

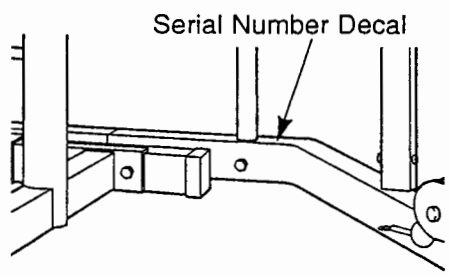
WOMAN'S WORLD

IMAGE[®] 4.0

Model No. IMBE40053

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

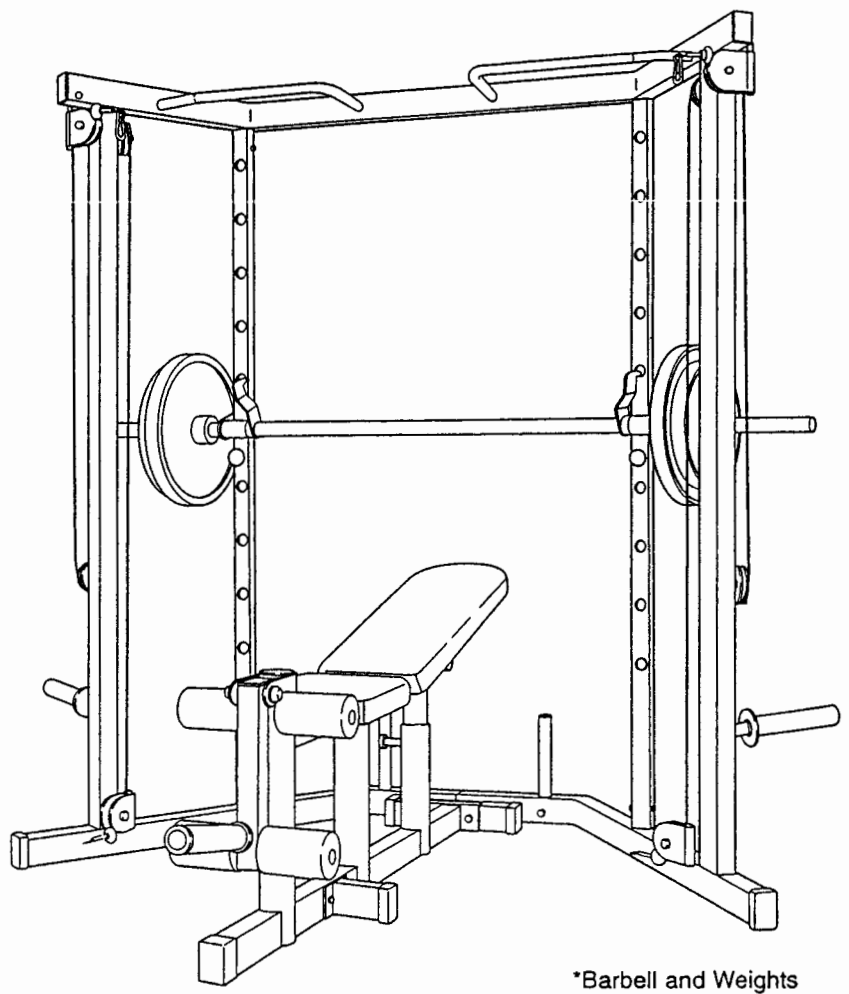
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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.



*Barbell and Weights not included.

USER'S MANUAL

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 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. 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.
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.
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 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.

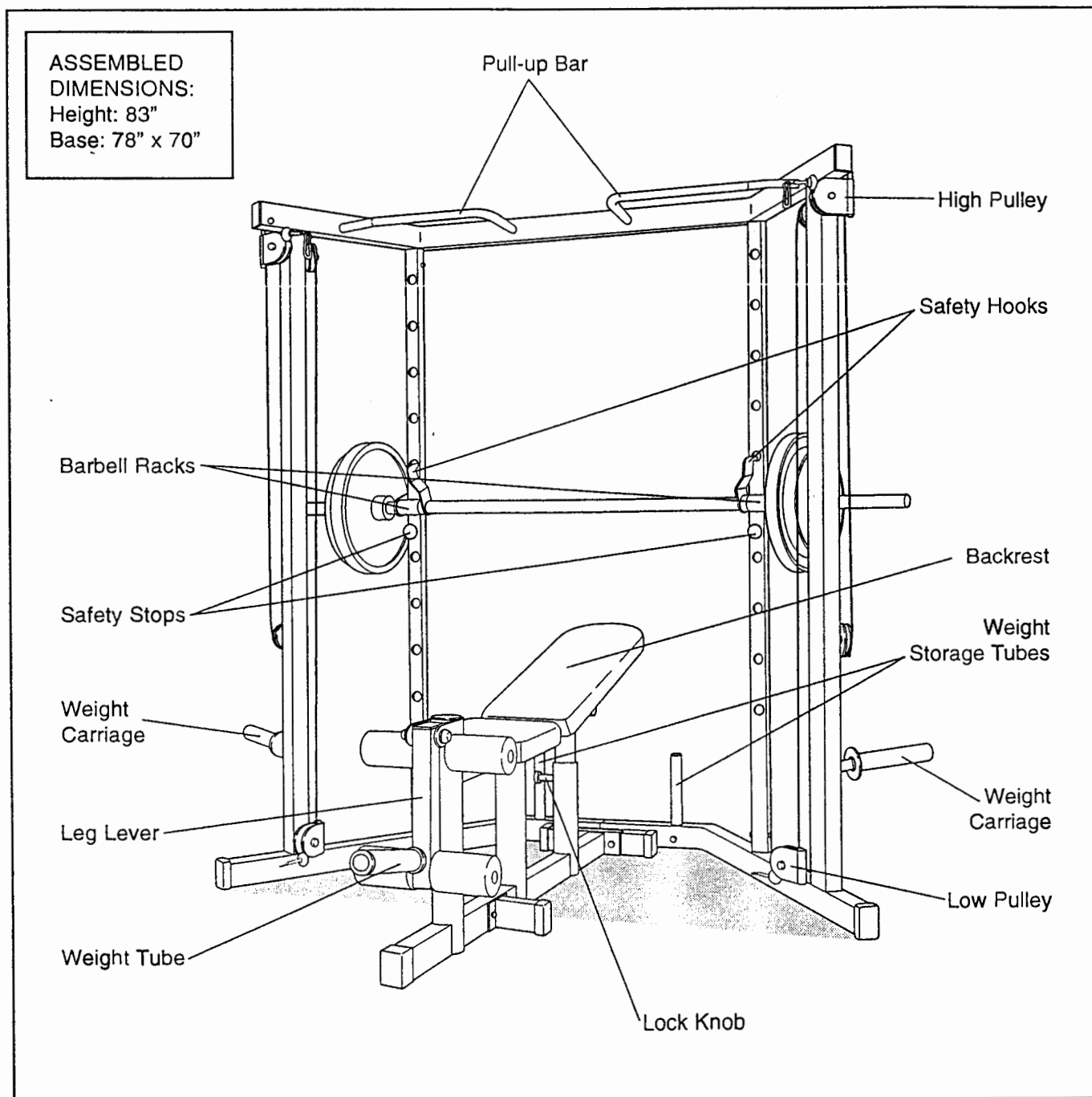
BEFORE YOU BEGIN

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 IMBE40053. 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.





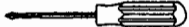
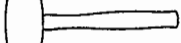
ASSEMBLY

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.

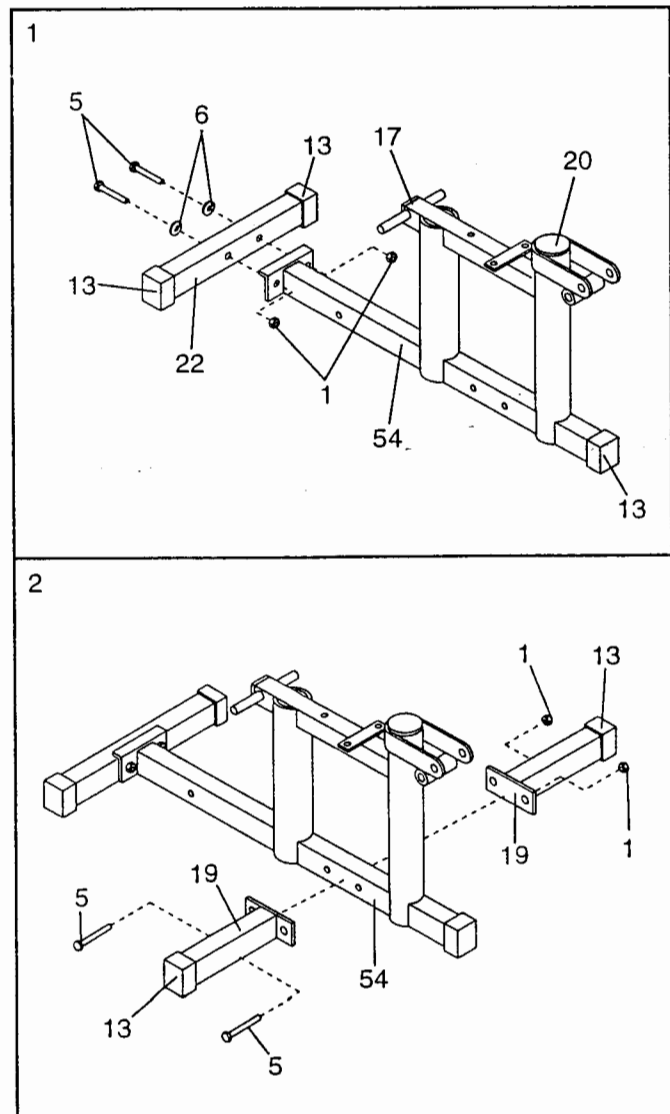
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Press a 2" x 2 1/2" Outer Cap (13) onto each end of the Rear Stabilizer (22). Press a 2" x 2 1/2" Outer Cap (13) onto the end of the Base (54). Press a 2" Square Inner Cap (17) into the Base. Press a 3" Round Inner Cap (20) into the Base.

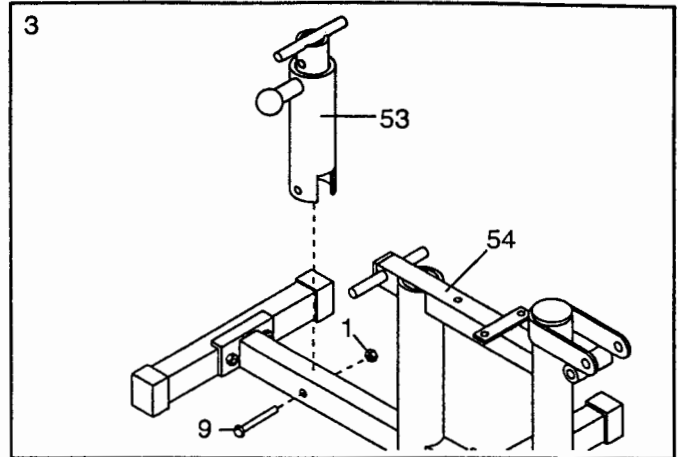
Attach the Rear Stabilizer (22) to the Base (54) with two M10 x 70mm Bolts (5), two M10 Washers (6), and two M10 Nylon Locknuts (1).

2. Press a 2" x 2 1/2" Outer Cap (13) onto the end of each Short Stabilizer (19).

Attach both Short Stabilizers (19) to the Base (54) with two M10 x 70mm Bolts (5) and two M10 Nylon Locknuts (1).

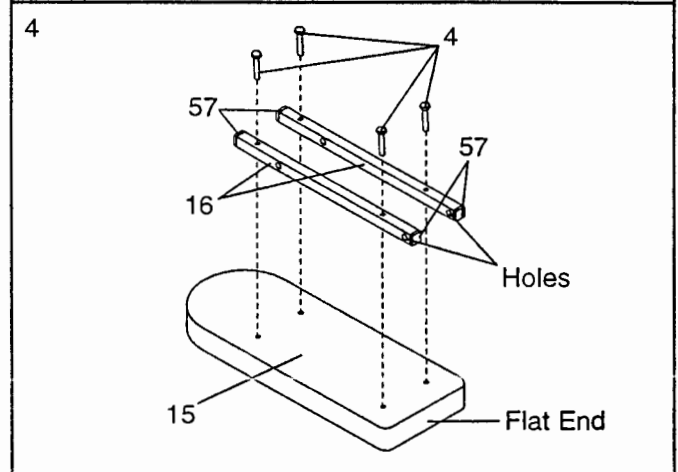


3. Attach the Backrest Tube (53) to the Base (54) with an M10 x 90mm Bolt (9) and an M10 Nylon Locknut (1). **The Backrest Tube should be able to pivot freely.**



4. Press 1" Square Inner Caps (57) into the ends of the 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 M6 x 40mm Bolts (4). **Do not tighten the Bolts yet.**

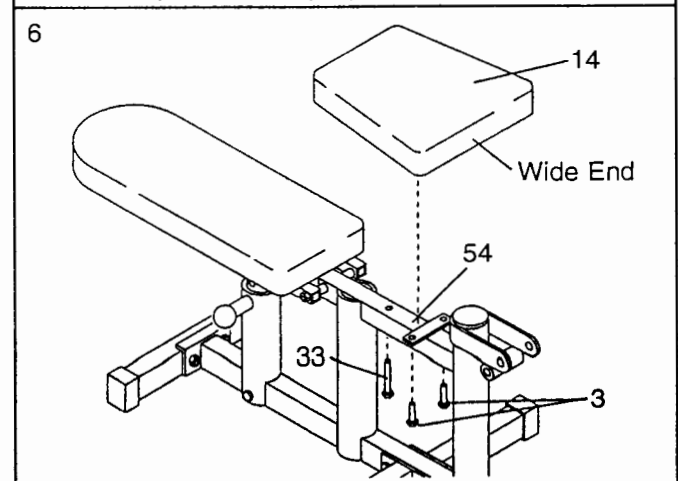
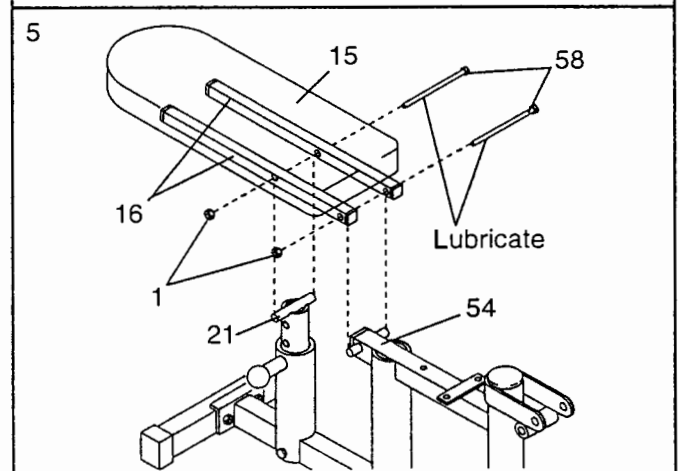


5. Lubricate the two M10 x 190mm Bolts (58). Attach the Backrest (15) to the Base (54) by inserting an M10 x 190mm Bolt through the ends of the Backrest Rails (16) and the indicated tube on the Base. Tighten an M10 Nylon Locknut (1) onto the Bolt. **Do not overtighten the Nylon Locknut.**

Insert the other M10 x 190mm Bolt (58) through the other holes the Backrest Rails (16) and the indicated tube on the Adjustment Tube (21). Tighten an M10 Nylon Locknut (1) onto the Bolt. **Do not overtighten the Nylon Locknut.**

See step 4. Tighten the four M6 x 40mm Bolts (4).

6. Attach the Seat (14) to the Base (54) with two M6 x 20mm Screws (3) and one M6 x 65mm Bolt (33).



7. Attach the Weight Tube (46) to the Leg Lever (18) with an M10 x 70mm Bolt (5), two M10 Washers (6), two 1/2" x 1/2" Spacers (2), and an M10 Nylon Locknut (1). **Be sure the Weight Tube is inserted so that it is angled as shown in the inset drawing.**

Press a 2" Square Inner Cap (17) into each end of the Leg Lever (18). Press a 1" Round Inner Cap (12) into the indicated end of the Weight Tube (46). Press a Leg Lever Bumper (49) into the other end of the Weight Tube.

Lubricate the M12 x 100mm Bolt (59). Attach the Leg Lever (18) to the Base (54) with the M12 x 100mm Bolt and the M12 Nylon Locknut (60). **Do not over tighten the Nylon Locknut.**

8. Press a 3/4" Round Inner Cap (65) into each end of the 15" Pad Tube (11). Insert the 15" Pad Tube into the indicated tube on the Base (54). Slide a 6" Foam Pad (10) onto each end of the Pad Tube.

Press a 3/4" Round Inner Cap (65) into each end of the 14" Pad Tube (67). Insert the 14" Pad Tube into the Leg Lever (18). Slide a 6" Foam Pad (10) onto each end of the Pad Tube.

9. Attach the Left Base (25) to the Joiner Bracket (27) with two M10 x 70mm Bolts (5), four M10 Washers (6), and two M10 Nylon Locknuts (1).

Attach the Right Base (26) to the Joiner Bracket (27) with two M10 x 70mm Bolts (5), four M10 Washers (6), and two M10 Nylon Locknuts (1).

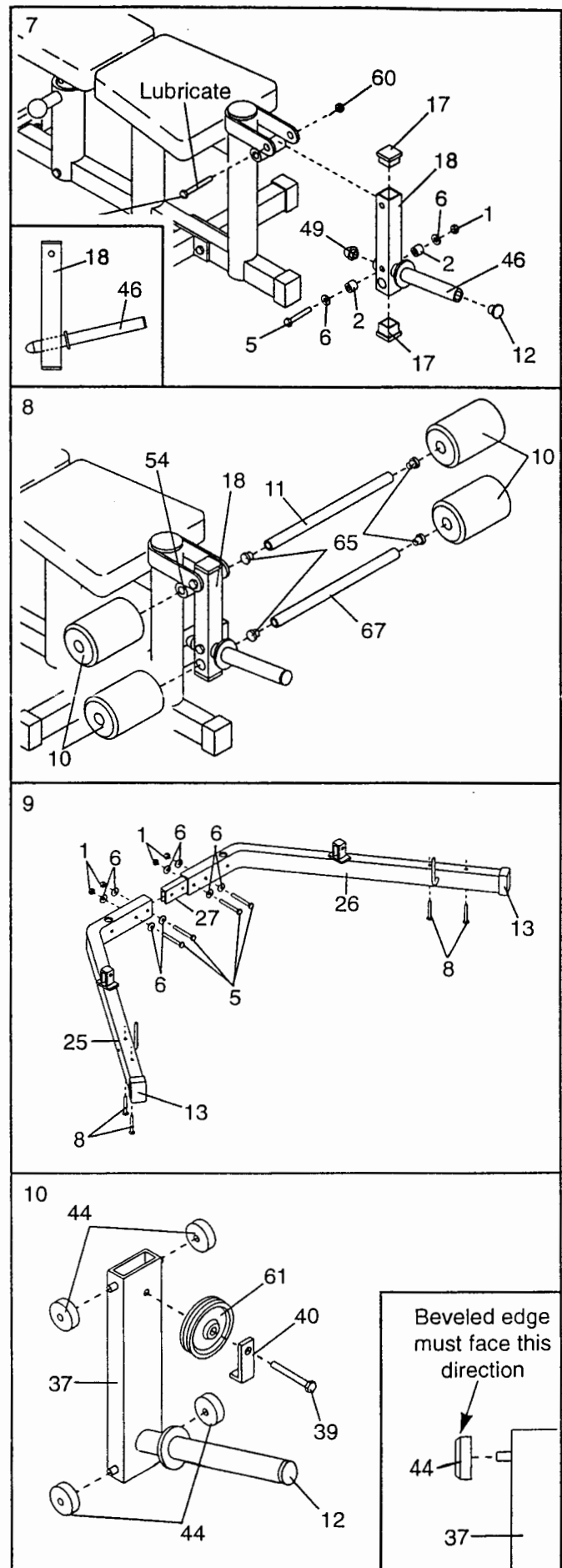
Insert two M10 x 80mm Carriage Bolts (8) up into the Left Base (25). Insert two M10 x 80mm Carriage Bolts (8) up into the Right Base (26).

Press a 2 x 2 1/2" Outer Cap (13) onto the Right Base and the Left Base (25, 26).

10. Attach a 4 1/2" Pulley (61) and a Cable Trap (40) to one of the Weight Carriages (37) with an M10 x 50mm Bolt (39). **Do not tighten the Bolt yet.**

Press a 1" Round Inner Cap (12) into the Weight Carriage (37). Slide four Weight Carriage Rollers (44) onto the Weight Carriage. **The Weight Carriage Rollers must be turned as shown in the inset drawing.**

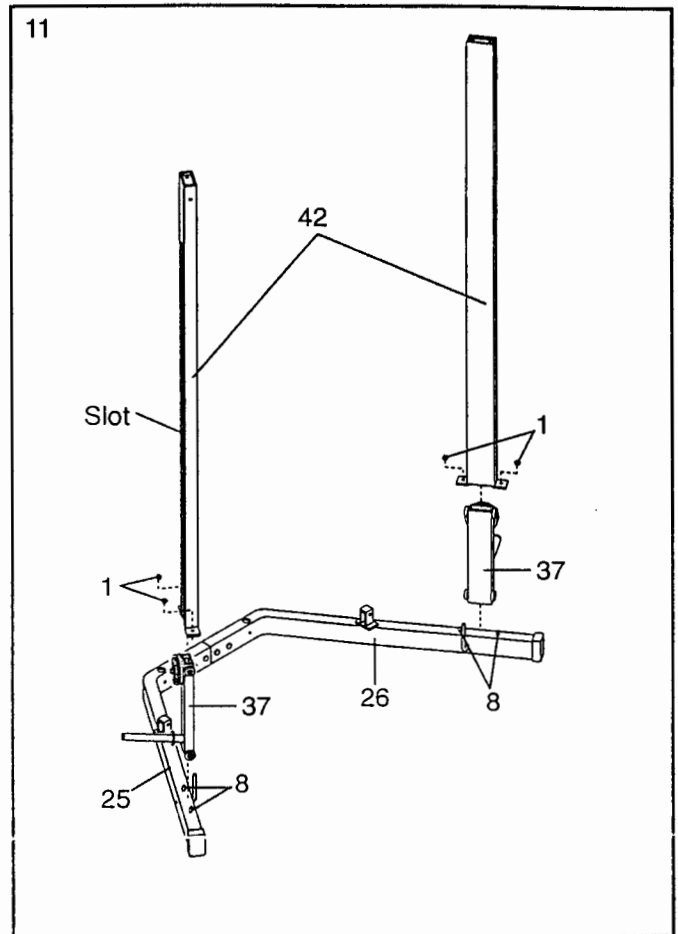
Assemble the other Weight Carriage (37) in the same manner.



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 M10 x 80mm 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 an M10 Nylon Locknut (1) onto each M10 x 80mm Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

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



12. Attach the Left Barbell Upright (41) to the bracket on the Left Base (25) with an M10 x 65mm Bolt (7) and an M10 Nylon Locknut (1).

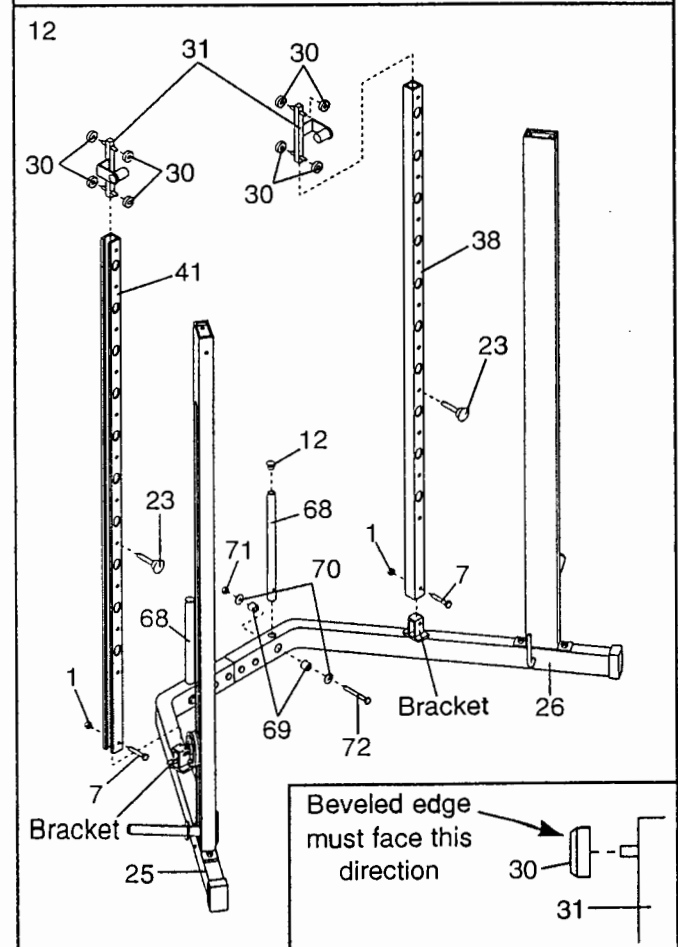
Attach the Right Barbell Upright (38) to the bracket on the Right Base (26) with an M10 x 65mm Bolt (7) and an M10 Nylon Locknut (1).

Insert a Safety Stop (23) into each Barbell Upright (38, 41).

Slide four Roller Bushings (30) onto each Barbell Rack (31). Slide a Barbell Rack into each Barbell Upright (38, 41). **The Roller Bushings must be turned as shown in the inset drawing. Be sure that the Barbell Racks are oriented as shown.**

Attach a Storage Tube (68) to the Left Base (25) with an M8 x 65mm Bolt (72), two M8 Washers (70), two 11mm x 13mm Spacers (69), and an M8 Nylon Locknut (71).

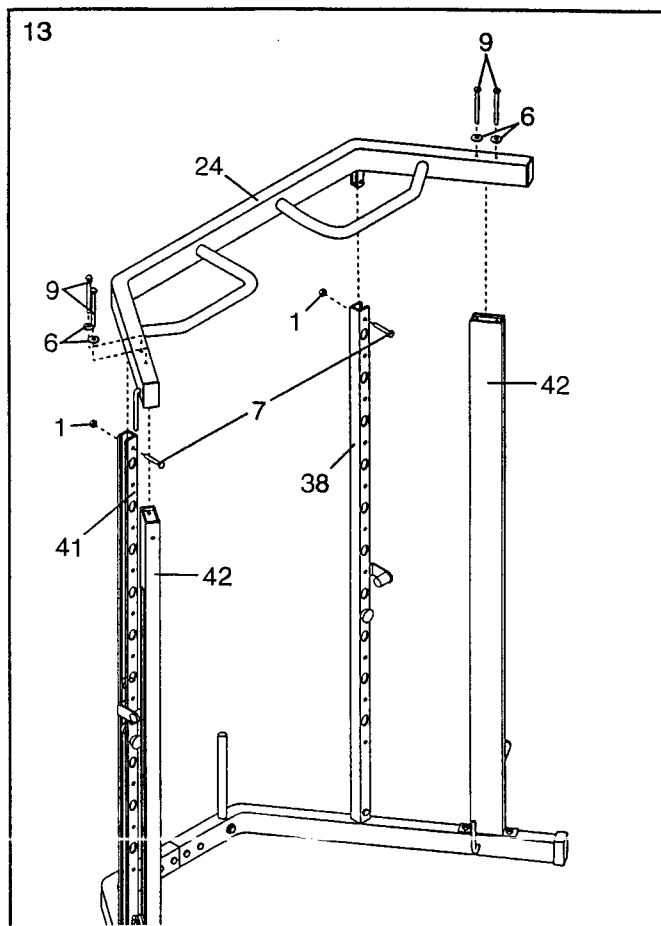
Attach the other Storage Tube (68) to the Right Base (26) in the same manner.



13. Insert the brackets on the Top Frame (24) into the tops of the Barbell Uprights (38, 41). Attach each Barbell Upright to the Top Frame with an M10 x 65mm Bolt (7) and an M10 Nylon Locknut (1).

Attach each Weight Upright (42) to the Top Frame (24) with two M10 x 90mm Bolts (9) and two M10 Washers (6). It may be necessary to twist the Weight Uprights slightly to insert the Bolts.

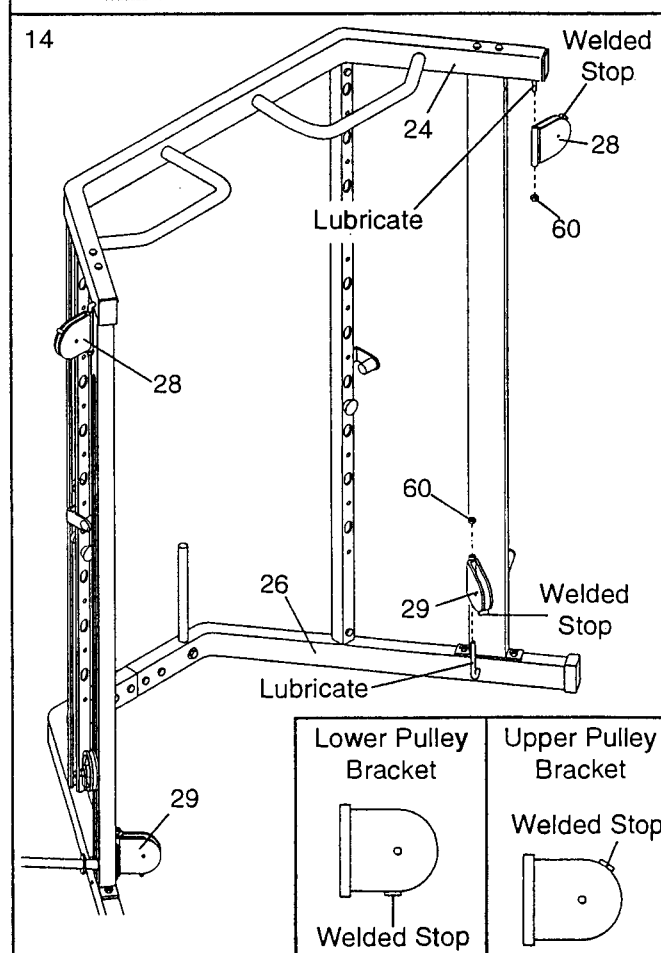
See step 11. Tighten the four M10 Nylon Locknuts (1) used in step 11.



14. Lubricate the indicated post on the Top Frame (24). Attach an Upper Pulley Bracket (28) to the post on the Top Frame with an M12 Nylon Locknut (60). The Pulley Bracket must be oriented so that the welded stop is on top. See the inset drawing to identify the Upper Pulley Bracket.

Lubricate the indicated post on the Right Base (26). Attach a Lower Pulley Bracket (29) to the post on Left Base with an M12 Nylon Locknut (60). The Pulley Bracket must be oriented so that the welded stop is on the bottom. See the inset drawing to identify the Lower Pulley Bracket.

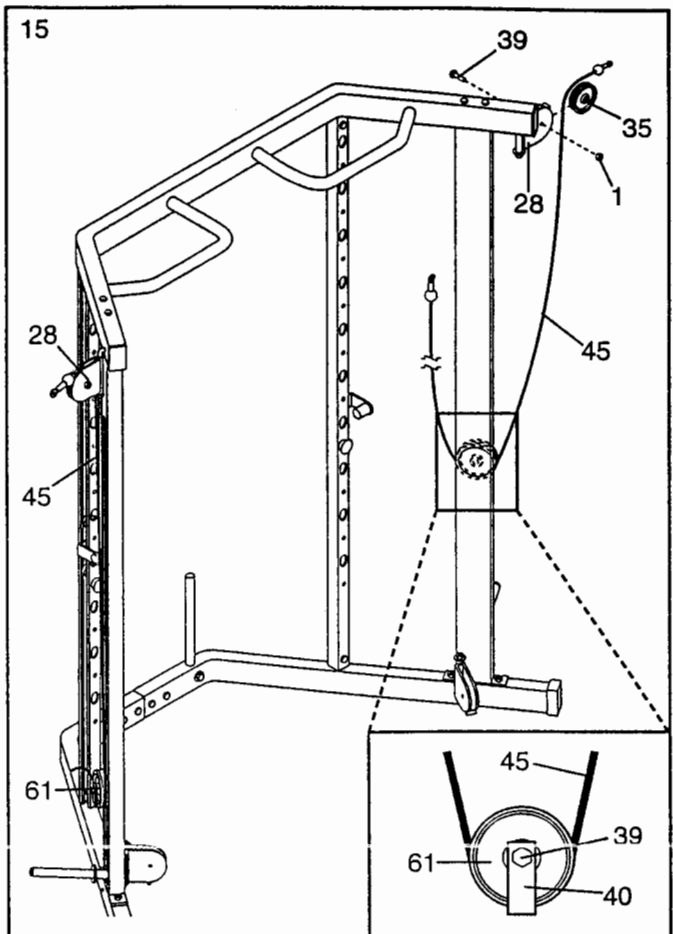
Attach an Upper Pulley Bracket (28) and a Low Pulley Bracket (29) to the other side in the same manner.



15. Wrap a Cable (45) around a 3 1/2" Pulley (35). Attach the Pulley to an Upper Pulley Bracket (28) with an M10 x 45mm Bolt (39) and an M10 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 M10 x 50mm Bolt (39) shown in the inset drawing.**

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

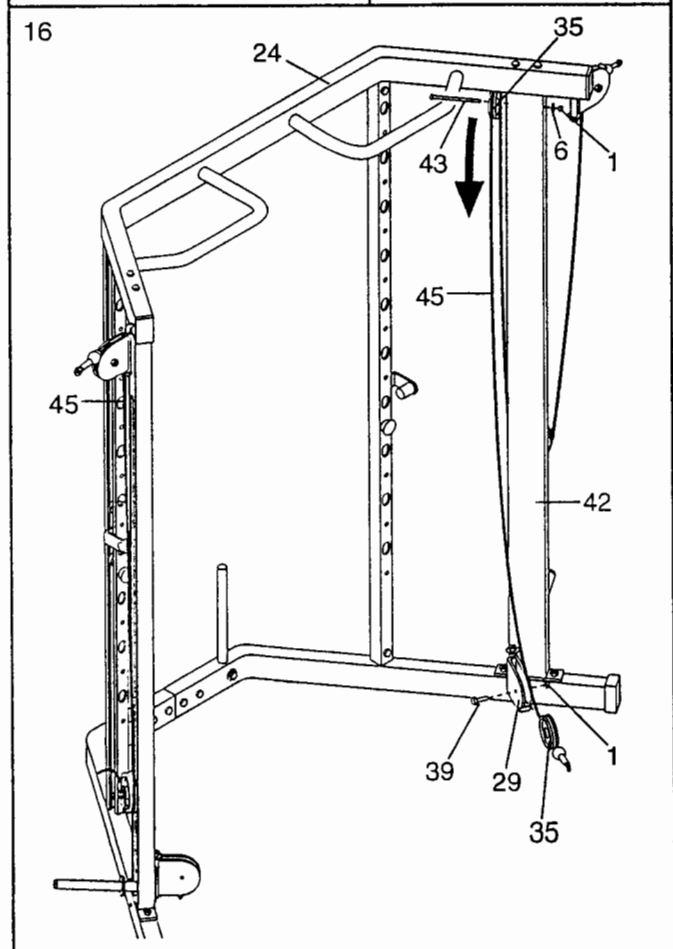


16. Wrap the indicated Cable (45) around a 3 1/2" Pulley (35). Attach the Pulley to the upper end of the left Weight Upright (42) with an M10 x 140mm Bolt (43), an M10 Washer (6), and an M10 Nylon Locknut (1). The Cable must be between the Pulley and the Top Frame (24).

Wrap the Cable (45) around a 3 1/2" Pulley (35). Attach the Pulley to the Lower Pulley Bracket (29) with an M10 x 50mm Bolt (39) and an M10 Nylon Locknut (1). **Note: The Pulley fits tightly into the Pulley Bracket.**

Repeat this step with the other 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.

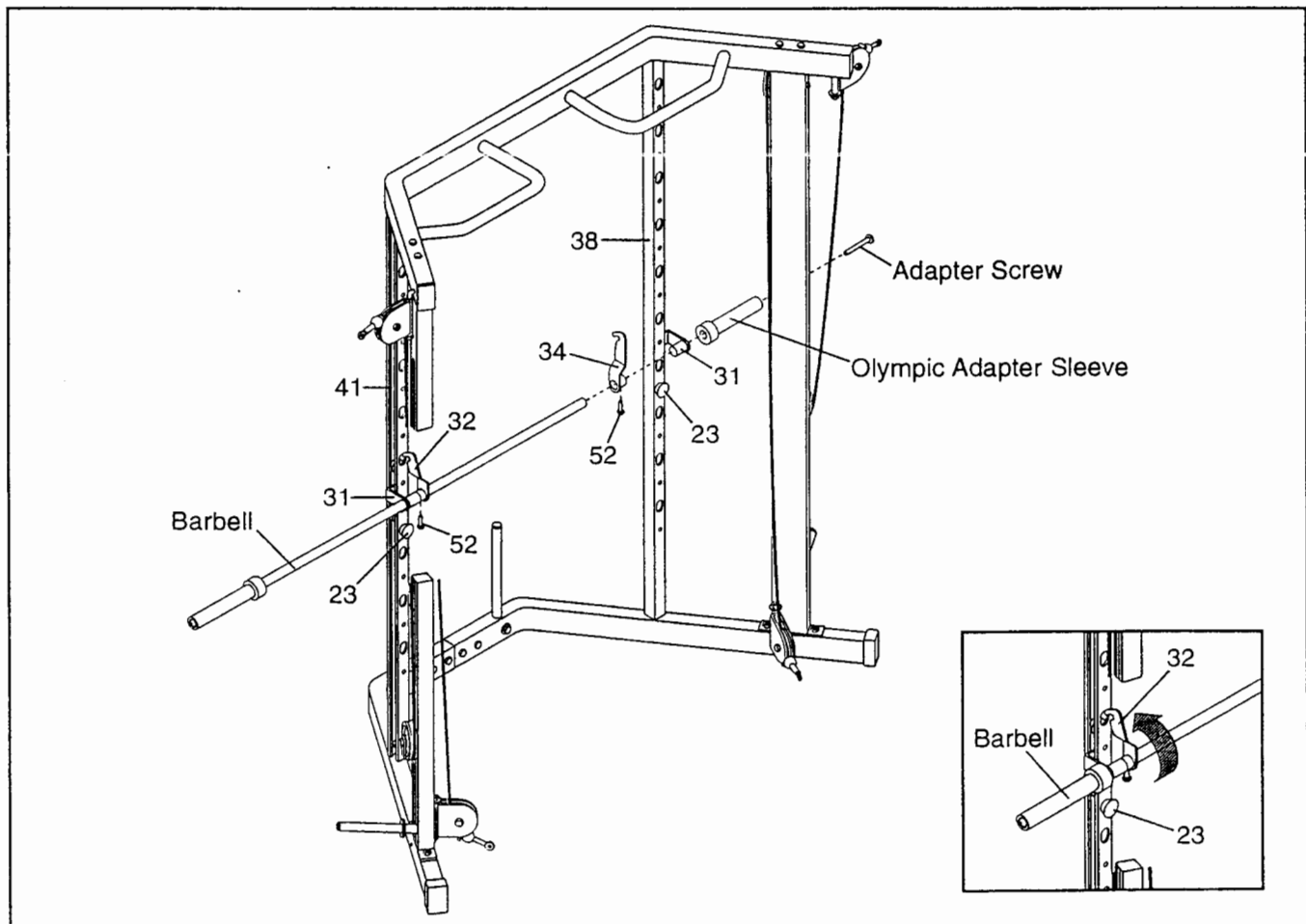
ATTACHING A BARBELL TO THE BARBELL RACKS

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 one of the small holes in each Barbell Upright (38, 41). **The Safety Stops must be underneath the Barbell Racks and must be inserted at the same height.**

In order to attach your olympic barbell to the Barbell Racks (31), you will first need to remove one of the olympic adapter sleeves from your barbell (see the information which came with your barbell). Then slide

your barbell through the indicated Barbell Rack. Slide the Left Barbell Hook (32) onto your barbell. Now slide the Right Barbell Hook (34) onto your barbell. Slide your barbell through the other Barbell Rack. Replace the olympic adapter sleeve on your barbell.

Slide the Left Barbell Hook (32) flush against the left Barbell Rack (31). Slide the Right Barbell Hook (34) flush against the right Barbell Rack. Lift your barbell slightly and insert each Barbell Hook into a large hole in the Barbell Uprights (38, 41). **The Barbell Hooks must be aligned so that they lock into the Barbell Uprights at the same time.** Fully tighten an M6 x 16mm Set Screw (52) into each each Barbell Hook.



USING THE BARBELL RACKS

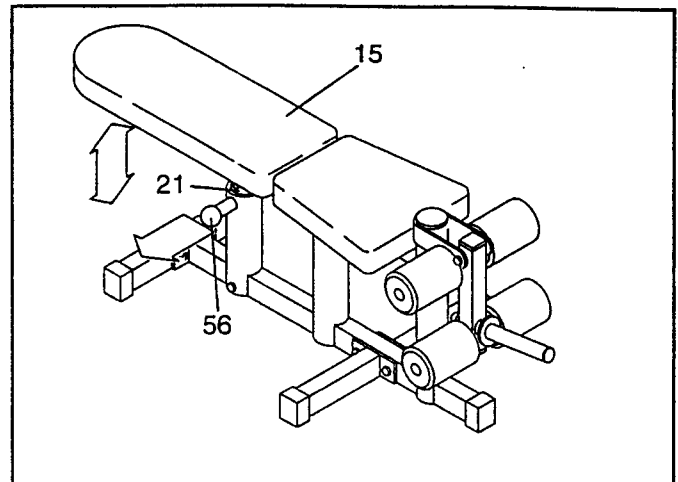
To use the Barbell Racks (31), first insert the Safety Stops (23) into the Barbell Uprights (38, 41) at the lowest point you want your barbell to go during the exercise. Rotate your barbell until the Barbell Hooks (32,

34) disengage from the Barbell Racks. Perform the exercise as shown in the accompanying exercise guide. When you have completed the exercise, rotate your barbell until the Barbell Hooks lock into a set of holes in the Weight Uprights (see the inset drawing).

ADJUSTING THE BACKREST

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

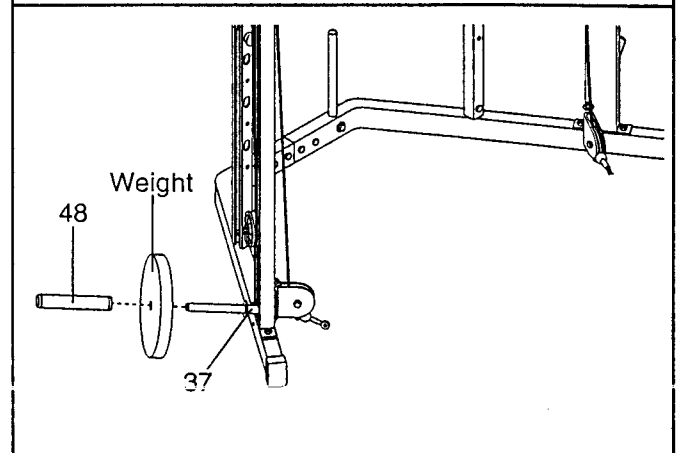
To change the position of the Backrest (15), pull the Lock Knob (56) until the Backrest moves freely. Raise or lower the Backrest to the desired position. Release the Lock Knob. **Move the Backrest up and down slightly until the Adjustment Tube (21) locks into place.**



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGES

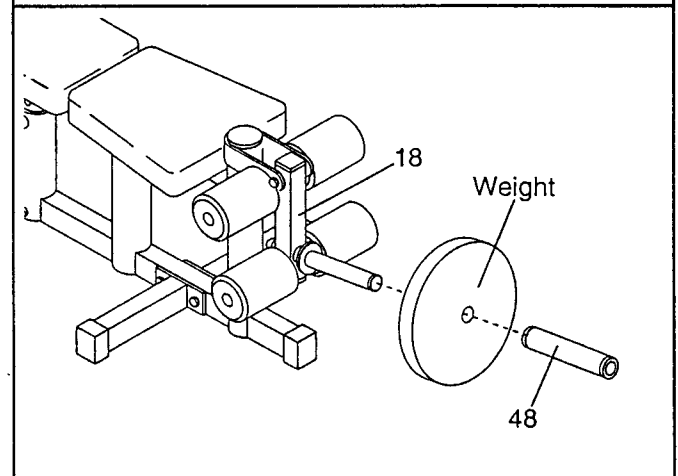
To use the upper or lower pulley stations, slide the desired amount of weight (not included) onto the weight post of one of the Weight Carriages (37). If you are using olympic weights, you will need to use a Weight Adapter (48).

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 the weight post. If you are using olympic weights, you will need to use a Weight Adapter (48).

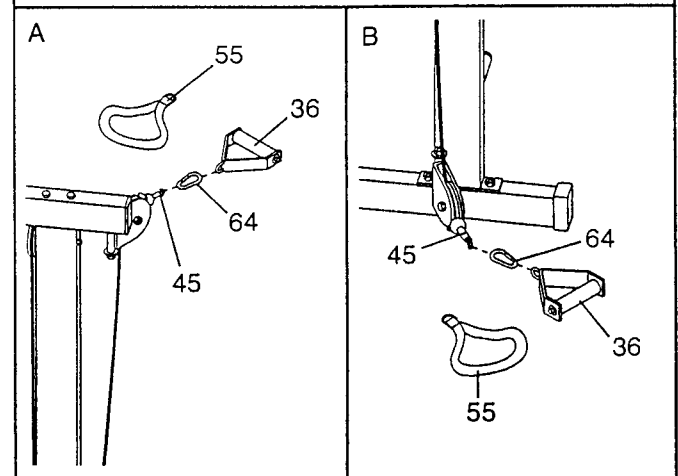


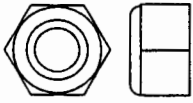
ATTACHING THE HANDLES TO THE UPPER AND LOWER PULLEY STATIONS

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).

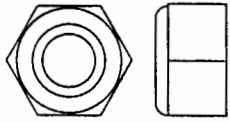
The Handles (36) can be attached to the Cables (45) with the Cable Clips (64) as shown.

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

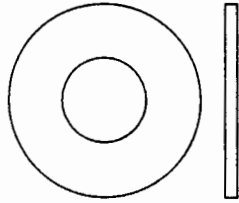




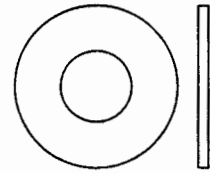
M8 Nylon Locknut (71)-2



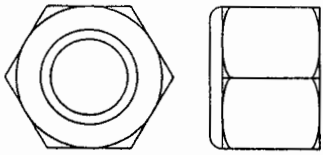
M10 Nylon Locknut (1)-26



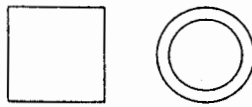
M10 Washer (6)-18



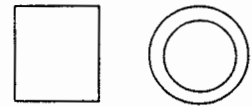
M8 Washer (70)-4



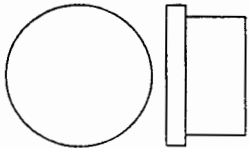
M12 Nylon Locknut (60)-5



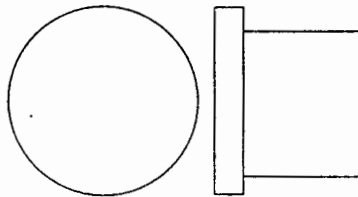
1/2" x 1/2" Spacer (2)-1



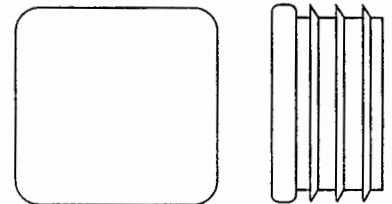
11mm x 13mm Spacer (69)-4



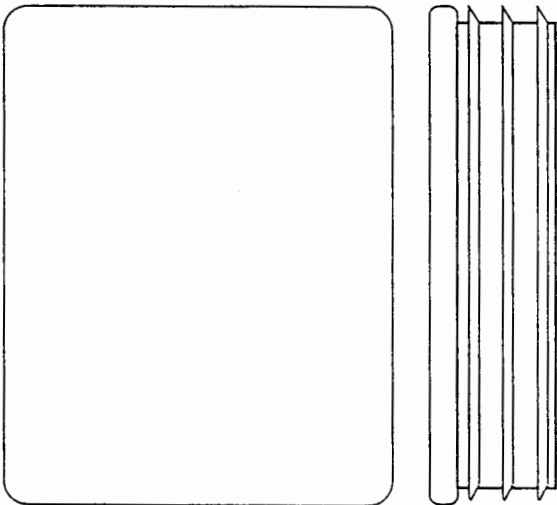
3/4" Round Inner Cap (65)-4



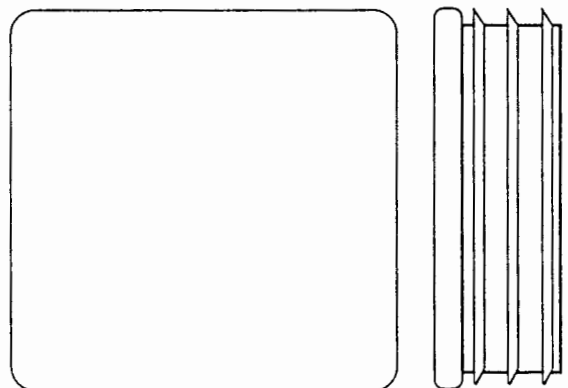
1" Round Inner Cap (12)-7



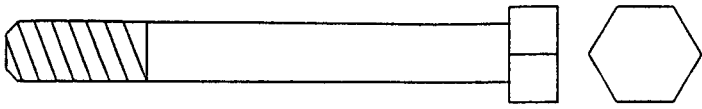
1" Square Inner Cap (57)-4



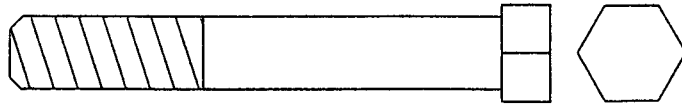
2" x 2 1/2" Inner Cap (66)-2



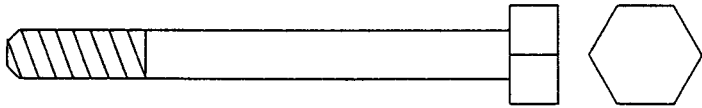
2" Square Inner Cap (17)-3



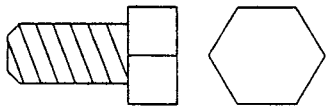
M8 x 65mm Bolt (72)-2



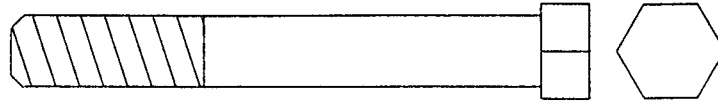
M10 x 65mm Bolt (7)-4



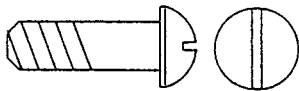
M6 x 65mm Bolt (33)-1



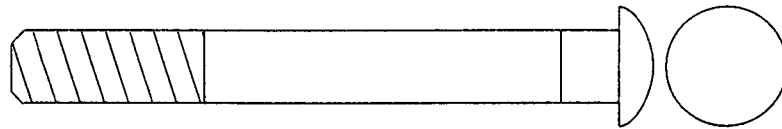
M8 x 16mm Bolt (52)-2



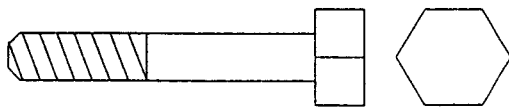
M10 x 70mm Bolt (5)-9



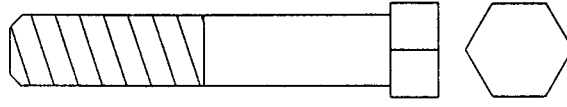
M6 x 20mm Screw (3)-2



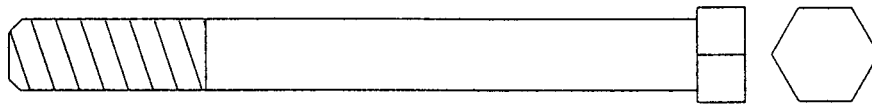
M10 x 80mm Carriage Bolt (8)-4



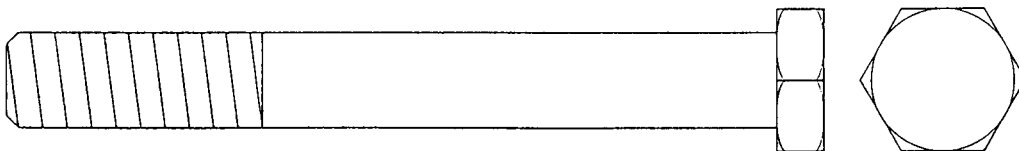
M6 x 40mm Bolt (4)-4



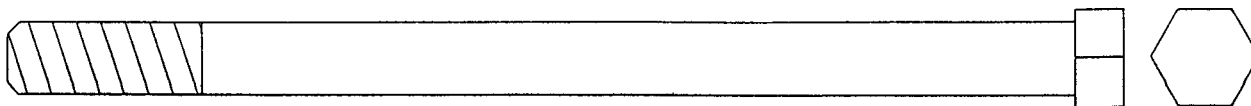
M10 x 50mm Bolt (39)-6



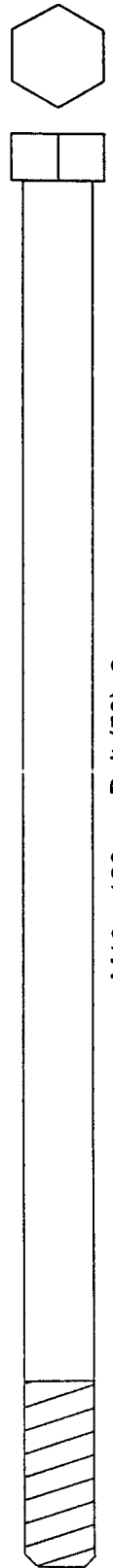
M10 x 90mm Bolt (9)-5



M12 x 100mm Bolt (59)-1



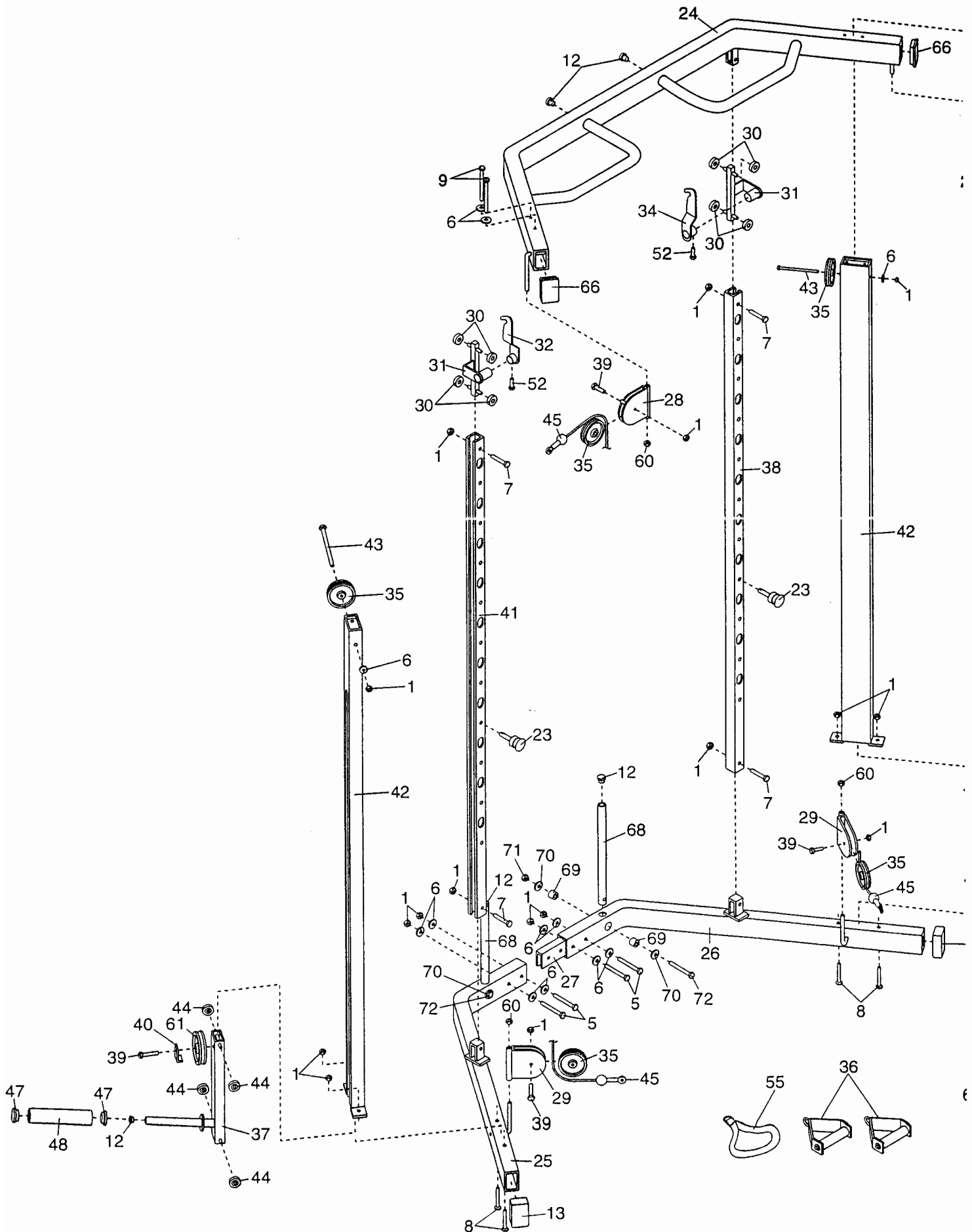
M10 x 140mm Bolt (43)-2

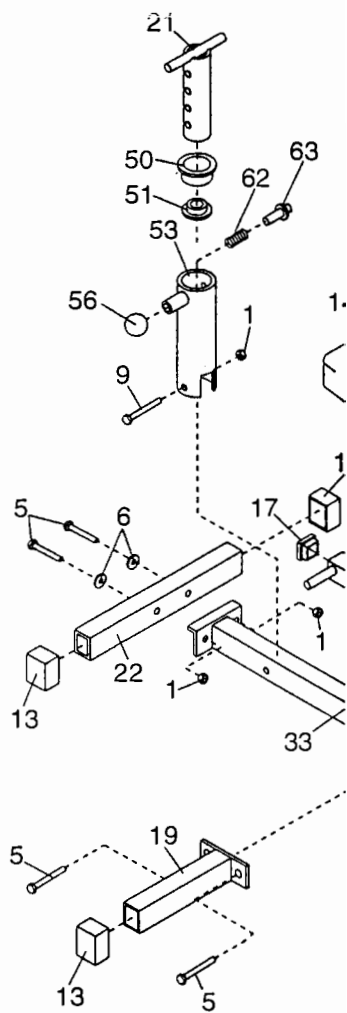
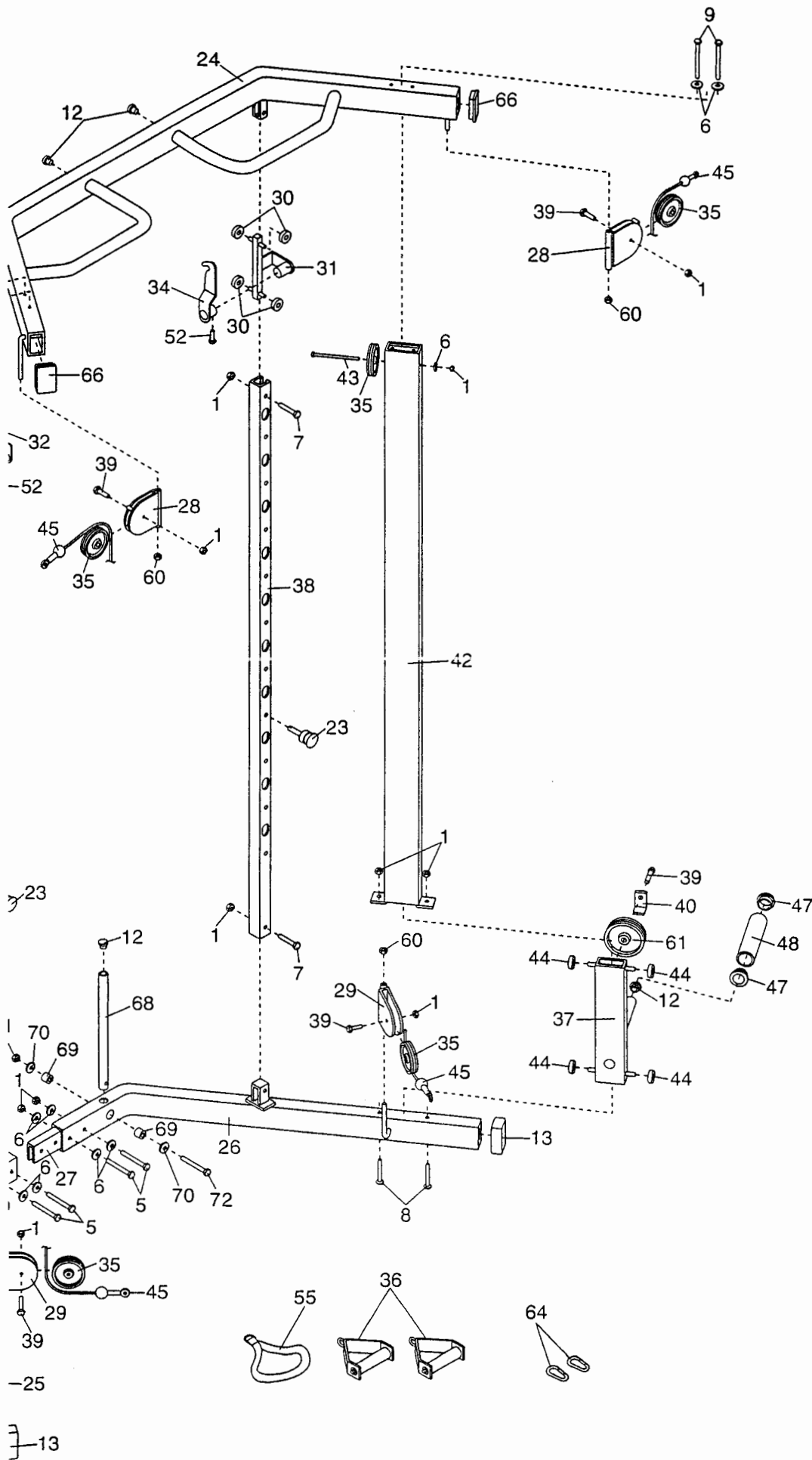


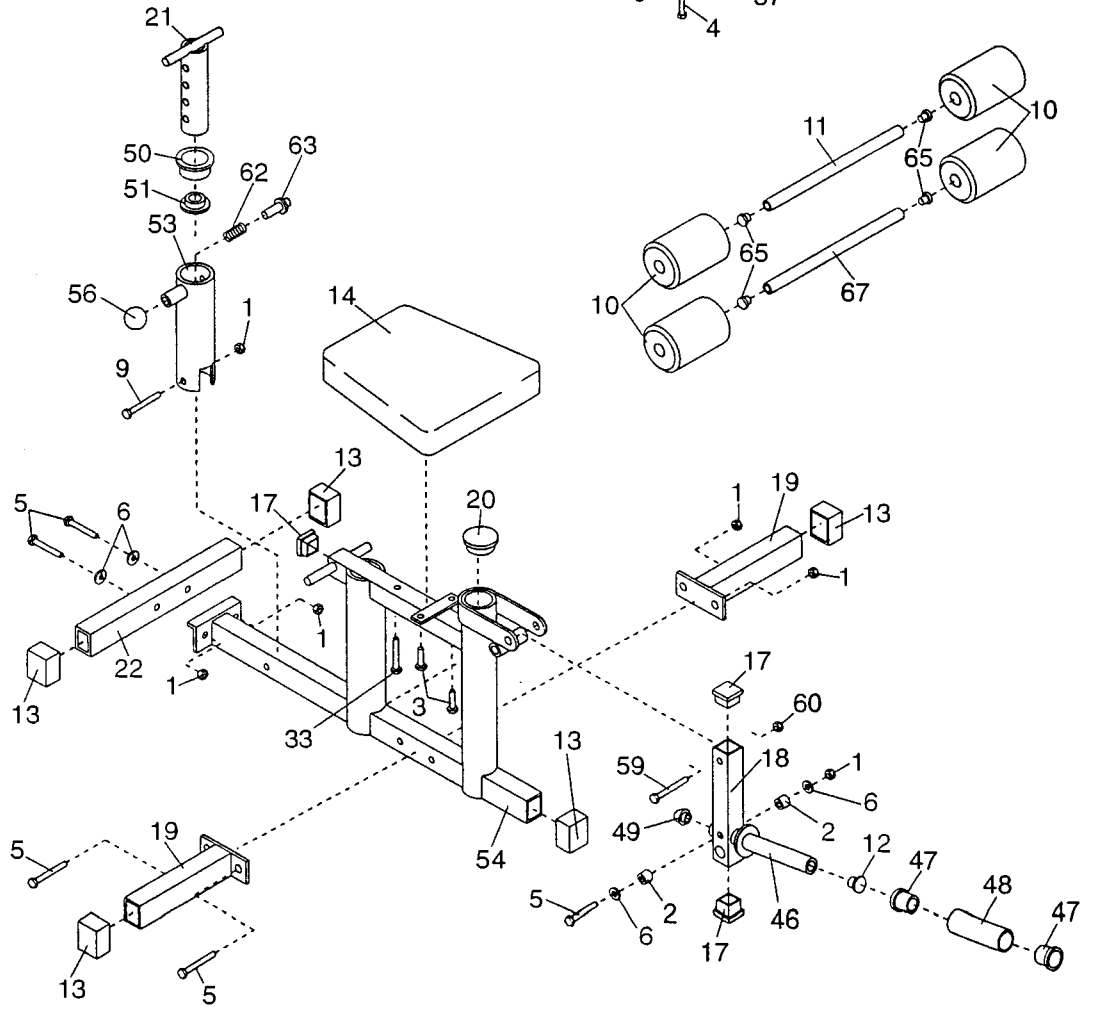
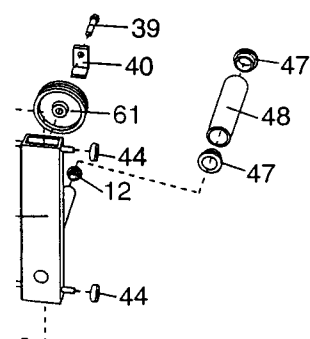
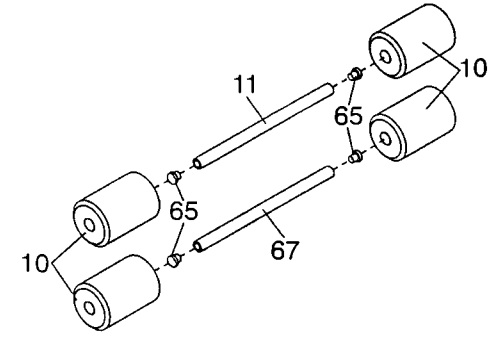
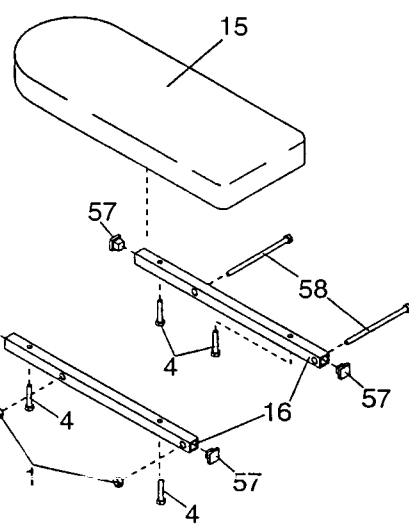
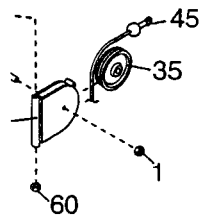
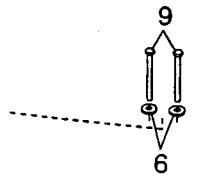
M10 x 190mm Bolt (58)-2

EXPLODED DRAWING—Model No. IMBE40053

R0896A







PART LIST—Model No. IMBE40053

R0896A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	26	M10 Nylon Locknut	38	1	Right Barbell Upright
2	2	1/2" x 1/2" Spacer	39	6	M10 x 50mm Bolt
3	2	M6 x 20mm Screw	40	2	Cable Trap
4	4	M6 x 40mm Bolt	41	1	Left Barbell Upright
5	9	M10 x 70mm Bolt	42	2	Weight Upright
6	18	M10 Washer	43	2	M10 x 140mm Bolt
7	4	M10 x 65mm Bolt	44	8	Weight Carriage Roller
8	4	M10 x 80mm Carriage Bolt	45	2	Cable
9	5	M10 x 90mm Bolt	46	1	Weight Tube
10	4	6" Foam Pad	47	6	Weight Adapter Bushing
11	1	15" Pad Tube	48	3	Weight Adapter
12	7	1" Round Inner Cap	49	1	Leg Lever Bumper
13	7	2" x 2 1/2" Outer Cap	50	1	Backrest Adjustment Bushing
14	1	Seat	51	1	Backrest Adjustment Endcap
15	1	Backrest	52	2	M8 x 16mm Set Screw
16	2	Backrest Rail	53	1	Backrest Tube
17	3	2" Square Inner Cap	54	1	Base
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	M10 x 190mm Bolt
22	1	Rear Stabilizer	59	1	M12 x 100mm Bolt
23	2	Safety Stop	60	5	M12 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	2	Upper Pulley Bracket	65	4	3/4" Round Inner Cap
29	2	Lower Pulley Bracket	66	2	2" x 2 1/2" Inner Cap
30	8	Roller Bushing	67	1	14" Pad Tube
31	2	Barbell Rack	68	2	Storage Tube
32	1	Left Barbell Hook	69	4	11mm x 13mm Spacer
33	1	M6 x 65mm Bolt	70	4	M8 Washer
34	1	Right Barbell Hook	71	2	M8 Nylon Locknut
35	6	3 1/2" Pulley	72	2	M8 x 65mm Bolt
36	2	Handle	#	1	User's Manual
37	2	Weight Carriage	#	1	Exercise Guide

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

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 (IMBE40053).
- 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.)

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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.

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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.

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