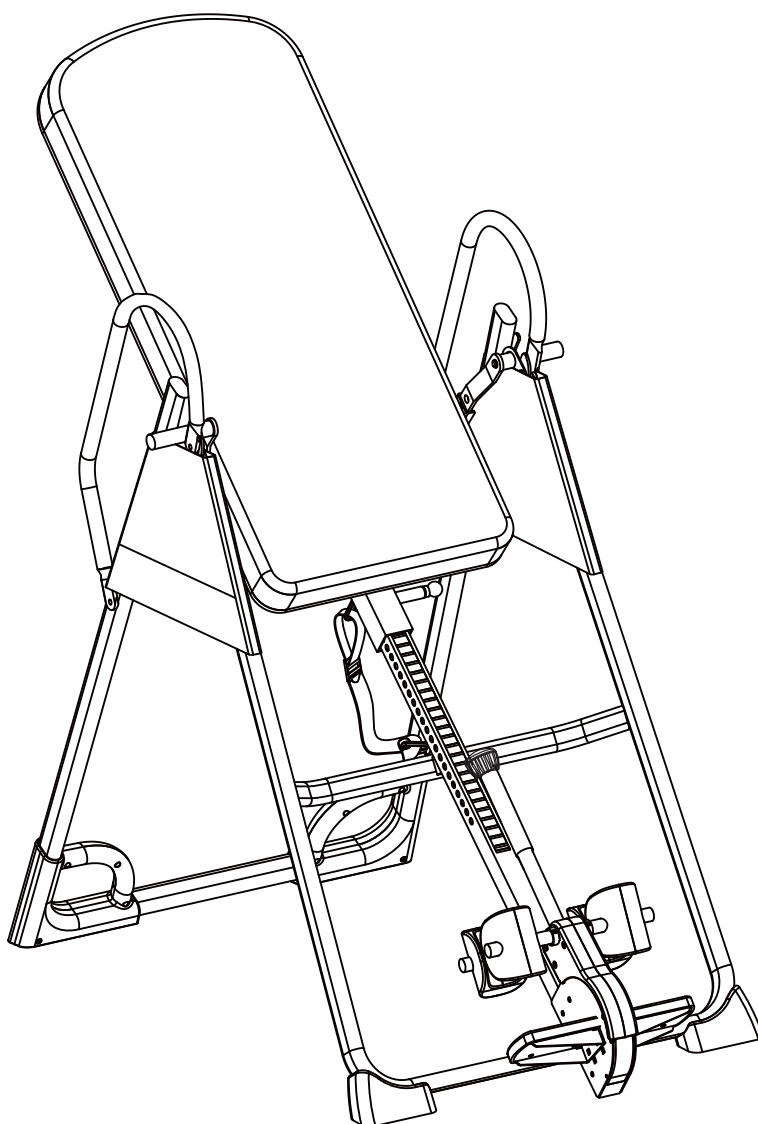


OWNER'S MANUAL

IRONMAN®



Inversion Table

5800.6-082517

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

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PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

If you need help with product information, assembly, or replacement parts. Please contact customer service.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7922
Hours:
8:00 am to 5:00 pm (PST) Daily

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IMPORTANT: FOR NORTH AMERICA ONLY

For damaged 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 the below methods:

For Best Service, please Email:

Service@paradigmhw.com

Response Time: 1-2 Business Days

Website:

www.paradigmhw.com

Toll-Free:

1-844-641-7922

Response time may vary.

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

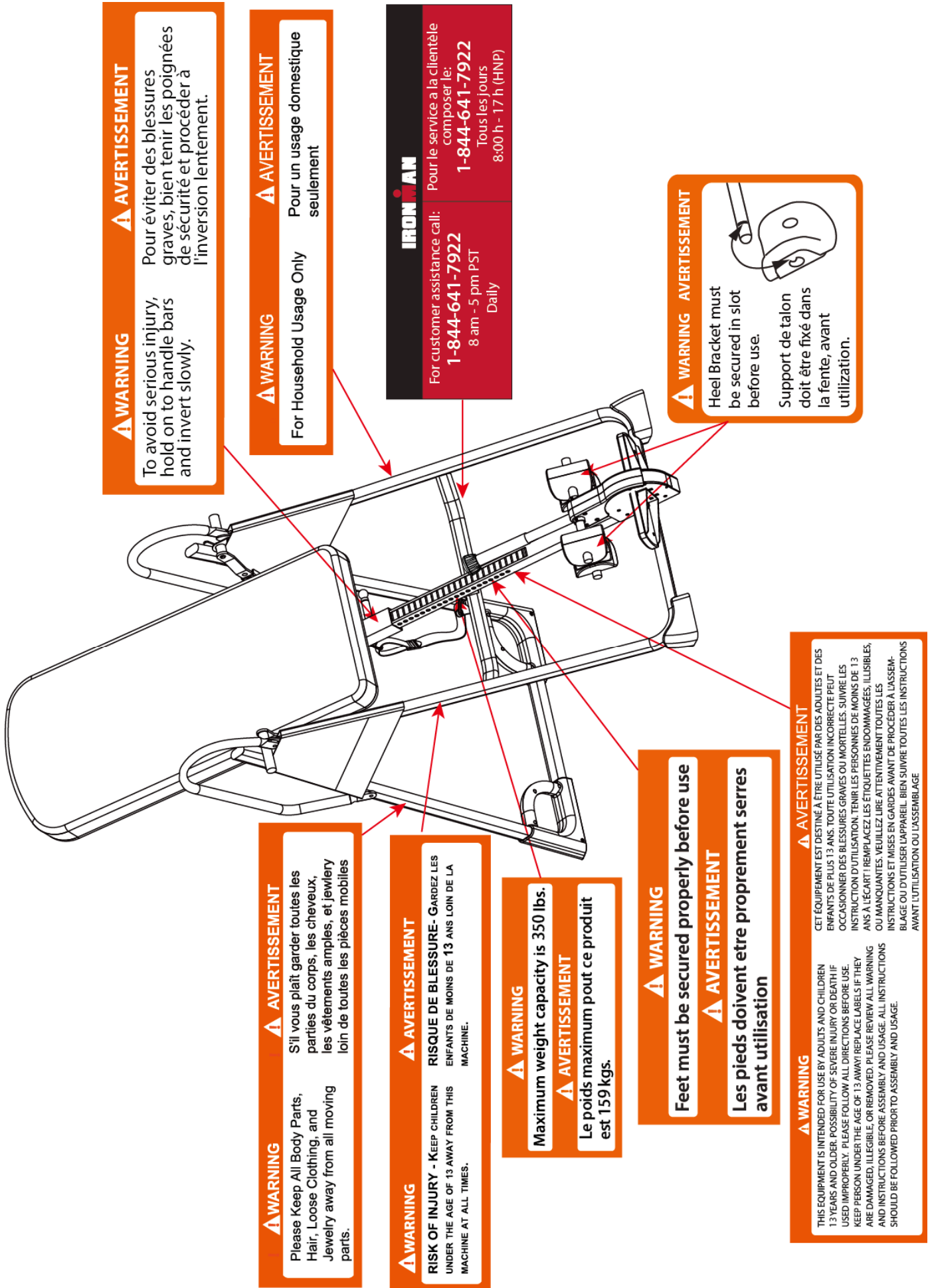
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

LABEL PLACEMENT



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. Only one person should use the equipment at a time.
5. 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.
6. Always use this equipment on a clear and level surface.
7. For household use only.
8. Do not use outdoors or near water.
9. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
10. Do not wear loose clothing when using the equipment.
11. Keep all hands and feet away from any moving parts.
12. Never drop or insert any object into any opening.
13. Always wear shoes when using the inversion table.
14. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
15. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
16. 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.
17. Wait 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
18. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
19. **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.
20. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
21. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
22. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
23. **Warning:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
24. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

25. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using The Inversion Table.

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

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

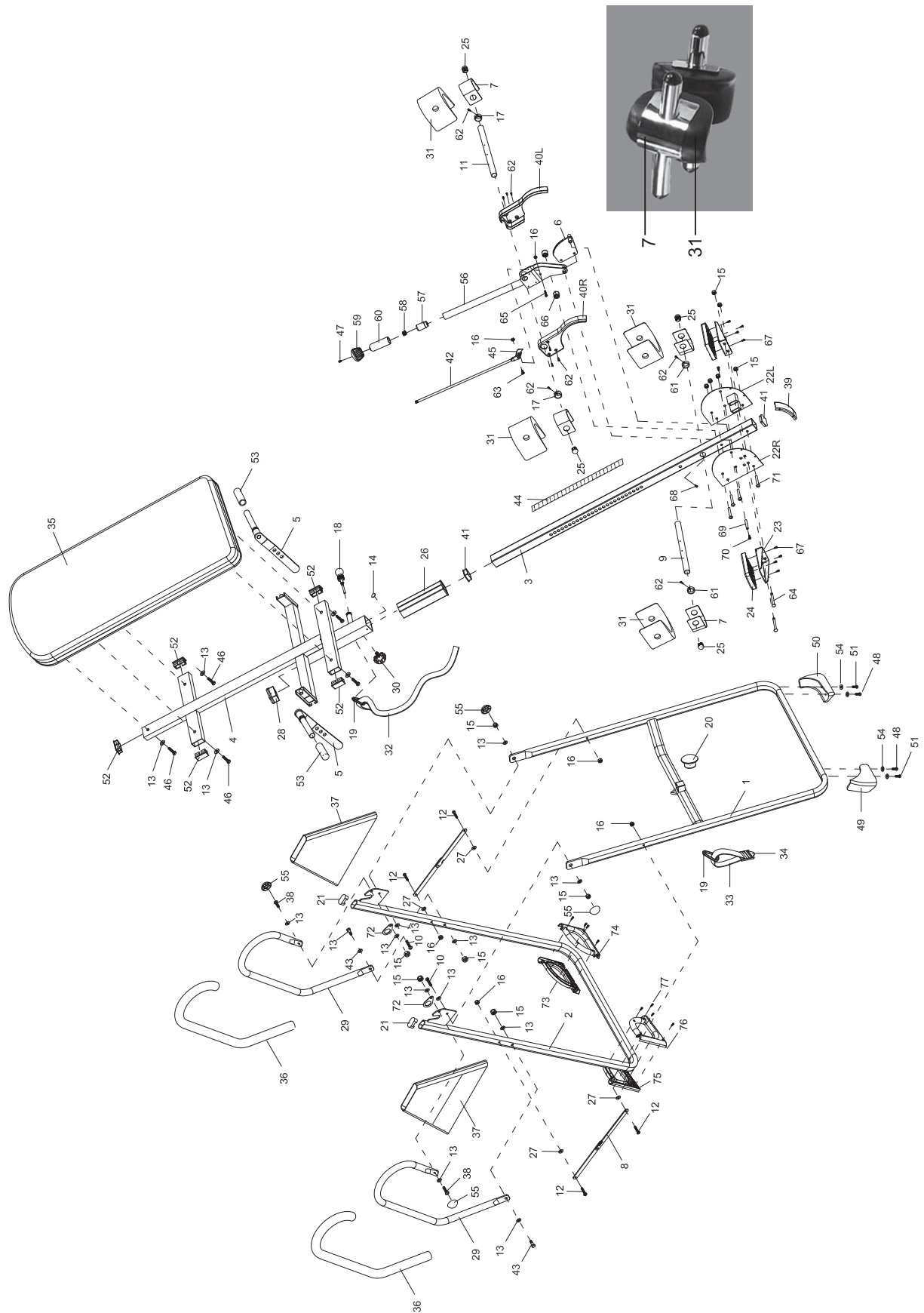
Do not exceed the maximum rated weight (load) and maximum rated user height:

The Maximum Weight Capacity for this product is 350lbs/156kgs.

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING

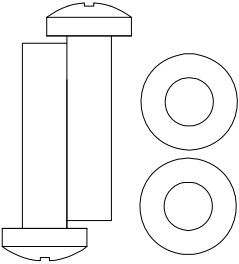
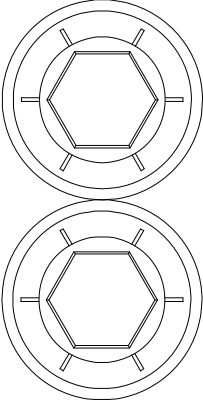
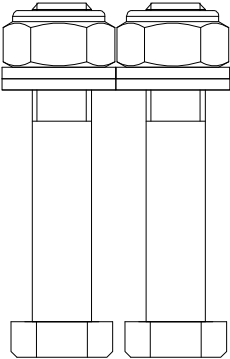
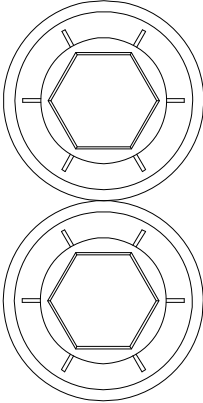
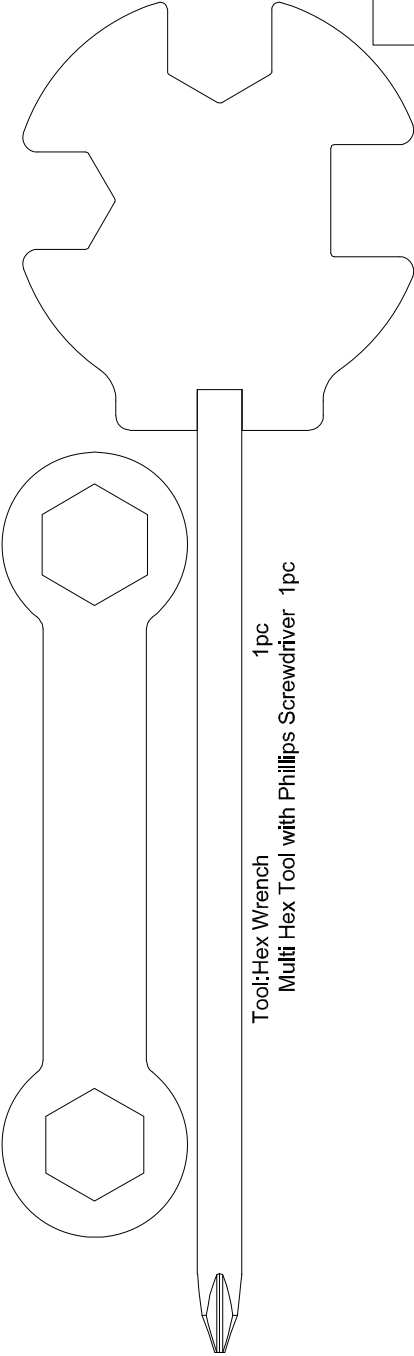


PARTS LIST

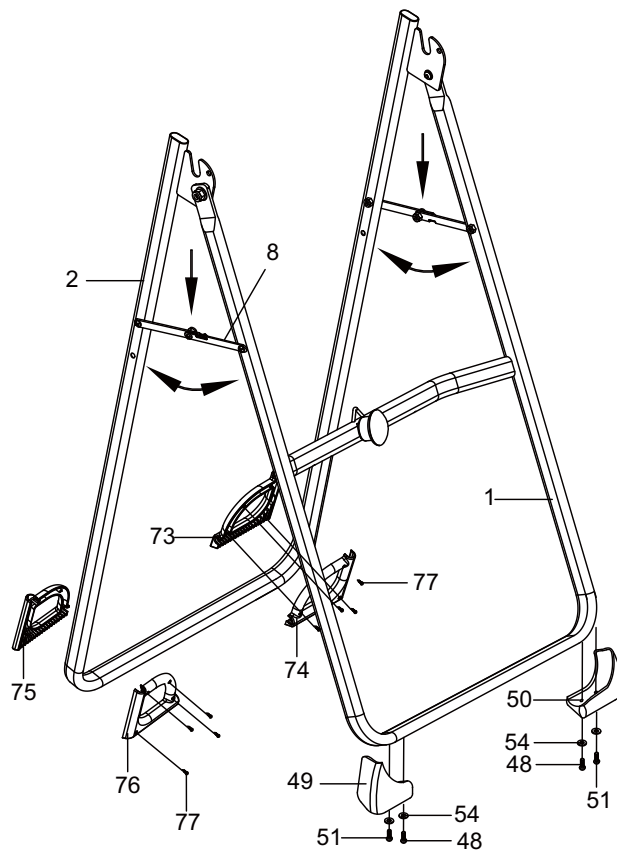
No.	Description	Qty	No.	Description	Qty
1	Front U-Frame	1	28	Upper Bed Frame Bushing	1
2	Rear U-Frame	1	29	Handlebar	2
3	Adjustable Boom	1	30	Knob	1
4	Bed Frame	1	31	Rubber Heel Holder	4
5	Pivot Arm	2	32	Nylon Strap	1
6	Adjustable Lock Plate	1	33	Loop Strap	1
7	Steel Heel Holder Bracket	4	34	Strap Lock	1
8	Folding Arm	2	35	Foam Bed	1
9	Rear Rod	1	36	Foam Grip	2
10	Bolt M8x23	2	37	Protective Cover	2
11	Front Rod	1	38	Hex Head Bolt M8x23	2
12	Phillips Screw M6x35	4	39	Front Plastic Cover	1
13	Washer Ø20xØ8.5x1.5	17	40L	Left Plastic Cover	1
14	Round Plate	1	40R	Right Plastic Cover	1
15	Lock Nut M8	12	41	Square End Cap	2
16	Lock Nut M6	6	42	Lock Pin	1
17	Blocking Bush Ø28.5xØ23x14	2	43	Hex Head Bolt M8x43	2
18	Large Spring Knob	1	44	Height Scale	1
19	Safety Hook	2	45	Latch	1
20	Rubber Pad	1	46	Foam Bed Bolt	5
21	Oval End Cap	2	47	Bolt M4x16	1
22L	Left Adjustable Boom Plate	1	48	Bolt M6x20	2
22R	Right Adjustable Boom Plate	1	49	Front Right Foot Cap	1
23	In-Step Frame	2	50	Front Left Foot Cap	1
24	In-Step Foot Pad	2	51	Bolt M6x25	2
25	Round End Cap	4	52	End Cap (□25x50mm)	5
26	Lower Bed Frame Bushing	2	53	Foam Grip	2
27	Washer Ø12xØ6.5x1.0	4	54	Washer Ø13x6.5x1.0	4

PARTS LIST

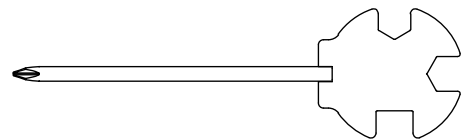
No.	Description	Qty	No.	Description	Qty
55	Nut Cap Ø27xØ13.5	4	67	Screw ST4.2x12	8
56	Adjustable Handle	1	68	Screw ST4.8x20	1
57	Handle Cap	1	69	Shaft Nut Ø8	1
58	Handle Spring	1	70	Bolt M5x10	2
59	Button	1	71	Bolt M8x50	4
60	Handle Tip	1	72	Pivot Arm Ring	2
61	Blocking Bush Ø28.5xØ22.5x10	2	73	Rear Left Foot Cap with Handle I	1
62	Screw M3x10	10	74	Rear Left Foot Cap with Handle II	1
63	Bolt M6x15	1	75	Rear Right Foot Cap with Handle I	1
64	Carriage Bolt M8x70	2	76	Rear Right Foot Cap with Handle II	1
65	Bolt M6x30	1	77	Screw ST3.5x15	8
66	Spacer Ø22xØ16.8	2			

Step 1		Step 2	
			
(#48) Bolt M6×20 2pcs (#54) Washer Φ13*6.5*1.0 2pcs		(#55) Safety Nut Cap Φ27*13.5 2pcs	
Step 7			
			
(#43) Hex Head Bolt M8×43 2pcs (#13) Washer Φ8.5*Φ20*1.5 4pcs (#15) Lock Nut M8 2pcs		(#38) Hex Head Bolt M8×23 2pcs (#13) Washer Φ8.5*Φ20*1.5 4pcs (#15) Lock Nut M8 2pcs	
			
		Tool: Hex Wrench 1pc Multi Hex Tool with Phillips Screwdriver 1pc	
		5800	

ASSEMBLY



Tool:



*Multi Hex Tool with
Phillips Screwdriver*

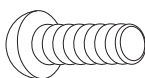
Step 1:

Stand up the base of the machine by separating the **Front and Rear U-Frames (1, 2)**. Pull the **Front and Rear U-Frames (1, 2)** apart from each other. Push down on the middle of the **Folding Arms (8)** until they are fully locked down.

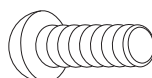
Attach each of the **Right & Left Foot Caps (49, 50)** to the **Front & Rear U-Frame (1, 2)** with one **Screw (48)**, one **Screw (51)**, and two **Washers (54)**. Tighten using the **Multi Hex Tool with Phillips Screwdriver** provided.

Attach the **Rear Left Foot Cap with Handle I (73)** and **Rear Left Foot Cap with Handle II (74)** to the left side of the **Rear U-Frame (2)** with four **Screws (77)**. Attach the **Rear Right Foot Cap with Handle I (75)** and **Rear Right Foot Cap with Handle II (76)** to the right side of the **Rear U-Frame (2)** with four **Screws (77)**. Then tighten using the **Multi Hex Tool with Phillips Screwdriver** provided.

Hardware:



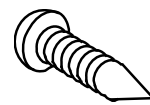
(48) Bolt
2 PCS



(51) Bolt
2 PCS



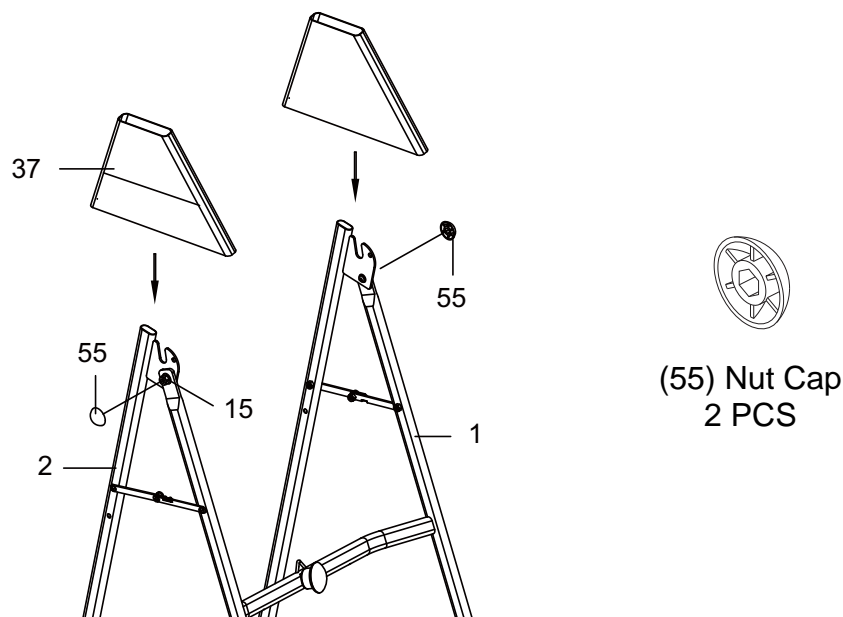
(54) Washer
4 PCS



(77) Screw
8PCS

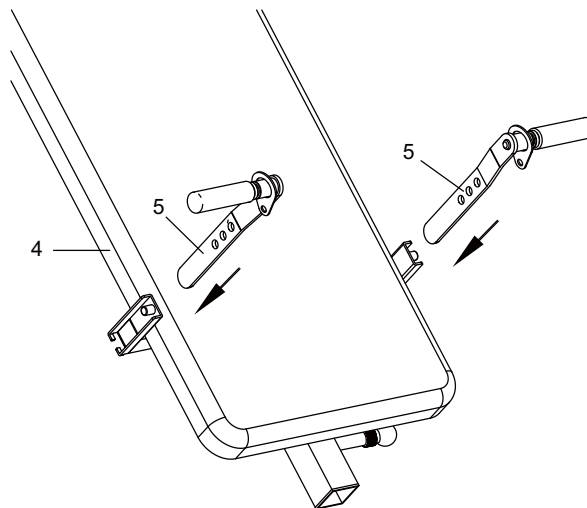


The product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.



Step 2:

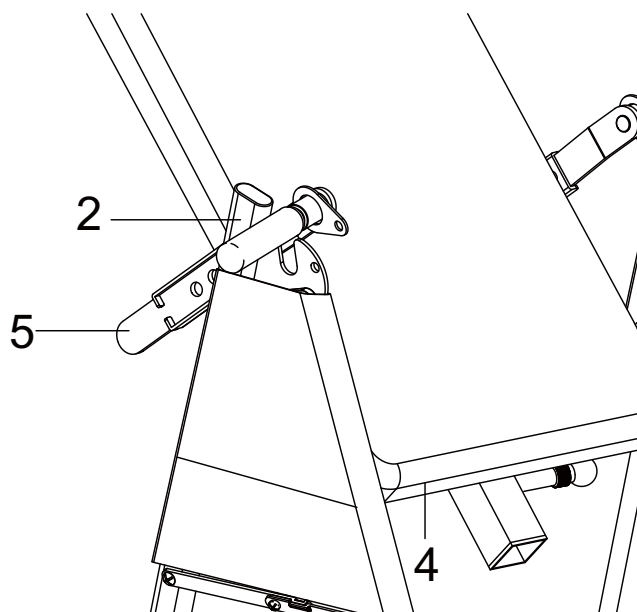
Install a **Nut Cap (55)** onto the **Lock Nuts (15)**. Slide a **Protective Cover (37)** on to each side of the base as shown. Pull down on the **Protective Covers (37)** until the bottom of the covers are slightly lower than the **Folding Arms (8)**. Use the Velcro straps on the bottom of the **Protective 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)**.



Step 3:

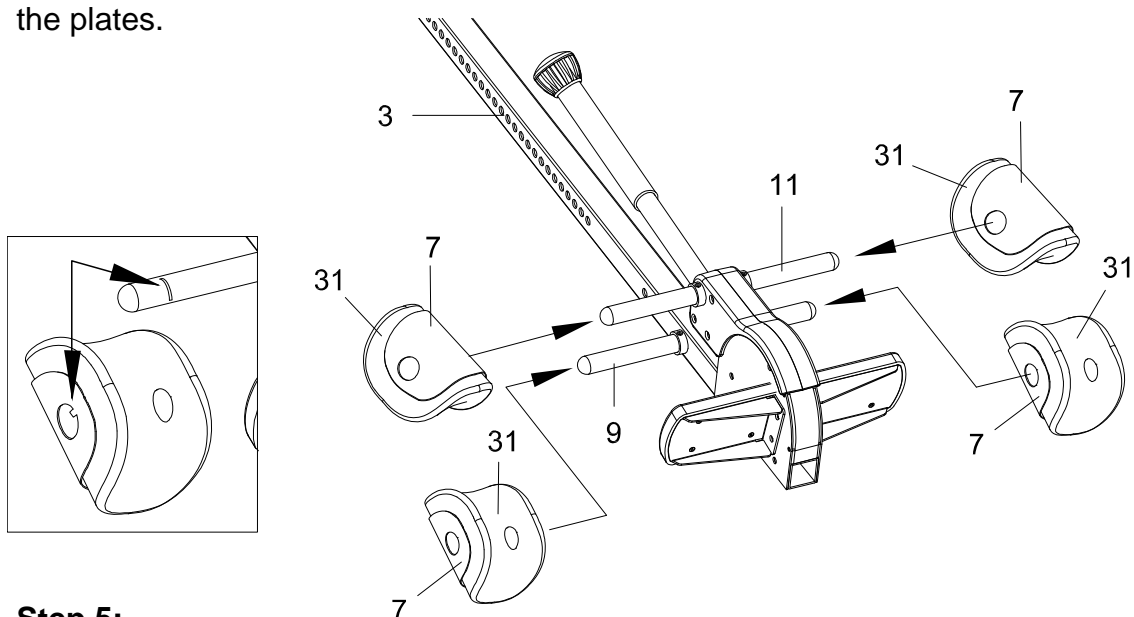
Slide the bottom of the **Pivot Arms (5)** into the brackets that are located on each side of the **Bed Frame (4)**. Align the arms with the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the **Pivot Arms (5)** in place. It is recommended that you use the bottom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

ASSEMBLY



Step 4:

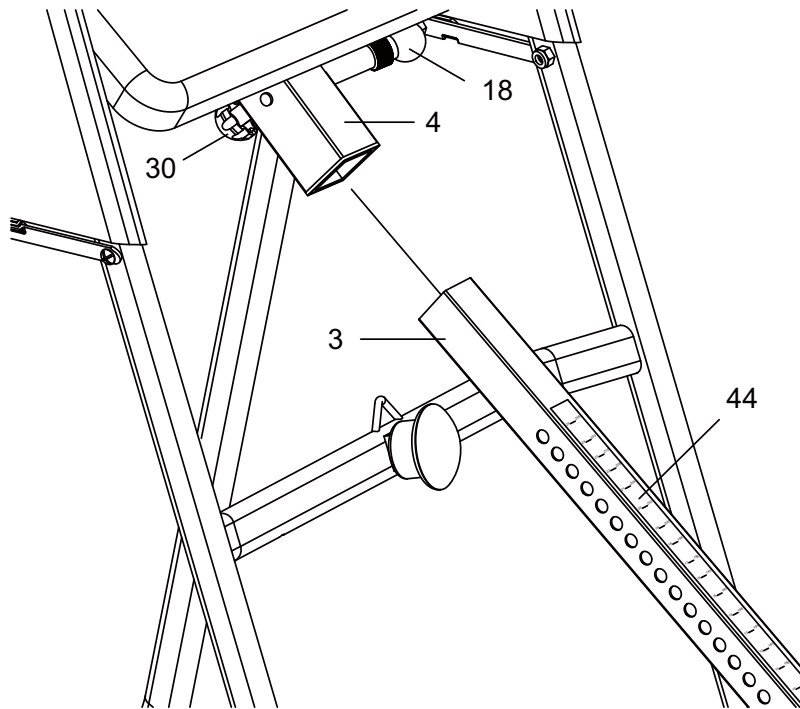
Mount the **Bed Frame (4)** to the **Rear U-Frame (2)** by inserting the ends of the **Pivot Arms (5)** into the channels on the plates. The slotted portion of the rollers on the end of the **Pivot Arms (5)** should be inserted into the channels on the plates.



Step 5:

Slide the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (31)** onto both ends of the **Rear Rod (9)**. Ensure the lock teeth are wedged into the slots in **Rear Rod (9)** as shown in the figure above. Repeat this step to install the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (31)** onto the **Front Rod (11)**.

NOTE: Make sure the lock teeth are wedged into the slots in the **Rear and Front Rods (9, 11)** before use.

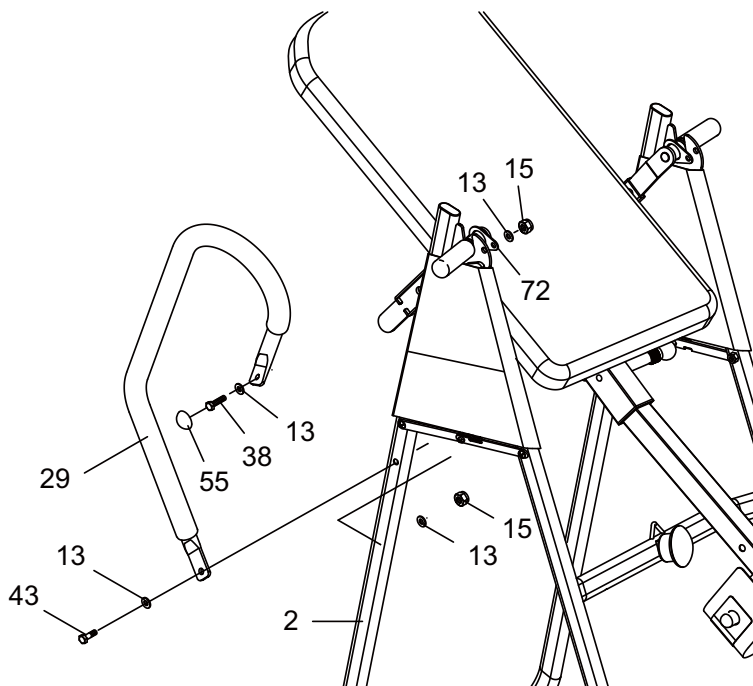


Step 6:

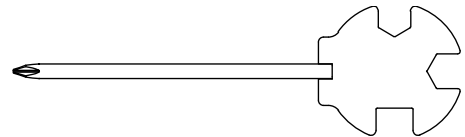
Pull out the **Large Spring Knob (18)** and slide the **Adjustable Boom (3)** into the square bracket on the bottom of the **Bed Frame (4)** as shown.

Slide the **Adjustable Boom (3)** to the desired height.

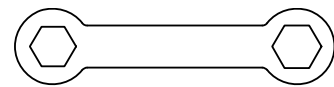
Lock the **Adjustable Boom (3)** in place by releasing the **Large Spring Knob (18)** and sliding the **Adjustable Boom (3)** up or down slightly until the **Large Spring Knob (18)** "pops" down into the locked position. Secure the **Knob (30)** onto the back side of the bracket on the **Bed Frame (4)** as shown.



Tool:



*Multi Hex Tool with
Phillips Screwdriver*



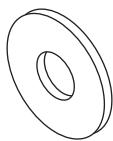
Hex Wrench

Step 7:

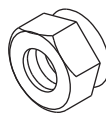
Attach the top end of the **Handlebar (29)** onto the **Rear U-Frame (2)** and **Pivot Arm Ring (72)** with one **Hex Head Bolt (38)**, one **Lock Nut (15)**, and two **Washers (13)**. Attach the bottom end of the **Handlebar (29)** onto the **Rear U-Frame (2)** with one **Hex Head Bolt (43)**, one **Lock Nut (15)**, and two **Washers (13)**. Tighten all Bolts and Nuts using the **Multi Hex Tool with Phillips Screwdriver**, and **Hex Wrench** provided. Attach a **Nut Cap (55)** onto **Hex Head Bolt (38)**.

Repeat this step to attach the other **Handlebar (29)** on the opposite side of the **Rear U-Frame (2)**.

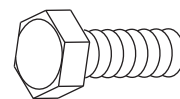
Hardware:



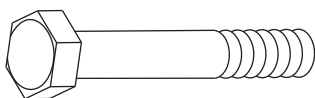
(13) Washer
8 PCS



(15) Lock Nut
4 PCS



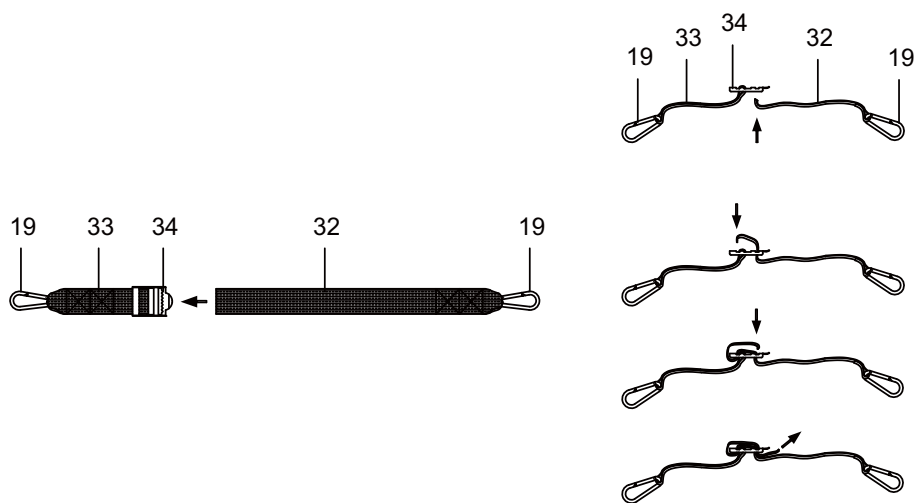
(38) Hex Head Bolt
2 PCS



(43) Hex Head Bolt
2 PCS

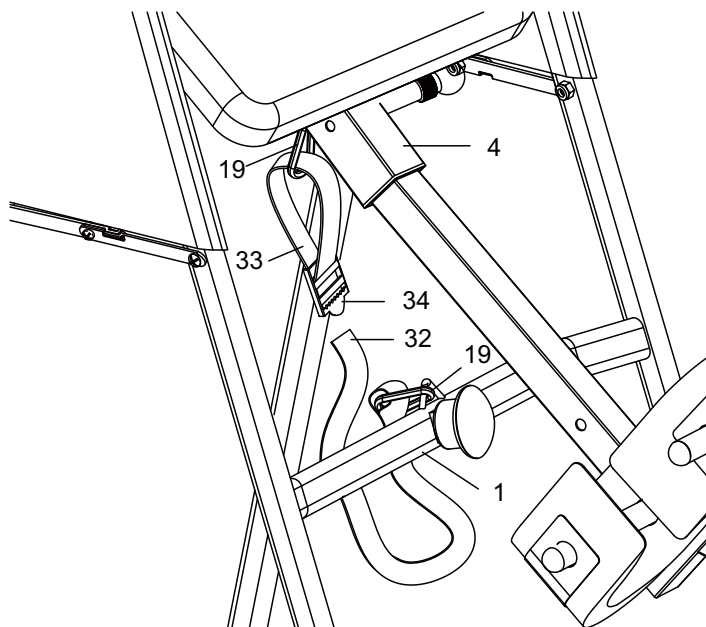


(55) Nut Cap
2 PCS



Step 8:

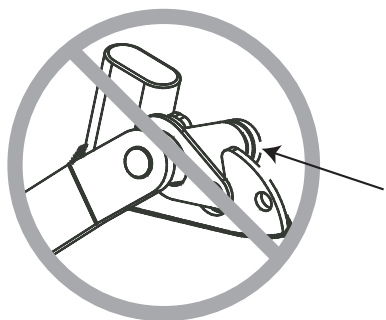
Attach the **Nylon Strap (32)** to the **Strap Lock (34)** by inserting the end of the **Nylon Strap (32)** up through the bottom of the **Strap Lock (34)**, loop the **Nylon Strap (32)** over the **Pre-assembled Loop Strap (33)** and down through the **Strap Lock (34)**. Then loop the strap back over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



Step 9:

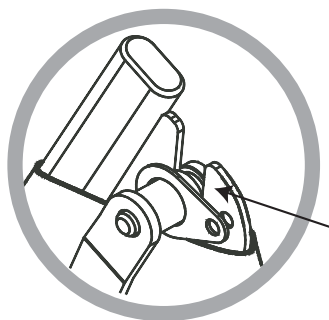
Attach the **Nylon and Loop Straps (32, 33)** to the inversion table by hooking the end of the **Nylon Strap (32)** to the loop on the back of the **Bed Frame (4)** as shown. Then hook the other end of **Loop Strap (33)** to the other Pre-assembled loop on the **Front U-Frame (1)** as shown above.

Incorrect



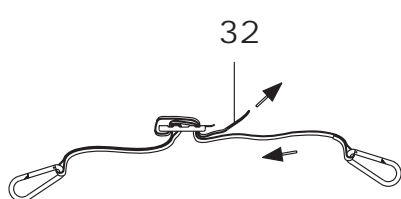
The slot of the Pivot arm is NOT aligned correctly. The pivot arm must be inserted all the way into the curved slot.

Correct

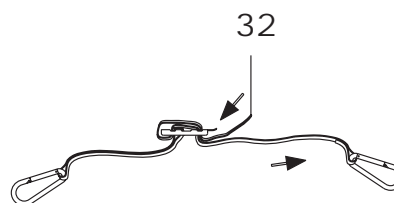


Make sure the pivot arm is inserted all the way into the slot. When the Pivot arm is aligned correctly in the groove of the curved slot the pivot arm will be able to move freely.

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



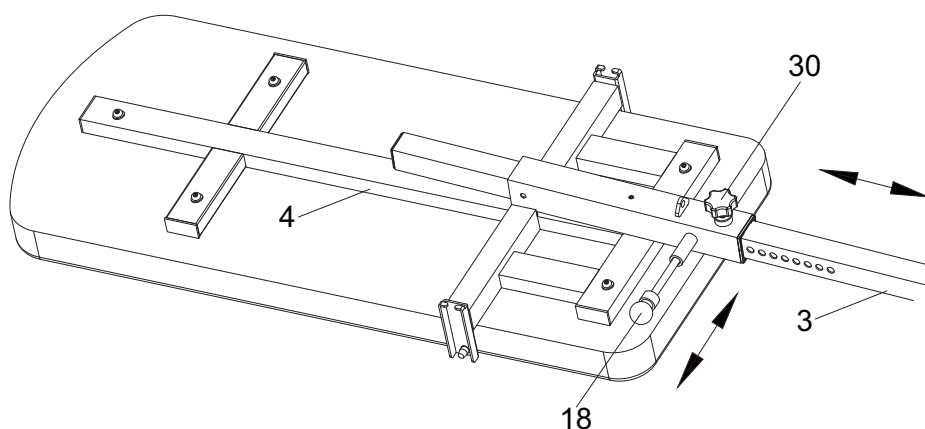
SHORTEN



LENGTHEN

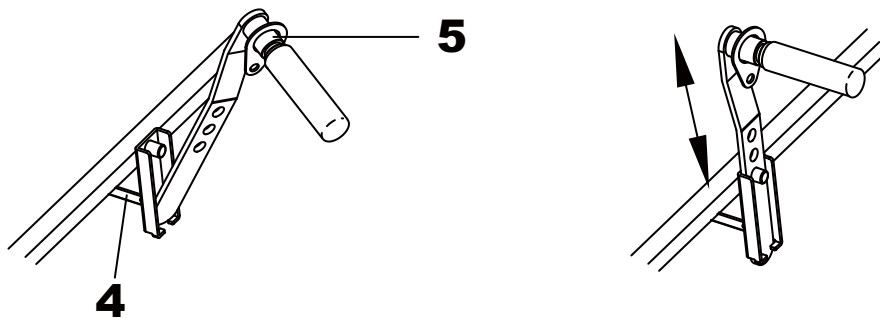
THE STRAP

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 above.



ADJUSTING THE BOOM

The **Adjustable Boom (3)** can be moved to a variety of different positions, in order to accommodate users of different heights. To adjust the boom loosen the **Knob (30)**, pull out the **Large Spring Knob (18)** and slide the boom up or down to the desired height. The height scale is positioned just below the **Square Bushing (26)**. When the boom is in the desired position, 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)**.



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 holes. 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. The **Handlebars (29)** are there to help the user 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.

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. Make sure that the **Rubber Heel Holders (31)** 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.

USING THE INVERSION TABLE

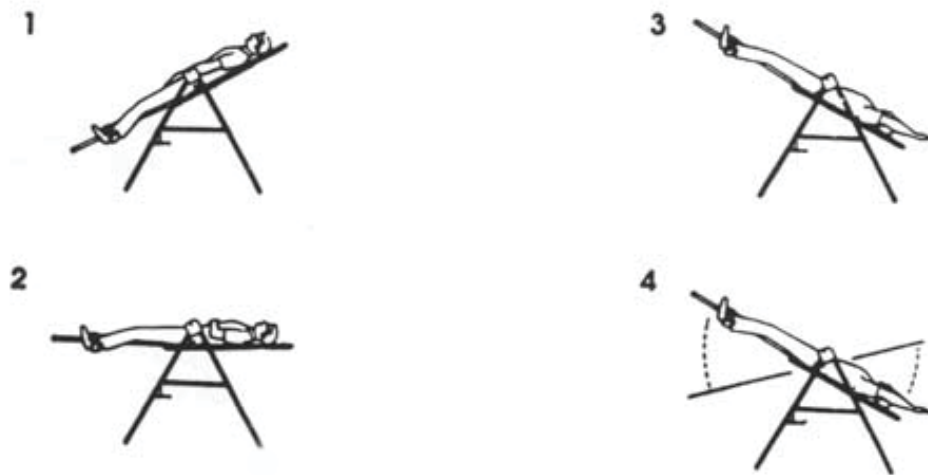
Start by lying fully back on the bed with your hands at your side, or resting on your thighs. **See Fig. 1**
 Keeping your hands close to your body, begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table. **See Fig. 2**

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**

As you get more comfortable with the inversion table, rock the bed slowly by moving your arms slowly up and down. **See Fig. 4**

It is recommended that the inversion table be used for five to ten minutes each morning, and again each evening.

Return to the upright position by slowly moving your hands back down to your thighs. **See Fig. 1**



SUGGESTIONS FOR USE

Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.

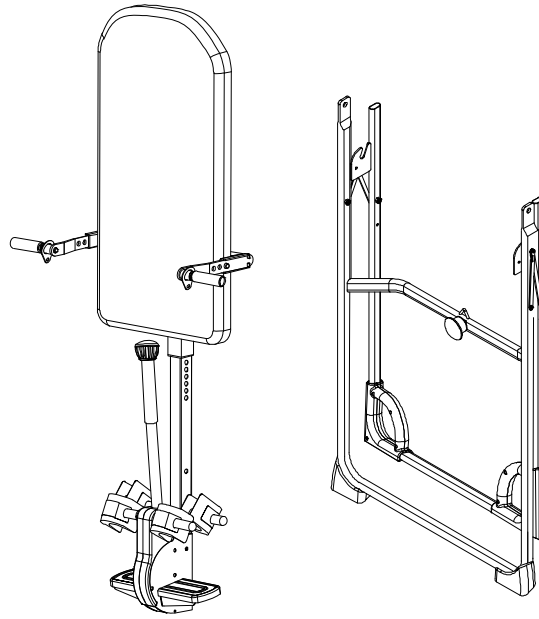
Make gradual changes: increase the angle of inversion only if it is comfortable. Increase the angle of inversion only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks.

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.

Limit partial inversion without movement to one or two minutes.

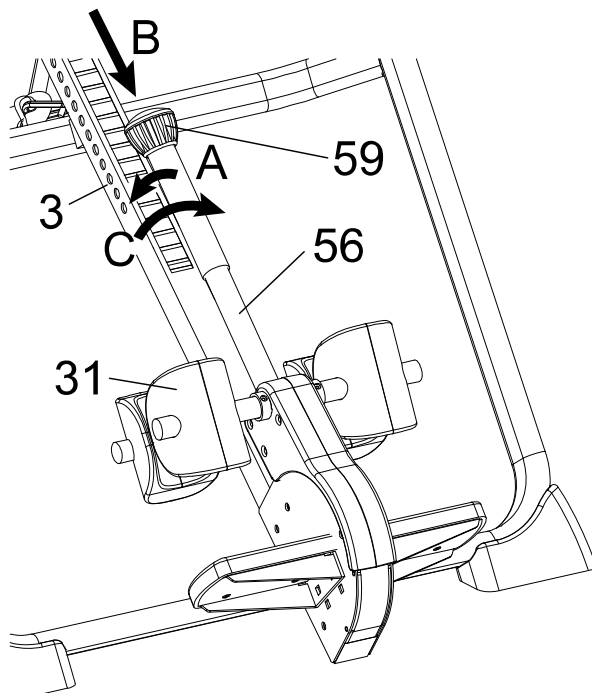
Limit full inversion with no movement to only a few seconds.

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.



For your 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 ONLY by an authorized service representative.



In case the **Adjustable Handle (56)** is too tight to release **Rubber Heel Holder (31)**, Follow these steps:

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



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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
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 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**

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 to #: 626-810-2166***