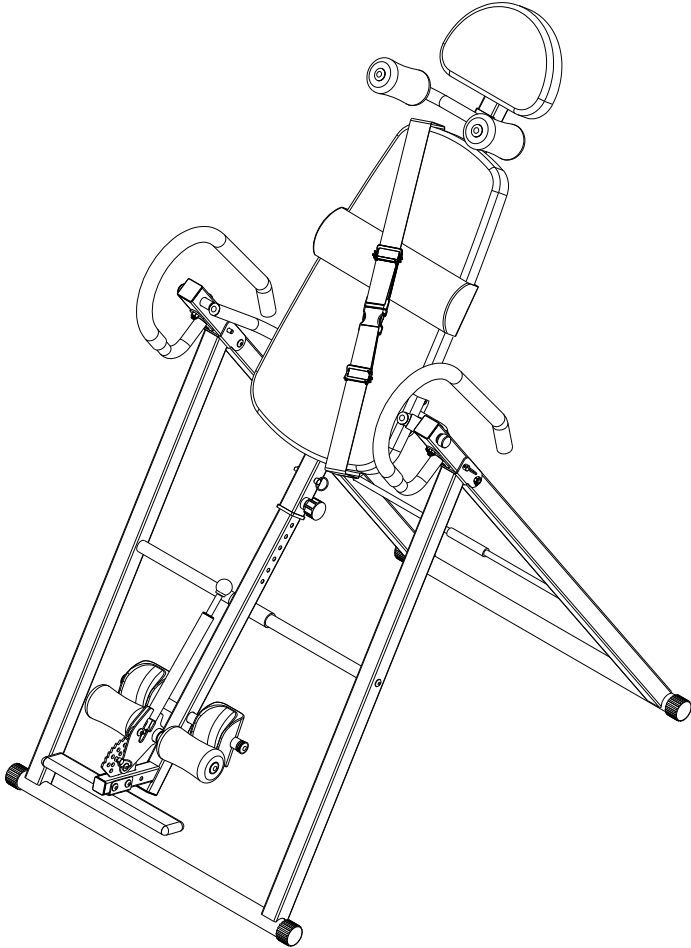


Inversion Table User Manual



Please read this instruction carefully before using this product and keep it safe
Disclaimer: Minors, elderly and infirm patients should be used under adult supervision.

Warning and precautions for Inversion table

Thank you for purchasing our company's products. Correct use of the equipment is the guarantee for your safety and health. Please read the following carefully before using the equipment:

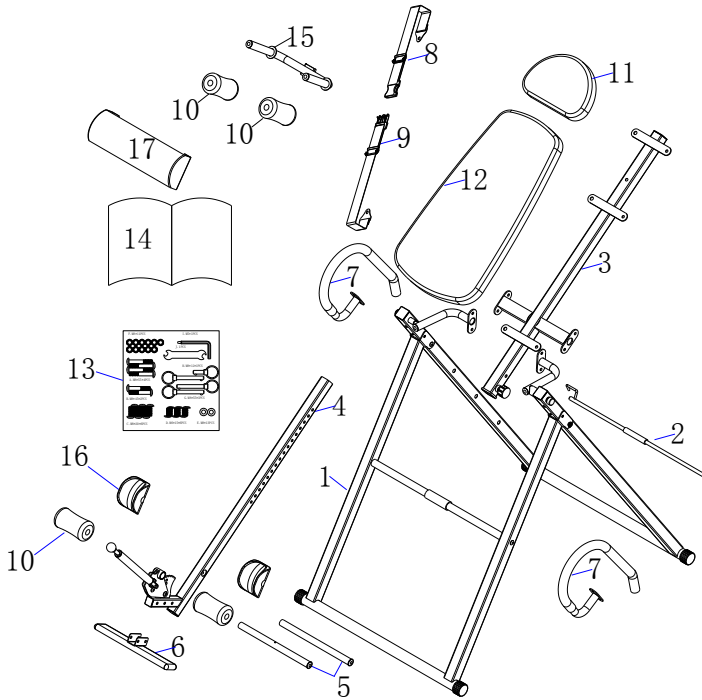
- 1:It is very important to read the manual completely before installation and use. Only the normal installation, maintenance and use of this equipment can make the practice safe and effective;
- 2:Before starting an exercise program, please consult your doctor to determine whether your current physical condition can use this equipment for exercise and whether it will cause harm to your health. If you are taking treatment for heart rate, blood pressure and cholesterol, a doctor's advice is necessary;
- 3:Pay attention to some of your body's signals, incorrect and excessive exercise will harm your health. If you feel any of the following uncomfortable reactions: pain, chest tightness, fast heartbeat, shortness of breath, lightheaded, dizziness and nausea, stop practicing immediately. If you want to continue your exercise program, please consult your doctor first;
- 4:Keep children and pets away from this equipment, this equipment is specially designed for adults;
- 5:Use a sturdy, flat material on the bottom of the equipment to protect your floor and carpet. For safety reasons, please ensure that there is at least 0.5 meters of free space around the equipment;
- 6:Please ensure that all screws and nuts are locked before use. Please use the equipment with care. If you find any defects when installing and using the equipment, or hear any abnormal sound, please stop the practice in time, and do not continue to use it until the problem is solved;
- 7:When exercising, please wear tight clothes as much as possible to prevent loose clothes from being caught by the equipment or restricting the movement. Please note that incorrect and excessive practice may cause damage to the body;
- 8:This equipment is only suitable for indoor and household use, and the maximum load is 150KG;

9: Be careful when moving this equipment to avoid unnecessary injury;

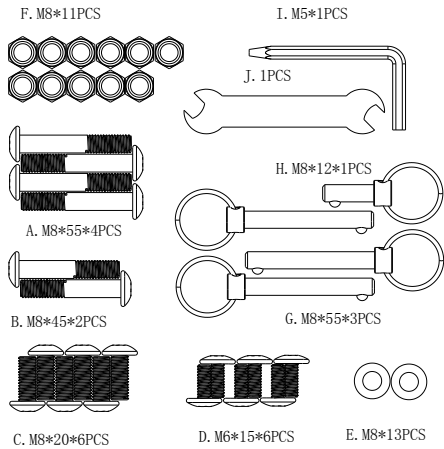
10: Please keep this manual and installation tools properly.

Packing details

Serial number	Components	Quantity	Serial number	Components	Quantity
1	Main Holder	1	10	Foam	4
2	Rear holding bar	1	11	Headrest pad	1
3	Backplane	1	12	Back pad	1
4	Adjusting lever	1	13	Nut & Screw sets	1
5	Foam tube	2	14	Instructions	1
6	Foot pressing device	1	15	U-shaped shoulder pad tube	1
7	Handrail	2	16	U-shaped clamping feet	2
8	Webbing1	1	17	Sponge lumbar cushion	1
9	Webbing2	1			
8	Webbing1	1			



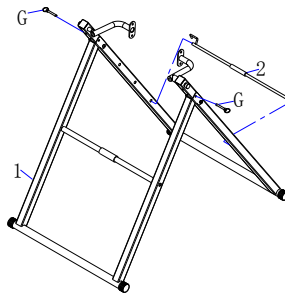
Parts diagram Accessories



Step 1:

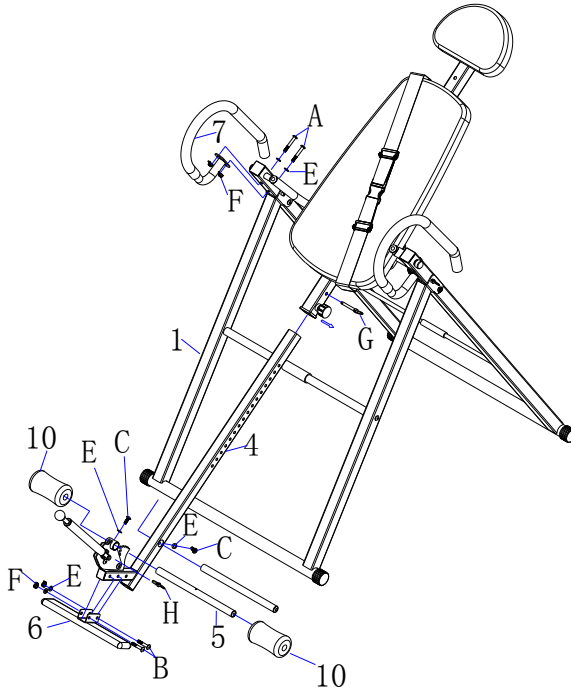
A. Open the front and rear supports holder (1) of the inversion machine, and insert the pull-ring pin (G) into the hole at the connection between the front and rear supports holder.

B. Adjust the appropriate fitness angle, insert the backplane (2) into the holes on both sides of the rear support as required (the side with the punched hole is fully in place, and the other end with the hook is clamped above the square tube to fix it) or not inserted (In this way, you can stand upside down completely. It is recommended that you install it in the top hole first, and then adjust it to other holes or not install it when you are used to it.) (Note: when starting to assemble, do not lock all the screws)



Step 2:

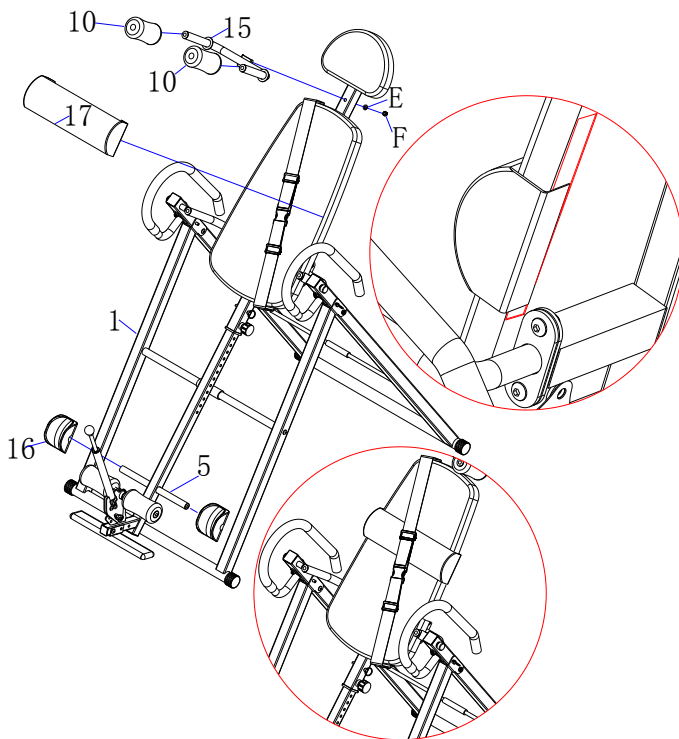
Step 3:



- A. Insert the foam tube (5) into the large hole on the height adjustment frame (4), and fix it with screws (C) and flat washers (E). Put the foam (10) into the foam tube from both ends (5) on;
- B. Insert the upper foam tube (5) into the casing hole of the presser foot, and fix it with screws (C) and flat washers (E). Put the foam (10) into the foam tube (5) from both ends. superior;
- C. Fix the Foot pressing device(6) on the square tube at the lower end of the height Adjusting lever(4) with screws (B), flat washers (E) and nuts (F).
- D. Insert the assembled height Adjusting lever (4) into the square tube on the backrest frame (3), and use the quick pull pin and the pull ring plug (G) to insert the corresponding hole according to the height size requirements.
- E. Fix the handrail (7) on the side pipe of the main bracket with screws (A), flat washers (E) and nuts (F).

Note: After all installation steps are completed, tighten all screws and check that all latches are assembled in place before starting to use.

The following steps are for the installation of optional components, please confirm the product you purchased first, and then follow the corresponding steps below to install your product.



Step 4:



A. Installation of the Shoulder pad U-shape tube (15): Flat pad (E), nut (F) fix the U-shaped shoulder pad tube (15) on the height adjustment tube, and put the foam (10) into the U-shaped shoulder pad on the round tube.




B. Installation of U-shaped clips: Put U-shape Footrest plate (16) into the Foam tube (5) fixed in the height adjustment tube.

C. Installation of the lumbar pad:
Fix the sponge lumbar cushion (17) on the backrest cushion (fix the Velcro on both sides of the lumbar cushion to the Velcro on both sides of the back of the backrest cushion). The position can be adjusted up and down according to your height.

Warm Up

No matter how you exercise, it's best to stretch first. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up. Then stop and do the stretches as follows 1 to 5 times, 10 seconds or more per leg at a time, and repeat after the workout.

<p>Toe Touches</p> <p>Slowly bend forward from your waist, letting your back, and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>	 <p>Pic 1</p>
<p>Hamstring Stretches</p> <p>Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts</p>	 <p>Pic 2</p>

<p>Relax and then repeat with left leg extended.</p>	
<p>Calf and Achilles tendon stretches:</p> <p>Hold the wall or stand with both hands, one foot behind, keep the back leg upright, heels on the ground, and lean toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.</p>	 <p>Pic 3</p>
<p>Quadriceps Stretch</p> <p>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 up.</p>	 <p>Pic 4</p>
<p>Inner Thigh Stretch</p> <p>Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts.</p>	 <p>Pic 5</p>

Suggestion of the inversion table

1. When using this product for the first time, a guardian must be present to assist and take safety protection measures.
2. The user must ensure that the presser foot device latch is in place and secure the body with a safety belt.
3. Adjust the scale of the height adjustment frame according to the height of the user (for example: the actual height of the user is 160, it is recommended to adjust to 170 first! If it is difficult to turn upside down, adjust down until it is easy to turn), lock the pull pin nut after each adjustment, and insert the safety pin before it can be used.

