



# Inversion Table

## User Manual

[Revision 2.0 October 2018]

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READ THIS MANUAL CAREFULLY BEFORE USE – FAILURE TO DO SO MAY RESULT IN INJURY, PROPERTY DAMAGE AND MAY VOID WARRANTY. • KEEP THIS MANUAL FOR FUTURE REFERENCE. • PRODUCTS COVERED BY THIS MANUAL MAY VARY IN APPEARANCE, ASSEMBLY, INCLUSIONS, SPECIFICATIONS, DESCRIPTION AND PACKAGING.

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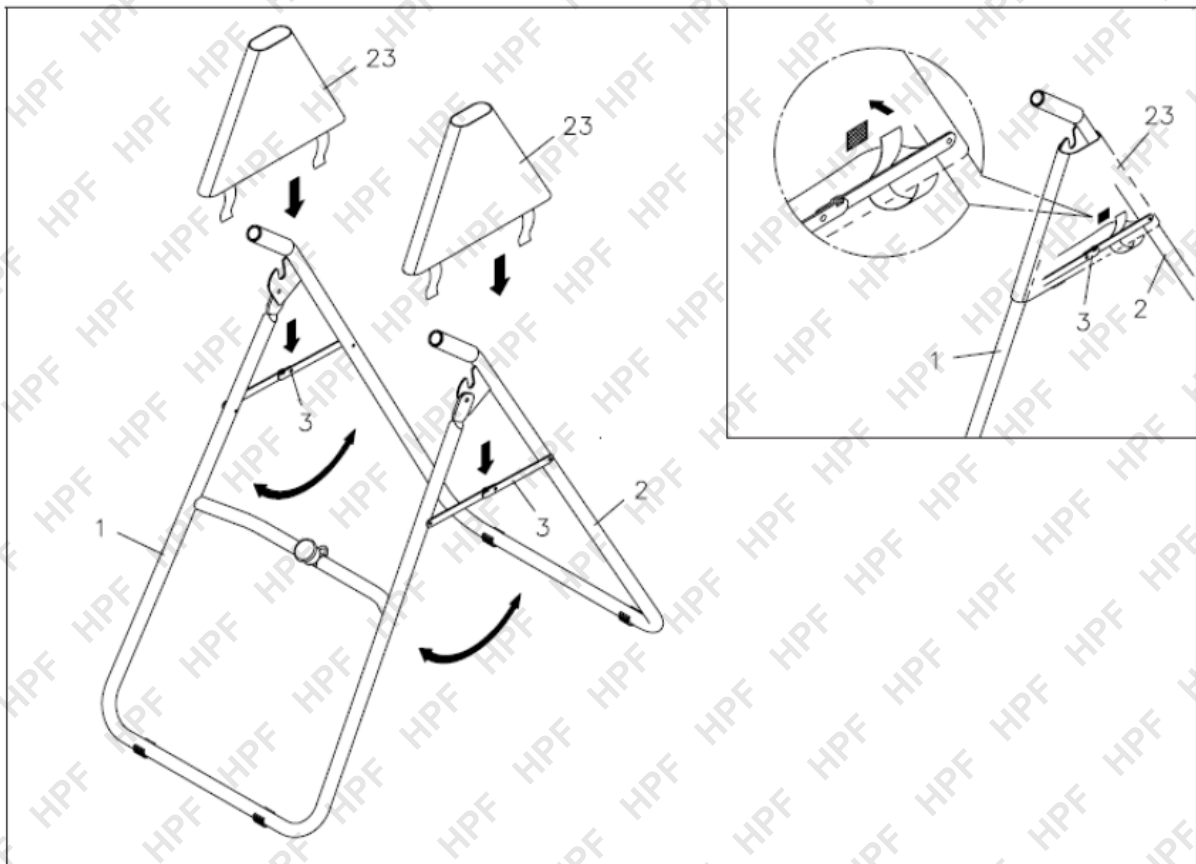
# Safety Reminders

## WARNING!

- Exercise can present health risks. Consult your physician or health care professional before using this or any type of exercise machine, especially if you have **ANY PRE-EXISTING CONDITIONS**.
- Serious injury can occur if all instructions are not followed, machine is not assembled correctly, or if it is used incorrectly. Do not operate this machine if it is damaged in any way.
- Make sure all nuts and bolts are in place and tightened prior to each use.
- Not intended for use by children. Keep pets, children, and other people away from equipment during use. Keep hands, fingers, feet, hair, and loose clothing away from moving parts during operation. Do not leave the Inversion Table unattended or within the reach of inexperienced users.
- Only use this Inversion Table on a level surface. Make sure there is enough space in the room to rotate fully. Ensure that sufficient space is allotted between the user's head and the floor for head clearance when the user is in inverted position. This is especially important for taller users. Inversion Table should not be used by persons weighing over 250 pounds or by persons over 6 feet, 6 inches tall.
- Always wait at least 20 minutes after eating to use the Inversion Table. Light stretching is recommended before use.
- Never use this machine without another person present who is able to assist you if you need help recovering from the inverted position. Only one person should use this machine at a time.
- Invert only 15-20 degrees to begin by adjusting the Nylon Strap. (**NOTE:** The Nylon Strap is used to control the decline angle of the Inversion Table. For a steeper decline angle, lengthen the strap. For a smaller decline angle, shorten the strap). Make sure the Nylon Strap is tight in the buckle.
- Stay inverted only as long as you are comfortable. Limit partial inversion without movement to 1-2 minutes, and full inversion with no movement to only a few seconds.
- If at any point you begin feeling faint, dizzy, or nauseous, stop use immediately, get off the machine, and discontinue use. Do not exercise strenuously while inverted. Always return upright SLOWLY.

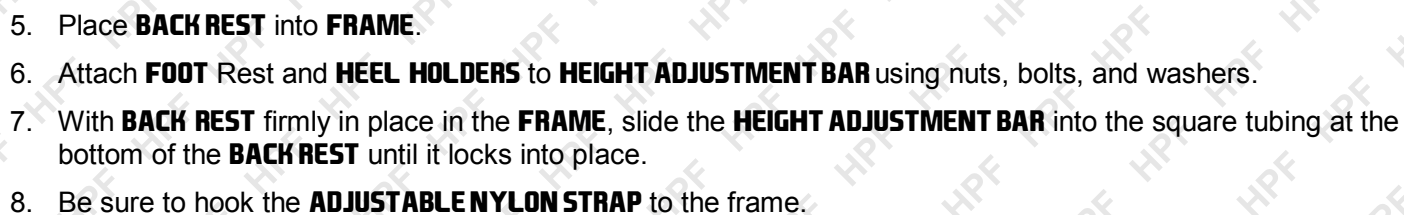
# Assembly

Read each step carefully before beginning. It is recommended that two people be available for this product's assembly.



1. Open the **FRAME**. (For **STATIONARY MODEL**, attach **CROSS BARS** to **FRAME** with nuts, bolts, and washers.) Push down on **FOLDING LINKAGES** until they lock into place.
2. Place both protective **NYLON COVERS** on the **FRAME**.
3. Attach **HANDLEBARS** to the outside of the **FRAME** using nuts, bolts, and washers.
4. Slide the two metal **PIVOT ARMS** onto **BACK REST**.

**NOTE:** There are three adjustment holes on the **PIVOT ARMS**, allowing you to position the **MAIN FRAME** at three different heights. Both **PIVOT ARMS** must be adjusted to the same hole. Trying to adjust the **PIVOT ARMS** to different positions could cause damage to the machine and injury to the user. The lowest hole will allow the smallest inversion angle. The top hole will allow the largest inversion angle. Use the lowest holes in the **PIVOT ARMS** (holes furthest from the solid cylinders in the arms) until you become familiar and experienced with the Inversion Table.



# Operation

## Height Adjustment

1. Adjust the **NYLON STRAP** to restrict movement to approximately 15 degrees beyond the horizontal position.
2. Loosen the **LOCKING KNOB** under the **MAIN FRAME**.
3. Pull the **LARGE SPRING PIN** and use the **SCALE Decal** to set the **HEIGHT ADJUSTMENT BEAM**.
4. Tighten the **LOCKING KNOB**.
5. Mount the machine.
6. Lock your ankles securely into the **HEEL HOLDERS** and **FOAM PADS**.
7. Lie back with your hands by your sides.
8. Slowly raise your hands to your chest.
9. The goal is to maintain a level position. If you do not rotate to a position close to level, dismount and try a shorter setting. If your feet are higher than your head, dismount and try a taller setting.
10. The Inversion Table should return to the upright position when your hands are below your waist. If it does not, then use a taller setting.

## Suggestions for Use

1. Begin by lying back fully on the bed with your hands at your sides or resting on your thighs.
2. Keeping your hands close to your body, begin to raise your arms slowly, allowing the table to rotate slowly 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 with using the Inversion Table, you can begin to rotate in a SLOW backward and forward motion by raising your arms above your head, and then bringing them back down by your sides.
5. Return to the upright position by slowly moving your hands back down to your thighs.

## Maintenance

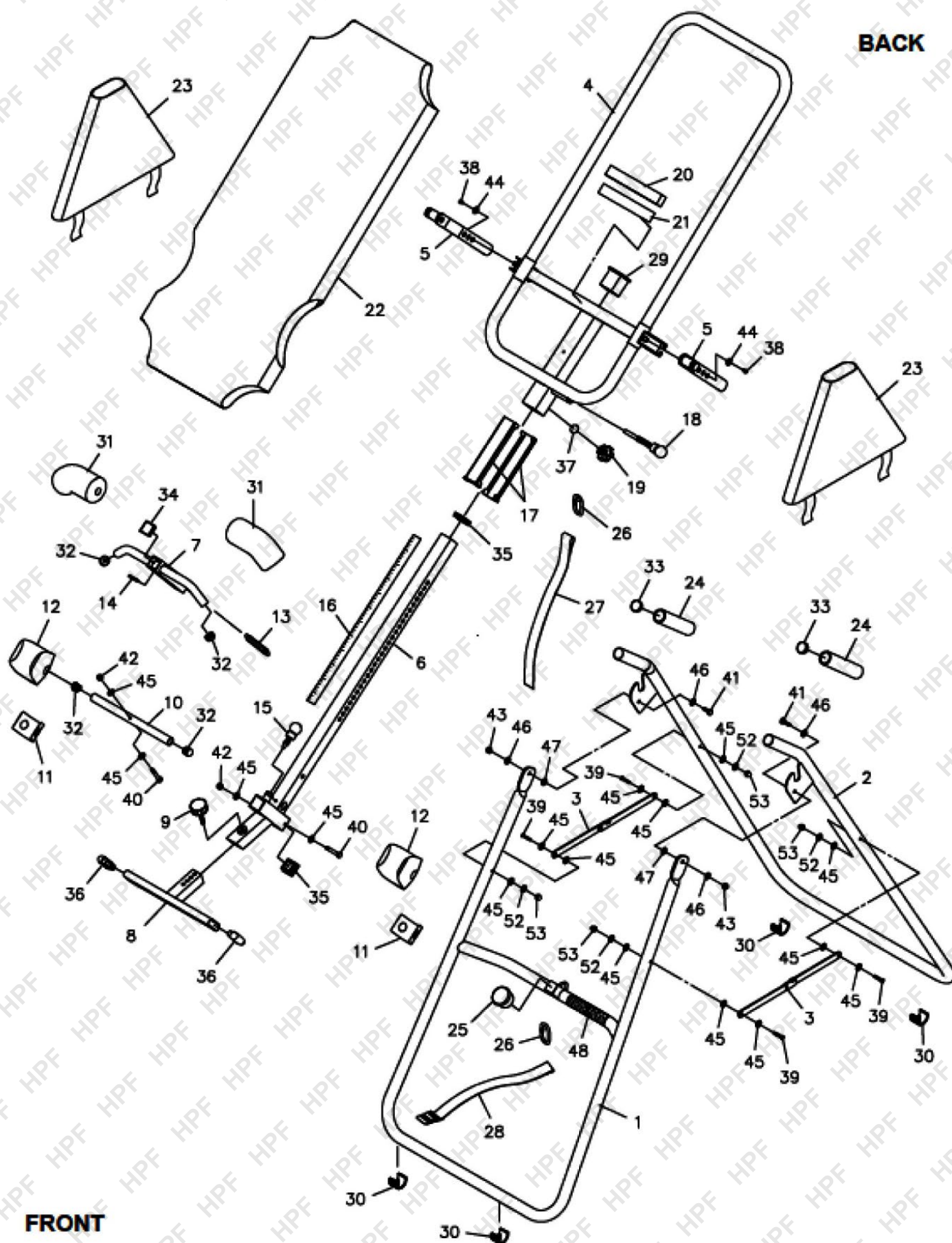
- The safety level of this machine can be maintained only if it is examined regularly for damage and wear.
- Check all **WARNING LABELS**, **NYLON STRAPS**, **STRAP BUCKLES**, **PIVOT ARMS**, **FOAM PADS**, **HEEL HOLDERS**, the **SMALL SPRING PIN**, the **LARGE SPRING PIN**, and all other parts for wear and damage.
- Replace worn and damaged components immediately and/or keep the equipment out of use until repairs are completed.

## Storage

To fold the Inversion Table for storage, loosen the **LOCKING KNOB** and pull out the **LARGE SPRING PIN**. Now, slide the **HEIGHT ADJUSTMENT BEAM** all the way up into the **MAIN FRAME**, release the **LARGE SPRING PIN** and slide the **HEIGHT ADJUSTMENT BEAM** slightly up or down until the **SPRING PIN LOCKS** the beam in place. Remove the **MAIN FRAME** from the **BASE** by lifting up on the **MAIN FRAME** until the **PIVOT ARMS** come out of the slots located at the top of the **REAR FRAME**. (Make sure the **NYLON STRAP** is not attached to the **MAIN FRAME** before attempting to remove it). Push up on the centre of the **FOLDING LINKAGES** and push the **FRONT FRAME** and **REAR FRAME** together until they meet.



# Exploded Diagram of Parts



# Parts List

No.	Part name	Qty.
1	Front Frame	1
2	Rear Frame	1
3	Folding Linkage	2
4	Main Frame	1
5	Pivot Arm	2
6	Height Adjustment Beam	1
7	Adjustable Instep Frame	1
8	Footrest	1
9	Adjustment knob	1
10	Pad Tube	1
11	Heel Holder Bracket	2
12	Heel Holder	2
13	Spring	1
14	Roll Pin	1
15	Small Spring Pin	1
16	Scale Decal	1
17	Bushing	2
18	Large Spring Pin	1
19	Locking Knob	1
20	Foam Cushion	1
21	Double-sided Tape	1
22	Nylon Bed	1
23	Protective Cover	2
24	Hand Grip	2
25	Bumper	1
26	Hook	2
27	Nylon strap	1

No.	Part name	Qty.
28	Buckle Strap	1
29	Hollow Cap	1
30	Stand	4
31	Foam Pad	2
32	Dome Plug (22.2mm)	4
33	Round Plug (31.8mm)	2
34	Square Plug (33.4mm x 33.4mm)	1
35	Square Plug (38mm x 38mm)	2
36	Oval Plug (20mm x 60mm)	2
37	Support Washer	1
38	Bolt, Round Head (M6 x 1 x 10mm)	2
39	Bolt, Round Head (M6 x 1 x 40mm)	4
40	Bolt, Hex Head (M6 x 1 x 47mm)	2
41	Bolt, Hex Head (M8 x 1.25 x 25mm)	2
42	Nyloc Nut (M6 x 1)	2
43	Nyloc Nut (M8 x 1.25)	2
44	Large Washer (M6)	2
45	Washer (M6)	16
46	Washer (M8)	4
47	Plastic Washer (M8)	2
48	Warning Label	1
49	Wrench	1
50	Combination Wrench	1
51	Manual	1
52	Lock Washer (M6)	4
53	Acorn Nut (M6 x 1)	4



# Specifications

<b>Backrest</b>	Vinyl covered high-density foam
<b>Lumbar Support</b>	Yes
<b>Frame</b>	Powder-coated steel
<b>User height</b>	147 – 200cm
<b>Weight capacity</b>	115kg
<b>Folds for Storage</b>	Yes
<b>Total Inversion Angle</b>	180
<b>Gross Weight</b>	23kg



**Some experts believe that the incorrect or prolonged use of almost any product may cause serious injury or death. To help reduce your risk of serious injury or death, refer to the information below. For more information, see [www.datastreamserver.com/safety](http://www.datastreamserver.com/safety)**

- Consult all documentation, packaging and product labelling before use. Note that some products feature documentation available online. It is recommended to print and retain the documentation.
- Before each use, check the product for loose/broken/damaged/missing parts, wear or leaks (if applicable). Never use a product with loose/broken/damaged/missing parts, wear or leaks.
- Products must be inspected and serviced (if applicable) by a qualified technician every 6 months. This is based on average residential use by persons of average size and strength, and on a property of average metropolitan size. Use beyond these recommendations may require more frequent inspections/servicing.
- Ensure that all users of the product have completed a suitable industry recognised training course before being allowed access to the product.
- The product has been supplied by a general merchandise retailer that may not be familiar with your specific application or description of application. Be sure to attain third-party approval from a qualified specialist for your application before use, regardless of any assurances from the retailer or its representatives.
- This product is not intended for use where fail-safe operation is required. As with any product (for example, automobile, computer, toaster), there is the possibility of technical issues that may require the repair or replacement of parts, or the product itself. If the possibility of such failure and the associated time it may take to rectify could in any way inconvenience the user, business or employee, or financially affect the user, business or employee, then the product is not suitable for your requirements. This product is not intended for use where incorrect operation or a failure of any kind, including but not limited to, a condition requiring product return, replacement, parts replacement or service by a technician may cause financial loss, loss of employee time or an inconvenience requiring compensation.
- If this product has been purchased in error when considering the information presented here, contact the retailer directly for details of their returns policy, if required.

