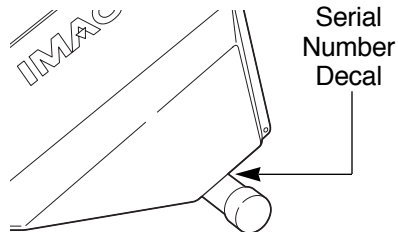


# IMAGE<sup>®</sup> 3.2C

Model No. IMEX35080

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

Write the serial number in the space above for future reference.



## 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



Patent Pending

### CAUTION

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



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fitness tips, and much more!

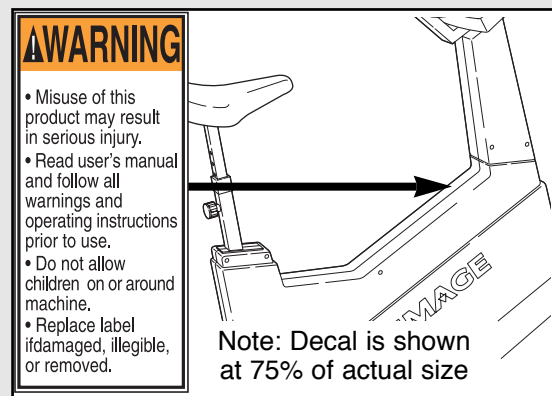
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## IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing and athletic shoes when exercising; do not wear loose clothing that could become caught on the exercise cycle.
8. Always keep your back straight when using the exercise cycle. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
12. **CAUTION DECAL:** The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



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

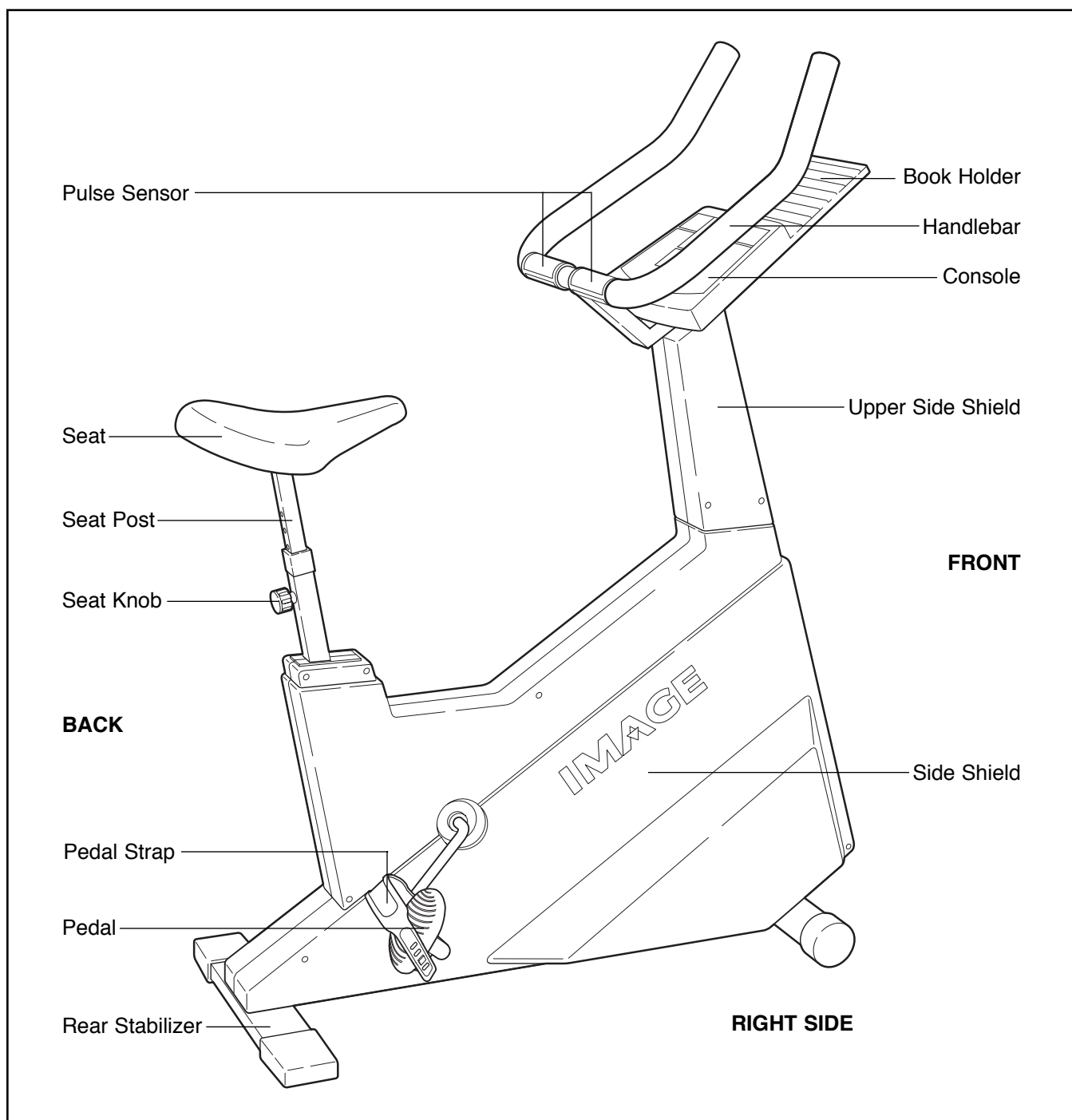
# BEFORE YOU BEGIN

Congratulations for selecting the new IMAGE® 3.2C exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The IMAGE® 3.2C offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

**For your benefit, read this manual carefully before you use the IMAGE® 3.2C.** 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 mention the product model number and serial number when calling. The model number is IMEX35080. The serial number can be found on a decal attached to the IMAGE® 3.2C (see the front cover of this manual).

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



# ASSEMBLY

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

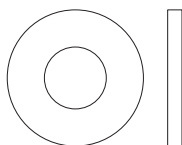
**Assembly requires the included tools and your own adjustable wrench**  .

## PART CHART

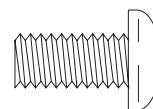
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



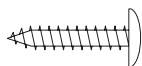
Console Screw (20)–4



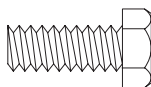
M8 Black Flat Washer (57)–16



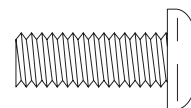
M8 x 15mm Button Screw (7)–4



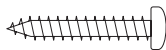
Monitor Screw (17)–4



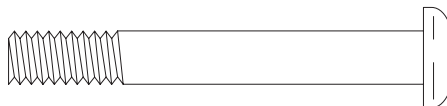
M6 x 15mm Hex Screw (29)–4



M8 x 20mm Button Screw (25)–4

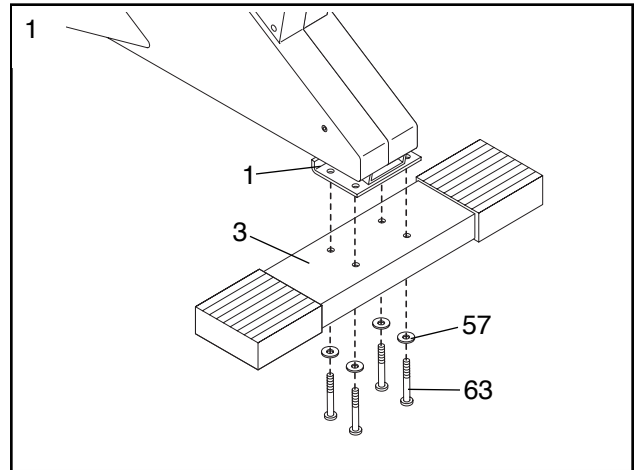


#8 x 19mm Screw (11)–3

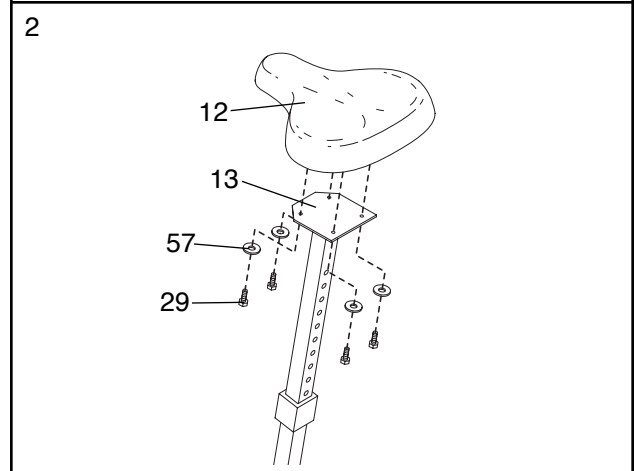


M8 x 55mm Button Screw (63)–4

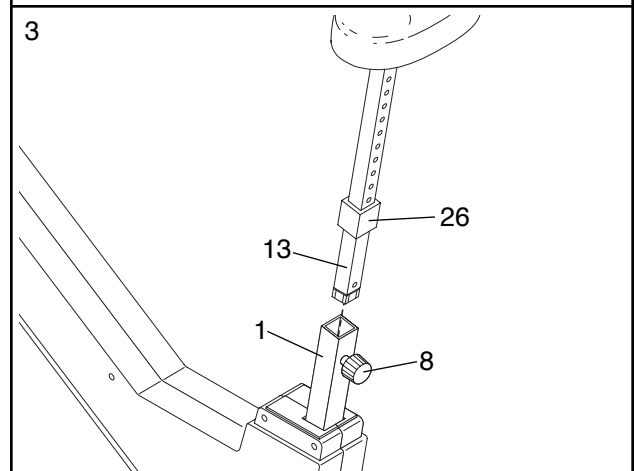
1. Attach the Rear Stabilizer (3) to the Frame (1) with four M8 x 55mm Button Screws (63) and four M8 Black Flat Washers (57).



2. Attach the Seat (12) to the Seat Post (13) with four M6 x 15mm Hex Screws (29) and four M8 Black Flat Washers (57).

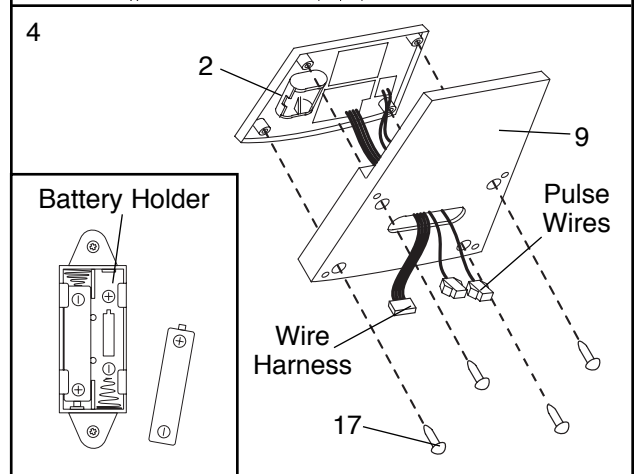


3. Turn the Seat Knob (8) counterclockwise one complete turn. Next, pull back the Seat Knob and insert the Seat Post (13) into the Frame (1). Slide the Seat Post up or down to the desired height and release the Seat Knob. **Make sure that the Seat Knob snaps into one of the holes in the Seat Post.** Turn the Seat Knob clockwise to retighten it.



Press the Seat Post Bushing (26) down onto the top of the Frame (1).

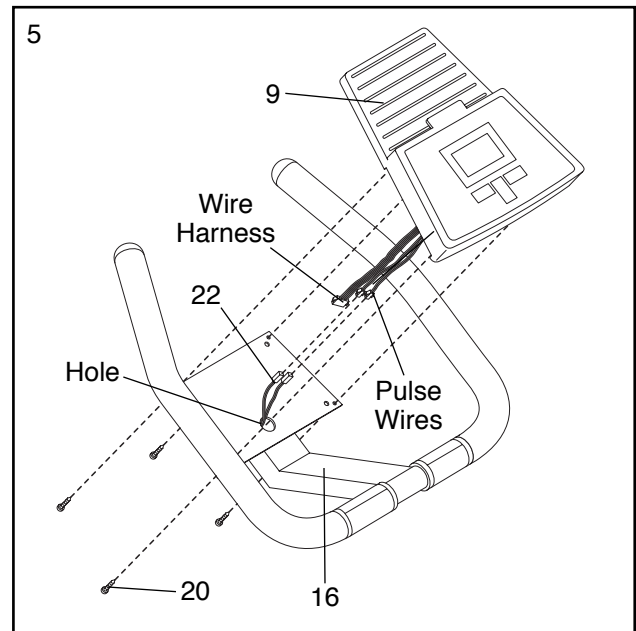
4. The Console (2) requires two “AA” batteries (not included); alkaline batteries are recommended. Turn the Console over and press two batteries into the battery holder (see the inset drawing). **Make sure that the negative (-) ends of the batteries are touching the springs in the battery holder.**



Hold the Console (2) near the Console Base (9). Insert the two pulse wires and the wire harness through the slot in the center of the Console Base. Attach the Console to the Console Base with the four Monitor Screws (17). **Be careful not to pinch the wires.**

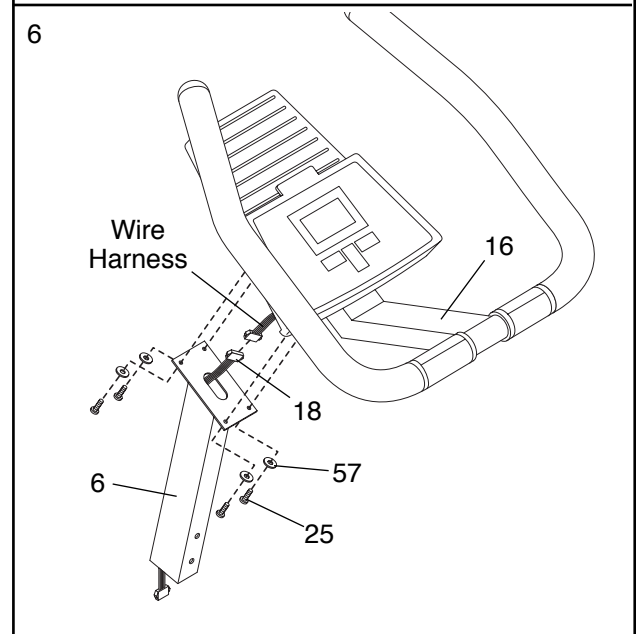
5. Hold the Console Base (9) near the Handlebar (16). Insert the wire harness through the indicated hole in the handlebar. Next, connect the two pulse wires to the two Wires (22) extending from the Handlebar.

Attach the Console Base (9) to the Handlebar (16) with four Console Screws (20). **Be careful to avoid pinching the wires.**



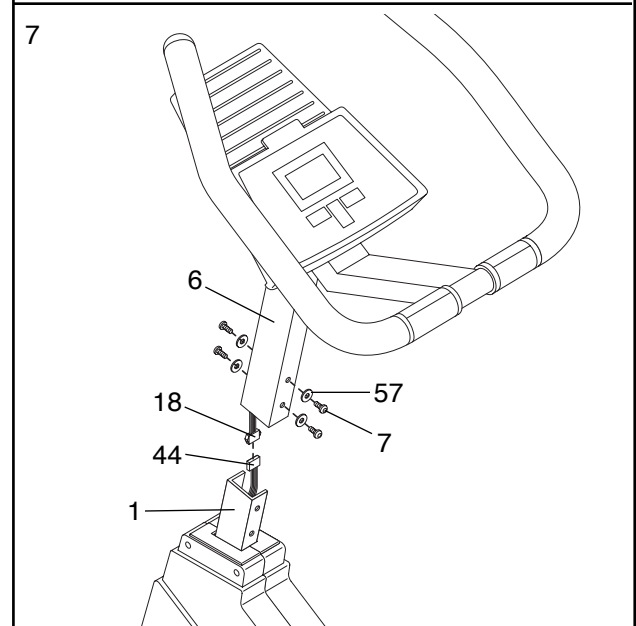
6. Hold the Handlebar (16) near the Handlebar Post (6). Connect the wire harness to the Extension Wire (18).

Attach the Handlebar (16) to the Handlebar Post (6) with four M6 x 20mm Button Screws (25) and four M8 Black Flat Washers (57).

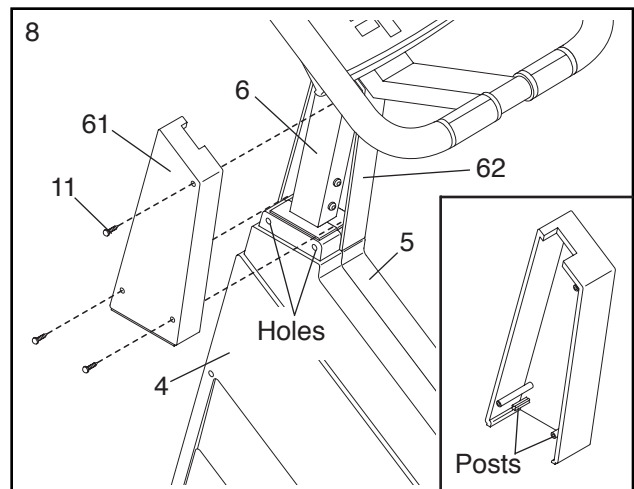


7. While another person holds the Handlebar Post (6) near the Frame (1), connect the Extension Wire (18) to the Lower Wire Harness (44).

Next, slide the Handlebar Post (6) onto the Frame (1). Attach the Handlebar Post with four M8 x 15mm Button Screws (7) and four M8 Black Flat Washers (57).



8. Position the Upper Side Shields (61, 62) around the Handlebar Post (6) as shown. Make sure that the plastic posts shown in the inset drawing are inserted into the upper holes in the Side Shields (4, 5). Attach the Upper Side Shields with three #8 x 19mm Screws (11).

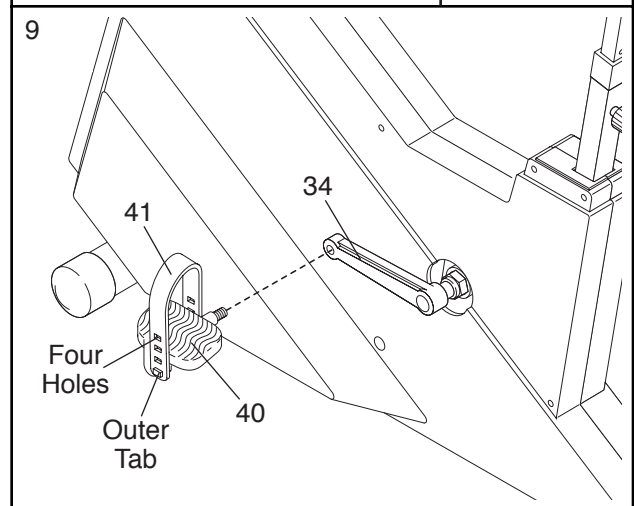


9. Identify the Left Pedal (40) and the Left Pedal Strap (41); there is an "L" on each part for identification.

Find the end of the Left Pedal Strap (41) that has four holes in it. Slide that end of the Pedal Strap onto the outer tab on the Left Pedal (40). Slide the other end of the Pedal Strap onto the inner tab on the Left Pedal. Note: The holes are for adjustment.

Using an adjustable wrench, tighten the Left Pedal (40) counterclockwise into the left Crank Arm (34).

Next, attach the Right Pedal Strap to the Right Pedal, and tighten the Right Pedal clockwise into the right Crank Arm (not shown).

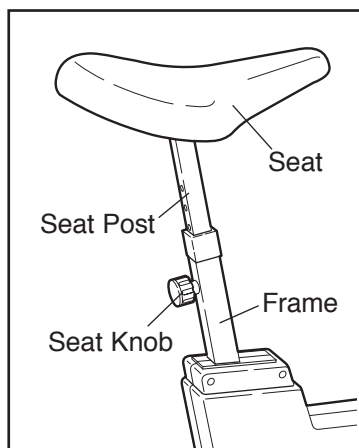


10. **Make sure that all parts are tightened before you use the exercise cycle. Place a mat beneath the exercise cycle to protect the floor.**

## HOW TO OPERATE THE EXERCISE CYCLE

### HOW TO ADJUST THE POSITION OF THE SEAT

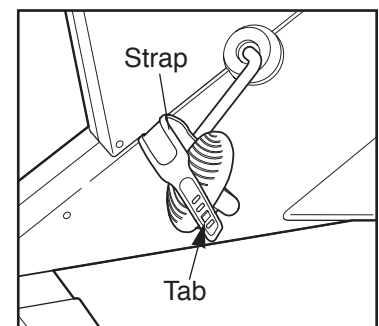
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the seat, first turn the seat knob counterclockwise one complete turn. Next, pull the seat knob and insert the seat post into the frame. Slide the



seat post up or down to the desired height and release the seat knob. **Make sure that the seat knob snaps into one of the holes in the seat post.** Turn the seat knob clockwise to retighten it.

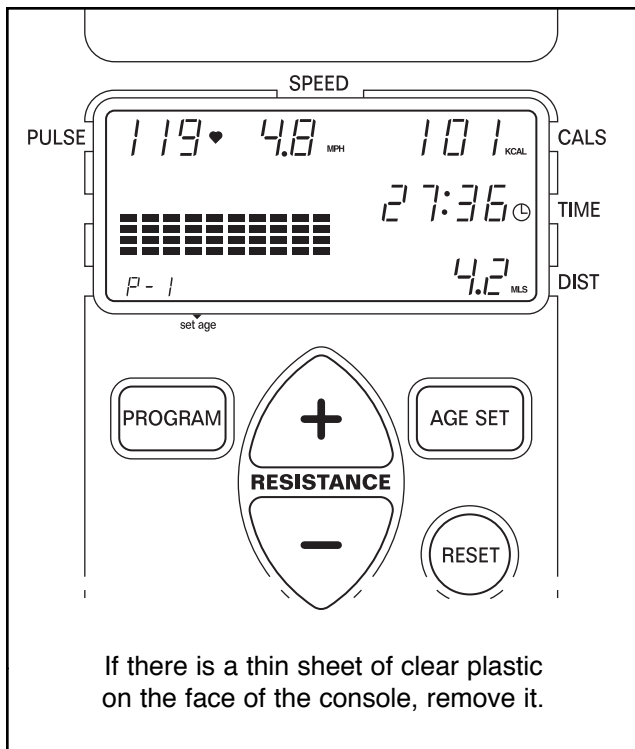
### HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.





## DESCRIPTION OF THE CONSOLE



The innovative console offers an impressive array of features to help you get the most from your workouts.

When the manual program is selected, you can adjust the resistance of the pedals with a touch of a button. As you exercise, the console will display your pedaling speed, the number of Calories you have burned, the elapsed time, and your total distance. You can even measure your heart rate using the built-in pulse sensor.

The console also offers ten preset workout programs. Five programs automatically change the resistance of the pedals as they guide you through effective workouts, and five programs automatically adjust the resistance of the pedals to keep your heart rate near pre-selected levels during your workouts.

Note: Before the console can be operated, two "AA" batteries must be installed. See assembly step 4 on page 6 for instructions.

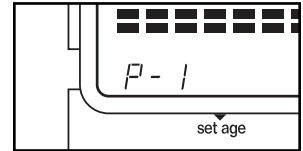
## HOW TO USE THE MANUAL PROGRAM

### 1 Turn on the power

To turn on the power, press any button on the console or simply begin pedaling. Note: If batteries were just installed, the power will already be on.

### 2 Select the manual program

Each time the power is turned on, the manual program will automatically be selected, as shown by the "P-1" in the display. (P-1 is the manual program.) If you have selected a different program, select the manual mode again by pressing the program button repeatedly until the "P-1" reappears.

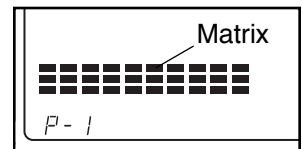


### 3 Begin pedaling and adjust the resistance of the pedals as desired

As you exercise, press the resistance + and - buttons to adjust the resistance of the pedals. Note: After the buttons are pressed, it may take a moment for the selected resistance setting to be reached.

### 4 Follow your progress with the console display

As you exercise, the matrix on the left side of the display will show your progress. During the first minute that you exercise, the first column of the matrix will flash; during the second minute, the second column will flash; during the third minute, the third column will flash, and so on, until the tenth column is flashing. After you have exercised for ten minutes, the matrix will reset and the first column will begin to flash again.



The matrix will also show the resistance level of the pedals. As you press the resistance + or - button, the height of the columns in the matrix will increase or decrease.

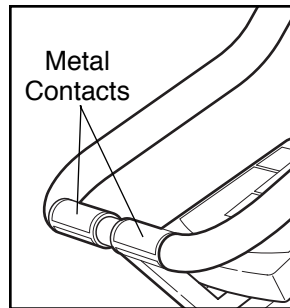


In addition to the matrix, the display will show your pedaling speed, the number of Calories you have burned, the elapsed time, and your total distance. The display will also show your heart rate when the pulse sensor is used (see step 5).

**Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

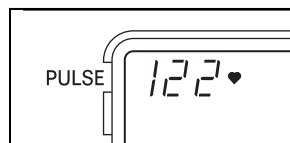
## 5 Measure your heart rate if desired

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. **Avoid moving your hands.**



**Note: Before you can use the pulse sensor, you must peel the protective vinyl covering off the metal contacts on the top and bottom of the pulse sensor.**

After a moment, the heart-shaped indicator in the display will begin to flash and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. **WARNING: The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**



**Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.** In addition, make sure that your hands are positioned as described above. Be careful not to move your hands excessively or squeeze the metal contacts too tightly.

## 6 When you are finished exercising, turn off the power

**To turn off the power, simply wait for about three minutes.** If the pedals are not moved and the console buttons are not pressed for three minutes, the power will turn off automatically.

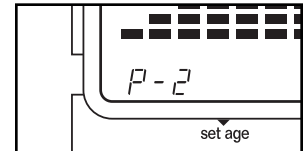
## HOW TO USE A RESISTANCE PROGRAM

### 1 Turn on the power

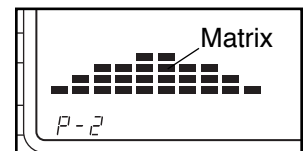
To turn on the power, press any button on the console. Note: If batteries were just installed, the power will already be on.

### 2 Select one of the resistance programs

Each time the power is turned on, the manual program will be selected, as shown by the "P-1" in the display. To select one of the resistance programs, press the program button repeatedly until a "P-2," "P-3," "P-4," "P-5" or "P-6" appears in the display.



As you select each resistance program, the matrix will show the resistance settings of the program you have selected. If you select program 2, for example, the matrix will show that the resistance will gradually increase during the first half of the program and then gradually decrease during the last half of the program.



### 3 Begin pedaling and follow your progress with the console display

As you exercise, follow your progress with the matrix on the left side of the display (refer to the drawing above). During the first minute of the program, the first column of the matrix will flash; during the second minute, the second column will flash; during the third minute, the third column will flash. In addition, the resistance of the pedals will automatically change according to the height of the flashing column—the higher the column is, the greater the resistance will be. After ten minutes, the program will be completed.

**Note:** If the program is too easy or too difficult, press the resistance + or – button to adjust the intensity level of the program. As you press the resistance + or – button, the height of the columns in the matrix will increase or decrease.

In addition to the matrix, the display will show your pedaling speed, the number of Calories you have burned, the elapsed time, and your total distance. The display will also show your heart rate when the pulse sensor is used (see step 4).

#### 4 Measure your heart rate if desired

Refer to step 5 on page 9. **Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

#### 5 When you are finished exercising, turn off the power

**To turn off the power, simply wait for about three minutes.** If the pedals are not moved and the console buttons are not pressed for three minutes, the power will turn off automatically.

### HOW TO USE A HEART RATE PROGRAM

Each heart rate program automatically adjusts the resistance of the pedals to keep your heart rate near a certain level while you exercise.

Programs 7 and 8 are low-intensity fat burning programs. To burn fat, you must exercise at a low intensity level for a sustained period of time. As you exercise, pedal at a relatively slow speed; the resistance of the pedals will increase or decrease as needed to keep your heart rate at the proper level.

Programs 9, 10, and 11 are moderate-intensity aerobic programs. For aerobic exercise, you must exercise at a moderate intensity level for a prolonged period of time. As you exercise, pedal at a moderate speed; the resistance of the pedals will increase or decrease as needed to keep your heart rate at the proper level.

**WARNING: The pulse sensor may give readings lower than your actual heart rate, especially at fast pedaling speeds. Stop exercising and cool down if you feel faint or dizzy.**

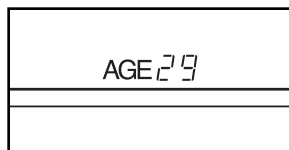
Follow the steps below to use a heart rate program.

#### 1 Turn on the power

To turn on the power, press any button on the console. Note: If batteries were just installed, the power will already be on.

#### 2 Enter your age into the console

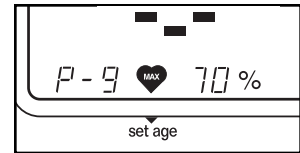
Before you use a heart rate program, you must enter your age into the console. First, press the age set button. The let-



ters "AGE" and the current age setting will appear at the bottom of the display. Press the resistance + or - button to enter your age. After you have entered your age, the display will change back to the main display in about five seconds.

#### 3 Select one of the heart rate programs

Each time the power is turned on, the manual program will be selected, as shown by the "P-1" in the display. To select one of the heart rate programs, press the program button repeatedly until a "P-7," "P-8," "P-9," "P10" or "P11" appears in the display.



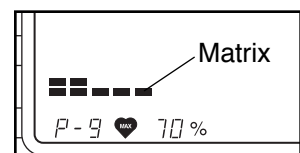
Each heart rate program is designed to keep your heart rate near a certain percentage of your maximum heart rate while you exercise. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your maximum heart rate is 190.)

Program 7 (P-7) will keep your heart rate near 50% of your maximum heart rate while you exercise; P-8 will keep your heart rate near 60% of your maximum heart rate; P-9 will keep your heart rate near 70% of your maximum heart rate; P10 will keep your heart rate near 80% of your maximum heart rate; and P11 will keep your heart rate near 90% of your maximum heart rate.

#### 4 Begin exercising and follow your progress with the console display

As you exercise, follow your progress with the matrix on the left side of the display. During the first ten seconds of the program, the first column of the matrix will flash.

After ten seconds, the column will move to the right and the first column will continue to flash. At the end of every ten seconds, all columns will move to the right and the first column will continue to flash. Note: As the resistance level of the pedals changes, the height of the flashing column will also change.



In addition to the matrix, the display will show your pedaling speed, the number of Calories you have burned, the elapsed time, and your total distance.

Note: When a heart rate program is used, the resistance buttons will not function.

## **5** Measure your heart rate regularly

During the program, **slow your pedaling speed briefly and measure your heart rate regularly** (refer to step 5 on page 9). Each time you measure your heart rate, the resistance of the pedals will automatically increase or decrease, if necessary, to keep your heart rate near the preselected percentage of your maximum heart rate. It is not necessary to keep your hands on the metal contacts when you are not measuring your heart rate. **Note: If your heart rate is not shown, press the reset button to reset the pulse sensor.**

## **6** When you are finished exercising, turn off the power

**To turn off the power, simply wait for about three minutes.** If the pedals are not moved and the console buttons are not pressed for three minutes, the power will turn off automatically.

---

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## **BATTERY REPLACEMENT**

If the console does not function properly, the batteries should be replaced. To replace the batteries, the console must be removed from the console base. Refer to assembly step 4 on page 5.

## **PULSE SENSOR TROUBLE-SHOOTING**

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- If your heart rate is not shown when the pulse sensor is used, press the resistance – button to reset the pulse sensor.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# EXERCISE GUIDELINES

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

**WARNING: The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

Exercise has proven essential for good health and well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to deal with stress, and greater self-esteem.

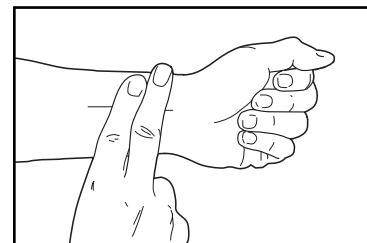
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

To measure your heart rate, use the built-in pulse sensor. You can also measure your heart rate by placing two fingers on your wrist as shown. Stop exercising and take a six-second heartbeat count. Multiply the result by ten to find your heart rate.



(A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

## WORKOUT GUIDELINES

A well-rounded workout includes three important parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 40 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

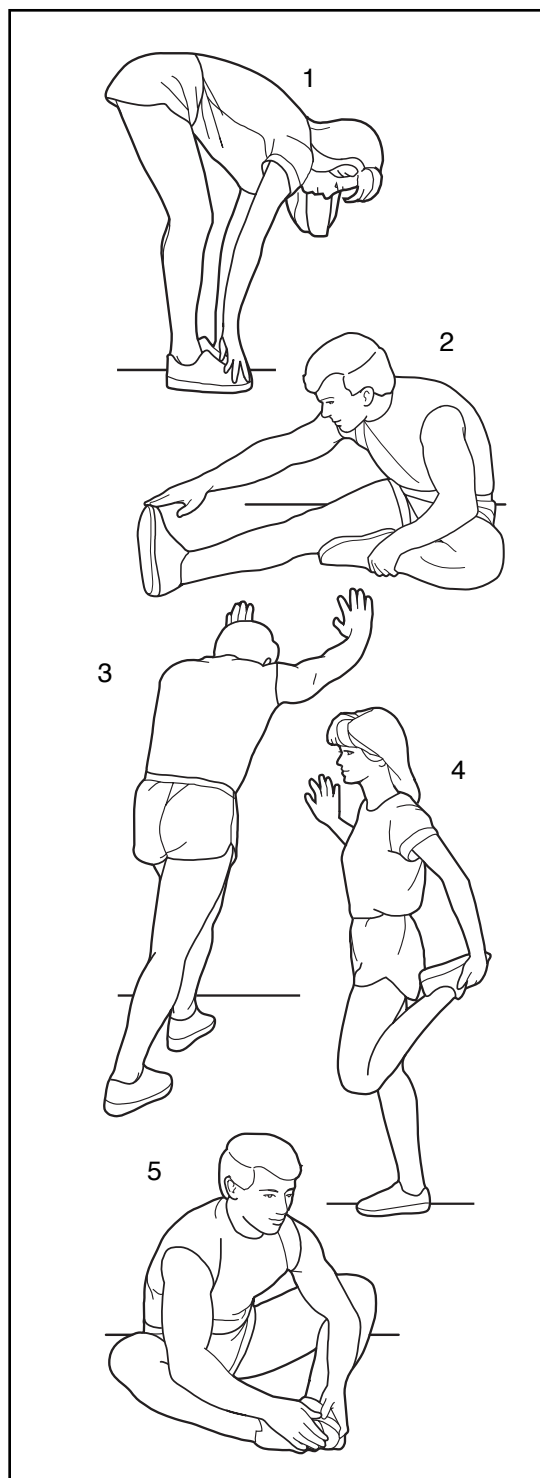
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



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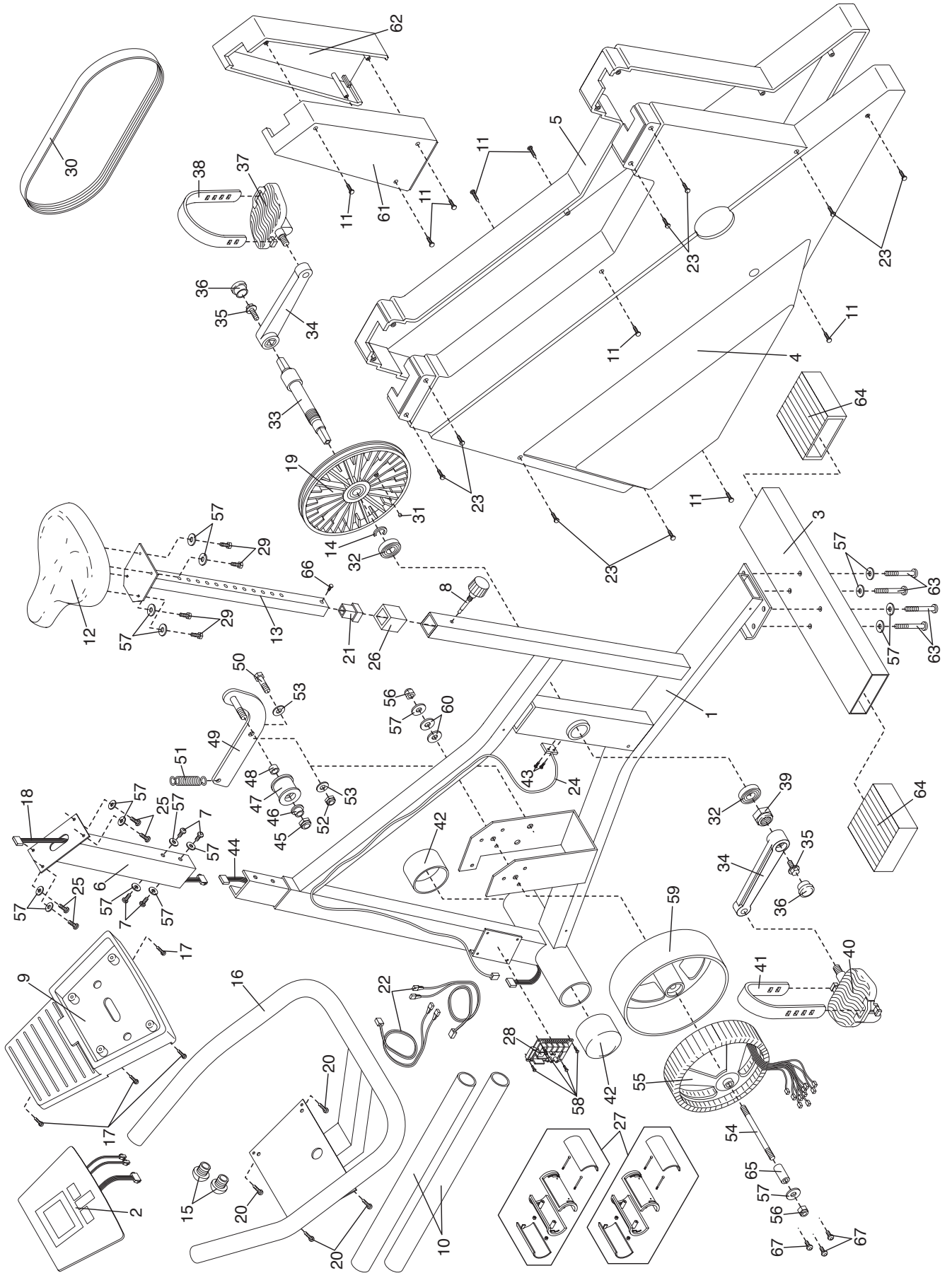
Key No. Qty.	Description	Key No. Qty.	Description	Key No. Qty.	Description
1 1	Frame	31 1	Magnet	61 1	Left Upper Side Shield
2 1	Console	32 2	Crank Bearing	62 1	Right Upper Side Shield
3 1	Rear Stabilizer	33 1	Crank	63 4	M8 x 55mm Button Screw
4 1	Left Side Shield	34 2	Crank Arm	64 2	Rear Stabilizer Endcap
5 1	Right Side Shield	35 2	M8 x 20mm Washer Screw	65 1	Axle Spacer
6 1	Handlebar Post	36 2	Crank Cap	66 1	#8 x 8mm Screw
7 4	M8 x 15mm Button Screw	37 1	Right Pedal	67 3	Armature Screw
8 1	Seat Knob	38 1	Right Pedal Strap	#	User's Manual
9 1	Console Base	39 1	Crank Nut	#	Allen Wrench
10 2	Handlebar Foam	40 1	Left Pedal		
11 8	#8 x 19mm Screw	41 1	Left Pedal Strap		
12 1	Seat	42 2	Front Stabilizer Endcap		
13 1	Seat Post	43 2	#4 x 3/8" Screw		
14 1	"C" Clip	44 1	Lower Wire Harness		
15 2	Handlebar Endcap	45 1	M10 Nylon Jam Nut		
16 1	Handlebar	46 1	Idle Bushing		
17 4	Monitor Screw	47 1	Idle Wheel		
18 1	Extension Wire	48 1	Idle Spacer		
19 1	Pulley	49 1	Idle Arm		
20 4	Console Screw	50 1	M10 x 26mm Bolt		
21 1	Seat Post Bushing	51 1	Idle Spring		
22 2	Pulse Wire	52 1	M10 Nylon Locknut		
23 8	#10 x 32mm Screw	53 2	M10 Black Flat Washer		
24 1	Reed Switch Wire	54 1	Axle		
25 4	M8 x 20mm Button Screw	55 1	Armature		
26 1	Seat Post Collar	56 2	M8 Nylon Locknut		
27 2	Pulse Handle Assembly	57 18	M8 Black Flat Washer		
28 1	Control Board	58 4	#8 x 5/16" Screw		
29 4	M6 x 15mm Hex Screw	59 1	Generator Housing		
30 1	Belt	60 2	M8 Zinc Flat Washer		

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



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# HOW TO ORDER 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 when calling:

- The MODEL NUMBER of the product (IMEX35080)
- The NAME of the product (IMAGE® 3.2C exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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