

# INNOVA

## HEALTH & FITNESS

### Heavy Duty Deluxe Inversion Therapy Table Model ITX9600/IT9600

#### **WARNING:**

**DO NOT USE** this equipment without a licensed physician's approval.

**READ ALL INSTRUCTIONS** carefully before using.

**Misuse of this equipment may result in serious injury.**

**DO NOT** let children use this equipment.

**DO NOT** allow children, bystanders, or pets around while using this equipment.

**Keep body, clothing, and hair free of all moving parts.**

**TIGHTEN ALL** nuts, bolts, and screws **BEFORE** using equipment.

**LEAVE ADEQUATE SPACE** to invert.

**This equipment is for indoor and household use only.**



#### **Questions/Comments**

Innova Products Inc. 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 us.

**Email:** [support@innovaproductsinc.com](mailto:support@innovaproductsinc.com)

**Phone:** (408) 541-1866

Monday through Friday

8:00 am – 4:00 pm Pacific Time

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

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 licensed physician.

Read and understand all instructions very carefully before using equipment.

Tighten all nuts, bolts, and screws securely before using equipment.

### **Product Warranty**

#### One-Year Limited Liability

Innova Products Inc. warrants that this product will be free from defects in materials and workmanship for a period of one year 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. Warranty is void when the sale of the product is for commercial use. This warranty is non-transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, INNOVA PRODUCTS INC. 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.

Innova Products Inc., 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.

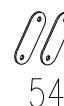
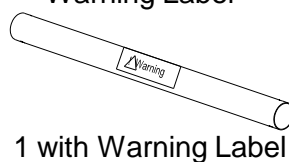
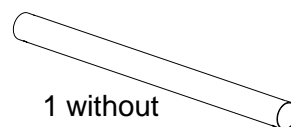
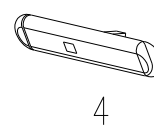
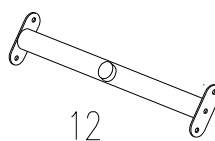
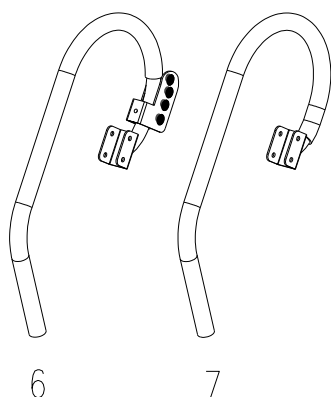
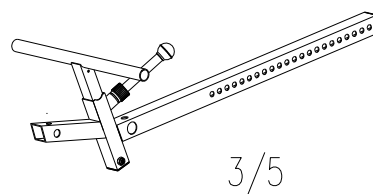
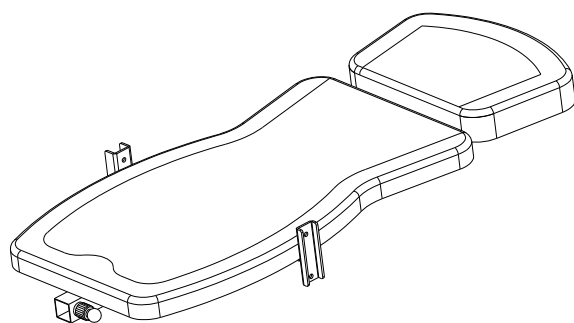
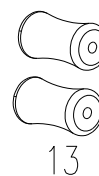
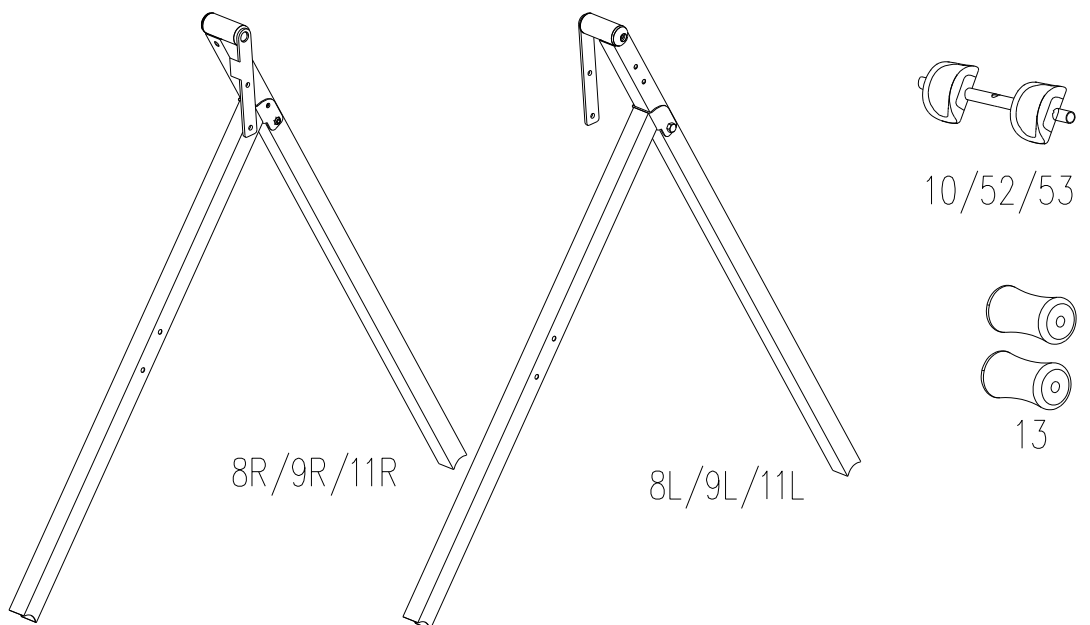
SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Innova Products Inc. Customer Service Department at **(408) 541-1866** for assistance in the repair or replacement of the product or any covered part. Innova Products Inc. will repair or replace, at its own option, the product or any covered part. This warranty does not cover damage caused by but not limited to accident (including transit), repairs or attempted repairs by any person not authorized by Innova Products Inc., 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 or email our Customer Service Department at:

**support@innovaproductsinc.com or (408) 541-1866**

# Components For Assembly



# Step 1 – Base Frame Assembly

## PLEASE NOTE:

RIGHT (R) Indicates **right** side while using the inversion table, not facing it.

LEFT (L) Indicates **left** side while using the inversion table, not facing it.

NUTS (21) are **Lock Nuts**. To tighten, you need two wrenches.

Lay the Right Base Frame (8R&9R) and the Left Base Frame (8L&9L) on the floor with the Connecting Brackets (11R&11L) facing each other. Make sure the indented holes on the Bottom Tubes (1) are facing downward and attach the Bottom Tube (1) with the warning label to the Front Base Frame (9R&9L) using 2 Bolts (32). Attach the other Bottom Tube (1) to the Rear Base Frame (8R&8L) using 2 Bolts (32).

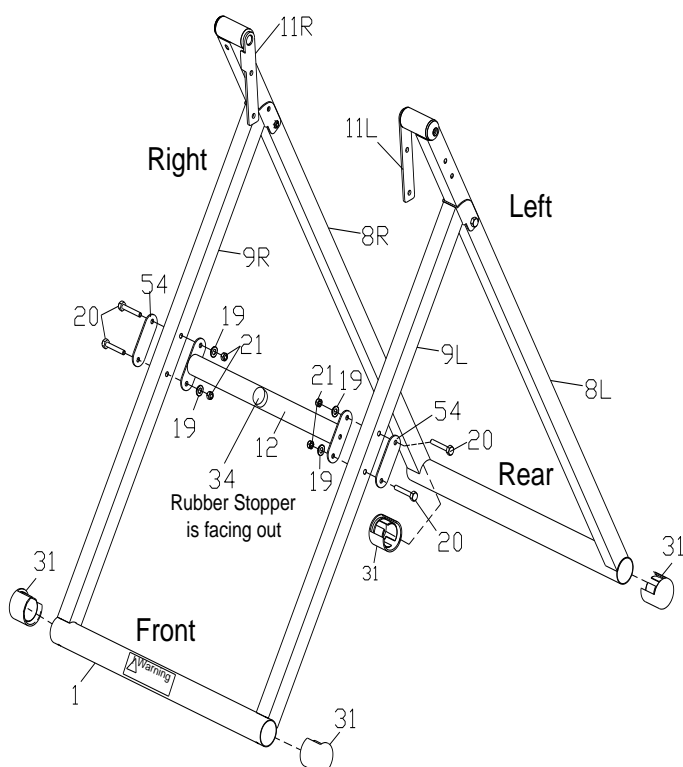
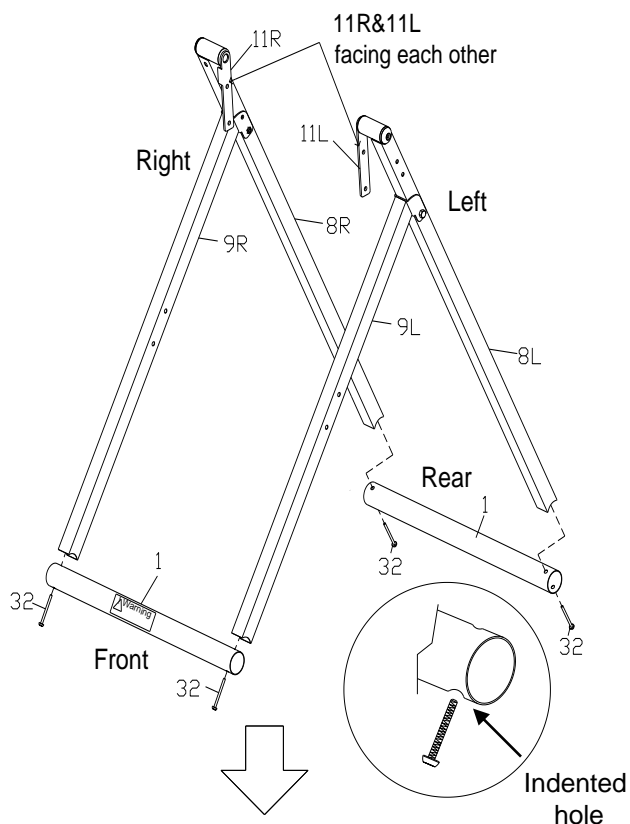
**DO NOT** tighten Bolts (32) until the Cross Bar (12) is attached.

Make sure the Rubber Stopper (34) on the Cross Bar (12) is facing out and attach the Cross Bar (12) to the Front Base Frame (9R&9L) using 4 Bolts (20) and 2 Metal Support Plates (54), 4 Washers (19) and 4 Lock Nuts (21).

**NOW** Tighten all Bolts (32&20).

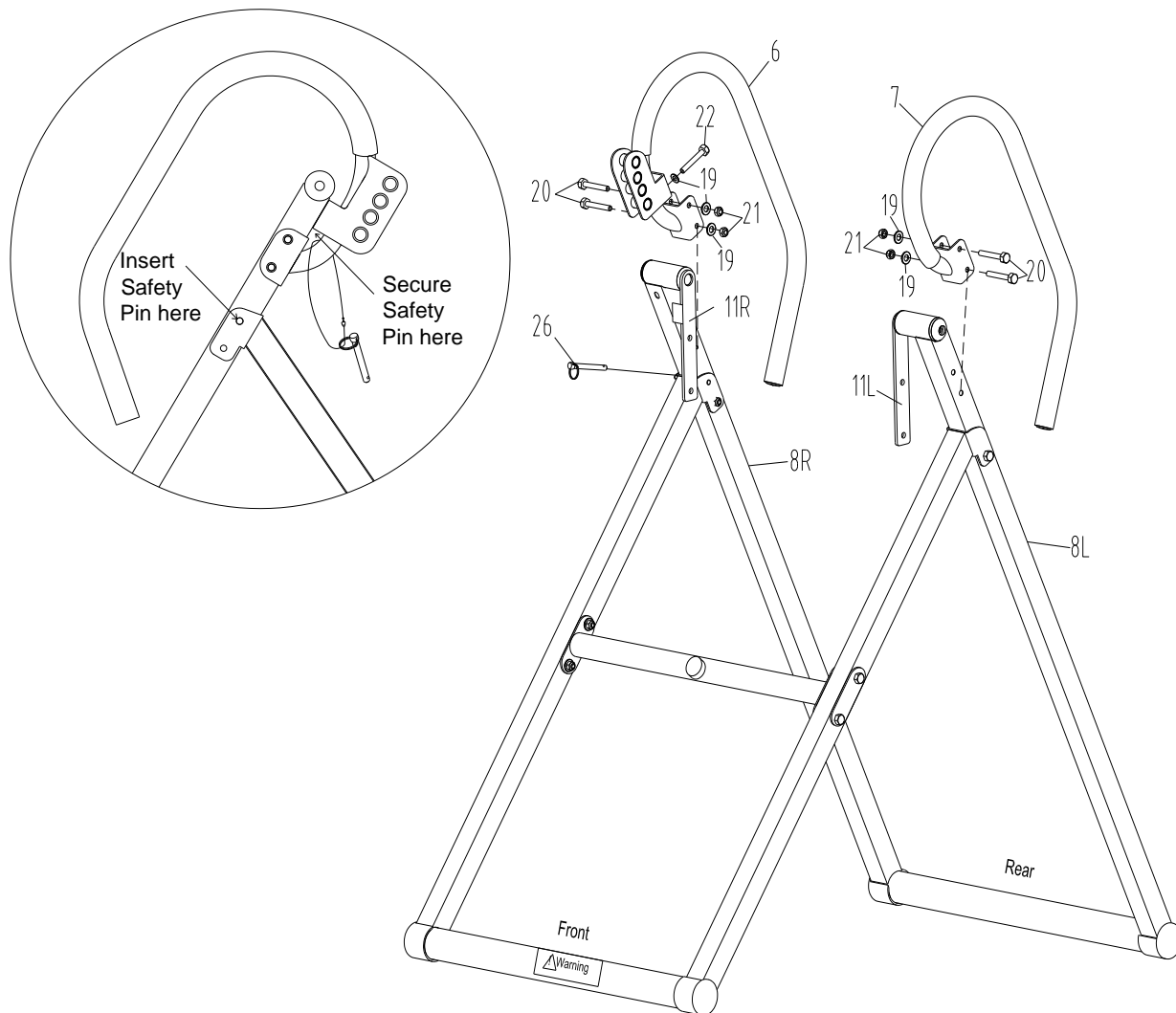
Insert 4 Base Frame End Caps (31) into both Bottom Tubes (1).

Unfold the Front Base Frame (9R&9L) from the Rear Base Frame (8R&8L) and let it stand on the floor.



**NOTE:** Be sure to use the Bottom Tube (1) with the warning label on the **FRONT** of the inversion table (9R&9L) for visibility and to help ensure that all users are aware and take proper precautions.

## Step 2 – Handlebar Assembly



Attach the Handlebar Right (6) to the Rear Base Frame Right (8R) using 2 Bolts (20), 2 Washers (19), and 2 Lock Nuts (21). **Do not** tighten Bolts 20 until Bolt 22 is installed. Use Bolt (22) and a Flat Washer (19) to secure the Handlebar Right (6) to the Rear Base Frame Right (8R). Attach the Handlebar Left (7) to the Rear Base Frame Left (8L) using 2 Bolts (20), 2 Washers (19), and 2 Lock Nuts (21).

Unlock the chain that comes with the Safety Pin (26) and secure the Safety Pin (26) to the Handlebar Right (6) with the chain provided. Insert the Safety Pin (26) through the hole on the right side between the 2 frames (8R&9R) to lock the Base Frame open. See detailed picture.

**TIGHTEN ALL NUTS, BOLTS, AND SCREWS AT THIS TIME**

## Step 3 – Backrest Assembly to Base Frame

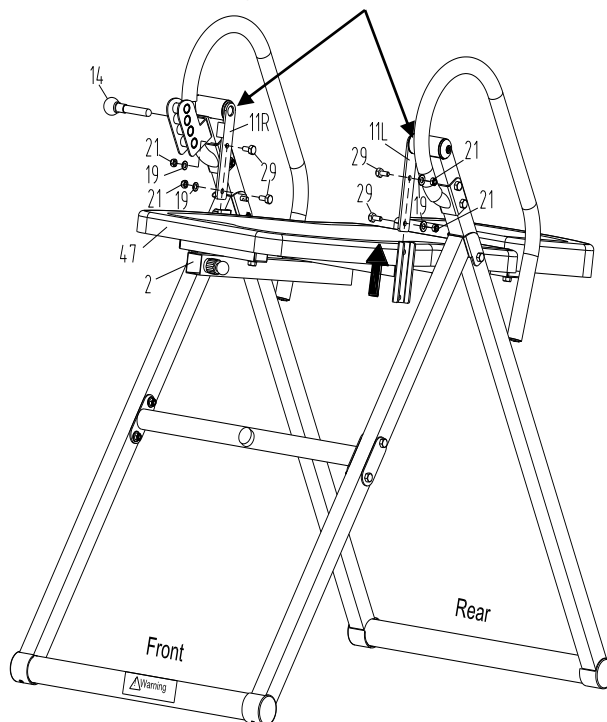
**Before Installation, Please NOTE:**  
Connecting Brackets (11R&11L) **MUST** be pointing downward and the completed Backrest Assembly **MUST** be attached from below and up into the connecting brackets or the table will not invert properly.

Attach the completed Backrest Assembly (2&47&48) to the Connecting Brackets (11R&11L) using 4 Bolts (29), 4 Flat Washers (19) and 4 Lock Nuts (21).

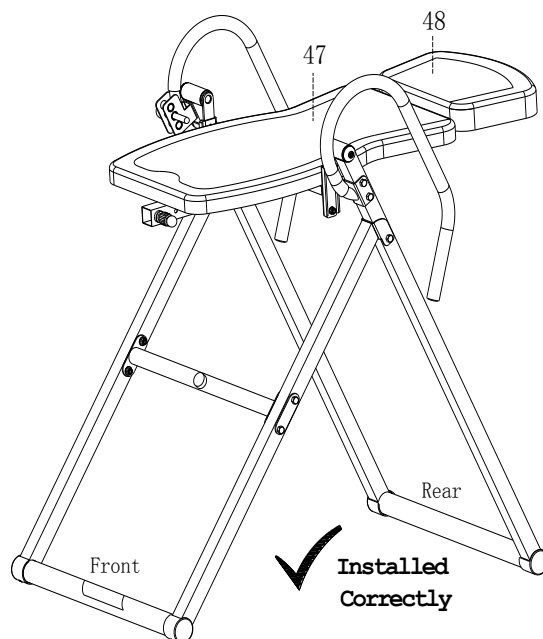
Screw the Angle Selector Pin (14) into the Incline Position 20 hole and tighten.

**TIGHTEN ALL NUTS, BOLTS, AND SCREWS AT THIS TIME**

Connecting Brackets Must Face Down When Attaching Backrest Pad Assembly



**Installed Incorrectly**



**Installed Correctly**

## Step 4 – Height Adjustment Tube and Ankle Holder

Pull out the Adjustable Ankle Holding Tube (5) and turn it 90 degrees and re-insert it horizontally. **Make sure the holes on the square tube is facing up.** Tighten the Base of the Ankle Holding Adjustment Knob (37). **NOTE:** There is a spring pre-installed inside the tube which should not be removed.

Pull the Ankle Holding Adjustment Knob (37) up and make sure the Adjustable Ankle Holding Tube (5) slides smoothly inside the outer tube. Release the Knob and lock it into one of the holes.

Install the Footrest Plate (4) into the Height Adjustment Tube (3) using 2 Bolts (51), 2 Washers (19), and 2 Lock Nuts (21).

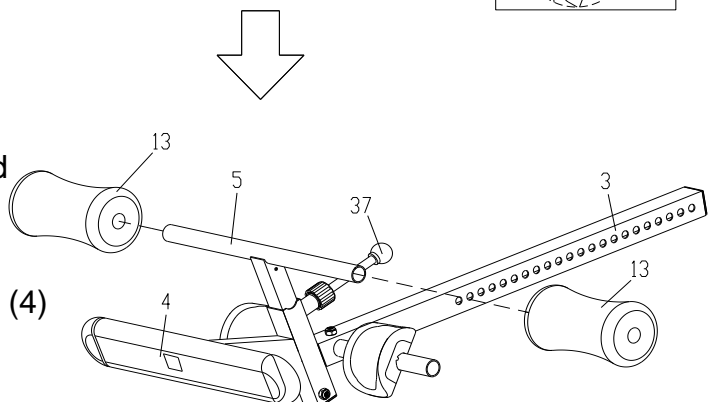
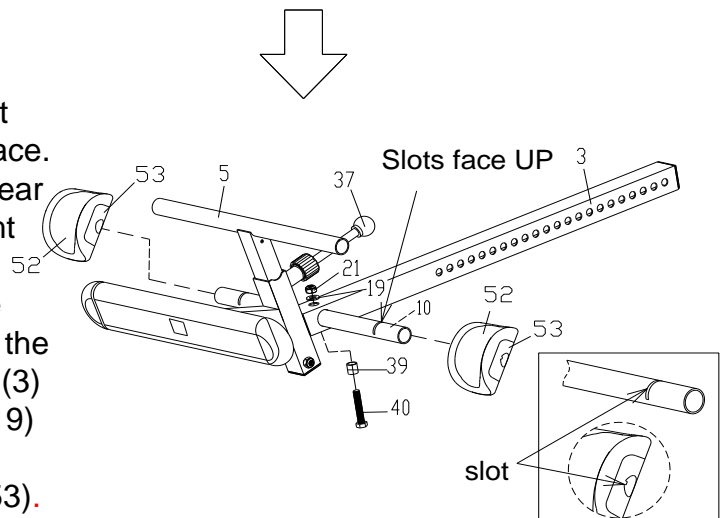
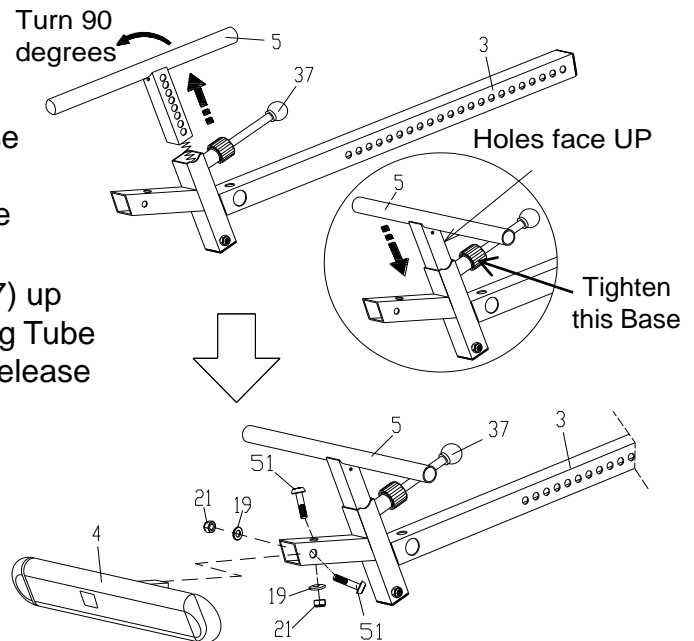
The U-Shape Holder (52) with Metal Cover (53) is pre-installed on the Rear Ankle Holding Tube (10). You must squeeze on one set (52&53) firmly to loosen it from the wedge and remove it from the slot that locks the part into place. With both slots facing **UP**, insert the Rear Ankle Holding Tube (10) into the Height Adjustment Tube (3).

Insert the Hexagonal Bolt (40) with the Metal Bushing (39) into the big hole at the bottom of the Height Adjustment Tube (3) and tighten them with a Flat Washer (19) and a Lock Nut (21). Re-install the U-Shape Holder (52) with Metal Cover (53). Make sure the Metal Cover (53) wedges into the slot provided on Rear Ankle Holding Tube (10). See detailed drawing.

Slide one Foam Roller (13) onto each end of the Adjustable Ankle Holding Tube (5).

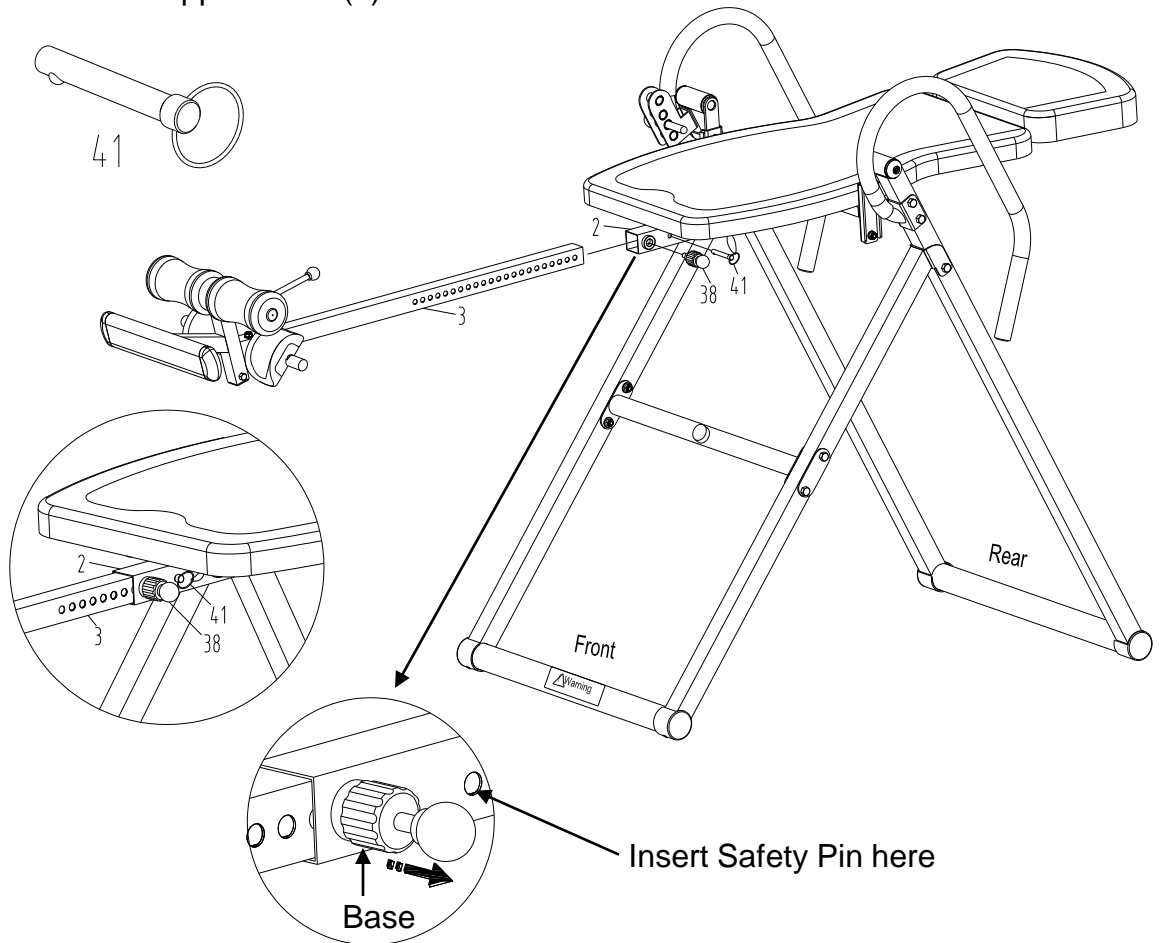
**Note:** To balance and offset the pressure from your body weight, the Footrest Plate (4) is designed to move slightly.

**TIGHTEN ALL NUTS, BOLTS, AND SCREWS AT THIS TIME**



## Step 5 – Height Adjustment Tube Assembly

Safety Pin (41) is secured on the  
Backrest Support Tube (2)



On the Height Adjustment Knob (38), grab the Base and unscrew it slightly. Pull the ball knob and at the same time, slide the Height Adjustment Tube (3) into the Backrest Support Tube (2) to your desired height number. Lock into place by releasing the Knob and tightening the Base of the Height Adjustment Knob (38).

Insert the Safety Pin (41) secured on the Backrest Support Tube (2) into the hole on the Backrest Support Tube (2) and the Height Adjustment Tube (3) to lock it into place. See detailed picture.

**To Adjust Height:** Pull out the Safety Pin (41). Grab the Base of the Height Adjustment Knob (38) and unscrew it slightly. Pull the ball knob and at the same time, slide the Height Adjustment Tube (3) up or down to your desired height number. Release the ball knob and tighten the Base of the knob. Make sure the Height Adjustment Knob (38) locks securely into a hole on the Height Adjustment Tube (3). Re-insert the Safety Pin (41) to lock into place.



# STORAGE, MAINTENANCE & WARNING LABELS

**To STORE**, remove the Safety Pin (26) at the tip of the right Base Frame (9R). Fold the Base Frame (8/9R&8/9L) and re-insert the Safety Pin (26) back into hole on the Base Frame (9R). See Figure 2.

Be sure to leave the Base Frame (8/9R&8/9L) wide enough to remain stable or secure it to a wall to prevent tipping. See Figure 1. You can also store it flat on the floor to avoid the risk of tipping.

**To CLEAN**, wipe your inversion table with a damp cloth. **DO NOT** use abrasive cleaners or solvents.



Figure 2

Figure 1

To Store, Insert the Safety Pin (26) at tip of right Base Frame (9R)

## **WARNING LABELS**

Call us to replace warning labels if damaged, illegible or removed.



### **Before Using The Inversion Table, You MUST:**

- Inspect all parts before each workout.
- Make sure all nuts, bolts, and screws are tightened.
- Ensure all Safety Pins are locked into place.
- Replace parts if broken, damaged, or worn.

# WARNINGS AND PRECAUTIONS

## **WARNING: Maximum Weight Capacity is 300 LBS**

### **To reduce the risk of serious injury:**

- All users should read and understand all important precautions, instructions, and warnings in this manual before using the inversion table. It is your responsibility to familiarize yourself with the proper use of the inversion table and the inherent risks of the inversion table (ex. falling on your head/neck, pinching, equipment failure, etc.). It is the responsibility of the owner to ensure that all users of the device are fully informed about the proper use of the equipment and all warnings and safety precautions.
- Users can also read the condensed version of the Warnings and User's Guidelines on the back of the Backrest Pad.

**Innova Products Inc. assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion Table.**

**DO NOT USE THIS INVERSION TABLE WITHOUT A LICENSED PHYSICIAN'S APPROVAL. CAREFULLY REVIEW THE FOLLOWING MEDICAL CONDITIONS WITH YOUR LICENSED PHYSICIAN:**

**PLEASE NOTE:** This list is for reference only and it is not a complete listing.

- Acutely swollen joints
- Bone weakness (osteoporosis)
- Cerebral sclerosis
- Conjunctivitis
- Glaucoma
- Heart or circulatory disorders
- Hiatal hernia
- High blood pressure
- Hypertension
- Medullary pins
- Middle ear infection
- Overweight / Extremely Obese
- Pregnancy
- Recent or unhealed fractures
- Recent stroke or transient ischemic attack
- Retinal detachment
- Spinal injury
- Surgically implanted orthopedic supports
- Use of anticoagulants  
(including high doses of aspirin)
- Ventral hernia

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

**IF YOUR LICENSED PHYSICIAN PERMITS YOU TO USE THIS INVERSION TABLE, DO SO ONLY UNDER HIS OR HER DIRECTIONS AND HAVE OUR GUIDELINES APPROVED BY YOUR LICENSED PHYSICIAN.**

### **PRIOR TO USING THE INVERSION TABLE:**

Ensure that ALL nuts, bolts, and screws are COMPLETELY tightened.

DO NOT use if any parts are damaged or missing.

Make sure all Safety Pins (Part # 26 and 41) are locked into place.

Be sure to secure your ankles so that they are locked snugly into place.

Always keep body, clothing, and hair free from all moving parts.

## PREPARING TO INVERT 1: INVERSION ANGLE AND HEIGHT SETTING



### SELECT INVERSION ANGLE

Familiarize yourself with the Angle Selector Pin located on the Right Side of the Inversion Table. The positioning of the pin will determine the degree of the inversion.

The 4 selections are:

20 - Slight Inversion

40 - Moderate Inversion

60 - Enhanced Inversion

80 - Extreme Inversion

**For your safety, Angle Selector Pin MUST be in one of the Angle Slots at all times.**

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



### ADJUST TO YOUR HEIGHT SETTING

Pull out the Safety Pin (41). Grab the Base of the Height Adjustment Knob (38) and unscrew it slightly. Pull the ball knob and at the same time, slide the Height Adjustment Tube (3) up or down to your desired height number. Make sure the Height Adjustment Knob (38) locks securely into a hole on the Height Adjustment Tube (3). Release the ball knob and tighten the base of the knob. Re-insert the Safety Pin (41) to lock into place.

**NOTE: Before starting, ensure that the inversion table is at the correct setting to match your height and weight distribution. As each individual's body type is different, you will need to find your own height setting.**

Photos shown may not represent actual product

## PREPARING TO INVERT 2: SECURING YOUR ANKLES

**WARNING:** ALWAYS WEAR ATHLETIC SHOES WITH TOP LACES TO HELP SECURE YOUR ANKLES IN THE INVERSION TABLE AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE FOAM ROLLERS ARE SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE ANKLE HOLDING ADJUSTMENT KNOB IS FULLY TIGHTENED AND LOCKED INTO PLACE BEFORE YOU USE THE INVERSION TABLE.

**Step 1-** Expand the Adjustable Ankle Holding Tube by pulling up on the Ankle Holding Adjustment Knob with one hand and pushing the Adjustable Ankle Holding Tube outward with the other hand.



**Step 2-** Slide your feet between the Foam Rollers and the U-Shape Holders.

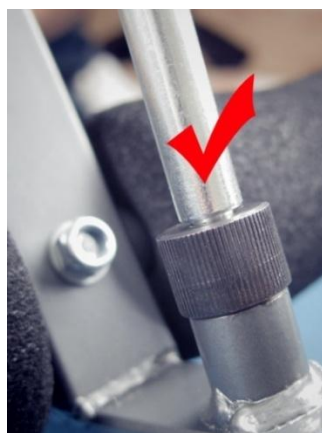
**NOTE:** Your ankles MUST lean all the way back and touch the U-Shape Holders.



**Step 3-** Contract the Foam Rollers so it is snugly against your ankles by pulling up on the Ankle Holding Adjustment Knob and making sure it securely "Locks" into place as photo A.



Photo's shown may not represent actual product



(A)



(B)

# HOW TO INVERT



Before inversion, you should tighten the Angle Selector Pin and make sure your feet are secured snugly. Lie flat on the backrest pad and relax.

**TO INVERT** the inversion table, slowly raise one arm and move it up and over your head. The inversion table should begin to tilt back slowly. Then, slowly raise your other arm and move it up over your head. The inversion table will safely invert to the set degree. Rest your arms over the head and relax.

If the inversion table does not invert, set the Height Adjustment Tube upwards one position at a time. If the inversion table inverts too quickly, set the Height Adjustment Tube downwards one position at a time until you find the desired height setting.

**NOTE:** The center of gravity may vary from person to person due to height and weight distribution. Your height setting may or may not be your actual height.

**TO RETURN** to upright position, slowly move your arms back to your side and bend your knees a little if necessary. To prevent dizziness, do not return to the upright position too quickly. Be sure to move your arms slowly and pause for a while at the horizontal level to allow your body to re-adjust to the upright position.

Try to rely on your center of gravity to return upright. **DO NOT** lift your head, try to sit up, or just rely on the handlebars to return upright.

With the proper inversion and height settings, the inversion table should safely invert.

**NOTE:** It is recommended that beginners use the setting marked 20 for partial inversion.

**CAUTION:** By slowly moving your arms back to the starting position, the inversion table should return to the upright position. If it does not, use the built-in handlebars to slowly help pull yourself back upright. Lower the Height Adjustment Tube downward one position at a time to accommodate your height and body type.



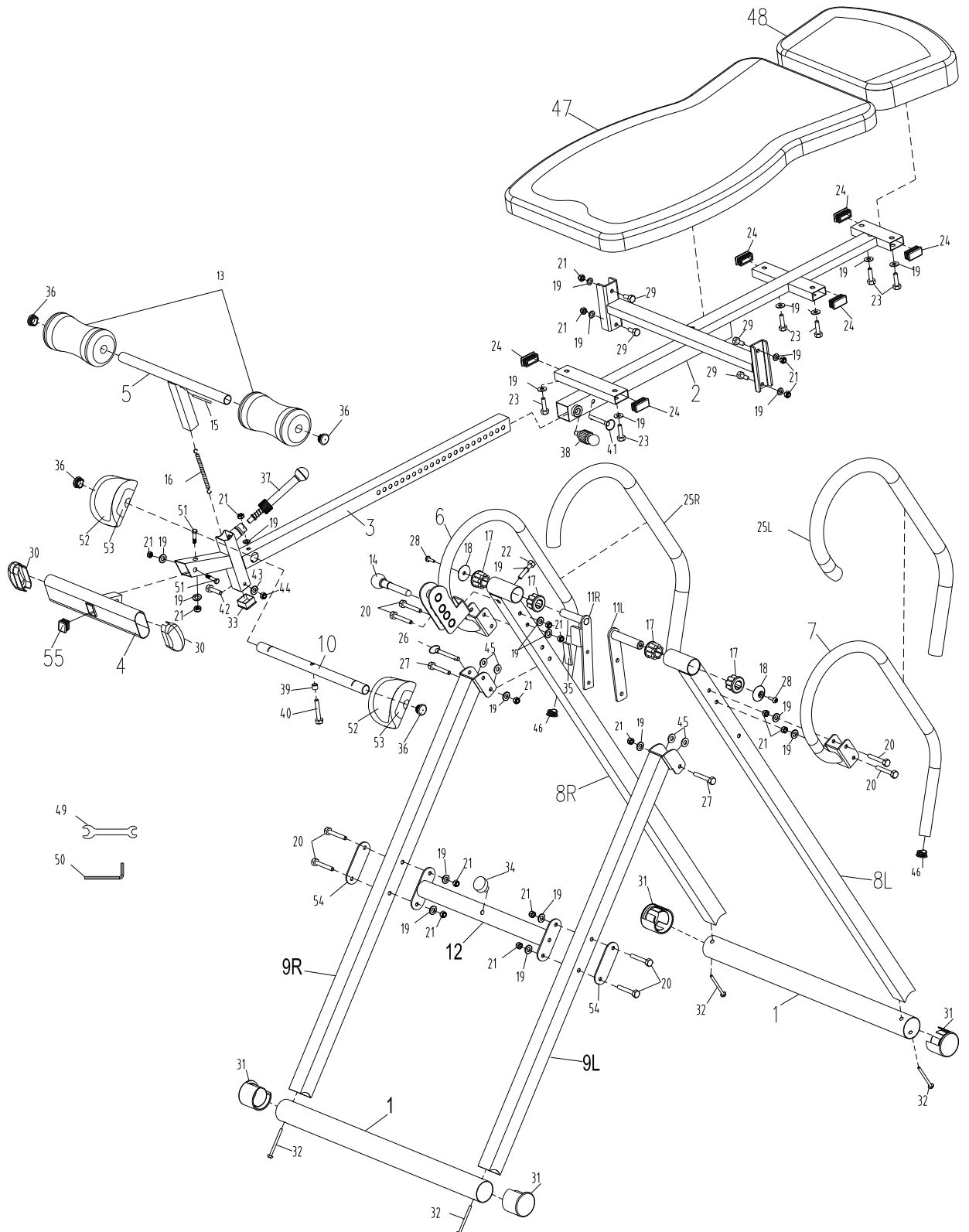
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# Parts Listing

Part#	Description	QTY	Part#	Description	QTY
1	Bottom Tube	2	27	Bolt-M8x60mm	2
2	Backrest Support Tube	1	28	Hexagonal Bolt-M8x20mm	2
3	Height Adjustment Tube	1	29	Bolt-M8x20mm	4
4	Footrest Plate	1	30	Oval End Caps-Footrest Plate	2
5	Adjustable Ankle Holding Tube	1	31	Base Frame End Caps	4
6	Handlebar-Right	1	32	Hexagonal Bolt-M8x65mm	4
7	Handlebar-Left	1	33	Square End Cap-Height Adjustment	1
8L	Base Frame - Rear-Left	1	34	Rubber Stopper	1
8R	Base Frame - Rear-Right	1	35	EVA Space Pad	1
9L	Base Frame - Front-Left	1	36	Round End Caps-Ankle Tube	4
9R	Base Frame - Front-Right	1	37	Ankle Holding Adjustment Knob	1
10	Rear Ankle Holding Tube	1	38	Height Adjustment Knob	1
11L	Connecting Bracket-Left	2	39	Metal Bushing-Rear Ankle Holding Tube 8mm	1
11R	Connecting Bracket-Right	2	40	Bolt-M8x45mm	1
12	Cross Bar	1	41	Safety Pin- $\varnothing$ 8x53mm	1
13	Foam Roller	2	42	Bolt-M6x40mm	1
14	Angle Selector Pin- $\varnothing$ 13.8x88mm	1	43	Washer- $\varnothing$ 18x $\varnothing$ 6.2x1.2	1
15	Round Spring Insert	1	44	Nut-M6	1
16	Spring	1	45	Plastic Washer- $\varnothing$ 20x $\varnothing$ 9.5x1.2	4
17	Spacer-Base Frame	4	46	Round End Cap-Handlebars	2
18	Round End Cap-Base Frame	2	47	Backrest Pad	1
19	Flat Washer $\varnothing$ 16x $\varnothing$ 8.5x1.5	25	48	Headrest Pad	1
20	Bolt-M8x55mm	8	49	Wrench-#13/#17	2
21	Lock Nut M8	15	50	Hex Wrenches	1
22	Bolt-M8x50mm	1	51	Bolt-M8x16mm	3
23	Bolt-M8x30mm	6	52	U-Shape Holder	2
24	Square End Cap-Backrest Tube	6	53	Metal Cover	2
25L	Handlebar Grip-Left	1	54	Metal Support Plate 100x38x2.5mm	2
25R	Handlebar Grip-Right	1	55	Square End Cap-Footrest Plate	1
26	Safety Pin- $\varnothing$ 8x64mm	1			



# Exploded View





**Innova Products Inc.**

**1289 Hammerwood Avenue,**

**Sunnyvale, CA 94089**

**Email: [support@innovaproductsinc.com](mailto:support@innovaproductsinc.com)**

**Phone: (408) 541-1866**

**[www.innovaproductsinc.com](http://www.innovaproductsinc.com)**