

INVERSION TABLE

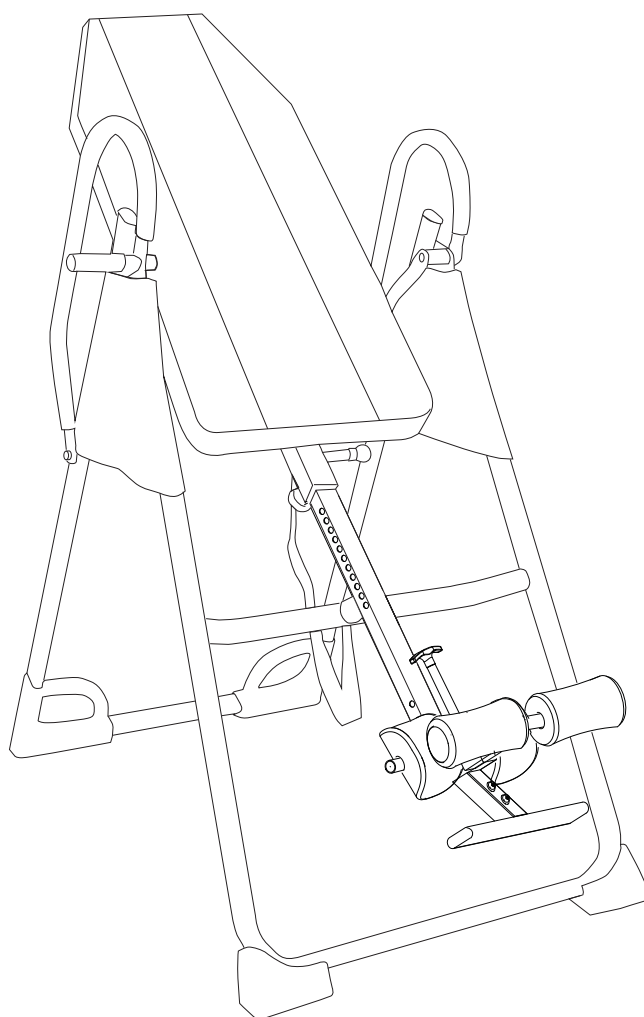
Style # STE00118

FG IT|300



OWNER'S MANUAL

Retain This Manual For Reference



Dick's Sporting Goods 345 Court Street Coraopolis, PA 15108

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

**To request product service and order replacement parts, please call our customer service department at:
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,

or email us at: service@paradigmhw.com

Please visit our website at www.paradigmhw.com.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

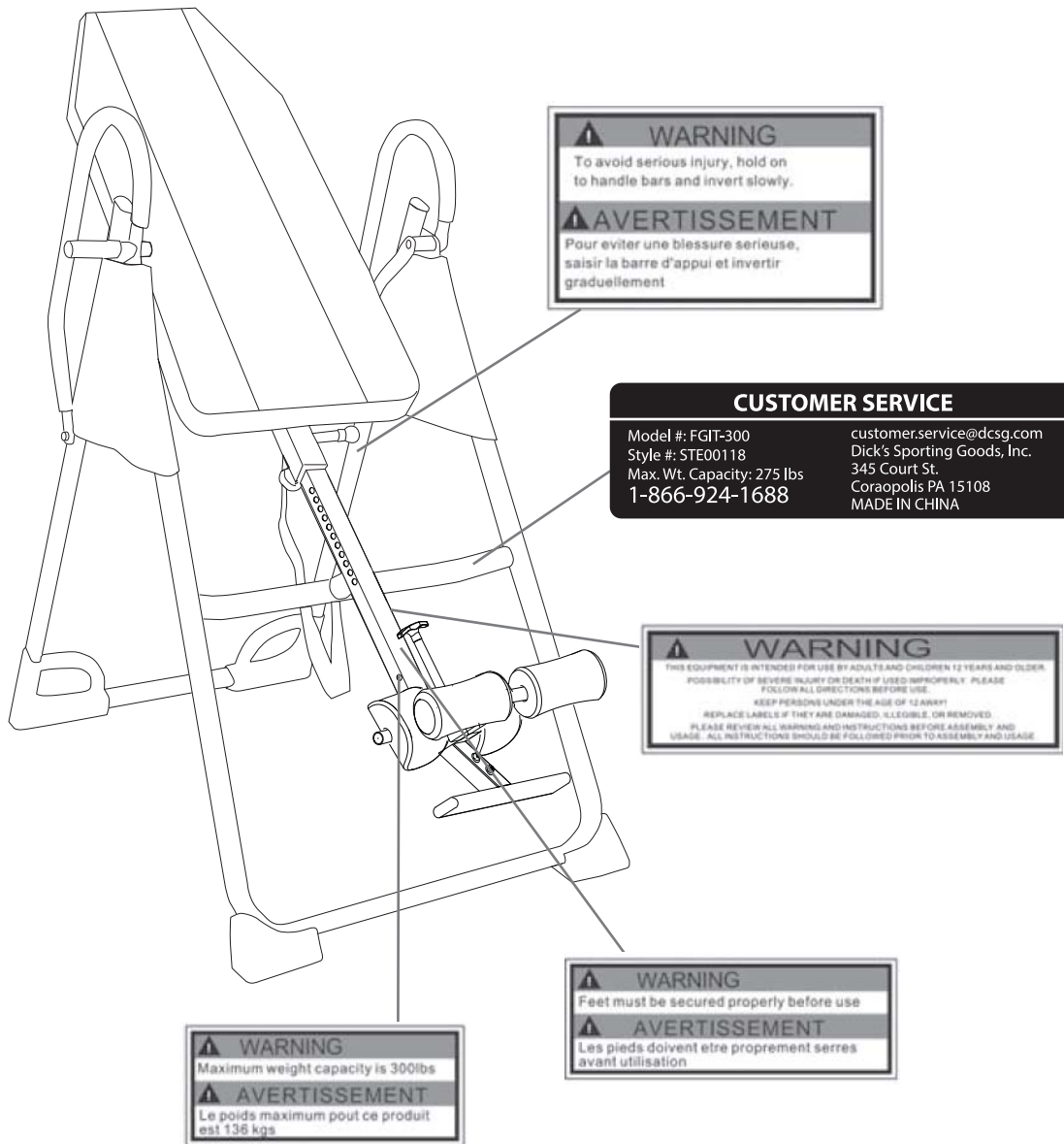
***Before returning this product to the store please contact customer service at the contact number.**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



IMPORTANT SAFETY INSTRUCTIONS

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

WARNING - To reduce the risk of injury to persons:

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. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance if it is damaged, if it is not working properly, if it has been dropped or damaged. Return the appliance to a service center for examination and repair.
4. Do not use outdoors.
5. Do not exceed the maximum rated weight (load) and maximum rated height of the user.
6. For Household Use Only.
7. Always wear proper exercise apparel when using the equipment.
8. If 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 pressure.
9. Only one person should use the equipment at a time.
10. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
11. Watch your body: come up slowly, 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.
12. Always use this equipment on a clear and level surface. Do not use near water.
13. Close supervision is necessary when this inversion table is used by, on, or near children, invalids, or disabled persons.
14. Use this inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
15. Never drop or insert any object into any opening.
16. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.
17. **WARNING** - To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.
18. **WARNING** - Risk of personal injury - Do not allow children to use this machine.
19. **WARNING** - Risk of personal injury - Keep children away from machine while in use.

IMPORTANT SAFETY INSTRUCTIONS

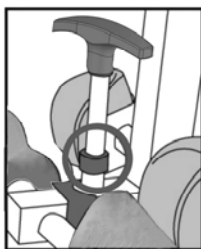
20. **WARNING** - Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

NOTE: Maximum user weight for this product is 300 lbs (135 kgs.)
Maximum Rated Height for this product is 6'5"/195cm.

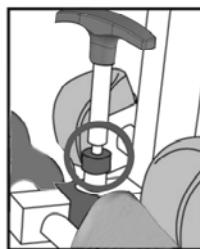
WARNING: Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- 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 including Aspirin in high doses.

SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged

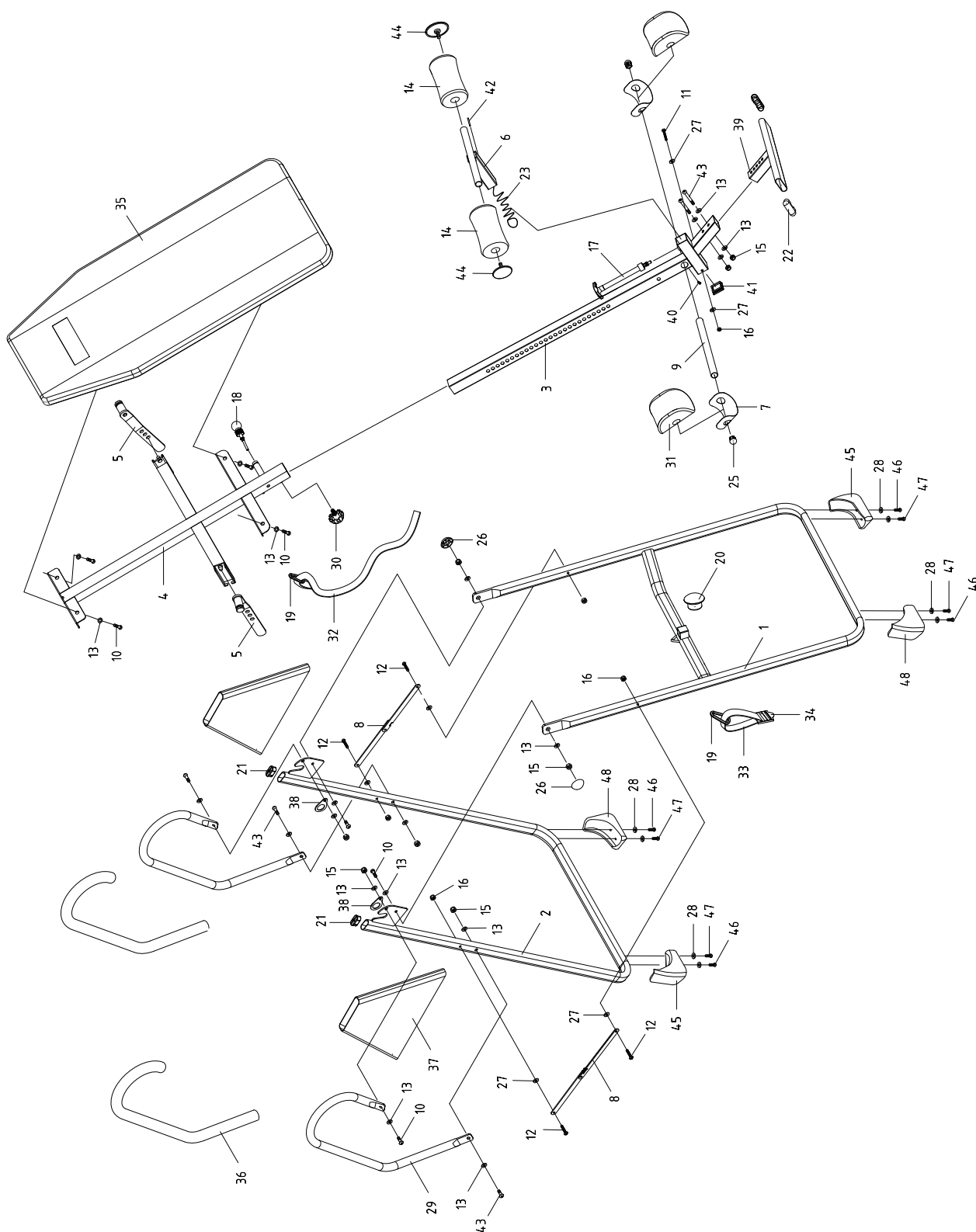


Incorrect:
Locking pin not
fully engaged

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 tables inverts.

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

OVERVIEW DRAWING

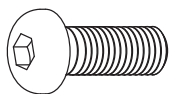


PARTS LIST

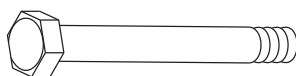
No.	Description	Qty	No.	Description	Qty
001	Front U-Frame	1	025	Round End Cap	2
002	Rear U-Frame	1	026	Nut Cap Ø27xØ13.5	2
003	Adjustable Boom	1	027	Washer Ø16xØ6.5x1.0	6
004	Bed Frame	1	028	Washer Ø13xØ6.5x1.0	8
005	Pivot Arm	2	029	Handlebar	2
006	Adjustable Instep Frame	1	030	Knob	1
007	Steel Heel Holder Bracket	2	031	Rear Heel Holder	2
008	Folding Arm	2	032	Nylon Strap	1
009	Rod	1	033	Loop Strap	1
010	Bolt M8x23	8	034	Strap Lock	1
011	Hex Head Bolt M6x40	1	035	Foam Bed	1
012	Phillips Screw M6x30	4	036	Foam Grip	2
013	Washer Ø20xØ8.5x1.5	20	037	Protective Cover	2
014	Front Heel Holder	2	038	Pivot Arm Ring	2
015	Lock Nut M8	8	039	Foot Bar	1
016	Lock Nut M6	5	040	Screw ST4.8x20	1
017	Small Spring Knob	1	041	Square End Cap	1
018	Large Spring Knob	1	042	Spring Latch	1
019	Safety Hook	2	043	Bolt M8x40	4
020	Rubber Pad	1	044	Rod Cap	2
021	Oval End Cap	2	045	Left Foot Cap	2
022	Foot Bar End Cap	2	046	Screw M6x25	4
023	Spring	1	047	Screw M6x20	4
024	DVD	1	048	Right Foot Cap	2

* Most of the components of the following parts list have already been assembled for your convenience. Please use the following list as a reference for ordering parts only.

HARDWARE LIST & TOOLS



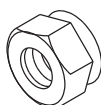
(10) Bolt
2 PCS



(11) Hex Head Bolt
1 PC



(13) Washer
12 PCS



(15) Lock Nut
6 PCS



(16) Lock Nut
1 PC



(26) Nut Cap
2 PCS



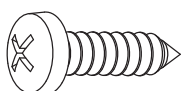
(27) Washer
2 PCS



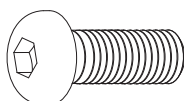
(28) Washer
8 PCS



(38) Pivot Arm Ring
2 PCS



(40) Screw
1 PC



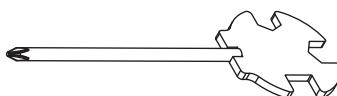
(43) Bolt
4 PCS



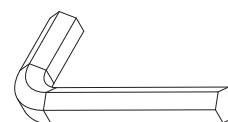
(46) Screw
4 PCS



(47) Screw
4 PCS



Multi Hex Tool with
Phillips Screwdriver
2 PCS



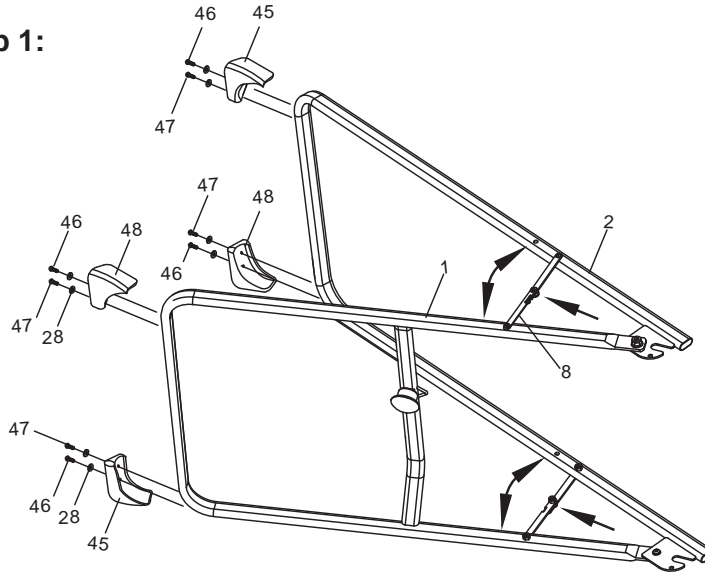
Allen Wrench
1 PC

ASSEMBLY

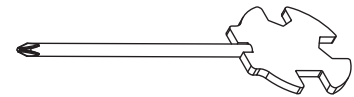


The product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.

Step 1:



Tool:



*Multi Hex Tool with
Phillips Screwdriver*

Lay down the base of the machine and separate the Front and Rear U-Frames (1, 2). Pull the Front and Rear U-Frames (1, 2) as far apart from each others as possible. Then push down on the middle of the two Folding Arms (8) until they are fully locked down.

Attach the Left & Right Foot Caps (45, 48) to the Front & Rear U-Frame (1, 2) each with one Screw (46), one Screw (47), and two Washers (28). Tighten screws with the Multi Hex Tool with Phillips Screwdriver provided.

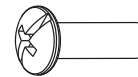
Hardware:



(28) Washer
8 PCS

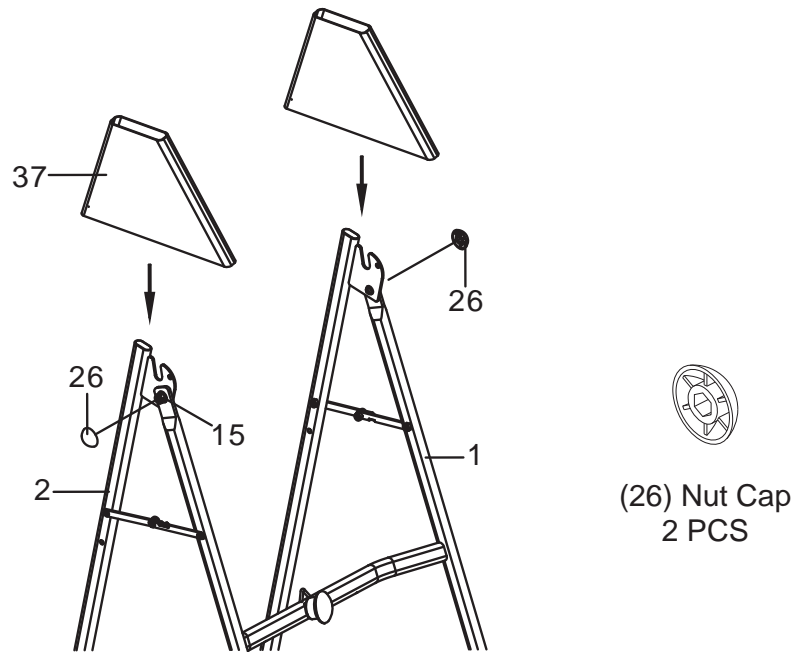


(46) Screw
4 PCS



(47) Screw
4 PCS

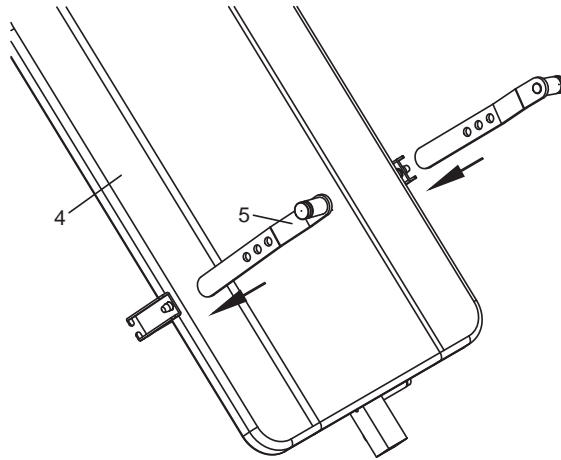
ASSEMBLY



Step 2:

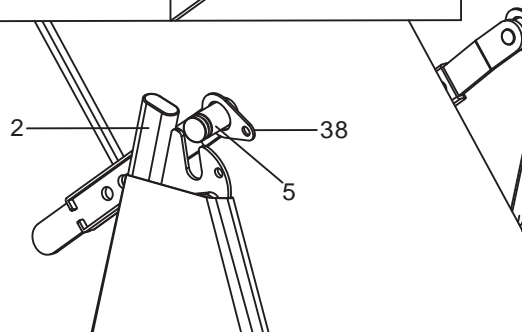
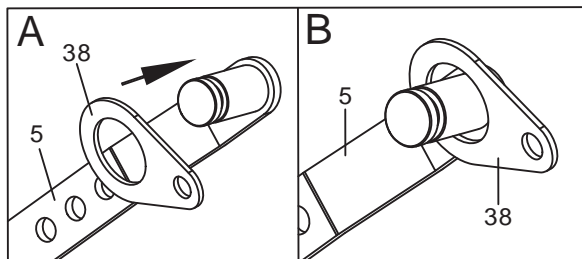
Install two Nut Caps (26) onto Lock Nuts (15). Slide one Protective Cover (37) on to each side of the base as shown, and pull down on the Protective Covers (37) until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the Protective Covers (37) 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 Protective Covers (37).

ASSEMBLY



Step 3:

Slide the bottom of the Pivot Arms (5) into the brackets that are located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the Pivot Arms (5) in place. It is recommended that you use the bottom hole on the Pivot Arms (5) until you become more familiar with the equipment.

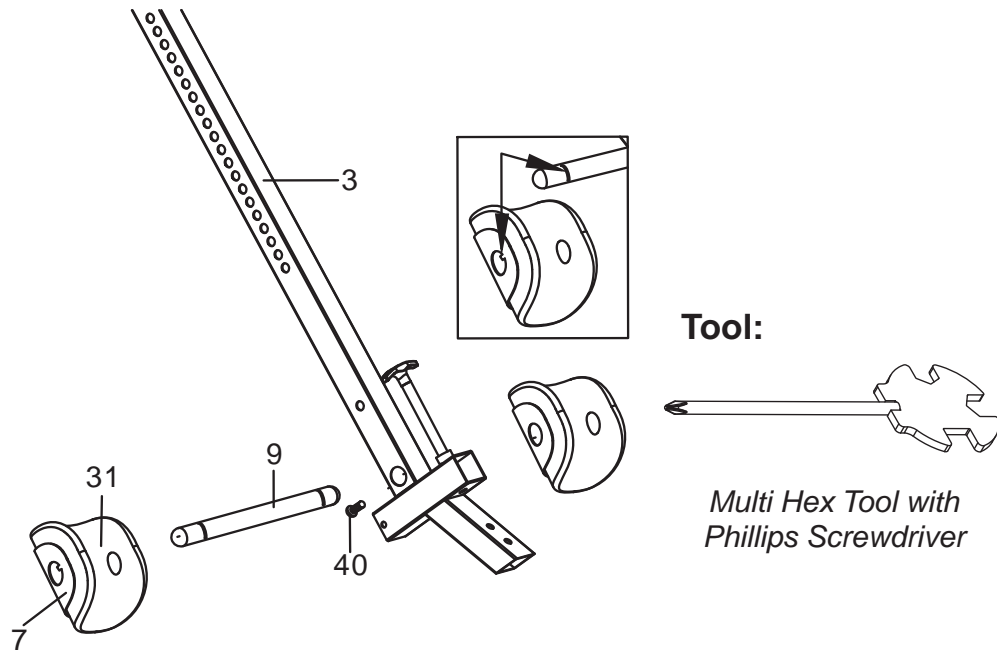


(38) Pivot Arm Ring
2 PCS

Step 4:

Install the Pivot Arm Rings (38) 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.

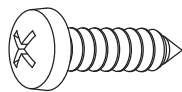
ASSEMBLY



Step 5:

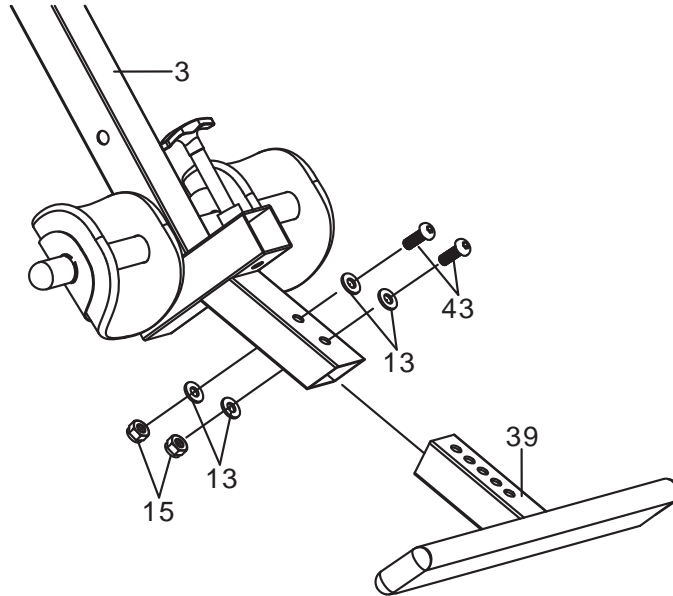
Slide the Rod (9) through the large round hole on the side of Adjustable Boom (3), and secure the Rod (9) on the Adjustable Boom (3) with one Screw (40). Tighten screw with the Multi Hex Tool with Phillips Screwdriver provided. Slide one Steel Heel Holder Bracket (7) and one Rear Heel Holder (31) onto one end of the Rod (9) until the lock tooth is wedged into the slot in the Rod (9) as shown in small figure. Use the same procedure to attach the other Steel Heel Holder Bracket (7) and Rear Heel Holder (31) onto the other end of 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:

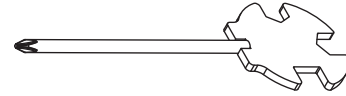


(40) Screw
1 PC

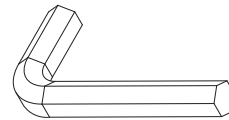
ASSEMBLY



Tool:



*Multi Hex Tool with
Phillips Screwdriver*



Allen Wrench

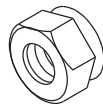
Step 6:

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 two holes on the boom. Secure the Foot Bar (39) in place using two Bolts (43), two Lock Nuts (15), and four Washers (13). Tighten bolt and lock nut with the Multi Hex Tool with Phillips Screwdriver and Allen Wrench provided.

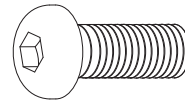
Hardware:



(13) Washer
4 PCS

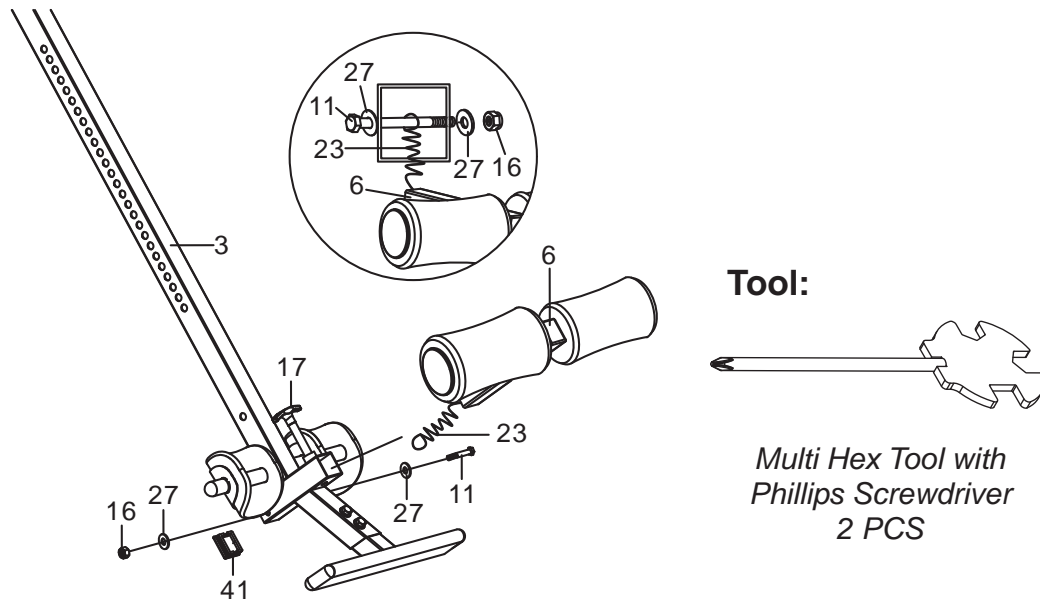


(15) Lock Nut
2 PCS



(43) Bolt
2 PCS

ASSEMBLY

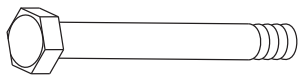


Step 7:

Remove the Square End Cap (41) on the back of square bracket of Adjustable Boom (3). Attach the Adjustable Instep Frame (6) to the Adjustable Boom (3) by inserting the Adjustable Instep Frame (6) into the square bracket on the boom. Slide the Adjustable Instep Frame (6) completely into the square bracket, insert the Hex Head Bolt (11) with a Washer (27) halfway through the square bracket, slide the Hex Head Bolt (11) through the ring at the bottom of the Spring (23), slide the Hex Head Bolt (11) through the rest of the square bracket, and secure at the other end with a Washer (27) and Lock Nut (16). Tighten bolt and lock nut with two Multi Hex Tools with Phillips Screwdriver provided. Attach the Square End Cap (41) onto the back of square bracket of Adjustable Boom (3) that was removed.

Note: To slide the Adjustable Instep Frame (6) into the square frame, you must first pull out the Small Spring Knob (17).

Hardware:



(11) Hex Head Bolt
1 PC

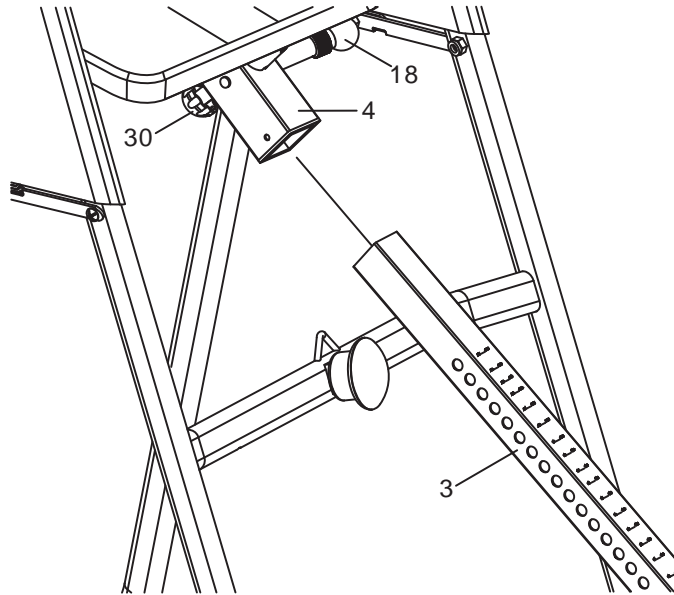


(16) Lock Nut
1 PC



(27) Washer
2 PCS

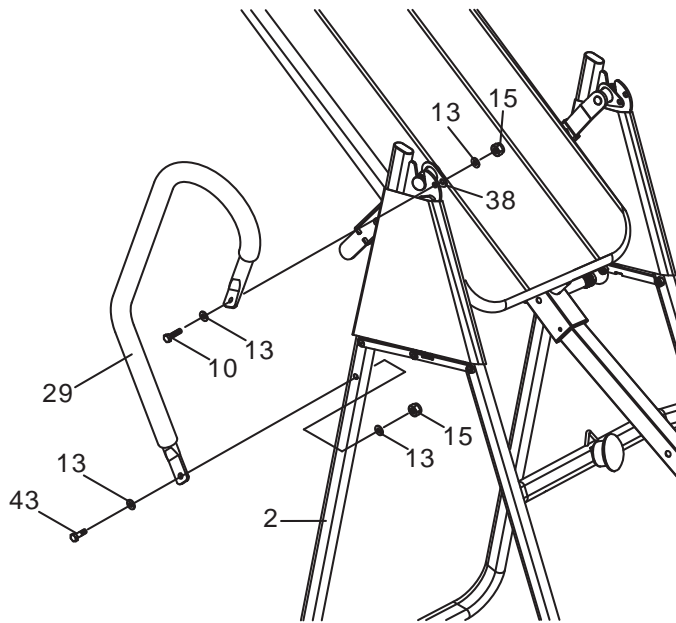
ASSEMBLY



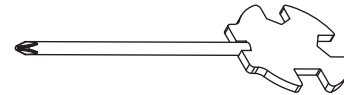
Step 8:

Pull out the Large 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 Adjustable Boom (3) upward until the desired height on the height scale is just below the bracket on the Bed Frame (4). Lock the Adjustable Boom (3) in place by releasing the Large Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Large Spring Knob (18) "pops" down into the locked position. For added safety, secured the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.

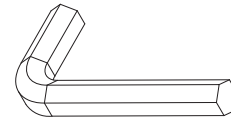
ASSEMBLY



Tool:



*Multi Hex Tool with
Phillips Screwdriver*



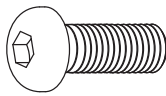
Allen Wrench

Step 9:

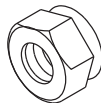
Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (38) with one Bolt (10), one Lock Nut (15), and two Washers (13). Tighten bolt and lock nut with the Multi Hex Tool with Phillips Screwdriver and Allen Wrench provided.

Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one Bolt (43), one Lock Nut (15), and two Washers (13). Tighten bolt and lock nut with the Multi Hex Tool with Phillips Screwdriver and Allen Wrench provided. Use the same procedure to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (38).

Hardware:



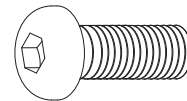
(10) Bolt
2 PCS



(15) Lock Nut
4 PCS

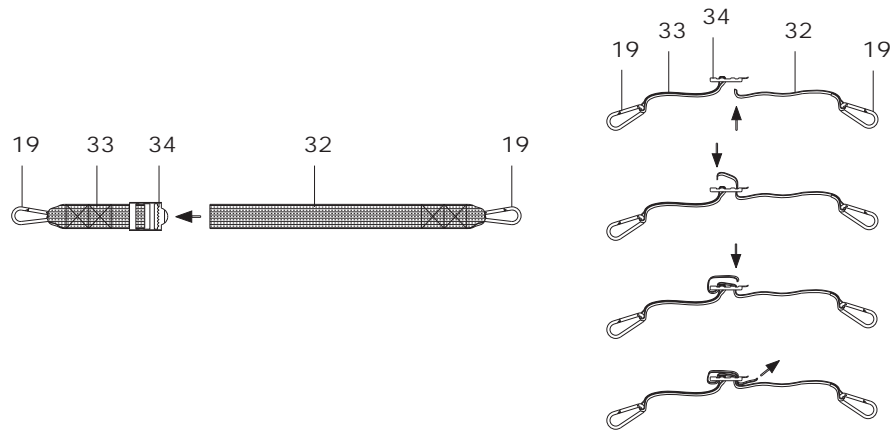


(13) Washer
8 PCS



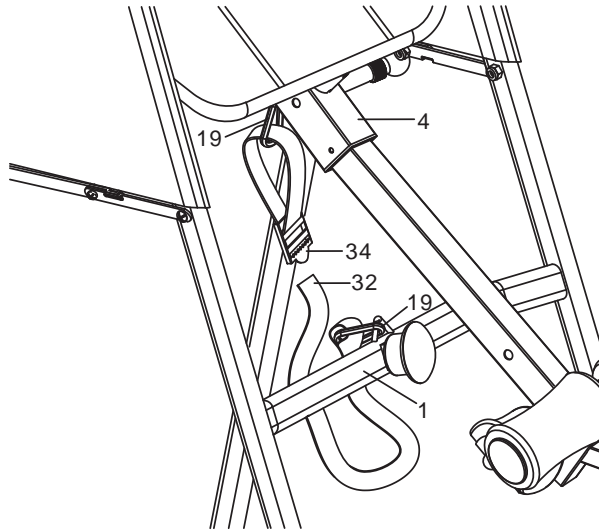
(43) Bolt
2 PCS

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.

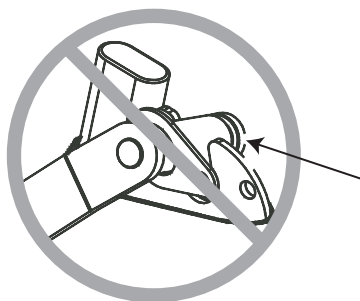


Step 11:

Attach the Nylon and Loop Straps (32, 33) to the inversion table by hooking the end of the Nylon Strap (32) to the pre-assembled loop on the back of the Bed Frame (4) as shown. Now hook the other end of Loop Strap (33) to the other Pre-assembled loop on the Front U-Frame (1) as shown.

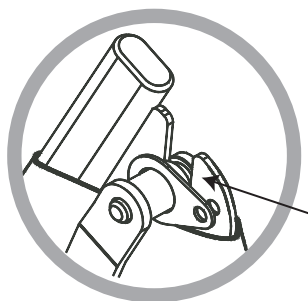
SAFETY OPERATING INSTRUCTIONS

Incorrect



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

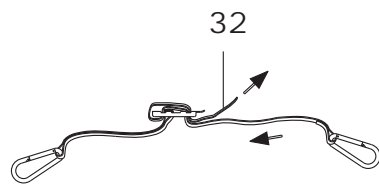
Correct



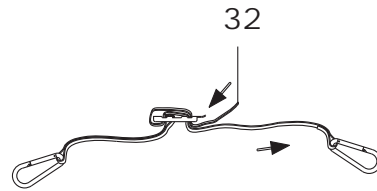
Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

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

OPERATION AND ADJUSTMENTS



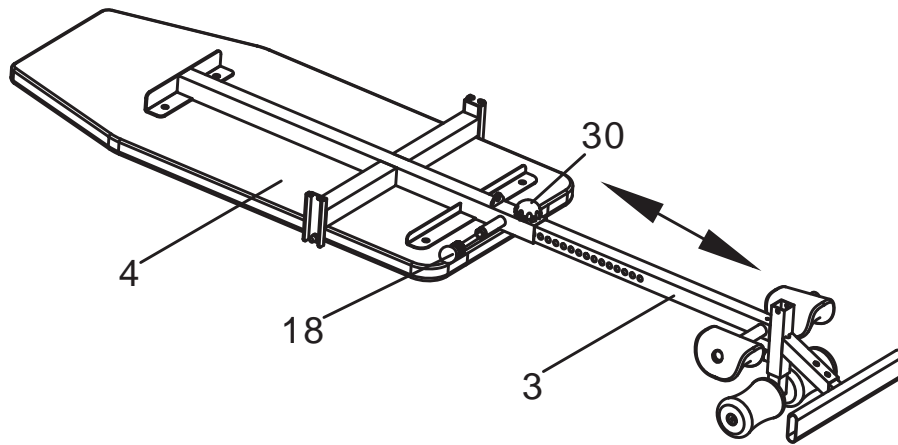
SHORTEN



LENGTHEN

THE STRAP

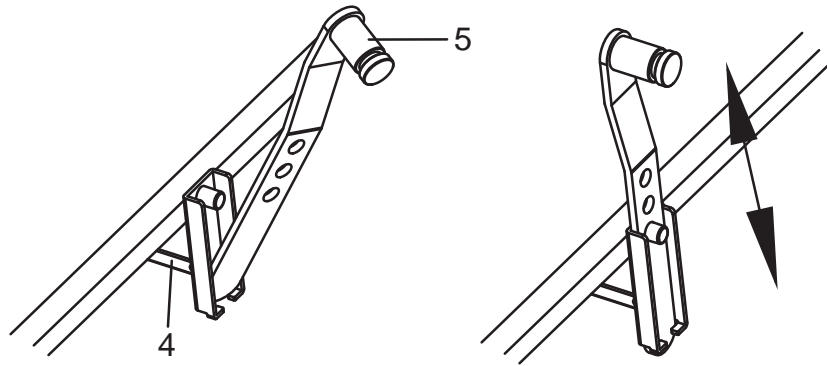
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower 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 the Large 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 Large Spring Knob (18), slide the boom slightly up or down until the Large 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

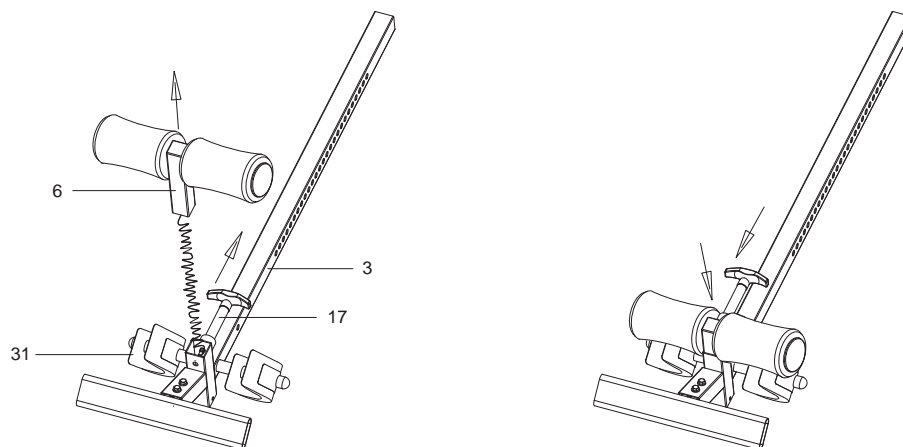
For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright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

OPERATION AND ADJUSTMENTS

GENERAL PRECAUTIONS

1. Make sure that the Pivot Arms (5) are locks 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 Rear Heel Holders (31) and Front Heel Holders (14) 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 Large Spring Knob (18) and the Knob (30).
6. Make sure that there is enough room for the bed to rotate completely.



ADJUSTING THE ANGLE HOLDER

1. Pull up on the Small Spring Knob (17), slide the Adjustable Instep Frame (6) completely out of the Adjustable Boom (3).
2. Slide your ankles between the Rear Heel Holders (31) and Front Heel Holders (14) and stand on the foot bar located at the bottom of the Adjustable Boom (3).
3. Pull up on the Small Spring Knob (17), 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) and Front Heel Holders (14) are around your ankles. Release the Small Spring Knob (17) and adjust the Adjustable Instep Frame (6) slightly until the Small Spring Knob (17) locks into place.
4. Stand upright with your back against the bed and your hands lowered at your sides.

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 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.

USING THE INVERSION TABLE

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

1



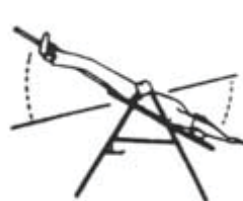
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3



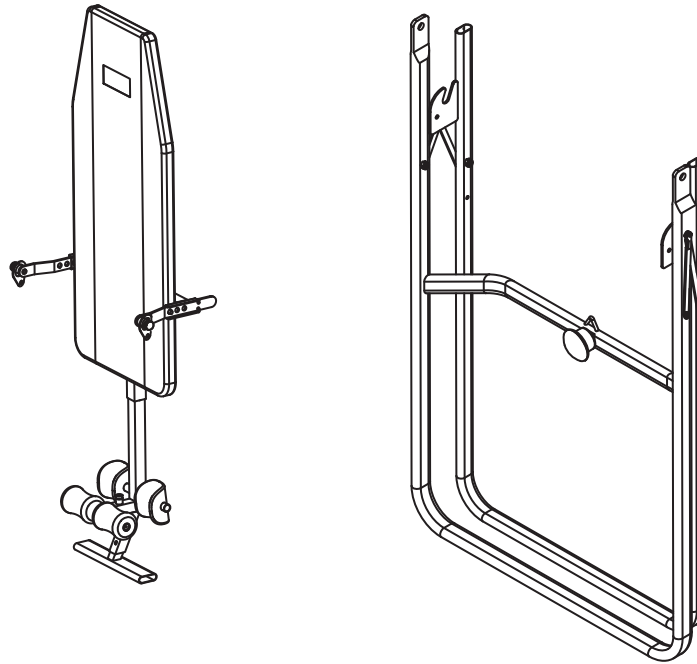
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SUGGESTIONS FOR USE

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 only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body. Come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted, limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same time each day.

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.

“Any other servicing not described in this manual should be performed by an authorized service representative.”

WARM UP

Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



Inner Thigh Stretch

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.



Toe Touches

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.



Hamstring Stretches

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. Relax and then repeat with left leg extended.



WARRANTY

The manufacturer 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 according to manufacturer's Owner's Manual. Manufacturer's obligation under this warranty is limited to replacing 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 product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

service@paradigmhw.com

1-866-924-1688

Monday through Friday, 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**

FAX FORM

PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____