



# KeysFitness® IT-3

## Owner's Manual INVERSION TABLE

**Customer Service**  
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**Keys Fitness**  
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### **! CAUTION**

Read all precautions and instructions in this manual before using this equipment.



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# Important Safety Information



## WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product. Keys Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Inspect and tighten all parts each time you use the unit. Replace any worn parts by contacting your local dealer or Keys Fitness Customer Service at (888) 340-0482.
2. Keep your hands and other parts of your body away from moving parts other than designed handles.
3. Keep small children away from the unit at all times.
4. When adjusting the height make sure the pins are firmly in place. Failure secure the pins firmly may result in injury.
5. If you feel pain or dizziness at any time while using this unit stop immediately and begin cooling down.
6. This unit a has maximum user capacity of **250** pounds.

# ! CAUTION

**Before use, read instruction manual completely.**

It is extremely important to set the balance for your proper height and weight before use to avoid injury.

Remove footwear before use. (You could slip out of your shoes and cause injury.) Both feet must be placed in the footrest.

First time users should have someone in attendance.

Keeps hands and finger clear from underneath sliding back rest to avoid injury.

Please consult your physician for any questions concerning health risks.

Keeps fingers clear of foot adjustment ratchet to avoid injury.

Caution is advised in certain medial pre-existing conditions.

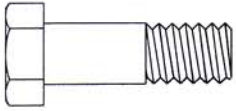
Always consult your physician before starting regular use.

If you suffer from any of the following conditions **do not use** this equipment:

GLAUCOMA, DETACHED RETINA, CONJUNCTIVITIS, UNCONTROLLED HYPERTENSION (HIGH BLOOD PRESSURE), IMPAIRED PULMONARY FUNCTIONS, ARRHYTHMIA, CAROTID ARTERY STENOSIS, SERVE VASCULAR DISEASE, ANEURYSM, TENDENCY TOWARDS FAINTING OR DIZZY SPELLS, CEREBRAL SCLEROSIS, RECENT STROKE OR TRANSIENT ISCHEMIC ATTACK, HISTORY OF BRAIN LESIONS, OTHER HEART OR CIRCULATORY DISORDERS FOR WHICH YOU ARE BEING TREATED, SEVERE BACK PROBLEMS OR SPINAL INJURIES, BONE WEAKNESS (OSTEOPOROSIS), RECENT UNHEALED FRACTURES, MEDULLARY PINS, ARTIFICIAL HIP JOINTS OR OTHER ORTHOPEDIC SUPPORTS SURGICALLY IMPLANTED, MIDDLE EAR INFECTION, RECENTLY HAD MAJOR SURGERY, USING SPECIAL MEDICATION, VENTRAL OR HIATAL HERNIA, TENDENCY TOWARDS BLEEDING, EXTREME OBESITY, INVERTAPHOBIA (FEAR OF INVERSION), AND PREGNANCY.

This is not a complete list. Should you have a condition or ailment that you think would restrict usage of this unit, please consult a physician or therapist before continuing.

# Hardware List



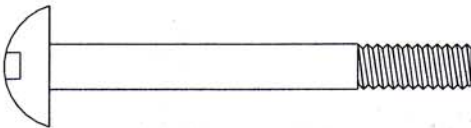
(32)M8X22mm HEX BOLT 4PCS



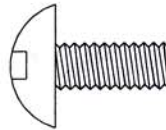
(45)M8X60mm HEX BOLT 2PCS



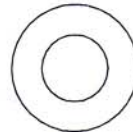
(33)M6X48mm HEX BOLT 2PCS



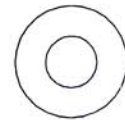
(34)ALLEN BOLT M6X56 4PCS



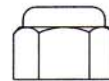
(35)ALLEN BOLTM6X15 1PCS



(36)M8 WASHER  
12PCS



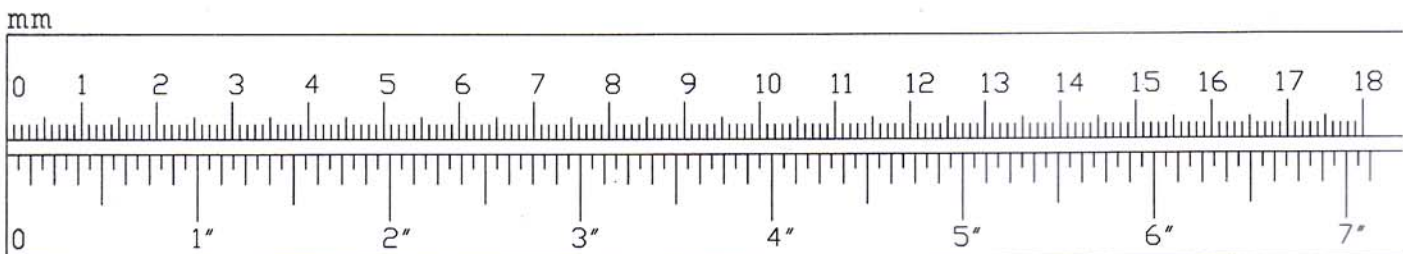
(37)M6 WASHER  
16PCS



(38)M8 LOCKNUT  
6PCS

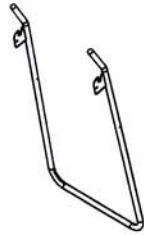


(39)M6 LOCKNUT  
6PCS





(1) FRONT SUPPORT



(2) BACK SUPPORT



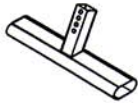
(3) ADJUSTABLE FRAME



(4) MAIN FRAME



(5) FRONT ADJUSTABLE FRAME



(6) FOOT FRAME



(7) CONNECT BUSHING



(8) LEFT SIDE ADJUSTABLE FRAME



(9) FORM ROD



(10) FOOT FORM BRACKET



(11) HOOK



(12) BLACK BALL PIN (LONG)



(13) BLACK BALL PIN (SHORT)



(14) 3/8" KNOB BOLT



(15) M8 KNOB BOLT



(16) SPRING



(17) PIN

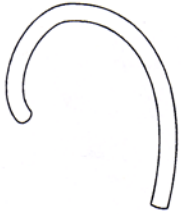


(18) SQUARE BUMPER

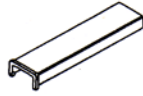


(19) ELLIPTICAL PLUG (30X70)

# Assembly



(20) HAND GRIP



(21) SQUARE SPACER  
(50X205)



(22) SQUARE END  
PLUG(33.4X33.4)



(23) ROUND END  
PLUG( $\phi$ 42)



(24) SQUARE BUSHING  
(50X38)



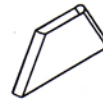
(25)  $\phi$  42 END CAP



(26) PIECE BUMPER  
 $\phi$  42



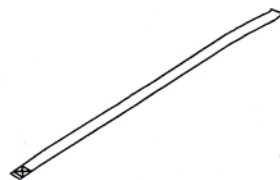
(27) BACKREST PAD



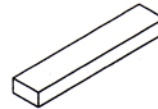
(28) SIDE COVER



(29) STRAP(SHORT)



(30) STRAP(LONG)



(31) SQUARE PAD



(40) ROLLER PAD



(41) DOME END PLUG  
 $\phi$  22



(42) ROUND PIECE  
 $\phi$  15



(43) HAND RAIL



(44) RIGHT SIDE  
ADJUSTABLE  
FRAME

## STEP 1

Spread the Front Support (1) and Rear Support (2) of the base part as shown in Figure 1. Carefully push down on the two folding arms until they are fully lock in place.

Figure 1

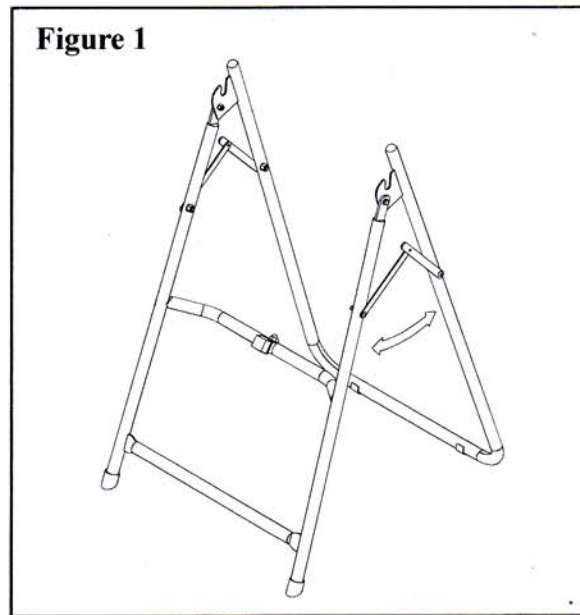
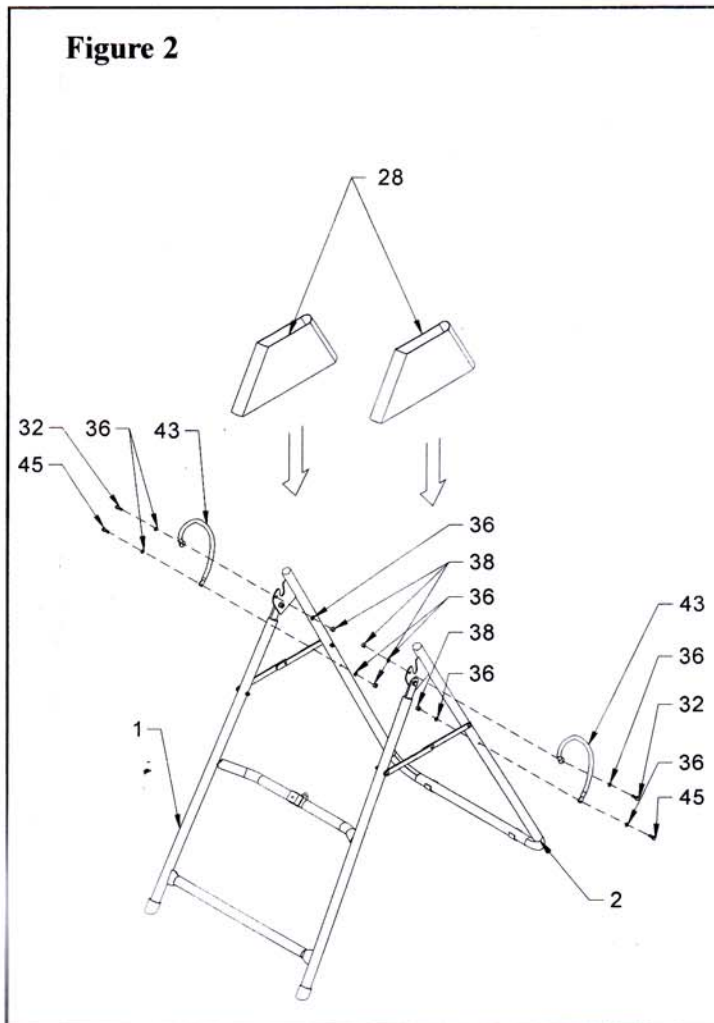


Figure 2



## STEP 2

Slide the Nylon Covers (28) onto the top of the base assembly. The covers should extend slightly below the Side Adjustable Frame (2). Use the velcro straps to secure them in place. Attach hand rails (43) to side of rear support (2) secure using two M8\* 22 hex bolts (32), two M8\*60 hex bolts (45), eight M8 washers (36) and four M8 lock nuts (38). (Figure 2. )



## STEP 3

Slide the Adjustable Frame (3) into the tube of the Main Frame (4). Set your desired height using the Black Ball Pen (12) and secure in place with the Knob Bolt  $3/4"$  (14). (Figure 3)

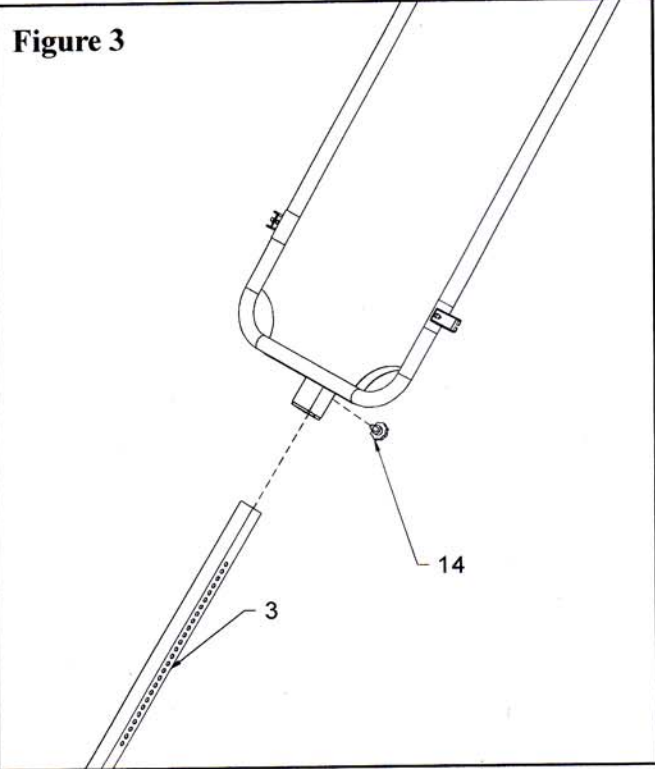


Figure 3

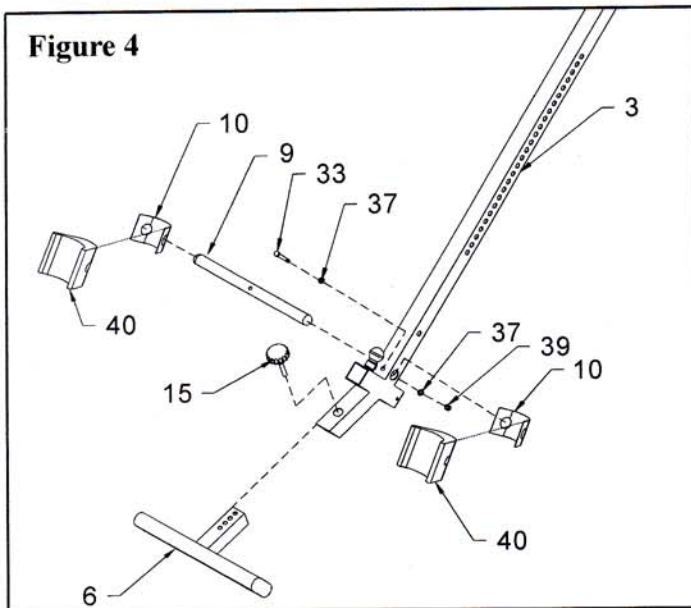


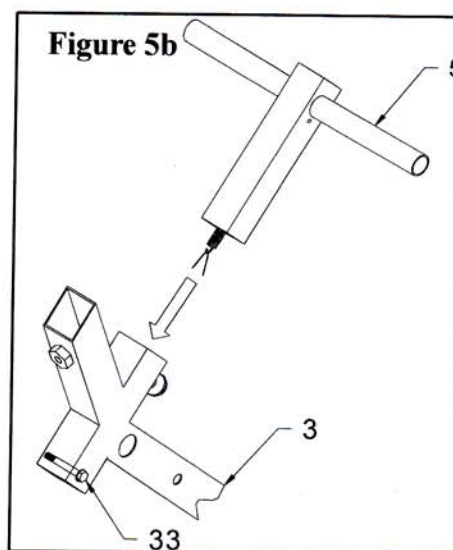
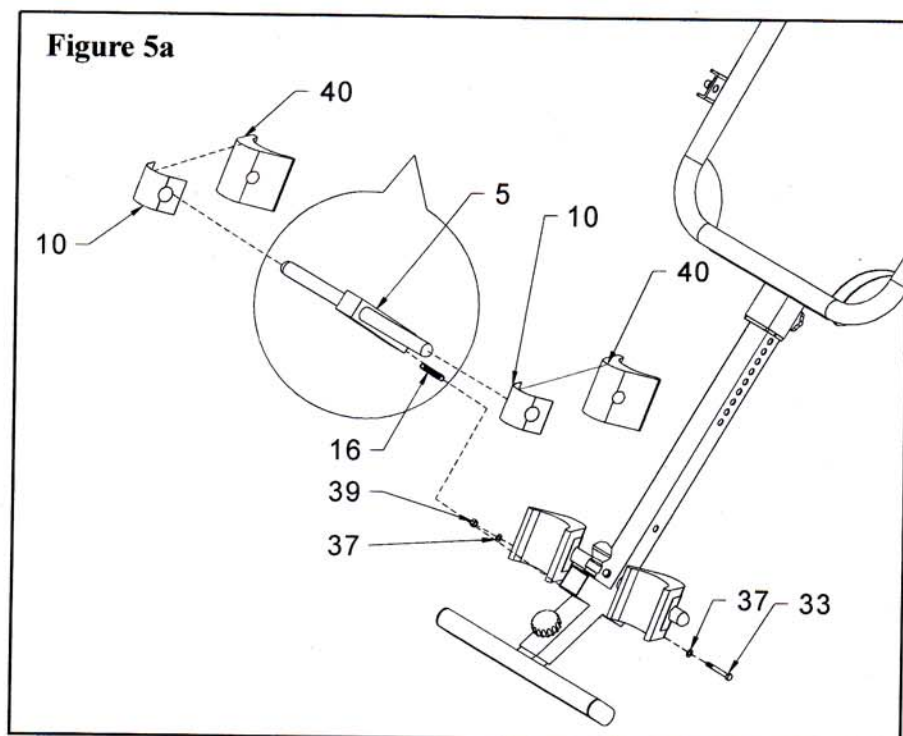
Figure 4

## Step 4

Insert the Foam Rod (9) through the holes at the bottom of the Adjustable Frame (3). Use one Hex Bolt M6\*48mm (33), two Washers M6 (37), and one Locknut M6 (39) to secure the rod in place. Next, place one of the Roller Pads (40) into a Foot Foam Brackets (10) and slide one onto each end of the Foam Rod (9). Make sure the holes of both the Foot Foam Bracket (10) and the Roller Pads (40) line up together. Insert the Foot Frame (6) into the Adjustable Frame (3) and secure in place using Knob Bolt M8 (15). (Figure 4)

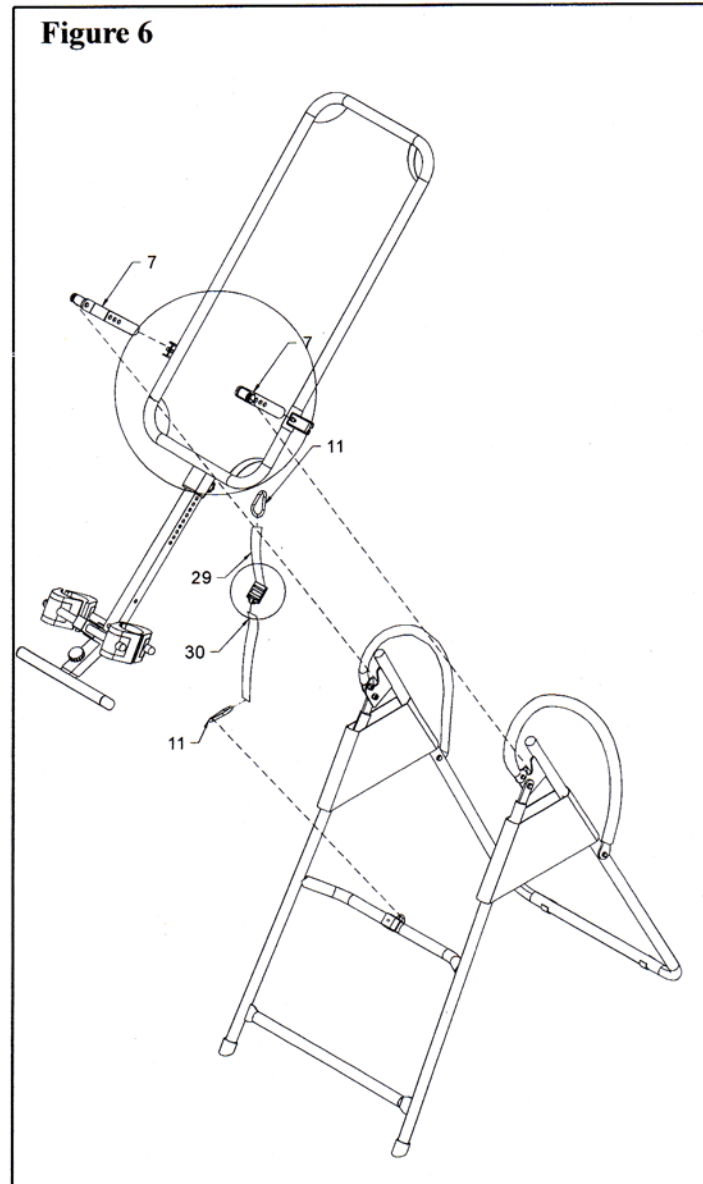
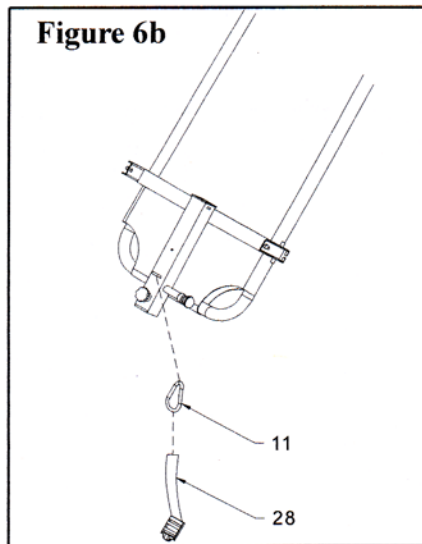
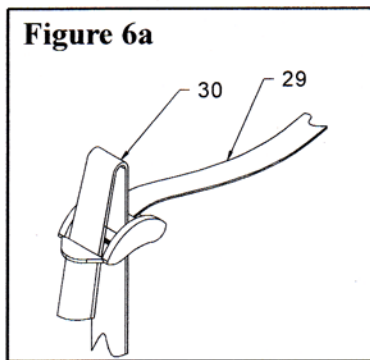
## Step 5

Insert Front Adjustable Frame (5) into the top of the Adjustable Frame (3). Pull the rope down and hook the end of the spring onto the Hex Bolt M6\*48mm (33) as shown in *Figure 5b*



## Step 6

Slide a Pivot Arm (7) into each brace located on the left and right side of the Main Frame (4). Carefully set Unit A into the notches at the top of Unit B. Connect the Long Strap (30) to the Short Strap (29) as shown in *Figure 6b*. Last, attach the hook end of the Long Strap (30) to the weld ring of the Front Support (1) and the hook end of the Short Strap (29) to the weld ring of the Main Frame (4). (*Figure 6c*)

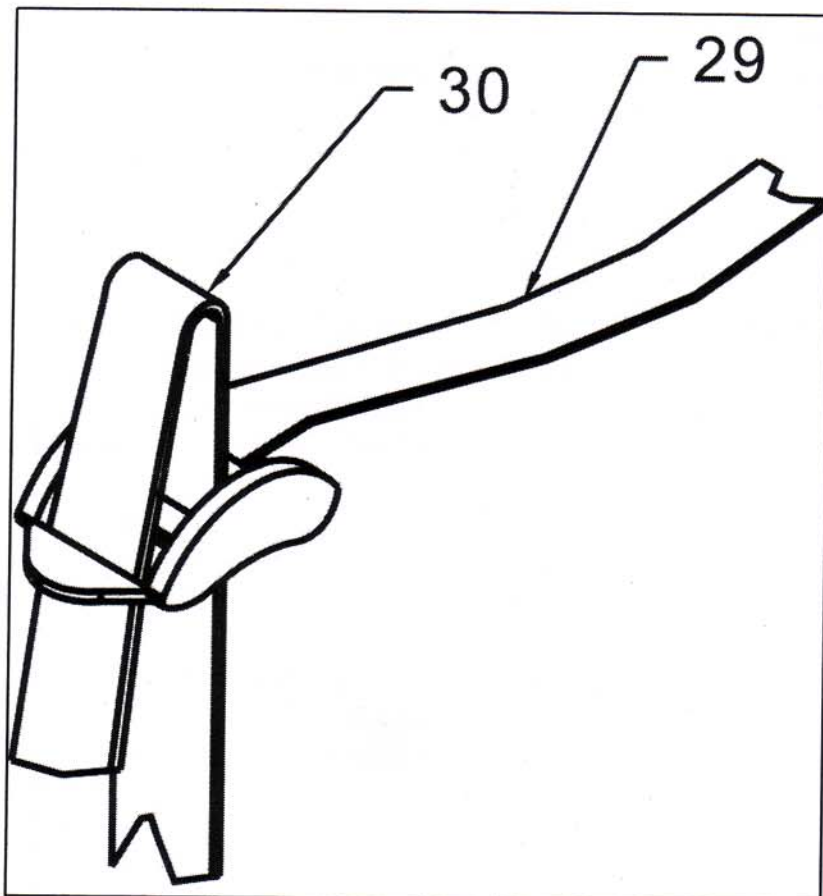


**Congratulations!**

**You have completed the assembly of the IT-3. Inversion Table.**

## NYLON STRAPS:

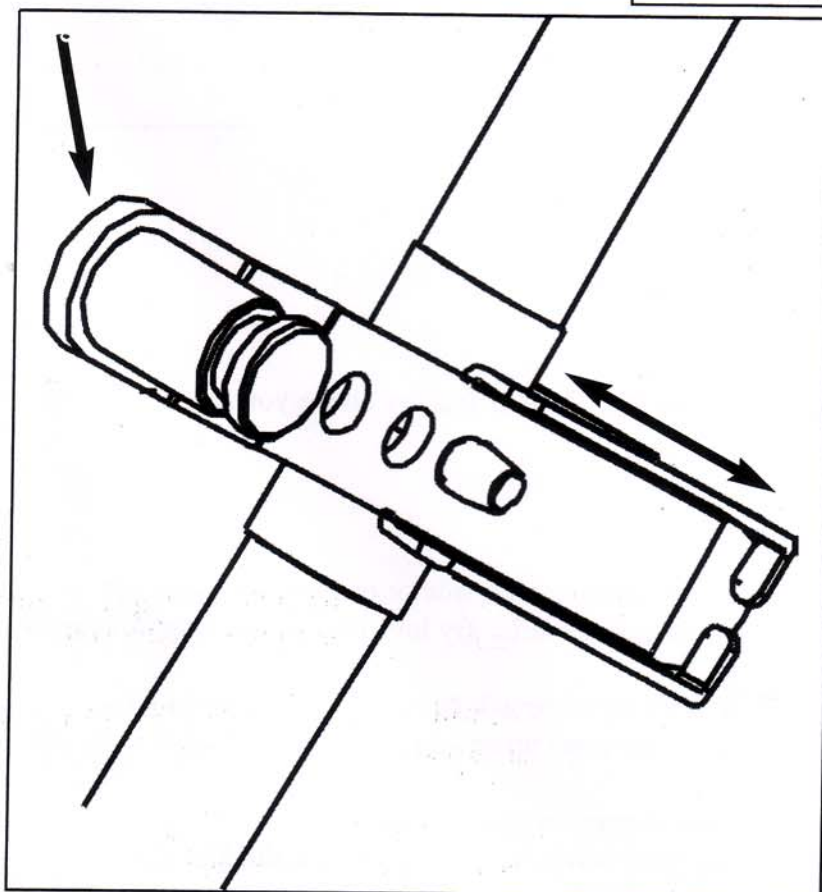
The straps have been included to restrict the angle of the inversion.



## PIVOT ARMS:

The pivot arms also allow for a greater or lesser inversion degree. To adjust the position simply pull out on the pivot arm until the post is out of the hole. Once the post is clear you can slide the pivot arms into one of the 3 positions you choose. The bottom hole provides the least amount of resistance and is the recommended position for beginners.

*Note: Both pivot arms must be in the same adjustment hole.*

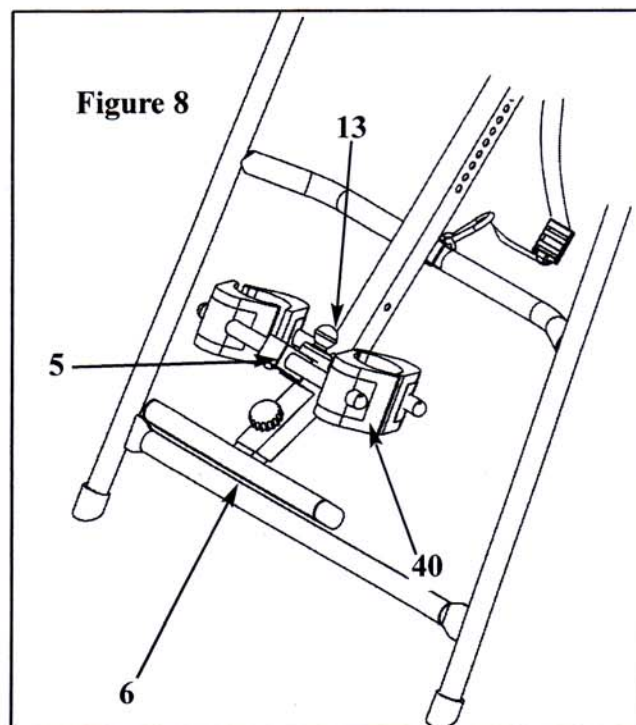


## GENERAL PRECAUTIONS:

1. Make sure there is enough room for the inversion table to rotate completely.
2. Keys Fitness recommends you have someone with you while you use the machine for the first few times.
3. Make sure the Adjustable Frame is properly set to your height and secured by the Black Ball Pen and the Knob Bolt.
4. Make sure the Foot Frames are holding your ankles securely.

## MOUNTING THE INVERSION TABLE:

1. Pull up on the Black Ball Pin (13) and slide the Front Adjustable Frame (5) out of the Adjustable Frame (3).
2. Place your ankles between the Foot Form Pads (40) and stand on the Foot Frame (6).
3. Once again, pull up on the Black Ball Pin (13) and slide the Front Adjustable Frame back into the Adjustable Frame (3). Push the Front Adjustable Frame (5) until the Foot Form Pads (40) are snug around your ankles. Release the Black Ball Pin (13) and adjust the Front Adjustable Frame (5) until the pen locks in place.
4. Stand upright with your back against the Backrest (27) and your hands lowered at your sides.

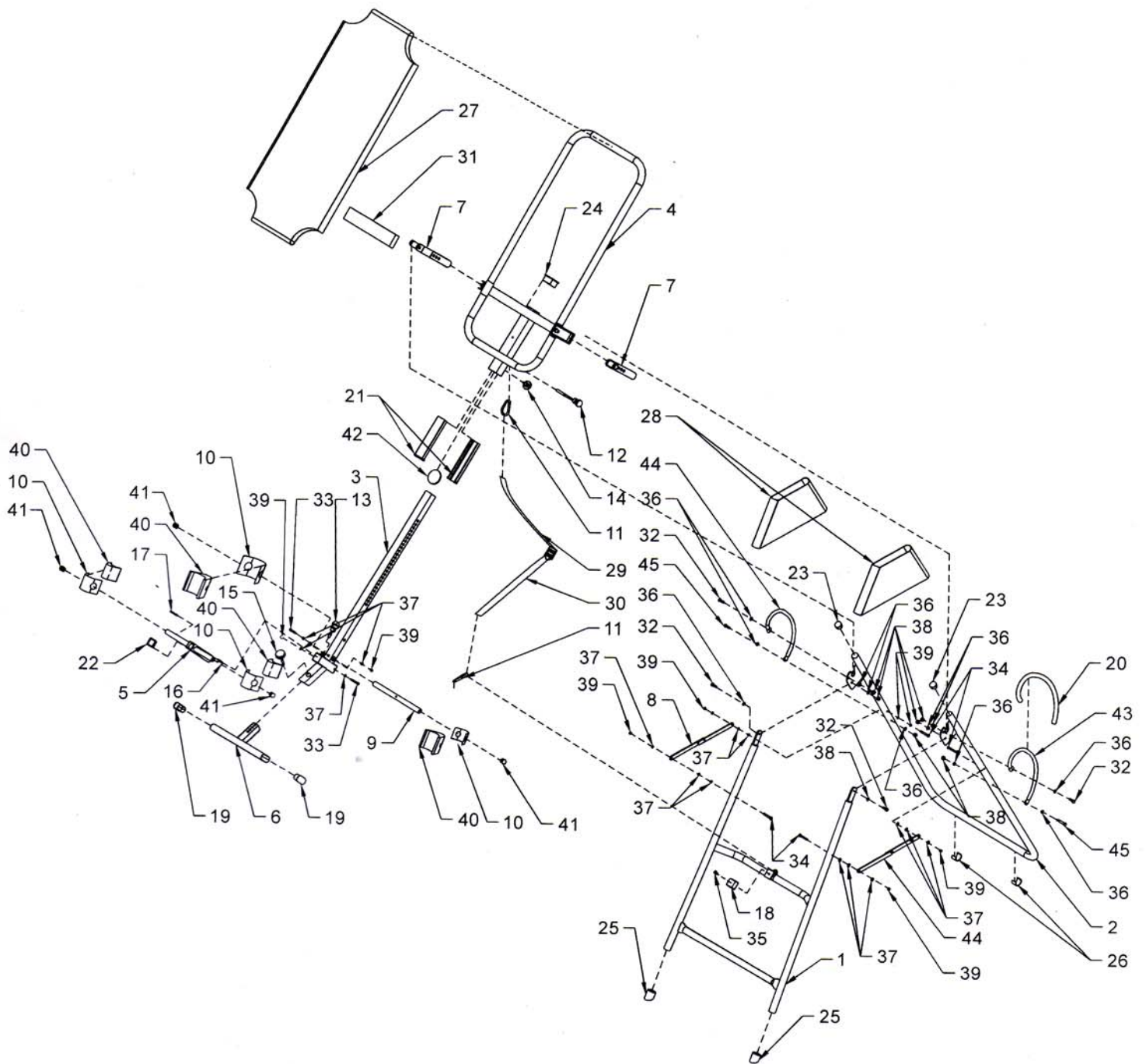


## PROPER HEIGHT ADJUSTMENT

1. Set by sliding adjustable frame until desired height is achieved.
2. Mount the unit and lock your ankles into the foot form pads.
3. Lie back with your hands at your side.
4. Slowly place your hands across your chest.
5. While in this position your head should still be above your feet. If your feet are above your head, you will need to dismount and adjust the height again.

## USING THE INVERSION TABLE:

1. Start by lying with your back against the backrest with your hands at your side or on your thighs.
2. Carefully raise your arms to slowly allow the table to rotate backwards. By lowering or stopping your arms you can control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point the table will be as far back as it can go.
4. As you get more comfortable with using the table, move your arms up and down slowly to rock it back and forth.
5. A gentle swinging motion will alternately put your spine in traction and compression.
6. You can return to the upright position by slowly moving your hands back down to your thighs.



## IT-3 PARTS LIST

REF#	KEYS PART#	DESCRIPTION	QTY.
1	223-00570	FRONT SUPPORT	1
2	223-00571	REAR SUPPORT	1
3	223-00572	ADJUSTABLE FRAME	1
4	223-00573	MAIN FRAME	1
5	219-00260	FRONT ADJUSTABLE FRAME	1
6	219-00261	FOOT FRAME	1
7	219-00262	CONNECT BUSHING	2
8	219-00263	SIDE ADJUSTABLE FRAME	2
9	219-00264	FOAM ROD	1
10	219-00265	FOOT FORM BRACKET	4
11	210-00080	HOOK	2
12	210-00081	BLACK BALL PIN (LONG)	1
13	210-00082	BLACK BALL PIN	1
14	210-00083	3/8" KNOB BOLT	1
15	210-00084	M8 KNOB BOLT	1
16	202-00100	SPRING	1
17	210-00085	PIN	1
18	206-00120	SQUARE BUMPER	1
19	206-00121	FOOT FRAME PLUG	2
20	210-00086	HAND GRIP	2
21	206-00122	SQUARE SPACER (50*205)	1
22	206-00123	SQUARE END PLUG (33.4X33.4)	2
23	206-00124	ROUND END PLUG 42mm	2
24	206-00125	SQUARE BUSHING (50*38)	1
25	206-00126	END CAP 42mm	2
26	206-00127	PIECE BUMPER 42mm	2
27	228-00080	BACKREST PAD	1
28	210-00087	SIDE NYLON COVER	2
29	210-00088	SHORT STRAP	1
30	210-00089	LONG STRAP	1
31	228-00081	SQUARE PAD	1
32	202-00101	HEX BOLT M8*22mm	4
33	202-00102	HEX BOLT M6*28mm	2
34	202-00103	ALLEN BOLT M6*56mm	4
35	202-00104	ALLEN BOLT M6*15mm	1
36	202-00105	WASHER M8	12
37	202-00106	WASHER M6	12
38	202-00107	LOCKNUT M8	6
39	202-00108	LOCKNUT M6	6
40	228-00082	ROLLER PAD	4
41	206-00128	DOME END PLUG	4
42	210-00090	ROUND PIECE	9
43	210-00001	HAND RAIL	2
44	210-00002	RIGHT SIDE ADJUSTABLE FRAME	1
45	210-00003	HEX BOLT M8*60	2

## KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

**PRODUCT:** IT-3  
**HOME USE WARRANTY:** 5 Years Parts

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or wise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:

KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355





**Customer Service**  
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