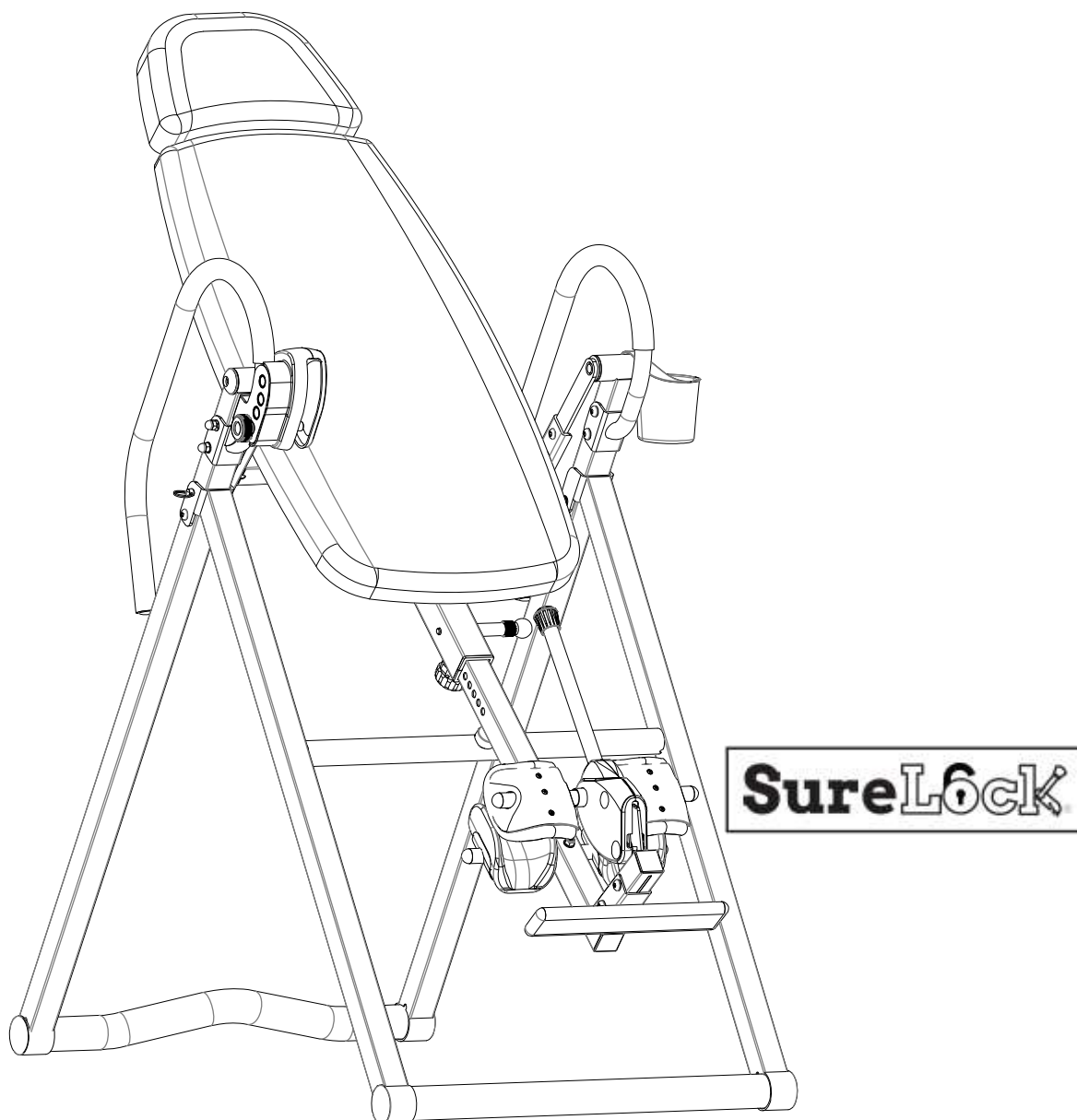


EXERPEUTIC 475SL Inversion Table



The specifications of this product may vary from this photo and are subject to change without notice.



PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

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

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7921
Hours:
8:00 am to 5:00 pm (PST) Monday thru Friday

TABLE OF CONTENT

SERVICE-----	2
IMPORTANT SAFETY GUIDELINES-----	3
LABEL PLACEMENT-----	5
OVERVIEW DRAWING-----	6
PARTS LIST-----	7
HARDWARE & PARTS PACK-----	9
ASSEMBLY-----	10
OPERATION & ADJUSTMENTS-----	21
STORAGE-----	29
WARRANTY-----	30
PARTS REQUEST FORM-----	31

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:

1-844-641-7921

(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

IMPORTANT SAFETY GUIDELINES

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

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Only one person should use the equipment at a time.
4. Never operate this equipment if it is 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.
5. Always use this equipment on a clear and level surface.
6. For Household Use Only.
7. Do not use outdoors or near water.
8. Use the inversion table only for its intended use as described in this manual. Do not use attachment not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the inversion table.
13. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
14. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
15. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
16. "This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine."
17. Wait 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
18. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
19. **WARNING:** - Risk of Personal Injury - Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
20. **WARNING:** - Risk of Personal Injury – Do not allow children to use this machine.
21. **WARNING:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
22. **WARNING:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
23. **WARNING:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.

IMPORTANT SAFETY GUIDELINES

24. **WARNING:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
25. **WARNING:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using The Inversion Table.
26. **WARNING:** **CANCER AND REPRODUCTIVE HARM--**WWW.P65WARNINGS.CA.GOV.

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:

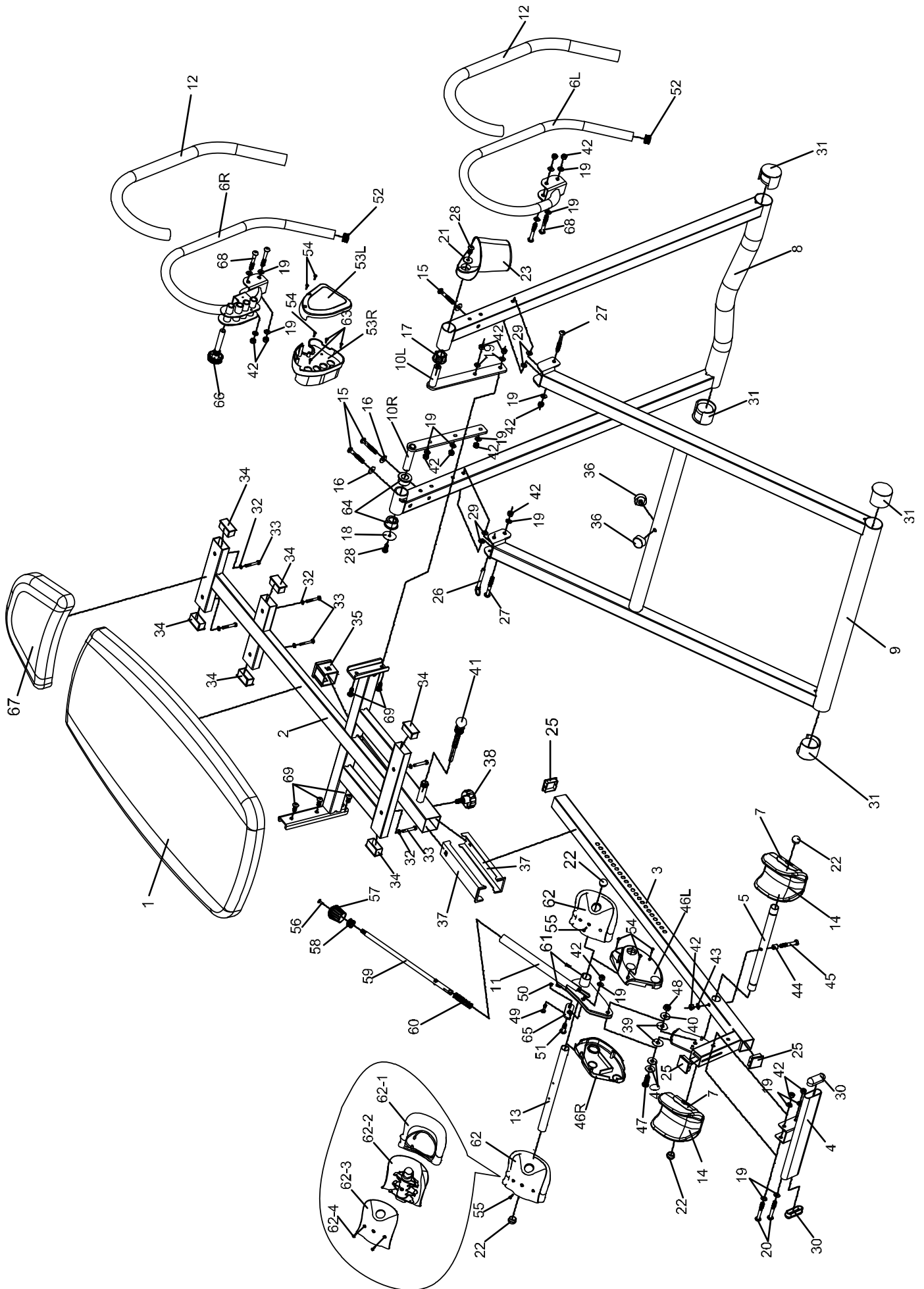
The Maximum Weight Capacity for this product is 300lbs / 136kg.

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

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

SAVE THESE GUIDELINES

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty
1	Backrest	1
2	Backrest Frame	1
3	Adjustable Boom	1
4	Foot Bar	1
5	Rear Rod	1
6L	Left Handlebar	1
6R	Right Handlebar	1
7	Steel Heel Holder Bracket	2
8	Rear Frame	1
9	Front Frame	1
10L	Left Pivot Arm	1
10R	Right Pivot Arm	1
11	Adjustable Handle	1
12	Handlebar Foam Grip	4
13	Front Rod	1
14	Rubber Heel Holder	2
15	Socket Hex Bolt M8x55mm	3
16	Flat Washer Ø25xØ8.5x2	3
17	Plastic Spacer	1
18	Plastic Round End Cap	1
19	Flat Washer Ø16xØ8.5x1.5	20
20	Socket Hex Bolt M8x58mm	2
21	Flat Washer Ø25xØ8.5x1.5	1
22	Rod Cap	1
23	Cup Holder	1
25	Square End Cap □38	3
26	Safety Pin Ø8x63.5mm	1
27	Socket Hex Bolt M8x65mm	2
28	Socket Hex Bolt M8x20mm	2
29	Plastic Washer	4
30	Foot Bar Oval End Cap	2

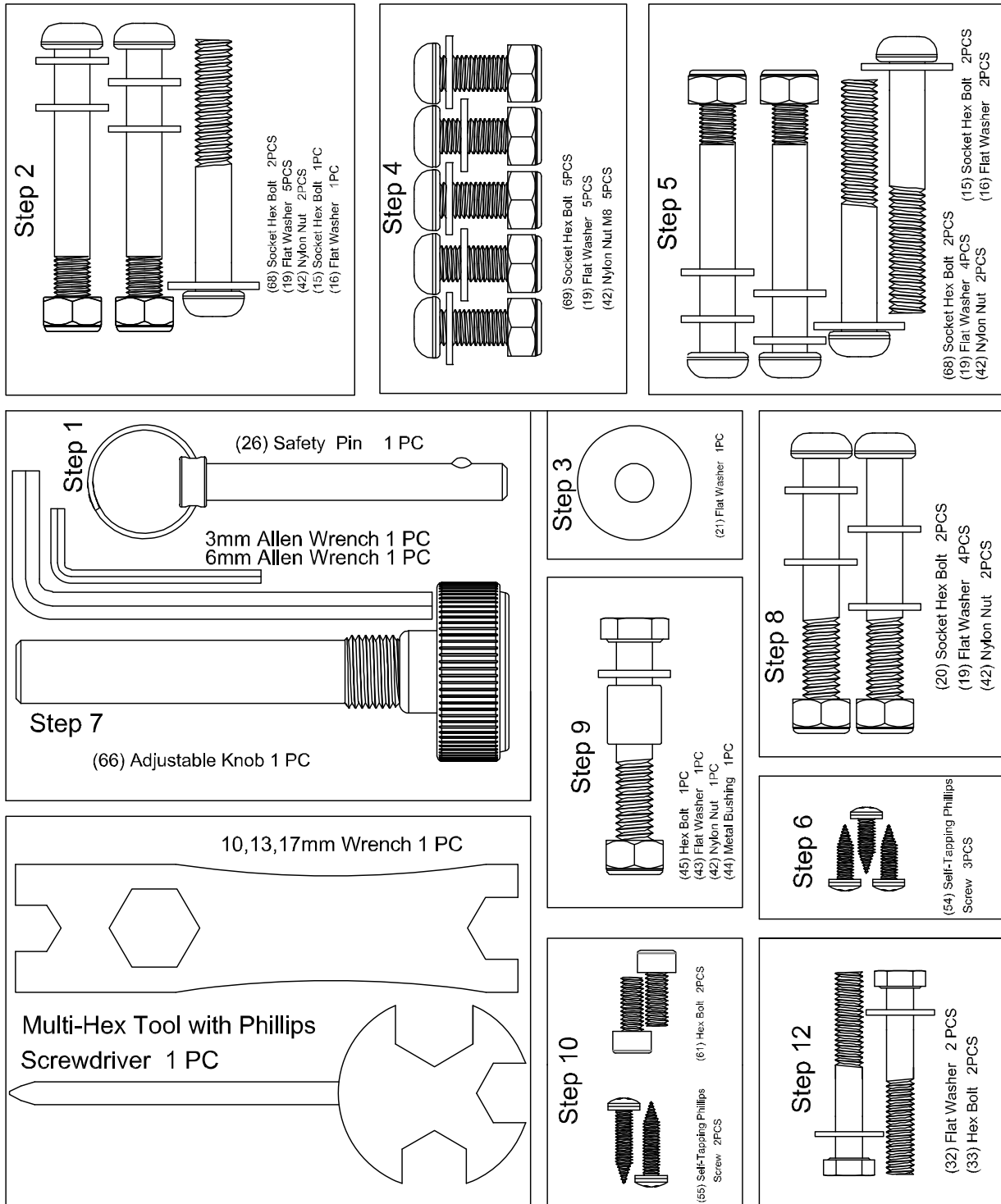
No.	Description	Qty
31	Foot Cap	4
32	Flat Washer Ø13xØ6.5x1.5	6
33	Hex Bolt M6x40mm	6
34	Square End Cap	6
35	Upper Bed Frame End Cap	1
36	Rubber Pad	2
37	Lower Bed Frame Bushing	2
38	Knob	1
39	Flat Washer Ø30xØ10.5x0.5	2
40	Flat Washer Ø25xØ10.5x2.0	3
41	Spring Knob	1
42	Nylon Nut M8	15
43	Flat Washer Ø16xØ8.5x2.0	1
44	Metal Bushing	1
45	Hex Bolt M8x53mm	1
46L	Left Plastic Cover	1
46R	Right Plastic Cover	1
47	Socket Hex Bolt M10x30mm	1
48	Nylon Nut M10	1
49	Hex Bolt M5	1
50	Nylon Nut M5	1
51	Hex Bolt M8	1
52	Handlebar Round End Cap Ø25	2
53L	Left Handlebar Cover	1
53R	Right Handlebar Cover	1
54	Self-Tapping Phillips Screw ST3.5x13	6
55	Self-Tapping Phillips Screw ST3.5x16	2
56	Phillips Screw M5x18mm	1
57	Button	1
58	Handlebar Cap	1
59	Activation Rod	1

PARTS LIST

No.	Description	Qty
60	Spring	1
61	Hex Bolt M4x12	2
62	AIRSOFT Heel Holder	2SET
62-1	Fabric Sleeve	2
62-2	Heel Holder Lower Cover	1
62-3	Heel Holder Upper Cover	1
62-4	Self-Tapping Phillips Screw ST3.5x12	4

No.	Description	Qty
63	Self-Tapping Phillips Screw ST3.5x13	3
64	Plastic Spacer	2
65	Latch	1
66	Adjustable Knob	1
67	Head Cushion	1
68	Socket Hex Bolt M8*60	4
69	Socket Hex Bolt M8x23mm	5

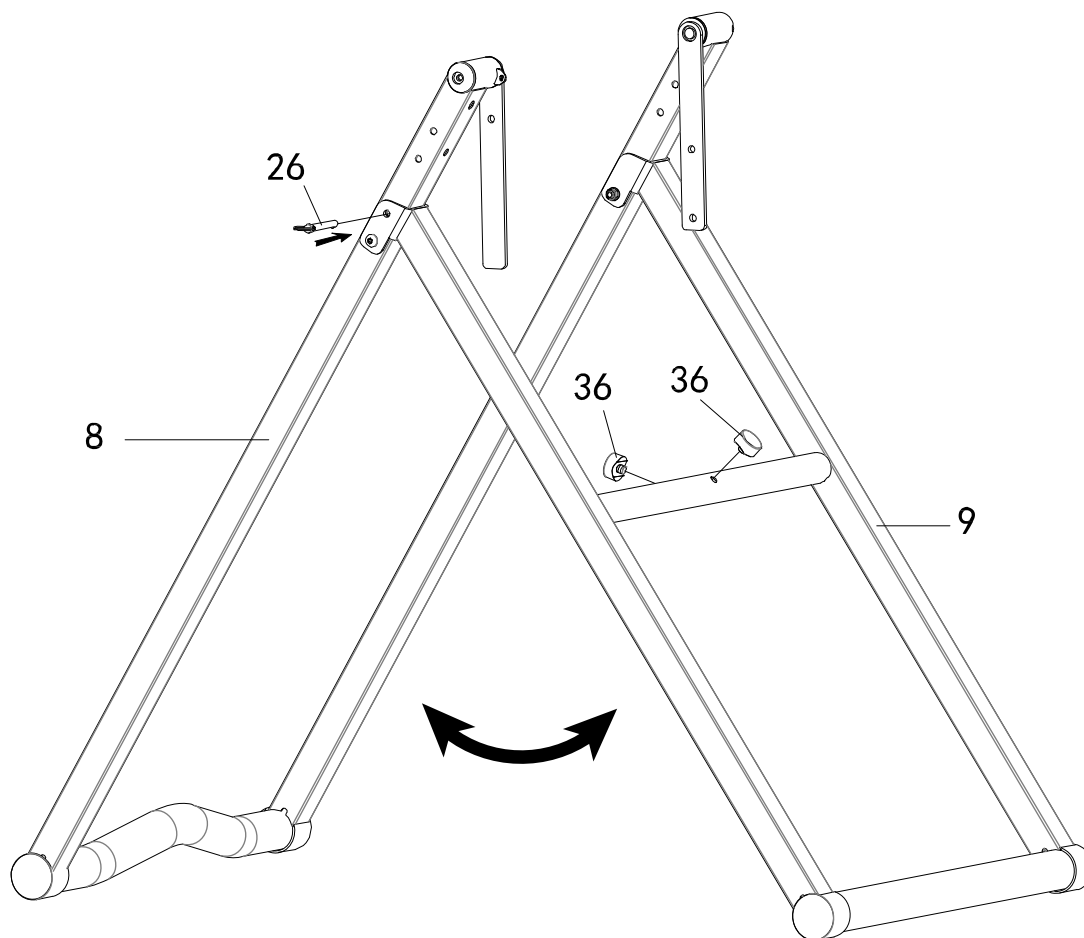
4532-Hardware Pack



ASSEMBLY



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



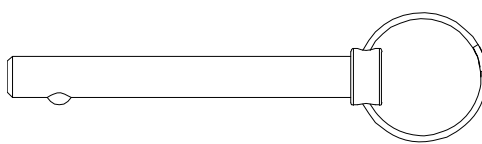
Step 1

Setting Up the Frame:

1A. Stand the frame up by pulling the **Front** and **Rear Frames (9, 8)** as far apart from each other as possible. Then insert the **Safety Pin (26)** into the hole on the right side of the frame to lock the **Front** and **Rear Frames (9, 8)** together.

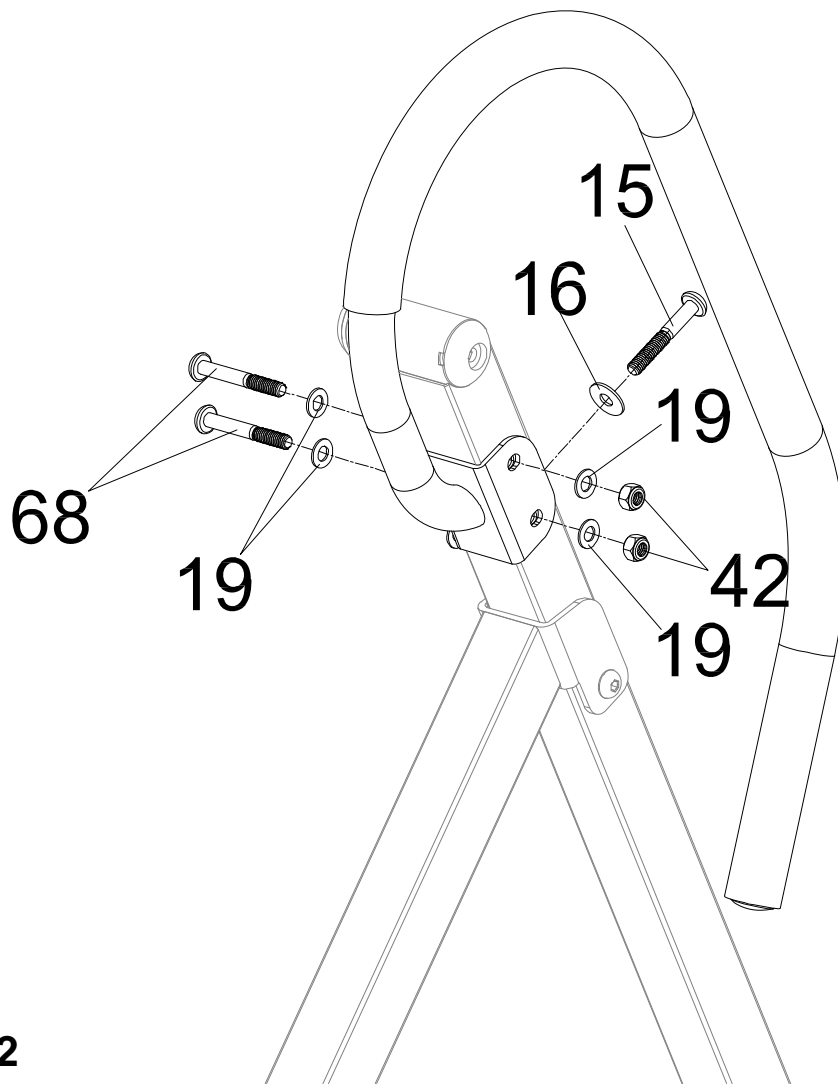
1B. Attach the two **Rubber Pads (36)** onto the Cross beam of the **Front Frame (9)**.

Hardware:

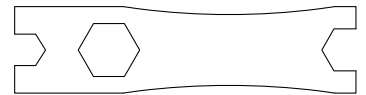


(26) Safety Pin 1PC

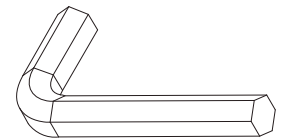
ASSEMBLY



Tools:



10, 13, 17mm Wrench 1PC



6mm Allen Wrench 1PC

Step 2

Installing the Left Handlebar:

2A. Install the **Left Handlebar (6L)** onto the **Rear Frame (8)** with two **Socket Hex Bolts (20)**, four **Flat Washers (19)**, two **Nylon Nuts (42)**, one **Socket Hex Bolt (15)**, and one **Flat Washer (16)**. Tighten the hardware using the **10, 13, 17mm Wrench** and the **6mm Allen Wrench** provided.

Note: Install the **Bolt (15)** in the same orientation as displayed in the illustration above and the **Cap Nuts (24)** should be installed on the outward facing side of the frame.

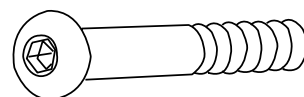
Hardware:



(19) Flat Washer
4PCS



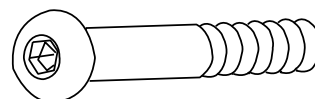
(42) Nylon Nut
2PCS



(20) Socket Hex Bolt
2PCS

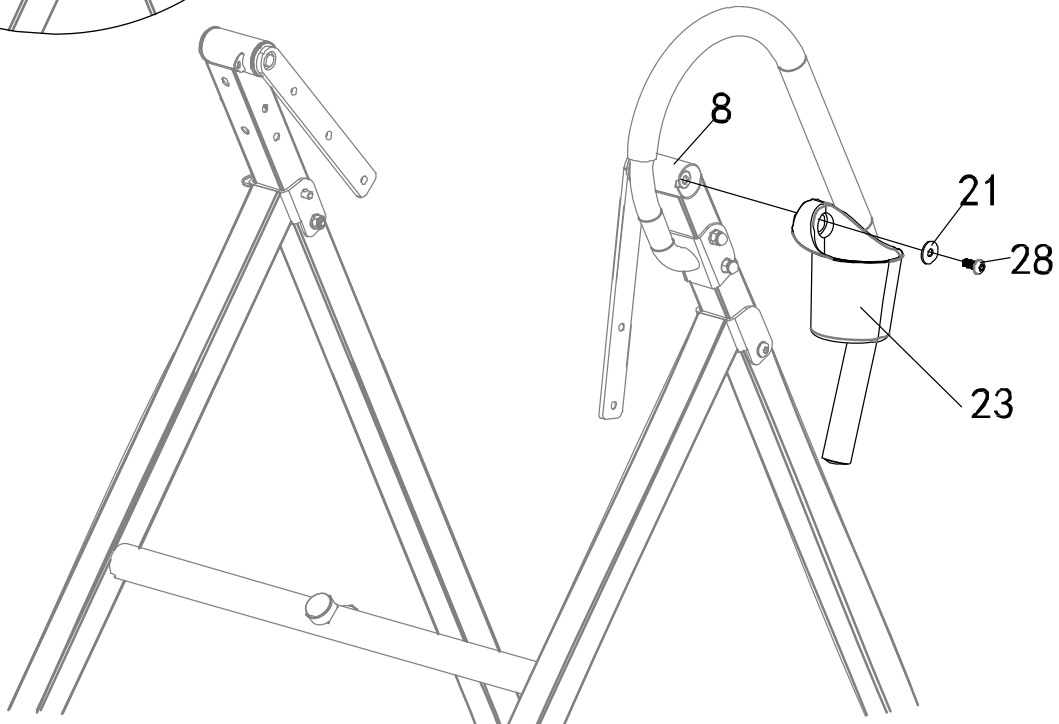
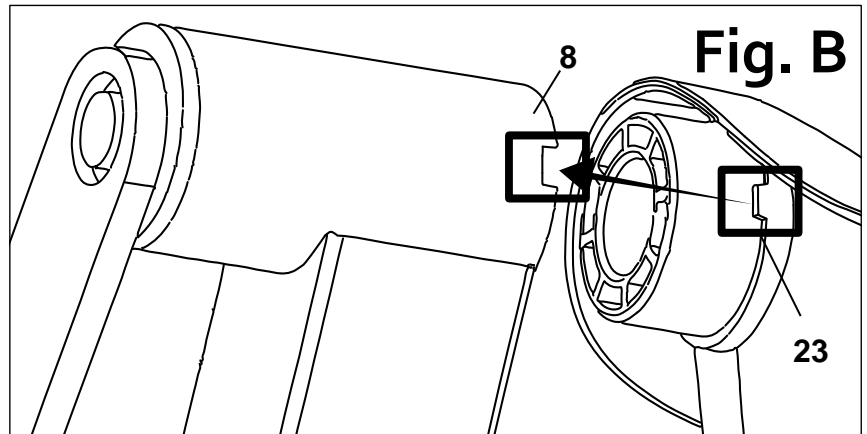
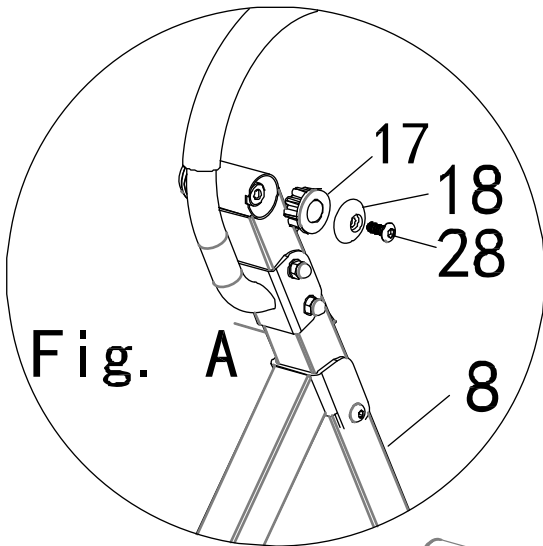


(16) Flat Washer
1PC



(15) Socket Hex Bolt
1PC

ASSEMBLY



Step 3

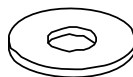
Hardware Removal:

3A. Remove the **Plastic Spacer (17)**, **Plastic Round End Cap (18)**, and **Socket Hex Bolt (28)** from the **Rear Frame (8)** with the **6mm Allen Wrench** provided. See **Fig. A**. Keep the **Socket Hex Bolt (28)** for the **Cup Holder (23)** installation. **Discard the Plastic Round End Cap (18) and Plastic Spacer (17).**

Installing the Cup Holder:

3B. Align the tabs of the **Cup Holder (23)** and the swing arm area of the **Rear Frame (8)**. See **Fig. B**. Attach the **Cup Holder (23)** onto the **Rear Frame (8)** and the **Left Pivot Arm (10L)**. with one **Flat Washer (21)** and one **Socket Hex Bolt (28)** by **6mm Allen Wrench** provided

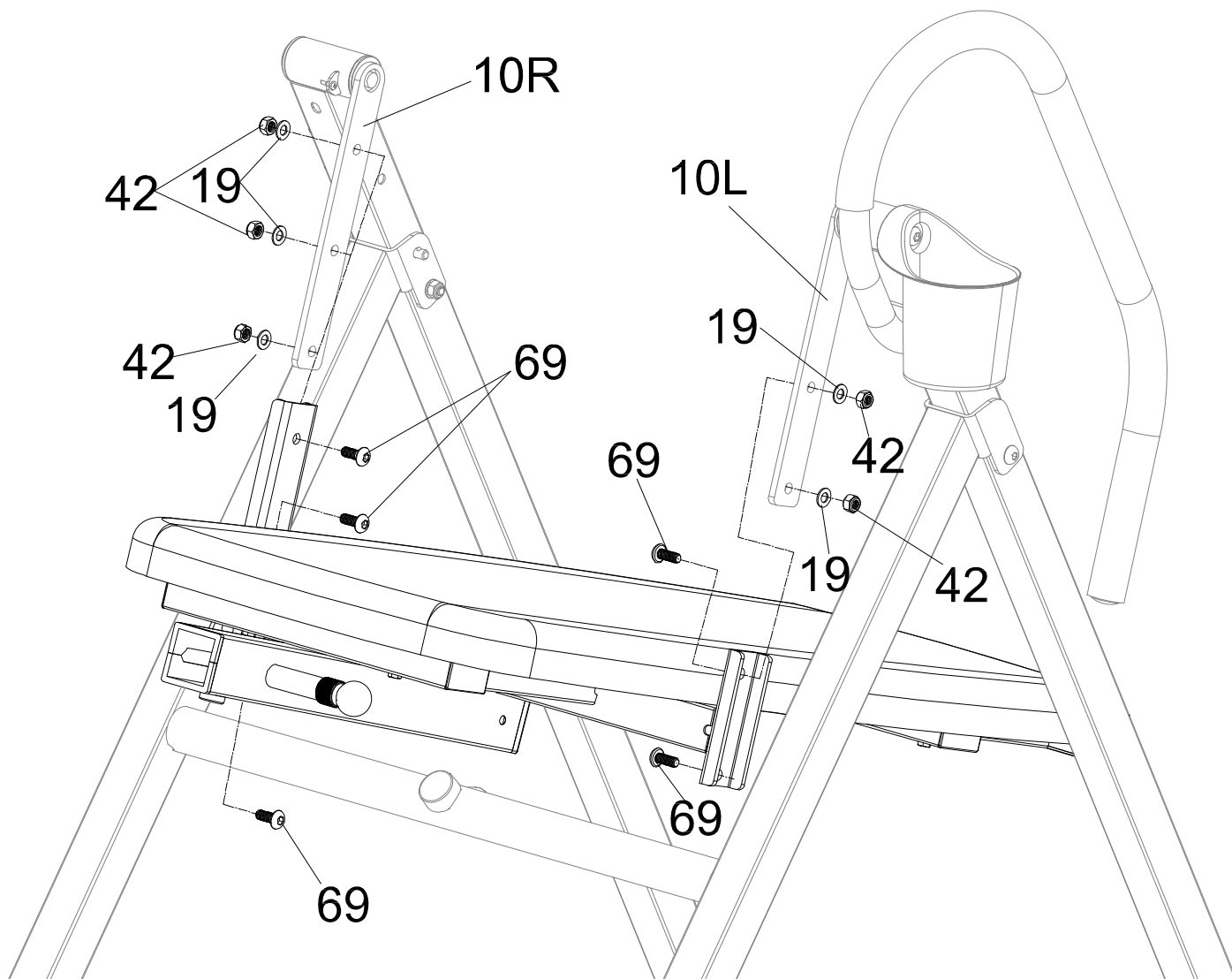
Hardware Pack:



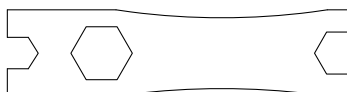
(21) Flat Washer

1 PC

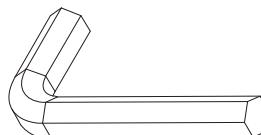
ASSEMBLY



Tools:



10, 13, 17mm Wrench 1PC



6mm Allen Wrench 1PC

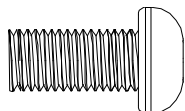
Step 4

Installing the Backrest:

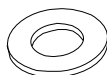
Warning: The **Socket Head Bolts (28)** should be installed from the inside as shown in the illustration above.

4A. Attach the **Backrest (1)** onto the **Left and Right Pivot Arm (10L, 10R)** by aligning the holes of the **Left and Right Pivot Arm (10L, 10R)** with the brackets of the **Backrest (1)**. Secure with five **Socket Head Bolts (69)**, five **Flat Washers (19)** and five **Nylon Nuts (42)**. Tighten the hardware with the **6mm Allen wrench** and the **10, 13, 17 mm Wrench** provided.

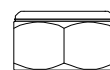
Hardware:



(69) Socket Hex Bolt
5PCS

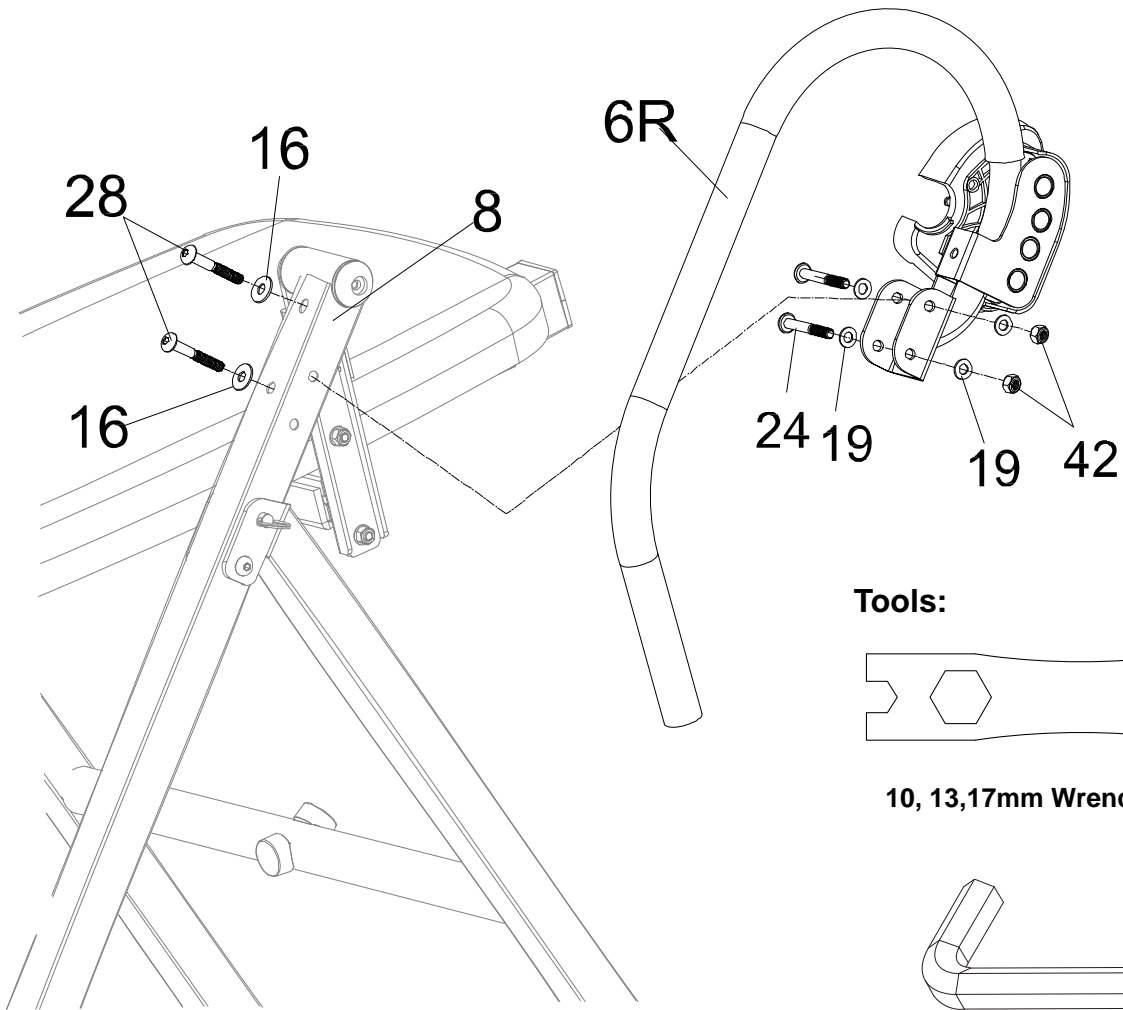


(19) Flat Washer
5PCS

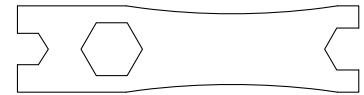


(42) Nylon Nut
5PCS

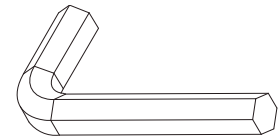
ASSEMBLY



Tools:



10, 13, 17mm Wrench 1PC



6mm Allen Wrench 1PC

Step 5

Installing the Right Handlebar:

5A. Install the **Right Handlebar (6R)** onto the right side of the **Rear Frame (8)** with two **Socket Hex Bolts (20)**, four **Flat Washers (19)**, and two **Nylon Nuts (42)**.

NOTE: The **Nylon Nuts (42)** should be installed on the outward facing side of the frame.

5B. Install two **Flat Washers (16)** and two **Socket Head Bolts (15)** from the rear of the back side of the **Rear Frame (8)** and into the **Right Handlebar (6R)**.

5C. Tighten the hardware using the **6mm Allen wrench** and the **10, 13, 17 mm Wrench** provided.

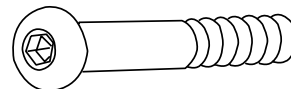
Hardware:



(19) Flat Washer
4PCS



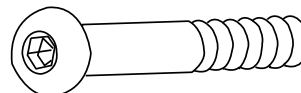
(42) Nylon Nut
2PCS



(20) Socket Hex Bolt
2PCS

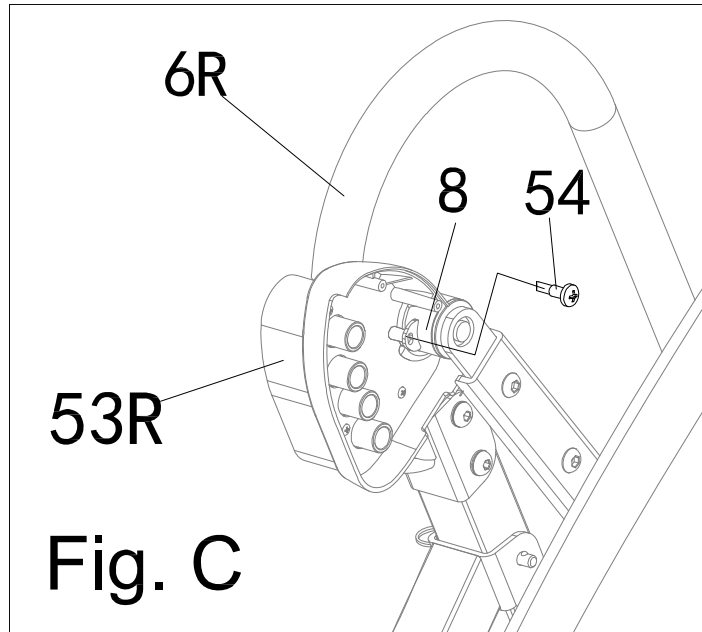


(16) Flat Washer
2PCS



(15) Socket Hex Bolt
2PCS

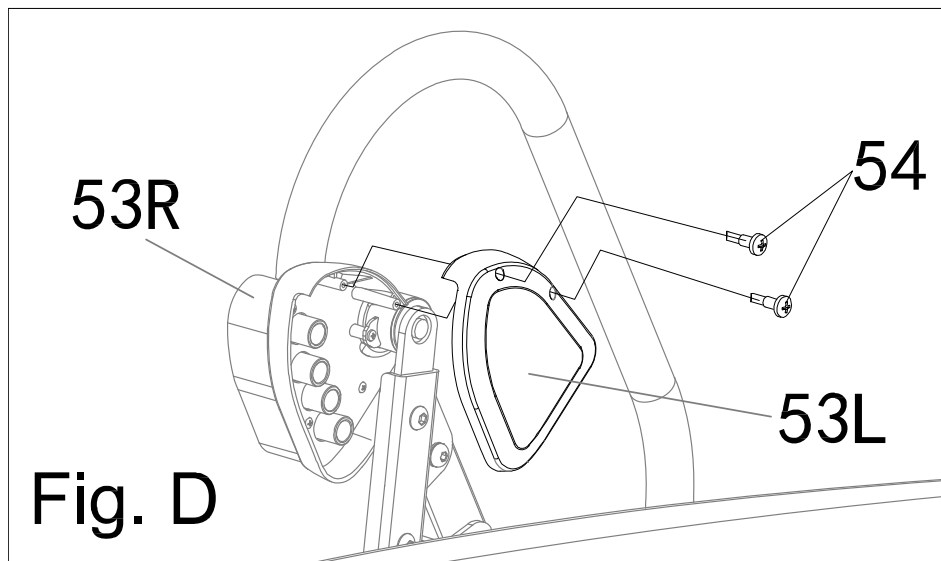
ASSEMBLY



Step 6

Installing the Right Handlebar Cover:

6A. Attach the **Right Handlebar Cover (53R)** onto the tab on the **Rear Frame (8)** with one **Self-Tapping Phillips Screw (54)**. Tighten the screw with the **Multi-Hex Tool with Phillips Screwdriver** provided. See Fig. C.



Installing the Left Handlebar Cover:

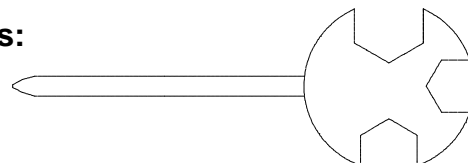
6B. Attach the **Left Handlebar Cover (53L)** to the **Right Handlebar Cover (53R)** with two **Self-Tapping Phillips Screws (54)**. Tighten the screw with the **Multi-Hex Tool with Phillips Screwdriver** provided. See Fig. D.

Hardware:



(54) Self-Tapping Phillips
Screw 3PCS

Tools:



Multi-Hex Tool with Phillips
Screwdriver 1PC

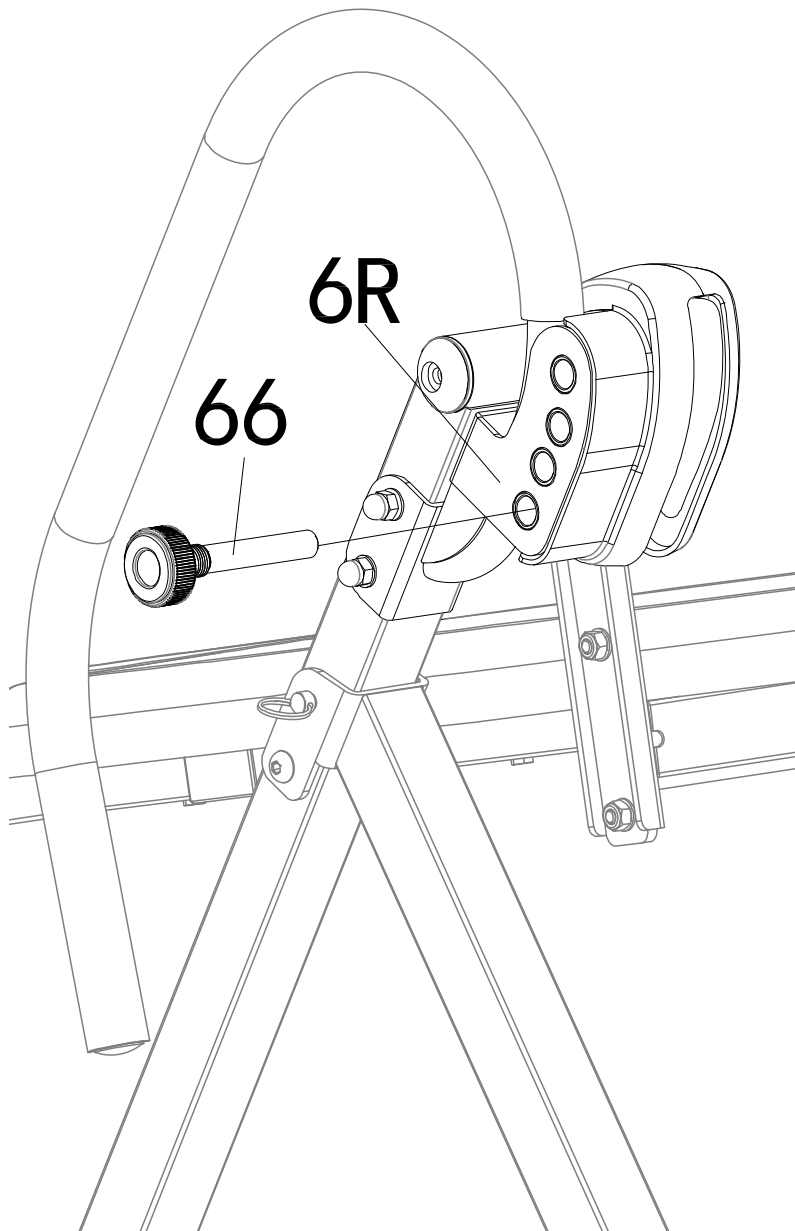
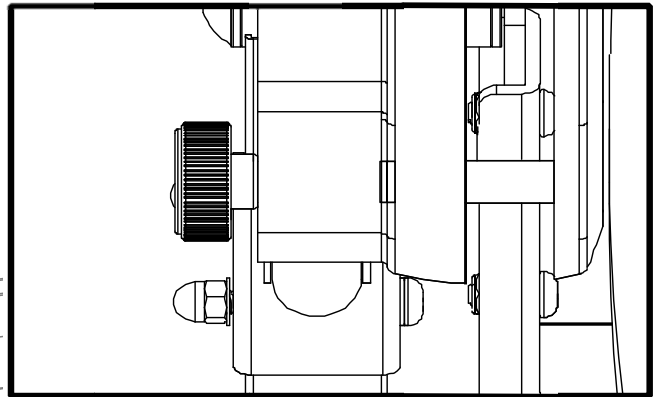
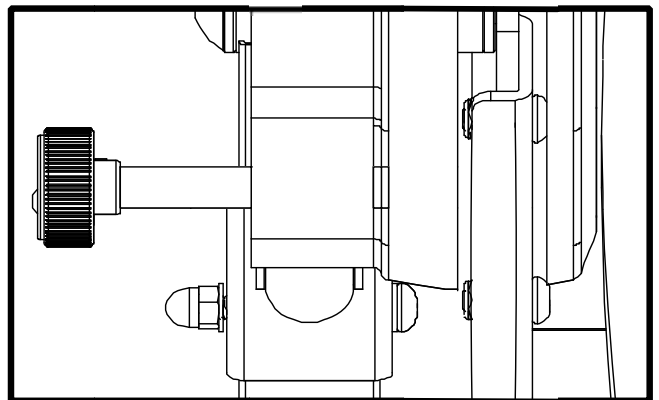


Fig. E

Correct



Incorrect



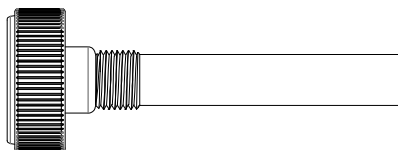
Step 7

Installing the Locking Pin:

7A. With the backrest in the upright position, insert the **Adjustable Knob (66)** into one of the holes on the **Right Handlebar (6R)**. Turn the **Adjustable Knob (66)** clockwise to tighten it.

WARNING: Make sure the **Adjustable Knob (66)** is fully inserted into the **Right Handlebar (6R)** before using the inversion table. The **Adjustable Knob (66)** thread should **NOT** be visible when installed correctly. **See Fig E.**

Hardware:



(66) Adjustable Knob 1PC

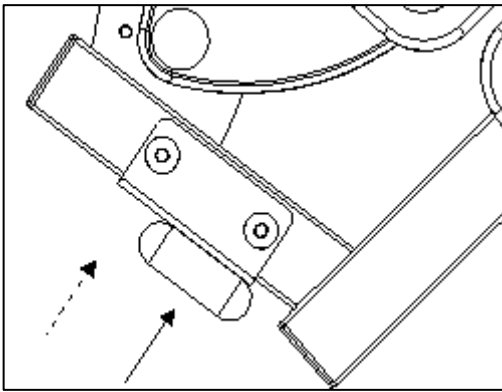
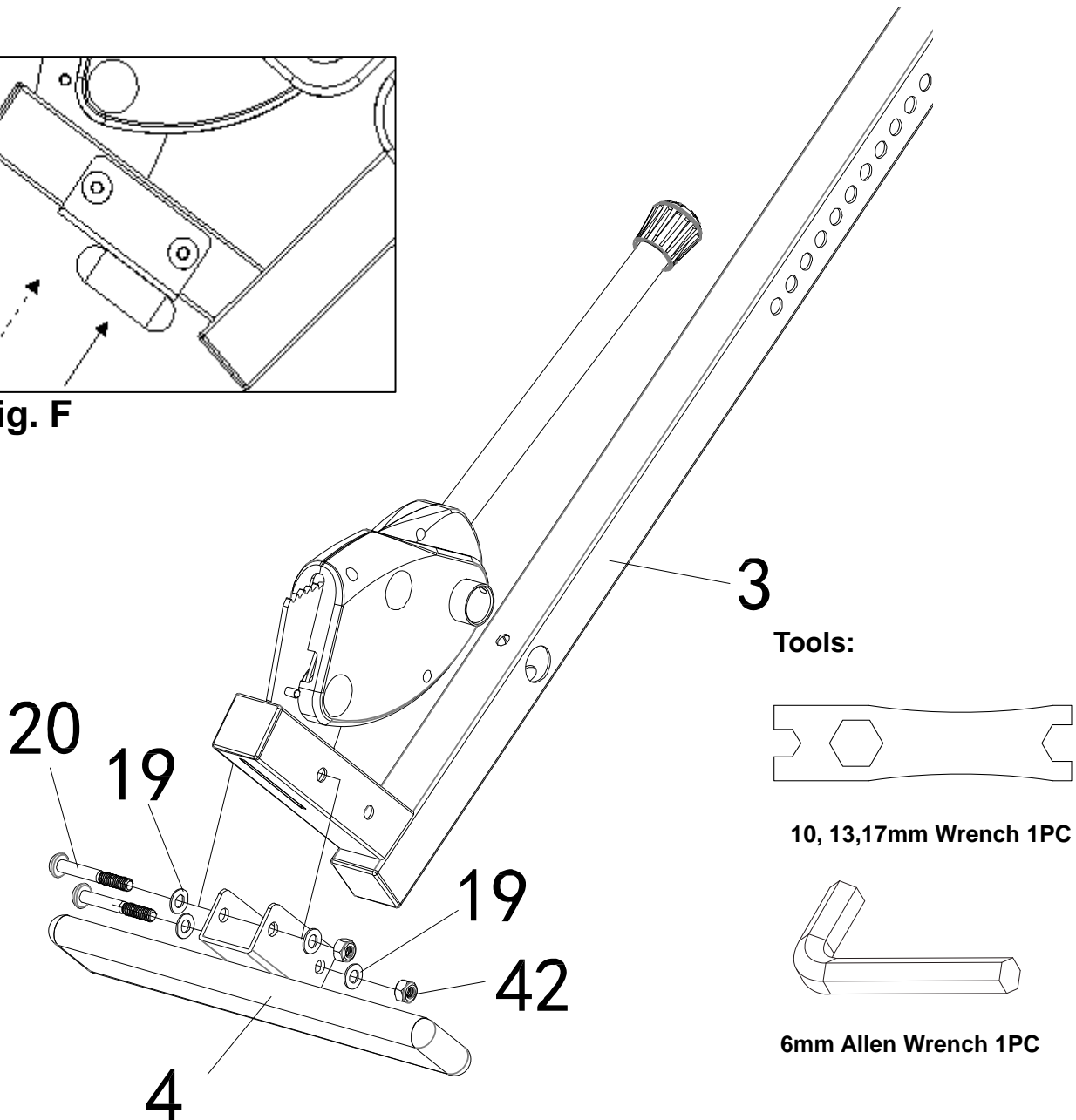


Fig. F



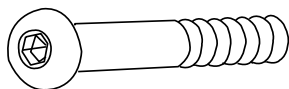
Step 8

Installing the Foot Bar:

8A. Install the **Foot Bar (4)** onto the **Adjustable Boom (3)** with two **Socket Hex Bolts (20)**, four **Flat Washers (19)** and two **Nylon Nuts (42)**. Tighten the hardware with the **6mm Allen wrench** and **10, 13, 17 mm Wrench** provided.

Note: The **Foot Bar (4)** should be installed with the bar closer to the **Adjustable Boom (3)**. See **Fig. F**.

Hardware:



(20) Socket Hex Bolt
2PCS

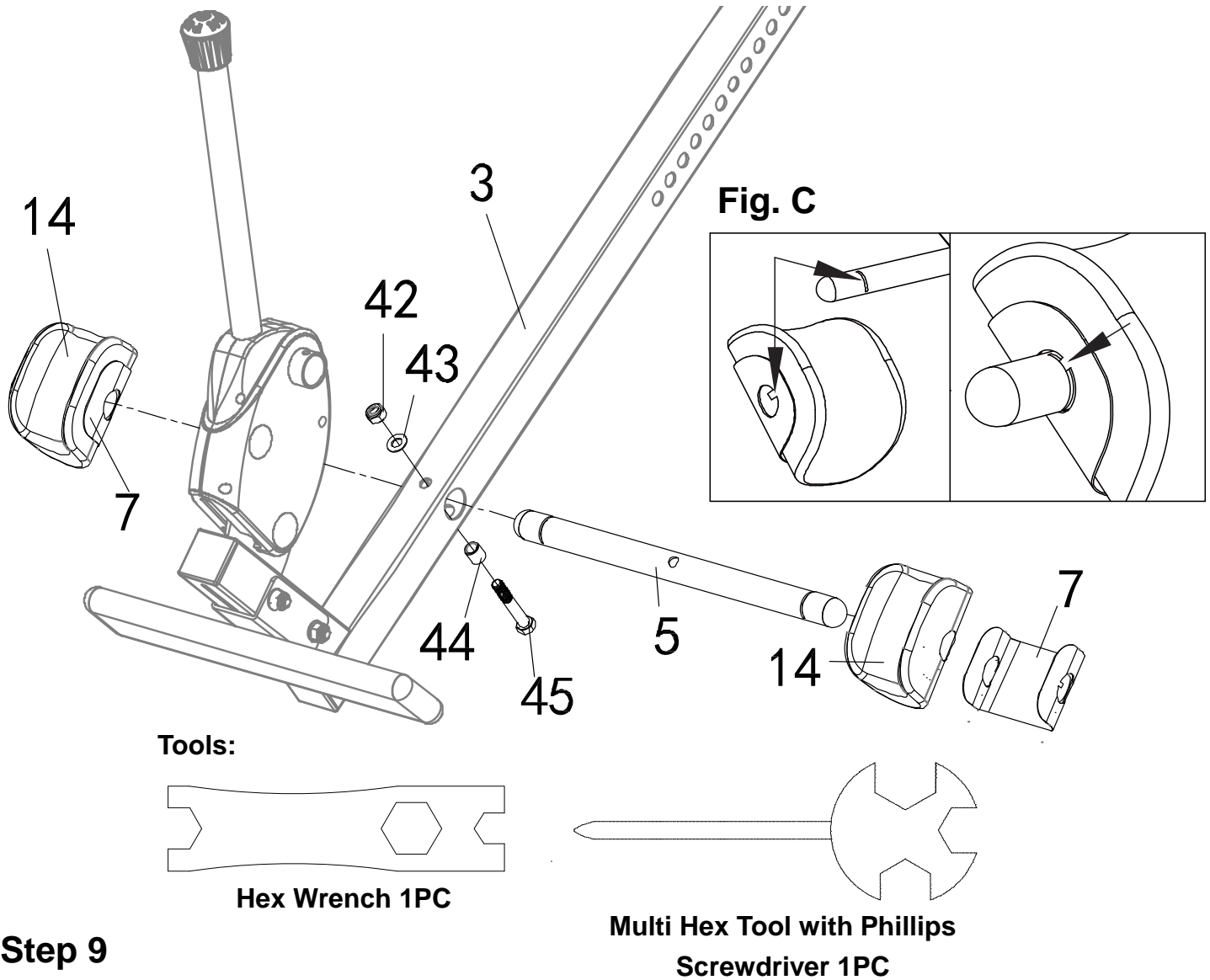


(19) Flat Washer
4PCS



(42) Nylon Nut
2PCS

ASSEMBLY



Step 9

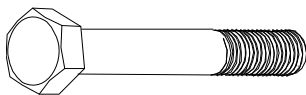
Installing the Rear Rod & Heel Holders:

9A. Slide the **Rear Rod (5)** through the **Adjustable Boom (3)** with the slots facing forward. Secure the **Rear Rod (5)** with one **Hex Bolt (45)**, one **Metal Bushing (44)**, one **Flat Washer (43)**, and one **Nylon Nut (42)**. Tighten the hardware using the **Hex Wrench** and **Multi-Hex tool with Phillips Screwdriver** provided.

9B. Wrap the **Rubber Heel Holders (14)** with the **Steel Heel Holder Bracket (7)**. Squeeze the **Steel Heel Holder Brackets (7)** and **Rear Rubber Heel Holders (14)** and slide them onto both ends of the **Rear Rod (5)**. Ensure the lock teeth are wedged into the slots in the **Rear Rod (5)** as shown in the **Fig. C**.

NOTE: Make sure the lock teeth are wedged into the slots in the **Rear Rods (5)** before use. See **Fig. C**.

Hardware:



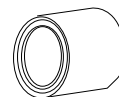
(45) Hex Bolt
1PC



(43) Flat Washer
1PC

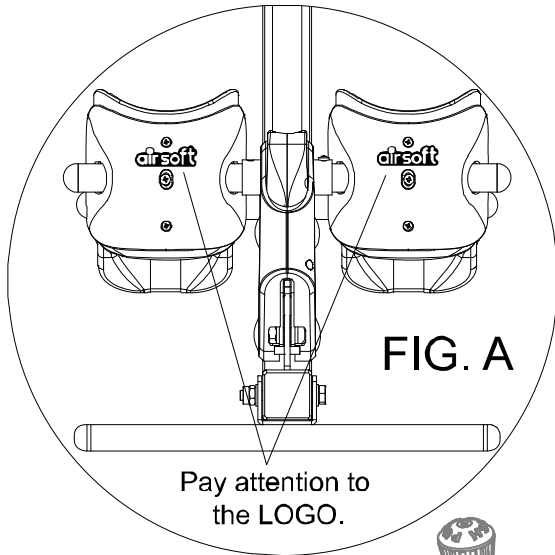


(42) Nylon Nut
1PC

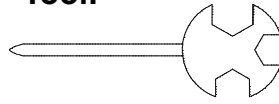


(44) Metal Bushing
1PC

ASSEMBLY



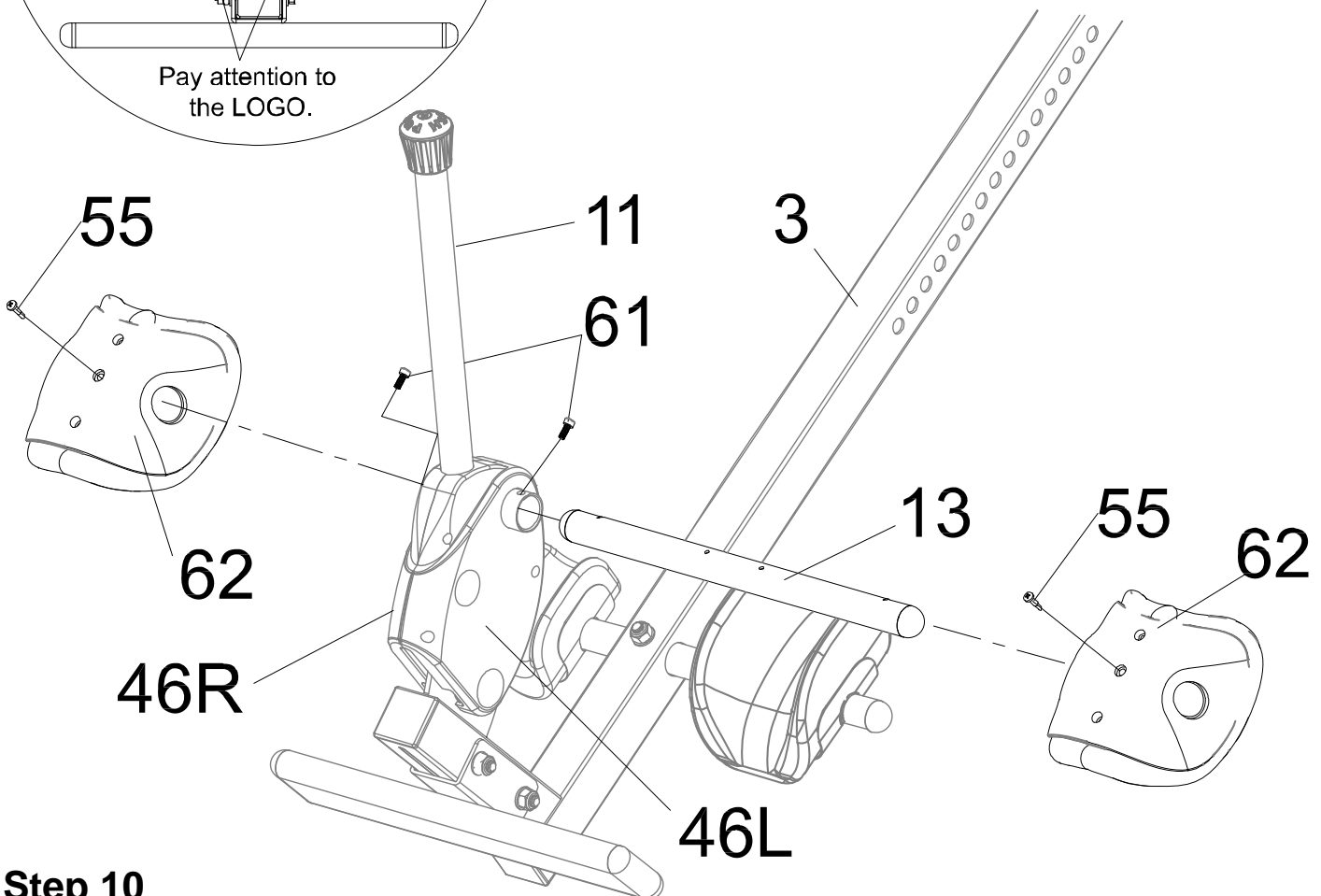
Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**



**3mm Allen Wrench
1PC**



Step 10

Installing the Front Rod & Heel Holders:

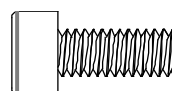
10A. Slide the **Front Rod (13)** through the tube of the **Ratchet Handle (11)** with the screw holes facing away from the **Adjustable Boom (3)**. Secure the **Front Rod (13)** to the **Ratchet Handle (11)** with two **Hex Bolts (61)** using the **3mm Allen Wrench** provided.

10B. Slide the **AIRSOFT Heel Holders (62)** onto both ends of the **Front Rod (13)**. Make sure the **airsoft** logo is right side up. Secure the **AIRSOFT Heel Holders (62)** to the **Front Rod (13)** with two **Self-Tapping Phillips Screws (55)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

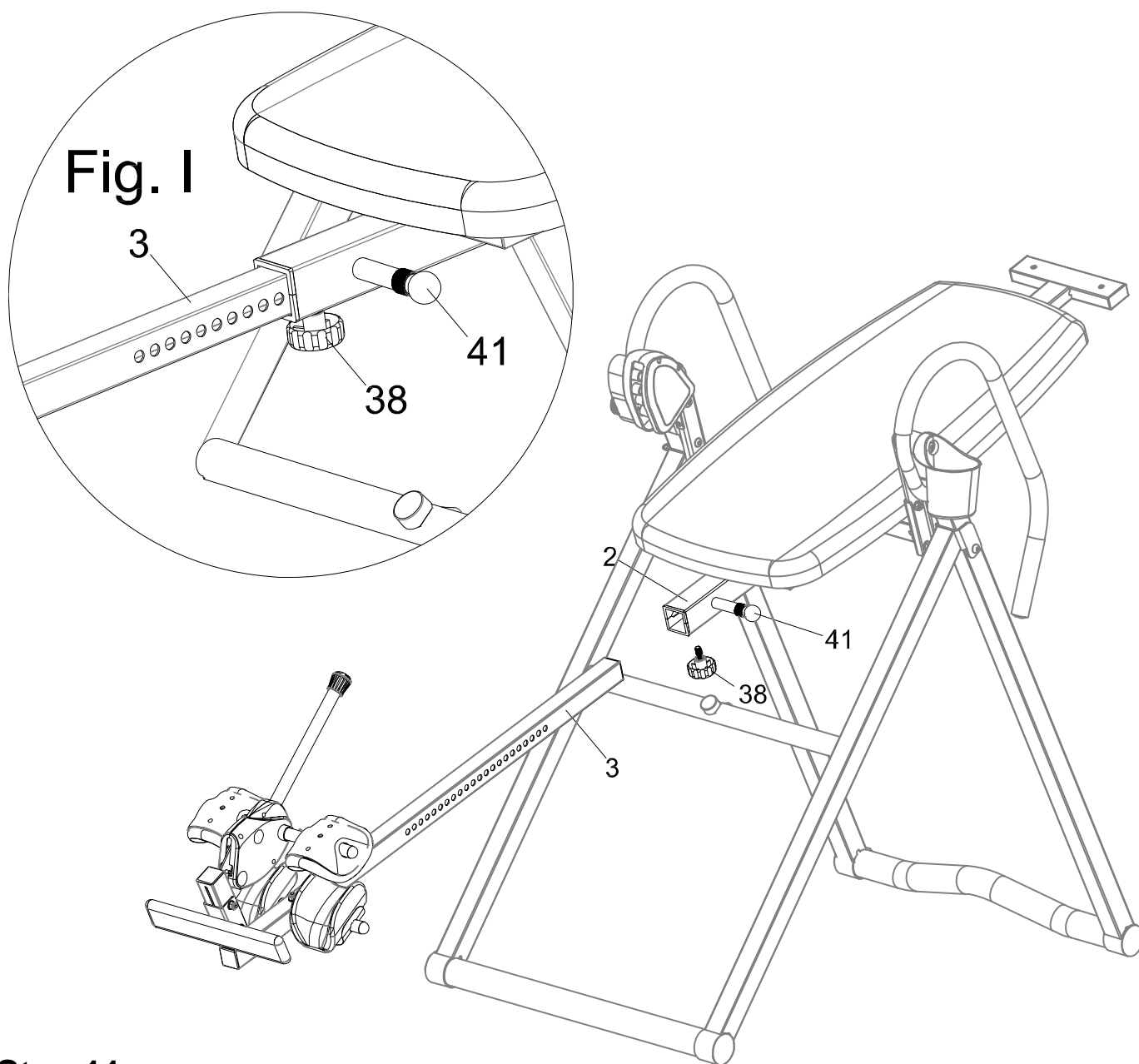
Hardware:



**(55) Self-Tapping
Phillips Screw 2PCS**



**(61) Hex Bolt
2PCS**



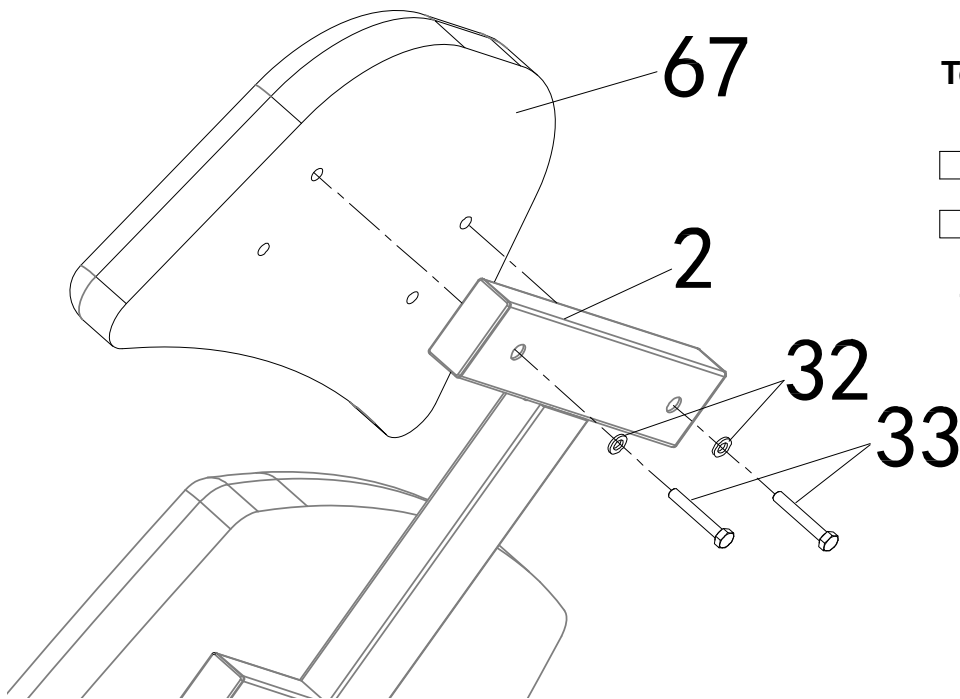
Step 11

Installing Adjustable Boom to the Bedframe:

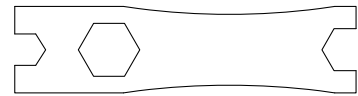
11A. Pull out and hold the **Spring Knob (41)**, and slide the **Adjustable Boom (3)** into the bottom of the **Backrest Frame (2)**. Slide the **Adjustable Boom (3)** upwards until the desired height is visible just below the bracket on the **Backrest Frame (2)**. To lock the **Adjustable Boom (3)** in place release the **Spring Knob (41)**. Shift the **Adjustable Boom (3)** inwards until the **Spring Knob (41)** "POPS" into the locked position.

11B. Install the **Knob (38)** onto the **Backrest Frame (2)** as shown in Fig I.

ASSEMBLY



Tools:



10, 13, 17mm Wrench 1PC

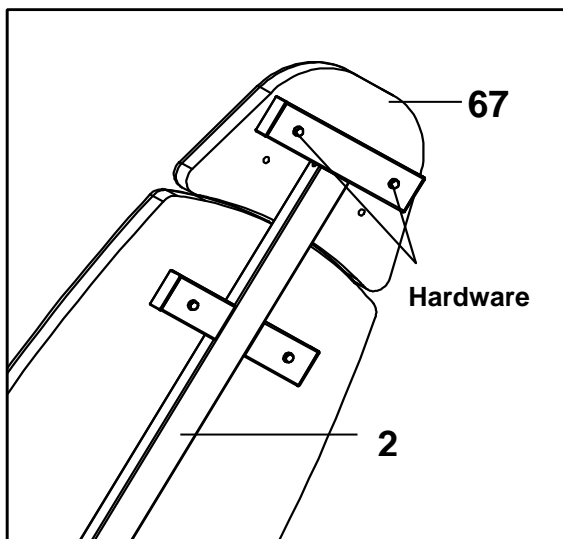
Step 12

Installing the Head Cushion:

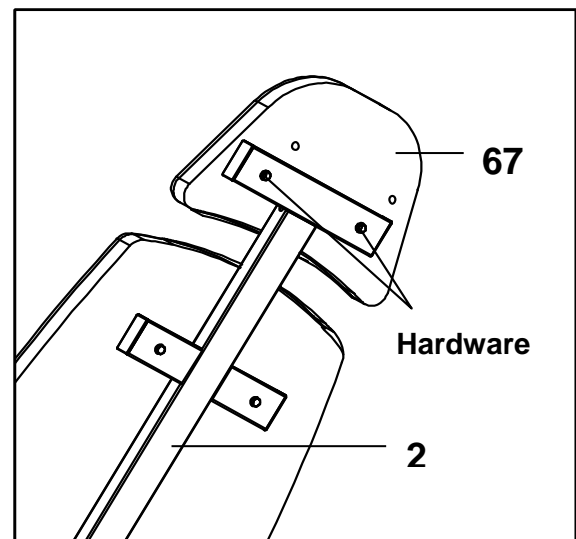
12A. Attach the **Head Cushion (67)** on to the **Bed Frame (2)** with **two Hex Bolts (33)** and two **Flat Washers (32)**. Tighten the hardware with the **10, 13, 17mm Wrench** provided.

NOTE: There are 2 installation options for the head rest. Choose the position that fits you best.

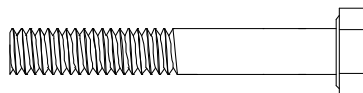
Installation 1 (Lower)



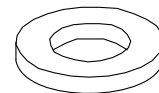
Installation 2 (Higher)



Hardware:



(33) Hex Bolt
2PCS



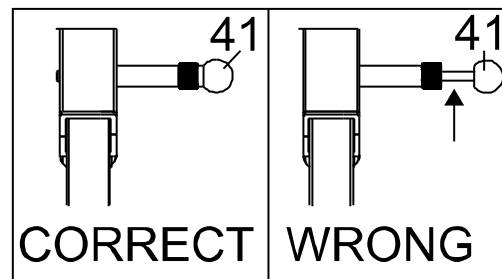
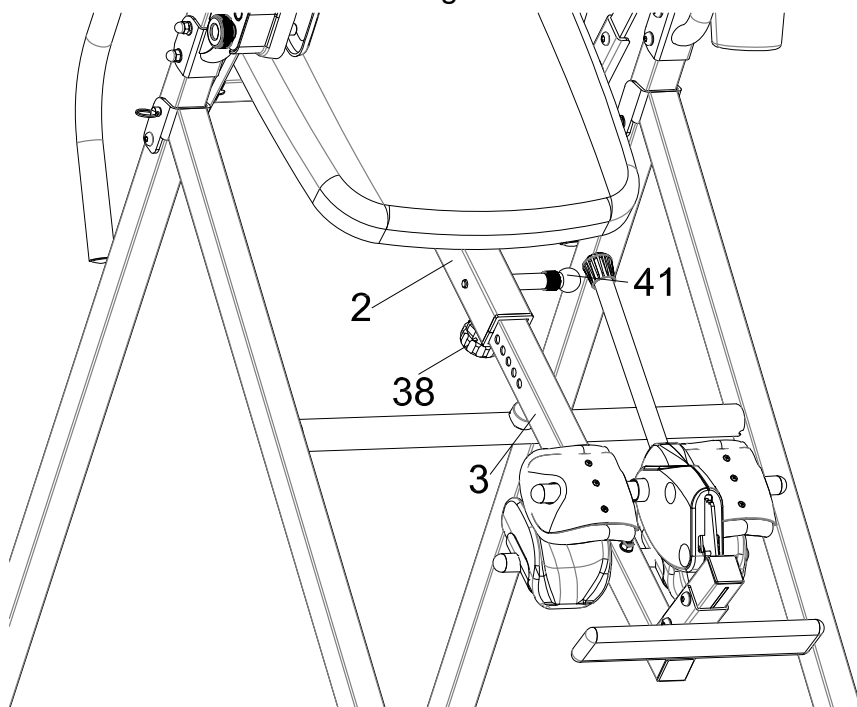
(32) Flat Washer
2PCS

OPERATIONS & ADJUSTMENTS

GENERAL PRECAUTIONS

It is recommended that someone be with you while you are using this inversion table for the first few times.

1. Always wear shoes when using the inversion table.
2. Make sure that the **AIRSOFT Heel Holder (62)** and the **Rubber Heel Holders (14)** are secure around your ankles before inverting.
3. Make sure that the **Adjustable Boom (3)** is properly set to your height.
4. Make sure that the **Adjustable Boom (3)** is held securely by the **Spring Knob (41)**.
5. Make sure that there is enough room for the inversion table to rotate completely.



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)**:

1. Loosen the **Knob (38)** by turning it COUNTER-CLOCKWISE and pull out and hold the **Spring Knob (41)**.
2. Slide the **Adjustable Boom (3)** up or down until the desired height is just visible below the tube connected to the **Backrest Frame (2)**.
3. When the **Adjustable Boom (3)** is in the desired position, release the **Spring Knob (41)** and slide the **Adjustable Boom (3)** slightly up or down until the **Spring Knob (41)** locks into place with a “POP” sound.
4. Tighten the **Knob (38)** to secure the **Adjustable Boom (3)** before use.

WARNING: Make sure the **Spring Knob (41)** is inserted all the way through the **Backrest Frame (2)** before getting onto the inversion table.

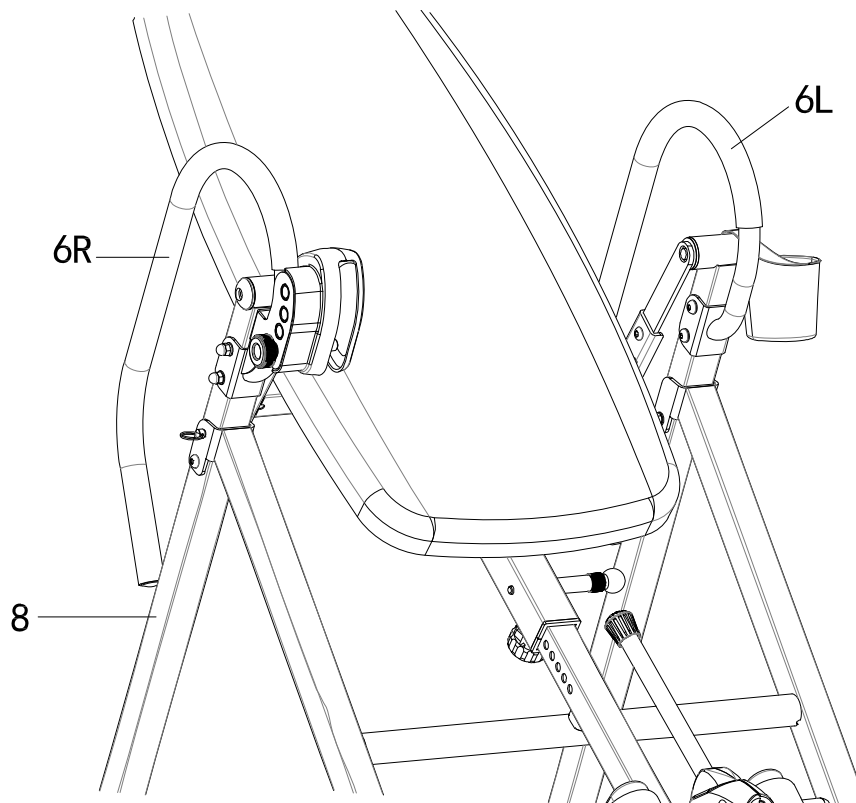
WARNING: The **Knob (38)** must be tightened every time the user height setting is changed for additional stability and safety.

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.

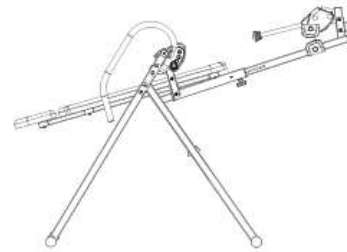
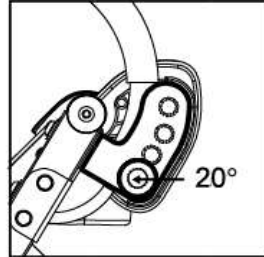
WARNING: Invert slowly; failure to comply could result in serious physical injury.



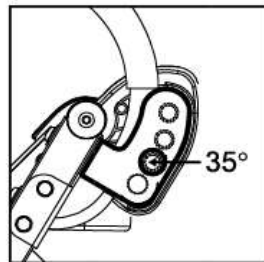
INVERSE PIN CONTROL

To control the angle of inversion insert the **Adjustable Knob (66)** into one of the holes shown below.

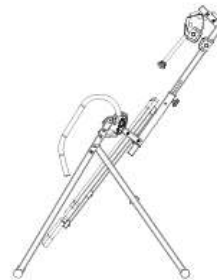
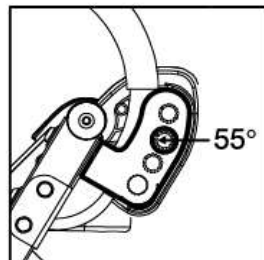
Inversion Degrees
20°



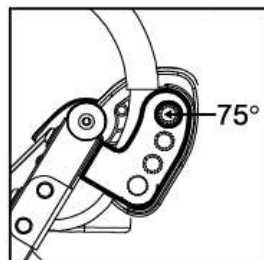
35°



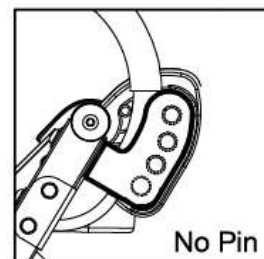
55°



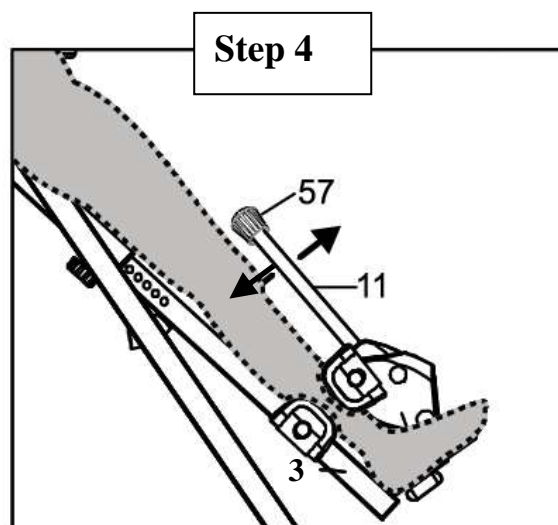
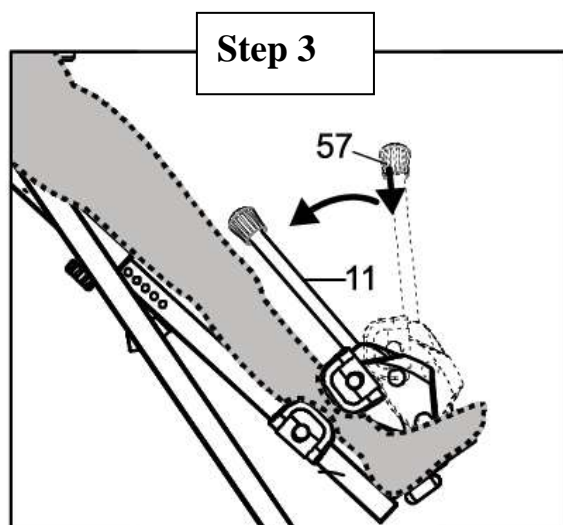
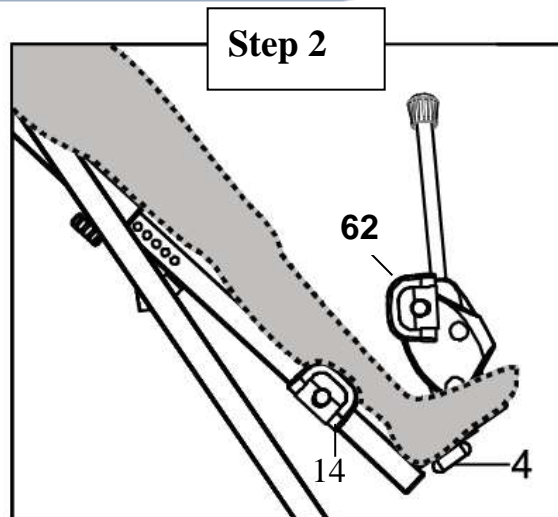
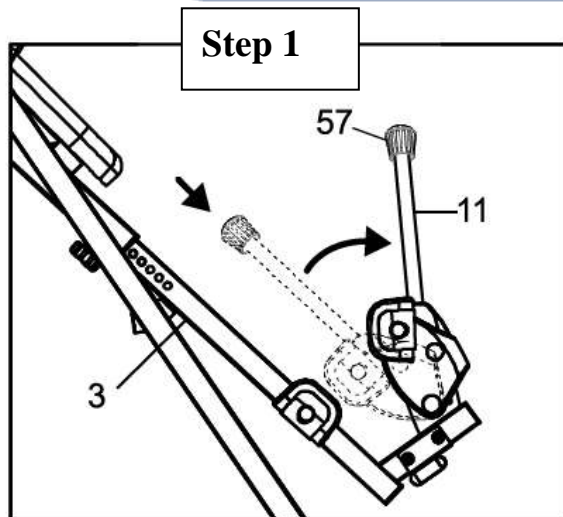
75°



Full Inversion



OPERATION & ADJUSTMENTS

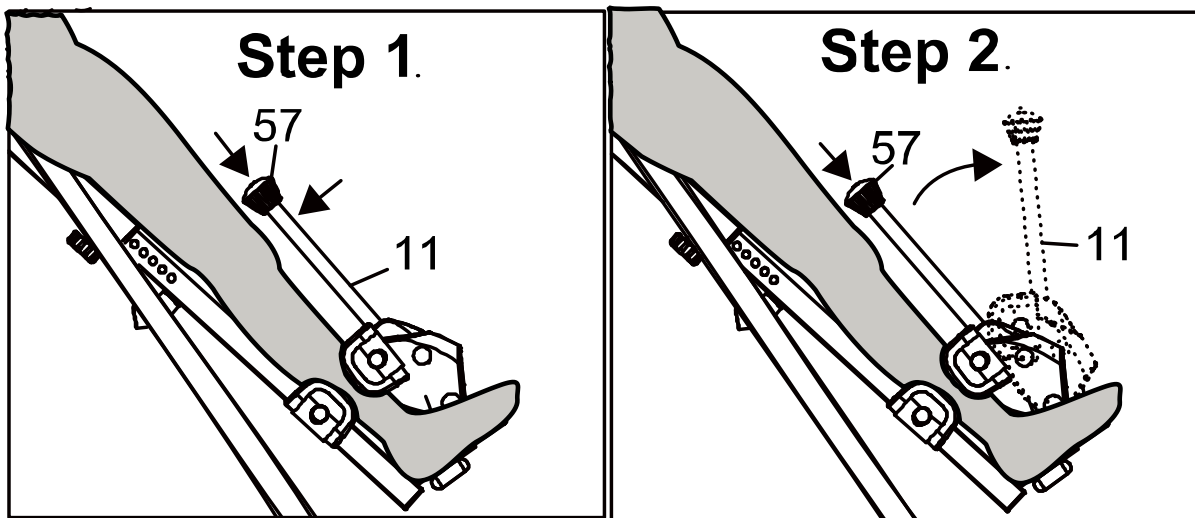


ADJUSTING THE FRONT AND REAR HEEL HOLDERS

1. Push down on the **Button (57)** and move the **Ratchet Handle (11)** away from the **Adjustable Boom (3)**.
2. Step onto the **Foot Bar (4)** and place your ankles between the **AIRSOFT Heel Holder (62)** and the **Rubber Heel Holders (14)**
3. Push down on the **Button (57)** and move the **Ratchet Handle (11)** back towards the **Adjustable Boom (3)** until the **Rubber Heel Holder (14)** and the **AIRSOFT Heel Holder (62)** are snug around your ankles.
4. Move the **Ratchet Handle (11)** back and forth without pressing the **Button (57)** to ensure that the ratchet is locked.

WARNING: Ensure that the AIRSOFT Heel Holder (59) and the Rubber Heel Holders (14) are securely holding onto your ankles.

WARNING: Make sure the Ratchet Handle (11) is locked in place after the Rubber Heel Holder (14) and the AIRSOFT Heel Holder (59) are secure around your ankle.

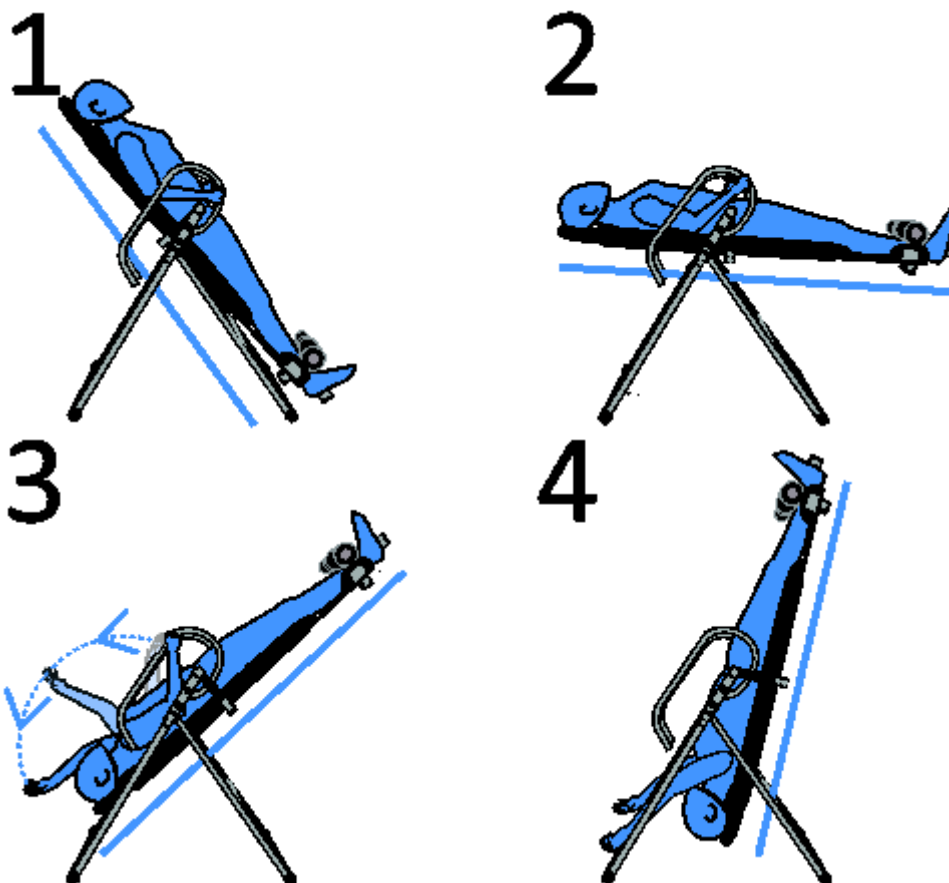


HOW TO UNLOCK THE ANKLE HOLDER

1. To release the ankle locking mechanism pull back and hold the **Ratchet Handle (11)**, then push down on the **Ratchet Button (57)**.
2. While continuing to press down on the **Ratchet Button (57)** move the **Ratchet Handle (11)** away from your legs.

BALANCING THE INVERSION TABLE

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



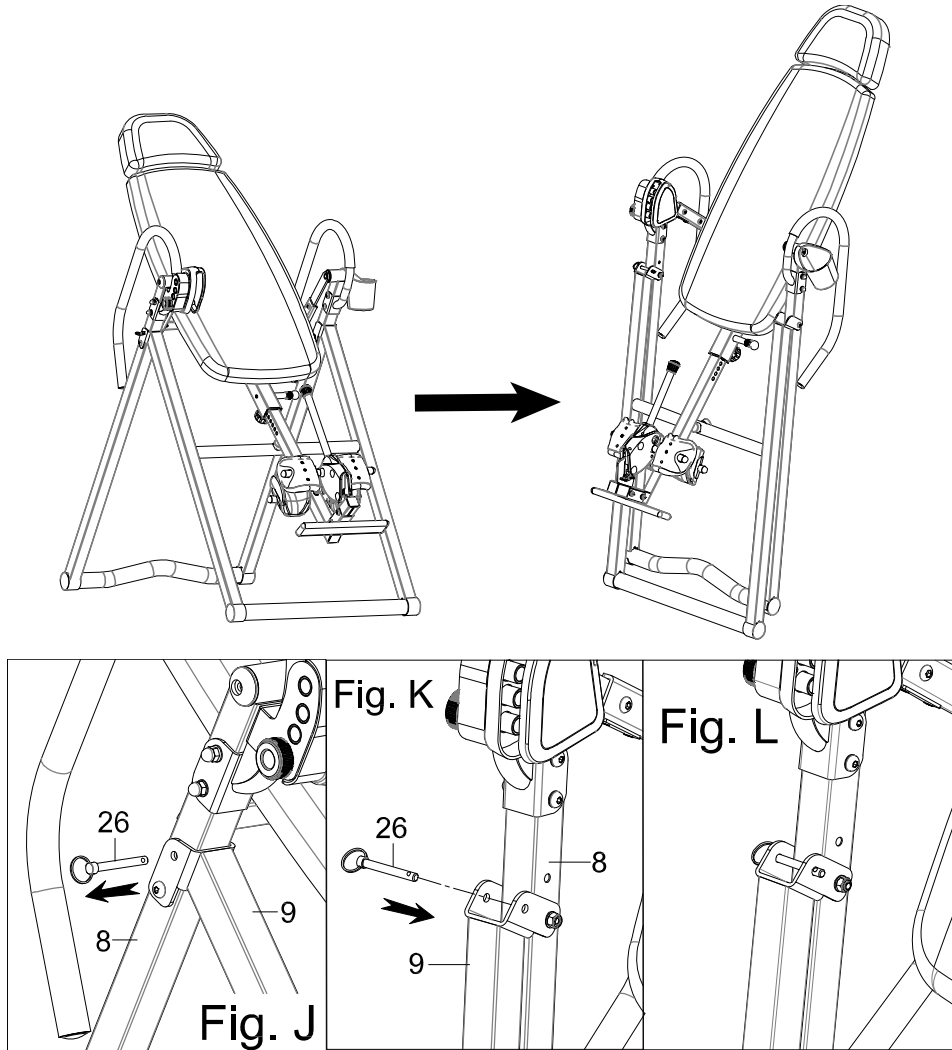
USING THE INVERSION TABLE

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

SUGGESTIONS FOR USE

1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly if you feel uncomfortable.
2. Make gradual changes: increase the angle on of inversion 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



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.

1. Pull out the **Ring Pin (26)** from the holes on the **Rear Frame (8)** and **Front Frame (9)**. **Fig. J**
2. Push the **Rear Frame (8)** and **Front Frames (9)** together all the way. **Fig. K**
3. Insert the **Ring Pin (26)** back into the hole on the **Front Frame (9)**. **Fig. L**

Reverse the steps to set up the inversion table when you want to use it.

MAINTENANCE INSTRUCTIONS

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

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

COMPONENT LENGTH OF WARRANTY

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

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

service@paradigmhw.com

When ordering replacement parts have the following information ready:

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

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

PART #	DESCRIPTION	QTY

“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”

This form can also be faxed to #: 626-810-2166