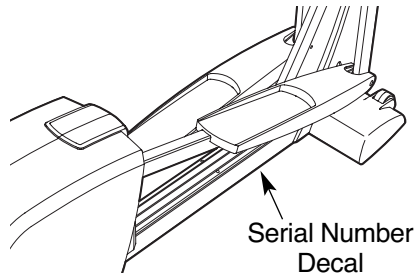


IMAGE[®] 12.5

Model No. IMEL5906.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

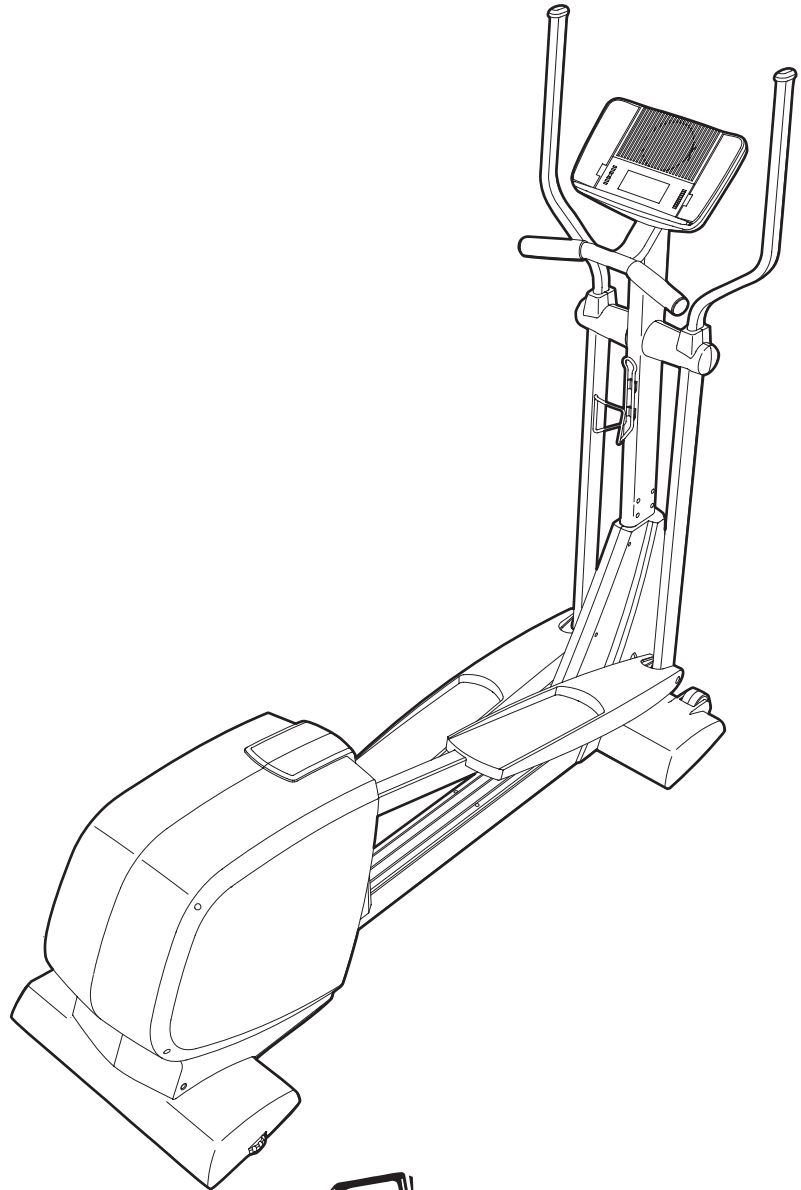
CUSTOMER HOT LINE:

1-800-753-4645

Mon.-Fri., 6 a.m.-6 p.m. MST

ON THE WEB:

www.iconservice.com



CAUTION

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



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fitness tips, and much more!

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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 and all warnings on the elliptical exerciser before using the elliptical exerciser.
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 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. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Wear appropriate exercise clothes when using the elliptical exerciser. Always wear athletic shoes for foot protection.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Keep children under age 12 and pets away from the elliptical exerciser at all times.
9. Always hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight when using the elliptical exerciser; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. 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.
13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.

⚠ 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.

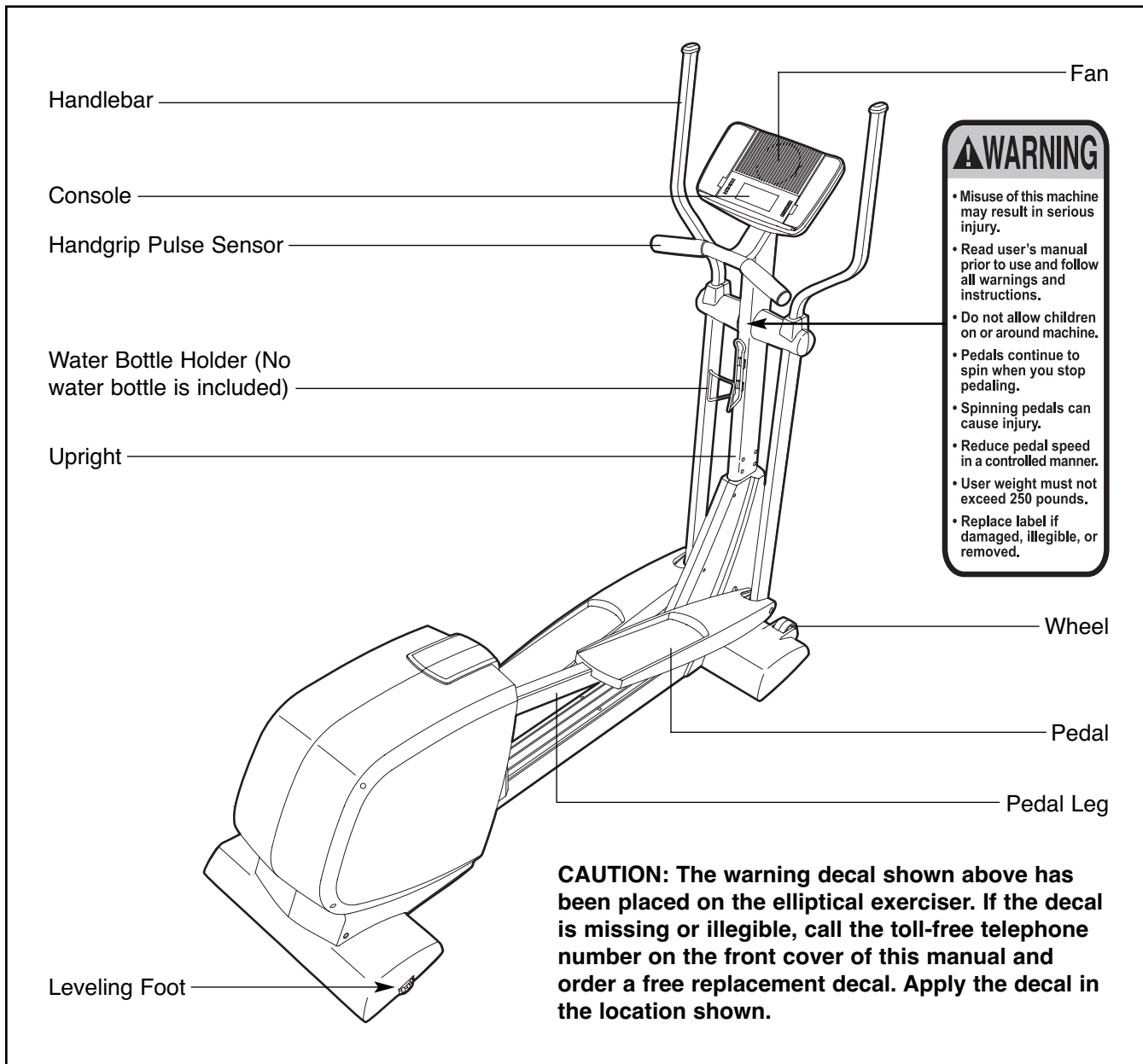
BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® 12.5 elliptical exerciser. The IMAGE 12.5 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique IMAGE 12.5 offers an impressive array of features to help you achieve your fitness goals in the convenience of your home.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have ques-


tions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is IMEL5906.0. 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.

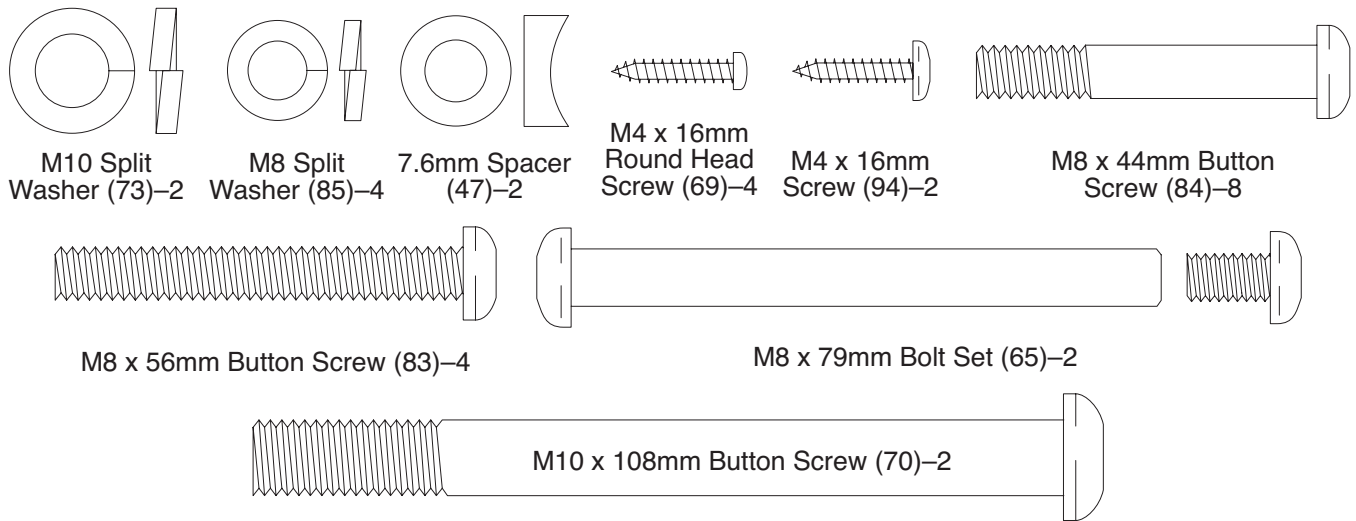


ASSEMBLY

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.

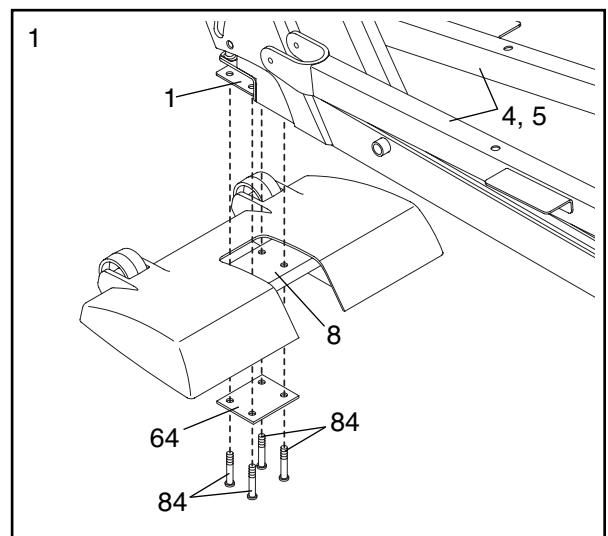
Assembly requires the included hex keys and your own phillips screwdriver  and rubber mallet .

As you assemble the elliptical exerciser, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 21. The second number is the quantity used in assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it is preassembled.**



1. Identify the Front Stabilizer (8). While another person lifts the front of the Frame (1) and holds the Pedal Legs (4, 5) in the position shown, attach the Front Stabilizer to the Frame with four M8 x 44mm Button Screws (84) and a Support Plate (64).

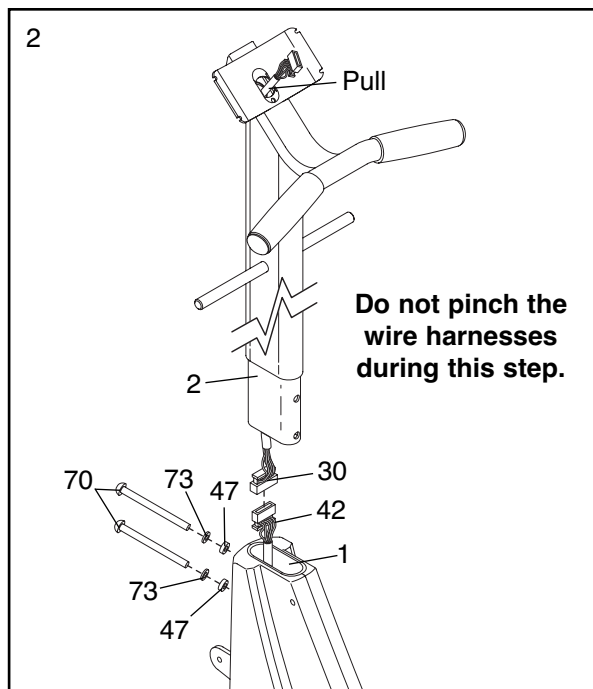
While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame in the same way.



- Have another person hold the Upright (2) in the position shown.

Connect the Upper Wire Harness (30) to the Lower Wire Harness (42). Insert the connectors on the Wire Harnesses up into the Upright (2). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.**

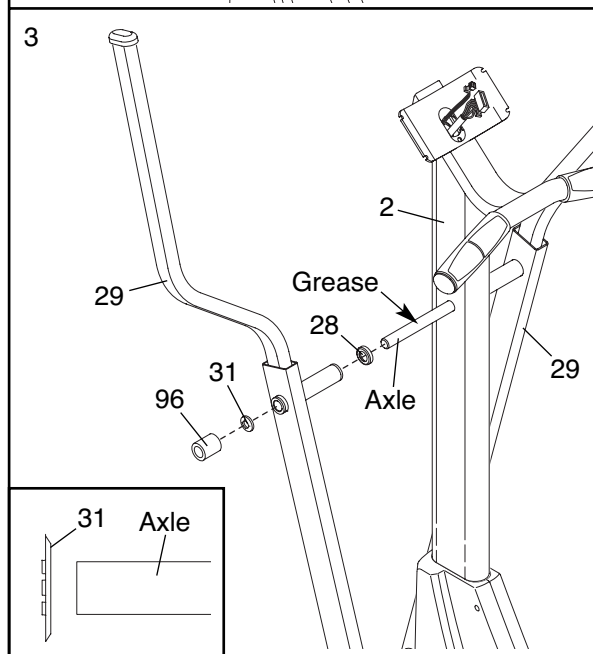
Insert the Upright (2) into the Frame (1). **Be careful to avoid pinching the Wire Harnesses (30, 42).** Attach the Upright with two M10 x 108mm Button Screws (70), two M10 Split Washers (73), and two 7.6mm Spacers (47). **Make sure that the curved sides of the Spacers are facing the Upright.** Be careful to avoid damaging the Wire Harnesses with the Button Screws. **Do not tighten the Button Screws yet.**



- Slide a Weld Spacer (28) onto the axle on the left side of the Upright (2), with the open side of the Weld Spacer facing the Upright. Apply a small amount of the included grease to the axle.

Slide an Upper Body Arm (29) onto the axle on the left side of the Upright (2). Using the included Push Nut Tool (96), tap a Push Nut (31) onto the axle; **make sure that the Push Nut is turned as shown in the inset drawing.**

Attach the other Upper Body Arm (29) to the right side of the Upright (2) in the same way.

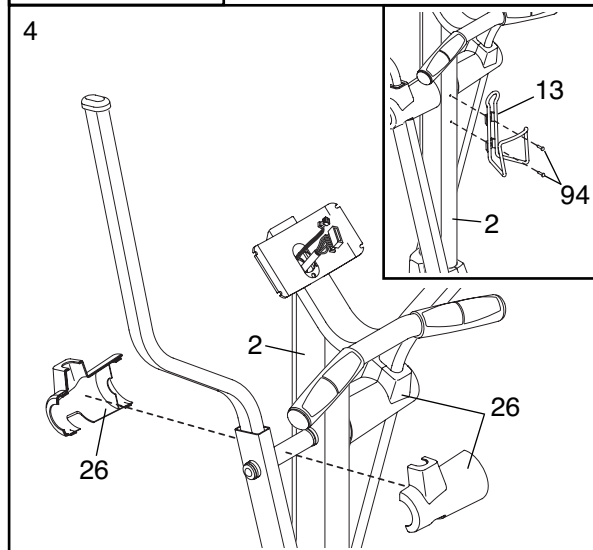


- Look inside one of the Handlebar Cover Sets (26) and locate the square tabs connecting the two halves. Gently lift the tabs and disconnect the halves.

Hold the two halves of the Handlebar Cover Set (26) around the tube on the left side of the Upright (2). Align the halves and press them together until they lock.

Attach the other Handlebar Cover Set (26) to the right side of the Upright (2) in the same way.

See the inset drawing. Attach the Water Bottle Holder (13) to the Upright (2) with two M4 x 16mm Screws (94).

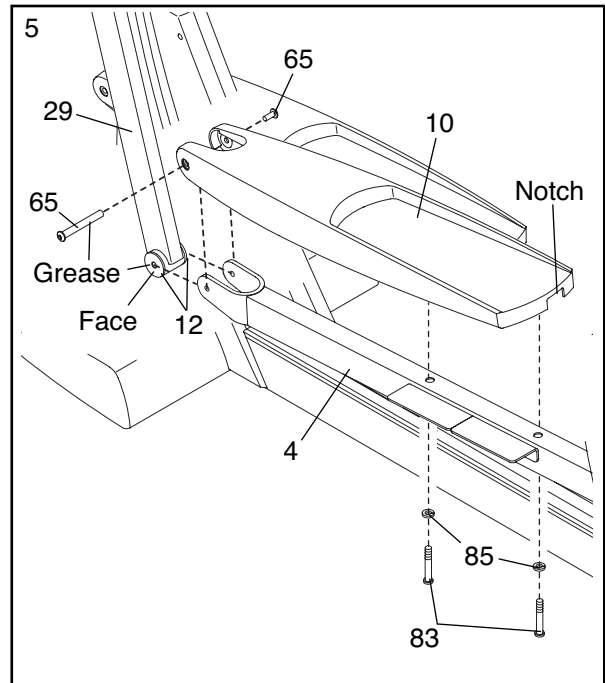


- Identify the Left Pedal (10), which has a notch near the right side. Place the Left Pedal on the Left Pedal Leg (4). Next, apply a generous amount of grease to the long side of an M8 x 79mm Bolt Set (65) and the faces of the two indicated Upper Body Arm Bushings (12). Have a second person hold the lower end of the left Upper Body Arm (29) inside of the bracket on the Left Pedal Leg. Attach the Left Pedal and the left Upper Body Arm to the Left Pedal Leg with the Bolt Set.

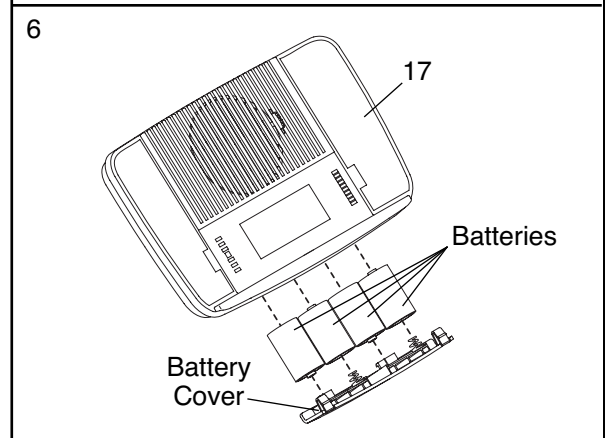
Attach the other end of the Left Pedal (10) to the Left Pedal Leg (4) with two M8 x 56mm Button Screws (83) and two M8 Split Washers (85).

Repeat this step on the right side of the elliptical exerciser.

See step 2. Tighten the two M10 x 108mm Button Screws (70).

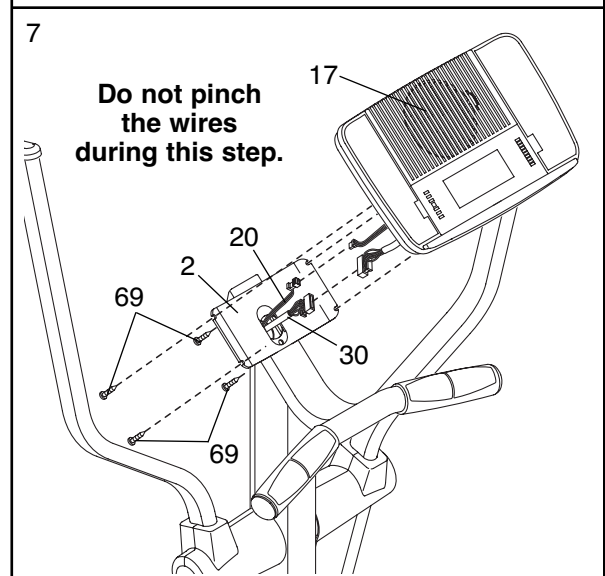


- The Console (17) requires four “D” batteries (not included); alkaline batteries are recommended. Remove the battery cover from the bottom of the Console. Insert four batteries into the battery compartment; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.



- Have another person hold the Console (17) near the Upright (2). Connect the Upper Wire Harness (30) to the wire harness on the Console. Connect the Pulse Wire (20) to the pulse wire on the Console.

Carefully insert all excess wiring down into the Upright (2). Attach the Console (17) to the Upright with four M4 x 16mm Round Head Screws (69). (Note: The Screws may be found in the console box.) **Be careful to avoid pinching the wires.**



- Make sure that all parts of the elliptical exerciser are properly tightened.** Cover the floor beneath the elliptical exerciser to protect the floor from damage. Note: Some extra hardware may be left over.

HOW TO USE THE ELLIPTICAL EXERCISER

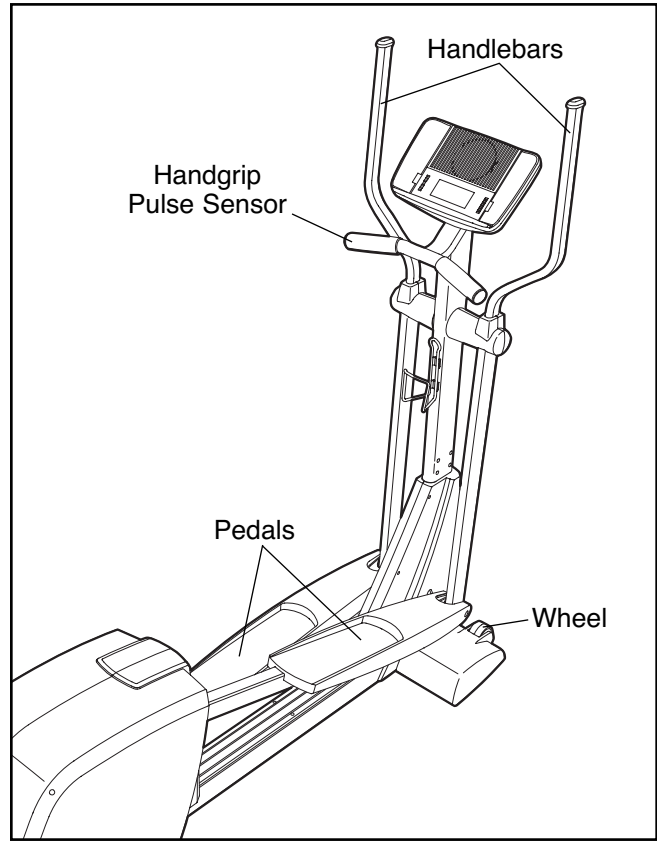
HOW TO MOVE THE ELLIPTICAL EXERCISER

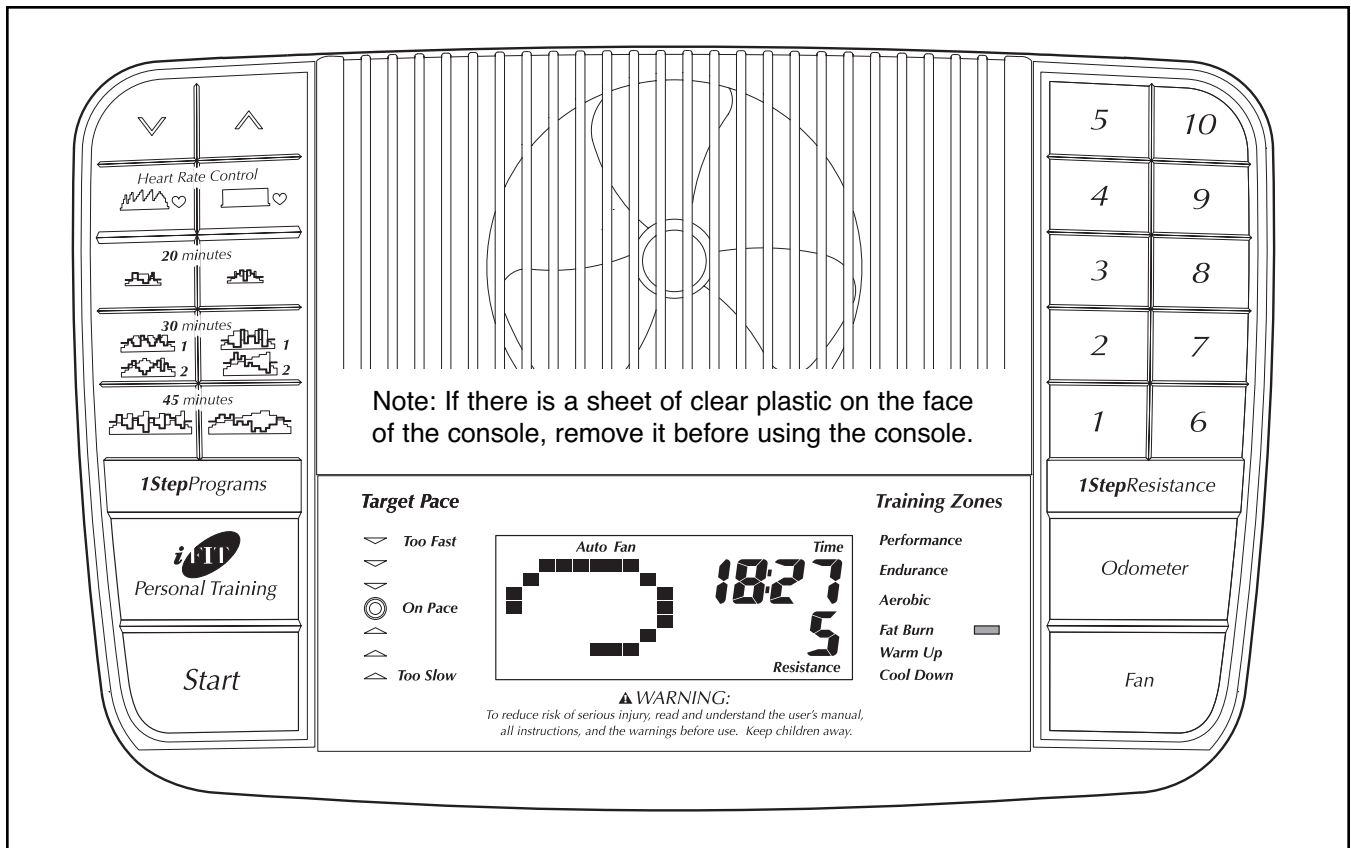
Stand in front of the elliptical exerciser, hold the handlebars firmly, and place one foot against one of the wheels. Pull the handlebars until the elliptical exerciser can be moved on the wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against a wheel, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**

EXERCISING ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handgrip pulse sensor and 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.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; 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 you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers eight preset programs that automatically change the resistance of the pedals and prompt you to increase or decrease your pace while guiding you through an effective workout.

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

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable

(available at electronics stores), you can connect the elliptical exerciser to your portable stereo, home stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the elliptical exerciser connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the Internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 9. **To use a preset program**, see page 11. **To use a heart rate program**, see page 12. **To use an iFIT.com CD or video program**, see page 17. **To use an iFIT.com program directly from our Web site**, see page 18.

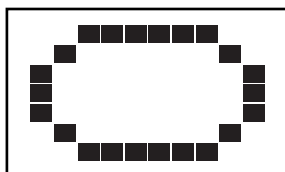
HOW TO USE THE MANUAL MODE

1 Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2 Select the manual mode.

If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the iFIT button once or twice until a track appears in the matrix; the letters "iFIT" should **not** appear above the matrix.



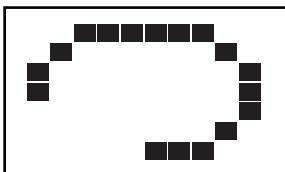
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance buttons. Note: After you press the 1 Step Resistance buttons, it will take a moment for the pedals to reach the selected resistance level.

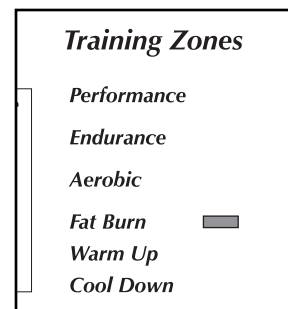


4 Follow your progress with the matrix, the Training Zones bar, and the displays.

The matrix—When the manual mode or the iFIT.com mode is selected, the matrix will display a track that represents 1/4 mile (400 meters). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then disappear and the indicators will again begin to light in succession.



The Training Zones bar—The Training Zones bar will show the approximate intensity level of your exercise.



The upper display—

The upper display will show the approximate number of grams of carbs you have burned, the approximate number of calories you have burned, the distance you have pedaled, and the elapsed time. The display will change modes every few seconds. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.



To see the total distance that has been pedaled on the elliptical exerciser, press the Odometer button twice; the words "Total Dist." and the total number of miles will appear in the display. To again see the distance that you have pedaled during your workout, press the Odometer button again.

The lower display—

The lower display will show your pedaling pace, in revolutions per minute (RPM), your pedaling speed, and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor.

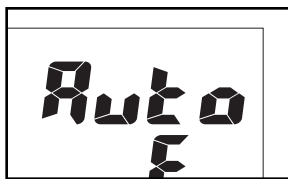


Note: The console can show speed and distance in either miles or kilometers.

The letters “MPH” or “Km/H” will appear in the lower display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Start button for a few seconds. An “E” (for English) or an “M” (for metric) will appear in the lower display. Press the 1 Step Resistance 10 button to change the unit of measurement. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



While you are selecting a unit of measurement, you can also select a backlight mode. The “On” mode keeps the backlight on while the console is on. The “Off” mode turns the backlight off. To conserve the batteries, the “Auto” mode keeps the backlight on only while you are exercising. Press the 1 Step Resistance 1 button to change the backlight mode if desired. Then, press the Start button.

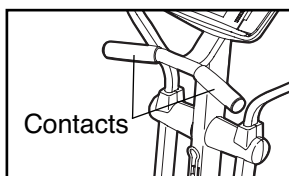


5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.

To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, your heart rate will be shown in the lower display. For the most accurate heart rate reading, hold the contacts for at

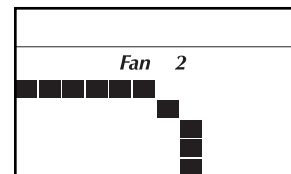


least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly.

6 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button; the number 1 will appear next to the word “Fan” in the display. To turn on the fan at medium



speed, press the button a second time; the number 2 will appear. To turn on the fan at high speed, press the button a third time; the number 3 will appear. To select the Auto mode, press the button again; the words “Auto Fan” will appear. While the Auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

To turn off the fan, press the Fan button again. Note: If the pedals do not turn for a few minutes, the fan will turn off automatically.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.

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

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

If the pedals do not move for a few minutes, the console will turn off and the displays will be reset.

HOW TO USE A PRESET PROGRAM

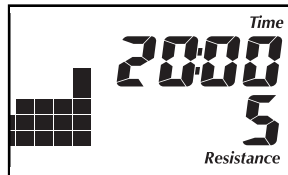
1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 9.

2 Select one of the eight preset programs.

To select a preset program, press one of the buttons labeled “20 minutes,” “30 minutes,” or “45 minutes.” Note: Each “30 minutes” button can be used to select two programs.

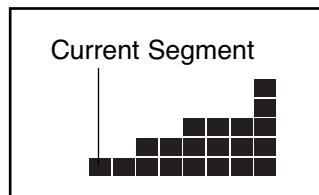
When a preset program is selected, a profile of the resistance settings of the program will scroll across the matrix. In addition, the program time will appear in the upper display, and the maximum resistance setting of the program will flash in the lower display for a moment.



3 Press the Start button or begin pedaling to start the program.

Each program is divided into several one-minute segments. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.

The resistance setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The pace settings are not shown in the matrix.) The resistance settings for the next several segments will be shown in the columns to the right.



As you exercise, the Target Pace guide will help you to keep your pedaling pace near the pace setting for the current segment. When one of the “Too Slow” indicators lights, increase your pace;

when one of the “Too Fast” indicators lights, decrease your pace; when the “On Pace” indicator lights, maintain your current pace.

Target Pace	Target Pace	Target Pace
Too Fast	Too Fast	Too Fast
○ On Pace	○ On Pace	● On Pace
▲ Too Slow	Too Slow	Too Slow

Important: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to exercise at a pace that is comfortable for you.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all resistance settings will move one column to the left*. The resistance setting for the second segment will then be shown in the flashing Current Segment column, and the resistance of the pedals will change to the resistance setting for the second segment. Note: If all of the indicators in the Current Segment column are lit after the resistance settings have moved to the left, *the resistance settings may move downward* so only the highest indicators appear in the matrix.

The program will continue until the resistance setting for the last segment is shown in the Current Segment column and the last segment ends.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the 1 Step Resistance buttons. However, when the next segment begins, the resistance will change if a different resistance setting is programmed for the next segment.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

4 Follow your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on pages 9 and 10.

5 Measure your heart rate if desired.

See step 5 on page 10.

6 Turn on the fan if desired.

See step 6 on page 10.

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

See step 7 on page 10.

HOW TO USE A HEART RATE PROGRAM

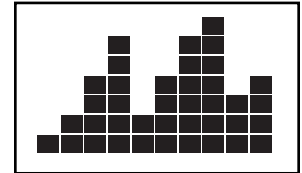
1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 9.

2 Select one of the two heart rate programs.

To select a heart rate program, press either of the Heart Rate Control buttons.

If you select the first heart rate program (if you press the left Heart Rate Control button), a profile of the target heart rate settings of the program will scroll across the matrix and the program time will appear in the upper display.

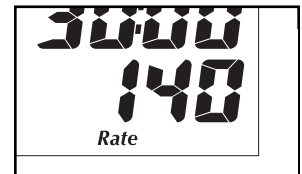


If you select the second heart rate program (if you press the right Heart Rate Control button), a pulse symbol will appear in the matrix.



3 Enter a target heart rate setting.

If you select the first heart rate program, the maximum target heart rate setting of the program will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the maximum target heart rate setting (see **EXERCISE INTENSITY** on page 20). Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.



If you select the second heart rate program, the target heart rate setting for the program will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the display to change the target heart rate setting (see **EXERCISE INTENSITY** on page 20). Note: The same target heart rate setting will be programmed for all segments.

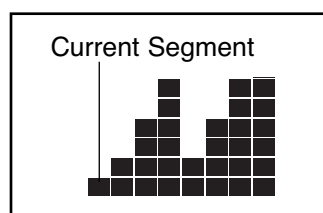
4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5 Press the Start button to start the program.

The first heart rate program—This program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

The target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings for the next several segments will be shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

The second heart rate program—This program is divided into 40 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different program before the program ends.

Both heart rate programs—As you pedal, the console will regularly compare your heart rate to the target heart rate setting for the current segment. If your heart rate is too far below or above

the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The Target Pace guide will prompt you to increase or decrease your pedaling pace during the program. When one of the “Too Slow” indicators lights, increase your pace; when one of the “Too Fast” indicators lights, decrease your pace; when the “On Pace” indicator lights, maintain your current pace.

Important: The target heart rate settings are intended only to provide motivation. Your actual heart rate may be slower than the target heart rate settings. Make sure to exercise at a pace that is comfortable for you.

Note: During the program, you can manually override the resistance setting for the current segment, if desired, with the 1 Step Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

6 Follow your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on pages 9 and 10.

7 Turn on the fan if desired.

See step 6 on page 10.

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

See step 7 on page 10.

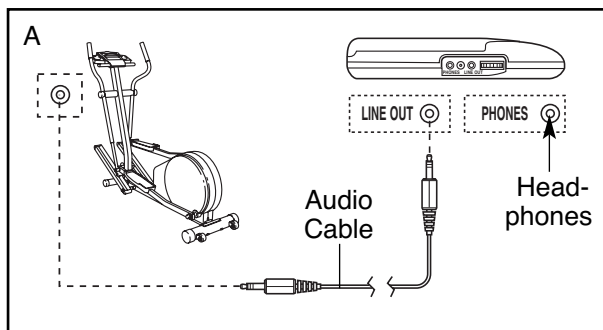
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com** CDs, the elliptical exerciser must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. To use **iFIT.com** videocassettes, the elliptical exerciser must be connected to your VCR. See page 16 for connecting instructions. To use **iFIT.com** programs directly from our **Web site**, the elliptical exerciser must be connected to your computer. See page 15.

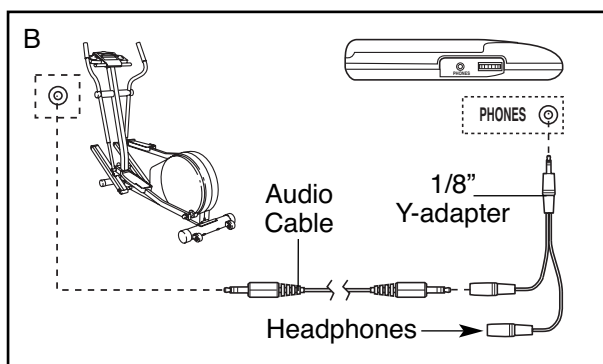
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



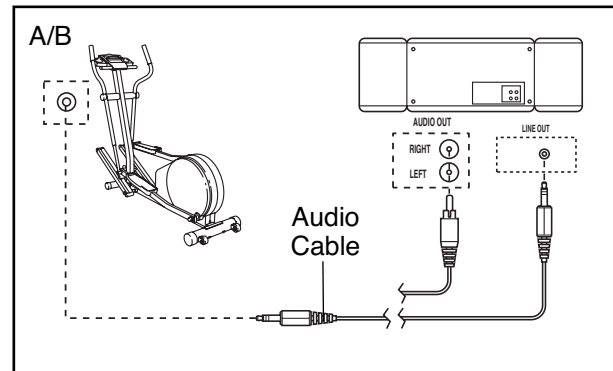
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adaptor.



HOW TO CONNECT YOUR PORTABLE STEREO

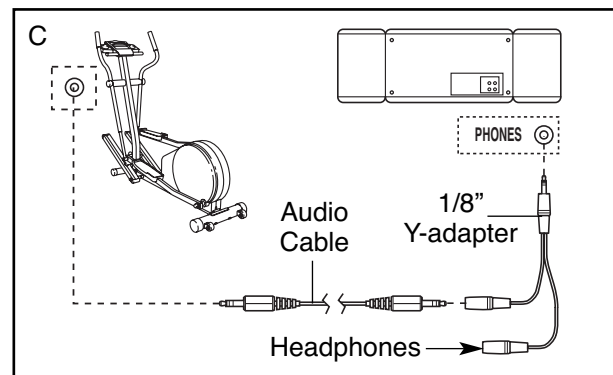
Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a 1/8" **LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **AUDIO OUT** jack on your stereo.



- B. See the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the **LINE OUT** jack on your stereo.

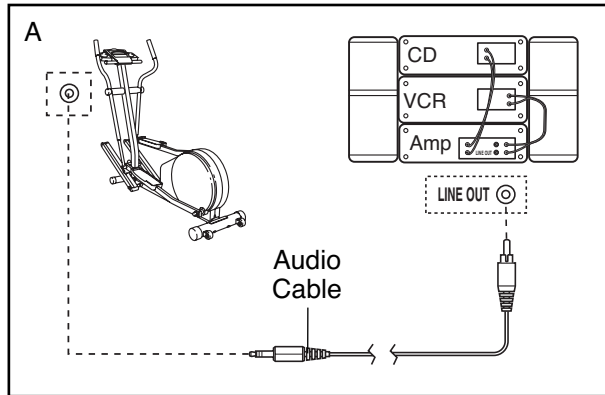
- C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adaptor.



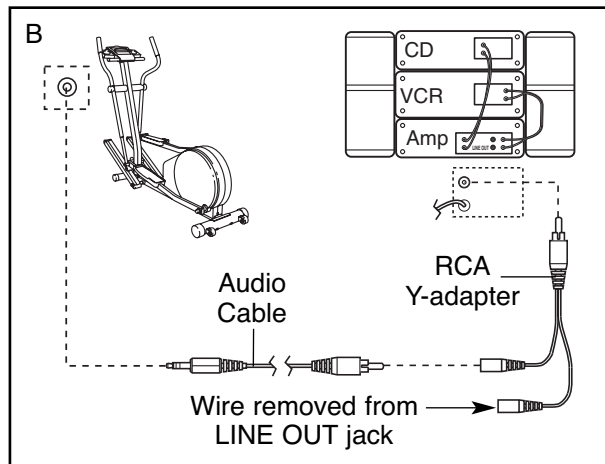
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



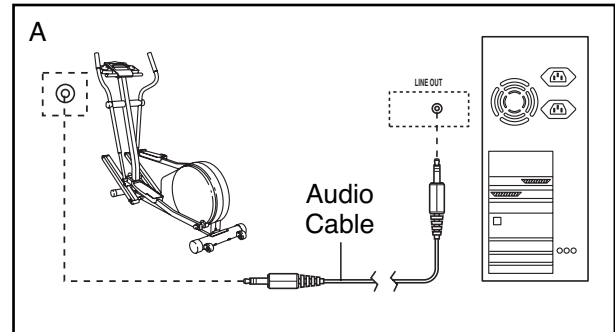
- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



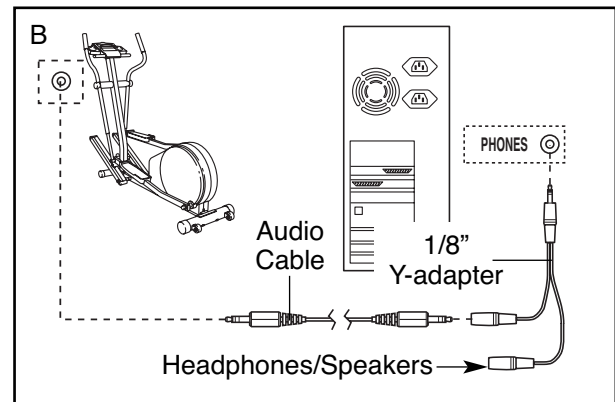
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



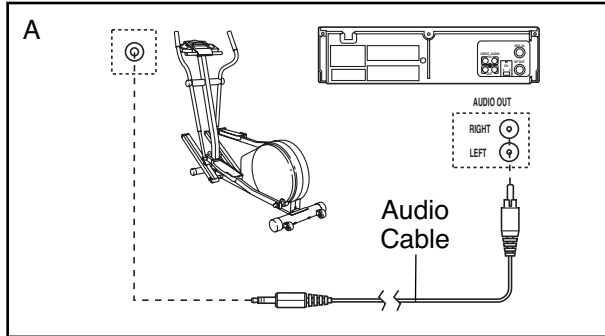
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



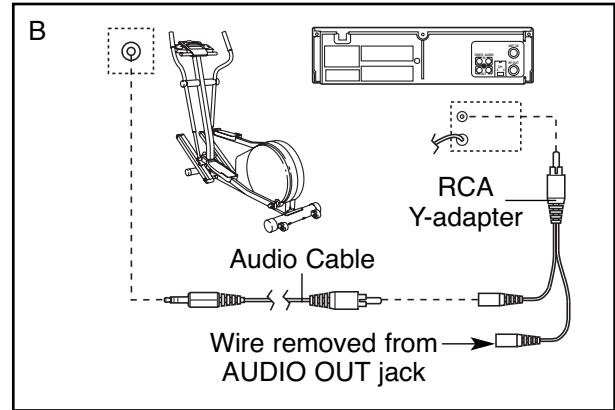
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN iFIT.COM CD OR VIDEO PROGRAM

To use an iFIT.com CD or video program, the elliptical exerciser must be connected to your CD player or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 14 to 16. **To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

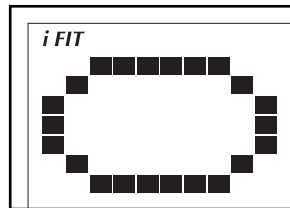
Follow the steps below to use an iFIT.com CD or video program.

- 1 Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 9.

- 2 Select the iFIT.com mode.**

To select the iFIT.com mode, press the iFIT button. A track will appear in the matrix and the letters "iFIT" will appear above the matrix.



- 3 Press the Play button on your CD player or VCR.**

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after you press the play button, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see step 3 on page 11). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

Note: If the resistance of the pedals and/or the pace setting does not change when a "chirp" sounds:

- Make sure that the letters "iFIT" appear above the matrix.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

- 4 Follow your progress with the matrix, the Training Zones bar, and the displays.**

See step 4 on pages 9 and 10.

- 5 Measure your heart rate as desired.**

See step 5 on page 10.

- 6 Turn on the fan if desired.**

See step 6 on page 10.

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

See step 7 on page 10.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the Internet. To use programs from our Web site, the elliptical exerciser must be connected to your home computer. See **HOW TO CONNECT YOUR COMPUTER** on page 15. In addition, you must have an Internet connection and an Internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 Press any button on the console or begin pedaling to turn on the console.

See step 1 on page 9.

2 Select the iFIT.com mode.

See step 2 on page 17.

3 Go to your computer and start an Internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the online instructions for using a program.

6 Follow the online instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the elliptical exerciser and begin pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see step 3 on page 11). However, an electronic “chirping” sound will alert you when the resistance setting and/or pace setting is about to change.

8 Follow your progress with the matrix, the Training Zones bar, and the displays.

See step 4 on pages 9 and 10.

9 Measure your heart rate if desired.

See step 5 on page 10.

10 Turn on the fan if desired.

See step 6 on page 10.

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

See step 7 on page 10.

MAINTENANCE AND TROUBLESHOOTING

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

PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 10.

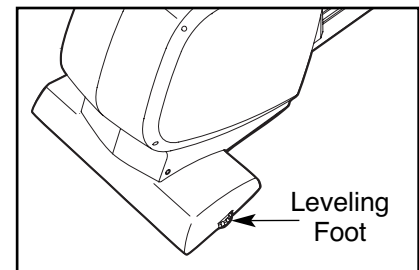
CONSOLE TROUBLESHOOTING

If turning on the fan resets the console displays, or if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low

batteries. See assembly step 6 on page 6 for replacement instructions.

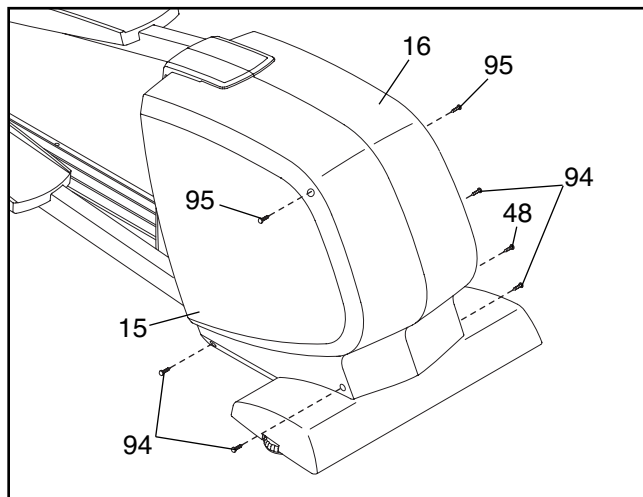
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



HOW TO REMOVE THE SIDE SHIELDS AND THE FLYWHEEL COVERS

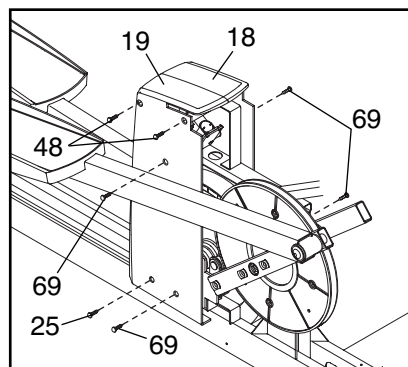
The Left and Right Side Shields (15, 16) must be removed before the reed switch or the drive belt can be adjusted. To remove the Side Shields, remove the indicated Screws (48, 94, 95). Note which hole each Screw is removed from; the Screws will later need to be reattached in the same holes. Carefully separate and remove the Side Shields.



Next, the Right and Left Flywheel Covers (18, 19) must be removed.

Remove the indicated Screws (48, 69, 25) from the Flywheel Covers. Note which hole each Screw is

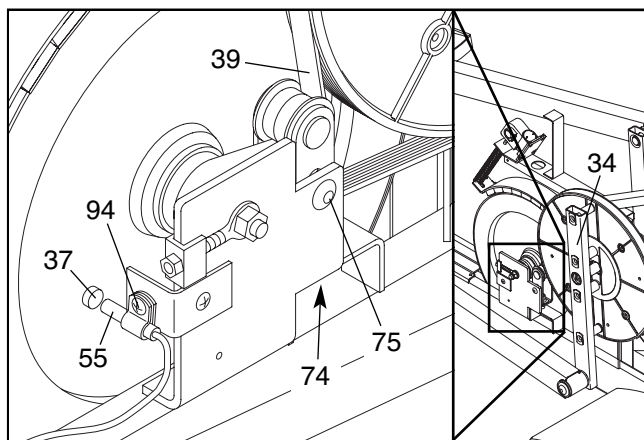
removed from; the Screws will later need to be reattached in the same holes. Carefully separate and remove the Flywheel Covers.



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, first see the instructions at the left and remove the side shields and the flywheel covers.

Next, see the drawing below. Locate the Reed Switch (55). Turn the Left Crank Arm (34) until the Magnet (37) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (94). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Left Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields and the flywheel covers.



HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first see the instructions at the left and remove the side shields and the flywheel covers.

Next, see the drawing above. Loosen the indicated Bolt (75). Turn the indicated Screw (74) clockwise until the Drive Belt (39) is properly tightened, and then retighten the Bolt (75). Then, reattach the side shields and the flywheel covers.

CONDITIONING GUIDELINES

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.

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	
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 lower two numbers are recommended heart rates for fat burning; the highest number is the recommended 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 in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near 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 as you exercise.

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, complete 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 to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. IMEL5906.0

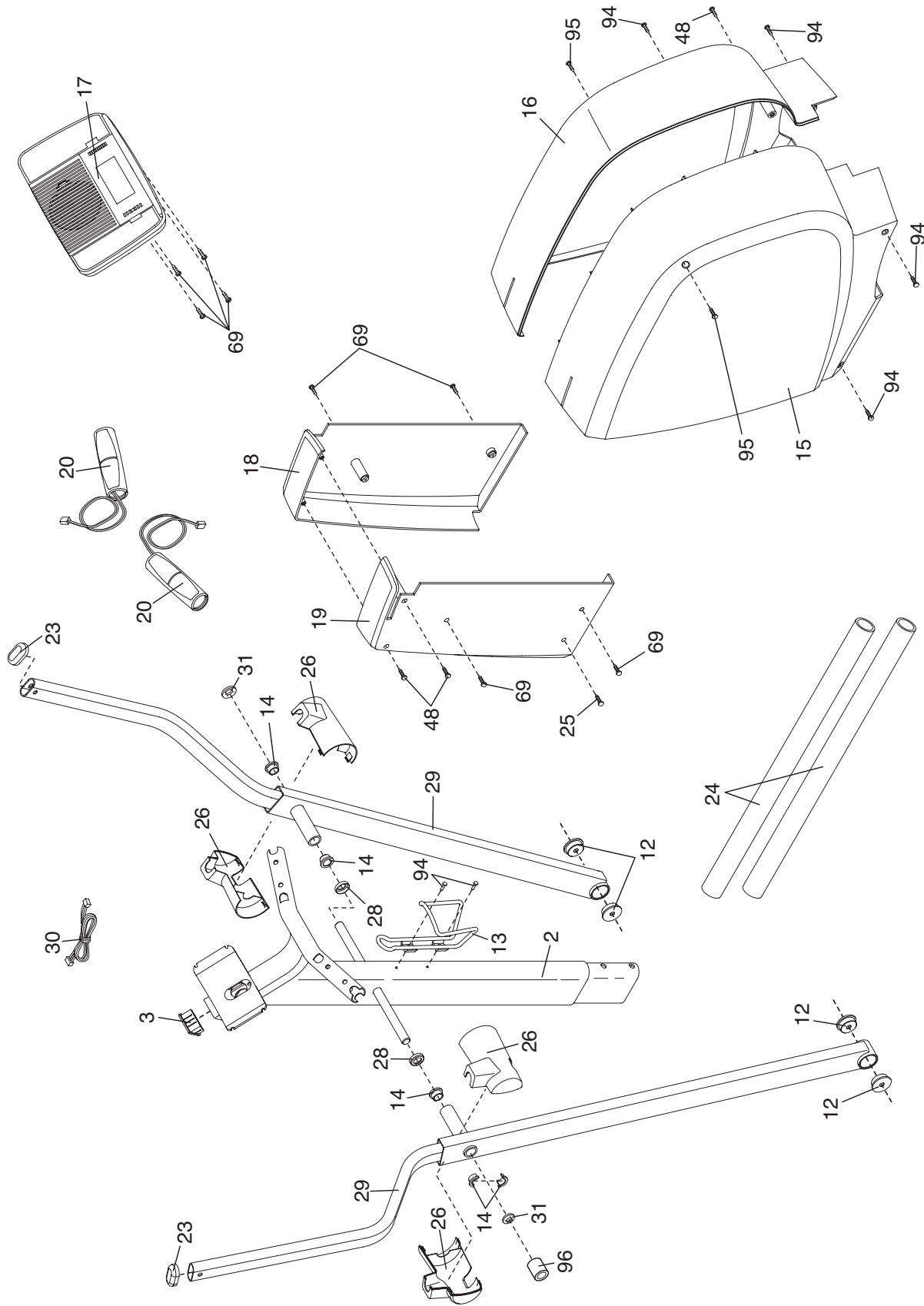
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	Pedal Leg Bushing
2	1	Upright	52	1	Resistance Motor
3	1	Upright Endcap	53	1	Reed Switch Bracket
4	1	Left Pedal Leg	54	1	Clamp
5	1	Right Pedal Leg	55	1	Reed Switch/Wire
6	1	Rear Stabilizer	56	1	Return Spring
7	1	Rear Stabilizer Cover	57	1	Guide Rod
8	1	Front Stabilizer	58	1	Resistance Cable
9	1	Front Stabilizer Cover	59	1	Flywheel Axle
10	1	Left Pedal	60	2	Flywheel Bearing
11	1	Right Pedal	61	2	Eyebolt
12	4	Upper Body Arm Bushing	62	2	Adjustment Bracket
13	1	Water Bottle Holder	63	2	M8 x 47mm Button Screw
14	4	Upper Body Arm Bushing	64	2	Support Plate
15	1	Left Side Shield	65	2	M8 x 79mm Bolt Set
16	1	Right Side Shield	66	2	M8 Washer
17	1	Console	67	2	M10 x 51mm Bolt Set
18	1	Right Flywheel Cover	68	4	M8 Small Washer
19	1	Left Flywheel Cover	69	8	M4 x 16mm Round Head Screw
20	2	Pulse Sensor w/Wire	70	2	M10 x 108mm Button Screw
21	1	Right Upright Cover	71	1	M10 Washer
22	1	Left Upright Cover	72	2	Wave Washer
23	2	Upper Body Arm Endcap	73	2	M10 Split Washer
24	2	Upper Body Arm Foam Grip	74	1	M8 x 25mm Button Screw
25	1	M4 x 25mm Round Head Screw	75	1	M10 x 15mm Button Bolt
26	2	Handlebar Cover Set	76	1	Right Crank Arm
27	1	Frame Cover	77	4	M5 Nut
28	2	Weld Spacer	78	4	M5 x 16mm Bolt
29	2	Upper Body Arm	79	4	M5 Washer
30	1	Upper Wire Harness	80	2	M6 x 12mm Bolt
31	2	Push Nut	81	1	M6 x 28mm Bolt
32	1	"C" Magnet	82	2	5/16" x 25mm Flange Screw
33	1	Magnet Bracket	83	4	M8 x 56mm Button Screw
34	1	Left Crank Arm	84	8	M8 x 44mm Button Screw
35	4	28mm Pulley Spacer	85	4	M8 Split Washer
36	1	Flywheel	86	4	M5 Nylon Locknut
37	1	Magnet	87	8	M4 x 38mm Screw
38	1	Pulley	88	1	M8 Nylon Locknut
39	1	Belt	89	1	M10 Jam Nut
40	2	Wheel	90	4	M6 Nut
41	2	M8 x 19mm Patch Screw	91	1	Tension Spring
42	1	Lower Wire Harness	92	2	Snap Ring
43	1	Crank	93	2	M8 x 54mm Patch Screw
44	2	Crank Bearing	94	9	M4 x 16mm Screw
45	1	Idler	95	8	M4 x 19mm Screw
46	4	Leveling Foot	96	1	Push Nut Tool
47	2	7.6mm Spacer	#	1	Grease
48	5	M4 x 25mm Screw	#	1	Hex Key
49	2	M8 Jam Nut	#	1	User's Manual
50	6	M4 x 12mm Round Head Screw			

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.

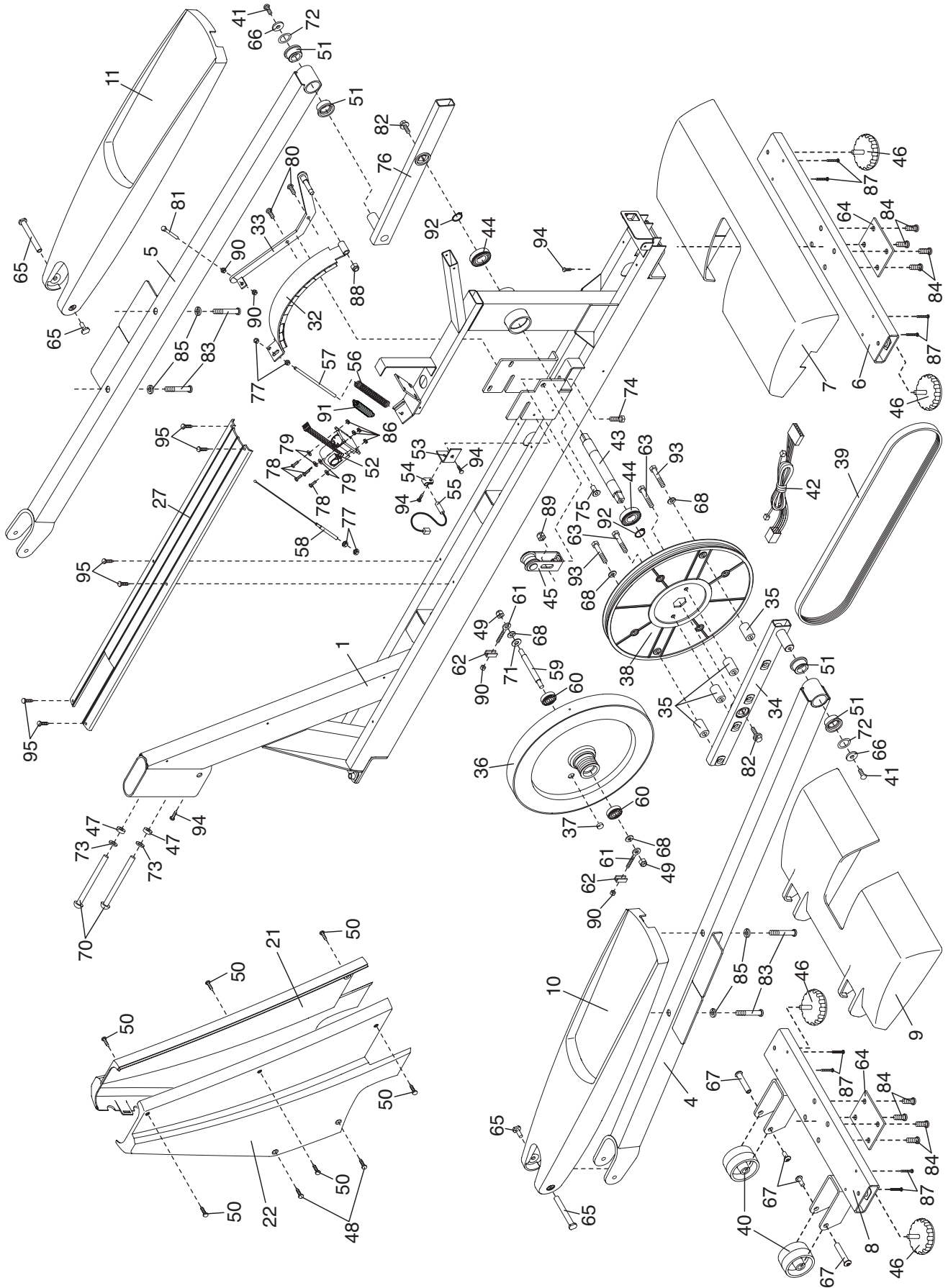
EXPLODED DRAWING A—Model No. IMEL5906.0

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EXPLODED DRAWING B—Model No. IMEL5906.0

R0806A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when calling:

- the MODEL NUMBER of the product (IMEL5906.0)
- the NAME of the product (IMAGE 12.5 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 21 to 23)

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 one (1) year 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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.

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