

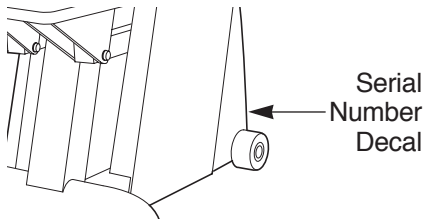
IMAGE[®] 7.0

Patent Pending

Model No. IMST90060

Serial No. _____

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



QUESTIONS?

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

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. Keep this manual for future reference.



USER'S MANUAL

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the stepper.
2. It is the responsibility of the owner to ensure that all users of the stepper are adequately informed of all precautions.
3. Place the stepper on a level surface. Place a mat under the stepper to protect the floor or carpet. Keep the stepper indoors, away from moisture and dust.
4. Inspect and tighten all parts of the stepper regularly. Replace any worn parts immediately.
5. Keep children under 12 and pets away from the stepper at all times.
6. The stepper should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when using the stepper. Do not wear loose clothing that could become caught on the stepper. Always wear athletic shoes for foot protection.
8. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
9. The stepper is intended for in-home use only. Do not use the stepper in any commercial, rental, or institutional setting.
10. Use the stepper only as described in this manual.

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

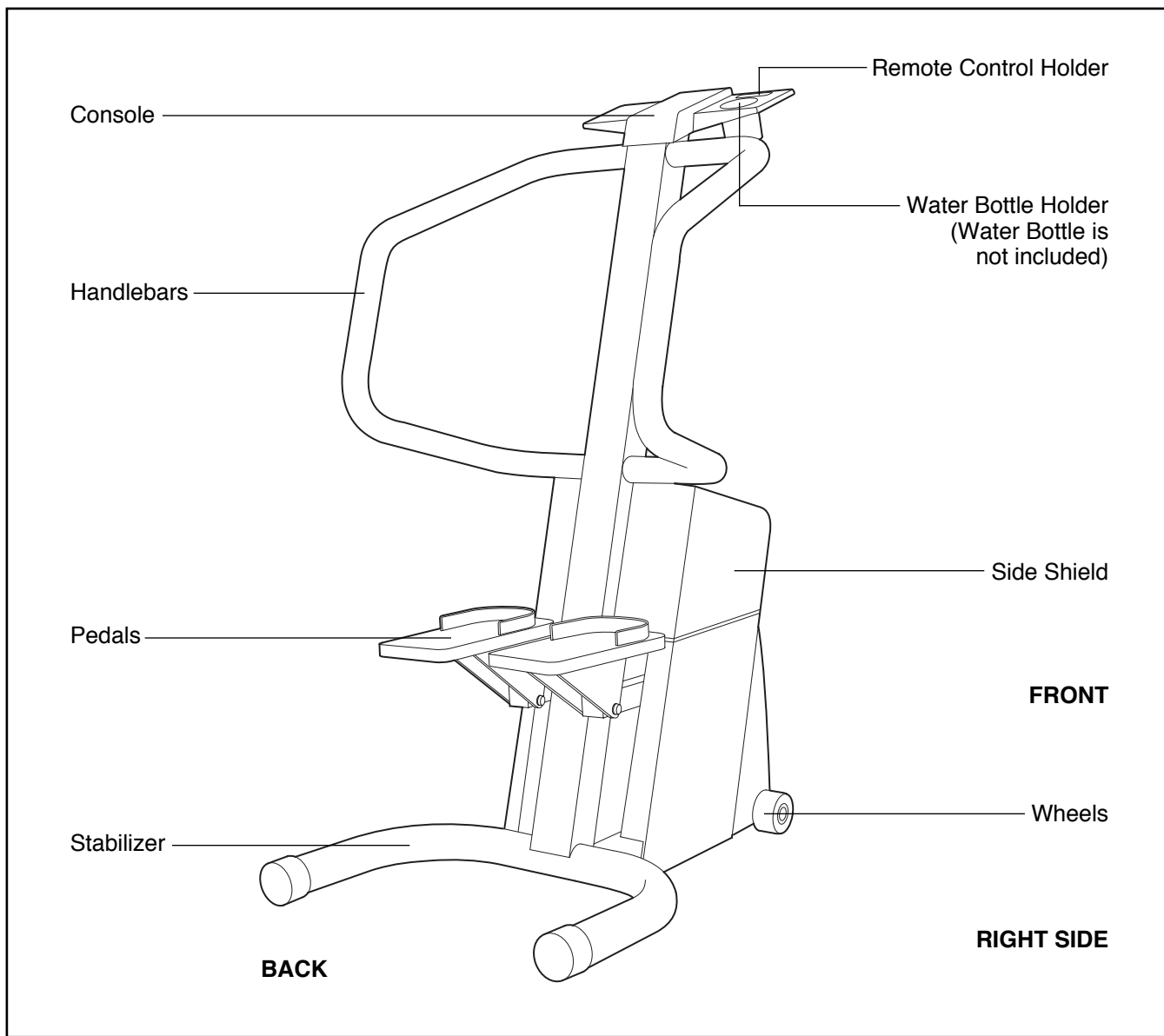
BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® 7.0 stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance, and toning the entire body. The IMAGE® 7.0 stepper blends advanced engineering with innovative styling to let you enjoy this invigorating exercise in the comfort and privacy of your own home. Feel better, look better, and be healthier in just a few minutes a day.

For your benefit, read this manual carefully before using the IMAGE® 7.0 stepper. If you have questions after reading the manual, 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 IMST90060. The serial number can be found on a decal attached to the stepper (see the front cover of this manual for the location).

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

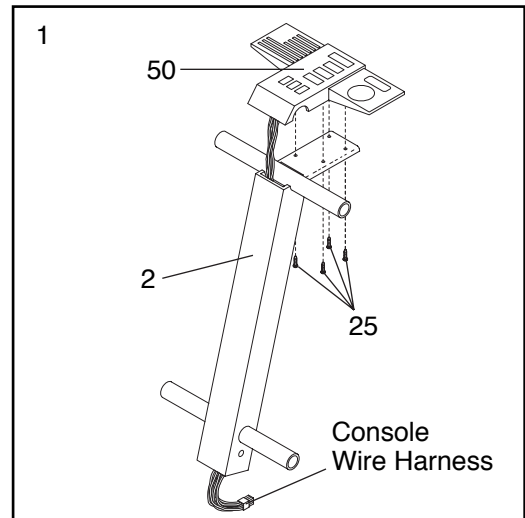


ASSEMBLY

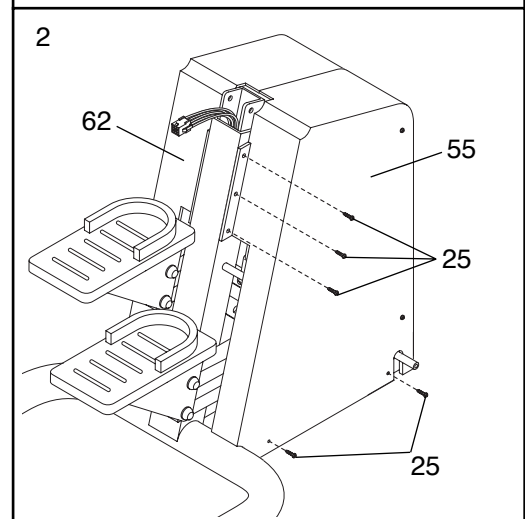
Assembly requires two people. Place all parts of the stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY: The included allen wrench  , a phillips screwdriver  , and a rubber mallet  .

1. Feed the end of the console wire harness down through the Upright (2). Attach the Console (50) to the Upright with four #8 x 1/2" Screws (25). **Be careful to avoid pinching the console wire harness.**



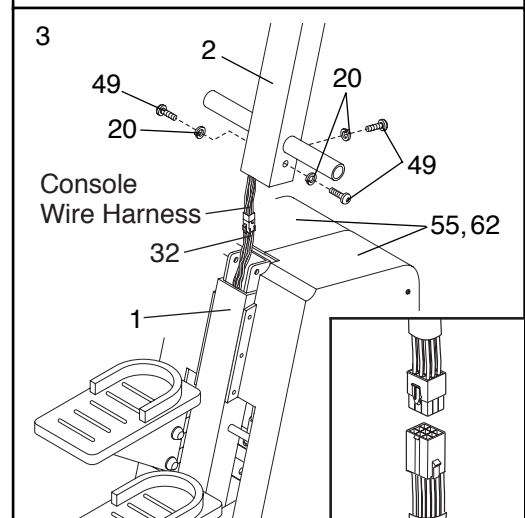
2. Remove the five indicated #8 x 1/2" Screws (25) from the Right Side Shield (55). Remove the five corresponding #8 x 1/2" Screws from the Left Side Shield (62). **Do not remove the Side Shields.**



3. While another person holds the Upright (2), connect the console wire harness to the Lower Wire Harness (32). Refer to the inset drawing. **If the Wire Harnesses do not fit together easily, turn them—do not force them together.**

Tip the Side Shields (55, 62) forward. If the three M10x 25mm Button Screws (49) and M10 Lock Washers (20) are in the Frame (1), remove them. Feed the Wire Harness (32) into the Frame, and slide the Upright (2) onto the Frame. Loosely thread the three M10 x 25mm Button Screws with M10 Lock Washers into the Upright and the Frame. **After you have threaded all three Button Screws into the Upright and the Frame, firmly tighten them.**

Tip the Side Shields (55, 62) back and reattach them with the ten #8 x 1/2" Screws (25) removed in step 2. Install the bottom Screws first.



- Slide the Right Handlebar (10) onto the right side of the Upright (2). **To keep the Handlebar from binding, slide both ends of the Handlebar on at the same time.**

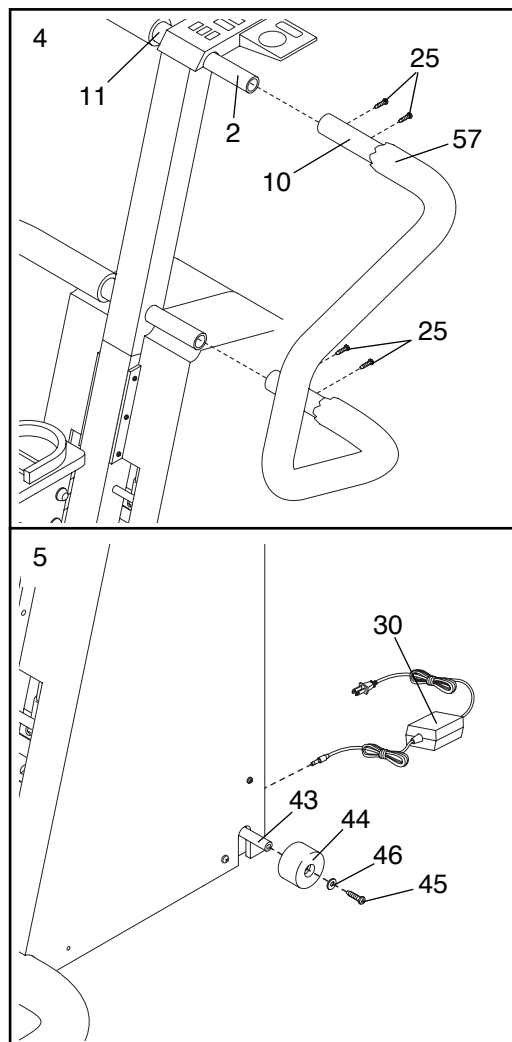
While another person pulls back the upper end of the Foam Handgrip (57), loosely thread two #8 x 1/2" Screws (25) into the Right Handlebar and the Upright. If necessary, move the Right Handlebar slightly to align the holes in the Right Handlebar with the holes in the Upright. Next, pull back the lower end of the Foam Handgrip (57) and loosely thread two more #8 x 1/2" Screws (25) into the Right Handlebar and the Upright. **Tighten all four #8 x 1/2" Screws (25).**

Attach the Left Handlebar (11) to the Upright (2) in the same manner.

- If there are rubber bands on the ends of the 5/8" x 15" Rod (43), remove them. Slide a Wheel (44) onto one end of the Rod. Attach the Wheel with an M6 x 20mm Button Screw (45) and a 3/8" Flat Washer (46).

Attach a Wheel (44) to the other end of the 5/8" x 15" Rod (43) in the same manner.

Plug the Power Cord (30) into the jack on the front of the stepper.



- Make sure that all parts of the stepper are properly tightened.** To protect the floor or carpet from damage, place a mat under the stepper.

HOW TO USE THE IMAGE® 7.0 STEPPER

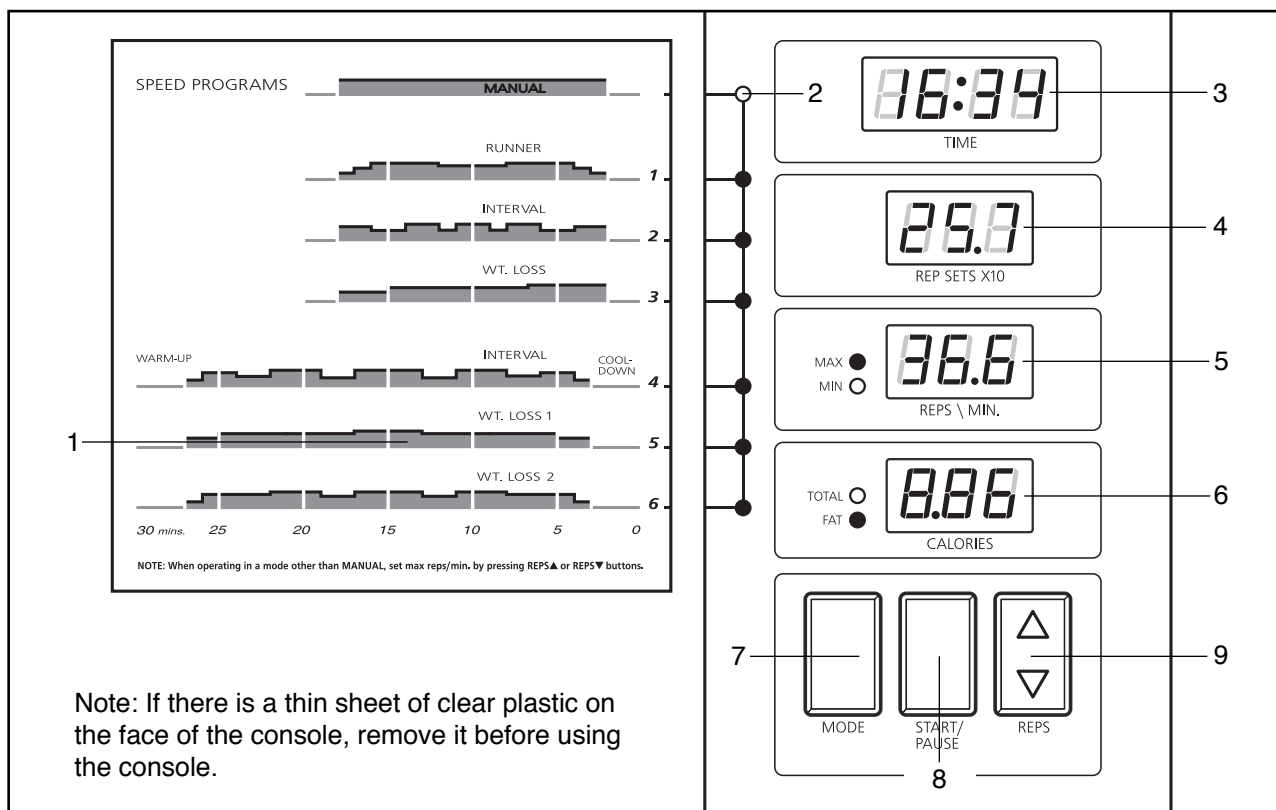
The stepper console offers a variety of features to help you get the most from your exercise. When the console is in the manual mode, the stepping speed can be changed with a touch of a button. As you exercise, four LED displays will provide continuous exercise feedback. The console also offers six workout programs. Each workout program is designed to change the stepping speed automatically as it guides you through an effective workout.

DIAGRAM OF THE CONSOLE

1. Program Profiles—These profiles show how the stepping speed will change during the six workout programs. During program 5 (Weight Loss 1), for example, the stepping speed will gradually increase during the first half of the program, and then gradually decrease during the last half.
2. Mode Indicators—These indicators show which mode is selected (the manual mode or one of the six workout programs).
3. TIME display—When the manual mode is selected, this display will show the elapsed time. When a workout program is selected, this display shows the time remaining in the program.
4. REP SETS display—This display shows the total

number of repetitions you have completed, divided by 10. If the display shows 24, for example, you have completed 240 repetitions.

5. REPS/MIN display—This display shows your current stepping speed, in repetitions per minute.
6. CALORIES display—This display shows the total number of calories you have burned and the number of fat calories you have burned. The display will change from one number to the other every seven seconds. When the total number of calories is shown, the TOTAL indicator will light. When the number of fat calories is shown, the FAT indicator will light. (See page 9 for an explanation of fat calories.)
7. MODE button—This button selects the MANUAL mode and the six workout programs.
8. START/PAUSE button—This button starts and pauses workout programs.
9. REPS button—This button changes the stepping speed by increasing or decreasing the stepping resistance (see step 3 on page 7). Note: When the maximum speed setting is reached, the MAX indicator will light. When the minimum speed setting is reached, the MIN indicator will light.



HOW TO EXERCISE ON THE STEPPER

Place the stepper on a level surface and place a mat under the stepper. (The stepper features precision hydraulic cylinders. However, there is a possibility of slight oil leakage due to the nature of hydraulic cylinders.) Plug the power cord into a 120-volt outlet. All displays and indicators on the console will flash once; the displays and various indicators will then light and a tone will sound.

Hold the handlebars and step onto the pedals. Begin stepping, alternately depressing the right and left pedals with a smooth, continuous motion. Because the pedals move independently of each other, you must maintain a continuous motion or both pedals will sink to the floor. Change the height of your step or the stepping speed until you can comfortably maintain a continuous motion (see step 3 below).

As you step, you can exercise your upper leg muscles by keeping your feet flat on the pedals. To focus on your calf muscles, rise on your toes as you step. Stand erect or lean forward slightly as you exercise, always keeping your back straight in order to avoid injury.

HOW TO USE THE MANUAL MODE

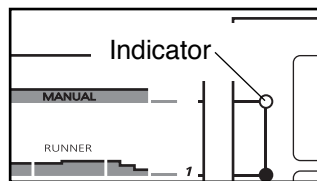
1 Turn on the power.

If you just plugged in the power cord or stepped onto the pedals, the power will already be on. The power can also be turned on by pressing any button on the console.

2 Select the manual mode.

When the power is first turned on, the manual mode will automatically be selected and the manual mode indicator will light.

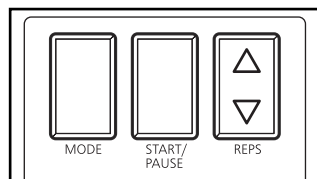
If a different mode is selected, press the MODE button repeatedly to select the manual mode.



3 Begin stepping and adjust the stepping speed.

Begin stepping and adjust the stepping speed as desired with the REPS button.

Each step must travel 5 inches or more vertically. If you press the lower arrow on the button, the resistance will increase and your stepping speed will decrease. If you press the

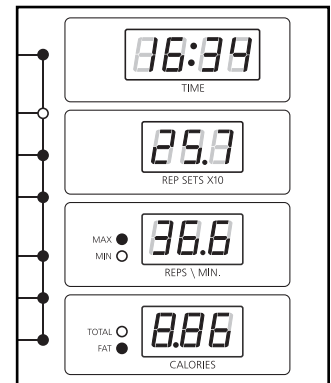


upper arrow, the resistance will decrease and you will have to increase your stepping speed to prevent both pedals from sinking to the floor. Note: When the stepping speed reaches the fastest setting, the MAX indicator will light; when the stepping speed reaches the slowest setting, the MIN indicator will light.

If you press the START/PAUSE button, or if you stop exercising for five seconds or longer, a tone will sound, the console will pause, and the TIME display will begin to flash. To restart the console, press the START/PAUSE button or simply begin stepping.

4 Follow your progress with the four displays.

As you exercise, the four displays will provide continuous feedback (see paragraphs 3, 4, 5, and 6 on page 6).



5 Turn off the power.

After the stepper pedals are not moved and the console buttons are not pressed for ten minutes, the power will turn off automatically.

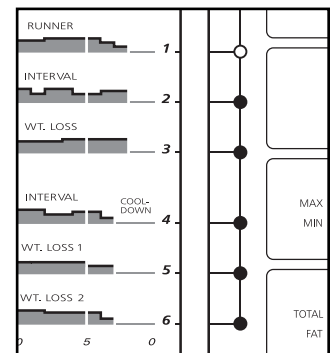
HOW TO USE THE WORKOUT PROGRAMS

1 Turn on the power.

See step 1 at the left.

2 Select one of the six workout programs.

Press the MODE button repeatedly to select the desired program. An indicator will light to show which program you have selected. Programs 1, 2, and 3 are twenty-minute programs; programs 4, 5, and 6 are thirty-minute programs.



3 Start the program.

Press the START/PAUSE button and begin stepping. As you exercise, the stepping speed will periodically change as shown by the profiles on the left side of the console. Note: If the stepping speed is too fast or too slow, it can be adjusted with the REPS button. When the stepping speed reaches the fastest setting, the MAX indicator will light; when the stepping speed reaches the slowest setting, the MIN indicator will light.

To pause the program before the program is completed, press the START/PAUSE button. A tone will sound, the console will pause, and the TIME display will begin to flash. (Note: The program will also automatically pause if the pedals are not moved for five seconds.) To restart the program, press the START/PAUSE button or simply begin stepping.

The program will continue until no time remains in the TIME display.

4 Follow your progress with the four displays.

During the program, the four displays will provide continuous feedback (see page 6).

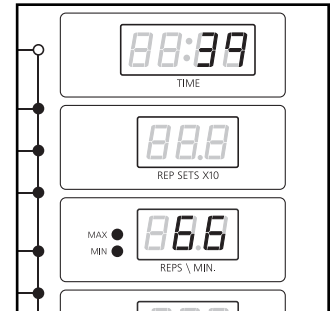
5 Turn off the power.

After the stepper pedals are not moved and the console buttons are not pressed for ten minutes, **the power will turn off automatically.**

THE INFORMATION MODE

The console features an information mode that keeps track of total stepper usage. To select the information mode, first unplug the power cord. Next, press the START/PAUSE button while another person plugs in the power cord.

Continue pressing the START/PAUSE button. All displays and indicators on the console will flash once. After a moment, the TIME display will show the total number of hours that the stepper has been used. The REPS/MIN display will show the total number of repetitions completed, divided by 100. If the display shows 66, for example, 6600 repetitions have been completed. (Note: If the number exceeds 999, the overflow will be shown in the CALORIES display.) To exit the information mode, press the START/PAUSE button again.



TROUBLE-SHOOTING AND MAINTENANCE

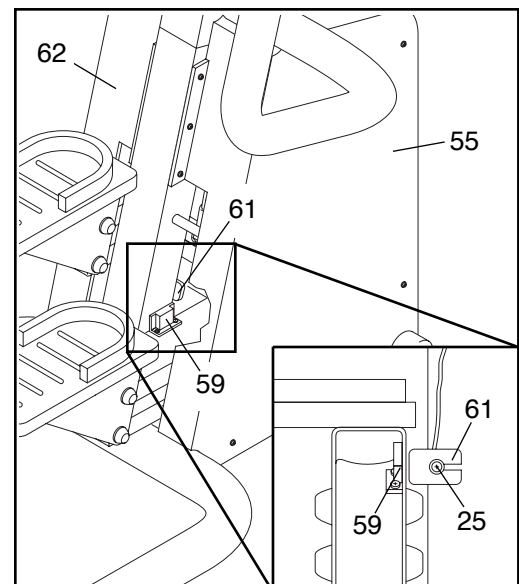
Inspect and tighten all parts of the IMAGE® 7.0 stepper regularly. The stepper can be cleaned with a soft cloth and mild, non-abrasive detergent. Keep liquids away from the console.

HOW TO ADJUST THE REED SWITCH

For the console to display correct feedback the pedals must move at least 5 inches vertically with each step. If the console displays incorrect feedback, the Reed Switch (61) should be adjusted. First, refer to assembly step 2 on page 4 and remove the ten indicated screws from the Side Shields (55, 62). Next, carefully slide the Side Shields off the stepper.

Hold down the right pedal so that the Magnet (59) is even with the Reed Switch (61). Refer to the inset drawing. Loosen the indicated #8 x 1/2" Screw (25), slide the Reed Switch to the side slightly, and retighten the Screw. **Make sure that the Magnet will not hit the Reed Switch when the Pedal is moved.** Repeat until the console displays correct feedback.

Carefully slide the Side Shields (55, 62) back onto the stepper and reattach them with the ten #8 x 1/2" Screws (25). Install the four bottom screws first.



CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective 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	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
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
85	118-144	114-139

Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few

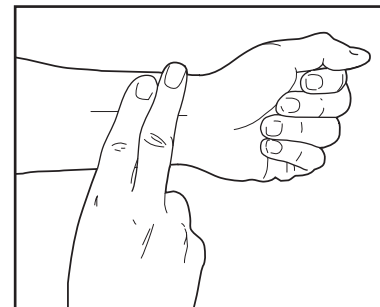
minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the low end of your training zone as you exercise. It may also be helpful to use workout program 3, 5, or 6 on the console (see pages 6, 7, and 8).

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the middle of your training zone. It may also be helpful to use workout program 1, 2, or 4 on the console (see pages 6, 7, and 8).

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and 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

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems. A proper cool-down should leave you feeling relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

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

PART LIST—Model No. IMST90060

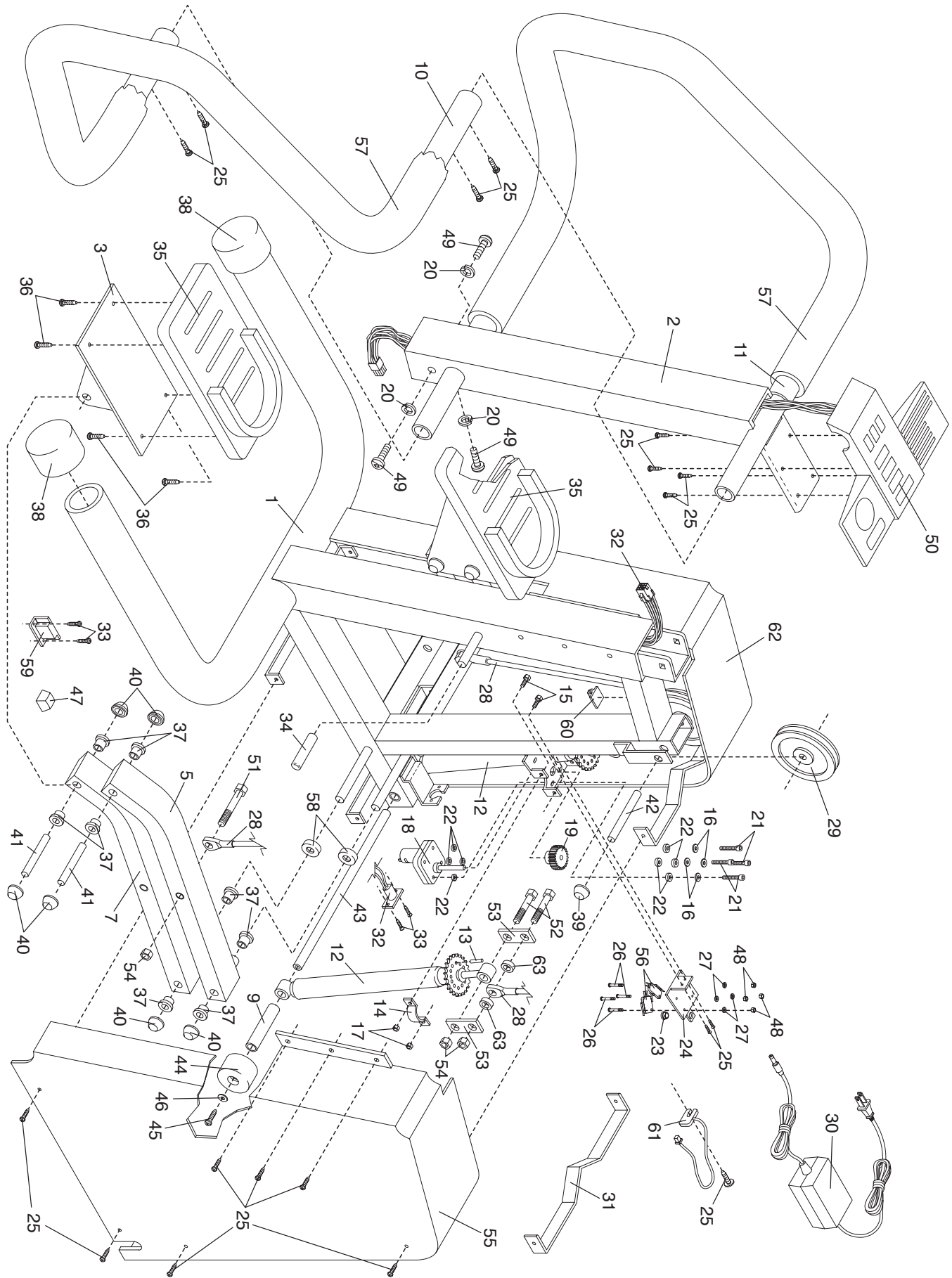
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	4	#8 x 3/8" Screw
2	1	Upright	34	2	Foam Stop Cover
3	1	Right Pedal Bracket	35	2	Pedal Cover
4	1	Left Pedal Bracket	36	8	#8 x 1/2" Pedal Screw
5	1	Right Upper Pedal Arm	37	16	Bronze Pivot Bushing
6	1	Left Upper Pedal Arm	38	2	Frame Endcap
7	1	Right Lower Pedal Arm	39	2	3/8" Axle Cap
8	1	Left Lower Pedal Arm	40	12	1/2" Axle Cap
9	2	3 3/8" Plastic Spacer	41	4	1/2" x 3 1/2" Rod
10	1	Right Handlebar	42	1	3/8" x 6 3/4" Rod
11	1	Left Handlebar	43	1	5/8" x 15" Rod
12	2	Shock w/Gear and Bushing	44	2	Wheel
13	2	Limit Pin	45	2	M6 x 20mm Button Screw
14	2	Shock Clamp	46	2	3/8" Flat Washer
15	4	M6 X 20mm Bolt	47	2	Rubber Bumper
16	4	M6 Flat Washer	48	4	#3 Limit Switch Nut
17	4	M6 Locknut	49	3	M10 x 25mm Button Screw
18	1	Motor Assembly	50	1	Console
19	1	Motor Gear	51	2	M10 x 72mm Bolt
20	3	M10 Lock Washer	52	4	M10 x 38mm Bolt
21	4	#10 x 1" Motor Screw	53	4	Shock Bracket
22	8	Cork Washer	54	4	M10 Locknut
23	1	Motor Shaft Bushing	55	1	Right Side Shield
24	1	Limit Switch Bracket	56	2	Limit Switch
25	29	#8 x 1/2" Screw	57	2	Foam Handgrip
26	4	#3 x 3/4" Limit Switch Screw	58	4	Weld Spacer
27	4	#3 Limit Switch Washer	59	1	Magnet w/Mount
28	2	Cable	60	1	Wiring Clip
29	2	Pulley w/Bearing	61	1	Reed Switch
30	1	Power Cord w/Transformer	62	1	Left Side Shield
31	2	Side Shield Bracket	63	4	1/4" Spacer
32	1	Lower Wire Harness	#	1	User's Manual

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

EXPLODED DRAWING—Model No. IMST90060

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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 when calling:

- The MODEL NUMBER of the product (IMST90060).
- The NAME of the product (IMAGE 7.0 STEPPER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.

IMAGE is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store displays. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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

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

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