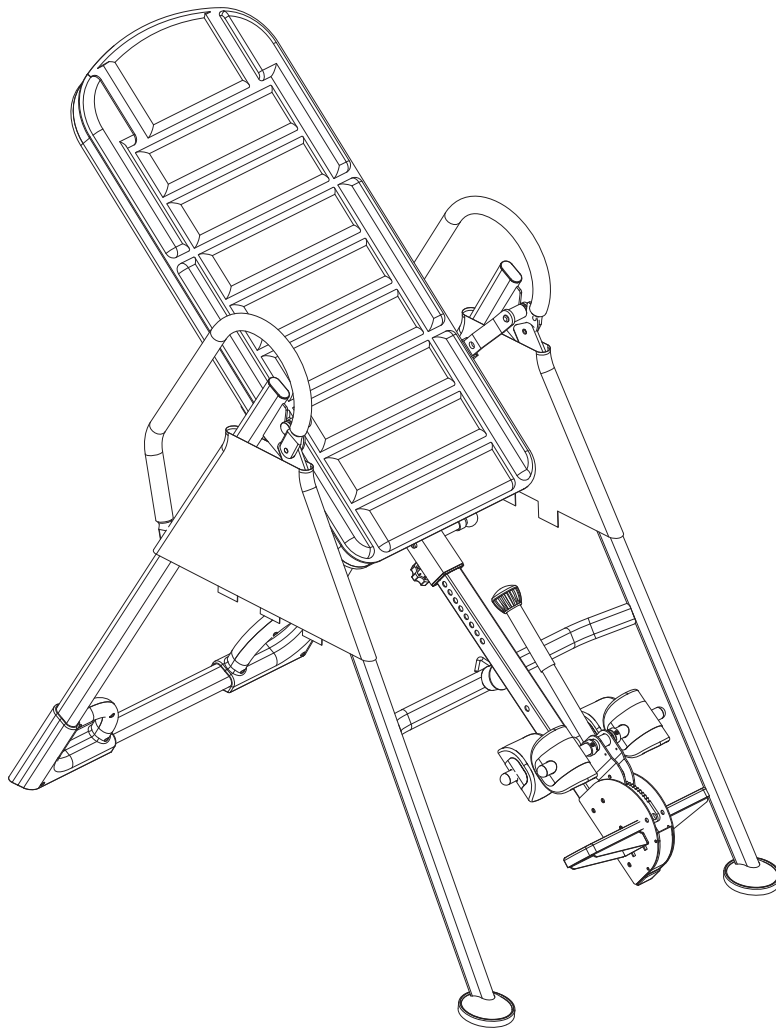


# OWNER'S MANUAL

**IRONMAN®**



## Infrared Inversion Table

**5214.5-082517**

The specifications of this product may vary from this photo and are subject to change without notice.

For more brand information, please visit [www.IRONMAN.com](http://www.IRONMAN.com)

IRONMAN® and the "M-DOT" logo are registered trademarks of World Triathlon Corporation Official Product of the IRONMAN® TRIATHLON.

Used here by permission.



**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.  
STOP and contact customer service if you have any questions  
regarding assembly or proper operation of the machine.**

**Email us at:**

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

**Or call us at:**

**1-844-641-7922**

**Hours:**

**8:00 am to 5:00 pm (PST) Daily**

**Email us at:**

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

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# SERVICE

## IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

**For The Best Service, please Email:**  
**[service@paradigmhw.com](mailto:service@paradigmhw.com)**

**Response Time: 1-2 Business Days**

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

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

**Toll-Free:**

**1-844-641-7922**

**(8:00 AM - 5:00 PM Pacific Standard Time, Daily)**

**Response time may vary via calling**

**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.**

**Paradigm Health & Wellness, Inc.**  
**1189 Jellick Ave.**  
**City of Industry, CA 91748, USA**

# LABEL PLACEMENTS

## ⚠ WARNING ⚠ AVERTISSEMENT

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.

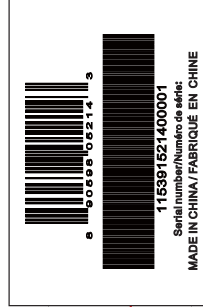
## ⚠ WARNING ⚠ AVERTISSEMENT

For Household Usage Only Pour un usage domestique seulement

**IRONMAN**

For customer assistance call:  
1-844-641-7922  
8 am - 5 pm PST  
Daily

Pour le service à la clientèle composer le:  
1-844-641-7922  
Tous les jours  
8:00 h - 17 h (HNP)



## ⚠ WARNING

Please Keep All Body Parts, Hair, Loose Clothing, and Jewelry away from all moving parts.

## ⚠ AVERTISSEMENT

S'il vous plaît garder toutes les parties du corps, les cheveux, les vêtements amples, et jewelry loin de toutes les pièces mobiles

## ⚠ WARNING

RISK OF INJURY - KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM THIS MACHINE AT ALL TIMES.

## ⚠ AVERTISSEMENT

RISQUE DE BLESSURE- GARDEZ LES ENFANTS DE MOINS DE 13 ANS LOIN DE LA MACHINE.

## ⚠ WARNING

Feet must be secured properly before use

## ⚠ AVERTISSEMENT

Les pieds doivent être correctement sécurisés avant utilisation

## ⚠ WARNING

Maximum weight capacity is 350 lbs.

## ⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 159 kgs.

## ⚠ WARNING

THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS AND CHILDREN 13 YEARS AND OLDER. POSSIBILITY OF SERIOUS INJURY OR DEATH IF USED IMPROPERLY. PLEASE FOLLOW ALL DIRECTIONS BEFORE USE. KEEP PERSON UNDER THE AGE OF 13 AWAY FROM THIS MACHINE IF THEY ARE DAMAGED, ILLEGIBLE, OR REMOVED. PLEASE REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE. ALL INSTRUCTIONS SHOULD BE FOLLOWED PRIOR TO ASSEMBLY AND USAGE.

## ⚠ AVERTISSEMENT

CET ÉQUIPEMENT EST DESTINÉ À ÊTRE UTILISÉ PAR DES ADULTES ET DES ENFANTS DE PLUS DE 13 ANS. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DES BLESSURES GRAVES OU MORTELLES. SUIVRE LES INSTRUCTIONS D'UTILISATION. TENIR LES PERSONNES DE MOINS DE 13 ANS À L'ÉCART. REMPLACEZ LES ÉTIQUETTES ENDOMMAGÉES, ILLISIBLES, OU MANQUANTES. VEUILLEZ LIRE ATTENTIVEMENT TOUTES LES INSTRUCTIONS ET MISES EN GARDE AVANT DE PROCÉDER À L'ASSEMBLAGE OU D'UTILISER L'APPAREIL. BIEN SUIVRE TOUTES LES INSTRUCTIONS AVANT L'UTILISATION OU L'ASSEMBLAGE.

## ⚠ WARNING ⚠ AVERTISSEMENT

Heel Bracket must be secured in slot before use.

Support de talon doit être fixé dans la fente, avant utilisation.



# IMPORTANT SAFETY GUIDELINES

**Read all instructions before using the Inversion Table. When using an Inversion 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. The equipment weighs more than 44lbs / 20kgs and should be assembled and moved by two or more people.
4. Before using this equipment, we recommend doing warm ups.
5. Only one person should be using the equipment at a time.
6. Never operate this Equipment if it is damaged, if it is not working properly, has been dropped, or damaged. If a problem is encountered contact Customer Service before using the equipment again.
7. Always use this equipment on a clear and level surface.
8. For household use only.
9. Do not use outdoors or near water.
10. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
11. Always wear shoes when using the inversion table.
12. Do not wear loose clothing when using the equipment.
13. Keep all hands and feet away from any moving parts.
14. Never drop or insert any object into any opening.
15. Close supervision is necessary when the inversion table is used near children, or by or near invalids, or disabled persons.
16. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
17. 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.
18. Wait at least 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
19. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
20. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if inversion 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.
21. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
22. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine.
23. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
24. **Warning:** - Risk of Personal Injury - Always hold on to the safety handles and tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
25. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
26. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using The Inversion Table.

# IMPORTANT SAFETY GUIDELINES

**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 350lbs/159kgs.

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

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

**SAVE THESE GUIDELINES**



**The product weighs more than 44 lbs. It is heavily recommended that at least 2 Persons assemble.**

# IMPORTANT SAFETY GUIDELINES

## ELECTRICAL SAFETY

When using the far infrared foam bed, basic precautions should always be followed, including the following:

Read all instructions before using this unit.

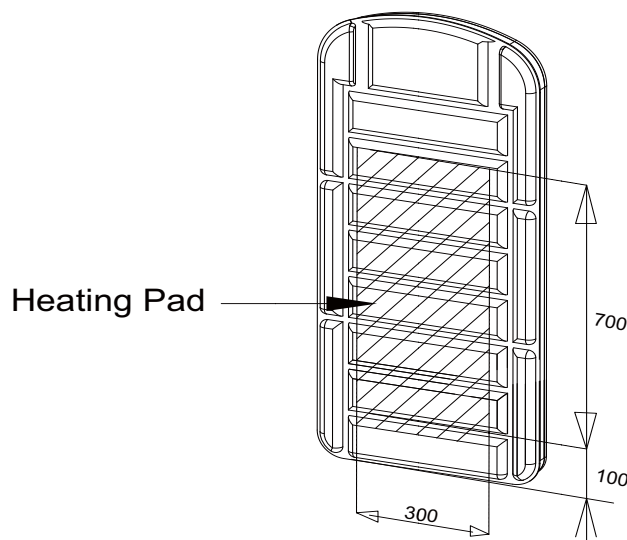
**DANGER** - To reduce the risk of electric shock, of burns, fire, electric shock, or injury to persons:

1. The far infrared foam bed should never be left unattended when plugged in. Unplug from outlet when not in use and before cleaning.
2. Excessive heating may occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this unit is used by, on, or near children, invalids or disabled persons.
4. Use this unit only for its intended use as described in this manual. Do not use for other purpose that is not recommended by the manufacturer.
5. STOP using this unit IMMEDIATELY if it has a damaged cord or plug. If it is not working properly, been dropped, damaged, or dropped into water.
6. Keep the cord away from any heated surface.
7. Do not use it outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the remote control or controller to the "OFF" position, then remove plug from outlet.
10. Do not use on an infant or on a sleeping person.
11. **CABLE STORAGE:** When not in use, wind the cable around the anchors on the rear right frame as illustrated. Do not lay it on the ground to avoid cable damage.



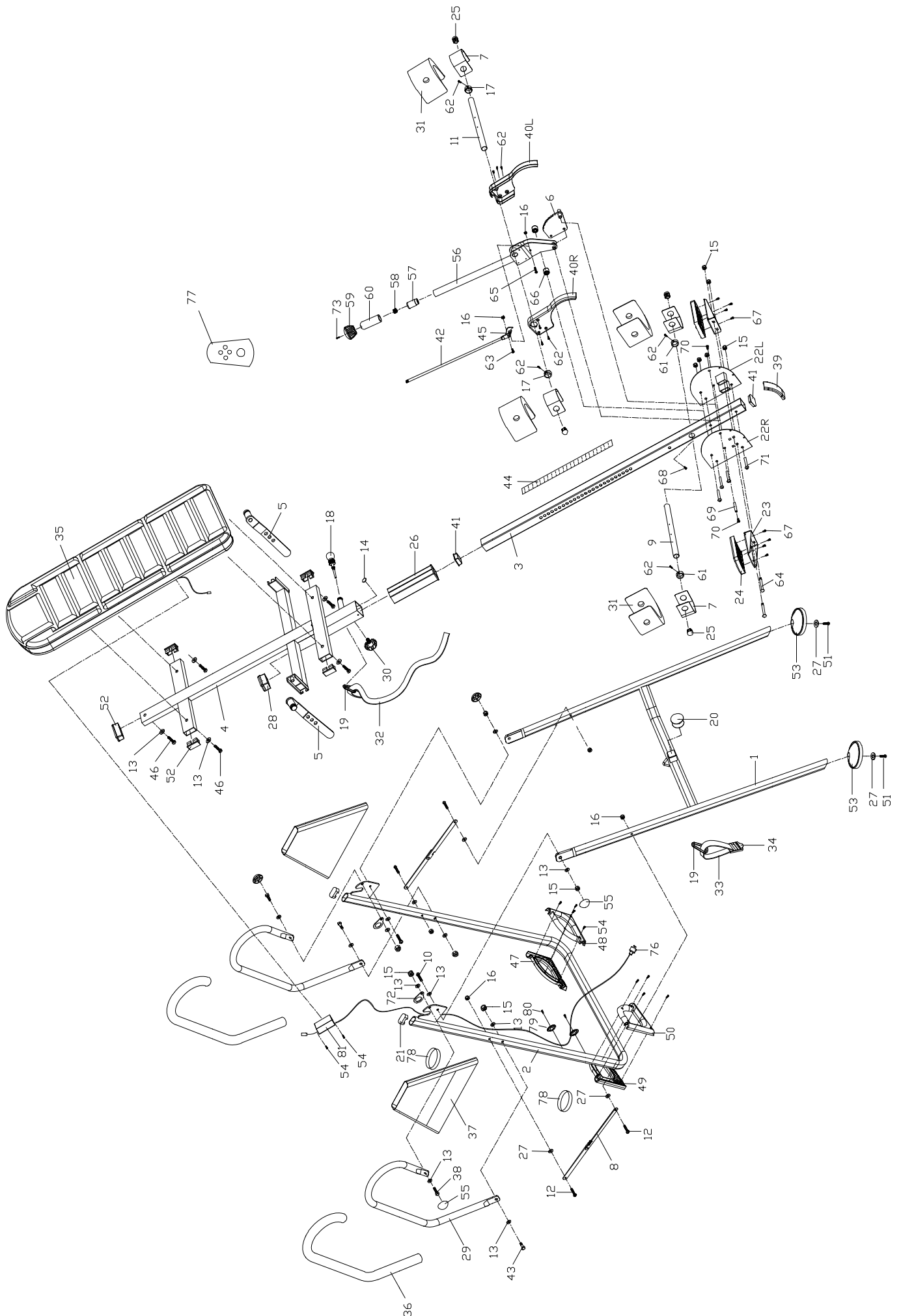
### THE DIMENSION OF HEATING PAD:

There is a heating pad inside the foam bed. The heating pad is 27.55" (length) x 11.81" (width), or 700mm (length) x 300mm (width) in dimension. The heating area is illustrated as below:





# OVERVIEW DRAWING



# PARTS LIST

No.	Description	Qty
1	Front Frame	1
2	Rear U-Frame	1
3	Adjustable Boom	1
4	Bed Frame	1
5	Pivot Arm	2
6	Adjustable Lock Plate	1
7	Heel Holder Bracket	4
8	Folding Arm	2
9	Rear Rod	1
10	Bolt M8x23	2
11	Front Rod	1
12	Phillips Screw M6x35	4
13	Washer Ø20xØ8.5x1.5	17
14	Round Plate	1
15	Lock Nut M8	12
16	Lock Nut M6	6
17	Blocking Bush Ø28.5xØ23x14	2
18	Spring Knob	1
19	Safety Hook	2
20	Rubber Pad	1
21	Rear U-Frame Oval End Cap	2
22L	Left Adjustable Boom Plate	1
22R	Right Adjustable Boom Plate	1
23	In-Step Frame	2
24	In-Step Foot Pad	2
25	Round End Cap	4
26	Lower Bed Frame Bushing	1set
27	Washer Ø16xØ6.5x1.0	6

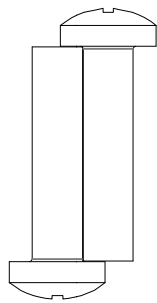
No.	Description	Qty
28	Upper Bed Frame Bushing	1
29	Handlebar	2
30	Knob	1
31	Rubber Heel Holder	4
32	Nylon Strap	1
33	Loop Strap	1
34	Strap Lock	1
35	Foam Bed	1
36	Far Infrared Foam Grip	2
37	Protective Cover	2
38	Hex Head Bolt M8x23	2
39	Front Plastic Cover	1
40L	Left Plastic Cover	1
40R	Right Plastic Cover	1
41	Adjustable Boom Square End Cap	2
42	Locking Pin	1
43	Hex Head Bolt M8x43	2
44	Height Scale	1
45	Latch	1
46	Hex Head Bolt M8x40	5
47	Left Rear Foot Cap with Handle	1
48	Left Front Foot Cap with Handle	1
49	Right Rear Foot Cap with Handle	1
50	Right Front Foot Cap with Handle	1
51	Bolt M6x25	2
52	Bed Frame End Cap (□25x50mm)	5
53	Front Foot Cap	2
54	Screw ST3.5x15	10

# PARTS LIST

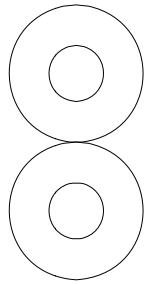
No.	Description	Qty
55	Nut Cap Ø27xØ13.5	4
56	Adjustable Handle	1
57	Handle Cap	1
58	Handle Spring	1
59	Button	1
60	Handle Tip	1
61	Blocking Bush Ø28.5xØ22.5x10	2
62	Screw M3x10	10
63	Bolt M6x15	1
64	Carriage Bolt M8x70	2
65	Bolt M6x30	1
66	Spacer Ø22x16.8	2
67	Screw ST4.2x12	8

No.	Description	Qty
68	Screw ST4.8x20	1
69	Shaft Nut Ø8	1
70	Bolt M5x10	2
71	Bolt M8x50	4
72	Pivot Arm Ring	2
73	Bolt M4x16	1
76	Power Cord	1
77	Remote Control	1
78	Velcro Strap	2
79	Anchor	2
80	Screw ST4.0x16	2
81	Temperature Control Box	1

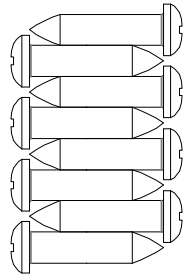
Step 1



(#51) Bolt M6×25 2pcs

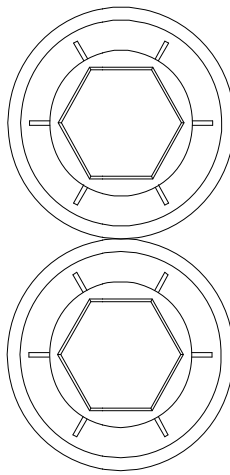


(#27) WasherΦ6.5\*Φ13\*1.0 2pcs



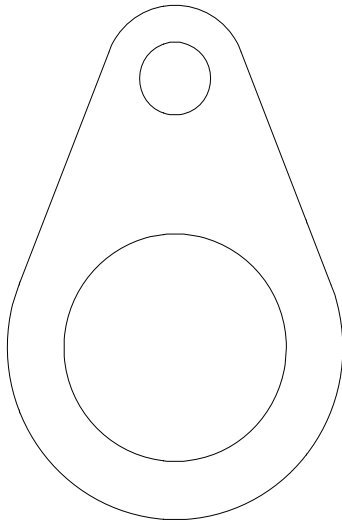
(#54) Screw ST3.5×15 8pcs

Step 2



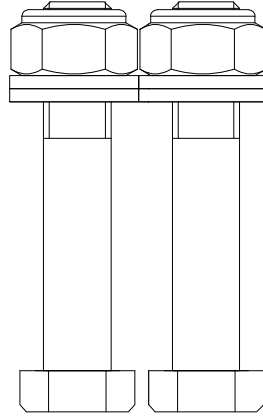
(#55) Nut Cap Φ27\*13.5 2pcs

Step 4

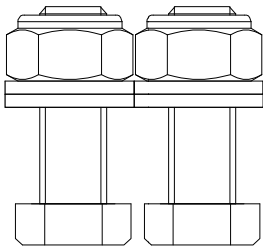


(#72) Pivot Arm Rings 2pcs

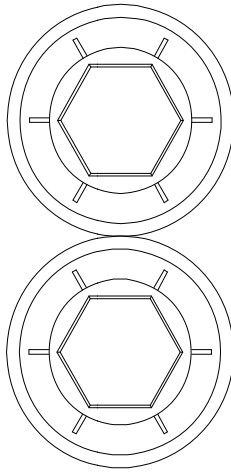
Step 5



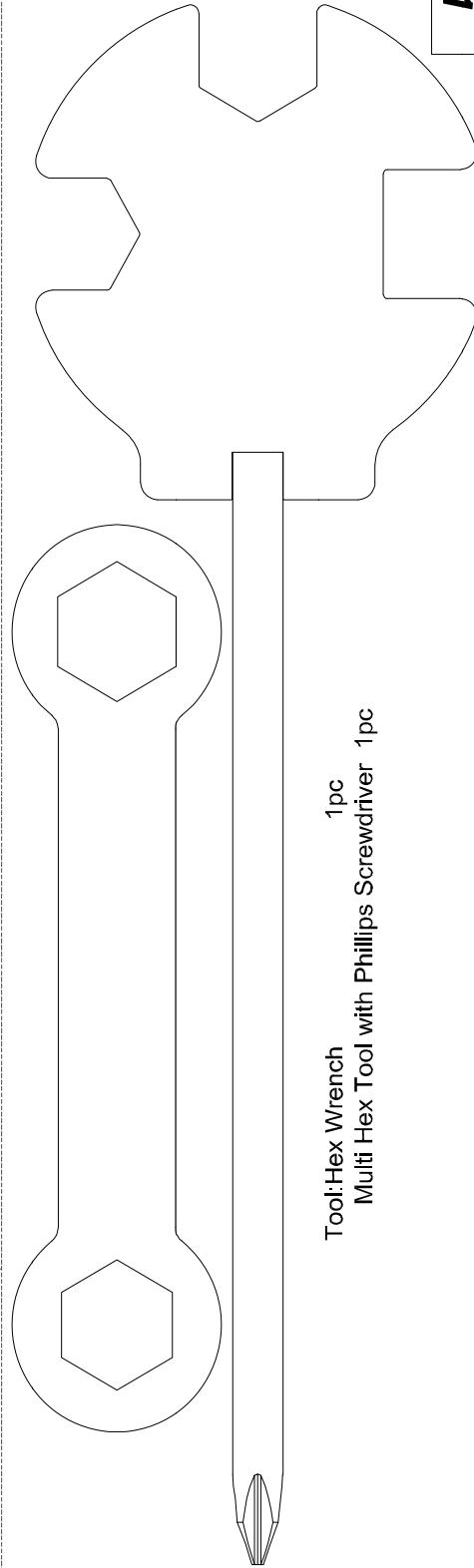
(#43) Hex Head Bolt M8×43 2pcs  
(#13) WasherΦ8.5\*Φ20\*1.5 4pcs  
(#15) Lock Nut M8 2pcs



(#38) Hex Head Bolt M8×23 2pcs  
(#13) WasherΦ8.5\*Φ20\*1.5 4pcs  
(#15) Lock Nut M8 2pcs



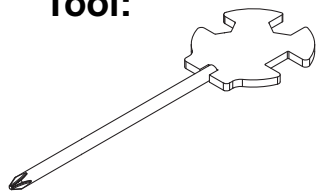
(#55) Nut Cap Φ27\*13.5 2pcs



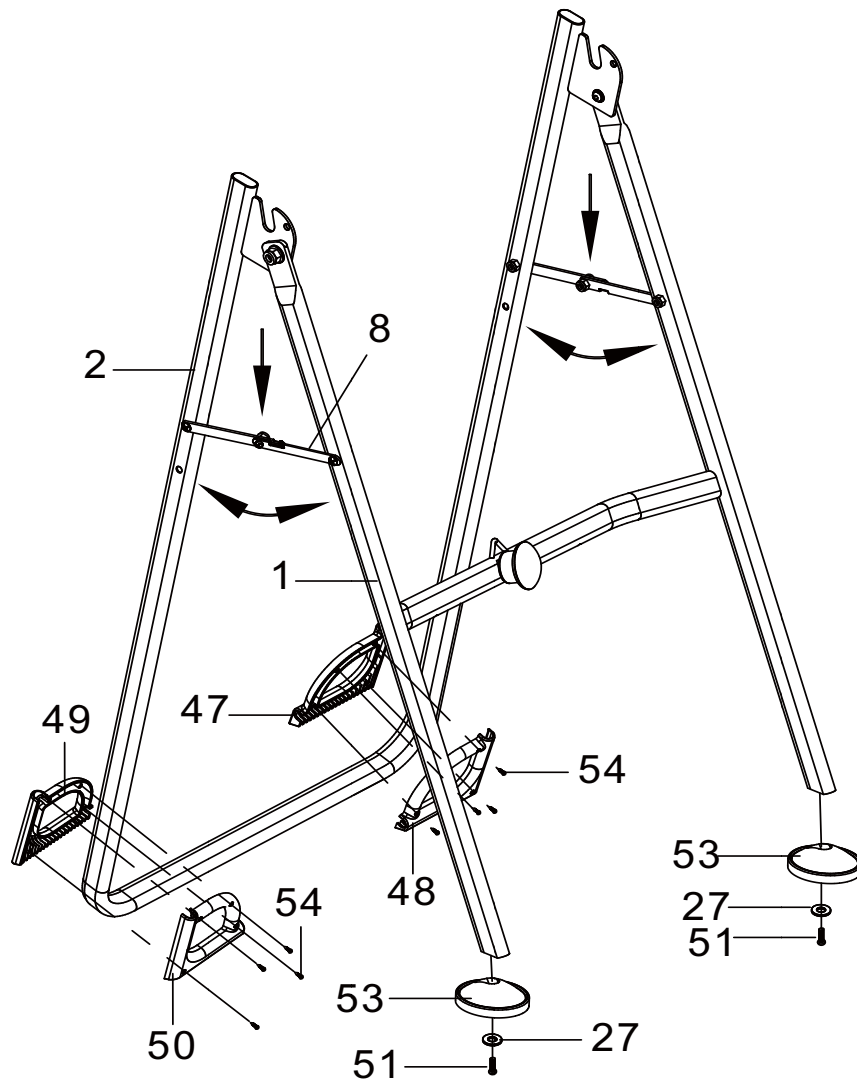
Tool: Hex Wrench 1pc  
Multi Hex Tool with Phillips Screwdriver 1pc

# ASSEMBLY

## Tool:



**Multi Hex Tool with  
Phillips Screwdriver  
1 PC**



## Step 1

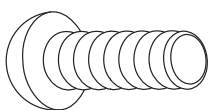
### 1A Setting Up The Frames

Stand up the base of the machine by separating the frames. 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 straight and locked.

### 1B Securing The Foot Caps For The Frames

Attach both the **Front Foot Caps (53)** onto the **Front Frame (1)** with two **Washers (27)** and two **Bolts (51)**. Wrap both the **Left Rear Foot Cap With Handle (47)** and the **Left Front Foot Cap With Handle (48)** outside the back left corner of the **Rear U-Frame (2)**. Wrap both the **Right Rear Foot Cap With Handle (49)** and **Right Front Foot Cap With Handle (50)** outside the back right corner of the **Rear U-Frame (2)**. Use eight **Screws (54)** to tighten the rear foot caps with handles. Attach all the foot caps as shown above.

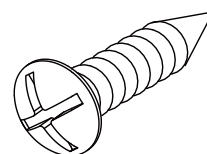
## Hardware:



**(51) Bolt  
2 PCS**



**(27) Washer  
4 PCS**



**(54) Screw  
8PCS**

# ASSEMBLY

## Step 2

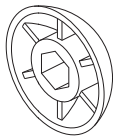
### 2A Installing Nut Caps Onto The Joint Frames

Attach one **Nut Cap (55)** onto each of the **Lock Nuts (15)**.

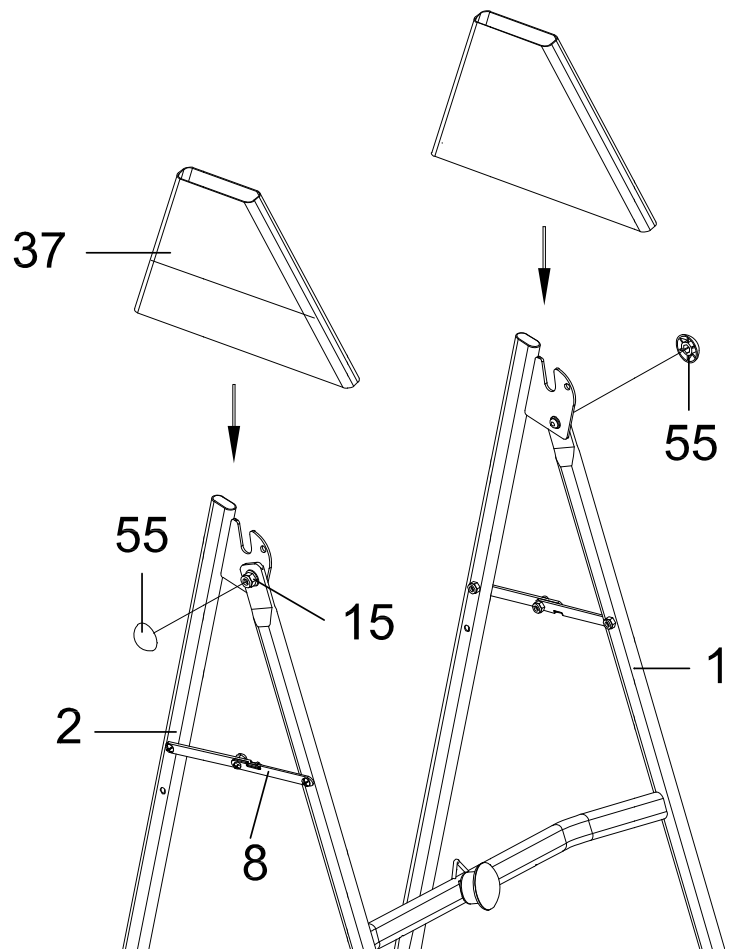
### 2B Installing the Protective Covers

Slide the **Protective Covers (37)** onto both sides of the frame. Pull down on the covers until they are covering the **Folding Arms (8)**. Use the Velcro straps on the bottom of the covers to secure the covers to the folding arms.

### Hardware:

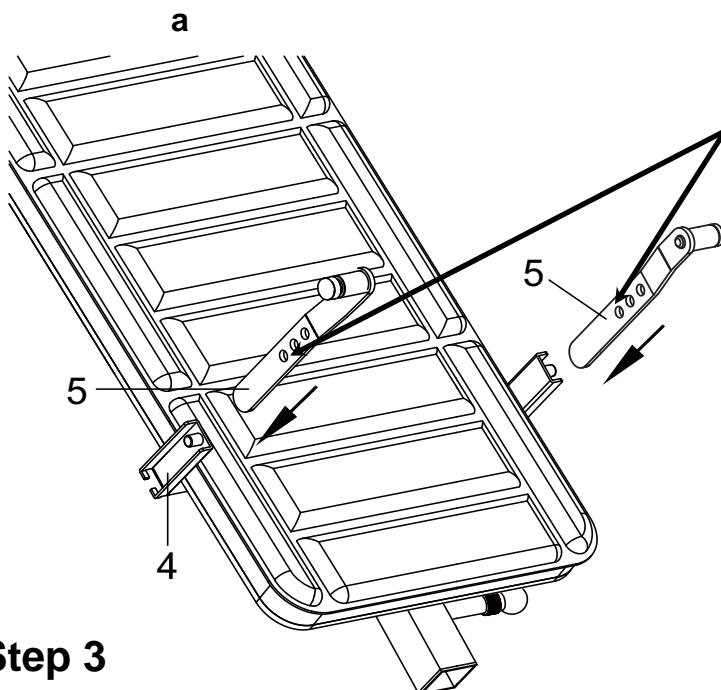


(55) Nut Cap  
2 PCS



**Note:** Users unfamiliar with this machine should mount the **Pivot Arms (5)** using the lowest holes.

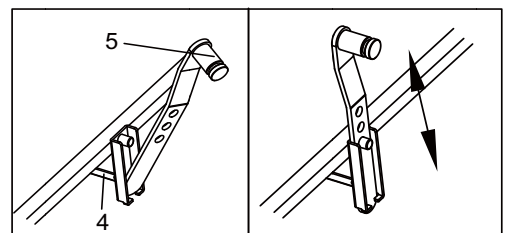
The **Pivot Arms (5)** can be adjusted by pulling out the post and realigning the holes inserted by the peg on the brackets.



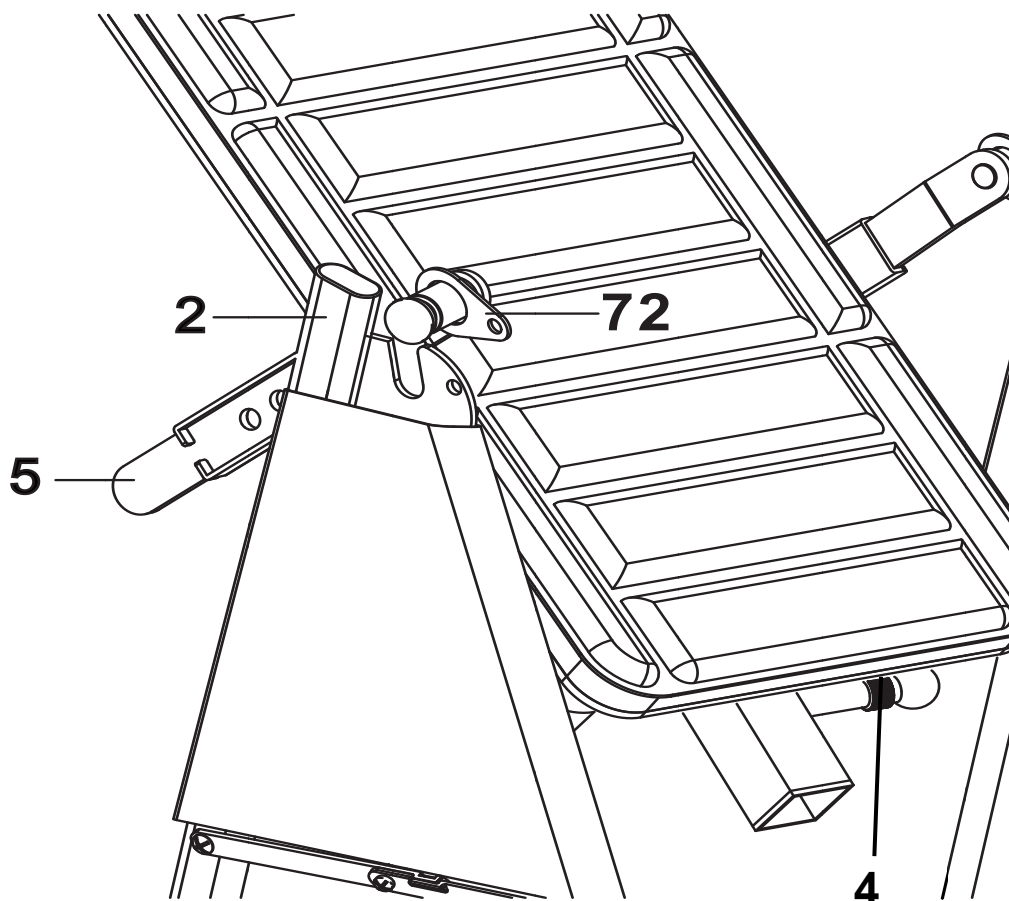
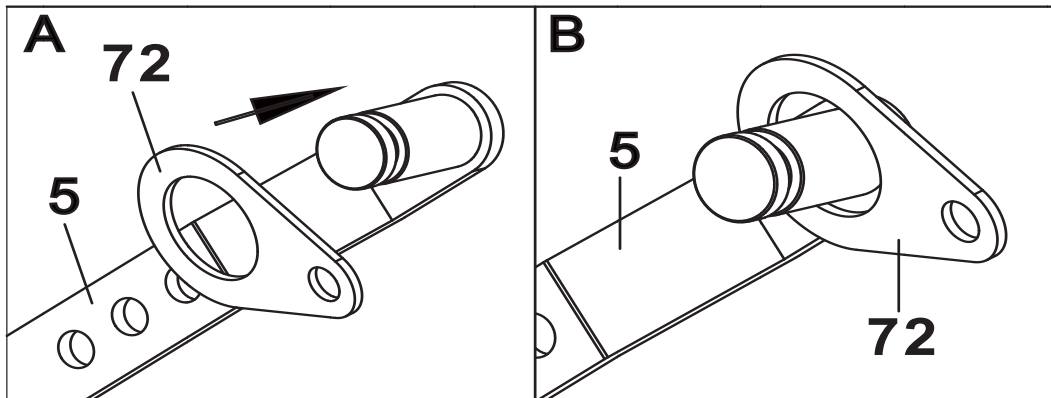
## Step 3

### 3A Installing the Pivot Arms

Ensuring that both **Pivot Arms (5)** are aligned at the same holes onto the brackets on the sides of the **Bed Frame (4)**, secure the arms into the pegs on the brackets..



## ASSEMBLY



### Step 4

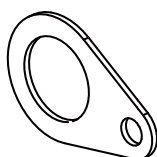
#### 4A Installing The Pivot Arm Rings

Slide a **Pivot Arm Ring (72)** between the pivot plate and the **Pivot Arms (5)** as you install the **Pivot Arms (5)** onto the pivot plate. Ensure that the arm rings are snug close to the pivot plates and arms. See **Figure A & B**.

#### 4B Installing The Bed Frame To The Frames

Mount the **Bed Frame (4)** to the **Rear U-Frame (2)** by inserting the post ends of the **Pivot Arms (5)** into the pivot plates of the frames.

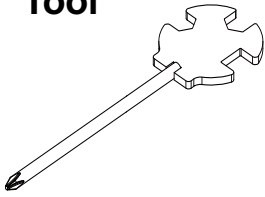
#### Hardware:



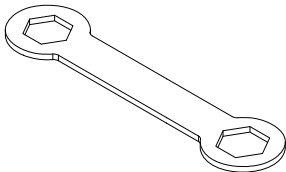
**(72) Pivot Arm Rings**  
**2PCS**

# ASSEMBLY

## Tool

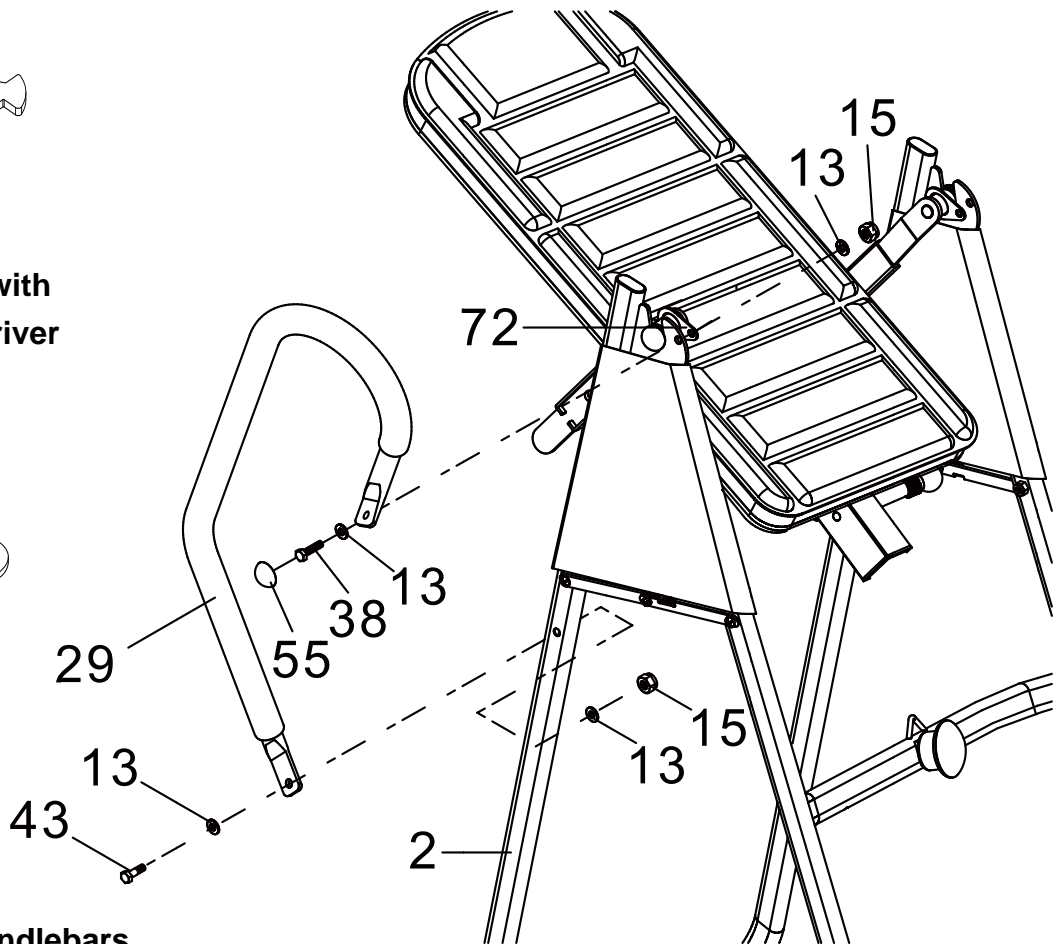


**Multi Hex Tool with  
Phillips Screwdriver**  
1 PC



**13mm/17mm  
Hex Wrench**  
1 PC

## Step 5



### 5A Installing the Handlebars

Align and secure the top end of **Handlebar (29)** onto the pivot plate and **Pivot Arm Ring (72)** with one **Hex Head Bolt (38)**, one **Lock Nut (15)**, and two **Washers (13)**.

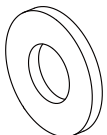
Attach the bottom end of the **Handlebar (29)** onto the **Rear U-Frame (2)** with one **Hex Head Bolt (43)**, one **Lock Nut (15)**, and two **Washers (13)**.

Simultaneously tighten the bolts and nuts in this step using the provided **Wrench & Hex Tool**. Repeat the above same steps to attach the second **Handlebar (29)** on the other side.

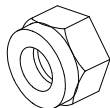
### 5B. Installing the Nut Caps Onto The Bolt

Install two **Nut Caps (55)** onto **Hex Head Bolt (38)**. Repeat above same steps to attach the other **Handlebar (29)** onto the **Rear U-Frame (2)** and other **Pivot Arm Ring (72)**.

## Hardware:



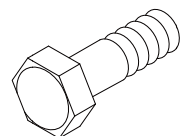
**(13) Washer**  
8PCS



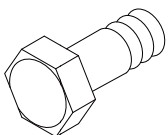
**(15) Lock Nut**  
4PCS



**(55) Nut Cap**  
2PCS



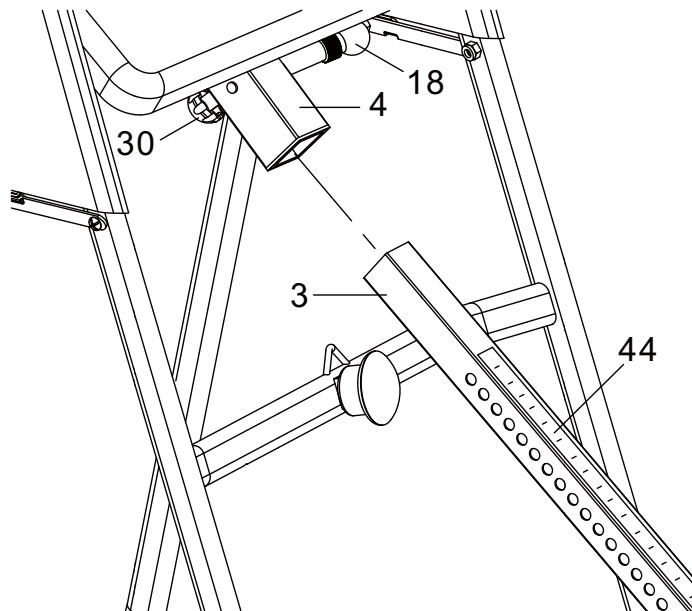
**(43) Hex Head Bolt**  
2PCS



**(38) Hex Head Bolt**  
2PCS



# ASSEMBLY



## Step 6

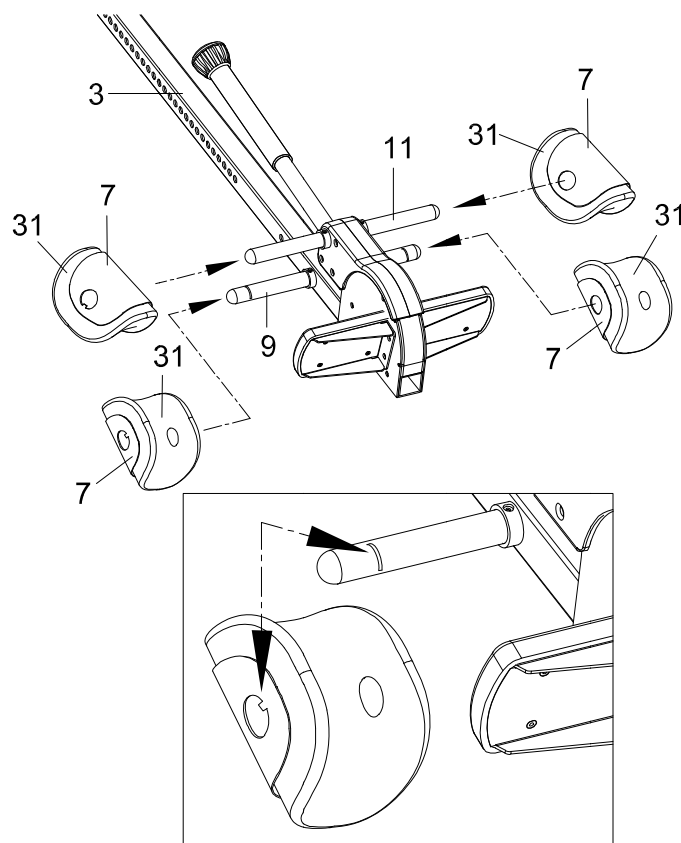
### 6A. Installing the Adjustable Boom To The Bed Frame

Pull and hold the **Spring Knob (18)**, and slide the **Adjustable Boom (3)** into the square bracket on the bottom of the **Bed Frame (4)** as shown. Slide the boom upward, until the desired height on the **Height Scale (44)** is just below the bracket on the bed frame. Lock the **Adjustable Boom (3)** in place by releasing the **Spring Knob (18)** and sliding the **Adjustable Boom (3)** up or down slightly until the **Spring Knob (18)** “POPS” into the locked position. For added safety, secure the **Knob (30)** into the back side of the bracket on the **Bed Frame (4)**.

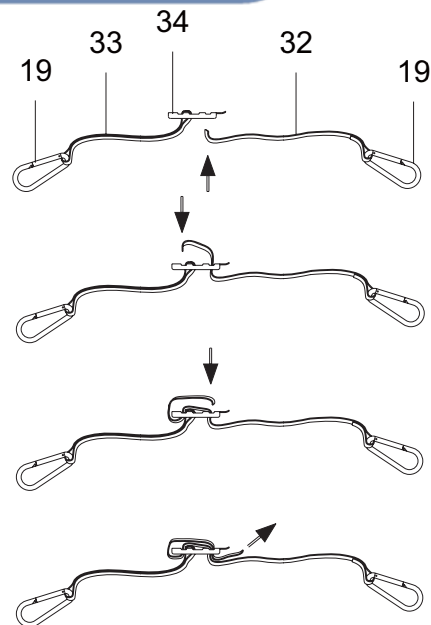
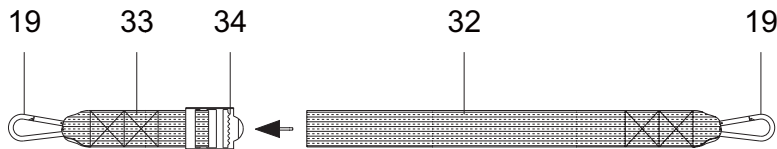
## Step 7

### 7A. Installing the Heel Holder Brackets To The Rubber Heel Holders

Wrap a **Heel Holder Bracket (7)** onto each **Rubber Heel Holder (31)**. Place two **Rubber Heel Holders (31)** onto the ends of the **Front Rod (11)**, making sure the teeth of the holder brackets are slotted into the slots on the ends of the rod. Attach two **Rubber Heel Holders (31)** onto the ends of the **Rear Rod (9)**, making sure that the teeth of the holder brackets are slotted on the ends of the rod. See the illustration on the right.



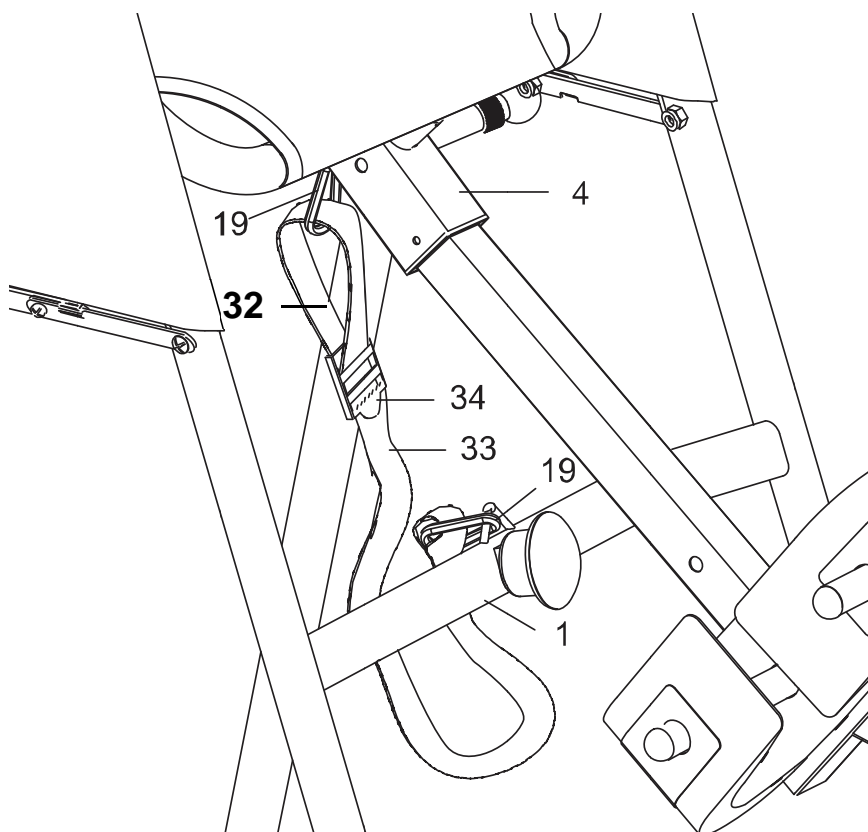
# ASSEMBLY



## Step 8

### 8A. Assembling the Strap

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

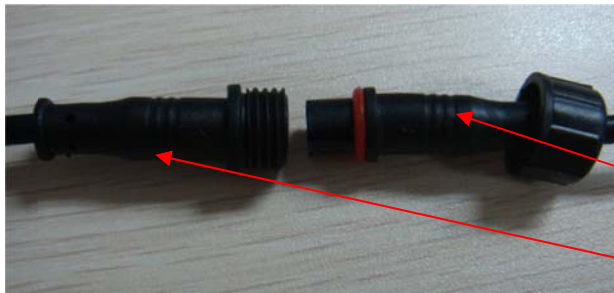


## Step 9

### 9A. Securing the Safety Hooks

Attach the **Safety Hooks (19)** on the ends of the **Loop Strap (33)** to both the **Bed Frame (4)** and the **Front U-Frame (1)**.

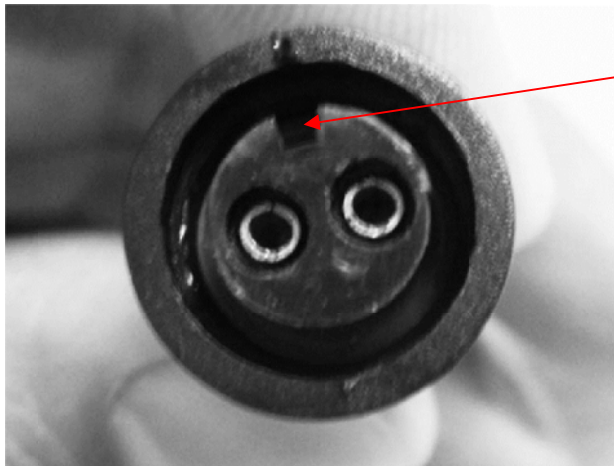
## SUPPLEMENTAL INSTRUCTION FOR CONNECTING CABLES



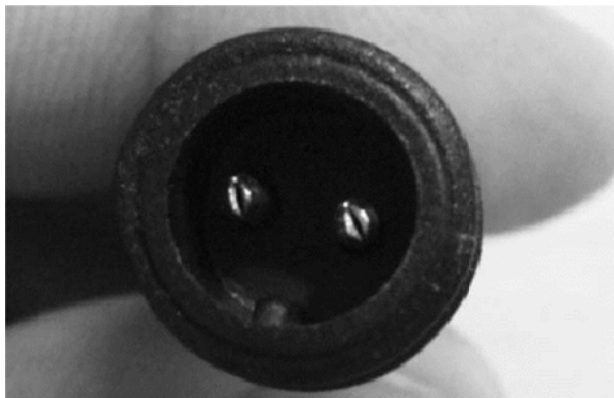
**1. Connect male plug with female plug.**

**Male side (with red ring & cap)**

**Female side**



**2. The male side of the connector has a gap here.**



**3. Make sure the gap on the male side matches the bulge on the female side.**



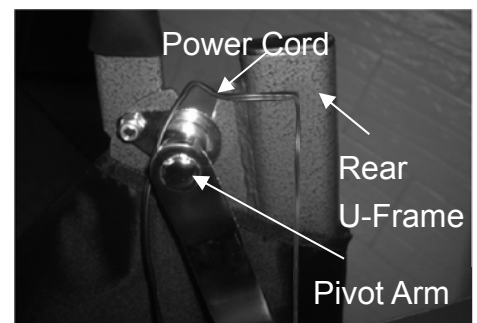
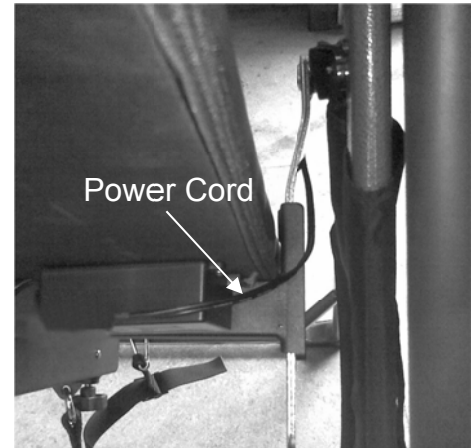
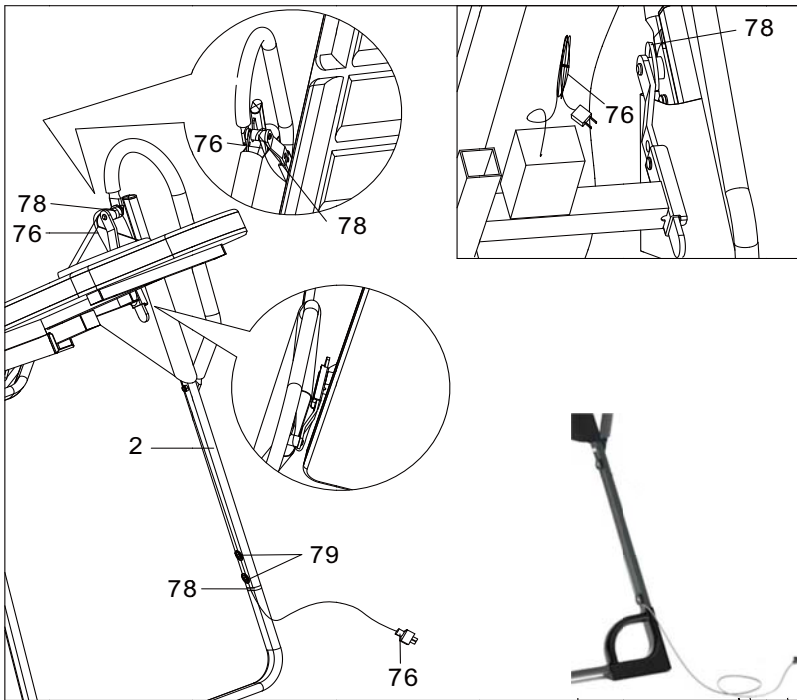
**4. Screw the gap on the male side onto the female plug.**

# SAFETY OPERATION GUIDELINES

## ROUTING THE CABLE

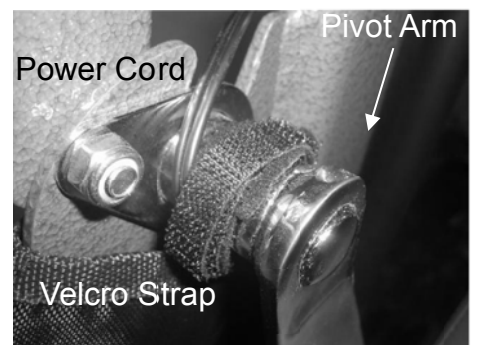
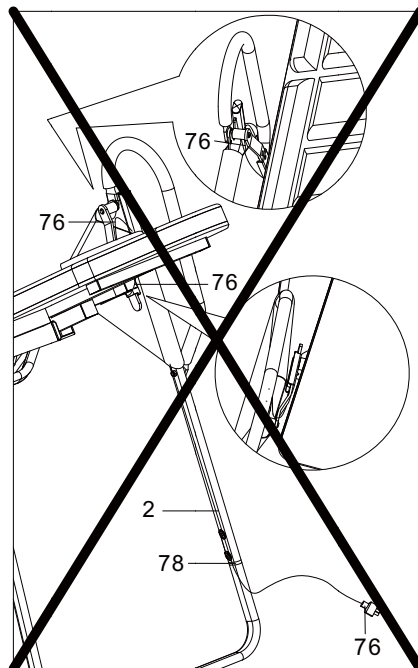
Route the wire as illustrated, lead the **Power Cord (76)** through the protective cover all the way down. Use a **Velcro Strap (78)** to secure the **Power Cord (76)** to the **Pivot Arm (5)**. Wind the wire around the **Anchors (79)** on the rear right frame. Slowly turn the table all the way until it becomes 180 degree to make sure the wire has enough slack and will not entangle any part of inversion table while you are using it.

**Caution:** Do not route the wire other than instructed herewith, or the wire may be snapped during inverting.

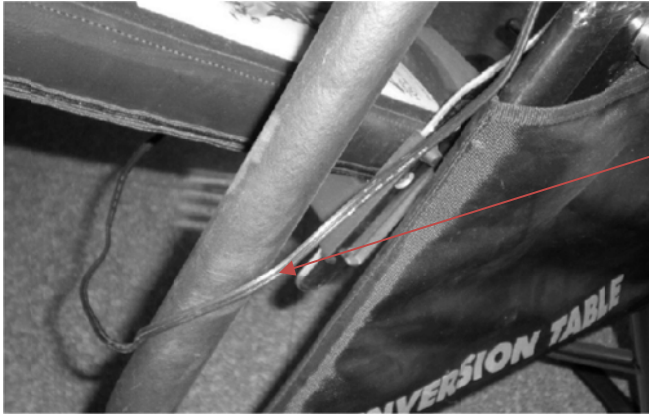


Route the cable through cable anchors, make sure the cable rest in the space between the frame and the anchors.

For storage of cable, refer to Page 6 of this manual.



# SAFETY OPERATION INSTRUCTIONS



## Caution: Wrong Routing

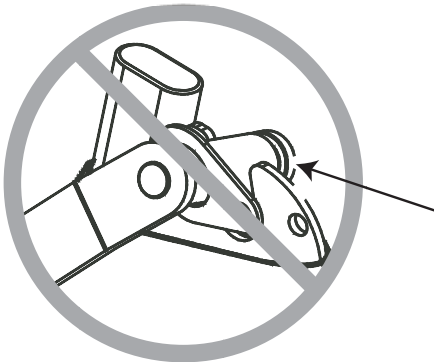
Do not route the cable from outside of the handlebar.



## Caution: Wrong Routing

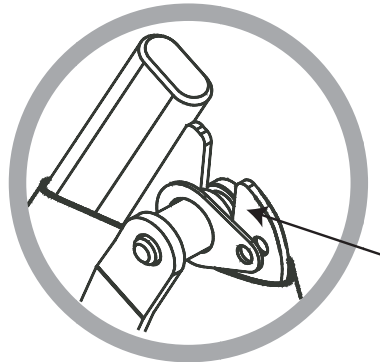
The cable did not route through the axle of pivot arm first.

## Incorrect



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

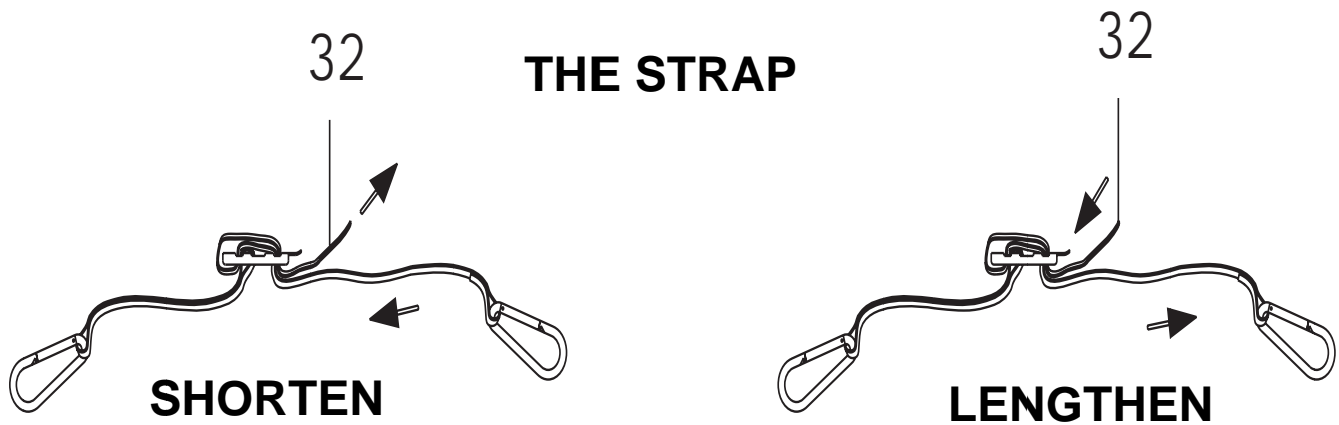
## Correct



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

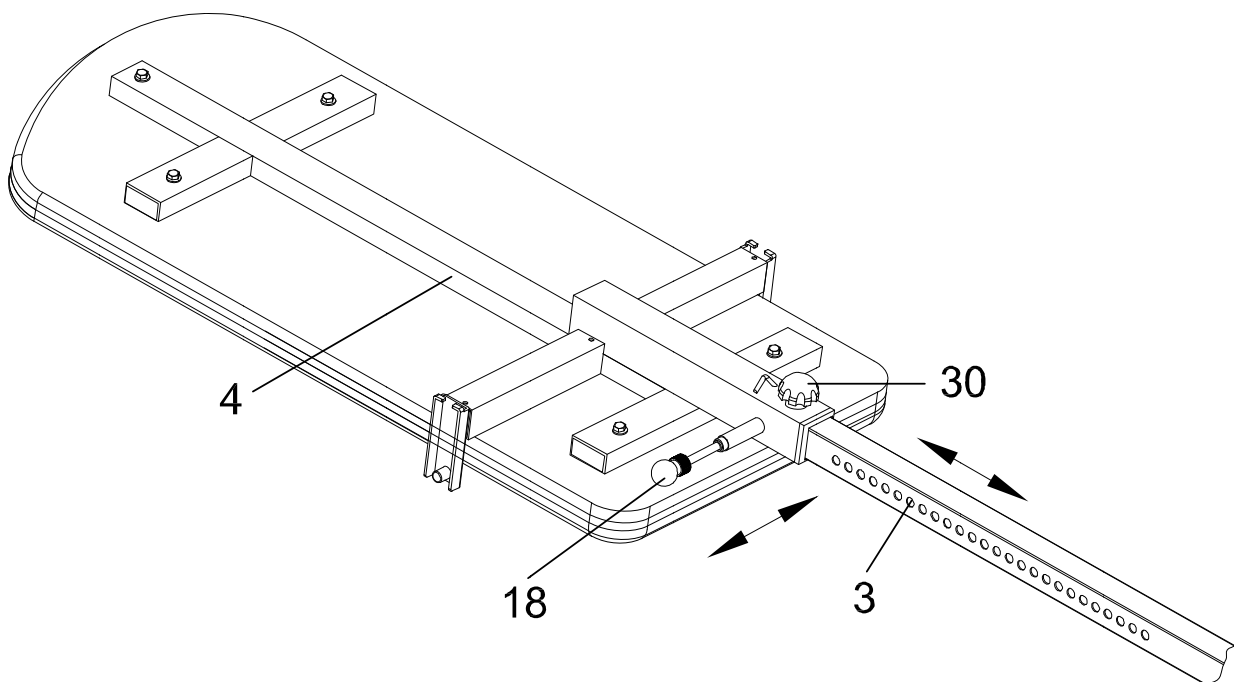
**WARNING:** Please make sure both pivot arms are in the same hole to prevent serious injury from occurring.





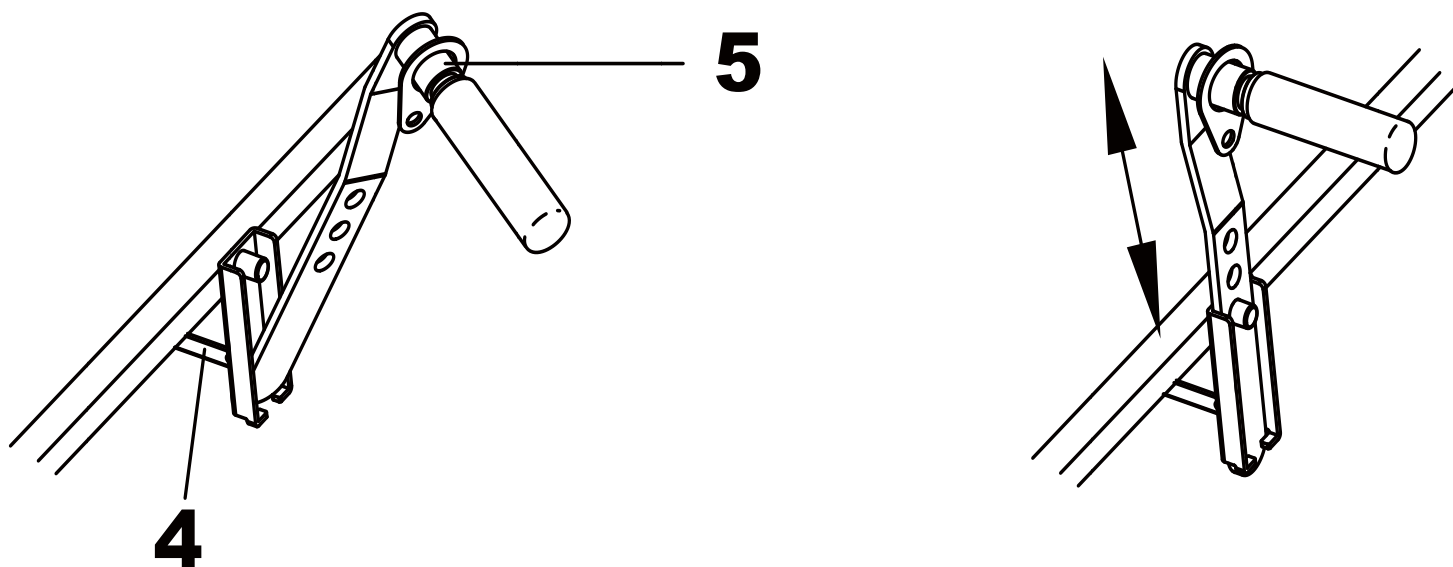
## ADJUSTING THE STRAP

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 **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 **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 AND HOLD the **Spring Knob (18)**, and slide the boom up or down until the desired height on the height scale is positioned just below the square bushing. When the boom is in the desired position, simply release the **Spring Knob (18)**, slide the boom slightly up or down until the **Spring Knob (18)** locks into place, and lastly tighten the **Knob (30)**.



### 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.

**WARNING:** 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 (26)** are located at the top of the **Rear 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 backrest 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 hand's closer to your starting position alongside your waist. If it does not, get off the inversion table and adjust the height setting before your next use. Go back slowly; failure to comply could result in serious physical injury.

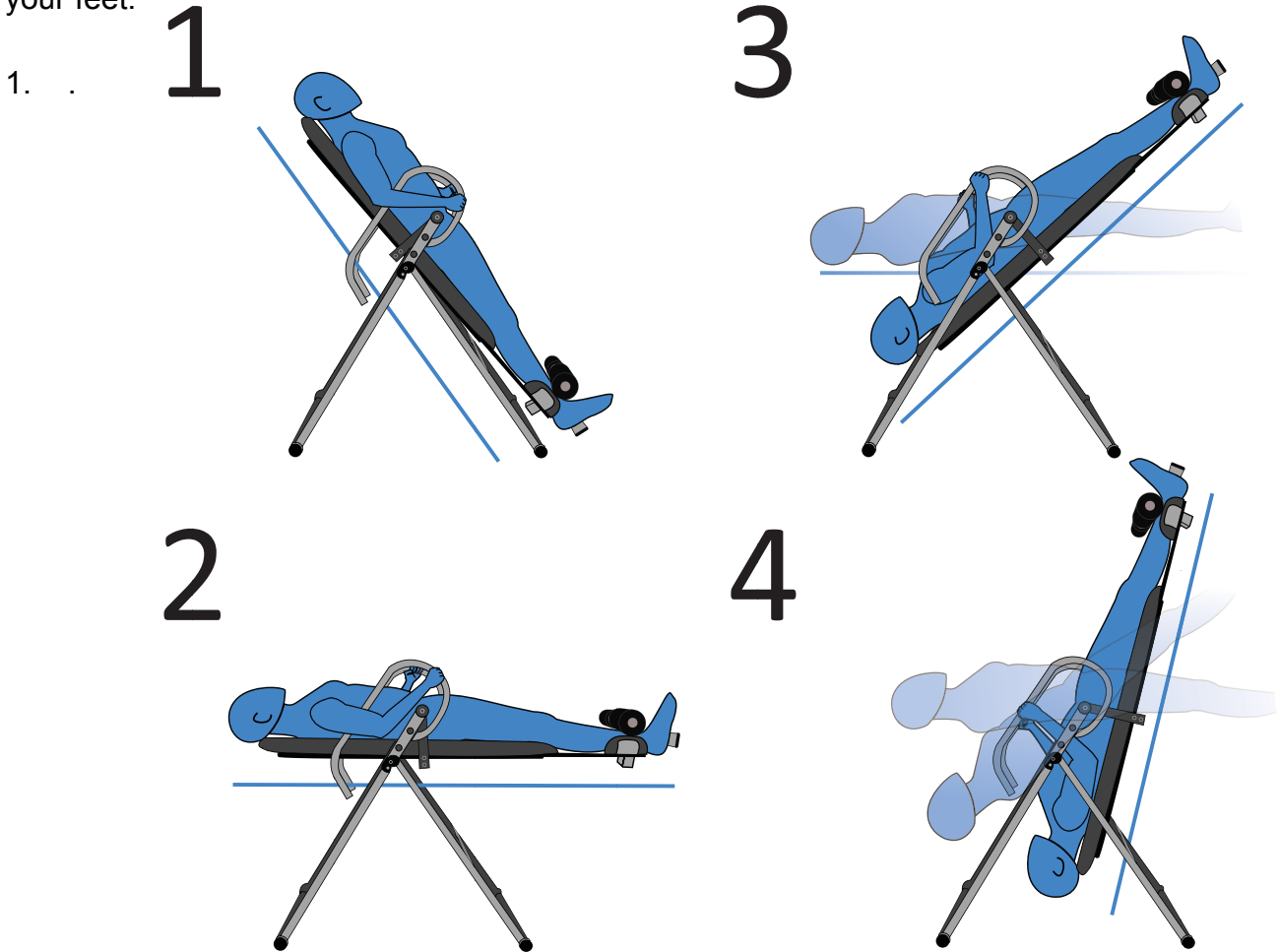
### GENERAL PRECAUTIONS

1. Make sure that the **Pivot Arms (5)** are locked on the lowest holes 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. Always wear shoes when using this inversion table
4. Make sure that the **Rubber Heel Holders (31)** are holding your feet securely.
5. Make sure that the **Adjustable Boom (3)** is properly set to your height.
6. Make sure that the **Adjustable Boom (3)** is held securely by both the Large **Spring Knob (18)** and the **Knob (30)**.
7. Make sure that there is enough room for the bed to rotate completely.



## BALANCING THE INVERSION TABLE

The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So it is very important to make sure that the height is adjusted properly. To do this, mount the inversion table, lock your ankles into the heel holders, and lie back straight with your hands on the handlebars. Slowly allow yourself to tilt back with your hands resting at 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 an inch (Example: Increase the boom height from 5'6" to 5'7"), and repeat the balancing steps above. Increase the boom height until your head is slightly above your feet.



## USING THE INVERSION TABLE

2. Start by lying straight back on the backrest with your hands gripped on both handlebars.
3. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back, as described in the BALANCING THE INVERSION TABLE section above. Your head should be slightly above your feet when in this position until you are ready to start inverting.
4. **To start inversion**, slowly lift one hand over your head while gripping the handlebar with the opposite hand.
5. **To increase the degree of inversion further**, slowly lift your other arm off the handlebars and rotate it towards your head so that both arms are hanging freely.

Return to the upright position by slowly returning your hands to your waist and pulling yourself up with the handlebars.

### SUGGESTIONS FOR USE

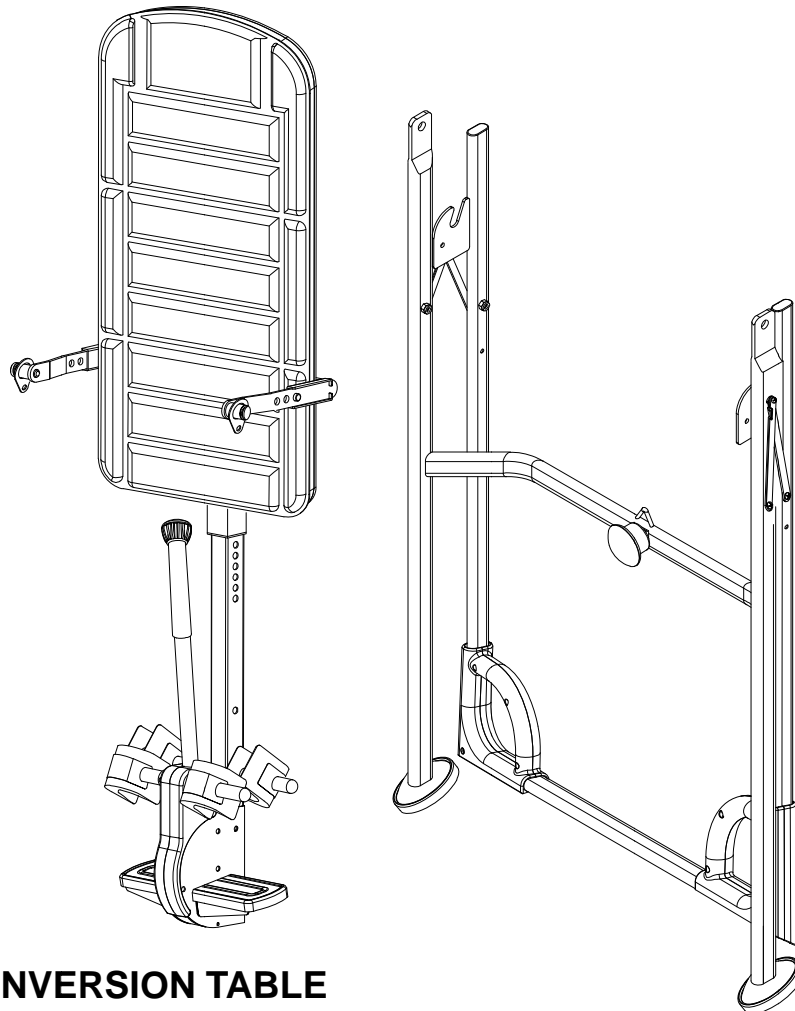
1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly if you feel uncomfortable.
2. Make gradual changes: increase the angle only if it is comfortable. Increase the angles only a few degrees at a time. You may want to increase 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 your personal care 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, backrest, 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



### FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. To fold the inversion table, pull out the **Spring Knob (18)** and loosen **Knob (30)**. Now, slide the **Adjustable Boom (3)** all the way up into the frame, until the instep frame is just below the **Bed Frame (4)**, release the **Spring Knob (18)** and slide the **Adjustable Boom (3)** slightly up or down until the **Spring Knob (18)** locks the **Adjustable Boom (3)** in place. Remove the **Bed Frame (4)** from the base by lifting up on the **Bed Frame (4)** until the **Pivot Arms (5)** come out of the arm slots located at the top of the **Rear U-Frame (2)**, (Make sure the Strap is not attached to the Bed Frame before attempting to remove it.) Push up on the center of the **Folding Arms (8)** and push the **Front and Rear U-Frames (1, 2)** together until they meet. Now the machine is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

### MAINTENANCE INSTRUCTIONS

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

5. Check the pivot arms, backrest, and heel holders for wear and tear.
6. Replace any damaged and worn components immediately.
7. Keep all damaged equipment out of use until it is repaired or replaced.
8. Tighten all loose hardware, bolts, nuts, and caps before using the inversion table.

# TEMPERATURE & REMOTE CONTROLLER

## ABOUT TEMPERATURE

1. The temperature readout is based on the sensor built-in with the Fiber Glass Infrared heater mat inside. It does not represent the temperature of the cushion surface.
2. Put a towel or cloth on top of the cushion to help increase the temperature quicker.
3. After the 15-20 minutes preheat time, get on the inversion table and lay with your back flat on the heat cushion. The temperature will continue to increase.
4. The default temperature is set to 140 degrees F (60 degrees C). The timer is set to 40 minutes. This will ensure the far infrared foam bed heats up as quickly as possible. Adjust the temperature down to your desire setting after preheat. Set Low Heat at 100-110, Medium Heat at 120-130, or High Heat at 130-140 degrees F.
5. The normal preheat time is 15-20 minutes. Under room temperature, it is at 68-77degrees F (20-25 degrees C).
6. Both the Remote Control and Controller can be used to set your desired temperature and time.
7. The LED on the Controller reads out the current temperature and remaining time.
8. The Remote Control will function when aimed directly to the Controller or to the wall/ceiling in the room when using the inversion table.
9. The Remote Control comes with a Velcro strap. Pull apart to open the Velcro strap for two layers. Remove the liner away from the short layer and bond the adhesive layer to the back of back of the Remote Control. Pick an easy to reach location to reach if you want an easy to remember spot for the Remote Control. Attach the Remote Control to it when not in use or simply drop it into the mesh pocket of the right side cover for storage.

## PRECAUTIONS

The power cord must be plugged into an appropriate outlet that is properly installed. Improper connection can result in the risk of electric hazard. A typical indoor extension cord may be used to reach a desired electrical outlet. Set the temperature and time to a comfortable level.

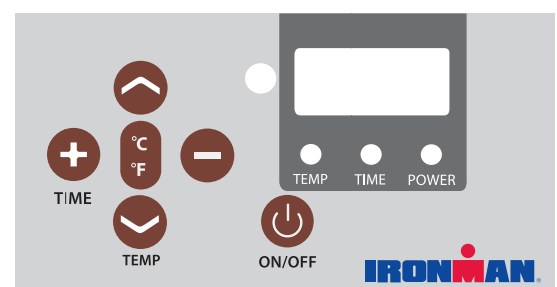
## FAR INFRARED FOAM BED OPERATION

Plug the unit into the outlet with the “**POWER**” light off before starting it and use the **ON/OFF** switch to turn on the cushion. After starting the unit, the digital light of temperature displays the set temperature as 140 degrees F (60 degrees C). The temperature can be changed by pressing the “**Λ**” or “**V**” button to increase or decrease the temperature. The digital light of time displays the set time as 59 minutes by default. The timer can be changed by pressing the “**+**” or “**-**” button to increase or decrease time. After 5 seconds, the digital light in temperature flashes 2 times and then returns to display the current temperature of far infrared foam bed. When pressing the button “**Λ**” or “**V**” again, it will change to display the “set temperature” and can be set to desired temperature.

Press the °C/°F button to switch the display between Centigrade and Fahrenheit. Buzzer will beep when time counts down to 0. After using the unit, turn off the **ON/OFF** switch And unplug the power cable.



REMOTE CONTROL



CONTROLLER PANEL

# TROUBLESHOOTING

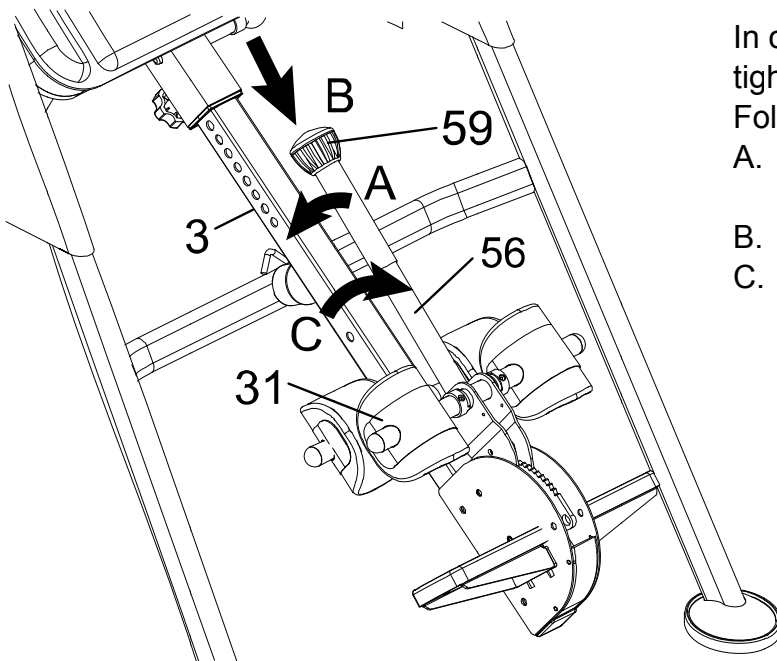
## ABOUT ANKLE LOCK SYSTEM

Before mounting the table, press the **Button (59)** on the top of the **Adjustable Handle (56)** and pull away from boom to open up the ankle lock. After stepping in, press on the **Button (59)** and pull the **Adjustable Handle (56)** towards your ankles until it is snug.

When dismounting the table, press the button to release and open the ankle locks. If the button seems jammed, pull the **Adjustable Handle (56)** slightly towards you and then press on the button.

**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 (56)** is too tight to release **Rubber Heel Holder (31)**, Follow these steps:

- Slightly pull the **Adjustable Handle (56)** toward the **Adjustable Boom (3)**.
- Press the **Button (59)**.
- Push the **Adjustable Handle (56)** away from the **Adjustable Boom (3)** to release the **Rubber Heel Holder (31)**.



# 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:

## **COMPONENT LENGTH OF WARRANTY**

Structural Frame	1 year FOR HOME USE ONLY
All Other Components	90 days FOR HOME USE ONLY

## **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 calling or emailing our customer service department:  
Daily, 8:00 AM - 5:00 PM (PST).

**service@paradigmhw.com**

When ordering replacement parts 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 RECEIPT OF PURCHASE TO**  
**[Service@paradigmhw.com](mailto: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***