

IMAGE 733

ASSEMBLY AND
OWNER'S MANUAL

OWNER'S RESPONSIBILITY

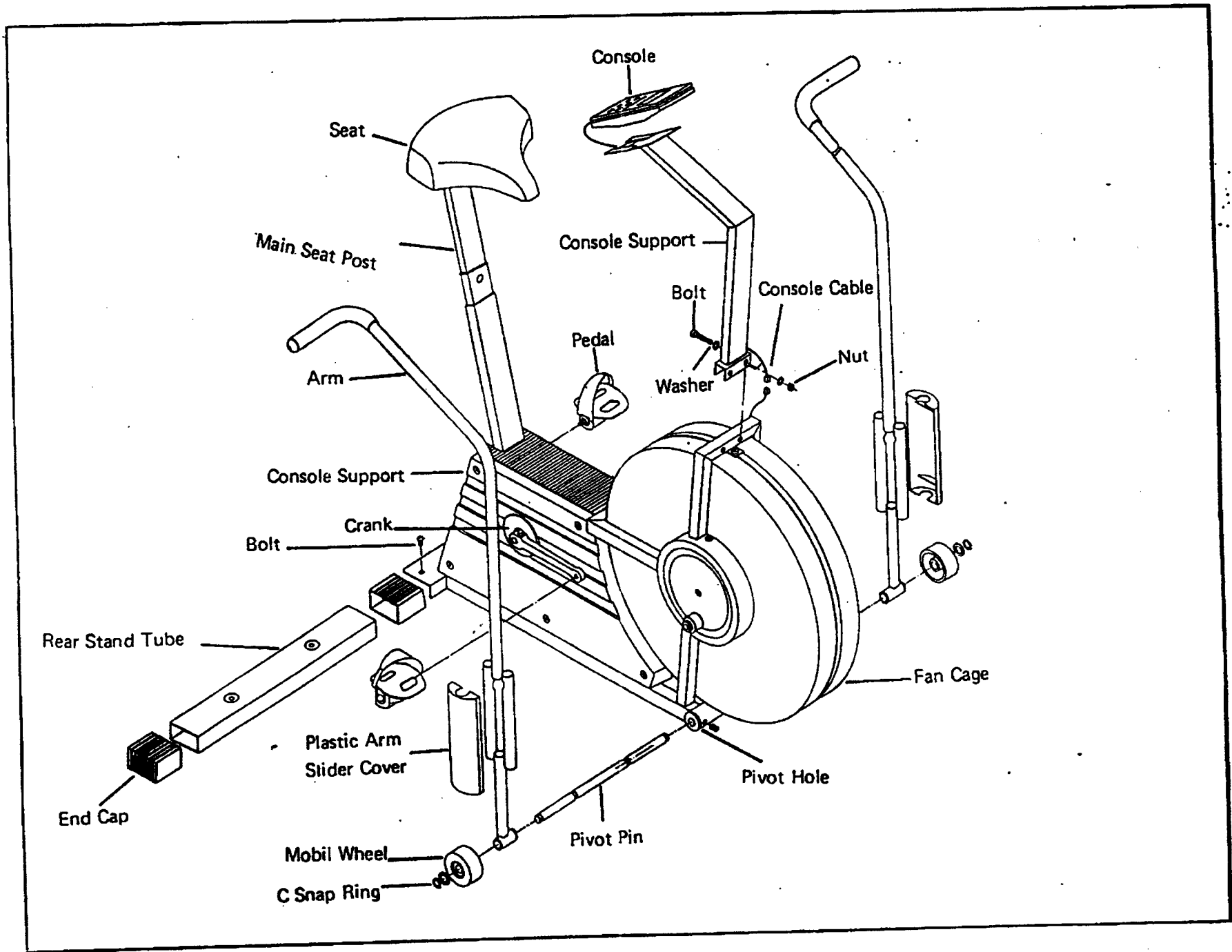
Carefully read and follow all instructions in this manual, and in any additional literature supplied with the IMAGE 733 exercise bike. The owner is responsible for keeping the IMAGE 733 exercise bike in good operating condition.

WARNING: Always consult your physician before beginning any exercise program. This is especially important if you are over 35 years of age, overweight, or have any type of physical limitation. Your doctor should prescribe an exercise program to help you safely achieve your fitness goals.

WARNING: Never allow small children to use the exercise bike. All observers should stay away from the bike when it is in use. Failure to do so could result in injury to observers or to the exerciser.

WARNING: Never insert fingers or any object into the fan cover. Never remove any of the safety guards that are attached to the exercise bike. The safety guards should be removed only by an authorized dealer for maintenance or repair. Do not use the exercise bike until all safety guards are reattached.

WARNING: Do not wear loose clothing that could become caught in the exercise bike. Always wear athletic shoes when using the bike.

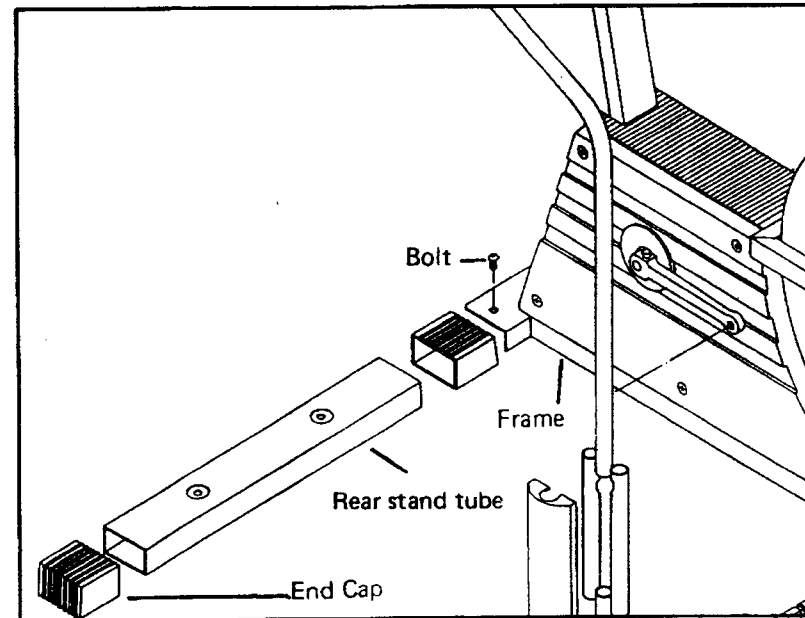


ASSEMBLY

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until the exercise bike is fully assembled, and all parts are accounted for. Assembly can be completed using the tools included.

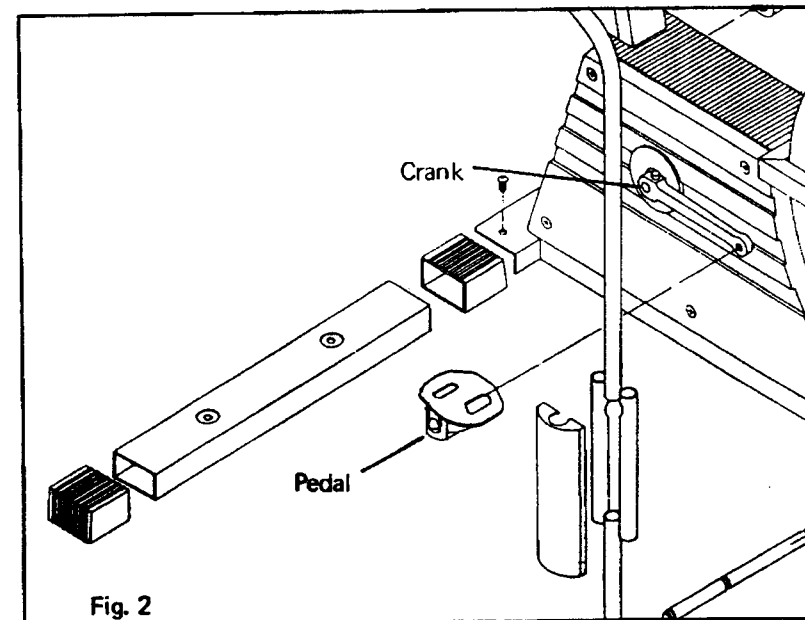
REAR STAND TUBE ASSEMBLY (See figure 1)

1. Position the rear stand tube under the frame.
2. Fasten the rear stand tube with two bolts. Tighten the bolts using the allen wrench included.
3. Press an end cap onto each end of the rear stand tube.



PEDAL ASSEMBLY (See figure 2)

1. Locate and identify the right and left pedals.
2. Thread the left pedal into the left crank, and the right pedal into the right crank.
3. Tighten both pedals firmly, using the multi-wrench included.

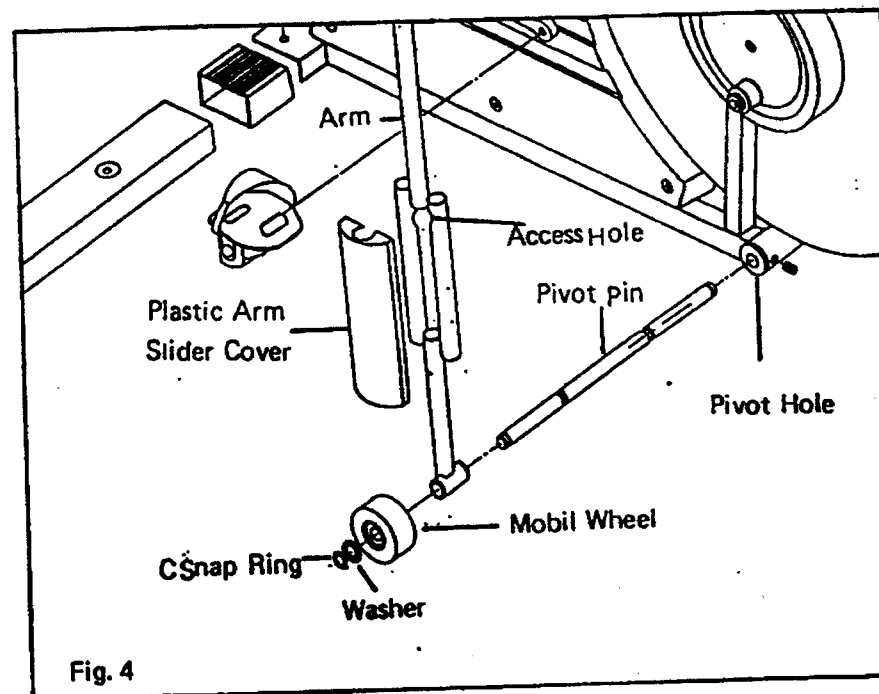
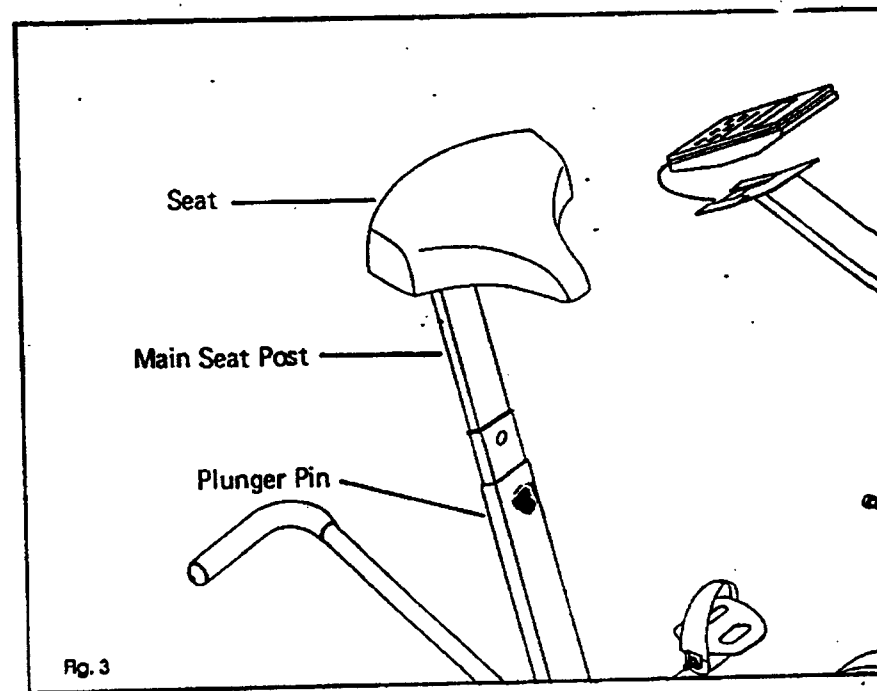


SEAT ASSEMBLY (See figure 3)

1. Pull back the plunger pin.
2. Insert the seat assembly into the frame.
3. Adjust the seat to the desired height, and replace the plunger pin in the closed position. **CAUTION:** Make sure the plunger pin is in one of the holes in the seat post.

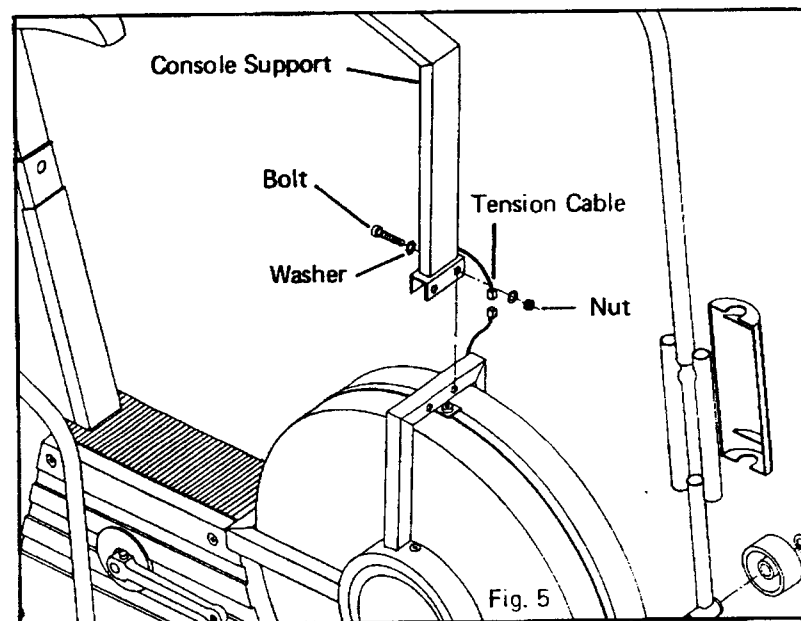
ARM ASSEMBLY (See figure 4)

1. Align the access hole in the arm with the cam follower on the frame. Slide the arm onto the cam follower.
2. Insert the pivot pin through the lower end of the arm and the pivot hole in the frame.
3. Slide a mobile wheel and a washer onto the pivot pin.
4. Press a "C" snap ring into the groove in the end of the pivot pin, using the pillar-shaped tool included.
5. Press a plastic slider cover onto the arm.
6. Repeat steps 1-5 to attach the other arm to the bike.



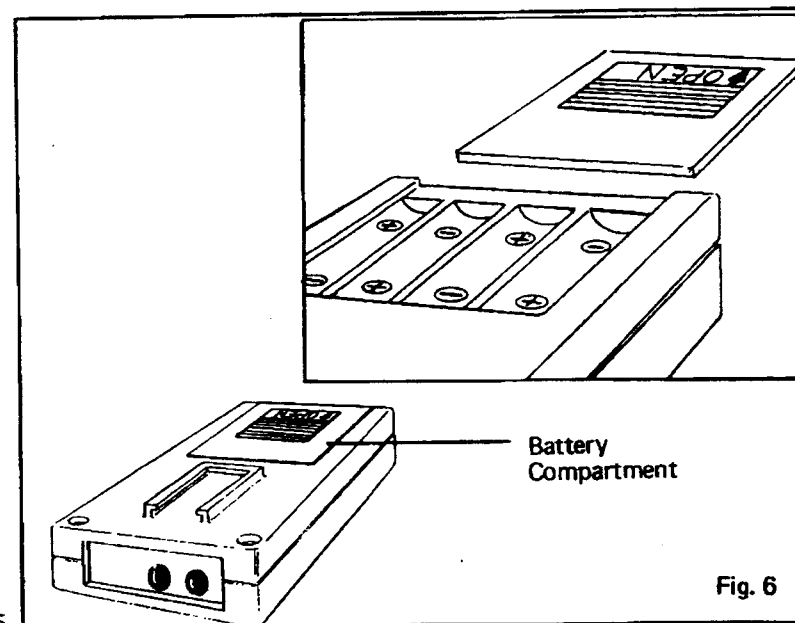
CONSOLE SUPPORT ASSEMBLY (See figure 5)

1. Place the console support on the frame. The holes in the console support must be aligned with the holes in the frame.
2. Fasten the console support with two bolts, washers and nylon nuts. Tighten the bolts and nylon nuts using the multi-wrench included.
3. Connect the ends of the console cable. Insert the slack in the console cable into the console support.



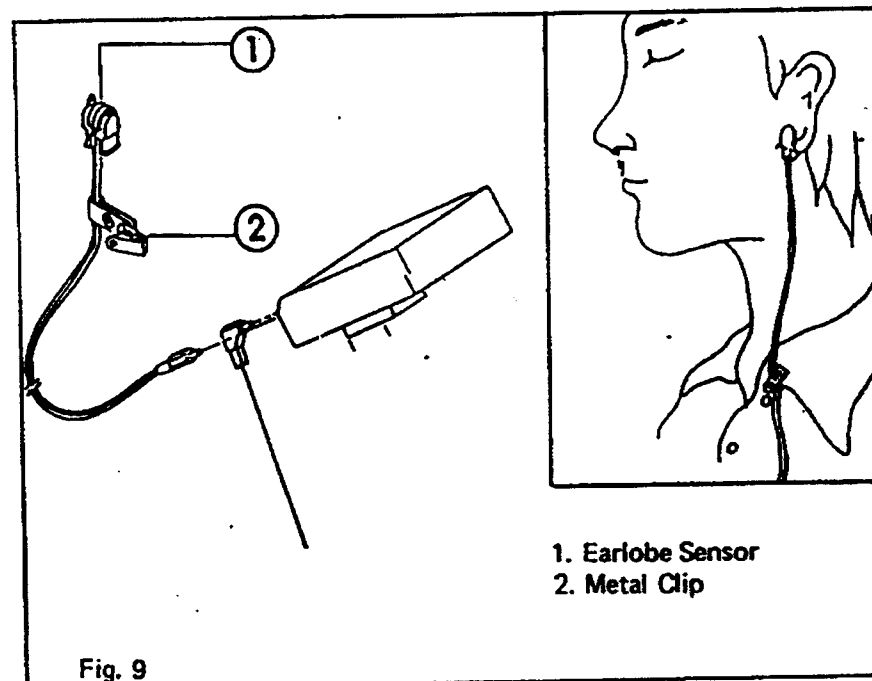
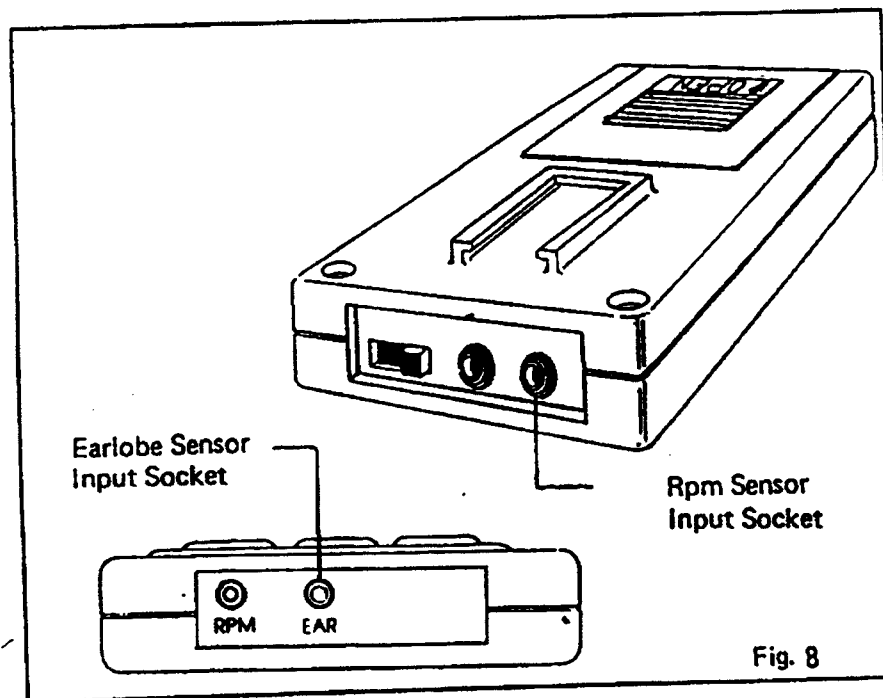
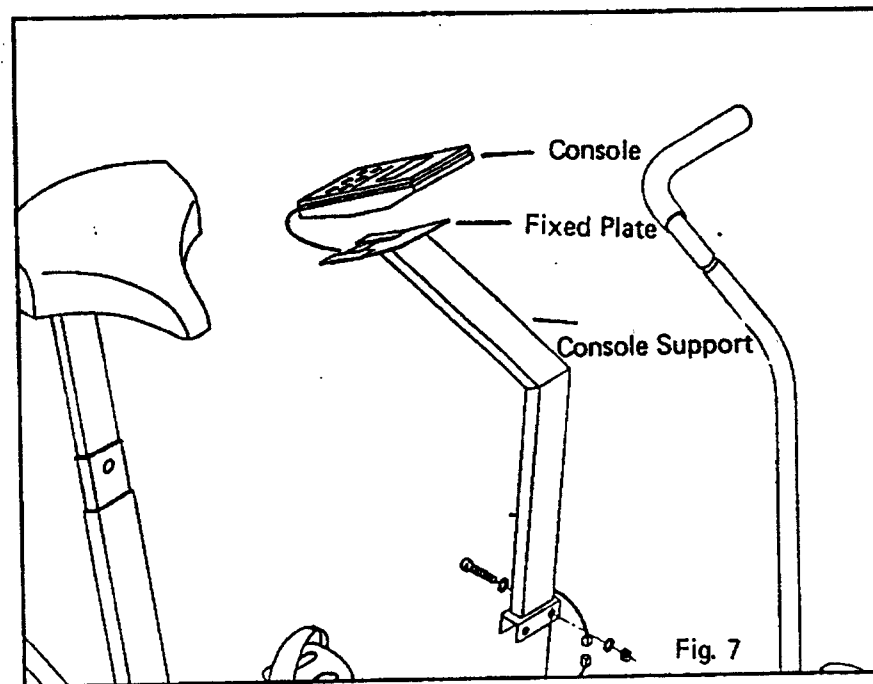
BATTERY INSTALLATION (See figure 6)

1. Remove the battery cover from the console by pressing the tab on the side of the cover, and pulling the cover outward.
2. Install four size "AA" 1.5-volt batteries in the battery compartment. The batteries must be oriented as shown on the inside of the battery compartment. NOTE: The batteries are not included.
3. Replace the battery cover.



CONSOLE ASSEMBLY (See figures 7-9)

1. Slide the console onto the fixed plate. (See fig. 7)
2. Plug the console cable into the RPM jack on the console. (See fig. 8)
3. Plug the earclip into the EAR jack on the console. (See fig. 9)
Note: To prevent damage to the earclip, fold the earclip wire and wrap the strap around it when not in use.



CONSOLE OPERATION

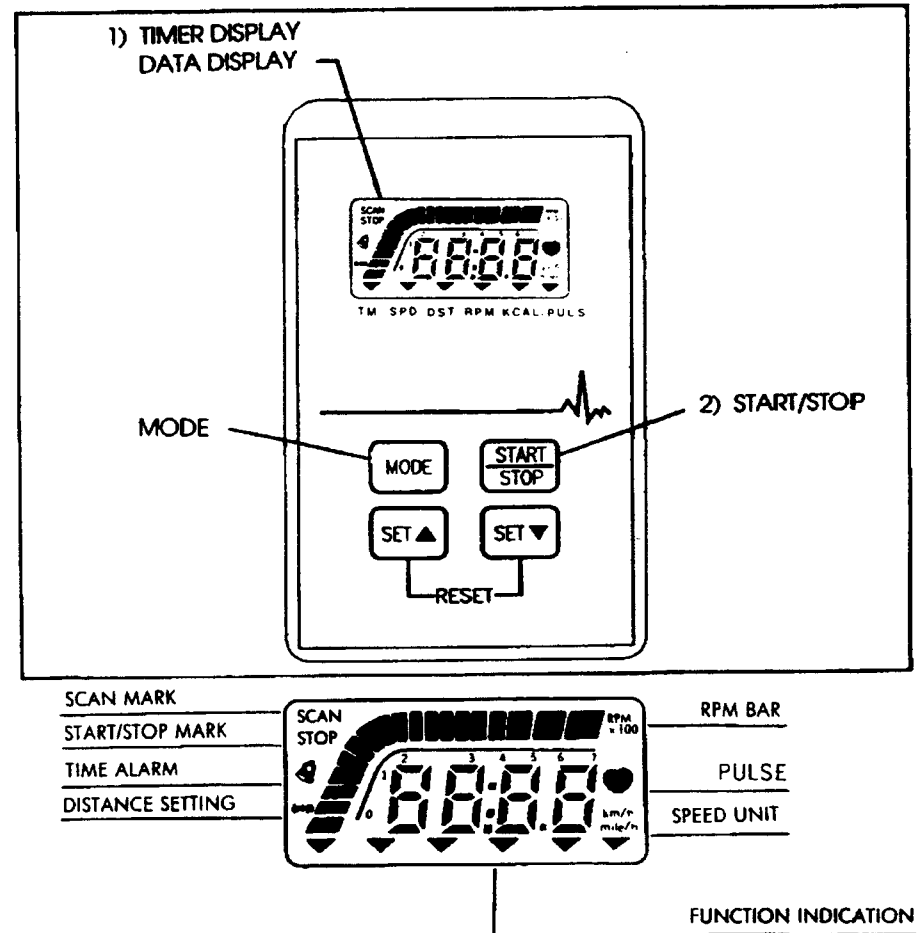
The IMAGE 733 features a multi-function electronic console to provide you with feedback as you exercise. The console offers Time, Speed, Distance, RPM, Calorie, Pulse and Auto Scan modes. In addition, time, distance and pulse goals can be set for your workouts. Follow the instructions below to operate the console.

OPERATION OF THE KEYS

Mode key- This key is used to select modes. Each time the key is pressed, a different mode will be displayed.

Start/Stop key- This key is used to start and stop the console. The stop indicator will appear on the display to show when the console is stopped. Note: Time, distance and pulse goals can be set only when the console is stopped.

Set (up) and Set (down) key- These keys are used to set time, distance and pulse goals. These keys are also used to reset the Time and Distance modes, when both keys are pressed at the same time.



CONSOLE OPERATION

1. To turn the console on, press any key, or simply begin pedaling.
2. Start or stop the console by pressing the Start/Stop key.
3. Select one of the modes by pressing the Mode key. Arrows will appear on the display to show which mode has been selected. When the Scan mode is selected, the scan indicator will appear. Note: To use the Pulse mode, plug the earclip into the EAR jack on the console, and attach the earclip to your left ear lobe. Slide the metal clip onto your collar to prevent the earclip wire from moving excessively. If your heart rate is not displayed after a few seconds, try rubbing your ear lobe and repositioning the earclip.
4. To set a time goal, first select the Time mode. Be sure the console is stopped, and then press the Set (up) or Set (down) keys to set the length of time you plan to exercise. A goal can be set for a minimum of 1 minute, up to a maximum of 99 minutes.
5. To set a distance goal, first select the Distance mode. Be sure the console is stopped, and then press the Set (up) or Set (down) keys to set the distance you plan to pedal. A goal can be set for a minimum of 0.1 mile (or kilometer), up to a maximum of 999.9 miles (or kilometers).
6. To set a pulse goal, first select the Pulse mode. Be sure the console is stopped, and then press the Set (up) or Set (down) keys to set the highest level you want your heart rate to reach during your workout. The pulse earclip must be worn as described in step 3 above. If your heart rate ever exceeds the highest level you set, a warning tone will sound until your heart rate decreases.
7. When you are finished exercising it is not necessary to turn the console off. If no keys are pressed and the pedals are not turned for approximately four minutes, the console will turn off automatically.

CONSOLE CARE

Do not expose the console to direct sunlight, or the display may be damaged. Do not allow liquids to come in contact with the console. Clean the console periodically using a soft, dry cloth.

21	Arm Mount	2 pcs
22	Roller Wheel	1 pc
23	Arm	1 pc
24	Bracket	1 pc
25	Chain Bolt	1 pc
26	Chain (Right)	1 pc
27, 28, 29	Roll and Transmission Pulley	1 set
30	Roll	2 pcs
31	Chain Wheel	1 pc
32	Plastic Anti-Slip Cover	2 pcs
33	Arm (L & R)	1 set
34	Case Follower	2 pcs
35, 36	Roller and Rear Arm Bush Roller and Rear Arm Bush	1 set
37	Rear Arm Bush Force Plate	1 pc
38	Washer	2 pcs
	Preload Shim Span Assembly	1 set
39	Arm	1 pc
40	Spring Support Bracket	1 pc
41, 42, 43	Motor Wheel Assy	1 set
44, 45, 46		
47, 48, 49		
50	Thumper Pin + Spring	1 set
51, 52	Pin + Pin	1 pc
53	Rolling	4 pcs
54	Motor Wheel	2 pcs
55	Washer	4 pcs
56, 57	Roller Assy	1 set
58	Rolling	1 pc

59	Drive Gear Part	1 pc
60	End Stop	2 pcs
61	Case Support	1 pc
62	Side Cover (L & R)	1 set
63	Roller (L & R)	1 pc
64	Shoulder Cover (L & R)	1 set
65	Roller (L & R)	1 set
66	Clamp Pin	6 pcs
67	Roll	1 pc
68	Chain	1 pc
69	Fixed Chain Wheel	1 pc
70	Roller Wheel	1 pc
71	Force Plate	2 pcs
72	End Cap	2 pcs
73	Support	1 pc
74	Roll	1 pc
75	Connector	1 pc
76	Snap Ring (S-1)	2 pcs
77	Snap Ring (S-2)	4 pcs
78	Roll (S-1 & S-2)	2 pcs
79	Rolling (S-1 & S-2)	2 pcs
80	Roll (S-1 & S-2)	4 pcs
81	C-Shape Cap	10 pcs
82	Roll (S-1 & S-2)	10 pcs
83	Roll (S-1 & S-2)	2 pcs
84	Washer	2 pcs
85	Roll (S-1 & S-2)	2 pcs
86	Roll (S-1 & S-2)	2 pcs

