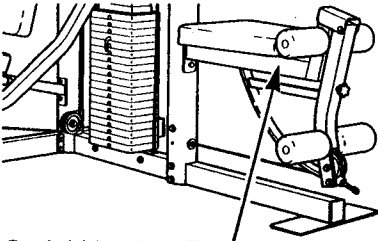


IMAGE[®] 5.0

Model No. IMSY50050

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal

USER'S MANUAL

QUESTIONS?

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

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

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

CAUTION

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

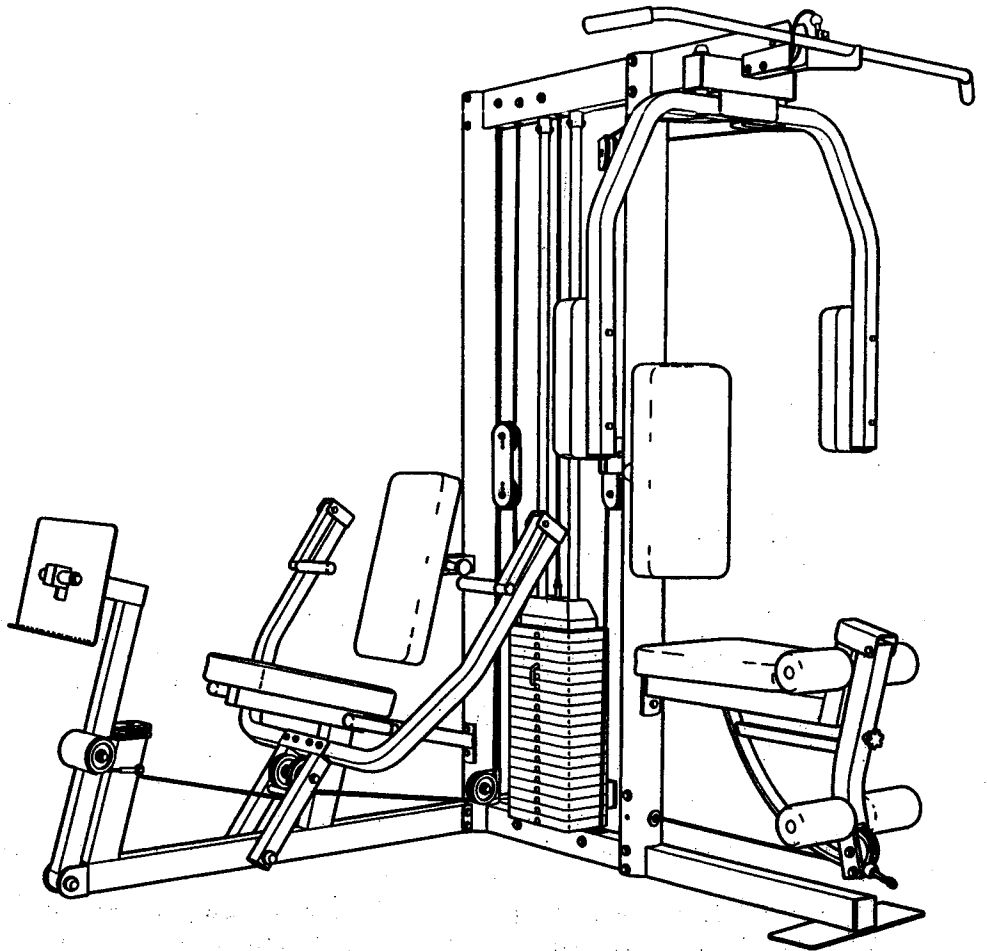


TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO ADJUST THE IMAGE 5.0	18
WEIGHT RESISTANCE CHART	20
TROUBLE-SHOOTING AND MAINTENANCE	21
CABLE DIAGRAMS	22
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached to the center of this manual. Remove the PART IDENTIFICATION CHART and the PART LIST/EXPLODED DRAWING before beginning assembly.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the IMAGE 5.0.

1. Read all instructions in this manual and in the accompanying literature before using the IMAGE 5.0.
2. It is the responsibility of the owner to ensure that all users of the IMAGE 5.0 are adequately informed of all warnings and precautions.
3. When assembling the top frame and front and rear uprights, do not put your hands into the uprights or under the top frame in order to align the holes. Your hands or fingers could be pinched or cut.
4. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
5. Use the IMAGE 5.0 only on a level surface. Cover the floor underneath the IMAGE 5.0 to protect it.
6. Inspect and tighten all parts often. Replace any worn parts immediately.
7. Keep small children and pets away from the IMAGE 5.0 at all times.
8. The IMAGE 5.0 is designed to be used by only one person at a time.
9. Always place the lat bar in the lat bar holder when performing an exercise that does not use the lat bar.
10. Always wear athletic shoes for foot protection.
11. Keep hands and feet away from moving parts.
12. When using the butterfly arms, always apply equal force to both arms. Never attempt to use the arms separately. Doing so could permanently damage the IMAGE 5.0.
13. Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, row bar, or nylon strap while weights are raised. The weights will fall with great force.
14. Always lock the leg lever before using the low pulley station.
15. Always stand on the foot plate when performing an exercise that could cause the home gym system to tip.
16. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on all of the pulleys.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

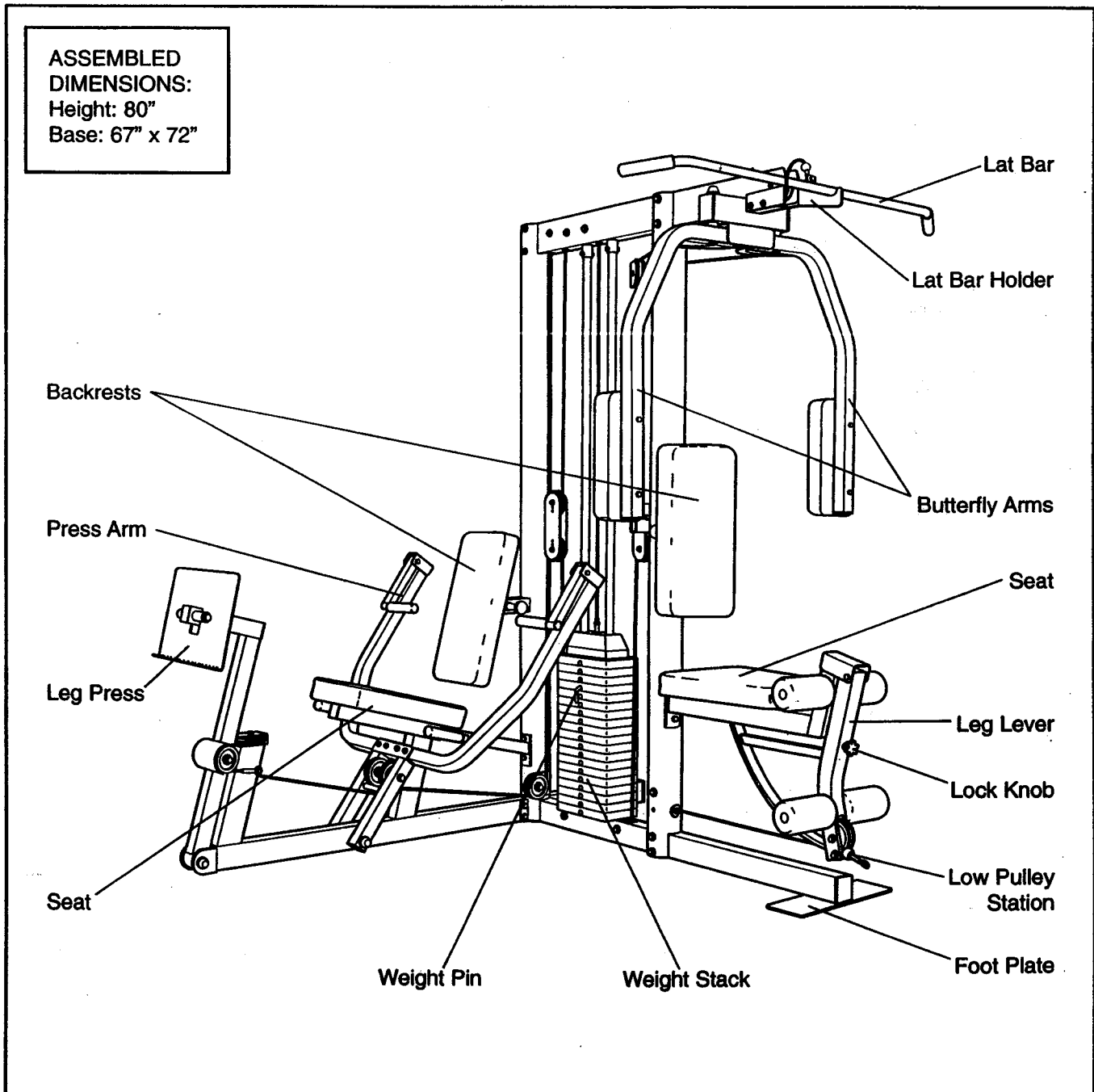
BEFORE YOU BEGIN

Thank you for selecting the versatile IMAGE® 5.0 Home Gym System. The IMAGE® 5.0 offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the IMAGE® 5.0 will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the IMAGE® 5.0 Home Gym System. If you have additional questions, please call our Customer

Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IMSY50050. The serial number can be found on a decal attached to the IMAGE® 5.0 (see the front cover of this manual).

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



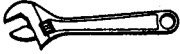


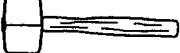
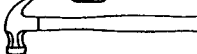

ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Due to the size of the IMAGE 5.0, it should be assembled in the location where it will be used.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- For help identifying the small parts used in assembly, use the **PART IDENTIFICATION CHART** located in the center of this manual. Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- As you assemble the IMAGE 5.0, be sure that all parts are oriented as shown in the drawings.

- Tighten all parts as you assemble them, unless instructed to do otherwise.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable wrenches 
- One (1) standard screwdriver 
- One (1) phillips screwdriver 
- One (1) rubber mallet 
- One (1) hammer 
- The included retainer tool 
- Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.

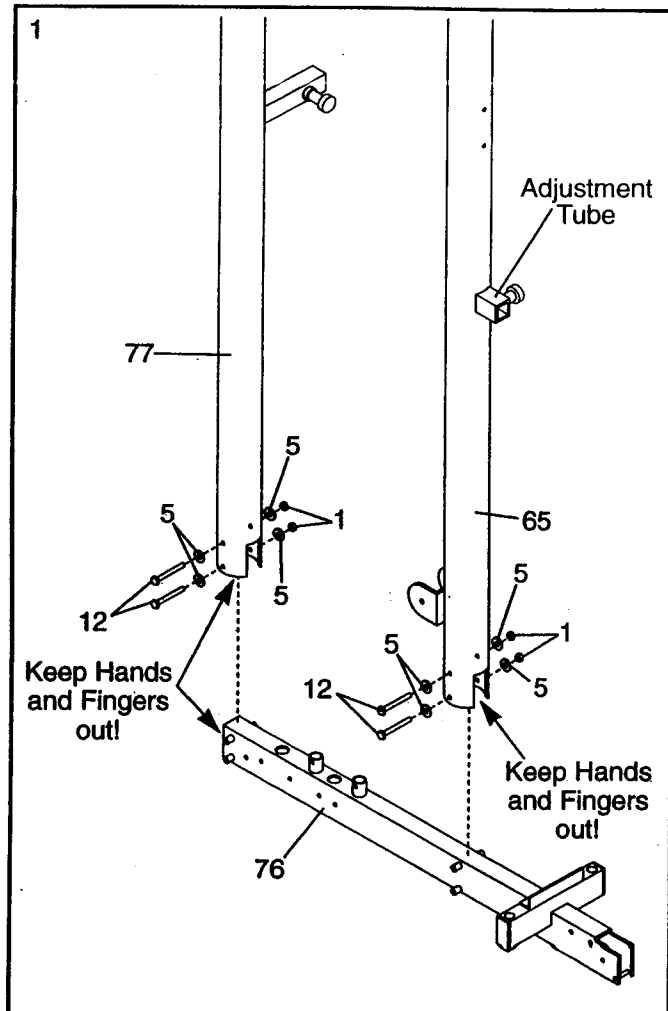
Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

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

Locate and open the parts bag labeled "IMAGE 5.0 Steps 1-5."

WARNING: When you are assembling the Top Frame (76) and the Front and Rear Uprights (65, 77) do not put your hands or fingers inside the Top Frame or into the Uprights for any reason. Your hands or fingers could be seriously injured if they get caught between these parts.

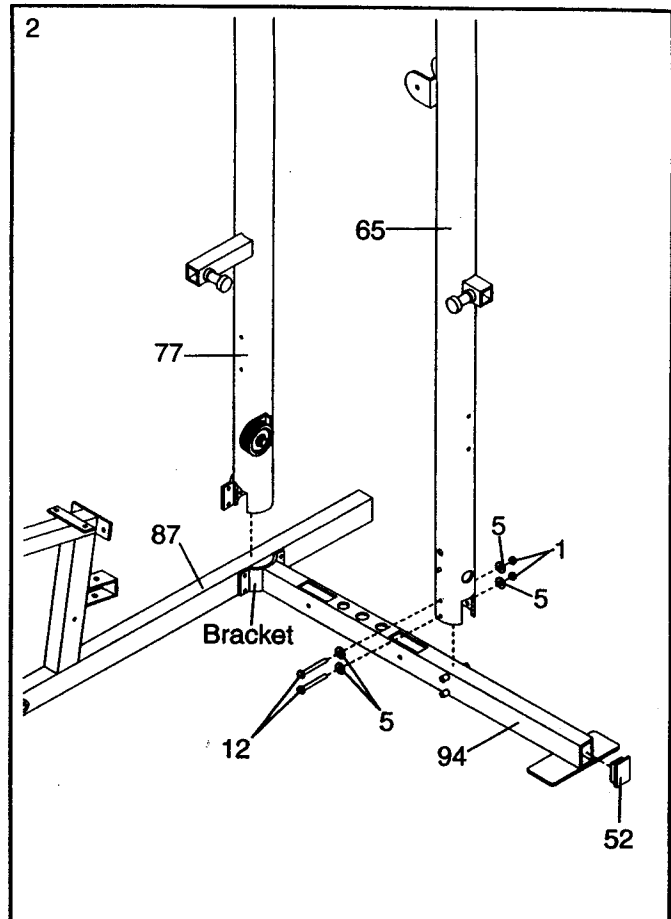
Set the Top Frame (76) upside down on the floor. Turn the Front and Rear Uprights (65, 77) upside down. Attach the Front and Rear Uprights to the Top Frame with four 3/8" x 4 3/4" Bolts (12); eight 3/8" Washers (5), and four 3/8" Nylon Locknuts (1). Be sure that the Front Upright is turned so that the adjustment tube is on the side shown. Do not tighten the Nylon Locknuts yet.



- Align the holes in the bracket on the Base (94) with the holes in the Press Frame (87).

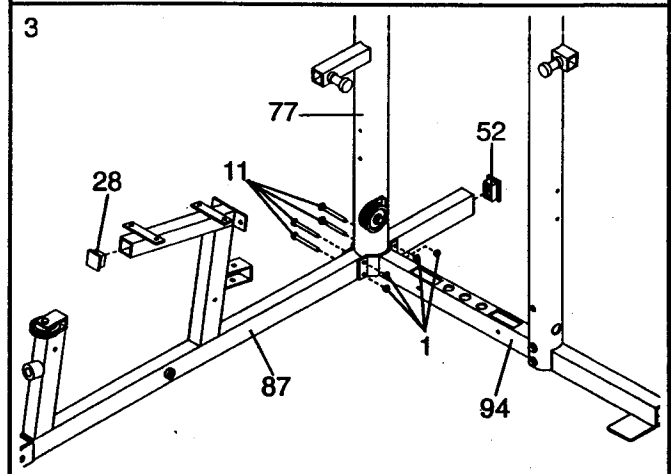
Turn the Front and Rear Uprights (65, 77) and Top Frame (not shown) right side up. Slide the Rear Upright onto the Press Frame and slide the Front Upright onto the Base as shown. Attach the Front Upright (65) to the Base with two 3/8" x 4 3/4" Bolts (12), four 3/8" Washers (5), and two 3/8" Nylon Locknuts (1). **Do not tighten the Nylon Locknuts yet.**

Press a 2" x 3" Inner Cap (52) into the end of the Base (94).



- Attach the Rear Upright (77) and the Base (94) to the Press Frame (87) with four 3/8" x 3" Bolts (11) and four 3/8" Nylon Locknuts (1) as shown. **Do not tighten the Nylon Locknuts yet.**

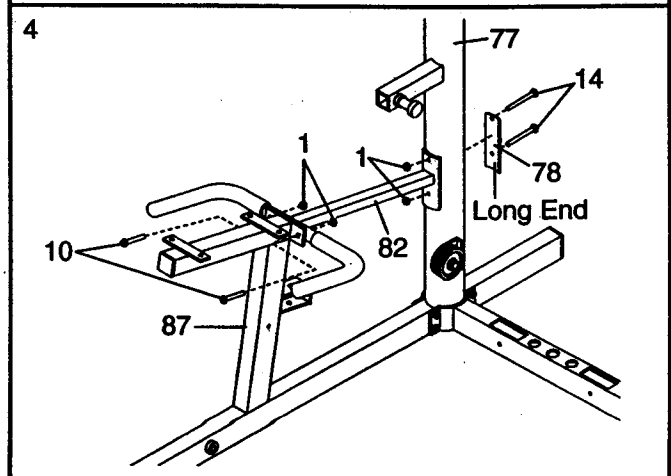
Press a 2" Square Inner Cap (28) into the Press Frame (87). Press a 2" x 3" Inner Cap (52) into the end of the Press Frame.



- Attach the Press Frame Handle (82) to the Rear Upright (77) with two 3/8" x 5" Bolts (14), a Support Bracket (78), and two 3/8" Nylon Locknuts (1). **Note: This is a tight fit. The long end of the Support Bracket must be facing down as shown. Do not tighten the Nylon Locknuts yet.**

Attach the other end of the Press Frame Handle (82) to the Press Frame (87) with two 3/8" x 1 3/4" Bolts (10) and two 3/8" Nylon Locknuts (1).

Tighten the fourteen 3/8" Nylon Locknuts (1) used in steps 1-4.



5. Fully unwind the three Cables. Find the Low Cable (95)—this is the longest of the three Cables. Feed the Low Cable through the hole in the Front Upright (65). **Make sure that the end of the Cable with the ball is on the indicated side of the Upright, and that the Cable is on top of the post.** Feed the Cable through the Base (94) as shown.

Attach a 3 1/2" Pulley (30) to one of the indicated locations on the Base (94) with a 3/8" x 2 3/4" Bolt (17), two 3/8" Washers (5), two 5/8" x 1/2" Bushings (36), and a 3/8" Nylon Locknut (1). **Be sure that the Low Cable (95) is positioned so that it fits into the groove of the Pulley.**

Attach another 3 1/2" Pulley (30) to the Base (94) in the same manner.

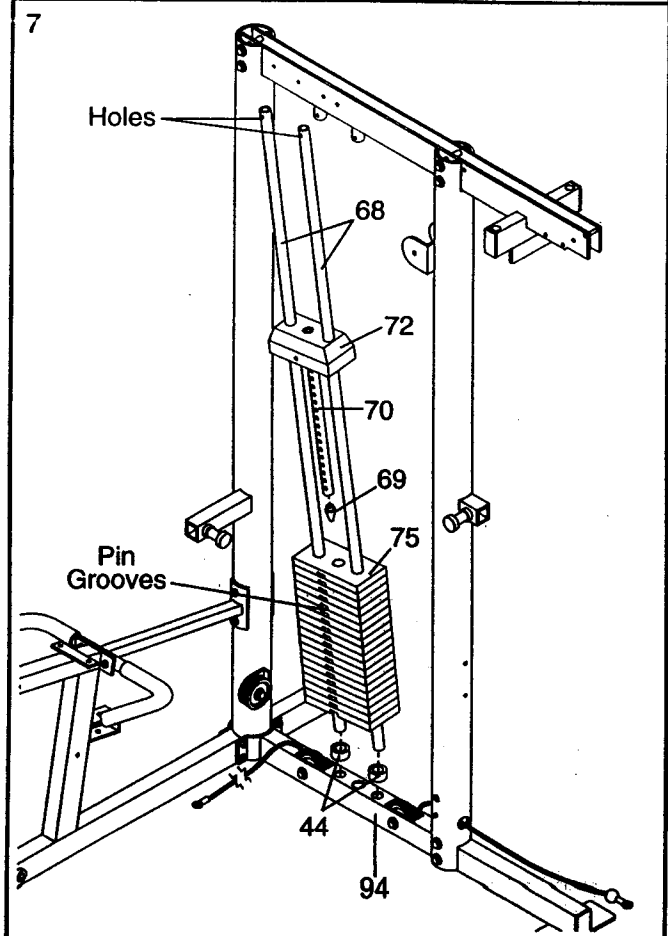
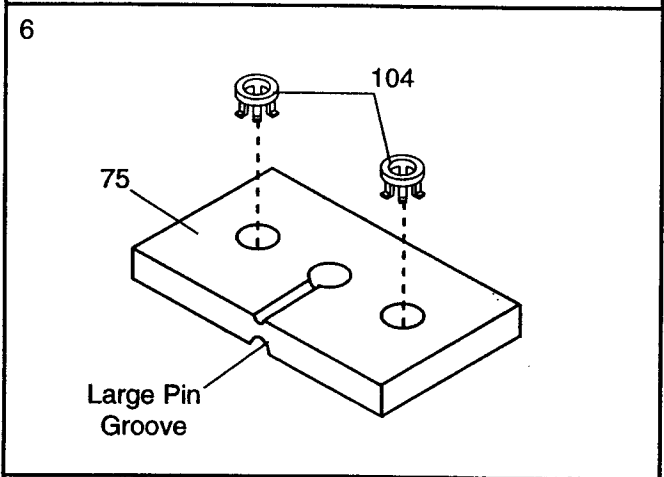
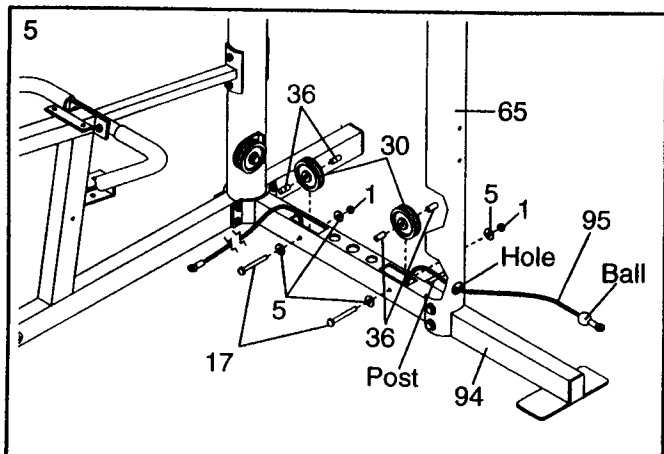
6. Press two Weight Inserts (104) into the top of each of the nineteen Weights (75). **Be sure that each Weight is oriented so that the large pin groove is on the bottom.**

7. **Locate and open the parts bag labeled "IMAGE 5.0 steps 7-13."**

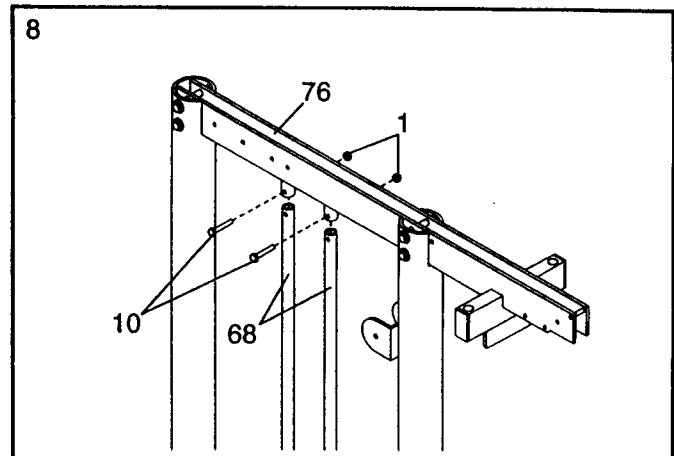
Insert both Weight Guides (68) into the indicated holes in the Base (94). Be sure that the Weight Guides are oriented so the indicated holes are at the top. Slide a Weight Bumper (44) onto each Weight Guide.

Slide the nineteen Weights (75) onto the Weight Guides (68). **Be sure that the Weights are oriented so that the large pin grooves are on the bottom, and are on the side shown.**

Press the Weight Tube Bumper (69) into the end of the Weight Tube (70). Slide the Top Weight Cover (72), and the Top Weight (inside the Top Weight Cover) onto the Weight Guides.



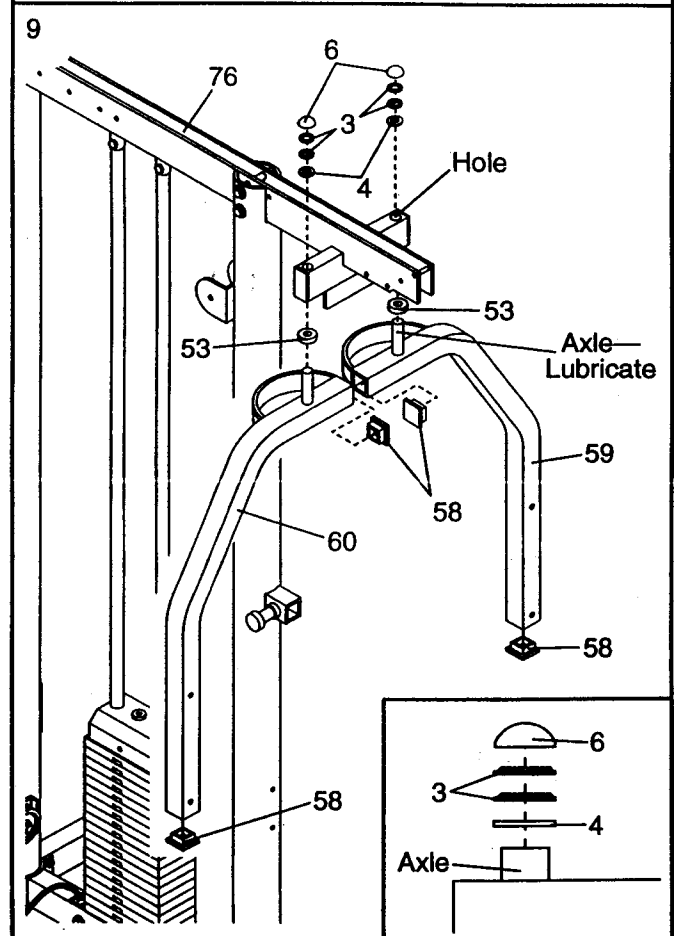
8. Attach the Weight Guides (68) to the Top Frame (76) with two 3/8" x 1 3/4" Bolts (10) and two 3/8" Nylon Locknuts (1).



9. Press a 1 3/4" Square Inner Cap (58) into each end of the Left Butterfly Arm (59) and into each end of the Right Butterfly Arm (60).

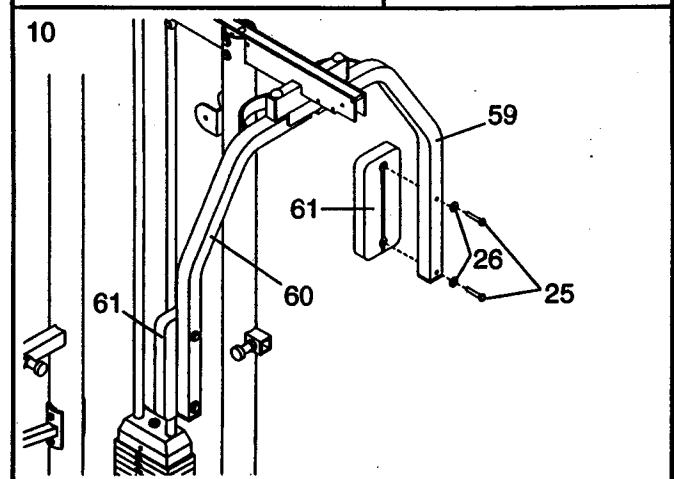
Slide a Weld Cover (53) onto the axle of the Left Butterfly Arm (59). **Be sure that the Weld Cover is turned so the open side is facing the weld at the base of the axle on the Left Butterfly Arm.** Lubricate the axle. Slide the axle into the indicated hole in the Top Frame (76). Slide a 1 1/2" x 3/4" Washer (4) onto the axle. Press two 3/4" Retainers (3) onto the axle, one at a time. **The teeth on the Retainers must be pointed away from the Washer, as shown in the inset drawing.** Tap a 3/4" Dome Cap (6) onto the axle.

Attach the Right Butterfly Arm (60) in the same manner.



10. Attach a Butterfly Arm Pad (61) to the Left Butterfly Arm (59) with two 1/4" x 2 1/4" Screws (25) and two 1/4" Washers (26).

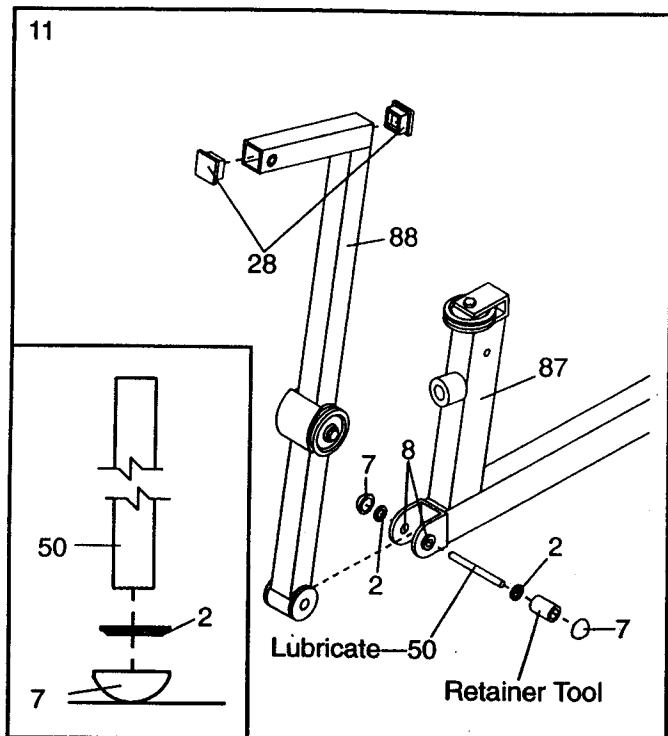
Attach a Butterfly Arm Pad (61) to the Right Butterfly Arm (60) in the same manner.



11. Press two 2" Square Inner Caps (28) into the Leg Press Arm (88). Be sure that there are two pre-attached 1/2" x 1/4" Bushings (8) in the indicated holes in the Press Frame (87). Align the hole in the lower end of the Leg Press Arm with the holes in the Press Frame.

See the inset drawing. Set a 1/2" Dome Cap (7) on the floor with the open side facing up. Center a 1/2" Retainer (2) over hole in the Dome Cap. **The teeth on the Retainer must be pointed toward the Dome Cap, as shown in the inset drawing.** Tap the 1/2" x 4 5/8" Axle (50) into the Dome Cap.

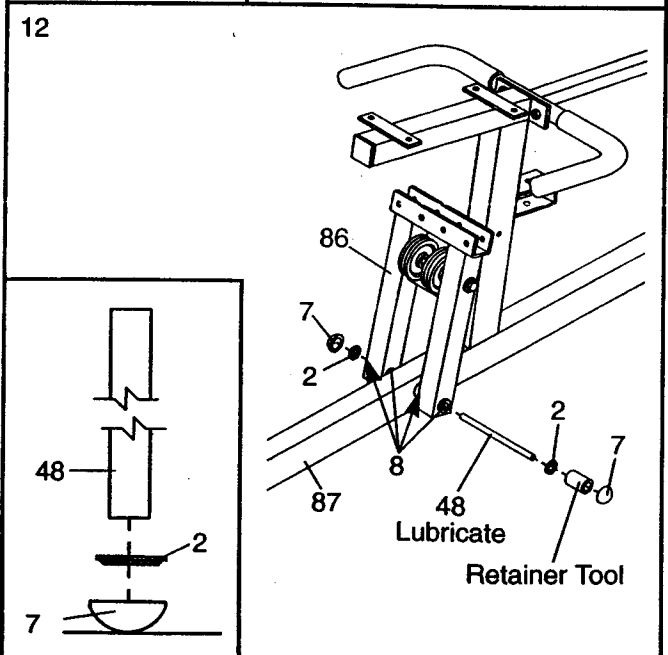
Lubricate the 1/2" x 4 5/8" Axle (50). Tap the Axle through the holes in the Press Frame (87) and Leg Press Arm (88). Using the Retainer Tool (included with the axles), tap a 1/2" Retainer (2) onto the Axle. **The teeth on the Retainer must be pointed toward the Retainer Tool.** Tap a 1/2" Dome Cap (7) onto the Axle.



12. Be sure that there are four pre-attached 1/2" x 1/4" Bushings (8) in the Moment Arm (86). Align the holes in the lower end of the Moment Arm with the indicated hole in the Press Frame (87).

See the inset drawing. Set a 1/2" Dome Cap (7) on the floor with the open side facing up. Center a 1/2" Retainer (2) over hole in the Dome Cap. **The teeth on the Retainer must be pointed toward the Dome Cap, as shown in the inset drawing.** Tap the 1/2" x 8 7/8" Axle (48) into the Dome Cap.

Lubricate the 1/2" x 8 7/8" Axle (48). Tap the Axle through the holes in the Press Frame (87) and Leg Press Arm (88). Using the Retainer Tool (included with the axles), tap a 1/2" Retainer (2) onto the Axle. **The teeth on the Retainer must be pointed toward the Retainer Tool.** Tap a 1/2" Dome Cap (7) onto the Axle.

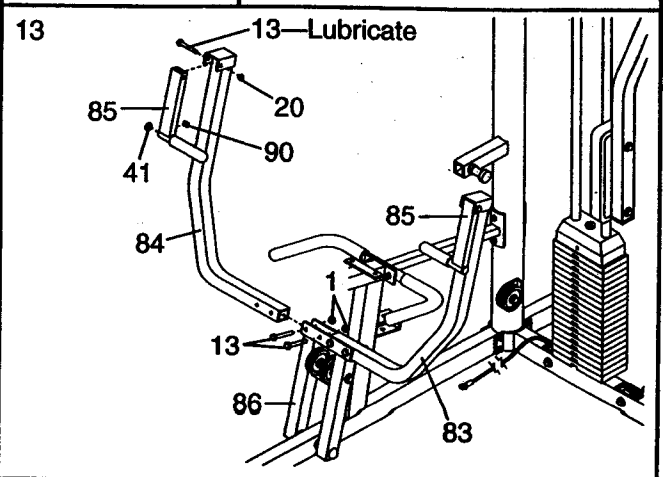


13. Attach the Right Arm (84) to the Moment Arm (86) with two 3/8" x 2 1/2" Bolts (13) and two 3/8" Nylon Locknuts (1).

Attach the Left Arm (83) to the Moment Arm (86) in the same manner.

Lubricate a 3/8" x 2 1/2" Bolt (13). Attach a Handle (85) to the Right Arm (84) with the 3/8" x 2 1/2" Bolt and a 3/8" Nylon Jam Nut (20). Press a 1" Round Inner Cap (41) into the Handle. Attach a Square Bumper (90) to the back of the Handle.

Attach a Handle (85) to the Left Arm (83) in the same manner.



14. Locate and open the parts bag labeled "IMAGE 5.0 steps 14–24."

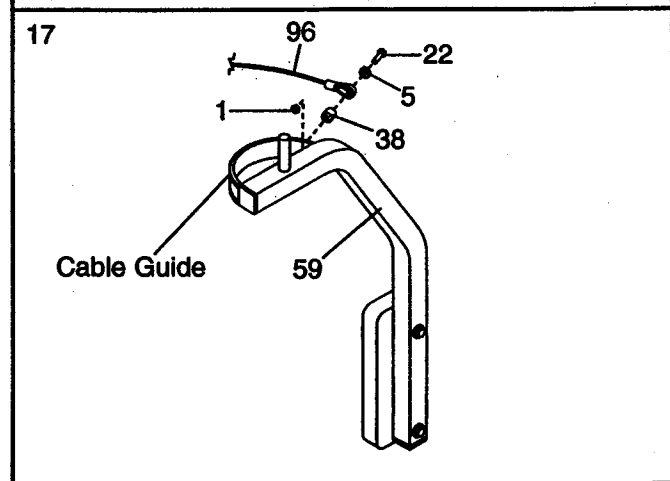
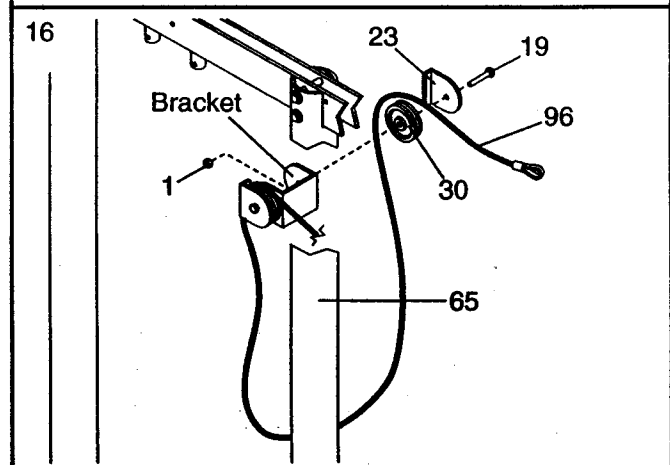
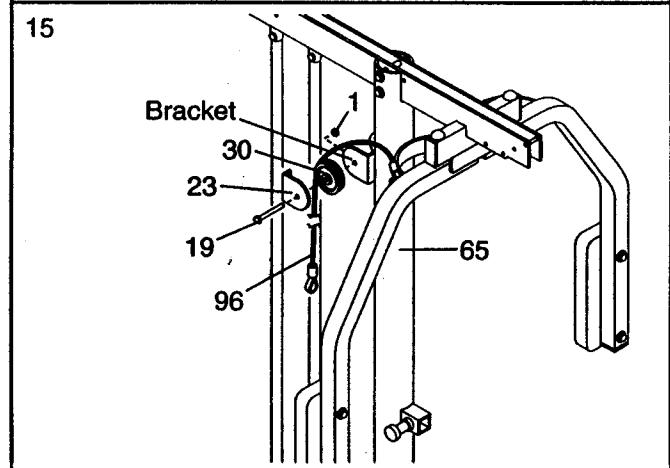
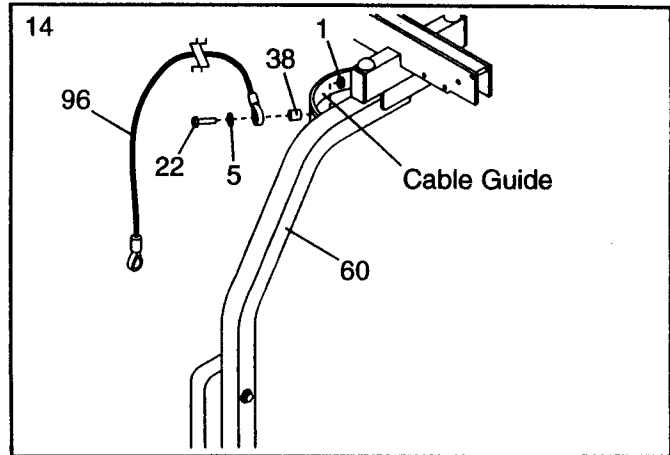
Find the Butterfly Cable (96)—this is the shortest Cable. Attach the Butterfly Cable to the Right Butterfly Arm (60) with a 3/8" x 1 1/4" Bolt (22), a 3/8" Washer (5), a 1/2" x 3/8" Bushing (38), and a 3/8" Nylon Locknut (1). **Be sure that the Bushing is inside the loop at the end of the Cable. The Cable must be oriented so that it is in line with the cable guide.**

Note: Assembly steps 14–21 and 27–39 show how to assemble the cables. Refer to the CABLE DIAGRAMS on pages 22 and 23 during assembly to make sure that you route the cables correctly.

15. Wrap the Butterfly Cable (96) around a 3 1/2" Pulley (30) as shown. Attach the Pulley and a Pulley Cover (23) to the bracket on the Front Upright (65) with a 3/8" x 2" Bolt (19) and a 3/8" Nylon Locknut (1). **The Pulley Cover must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**

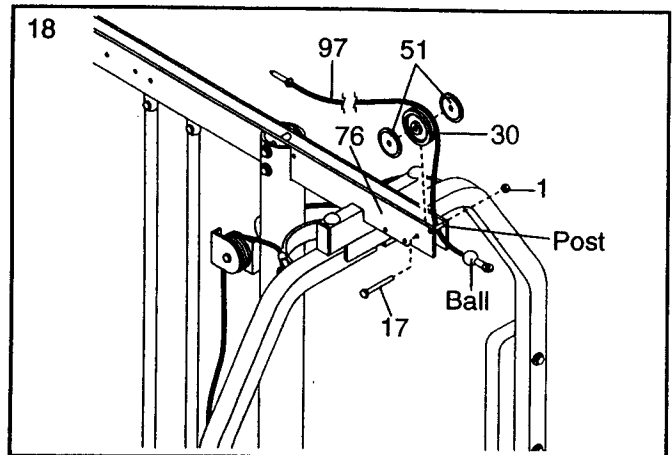
16. Wrap the Butterfly Cable (96) around a 3 1/2" Pulley (30) as shown. Attach the Pulley and a Pulley Cover (23) to the other side of the bracket on the Front Upright (65) with a 3/8" x 2" Bolt (19) and a 3/8" Nylon Locknut (1). **The Pulley Cover must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley. The slack in the Cable should be between the Pulleys as shown.**

17. Attach the end of the Butterfly Cable (96) to the Left Butterfly Arm (59) with a 3/8" x 1 1/4" Bolt (22), a 3/8" Washer (5), a 1/2" x 3/8" Bushing (38), and a 3/8" Nylon Locknut (1). **Be sure that the Bushing is inside the loop at the end of the Cable. The Cable must be oriented so that it is in line with the cable guide.**

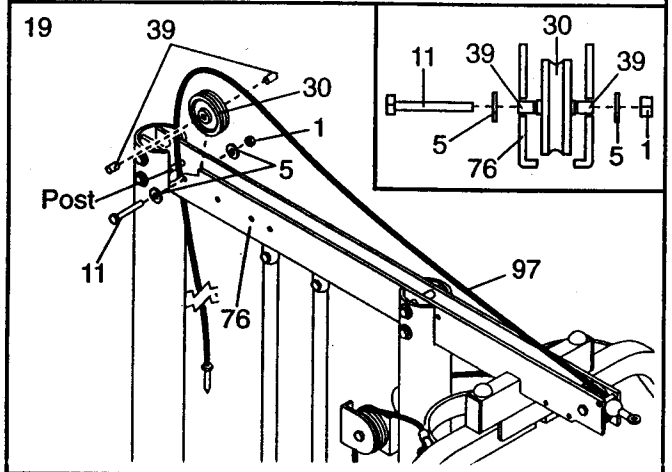


18. Feed the High Cable (97) under the indicated post on the Top Frame (76). The end of the Cable with the ball must be on the indicated side of the post.

Wrap the High Cable (97) around a 3 1/2" Pulley (30). Attach the Pulley and two Wheel Spacers (51) inside the Top Frame (76) with a 3/8" x 2 3/4" Bolt (17) and a 3/8" Nylon Locknut (1).

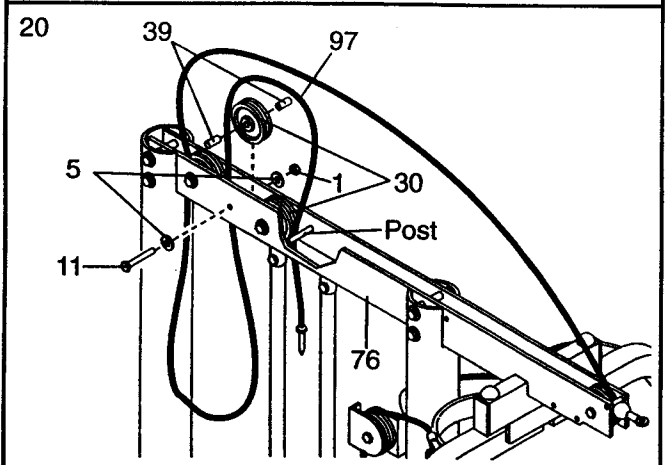


19. Wrap the High Cable (97) around a 3 1/2" Pulley (30). Attach the Pulley and two 5/8" x 9/16" Bushings (39) inside the Top Frame (76) with a 3/8" x 3" Bolt (11), two 3/8" Washers (5), and a 3/8" Nylon Locknut (1). **Be sure that the Pulley and the Bushings are oriented as shown in the inset drawing. The Cable and the Pulley should be positioned so that the post inside the Top Frame holds the Cable in the groove of the Pulley.**

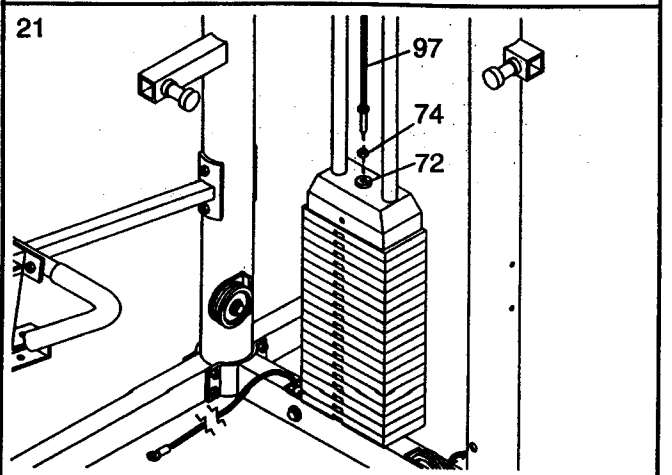


20. Feed the High Cable (97) up through the Top Frame (76). Wrap the High Cable (97) around a 3 1/2" Pulley (30). Attach the Pulley and two 5/8" x 9/16" Bushings (39) inside the Top Frame (76) with a 3/8" x 3" Bolt (11), two 3/8" Washers (5), and a 3/8" Nylon Locknut (1). **Be sure that the Pulley and the Bushings are oriented as shown in the inset drawing in step 19.**

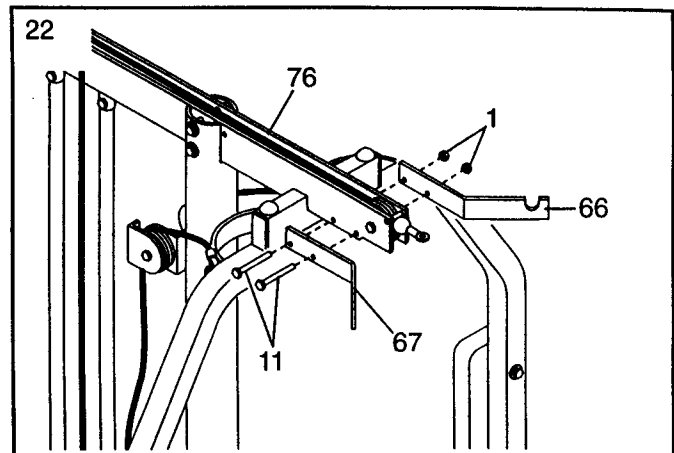
Wrap the High Cable (97) around another 3 1/2" Pulley (30). Attach this Pulley inside the Top Frame (76) in the same manner. **The Cable and the Pulley should be positioned so that the post inside the Top Frame holds the Cable in the groove of the Pulley.**



21. Thread a 1/2" Nut (74) about one quarter of the way onto the threaded end of the High Cable (97). Thread the end of the Cable into the Top Weight Cover (72), until the Nut touches the Top Weight Cover. Finger tighten the Nut against the Top Weight Cover.



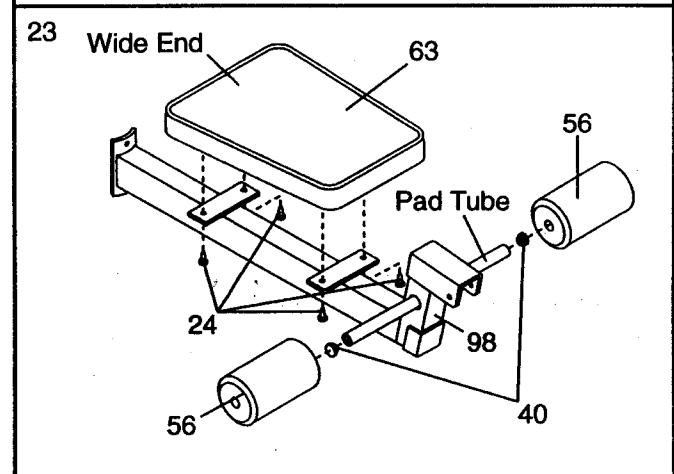
22. Attach the Left and Right Support Plates (66, 67) to the Top Frame (76) with two 3/8" x 3" Bolts (11) and two 3/8" Nylon Locknuts (1).



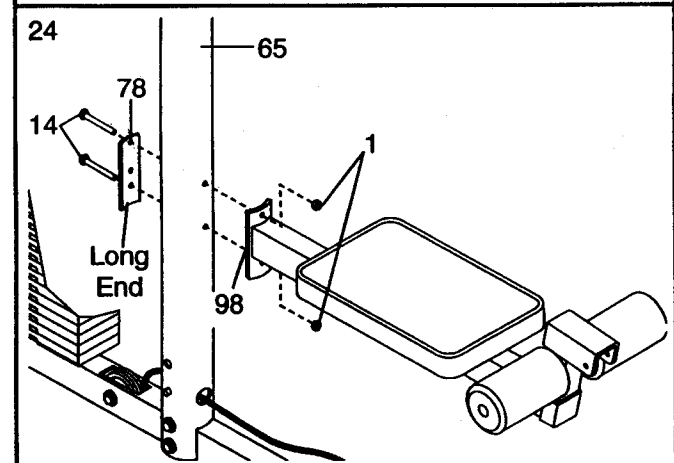
23. Press a 3/4" Round Inner Cap (40) into each end of the pad tube on the Seat Frame (98).

Slide a Foam Pad (56) onto each side of the pad tube on the Seat Frame (98).

Attach the Seat (63) to the Seat Frame (98) with four 1/4" x 3/4" Screws (24). **The wide end of the Seat must be on the side shown.**



24. Attach the Seat Frame (98) to the Front Upright (65) with two 3/8" x 5" Bolts (14), a Support Bracket (78), and two 3/8" Nylon Locknuts (1). **Note: The long end of the Support Bracket must be facing down as shown.**



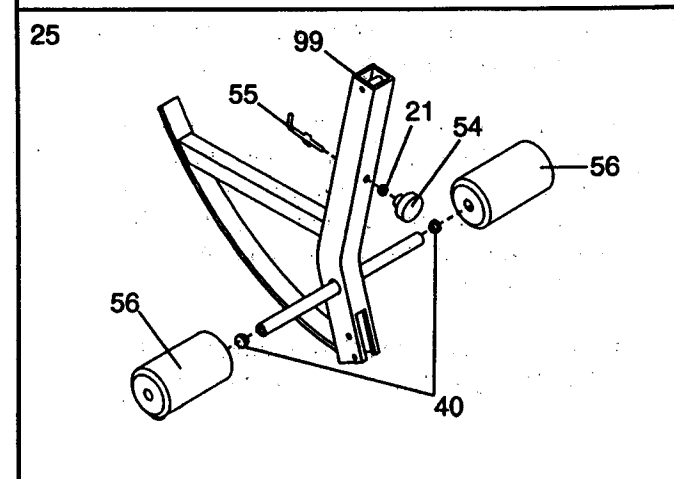
25. **Locate and open the parts bag labeled "IMAGE 5.0 steps 25-44."**

Press a 3/4" Round Inner Cap (40) into each end of the pad tube on the Leg Lever (99).

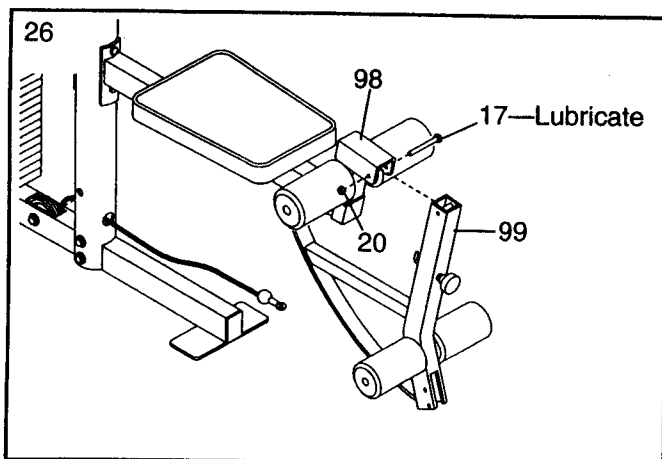
Slide a Foam Pad (56) onto each side of the pad tube on the Leg Lever (99).

Attach the Locking Pin (55) to the Leg Lever (99) with a 3/8" Nut (21). **The Locking Pin must be inserted from the indicated side of the Leg Lever. Do not completely tighten the Nut. The Locking Pin must be able to rotate.**

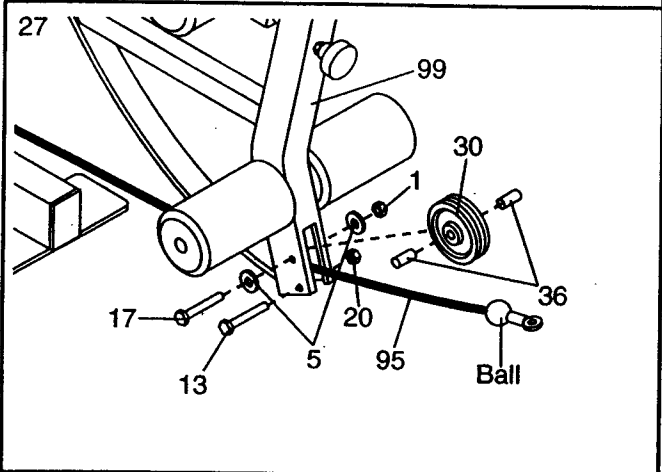
Thread the 3/8" Knob (54) onto the Locking Pin (55). **Use a wrench to hold the 3/8" Nut (21) secure. Tighten the Knob against the Nut.**



26. Lubricate a 3/8" x 2 3/4" Bolt (17). Attach the Leg Lever (99) to the Seat Frame (98) with the 3/8" x 2 3/4" Bolt and a 3/8" Nylon Jam Nut (20). **Do not overtighten the Nylon Jam Nut; the Leg Lever must be able to move freely.**

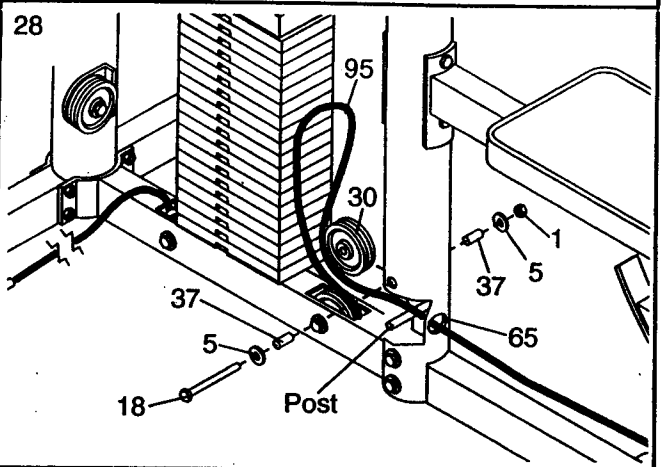


27. Attach a 3 1/2" Pulley (30) to the indicated hole in the Leg Lever (99) with a 3/8" x 2 3/4" Bolt (17), two 3/8" Washers (5), two 5/8" x 1/2" Bushings (36), and a 3/8" Nylon Locknut (1).



Route the Low Cable (95) under the 3 1/2" Pulley (30). Attach a 3/8" x 2 1/2" Bolt (13) to the lower hole in the Leg Lever (99) with a 3/8" Nylon Jam Nut (20). **Do not overtighten the Nylon Jam Nut.** The Bolt should hold the Cable securely in the groove of the Pulley. **The ball on the Cable must be on the indicated side of the Bolt.**

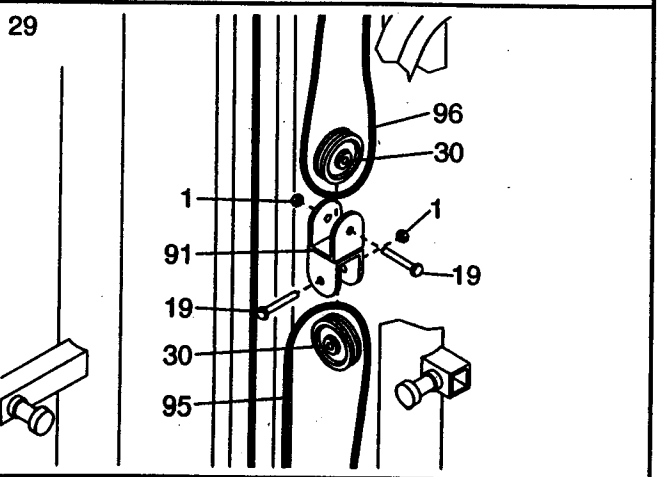
28. Attach a 3 1/2" Pulley (30) inside the Front Upright (65) with a 3/8" x 4 1/2" Bolt (18), two 3/8" Washers (5), two 5/8" x 1 3/8" Bushings (37), and a 3/8" Nylon Locknut (1). **Be sure that the Low Cable (95) is under the Pulley, and that the post inside the Front Upright holds the Cable in the groove of the Pulley.**



29. **Note: The Pulleys (30) used in this step were pre-attached for shipping purposes.**

Remove the 3/8" x 2" Bolt (19) and the 3/8" Nylon Locknut (1) attaching one of the 3 1/2" Pulleys (30) to the "U"-Bracket (91). Wrap the Butterfly Cable (96) around the Pulley. Re-attach the Pulley to the "U"-Bracket with the Bolt and the Nylon Locknut.

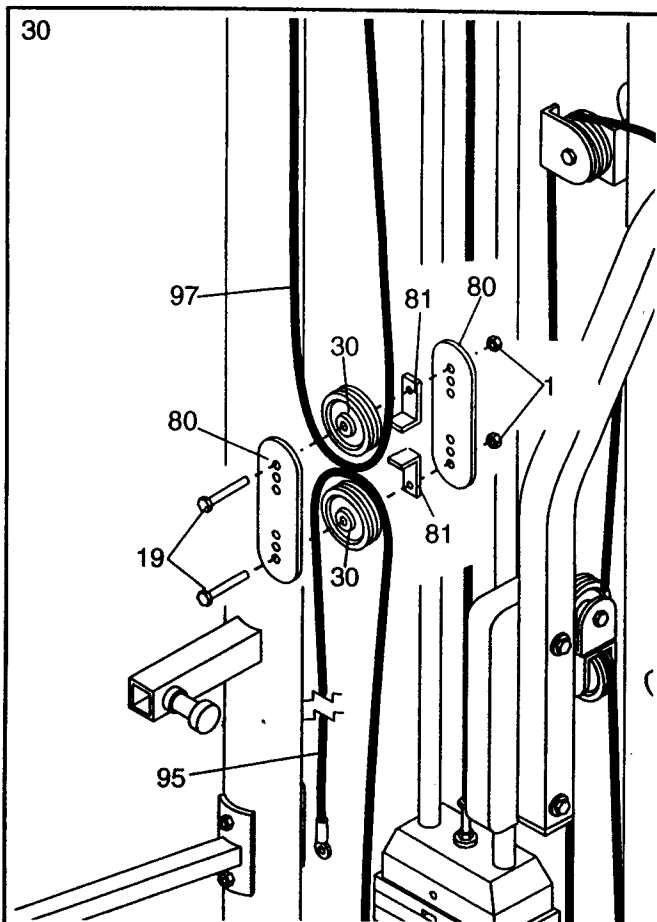
Route the Low Cable (95) around the other 3 1/2" Pulley (30) in the same manner.



30. **Note: The Pulleys (30) used in this step were pre-attached for shipping purposes.**

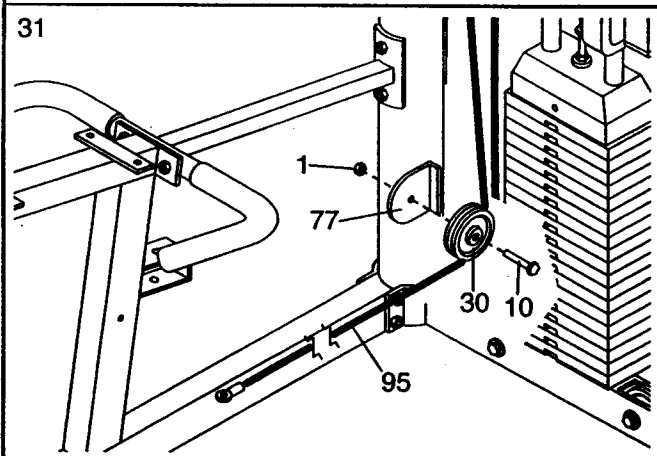
Remove the 3/8" x 2" Bolt (19) and the 3/8" Nylon Locknut (1) attaching one of the 3 1/2" Pulleys (30) to the "I"-Plates (80). Wrap the High Cable (97) around the Pulley. Re-attach the Pulley and the "L"-Bracket (81) to the "I"-Plates with the Bolt and the Nylon Locknut. **Be sure that the "L"-Bracket is oriented as shown, and that it holds the Cable securely in place. Be sure that the Pulley is attached to the indicated holes in the "I"-Plates.**

Remove the other 3/8" x 2" Bolt (19) and 3/8" Nylon Locknut (1) attaching the other 3 1/2" Pulley (30) to the "I"-Plates (80). Wrap the Low Cable (95) around the Pulley. Re-attach the Pulley and the "L"-Bracket (81) to the "I"-Plates with the Bolt and the Nylon Locknut. **Be sure that the "L"-Bracket is oriented as shown, and that it holds the Cable securely in place. Be sure that the Pulley is attached to the indicated holes in the "I"-Plates.**



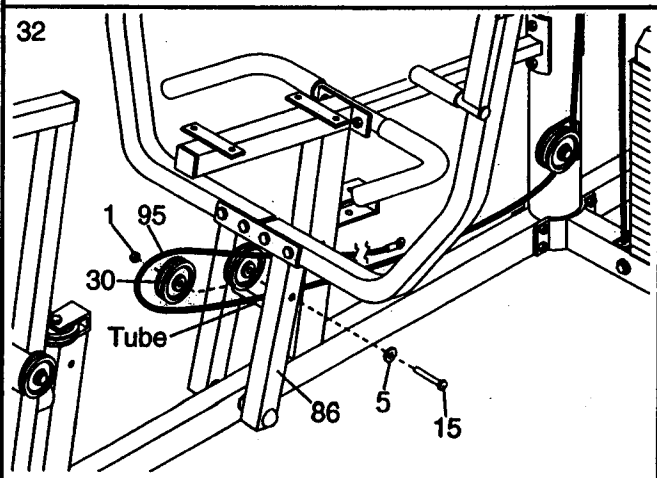
31. **Note: The Pulley (30) used in this step was pre-attached for shipping purposes.**

Remove the 3/8" x 1 3/4" Bolt (10) and the 3/8" Nylon Locknut (1) holding the 3 1/2" Pulley (30) to the bracket on the Rear Upright (77). Wrap the Low Cable (95) around the Pulley. Re-attach the Pulley to the bracket with the Bolt and the Nut.

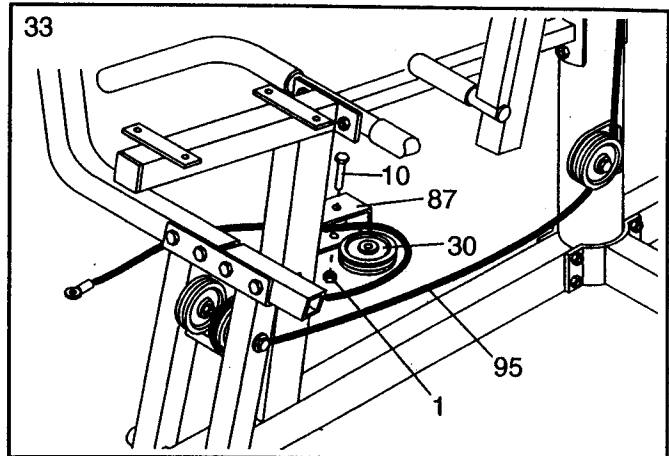


32. **Note: The Pulley (30) used in this step was pre-attached for shipping purposes.**

Remove the 3/8" x 3 1/2" Bolt (15), the 3/8" Washer (5), and the 3/8" Nylon Locknut (1) attaching the indicated 3 1/2" Pulley (30) to the Moment Arm (86). Wrap the Low Cable (95) around the Pulley as shown. Re-attach the Pulley to the Moment Arm with the Bolt, Washer, and Nylon Locknut. **Be sure that the Cable is routed under and then over the Pulley as shown; the Cable must be between the Pulley and the tube on the Moment Arm.**

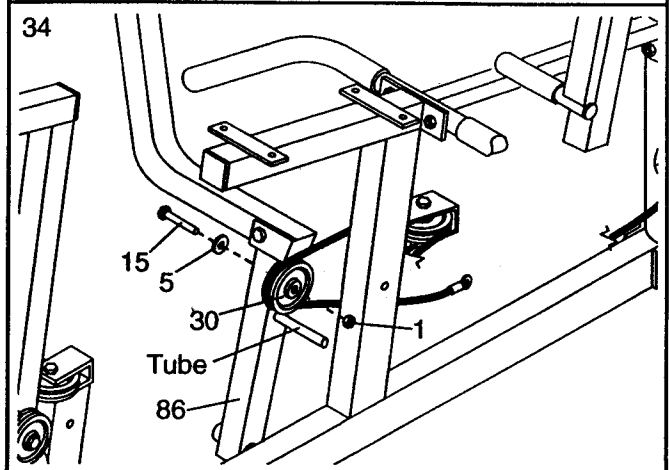


33. Wrap the Low Cable (95) around a 3 1/2" Pulley (30) as shown. Attach the Pulley to the indicated bracket on the Press Frame (87) with 3/8" x 1 3/4" Bolt (10) and a 3/8" Nylon Locknut (1). **Be sure that the Cable is routed around the Pulley as shown.**



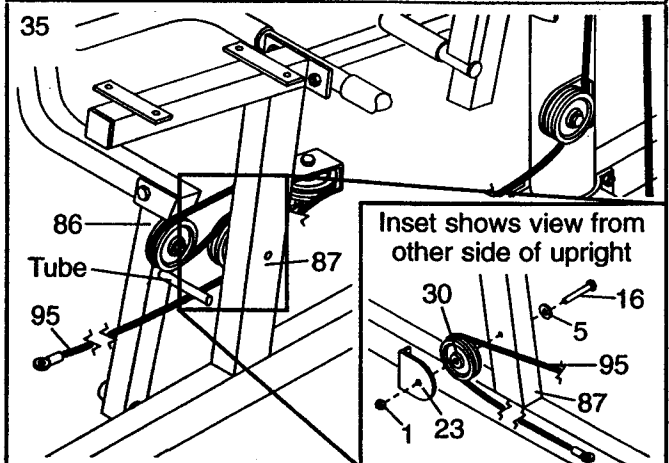
34. **Note: The Pulley (30) used in this step was pre-attached for shipping purposes.**

Remove the 3/8" x 3 1/2" Bolt (15), the 3/8" Washer (5), and the 3/8" Nylon Locknut (1) attaching the indicated 3 1/2" Pulley (30) to the Moment Arm (86). Wrap the Low Cable (95) around the Pulley as shown. Re-attach the Pulley to the Moment Arm with the Bolt, Washer, and Nylon Locknut. **Be sure that the Cable is routed over and then under the Pulley as shown; the Cable must be between the Pulley and the tube on the Moment Arm.**



35. See the inset drawing. Wrap the Low Cable (95) around a 3 1/2" Pulley (30) as shown. Attach the Pulley and a Pulley Cover (23) to the Press Frame (87) in the indicated location with a 3/8" x 3 3/4" Bolt (16), a 3/8" Washer (5), and a 3/8" Nylon Locknut (1). **The Pulley Cover must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley. Be sure that the Cable is routed over and then under the Pulley as shown.**

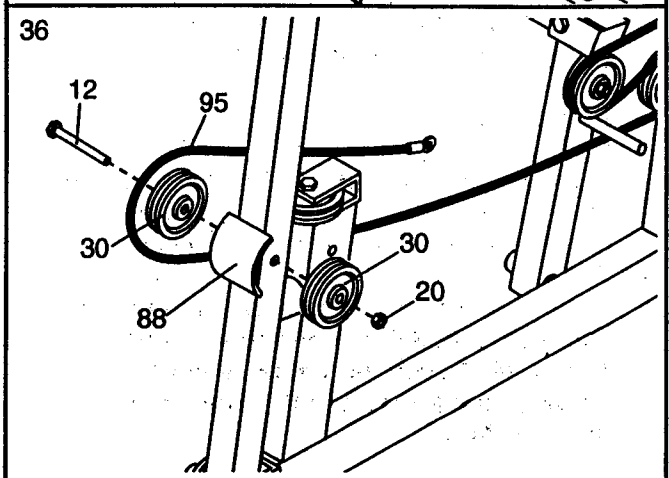
Route the Low Cable (95) under the tube on the Moment Arm (86) as shown.



36. **Note: The Pulleys (30) used in this step were pre-attached for shipping purposes.**

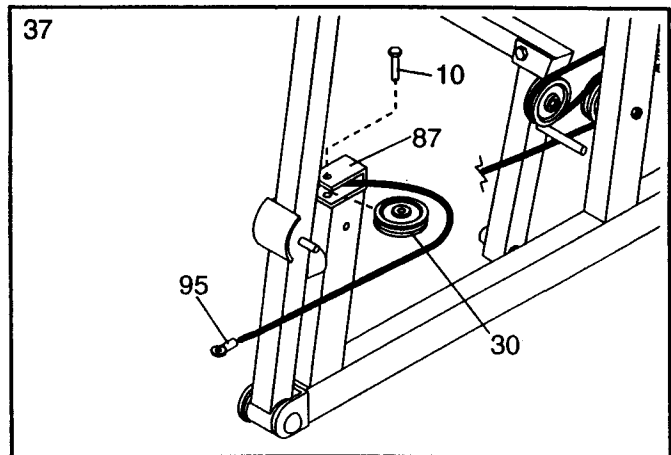
Remove the 3/8" x 4 3/4" Bolt (12), the 3/8" Nylon Jam Nut (20), and the two 3 1/2" Pulleys (30) from the Leg Press Arm (88). Wrap the Low Cable (95) around one of the Pulleys as shown. Re-attach the Pulley to indicated side of the Press Frame with the Bolt. **Be sure that the Cable is routed under and then over the Pulley as shown.**

Note: The other 3 1/2" Pulley (30) and the 3/8" Nylon Jam Nut (20) will be re-attached in step 38.



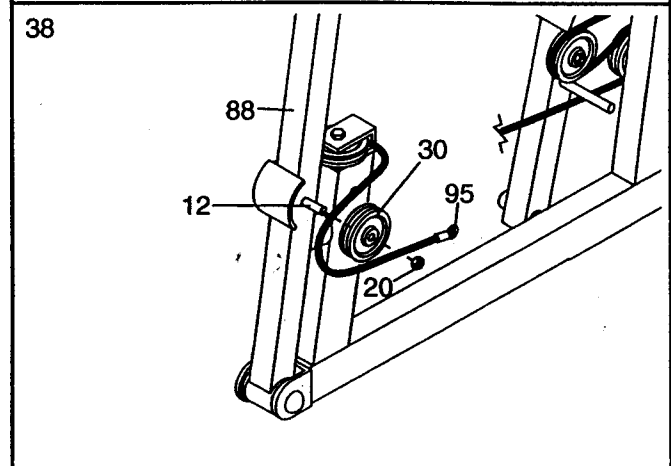
37. **Note: The Pulley (30) used in this step was pre-attached for shipping purposes.**

Remove the 3/8" x 1 3/4" Bolt (10) attaching the indicated 3 1/2" Pulley (30) to the Press Frame (87). Wrap the Low Cable (95) around the Pulley as shown. Re-attach the Pulley to the bracket with the Bolt. **Be sure that the Cable is routed around the Pulley as shown.**

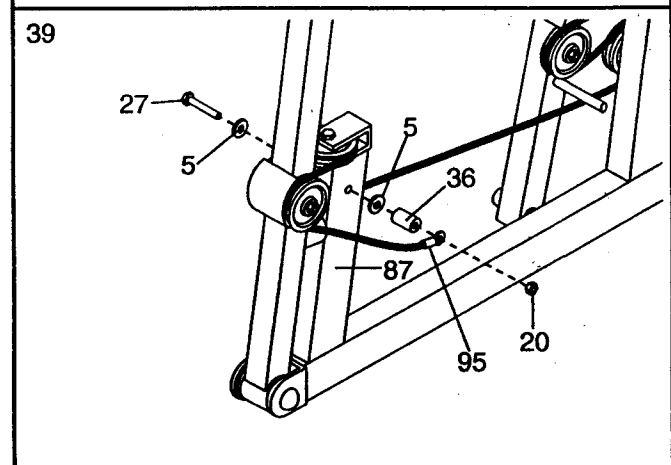


38. **Note: The Pulley (30) and the Nylon Locknut (20) used in this step were removed in step 36.**

Wrap the Low Cable (95) around the 3 1/2" Pulley (30) that was removed in step 36. Slide the Pulley onto the 3/8" x 4 3/4" Bolt (12) in the Leg Press Arm (88). Re-attach the 3/8" Nylon Jam Nut (20) to the Bolt. **Be sure that the Cable is routed over and then under the Pulley as shown.**

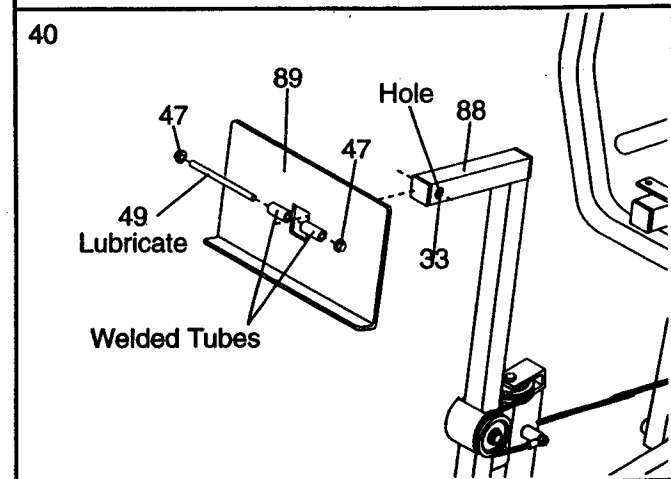


39. Attach the end of the Low Cable (95) to the Press Frame (87) with the 3/8" x 3 1/4" Bolt (27), two 3/8" Washers (5), a 5/8" x 1/2" Bushing (36), and a 3/8" Nylon Jam Nut (20). **Do not overtighten the Jam Nut.**

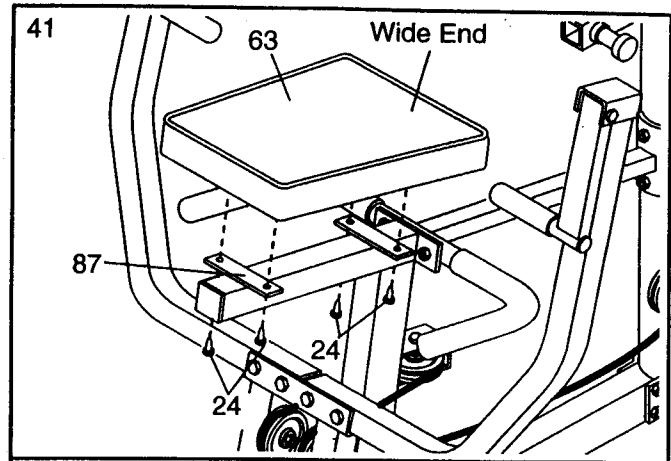


40. Be sure that the pre-attached 1/2" x 2 1/4" Bushing (33) is in the indicated hole in the Leg Press Arm (88). Align the welded tubes on the Press Plate (89) with the indicated hole in the Leg Press Arm. **Be sure that the Press Plate is oriented as shown.**

Tap a 1/2" Hat Cap (47) onto one end of the 1/2" x 7 3/8" Axle (49). Lubricate the Axle. Tap the Axle through the holes in the Press Plate (89) and the Leg Press Arm (88). Tap another 1/2" Hat Cap (47) onto the other end of the Axle.

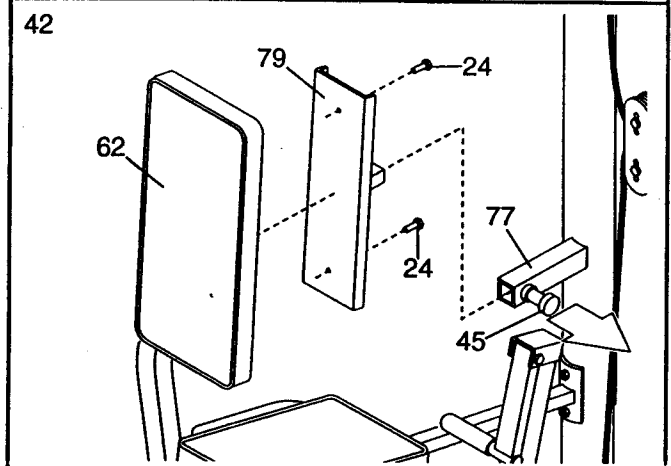


41. Attach the Seat (63) to the Press Frame (87) with four 1/4" x 3/4" Screws (24). **The wide end of the Seat must be on the side shown.**



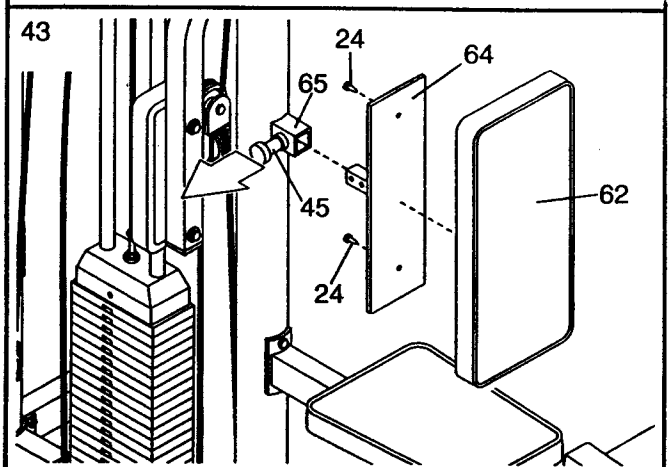
42. Attach a Backrest (62) to the Press Seat Bracket (79) with two 1/4" x 3/4" Screws (24).

Turn the indicated Lock Knob (45) counter-clockwise until it turns freely. Pull the Lock Knob and hold it. Insert the tube on the Press Seat Bracket (79) into the tube on the Rear Upright (77). Move the Press Seat Bracket so that the Backrest (62) is in the desired position. Release the Lock Knob. **Move the Press Seat Bracket back and forth slightly until the Lock Knob locks into place.** Turn the Lock Knob clockwise until it is firmly tightened.

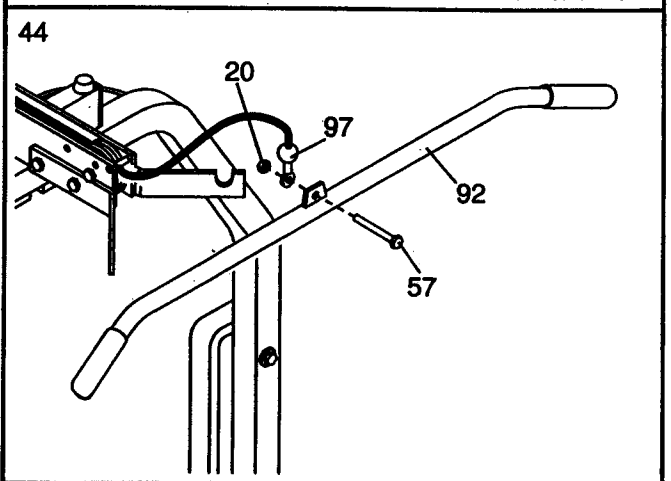


43. Attach a Backrest (62) to the Backrest Plate (64) with two 1/4" x 3/4" Screws (24).

Turn the indicated Lock Knob (45) counter-clockwise until it turns freely. Pull the Lock Knob and hold it. Insert the tube on the Backrest Plate (64) into the tube on the Front Upright (65). Move the Backrest Plate so that the Backrest (62) is in the desired position. Release the Lock Knob. **Move the Backrest Plate back and forth slightly until the Lock Knob locks into place.** Turn the Lock Knob clockwise until it is firmly tightened.



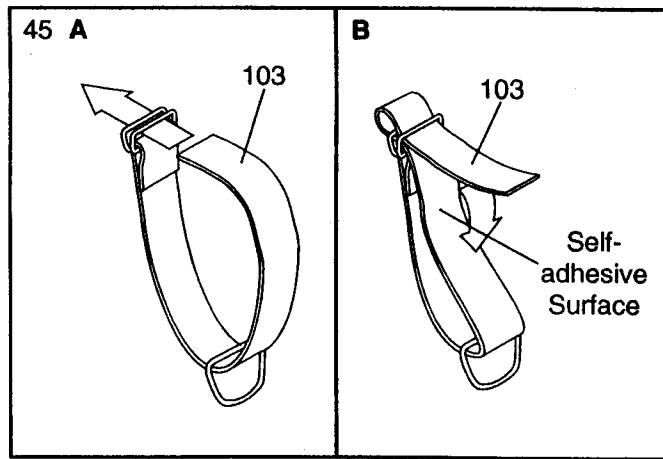
44. Attach the Lat Bar (92) to the High Cable (97) with a 3/8" x 3/4" Bolt (57) and a 3/8" Nylon Jam Nut (20).



45. See drawing A. Feed the indicated end of the Nylon Strap (103) through both buckles on the other end of the Strap.

See drawing B. Feed the end of the Nylon Strap (103) back through the indicated buckle. Pull the Strap tight. Press the end of the Strap firmly against the self-adhesive surface.

To adjust the size, loosen the buckles and slide the Nylon Strap (103) to the desired size. Pull the Strap tight again.



46. Make sure that all parts are correctly assembled and tightened. The use of the remaining parts will be explained in HOW TO ADJUST THE IMAGE® 5.0, beginning on page 18 of this manual.

Before using the IMAGE 5.0, pull the end of each cable a few times to make sure that the cables move smoothly. If the cables bind, correct the problem before using the IMAGE 5.0. See the CABLE DIAGRAMS on pages 22 and 23 of this manual to make sure that the cables are properly routed. **IMPORTANT: If the cables have been incorrectly routed, they will be damaged when heavy weight is used.**

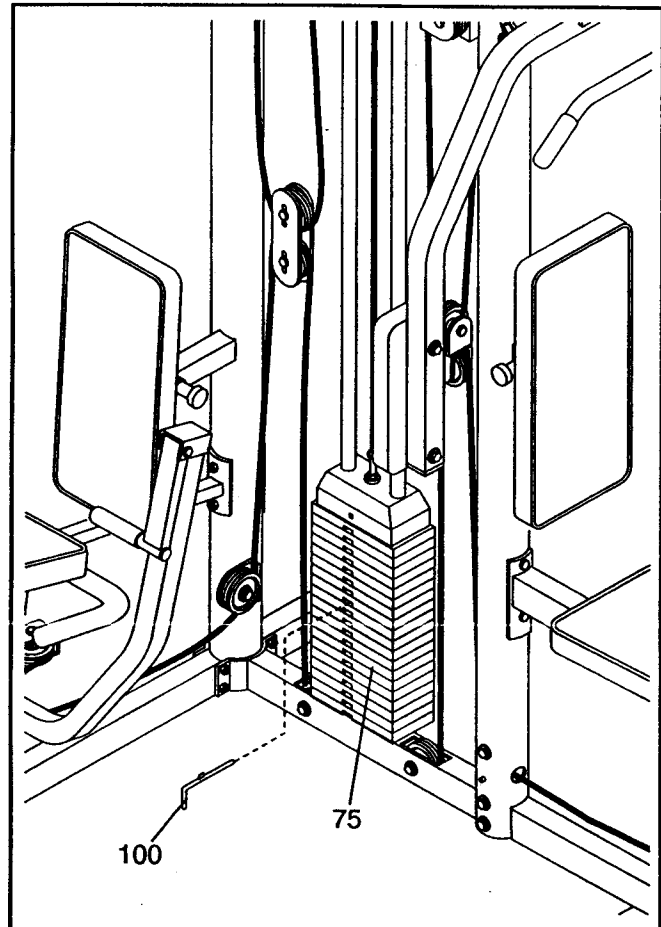
HOW TO ADJUST THE IMAGE® 5.0

The instructions below describe how each part of the IMAGE 5.0 can be adjusted. Refer to the exercise guide accompanying this manual to see how the IMAGE 5.0 should be set up for each exercise. **IMPORTANT: When attaching the lat bar or nylon strap, make sure that the attachments are in the correct starting position for the exercise to be performed. If there is any slack in the cables or chain as an exercise is performed, the effectiveness of the exercise will be reduced.**

CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (100) under the desired Weight (75). Be sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 10 pounds to 200 pounds, in increments of 10 pounds.

Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Refer to the WEIGHT RESISTANCE CHART on page 20 to find the actual amount of resistance at each weight station.

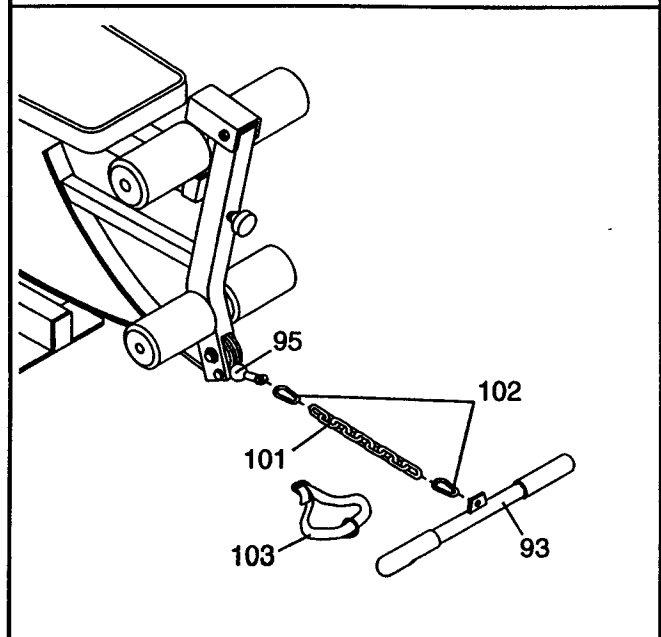


ATTACHING THE ROW BAR OR NYLON STRAP TO THE LOW PULLEY STATION

Note: Before you use the low pulley station, the leg lever must be locked (see LOCKING THE LEG LEVER on page 19).

Attach the Row Bar (93) to the Low Cable (95) with a Cable Clip (102). For some exercises, the Chain (101) should be attached between the Row Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Row Bar and the Low Cable so the Row Bar is in the correct starting position for the exercise to be performed.**

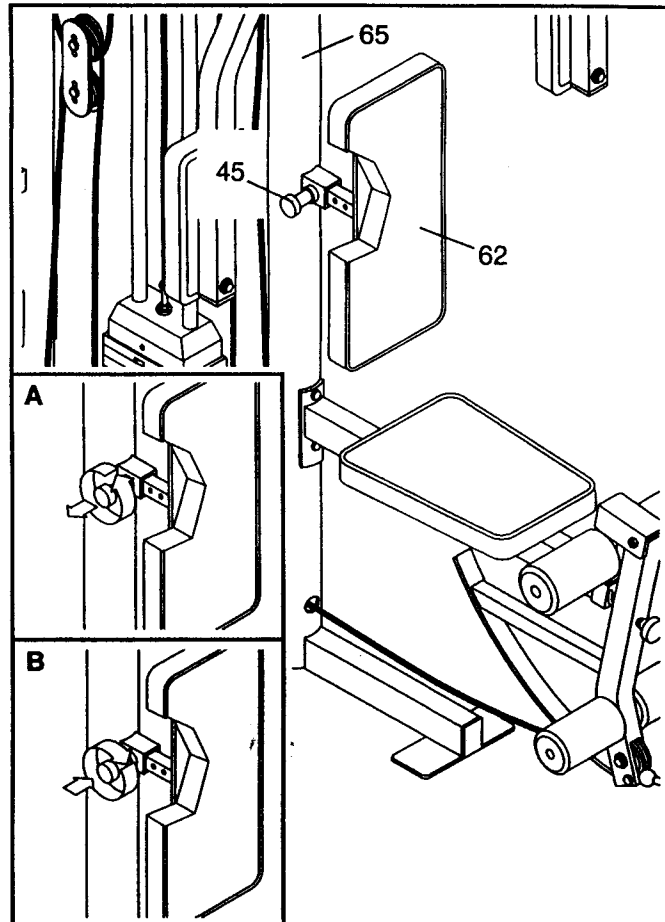
The Nylon Strap (103) can be attached in the same manner.



ADJUSTING THE BACKRESTS

To adjust the Backrest (62) on the Front Upright (65), turn the Lock Knob (45) counterclockwise until it turns freely (see drawing A). Pull the Lock Knob and hold it. Move the Backrest to the desired position. Release the Lock Knob. **Move the Backrest back and forth slightly until the Lock Knob locks into place.** Turn the Lock Knob clockwise until it is firmly tightened (see drawing B).

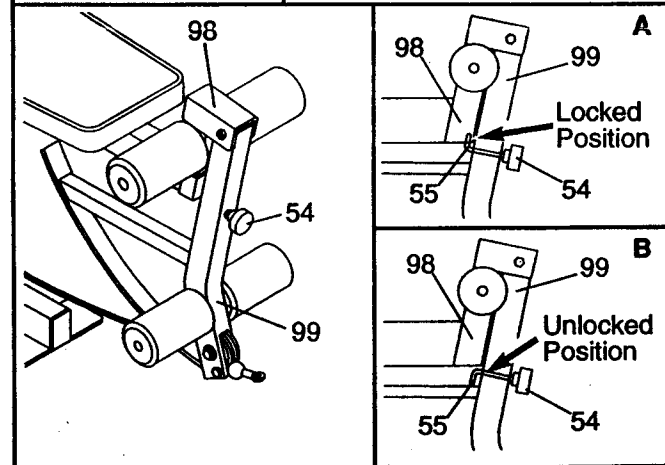
The other Backrest (62) on the Rear Upright (not shown) can be adjusted in the same manner.



LOCKING THE LEG LEVER

See drawing A. For some exercises, the Leg Lever (99) must be locked in place. To lock the Leg Lever, first hold the Leg Lever against the Seat Frame (98). Turn the 3/8" Knob (54) so that the bent end of the Locking Pin (55) locks into place inside the Seat Frame. **Note the position of the Locking Pin in drawing A.**

See the lower inset drawing. To unlock the Leg Lever (99), turn the 3/8" Knob (54) so that the bent end of the Locking Pin (55) is not in the Seat Frame (98). **Note the position of the Locking Pin in drawing B.**



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. Note: In the left column, "Top" refers to the top weight, and the other numbers refer to the 10-pound weight plates. In the BUTTERFLY ARM column, the weight resistance listed is for each butterfly arm.

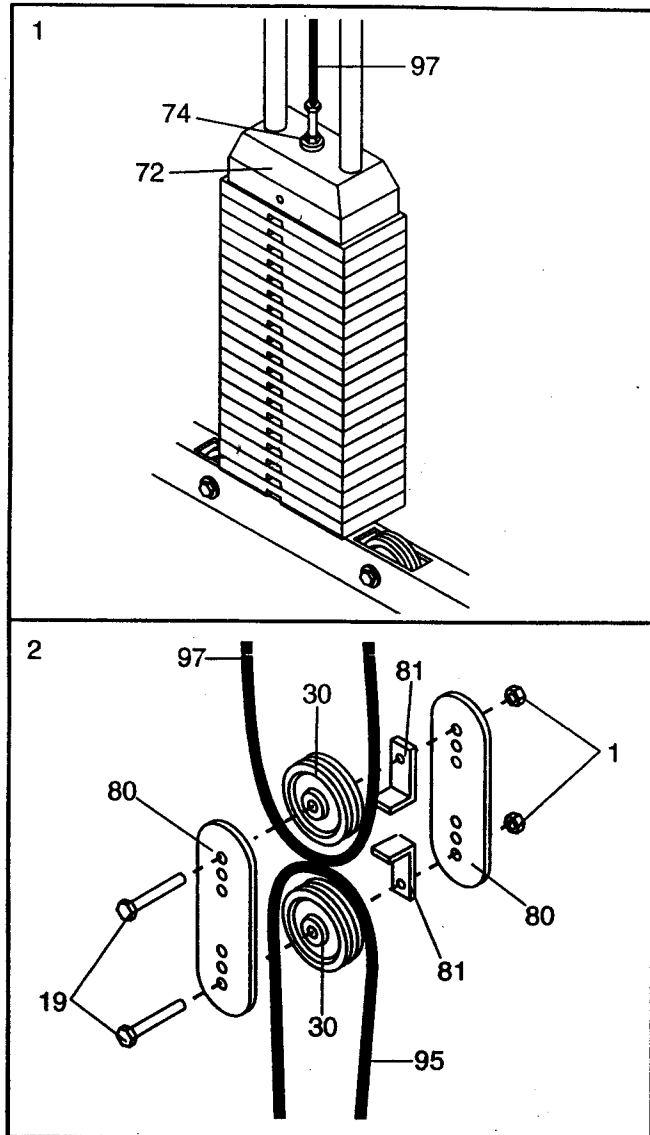
WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	LOW PULLEY (lbs.)	LEG PRESS (lbs.)
Top	18	9	20	11	15	25
1	40	20	54	34	40	40
2	49	24	69	45	51	60
3	58	31	88	55	65	75
4	68	35	99	67	73	100
5	80	41	114	77	84	121
6	89	48	130	89	69	150
7	96	53	147	98	108	171
8	108	57	159	111	117	179
9	117	63	177	120	130	190
10	127	69	198	133	146	217
11	135	72	208	145	153	229
12	142	77	220	154	162	255
13	144	83	242	166	178	274
14	165	88	254	178	187	293
15	175	93	271	189	200	313
16	185	99	291	194	215	332
17	195	105	306	215	225	351
18	202	110	318	218	234	371
19	212	115	322	229	237	390

TROUBLE-SHOOTING AND MAINTENANCE

Inspect and tighten all parts each time you use the home gym system. Replace any worn parts immediately. The home gym system can be cleaned using a damp cloth and mild non-abrasive detergent. Do not use solvents.

TIGHTENING THE CABLES

Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is too much slack in the cables, they should be tightened. Locate the threaded end of the High Cable (97) in the Top Weight Cover (72). Loosen the 1/2" Nut (74). Thread the end of the Cable further into the Top Weight Cover, until there is no slack in the cables. Finger tighten the 1/2" Nut against the Top Weight Cover.



Additional slack can be removed by moving one or both of the 3 1/2" Pulleys (30) to a different set of holes in the "I"-Plates (80).

To move one of the 3 1/2" Pulleys (30), remove the 3/8" Nylon Locknut (1) and the 3/8" x 2" Bolt (19) from the Pulley, the "L"-Bracket (81), and both "I"-Plates (80). Re-attach the Pulley and the Cable Trap using the next hole in the "I"-Plates. **Be sure that the "L"-Bracket is in the proper position and that the Cable and Pulley move smoothly.**

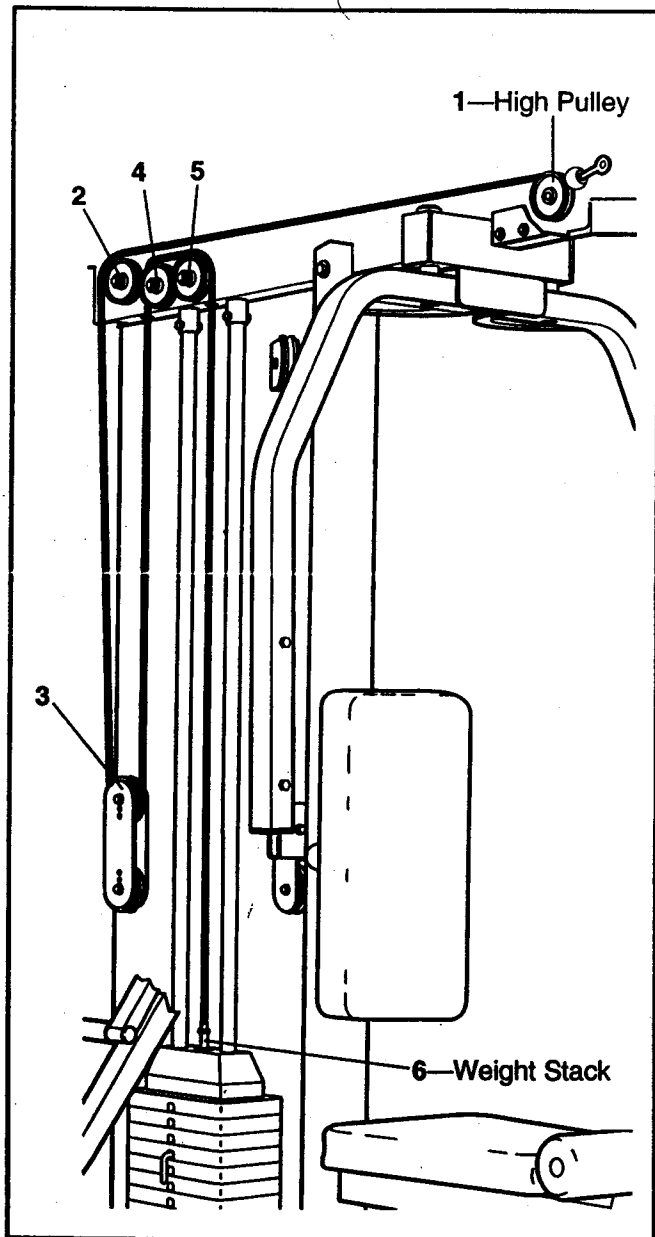
Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

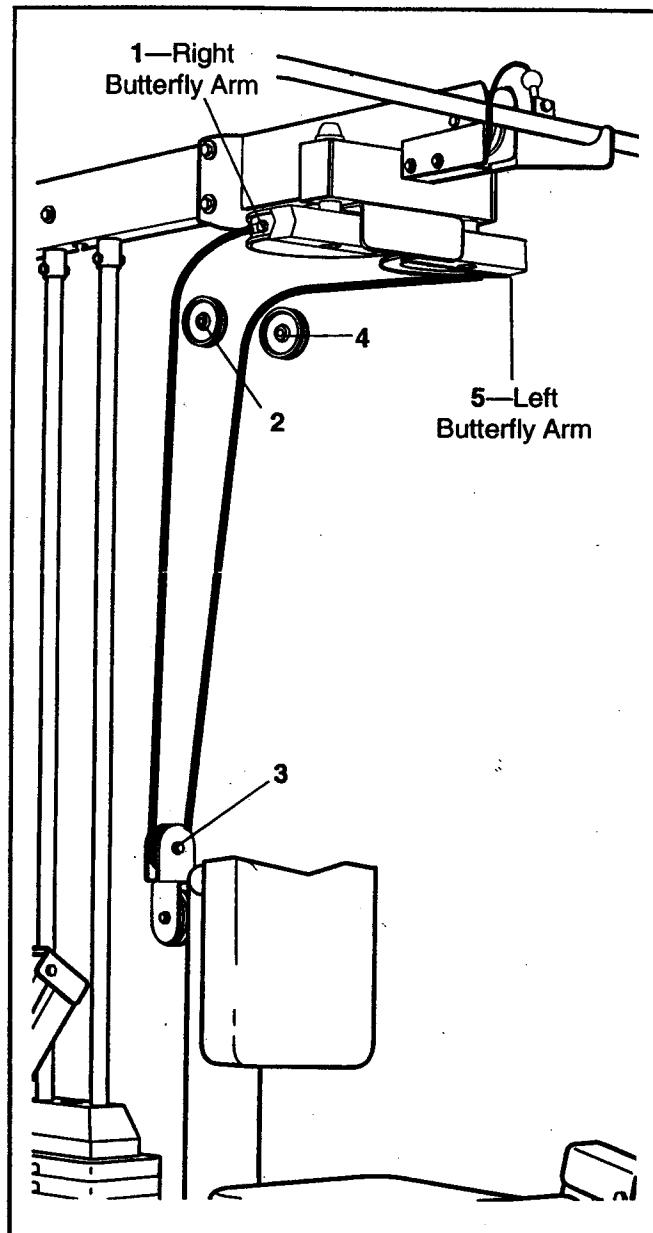
CABLE DIAGRAMS

The three cable diagrams on this page and the next page show the proper routing of the High Cable (97), the Butterfly Cable (96), and the Low Cable (95). Use the diagrams to be sure that the three Cables have been assembled correctly. The starting and ending points of each cable have been labeled. The numbers show the proper route for each cable. **IMPORTANT: If the cables have not been correctly routed, the IMAGE 5.0 will not function properly and damage may occur.**

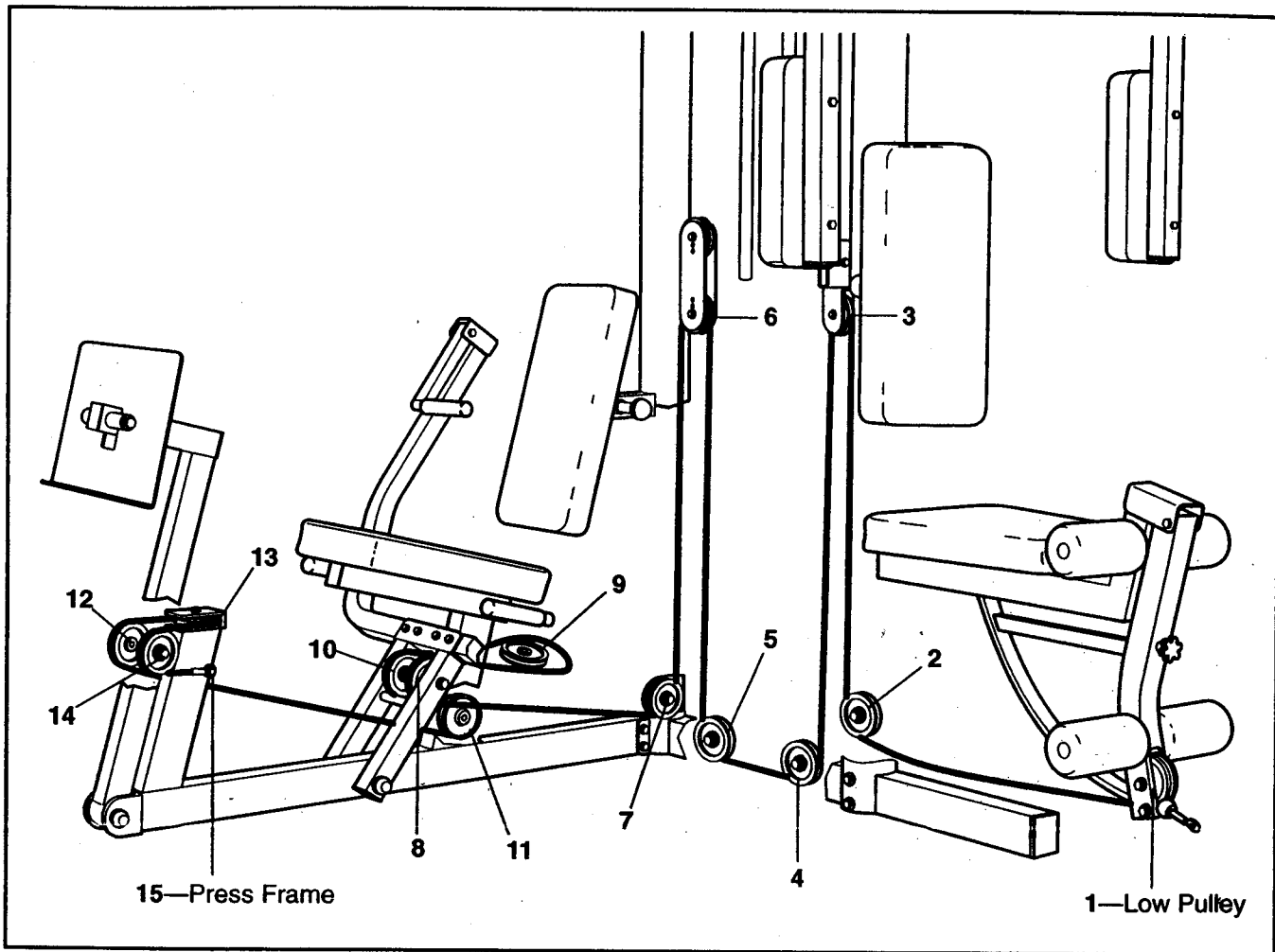
High Cable (97)



Butterfly Cable (96)



Low Cable (95)



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (IMSY50050).
- The NAME of the product (IMAGE® 5.0 Home Gym System).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST/EXPLODED DRAWING attached to the center of this manual).

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to 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, 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.

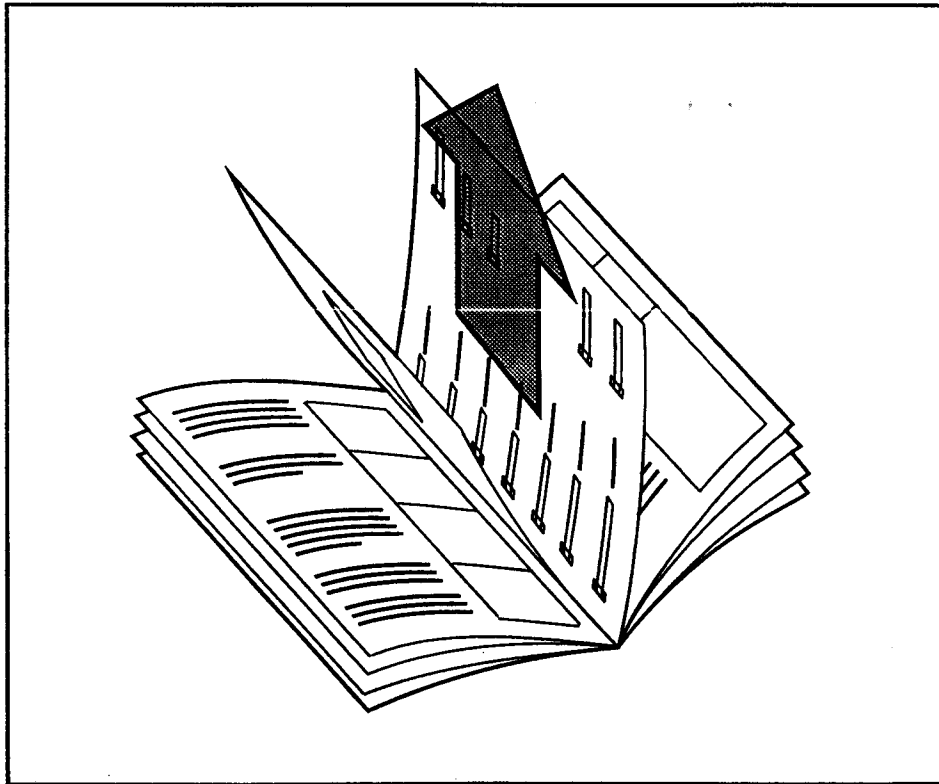
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

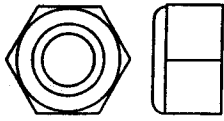
This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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

REMOVE THIS PART IDENTIFICATION CHART FROM THE MANUAL

This chart is provided to help you identify the small parts used in assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly.

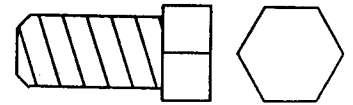




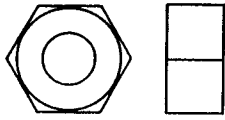
3/8" Nylon Locknut (1)-38



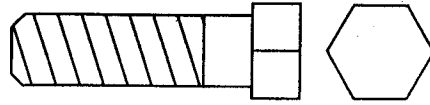
1/4" x 3/4" Screw (24)-12



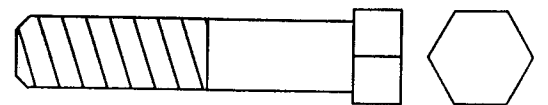
3/8" x 3/4" Hex Bolt (57)-1



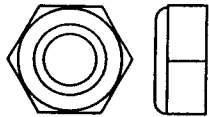
3/8" Nut (21)-1



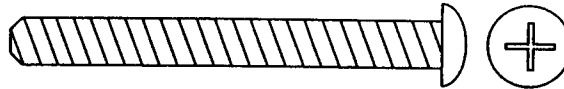
3/8" x 1 1/4" Bolt (22)-2



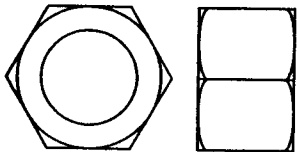
3/8" x 1 3/4" Bolt (10)-5



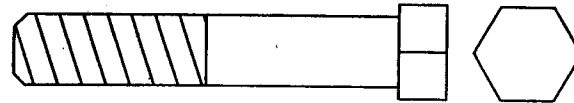
3/8" Nylon Jam Nut (20)-6



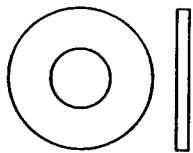
1/4" x 2 1/4" Screw (25)-4



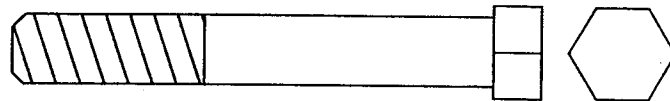
1/2" Nut (74)-1



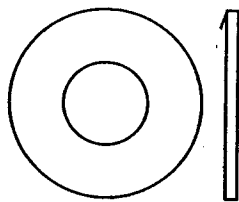
3/8" x 2" Bolt (19)-2



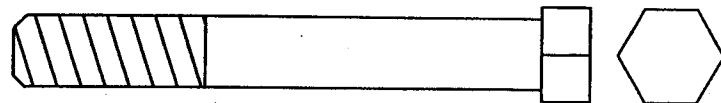
1/4" Washer (26)-4



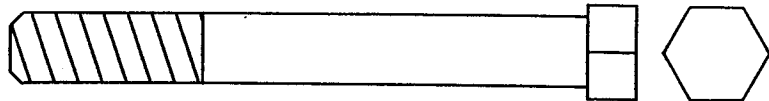
3/8" x 2 1/2" Bolt (13)-7



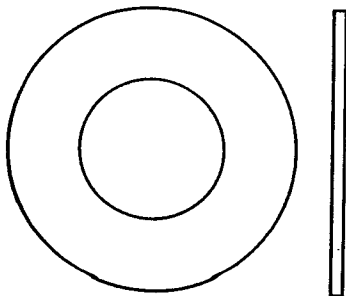
3/8" Washer (5)-31



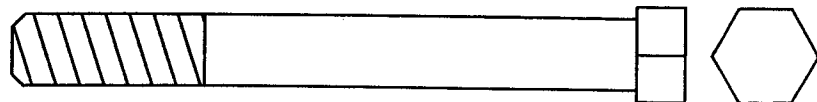
3/8" x 2 3/4" Bolt (17)-5



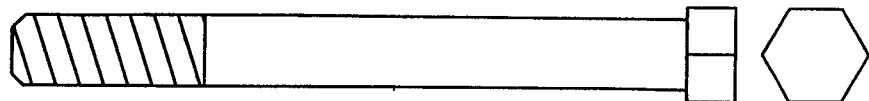
3/8" x 3" Bolt (11)-9



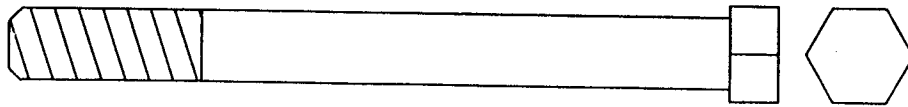
1 1/2" x 3/4" Washer (4)-2



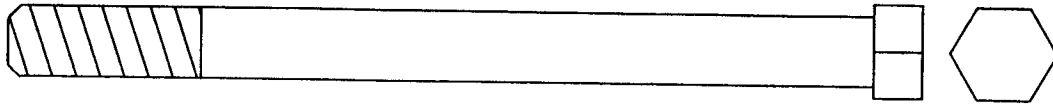
3/8" x 3 1/4" Bolt (27)-1



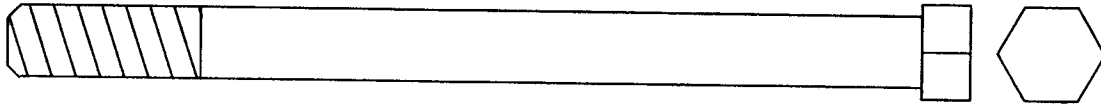
3/8" x 3 1/2" Bolt (15)-2



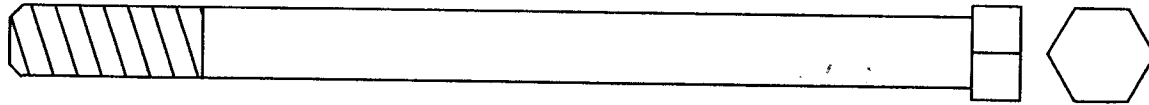
3/8" x 3 3/4" Bolt (16)-1



3/8" x 4 1/2" Bolt (18)-1



3/8" x 4 3/4" Bolt (12)-6



3/8" x 5" Bolt (14)-4



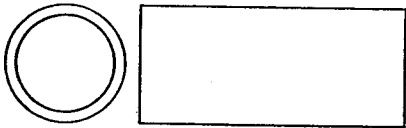
1/2" x 3/8" Spacer (38)-2



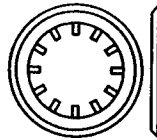
5/8" x 1/2" Bushing (36)-7



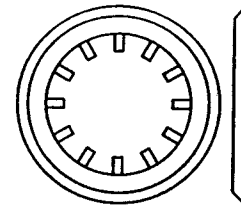
5/8" x 9/16" Bushing (39)-6



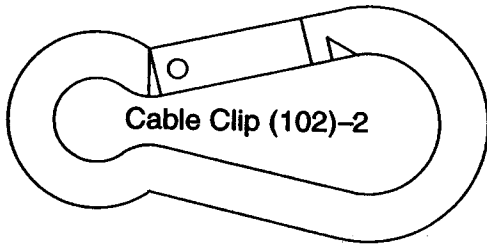
5/8" x 1 3/8" Spacer (37)-2



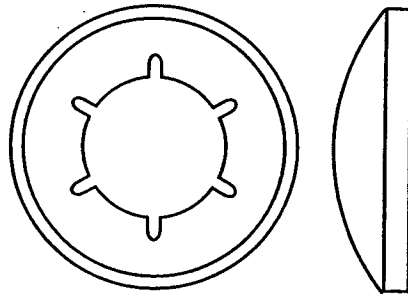
1/2" Retainer (2)-4



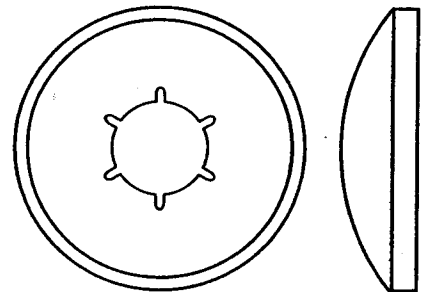
3/4" Retainer (3)-4



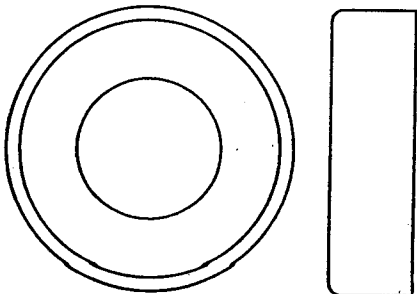
Cable Clip (102)-2



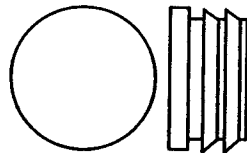
3/4" Dome Cap (6)-4



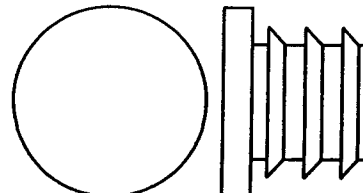
1/2" Dome Cap (7)-4



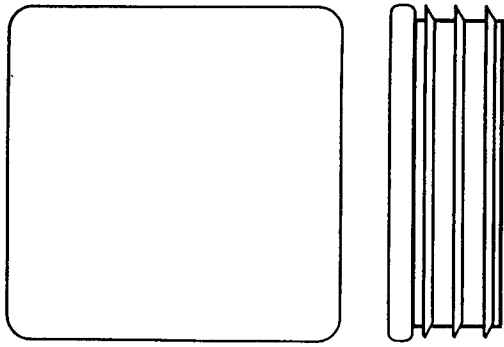
Weld Cover (53)-2



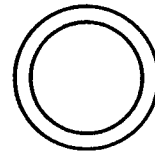
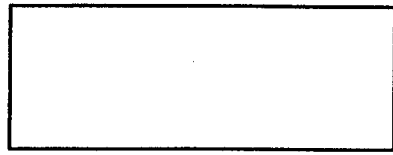
3/4" Round Inner Cap (40)-4



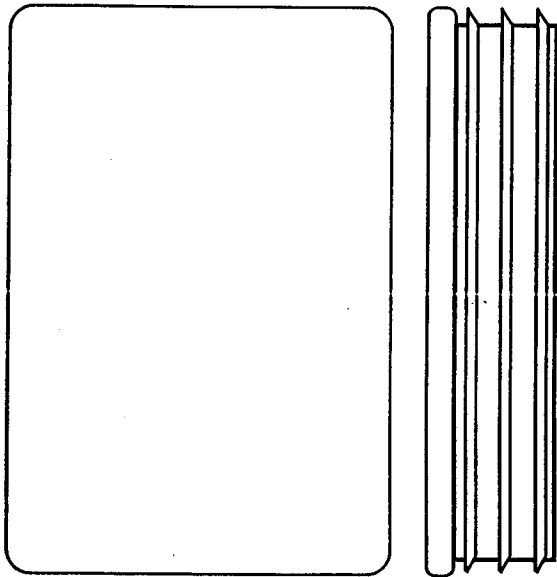
1" Round Inner Cap (41)-2



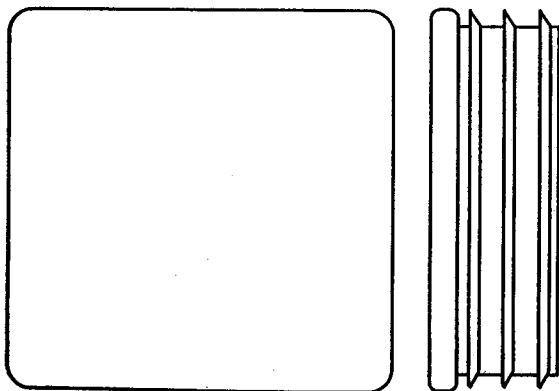
1 3/4" Square Inner Cap (58)-4



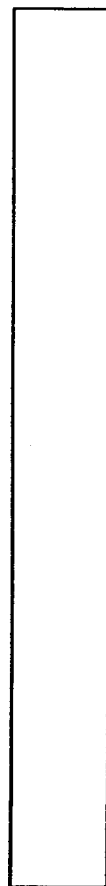
Retainer Tool-1
(Included with axles)



2" x 3" Inner Cap (52)-2



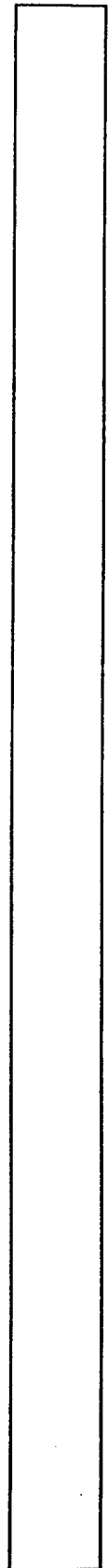
2" Square Inner Cap (28)-3



1/2" x 4 5/8" Axle (50)-1

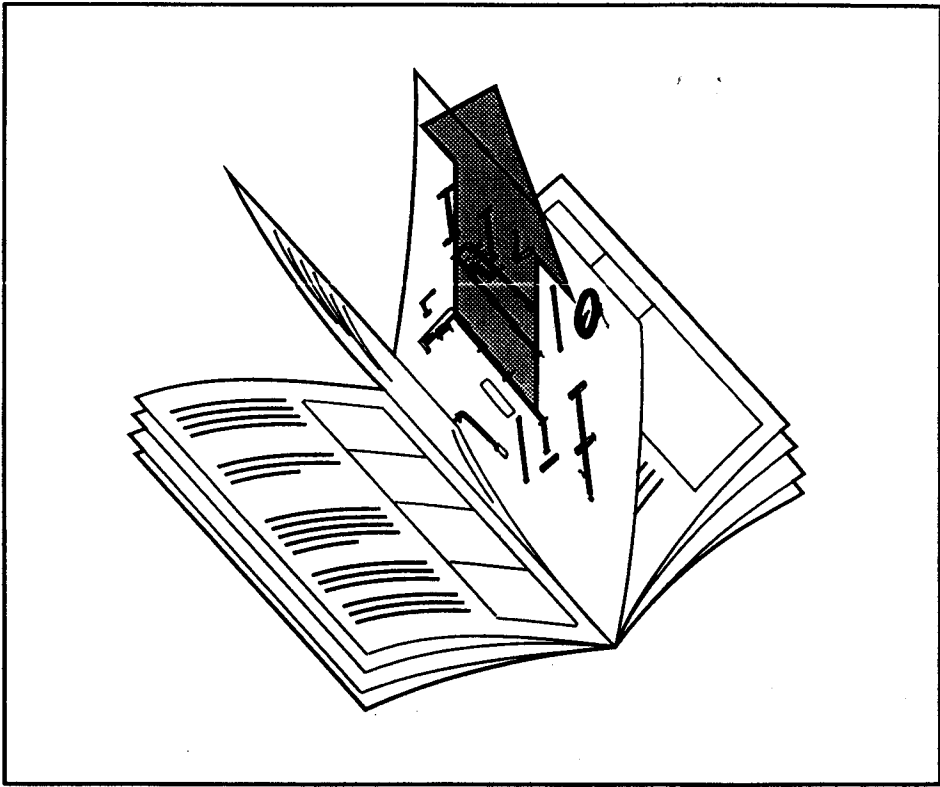


1/2" x 7 3/8" Axle (49)-1



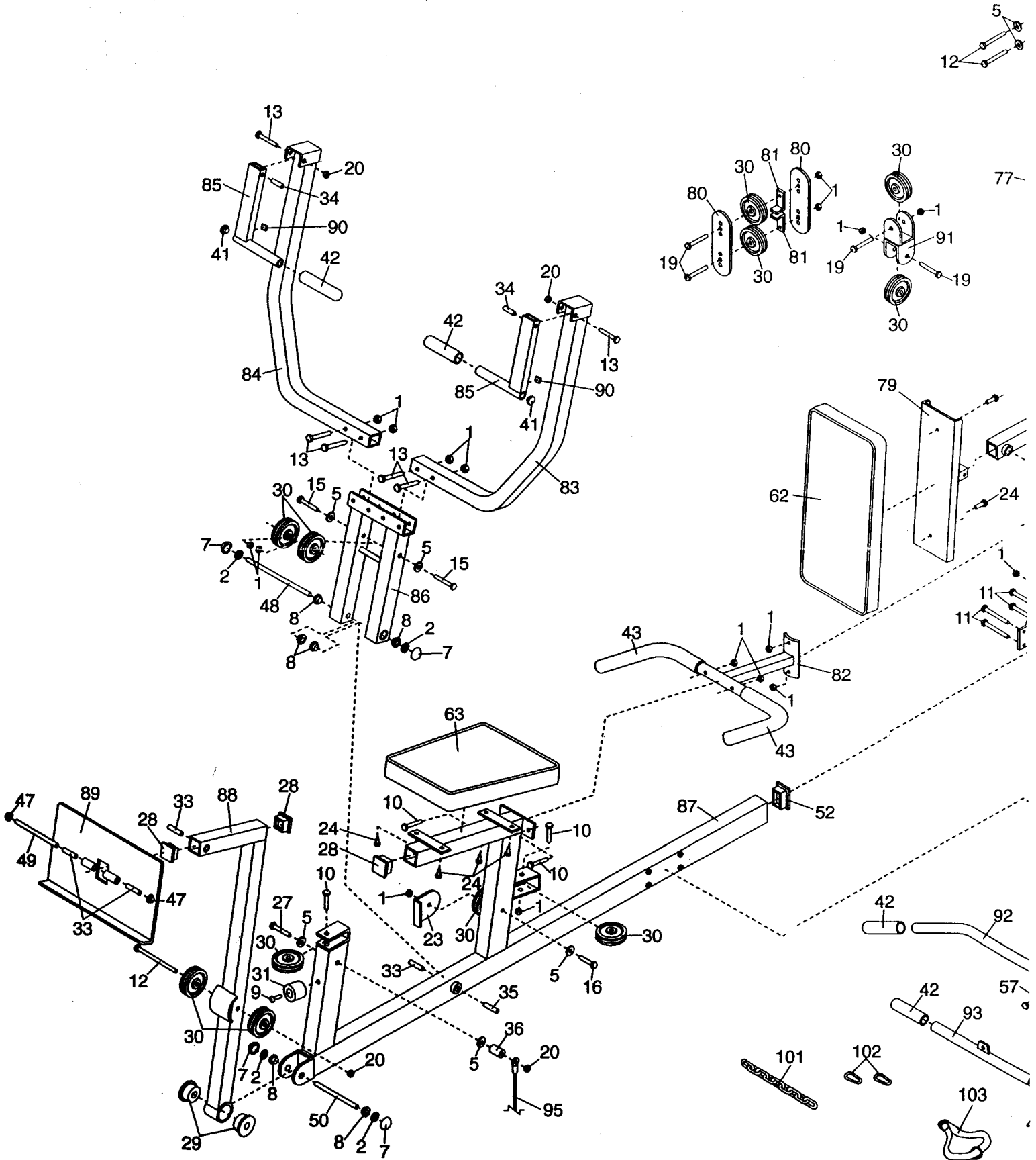
1/2" x 8 7/8" Axle (48)-1

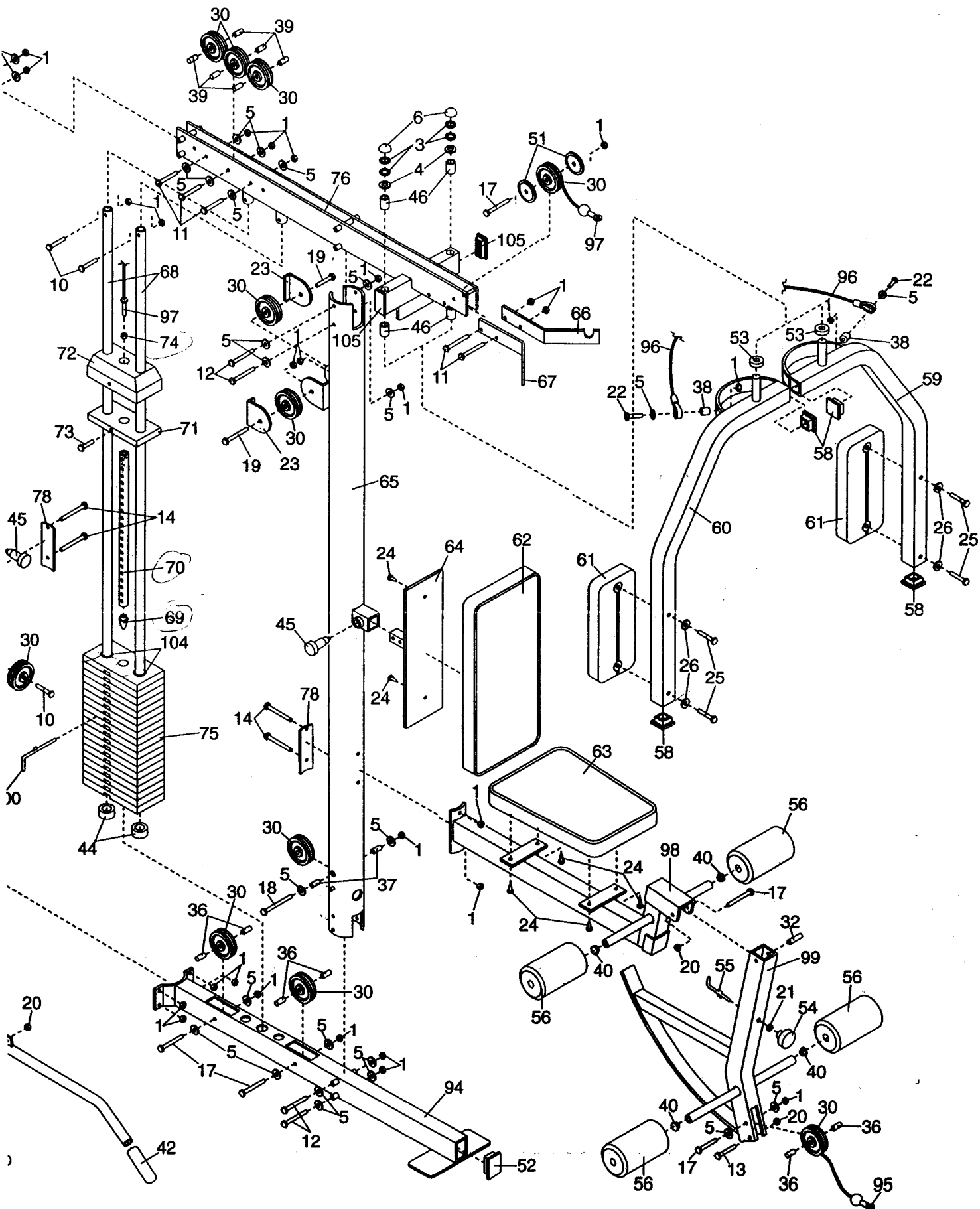
**REMOVE THIS PART LIST/EXPLODED
DRAWING FROM THE MANUAL**



EXPLODED DRAWING—Model No. IMSY50050

R0396A





PART LIST—Model No. IMSY50050

R0396A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	45	3/8" Nylon Locknut	55	1	Locking Pin
2	4	1/2" Retainer	56	4	Foam Pad
3	4	3/4" Retainer	57	1	3/8" x 3/4" Bolt
4	2	1 1/2" x 3/4" Washer	58	4	1 3/4" Square Inner Cap
5	33	3/8" Washer	59	1	Left Butterfly Arm
6	2	3/4" Dome Cap	60	1	Right Butterfly Arm
7	4	1/2" Dome Cap	61	2	Butterfly Arm Pad
8	6	1/2" x 1/4" Bushing	62	2	Backrest
9	1	#8 x 3/4" Screw	63	2	Seat
10	7	3/8" x 1 3/4" Bolt	64	1	Backrest Plate
11	9	3/8" x 3" Bolt	65	1	Front Upright
12	7	3/8" x 4 3/4" Bolt	66	1	Left Support Plate
13	7	3/8" x 2 1/2" Bolt	67	1	Right Support Plate
14	4	3/8" x 5" Bolt	68	2	Weight Guide
15	2	3/8" x 3 1/2" Bolt	69	1	Weight Tube Bumper
16	1	3/8" x 3 3/4" Bolt	70	1	Weight Tube
17	5	3/8" x 2 3/4" Bolt	71	1	Top Weight
18	1	3/8" x 4 1/2" Bolt	72	1	Top Weight Cover
19	6	3/8" x 2" Bolt	73	1	3/8" x 1 1/2" Allen Bolt
20	7	3/8" Nylon Jam Nut	74	1	1/2" Nut
21	1	3/8" Nut	75	19	Weight
22	2	3/8" x 1 1/4" Bolt	76	1	Top Frame
23	3	Pulley Cover	77	1	Rear Upright
24	12	1/4" x 3/4" Screw	78	2	Support Bracket
25	4	1/4" x 2 1/4" Screw	79	1	Press Seat Bracket
26	4	1/4" Washer	80	2	"I"-Plate
27	1	3/8" x 3 1/4" Bolt	81	2	"L"-Bracket
28	3	2" Square Inner Cap	82	1	Press Frame Handle
29	2	Inner Bushing	83	1	Left Arm
30	22	3 1/2" Pulley	84	1	Right Arm
31	1	1" x 3/4" Bumper	85	2	Handle
32	1	5/8" x 2" Bushing	86	1	Moment Arm
33	4	1/2" x 2 1/4" Bushing	87	1	Press Frame
34	2	5/8" x 1 3/4" Bushing	88	1	Leg Press Arm
35	1	1/2" x 1.7" Bushing	89	1	Press Plate
36	7	5/8" x 1/2" Bushing	90	2	Square Bumper
37	2	5/8" x 1 3/8" Bushing	91	1	"U"-Bracket
38	2	1/2" x 3/8" Bushing	92	1	Lat Bar
39	6	5/8" x 9/16" Bushing	93	1	Row Bar
40	4	3/4" Round Inner Cap	94	1	Base
41	2	1" Round Inner Cap	95	1	Low Cable
42	6	Hand Grip 1" x 6"	96	1	Butterfly Cable
43	2	Hand Grip 1" x 10"	97	1	High Cable
44	2	Weight Bumper	98	1	Seat Frame
45	2	Lock Knob	99	1	Leg Lever
46	4	3/4" x 1 3/4" Spacer	100	1	Weight Pin
47	2	1/2" Hat Cap	101	1	Chain
48	1	1/2" x 8 7/8" Axle	102	2	Cable Clip
49	1	1/2" x 7 3/8" Axle	103	1	Nylon Strap
50	1	1/2" x 4 5/8" Axle	104	38	Weight Insert
51	2	Wheel Spacer	105	2	2" x 3" Inner Cap (12 Gauge)
52	2	2" x 3" Inner Cap	#	1	Retainer Tool
53	2	Weld Cover	#	1	User's Manual
54	1	3/8" Knob	#	1	Exercise Guide

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