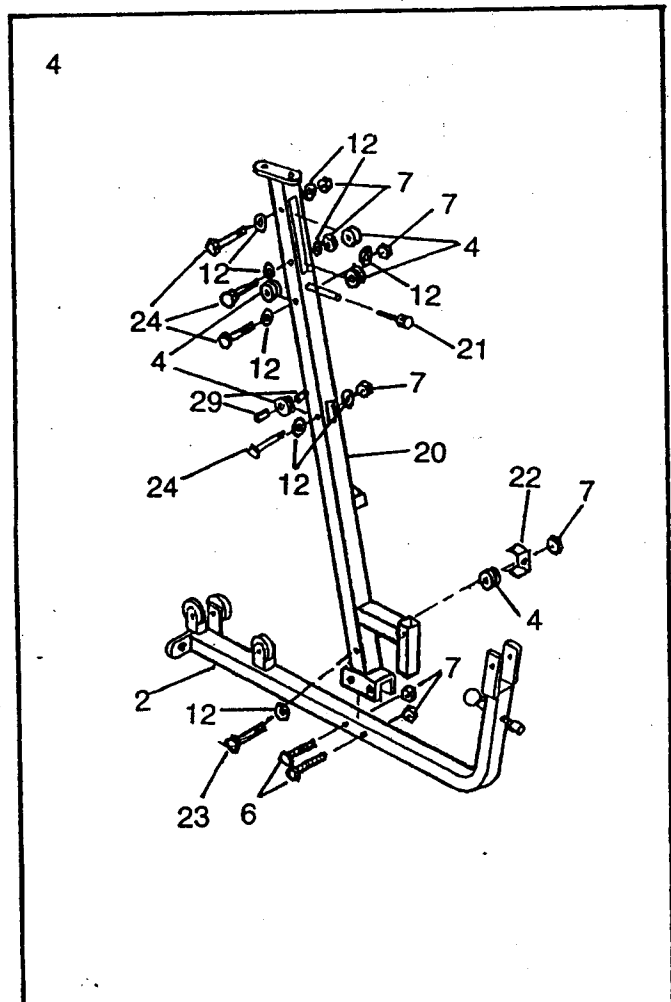


IM572 ASSEMBLY

3. Attach Weight Stack Bottom (16) with Weight Stack Bottom W/Pulley Bracket (17) to the Base Frame (2) using two 3/8" x 3" Bolts (6) and two 3/8" Nylon Nuts (7). Attach a 3-1/2" Pulley (4) with "L" Pulley Plate (18) to the Weight Stack Bottom W/Pulley Bracket (17) using 3/8" x 2-3/4" Shank Bolt (11) and 3/8" Nylon Nut (7). Press one 1" x 2" End Plug (19) into the Weight Stack Bottom W/Pulley Bracket (17).



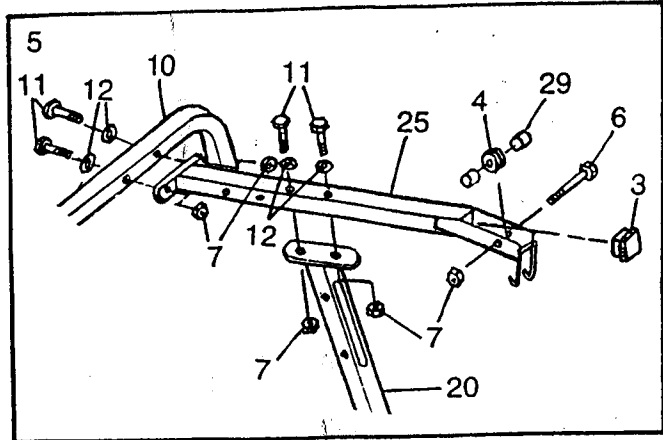
4. Attach the Upright (20) to the Base Frame (2) using two 3/8" x 3" Bolts (6) and two 3/8" Nylon Nuts (7). Attach a 3-1/2" Pulley (4) with "U" Pulley Plate (22) to the Upright (20) using 4-1/2" Shank Bolt (23), 3/8" Washer (12) and 3/8" Nylon Nut (7) as shown. Put a 3-1/2" Pulley (4) with two 7m/m L Spacers (29) in the middle hole of Upright (20) and lock with a 2-1/2" Shank Bolt (24), two 3/8" Washers (12) and a 3/8" Nylon Nut (7). Thread one 2-1/2" Shank Bolt (24) with a 3/8" Washer (12) into upper holes directly in front of 3-1/2" Pulley (4) and lock with another 3/8" Washer (12) and a 3/8" Nylon Nut (7). Thread one 2-1/2" Shank Bolt (24) with a 3/8" Washer (12) into middle holes directly in front of 3-1/2" Pulley (4) and lock with another 3/8" Washer (12) and a 3/8" Nylon Nut (7). Same assembly for a 3-1/2" Pulley install in lower holes position using a 2-1/2" Shank Bolt (24), two 3/8" Washers (12) and a 3/8" Nylon Nut (7). Insert a Nylon Bumper (21) into the Upright (20) as shown.



IM572 ASSEMBLY

5. Attach Top Frame (25) to the "U" Upright (10) and top of the Upright (20) using four $3/8" \times 2-3/4"$ Shank Bolts (11), four $3/8"$ Washers (12) and four $3/8"$ Nylon Nuts (7). Press a 2" End Plug (3) into the hole of Top Frame (25).

Install two 7m/m L Spacers (29) with a $3-1/2"$ Pulley (4) in the place as shown and lock with a $3/8" \times 3"$ Bolt (6) and a $3/8"$ Nylon Nut (7).

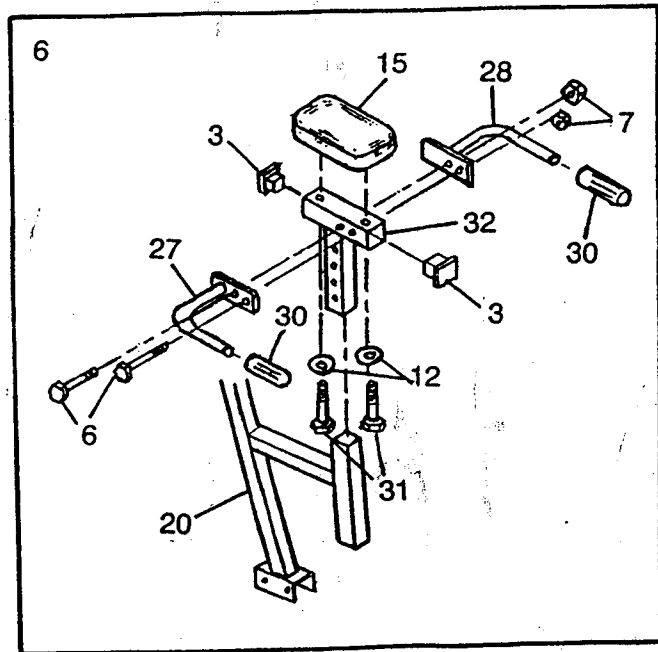


6. Attach the Right Handlebar (27) and Lift Handlebar (28) to the Press Seat Adjuster (32) using two $3/8" \times 3"$ Bolts (6) and two $3/8"$ Nylon Nuts (7).

Attach the Large Pad (15) to the Press seat Adjuster (32) using two $3/8" \times 2-3/4"$ Bolts and two $3/8"$ Washers (12).

Slide 1" Hand Grip (30) onto the Right Handlebar and Lift Handlebar.

Press two 2" End Plugs (3) into the Press Seat Adjuster (32).



7. Attach the Large Pad (15) to the Backrest Adj Plate (34) using two $3/8" \times 3/4"$ Bolts (61).

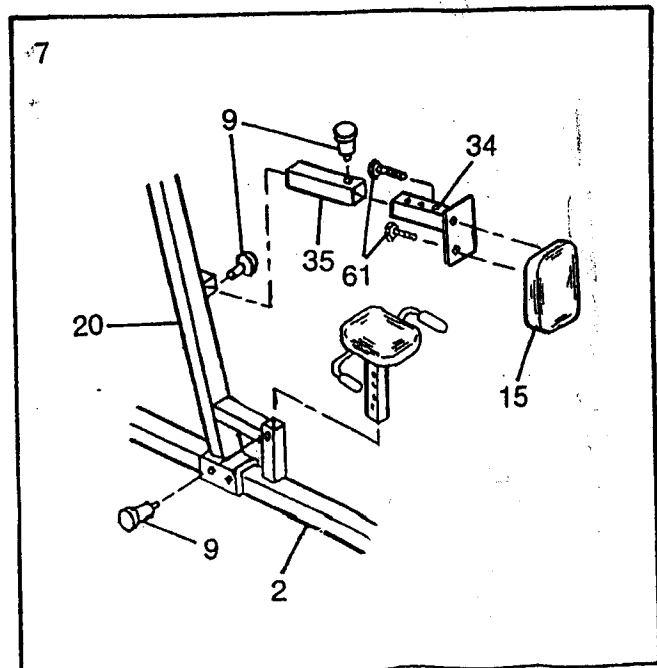
Turn the Lock Knob (9) on the side of Upright (20) and pull it outward, slide the Backrest Adj Tube (35) into the Upright (20) and lock it with the Lock Knob.

Then turn another Lock Knob (9) on the side of Backrest Adj Tube (35) and pull it outward, slide the Backrest Adj Plate (34) into the Backrest Adj Tube (35) and adjust it to the desired distance.

Make sure the Lock Knob is in one of the holes in the Backrest Adj Plate (34).

Slide the Press seat Adjuster (32) into the seat post of Upright (20) and adjust it with a Lock Knob (9) to the desired height.

Make sure the Lock Knob is in one of the holes in the Press Seat Adjuster (32).



IM572 ASSEMBLY

8. Slide the Roller Pad Adj (39) into the bottom tube of Base Frame (2), and then attach the Leg Lever (42) to the Base Frame (2) with two Small Bushings (40) using a 3/8" x 3-1/2" Shank Bolt (100) and 3/8" Nylon Nut (7).

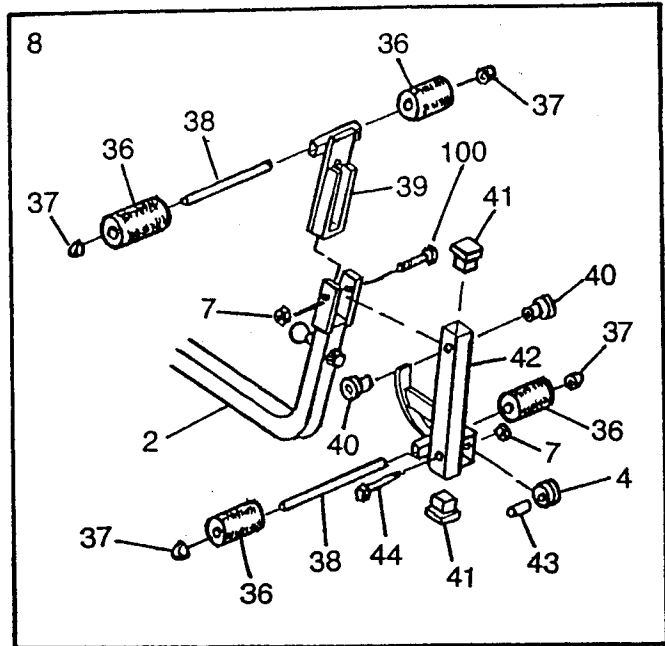
Press one Push Nut (37) into each end of 18-1/2" Solid Rollers (38).

Insert a 18-1/2" Solid Roller (38) into the Roller Pad Adj (39), and one 18-1/2" Solid Roller (38) into the Leg Lever (42).

Center the Solid Rollers and slide a 7" L Foam Pad (36) onto each end of it.

Attach a 3-1/2" Pulley (4) to the Leg Lever (42) with a 22m/m L Spacer (43) using a 4" Shank Bolt (44) and 3/8" Nylon Nut (7).

Press two 1-1/2" End Plugs (41) into the Leg Lever (42).



9. Attach the Pec Dec Support (46) and the Pulley Mount Backrest (45) to the uppermost holes on the "U" Upright (10) using two 3/8" x 3" Bolts (6) and two 3/8" Nylon Nuts (7).

Thread the Pec Dec Arm (48) with a 1" Nylon Washer (50) through one Pec Dec Adj (47) and lock using a M8 x 25L Bolt, M8 x 22 Washer (55) and M8 Nut (54).

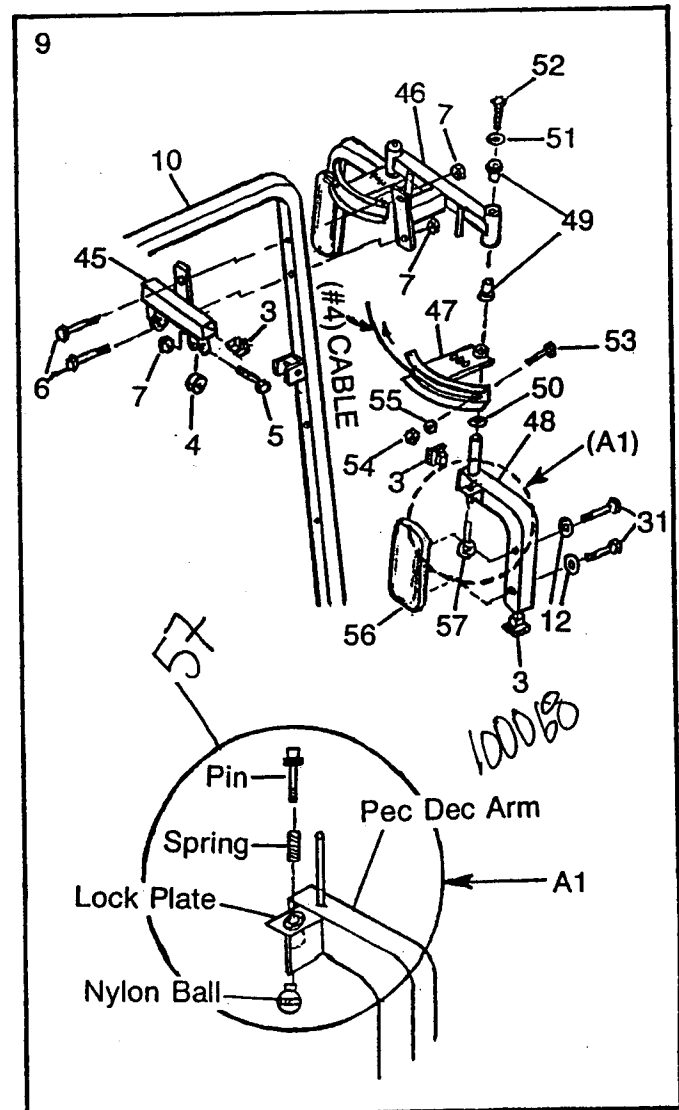
Slide two 1" Nylon Bushings (49) into one side of Pec Dec Support (46), and then thread the Pec Dec Arm (48) up through Pec Dec Support (46) and attach using one M8 x 32m/m Washer (51) and M8 x 20L Bolt (52).

Insert one Spring Lock Knob (57) into one of holes of Pec Dec Arm (48).

Make sure the spring lock knob is in the hole, see the drawing as shown.

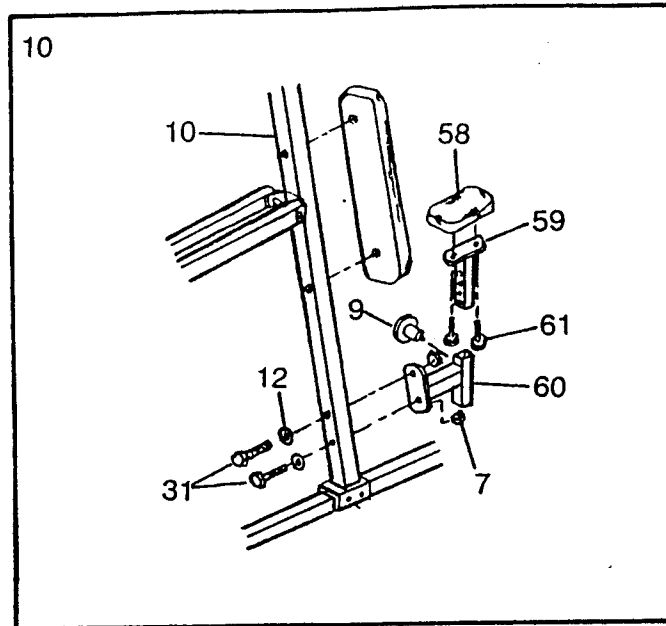
Attach one Pec Dec Pad (56) onto the Pec Dec Arm (48) using two 3/8" x 2-3/4" Bolts (31) and two 3/8" Washers (12).

Repeat the same assembly to attach another one Pec Dec Arm (48) to the Pec Dec Support and Pec Dec Pad to the Pec Dec Arm.

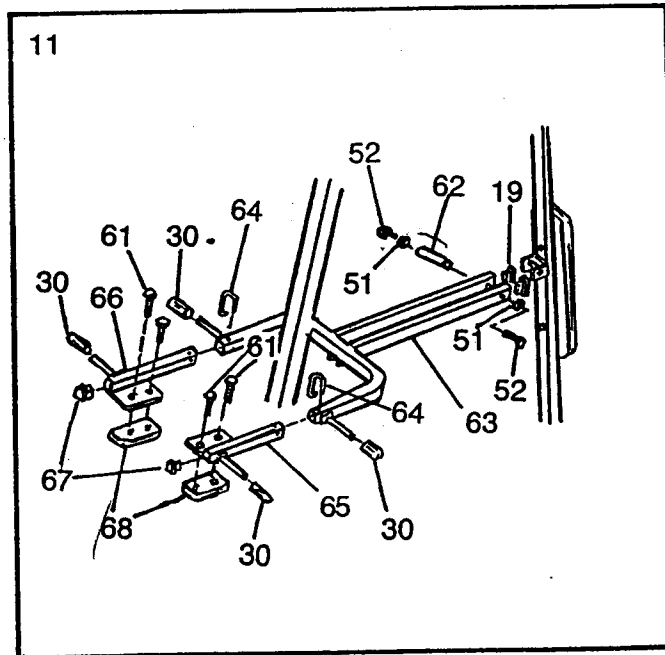


IM572 ASSEMBLY

10. Attach the Pec Dec Seat Support (60) to the "U" Upright (10) using two 3/8" x 2-3/4" Bolts (31), two 3/8" Washers (12) and two 3/8" Nylon Nuts (7). Attach the Small Pad (58) to the Pec Dec Seat Adj (59) using two 3/8" x 3/4" Bolts (61). Turn the Lock Knob (9) on the side of Pec Dec Seat Support (60) and pull it outward, slide the Pec Dec Seat Adj (59) into the Pec Dec Seat Support (60) and lock it with the lock knob. Make sure the lock knob is in one of the holes in the Pec Dec Seat Adj (59).

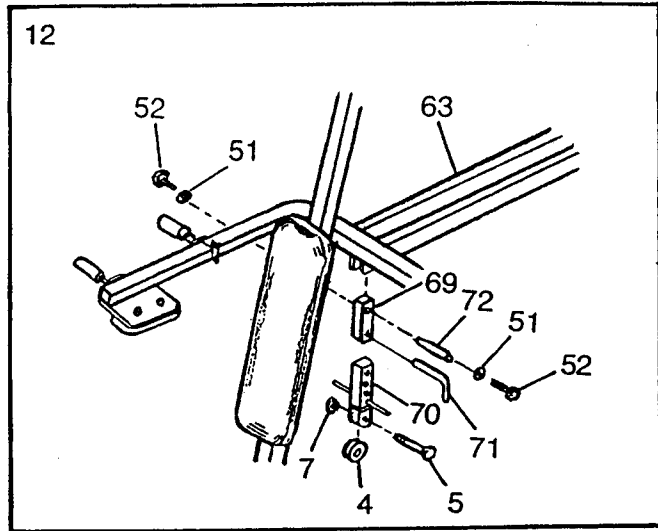


11. Press two 1" x 2" End Plugs (19) into the Squart Frame (63). Attach the Square Frame (63) to the "U" Upright (10) and thread the 3/8" x 4-3/4" L Axle (62) through the holes of Squart Frame and "U" Upright, then tighten both side using two M8 x 32m/m Washers (51) and two M8 x 20L Bolts (52). Attach Right Squart Support (66) to the Squart Pad (68) using two 3/8" x 3/4" Bolts (61). Attach the Right Squart Support (66) to the Squart Frame (63) using a Lock Pin (64). Slide the 1" Hand Grip (30) onto the Right Squart Support and Squart Frame. Press a 1-3/4" End Plug (67) into the Right Squart Support (66). Assemble the Left Squart Support (65) in the same manner.

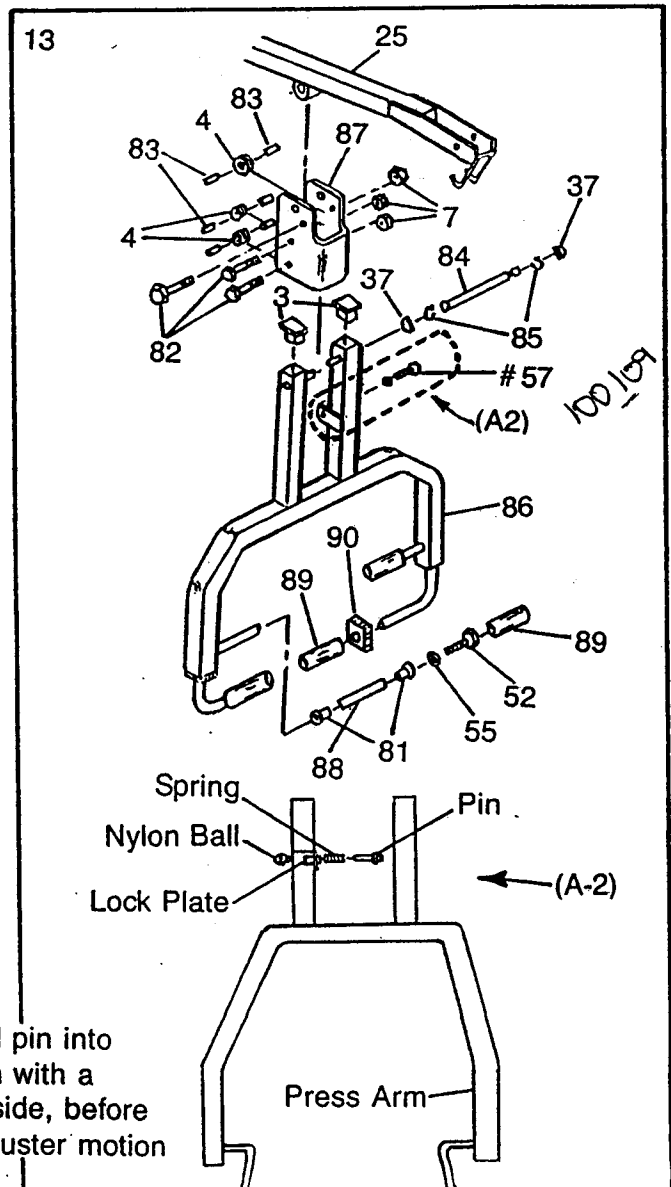


IM572 ASSEMBLY

12. Attach the Pivot Bracket (69) to the Squart Frame (63) and thread the 3/4" x 2-1/2" Axle (72) through the holes of Pivot Bracket and Squart Frame, then tighten both side using two M8 x 20L Bolts (52) and M8 x 32m/m Washers (51). Attach the Squart Adj Pulley Bracket (70) to the Pivot Bracket (69) with a 1/2" x 3-1/8" L "L" Pin (71). Attach the 3-1/2" Pulley (4) to the Squart Adj Pulley Bracket (70) using a 3/8" x 2" Shank Bolt (5) and 3/8" Nylon Nut (7).



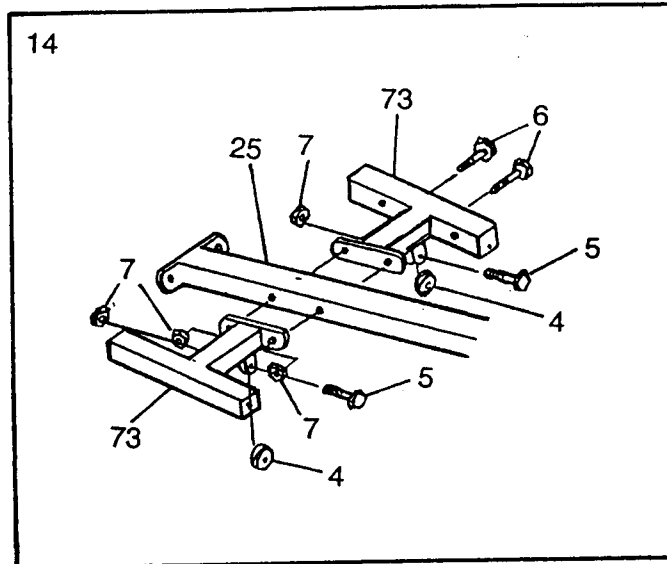
13. Press two 2" End Plugs (3) into the Press Arm (86) as shown. Press two 2" Insert End Caps (90) onto the Press Arm (86) as shown. Hold the Adjuster Motion (87) between the posts of the Press Arm (86), and then thread the Top Frame (25) through the Adjuster Motion (87). Put the 3/4" x 9-5/8" Axle (84) with two Spring Washers (85) through the holes of Press Arm, Adjuster Motion and Top Frame. Press two Push nuts (37) into both side of 3/4" x 9-5/8" Axle (84). Attach three 3-1/2" Pulleys (4) to the Adjuster Motion (87) using using six 22m/m Spacers (83), three 3/8" x 3-3/4" Shank Bolts (82) and 3/8" Nylon Nuts (7). Insert the Spring Lock Knob (57) into the Adjuster Motion (87) as shown. Insrtn two 3/4" Bushings (81) into 1-1/4" x 5-5/8" L Round Tube (88), and slide onto Press Arm (86) as shown. Then lock with a M8 x 22L Washer (55) and M8 x 20L Bolt (52) Last, slide a 1-1/4" Hand Grip (89) onto each end of the Press Arm.



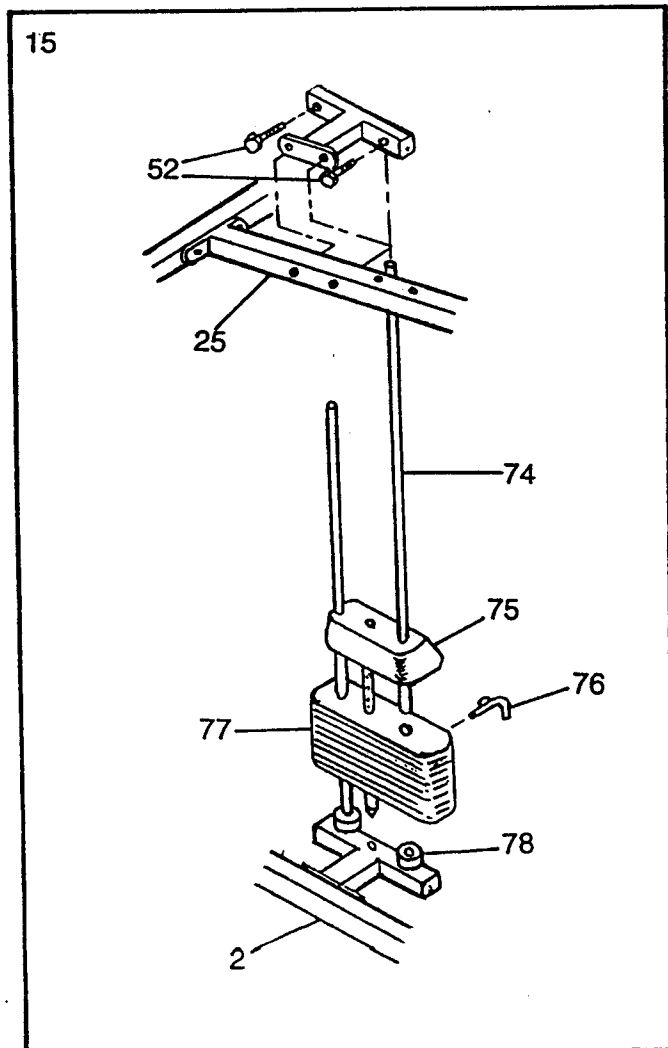
(A-2) (Key #57)
 Attach the spring and pin into the lock plate, tighten with a nylon ball from both side, before insert through the adjuster motion as shown.

IM572 ASSEMBLY

14. Attach two Weight Guide Tops (73) to the Top Frame (25) using two 3/8" x 3" Bolts (6) and 3/8" Nylon Nuts (7). Attach one 3-1/2" Pulley (4) to the Weight Guide Top (73) using a 3/8" x 2" Shank Bolt (5) and 3/8" Nylon Nut (7). Same assembly for one 3-1/2" Pulley to another Weight Guide Top.

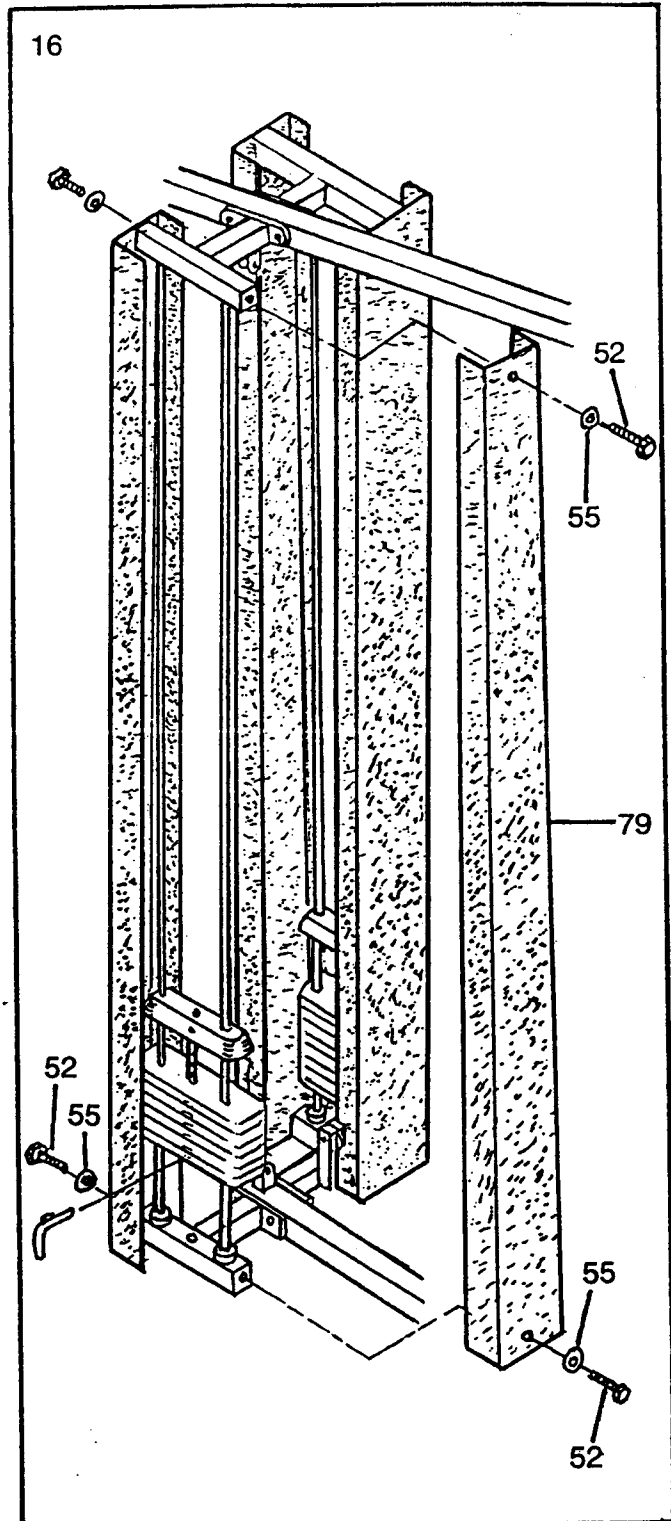


15. Slide a Weight Bumper (78) onto the lower end of each of the two Weight Guides (74). Insert the Weight Guides (74) into the Base Frame (2) and then slide Weight Stacks (77) down onto the pair of Weight Guides. Slide the Top Plate (75) down onto the Weight Guides (74). Connect the Weight Guide Top (73) onto the Weight Guides (74) and lock with two M8 x 20L Bolts (52). Bolts must be installed in the direction as shown. Put the "L" Pin W/TAB (76) into the pin groove of Weight Stack (77). Same assembly for other side of Weight Guide and Weight Stacks.



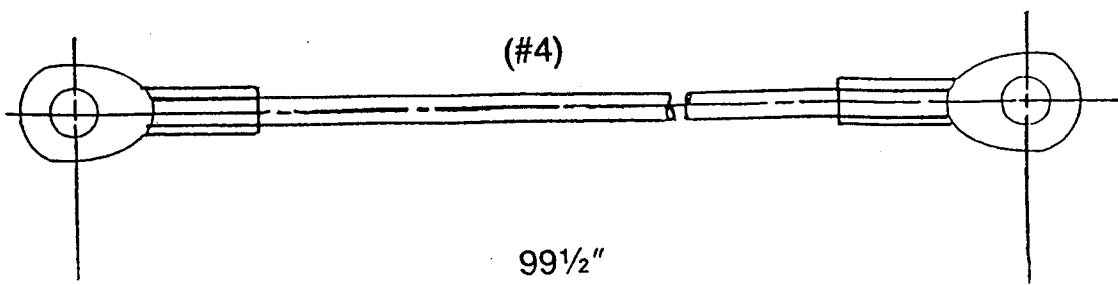
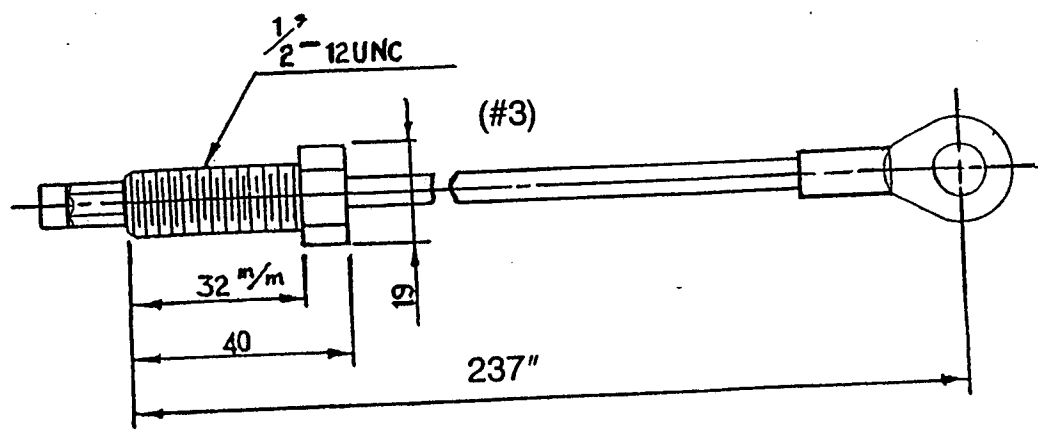
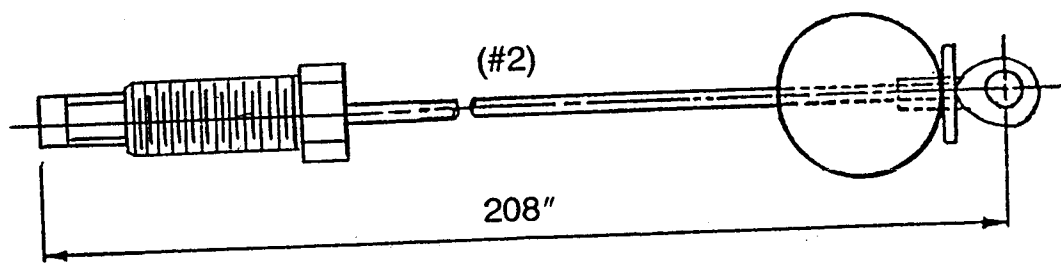
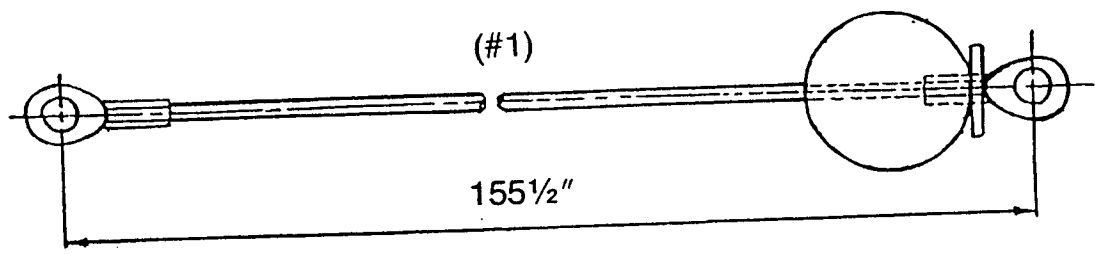
IM572 ASSEMBLY

16. Attach two Weight Stack Guards (79) to both end side of Weight Guide Top (73) and Base Frame (2) using four M8 × 20L Bolts (52) and four M8 × 22 Washers (55). Same assembly for the other two Weight Stack Guards (79).



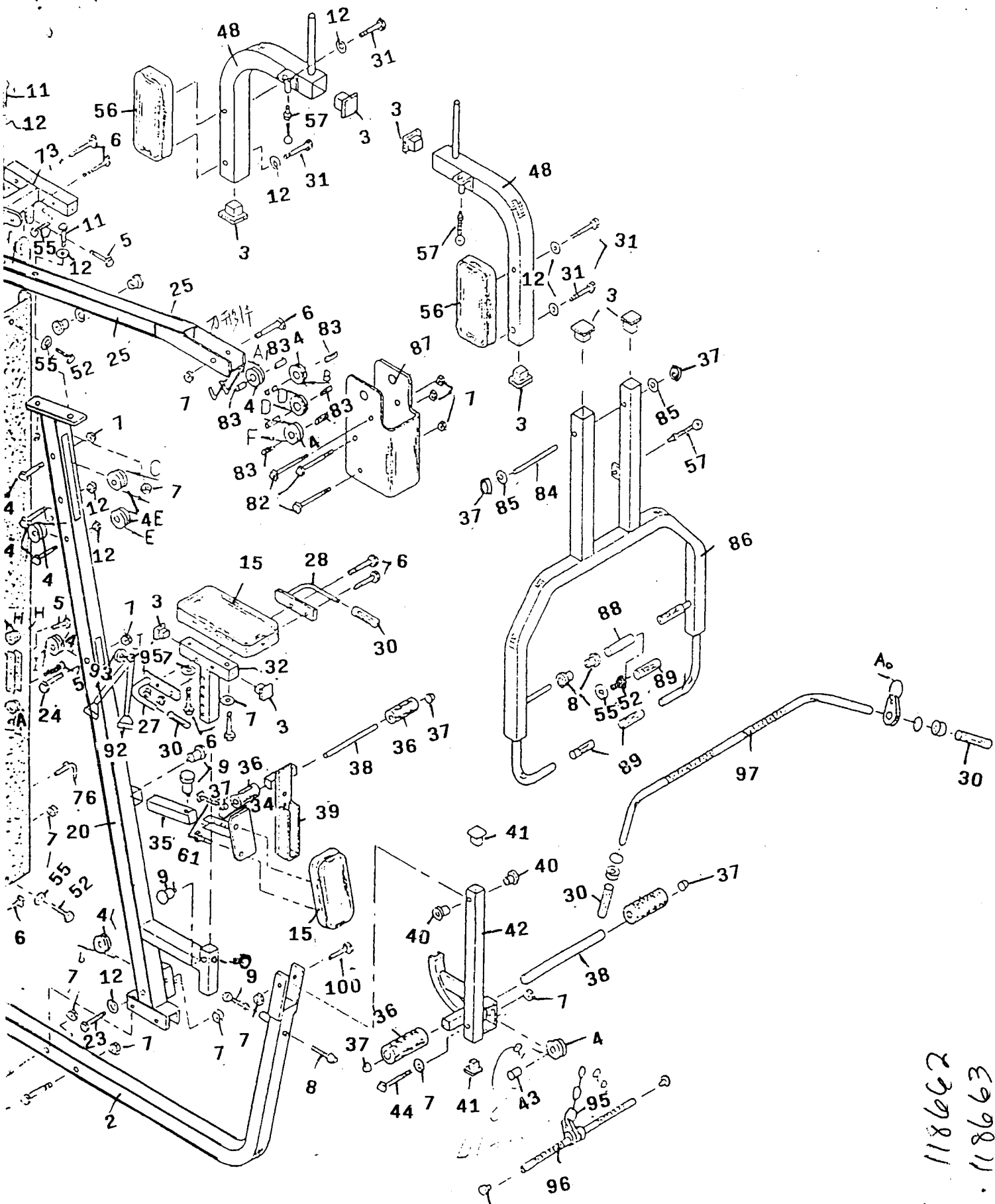
IM572 ASSEMBLY

CABLE INSTALLATION



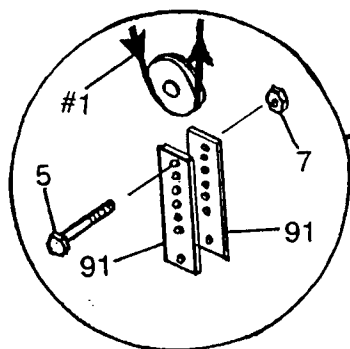
PART LIST — Model No. IM572 - MAIN FRAME

KEY #	Q'TY	DESCRIPTION	KEY #	Q'TY	DESCRIPTION
1	1	Long Stabilizer W/Foot Plate	55	16	M8 x 22L Washer
2	1	Base Frame	56	2	Pec Dec Pad
3	14	2" End Plug	57	3	Sping Lock Knob
4	25	3-1/2" Pulley	58	1	Small Pad
5	15	3/8" x 2" Shank Bolt	59	1	Pec Dec Seat Adj
6	17	3/8" x 3" Bolt	60	1	Pec Dec Seat Support
7	50	3/8" Nylon Nut	61	8	3/8" x 3/4" Bolt
8	1	2" Bolt Bumper	62	1	3/4" x 4-3/4" L Axle
9	4	Lock Knob	63	1	Squart Frame
10	1	"U" Upright	64	2	Lock Pin
11	5	3/8" x 2-3/4" Shank Bolt	65	1	Left Squart Support
12	28	3/8" Washer	66	1	Right Squart Support
13	1	Front Seat Support	67	2	1-3/4" End Plug
14	2	Large Backrest	68	2	Squart Pad
15	3	Large Pad	69	1	Pibot Bracket
16	1	Weight Stack Bottom	70	1	Squart Adj Pulley Bracket
17	1	Weight Stack Bottom W/Pulley Bracket	71	1	1/2" x 3-1/8" L "L" Pin
18	2	"L" Pulley Plate	72	1	3/4" x 2-1/2" Axle
19	3	1" x 2" End Plug	73	2	Weight Guide Top
20	1	Upright Support	74	4	Weight Guide
21	1	1" Nylon Bumper	75	2	Top Plate/Guide Pin
22	1	"U" Pulley Plate	76	2	"L" Pin W/Tab
23	1	4-1/2" Shank Bolt	77	38	Weight Stack 2 x 19 = 38
24	4	2-1/2" Shank Bolt	78	4	Weight Bumper
25	1	Top Frame	79	4	Weither Stack Guard
26			80	1	Big Pulley Bracket
27	1	Right Handlebar	81	4	3/4" Bushing
28	1	Left Handlebar	82	3	3/8" x 3-3/4" Shank Bolt
29	6	7m/m L Spacer	83	6	22m/m Spacer
30	8	1" Hand Grip	84	1	3/4" x 9-5/8" Axle
31	15	3/8" x 2-3/4" Bolt	85	2	Sping Washer
32	1	Press Seat Adj Tube	86	1	Press Arm
33			87	1	Adjuster Motion
34	1	Backrest Adj Plate	88	2	1-1/4" x 5-5/8" L Round Tube
35	1	Backrest Adj Tube	89	4	1-1/4" Hand Grip
36	4	7"L Foam Pad	90	2	2" Insert End Cap
37	6	Push Nut	91	4	Adj Pulley Plate
38	2	18-1/2" Solid Roller	92	1	Ab Strap
39	1	Roller Pad Adj	93	1	Rubber Stop
40	2	Small Bushing	94	1	20" Chain
41	2	1-1/2" End Plug	95	4	Cable Clip
42	1	Leg Lever	96	1	Low Bar
43	4	22m/m L Spacer	97	1	Lat Bar
44	1	4" Shank Bolt	98	1	Ankle Strap
45	1	Pulley Mount Bracket	99	1	Hand Strap
46	1	Pec Dec Support	100	1	3/8" x 3-1/2" Shank Bolt
47	2	Pec Dec Adj	#		Cable #1 NLA
48	2	Pec Dec Arm	#		Cable #2 118593 212.5" L
49	4	1" Nylon Bushing	#		Cable #3 118595 243" L
50	2	1" Nylon Washer	#		Cable #4 118594 99.5" L
51	2	M8 x 38m/m Washer	#		Weight Stack Number Sticker
52	22	M8 x 20L bolt	#		Brand Plate
53	2	M8 x 25L Bolt	#		Owner's Manual

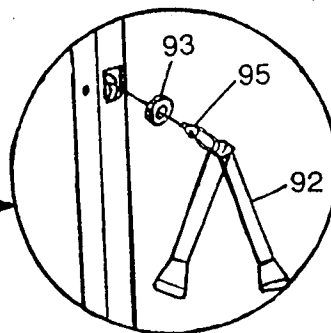


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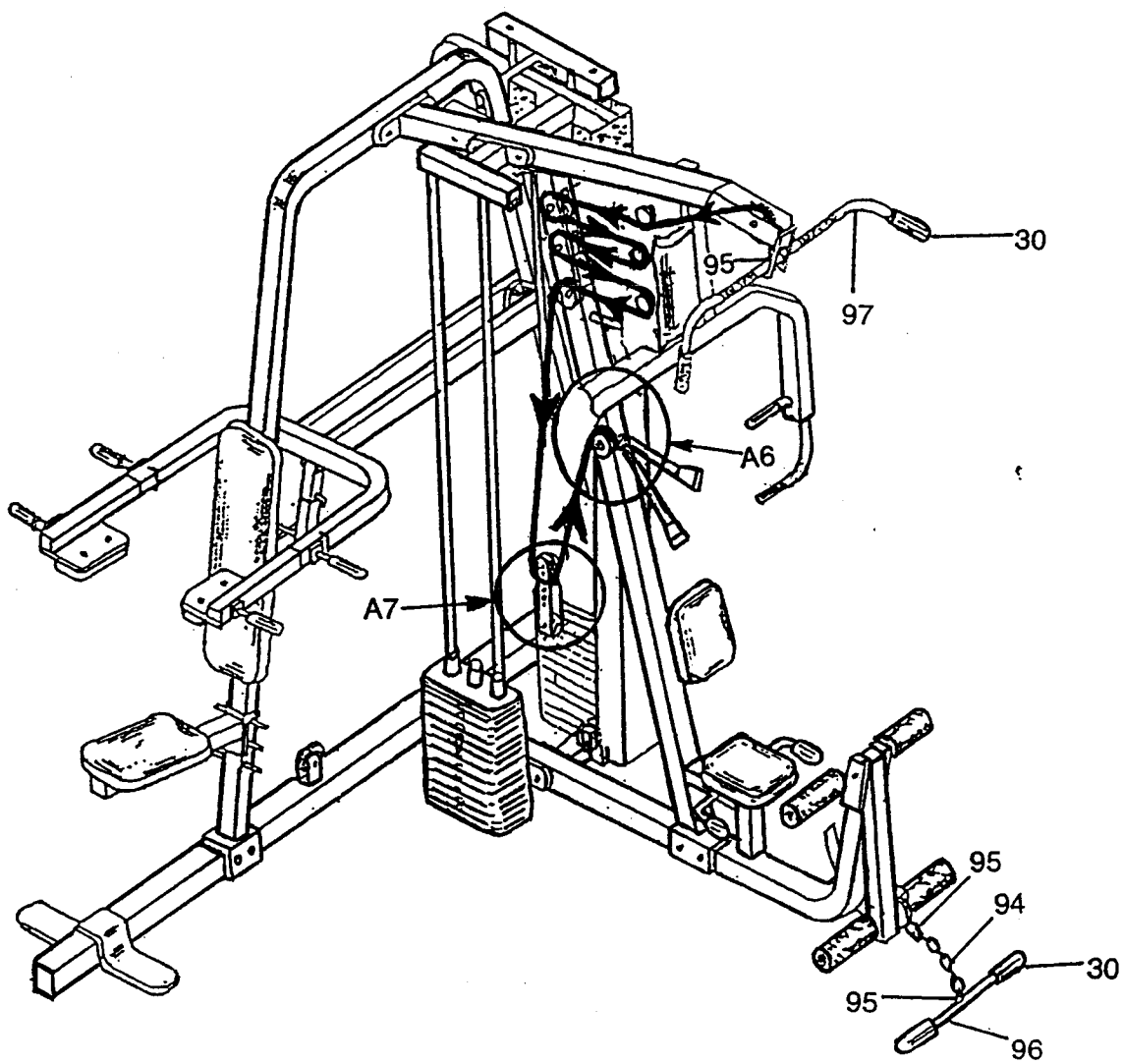
IM572 CABLE (#1) RIGGING SYSTEM



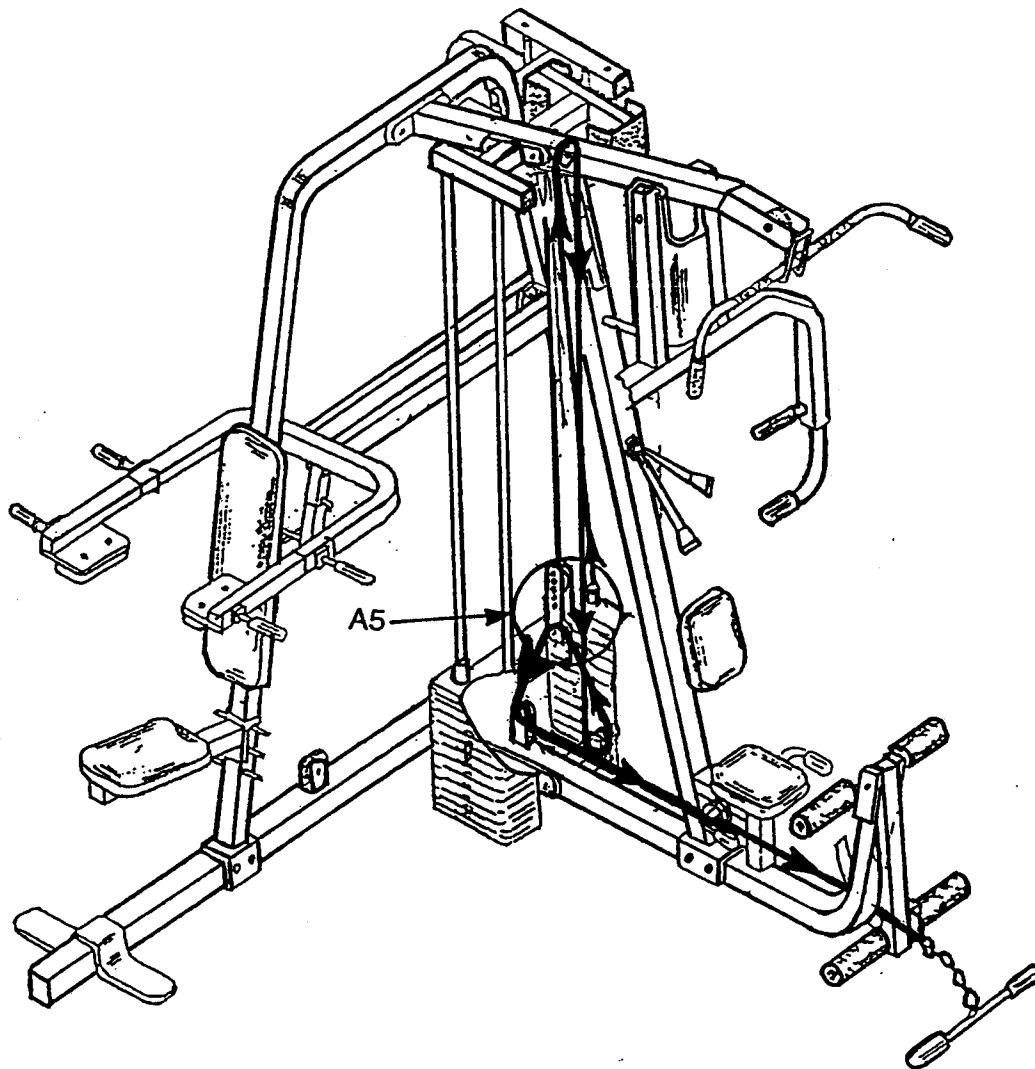
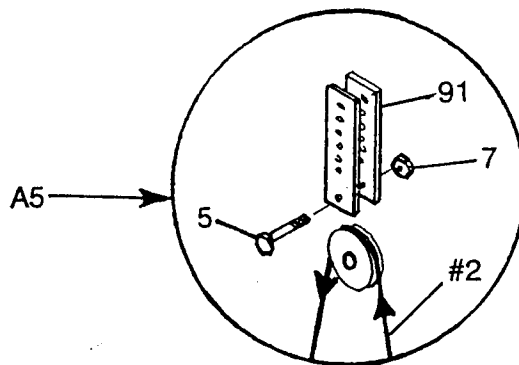
A7



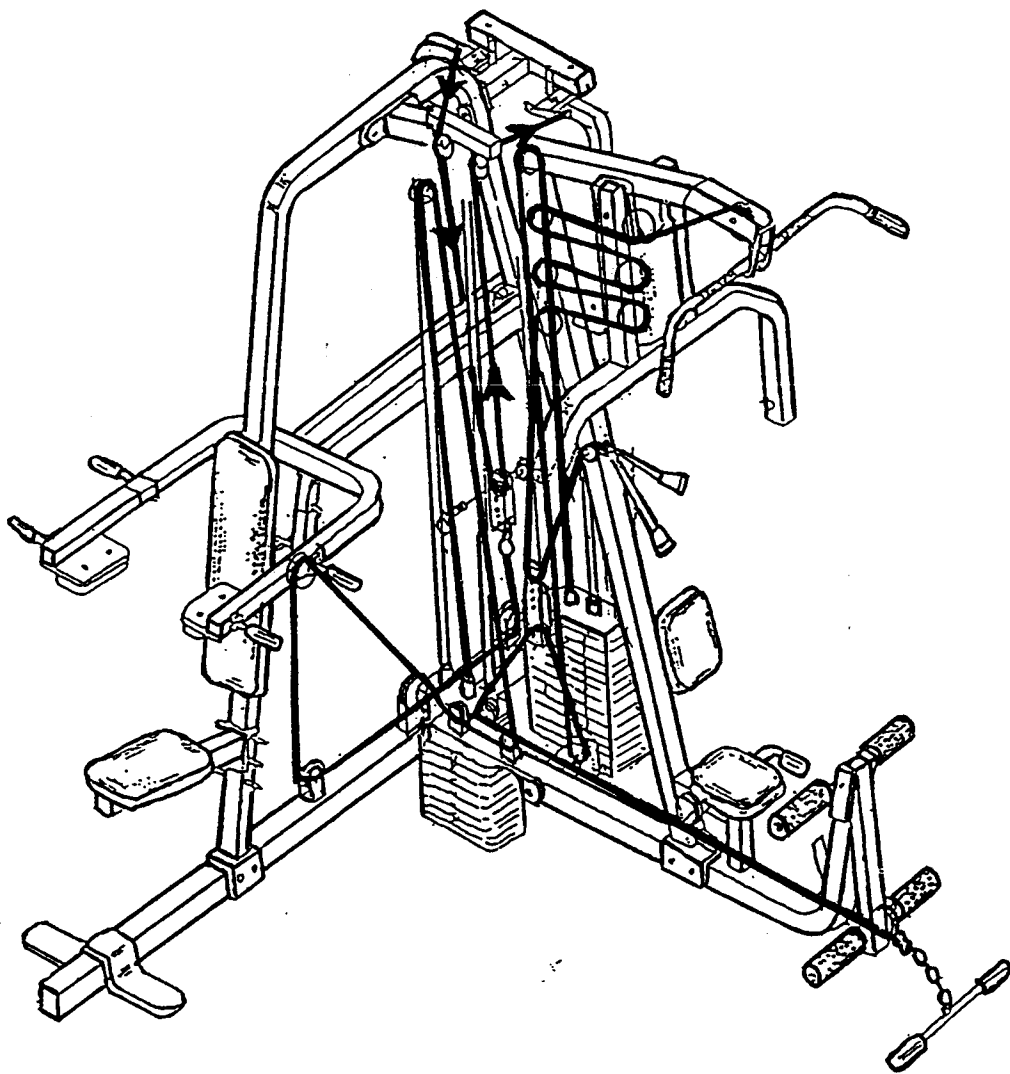
A6



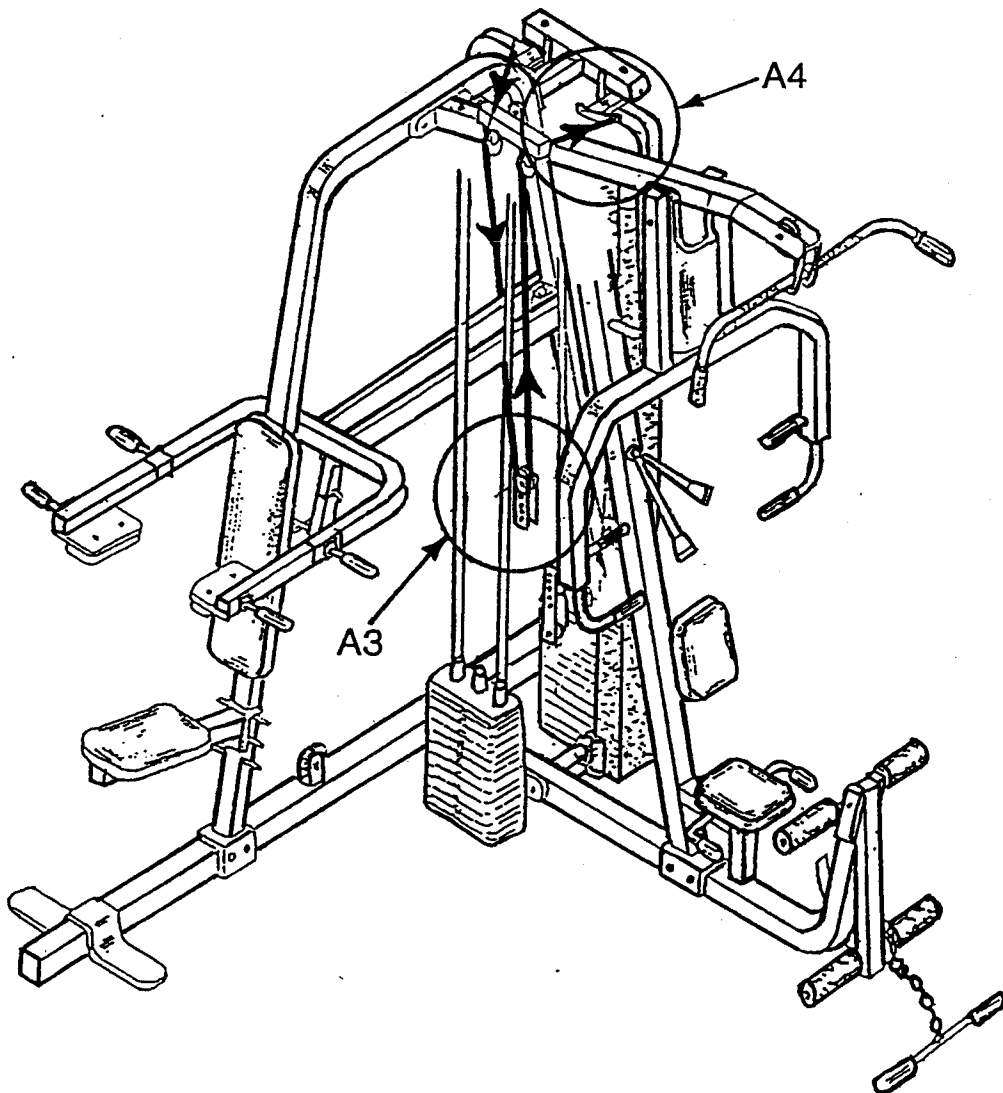
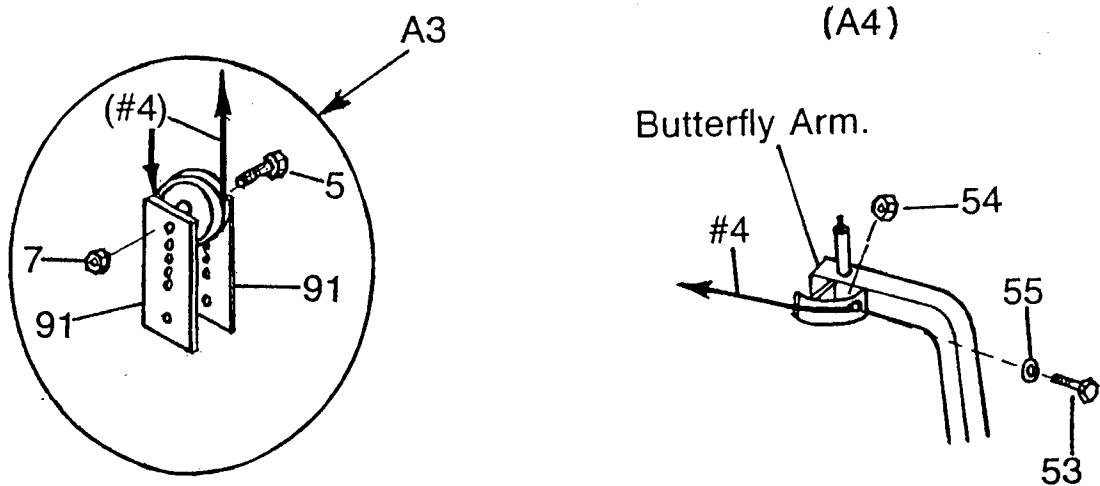
IM572 CABLE (#2) RIGGING SYSTEM



IM572 FULL CABLE RIGGING SYSTEM



IM572 CABLE (#4) RIGGING SYSTEM



IM572 CABLE (#3) RIGGING SYSTEM

