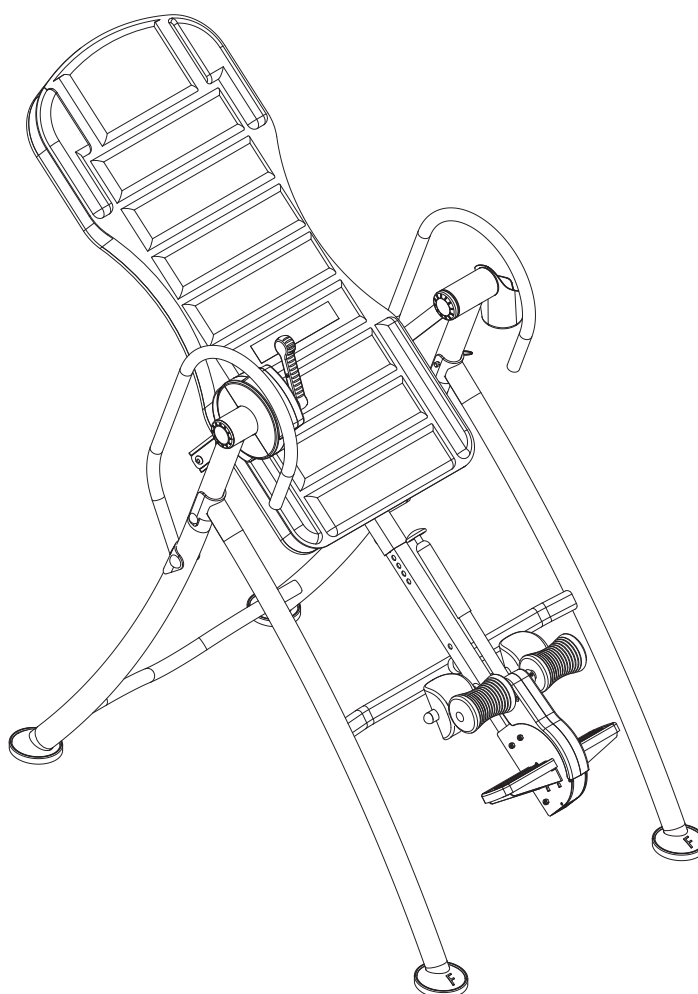


INVERT EASE INVERSION TABLE

ITEM NO: 75303

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.

2018, Sept.

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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 inversion table, basic precautions should always be followed, including the following:

WARNING: To reduce the risk of personal injury, read and understand all instructions before using the inversion table.

1. Consult your physician or other health care professionals before using the inversion table.
2. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate the inversion table if it is damaged, if it is not working properly, if it has been dropped or otherwise damaged. Please contact your local service center for examination and repair.
4. Do not use or store the inversion table outdoors.
5. Do not exceed the maximum rated weight (load) or maximum rated height of the user.
6. For Home Use Only.
7. Always wear appropriate clothing while using the inversion table i.e. no loose fitting clothing that could be caught in moving parts.
8. If any time you feel faint, light-headed or dizzy while operating the equipment, stop use immediately and slowly return to the upright position. You should also stop inverting 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. After you finish inverting: come up slowly, should dizziness occur after a session it means you came up too fast. Reduce the rate at which you return to the upright position. Wait a reasonable period of time between eating and using the inversion table. If you feel nauseated, 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. The inversion table is not designed for use by children or anyone shorter than the minimum height indicated on the adjustable boom.
14. Close supervision is necessary when this inversion table is used by, on, or near invalids, or disabled persons.
15. Never drop or insert any object into any opening.
16. **WARNING:** Keep hand on the brake while inverting.
17. **WARNING:** Risk of injury - Keep children away from machine while in use.
18. **WARNING:** Risk of personal injury - Do not grab the Lock Handle to return to upright. Instead use the handlebar.

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 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. Please do not nor let anyone else use this equipment if any of the following apply:

- 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 (Mini Strokes)
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins (Surgically implanted bone pins), or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**SAVE THESE INSTRUCTIONS FOR FUTURE
REFERENCE**

This exploded view diagram illustrates the assembly of a bicycle frame. The main components shown are the frame tubes (1, 3, 4, 5), handlebars (29), seatpost (36), and various fasteners and accessories. The diagram includes numerous numbered callouts (1-87) identifying specific parts and their assembly points. Key components include:

- Frame Tubes:** 1 (Down tube), 3 (Top tube), 4 (Seat tube), 5 (Chain stay).
- Handlebars:** 29 (Main handlebar), 36 (Bendable handlebar section).
- Seatpost:** 36 (Main seatpost), 37 (Seatpost clamp).
- Fasteners and Hardware:** 13 (Nuts), 14 (Washers), 15 (Spacers), 20 (Seatpost clamp), 21 (Seatpost clamp), 28 (Seatpost clamp), 32 (Seatpost clamp), 33 (Seatpost clamp), 34 (Seatpost clamp), 38 (Nuts), 43 (Washers), 46 (Washers), 47 (Seatpost clamp), 48 (Seatpost clamp), 50 (Seatpost clamp), 51 (Seatpost clamp), 52 (Seatpost clamp), 53 (Seatpost clamp), 54 (Seatpost clamp), 55 (Seatpost clamp), 62 (Seatpost clamp), 63 (Seatpost clamp), 74 (Seatpost clamp), 75 (Seatpost clamp), 76 (Seatpost clamp), 77 (Seatpost clamp), 79 (Seatpost clamp), 80 (Seatpost clamp), 81 (Seatpost clamp), 82 (Seatpost clamp), 87 (Seatpost clamp).
- Other Components:** 2 (Handlebar grip), 19 (Seatpost clamp), 12 (Seatpost clamp), 16 (Seatpost clamp), 17 (Seatpost clamp), 18 (Seatpost clamp), 22 (Seatpost clamp), 23 (Seatpost clamp), 24 (Seatpost clamp), 25 (Seatpost clamp), 26 (Seatpost clamp), 27 (Seatpost clamp), 30 (Seatpost clamp), 31 (Seatpost clamp), 35 (Seatpost clamp), 40 (Seatpost clamp), 41 (Seatpost clamp), 42 (Seatpost clamp), 44 (Seatpost clamp), 45 (Seatpost clamp), 49 (Seatpost clamp), 56 (Seatpost clamp), 57 (Seatpost clamp), 58 (Seatpost clamp), 59 (Seatpost clamp), 60 (Seatpost clamp), 61 (Seatpost clamp), 64 (Seatpost clamp), 65 (Seatpost clamp), 66 (Seatpost clamp), 67 (Seatpost clamp), 68 (Seatpost clamp), 69 (Seatpost clamp), 70 (Seatpost clamp), 71 (Seatpost clamp), 72 (Seatpost clamp), 73 (Seatpost clamp), 78 (Seatpost clamp), 79 (Seatpost clamp), 80 (Seatpost clamp), 81 (Seatpost clamp), 82 (Seatpost clamp), 83 (Seatpost clamp), 84 (Seatpost clamp), 85 (Seatpost clamp), 86 (Seatpost clamp).

This exploded view diagram illustrates the assembly of a vehicle seat. The main components shown are the seat back (35) and the seat cushion (36). The seat back is supported by a frame (10) and includes an adjustment mechanism (18) for reclining. The seat cushion is supported by a frame (8) and includes an adjustment mechanism (42) for height and tilt. The diagram shows the relationship between various parts, including the seat backrest (35), seat cushion (36), seat frame (10), seat base (8), and various adjustment mechanisms (18, 42). The diagram also shows the relationship between the seat backrest and the seat cushion, and the relationship between the seat frame and the seat base. The diagram is a technical drawing showing the exploded view of the seat assembly, with various parts labeled with numbers (1-86) for identification.

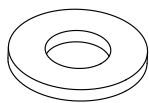
PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front Frame	1	030	Knob	1
002	Cup Holder	1	031	Rubber Heel Holder	2
003	Rear Frame	1	032	Cross Recessed Oval Head Bolt M6x30	1
004	Cup Holder Rotation Cap	1	033	Lock Mechanism	1
005	Front Heel Holder	2	034	Lock Handle Plastic Bar	1
006	Gear Plate	1	035	Foam Bed	1
007	Heel Holder Bracket	2	036	Handlebar Foam Grip	2
008	Adjustable Boom	1	037	Metal Sleeve	1
009	Rear Rod	1	038	Bolt M8x60	4
010	Bed Frame	1	039	Front Plastic Cover	1
011	Front Rod	1	040L	Left Plastic Cover	1
012	Right Pivot Arm	1	040R	Right Plastic Cover	1
013	Washer Ø8.5xØ20xt1.5	18	041	Square End Cap □38	2
014	Curve Washer Ø8.5xØ16xt2.0	2	042	Lock Pin	1
015	Lock Nut M8 (Galvanize)	6	043	Bolt M8x12	2
016	Lock Nut M6	1	044	Height Scale	1
017	Blocking Bush Ø28.5xØ23x14	2	045	Washer Ø8.5xØ24x2mm	2
018	Spring Knob	1	046	Bolt M8x20	6
019	Left Pivot Arm	1	047	Brake Bracket	1
020	Rubber Pad M6x10xØ35x15	1	048	Upper Plastic Cover	1
021	Right Brake Pad I	1	049	Rear Foot Cap	2
022L	Left Adjustable Boom Plate	1	050	Bolt M6x25	1
022R	Right Adjustable Boom Plate	1	051	Bolt M6x15	4
023	In-Step Frame	2	052	Lower Plastic Cover	1
024	In-Step Foot Pad	2	053	Front Foot Cap	2
025	Round End Cap	2	054	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
026	Rod Cap	2	055	Pivot Arm Rotation Cap II Ø60xØ19.5x21	1
027			056	Adjustable Handle	1
028	Fixed Plate	1	057	Handle Cap	1
029	Handlebar	2	058	Handle Spring	1

PARTS LIST

No.	Description	Qty	No.	Description	Qty
059	Button	1	074	Rotor Cover	1
060	Handle Tip	1	075	Left Brake Pad II	1
061	Blocking Bush Ø28.5xØ22.5x10	2	076	Pin	1
062	Screw ST3.5x10	19	077	Washer Ø4.3xØ9xt0.3	4
063	Spring Washer Ø8.1xØ12.3x2.1mm	4	078	Lock Nut M8	6
064	Carriage Bolt M8x60	2	079	Spring	1
065	Bolt M6x30	1	080	Brake Pad	2
066	Spacer Ø22xØ16.8	2	081	Bolt M4x20	1
067	Screw ST4.2x12	8	082	Cap	4
068	Screw ST4.8x20	1	083	Rectangle End Cap □50x25	4
069	Shaft Nut Ø8	1	084	Upper Bed Frame End Cap	1
070	Bolt M5x10	2	085	Lower Bed Frame Bushing	2
071	Bolt M8x50	4	086	Bolt M8x40	4
072	Round Cap	1	087	Tube Clamp	1
073	Bolt M4x16	1			

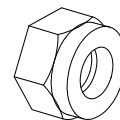
HARDWARE LIST



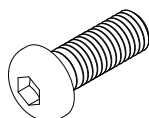
(13) Washer
Ø8.5xØ20xt1.5
10 PCS



(14) Curve Washer
Ø8.5xØ16xt2.0
2 PCS



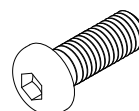
(15) Lock Nut M8
(Galvanize)
4 PCS



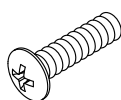
(38) Bolt M8x60
2 PCS



(43) Bolt M8x12
2 PCS



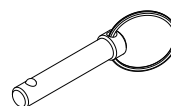
(46) Bolt M8x20
4 PCS



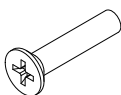
(51) Bolt M6x15
4 PCS



(63) Spring Washer
Ø8.1xØ12.3x2.1mm
2 PCS



(76) Pin
1 PC

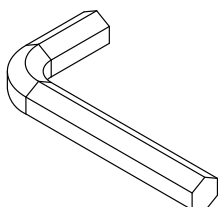


(81) Bolt M4x20
1 PC

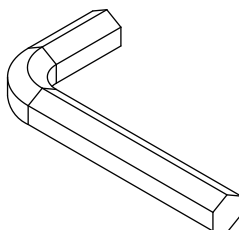


(82) Cap
4 PCS

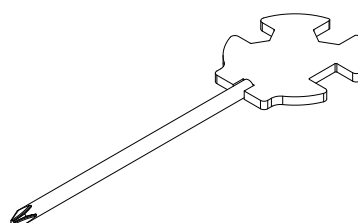
TOOLS



Allen Wrench #5
1 PC

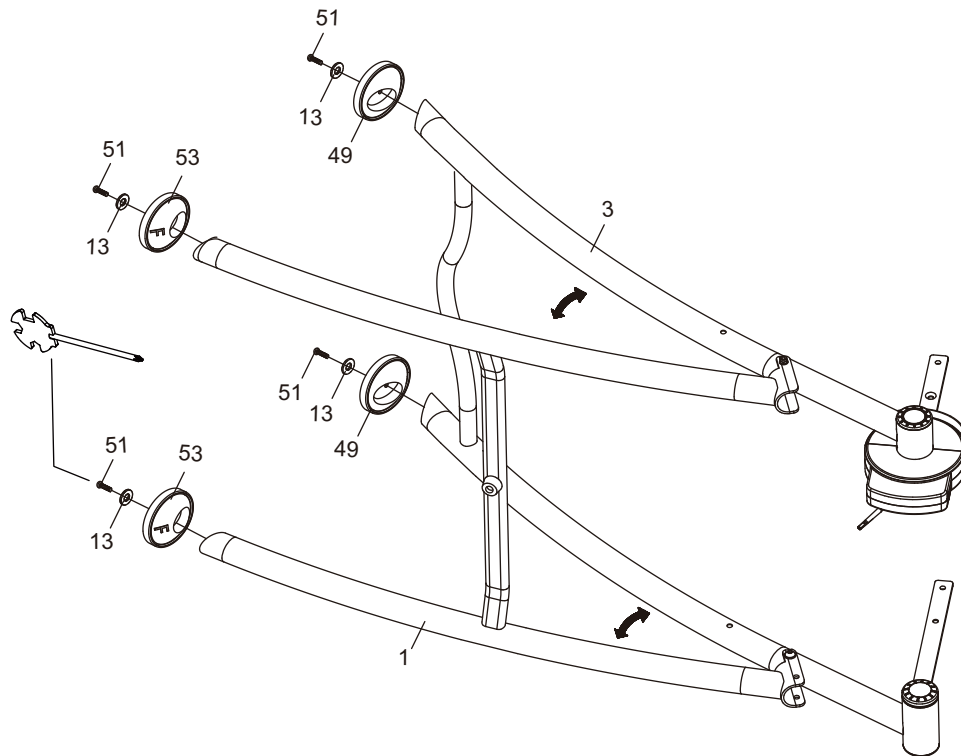


Allen Wrench #6
1 PC



Multi Hex Tool with Phillips Screwdriver
1 PC

ASSEMBLY INSTRUCTIONS



Step 1

Lay the base on its side as shown. Attach the Front Foot Caps (53) to the Front Frame (1) each with one Ø8.5xØ20x1.5 Washer (13) and one M6x15 Bolt (51).

Attach the Rear Foot Caps (49) to the Rear Frame (3) each with one Ø8.5xØ20x1.5 Washer (13) and one M6x15 Bolt (51).

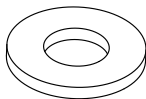
Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Front Foot Cap is marked with F.

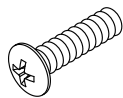
Rear Foot Cap is marked with R.

NOTE: The weight of the product is more than 20 kg and it should be assembled and moved by two or more people.

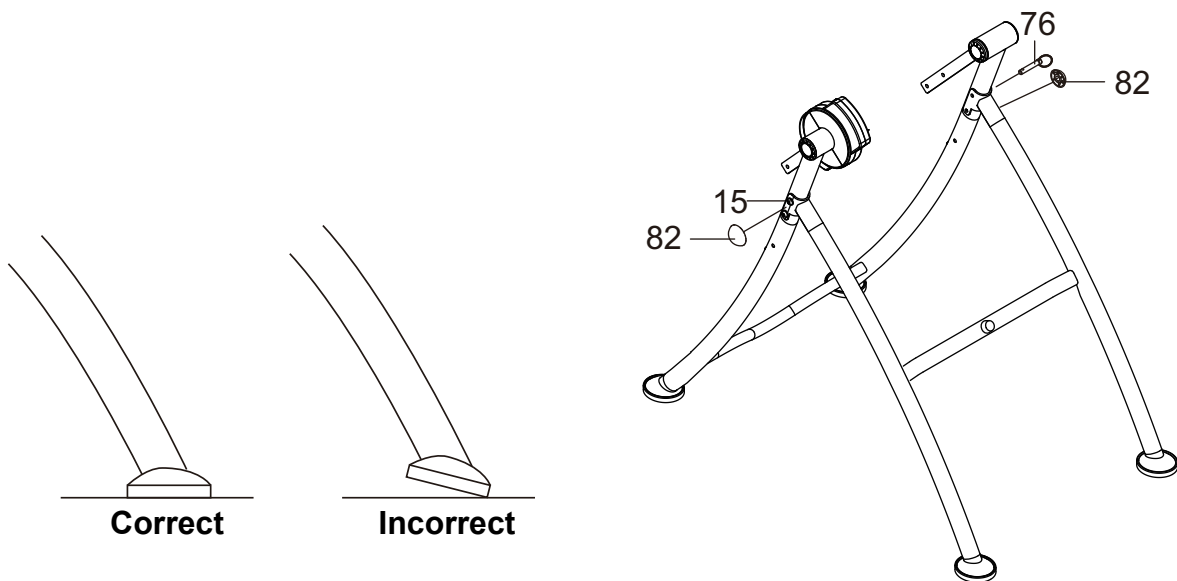
Hardware:



(13) Washer
Ø8.5xØ20x1.5
4 PCS



(51) Bolt M6x15
4 PCS

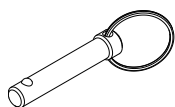


Step 2

Stand up the base and open fully. Make sure all Foot Caps are level. Insert the Pin (76) into Frames.

Install two Caps (82) onto two M8 Lock Nuts (15).

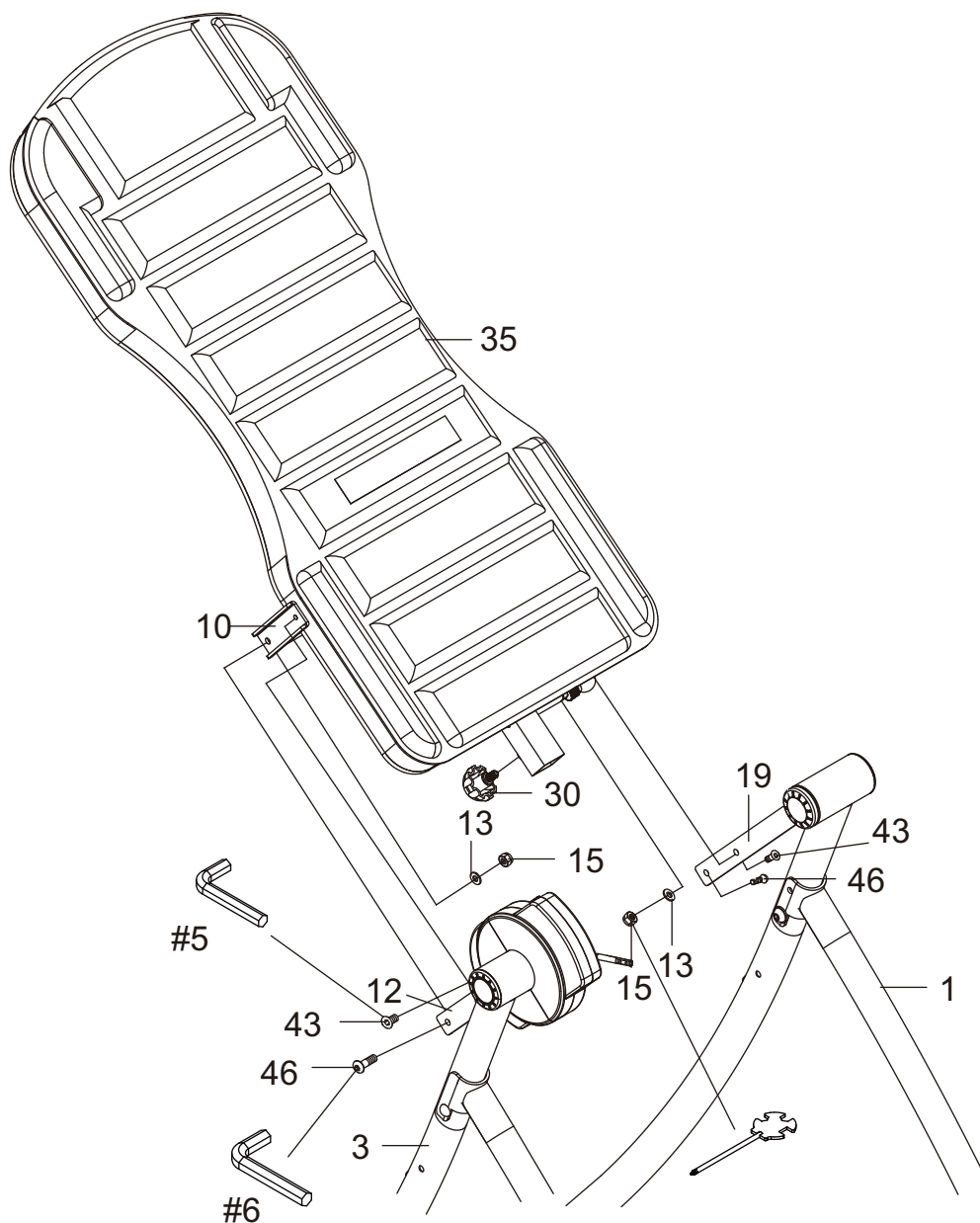
Hardware:



(76) Pin
1 PC



(82) Cap
2 PCS

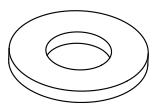


Step 3

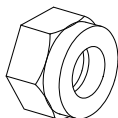
Attach the Bed Frame (10) onto the Right Pivot Arm (12) and Left Pivot Arm (19) by using two M8 Lock Nuts (15), two M8x12 Bolts (43), two M8x20 Bolts (46) and two Ø8.5xØ20xt1.5 Washers (13). Tighten M8x12 Bolts (43) with #5 Allen Wrench provided. Tighten M8x20 Bolts (46) and M8 Lock Nuts (15) with #6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Install the Knob (30) onto the Bed Frame (10)

Hardware:



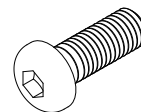
(13) Washer
Ø8.5xØ20xt1.5
2 PCS



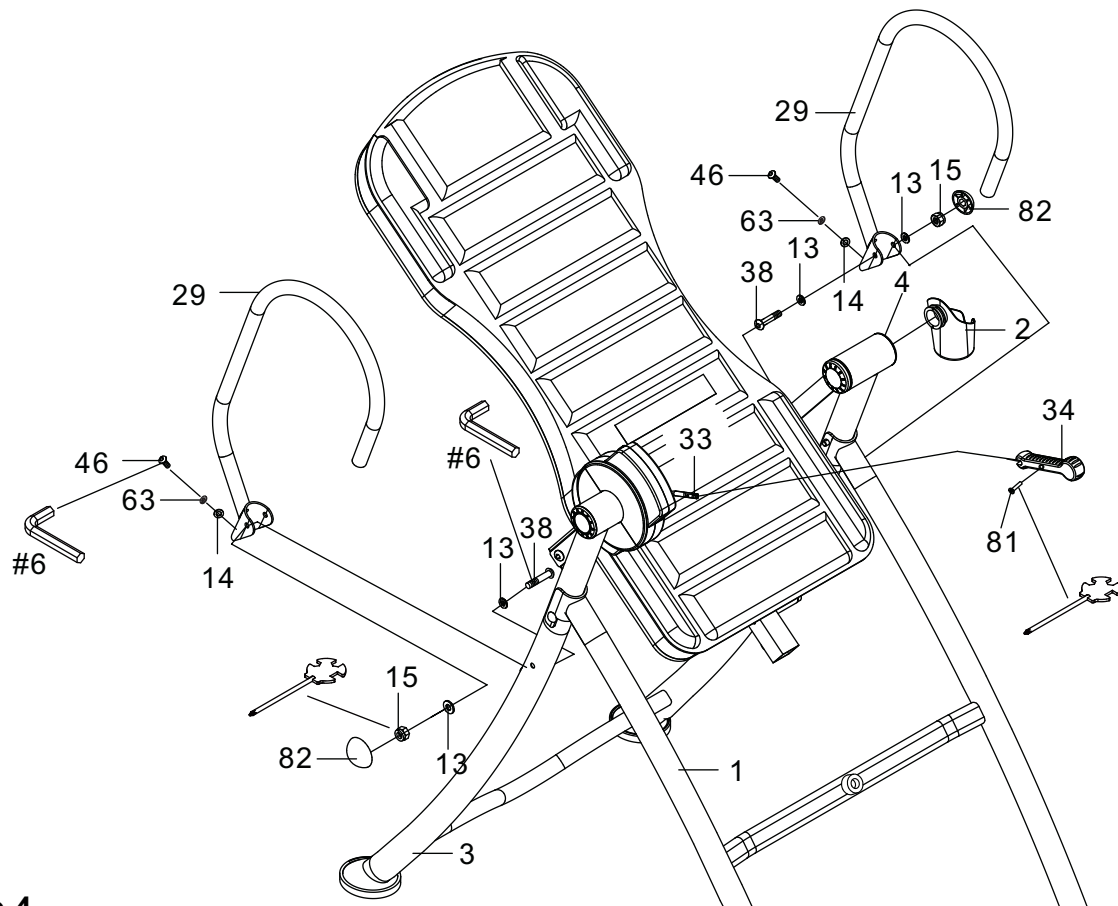
(15) Lock Nut M8
(Galvanize)
2 PCS



(43) Bolt M8x12
2 PCS



(46) Bolt M8x20
2 PCS



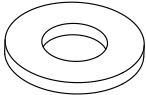
Step 4

Attach both Handlebars (29) onto Rear Frame (3) with four Ø8.5xØ20xt1.5 Washers (13), two Ø8.5xØ16xt2.0 Curve Washers (14), two M8 Lock Nuts (15), two M8x60 Bolts (38), two M8x20 Bolts (46), and two Ø8.1xØ12.3x2.1mm Spring Washers (63). Tighten M8x20 Bolts (46) with #6 Allen Wrench provided. Tighten M8x60 Bolts (38) and M8 Lock Nuts (15) with #6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided, attach the Caps (82) to the M8 Lock Nuts (15).


Install the Cup Holder (2) to the Cup Holder Rotation Cap (4).

Install the Lock Handle P Bar (34) onto the Lock Mechanism (33) and secure with one M4x20 Bolt (81). Tighten M4x20 Bolts (81) with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



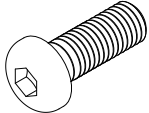
(13) Washer
Ø8.5xØ20xt1.5
4 PCS



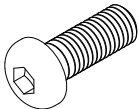
(14) Curve Washer
Ø8.5xØ16xt2.0
2 PCS




(15) Lock Nut M8
(Galvanize)
2 PCS



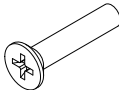
(38) Bolt M8x60
2 PCS



(46) Bolt M8x20
2 PCS



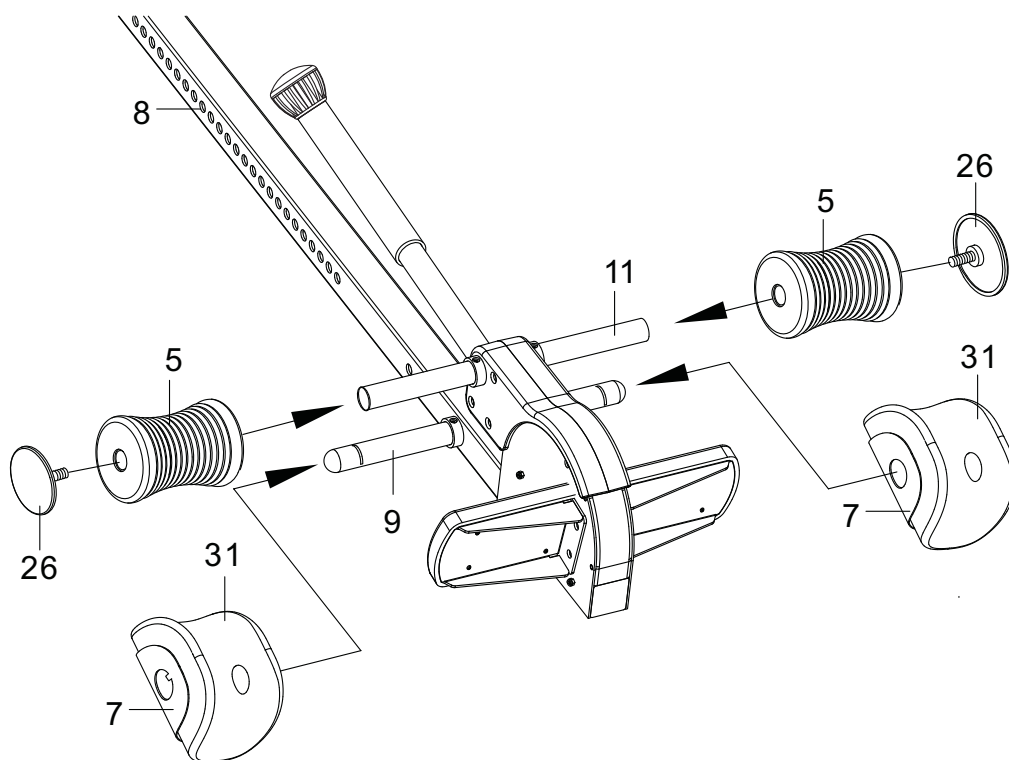
(63) Spring Washer
Ø8.1xØ12.3x2.1mm
2 PCS



(81) Bolt M4x20
1 PC



(82) Cap
2 PCS

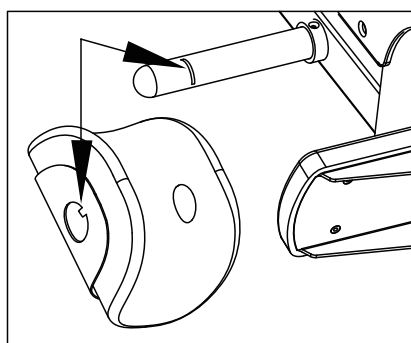


Step 5

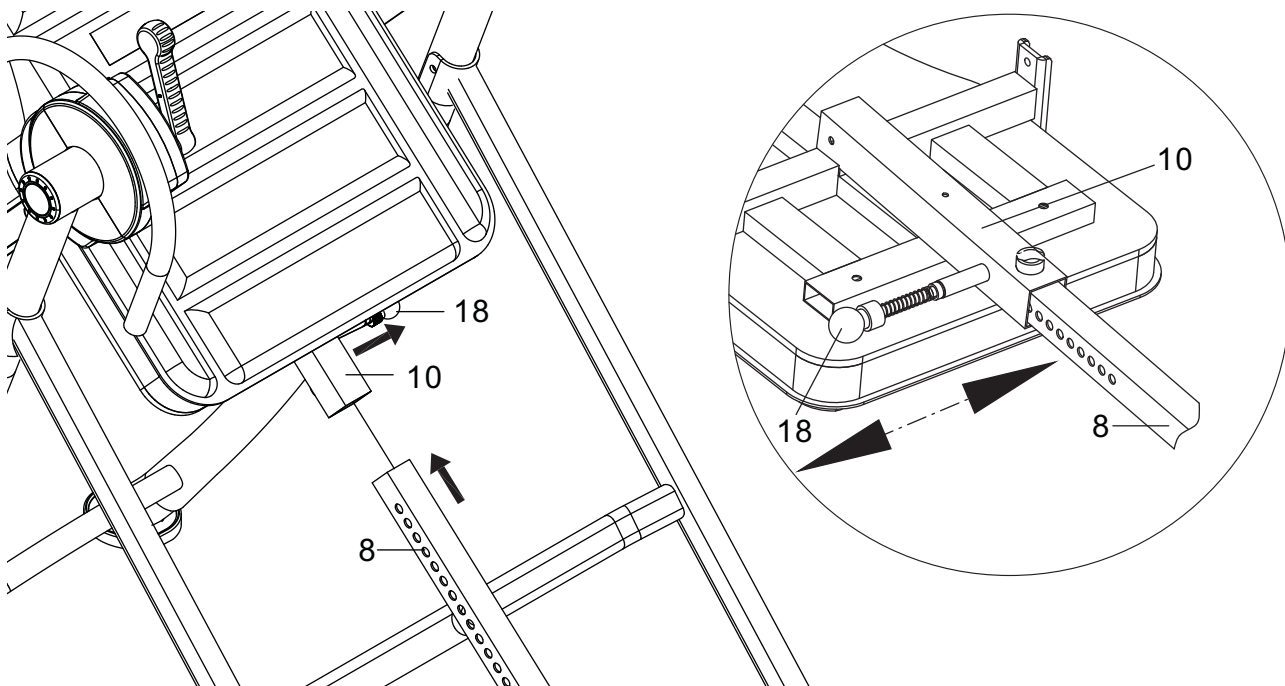
Slide two Heel Holder Brackets (7) and Rubber Heel Holders (31) onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in the Rear Rod (9), as shown in detailed drawing below.

Slide Front Heel Holder (5) onto Front Rod (11).

Turn Rod Cap (26) clockwise onto the Front Rod (11).

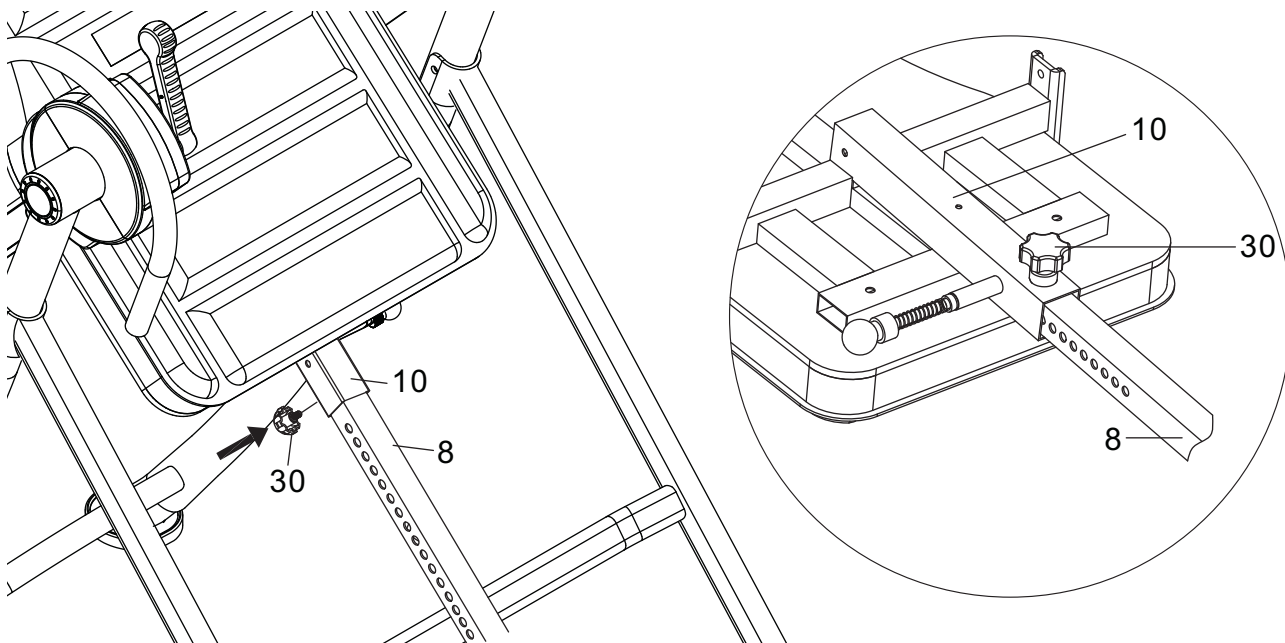


NOTE: Make sure the lock teeth are wedged into the slots in the Rear Rod (9) to lock the Heel Holder Brackets (7) and Rubber Heel Holders (31) in place before use.



Step 6

Pull the Spring Knob (18) and slide the Adjustable Boom (8) in. Slide the Adjustable Boom (8) up to the desired height. Release the Spring Knob (18) and make sure it “pops” into the hole.

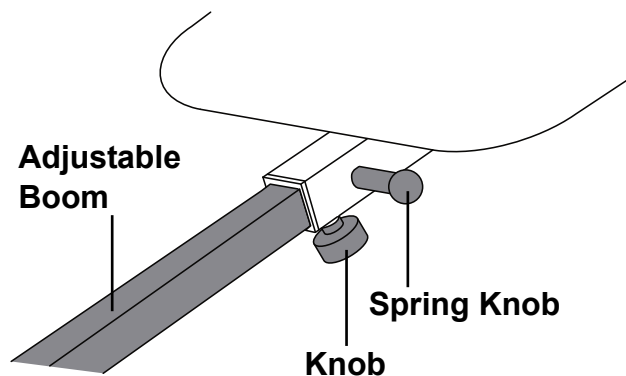


Step 7

Install the Knob (30) onto the Bed Frame (10) and tighten it for additional safety.

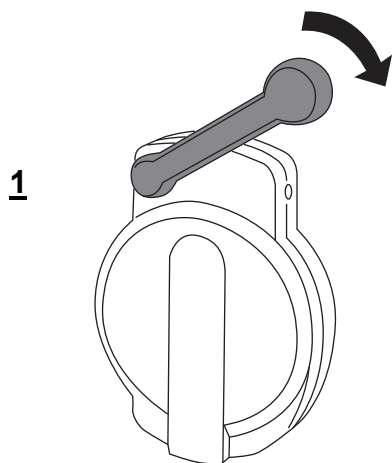
HOW TO USE

Set the Adjustable Boom to your height

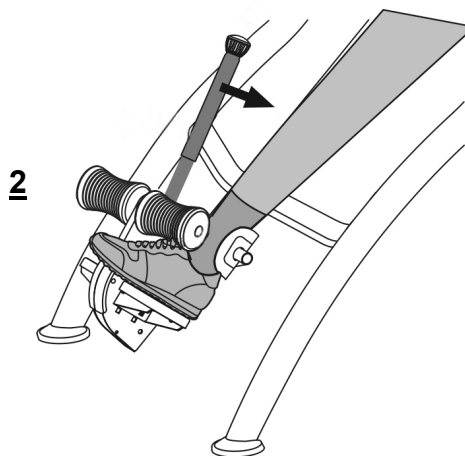


Turn the Knob counter-clockwise to loosen the Adjustable Boom. Pull the Spring Knob as you adjust the Adjustable Boom to desired height. Turn the Knob clockwise to make sure the Adjustable Boom is tight.

Mounting the table

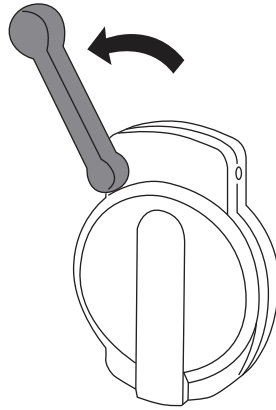


Make sure the Lock Handle Plastic Bar is at **LOCK** position.



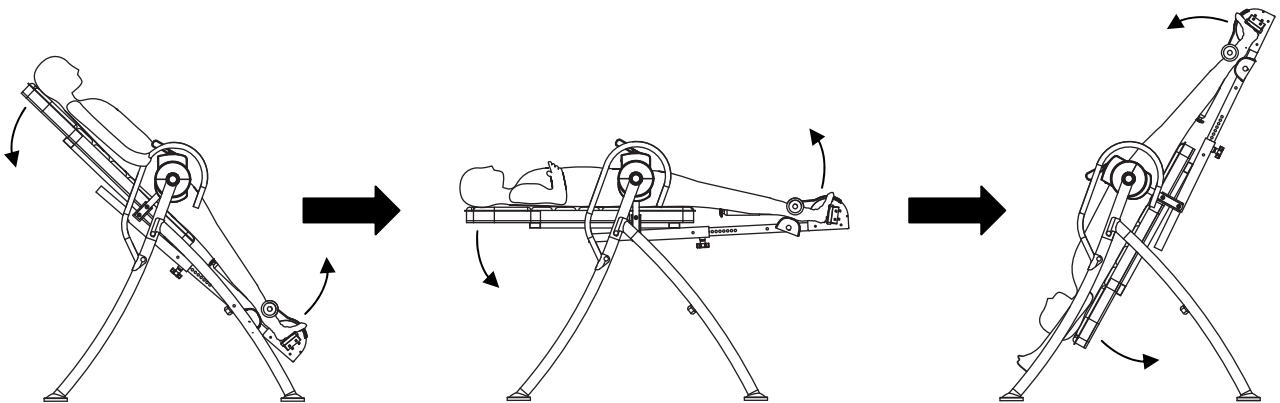
Pull the Adjustable Handle until ankle pads lock on the feet securely.
Wearing shoes will help ankles stay more secure.

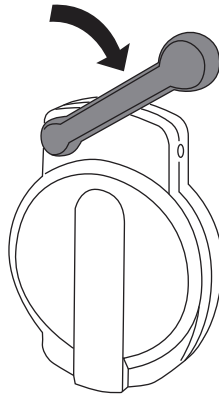
Get to inversion



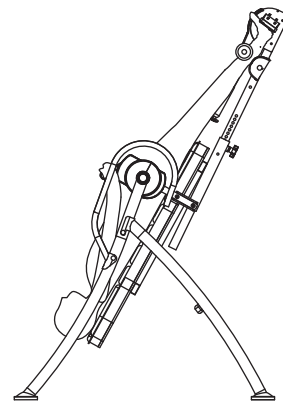
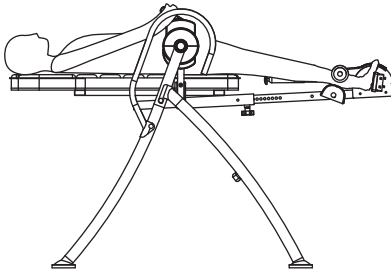
Push the Lock Handle Plastic Bar to **UNLOCK** position.
With both hands on handles,
slowly lie down.

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 left arm slowly allowing the table to rotate backward. Stop, or lower your arm to control the downward rotation of the table keep your right hand on the brake.
3. Raise your arm until you reach the position you are comfortable with at this point engage the brake to lock the table bed at this angle. You may now relax your right arm.
4. Release the brake and return to the upright position by slowly moving your hands back and grip both handlebars.

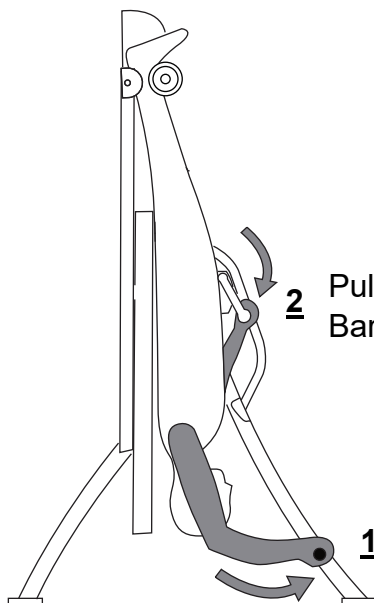




When you're at desired angle, pull the Lock Handle Plastic Bar forward to **LOCK** position to lock the bed.



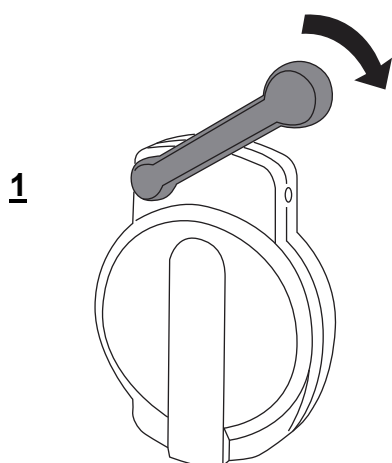
Get to vertical inversion



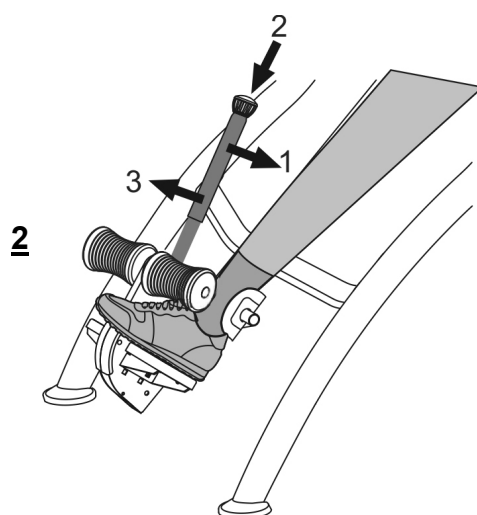
2 Pull the Lock Handle Plastic Bar to **LOCK** position.

1 Push against the inversion bar with left arm.

Dismounting the table



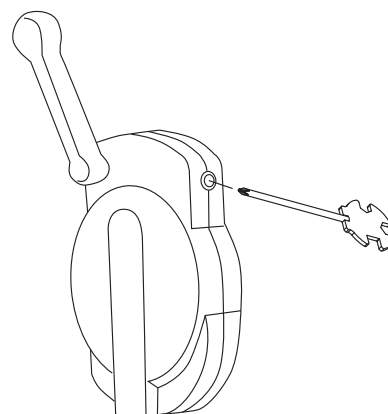
Make sure the Lock Handle Plastic Bar is at **LOCK** position.



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

Calibrating the Brake

The brake might become slightly loose after long period of use. To tighten, insert the Phillips Screwdriver into the hole as indicated on the diagram, turn the calibrating screw inside clockwise no more than 1/4 turn.



QUICK RELEASE ANKLE LOCK

Before mounting the table, press the button on top and pull open.

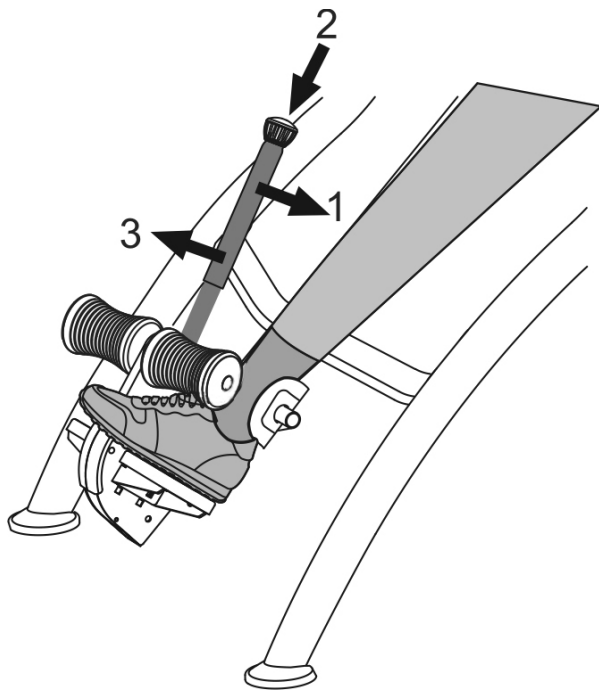
Pull the handle to lock your feet securely after mounting the table.

When dismounting 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 Rubber Heel Holder, please follow these steps:

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

OPERATION

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 Frames. 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 until you return to the upright position.

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

GENERAL PRECAUTIONS

1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Make sure that the Rubber Heel Holders and Front Heel Holders are holding your feet securely.
3. Make sure that the Adjustable Boom is properly set to your height.
4. Make sure that the Adjustable Boom is held securely by both the Spring Knob and the Knob.
5. Make sure that there is enough room for the bed to rotate completely.

BALANCING THE INVERSION TABLE

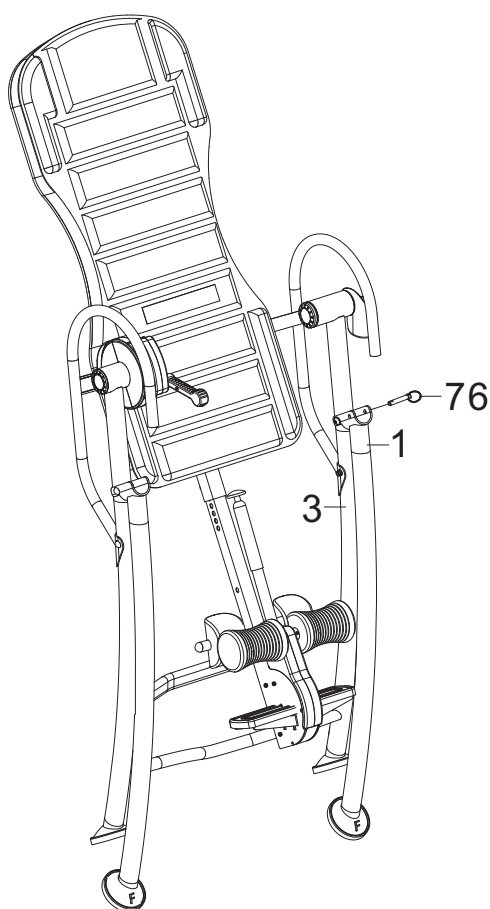
The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So, it is very important to make sure that the height is adjusted properly. To do this, mount the inversion table; lock your ankles into the heel holders, and lie back with your 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.

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 please move the adjustable beam up one setting.

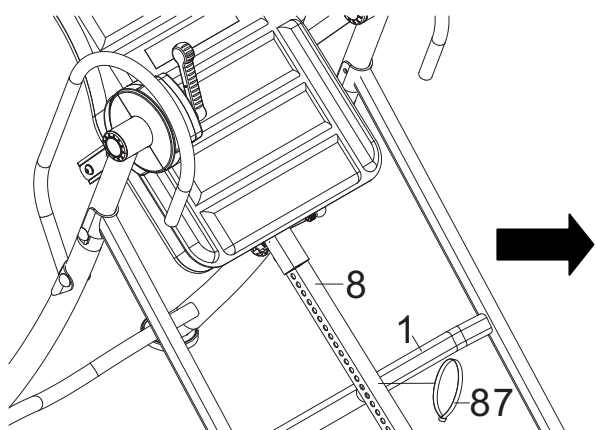
SUGGESTIONS FOR USE

1. Begin slowly: invert only a small amount to begin with.
2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time spent inverted from 1~2 minutes up to ten over a period of weeks.
3. Watch your body. Dizziness after a session means you came up too fast. Wait a while after eating before using table. If you feel nauseated, do not fight through it, return to upright up as soon as you feel queasy.

STORAGE



Pull out the Pin (76), and then fold the Front Frame (1) and the Rear Frame (3).



Tool:



When the inversion table not in use, it should be locked with the Tube Clamp (87) to prevent unsupervised use. Use a Phillips screwdriver to undo the screw on Tube Clamp (87) to unlock the Tube Clamp (87). Then use the Tube Clamp (87) to connect both Adjustable Boom (8) and front bar of the Front Frame (1) together as shown in illustration above. To prevent removal please tighten the screw.

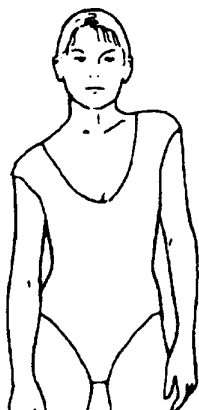
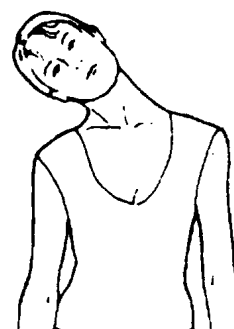
WARM UP AND COOL DOWN ROUTINE

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.

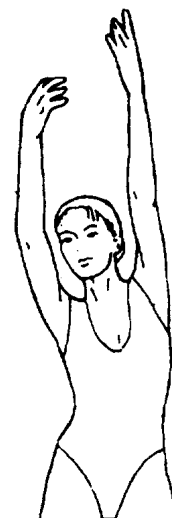
HEAD ROLLS

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.



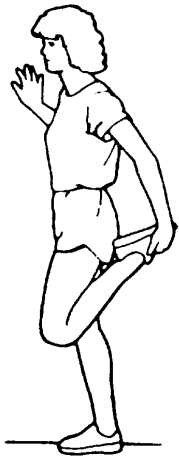
SHOULDER LIFTS

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.

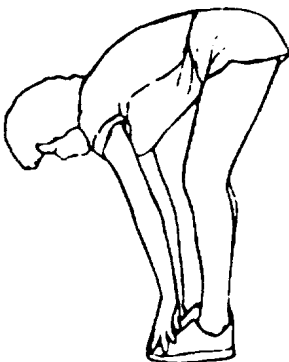


QUADRICEPS STRETCH

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.

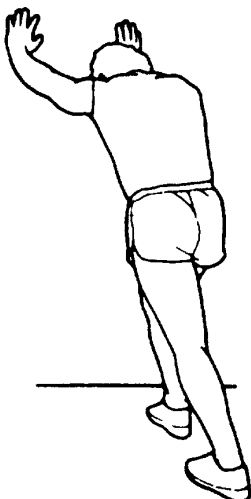
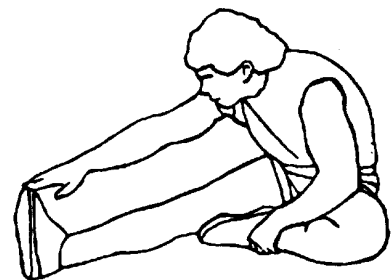


TOE TOUCHES

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