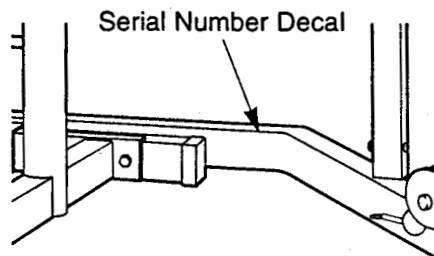


IMAGE[®] 4.0

Model No. IMBE40052

Serial No. _____

Write the serial number in the space above for reference.



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.

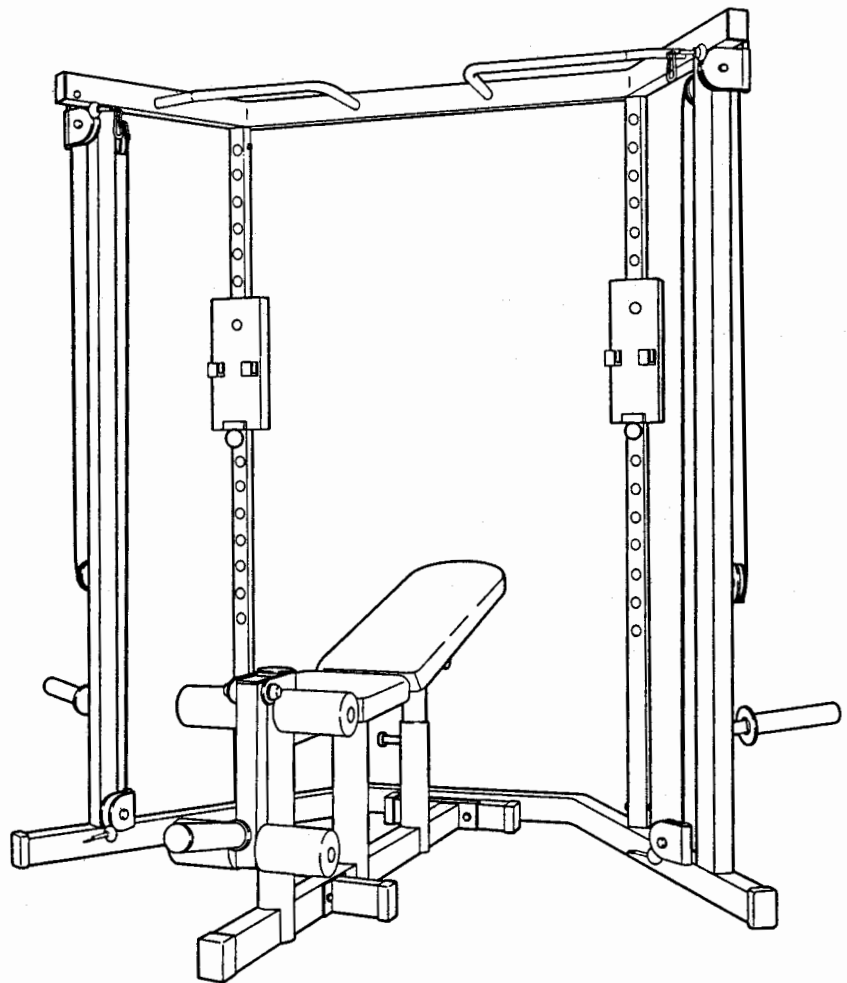
CUSTOMER HOT LINE:

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

IMAGE[®] 4.0

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO ADJUST THE IMAGE 4.0	10
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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 for protection.
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. 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.
9. 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.
10. When performing standing exercises, stand inside the area that is shaded in the drawing on page 3.
11. If you feel pain or dizziness at any time 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.

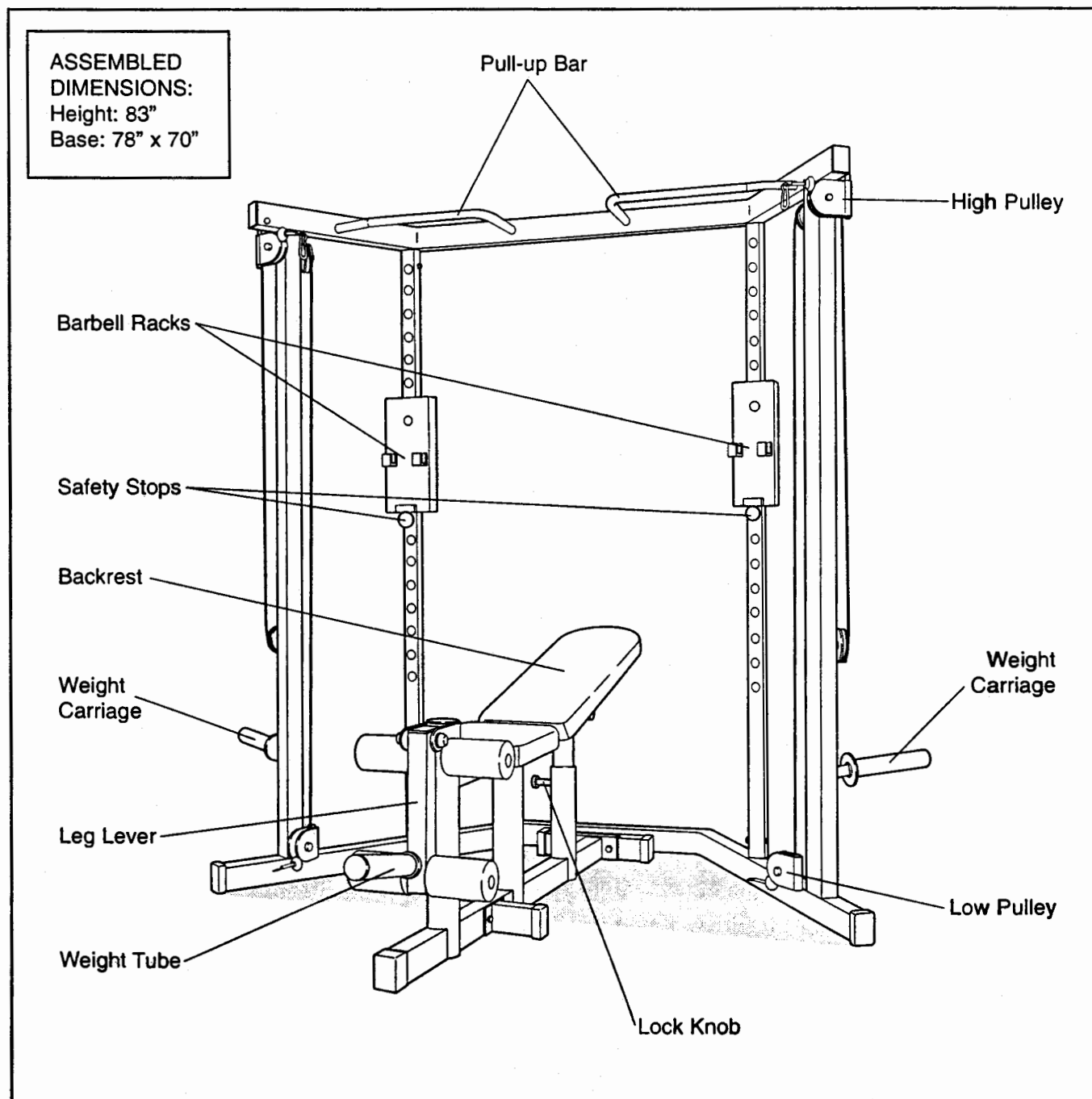
BEFORE YOU BEGIN

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 IMBE40052. 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.



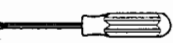
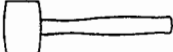
ASSEMBLY

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

- Place all parts of the IMAGE® 4.0 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® 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) 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.

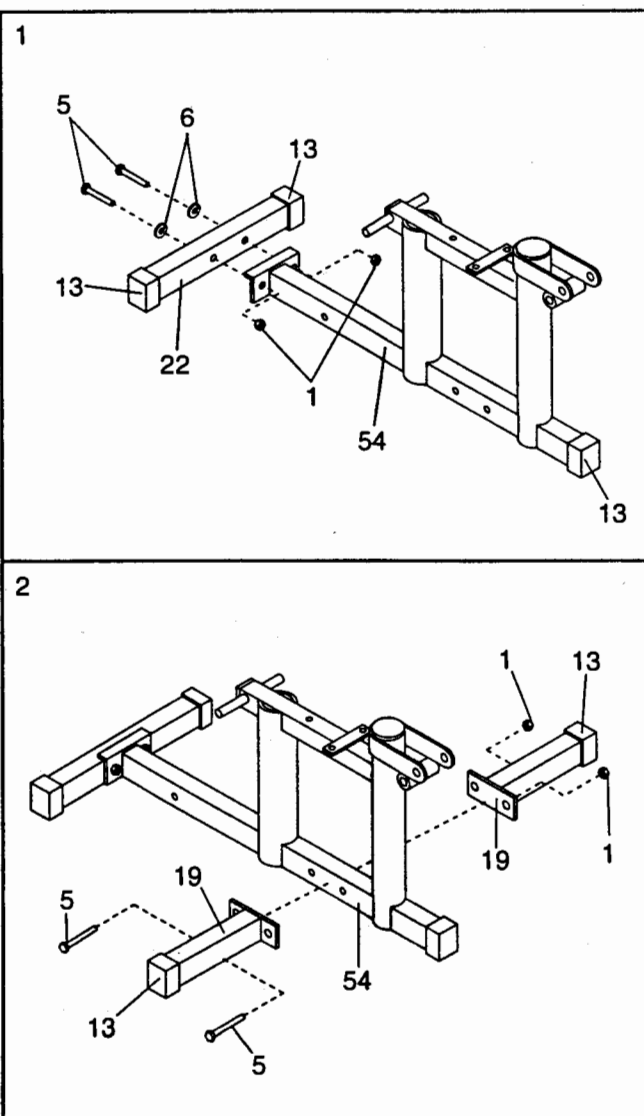
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" x 3" External Endcap (13) onto each end of the Stabilizer (22). Press a 2" x 3" External Endcap (13) onto the end of the Base (54).

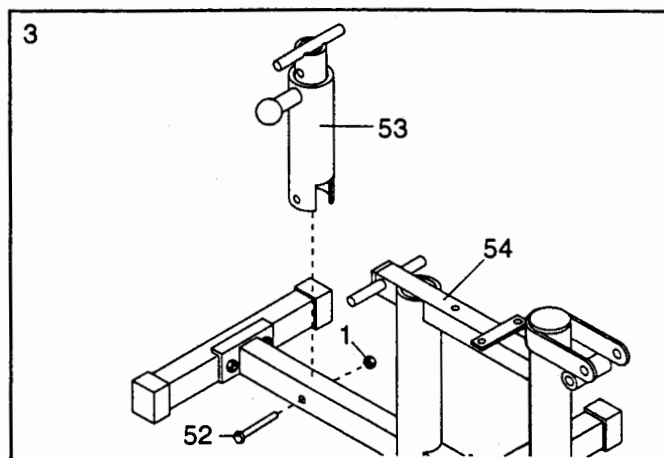
Attach the Rear Stabilizer (22) to the Base (54) with two 3/8" x 2 3/4" Bolts (5), two 3/8" Washers (6), and two 3/8" Nylon Locknuts (1).

2. Press a 2" x 3" External Endcap (13) onto the end of each Short Stabilizer (19).

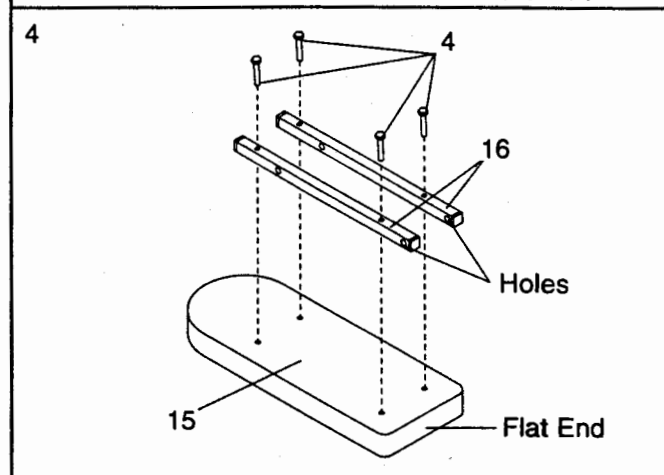
Attach both Short Stabilizers (19) to the Base (54) with two 3/8" x 2 3/4" Bolts (5) and two 3/8" Nylon Locknuts (1).



3. Attach the Backrest Tube (53) to the Base (54) with a $\frac{3}{8}$ " x $3\frac{1}{2}$ " Bolt (52) and a $\frac{3}{8}$ " Nylon Locknut (1). The Backrest Tube should be able to pivot freely.



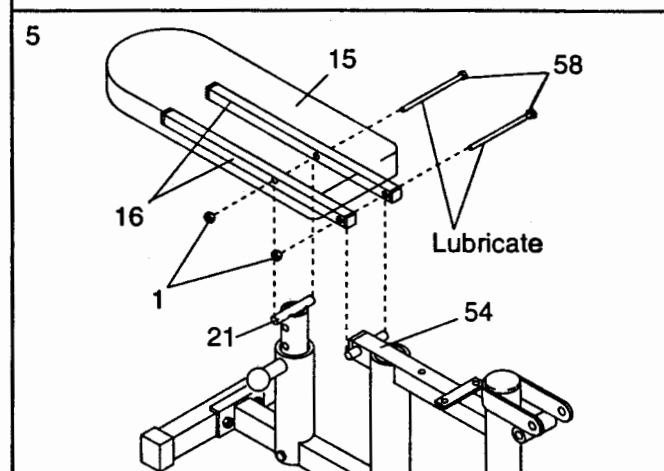
4. Turn the Backrest Rails (16) so that the indicated holes are toward the flat end of the Backrest (15). Attach the Backrest Rails to the Backrest with four $\frac{1}{4}$ " x $1\frac{1}{2}$ " Bolts (4). Do not tighten the Bolts yet.



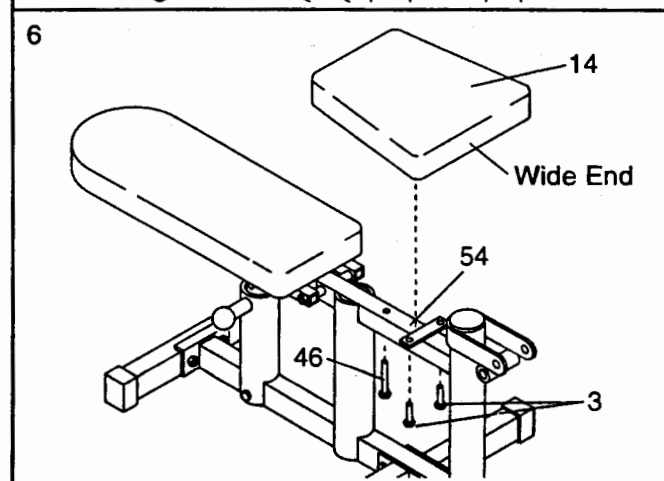
5. Lubricate the two $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolts (58). Attach the Backrest (15) to the Base (54) by inserting a $\frac{3}{8}$ " x $7\frac{1}{2}$ " Bolt through the ends of the Backrest Rails (16) and the indicated tube on the Base. Tighten a $\frac{3}{8}$ " Nylon Locknut (1) onto the Bolt.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

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

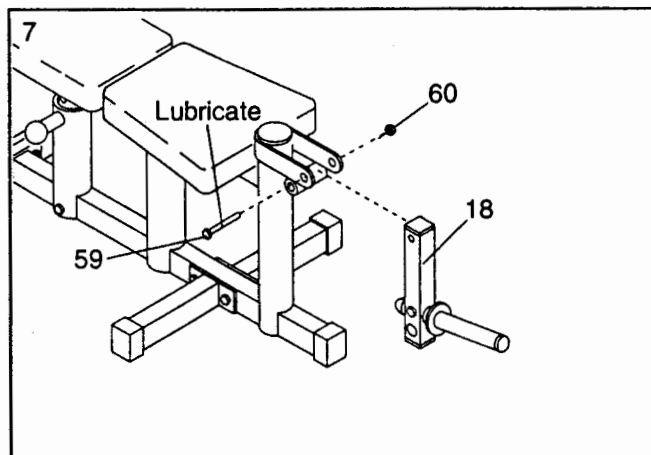
See step 4. Tighten the four $\frac{1}{4}$ " x $1\frac{1}{2}$ " Bolts (4).



6. Attach the Seat (14) to the Base (54) with two $\frac{1}{4}$ " x $\frac{3}{4}$ " Bolts (3) and one $\frac{1}{4}$ " x $2\frac{1}{2}$ " Bolt (46).

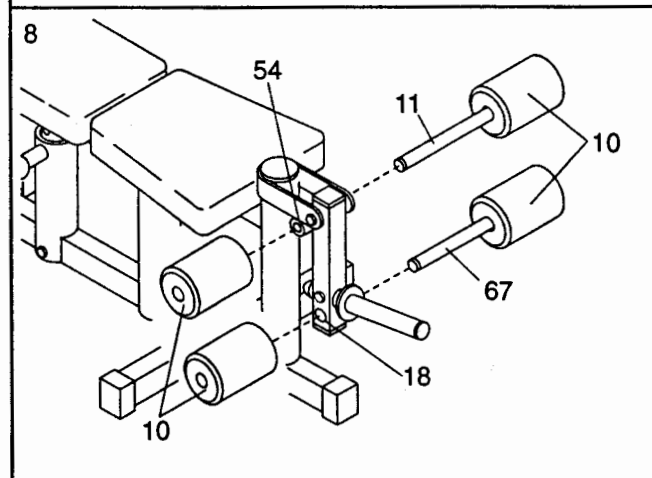


7. Lubricate the 1/2" x 4" Bolt (59). Attach the Leg Lever (18) to the Base (54) with the 1/2" x 4" Bolt and the 1/2" Nylon Locknut (60).



8. Insert the 15" Pad Tube (11) into the indicated tube on the Base (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.**

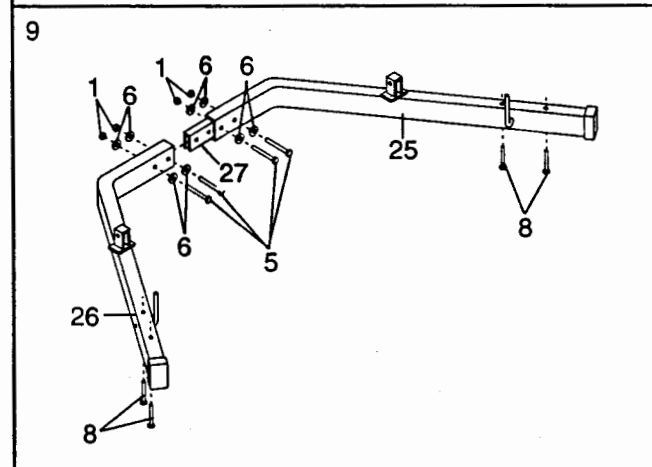
Insert the 14" Pad Tube (67) into the Leg Lever (18). Slide a 6" Foam Pad (10) onto each end of the Pad Tube. **Note: It may be helpful to wet the ends of the Pad Tube with soapy water.**



9. Attach the Left Base (25) to the Joiner Bracket (27) with two 3/8" x 2 3/4" Bolts (5), four 3/8" Washers (6), and two 3/8" Nylon Locknuts (1).

Attach the Right Base (26) to the Joiner Bracket (27) with two 3/8" x 2 3/4" Bolts (5), four 3/8" Washers (6), and two 3/8" Nylon Locknuts (1).

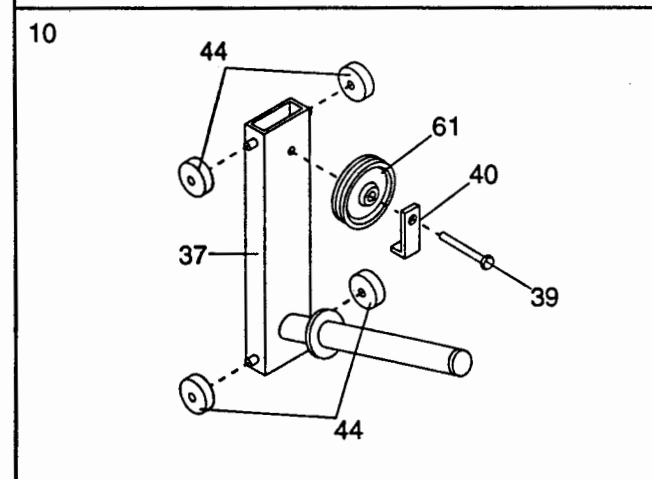
Insert two 3/8" x 3 1/2" Carriage Bolts (8) up into the Left Base (25). Insert two 3/8" x 3 1/2" Carriage Bolts (8) up into the Right Base (26).



10. Attach a 4 1/2" Pulley (61) and a Cable Trap (40) to one of the Weight Carriages (37) with a 3/8" x 1 3/4" Bolt (39). **Do not tighten the Bolt yet.**

Slide four Weight Carriage Rollers (44) onto the Weight Carriage (37).

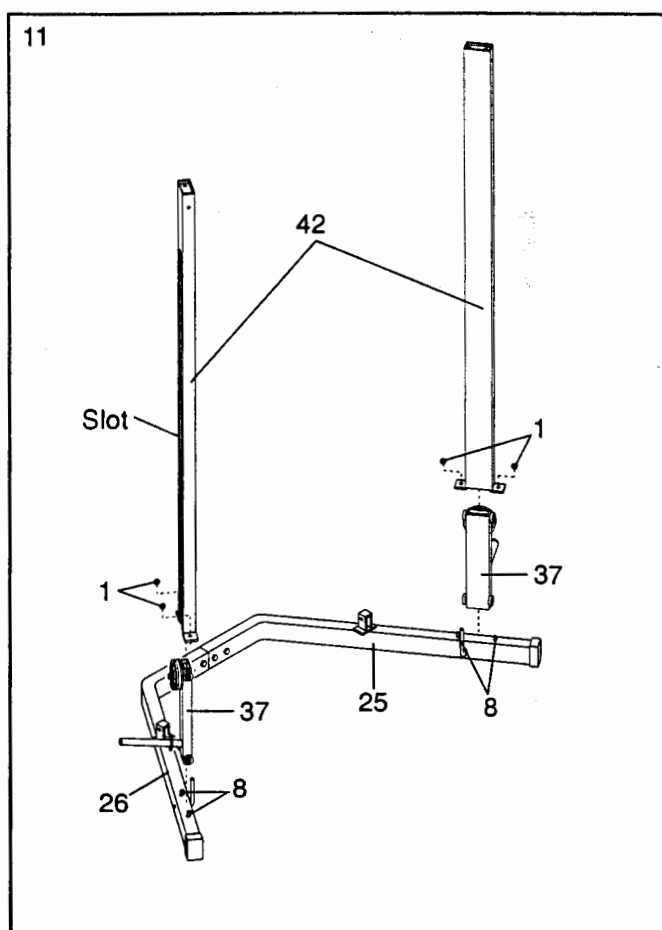
Assemble the the other Weight Carriage (37) in the same manner.



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 1/2" Carriage Bolts (8) in the Left Base (25). **Be sure that the Weight Upright is turned so that the slot is on the side shown.** Thread two 3/8" Nylon Locknuts (1) onto the 3/8" x 3 1/2" Carriage Bolts. **Do not tighten the Nylon Locknuts yet.**

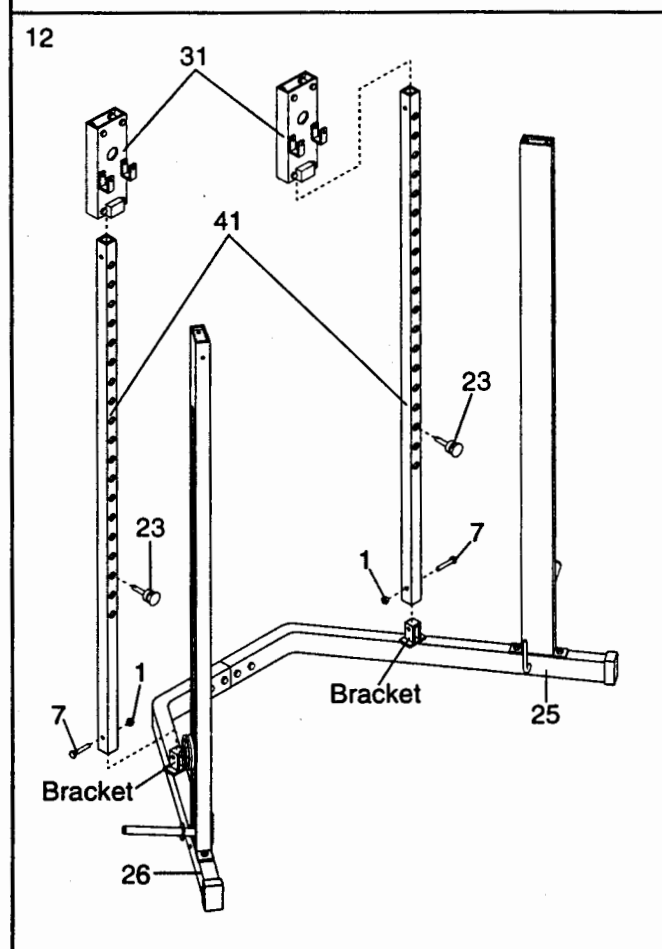
Assemble the other Weight Upright (42) in the same manner.



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

Attach a Barbell Upright (41) to the bracket on the Right Base (26) with a 3/8" x 2 1/2" Bolt (7) and a 3/8" Nylon Locknut (1).

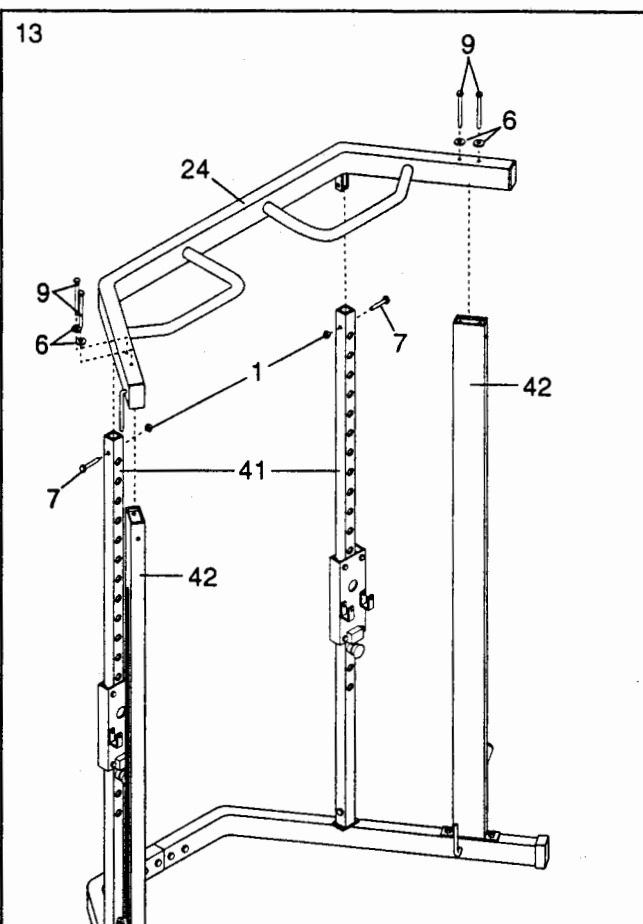
Insert a Safety Stop (23) into each Barbell Upright (41). Slide a Barbell Rack (31) onto each Barbell Upright. **Be sure that the Barbell Racks are oriented as shown.**



13. 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.

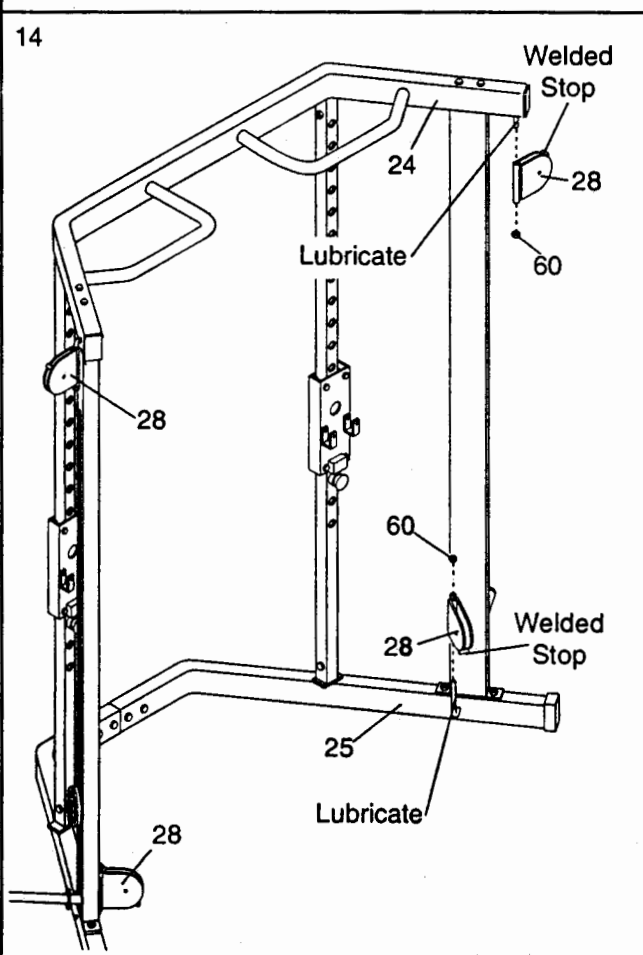
See step 11. Tighten the four 3/8" Nylon Locknuts (1) used in step 11.



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

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

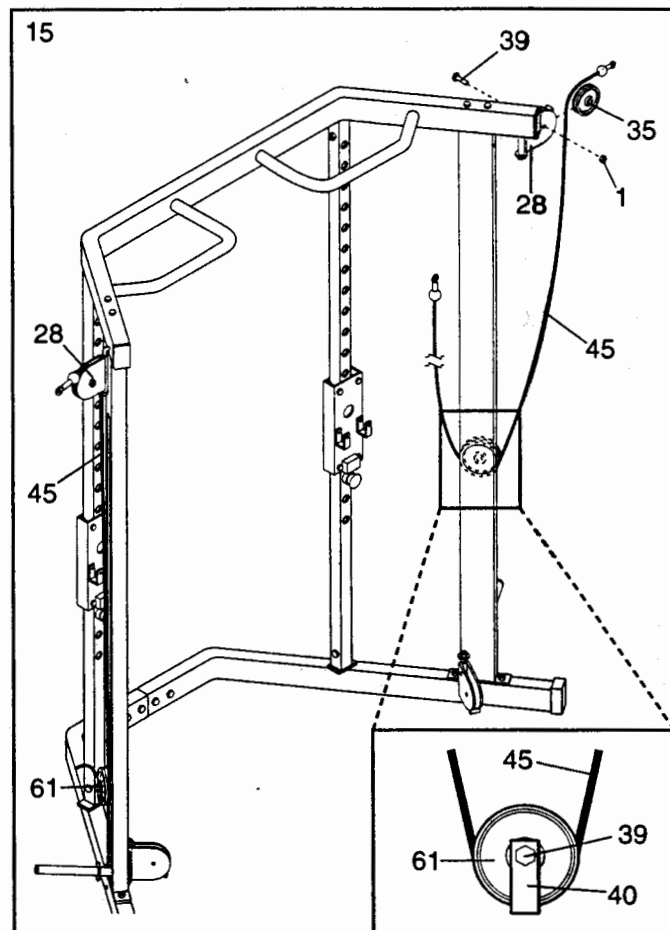
Attach two Pulley Brackets (28) to the other side in the same manner.



15. Lay a Cable (45) over a 3 1/2" Pulley (35). Attach the Pulley to the upper Pulley Bracket (28) with the 3/8" x 1 3/4" Bolt (39) and a 3/8" Nylon Locknut (1). **Note: The Pulley fits tightly into the Pulley Bracket.**

Route the Cable (45) around the indicated 4 1/2" Pulley (61) (see the inset drawing). The Cable must be 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.

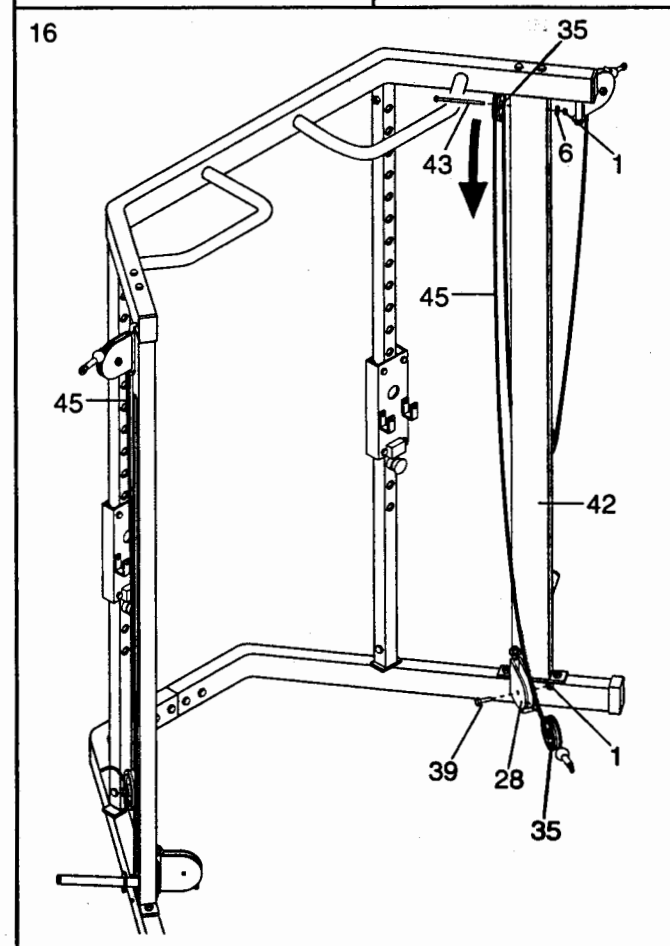


16. Lay the left Cable (45) over a 3 1/2" Pulley (35). Attach the Pulley to the upper end of the left Weight Upright (42) with a 3/8" x 5 1/2" Bolt (43), a 3/8" Washer (6), and a 3/8" Nylon Locknut (1).

Wrap the Cable (45) around a 3 1/2" Pulley (35). Attach the Pulley to the lower Pulley Bracket (28) with the 3/8" x 1 3/4" Bolt (39) and a 3/8" Nylon Locknut (1). **Note: The Pulley fits tightly into the Pulley Bracket.**

Repeat this step with the right Cable (45).

Be sure that all bolts and nuts 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

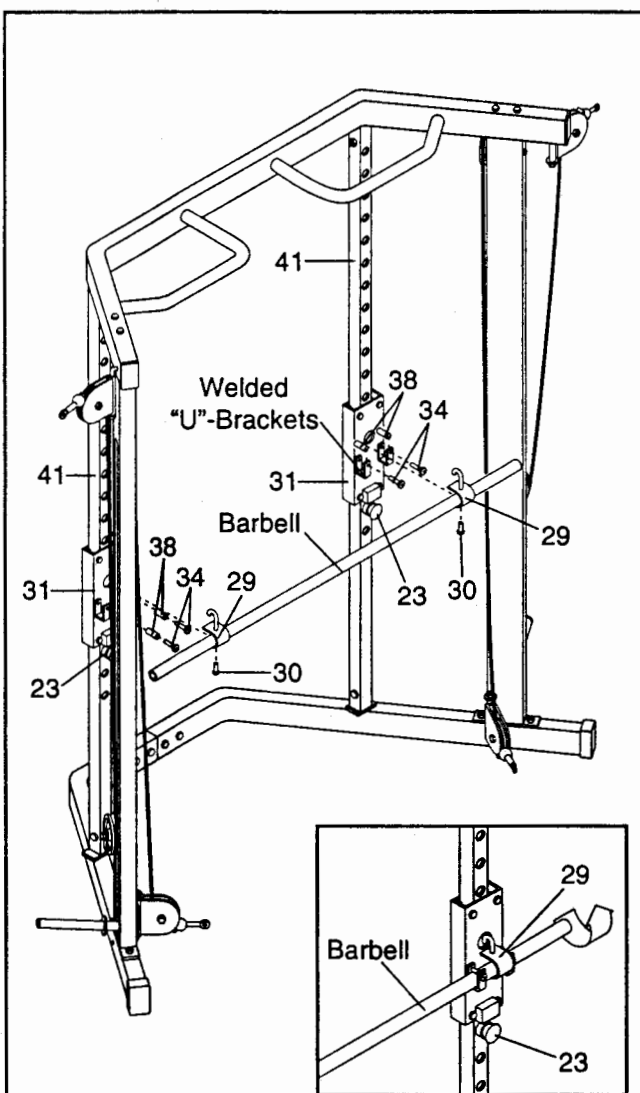
The instructions below describe how each part of the IMAGE® 4.0 can be adjusted. Refer to the EXERCISE GUIDE accompanying this manual to see the correct form for each exercise.

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 an allen wrench (not included), secure your barbell with the four 5/16" x 1 1/2" 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.**

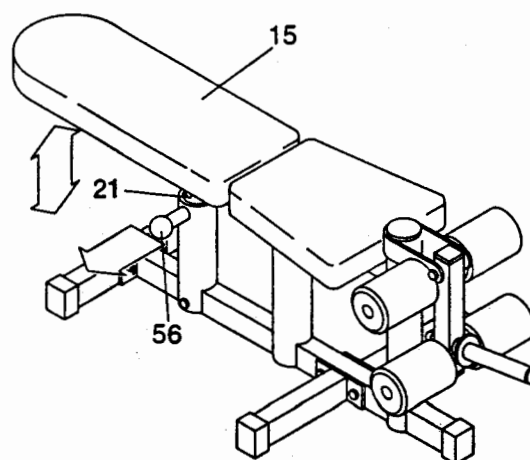
To use the Barbell Racks (31), first insert the Safety Stops (23) into the Barbell Uprights (41) at the lowest point you want your barbell to go during the exercise. Perform the exercise as shown in the accompanying Exercise Guide. The Weight Hooks (29) on the Barbell Racks serve as "self spotters" (see 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 an equal amount of weight is on both Weight Carriages.**

ATTACHING WEIGHTS TO THE LEG LEVER

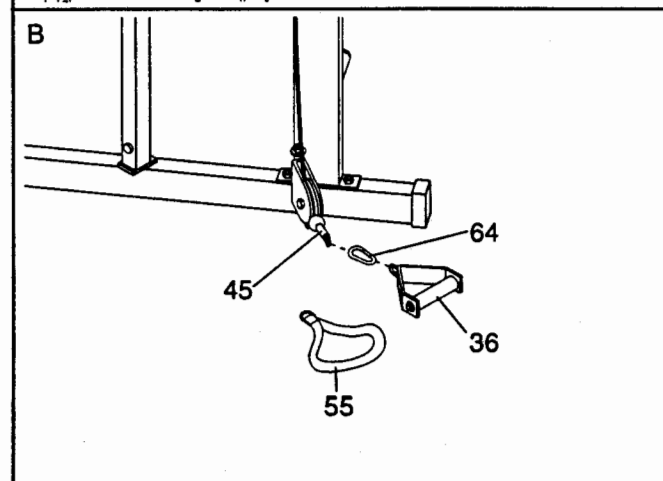
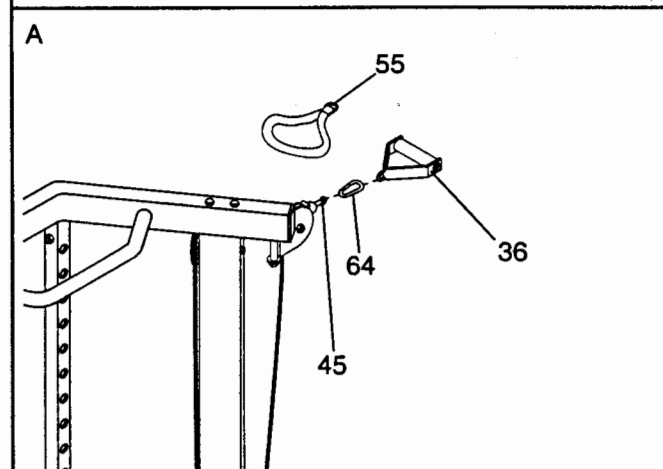
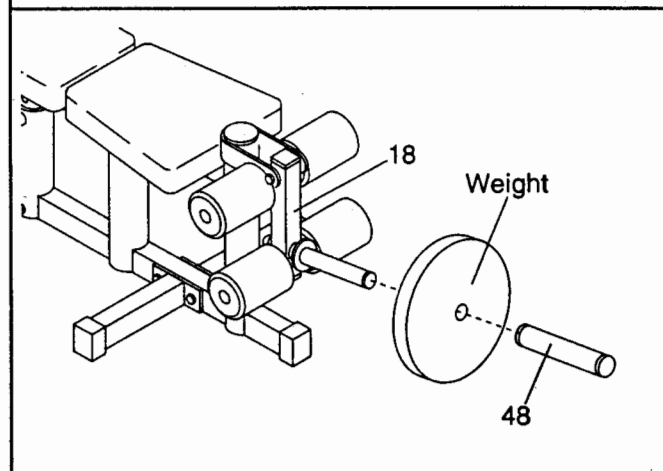
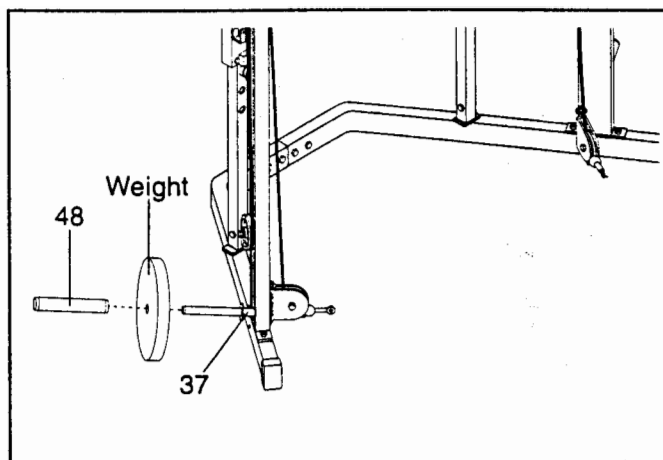
To use the Leg Lever (18), slide the desired amount of weight onto weight post. If you are using olympic weights, you will need to use a Weight Adapter (48).

ATTACHING THE HANDLES TO THE UPPER AND LOWER PULLEY STATIONS

To use the upper pulley station (see drawing A) or 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 Cables (45) in the same manner.



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 (IMBE40052).
- 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.)

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, for products used for commercial or rental purposes, or for 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.

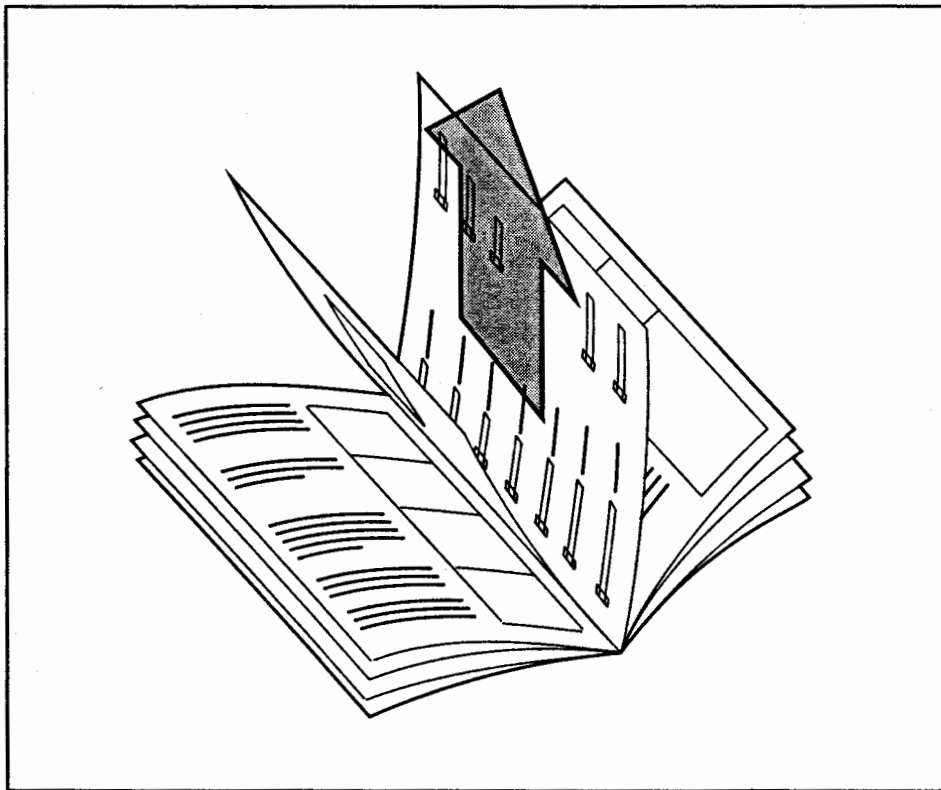
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts.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

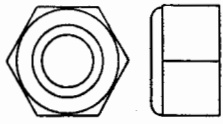
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

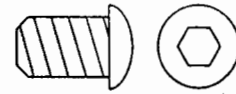
REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

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.

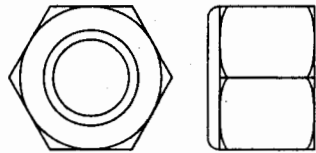




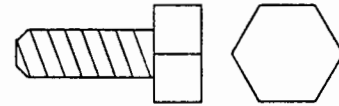
3/8" Nylon Locknut (1)-26



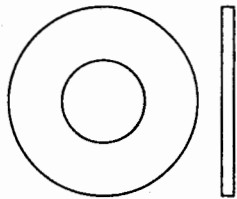
5/16" x 1/2" Screw (30)-2



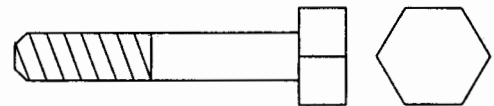
1/2" Nylon Locknut (60)-5



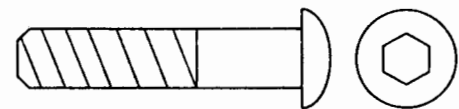
1/4" x 3/4" Bolt (3)-2



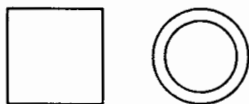
3/8" Washer (6)-18



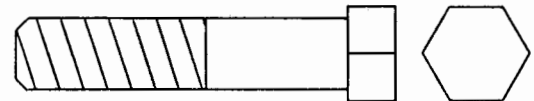
1/4" x 1 1/2" Bolt (4)-4



5/16" x 1 1/2" Screw (34)-4



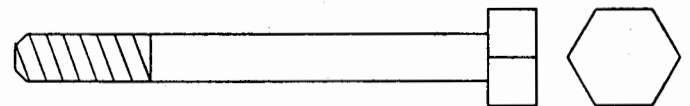
1/2" x 1/2" Spacer (68)-1



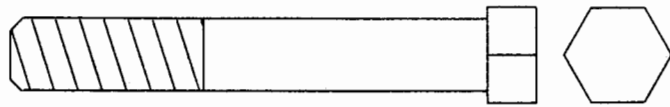
3/8" x 1 3/4" Bolt (39)-6



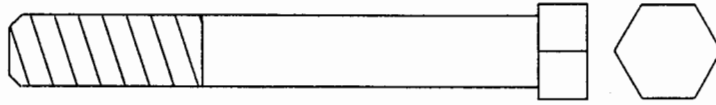
1/2" x 1 1/8" Plastic Spacer (38)-4



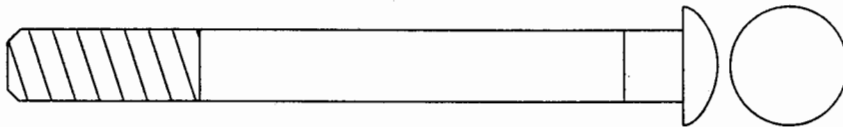
1/4" x 2 1/2" Bolt (46)-1



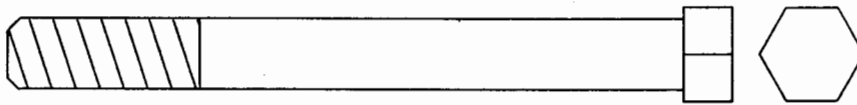
3/8" x 2 1/2" Bolt (7)-4



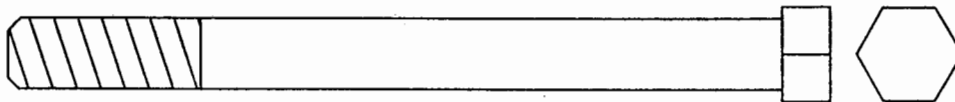
3/8" x 2 3/4" Bolt (5)-9



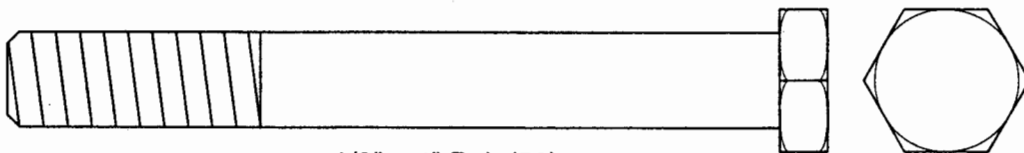
3/8" x 3 1/2" Carriage Bolt (8)-4



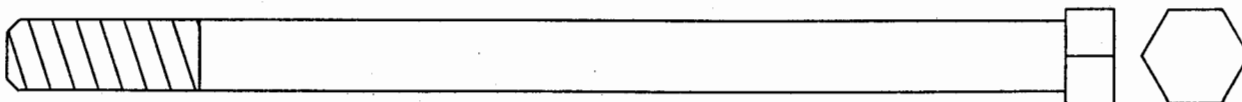
3/8" x 3 1/2" Bolt (52)-1



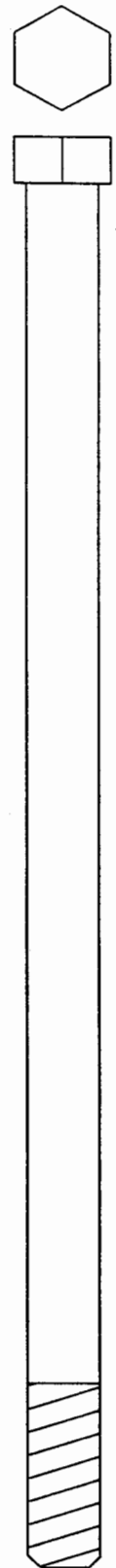
3/8" x 4" Bolt (9)-4



1/2" x 4" Bolt (59)-1

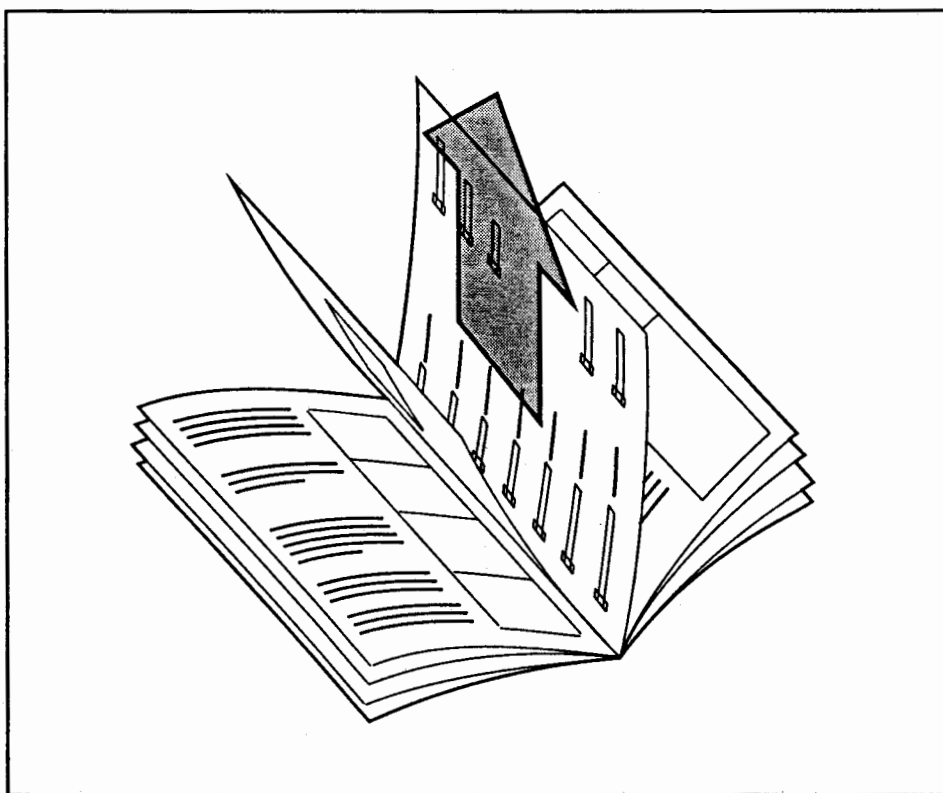


3/8" x 5 1/2" Bolt (43)-2



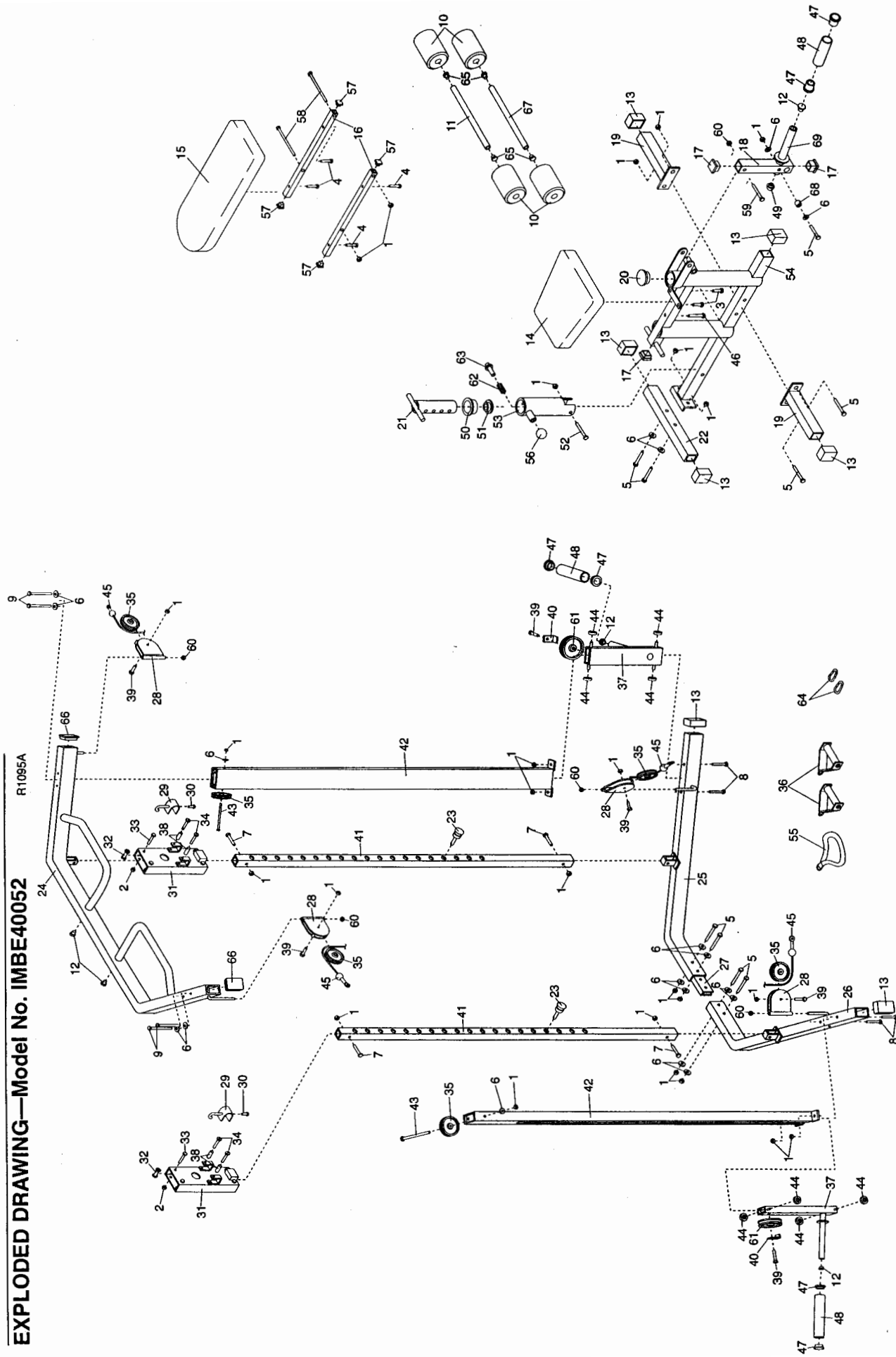
3/8" x 7 1/2" Bolt (58)-2

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



EXPLODED DRAWING—Model No. IMBE40052

R1095A



PART LIST—Model No. IMBE40052

R1095A

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

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