

IMAGE[®] 7.8

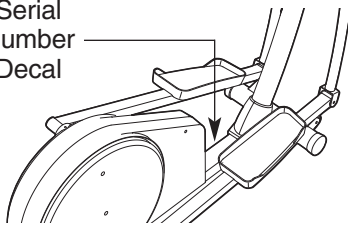
Patent Pending

USER'S MANUAL

Model No. IMEL21940

Serial No. _____

Serial
Number
Decal



QUESTIONS?

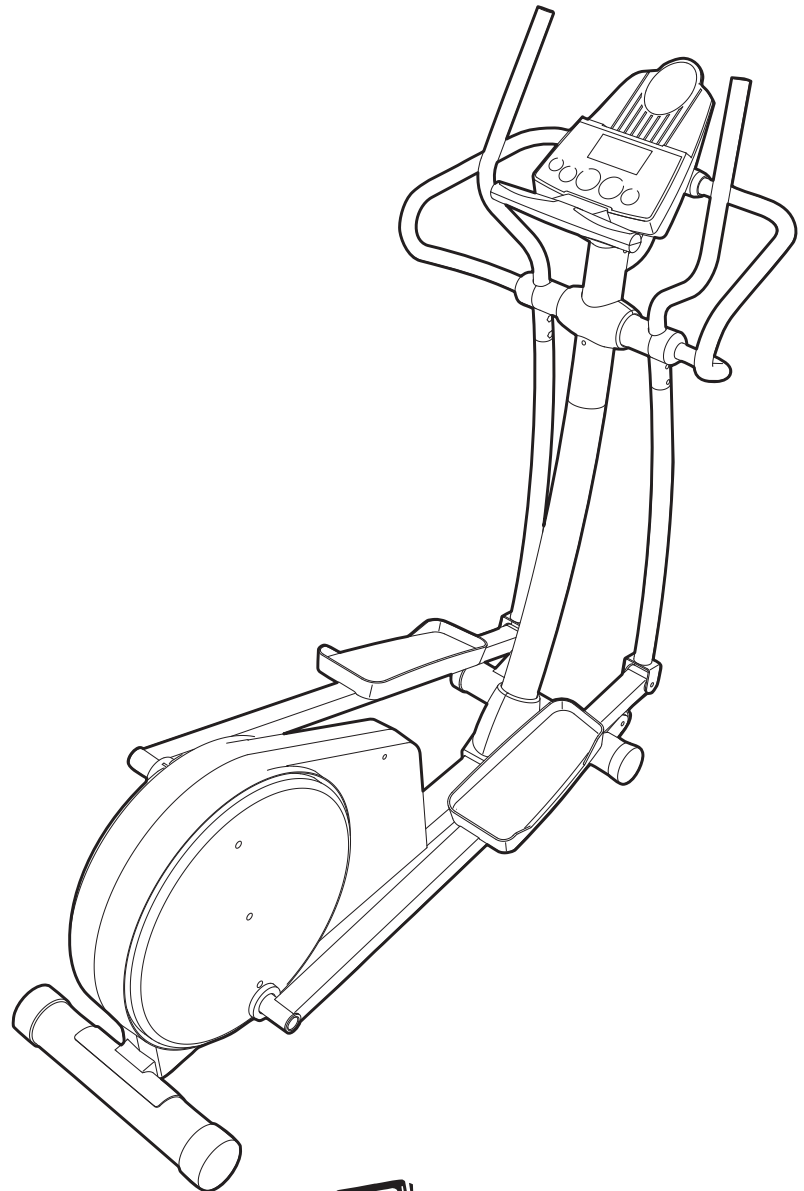
If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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.

CUSTOMER HOT LINE:

1-800-753-4645

Mon.–Fri., 6 a.m.–6 p.m. MST



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual before using the elliptical exerciser. Use the elliptical exerciser only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for in-home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
9. When mounting and dismounting the elliptical exerciser, always hold the handlebars and step onto and off the pedal that is in the lowest position.
10. The elliptical exerciser does not have a free-wheel; each time you stop pedaling, allow the pedals to come to a complete stop before you dismount.
11. Always keep your back straight when using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
13. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

⚠ 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.

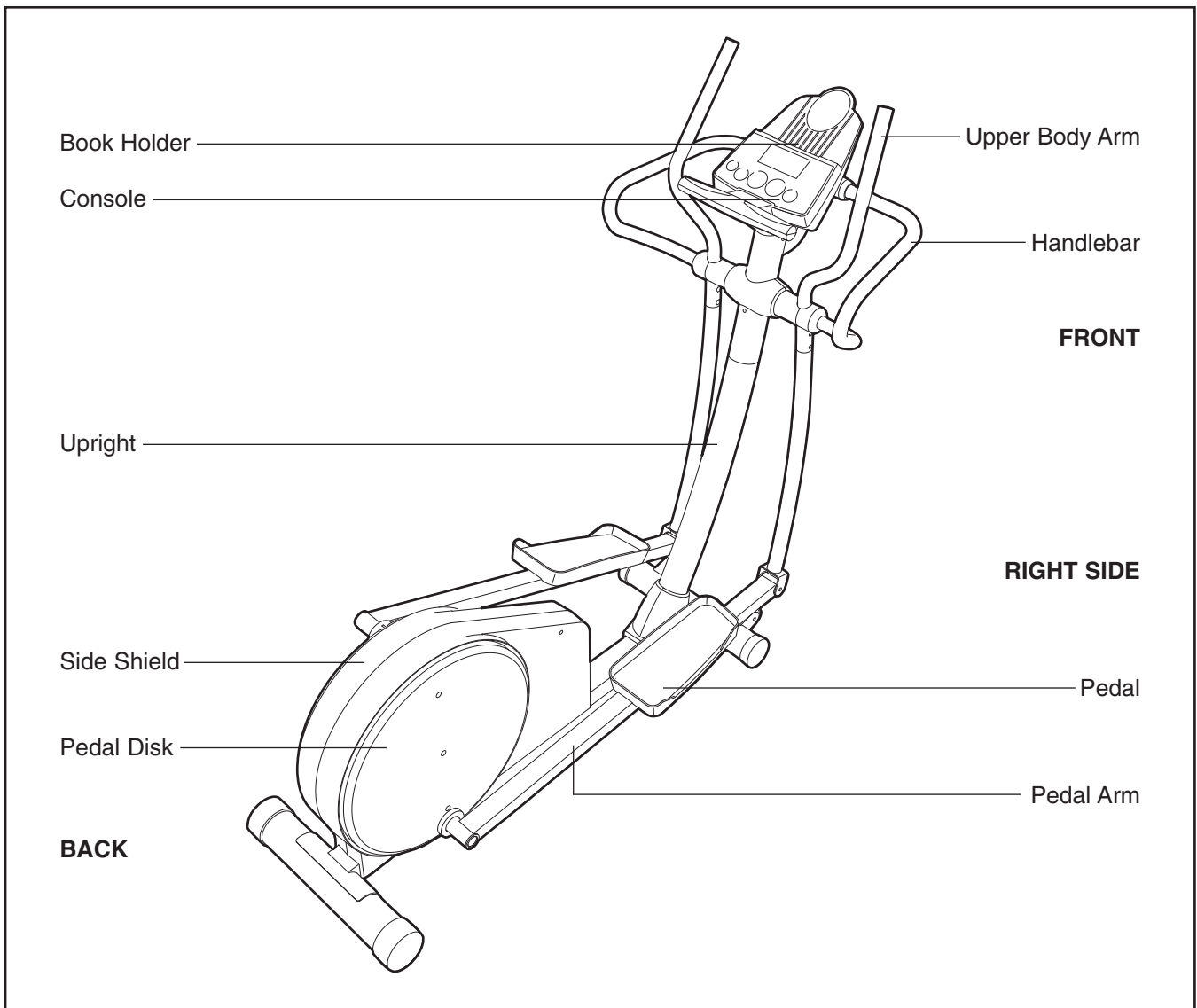
BEFORE YOU BEGIN

Congratulations for selecting the new IMAGE® 7.8 low-impact elliptical exerciser. The IMAGE 7.8 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, call our Customer Service Department toll-free at 1-800-753-4645,




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 IMEL21940. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual for the location of the decal).

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

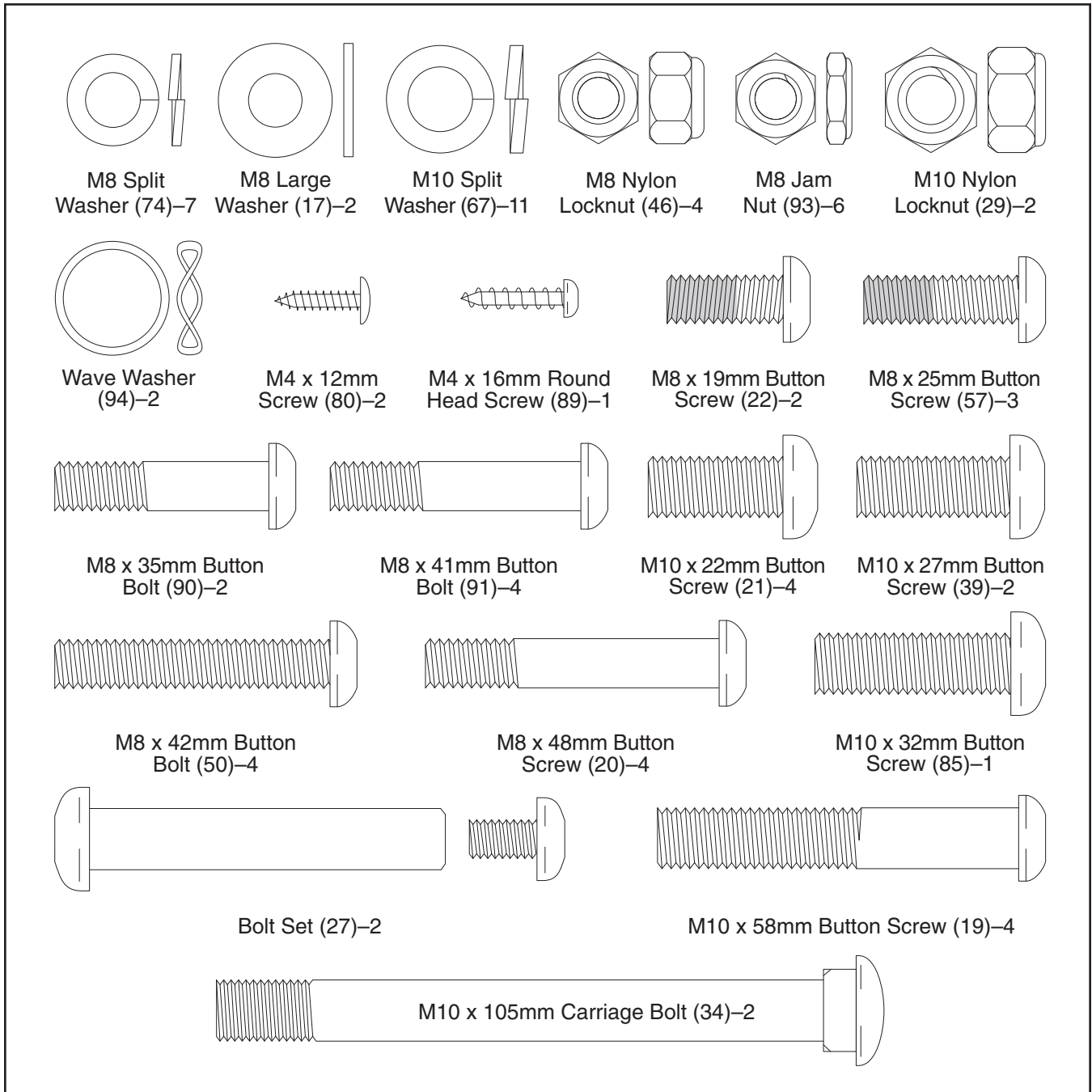


ASSEMBLY

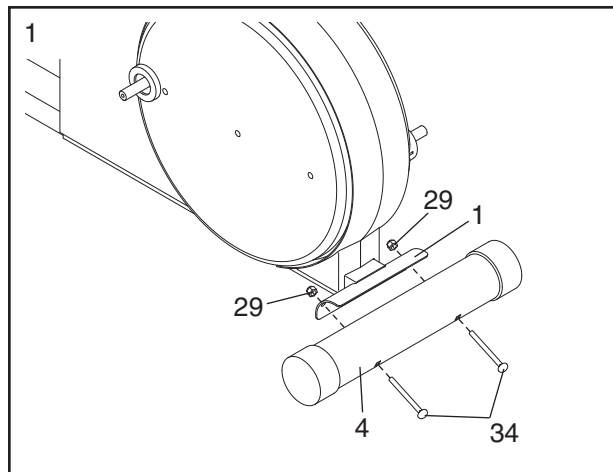
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a phillips screwdriver , an adjustable wrench , and a rubber mallet .

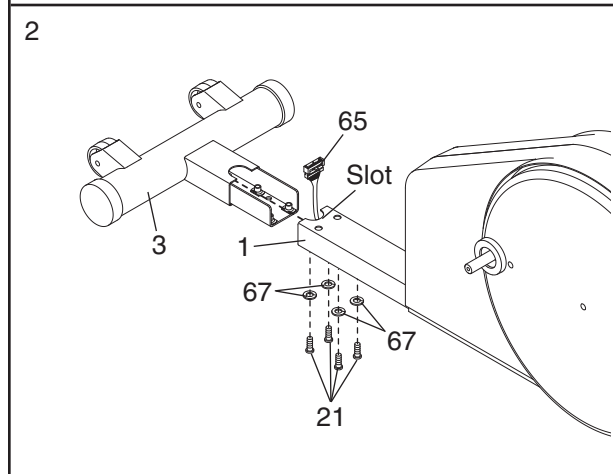
See the drawings below to identify the small parts needed for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 18. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not found in the parts bag, check to see if it has been pre-assembled.**



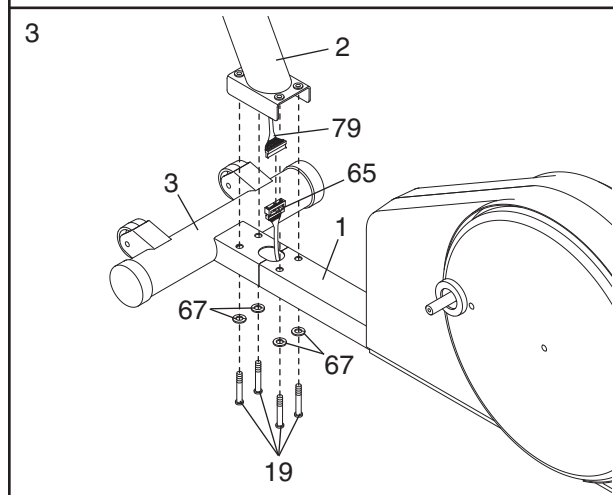
1. Attach the Rear Stabilizer (4) to the Frame (1) with two M10 x 105mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).



2. Hold the Lower Wire Harness (65) in the indicated slot in the Frame (1), and insert the Front Stabilizer (3) into the Frame. **Make sure that the Front Stabilizer is oriented as shown. Be careful to avoid pinching the Lower Wire Harness.** Carefully tip the elliptical exerciser onto one side, and attach the Front Stabilizer with four M10 x 22mm Button Screws (21) and four M10 Split Washers (67).

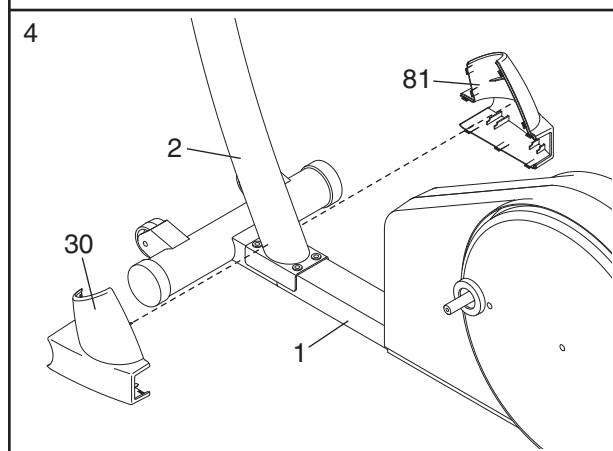


3. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (79) to the Lower Wire Harness (65). Carefully pull the upper end of the Upper Wire Harness to remove any slack, and set the Upright on the Front Stabilizer (3) and the Frame (1). **Be careful to avoid pinching the Wire Harnesses.** Align the holes in the Upright with the holes in the Front Stabilizer and the Frame.



Carefully tip the elliptical exerciser onto one side, and attach the Upright (2) to the Front Stabilizer (3) and the Frame (1) with four M10 x 58mm Button Screws (19) and four M10 Split Washers (67).

4. Gently separate the Left and Right Frame Covers (30, 81). Hold the Frame Covers around the Upright (2) and the Frame (1) as shown. Firmly press the Frame Covers together.



5. Hold the Console Bracket (26) near the Upright (2), and locate the wire extending from the bottom of the Console Bracket. Carefully pull the upper end of the Upper Wire Harness (79) to remove any slack, and tie the wire around the Upper Wire Harness, as shown in the inset drawing. Carefully pull the wire up through the Console Bracket until the Upper Wire Harness is extending from the top of the Console Bracket. Then, untie the wire and discard it.

Insert the Console Bracket (26) into the Upright (2). **Be careful to avoid pinching the Upper Wire Harness (79).** Attach the Console Bracket with three M8 x 25mm Button Screws (57) and three M8 Split Washers (74).

6. Identify the Left Upper Body Arm (9) and the Left Upper Body Leg (73), which are marked with stickers.

Insert the Left Upper Body Arm (9) into the Left Upper Body Leg (73). **Make sure that the short tube on the Left Upper Body Arm and the hexagonal holes in the Left Upper Body Leg are on the same side.** Attach the Left Upper Body Arm with two M8 x 42mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Do not tighten the Button Bolts yet.**

Attach the Right Upper Body Arm (not shown) to the Right Upper Body Leg (not shown) in the same way.

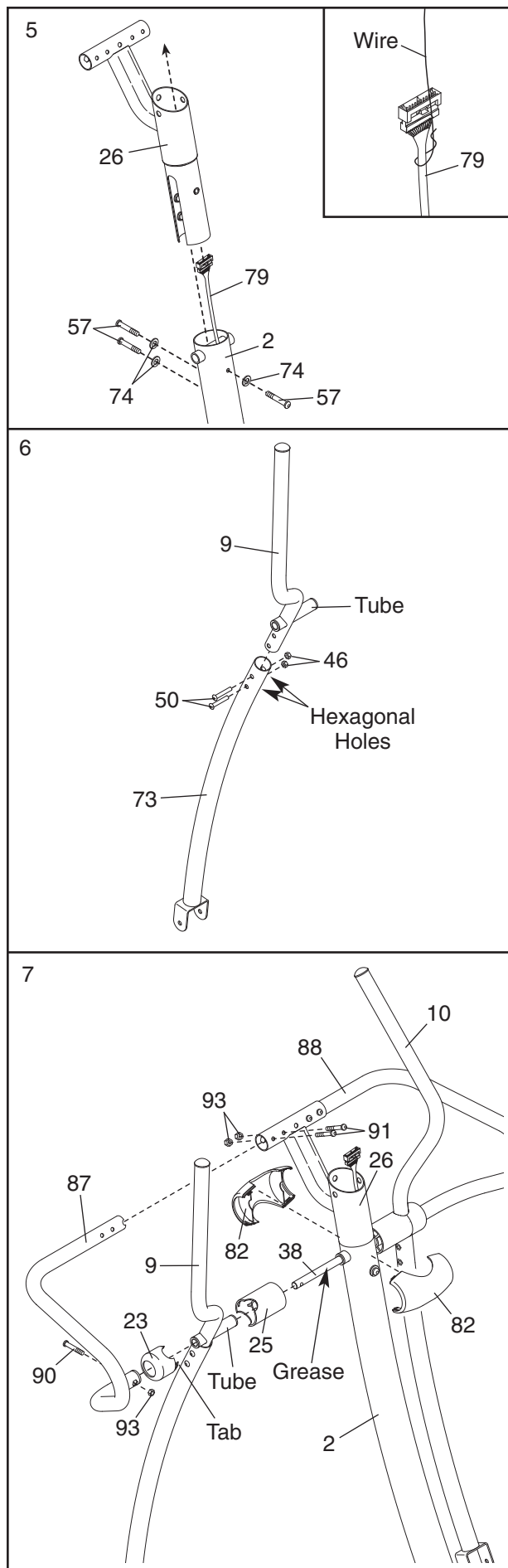
7. Insert the Pivot Axle (38) into the Upright (2), and center the Pivot Axle. Apply a generous amount of the included grease to the Pivot Axle.

Identify the Left Upper Body Arm (9), which is marked with a sticker. Slide a Handlebar Spacer (25) onto the short tube on the Left Upper Body Arm. Slide the Left Upper Body Arm onto the Pivot Axle (38).

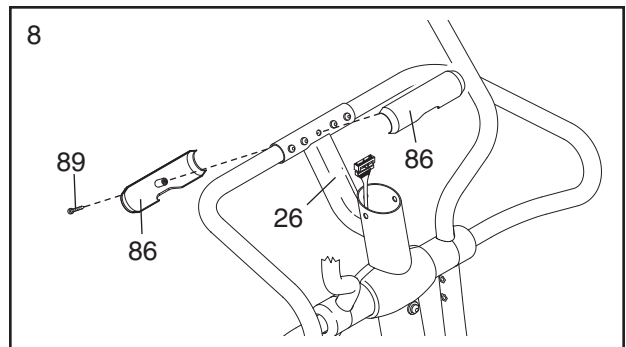
Orient a Handlebar Cap (23) as shown, and slide it onto the lower end of the Left Handlebar (87). Slide the upper end of the Left Handlebar (87) into the tube on the front of the Console Bracket (26), while sliding the lower end of the Left Handlebar onto the Pivot Axle (38). Attach the upper end of the Left Handlebar with two M8 x 41mm Button Bolts (91) and two M8 Jam Nuts (93); **make sure the Jam Nuts are resting in the hexagonal holes in the Console Bracket.** Attach the lower end of the Left Handlebar with an M8 x 35mm Button Bolt (90) and an M8 Jam Nut (93). Then, press the tabs on the Handlebar Cap (23) into the Handlebar Spacer (25).

Assemble the Right Upper Body Arm (10) and the Right Handlebar (88) in the same way.

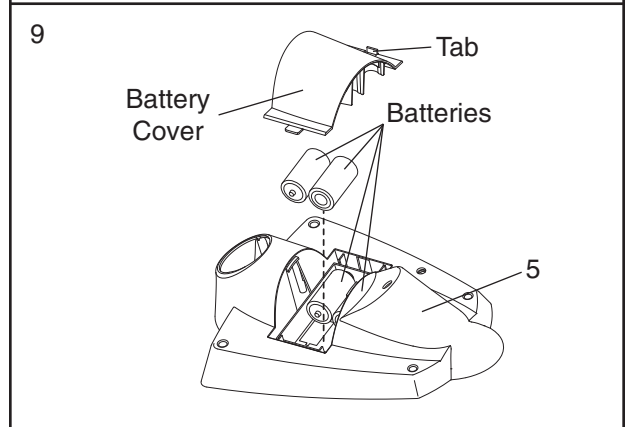
Gently separate the two Upright Covers (82). Hold the Upright Covers around the Upright (2), and firmly press the Upright Covers together.



8. Hold the halves of the Upper Handlebar Cover (86) around the tube on the front of the Console Bracket (26). Attach the Upper Handlebar Cover with an M4 x 16mm Round Head Screw (89).

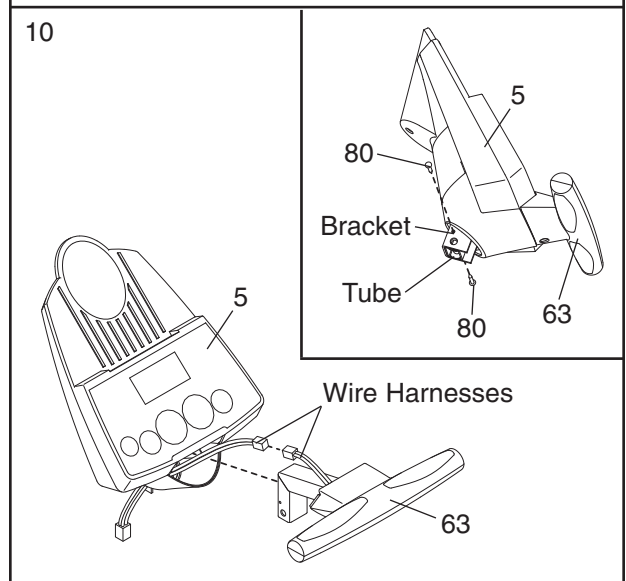


9. The Console (5) requires four “D” batteries (not included); alkaline batteries are recommended. See the inset drawing. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the Console. **Make sure that the batteries are oriented as shown by the diagram inside the Console.** Reattach the battery cover.



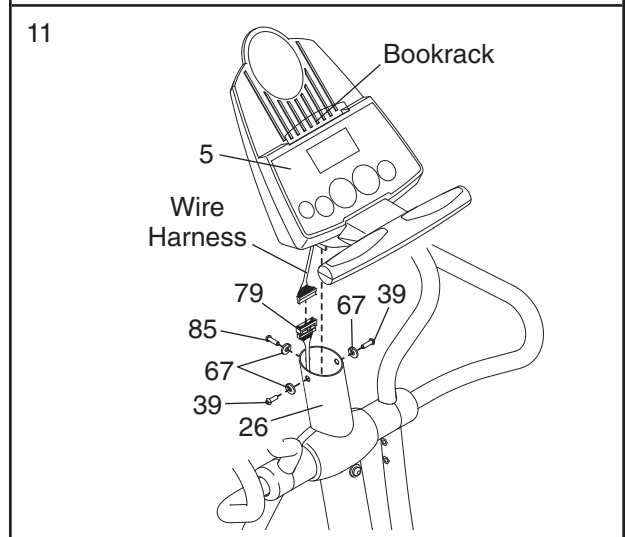
10. Connect the wire harness on the Handgrip Pulse Sensor (63) to the indicated wire harness on the Console (5). Insert both wire harnesses into the opening in the bottom of the Console.

See the inset drawing. Insert the metal tube on the Handgrip Pulse Sensor (63) into the metal bracket inside of the Console (5) as shown. **Be careful not to pinch the wire harnesses.** Align the holes in the metal tube with the holes in the metal bracket, and tighten two M4 x 12mm Screws (80) into the indicated holes.



11. While another person holds the Console (5) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (79). Insert the excess wire harness into the Console Bracket (26). Attach the Console to the Console Bracket with an M10 x 32mm Button Screw (85), two M10 x 27mm Button Screws (39), and three M10 Split Washers (67). **Be careful to avoid pinching the wire harnesses.**

Snap the bookrack onto the Console (5).



12. Identify the Left Pedal (13), which has an “L” molded into its bottom surface, and the Left Pedal Arm (14), which is marked with a sticker.

Attach the Left Pedal (13) to the Left Pedal Arm (14) with two M8 x 48mm Button Screws (20) and two M8 Split Washers (74).

Attach the Right Pedal (not shown) in the same way.

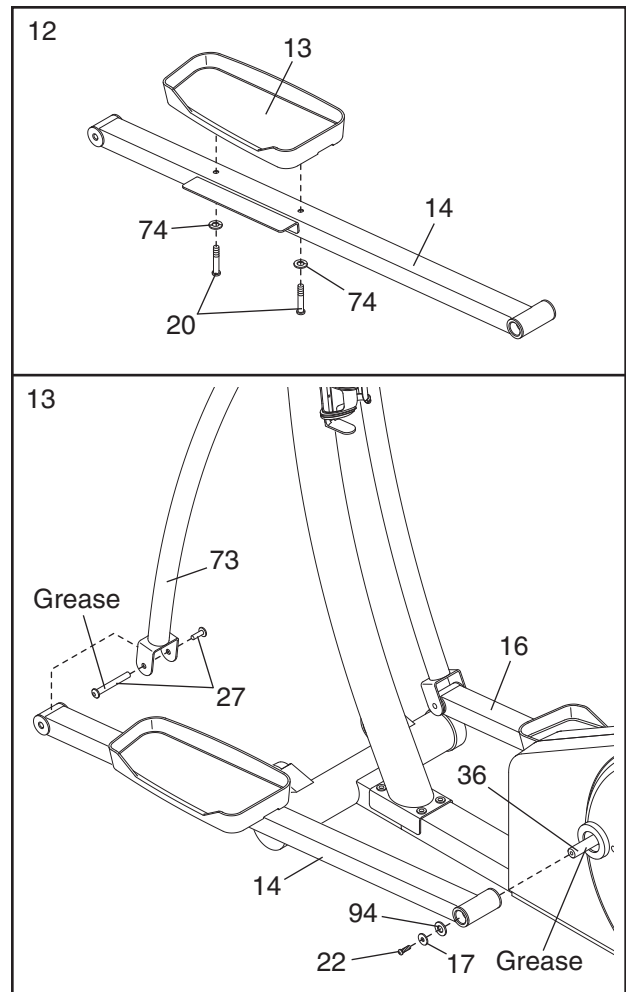
13. Apply a thin film of grease to the shaft of a Bolt Set (27) and the post on the left Crank Arm (36).

Slide the Left Pedal Arm (14) onto the post on the left Crank Arm (36). Attach the Left Pedal Arm with an M8 x 19mm Button Screw (22), an M8 Large Washer (17), and a Wave Washer (94). Make sure the Wave Washer is on the post before tightening the Button Screw.

Attach the Left Upper Body Leg (73) to the Left Pedal Arm (14) with the Bolt Set (27).

See step 6 on page 6. Tighten the M8 x 42mm Button Bolts (50). **Make sure that the M8 Nylon Locknuts (46) are seated in the hexagonal holes.**

Attach the Right Pedal Arm (16) to the right side of the elliptical exerciser in the same way.



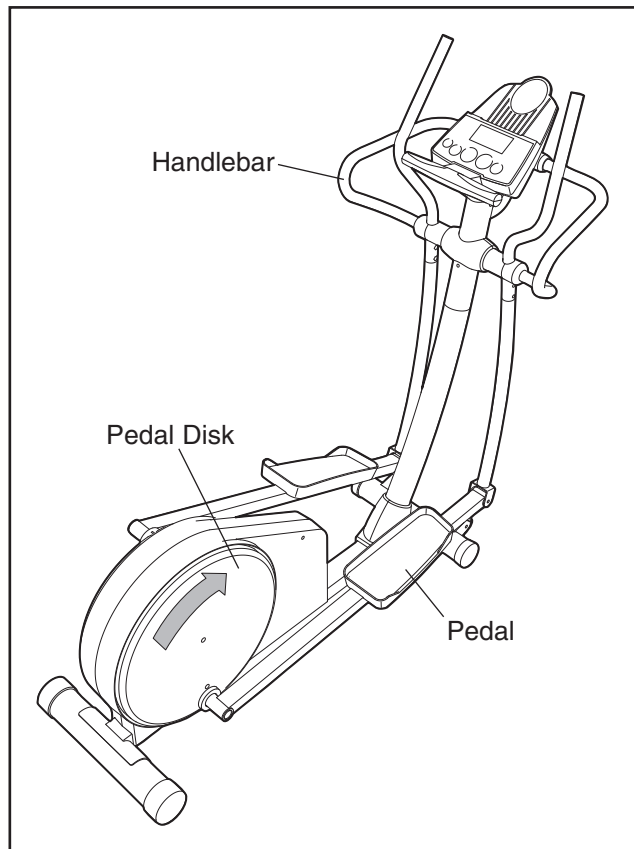
14. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

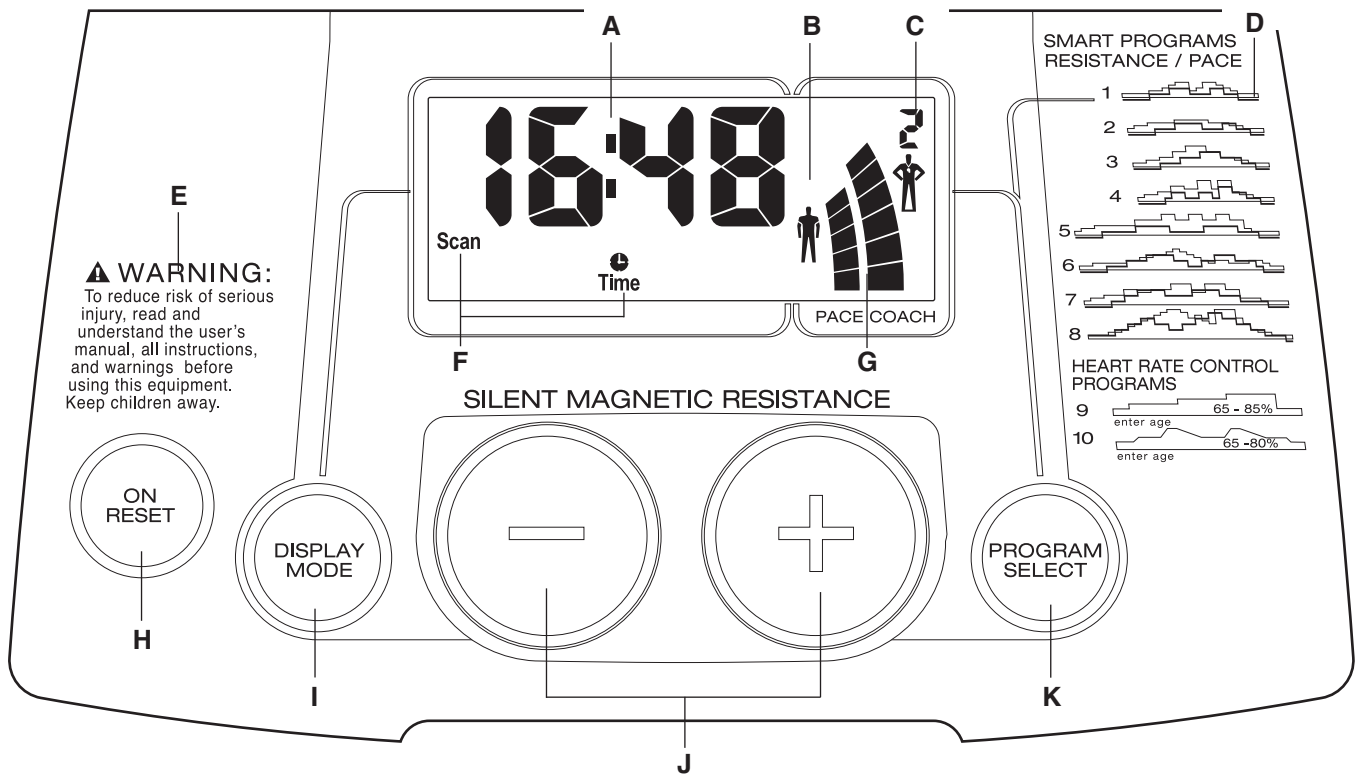
HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the handlebars and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown at the right; however, for variety, you can turn the pedal disks in the opposite direction.**

To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **CAUTION: The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.





FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the elliptical exerciser can be adjusted with a touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the hand-grip pulse sensor.

The console also offers eight preset workout programs. Each program automatically changes the pedaling resistance and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two heart rate programs that change the pedaling resistance and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

CONSOLE DESCRIPTION

See the drawing on page 10. Note: If there is a thin sheet of clear plastic on the console, remove it.

- A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 17), and your heart rate (when you use the handgrip pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, a single mode can be selected for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see F. below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

- B. Increase and decrease arrows—During programs, these arrows will prompt you to increase or decrease your pace to match the target pace.
- C. Manual mode/program indicator—When a program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, 8, 9, or 10 depending on which program is selected. When the manual mode is selected, the upper right corner will be blank.
- D. Program profiles—These profiles show how the resistance of the elliptical exerciser and the target pace will change during programs.
- E. Warning—See page 2.
- F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance,

resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear; when your heart rate is shown, the letters BPM will appear.

- G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator will show your pedaling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a program is selected, both pace indicators will appear. The left indicator will show your actual pedaling pace, and the right indicator will show a target pace. During the program, the target pace will periodically change; as the right indicator changes in height, adjust your pace so that both indicators are at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**
- H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance.
- I. Display Mode button—This button is used to select the feedback modes.
- J. + and – buttons—These buttons control the resistance of the elliptical exerciser. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter information when a heart rate program is selected.
- K. Program Select button—This button is used to select programs and the manual mode.

To use the manual mode of the console, see page 12. To use a preset program, see page 13. To use a heart rate program, see page 14.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

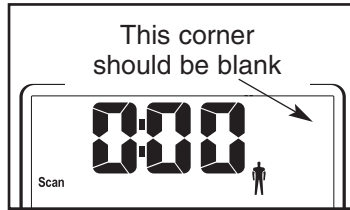
Note: The console requires four D batteries (see assembly step 9 on page 7).

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected.

If a program has been selected, select the manual mode by pressing the Program Select button repeatedly until the upper right corner of the display is blank.



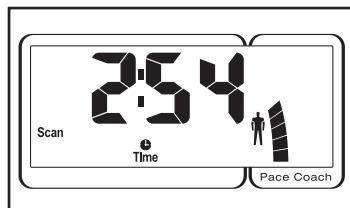
3 Begin pedaling and adjust the resistance of the elliptical exerciser.

As you pedal, adjust the resistance of the elliptical exerciser as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left pace indicator.

When the console is turned on, the scan mode will be selected. As you pedal, the display will show your current

speed, the elapsed time, the distance that you have pedaled, the current resistance level, the approximate number of calories you have burned, and the approximate number of fat calories you have burned. In addition, your heart rate will be shown when you use the handgrip pulse



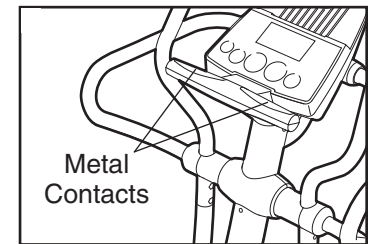
sensor. Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a program is selected, the display will show the time *remaining* in the program instead of the elapsed time.

In addition, the left pace indicator will appear in the display. As you increase or decrease your pace, the indicator will increase or decrease in height.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

5 Measure your heart rate if desired.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor,



place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

6 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

HOW TO USE A PRESET PROGRAM

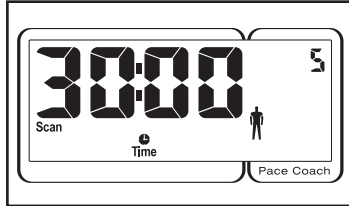
1 Turn on the console.

See step 1 on page 12.

2 Select one of the preset programs.

Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program

Select button repeatedly until the number 1, 2, 3, 4, 5, 6, 7, or 8 appears in the upper right corner of the display.



The profiles numbered 1 through 8 on the right side of the console show the resistance and pace settings for the preset programs. For example, profile number 3 shows that when preset program 3 is selected, both the resistance level and the pace will gradually increase during the first half of the program and then gradually decrease.

3 Start the program.

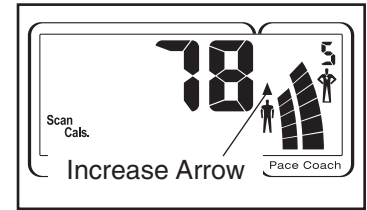
To start the program, simply begin pedaling. Each preset program consists of either 20 or 30 one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for two or more consecutive periods.)

During the program, the resistance of the elliptical exerciser will automatically change as shown by the applicable profile on the console. Note: If the current resistance level is too high or too low, you can change the resistance level by pressing the + or – button. However, when the current period of

the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. (The left indicator will show your

actual pedaling pace.) As the right indicator changes in height during the program, adjust your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**



During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue pedaling after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 12.

6 When you are finished exercising, the console will automatically turn off.

See step 6 on page 12.

HOW TO USE A HEART RATE PROGRAM

Heart rate program 9 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. Heart rate program 10 is designed to keep your heart rate between 65% and 80% of your *maximum heart rate* during your workout. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.

Follow the steps below to use a heart rate program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the two heart rate programs.

Each time the console is turned on, the manual mode will be selected. To select a heart rate program,

press the Program Select button repeatedly until the number 9 or 10 appears in the upper right corner of the display.



The profiles numbered 9 and 10 on the right side of the console show the resistance settings for the heart rate programs. For example, profile number 9 shows that when heart rate program 9 is selected, the resistance level will gradually increase during the program and then decrease near the end.

3 Enter your age.

When a heart rate program is selected, the word AGE and the current age setting will flash in the display (see the drawing above). Press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

4 Hold the handgrip pulse sensor.

To use a heart rate program, it is not necessary to hold the handgrips continuously during the program; however, you should hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

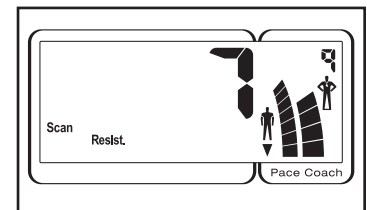
Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

5 Start the program.

To start the program, simply begin pedaling. Each heart rate program consists of 20 one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for two or more consecutive periods.)

During the program, the resistance of the elliptical exerciser will automatically change as shown by the applicable profile on the console. Note: If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

As you pedal, the pace indicators will help you to keep your heart rate near the current target heart rate. The left indicator will



show your actual pedaling pace. The right indicator will show a target pace. When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If necessary, the right indicator will then change in height to prompt you to increase or decrease your pace to bring your heart rate closer to the target heart rate. When the right indicator changes in height, increase or decrease your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display; if your pace is faster than the target pace, the decrease arrow will appear.

Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.

If you continue pedaling after the program is completed, the display will continue to show your exercise feedback.

6 Follow your progress with the feedback modes.

See step 4 on page 12.

7 When you are finished exercising, the console will automatically turn off.

See step 6 on page 12.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

The elliptical exerciser can be wiped clean with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

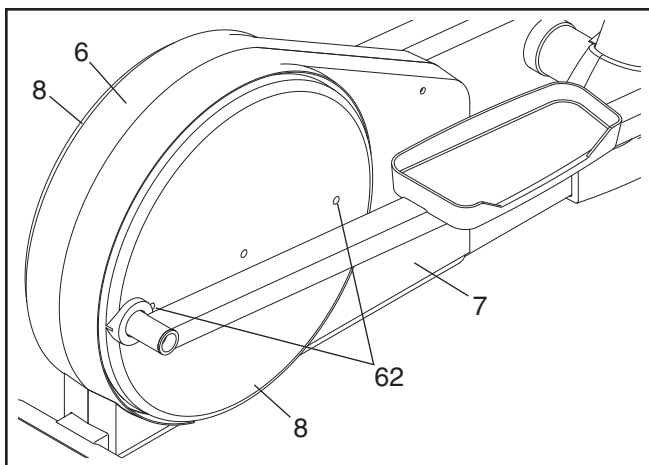
If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 9 on page 7.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

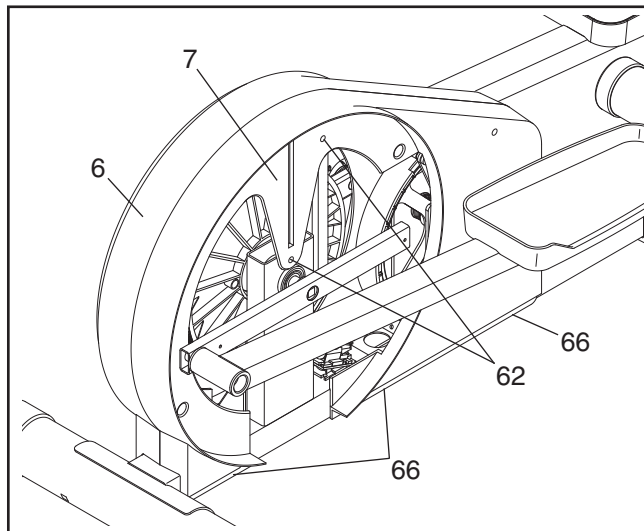
If the handgrip pulse sensor does not function properly, see step 5 on page 12.

HOW TO ADJUST THE REED SWITCH

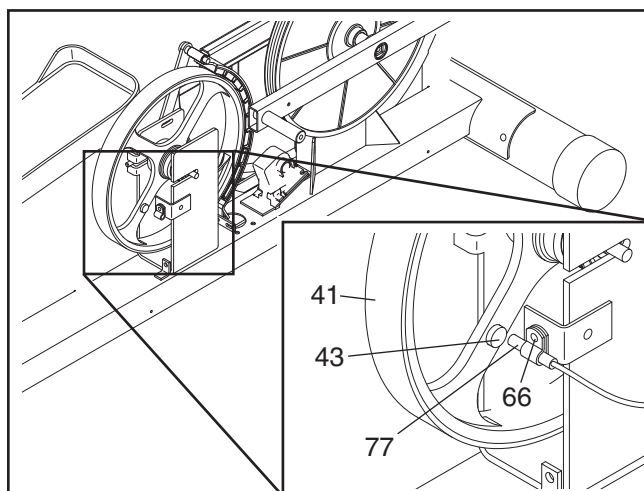
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, remove the indicated Screws (62) from both Pedal Disks (8). Pull both Pedal Disks out of the Side Shields (6, 7). Rotate the right Pedal Disk so that you can see beneath it.



Remove the indicated Screws (62) from the Right Side Shield (7). Remove the indicated Screws (66) from both Side Shields (6, 7). Lift the Side Shields off the elliptical exerciser.



Next, locate the Reed Switch (77). Turn the Flywheel (41) until the Magnet (43) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields and the pedal disks.



CONDITIONING GUIDELINES




WARNING:

- Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.
- The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
<hr/>							
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. IMEL21940

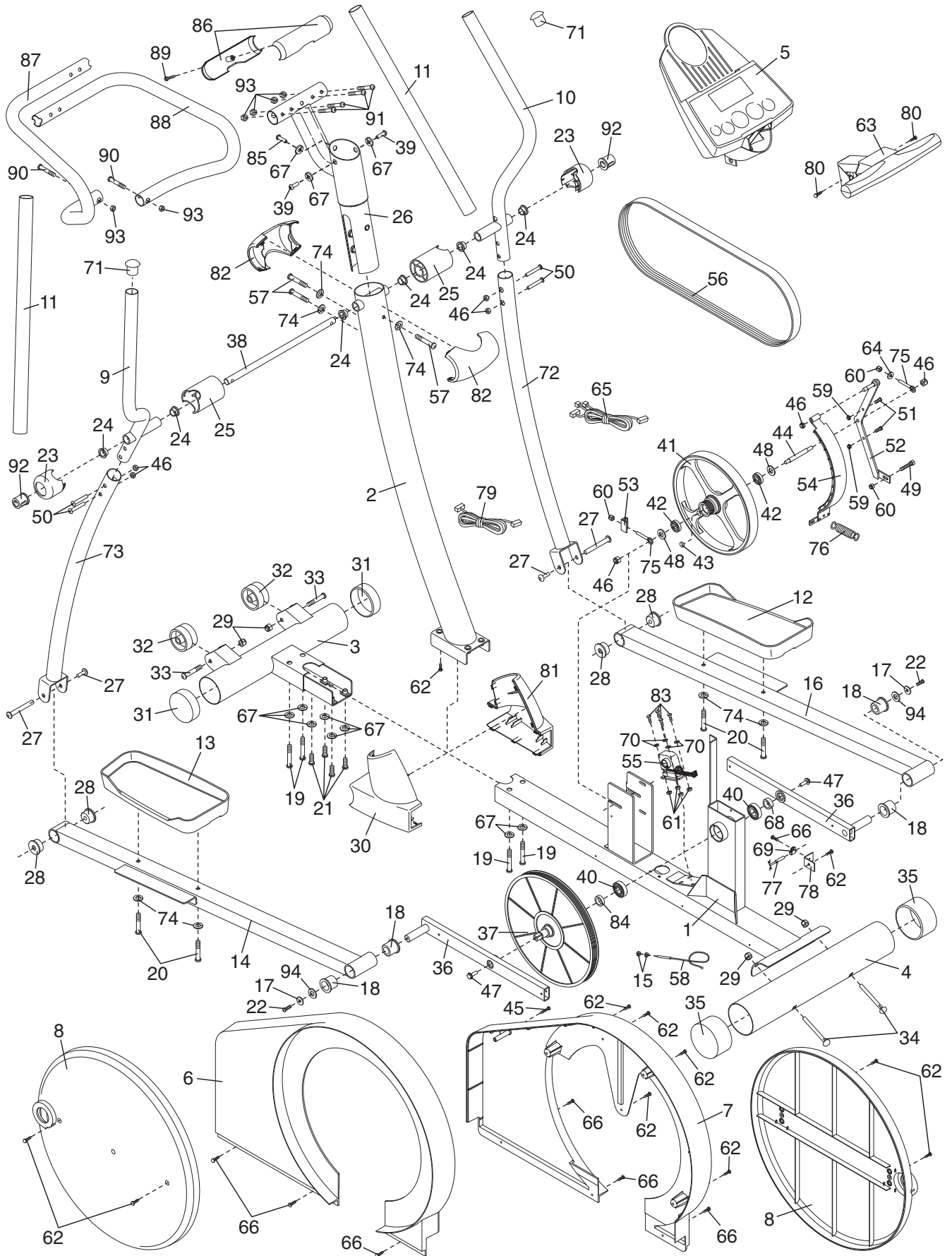
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	4	M8 x 42mm Button Bolt
2	1	Upright	51	2	M6 x 16mm Button Bolt
3	1	Front Stabilizer	52	1	“C” Magnet Bracket
4	1	Rear Stabilizer	53	1	“U” Bracket
5	1	Console	54	1	“C” Magnet
6	1	Left Side Shield	55	1	Motor
7	1	Right Side Shield	56	1	Belt
8	2	Pedal Disc	57	3	M8 x 25mm Button Screw
9	1	Left Upper Body Arm	58	1	Adjustment Cable
10	1	Right Upper Body Arm	59	2	M6 Nylon Locknut
11	2	Foam Grip	60	3	M6 Nut
12	1	Right Pedal	61	4	M5 Nylon Locknut
13	1	Left Pedal	62	11	M5 x 16mm Screw
14	1	Left Pedal Arm	63	1	Handgrip Pulse Sensor
15	2	M5 Nut	64	1	M6 Large Washer
16	1	Right Pedal Arm	65	1	Lower Wire Harness
17	2	M8 Large Washer	66	7	M4 x 16mm Screw
18	4	Rear Pedal Arm Bushing	67	11	M10 Split Washer
19	4	M10 x 58mm Button Screw	68	1	Pulley Spacer
20	4	M8 x 48mm Button Screw	69	1	Reed Switch Clamp
21	4	M10 x 22mm Button Screw	70	4	Motor Washer
22	2	M8 x 19mm Button Screw	71	2	Upper Body Arm Endcap
23	2	Handlebar Cap	72	1	Right Upper Body Leg
24	6	Upper Body Bushing	73	1	Left Upper Body Leg
25	2	Handlebar Spacer	74	7	M8 Split Washer
26	1	Console Bracket	75	2	M6 Eyebolt
27	2	Bolt Set	76	1	Spring
28	4	Front Pedal Arm Bushing	77	1	Reed Switch
29	4	M10 Nylon Locknut	78	1	Reed Switch Bracket
30	1	Left Frame Cover	79	1	Upper Wire Harness
31	2	Front Stabilizer Endcap	80	2	M4 x 12mm Screw
32	2	Wheel	81	1	Right Frame Cover
33	2	M10 x 60mm Button Bolt	82	2	Upright Cover
34	2	M10 x 105mm Carriage Bolt	83	4	M5 x 12mm Bolt
35	2	Rear Stabilizer Endcap	84	1	Small Pulley Spacer
36	2	Crank Arm	85	1	M10 x 32mm Button Screw
37	1	Pulley	86	1	Upper Handlebar Cover
38	1	Pivot Axle	87	1	Left Handlebar
39	2	M10 x 27mm Button Screw	88	1	Right Handlebar
40	2	Crank Bearing	89	1	M4 x 16mm Round Head Screw
41	1	Flywheel	90	2	M8 x 35mm Button Bolt
42	2	Flywheel Bearing	91	4	M8 x 41mm Button Bolt
43	1	Magnet	92	2	Handlebar Bushing
44	1	Flywheel Axle	93	6	M8 Jam Nut
45	1	M4 x 64mm Screw	94	2	Wave Washer
46	7	M8 Nylon Locknut	#	1	Allen Wrench, Set
47	2	Crank Screw	#	1	Grease
48	2	Spacer	#	1	User's Manual
49	1	M6 x 20mm Bolt			

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

EXPLODED DRAWING—Model No. IMEL21940

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-753-4645, 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:

- The MODEL NUMBER of the product (IMEL21940)
- The NAME of the product (IMAGE 7.8 elliptical exerciser)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 18 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 through one of its authorized service centers. All repairs for which warranty claims are made 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 or 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.

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