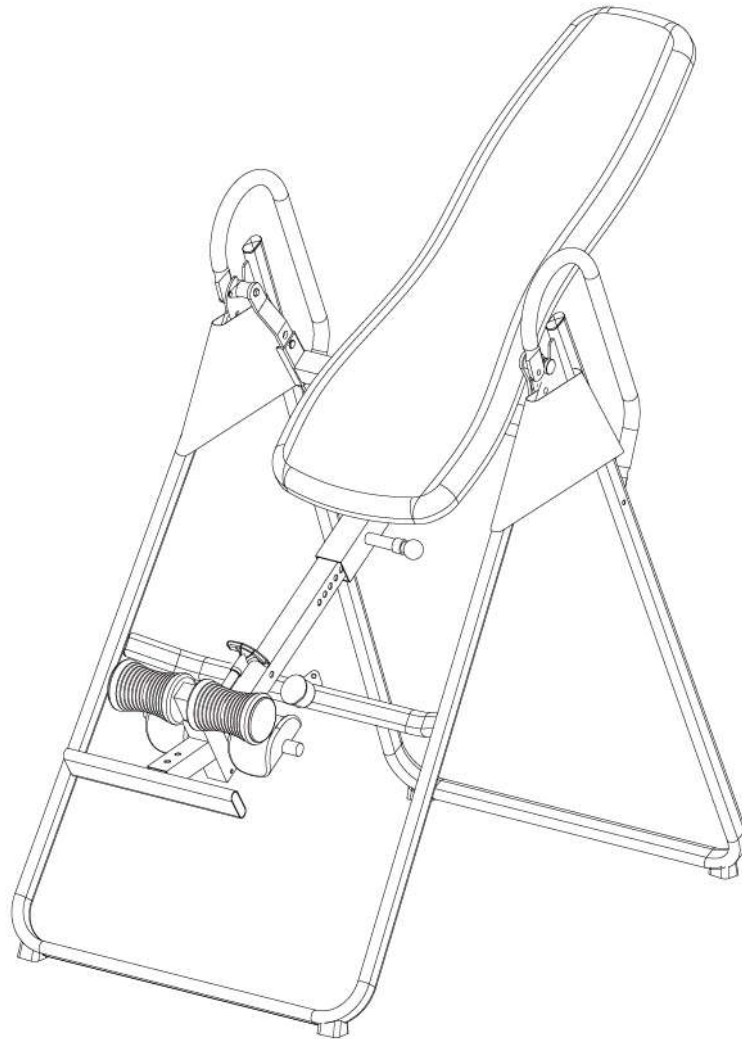


OWNER'S MANUAL



Infrared Inversion Table

5211.7-051518

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

IRONMAN® and the "M-DOT" logo are registered trademarks of World Triathlon Corporation Official Product of the IRONMAN® TRIATHLON.

Used here by permission.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP and 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:
1-844-641-7922
Hours:
8:00 am to 5:00 pm (PST) Monday thru Friday

TABLE OF CONTENTS

SERVICE-----	2
IMPORTANT SAFETY GUIDELINES-----	3
LABEL PLACEMENT-----	6
OVERVIEW DRAWING-----	7
HARDWARE PACK-----	8
PARTS LIST-----	9
ASSEMBLY-----	10
SUPPLEMENTAL INSTRUCTION FOR CONNECTING CABLES-----	17
ROUTING THE WIRE-----	18
SAFETY OPERATION INSTRUCTION-----	20
STORAGE-----	25
REMOECONTROL & CONTROLLER OPERATION-----	26
WARRANTY-----	27
PARTS REQUEST FORM-----	28

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 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:

1-844-641-7922

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

Response time may vary via calling

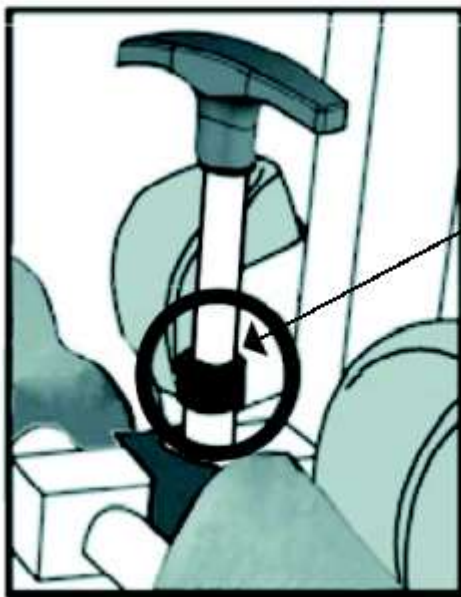
Please have the following information ready when requesting for service:

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

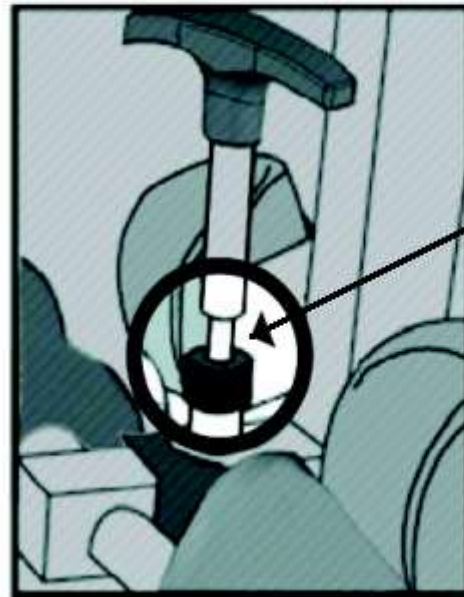
For damaged or defective product please contact our customer service before returning to the store.

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:

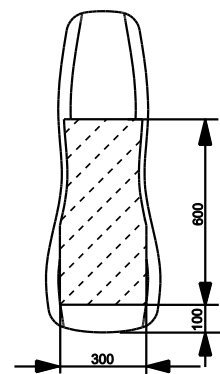
WARNING - To reduce the risk of injury to persons:

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. 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. **CABLE STORAGE:** When not in use, wind the cable around the anchors on the rear right frame as illustrated. Do not lay it on the ground to avoid cable damage.



20. THE DIMENSION OF HEATING PAD:

There is a heating pad inside the foam bed. The heating pad is 23.62" (length) x 11.81" (width), or 600mm (length) x 300mm (width) in dimension. The heating area is illustrated as below:



IMPORTANT SAFETY GUIDELINES

21. **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.
22. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
23. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
24. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
25. **Warning:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
26. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
27. **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.

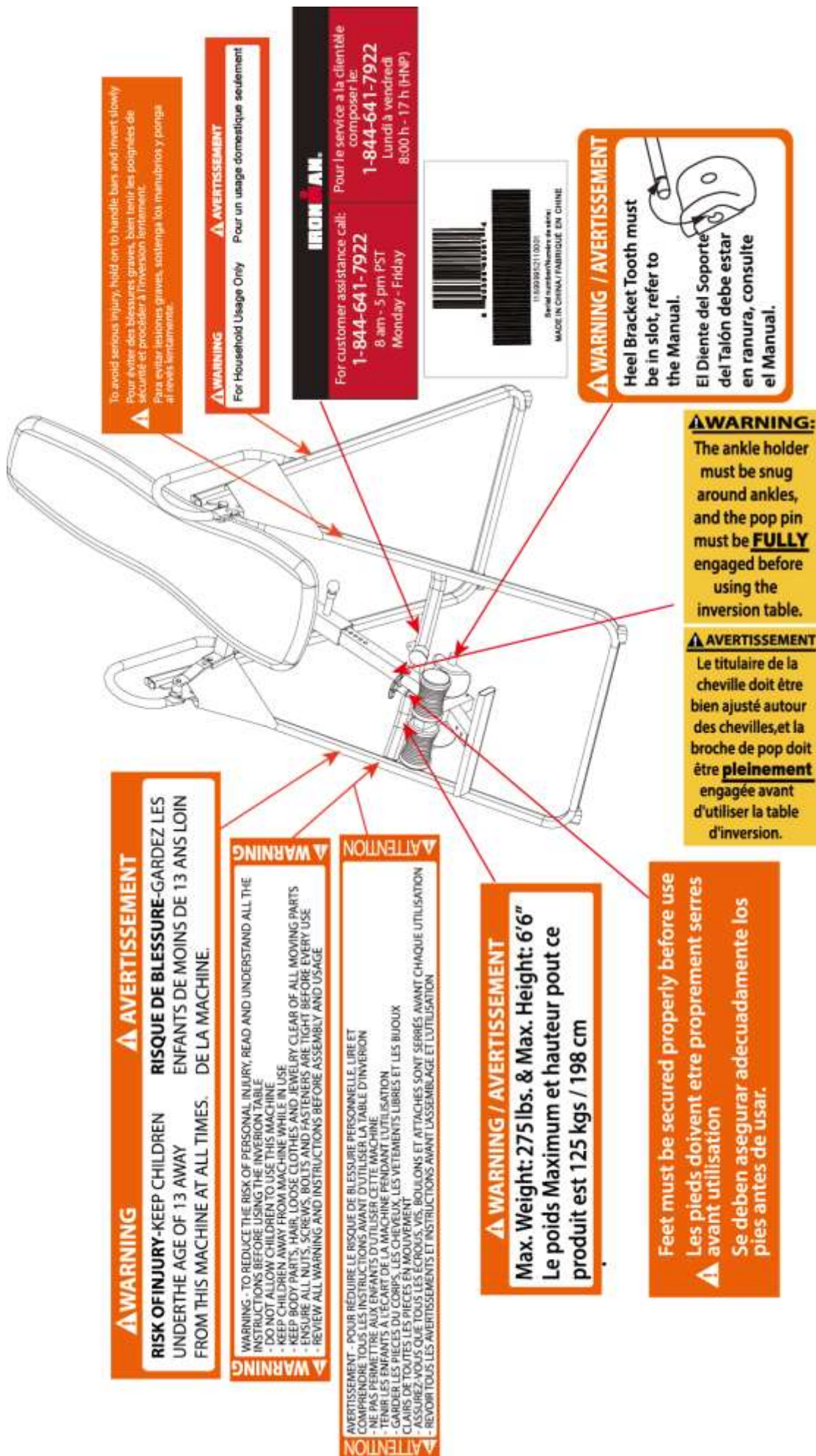
Do not exceed the maximum rated weight (load) and maximum rated user height:

The Maximum Weight Capacity for this product is 275lbs/125kgs.

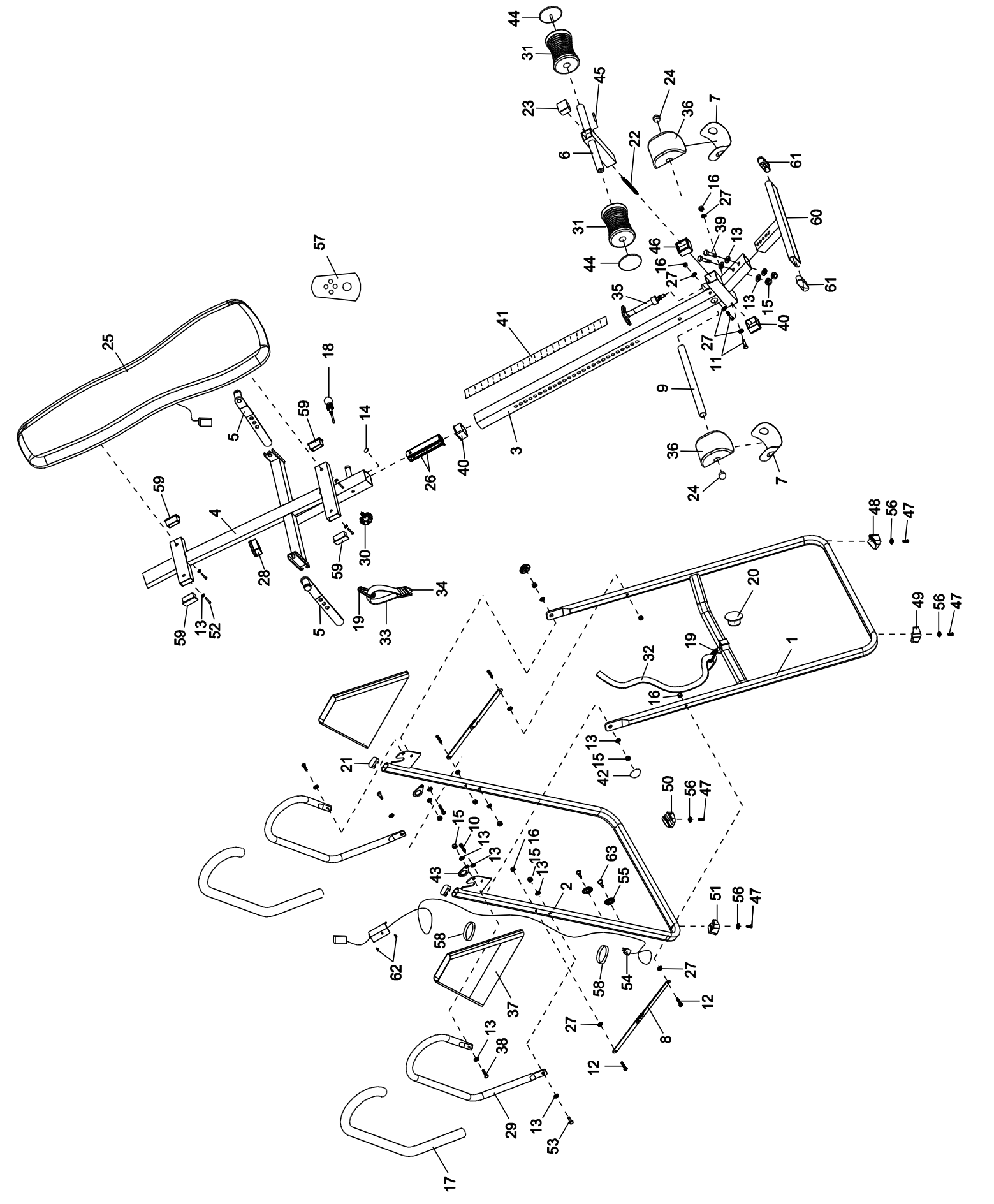
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

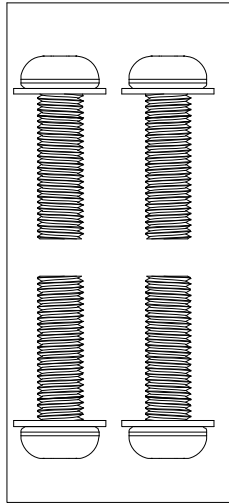
LABEL PLACEMENTS



OVERVIEW DRAWING

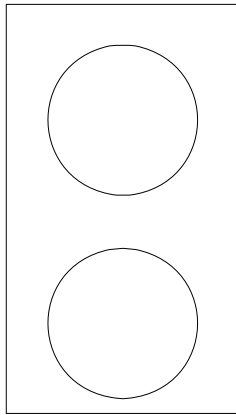


Step 1



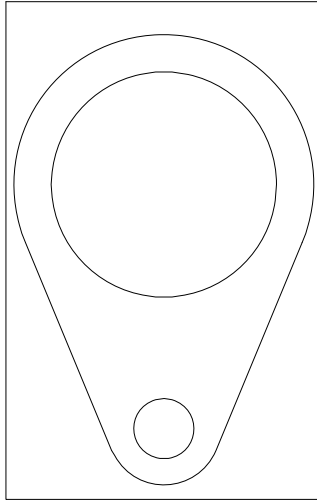
(48) Bolt M6*20 4pcs (52) Washer $\phi 12 \times \phi 6.5 \times 1.4$ 4pcs

Step 2



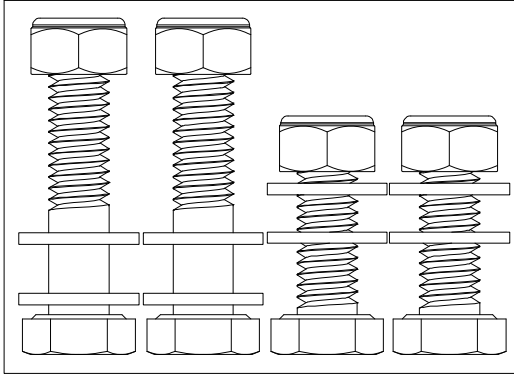
(42) Nut Cap $\phi 27 \times \phi 13.5$ 2pcs

Step 4



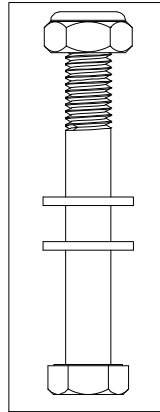
(54) Pivot Arm Ring 2pcs

Step 5



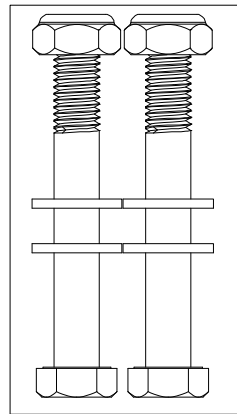
(38) Hex Head Bolt M8*23 2pcs
(53) Hex Head Bolt M8*38 2pcs
(13) Washer $\phi 20 \times \phi 8.5 \times 1.5$ 8pcs
(15) Lock Nut M8 4pcs

Step 8



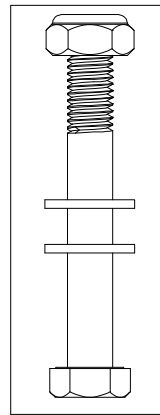
(11) Hex Head Bolt M6*47 1pc
(27) Washer $\phi 16 \times \phi 6.5 \times 1.0$ 2pcs
(16) Lock Nut M6 1pc

Step 7

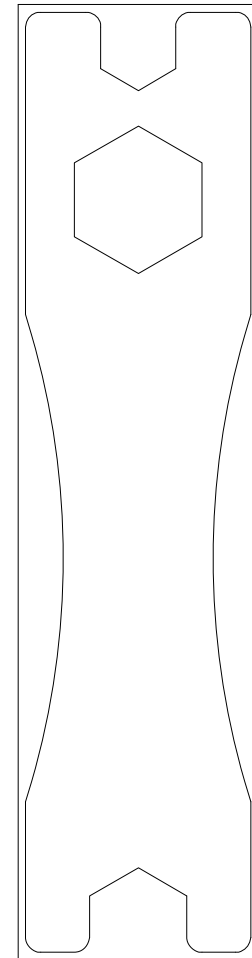


(39) Hex Head Bolt M8*50 2pcs
(13) Washer $\phi 20 \times \phi 8.5 \times 1.5$ 4pcs
(15) Lock Nut M8 2pcs

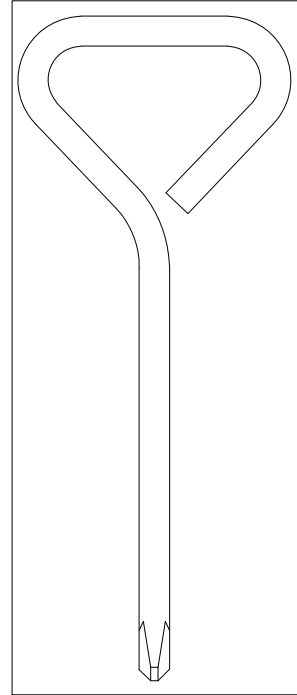
Step 6



(11) Hex Head Bolt M6*47 1pc
(27) Washer $\phi 16 \times \phi 6.5 \times 1.0$ 2pcs
(16) Lock Nut M6 1pc



Wrench S10,S13,S17 2pcs



Phillips Screwdriver 1pc

PART 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	2
8	Folding Arm	2
9	Rod	1
10	Bolt M8x23	2
11	Hex Head Bolt M6x47	2
12	Phillips Bolt M6x30	4
13	Washer Ø20xØ8.5x1.5	20
14	Round Plate	1
15	Lock Nut M8	8
16	Lock Nut M6	6
17	Foam Grip	2
18	Ball Spring Knob	1
19	Safety Hook	2
20	Rubber Pad	1
21	Oval End Cap (20x40)	2
22	Spring	1
23	Square End Cap (□33.4)	1
24	Round End Cap	2
25	Far Infrared Foam Bed	1
26	Lower Bed Frame Bushing	2
27	Washer Ø16xØ6.5x1.0	8
28	Upper Bed Frame Bushing	1
29	Handlebar	2
30	Knob	1
31	Front Heel Holder	2
32	Nylon Strap	1

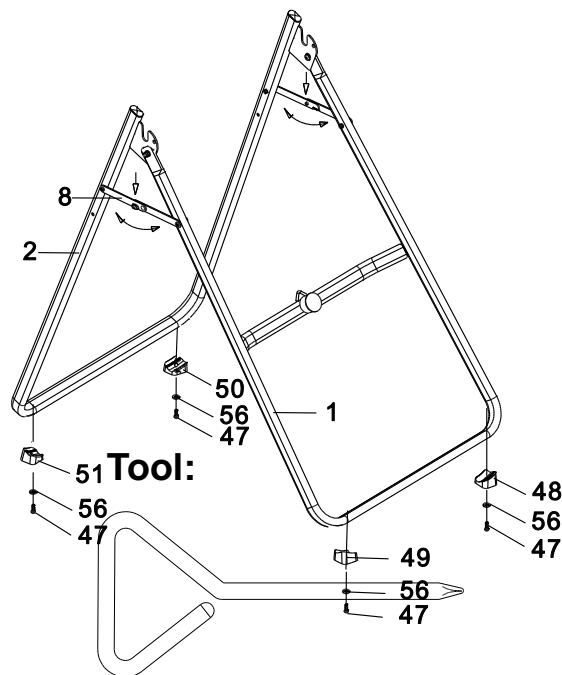
No.	Description	Qty
33	Loop Strap	1
34	Strap Lock	1
35	"T" Type Spring Knob	1
36	Rubber Rear Heel Holder	2
37	Protective Cover	2
38	Hex Head Bolt M8x23	2
39	Hex Head Bolt M8x50	2
40	Square End Cap (□38)	2
41	Height Scale	1
42	Nut Cap Øx27xØ13.5	2
43	Pivot Arm Ring	2
44	Rod Cap	2
45	Spring Latch	1
46	Plastic Bushing	1
47	Phillips Bolt M6x20	4
48	Left Front Foot Cap	1
49	Right Front Foot Cap	1
50	Left Rear Foot Cap	1
51	Right Rear Foot Cap	1
52	Hex Head Bolt M8x45	4
53	Hex Head Bolt M8x38	2
54	Controller with Power Cord	1
55	Anchor	2
56	Washer Ø12xØ6.5x1.0	4
57	Remote Control	1
58	Velcro Strap	2
59	End Cap (□25x50mm)	4
60	Foot Bar	1
61	Foot Bar End Cap (20x60)	2
62	Screw ST3.5x15	2
63	Screw ST4.0x20	2

ASSEMBLY

Step 1

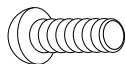
1A. Stand up the base of the machine by separating the frames. Pull the Front and Rear U-Frames (1, 2) as far apart from each other as possible. Then push down on the middle of the two Folding Arms (8) until they are fully locked down.

1B. Attach Left/Right Front Foot Caps (48, 49) onto the bottom of the Front U-Frame (1) with two Phillips Bolts (47) and two Washers (56). Attach Left/Right Rear Foot Caps (50, 51) onto the bottom of the Rear U-Frame (2) with two Phillips Bolts (47) and two Washers (56). Tighten bolts with the Phillips Screwdriver provided.



Phillips Screwdriver
1PC

Hardware:



(47) Phillips Bolts
4PCS



(56) Washers
4PCS

Step 2

2A. Install two Nut Caps (42) onto M8 Lock Nuts (15).

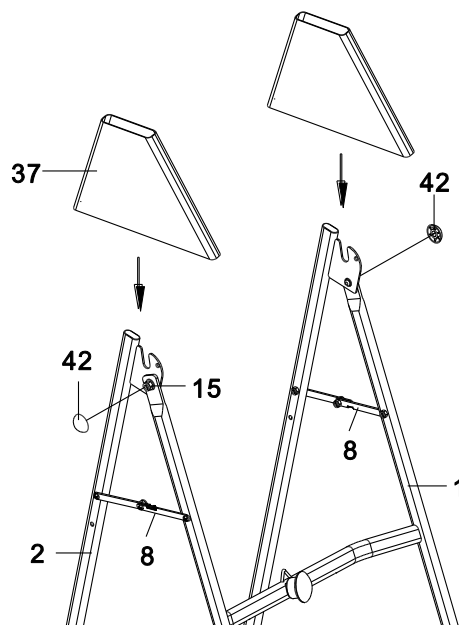
2B. Slide the Protective Covers (37) on to each side of the base as shown, and pull down on the covers until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the covers to secure the covers to the folding arms.

2C. When the covers are assembled correctly, the folding arms should be fully covered by the protective covers.

Hardware:



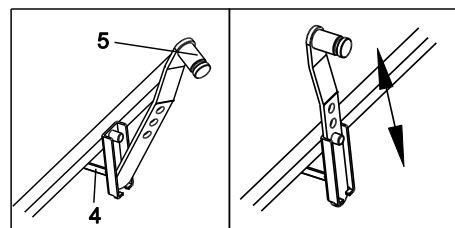
(42) Nut Cap Ø27xØ13.5
2 PCS



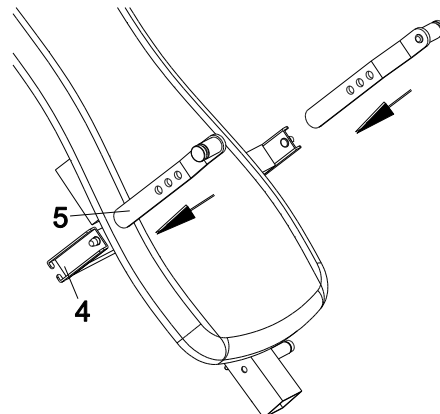
ASSEMBLY

Step 3

3A. Slide the bottom of the Pivot Arms (5) into the brackets, located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket.



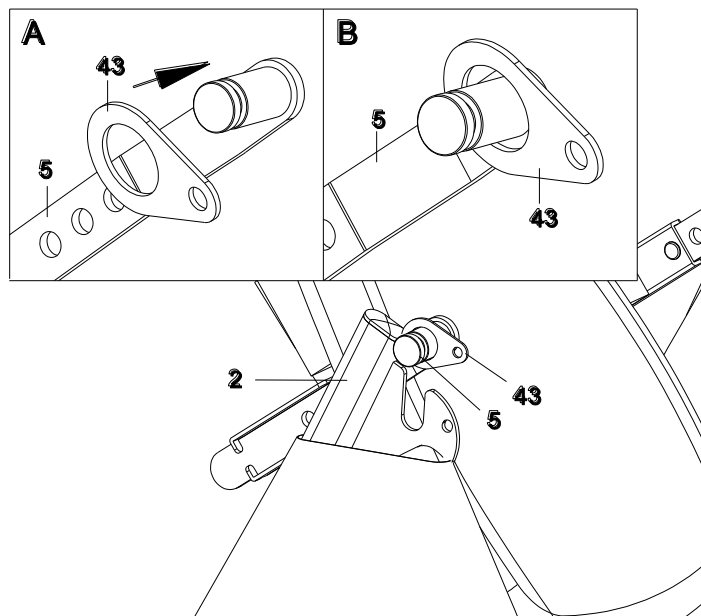
3B. Insert the peg into the hole to lock the pivot arm in place. It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.



.....
.

Step 4

4A. Install the Pivot Arm Rings (43) onto the Pivot Arms (5). Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.

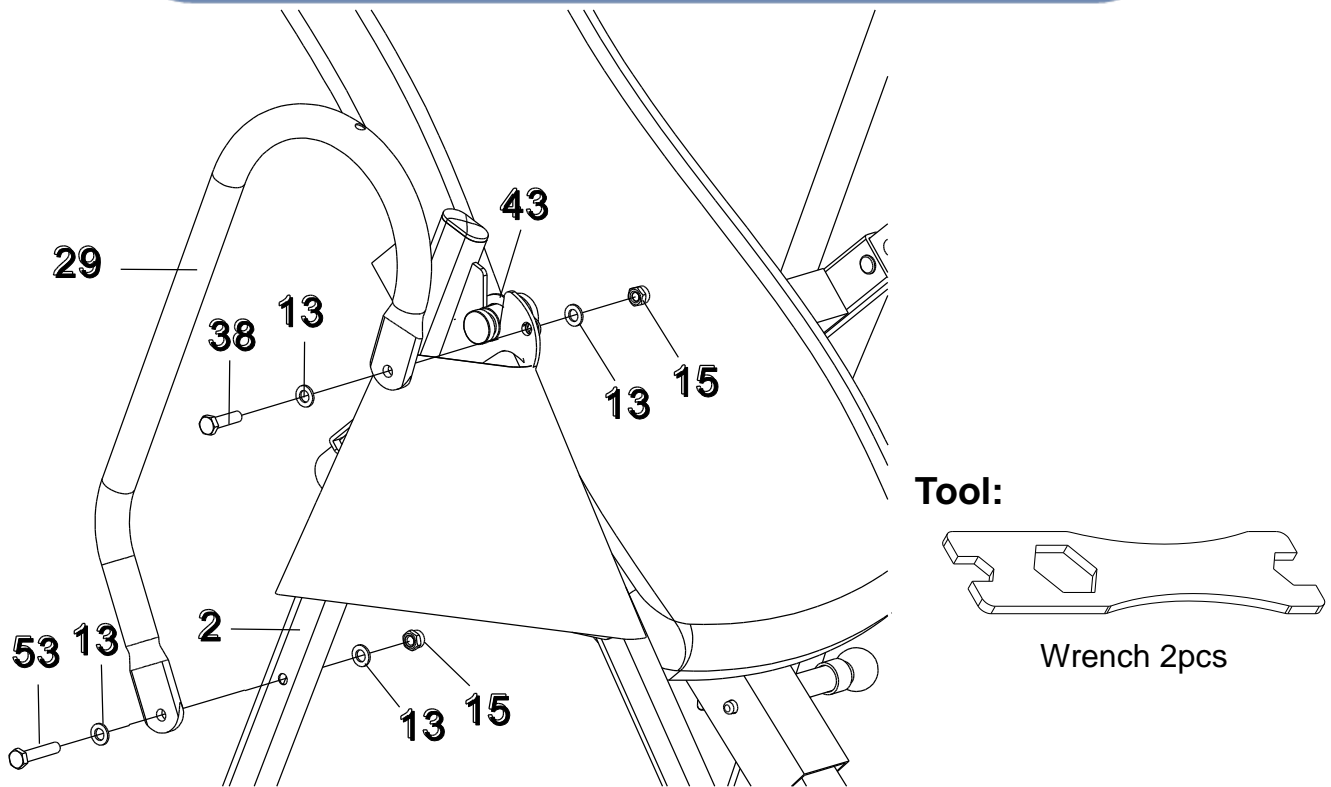


Hardware:



(43) Pivot Arm Ring
2 PCS

ASSEMBLY

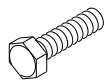


Step 5

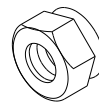
5A. Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (43) with one Hex Head Bolt (38), one M8 Lock Nut (15), and two Washers (13).

5B. Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one Hex Head Bolt (53), M8 Lock Nut (15), and two Washers (13). Tighten bolts and nuts with two Wrenches provided. Repeat above same steps to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (43).

Hardware:



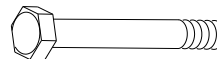
(38) Hex Head Bolt
M8x23
2 PCS



(15) Lock Nut M8
4 PCS

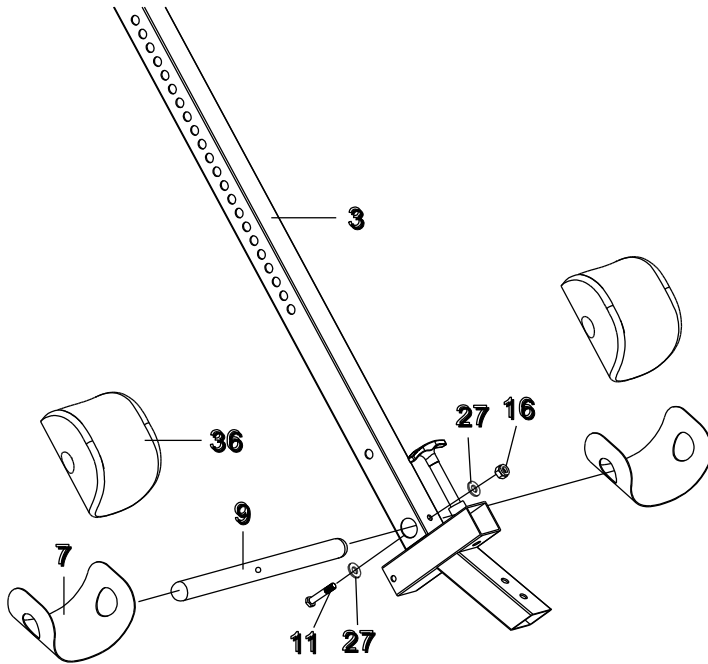


(13) Washer Ø20xØ8.5x1.5
8 PCS

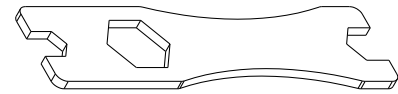


(53) Hex Head Bolt
M8x38
2 PCS

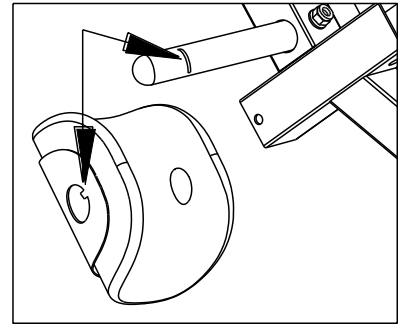
ASSEMBLY



Tool:



Wrench 2pcs



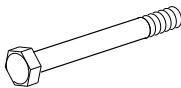
Step 6

6A. Slide the Rod (9) through the large round hole on the side of Adjustable Boom (3), and secure the Rod (9) on the Adjustable Boom (3) with one Hex Head Bolt (11), one M6 Lock Nut (16), and two Washers (27).

6B. Slide one Steel Heel Holder Bracket (7) and one Rubber Rear Heel Holder (36) onto one end of the Rod (9) until the lock tooth is wedged into the slot in the Rod (9), as shown in detailed drawing. Use the same procedure to attach the other Steel Heel Holder Bracket (7) and Rubber Rear Heel Holder (26) onto the other end of the Rod (9).

NOTE: Make sure the lock teeth are wedged into the slots in the Rod (9) to lock the Steel Heel Holder Brackets (7) and Rubber Rear Heel Holders (36) in place before use.

Hardware:



(11) Hex Head Bolt M6x47
1 PC

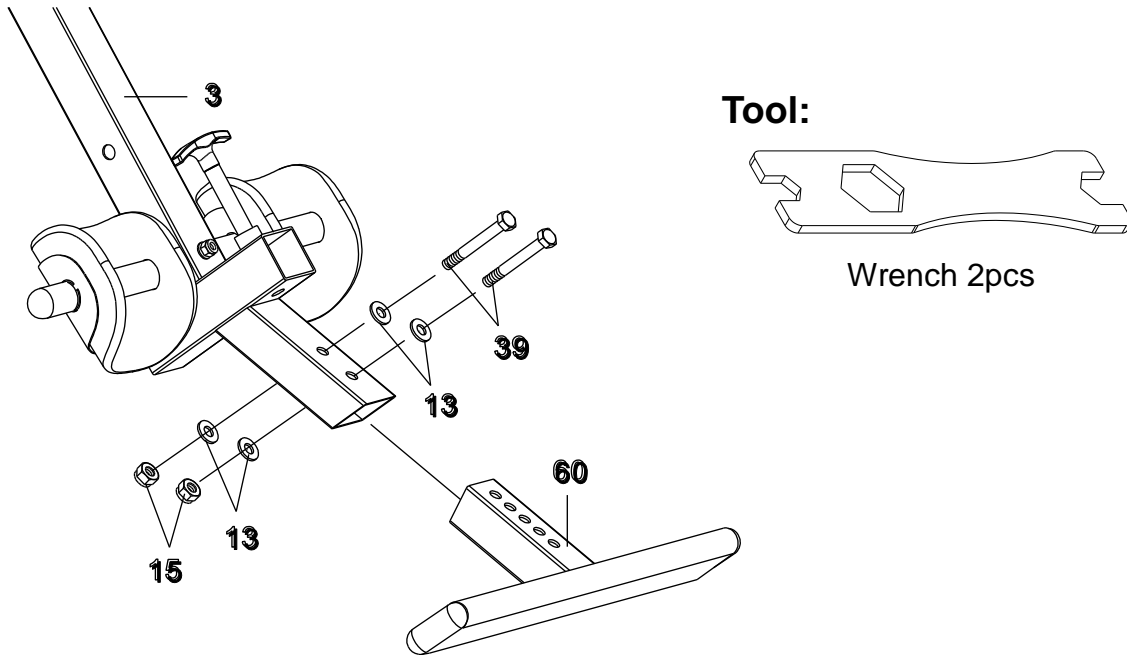


(16) Lock Nut M6
1 PC



(27) Washer Ø16xØ6.5x1.0
2 PCS

ASSEMBLY



Step 7

7A. Slide the Foot Bar (60) into the bottom of the Adjustable Boom (3) and align two of the holes on the Foot Bar (60) with two holes on the boom. Secure the Foot Bar (60) in place using two Hex Head Bolts (39), two M8 Lock Nuts (15), and four Washers (13).

Hardware:



(39) Hex Head Bolt
M8x50
2 PCS



(15) Lock Nut M8
2 PCS



(13) Washer Ø20xØ8.5x1.5
4 PCS

ASSEMBLY

Step 8

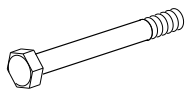
8A. Remove the Square End Cap (40) on the back of square bracket of Adjustable Boom (3). Attach the Adjustable Instep Frame (6) to the Adjustable Boom (3) by inserting the Adjustable Instep Frame (6) into the square bracket on the boom.

8B. Slide the Adjustable Instep Frame (6) completely into the square bracket, insert the Hex Head Bolt (11) with a Washer (27) halfway through the square bracket, slide the Hex Head Bolt (11) through the ring at the bottom of the Spring (22), slide the Hex Head Bolt (11) through the rest of the square bracket, and secure at the other end with a Washer (27) and M6 Lock Nut (16).

8C. Attach the Square End Cap (40) onto the back of square bracket of Adjustable Boom (3) that was removed.

Note: To slide the Adjustable Instep Frame (6) into the square frame, you must first pull out the "T" Type Spring Knob (35).

Hardware:



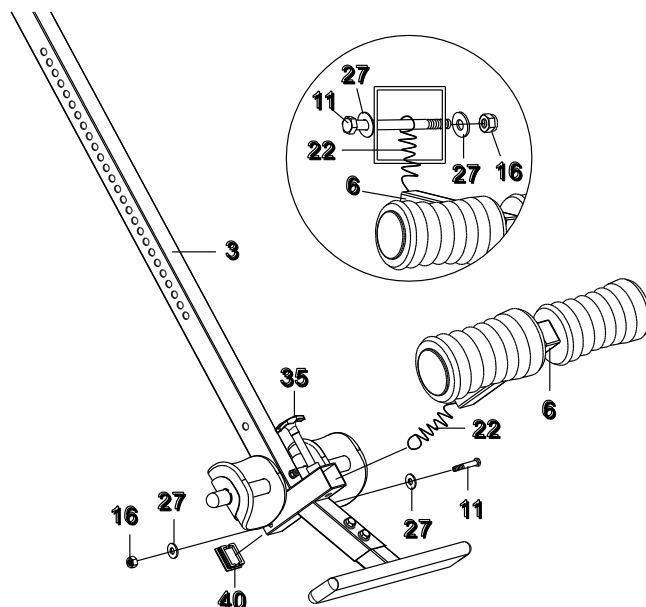
(11) Hex Head Bolt M6x47
2 PCS



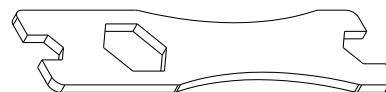
(27) Washer Ø16xØ6.5x1.0
2 PCS



(16) Lock Nut M6
1 PC



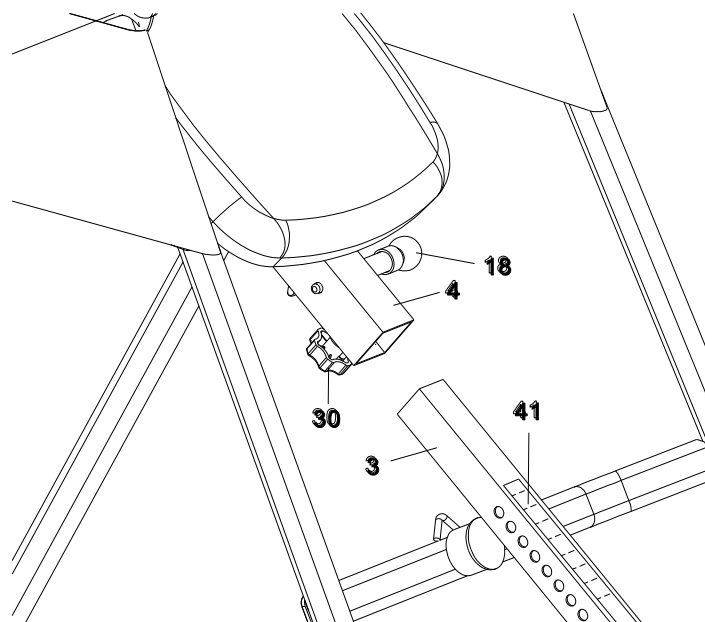
Tool:

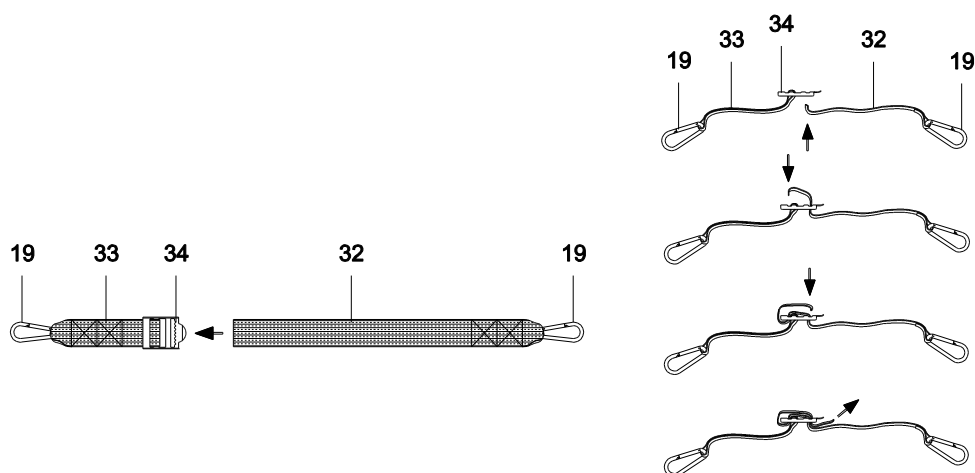


Wrench 2pcs

Step 9

9A. Pull out the Ball 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 boom upward, until the desired height on the Height Scale (41) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Ball Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Ball Spring Knob (18) "pops" down into the locked position. For added safety, secure the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.





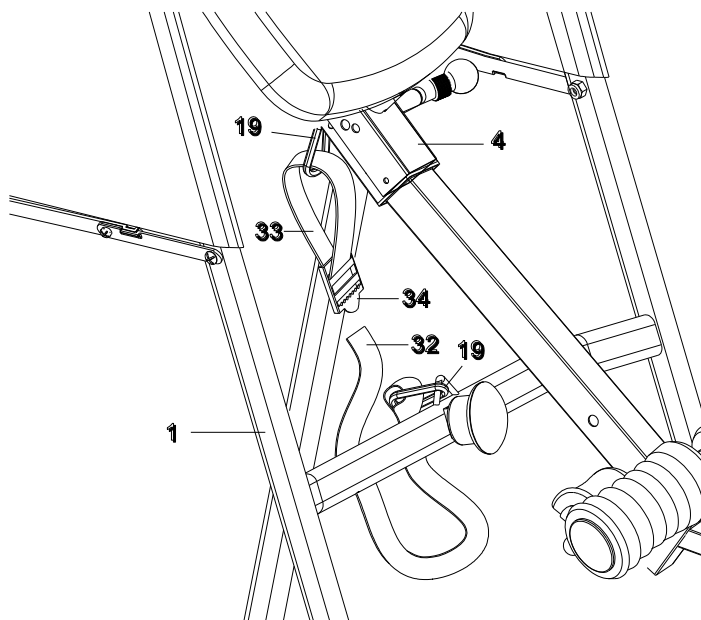
Step 10

10A. Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the strap up through the bottom of the strap lock, loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap Lock (34), and pull tight to secure. See diagram.

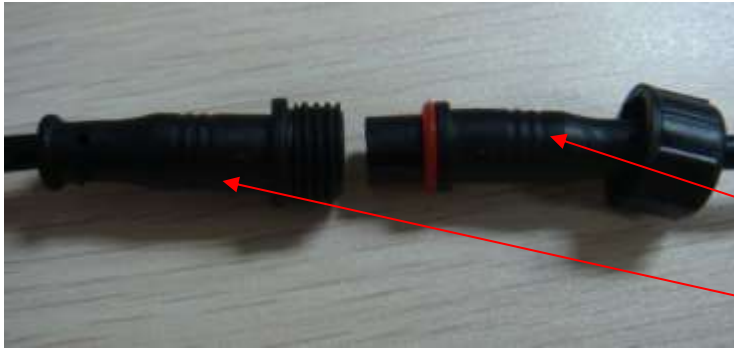
.....

Step 11

11A. Attach the Nylon and Loop Straps (32, 33) to the inversion table by hooking the end of the Loop Strap (33) to the pre-assembled loop on the back of the Bed Frame (4) as shown. Now hook the other end of Nylon Strap (32) to the other pre-assembled loop on the Front U-Frame (1) as shown.



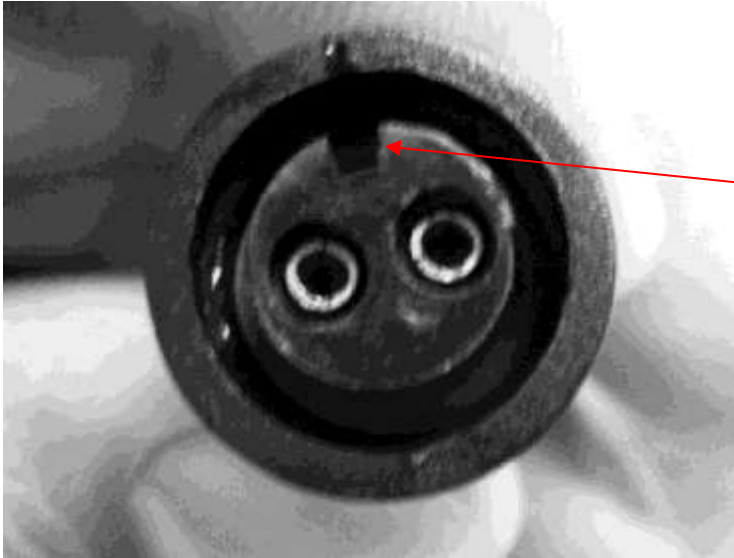
SUPPLEMENTAL INSTRUCTION FOR CONNECTING CABLES



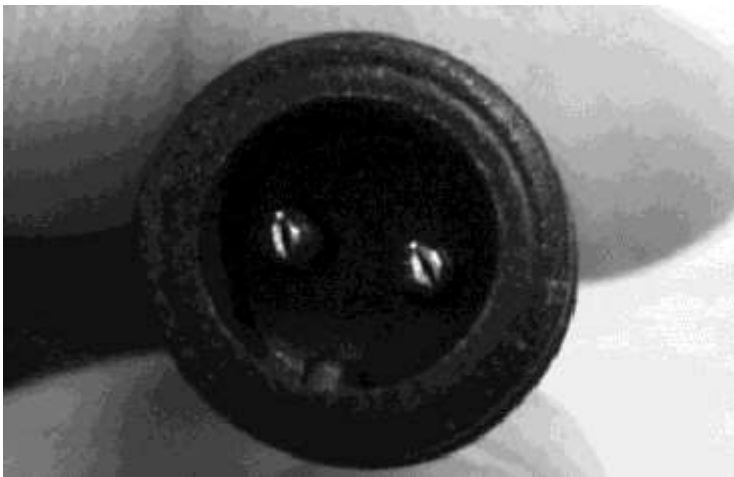
1. Connect male plug with female plug.

Male side (with red ring & cap)

Female side



2. The male side of the connector has a gap here.



3. Make sure the gap on the male side matches the bulge on the female side.

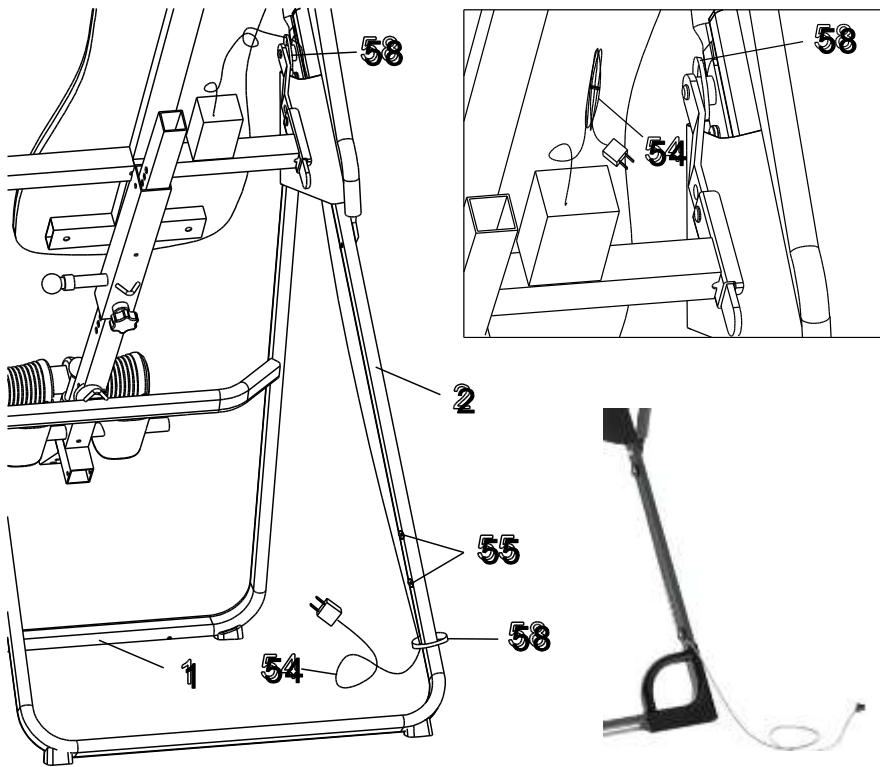


4. Screw the gap on the male side onto the female plug.

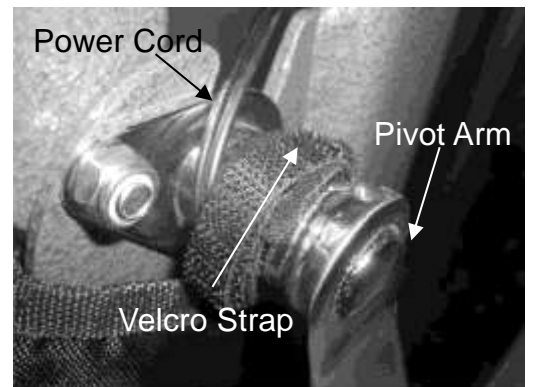
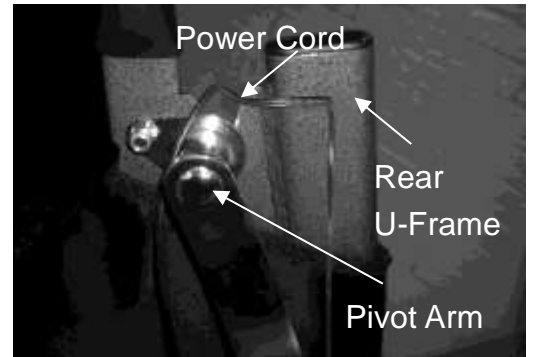
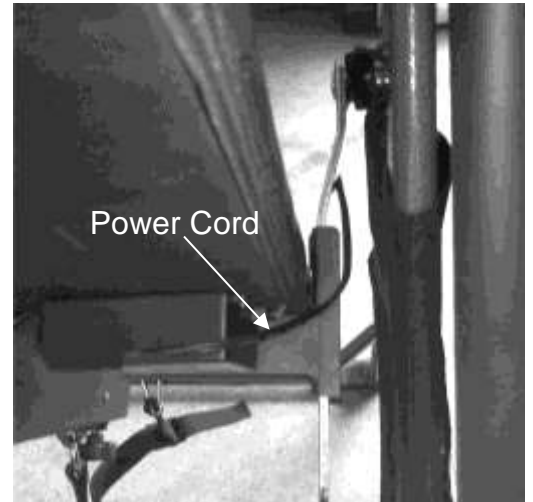
ROUTING THE WIRE

Route the wire as illustrated, lead the Power Cord (54) through the protective cover all the way down. Use a Velcro Strap (58) to secure the Power Cord (54) to the Pivot Arm (5). Wind the wire around the Anchors (55) on the rear right frame. Slowly turn the table all the way until it becomes 180 degree, to make sure the wire is long enough and will not entangle any part of inversion table while you are using it.

Caution: Do not route the wire other than instructed herewith, or the wire may be snapped during inverting.



Route the cable through cable anchors, make sure the cable rest in the space between the frame and the anchors. For storage of cable, refer to Page 6 of this manual.



ROUTING THE WIRE



Caution: Wrong Routing

Do not route the cable from outside of the handlebar.

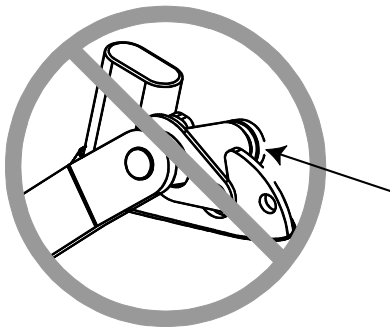


Caution: Wrong Routing

The cable did not route through the axle of pivot arm first.

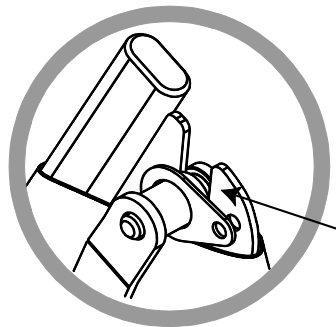
SAFETY OPERATING INSTRUCTION

Incorrect



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

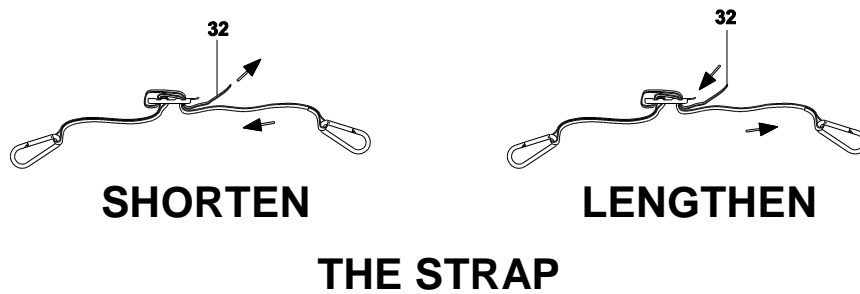
Correct



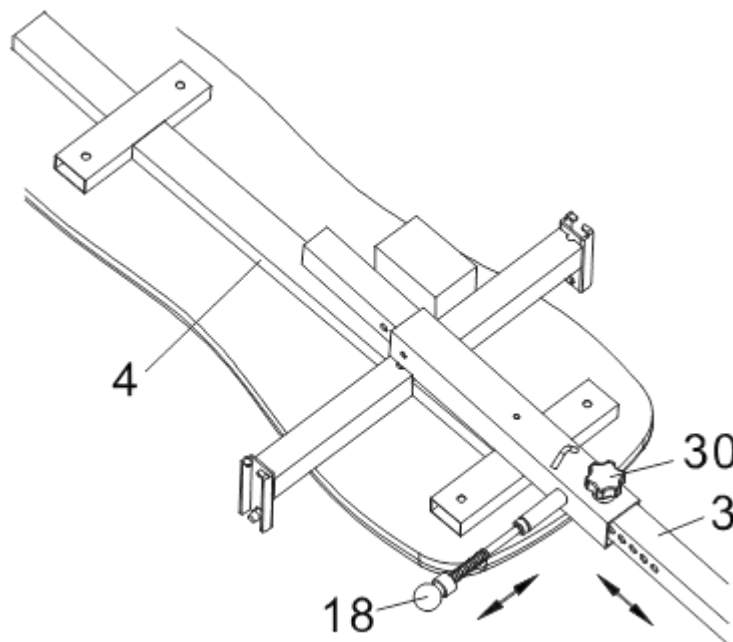
Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

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

OPERATION AND ADJUSTMENTS



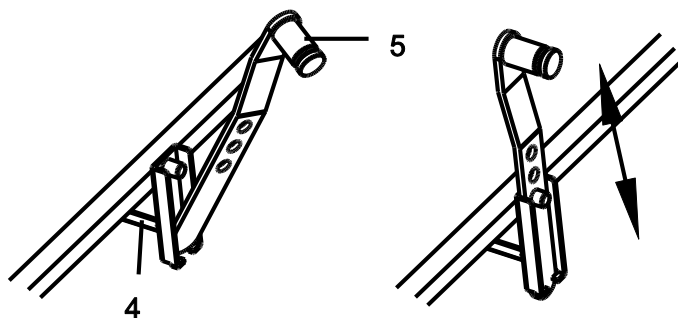
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (32) into the strap lock, and pull on the top end.



ADJUSTING THE BOOM

The Adjustable Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the inversion table. To adjust the Adjustable Boom (3) loosen the knob (30), pull out the Ball Spring Knob (18), and slide the Adjustable Boom (3) up or down until the desired height on the height scale is positioned just below the square bushing. When the Adjustable Boom (3) is in the desired position, simply release the Ball Spring Knob (18), slide the Adjustable Boom (3) slightly up or down until the Ball Spring Knob (18) locks into place, and tighten the Knob (30).

OPERATION AND ADJUSTMENTS



PIVOT ARMS

The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the Pivot Arms (5) simply pull out on them until the post is out of the hole, slide them up or down to the desired hole, push in until the post goes through the desired hole. The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount. It is recommended that beginners use the bottom hole until they are familiar with the inversion table.

NOTE: Both Pivot Arms (5) must be adjusted to the same hole. Trying to adjust the Pivot Arms (5) on two different positions could cause damage to the inversion table or injury to the user.

THE HANDLEBARS

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the Handlebars (29) and pull on them until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hands below your waist. If it does not, the inversion table is probably not adjusted correctly to your height.

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

OPERATION AND ADJUSTMENTS

GENERAL PRECAUTIONS

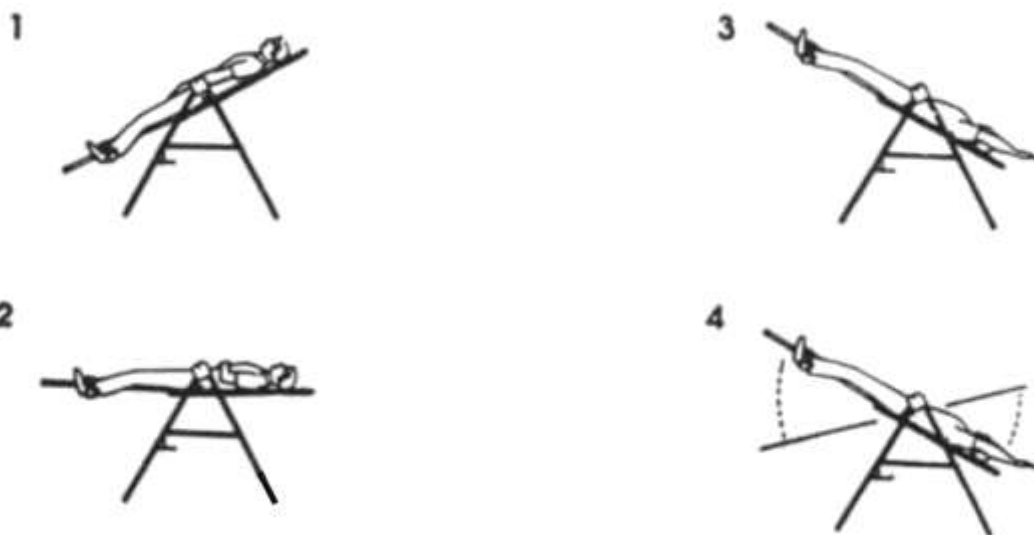
1. Make sure that the Pivot Arms (5) are locks on the lowest hole for the first few attempts.
2. It is recommended that someone be with you while you are using this inversion table for the first few times.
3. Make sure that the Front and Rubber Rear Heel Holders (31, 36) are holding your feet securely.
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 Ball Spring Knob (18) and the Knob (30).
6. 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.

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.



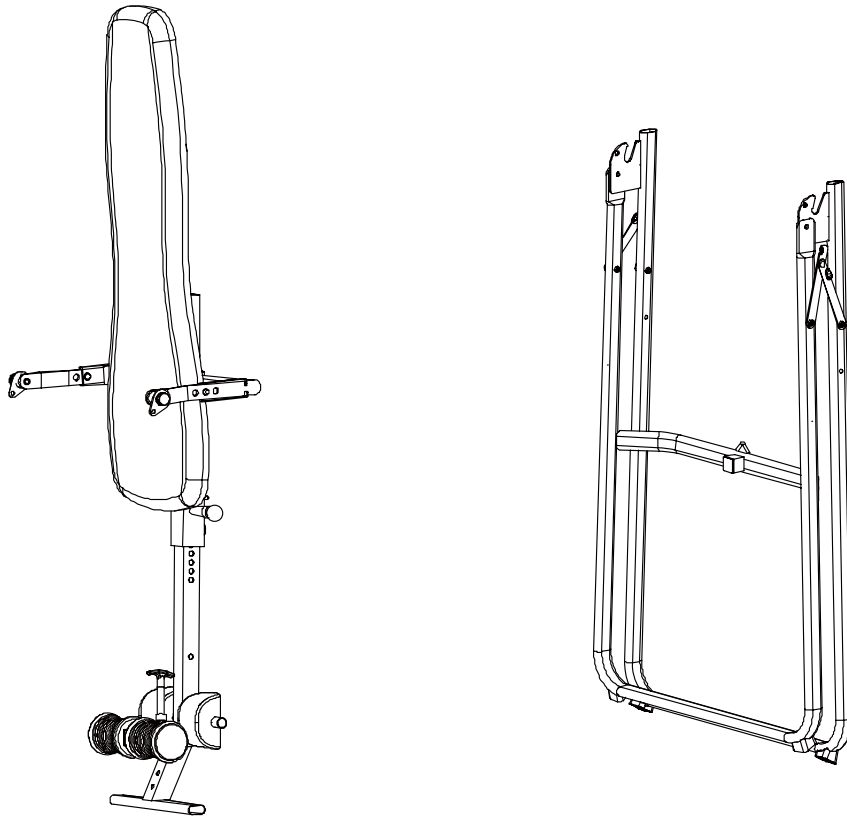
SUGGESTIONS FOR USE

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.

MAINTENANCE INSTRUCTIONS

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

1. Check the pivot arms, bed, heel holders for wear and tear.
2. Replace damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired.



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. To fold the inversion table pull out the Ball Spring Knob (18) and loosen Knob (30). Now, slide the Adjustable Boom (3) all the way up into the frame, until the instep frame is just below the Bed Frame (4), release the Ball Spring Knob (18) and slide the Adjustable Boom (3) slightly up or down until the Ball Spring Knob (18) locks the Adjustable Boom (3) in place. Remove the Bed Frame (4) from the base by lifting up on the Bed Frame (4) until the Pivot Arms (5) come out of the arm slots located at the top of the Rear U-Frame (2), (Make sure the Strap is not attached to the Bed Frame before attempting to remove it.) Push up on the center of the Folding Arms (8) and push the Front and Rear U-Frames (1, 2) together until they meet. Now the inversion table is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

ABOUT TEMPERATURE

1. The temperature readout is based on the sensor built-in with the Fiber Glass Infrared heater mat inside. It does not represent the temperature of the cushion surface.
2. Put a towel or cloth on top of the cushion will help increase the temperature even faster.
3. After the 15-20 minutes preheat time, get on the inversion table and lay your back on the heat cushion, the temperature will continue to increase.

1. By default setting, when turned on, the temperature is set to 140 degrees F (60 degrees C), and timer is set to 40 minutes. This will ensure the far infrared foam bed heats up as quickly as possible. Adjust the temperature down to your desire setting after preheat. Set Low Heat at 100-110, Medium Heat at 120-130, or High Heat at 130-140 degrees F.
2. The normal preheat time is 15-20 minutes, under room temperature at 68-77degrees F (20-25 degrees C).
3. Both Remote Control and Controller can be used to set desired temperature and time.
4. The LED on the Controller reads out the current temperature and remaining time.
5. The Remote Control will function either aiming directly to the Controller or to the wall/ceiling in the room when using the table.
6. The Remote Control comes with a Velcro strap. Pull apart to open the Velcro strap for two layers. Remove the liner away from the short layer, choose adhesive backing for bonding to the back of the Remote Control. Remove the liner away from the long layer, choose adhesive backing for bonding to the inversion table where it is easy reach by hand, such as Front U-Frame. Attach the Remote Control to it when not in use. Or simply drop it into the mesh pocket of the right side cover for storage.

Precautions

Plug must be plugged into an appropriate outlet that is properly installed. Improper connection can result in the risk of electric hazard.

A typical indoor extension cord may used to reach a desired electrical outlet.

Set the temperature and time to a comfortable level.

Far Infrared Foam Bed Operation

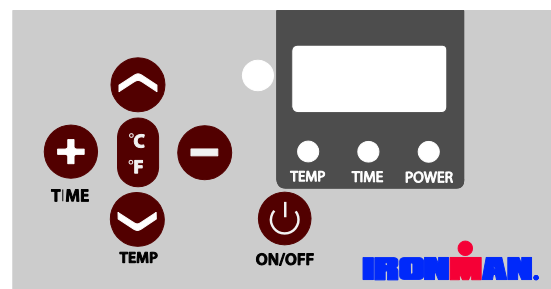
Plug the unit into the outlet with the “**POWER**” light off before starting it and use the **ON/OFF** switch to turn on the cushion. After starting the unit, the digital light of temperature displays the set temperature as 140 degrees F (60 degrees C). The temperature can be changed by pressing the “**^**” or “**v**” button to increase or decrease the temperature. The digital light of time displays the set time is 59 minutes. Timer can be changed by pressing the “**+**” or “**-**” button to increase or decrease time. After 5 seconds, the digital light in temperature flashes 2 times and then returns to display the current temperature of far infrared foam bed. When pressing the button “**^**” or “**v**” again, it will change to display the “set temperature” and can be set to desired temperature.

Press the °C/°F button to switch the display between Centigrade and Fahrenheit.

Buzzer will beep when time counts down to 0. After using the unit, turn off the **ON/OFF** switch, And unplug the power cable.



REMOTE CONTROL



CONTROLLER PANEL

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 emailing our customer service department:

Service@paradigmhw.com

Open Monday thru 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

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