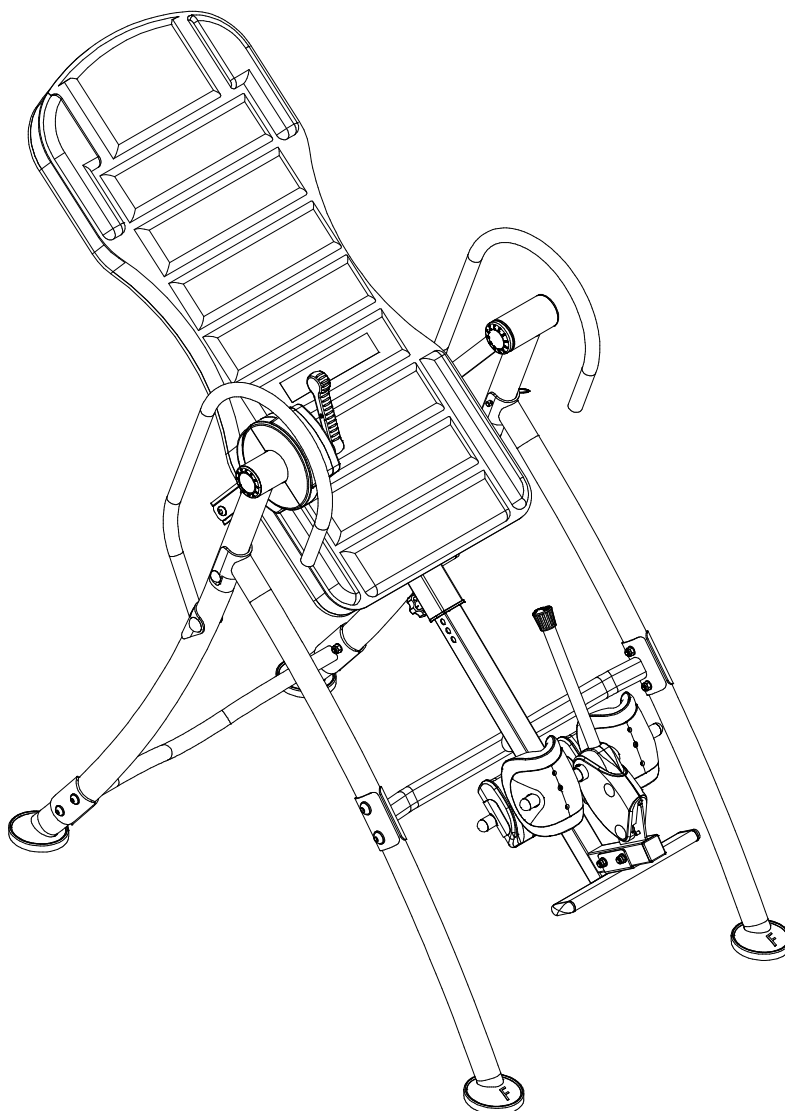


INVERT EASE INVERSION TABLE

ITEM NO.: 75304B

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.***

2023, Aug.

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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:

1. **WARNING:** To reduce the risk of personal injury, read and understand all instructions before using the inversion table.
2. Consult your physician or other health care professionals before using the inversion table.
3. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
4. 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.
5. Do not use or store the inversion table outdoors.
6. Do not exceed the maximum rated weight (load) or maximum rated height of the user.
7. For Home Use Only.
8. Always wear appropriate clothing while using the inversion table i.e. no loose fitting clothing that could be caught in moving parts.
9. 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.
10. Only one person should use the equipment at a time.
11. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
12. 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.
13. Always use this equipment on a clear and level surface. Do not use near water.
14. The inversion table is not designed for use by children or anyone shorter than the minimum height indicated on the adjustable boom.
15. Close supervision is necessary when this inversion table is used by, on, or near invalids, or disabled persons.
16. Never drop or insert any object into any opening.
17. **WARNING:** Keep hand on the brake while inverting.
18. **WARNING:** Risk of injury - Keep children away from machine while in use.
19. **WARNING:** Grab the handlebars to return to upright position.
20. **WARNING:** Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

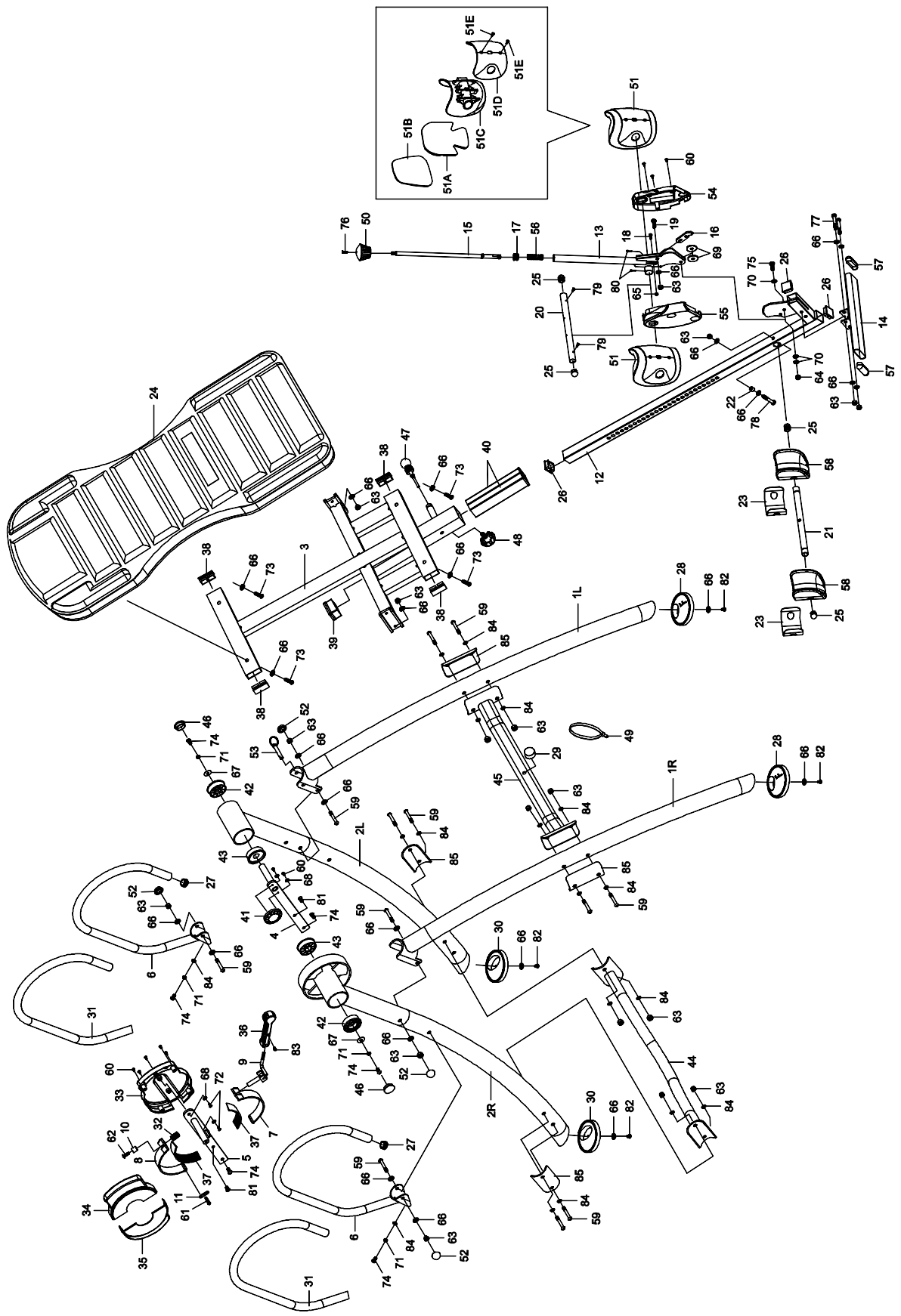
NOTE: Maximum user weight for this product is 160 kg.
Maximum Rated Height for this product is 200 cm.

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**

EXPLODED VIEW



PARTS LIST

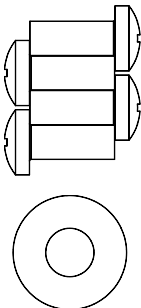
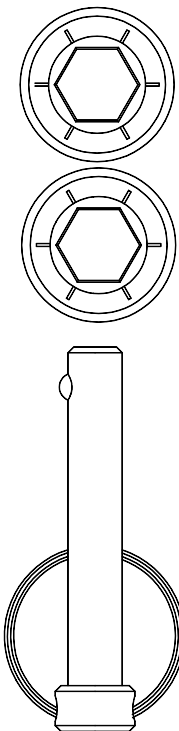
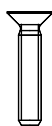
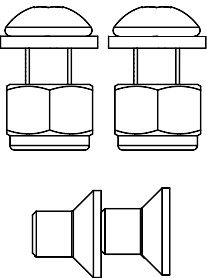
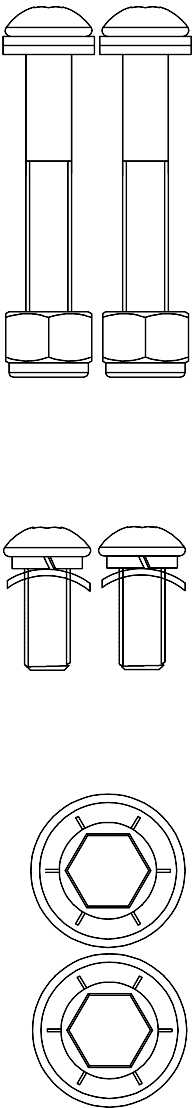
No.	Description	Qty	No.	Description	Qty
001L	Front Left Frame	1	025	Round End Cap	4
001R	Front Right Frame	1	026	Square End Cap □38	3
002L	Rear Left Frame	1	027	Handlebar End Cap	2
002R	Rear Right Frame	1	028	Front Foot Cap	2
003	Bed Frame	1	029	Rubber Pad	1
004	Left Pivot Arm	1	030	Rear Foot Cap	2
005	Right Pivot Arm	1	031	Handlebar Foam Grip	2
006	Handlebar	2	032	Spring Ø13xØ2.0x47	1
007	Left Brake Pad II	1	033	Brake Bracket	1
008	Right Brake Pad I	1	034	Upper Plastic Cover	1
009	Lock Mechanism	1	035	Lower Plastic Cover	1
010	Metal Sleeve	1	036	Lock Handle Plastic Bar	1
011	Fixed Plate	1	037	Brake Pad	2
012	Adjustable Boom	1	038	Rectangle End Cap □50x25	4
013	Adjustable Handle	1	039	Upper Bed Frame End Cap	1
014	Foot Bar	1	040	Lower Bed Frame Bushing	2
015	Activation Rod	1	041	Rotor Cover Ø60xØ35x13.9	1
016	Latch	1	042	Pivot Arm Rotation Cap II Ø60xØ19.5x21	2
017	Handle Cap	1	043	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
018	Hexagon Head Bolt M5	1	044	Inversion Bar	1
019	Hexagon Head Bolt M8	1	045	Front Cross Bar	1
020	Front Rod	1	046	Round Cap	2
021	Rear Rod	1	047	Spring Knob	1
022	Bushing	1	048	Knob	1
023	Heel Holder Bracket	2	049	Tube Clamp	1
024	Foam Bed	1	050	Button	1

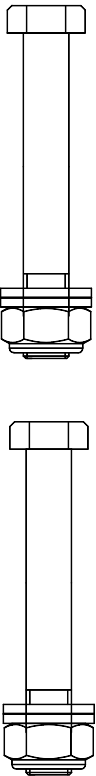

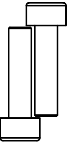
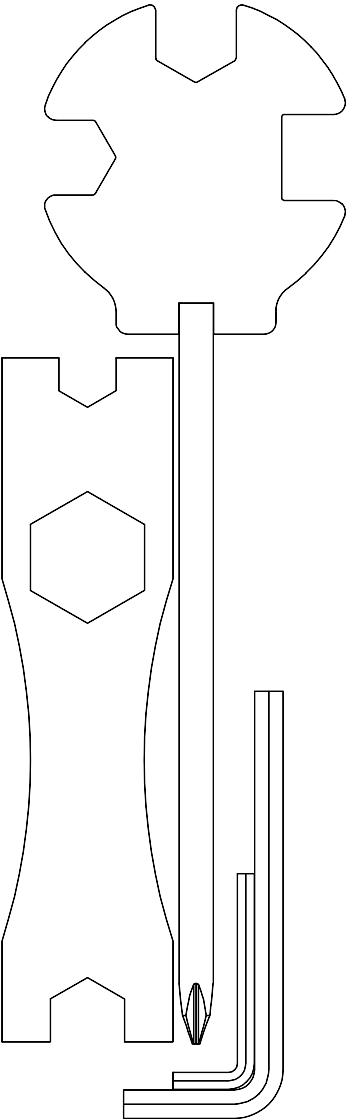
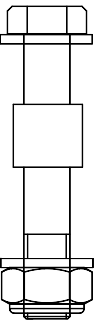
No.	Description			Qty
051	Heel Holder			2 Sets
	051A	Air Chamber	2	
	051B	Fabric Sleeve	2	
	051C	Heel Holder Upper Cover	2	
	051D	Heel Holder Lower Cover	2	
	051E	Cross Recessed Pan Head Tapping Screw ST3.5x15	4	

PARTS LIST

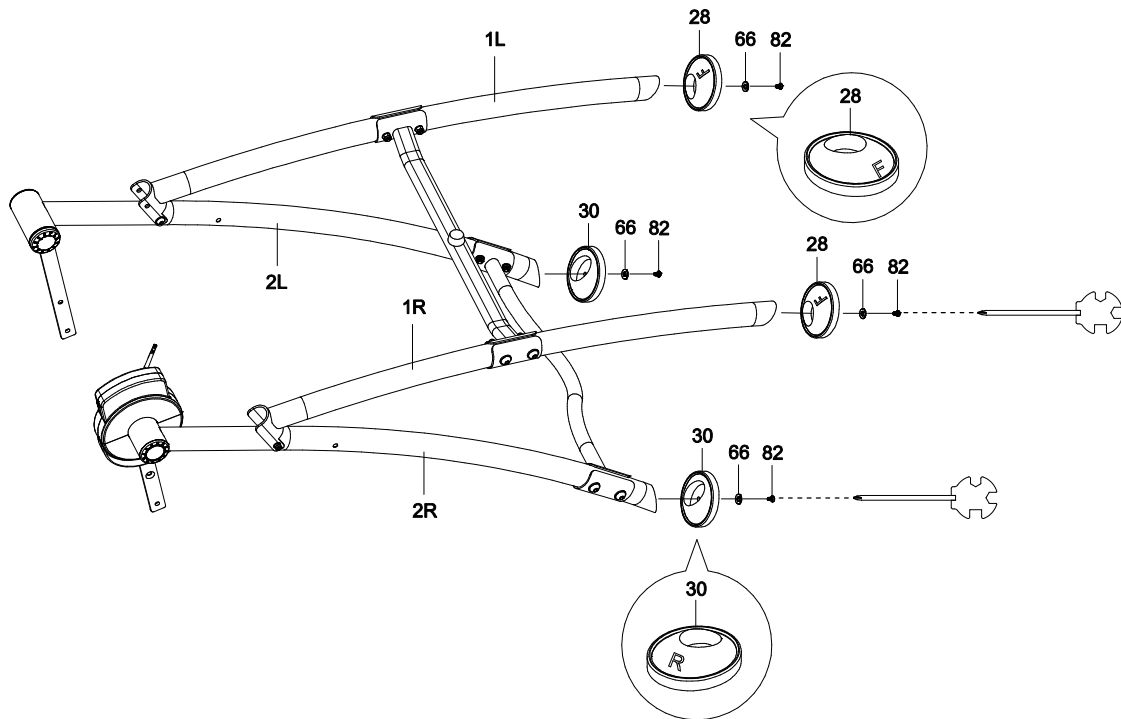
No.	Description	Qty	No.	Description	Qty
052	Cap Ø27x13.5	4	069	Washer Ø10.5xØ30xT0.5	2
053	Pin Ø9.5x55	1	070	Washer Ø10.5xØ25xT2.0	3
054	Left Plastic Cover	1	071	Spring Washer Ø8.1xØ12.3xT2.1	4
055	Right Plastic Cover	1	072	Cross Recessed Truss Head Tapping Screw ST4.2x12	2
056	Handle Spring Ø15.8xØ1.4x60	1	073	Hexagon Socket Button Head Bolt M8x40	4
057	Foot Bar End Cap	2	074	Hexagon Socket Button Head Bolt M8x20	6
058	Rubber Heel Holder	2	075	Hexagon Socket Button Head Bolt M10x30	1
059	Hexagon Socket Button Head Bolt M8x60	12	076	Cross Recessed Countersunk Head Bolt M5x12	1
060	Cross Recessed Pan Head Tapping Screw ST3.5x10	10	077	Hexagon Head Bolt M8x57	2
061	Cross Recessed Pan Head Bolt M6x35	1	078	Hexagon Head Bolt M8x53	1
062	Cross Recessed Truss Head Bolt M6x30	1	079	Cross Recessed Pan Head Tapping Screw ST4.2x20	2
063	Nylon Nut M8	18	080	Hexagon Socket Round Head Cap Bolt M4x16	2
064	Nylon Nut M10	1	081	Hexagon Socket Countersunk Head Bolt M8x12	2
065	Nylon Nut M5	1	082	Cross Recessed Truss Head Bolt M6x15	4
066	Washer Ø8.4xØ20xT1.5	25	083	Cross Recessed Countersunk Head Bolt M4x20	1
067	Washer Ø8.4xØ24xT1.5	2	084	Curve Washer Ø8.4xØ16xT1.2	18
068	Washer Ø4.3xØ9xT0.3	4	085	Curve Plate	4

HARDWARE AND TOOLS KIT

<div><div>Step 1</div><div></div><div>(82) Cross Recessed Truss Head Bolt M6x15 4 PCS (66) Washer Ø8.4xØ20xT1.5 4 PCS</div></div>	<div><div>Step 2</div><div></div><div>(52) Cap Ø27x13.5 2 PCS (53) Pin Ø9.5x55 1 PC</div></div>	<div><div>Step 5</div><div></div><div>(83) Cross Recessed Countersunk Head Bolt M4x20 1 PC</div></div>
<div><div>Step 3</div><div></div><div>(74) Hexagon Socket Button Head Bolt M8x20 2 PCS (66) Washer Ø8.4xØ20xT1.5 2 PCS (63) Nylon Nut M8 2 PCS (81) Hexagon Socket Countersunk Head Bolt M8x12 2 PCS</div></div>	<div><div>Step 4</div><div></div><div>(59) Hexagon Socket Button Head Bolt, M8x60 2 PCS (66) Washer Ø8.4xØ20xT1.5 4 PCS (63) Nylon Nut M8 2 PCS (74) Hexagon Socket Button Head Bolt M8x20 2 PCS (71) Spring Washer Ø8.1xØ12.3xT2.1 2 PCS (84) Curve Washer Ø8.4xØ16xT1.2 2 PCS (52) Cap Ø27x13.5 2 PCS</div></div>	

<p>Step 8</p>  <p>(77) Hexagon Head Bolt M8x57 2 PCS (66) Washer Ø8.4xØ20xT1.5 4 PCS (63) Nylon Nut M8 2 PCS</p>	<p>Step 6</p>  <p>(79) Cross Recessed Pan Head Tapping Screw ST4.2x20 2 PCS</p>  <p>(80) Hexagon Socket Round Head Cap Bolt M4x16 2 PCS</p>
 <p>Allen Wrench 3mm 1 PC Allen Wrench 5mm 1 PC Multi Hex Tool 1 PC Multi Hex Tool with Phillips Screwdriver 1 PC</p>	<p>Step 7</p>  <p>(78) Hexagon Head Bolt M8x53 1 PC (66) Washer Ø8.4xØ20xT1.5 2 PCS (63) Nylon Nut M8 1 PC (22) Bushing 1 PC</p>

ASSEMBLY INSTRUCTIONS



Step 1

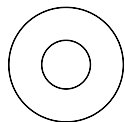
Lay the base on its side as shown. Attach the Front Foot Caps (28) to the Front Left/Right Frames (1L, 1R) each with one Ø8.4xØ20xT1.5 Washer (66) and one M6x15 Cross Recessed Truss Head Bolt (82).

Attach the Rear Foot Caps (30) to the Rear Left/Right Frames (2L, 2R) each with one Ø8.4xØ20xT1.5 Washer (66) and one M6x15 Cross Recessed Truss Head Bolt (82). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

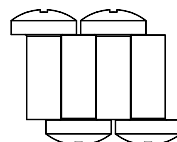
Front Foot Cap is marked with F.
Rear Foot Cap is marked with R.

NOTE: The product weights more than 20 kg/44 lbs and should be assembled and moved by two or more people.

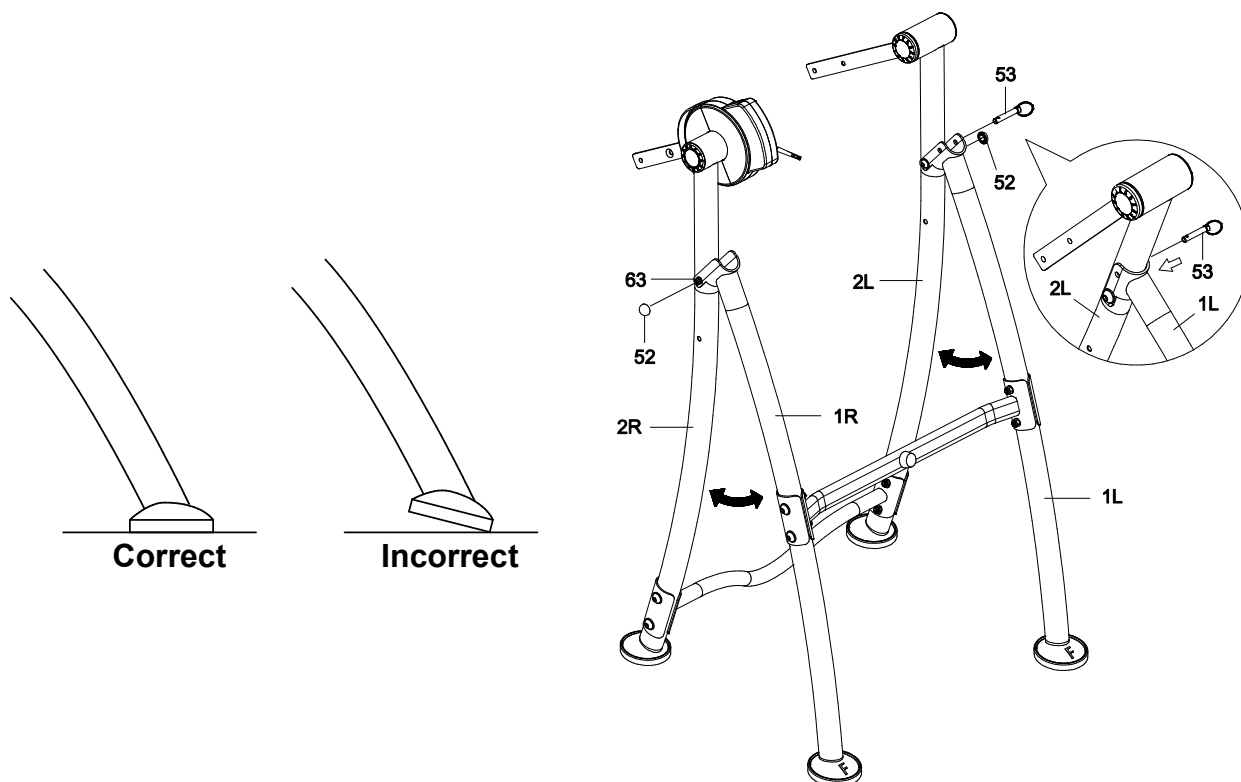
Hardware:



(66) Washer
Ø8.4xØ20xT1.5
4 PCS



(82) Cross Recessed Truss
Head Bolt M6x15
4 PCS

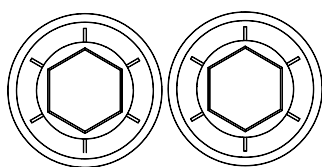


Step 2

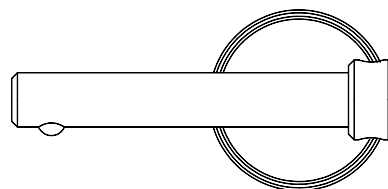
Stand up the base and open fully. Make sure all Foot Caps are level. Insert the Ø9.5x55 Pin (53) into Frames.

Install two Ø27x13.5 Caps (52) onto two M8 Nylon Nuts (63).

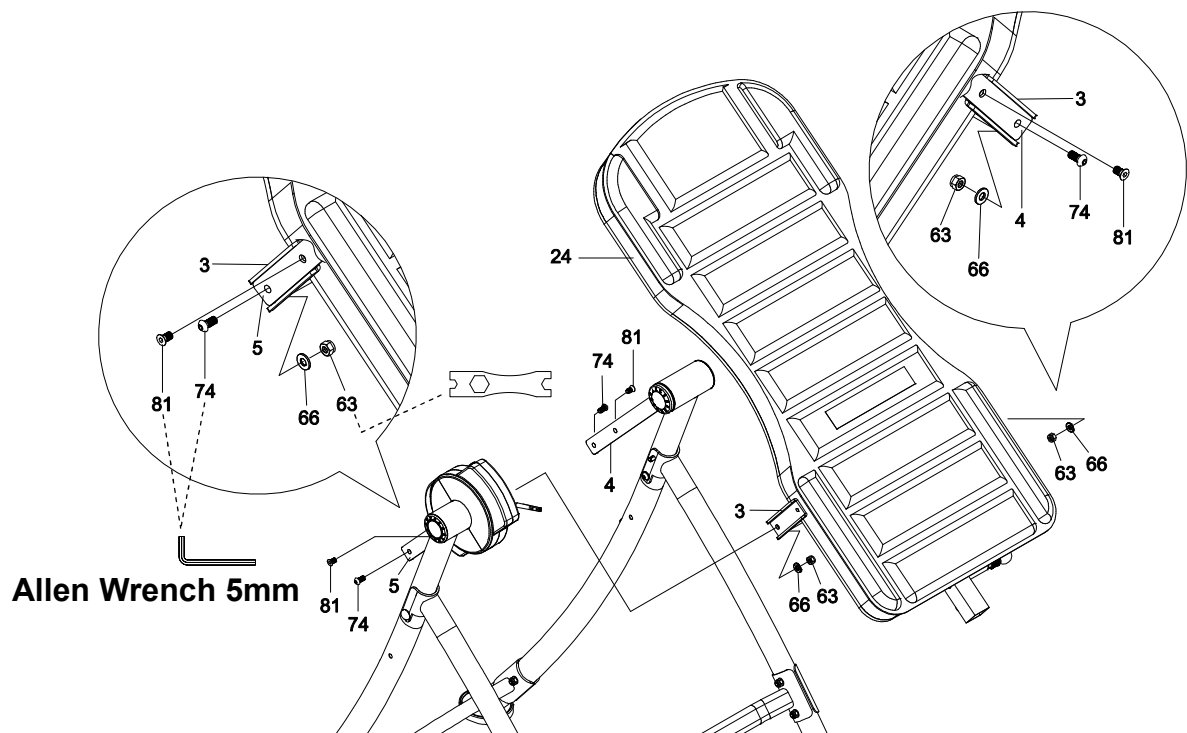
Assembly Parts:



(52) Cap
Ø27x13.5
2 PCS



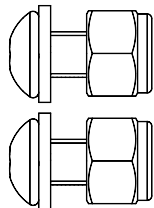
(53) Pin
Ø9.5x55
1 PC



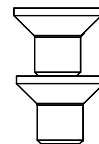
Step 3

Attach the Bed Frame (3) onto the Left Pivot Arm (4) and Right Pivot Arm (5) by using two M8 Nylon Nuts (63), two M8x20 Hexagon Socket Button Head Bolts (74), two M8x12 Hexagon Socket Countersunk Head Bolts (81) and two Ø8.4xØ20xT1.5 Washers (66). Tighten bolt and nylon Nut with 5mm Allen Wrench and Multi Hex Tool provided.

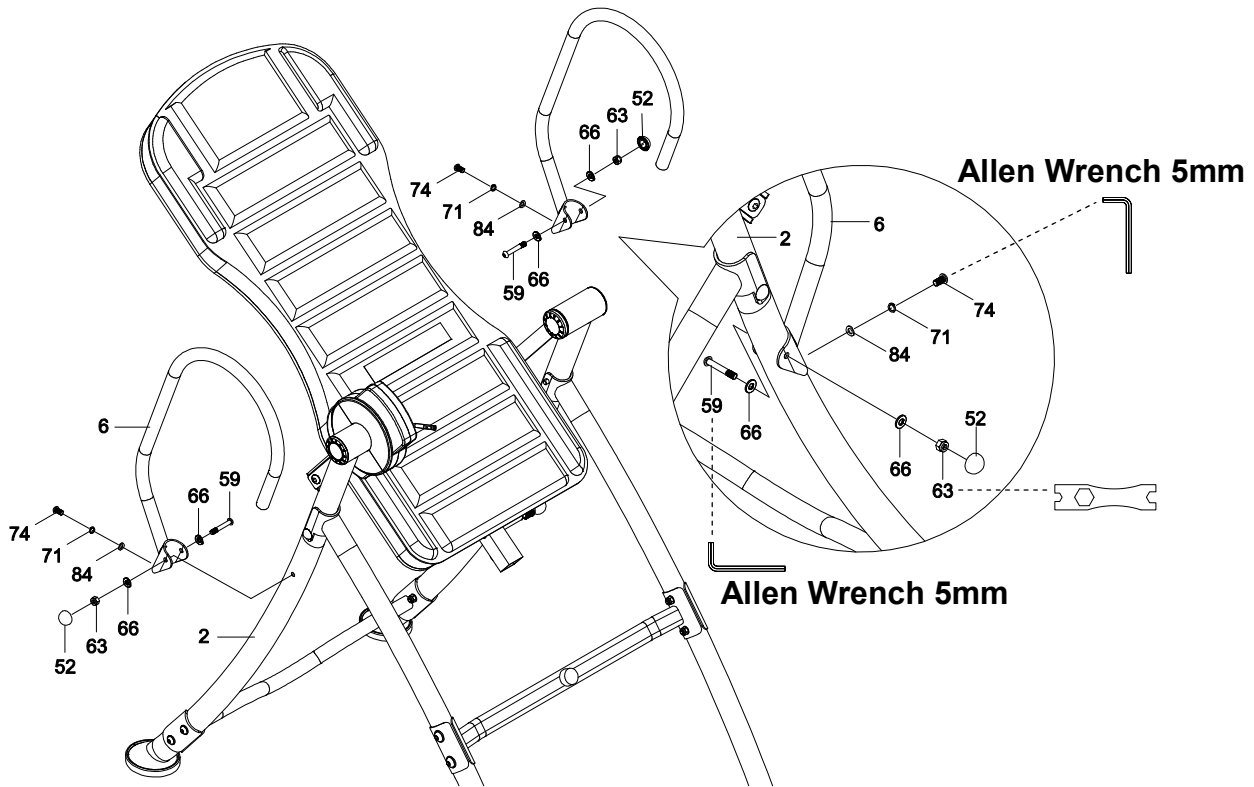
Hardware:



(63) Nylon Nut M8	2 PCS
(66) Washer Ø8.4xØ20xT1.5	2 PCS
(74) Hexagon Socket Button Head Bolt M8x20	2 PCS



(81) Hexagon Socket Countersunk Head Bolt M8x12
2 PCS



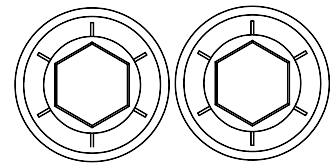
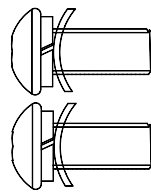
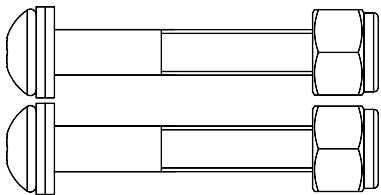
Step 4

Attach one of the Handlebars (6) onto the Rear Frame (2) with two Ø8.4xØ20xT1.5 Washers (66), one Hexagon Socket Button Head Bolt (59), one M8 Nylon Nut (63), one Ø8.4xØ16xT1.2 Curve Washer (84), one Ø8.1xØ12.3xT2.1 Spring Washer (71), and one M8x20 Hexagon Socket Button Head Bolt (74). Tighten bolt and nylon Nut with 5mm Allen Wrench and Multi Hex Tool provided.

Repeat the same procedure to attach the other Handlebar (6) onto the other side of the Rear Frame (2).

Attach the both Ø27x13.5 Caps (52) onto the M8 Nylon Nuts (63).

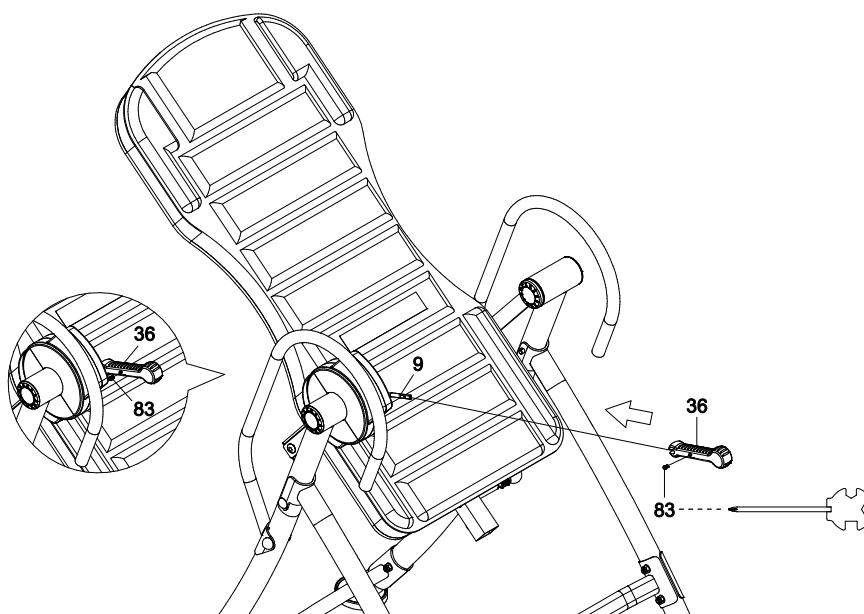
Hardware:



(59) Hexagon Socket Button
Head Bolt M8x60 2 PCS
(66) Washer
Ø8.4xØ20xT1.5 4 PCS
(63) Nylon Nut M8 2 PCS

(74) Hexagon Socket Button
Head Bolt M8x20 2 PCS
(71) Spring Washer
Ø8.1xØ12.3xT2.1 2 PCS
(84) Curve Washer
Ø8.4xØ16xT1.2 2 PCS

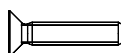
(52) Cap
Ø27x13.5
2 PCS



Step 5

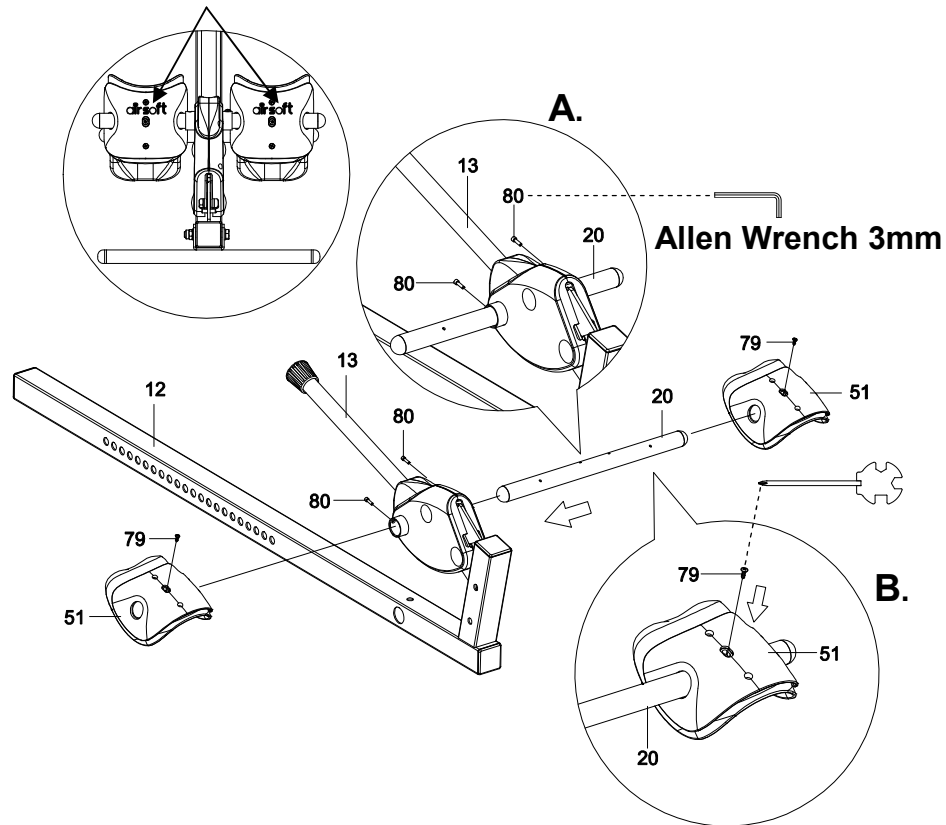
Install the Lock Handle Plastic Bar (36) onto the Lock Mechanism (9) and secure with one M4x20 Cross Recessed Countersunk Head Bolt (83). Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(83) Cross Recessed Countersunk
Head Bolt M4x20
1 PC

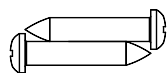
**Pay attention to the direction
of the LOGO.**



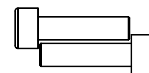
Step 6

- A.** Slide the Front Rod (20) through the tube of the Adjustable Handle (13) with the screw holes facing away from the Adjustable Boom (12). Secure the Front Rod (20) to the Adjustable Handle (13) with two M4x16 Hexagon Socket Round Head Cap Bolts (80). Tighten bolt with the 3 mm Allen Wrench provided.
- B.** Slide the Heel Holders (51) onto both ends of the Front Rod (20). Make sure the airsoft logo is right side up. Secure the Heel Holders (51) to the Front Rod (20) with two ST4.2x20 Cross Recessed Pan Head Tapping Screws (79). Tighten bolt with the Multi Hex Tool with Phillips Screwdriver provided.

Hardware:

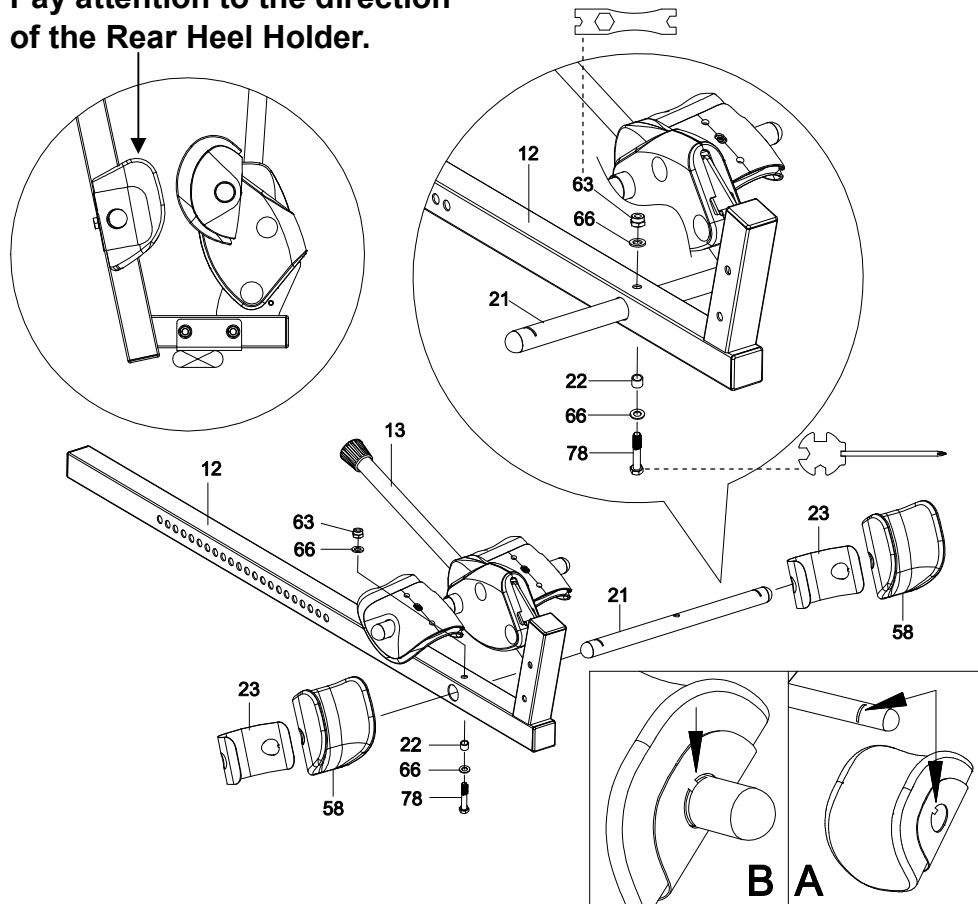


(79) Cross Recessed Pan Head
Tapping Screw ST4.2x20
2 PCS



(80) Hexagon Socket Round
Head Cap Bolt M4x16
2 PCS

Pay attention to the direction of the Rear Heel Holder.



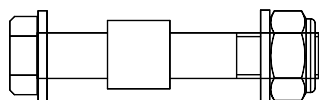
NOTE: Make sure the lock teeth are wedged into the slots in the Rear Rod (21) to lock the Heel Holder Brackets (23) and Rubber Heel Holders (58) in place before use.

Step 7

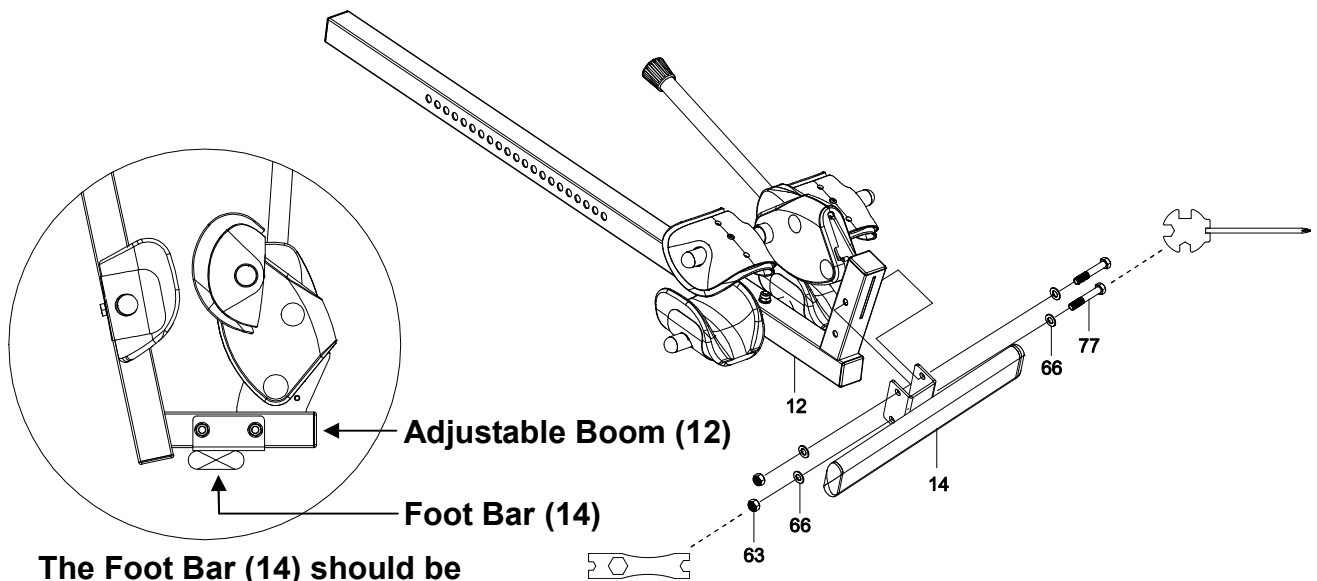
Slide the Rear Rod (21) through the Adjustable Boom (12) with the slots facing forward. Secure the Rear Rod (21) with one M8x53 Hexagon Head Bolt (78), one Bushing (22), one M8 Nylon Nut (63), and two Ø8.4xØ20xT1.5 Washers (66). Tighten bolt and nylon nut with the Multi Hex Tool and Multi Hex Tool with Phillips Screwdriver provided.

Wrap the Rubber Heel Holders (58) with the Heel Holder Brackets (23). Squeeze the Heel Holder Brackets (23) and Rear Rubber Heel Holders (58) and slide them onto both ends of the Rear Rod (21). Ensure the lock teeth are wedged into the slots in the Rear Rod (21) as shown in the Figures A and B.

Hardware:



(78) Hexagon Head Bolt M8x53	1 PC
(66) Washer Ø8.4xØ20xT1.5	2 PCS
(63) Nylon Nut M8	1 PC
(22) Bushing	1 PC

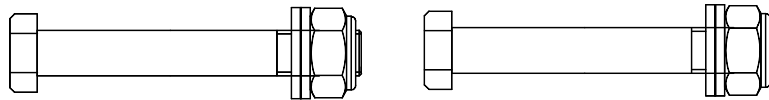


The Foot Bar (14) should be installed with the bar closer to the Adjustable Boom (12).

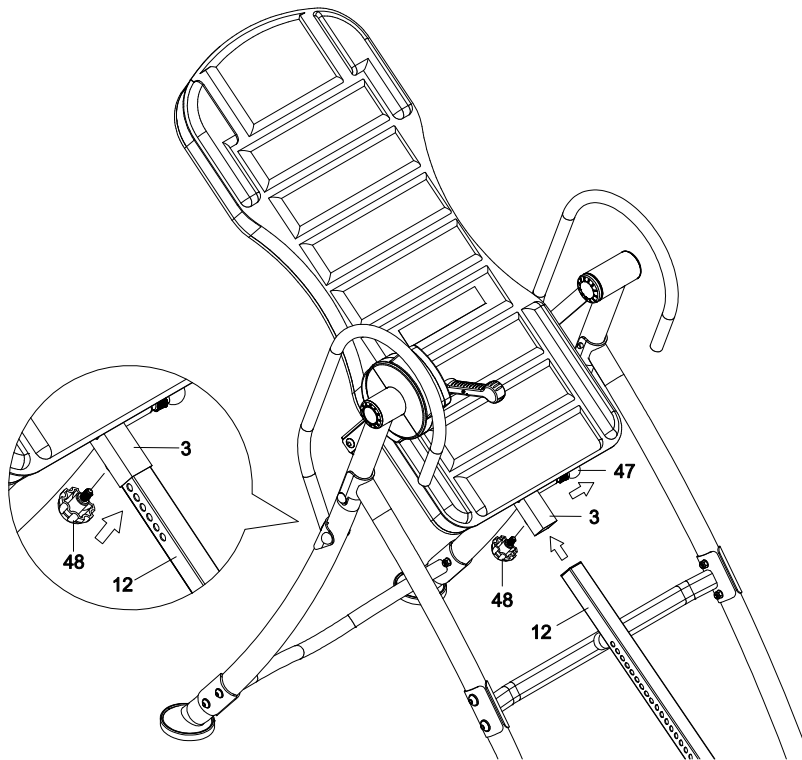
Step 8

Install the Foot Bar (14) onto the Adjustable Boom (12) with two M8x57 Hexagon Head Bolts (77), two M8 Nylon Nuts (63), and four Ø8.4xØ20xT1.5 Washers (66). Tighten bolt and nylon nut with the Multi Hex Tool and Multi Hex Tool with Phillips Screwdriver provided.

Hardware:



(77) Hexagon Head Bolt M8x57	2 PCS
(66) Washer Ø8.4xØ20xT1.5	4 PCS
(63) Nylon Nut M8	2 PCS



Step 9

Pull out and hold the Spring Knob (47) then slide the Adjustable Boom (12) into the bottom of the Bed Frame (3). Slide the Adjustable Boom (12) upwards until the desired height is visible just below the tube of the Bed Frame (3). Release the Spring Knob (47) to lock the Adjustable Boom (12) in place. Shift the Adjustable Boom (12) until the Spring Knob (47) "POPS" into the locked position.

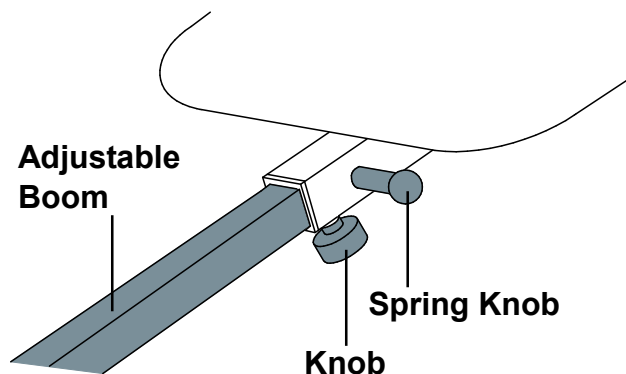
WARNING: Make sure the Spring Knob (47) is fully inserted all the way through the Bed Frame (3) to lock the Adjustable Boom (12) in place before getting on the inversion table.

Install the Knob (48) onto the Bed Frame (3) and tighten it for additional safety.

WARNING: Loosen the Knob (48) before adjusting the height of the Adjustable Boom (12). Tighten the Knob (48) after adjusting the height setting of the Adjustable Boom (12) for stability and safety.

HOW TO USE

Set the Adjustable Boom to your height



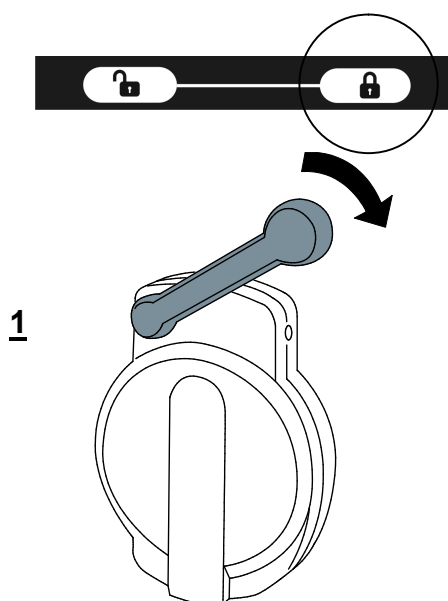
The Adjustable Boom can be moved to a variety of different positions in order to accommodate the height of the person using the inversion table.

To adjust the Adjustable Boom:

1. Loosen the Knob by turning it COUNTER-CLOCKWISE and pull out and hold the Spring Knob.
2. Slide the Adjustable Boom up or down until the desired height is visible just below the tube of the Bed Frame.
3. When the Adjustable Boom is in the desired position, release the Spring Knob to lock the Adjustable Boom in place. Shift the Adjustable Boom until the Spring Knob "POPS" into the locked position.
4. Tighten the Knob to secure the Adjustable Boom before use.

WARNING: Make sure the Spring Knob is fully inserted all the way through the Bed Frame to lock the Adjustable Boom in place before getting on the inversion table. The Knob must be tightened every time the user height setting is changed for additional stability and safety.

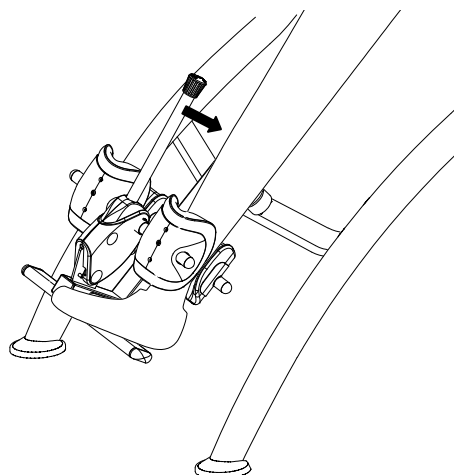
Mounting the table



1

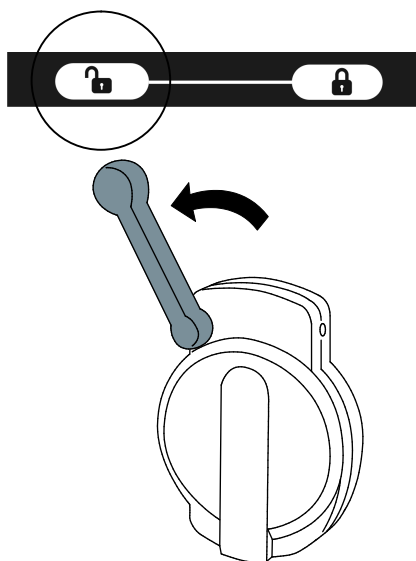
Make sure the Lock Handle Plastic Bar is at **LOCK** position.

2



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

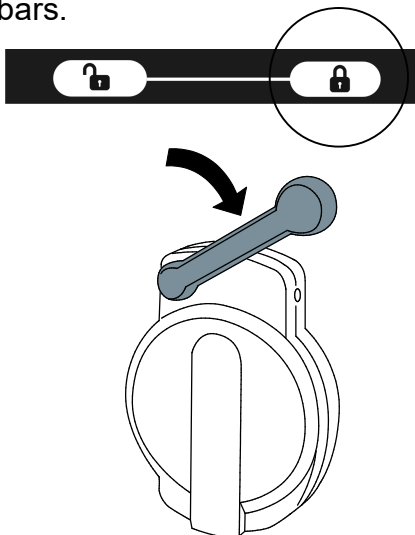
Get to inversion



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

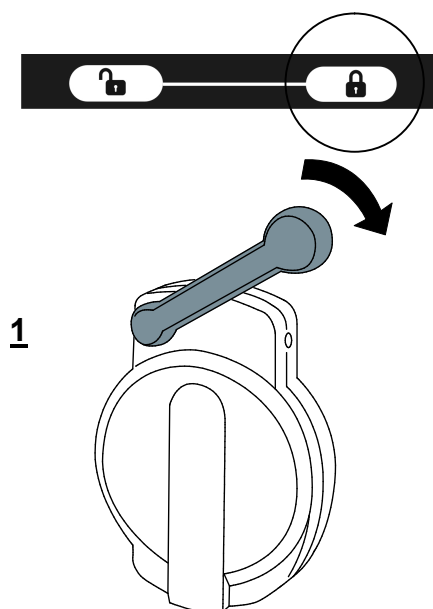
1. Start by lying straight back on the foam bed with your hands gripped on both handlebars.
2. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back. Your head should be slightly above your feet when in this position until you are ready to start inverting.

3. To start inversion, slowly lift one hand over your head while still gripping a handlebar with the opposite hand.
4. To increase the degree of inversion further, slowly lift your other arm off the handlebars and rotate it above your head so that both arms are hanging freely.
5. Return to the upright position by slowly returning your hands to your waist and pulling yourself up with the handlebars.

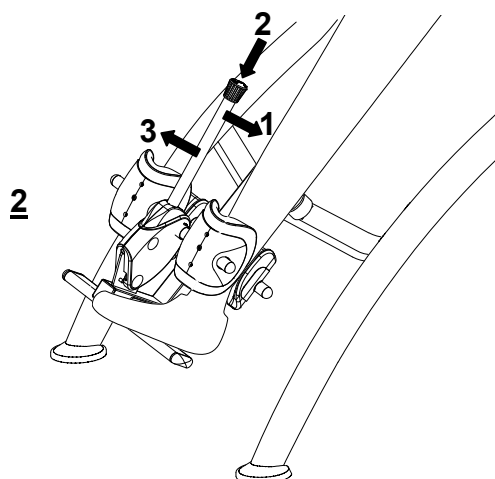


When you're at desired angle, pull the Lock Handle Plastic Bar forward to **LOCK** position to lock the bed.

Dismounting the table

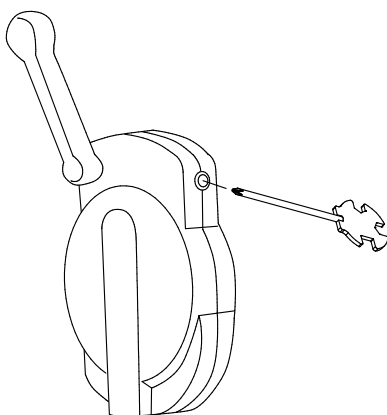


Make sure the Lock Handle Plastic Bar is at **LOCK** position.



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

Calibrating the Brake



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

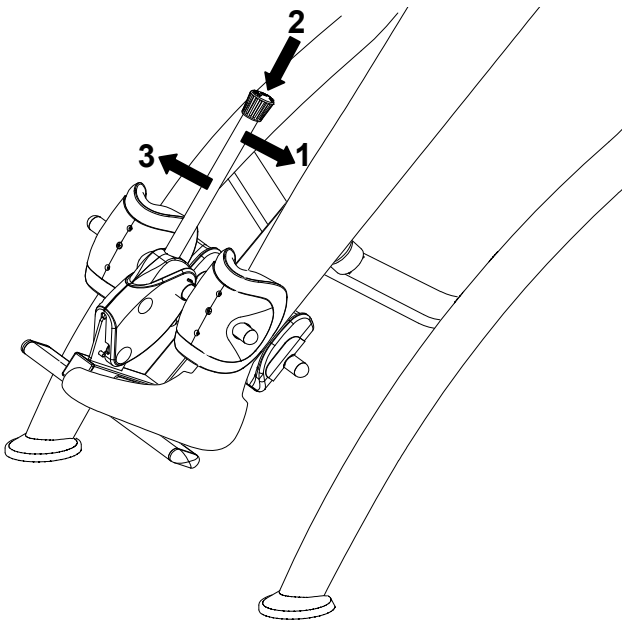
QUICK RELEASE ANKLE LOCK

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 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

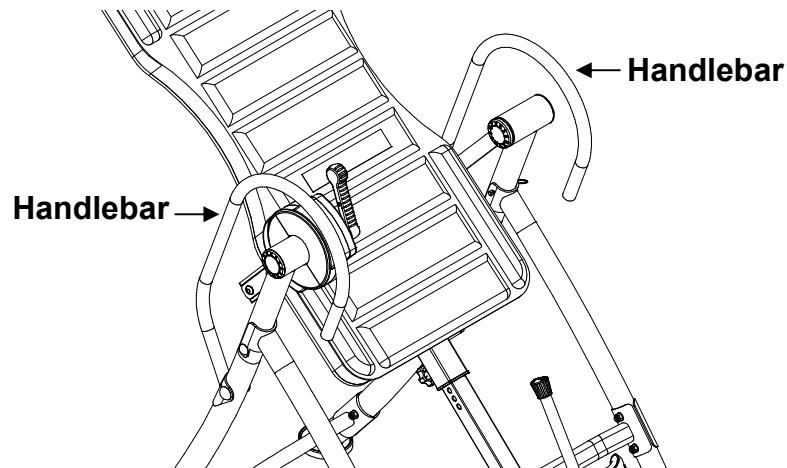


In case the Adjustable Handle is too tight to release Heel Holders, please follow these steps:

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

OPERATION

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 foam bed is moving too slowly, or not moving at all, slowly pull on the Handlebars until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hands closer to your starting position along the handlebars. If it does not, get off the inversion table and adjust the height setting before your next use.

WARNING: Invert 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. Always wear shoes when using the inversion table.
3. Make sure that the Heel Holders and the Rubber Heel Holders are secure around your ankles before inverting.
4. Make sure that the Adjustable Boom is properly set to your height.
5. Make sure that the Adjustable Boom is held securely by both the Spring Knob and the Knob.
6. Make sure that there is enough room for the inversion table 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 straight with your hands on the handlebars. Slowly allow yourself to tilt back with your hands lightly gripping the handlebars right above your waist. While in this position, your head should still be slightly above your feet. If your feet are above your head, increase the boom height by a centimeter (Example: Increase the boom height from 168 cm to 170 cm), and repeat the balancing steps above. Increase the boom height until your head is slightly above your feet.

SUGGESTIONS FOR USE

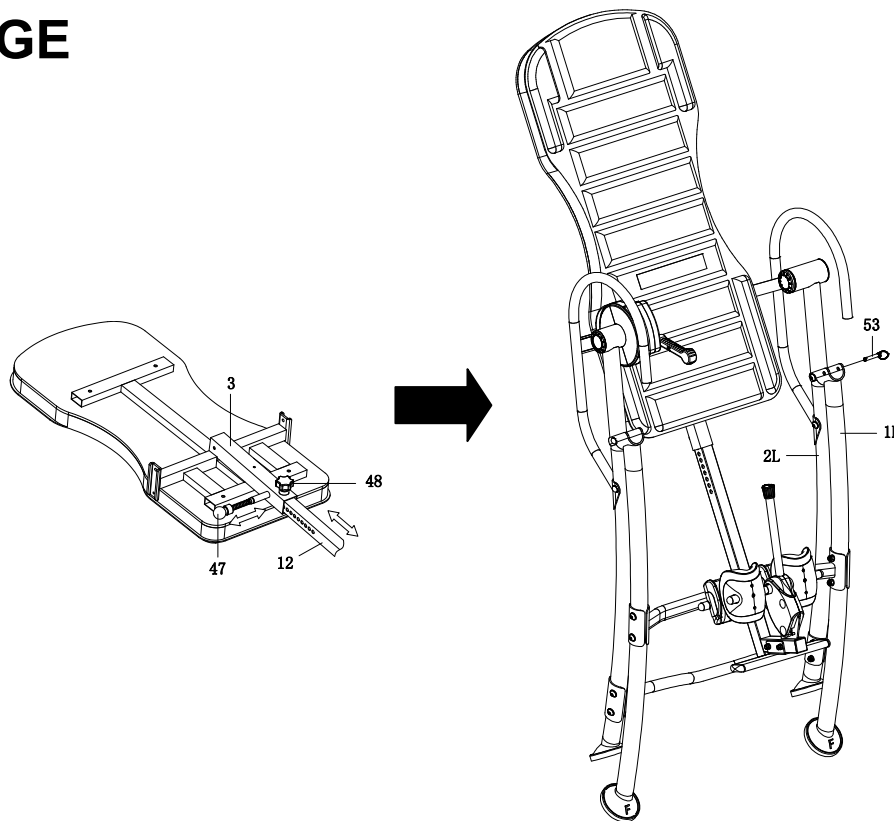
1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly if you feel uncomfortable.
2. Make gradual changes: increase the angle on of inversion only if it is comfortable. Increase the angles only a few degrees at a time. You may want to increase your routine from 1-2 minutes to 5 minutes over time. Do so only if you feel comfortable, so listen to your body. Invert however long you are comfortable.
3. Throughout the inversion, remember to always check up on how you are feeling. If you begin to feel nauseous during use, come up as soon as you can. Come up slowly, dizziness after a session means you came up too fast. Wait at least 2 hours after eating to use the inversion table.
4. All inversion benefits can be gained without having to invert completely; small degrees of inversion will provide the same benefits. Do not push yourself to greater degrees of inversion if you are not comfortable.
5. Invert regularly: We recommend two or three times a day depending upon your current condition; talk to your personal care physician. We recommend inverting around the same time daily to gain the most benefits from inversion.
6. **These are general recommendations; consult with your personal physician before using this product.**

MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

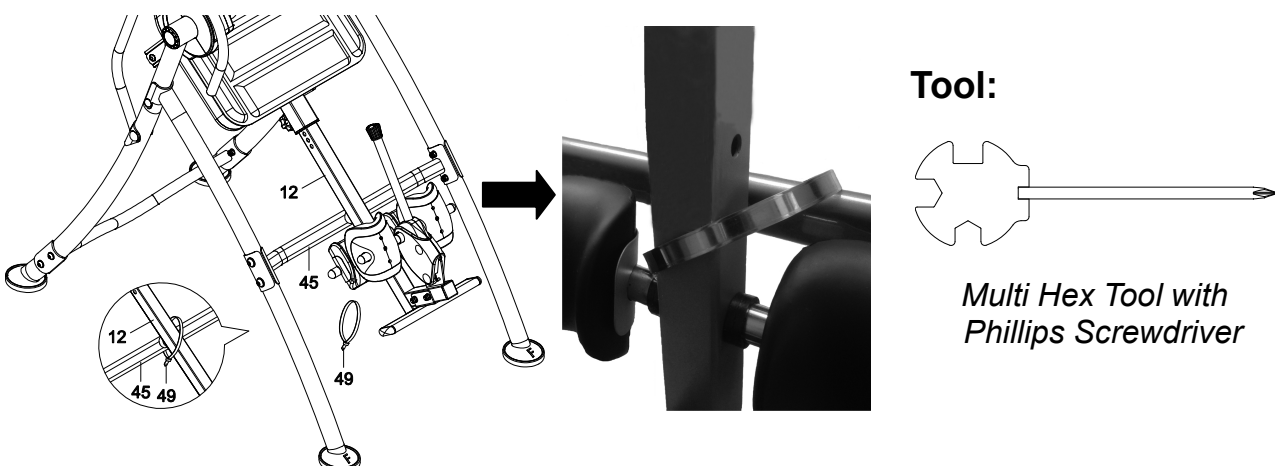
1. Check the pivot arms, foam bed, and heel holders for wear and tear.
2. Replace any damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired or replaced.
4. Tighten all loose hardware, bolts, nuts, and caps before using the inversion table.

STORAGE



For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area.

1. Pull out the Pin (53) from the holes on the Rear Frame (2) and Front Frame (1).
2. Push the Rear Frame (2) and Front Frame (1) together all the way.
3. Insert the Pin (53) back into the hole on the Front Frame (1).
4. Reverse the steps to set up the inversion table when you want to use it.



When the inversion table is displayed in a store, or when it is not in use, it should be locked with the Tube Clamp (49) to prevent unsupervised use. Use the Multi Hex Tool with Phillips Screwdriver to undo the screw on Tube Clamp (49) to unlock the Tube Clamp (49). Then use the Tube Clamp (49) to connect both Adjustable Boom (12) and front bar of the Front Frame (1) together as shown in illustration above. To prevent removal please tighten the screw.

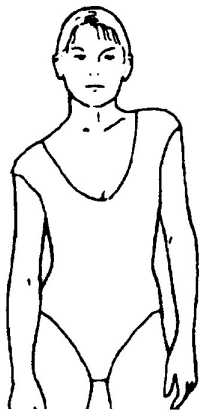
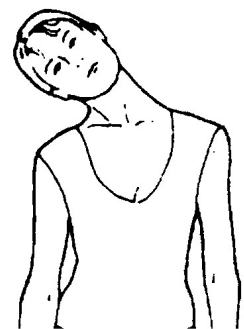
WARM UP AND COOL DOWN ROUTINE

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.

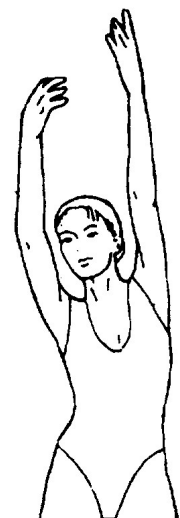
HEAD ROLLS

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.



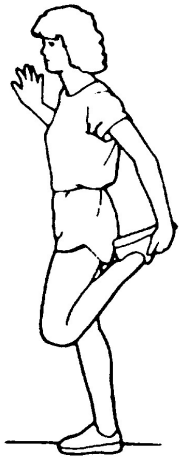
SHOULDER LIFTS

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.

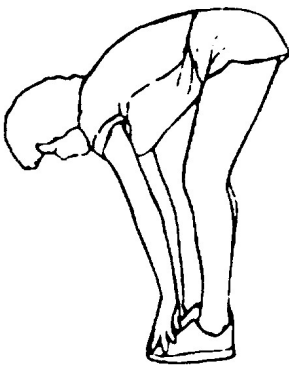


QUADRICEPS STRETCH

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.

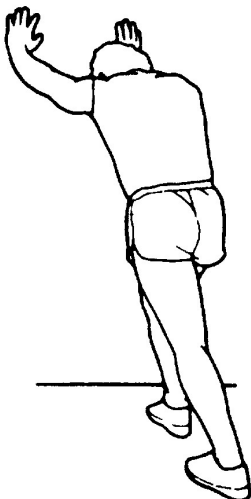
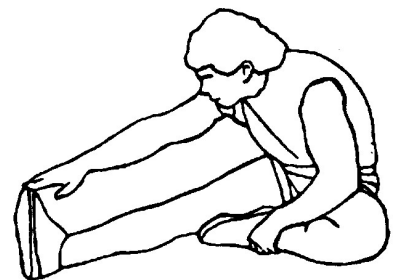


TOE TOUCHES

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 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.