

NOTE:
Please read all instructions
carefully before using this
product

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Model
IVT-600

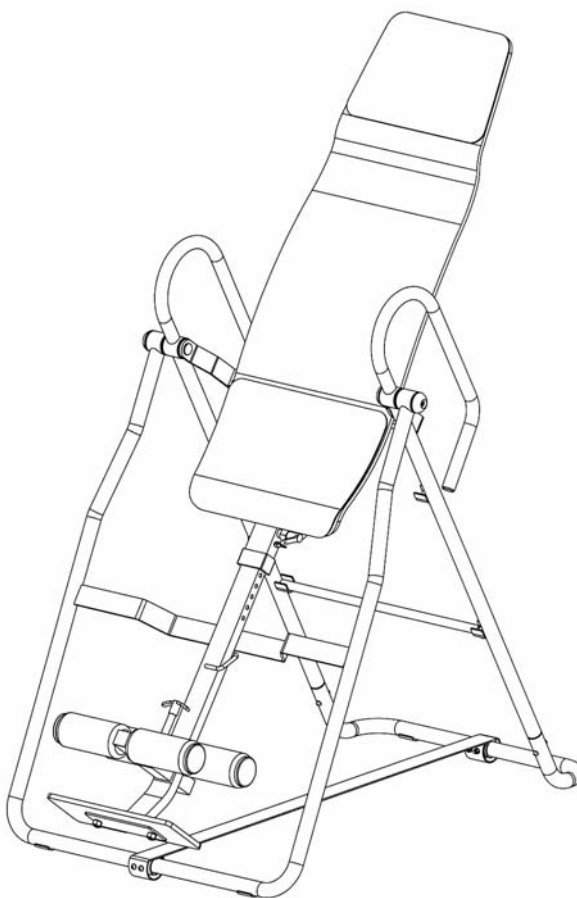
Retain This
Manual for
Reference

101004

OWNER'S
MANUAL



MARCY[®] INVERSION TABLE IVT-600



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC IVT-600 Inversion Table by IMPEX® INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

www.impex-fitness.com

info@impex-fitness.com

PRECAUTIONS

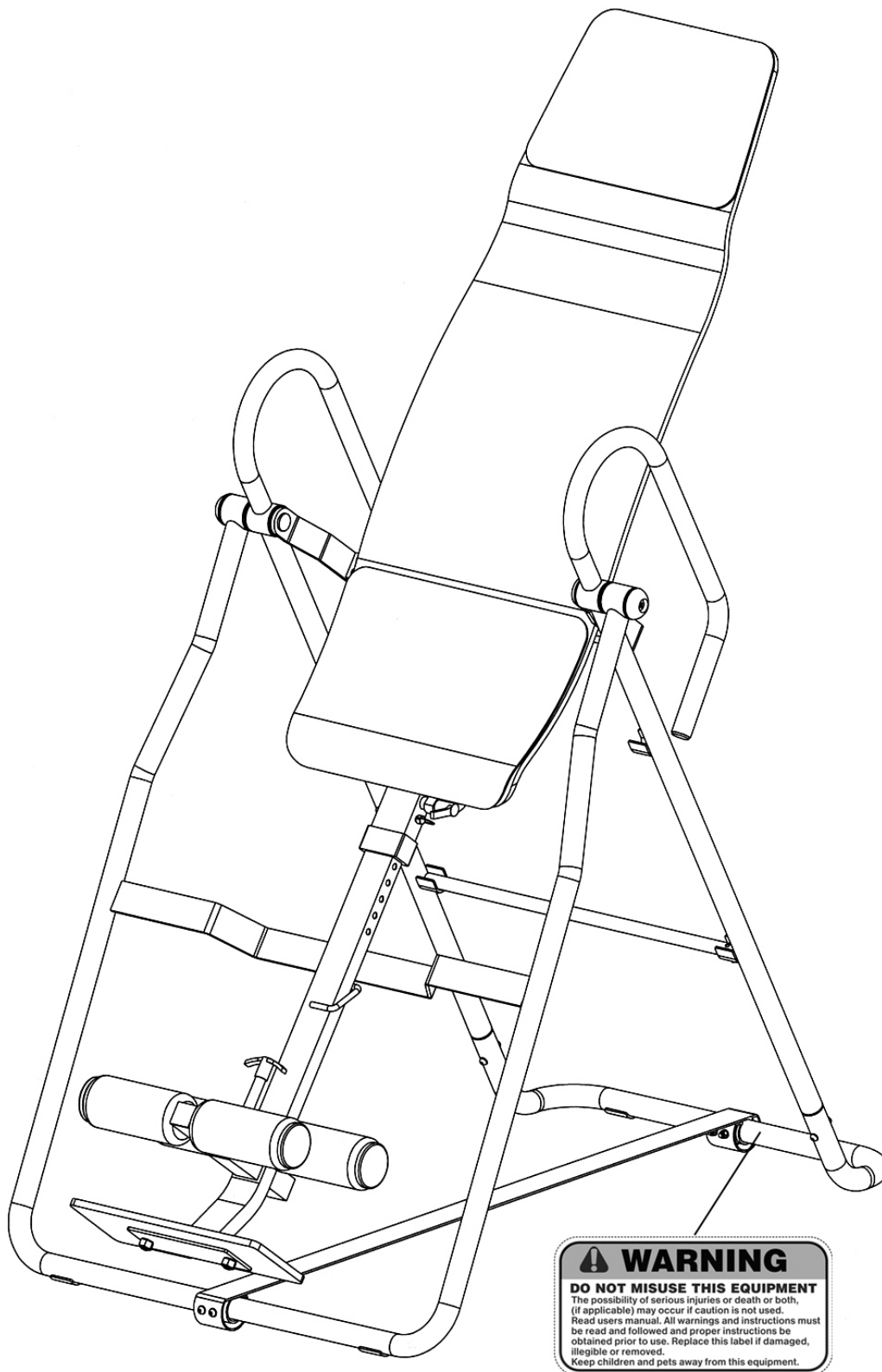
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
4. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
5. Keep hands and feet away from all moving parts.
6. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is needed during exercise. **Do not use this product alone.**
13. This machine is designed and intended for home and consumer use only, not for commercial use.
14. **Make sure the Foot Lock securely locks both feet.**
15. **When doing inversion exercises, please hold onto the Handles with both hands.**

CARE AND MAINTENANCE

1. Lubricate moving parts with WD-40 or light oil periodically.
2. Inspect and tighten all parts before using the machine.
3. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT** use solvents.
4. Maximum user's weight: 300 lbs.

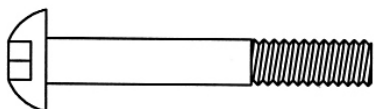
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. SAVE THESE INSTRUCTIONS.



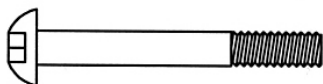
The Warning Labels shown here have been placed on the Rear Support Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

HARDWARE IDENTIFIER

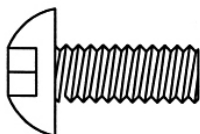
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



#33 M8 x 2 $\frac{1}{8}$ " Allen Bolt (Qty 4)



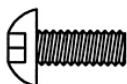
#37 M6 x 1 $\frac{7}{8}$ " Allen Bolt (Qty 4)



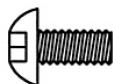
#34 M10 x 1" Allen Bolt (Qty 2)



#39 M10 x 1" Flat Allen Bolt (Qty 2)



#38 M6 x $\frac{5}{8}$ " Allen Bolt (Qty 4)



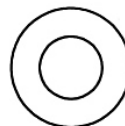
#36 M6 x $\frac{1}{2}$ " Flat Allen Bolt (Qty 8)



#40 $\varnothing \frac{1}{2}$ " Washer
(Qty 20)



#41 $\varnothing \frac{5}{8}$ " Washer
(Qty 8)



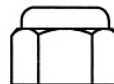
#42 $\varnothing \frac{3}{4}$ " Washer
(Qty 2)



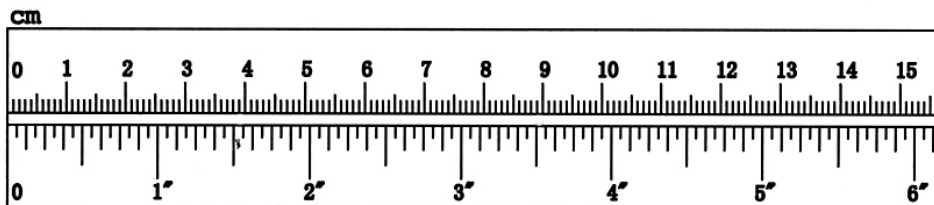
#43 M6 Aircraft Nut
(Qty 4)



#44 M8 Aircraft Nut
(Qty 4)



#35 M10 Aircraft Nut
(Qty 2)



ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

Tools required to assembly the machine: Adjustable Wrench and Allen Wrenches.

STEP 1 (See Diagram 1)

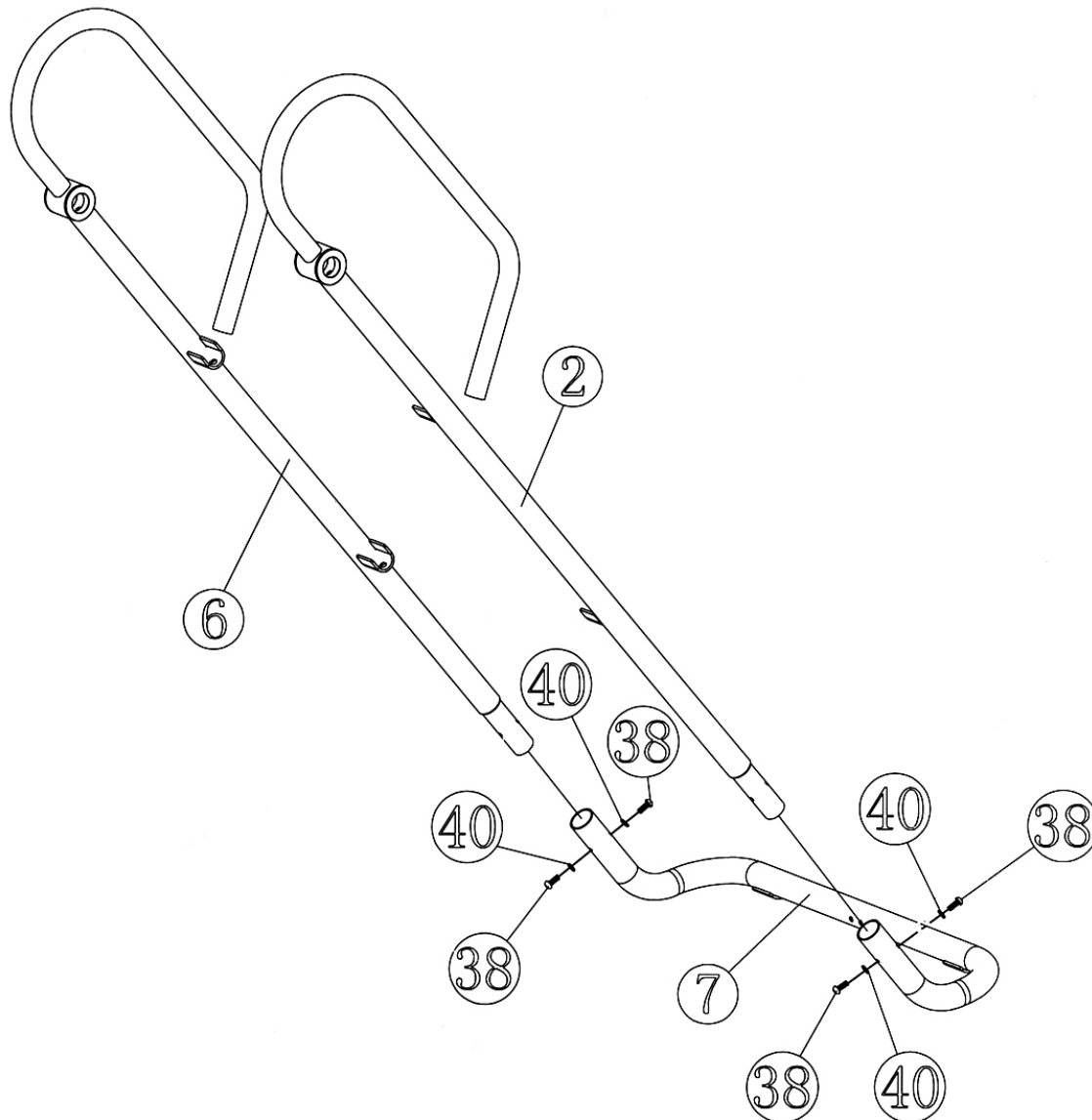
A.) Do not fasten the Nuts and Bolts until instructed to do so.

B.) Place the Rear Base Frame (#7) on a flat surface.

C.) Insert the Left & Right Rear Support Frames (#2 & #6) into the Rear Base Frame.

D.) Secure each Rear Support with two M6 x 5/8" Allen Bolts (#38) and two Ø 1/2" Washers (#40).

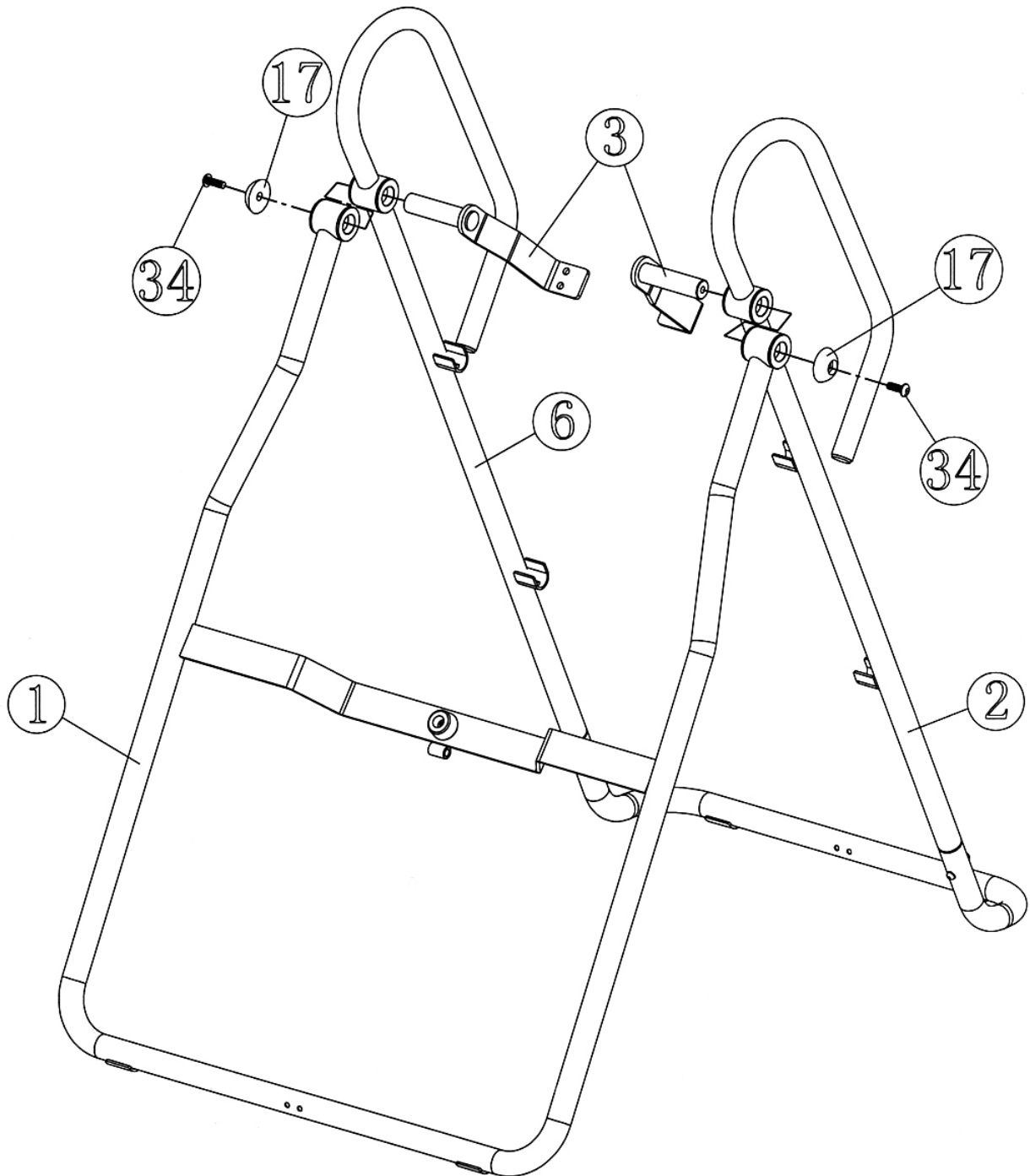
DIAGRAM 1



STEP 2 (See Diagram 2)

- A.) **Do not tighten the Bolts until instructed to do so.**
- B.) Attach the two Pivot Frames (#3) into the two pivots on the Left & Right Rear Supports (#2 & #6).
- C.) Attach the two Front Support Frame (#1) to the two Rear Supports from outside. Secure each side with one M10 x 1" Allen Bolt (#34) and one Ø 1 ¾" Cone-shaped Bushing (#17).

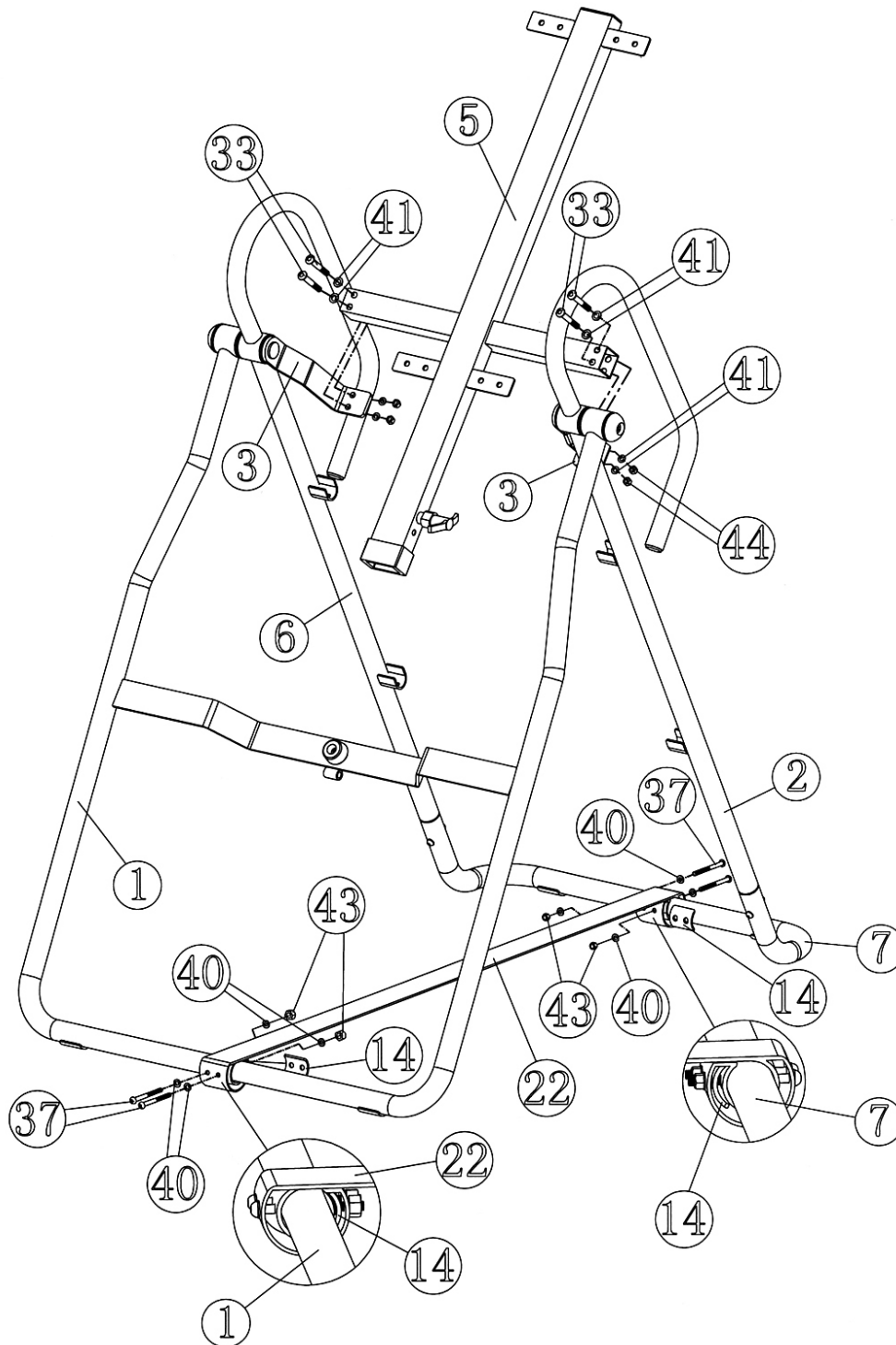
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) Place the Backrest Frame (#5) onto the two Pivot Frames (#3). Secure it to each Pivot Frame with two M8 x 2 1/8" Allen Bolts (#33), four Ø 5/8" Washers (#41), and two M8 Aircraft Nuts (#44).
- B.) Attach the Stabilize Belt (#22) to the Rear Base (#7) and the base of Front Support (#1). Place a Belt Bracket (#14) in between the Belt and the base. Secure the Belt to each base with two M6 x 1 7/8" Allen Bolts (#37), four Ø 1/2" Washers (#40), one Belt Bracket (#14), and two M6 Aircraft Nuts (#43).
- C.) **Securely tighten all Nuts and Bolts in Step-1, Step-2, and Step-3.**

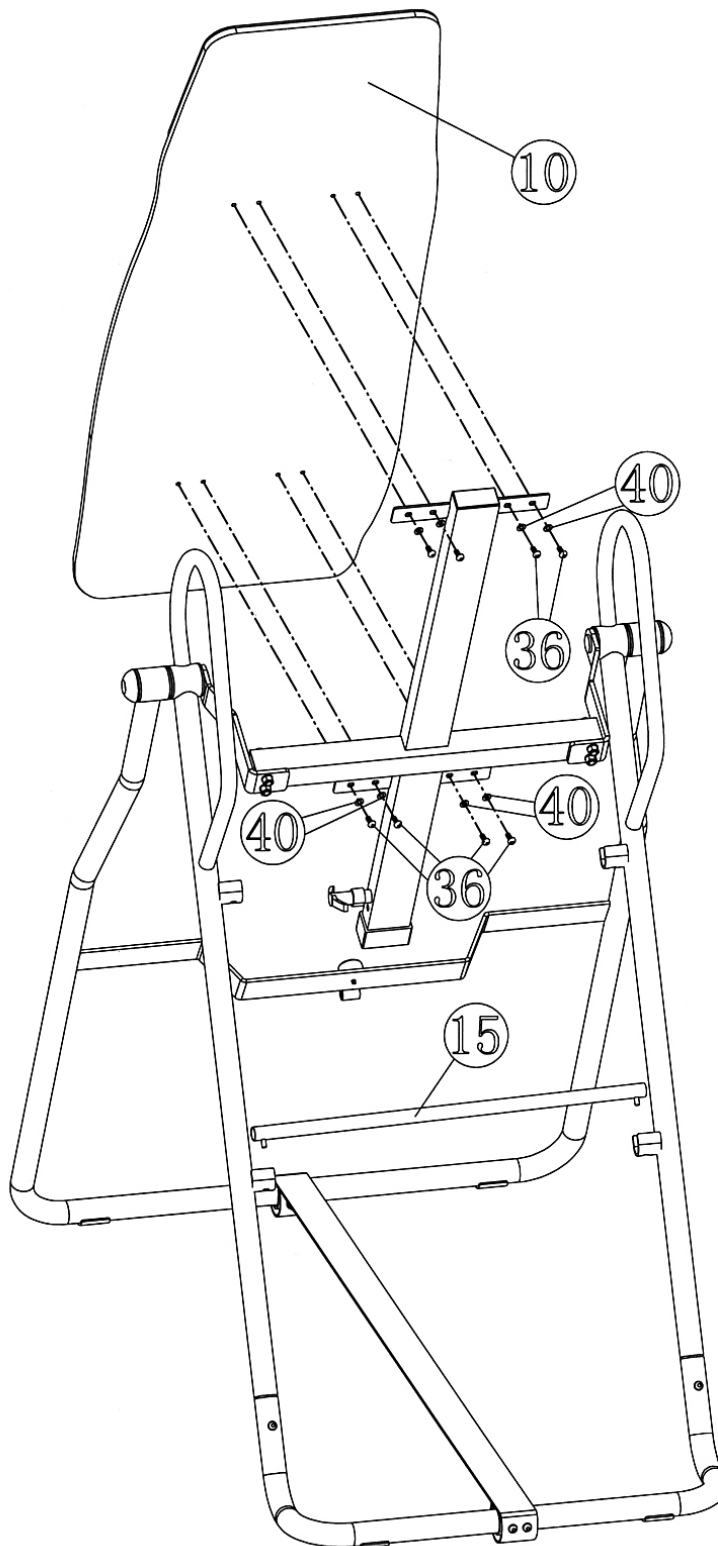
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Wooden Backrest Board (#10) to the Backrest Frame (#5). Secure it with eight M6 x ½" Bolts (#36) and eight Ø ½" Washers (#40).
- B.) Place the Safety Bar (#15) onto the selected slots on the Rear Supports (#2). The angle of the inversion is controlled by the location (upper or lower) of the safety bar.

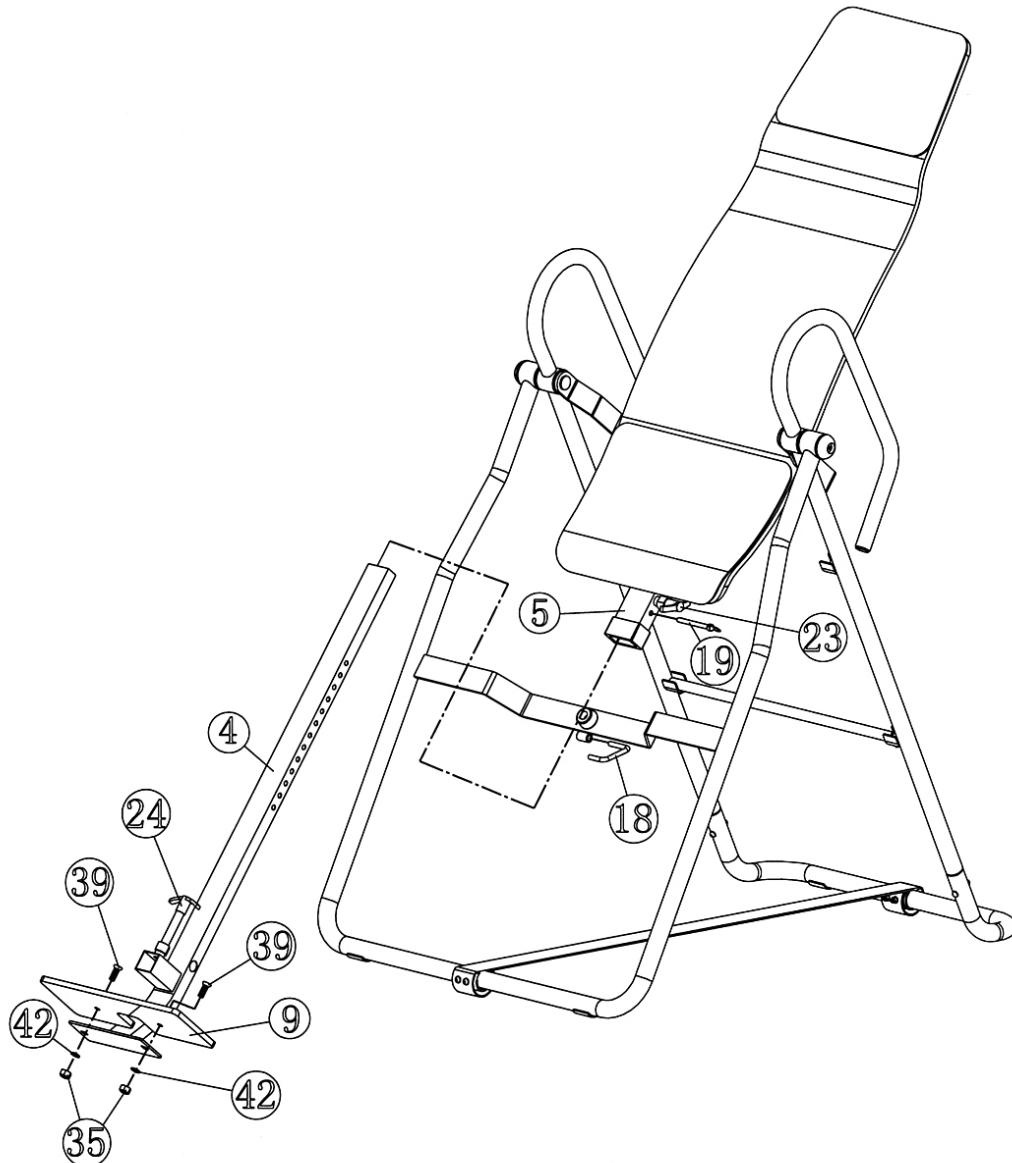
DIAGRAM 4



STEP 5 (See Diagram 5)

- A.) Attach the Wooden Foot Plate (#9) onto the Adjustment Frame (#4). Secure it with two M10 x 1" Flat Allen Bolts (#39), two Ø ¾" Washers (#42), and two M10 Aircraft Nuts (#35).
- B.) Pull out the Backrest Adjustment T-Lock Pin (#23). Insert the Adjustment Frame into the opening on the vertical frame on the back of Backrest Frame (#5). Push back the Pin into the selected hole on Adjustment Frame. **The holes are scaled from 5'3" to 6'6". User can select the hole by user's body height.**
- C.) Insert the Lock Pin (#19) through the hole on the vertical frame and hole on Adjustment Frame to securely lock the Adjustment Frame.
- D.) Pull out the pre-installed U-shaped Lock Pin (#18) and hook to the front side of the adjustment bar for storage.
- E.) When using the Inversion Table, remove the U-shaped Lock Pin from Adjustment Frame.

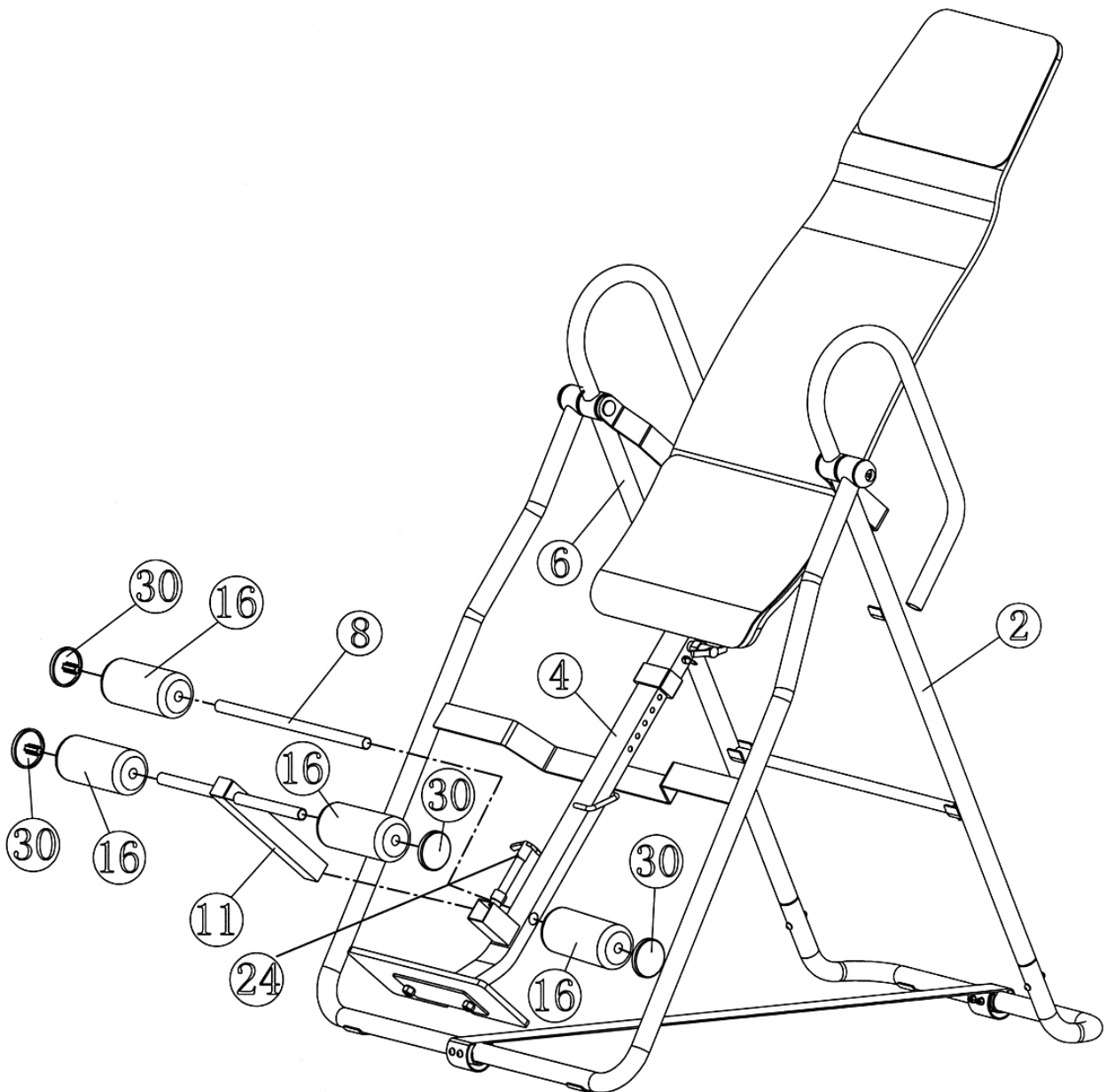
DIAGRAM 5



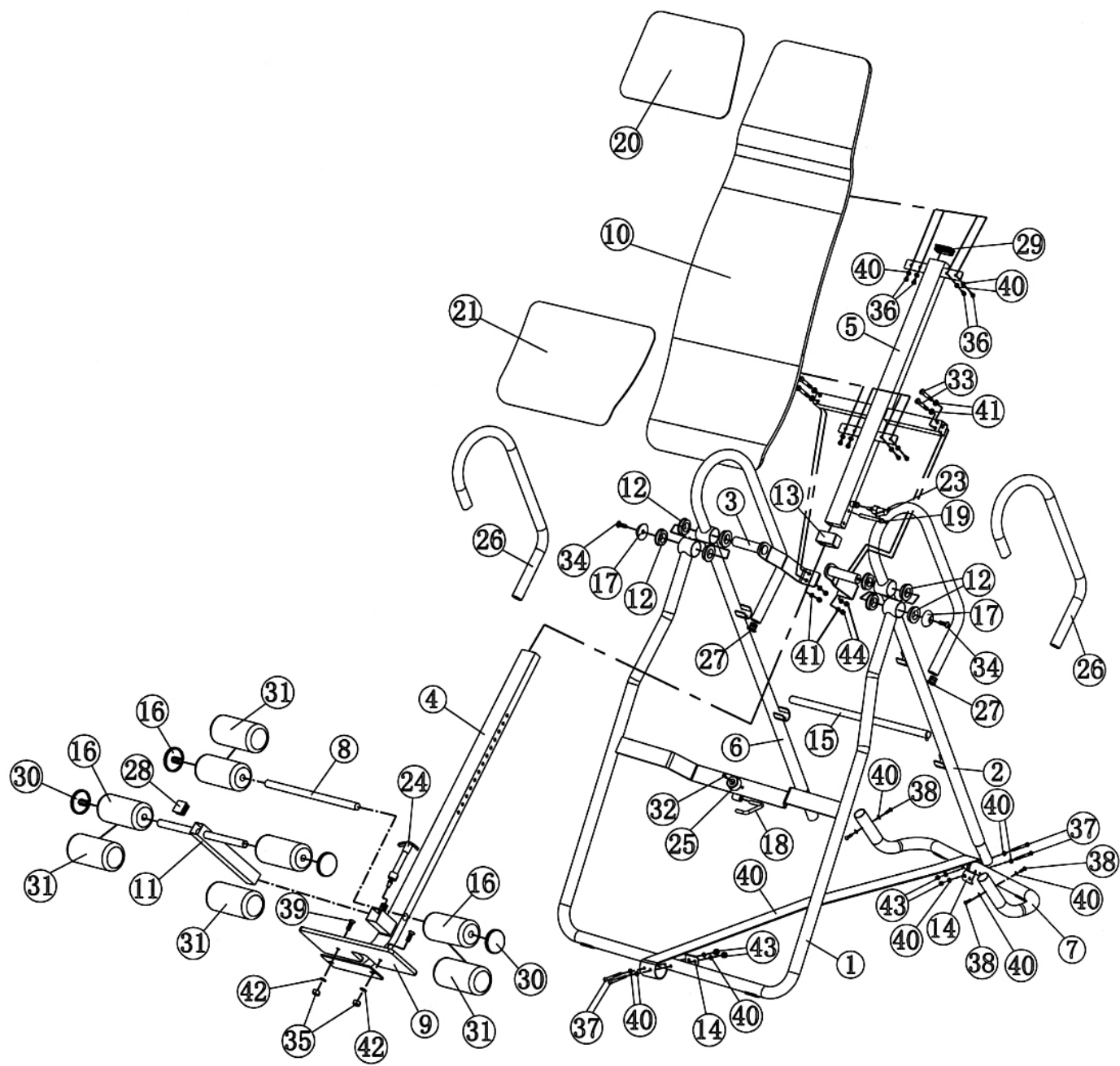
STEP 6 (See Diagram 6)

- A.) Pull out the Foot Lock Long T-Lock Pin (#24) on the Adjustment Frame (#4).
- B.) Insert the Foot Lock Frame (#11) into the opening on the front of Adjustment Frame.
- C.) Push Back the Foot Lock Long T-Lock Pin into selected hole on Foot Lock Frame to lock both feet.
- D.) Insert the Foam Tube (#8) halfway through the hole on the Adjustment Frame.
- E.) Push four Foam Rolls (#16) onto the Foam Tube and the Foot Lock Frame from each End.
- F.) Plug four Foam Roll End Caps (#30) into the ends of Foam Tube and Foot Lock Frame.

DIAGRAM 6



EXPLODED DIAGRAM



PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Front Support Frame	1
2	Left Rear Support Frame	1
3	Pivot Frame	2
4	Adjustment Frame	1
5	Backrest Frame	1
6	Right Rear Support Frame	1
7	Rear Base Frame	1
8	Foam Tube	1
9	Wooden Foot Plate	1
10	Wooden Backrest Board	1
11	Foot Lock Frame	1
12	Ø 1 ¾" x Ø 1" Bushing	8
13	Backrest Frame Sleeve	1
14	Belt Bracket	2
15	Safety Bar	1
16	Foam Roll	4
17	Ø 1 ¾" Cone-shaped Bushing	2
18	U-shaped Lock Pin	1
19	Lock Pin	1
20	Upper Anti-slip Panel	1
21	Lower Anti-slip Panel	1
22	Stabilize Belt	1
23	Backrest Adjustment T-Lock Pin	1
24	Foot Lock Long T-Lock Pin	1
25	Rubber Bumper	1
26	Handle Grip	2
27	Ø 1" End Cap	2
28	1 3/8" End Cap	1
29	1 1/8" x 2 3/8" End Cap	1
30	Foam Roll End Cap	4
31	Foam Roll Cover	4
32	M6 x 5/8" Philips Screw	1
33	M8 x 2 1/8" Allen Bolt	4
34	M10 x 1" Allen Bolt	2
35	M10 Aircraft Nut	2
36	M6 x ½" Allen Bolt	8
37	M6 x 1 7/8" Allen Bolt	4
38	M6 x 5/8" Allen Bolt	4
39	M10 x 1" Flat Allen Bolt	2
40	Ø ½" Washer	20
41	Ø 5/8" Washer	8
42	Ø ¾" Washer	2
43	M6 Aircraft Nut	4
44	M8 Aircraft Nut	4

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights for products return to IMPEX must be prepaid by the customer. 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 IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX 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 other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. 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 right. You may also have other rights which vary from state to state. Register on-line www.impex-fitness.com

IMPEX[®] INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time. **info@impex-fitness.com**

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase