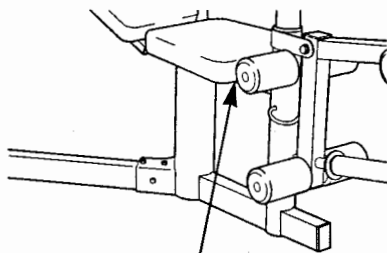


IMAGE[®] 3.0

Model No. IMBE30054

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

QUESTIONS?

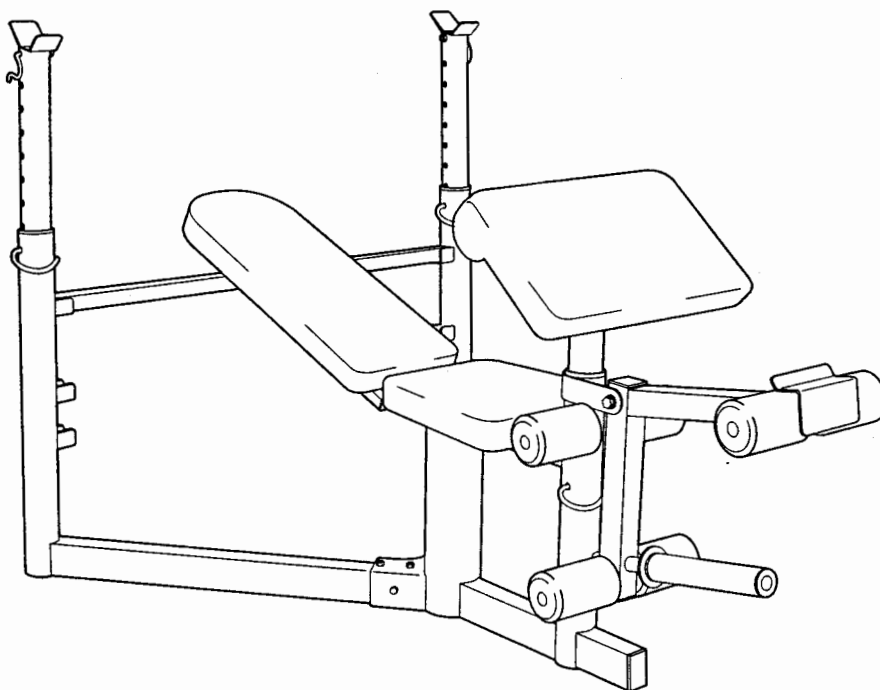
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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.

USER'S MANUAL

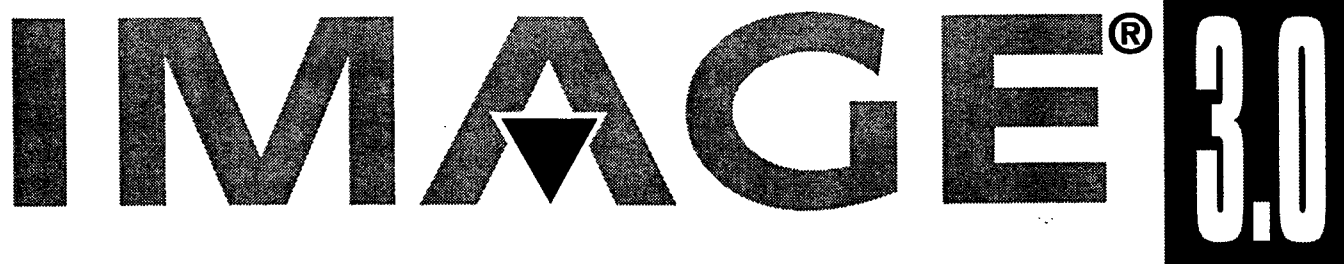


TABLE OF CONTENTS

LIMITED WARRANTY	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
HOW TO ADJUST THE IMAGE 3.0	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover

Note: A PART IDENTIFICATION CHART is attached to the center of this manual. Remove the PART IDENTIFICATION CHART before beginning assembly.

IMAGE is a registered trademark of ICON Health & Fitness, Inc.

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, products used for commercial or rental purposes, or products used as store display models. 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.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench.
2. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
3. Inspect and tighten all parts regularly. Replace any worn parts immediately.
4. Keep small children and pets away from the weight bench at all times.
5. The weight bench is designed to be used by only one person at a time.
6. Keep hands and feet away from moving parts.
7. Always wear athletic shoes for foot protection when exercising.
8. When using a barbell with the weight bench, place the same amount of weight on both ends of the barbell.
9. Do not place more than 365 pounds, including a barbell and weights, on the weight rests; do not place more than 150 pounds on the leg lever. (A barbell and weights are not included.)
10. Do not change the amount of weight on your preacher curl bar while the bar is resting on the preacher curl weight rest. (A preacher curl bar is not included.)
11. When adjusting the backrest, make sure that the adjustment bar is securely seated in one of the three sets of adjustment brackets.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
14. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
15. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.

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.

BEFORE YOU BEGIN

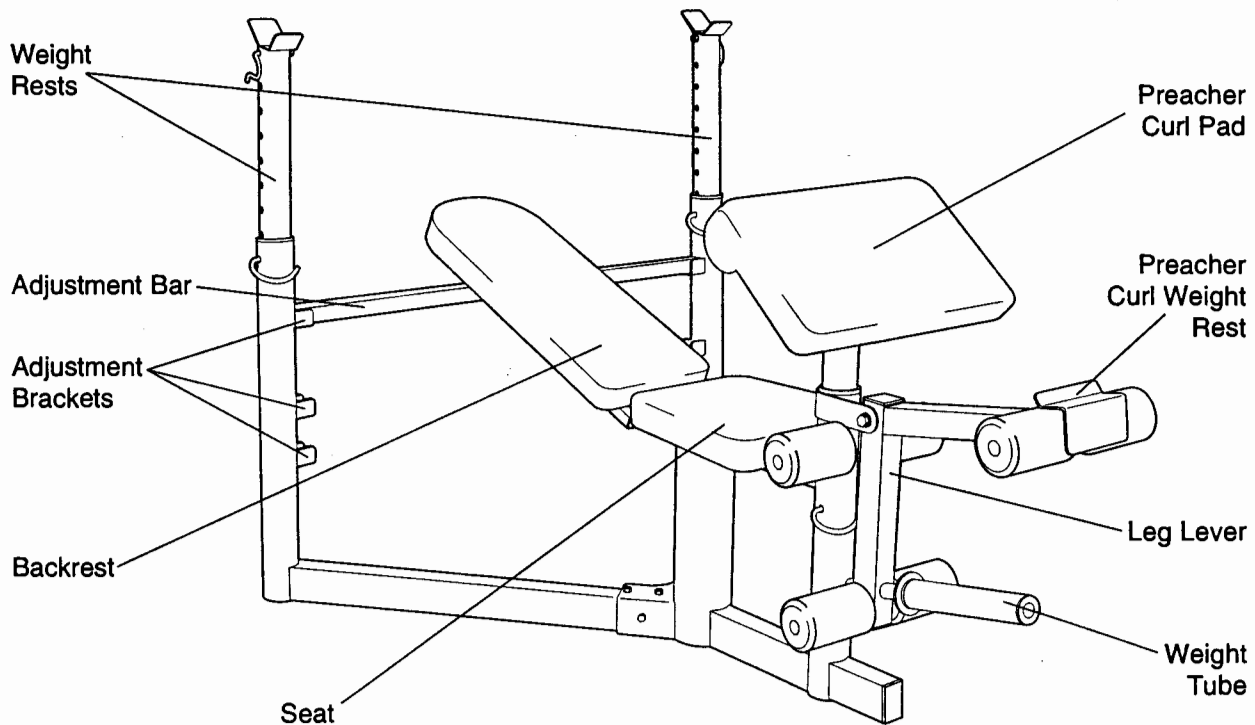
Thank you for selecting the versatile IMAGE® 3.0 Weight Bench. The IMAGE® 3.0 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the IMAGE® 3.0 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the IMAGE® 3.0 Weight Bench. 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 IMBE30054. The serial number can be found on a decal attached to the IMAGE® 3.0 (see the front cover of this manual).

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

**ASSEMBLED
DIMENSIONS:**
Height: 52 in.
Width: 48 in.
Length: 73 in.



IMPORTANT: The IMAGE® 3.0 weight bench does not include a barbell, weights, or a preacher curl bar. To purchase a 310 pound olympic weight set (model RT1), or for information about our other weight sets, call toll-free 1-800-727-9777.

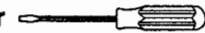
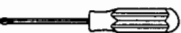
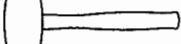
ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts of the IMAGE® 3.0 in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART located in the center of this manual. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the IMAGE® 3.0, be sure that all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

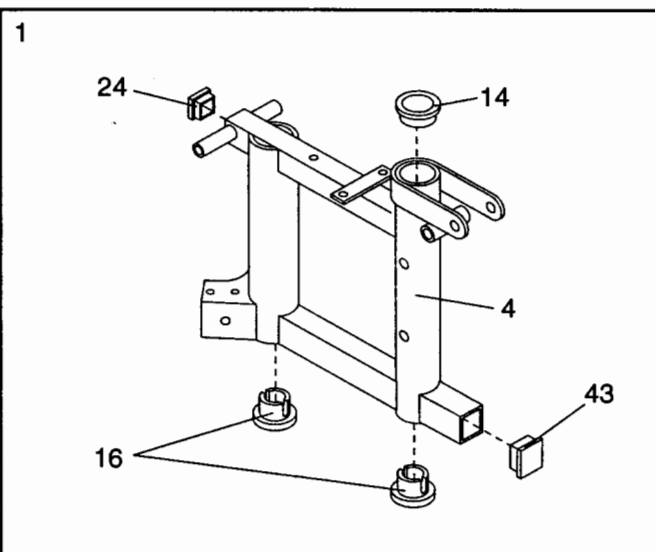
THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

- 1. Before beginning assembly, be sure that you have read and understand the information in the box above.**

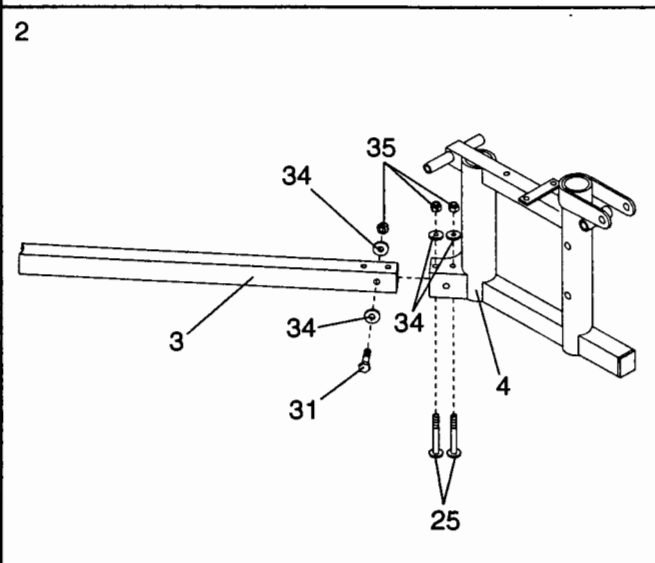
Press a 3" Plastic Bushing (14) in the top of the Frame (4). Press two 3" Slotted Endcaps (16) into the bottom of the Frame. Press a 40mm x 80mm Endcap (43) into the lower end of the Frame. Press a 2" Square Endcap (24) into the back of the Frame.



- 2. Attach a Stabilizer (3) to the Frame (4) with two M10 x 95mm Carriage Bolts (25), two M10 Washers (34), and two M10 Nylon Locknuts (35). Do not tighten the Nylon Locknuts yet.**

Slide an M10 Washer (34) onto an M10 x 57mm Bolt (31). Insert the M10 x 57mm Bolt through the indicated hole in the Frame (4). Tighten a M10 Nylon Locknut (35), with another M10 Washer, onto the Bolt. **Tighten the other two Nylon Locknuts.**

Attach the other Stabilizer (3) to the Frame (4) in the same manner.



3. Attach the Left Upright (2) to the indicated Stabilizer (3) with two M10 x 95mm Bolts (42), two M10 Washers (34), and two 1/2" x 2 25/32" Spacers (39). **Note the position of the adjustment brackets to identify the Left Upright.**

Press a 3" Slotted Endcap (16) into the bottom of the Left Upright (2). It may be necessary to turn the Slotted Endcap so it fits over the 1/2" x 2 25/32" Spacers (39).

Assemble the Right Upright (not shown) to the other Stabilizer (3) in the same manner.

4. Insert the Left Barbell Lock Pin (38) through the top hole in a Weight Rest (1). Tighten an M10 Nylon Locknut (35) onto the Left Barbell Lock Pin.

Attach the Right Barbell Lock Pin (28) to the other Weight Rest (1) in the same manner.

Slide a 3" Plastic Bushing (14) onto each Weight Rest (1). **The 3" Plastic Bushing must be oriented as shown.** Press a 2 5/8" Endcap (15) into each Weight Rest.

5. Insert a 1 1/4" Square Endcap (40) into each end of the Adjustment Bar (9).

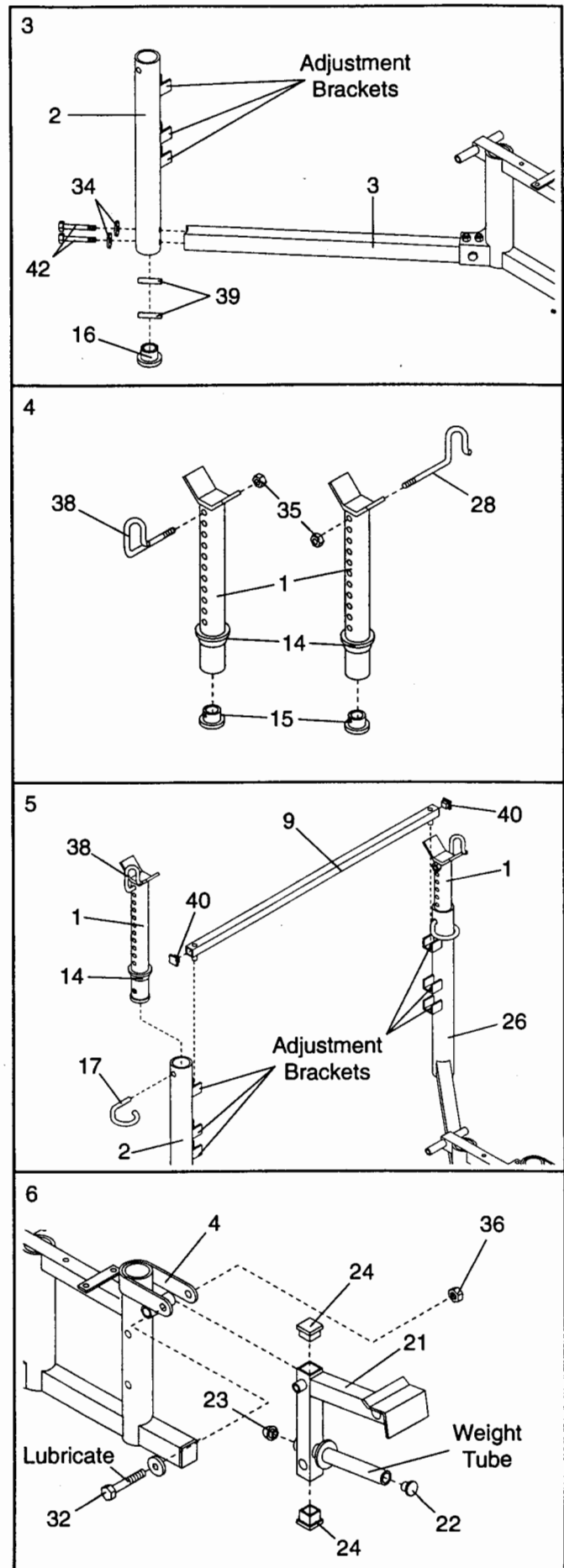
Set the Adjustment Bar (9) into one of the three sets of adjustment brackets on the Left and Right Uprights (2, 26).

Insert the Weight Rest (1) with the Left Barbell Lock Pin (38) into the Left Upright (2). **Be sure that the 3" Plastic Bushing (14) is firmly inserted into the top of the Upright.** Insert an Adjustment Pin (17) through the holes in the Left Upright (2) and the Weight Rest (1).

Attach the other Weight Rest (1) to the Right Upright (26) in the same manner. Be sure that both Weight Rests are at the same height.

6. Press the 1" Endcap (22) into the indicated end of the weight tube. Press the Leg Lever Bumper (23) into the other end of the weight tube. Press two 2" Square Endcaps (24) into the Leg Lever (21).

Lubricate the M12 x 95mm Bolt (32). Attach the Leg Lever (21) to the Frame (4) with the M12 x 95mm Bolt and the M12 Nylon Locknut (36). **Do not overtighten the Nylon Locknut.**



7. Insert 1" Square Endcaps (18) into the ends of both Backrest Rails (10).

Attach the Backrest Rails (10) to the Backrest (8) with four M6 x 38mm Screws (27) and four M6 Washers (44). **Do not tighten the Screws yet. Make sure that the Backrest Rails are turned as shown.**

Attach the Backrest Rails (10) to the tube on the Frame (4) with the M10 x 190mm Bolt (30), an M10 Washer (34), and an M10 Nylon Locknut (35). **Do not overtighten the Nylon Locknut.**

Tighten the four M6 x 38mm Screws (27).

8. Attach the Seat (7) to the Frame (4) with two M6 x 15mm Screws (29), an M6 x 60mm Screw (41), and three M6 Washer (44) as shown.

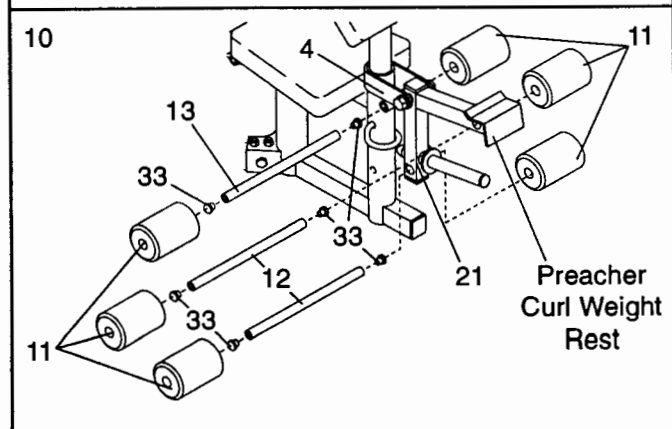
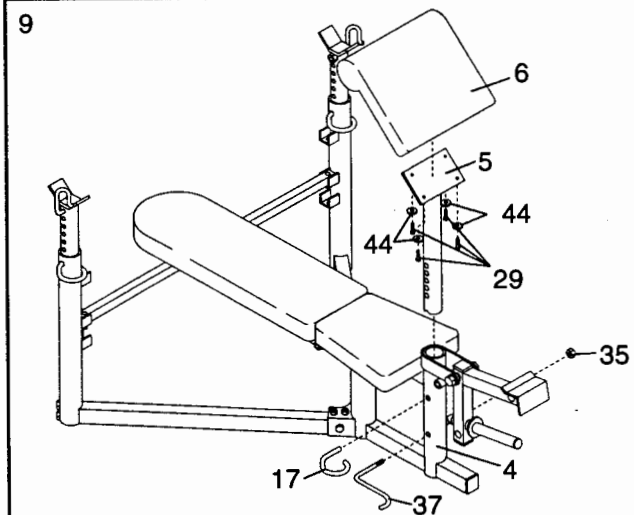
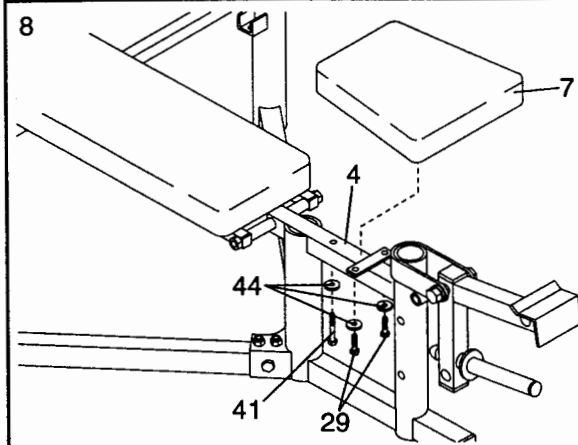
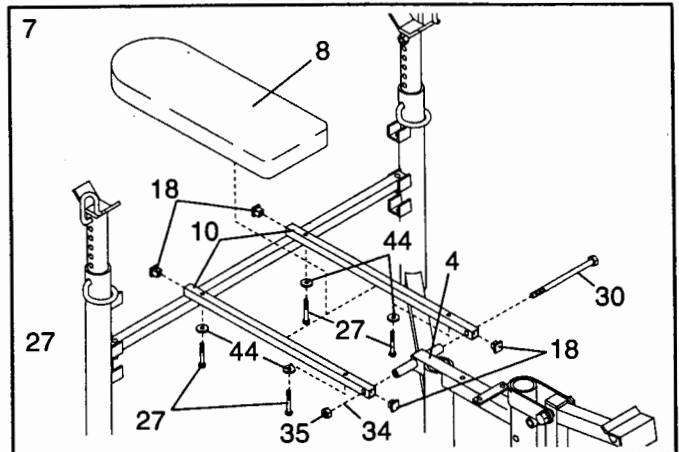
9. Insert the Leg Lever Lock Pin (37) into the indicated hole in the Frame (4). Tighten an M10 Nylon Locknut (35) onto the Leg Lever Lock Pin. **Do not overtighten the Nylon Locknut.**

Attach the Preacher Curl Pad (6) to the Curl Post (5) with four M6 Washers (34) and four M6 x 15mm Screws (29).

Insert the Curl Post (5) into the Frame (4). Align one set of holes in the Curl Post with the holes in the Frame. Insert an Adjustment Pin (17) through the Curl Post and the Frame.

10. Press a 3/4" Endcap (33) into each end of the 15" Pad Tube (13). Insert the Pad Tube into the Frame (4). Slide a Foam Pad (11) onto each end of the Pad Tube.

Press 3/4" Endcaps (33) into the ends of both 14" Pad Tubes (12). Insert the Pad Tubes into the Leg Lever (21). Slide Foam Pads (11) onto the ends of the Pad Tubes. Be sure the upper Foam Pads are under the preacher curl weight rest.



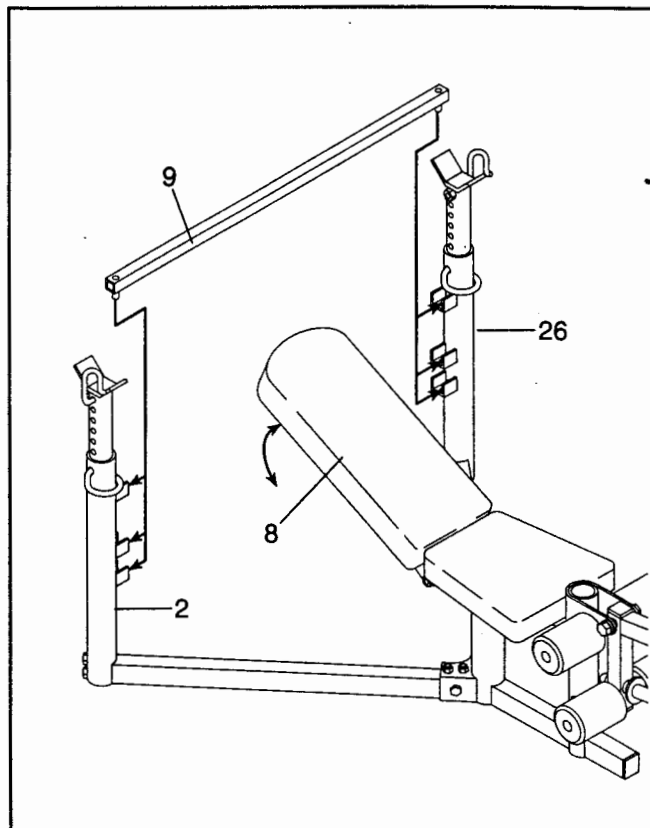
HOW TO ADJUST THE IMAGE® 3.0

The instructions below describe how each part of the IMAGE® 3.0 can be adjusted. Refer to the exercise information accompanying your weight set (not included) to see the correct form for each exercise.

ADJUSTING THE BACKREST

The Backrest (8) has three different positions: a level position, a decline position, and an incline position.

To change the position of the Backrest (8), move the Adjustment Bar (9) to a different set of adjustment brackets on the Left and Right Uprights (2, 26). **Make sure that the Adjustment Bar is securely seated in the adjustment brackets.**

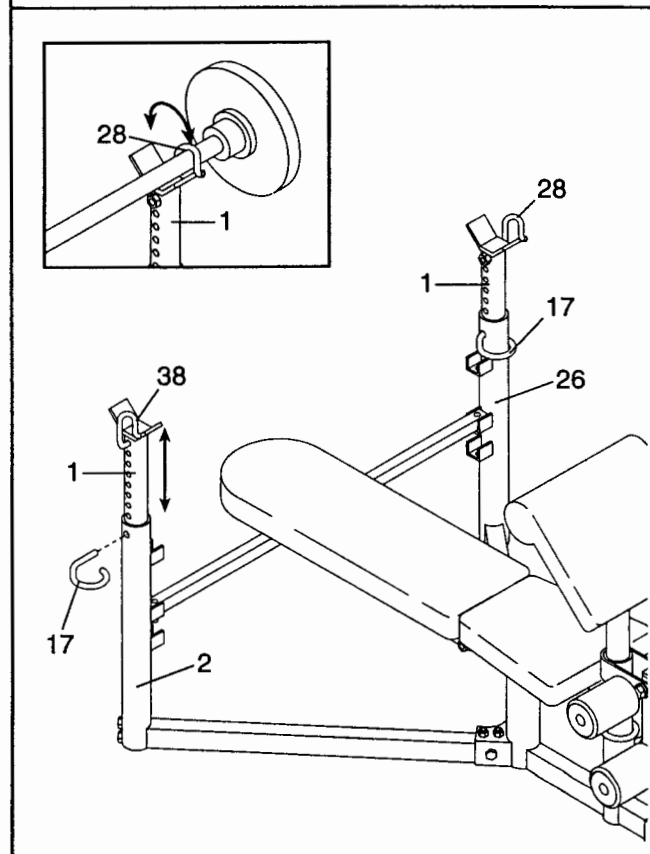


ADJUSTING THE WEIGHT RESTS

See the inset drawing. To change weights while your barbell (not included) is on the Weight Rests (1), secure your barbell with the Barbell Lock Pins (28, 38). This will reduce the possibility of the barbell tipping while you change weights. **Place the same amount of weight on both ends of the barbell.**

To change the height of the Weight Rests (1), first remove your barbell from the Weight Rests. Remove the Adjustment Pin (17) from the Weight Rest in the Left Upright (2). Position the Weight Rest at the desired height. Align the holes in the Weight Rest with the holes in the Upright. Re-insert the Adjustment Pin.

Position the Weight Rest (1) in the Right Upright (26) at the same height.

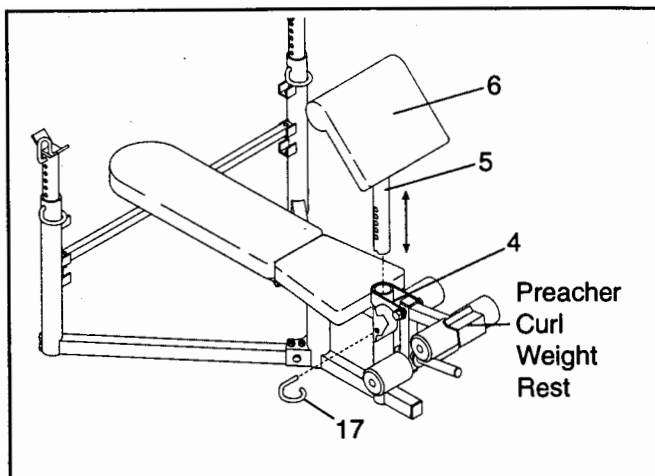


ATTACHING THE PREACHER CURL PAD

For some exercises, the Preacher Curl Pad (6) must be attached to the weight bench.

Insert the Curl Post (5) into the indicated hole in the Frame (4). Position the Curl Post at the desired height. Align the holes in the Frame with the holes in the Curl Post. Insert an Adjustment Pin (17).

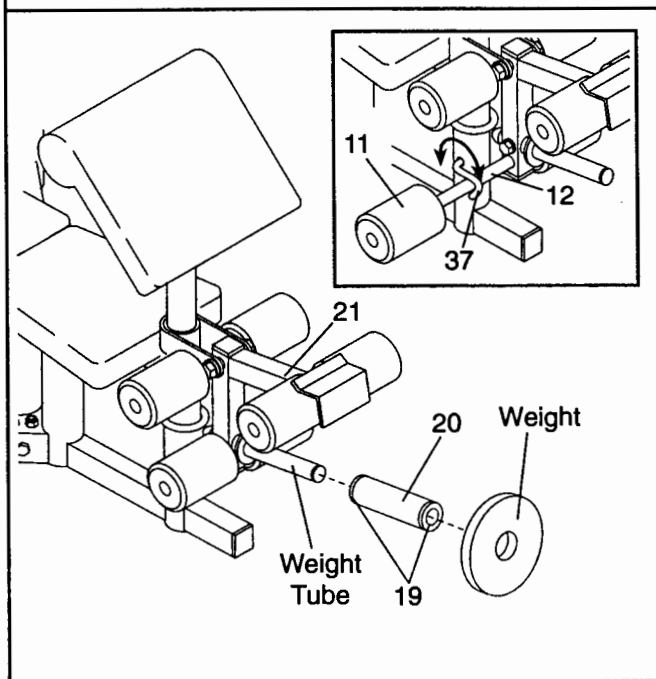
Do not change the amount of weight on your preacher curl bar while the bar is resting on the preacher curl weight rest.



USING THE LEG LEVER

To use the Leg Lever (21), slide the desired amount of weight (not included) onto the weight tube. If you are using olympic weights, you will need to use the Weight Adapter (20). Be sure that the Weight Adapter Bushings (19) are securely in the Weight Adapter.

For some exercises, you will need to lock the Leg Lever (21) in place. See the inset drawing. To lock the Leg Lever, slide the indicated Foam Pad (11) back from the Leg Lever about one inch. Turn the Leg Lever Lock Pin (37) so that it clips onto the 14" Pad Tube (12). Slide the Foam Pad back into place.



PART LIST—Model No. IMBE30054

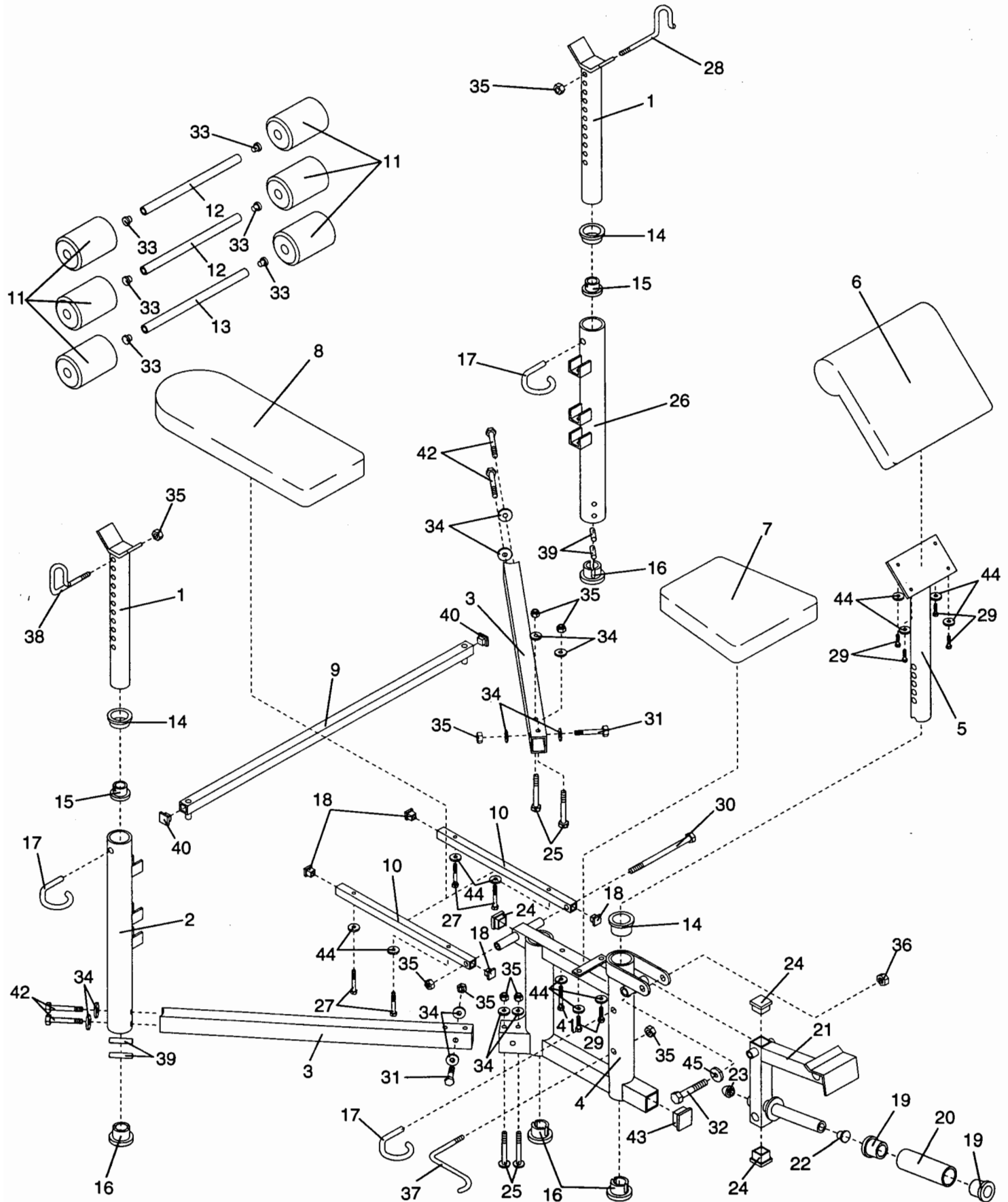
R1096A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Weight Rest	24	3	2" Square Endcap
2	1	Left Upright	25	4	M10 x 95mm Carriage Bolt
3	2	Stabilizer	26	1	Right Upright
4	1	Frame	27	4	M6 x 38mm Screw
5	1	Curl Post	28	1	Right Barbell Lock Pin
6	1	Preacher Curl Pad	29	6	M6 x 15mm Screw
7	1	Seat	30	1	M10 x 190mm Bolt
8	1	Backrest	31	2	M10 x 57mm Bolt
9	1	Adjustment Bar	32	1	M12 x 95mm Bolt
10	2	Backrest Rail	33	6	3/4" Endcap
11	6	Foam Pad	34	13	M10 Washer
12	2	14" Pad Tube	35	10	M10 Nylon Locknut
13	1	15" Pad Tube	36	1	M12 Nylon Locknut
14	3	3" Plastic Bushing	37	1	Leg Lever Lock Pin
15	2	2 5/8" Endcap	38	1	Left Barbell Lock Pin
16	4	3" Slotted Endcap	39	4	1/2" x 2 25/32" Spacer
17	3	Adjustment Pin	40	2	1 1/4" Square Endcap
18	4	1" Square Endcap	41	1	M6 x 60mm Screw
19	2	Weight Adapter Bushing	42	4	M10 x 95mm Bolt
20	1	Weight Adapter	43	1	40mm x 80mm Endcap
21	1	Leg Lever	44	11	M6 Washer
22	1	1" Endcap	#	1	User's Manual
23	1	Leg Lever Bumper			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. IMBE30054

R1096A



ORDERING REPLACEMENT PARTS

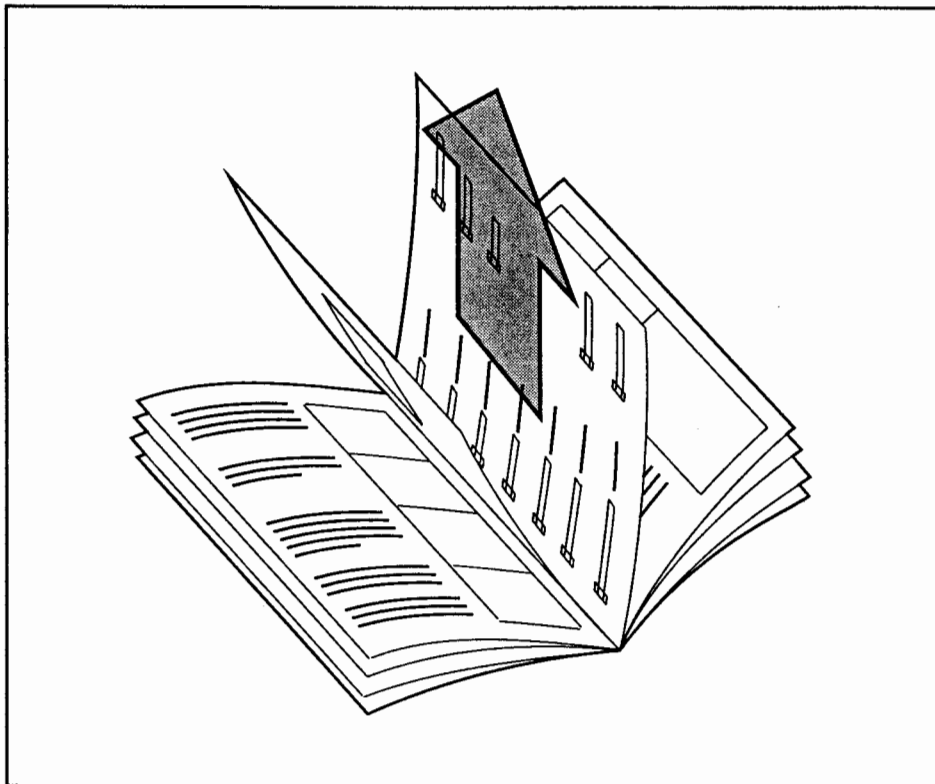
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

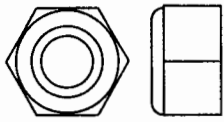
- The MODEL NUMBER of the product (IMBE30054).
- The NAME of the product (IMAGE® 3.0 Weight Bench).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10 of this manual).

IMPORTANT: The IMAGE® 3.0 weight bench does not include a barbell, weights, or a preacher curl bar. To purchase a 310 pound olympic weight set (model RT1), or for information about our other weight sets, call toll-free 1-800-727-9777

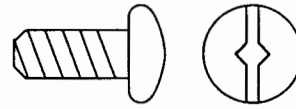
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

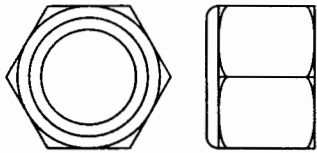




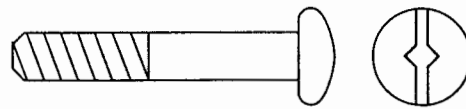
M10 Nylon Locknut (35)-10



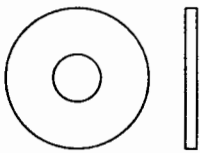
M6 x 15mm Screw (29)-6



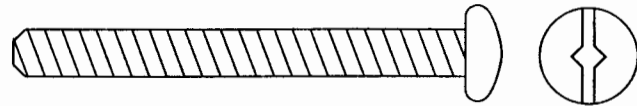
M12 Nylon Locknut (36)-1



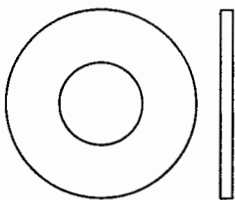
M6 x 38mm Screw (27)-4



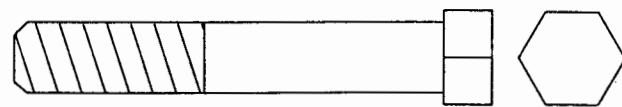
M6 Washer (44)-11



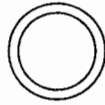
M6 x 60mm Screw (41)-1



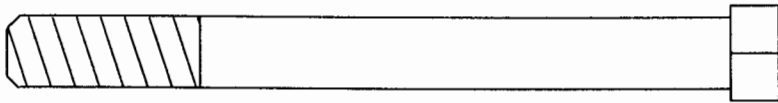
M10 Washer (34)-13



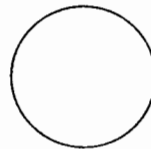
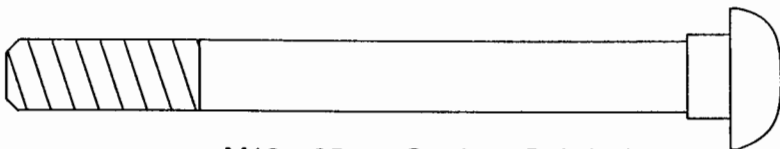
M10 x 57mm Bolt (31)-2



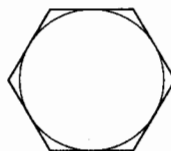
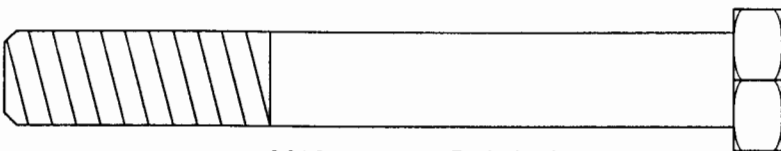
1/2" x 2 25/32" Spacer (39)-4



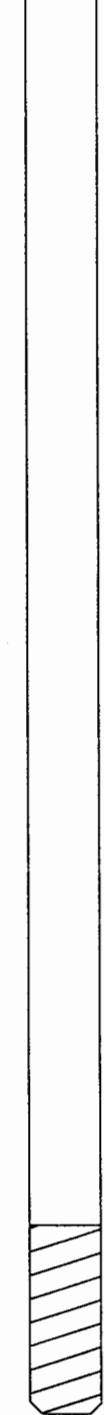
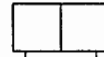
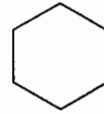
M10 x 95mm Bolt (42)-4



M10 x 95mm Carriage Bolt (25)-4



M12 x 95mm Bolt (32)-1



M10 x 190mm Bolt (30)-1

