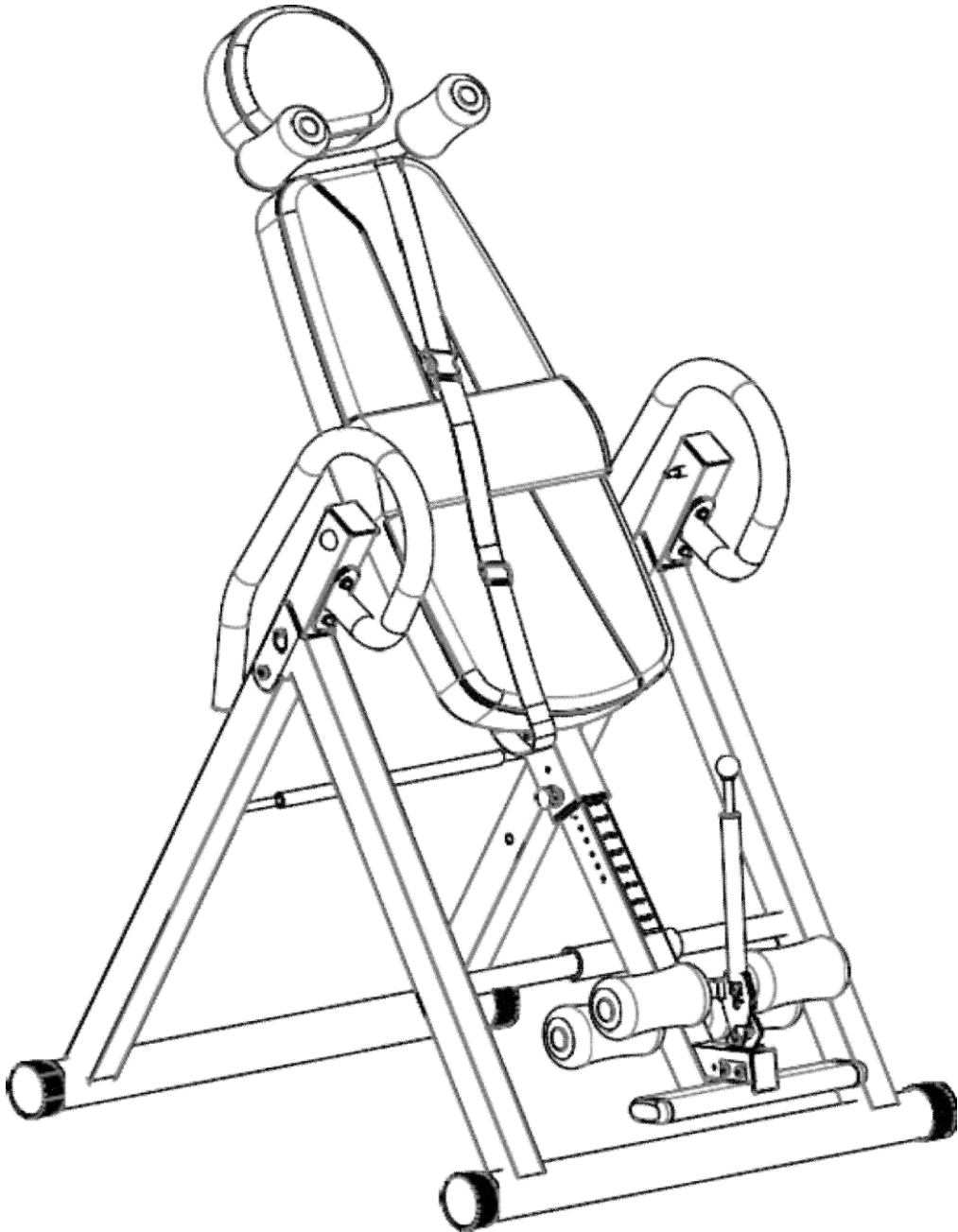


Inversion Table



Note: read the instruction carefully before use.

Owners Manual

WARNING:

Carefully read all Warnings and Instructions before using this inversion table !

Do not let children under the age of 12 use the inversion table !

Do not put hand or fingers inside the Protective Cover for the Angle Selector Pin !

Keep body, clothing, and hair free of all moving parts !

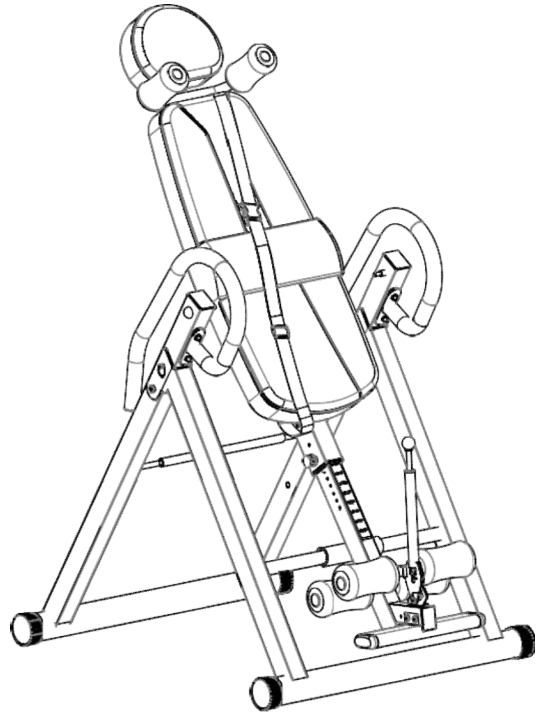
Tighten all nuts bolts and screws before using equipment !

Leave adequate space to invert !

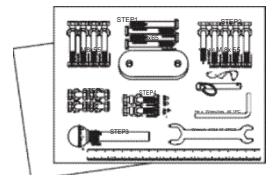
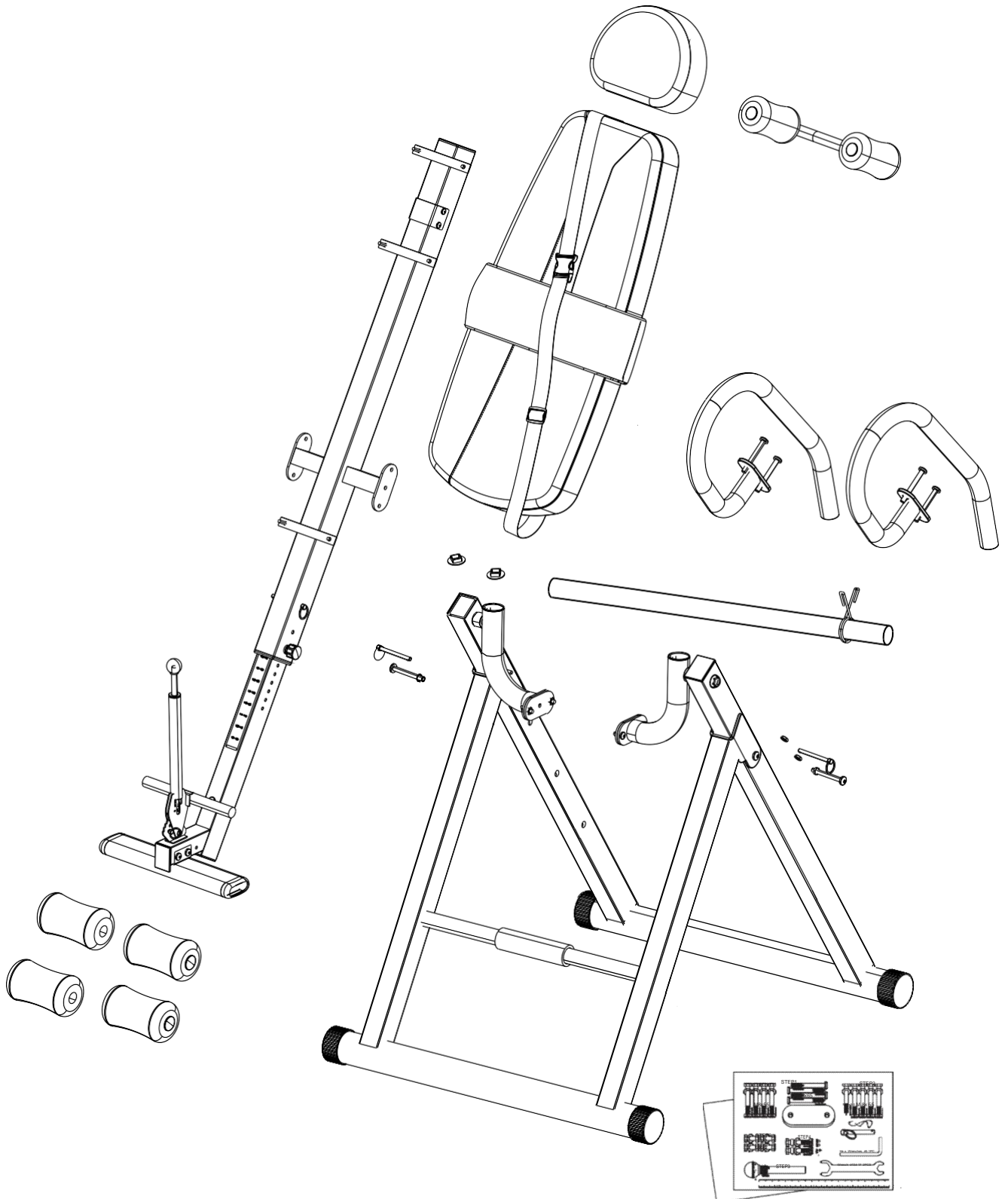
This equipment is for indoor !

This products designed adjust from 131CM (52 INCH) to 195CM (77 INCH) !

Maximum User Weight of 300 LBS !

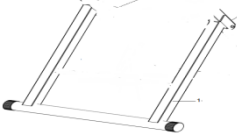
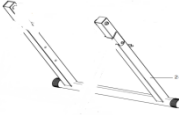
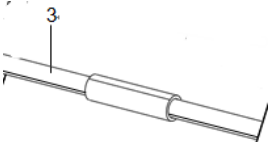
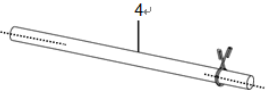
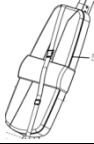
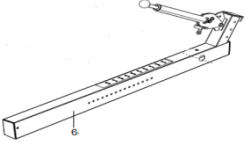
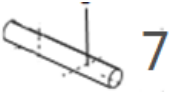
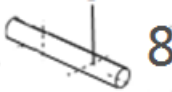


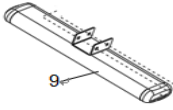
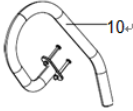
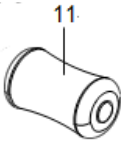
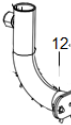

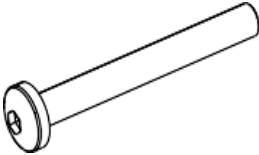

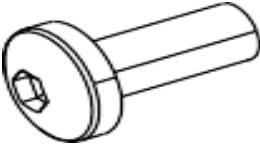

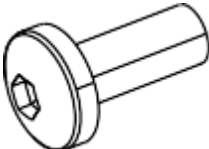
ASSEMBLY INSTRUCTIONS



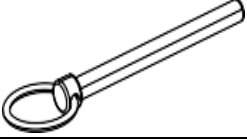
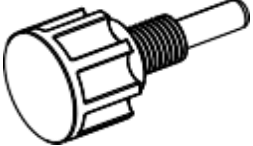




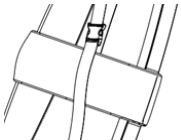


Hardware Pack & Manual

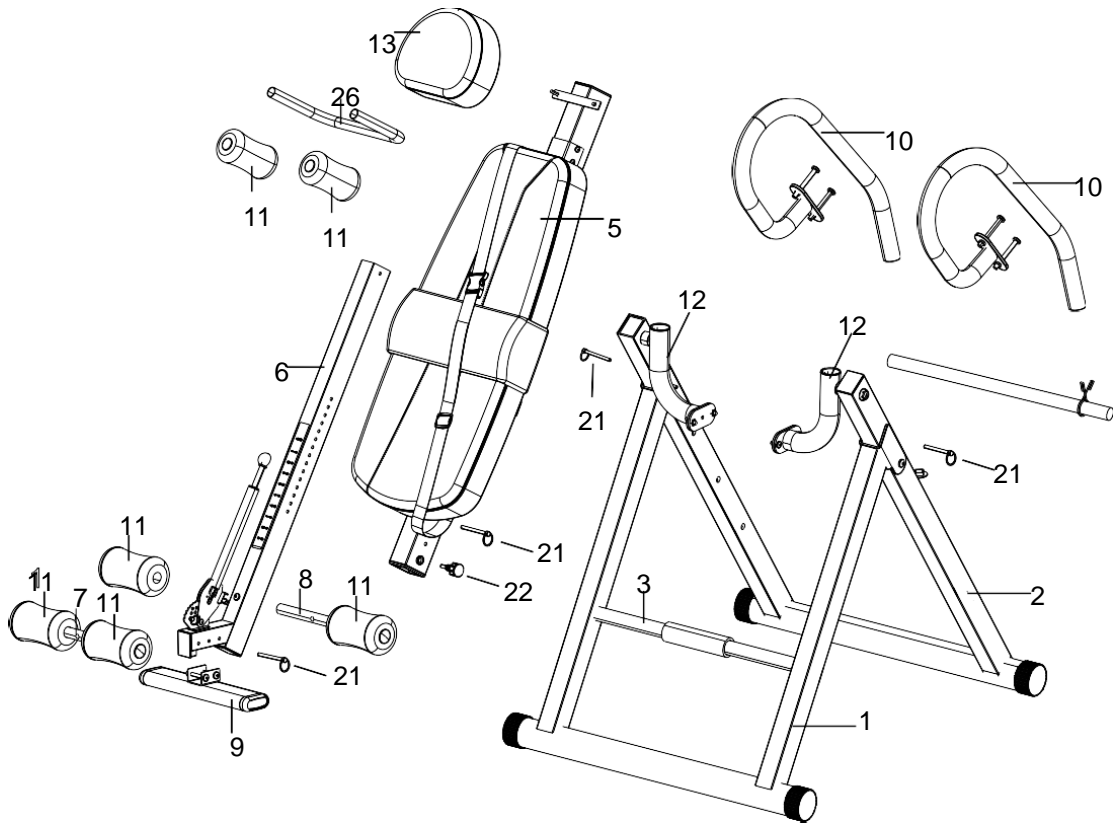
Parts list

No.	Name	Picture	Specifications	Quantity
1	Front holder			1
2	Rear holder			1
3	Front holding bar (fixed installed)			1
4	Rear holding bar			1
5	Backplane			1
6	Height adjusting Tube			1
7	Upper foot pressing tube			1
8	Lower foot pressing tube			1

9	Footrest plate			1
10	Arm-rest frame			2
11	Foot pressing foam + shoulder pad foam			6
12	Z-shape holder			2
13	Headrest pad			1
14	Hexagonal screw		M8x55	6
15	Flat gasket		Φ8	20
16	Inner hexagonal screw		M8x20	5
17	Lock-nut		M8	11
18	Cross-shape big and flathead screw		M6	6

19	Flat gasket		Φ10	1
20	Lock-nut		M10	1
21	Bolt of pulling ring		Φ 8×55	4
22	Pulling pin		M16×20	1
23	7-shape inner hexagonal installation tool		5#	1
24	Wrench		13#&17#	1
25	Backplane holder Backplane holder			1
26	Shoulder pad U- shape tube			1
27	Waist cushion			1

Parts diagram



ADJUST TO YOUR HEIGHT SETTING



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



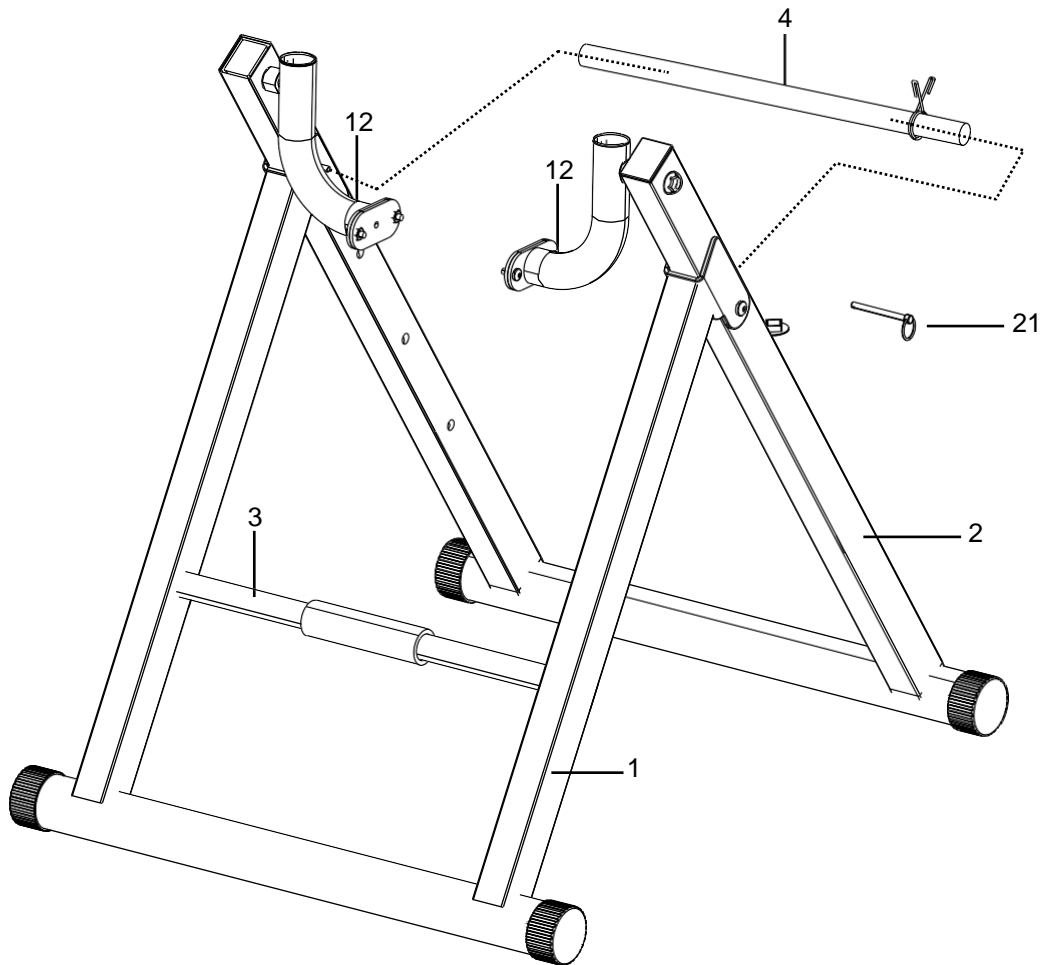
NOTE: It is recommended that someone be with you during inversion. Although the inversion table is easy to use, having someone nearby to spot you will provide extra safety and support to the inversion process.

NOTE: For your safety, the bolts of pulling ring **MUST** be in secured in one of the Angle Slots at all times.

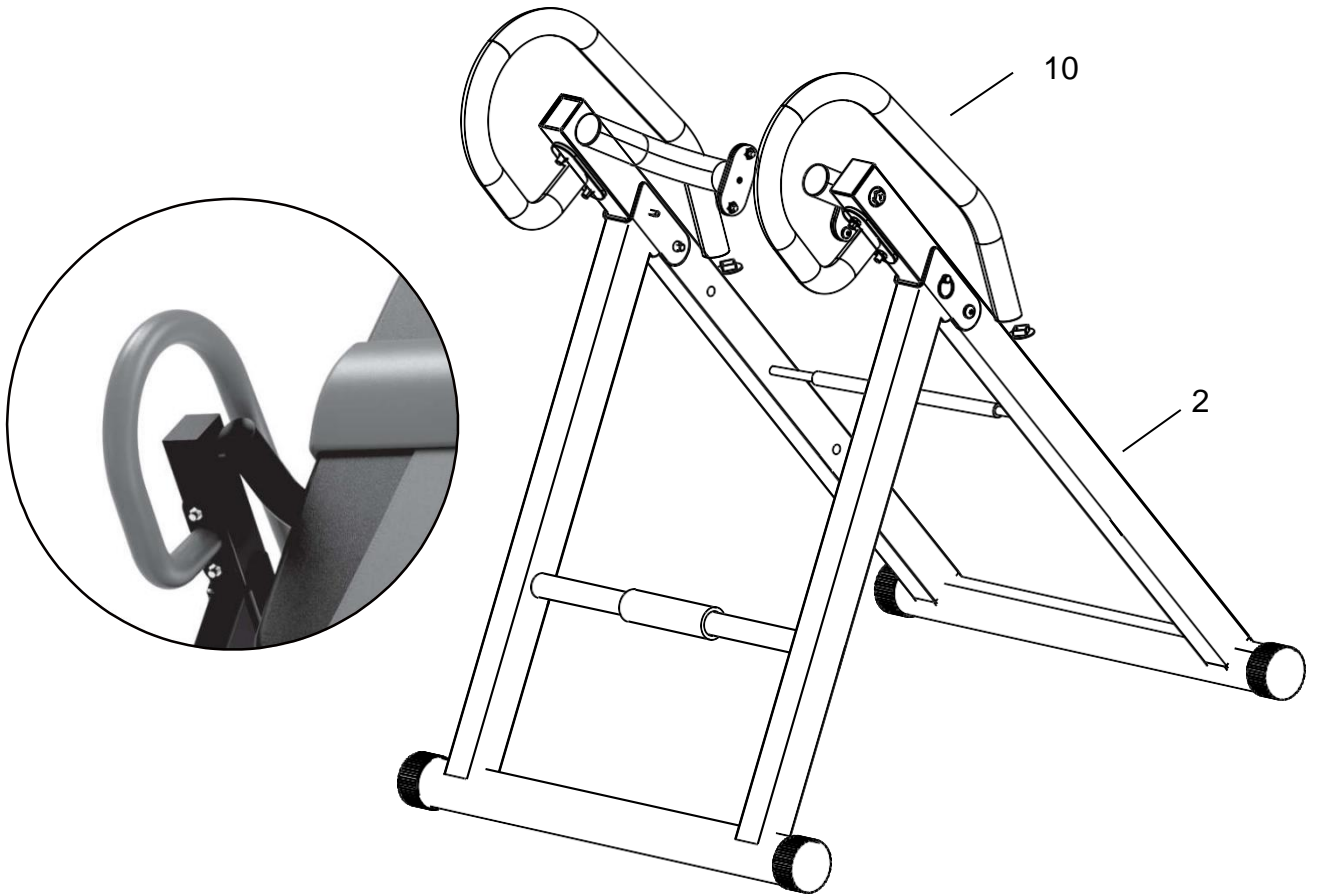
Step 1 — Base Frame Assembly

Stand up the base of the machine by separating the frames as shown above. Pull the Rear Front Frames as far apart as possible from each others and find the pin holes. Then insert the Ring Pin (21) from inner side into the holes on the Rear Frames and the front Frame to lock the frames in place.

Note: Please notice that the some Front Holding bar (3) is pre-installed.



Step 2 — Handlebar Assembly



THE HANDLEBARS

For added convenience and safety, a set of Handlebars (10) (Arm-rest frame) has been added to the inversion table.

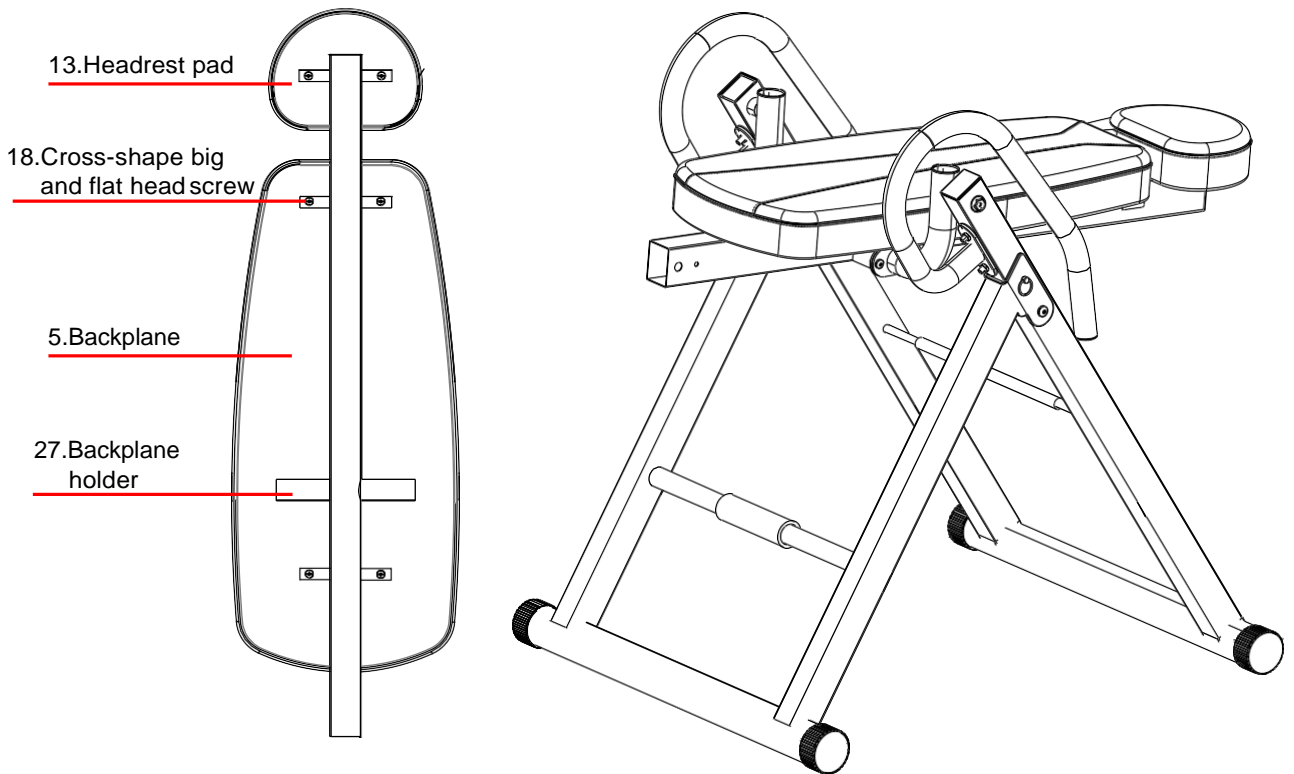
These Handlebars (10) are located at the top of the Rear Frame (2). The Handlebars (10) are there to help you return to the upright position from any degree of inversion.

If you wish to return to the upright position, and the backrest is moving too slowly, or not moving at all, simply grab the Handlebars (10) 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 waist. If it does not, the inversion table is probably not adjusted correctly to your height.

Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

Step 3 — Backrest Pad Assembly

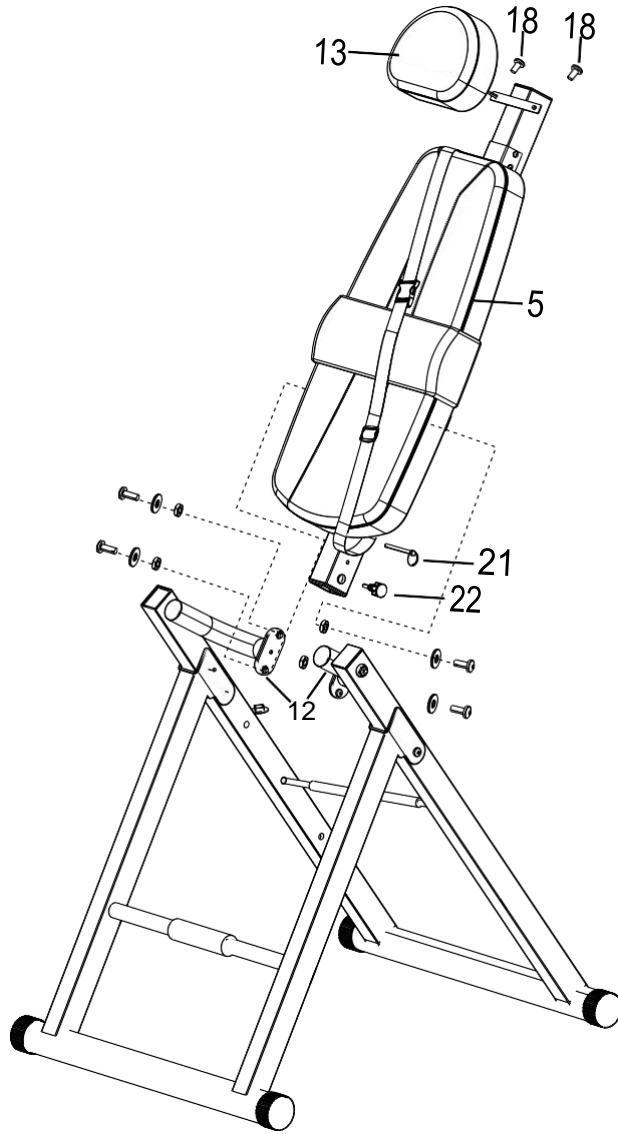


Backrest Pad installation:

Put the Head restpad (13) to the backrest holder(27),use the(18)M6 cross-shape big and fathead screw insert it.

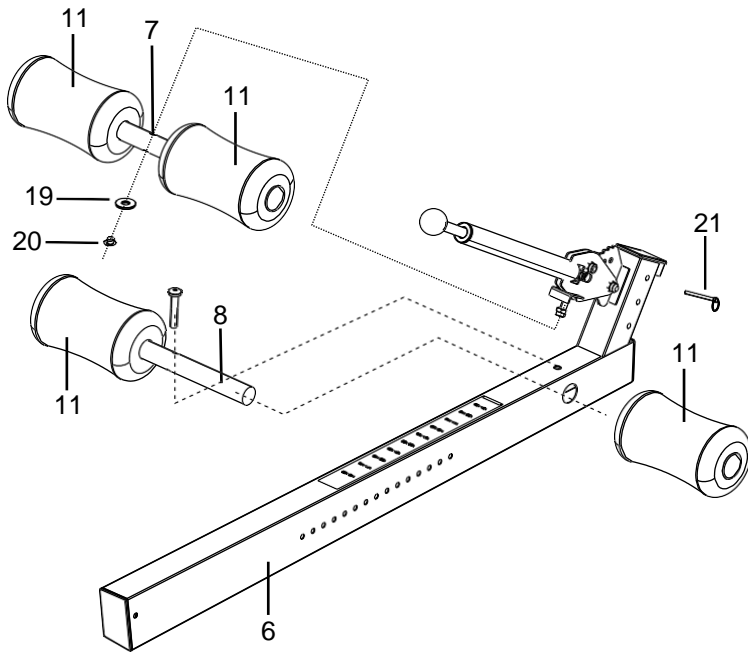
Put the Backplane (5) stick to the backrest holder, also use the the (18) M6 cross-shape big and fat head screw insert it.

Insert the other two (18) M6 cross-shape big and fat head screw to fixed all the back rest pad.



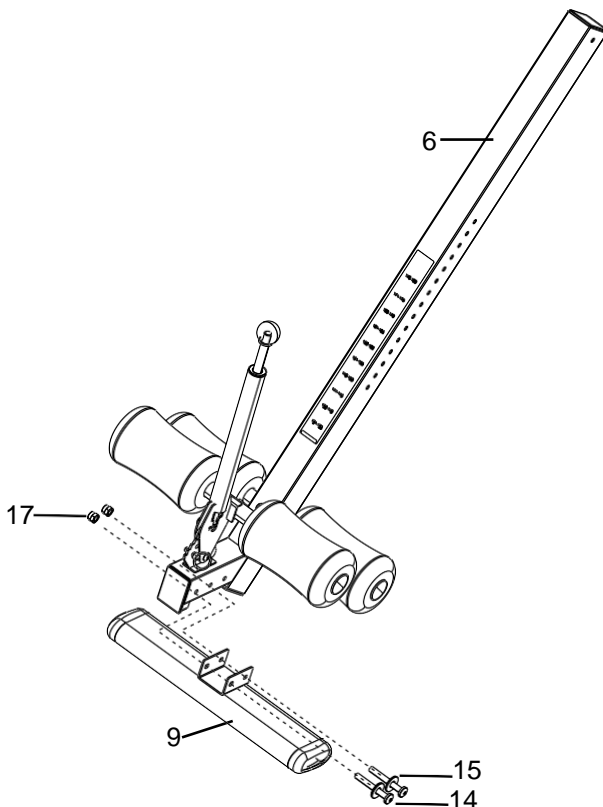
Assemble and lock 4 iron sheets on the Z-shape holder (12) and iron sheet on the side of backplane holder(27) tightly with inner hexagonal screws (16)flat gaskets(15) and lock-nuts(17).

Step 4 — Height Adjustment tube and Ankle Holder



Insert the steel pipe of lower foot pressing tube(8) into the big hole in the height adjusting holder, keep two sides the same length, fix lower foot pressing tube on the height adjusting holder(6) with inner hexagonal screws (16) and then put 4 foams rollers (11) into two sides respectively.

Lock the upper foot pressing tube(7) from bottom to top on the screws of height adjusting holder (6) with nuts(17) and flat gaskets (19) as shown in the figure, note that the cambered surface of elbow should be downwards.

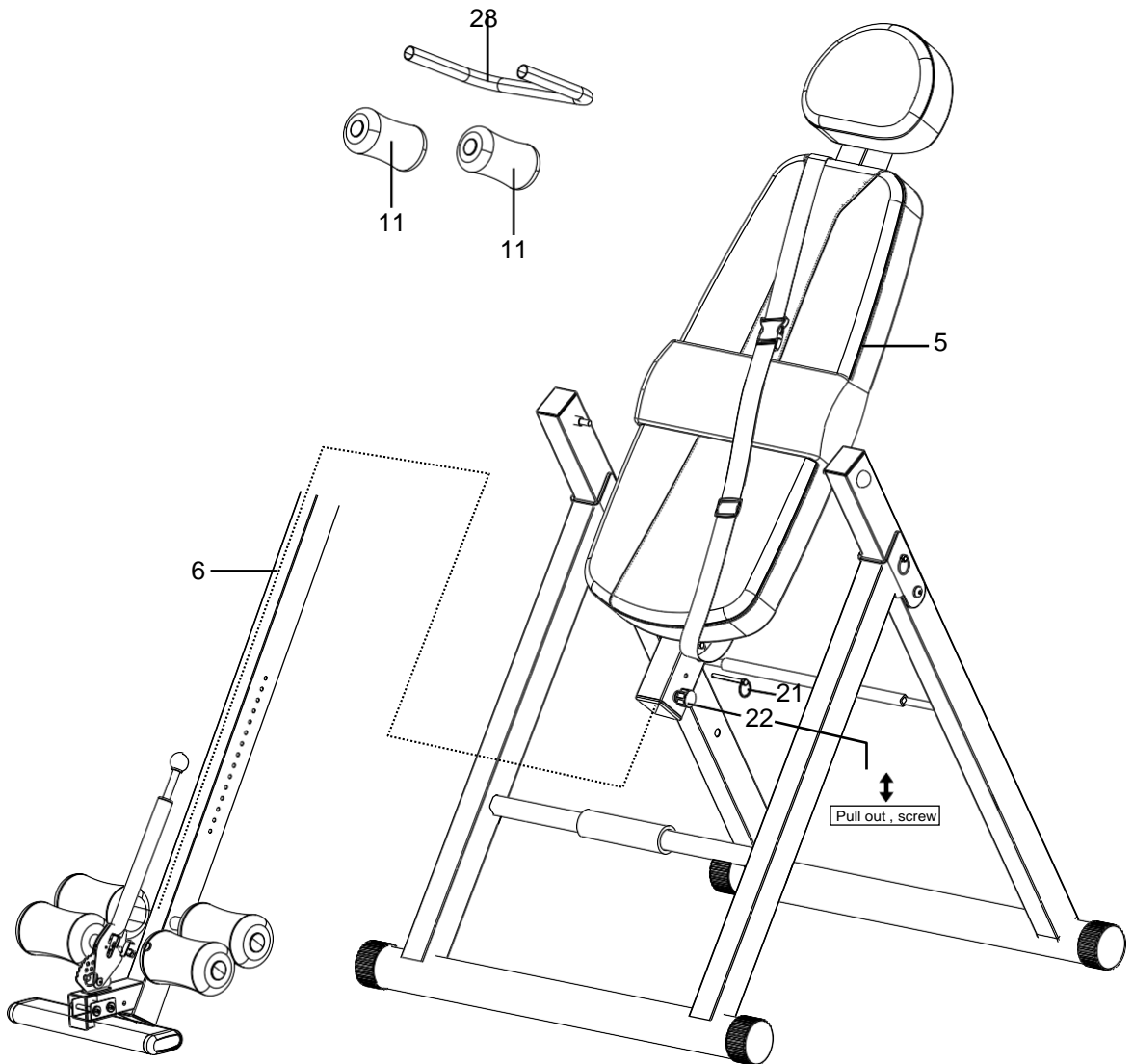


Adjust the corresponding place of the footrest plate(9) with inner hexagonal screws (14), flat gaskets(15) and nuts (18) according to the size of feet, lock with the height adjusting holder (6) Pull the Long pin lever and at the same time slide the Front support bottom tube into the Front Support Tube to your desired height number and release the Long pin lever . Make sure the Long pin lever locks securely into a hole on the Front support bottom tube .

Step 5 — Height adjusting holder, back plane holder, shoulder pad U-shape Tube assembly

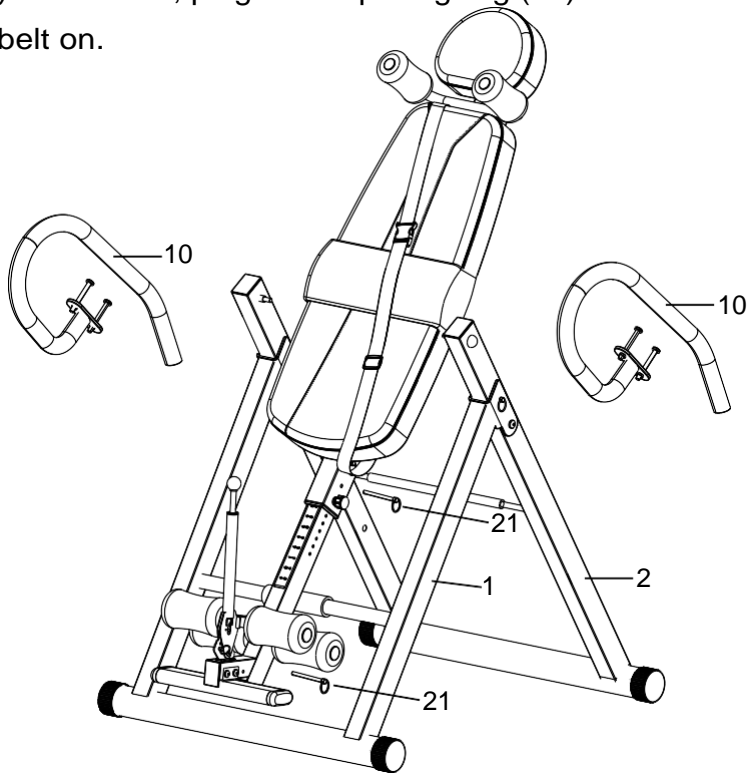
Insert the height adjusting tube(6)into the backplane holder(27),plug into the corresponding hole with the pulling pin(22) and bolt of pulling ring(21)according to the requirement of height and tighten them.

Insert the shoulderpad U-shape tube (28) into the hole in the upper of the back Plane holder(27), tighten with flat gaskets (15) and lock-nuts (17), and then insert foams (11) into the Tube on both sides of the shoulder pad U-shape tube(28).

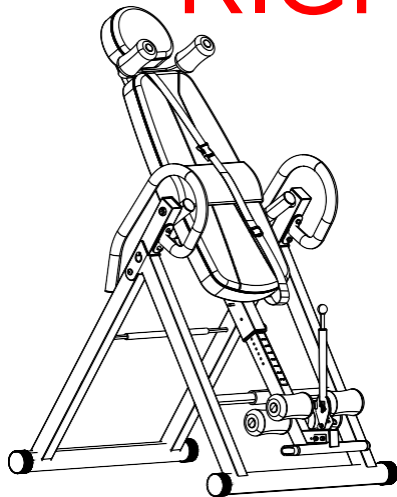


Step 6 — Hand bar frame and waist cushion assembly

- A. Tighten 2 holes in the upper middle of the pedestal (1/2) and Arm-rest frame (10), attach the waist cushion (29) to the velcro below the backplane (27).
- B. Plug two bolts of pulling ring (21) into the hole in the height adjusting tube, you can plug out 2 bolts of pulling ring (21) and fold them when not in use, which takes up no space at all.
- C. When in use, fix your feet well, plug bolts of pulling ring (21) in the hole of rotary tooth table and put the safety belt on.



RIGHT



Warm Up

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

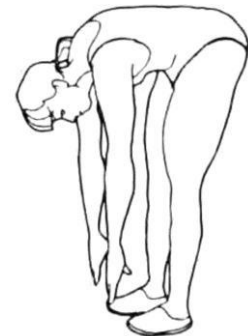
Gently push your knees towards the floor. Hold for 10 counts.



Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes.

Reach down as far as you can and hold for 15 counts.



Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



