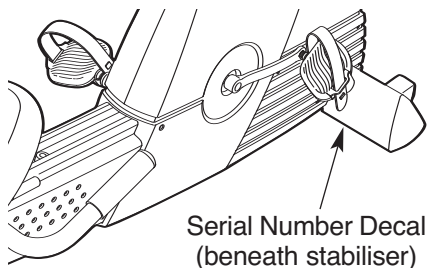


IMAGE[®] 4.0 EX

Model No. IMEVEX6215.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:
Or write:

08457 089 009

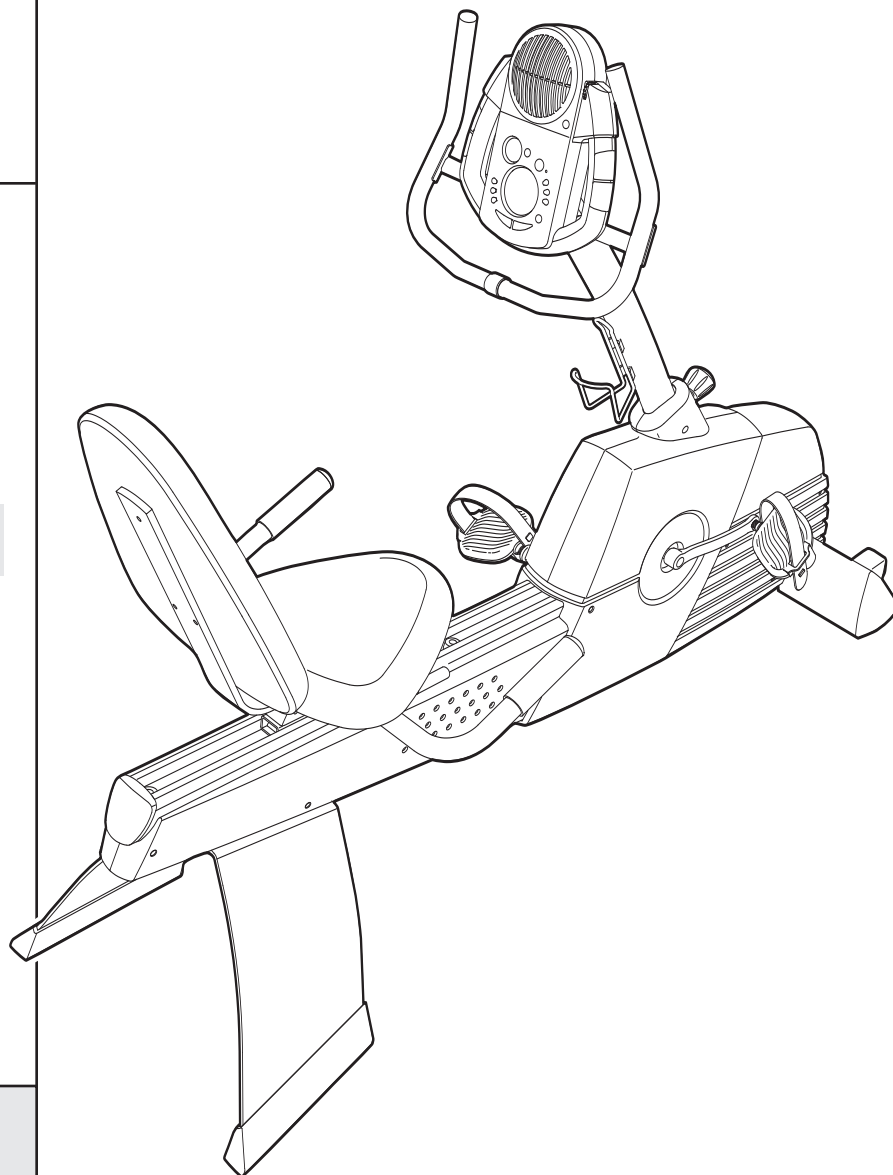
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

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

USER'S MANUAL



Visit our website at

www.iconeurope.com

IMAGE[®] 4.0 EX

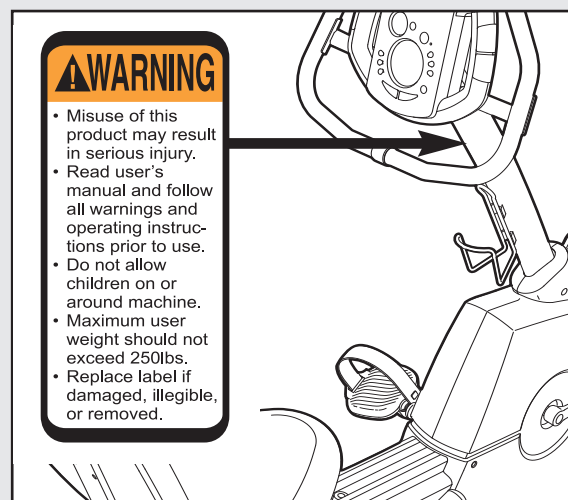
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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Place the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor. Make sure that there is enough clearance around the exerciser cycle to mount, dismount, and use the exercise cycle.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).
10. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
11. Always keep your back straight when using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness whilst exercising, stop immediately and cool down.
13. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.



⚠️ 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.

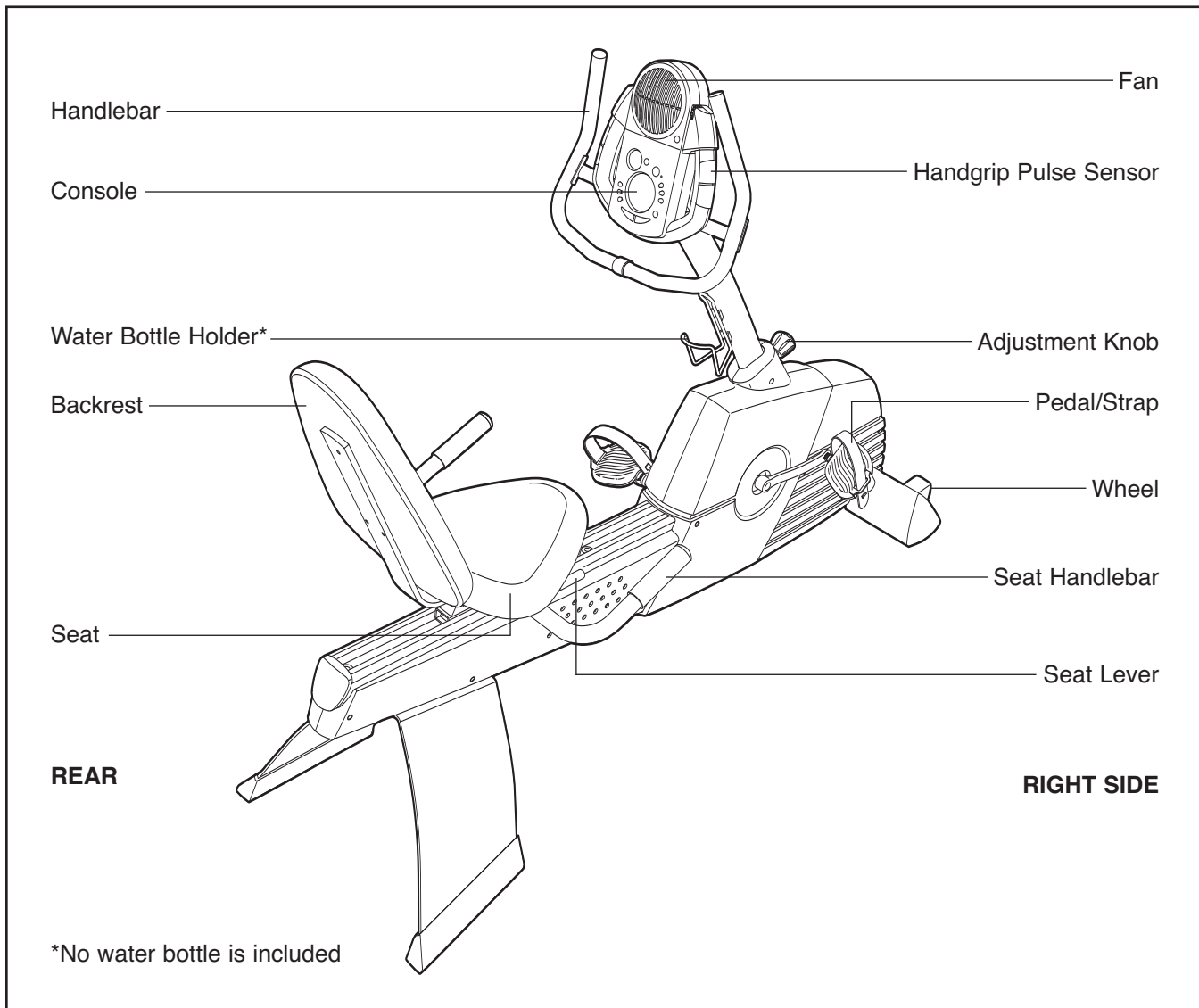
BEFORE YOU BEGIN

Congratulations for selecting the new IMAGE® 4.0 EX exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The 4.0 EX exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

after reading this manual, see the front cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is IMEVEX6215.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

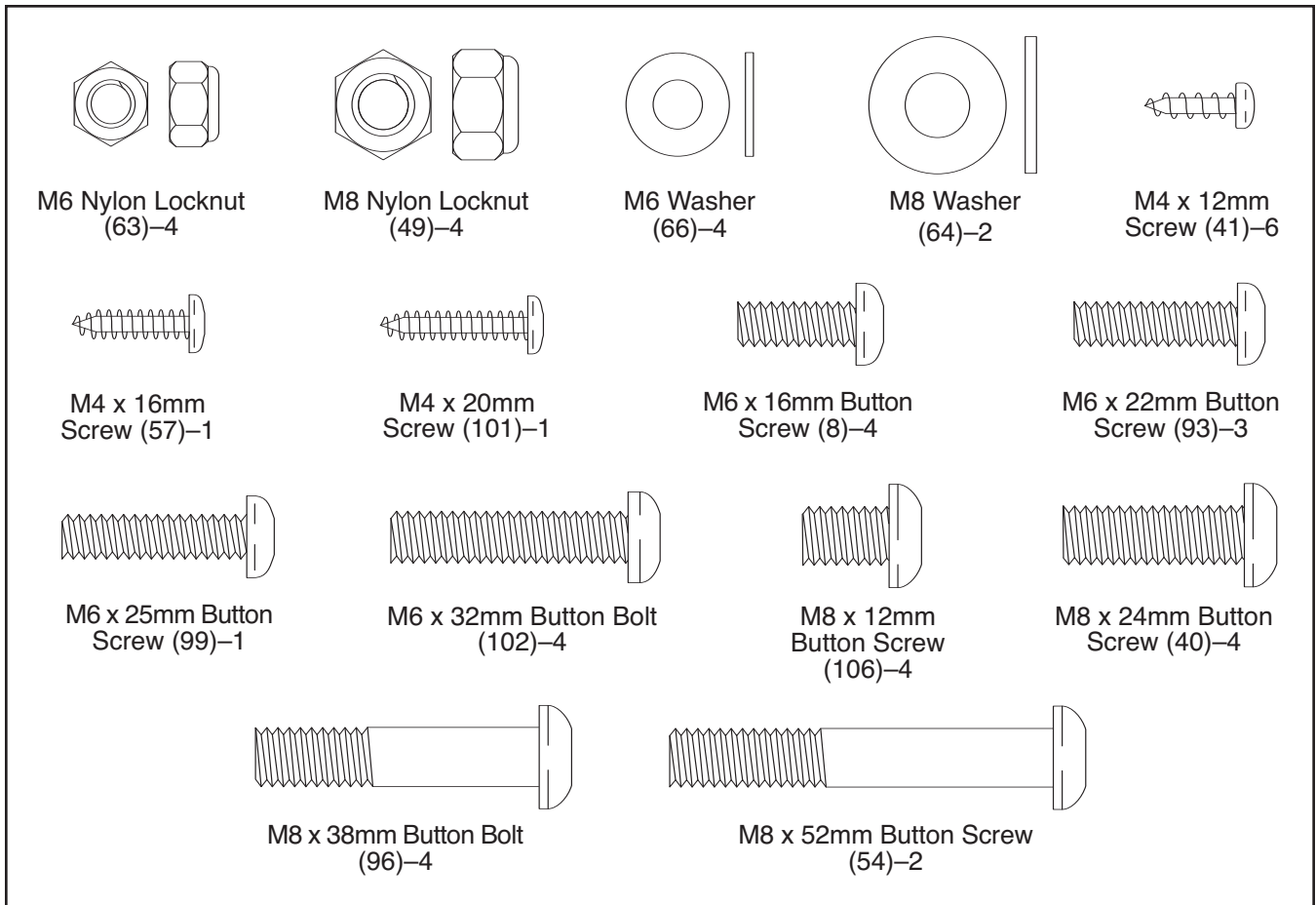


ASSEMBLY

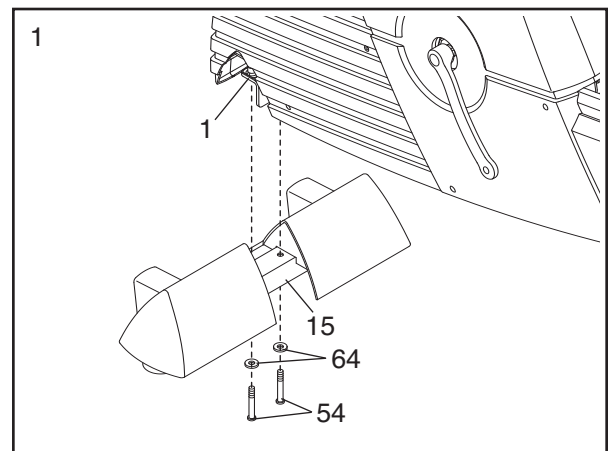
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner  **and Phillips screwdriver** .

Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on pages 20 and 21. 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 in the parts bag, check to see if it has been pre-assembled.**



1. Orient the Front Stabiliser (15) as shown. Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M8 x 52mm Button Screws (54) and two M8 Washers (64).



2. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). Gently pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses.

Turn the Adjustment Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Adjustment Knob, insert the Upright (2) into the Frame (1), and then release the Adjustment Knob. **Be careful to avoid pinching the Wire Harnesses (42, 43). Move the Upright up and down slightly until the pin on the Adjustment Knob is inserted into one of the holes in the Upright.** Then, turn the Knob clockwise until it is tight.

Tighten the M6 x 25mm Button Screw (99) into the Frame (1).

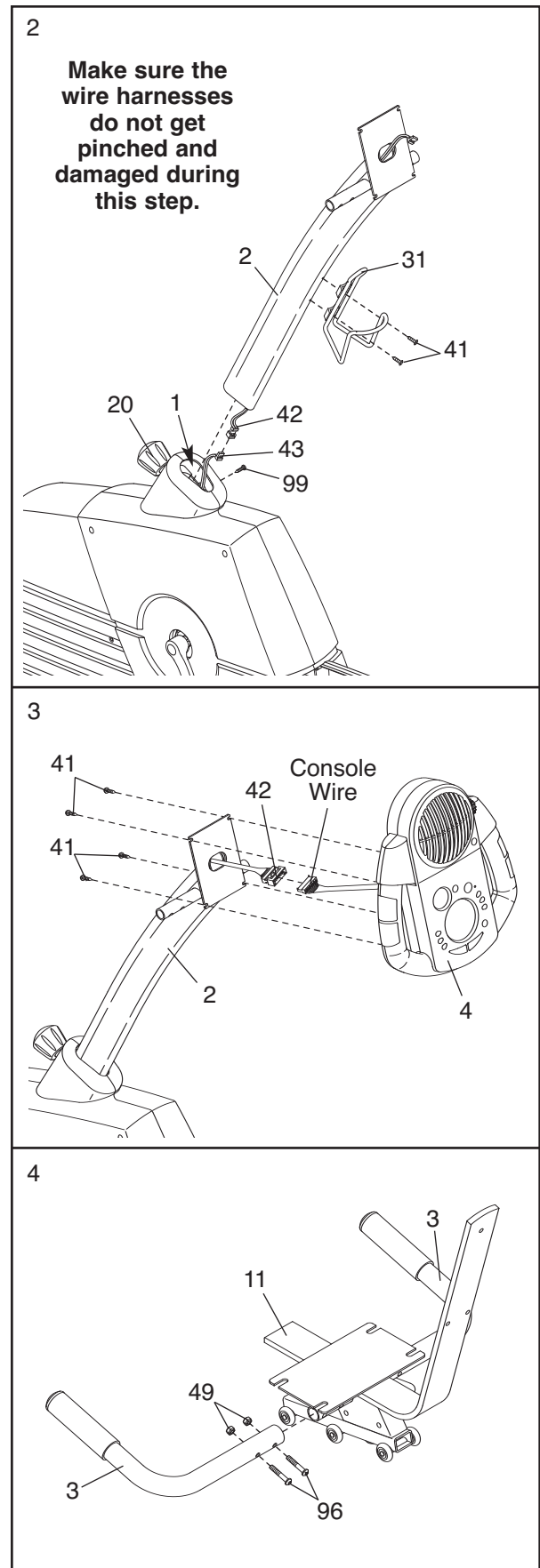
Attach the Bottle Holder (31) to the Upright (2) with two M4 x 12mm Screws (41).

3. Whilst another person holds the Console (4) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (42). Insert the excess wire harness down into the Upright (2).

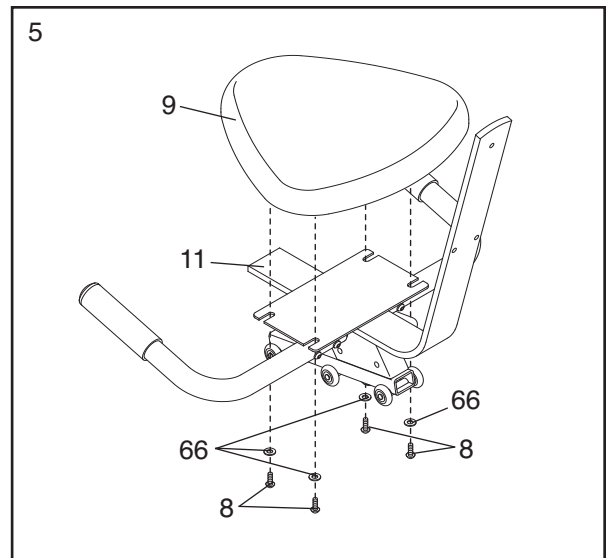
Attach the Console (4) to the Upright (2) with four M4 x 12mm Screws (41). **Be careful to avoid pinching the wire harnesses.**

4. Attach a Seat Handlebar (3) to the Seat Bracket (11) with two M8 x 38mm Button Bolts (96) and two M8 Nylon Locknuts (49). **Make sure that the Nylon Locknuts are resting in the hexagonal holes in the front of the Handlebar.**

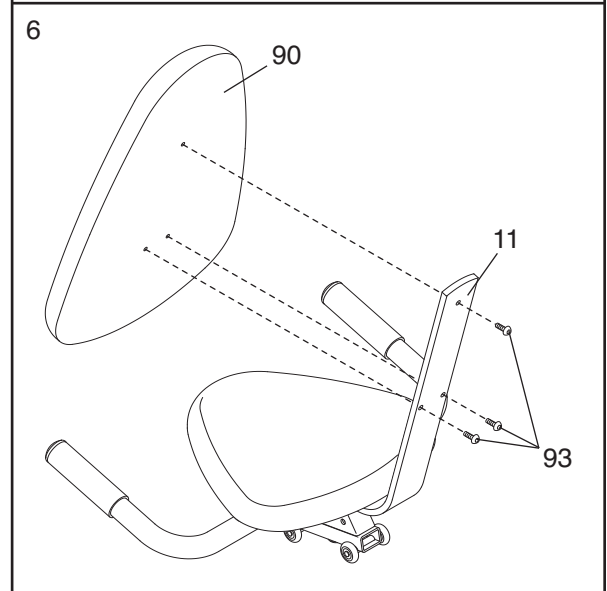
Attach the other Handlebar (3) to the Seat Bracket (11) in the same way.



5. Attach the Seat (9) to the Seat Bracket (11) with four M6 x 16mm Button Screws (8) and four M6 Washers (66).

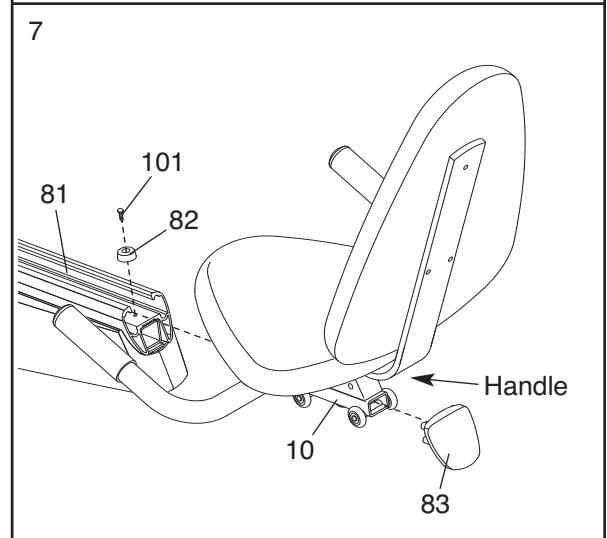


6. Attach the Backrest (90) to the Seat Bracket (11) with three M6 x 22mm Button Screws (93).



7. Push down the handle (not shown) on the right side of the Seat Carriage (10), slide the Seat Carriage into the Frame Rail (81), and then pull the handle back up.

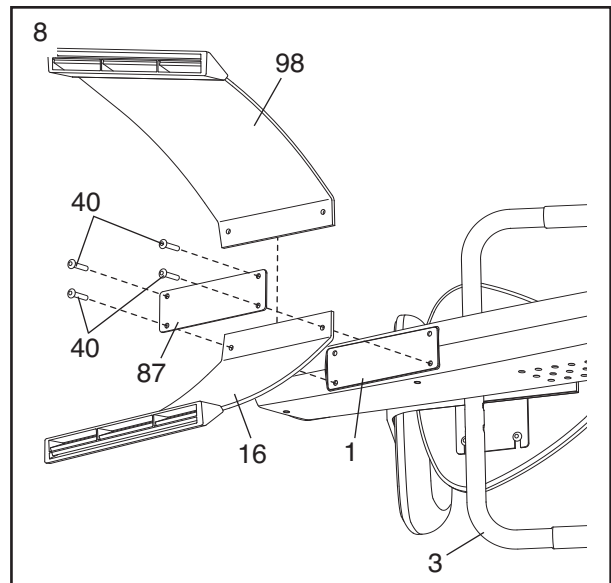
Attach a Bumper (82) to the Frame Rail (81) with an M4 x 20mm Screw (101). Next, press the Frame Rail Endcap (83) into the end of the Frame Rail.



- With the help of another person, carefully tip the exercise cycle onto its left side so it is resting on the left Seat Handlebar (3).

Identify the Left Rear Stabiliser (16), which is marked with an "L." Attach the Left Rear Stabiliser and the Stabiliser Plate (87) to the Frame (1) with two M8 x 24mm Button Screws (40) as shown; **do not tighten the Button Screws yet.**

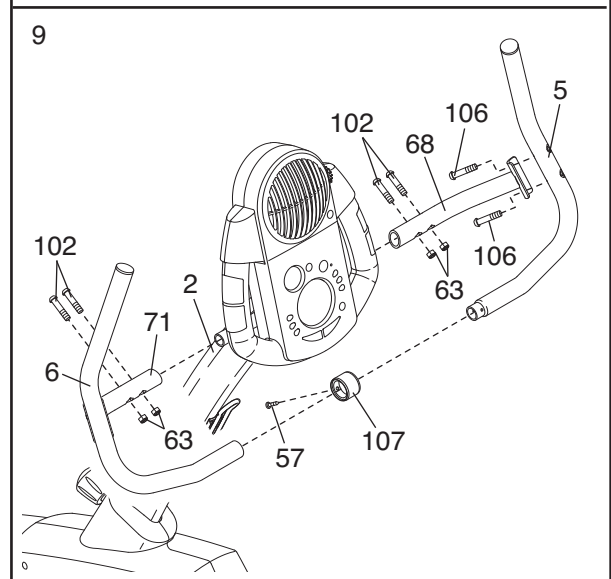
Insert the Right Rear Stabiliser (98) between the Stabiliser Plate (87) and the Frame (1). Attach the Right Rear Stabiliser with two M8 x 24mm Button Screws (40). **Tighten all four Button Screws.**



- Slide the Collar (107) onto the Left Handlebar (6). Insert the Right Handlebar (5) into the Left Handlebar. Connect the Collar, the Left Handlebar, and the Right Handlebar with an M4 x 16mm Screw (57).

Attach the Right and Left Handlebar Brackets (68, 71) to the Upright (2) with four M6 x 32mm Button Bolts (102) and four M6 Nylon Locknuts (63). **Do not tighten the Button Bolts and Nylon Locknuts yet.**

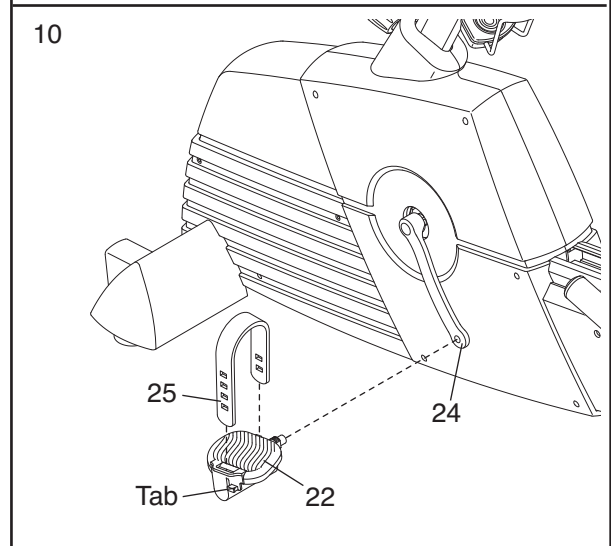
Attach the Right and Left Handlebars (5, 6) to the Right and Left Handlebar Brackets (68, 71) with four M8 x 12mm Button Screws (106). **Tighten all the hardware used in this step. Make sure that the M6 Nylon Locknuts (63) are in the hexagonal holes in the Right and Left Handlebar Brackets (68, 71).**



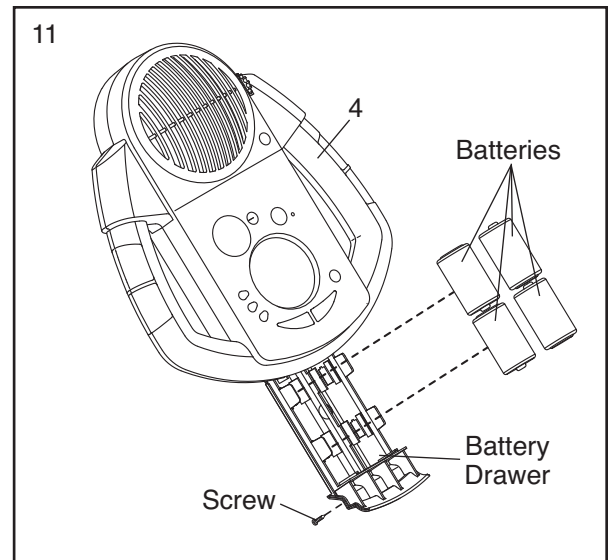
- Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Left Pedal Strap onto the tab on the Left Pedal (22).

Adjust the Right Pedal Strap (not shown) in the same way.



11. The Console (4) requires four “D” batteries; alkaline batteries are recommended. Loosen the indicated screw in the battery drawer, and pull the battery drawer open. Next, insert four batteries into the battery drawer; **make sure that the batteries are oriented as shown by the markings inside of the battery drawer.** Then, close the battery drawer and tighten the screw.

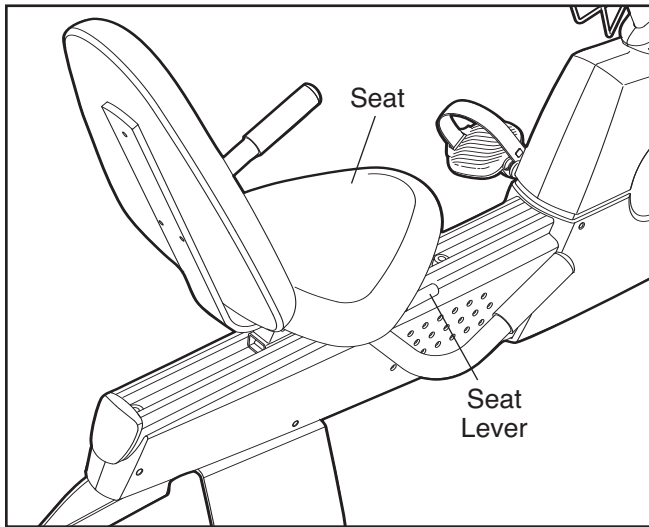


12. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

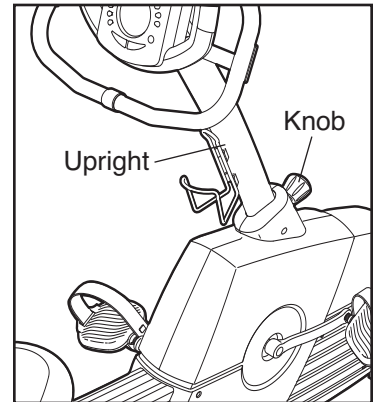
HOW TO ADJUST THE SEAT

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are all of the way forward. To adjust the seat, push the seat lever down, slide the seat forward or backward, and then firmly pull the seat lever back up.



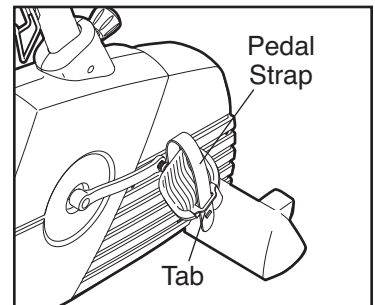
HOW TO ADJUST THE UPRIGHT

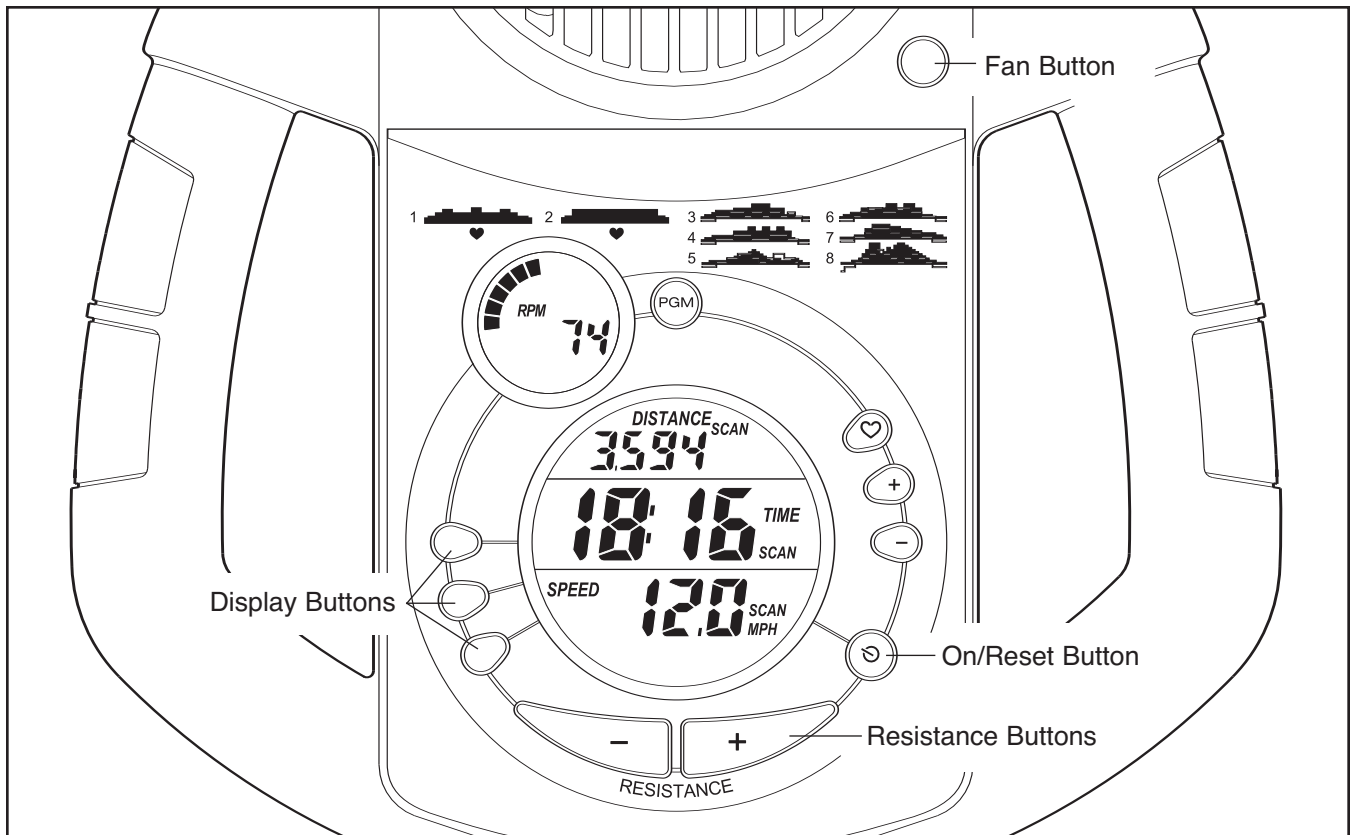
The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the adjustment knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the upright). Next, pull the knob, slide the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob is inserted into one of the holes in the upright.** Then, turn the knob clockwise until it is tight.



HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.





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 pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in hand-grip pulse sensor.

The console also features six preset programs. Each preset program automatically changes the resistance of

the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

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

To use the manual mode of the console, see page 12. **To use a preset program**, see page 14. **To use a heart rate program**, see page 15.

HOW TO USE THE MANUAL MODE

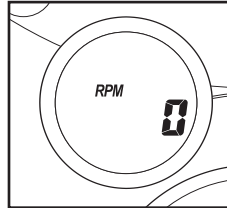
1 Turn on the console.

Note: The console requires four 1.5V "D" batteries (see assembly step 11 on page 9).

To turn on the console, press the On/Reset button or begin pedalling. (See the drawing on page 11 to identify the On/Reset button.)

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 (PGM) button repeatedly until the letters RPM appear in the small display.

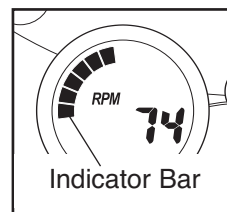


3 Begin pedalling and change the resistance of the pedals as desired.

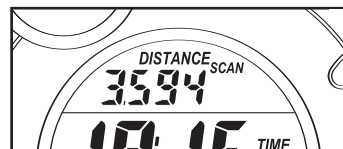
As you pedal, change the resistance of the pedals by pressing the + and – buttons below the large display. There are ten resistance levels. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected setting.

4 Follow your progress with the small display and the large display.

The small display will show your pedalling pace, in revolutions per minute (RPM). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedalling pace.

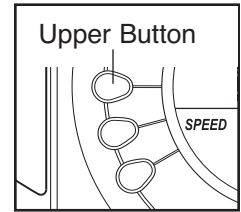


The upper section of the large display will show the distance you have pedalled and the number of calories and fat calories you have burned (see FAT BURNING on page 18 for an explanation of fat calories). The display will change from one

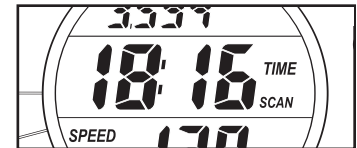


number to the next every few seconds. If you use the handgrip pulse sensor, the display will also show your heart rate (see step 5 on page 13).

To view only the distance you have pedalled or the number of calories or fat calories you have burned, press the upper button on the left side of the large display until only the word DISTANCE, CALORIES, or FAT CALORIES appears in the upper section of the large display. Make sure that the word SCAN does not appear. To again view the distance you have pedalled and the numbers of calories and fat calories you have burned, press the upper button until the word SCAN reappears.



The centre of the large display will show the elapsed time and your current pace (pace is shown in minutes per mile). The display will change from one number to the other every few seconds.



Note: When a program is selected (except for heart rate program 1), the display will show the time remaining in the program instead of the elapsed time.

To view only the elapsed time or your pace, press the centre button on the left side of the large display until only the word TIME or PACE appears. Make sure that the word SCAN does not appear. To view both the elapsed time and your pace, press the centre button until the word SCAN reappears.

The lower section of the large display will show your pedalling speed and the resistance level.



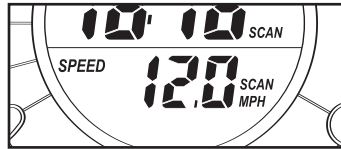
The display will change from one number to the other every few seconds.

To view only your pedalling speed or the resistance level, press the lower button on the left side of the large display until only the word SPEED or RESISTANCE appears. Make sure that the word SCAN does not appear. To view both your pedalling speed and the resistance level, press the lower button until the word SCAN reappears.

To reset the displays, press the On/Reset button.

Note: The console can display speed and distance in either miles or kilometres. The letters

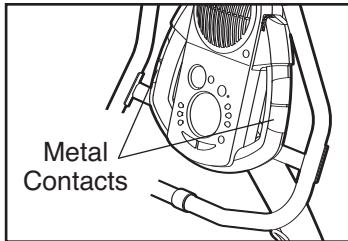
MPH or KM/H will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for about six seconds. Note: When the button is held down, the fan will turn on for a moment. When the batteries are replaced, it may be necessary to reselect the desired system of measurement.



5 Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the hand-grip pulse sensor, peel off the plastic. To

use the hand-grip pulse sensor, hold the handgrips with your palms resting against the metal contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats. After a moment, two dashes (--) will appear and then your heart rate will be shown.



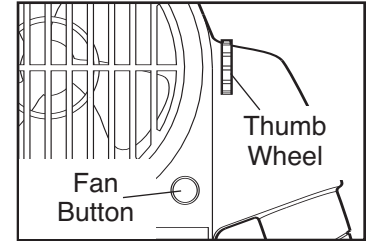
For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

Note: When you first hold the handgrips, the large display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off

the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off to conserve the batteries.



Rotate the thumb wheel on the right side of the console to pivot the fan to the desired angle.

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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display.

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

HOW TO USE A PRESET PROGRAM

Each preset program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout.

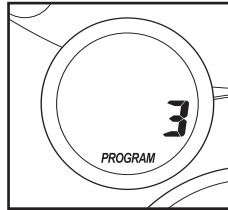
Follow the steps below to use a preset program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the preset programs.

To select a preset program, press the Program (PGM) button repeatedly until the number 3, 4, 5, 6, 7, or 8 appears in the small display.

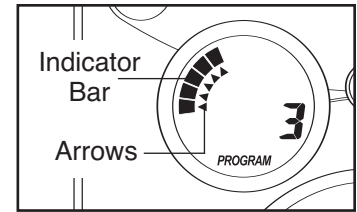


3 Begin pedalling to start the program.

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

At the end of each period of the program, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the large display. However, when the current period ends, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period.

The target pace for the current period will be shown by the arrows in the small display. To pedal at the target pace, simply



increase or decrease your pace until one segment of the indicator bar (see the drawing above) appears at the tip of each arrow. At the end of each period, the number of arrows will change if a different target pace is programmed for the next period. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow.

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.

During the program, the centre of the large display will show the time remaining in the program. If you stop pedalling for a few seconds, the displays will pause and the time will flash. If you continue pedalling after the program is completed, the displays will continue to show exercise feedback.

4 Follow your progress with the large display.

See step 4 on page 12.

5 Measure your heart rate if desired.

See step 5 on page 13.

6 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

HOW TO USE A HEART RATE PROGRAM

Heart rate program 1 is designed to keep your heart rate between 65% and 85% of your *age-predicted maximum heart rate* during your workout. (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.) Heart rate program 2 is designed to keep your heart rate near a target heart rate that you select.

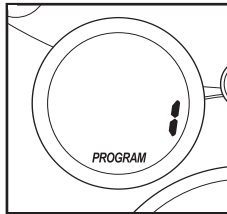
Follow the steps below to use a heart rate program.

1 Turn on the console.

See step 1 on page 12.

2 Select one of the heart rate programs.

To select a heart rate program, press the Program button repeatedly until the number 1 or 2 appears in the small display.



3 Enter your age or a target heart rate setting.

If **program 1 is selected**, the word AGE will appear in the large display and the current age setting will flash. If you have already entered your age, press the button with the heart symbol. If you have not entered your age, press the small + and – buttons to enter your age, and then press the button with the heart symbol. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If **program 2 is selected**, the letters PLS (pulse) will appear in the large display and the current target heart rate setting will flash. If you do not wish to change the target heart rate setting, press the button with the heart symbol. If you wish to change the target heart rate setting, press the small + and – buttons. Then, press the button with the heart symbol. The target heart rate setting can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during a heart rate program; however, you must hold the handgrips frequently for the program to function 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 large display instead of your heart rate.

5 Begin pedalling to start the program.

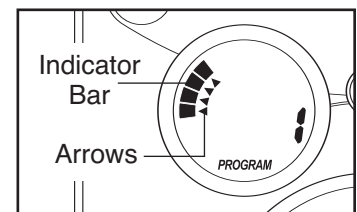
To start the program, simply begin pedalling. **Program 1** consists of 20 one-minute periods. One resistance level and one target heart rate setting are programmed for each period. (The same resistance level and/or target heart rate setting may be programmed for two or more consecutive periods.) **Program 2** is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate setting are programmed for the entire program.

If **program 1 is selected**, the resistance of the pedals will periodically change. (Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the large display. However, when the current period is completed, the resistance of the pedals may automatically change.) If **program 2 is selected**, the resistance of the pedals will not change. Note: You can change the resistance level for the entire program by pressing the + and – buttons below the large display if desired.

During programs

1 and 2, the arrows in the small display will help you to keep your heart rate near the current target heart rate.

When you hold the handgrip pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the small display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow.



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.

Note: If you stop pedalling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

6 Follow your progress with the large display.

See step 4 on page 12.

7 Turn on the fan if desired.

See step 6 on page 13.

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

See step 7 on page 13.

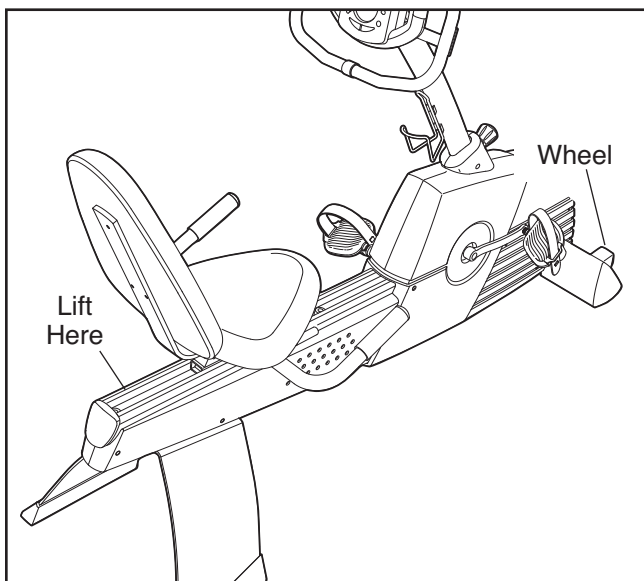
MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

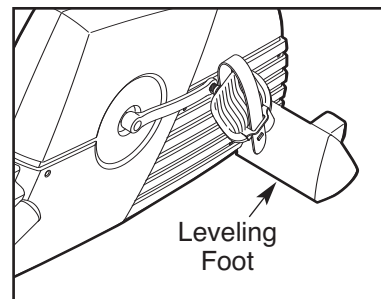
HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, stand behind it and lift the frame in the location shown below. **To reduce the risk of injury, bend your legs and keep your back straight. As you lift the frame, make sure to lift with your legs rather than your back.** Carefully move the exercise cycle on the front wheels, and then lower the frame.



HOW TO LEVEL THE EXERCISE CYCLE

After the exercise cycle has been moved to the location where it will be used, make sure that both ends of front stabiliser are touching the floor. If the exercise cycle rocks slightly during use, turn one or both of the leveling feet under the front stabiliser until the rocking motion is eliminated.



HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth; **never use alcohol, abrasives, or chemicals.**

BATTERY REPLACEMENT

If the console is using battery power, and if the displays becomes dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 11 on page 9 for replacement instructions.

CONDITIONING GUIDELINES

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

⚠ 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, including the user's movement, 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.

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 at 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; 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.

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. Note: 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. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

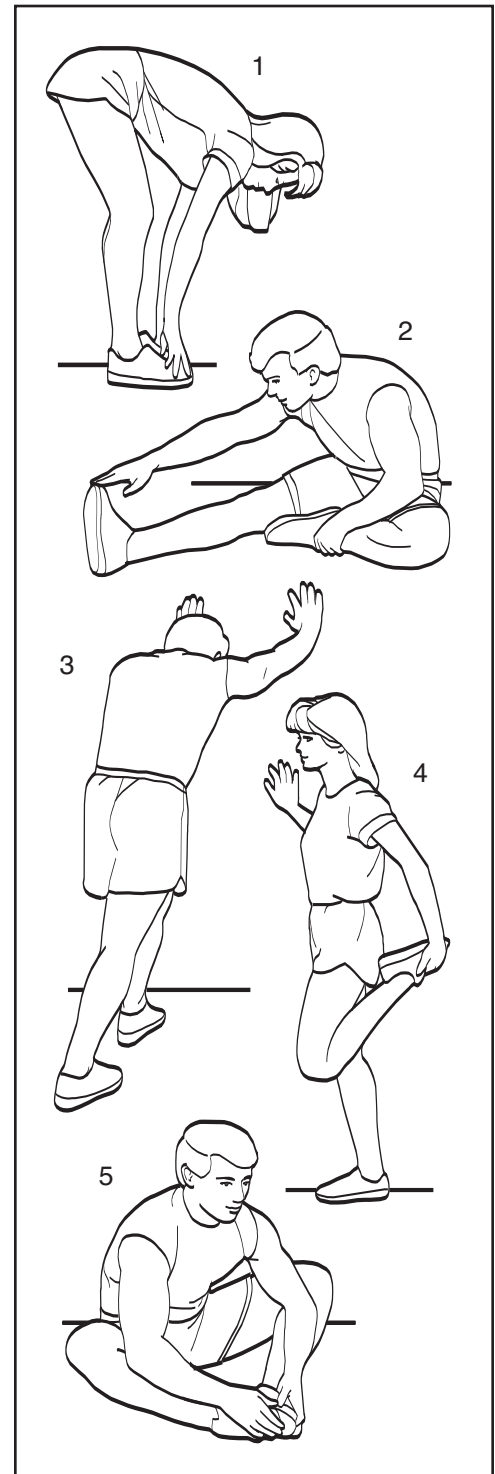
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. IMEVEX6215.0

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To locate the parts listed below, see the EXPLODED DRAWING on pages 22 and 23.

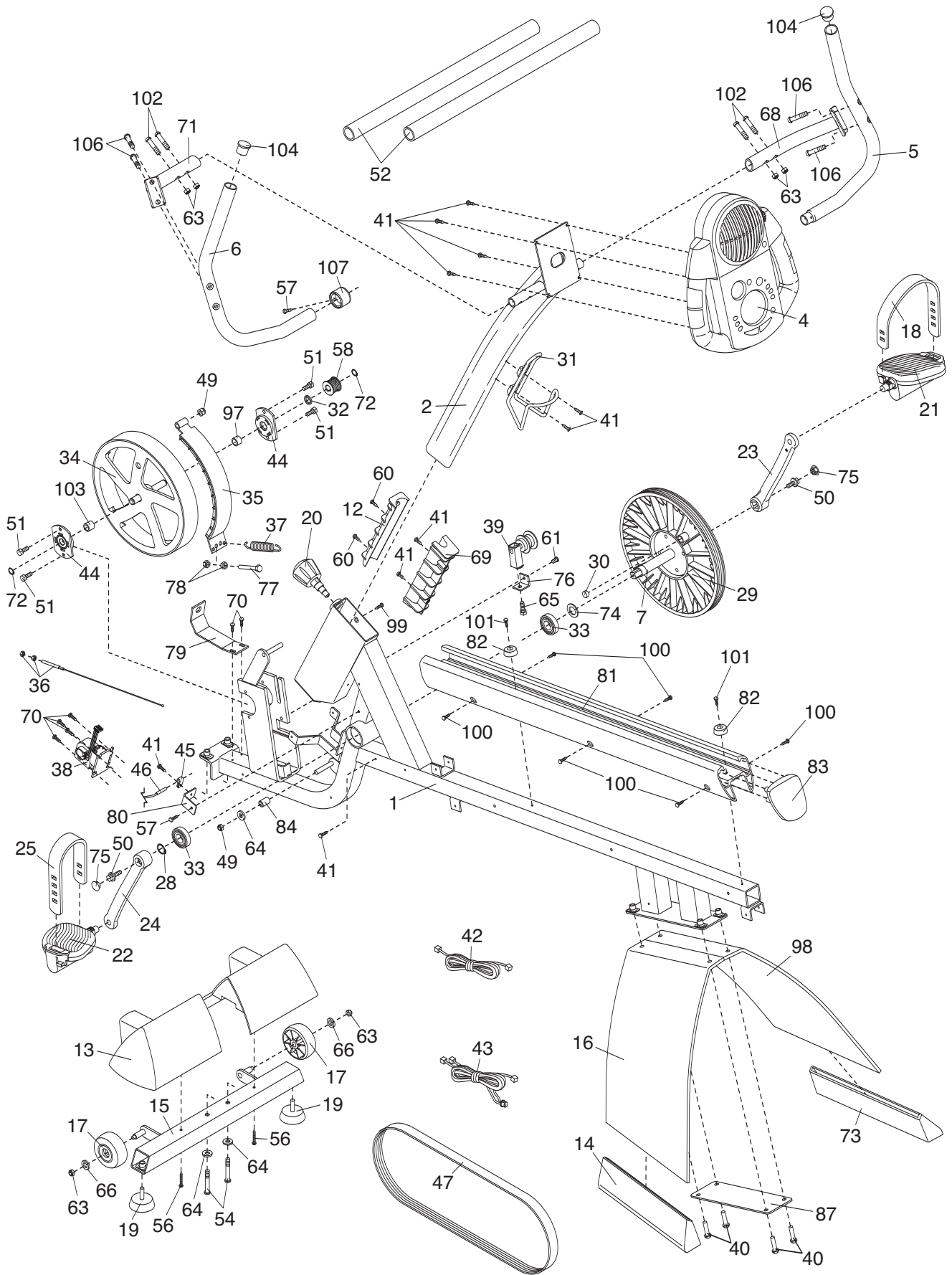
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	4	M6 x 13mm Button Screw
2	1	Upright	52	2	Handlebar Foam Grip
3	2	Seat Handlebar	53	1	Right Belt Cover
4	1	Console	54	2	M8 x 52mm Button Screw
5	1	Right Handlebar	55	1	Left Belt Cover
6	1	Left Handlebar	56	2	M4 x 50mm Screw
7	1	Crank	57	12	M4 x 16mm Screw
8	4	M6 x 16mm Button Screw	58	1	Small Pulley
9	1	Seat	59	1	M6 x 16mm Button Screw
10	1	Seat Carriage	60	2	M4 x 8mm Screw
11	1	Seat Bracket	61	1	M6 x 8mm Button Screw
12	1	Small Frame Bushing	62	6	M4 x 10mm Screw
13	1	Front Stabiliser Cover	63	6	M6 Nylon Locknut
14	1	Left Stabiliser Endcap	64	3	M8 Washer
15	1	Front Stabiliser	65	1	M8 x 42mm Screw
16	1	Left Rear Stabiliser	66	6	M6 Washer
17	2	Wheel	67	7	M4 x 38mm Screw
18	1	Right Pedal Strap	68	1	Right Handlebar Bracket
19	2	Leveling Foot	69	1	Large Frame Bushing
20	1	Adjustment Knob	70	6	M4 x 16mm Flange Screw
21	1	Right Pedal	71	1	Left Handlebar Bracket
22	1	Left Pedal	72	2	Snap Ring
23	1	Right Crank Arm	73	1	Right Stabiliser Endcap
24	1	Left Crank Arm	74	1	Steel Washer
25	1	Left Pedal Strap	75	2	Crank Cover
26	1	Left Side Shield	76	1	Idler Bracket
27	1	Right Side Shield	77	1	Stop Bolt
28	1	Large Snap Ring	78	2	M6 Nut
29	1	Pulley	79	1	Jack Bracket
30	1	Magnet	80	1	Reed Switch Bracket
31	1	Bottle Holder	81	1	Frame Rail
32	1	Flywheel Washer	82	2	Bumper
33	2	Crank Bearing	83	1	Frame Rail Endcap
34	1	Flywheel	84	1	Roller
35	1	“C” Magnet	85	1	Left Rail Cover
36	1	Resistance Cable Assembly	86	1	Right Rail Cover
37	1	Spring	87	1	Stabiliser Plate
38	1	Resistance Motor	88	6	Carriage Wheel
39	1	Idler Assembly	89	6	Small Snap Ring
40	4	M8 x 24mm Button Screw	90	1	Backrest
41	12	M4 x 12mm Screw	91	2	Foam Grip
42	1	Upper Wire Harness	92	2	Seat Handlebar Endcap
43	1	Lower Wire Harness	93	3	M6 x 22mm Button Screw
44	2	Bushing Bracket	94	4	M8 x 16mm Button Screw
45	1	Clamp	95	4	M4 x 25mm Screw
46	1	Reed Switch/Wire	96	4	M8 x 38mm Button Bolt
47	1	Drive Belt	97	1	7,5mm Spacer
48	1	Flywheel Cover	98	1	Right Rear Stabiliser
49	6	M8 Nylon Locknut	99	1	M6 x 25mm Button Screw
50	2	Flange Screw	100	6	M6 x 19mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M4 x 20mm Screw	106	4	M8 x 12mm Button Screw
102	4	M6 x 32mm Button Bolt	107	1	Collar
103	1	8,5mm Spacer	#	1	Hex Key
104	2	Handlebar Endcap	#	1	User's Manual
105	4	M8 Split Washer			

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.

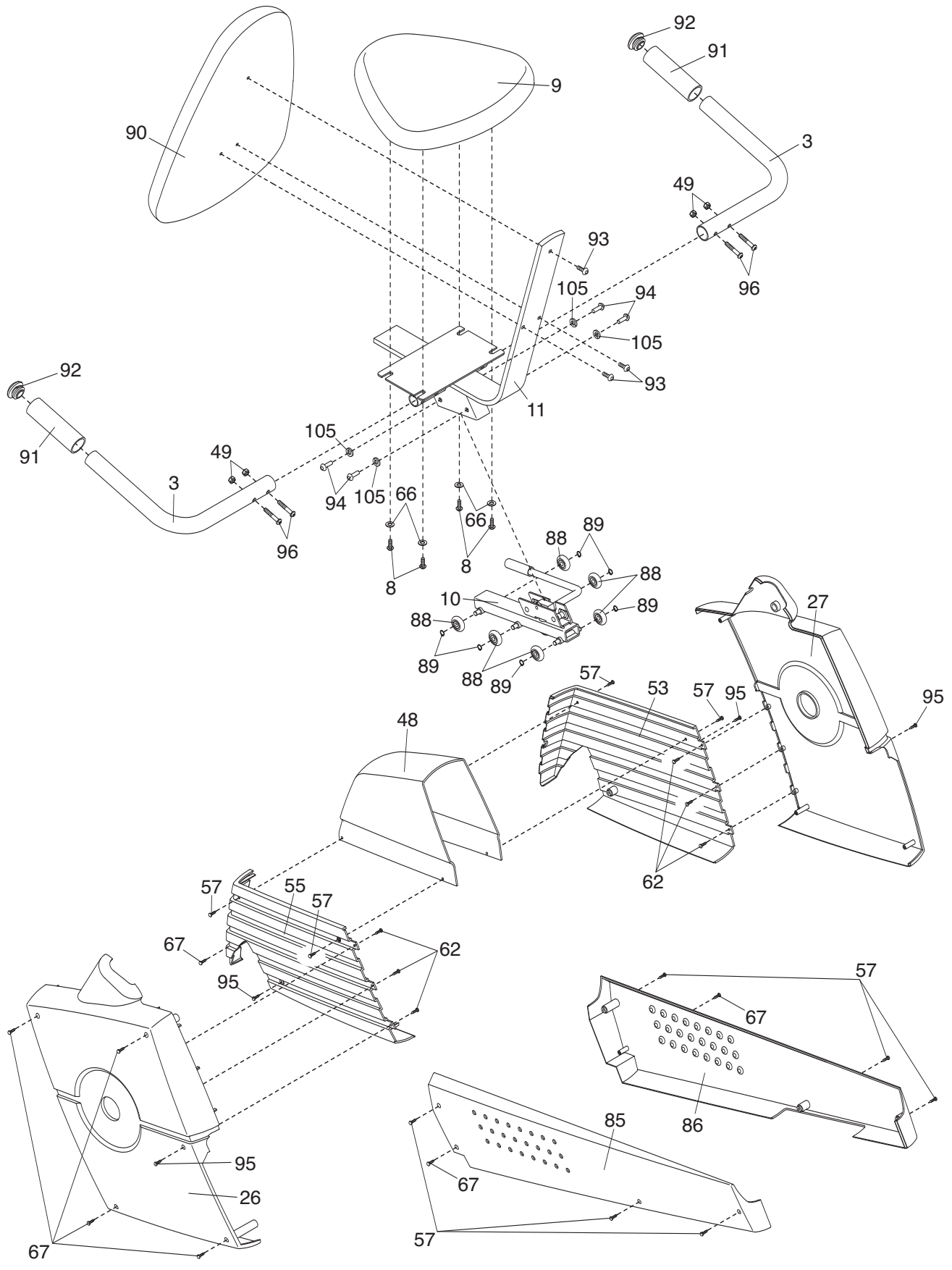
EXPLODED DRAWING A—Model No. IMEVEX6215.0

R1005A



EXPLODED DRAWING B—Model No. IMEVEX6215.0

R1005A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (444) 113 387 7133

Fax: 0 (444) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (IMEVEX6215.0)
- the NAME of the product (IMAGE 4.0 EX exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of each part (see pages 20 to 23)