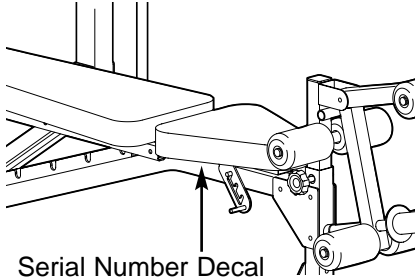


IMAGE[®] 5·2

Model No. IMBE53910

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

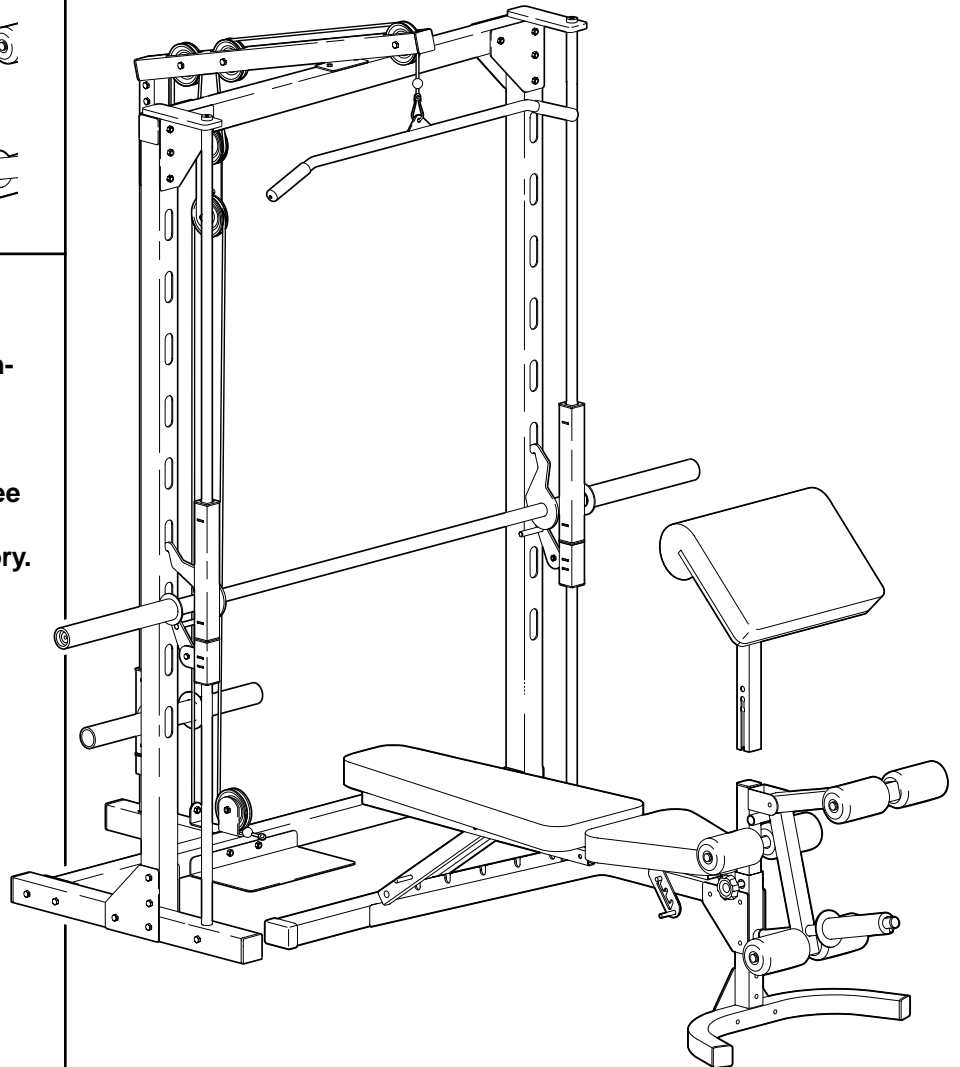
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID 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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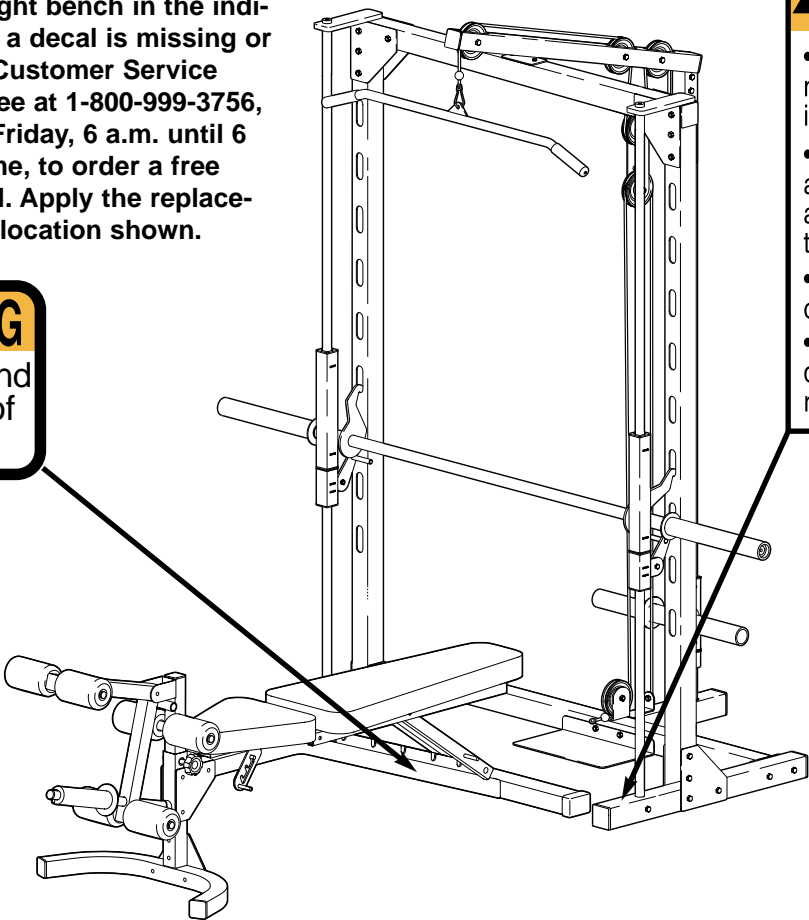
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LIMITED WARRANTY	Back Cover

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

WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench in the indicated locations. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the replacement decal in the location shown.



WARNING
Keep hands and fingers clear of this area.

This warning decal has been placed in the indicated position, on both sides of the bench.

WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

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

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in a commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always secure your weights with weight clips when they are mounted on the barbell or the weight carriage. Note: The weight bench does not include weights.
10. The weight bench is designed to support a maximum of 560 pounds, including the user and weights. The weight rack is designed to support a maximum of 300 pounds, including the barbell and weights. Do not place more than 150 pounds on the leg lever. Do not place more than 300 pounds, including the barbell, on the weight gliders and safety spotters. Do not place more than 150 pounds on the weight carriage.
11. Always make sure there is an equal amount of weight on each side of the barbell or the weight carriage.
12. Always lower the weight carriage in a controlled manner; never let the weight carriage drop.
13. Always set both weight gliders and both safety spotters at the same height.
14. Always remove the lat bar when performing an exercise that does not require the use of the lat bar.
15. Always move the bench out of the way when performing an exercise that does not use the bench.
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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

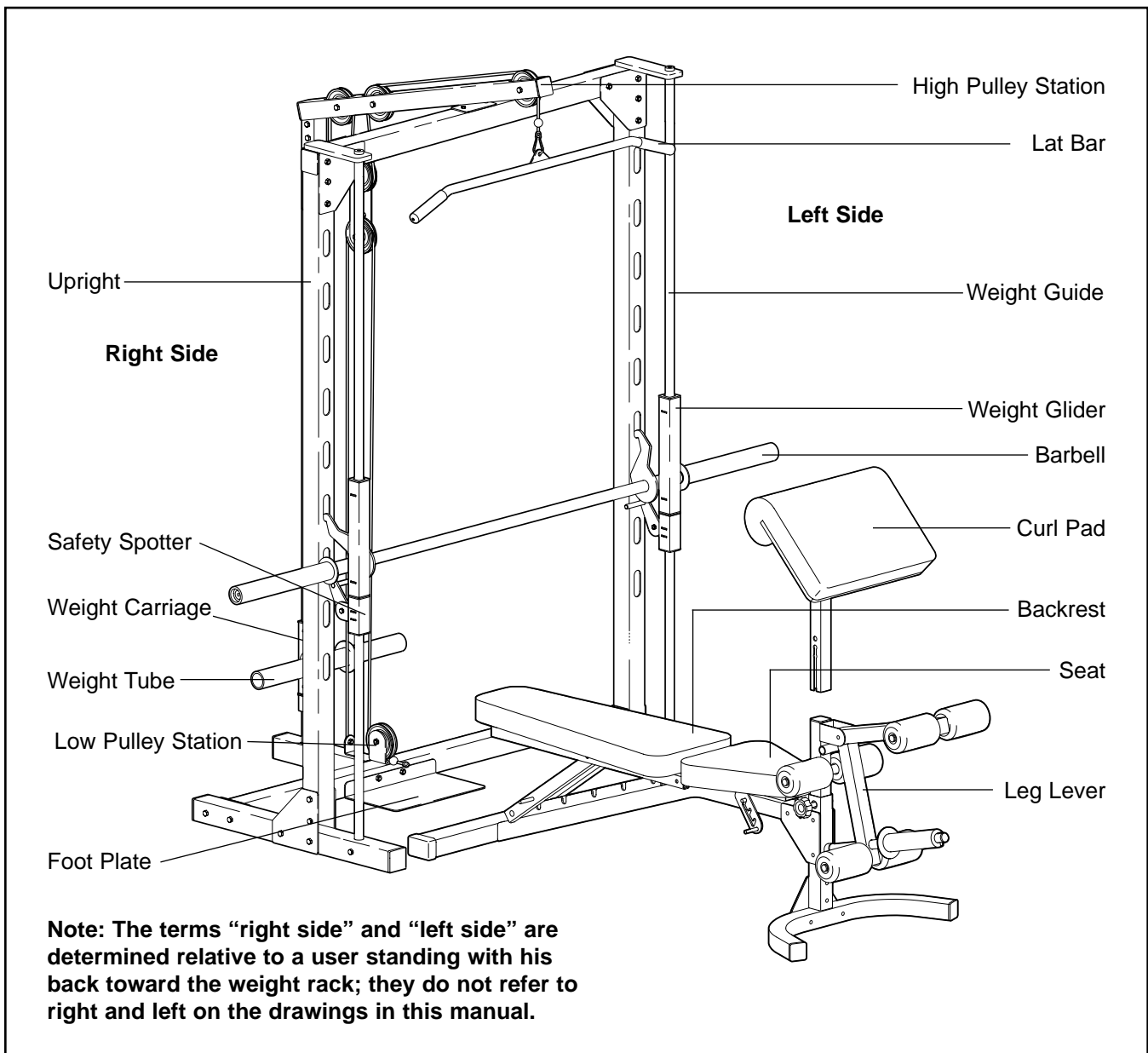
BEFORE YOU BEGIN

Thank you for selecting the versatile IMAGE® 5.2 weight bench. The IMAGE® 5.2 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic increase in muscle size and strength, or a healthier cardiovascular system, the IMAGE® 5.2 will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. 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 IMBE53910. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

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



PART IDENTIFICATION CHART

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

M10 Large Washer (58)	M10 Nylon Locknut (11)	M6 x 35mm Bolt (81)	
M10 Small Washer (6)	M8 Nylon Locknut (54)	M10 x 45mm Bolt (40)	
M6 Washer (80)	M6 x 55mm Screw (90)	M10 x 60mm Button Head Bolt (92)	
M6 x 16mm Screw (89)	M10 x 65mm Bolt (56)	M8 x 70mm Bolt (30)	
M8 x 20mm Screw (50)	M10 x 70mm Bolt (91)	M10 x 75mm Bolt (39)	
M10 x 20mm Bolt (26)	M10 x 80mm Bolt (41)		
M10 x 25mm Bolt (43)			
M10 x 30mm Bolt (38)			

ASSEMBLY

Make Things Easier for Yourself




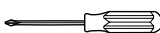
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

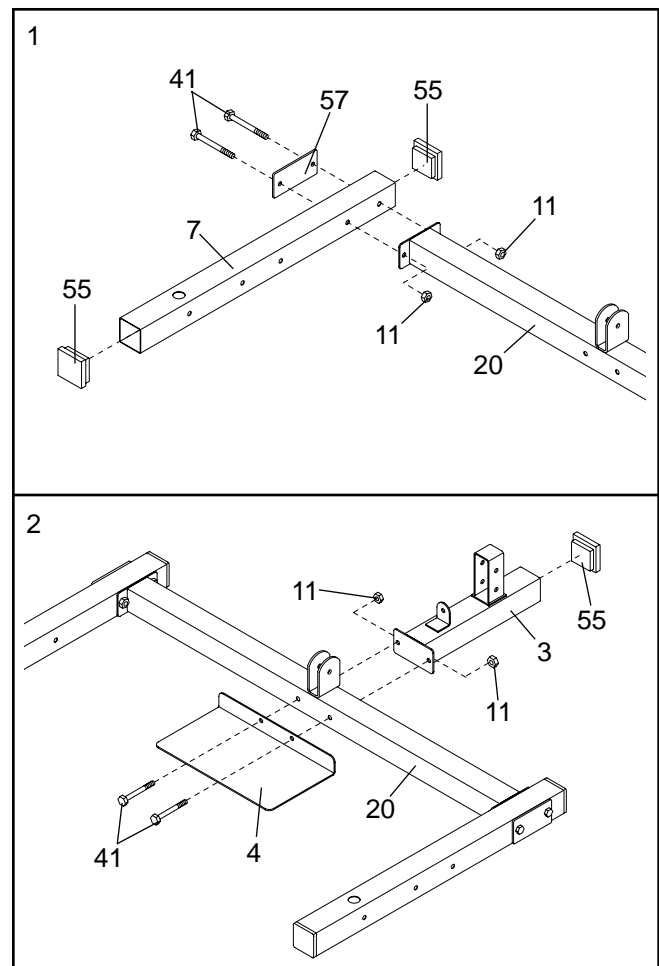
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning, make sure you understand the information in the box above. Note: Some parts described in the assembly steps may be pre-assembled.**

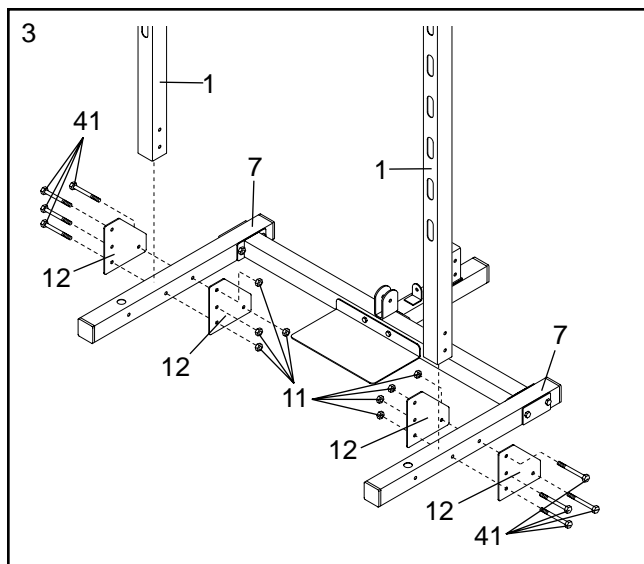
Press a 60mm Square Inner Cap (55) into each end of a Base (7). Attach the Base to the indicated end of the Base Crossbar (20) using a Support Plate (57), two M10 x 80mm Bolts (41), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the other Base (7) to the opposite side of the Base Crossbar (20) in the same manner.

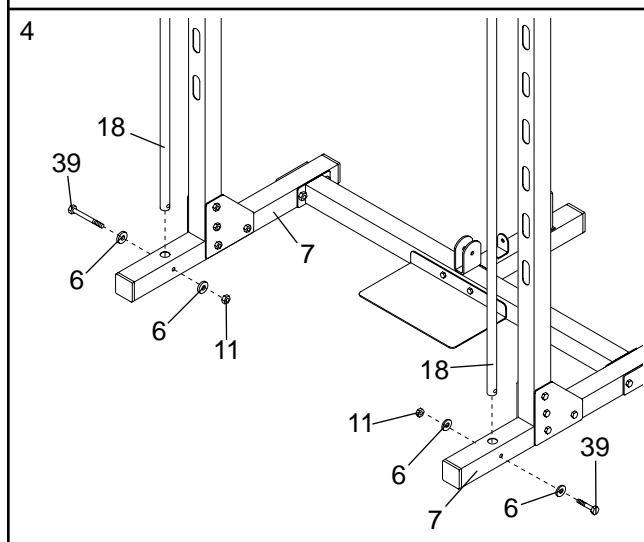
2. Press a 60mm Square Inner Cap (55) into each end of the Rear Base (3). Attach the Rear Base and the Foot Plate (4) to the Base Crossbar (20) using two M10 x 80mm Bolts (41) and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



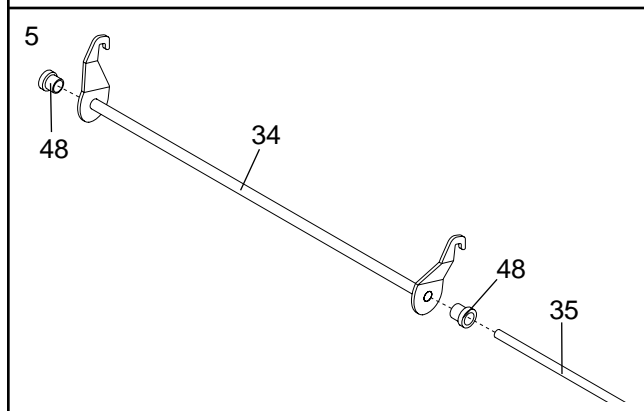
3. Attach an Upright (1) to each Base (7) using two Joint Plates (12), four M10 x 80mm Bolts (41), and four M10 Nylon Locknuts (11). Make sure the Uprights are oriented exactly as shown. **Do not tighten the Nylon Locknuts yet.**



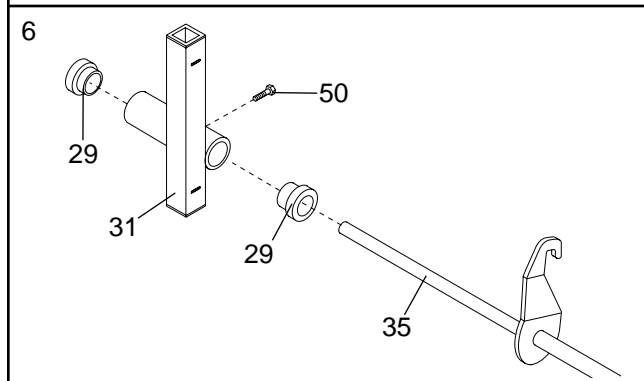
4. Insert a Weight Guide (18) into the indicated hole in each Base (7). Attach the Weight Guides to the Bases using two M10 x 75mm Bolts (39), four M10 Small Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



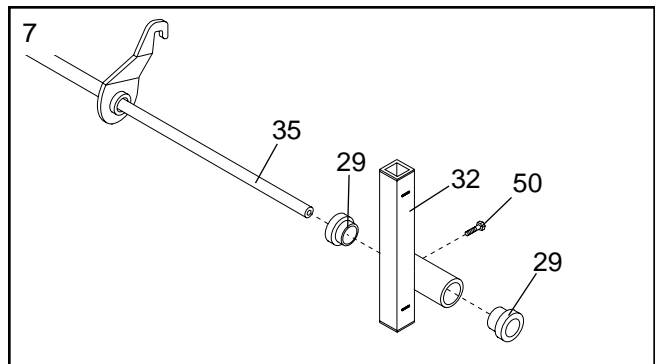
5. Press a 25mm Bushing (48) into each end of the Locking Bar (34). Slide the Barbell (35) into the Locking Bar.



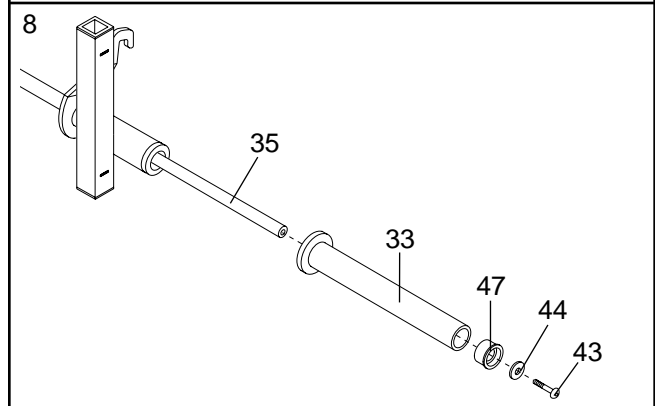
6. Press a 38mm Bushing (29) into each side of the Right Weight Glider (31). Slide the Right Weight Glider onto the indicated end of the Barbell (35) and attach it to the Barbell using an M8 x 20mm Screw (50). **Do not tighten the Screw yet. Make sure the Right Weight Glider is oriented exactly as shown.**



7. Press a 38mm Bushing (29) into each side of the Left Weight Glider (32). Slide the Left Weight Glider onto the indicated end of the Barbell (35) and secure it to the Barbell using an M8 x 20mm Screw (50). **Do not tighten the Screw yet. Make sure the Left Weight Glider is oriented exactly as shown.**



8. Press a 50mm Bushing (47) into the indicated end of a Weight Adapter (33). Slide the Weight Adapter onto the Barbell (35) and secure it to the Barbell using a Large Washer (44) and an M10 x 25mm Bolt (43).

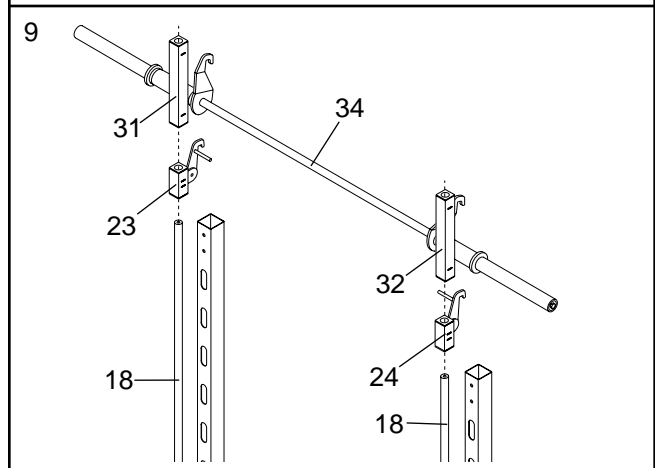


Attach the other Weight Adapter (33) to the other end of the Barbell (35) in the same manner.

Tighten the M8 x 20mm Screws (50) used in steps 6 and 7.

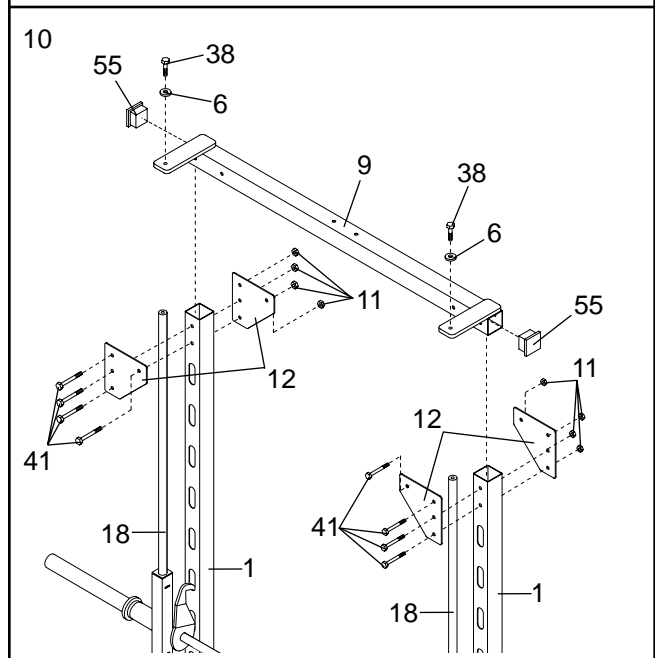
9. **Note: This step requires the help of a second person.**

Slide the Right Safety Spotter (23) and the Left Safety Spotter (24) onto the Weight Guides (18). **Make sure the Safety Spotters are oriented exactly as shown.**



Slide the assembled Locking Bar (34) and the Right and Left Weight Gliders (31, 32) onto the Weight Guides (18). **Make sure the Locking Bar and Weight Gliders are oriented exactly as shown.**

10. Press a 60mm Square Inner Cap (55) into each end of the Top Crossbar (9). Attach the Top Crossbar to the Uprights (1) using four Joint Plates (12), eight M10 x 80mm Bolts (41), and eight M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**



Secure the Top Crossbar (9) to the Weight Guides (18) using two M10 x 30mm Bolts (38) and two M10 Small Washers (6).

11. Press two Carriage Bushings (27) into the ends of the Weight Carriage (22). Press two 50mm Round Inner Caps (25) into the ends of the weight tube on the Weight Carriage.

Insert an M10 x 20mm Bolt (26) into the bracket on the Weight Carriage (22).

Slide the Weight Carriage (22) onto the Rear Upright (2) as shown. **Make sure that the Weight Carriage and the Rear Upright are oriented as shown.**

12. Press a Carriage Bushing (27) into the top of the Carriage Stop (28) as shown in the inset drawing.

Attach the Carriage Stop (28) to the indicated hole in the Rear Upright (2) with an M8 x 70mm Bolt (30) and an M8 Nylon Locknut (54).

Slide the Rear Upright (2) onto the bracket on the Rear Base (3). Attach the Rear Upright to the Rear Base using two M10 x 65mm Bolts (56), four M10 Small Washers (6), and two M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

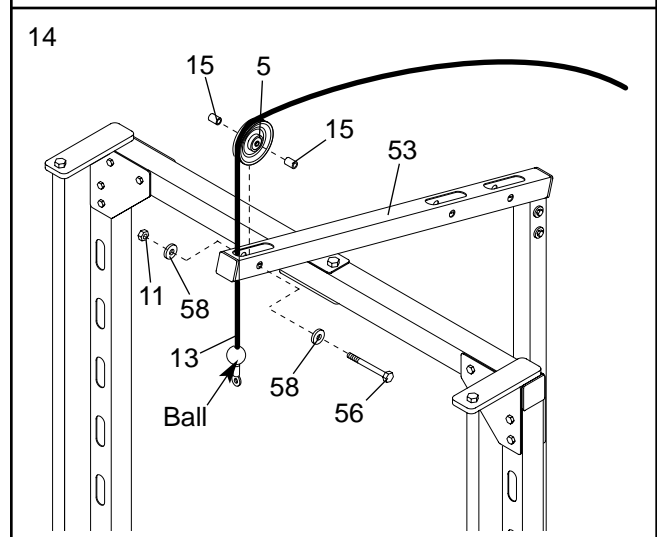
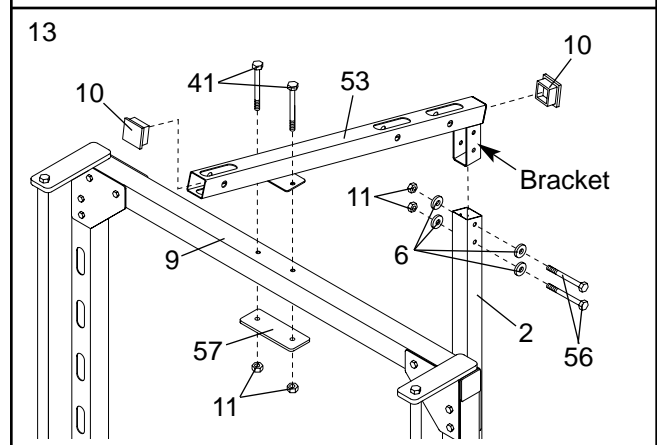
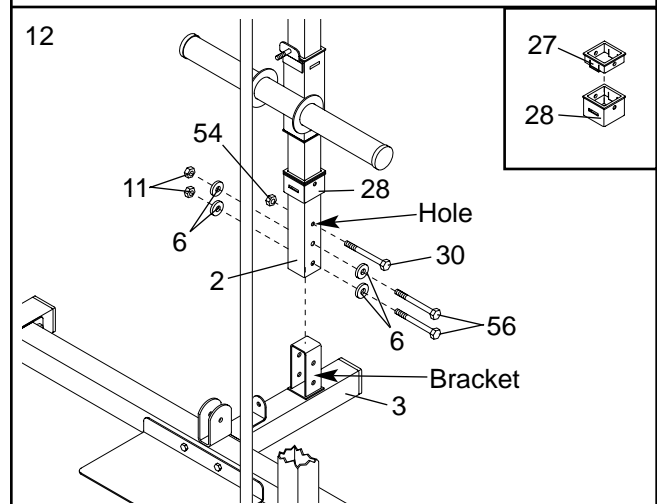
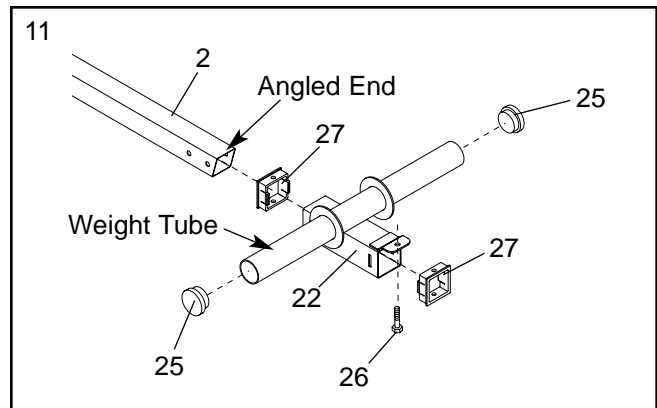
13. Press a 50mm Square Inner Cap (10) into each end of the Pulley Bar (53). Slide the bracket on the Pulley Bar into the top of the Rear Upright (2). Attach the Pulley Bar to the Rear Upright using two M10 x 65mm Bolts (56), four M10 Small Washers (6), and two M10 Nylon Locknuts (11).

Attach the Pulley Bar (53) to the Top Crossbar (9) using a Support Plate (57), two M10 x 80mm Bolts (41), and two M10 Nylon Locknuts (11).

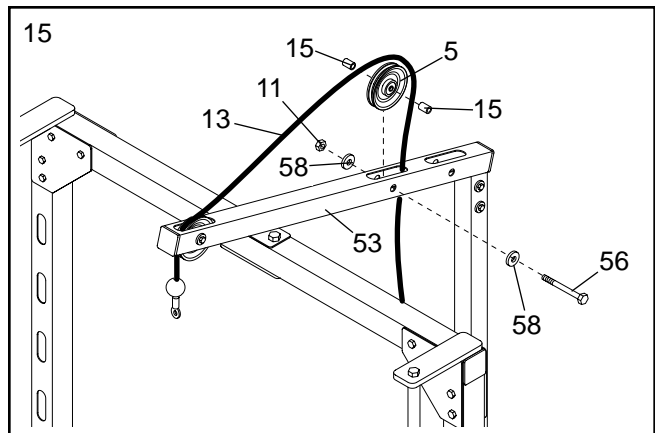
Tighten all Nylon Locknuts (11) used in steps 1–13.

14. Identify the High Cable (13), which is the shorter of the two Cables. Route the High Cable up through the indicated slot in the Pulley Bar (53). Make sure the ball is in the indicated location.

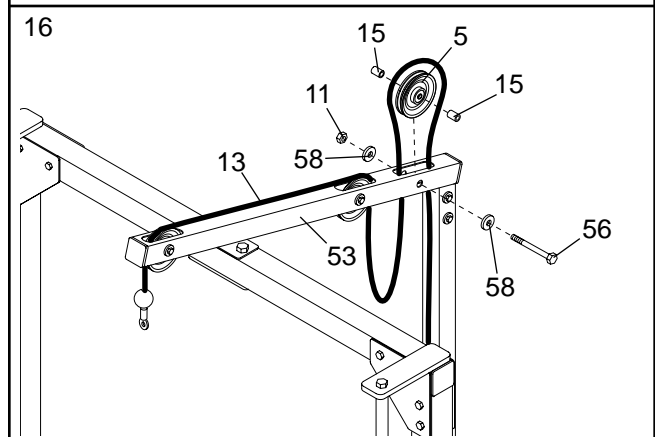
Route the High Cable (13) around a Pulley (5) as shown. Attach the Pulley inside the slot in the Pulley Bar (53) using an M10 x 65mm Bolt (56), two M10 Large Washers (58), two Pulley Spacers (15), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



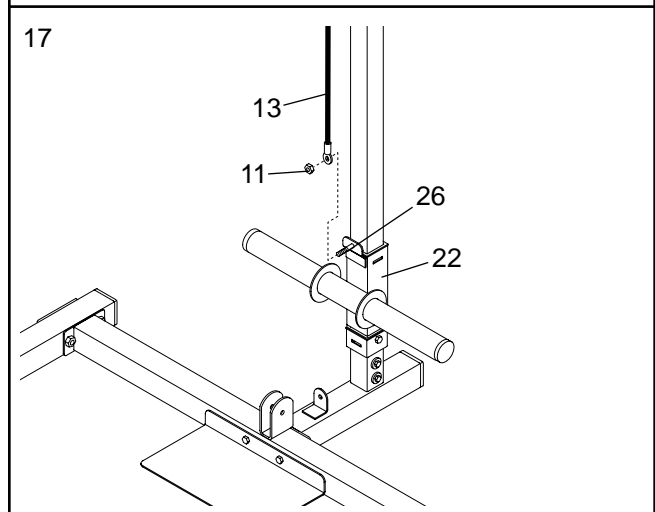
15. Route the High Cable (13) around another Pulley (5) and through the indicated slot in the Pulley Bar (53) as shown. Attach the Pulley inside the slot using an M10 x 65mm Bolt (56), two M10 Large Washers (58), two Pulley Spacers (15), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



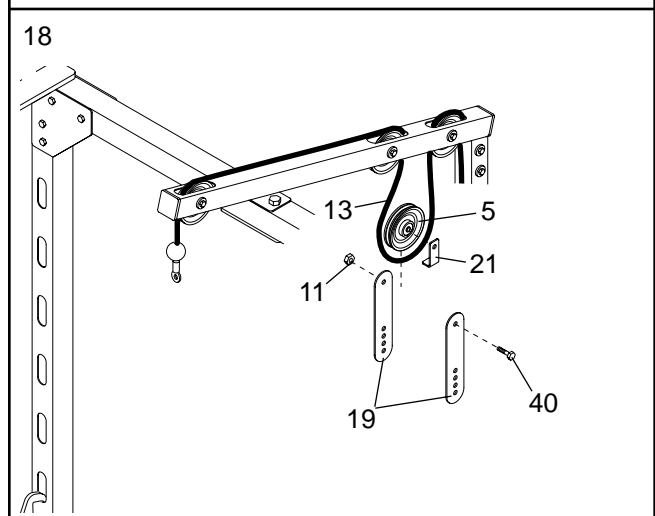
16. Route the High Cable (13) up through the Pulley Bar (53), around another Pulley (5), and back through the Pulley Bar, as shown. Attach the Pulley inside the slot in the Pulley Bar using an M10 x 65mm Bolt (56), two M10 Large Washers (58), two Pulley Spacers (15), and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



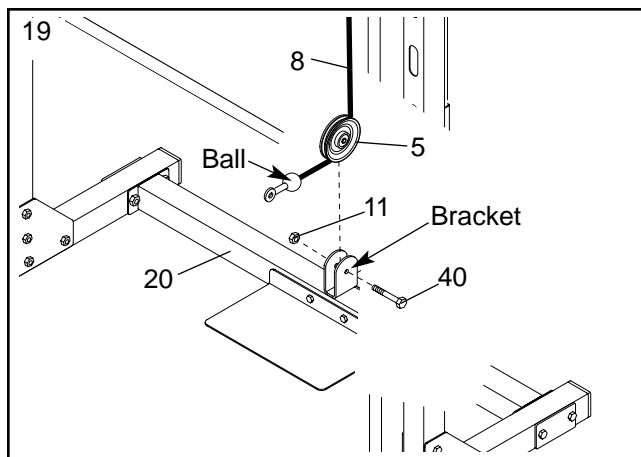
17. Attach the end of the High Cable (13) to the M10 x 20mm Bolt (26) in the Weight Carriage (22) with an M10 Nylon Locknut (11).



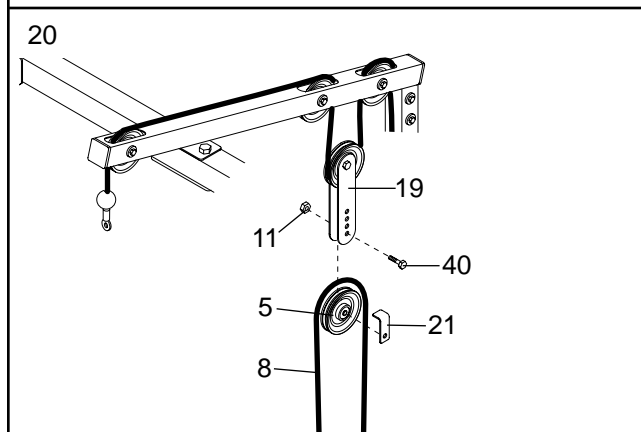
18. Hold a Pulley (5) inside the High Cable (13) as shown. Attach the Pulley and a Cable Trap (21) to the indicated set of holes in the two Pulley Plates (19) with an M10 x 45mm Bolt (40) and an M10 Nylon Locknut (11). Make sure the Cable Trap holds the High Cable in the groove of the Pulley. **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**



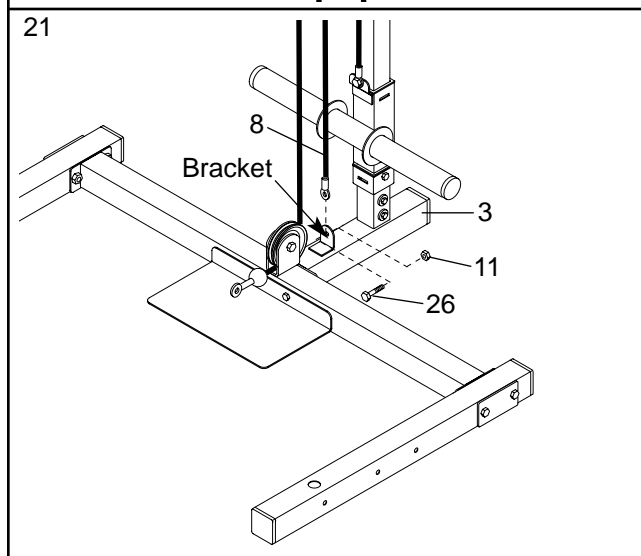
19. Wrap the ball end of the Low Cable (8) around a Pulley (5). Attach the Pulley to the bracket on the Base Crossbar (20) with an M10 x 45mm Bolt (40) and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely. Be sure the ball is on the indicated side of the bracket.**



20. Route the Low Cable (8) around a Pulley (5) as shown. Attach the Pulley and a Cable Trap (21) to the lowest set of holes in the two Pulley Plates (19) using an M10 x 45mm Bolt (40) and an M10 Nylon Locknut (11). Make sure the Cable Trap holds the Low Cable in the groove of the Pulley. **Do not overtighten the Nylon Locknut; the Pulley must be able to turn freely.**

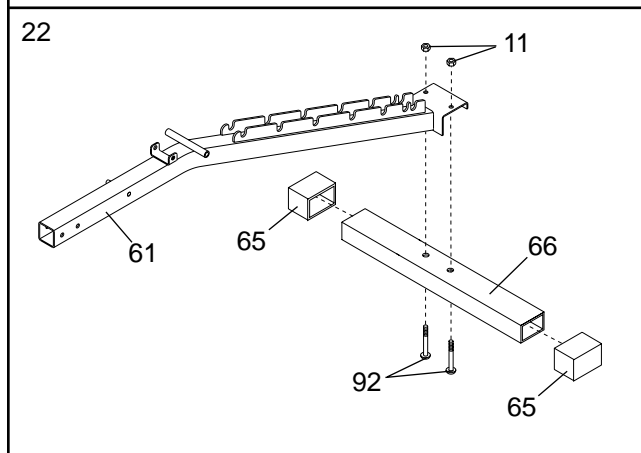


21. Attach the end of the Low Cable (8) to the bracket on the Rear Base (3) using an M10 x 20mm Bolt (26) and an M10 Nylon Locknut (11).



22. Press a 50mm x 70mm Outer Cap (65) onto each end of the Stabilizer (66).

Attach the Stabilizer (66) to the Bench Frame (61) with two M10 x 60mm Button Head Bolts (92) and two M10 Nylon Locknuts (11). **Note: Do not tighten the Nylon Locknuts yet. There is an indentation around each hole on one side of the Stabilizer; this side must be facing the floor.**



23. Press a 50mm Square Outer Cap (73) onto each end of the Bench Base (62).

Attach the Bench Base Joint Plate (72) to the Bench Base (62) with two M10 x 70mm Bolts (91), two M10 Large Washers (58), and two M10 Nylon Locknuts (11).

Attach the Bench Leg (59) to the Bench Base Joint Plate (72) with two M10 x 70mm Bolts (91), two M10 Large Washers (58), and two M10 Nylon Locknuts (11). **Be sure the welded nut is in the position shown.**

Do not tighten the M10 Nylon Locknuts (11) yet.

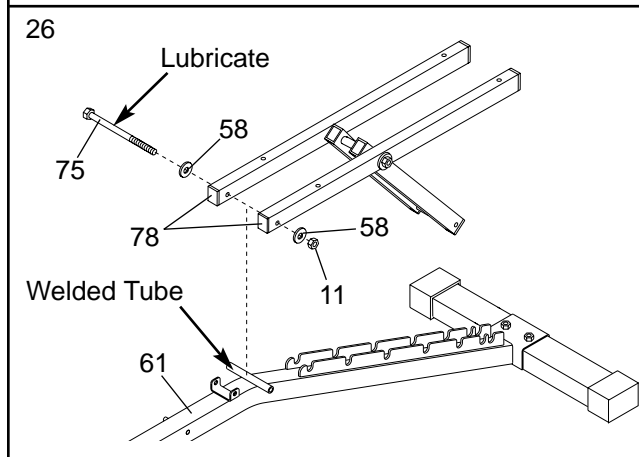
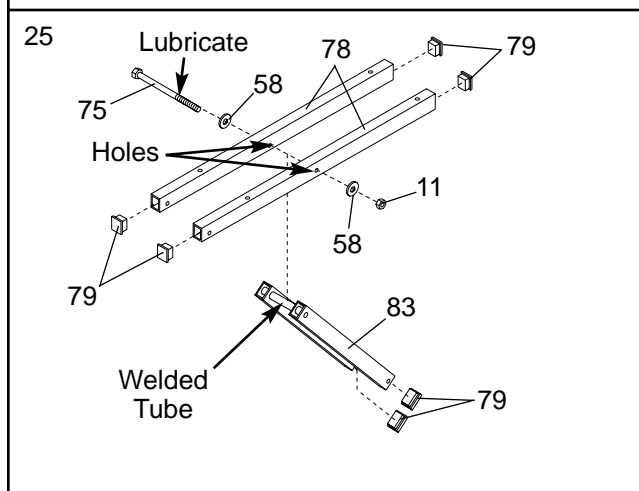
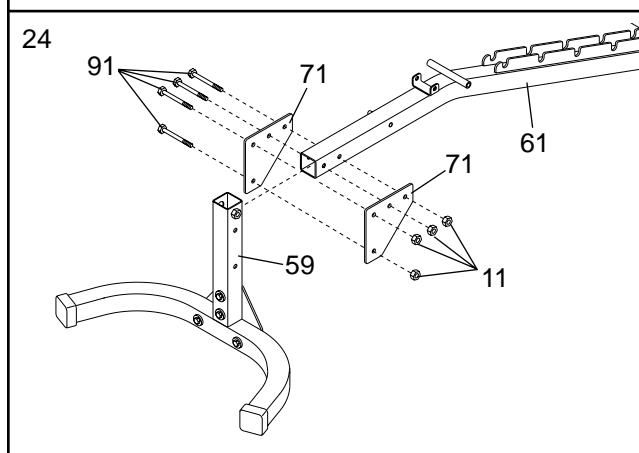
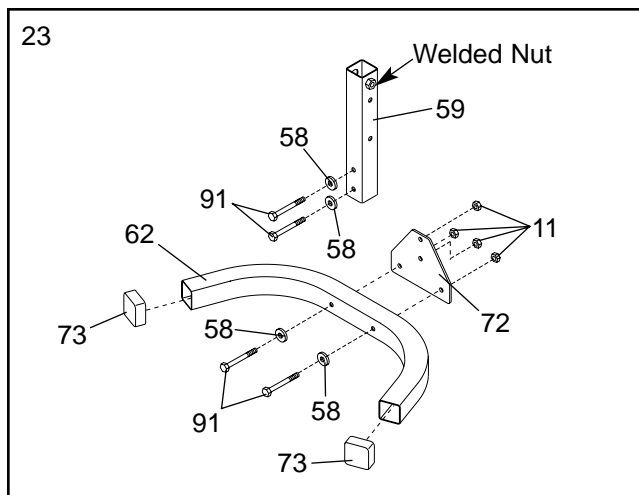
24. Attach the Bench Leg (59) to the Bench Frame (61) with two Thick Joint Plates (71), four M10 x 70mm Bolts (91), and four M10 Nylon Locknuts (11).

Note: Tighten all the M10 Nylon Locknuts (11) used in steps 22–24.

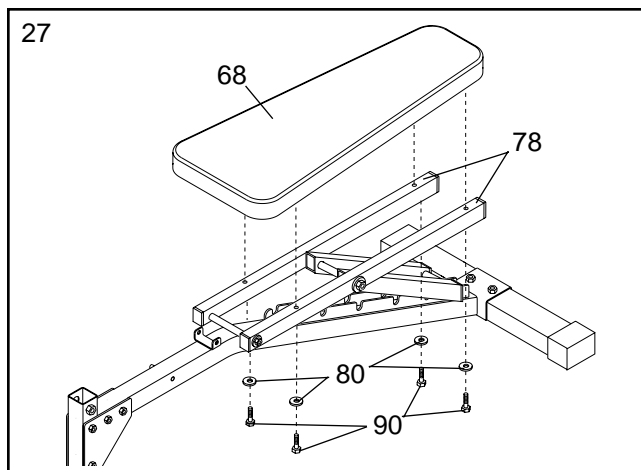
25. Press two 25mm x 40mm Inner Caps (79) into each Backrest Tube (78). Press two 25mm x 40mm Inner Caps into the Backrest Adjustment Bracket (83).

Lubricate an M10 x 190mm Bolt (75). Attach the Backrest Tubes (78) to the welded tube on the Backrest Adjustment Bracket (83) with the Bolt, two M10 Large Washers (58), and an M10 Nylon Locknut (11). **Make sure that the Backrest Tubes are turned as shown. The indicated holes are not centered in the Backrest Tubes. Turn the Backrest Tubes so the holes are closer to the floor. Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

26. Lubricate an M10 x 190mm Bolt (75). Attach the Backrest Tubes (78) to the welded tube on the Bench Frame (61) with the Bolt, two M10 Large Washers (58), and an M10 Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Backrest Tubes must pivot easily.**

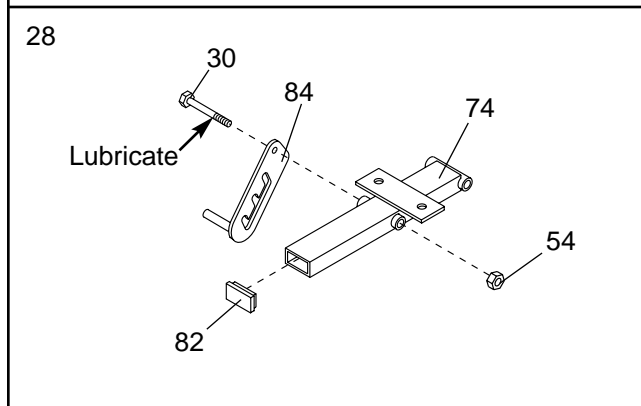


27. Attach the Backrest (68) to the Backrest Tubes (78) with four M6 x 55mm Screws (90) and four M6 Washers (80).



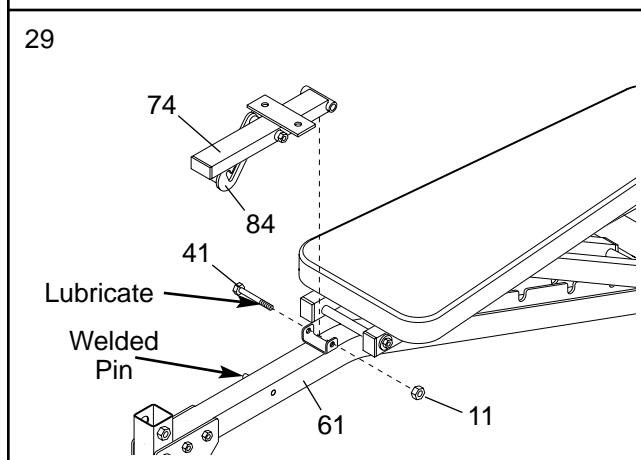
28. Press the 20mm x 50mm Inner Cap (82) into the open end of the Seat Mounting Bracket (74).

Lubricate an M8 x 70mm Bolt (30). Attach the Seat Adjustment Bracket (84) to the indicated side of the Seat Mounting Bracket (74) with the Bolt and an M8 Nylon Locknut (54). **Note: Do not overtighten the Nylon Locknut; the Seat Adjustment Bracket must pivot easily.**



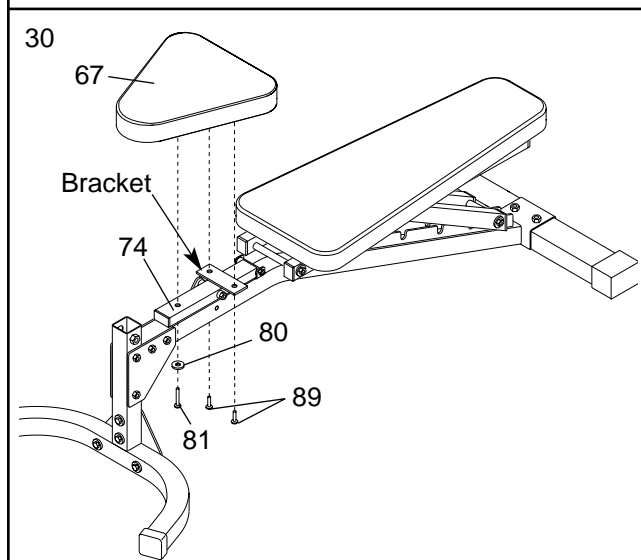
29. Place the Seat Mounting Bracket (74) on the Bench Frame (61) so that the Seat Adjustment Bracket (84) fits over the welded pin on the side of the Bench Frame.

Lubricate an M10 x 80mm Bolt (41). Attach the Seat Mounting Bracket (74) to the indicated bracket on the Bench Frame (61) with the Bolt and an M10 Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; the Seat Mounting Bracket must pivot easily.**



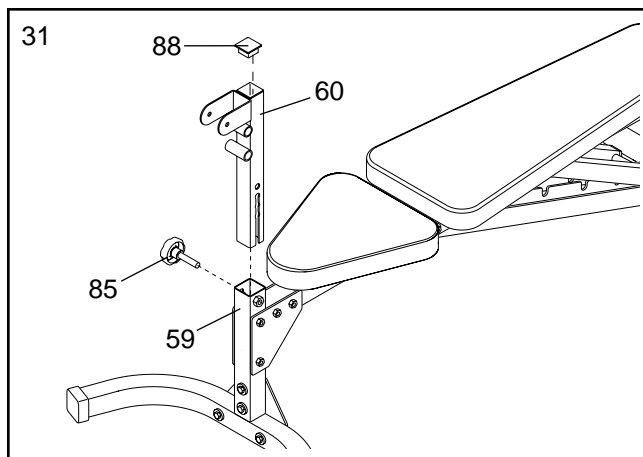
30. Turn the Seat (67) as shown. Attach the wide end of the Seat to the bracket on the Seat Mounting Bracket (74) with two M6 x 16mm Screws (89).

Tilt the Seat Mounting Bracket (74) upwards and attach the narrow end of the Seat (67) to the Seat Mounting Bracket with an M6 x 35mm Bolt (81) and an M6 Washer (80).



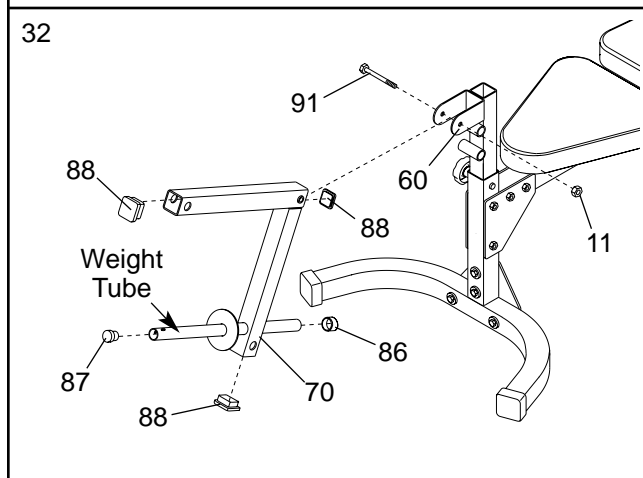
31. Attach the Adjustable Bench Leg (60) to the Bench Leg (59) with the Adjustment Knob (85).

Insert a 45mm Square Inner Cap (88) into the top of the Adjustable Bench Leg (60).



32. Insert three 45mm Square Inner Caps (88) into the ends of the Leg Lever (70). Insert a 25mm Round Inner Cap (87) into the weight tube on the Leg Lever. Press a 25mm Angled Outer Cap (86) onto the other end of the weight tube.

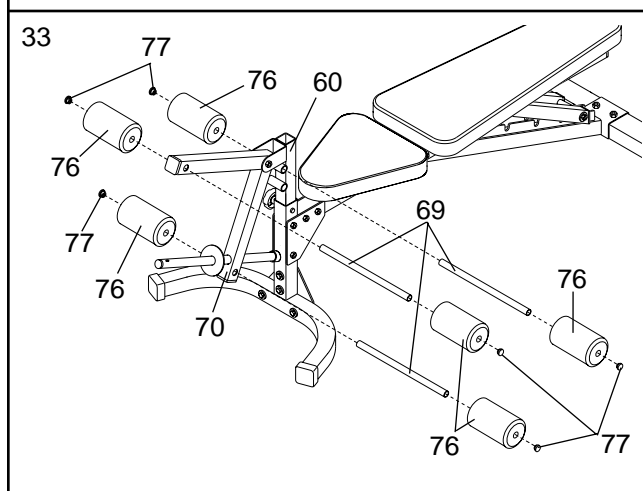
Attach the Leg Lever (70) to the Adjustable Bench Leg (60) with an M10 x 70mm Bolt (91) and an M10 Nylon Locknut (11). **Note: Do not overtighten the M10 Nylon Locknut; the Leg Lever must pivot easily.**



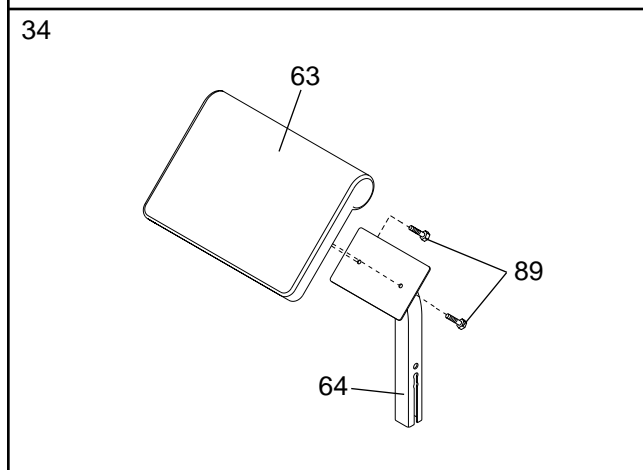
33. Insert two 19mm Round Inner Caps (77) into the ends of the three Pad Tubes (69).

Insert two Pad Tubes (69) through the holes in the Leg Lever (70). Slide a Foam Pad (76) onto each side of the Pad Tubes.

Insert a Pad Tube (69) through the upper tube on the Adjustable Bench Leg (60). Slide a Foam Pad (76) onto each side of the Pad Tube.



34. Attach the Curl Pad (63) to the Curl Upright (64) with two M6 x 16mm Screws (89).



35. **Make sure all parts are properly tightened before you use the weight bench. The use of the remaining parts will be explained in ADJUSTMENTS on pages 15–17 of this manual.**

ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 18 for important exercise information and refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use sol-

ATTACHING THE LAT BAR TO THE HIGH PULLEY STATION OR THE LOW PULLEY STATION

To use the high or low pulley station, attach the Lat Bar (16) to the High Cable (13) or the Low Cable (not shown) using a Cable Clip (14).

⚠ WARNING: Always remove the Lat Bar (16) when performing an exercise that does not require the use of the Lat Bar.

USING THE LOCKING BAR

Before starting an exercise, position the Barbell (35) and the Safety Spotters (23, 24) in the correct position for the exercise.

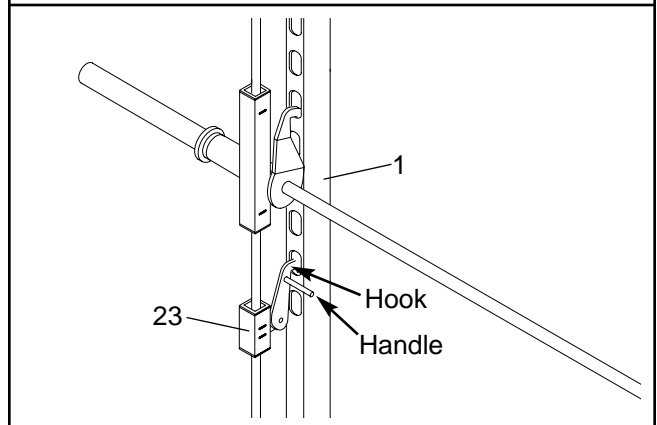
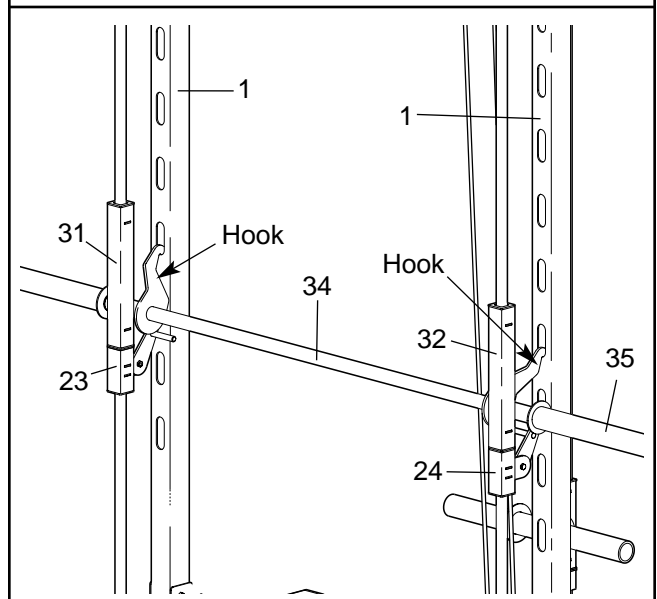
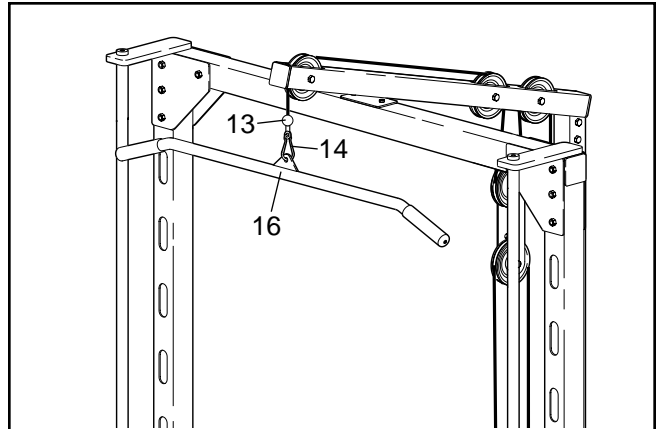
To do this, stand in front of the rack and grip the Locking Bar (34) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Uprights (1). Raise or lower the Locking Bar to a new position and turn it until the hooks engage the slots in the Uprights. **Note: Always start an exercise with the barbell positioned at the lowest point to which it will move during the exercise.**

Position both Safety Spotters (23, 24) directly under the Weight Gliders (31, 32). (See USING THE SAFETY SPOTTERS below.)

USING THE SAFETY SPOTTERS

To move the Safety Spotters (23, 24 [not shown]) to a new position, grip the handles on the spotter hooks and pull the hooks out of the slots in the Uprights (1). Raise or lower the Safety Spotters to new positions and pivot the hooks back into the slots in the Uprights.

⚠ WARNING: Always set both Safety Spotters (23, 24) at the same height.

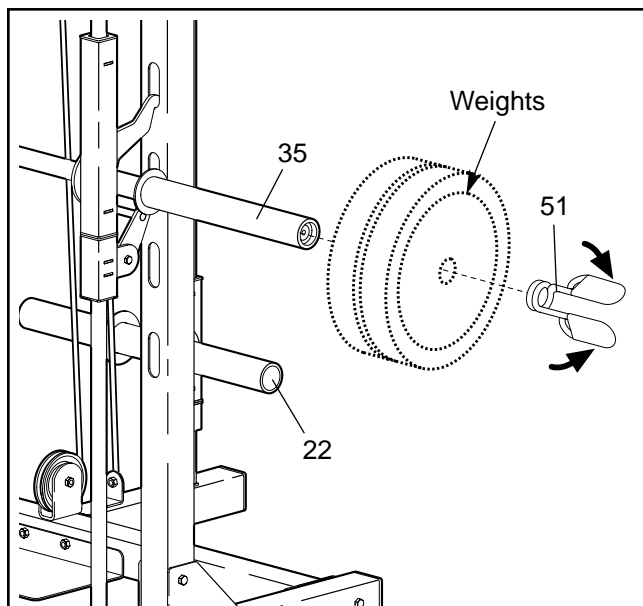


ATTACHING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the Barbell (35), slide the desired amount of weight (not included) onto each end of the Barbell. Secure the weights with Weight Clips (51).

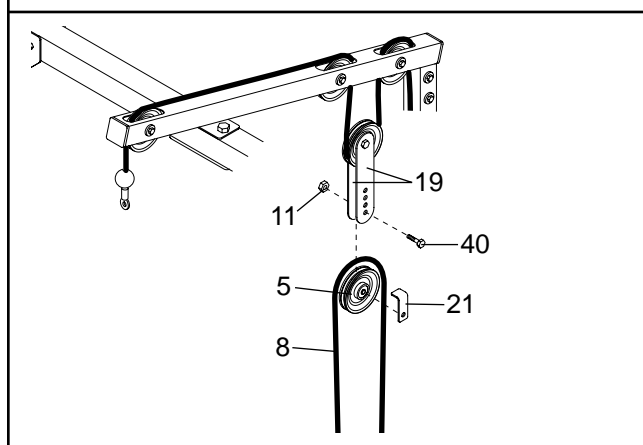
Weights can be attached to the weight tube on the Weight Carriage (22) in the same manner.

⚠ WARNING: Do not place more than 300 pounds on the Barbell (35), or more than 150 pounds on the Weight Carriage (22). Always place the same amount of weight on each side of the Barbell or the Weight Carriage. Always secure weights with Weight Clips (51).



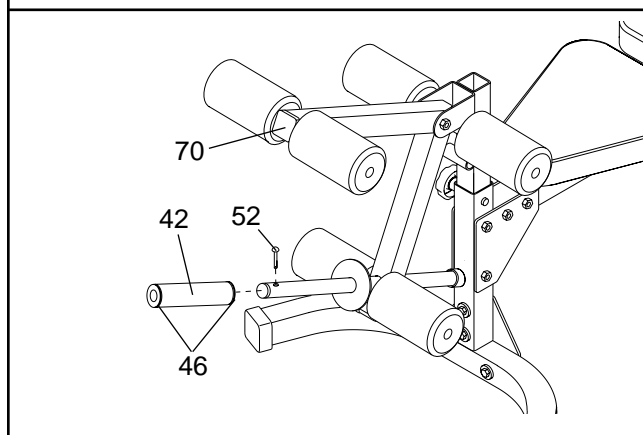
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly when it is first used. If the cables need to be tightened, remove the M10 Nylon Locknut (11) and the M10 x 45mm Bolt (40) from the lower ends of the Pulley Plates (19). Reattach the Pulley (5) and Cable Trap (21) to the next higher hole in the Pulley Plates. Make sure the Cable Trap holds the Low Cable (8) in the groove of the Pulley. Repeat until the cables are properly tightened. **Do not over-tighten the Nylon Locknut; the Pulley must be able to turn freely.**



USING OLYMPIC WEIGHTS ON THE LEG LEVER

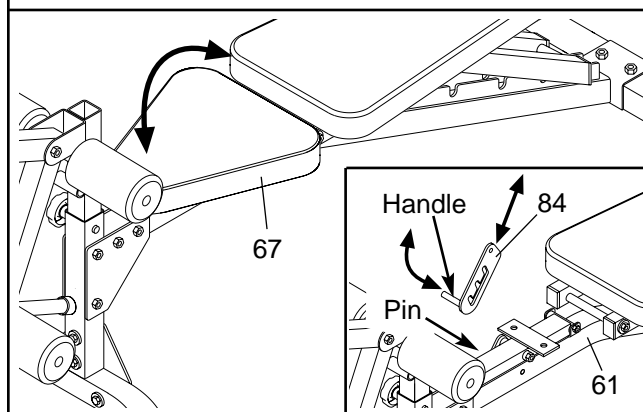
To use Olympic weights on the Leg Lever (70), insert the Weight Adapter Bushings (46) into the ends of the Bench Weight Adapter (42). Slide the Bench Weight Adapter over the weight tube on the Leg Lever. Insert the Pin (52) into the weight tube.



ADJUSTING THE SEAT

To raise the Seat (67), lift the narrow end of the Seat until the appropriate tab on the Seat Adjustment Bracket (84) engages the welded pin (not shown) on the right side of the Bench Frame (61).

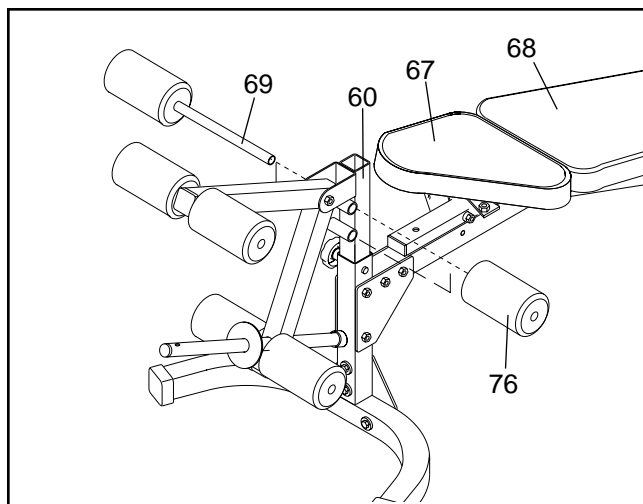
To lower the Seat (67), use the handle on the Seat Adjustment Bracket (84) to disengage the Seat Adjustment Bracket from the pin on the right side of the Bench Frame (61). Lower the Seat to the desired position and engage the appropriate tab on the Seat Adjustment Bracket to the pin.



ADJUSTING THE PAD TUBES

For some exercises, it may be necessary to move the Pad Tube (69) in the Adjustable Bench Leg (60). To do this, remove a Foam Pad (76) from one side of the Pad Tube. Slide the Pad Tube out of the Adjustable Bench Leg. Reinsert the Pad Tube into the lower welded tube on the Adjustable Bench Leg. Replace the Foam Pad on the Pad Tube.

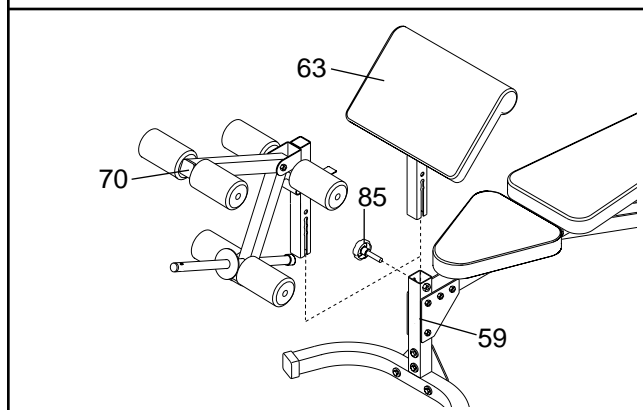
To do leg raise exercises, the Pad Tube (69) must be moved to the lower welded tube, the narrow end of the Seat (67) must be raised, and the Backrest (68) must be declined as shown.



USING THE CURL PAD

To use the Curl Pad (63), unscrew the Adjustment Knob (85) and lift the Leg Lever (70) out of the Bench Leg (59). Insert the Curl Pad into the Bench Leg, and secure it with the Adjustment Knob.

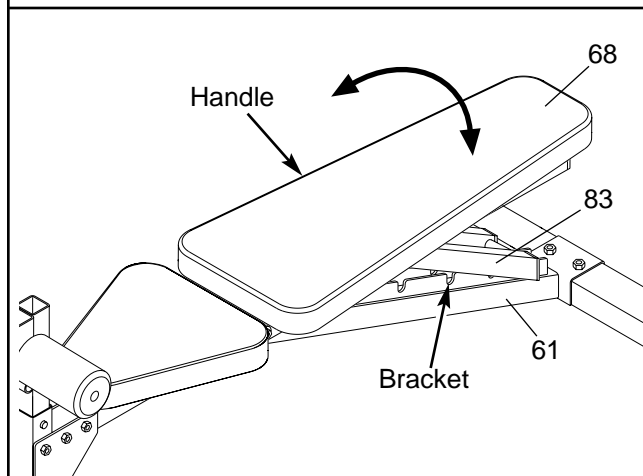
Note: When not using the Curl Pad (63), store it away from the bench.



ADJUSTING THE BACKREST

To raise the Backrest (68), grip the end of the Backrest with one hand and pull it upward until the Backrest Adjustment Bracket (83) locks into the appropriate tab on the bracket on the Bench Frame (61).

To lower the Backrest (68), grip the end of the Backrest with one hand and pull it slightly upwards. Grip the handle (not shown) on the right side of the Backrest Adjustment Bracket (83) with your other hand and pull the Backrest Adjustment Bracket free of the tabs on the bracket on the Bench Frame (61). Lower the Backrest to the desired position and lock the Backrest Adjustment Bracket into the desired tab on the Bench Frame bracket.



⚠ WARNING: Be sure the Backrest Adjustment Bracket (83) is securely locked to the Bench Frame (61) before using the weight bench.

EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

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

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 19 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

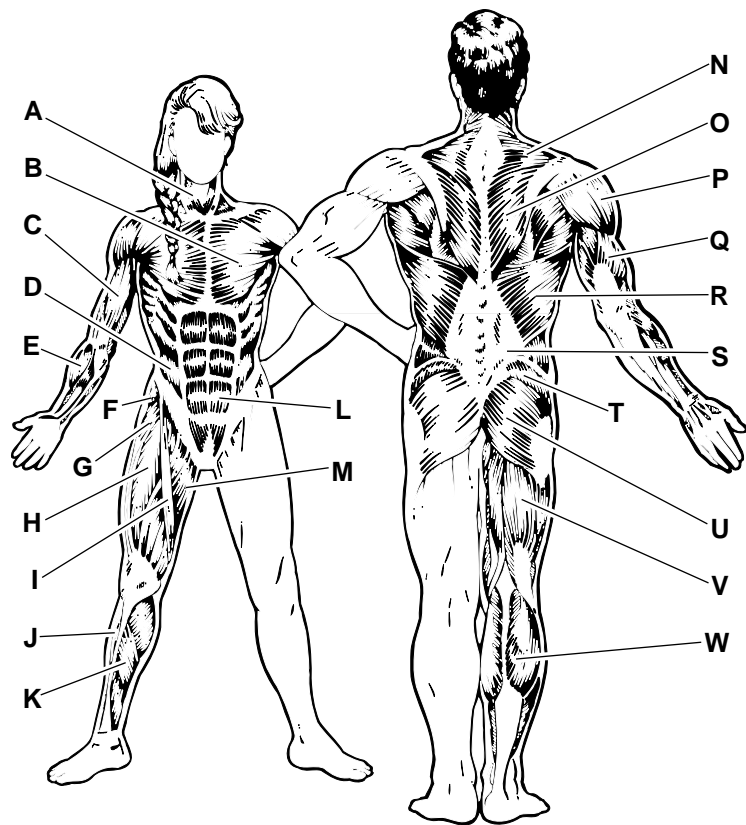
slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



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 (IMBE53910)
- The NAME of the product (IMAGE® 5.2 weight bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING attached to the center of this manual).

LIMITED WARRANTY

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

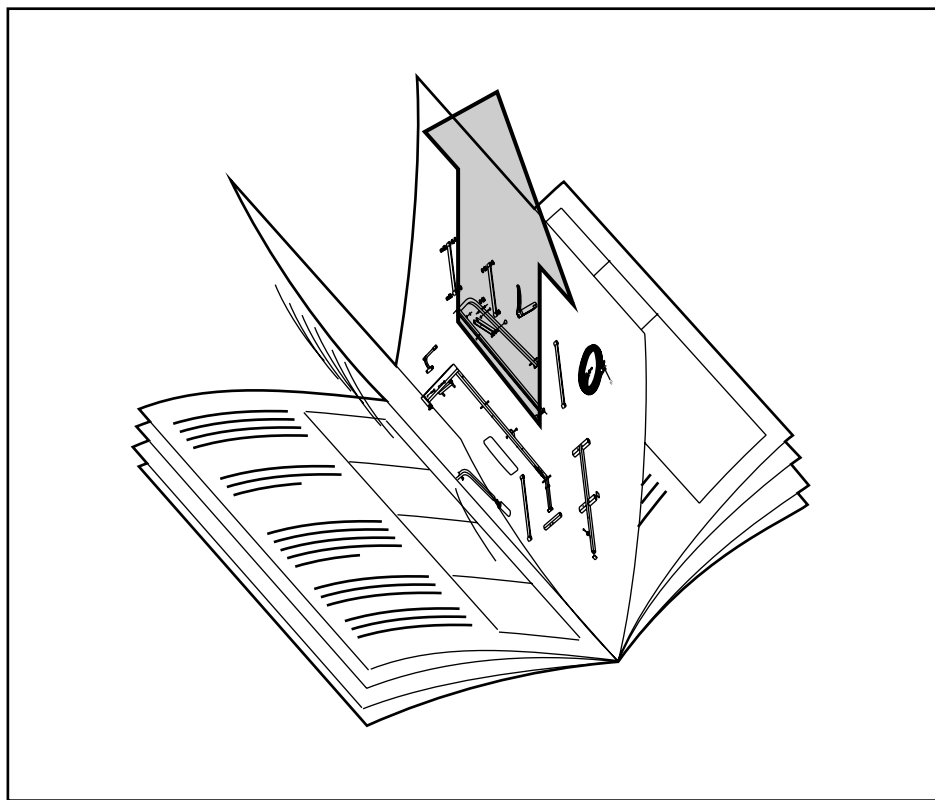
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This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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PART LIST—Model No. IMBE53910

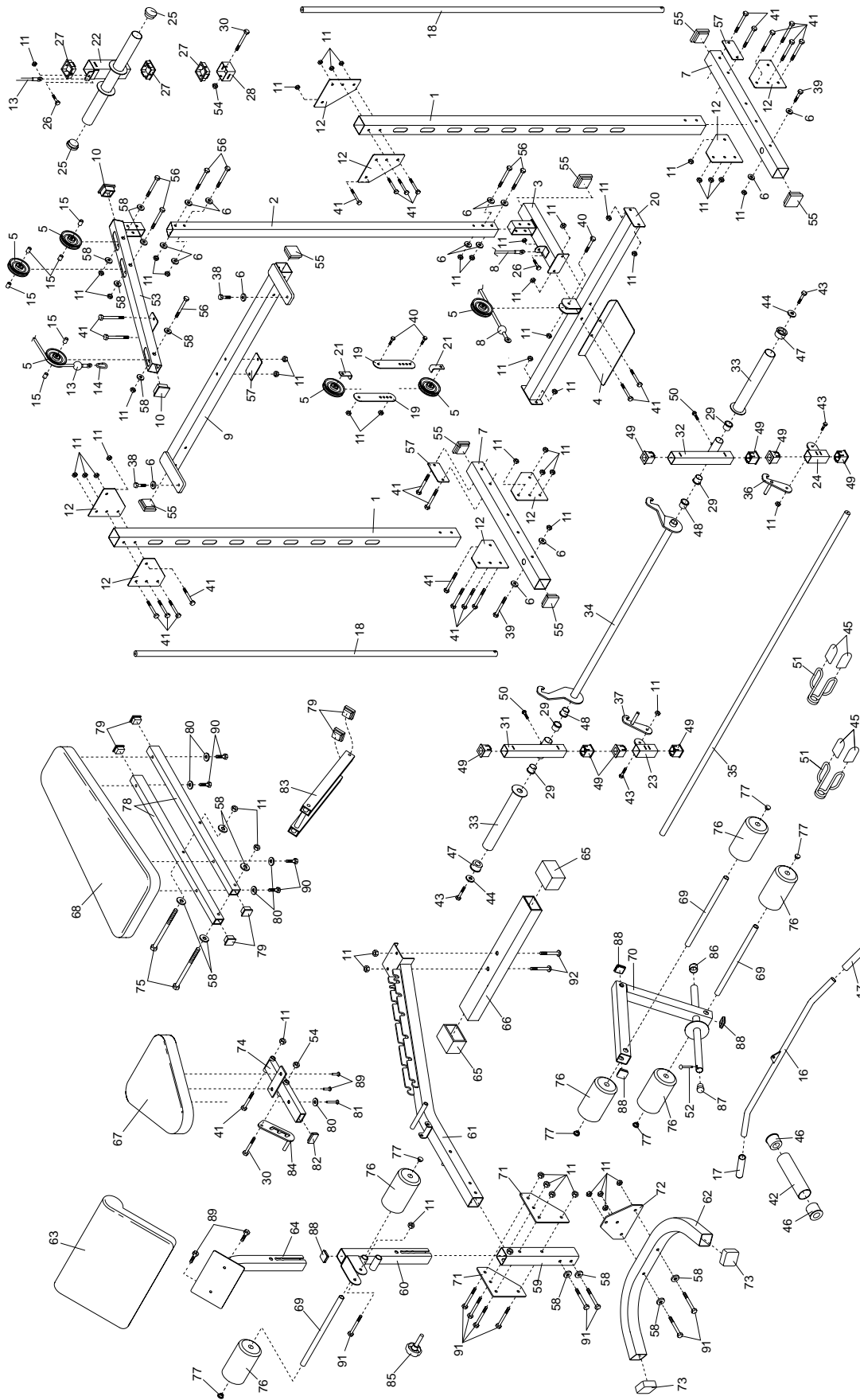
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	48	2	25mm Bushing
2	1	Rear Upright	49	8	45mm Square Bushing
3	1	Rear Base	50	2	M8 x 20mm Screw
4	1	Foot Plate	51	2	Weight Clip
5	6	Pulley	52	1	Pin
6	14	M10 Small Washer	53	1	Pulley Bar
7	2	Base	54	2	M8 Nylon Locknut
8	1	Low Cable	55	7	60mm Square Inner Cap
9	1	Top Crossbar	56	7	M10 x 65mm Bolt
10	2	50mm Square Inner Cap	57	3	Support Plate
11	54	M10 Nylon Locknut	58	14	M10 Large Washer
12	8	Joint Plate	59	1	Bench Leg
13	1	High Cable	60	1	Adjustable Bench Leg
14	1	Cable Clip	61	1	Bench Frame
15	6	Pulley Spacer	62	1	Bench Base
16	1	Lat Bar	63	1	Curl Pad
17	2	Plastic Handle	64	1	Curl Upright
18	2	Weight Guide	65	2	50mm x 70mm Outer Cap
19	2	Pulley Plate	66	1	Stabilizer
20	1	Base Crossbar	67	1	Seat
21	2	Cable Trap	68	1	Backrest
22	1	Weight Carriage	69	3	Pad Tube
23	1	Right Safety Spotter	70	1	Leg Lever
24	1	Left Safety Spotter	71	2	Thick Joint Plate
25	2	50mm Round Inner Cap	72	1	Bench Base Joint Plate
26	2	M10 x 20mm Bolt	73	2	50mm Square Outer Cap
27	3	Carriage Bushing	74	1	Seat Mounting Bracket
28	1	Carriage Stop	75	2	M10 x 190mm Bolt
29	4	38mm Bushing	76	6	Foam Pad
30	2	M8 x 70mm Bolt	77	6	19mm Round Inner Cap
31	1	Right Weight Glider	78	2	Backrest Tube
32	1	Left Weight Glider	79	6	25mm x 40mm Inner Cap
33	2	Weight Adapter	80	5	M6 Washer
34	1	Locking Bar	81	1	M6 x 35mm Bolt
35	1	Barbell	82	1	20mm x 50mm Inner Cap
36	1	Left Spotter Hook	83	1	Backrest Adjustment Bracket
37	1	Right Spotter Hook	84	1	Seat Adjustment Bracket
38	2	M10 x 30mm Bolt	85	1	Adjustment Knob
39	2	M10 x 75mm Bolt	86	1	25mm Angled Outer Cap
40	3	M10 x 45mm Bolt	87	1	25mm Round Inner Cap
41	25	M10 x 80mm Bolt	88	4	45mm Square Inner Cap
42	1	Bench Weight Adapter	89	4	M6 x 16mm Screw
43	4	M10 x 25mm Bolt	90	4	M6 x 55mm Screw
44	2	Large Washer	91	9	M10 x 70mm Bolt
45	4	Weight Clip Sleeve	92	2	M10 x 60mm Button Head Bolt
46	2	Weight Adapter Bushing	#	1	User's Manual
47	2	50mm Bushing	#	1	Exercise Guide

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

EXPLODED DRAWING—Model No. IMBE53910

R0901A



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