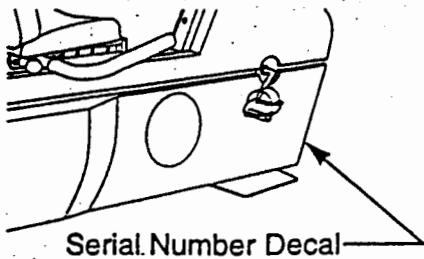


IMAGE™

PERSONAL
FITNESS
SYSTEM

7 7 7

Model No. IM577730
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing you complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

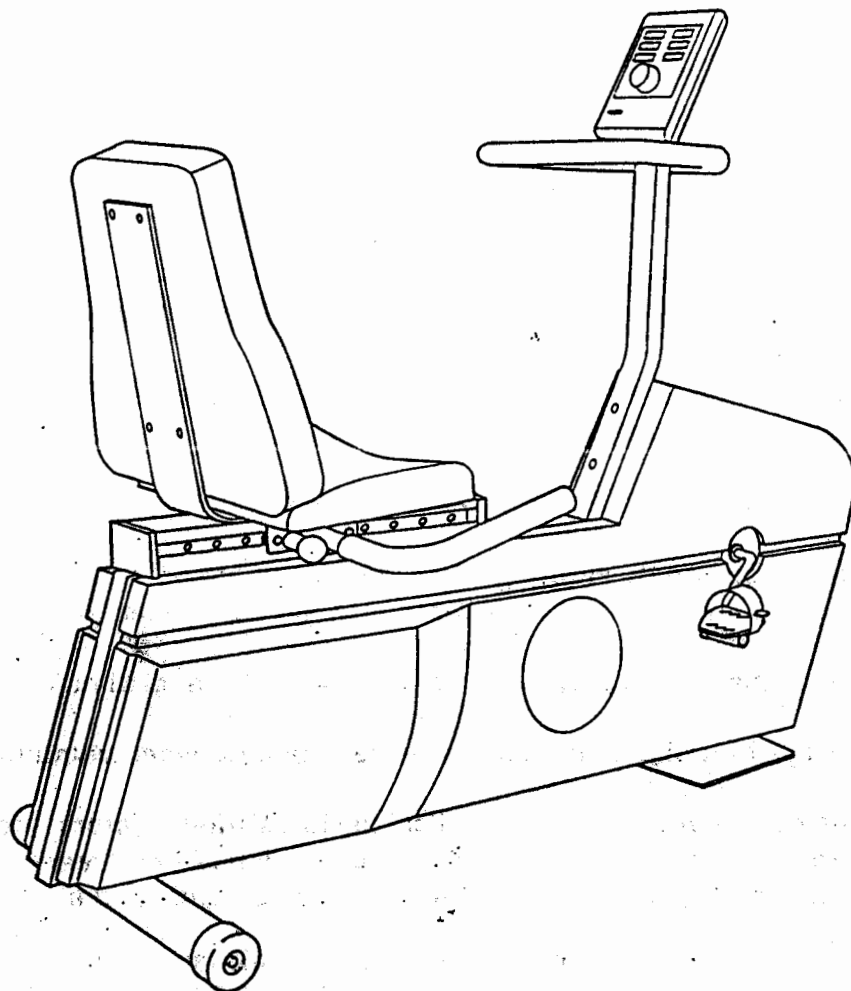
TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.

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

CUSTOMER HOT LINE:
1-800-999-3756
Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION!

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



OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	3
OPERATING THE IMAGE 777	6
CONDITIONING GUIDELINES	8
TROUBLE-SHOOTING AND MAINTENANCE	9
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important safety precautions before using the IMAGE 777.

1. Use the IMAGE 777 only on a level surface.
2. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the IMAGE 777. Always wear athletic shoes for foot protection.
3. Keep small children away from the IMAGE 777 at all times.
4. Always hold the handlebar or the seat handles when using the IMAGE 777.
5. 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.
6. When adjusting the position of the seat, make sure that the seat frame is engaged in one of the holes in the seat rail (see OPERATING THE IMAGE 777 on page 6).
7. Use the IMAGE 777 only as described in this manual.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. 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® 777 Personal Fitness System. Cycling is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The innovative IMAGE 777 features a comfortable recumbent design, smooth magnetic resistance and a motivational electronic monitor to let you enjoy of this healthful exercise in the convenience and privacy of your home.

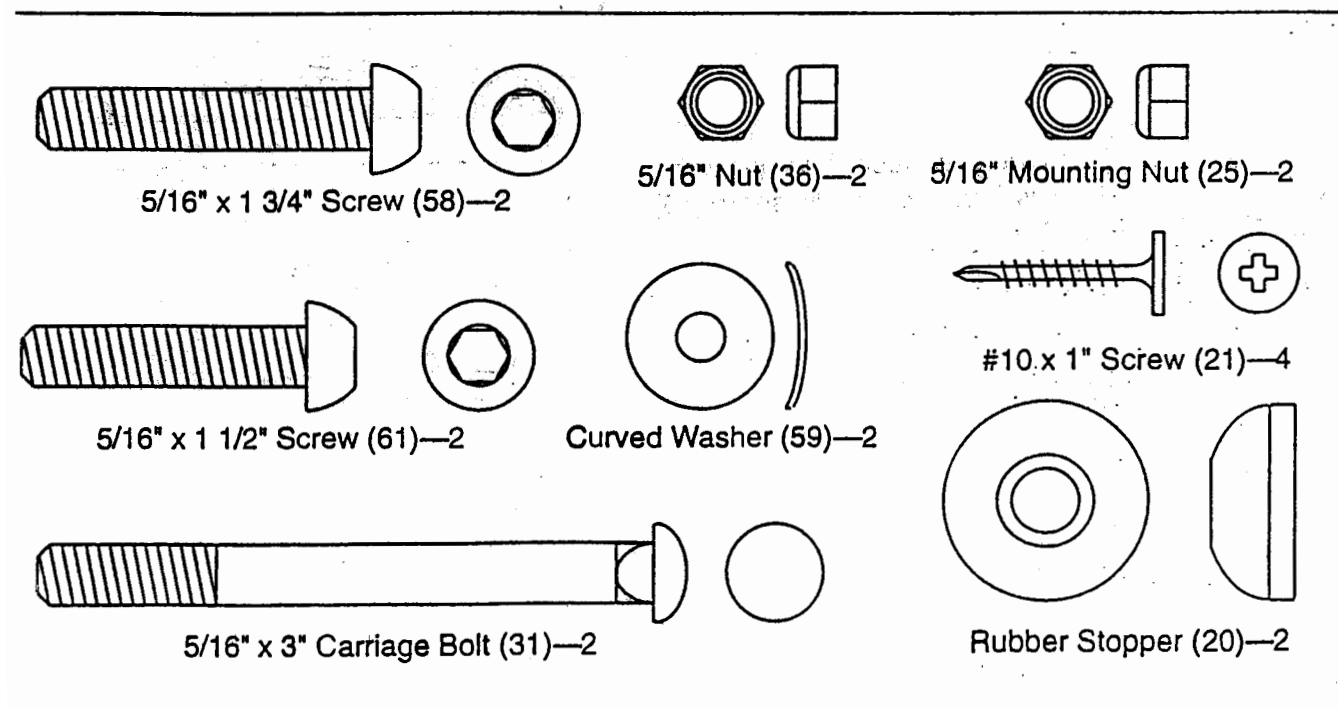
For your safety and benefit, read this manual carefully before using the IMAGE 777. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is M577730. The serial number can be found on a decal attached to the IMAGE 777 (see the front cover of this manual for the location of the decal).

ASSEMBLY

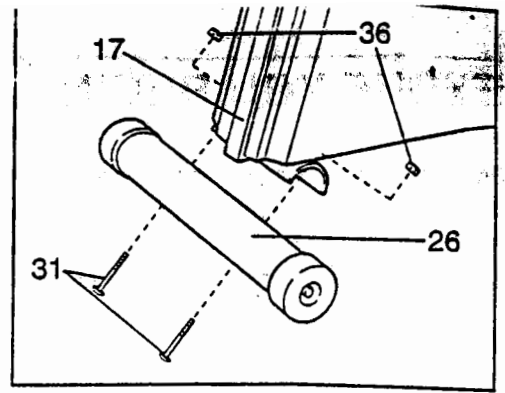
Place all parts of the IMAGE 777 in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Assembly can be completed using the included tools.

Read all steps and examine all drawings carefully before beginning assembly. Use the part chart below to identify the small hardware used in assembly. The number in parenthesis beneath each part refers to the key number of the part. The second number refers to the quantity used in assembly. Note: Some of the small hardware used in assembly may be attached to one of the parts to be assembled. If a part is missing, see the back cover for instructions.

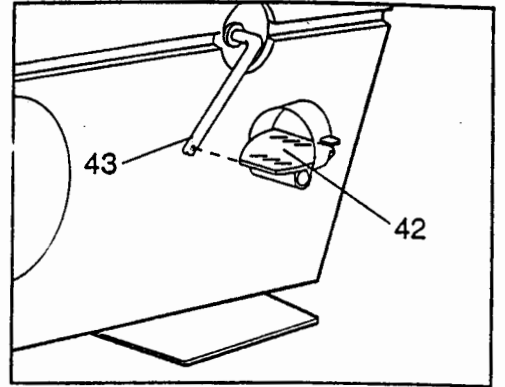
PART IDENTIFICATION CHART



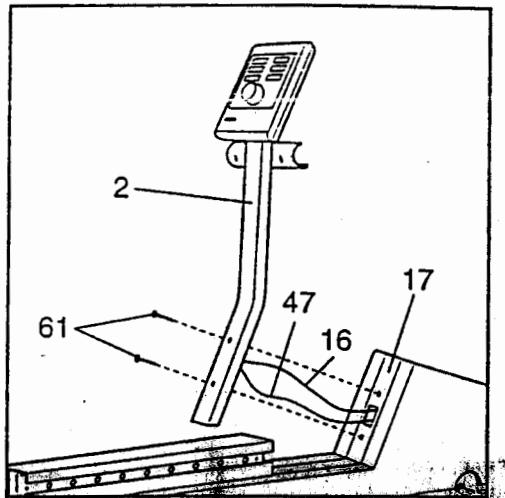
1. Attach the Stabilizer (20) to the saddle under the rear of the Frame (17) with the two 5/16" x 3" Carriage Bolts (31) and two 5/16" Nuts (36).



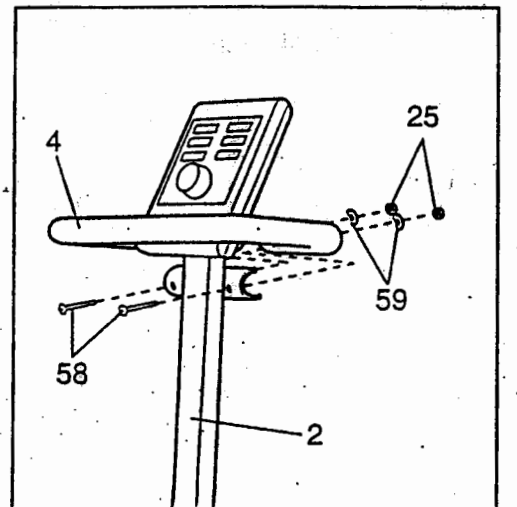
2. Tighten the Right Pedal (42) clockwise into the right arm of the Crank (43). Tighten the Left Pedal (not shown), counterclockwise into the left arm of the Crank. Each Pedal is marked with an "R" or "L" for identification.



3. Attach the Handlebar Post (2) to the Frame (17) with the two 5/16" x 1 1/2" Screws (61). Be careful to avoid damaging the Sensor Wire (47) or the Tension Cable (16).



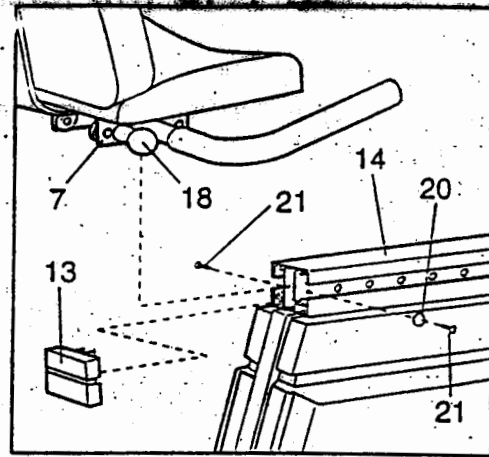
4. Attach the Handlebar (4) to the Handlebar Post (2) with the two 5/16" x 1 3/4" Screws (58), Curved Washers (59), and 5/16" Mounting Nuts (25).



1. Remove the two # 10 x 1" Screws (21) and the Rubber Stopper (20) from the rear Rail Endcap (13). Remove the Rail Endcap from the Seat Rail (14).

Slide the Seat Frame (7) onto the back end of the Seat Rail (14). Pull outward on the Lock Knob (18), slide the Seat Frame to the desired position and release the Lock Knob. Make sure that the Seat Frame is engaged in one of the adjustment holes in the Seat Rail.

Reattach the rear Rail Endcap (13) to the Seat Rail (14) with the two #10 x 1" Screws (21) and the Rubber Stopper (20) as shown.

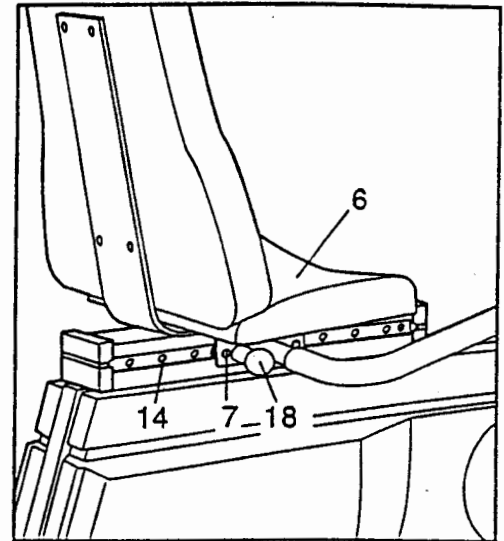


OPERATING THE IMAGE 777

Sit on the seat and hold either the handlebar or the handles on the seat frame. The instructions below describe how to adjust the seat, change the pedaling resistance and operate the console. Please read these instructions before operating the IMAGE 777.

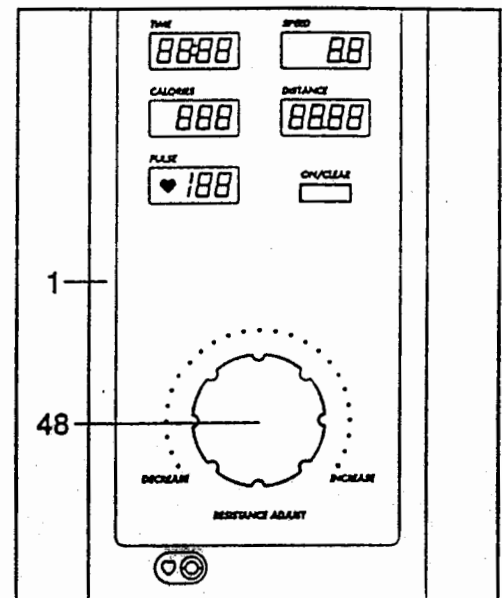
SEAT ADJUSTMENT

For effective exercise, the Seat (6) must be in the proper position. As you pedal, there should be a slight bend in your knees when your legs are most fully extended. To adjust the position of the Seat, pull outward on the Lock Knob (18), slide the Seat Frame (7) forward or backward and release the Lock Knob. **CAUTION: Make sure that the Seat Frame is engaged in one of the adjustment holes in the Seat Rail (14).**



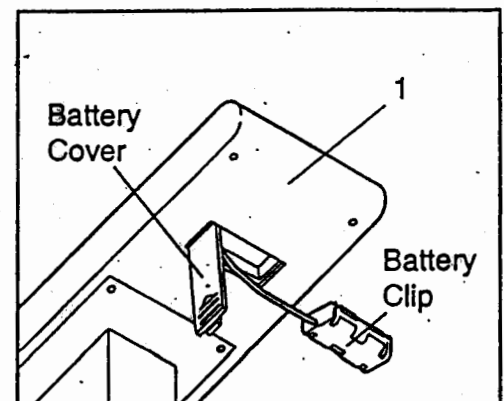
CHANGING THE PEDALING RESISTANCE

The pedaling resistance can be changed by turning the Resistance Dial (48) located on the Console (1). To increase the resistance, turn the Resistance Dial clockwise; to decrease the resistance, turn the Resistance Dial counterclockwise. **IMPORTANT: Stop turning the Resistance Dial when turning becomes difficult. The Resistance Dial will be damaged if it is turned too far.**



INSTALLING BATTERIES

The Console (1) requires two "AA" batteries (not included); alkaline batteries are recommended. Slide the battery cover in the direction shown by the arrow on the battery cover. Open the battery cover and remove the battery clip from the Console. Find the markings inside the battery clip showing which direction the batteries must be turned. Press two batteries into the battery clip. Replace the battery clip in the Console and close the battery cover.



TURNING ON THE POWER

To turn on the power, press the ON/CLEAR button or simply begin pedaling. The five LCD displays will appear. Note: If batteries were just installed, the power will be on already.

LCD DISPLAY OPERATION

The Console (1) features five LCD displays to provide continuous exercise feedback. The displays can be reset by pressing the ON/CLEAR button. The displays are described below:

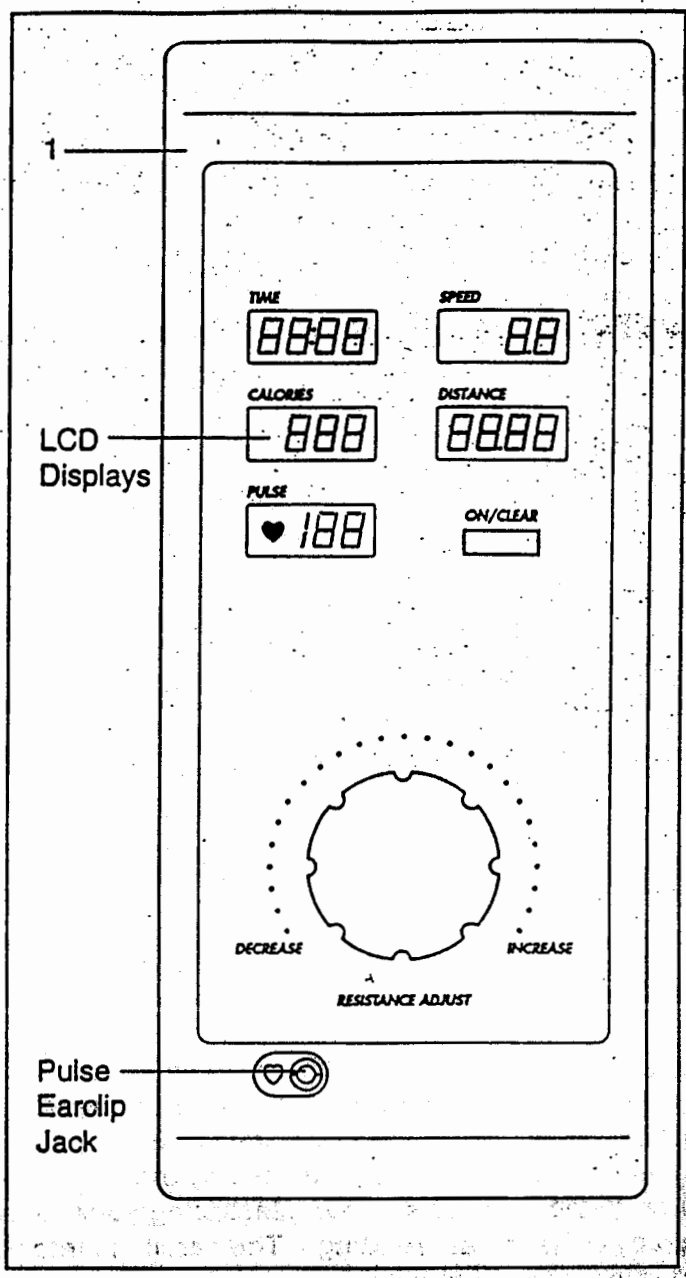
TIME display—Shows the elapsed time.

SPEED display—Shows your pedaling speed.

CALORIES display—Shows the number of Calories you have burned. Note: The number is based on an average pedaling resistance. If the resistance is set very high or very low, the actual number of Calories you have burned will be slightly higher or lower than the number shown.

DISTANCE display—Shows the distance that you have pedaled.

PULSE display—Shows your heart rate. Plug the pulse earclip into the jack on the Console (1). Attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar. After a few seconds, your heart rate will be shown. If your heart rate is not shown, rub your ear lobe and reposition the earclip. It may be helpful to stand still while measuring your heart rate.



TURNING OFF THE POWER

To turn off the power, simply stop pedaling. If the pedals are not moved and the ON/CLEAR button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

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 **CONSISTENCY**.

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts of the IMAGE 777 regularly. Outside surfaces can be cleaned using a damp cloth and mild, non-abrasive detergent. Do not use solvents. Do not allow liquid to come in contact with the console.

CONSOLE

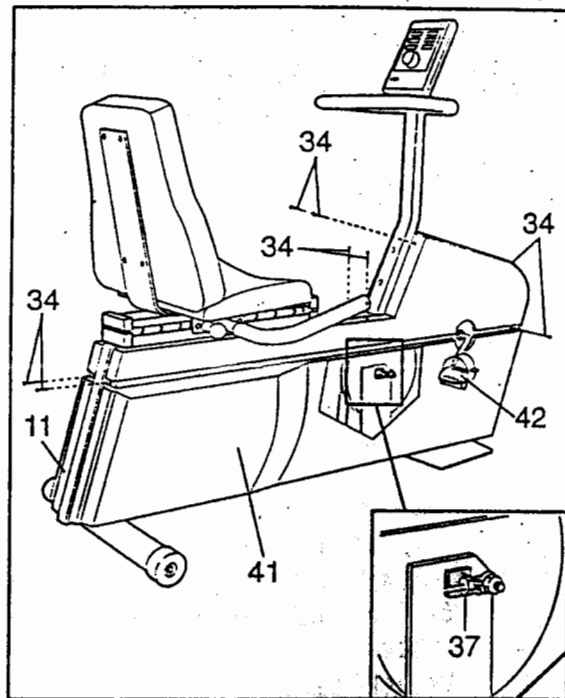
If the console does not function properly, the batteries should be replaced (see **INSTALLING BATTERIES** on page 6 for instructions). If the console does not display correct feedback, remove the four screws attaching the console to the handlebar post (see the **EXPLODED DRAWING** on page 11). Make sure that the sensor wire is plugged fully into the wire extending from the console.

PULSE EARCLIP

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.

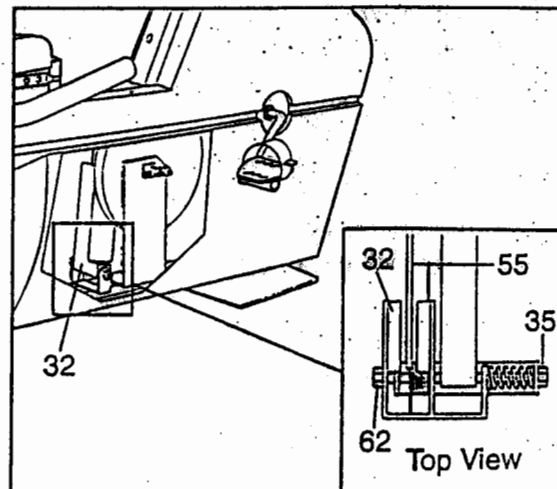
ADJUSTING THE DRIVE BELT

If the drive belt slips as you pedal, the drive belt should be tightened. Remove the Right Pedal (42) and the Left Pedal (not shown). Remove the eight #8 x 1/2" Screws (34) from the Left and Right Side Shields (11, 41), and remove the Side Shields. To tighten the drive belt, turn both of the 1/4" Adjustment Nuts (37) clockwise one full turn. Sit on the seat and pedal for a moment. **Keep your hands and clothing away from moving parts.** If necessary, turn the 1/4" Adjustment Nuts clockwise another full turn. Repeat until the drive belt no longer slips. Reattach the Side Shields and the Pedals.



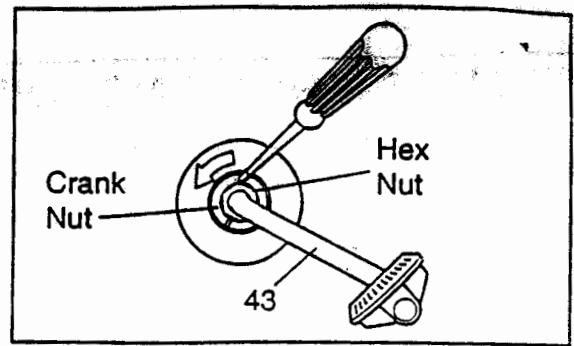
CENTERING THE TENSION BRACKET

If a grinding noise is heard as you pedal, the Tension Bracket (32) should be adjusted. Remove the pedals and side shields (see **ADJUSTING THE DRIVE BELT** above). Hold the 3/8" Nut (35) stationary with a wrench. If the Tension Bracket (32) is touching the right side of the Resistance Disk (55), turn the 3/8" x 4 1/2" Screw (62) clockwise until the Tension Bracket is centered. If the Tension Bracket is touching the left side of the Resistance Disk, turn the Screw counterclockwise until the Tension Bracket is centered. Reattach the side shields and pedals.



TIGHTENING THE CRANK ARMS

If the crank arms become loose, they should be tightened in order to prevent excessive wear. Loosen the hex nut on the left arm of the Crank (43). Place the end of a standard screwdriver in one of the grooves in the crank nut. Lightly tap the screwdriver with a hammer to turn the crank nut counterclockwise, until the crank arms are no longer loose. Do not overtighten the crank nut. When the crank nut is properly tightened, tighten the hex nut.



PART LIST—Model No. IM577730

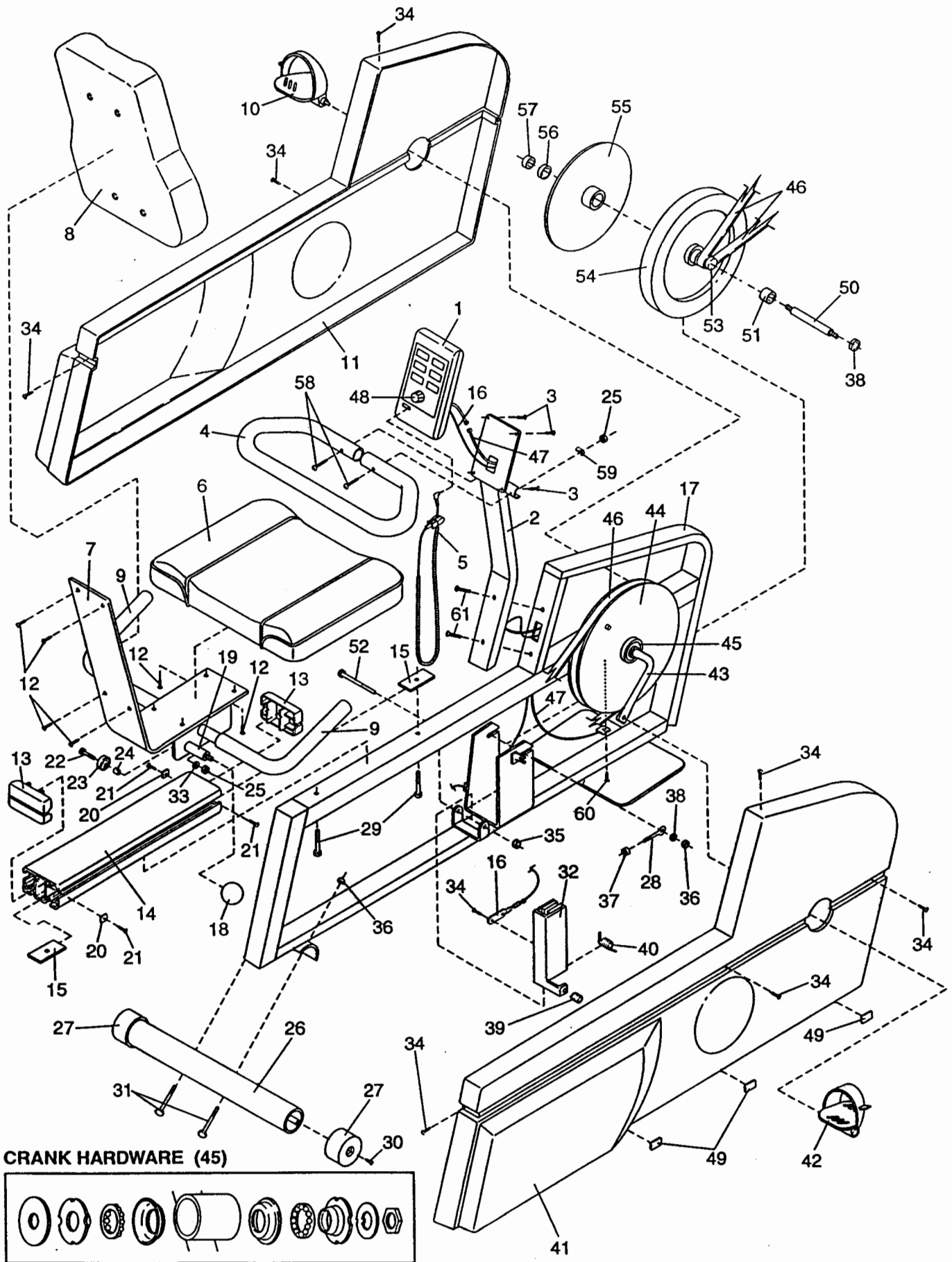
R494A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	34	9	#8 x 1/2" Screw
2	1	Handlebar Post	35	1	3/8" Nut
3	4	1/2" Tap Screw	36	4	5/16" Nut
4	1	Handlebar	37	2	1/4" Adjustment Nut
5	1	Pulse Earclip	38	3	5/16" Washer
6	1	Seat	39	1	Small Spring
7	1	Seat Frame/Handle	40	1	Large Spring
8	1	Backrest	41	1	Right Side Shield
9	2	Handle Foam Grip	42	1	Right Pedal
10	1	Left Pedal	43	1	Crank
11	1	Left Side Shield	44	1	Tension Pulley
12	8	1/4" x 1/2" Tap Screw	45	1	Crank Hardware
13	2	Rail Endcap	46	1	Tension Belt
14	1	Seat Rail	47	1	Reed Switch/Sensor Wire
15	2	Threaded Plate	48	1	Resistance Dial
16	1	Tension Cable	49	6	Fastener
17	1	Frame	50	1	Flywheel Axle
18	1	Lock Knob	51	1	Large Spacer
19	1	Lock Pin Assembly	52	2	Bearing
20	2	Rubber Stopper	53	1	Flywheel Hub
21	4	#10 x 1" Screw	54	1	Flywheel
22	4	5/16" x 1 1/2" Hex Screw	55	1	Resistance Disk
23	4	Wheel	56	1	Lock Ring
24	4	Wheel Spacer	57	1	Small Spacer
25	6	5/16" Mounting Nut	58	2	5/16" x 1 3/4" Screw
26	1	Stabilizer	59	2	Curved Washer
27	2	Roller	60	1	#8 x 3/4" Screw
28	2	Eyebolt	61	2	5/16" x 1 1/2" Screw
29	2	5/16" x 2 1/2" Screw	62	1	3/8" x 4 1/2" Screw
30	2	5/16" x 3/4" Screw	#	1	Owner's Manual
31	2	5/16" x 3" Carriage Bolt	#	1	Wrench/Screwdriver Tool
32	1	Tension Bracket	#	1	Socket Tool
33	4	5/16" Wheel Washer	#	1	Allen Wrench

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

EXPLODED DRAWING—Model No. IM577730

R0295A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the following information when calling:

1. The MODEL NUMBER of the product (IM577730).
2. The NAME of the product (IMAGE® 777 Personal Fitness System).
3. The SERIAL NUMBER of the product (see the front cover of this manual).
4. The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

LIMITED WARRANTY

Image, Inc. ("IMAGE"), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. IMAGE's obligation under this warranty is limited to replacing or repairing, at IMAGE's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by IMAGE at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by IMAGE. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMAGE authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMAGE.

IMAGE 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.

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