

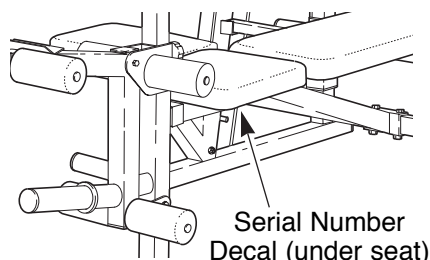
IMAGE[®] 3.4

Patent Pending

Model No. IMBE40890

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 find that there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

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

CUSTOMER HOT LINE:

1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST



CAUTION

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



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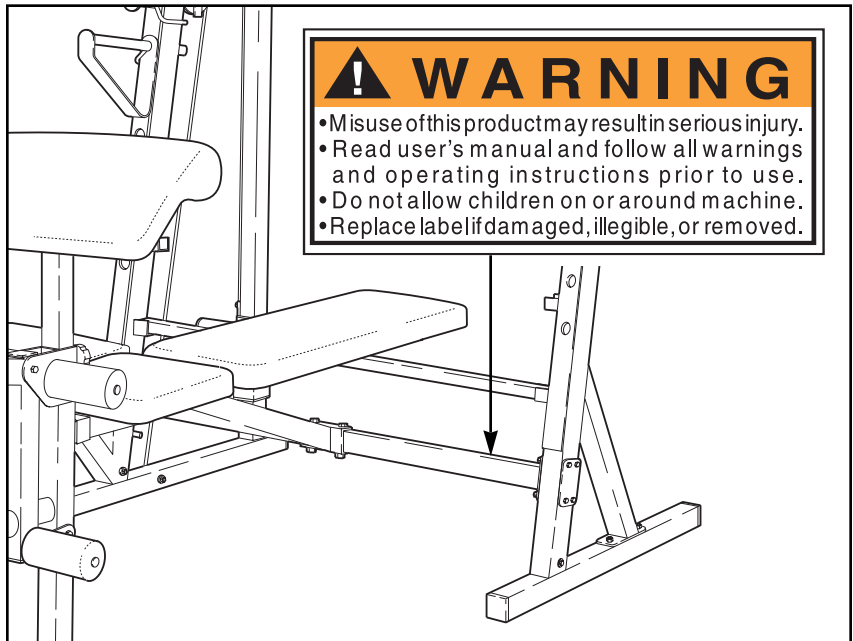
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Limited Warranty	Back Cover

Note: A Part List/Exploded Drawing is attached in the center of this manual. Remove the Part List/Exploded Drawing before beginning assembly.

Warning Decal Placement

The decal shown at the right has been placed on the weight bench. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a replacement decal. Apply the replacement decal in the location shown.



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 any commercial, rental or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench for protection.
5. Inspect and tighten all parts 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 make sure there is an equal amount of weight (not included) on each side of your barbell (not included).
10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
11. The weight bench is designed to support a maximum of 560 pounds, including the user, a barbell and weights. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Do not place more than 150 pounds on the leg lever for normal use.
12. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
13. Check the cables periodically to make sure that they are tight. See assembly step 12 on page 10 for cable tightening instructions.
14. Always set both weight rests and both safety spotters at the same height.
15. Always exercise with a partner. When you are performing bench press exercises or toe raise exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.
16. Always disconnect the lat bar from the weight bench when performing an exercise that does not use the lat bar.
17. Always secure weights with the included weight clips when they are mounted on a barbell, the leg lever, or the weight carriage.

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.

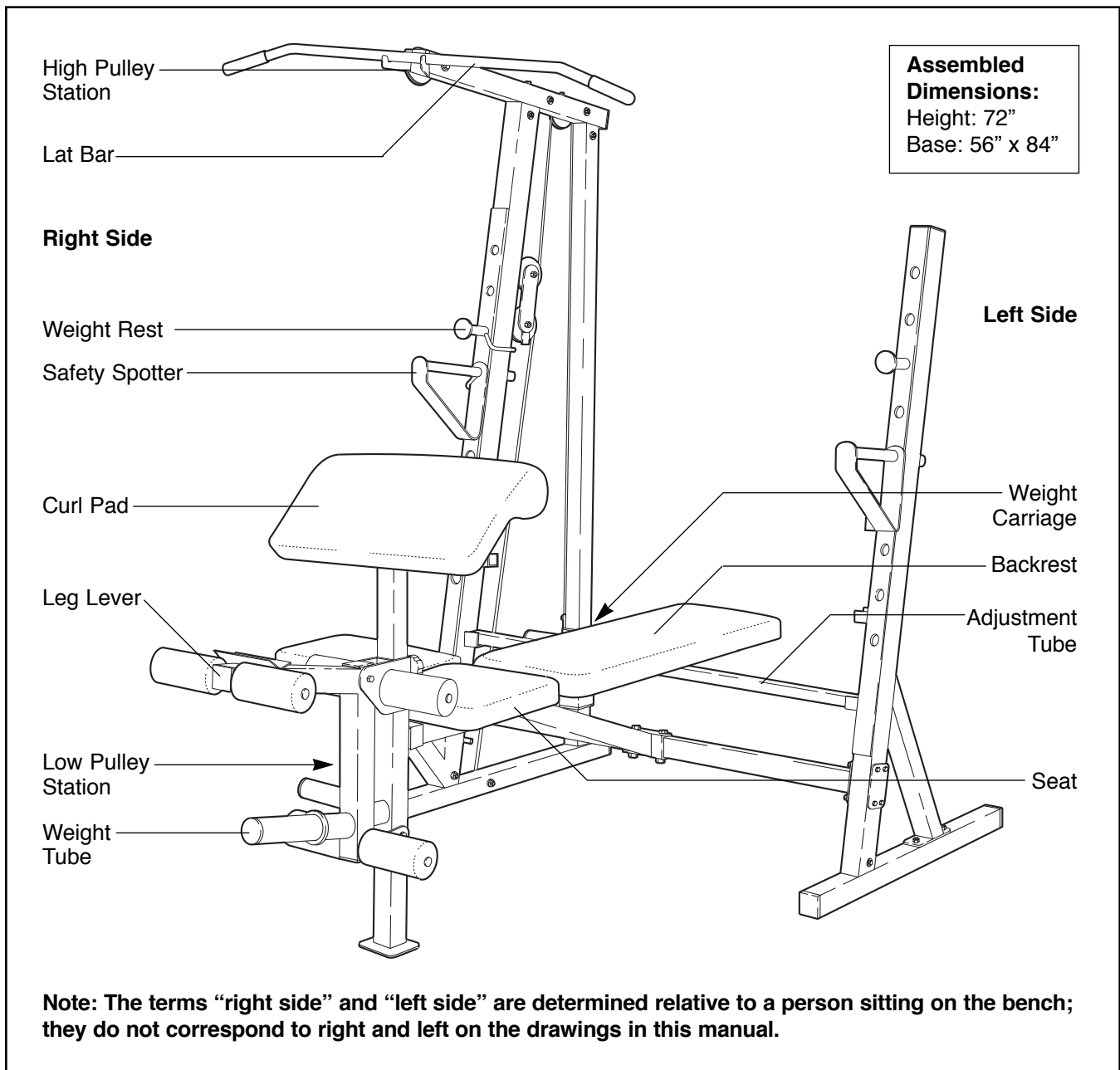
Before You Begin

Thank you for selecting the versatile IMAGE® 3.4 Weight Bench. The IMAGE® 3.4 is designed to help you develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the 3.4 Weight Bench will help you achieve the specific results you want.

For your benefit, read this manual carefully before using the IMAGE® 3.4 Weight Bench. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday

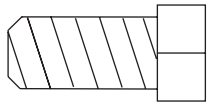
through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is IMBE40890. The serial number can be found on a decal attached to the IMAGE® 3.4 Weight Bench (see the front cover of this manual).

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



Part Identification Chart—Model No. IMBE40890

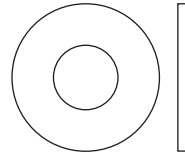
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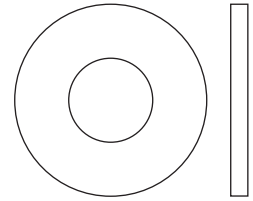
M10 x 19mm Bolt (57)-1



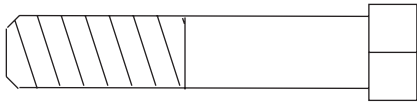
M6 Washer (30)-4



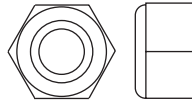
M8 Washer (23)-2



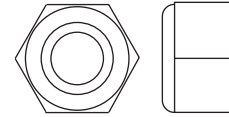
M10 Washer (6)-15



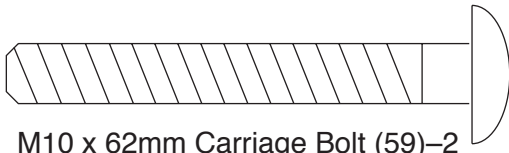
M10 x 48mm Bolt (55)-2



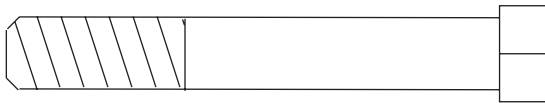
M8 Nylon Locknut (13)-2



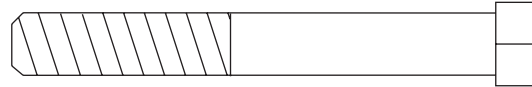
M10 Nylon Locknut (11)-29



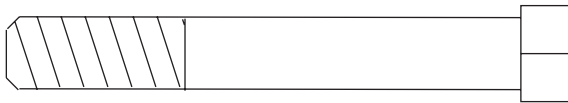
M10 x 62mm Carriage Bolt (59)-2



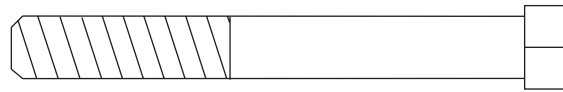
M10 x 65mm Bolt (67)-5



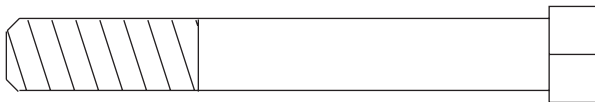
M8 x 64mm Bolt (43)-1



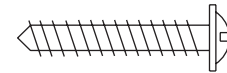
M10 x 68mm Bolt (33)-5



M8 x 68mm Bolt (60)-1



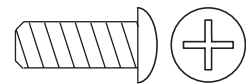
M10 x 72mm Bolt (68)-8



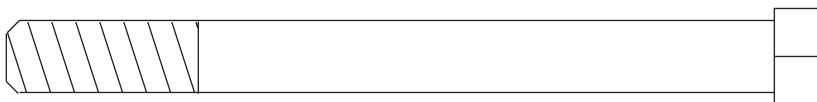
Protector Strip Screw (49)-14



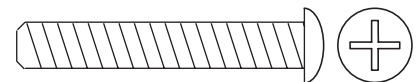
M10 x 75mm Bolt (8)-1



M6 x 16mm Screw (3)-6



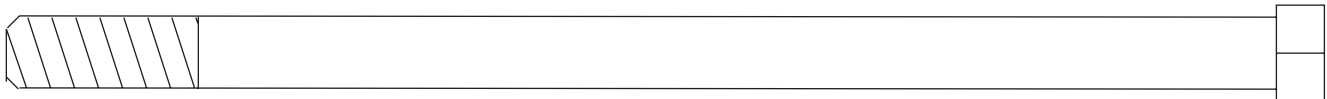
M10 x 102mm Bolt (71)-1



M6 x 38mm Screw (4)-4



M10 x 108mm Bolt (34)-3



M10 x 168mm Bolt (22)-1

Assembly

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

Make Things Easier for Yourself!



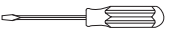

Everything in this manual is designed to ensure that our products can be assembled successfully by anyone. However, it is important to recognize that this is a sophisticated product with many small parts and, consequently, assembly will take time. Most people find that by setting aside plenty of time, and by deciding to make the task enjoyable, assembly will go smoothly.

- 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.

• For help identifying the small parts, use the PART IDENTIFICATION CHART on page 5.

• As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

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

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

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

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

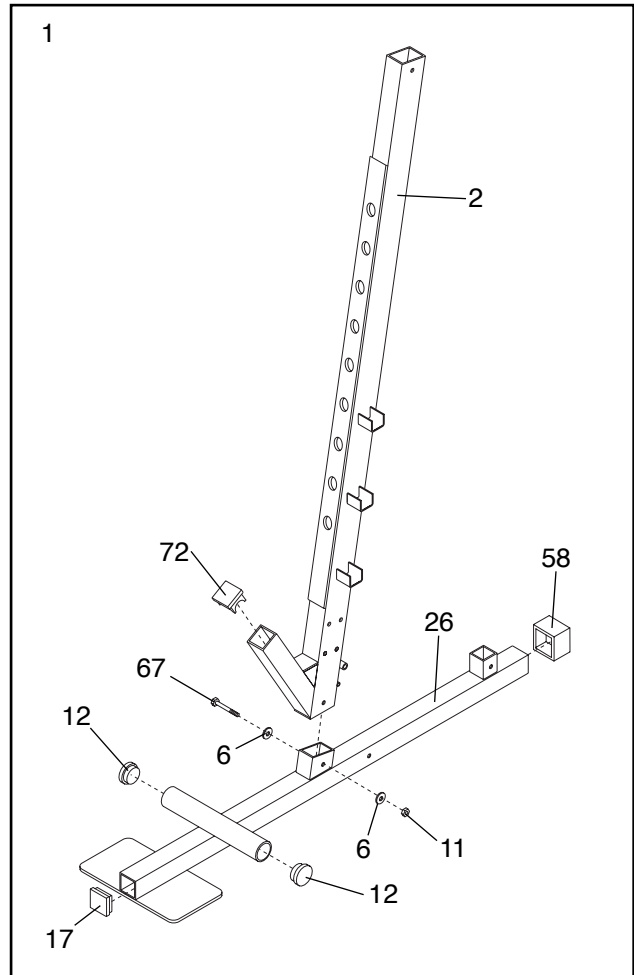
Press a 2" Square Inner Cap (17) into the indicated end of the Right Stabilizer (26). Press a 2" Square Outer Cap (58) onto the other end of the Stabilizer.

Press a 48mm Round Inner Cap (12) into each end of the welded tube on the Right Stabilizer (26).

Press a 1.5" Square Inner Cap (72) into the storage tube on the Right Upright (2).

Slide the Right Upright (2) onto the Right Stabilizer (26) as shown. Attach the Upright to the Stabilizer with an M10 x 65mm Bolt (67), two M10 Washers (6) and an M10 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.**

Set the upright assembly aside and **make sure it cannot fall over.**



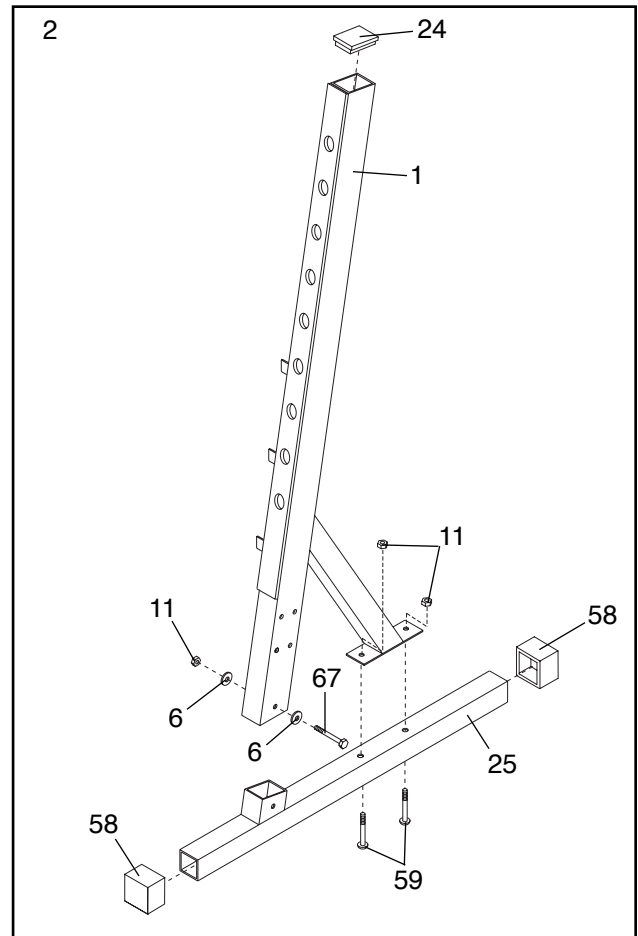
2. Press a 2" Square Outer Cap (58) onto each end of the Left Stabilizer (25).

Press a 51mm x 76mm Inner Cap (24) into the top of the Left Upright (1).

Insert two M10 x 62mm Carriage Bolts (59) into the holes in the Left Stabilizer (25) from below.

Slide the Left Upright (1) onto the Left Stabilizer (25) as shown, so the bracket on the Left Upright fits over the M10 x 62mm Carriage Bolts (59) in the Left Stabilizer.

Attach the Left Upright (1) to the Left Stabilizer (25) with an M10 x 65mm Bolt (67), two M10 Washers (6), and an M10 Nylon Locknut (11). Thread an M10 Nylon Locknut onto each of the M10 x 62mm Carriage Bolts (59) in the Stabilizer. **Do not tighten the Nylon Locknuts yet.**

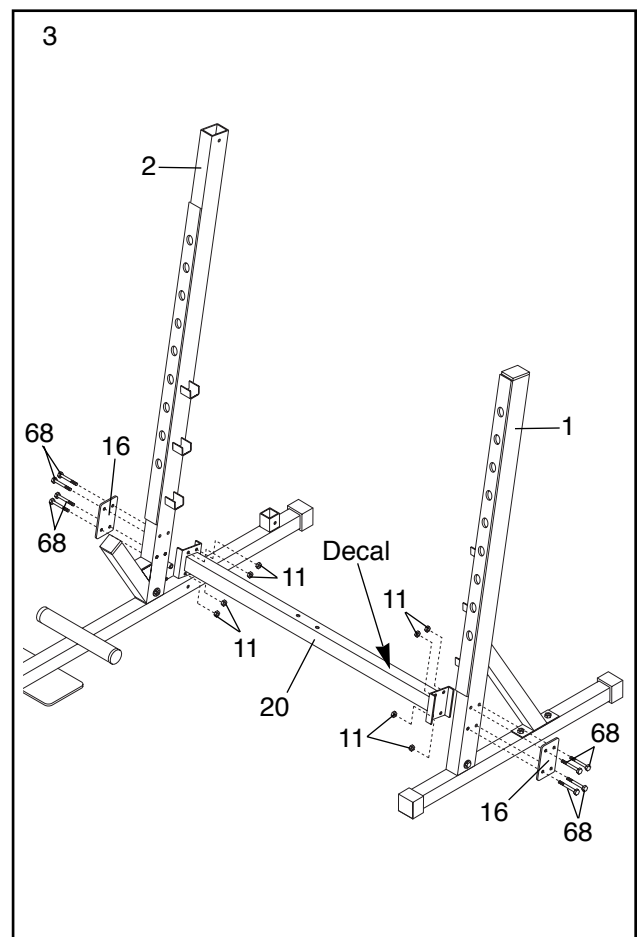


3. Align the holes in a 4-hole Support Plate (16) with the holes in the Right Upright (2). Insert four M10 x 72mm Bolts (68) into the Support Plate and the Right Upright. **Make sure that the Bolts are inserted from the direction shown.**

Align the holes in another 4-hole Support Plate (16) with the holes in the Left Upright (1). Insert four M10 x 72mm Bolts (68) into the Support Plate and the Left Upright. **Make sure that the Bolts are inserted from the direction shown.**

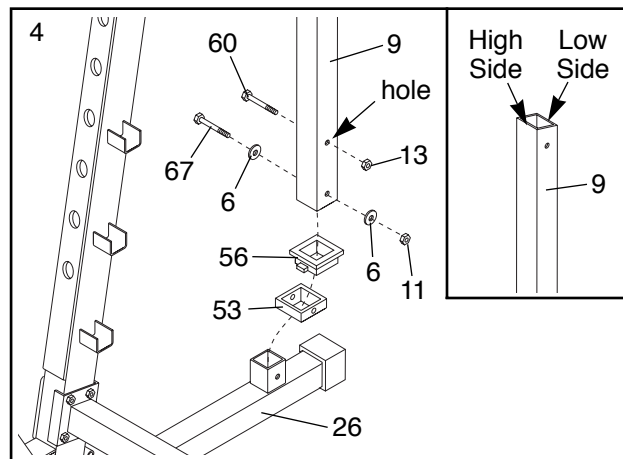
While a second person holds the Right Upright (2), slide the bracket on the Crossbar (20) over the four M10 x 72mm Bolts (68) in the Right Upright. **Make sure that the Crossbar is turned so the warning decal is on top.** Attach the Crossbar with four M10 Nylon Locknuts (11). **Do not tighten the Nylon Locknuts yet.**

Attach the Crossbar (20) to the Left Upright (1) as described above.



4. Snap a Carriage Bushing (56) into the Weight Stop (53). Slide both parts onto the Rear Upright (9), making sure that the Carriage Bushing (56) is on top. Attach the parts to the indicated hole in the Rear Upright with an M8 x 68mm Bolt (60) and an M8 Nylon Locknut (13).

Next, slide the Rear Upright (9) onto the Right Stabilizer (26). **Make sure that the Rear Upright is turned so the upper end slants in the direction shown.** Attach the Rear Upright with an M10 x 65mm Bolt (67), two M10 Washers (6), and an M10 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.**

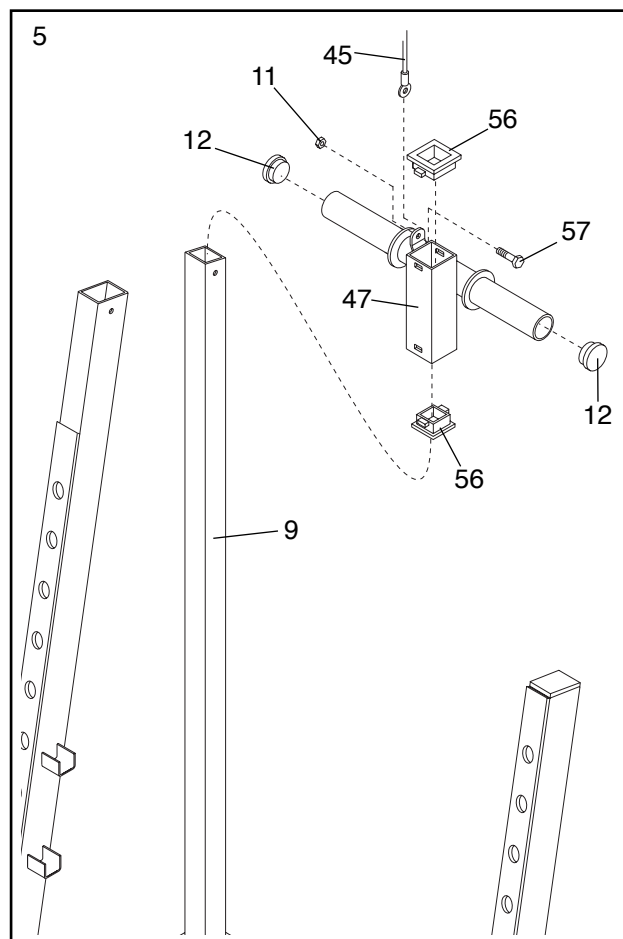


5. Press Carriage Bushings (56) into the top and bottom of the Weight Carriage (47).

Press a 48mm Round Inner Cap (12) into each end of the weight tube on the Weight Carriage (47).

Identify the Upper Cable (45); this is the longest of the two Cables. Note that the Cable has a ball/loop on one end and a loop on the other end. Attach the end with the loop to the indicated bracket on the Weight Carriage (47) with an M10 x 19mm Bolt (57) and an M10 Nylon Locknut (11). **Make sure the Bolt is inserted from the direction shown.**

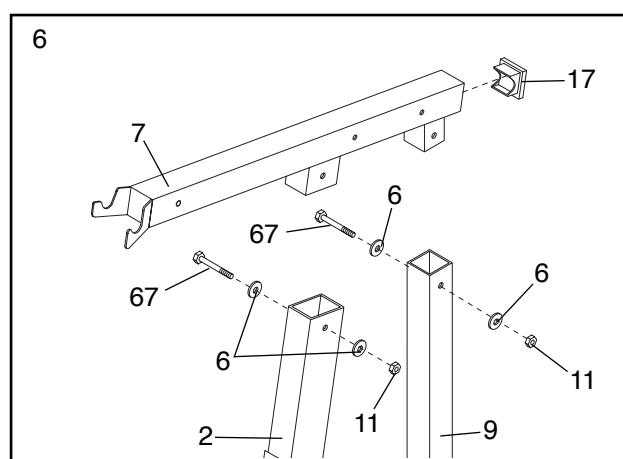
Slide the Weight Carriage (47) onto the Rear Upright (9).



6. Press a 2" Square Inner Cap (17) into the open end of the Top Frame (7).

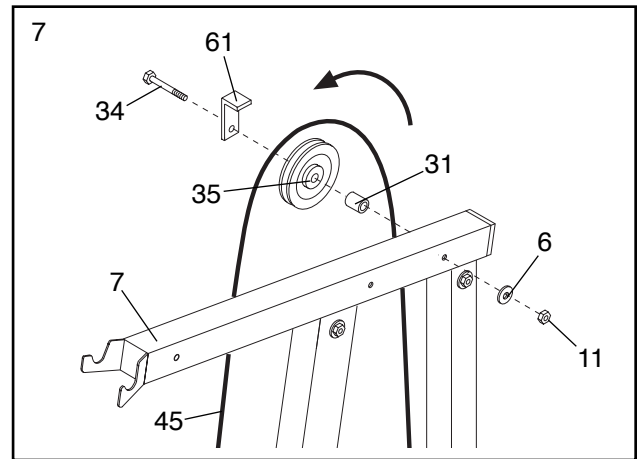
Place the Top Frame (7) onto the Right Upright (2) and the Rear Upright (9).

Attach the Top Frame (7) to the Right Upright (2) with an M10 x 65mm Bolt (67), two M10 Washers (6) and an M10 Nylon Locknut (11). Attach the Top Frame to the Rear Upright (9) in the same manner.



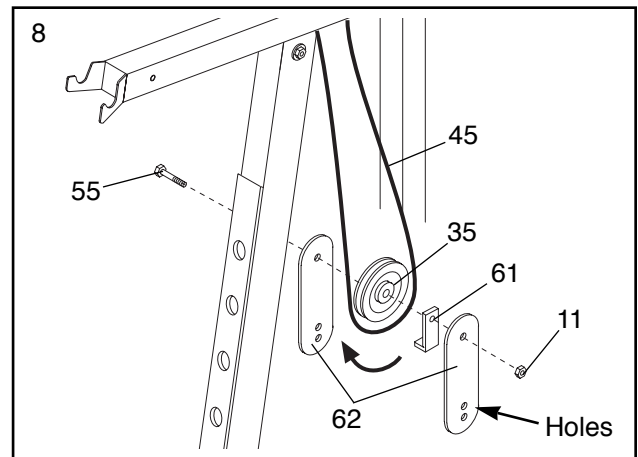
7. The Upper Cable (45) was attached to the Weight Carriage in step 5. Wrap the Upper Cable around a Pulley (35) in the direction shown.

Attach the Pulley (35) and a Cable Trap (61) to the indicated hole in the Top Frame (7) with an M10 x 108mm Bolt (34), a 15.8mm Spacer (31), an M10 Washer (6) and an M10 Nylon Locknut (11). **Make sure the Cable Trap is oriented as shown, so it will hold the Cable in place.**

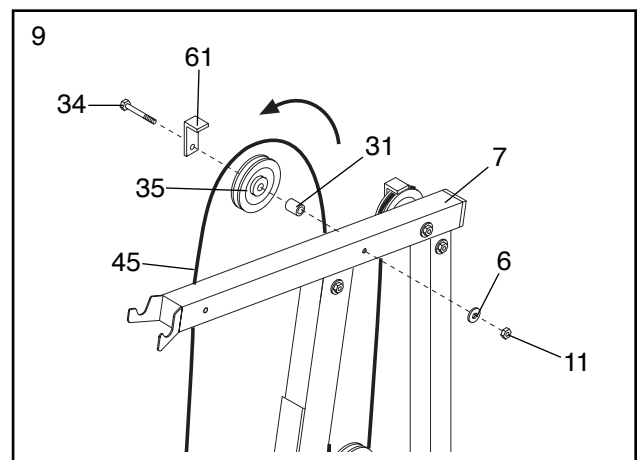


8. **Note: If the Pulley Plates (62) are pre-assembled, remove both Pulleys (35) from the Pulley Plates.**

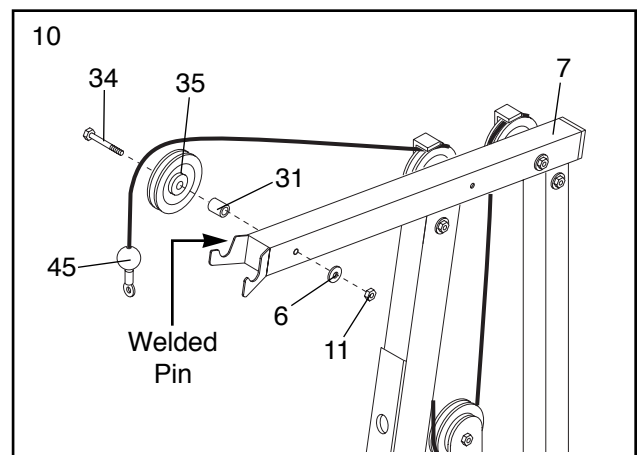
Wrap the Upper Cable (45) around a Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (61) to the upper holes in the two Pulley Plates (62). **Note: Make sure that both Pulley Plates are oriented as shown, so the ends with several holes are pointed towards the floor.** Attach the Pulley with an M10 x 48mm Bolt (55) and an M10 Nylon Locknut (11). **Make sure the Cable Trap is oriented as shown.**



9. Wrap the Upper Cable (45) around a Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (61) to the indicated hole in the Top Frame (7) with an M10 x 108mm Bolt (34), a 15.8mm Spacer (31), an M10 Washer (6) and an M10 Nylon Locknut (11). **Make sure the Cable Trap is oriented as shown.**



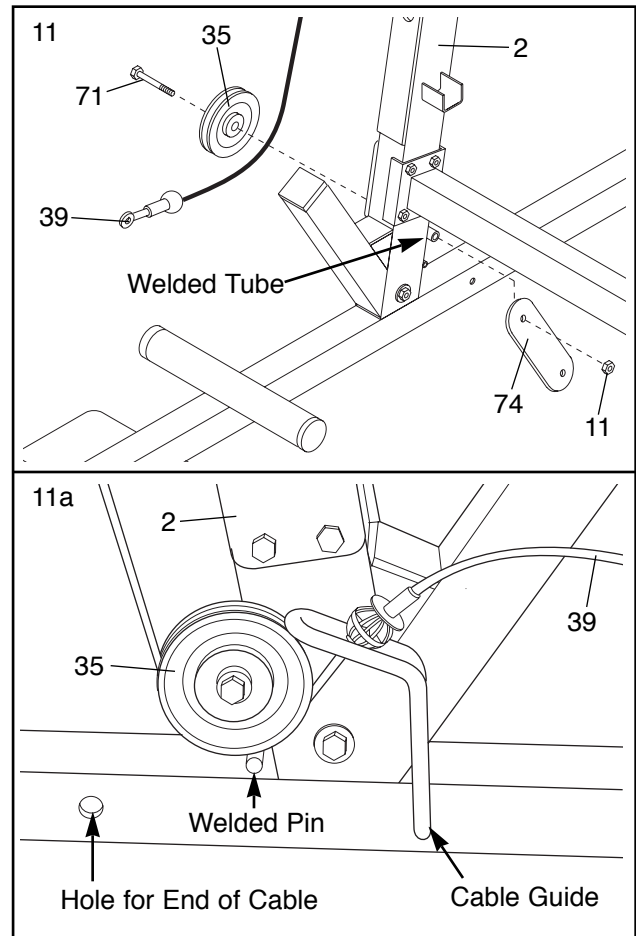
10. Route the Upper Cable (45) over a Pulley (35) in the direction shown. Attach the Pulley to the indicated hole in the Top Frame (7) with an M10 x 108mm Bolt (34), a 15.8mm Spacer (31), an M10 Washer (6) and an M10 Nylon Locknut (11). **Make sure the Cable is between the Pulley and the welded pin (not visible) on the Top Frame.**



11. Locate the Lower Cable (39) and note that it has a ball/loop on one end and a loop only on the other. **See drawing 11a.** Route the end of the Lower Cable with the loop through the cable guide on the outside of the Right Upright (2).

See drawing 11. Route the Lower Cable (39) around a Pulley (35) in the direction shown. Attach the Pulley and one end of the 2-hole Oval Support Plate (74) to the welded tube on the Right Upright (2) with an M10 x 102mm Bolt (71) and an M10 Nylon Locknut (11). **Do not tighten the Nylon Locknut yet.** Make sure that the Support Plate is angled as shown and that it is attached on the **inside** of the Upright (2).

Important: The Cable must be positioned between the Pulley and the welded pin as shown in drawing 11a.

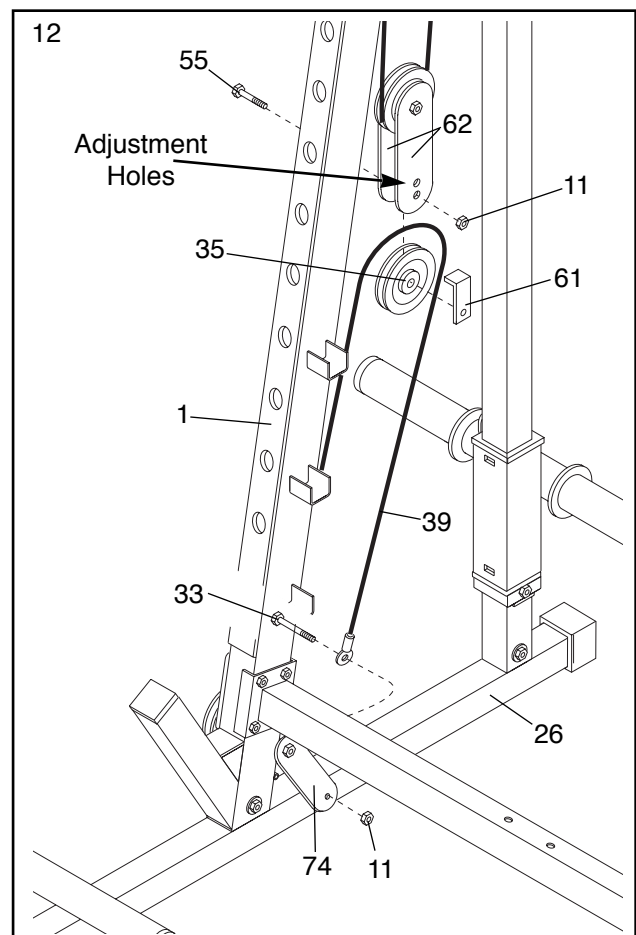


12. Wrap the Lower Cable (39) around a Pulley (35) in the direction shown. Attach the Pulley and a Cable Trap (61) to the lower set of holes in the two Pulley Plates (62) with an M10 x 48mm Bolt (55) and an M10 Nylon Locknut (11). **Make sure that the Cable Trap is between the Pulley Brackets and that it is oriented as shown.**

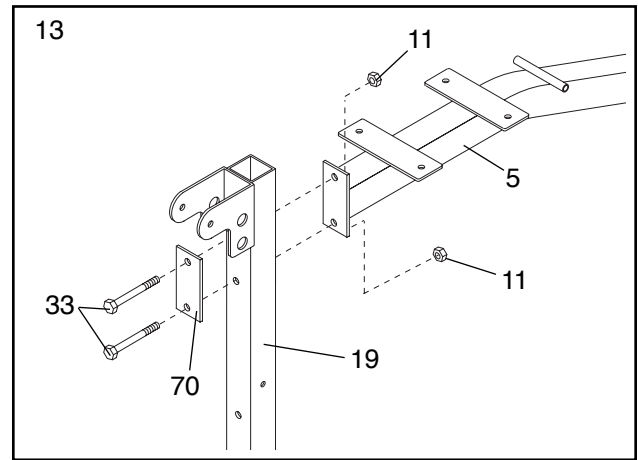
Slide the loop on the Lower Cable (39) onto an M10 x 68mm Bolt (33). Insert the Bolt into the indicated hole (see drawing 11a) in the Right Stabilizer (26) and through the 2-hole Oval Support Plate (74). Secure the Cable and Plate with an M10 Nylon Locknut (11).

IMPORTANT: The type of cable used on the weight bench may stretch over time. If this occurs, you can tighten the cables by moving the lower Pulley (35) attached to the Pulley Plate (62). To do this, remove the M10 x 48mm Bolt (55) and the M10 Nylon Locknut (11). Move the Bolt to one of the higher adjustment holes in the Pulley Plates. As you re-attach the Pulley and the Cable Trap (61), make sure the Cable Trap is oriented as shown.

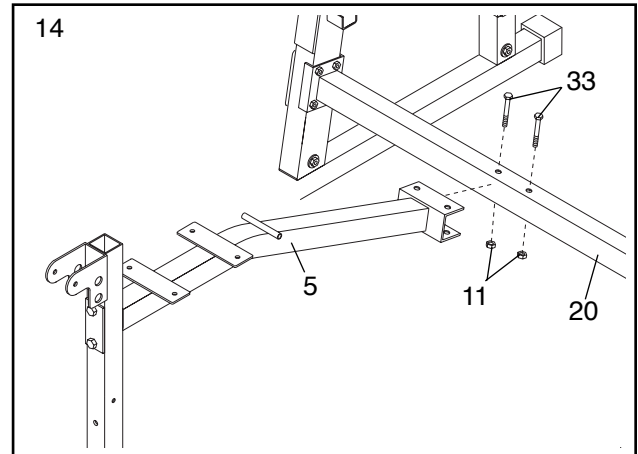
Go back and tighten all of the M10 Nylon Locknuts (11) used in steps 1 through 12.



13. Insert two M10 x 68mm Bolts (33) into the 2-hole Support Plate (70), the Front Leg (19), and the bracket on the Bench Frame (5) as shown. Tighten an M10 Nylon Locknut (11) onto each Bolt.

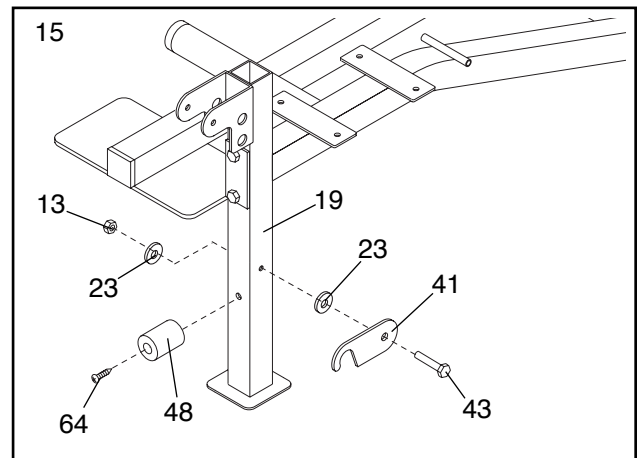


14. Align the bracket on the Bench Frame (5) with the holes in the center of the Crossbar (20). Attach the Bench Frame (5) to the Crossbar with two M10 x 68mm Bolts (33) and two M10 Nylon Locknuts (11).



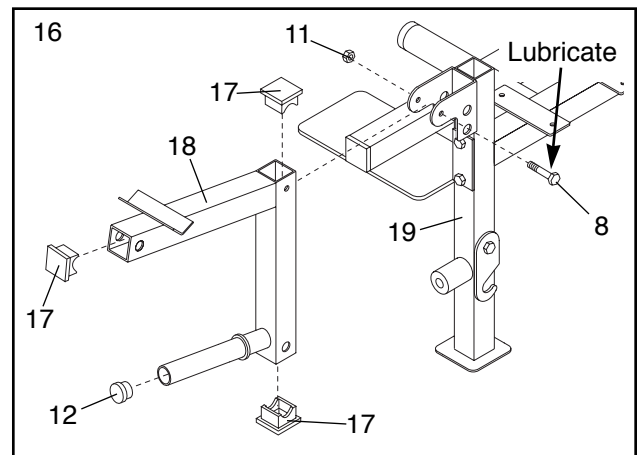
15. Attach the Leg Lever Lock (41) to the indicated hole in the Front Leg (19) with an M8 x 64mm Bolt (43), two M8 Washers (23), and an M8 Nylon Locknut (13). **Do not overtighten the Nylon Locknut; the Leg Lever Lock must pivot easily.**

Attach the Bumper (48) to the indicated hole in the Front Leg (19) with a Bumper Screw (64).



16. Press a 2" Square Inner Cap (17) into each end of the Leg Lever (18). Press a 48mm Round Inner Cap (12) into the end of the weight tube on the Leg Lever.

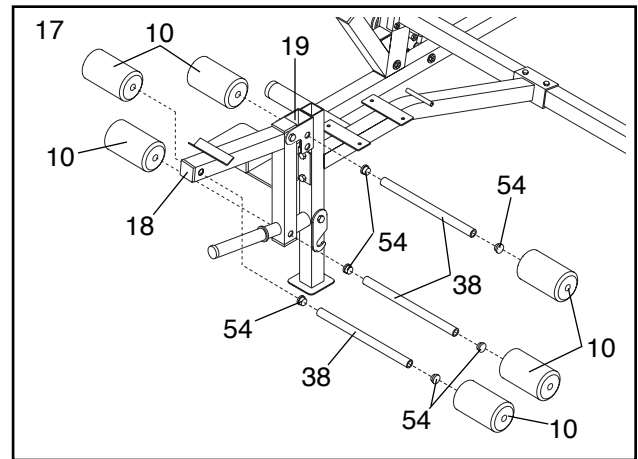
Lubricate an M10 x 75mm Bolt (8). Attach the Leg Lever (18) to the bracket on the Front Leg (19) with the Bolt and an M10 Nylon Locknut (11). **Do not overtighten the Nylon Locknut; it must be easy to pivot the Leg Lever.**



17. Press a 3/4" Round Inner Cap (54) into each end of the three Pad Tubes (38).

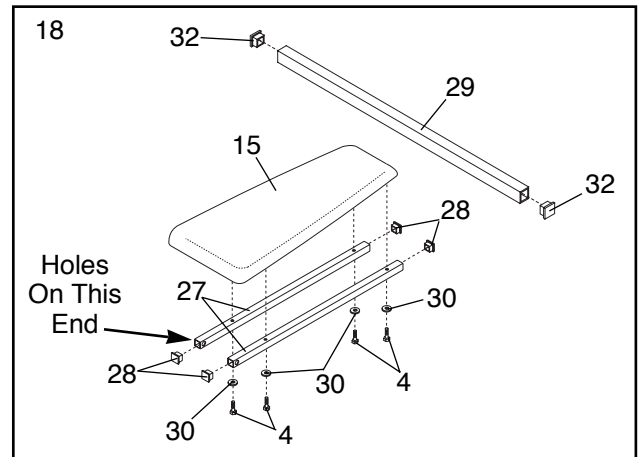
Press a Foam Pad (10) onto one end of a Pad Tube (38). Insert the Pad Tube into one set of holes in the bracket on the Front Leg (19). Press a Foam Pad onto the other end of the Pad Tube.

Mount the other two Pad Tubes (38) in the indicated holes in the Leg Lever (18) as described above.

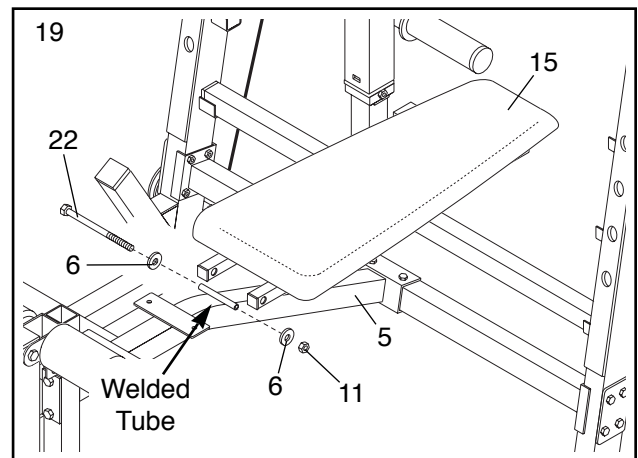


18. Press a 30mm Square Inner Cap (32) into each end of the Adjustment Tube (29).

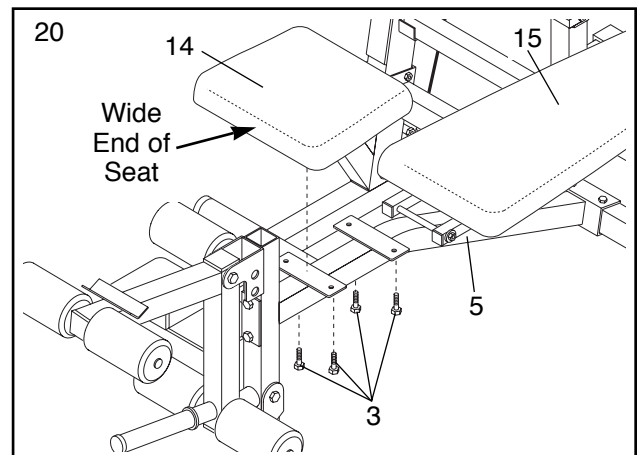
Press a 1" Square Inner Cap (28) into each end of the two Backrest Tubes (27). Attach the Backrest Tubes to the Backrest (15) with four M6 x 38mm Screws (4) and four M6 Washers (30). **Note: Make sure the indicated holes in the Backrest Tubes are oriented as shown (on the wide end of the Backrest).**



19. Lubricate the M10 x 168mm Bolt (22). Attach the Backrest (15) to the welded tube on the Bench Frame (5) with the Bolt, two M10 Washers (6) and an M10 Nylon Locknut (11). **Note: Do not overtighten the Nylon Locknut; it must be easy to pivot the Backrest.**



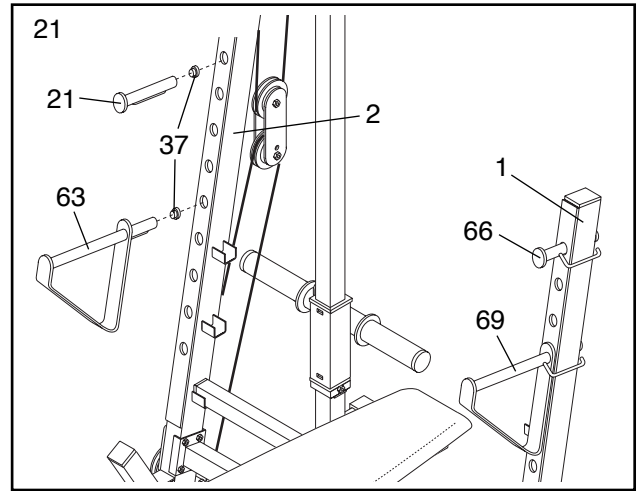
20. Attach the Seat (14) to the brackets on the Bench Frame (5) with four M6 x 16mm Screws (3). Make sure that the wide end of the Seat is turned away from the Backrest (15).



21. Press 25.4mm Round Inner Caps (37) into the Weight Rests (21, 66) and the Safety Spotters (63, 69).

Insert the Weight Rests (21, 66) into the Uprights (1, 2). **Make sure that the Weight Rests are at the same height and that the locking clips are hooked around the Uprights.**

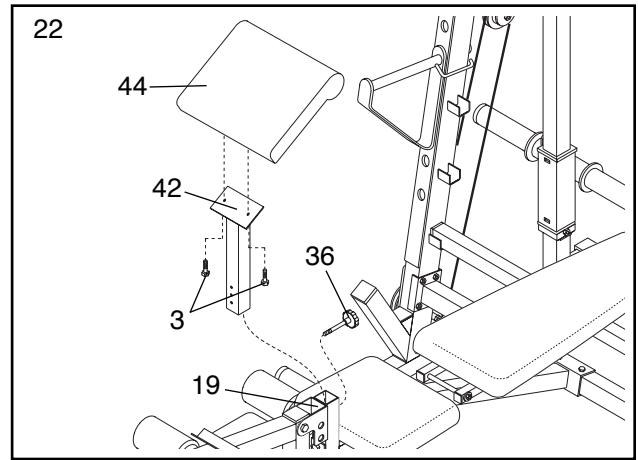
Next, insert the Safety Spotters (63, 69) into the Uprights (1, 2). **Make sure that the Safety Spotters are at the same height and that the locking clips are hooked around the Uprights. The Safety Spotters must be a few holes lower than the Weight Rests (21, 66).**



22. Attach the Curl Pad (44) to the Curl Post (42) with two M6 x 16mm Screws (3).

To use the Curl Pad (44), insert the Curl Post (42) into the Front Leg (19) and line up one of the adjustment holes in the Curl Post with the hole in the Front Leg. Insert the Adjustment Knob (36) through the Curl Post and tighten it into the welded nut on the Front Leg.

23. **Make sure all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in Adjusting the Weight Bench starting below.**



Adjusting the Weight Bench

This section explains how to adjust the weight bench. See the exercise guidelines in the accompanying exercise guide for important information on how to get the most benefit from your exercise program. Also, refer to the exercise guide to see the correct form for each exercise.

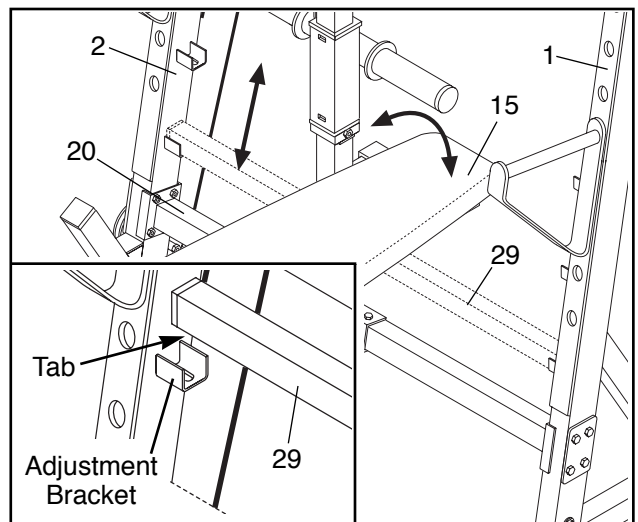
Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST

The Backrest (15) can be set at a level position, a declined position, or any of several inclined positions. To change the incline of the Backrest, move the Adjustment Tube (29) to a different set of adjustment brackets on the Uprights (1, 2).

To set the Backrest (15) for a declined position, remove the Adjustment Tube (29) and lower the Backrest onto the Crossbar (20).

WARNING: Always make sure the locking tabs on the Adjustment Tube (29) fit into the holes in the adjustment brackets on the uprights.

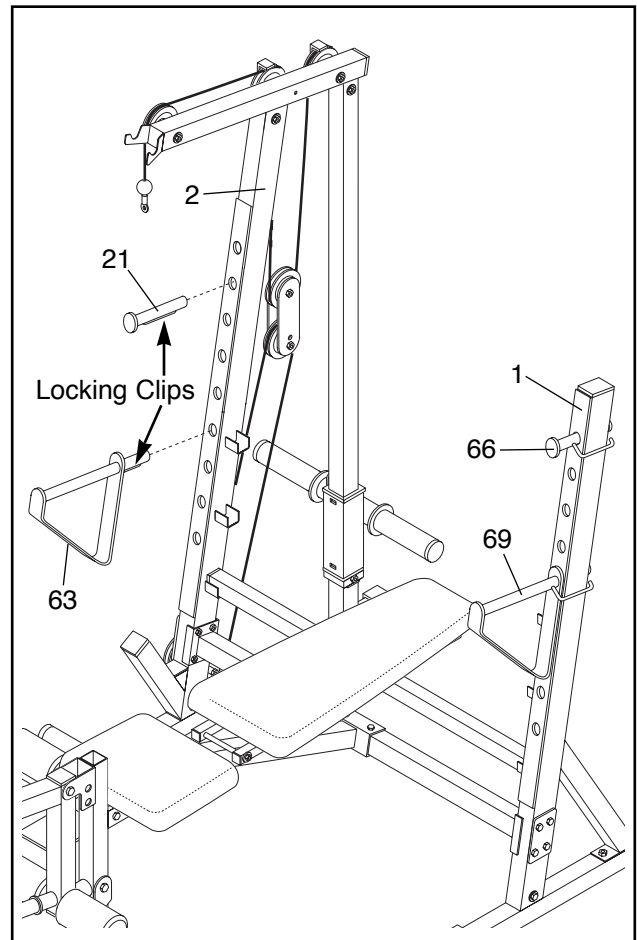


USING THE WEIGHT RESTS AND SAFETY SPOTTERS

Before beginning an exercise, insert the Weight Rests (21, 66) and the Safety Spotters (63, 69) into the holes in the Uprights (1, 2) that are best suited for the exercise. The selected holes should be at the lowest point to which you want your barbell to go during the exercise. Perform the exercise as shown in the accompanying exercise manual. **Note: Make sure that the locking clips are hooked around the Uprights.**

Important: The Safety Spotters (63, 69) are designed to minimize the risk of injury if the barbell is dropped during standing exercises. The Safety Spotters are deliberately designed to bend when hit with a barbell loaded with heavy weights. This minimizes the risk of the barbell bouncing off the Safety Spotters and causing injury to the user. If you accidentally bend the Safety Spotters, please call our Customer Service Department (see the front cover of this manual) to order replacement Safety Spotters.

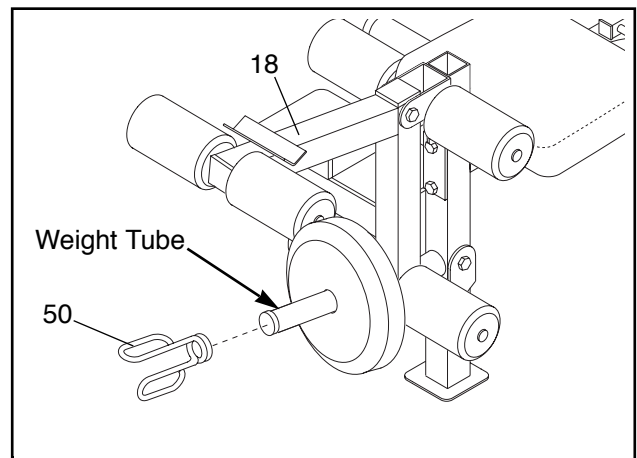
WARNING: Always set both weight rests and both safety spotters at the same height.



ATTACHING WEIGHTS TO THE LEG LEVER

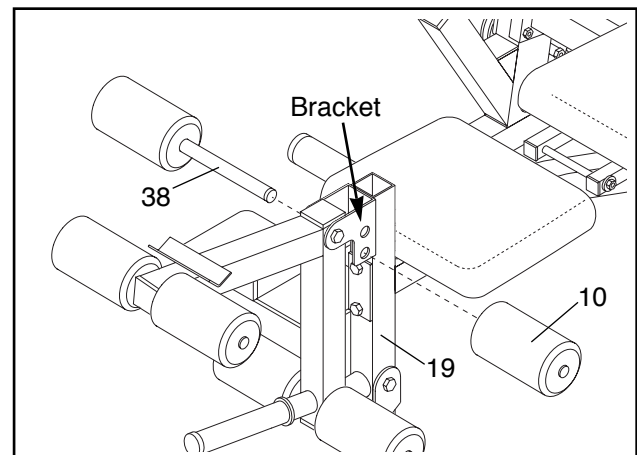
To use the Leg Lever (18), slide the desired amount of weight (not included) onto the weight tube. Secure the weights with a Weight Clip (50).

WARNING: Do not place more than 150 pounds on the Leg Lever. Always secure the weights (not included) with a Weight Clip (50).



ADJUSTING THE FOAM PADS

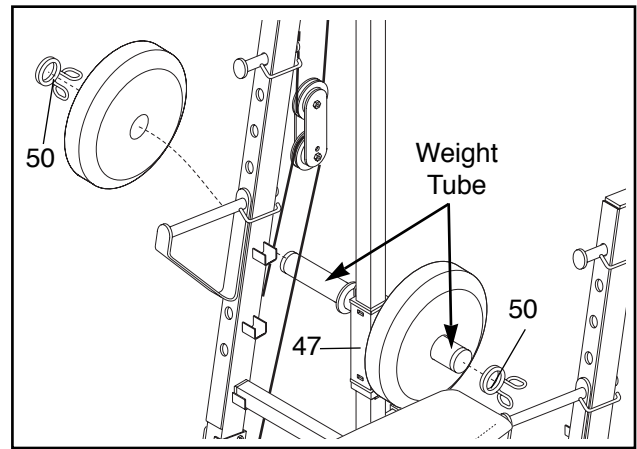
The Foam Pads (10) inserted into the bracket on the Front Leg (19) can be adjusted to two different positions. To do this, pull one Foam Pad off the Pad Tube (38). Move the Pad Tube to the other hole in the bracket on the Front Leg. Push the Foam Pad back onto the Pad Tube.



ATTACHING WEIGHTS TO THE WEIGHT CARRIAGE

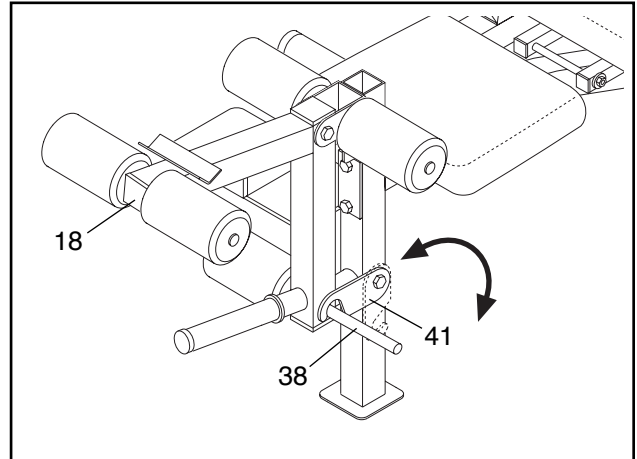
To use the upper or lower pulley stations, slide the desired amount of weight (not included) onto the weight tube of the Weight Carriage (47). Secure the weights with Weight Clips (50).

WARNING: Do not place more than 150 pounds on the Weight Carriage. Always place the same amount of weight (not included) on each side of the Weight Carriage. Always secure the weights with the Weight Clips (50).



LOCKING THE LEG LEVER

The Leg Lever (18) can be locked by rotating the Leg Lever Lock (41) until it snaps into place over the Pad Tube (38). **Note: A Foam Pad has been removed for clarity; it does not have to be removed to lock the Leg Lever.**

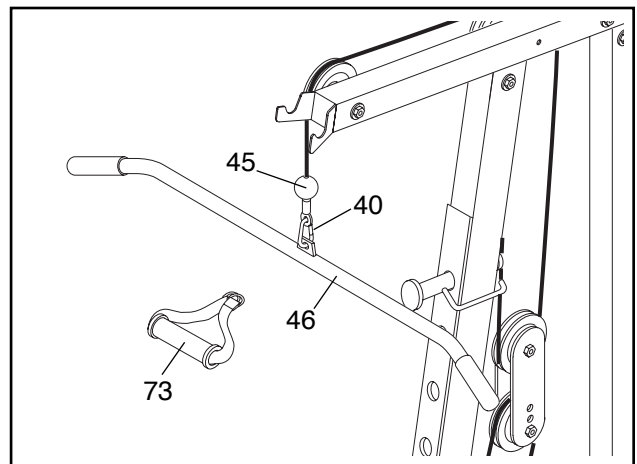


ATTACHING THE LAT BAR OR NYLON STRAP TO THE UPPER OR LOWER PULLEY STATIONS

To use the upper pulley station, attach the Lat Bar (46) or the Nylon Strap (73) to the Upper Cable (45) with the Cable Clip (40). The Lat Bar or Nylon Strap can be attached to the lower pulley station in the same manner.

Other attachments, such as an ankle strap, can be attached to the pulley stations as described above.

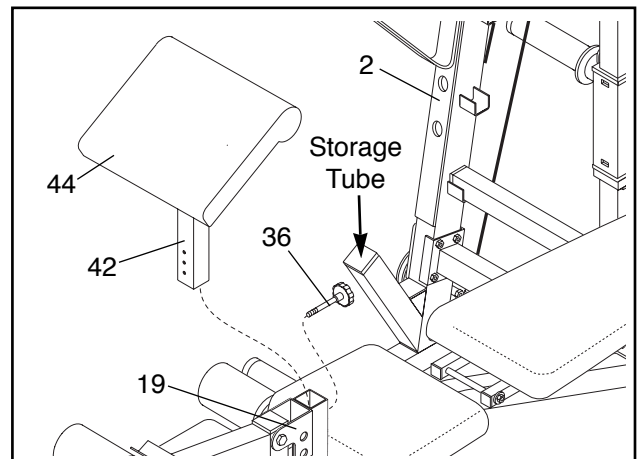
IMPORTANT: See assembly step 12 on page 10 for information on how to tighten the cables.



ATTACHING THE CURL POST TO THE FRONT LEG OR USING IT AS A SEAT

To use the Curl Pad (44), insert the Curl Post (42) into the Front Leg (19) and line up one of the adjustment holes in the Curl Post with the hole in the Front Leg. Insert the Adjustment Knob (36) through the Curl Post and tighten it into the welded nut on the Front Leg.

For certain exercises, the Curl Pad (44) can be used as a seat. To do this, turn the Curl Pad around, compared to the picture, and mount it on the storage tube on the Right Upright (2). The Curl Pad can also be stored here when it is not in use.



Part List—Model No. IMBE40890

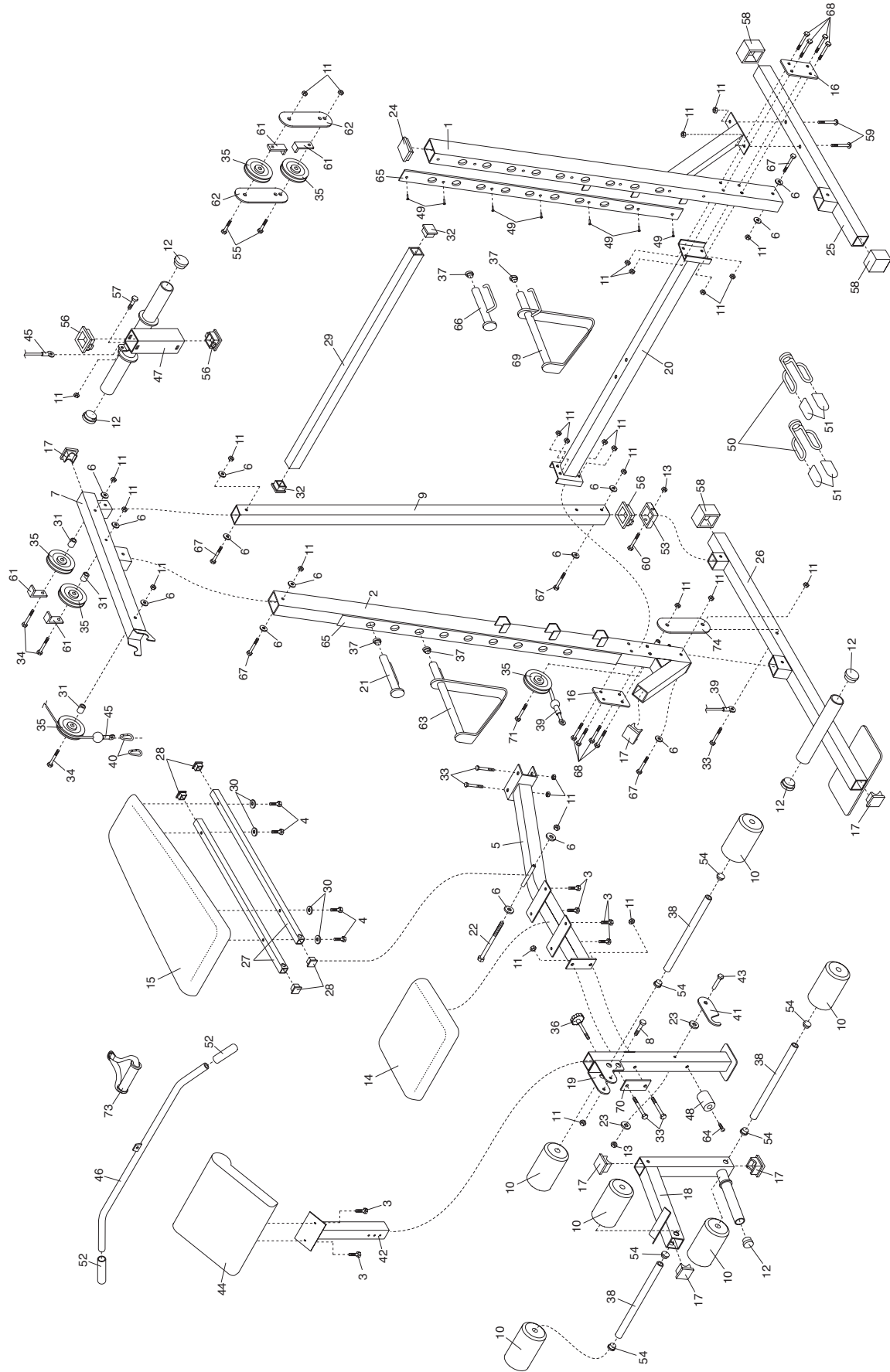
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	39	1	Lower Cable
2	1	Right Upright	40	2	Cable Clip
3	6	M6 x 16mm Screw	41	1	Leg Lever Lock
4	4	M6 x 38mm Screw	42	1	Curl Post
5	1	Bench Frame	43	1	M8 x 64mm Bolt
6	15	M10 Washer	44	1	Curl Pad
7	1	Top Frame	45	1	Upper Cable
8	1	M10 x 75mm Bolt	46	1	Lat Bar
9	1	Rear Upright	47	1	Weight Carriage
10	6	Foam Pad	48	1	Bumper
11	29	M10 Nylon Locknut	49	14	Protector Strip Screw
12	5	48mm Round Inner Cap	50	2	Weight Clip
13	2	M8 Nylon Locknut	51	4	Weight Clip Cover
14	1	Seat	52	2	Handgrip
15	1	Backrest	53	1	Weight Stop
16	2	4-hole Support Plate	54	6	3/4" Round Inner Cap
17	6	2" Square Inner Cap	55	2	M10 x 48mm Bolt
18	1	Leg Lever	56	3	Carriage Bushing
19	1	Front Leg	57	1	M10 x 19mm Bolt
20	1	Crossbar	58	3	2" Square Outer Cap
21	1	Right Weight Rest	59	2	M10 x 62mm Carriage Bolt
22	1	M10 x 168mm Bolt	60	1	M8 x 68mm Bolt
23	2	M8 Washer	61	4	Cable Trap
24	1	51mm x 76mm Inner Cap	62	2	Pulley Plate
25	1	Left Stabilizer	63	1	Right Safety Spotter
26	1	Right Stabilizer	64	1	Bumper Screw
27	2	Backrest Tube	65	2	Protector Strip
28	4	1" Square Inner Cap	66	1	Left Weight Rest
29	1	Adjustment Tube	67	5	M10 x 65mm Bolt
30	4	M6 Washer	68	8	M10 x 72mm Bolt
31	3	15.8mm Spacer	69	1	Left Safety Spotter
32	2	30mm Square Inner Cap	70	1	2-hole Support Plate
33	5	M10 x 68mm Bolt	71	1	M10 x 102mm Bolt
34	3	M10 x 108mm Bolt	72	1	1.5" Square Inner Cap
35	6	Pulley	73	1	Nylon Strap
36	1	Adjustment Knob	74	1	2-hole Oval Support Plate
37	4	25.4mm Round Inner Cap	#	1	User's Manual
38	3	Pad Tube	#	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. IMBE40890

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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:

1. The MODEL NUMBER of the product (IMBE40890)
2. The NAME of the product (IMAGE® 3.4 Weight Bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING at the center of this manual).

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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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