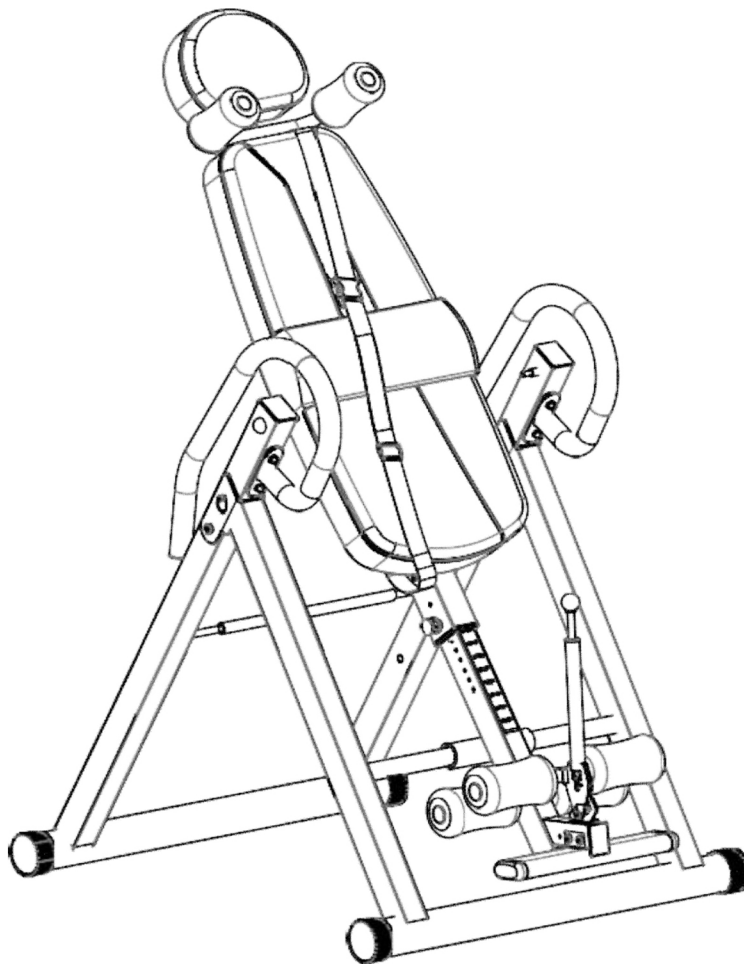


Everfit

INVERSION TABLE

MODEL: IVT-6315-BK



USER MANUAL

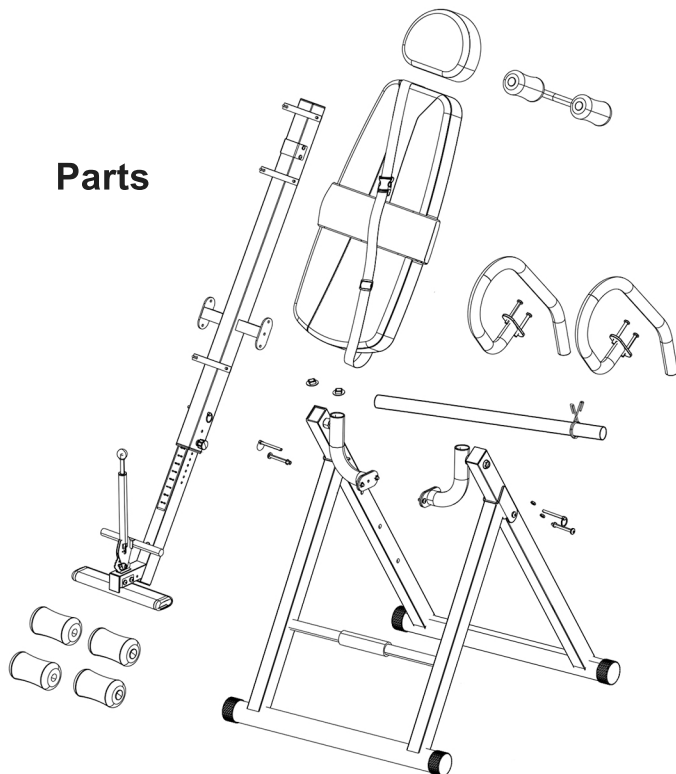
Please read the user manual carefully before using the product.
Please retain this manual for future reference.

SAFETY PRECAUTIONS

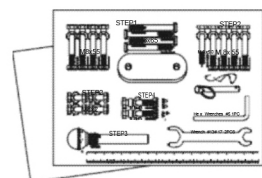
Read and follow all warnings and instructions before using this inversion table.

- Do not let children under 12 years old use this product.
- Do not place hands or fingers inside the protector cover for the angle selector pin.
- Keep body, clothing and hair away from all moving parts.
- Tighten all nut, bolts and screws before using the product. Always check for any loose connections or damage on product before use.
- Leave adequate space to invert.
- This inversion table is strictly for indoor use only.
- The height adjustment of this inversion table is from 131cm to 195cm.
- The maximum user weight capacity for use with this inversion table is 136kg.

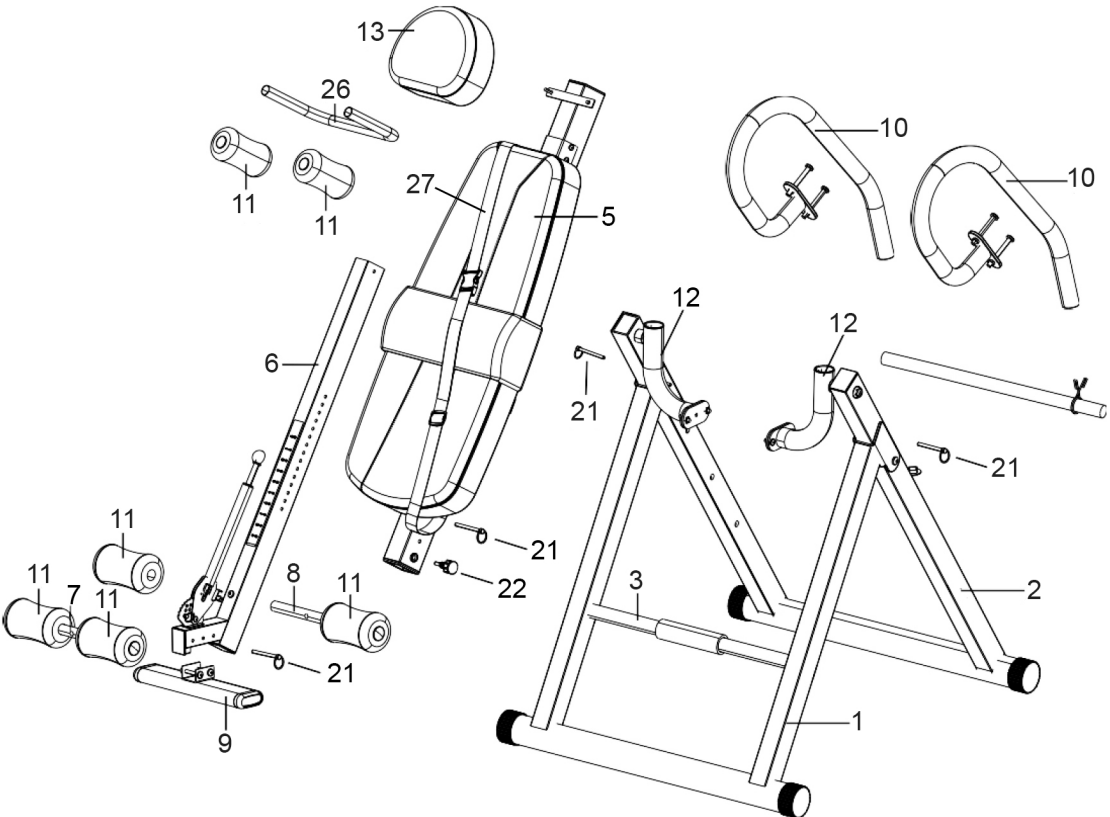
INSIDE THE PACKAGE



**Hardware pack
and User manual**



PARTS LISTING



PARTS LISTING

NO	DESCRIPTION	QTY
1	Front frame	1
2	Rear frame	1
3	Front frame bar (pre-installed)	1
4	Rear frame bar	1
5	Back panel	1
6	Height adjusting tube	1
7	Upper foot pressing tube	1
8	Lower foot pressing tube	1
9	Footrest plate	1
10	Armrest frame	2
11	Foot pressing foam + Shoulder pad foam	6
12	Z-shape holder	2
13	Headrest pad	1
14	Hexagonal screw M8x55	6

PARTS LISTING

NO	DESCRIPTION	QTY
15	Flat washer Ø8	20
16	Inner hexagonal screw M8x20	5
17	Lock nut M8	11
18	Cross-shape big and flathead screw M6	6
19	Flat washer Ø10	1
20	Lock nut M10	1
21	Pull ring bolt Ø8x55	4
22	Pull pin M16x20	1
23	L-shape inner hexagonal screw installation tool #5	1
24	Wrench #13 and #17	1
25	Back panel holder	1
26	Shoulder pad U-shape tube	1
27	Body strap	1

ASSEMBLY STEPS

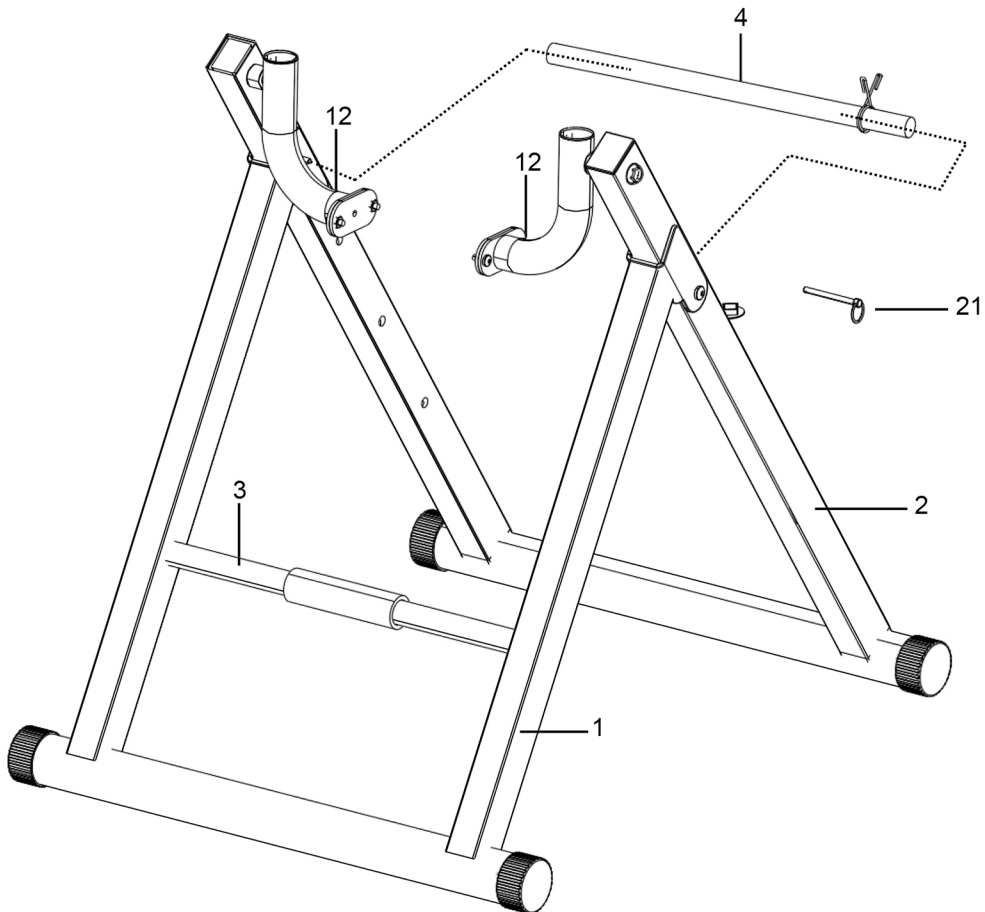
STEP 1: BASE FRAME ASSEMBLY

Stand up the base of the machine by separating the front and rear frames as shown.

Pull the front frame (1) and rear frame (2) apart as far as possible.

Place the rear frame bar (4) between the rear frame legs. Then insert the pull ring bolts (21) into the holes on both sides of the rear frame as shown to lock the rear frame in place.

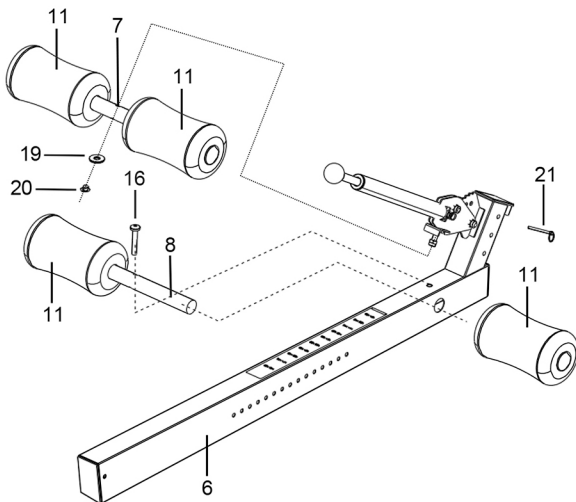
NOTE: The front frame bar (3) has been pre-installed.



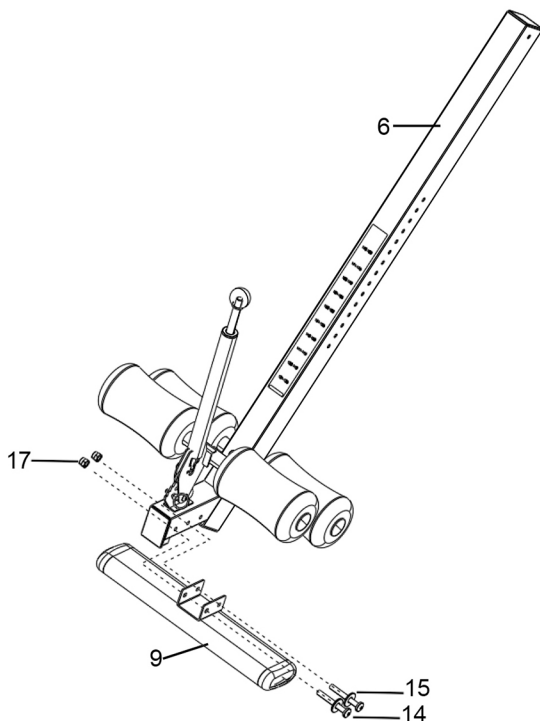
ASSEMBLY STEPS

STEP 3: HEIGHT ADJUSTMENT TUBE ASSEMBLY

Insert the lower foot pressing tube (8) into the hole of the foot pressing foam (11). Then slot the tube (8) through the hole in the height adjustment holder (6) and insert in another foot pressing foam (11) on the other side. Secure the assembly with an inner hexagonal screw (16) as shown.



Assemble the upper foot pressing tube (7) and foot pressing foams (11) as shown and attach the assembly to the height adjustment holder (6) as shown. Secure the attachment with a flat washer (19) and lock nut (20).



Attach the completed height adjustment tube assembly to the footrest plate (9) using the inner hexagonal screws (14), flat washers (15) and lock nuts (17) as shown.

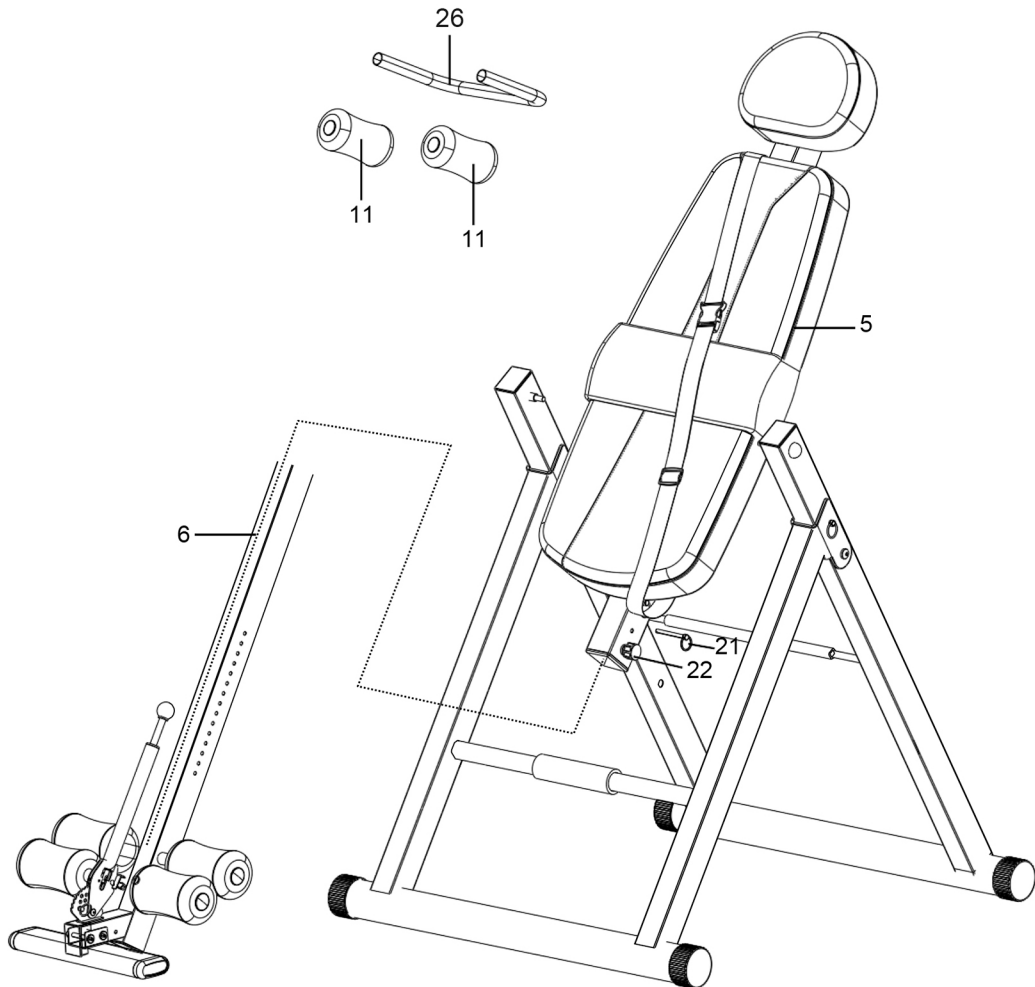
Once the assembly is completed, you can slide the foot pressing foams up and down the height adjustment tube and fixed the preferred height with the bolt pull ring (21) inserted into the desired bolt hole.

ASSEMBLY STEPS

STEP 4: HEIGHT ADJUSTMENT TUBE, BACK PLANE AND SHOULDER PAD ASSEMBLY

Insert the completed height adjustment tube and foot pressing foams assembly into the slot at the bottom of the back panel holder as shown. Secure the attachment with a pull ring (22) and bolt pull ring (21).

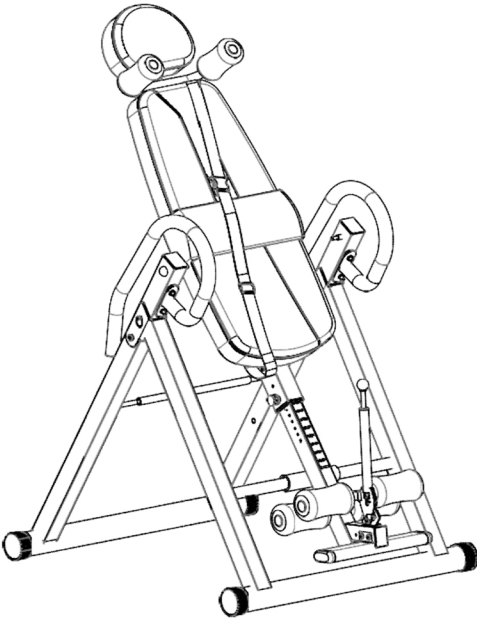
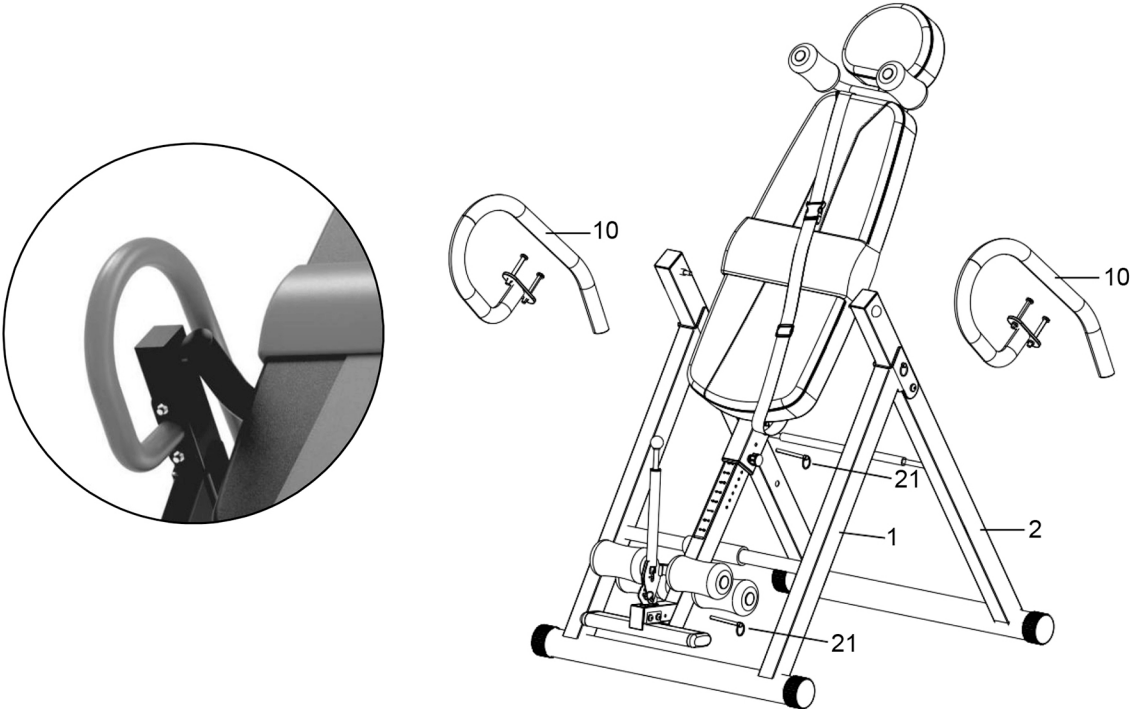
Next, place the shoulder pad U-shape tube (26) to sit below the headrest pad and slot in shoulder pad foams as shown.



ASSEMBLY STEPS

STEP 5: ARMREST FRAMES ASSEMBLY

Attach the two armrest frames (10) to the base frame as shown. Then attach the body strap (27) to the back panel. The assembly is now completed.



Completed assembly

USAGE PRECAUTIONS

BEFORE USE

Before using the inversion table, ensure that it is at the correct setting to match your height and weight. As each individual body type is different, you will need to determine your own height setting.

DURING USE

As a safety measure, it is recommended that another person is with you during the inversion. Although the inversion table is safe and easy to use, it is better that someone is close at hand to provide any assistance and support that you may need during the inversion.



ARMREST FRAMES

The armrest frames are to help you return to an upright position from any angle of inversion. If you wish to return to upright position and the back panel is moving too slowly, or not moving at all, simply grab the armrest frames and pull on them until you return to the upright position.

The inversion table should always return to the upright position when you move your hands below your waist. If the inversion table does not do so, it probably means that it is not adjusted correctly to your height.

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



ATTENTION

For your safety, the bolt pull rings must be secured in one of the angle slots at all times.



WARM UP EXERCISES

QUADRICEPS STRETCH

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



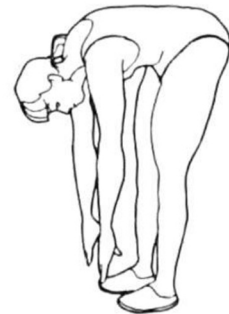
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close as possible into your groin. Gently push your knees towards the floor. Hold for 10 counts.



TOE TOUCHES

Slowly bend forward from your waist and let your back and shoulders relax as you stretch towards 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 towards your toe as far as possible. Hold for 15 counts. Relax and repeat with left leg extended.

