

IMAGE™ PERSONAL FITNESS SYSTEM

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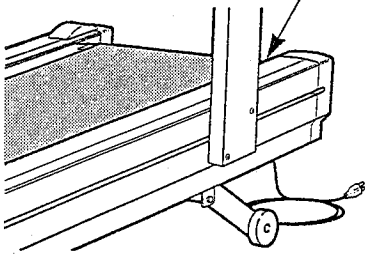
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Model No. IM971031

Serial No. _____

Write the serial number in the space above for future reference.

Serial Number Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that 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.

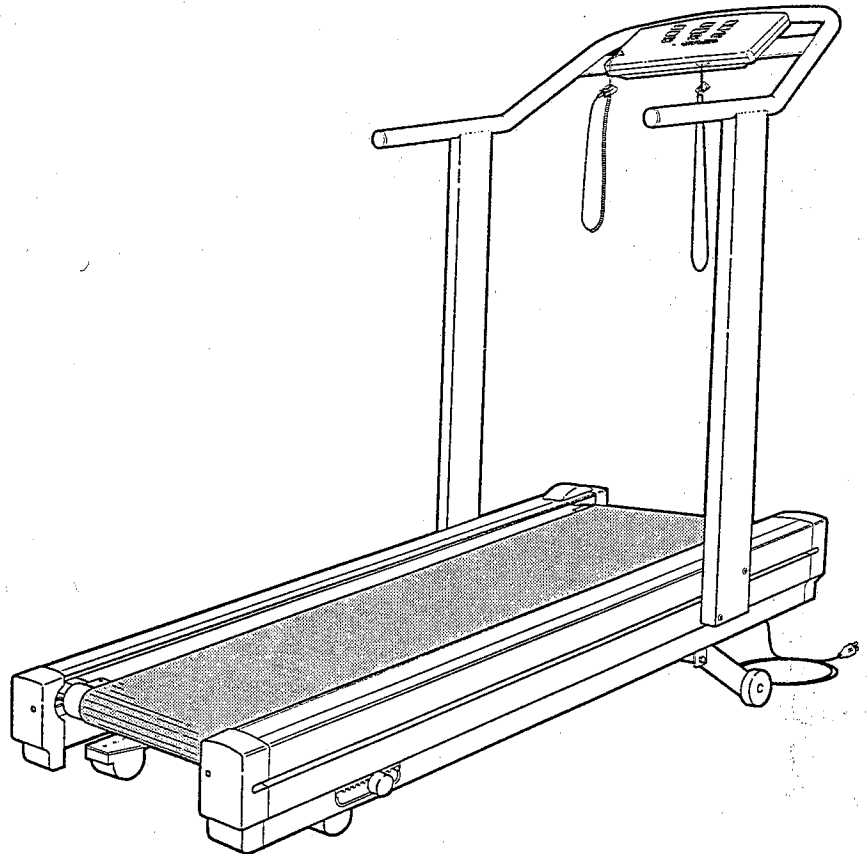
CUSTOMER HOT LINE:

1-800-999-3756

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

⚠ CAUTION!

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



OWNER'S MANUAL

IMAGETM PERSONAL FITNESS SYSTEM

9 7 1

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IMPORTANT PRECAUTIONS

▲ WARNING: To reduce the risk of burns, fire, electric shock or injury to persons, read the following important precautions and information before operating the treadmill.

1. Position the treadmill on a level surface, with at least 8 feet of clearance behind it. Do not place the treadmill near water, outdoors or on any surface that blocks an air opening. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
2. When connecting the power cord (see **PLUGGING IN THE POWER CORD** on page 6), plug the power cord directly into a grounded circuit capable of carrying 12 or more amps. No other appliance should be on the same circuit. Keep the power cord away from heated surfaces. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length with a three-wire conductor.
3. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** in this manual if the treadmill is not working properly.)
4. The roller guards must be 1/8 inch from the rear roller. Turn the power off and adjust the roller guards, if necessary.
5. Wear appropriate exercise clothing when using the treadmill; do not wear loose clothing that could become caught in the treadmill. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings or in sandals.* Athletic support clothes are recommended for both men and women.
6. Never drop or insert any object into any opening.
7. Keep small children away from the treadmill at all times. Never leave the treadmill unattended while it is running. Always remove the safety key when the treadmill is not in use.
8. Never start the treadmill while you are standing on the walking belt. Always hold the handrail when exercising on the treadmill.
9. The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.
10. The treadmill should not be used by persons weighing more than 250 pounds. Never allow more than one person on the treadmill at a time.
11. To reduce the possibility of overheating, do not operate the treadmill continuously for longer than 1 hour.
12. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
13. Use the treadmill only as described in this manual.
14. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual. Never remove the safety cover unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

▲ 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

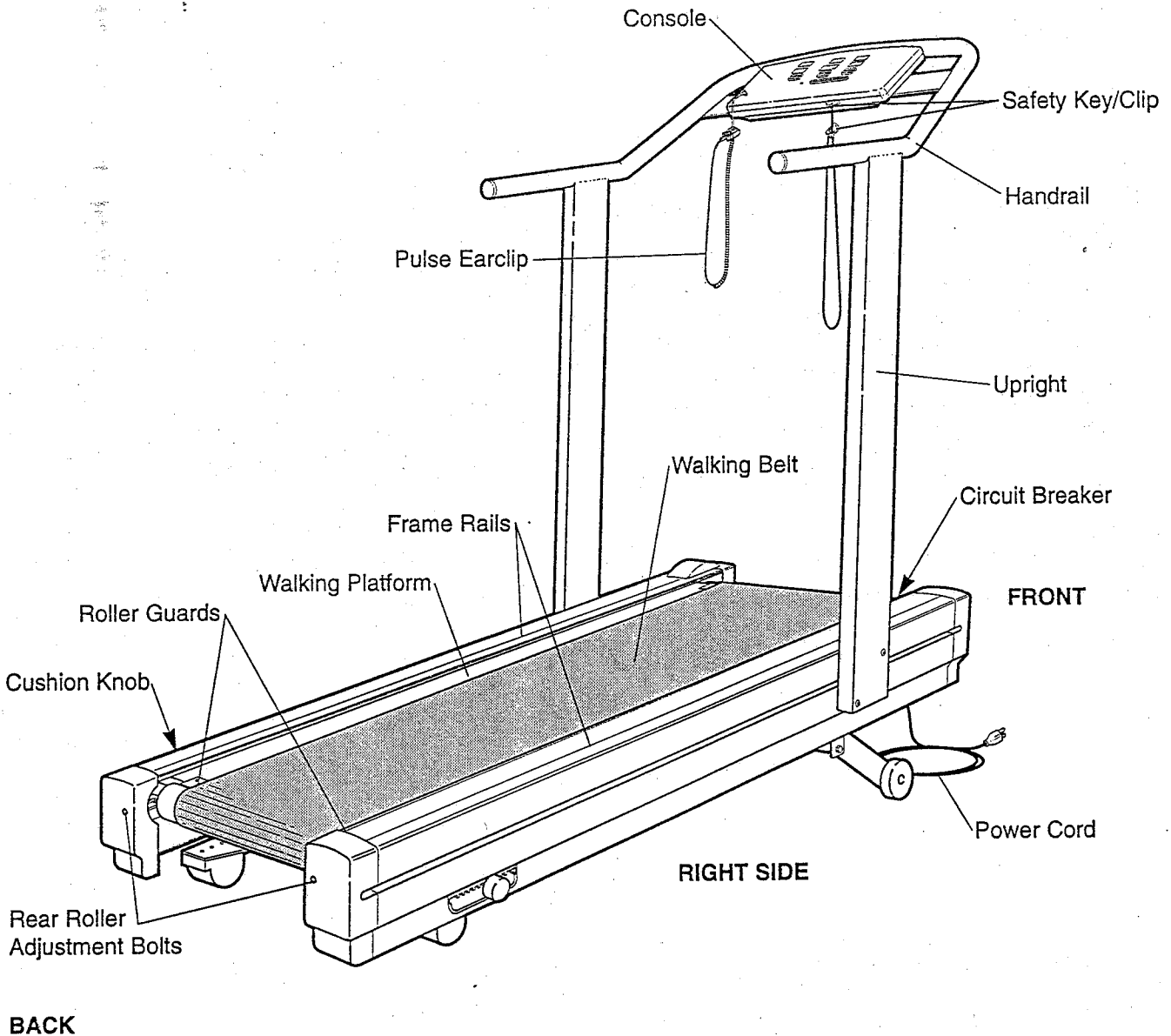
BEFORE YOU BEGIN

Thank you for selecting the IMAGE™ 971 treadmill. The IMAGE 971 treadmill blends advanced technology with innovative design to let you enjoy an excellent form of cardiovascular exercise in the convenience and privacy of your home.


For your benefit, read this manual carefully before using the treadmill. 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 IM971031. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



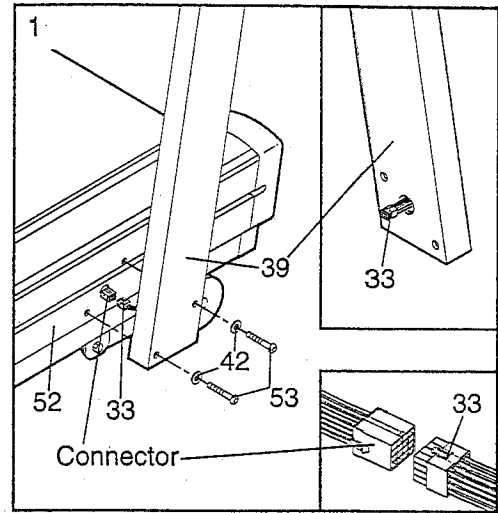
ASSEMBLY

Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **TOOLS REQUIRED FOR ASSEMBLY:** The included 7/32" allen wrench .

1. See the upper inset drawing. Make sure that the end of the Upright Wire Harness (33) is extending from the hole near the lower end of the Right Upright (39).

Hold the Right Upright (39) near the connector on the side of the Right Frame Rail (52). Plug the lower end of the Upright Wire Harness (33) into the connector. The small latch on the Harness should snap onto the connector. If the Harness does not fit easily, turn it; do not force the Harness into the connector. Push the connector and Harness into the Right Frame Rail. **Be careful not to damage the wires.**

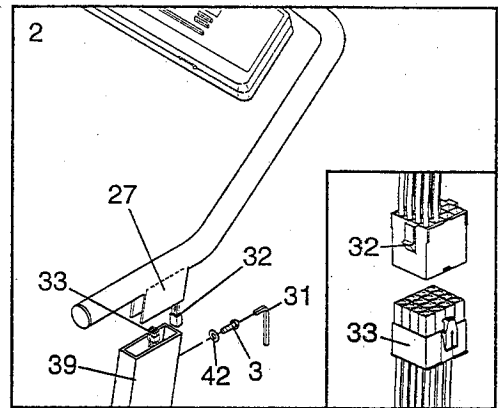
Insert two 3/8" x 2" Bolts (53), with Upright Washers (42), into the Right Upright (39) and the Right Frame Rail (52). Hand tighten the Bolts. **Be careful not to damage the wires.** Attach the Left Upright (not shown) in the same manner.



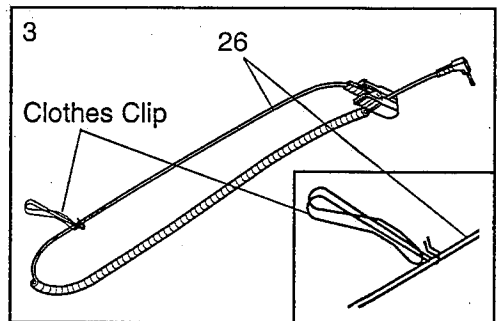
2. The help of a second person is recommended for this step.

Connect the Handrail Wire Harness (32) to the Upright Wire Harness (33). Slide the brackets on the Handrail (27) into the Right Upright (39) and the Left Upright (not shown). **Be careful not to damage the wires.** Insert a 3/8" x 1" Bolt (3), with an Upright Washer (42), into each Upright. It may be necessary to raise the front of the Handrail to insert the Bolts. Tighten the Bolts with the 7/32" Allen Wrench (31).

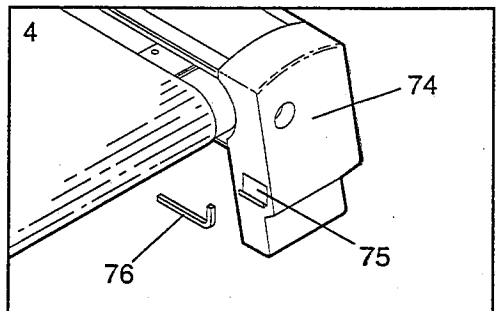
See step 1. Using the 7/32" Allen Wrench (31), tighten the 3/8" x 2" Bolts (53) used in step 1.



3. Slide the metal clothes clip onto the Pulse Earclip (26) in the indicated location. The use of the Pulse Earclip is explained on page 8.



4. Remove the paper backing from the Wrench Clip (75). Press the Wrench Clip onto the Right Rear Endcap (74) in the indicated location. Press the 3/16" Allen Wrench (76) into the Wrench Clip.



Make sure that all parts are tightened before using the treadmill. **Note: To protect the floor, cover the floor beneath the treadmill.**

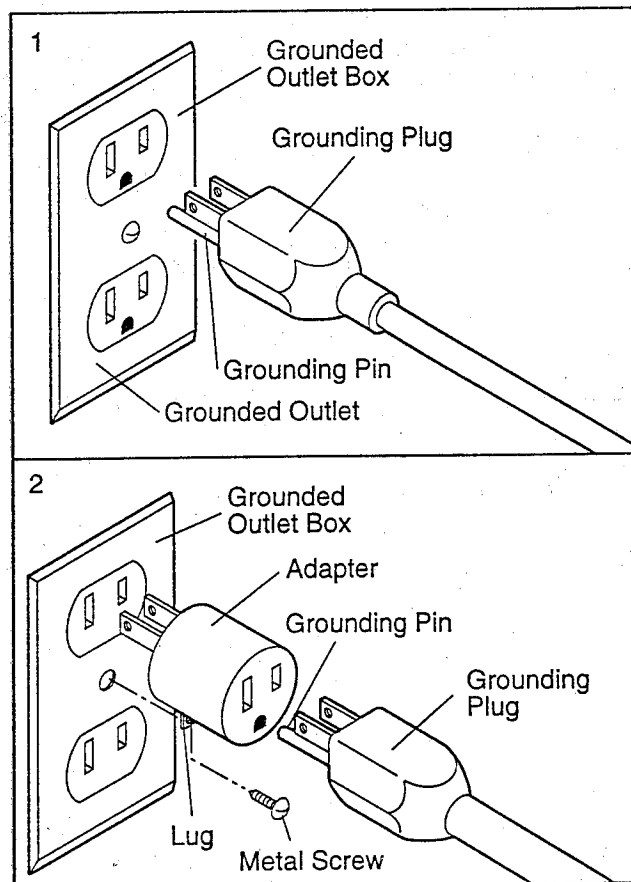
OPERATION AND ADJUSTMENT

PLUGGING IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

▲ DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in Drawing 1.



A temporary adapter that looks like the adapter illustrated in Drawing 2 may be used to connect this plug to a 2-pole receptacle as shown in Drawing 2 if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (Drawing 1) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.

BREAKING IN THE WALKING PLATFORM

Your treadmill features a low-maintenance walking platform with a special hydrocarbon coating. The walking platform must be broken in completely so the coating impregnates the walking belt. Follow the instructions below to break in the walking platform.

Adjust the incline of the treadmill to the highest setting. (See pages 7 and 8 for instructions about adjusting the speed and incline.) Next, adjust the speed of the walking belt to about 3 miles per hour. Hold the handrail and begin walking on the treadmill. Be sure to step on all areas of the walking belt—not only on the center. The walking belt may slow or stop as you walk. Continue for 5 to 10 minutes, or until the walking belt no longer slows as you walk.

Note: If the walking belt stops and an "EEE" appears on the console, remove the safety key, wait for 10 seconds, and then re-insert it. **IMPORTANT:** Never apply silicone spray or other substances to the walking platform or the walking belt. They will deteriorate the walking platform and cause excessive wear.

CUSHION LEVEL ADJUSTMENT

The treadmill is specially designed to cushion the impact as you walk or run. For a softer cushion level, turn the cushion knob clockwise. For a firmer cushion level, turn the knob counterclockwise. Note: The faster you run on the treadmill, the firmer the cushion level should be. If the cushion level is too soft, the treadmill will bounce excessively.

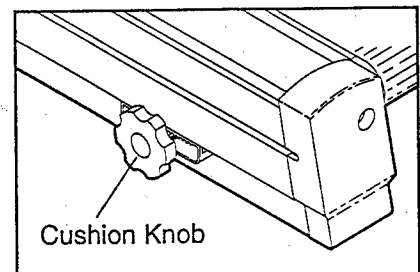
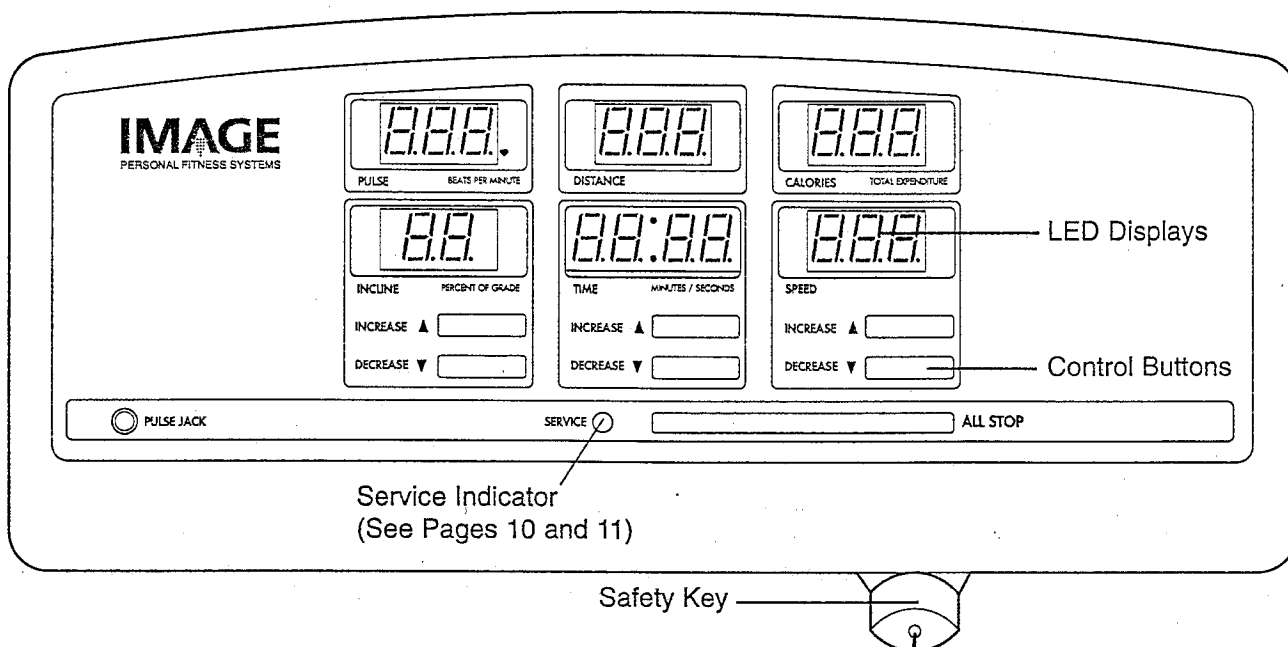


DIAGRAM OF THE CONSOLE

The heart of the treadmill is the sophisticated console. The console features a safety key-operated power switch, electronic speed and incline controls, and six

LED displays to give you continuous exercise feedback. Please read these instructions before operating the console.



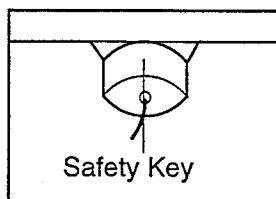
TURNING THE POWER ON

▲ WARNING: Do not stand on the walking belt when turning the power on. Always wear the clip while operating the treadmill.

If the safety key is in the console, remove it. Plug in the power cord (see PLUGGING IN THE POWER CORD on page 6). Note: If the safety key is in the console when the power cord is plugged in, a "PO" will appear in the speed display. If this occurs, remove the safety key.

Stand on the frame rails of the treadmill. Find the clip attached by a cord to the safety key, and slide the clip onto your waistband.

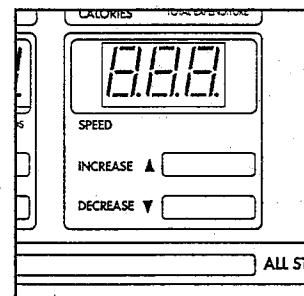
Insert the safety key into the console. The six LED displays will light.



CONTROLLING THE SPEED OF THE TREADMILL

When the power is turned on, the walking belt will be stationary. The speed of the walking belt is controlled with the SPEED buttons below the speed display.

Each time the SPEED INCREASE button is pressed, the speed will increase by 0.1 mile per hour (mph), beginning at 0.5 mph. Each time the SPEED DECREASE button is pressed, the speed will decrease by 0.1 mph. The buttons can be held down to change the speed rapidly. The speed can be set at a minimum of 0.5 mph, up to a maximum of 10 mph, in increments of 0.1 mph.

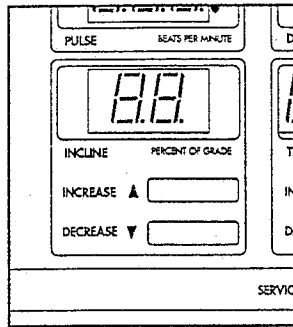


▲ WARNING: After the SPEED buttons are pressed, it will take a few seconds for the walking belt to reach the selected speed setting. Adjust the speed in small increments until you are familiar with the operation of the treadmill.

Press the SPEED INCREASE button until the walking belt begins to move at slow speed. Hold the handrail, step carefully onto the walking belt and begin exercising. Change the speed as desired by pressing the SPEED buttons. To stop the walking belt, hold down the SPEED DECREASE button. The walking belt can be stopped quickly, if desired, by pressing the ALL STOP bar.

CHANGING THE INCLINE OF THE TREADMILL

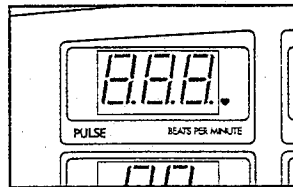
To vary the intensity of your exercise, the incline of the treadmill can be changed by pressing the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The buttons can be held down to change the incline rapidly. The incline can be set at a minimum of 1.5%, up to a maximum of 12%. Note: After the buttons are pressed, it will take a few seconds for the treadmill to reach the selected incline.



LED DISPLAY OPERATION

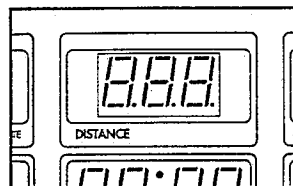
PULSE DISPLAY

To use the pulse display, plug the pulse earclip into the jack on the console. Attach the earclip to your left ear lobe and slide the metal clothes clip onto your collar. 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 earclip. It may be helpful to stand still while measuring your pulse.



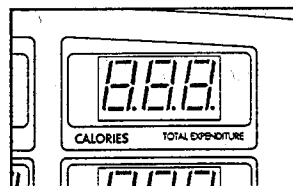
DISTANCE DISPLAY

The distance display will show the total distance you have walked or run, in miles.



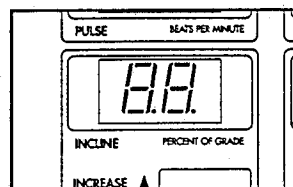
CALORIE DISPLAY

The calorie display will show the approximate number of nutritional Calories you have burned.



INCLINE DISPLAY

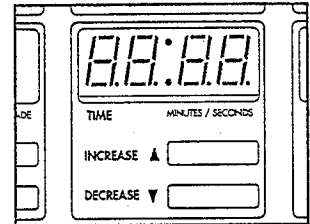
The incline display will show the incline setting of the treadmill.



TIME DISPLAY

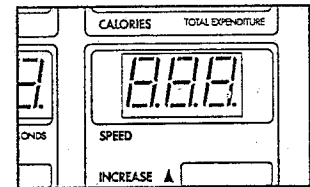
The time display will show the total time that you have walked or run during your workout, up to 99 minutes and 59 seconds. (If the treadmill is run for more than 99 minutes and 59 seconds, the walking belt will automatically slow to a stop.)

If desired, time goals can be set. Press the TIME buttons 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 1 minute. A time goal can be set for a minimum of 1 minute, up to a maximum of 99 minutes. As you exercise, the time will be counted down. When no time remains, the walking belt will slow to a stop.



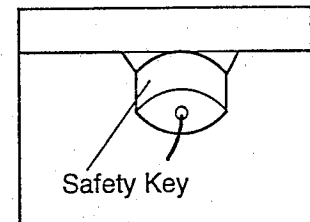
SPEED DISPLAY

The speed display shows the selected speed setting of the walking belt.



TURNING THE POWER OFF

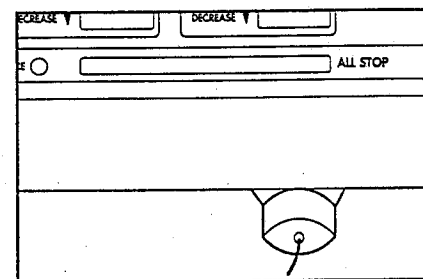
To turn the power off, remove the safety key from the console. The six displays will darken. Store the safety key in a secure location.



INFORMATION MODE

The console features an information mode that keeps track of trip time and distance, as well as the total time and distance accumulated on the treadmill.

To select the information mode, hold down the ALL STOP bar while inserting the safety key into the console.



When the information mode is selected, the time display will show the trip time, up to 9,999 hours. The

distance and pulse displays together will show the trip distance, up to 99,999 miles. The incline display will show a service code. If the service code is "S0," it indicates that the treadmill does not require routine maintenance. If the service code is "S1" or "S3," see 6. a. and b. on page 11. While the trip time and distance are displayed, they can be reset to zero by pressing the TIME DECREASE button.

To view the total time and distance, press the TIME INCREASE button. The time display will show the total time, up to 9,999 hours. The distance and pulse displays together will show the total distance, up to 99,999 miles.

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

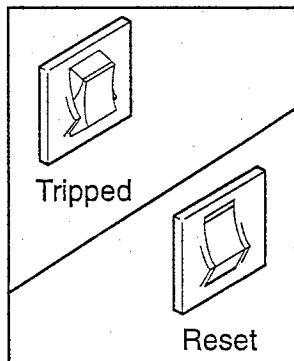
TROUBLE-SHOOTING AND STORAGE

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies and follow the steps listed. If further assistance is needed, 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).

1. SYMPTOM: THE POWER DOES NOT TURN ON

- a. Make sure that the power cord is plugged into a properly grounded outlet. (See **PLUGGING IN THE POWER CORD** on page 6.) If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.
- b. After the power cord has been plugged in, make sure that the safety key is fully inserted into the console. (See **TURNING THE POWER ON** on page 7.)

- c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

- a. Check the circuit breaker located on the treadmill near the power cord. If the circuit breaker has tripped, the switch will protrude. (See the drawing above.) To reset the circuit breaker, wait for five minutes and then press the switch back in.
- b. Make sure that the power cord is plugged in.
- c. Remove the safety key from the console. Reinsert the safety key fully into the console.

3. SYMPTOM: THE PULSE EARCLIP DOES NOT FUNCTION PROPERLY

- a. Make sure that the pulse earclip is plugged fully into the jack on the console. Rub your left ear lobe and reposition the earclip. Attach the clothes clip to your collar.
- b. Stand still while measuring your pulse.

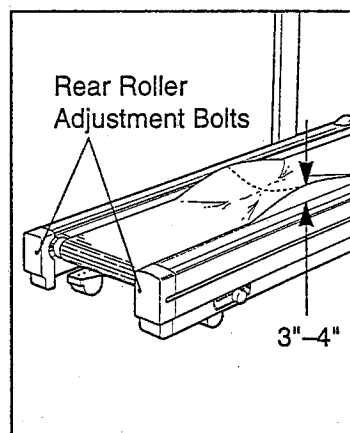
- c. The pulse earclip may need to be cleaned. Press the earclip open, and find the two clear circles inside the earclip. Wipe the two clear circles using a cotton swab saturated with denatured alcohol.

⚠ WARNING: The pulse earclip is not a medical device. Various factors, including the user's movement while exercising, may affect the accuracy of heart rate readings. The earclip is intended only as an exercise aid in determining heart rate trends in general.

4. SYMPTOM: THE WALKING BELT SLOWS WHEN WALKED ON

- a. The first time you use the treadmill, walk on the entire surface of the walking belt for 10 minutes to break in the walking platform. During this initial break-in period, it is normal for the walking belt to slow. (See also 7. a. on page 11.)
- b. If an extension cord is needed, use only a 14-gauge general-purpose cord of five feet or less in length.

- c. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the safety key and **UNPLUG THE POWER CORD**. Using the 3/16" allen wrench, turn

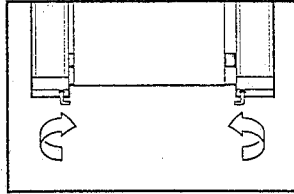


both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be

careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

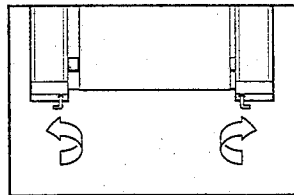
5. SYMPTOM: THE WALKING BELT IS OFF-CENTER OR SLIPS WHEN WALKED ON

- a. If the walking belt has shifted to the left, first remove the safety key and **UNPLUG THE POWER CORD.**



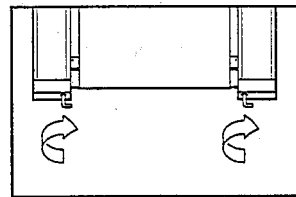
Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

- b. If the walking belt has shifted to the right, first remove the safety key and **UNPLUG THE POWER CORD.**



Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

- c. If the walking belt slips when walked on, first remove the safety key and **UNPLUG THE POWER CORD.**



Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. The center of the walking belt should just touch the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the safety key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

6. SYMPTOM: THE SERVICE INDICATOR ON THE CONSOLE LIGHTS

- a. The service indicator on the console is designed to alert you when routine maintenance is needed. After the treadmill has been operated for 10 miles, the service indicator will light. When the service indicator lights, the bolts attaching the uprights and the handrail should be tightened. In addition, the tension of the walking belt should be checked (see 4. c. above). To extinguish the service indicator, first hold down the ALL STOP bar while inserting the safety key into the console. A service code ("S1") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the ALL STOP bar while removing the safety key.

- b. After the treadmill has been operated for 600 miles, the service indicator will again light. When the service indicator lights, the tension of the walking belt should be checked (see 4. c. above). In addition, a service technician should check the amp draw and the motor brushes. For service, 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 extinguish the service indicator, first hold down the ALL STOP bar while inserting the safety key into the console. A service code ("S3") will appear in the INCLINE display. To reset the service code and extinguish the service indicator, hold down the ALL STOP bar while removing the safety key.

7. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. If a console malfunction occurs, an error code ("PO" or "EEE") may appear on the display. If an error code appears, remove the safety key, wait for ten seconds and then reinsert it. If the error code appears again, call our Customer Service Department. Do not operate the treadmill until the problem is corrected.

STORAGE

Unplug the power cord when the treadmill is not in use. It is recommended that the treadmill be covered during extended periods of storage.

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.

WHY EXERCISE?

Exercise has proven essential for good health and general well-being. Studies have shown that staying in good physical condition is better than any drug for helping to prevent or alleviate several diseases, including heart disease, diabetes, and cancer.

Regular participation in a well-rounded exercise program also results in a stronger and more efficient heart, improved respiratory function, increased stamina and endurance, better weight management and body fat control, increased ability to deal with stress, and greater self-esteem and confidence.

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

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

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.

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.

▲ CAUTION: If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down. Consult your physician before continuing with your fitness program.

WORKOUT GUIDELINES

A well-rounded workout should include the following three phases:

A warm-up phase, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate and circulation in preparation for strenuous exercise. Stretching also guards against muscle, tendon and ligament sprains. (See SUGGESTED STRETCHES on page 13.)

A cardiovascular phase, including 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down phase, consisting of 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is often most effective during this phase. This phase should leave you relaxed and comfortably tired.

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.

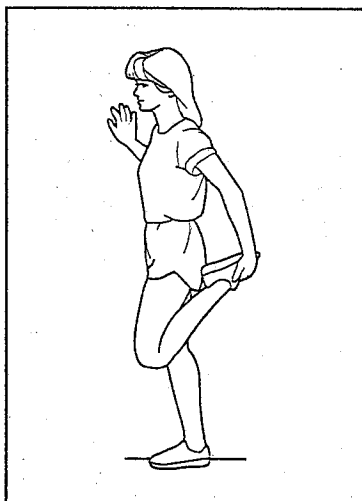
Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise often carries through the day to help increase productivity in other areas. For some, exercising before dinner initiates a period of winding-down from the day's activities. Whatever time you choose, be consistent and stick with it. Remember, the key to success is CONSISTENCY.

SUGGESTED STRETCHES

The following stretches can provide a good warm-up or cool-down. Correct form for each stretch is shown in the following drawings. Move slowly as you stretch—never bounce.

QUADRICEPS STRETCH

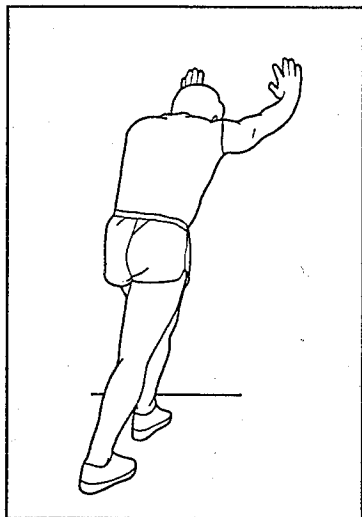
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.



Stretches: Quadriceps and hip muscles.

CALF/ACHILLES STRETCH

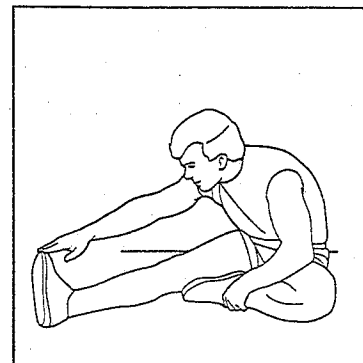
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well.



Stretches: Calves, achilles tendons and ankles.

HAMSTRING STRETCH

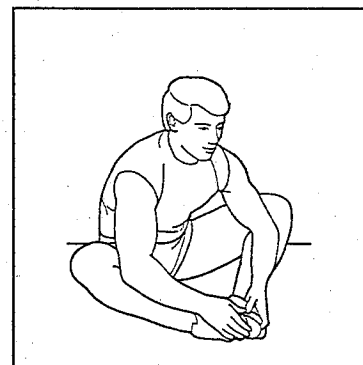
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs.



Stretches: Hamstrings, lower back and groin.

INNER THIGH STRETCH

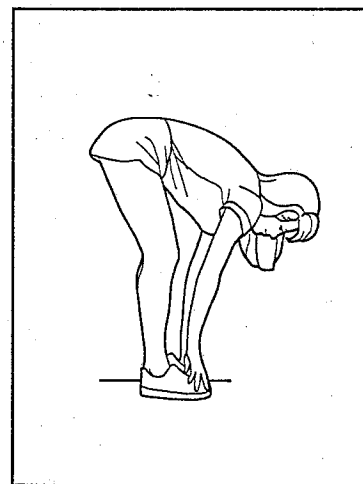
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times.



Stretches: Quadriceps and hip muscles.

TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times.



Stretches: Back of knees and back, hamstrings.

PART LIST—Model No. IM971031

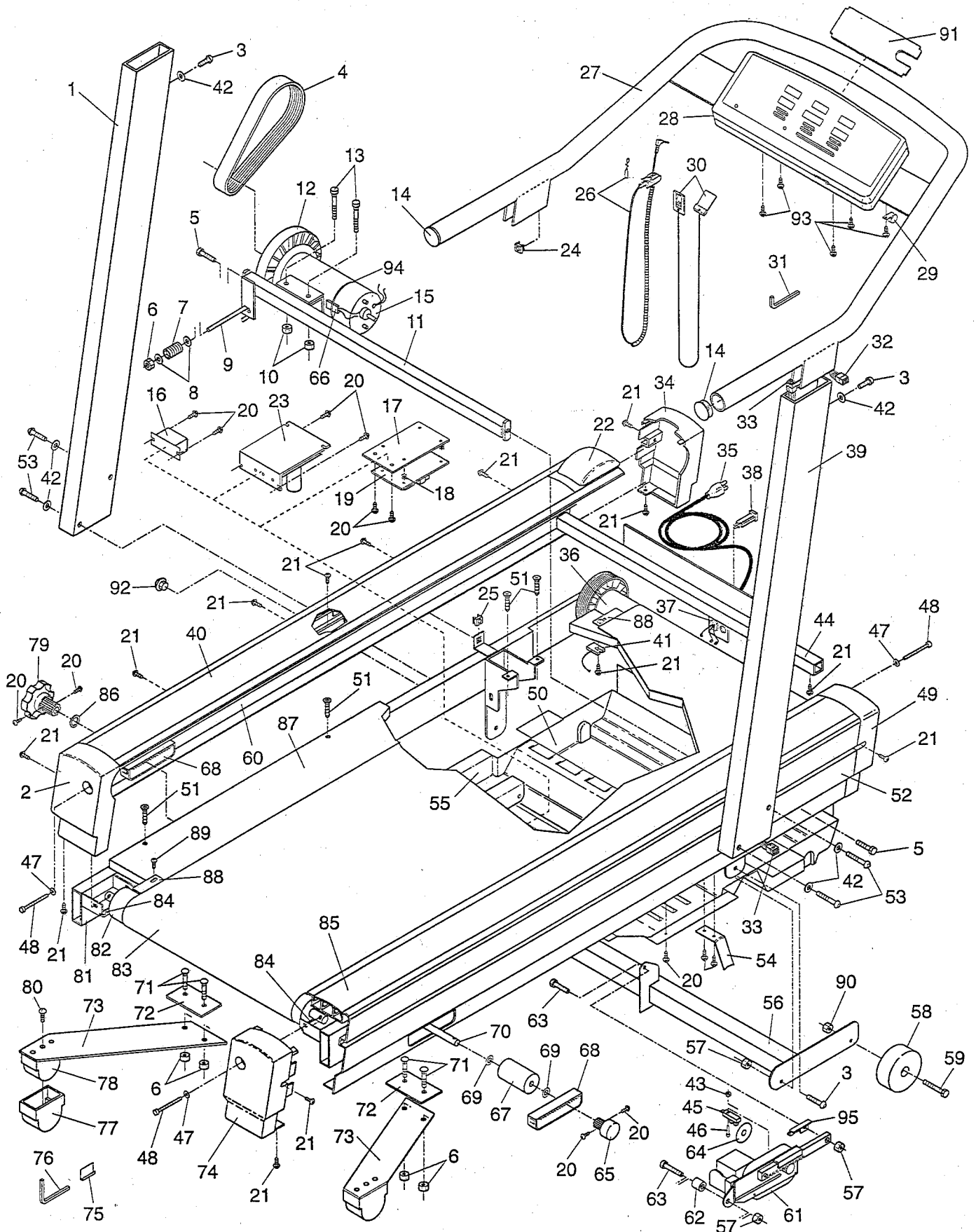
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	53	4	3/8" x 2" Bolt
2	1	Left Rear Endcap	54	2	Belt Guide
3	4	3/8" x 1" Bolt	55	1	Rear Safety Cover
4	1	Motor Belt	56	1	Incline Leg
5	2	Motor Pivot Bolt	57	6	3/8" Nut
6	5	5/16" Nut	58	2	Front Wheel
7	1	Tension Spring	59	2	Front Wheel Bolt
8	2	Tension Washer	60	1	Left Frame Rail
9	1	J-Bolt	61	1	Incline Motor
10	2	Motor Nut	62	1	Incline Motor Spacer
11	1	Motor Swivel Shaft	63	2	Incline Motor Bolt
12	1	Pulley/Flywheel/Fan	64	1	Incline Optic Disk
13	2	Motor Mount Bolt	65	1	Bar Endcap
14	2	Handrail Endcap	66	1	Thermal Switch
15	1	Motor	67	2	Cushion Spring Spacer
16	1	Relay Switch	68	2	Cushion Spring Insert
17	1	Power Board Plate	69	4	Push Nut
18	4	Plastic Stand-Off	70	1	Spring Foot Bar
19	1	Power Board	71	4	Spring Bolt
20	32	Black Screw	72	2	Support Plate
21	16	Silver Screw	73	2	Spring Plate
22	1	Pulley Cover	74	1	Right Rear Endcap
23	1	Controller	75	1	Wrench Clip
24	2	Handrail Cage Nut	76	1	Allen Wrench
25	4	Upright Cage Nut	77	2	Cushion Foot
26	1	Pulse Earclip/Clothes Clip	78	2	Cushion Foot Pad
27	1	Handrail	79	1	Cushion Knob
28	1	Console	80	2	Spring Foot Screw
29	1	Strain Relief	81	1	Frame
30	1	Safety Key/Clip	82	1	Rear Roller
31	1	7/32" Allen Wrench	83	1	Walking Belt
32	1	Handrail Wire Harness	84	2	Rear Roller Insert
33	1	Upright Wire Harness	85	1	Right Rail Insert
34	1	Left Front Endcap	86	1	Cushion Knob Spacer
35	1	Power Cord	87	1	Walking Platform
36	1	Front Roller/Pulley	88	4	Roller Guard
37	1	Grommet	89	4	Roller Guard Screws
38	1	Circuit Breaker	90	2	Front Wheel Nut
39	1	Right Upright	91	1	Console Spacer
40	1	Left Rail Insert	92	1	Hole Plug
41	1	Reed Switch/Sensor Wire	93	6	Console Screw
42	6	Upright Washer	94	1	Motor Strap
43	1	Switch Nut	95	1	Incline Motor Bracket
44	1	Crossbar	#	1	14" White Wire, Male/Female
45	1	Optic Switch	#	1	12" White Wire, 3 Female
46	1	Switch Bolt	#	1	8" Blue Wire, 2 Female
47	3	Belt Adjustment Washer	#	1	8" Blue Wire, Male/Female
48	3	Belt Adjustment Bolt	#	1	17" Black Wire, 2 Female
49	1	Right Front Endcap	#	1	14" Red, White, Blue Wire
50	1	Front Safety Cover	#	1	8" Green Ground Wire
51	9	Platform Screw	#	1	Owner's Manual
52	1	Right Frame Rail			

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. IM971031

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ORDERING REPLACEMENT PARTS

To order replacement parts, 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 (IM971031).
2. The NAME of the product (IMAGE™ 971 treadmill).
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).

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 an 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 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.

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