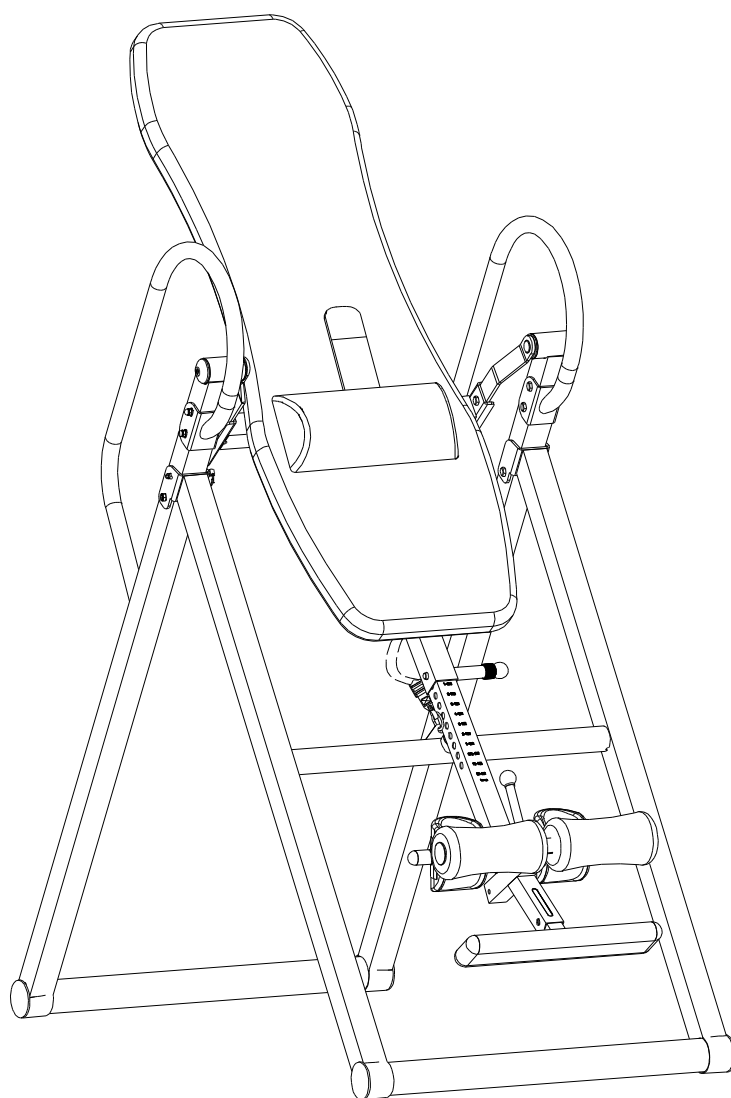


Inversion Table





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:
1-844-641-7920
Hours:
8:00 am to 5:00 pm (PST)
Monday thru Friday

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

Emailing us with the information above will be the best method to receive a response during peak business hours

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7920

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

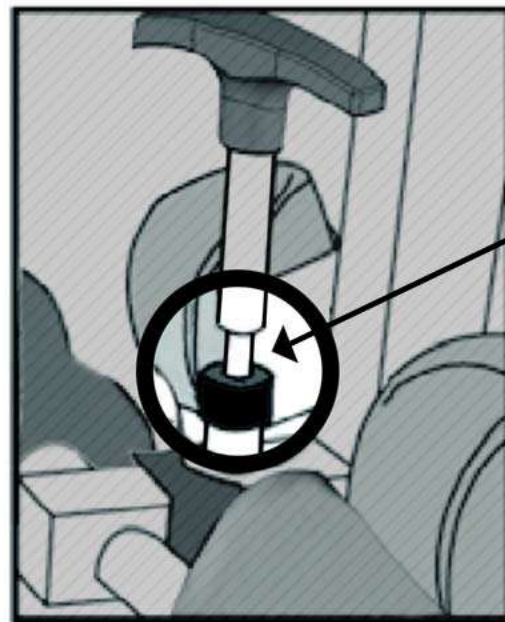
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.
1189 Jellick Ave.
City of Industry, CA 91748, USA

SAVE THESE INSTRUCTIONS



Correct:
Locking pin
fully engaged



WRONG:
Locking pin
NOT fully
engaged

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

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

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 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 attachments 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 / 136 kgs.

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



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

LABEL PLACEMENTS

| | |
|--|---|
| Under Penalty of law this tag no to be removed except by the consumer ALL NEW MATERIAL CONSISTING OF POLYURETHANE FOAM PAD, 100% | NOTICE This article does not meet the flammability requirements of California Bureau of Home Furnishings technical bulletin 117. Care should be exercised near open flame or with burning cigarette. |
| REGISTRY NO. VA25302 (CN) | |
| Certification is made by the manufacturer that the materials in this article are described in accordance with law. | |
| Paradigm Health and Wellness, Inc. 1189 Jettick Ave. City of Industry, CA 91748 USA | |
| Sous peine de sanction légale, cette étiquette ne peut être enlevée par une personne autre que le consommateur. ENTièrement fabriqué de matériaux neufs REMBORCEMENT DE MOUSSE DE POLYURÉTHANE 100% | AVIS Ce produit ne satisfait pas aux critères d'incendiosécurité spécifiés à l'article 117 du code technique du California Bureau of Home Furnishings. Ne pas utiliser près d'une source de chaleur ou d'une flamme nue (cigarettes, etc.). |
| NO D'ENREGISTREMENT VA25302 (CN) | |
| Cette étiquette est apposée conformément aux lois Canadiennes. | |
| Paradigm Health and Wellness, Inc. 1189 Jettick Ave. City of Industry, CA 91748 USA | |



| | |
|---|--|
| Not to be removed until delivered to the consumer | Ne pas enlever avant la livraison au consommateur |
| This label is affixed in compliance with Provincial Law | Cette étiquette est apposée conformément à la loi de la province |
| This article contains NEW MATERIAL ONLY | Cet article contient des MATÉRIAUX NEUFS SEULEMENT |
| Made by reg. no.09T-1264507 | Fabriqué par N° de permis :09T-1264507 |
| Content Polyurethane Foam | Contenu Mousse de Polyuréthane |

This product contains composite wood that complies with phase 2 of the ATCM.
The fabricator:
Deqing Shengqiang Wood
Zhongguan Industrial Zone
Deqing County 313220 China
Fabricated date: mm/yyyy

Ce produit contient du bois composite conforme à la phase 2 de la mesure ATCM.
Fabricant:
Deqing Shengqiang Wood
Zhongguan Industrial Zone
Deqing County 313220 China
Date de fabrication: mm/yyyy

WARNING **AVERTISSEMENT**
For Household Usage Only. Pour un usage domestique seulement.

WARNING
WARNING: CANCER AND REPRODUCTIVE HARM -- WWW.P65WARNINGS.CA.GOV.

To avoid serious injury, hold on to handle bars and invert slowly.
Pour éviter des blessures graves, bien tenir les poignées de sécurité et procéder à l'inversion lentement.
Para evitar lesiones graves, sostenga los manubrios y ponga al revés lentamente.

WARNING **AVERTISSEMENT**
RISK OF INJURY-KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM THIS MACHINE AT ALL TIMES.
RISQUE DE BLESSURE-GARDEZ LES ENFANTS DE MOINS DE 13 ANS LOIN DE LA MACHINE.

WARNING **AVERTISSEMENT**
WARNING - TO REDUCE THE RISK OF PERSONAL INJURY, READ AND UNDERSTAND ALL THE INSTRUCTIONS BEFORE USING THE INVERSION TABLE.
- DO NOT ALLOW CHILDREN TO USE THIS MACHINE.
- KEEP CHILDREN AWAY FROM MACHINE WHILE IN USE.
- KEEP BODY PARTS, HAIR, LOOSE CLOTHES AND JEWELRY CLEAR OF ALL MOVING PARTS.
- ENSURE ALL NUTS, SCREWS, BOLTS AND FASTENERS ARE TIGHT BEFORE EVERY USE.
- REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE.

AVERTISSEMENT **ATTENTION**
AVERTISSEMENT - POUR RÉDUIRE LE RISQUE DE BLESSURE PERSONNELLE, LIRE ET COMPRENDRE TOUTES LES INSTRUCTIONS AVANT D'UTILISER LA TABLE D'INVERSION.
- NE PAS PERMETTRE AUX ENFANTS D'UTILISER CETTE MACHINE.
- TENIR LES ENFANTS À L'ÉCART DE LA MACHINE PENDANT L'UTILISATION.
- GARDER LES PIÈCES DU CORPS, LES CHEVEUX, LES VÊTEMENTS LIBRES ET LES BIJOUX CLAIRS DE TOUTES LES PIÈCES EN MOUVEMENT.
- ASSUREZ-VOUS QUE TOUTS LES ECROUS, VIS, BOULONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION.
- REVOIR TOUTS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION.

WARNING / AVERTISSEMENT
Max. Weight: 300lbs. & Max. Height: 6'6"
Le poids Maximum et hauteur pour ce produit est 136 kgs / 198 cm.

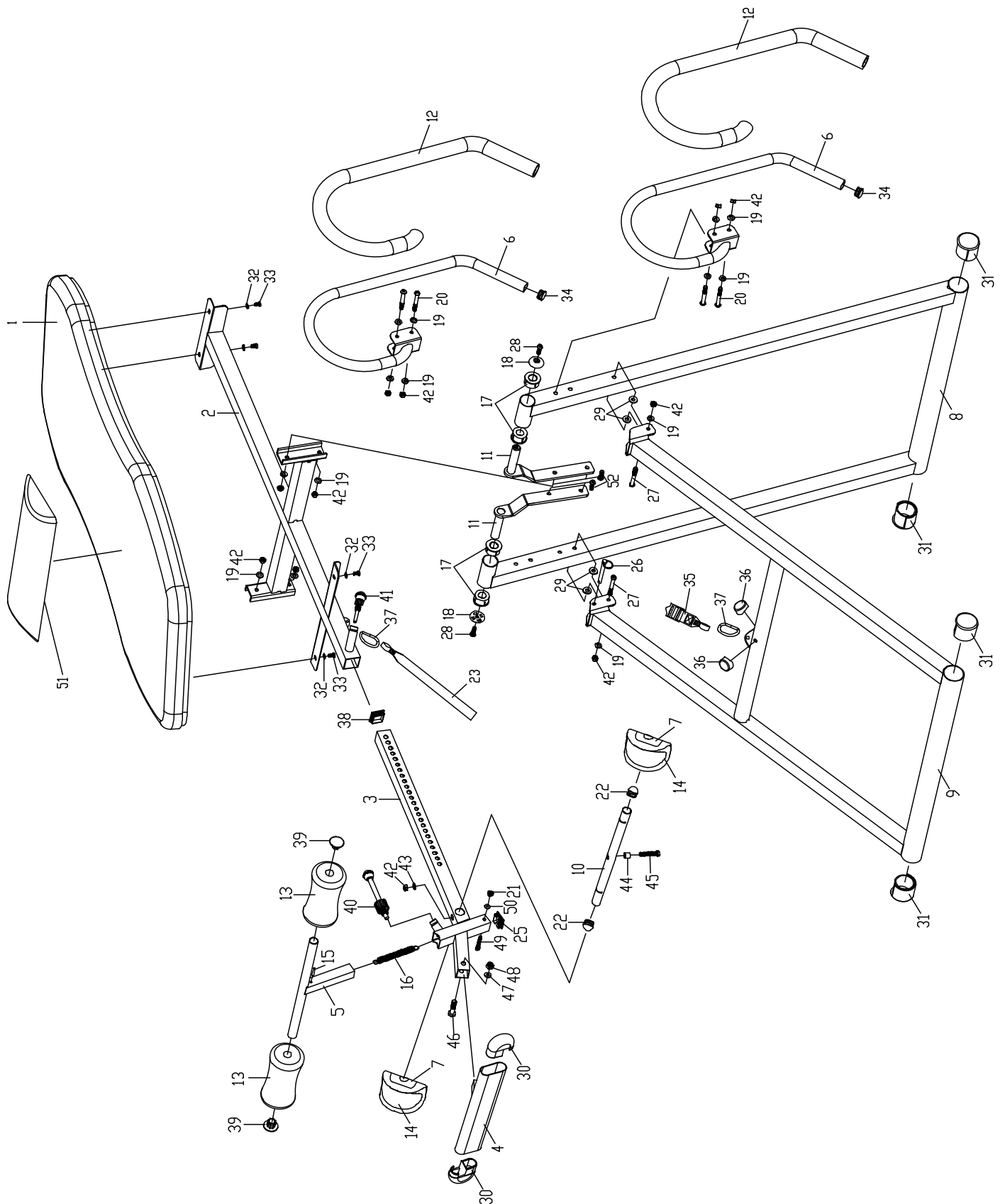
WARNING / AVERTISSEMENT
Heel Bracket Tooth must be in slot, refer to the Manual.
El Diente del Soporte del Talón debe estar en ranura, consulte el Manual.

WARNING
The ankle holder must be snug around ankles, and the pop pin must be FULLY engaged before using the inversion table.
Le titulaire de la cheville doit être bien ajusté autour des chevilles, et la broche de pop doit être pleinement engagée avant d'utiliser la table d'inversion.
WARNING
Feet must be secured properly before use.
Les pieds doivent être correctement serrés avant utilisation.
Se deben asegurar adecuadamente los pies antes de usar.



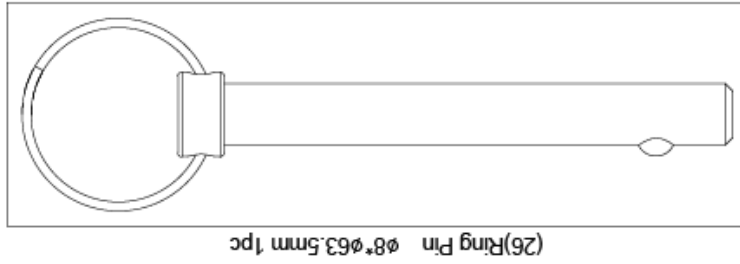
FITNESS REALITY
For customer assistance call:
1-844-641-7920
8 am - 5 pm PST
Monday - Friday
Pour le service à la clientèle composer le:
1-844-641-7920
Lundi à vendredi
8:00 h - 17 h (HNP)

OVERVIEW DRAWING



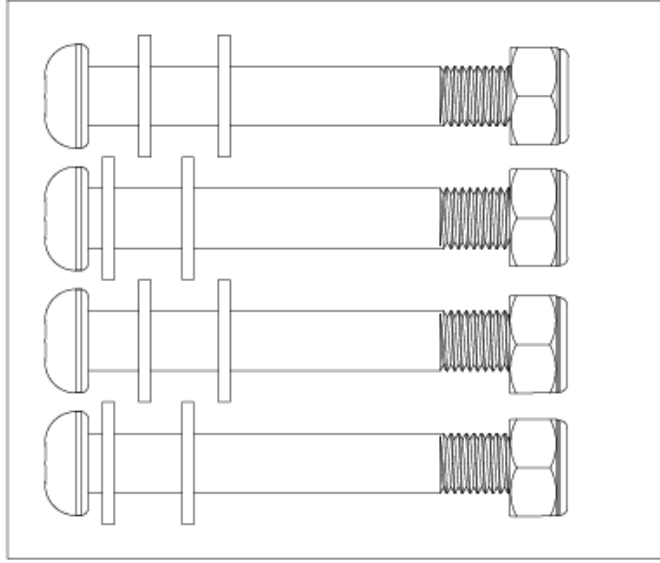
HARDWARE & TOOLS PACK

STEP 1



(26) Ring Pin $\phi 8 \times \phi 3.5 \text{mm}$ 1pc

STEP 2



(20) Hexagon Socker Head Cap Bolt M8*60mm 4pcs

(19) Flat Washer $\phi 16 \times \phi 8.5 \times 1.5$ 8pcs

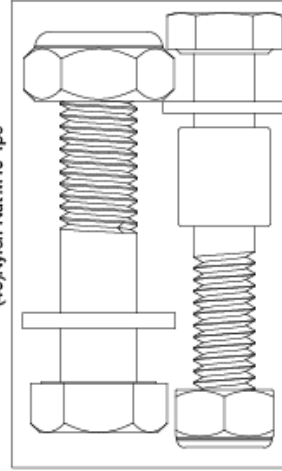
(42) Nylon Nut M8 4pcs

(46) Hexagon Socker Head Cap Bolt M10*42mm 1pc

(47) Flat Washer $\phi 18 \times \phi 10.5 \times 2.0$ 1pc

(48) Nylon Nut M10 1pc

STEP 5



(45) Hexagon Socker Head Cap Bolt M8*48mm 1pc

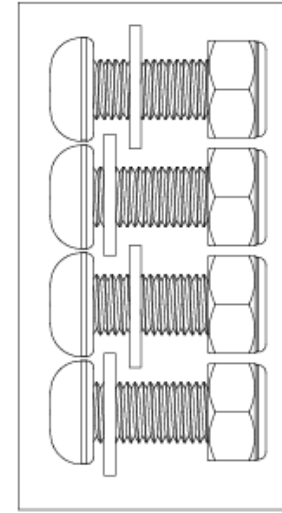
(43) Flat Washer $\phi 16 \times \phi 8.5 \times 2$ 1pc

(42) Nylon Nut M8 1pc

(44) Metal Bushing 1 pc

STEP 6

STEP 3



(52) Hexagon Socker Head Cap Bolt M8*23mm 4pcs

(19) Flat Washer $16 \times \phi 8.5 \times 1.5$ 4pcs

(42) Nylon Nut M8 4pcs

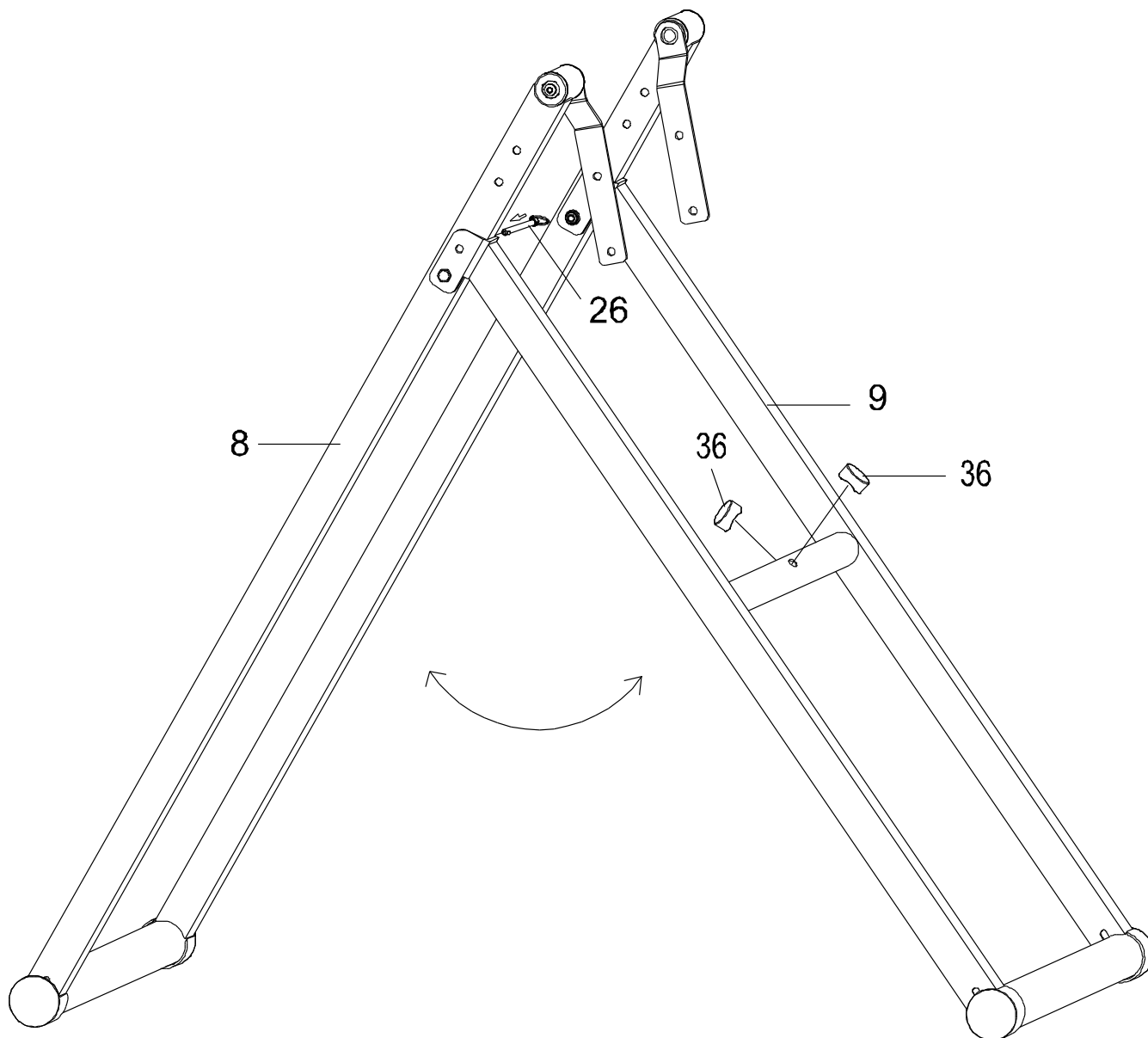
Wrench #13 & #17 2 PCS
Allen Wrench #6 1pc

PARTS LIST

| No. | Description | Qty |
|-----|--------------------------------------|-----|
| 001 | Backrest (#2510) | 1 |
| 002 | Backrest Frame | 1 |
| 003 | Adjustable Boom | 1 |
| 004 | Foot Bar | 1 |
| 005 | Adjustable Instep Frame | 1 |
| 006 | Handlebar | 2 |
| 007 | Steel Heel Holder Bracket | 2 |
| 008 | Rear Frame | 1 |
| 009 | Front Frame | 1 |
| 010 | Rod | 1 |
| 011 | Pivot Arm | 2 |
| 012 | Handlebar Foam Grip | 2 |
| 013 | Front Heel Holder | 2 |
| 014 | Rear Rubber Heel Holder | 2 |
| 015 | Spring Latch | 1 |
| 016 | Spring | 1 |
| 017 | Plastic Spacer | 4 |
| 018 | Plastic Round End Cap | 2 |
| 019 | Flat Washer Ø16xØ8.5x1.5 | 14 |
| 020 | Hexagon Socket Head Cap Bolt M8x60mm | 4 |
| 021 | Nylon Nut M6 | 1 |
| 022 | Rod Cap Ø22 | 2 |
| 023 | Nylon Strap | 1 |
| 025 | Square End Cap □30 | 1 |
| 026 | Ring Pin Ø8x63.5mm | 1 |
| 027 | Hexagon Socket Head Cap Bolt M8x62mm | 2 |

| No. | Description | Qty |
|-----|---------------------------------------|-----|
| 028 | Hexagon Socket Head Cap Bolt M8x20mm | 2 |
| 029 | Plastic Washers | 4 |
| 030 | Foot Bar Oval End Cap | 2 |
| 031 | Foot Cap | 4 |
| 032 | Flat Washer Ø13xØ6.5x1.5 | 4 |
| 033 | Bolt M6x12mm | 4 |
| 034 | Handlebar Round End Cap Ø25 | 2 |
| 035 | Loop Strap | 1 |
| 036 | Rubber Pad | 2 |
| 037 | Safety Hook | 2 |
| 038 | Square End Cap □33 | 1 |
| 039 | Adjustable Instep Frame Round End Cap | 2 |
| 040 | Adjustable Instep Frame Knob | 1 |
| 041 | Adjustable Boom Knob | 1 |
| 042 | Nylon Nut M8 | 11 |
| 043 | Flat Washer Ø16xØ8.5x2.0 | 1 |
| 044 | Metal Bushing | 1 |
| 045 | Hexagon Head Bolt M8x48mm | 1 |
| 046 | Hexagon Head Bolt M10x42mm | 1 |
| 047 | Flat Washer Ø18xØ10.5x2.0 | 1 |
| 048 | Nylon Nut M10 | 1 |
| 049 | Hexagon Head Bolt M6x40mm | 1 |
| 050 | Flat Washer Ø18xØ6.5x1.5 | 1 |
| 051 | Lumbar Pad | 1 |
| 052 | Hexagon Socket Head Cap Bolt M8x23mm | 4 |
| | | |

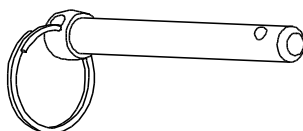
ASSEMBLY



Step 1

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

Hardware:



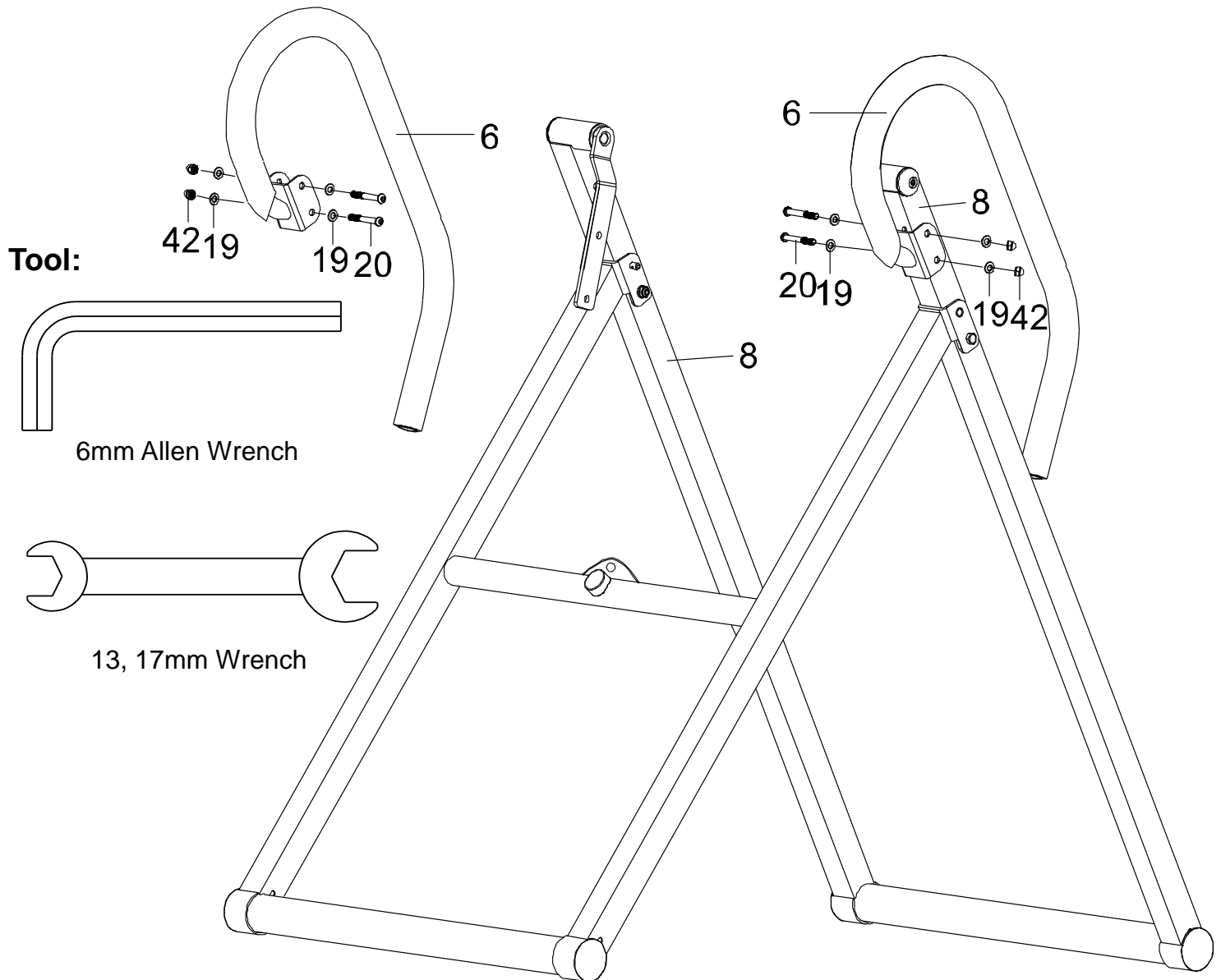
(26) Ring Pin

1 PC



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

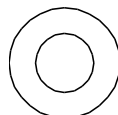
ASSEMBLY



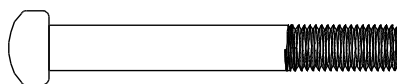
Step 2

Attach a **Handlebar (6)** onto the **Rear Frame (8)** with two **Hexagon Socket Head Cap Bolts (20)**, four **Flat Washers (19)**, and two **Nylon Nut (42)**. Tighten the **Hexagon Socket Head Cap Bolts (20)** and **Nut Caps (24)** using the **13, 17mm Wrench** and **6mm Allen Wrench** provided. Repeat this step to attach the second **Handlebar (6)** onto the **Rear Frame (8)**.

Hardware:



(19) Flat Washer
8 PCS

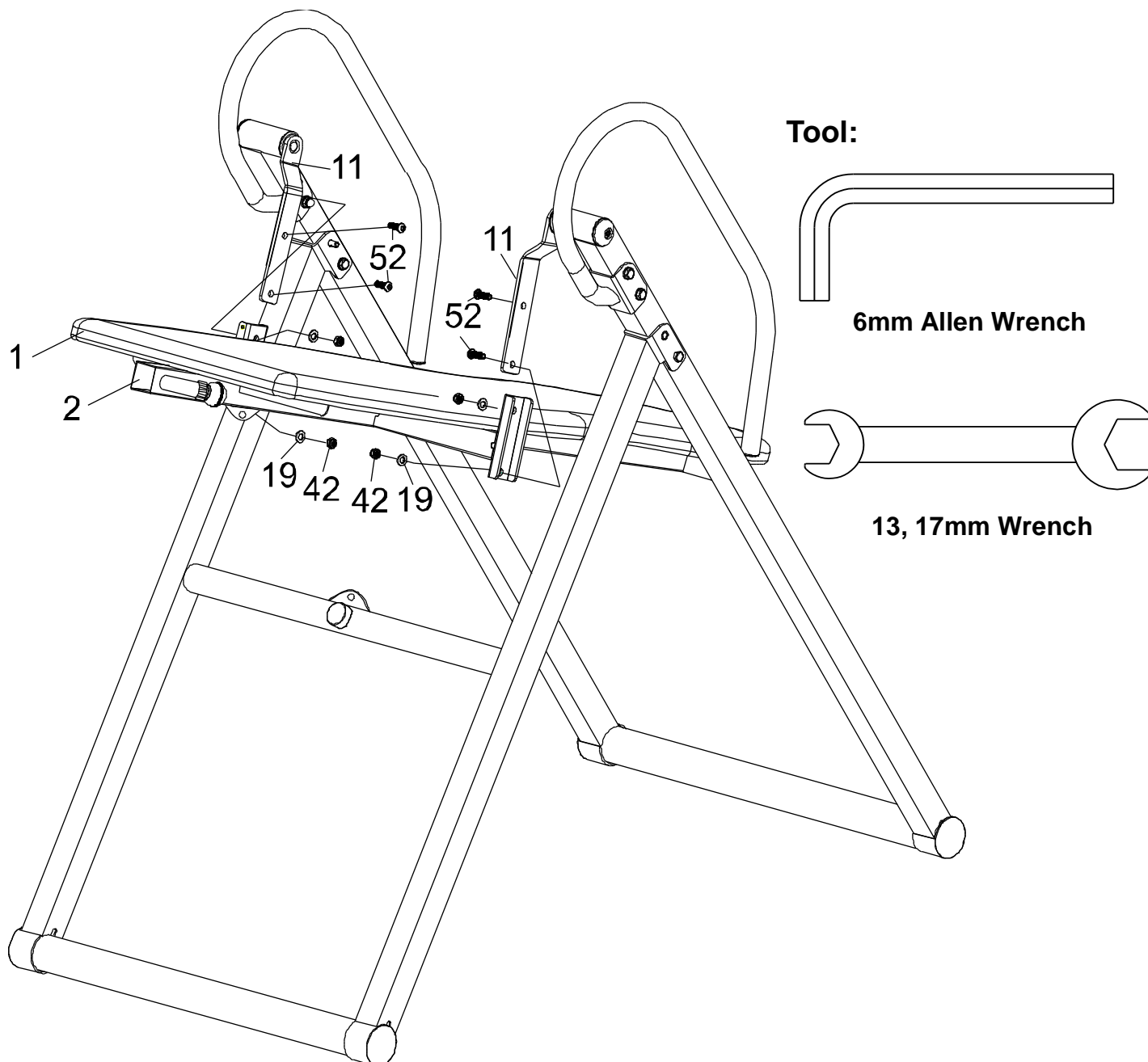


(20) Hexagon Socket Head Cap Bolt
4 PCS



(42) Nylon Nut
4 PCS

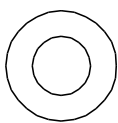
ASSEMBLY



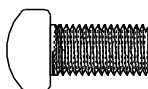
Step 3:

Mount the **Backrest Frame (2)** to the **Pivot Arms (11)** by inserting the ends of the **Pivot Arms (11)** into the brackets, located at each side of the **Backrest Frame (2)**, align the bolt holes on the **Pivot Arms (11)** and brackets. Using four **Hexagon Socket Head Cap Bolts (52)**, four **Flat Washers (19)**, and four **Nylon Nuts (42)**; attach the **Backrest Frame (2)** onto the **Pivot Arms (11)**. Tighten the **Hexagon Socket Head Cap Bolts (52)** and **Nylon Nuts (42)** with the **13, 17mm Wrench** and **6mm Allen Wrench** provided.

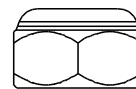
Hardware:



(19) Flat Washer
4 PCS

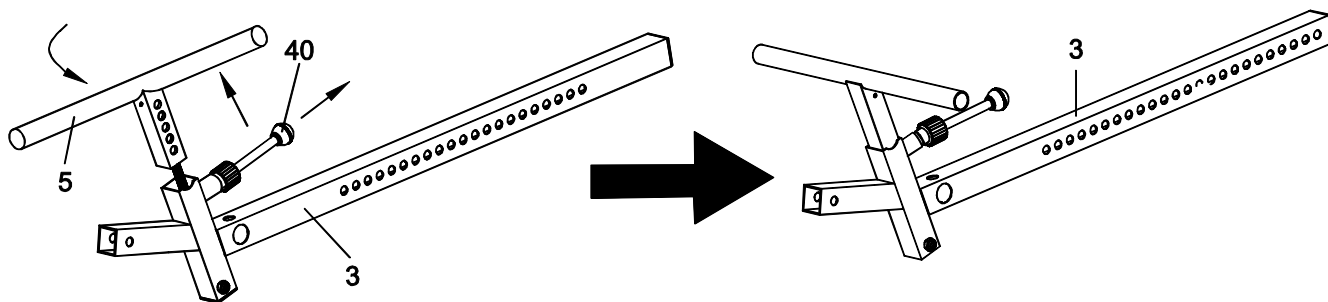


(52) Hexagon Socket
Head Cap Bolt
4 PCS



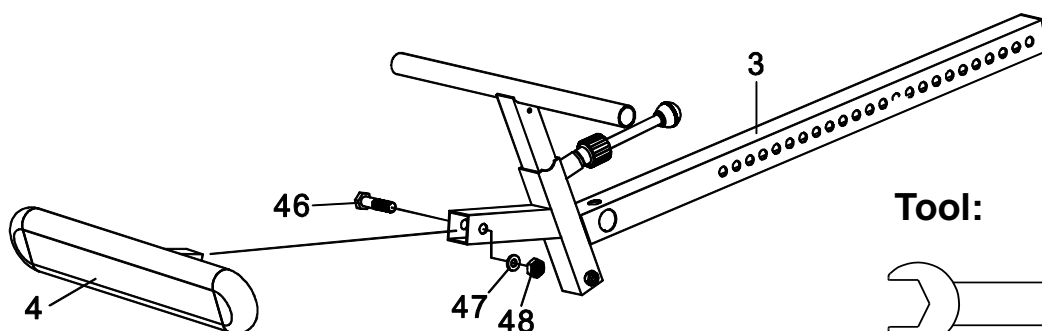
(42) Nylon Nut
4 PCS

ASSEMBLY

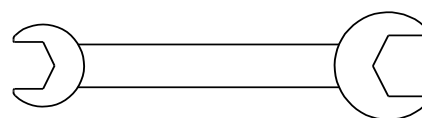


Step 4:

Pull up on the **Adjustable Instep Frame Knob (40)**, and pull out the **Adjustable Instep Frame (5)** from the **Adjustable Boom (3)**. Turn the **Adjustable Instep Frame (5)** so that the adjustable holes are facing the **Adjustable Instep Frame Knob (40)**. Release the **Adjustable Instep Frame Knob (40)** and allow it to POP into a hole on the **Adjustable Instep Frame (5)** to lock it in place.



Tool:



13, 17mm Wrench
2 PCS

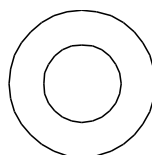
Step 5:

Slide the **Foot Bar (4)** into the bottom of the **Adjustable Boom (3)** and align the hole on the **Foot Bar (4)** with the hole on the **Adjustable Boom (3)**. Secure the **Foot Bar (4)** in place using one **Hexagon Head Bolt (46)**, one **Flat Washer (47)**, and **Nylon Nut (48)** using the two 13, 17mm Wrenches provided.

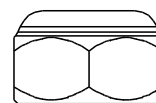
Hardware:



(46) Hexagon Head Bolt
1 PC

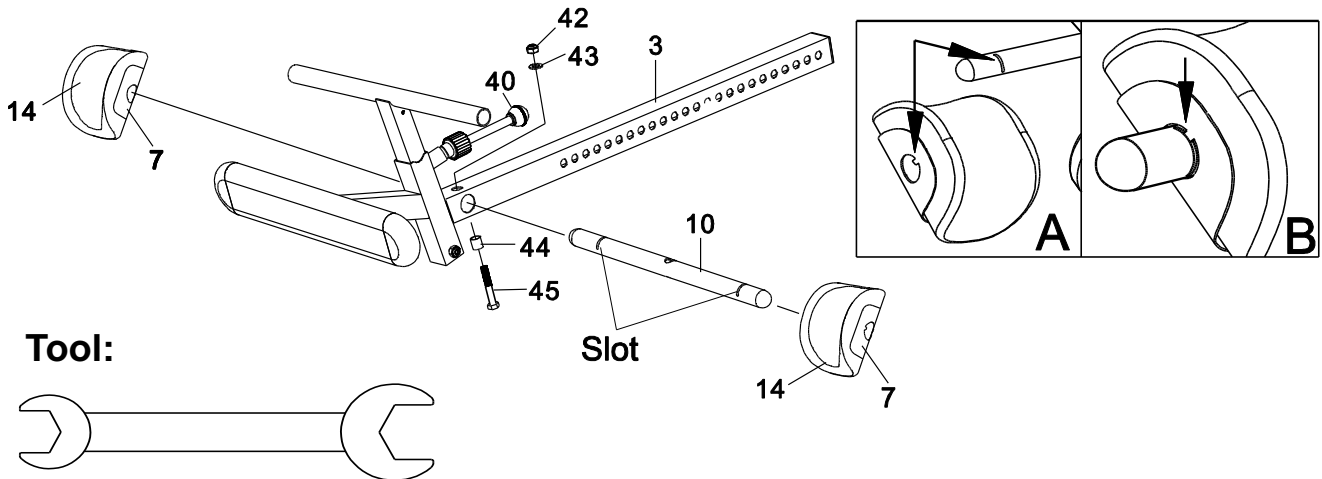


(47) Flat Washer
1 PC

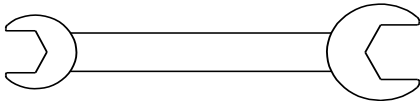


(48) Nylon Nut
1 PC

ASSEMBLY



Tool:



**13, 17mm Wrench
2 PCS**

Step 6:

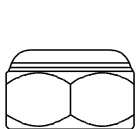
Slide the **Rod (10)** with both slots facing the **Adjustable Instep Frame Knob (40)** through the large round hole on the side of the **Adjustable Boom (3)**. Secure the **Rod (10)** on the **Adjustable Boom (3)** with one **Nylon Nut (42)**, one **Flat Washer (43)**, one **Metal Bushing (44)**, and one **Hexagon Head Bolt (45)**. Tighten the **Nylon Nut (42)**, and **Hexagon Head Bolt (45)** with the two **13, 17mm Wrenches** provided.

Slide one **Steel Heel Holder Bracket (7)** and one **Rear Rubber Heel Holder (14)** onto one end of the **Rod (10)** until the lock tooth is wedged into the slot in the **Rod (10)**, as shown in the **diagrams A and B**.

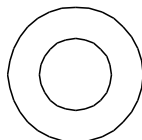
Use the same procedure to attach the second **Steel Heel Holder Bracket (7)** and **Rear Rubber Heel Holder (14)** onto the other side of the **Rod (10)**.

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

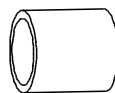
Hardware:



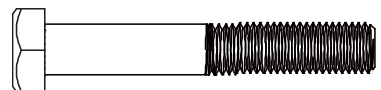
**(42) Nylon Nut
1 PC**



**(43) Flat Washer
1 PC**

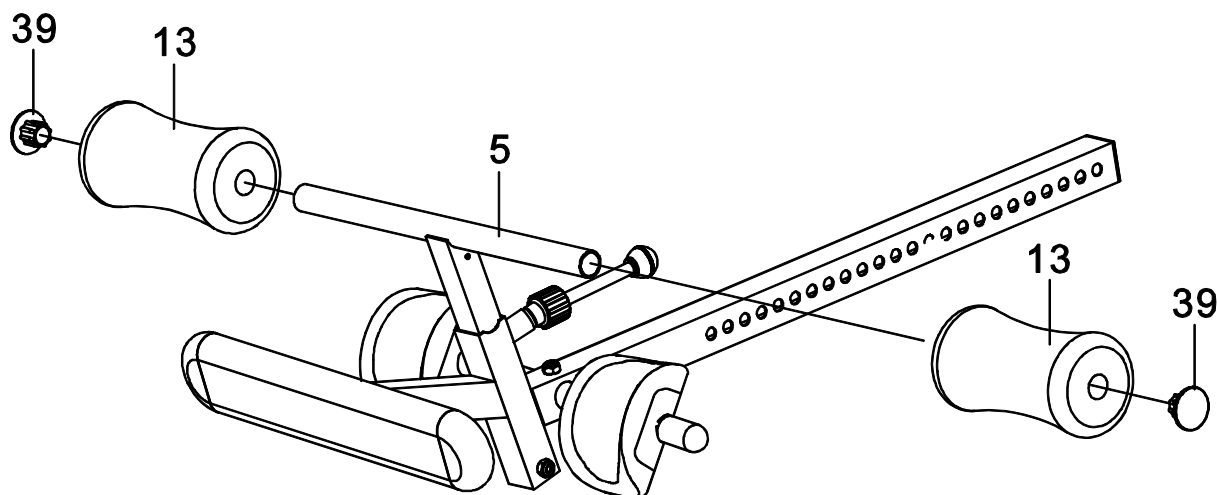


**(44) Metal Bushing
1 PC**



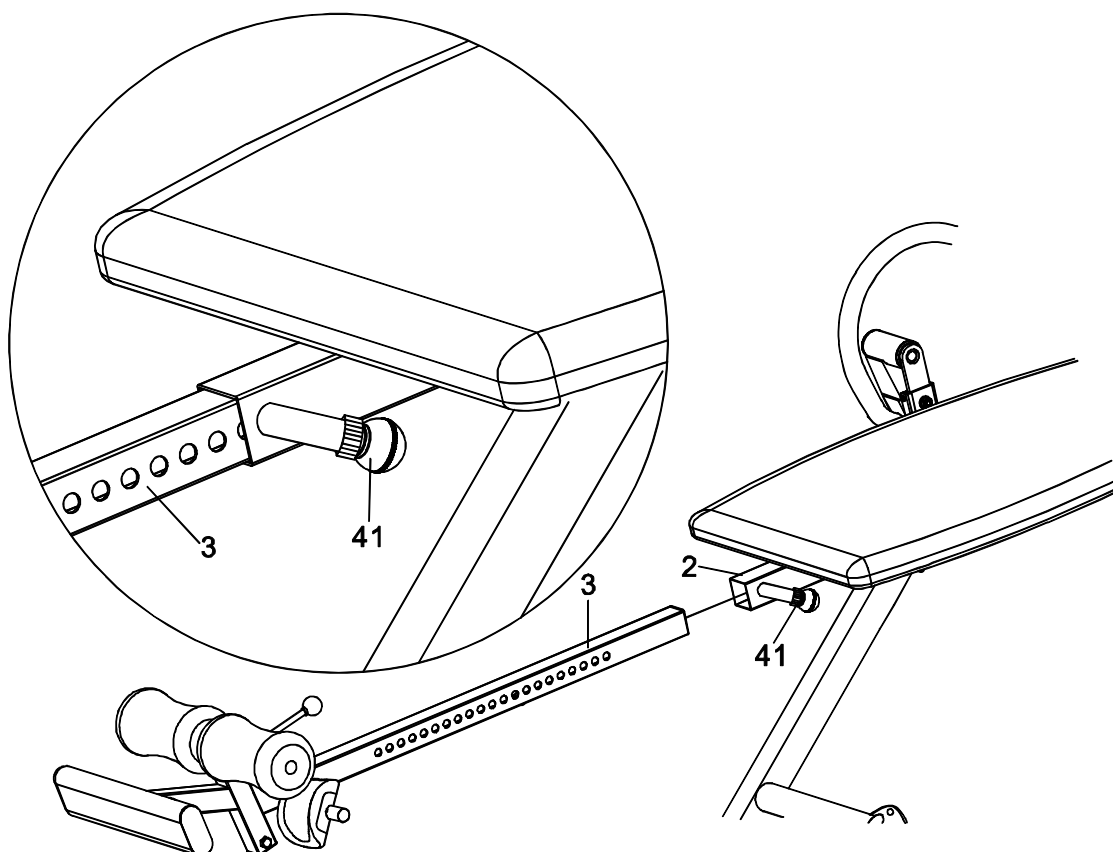
**(45) Hexagon Head Bolt
1 PC**

ASSEMBLY



Step 7:

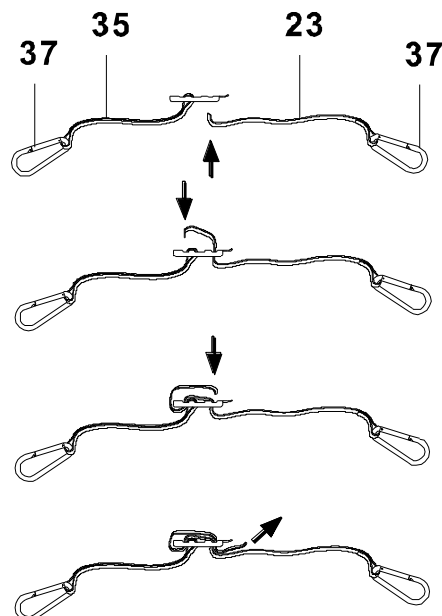
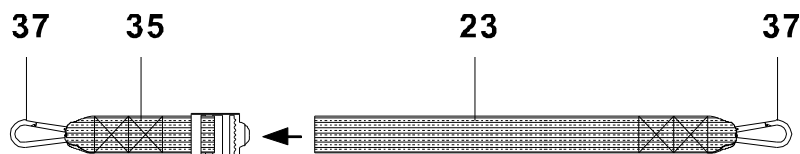
Slide a **Front Heel Holder (13)** onto both ends of the **Adjustable Instep Frame (5)**. Install two **Adjustable Instep Frame Round End Caps (39)** onto both ends of the **Adjustable Instep Frame (5)** to secure the **Front Heel Holders (13)** in place.



Step 8:

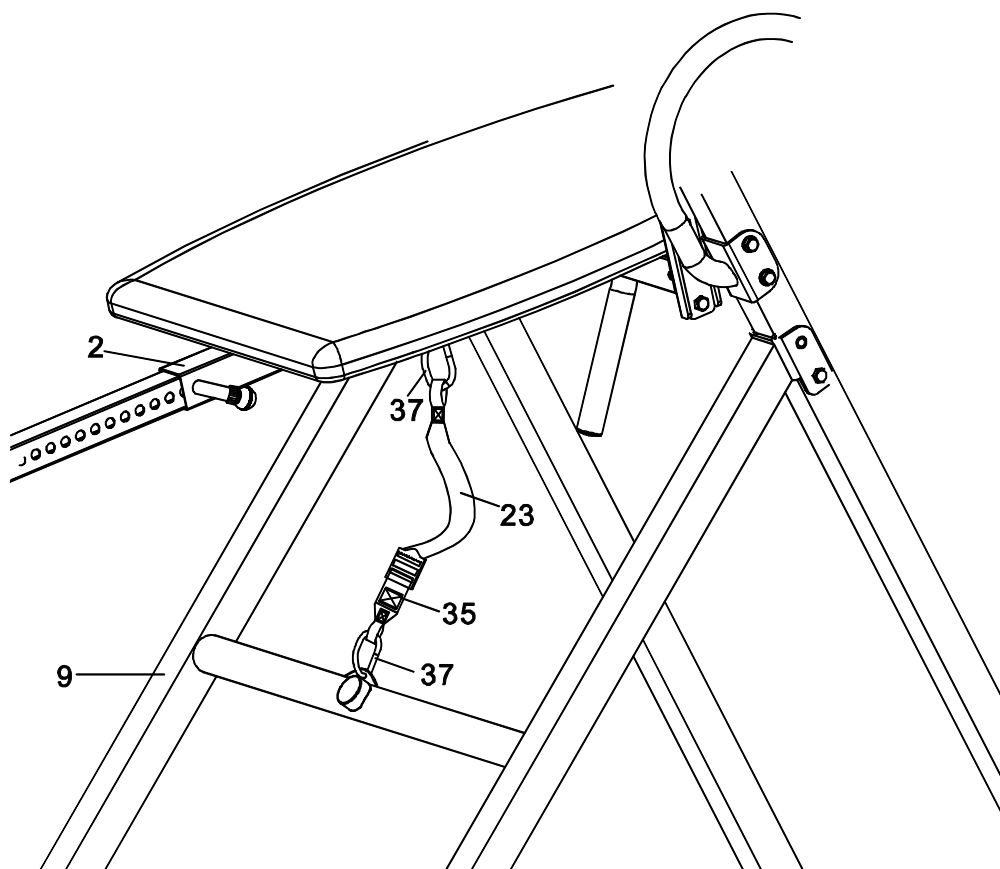
Pull out the **Adjustable Boom Knob (41)**, and slide the **Adjustable Boom (3)** into the square bracket on the bottom of the **Backrest Frame (2)**. Lock the **Adjustable Boom (3)** in place by releasing the **Adjustable Boom Knob (41)** and sliding the **Adjustable Boom (3)** up or down slightly until the **Adjustable Boom Knob (41)** "POPS" into the locked position.

ASSEMBLY



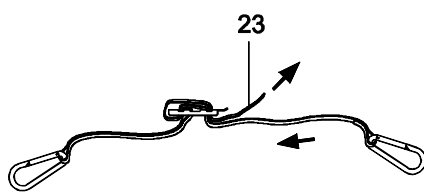
Step 9:

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

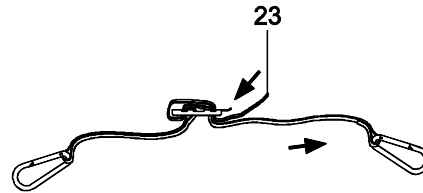


Step 10:

Attach the **Nylon and Loop Straps (23, 35)** to the inversion table by hooking the **Safety Hook (37)** on the end of the **Nylon Strap (23)** to the triangular plate on the back of the **Backrest Frame (2)**. Then hook the **Safety Hook (37)** on the end.



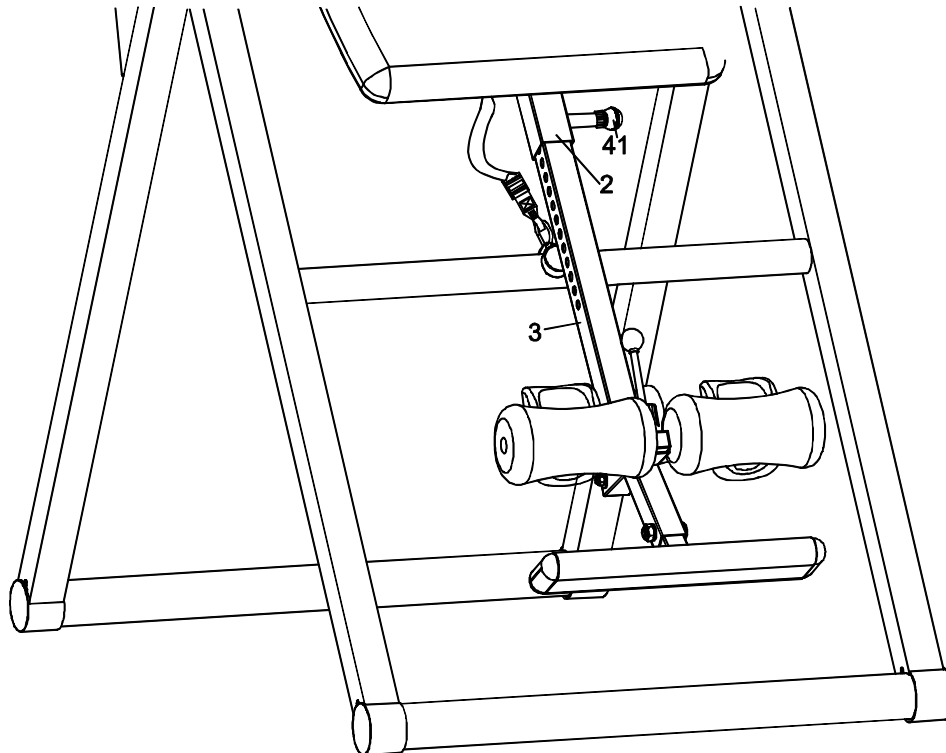
SHORTEN



LENGTHEN

THE STRAP

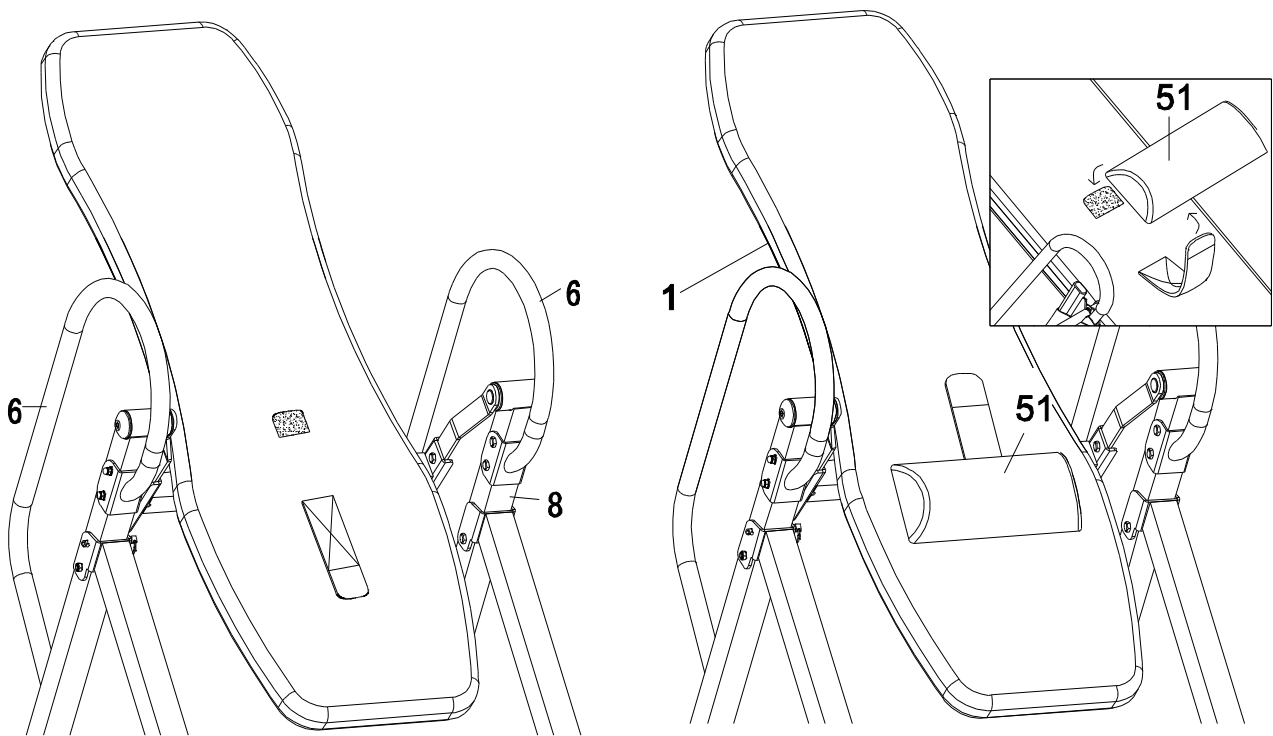
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the **Nylon Strap (23)**, feed the top end of the **Nylon Strap (23)** into the strap lock, and pull on the lower end of the strap outwards. To shorten the length, feed the bottom end of the **Nylon Strap (23)** into the strap lock, and pull on the top end. See illustration above.



ADJUSTING THE BOOM

The **Adjustable Boom (3)** can be moved to a variety of different positions in order to accommodate the height of the person using the inversion table. To adjust the **Adjustable Boom (3)** pull out and hold the **Adjustable Boom Knob (41)** while sliding the **Adjustable Boom (3)** up or down until the desired height is positioned just below the **Backrest Frame (2)**. When the **Adjustable Boom (3)** is in the desired position, simply release the **Adjustable Boom Knob (41)**, and then slide the **Adjustable Boom (3)** slightly up or down until the **Adjustable Boom Knob (41)** locks into place with a “POP” sound.

OPERATION AND ADJUSTMENTS



THE HANDLEBARS

Always hold onto 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, simply grab the **Handlebars (6)** and pull on them until you return to the upright position.

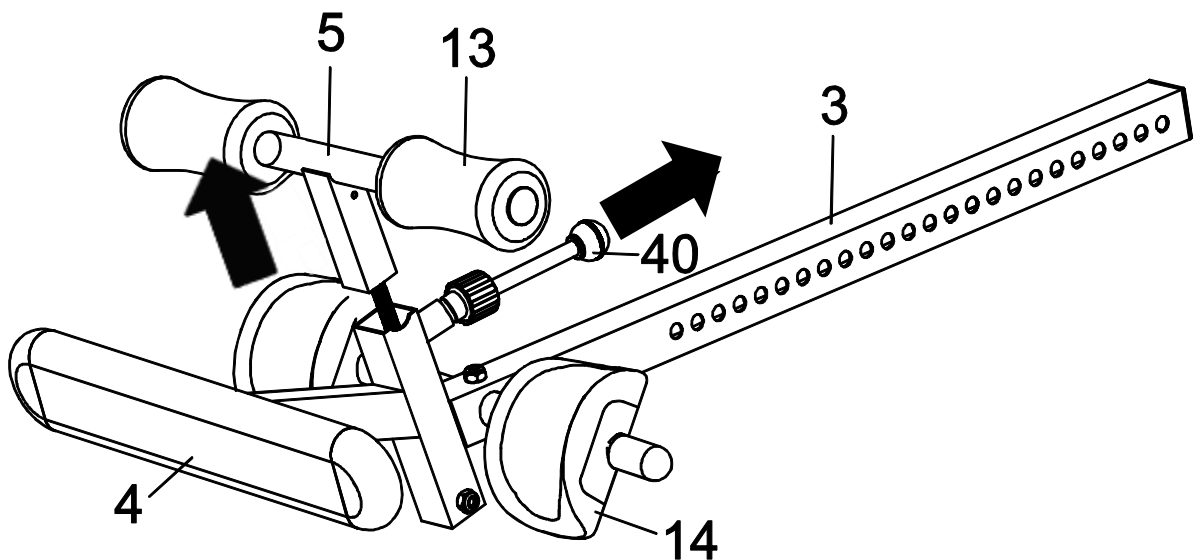
NOTE: Always hold on to the handlebars and go back slowly. The inversion table should always return to the upright position when you move your hands below your waist. If it does not, adjust for height before next use. Failure to comply could result in serious physical injury.

THE LUMBAR PAD

Insert the Velcro strap on the Backrest (1) through the back side of the Lumbar Pad (51) to secure the Lumbar Pad (51) onto the Backrest (1). Slide the Lumbar Pad (51) up

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



ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

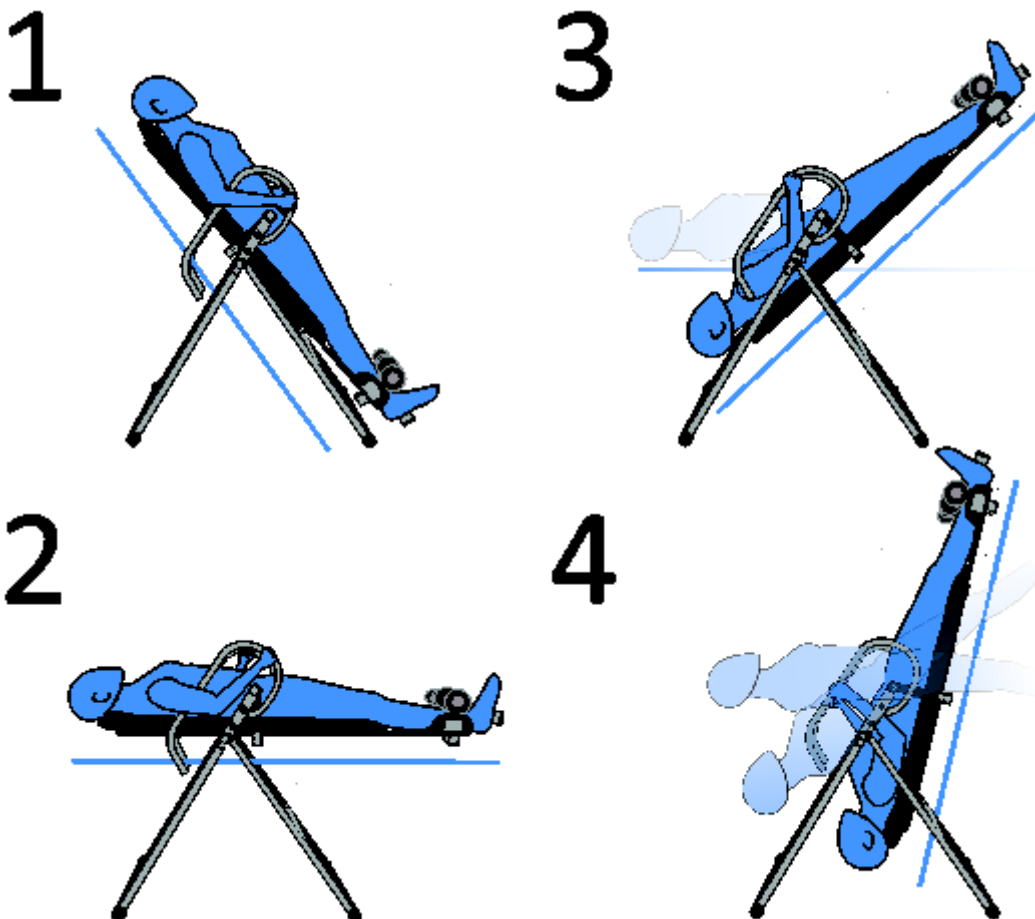
1. Pull out and hold the **Adjustable Instep Frame Knob (40)**, and then adjust the **Adjustable Instep Frame (5)** until there is enough clearance to step in. Let go of the **Adjustable Instep Frame Knob (40)** when there is enough clearance.
2. Place your ankles between the **Front Rubber Heel Holders (13)** and **Rubber Rear Heel Holders (14)** and stand on the **Foot Bar (4)** located at the bottom of the **Adjustable Boom (3)**.
3. Step onto the **Foot Bar (4)**, and pull out and hold the **Adjustable Instep Frame Knob (40)**, secure your ankles tightly between the **Adjustable Instep Frame (5)** and the **Rubber Rear Heel Holders (14)**.
4. Make sure the **Adjustable Instep Frame Knob (40)** is inserted all the way into the adjustment holes (see the warning on page 3) and your ankles are secured before inverting.

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 holding onto the handlebars. While in this position, your head should still be slightly above your feet. If your feet are above your head, dismount and adjust the height again.

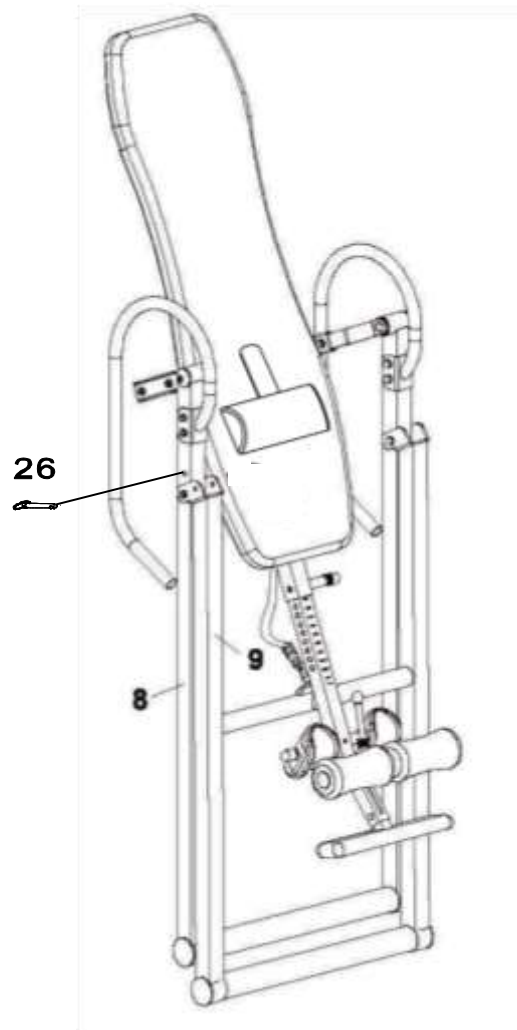
USING THE INVERSION TABLE

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.
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 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.**



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. Pull out the **Ring Pin (26)** from the holes on the **Rear Frame (8)** and **Front Frame (9)**, then push the **Rear Frame (8)** and **Front Frames (9)** together until they meet. Insert the **Ring Pin (26)** back into the hole on the **Front Frame (9)**. Now the inversion table is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

MAINTENANCE INSTRUCTIONS

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

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

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

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

COMPONENT LENGTH OF WARRANTY

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

Exclusions from Warranty Coverage:

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

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

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

Ordering Replacement Parts

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

service@paradigmhw.com

When ordering replacement parts have the following information ready:

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

PARTS REQUEST FORM

Paradigm Health & Wellness, Inc.

EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO

Service@paradigmhw.com *

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: (Day) _____

(Night) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PLACE OF PURCHASE: _____

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"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

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