

# IMAGE™ PERSONAL FITNESS SYSTEM

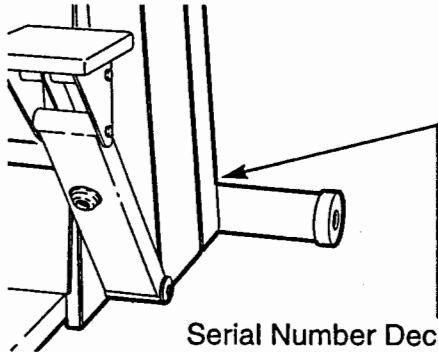
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Model No. IM587732

Serial No. \_\_\_\_\_



Serial Number Decal

## 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.**

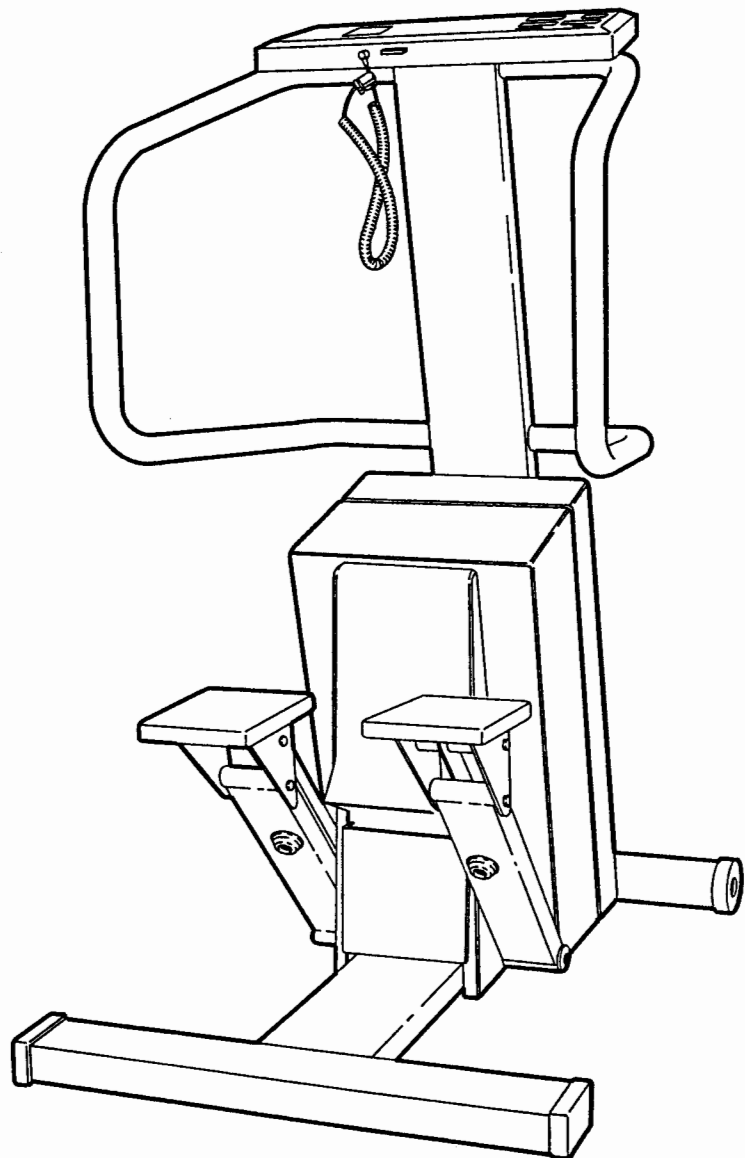
The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.

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

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

## CAUTION!

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



## OWNER'S MANUAL

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# TABLE OF CONTENTS

Warranty.....	3
Important Safety Precautions.....	4
Before You Begin.....	5
Assembly.....	6
Stepper Operation.....	7
Maintenance and Trouble-Shooting.....	11
Conditioning Guidelines.....	13
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**

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# IMPORTANT PRECAUTIONS

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

1. Use the stepper only 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.

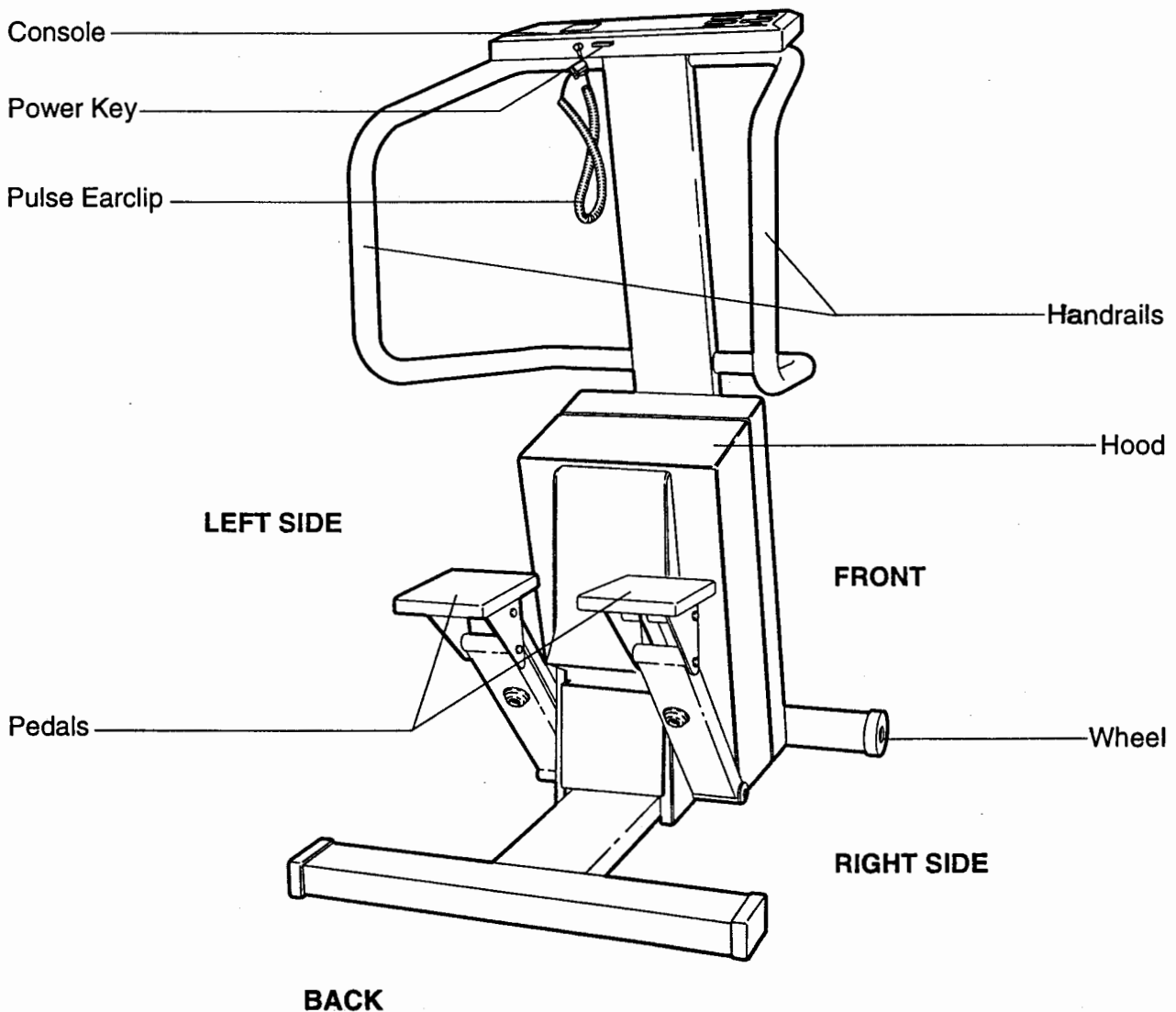
**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using this product. IMAGE assumes no responsibility for personal injury or property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

# BEFORE YOU BEGIN

Thank you for selecting the state-of-the-art IMAGE™ 877 stepper. The IMAGE 877 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 877 will be more effective with such features as electronic speed control, smooth independent pedals and a programmable 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 IM587732. 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).

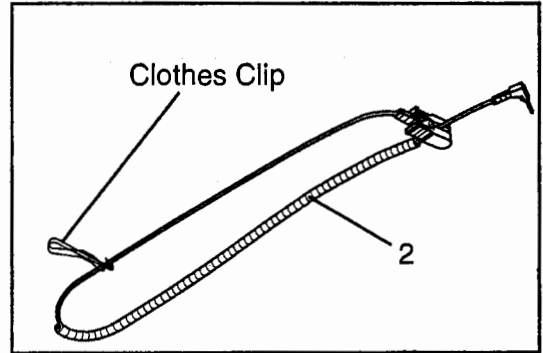
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



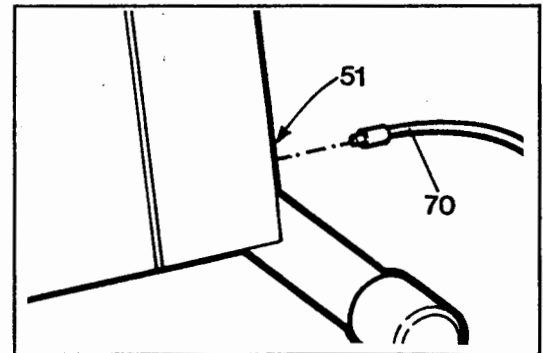
# ASSEMBLY

Place all parts of the stepper in a cleared area on the floor and remove the packing materials. Do not dispose of the packing materials until the stepper is completely assembled.

1. Slide the metal clothes clip onto the Pulse Earclip (2) in the indicated location. The use of the Pulse Earclip is explained in OPERATING THE MONITOR MODES on page 9.



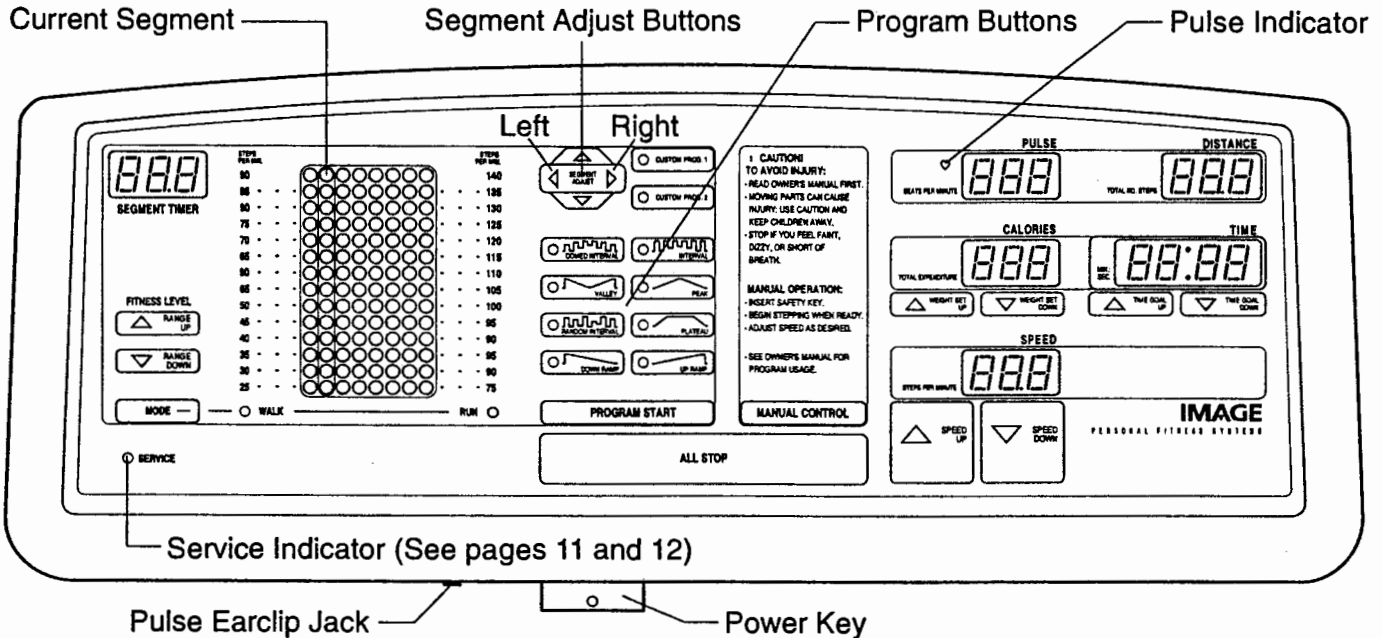
2. Plug the Power Cord (70) into the Power Plug (51) at the front of the stepper.



# STEPPER OPERATION

## DIAGRAM OF THE CONSOLE

The heart of the stepper is the state-of-the-art programmable console. The console offers both manual and program modes, and features an array of independent LED displays to give you continuous exercise feedback. **Please read these instructions carefully before operating the console.**



## PLUGGING IN THE POWER CORD

Remove the power key from the console. Plug the power cord into a 120-volt outlet. Keep the power cord away from walkways and heated surfaces.

## TURNING ON THE POWER

Insert the power key into the slot in the front of the console. The five LED displays on the right side of the console will light.

## MANUAL MODE OPERATION

When the power is turned on, the console will be in the manual mode and the stepping speed will be set at 25 steps per minute. The stepping speed can be controlled by pressing the SPEED UP and SPEED DOWN buttons. Each time one of the buttons is pressed, the stepping speed will change by 5 steps per minute. The buttons can be held down to change the stepping speed rapidly. The stepping speed can be set at a minimum of 25 steps per minute, up to a maximum of 140 steps per minute. **Note: After the buttons are pressed, it will take a few seconds for the stepper to reach the selected stepping speed. Adjust the stepping speed gradually until you are familiar with the operation of the stepper.**

Hold the handrails and step onto the pedals. Begin stepping, alternately pressing down the right and left pedals with a smooth, continuous motion. Because the pedals are independent, you must maintain a continuous motion or both pedals will sink to the floor. Change the stepping speed as necessary until you can comfortably maintain a continuous motion.

## PROGRAM MODE OPERATION

In the program mode, the console will control the stepping speed automatically, allowing you to concentrate on exercising. The console offers a selection of eight preset programs, each designed to guide you through a different type of workout. In addition, you can create custom programs, and store them in the console's memory for future workouts. Two different custom programs can be stored at the same time.

### CREATING A CUSTOM PROGRAM

Press the CUSTOM PROGRAM 1 or CUSTOM PROGRAM 2 button. The indicator on the button you press will light.

Next, press the MODE button to select the WALK mode or the RUN mode. An indicator will light to show which mode you have selected. If the WALK mode is selected, the stepping speed range will be 25 steps per minute to 90 steps per minute during the program (refer to the STEPS PER MINUTE scale above the WALK indicator). If the RUN mode is selected, the stepping speed range will be 75 steps per minute to 140 steps per minute during the program (refer to the STEPS PER MINUTE scale above the RUN indicator).

All programs consist of twenty equal time periods, called segments. A different stepping speed can be programmed for each of the segments. The segments are shown in the vertical columns of indicators on the left side of the console. Seven segments are shown at a time—the first segment is shown in the CURRENT SEGMENT column, and the next six segments are shown in the six columns to the right of the CURRENT SEGMENT column. (The purpose of the column to the left of the CURRENT SEGMENT column will be explained later.) To program the desired stepping speed for the first segment, shown in the CURRENT SEGMENT column, press the SEGMENT ADJUST UP or SEGMENT ADJUST DOWN button. Each time one of the buttons is pressed, one indicator in the CURRENT SEGMENT column will light or darken. The STEPS PER MINUTE scale on the left or right side of the columns will show the stepping speed that you have programmed. After you have programmed the desired stepping speed for the first segment, press the SEGMENT ADJUST LEFT button. All segments will move one column to the left—the first segment will disappear, the second segment will be shown in the CURRENT SEGMENT column, and the next six segments will be shown in the columns to the right of the CURRENT SEGMENT column. Program the desired stepping speed for the second segment in the same manner as the first segment. Repeat this procedure until you have programmed the desired stepping speed for each of the twenty segments.

The column to the left of the CURRENT SEGMENT column shows the range of stepping speeds that you have programmed; the lower indicator shows the lowest stepping speed, and the upper indicator shows the highest stepping speed. (If the same stepping speed has been programmed for all twenty segments, only one indicator will appear.) If desired, the difficulty level of the entire program can be increased or decreased by pressing the RANGE UP or RANGE DOWN button. Each time one of the buttons is pressed, the stepping speeds programmed for all twenty segments will change by 5 steps per minute. Note: The difficulty level of the program can be increased only until the upper indicator reaches the top of the column, or decreased only until the lower indicator reaches the bottom of the column.

The length of time that the program is set to last will be shown in the TIME display. If desired, the length of time can be changed by pressing the TIME GOAL UP or TIME GOAL DOWN button. Each time one of the buttons is pressed, the length of time will change by twenty seconds. The buttons can be held down to change the length of time rapidly. The program can be set to last for a minimum of 5 minutes, up to a maximum of 80 minutes. (The length of time that each segment will last will be shown in the SEGMENT TIMER display.)

To start the program, press the PROGRAM START button. The first segment will be shown in the CURRENT SEGMENT column, and the stepper will automatically adjust to the stepping speed programmed

for the first segment. Hold the handrails and begin exercising. The time remaining in the first segment will be shown in the SEGMENT TIMER display. When no time remains, all segments will move one column to the left—the second segment will be shown in the CURRENT SEGMENT column, and the stepper will automatically adjust to the stepping speed programmed for the second segment. The program will continue in this manner until the twentieth segment is shown in the CURRENT SEGMENT column and no time remains. A tone will then sound and the program will be completed.

While the program is in progress, the stepping speed programmed for the segment shown in the CURRENT SEGMENT column can be changed, if desired, by pressing the SEGMENT ADJUST UP or SEGMENT ADJUST DOWN button. If desired, the difficulty level of the entire program can be changed by pressing the RANGE UP or RANGE DOWN button. To stop the program before the program is completed, press the ALL STOP bar. The console will then be in the same state as if the program had been completed.

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. The current settings of the program will be stored in the console's memory. The settings will be stored even when the power cord is unplugged.

### SELECTING A PRESET PROGRAM

Press one of the eight PROGRAM buttons. The indicator on the button you press will light. **Note:** The diagrams on the PROGRAM buttons show how the stepping speed will change during the programs. During the PEAK program, for example, the stepping speed will gradually increase and then gradually decrease.

Next, press the MODE button to select the WALK mode or the RUN mode. An indicator will light to show which mode you have selected.

The stepping speeds programmed for the selected program will be shown in the vertical columns of indicators on the left side of the console. Seven segments will be shown at a time. If desired, the stepping speed programmed for any segment can be changed. Press the SEGMENT ADJUST LEFT or SEGMENT ADJUST RIGHT button until the segment that you want to change is shown in the CURRENT SEGMENT column. Press the SEGMENT ADJUST UP or SEGMENT ADJUST DOWN button to change the stepping speed programmed for the segment.

If desired, the difficulty level of the program can be increased or decreased by pressing the RANGE UP or RANGE DOWN button.

The length of time that the program is set to last will be shown in the TIME display. If desired, the length of time can be changed by pressing the TIME GOAL UP or TIME GOAL DOWN button.

To start the program, press the PROGRAM START button. The program will run in exactly the same manner as a custom program.

When the program is completed, a different program can be selected or the console can be switched to the manual mode by pressing the MANUAL CONTROL button. Although the settings of a preset program can be changed, only the original program settings will be stored in the console's memory.

### OPERATING THE MONITOR MODES

**PULSE:** To use the pulse mode of the console, plug the pulse earclip into the jack on the console. Attach the pulse earclip to your left ear lobe and slide the metal clothes clip onto your collar. When your pulse is detected, the PULSE indicator will flash with each heartbeat. After a few seconds, your pulse will be shown in the PULSE display. If your pulse is not shown, rub your ear lobe and reposition the pulse earclip. It may be helpful to stand still while measuring your pulse.

**DISTANCE:** The DISTANCE display will show the total number of steps that you have completed.

**CALORIES:** For an accurate measurement of the Calories that you have burned, your weight should be entered into the console. To enter your weight, press the WEIGHT SET UP or WEIGHT SET DOWN button. Each time one of the buttons is pressed, the weight setting shown in the CALORIES display will change by 1 pound. The buttons can be held down to enter your weight quickly. Five seconds after you finish entering your weight, the CALORIES display will again show the number of Calories that you have burned. To start the CALORIES mode, simply begin stepping. To stop the CALORIES mode, press the ALL STOP bar.

**TIME:** When the console is in the manual mode, the TIME display will show the length of time that you have been stepping, up to 99 minutes and 59 seconds. To start the TIME mode, simply begin stepping. To stop the TIME mode, press the ALL STOP bar. If desired, a time goal can be set. Press the TIME GOAL UP or TIME GOAL DOWN button to set the length of time that you plan to exercise. Each time one of the buttons is pressed, the length of time shown will change by ten seconds. The buttons can be held down to set a time goal quickly. A time goal can be set for a minimum of 10 seconds, up to a maximum of 99 minutes and 50 seconds. As you exercise, the time will be counted down. When the time goal is completed, a tone will sound.

When the console is in the program mode, a time goal will be set and the console will count the time down. When the program is completed, a tone will sound.

## **TURNING OFF THE POWER**

To turn off the power, remove the power key from the console. All displays and indicators will darken. Store the power key in a secure location.

## **INFORMATION MODE**

The console features an information mode that shows a service code as well as the total number of hours that the stepper has been used. To select the information mode, hold down the ALL STOP bar while inserting the power key into the console.

When the information mode is selected, the PULSE display will show a service code. Service code "S0" indicates that the stepper does not require routine service. If service code "S1," "S2," "S3" or "S4" is shown, see pages 11 and 12 for servicing instructions. The TIME display will show the total number of hours that the stepper has been used. The number can be reset to zero, if desired, by pressing the TIME GOAL DOWN button. This feature allows you to keep track of the total number of hours that the stepper is used during a particular time period, such as one week or one month.

If the TIME GOAL UP button is pressed, the TIME display will show the total number of hours that the stepper has been used since the service code was reset to "S0" (see pages 11 and 12).

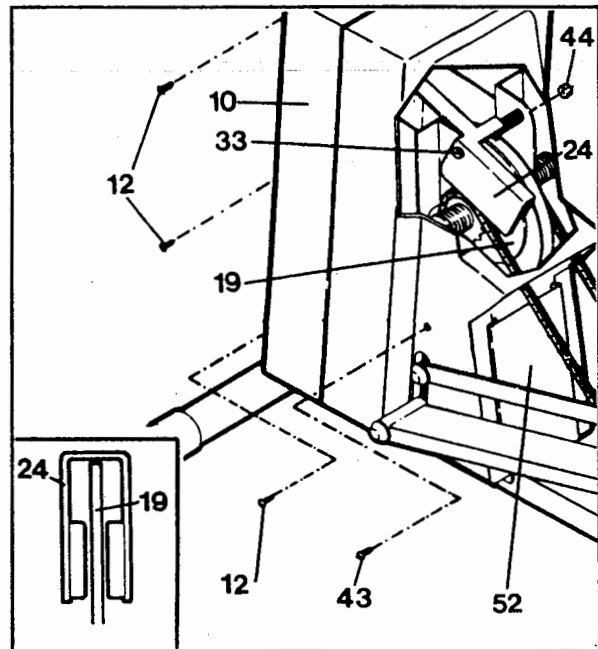
To exit the information mode, remove the power key from the console.

# MAINTENANCE AND TROUBLE-SHOOTING

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.

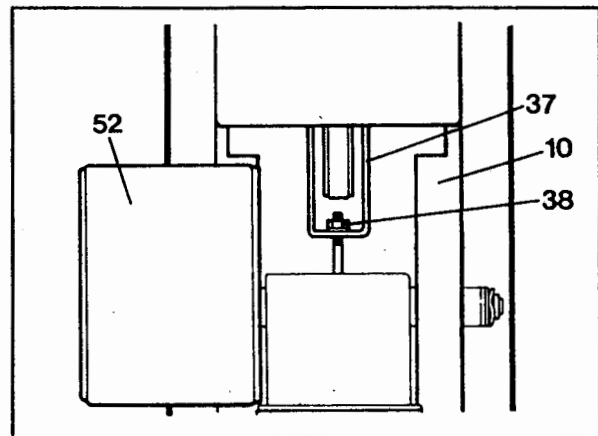
## ADJUSTING THE TENSION BRACKET

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 three Screws (12) and the Mounting Screw (43) 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 Adjustment Nut (44) stationary with a wrench. If the Tension Bracket is touching the right side of the Resistance Disk (19), turn the Adjustment Bolt (33) clockwise until the Tension Bracket is centered (see inset). If the Tension Bracket is touching the left side, turn the Adjustment Bolt counterclockwise. Reattach the Hood (10) with the six Screws (12) and the two Mounting Screws (43). Replace the Access Cover (52).



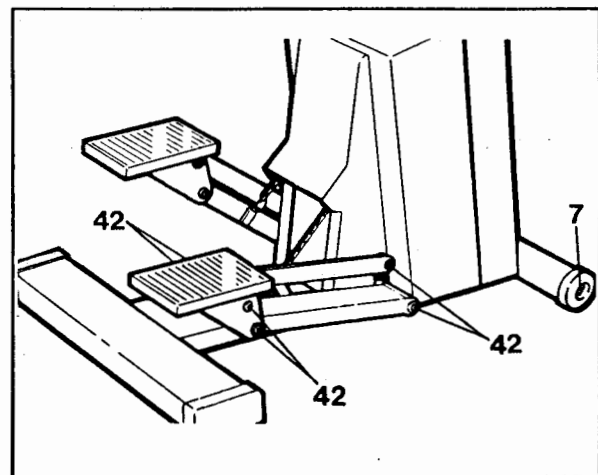
## ADJUSTING THE DRIVE BELT

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 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 one additional 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).

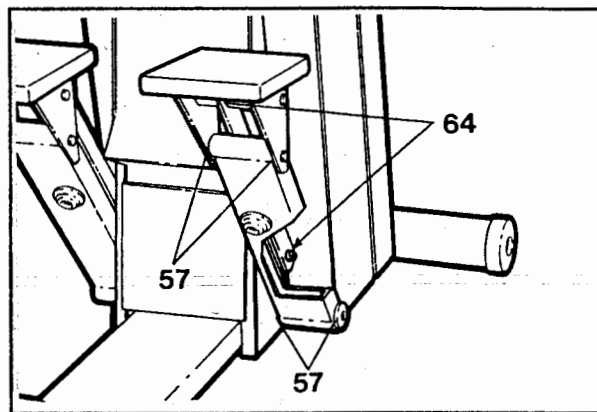


## THE SERVICE INDICATOR

After the stepper has been used for 50 hours, the service indicator on the console will light. When the service indicator lights, tighten the Buttonhead Screw (7) and the two indicated Screws (42) on the right side of the stepper. Repeat on the left side of the stepper. To extinguish the service indicator, first hold down the ALL STOP bar while inserting the power key into the console. The PULSE display will show a service code ("S1" after 50 hours of use, "S2" after 100 hours of use, "S3" after 150 hours of use, and "S4" after 200 hours of use). To extinguish the service indicator, hold down the ALL STOP bar while removing the power key.



After the stepper has been used for 100 hours, the service indicator on the console will again light. Tighten the Button-head Screws (7) and the Screws (42) as shown in the drawing at the bottom of page 11. In addition, apply a few drops of light multi-purpose oil to the two Link Arm Bushings (64) and the four Pedal Arm Bushings (57) on the right side of the stepper. Repeat on the left side of the stepper. Extinguish the service indicator as described at the bottom of page 11.



After the stepper has been used for 150 hours, the service indicator will again light. Tighten the Button-head Screws (7) and the Screws (42) as shown in the drawing at the bottom of page 11. Extinguish the service indicator as described at the bottom of page 11.

After the stepper has been used for 200 hours, the service indicator will again light. Tighten the Button-head Screws (7) and the Screws (42) as shown in the drawing at the bottom of page 11. In addition, apply a few drops of light multi-purpose oil to the Link Arm Bushings (64) and Pedal Arm Bushings (57) as shown in the drawing above. Extinguish the service indicator in the following manner:

1. Hold down the WEIGHT SET UP and TIME GOAL DOWN buttons while inserting the power key into the console. The TIME display will show a number that refers to the version of the console.
2. Press the ALL STOP bar. The LEDs on the console will begin to light in a sequence.
3. When the LEDs begin to light, press the ALL STOP bar again. The DISTANCE display will show the total number of hours that the stepper has been used since the service code was reset to "S0." The TIME display will show the total number of hours that the stepper has been used since the service indicator was extinguished.
4. Hold down the TIME GOAL UP and TIME GOAL DOWN buttons while removing the power key. The service code will be reset to "S0," all displays will be reset, and the service indicator will be extinguished.

The console will then repeat the process described above—the service indicator will again light after 50, 100, 150, and 200 hours of use.

### **CLEANING THE 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.

# 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**.

**PART LIST—MODEL NO. IM587732**

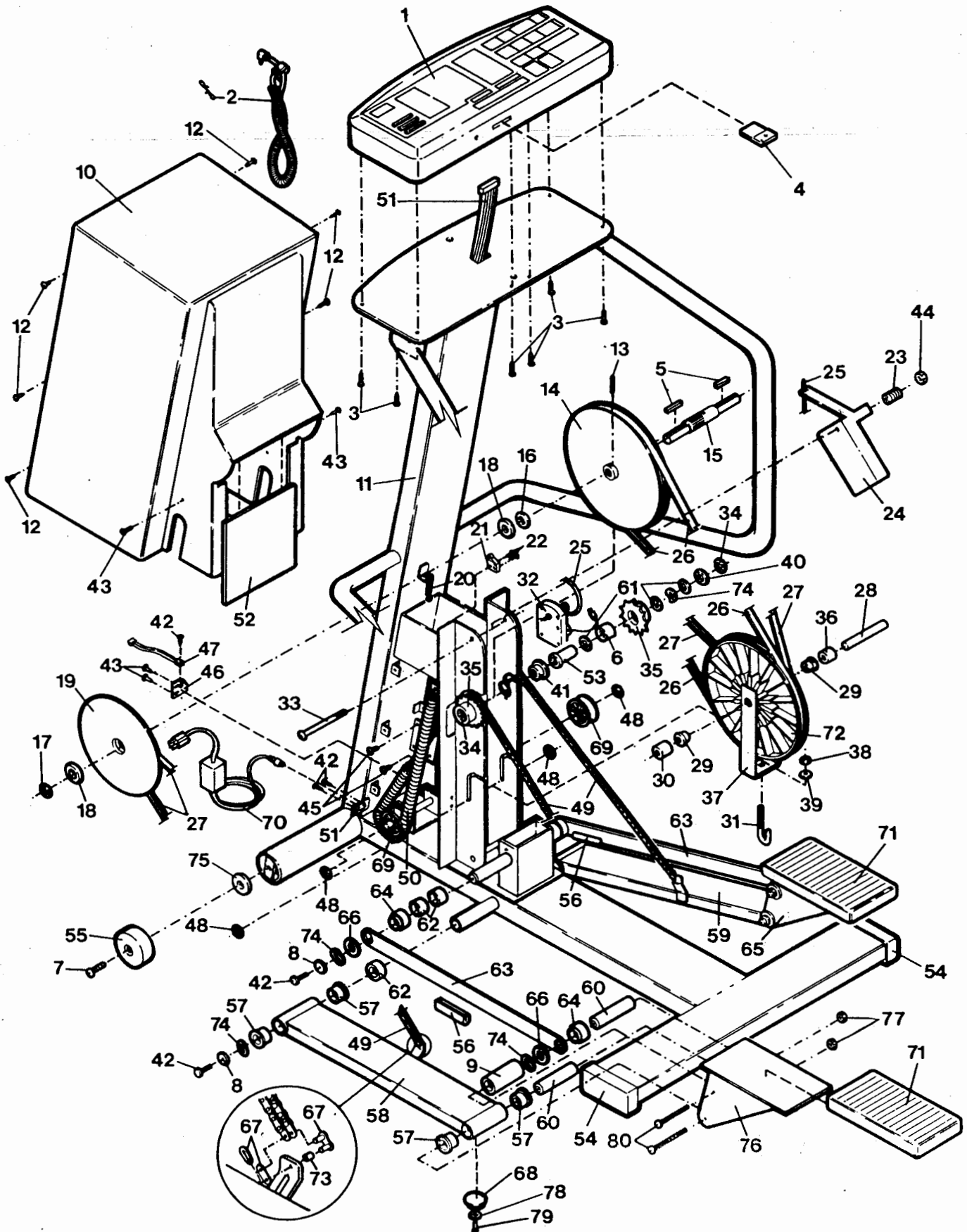
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	42	11	Screw
2	1	Pulse Earclip/Clothes Clip	43	2	Mounting Screw
3	6	Console Screw	44	1	Adjustment Nut
4	1	Power Key	45	2	Tension Motor Screw
5	2	Drive Shaft Key	46	1	Sensor Bracket
6	2	Clutch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

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. IM587732

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# 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 (IM587792).
2. The **NAME** of the product (IMAGE 877 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).