

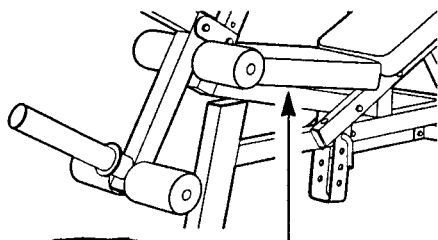
IMAGE 3.0

PATENT PENDING

Model No. IMBE30070

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

RELEASED TO
OCT 09 1997
MANUFACTURING

QUESTIONS?

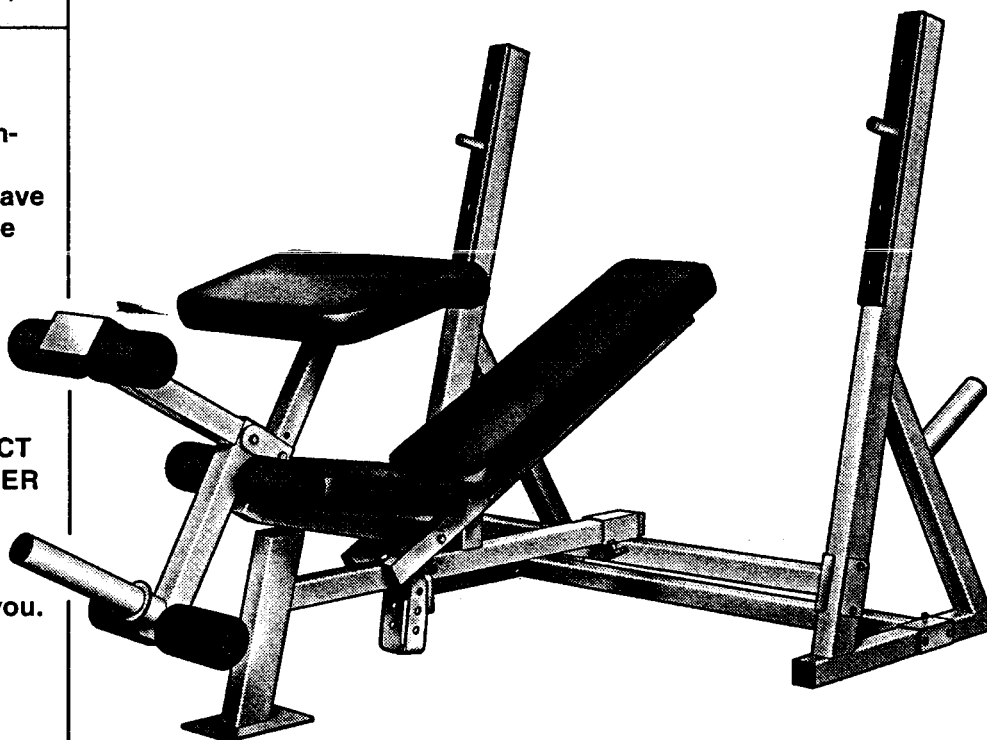
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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

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Note: A PART LIST/EXPLODED DRAWING is attached to the center of this manual. Remove the PART LIST/EXPLODED DRAWING 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.

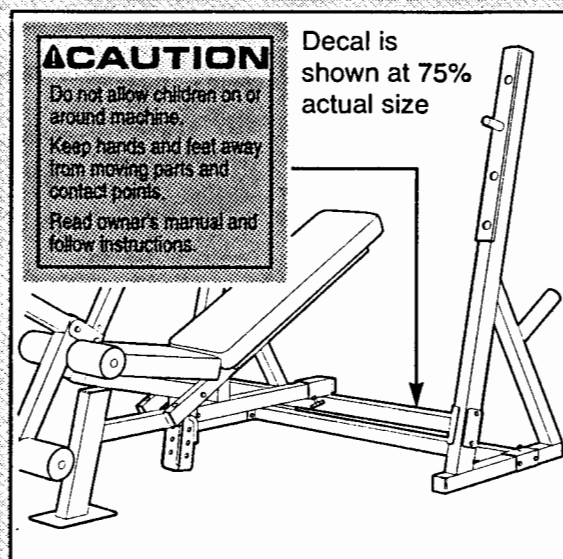
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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 as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always be sure there is an equal amount of weight on each side of your barbell (not included) when you are using it.
10. The weight bench is designed to support a maximum of 560 pounds, including the user, a weight bar, and weights. Do not place more than 310 pounds, including a weight bar and weights, on the weight rests; do not use more than 75 pounds with the preacher curl pad; do not place more than 150 pounds on the leg lever.
11. When using the backrest, make sure that the "L"-pin is fully inserted through the adjustment bracket and the frame.
12. Always exercise with a partner. When you are performing bench press exercises, squat exercises, or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
13. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
14. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
15. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the weight bench. If the decal is missing, or if it is not legible, 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 order a replacement decal. Apply the replacement decal to the location shown.



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.

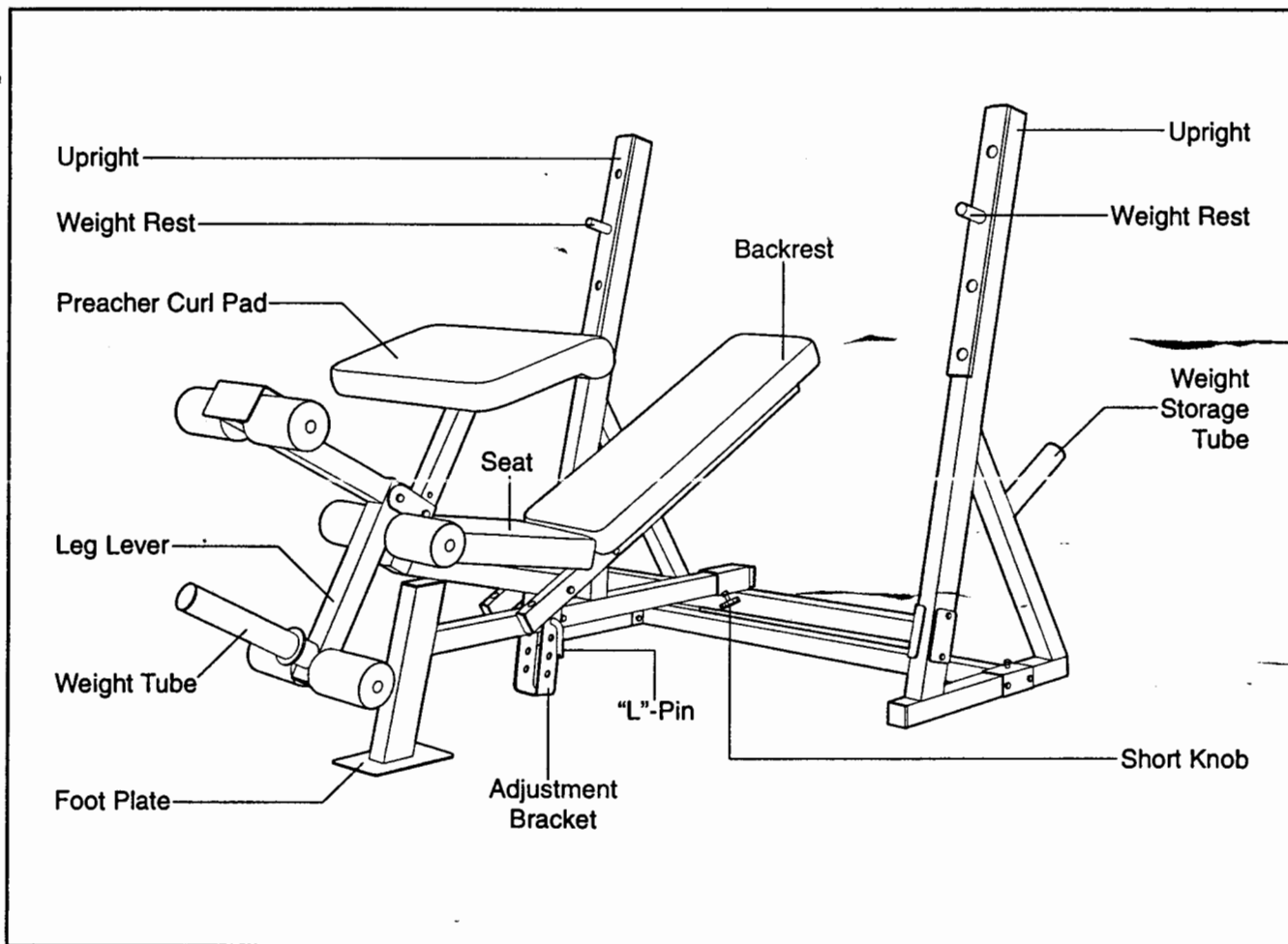
BEFORE YOU BEGIN

Thank you for selecting the versatile IMAGE® 3.0 Weight Bench. The IMAGE® 3.0 Weight Bench is designed to be used with your own weight set to let you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the IMAGE® 3.0 Weight Bench 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 IMBE30070. The serial number can be found on a decal attached to the IMAGE® 3.0 Weight Bench (see the front cover of this manual).

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



PART IDENTIFICATION CHART

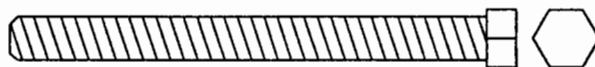
This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you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



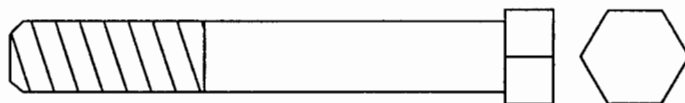
M6 x 16mm Screw (28)-6



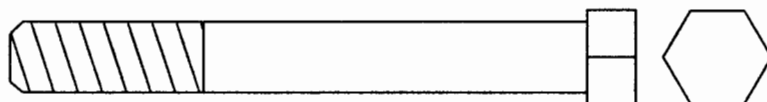
M10 Nylon Locknut (22)-14



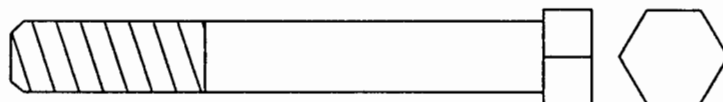
M6 x 63mm Bolt (20)-4



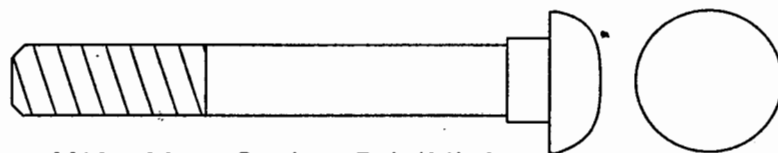
M10 x 65mm Bolt (25)-1



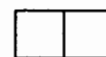
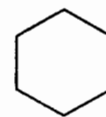
M10 x 76mm Bolt (26)-1



M10 x 70mm Bolt (27)-8



M10 x 65mm Carriage Bolt (21)-2



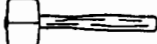
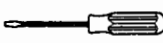
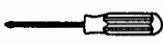
M10 x 170mm Bolt (24)-2

ASSEMBLY

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- For help identifying the small parts used in assembly, use the PART IDENTIFICATION CHART on the previous page.
- As you assemble the weight bench, be sure that all parts are oriented as shown in the drawings.

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

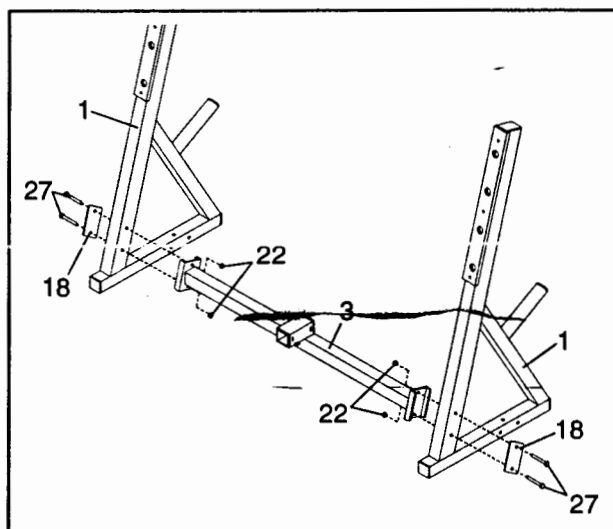
- Two (2) adjustable wrenches 
- One (1) rubber mallet 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

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 assembling this product, be sure that you have read and understand the information in the box above.**

Attach the Crossbar (3) to one Upright (1) with two M10 x 70mm Bolts (27), a Support Plate (18), and two M10 Nylon Locknuts (22). **Do not fully tighten the Nylon Locknuts yet.**

Attach the Crossbar (3) to other Upright (1) in the same manner.

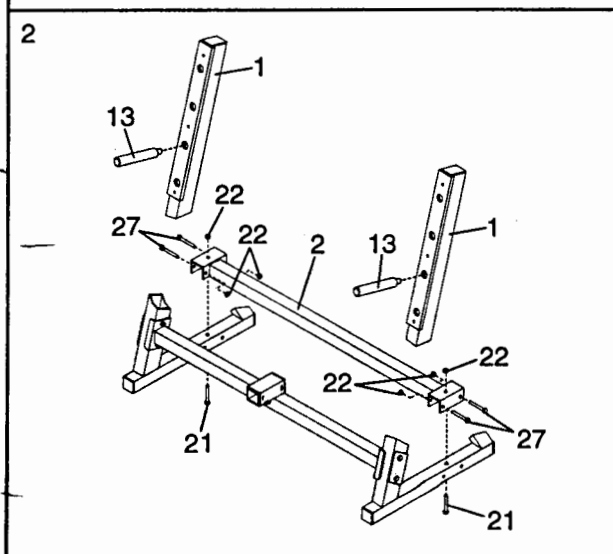


2. Insert an M10 x 65mm Carriage Bolt (21) into each Upright (1).

Slide the Stabilizer (2) onto both Uprights (1). Attach the Stabilizer to one of the Uprights with two M10 x 70mm Bolts (27) and two M10 Nylon Locknuts (22). **Do not fully tighten the Nylon Locknuts yet.**

Attach the Stabilizer (2) to the other Upright (1) in the same manner.

Tighten an M10 Nylon Locknut (22) onto each M10 x 65mm Carriage Bolt (21). **Tighten the Nylon Locknuts used in steps 1 and 2.**



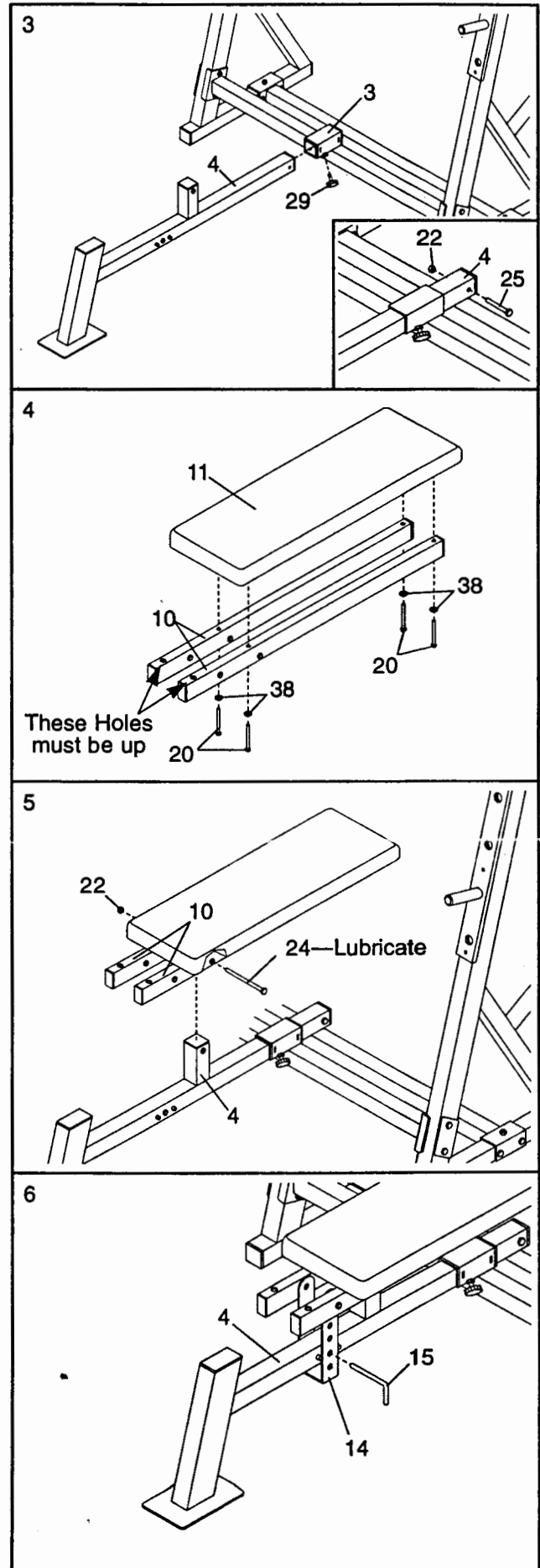
3. Slide the Frame (4) through the tube on the Crossbar (3). Tighten the Short Knob (29) into the indicated location on the Crossbar.

See the inset drawing. Slide the M10 x 65mm Bolt (25) through the indicated hole and tighten an M10 Nylon Locknut (22) onto the Bolt.

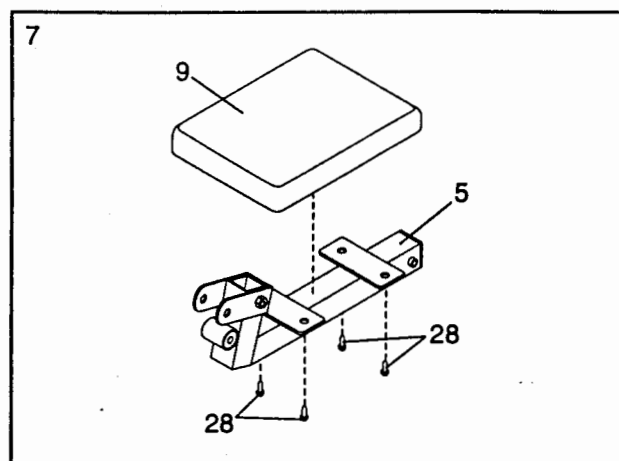
4. Attach both Backrest Tubes (10) to the Backrest (11) with four M6 x 63mm Bolts (20) and four M6 Washers (38). The Indicated holes in the Backrest Tubes must be facing up as shown.

5. Lubricate an M10 x 170mm Bolt (24). Attach the Backrest Tubes (10) to the Frame (4) with the Bolt and an M10 Nylon Locknut (22).

6. Slide the Adjustment Bracket (14) onto the Frame (4). Align the indicated hole in the Adjustment Bracket with the welded tube in the Frame. Insert the "L"-Pin (15) through the Adjustment Bracket and the Frame.

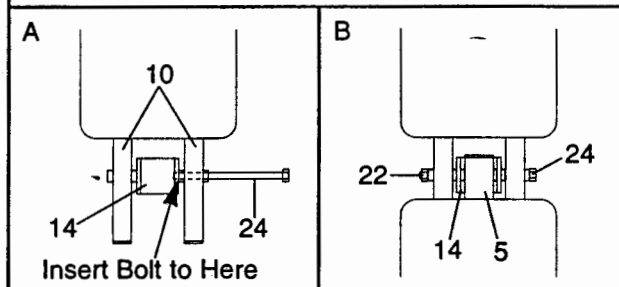
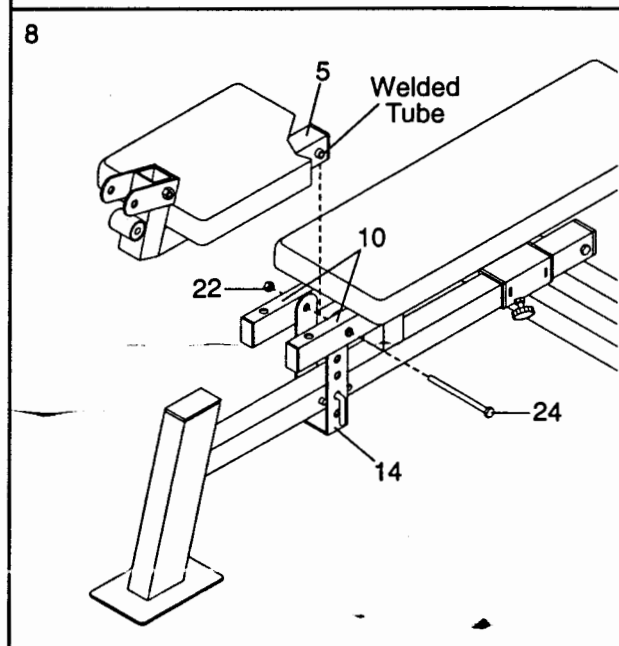


7. Attach the Seat (9) to the Seat Frame (5) with four M6 x 16mm Screws (28).

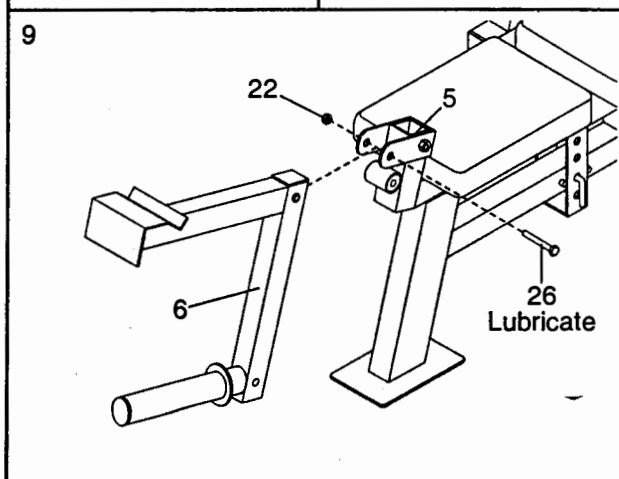


8. Lubricate an M10 x 170mm Bolt (24). See inset drawing A. Insert the Bolt through one Backrest Tube (10) and into the Adjustment Bracket (14) as shown. This will hold the Adjustment Bracket and Backrest Tubes in place.

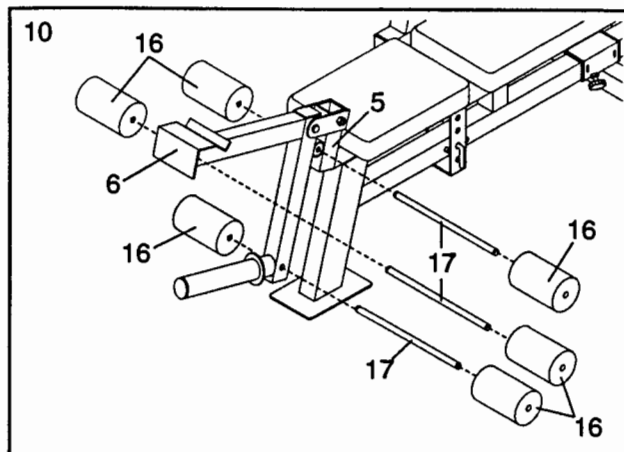
Slide the Seat Frame (5) into the Adjustment Bracket (14). Align the welded tube in the Seat Frame with the holes in the Adjustment Bracket and the Backrest Tubes (10) as shown in inset drawing B. Insert the M10 x 170mm Bolt (24) through the Seat Frame and the other Backrest Tube. Tighten an M10 Nylon Locknut (22) onto the Bolt.



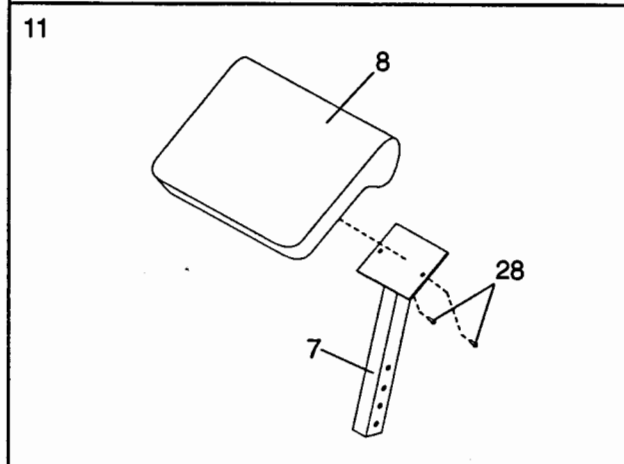
9. Lubricate the M10 x 76mm Bolt (26). Attach the Leg Lever (6) to the Seat Frame (5) with the Bolt and an M10 Nylon Locknut (22).



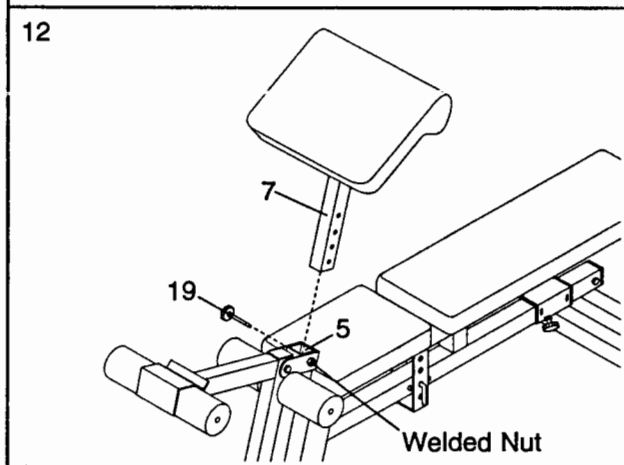
10. Insert a Pad Tube (17) through each hole in the Leg Lever (6). Slide the remaining Pad Tube through the welded tube on the Seat Frame (5). Slide two Foam Pads (16) onto each Pad Tube.



11. Attach the Preacher Curl Pad (8) to the Curl Post (7) with two M6 x 16mm Screws (28).



12. Slide the Curl Post (7) into the Seat Frame (5). Align one of the holes in the Curl Post with the hole in the Seat Frame. Insert the Long Knob (19) into the Curl Post and Seat Frame and tighten the Knob into the welded nut.



ADJUSTING THE IMAGE 3.0

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information. Refer to the information accompanying your weight set (not included) for information about specific exercises.

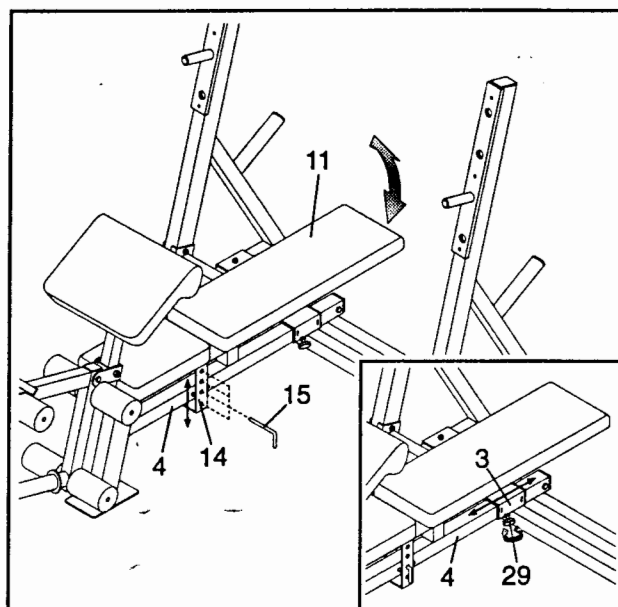
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (11) can be set at four different positions: the level position, the decline position, and two incline positions.

To change the position of the Backrest (11), remove the "L"-Pin (15) from the Adjustment Bracket (14) and the Frame (4). Set the Backrest to the desired position, align the holes in the Adjustment Bracket and the Frame, and re-insert the "L"-Pin.

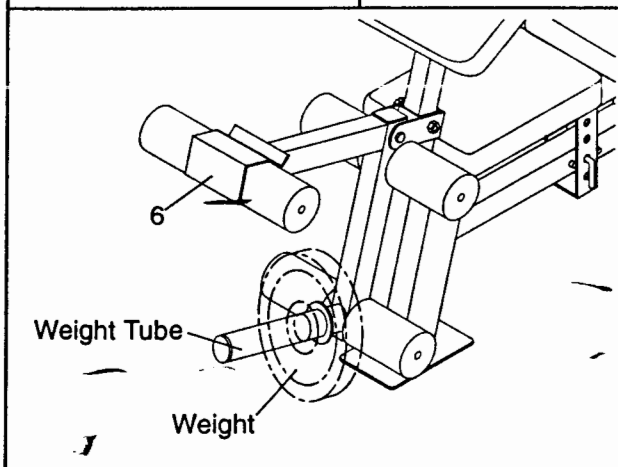
See the inset drawing. You can further adjust the Backrest (11) by changing the position of the Frame (4). Loosen the Short Knob (29) in the Crossbar (3) and slide the Frame (4) forward or back, until the Backrest is in the desired position. Retighten the Knob.



ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (6), slide the desired amount of weight (not included) onto the weight tube.

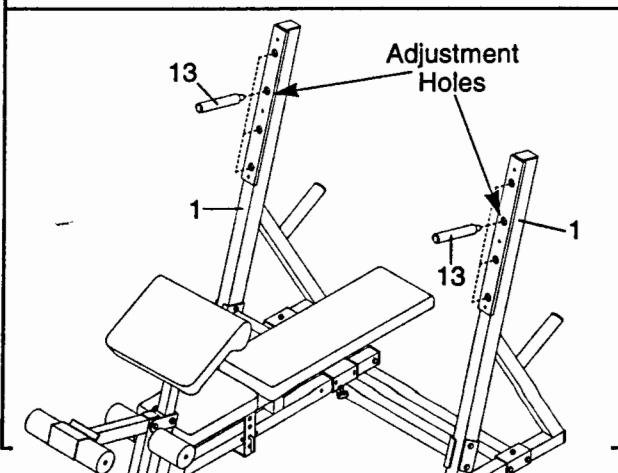
WARNING: Do not place more than 150 pounds on the leg lever.



ADJUSTING THE WEIGHT RESTS

Insert the Weight Rests (13) into the adjustment holes in the Uprights (1) at the desired height. **Be sure that each Weight Rest is firmly seated in the adjustment hole and that both Weight Rests are at the same height.**

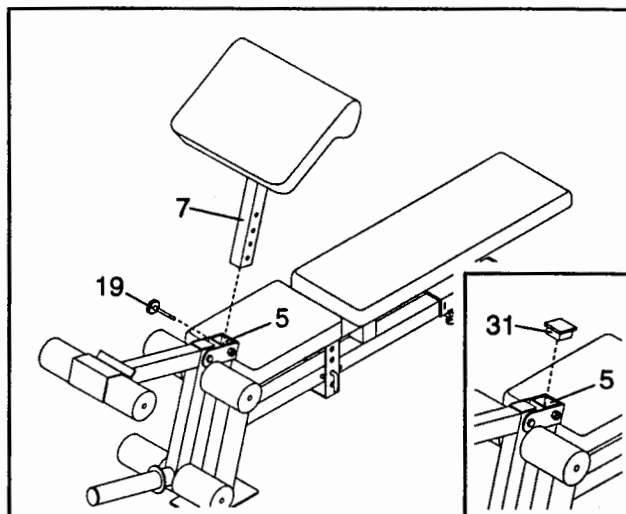
WARNING: Do not place more than 310 pounds on the weight rests.



ATTACHING AND REMOVING THE CURL POST

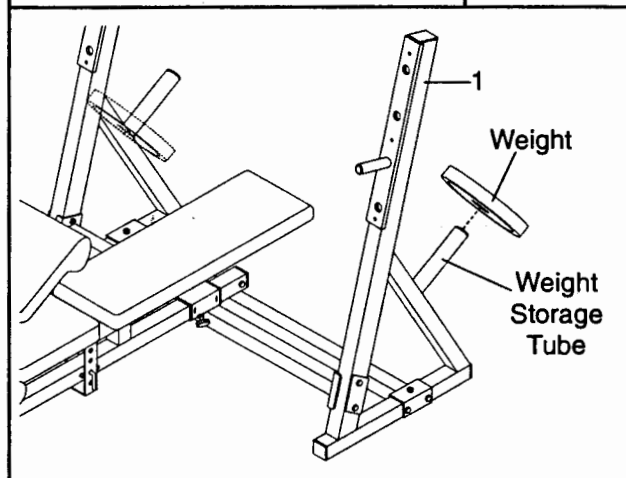
When you are not performing preacher curl exercises, remove the Curl Post (7) and the Long Knob (19) from the Seat Frame (5). See the inset drawing. Press the extra 48mm Square Inner Cap (31) partially into the Seat Frame to cover the opening.

To attach the Curl Post (7), remove the 48mm Square Inner Cap (31) from the Seat Frame (see the inset drawing). Slide the Curl Post into the Seat Frame (5). Align one of the holes in the Curl Post with the hole in the Seat Frame. Insert the Long Knob (19) into the Curl Post and Seat Frame and tighten the Knob into the welded nut.



USING THE WEIGHT STORAGE TUBES

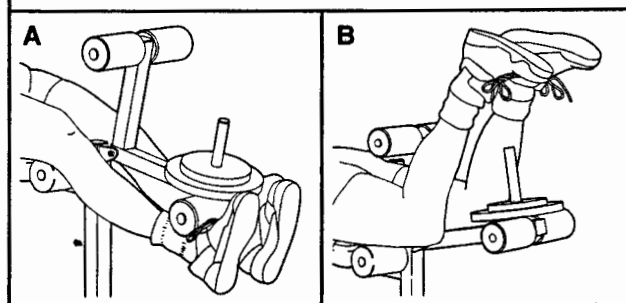
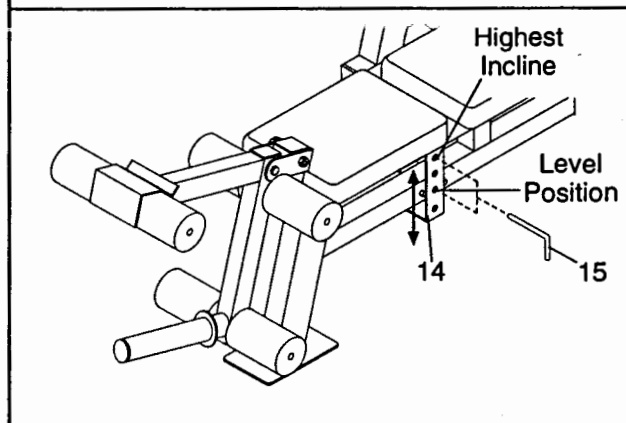
The weight storage tubes on the Uprights (1) can be used to keep your weights (not included) organized. Slide the weights onto the storage tubes as shown.



USING THE LEG LEVER

To perform leg extension exercises (see drawing A), the Backrest must be set at the highest incline. See ADJUSTING THE BACKREST on page 10. Insert the "L"-Pin (14) through the indicated hole in the Adjustment Bracket (15).

To perform leg curl exercises (see drawing B), the Backrest must be set at the level position. See ADJUSTING THE BACKREST on page 10. Insert the "L"-Pin (14) through the indicated hole in the Adjustment Bracket (15).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

• Muscle Building

In order to increase the size and strength of your muscles, you must push your muscles to a high percentage of their capacity. You must also progressively increase the intensity of your exercise so that your muscles will continually adapt and grow. Each individual exercise can be tailored to the proper intensity level by changing the amount of weight used, or the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions performed consecutively.)

The proper amount of weight for each exercise depends upon the individual user. It is up to you to gauge your limits. Select the amount of weight that you think is right for you. Begin with 3 sets of 8 repetitions for each exercise that you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

• Toning

To tone your muscles, you must push your muscles to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

• Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

• Cross Training

In the pursuit of a complete and well-balanced fitness program, many have found that cross training is the answer. We recommend that on Monday, Wednesday and Friday, you plan weight training workouts. On Tuesday and Thursday, plan 20 to 30 minutes of aerobic exercise, such as cycling, running or swimming. Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate. By combining weight training with aerobic exercise, you can reshape and strengthen your body, plus develop a stronger heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

We have not specified an exact length of time for each workout, or a specific number of repetitions or sets for each exercise. It is very important to avoid overdoing it during the first few months of your exercise program, and to progress at your own pace. If you experience pain or dizziness at any time while exercising, stop immediately and begin to cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are also important.

WARMING UP

Begin each workout with 5 to 10 minutes of light stretching and exercise to warm up. Warming up prepares your body for exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, with emphasis on the areas that you want to develop the most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

In order to obtain the greatest benefits from exercising, it is essential to maintain proper form.

Maintaining proper form means moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. Refer to the information accompanying your weight set (not included) for exercise information concerning proper exercise form. The muscle chart on page 13 shows the locations of the various muscle groups.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke; never hold your breath. Rest for 3 minutes after each set if you are doing a muscle

building workout, 1 minute after each set if you are doing a toning workout, and 30 seconds after each set if you are doing a weight loss workout. Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch—do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is very effective for increasing flexibility.

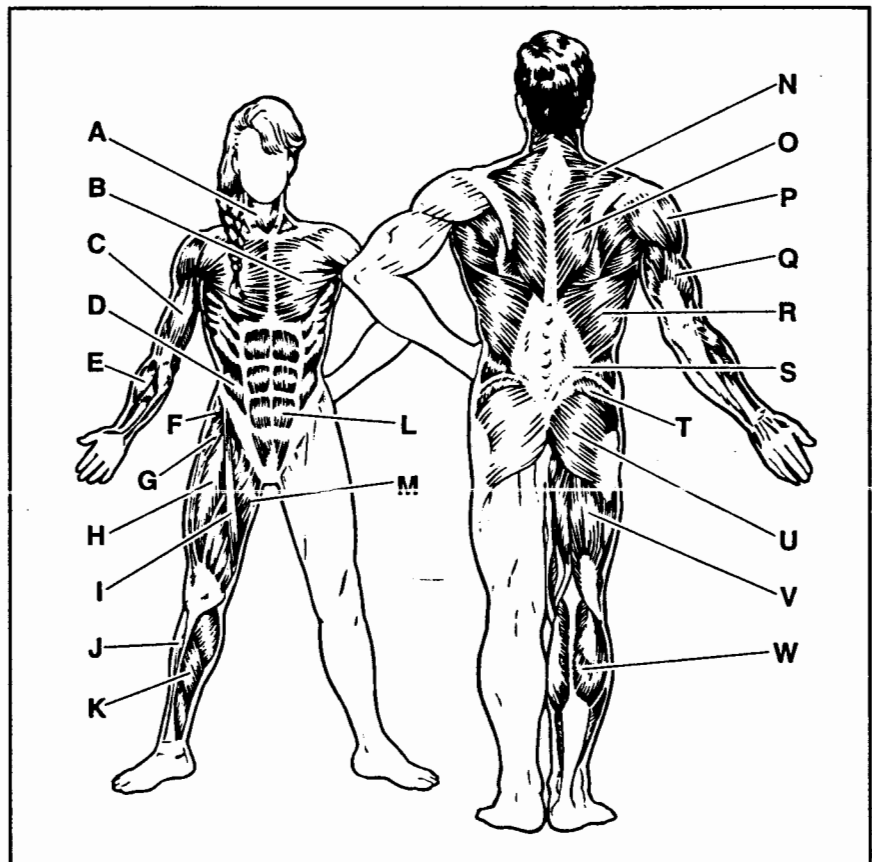
STAYING MOTIVATED

For motivation, keep a record of each workout. The charts on pages 14 and 15 of this manual can be photocopied and used to schedule and record your workouts. List the date, exercises performed, weight, and numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month.

Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



MONDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

TUESDAY **AEROBIC EXERCISE**
 Date: / /

WEDNESDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

THURSDAY **AEROBIC EXERCISE**
 Date: / /

FRIDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

MONDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY Date: <u> </u> / <u> </u> / <u> </u>	EXERCISE	WEIGHT	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

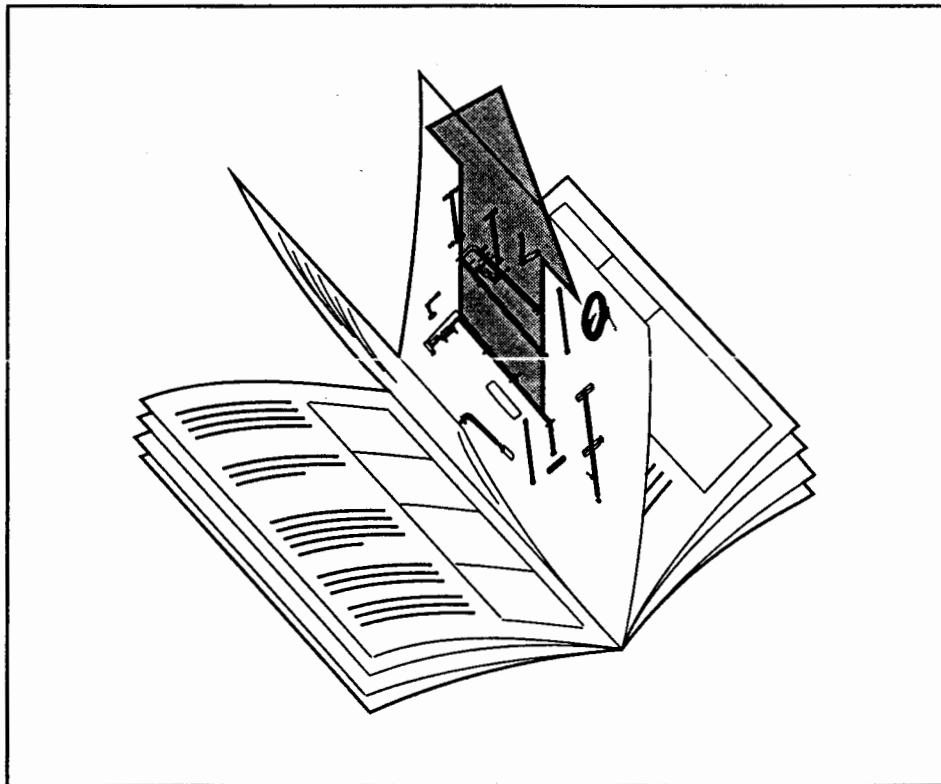
ORDERING REPLACEMENT PARTS

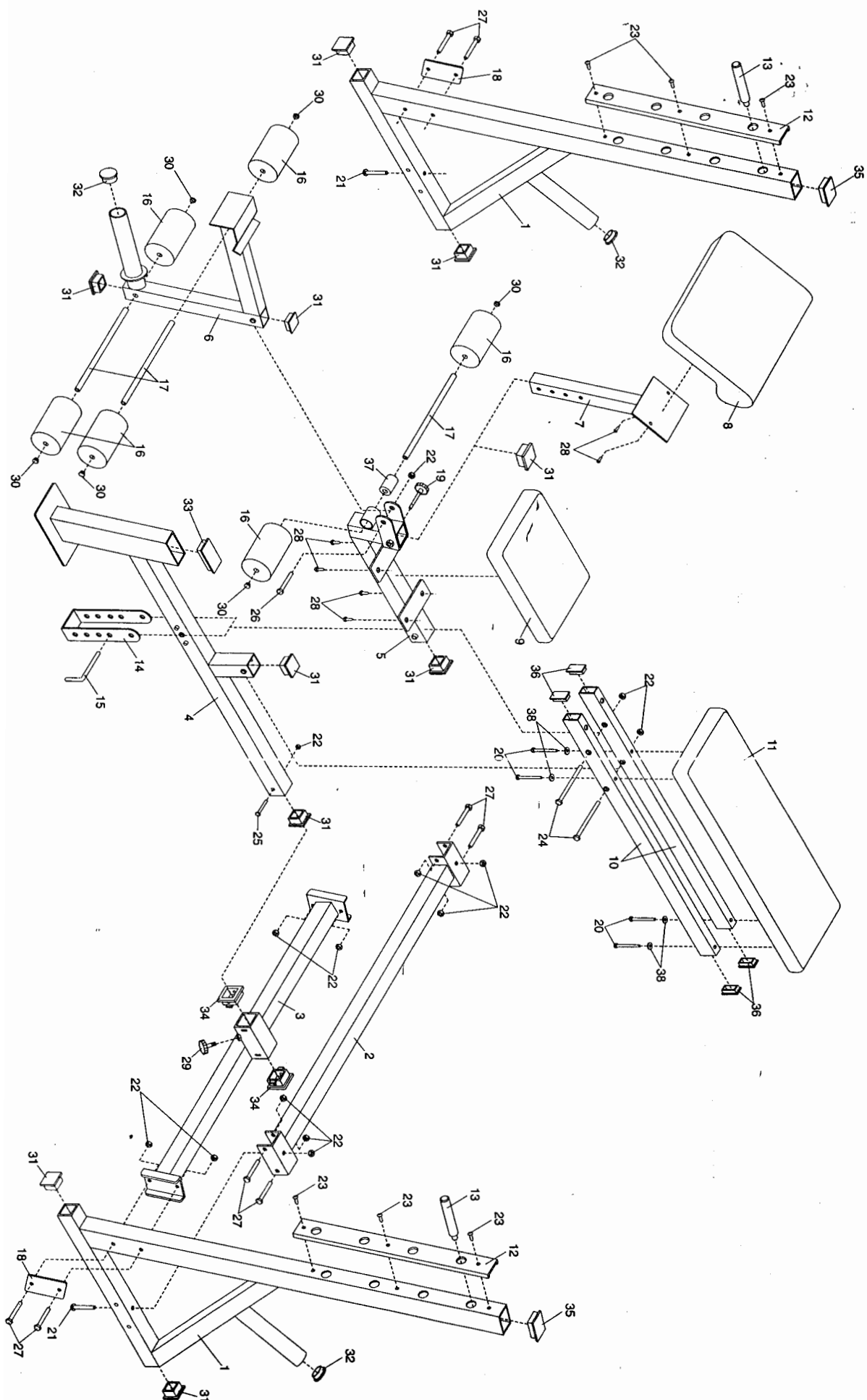
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

1. The **MODEL NUMBER** of the product (IMBE30070).
2. The **NAME** of the product (IMAGE® 3.0 Weight Bench).
3. The **SERIAL NUMBER** of the product (see the front cover of this manual).
4. The **KEY NUMBER** and **DESCRIPTION** of the desired part(s) (see the **PART LIST/EXPLODED DRAWING** at the center of this manual).

**REMOVE THIS PART LIST/EXPLODED
DRAWING FROM THE MANUAL**

SAVE THIS PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE





PART LIST—Model No. IMBE30070

R0997A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	2	M10 x 65mm Carriage Bolt
2	1	Stabilizer	22	14	M10 Nylon Locknut
3	1	Crossbar	23	6	M4 x 14mm Screw
4	1	Frame	24	2	M10 x 170mm Bolt
5	1	Seat Frame	25	1	M10 x 65mm Bolt
6	1	Leg Lever	26	1	M10 x 76mm Bolt
7	1	Curl Post	27	8	M10 x 70mm Bolt
8	1	Preacher Curl Pad	28	6	M6 x 16mm Screw
9	1	Seat	29	1	Short Knob
10	2	Backrest Tube	30	6	19mm Round Inner Cap
11	1	Backrest	31	10	48mm Square Inner Cap
12	2	Upright Cover	32	3	51mm Round Inner Cap
13	2	Weight Rest	33	1	70mm x 48mm Inner Cap
14	1	Adjustment Bracket	34	2	60mm Square Bushing
15	1	"L"-Pin	35	2	100mm x 48mm Inner Cap
16	6	Foam Pad	36	4	45mm x 25mm Inner Cap
17	3	Pad Tube	37	1	Pad Tube Bushing
18	2	Support Plate	38	4	M6 Washer
19	1	Long Knob	#	1	User's Manual
20	4	M6 x 63mm Bolt	#	1	Exercise Chart

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See back cover for information on ordering replacement parts.