

# INVERSION TABLE OWNER'S MANUAL

1576





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WARNING: Before beginning this or any exercise program, consult your physician, this is especially important for people with pre-existing health problems.

NOTE: Maximum Weight Capacity for this product is 300lbs/136kgs.



## SAFETY PRECAUTIONS

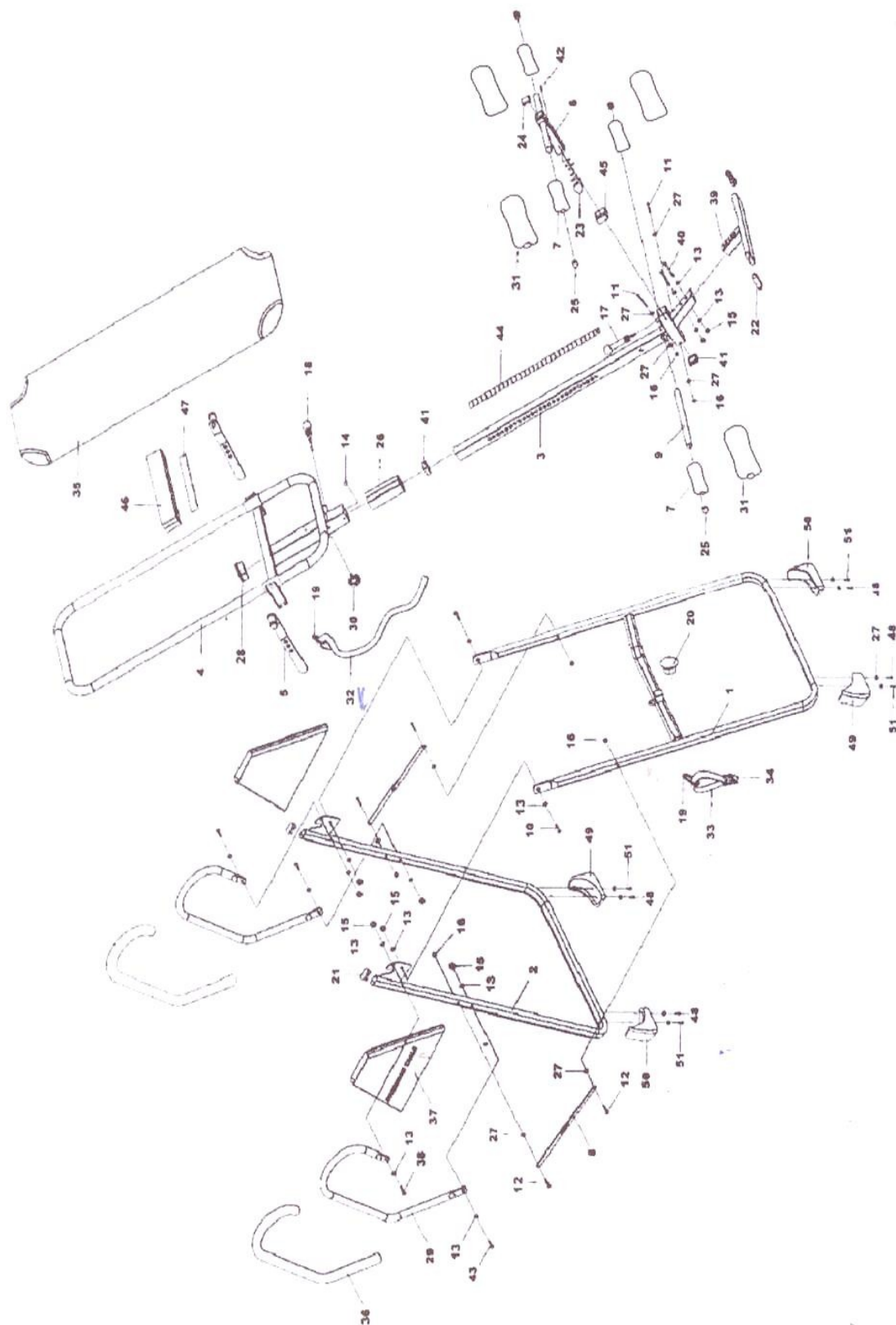
This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the inversion table.
2. Always wear proper exercise apparel when using the equipment.
3. If any time you feel weak or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
4. Keep children and pets away from the equipment while in use.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using machine. If you get nauseous, come up as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry away from moving parts.

**WARNING:** Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports.
- Use of anti-coagulants including Aspirin in high doses.







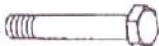




## PART LIST

Part #	Description	Quantity	Part #	Description	Quantity
1	Front U-Frame	1	<u>32</u>	Nylon Strap	1
2	Rear U-Frame	1	<u>33</u>	Loop Strap	1
3	Adjustable Boom	1	<u>34</u>	Strap Lock	1
4	Bed Frame	1	<u>35</u>	Nylon Bed	1
5	Pivot Arm	2	36	Foam Grip	2
6	Adjustable Instep Frame	1	<u>37</u>	Protective Cover	2
7	Heel Holder Bracket	4	38	Hex Head Bolt 8*22	2
8	Folding Arm	2	39	Foot Bar	1
9	Rod	1	40	Hex Head Bolt 8*50	2
10	Hex Head Bolt 8*25mm (15mm)	2	41	Square End Cap	2
11	Hex Head Bolt 6*47	2	42	Spring Latch	1
12	Phillips Screw 6*32	4	43	Hex Head Bolt 8*38	2
13	Washer M8	16	44	Height Scale	1
14	Round Plate	1	45	Plastic Bushing	1
15	Lock Nut M8	8	46	Pad	1
16	Lock Nut M6	6	47	Double Sided Tape	1
17	Small Spring Knob	1	48	Screw M6*20	4
18	Large Spring Knob	1	49	Right Foot Cap	2
<u>19</u>	Safety Hook	2	50	Left Foot Cap	2
20	Rubber Pad	1	51	Screw M6*25	4
21	Oval End Cap	2			
22	Footbar End Cap	2			
23	Spring	1			
24	Square End Cap	1			
25	Round End Cap	4			
26	Lower Bed Frame Bushing	2			
27	Washer M6	16			
28	Upper Bed Frame Bushing	1			
29	Handlebar	2			
30	Knob	1			
31	Heel Holder	4			

## HARDWARE BAG PACKING LIST

Part #	Description	Quantity
11	Hex Head Bolt M6*47 	2
13	Washer M8 	12
15	Lock Nut M8 	6
16	Lock Nut M6 	2
38	Hex Head Bolt M8*22 	2
40	Hex Head Bolt M8*50 	2
43	Hex Head Bolt M8*38 	2



Hook for step 6



Double open wrench M12\*14 (2PCS)

- NOTE:
- The parts described above are all the parts you need to assemble this Machine. Before you start to assemble, please check the hardware packing to make sure they are included.
  - All the other parts described in page 3 parts list are pre-assembled in the factory.

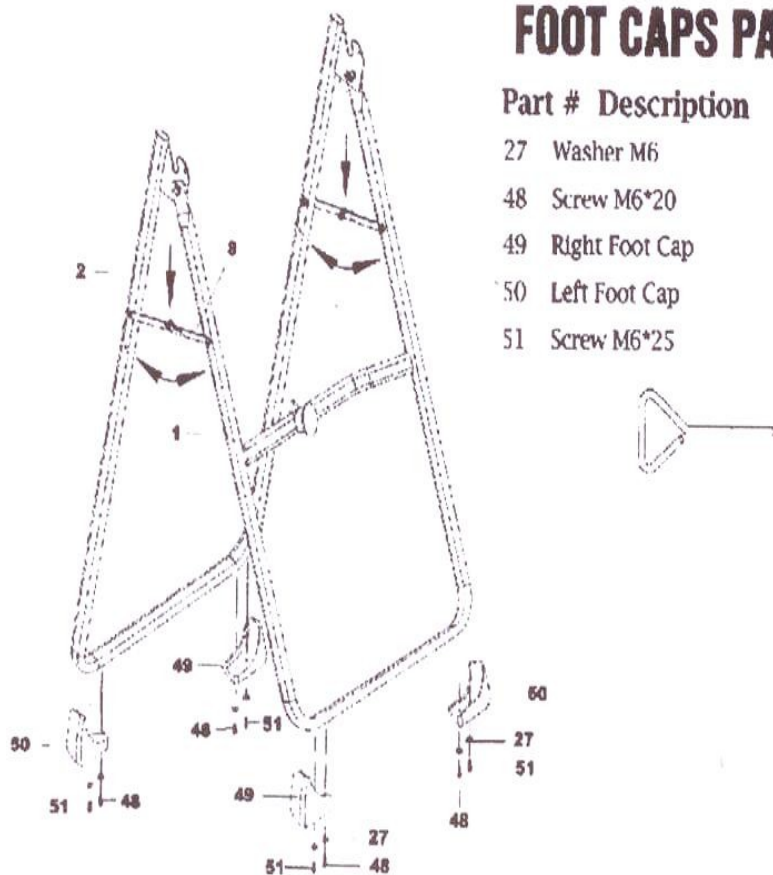
## ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. Refer to the part lists for help to identify the parts. Follow the steps to assemble the machine.

# ASSEMBLY INSTRUCTIONS

## FOOT CAPS PACKING

Part #	Description	Quantity
27	Washer M6	8
48	Screw M6*20	4
49	Right Foot Cap	2
50	Left Foot Cap	2
51	Screw M6*25	4

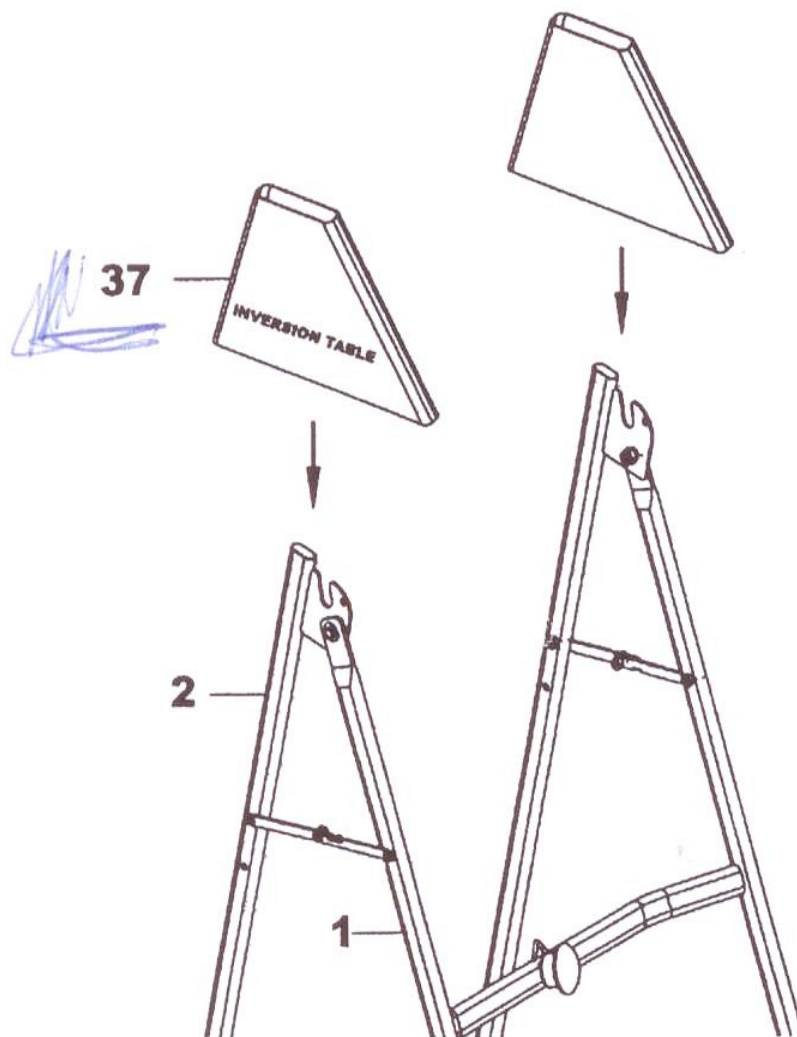


### STEP1:

Stand up the base of the machine, by separating the u-frames. Pull the Front and Rear U-Frames (1,2) as far apart from each others as possible. Then push down on the middle of the two Folding Arms(8) until they are fully locked down.

Attach the Left & Right Foot Caps (50, 49 ) to the Front & Rear U-Frame (1,2) each with two Screws (48 , 51) and Washers (27).

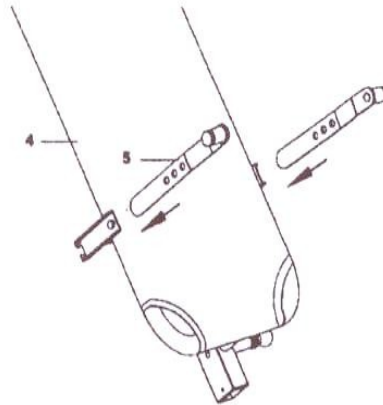




**STEP2:**

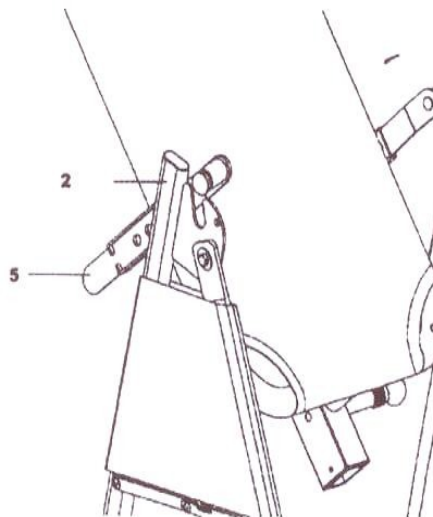
Slide one Protective Cover (37) on to each side of the base, as shown, and pull down on the covers until the bottom of the Covers are slightly lower than the Folding Arms(8,14 ). Use the Velcro straps on the bottom of the covers to secure the Covers to the Folding Arms. When the covers are assembled correctly, the folding arms should be fully covered by the protective cover with the logo on the side.





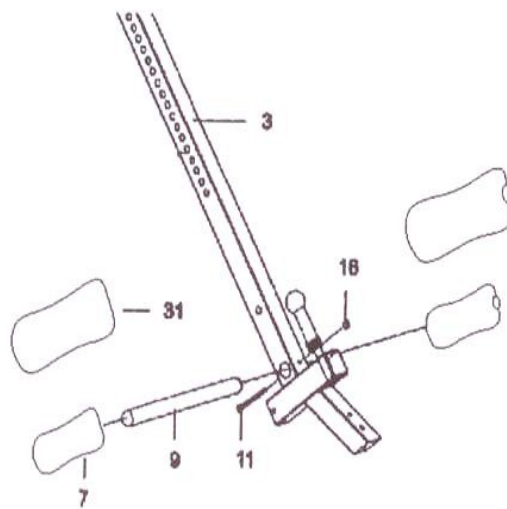
#### STEP3:

Slide the bottom of the Pivot Arms (5) into the brackets, located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the pivot arm in place. It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.

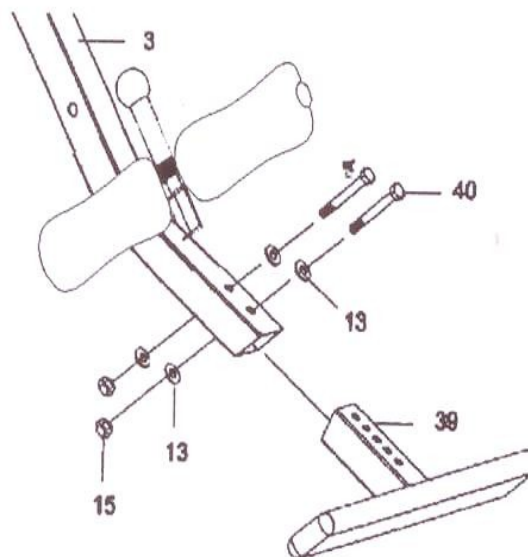


#### STEP4:

Mount the Bed Frame to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers, on the end of the pivot arms, should be inserted into the channels on the plates.

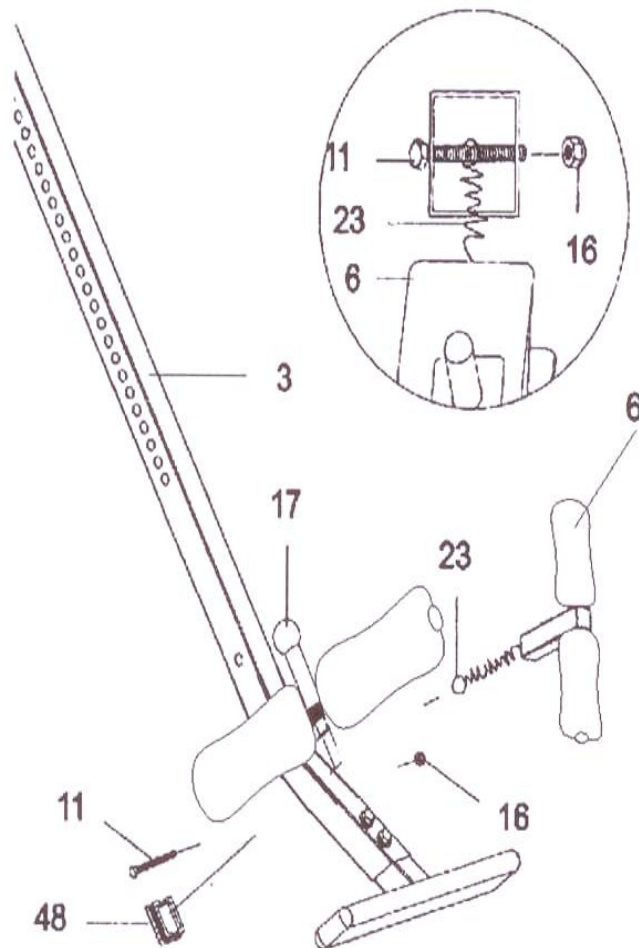


Now, attach one Heel Holder Bracket (7) and one Heel Holder (31) to one end of the Rod (9). Slide the rod through the large round hole on the side of Boom (3) as shown, and attach the other Heel Holder Bracket (11) and heel Holder to the other end of the Rod.



#### STEP5:

Slide the Foot Bar(39) into the bottom of the Adjustable Boom(3) and align two of the holes on the foot bar with the two holes on the boom. Secure the foot bar in place using a Hex Head Bolt (40), a Nylon Nut(15), and one Washer(13).

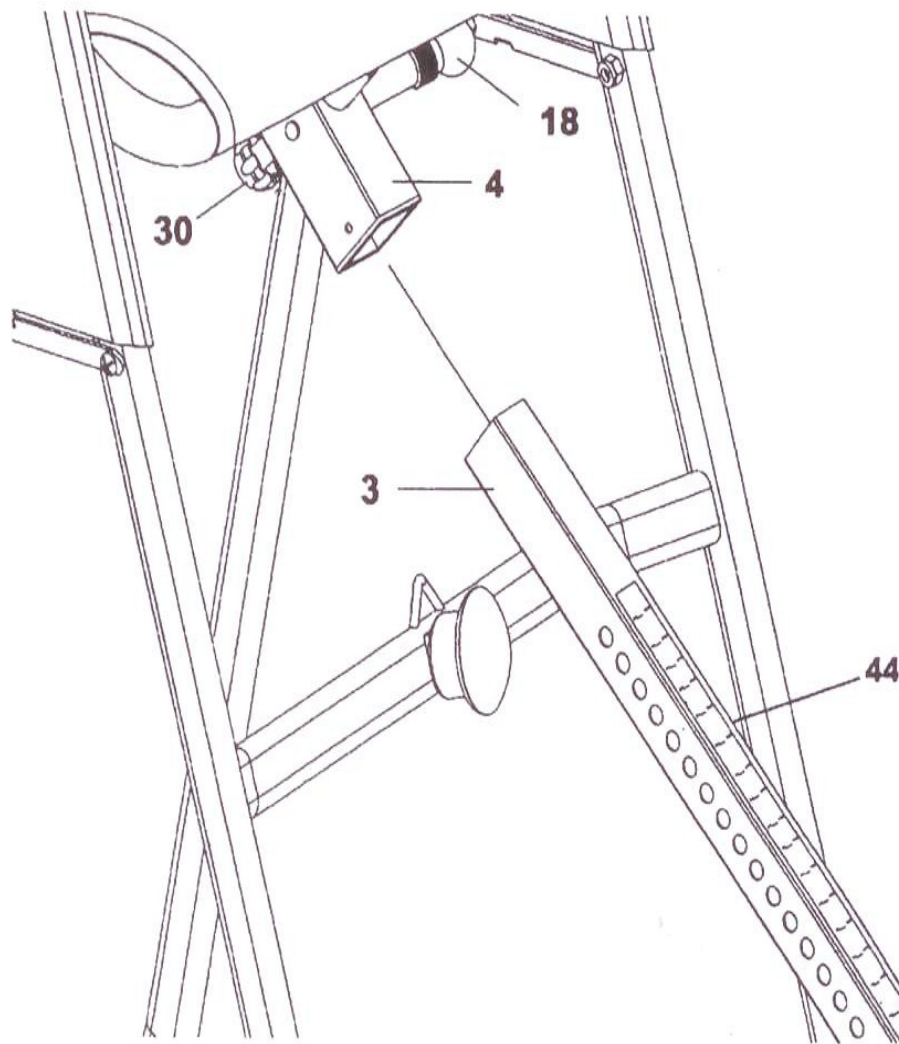


#### STEP6:

Attach the Adjustable Instep Frame (6) to the bottom of the Adjustable Boom (3) by inserting the Instep Frame into the square bracket on the Boom. Slide the instep frame completely into the square bracket, insert the Hex Head Bolt (11) halfway through the square bracket, use the hook to hold the ring (23), slide the Bolt through the ring at the bottom of the Spring (23), slide the bolt through the rest of the square bracket, and secure at the other end with Lock Nut (16).

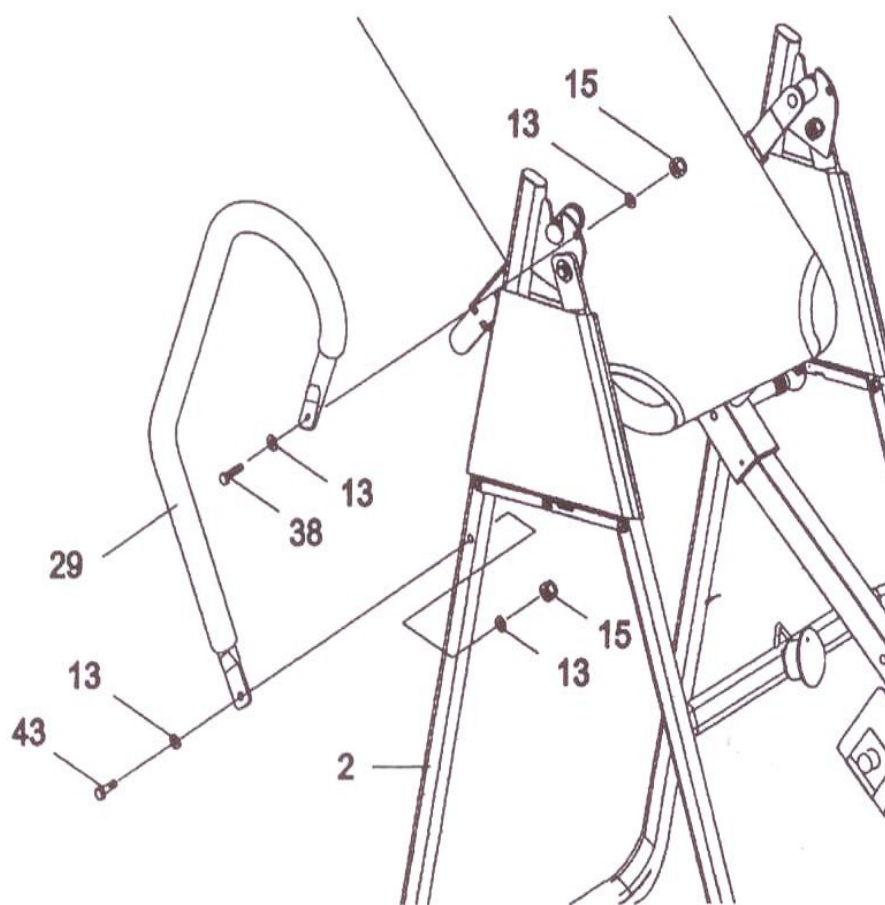
Note: To slide the instep Bracket into the square frame you must first pull out the spring Knob (17).



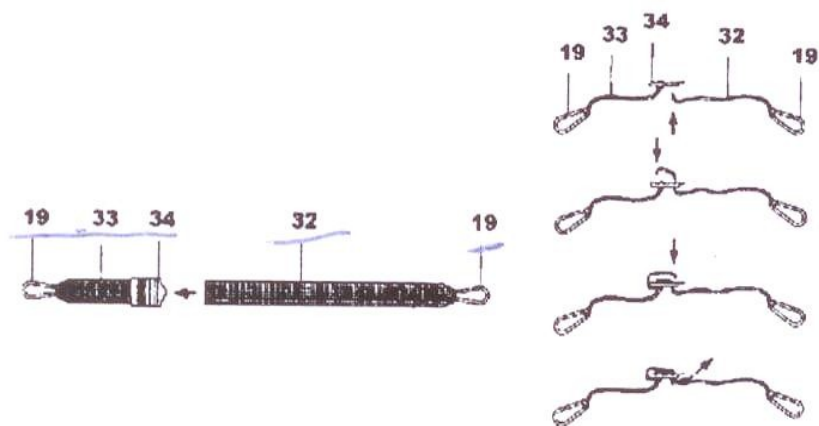


**STEP7:**

Pull out the Large Spring Knob(18), and slide the Adjustable Boom(3) into the square bracket on the bottom of the Bed Frame (4), as shown. Slide the boom upward, until the desired height on the Height Scale (44) is just below the bracket on the bed frame. Lock the adjustable boom in place by releasing the spring knob and sliding the boom up or down slightly until the spring knob "pops" down into the locked position. For added safety, secured the Knob (30) into the back side of the bracket on the bed frame, as shown.

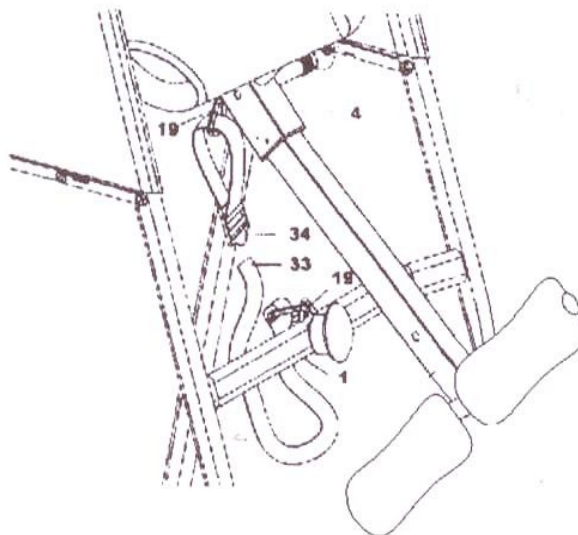


Attach the Handle Bar(29) on to the Rear U-Frame(2) by using Hex Head Bolt(38 & 43), Washer(13) and Nylon Nut(15) or Diagram Shown.



**STEP8:**

Attach the Nylon Strap(32) to the Strap Lock(34) by inserting the end of the strap up through the bottom of the strap lock, loop the strap(32) over the Pre-assembled Strap (33) and down through the Strap Lock. Now, loop the strap back over itself, and insert back through the strap lock, and pull tight to secure. See Diagram.



**STEP9:**

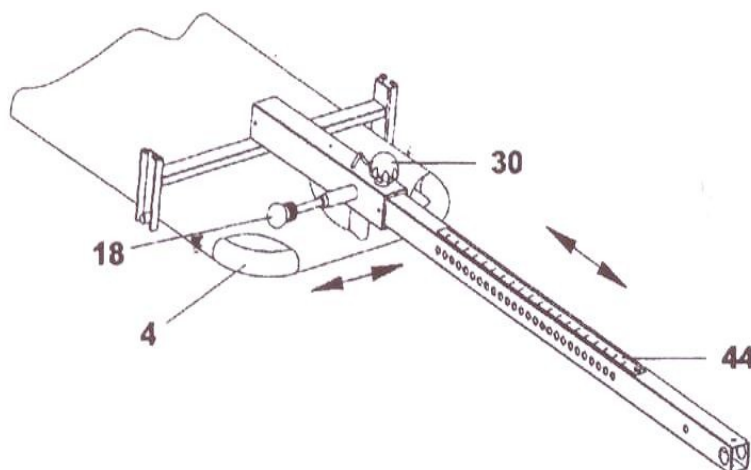
Attach the Nylon Strap (32,33) to the Inversion Table by hooking the end of the Strap (32) to the pre-assembled loop on the back of the Bed Frame(4), as shown. Now hook the other end of Strap (33) to the other Pre-assembled loop on the Front U-Frame (1), as shown.



## OPERATION AND ADJUSTMENTS

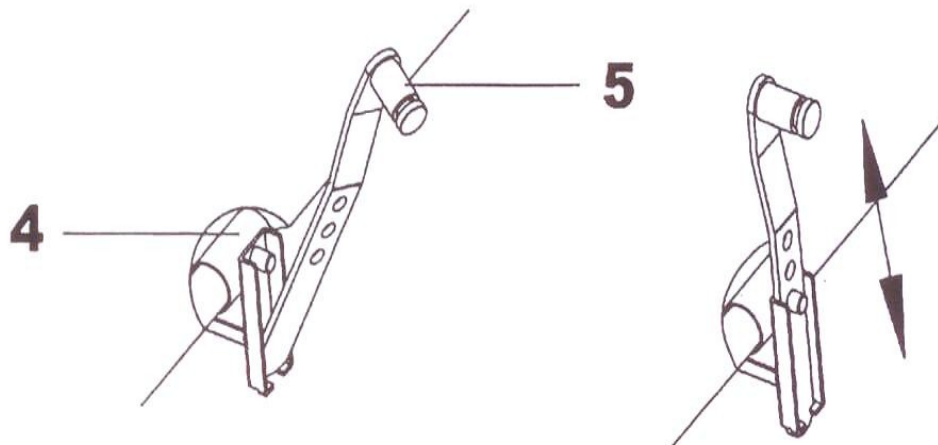


For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Strap(32) feed the top end of Strap(32) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Strap(32) into the strap lock, and pull on the top end. See Diagram.



### ADJUSTING THE BOOM

The Adjustable Boom(3) can be moved to a variety of different positions, in order to accommodate the height of the person on the machine. To Adjust the boom loosen the knob(30) , pull out the Large Spring Knob(18), and slide the boom up or down until the desired height on the scale decal is positioned just below the Square Bushing (26).When the boom is in the desired position, simply release the large spring knob, slide the boom slightly up or down until the spring knob locks into place, and tighten the Knob(30).



### PIVOT ARMS

The Pivot Arms(5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the pivot arms simply pull out on them until the post is out of the hole, slide them up or down to the desired hole, push in until the post goes through the desired hole, The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount, It is recommended that beginners use the bottom hole until they are familiar with the machine.

**NOTE:** Both pivot arms must be adjusted to the same hole. Trying to adjust the pivot arms on two different positions could cause damage to the machine, or injury to the user.

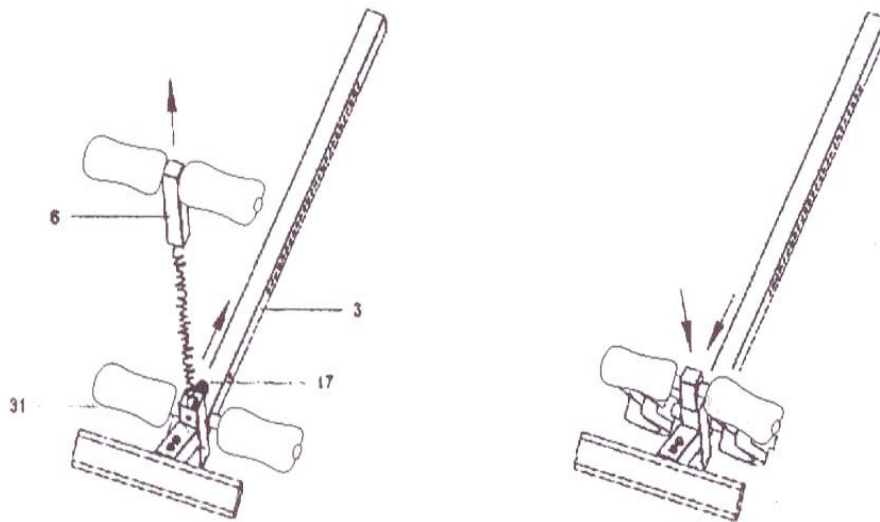
### THE HANDLEBARS

For added convenience, and safety, a set of handlebars has been added to the inversion table. These handlebars are located at the top of the Rear U-Frame (2) .The handlebars are there to help you return to the upright position, from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the handlebars and pull on them until you return to the upright position.

**NOTE:** The inversion table should always return to the upright position when you move your hands below your waste (see section on use). If it does not, the machine is probably not adjusted correctly to your height.

## GENERAL PRECAUTIONS

1. Make sure that the pivot arms are locked on the lowest hole, for the first few attempts.
2. It is recommended that someone be with you while you are using this machine for the first few times.
3. Make sure that the heel holders are holding your feet securely.
4. Make sure that the adjustable boom is properly set to your height.
5. Make sure that the adjustable boom is held securely by both the large spring knobs, and the Knob(30).
6. Make sure that there is enough room for the bed to rotate completely.



## ADJUSTING THE ANGLE HOLDER

1. Pull up on the Small Spring Knob(17) , slide the instep Frame (6) completely out of the Boom (3).
2. Slide your ankles between the Heel Holders (31), and stand on the foot-bar located at the bottom of the adjustable boom.
3. Pull up on the small spring knob, allowing the instep frame to slide back into the boom. Push in slightly on the instep frame until the heel holders are snug around your ankles. Release the small spring knob and adjust the instep frame slightly, until the spring knob locks into place.
4. Stand upright with your back against the bed and your hands lowered at your sides.

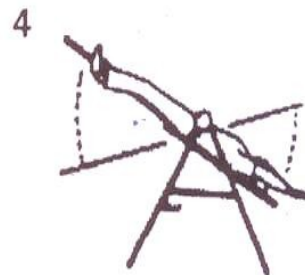
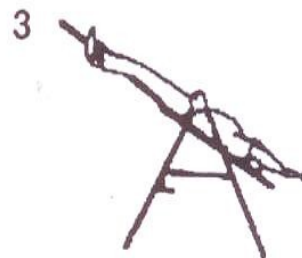
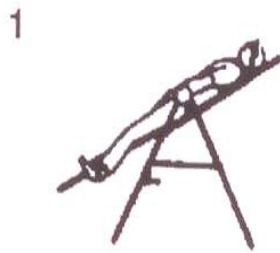


## BALANCING THE INVERSION TABLE

The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So, it is very important to make sure that the height is adjusted properly. To do this, mount the machine, lock your ankles into the heel holders, and lie back with your hands at your sides. Slowly place your hands across your chest. While in this position, your head should still be above your feet. If your feet are above your head, dismount and adjust the height again.

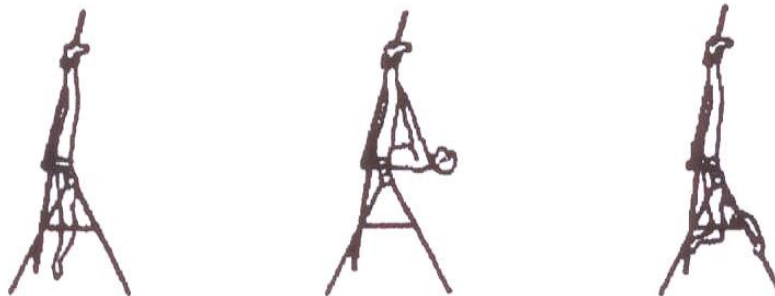
## USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable, rock the bed slowly by moving your arms up and down slowly.
5. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
6. Return to the upright position by slowly moving your hands back down to your thighs.



### SUGGESTIONS FOR USE

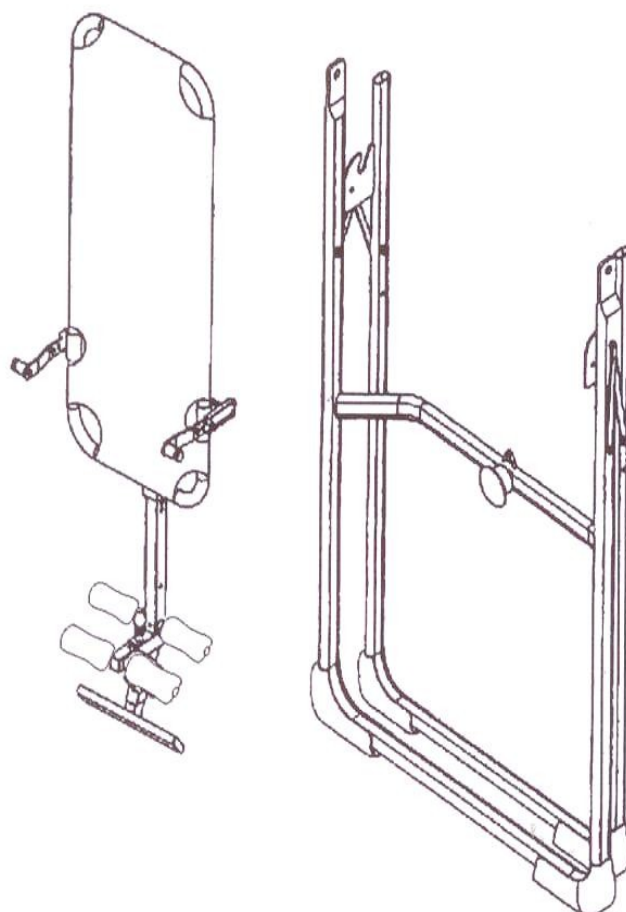
1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. Coming up immediately if you feel nauseous.
4. Keep moving: movement while inverted encourages blood, circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.



### LOCKING THE BED

When the inversion table rotates past the vertical inverted position the bed becomes locked, and will not return to the upright position in the usual way. The locked position allows you to hang straight upside-down completely free of the bed. This position allows you to enjoy all of the benefits of a handstand, with none of the discomforts. It also allows you to do exercises such as the waistband. To get into the locked position adjust the pivot arms so the studs go through the top holes, and then mount and use normally. When your arms are completely extended above your head, the bed will rotate all the way to the locked position.

To recover from the locked position, simply grab the handlebars and pull on them while pushing back on the heel holders with your legs. If you can not reach the handlebars than you can still recover by grabbing the back of the bed with one hand, the rear u-frame with the other, and pulling your hands together.



### FOLDING THE INVERSION TABLE

For your storage convenience. The inversion table can be folded down to place against a wall, under a bed, or in a storage area. To fold the inversion table pull out the Spring Knob and loosen Knob(30). Now, slide the Boom all the way up into the frame, until the instep Frame is just below the Bed Frame, release the Spring Knob and slide the Boom slightly up or down until the Spring Knob locks the Boom in place. Remove the Bed Frame from the base by lifting up on the Bed Frame until the Pivot Arms come out of the arm slots located at the top of the Rear U-Frame, (Make sure the Strap is not attached to the Bed Frame before attempting to remove it.) Push up on the center of the Folding Arms(8) and push the Front and Rear U-Frames together until they meet. Now the machine is ready to be stored, and you can still unfold it quickly and easily whenever you want to use it.