

PRO INVERSION TABLE

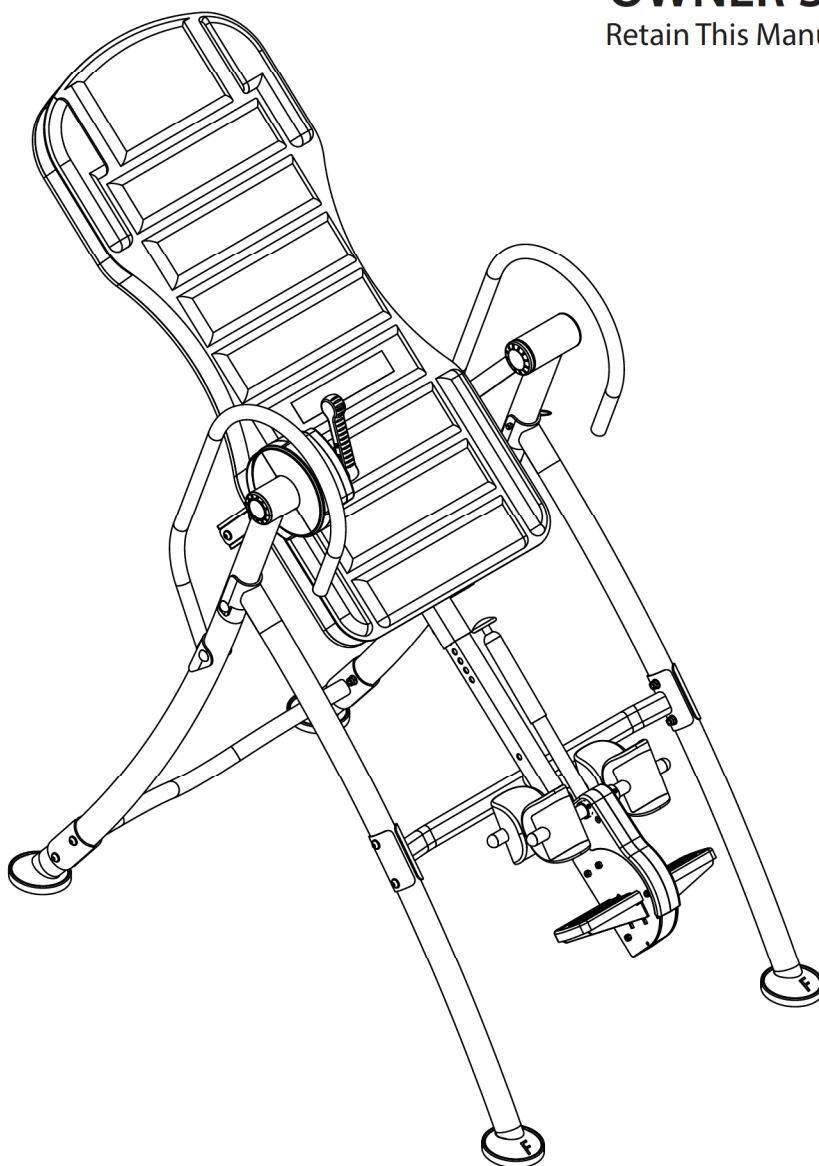
Style # STE00106

PROIT|300

**FITNESS
GEAR**

OWNER'S MANUAL

Retain This Manual For Reference



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

TABLE OF CONTENTS

SERVICE	2
LABEL PLACEMENT	3
IMPORTANT SAFETY INSTRUCTIONS	4
OVERVIEW DRAWING	6
PARTS LIST	8
HARDWARE LIST & TOOLS	10
ASSEMBLY	11
HOW TO USE	15
OPERATION AND ADJUSTMENTS	17
ABOUT QUICK RELEASE ANGLE LOCK SYSTEM	19
STORAGE	20
WARM UP	21
WARRANTY	22
FAX FORM	23

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.

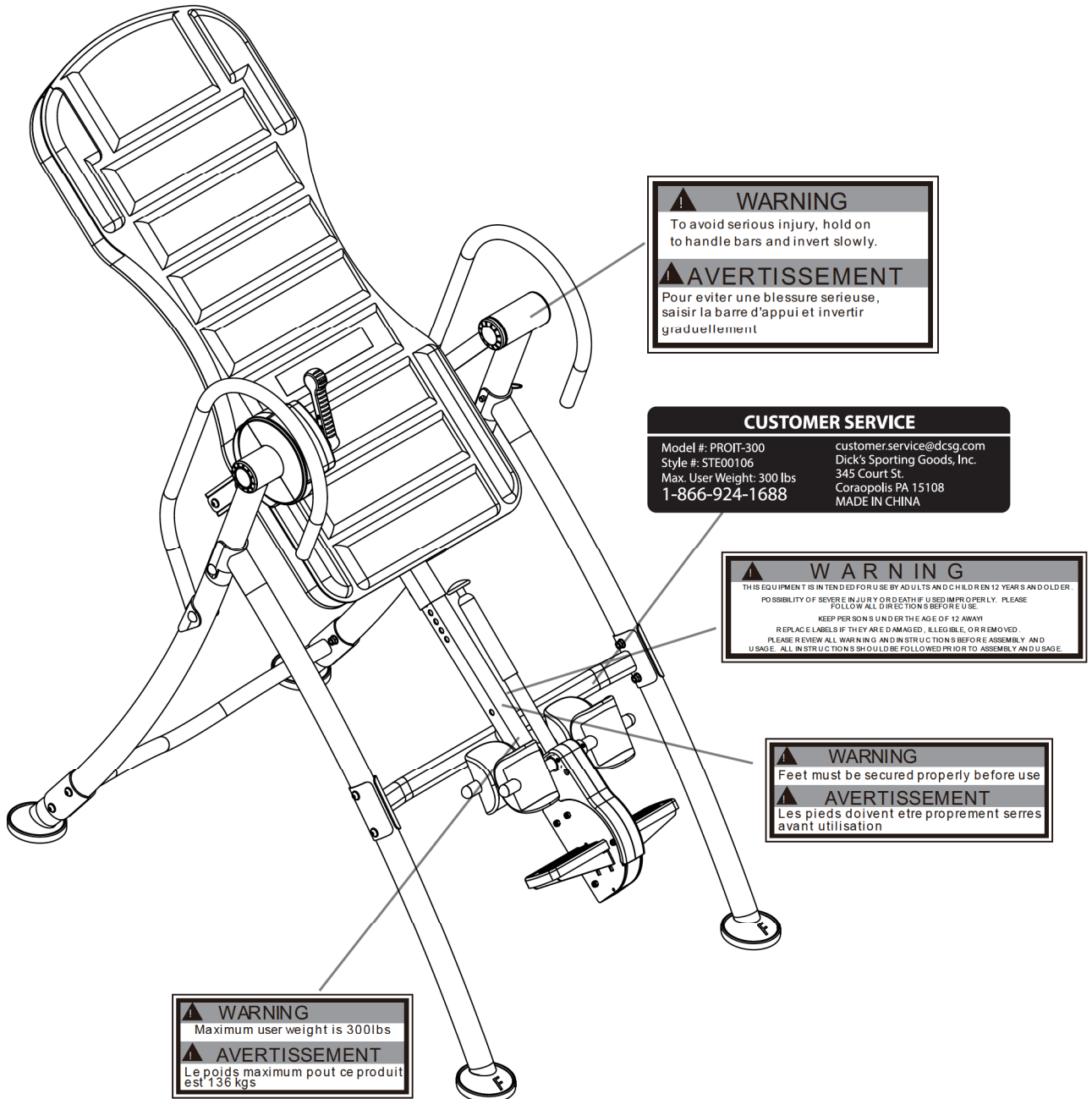
Please have the following information ready when requesting for service:

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.

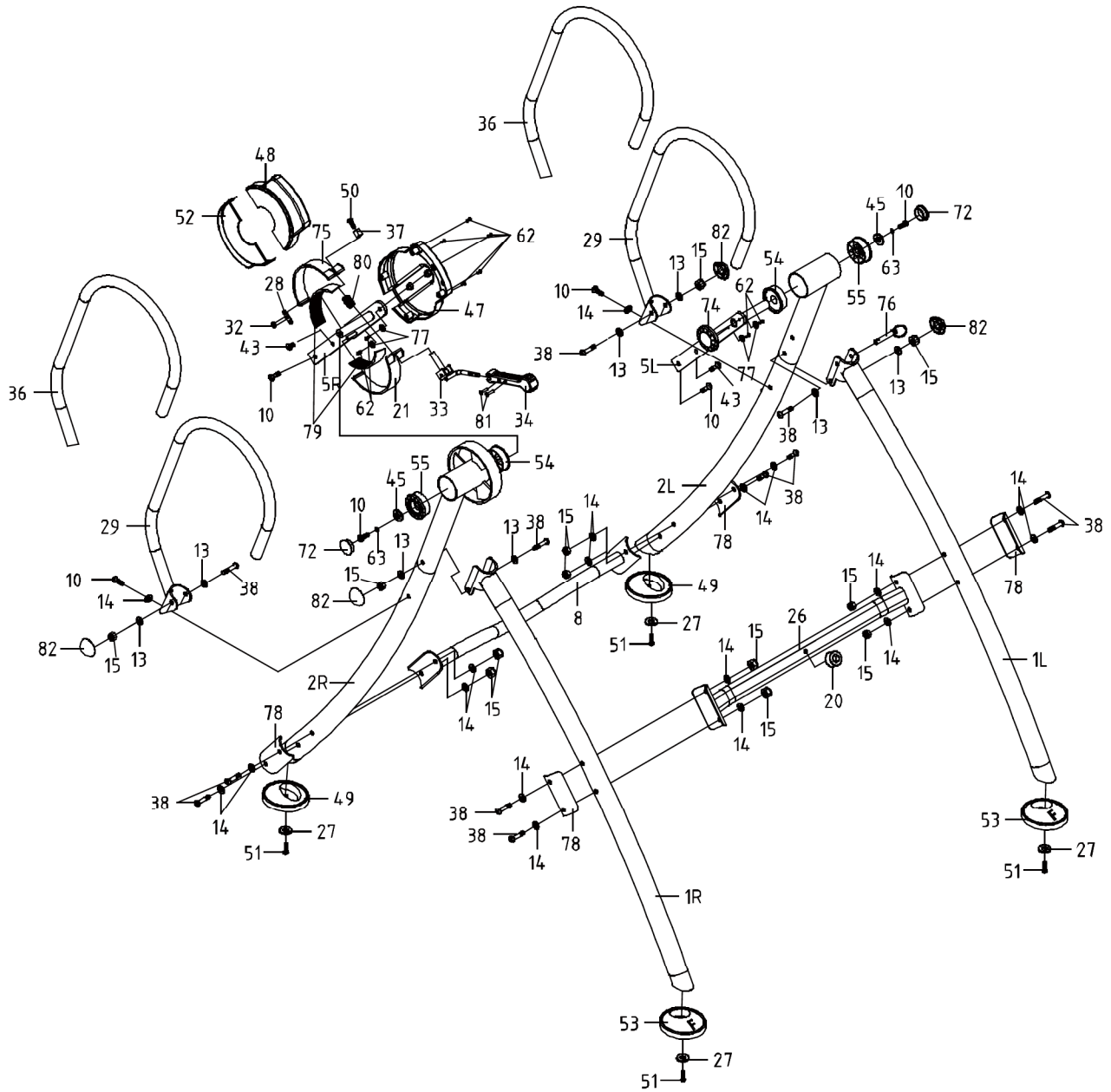
NOTE: Maximum User Weight for this product is 300lbs/136kgs.
Maximum Rated Height for this product is 6'6"/198cm.

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:

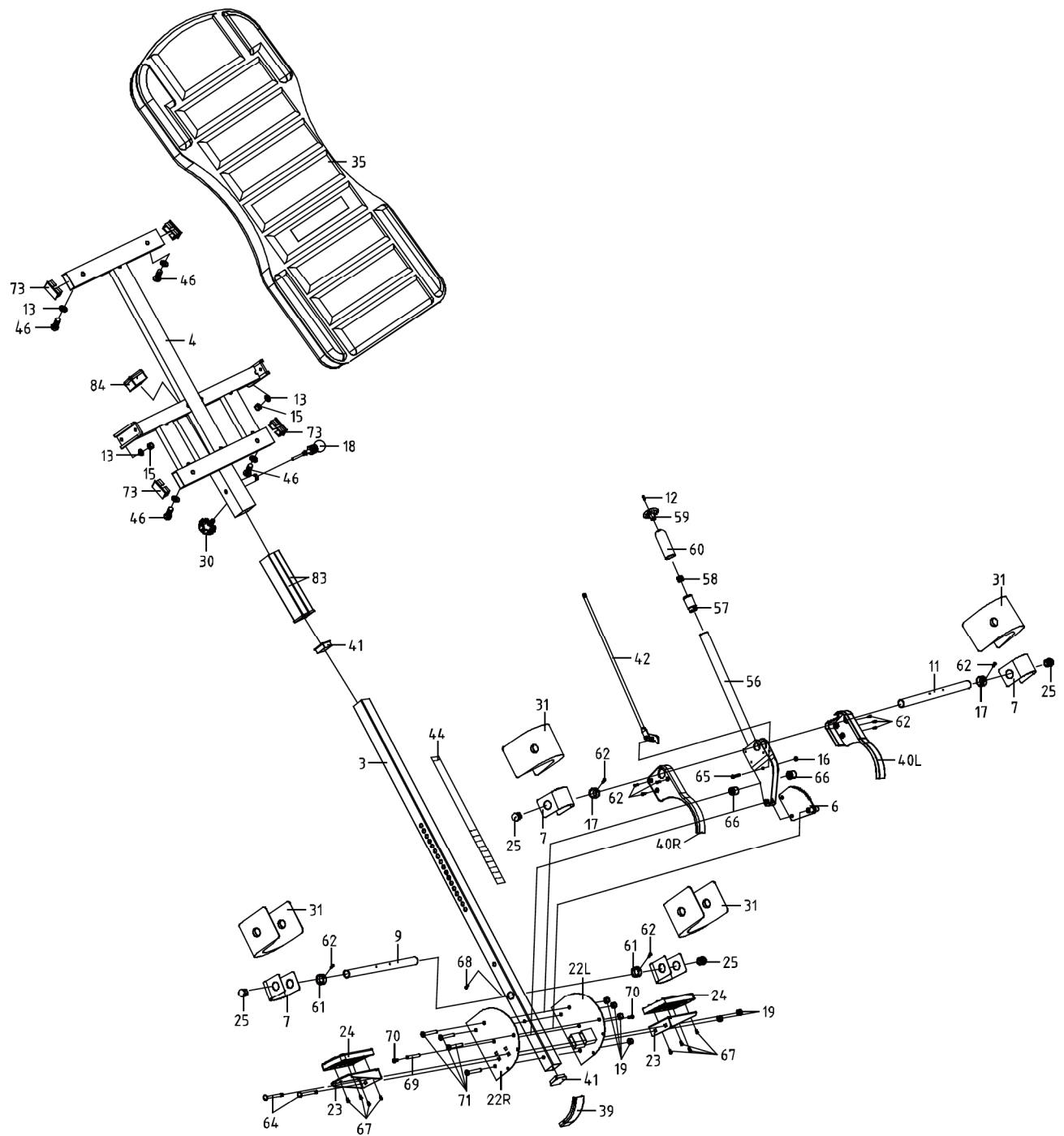
- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being 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

OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

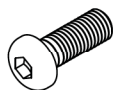
No.	Description	Qty	No.	Description	Qty
001L	Front Left Frame	1	027	Washer Ø12xØ6.5x1.0	4
001R	Front Right Frame	1	028	Fixed Plate	1
002L	Rear Left Frame	1	029	Handlebar	2
002R	Rear Right Frame	1	030	Knob	1
003	Adjustable Boom	1	031	Rubber Heel Holder	4
004	Bed Frame	1	032	Cross Recessed Pan Head Bolt M6x30	1
005L	Left Pivot Arm	1	033	Lock Mechanism	1
005R	Right Pivot Arm	1	034	Lock Handle Plastic Bar	1
006	Gear Plate	1	035	Foam Bed	1
007	Heel Holder Bracket	4	036	Handlebar Foam Grip	2
008	Inversion Bar	1	037	Metal Sleeve	1
009	Rear Rod	1	038	Bolt M8x60	12
010	Bolt M8x20	6	039	Front Plastic Cover	1
011	Front Rod	1	040L	Left Plastic Cover	1
012	Bolt M4x25	1	040R	Right Plastic Cover	1
013	Washer Ø8.5xØ20xt1.5	14	041	Square End Cap	2
014	Curve Washer Ø8.5xØ16xt2.0	18	042	Lock Pin	1
015	Lock Nut M8 (Galvanize)	14	043	Bolt M8x12	2
016	Lock Nut M6	1	044	Height Scale	1
017	Blocking Bush Ø28.5xØ23x14	2	045	Washer Ø8.5xØ24x2mm	2
018	Boom Spring Knob	1	046	Bolt M8x40	4
019	Lock Nut M8	6	047	Brake Bracket	1
020	Rubber Pad	1	048	Upper Plastic Cover	1
021	Right Brake Pad Plate	1	049	Rear Foot Cap	2
022L	Left Adjustable Boom Plate	1	050	Bolt M6x25	1
022R	Right Adjustable Boom Plate	1	051	Bolt M6x15	4
023	In-Step Frame	2	052	Lower Plastic Cover	1
024	In-Step Foot Pad	2	053	Front Foot Cap	2
025	Round End Cap	4	054	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
026	Front Bar	1	055	Pivot Arm Rotation Cap II Ø60xØ19.5x21	2

PARTS LIST

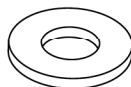
No.	Description	Qty	No.	Description	Qty
056	Adjustable Handle	1	071	Bolt M8x50	4
057	Handle Cap	1	072	Pivot Arm Ring	2
058	Handle Spring	1	073	Rectangle End Cap □50x25	4
059	Button	1	074	Rotor Cover Ø60xØ19.5x13.5	1
060	Handle Tip	1	075	Left Brake Pad Plate	1
061	Blocking Bush Ø28.5xØ22.5x10	2	076	Pin	1
062	Screw ST3.5x10	19	077	Washer Ø4.3xØ9x0.3	4
063	Spring Washer Ø8.1xØ12.3x2.1mm	2	078	Curve Plate	4
064	Carriage Bolt M8x60	2	079	Brake Pad	2
065	Bolt M6x30	1	080	Spring	1
066	Spacer Ø22xØ8.4x16.6	2	081	Bolt M4x20	2
067	Screw ST4.2x12	8	082	Cap	4
068	Screw ST6x20	1	083	Lower Bed Frame Bushing	2
069	Shaft Nut Ø8	1	084	Upper Bed Frame End Cap	1
070	Bolt M5x10	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.

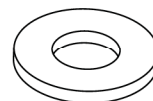
HARDWARE LIST & TOOLS



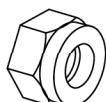
(10) Bolt
4 PCS



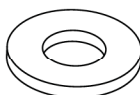
(13) Washer
6 PCS



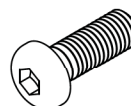
(14) Curve Washer
2 PCS



(15) Lock Nut
4 PCS



(27) Washer
4 PCS



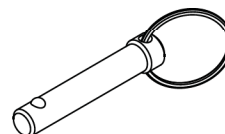
(38) Bolt
2 PCS



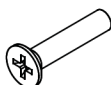
(43) Bolt
2 PCS



(51) Bolt
4 PCS



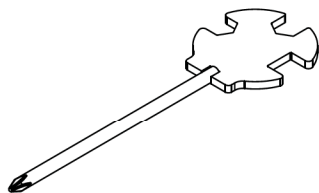
(76) Pin
1 PC



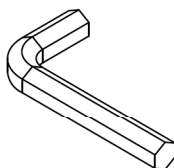
(81) Bolt
2 PCS



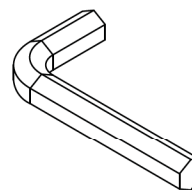
(82) Cap
4 PCS



Multi Hex Tool with
Phillips Screwdriver
1 PC



Allen Wrench #5
1 PC



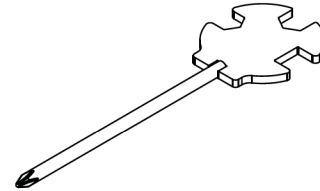
Allen Wrench #6
1 PC

ASSEMBLY



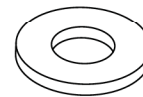
The product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.

Tools:

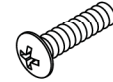


Multi Hex Tool with
Phillips Screwdriver

Hardware:



(27) Washer
4 PCS

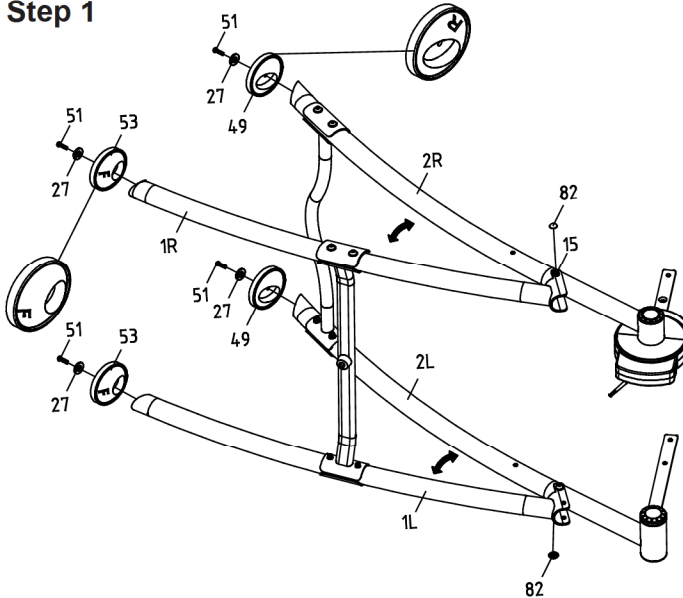


(51) Bolt
4 PCS



(82) Cap
2 PCS

Step 1



Lay the base on its side as shown.

Attach the Front Foot Caps (53) to the Front Right/Left Frames (1R, 1L) each with one Washer (27) and one Bolt (51).

Attach the Rear Foot Caps (49) to the Rear Right/Left Frames (2R, 2L) each with one Washer (27) and one Bolt (51).

Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided.

Install Caps (82) onto Lock Nuts (15).

Front Foot Cap is marked with F.

Rear Foot Cap is marked with R.

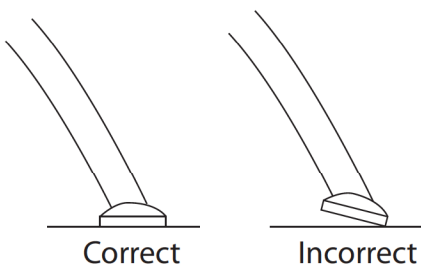
Step 2

Stand up the base and open fully.

Make sure all Foot Caps are level.

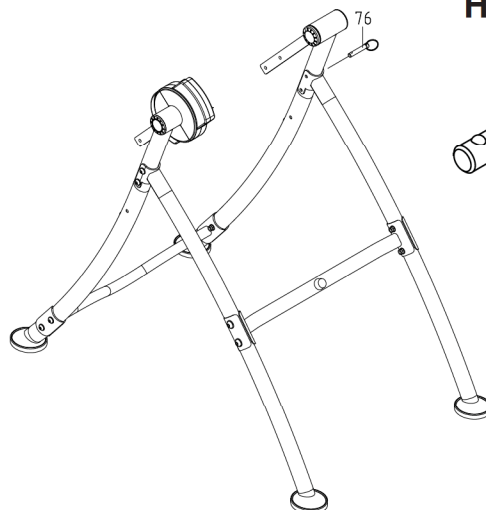
If not repeat step 1.

Insert Pin (76).

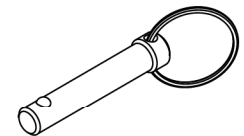


Correct

Incorrect



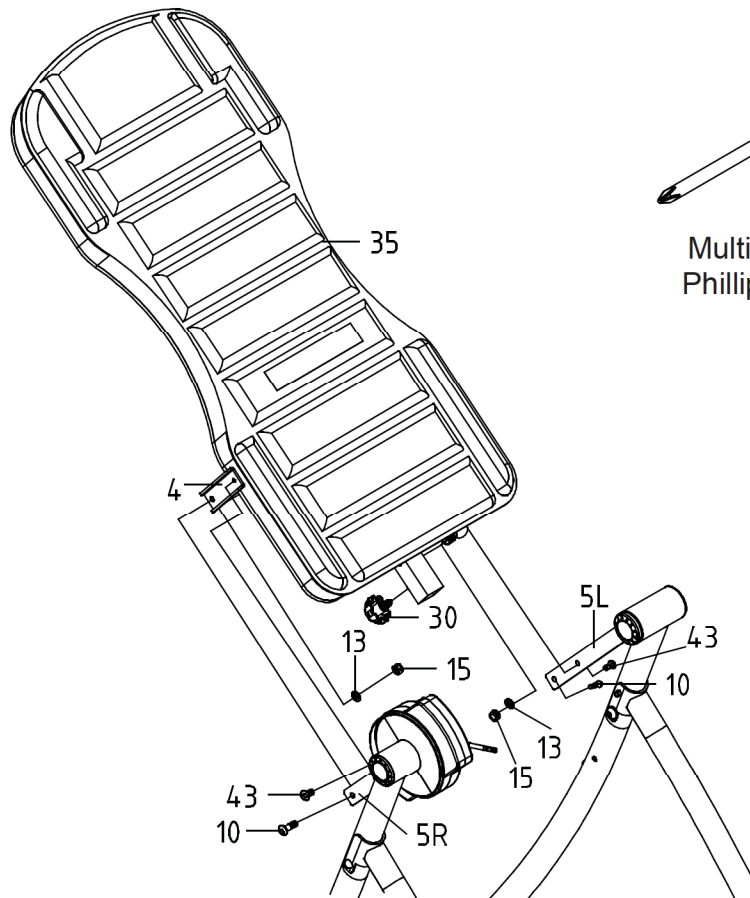
Hardware:



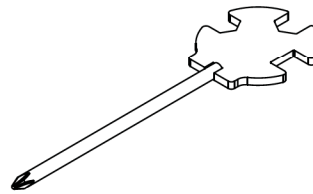
(76) Pin
1PC

ASSEMBLY

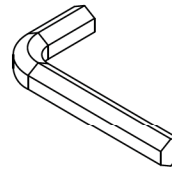
Step 3



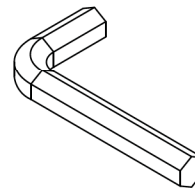
Tools:



Multi Hex Tool with
Phillips Screwdriver

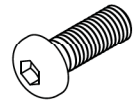


Allen Wrench #5

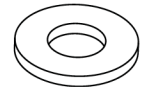


Allen Wrench #6

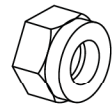
Hardware:



(10) Bolt
2 PCS



(13) Washer
2 PCS



(15) Lock Nut
2 PCS



(43) Bolt
2 PCS

Attach the Bed Frame (4) onto the Right Pivot Arm (5R) and Left Pivot Arm (5L)
(Slide the Bed Frame (4) from the bottom up).

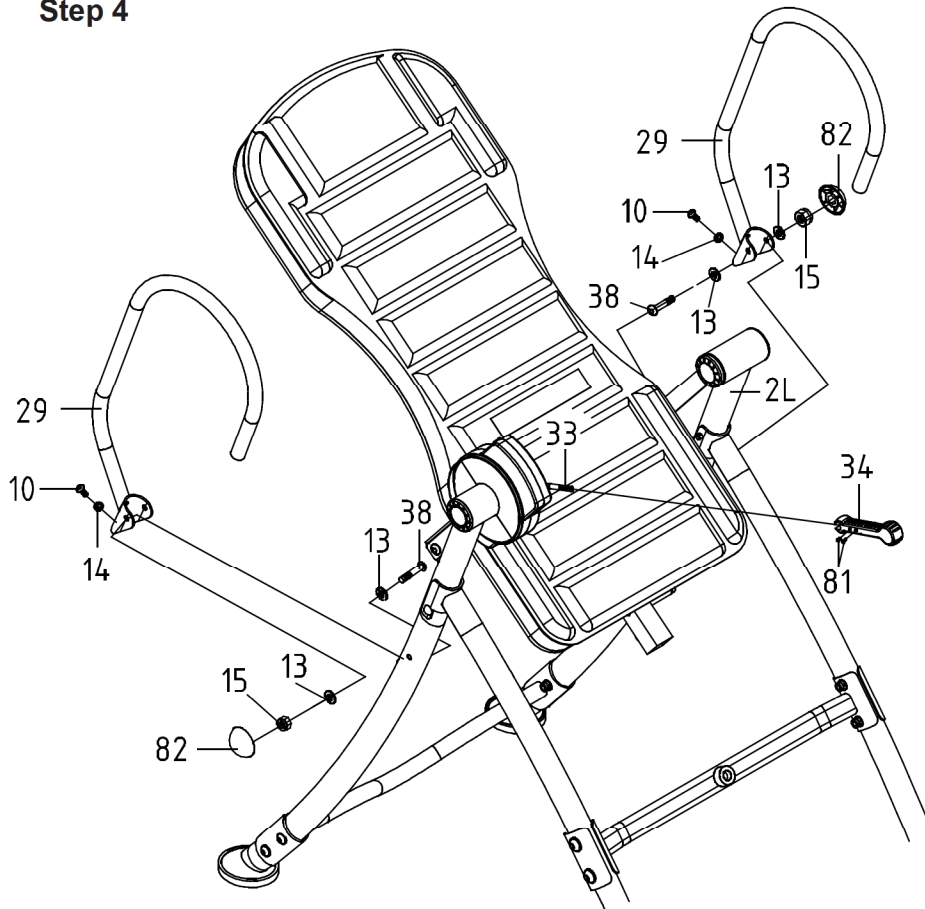
Using two Lock Nuts (15), two Bolts (43), two Bolts (10), and two Washers (13).
Tighten Bolt (43) with the #5 Allen Wrench provided.

Tighten Bolt (10) and Lock Nut (15) with the #6 Allen Wrench and Multi Hex Tool
with Phillips Screwdriver provided.

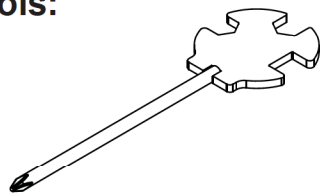
Install the Knob (30) onto the Bed Frame (4).

ASSEMBLY

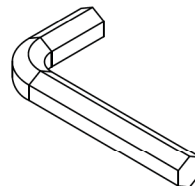
Step 4



Tools:

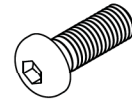


Multi Hex Tool with
Phillips Screwdriver

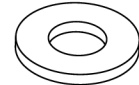


Allen Wrench #6

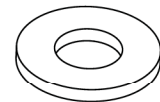
Hardware:



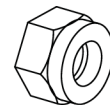
(10) Bolt
2 PCS



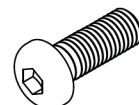
(13) Washer
4 PCS



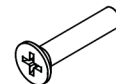
(14) Curve Washer
2 PCS



(15) Lock Nut
2 PCS



(38) Bolt
2 PCS



(81) Bolt
2 PCS



(82) Cap
2 PCS

Attach both Handlebars (29) onto Rear Right/Left Frames (2R, 2L) with two Washers (14), two Lock Nuts (15), two Bolts (38), two Bolts (10), and four Washers (13).

Tighten Bolt (10) with the #6 Allen Wrench.

Tighten Bolt (38) and Lock Nut (15) with the #6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

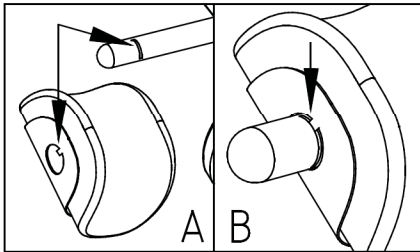
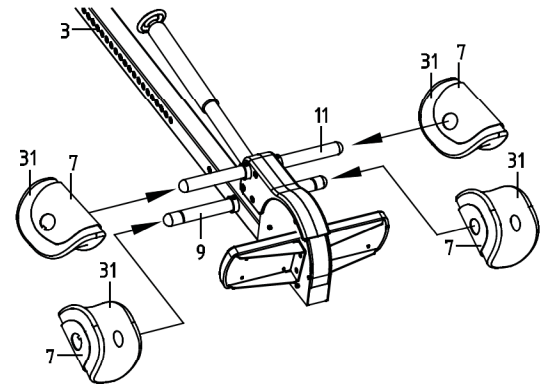
Install Caps (82) onto Lock Nuts (15).

Install the Lock Handle Plastic Bar (34) onto the Lock Mechanism (33) and secure with two Bolts (81). Tighten Bolts (81) with the Multi Hex Tool with Phillips Screwdriver provided.

ASSEMBLY

Step 5

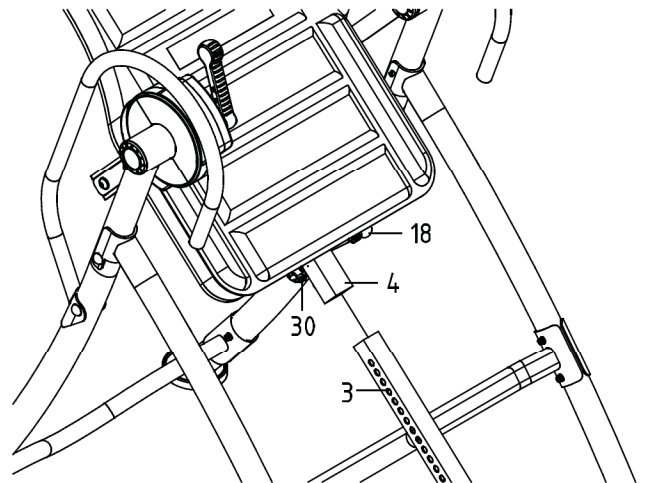
Unite two Heel Holder Brackets (7) and two Rubber Heel Holders (31); slide them onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in the Rear Rod (9). Use the same procedure to attach the other two Heel Holder Brackets (7) and two Rubber Heel Holders (31) onto the Front Rod (11).



NOTE: Make sure the lock teeth are wedged into the slots in the Rear Rod (9) and Front Rod (11) to lock the Heel Holder Brackets (7) in place as shown in figures A and B before use.

Step 6

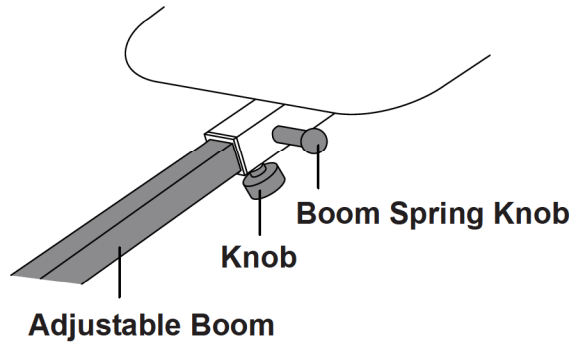
Loosen the Knob (30). Pull the Boom Spring knob (18) and slide the Adjustable Boom (3) in. Slide the Adjustable Boom (3) up to the desired height. Release the Boom Spring Knob (18) and make sure it “pops” into the hole. Tighten the Knob (30) for additional safety.



HOW TO USE

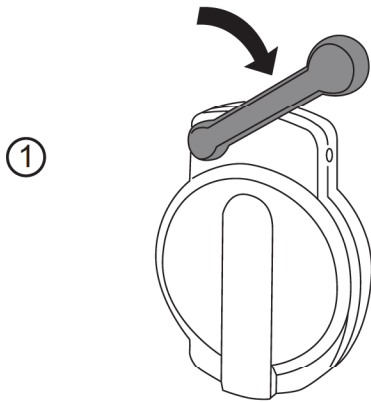
Set the Adjustable Boom to your height

Turn Knob counter-clockwise to loosen the Adjustable Boom.
Pull Boom Spring Knob as you adjust the Adjustable Boom.
Turn Knob clockwise to de-rattle the Adjustable Boom.

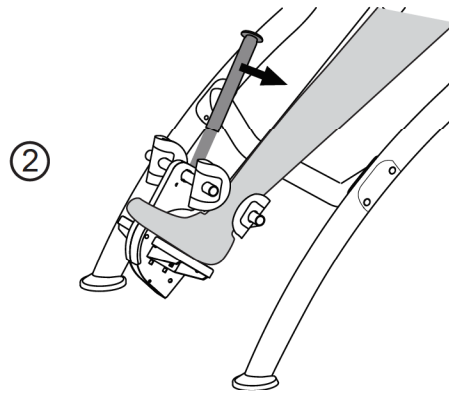


For safety

Mounting the table.



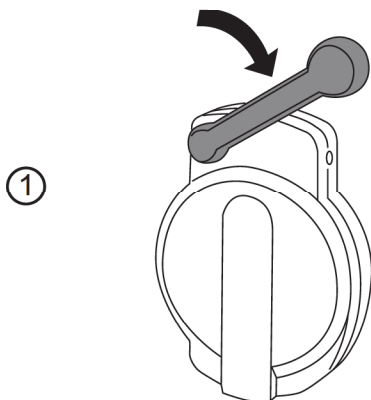
Make sure the Lever is at LOCK position.



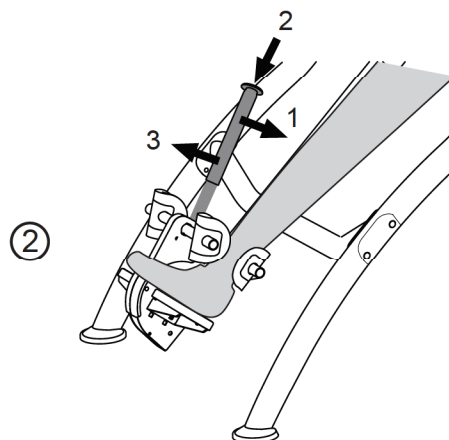
Pull the Adjustable Handle until ankle pads lock on the feet securely.

Wearing shoes will help ankles stay more secure.

Dismounting the table



Make sure the Lever is at LOCK position



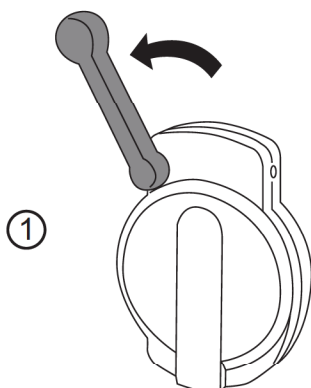
1. Pull the Adjustable Handle.

2. Press the Button.

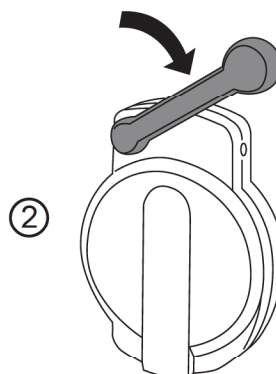
3. Push the Adjustable Handle forward.

HOW TO USE

Get to inversion

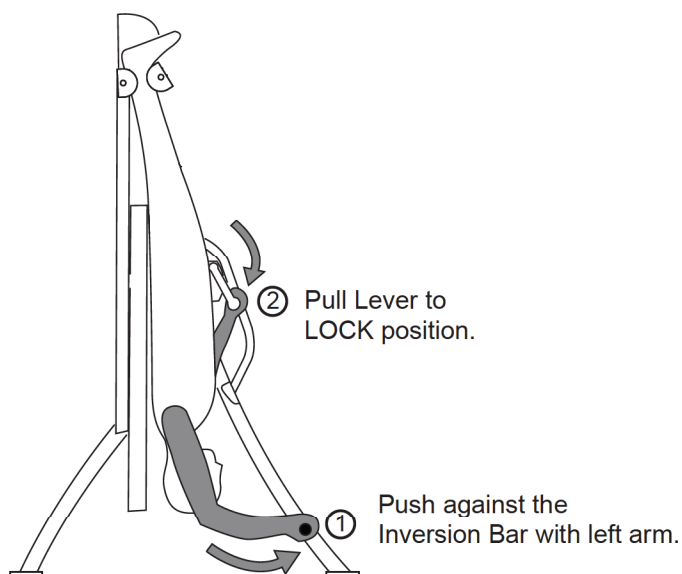


Push Lever to UNLOCK position.
With both hands on handles, slowly lie down.

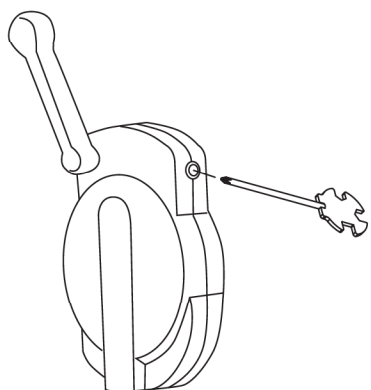


When you're at desired angle, pull Lever forward to LOCK position to lock the bed.

Get to vertical inversion



Calibrating the Disk Brake



The brake might become loose after long period of time of use. To calibrate, insert the Philip screw driver into the hole as indicated on the diagram, turn the calibrating inside clockwise no more than $\frac{1}{4}$ turn.

OPERATION AND ADJUSTMENTS

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 Right/Left Frames (2R, 2L). 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.

* Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

GENERAL PRECAUTIONS

1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Make sure that the Rubber Heel Holders (31) are holding your feet securely.
3. Make sure that the Adjustable Boom (3) is properly set to your height.
4. Make sure that the Adjustable Boom (3) is held securely by both the Boom Spring Knob (18) and the Knob (30).
5. Make sure that there is enough room for the bed to rotate completely.

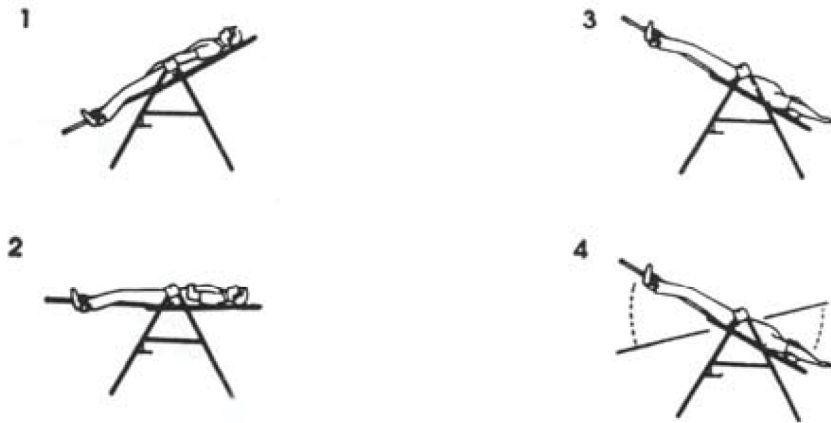
BALANCING THE INVERSION TABLE

The inversion table is like a very 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.

OPERATION AND ADJUSTMENTS

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.



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.

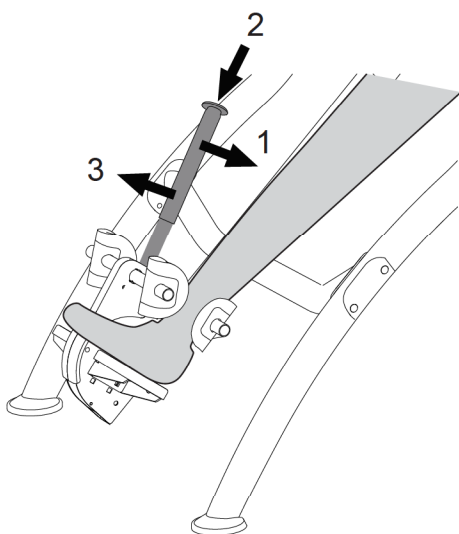
QUICK RELEASE ANKLE LOCK SYSTEM

Before mounting the table, press the button on top and pull open. Pull the handle to lock your feet securely after mounting the table.

When dismantling the table, press the button to release and open. If the button is too tight, pull the handle toward you first before pressing the button to release.

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.

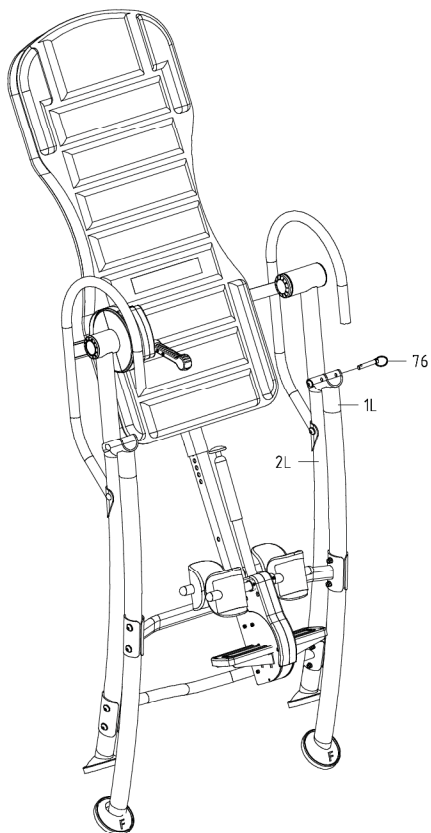
TROUBLESHOOTING SECTION



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

1. Pull the Adjustable Handle.
2. Press the Button.
3. Push the Adjustable Handle forward.

STORAGE



Pull out the Pin (76), and then fold the Front Left/Right Frames (1L, 1R) and the Rear Left/Right Frames (2L, 2R).

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

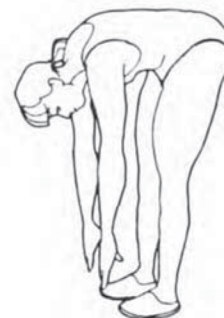
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

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.

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: _____