

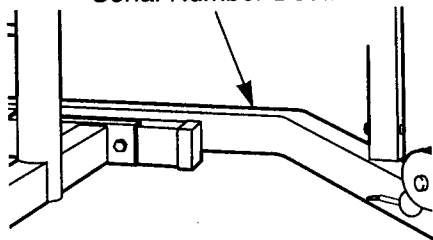
IMAGE[®] 4.0

Model No. IMBE40051

Serial No. _____

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

Serial Number Decal



USER'S MANUAL

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.

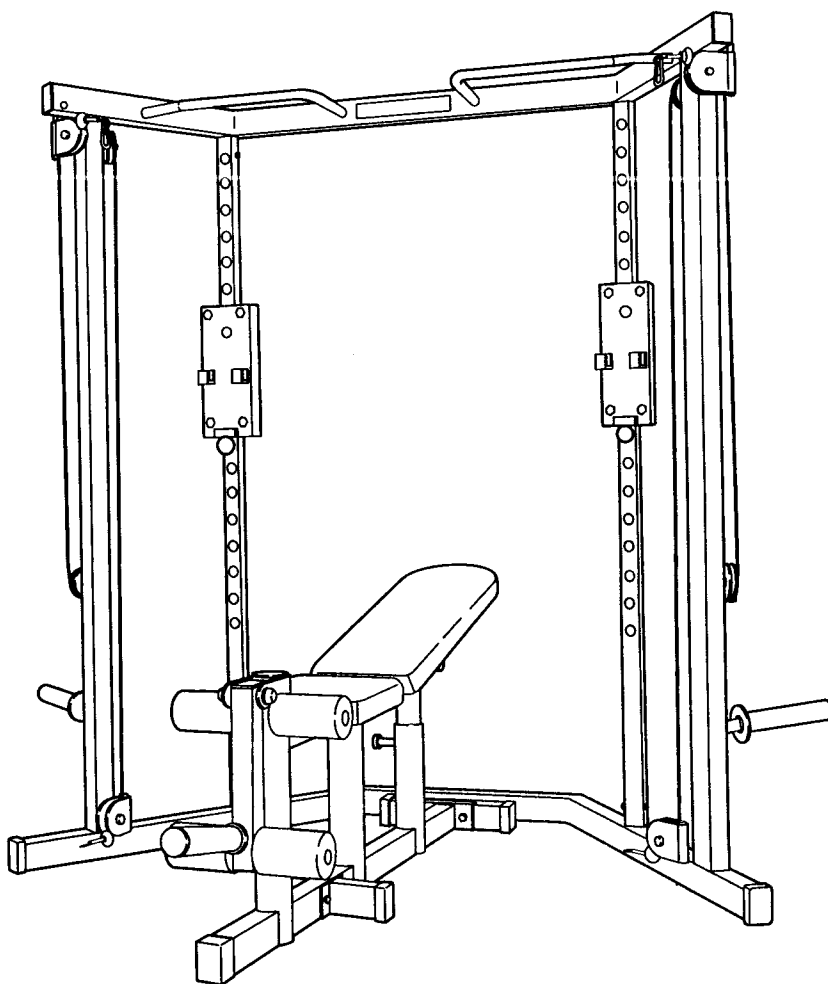
CUSTOMER HOT LINE:

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.



IMAGE[®] 4.0

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
2. Read all instructions in this manual and in the accompanying literature before using the weight bench.
3. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep small children and pets away from the weight bench at all times.
6. Always wear athletic shoes for foot protection when exercising.
7. Keep hands and feet away from moving parts.
8. When adjusting the backrest, move the backrest up and down slightly until the adjustment tube locks into place.
9. Make sure that the cables remain on the pulleys at all times. If a cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
10. Do not place more than 310 pounds on the barbell rack; do not place more than 150 pounds on the leg lever; do not place more than 150 pounds on each weight carriage; do not use the pull-up bar if you weigh more than 250 pounds. (Weights are not included.)
11. When performing standing exercises, stand inside the area that is shaded in the drawing on page 3.
12. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

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.

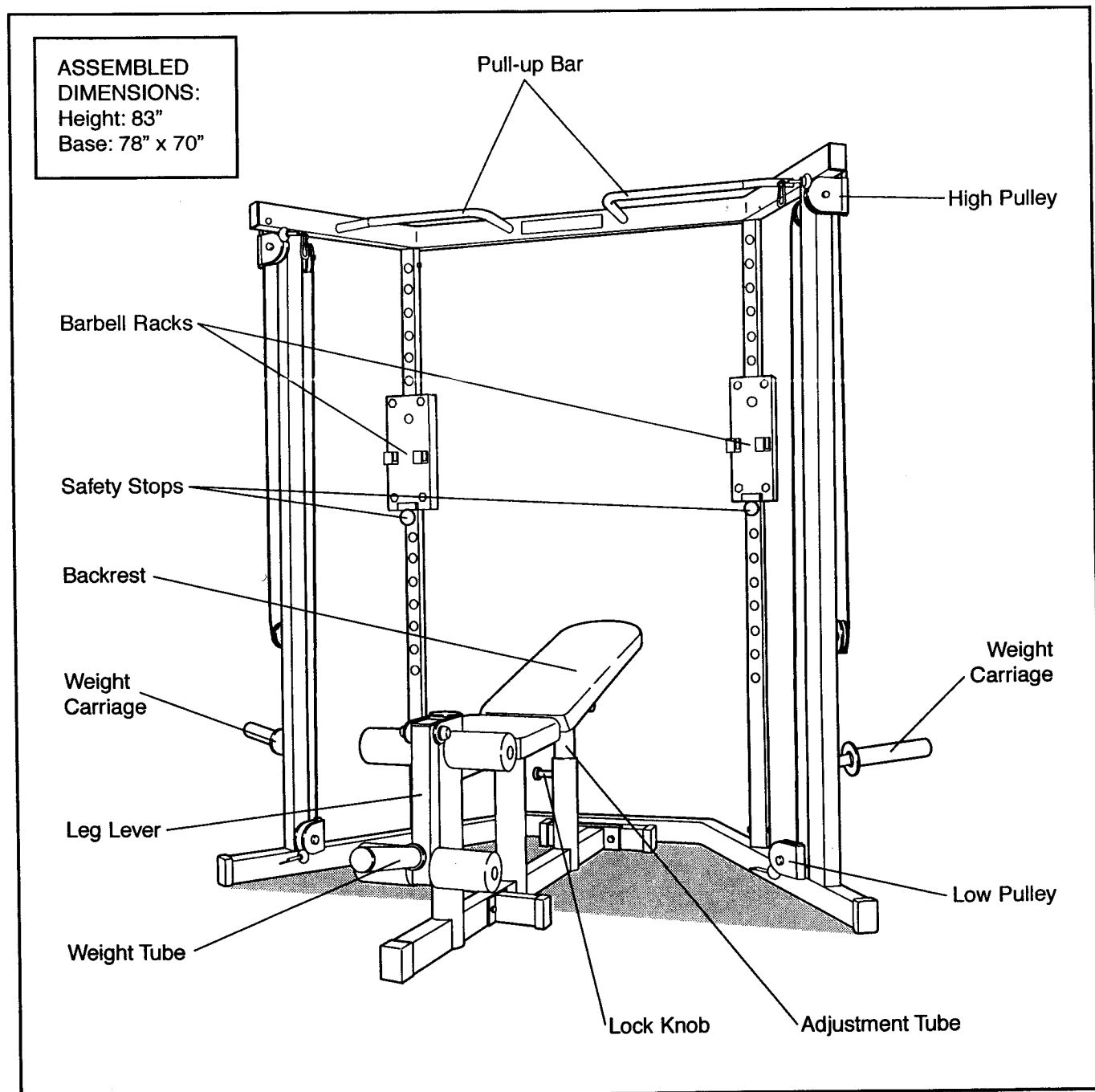
BEFORE YOU BEGIN

Thank you for selecting the versatile IMAGE® 4.0 Weight Bench. The IMAGE® 4.0 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® 4.0 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the IMAGE® 4.0 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 IMBE40051. The serial number can be found on a decal attached to the IMAGE® 4.0 (see the front cover of this manual).

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



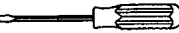
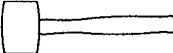
ASSEMBLY

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

- Place all parts 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.
- Assembly is divided into two stages: 1) weight bench assembly and 2) framework assembly. The hardware for each stage is packaged separately.
- Wait until you begin each assembly stage to open that parts bag.
- As you assemble the IMAGE® 4.0, 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) MAY BE 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.

WEIGHT BENCH ASSEMBLY

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

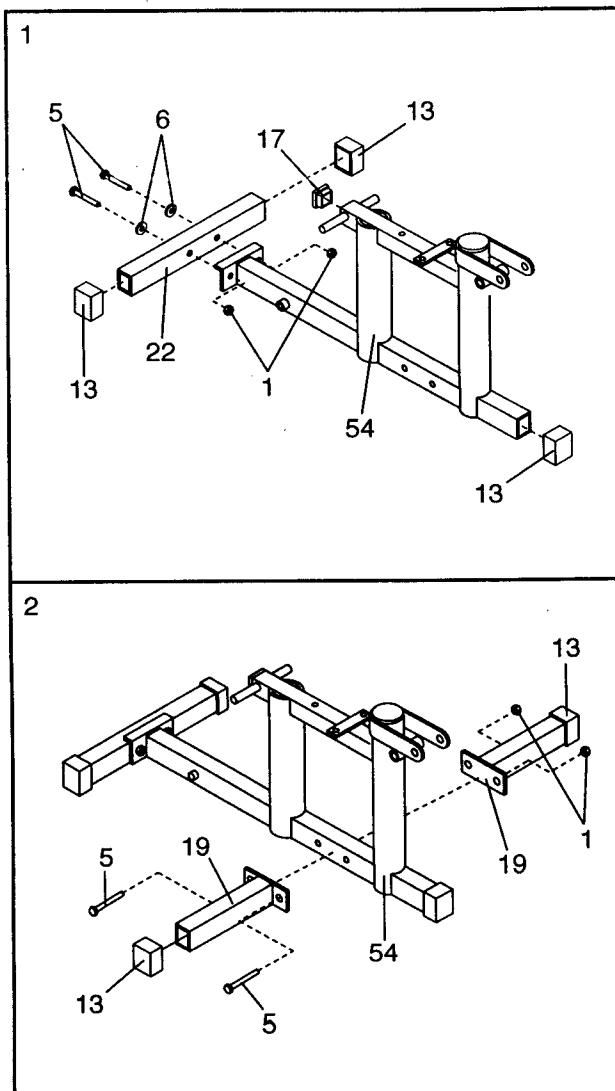
Press a 2" x 3" Outer Cap (13) onto the front of the Frame (54). Press a 2" Square Inner Cap (17) into the back of the Frame.

Press a 2" x 3" Outer Cap (13) onto each end of the Rear Stabilizer (22).

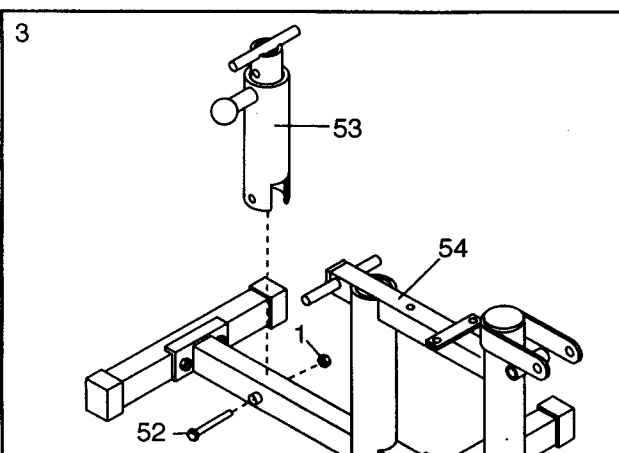
Attach the Rear Stabilizer (22) to the Frame (54) with two 3/8" x 2 3/4" Bolts (5), two 3/8" Washers (6), and two 3/8" Nylon Locknuts (1).

- 2. Press a 2" x 3" Outer Cap (13) onto the end of each Short Stabilizer (19).**

Attach both Short Stabilizers (19) to the Frame (54) with two 3/8" x 2 3/4" Bolts (5) and two 3/8" Nylon Locknuts (1).

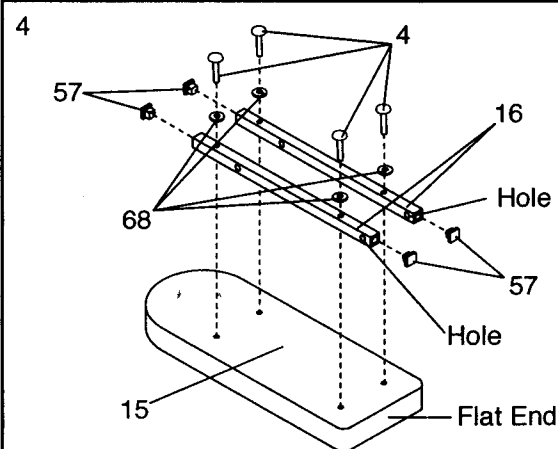


3. Attach the Backrest Tube (53) to the Frame (54) with a $\frac{3}{8}$ " x $3\frac{1}{2}$ " Bolt (52) and a $\frac{3}{8}$ " Nylon Locknut (1).



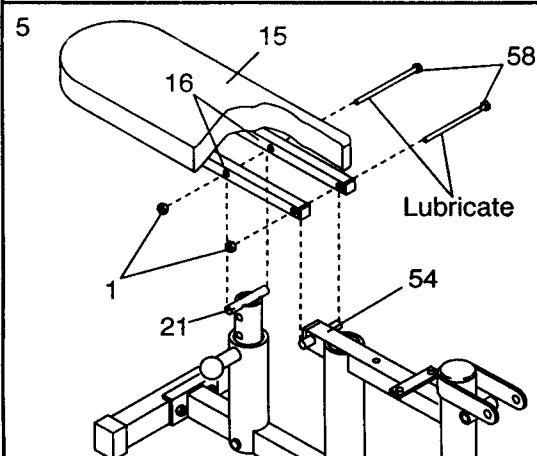
4. Press 1" Square Inner Caps (57) into the ends of both Backrest Rails (16).

Turn the Backrest Rails (16) so that the indicated holes are toward the flat end of the Backrest (15). Attach the Backrest Rails to the Backrest with four $\frac{1}{4}$ " x $1\frac{1}{2}$ " Screws (4) and four $\frac{1}{4}$ " Washers (68). **Do not tighten the Screws yet.**



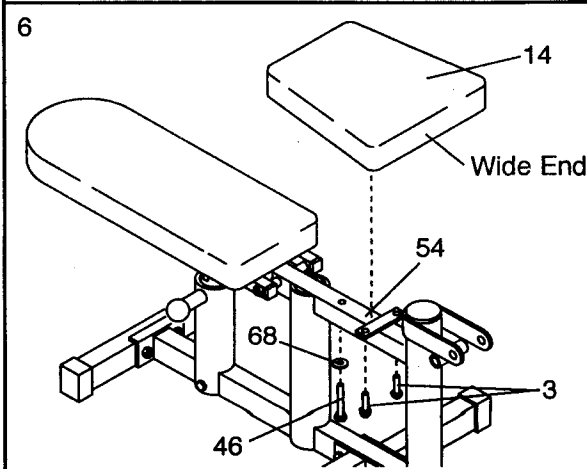
5. Lubricate a $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolt (58). Attach the Backrest (15) to the Frame (54) by inserting the $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolt through the Backrest Rails (16) and the tube on the Frame. Tighten a $\frac{3}{8}$ " Nylon Locknut (1) onto the Bolt. **Do not overtighten the Nylon Locknut.**

Lubricate another $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolt (58). Insert the $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolt through the other holes the Backrest Rails (16) and the tube on the Adjustment Tube (21). Tighten a $\frac{3}{8}$ " Nylon Locknut (1) onto the Bolt. **Do not overtighten the Nylon Locknut.**



See step 4. Tighten the four $\frac{1}{4}$ " x $1\frac{1}{2}$ " Screws (4).

6. Attach the Seat (14) to the Frame (54) with two $\frac{1}{4}$ " x $\frac{1}{2}$ " Screws (3), a $\frac{1}{4}$ " x $2\frac{1}{2}$ " Screw (46), and a $\frac{1}{4}$ " Washer (68) as shown.



7. Attach the Weight Tube (69) to the Leg Lever (18) with a $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolt (5), two $\frac{3}{8}$ " Washers (6), a $\frac{1}{2}$ " x $\frac{17}{32}$ " Spacer (70), and a $\frac{3}{8}$ " Nylon Locknut (1).

Press a 1" Round Inner Cap (12) into the indicated end of the Weight Tube (69). Press the Leg Lever Bumper (49) into the other end of the Weight Tube. Press two 2" Square Inner Caps (17) into the Leg Lever (18).

Lubricate the $\frac{1}{2}$ " x 4" Bolt (59). Attach the Leg Lever (18) to the Frame (54) with the $\frac{1}{2}$ " x 4" Bolt and a $\frac{1}{2}$ " Nylon Locknut (60).

8. Press a $\frac{3}{4}$ " Round Inner Cap (65) into each end of the 15" Pad Tube (11). Insert the Pad Tube into the Frame (54). Slide a 6" Foam Pad (10) onto each end of the Pad Tube. **Note: It may be helpful to wet the ends of the Pad Tube with soapy water in order to slide the Foam Pads on.**

Press a $\frac{3}{4}$ " Round Endcap (65) into each end of the 14" Pad Tube (67). Insert the Pad Tube into the Leg Lever (18). Slide a 6" Foam Pad (10) onto each end of the Pad Tube. **Note: It may be helpful to wet the ends of the Pad Tube with soapy water.**

9. Attach the Left Base (25) to the Joiner Bracket (27) with two $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolts (5), four $\frac{3}{8}$ " Washers (6), and two $\frac{3}{8}$ " Nylon Locknuts (1). Press a 2" x 3" Outer Cap (13) onto the Left Base.

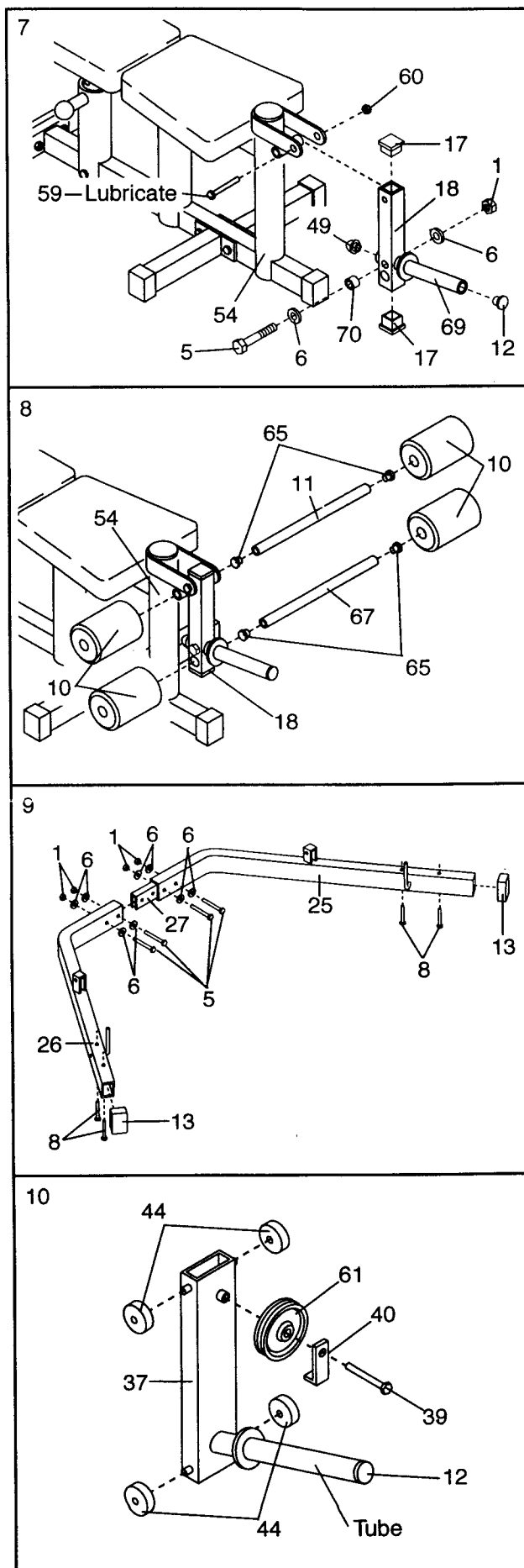
Assemble the Right Base (26) in the same manner.

Insert the four $\frac{3}{8}$ " x $3\frac{3}{4}$ " Carriage Bolts (8) up into the Left and Right Bases (25, 26) as shown.

10. Attach a 4 $\frac{1}{2}$ " Pulley (61) and a Cable Trap (40) to one of the Weight Carriages (37) with a $\frac{3}{8}$ " x $1\frac{3}{4}$ " Bolt (39). **Do not tighten the Bolt yet. Note: These parts may be pre-attached.**

Press a 1" Round Inner Cap (12) into the tube on the Weight Carriage (37). Slide four Weight Carriage Rollers (44) onto the Weight Carriage (37).

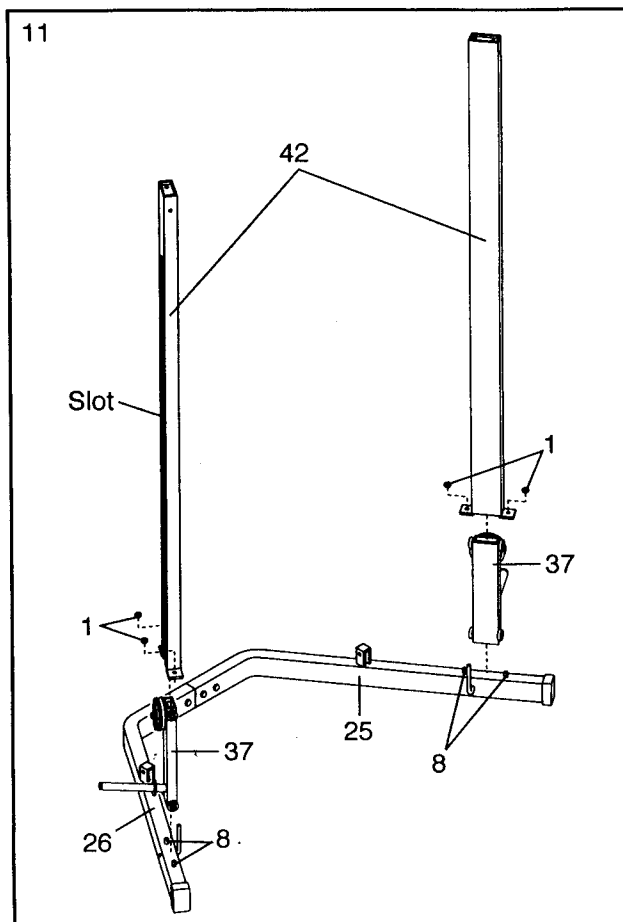
Assemble the other Weight Carriage (37) in the same manner.



11. Lay a Weight Upright (42) on the floor. Slide a Weight Carriage (37) into the Weight Upright. **Be sure that the Weight Carriage is oriented as shown.**

Slide the Weight Upright (42) onto the 3/8" x 3 3/4" Carriage Bolts (8) in the Right Base (26). **Be sure that the Weight Upright is turned so the slot is on the side shown.** Thread two 3/8" Nylon Locknuts (1) onto the Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

Assemble the other Weight Upright (42) to the Left Base (25) in the same manner.



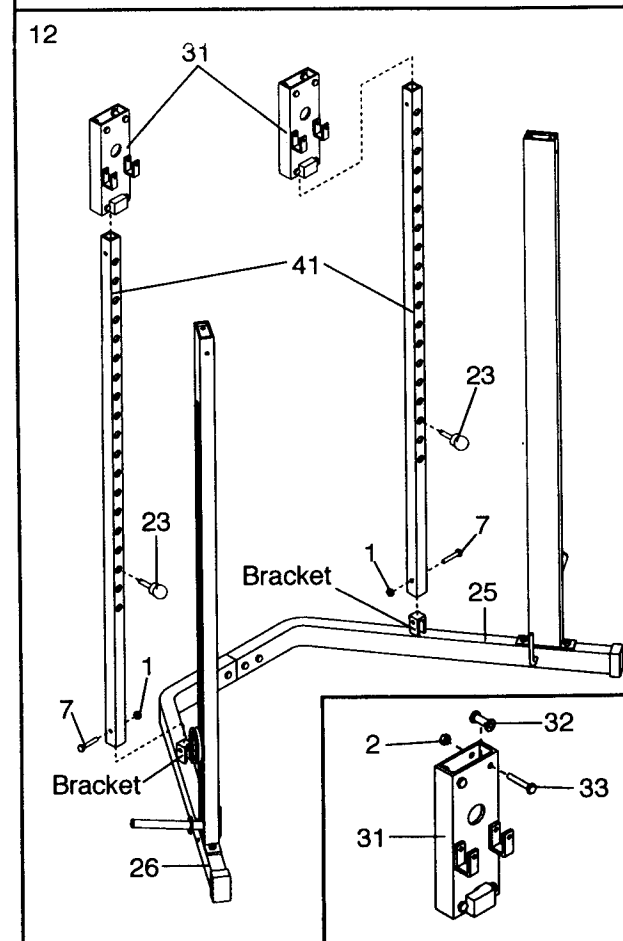
12. See the inset drawing. Attach a Roller Bushing (32) to a Barbell Rack (31) with a 1/4" x 2 1/2" Bolt (33) and a 1/4" Nylon Locknut (2). Attach three more Roller Bushings to the Barbell Rack in the same manner.

Attach four Roller Bushings (32) to the other Barbell Rack (31) in the same manner.

Slide a Barbell Upright (41) onto the bracket on the Left Base (25). Attach the Barbell Upright to the Left Base with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (1).

Attach a Barbell Upright (41) to the Right Base (26) in the same manner.

Insert a Safety Stop (23) into each Barbell Upright (41). Slide a Barbell Rack (31) onto each Barbell Upright. **Be sure that the Barbell Racks are oriented as shown.**

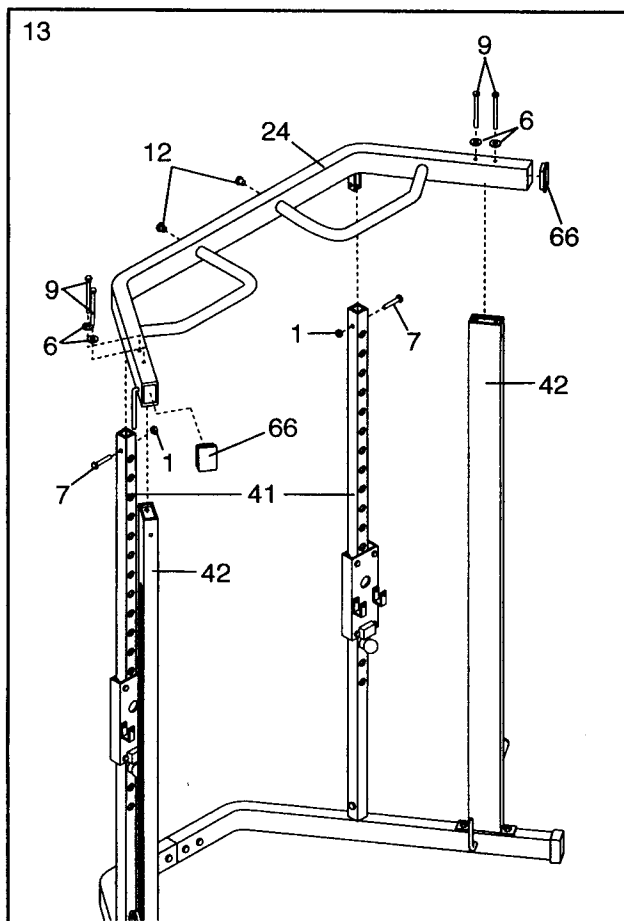


13. Press a 2" x 3" Inner Cap (66) into each end of the Top Frame (24). Press two 1" Round Inner Caps (12) into the indicated locations in the Top Frame.

Insert the brackets on the Top Frame (24) into the tops of the Barbell Uprights (41). Attach each Barbell Upright to the Top Frame with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (1).

Attach each Weight Upright (42) to the Top Frame (24) with two 3/8" x 4" Bolts (9) and 3/8" Washers (6). **It may be necessary to twist the Weight Uprights slightly to insert the Bolts.**

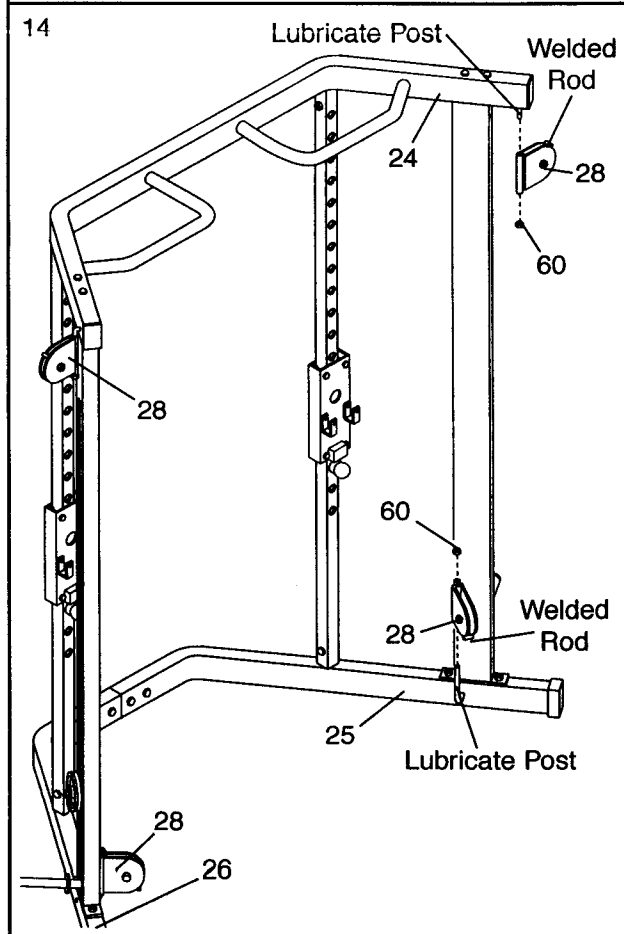
See step 11. Tighten the four 3/8" Nylon Locknuts (1) used in step 11.



14. Lubricate the post on the indicated side of the Top Frame (24). Attach a Pulley Bracket (28) to the post with a 1/2" Nylon Locknut (60). **The Pulley Bracket must be oriented so that the welded rod is on top.**

Lubricate the post on the Left Base (25). Attach a Pulley Bracket (28) to the post with a 1/2" Nylon Locknut (60). **The Pulley Bracket must be oriented so that the welded rod is on the bottom.**

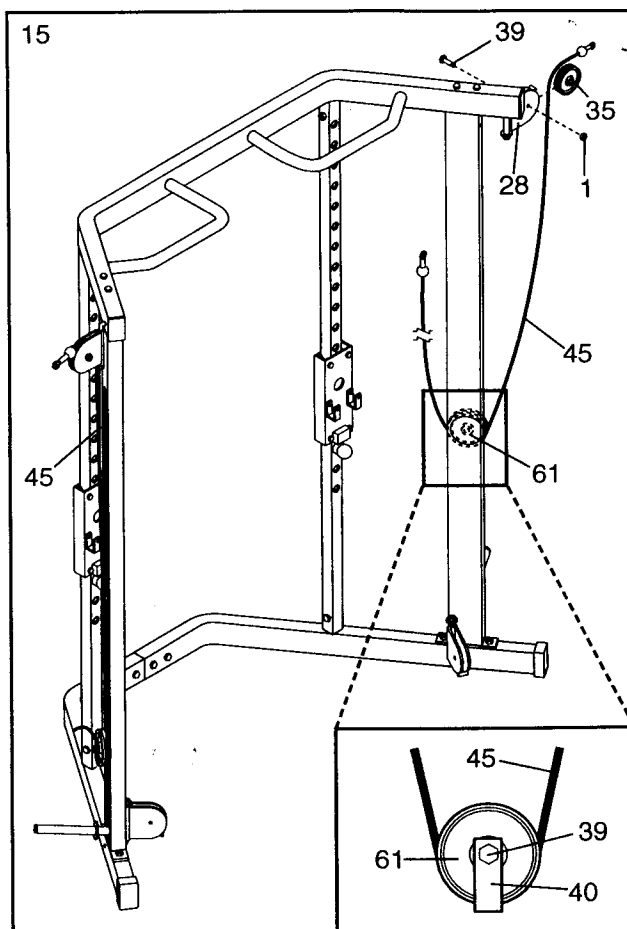
Attach Pulley Brackets (28) to the other side of the Top Frame (24) and the Right Base (26) in the same manner.



15. Remove the 3/8" x 1 3/4" Bolt (39) and the 3/8" Nylon Locknut (1) from the indicated upper Pulley Bracket (28). Remove the 3 1/2" Pulley (35) from the Pulley Bracket. Lay a Cable (45) over the Pulley. Re-attach the Pulley to the upper Pulley Bracket with the 3/8" x 1 3/4" Bolt and the 3/8" Nylon Locknut.

Route the Cable (45) around the indicated 4 1/2" Pulley (61). See the inset drawing. **Make sure that the Cable is between the Cable Trap (40) and the Pulley. Be sure that the Cable is routed as shown. Tighten the 3/8" x 1 3/4" Bolt (39) shown in the Inset drawing.**

Assemble the other Cable (45) to the other side in the same manner.

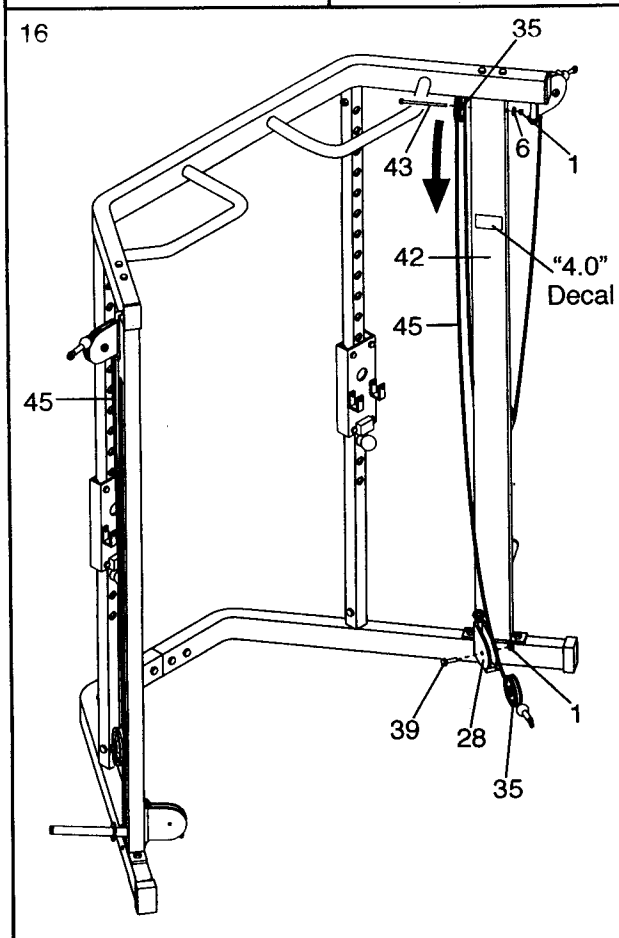


16. Lay the left Cable (45) over a 3 1/2" Pulley (35). Attach the Pulley to the upper end of the left Weight Upright (42) with a 3/8" x 5 1/2" Bolt (43), a 3/8" Washer (6), and a 3/8" Nylon Locknut (1).

Remove the 3/8" x 1 3/4" Bolt (39) and the 3/8" Nylon Locknut (1) from the indicated lower Pulley Bracket (28). Remove the 3 1/2" Pulley (35) from the Pulley Bracket. Wrap the left Cable (45) around the Pulley. Re-attach the Pulley to the lower Pulley Bracket with the 3/8" x 1 3/4" Bolt and the 3/8" Nylon Locknut.

Repeat this step with the other Cable (45).

Remove the backing from the "4.0" decal. Apply the decal to the left Weight Upright (42) in the indicated location.



Be sure that all parts have been properly tightened. The use of all remaining parts will be described in HOW TO ADJUST THE IMAGE 4.0, beginning on page 10 of this manual.

HOW TO ADJUST THE IMAGE® 4.0

The instructions below describe how each part of the IMAGE® 4.0 can be adjusted. Refer to the Exercise Guide accompanying this manual to see the correct form for each exercise.

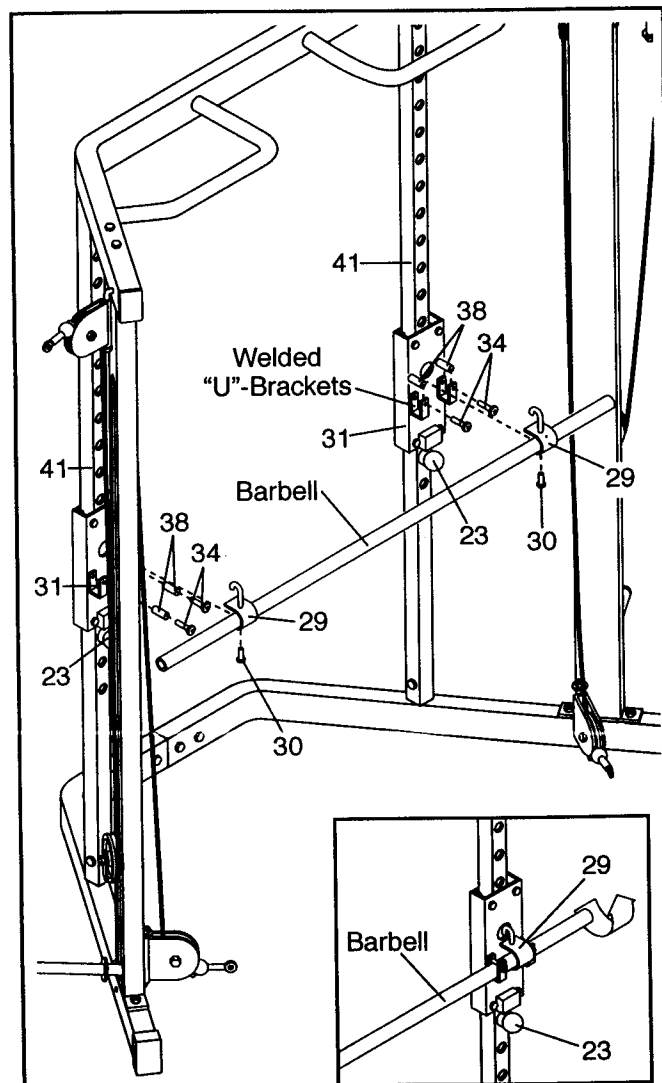
USING THE BARBELL RACKS

The innovative Barbell Racks (31) are designed to be used with an olympic barbell (not included). To attach your barbell to the Barbell Racks, first insert a Safety Stop (23) into each Barbell Upright (41). **The Safety Stops must be underneath the Barbell Racks and must be inserted at the same height.**

Rest your barbell on the welded "U"-brackets on the Barbell Racks (31). Using the included allen wrench, secure your barbell with the four 5/16" x 1 3/4" Screws (34) and 1/2" x 1 1/8" Plastic Spacers (38).

Attach a Weight Hook (29) to each end of your barbell with a 5/16" x 1/2" Screw (30) as shown. **The Weight Hooks must be aligned so that they lock into the Barbell Uprights (41) at the same time.**

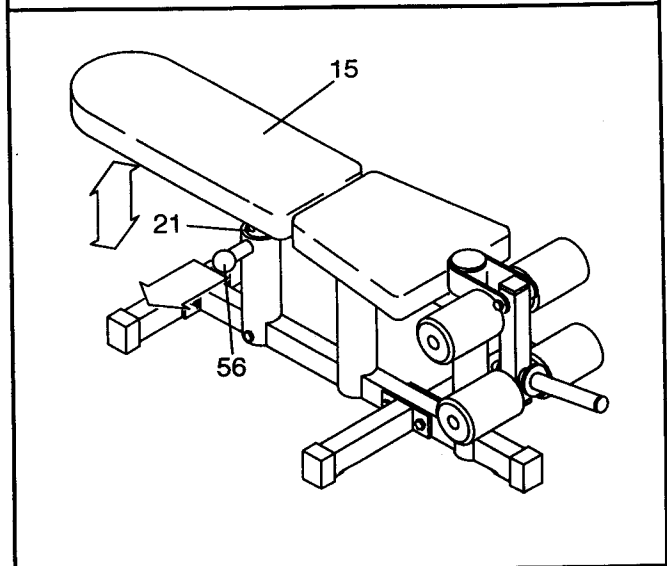
To use the Barbell Racks (31), first insert the Safety Stops (23) into the Barbell Uprights (41) at the lowest point you want your barbell to go during the exercise you are performing. Perform the exercise as shown in the accompanying Exercise Guide. The Weight Hooks (29) serve as "self spotters" (see the inset drawing). If you are unable to complete a repetition, rotate your barbell until the Weight Hooks lock into a set of holes in the Weight Uprights. Your barbell will be securely held.



ADJUSTING THE BACKREST

The Backrest (15) has four different positions: the level position, one decline position, and two incline positions.

To change the position of the Backrest (15), pull the Lock Knob (56) until the Backrest moves freely. Raise or lower the Backrest to the desired position. Release the Lock Knob. **Move the Backrest up and down slightly until the Adjustment Tube (21) locks into place.**



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGES

To use the upper or lower pulley stations, slide the desired amount of weight (not included) onto the weight post of one of the Weight Carriages (37). If you are using olympic weights, you will need to use a Weight Adapter (48).

If the exercise you are performing requires both Weight Carriages (37), **be sure that there is an equal amount of weight on both Weight Carriages.**

ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (18), slide the desired amount of weight onto weight post. If you are using olympic weights, you will need to use a Weight Adapter (48).

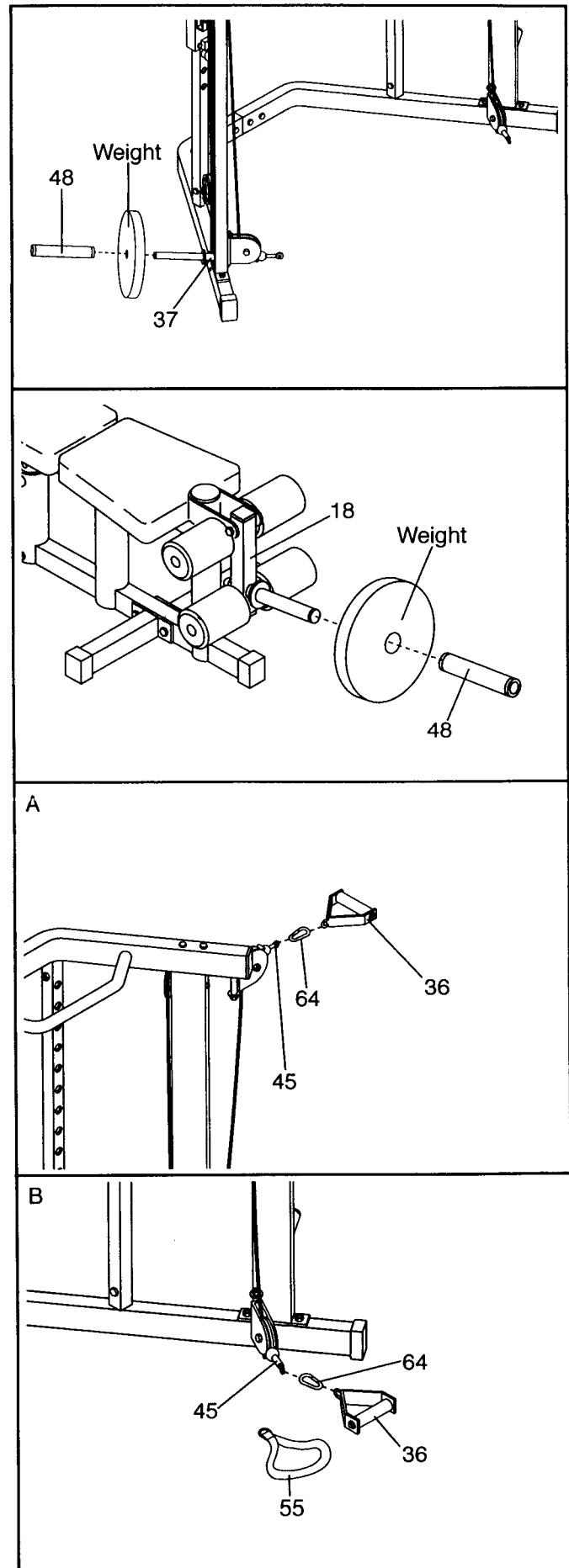
ATTACHING THE HANDLES TO THE UPPER AND LOWER PULLEY STATIONS

To use the upper pulley station (see drawing A) or the lower pulley station (see drawing B), weight must first be placed on the weight carriages (see ATTACHING WEIGHTS TO THE WEIGHT CARRIAGES above).

The Handles (36) can be attached to the Cables (45) with the Cable Clips (64) as shown.

The Ankle Strap (55) can be attached to the low pulley station Cables (45) in the same manner.

IMPORTANT: When performing exercises that require using the upper and lower pulleys, always stand in the grey shaded area shown on page 3. (See precaution 10 on page 2.)



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 (IMBE40051).
- The NAME of the product (IMAGE® 4.0 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/EXPLODED DRAWING attached to the center of this manual).

IMPORTANT: The IMAGE® 4.0 weight bench does not include a barbell or weights. To purchase a 310 pound olympic weight set (model RT1), or for information about our other weight sets, please call, toll-free, 1-800-727-9777.

LIMITED WARRANTY

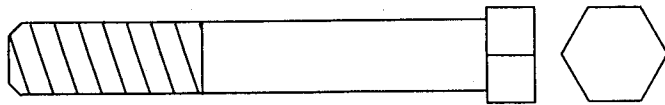
ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty 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, to products used for commercial or rental purposes, or to 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.

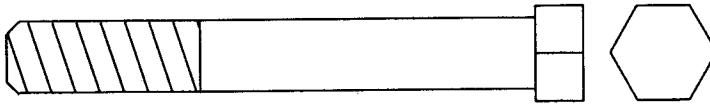
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. 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.

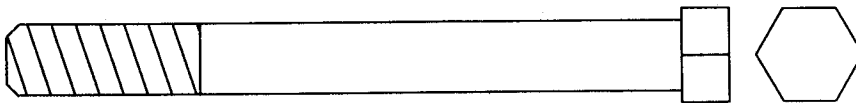
ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813



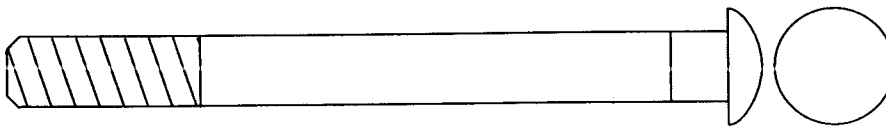
3/8" x 2 1/2" Bolt (7)–4



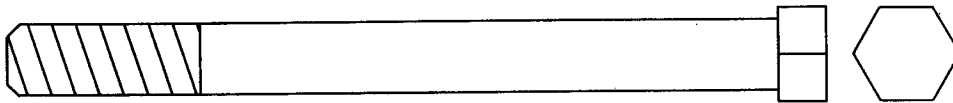
3/8" x 2 3/4" Bolt (5)–9



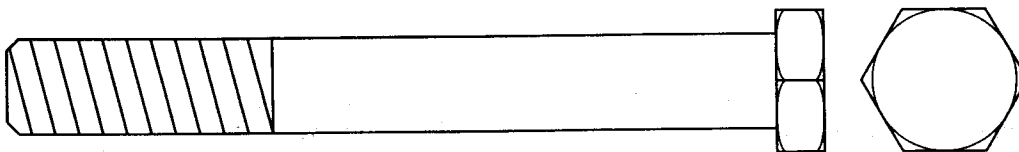
3/8" x 3 1/2" Bolt (52)–1



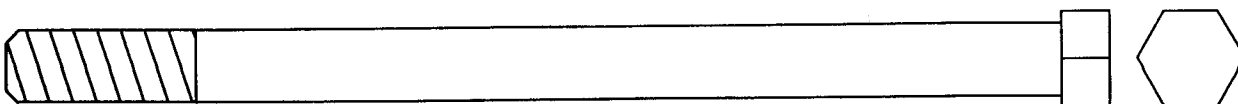
3/8" x 3 3/4" Carriage Bolt (8)–4



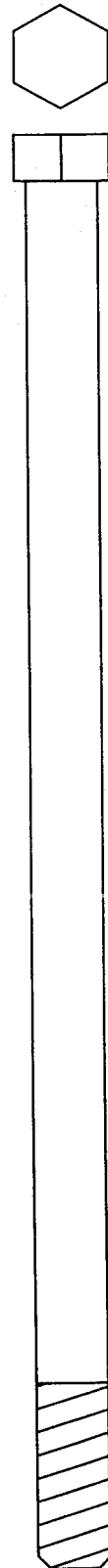
3/8" x 4" Bolt (9)–4



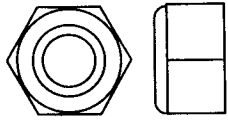
1/2" x 4" Bolt (59)–1



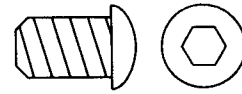
3/8" x 5 1/2" Bolt (43)–2



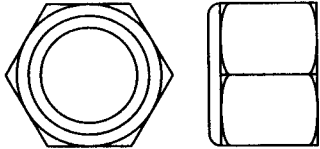
3/8" x 7 1/2" Bolt (58)–2



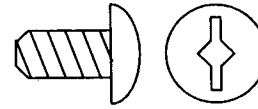
3/8" Nylon Locknut (1)–26



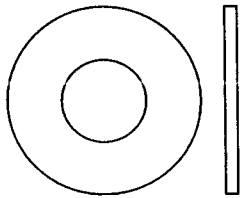
5/16" x 1/2" Screw (30)–2



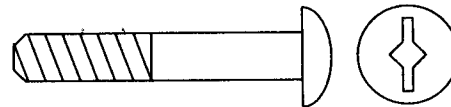
1/2" Nylon Locknut (60)–5



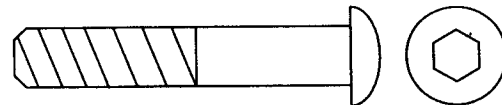
1/4" x 1/2" Screw (3)–2



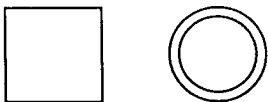
3/8" Washer (6)–18



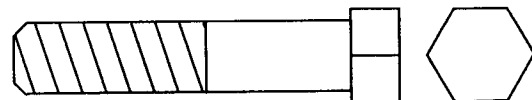
1/4" x 1 1/2" Screw (4)–4



5/16" x 1 3/4" Screw (34)–4



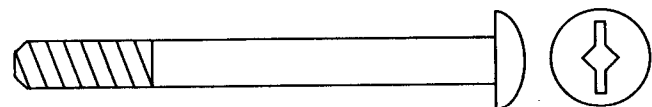
1/2" x 17/32" Spacer (70)–1



3/8" x 1 3/4" Bolt (39)–6

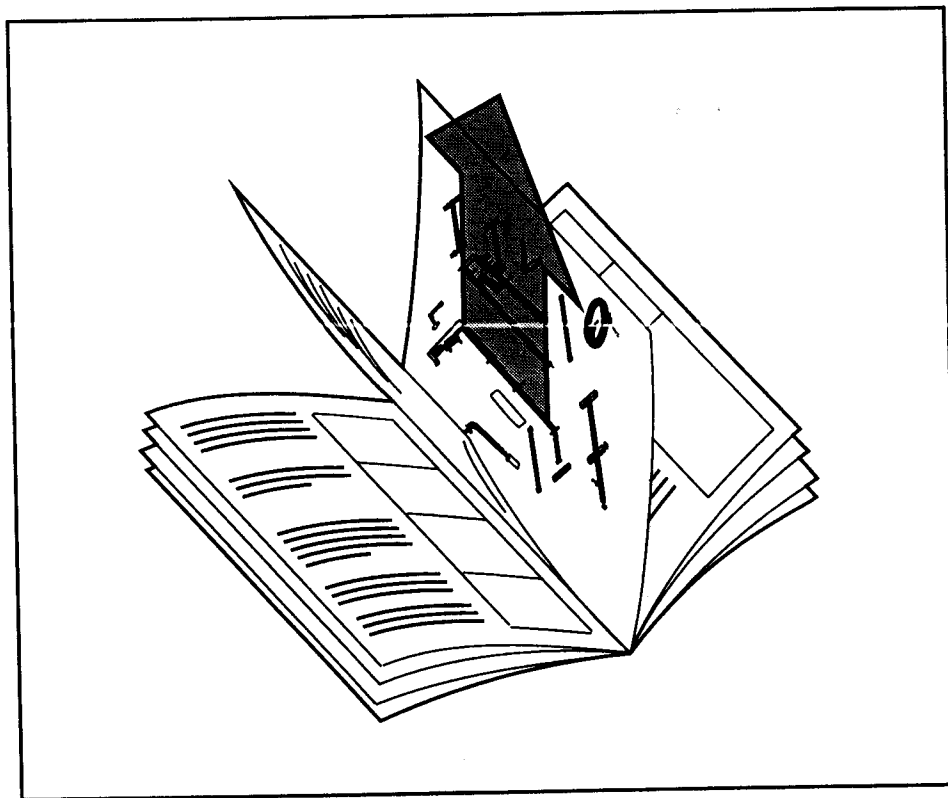


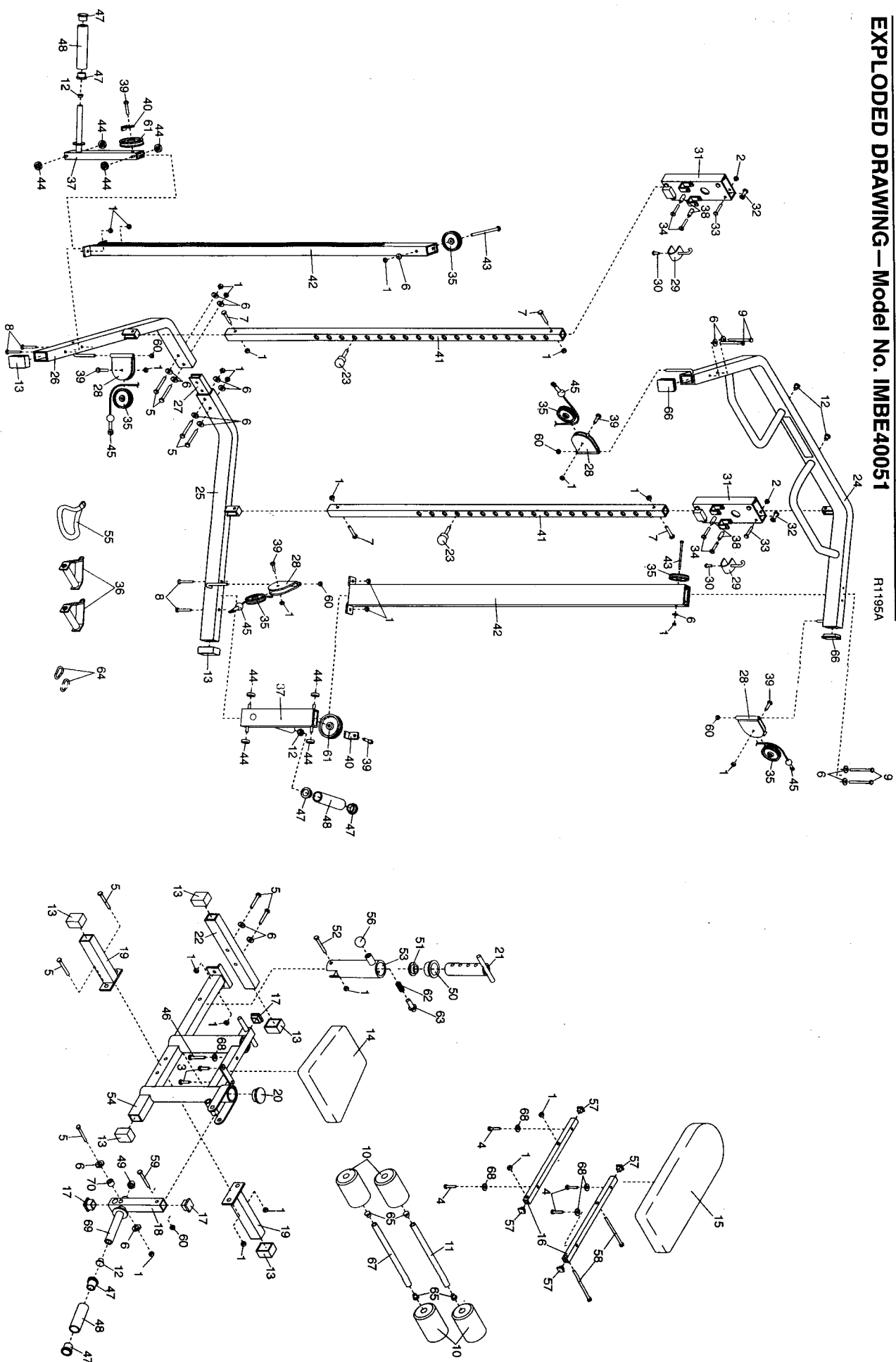
1/2" x 1 1/8" Plastic Spacer (38)–4



1/4" x 2 1/2" Screw (46)–1

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





PART LIST—Model No. IMBE40051

R1195A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	26	3/8" Nylon Locknut	38	4	1/2" x 1 1/8" Plastic Spacer
2	8	1/4" Nylon Locknut	39	6	3/8" x 1 3/4" Bolt
3	2	1/4" x 1/2" Screw	40	2	Cable Trap
4	4	1/4" x 1 1/2" Screw	41	2	Barbell Upright
5	9	3/8" x 2 3/4" Bolt	42	2	Weight Upright
6	18	3/8" Washer	43	2	3/8" x 5 1/2" Bolt
7	4	3/8" x 2 1/2" Bolt	44	8	Weight Carriage Roller
8	4	3/8" x 3 3/4" Carriage Bolt	45	2	Cable
9	4	3/8" x 4" Bolt	46	1	1/4" x 2 1/2" Screw
10	4	6" Foam Pad	47	6	Weight Adapter Bushing
11	1	15" Pad Tube	48	3	Weight Adapter
12	5	1" Round Inner cap	49	1	Leg Lever Bumper
13	7	2" x 3" Outer Cap	50	1	3" Plastic Bushing
14	1	Seat	51	1	2 5/8" Round Inner Cap
15	1	Backrest	52	1	3/8" x 3 1/2" Bolt
16	2	Backrest Rail	53	1	Backrest Tube
17	3	2" Square Inner Cap	54	1	Frame
18	1	Leg Lever	55	1	Ankle Strap
19	2	Short Stabilizer	56	1	Lock Knob
20	1	3" Round Inner Cap	57	4	1" Square Inner Cap
21	1	Adjustment Tube	58	2	3/8" x 7 1/2" Bolt
22	1	Rear Stabilizer	59	1	1/2" x 4" Bolt
23	2	Safety Stop	60	5	1/2" Nylon Locknut
24	1	Top Frame	61	2	4 1/2" Pulley
25	1	Left Base	62	1	Spring
26	1	Right Base	63	1	Locking Pin
27	1	Joiner Bracket	64	2	Cable Clip
28	4	Pulley Bracket	65	4	3/4" Round Inner Cap
29	2	Weight Hook	66	2	2" x 3" Inner Cap
30	2	5/16" x 1/2" Screw	67	1	14" Pad Tube
31	2	Barbell Rack	68	5	1/4" Washer
32	8	Roller Bushing	69	1	Weight Tube
33	8	1/4" x 2 1/2" Bolt	70	1	1/2" x 17/32" Spacer
34	4	5/16" x 1 3/4" Screw	#	1	Allen Wrench
35	6	3 1/2" Pulley	#	1	User's Manual
36	2	Handle	#	1	Exercise Guide
37	2	Weight Carriage			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.