

NOTE:  
Please read all instructions  
carefully before using this  
product

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Model  
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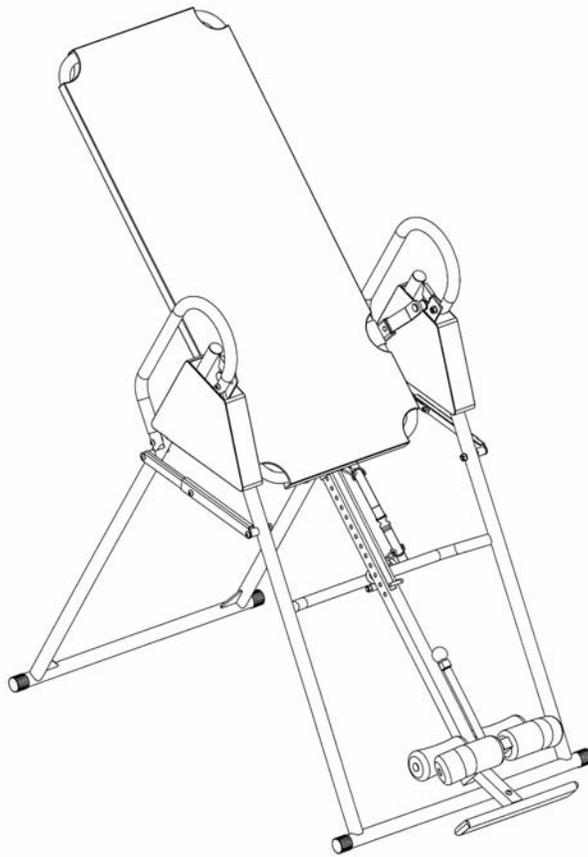
Retain This  
Manual for  
Reference

100114

OWNER'S  
MANUAL

# IMPEX

## MARCY<sup>®</sup> CLASSIC INVERSION TABLE IVT-451



**IMPEX<sup>®</sup> INC.**

14777 DON JULIAN RD., CITY OF INDUSTRY, CA 91746

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## BEFORE YOU BEGIN

Thank you for selecting the MARCY CLASSIC IVT-451 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](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:

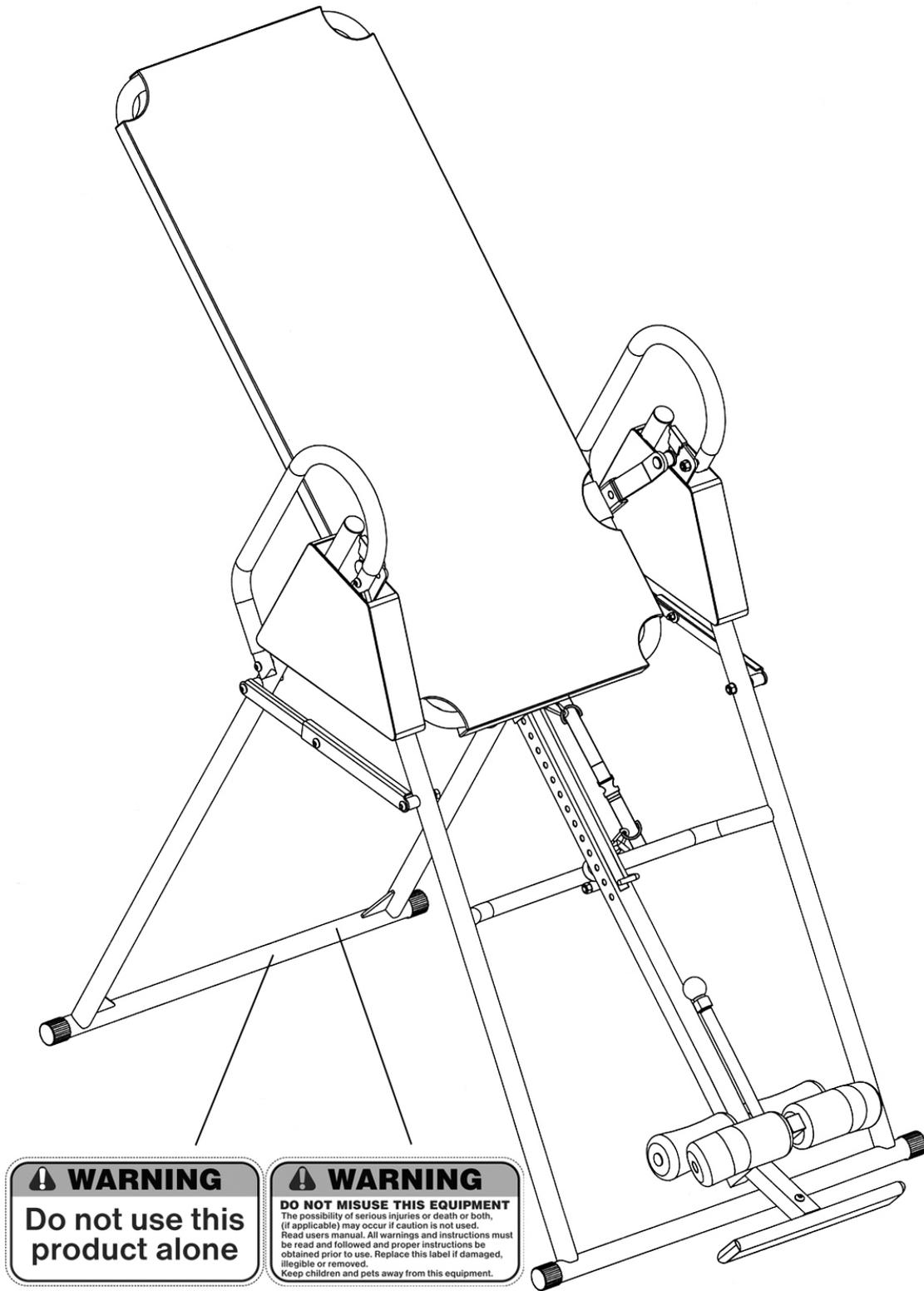
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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. 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.**

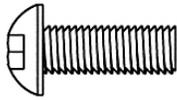
# WARNING LABEL PLACEMENT



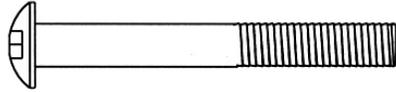
The Warning Labels shown here have been placed on the Rear Support Frame. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown.

# HARDWARE IDENTIFIER

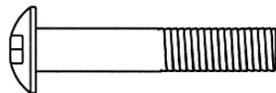
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



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



#37 M8 x 2 5/8" Allen Bolt (Qty 4)



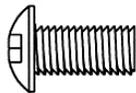
#36 M8 x 1 3/4" Allen Bolt (Qty 2)



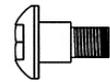
#40 M8 x 1 5/8" Allen Bolt (Qty 1)



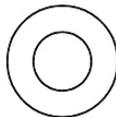
#39 M6 x 1 5/8" Allen Bolt (Qty 1)



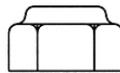
#35 M8 x 3/4" Allen Bolt (Qty 2)



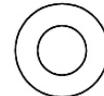
#33 M6 x 1/2" Allen Bolt (Qty 2)



#45 Ø 3/4" Washer (Qty 4)



#42 M10 Aircraft Nut (Qty 2)



#46 Ø 5/8" Washer (Qty 9)



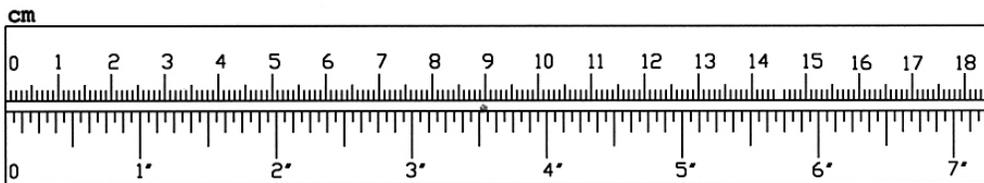
#44 M6 Aircraft Nut (Qty 3)



#43 M8 Aircraft Nut (Qty 10)



#47 Ø 1/2" Washer (Qty 3)



# ASSEMBLY INSTRUCTION

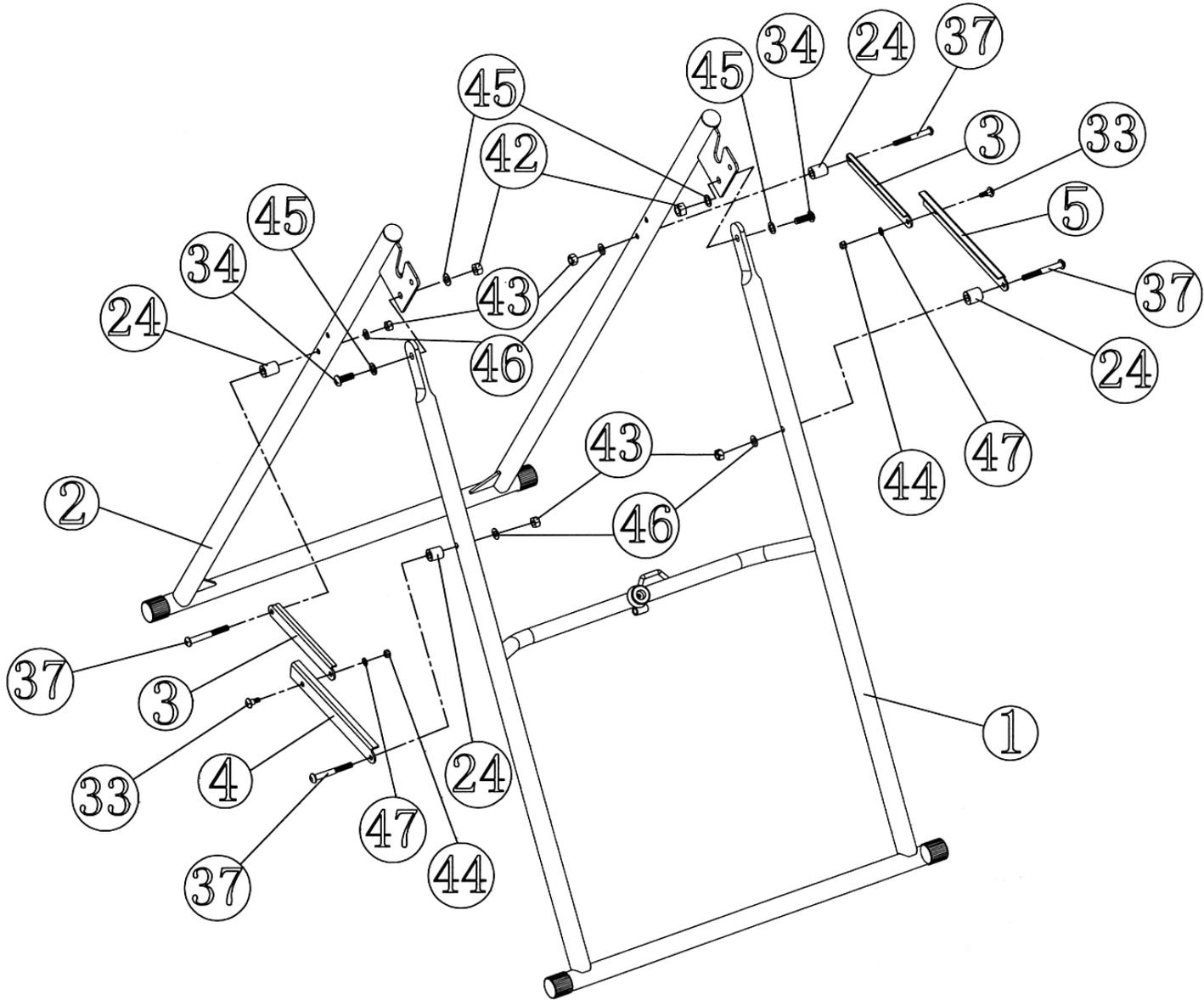
**Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.**

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

## **STEP 1 (See Diagram 1)**

- A.) **Do not fasten the Nuts and Bolts until instructed to do so.**
- B.) Attach Front Support Frame (#1) to Rear Support Frame (#2). Secure them together with one M10 x 1" Allen Bolt (#34), two  $\text{\O} \frac{3}{4}$ " Washers (#45), and one M10 aircraft Nut (#43) on each end.
- C.) Attach a  $\text{\O} \frac{3}{4}$ " Rubber Spacer (#24) to the lower hole on Rear Support Frame. Attach one Short Horizontal Support (#3) to the Spacer. Align the holes. Secure the Short Horizontal Support, Spacer, and Rear Support Frame together with one M8 x 2 5/8" Allen Bolt (#37), one  $\text{\O} \frac{5}{8}$ " Washer (#46), and one M8 Aircraft Nut (#43). Repeat the same procedure to install the Right Long Horizontal Support (#4) to Front Support Frame.
- D.) Connect the Short and Long Horizontal Support together with one M6 x 1/2" Allen Bolt (#33), one  $\text{\O} \frac{1}{2}$ " Washer (#47), and one M6 Aircraft Nut (#44).
- E.) Repeat Procedure C & D to install the other side.
- F.) Press down the Short and Long Horizontal Support completely to stabilize the Front and Rear Support Frame.
- G.) **Securely fasten all Nuts and Bolts installed.**

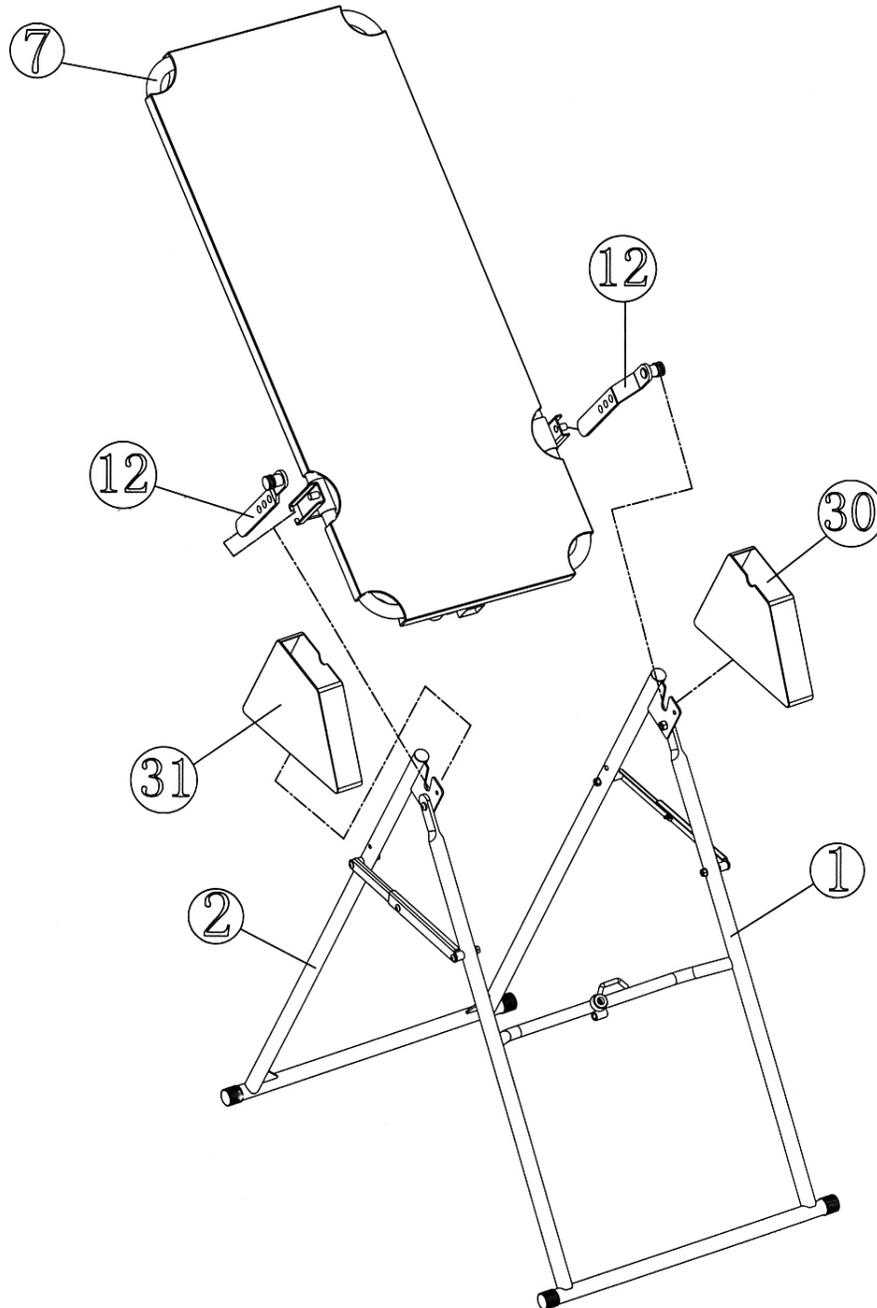
DIAGRAM 1



**STEP 2 (See Diagram 2)**

- A.) Attach the two Pivot Brackets (#12) to the Backrest Frame (#7) from each side.
- B.) Lift the Backrest Frame and insert the two Pivot Brackets into the open slot on Rear Support Frame (#2). Make sure the grooves on the Pivot are attached on the slots completely and the Pivots can swing smoothly.
- C.) Cover the two open slots on the Rear Support Frame with Left & Right Swivel Cover (#30 & #31).

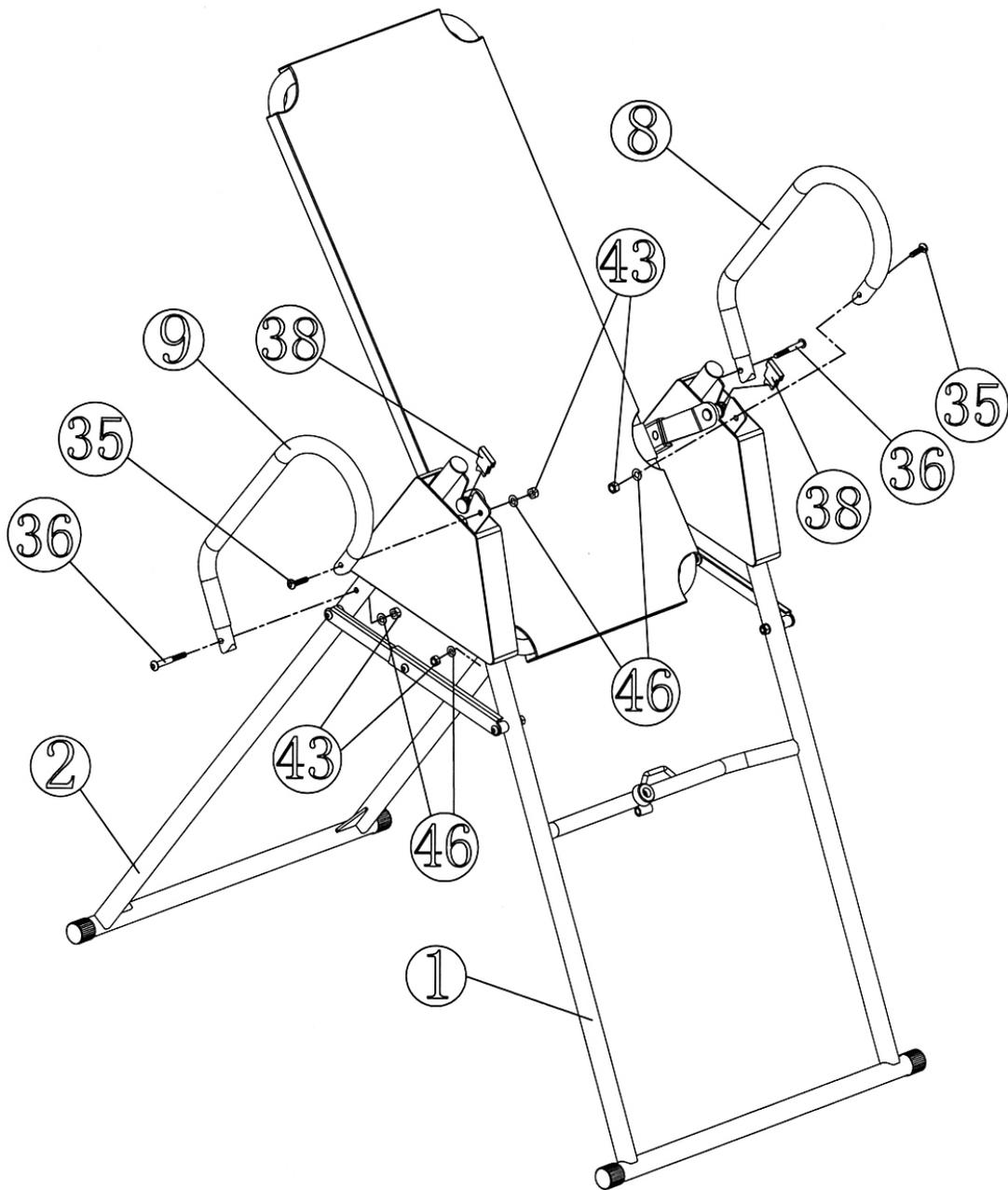
**DIAGRAM 2**



**STEP 3 (See Diagram 3)**

- A.) Attach the Left Handle (#8) to Front Support Frame (#1). Secure it with one M8 x ¾" Allen Bolt (#35), one Ø 5/8" Washer (#46), and one M8 Aircraft Nut (#43).
- B.) Attach the Left Handle to the Rear Support Frame (#2). Secure it with one M8 x 1 ¼" Allen Bolt (#36), one Ø 5/8" Washer (#46), and one M8 Aircraft Nut (#43).
- C.) Slide one Plastic Barricade (#38) onto opening edge on the Rear Support Frame (#2) to prevent fingers from being caught in the opening.
- D.) Repeat Procedures A & B to install the Right Handle (#9).

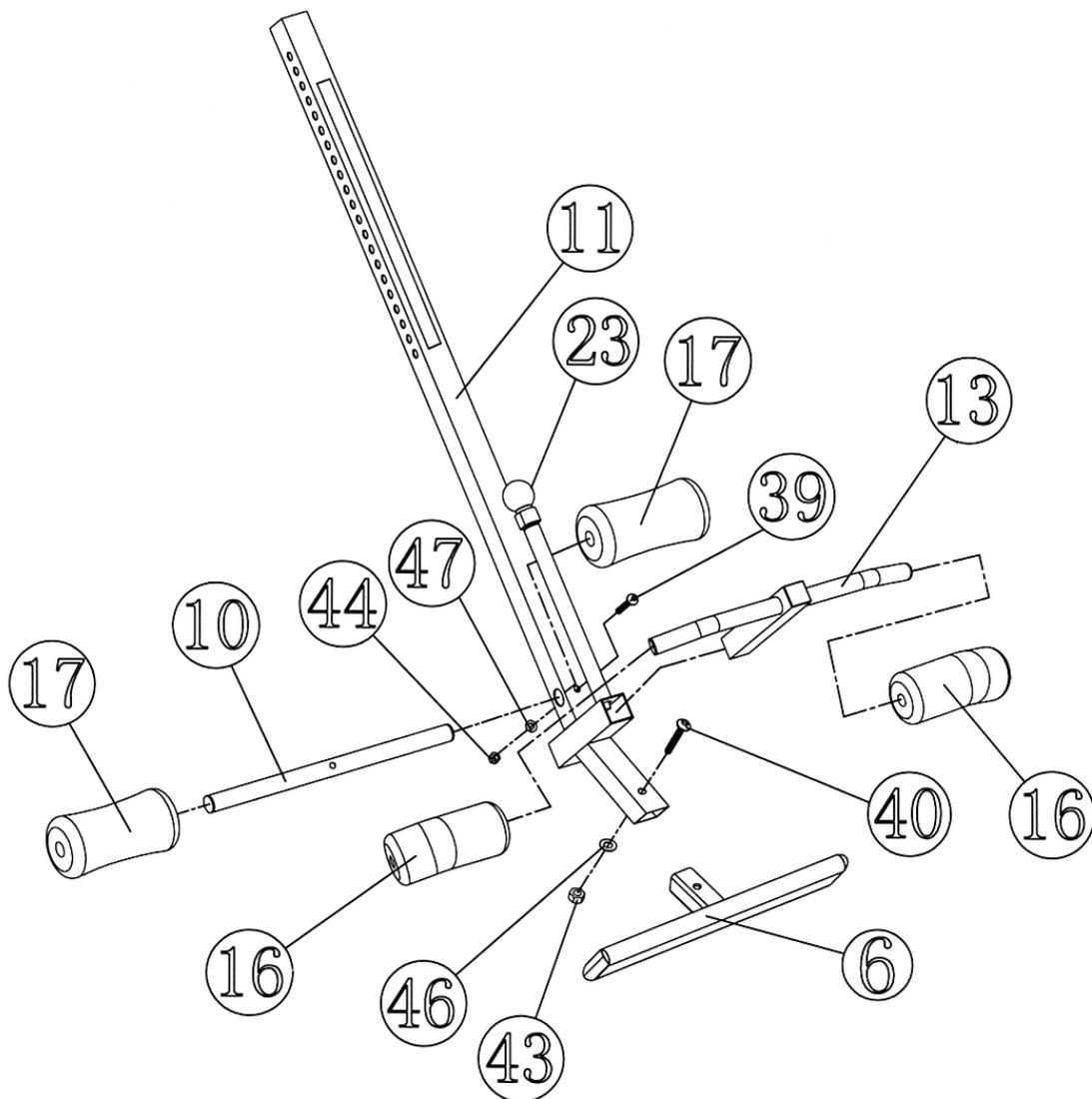
**DIAGRAM 3**



#### STEP 4 (See Diagram 4)

- A.) Pull up the Foot Adjustment Lock Pin (#23). Insert the Foot Lock Frame (#13) into the Adjustment Frame (#11). Push down the Pin to securely lock the Foot Lock Frame in position.
- B.) Insert the Foot Support (#6) into the bottom of Adjustment Frame. Secure it with one M8 x 1 5/8" Allen Bolt (#40), one Ø 5/8" Washer (#46), and one M8 Aircraft Nut (#43).
- C.) Insert the Foam Tube (#10) halfway through the hole on Adjustment Frame. Push two Foam Rolls (#17) onto the Tube from both ends.
- D.) Push two Curved Foam Rolls (#16) onto the tube on Foot Lock Frame (#13) from both ends.

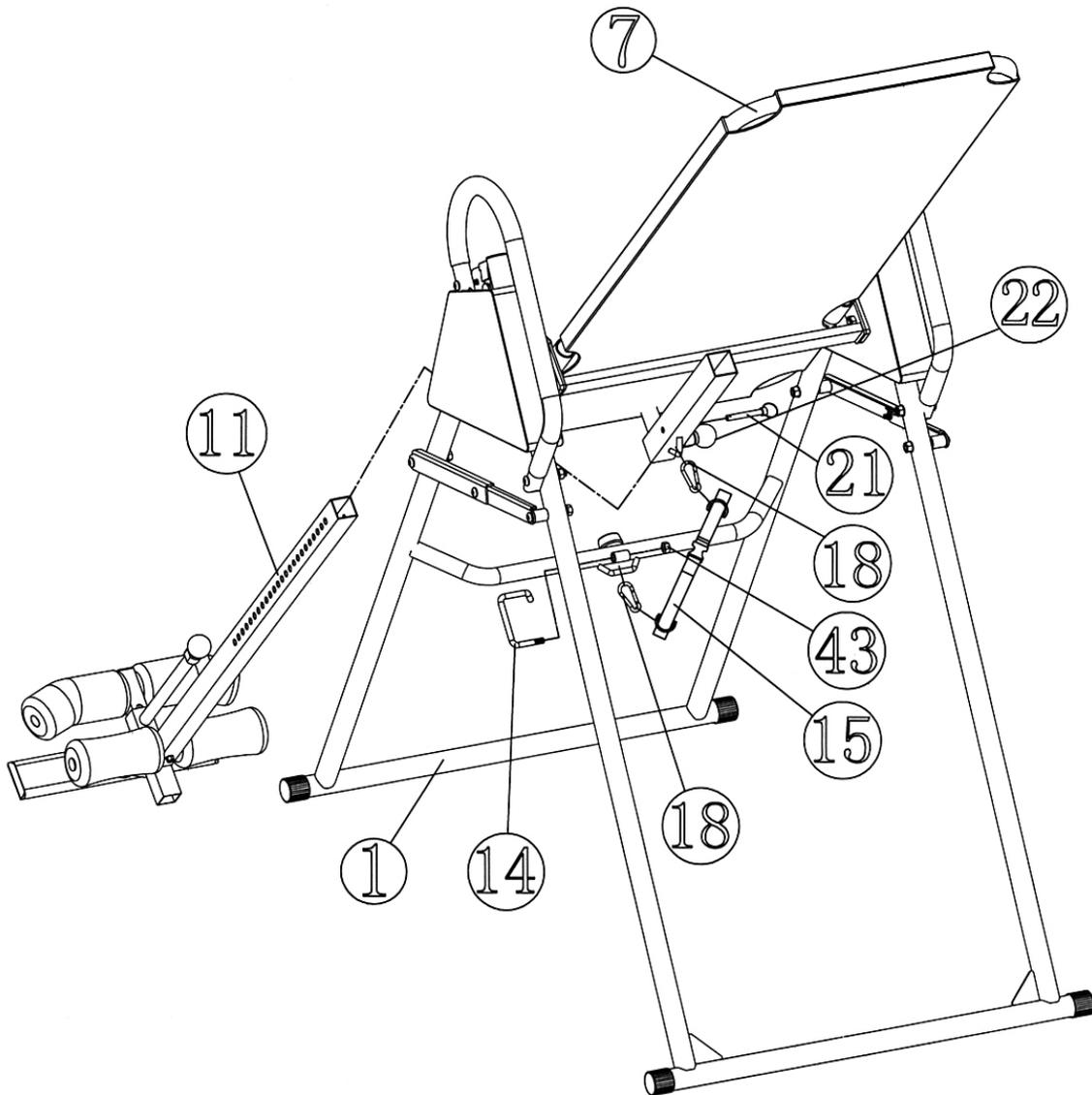
**DIAGRAM 4**



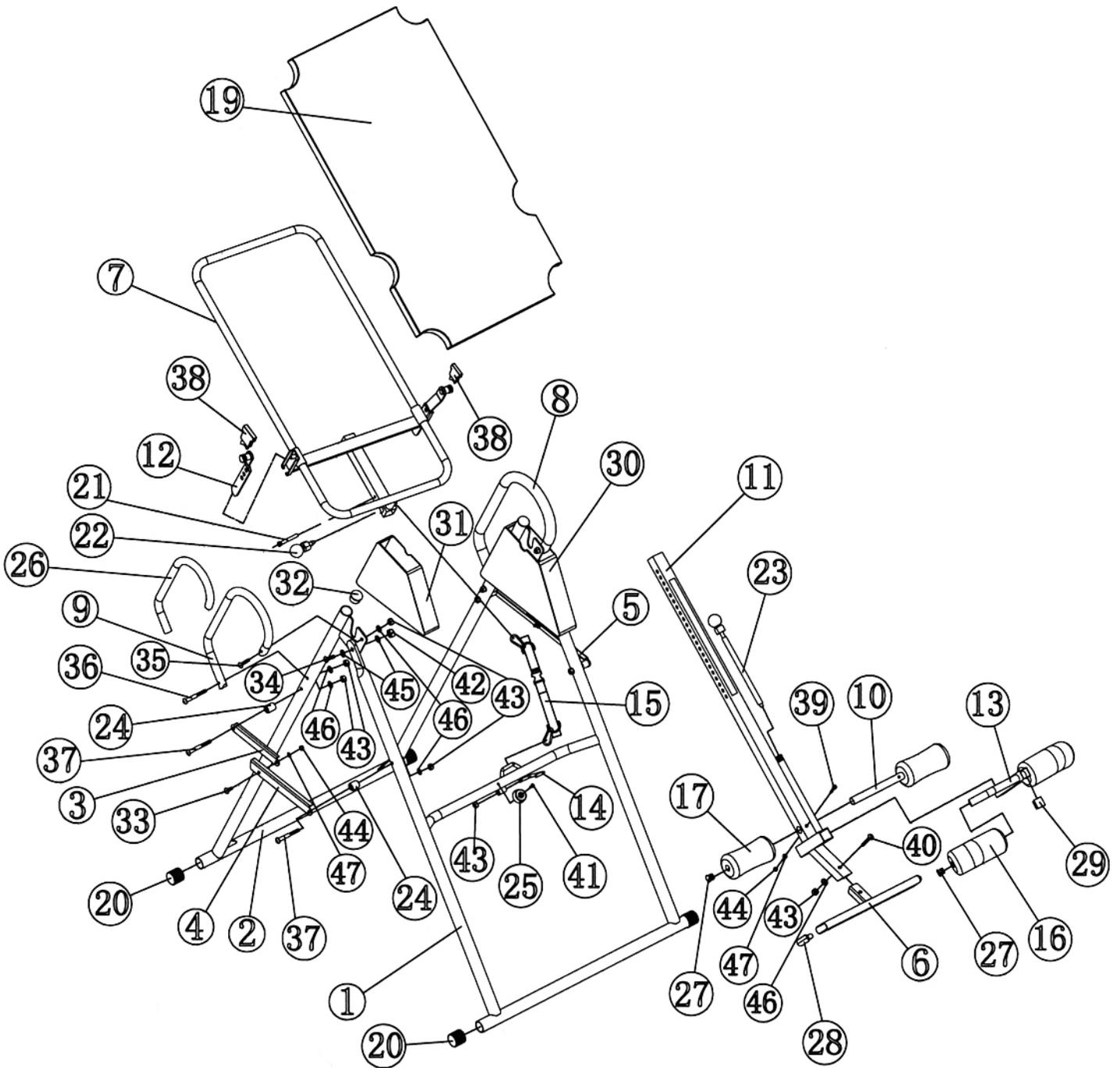
### STEP 5 (See Diagram 5)

- A.) Pull out the Backrest Adjustment Lock Pin (#22). Insert the Adjustment Frame (#11) into the opening on the vertical frame on the back of Backrest Frame (#7). 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 for better fitment while performing the inversion exercises.**
- B.) Insert the Ring Lock Pin (#21) through the hole on the vertical frame and hole on Adjustment Frame to securely lock the Adjustment Frame.
- C.) Attach hook on Inversion Adjustment Belt (#15) to Front Support Frame (#1) and to the vertical frame on Backrest Frame. Adjust the length of the Belt to adjust the extension of inversion.
- D.) Attach one side of U-shaped Lock Pin (#14) on front of Adjustment Frame, insert the other side into hole on Front Support Frame and secure with one M8 Aircraft Nut to lock Inversion Table for usage.
- E.) When using the Inversion Table, remove the side of U-shaped Lock Pin off from Adjustment Frame.

**DIAGRAM 5**



# EXPLODED DIAGRAM



# PARTS LIST

KEY NO.	DESCRIPTION	QUANTITY
1	Front Support Frame	1
2	Rear Support Frame	1
3	Short Horizontal Support	2
4	Right Long Horizontal Support	1
5	Left Long Horizontal Support	1
6	Foot Support	1
7	Backrest Frame	1
8	Left Handle	1
9	Right Handle	1
10	Foam Tube	1
11	Adjustment Frame	1
12	Pivot Bracket	2
13	Foot Lock Frame	1
14	U-shaped Lock Pin	1
15	Inversion Adjustment Belt	1
16	Curved Foam Roll	2
17	Foam Roll	2
18	Hook	2
19	Backrest	1
20	Ø 1 ¼" End Cap	4
21	Ring Lock Pin	1
22	Backrest Adjustment Lock Pin	1
23	Foot Adjustment Lock Pin	1
24	Ø ¾" Rubber Spacer	4
25	Rubber Bumper	1
26	Handle Grip	2
27	Foam Roll End Cap	4
28	¾" x 2 3/8" End Cap	2
29	1" Square End Cap	1
30	Left Swivel Cover	1
31	Right Swivel Cover	1
32	Ø 1 ¼" End Cap	2
33	M6 x ½" Allen Bolt	2
34	M10 x 1" Allen Bolt	2
35	M8 x ¾" Allen Bolt	2
36	M8 x 1 ¾" Allen Bolt	2
37	M8 x 2 5/8" Allen Bolt	4
38	Plastic Barricade	2
39	M6 x 1 5/8" Allen Bolt	1
40	M8 x 1 5/8" Allen Bolt	1
41	M6 x 5/8" Philips Screw	1
42	M10 Aircraft Nut	2
43	M8 Aircraft Nut	10
44	M6 Aircraft Nut	3
45	Ø ¾" Washer	4
46	Ø 5/8" Washer	9
47	Ø ½" Washer	3

# **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 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](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