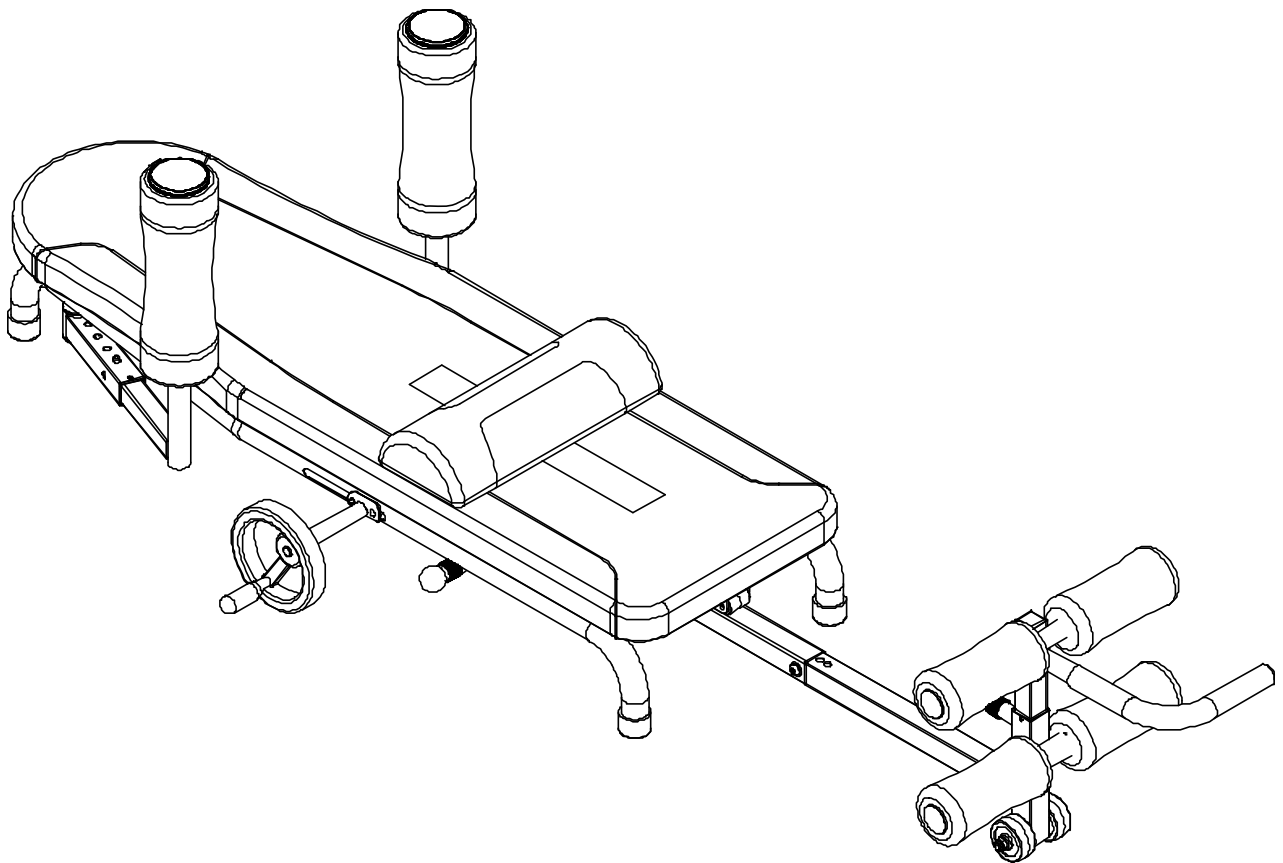


# Back Stretch Traction Table Inversion Table Alternative



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# IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Traction Table. When using a Traction table, basic precautions should always be followed, including the following:

## **WARNING** - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Only one person should use the equipment at a time.
4. Never operate this equipment if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact your Local Customer Service before using the equipment again.
5. Always use this equipment on a clear and level surface.
6. For Household Use Only.
7. Do not use outdoors or near water.
8. Use the traction table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the traction table.
13. Close supervision is necessary when the traction table is used near children, or by or near invalids or disabled persons.
14. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
15. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
16. Wait 2 hours after eating before using the traction table. If you start feeling nauseous, return to the upright position slowly.
17. For any problems, contact your Local Customer Service. Servicing should be performed by an authorized service representative.

18. **WARNING:** - Risk of Personal Injury - Consult with your personal physician to see if traction equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.

19. **WARNING:** - Risk of Personal Injury – Do not allow children to use this machine.

20. **WARNING:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.

21. **WARNING:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.

22. **WARNING:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using The Traction Table.

**Do not use this equipment if you have any of the following conditions or ailments:**

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

**Do not exceed the maximum rated weight (load) and maximum rated user height:**

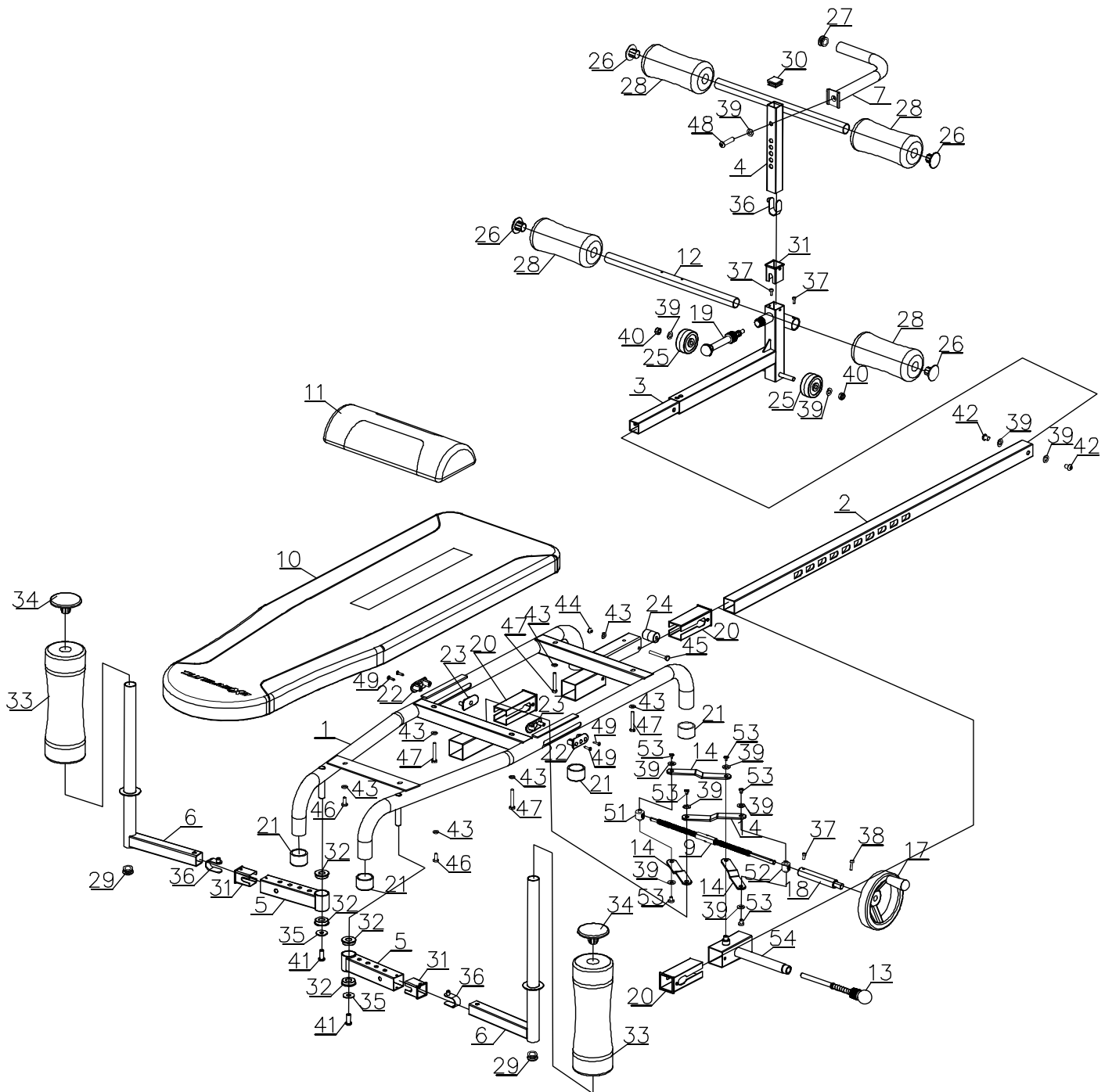
The Maximum Weight Capacity for this product is 300lbs / 136kg.

The Maximum Height Capacity for this product is 6 feet 6 inches / 198cm.

**Retain this owner's manual and keep the original purchase receipt for future reference.**

## SAVE THESE GUIDELINES

# OVERVIEW DRAWING



# PARTS LIST

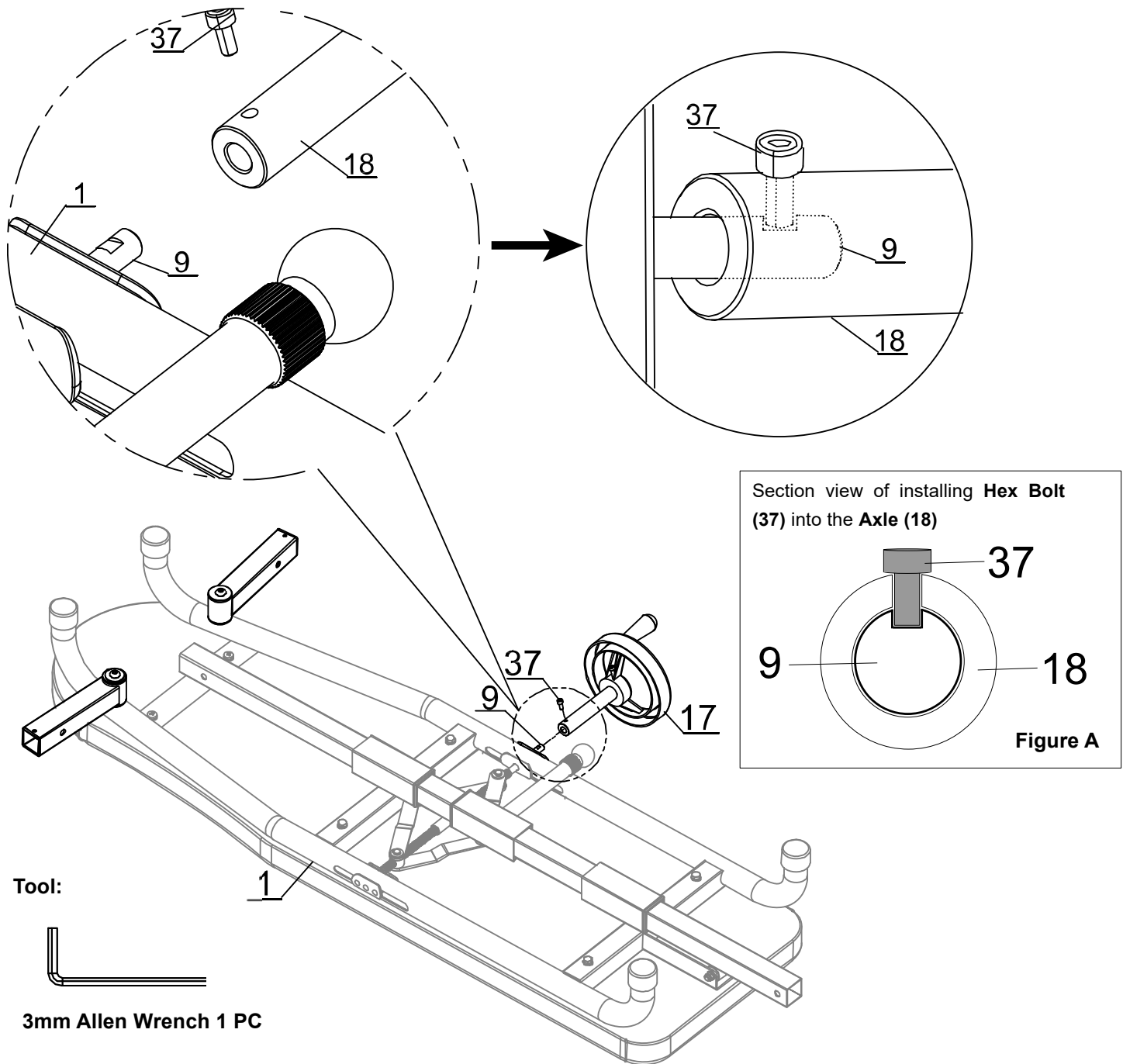
No.	Description	Qty
1	Main Frame	1
2	Adjustable Boom	1
3	Heel Holder Boom	1
4	Adjustable Heel Holder	1
5	Swing Arm	2
6	Adjustable Arm	2
7	Transport Handle	1
9	Drive Screw	1
10	Backrest	1
11	Lumbar Pad	1
12	Heel Holder Tube	1
13	Height Adjustment Pin	1
14	Metal Plate	4
17	Crank Wheel	1
18	Axle	1
19	Pop Pin	1
20	Bushing	3
21	Foot Pad	4
22	Regulator Outer Bracket	2
23	Regulator Inner Bracket	2
24	Alignment Wheel	1
25	Wheel	2
26	End Cap	4
27	End Cap	1
28	Foot Foam Rollers	4

No.	Description	Qty
29	End Cap	2
30	Square End Cap	1
31	Bushing	3
32	Swing Arm Bushing	4
33	Arm Pit Foam Rollers	2
34	End Cap	2
35	Flat Washer $\Phi 20 \times \Phi 8.5 \times 2.0$	2
36	Snap Buttons	3
37	Round Head Hex Bolt M4x9	3
38	Round Head Hex Bolt M4x12	1
39	Flat Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	11
40	Nylon Nut M8	2
41	Hex Bolt M8x20	2
42	Hex Bolt M8x12	2
43	Flat Washer $\Phi 12 \times \Phi 6.5 \times 1.5$	7
44	Nylon Nut M6	1
45	Hex Screw M6x45	1
46	Phillips Screw M6x15	2
47	Hex Screw M6x40	4
48	Hex Bolt M8x35	1
49	Self-Tapping Phillips Screw ST3.8x16	4
51	Left Threaded Pin Joint	1
52	Right Threaded Pin Joint	1
53	Phillips Screw M6x5	6
54	Fixed Bracket	1



**Grease  
1PC**

# ASSEMBLY



## Step 1

### Hardware Removal

**1A.** Remove one **Round Head Hex Bolt (37)** from the **Axle (18)** by using the **3mm Allen Wrench** provided.

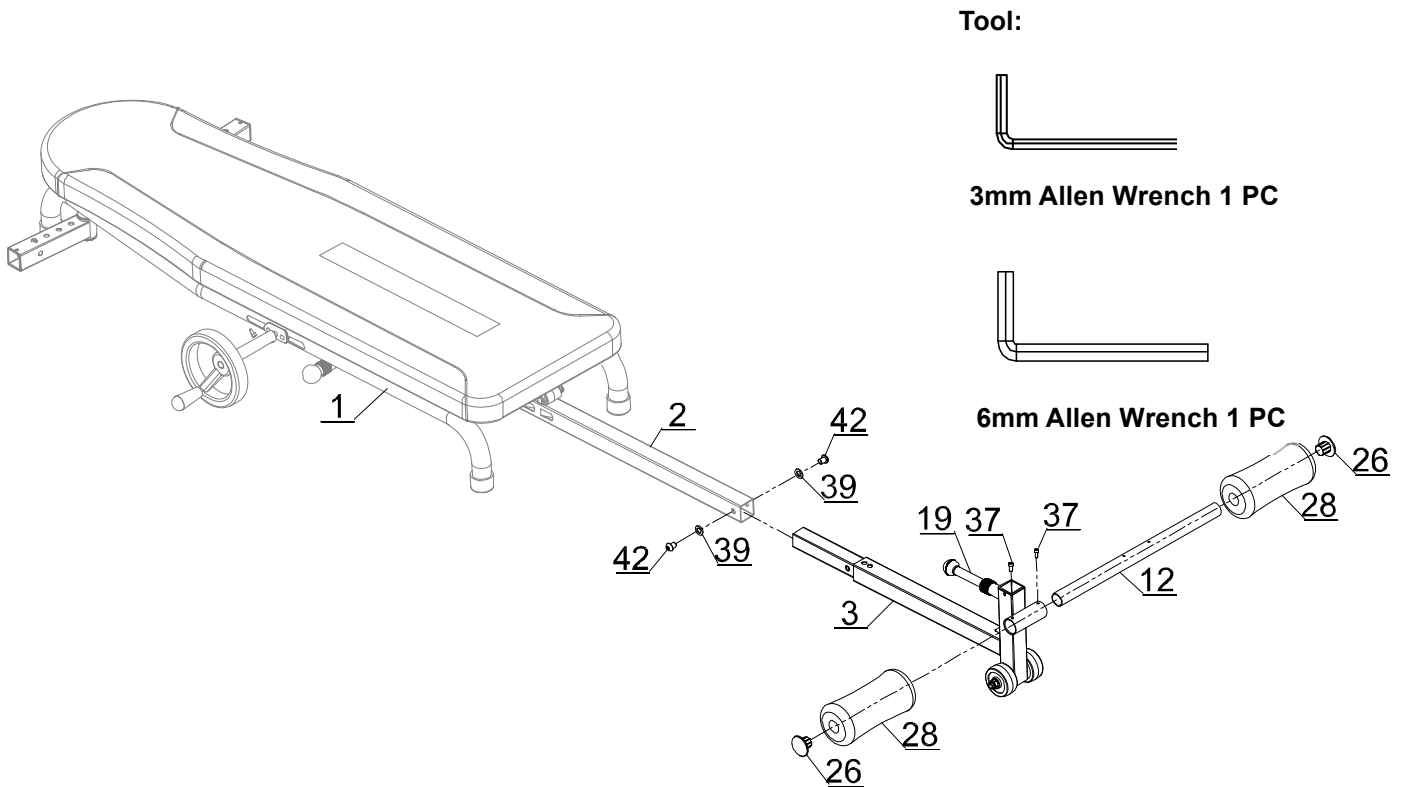
### Installing the Crank Wheel

**1B.** Insert **Crank Wheel (17)** onto the **Drive Screw (9)** on the **Main Frame (1)** and tighten with one **Round Head Hex Bolt (37)** by using the **3mm Allen Wrench** provided.

**NOTE:** Make sure the **Round Head Hex Bolt (37)** fits into the flat spot on the **Drive Screw (9)**. Please see **Figure A**.

**NOTE:** Tilt the handle on the **Crank Wheel (17)** to use handle. To put it away, pull the handle outward and tilt it into the **Crank Wheel (17)**.

# ASSEMBLY



## Step 2

### Hardware Removal

**2A.** Remove four **Hex Bolts (42)** and four **Flat Washers (39)** from the **Adjustable Boom (2)** by using the **6mm Allen Wrench** provided.

**2B.** Remove two **Hex Bolts (37)** from the **Heel Holder Tube (12)** by using the **3mm Allen Wrench** provided.

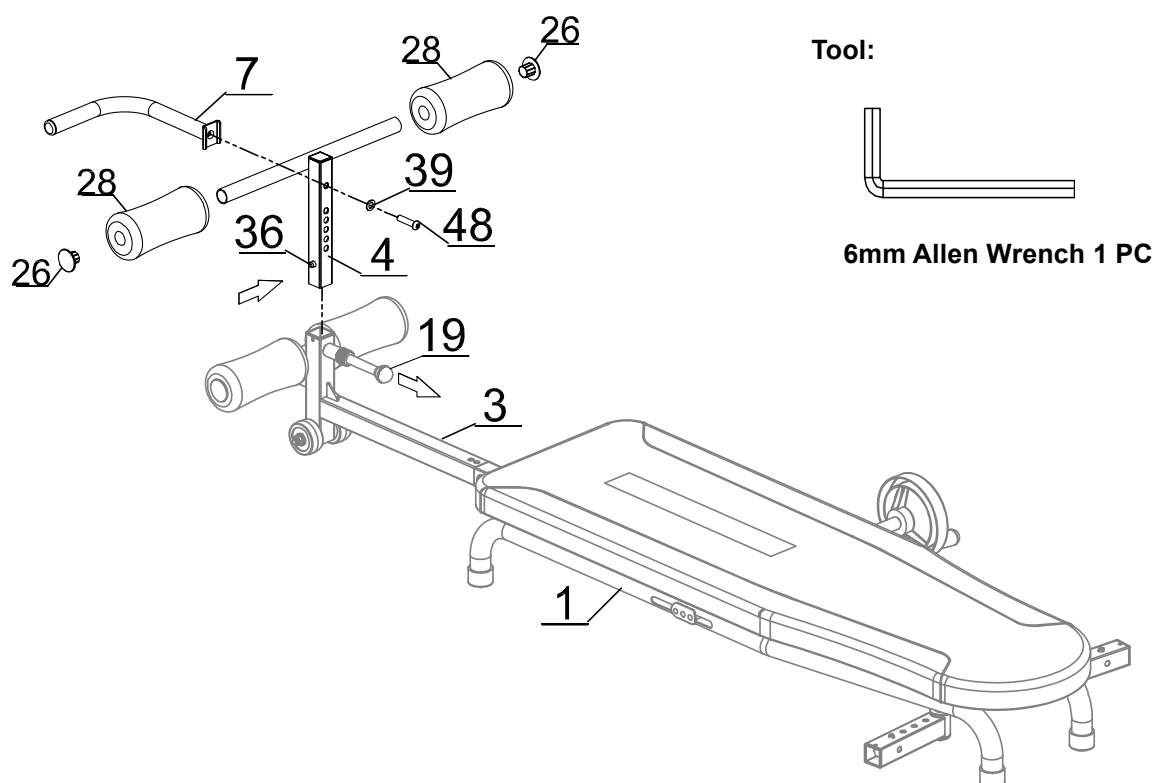
### Installing the Heel Holder & Foot Foam Rollers

**2C.** Insert the **Heel Holder Boom (3)** onto the **Adjustable Boom (2)** and tighten with two **Hex Bolts (42)** and two **Flat Washers (39)** by using the **6mm Allen Wrench** provided.

**2D.** Insert the **Heel Holder Tube (12)** onto the hole on the rear of the **Heel Holder Boom (3)**. Align the hole and tighten with two **Hex Bolts (37)** by using the **3mm Allen Wrench** provided. Insert two **Foot Foam Rollers (28)** and two **End Caps (26)** onto the **Heel Holder Tube (12)**.



# ASSEMBLY



## Step 3

### Hardware Removal

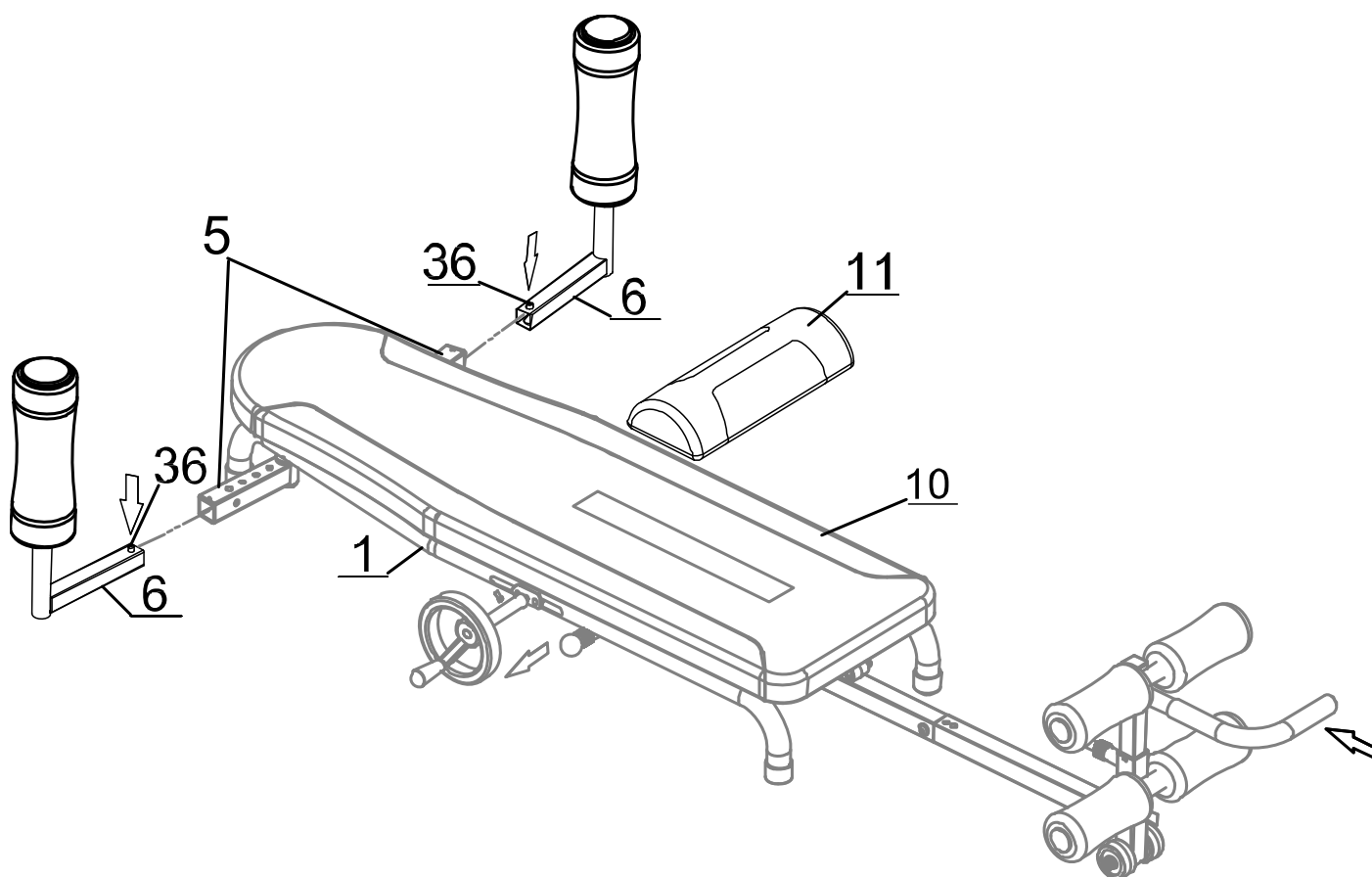
**3A.** Remove one **Hex Bolts (48)** and one **Flat Washer (39)** from the **Transportation Handle (7)**.

### Installing the Adjustable Heel Holder

**3B.** Depress the **Snap Button (36)**, pull up the **Pop Pin (19)** and insert the **Adjustable Heel Holder (4)** onto **Heel Holder Boom (3)**. Attach the **Transportation Handle (7)** onto the **Adjustable Heel Holder (4)** and tighten with one **Hex Bolts (48)** and one **Flat Washers (39)** by using **6mm Allen Wrench** provided.

### Installing the Foam Roller

**3C.** Insert two **Foam Rollers (28)** onto the **Adjustable Heel Holder (4)** and attach two **End Caps (26)** onto both ends of the **Adjustable Heel Holder (4)**.

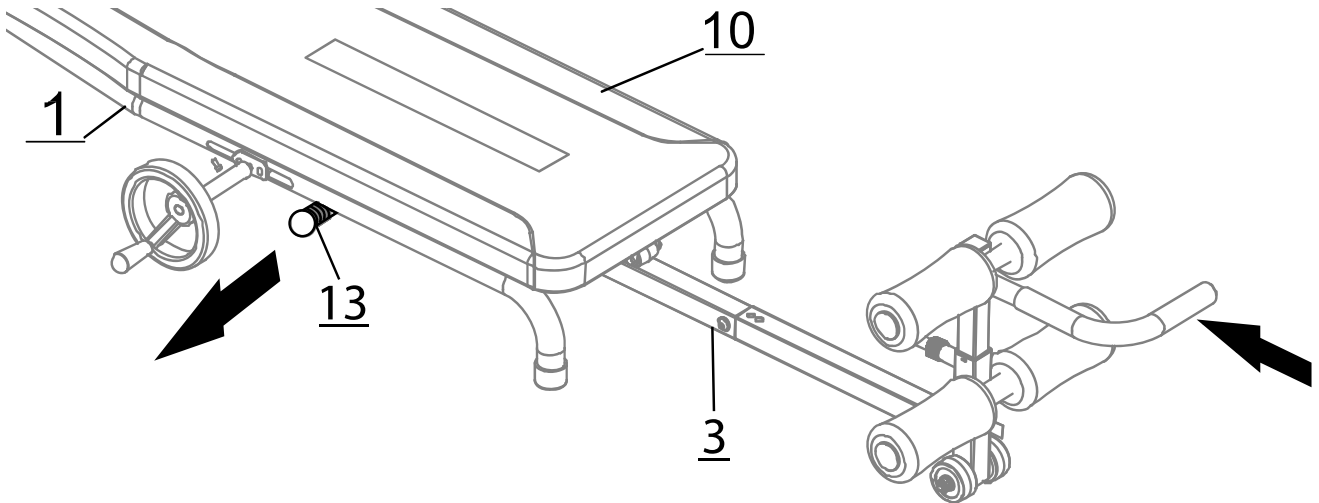


## Step 4

### Installing the Adjustable Arm

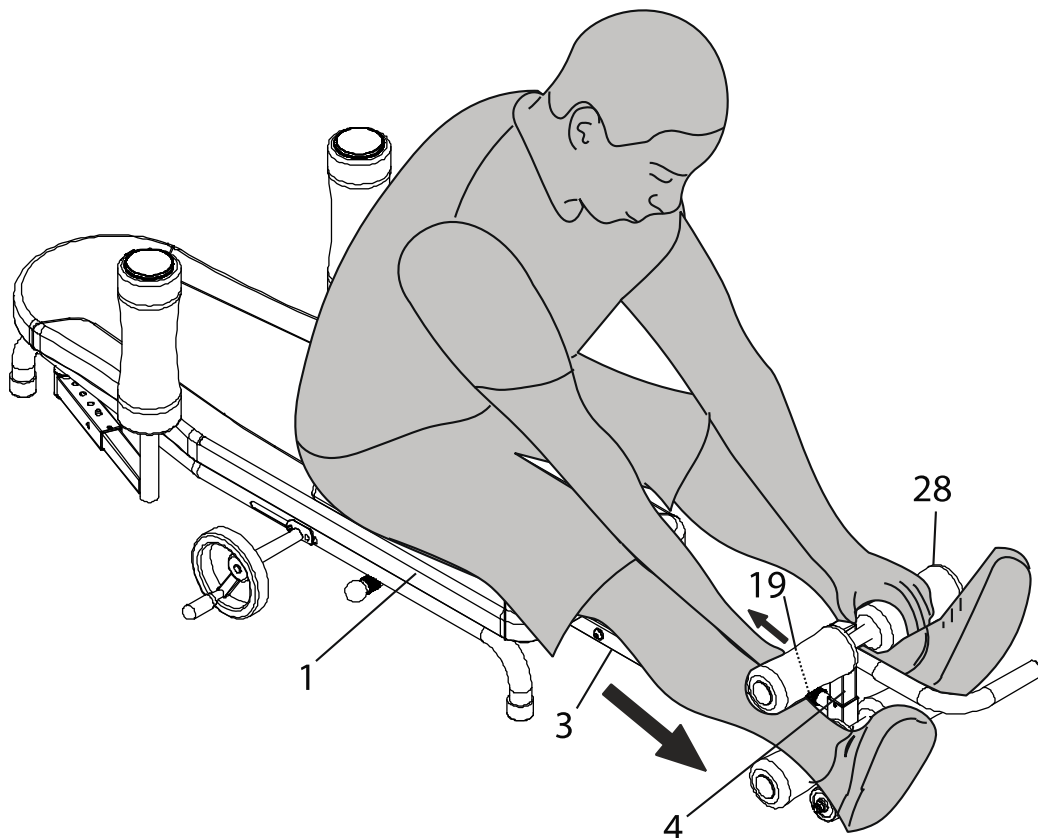
**4A.** Install the **Adjustable Arm (6)** onto the **Main Frame (1)**. Depress **Snap Button (36)** and insert the **Adjustable Arm (6)** into the **Swing Arm (5)**. Adjust the **Adjustable Arm (6)** to the suitable position.

**4B.** Attach the **Lumbar Pad (11)** on the Velcro strip on the **Backrest (10)**. You can adjust the position of vertically or horizontally along the Velcro strip.



## How to Adjusting Table to Load In

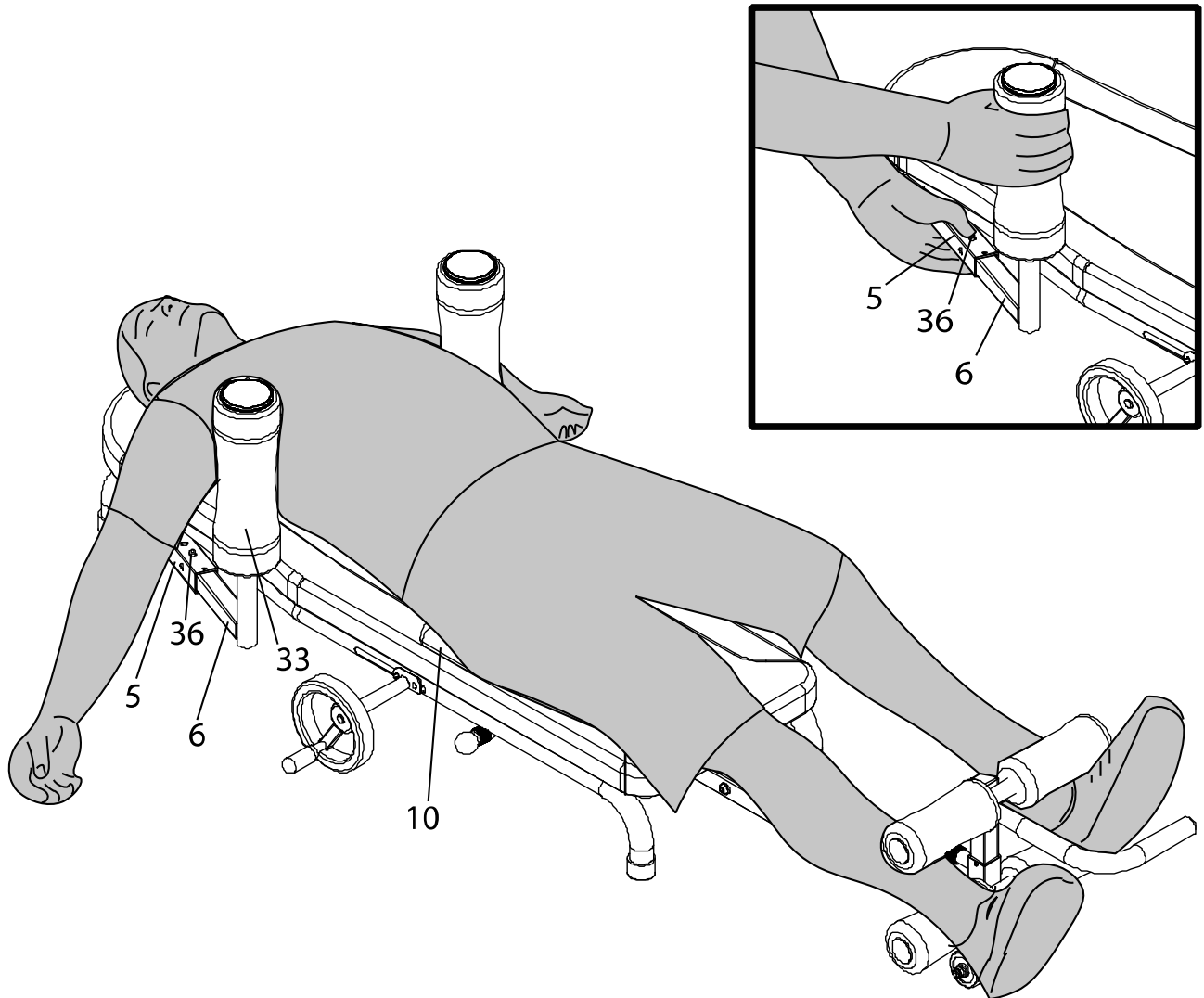
Pull out the **Height Adjustment Pin (13)** and simultaneously push the **Heel Holder Boom (3)** into the **Main Frame (1)** all the way in.



## Adjusting Heel Holders

1. Sit on the **Main Frame (1)**, facing the **Adjustable Heel Holder (4)**. Extend the **Heel Holder Boom (3)** by hand to match the length of your leg.

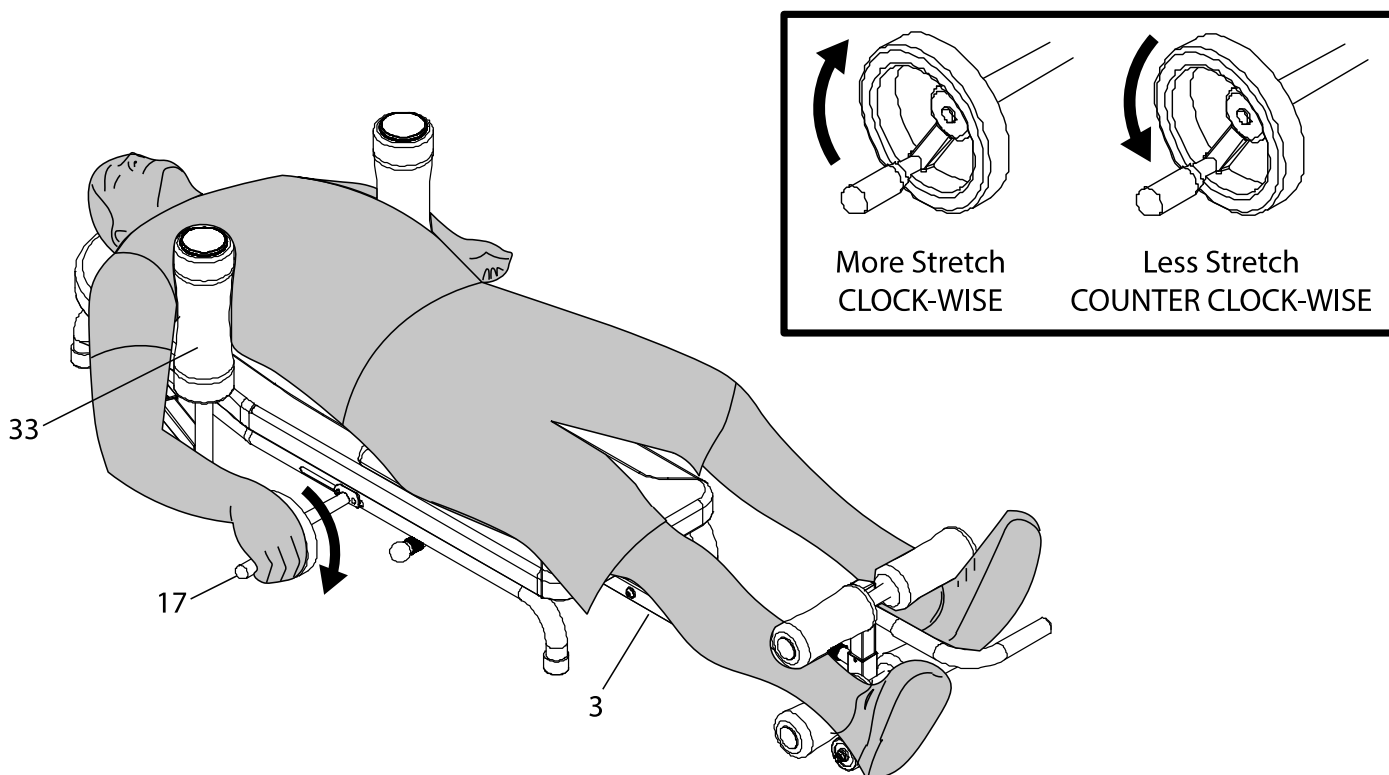
2. Pullout the **Pop Pin (19)**, lift up the **Adjustable Heel Holder (4)** and slip your ankles in between the **Foot Foam Rollers (28)**. Pull the **Pop Pin (19)** and press down on the **Adjustable Heel Holder (4)** until it is snug, release the **Pop Pin (19)** and make sure it is Locked.



## Adjusting Foam Rollers

1. With your feet locked into place, lay on the **Backrest (10)**. Lift your arms and wrap them around the **Arm Pit Foam Rollers (33)**. If they are too high or low, get off the table and adjust them at this time.

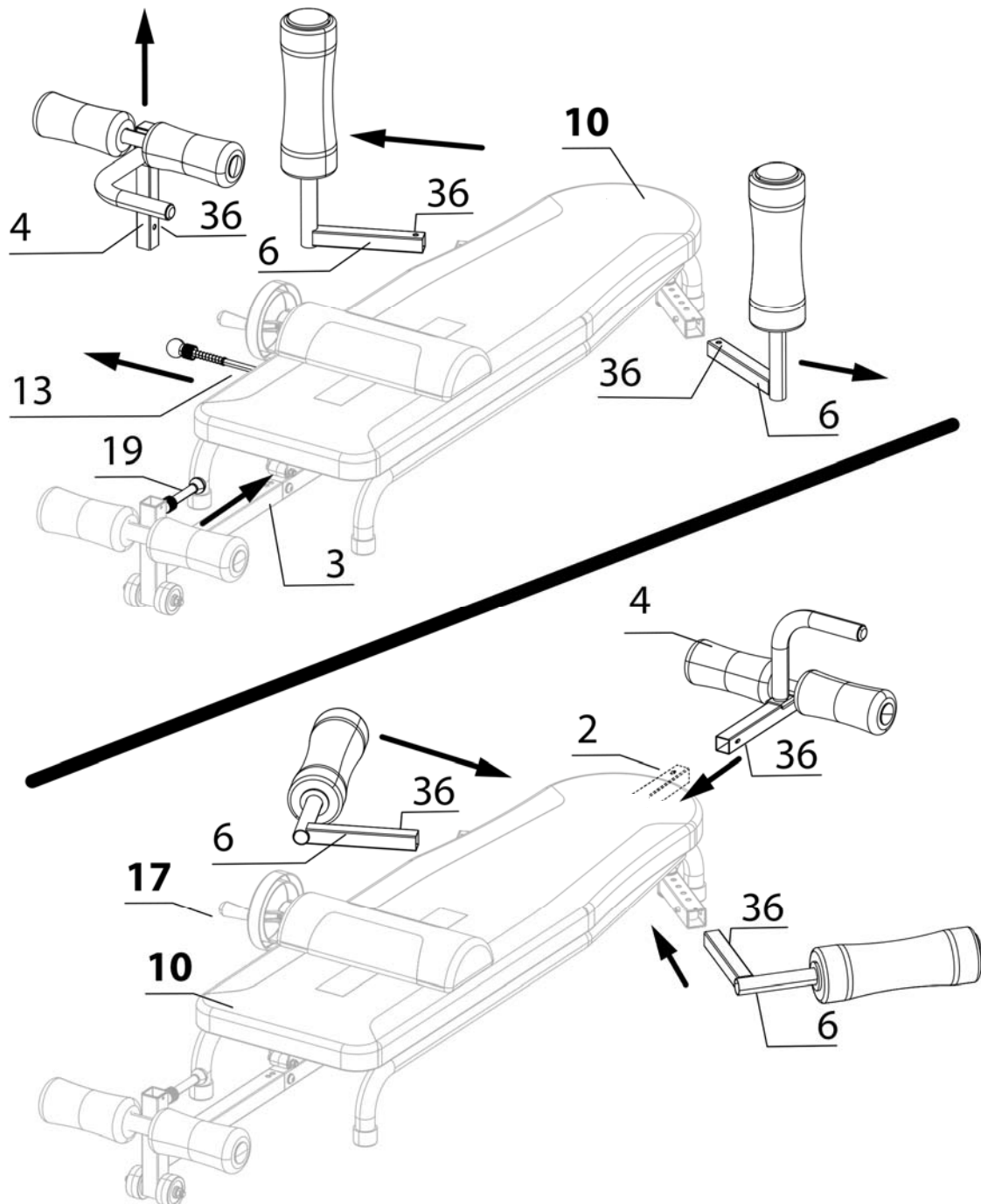
2. Depress the **Snap Button (36)** on the **Adjustable Arm (6)** and insert it inward or pull it outward on the **Swing Arm (5)** to your desired position using the 4 holes available. Once adjusted, check them again to make sure they are properly placed for your arm.



## How to Stretch Back Muscles

1. Keep your right arm wrapped around the **Arm Pit Foam Roller (33)**, reach for the **Crank Wheel (17)**, and pull the handle outward. Rotate the **Crank Wheel (17) CLOCK-WISE**, or towards your feet, to extend the **Heel Holder Boom (3)** and stretch your back. Continue to rotate the **Crank Wheel (17)** slowly until you reach a comfortable stretch. **DO NOT** excessively stretch your back. Over time you can gradually increase the amount of stretching.
2. To dismount the table, turn the **Crank Wheel (17) COUNTER CLOCKWISE**, or towards your head, to return the **Heel Holder Boom (3)** OR you can lift your arms out of the **Arm Pit Foam Rollers (33)** then lay there for a few minutes.
3. After a 5-minute period, you can undo your feet and rise. You may have to rollover off the side of the table to stand up.

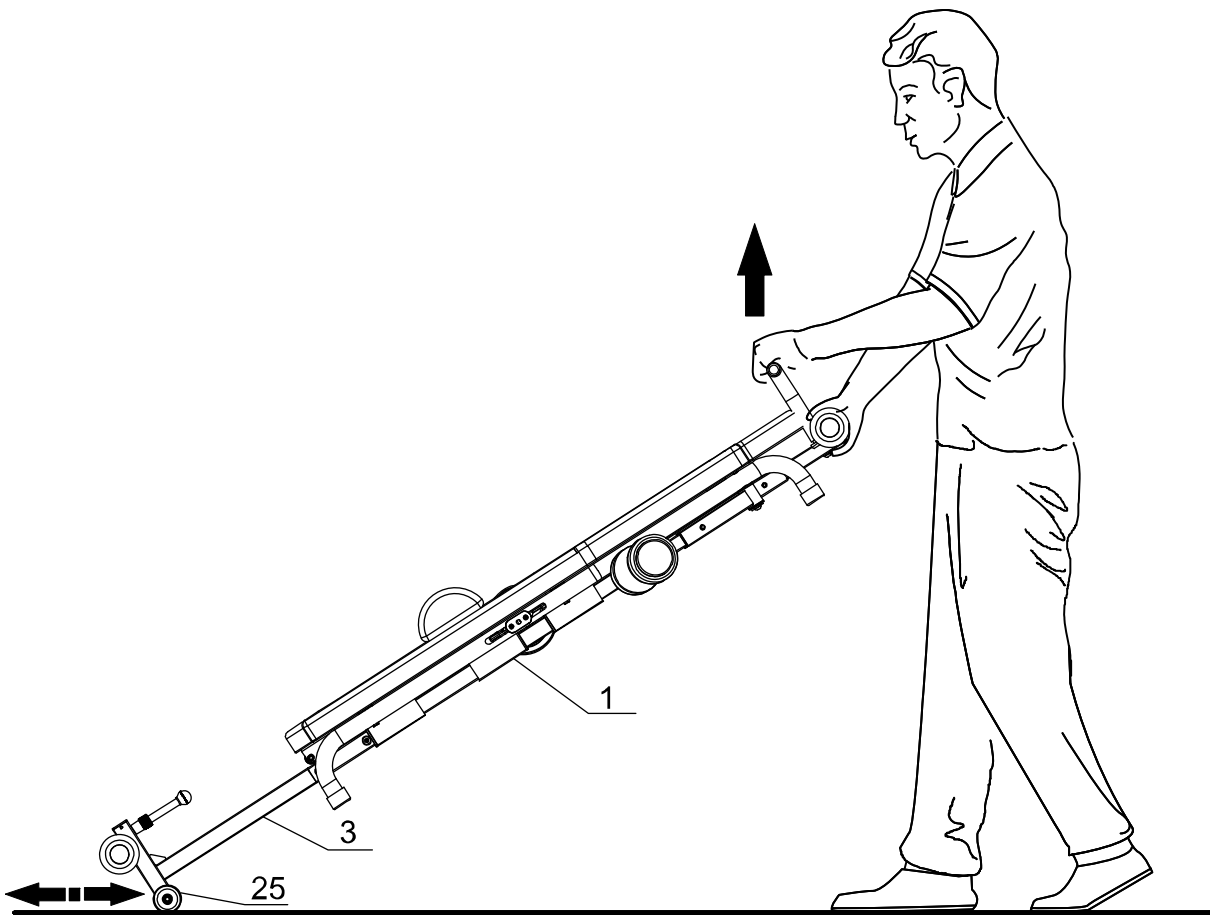
## STORAGE



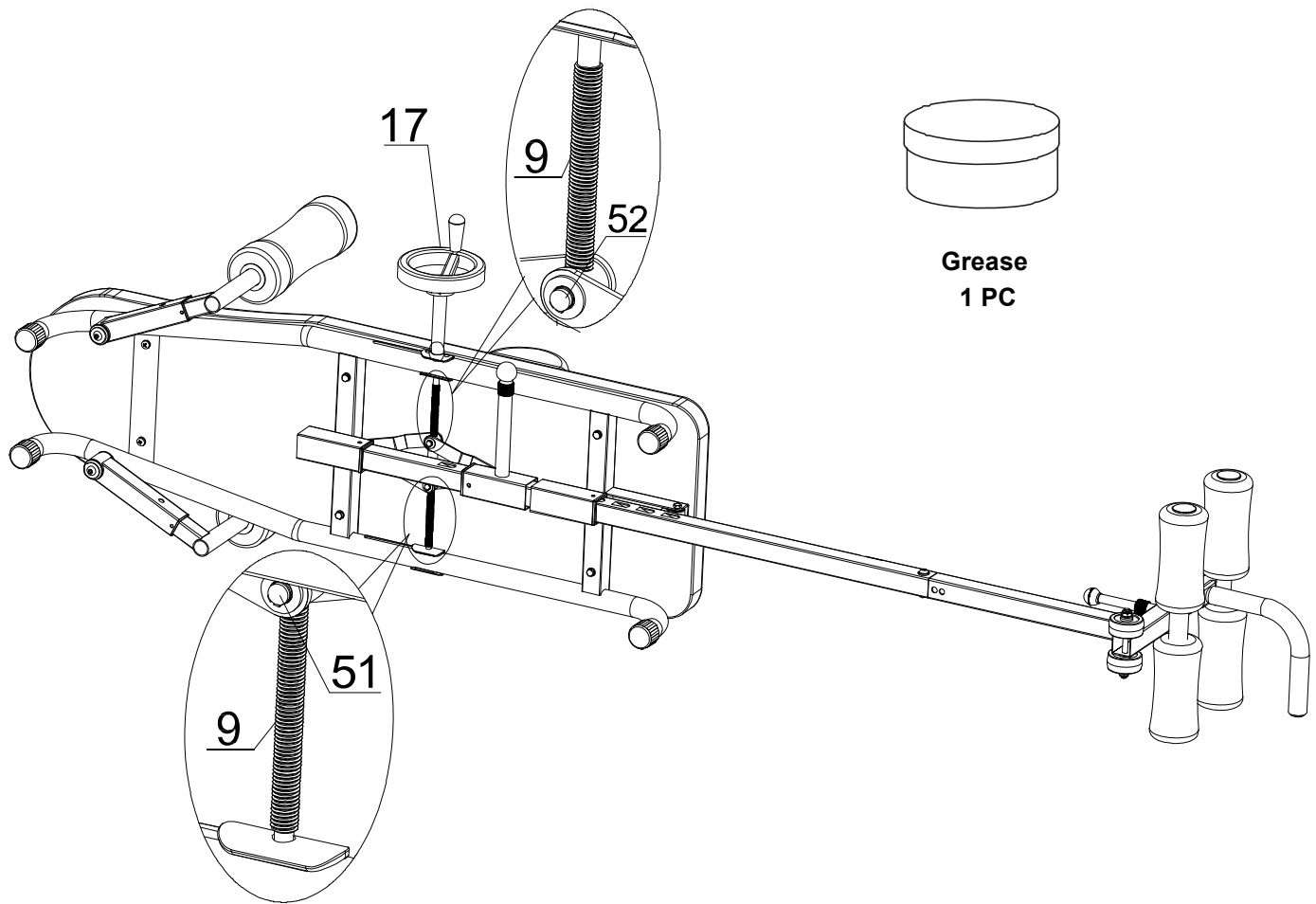
### Putting Traction Table into Storage Mode

1. Pull the **Height Adjustment Pin (13)** out and hold while pushing the **Heel Holder Boom (3)** into the **Main Frame (1)** until fully inserted.
2. Pull the **Pop Pin (19)** out and hold to pull the **Adjustable Heel Holder (4)** out of the **Heel Holder Boom (3)**.
3. Press **Detent Pin (36)** inward while pulling **Adjustable Arm (6)** away from **Backrest (10)**. Rotate 90° degrees and reinsert into frame, as shown above.
4. Place the **Adjustable Heel Holder (4)** to the top of the **Backrest (10)**. Press down on the **Snap Button (36)** and insert the **Adjustable Heel Holder (4)** into the top of the **Adjustable Boom (2)** with the **Transport Handle (7)** pointing upward.
5. Pull the handle out from the **Crank Wheel (17)** and fold into center of wheel for easier storage.

## TRANSPORTING



Lift up the **Main Frame (1)** until the **Wheels (25)** on the **Heel Holder Boom (3)** make contact with the ground, then move the bench to your desired location.



## Applying Grease to the Drive Screw

1. Rotate the **Crank Wheel (17)** **counterclockwise** until it stops. Using your finger, take a small amount of grease from the container and work the grease onto the threads of the **Drive Screw (9)**.
2. Repeat this process for the left and right **Threaded Pin Joints (51&52)**.
3. Rotate the **Crank Wheel (17)** **clockwise** until it stops.
4. Repeat the same process of applying grease to the **Drive Screw (9)** threads and left and right **Threaded Pin Joints (51&52)**.

This will ensure proper lubrication of the entire **Drive Screw (9)**. You can now proceed with normal operation of the table.



# WARRANTY

## 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