

# image<sup>®</sup>

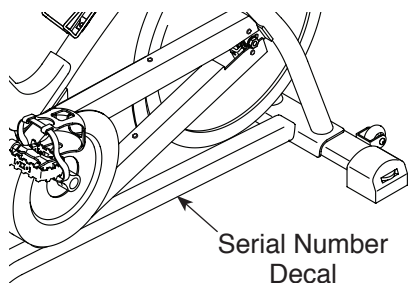
## Exercise Bike

[www.imagefitness.com](http://www.imagefitness.com)

Model No. IMEX32012.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

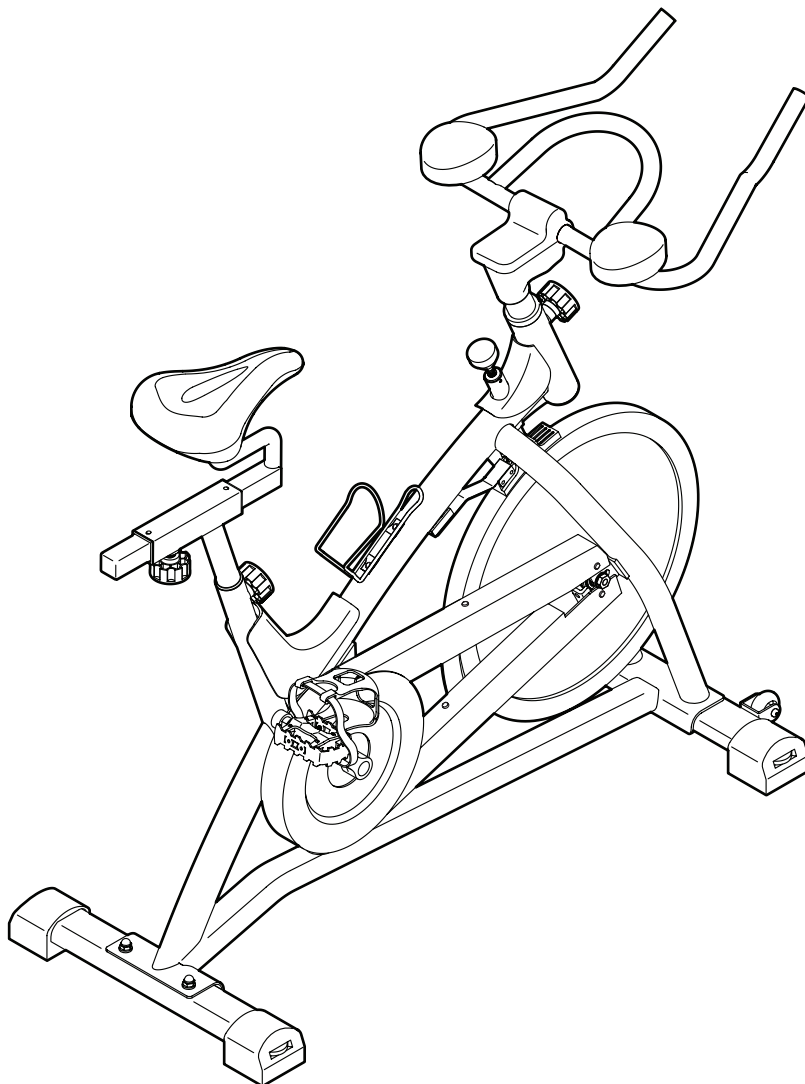
**1-800-753-4645**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.imagefitness.com](http://www.imagefitness.com)



### ⚠ CAUTION

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

FREE

iFIT<sup>®</sup>



HOW-TO VIDEOS

[www.iFit.com](http://www.iFit.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT ..... 2

IMPORTANT PRECAUTIONS..... 3

BEFORE YOU BEGIN..... 4

PART IDENTIFICATION CHART..... 5

ASSEMBLY..... 6

HOW TO ADJUST THE EXERCISE BIKE..... 10

MAINTENANCE AND TROUBLESHOOTING..... 12

EXERCISE GUIDELINES..... 13

PART LIST..... 14

EXPLODED DRAWING..... 15

ORDERING REPLACEMENT PARTS ..... Back Cover

LIMITED WARRANTY..... Back Cover

## WARNING DECAL PLACEMENT

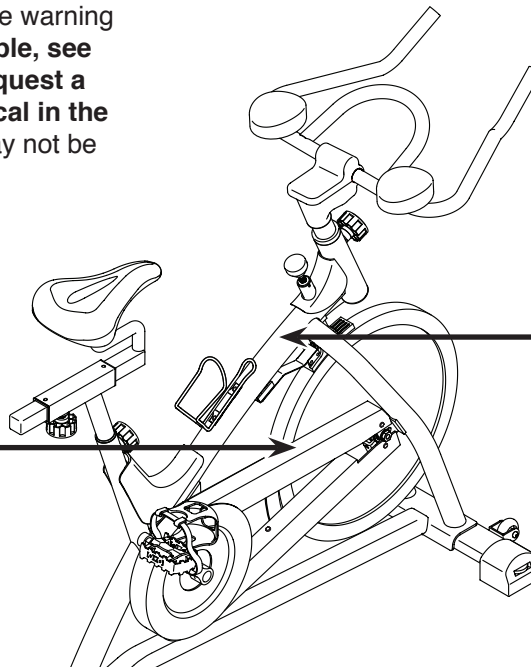
This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

**CAUTION**

To stop, reduce your pedal speed in a controlled way.


To stop quickly, use the brake.

Pedals will continue to spin so use caution when slowing and stopping.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Set the resistance to maximum when the bike is not in use.
- Replace label if damaged, illegible, or removed.



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Always keep your back straight while using the exercise bike; do not arch your back.
12. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. To stop the flywheel quickly, press the resistance knob downward.
14. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

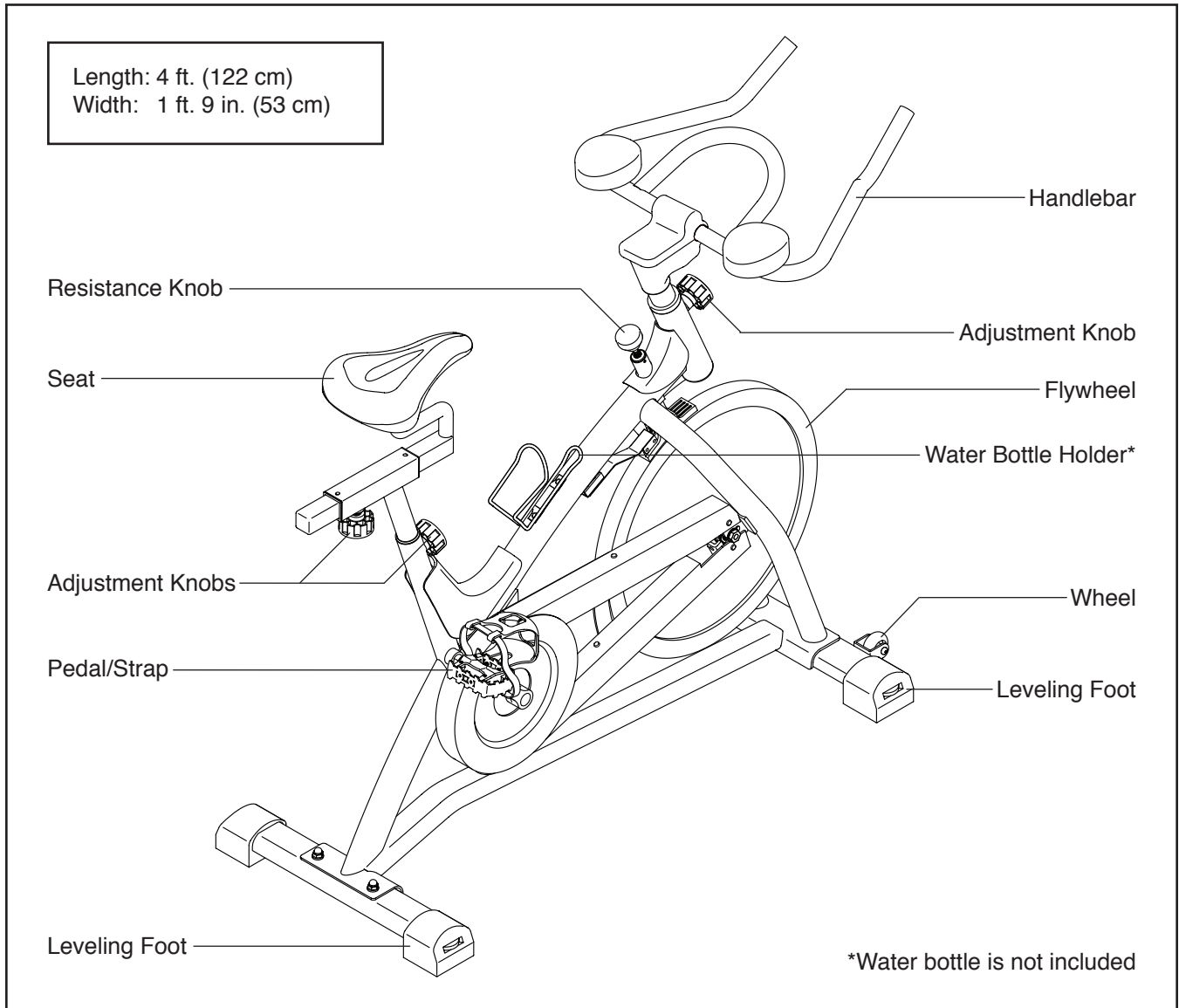
# BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The IMAGE exercise bike provides a selection of features designed to make your workouts more effective and enjoyable.

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

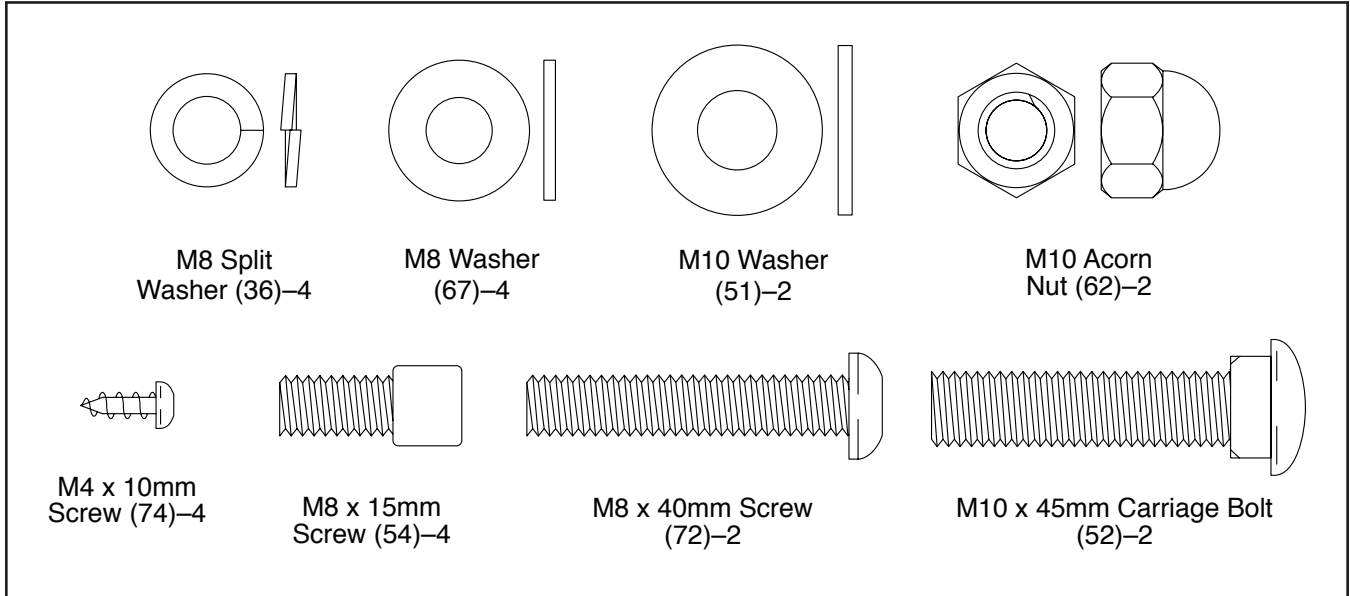
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- To hire an authorized service technician to assemble the exercise bike, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

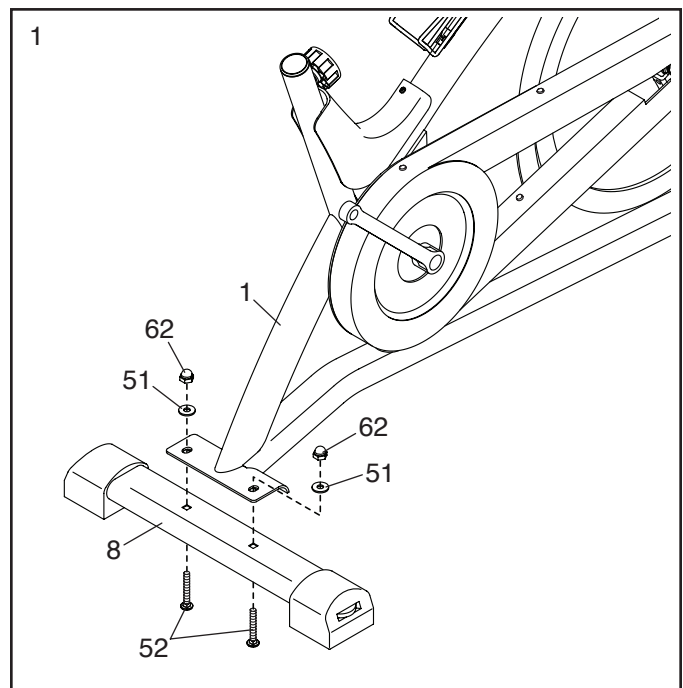
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

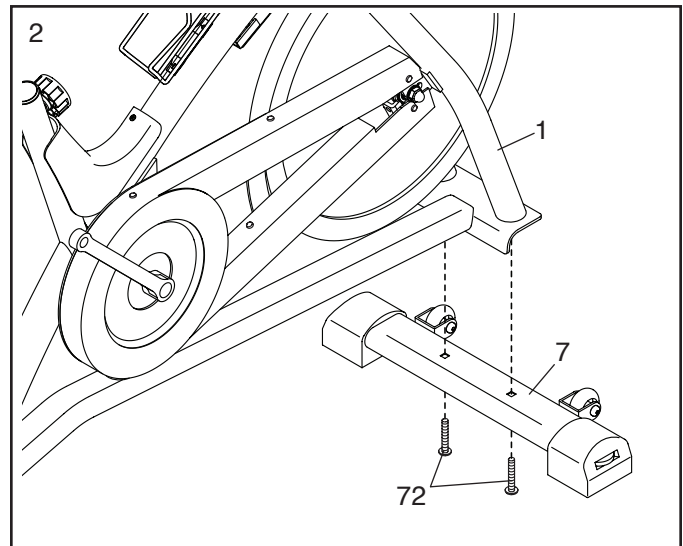
one adjustable wrench 

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (8) to the Frame with two M10 x 45mm Carriage Bolts (52), two M10 Washers (51), and two M10 Acorn Nuts (62).

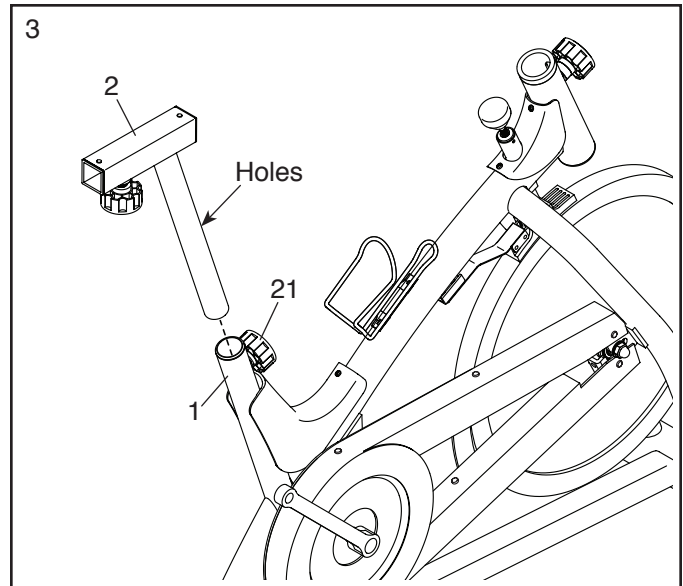


2. While a second person lifts the front of the Frame (1), attach the Front Stabilizer (7) to the Frame with two M8 x 40mm Screws (72).



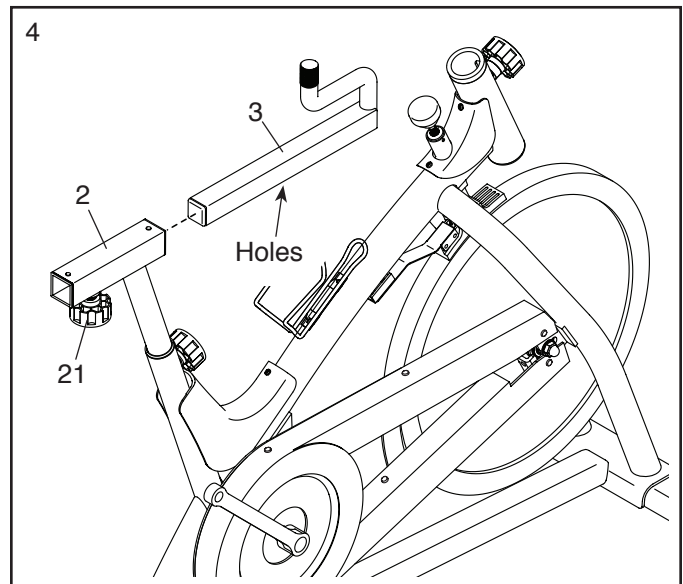
3. Orient the Seat Post (2) as shown.

Loosen the indicated Adjustment Knob (21) and pull it outward. Next, insert the Seat Post (2) into the Frame (1). Move the Seat Post upward or downward to the desired position, and release the Adjustment Knob into a hole in the Seat Post. **Make sure that the Adjustment Knob is engaged in a hole.** Then, tighten the Adjustment Knob.



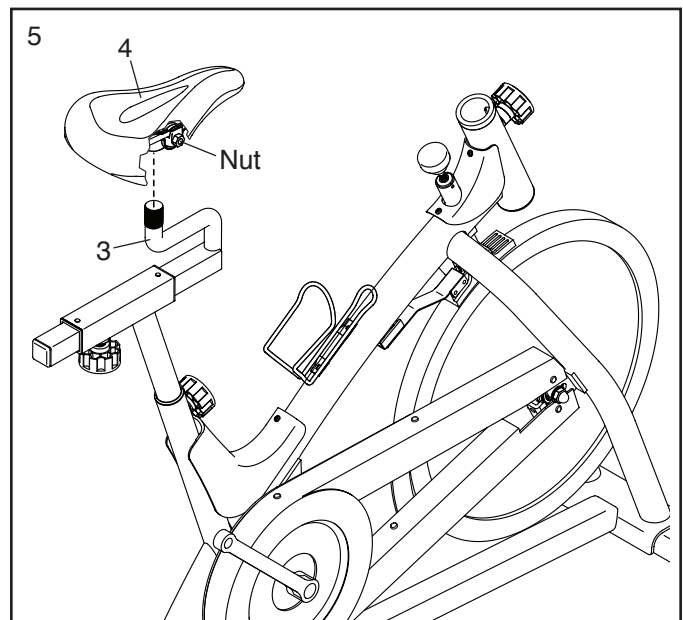
4. Orient the Seat Carriage (3) as shown.

Loosen the indicated Adjustment Knob (21) and pull it downward. Next, insert the Seat Carriage (3) into the Seat Post (2). Slide the Seat Carriage to the desired position, and release the Adjustment Knob into a hole in the Seat Carriage. **Make sure that the Adjustment Knob is engaged in a hole.** Then, tighten the Adjustment Knob.

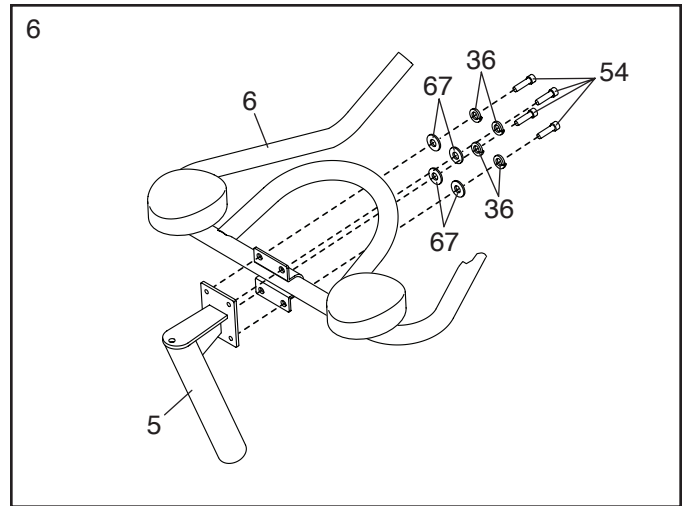


5. Slide the Seat (4) onto the post on top of the Seat Carriage (3).

**Make sure that the Seat (4) is pointing straight forward and that the top of the Seat is level.** Then, tighten the two nuts (only one nut is shown) beneath the Seat.

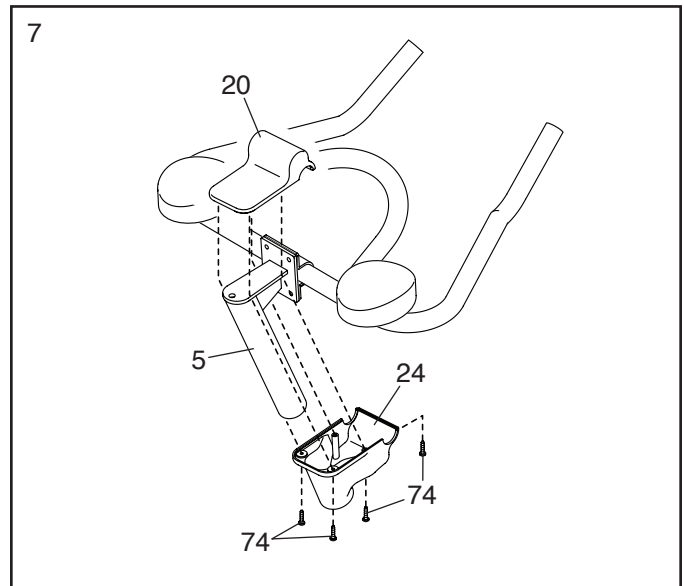


6. Attach the Handlebar (6) to the Handlebar Post (5) with four M8 x 15mm Screws (54), four M8 Split Washers (36), and four M8 Washers (67).

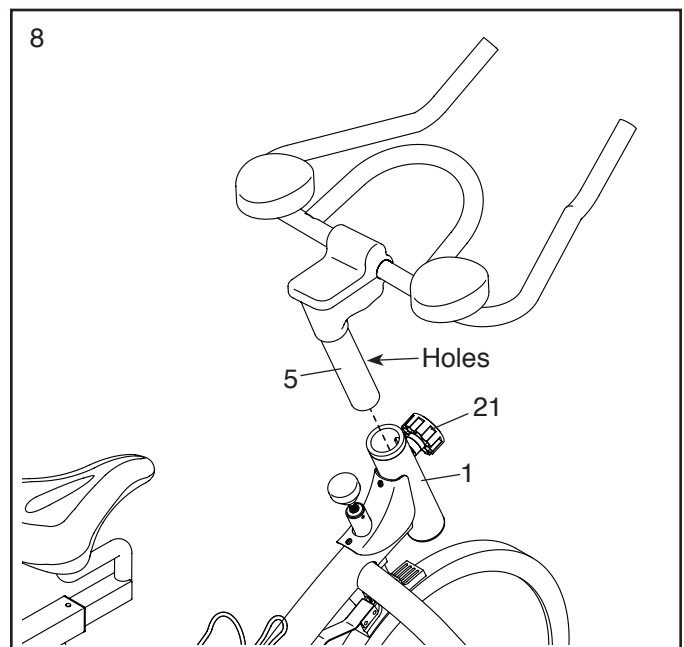


7. Slide the Lower Handlebar Cover (24) upward onto the Handlebar Post (5).

Attach the Lower Handlebar Cover (24) and the Upper Handlebar Cover (20) to the Handlebar Post (5) with four M4 x 10mm Screws (74).



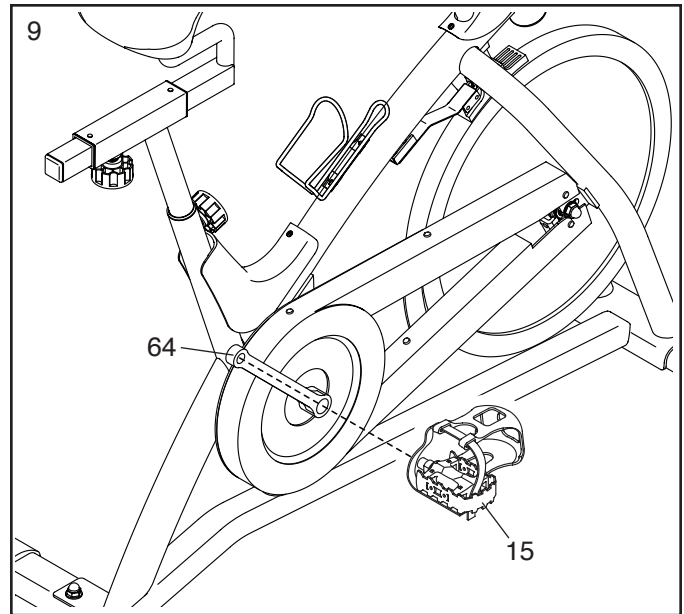
8. Loosen the indicated Adjustment Knob (21) and pull it outward. Next, insert the Handlebar Post (5) into the Frame (1). Move the Handlebar Post upward or downward to the desired position, and release the Adjustment Knob into a hole in the Handlebar Post. **Make sure that the Adjustment Knob is engaged in a hole.** Then, tighten the Adjustment Knob.



9. Identify the Right Pedal (15).

Using an adjustable wrench, **firmly tighten** the Right Pedal (15) **clockwise** into the Right Crank Arm (64).

Then, **firmly tighten** the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

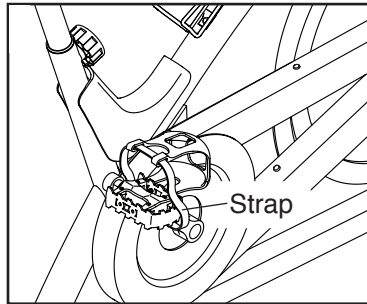


10. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# HOW TO ADJUST THE EXERCISE BIKE

## HOW TO ADJUST THE PEDAL STRAPS

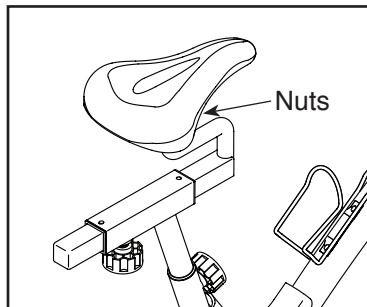
To use the pedals, first insert your shoes into the toe cages. Then, press and hold the tabs on the buckles on the strap, and adjust the straps to the desired position. Then, release the tabs.



## HOW TO ADJUST THE SEAT

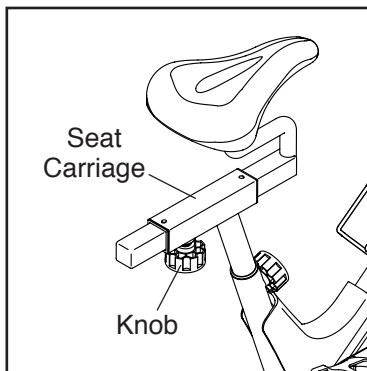
You can adjust the angle of the seat to the position that is most comfortable.

To adjust the seat, first loosen the two nuts beneath the seat a few turns. Next, tilt the seat upward or downward to the desired position. Then, retighten the nuts.



## HOW TO ADJUST THE SEAT CARRIAGE

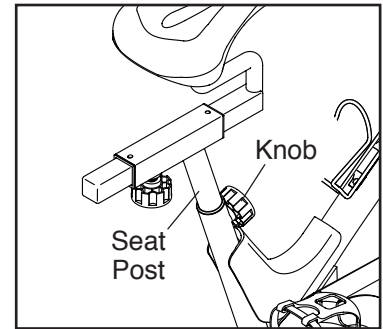
To adjust the position of the seat carriage, first loosen the indicated adjustment knob and pull it downward. Next, move the seat carriage forward or backward to the desired position. Then, release the adjustment knob into a hole in the seat carriage, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in one of the holes.**



## HOW TO ADJUST THE SEAT POST

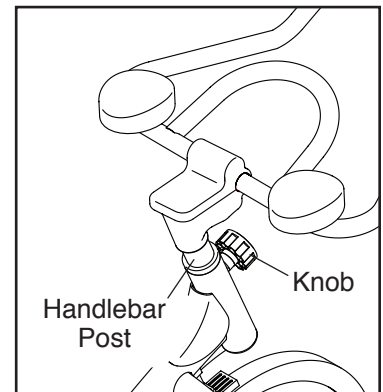
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat post, first loosen the indicated adjustment knob and pull it outward. Next, move the seat post upward or downward to the desired height. Then, release the adjustment knob into a hole in the seat post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in a hole. IMPORTANT: Do not raise the seat post beyond the stop line on the seat post.**



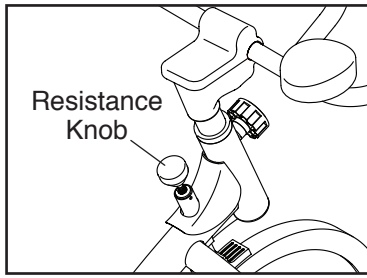
## HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the indicated adjustment knob and pull it outward. Next, move the handlebar post upward or downward to the desired height. Then, release the adjustment knob into a hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in a hole. IMPORTANT: Do not raise the handlebar post beyond the stop line on the handlebar post.**



## HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.

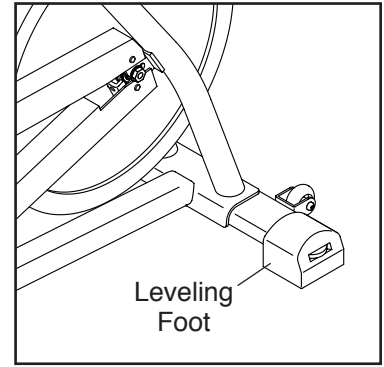


**To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.**

**IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.**

## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, adjust one or both of the leveling feet on the front or rear stabilizer until the rocking motion is eliminated.



# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE EXERCISE BIKE

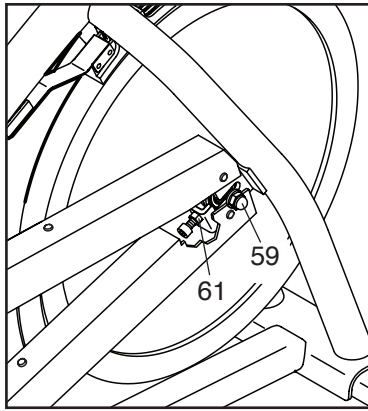
Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

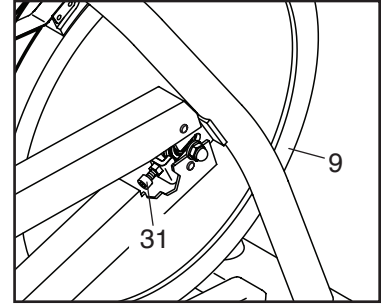
## HOW TO ADJUST THE CHAIN

The chain on the exercise bike should be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

First, loosen the M10 Fine-thread Acorn Nut (59) on each side of the exercise bike. Next, loosen the M8 Nut (61) on each side of the exercise bike.



To tighten the chain (not shown), turn the M8 x 50mm Bolt (31) on each side of the exercise bike clockwise; to loosen the chain, turn the Bolts counterclockwise. **Make sure that the Flywheel (9) is straight.**



**See the drawing at the left.** When the chain is properly tightened, tighten the M8 Nuts (61). Then, tighten the M10 Fine-thread Acorn Nuts (59).

# EXERCISE GUIDELINES

**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and 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	

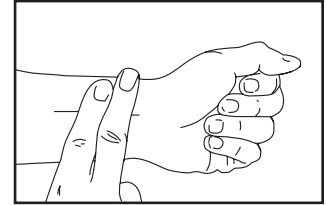
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses 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. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise; never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

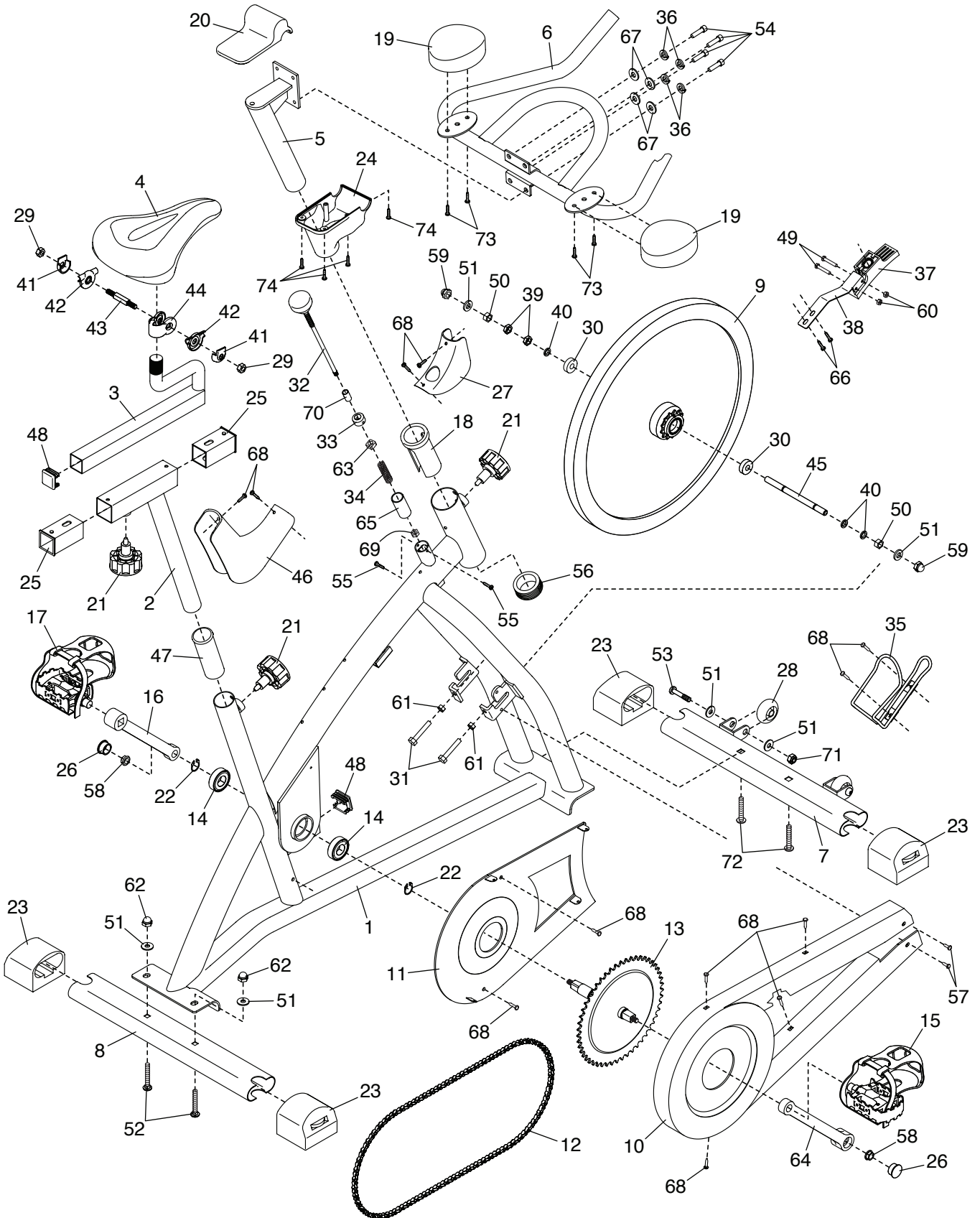
Model No. IMEX32012.0 R0912A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	39	2	M10 Thin Nut
2	1	Seat Post	40	3	M10 Small Washer
3	1	Seat Carriage	41	2	D-bracket
4	1	Seat	42	2	T-bracket
5	1	Handlebar Post	43	1	Stud
6	1	Handlebar	44	1	Seat Clamp
7	1	Front Stabilizer	45	1	Flywheel Axle
8	1	Rear Stabilizer	46	1	Rear Frame Cover
9	1	Flywheel	47	1	Rear Frame Sleeve
10	1	Outer Guard	48	2	Carriage Cap
11	1	Inner Guard	49	2	M5 x 30mm Bolt
12	1	Chain	50	2	M10 Nut
13	1	Crank/Sprocket	51	8	M10 Washer
14	2	Crank Bearing	52	2	M10 x 45mm Carriage Bolt
15	1	Right Pedal	53	2	M10 x 50mm Bolt
16	1	Left Crank Arm	54	4	M8 x 15mm Screw
17	1	Left Pedal	55	2	M4 x 6mm Screw
18	1	Front Frame Sleeve	56	1	Frame Cap
19	2	Arm Pad	57	2	M5 x 10mm Screw
20	1	Upper Handlebar Cover	58	2	Flange Nut
21	3	Adjustment Knob	59	2	M10 Fine-thread Acorn Nut
22	2	C-clip	60	2	M5 Locknut
23	4	Stabilizer Cap	61	2	M8 Nut
24	1	Lower Handlebar Cover	62	2	M10 Acorn Nut
25	2	Carriage Sleeve	63	1	Square Nut
26	2	Crank Cap	64	1	Right Crank Arm
27	1	Front Frame Cover	65	1	Large Spacer
28	2	Wheel	66	2	M5 x 10mm Hex Screw
29	2	Seat Nut	67	4	M8 Washer
30	2	Flywheel Bearing	68	12	M4 x 12mm Self-tapping Screw
31	2	M8 x 50mm Bolt	69	1	M6 Nut
32	1	Resistance/Brake Knob	70	1	Small Spacer
33	1	Resistance Bracket	71	2	M10 Locknut
34	1	Knob Spring	72	2	M8 x 40mm Screw
35	1	Water Bottle Holder	73	4	M6 x 15mm Screw
36	4	M8 Split Washer	74	4	M4 x 10mm Screw
37	1	Resistance Pad	*	-	User's Manual
38	1	Pad Bracket			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING

Model No. IMEX32012.0 R0912A



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# ORDERING 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 contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.workoutwarehouse.com/registration](http://www.workoutwarehouse.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**