



Deluxe Inversion Table Model IT 9600-E

CAUTION:

WARNING: Do not use this inversion table without a physician's approval.

Do not let children use the inversion table unsupervised.

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to properly invert.

Questions/ Comments

PLEASE DO NOT CONTACT THE STORE

Elite Fitness is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason, you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our knowledgeable support staff at: 623-888-6379

Mon.-Fri 9:00 am – 5:00 pm Mountain Time



Photo may differ from actual product

BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

CAUTION

WARNING:

Before starting any exercise program, consult your physician.

Read all instructions very carefully before using equipment

Tighten all bolts securely before using equipment

Product Warranty

Limited Liability

Elite Fitness warrants that this product will be free from defects in materials and workmanship for a period of ninety (90) days from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, Elite Fitness DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Elite Fitness, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Elite Fitness Customer Service Number at 623-888-6379 for assistance in the repair or replacement of the product or any covered part. Elite Fitness will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit) , or repairs or attempted repairs by any person not authorized by Elite Fitness, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement.

If you require service under this warranty, please call Customer Service at (623-888-6379)

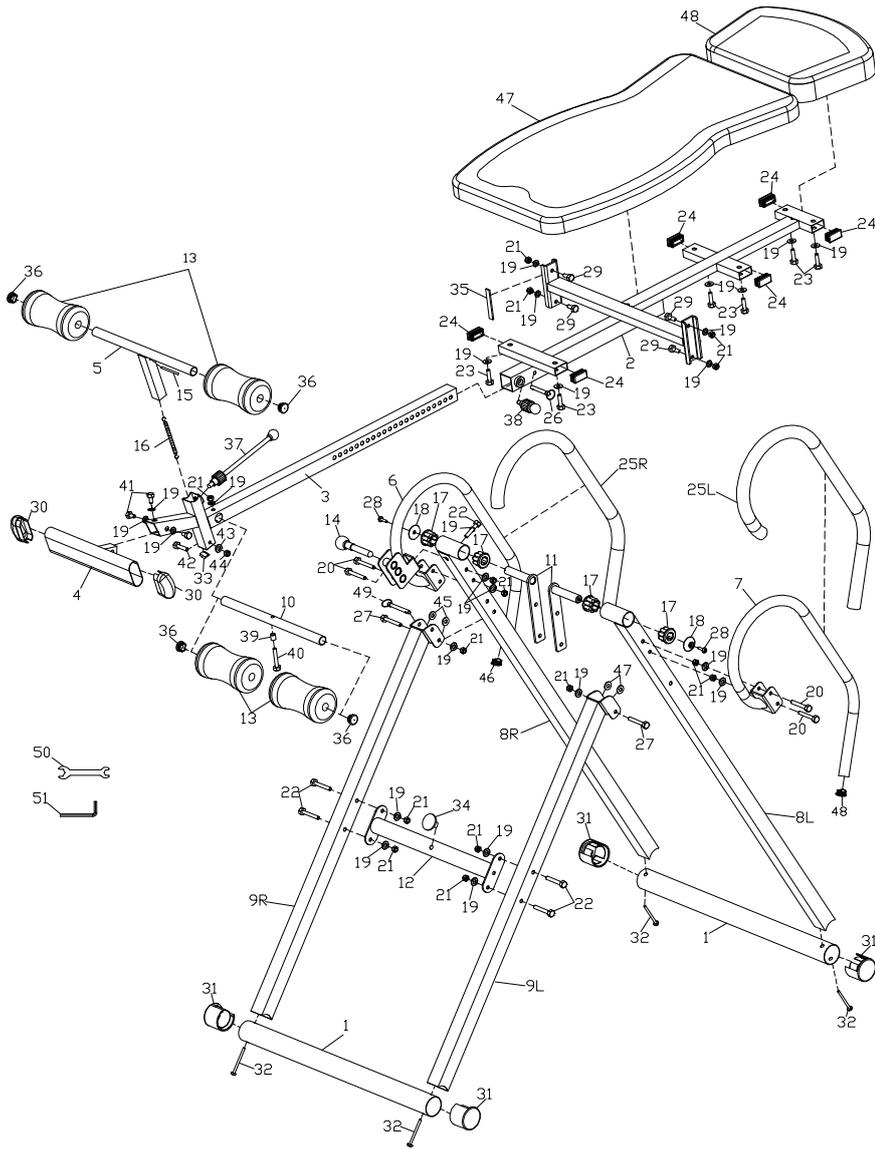
PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE

Parts Listing

PARTS LISTING-MODEL IT9600 INVERSION TABLE

Part#	Description	QTY	check
1	Bottom Tube	2	
2	Backrest Support Tube	1	
3	Body Height Adjustment Tube	1	
4	Foot Rest Plate	1	
5	Adjustable Leg Hold Tube	1	
6	Handlebar-RIGHT	1	
7	Handlebar-LEFT	1	
8L	Base-frame-REAR-LEFT	1	
8R	Base-frame-REAR-RIGHT	1	
9L	Base-frame-FRONT-LEFT	1	
9R	Base-frame-FRONT-RIGHT	1	
10	Leg Tube-REAR	1	
11	Connecting Bracket	2	
12	Cross Bar	1	
13	Foam leg Rollers	4	
14	Incline Adjustment Bolt	1	
15	Round Spring Insert	1	
16	Spring	1	
17	Plastic Spacer	4	
18	Plastic Round End-cap	2	
19	Flat Washer $\phi 16 \times \phi 8.5 \times 1.5$	25	
20	Bolt-M8 $\times 53$ mm	4	
21	Nut M8	15	
22	Bolt-M8 $\times 50$ mm	5	
23	Bolt-M8 $\times 30$ mm	6	
24	Square End Cap	6	
25L	Handlebar Grip-LEFT	1	
25R	Handlebar Grip-RIGHT	1	
26	Ball Pin- $\phi 8 \times 53$ mm	1	
27	Bolt-M8 $\times 58$ mm	2	
28	Hexagonal Bolt-M8 $\times 20$ mm	2	
29	Bolt-M8 $\times 20$ mm	4	
30	Oval End Caps-Foot Rest	2	
31	Base Frame End Caps	4	
32	Hexagonal Bolt-M8 $\times 65$ mm	4	
33	Square End Cap-for Part3	1	
34	Stopper	1	
35	EVA Space Pad	1	
36	Round End Caps	4	
37	Leg Tube Adjustment Knob	1	
38	Height Adjustment Knob	1	
39	Metal Bushing for Rear Leg Tube	1	
40	Bolt-M8 $\times 48$ mm	1	
41	Bolt-M8 $\times 16$ mm	3	
42	Bolt-M6 $\times 40$ mm	1	
43	Washer- $\phi 18 \times \phi 6.2 \times 1.2$	1	
44	Nut M6	1	
45	Plastic Washer- $\phi 20 \times \phi 9.5 \times 1.2$	4	
46	Round End Cap-for handlebars	2	
47	Backrest Pad	1	
48	Head Pad	1	
49	Ball Pin- $\phi 8 \times 64$ mm	1	
50	Wrench-#13/#17	2	
51	Hex Wrenches	1	

Exploded View



Base Frame and Handlebar Assembly

STEP 1- Base Frame

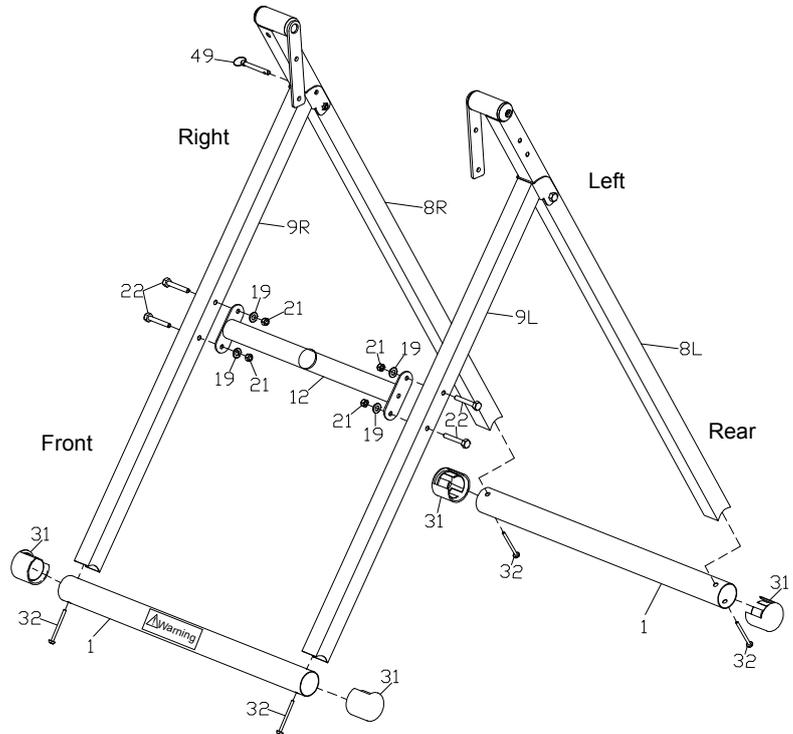
Unpack base frame from carton.

Attach the front bottom tube(1) to the front baseframe(9) using 2-bolts(32).

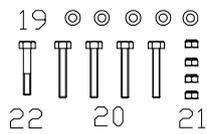
Repeat for the rear bottom tube as shown.

Attach the cross bar(12) to the front baseframe(9) using 4-bolts(22),4-flat washers(19) and 4-nuts(21).

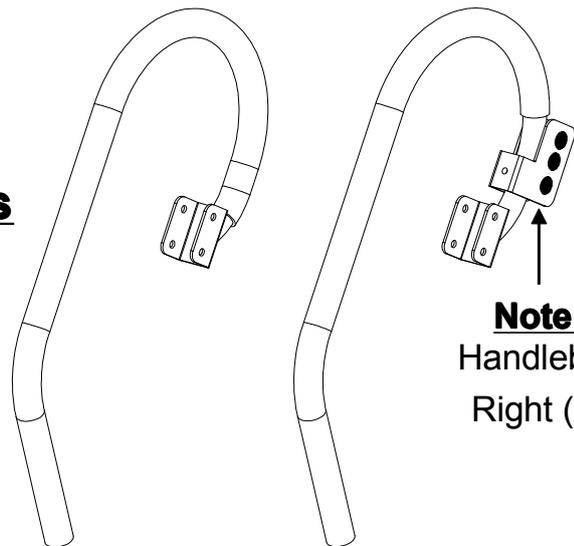
Unfold Base frame- Front (9) from Base frame-Rear (8), Insert Ball Pin (49) through right side hole between the 2 frames.



Step 2- Installing Handlebars

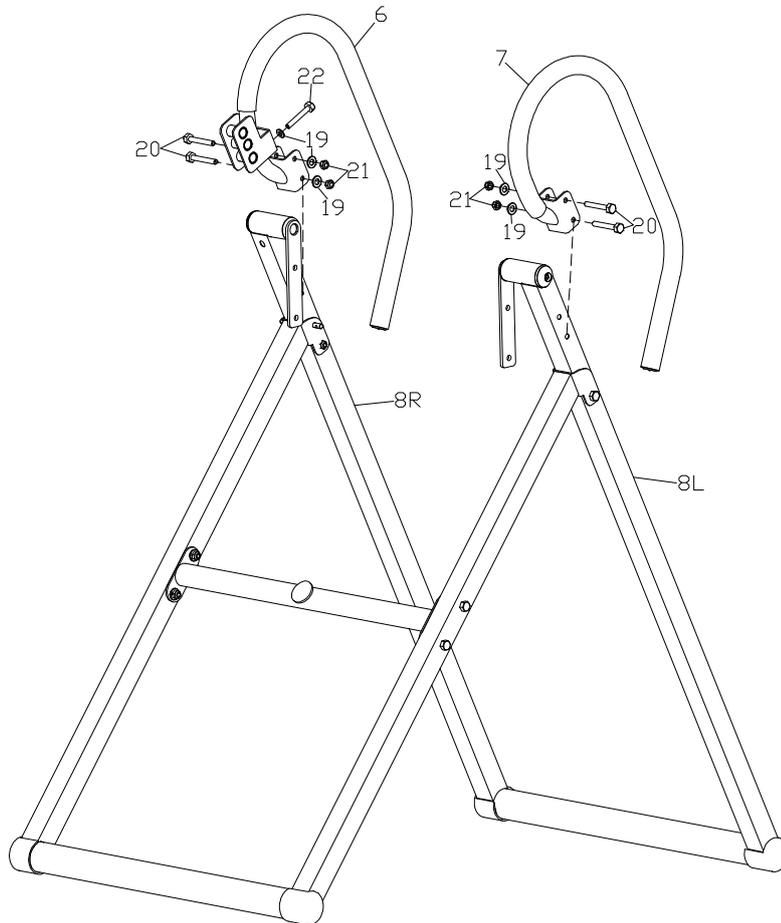


Parts Needed



Note:
 Handlebar
 Right (6)

Handlebar Assembly

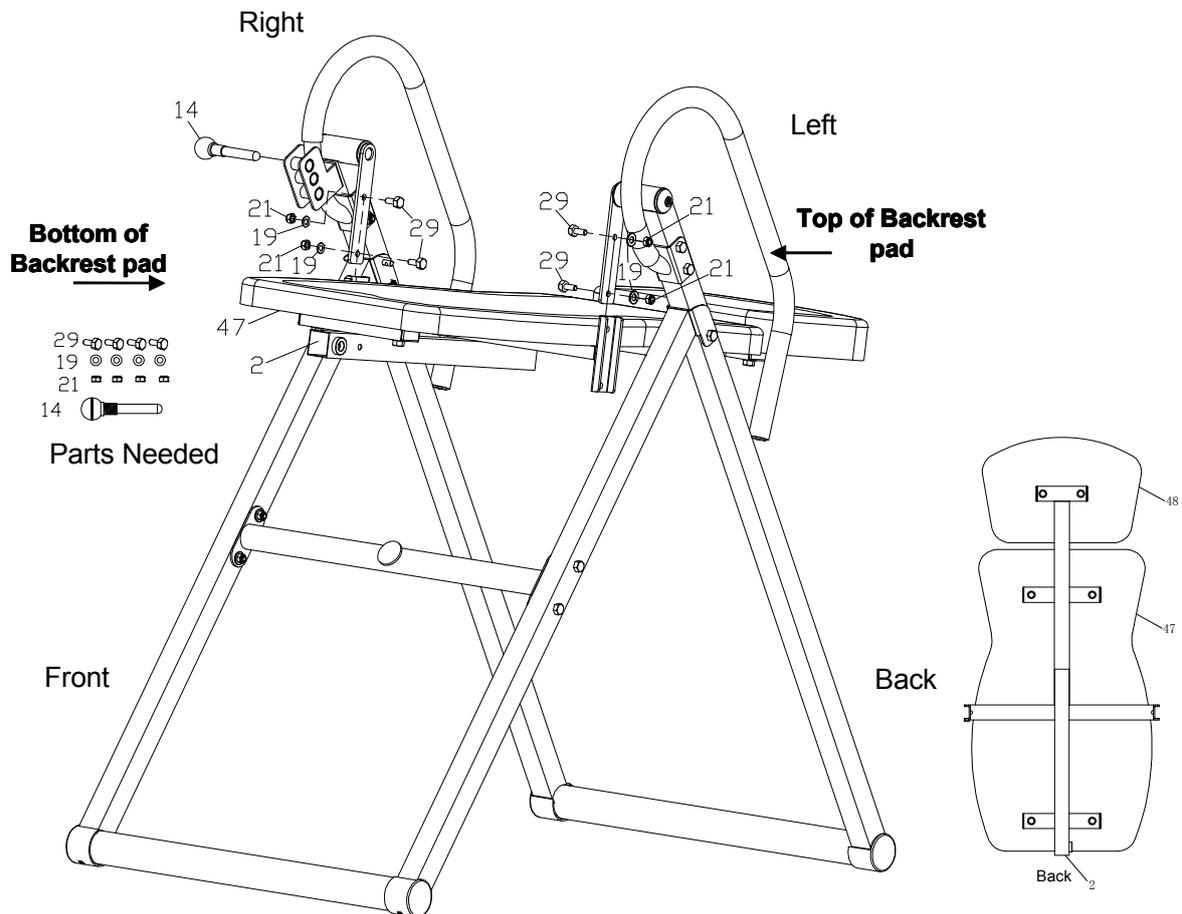


STEP 2 (Cont)

Attach the Handlebar Right (6) to the Base frame Rear(8R) using 2 Bolts (20), 2 Washers (19), and 2 Nuts (21). Use Bolt (22) and Flat Washer (19) to fix the Base frame Rear(8R) .Repeat for Handlebar Left (7) except there will not be a part 22 or 19 for this side.

TIGHTEN ALL BOLTS AT THIS TIME

Backrest Assembly to Base Frame



STEP 3 Connecting Backrest

Attach the Completed Backrest Pad and Head Pad Assembly to the Base frame Unit using Bolts (29), Flat Washers (19) and Lock Nuts (21).

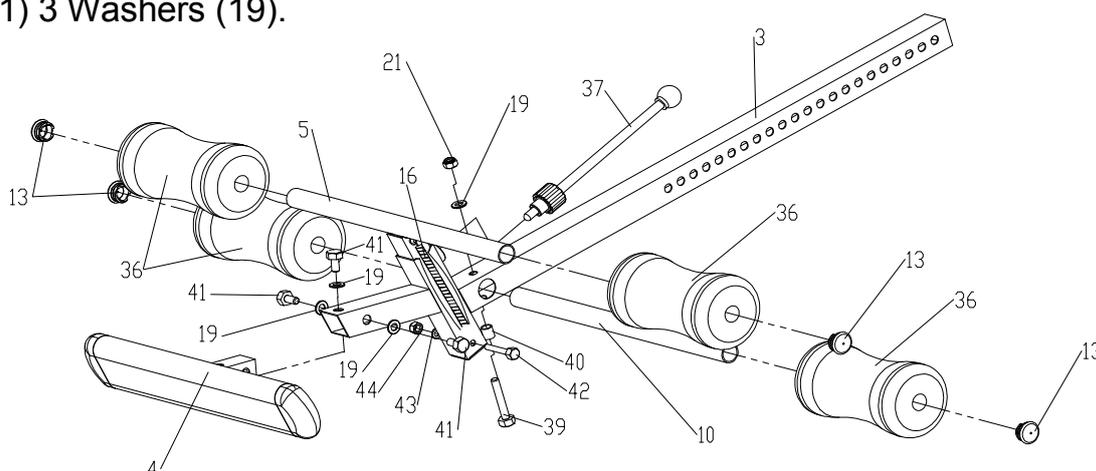
Install Incline Adjustment Bolt (14) into Incline Position 20 Hole and Tighten.

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

STEP 4-Body Height Adjustment Tube and Rollers

Unscrew 3 Bolts(41), 3 washers(19) at the bottom of Body Height Adjustment Tube (3) .

Install Foot Rest Plate (4) into Body Height Adjustment Tube (3) using 3 Bolts (41) 3 Washers (19).



Attach Spring (16) from Adjustable Leg Hold Tube (5) into Body Height Adjustment Tube (3) using Hexagonal Bolt (44),Washer (43).

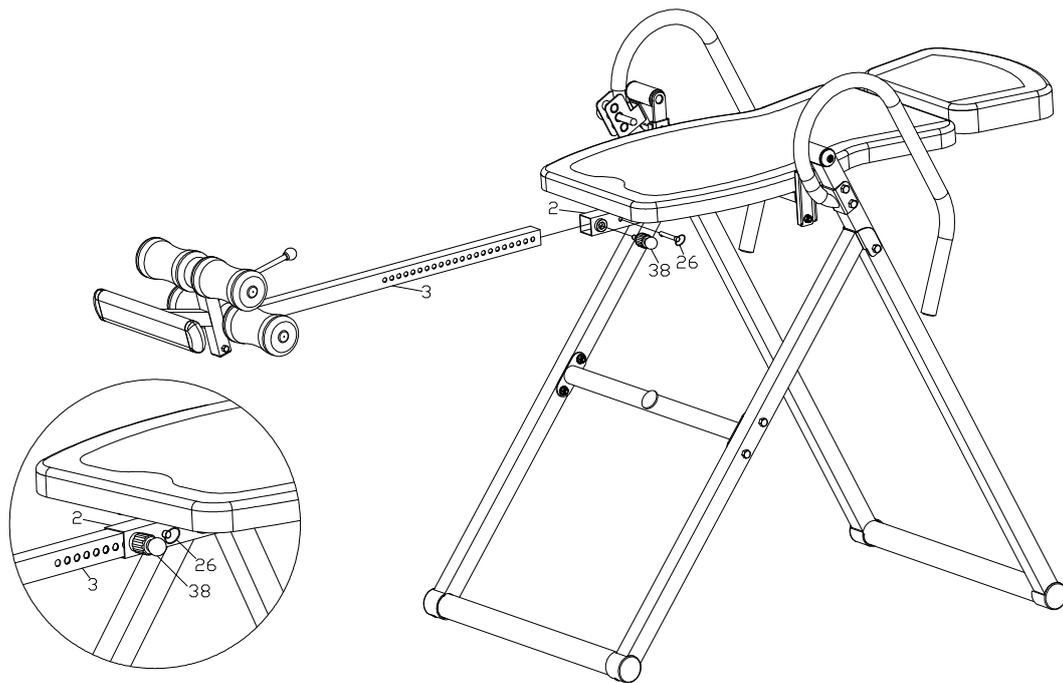
Install Leg Tube (10) through hole in Adjustment Tube (3) using Hexagonal Bolt (40), Metal Bushing (39) Flat Washer (19) and Lock Nut (21)

Insert Leg Tube Adjustment Knob (37) into threaded hole in Adjustment Tube (3) and tighten.

Slide Foam Leg Rollers (13) over Leg Tube-Rear (10) and over Leg Hold Tube (5) and secure with Round End Caps (36)

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

STEP 5-Final Assembly



Slide Height Adjustment Tube (3) into Backrest Support Tube (2) and lock into place using Height Adjustment Knob (38).

Note: This product is designed to adjust from 4'10" to 6'6" with a Maximum User Weight of 300 LBS.

Final Assembly

**Make Sure All Nuts
Bolts and Screws
are Completely
Tightened Before
Use.**

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PRECAUTIONS

WARNING: 300 LB WEIGHT CAPACITY

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using the Inversion System. Elite Fitness, or Extreme Products Group assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion System.

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL, OR IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS

(this list is for reference only, it is not an exhaustive listing):

Pregnancy; Hiatal Hernia, ventral hernia; glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medulary pins and surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections' Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

SECURE YOUR ANKLES AND LOCK PULL PIN IN PLACE BEFORE INVERTING.

USAGE GUIDELINES



INVERSION SELECTOR PIN

Familiarize yourself with the Inversion Selector Pin located on the Right Side of the Inversion Table. The positioning of the pin will determine the degree of Inversion that you are comfortable with.

The 3 selections are:

20- Slight Inversion

40-Moderate Inversion

60- Enhanced Inversion

NOTE: IT IS STRONGLY RECOMMENDED THAT SOMEONE BE WITH YOU DURING INVERSION. ALTHOUGH THE INVERSIONTABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.



Body Height and Weight Adjustment:

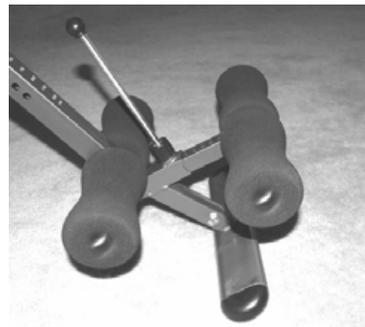
Before Starting, insure that the Inversion Table is at the correct settings to match your height and weight. As each individual's body type is different, you will need to find the correct settings for your specific body type

USAGE GUIDELINES- Securing Feet and Ankles

WARNING: ALWAYS WEAR ATHLETIC SHOES WITH LACES TIGHT TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE ANKLE LOCK IS SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE LONG KNOB IS FULLY TIGHTENED BEFORE YOU USE THE INVERSION SYSTEM

Step 1- Expand the front rollers by pulling up on the Leg Tube Adjustment Knob (40)



Step 2- Slide Feet under Foam Rollers



Step 3- Contract the front rollers snugly over feet by releasing the Leg Tube Adjustment Knob and making sure it “Locks” into place



USAGE GUIDELINES



Finding the Proper Height and Weight Adjustment

With head flat on back pad, slowly raise one arm up toward the ceiling. If the bed starts to invert backward, the height adjustment should be correct.

If the bed does not start to invert, adjust the center slider arm upward one position at a time, until the bed starts to invert backward. Remember to use very slow arm movements.



By raising both hands over your head, the Inversion Table should now invert to a greater degree, provided that you are comfortable with the side adjustment knob being set to 20 or higher.

Note: It is recommended that beginners use the setting marked 20 for Partial Inversion.



With proper supervision, and provided you are comfortable with the side adjustment knob being set to 40 or 60, the Inversion Table will now allow for a more complete Inversion position.

CAUTION: BY LOWERING THE HANDS BACK TO THE STARTING POSITION, THE INVERSION TABLE SHOULD REVERT BACK TO THE UPRIGHT POSITION. IF IT DOES NOT, USE THE BUILT IN SIDE HANDLEBARS TO PULL YOURSELF BACK UP AND RE-ADJUST THE CENTER SLIDER TO ACCOMMODATE YOUR BODY WEIGHT AND TYPE.



ELITE FITNESS

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Note: For all parts requests, please visit our web site:
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