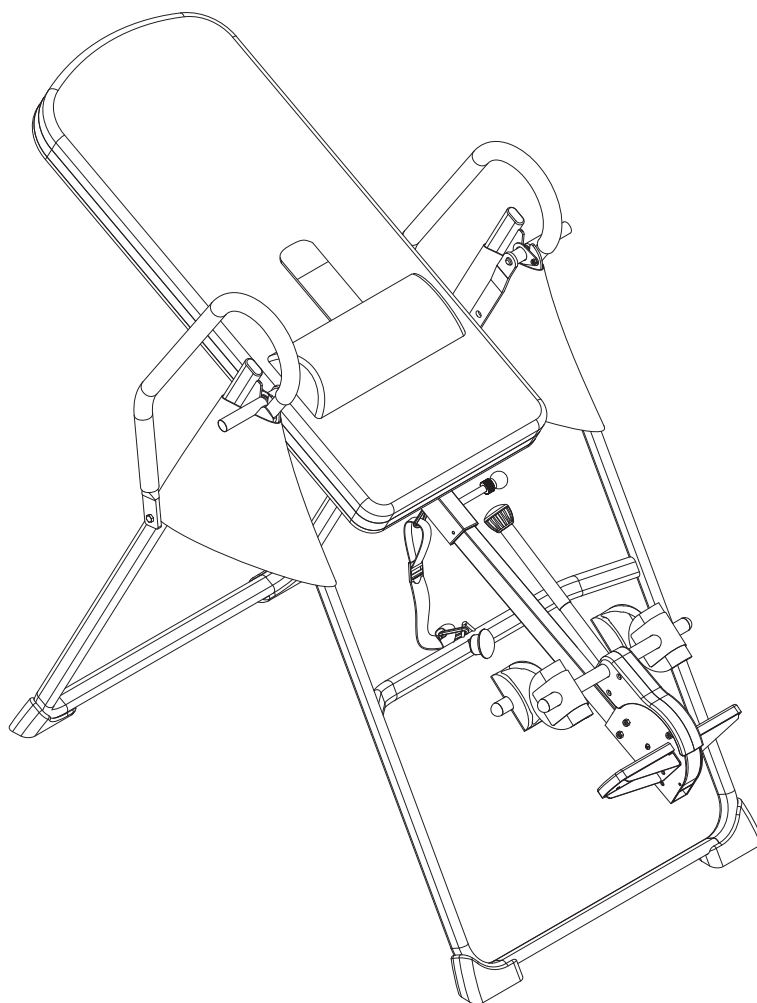


INVERSION TABLE
with Memory Foam
ITEM NO: 75164

LifeGear

Get active for life



OWNER'S MANUAL

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from this photo and are subject to change without prior notice.

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ONE YEAR LIMITED WARRANTY

LifeGear Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application.

From the date of purchase, the frame is warranted to be free from defects for 1 (one) year.

This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

IMPORTANT SAFETY INSTRUCTIONS

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. When using an appliance, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

1. Consult your physician or other health care professionals before using the inversion table.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance if it is damaged, if it is not working properly, if it has been dropped or damaged. Return the appliance to a service center for examination and repair.
4. Do not use outdoors.
5. Do not exceed the maximum rated weight (load) and maximum rated height of the user.
6. For Household Use Only.
7. Always wear proper exercise apparel when using the equipment.
8. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
9. Only one person should use the equipment at a time.
10. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
11. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
12. Always use this equipment on a clear and level surface. Do not use near water.
13. Close supervision is necessary when this inversion table is used by, on, or near children, invalids, or disabled persons.
14. Never drop or insert any object into any opening.
15. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.
16. **WARNING** - To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.
17. **WARNING** - Risk of personal injury - Do not allow children to use this machine.
18. **WARNING** - Risk of personal injury - Keep children away from machine while in use.

19. **WARNING** - Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

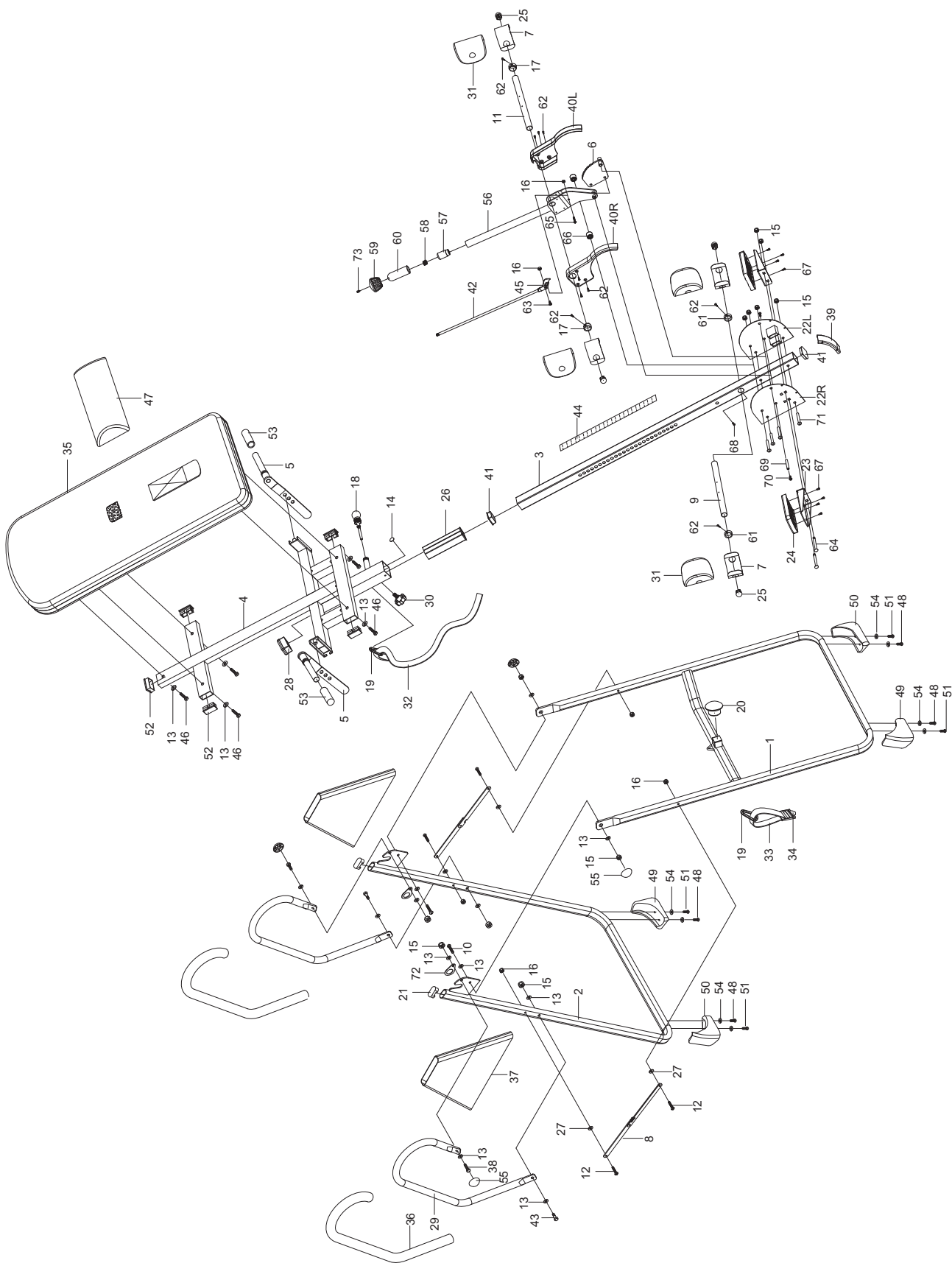
NOTE: Maximum user weight for this product is 350 lbs / 160 kgs.
Maximum Rated Height for this product is 200 cm.

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

SAVE THESE INSTRUCTIONS

EXPLODED VIEW



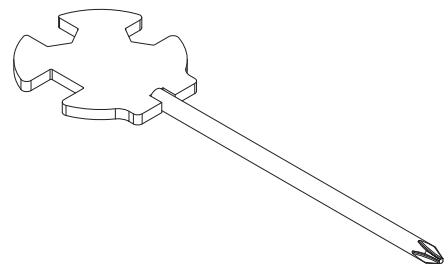
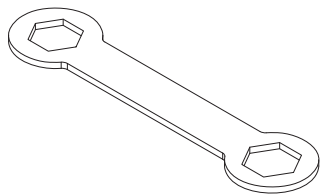
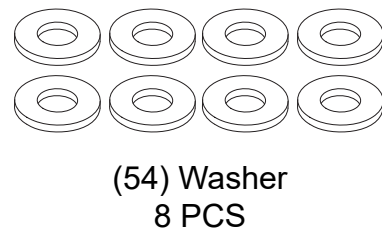
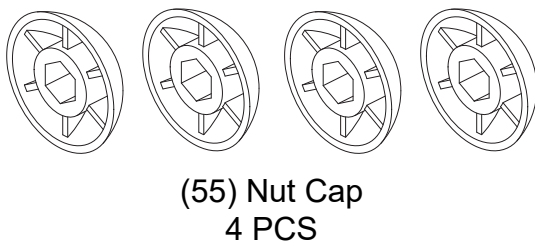
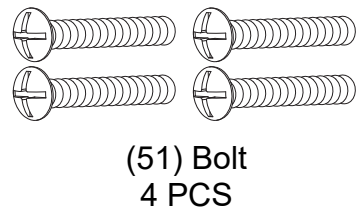
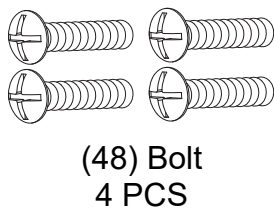
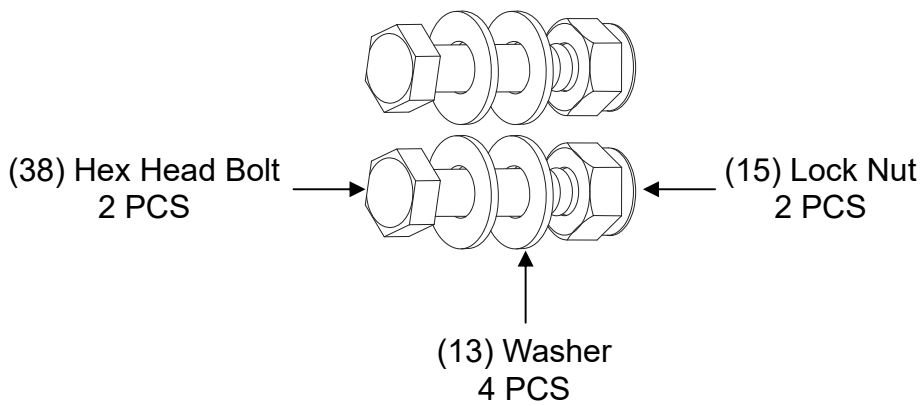
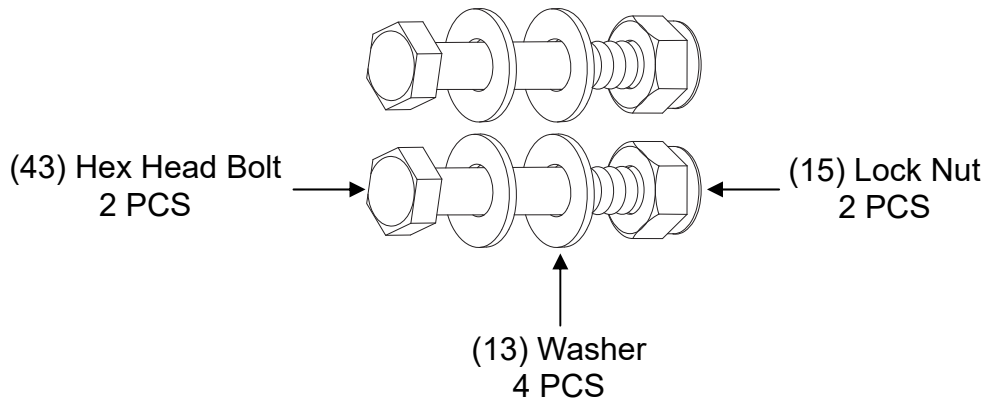
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front U-Frame	1	033	Loop Strap	1
002	Rear U-Frame	1	034	Strap Lock	1
003	Adjustable Boom	1	035	Foam Bed	1
004	Bed Frame	1	036	Foam Grip	2
005	Pivot Arm	2	037	Protective Cover	2
006	Adjustable Lock Plate	1	038	Hex Head Bolt M8x23	2
007	Steel Heel Holder Bracket	4	039	Front Plastic Cover	1
008	Folding Arm	2	040L	Left Plastic Cover	1
009	Rear Rod	1	040R	Right Plastic Cover	1
010	Bolt M8x23	2	041	Square End Cap	2
011	Front Rod	1	042	Locking Pin	1
012	Phillips Screw M6x35	4	043	Hex Head Bolt M8x43	2
013	Washer Ø20xØ8.5x1.5	17	044	Height Scale	1
014	Round Plate	1	045	Latch	1
015	Lock Nut M8	12	046	Foam Bed Bolt	5
016	Lock Nut M6	6	047	Lumber Pad	1
017	Blocking Bush Ø28.5xØ23x14	2	048	Bolt M6x20	4
018	Large Spring Knob	1	049	Right Foot Cap	2
019	Safety Hook	2	050	Left Foot Cap	2
020	Rubber Pad	1	051	Bolt M6x25	4
021	Oval End Cap	2	052	End Cap (□25x50 mm)	5
022L	Left Adjustable Boom Plate	1	053	Foam Grip	2
022R	Right Adjustable Boom Plate	1	054	Washer Ø13xØ6.5x1.0	8
023	In-Step Frame	2	055	Nut Cap Ø27xØ13.5	4
024	In-Step Foot Pad	2	056	Adjustable Handle	1
025	Round End Cap	4	057	Handle Cap	1
026	Lower Bed Frame Bushing	1 Set	058	Handle Spring	1
027	Washer Ø16xØ6.5x1.0	4	059	Button	1
028	Upper Bed Frame Bushing	1	060	Handle Tip	1
029	Handlebar	2	061	Blocking Bush Ø28.5xØ22.5x10	2
030	Knob	1	062	Screw M3x10	10
031	Rubber Heel Holder	4	063	Bolt M6x15	1
032	Nylon Strap	1	064	Carriage Bolt M8x70	2

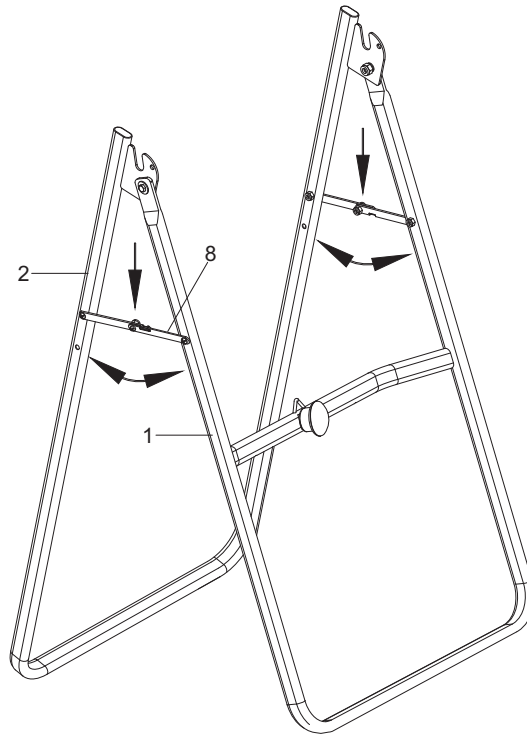
PARTS LIST

No.	Description	Qty	No.	Description	Qty
065	Bolt M6x30	1	070	Bolt M5x10	2
066	Spacer Ø22x16.8	2	071	Bolt M8x50	4
067	Screw ST4.2x12	8	072	Pivot Arm Ring	2
068	Screw ST4.8x20	1	073	Phillips Screw M4x16	1
069	Shaft Nut Ø8	1			

HARDWARE AND TOOLS PACK

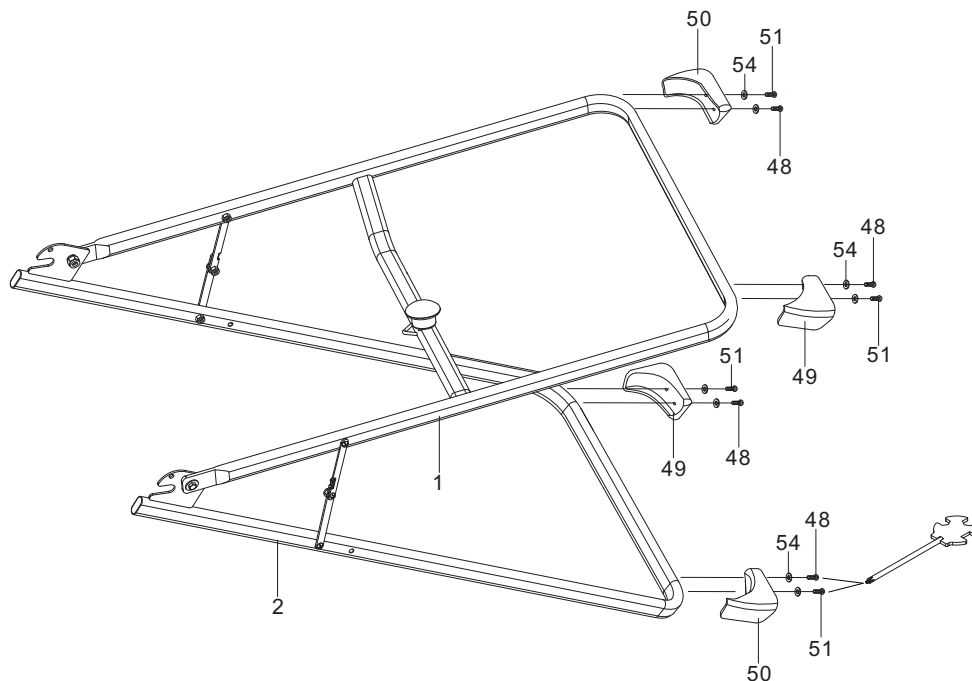


ASSEMBLY INSTRUCTIONS



Step 1

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

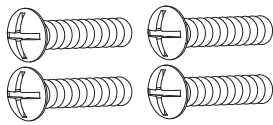


Step 2

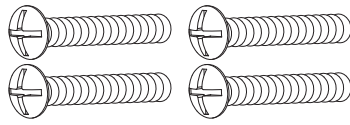
Lay the base on its side as shown. Attach the Right and Left Foot Caps (49, 50) to the Front and Rear U-Frames (1, 2) each with two Bolts (48, 51) and Washers (54). Tighten

bolts with the Multi Hex Tool with Phillips Screwdriver provided.

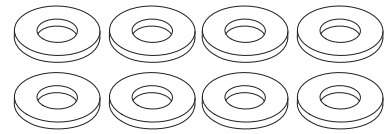
Hardware:



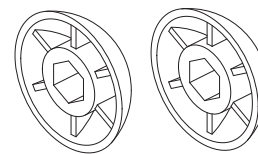
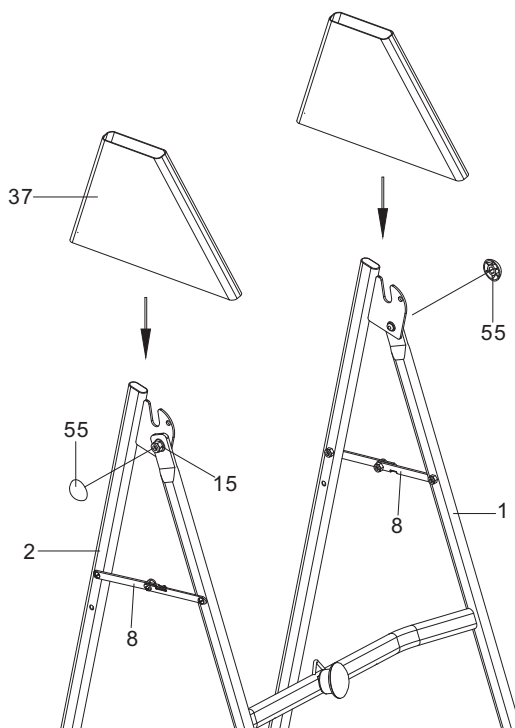
(48) Bolt
4 PCS



(51) Bolt
4 PCS



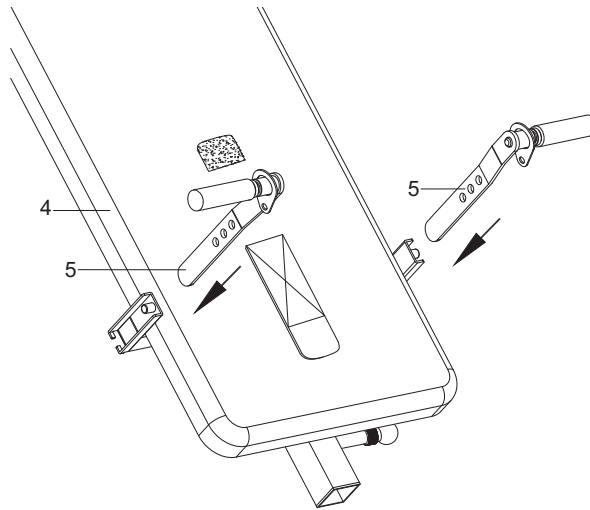
(54) Washer
8 PCS



(55) Nut Cap
2 PCS

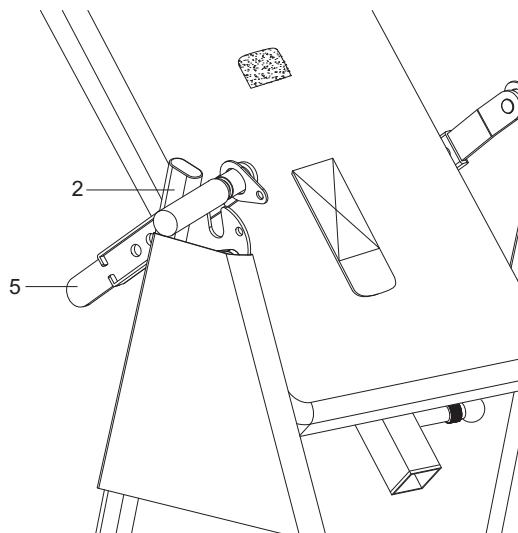
Step 3

Install two Nut Caps (55) onto Lock Nuts (15). Slide one Protective Cover (37) on to each side of the base as shown, and pull down on the Protective Covers (37) until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the Protective Covers (37) to secure the covers to the Folding Arms (8). When the covers are assembled correctly, the Folding Arms (8) should be fully covered by the Protective Covers (37) with the logo on the side.



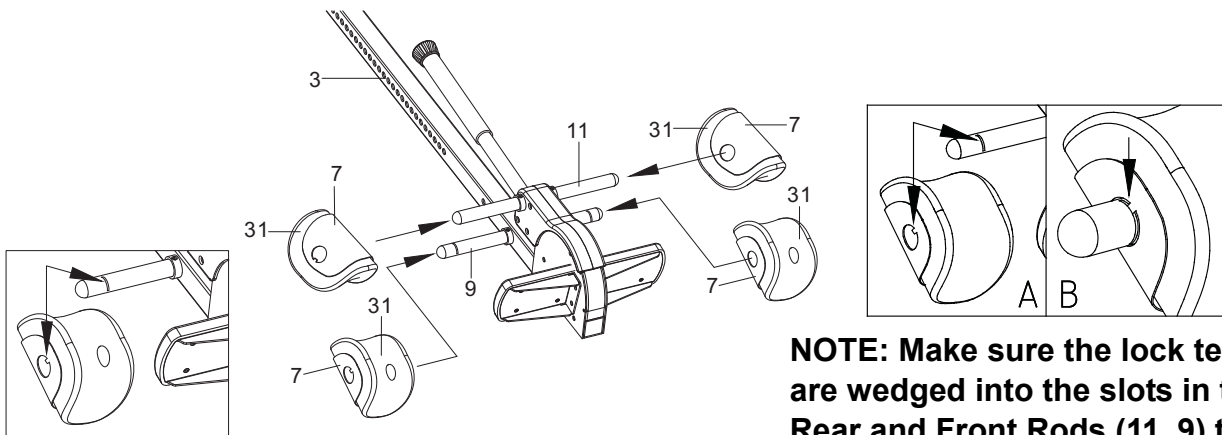
Step 4

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 Arms (5) in place. It is recommended that you use the bottom hole on the Pivot Arms (5) until you become more familiar with the equipment.



Step 5

Mount the Bed Frame (4) 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 (5) should be inserted into the channels on the plates.

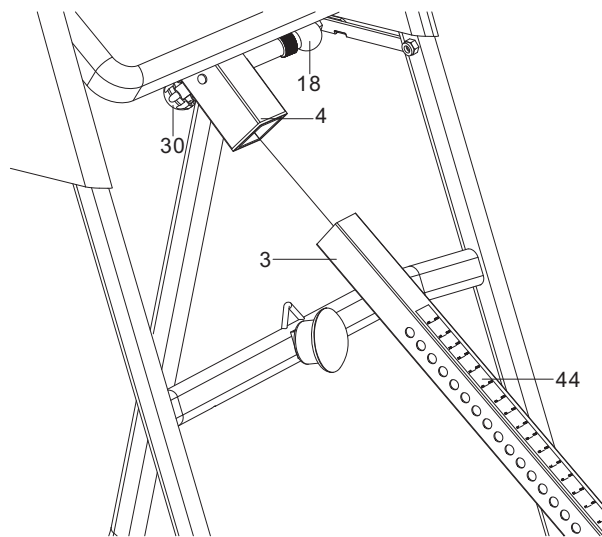


NOTE: Make sure the lock teeth are wedged into the slots in the Rear and Front Rods (11, 9) to lock the Steel Heel Holder Brackets (7) and Rubber Heel Holders (31) in place as shown in figures A and B before use.

Step 6

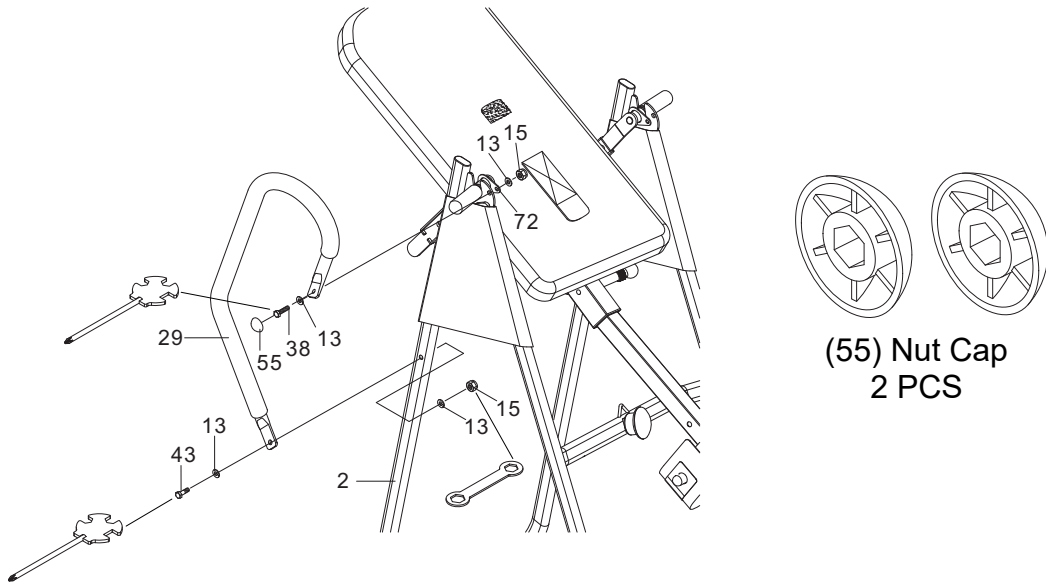
Slide two Steel Heel Holder Brackets (7) and two Rubber Heel Holders (31) onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in the Rear Rod (9), as shown in detailed drawing.

Use the same procedure to attach the other two Steel Heel Holder Brackets (7) and two Rubber Heel Holders (31) onto the Front Rod (11).



Step 7

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



Step 8

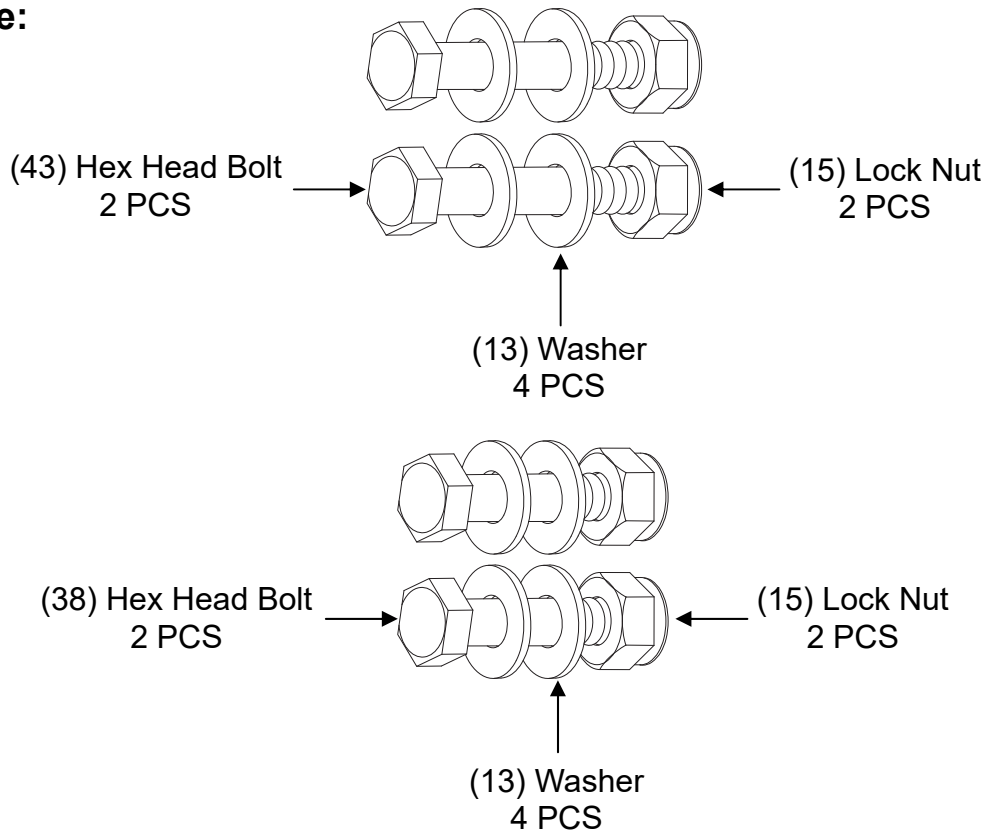
Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72) with one Hex Head Bolt (38), one Lock Nut (15), and two Washers (13). Tighten Bolt and Lock Nut with the Multi Hex Tool with Phillips Screwdriver and Wrench provided.

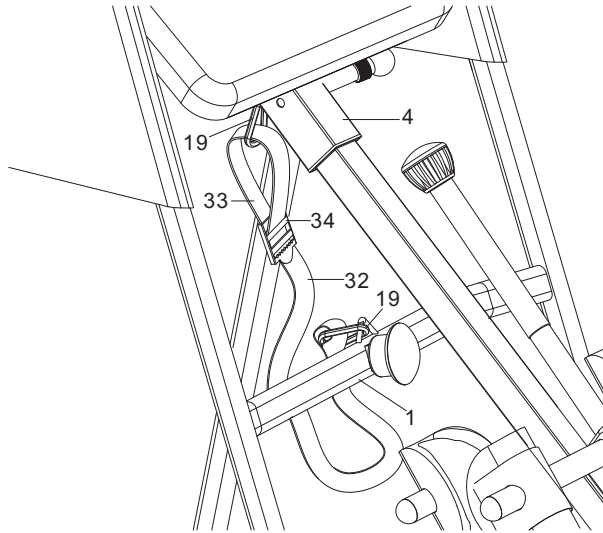
Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one Hex Head Bolt (43), one Lock Nut (15), and two Washers (13). Tighten Bolt and Lock Nut with the Multi Hex Tool with Phillips Screwdriver and Wrench provided.

Use the same procedure to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72).

Install two Nut Caps (55) onto Hex Head Bolts (38).

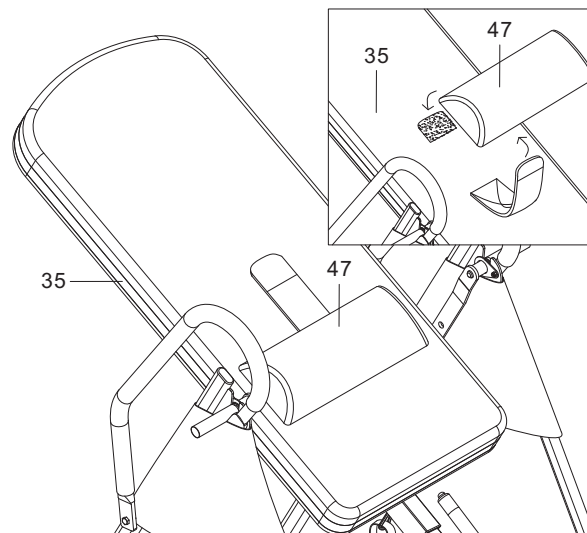
Hardware:





Step 9

Attach the Nylon and Loop Straps (32, 33) to the inversion table by hooking the Safety Hook (19) on the end of the Nylon Strap (32) to the loop on the back of the Bed Frame (4) as shown. Now hook the other Safety Hook (19) on the end of Loop Strap (33) to the loop on the Front U-Frame (1) as shown.

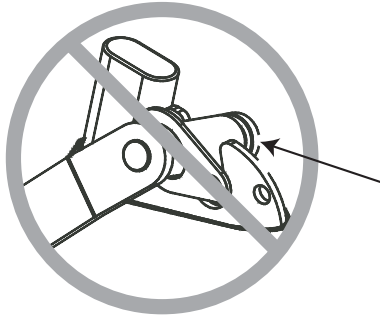


Step 10

Insert the Velcro strap from the Foam Bed (35) to the underneath of Lumbar Pad (47) and secure the Lumbar Pad (47) onto the Foam bed (35).

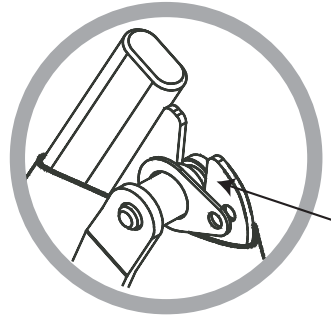
SAFETY OPERATING INSTRUCTIONS

Incorrect



Pivot arm is NOT aligned correctly. The pivot arm is not inserted all the way into the curved slot.

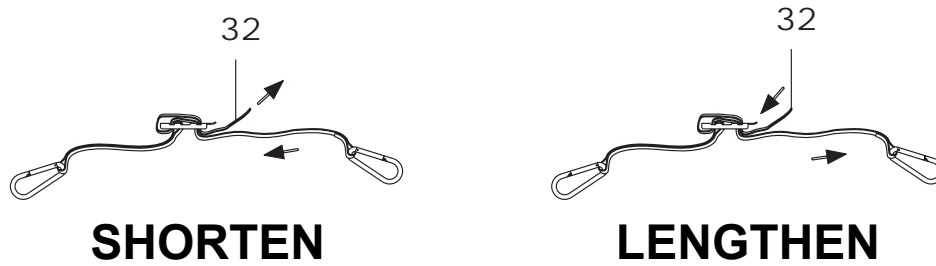
Correct



Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

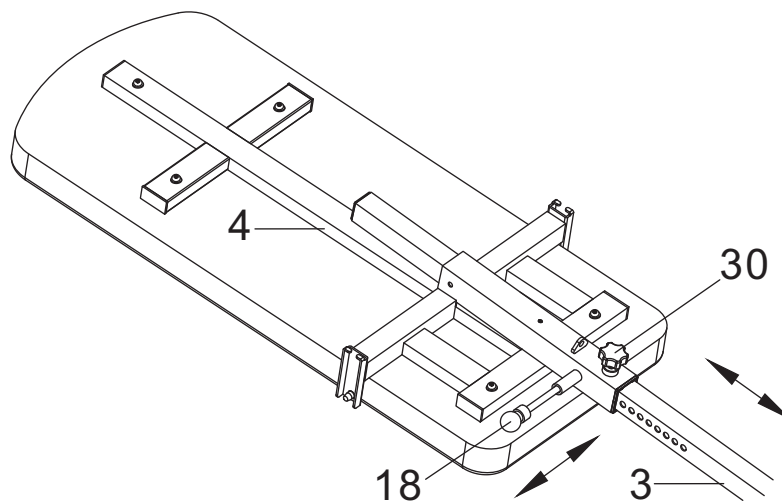
WARNING: Please make sure both pivot arms are in the same hole to prevent serious injury from occurring.

HOW TO USE



Adjusting the Strap

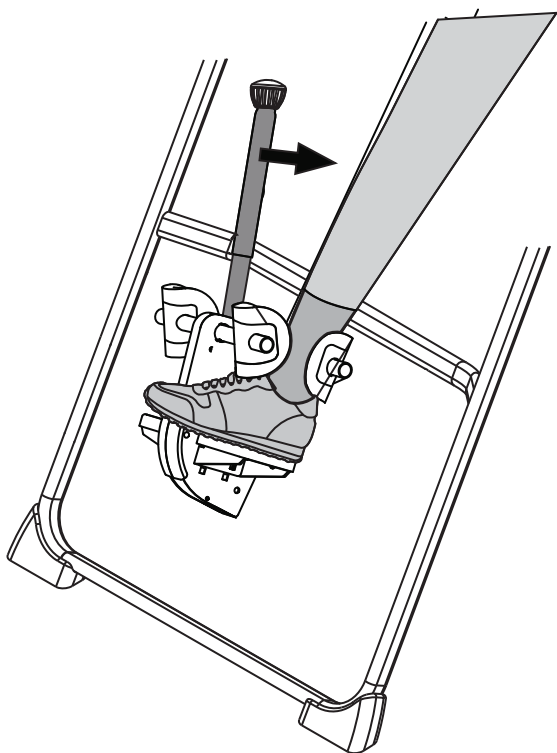
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower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



Set the Adjustable Boom to your height

The Adjustable Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the inversion table. To adjust the boom loosen the Knob (30), pull out the Large Spring Knob (18), and slide the Adjustable Boom (3) up or down until the desired height on the height scale is positioned just below the square bushing. When the Adjustable Boom (3) is in the desired position, simply release the Large Spring Knob (18), slide the Adjustable Boom (3) slightly up or down until the Large Spring Knob (18) locks into place, and tighten the Knob (30).

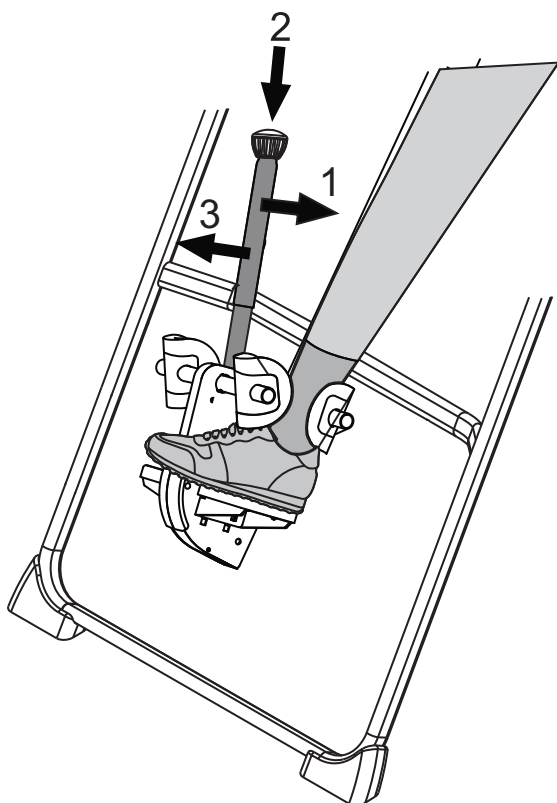
Mounting the table



Pull the Adjustable Handle until the heel holders lock on the feet securely.

Wearing shoes will help ankles stay more secure.

Dismounting the table



1. Pull the Adjustable Handle.

2. Press the Button.

3. Push the Adjustable Handle forward.

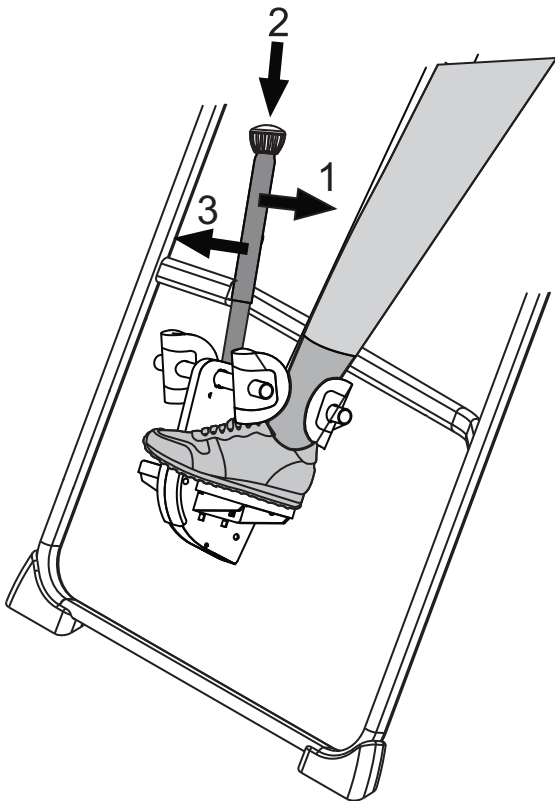
QUICK RELEASE ANKLE LOCK

Before mounting the table, press the button on top and pull open. Pull the handle to lock your feet securely after mounting the table.

When dismantling the table, press the button to release and open. If the button is too tight, pull the handle toward you first before pressing the button to release.

WARNING: To avoid serious injury, feet must be secured before inverting. Do not use the table if the ankle lock system does not function properly.

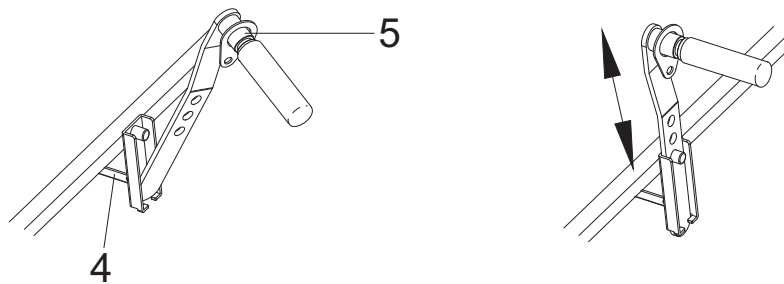
TROUBLESHOOTING SECTION



In case the Adjustable Handle is too tight to release Heel Holders, please follow these steps:

1. Pull the Adjustable Handle.
2. Press the Button.
3. Push the Adjustable Handle forward.

OPERATION



PIVOT ARMS

The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the Pivot Arms (5) 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 inversion table.

NOTE: Both Pivot Arms (5) must be adjusted to the same hole. Trying to adjust the Pivot Arms (5) on two different positions could cause damage to the inversion table, or injury to the user.

THE HANDLEBARS

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) 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 (29) 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.**

GENERAL PRECAUTIONS

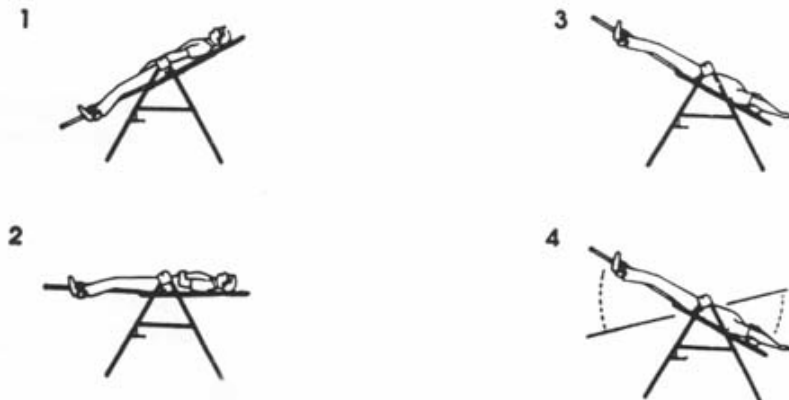
1. Make sure that the Pivot Arms (5) are locked on the lowest hole for the first few attempts.
2. It is recommended that someone be with you while you are using this inversion table for the first few times.
3. Make sure that the Heel Holders (31) are holding your feet securely.
4. Make sure that the Adjustable Boom (3) is properly set to your height.
5. Make sure that the Adjustable Boom (3) is held securely by both the Large Spring Knob (18) and the Knob (30).
6. Make sure that there is enough room for the bed to rotate completely.

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 inversion table, 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 with the use, 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 and grip both handlebars.



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. If you get nauseous, do not fight it, come up as soon as you feel queasy.
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 time each day.

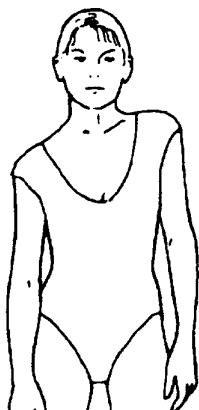
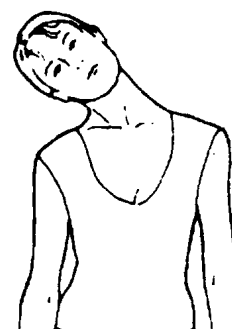
WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

COOL DOWN at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

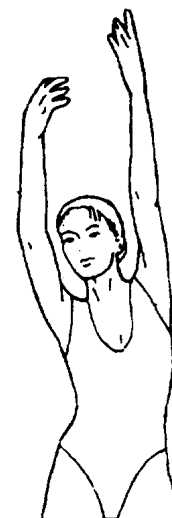
HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



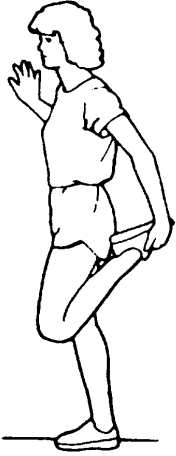
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

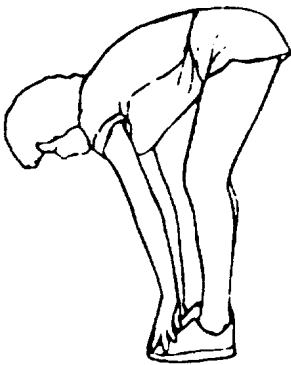


QUADRICEPS STRETCH

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.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

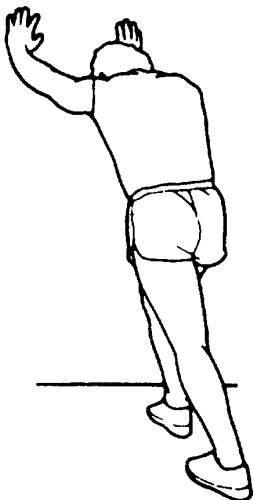
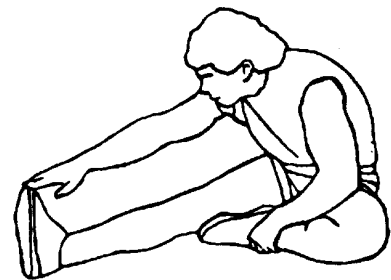


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. 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.



CALF/ACHILLES STRETCH

Lean against a wall with your right leg in front of the left and your arms forward. Keep your left leg straight and the right foot on the floor; then bend the right leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.