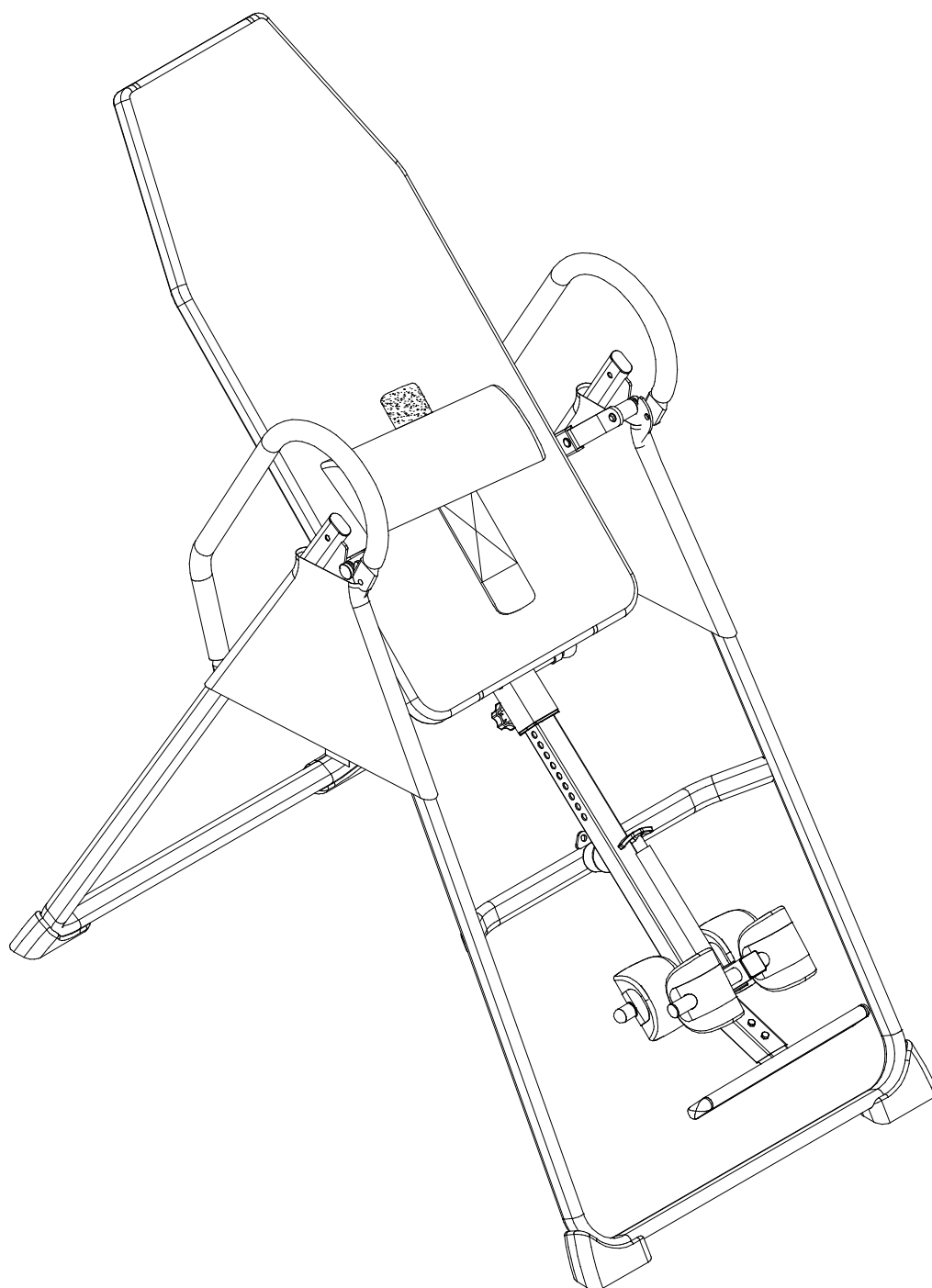


Inversion Table



2500D.4-020918

Owner's Manual
Le Manuel Du Propriétaire



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP. Contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7920
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

TABLE OF CONTENT

| | |
|----------------------------------|----|
| SERVICE----- | 2 |
| IMPORTANT SAFETY GUIDELINES----- | 3 |
| LABEL PLACEMENT----- | 6 |
| OVERVIEW DRAWING----- | 7 |
| PARTS LIST----- | 8 |
| HARDWARE & PARTS PACK----- | 9 |
| ASSEMBLY----- | 10 |
| OPERATION & ADJUSTMENTS----- | 23 |
| STORAGE----- | 30 |
| WARRANTY----- | 31 |
| PARTS REQUEST FORM----- | 32 |

IMPORTANT: FOR NORTH AMERICA ONLY

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

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

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

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

(8:00 AM - 5:00 PM Pacific Standard Time, Monday thru Friday)

Response time may vary via calling

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

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

Paradigm Health & Wellness, Inc.

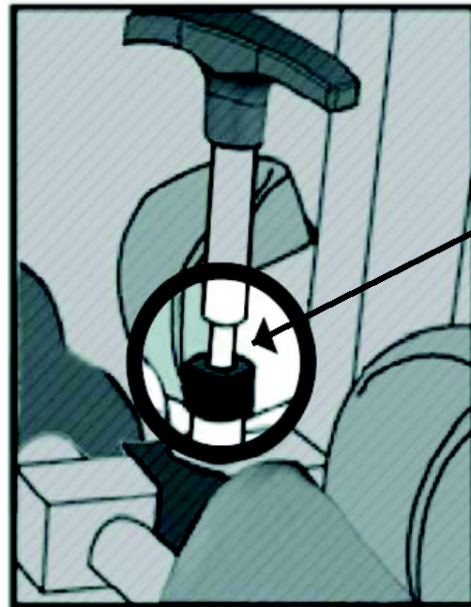
1189 Jellick Ave.

City of Industry, CA 91748, USA

SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged



WRONG:
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 table inverts.

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

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Inversion Table. When using an Inversion table, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Only one person should use the equipment at a time.
4. Never operate this equipment if it is not working properly, has been dropped, or damaged. If a problem is Encountered, contact Customer Service before using the equipment again.
5. Always use this equipment on a clear and level surface.
6. For Household Use Only.
7. Do NOT use outdoors or near water.
8. Use the inversion table only for its intended use as described in this manual. Do NOT use attachments NOT recommended by the manufacturer.
9. Do NOT wear loose clothing when using the equipment.
10. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the inversion table.
13. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
14. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
15. 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.
16. "This appliance is NOT intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine."
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.

IMPORTANT SAFETY GUIDELINES

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 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 300lbs / 136kgs.

The Maximum Height Capacity for this product is 6 feet 6 inches / 198cm.

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

SAVE THESE GUIDELINES



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

LABEL PLACEMENT

▲ To avoid serious injury, hold on to handle bars and invert slowly.
Pour éviter des blessures graves, bien tenir les poignées de sécurité et procéder à l'inversion lentement.
Para evitar lesiones graves, sostenga los manubrios y ponga al revés lentamente.

**For customer assistance,
Monday - Friday:
Pour le service à la clientèle
composer le, lundi à vendredi:
Para servicios al cliente,
llame al, lunes a viernes:**

1-844-641-7920
8 am - 5 pm PST



Paradigm Health & Wellness
Inversion Table, Tabla d'inversion,
Tabla de inversión

UL US LISTED
(EXERCISE MACHINE)
NO: E238026
11VU

MODEL: 2500D DATE: XX/XX
FOR HOUSEHOLD USE ONLY
POUR USAGE DOMESTIQUE SEULEMENT
PARA USO DOMÉSTICO SOLAMENTE

▲ ADVERTENCIA
**Capacidad de altura y peso
máximo para este producto
son 198 cm y 136 kg.**

▲ Feet must be secured properly before use.
**Les pieds doivent être proprement serrés
avant utilisation.**
**Se deben asegurar adecuadamente los
pies antes de usar.**

**Heel Bracket Tooth must be
in slot, refer to the Manual.**
**El Diente del Soporte del
Talón debe estar en ranura,
consulte el Manual.**
**La Dent du
Support du
Talón doit être
en emplacement,
voir le Manuel.**

▲ ADVERTENCIA
**El titular del tobillo debe
estar en posición correcta
de los talones, y la clavija
debe ser empujada
completamente
enganchada antes
de usar la tabla
de inversión.**

▲ AVERTISSEMENT
**Le motif de support de
la cheville se doit être
correctement serré
autour des chevilles,
et le motif de broche
de pop doit être
pleinement
engagé avant d'utiliser
la table d'inversion.**

▲ WARNING:
**The ankle holder must
be snug around ankles,
and the pop pin must
be FULLY engaged
before using
the inversion table.**

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

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

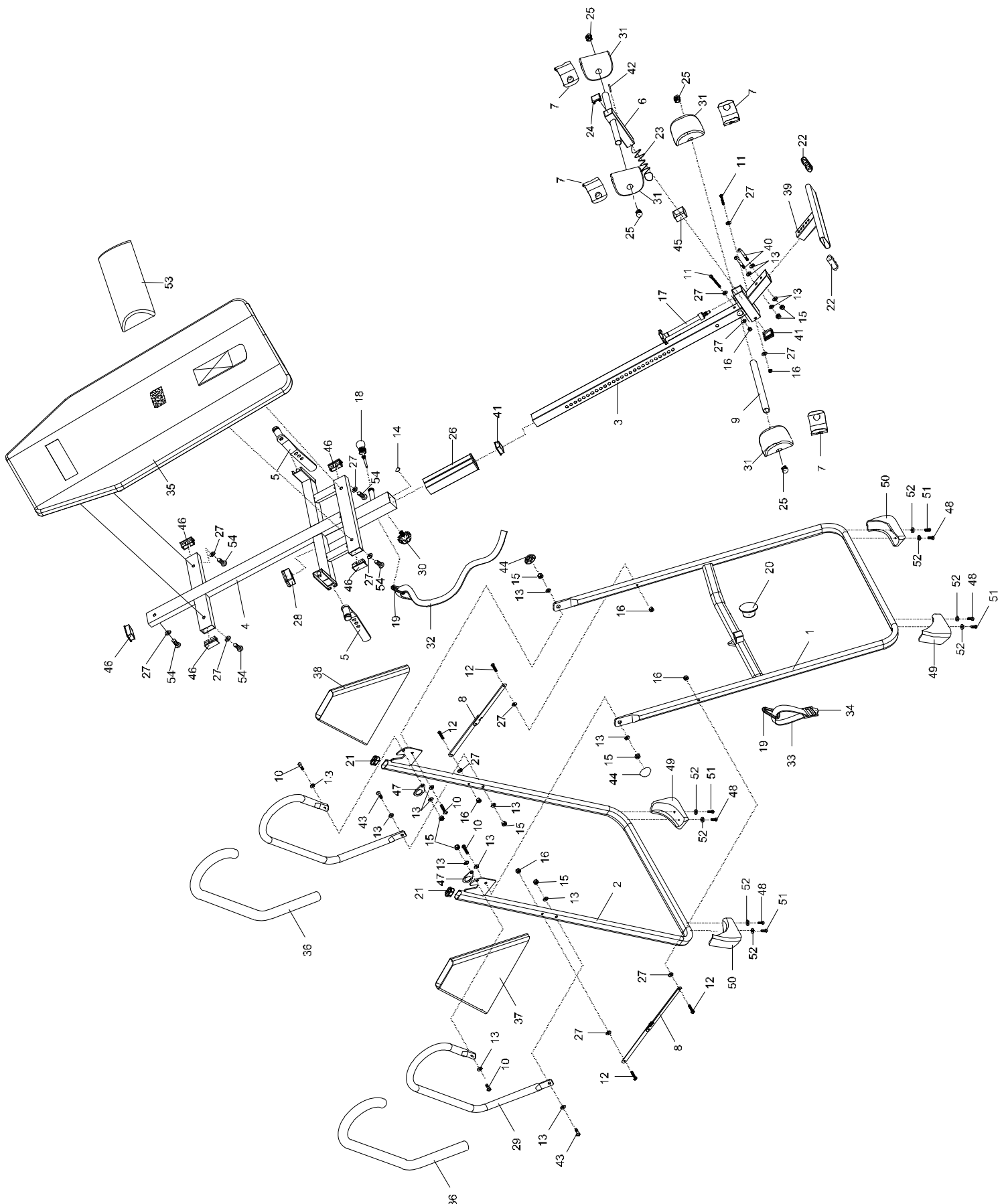
▲ WARNING
**WARNING - TO REDUCE THE RISK OF PERSONAL INJURY, READ AND UNDERSTAND ALL THE
INSTRUCTIONS BEFORE USING THE INVERSION TABLE**
- DO NOT ALLOW CHILDREN TO USE THIS MACHINE
- KEEP CHILDREN AWAY FROM MACHINE WHILE IN USE
- KEEP BODY PARTS, HAIR, LOOSE CLOTHES AND JEWELRY CLEAR OF ALL MOVING PARTS
- ENSURE ALL NUTS, SCREWS, BOLTS AND FASTENERS ARE TIGHT BEFORE EVERY USE
- REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE

▲ ATTENTION
**AVERTISSEMENT - POUR RÉDUIRE LE RISQUE DE BLESSURE PERSONNELLE, LIRE ET
COMPRENDRE TOUTES LES INSTRUCTIONS AVANT D'UTILISER LA TABLE D'INVERSION**
- NE PAS PERMETTRE AUX ENFANTS D'UTILISER CETTE MACHINE
- TENIR LES ENFANTS À L'ÉCART DE LA MACHINE PENDANT L'UTILISATION
- GARDER LES PIÈCES DU CORPS, LES CHEVEUX, LES VÊTEMENTS LIBRES ET LES BIJOUX
- ASSURER-VOUS QUE TOUTES LES PIÈCES EN MOUVEMENT
- RÉVOIR TOUTES LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION

▲ WARNING / AVERTISSEMENT
Max. Weight: 300lbs. & Max. Height: 6'6"
**Le poids Maximum et hauteur pout ce
produit est 136 kgs / 198 cm.**

▲ ADVERTENCIA
**RIESGO DE LESIONES - NIÑO BAJO
LA EDAD 13 MANTENER LEJOS DE ESTA
MAQUINA EN TODO MOMENTO.**

OVERVIEW DRAWING

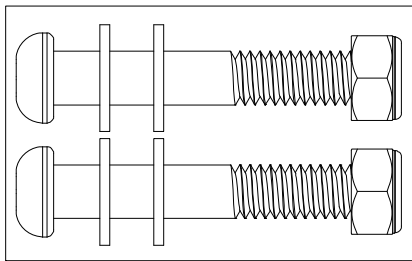


PARTS LIST

| No. | Description | Qty |
|-----|--|-----|
| 1 | Front U-Frame | 1 |
| 2 | Rear U-Frame | 1 |
| 3 | Adjustable Boom | 1 |
| 4 | Bed Frame | 1 |
| 5 | Pivot Arm | 2 |
| 6 | Adjustable Instep Frame | 1 |
| 7 | Steel Heel Holder Bracket | 4 |
| 8 | Folding Arm | 2 |
| 9 | Rod | 1 |
| 10 | Hex Head Bolt | 4 |
| 11 | Hex Head Bolt | 2 |
| 12 | Phillips Screw | 4 |
| 13 | Washer | 16 |
| 14 | Round Plate | 1 |
| 15 | Lock Nut | 8 |
| 16 | Lock Nut | 6 |
| 17 | T-shape Spring Knob | 1 |
| 18 | Round Spring Knob | 1 |
| 19 | Safety Hook | 2 |
| 20 | Rubber Pad | 1 |
| 21 | Oval End Cap | 2 |
| 22 | Foot bar End Cap | 2 |
| 23 | Spring | 1 |
| 24 | Adjustable instep Frame Square End Cap | 1 |
| 25 | Rod Round End Cap | 4 |
| 26 | Lower Bed Frame Bushing | 2 |
| 27 | Washer | 13 |

| No. | Description | Qty |
|-----|-------------------------|-----|
| 28 | Upper Bed Frame Bushing | 1 |
| 29 | Handlebar | 2 |
| 30 | Knob | 1 |
| 31 | Heel Holder | 4 |
| 32 | Nylon Strap | 1 |
| 33 | Loop Strap | 1 |
| 34 | Strap Lock | 1 |
| 35 | Bed | 1 |
| 36 | Foam Grip | 2 |
| 37 | Right Protective Cover | 1 |
| 38 | Left Protective Cover | 1 |
| 39 | Foot Bar | 1 |
| 40 | Hex Head Bolt | 2 |
| 41 | Square End Cap | 2 |
| 42 | Spring Latch | 1 |
| 43 | Hex Head Bolt | 2 |
| 44 | Nut Cap | 2 |
| 45 | Plastic Bushing | 1 |
| 46 | Rectangle End Cap | 5 |
| 47 | Pivot Arm Ring | 2 |
| 48 | Bolt | 4 |
| 49 | Right Foot Cap | 2 |
| 50 | Left Foot Cap | 2 |
| 51 | Bolt | 4 |
| 52 | Washer | 8 |
| 53 | Lumbar Pad | 1 |
| 54 | Bolt | 5 |

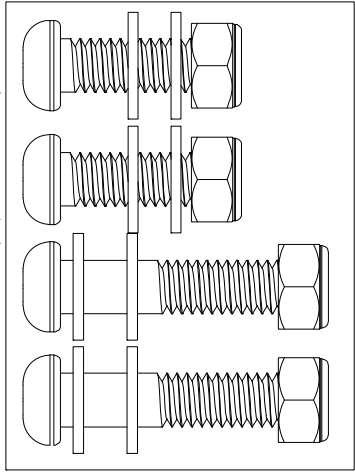
STEP 6



- (40) Hex Head Bolt M8*50 2pcs
(13) Washer Ø20*Ø8.5*1.5t 4pcs
(15) Lock Nut M8 2pcs

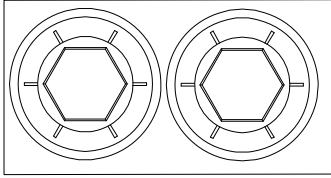
STEP 11

- (10) Hex Head Bolt M8*23 2pcs
(13) Washer Ø20*Ø8.5*1.5t 4pcs
(15) Lock Nut M8 2pcs



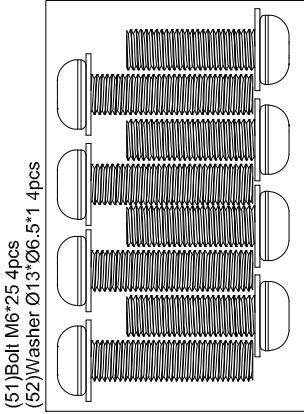
- (43) Hex Head Bolt M8*38 2pcs
(13) Washer Ø20*Ø8.5*1.5t 4pcs
(15) Lock Nut M8 2pcs

STEP 2



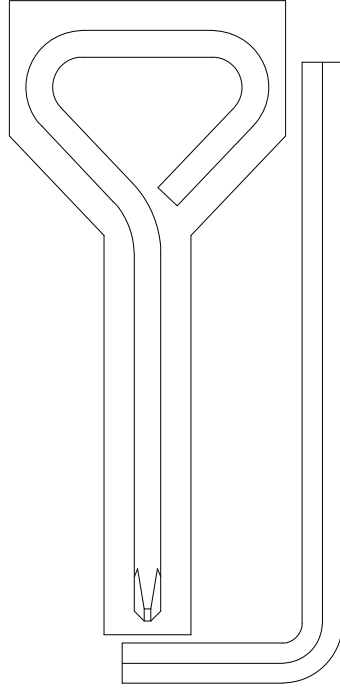
- (44) Nut Cap Ø27*Ø13.5 2pcs

STEP 1



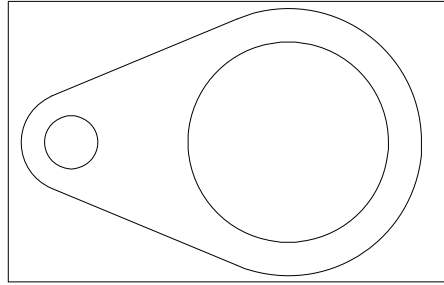
- (51) Bolt M6*25 4pcs
(52) Washer Ø13*Ø6.5*1 4pcs

- (48) Bolt M6*20 4pcs
(52) Washer Ø13*Ø6.5*1 4pcs



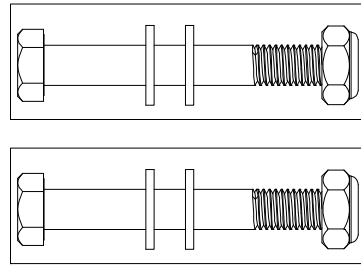
- Phillips Screwdriver 1pc
6mm Allen Wrench 1pc

STEP 4

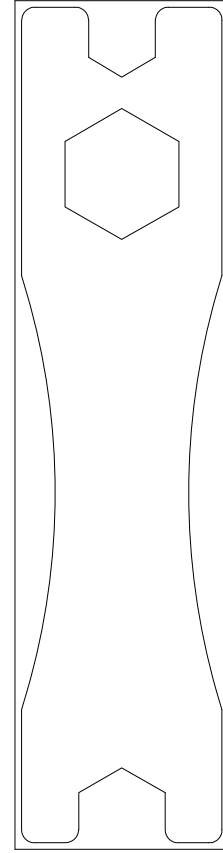


- (47) Pivot Arm Ring 2pcs

STEP 5 STEP 9



- (11) Hex Head Bolt M6*47 2pcs
(16) Lock Nut M6 2pcs
(27) Washer Ø16*Ø6.5*1.0 4pcs

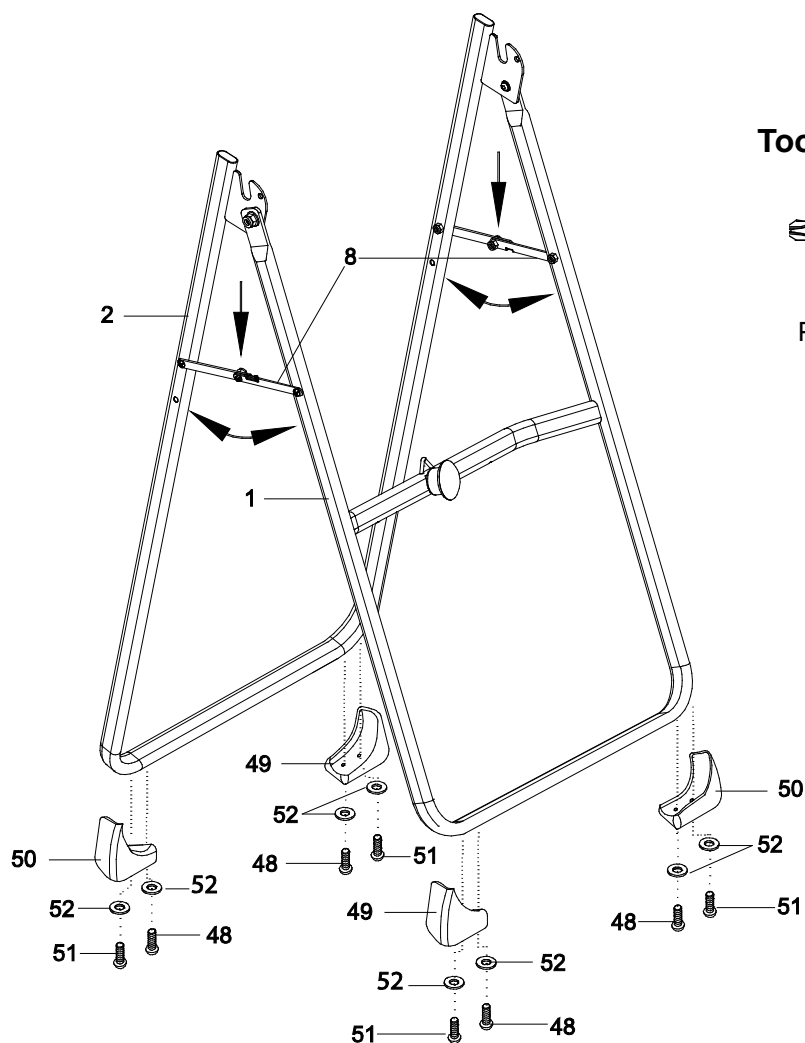


- Wrench S-10/S-13/S-17 2pcs

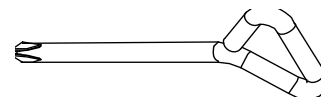
ASSEMBLY



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



Tool:



Phillips Screwdriver 1PC

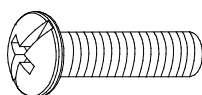
Step 1

1A. Setting Up the Frame: Rest the entire frame on its side and pull the **Front** and **Rear U-Frames (1, 2)** as far apart from each other as possible. Then push down on the middle of the two **Folding Arms (8)** until they are fully locked down.

1B. Installing the Foot Caps: Attach each of the **Right** and **Left Foot Caps (49, 50)** to the **Front** and **Rear U-Frame (1, 2)** with one **Bolt (48)**, one **Bolt (51)**, and two **Washers (52)**. Tighten the **Bolts (48), (51)** with the Phillips Screwdriver provided.

NOTE: **Bolt (51)** is longer than **Bolt (48)**. Follow the image closely for the placement of these screws when installing the Foot Caps.

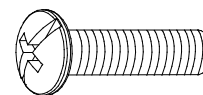
Hardware:



(48) Bolt
4PCS

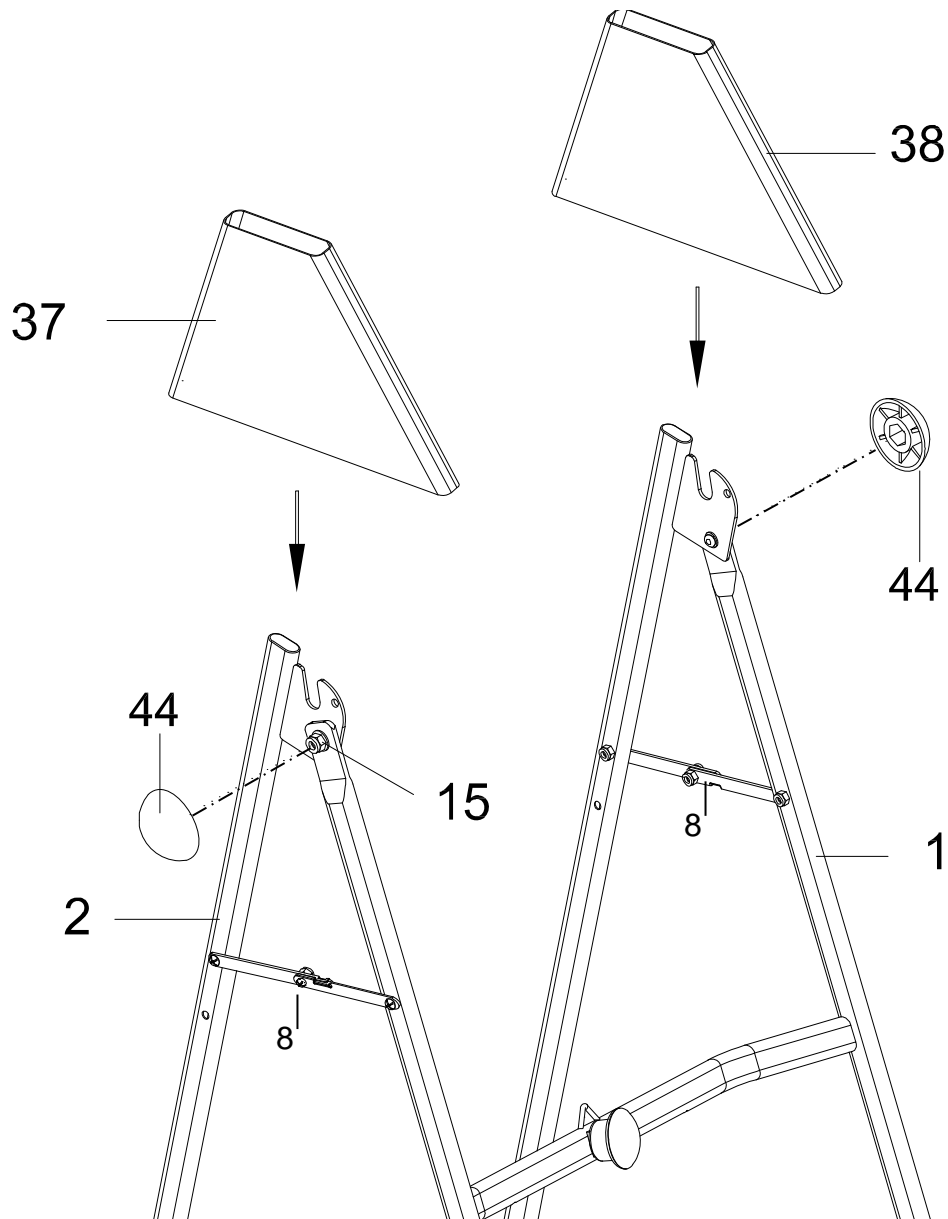


(52) Washer
8 PCS



(51) Bolt
4PCS

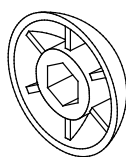
ASSEMBLY



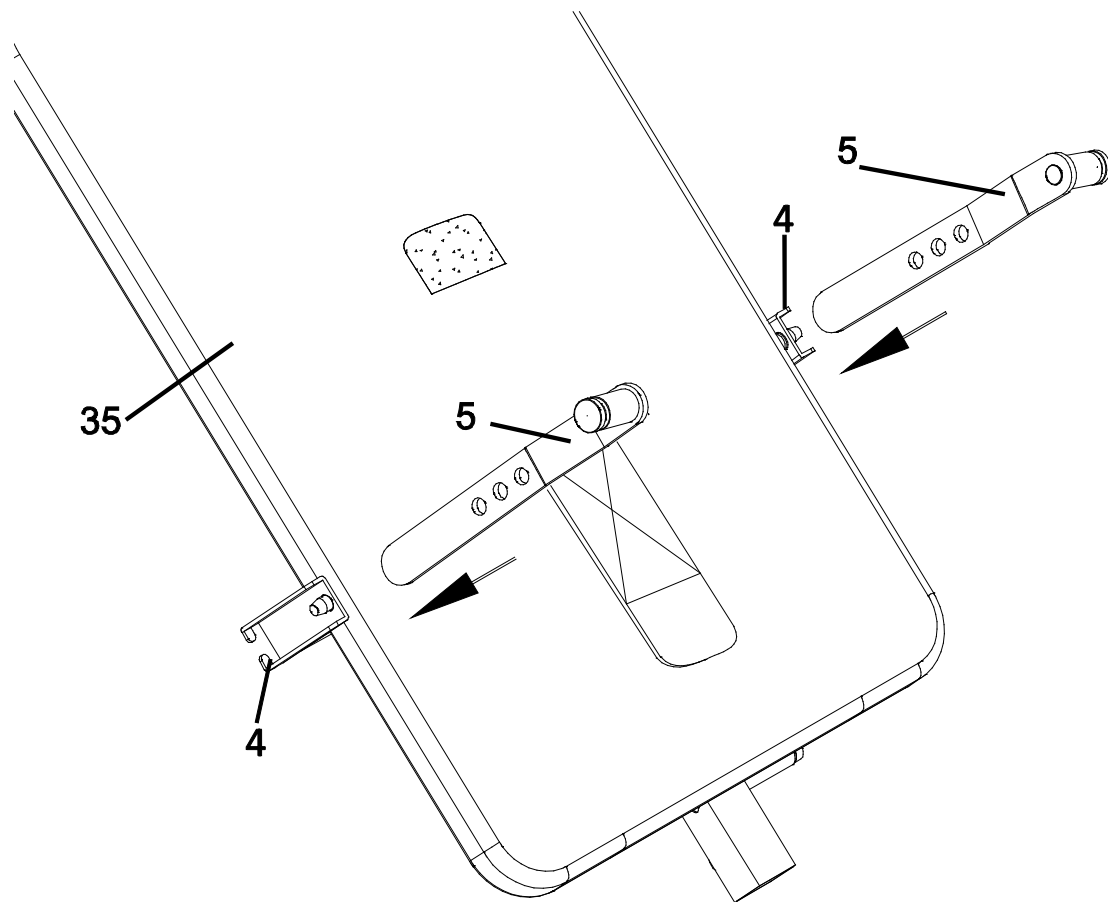
Step 2

2A. Installing the Protective Covers: Install two **Nut Caps (44)** onto the **Lock Nuts (15)**. Then slide the **Right and Left Protective Covers (37, 38)** onto each side of the frame and pull down on the **Right and Left Protective Covers (37, 38)** until the bottom of the covers are over the **Folding Arms (8)**. Use the Velcro straps on the bottom of the **Right and Left Protective Covers (37, 38)** to secure the covers to the **Folding Arms (8)**. When both of the **Protective Covers (37, 38)** are assembled correctly, the **Folding Arms (8)** should be fully covered by the **Protective Covers (37, 38)**.

Hardware:



(44) Nut Cap
2 PCS



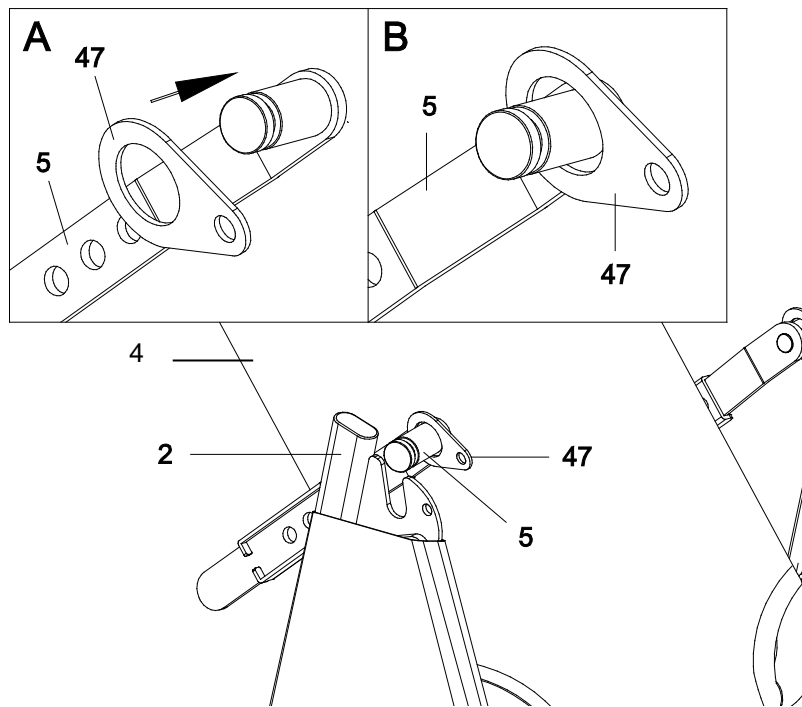
Step 3

3A. Installing the Pivot Arms to The Bedframe: Slide the bottom of the **Pivot Arms (5)** into the brackets of the **Bed Frame (4)** that are located at each side of the **Bed (35)**. Align the desired distance holes on both of the **Pivot Arms (5)** with the pegs on the brackets of the **Bed Frame (4)**. Insert the pegs into the aligned holes to lock the **Pivot Arms (5)** in place.

NOTE: It is recommended that you use the bottom hole on the **Pivot Arms (5)** until you become more familiar with the equipment.

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

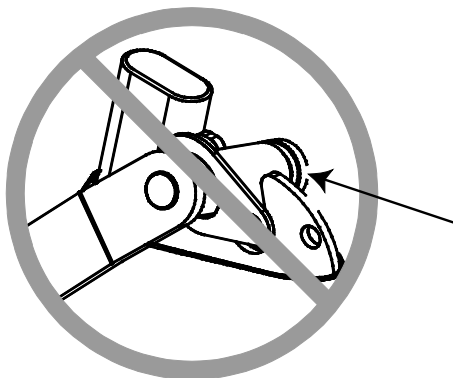
ASSEMBLY



Step 4

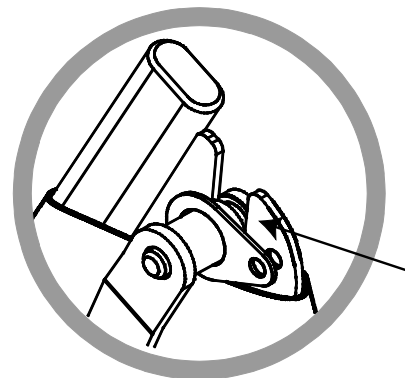
4A. Installing the Pivot Arms: Install the **Pivot Arm Rings (47)** onto the **Pivot Arms (5)**. Mount the **Bed Frame (4)** to the **Rear U-Frame (2)** by inserting the ends of the **Pivot Arms (5)** into the channels on the frame. The slotted portion of the rollers on the end of the **Pivot Arms (5)** should be inserted into the channels on the Frame.

Incorrect



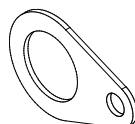
The pivot arm is NOT aligned correctly when the pivot arm is NOT inserted all the way into the curved slot.

Correct



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

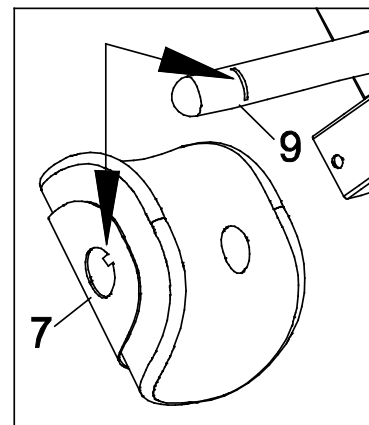
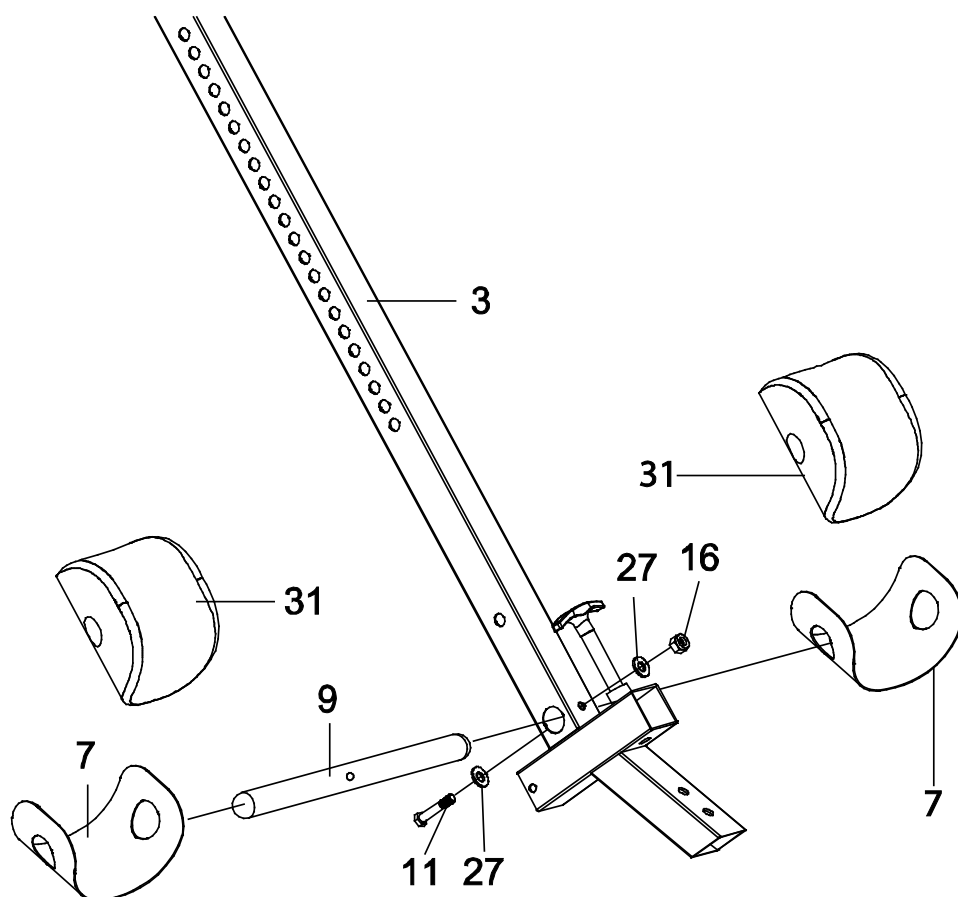
Hardware:



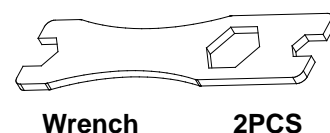
(47) Pivot Arm Ring

2PCS

ASSEMBLY



Tools:



Wrench

2PCS

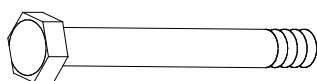
Step 5

5A. Installing the Rod to the Adjustable Boom: Slide the **Rod (9)** through the large round hole on the side of the **Adjustable Boom (3)**, and secure the **Rod (9)** on the **Adjustable Boom (3)** with one **Hex Head Bolt (11)**, one **Lock Nut (16)**, two **Washers (27)**. Tighten the **Bolt (11)** and **Lock Nut (16)** with the two **Wrenches** provided.

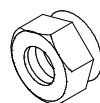
5B. Installing the Steel Heel Holder Brackets to the Heel Holders: Wrap two of the **Heel Holders (31)** with a **Steel Heel Holder Bracket (7)** each. Then slide those two **Heel Holders (31)** onto the ends of the **Rod (9)** until the lock teeth on the **Steel Heel Holder Bracket (7)** are in the slots on the ends of the **Rod (9)**.

NOTE: Make sure the lock teeth are in the slots on the **Rod (9)** to lock the **Steel Heel Holder Brackets (7)** and **Heel Holders (31)** in place before use.

Hardware:



(11) Hex Head Bolt
1PC

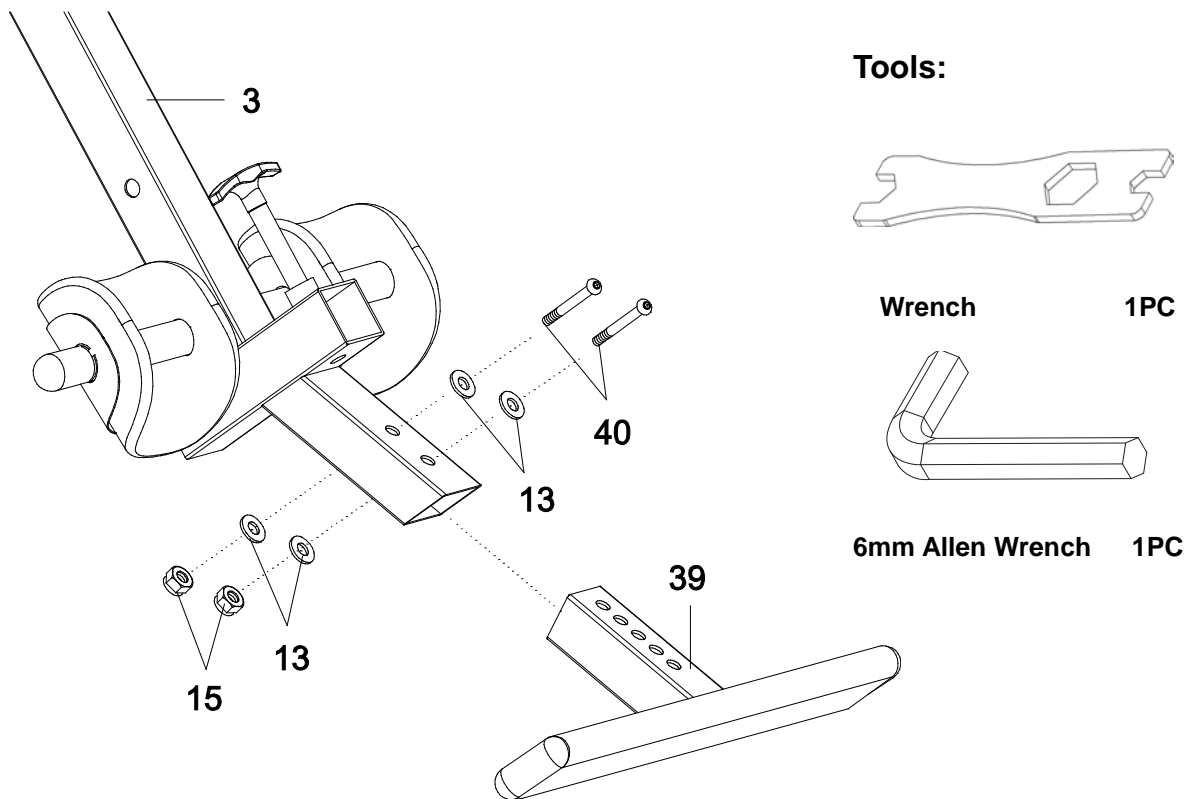


(16) Lock Nut
1PC



(27) Washer
2PCS

ASSEMBLY

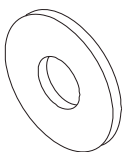


Step 6

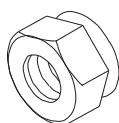
6A. Installing the Foot Bar onto the Adjustable Boom: Slide the **Foot Bar (39)** into the bottom of the **Adjustable Boom (3)** and align two of the holes on the **Foot Bar (39)** with the two holes on the **Adjustable Boom (3)**. Secure the **Foot Bar (39)** in place using two **Hex Head Bolts (40)**, two **Lock Nuts (15)** and four **Washers (13)**. Tighten the **Bolts (40)** and the **Lock Nuts (15)** with the **6mm Allen Wrench** and the **Wrench** provided.

NOTE: The extra holes on the **Foot Bar (39)** are for adjusting the distance between the **Heel Holders (31)** and the **Foot Bar (39)**. The best set of holes to use will vary depending on the users' personal comfort. **Once the inversion table is completely assembled**, try different positions for the **Foot Bar (39)** if the first set of holes you try is not comfortable. **Always thoroughly tighten the hardware before testing different positions for the Foot Bar (39).**

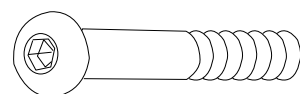
Hardware:



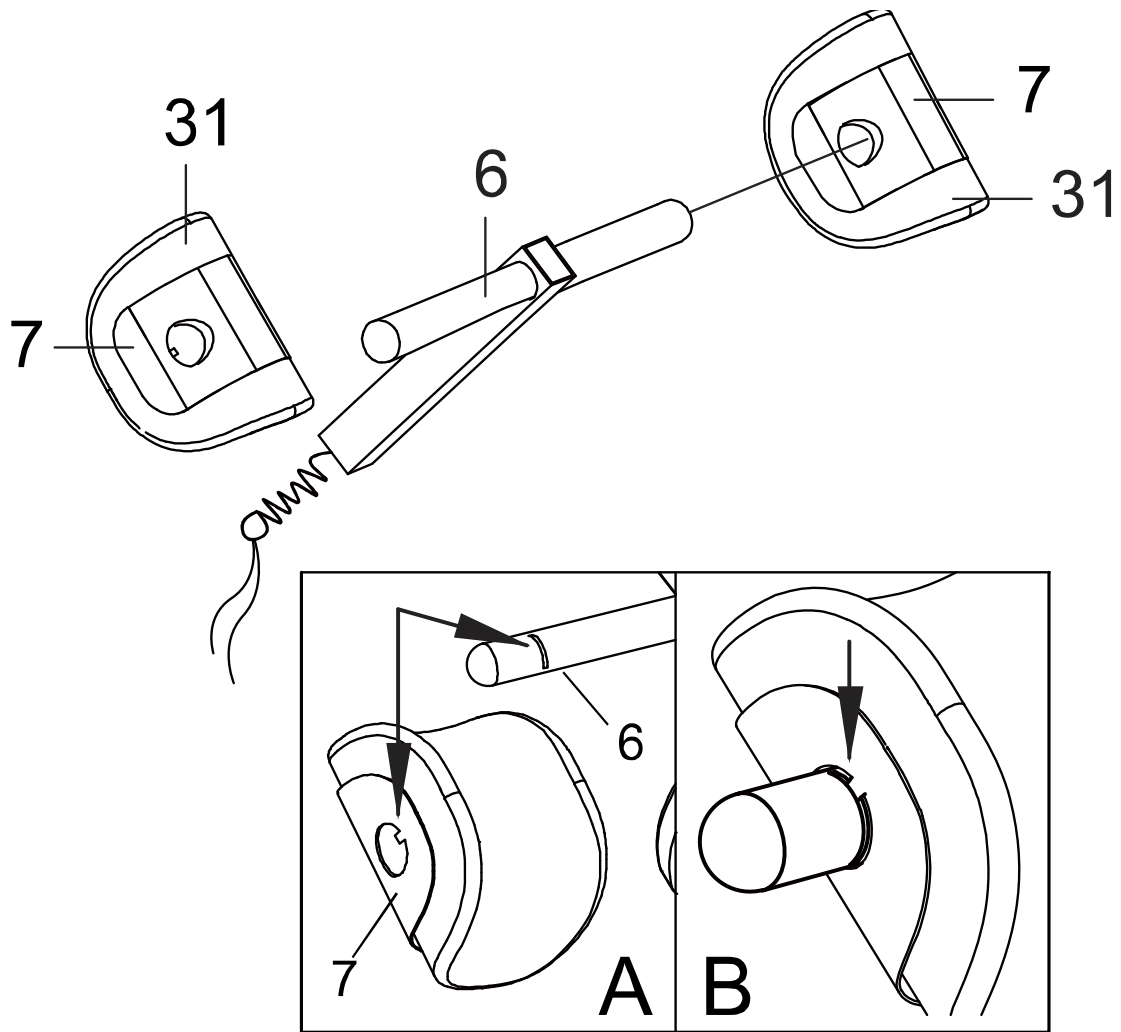
(13) Washer
4PCS



(15) Lock Nut
2PCS



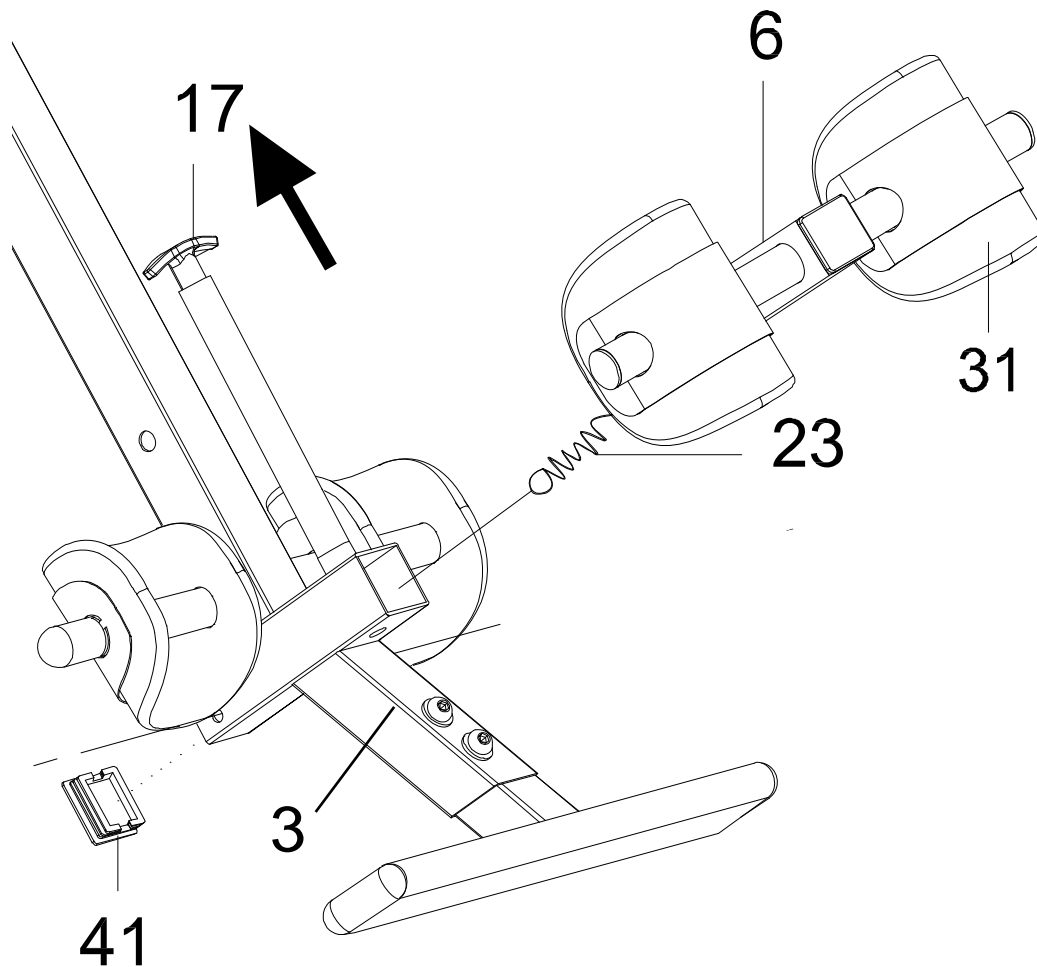
(40) Hex Head Bolt
2PCS



Step 7

7A. Installing the Steel Heel Holder Brackets to the Heel Holders: Wrap the remaining two **Heel Holders (31)** with a **Steel Heel Holder Bracket (7)** each. Slide the two **Heel Holders (31)** onto the ends of the **Adjustable Instep Frame (6)** until the lock teeth are into the slots on ends of the **Adjustable Instep Frame (6)**.

NOTE: Make sure the lock teeth are wedged into the slots on the **Adjustable Instep Frame (6)** as shown in **Fig. A and B** before using the inversion table.



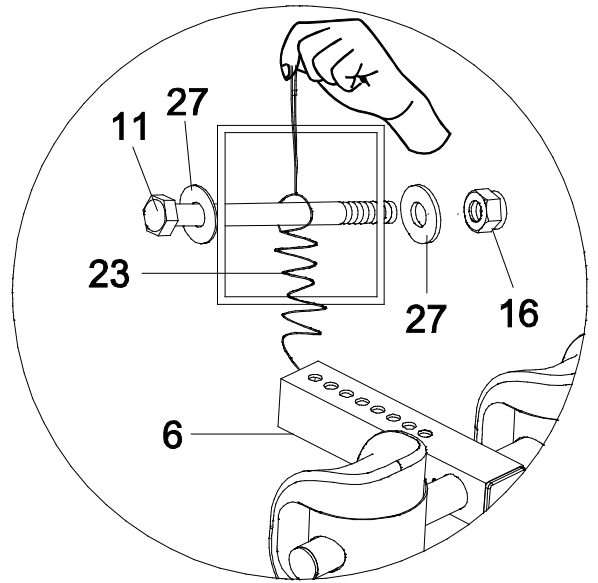
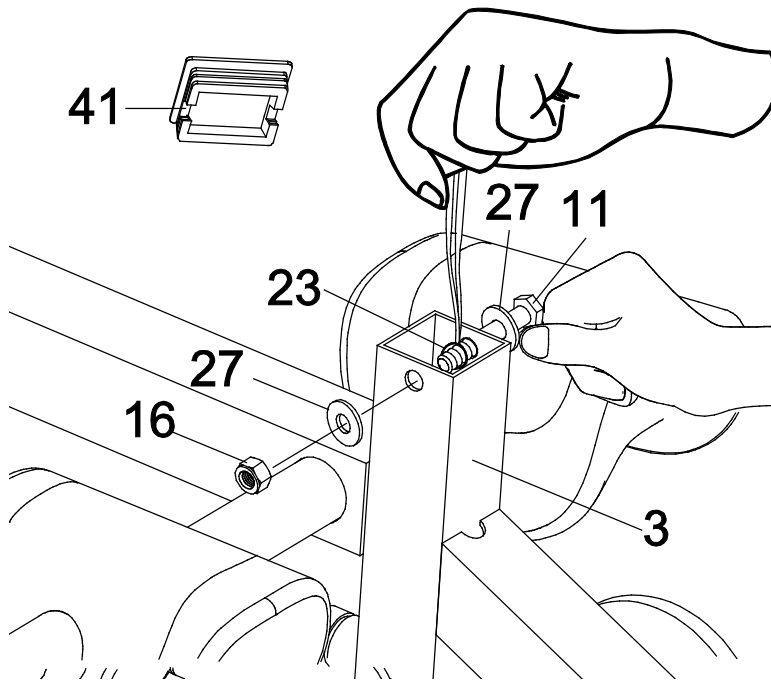
Step 8

8A. Preparing to Install the Adjustable Instep Frame: Remove the **Square End Cap (41)** from the rear of the **Adjustable Boom (3)**.

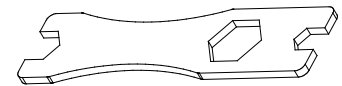
8B. Installing the Adjustable Instep Frame: Pull up on the **T-shape Spring Knob (17)** and carefully insert the **Spring (23)** and the **Adjustable Instep Frame (6)** all the way into the empty square tube on the **Adjustable Boom (3)**.

Make sure the pin holes on the Adjustable Instep Frame (6) are facing upward when installing. Release the **T-shape Spring Knob (17)** to allow it to “POP” into one of the pin holes, locking the **Adjustable Instep Frame (6)** in place.

ASSEMBLY



Tools:



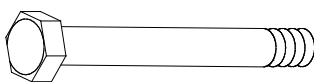
Wrench 2PCS

Step 9

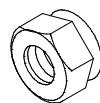
9A. Installing the Adjustable Instep Frame to the Adjustable Boom: Pull the plastic string hanging from the **Spring (23)** through the **Adjustable Boom (3)**. Continue to pull the string as you are aligning the hoop at the end of the spring with the two holes on the side of the **Adjustable Boom (3)**.

9B. Locking the Spring in place: Insert the **Hex Bolt (11)** with a **Washer (27)** through the **Spring (23)** hoop and the **Adjustable Boom (3)**. Insert a **Washer (27)** and a **Lock Nut (16)** onto the protruding end of the **Hex Head Bolt (11)**. Tighten the **Bolt (11)**, **Washers (27)**, and the **Lock Nut (16)** with the two **Wrenches** provided. Tuck in the plastic string into the **Adjustable Boom (3)**. Re-Insert the **Square End Cap (41)** into the rear of the **Adjustable Boom (3)**.

Hardware:



(11) Hex Head Bolt
1PC

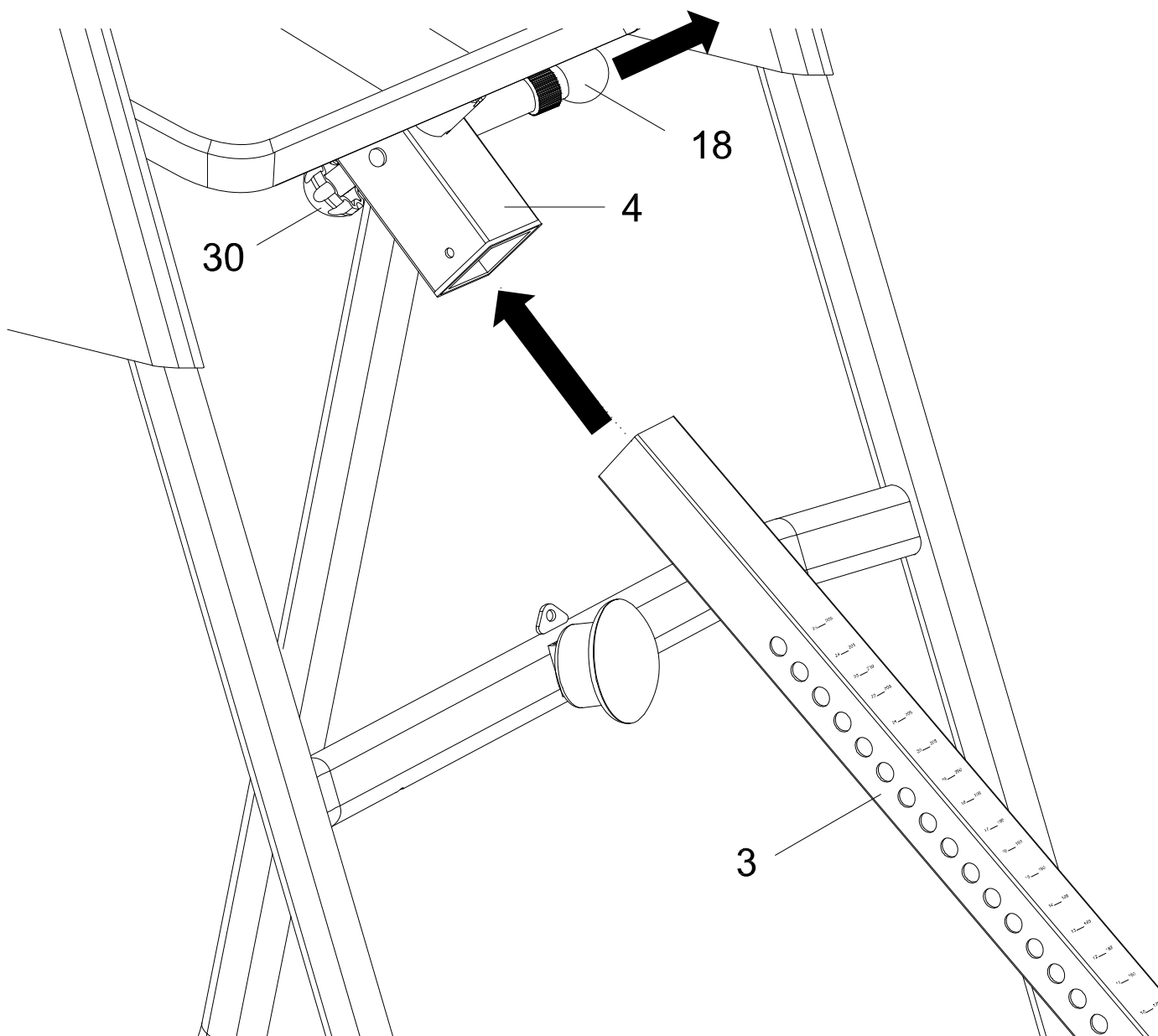


(16) Lock Nut
1PC



(27) Washer
2PCS

ASSEMBLY



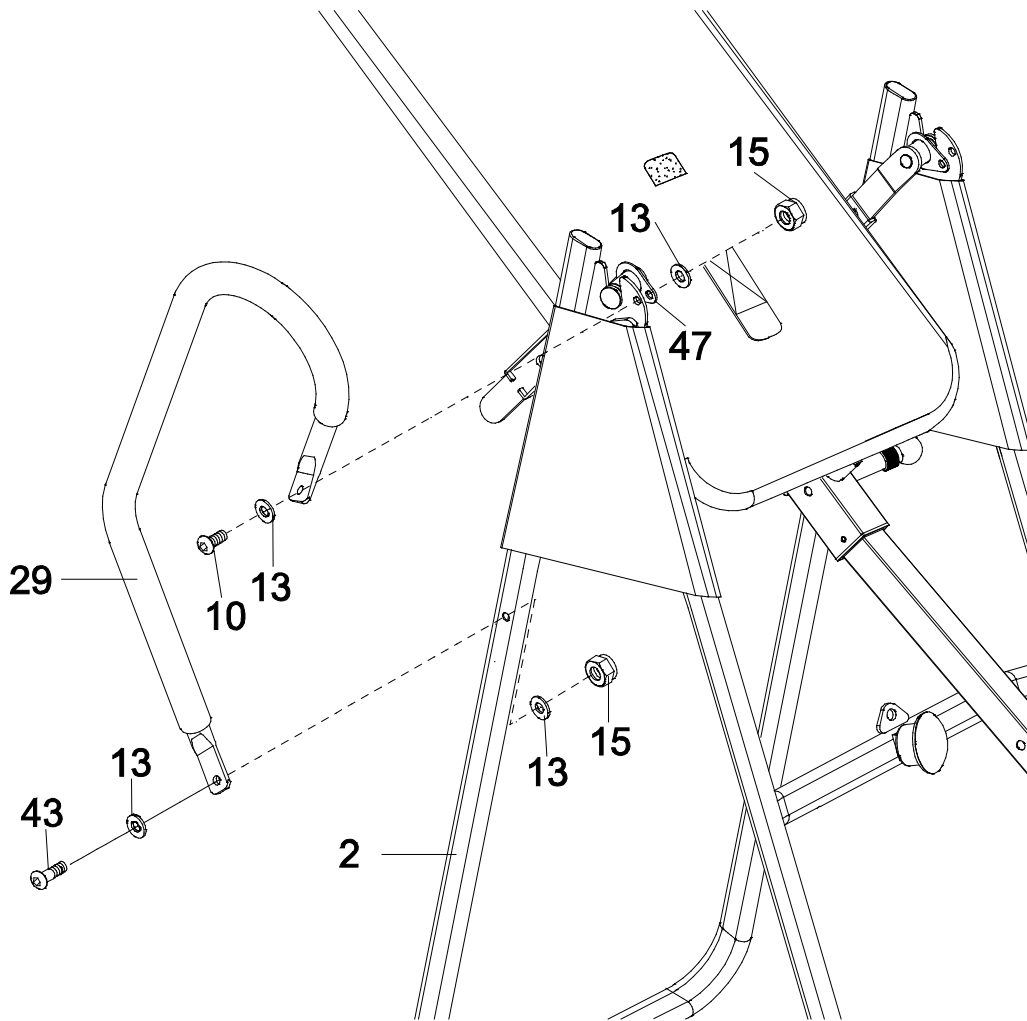
Step 10

10A. Installing the Adjustable Boom to the Bed Frame: Loosen the **Knob (30)**. Pull out the **Round Spring Knob (18)**, and slide the **Adjustable Boom (3)** into the **Bed Frame (4)**.

10B. Height Adjustment: Use the Height Sticker on the **Adjustable Boom (3)** as a guide to set the equipment to the appropriate user height. Release the **Round Spring Knob (18)** and make sure the pin “POPS” all the way into one of the height adjustment holes on the **Adjustable Boom (3)** and then tighten the **Knob (30)**.

NOTE: The **Knob (30)** must be tightened every time the user height setting is changed for additional stability and safety.

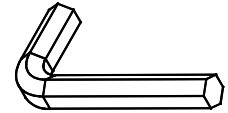
ASSEMBLY



Tools:



Wrench 2PCS



Allen Wrench
1 PC

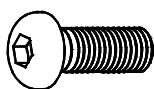
Step 11

11A. Installing the top end of the Handlebar onto the Frame: Attach the top end of the Handlebar (29) onto one side of the Rear U-Frame (2) and Pivot Arm Ring (47) with one Hex Head Bolt (10), one Lock Nut (15), and two Washers (13). Tighten the Hex Head Bolt (10) and Lock Nut (15) with the Wrench and Allen Wrench provided.

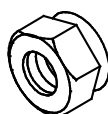
11B. Installing the bottom end of the Handlebar onto the Frame: Attach the bottom end of the same Handlebar (29) onto the Rear U-Frame (2) with one Hex Head Bolt (43), one Lock Nut (15), and two Washers (13). Tighten the Hex Head Bolt (43) and Lock Nut (15) with the Wrench and Allen Wrench provided.

Use the same procedure to attach the second Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (47) on the opposite side of the unit.

Hardware:



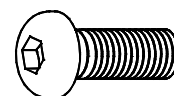
(10) Hex Bolt
2PCS



(15) Lock Nut
4PCS

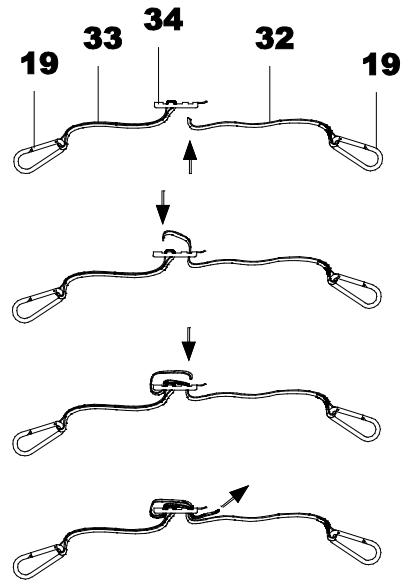
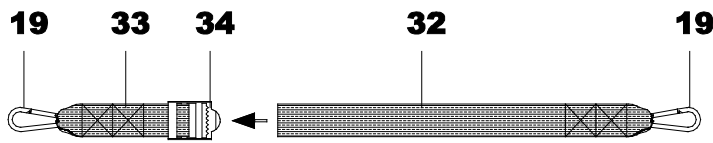


(13) Washer
8PCS



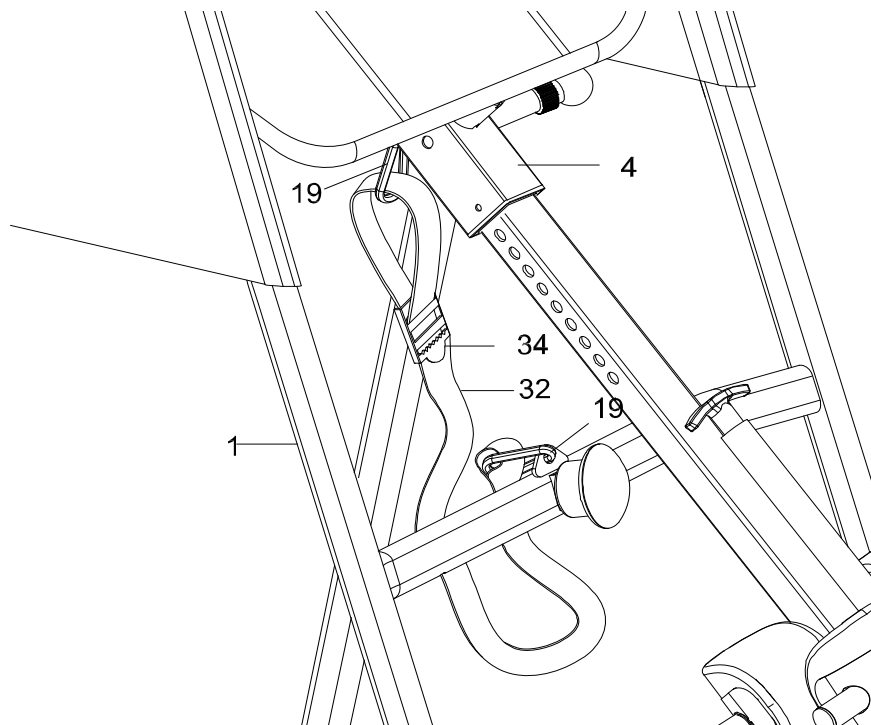
(43) Hex Head Bolt
2PCS

ASSEMBLY



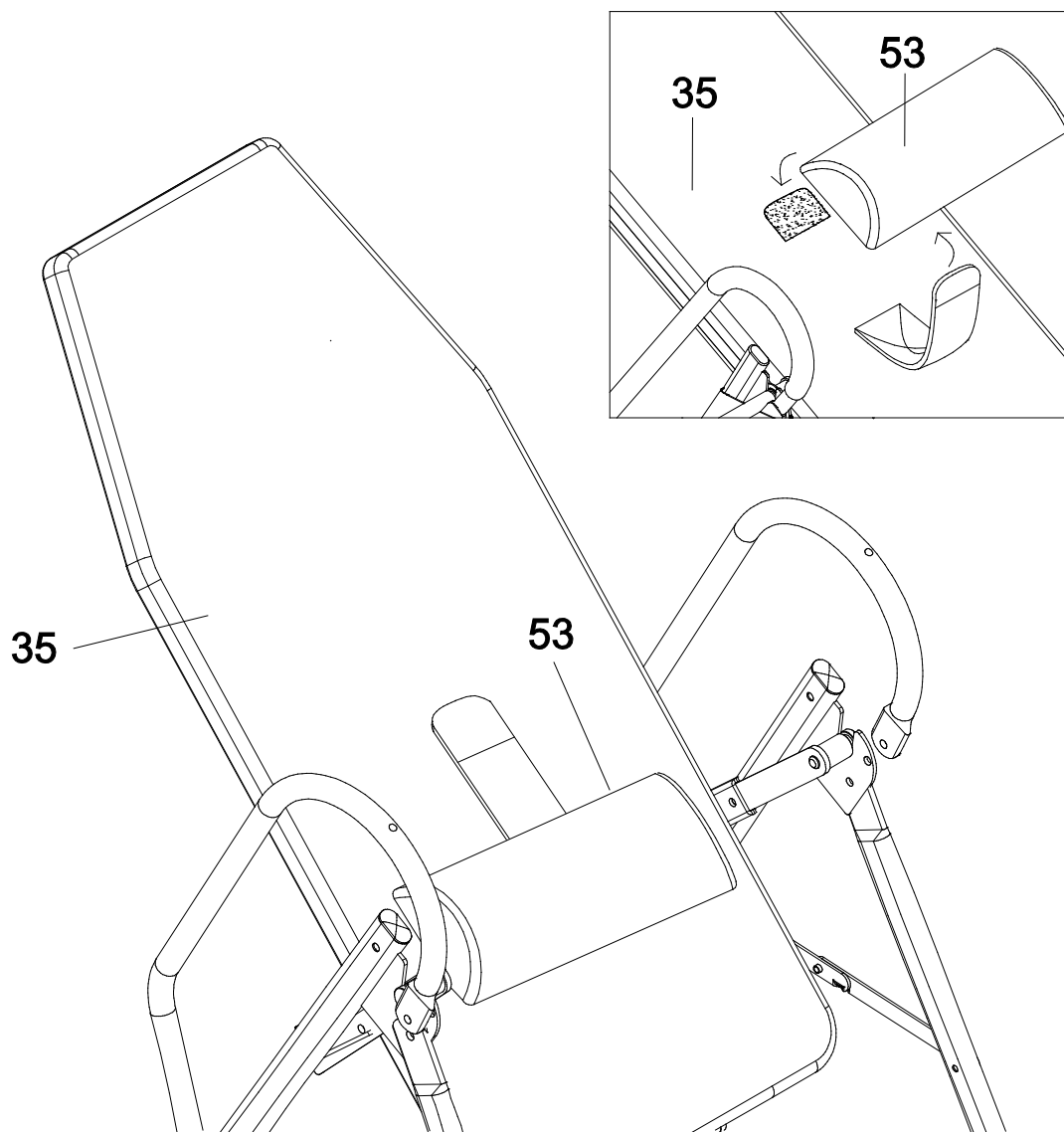
Step 12

12A. Assembling the Straps: 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.



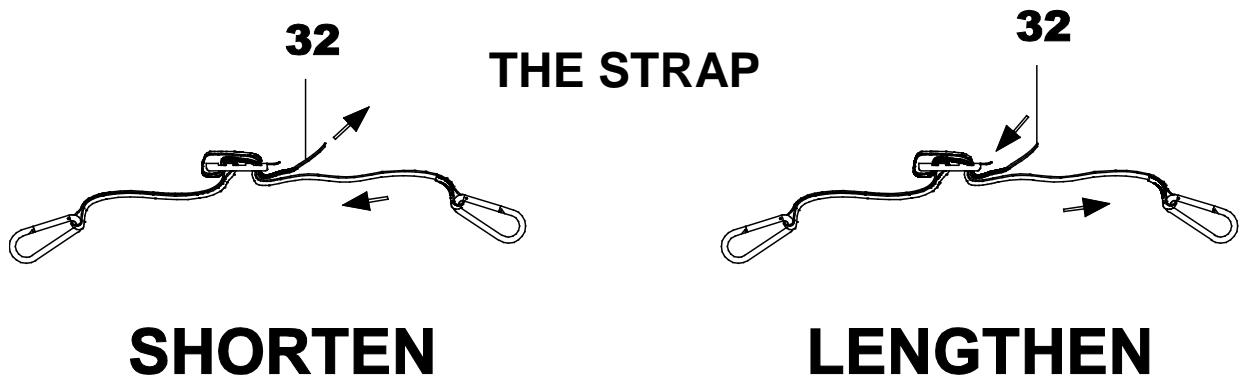
Step 13

13A. Attaching the Nylon Loop Straps to the Frame: Attach the free ends of the **Nylon and Loop Straps (32, 33)** to the inversion table by clipping the **Safety hooks (19)** to the triangular tabs on the back of the **Bed Frame (4)** and the crossbeam on the **Front U-Frame (1)** as shown.

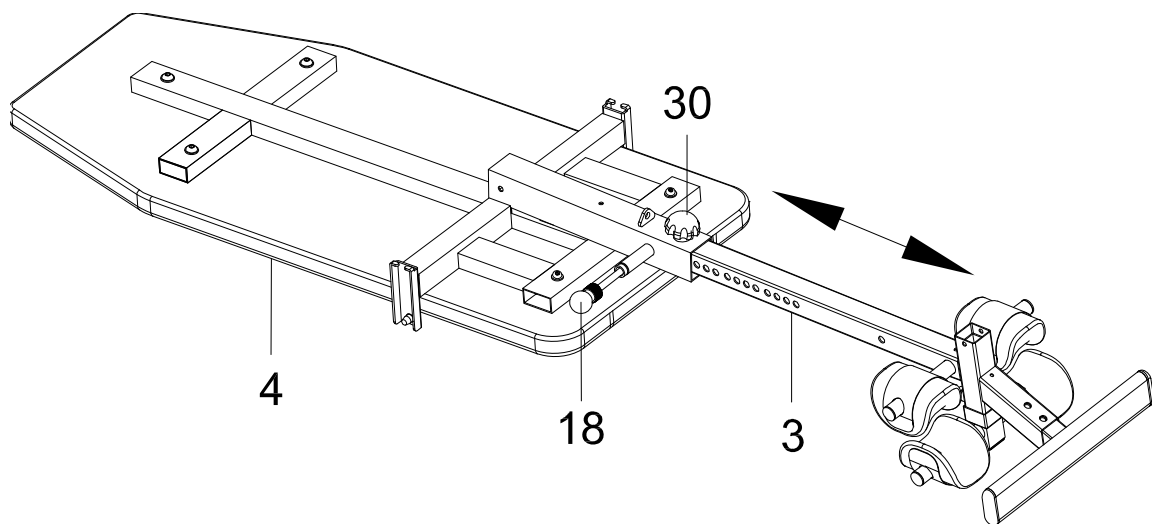


Step 14

14A. Installing the Lumbar Pad onto the Bed: Insert the Velcro strap on the **Bed (35)** through the slot on the underside of the **Lumbar Pad (53)**. Secure the **Lumbar Pad (53)** onto the **Bed (35)** by connecting the two sides of the Velcro on the **Bed (35)**.



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 the **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 the **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 the height of the person using the inversion table. To adjust the **Adjustable Boom (3)**, pull out and hold the **Round Spring Knob (18)** while sliding the **Adjustable Boom (3)** up or down until the desired height is just visible below the tube connected to the **Bed Frame (4)**. When the **Adjustable Boom (3)** is in the desired position, simply release the **Round Spring Knob (18)**, and then slide the **Adjustable Boom (3)** slightly up or down until the **Round Spring Knob (18)** locks into place with a “POP” sound.

NOTE: The **Knob (30)** must be tightened every time the user height setting is changed for additional stability and safety.

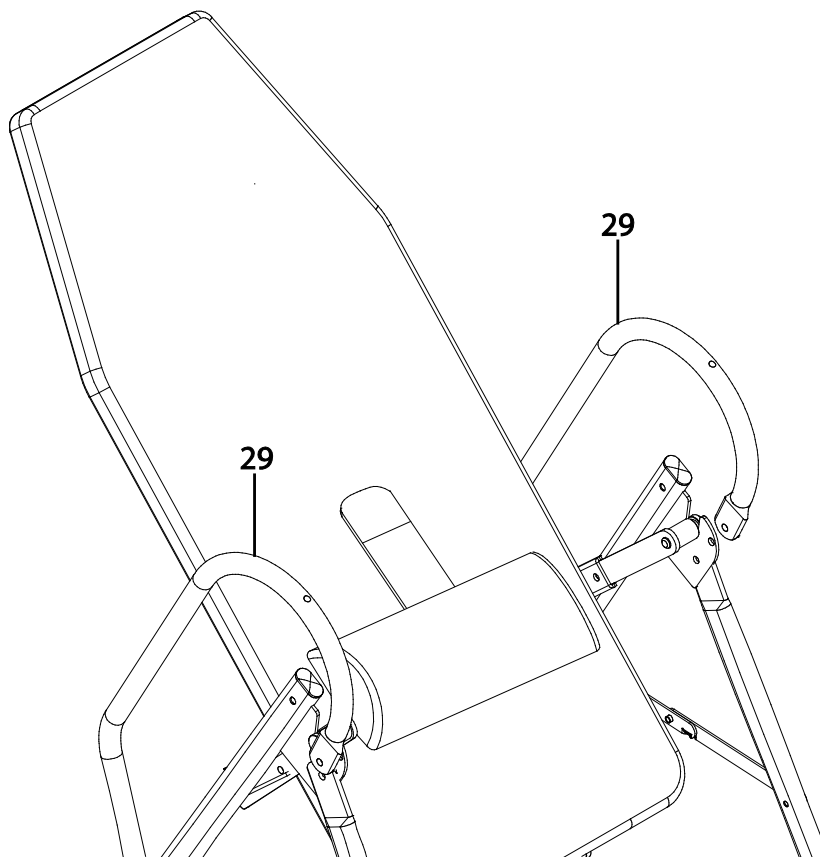
GENERAL PRECAUTIONS

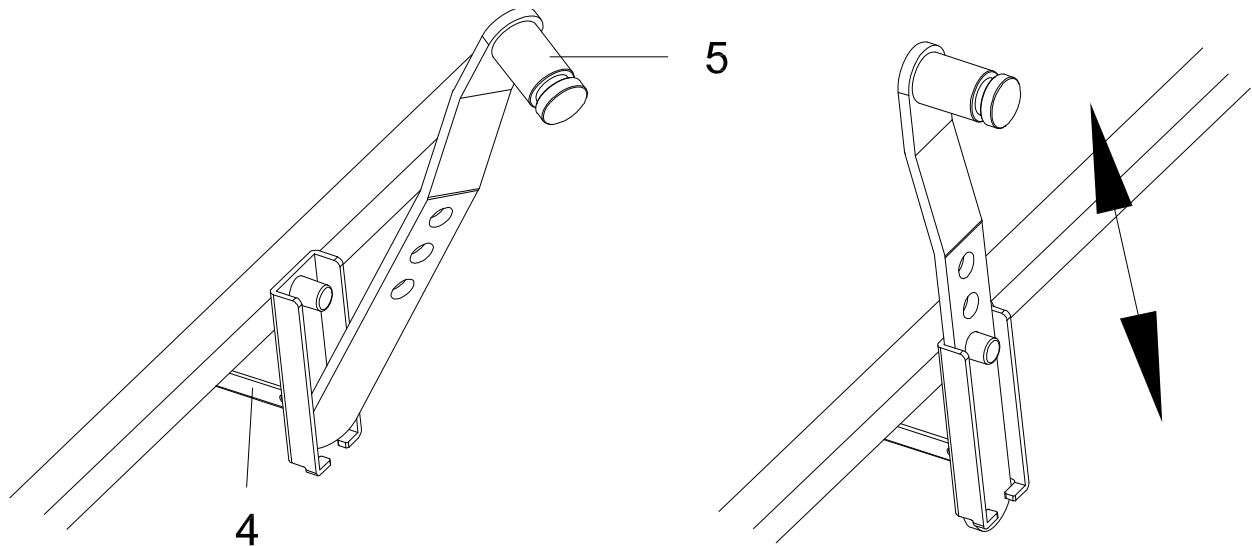
1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Always wear shoes when using the inversion table.
3. Make sure that the **Rear Heel Holders (31)** are secure around your ankles before inverting.
4. Make sure that the **Adjustable Boom (3)** is properly set to your height.
5. Make sure that the **Adjustable Boom (3)** is held securely by the **Round Spring Knob (18)**.
6. Make sure that there is enough room for the inversion table to rotate completely.

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 backrest is moving too slowly, or not moving at all, slowly pull on the handlebars until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hand's closer to your starting position along the handlebars. If it does not, get off the inversion table and adjust the height setting before your next use. **Go back slowly; failure to comply could result in serious physical injury.**





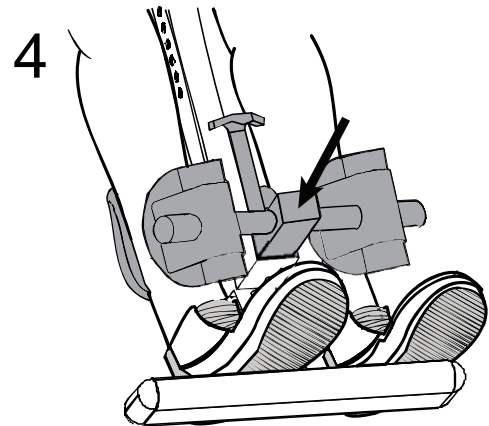
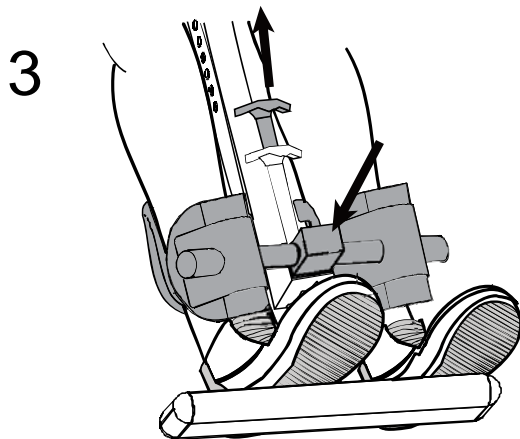
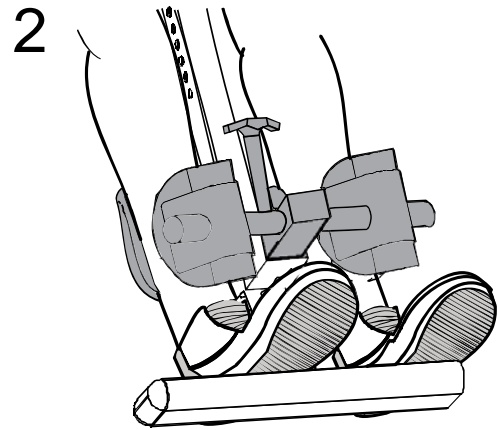
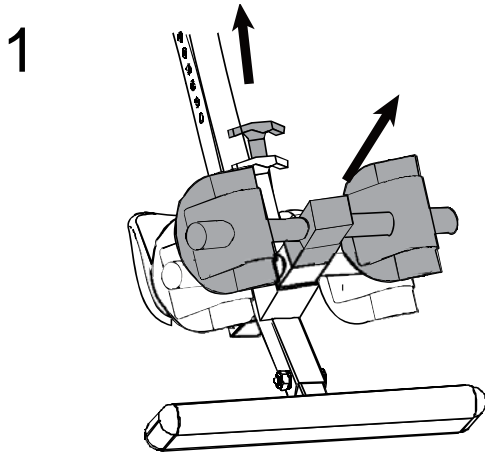
PIVOT ARMS

The **Pivot Arms (5)** can be adjusted to allow for a greater or lesser degree of inversion. To adjust the **Pivot Arms (5)**, pull them out until the post is clear of the hole. Slide the **Pivot Arms (5)** up or down to the desired hole, and then insert the post into 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. Using the **Pivot Arms (5)** on two different hole positions could cause damage to the inversion table or injury to the user.

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

OPERATION & ADJUSTMENTS



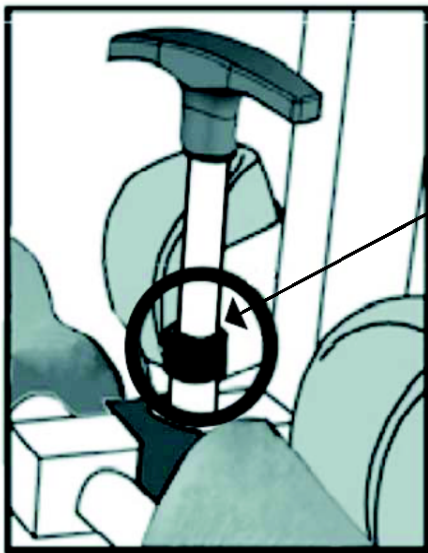
ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

1. Pull UP on the **T-shape Spring Knob (17)**, and then lift the **Adjustable Instep Frame (6)** away from the **Adjustable Boom (3)** to separate the heel holders. Let go of the **T-shape Spring Knob (17)** when there is enough clearance for your ankles. Ensure the pin locks the **Adjustable Instep Frame (6)** in place after the frame has been pulled forward.
2. Step onto the **Foot Bar (39)** and place your ankles between the **Heel Holders (31)**.
3. Pull UP on the **T-shape Spring Knob (17)** and let the **Adjustable Instep Frame (5)** retract around your ankles. Release the **T-shape Spring Knob (17)** and ensure it "POPS" into one of the locking holes on the **Adjustable instep frame (5)**.
4. Make sure the heel holders are snug and **locked** around your ankles by pushing the **Adjustable Instep Frame (6)** into the **Adjustable Boom (3)**, this will ensure the **T Shape Spring Knob (17)** to fall into a locking hole in the **Adjustable Instep Frame (6)**.

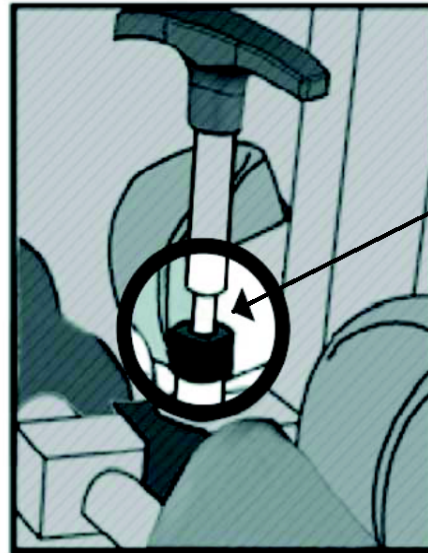
WARNING: If the **Adjustable Instep Frame (6)** does NOT automatically retract when you pull UP on the **T-shape Spring Knob (17)**, contact **Customer Service** before using the inversion table.

WARNING: Make sure that the **T-shape Spring Knob (17)** is securely inserted into a locking hole before using the inversion table. See the next page

SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged



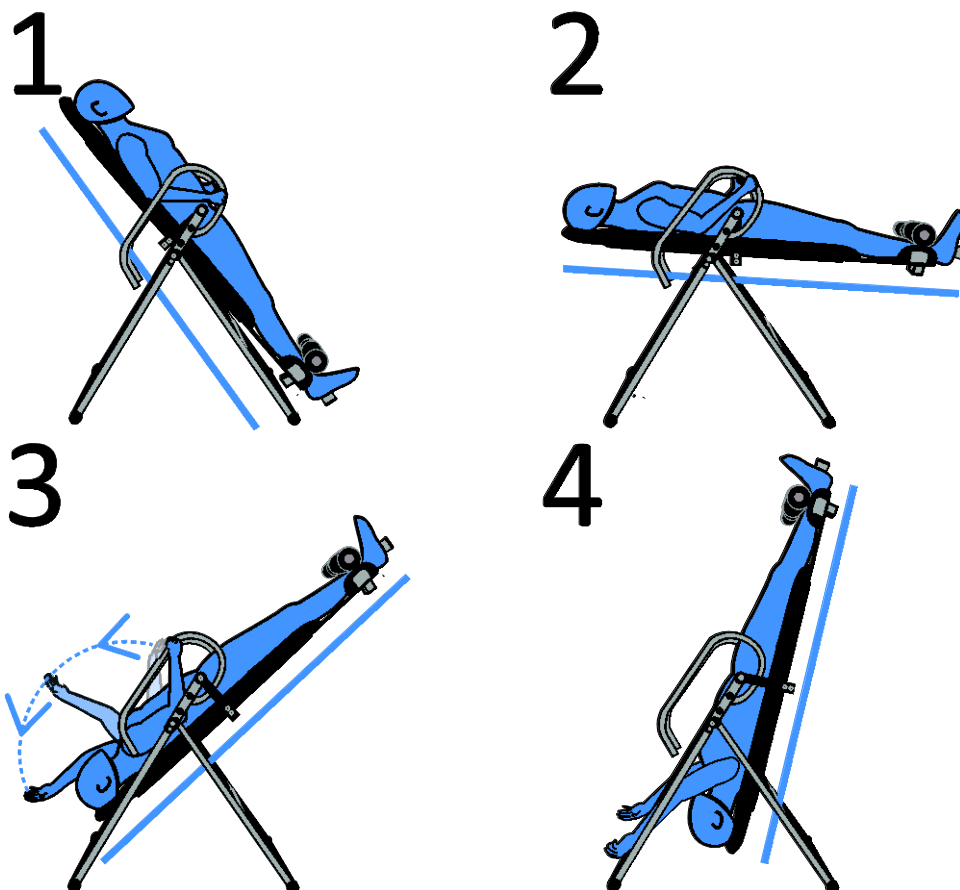
WRONG:
Locking pin
NOT fully
engaged

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 table inverts.

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

BALANCING THE INVERSION TABLE

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



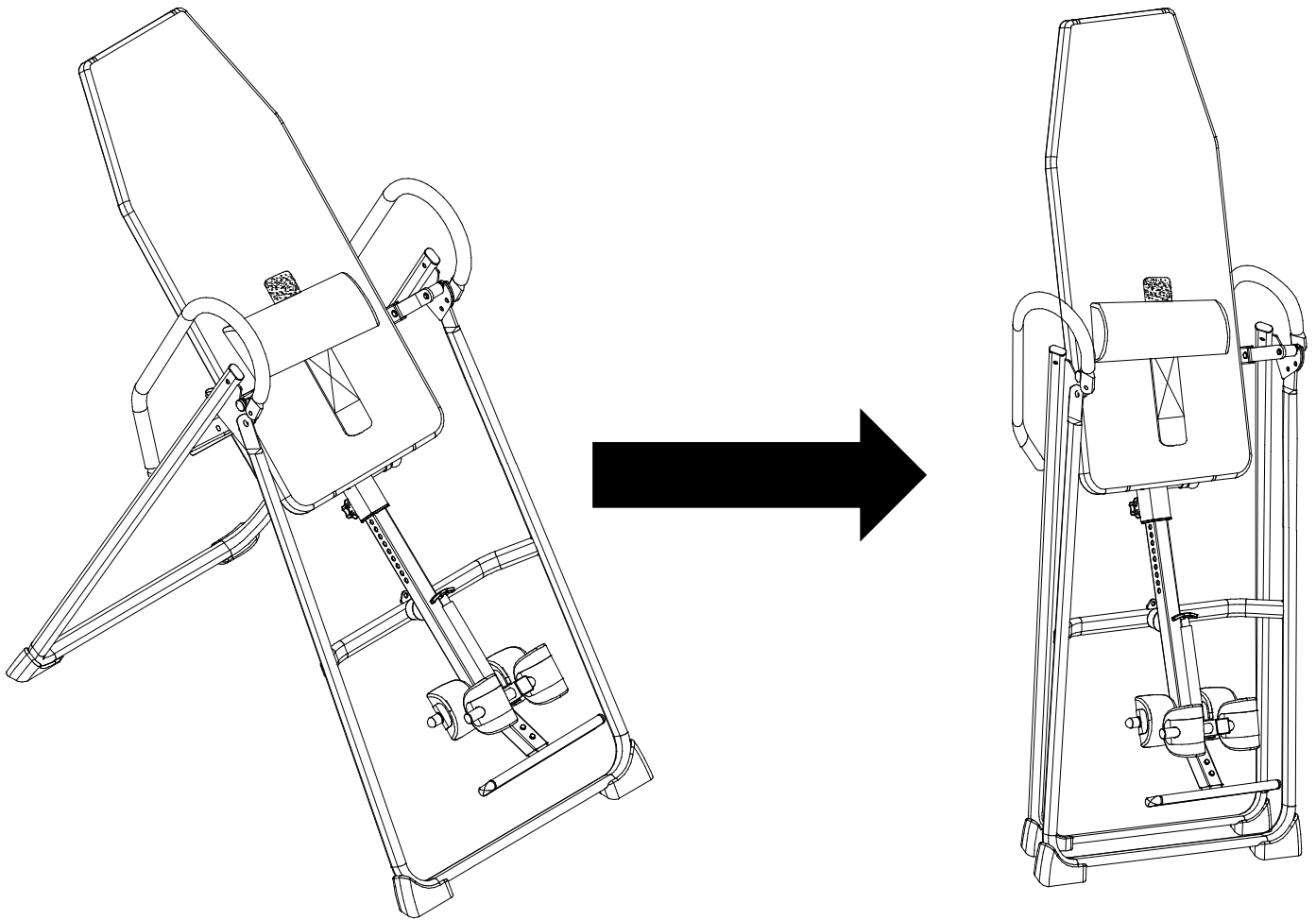
USING THE INVERSION TABLE

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

SUGGESTIONS FOR USE

1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly if you feel uncomfortable.
2. Make gradual changes: increase the angle only if it is comfortable. Increase the angles only a few degrees at a time. You may want to increase your routine from 1-2 minutes to 5 minutes over time. Do so only if you feel comfortable, so listen to your body. Invert however long you are comfortable.
3. Throughout the inversion, remember to always check up on how you are feeling. If you begin to feel nauseous during use come up as soon as you can. Come up slowly, dizziness after a session means you came up too fast. Wait 2 hours after eating to use the inversion table.
4. All inversion benefits can be gained without having to invert completely; small degrees of inversion will provide the same benefits. Do NOT push yourself to greater degrees of inversion if you are not comfortable.
5. Invert regularly: We recommend two or three times a day depending upon your current condition; talk to your personal care physician. We recommend inverting around the same time daily to gain the most benefits from inversion.
6. **These are general recommendations; consult your personal care physician before using this product.**

STORAGE



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded to place against a wall, under a bed, or in a storage area. Push up on the **Folding Arms (8)** and push together the **Rear U-Frame (2)** and **Front U-Frame (1)**. Now the inversion table is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

MAINTENANCE INSTRUCTIONS

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

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

| | |
|----------------------|---------------------------|
| Structural Frame | 1 year For Home Use Only |
| All Other Components | 90 days For Home Use Only |

Exclusions from Warranty Coverage:

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

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather, and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department:
Monday thru Friday, 8:00 AM - 5:00 PM (PST).

service@paradigmhw.com

When ordering replacement parts have the following information ready:

1. Owner's Manual
2. Model Number
3. Description of Parts
4. Part Number
5. Date of Purchase

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

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