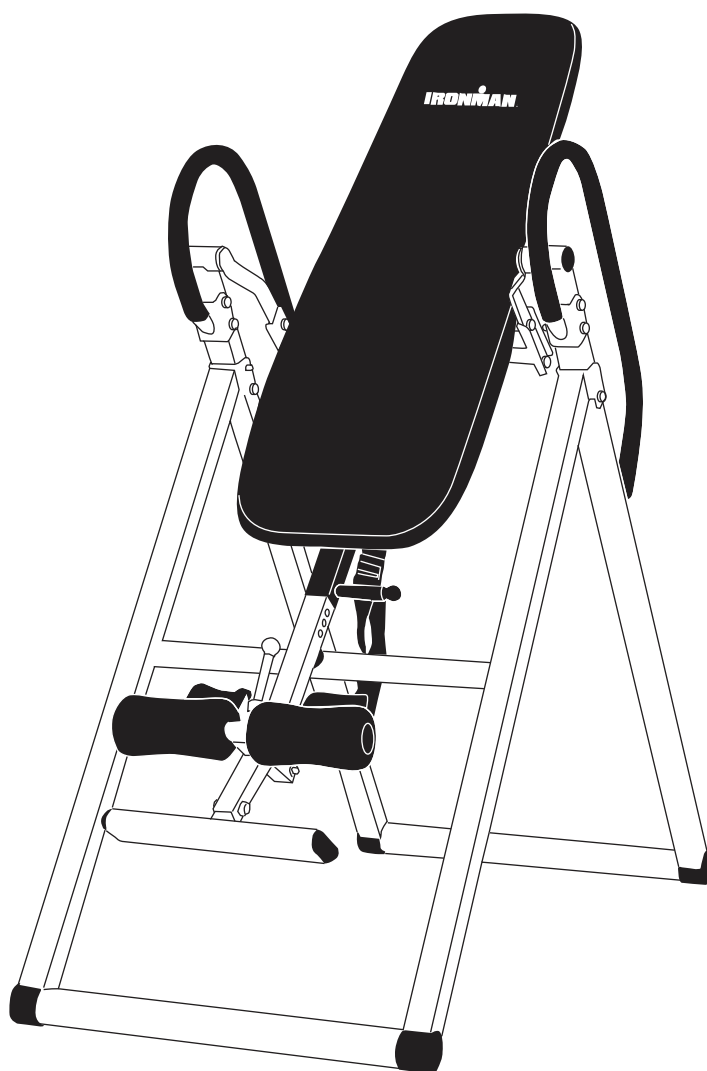


OWNER'S MANUAL



Inversion Table

5502.9-051518

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

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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

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department 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.

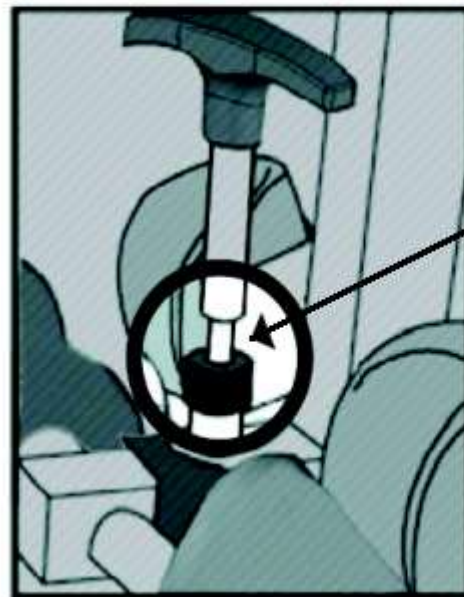
1189 Jellick Ave.

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. **Warning:** - Risk of Personal Injury - Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
20. **Warning:** - Risk of Personal Injury – Do not allow children to use this machine.
21. **Warning:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
22. **Warning:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
23. **Warning:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
24. **Warning:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
25. **Warning:** - To Reduce The Risk Of Personal Injury - Read And Understand All Read The Instructions Before Using The Inversion Table.

IMPORTANT SAFETY GUIDELINES

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



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

LABEL PLACEMENTS

▲ WARNING
For Household Usage Only

▲ AVERTISSEMENT
Pour un usage domestique seulement

▲ ADVERTENCIA
Para uso doméstico solamente

▲ 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 CLAIRS DE TOUTES LES PIÈCES EN MOUVEMENT.
- ASSUREZ-VOUS QUE TOUTES LES ÉCROUS, VIS, BOLLONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION.
- REVUEZ TOUTES LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION.

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

▲ WARNING / AVERTISSEMENT
Max. Weight: 275 lbs. & Max. Height: 6'6"
Le poids Maximum et hauteur pout ce produit est 125 kgs / 198 cm.

▲ 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 Talon doit être en emplacement, voir le Manuel.

▲ 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.

IRON AN
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:
1-844-641-7922
8 am - 5 pm PST



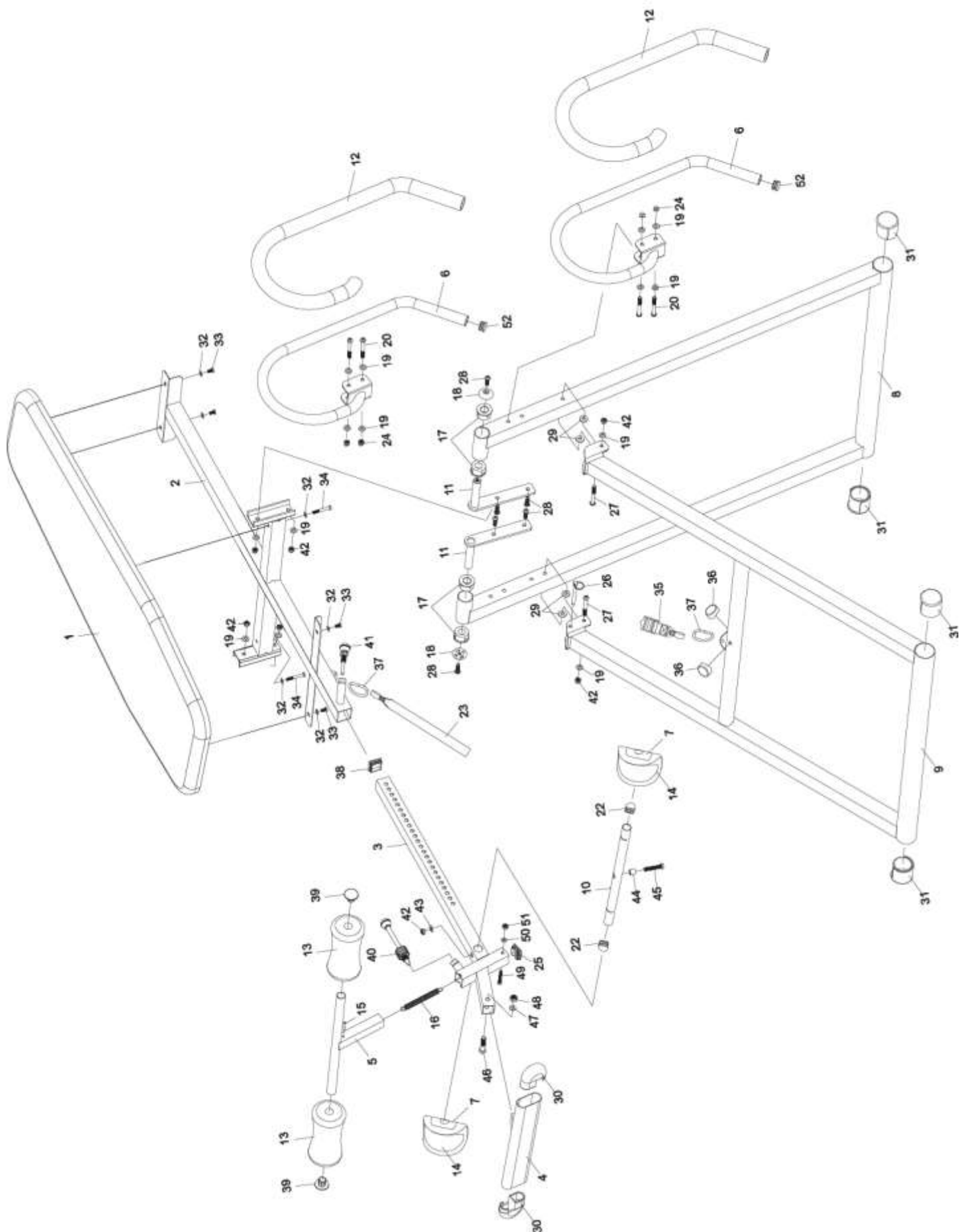
▲ WARNING:
The ankle holder must be snug around ankles, and the pop pin must be **FULLY** engaged before using the inversion table.

▲ AVERTISSEMENT
Le moult de support de la cheville serré autour des chevilles, et le moult de broche de pop être **pleinement** engagés avant d'utiliser la table d'inversion.

▲ ADVERTENCIA
El titular del tobillo debe estar ajustada alrededor de los tobillos, y la clavija debe ser emergente **completamente** enanchados antes de usar la tabla de inversión.



OVERVIEW DRAWING

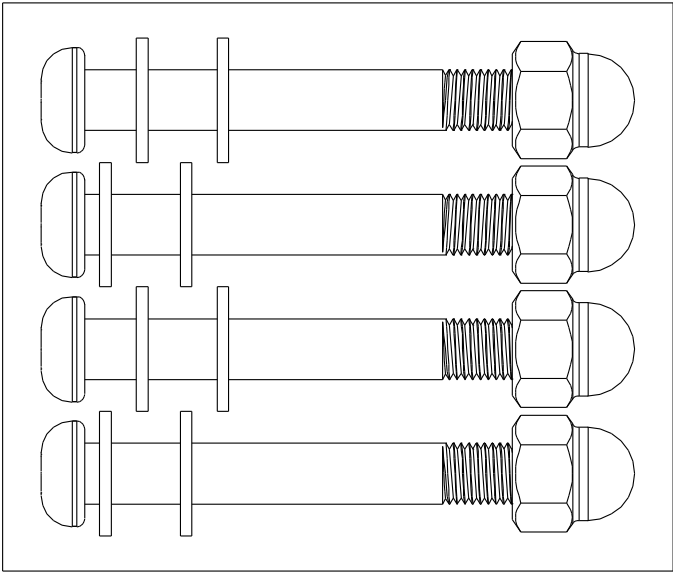


STEP 1



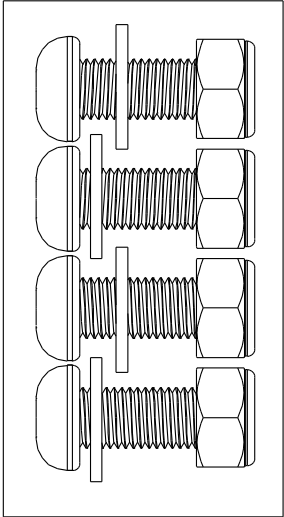
(26) Ring Pin Ø8x63.5mm 1 PC

STEP 2



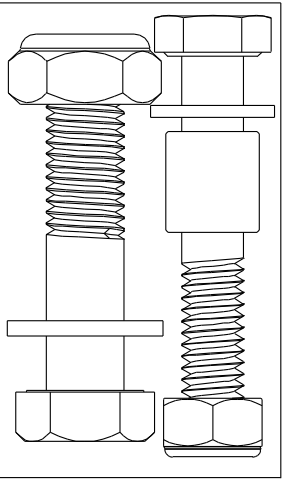
(20) Hexagon Socket Head Cap Bolt M8*60mm 4 PCS
(19) Flat Washer Ø16xØ8.5x1.5 8 PCS
(24) Nut Cap M8 4 PCS

STEP 3



(28) Hexagon Socket Head Cap Bolt M8x20mm 4 PCS
(19) Flat Washer Ø16xØ8.5x1.5 4 PCS
(42) Nylon Nut M8 4 PCS

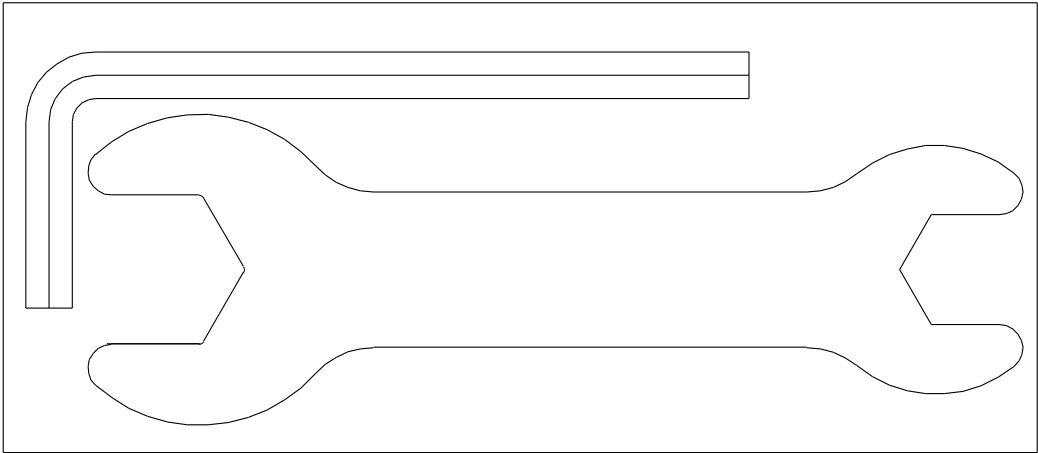
STEP 5



(46) Hexagon Socket Head Cap Bolt M10*42mm 1 PC
(47) Flat Washer Ø18xØ10.5x2.0 1 PC
(48) Nylon Nut M10 1 PC

STEP 6

(45) Hexagon Socket Head Cap Bolt M8*48mm 1 PC
(43) Flat Washer Ø16xØ8.5x2.0 1 PC
(42) Nylon Nut M8 1 PC
(44) Metal Bushing 1 PC



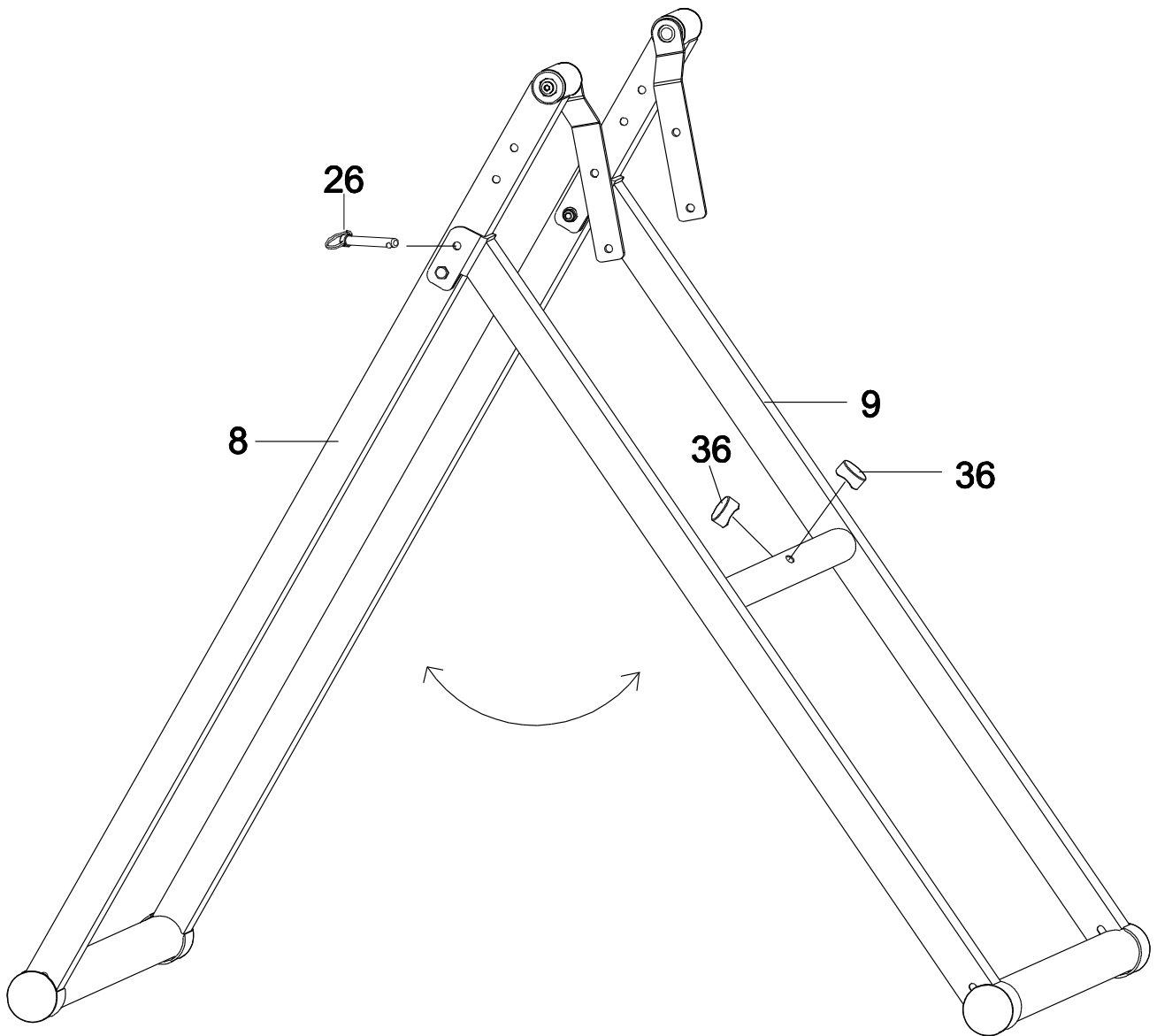
13, 17mm Wrench 2 PCS
6mm Allen Wrench 1 PC

PARTS LIST

No.	Description	Qty
1	Backrest (#5501/#5502)	1
2	Backrest Frame	1
3	Adjustable Boom	1
4	Foot Bar	1
5	Adjustable Instep Frame	1
6	Handlebar	2
7	Steel Heel Holder Bracket	2
8	Rear Frame	1
9	Front Frame	1
10	Rod	1
11	Pivot Arm	2
12	Handlebar Foam Grip	2
13	Front Heel Holder	2
14	Rubber Rear Heel Holder	2
15	Spring Latch	1
16	Spring	1
17	Plastic Spacer	4
18	Plastic Round End Cap	2
19	Flat Washer Ø16xØ8.5x1.5	14
20	Hexagon Socket Head Cap Bolt M8x60mm	4
22	Rod Cap Ø22	2
23	Nylon Strap	1
24	Cap Nut M8	4
25	Square End Cap □30	1
26	Ring Pin Ø8x63.5mm	1
27	Hexagon Socket Head Cap Bolt M8x65mm	2

No.	Description	Qty
28	Hexagon Socket Head Cap Bolt M8x20mm	6
29	Plastic Washers	4
30	Foot Bar Oval End Cap	2
31	Foot Cap	4
32	Flat Washer Ø13xØ6.5x1.5	6
033	Bolt M6x12mm	4
34	Bolt M6x50mm	2
35	Loop Strap	1
36	Rubber Pad	2
37	Safety Hook	2
38	Square End Cap □33	1
39	Adjustable Instep Frame Round End Cap	2
40	Adjustable Instep Frame Knob	1
41	Adjustable Boom Knob	1
42	Nylon Nut M8	7
43	Flat Washer Ø16xØ8.5x2.0	1
44	Metal Bushing	1
45	Hexagon Head Bolt M8x48mm	1
46	Hexagon Head Bolt M10x42mm	1
47	Flat Washer Ø18xØ10.5x2.0	1
48	Nylon Nut M10	1
49	Hexagon Head Bolt M6x40mm	1
50	Flat Washer Ø18xØ6.5x1.5	1
51	Nylon Nut M6	1
52	Handlebar Round End Cap Ø25	2

ASSEMBLY

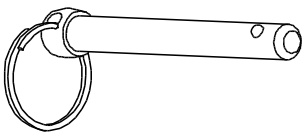


Step 1

1A. Setting up the Frames:

Stand up the base of the machine by separating the frames as shown above. Pull the **Rear Frame (8)** and the **Front Frame (9)** as far apart as possible from each other and align the pin holes. Then insert **Ring Pin (26)** from the outer side into the holes on the **Rear Frame (8)** and **Front Frame (9)** to lock the frames in place. Install two **Rubber Pads (36)** onto the **Front Frame (9)**.

Hardware:

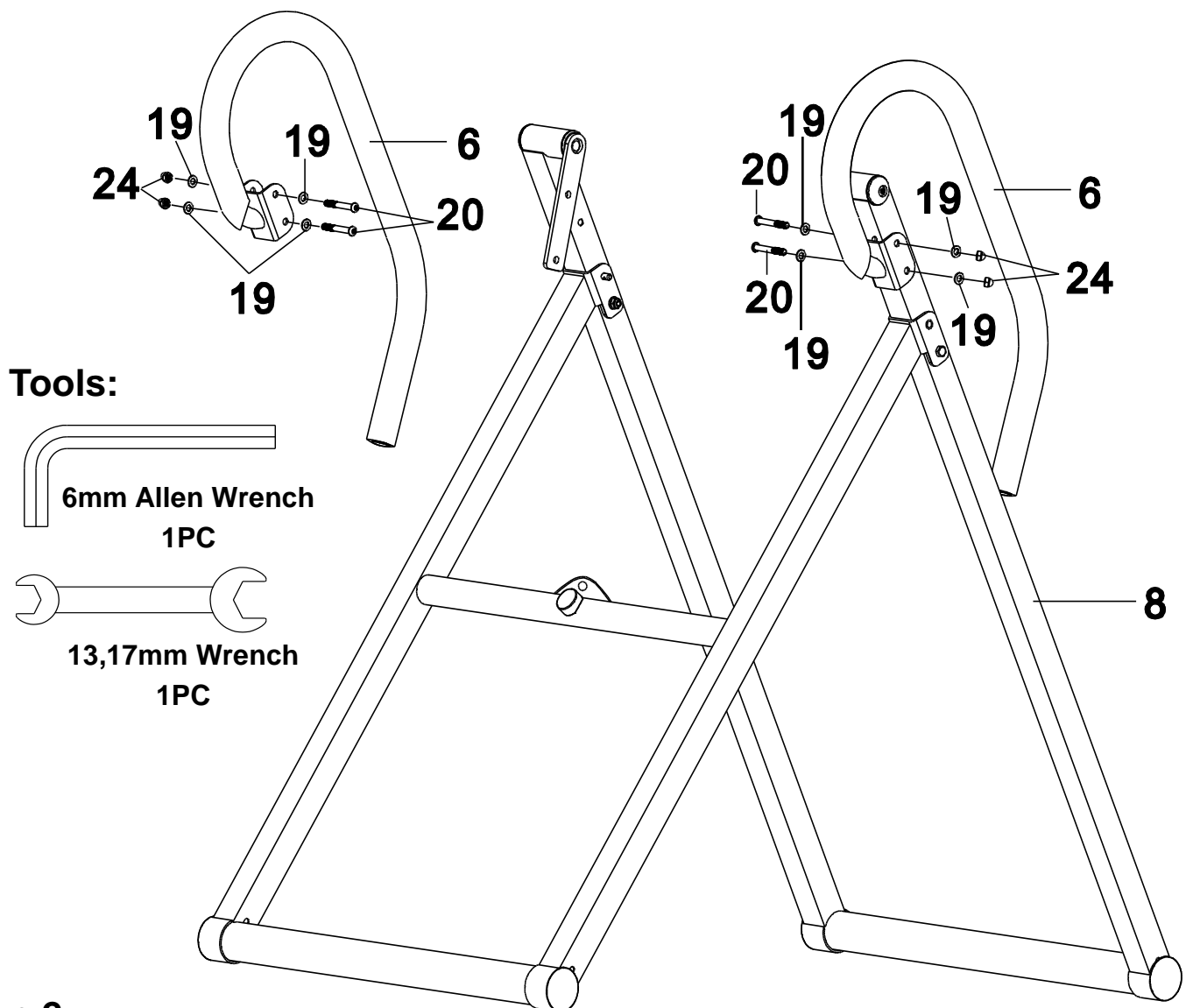


(26) Ring Pin
1 PC



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

ASSEMBLY

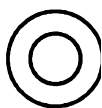


Step 2

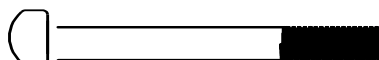
2A. Installing the Handlebars:

Attach one **Handlebar (6)** onto the **Rear Frame (8)** with two **Hexagon Socket Head Cap Bolts (20)**, two **Cap Nuts (24)**, and four **Flat Washers (19)**. Simultaneously tighten the bolts and nuts with the provided **13, 17mm Wrench** and **6mm Allen Wrench**. Repeat the same steps above to attach the other **Handlebar (6)** onto the **Rear Frame (8)**.

Hardware:



(19) Flat Washers
8 PCS



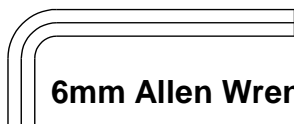
(20) Hexagon Socket Head
Cap
4PCS



(24) Cap Nut M8
4 PCS

ASSEMBLY

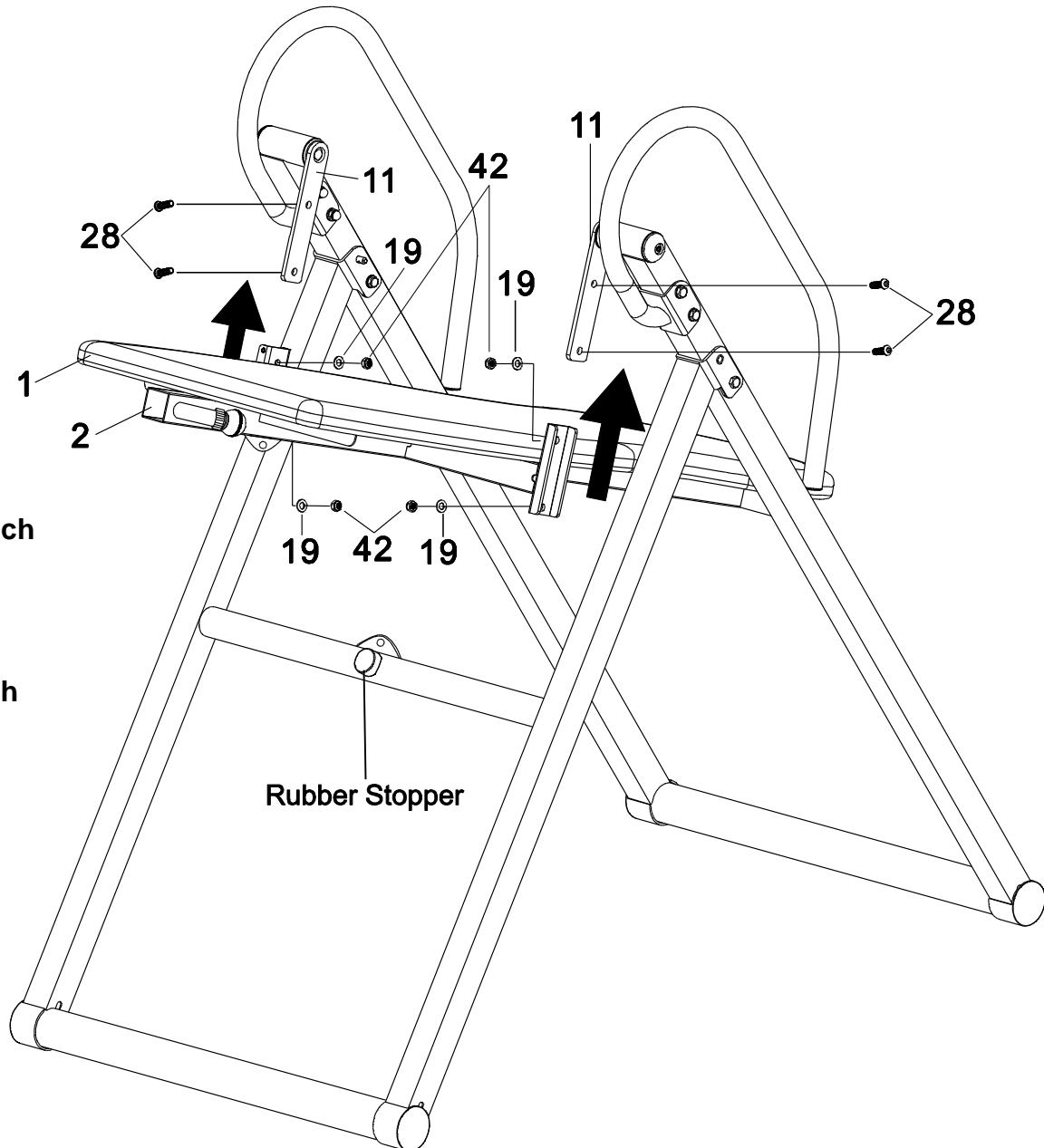
Tools:



6mm Allen Wrench
1PC



13,17mm Wrench
1PC



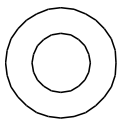
Step 3

Note: We recommend using two people for installing the backrest to the main frame.

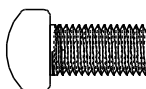
3A. Installing the Backrest Frame:

Point the **Pivot Arms (11)** downwards and hold the bottom of the **Backrest Frame (2)** directly above the **Rubber Stopper** for easier alignment. Slide the **Backrest Frame (2)** upwards between both the **Pivot Arms (11)**. Align the bolt holes on the **Pivot Arms (11)** with the holes on the brackets of the **Backrest Frame (2)** and secure with four **Hexagon Socket Head Cap Bolts (28)**, four **Flat Washers (19)**, and four **Nylon Nuts (42)**. Simultaneously tighten the bolts and nuts with the provided **13, 17mm Wrench** and **6mm Allen Wrench**.

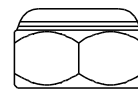
Hardware:



(19) Flat Washer
4PCS

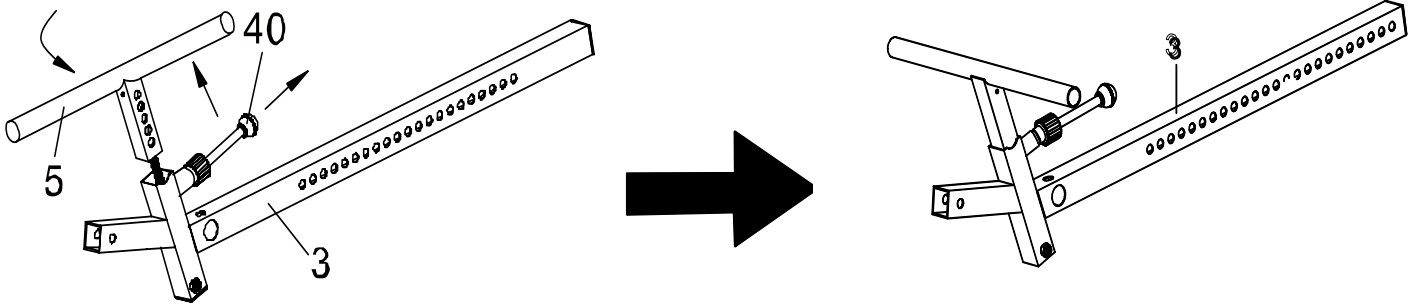


(28) Hexagon Socket Head Cap Bolt
4PCS



(42) Nylon Nut
4PCS

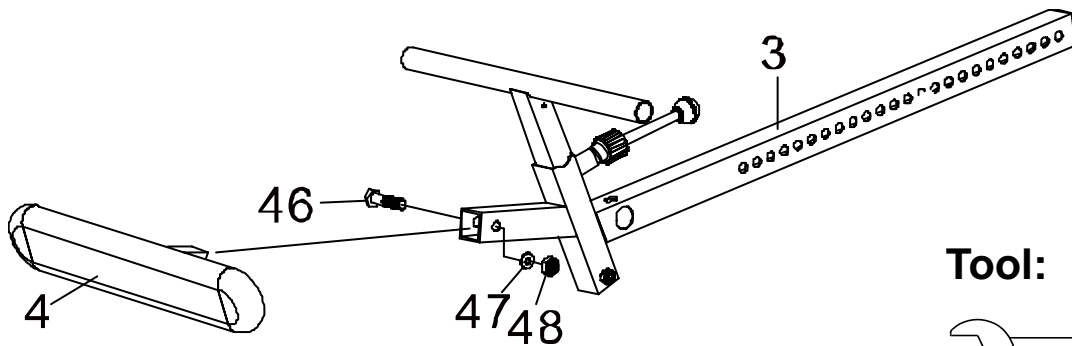
ASSEMBLY



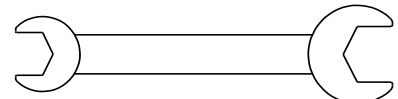
Step 4

4A. Installing the Adjustable Instep Frame:

Pull out and hold on the **Adjustable Instep Frame Knob (40)** before sliding the **Adjustable Instep Frame (5)** out enough so it can turn. Turn it so that the adjustment holes are facing towards the **Adjustable Instep Frame Knob (40)** and reinsert the **Adjustable Instep Frame (5)**. Release the **Adjustable Instep Frame Knob (40)** and adjust the **Adjustable Instep Frame (5)** slightly until the **Adjustable Instep Frame Knob (40)** locks into place.



Tool:



13,17mm Wrench

2 PCS

Step 5

5A. Installing the Foot Bar:

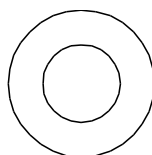
Align and secure the **Foot Bar (4)** into the bottom of the **Adjustable Boom (3)** with one **Hexagon Head Bolt (46)**, one **Flat Washer (47)**, and one **Nylon Nut (48)**. Simultaneously tighten the bolt and nut with the two **13,17mm Wrenches** provided.

Hardware:



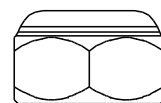
(46) Hexagon Head Bolt

1PC



(47) Flat Washer

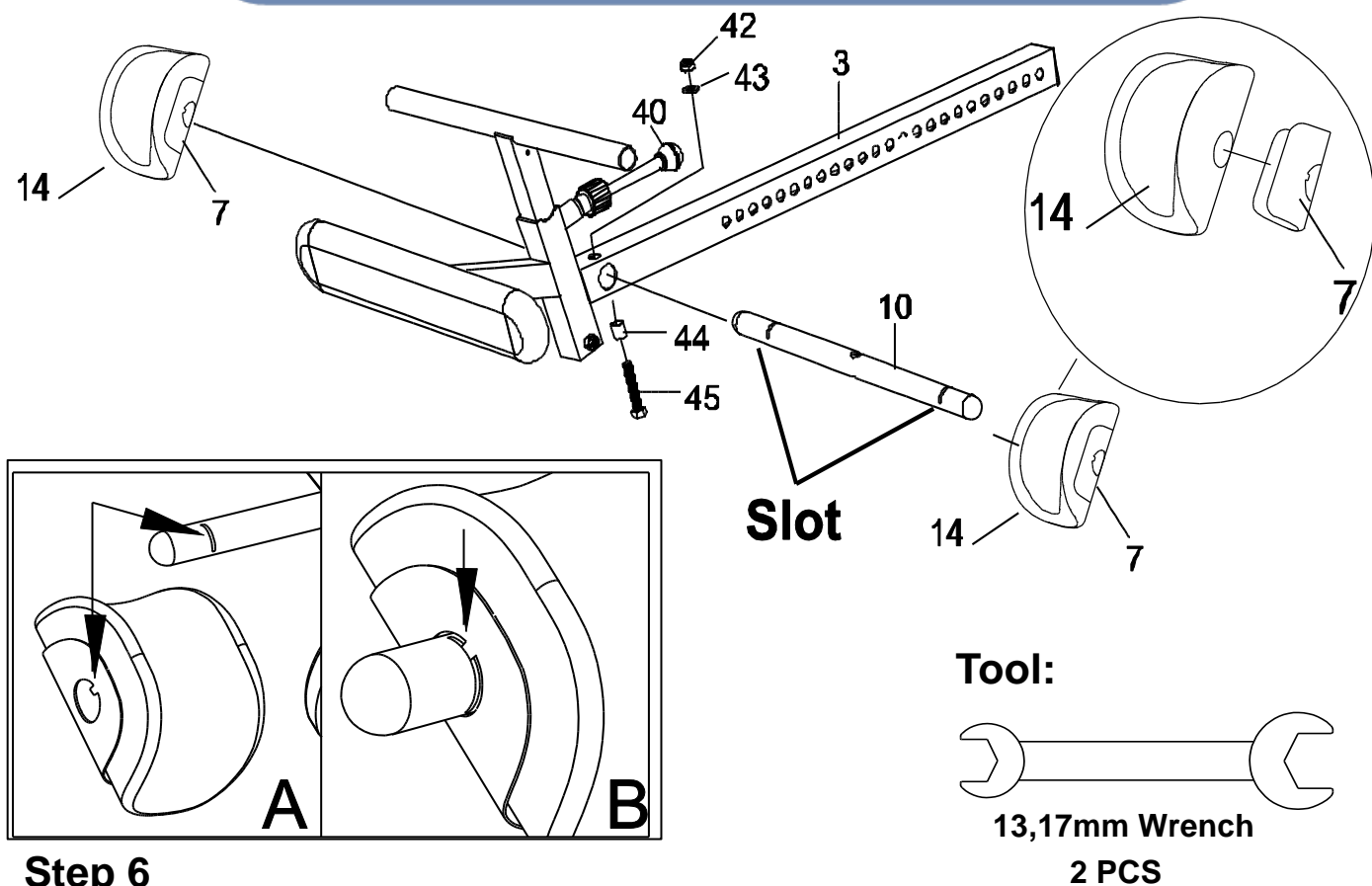
1PC



(48) Nylon Nut

1PC

ASSEMBLY



6A. Installing the Rod for the Heel Holders:

Slide the **Rod (10)** with both the slots facing the **Adjustable Instep Frame Knob (40)** through the large round hole on the side of the **Adjustable Boom (3)**, and secure the **Rod (10)** on the **Adjustable Boom (3)** with one **Nylon Nut (42)**, one **Flat Washer (43)**, one **Metal Bushing (44)**, and one **Hexagon Head Bolt (45)**. Simultaneously tighten the bolt and nut with the **Wrench(s)** provided.

Installing the Rubber Rear Heel Holders:

Wrap each **Rubber Rear Heel Holder (14)** with one **Steel Heel Holder Bracket (7)**. Slide one **Rubber Rear Heel Holders (14)** and the wrapped **Steel Heel Holder Bracket (7)** each onto the two ends of the **Rod (10)** the holder and brackets are both locked in to the slots on the **Rod (10)**. See **Fig. A** and **Fig. B**.

NOTE: Fig. A & B

Make sure the lock teeth of the **Steel Holder Brackets (7)** are wedged into the slots in the **Rod (10)** to lock the **Rubber Rear Heel Holders (14)** in place before use.

Hardware:



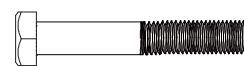
(42) Nylon Nut
1PC



(43) Flat Washer
1PC

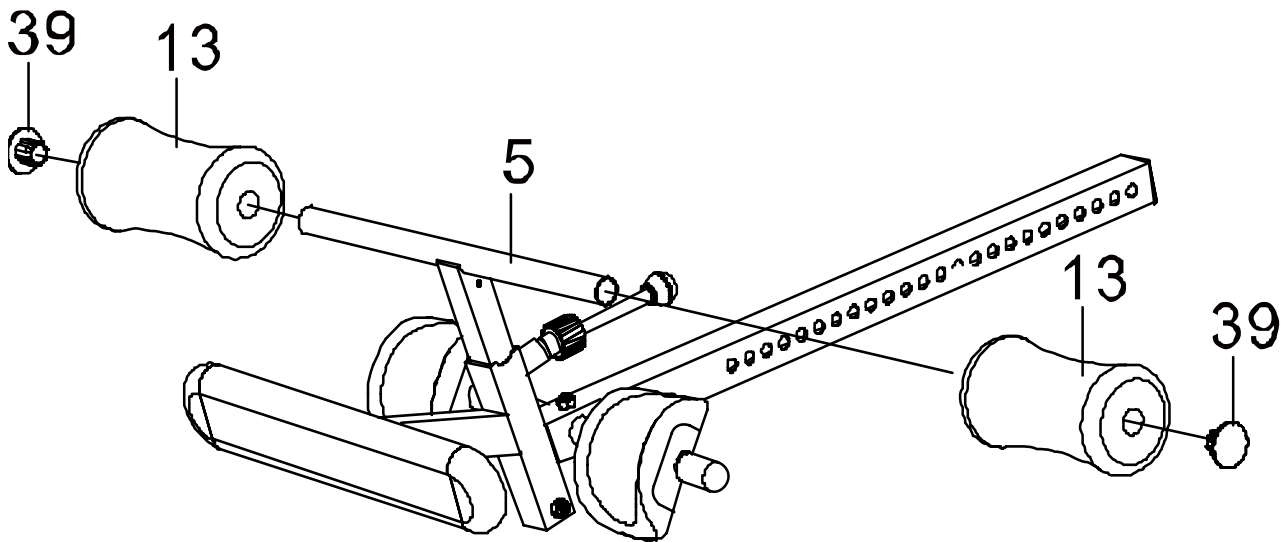


(44) Metal Bushing
1PC



(45) Hexagon Head Bolt
1PC

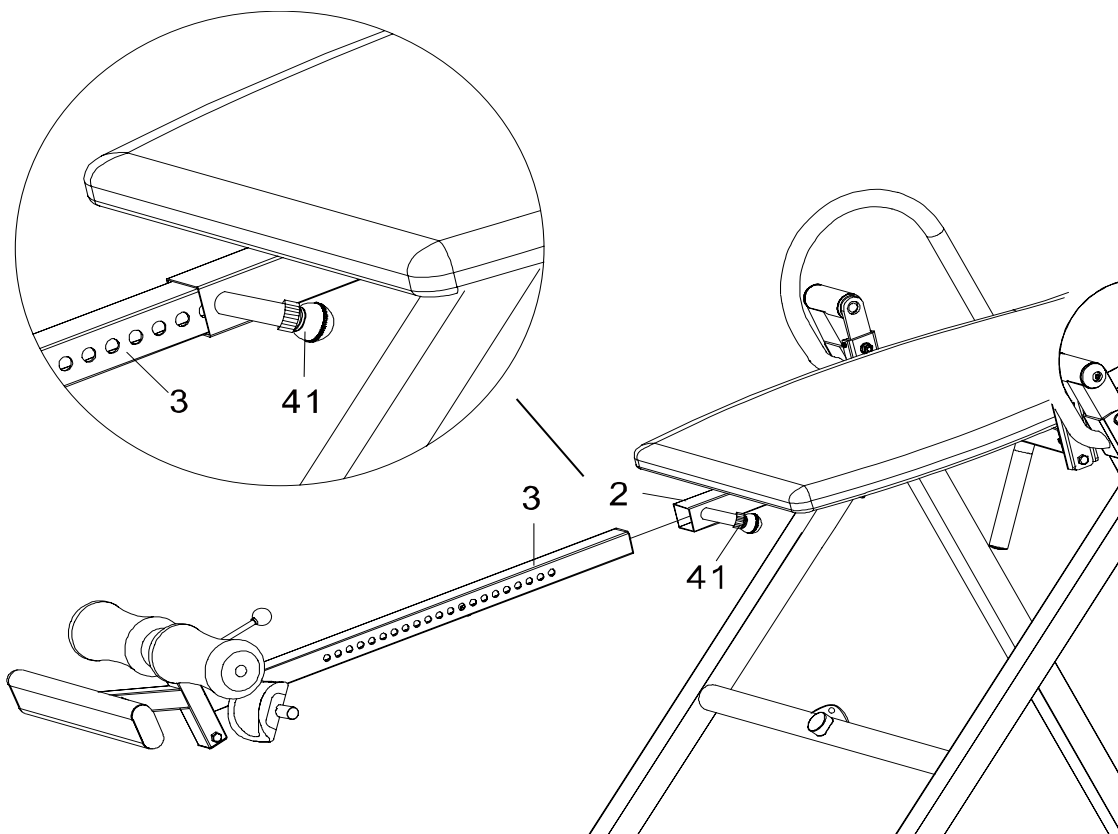
ASSEMBLY



Step 7

7A. Installing the Front Heel Holders:

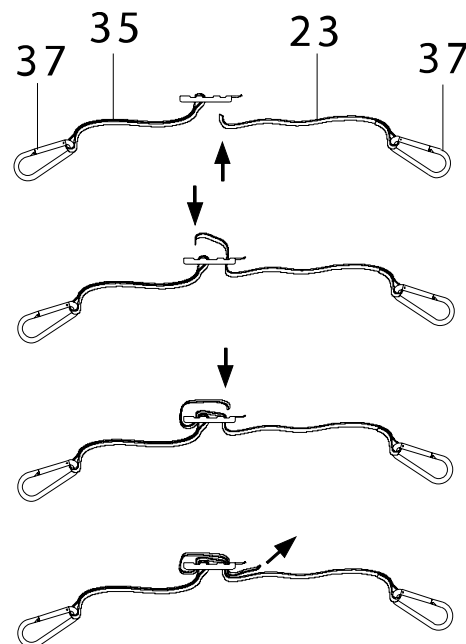
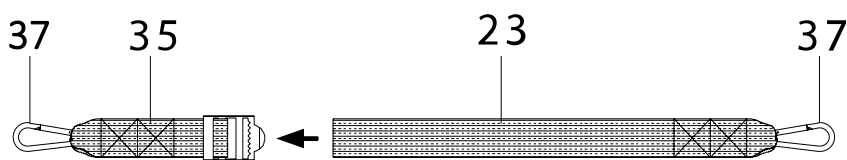
Slide both of the **Front Heel Holders (13)** onto the ends of the **Adjustable Instep Frame (5)**. Install two **Adjustable Instep Frame Round End Caps (39)** to the ends of the **Front Heel Holders (13)**.



Step 8

8A. Installing the Adjustable Boom to the Backrest Frame:

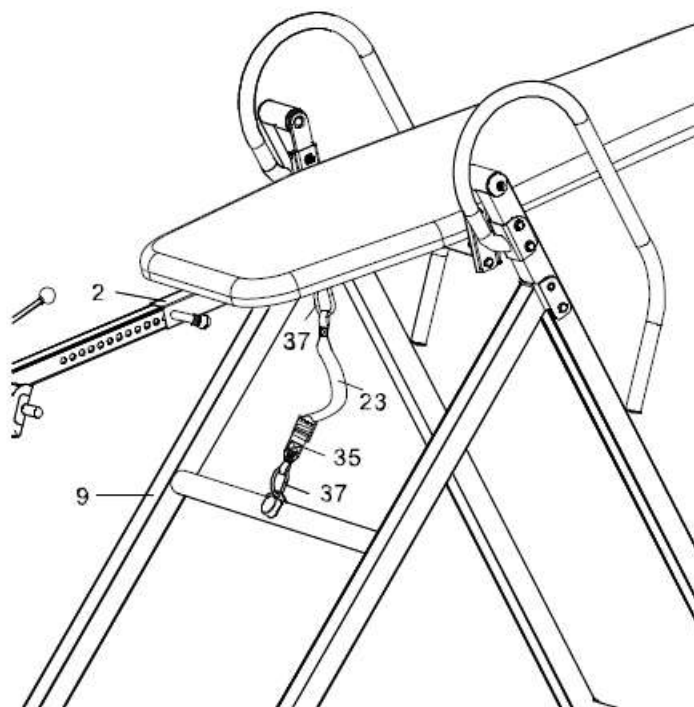
Pull out and hold the **Adjustable Boom Knob (41)**, and slide the **Adjustable Boom (3)** into the bottom of the **Backrest Frame (2)**. Slide the **Adjustable Boom (3)** upwards until the desired height is visible below the bracket on the **Backrest Frame (2)**. To lock the **Adjustable Boom (3)** in place release the **Adjustable Boom Knob (41)**. Shift the **Adjustable Boom (3)** inwards until the **Adjustable Boom Knob (41)** "POPS" down into the locked position.



Step 9

9A. Preparing the Nylon Strap:

Attach the **Nylon Strap (23)** to the strap lock on the **Loop Strap (35)** by inserting the end of the strap up through the bottom of the strap lock. Then loop the **Nylon Strap (23)** over the **Pre-assembled Loop Strap (35)** and down through the strap lock on the **Loop Strap (35)**. Now, loop the strap back over itself, and insert back through the strap lock on the **Loop Strap (35)**, and pull tight to secure. **See the illustration above.**

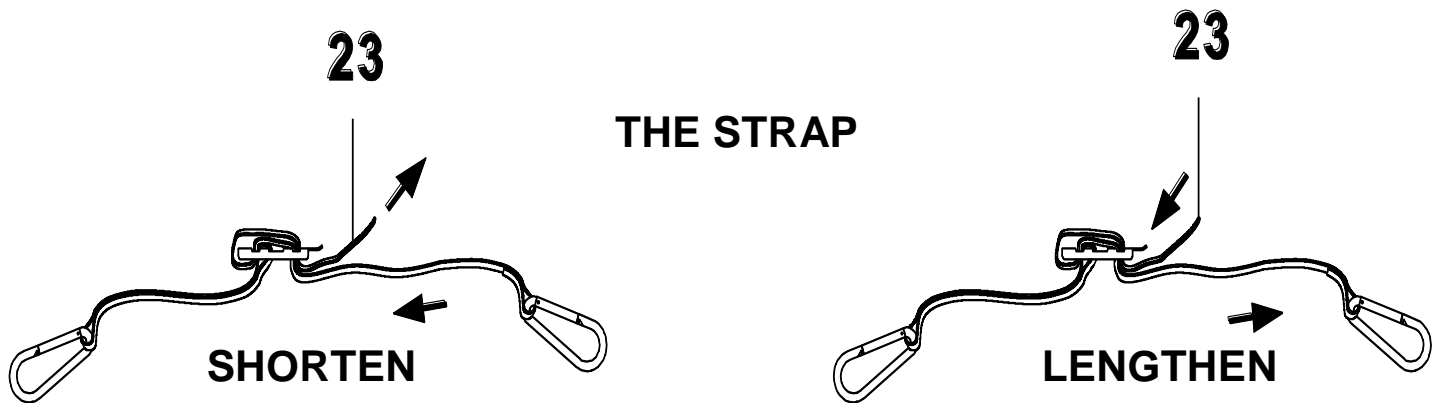


Step 10

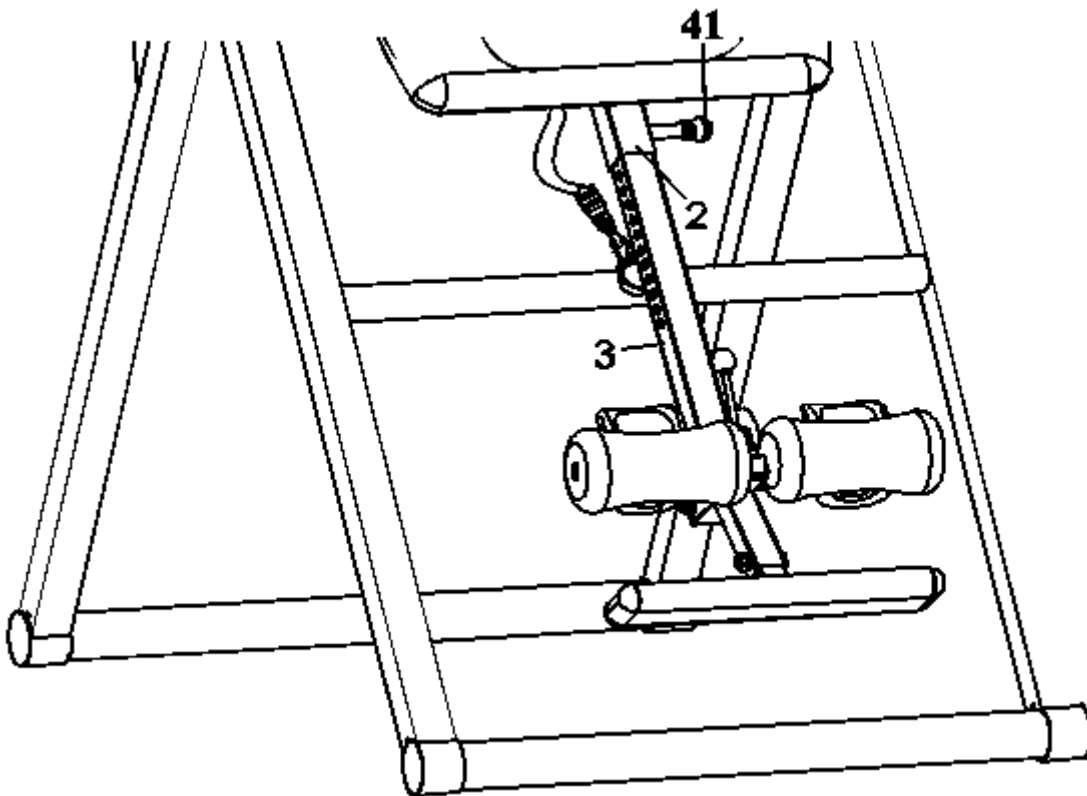
10A. Attaching the Nylon Straps

Attach the combined **Nylon Strap (23)** & **Loop Strap (35)** to the **Backrest Frame (2)**. This is done by hooking one end of the **Safety Hooks (37)** on the **Nylon Strap (23)** to the **triangular tab** on the underside of the **Backrest Frame (2)**. Then hook the other end of the **Safety Hooks (37)** on the **Loop Strap (35)** to the **triangular tab** on the **Front Frame (9)** as shown above.

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 (23)**, feed the top end of the **Nylon Strap (23)** into the strap lock, and pull on the lower end of the strap outwards. To shorten the length, feed the bottom end of the **Nylon Strap (23)** into the strap lock, and pull on the top end. See illustration 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 **Adjustable Boom Knob (41)** while sliding the **Adjustable Boom (3)** up or down until the desired height is visible below the tube connected to the **Backrest Frame (2)**. When the **Adjustable Boom (3)** is in the desired position, simply release the **Adjustable Boom Knob (41)**, and then slide the **Adjustable Boom (3)** slightly up or down until the **Adjustable Boom Knob (41)** locks into place with a "POP" sound.

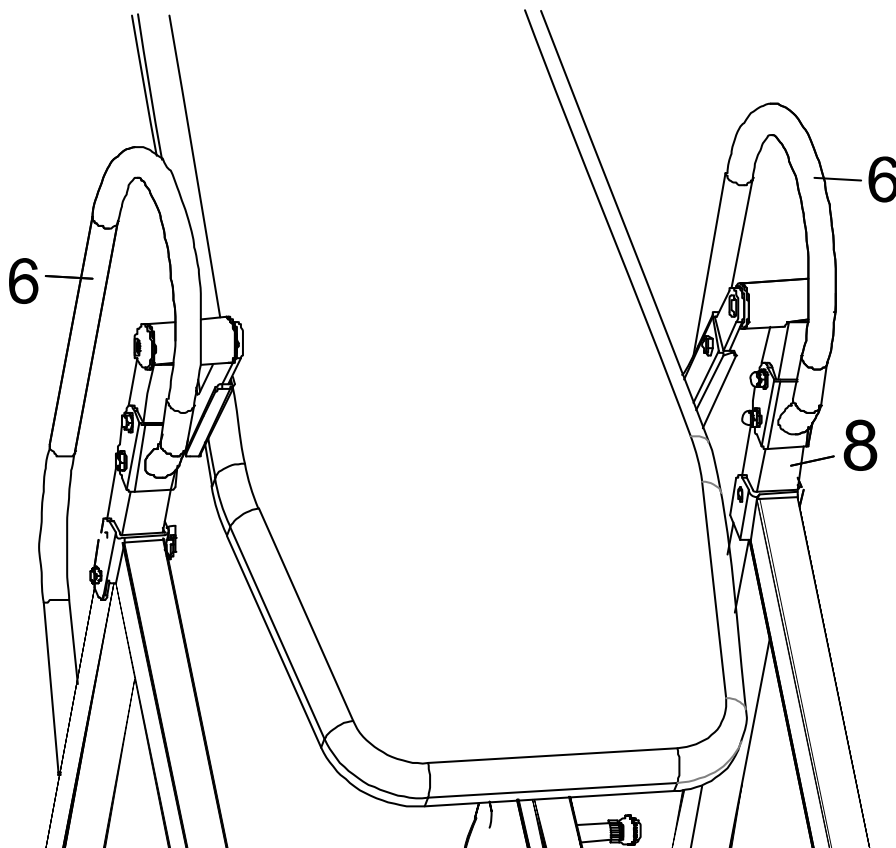
GENERAL PRECAUTIONS

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 **Front Rubber Heel Holders (13)** and **Rubber Rear Heel Holders (14)** are both 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 the **Adjustable Boom Knob (41)**.
6. Make sure that there is enough room for the inversion table to rotate completely.

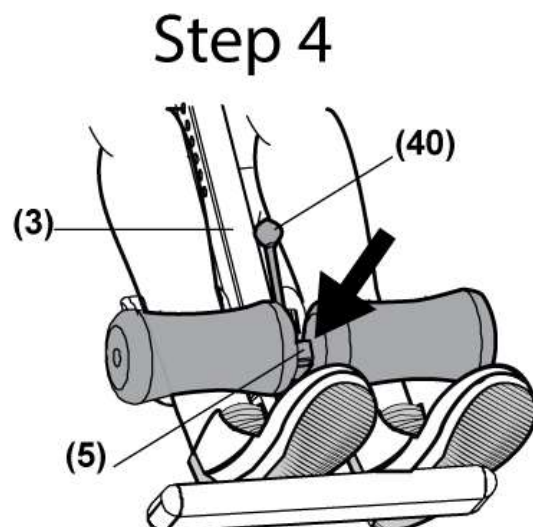
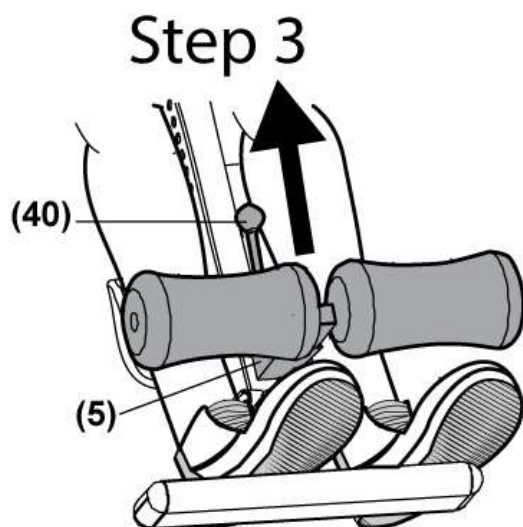
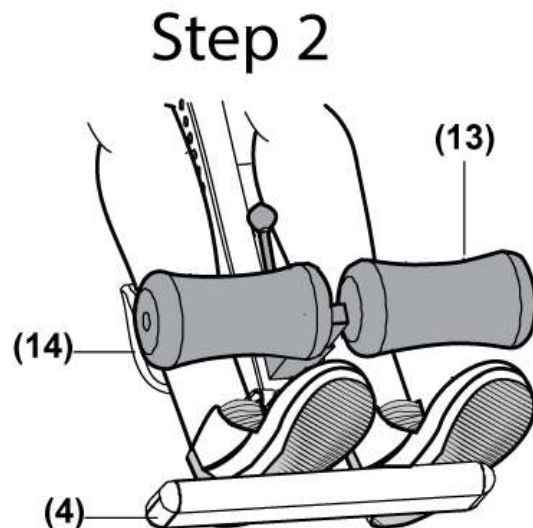
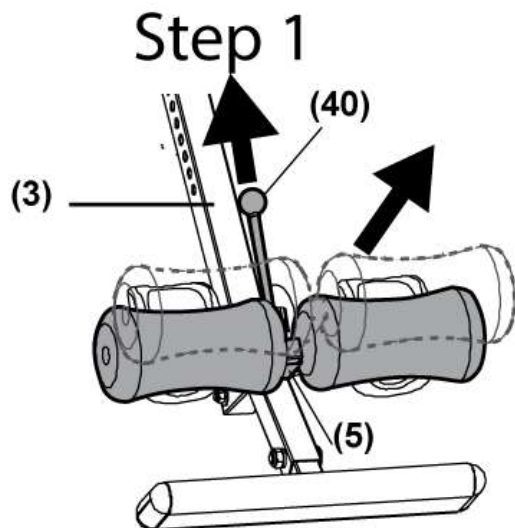
THE HANDLEBARS

For added convenience and safety, a set of **Handlebars (6)** has been added to the inversion table. These **Handlebars (6)** are located at the top of the **Rear Frame (8)**. The **Handlebars (6)** 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.



OPERATION AND ADJUSTMENTS



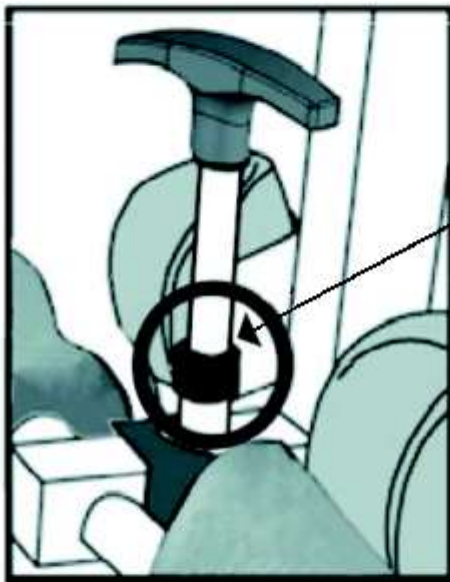
ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

1. Pull UP on the **Adjustable Instep Frame Knob (40)**, and then lift the **Adjustable Instep Frame (5)** away from the **Adjustable Boom (3)** to separate the heel holders. Let go of the **Adjustable Instep Frame Knob (40)** when there is enough clearance for your ankles. Ensure the pin to lock the **Adjustable Instep Frame (5)** in place after the frame has been lifted.
2. Step onto the **Foot Bar (4)** and place your ankles between the **Front Rubber Heel Holders (13)** and **Rubber Rear Heel Holders (14)**.
3. Pull UP on the **Adjustable Instep Frame Knob (40)** and let the **Adjustable Instep Frame (5)** retract around your ankles. Release the **Adjustable Instep Frame Knob (40)** and ensure it to "POP" 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 (5)** into the **Adjustable Boom (3)**, this will ensure the **Adjustable Instep Frame Knob (40)** to fall into a locking hole in the **Adjustable Instep Frame (5)**.

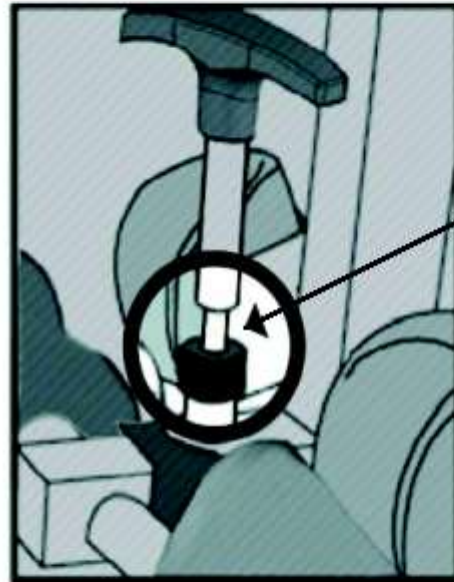
WARNING: If the **Adjustable Instep Frame (5)** does not automatically retract, contact customer service before using the inversion table.

WARNING: Make sure that that **Adjustable Instep Frame Knob (40)** is securely inserted into a locking hole before using the inversion table. See the next page

SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged



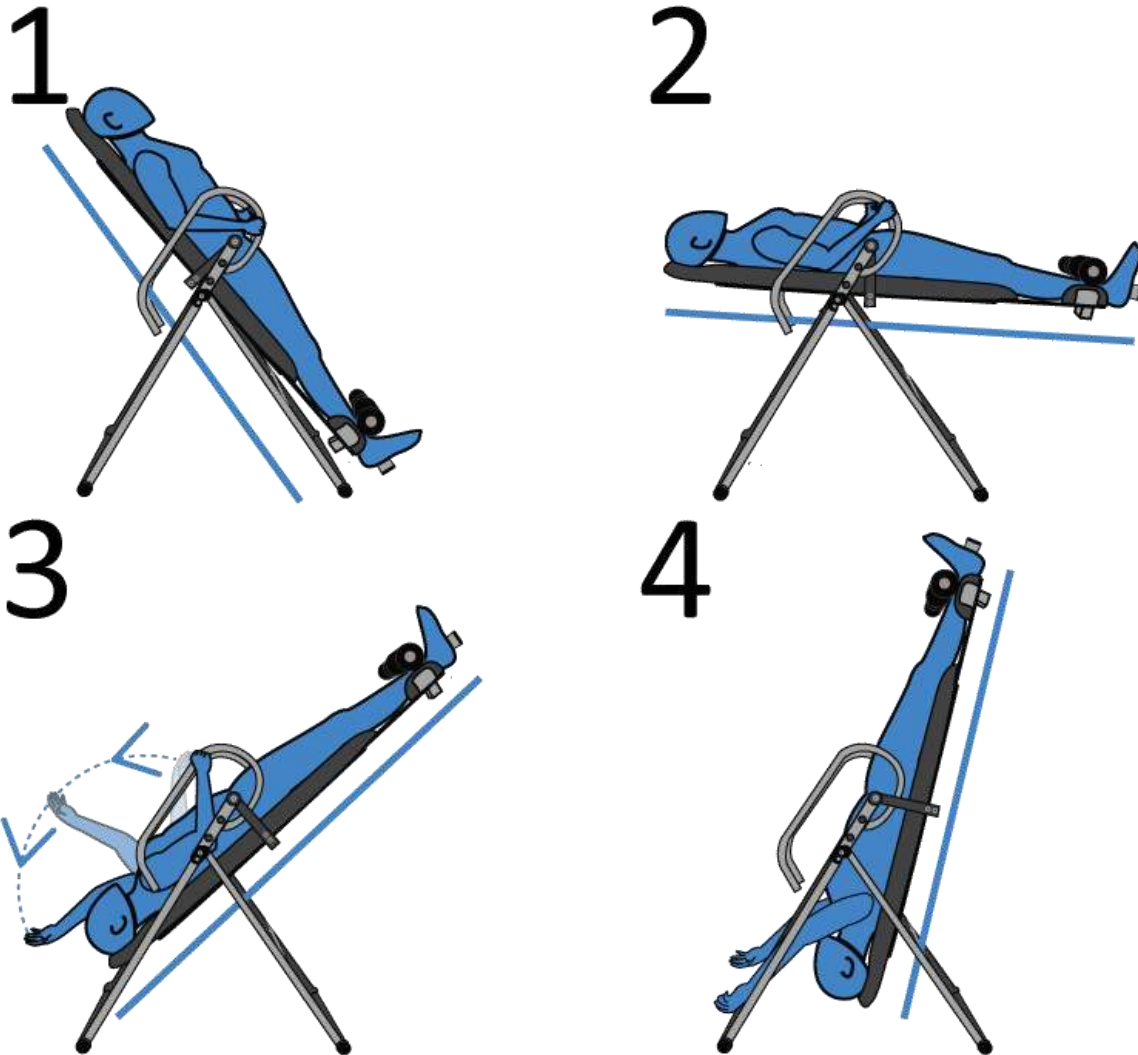
WRONG:
Locking pin
NOT fully
engaged

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 resting at 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

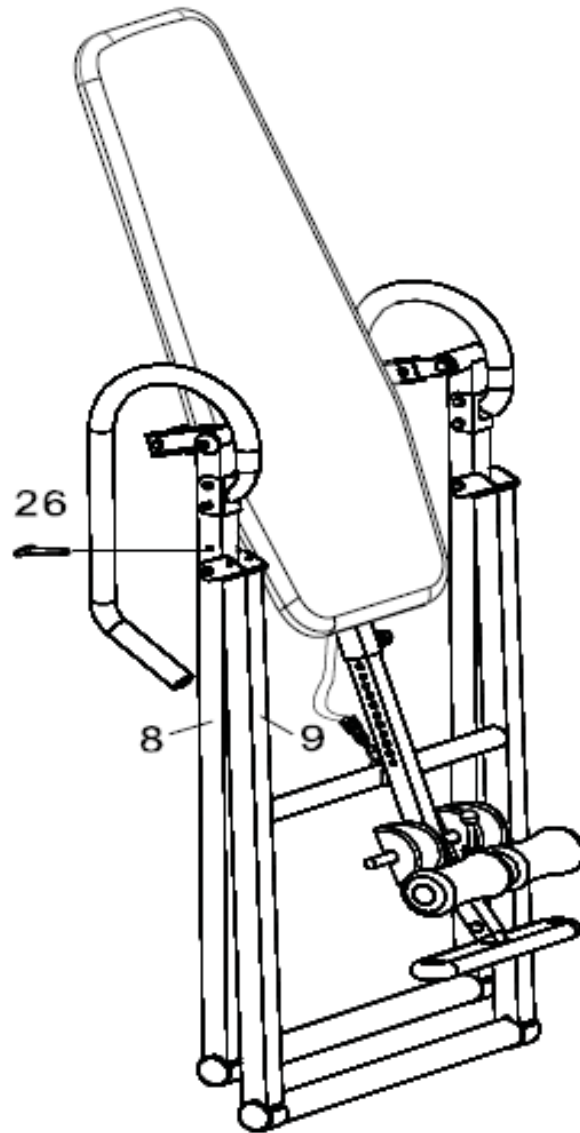
1. Start by lying straight back on the backrest with your hands gripped on both handlebars.
2. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back, as described in the BALANCING THE INVERSION TABLE section above. Your head should be slightly above your feet when in this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

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.**



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. Pull out the **Ring Pin (26)** from the holes on the **Rear Frame (8)** and **Front Frame (9)**; push the **Rear Frame (8)** and **Front Frames (9)** together all the way. Insert the **Ring Pin (26)** back into the hole on the **Front Frame (9)**. 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:
Open 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