

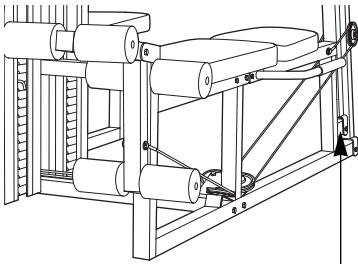
IMAGE[®] 5.0

Patent Pending

Model No. IMSY50070

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 if there are missing or damaged parts, we will guarantee 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.



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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

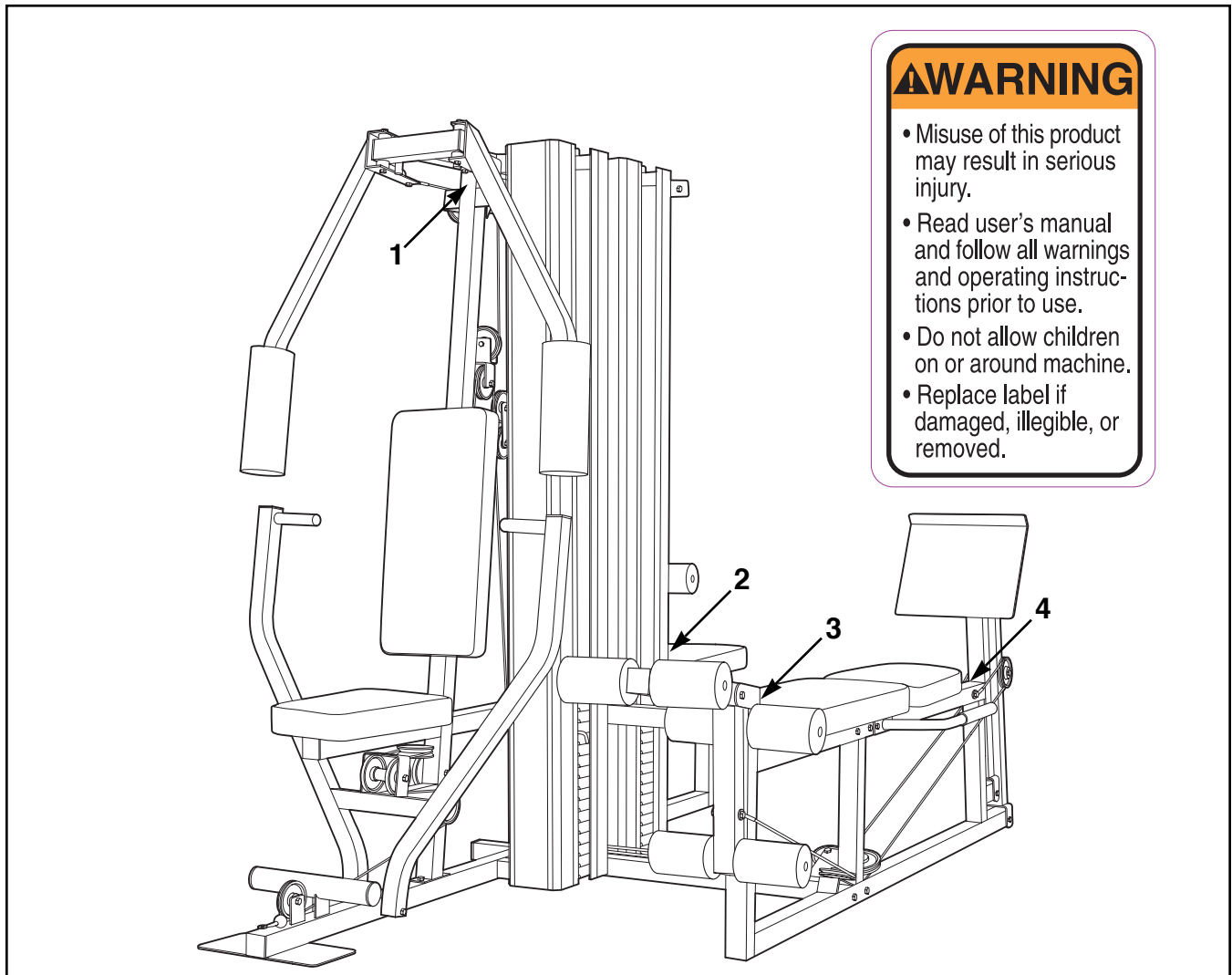
WARNING: To reduce the risk of serious injury, read the following important precautions before using the IMAGE 5.0.

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. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
4. Use the IMAGE 5.0 only on a level surface. Cover the floor underneath the IMAGE 5.0 to protect it.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep children under 12 years old and pets away from the IMAGE 5.0 at all times.
7. Always wear athletic shoes for foot protection when using the IMAGE 5.0.
8. Keep hands and feet away from moving parts.
9. Never release the press arm, butterfly arms, leg lever, leg press plate, lat bar, curl bar, row bar, or ankle strap while weights are raised. The weights will fall with great force.
10. 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.
11. **WARNING:** The adjustment knob must always be inserted through both the seat frame and adjustment tube and fully tightened. Never insert the adjustment knob into the seat frame and then set the adjustment tube in the seat frame on top of the adjustment knob (see USING THE ADJUSTMENT TUBE on page 31).
12. The IMAGE 5.0 is intended for home use only. Do not use the IMAGE 5.0 in any commercial, rental, or institutional setting.

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.

WARNING DECAL PLACEMENT

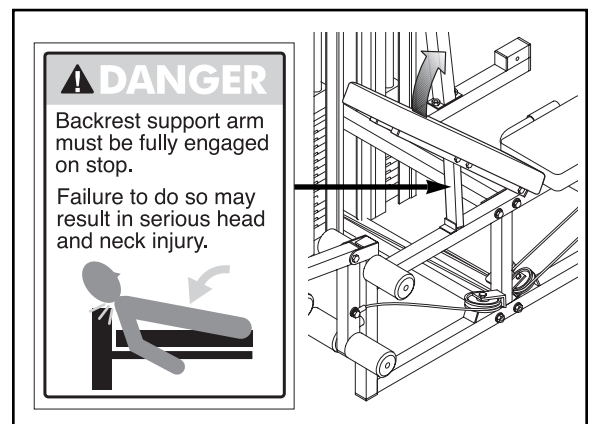
The decal shown below has been placed on the home gym system at the four locations shown below. If any decal is missing, or if any decal is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays), to order a free replacement decal. Apply the replacement decal to the location shown.



DANGER DECAL PLACEMENT

The decal shown to the right has been placed on the home gym system. If this decal is missing, or if it is not legible, 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 order a free replacement decal. Apply the replacement decal to the location shown.

Note: The decal is shown at 75% actual size.



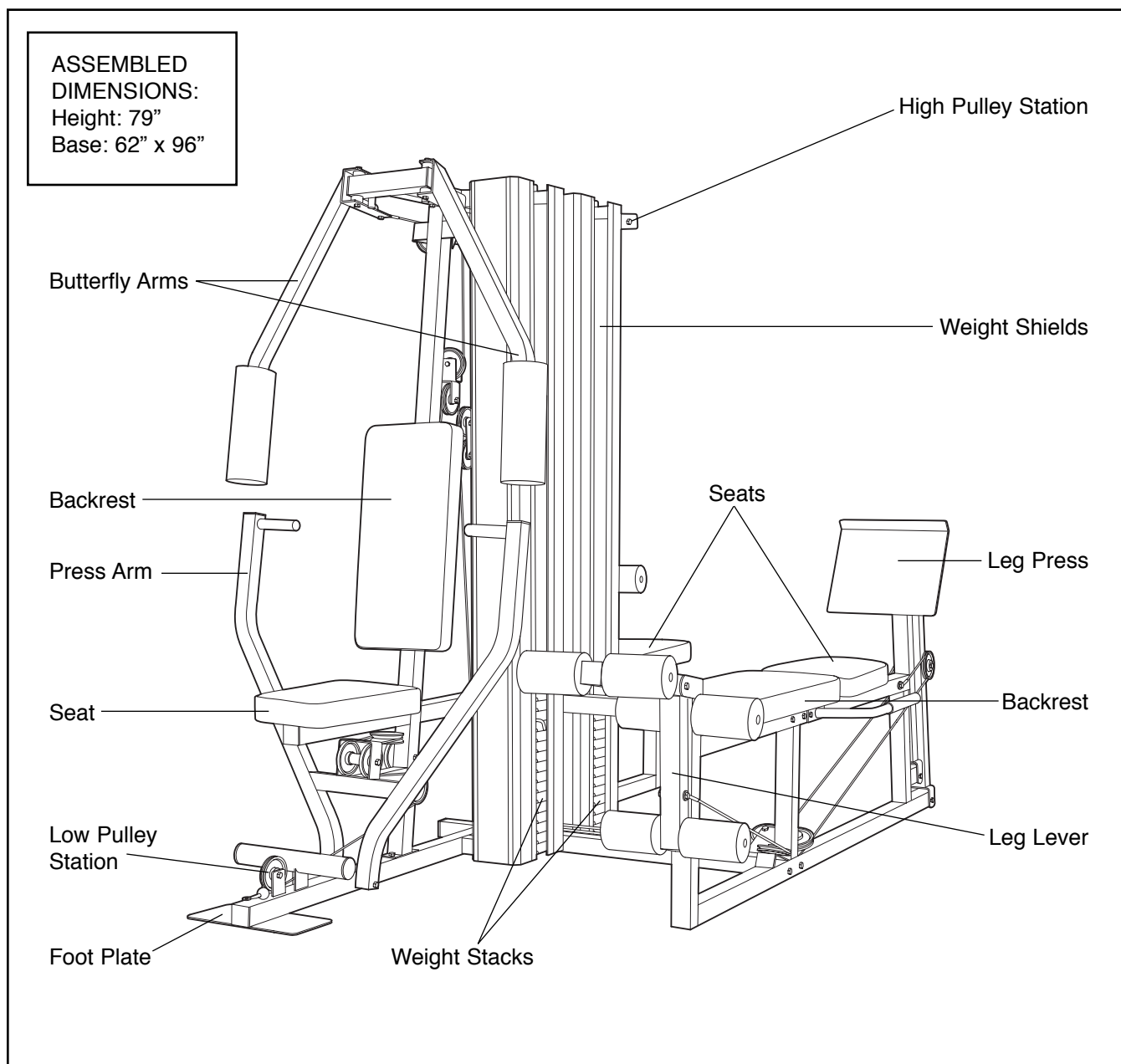
BEFORE YOU BEGIN

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 IMSY50070. 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.




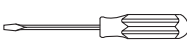
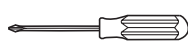

ASSEMBLY

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:

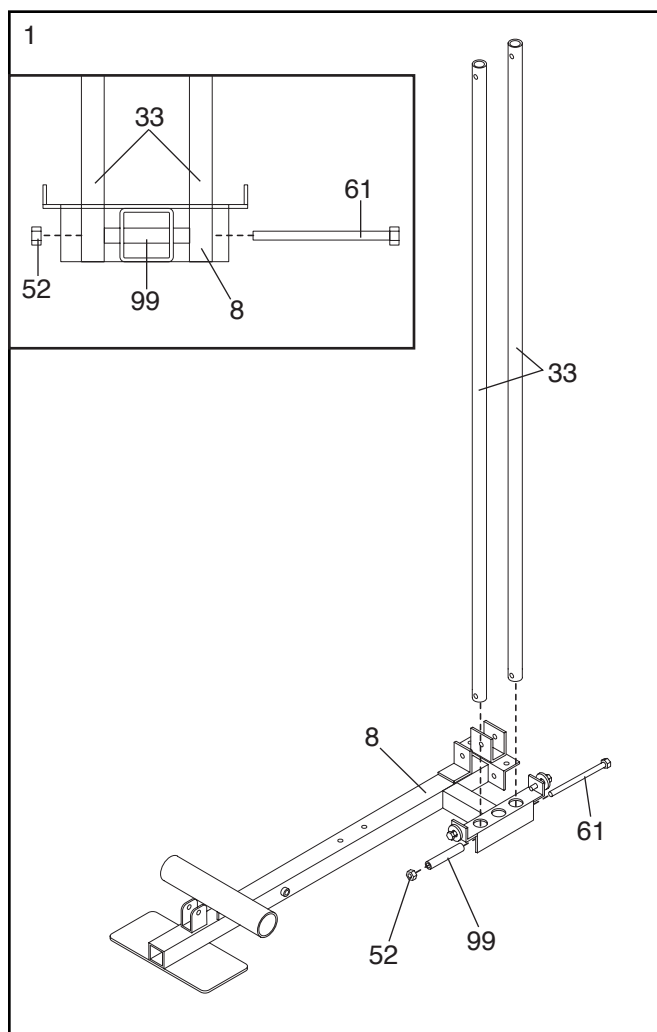
- **Two (2) adjustable wrenches** 
- **One (1) standard screwdriver** 
- **One (1) phillips screwdriver** 
- **One (1) rubber mallet** 
- **Lubricant, such as grease or petroleum jelly, and soapy water will also be needed.**

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.

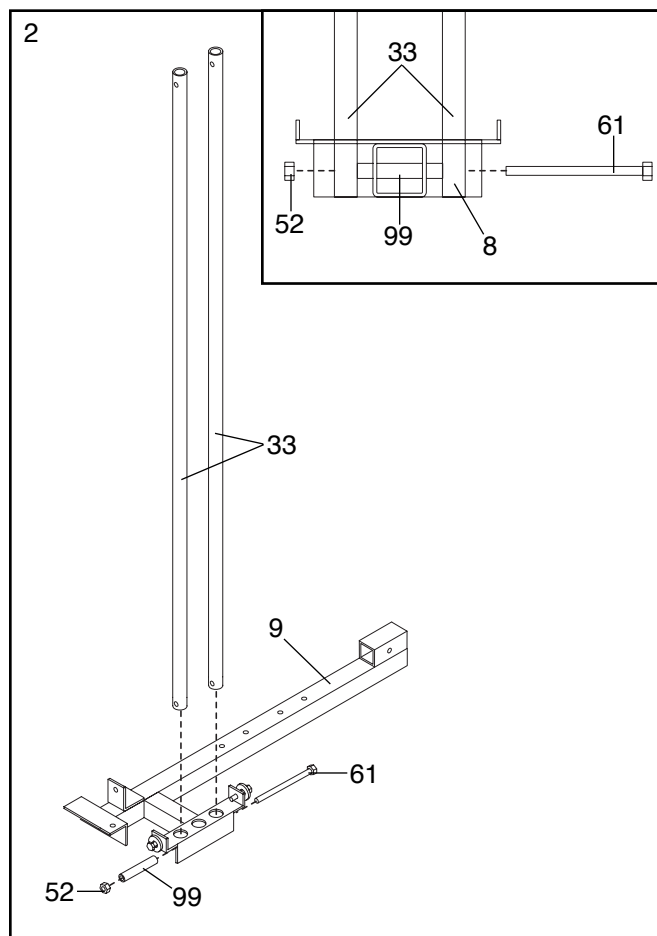
1. **Before beginning assembly, be sure that you have read and understand the information in the box above.**

Locate and open the parts bags labeled “IMAGE 5.0—FRAME ASSEMBLY METAL” and “IMAGE 5.0—FRAME ASSEMBLY PLASTIC.”

Insert a 1/2" x 4" Spacer (99) into the Press Base (8). Insert two Weight Guides (33) into the Press Base. Attach the Weight Guides to the Press Base with a 3/8" x 7" Bolt (61) and a 3/8" Nylon Locknut (52). **Be sure the Spacer is between the Weight Guides as shown in the inset drawing. Do not overtighten the Nylon Locknut; the Weight Guides could be damaged. Note: You may need to tip the Weight Guides and Press Base to tighten the Nylon Locknut.**



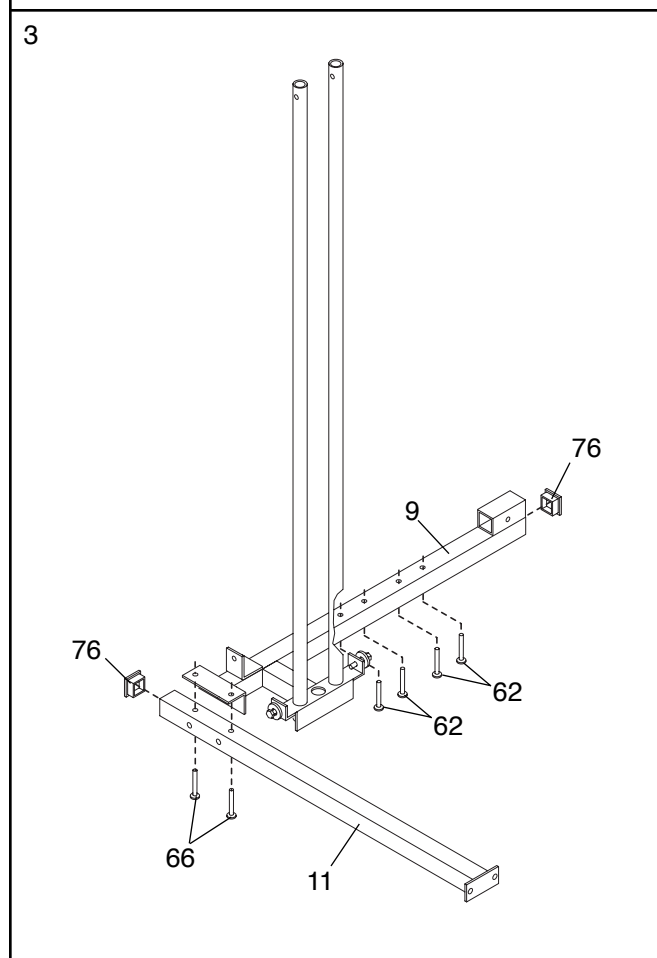
2. Insert a 1/2" x 4" Spacer (99) into the Ab Base (9). Insert two Weight Guides (33) into the Ab Base. Attach the Weight Guides to the Ab Base with a 3/8" x 7" Bolt (61) and a 3/8" Nylon Locknut (52). **Be sure the Spacer is between the Weight Guides as shown in the inset drawing. Do not overtighten the Nylon Locknut; the Weight Guides could be damaged. Note: You may need to tip the Weight Guides and Ab Base to tighten the Nylon Locknut.**



3. Press a 2" Square Inner Cap (76) into the Stabilizer (11). Press a 2" Square Inner Cap into the Ab Base (9).

Insert four 3/8" x 2 1/2" Carriage Bolts (62) into the Ab Base (9). Insert two 3/8" x 2 3/4" Carriage Bolts (66) into the Stabilizer (11).

Slide the bracket on the Ab Base (9) onto the two 3/8" x 2 3/4" Carriage Bolts (66) in the Stabilizer (11).



4. Press a 2" Square Inner Cap (76) into the Press Base (8). Press a 2" Round Inner Cap (88) into each side of the welded tube on the Press Base.

Insert two 3/8" x 2 1/2" Carriage Bolts (62) into the Press Base (8).

Slide the bracket on the Press Base (8) onto the two 3/8" x 2 3/4" Carriage Bolts (66) in the Stabilizer (11). Hand tighten a 3/8" Nylon Locknut (52) onto each Carriage Bolt. **Do not tighten the Nylon Locknuts yet.**

Insert two 3/8" x 2 3/4" Bolts (57) through the Press Base (8), Stabilizer (11), and Ab Base (9). Hand tighten a 3/8" Nylon Locknut (52) onto each Bolt. **Do not tighten the Nylon Locknuts yet.**

5. Attach three "V" Pulleys (85) and three Long Cable Traps (84) between the brackets on the Press Base (8) and Ab Base (9) with the 3/8" x 6" Bolt (67) and a 3/8" Nylon Locknut (52). **Do not tighten the Nylon Locknut yet. See the inset drawing. This is how the Bolt, Pulleys, and Cable Traps should be oriented.**

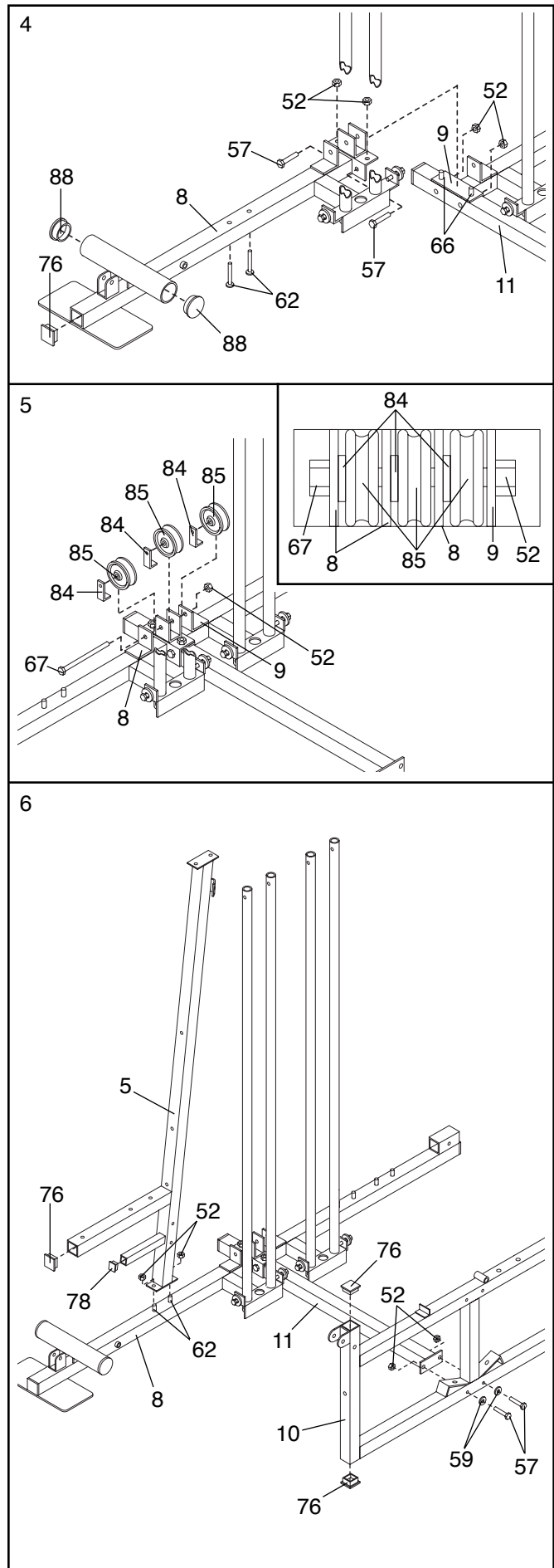
Tighten the Nylon Locknuts used in step 4.

6. Press two 2" Square Inner Caps (76) into the Press Frame (10).

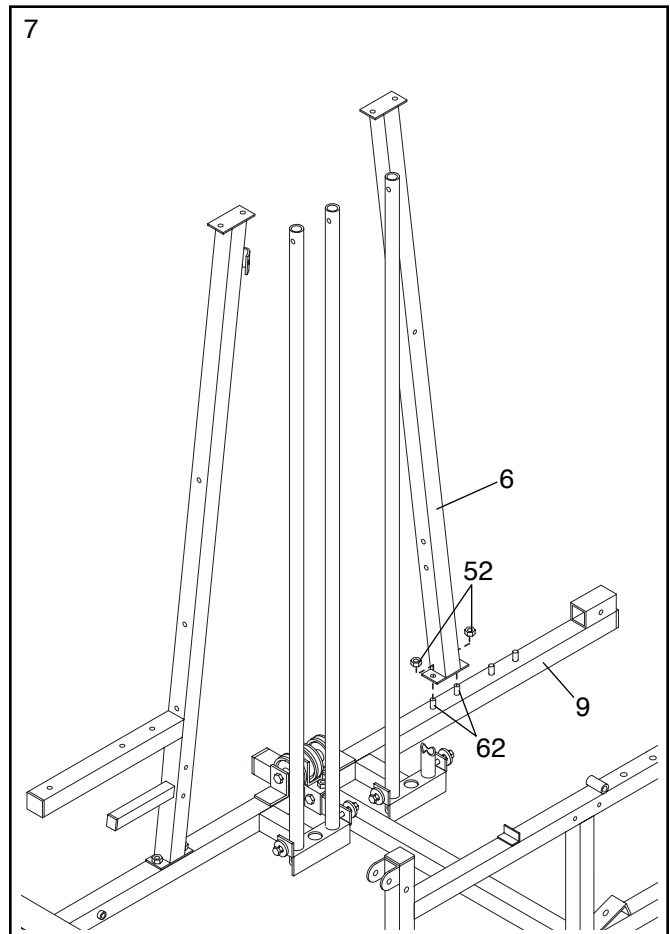
Attach the Press Frame (10) to the Stabilizer (11) with two 3/8" x 2 3/4" Bolts (57), two 3/8" Washers (59), and two 3/8" Nylon Locknuts (52).

Press a 2" Square Inner Cap (76) into the Press Upright (5). Press a 1 1/2" Square Inner Cap (78) into the Press Upright.

Slide the Press Upright (5) onto the two 3/8" x 2 1/2" Carriage Bolts (62) in the Press Base (8). Partially tighten a 3/8" Nylon Locknut (52) onto each Carriage Bolt **but do not fully tighten the Nylon Locknuts yet.**

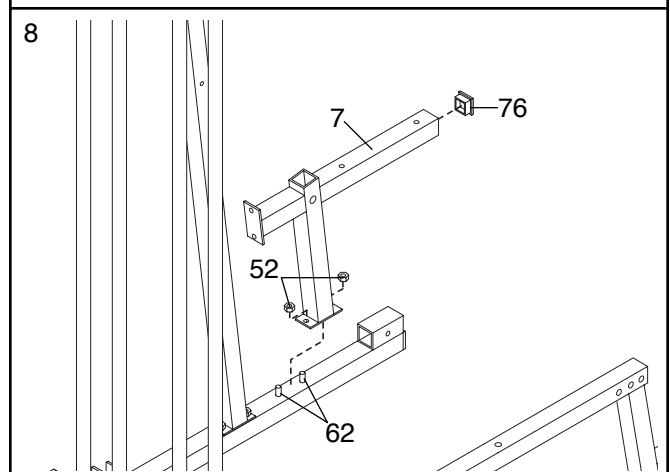


7. Slide the Ab Upright (6) onto the indicated $\frac{3}{8}$ " x $2\frac{1}{2}$ " Carriage Bolts (62) in the Ab Base (9). Partially tighten a $\frac{3}{8}$ " Nylon Locknut (52) onto each Carriage Bolt **but do not fully tighten the Nylon Locknuts yet.**



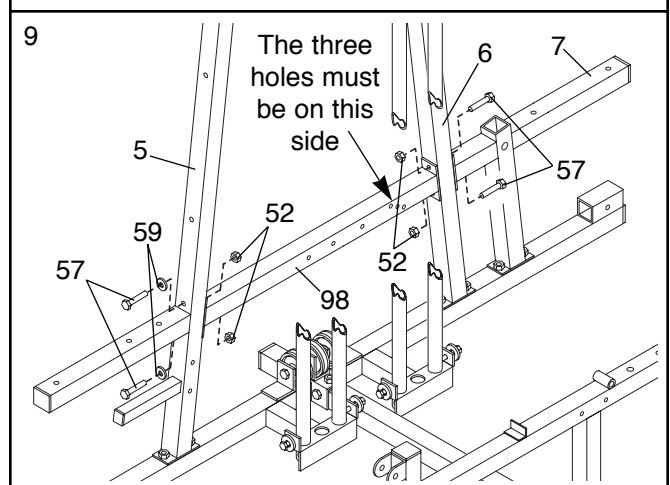
8. Press a 2" Square Inner Cap (76) into the Seat Frame (7).

Slide the Seat Frame (7) onto the indicated $\frac{3}{8}$ " x $2\frac{1}{2}$ " Carriage Bolts (62) in the Ab Base (9). Partially tighten a $\frac{3}{8}$ " Nylon Locknut (52) onto each Carriage Bolt **but do not fully tighten the Nylon Locknuts yet.**



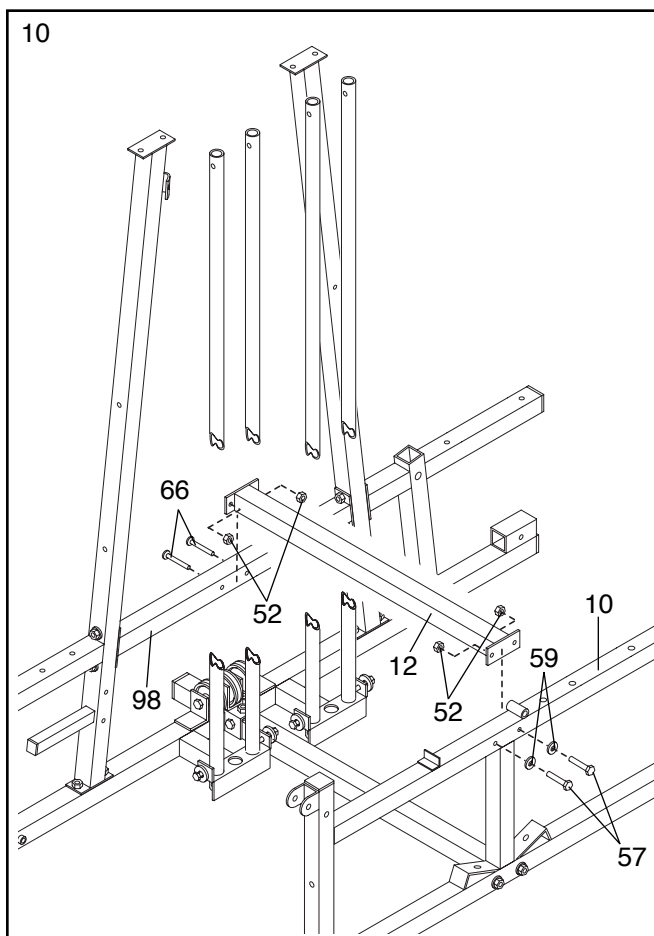
9. Attach the Seat Frame (7) and the Rear Crossbar (98) to the Ab Upright (6) with two $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolts (57) and two $\frac{3}{8}$ " Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet. The Rear Crossbar (98) must be oriented as shown.**

Attach the other end of the Rear Crossbar (98) to the Press Upright (5) with two $\frac{3}{8}$ " x $2\frac{3}{4}$ " Bolts (57), two $\frac{3}{8}$ " Washers (59), and two $\frac{3}{8}$ " Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet.**



10. Attach the Main Crossbar (12) to the Rear Crossbar (98) with two 3/8" x 2 3/4" Carriage Bolts (66) and two 3/8" Nylon Locknuts (52).

Attach the other end of the Main Crossbar (12) to the Press Frame (10) with two 3/8" x 2 3/4" Bolts (57), two 3/8" Washers (59), and two 3/8" Nylon Locknuts (52).

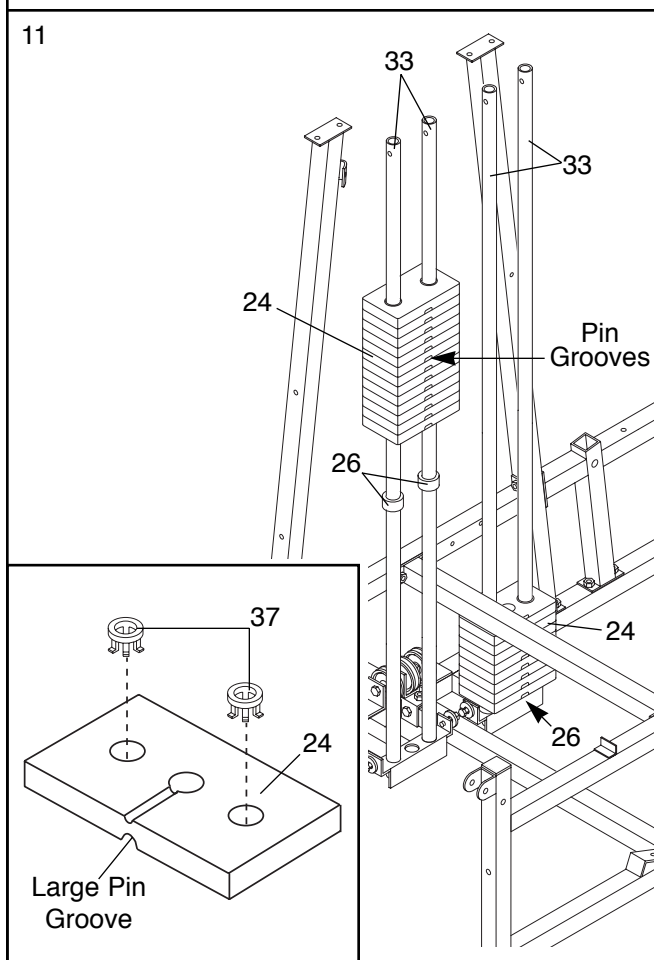


11. See the inset drawing. Press two Weight Inserts (37) into the top of each of the twenty-three Weights (24). **Be sure that each Weight is oriented so that the large pin groove is on the bottom.**

Slide a Weight Bumper (26) onto each of the four Weight Guides (33).

Slide thirteen Weights (24) onto the indicated set of Weight Guides (33). **Be sure that the Weights are oriented so that the large pin grooves are on the bottom, and are on the side shown.**

Slide eight of the remaining Weights (24) onto the other set of Weight Guides (33).

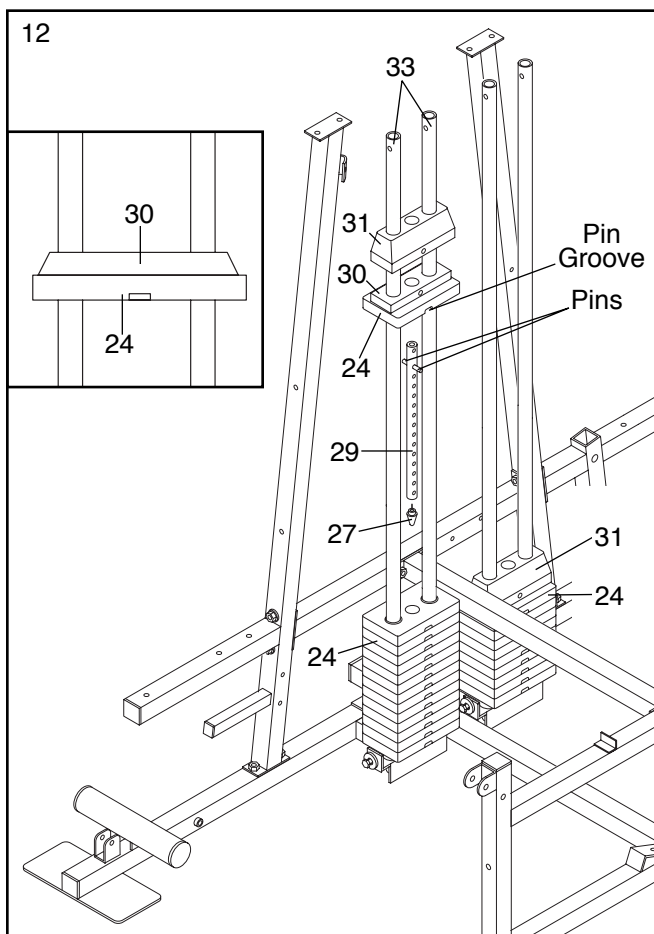


12. Press a Weight Tube Bumper (27) into the end of the Long Weight Tube (29).

Slide the Long Weight Tube (29) into the indicated stack of Weights (24).

Slide another Weight (24) and a Top Weight (30) onto the Weight Guides (33). See the inset drawing. The Top Weight is tapered. It must be oriented as shown. **Be sure that the pins on the Long Weight Tube (29) are aligned with the pin grooves in the Weight.** Slide a Top Weight Cover (31) onto the Top Weight.

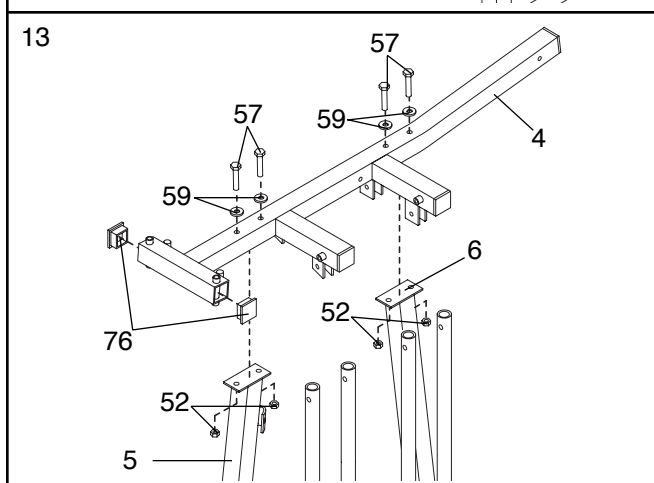
Assemble the Short Weight Tube (not shown), the remaining Weight (24), the remaining Top Weight (not shown), and the remaining Top Weight Cover (31) on the other stack of Weights in the same manner.



13. Press two 2" Square Inner Caps (76) into the Top Frame (4).

Attach the Top Frame (4) to the Press Upright (5) with two 3/8" x 2 3/4" Bolts (57), two 3/8" Washers (59), and two 3/8" Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet.**

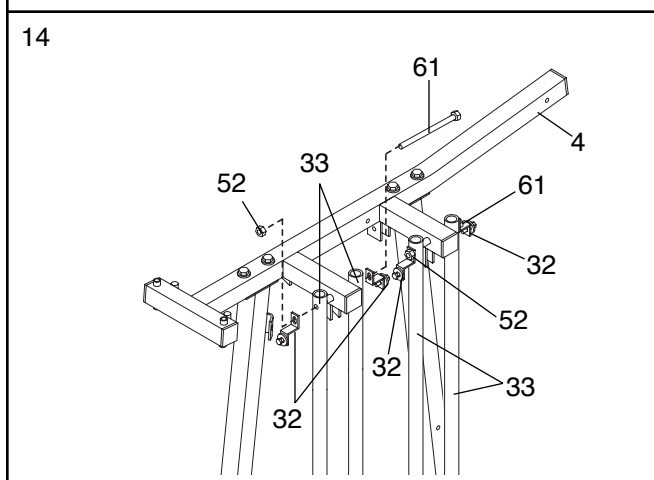
Attach the Top Frame (4) to the Ab Upright (6) with two 3/8" x 2 3/4" Bolts (57), two 3/8" Washers (59), and two 3/8" Nylon Locknuts (52). **Do not tighten the Nylon Locknuts yet.**



14. Attach the upper ends of one set of Weight Guides (33) to the Top Frame (4) with a 3/8" x 7" Bolt (61), two Weight Shield Brackets (32), and a 3/8" Nylon Locknut (52). **Do not tighten the Nylon Locknuts until step 73.**

Attach the upper ends of the other set of Weight Guides (23) to the Top Frame (4) in the same manner.

Before continuing, firmly tighten all Nylon Locknuts used in steps 6 through 13.

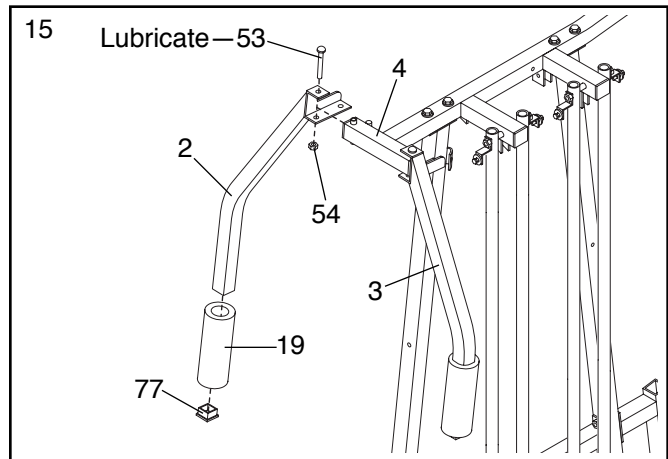


15. **Locate and open the parts bag labeled “IMAGE 5.0—ARM ASSEMBLY.”**

Lubricate a 1/2" x 4" Carriage Bolt (53). Attach the Right Butterfly Arm (2) to the Top Frame (4) with the Bolt and a 1/2" Nylon Jam Nut (54).

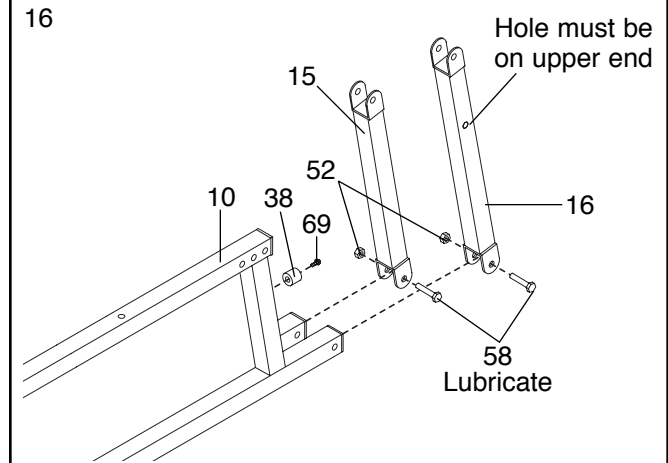
Press a 1 3/4" Square Inner Cap (77) into the Right Butterfly Arm (2). Wet the inside of a Long Foam Pad (19). Slide the Long Foam Pad onto the Butterfly Arm.

Attach the Left Butterfly Arm (3) to the Top Frame (4) in the same manner.



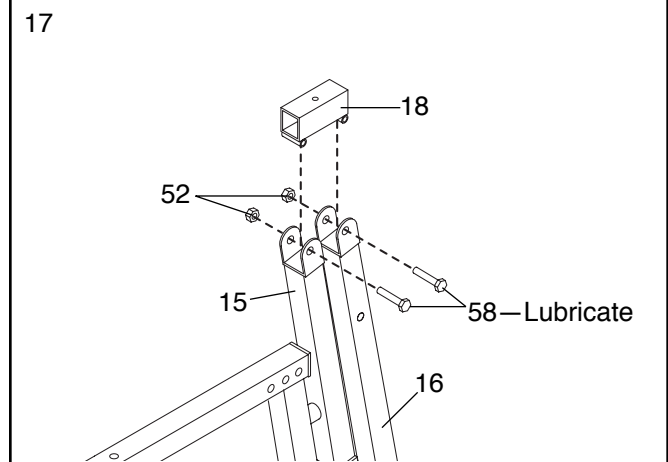
16. Attach the Leg Lever Bumper (38) to the Press Frame (10) with a #10 x 1" Tap Screw (69).

Lubricate two 3/8" x 3 1/2" Bolts (58). Attach the Short Leg Press Arm (15) to the Press Frame (10) with one Bolt and a 3/8" Nylon Locknut (52). Attach the Long Leg Press Arm (16) to the Press Frame with the other Bolt and a 3/8" Nylon Locknut. **The Long Leg Press Arm (16) must be oriented as shown. Do not tighten the Nylon Locknuts yet.**



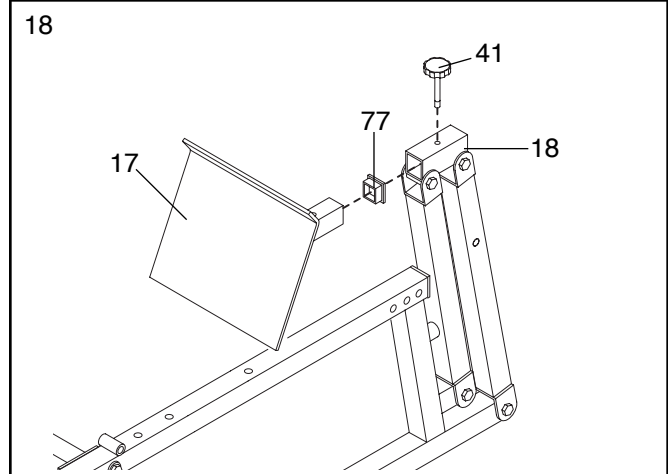
17. Lubricate two 3/8" x 3 1/2" Bolts (58). Attach the Press Plate Tube (18) to the Short Leg Press Arm (15) and the Long Leg Press Arm (16) with the two Bolts and two 3/8" Nylon Locknuts (52). **Do not overtighten the Nylon Locknuts.**

Tighten the Nylon Locknuts used in step 16 but do not overtighten them.



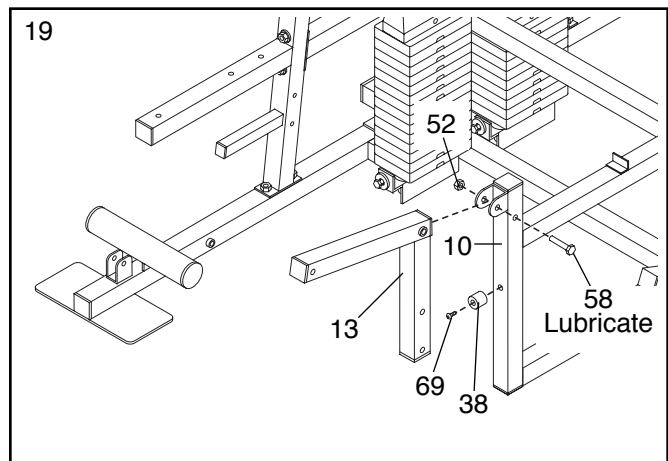
18. Press a 1 3/4" Square Inner Cap (77) into the Press Plate (17).

Slide the Press Plate (17) into the Press Plate Tube (18). Align one of the holes in the Press Plate with the hole in the Press Plate Tube. Tighten a 3/8" Adjustment Knob (41) into the Press Plate Tube.



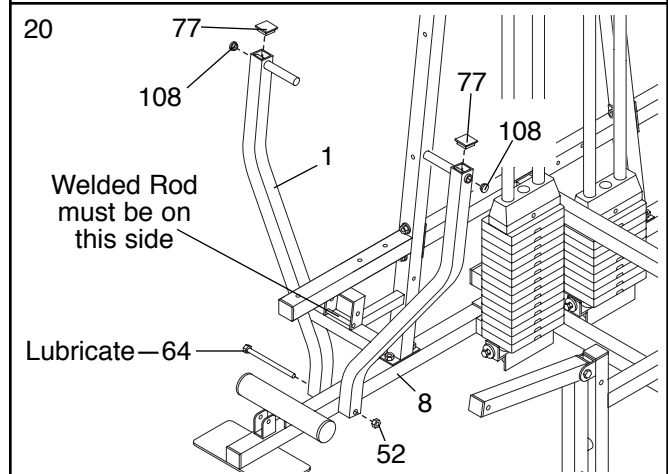
19. Attach the Leg Lever Bumper (38) to the Press Frame (10) with a #10 x 1" Tap Screw (69).

Lubricate a 3/8" x 3 1/2" Bolt (58). Attach the Leg Lever (13) to the Press Frame (10) with the Bolt and a 3/8" Nylon Locknut (52).



20. Press two 1 3/4" Square Inner Caps (77) into the Press Arm (1). Press two 1" Round Inner Caps (108) into the Press Arm.

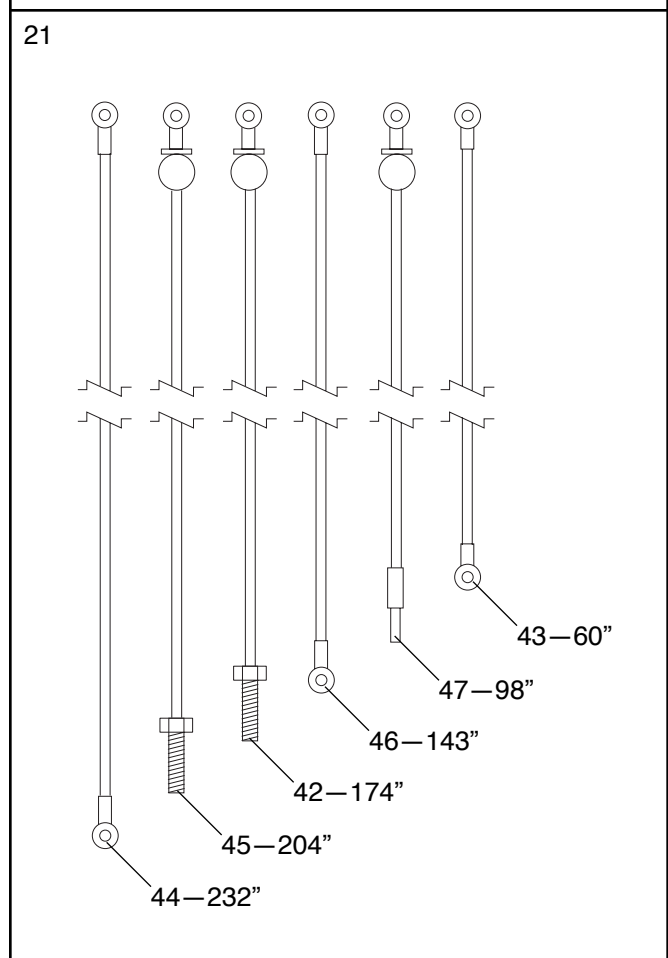
Lubricate a 3/8" x 7 1/2" Bolt (64). Attach the Press Arm (1) to the Press Base (8) with the Bolt and a 3/8" Nylon Locknut (52). **The Press Arm must be oriented as shown.**



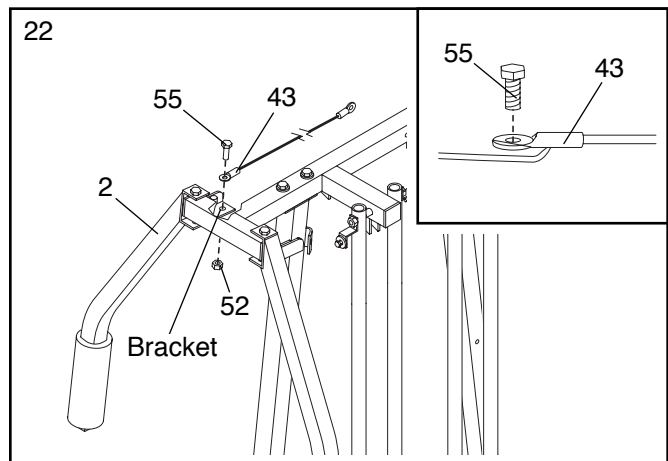
21. **Locate and open the parts bags labeled "CABLE ASSEMBLY" and "PULLEYS."**

During steps 22 through 60, refer to the CABLE DIAGRAMS on pages 36 through 38 of this manual to verify proper cable routing. Before beginning this section, fully unwind the six Cables and identify the Cables by comparing the lengths and the ends. The approximate length of each Cable, in inches, is listed after the key number in the drawing.

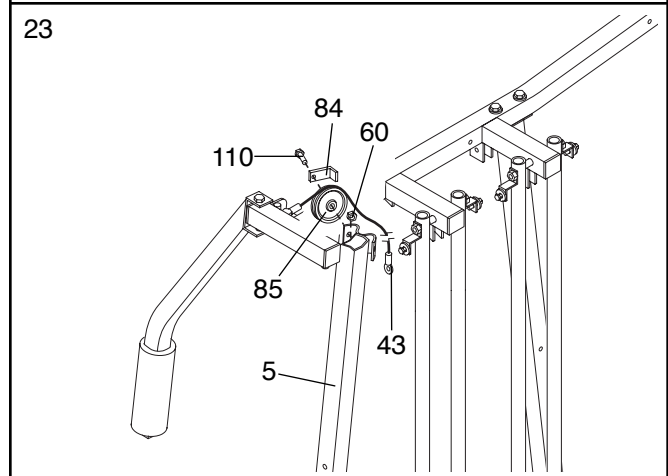
IMPORTANT: While assembling the cables, do not overtighten the bolts and nuts attaching the pulleys. The pulleys must be able to turn freely.



22. **Find the Butterfly Cable (43)—this is the shortest Cable.** Slide one end of the Butterfly Cable onto a 3/8" x 1" Bolt (55). Insert the Bolt through the bracket on the Right Butterfly Arm (2). Thread a 3/8" Nylon Locknut (52) onto the Bolt, **but do not fully tighten it. Leave just enough room for the Cable to pivot. The end of the Cable must be oriented as shown in the inset drawing.**



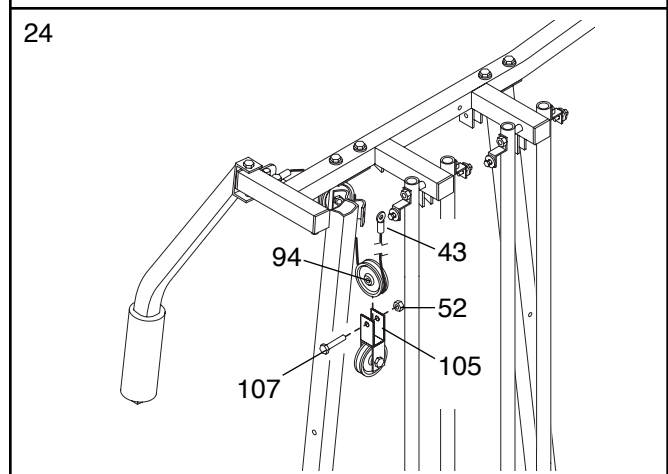
23. Wrap the Butterfly Cable (43) around a "V" Pulley (85) as shown. Attach the Pulley and a Long Cable Trap (84) to the bracket on the Press Upright (5) with a 3/8" x 2 1/4" Bolt (110) and a 3/8" Nylon Jam Nut (60). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**



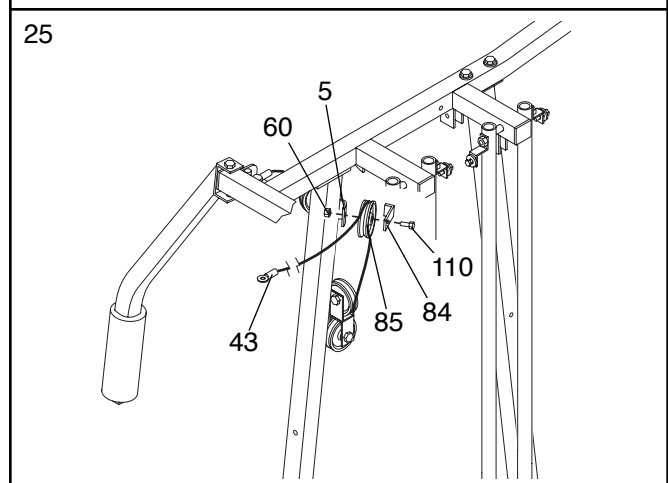
24. **Locate the preassembled Double Bracket (105) and 3 1/2" Pulleys (94).**

Route the Butterfly Cable (43) under the indicated 3 1/2" Pulley (94), from the direction shown. **You may need to remove the Pulley to route the Cable.**

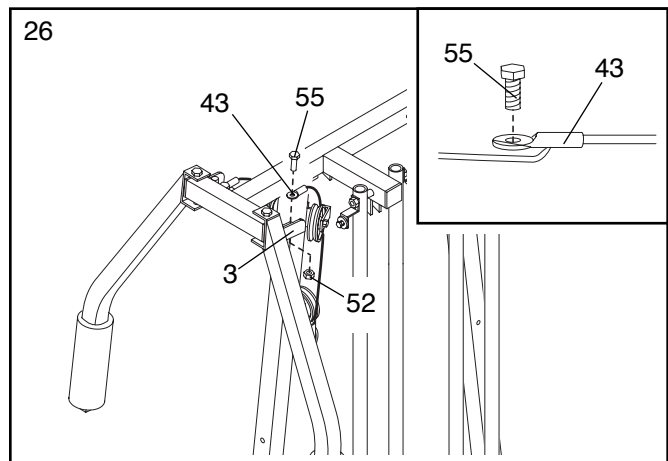
Tighten the 3/8" x 1 3/4" Bolt (107) and the 3/8" Nylon Locknut (52).



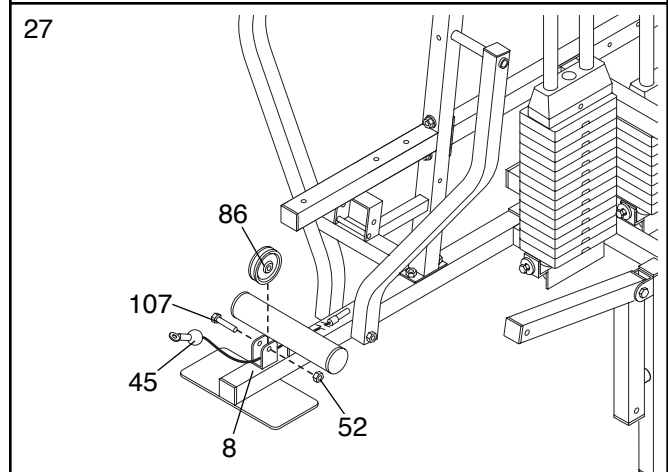
25. Wrap the Butterfly Cable (43) around a "V" Pulley (85) as shown. Attach the Pulley and a Long Cable Trap (84) to the bracket on the Press Upright (5) with a 3/8" x 2 1/4" Bolt (110) and a 3/8" Nylon Jam Nut (60). **The Cable Trap must be oriented as shown and be positioned to hold the Cable in the groove of the Pulley.**



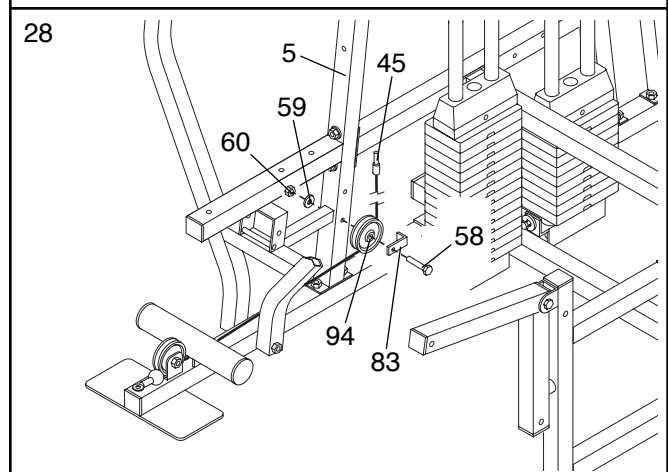
27. Slide the other end of the Butterfly Cable (43) onto a 3/8" x 1" Bolt (55). Insert the Bolt through the bracket on the Left Butterfly Arm (3). Thread a 3/8" Nylon Locknut (52) onto the Bolt, **but do not fully tighten it. Leave just enough room for the Cable to pivot. The end of the Cable must be oriented as shown in the inset drawing.**



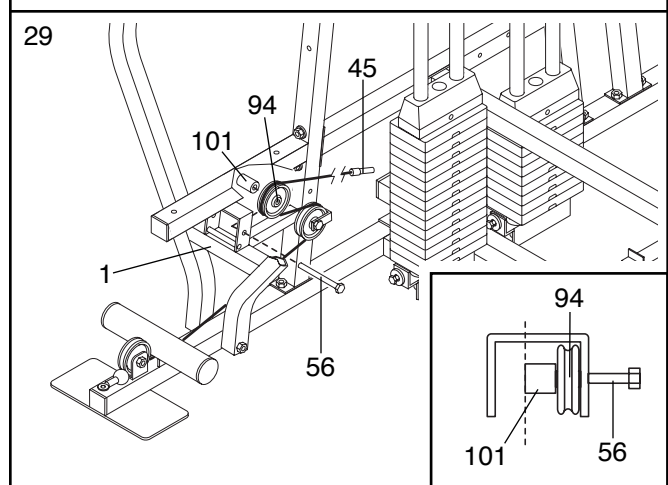
27. Find the Low Cable (45)—this is the second longest remaining Cable. Feed the Low Cable under the 3 1/2" Pro Pulley (86) and the welded tube on the Press Base (8). **The ball on the Cable must be on the side shown. You may need to remove the Pulley to route the Cable.** Tighten the 3/8" x 1 3/4" Bolt (107) and 3/8" Nylon Locknut (52).



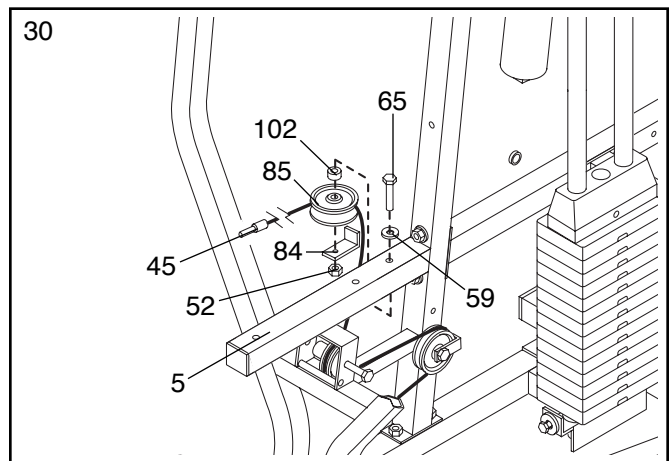
28. Wrap the Low Cable (45) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the Press Upright (5) with a 3/8" x 3 1/2" Bolt (58), a 3/8" Washer (59) and a 3/8" Nylon Jam Nut (60). **Be sure that the Cable Trap is turned to hold the Cable in place.**



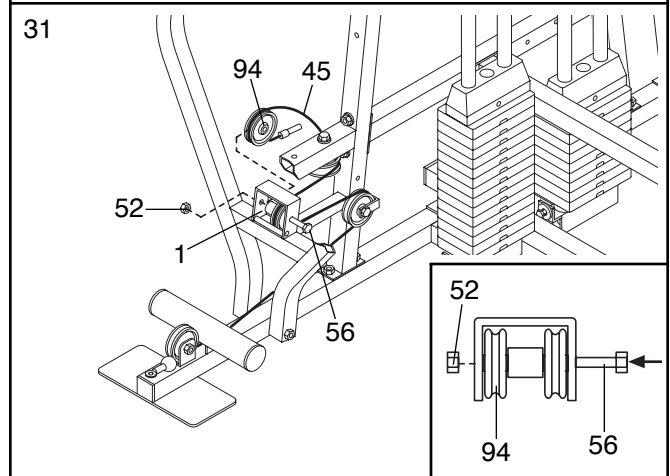
29. Wrap the Low Cable (45) around a 3 1/2" Pulley (94). Attach the Pulley and the 1/2" x 2 1/16" Spacer (101) to the bracket on the Press Arm (1) with a 3/8" x 5" Bolt (56). See the inset drawing. This is how the Bolt, Pulley, and Spacer should be oriented. An additional Pulley and Nylon Locknut will be attached in step 31.



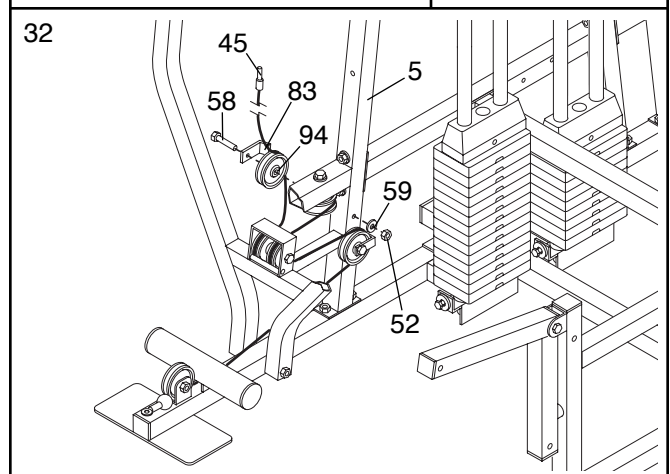
30. Wrap the Low Cable (45) around a “V” Pulley (85). Attach the “V” Pulley to the indicated hole in the Front Upright (5) with a 3/8” x 4 1/2” Bolt (65), a 3/8” Washer (59), a 1/2” x 3/8” Spacer (102), a Long Cable Trap (84), and a 3/8” Nylon Locknut (52). **The Cable must be routed around the “V” Pulley as shown. Be sure that the Cable is between the Long Cable Trap (84) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place.**



31. Wrap the Low Cable (45) around a 3 1/2” Pulley (94). Attach the Pulley to the bracket on the Press Arm (1) with the 3/8” x 5” Bolt (56) and a 3/8” Nylon Locknut (52). See the inset drawing. This is how the Bolt, Pulleys, and Spacer should be oriented.

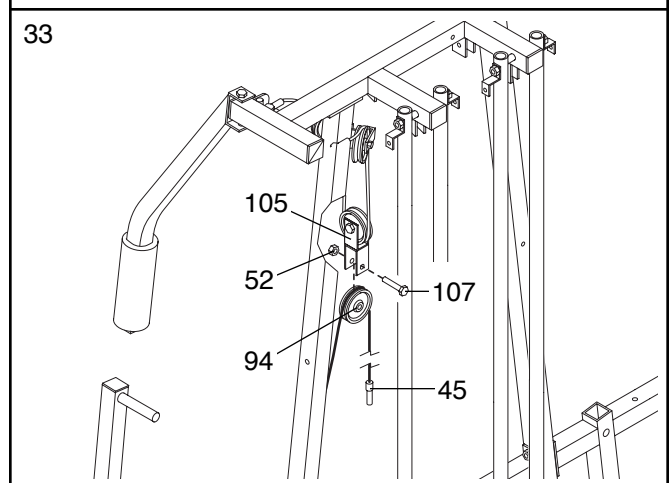


32. Wrap the Low Cable (45) around a 3 1/2” Pulley (94). Attach the Pulley and a Cable Trap (83) to the Press Upright (5) with a 3/8” x 3 1/2” Bolt (58), a 3/8” Washer (59) and a 3/8” Nylon Jam Nut (60). **Be sure that the Cable Trap is turned to hold the Cable in place.**



33. Route the Low Cable (45) over the indicated 3 1/2” Pulley (94) attached to the Double Bracket (105), from the direction shown. **You may need to remove the Pulley to route the Cable.**

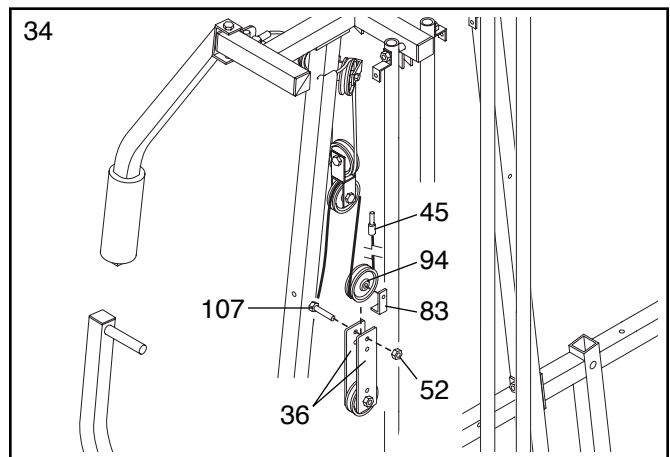
Tighten the 3/8” x 1 3/4” Bolt (107) and the 3/8” Nylon Locknut (52).



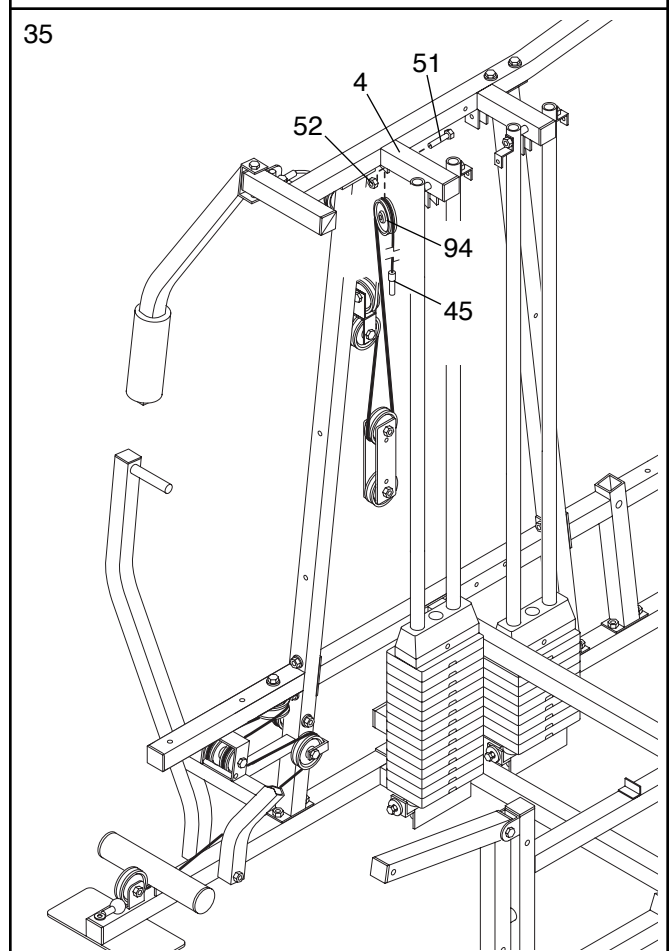
34. **Locate the preassembled pair of Long “I” Plates (36) and 3 1/2” Pulleys (94).**

Route the Low Cable (45) under the indicated 3 1/2” Pulley (94). **Be sure that the Cable is between the Cable Trap (83) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place. You may need to remove the Pulley to route the Cable.**

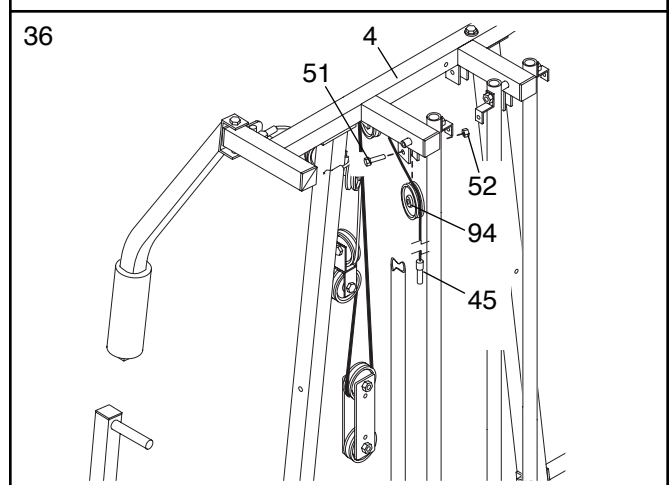
Tighten the 3/8” x 1 3/4” Bolt (107) and the 3/8” Nylon Locknut (52).



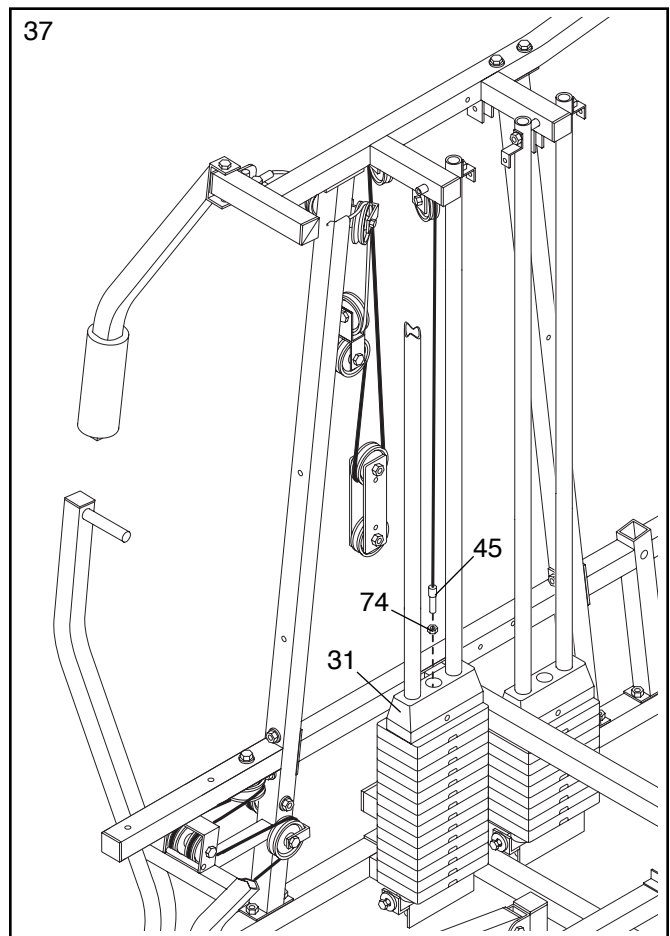
35. Wrap the Low Cable (45) around a 3 1/2” Pulley (94). Attach the Pulley to the Top Frame (4) with a 3/8” x 2” Bolt (51) and a 3/8” Nylon Locknut (52). **The Cable must be routed from the direction shown.**



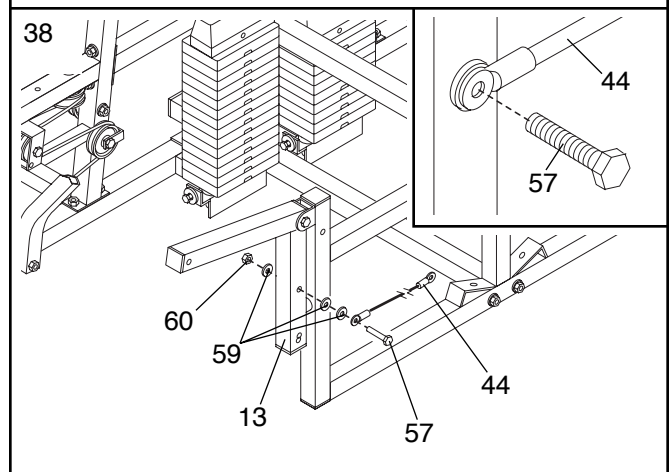
36. Wrap the Low Cable (45) around a 3 1/2” Pulley (94). Attach the Pulley to the Top Frame (4) with a 3/8” x 2” Bolt (51) and a 3/8” Nylon Locknut (52). **The Cable must be routed from the direction shown.**



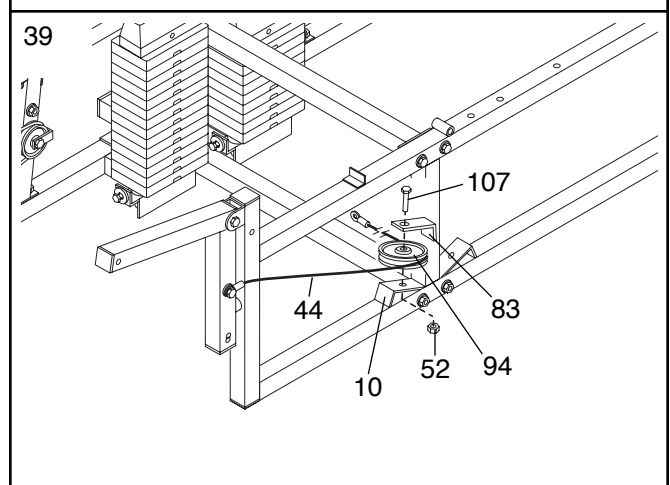
37. Thread a 1/2" Thin Nut (74) about three quarter of the way onto the threaded end of the Low Cable (45). Thread the end of the Cable into the indicated Top Weight Cover (31), until the Nut touches the Top Weight Cover. Finger tighten the Nut against the Top Weight Cover.



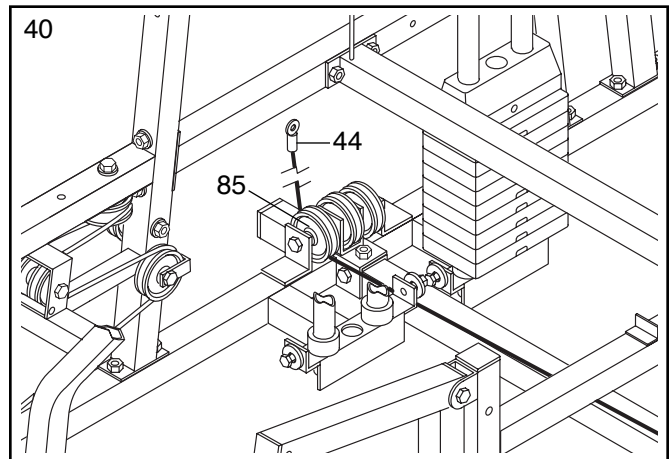
38. Find the Leg Curl Cable (44)—this is the **longest Cable**. Attach the Leg Curl Cable to the Leg Lever (13) with a 3/8" x 2 3/4" Bolt (57), three 3/8" Washers (59), and a 3/8" Nylon Jam Nut (60). **The end of the Cable must be oriented as shown in the inset drawing. Do not overtighten the Bolt.**



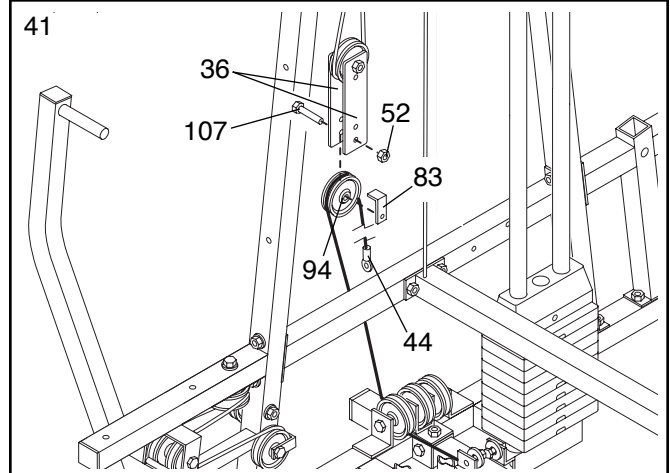
39. Wrap the Leg Curl Cable (44) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the Press Frame (10) with a 3/8" x 1 3/4" Bolt (107) and a 3/8" Nylon Locknut (52). **Be sure that the Cable Trap is turned to hold the Cable in place.**



40. Route the Leg Curl Cable (44) under the indicated "V" Pulley (85). **The Cable must be routed from the direction shown.**

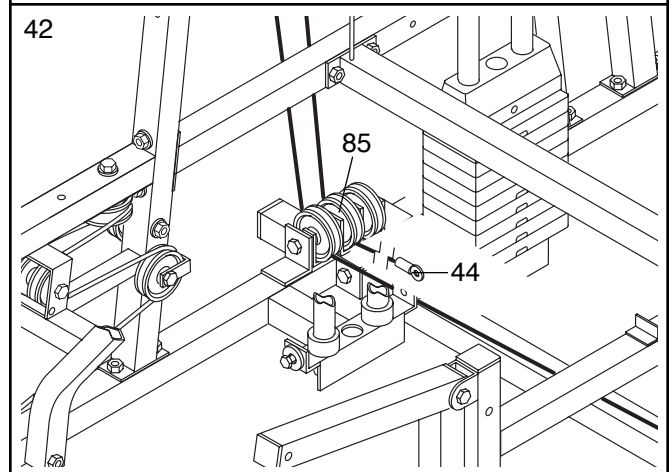


41. Route the Leg Curl Cable (44) over the indicated 3 1/2" Pulley (94) attached to the Long "I" Plates (36), from the direction shown. **Be sure that the Cable is between the Cable Trap (83) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place. You may need to remove the Pulley to route the Cable.**

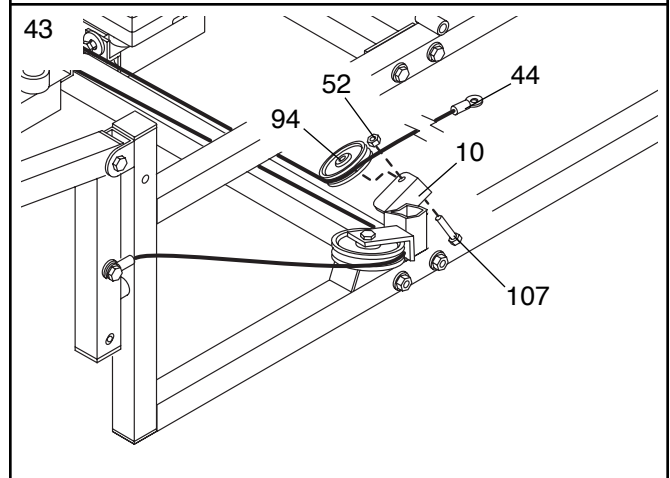


Tighten the 3/8" x 1 3/4" Bolt (107) and the 3/8" Nylon Locknut (52).

42. Route the Leg Curl Cable (44) under the indicated "V" Pulley (85). **The Cable must be routed from the direction shown.**

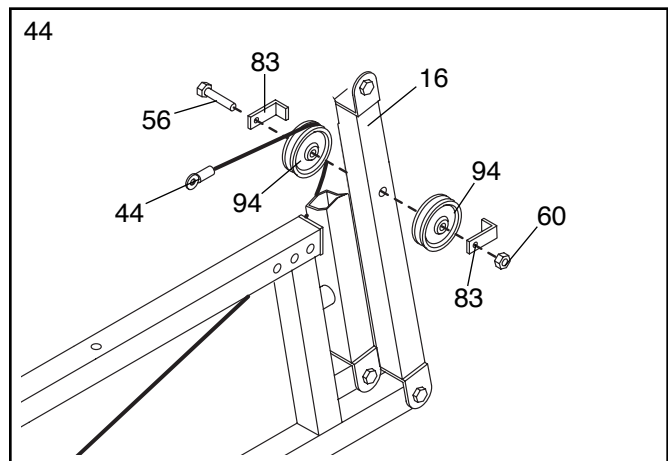


43. Wrap the Leg Curl Cable (44) around a 3 1/2" Pulley (94). Attach the Pulley to the Press Frame (10) with a 3/8" x 1 3/4" Bolt (107) and a 3/8" Nylon Locknut (52).

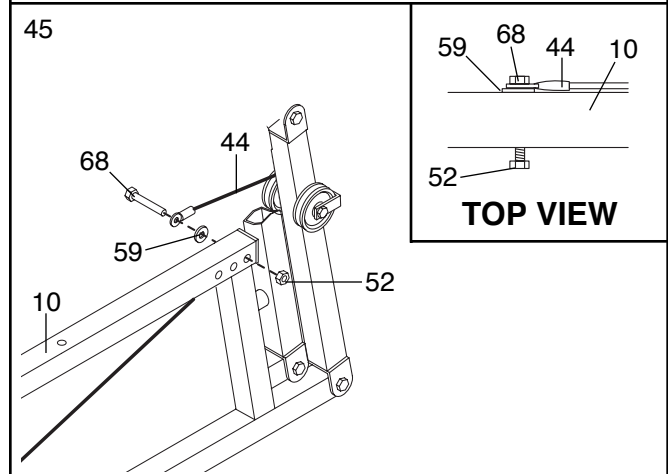


44. Wrap the Leg Curl Cable (44) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the Long Leg Press Arm (16) with the 3/8" x 5" Bolt (56).

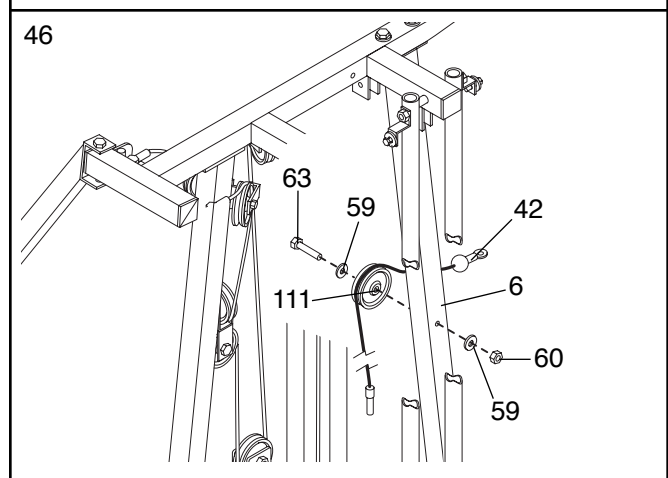
Slide another 3 1/2" Pulley (94) with a Cable Trap (83) onto the 3/8" x 5" Bolt (56). Hand tighten a 3/8" Nylon Jam Nut (60) onto the Bolt. **Do not tighten the Nylon Jam Nut until step 60.**



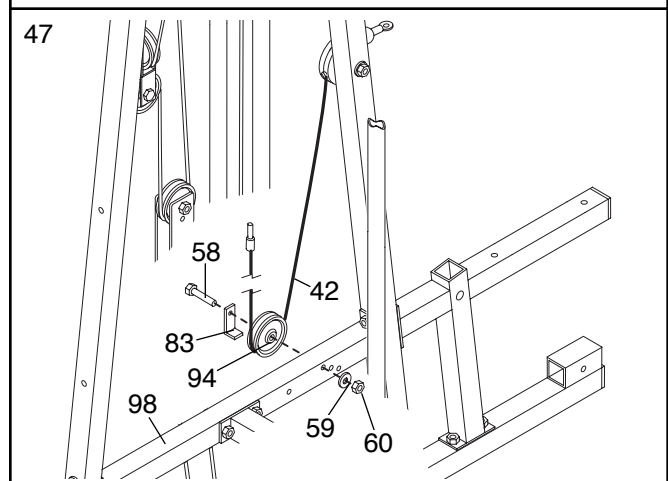
45. Slide the end of the Leg Curl Cable (44) onto the 3/8" x 3" Bolt (68). Slide a 3/8" Washer (59) onto the Bolt. Insert the Bolt into the indicated hole in the Press Frame (10). Hand tighten a 3/8" Nylon Locknut (52) onto the Bolt, **but do not fully tighten the Nylon Locknut. You will attach another Cable to this Bolt in step 60.** Be sure all parts are oriented as shown in the inset drawing.



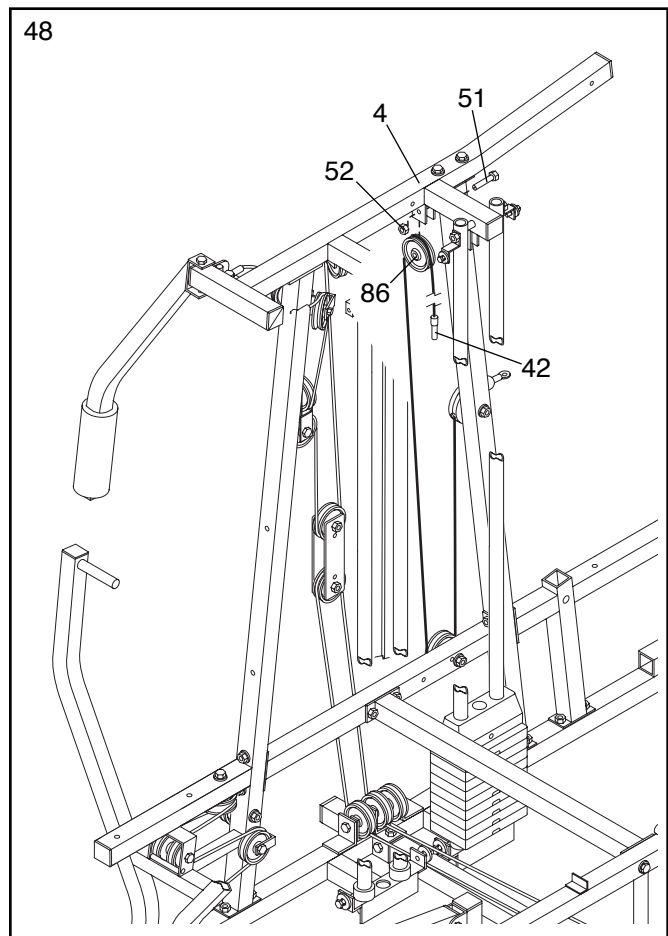
46. **Locate the Ab Cable (42)—this is the longest remaining Cable. Locate the 4" Pulley (111).** Wrap the Ab Cable around the 4" Pulley. Attach the Pulley to the Ab Upright (6) with a 3/8" x 3 3/4" Bolt (63), two 3/8" Washers (59), and a 3/8" Nylon Jam Nut (60). **Do not overtighten the Nylon Jam Nut; the Pulley should turn easily. Be sure that the ball is on the indicated side and that the Cable is between the Pulley and the post.**



47. Wrap the Ab Cable (42) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the indicated hole in the Rear Crossbar (98) with a 3/8" x 3 1/2" Bolt (58), a 3/8" Washer (59), and a 3/8" Nylon Jam Nut (60).



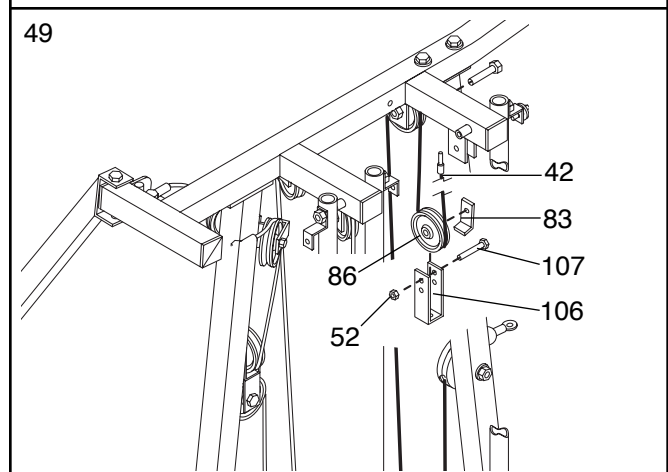
48. **Locate a 3 1/2" Pro Pulley (86).** Wrap the Ab Cable (42) around the 3 1/2" Pro Pulley. Attach the Pulley to the Top Frame (4) with a 3/8" x 2" Bolt (51) and a 3/8" Nylon Locknut (52). **The Cable must be routed from the direction shown.**



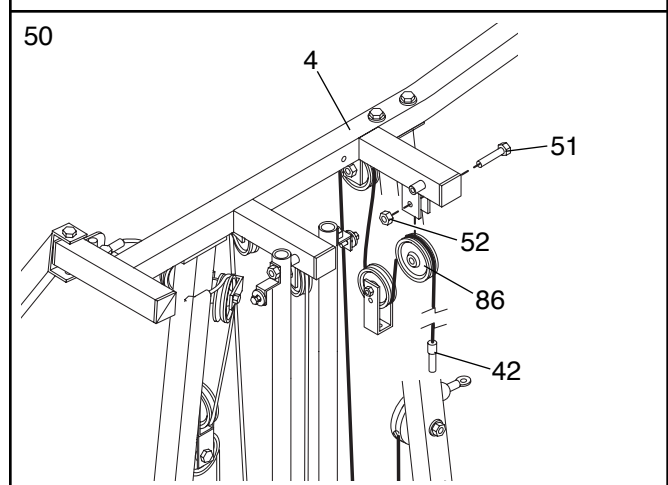
49. **Locate the preassembled Long "U" Bracket (106) and 3 1/2" Pro Pulley (86).**

Route the Ab Cable (42) under the 3 1/2" Pro Pulley (86). **Be sure that the Cable is between the Cable Trap (83) and the Pulley, and that the Cable Trap is positioned to hold the Cable in place. You may need to remove the Pulley to route the Cable.**

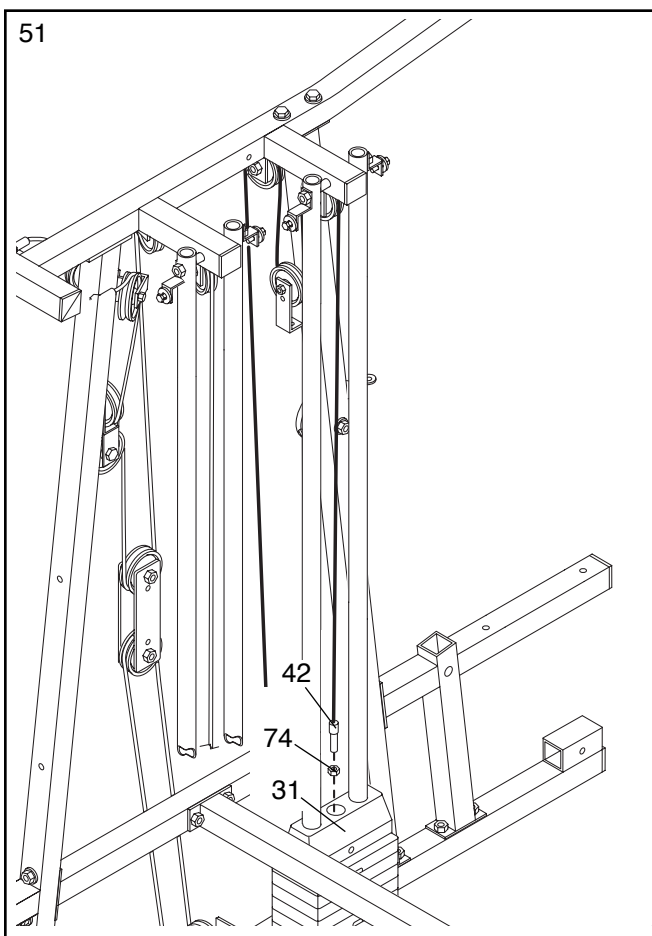
Tighten the 3/8" x 1 3/4" Bolt (107) and the 3/8" Nylon Locknut (52).



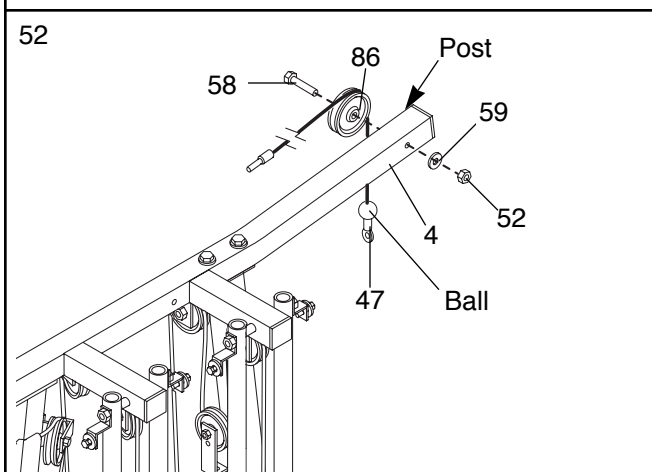
50. **Locate a 3 1/2" Pro Pulley (86).** Wrap the Ab Cable (42) around the 3 1/2" Pro Pulley. Attach the Pulley to the Top Frame (4) with a 3/8" x 2" Bolt (51) and a 3/8" Nylon Locknut (52). **The Cable must be routed from the direction shown.**



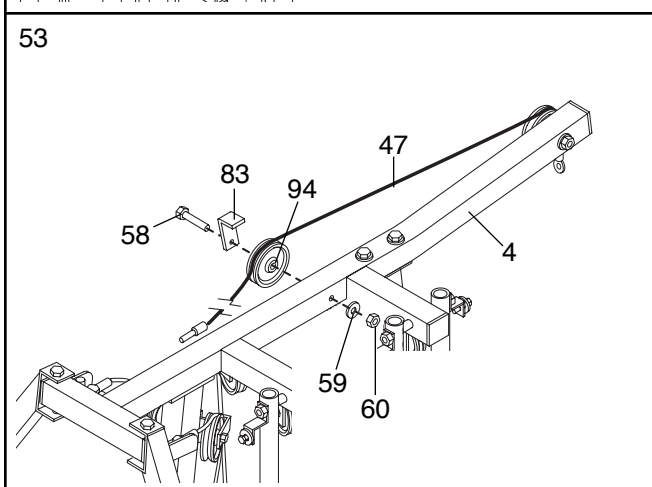
51. Thread a 1/2" Thin Nut (74) about three quarter of the way onto the threaded end of the Ab Cable (42). Thread the end of the Cable into the indicated Top Weight Cover (31), until the Nut touches the Top Weight Cover. Finger tighten the Nut against the Top Weight Cover.



52. **Find the High Cable (47)—this is the shortest remaining Cable.** Locate a 3 1/2" Pro Pulley (86). Wrap the High Cable around a 3 1/2" Pro Pulley. Attach the Pulley to the Top Frame (4) with a 3/8" x 3 1/2" Bolt (58), a 3/8" Washer (59), and a 3/8" Nylon Locknut (52). **Be sure that the ball is on the indicated side and that the Cable is between the Pulley and the post.**



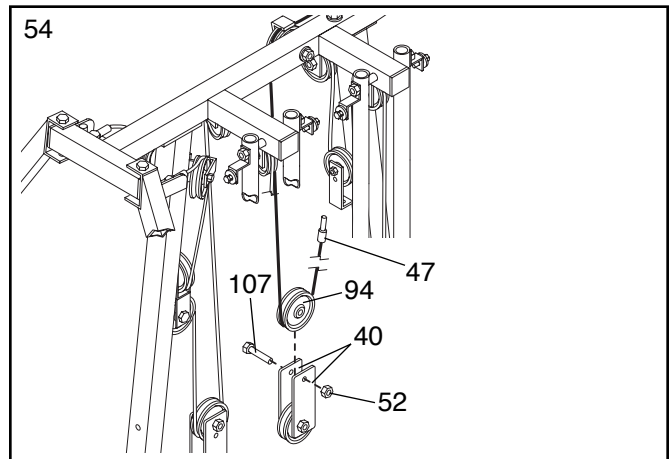
53. Wrap the High Cable (47) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the Top Frame (4) with a 3/8" x 3 1/2" Bolt (58), a 3/8" Washer (59), and a 3/8" Nylon Jam Nut (60).



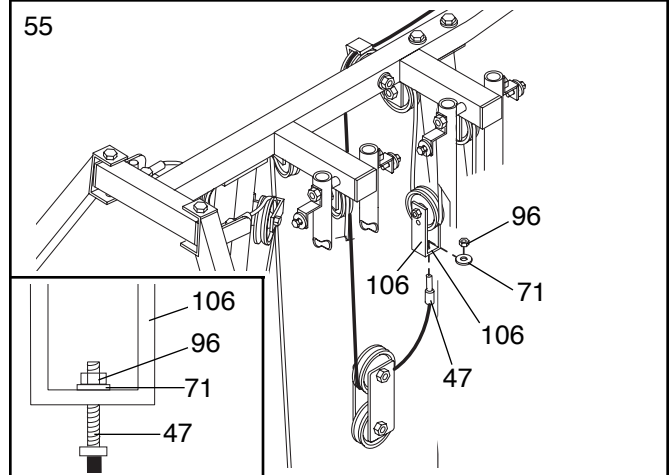
54. **Locate the preassembled pair of Short “I” Plates (40) and 3 1/2” Pulleys (94).**

Route the High Cable (47) under the indicated 3 1/2” Pulley (94). **Be sure that the Cable is in the groove of the Pulley and that the Pulley and Cable move smoothly. You may need to remove the Pulley to route the Cable.**

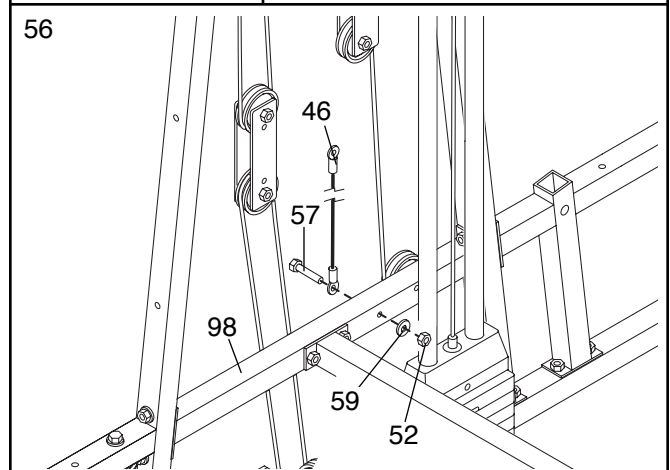
Tighten the 3/8” x 1 3/4” Bolt (107) and the 3/8” Nylon Locknut (52).



55. Attach the end of the High Cable (47) to the Large “U” Bracket (106) with a 1/4” Nylon Locknut (96) and a 1/4” Washer (71). **Do not completely tighten the Nylon Locknut. It should be threaded onto the end of the Cable so only a couple of threads are showing above the Nylon Locknut, as shown in the inset drawing.**

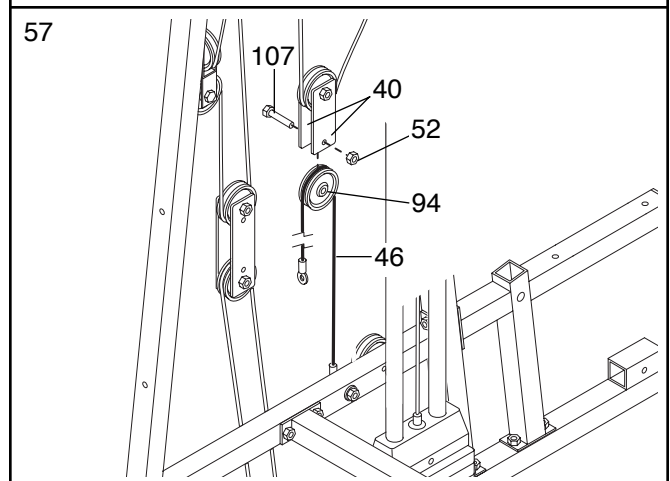


56. **Find the Leg Press Cable (46)—this is the last Cable.** Attach the Leg Press Cable to the Rear Crossbar (98) with a 3/8” x 2 3/4” Bolt (57), a 3/8” Washer (59), and a 3/8” Nylon Locknut (52). **Do not overtighten the Nylon Locknut.**

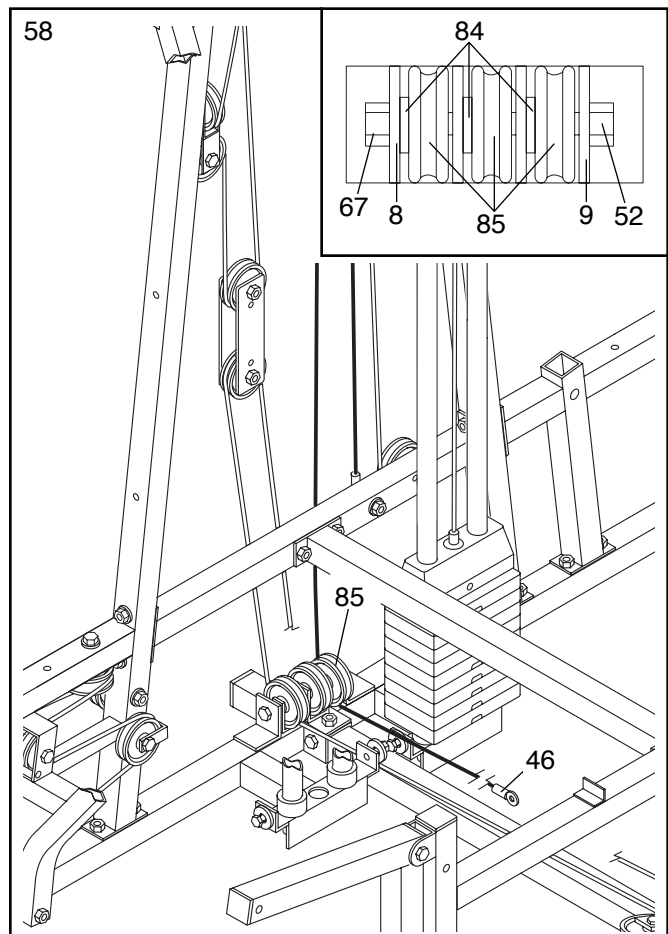


57. Route the Leg Press Cable (46) over the indicated 3 1/2” Pulley (94) attached to the Short “I” Plates (40), from the direction shown. **Be sure that the Cable is in the groove of the Pulley and that the Pulley and Cable move smoothly. You may need to remove the Pulley to route the Cable.**

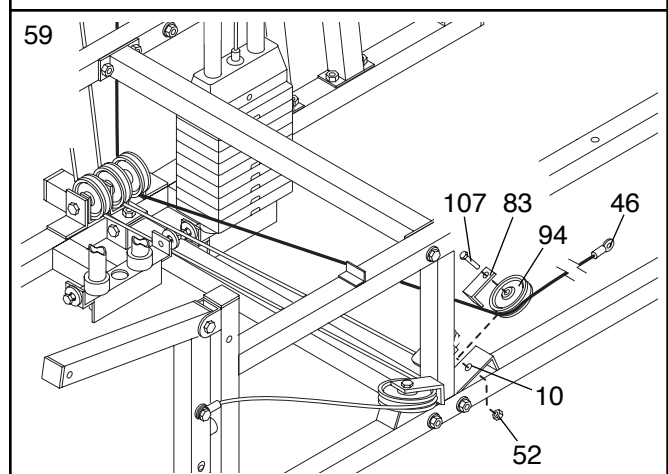
Tighten the 3/8” x 1 3/4” Bolt (107) and the 3/8” Nylon Locknut (52).



58. Route the Leg Press Cable (46) under the indicated "V" Pulley (85). **The Cable must be routed from the direction shown.** Tighten the 3/8" x 6" Bolt (67) and the 3/8" Nylon Locknut (52). See the inset drawing. This is how the Bolt, Pulleys, and Long Cable Traps (84) should be oriented. **Be sure that the Cable Trap is turned to hold the Cable in place.**

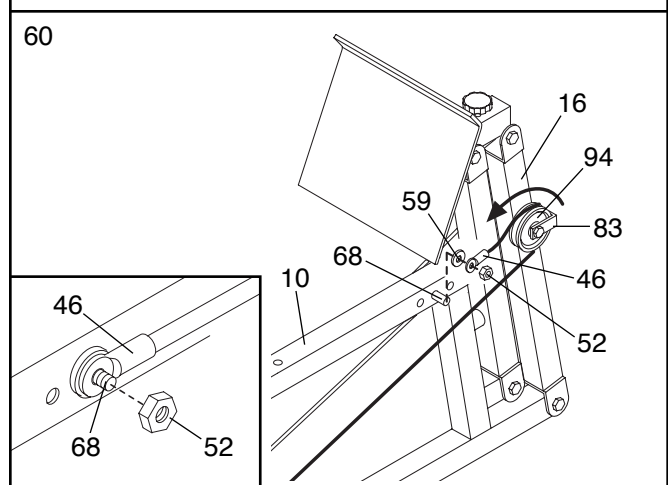


59. Wrap the Leg Press Cable (46) around a 3 1/2" Pulley (94). Attach the Pulley and a Cable Trap (83) to the Press Frame (10) with a 3/8" x 1 3/4" Bolt (107) and a 3/8" Nylon Locknut (52). **Be sure that the Cable Trap is turned to hold the Cable in place.**



60. Route the Leg Press Cable (46) around the 3 1/2" Pulley (94) attached to the Long Leg Press Arm (16). **The Cable must be routed from the direction shown.**

Remove the 3/8" Nylon Locknut (52) from the 3/8" x 3" Bolt (68) in the Press Frame (10). Slide a 3/8" Washer (59) onto the Bolt. Slide the end of the Leg Press Cable onto the Bolt. Thread the Nylon Locknut back onto the Bolt, **but do not fully tighten it. Leave just enough room for the Cable to pivot. The Cable must be oriented as shown in the inset drawing.**



61. **Locate and open the parts bag labeled “IMAGE 5.0—FRAME ASSEMBLY.”**

Insert a 1/4" x 2 1/2" Carriage Bolt (95) through the center hole in a Seat Plate (89). Attach the Seat Plate to a Seat (93) with two 1/4" x 3/4" Bolts (72).

Attach another Seat Plate (89) to the Seat (93) in the same manner.

Insert the 1/4" x 2 1/2" Carriage Bolts (95) through the holes in the Press Upright (5). Tighten a 1/4" Nylon Locknut (96) with a 1/4" Washer (71) onto each Carriage Bolt.

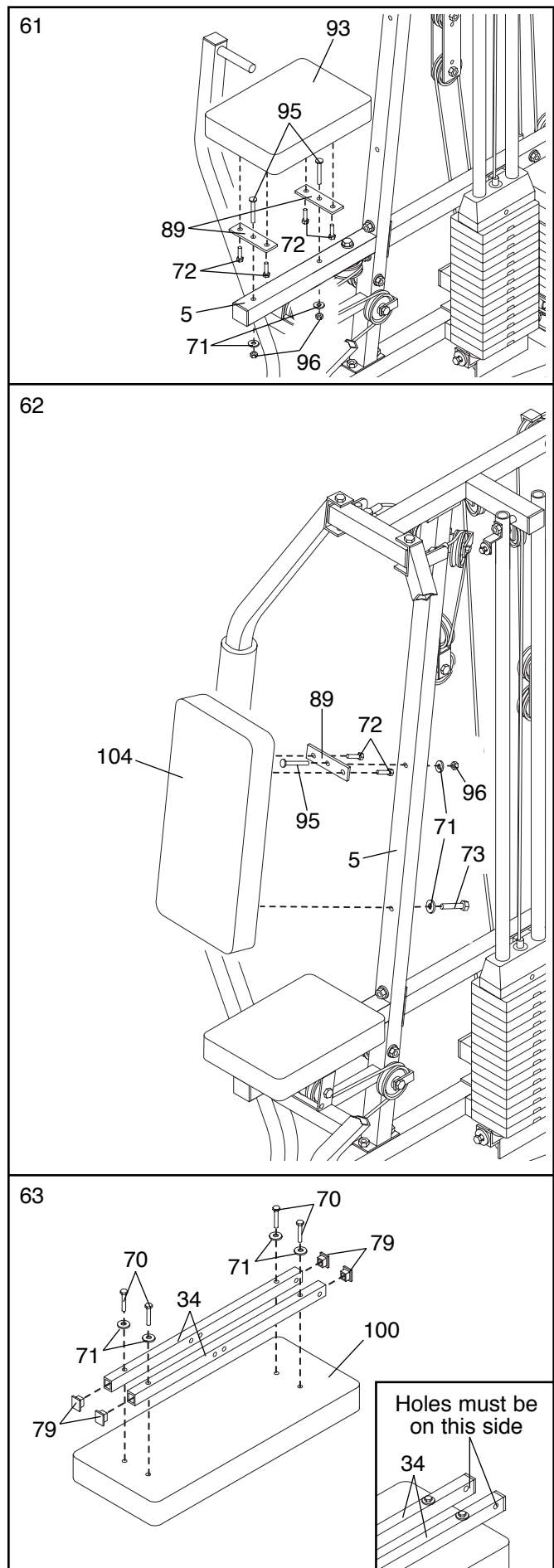
62. Insert a 1/4" x 2 1/2" Carriage Bolt (95) through the center hole in a Seat Plate (89). Attach the Seat Plate to a Upright Backrest (104) with two 1/4" x 3/4" Bolts (72).

Insert the 1/4" x 2 1/2" Carriage Bolt (95) through the indicated hole in the Press Upright (5). Tighten a 1/4" Nylon Locknut (96) with a 1/4" Washer (71) onto the Carriage Bolt.

Attach the other end of the Upright Backrest (104) to the Press Upright (5) with a 1/4" Washer (71) and a 1/4" x 2 1/2" Bolt (73).

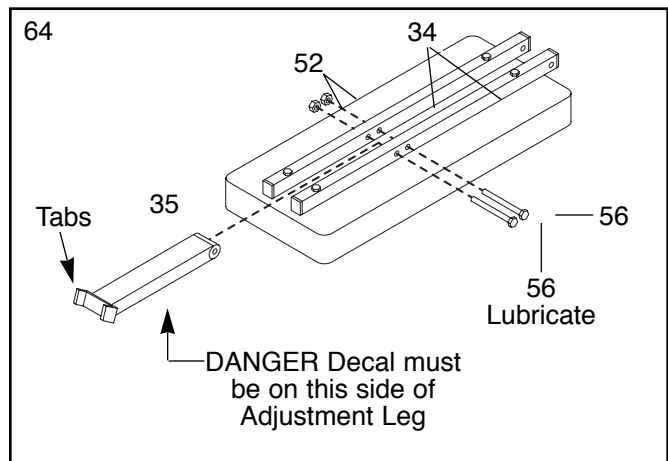
63. Press 1" Square Inner Caps (79) into the ends of the Backrest Tubes (34).

Attach both Backrest Tubes (34) to the Backrest (100) with four 1/4" x 1 1/2" Bolts (70) and four 1/4" Washers (71). See the inset drawing. The indicated hole in the Backrest Tubes is off center. The Backrest Tubes must be oriented as shown. **Do not tighten the Bolts yet.**



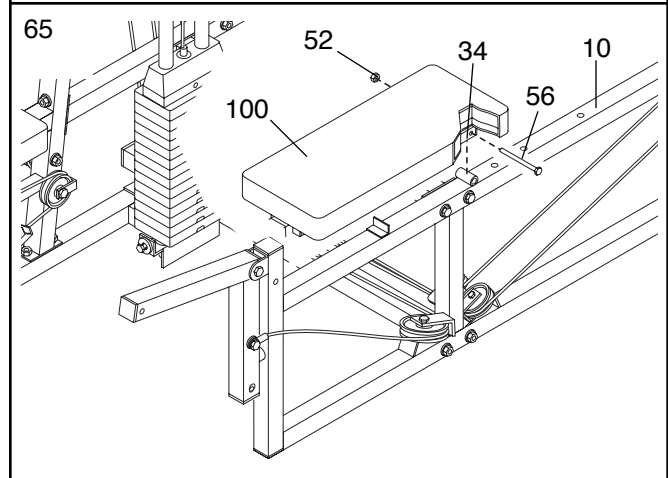
64. Lubricate a 3/8" x 5" Bolt (56). Attach the Adjustment Leg (35) to the Backrest Tubes (34) with the Bolt and a 3/8" Nylon Locknut (52). **Note: The Adjustment Leg (35) must be attached at the indicated location, and the tabs on the Adjustment Leg must be oriented as shown. The DANGER Decal must be oriented as shown in the drawing. Do not tighten the Nylon Locknuts yet.**

Attach another 3/8" x 5" Bolt (56) to the Backrest Tubes (34) with a 3/8" Nylon Locknut (52). **Do not tighten the Nylon Locknuts yet.**

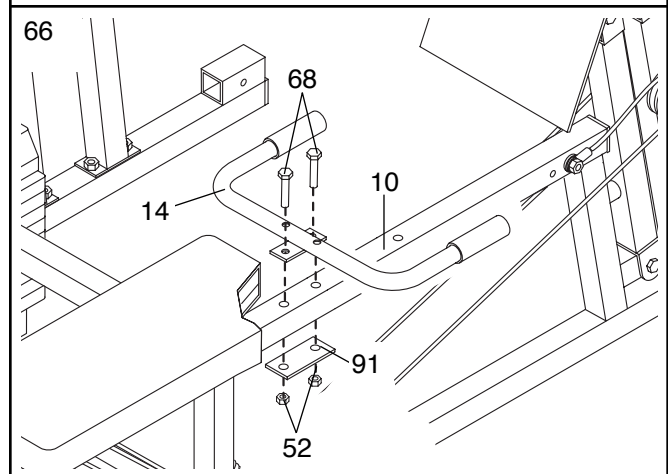


65. Lubricate a 3/8" x 5" Bolt (56). Attach the Backrest Tubes (34) to the Press Frame (10) with the Bolt and a 3/8" Nylon Locknut (52).

Tighten all Bolts and Nylon Locknuts used in steps 63 through 65 but do not overtighten them. The Backrest must be able to pivot.

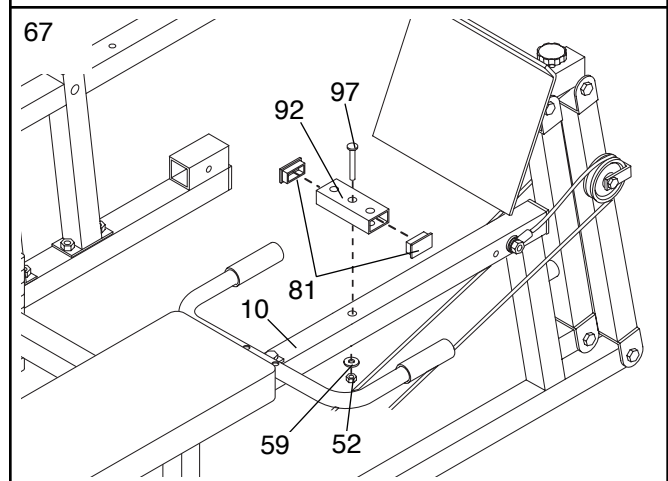


66. Attach the Press Frame Handle (14) to the Press Frame (10) with two 3/8" x 3" Bolts (68), the Support Plate (91), and two 3/8" Nylon Locknuts (52).



67. Press a 1" x 2" Inner Cap (81) into each end of the Seat Tube (92).

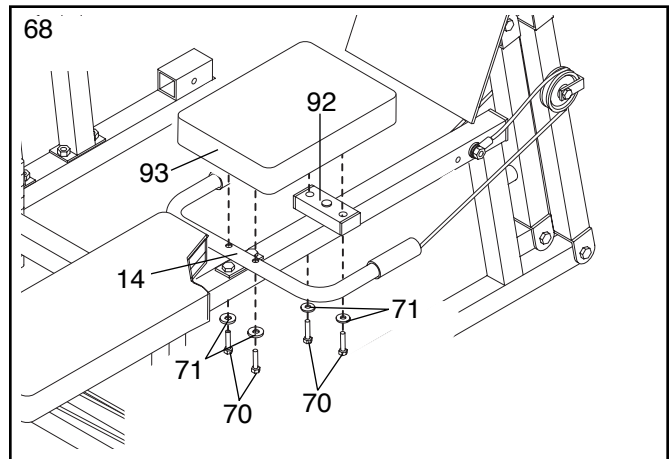
Attach the Seat Tube (92) to the Press Frame (10) with a 3/8" x 3 1/2" Carriage Bolt (97), a 3/8" Washer (59), and a 3/8" Nylon Locknut (52). **Do not tighten the Nylon Locknut yet.**



68. Attach one end of the Seat (93) to the Press Frame Handle (14) with two 1/4" x 1 1/2" Bolts (70) and two 1/4" Washers (71).

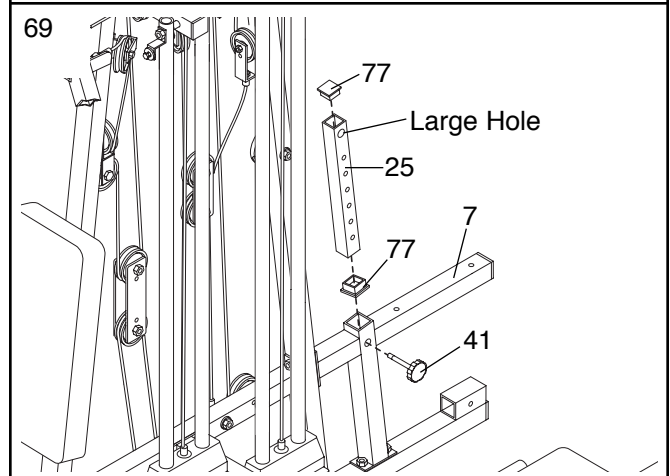
Attach the other end of the Seat (93) to Seat Tube (92) with two 1/4" x 1 1/2" Bolts (70) and two 1/4" Washers (71).

Tighten the Nylon Locknuts used in step 67.



69. Press a 1 3/4" Square Inner Cap (77) into each end of the Adjustment Tube (25).

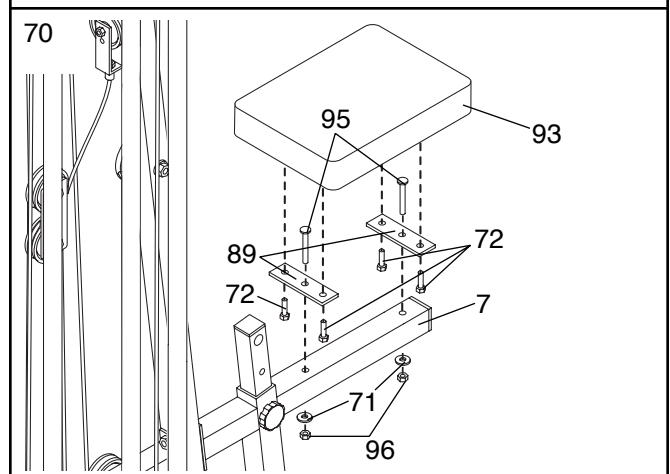
Insert the Adjustment Tube (25) into the Seat Frame (7). **The large hole in the Adjustment Tube must be up.** Align the hole in the Seat Frame with one of the holes in the Adjustment Tube. Insert a 3/8" Adjustment Knob (41) into the Seat Frame and tighten the Knob.



70. Insert a 1/4" x 2 1/2" Carriage Bolt (95) through the center hole in a Seat Plate (89). Attach the Seat Plate to a Seat (93) with two 1/4" x 3/4" Bolts (72).

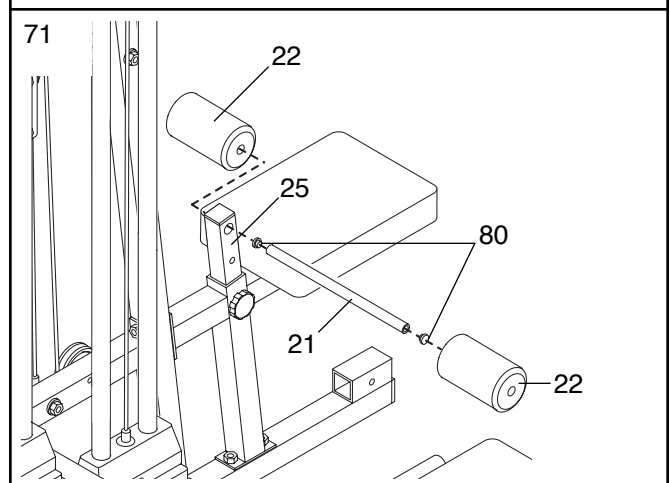
Attach another Seat Plate (89) to the Seat (93) in the same manner.

Insert the 1/4" x 2 1/2" Carriage Bolts (95) through the holes in the Seat Frame (7). Tighten a 1/4" Nylon Locknut (96) with a 1/4" Washer (71) onto each Carriage Bolt.



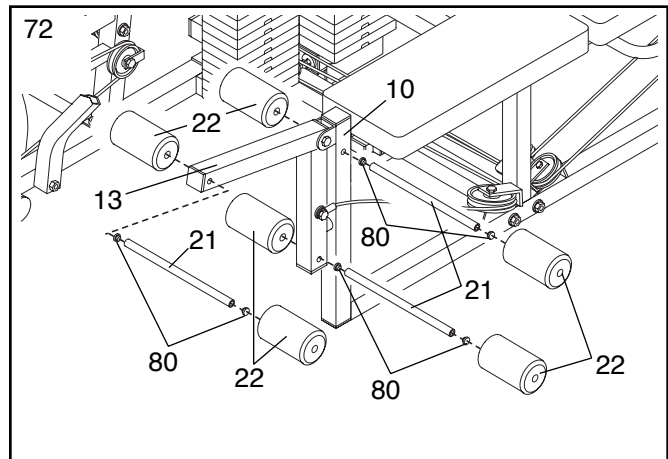
71. Press 3/4" Round Inner Caps (80) into the ends of a Pad Tube (21).

Insert the Pad Tube (21) into the Adjustment Tube (25). Slide a Foam Pad (22) onto each end of the Pad Tube.

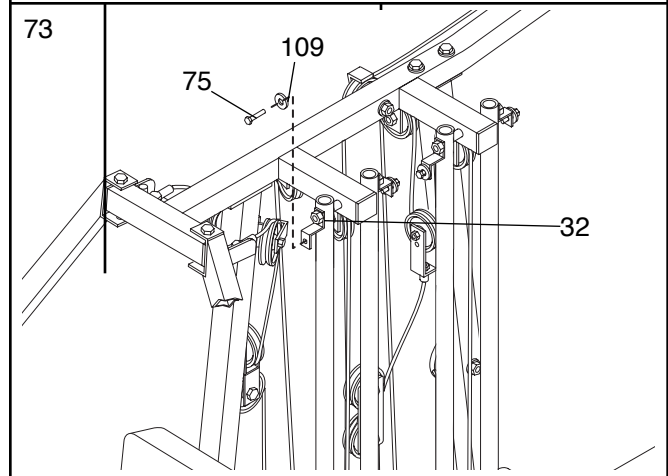


72. Press 3/4" Round Inner Caps (80) into the ends of each Pad Tube (21).

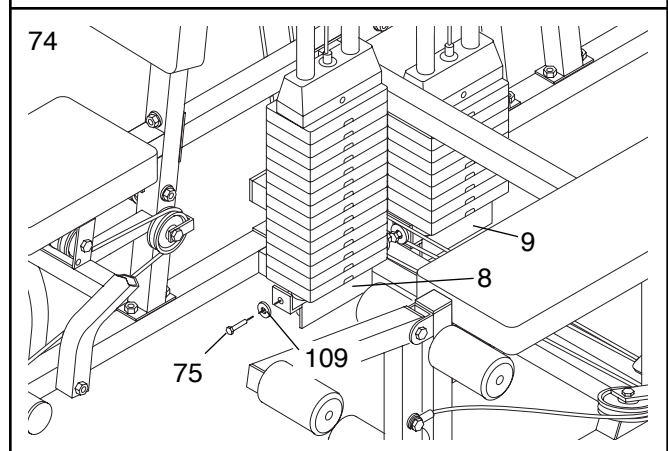
Insert a Pad Tube (21) through each hole in the Leg Lever (13). Slide the remaining Pad Tube through the hole on the Press Frame (10). Slide two Foam Pads (22) onto each Pad Tube.



73. Remove the 1/4" x 3/4" Screws (75) and 1/4" Black Washers (109) from the four Weight Shield Brackets (32).



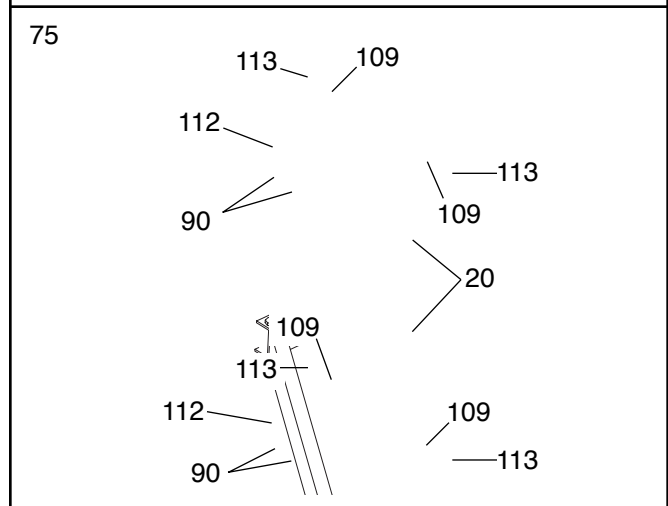
74. Remove the 1/4" x 3/4" Screws (75) and 1/4" Black Washers (109) from the brackets on the Press Base (8) and Ab Base (9).



75. Attach a Shield Support Bracket (112) to the upper end of a Weight Shield (20) with two 1/4" x 1/2" Screws (113), two 1/4" Black Washers (109), and two 1/4" Jam Nuts (90).

Attach a Shield Support Bracket (112) to the lower end of the Weight Shield (20) in the same manner.

Attach two Shield Support Brackets (112) to each of the remaining three Weight Shields (20) in the same manner.

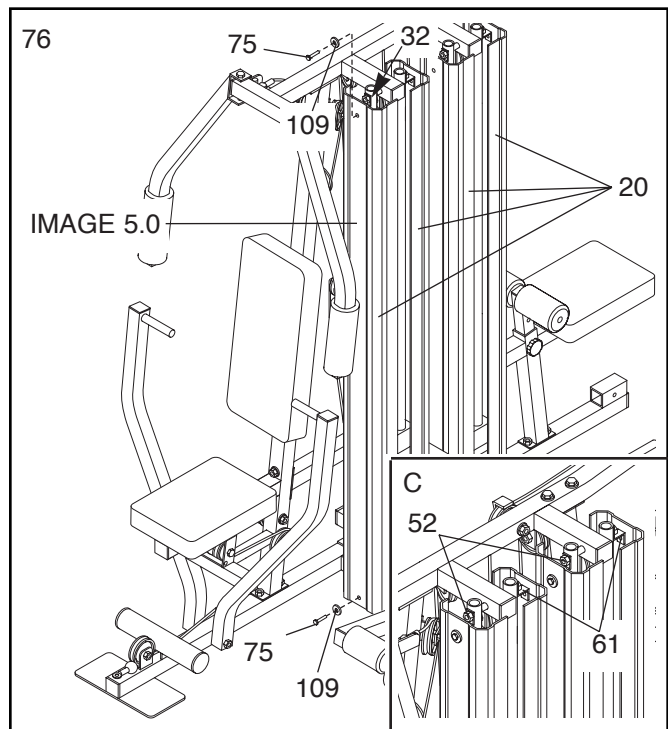


76. Attach the upper end of the Weight Shield (20) with the IMAGE 5.0 decal to the indicated Weight Shield Bracket (32) with a 1/4" x 3/4" Screw (75) and a 1/4" Black Washer (109).

Attach the lower end of the Weight Shield (20) to one of the brackets on the Press Base (8) with a 1/4" x 3/4" Screw (75) and a 1/4" Black Washers (109).

Attach the other three Weight Shields (20) in the same manner.

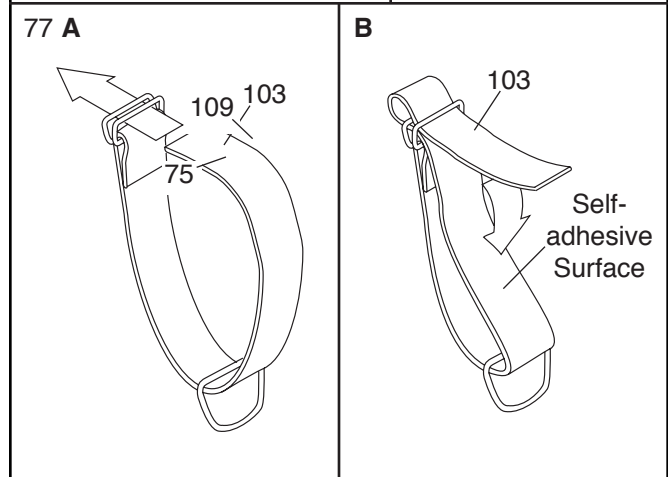
See inset drawing C. Tighten both 3/8" x 7" Bolts (61) and both 3/8" Nylon Locknuts (52).



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

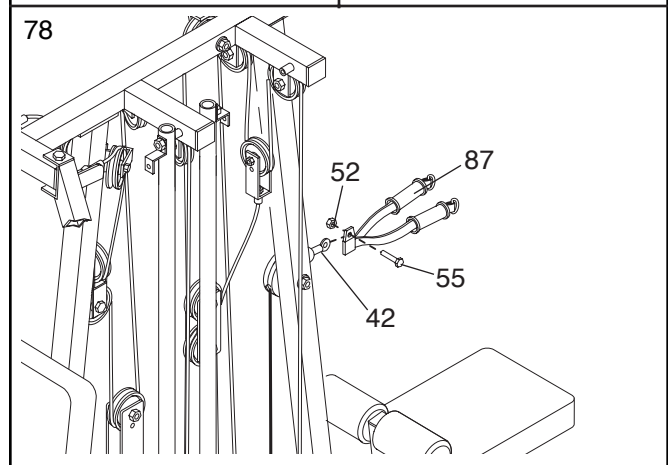
See drawing B. Feed the end of the Ankle Strap (103) back through the indicated buckle. Pull the Strap tight. Press the end of the Strap firmly against the self-adhesive surface.

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



78. Attach the Ab Strap (87) to the Ab Cable (42) with a 3/8" x 1" Bolt (55) and a 3/8" Nylon Locknut (52).

79. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in HOW TO ADJUST THE IMAGE® 5.0, beginning on page 30 of this manual.



Before using the home gym system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAMS on pages 36 to 38 of this manual for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See TROUBLE-SHOOTING AND MAINTENANCE on page 34.**

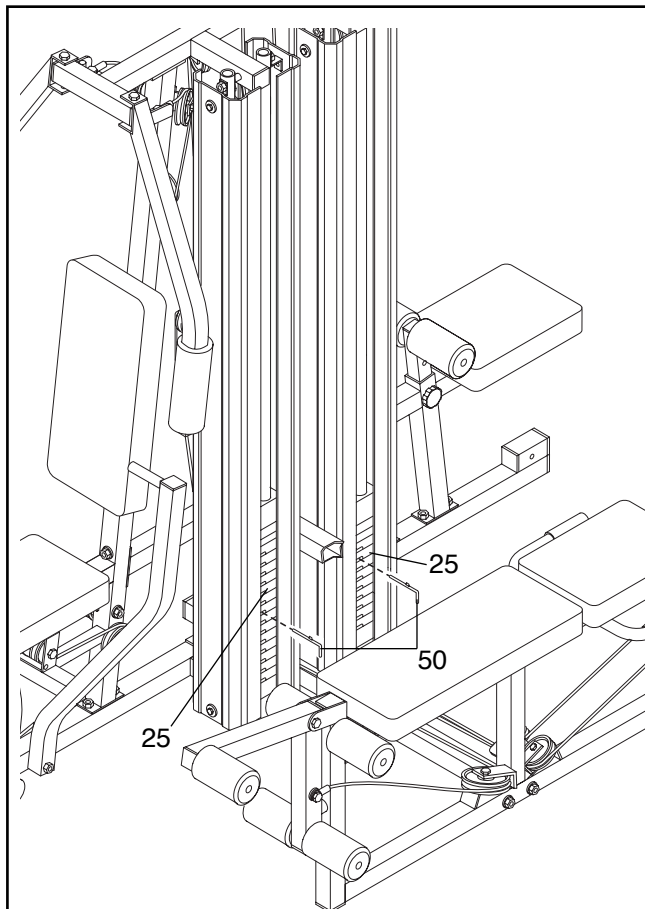
HOW TO ADJUST THE IMAGE® 5.0

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 either weight stack, insert a Weight Pin (50) under the desired Weight (25). 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 can be changed from 20 pounds to 100 pounds on the short weight stack or 150 pounds on the tall weight stack, in increments of 10 pounds.

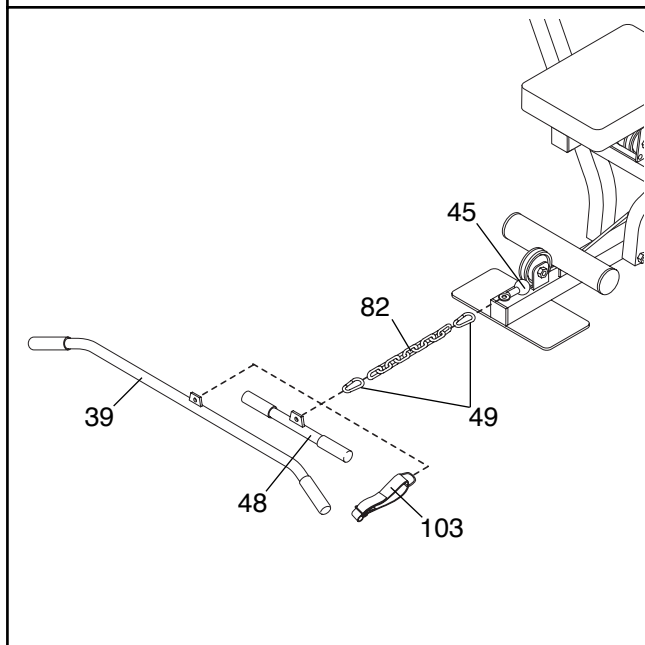
Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Refer to the accompanying **WEIGHT RESISTANCE CHART** to find the approximate amount of resistance at each weight station.



ATTACHING THE LAT BAR, ROW BAR OR ANKLE STRAP TO THE LOW PULLEY STATION

Attach the Lat Bar (39) to the Low Cable (45) with a Cable Clip (49). For some exercises, the Chain (82) should be attached between the Lat Bar and the Low Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Low Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Row Bar (48) or Ankle Strap (103) can be attached in the same manner.



ATTACHING THE LAT BAR, ROW BAR, OR ANKLE STRAP TO THE HIGH PULLEY STATION

Attach the Lat Bar (39) to the High Cable (47) with a Cable Clip (49). For some exercises, the Chain (82) should be attached between the Lat Bar and the High Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the High Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Row Bar (48) or Ankle Strap (103) can be attached in the same manner.

USING THE ADJUSTMENT TUBE

See step A. The Adjustment Tube (25) can be used to lock your legs in place when you are using the high pulley station.

To adjust the Adjustment Tube (25), remove the 3/8" Adjustment Knob (41) from the Seat Frame (7). Move the Tube to the desired height, align the holes, and re-insert the Knob. Tighten the Knob.

See step B. The Adjustment Tube (25) can also be used to lock your feet in place so that you can do ab crunches and similar exercises.

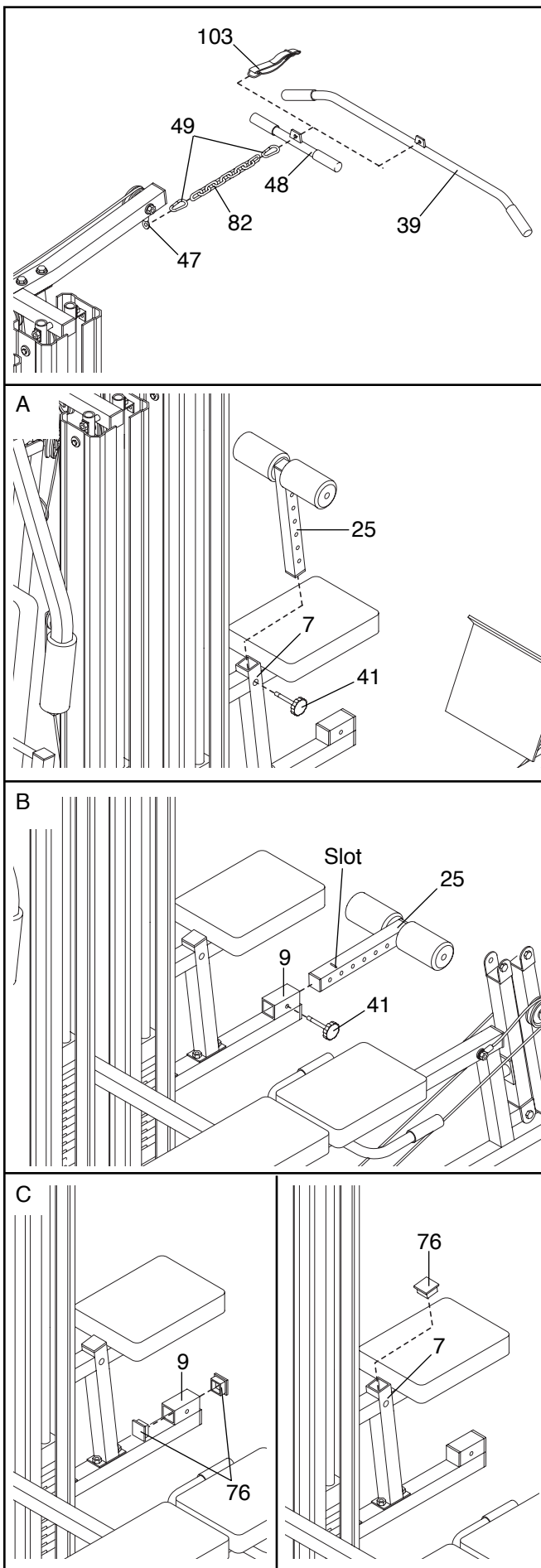
To adjust the Adjustment Tube (25), remove the 3/8" Adjustment Knob (41) from the Ab Base (9). Move the Tube to the desired position, align the holes, and re-insert the Knob. Tighten the Knob.

Note: There is a slot on the Adjustment Tube (25). **When this slot is visible, the Adjustment Tube is at the maximum height; do not extend the Adjustment Tube beyond this point.**

See step C. When you are using the Adjustment Tube (25) as shown in step A, you should cover each open end of the tube on the Ab Base (9) with a 2" Square Inner Cap (76) as shown in the drawing on the left. **Do not fully insert the Cap.**

See step C. When you are using the Adjustment Tube (25) as shown in step B, you should cover the open end of the tube on the Seat Frame (7) with a 2" Square Inner Cap (76) as shown in the drawing on the right. **Do not fully insert the Cap.**

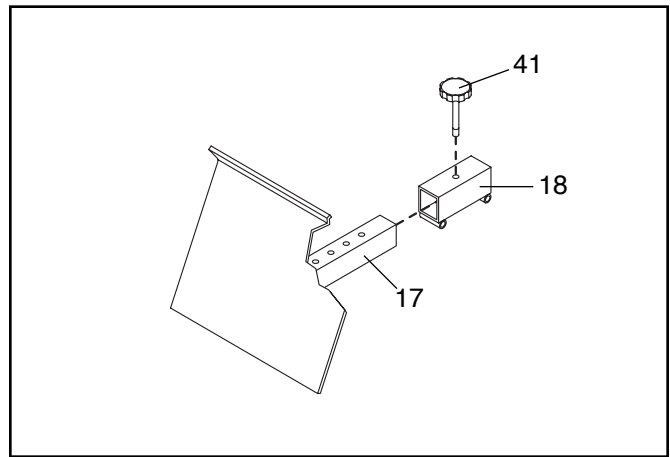
WARNING: The adjustment knob must always be inserted through both the seat frame and adjustment tube and fully tightened. Never insert the adjustment knob into the seat frame and then set the adjustment tube in the seat frame on top of the adjustment knob.



ADJUSTING THE PRESS PLATE

Remove the 3/8" Adjustment Knob (41) from the Press Plate Tube (18).

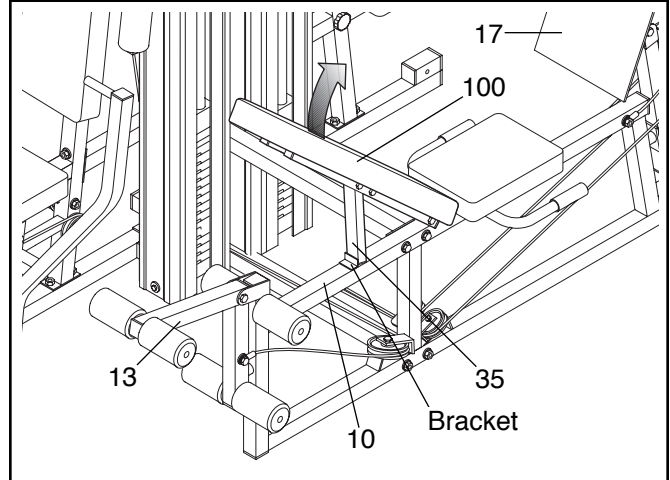
Align the holes in the Press Plate (17) with the desired set of holes in the Press Plate Tube (18). Re-insert the 3/8" Adjustment Knob (41) through the hole in the Press Plate Tube and the holes in the Press Plate. **Fully tighten the Knob.**



ADJUSTING THE BACKREST

When you are using the Leg Lever (13), the Backrest (100) should be in the level position.

When you are using the Press Plate (17), the Backrest (100) should be in the incline position. To move the Backrest to the incline position, lift the Backrest until the Adjustment Leg (35) is on the indicated side of the bracket on the Press Frame (10). **Be sure that the Adjustment Leg is fully in place behind the bracket; push on the Backrest firmly to ensure that it is secure.**



WEIGHT RESISTANCE CHART

The chart below shows the approximate weight resistance at each exercise station. Post this chart near your home gym system for easy reference. Note: In the left column, “Top” refers to the minimum setting, when there is not a weight pin in the weight stack. The other numbers refer to the other 10 pound weight plates. In the BUTTERFLY ARM column, the weight resistance listed is for each butterfly arm. **The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	LOW PULLEY (lbs.)	HIGH PULLEY (lbs.)	AB PULLEY (lbs.)	LEG PRESS* (lbs.)	
Top	30	15	20	25	55	30	80	
1	50	25	30	35	75	40	85	330
2	65	30	35	50	100	50	100	355
3	80	40	40	65	125	60	115	380
4	90	50	50	75	155	75	140	415
5	105	55	60	85	175	85	155	445
6	125	60	65	100	190	95	170	480
7	145	70	75	115	215	110	180	520
8	170	75	85	125	235	120	195	550
9	175	85	90	135	—	—	210	—
10	190	95	100	145	—	—	225	—
11	200	105	110	155	—	—	240	—
12	215	115	120	170	—	—	260	—
13	230	120	125	180	—	—	275	—

* The leg press station uses both weight stacks. In the LEG PRESS columns, the number “80” at the top of the columns is the minimum setting, when there is not a weight pin in either weight stack.

To use the leg press station, you should first use the tall weight stack. When you have reached the maximum resistance on that weight stack, start using the small weight stack for additional resistance. The numbers in the second LEG PRESS column show the additional resistance added by the small weight stack.

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

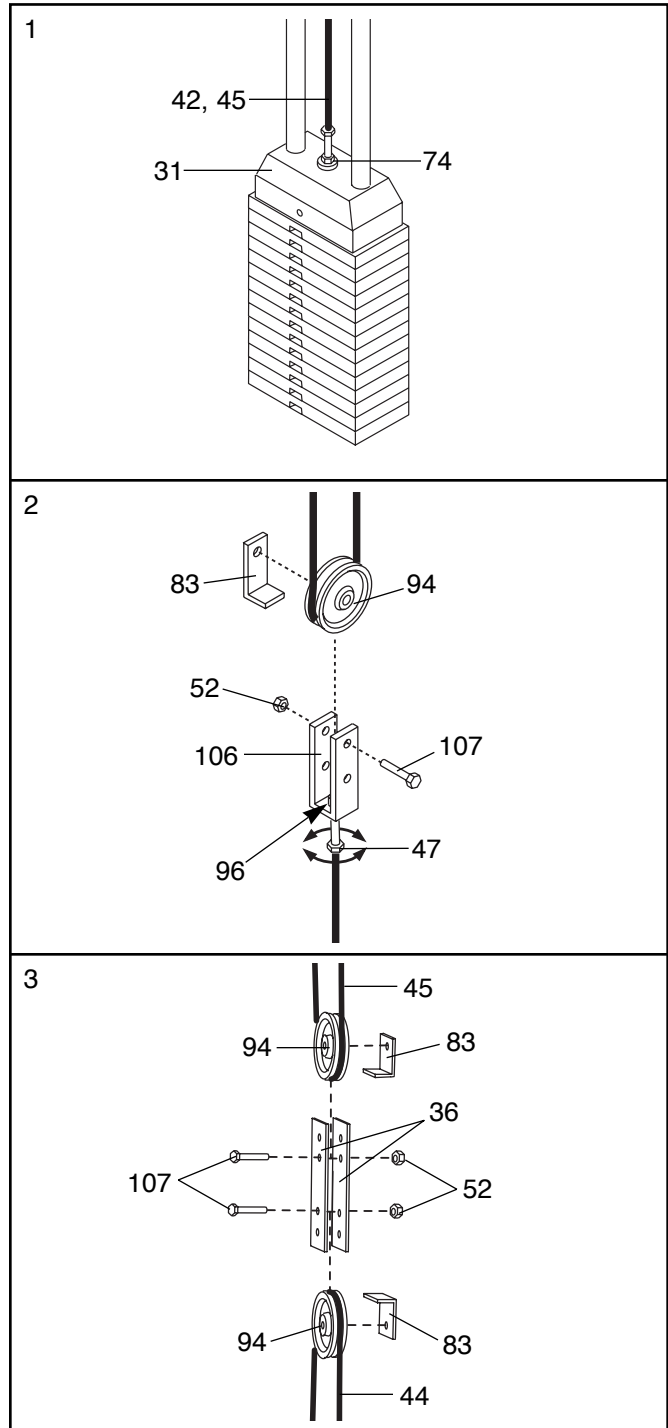
Woven cable, the type of cable used on the home gym system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. If any slack is felt when using the tall weight stack, the Butterfly Cable (43), the Leg Curl Cable (44), and the Low Cable (45) will need to be tightened. If any slack is felt when using the short weight stack, the Ab Cable (42), the Leg Press Cable (46), and High Cable (47) will need to be tightened.

To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from these cables several ways:

- See drawing 1. Locate the threaded end of the Ab Cable (42) or the Low Cable (45) in one of the Top Weight Covers (31). Loosen the 1/2" Thin 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" Thin Nut against the Top Weight Cover.
- See drawing 2. Tighten the 1/4" Nylon Locknut (96) that connects the end of the High Cable (47) to the Large "U" Bracket (106).
- See drawing 2. Remove the 3/8" Nylon Locknut (52) and the 3/8" x 1 3/4" Bolt (107) from the Cable Trap (83), 3 1/2" Pulley (94), and Large "U" Bracket (106). Reattach the Pulley and Cable Trap to the other hole in the Large "U" Bracket. Be sure that the Cable Trap is in the proper position and that the Cable and Pulley move smoothly.
- See Drawing 3. If you feel additional slack while using the home gym system, the Leg Curl and Low Cables (44, 45) can be tightened further.

Remove the 3/8" x 1 3/4" Bolt (107), the 3/8" Nylon Locknut (52), the lower 3 1/3" Pulley (94), and the Cable Trap (83) from the lowest hole in the Long "I" Plates (36). Reattach the lower Pulley and the Cable Trap to the next hole in the Long "I" Plates.

If even more slack needs to be removed from the cables, remove the 3/8" x 1 3/4" Bolt (107), the 3/8" Nylon Locknuts (52), the 3 1/3" Pulleys (94), and the Cable Traps (83) from the Long "I" Plates (36). Reattach both Pulleys **without the Cable Traps** to the inner holes in the Long "I" Plates. **Keep the Cable Traps for future use. Be sure that the Cable and Pulley move smoothly.**

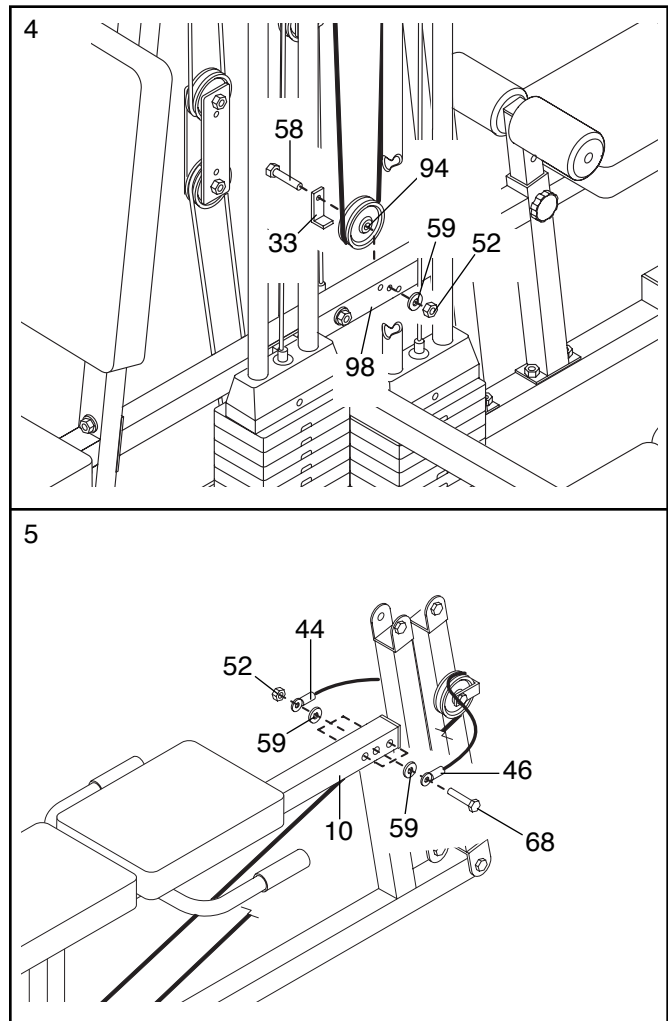


- See drawing 4. If additional slack is felt while using the short weight stack, then the indicated 3 1/2" Pulley (94) must be moved to the next hole in the Crossbar (98). Remove the Pulley, the Cable Trap (83), the 3/8" x 3 1/2" Bolt (58), the 3/8" Washer (59), and the 3/8" Nylon Locknut (52) from the Crossbar. Re-attach the Pulley, the Cable Trap, the Bolt, the Washer, and the Nylon Locknut to the next hole in the Crossbar.
- See drawing 5. If slack is felt while using both weight stacks, all Cables can be tightened by moving the Leg Curl Cable (44) and Leg Press Cable (46) to the next hole in the Press Frame (10). Remove the 3/8" x 3" Bolt (68), both Cables, both 3/8" Washers (59), and the 3/8" Nylon Locknut (52) from the Press Frame. Re-attach the Cables, the Bolt, the Washers, and the Nylon Locknut to the next hole in the Press Frame.

Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack.

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

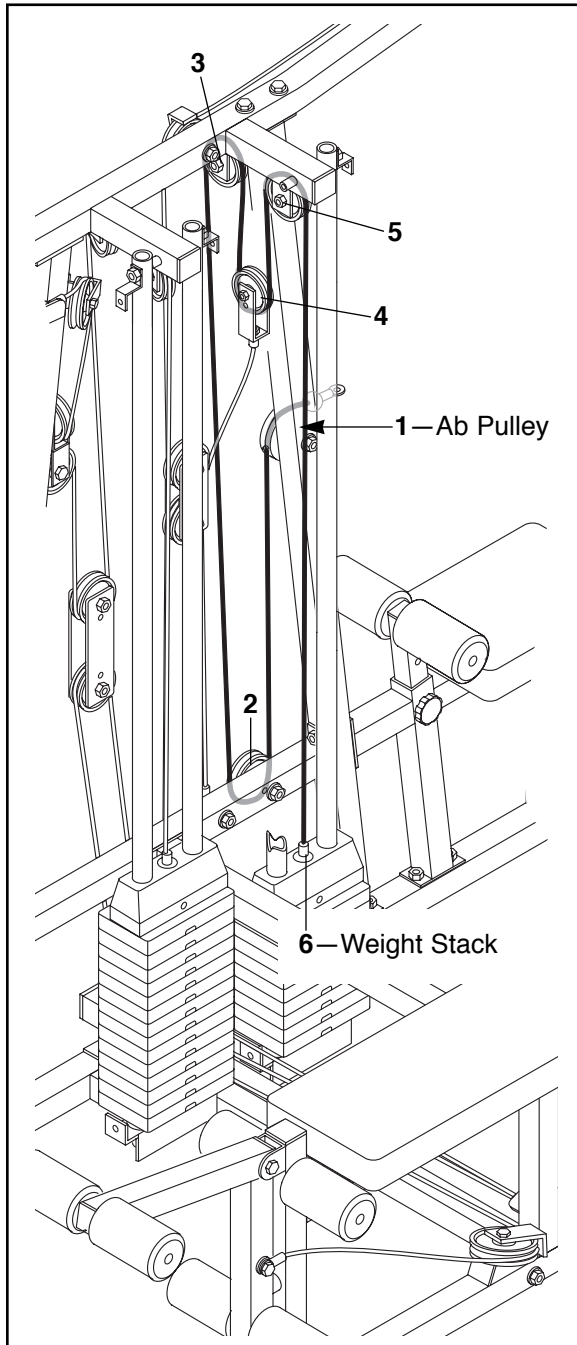
The cables must be replaced at least every two years. If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



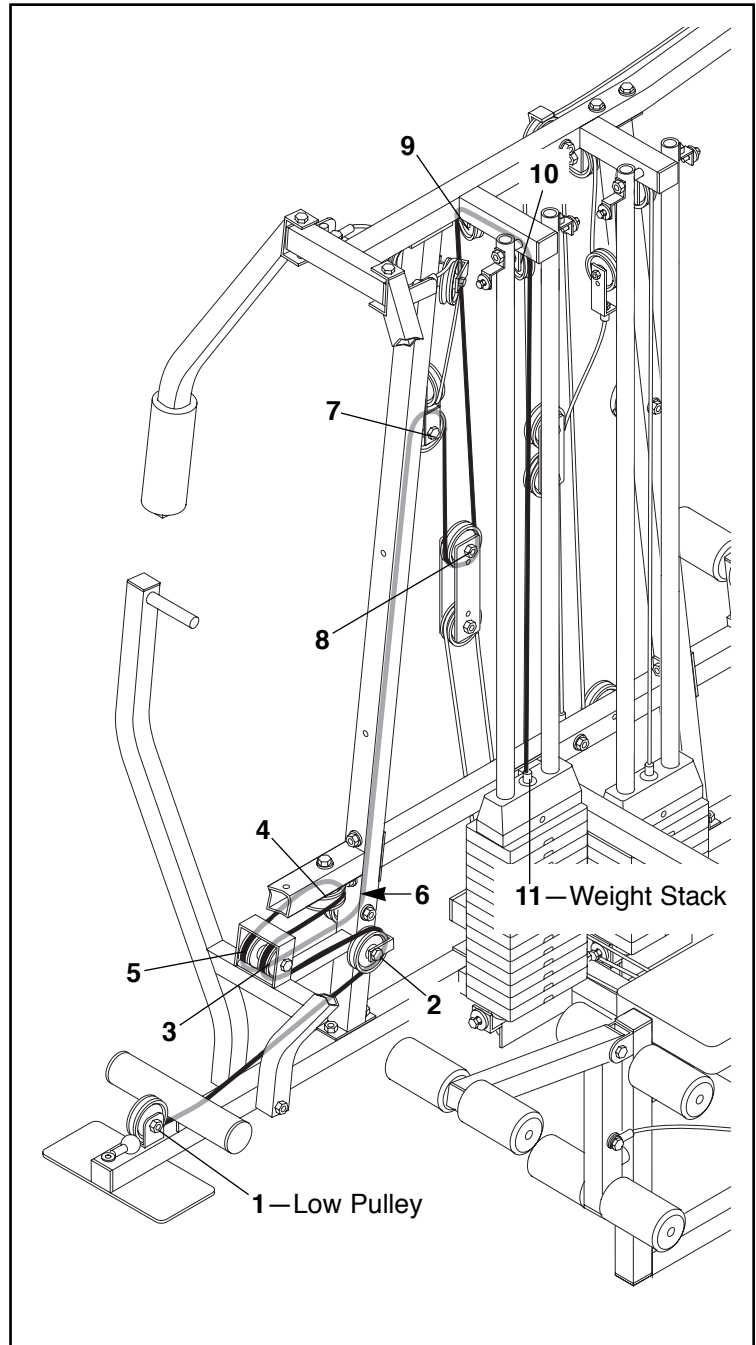
CABLE DIAGRAMS

The cable diagrams on this and the following pages show the proper routing of the Ab Cable (42), the Butterfly Cable (43), the Leg Curl Cable (44), the Low Cable (45), the Leg Press Cable (46), and High Cable (47). Use the diagrams to be sure that the 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.**

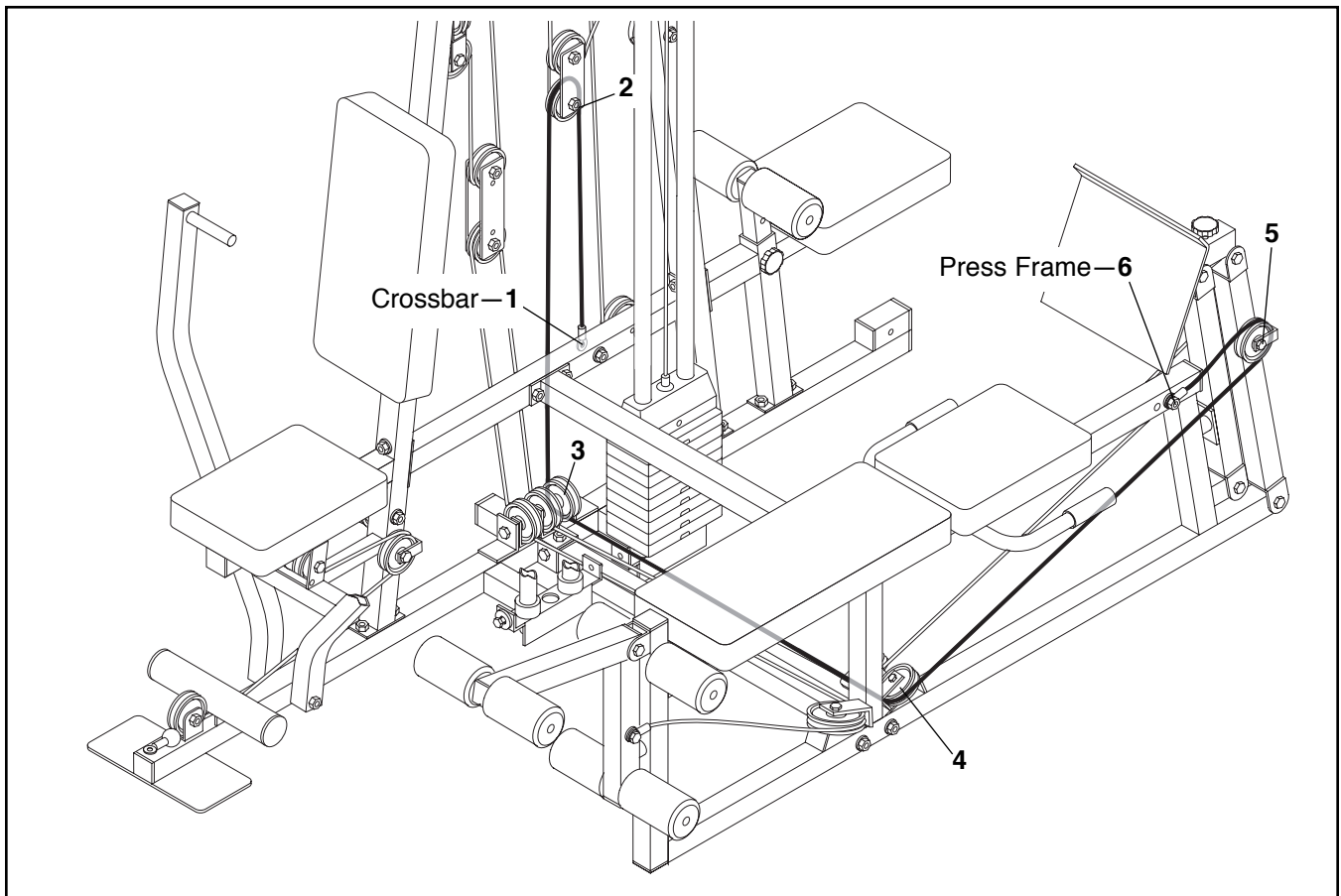
Ab Cable (42)



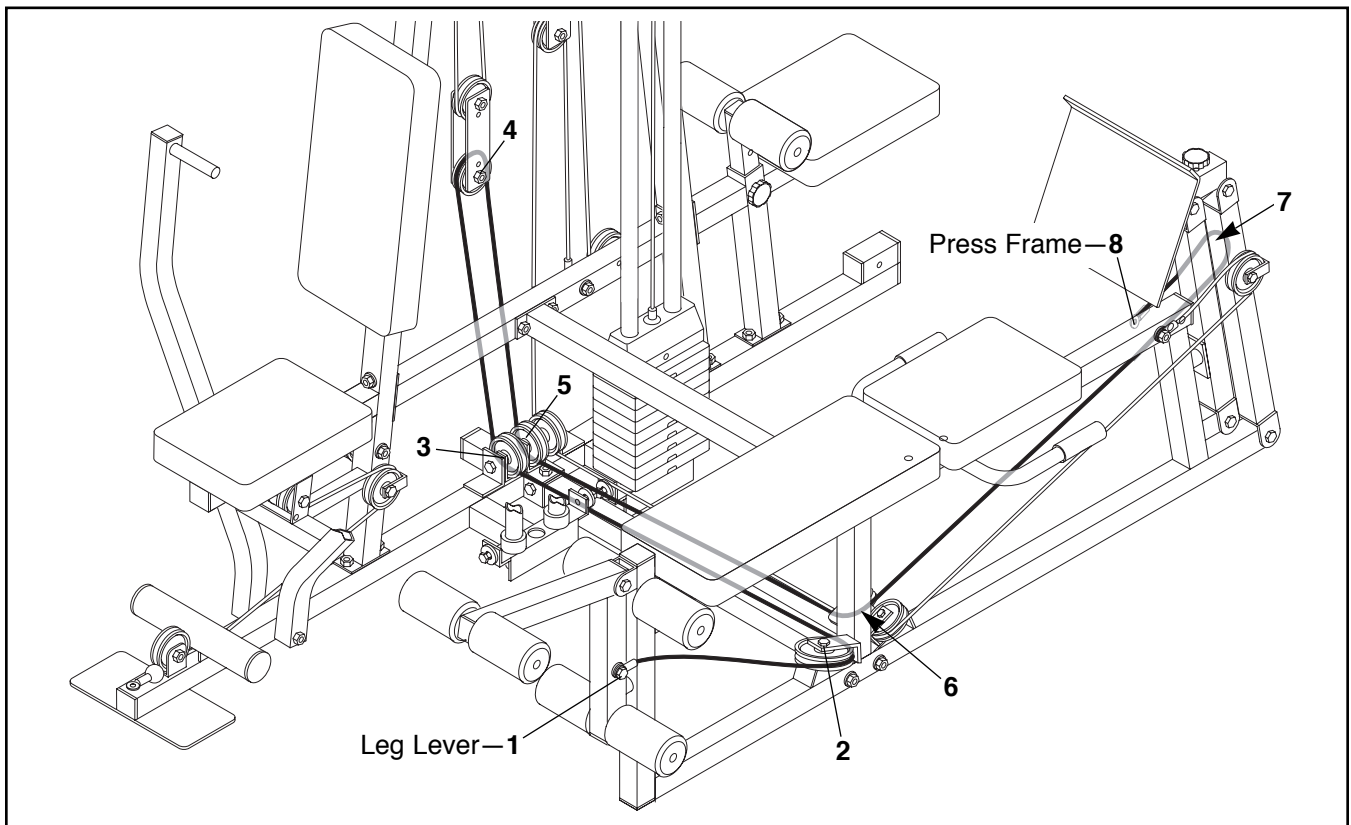
Low Cable (45)



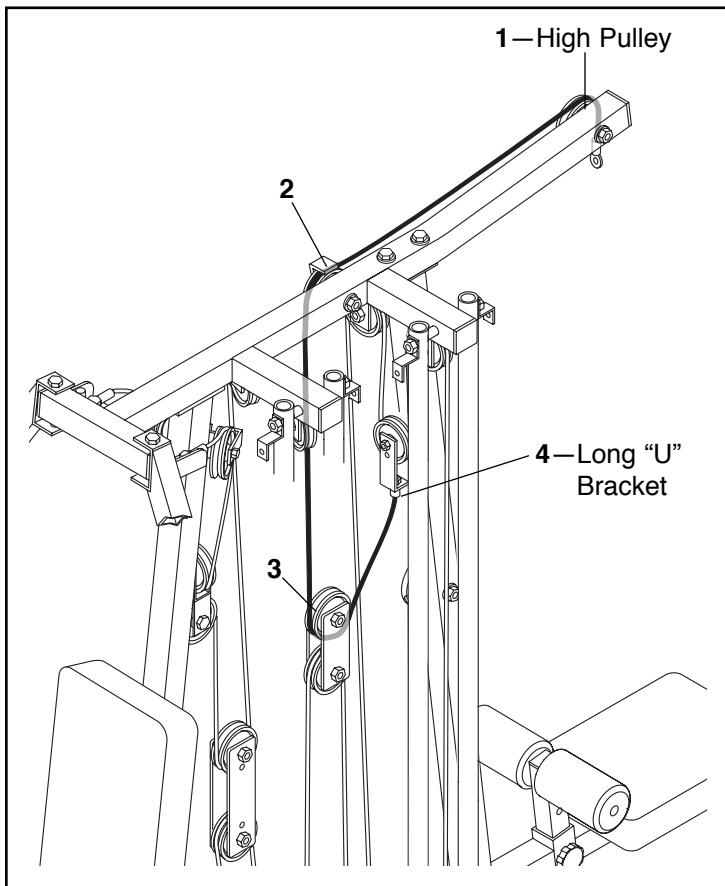
Leg Press Cable (46)



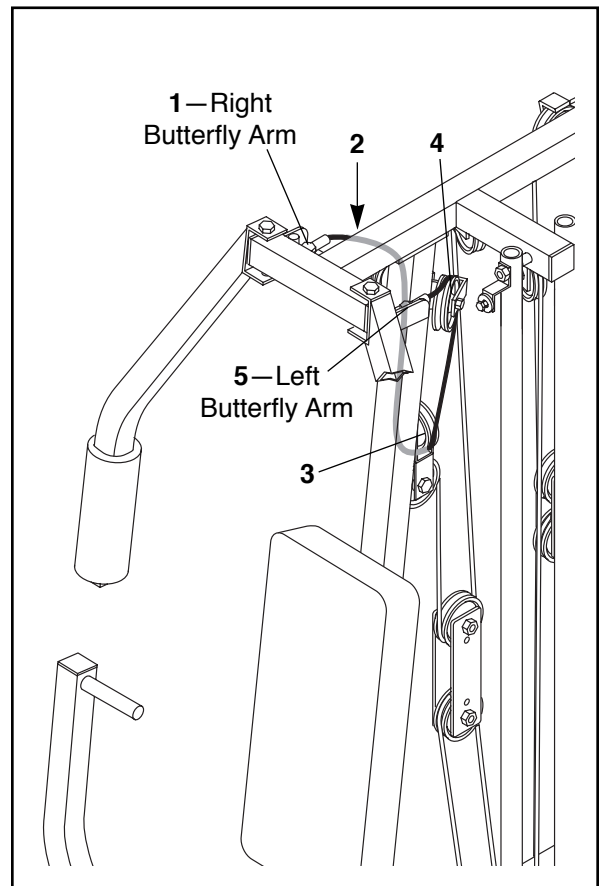
Leg Curl Cable (44)

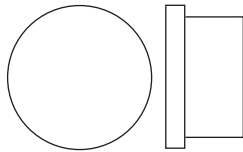


High Cable (47)



Butterfly Cable (43)

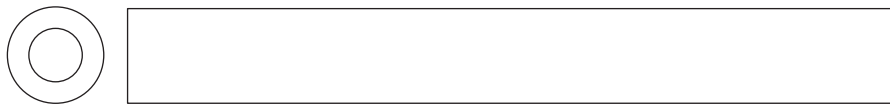




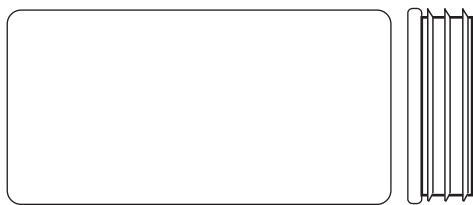
3/4" Round Inner Cap (80)



1/2" x 2 1/16" Spacer (101)



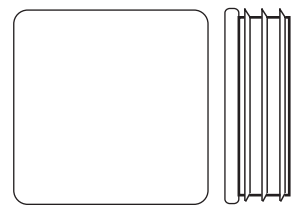
1/2" x 4" Spacer (99)



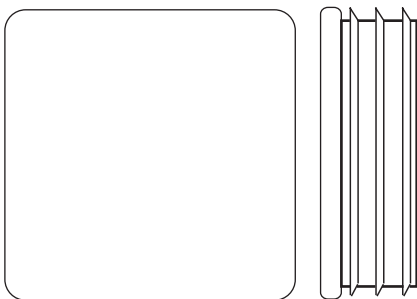
1" x 2" Inner Cap (81)



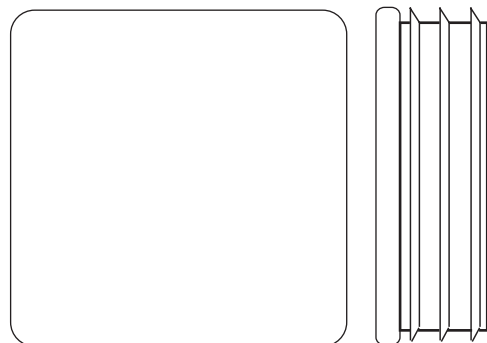
1/2" x 3/8" Spacer (102)



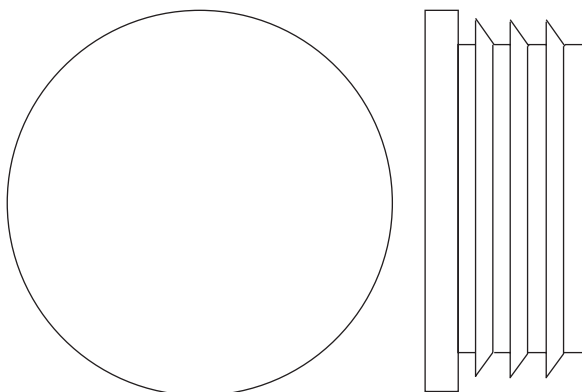
1" Square Inner Cap (79)



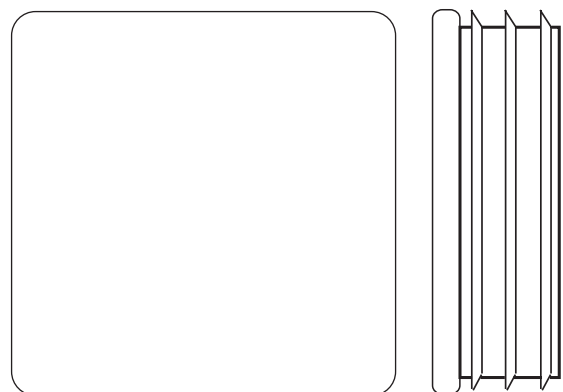
1 1/2" Square Inner Cap (78)



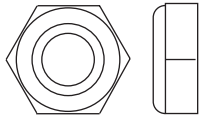
1 3/4" Square Inner Cap (77)



2" Round Inner Cap (88)



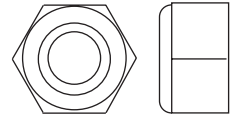
2" Square Inner Cap (76)



3/8" Nylon Jam Nut (60)



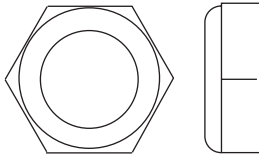
1/4" Jamnut (90)



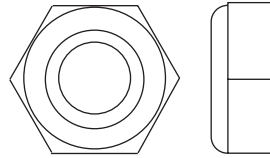
3/8" Nylon Locknut (52)



1/4" Nylon Locknut (96)



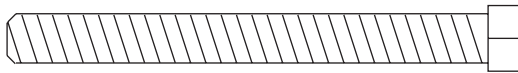
1/2" Thin Nut (74)



1/2" Nylon Jam Nut (54)



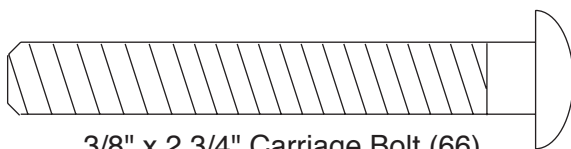
3/8" x 2 1/2" Carriage Bolt (62)



1/4" x 2 1/2" Bolt (73)



1/4" x 2 1/2" Carriage Bolt (95)



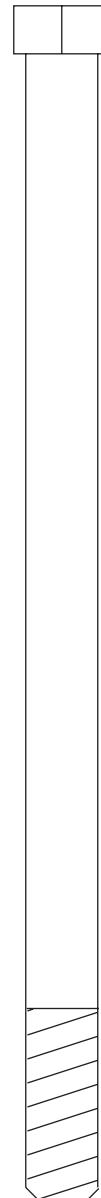
3/8" x 2 3/4" Carriage Bolt (66)



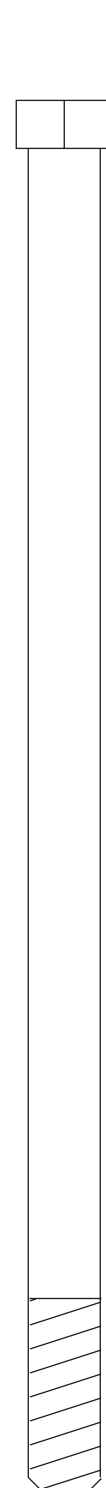
3/8" x 3 1/2" Carriage Bolt (97)



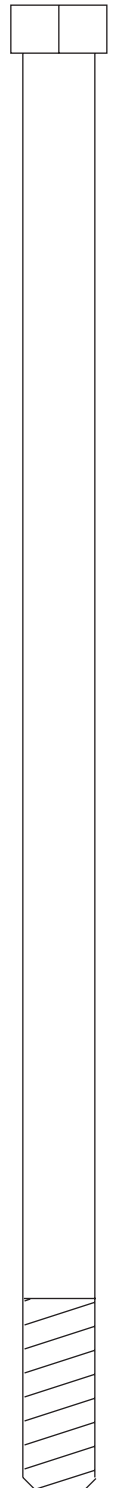
1/2" x 4" Carriage Bolt (53)



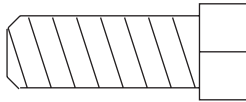
3/8" x 6" Bolt (67)



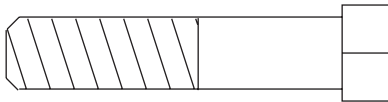
3/8" x 7" Bolt (61)



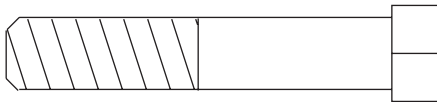
3/8" x 7 1/2" Bolt (64)



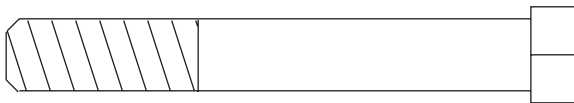
3/8" x 1" Bolt (55)



3/8" x 1 3/4" Bolt (107)



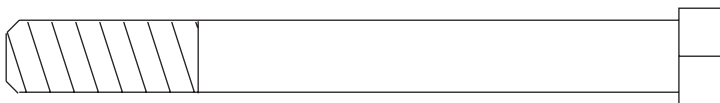
3/8" x 2" Bolt (51)



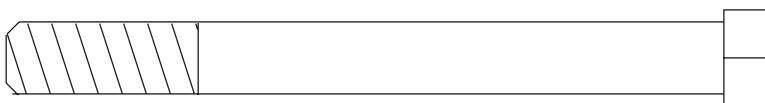
3/8" x 2 3/4" Bolt (57)



3/8" x 3" Bolt (68)



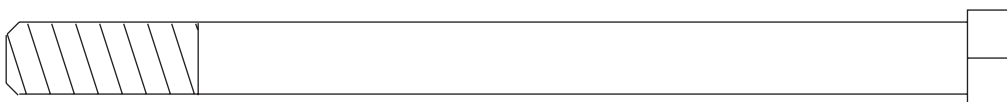
3/8" x 3 1/2" Bolt (58)



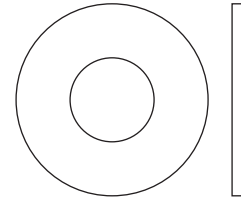
3/8" x 3 3/4" Bolt (63)



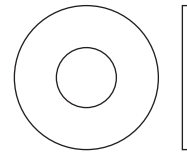
3/8" x 4 1/2" Bolt (65)



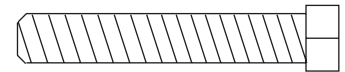
3/8" x 5" Bolt (56)



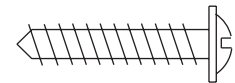
3/8" Washer (59)



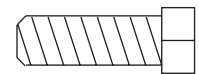
1/4" Washer (71)



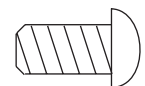
1/4" x 1 1/2" Bolt (70)



#10 x 1" Tap Screw (69)



1/4" x 3/4" Bolt (72)



1/4" x 1/2" Screw (113)

PART LIST—Model No. IMSY50070

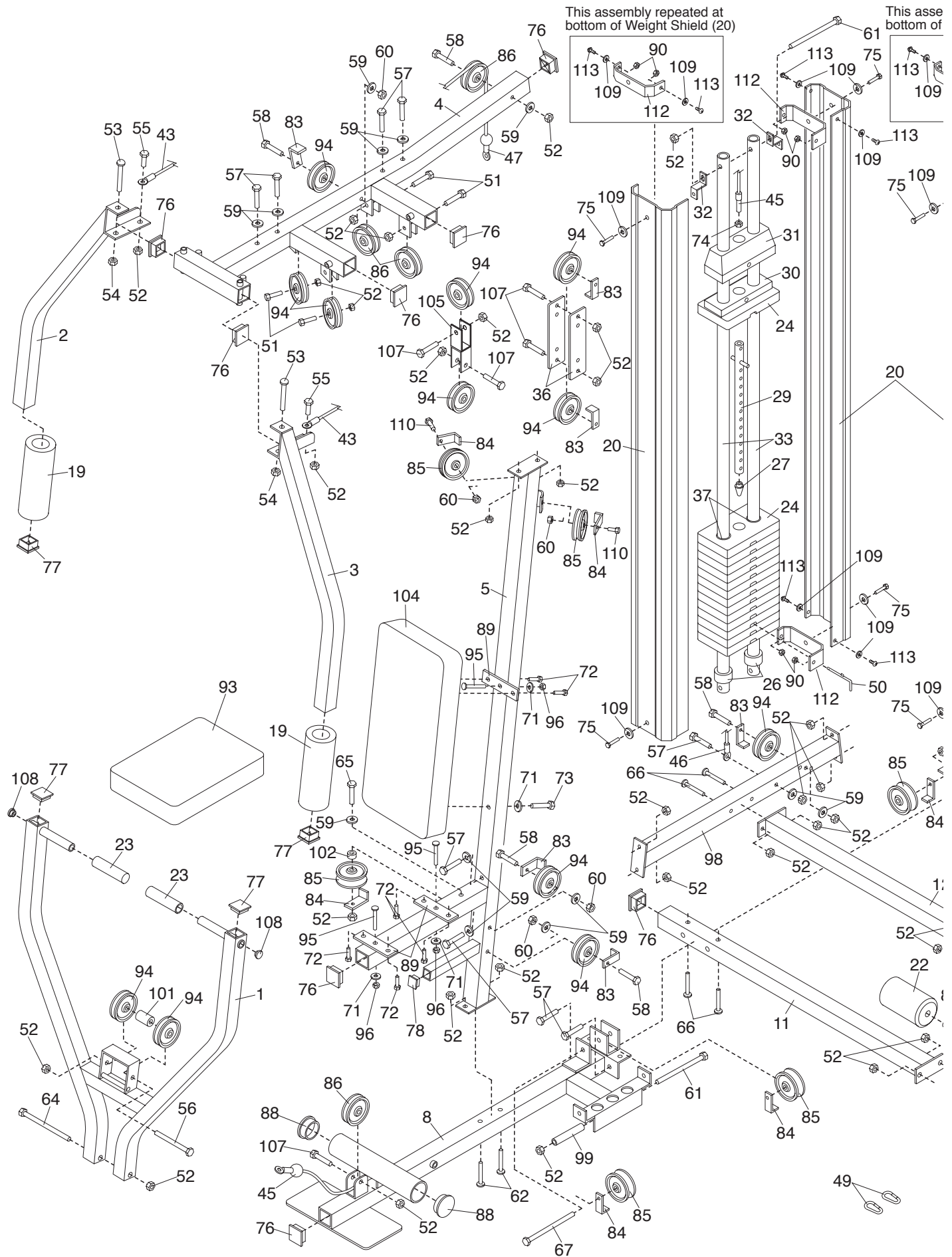
R1298A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Press Arm	59	25	3/8" Washer
2	1	Right Butterfly Arm	60	8	3/8" Nylon Jam Nut
3	1	Left Butterfly Arm	61	4	3/8" x 7" Bolt
4	1	Top Frame	62	6	3/8" x 2 1/2" Carriage Bolt
5	1	Press Upright	63	1	3/8" x 3 3/4" Bolt
6	1	Ab Upright	64	1	3/8" x 7 1/2" Bolt
7	1	Seat Frame	65	1	3/8" x 4 1/2" Bolt
8	1	Press Base	66	4	3/8" x 2 3/4" Carriage Bolt
9	1	Ab Base	67	1	3/8" x 6" Bolt
10	1	Press Frame	68	3	3/8" x 3" Bolt
11	1	Stabilizer	69	2	#10 x 1" Tap Screw
12	1	Main Crossbar	70	8	1/4" x 1 1/2" Bolt
13	1	Leg Lever	71	15	1/4" Washer
14	1	Press Frame Handle	72	10	1/4" x 3/4" Bolt
15	1	Short Leg Press Arm	73	1	1/4" x 2 1/2" Bolt
16	1	Long Leg Press Arm	74	2	1/2" Thin Nut
17	1	Press Plate	75	8	1/4" x 3/4" Screw
18	1	Press Plate Tube	76	20	2" Square Inner Cap
19	2	Long Foam Pad	77	7	1 3/4" Square Inner Cap
20	4	Weight Shield	78	1	1 1/2" Square Inner Cap
21	4	Foam Pad Tube	79	4	1" Square Inner Cap
22	8	Foam Pad	80	8	3/4" Round Inner Cap
23	8	Hand Grip	81	2	1" x 2" Inner Cap
24	23	Weight	82	1	Chain
25	1	Adjustment Tube	83	11	Cable Trap
26	4	Weight Bumper	84	6	Long Cable Trap
27	2	Weight Tube Bumper	85	6	"V" Pulley
28	1	Short Weight Tube	86	5	3 1/2" Pro Pulley
29	1	Long Weight Tube	87	1	Ab Strap
30	2	Top Weight	88	2	2" Round Inner Cap
31	2	Top Weight Cover	89	5	Seat Plate
32	4	Weight Shield Bracket	90	16	1/4" Jamnut
33	4	Weight Guide	91	1	Support Plate
34	2	Backrest Tube	92	1	Seat Tube
35	1	Adjustment Leg	93	3	Seat
36	2	Long "I" Plate	94	19	3 1/2" Pulley
37	46	Weight Insert	95	5	1/4" x 2 1/2" Carriage Bolt
38	2	Leg Lever Bumper	96	6	1/4" Nylon Locknut
39	1	Lat Bar	97	1	3/8" x 3 1/2" Carriage Bolt
40	2	Short "I" Plate	98	1	Rear Crossbar
41	2	3/8" Adjustment Knob	99	2	1/2" x 4" Spacer
42	1	Ab Cable (174")	100	1	Backrest
43	1	Butterfly Cable (60")	101	1	1/2" x 2 1/16" Spacer
44	1	Leg Curl Cable (232")	102	1	1/2" x 3/8" Spacer
45	1	Low Cable (204")	103	1	Ankle Strap
46	1	Leg Press Cable (143")	104	1	Upright Backrest
47	1	High Cable (98")	105	1	Double Bracket
48	1	Row Bar	106	1	Large "U" Bracket
49	2	Cable Clip	107	11	3/8" x 1 3/4" Bolt
50	2	Weight Pin	108	2	1" Round Inner Cap
51	4	3/8" x 2" Bolt	109	24	1/4" Black Washer
52	65	3/8" Nylon Locknut	110	2	3/8" x 2 1/4" Bolt
53	2	1/2" x 4" Carriage Bolt	111	1	4" Pulley
54	2	1/2" Nylon Jam Nut	112	8	Shield Support Bracket
55	3	3/8" x 1" Bolt	113	16	1/4" x 1/2" Screw
56	5	3/8" x 5" Bolt	#	1	User's Manual
57	16	3/8" x 2 3/4" Bolt	#	1	Exercise Guide
58	10	3/8" x 3 1/2" Bolt			

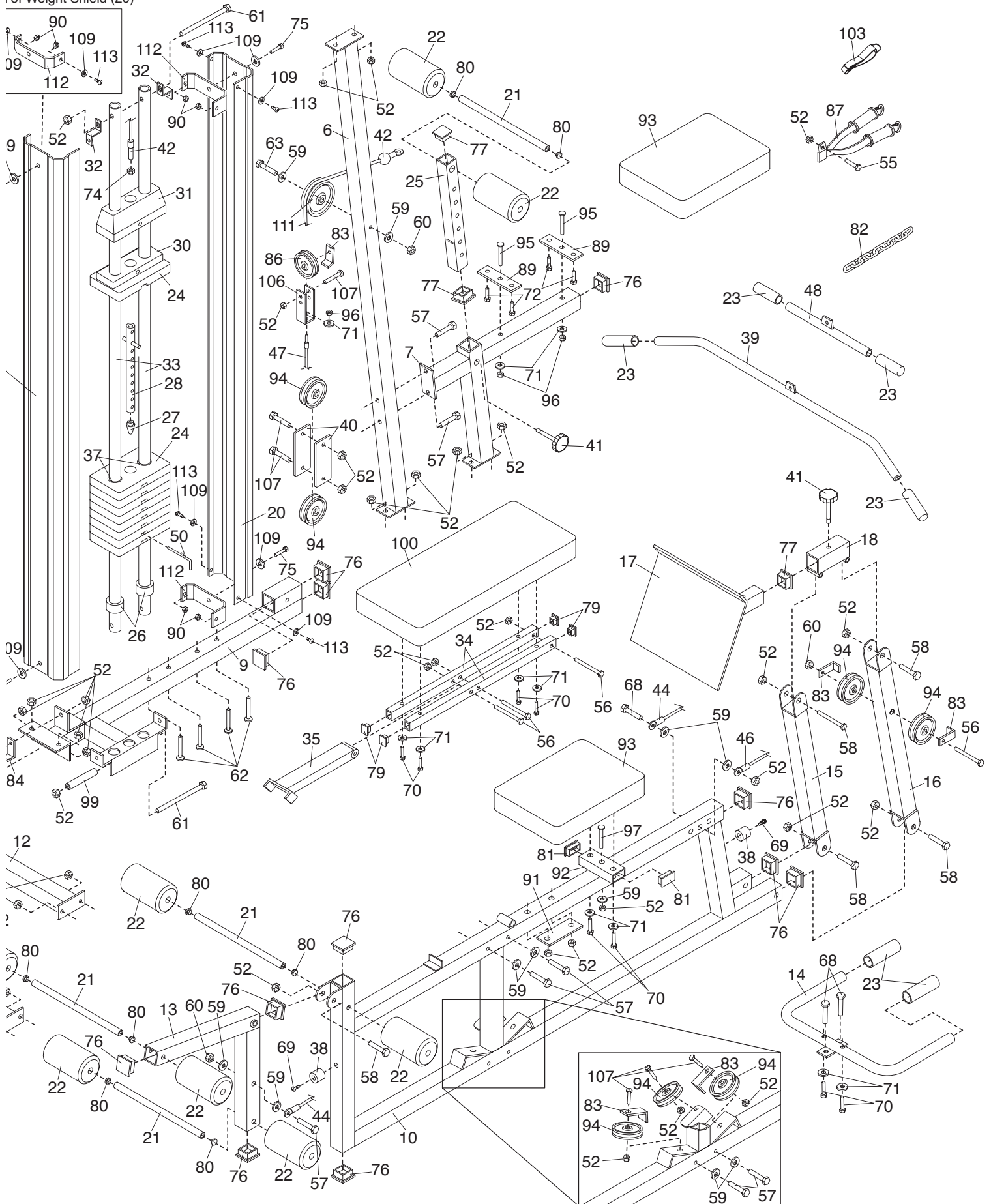
* Includes all parts shown in the box. # Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

EXPLODED DRAWING—Model No. IMSY50070

R1298A



assembly repeated at
of Weight Shield (20)



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 (IMSY50070).
- 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).

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