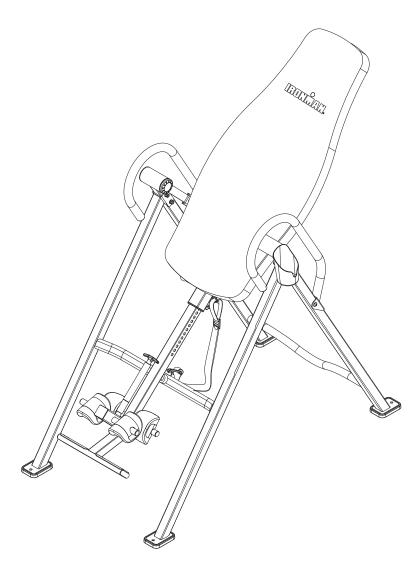
## **OWNER'S MANUAL**











## **Outdoor Inversion Table**

#### Item#6571

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6571.1-101315

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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 (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

#### **IMPORTANT SAFETY INSTRUCTIONS**

This inversion table was designed and built for optimal safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating the equipment. When using this equipment, 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 equipment only for its intended purpose as described in this manual.
- 3. Do not use attachments not recommended by the manufacturer.
- 4. Never operate this equipment if it is damaged, if it is not working properly, if it has been dropped or damaged. Please contact customer service with any of these issues.
- 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, immediately cease use. You should also stop using the equipment if you are experiencing pain or discomfort of any kind.
- 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. Invert slowly, as dizziness after a session means you came up too fast.
- 12. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
- 13. Always use this equipment on a clear and level surface. Do not use near water.
- 14. Close supervision is necessary when this inversion table is used by, or near children, or disabled persons.
- 15. Never drop on 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 OR DEATH.
- 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.
- 20. **WARNING:** Risk of personal injury Do not grab brake level for getting up, Must use handle bars.

#### **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 350 lbs (159 kgs.) Maximum Rated Height for this product is 6'6"/198cm.

**WARNING:** Before using this equipment you should consult with your personal

physician to see if inversion equipment is appropriate for you. Do not use this

equipment without your physician's approval. Do not use this equipment if you have

any of the following conditions or ailments:

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

## SAVE THESE INSTRUCTIONS



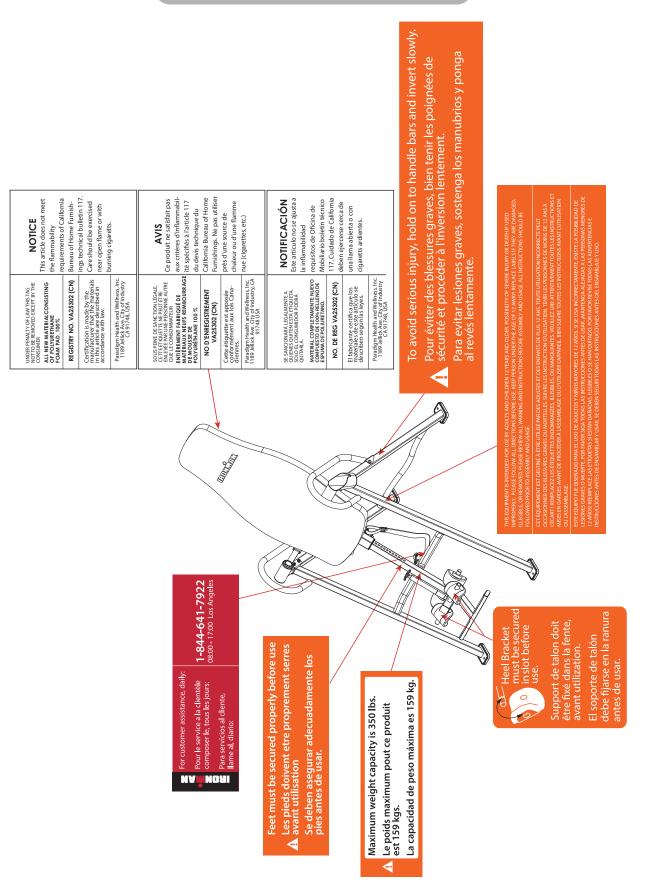
**Correct:** Locking pin fully engaged



**Incorrect:** Locking pin <u>not</u> fully engaged

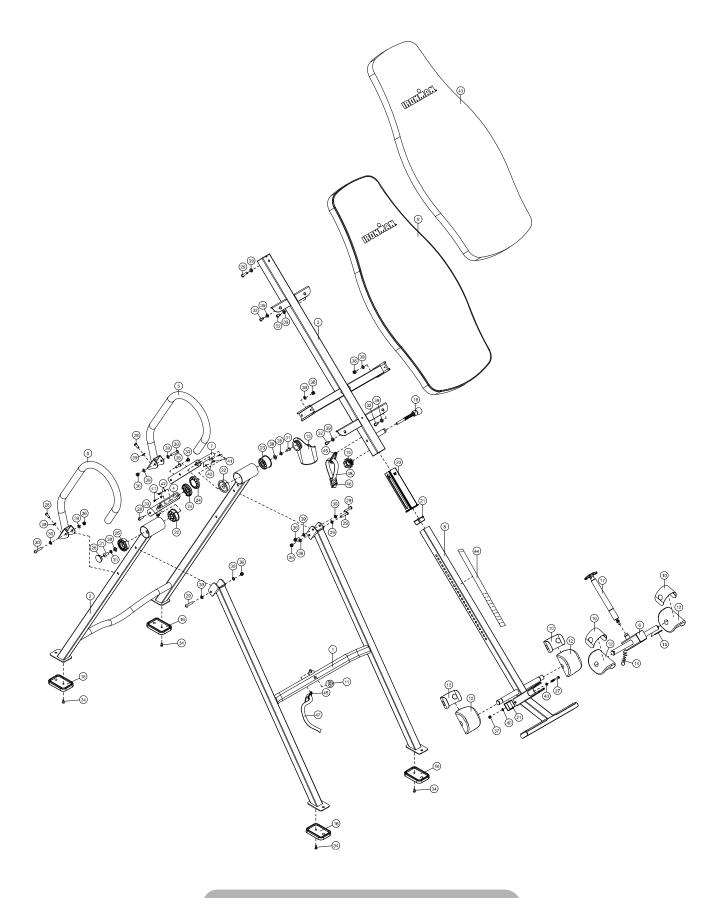
Always check to make sure that the ankle locking pin is fully engaged before each use. Make sure that the front and rear ankle clamps are secured tightly against your ankles to prevent from falling when the tables inverts.

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



#### LABEL PLACEMENT

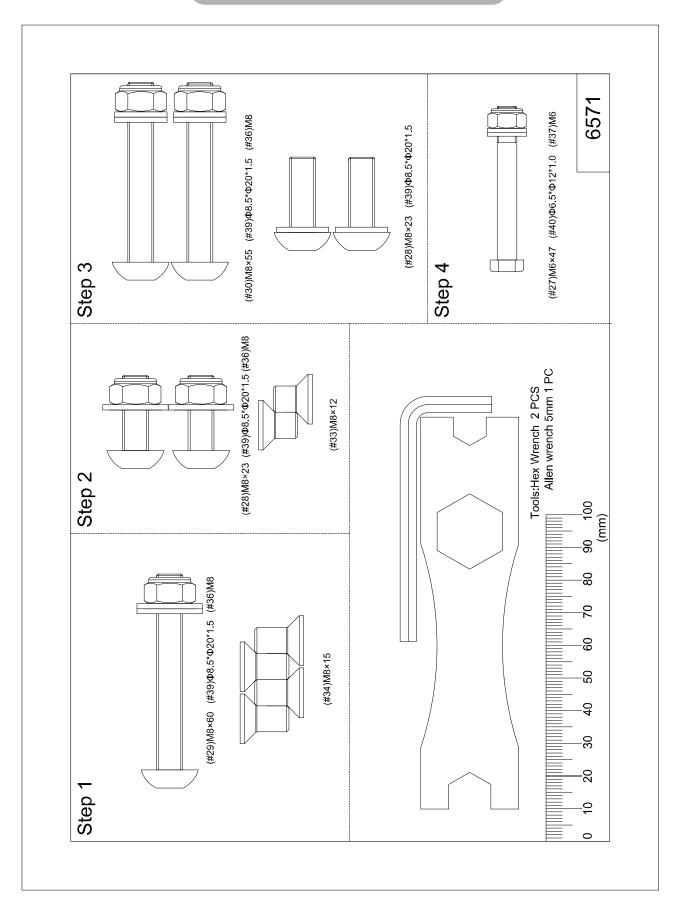
## **OVERVIEW DRAWING**



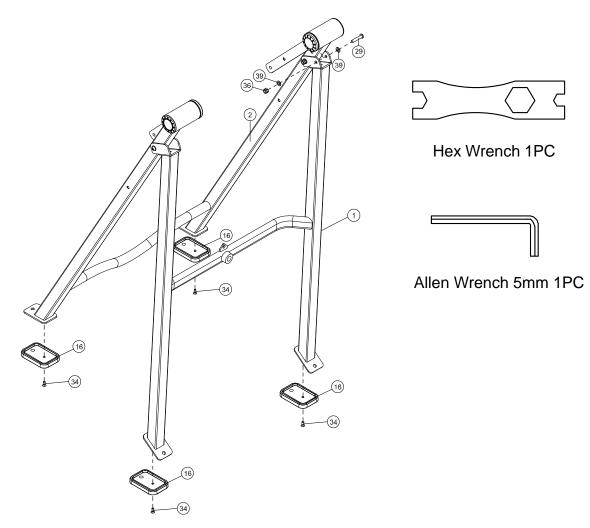
## PART LIST

No.	Description	Q'ty	No.	Description	Q'ty
1	Front Frame	1	05	Pivot Arm Rotation Cap I	1
			25	Ø60xØ19.5x21	
2	Rear Frame	1	26	Round Cap	1
3	Bed Frame	1	27	Hex Bolt M6x47	1
4	Left Pivot Arm	1	28	Hex Bolt M8x23	4
5	Handlebar	2	29	Hex Bolt M8x60	4
6	Adjustable Instep Frame	1	30	Hex Bolt M8x55	2
7	Pivot Arm	1	31	Hex Bolt M8x25	2
8	Adjustable Boom	1	32	Hex Bolt M8x15	4
9	Foam Bed	1	33	Allen Bolt M8x12	2
10	Heel Holder Bracket	4	34	Allen Bolt M8x15	4
11	Rubber Pad	1	35	Spring Washer Ø8.1xØ12.3x2.1	2
12	Rubber Heel Holder	4	36	Lock Nut M8	7
13	Cup Holder	1	37	Lock Nut M6	1
14	Spring ∮ 10* ∮ 1.0*110L*85N	1	38	Washer Ø8.5xØ24x2	2
15	Knob ∮ 45*3/8"*19L	1	39	Washer Ø8.5xØ20x1.5	19
16	Foot Cap	4	40	Washer Ø12xØ6.5x1.0	2
17	Spring Knob	1	41	Screw ST3.5x10	4
18	Spring Latch ∮ 4.0*32	1	42	Washer Ø4.3*Ø9*t0.8	4
19	Spring Knob	1	43	Backrest Cover	1
20	Lower Bed Frame Bushing	2	44	Height Scale	1
21	Square End Cap 38*38*t2.0	2	45	Safety Hook Ø7*70	2
22	Pivot Arm Rotation Cap II	2	2 46	Strap Lock 62*53*t2.0	1
	Ø60xØ19.5x18				
23	Cup Holder Rotation Cap ∮ 60* ∮	1 47		Nylon Strap 38*813*t2.1	1
	19.5*t30				
24	Rotor Cover	2	48	Loop Strap 38*254*t2.1	1

## HARDWARE LIST & TOOLS

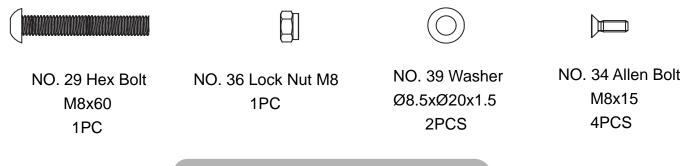


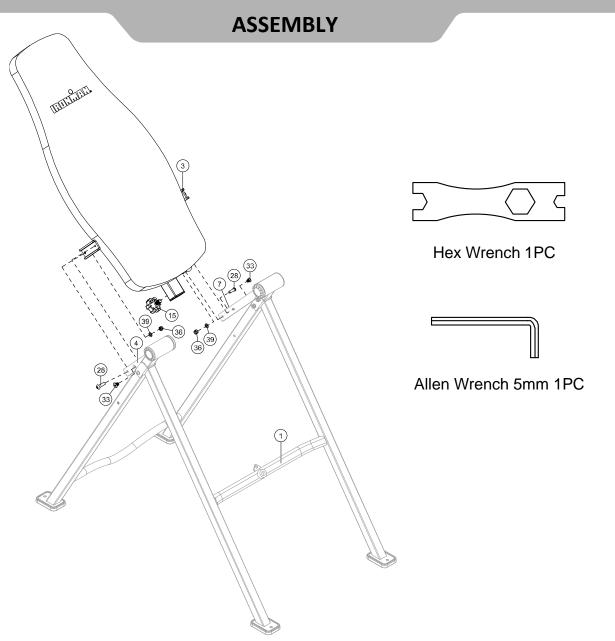
The product weighs more than 44lbs / 20kgs and should  $\Delta$  be assembled and moved by two or more people.



#### Step 1.

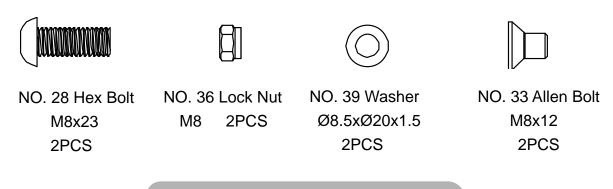
- 1. Stand up the base of the machine by separating the Front and Rear Frames(1, 2).
- 2. Pull the Front and Rear Frames (1, 2) as far apart from each other as possible.
- 3. Insert one Hex Bolt (29), two Washers and one Lock Nut (36) onto the Front Frame (1) tighten by using the Hex Wrench, Allen Wrench 5mm provided.
- Attach Foot Caps (16) to the Front Frame (1) and Rear Frame (2). Fasten each Foot Cap (16) with four Allen Bolts (34) by Allen Wrench 5mm provided.

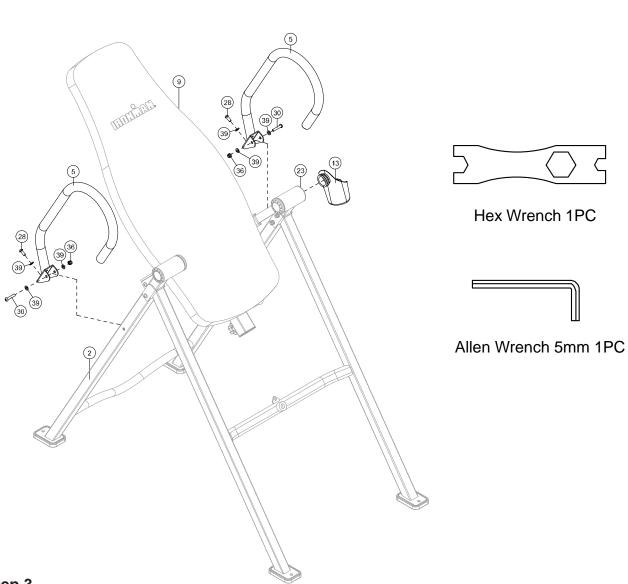




#### Step 2.

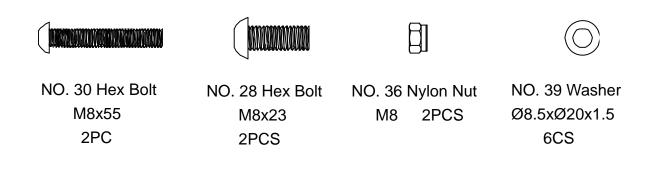
- 1. Attach the Bed Frame (3) onto the Pivot Arm (7) and tighten with two Hex Bolts (28), two Lock Nut (36) and two Washer (13) by using the Hex Wrench, Allen Wrench 5mm provided.
- 2. Tighten Allen Bolt (33) with Allen Wrench 5mm provided.
- 3. Install the Knob (15) onto the Bed Frame (3).

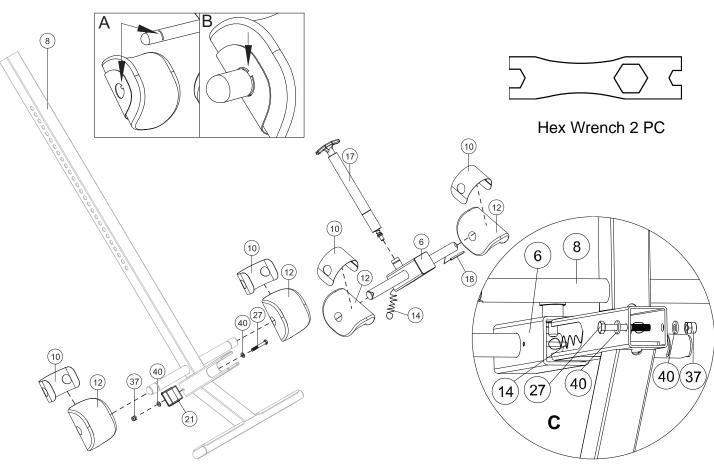




#### Step 3.

- Attach the bracket of Handlebar (5) onto the Rear Frame (2) and tighten with one Hex Bolt (30), one Nylon Nut (36), and two Washers (39) by using the Hex Wrench provided.
- 2. Insert one Hex Bolt (28) and one Washer (39) on the other end of Handlebar by using the Allen Wrench 5mm provided.
- 3. Attach the Cup Holder (13) onto the Cup Holder Rotation Cap (23).





#### Step 4.

- 1. Slide the Heel Holder Brackets (10) and Rubber Heel Holders (12) onto both ends of the Front Leg Holder (6) until the teeth of Holder Bracket (10) are wedged into the slots on Front Leg Holder (6), as shown in **Figure A and B**.
- 2. Insert Adjustable Boom (8) into the Front Leg Holder (6), making sure to guide Spring (14) through to the rear of the Adjustment Boom (8).
- 3. At the rear of Adjustment Boom (8) secure the loop of Spring (14) as in **Figure C** with a Hex Bolt (27), two Washer (40), and a Lock Nut (37). Tighten the Bolt (27) and the Lock Nut (37) with the two Hex Wrenches provided.
- 4. By hand, screw Spring Knob (17) into Front Leg Holder (6).
- 5. Insert Square End Cap (21) into the rear of Adjustable Boom (8).

**NOTE:** Make sure the lock teeth are wedged into the slots of the Front Leg Holder (6) and Adjustable Boom (8) to lock the Heel Holder Brackets (10) and Rubber Heel Holders (12) firmly in place around your ankles before use.





#### Step 5.

- 1. Loosen the Knob (15).
- 2. Pull on the ball of the Boom Spring Knob (19) in order to slide the Adjustable Boom (8) in to the square tube of Bed Frame (3).
- 3. Adjust to your desired height.
- 4. Release the Boom Spring Knob (19) and make sure the pin of the Boom Spring Knob (19) "pops" into one of the height adjustment holes.
- 5. Tighten Knob (15) for additional safety.

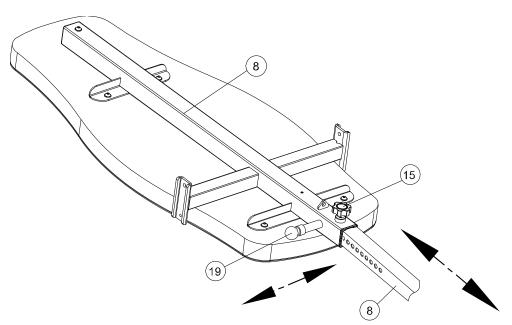
# **ASSEMBLY** 45 45 В 45 (45) С

#### Step 6.

- 1. Attach a Safety Hook (45) to the loops at both ends of the Nylon Strap (47).
- 2. Attach one end of Nylon Strap with Safety Hook (45) to the underside of Bed Frame (3) as shown in image A.
- 3. Release the gate of Safety Hook (45) so that it stays locked onto Bed Frame (3) as shown in image B.
- 4. Attach one end of Nylon Strap with Safety Hook (45) to the underside of Rear Frame (2) as shown in image C.
- 5. Release the gate of Safety Hook (45) so that it stays locked onto Rear Frame (2) as shown in image C.

## ADJUSTMENT 47 47 47 47 47 47 47 LENGTHEN THE STRAP

For added safety, a nylon strap has been included to help restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degrees of inversion. To lengthen the Nylon Strap (47) feed the top end of Nylon Strap (47) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (47) into the strap (47) into the strap (47) into the strap (47) into the strap lock, and pull on the strap lock, and pull on the top end. **See Diagram Above**.



#### Set the Adjustable Boom to your height

Turn Knob (15) counter-clockwise to loosen the Adjustable Boom (8). Pull Spring Knob (19) as you adjust the Adjustable Boom (8) to desired height. As a secondary measure of safety turn Knob (15) clockwise to tighten the Adjustable Boom (8) in place for the selected height.

Note: When you invert, readjust the height adjustment Boom up if the bed doesn't rotate. Adjust the height adjustment boom down if the bed rotates too fast.

## **HOW TO USE**

#### Set the Adjustable Boom to your height

- 1. Turn Knob counter-clockwise to loosen the Adjustable Boom.
- 2. Pull Boom Spring Knob as you adjust the Adjustable Boom to desired height.
- 3. Turn Knob clockwise to tighten the Adjustable Boom.

#### How to invert

- Adjustable Boom Boom Spring Knob Knob
- 1. Always hold on to the handlebars and go back slowly. Failure to comply could result in SERIOUS PHYSICAL INJURY or DEATH.

#### How to raise from inverted position

1. Simply grab the Handlebars 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 improperly adjusted to your height.

#### **GENERAL PRECAUTIONS**

- 1. It is recommended that someone be with you while you are using this inversion table to aid you if necessary; at least until you become proficient with the equipment.
- 2. Make sure that the Rubber Heel Holders and Front Heel Holders are holding your feet securely.
- 3. Make sure that the Adjustable Boom is properly set to your height.
- 4. Make sure that the Adjustable Boom is held securely by both the Boom Spring Knob and the Knob.
- 5. Make sure that there is enough room for the bed to rotate completely.

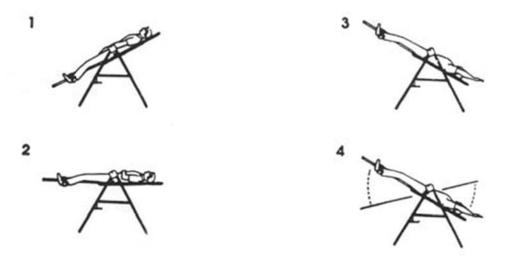
#### **BALANCING THE INVERSION TABLE**

The inversion table is like a very carefully 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 our feet. If your feet are above your head, dismount and adjust the height again.

#### **OPERATION**

## **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. Slowly raise your arms, allowing the table to rotate backward.
- 3. Control the downward rotation of the table by slowly moving your arms along your torso.
- 4. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go and maximum effect of the inversion table will be achieved.
- 5. It is recommended that the inversion table be used for intervals of five to ten minutes WARNING: consult your doctor if you wish you invert for longer periods of time.
- 6. Return to the upright position by slowly moving your hands back down to your thighs.



### 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.
- Make gradual changes: increase the angle only if it is comfortable. Increases 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. Listen to 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. How frequently should I invert? For the best answer consult your doctor for your specific needs.

#### Inner Thigh Stretch

**Quadriceps Stretch** 

left foot up.

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.

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

#### **Toe Touches**

Slowly bend forward from your waist, letting you 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 right toes as far as you can. Hold for 15 counts, relax, and then repeat with left leg extended.

#### ماء مرام







#### WARM UP

## 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
All Other Components	90 days

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

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

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;

- 2. Use of this product beyond normal home use, or in an application for which it was not designed;
- 3. Cosmetic items such as scratches, dents or discolorations;
- 4. All exchanged parts and Products replaced under this limited warranty will become the property of Paradigm Health and Wellness.
- 5. Damage caused by normal wear and tear, vandalism, accidental or by animals;

6. 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.);

7. 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.

8. 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

#### **FAX FORM**

## Paradigm Health & Wellness, Inc.

#### 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: _		 
	STATE	
TELEPHONE	: (Day)	 
	(Night)	 
	(Email Address)	 
	SERIAL#:	
	MODEL#:	 
PURCHASE I	DATE:	
PURCHASE I	FROM:	 

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY	
SHIP DATE:	
TRK #:	
BACK ORDER:	