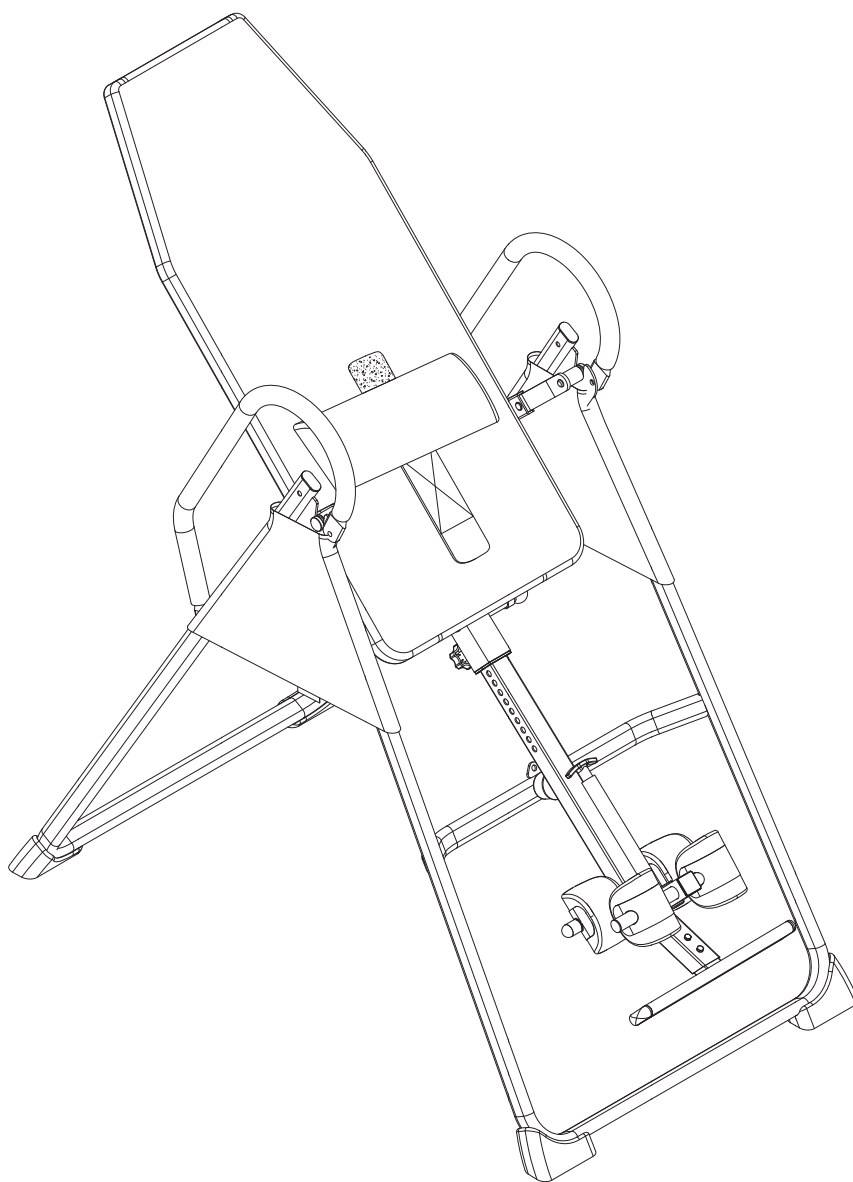


# Inversion Table



2500.0-051116

**Owner's Manual**  
**Le Manuel Du Propriétaire**



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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by below methods:**

**For Best Service Email:**

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

**Response time may vary.**

**Website:**

**[www.paradigmhw.com](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7920**

**Please have the following information ready when requesting for service:**

**Your name**

**Phone number**

**Model number**

**Serial number**

**Part number**

**Proof of Purchase**

**For damaged or defective product please contact our customer service before returning to the store.**

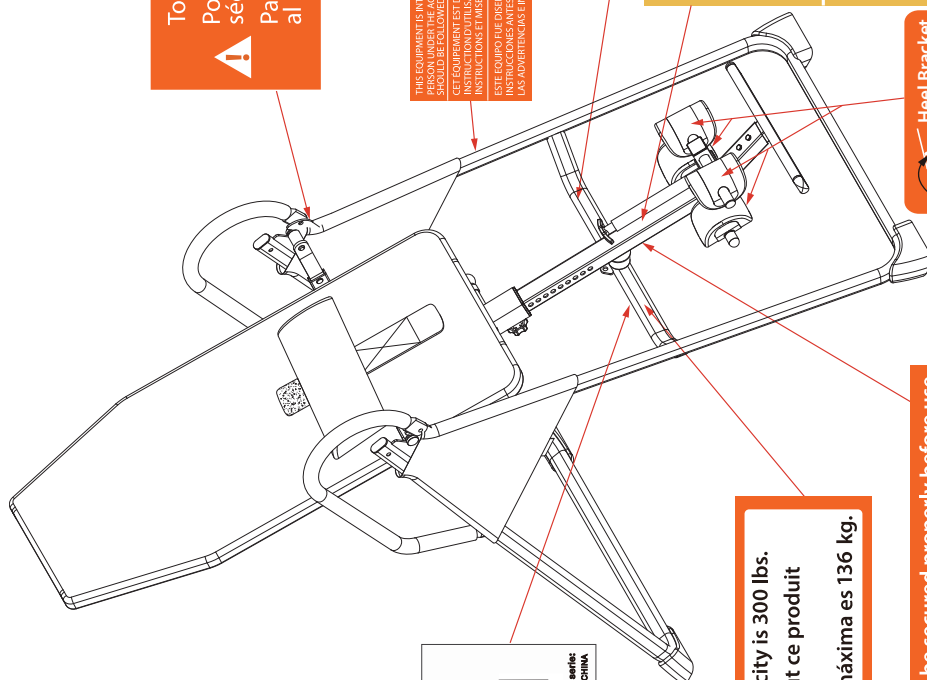
**\* Emailing us with the information above will be the best method to receive a response during peak business hours.**

**Paradigm Health & Wellness, Inc.**

**1189 Jellick Ave.**

**City of Industry, CA 91748, USA**

## LABEL PLACEMENT



To avoid serious injury, hold on to handle bars and invert slowly.  
Pour éviter des blessures graves, bien tenir les poignées de sécurité et procéder à l'inversion lentement.  
Para evitar lesiones graves, sostenga los manubrios y ponga al revés lentamente.

THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS AND CHILDREN 12 YEARS AND OLDER. POSSIBILITY OF SEVERE INJURY OR DEATH IF USED IMPROPERLY. PLEASE FOLLOW ALL DIRECTIONS BEFORE USE. KEEP PERSON UNDER THE AGE OF 12 AWAY FROM LABELS IF THEY ARE DAMAGED, ILLEGIBLE OR REMOVED PLUSE READ USER MANUAL WARNING AND INSTRUCTIONS BEFORE USING AND OBEY ALL INSTRUCTIONS TO BE FOLLOWED TO PROTECT YOURSELF AND YOUR EQUIPMENT.

CET ÉQUIPEMENT EST DESTINÉ À ÊTRE UTILISÉ PAR DES ADULTES ET DES ENFANTS DE PLUS DE 12 ANS. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DES BLESSURES GRAVES OU MORTELLES. SUIVRE LES INSTRUCTIONS D'UTILISATION AVANT L'EMPLOI. GARDER LA PERSONNE EN BASSE ÂGE LOIN DES ÉTIQUETTES SI CELLES-CI SONT ENDOMMAGÉES, ILLISIBLES OU MANQUANTES. LIRE TOUJOURS LE MANUEL D'UTILISATION AFIN D'ÊTRE PRÊT À RÉPONDRE À TOUTES LES SITUATIONS EN CAS D'URGENCE. LIRE TOUJOURS LES INSTRUCTIONS D'AVERTISSEMENT ET LES INSTRUCTIONS D'UTILISATION AVANT L'EMPLOI.

ESTE EQUIPO ES DESTINADO PARA EL USO DE LOS ADULTOS Y NIÑOS MAYORES DE 12 AÑOS. SI SE USA INCORRECTAMENTE PUEDE CAUSAR LESIONES GRAVES O MUERTE. POR FAVOR SIGA TODAS LAS INSTRUCCIONES DE UTILIZACIÓN ANTES DE USARLO. GUARDE A LA PERSONA MENOR DE EDAD LEJOS DE LAS ETIQUETAS SI ESTAS SON DAÑADAS, NO LÍSEAN O SE HAN PERDIDO. LEA SIEMPRE EL MANUAL DE INSTRUCCIONES ANTES DE USARLO Y CUMPLA CON TODAS LAS INSTRUCCIONES DE PREVENCIÓN DE ACCIDENTES Y LAS INSTRUCCIONES DE USO.

Maximum weight capacity is 300 lbs.  
Le poids maximum pout ce produit  
est 136 kgs.  
La capacidad de peso máxima es 136 kg.

**▲ Feet must be secured properly before use**  
**Les pieds doivent être proprement serrés avant utilisation**  
**Se deben asegurar adecuadamente los pies antes de usar.**

Heel Bracket must be secured in slot before use.

Support de talon doit être fixé dans le fente, avant utilization.

El soporte de talón debe fijarse en la ranura antes de usar.

**¡ADVERTENCIA!**  
El titular del tobillo debe estar ajustada alrededor de los tobillos, y la clavija **debe ser emergente completamente** enganchados antes de usar la tabla de inversión.

**AVERTISSEMENT**  
Le mout de support de la cheville serré autour des chevilles, et le mout de broche de pop être **pleinement** engagés avant d'utiliser la table d'inversion.

**⚠WARNING:** The ankle holder must be snug around ankles and the pop pin must be **FULLY** engaged before using the inversion table.

**1-844-641-7920**  
8 am - 5 pm PST

## IMPORTANT SAFETY INSTRUCTIONS

This inversion table was designed and built for optimal safety. However, certain precautions apply whenever you operate this exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. When using this equipment, basic precautions should always be followed, including the following:

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

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.
3. Do not use attachments not recommended by the manufacturer.
4. Never operate this Equipment if it is damaged, if it is not working properly, if it has been dropped or damaged. If a problem is encountered contact Customer Service.
5. Do not use outdoors.
6. Do not exceed the maximum rated weight (load) and maximum rated user height.
7. The Equipment weighs more than 44lbs / 20kgs and should be assembled and moved by two or more people.
8. For Household Use Only.
9. Always wear proper exercise apparel when using the equipment.
10. If at 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 any discomfort.
11. Only one person should use the equipment at a time.
12. Make sure your equipment is correctly assembled before you use it. Be sure all the screws, nuts, and bolts are tightened prior to use.
13. Pay attention to your body: Come up slowly after being inverted, dizziness after a session means you came up too fast.
14. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
15. Always use this equipment on a clear and level surface. Do not use near water.
16. Close supervision is necessary when this inversion table is used by elderly or disabled persons.
17. Close supervision is necessary when this inversion table is used near children, or near pets
18. Never drop on insert any object into any opening.
19. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.
20. **WARNING:** To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.
21. **WARNING:** Risk of personal injury – Do not allow children to use this machine.

## IMPORTANT SAFETY INSTRUCTIONS

22. **WARNING:** Risk of personal injury – Keep children away from the machine while in use.
23. **WARNING:** Risk of personal injury – Do not grab the brake handle for getting up from an inverted position, use the two handle bars instead.
24. **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 300 lbs (136 kgs.)

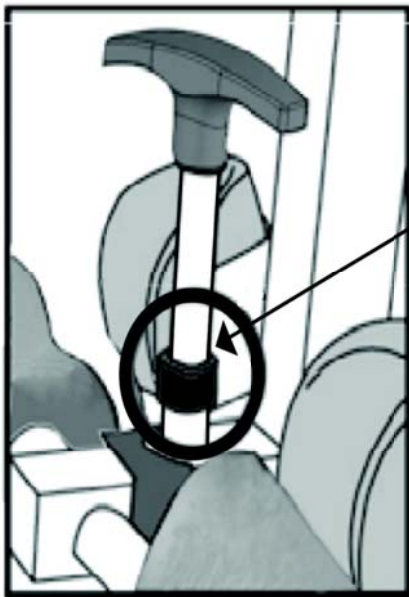
Maximum Rated Height for this product is 6'6"/198cm.

**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.

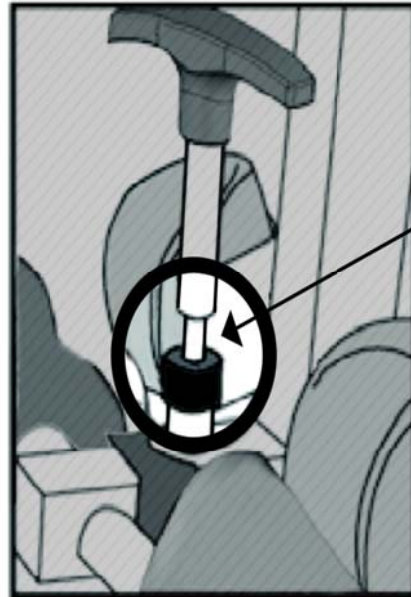
**Do not use this equipment if you have any of the following conditions or ailments:**

- 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, which includes Aspirin in high doses.

# SAVE THESE INSTRUCTIONS



**Correct:**  
Locking pin  
fully engaged



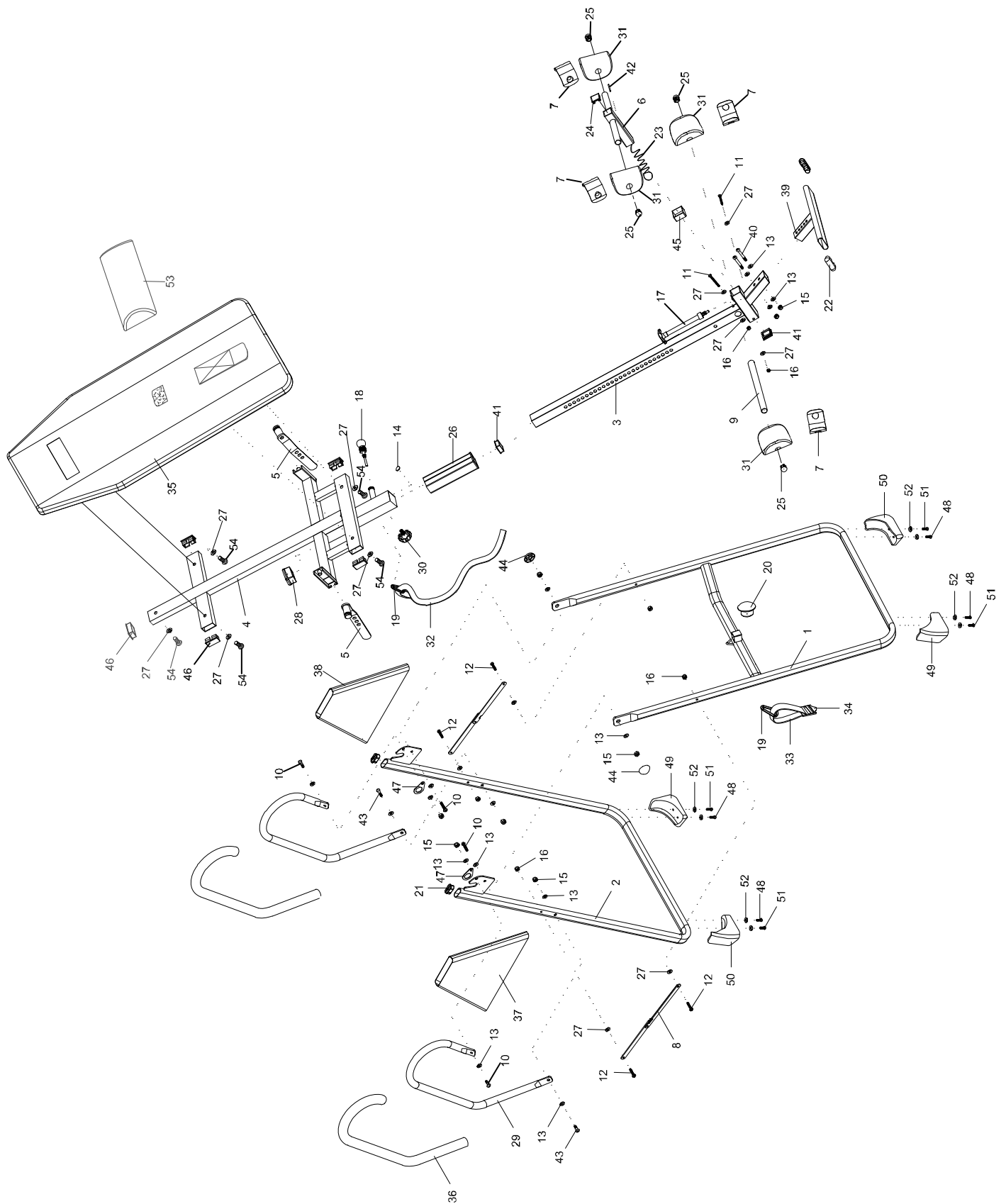
**WRONG:**  
Locking pin  
**NOT** fully  
engaged

Always check to make sure that the ankle locking pin is fully engaged before each use. Make sure that the front and rear ankle clamps are secured tightly against your ankles to prevent from falling when the table inverts.

**WARNING:** Failure to fully engage the locking pin could result in serious injury.



# OVERVIEW DRAWING



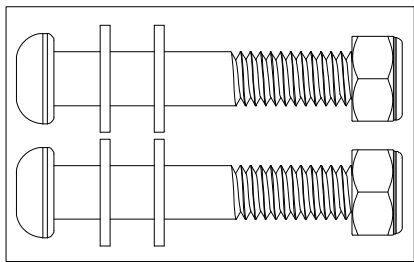
## PARTS LIST

No.	Description	Qty
001	Front U-Frame	1
002	Rear U-Frame	1
003	Adjustable Boom	1
004	Bed Frame	1
005	Pivot Arm	2
006	Adjustable instep Frame	1
007	Steel Heel Holder Bracket	4
008	Folding Arm	2
009	Rod	1
010	Hex Head Bolt	4
011	Hex Head Bolt	2
012	Phillips Screw	4
013	Washer	16
014	Round Plate	1
015	Lock Nut	8
016	Lock Nut	6
017	T-shape Spring Knob	1
018	Round Spring Knob	1
019	Safety Hook	2
020	Rubber Pad	1
021	Oval End Cap	2
022	Foot bar End Cap	2
023	Spring	1
024	Adjustable instep Frame Square End Cap	1
025	Rod Round End Cap	4
026	Lower Bed Frame Bushing	2
027	Washer	13

No.	Description	Qty
028	Upper Bed Frame End Cap	1
029	Handlebar	2
030	Knob	1
031	Rear Heel Holder	4
032	Nylon Strap	1
033	Loop Strap	1
034	Strap Lock	1
035	Bed	1
036	Foam Grip	2
037	Right Protective Cover	1
038	Left Protective Cover	1
039	Foot Bar	1
040	Hex Head Bolt	2
041	Square End Cap	2
042	Spring Latch	1
043	Hex Head Bolt	2
044	Nut Cap	2
045	Plastic Bushing	1
046	Rectangle End Cap	5
047	Pivot Arm Ring	2
048	Screw	4
049	Right Foot Cap	2
050	Left Foot Cap	2
051	Screw	4
052	Washer	8
053	Lumbar Pad	1
054	Bolt	5

# HARDWARE PACK

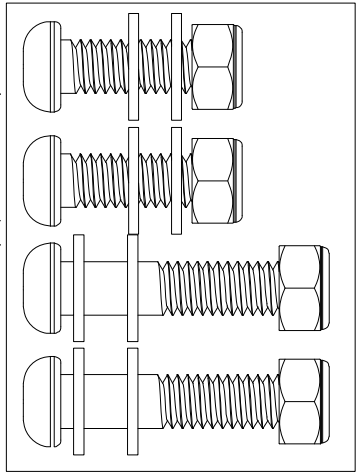
## STEP 6



(40) Hex Head Bolt M8\*50 2pcs  
(13) Washer Ø20\*Ø8.5\*1.5t 4pcs  
(15) Lock Nut M8 2pcs

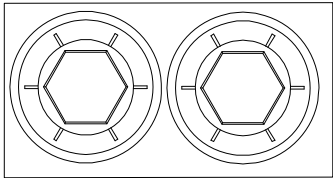
## STEP 11

(10) Hex Head Bolt M8\*23 2pcs  
(13) Washer Ø20\*Ø8.5\*1.5t 4pcs  
(15) Lock Nut M8 2pcs



(43) Hex Head Bolt M8\*38 2pcs  
(13) Washer Ø20\*Ø8.5\*1.5t 4pcs  
(15) Lock Nut M8 2pcs

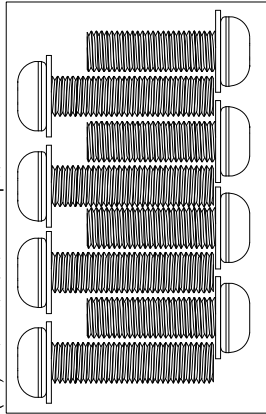
## STEP 2



(44) Nut Cap Ø27\*Ø13.5 2pcs

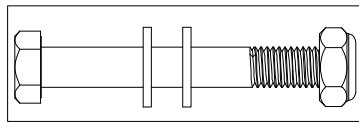
## STEP 1

(51) Bolt M6\*25 4pcs  
(52) Washer Ø13\*Ø6.5\*1 4pcs

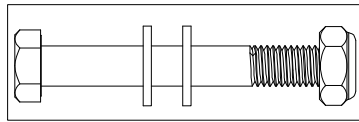


(48) Bolt M6\*20 4pcs  
(52) Washer Ø13\*Ø6.5\*1 4pcs

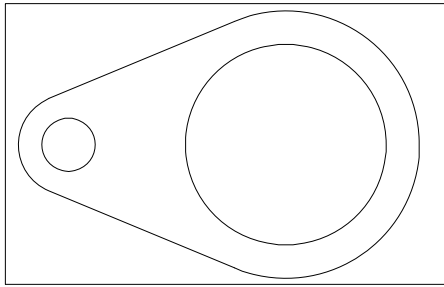
## STEP 5 STEP 9



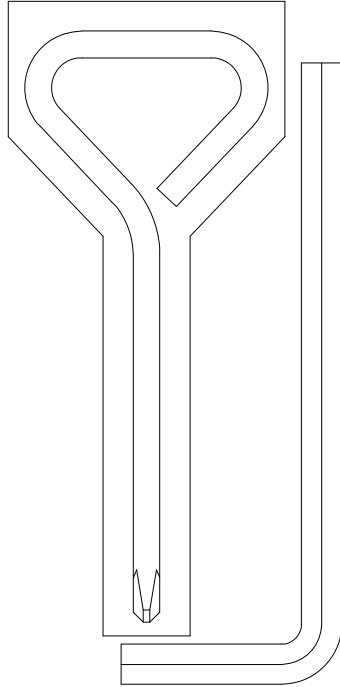
(11) Hex Head Bolt M6\*47 2pcs  
(16) Lock Nut M6 2pcs  
(27) Washer Ø16\*Ø6.5\*1.0 4pcs



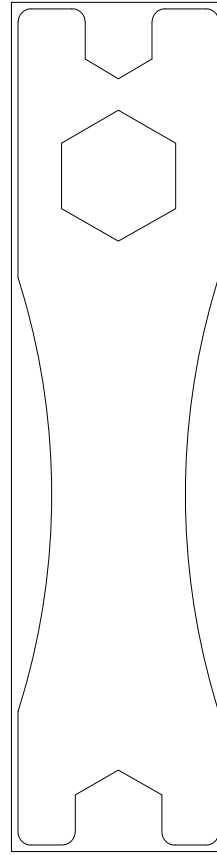
## STEP 4



(47) Pivot Arm Ring 2pcs



Phillips Screwdriver 1pc  
6mm Allen Wrench 1pc

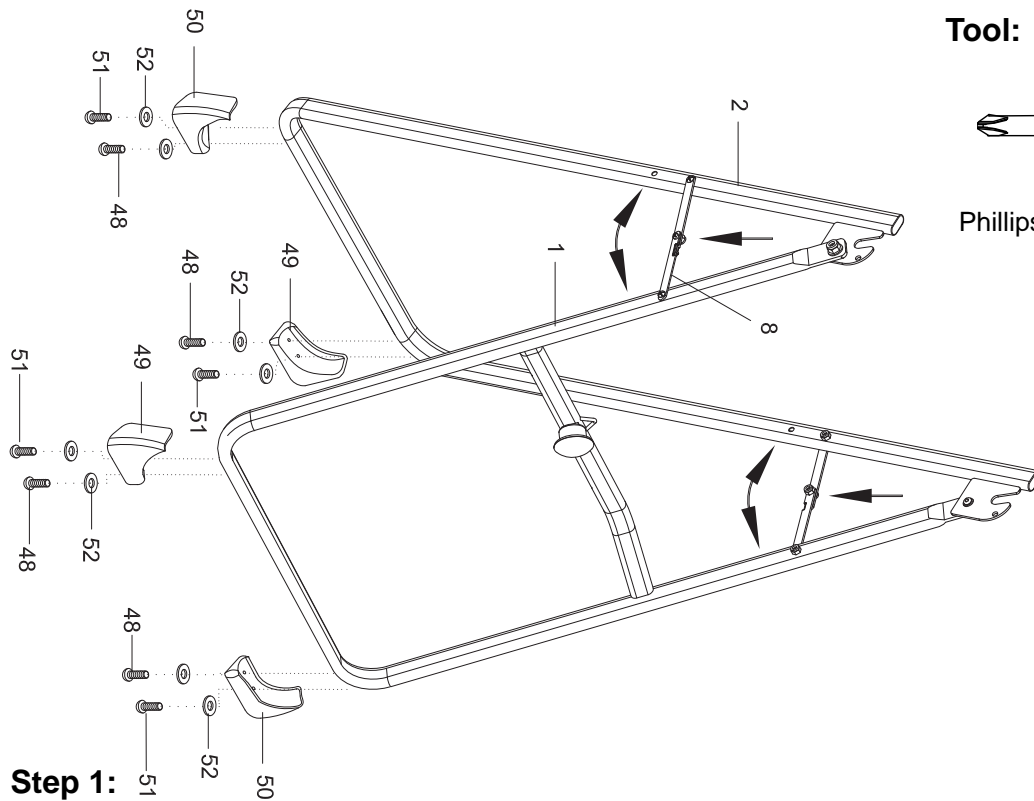


Wrench S-10/S-13/S-17 2pcs

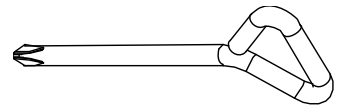
## ASSEMBLY



**This product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.**



**Tool:**



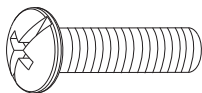
Phillips Screwdriver 1PC

### Step 1:

Rest the frame on its side and 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.

Attach each of the Left & Right Foot Caps (49, 50) to the Front & Rear U-Frame (1, 2) with one Screw (48), one Screw (51), and two Washers (52). Tighten the screws with the Phillips Screwdriver provided.

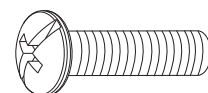
### Hardware:



(48) Screw  
4PCS

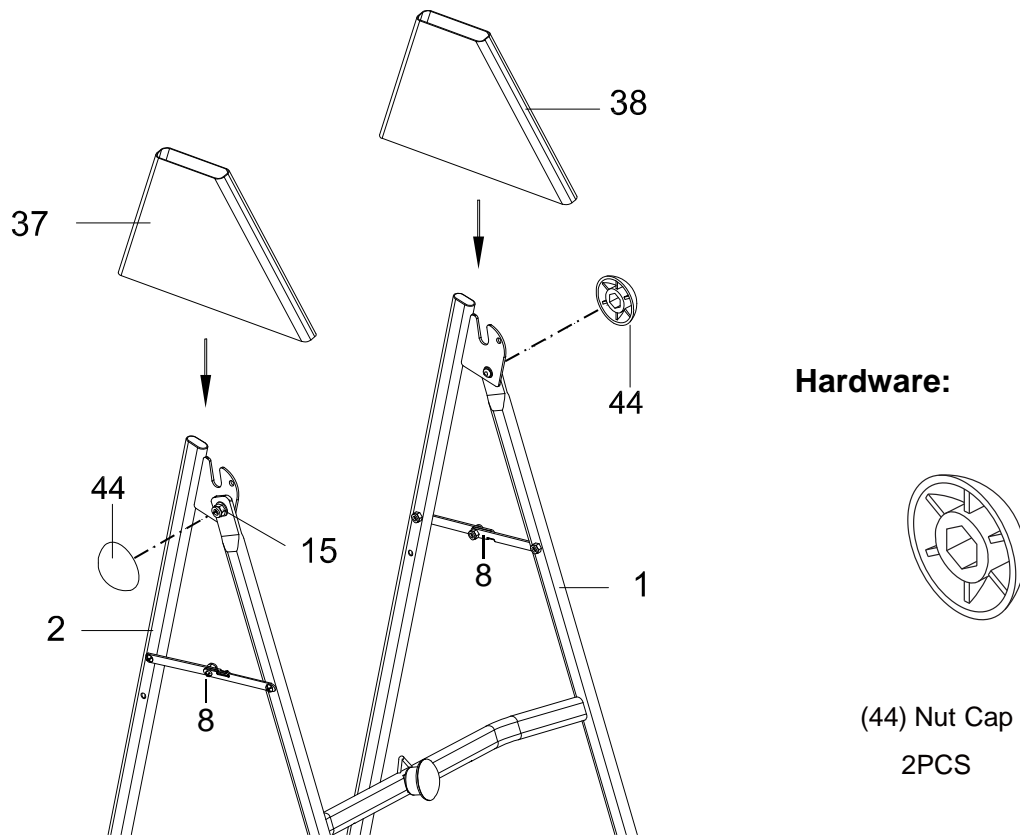


(52) Washer  
8 PCS



(51) Screw  
4PCS

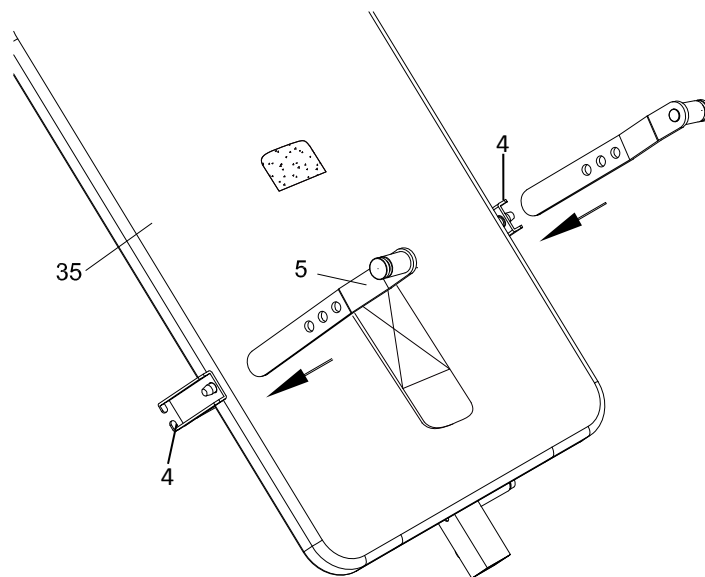
## ASSEMBLY



### Step 2:

Install two Nut Caps (44) onto the Lock Nuts (15). Slide the Right/Left Protective Covers (37, 38) on to each side of the base as shown, and pull down on the Right/Left Protective Covers (37, 38) until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the Right/Left Protective Covers (37, 38) 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 Right/Left Protective Covers (37, 38).

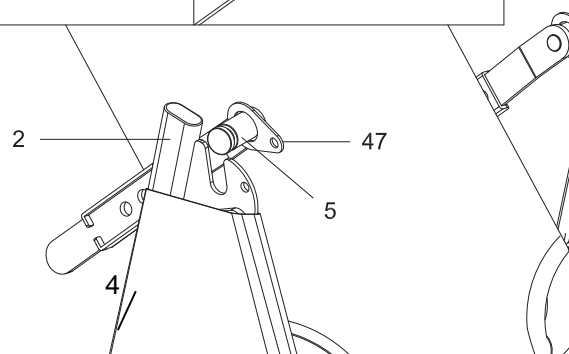
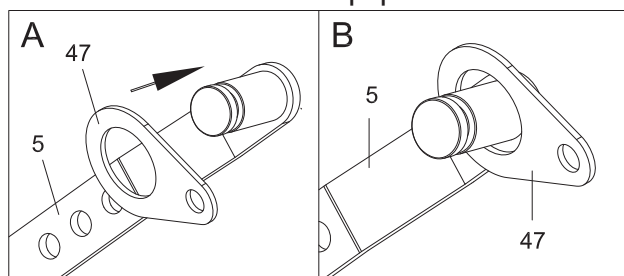
## ASSEMBLY



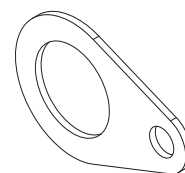
### Step 3:

Slide the bottom of the Pivot Arms (5) into the brackets of the Bed Frame (4) that are located at each side of the Bed (35). Align the desired hole on the Pivot Arm (5) with the peg on the bracket of the Bed Frame (4). Insert the peg into the hole to lock the Pivot Arms (5) in place.

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



### Hardware:

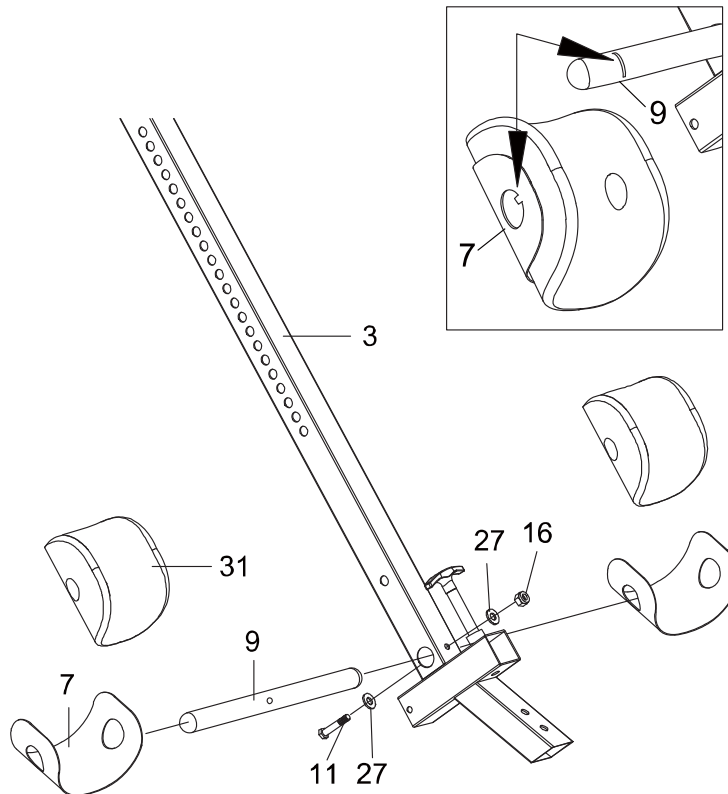


(47) Pivot Arm Ring  
2PCS

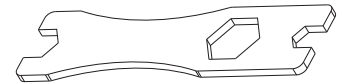
### Step 4:

Install the Pivot Arm Rings (47) onto the Pivot Arms (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.

## ASSEMBLY



### Tool:



Multi Hex Tool 2PCS

### Step 5:

Slide the Rod (9) through the large round hole on the side of the Adjustable Boom (3), and secure the Rod (9) on the Adjustable Boom (3) with one Hex Head Bolt (11), one Lock Nut (16), and two Washers (27). Tighten bolt and Lock Nut with the two Multi Hex Tools provided.

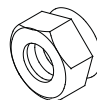
Wrap both the Rear Heel Holder (31) with a Steel Heel Holder Bracket (7). Slide them onto the ends of the Rod (9) until the lock teeth are wedged into the slot on the Rod (9).

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

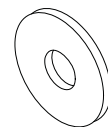
### Hardware:



(11) Hex Head Bolt  
1PC

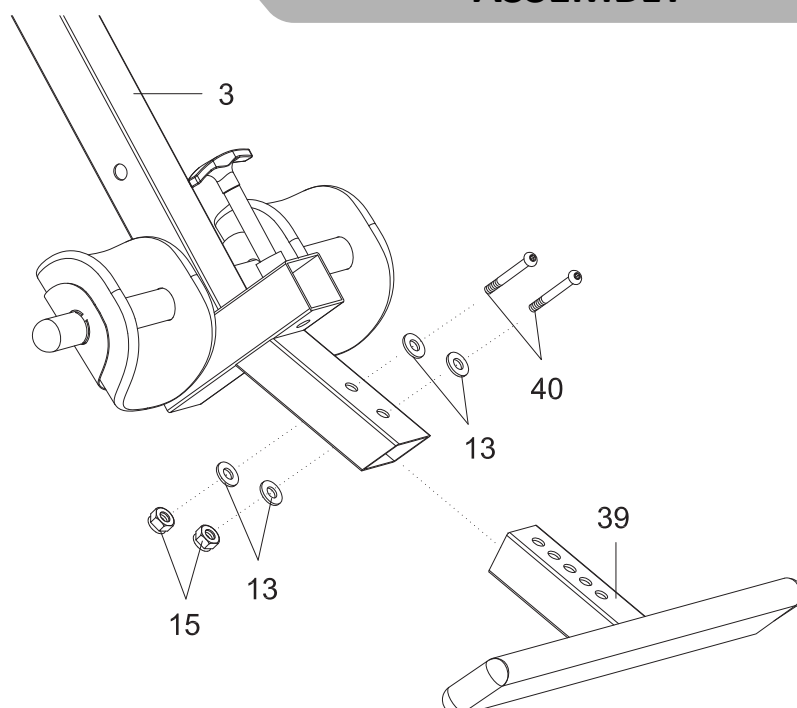


(16) Lock Nut  
1PC



(27) Washer  
2PCS

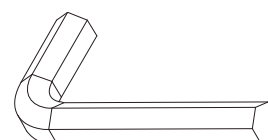
## ASSEMBLY



### Tool:



Multi Hex Tool 1PC



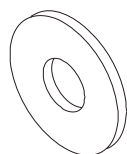
6mm Allen Wrench 1PC

### Step 6:

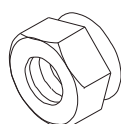
Slide the Foot Bar (39) into the bottom of the Adjustable Boom (3) and align two of the holes on the Foot Bar (39) with the two holes on the Adjustable Boom (3). Secure the Foot Bar (39) in place using two Hex Head Bolts (40), two Lock Nuts (15) and four Washers (13). Tighten the Bolts and the Lock Nuts with the 6mm Allen Wrench and the Hex Wrench provided

**Note:** The extra holes on the Foot Bar (39) are for adjusting the distance between the Rear Heel Holders (31) and the Foot Bar (39). The best set of holes to use will vary depending on the users' personal comfort. **Once the inversion table is completely assembled, try different positions for the Foot Bar (39) if the first set of holes you try is not comfortable. Always thoroughly tighten the hardware before testing different positions for the Foot Bar (39).**

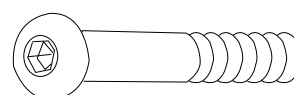
### Hardware:



(13) Washer  
4PCS



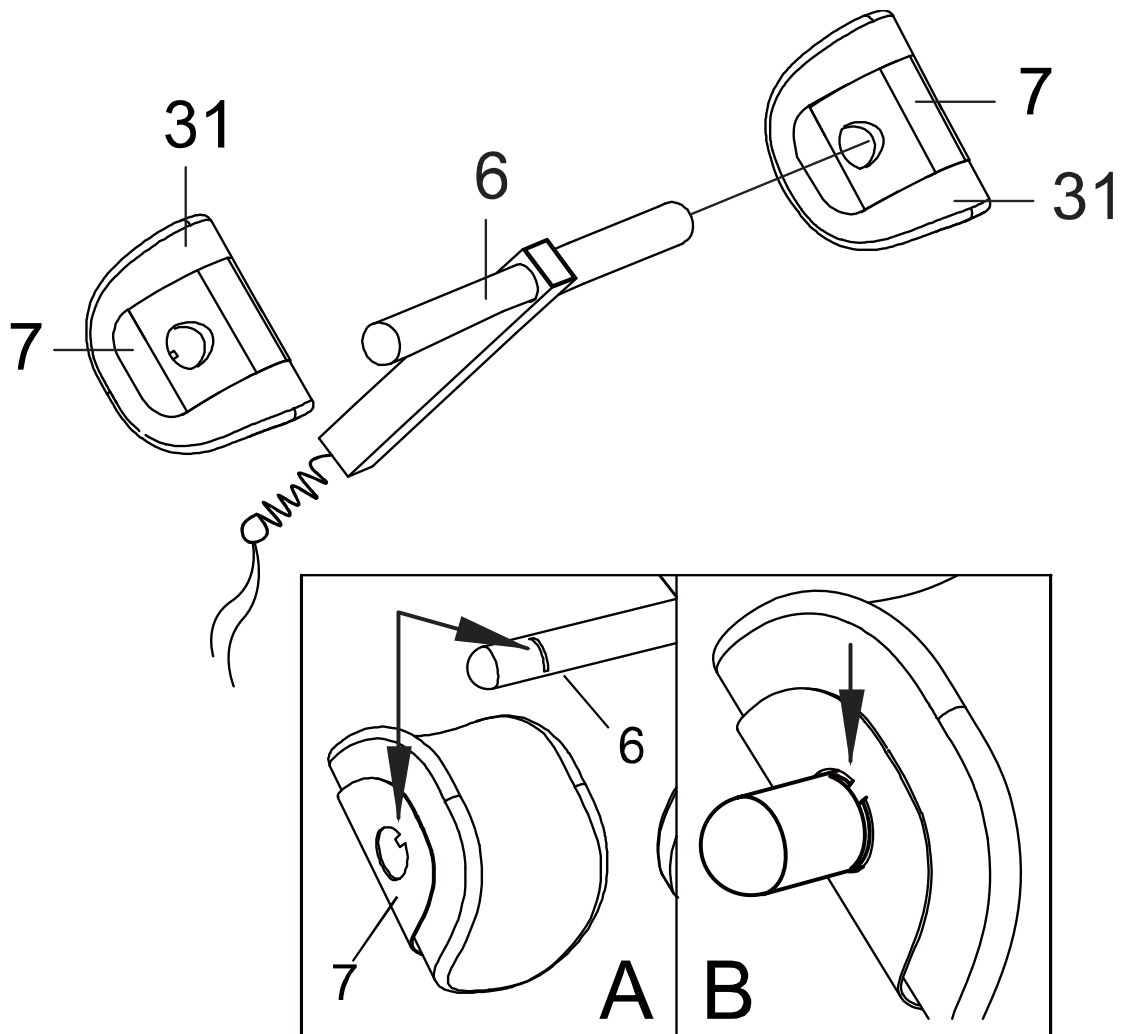
(15) Lock Nut  
2PCS



(40) Hex Head Bolt  
2PCS



## ASSEMBLY

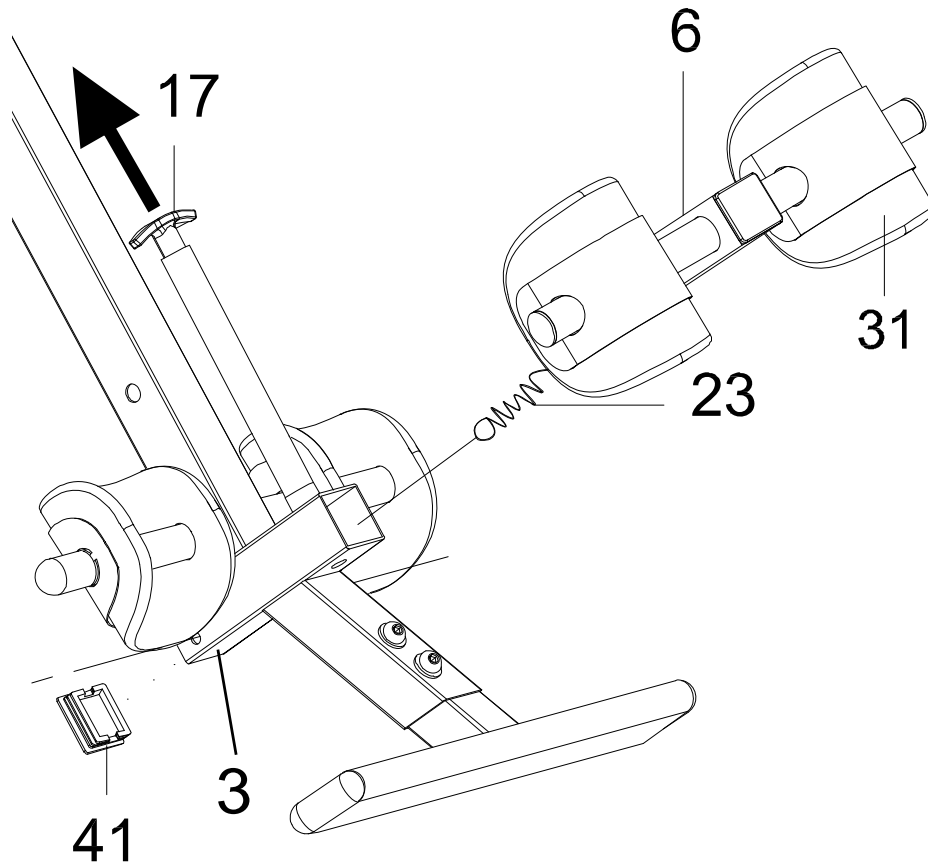


### Step 7:

Wrap Both the Rear Heel Holders (31) with a Steel Heel Holder Bracket (7). Slide them onto the ends of the Adjustable Instep Frame (6) until the lock teeth are wedged into the slot on the Adjustable Instep Frame (6).

**Note:** Make sure the lock teeth are wedged into the slots on the Adjustable Instep Frame (6) as shown in Fig. A and B before using the inversion table.

## ASSEMBLY

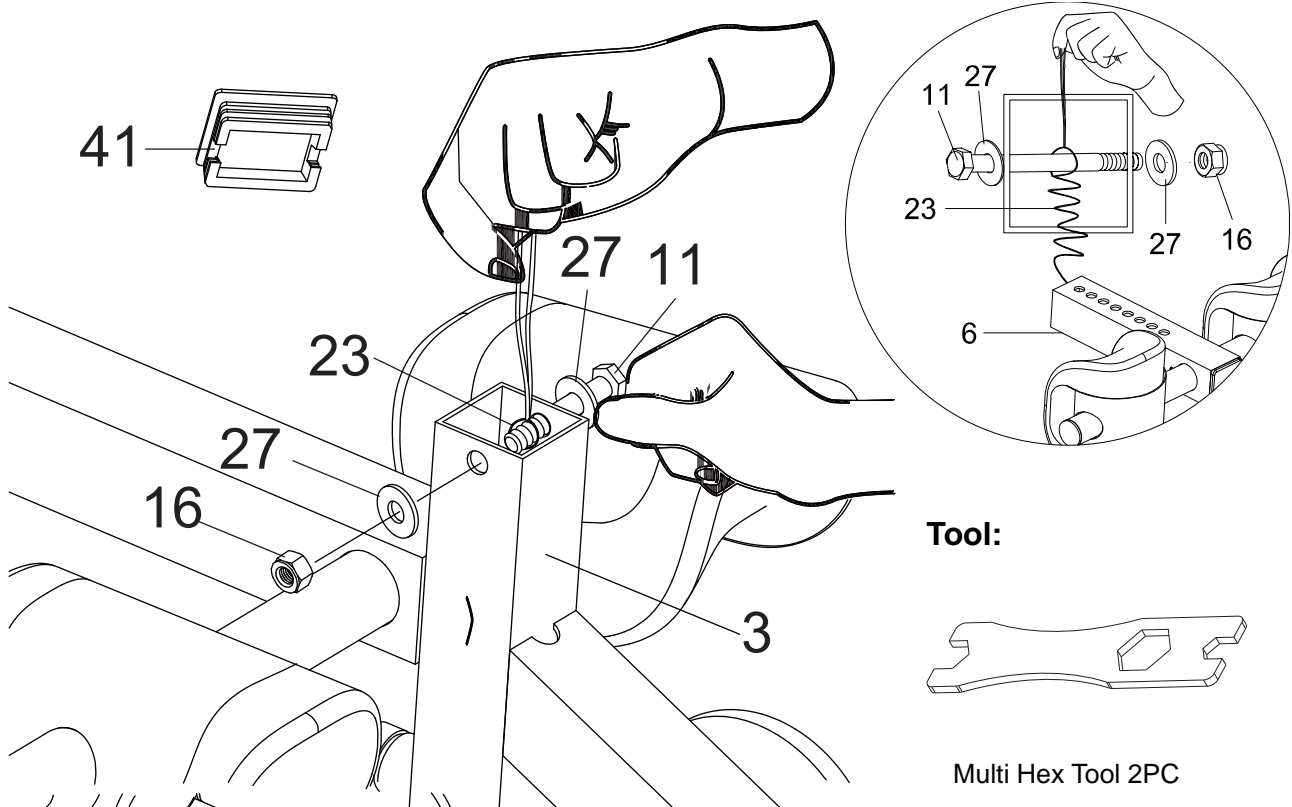


### Step 8:

Remove the Square End Cap (41) from the rear of the Adjustable Boom (3).

Pull up on the T-Shaped Knob (17) and carefully insert the Spring (23) and the Adjustable Instep Frame (6) all the way into the empty square tube on the Adjustable Boom (3). **Make sure the pin holes on the Adjustable Instep Frame (6) are facing upward when installing.** Release the T-Shaped Knob (17) to allow it to “POP” into one of the pin holes, locking the Adjustable Instep Frame (6) in place.

## ASSEMBLY

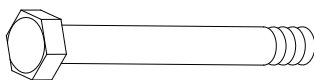


### Step 9:

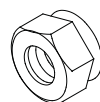
Pull the plastic string hanging from the Spring (23) through to the back side of the Adjustable Boom (3).

Continue to pull the string as you insert the Hex Bolt (11), with a Washer (27), into the Adjustable Boom (3) and through the loop at the end of the Spring (23). Secure the Hex Head Bolt (11) with a Washer (27) and a Lock Nut (16) on the other side of the Adjustable Boom (3). Tighten the Bolt (11), Washers (27), and the Lock Nut (16) with the two Hex Wrenches provided. Tuck in the plastic string into the Adjustable Boom (3) Re-Insert the Square End Cap (41) into the rear of the Adjustable Boom (3).

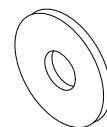
### Hardware:



(11) Hex Head Bolt  
1PC

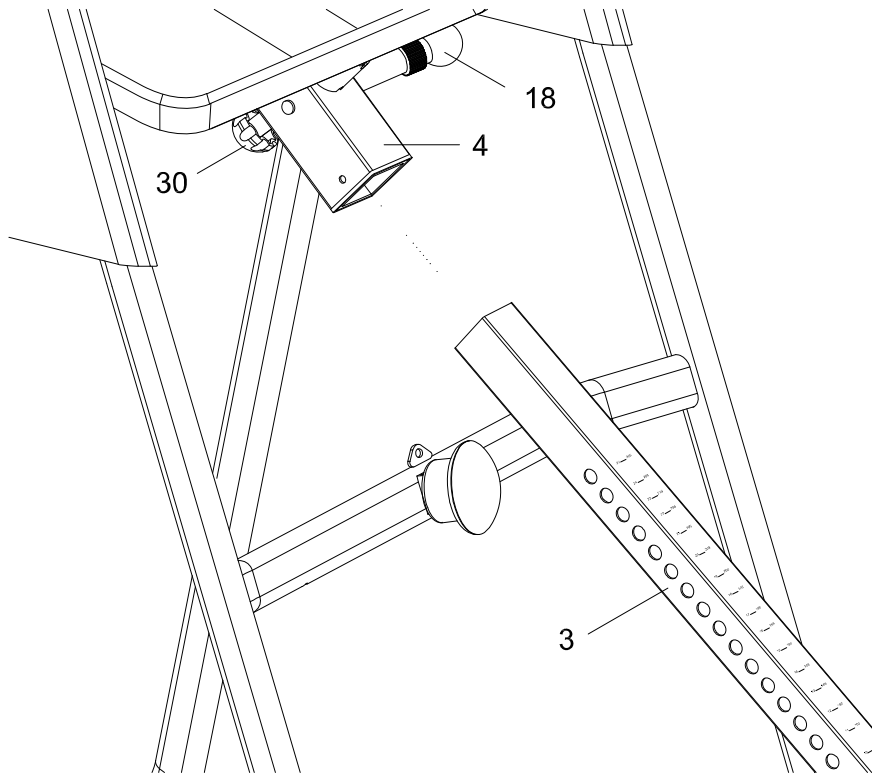


(16) Lock Nut  
1PC



(27) Washer  
2PCS

## ASSEMBLY

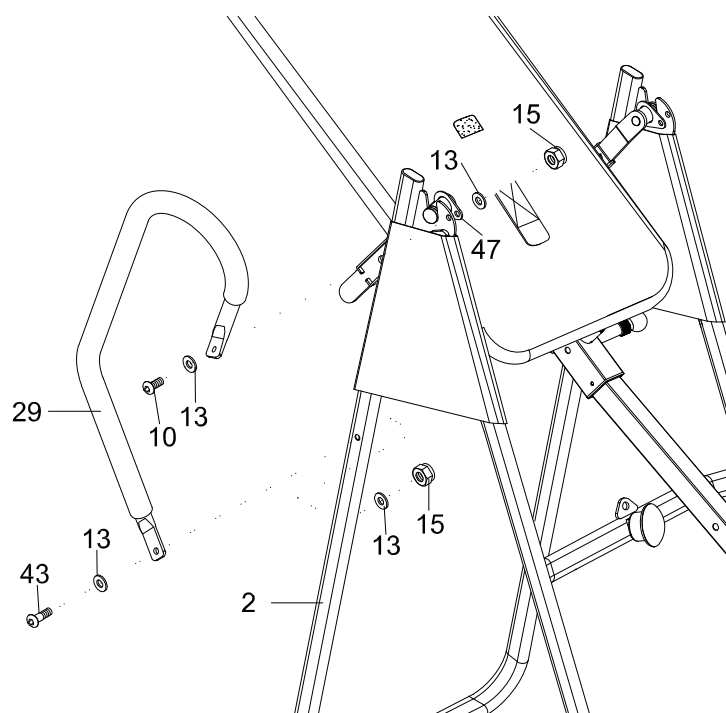


### Step 10:

Loosen the Knob (30). Pull out the Round Spring Knob (18) and slide the Adjustable Boom (3) into the Bed Frame (4). **Use the Height Sticker on the Adjustable Boom (8) as a guide to set the equipment to the appropriate user height.** Release the Round Spring Knob (18) and make sure the pin “pops” all the way into one of the height adjustment holes on the Adjustable Boom (8) and then tighten the Knob (30).

**Note:** The Knob (30) must be tightened every time the user height setting is changed for additional stability and safety.

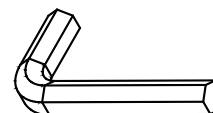
## ASSEMBLY



### Tool:



Multi Hex Tool  
2 PCS



Allen Wrench  
1 PC

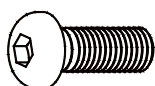
### Step 11:

Attach the top end of the Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (47) with one Hex Head Bolt (10), one Lock Nut (15), and two Washers (13). Tighten the bolt and lock nut with the Multi Hex Tool and Allen Wrench provided.

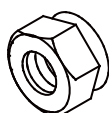
Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one Hex Head Bolt (43), one Lock Nut (15), and two Washers (13). Tighten the bolt and lock nut with the Multi Hex Tool and Allen Wrench provided.

**Use the same procedure to attach the second Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (47) on the opposite side of the unit.**

### Hardware:



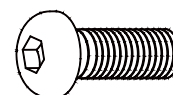
(10) Hex Head Bolt  
M8x23 2 PCS



(15) Lock Nut M8  
4 PCS

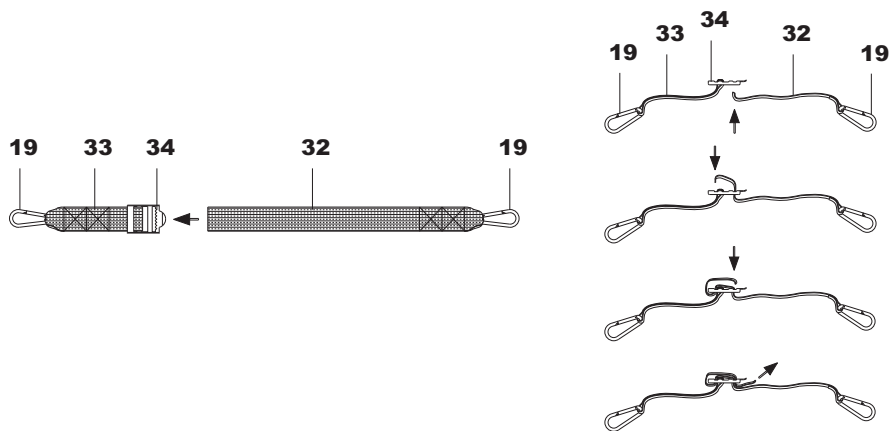


(13) Washer  
Ø20xØ8.5x1.5  
8 PCS



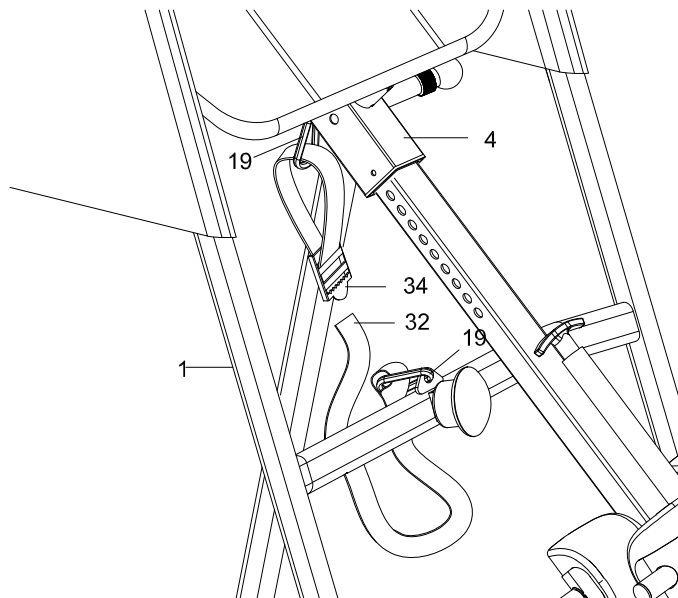
(43) Hex Head Bolt  
M8x38 2 PCS

## ASSEMBLY



### Step 10:

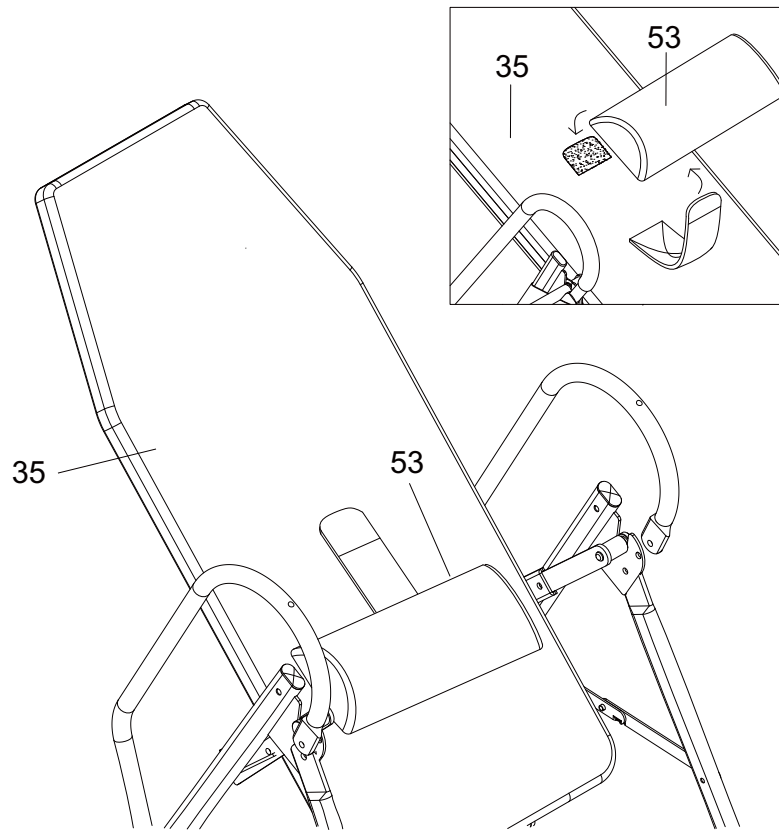
Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the Nylon Strap (32) up through the bottom of the Strap Lock (34), loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap Lock (34), and pull tight to secure. See Diagram.



### Step 11:

Attach the free ends of the Nylon and Loop Straps (32, 33) to the inversion table by clipping the Safety hooks (19) to the triangular tabs on the back of the Bed Frame (4) and the crossbeam on the Front U-Frame (1) as shown.

## ASSEMBLY

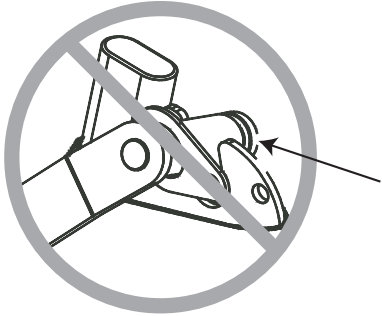


### Step 12:

Insert the Velcro strap on the Foam Bed (35) through the slot on the underside of the Lumbar Pad (53). Secure the Lumbar Pad (53) onto the Foam bed (35) by connecting the two sides of the Velcro on the Foam Bed (35).

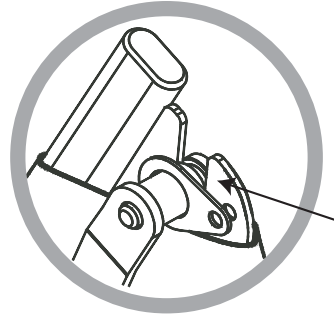
## SAFETY OPERATING INSTRUCTIONS

### Incorrect



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

### Correct

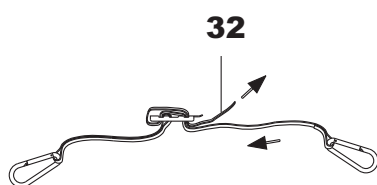


Make sure the pivot arm is inserted all the way into the slot. The pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

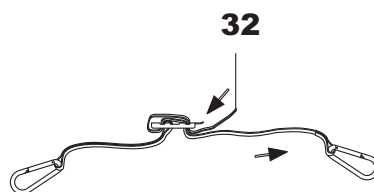
**WARNING:** Please make sure both pivot arms are in the same hole to prevent serious injury from occurring.



## OPERATION AND ADJUSTMENTS



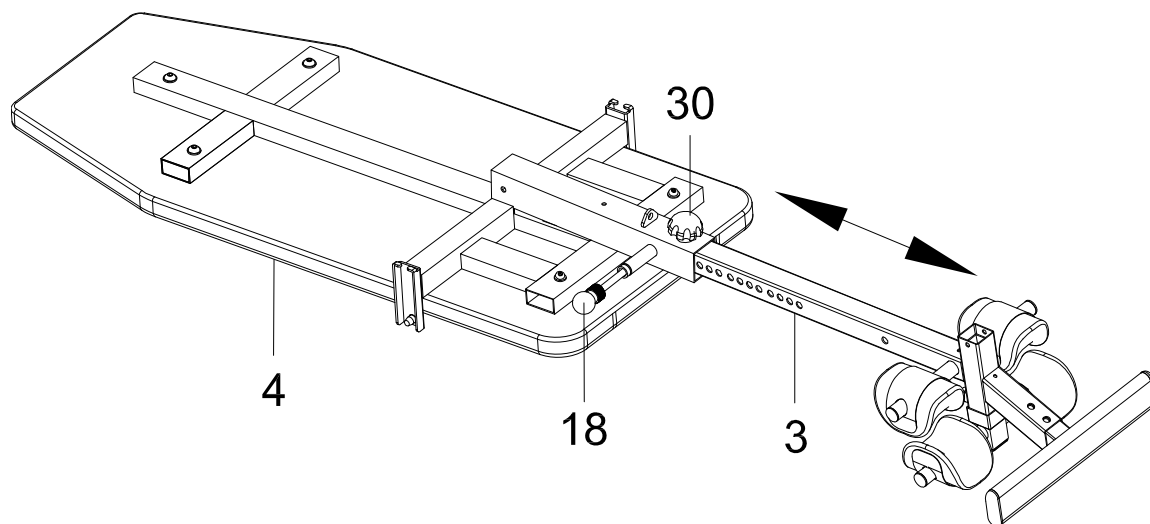
**SHORTEN**



**LENGTHEN**

### THE STRAP

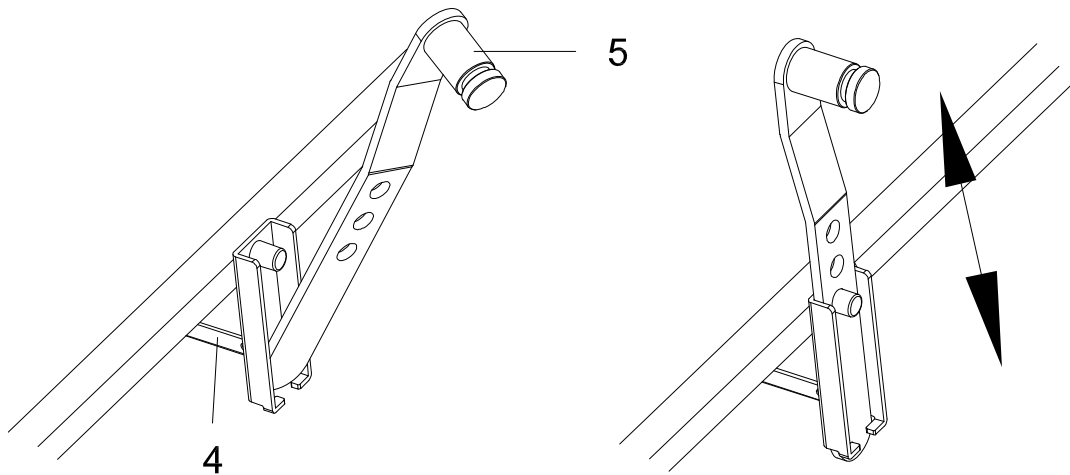
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of the Nylon Strap (32) into the strap lock, and pull on the lower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



### ADJUSTING THE BOOM

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 Round Spring Knob (18), and slide the boom up or down until the desired height on the height scale is positioned just below the Bed Frame (4). When the boom is in the desired position, simply release the Round Spring Knob (18), slide the boom slightly up or down until the Round Spring Knob (18) locks into place, and tighten the Knob (30).

## OPERATION AND ADJUSTMENTS



### 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

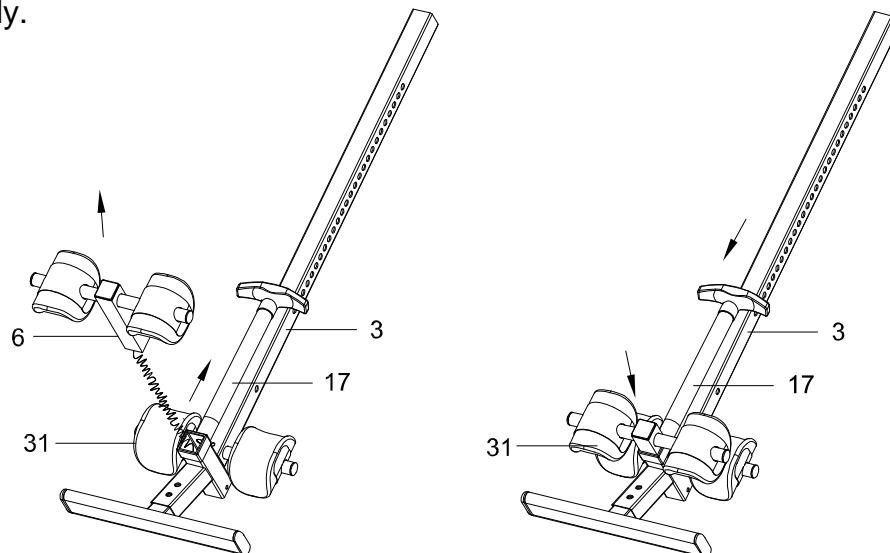
For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright 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 not adjusted correctly to your height.

## OPERATION AND ADJUSTMENTS

### 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 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 Round Spring Knob (18) and the Knob (30).
6. Make sure that there is Space around the inversion table for the bed to rotate completely.



### ADJUSTING THE ANKLE HOLDER

1. Pull up on the T-Shaped Spring Knob (17), and slide the Adjustable Instep Frame (6) forward to make room for your ankles.
2. Slide your ankles between the Rear Heel Holders (31) and stand on the foot bar located at the bottom of the Adjustable Boom (3).
3. Pull up on the T-Shaped Spring Knob (17), and allow the Adjustable Instep Frame (6) to slide back into the Adjustable Boom (3). Push in slightly on the Adjustable Instep Frame (6) until the Rear Heel Holders (31) are snug around your ankles. Release the T-Shaped Spring Knob (17) and adjust the Adjustable Instep Frame (6) slightly until the T-Shaped Spring Knob (17) locks into place.
4. Stand upright with your back against the bed and your hands lowered at your sides.

## OPERATION AND ADJUSTMENTS

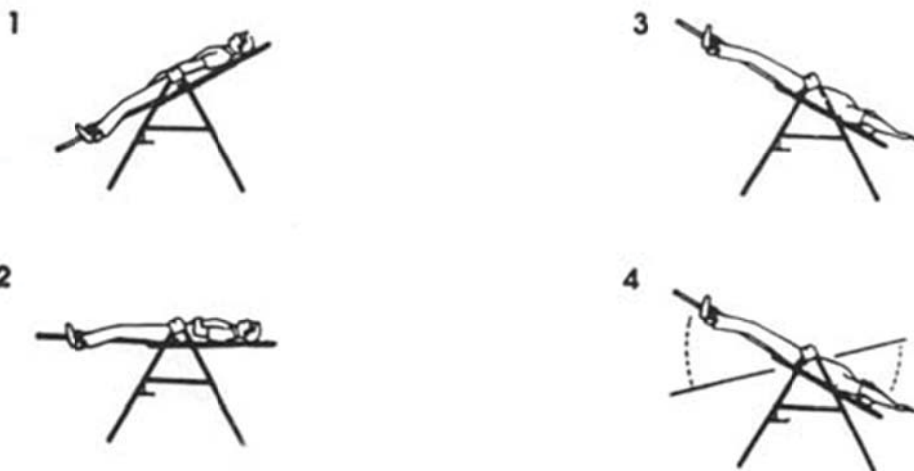
### BALANCING THE INVERSION TABLE

The inversion table is a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. 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:** If the bed does NOT rotate when trying to invert, Decrease the height of the adjustment boom. If the bed rotates TOO FAST when inverting, Increase the height of the adjustment boom.

### USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs. **See Fig. 1**
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. **See Fig. 2**
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. **See Fig. 3**
4. As you get more comfortable with the inversion table, rock the bed slowly by moving your arms slowly up and down. **See Fig. 4**
5. It is recommended that the inversion table be used for five to ten minutes each morning, and again each evening.
6. Return to the upright position by slowly moving your hands back down to your thighs. **See Fig. 1**



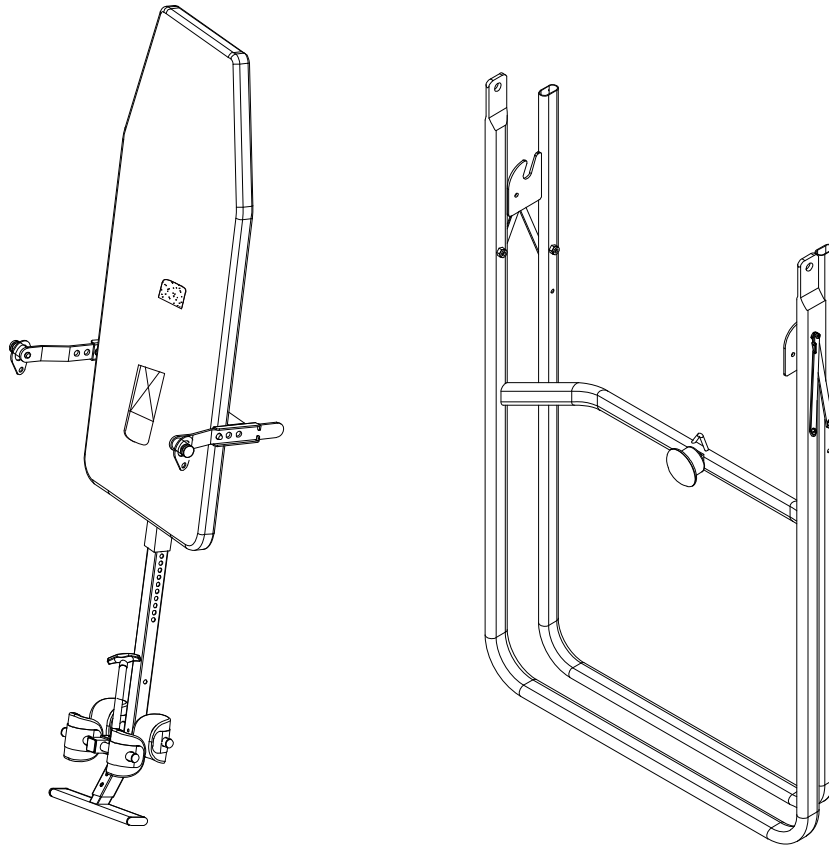
## OPERATION AND ADJUSTMENTS

### 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 of inversion only if it is comfortable. Increase the angle of inversion only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks.
3. **Pay attention to your body:** Come up slowly after being inverted, 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.
4. Limit partial inversion without movement to one or two minutes.
5. Limit full inversion with no movement to only a few seconds.
6. **Invert regularly:** we recommend two or three times a day depending upon your doctor's recommendations. Try to schedule it for the same time each day.

**Any other servicing not described in this manual should not be performed without first contacting customer service.**

## 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.

## WARRANTY

### **MANUFACTURER'S LIMITED WARRANTY**

Paradigm Health & Wellness 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 Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

<b>COMPONENT</b>	<b>LENGTH OF WARRANTY</b>
Structural Frame	1 year
All Other Components	90 days

#### **Exclusions from Warranty Coverage:**

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

#### Ordering Replacement Parts

Replacement parts can be ordered by emailing our customer service department:

**Service@paradigmhw.com**

Open Daily 8:00 AM - 5:00 PM (PST).

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**

## PARTS REQUEST FORM

### Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO  
**Service@paradigmhw.com**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

PART #	DESCRIPTION	QTY

**"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"**

*\* This form can also be faxed in Fax #: 626-810-2166*