OWNER'S MANUAL

IRONMAN.









iContorl Disk Brake System Inversion Table

5620.5-082517

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.

If you need help with product information, assembly, or replacement parts. Please contact customer service.

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

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) 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

Response time may vary via calling

Refer to our email for the best response time

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

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. Before using this equipment, we recommend doing warm ups.
- 5. Only one person should be using the equipment at a time.
- 6. 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.
- 7. Always use this equipment on a clear and level surface.
- 8. For household use only.
- Do not use outdoors or near water.
- 10. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 11. Do not wear loose clothing when using the equipment.
- 12. Keep all hands and feet away from any moving parts.
- 13. Never drop or insert any object into any opening.
- 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 at least 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.
- 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 Always hold on to the safety handles and 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 300lbs/136kgs.

The Maximum Rated Height this product is 6'6"/198cm.

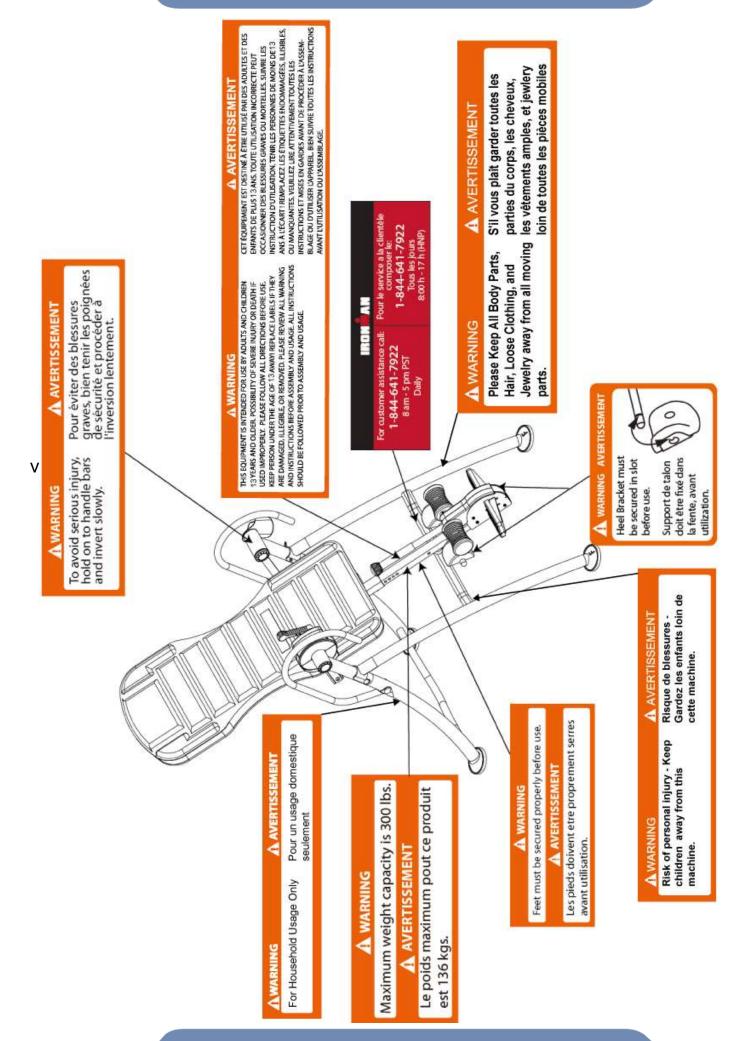
Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

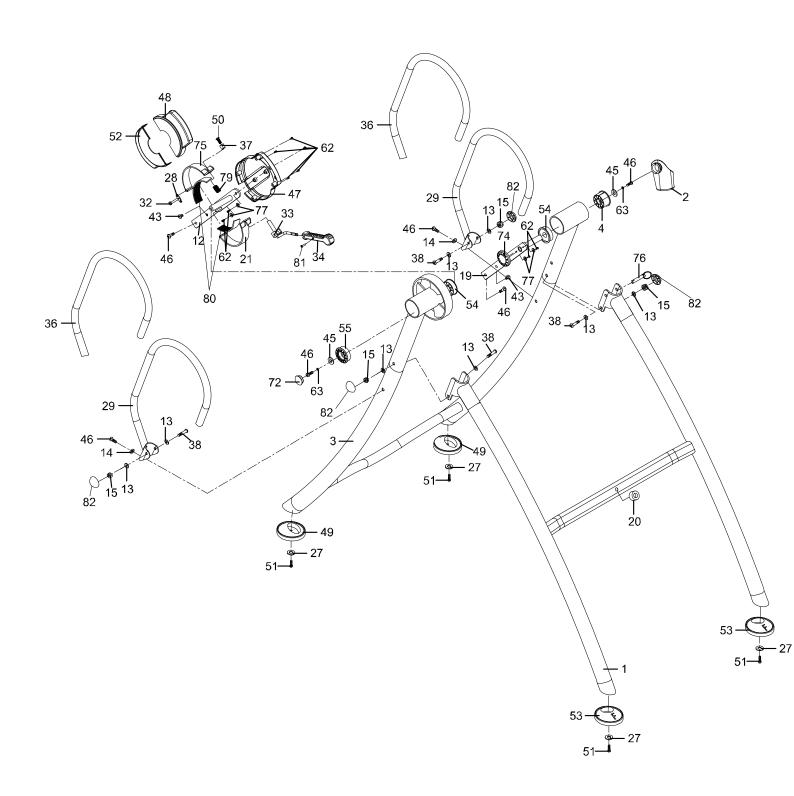


The product weighs more than 44 lbs. It is heavily recommended that at least 2 Persons assemble.

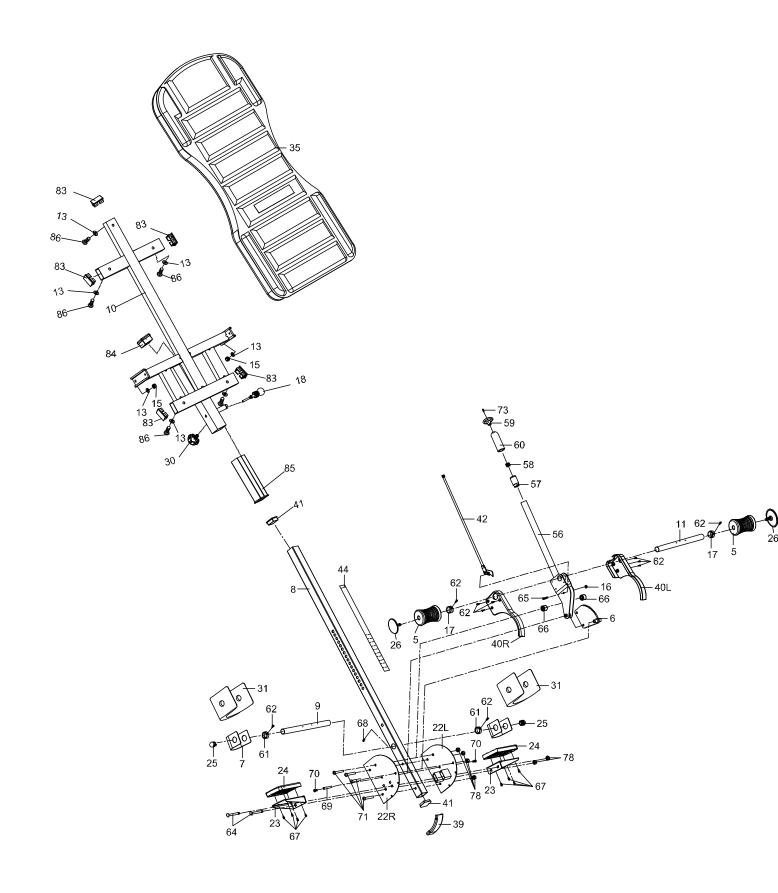
LABEL PLACEMENT



OVERVIEW DRAWING



OVERVIEW DRAWING



PARTS LIST

No.	Description	
1	Front Frame	
2	Cup Holder	
3	Rear Frame	1
4	Cup Holder Rotation Cap	1
5	Front Heel Holder	
6	Gear Plate	
7	Heel Holder Bracket	2
8	Adjustable Boom	1
9	Rear Rod	1
10	Bed Frame	1
11	Front Rod	1
12	Right Pivot Arm	1
13	Washer Ø8.5xØ20xt1.5	15
14	Curve Washer Ø8.5xØ16xt2.0	
15	Lock Nut M8 (Galvanize)	6
16	Lock Nut M6	
17	Blocking Bush Ø28.5xØ23x14	2
18	Boom Spring Knob	1
19	Left Pivot Arm	1
20	Rubber Pad	1
21	Right Brake Pad I	1
22L	Left Adjustable Boom Plate	1
22R	Right Adjustable Boom Plate	1
23	In-Step Frame	2
24	In-Step Foot Pad	2
25	Round End Cap	2
26	Rod Cap	2
27	Washer Ø12xØ6.5x1.0	

No.	Description	
28	Fixing Plate	
29	Handlebar	
30	Knob	1
31	Rubber Heel Holder	
32	Cross Recessed Oval Head Bolt M6x30	
33	Lock Mechanism	1
34	Lock Handle Plastic Bar	1
35	Foam Bed	1
36	Handlebar Foam Grip	2
37	Metal Sleeve	1
38	Bolt M8x60	4
39	Front Plastic Cover	1
40L	Left Plastic Cover	1
40R	Right Plastic Cover	1
41	Square End Cap	2
42	Lock Pin	1
43	Bolt M8x12	2
44	Height Scale	1
45	Washer Ø8.5xØ24x2mm	2
46	Hex Head 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

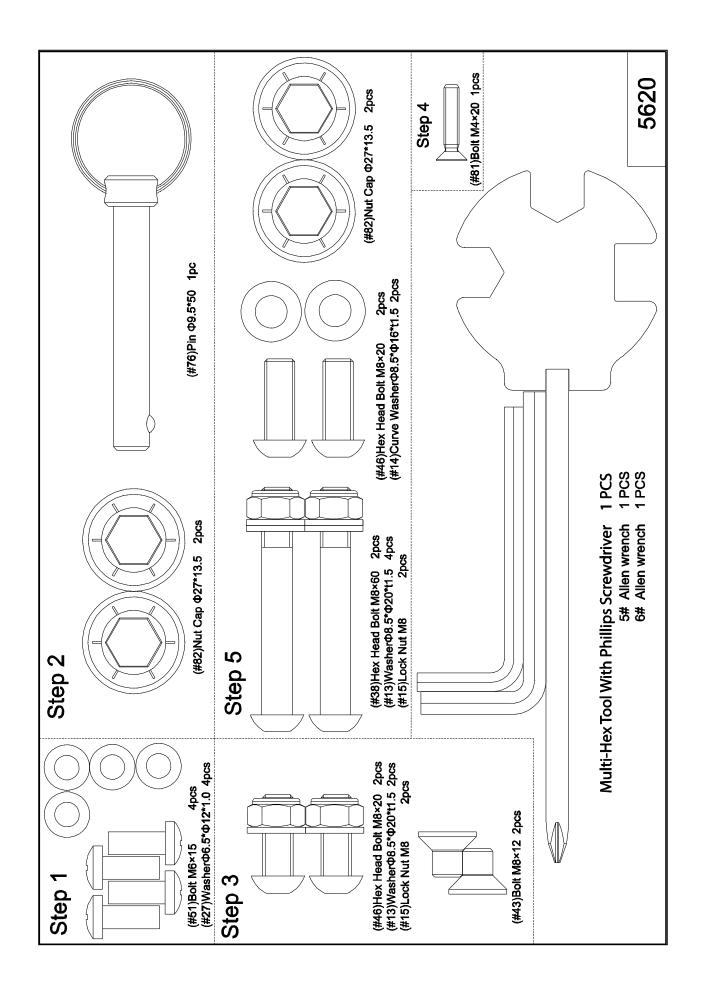
PARTS LIST

No.	Description		
F.E.	Pivot Arm Rotation Cap II	1	
55	Ø60xØ19.5x21		
56	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
57			
58	Handle Spring	1	
59	Button	1	
60	Handle Tip	1	
61	Blocking Bush Ø28.5xØ22.5x10	2	
62	Screw ST3.5x10	19	
62	Spring Washer	2	
63	Ø8.1xØ12.3x2.1mm		
64	Carriage Bolt M8x60	2	
65	Bolt M6x30	1	
66	SpacerØ22xØ16.8	2	
67	Screw ST4.2x12	8	
68	Screw M6x20	1	
69	Shaft Nut Ø8	1	
70	Bolt M5x10	2	

No.	Description	
71	Bolt M8x50	4
72	Pivot Arm Ring	1
73	Bolt M4x25	1
74	Rotor Cover	1
75	Left Brake Pad II	1
76	Pin Ø9.5x50	1
77	Washer Ø4.3xØ9xt0.3	4
78	Lock Nut M8	6
79	Spring	1
80	Brake Pad	2
81	Bolt M4x20	1
82	Cap Ø27x13.5	4
83	Rectangle End Cap □50x25	5
84	Upper Bed Frame End Cap	1
85	Lower Bed Frame Bushing	2
86	Bolt M8x40	5

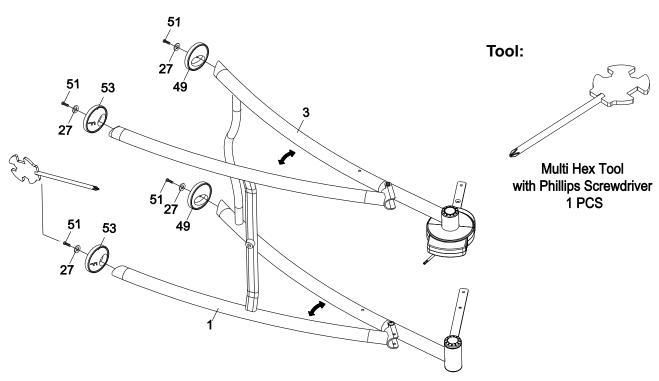
9

HARDWARE & TOOLS PACK





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



Step 1:

- 1.1 Lay the frame on its side as shown. Attach the Front Foot Caps (53) to each of the Legs of the Front Frame (1) with one Washer (27) and one Bolt (51). Tighten the Bolts (51) with the Multi Hex Tool with Phillips Screwdriver provided.
- 1.2 Attach the Rear Foot Caps (49) to each of the Legs of the Rear Frame (3) with one Washer (27) and one Bolt (51). Tighten the Bolts (51) with the Multi Hex Tool with Phillips Screwdriver provided.

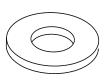
Note:

The Front Foot Caps (53) are marked with an "F" for Front. The Rear Foot Cap (49) are marked with and "R" for Rear.

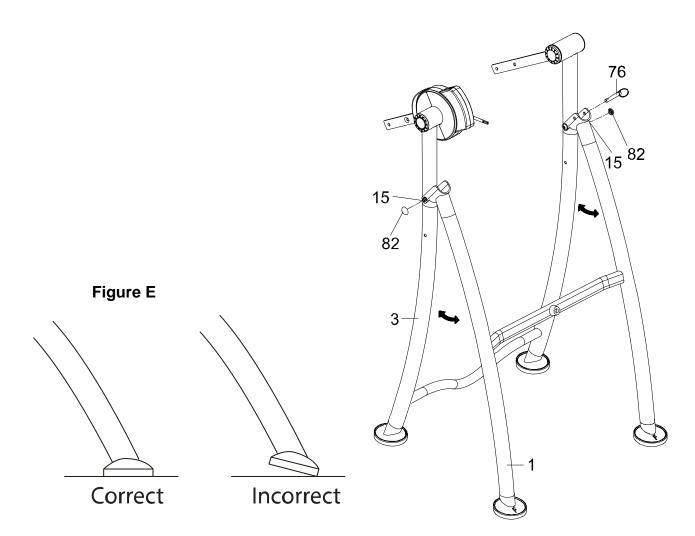
Hardware:



(51) Bolt 4 PCS



(27) Washer 4 PCS

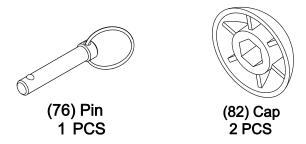


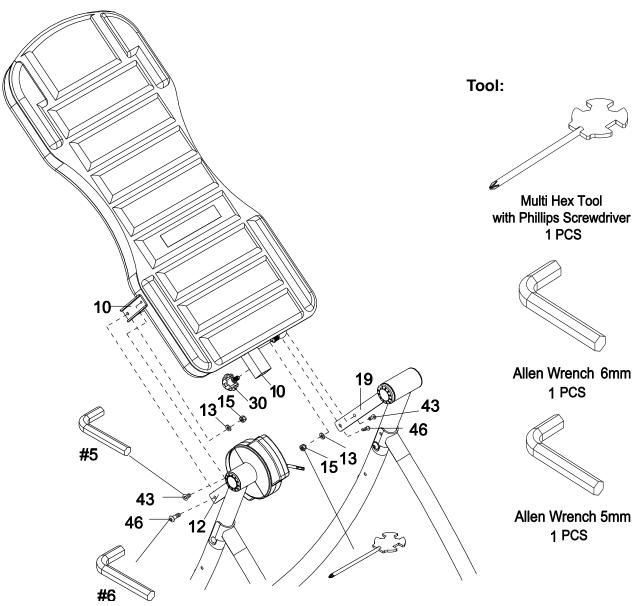
Step 2:

- **2.2** Setup the base by separating the legs of the **Front Frame (1)** and the **Rear Frame (3)**. Make sure all of the Foot Caps are lying flat on the ground once the frame is open. Refer to **Figure E**.
- 2.3 To insert the Pin (76), align the pin holes on the Front Frame (1) and the Rear Frame (3). Insert the Pin (76) all the way into the Front Frame (1) until it comes out from the other side of the Front Frame (1). This will lock the Front Frame (1) and Rear Frame (3) together.

Attach the Caps (82) onto the Lock Nuts (15) on both sides of the Front Frame (1).

Hardware:

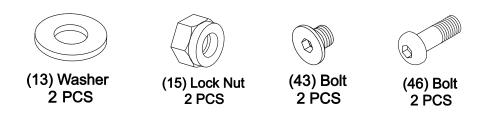


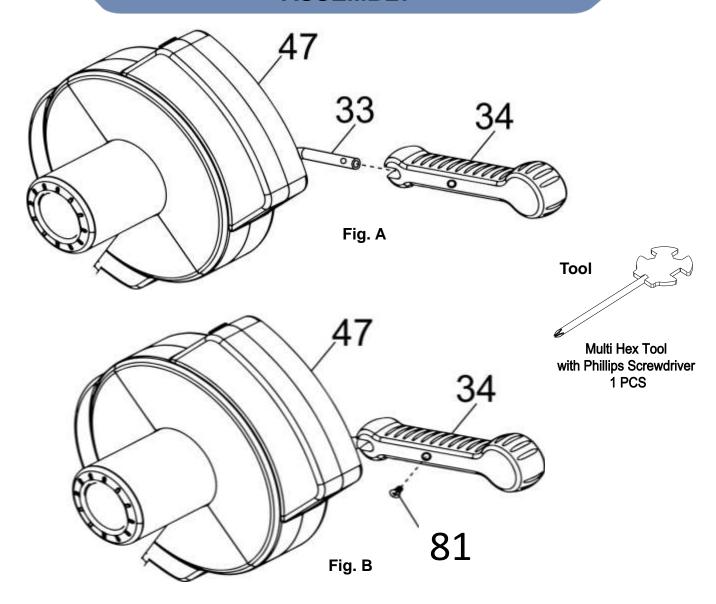


Step 3:

- 3.1 Attach the Bed Frame (10) onto the Right Pivot Arm (12) and the Left Pivot Arm (19) by using two Bolts (43), two Bolts (46), two Washers (13) and two Lock Nuts (15); tighten the Bolts (43) with the 5mm Allen Wrench provided.
- 3.2 Tighten the Bolts (46) and the Lock Nuts (15) with the 6mm Allen Wrench and Multi Hex tool with Phillips Screwdriver provided. Install the Knob (30) into the Bed Frame (10).

Hardware:





Step 4:

4.1 Slide the **Lock Handle Plastic Bar (34)** onto the **Lock Mechanism (33)**. The "U shaped" end of the **Lock Handle Plastic Bar (34)** MUST be facing the **Brake Bracket (47)**. **See Fig. A**. Before inserting the **Bolt (81)** into the **Lock Handle Plastic Bar (34)** make sure that the bolt hole of the **Lock Handle Plastic Bar (34)** is aligned with the hole of the **Lock Mechanism (33)**. **See Fig. B**.

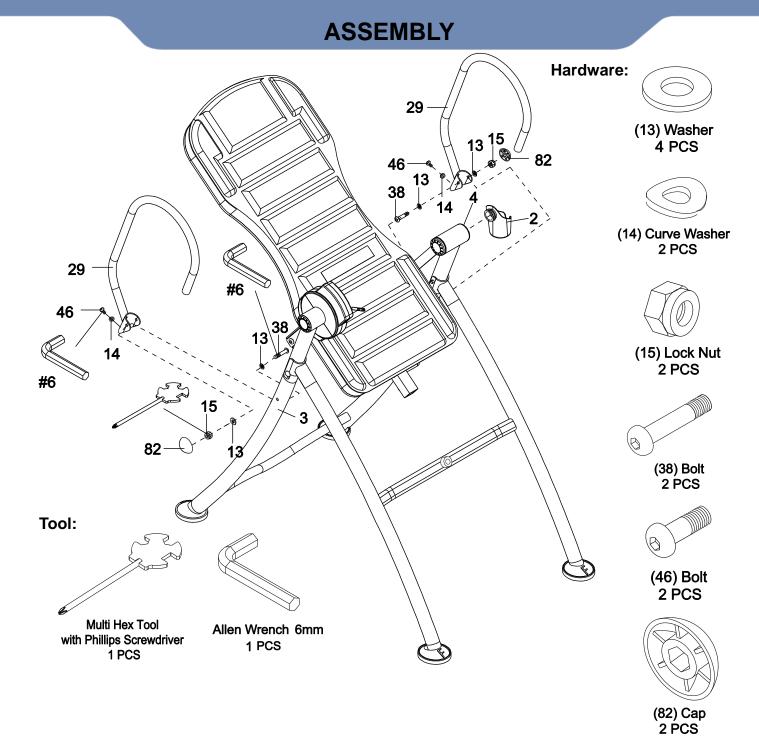
4.2 Insert the **Bolt (81)** into the **Lock Handle Plastic Bar (34)**. Then tighten the **Bolt (81)** using the Phillips Screwdriver provided.

Hardware:



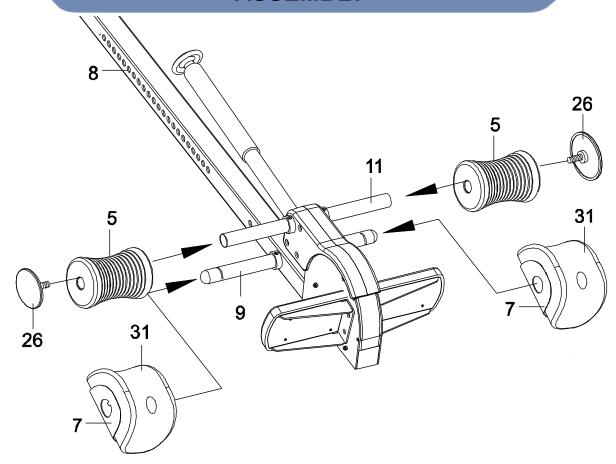
(81) Bolt

1 PCS



Step 5:

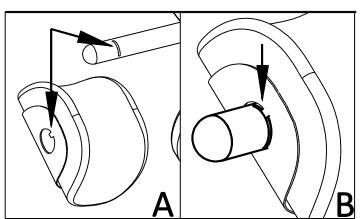
- 5.1 Attach both of the Handlebars (29) onto the Rear Frame (3) with four Washers (13), two Curve Washers (14), two Lock Nuts (15), two Bolts (38), and two Bolts (46). Tighten the Bolts (46) with the 6mm Allen Wrench provided.
- **5.2** Simultaneously tighten the **Bolts (38)** and the **Lock Nuts (15)** with the **6mm Allen Wrench** and the **Multi Hex Tool with Phillips Screwdriver** provided. Attach a **Cap (82)** to each of the **Lock Nuts (15)**.
- 5.3 Snap the Cup Holder (2) in to the Cup Holder Rotation Cap (4) to install it.



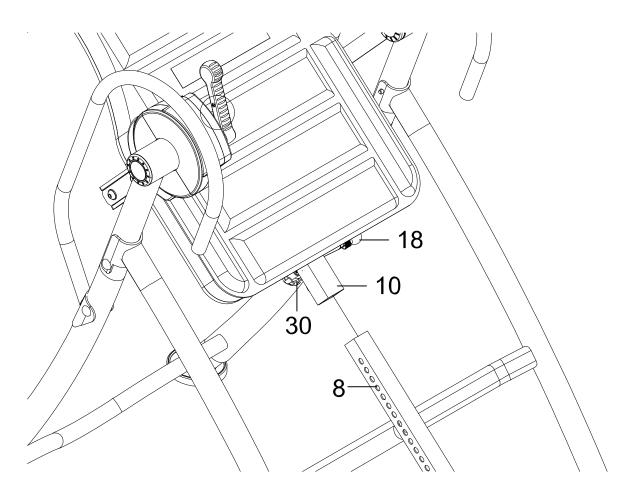
Step 6:

6.1 Wrap both **Rubber Heel Holders (31)** with a **Heel Holder Bracket (7)**. Slide them onto the ends of the **Rear Rod (9)** until the lock teeth are wedged into the slot on the **Rear Rod (9)** as shown in the **Fig. A and B** below.

6.2 Slide a **Front Heel Holder (5)** onto each side of the **Front Rod (11)**. Secure the **Front Heel Holder (5)** in place by inserting a **Rod Cap (26)** onto each side of the **Front Rod (11)**. Tighten the **Rod Caps (26)** by turning them <u>clockwise</u>.



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.



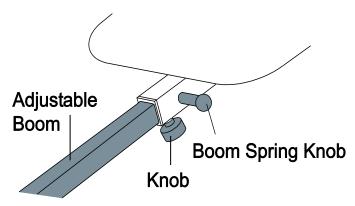
Step 7:

7.1 Loosen the Knob (30). Pull out AND HOLD the Boom Spring Knob (18) and slide the Adjustable Boom (8) into the Bed Frame (10). Use 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 make sure the pin "POPS" all the way into one of the height adjustment holes on the Adjustable Boom (8) and then tighten the Knob (30) in the clockwise direction.

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

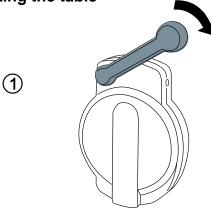
Set the Adjustable Boom to your height:

- Turn the Knob <u>counter-clockwise</u> to loosen the Adjustable Boom.
- Pull AND HOLD the Boom Spring Knob as you adjust the Adjustable Boom to the desired height.
- 3. Let go of the **Boom Spring Knob** and make sure the pin "POPS" all the way into one of the height adjustment holes on the **Adjustable Boom**. Turn the **Knob** clockwise to secure the **Adjustable Boom**.



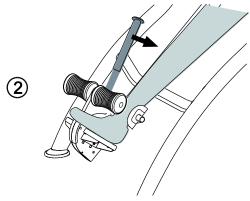
Note: If the bed does NOT rotate when trying to invert, Decrease the user height of the adjustment boom. If the bed rotates TOO FAST when inverting, Increase the user height of the adjustment boom. Use the user height sticker on the Adjustable boom as a guide when changing the height.

Mounting the table



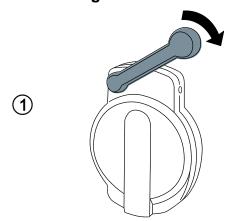
Make sure the Lever is in the LOCKED position.

How to control the amount of inversion:

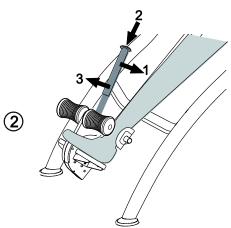


Pull the Adjustable Handle back until the Heel Holder pads are tightly holding your ankles. Wearing shoes will help keep your ankles securely in place.

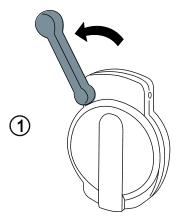
Dismounting the table



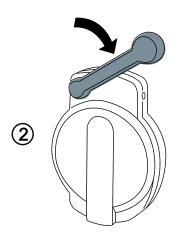
Make sure the Lever is in the LOCKED position.



- 1. Pull the Adjustable Handle back to release some tension.
- 2. Press down on the Release Button.
- 3. Move the Adjustable Handle forward.



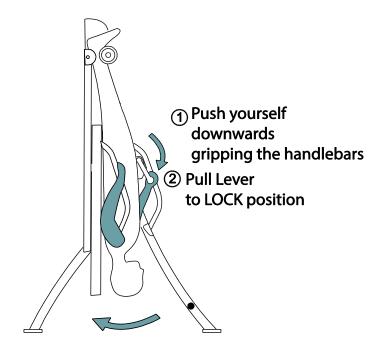
Push the Lever to the UNLOCKED position. Control the inversion by using your left hand to grip the left handle bar, while keeping your right hand on the Lever.



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

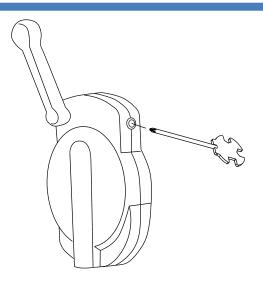
How to completely invert 180 degrees

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



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 \mho no more than a ¼ turn. **Contact Customer Service for questions**.



SECURING YOUR HEEL HOLDERS

Before mounting the table, press the button on the top of the Adjustable Handle and pull the Heel Holder pads apart. Once on the table, pull the Adjustable Handle back until the Heel Holder pads are tightly holding your ankles.

When dismounting the table, press the button to release and open the Heel Holder pads. If the button does not release the Heel Holders, pull the Adjustable Handle towards you to release some tension, and then press the release button.

WARNING: To avoid serious injury, your ankles must be secured before inverting. Do not use the table if the ankle lock system does not function properly.

Using the Handlebars

Always hold onto the handlebars! For added convenience and safety, a set of **Handlebars** has been added to the inversion table. These **Handlebars** are located at the top of the **Rear Frame**. The **Handlebars** 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, simply grab the **Handlebars** and pull on them until you return to the upright position.

NOTE: Always hold on to the handlebars and go back slowly. The inversion table should always return to the upright position when you move your hands below your waist. If it does not, adjust for height before next use. Failure to comply could result in serious physical injury.

GENERAL PRECAUTIONS

- 1. It is recommended that someone be with you while you are using this inversion table for the first few times.
- 2. Make sure that the Rubber Heel Holders and Front Heel Holders are holding your Legs securely.
- 3. Make sure that the **Adjustable Boom (8)** is properly set to your height.
- 4. Make sure that the **Adjustable Boom (8)** is held securely by both the **Boom Spring Knob (18)** and the **Knob (30)**.
- 5. Make sure that there is enough room for the bed to rotate completely.

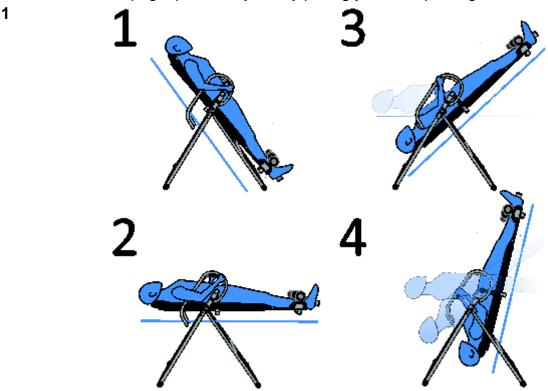
BALANCING THE INVERSION TABLE

The inversion table is a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. 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, return to the upright position and then dismount and adjust the height again.

Note: If the bed does NOT rotate when trying to invert, Decrease the height of the adjustment boom. If the bed rotates TOO FAST when inverting, Increase the height of the adjustment boom.

USING THE INVERSION TABLE

- 1. Start by laying straight back on the backrest with your hands gripped on both handlebars.
- 2. Allow yourself to slowly come to an even plane parallel to the ground and stay until you are ready to start inverting.
- 3. Slowly push with both hands against the handlebars but do not take your hands off the handlebars. You will feel yourself inverting if you have adjusted the height correctly.
- 4. As you become comfortable, you can push harder against the handlebars to obtain a higher degree of inversion.
- 5. Return to the upright position by slowly pulling yourself up alongside 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.
- 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 at least 2 hours after eating to use the inversion table.
- 4. All inversion benefits can be gained without having to invert completely; small degrees of inversion will provide the same benefits. Do not push yourself to greater degrees of inversion if you are not comfortable.
- 5. Invert regularly: We recommend two or three times a day depending upon your current condition; talk to your personal care physician. We recommend inverting around the same time daily to gain the most benefits from inversion.
- 6. These are general recommendations; consult your personal care physician before using this product.

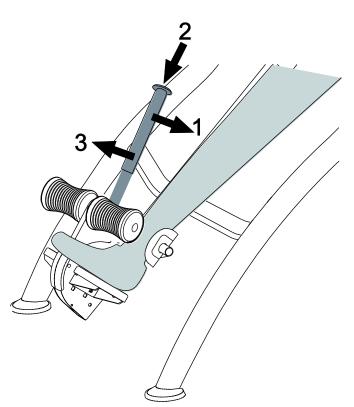
STORAGE & TROUBLESHOOTING

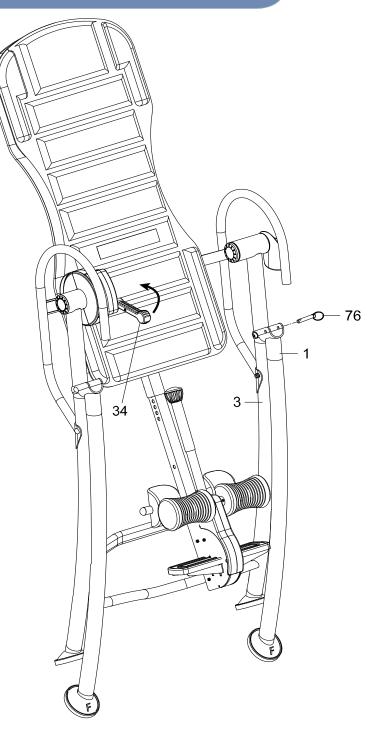
Pull out the **Pin (76)**, and then fold the **Front Frame (1)** and the **Rear Frame (3)** together. Reinsert the **Pin (76)** into the hole from which it was removed.

If relocating the Inversion table, make sure the **Lock Handle Plastic Bar (34)** is in the LOCKED position during transport.

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







If the Adjustable Handle does not release when the release button is pushed down, follow these steps:

- 1. Pull the Adjustable Handle back to release some tension.
- 2. Press down on the Release Button.
- 3. Move the Adjustable Handle forward.

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:

COMPONENTLENGTH OF WARRANTYStructural Frame1 year FOR HOME USE ONLYAll Other Components90 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.

NIAME.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO Service@paradigmhw.com

INAI	VI ⊏		 	
ADI	DRESS:		 	
		STATE:		
TEL	_EPHONE: (Day	r)		
		ht)		
SEF				
		ACE.		
FLA	ACE OF FUNCTIA	ASE :	 	
	PART #	DESCRIPTION	QTY	

[&]quot;YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

^{*} This form can also be faxed in Fax #: 626-810-2166