

NOTE:  
Please read all instructions  
carefully before using this  
product

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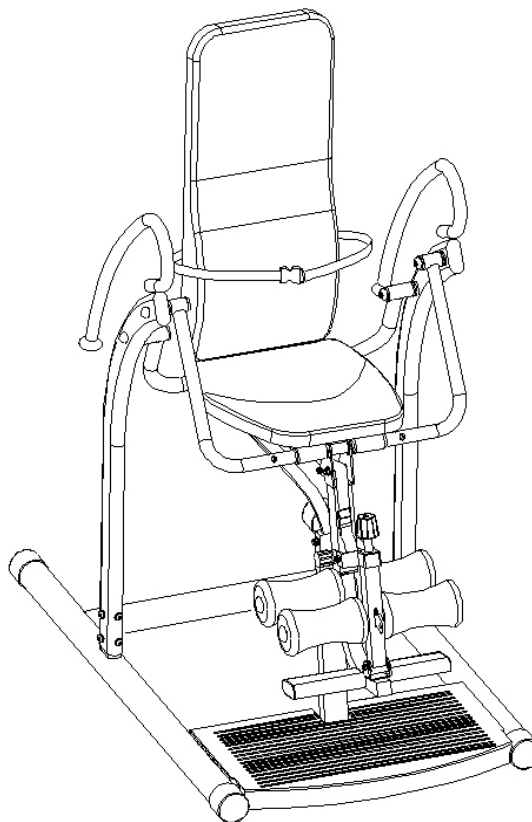
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OWNER'S  
MANUAL

**IMPEX**  
F I T N E S S P R O D U C T S

## MARCY INVERSION CHAIR

### IVT-845



**IMPEX<sup>®</sup> INC.**

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## BEFORE YOU BEGIN

Thank you for selecting the Marcy Inversion Chair IVT-845 by IMPEX® FITNESS PRODUCTS. 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](http://www.impex-fitness.com)**

**[info@impex-fitness.com](mailto:info@impex-fitness.com)**

# **IMPORTANT SAFETY NOTICE**

## **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. **MUST fasten the Seat Belt before doing Inversion exercise.**
13. **Make sure both feet are securely lock by the Inversion Foot Locker.**
14. **Both hands need to hold on the handles on the Support when doing Inversion exercises.**
15. A spotter is recommended during exercise.

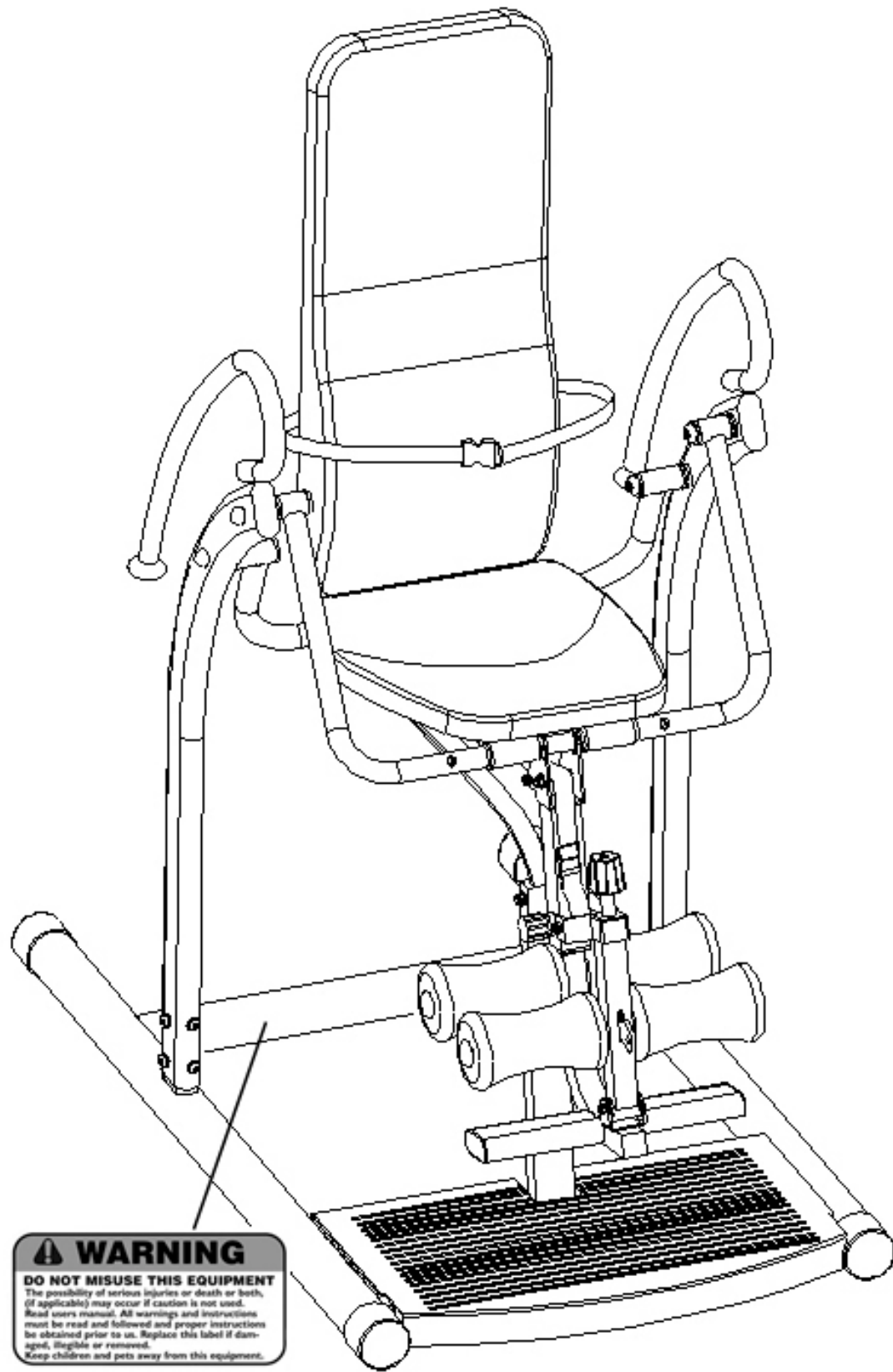
## **CARE AND MAINTENANCE**

1. Lubricate moving parts with WD-40 or light oil periodically.
2. **Inspect Seat Belt, Knuckle, Strap, 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.**

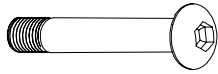
**SAVE THESE INSTRUCTIONS.**

# WARNING LABEL REPLACEMENT



The warning label shown here has been placed on the Base Frame. If the label is missing or illegible, please call customer service at 1-800-888-8899 for replacements. Apply the label in the location shown.

# HARDWARE PACK



#3 M8 x 2 1/2" Allen Bolt (Qty 2)



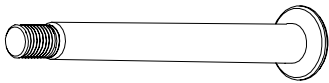
#5 M8 Aircraft Nut (Qty 5)



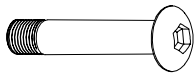
#7 M10 Aircraft Nut (Qty 5)



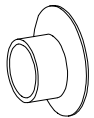
#11 Ø 5/8" Curved Washer (Qty 8)



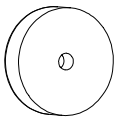
#14 M10 x 4 5/8" Allen Bolt (Qty 2)



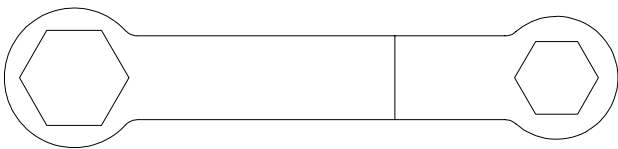
#17 M8 x 2 3/8" Allen Bolt (Qty 2)



#27 Foam Roll End Cap (Qty 4)



#30 1 5/8" Rubber Bumper (Qty 1)



Crossing Wrench (Qty 1)



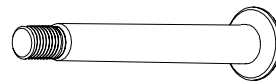
#4 Ø 5/8" Washer (Qty 16)



#6 Ø 3/4" Washer (Qty 5)



#10 M8 x 5/8" Allen Bolt (Qty 16)



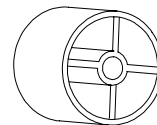
#13 M10 x 4" Allen Bolt (Qty 2)



#15 Nut Cap (Qty 4)



#25 M8 x 1 5/8" Allen Bolt (Qty 1)



#29 3/4" Rubber Bumper (Qty 1)



#31 M6 x 2 1/2" Philips Screw (Qty 1)



Allen Wrench (Qty 1)

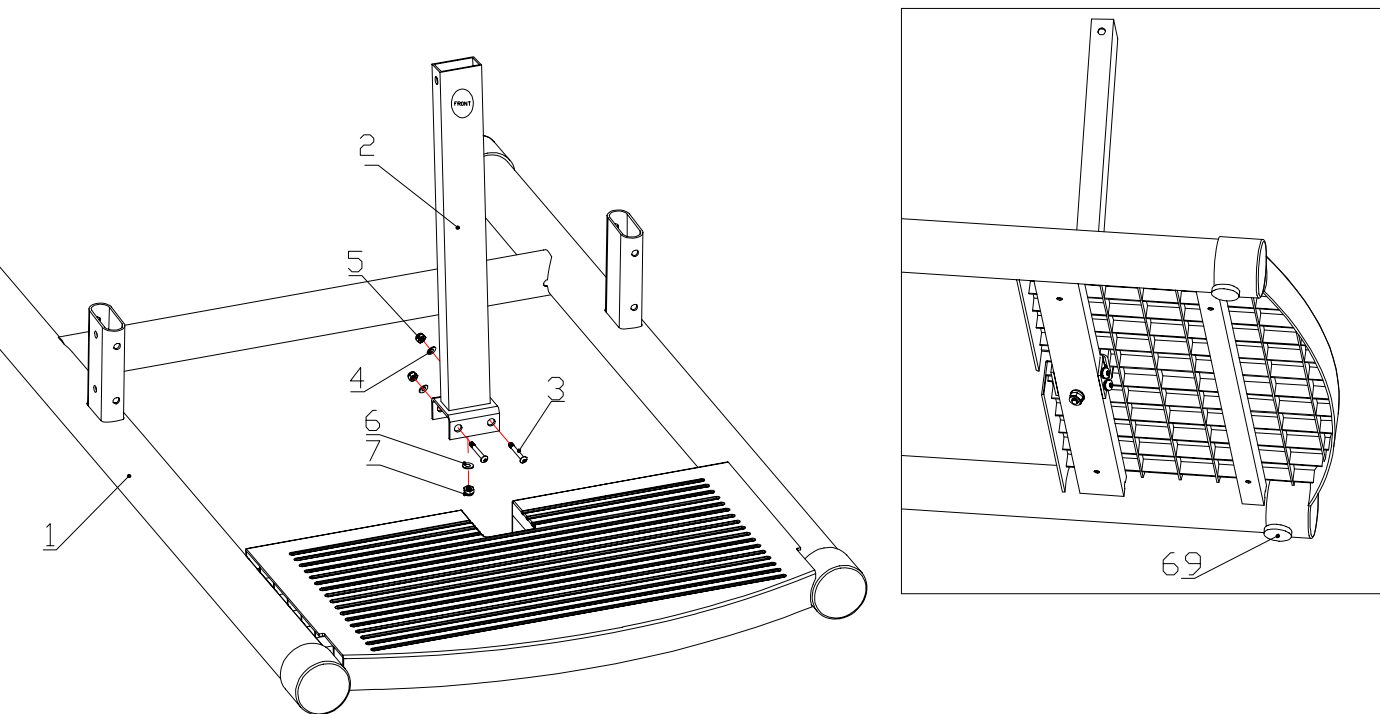
# ASSEMBLY INSTRUCTION

**Tools Required for Assembling the Machine: Two Adjustable Wrenches, two Allen Wrenches, and one Philips Screwdriver. NOTE: It is strongly recommended that this machine to be assembled by two or more people to avoid possible injury.**

## STEP 1 (See Diagram 1)

- A.) Place the Base Frame (#1) on flat floor. If the floor is not flat, twist the four Floor Stabilizers (#69) under the frame to level the Inversion Chair.
- B.) Attach the Front Vertical Frame (#2) to the Base Frame. Secure it with two M8 x 2 1/2" Allen Bolts (#3), two Ø 5/8" Washers (#4), and two M8 Aircraft Nuts (#5) from side, and one Ø 3/4" Washer (#6) and one M10 Aircraft Nut (#7) from bottom.

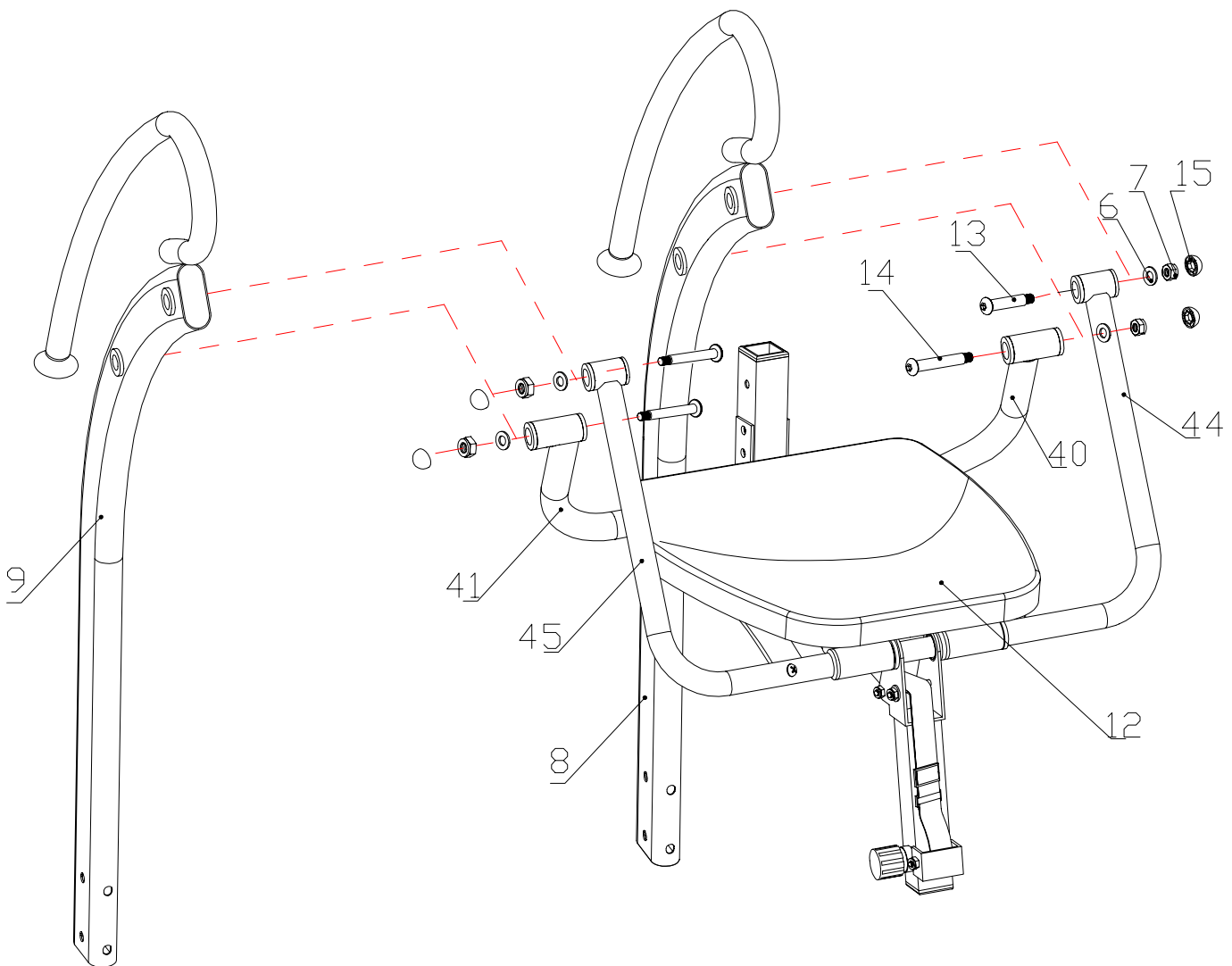
**DAIGRAM 1**



## STEP 2 (See Diagram 2)

- A.) **Two people to assemble this step are highly recommended. Do not tighten the Bolts until instructed to do so.**
- B.) Attach the pivots on the Rear Left & Right Support Tube (#40) & (#41) to the back holes on the Left & Right Support (#8) & (#9). Secure each pivot to each Support with one M10 x 4 5/8" Allen Bolt (#14), one  $\text{\O} \frac{3}{4}$ " Washer (#6), and one M10 Aircraft Nut (#7).
- C.) Attach the pivots on the Front Left & Right Support Tube (#44) & (#45) to the front holes on the Left & Right Support. Secure each pivot to each Support with one M10 x 4" Allen Bolt (#13), one  $\text{\O} \frac{3}{4}$ " Washer (#6), and one M10 Aircraft Nut (#7).

### DIAGRAM 2



**STEP 3 (See Diagram 3)**

- A.) **Two people to assemble this step are highly recommended. Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Attach the Left & Right Support (#8) & (#9) onto the open bracket on the Base Frame (#1). **Make sure the Front Support Base (#47) is placed in front of the Front Vertical Frame (#2).**
- C.) Secure each Support to the bracket with two M8 x 5/8" Allen Bolts (#10), two Ø 5/8" Washers (#4) from the side, four M8 x 5/8" Allen Bolts (#10), four Ø 5/8" Curved Washers (#11) from front and rear.
- D.) Attach the Inversion Retaining Strap (#18) to the opening on the Front Vertical Frame (#2). Align the holes. Secure the Inversion Retaining Strap to the Front Vertical Frame with one M8 x 2 3/8" Allen Bolt (#17), two Ø 5/8" Washers (#4), and one M8 Aircraft Nut (#5).
- E.) **Securely tighten all Nuts and Bolts installed in Step-2 and Step-3.**
- F.) **Cover the four M10 Aircraft Nuts (#7) with four Nut Caps (#15).**
- G.) **Make sure the pivots can move smoothly.**

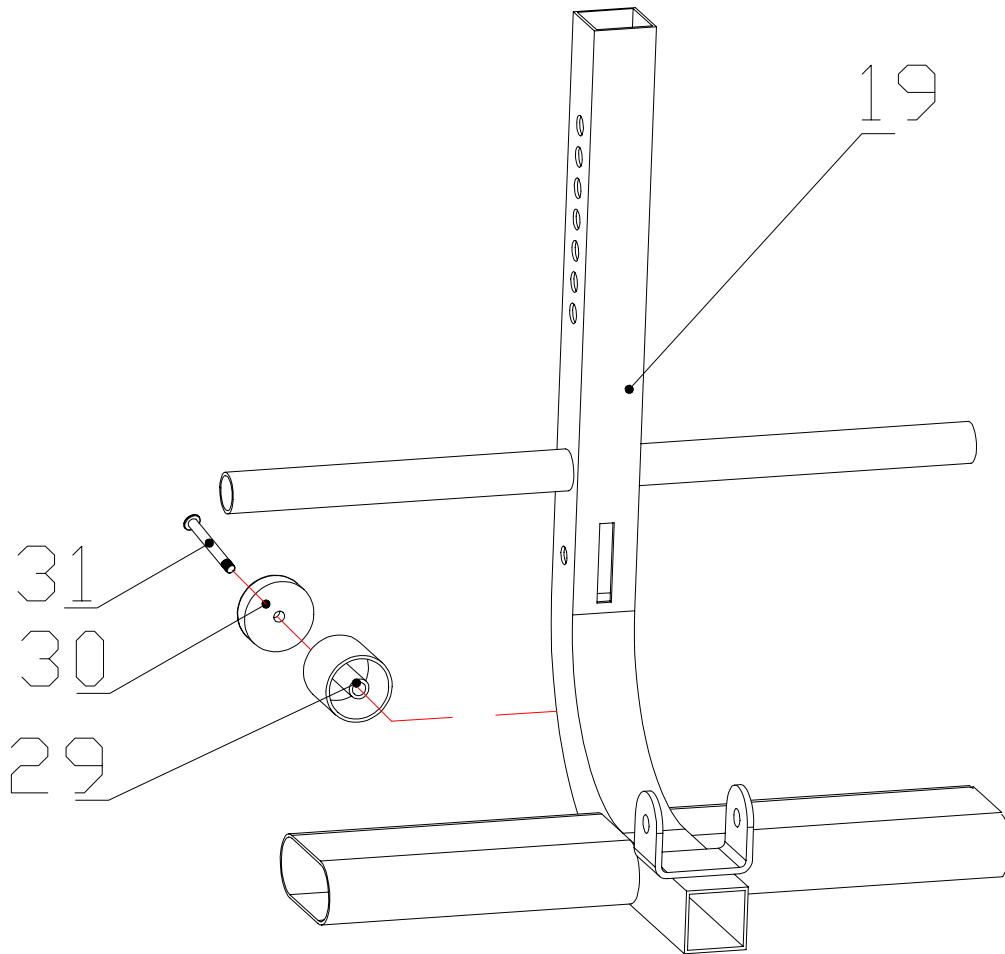
**DIAGRAM 3**



**STEP 4 (See Diagram 4)**

- A.) Attach the 1 5/8" Rubber Bumper (#29) to the Foot Support (#19). Attach the 3/4" Rubber Bumper (#30) to the 1 5/8" Rubber Bumper (#29).
- B.) Secure them together to the Foot Support with one M6 x 2 1/2" Philips Screw (#31).

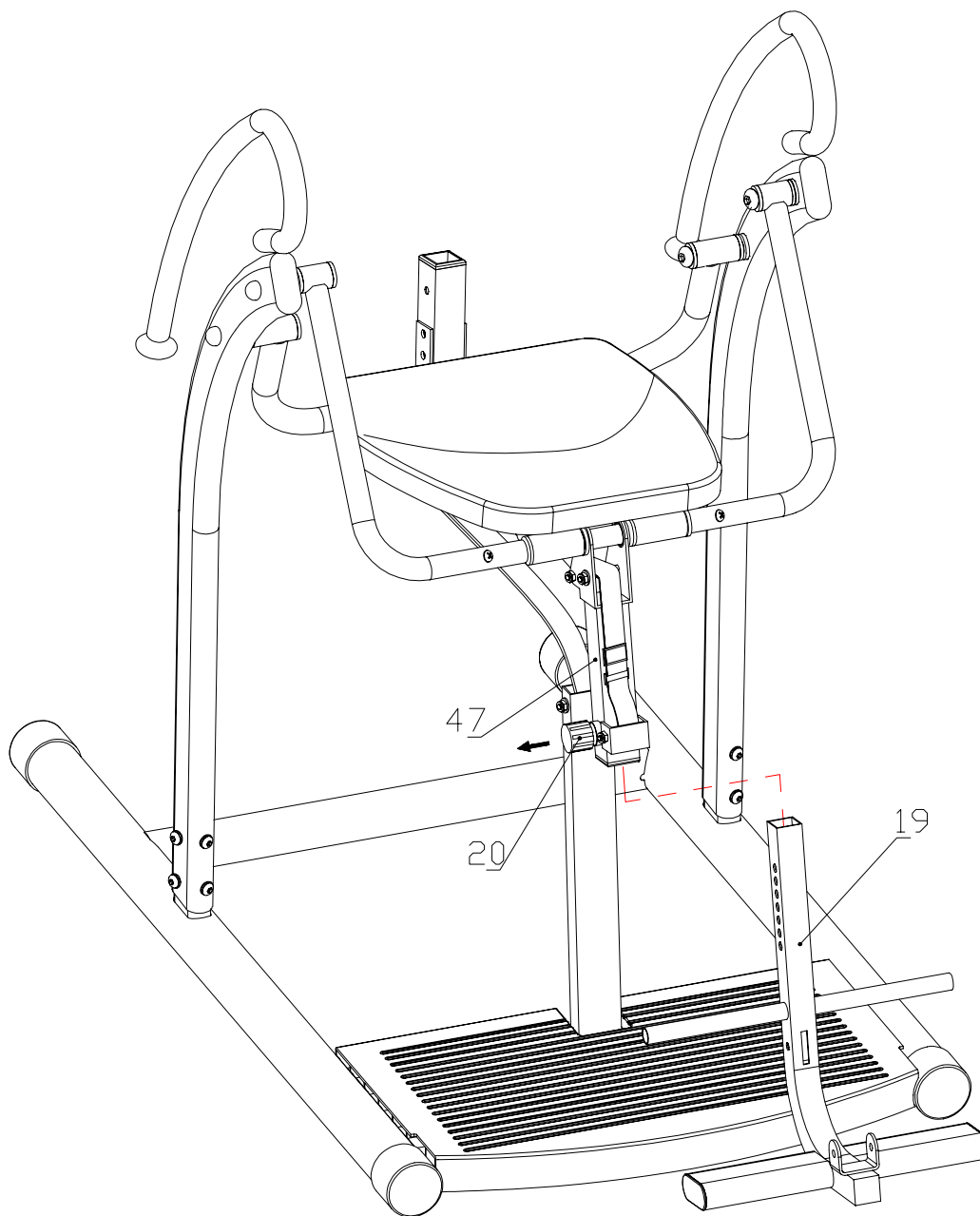
**DIAGRAM 4**



**STEP 5 (See Diagram 5)**

A.) Pull the Foot Support Lock Knob (#20) and then insert the Foot Support (#19) into the Foot Support Base (#47) from bottom. Release the Lock Knob and lock the Foot Support at desired position.

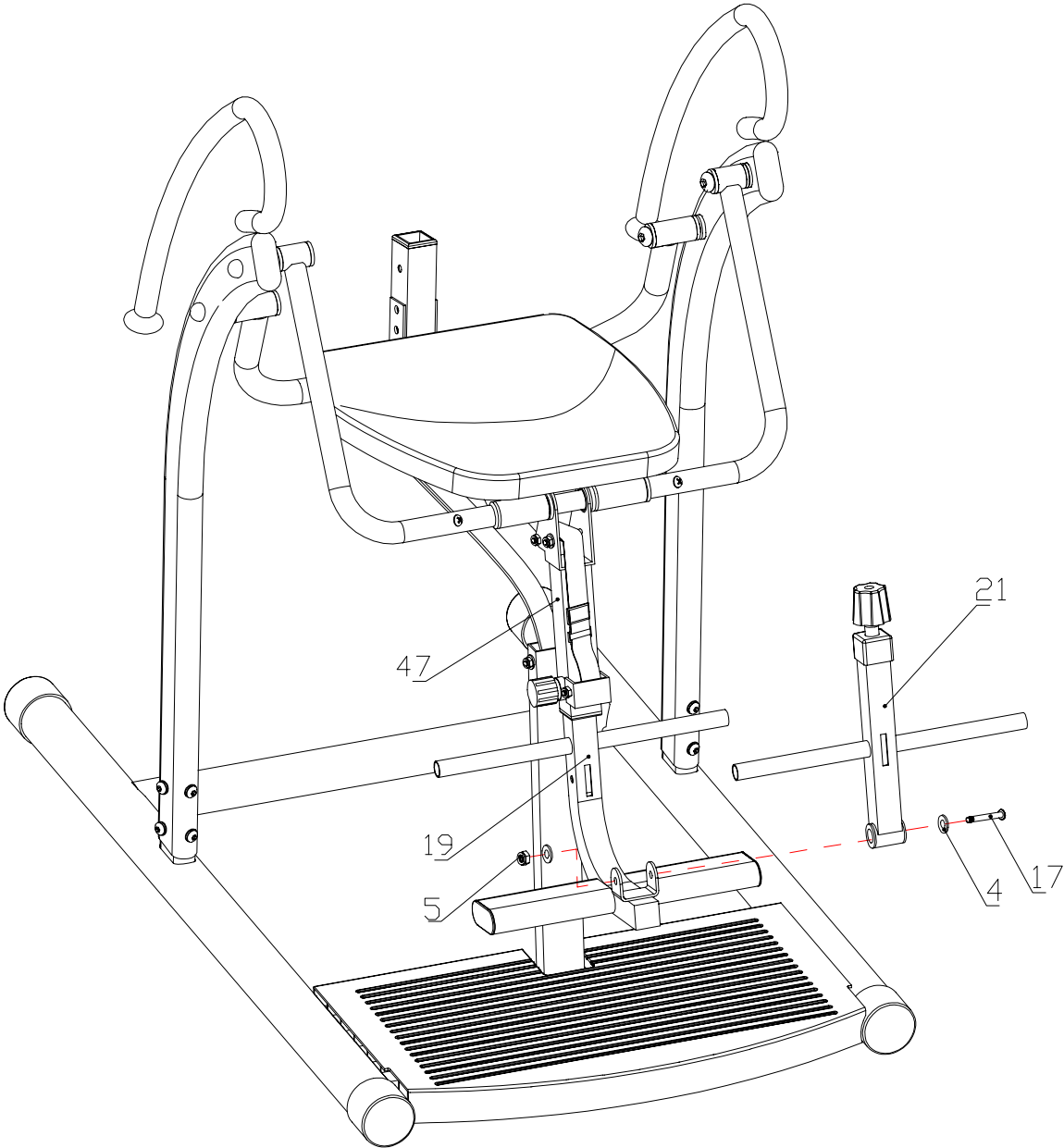
## DIAGRAM 5



**STEP 6 (See Diagram 6)**

- A.) Attach the pivot on the bottom of Foot Lock Frame (#21) to the open bracket on the Foot Support (#19). Secure it with one M8 x 2 3/8" Allen Bolt (#17), two Ø 3/4" Washers (#4), and one M8 Aircraft Nut (#5).

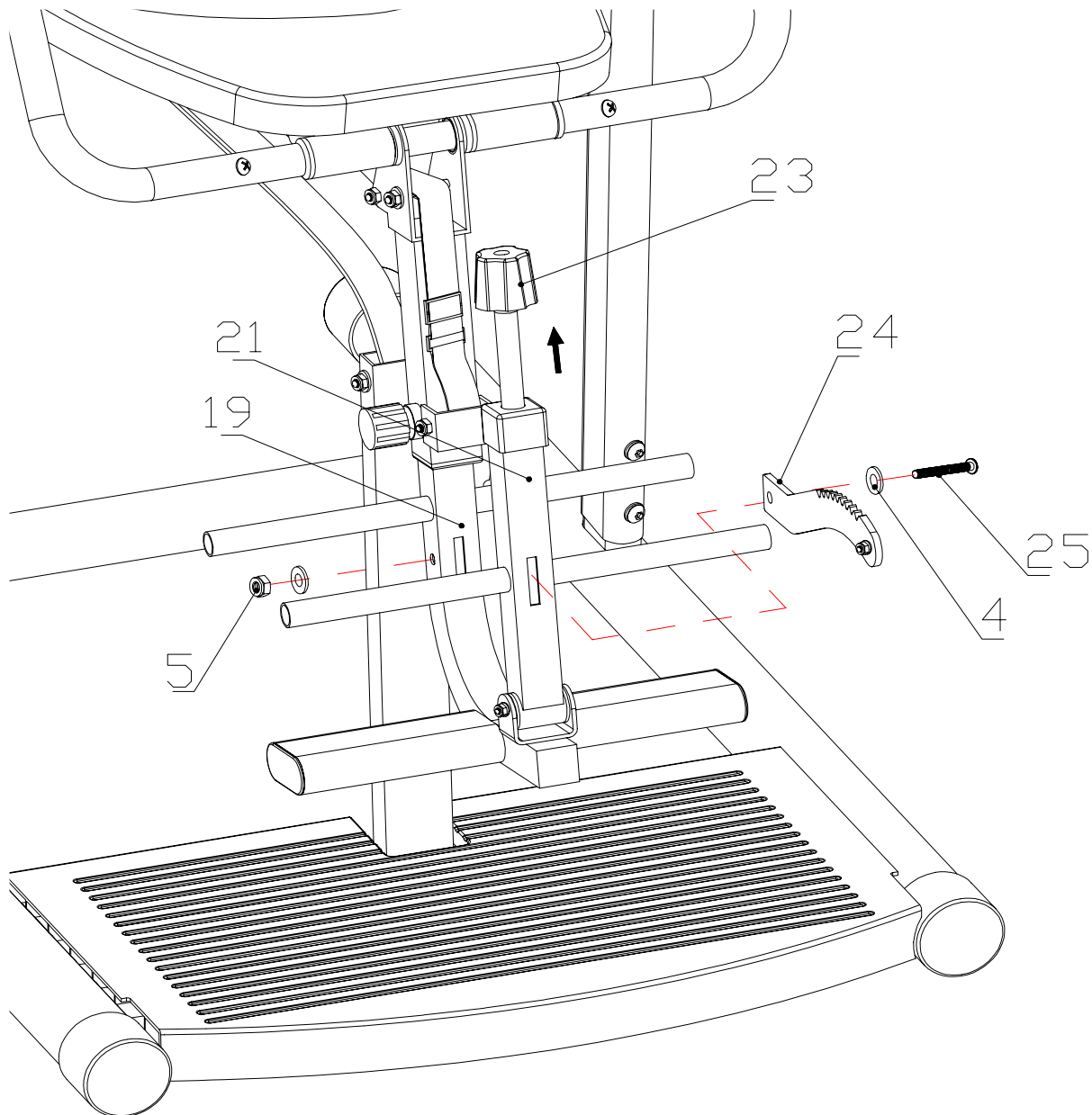
**DIAGRAM 6**



**STEP 7 (See Diagram 7)**

- A.) Pull up the Foot Lock Knob (#23). Insert the Foot Lock Adjustment (#24) through the opening on Foot Lock (#21) to the opening on the Foot Support (#19). **Note: The ratchet on the Foot Lock Adjustment needs to be in the opening on Foot Lock Frame.**
- B.) Secure the end of the Foot Lock Adjustment to the Foot Support with one M8 x 1 5/8" Allen Bolt (#25), two Ø 5/8" Washers (#4), and one M8 Aircraft Nut (#5).
- C.) Release the Lock Knob and lock the Inversion Foot Lock onto the ratchet to obtain the desired position.

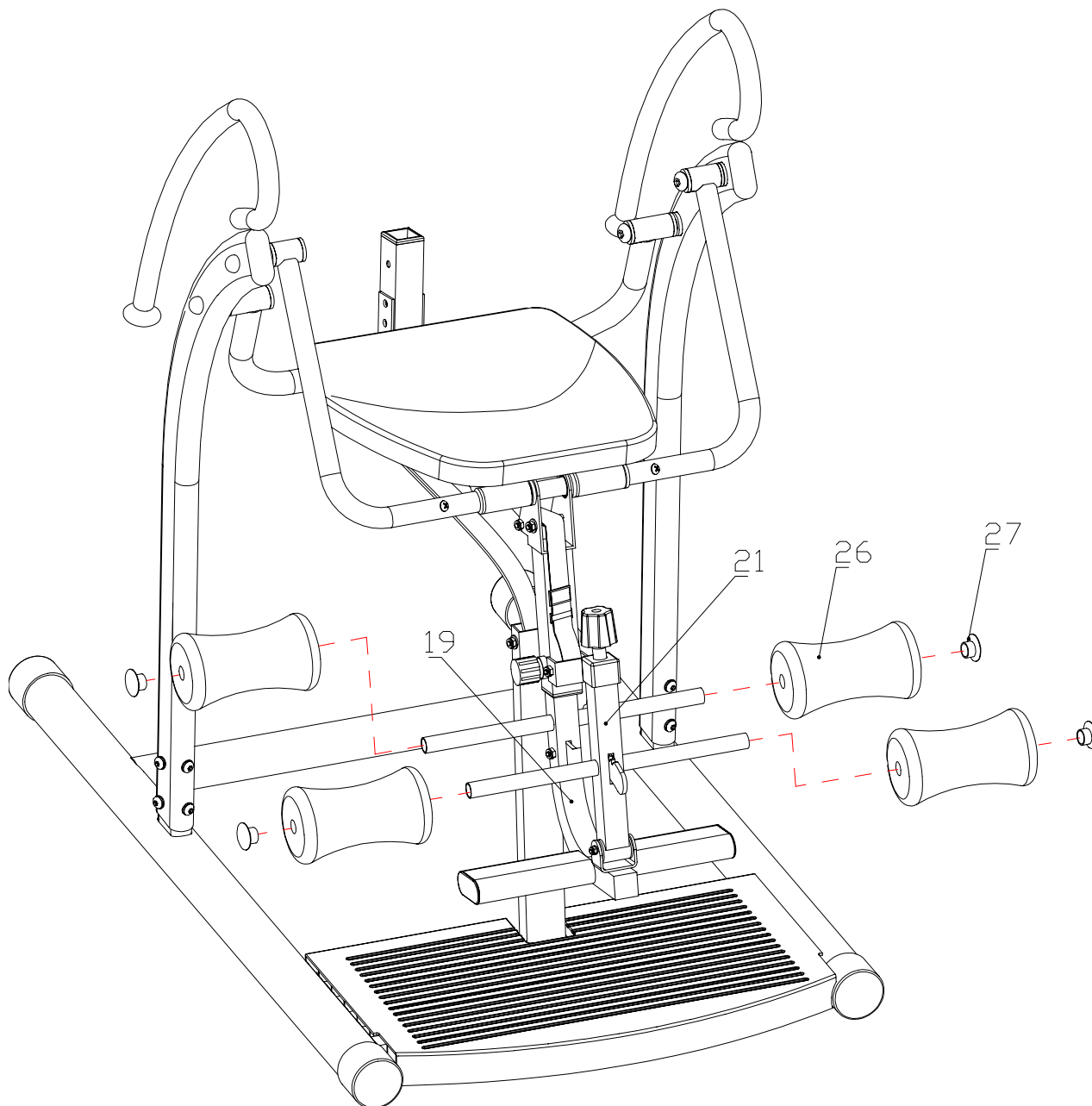
**DIAGRAM 6**



**STEP 8 (See Diagram 8)**

A.) Push four Foam Rolls (#26) onto the tubes on the Foot Support (#19) and Inversion Foot Lock (#21). Plug four Foam Roll End Caps (#27) into the tube ends.

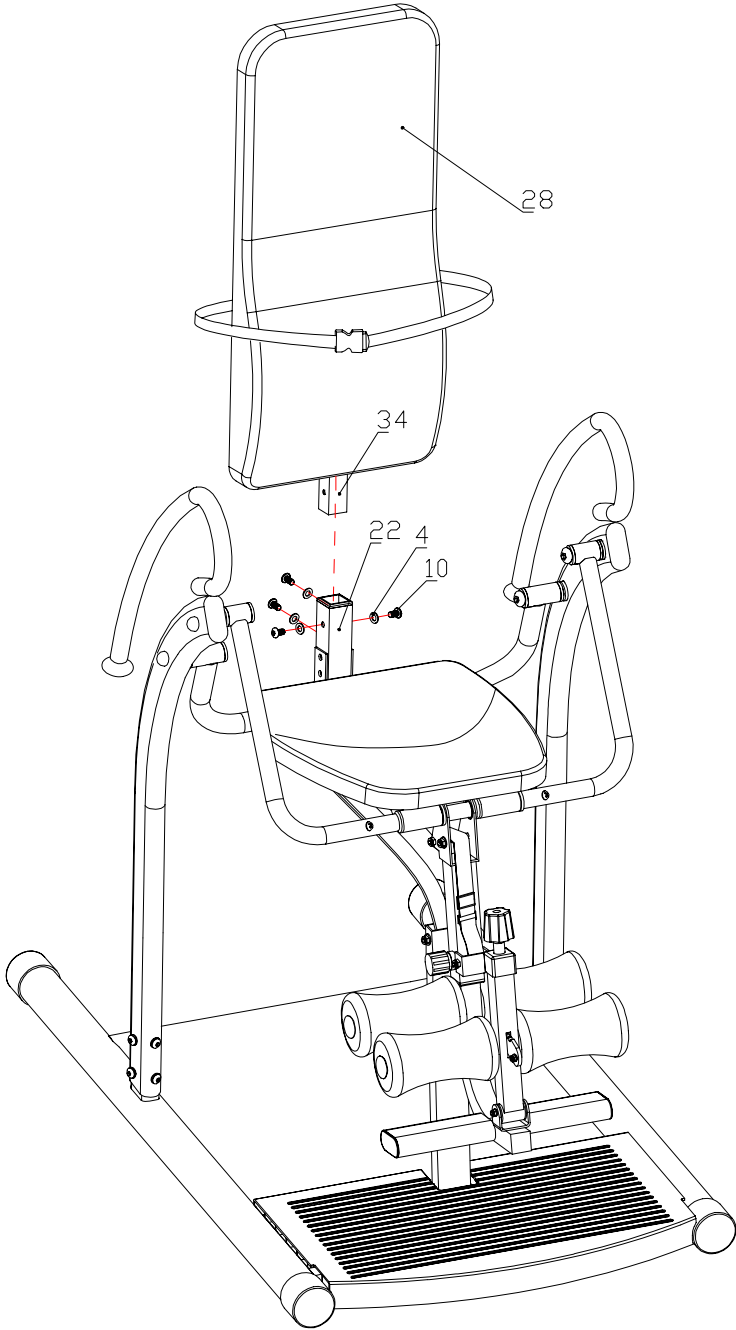
**DIAGRAM 8**



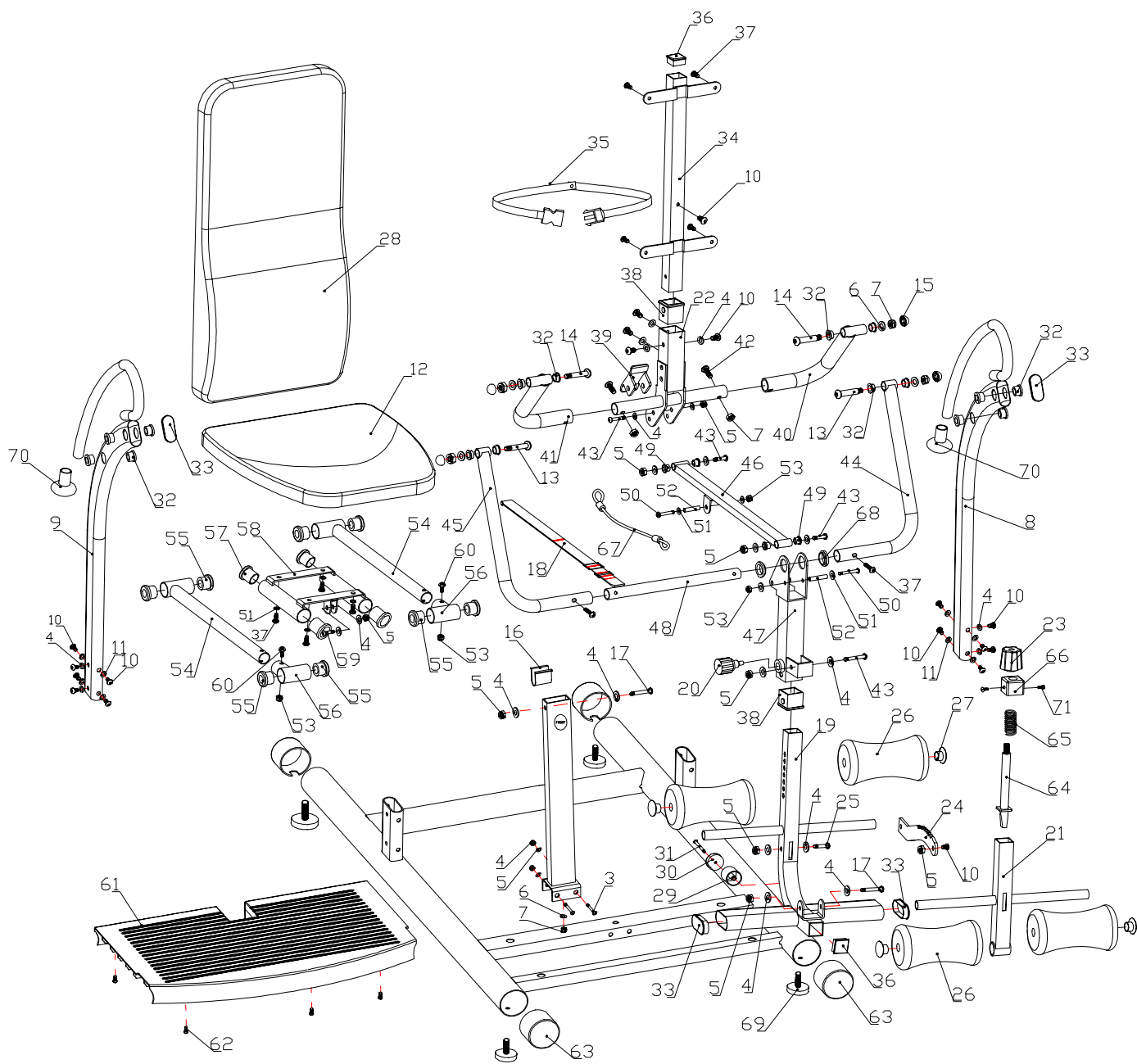
**STEP 9 (See Diagram 9)**

A.) Insert the Backrest Support (#34) into the back of Backrest Board (#28) into the Rear Vertical Frame (#22). Secure it with four M8 x 5/8" Allen Bolts (#10) and four Ø 5/8" Washers (#4).

**DIAGRAM 9**



# EXPLODED DIAGRAM



## PARTS LIST

| KEY NO. | DESCRIPTION               | Q'ty |    |                           |   |
|---------|---------------------------|------|----|---------------------------|---|
| 1       | Base Frame                | 1    | 46 | Swing Frame               | 1 |
| 2       | Front Vertical Frame      | 1    | 47 | Foot Support Base         | 1 |
| 3       | M8 x 2 1/2" Allen Bolt    | 2    | 48 | Connect Tube              | 1 |
| 4       | Ø 5/8" Washer             | 24   | 49 | Ø 5/8" x 3/8" Bushing     | 4 |
| 5       | M8 Aircraft Nut           | 10   | 50 | M6 x 2 1/8" Allen Bolt    | 2 |
| 6       | Ø 3/4" Washer             | 5    | 51 | Ø 1/2" Washer             | 8 |
| 7       | M10 Aircraft Nut          | 7    | 52 | Strap Roller              | 2 |
| 8       | Left Support              | 1    | 53 | M6 Aircraft Nut           | 4 |
| 9       | Right Support             | 1    | 54 | Seat Support Frame        | 2 |
| 10      | M8 x 5/8" Allen Bolt      | 18   | 55 | Ø 1" Bushing              | 4 |
| 11      | Ø 5/8" Curved Washer      | 8    | 56 | Support Connector         | 2 |
| 12      | Seat Pad                  | 1    | 57 | Ø 1 1/4" x 4" Bushing     | 4 |
| 13      | M10 x 4" Allen Bolt       | 2    | 58 | Seat Bracket              | 1 |
| 14      | M10 x 4 5/8" Allen Bolt   | 2    | 59 | M8 x 1" Allen Bolt        | 1 |
| 15      | Nut Cap                   | 4    | 60 | M6 x 1 3/8" Philips Screw | 2 |
| 16      | Strap Clip                | 1    | 61 | Base Frame Plastic Cover  | 1 |
| 17      | M8 x 2 3/8" Allen Bolt    | 2    | 62 | 5/8" Philips Screw        | 4 |
| 18      | Inversion Retaining Strap | 1    | 63 | Base Frame End Cap        | 4 |
| 19      | Foot Support              | 1    | 64 | Foot Lock Rod             | 1 |
| 20      | Foot Support Lock Knob    | 1    | 65 | Foot Lock Spring          | 1 |
| 21      | Foot Lock                 | 1    | 66 | Foot Lock Spring Cover    | 1 |
| 22      | Rear Vertical Frame       | 1    | 67 | Resistant Band            | 1 |
| 23      | Foot Lock Knob            | 1    | 68 | Support Tube Bushing      | 2 |
| 24      | Foot Lock Adjustment      | 1    | 69 | Floor Stabilizer          | 4 |
| 25      | M8 x 1 5/8" Allen Bolt    | 1    | 70 | Handle End Cap            | 2 |
| 26      | Foam Roll                 | 4    | 71 | 3/8" Philips Screw        | 2 |
| 27      | Foam Roll End Cap         | 4    |    |                           |   |
| 28      | Backrest Board            | 1    |    |                           |   |
| 29      | 1 5/8" Rubber Bumper      | 1    |    |                           |   |
| 30      | 3/4" Rubber Bumper        | 1    |    |                           |   |
| 31      | M6 x 2 1/2" Philips Screw | 1    |    |                           |   |
| 32      | Ø 3/4" x Ø 1/2" Bushing   | 16   |    |                           |   |
| 33      | 1 1/8" x 2 3/4" End Cap   | 4    |    |                           |   |
| 34      | Backrest Support          | 1    |    |                           |   |
| 35      | Seat -belt                | 1    |    |                           |   |
| 36      | 1 1/8" Square End Cap     | 2    |    |                           |   |
| 37      | M6 x 5/8" Philips Screw   | 10   |    |                           |   |
| 38      | Sleeve                    | 2    |    |                           |   |
| 39      | Plastic Cover             | 1    |    |                           |   |
| 40      | Rear Left Support Tube    | 1    |    |                           |   |
| 41      | Rear Right Support Tube   | 1    |    |                           |   |
| 42      | M10 x 1 3/4" Allen Bolt   | 2    |    |                           |   |
| 43      | M8 x 2 1/8" Allen Bolt    | 4    |    |                           |   |
| 44      | Front Left Support Tube   | 1    |    |                           |   |
| 45      | Front Right Support Tube  | 1    |    |                           |   |



# **IMPEX<sup>®</sup> INC.**

## **LIMITED WARRANTY**

IMPEX Inc. ("IMPEX<sup>®</sup>") 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 on products returned 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 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 at [www.impex-fitness.com](http://www.impex-fitness.com)**

**IMPEX<sup>®</sup> 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](mailto: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