

OWNER'S MANUAL



i-Control Disk Brake Inversion Table

5600.9-082517

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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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) Daily

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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, Daily)

Response time may vary via calling

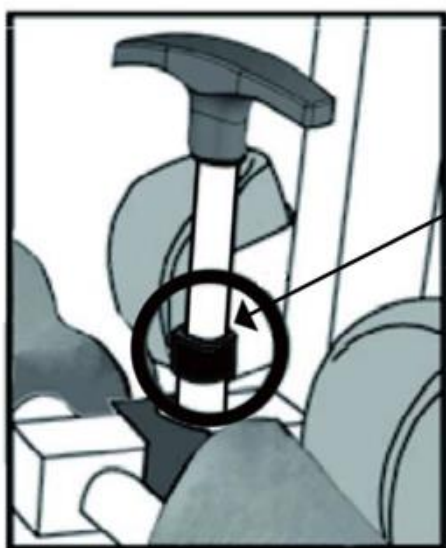
Please have the following information ready when requesting for service:

- 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.

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.
- 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

To avoid serious injury, hold on to handle bars and invert slowly.

⚠ AVERTISSEMENT

Pour éviter des blessures graves, bien tenir les poignées de sécurité et procéder à l'inversion lentement.

⚠ WARNING

For Household Usage Only

⚠ AVERTISSEMENT

Pour un usage domestique seulement

⚠ WARNING

Please Keep All Body Parts, Hair, Loose Clothing, and Jewelry away from all moving parts.

⚠ AVERTISSEMENT

S'il vous plaît garder toutes les parties du corps, les cheveux, les vêtements amples, et jewelry loin de toutes les pièces mobiles

⚠ 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.

IRONMAN

For customer assistance call:
1-844-641-7922
8 am - 5 pm PST
Daily

Pour le service à la clientèle composer le:
1-844-641-7922
Tous les jours
8:00 h - 17 h (HNP)

Paradeigm Health & Wellness
Inversion Table
Table d'inversion
Modèle: 5600
Date: 12/16
FOR HOUSEHOLD USE ONLY
POUR LA MAISON ATTENTE UTILISATION SEULEMENT
SOLD PARA USO DOMESTICO

UL US LISTED
ELECTRIC SHOCK
HARM
1500

Serial Number/Numero de série:
113573560000001
MADE IN CHINA / FABRIQUE EN CHINE

⚠ WARNING

Maximum weight capacity is 275 lbs.

⚠ AVERTISSEMENT

Le poids maximum pour ce produit est 125 kgs.

⚠ WARNING

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

⚠ WARNING

THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS AND CHILDREN 13 YEARS AND OLDER. POSSIBILITY OF SEVERE INJURY OR DEATH IF USED IMPROPERLY. PLEASE FOLLOW ALL DIRECTIONS BEFORE USE. KEEP PERSON UNDER THE AGE OF 13 AWAY FROM TABLES IF THEY ARE DAMAGED, ILLEGIBLE, OR REMOVED. PLEASE REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE. ALL INSTRUCTIONS SHOULD BE FOLLOWED PRIOR TO ASSEMBLY AND USAGE.

⚠ AVERTISSEMENT

CET EQUIPEMENT EST DESTINE A ETRE UTILISE PAR DES ADULTES ET DES ENFANTS DE PLUS DE 13 ANS. TOUTE UTILISATION INCORRECTE PEUT OCCASIONNER DES BLESSURES GRAVES OU MORTELLES. SUIVRE LES INSTRUCTIONS D'UTILISATION. TENIR LES PERSONNES DE MOINS DE 13 ANS A L'Ecart REMPLACEZ LES ETIQUETTES EN DOMMAGES, ILLISIBLES, OU MANQUANTES. VEUILLEZ LIRE ATTENTIVEMENT TOUTES LES INSTRUCTIONS ET MISES EN GARDES AVANT DE PROCEDER A L'ASSEMBLAGE OU D'UTILISER L'APPAREIL. BIEN SUIVRE TOUTES LES INSTRUCTIONS AVANT L'UTILISATION OU L'ASSEMBLAGE.

⚠ WARNING

Heel Bracket must be secured in slot before use.



Support de talon doit être fixé dans la fente, avant utilization.

⚠ WARNING

Feet must be secured properly before use.

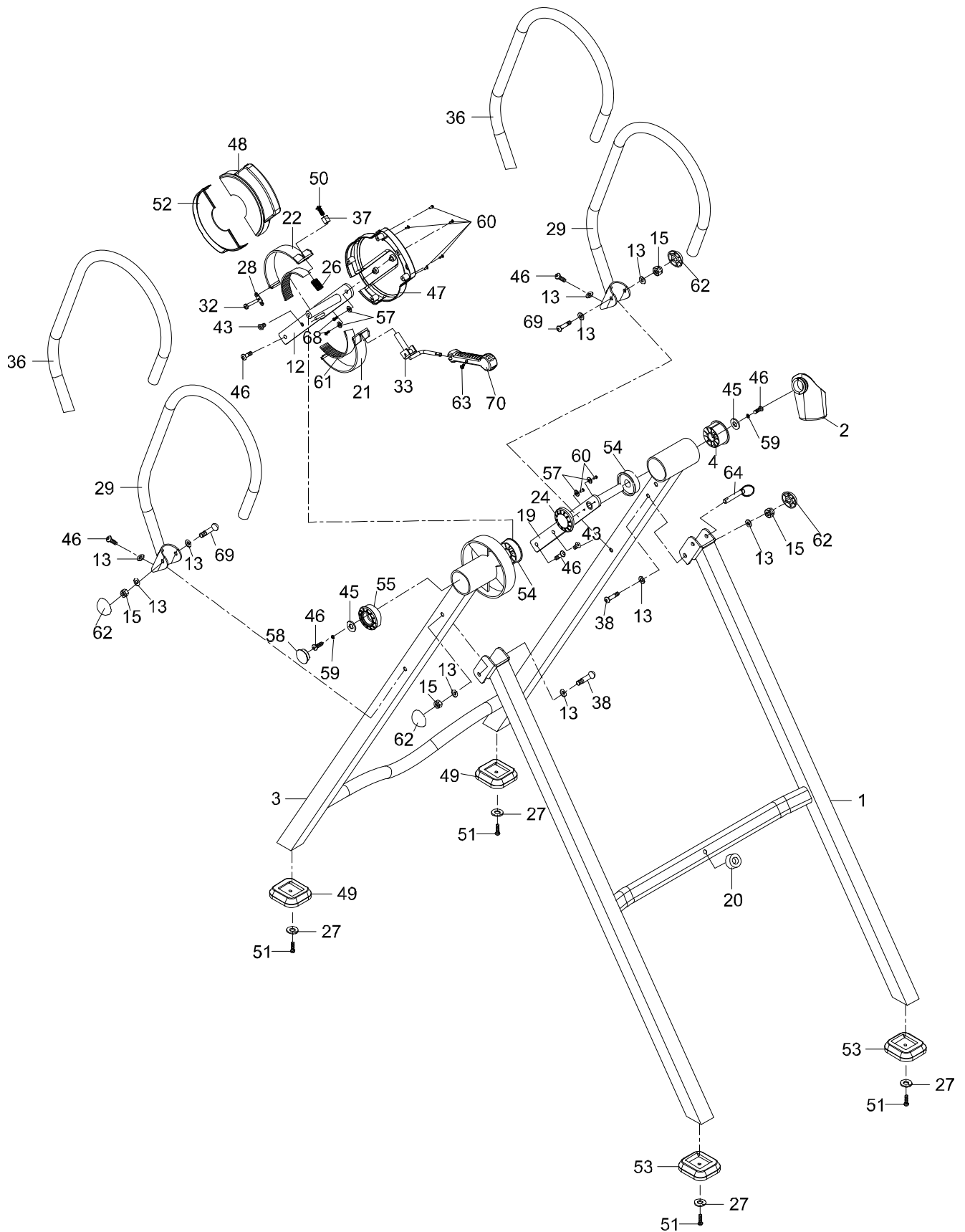
⚠ AVERTISSEMENT

Les pieds doivent être proprement serres avant utilisation.

⚠ WARNING:

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

OVERVIEW DRAWING



This exploded perspective view illustrates the assembly of a mechanical device. The main components and their assembly sequence are as follows:

- Base Assembly (Top):** Includes a main body (35) and a mounting bracket (10). The bracket is secured with screws (5) and washers (14). A central shaft (13) passes through the assembly.
- Intermediate Components:** A series of plates (15) and a component (65) are mounted onto the shaft. A pin (18) is used to secure the assembly.
- Shaft and Coupling (Middle):** A long shaft (8) is shown with a coupling (41) at one end. A component (66) is also shown.
- Drive Mechanism (Bottom):** This section includes a motor or actuator (7) connected to a shaft (9). The shaft is driven by a series of gears (25, 31) and a coupling (39). A component (11) is also shown.
- Final Assembly (Right):** The drive mechanism is connected to a final output component (42) via a shaft (6) and a coupling (67). The final assembly is secured with screws (25) and washers (31).

The diagram uses dashed lines to indicate the assembly path and alignment of the various parts.

PART LIST

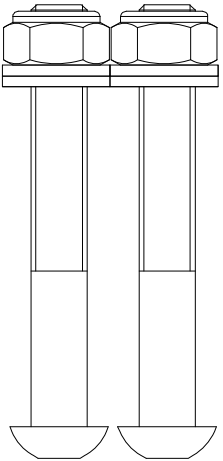
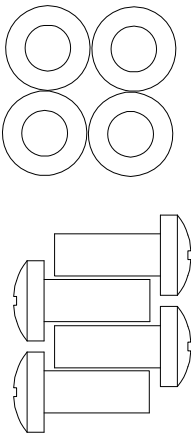
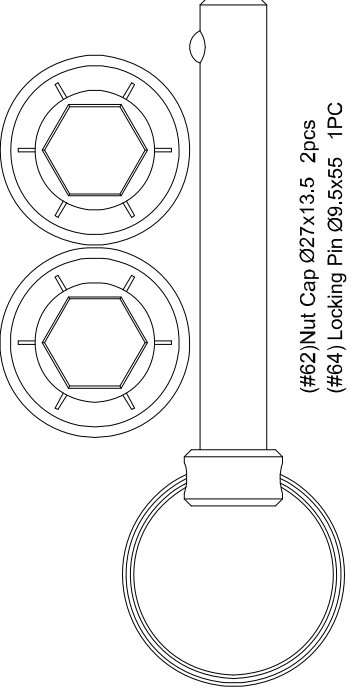
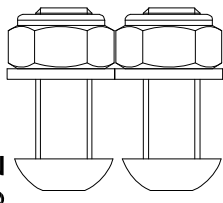
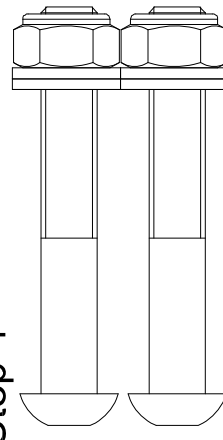
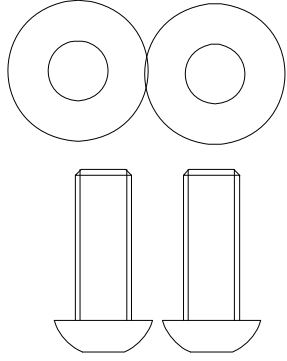
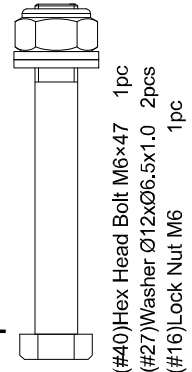
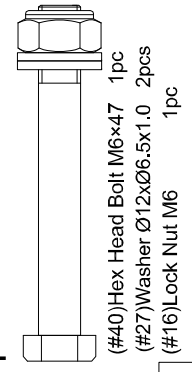
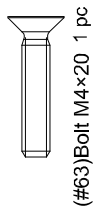
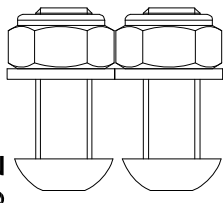
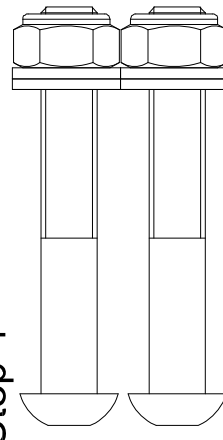
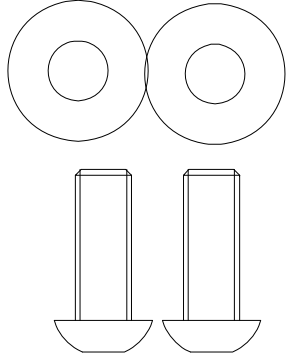
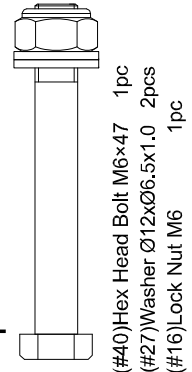
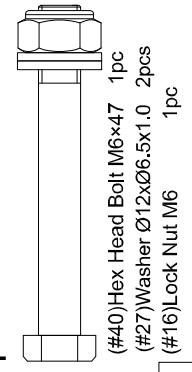
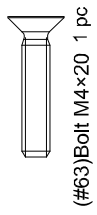
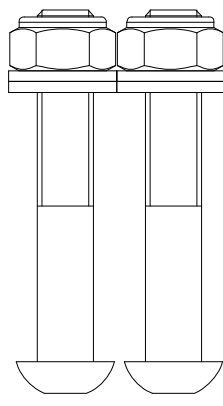
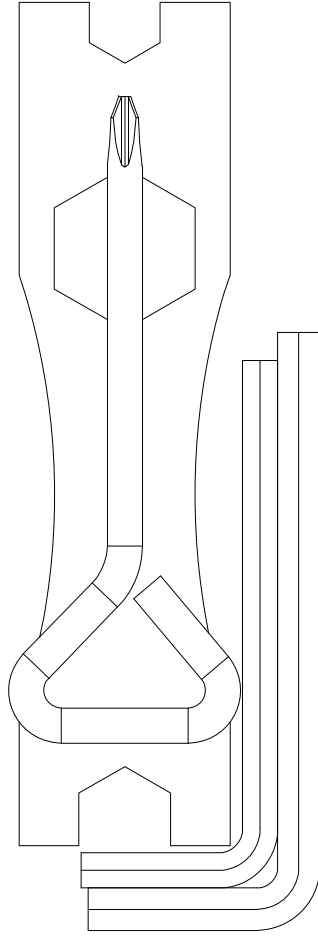
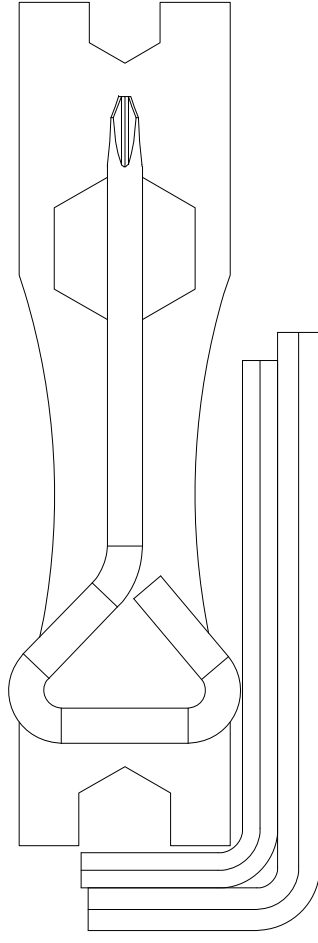
No.	Description	Qty
1	Front Frame	1
2	Cup Holder	1
3	Rear Frame	1
4	Cup Holder Rotation Cap	1
5	Rectangle End Cap 50x25	5
6	Front Rod	1
7	Rubber Heel Holder	4
8	Adjustable Boom	1
9	Rear Rod	1
10	Bed Frame	1
11	Foot bar End Cap	2
12	Right Pivot Arm	1
13	Washer Ø20xØ8.5x1.5	20
14	Bolt M8x40	5
15	Lock Nut M8 (Galvanize)	9
16	Lock Nut M6	2
17	Spring Knob	1
18	Boom Spring Knob	1
19	Left Pivot Arm	1
20	Rubber Pad	1
21	Right Brake Pad I	1
22	Right Brake Pad I I	1
23	Spring Ø10xØ1x110Lx85N	1
24	Rotor Cover	1
25	Round End Cap Ø22x1.5	4
26	Spring Ø13x2x(230)	1
27	Washer Ø12xØ6.5x1.0	8
28	Fixed Plate	1

No.	Description	Qty
29	Handlebar	2
30	Knob Ø45x3/8"x19L	1
31	Steel Bracket	4
32	Bolt M6x30	1
33	Lock Mechanism	1
35	Foam Bed	1
36	Handlebar Foam Grip	2
37	Metal Sleeve	1
38	Hex Socket Bolt M8x60	2
39	Foot Bar	1
40	Hex Head Bolt M6x47	1
41	Square End Cap □38	2
42	Spring Latch Ø4x32	1
43	Bolt M8x12	2
44	Height Scale	1
45	Washer Ø24xØ8.5x2.0	2
46	Hex Socket Bolt M8x20	6
47	Brake Bracket	1
48	Upper Plastic Cover	1
49	Rear Foot Cap	2
50	Bolt M6x25	1
51	Bolt M6x15	4
52	Lower Plastic Cover	1
53	Front Foot Cap	2
54	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
55	Pivot Arm Rotation Cap II Ø60xØ19.5x21	1
56	Hex Socket Bolt M8x50	2
57	Washer Ø9xØ4.3x0.3	4

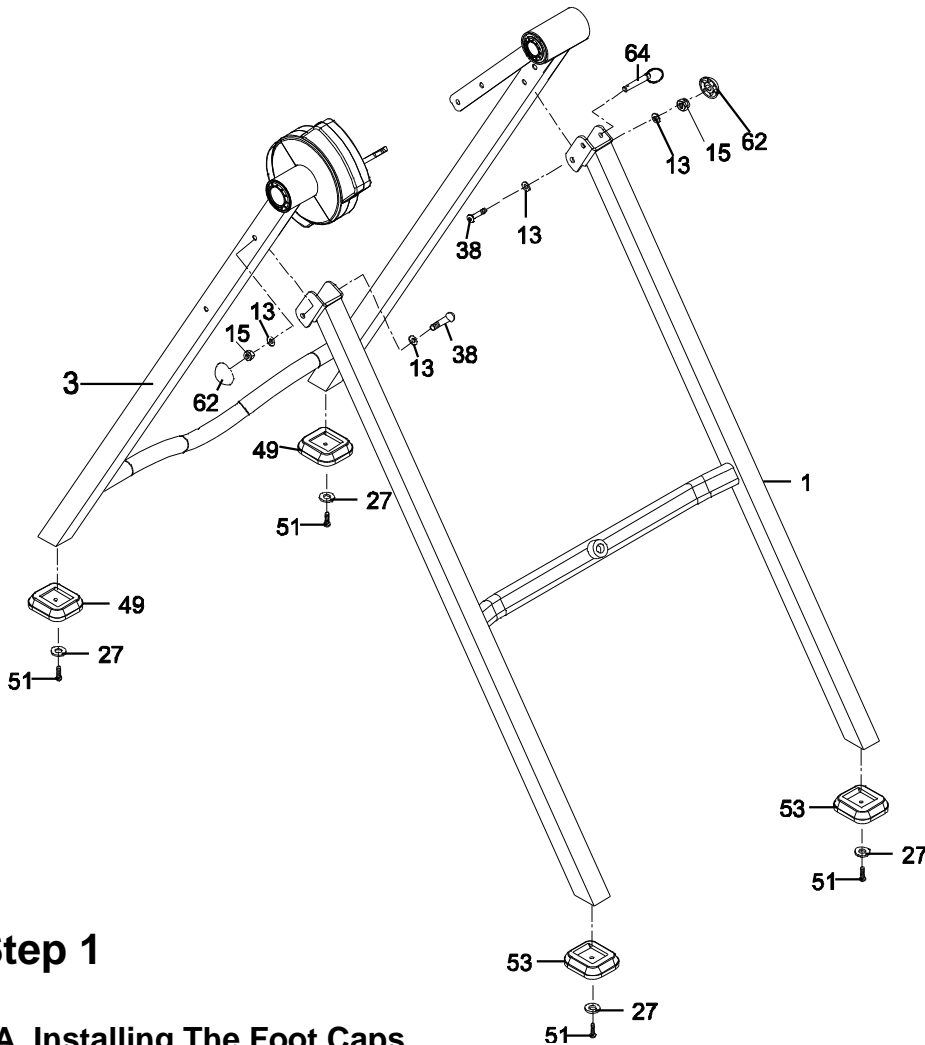
PART LIST

No.	Description	Qty
58	Round Cap	1
59	Spring Washer Ø 8.1xØ12.3x2.1	1
60	Screw ST3.5x10	7
61	Brake Strap	2
62	Nut Cap Ø27x13.5	4
63	Bolt M4x20	1
64	Locking Pin Ø9.5x55	1

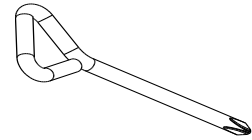
No.	Description	Qty
65	Upper Bed Frame End Cap 50	1
66	Lower Bed Frame Bushing	2
67	Rectangle End Cap 33.4	1
68	Screw ST4.2x2	2
69	Hex Socket Bolt M8x55	2
70	Lock Handle Plastic Bar	1

Step 1		 <p>(#38)Hex Socket Bolt M8x60 2pcs (#13)Washer Ø20xØ8.5x1.5 4pcs (#15)Lock Nut M8 2pcs</p>	 <p>(#51)Bolt M6x15 4pcs (#27)Washer Ø12xØ6.5x1.0 4pcs</p>	 <p>(#62)Nut Cap Ø27x13.5 2pcs (#64) Locking Pin Ø9.5x55 1PC</p>
Step 2		 <p>(#46)Hex Socket Bolt M8x20 2pcs (#13)Washer Ø20xØ8.5x1.5 2pcs (#15)Lock Nut M8 2pcs</p>	 <p>(#69)Hex Socket Bolt M8x55 2pcs (#13)Washer Ø20xØ8.5x1.5 4pcs (#15)Lock Nut M8 2pcs</p>	 <p>(#46)Hex Socket Bolt M8x20 2pcs (#13)Washer Ø20xØ8.5x1.5 2pcs</p>
Step 3		 <p>(#40)Hex Head Bolt M6x47 1pc (#27)Washer Ø12xØ6.5x1.0 2pcs (#16)Lock Nut M6 1pc</p>	 <p>(#40)Hex Head Bolt M6x47 1pc (#27)Washer Ø12xØ6.5x1.0 2pcs (#16)Lock Nut M6 1pc</p>	 <p>(#63)Bolt M4x20 1 pc</p>
Step 4		 <p>(#46)Hex Socket Bolt M8x20 2pcs (#13)Washer Ø20xØ8.5x1.5 2pcs (#15)Lock Nut M8 2pcs</p>	 <p>(#69)Hex Socket Bolt M8x55 2pcs (#13)Washer Ø20xØ8.5x1.5 4pcs (#15)Lock Nut M8 2pcs</p>	 <p>(#46)Hex Socket Bolt M8x20 2pcs (#13)Washer Ø20xØ8.5x1.5 2pcs</p>
Step 5		 <p>(#40)Hex Head Bolt M6x47 1pc (#27)Washer Ø12xØ6.5x1.0 2pcs (#16)Lock Nut M6 1pc</p>	 <p>(#40)Hex Head Bolt M6x47 1pc (#27)Washer Ø12xØ6.5x1.0 2pcs (#16)Lock Nut M6 1pc</p>	 <p>(#63)Bolt M4x20 1 pc</p>
Step 6		 <p>(#56)Hex Socket Bolt M8x50 2pcs (#13)Washer Ø20xØ8.5x1.5 4pcs (#15)Lock Nut M8 2pcs</p>	 <p>Tools: Hex Wrench 2 pcs 5# Allen wrench 1 pc 6# Allen wrench 1 pc Phillips Screwdriver 1 pc</p>	

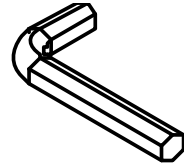
ASSEMBLY



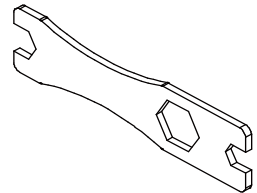
Tools:



Phillips Screwdriver 1 PC



6mm Allen Wrench 1 PC



Hex Wrench 1 PC

Step 1

1A. Installing The Foot Caps

Attach two **Front Foot Caps (53)** to the feet of the **Front Frame (1)** and two **Rear Foot Caps (49)** to the feet of the **Rear Frame (3)**. Use a **Bolt (51)** and a **Washer (27)** to secure each foot cap to the frames. Tighten the **Bolts (51)** with the **Phillips Screwdriver** provided.

1B. Setting Up The Frames

Align the holes at the top of the **Front Frame (1)** and the **Rear Frame (3)** and then secure the frames together using two **Hex Socket Bolts (38)**, four **Washers (13)**, and two **Lock Nuts (15)**. Simultaneously tighten the bolt and nut with the **6mm Allen Wrench** and the **Hex Wrench**.

Then insert the **Locking Pin (64)** into the holes at the joint of the **Front Frames (1)** and **Rear Frames (3)**. Attach a **Nut Cap (62)** onto both of the **Lock Nuts (15)**.

Hardware:



(38) Hex Socket Bolt 2PCS (13) Washer 4PCS (15) Lock Nut 2PCS

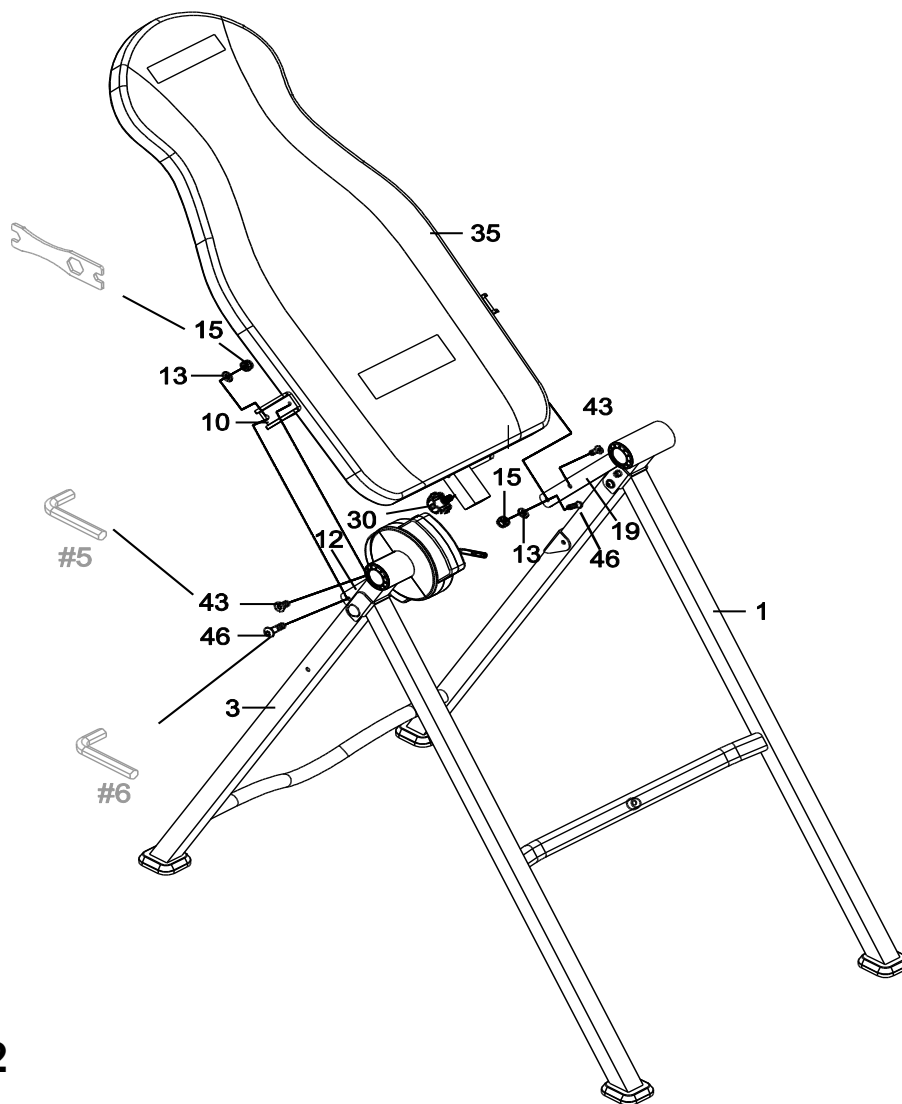


(51) Bolt 4PCS (27) Washer 4PCS (64) Locking Pin 1PC (62) Nut Cap 2PCS

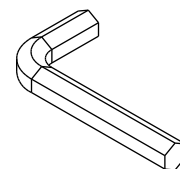


The product weighs more than 44 lbs and should be assembled and moved by two or more people.

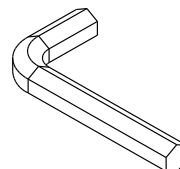
ASSEMBLY



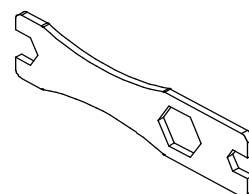
Tools:



5mm Allen Wrench
1 PC



6mm Allen Wrench
1 PC



Hex Wrench
1 PC

Step 2

2A. Installing The Bed Frame

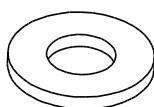
Attach the **Bed Frame (10)** onto both the **Right Pivot Arm (12)** and the **Left Pivot Arm (19)** by using two **Lock Nuts (15)**, two **Bolts (43)**, two **Hex Socket Bolts (46)**, and two **Washers (13)**.

Tighten the **Bolts (43)** with the **5mm Allen Wrench** provided.

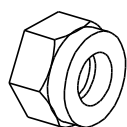
Simultaneously tighten the **Hex Socket Bolts (46)** and the **Lock Nuts (15)** with the **6mm Allen Wrench** and **Hex Wrench** provided.

Install the **Knob (30)** onto the **Bed Frame (10)**.

Hardware:



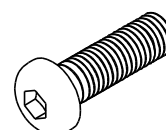
(13) Washer
2 PCS



(15) Lock Nut
2 PCS

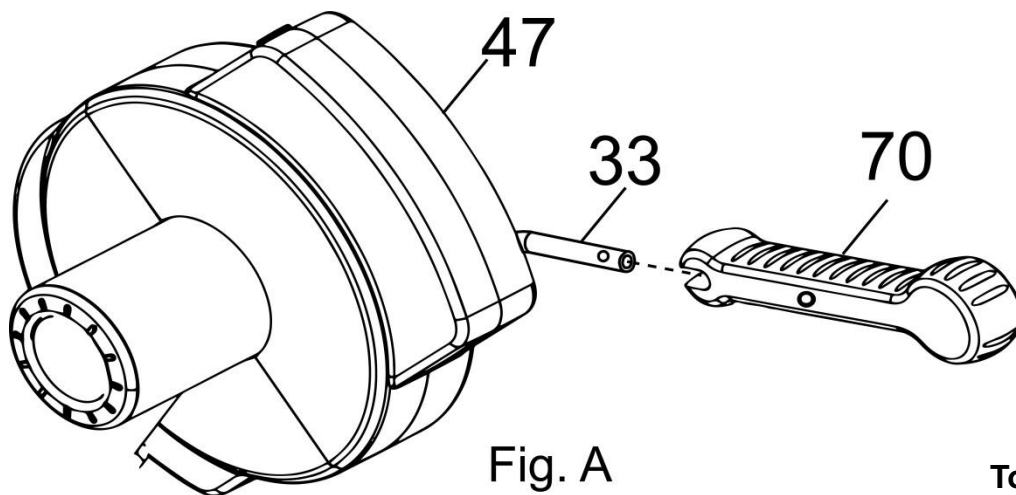


(43) Bolt
2 PCS

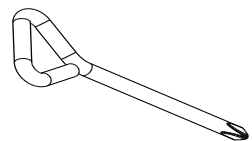


(46) Hex Socket Bolt
2 PCS

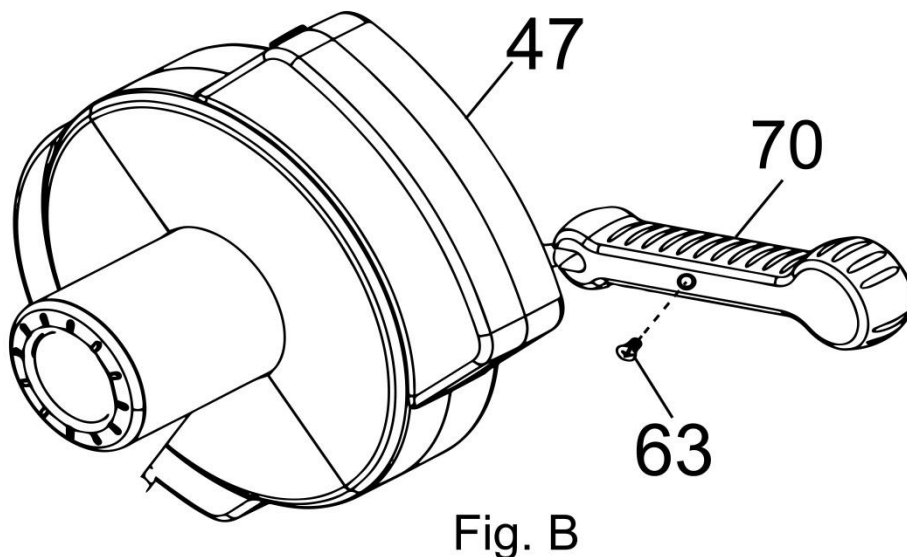
ASSEMBLY



Tool:



Phillips Screwdriver
1 PC



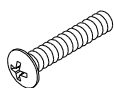
Step 3

3A. Installing the Lock Handle Plastic Bar

Slide the **Lock Handle Plastic Bar (70)** onto the **Lock Mechanism (33)**. The “U shaped” end of the **Lock Handle Plastic Bar (70)** **MUST** be facing the **Brake Bracket (47)** for correct installation. See Fig. A.

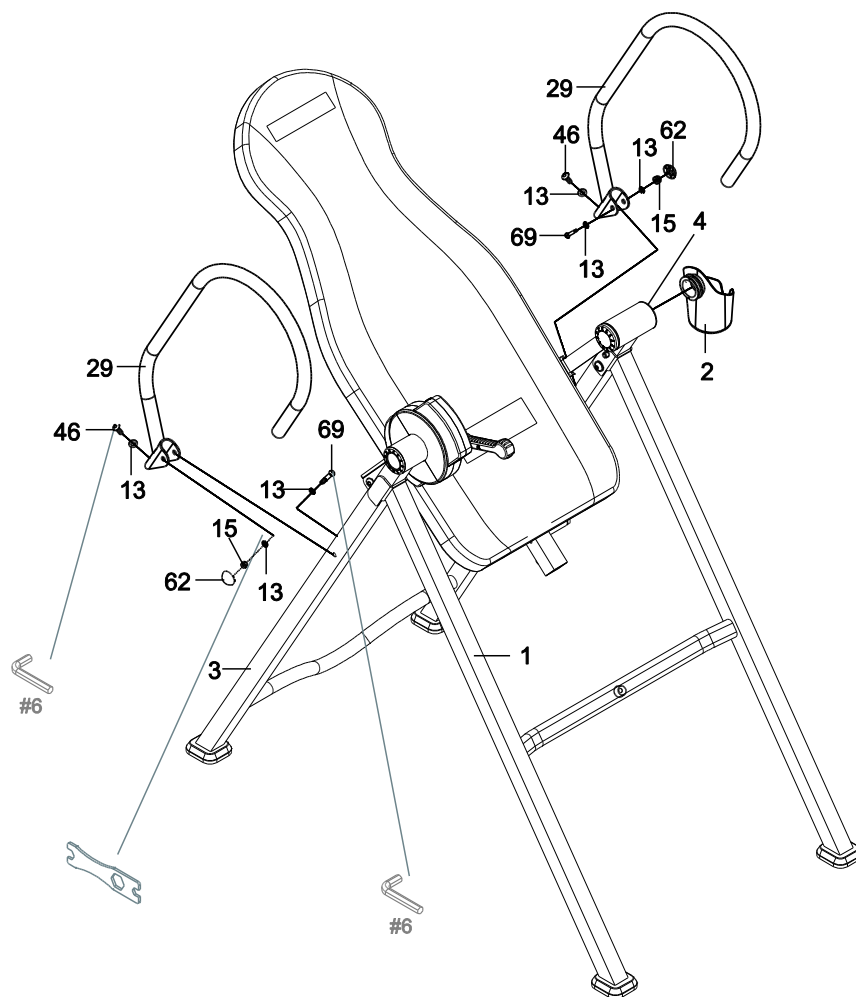
Align the hole of the **Lock Mechanism (33)** with the hole in the middle of the **Lock Handle Plastic Bar (70)** and insert one **Bolt (63)**. See Fig. B. Tighten the **Bolt (63)** using the **Phillips Screwdriver** provided.

Hardware:

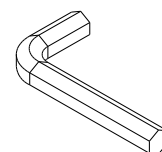


(63) Bolt
1 PC

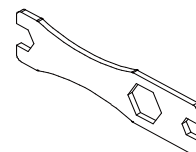
ASSEMBLY



Tools:



6mm Allen Wrench
1PC



Hex Wrench
1PC

Step 4

4A. Installing the Handlebars

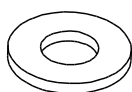
Attach both of the **Handlebars (29)** onto the **Rear Frame (3)** with six **Washers (13)**, two **Lock Nuts (15)**, two **Hex Socket Bolts (69)** and two **Hex Socket Bolts (46)**.

Tighten the **Hex Socket Bolts (46)** with the **6mm Allen Wrench** provided. Simultaneously tighten the **Hex Socket Bolts (69)** and **Lock Nuts (15)** with the **6mm Allen Wrench** and the **Hex Wrench** provided.

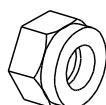
Attach a **Nut Cap (62)** to each of the **Lock Nuts (15)**.

Push in the **Cup Holder (2)** to the **Cup Holder Rotation Cap (4)** for an air tight seal.

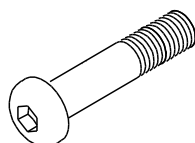
Hardware:



(13) Washer
6 PCS



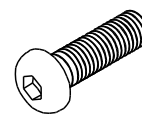
(15) Lock Nut
2 PCS



(69) Hex Socket Bolt
2 PCS

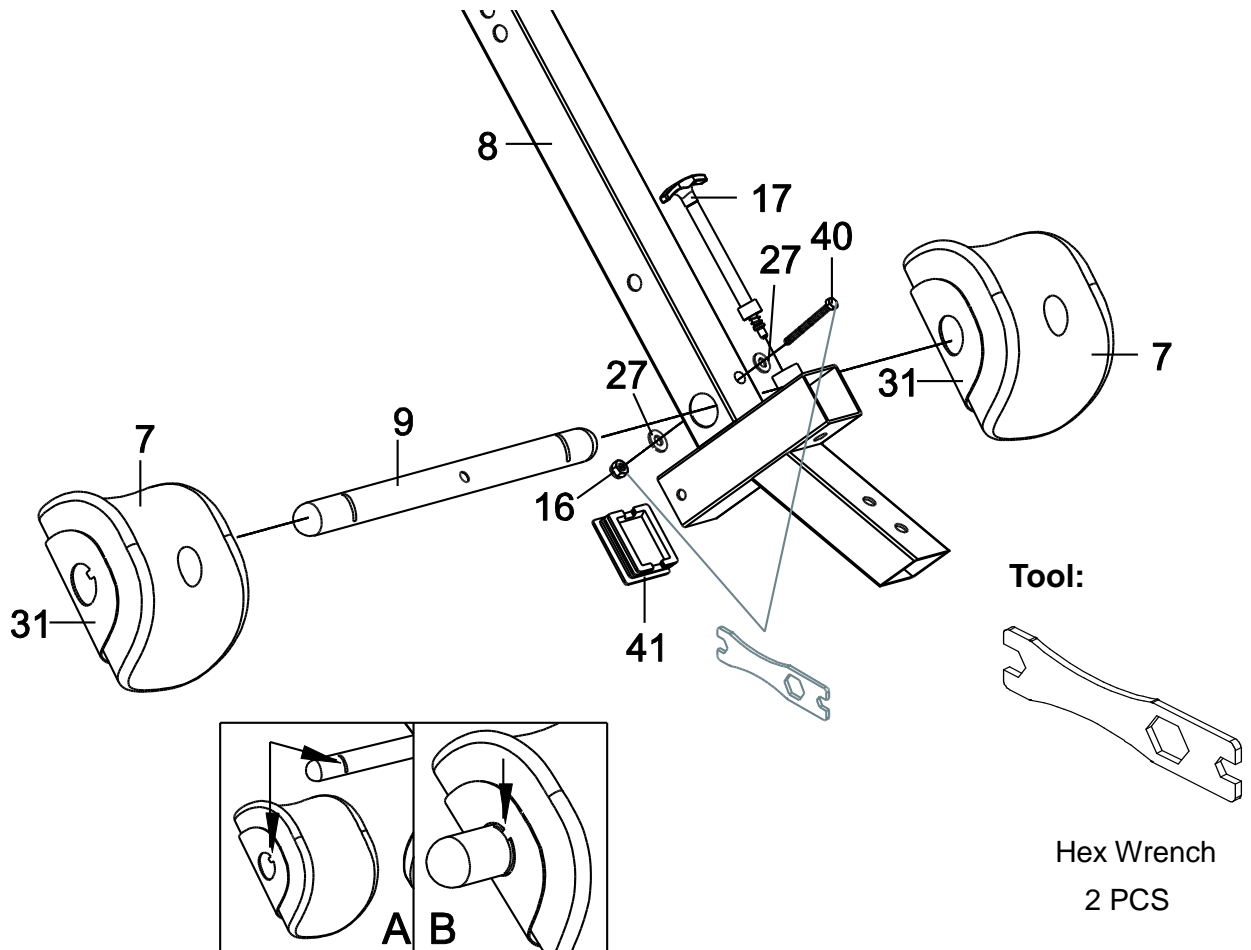


(62) Nut Cap
2 PCS



(46) Hex Socket Bolt
2 PCS

ASSEMBLY



Step 5

5A. Installing The Rear Rod Onto The Adjustable Boom

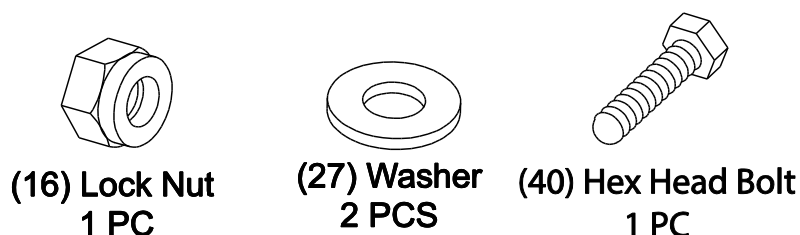
Remove the **Square End Cap (41)** on the back of the **Adjustable Boom (8)**, and set it aside for **Step 8**. Slide the **Rear Rod (9)** through the large round hole on the side of the **Adjustable Boom (8)** and align the rod's middle hole with the smaller hole on the front of the **Adjustable Boom (8)**. Secure the rod onto the boom by using one **Hex Head Bolt (40)**, two **Washers (27)** and one **Lock Nut (16)**. Simultaneously tighten the bolt and nut using the two **Hex Wrenches** provided. Make sure the slots on the two ends of the **Rear Rod (9)** are facing forward.

Wrap two **Rubber Heel Holders (7)** with a **Steel Bracket (31)** each. Slide the **Rubber Heel Holders (7)** onto the ends of the **Rear Rod (9)** until the lock teeth of the brackets lock in place with slots on the rod.

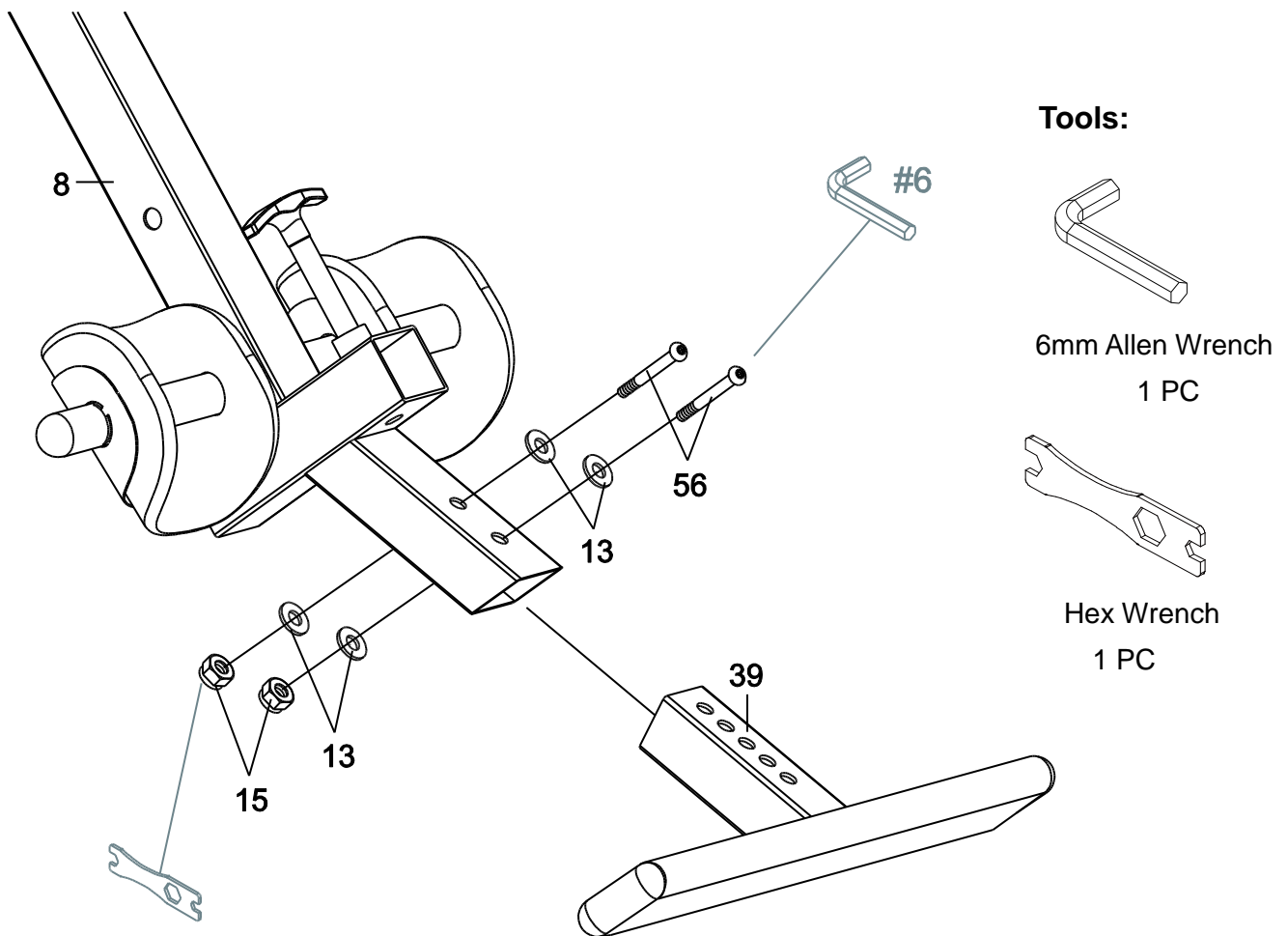
Note: Make sure the lock teeth are wedged into the slots on the Rear Rod (9) as shown in the Fig. A and B before using the inversion table.

Attach the **Spring Knob (17)** onto the **Adjustable Boom (8)** by turning it in a **clockwise** direction until it is thoroughly tightened.

Hardware:



ASSEMBLY



Step 6

6A. Installing The Foot Bar

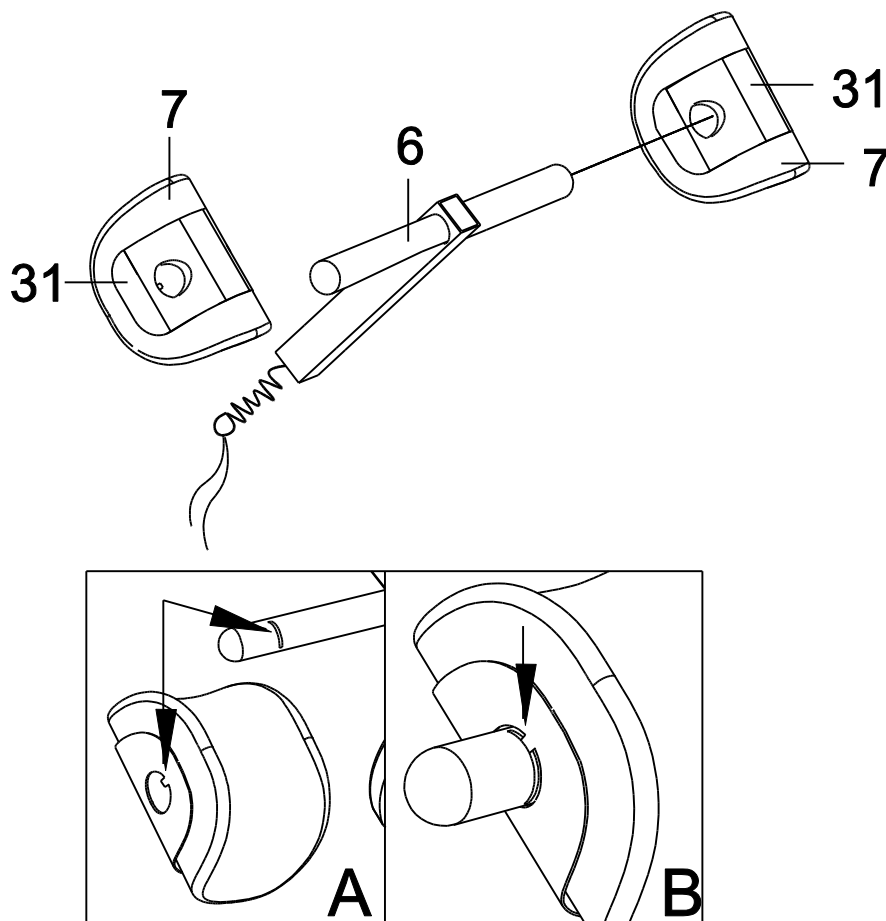
Slide the **Foot Bar (39)** into the bottom shaft of the **Adjustable Boom (8)** and align any two holes on the **Foot Bar (39)** with the two holes on the **Adjustable Boom (8)**. Secure the **Foot Bar (39)** in place using two **Hex Socket Bolts (56)**, two **Lock Nuts (15)** and four **Washers (13)**.

Simultaneously tighten the bolts and the nuts with the **6mm Allen Wrench** and the **Hex Wrench** provided.

Note: The extra holes on the **Foot Bar (39)** are for adjusting the distance between the heels and the bar. The best set of holes to use will vary depending on the users' personal preference. **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:





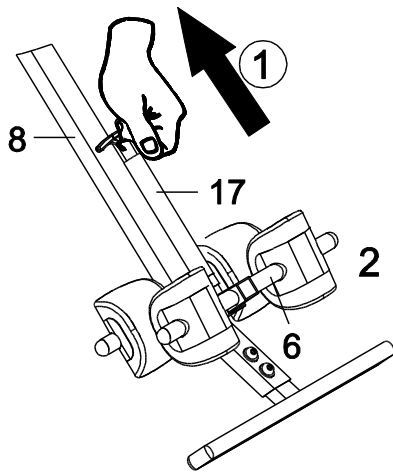
Step 7

7A. Installing the Heel Holders To The Front Rod

Wrap two **Rubber Heel Holders (7)** with a **Steel Bracket (31)** each. Slide them onto the ends of the **Front Rod (6)** until the lock teeth are wedged into the slot on the **Front Rod (6)** as shown above.

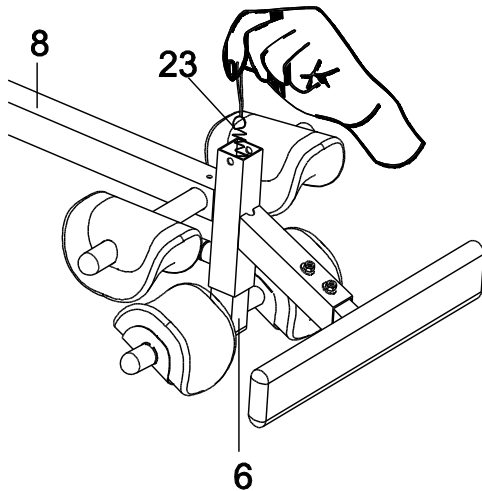
Note: Make sure the lock teeth are wedged into the slots in the Front Rod (6) as shown in Fig. A and B before using the inversion table.

ASSEMBLY

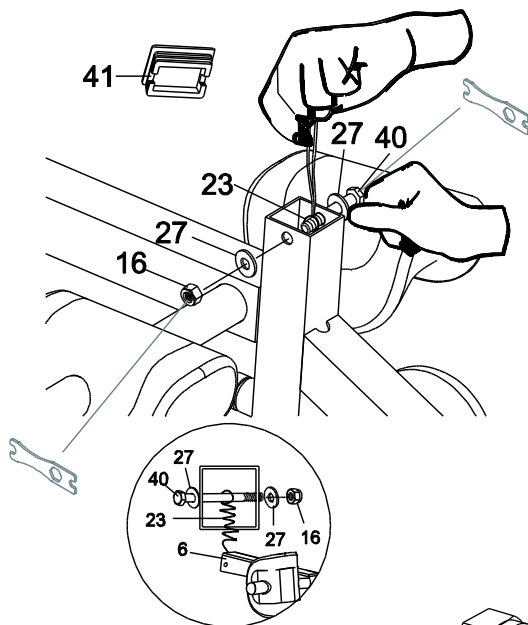


Step 8:

Pull up and hold on the **Spring Knob (17)** and insert the **Front Rod (6)** all the way into the empty square tube on the **Adjustable Boom (8)**. **Make sure the pin holes on the Front Rod (6) are facing upward when installing.** Release the **Spring Knob (17)** to allow it to “POP” into one of the pin holes, locking the **Front Rod (6)** in place.



Pull the plastic string hanging from the inside of the **Front Rod (6)** through the other side of the perpendicular tube of the **Adjustable Boom (8)**. There will be a **Spring (23)** attached. See the illustration to the side.



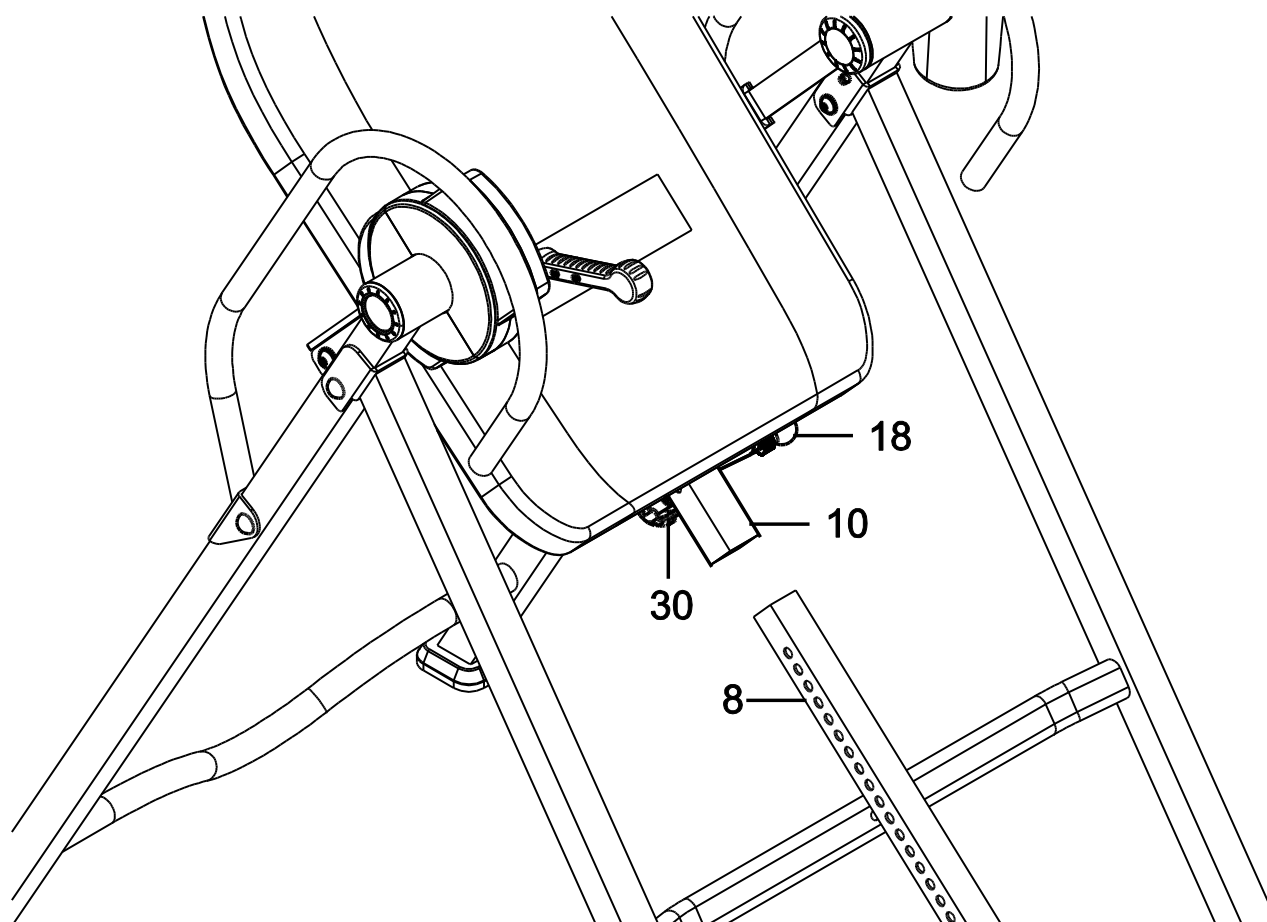
Pull and HOLD the plastic string and align the loop at the top of the **Spring (23)** to the holes on the side of the perpendicular tube. Insert one **Hex Head Bolt (40)** and a **Washer (27)** through where the holes align, through the loop of the spring and secure on the protruding side of the bolt with a **Washer (27)** and a **Lock Nut (16)**. Simultaneously tighten the bolt and nut with the two **Hex Wrenches** provided. Place the **Square End Cap (41)** firmly back on the opening of the perpendicular tube of the **Adjustable Boom (8)**.

Hardware:

(16) Lock Nut
1 PC

(27) Washer
2 PCS

(40) Hex Bolt
1 PC



Step 9

9A. Installing The Adjustable Boom To The Bed Frame

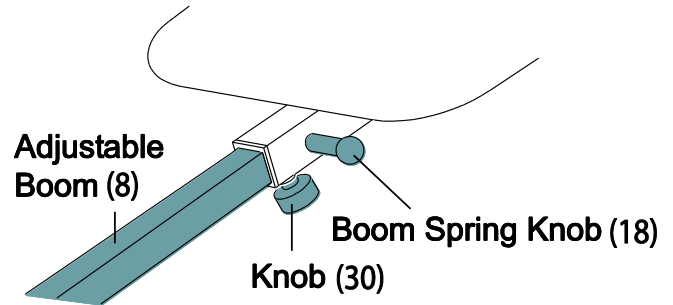
Loosen the **Knob (30)** by turning it **counter-clockwise**. Pull and hold the **Boom Spring Knob (18)** and slide the **Adjustable Boom (8)** into the **Bed Frame (10)**. Refer to the Height Sticker on the **Adjustable Boom (8)** as a guide to set the equipment to the appropriate user height. Release the **Boom Spring Knob (18)** and listen for the “POP” sound to let you know the knob is secure in one of the height adjustment holes on the **Adjustable Boom (8)**. Tighten the **Knob (30)**.

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

OPERATION AND ADJUSTMENTS

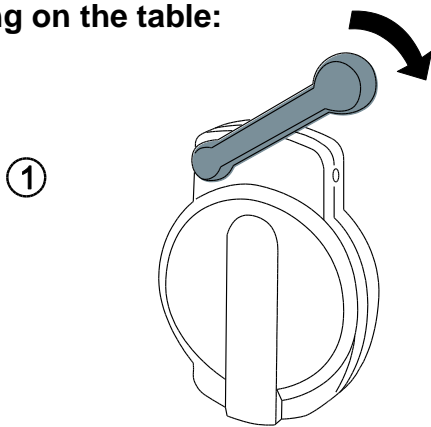
Set the Adjustable Boom to your height:

1. Turn the **Knob (30)** counter-clockwise to loosen the **Adjustable Boom (8)**.
2. Pull the **Boom Spring Knob (18)** as you adjust the **Adjustable Boom (8)** to the desired height.
3. Turn the **Knob (30)** clockwise to secure the **Adjustable Boom (8)**.

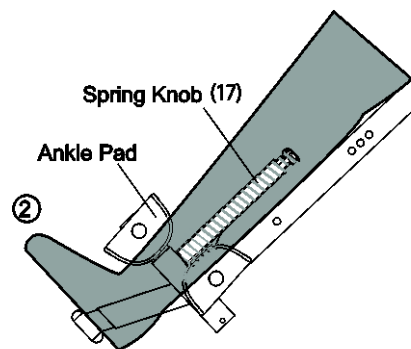


Note: If the bed does **NOT** rotate when trying to invert, Decrease the user height of the adjustment boom. If the bed rotates **TOO FAST** when inverting, Increase the user height of the adjustment boom. Use the user height sticker on the Adjustable boom as a guide when changing the height.

Getting on the table:

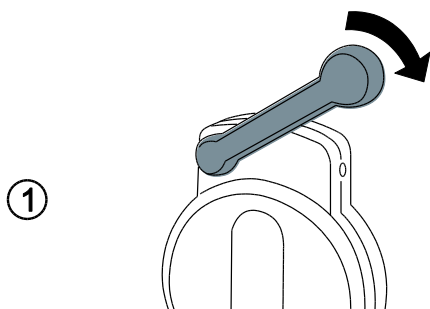


Make sure the Lever is in the LOCKED position.

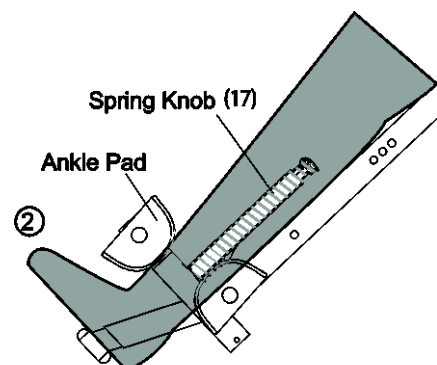


Pull and hold the **Spring Knob (17)** to adjust the ankle pads so that they are fit snug. Make sure the Spring Knob “POPS” back into place after adjustment to the ankle pads. **SEE WARNING PAGE 5.** Wearing shoes will help keep ankles securely in place.

Dismounting the table:



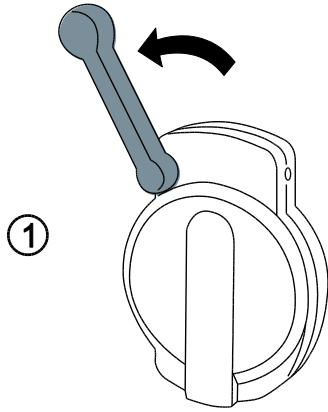
Make sure the Lever is in the LOCKED position.



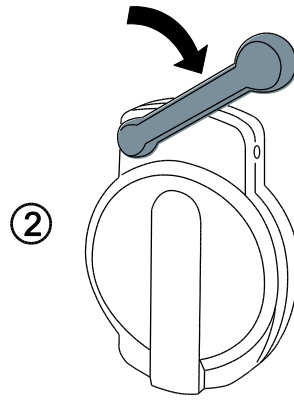
Pull the **Spring Knob (17)** upwards. Loosen the Ankle Pads before dismounting.

OPERATION AND ADJUSTMENTS

How to control the amount of inversion:



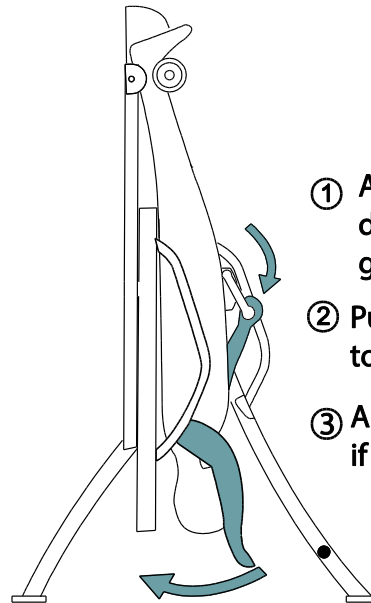
Push the Lever to the UNLOCKED position. Control the inversion by using your left hand to grip the left handle bar on the left handlebar, while keeping your right hand on the Lever.



When at the desired angle, pull the Lever to the LOCKED position to lock the bed in place.

How to completely invert 180 degrees

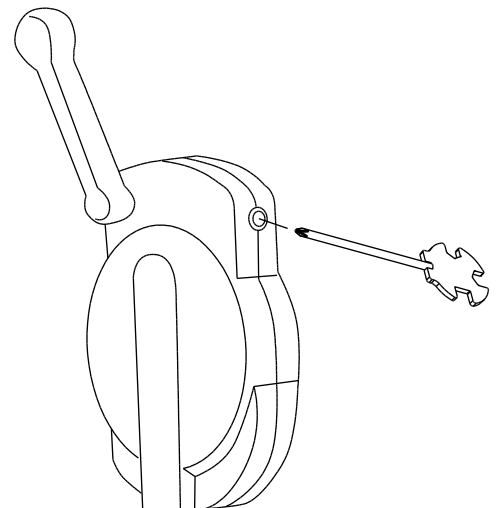
1. Push against the Inversion Bar with Left arm.
2. Pull the Lever to the Lock Position



- ① Allow one arm to fall downwards while gripping one handlebar
- ② Pull Lever to LOCK position
- ③ Allow both arms to fall if you are comfortable

Calibrating the iControl Disk Brake

The locking mechanism may lose grip over time. To recalibrate the mechanism, insert the **Philips Screwdriver** into the hole as indicated on the diagram. Turn the **Philips Screwdriver** clockwise no more than a $\frac{1}{4}$ turn. **Contact Customer Service for questions.**



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 (7)** and **Rubber Rear Heel Holders (7)** are both holding your feet securely.
4. Make sure that the **Adjustable Boom (8)** is properly set to your height.
5. Make sure that the **Front Rod (6)** is held securely by the **Spring Knob (17)**.
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 Frame (3)**. 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

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.

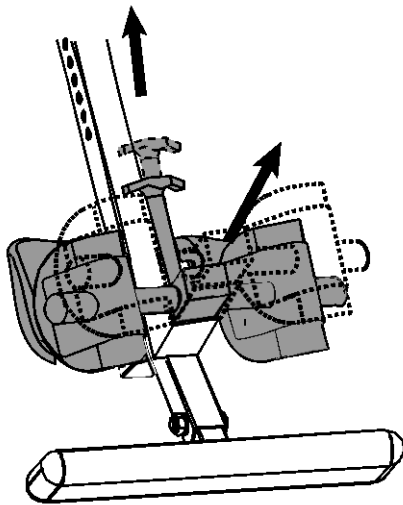
ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

1. Pull UP on the **Spring Knob (17)**, and then lift the **Front Rod (6)** away from the **Adjustable Boom (8)** to separate the heel holders. Let go of the **Spring Knob (17)** when there is enough clearance for your ankles. Ensure the pin to lock the **Front Rod (6)** in place after the rod has been adjusted.
2. Step onto the **Foot Bar (39)** and place your ankles between the **Front Rubber Heel Holders (7)** and **Rubber Rear Heel Holders (7)**.
3. Pull UP on the **Spring Knob (17)** and let the **Front Rod (6)** retract around your ankles. Release the **Spring Knob (17)** and ensure it to "POP" into one of the locking holes on the **Front Rod (6)**.
1. Make sure the heel holders are snug and **locked** around your ankles by pushing the **Front Rod (6)** into the **Adjustable Boom (8)**, this will ensure the **Spring Knob (17)** to fall into a locking hole in the **Front Rod (6)**.

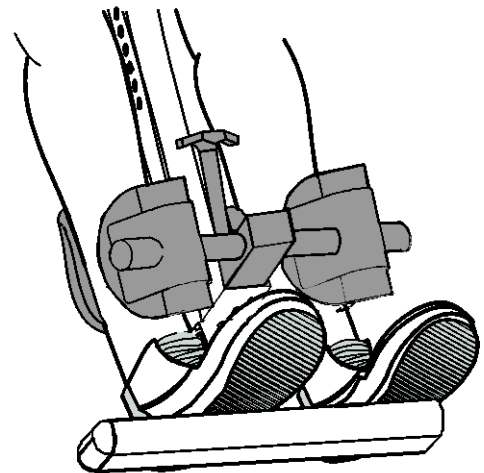
WARNING: If the Front Rod (6) does not automatically retract, contact customer service before using the inversion table.

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

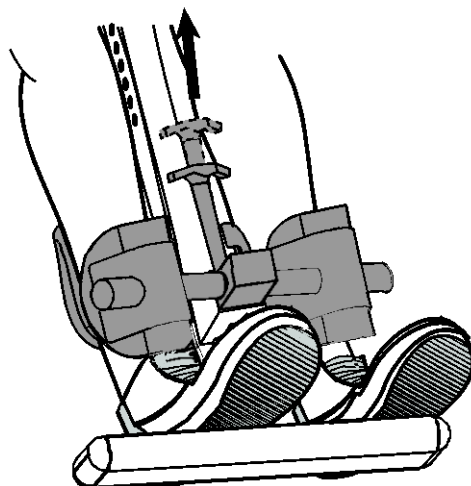
1



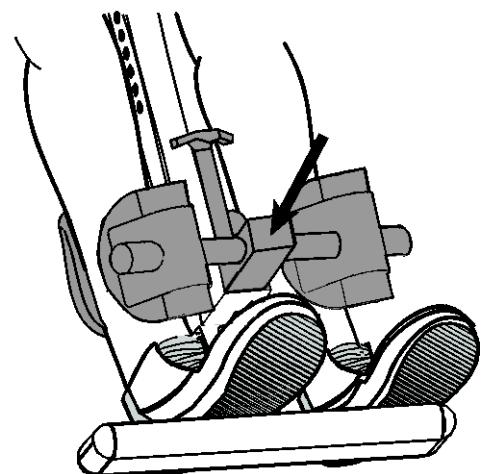
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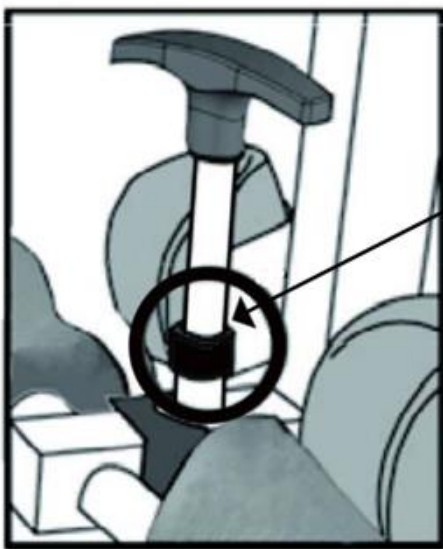
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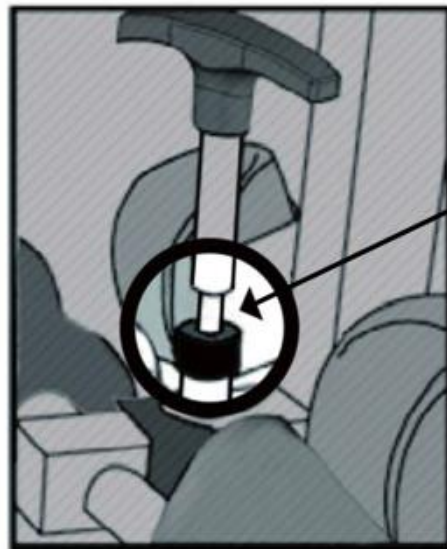
4



SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged



WRONG:
Locking pin
NOT fully
engaged

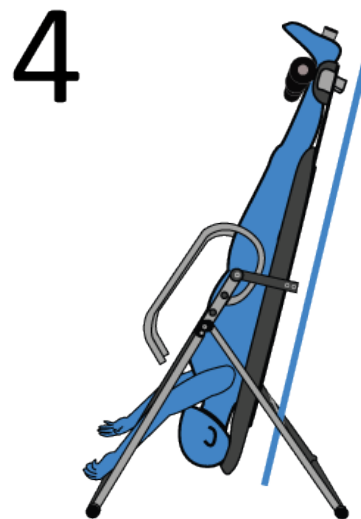
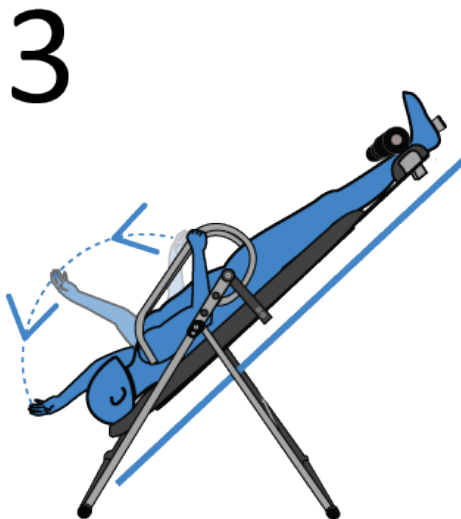
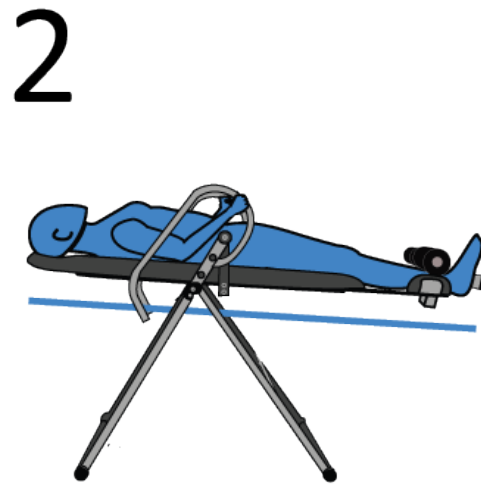
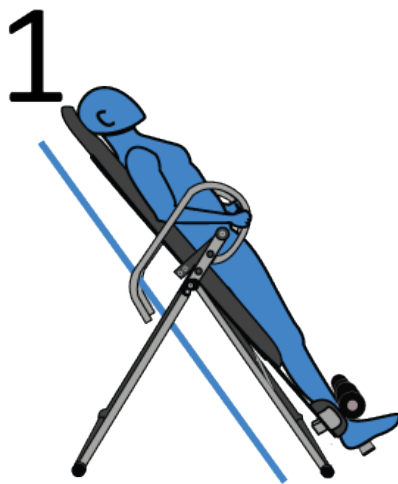
Always check to make sure that the ankle locking pin is fully engaged before each use. Make sure that the front and rear ankle clamps are secured tightly against your ankles to prevent falling when the table inverts.

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

USING THE INVERSION TABLE

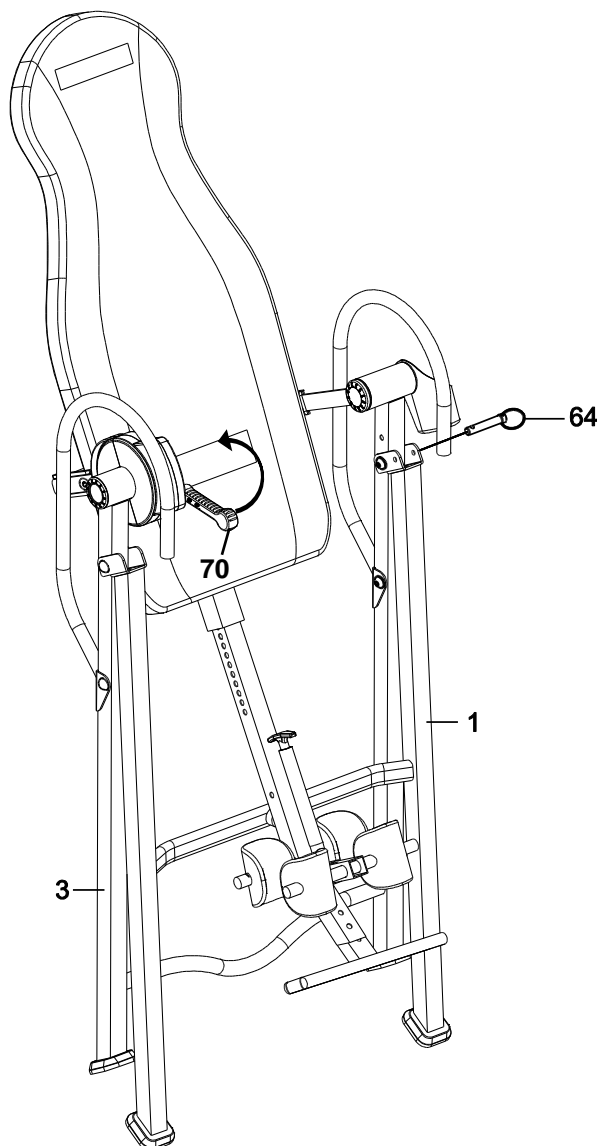
1. Start by lying straight back on the backrest with your hands gripped on both handlebars.
2. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back, as described in the BALANCING THE INVERSION TABLE section above. Your head should be slightly above your feet when in this 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

Pull out the **Locking Pin (64)** and then fold the **Front Frame (1)** & the **Rear Frame (3)** together. Reinsert the **Locking Pin (64)** into the hole it was removed from. When relocating the Inversion table, make sure the **Lock Handle Plastic Bar (70)** is in the LOCKED position before you transport.

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:

<u>COMPONENT</u>	<u>LENGTH OF WARRANTY</u>
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 Daily 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

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

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