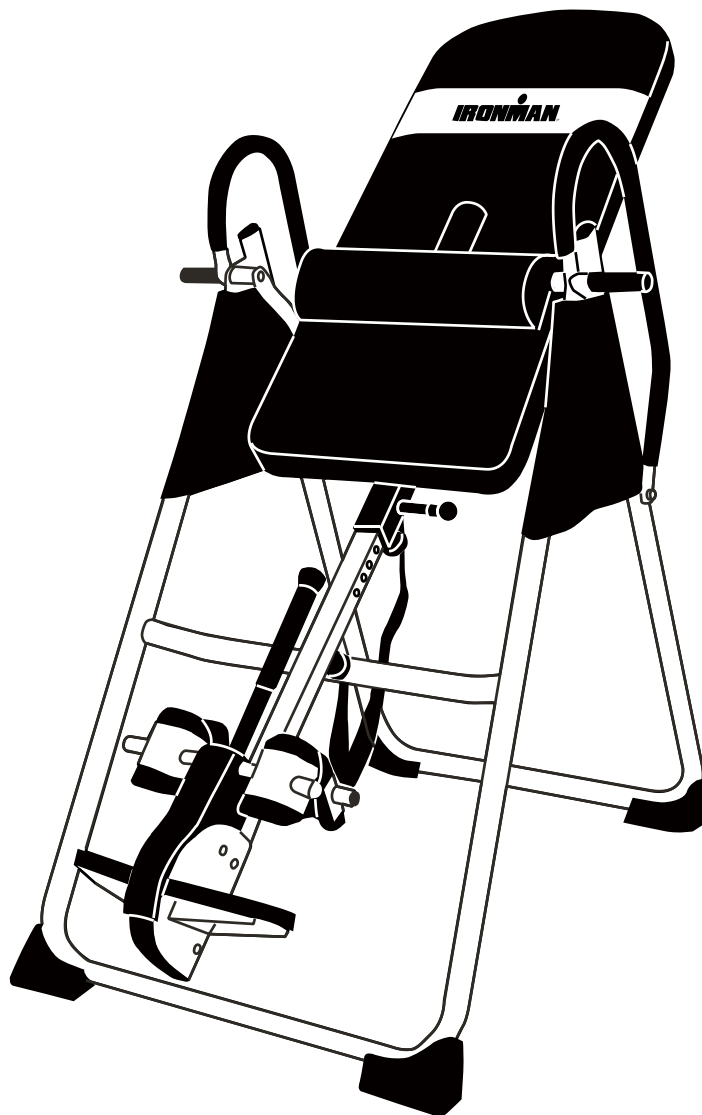


# OWNER'S MANUAL



## Inversion Table

5402.9-082718

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](http://www.IRONMAN.com)

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Used here by permission.



**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](mailto:Service@paradigmhw.com)**

**Or call us at:**  
**1-844-641-7922**  
**Hours:**  
**8:00 am to 5:00 pm (PST)**  
**Monday thru Friday**

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# SERVICE

## IMPORTANT: FOR NORTH AMERICA ONLY

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

**For The Best Service, please Email:**  
**[service@paradigmhw.com](mailto: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](http://www.paradigmhw.com)**

**Toll-Free:**

**1-844-641-7922**

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

**Response time may vary via calling**

**Please have the following information ready when requesting for service:**

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

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

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

# LABEL PLACEMENT

## ⚠ 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 las manubrios y ponga al revés lentamente.

**IRONMAN**

For customer assistance call:  
1-844-641-7922  
8 am - 5 pm PST  
Monday - Friday  
Pour le service à la clientèle composer la  
1-844-641-7922  
lundi à vendredi  
8h00 h - 17 h (HNP)



**Feet must be secured properly before use**  
**Les pieds doivent être proprement serrés avant utilisation**  
**Se deben asegurar adecuadamente los pies antes de usar.**

## ⚠ ADVERTENCIA

La altura de la chertle doit être ajustée avant d'utiliser la table de massage.

## ⚠ AVERTISSEMENT

El soporte de la table de massage debe ser ajustado antes de usar la table de massage.

## ⚠ WARNING:

The table holder must be locked before using the inversion table.

## ⚠ WARNING:

The table holder must be locked before using the inversion table.

## ⚠ 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 / AVERTISSEMENT

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

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

**⚠ ATTENTION**  
- 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 VÊTEMENTS LIBRES ET LES BIJOUX CLAIRS DE TOUTES LES PIÈCES EN MOUVEMENT  
- ASSUREZ-VOUS QUE TOUS LES ÉCROUS, VIS, BOULONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION  
- REVOIR TOUS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION

## ⚠ WARNING / AVERTISSEMENT

**Max. Weight: 350lbs. & Max. Height: 6'6"**  
**Le poids Maximum et hauteur pour ce produit est 159 kgs / 198 cm.**

# 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](http://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 350 lbs / 159 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.**

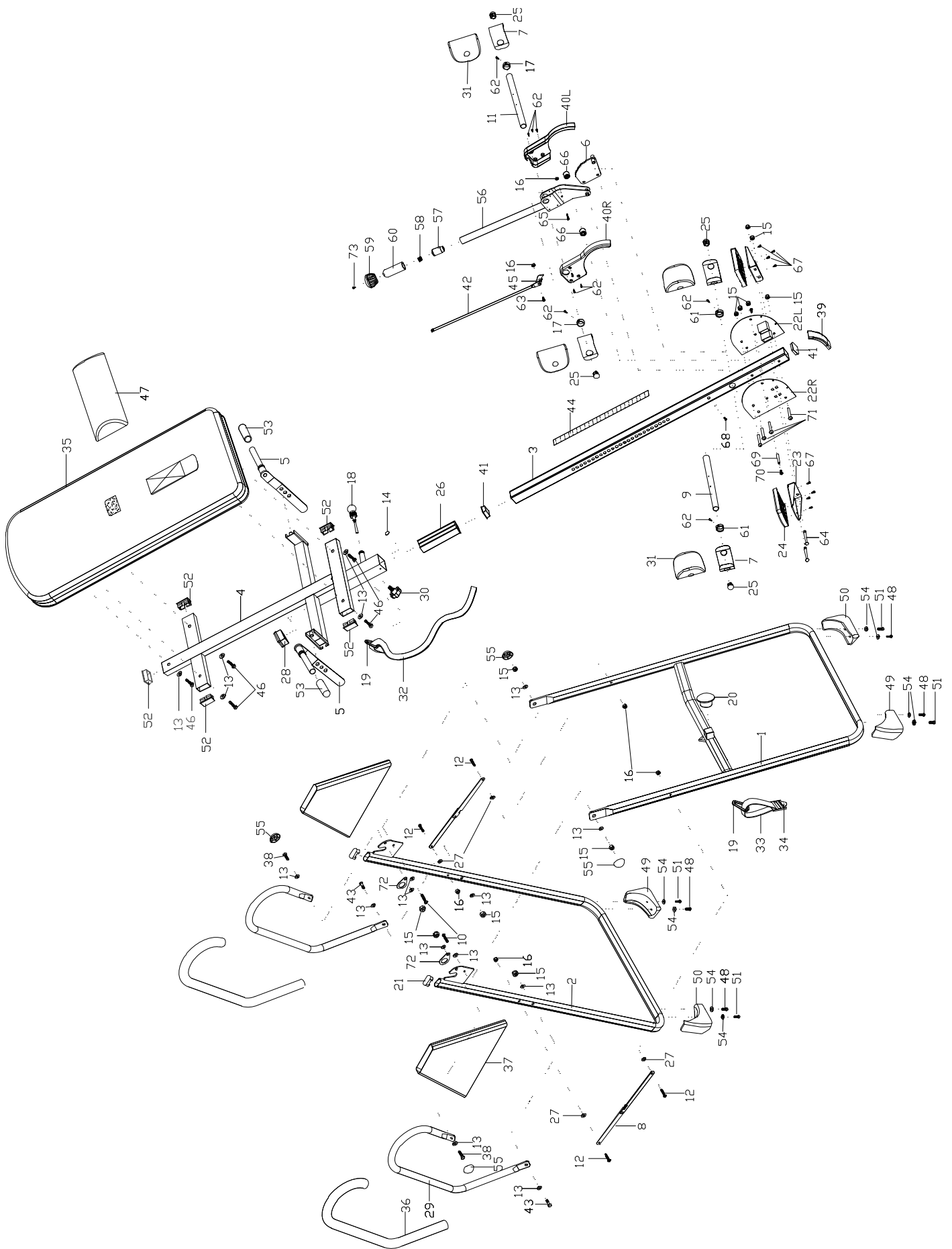
## SAVE THESE GUIDELINES



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



# OVERVIEW DRAWING





# PARTS LIST

| No. | Description                 | Qty |
|-----|-----------------------------|-----|
| 1   | Front U-Frame               | 1   |
| 2   | Rear U-Frame                | 1   |
| 3   | Adjustable Boom             | 1   |
| 4   | Bed Frame                   | 1   |
| 5   | Pivot Arm                   | 2   |
| 6   | Adjustable Lock Plate       | 1   |
| 7   | Steel Heel Holder Bracket   | 4   |
| 8   | Right Folding Arm           | 2   |
| 9   | Rear Rod                    | 1   |
| 10  | Bolt M8x23                  | 2   |
| 11  | Front Rod                   | 1   |
| 12  | Phillips Screw M6x35        | 4   |
| 13  | Washer Ø20xØ8.5x1.5         | 17  |
| 14  | Round Plate                 | 1   |
| 15  | Lock Nut M8                 | 12  |
| 16  | Lock Nut M6                 | 6   |
| 17  | Blocking Bush Ø28.5xØ23x14  | 2   |
| 18  | Large Spring Knob           | 1   |
| 19  | Safety Hook                 | 2   |
| 20  | Rubber Pad                  | 1   |
| 21  | Oval End Cap                | 2   |
| 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               | 4   |
| 26  | Lower Bed Frame Bushing     | 2   |
| 27  | Washer Ø16xØ6.5x1.0         | 4   |
| 28  | Upper Bed Frame Bushing     | 1   |
| 29  | Handlebar                   | 2   |
| 30  | Knob                        | 1   |
| 31  | Rubber Heel Holder          | 4   |
| 32  | Nylon Strap                 | 1   |

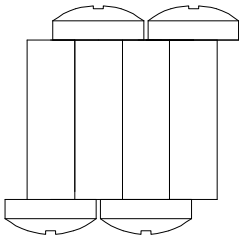
| No. | Description                  | Qty |
|-----|------------------------------|-----|
| 33  | Loop Strap                   | 1   |
| 34  | Strap Lock                   | 1   |
| 35  | Foam Bed                     | 1   |
| 36  | Foam Grip                    | 2   |
| 37  | Protective Cover             | 2   |
| 38  | Hex Head Bolt M8x23          | 2   |
| 39  | Front Plastic Cover          | 1   |
| 40L | Left Plastic Cover           | 1   |
| 40R | Right Plastic Cover          | 1   |
| 41  | Square End Cap               | 2   |
| 42  | Locking Pin                  | 1   |
| 43  | Hex Head Bolt M8x43          | 2   |
| 44  | Height Scale                 | 1   |
| 45  | Latch                        | 1   |
| 46  | Foam Bed Bolt                | 5   |
| 47  | Lumbar Pad                   | 1   |
| 48  | Bolt M6x20                   | 4   |
| 49  | Right Foot Cap               | 2   |
| 50  | Left Foot Cap                | 2   |
| 51  | Bolt M6x25                   | 4   |
| 52  | End Cap (□25x50mm)           | 5   |
| 53  | Foam Grip                    | 2   |
| 54  | Washer Ø13xØ6.5x1.0          | 8   |
| 55  | Nut Cap Ø27xØ13.5            | 4   |
| 56  | Adjustable Handle            | 1   |
| 57  | Handle Cap                   | 1   |
| 58  | Handle Spring                | 1   |
| 59  | Button                       | 1   |
| 60  | Handle Tip                   | 1   |
| 61  | Blocking Bush Ø28.5xØ22.5x10 | 2   |
| 62  | Screw M3x10                  | 10  |
| 63  | Bolt M6x15                   | 1   |
| 64  | Carriage Bolt M8x70          | 2   |

## PARTS LIST

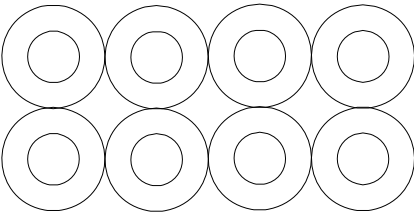
| No. | Description     | Qty |
|-----|-----------------|-----|
| 65  | Bolt M6x30      | 1   |
| 66  | Spacer Ø22x16.8 | 2   |
| 67  | Screw ST4.2x12  | 8   |
| 68  | Screw ST4.8x20  | 1   |
| 69  | Shaft Nut Ø8    | 1   |

| No. | Description               | Qty |
|-----|---------------------------|-----|
| 70  | Bolt M5x10                | 2   |
| 71  | Bolt M8x 50               | 4   |
| 72  | Pivot Arm Ring            | 2   |
| 73  | Phillips head screw M4x25 | 1   |
|     |                           |     |

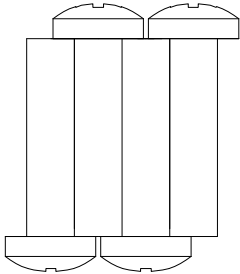
Step 1



(#48) Bolt M6x20 4pcs

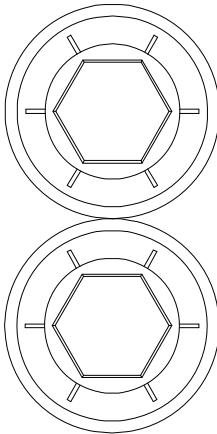


(#54) Washer 13\*Φ6.5\*1.0 8pcs



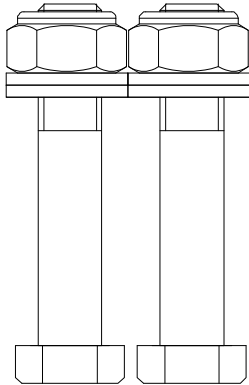
(#51) Bolt M6x25 4pcs

Step 2

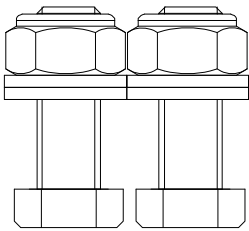


(#55) Nut Cap Φ27\*13.5 2pcs

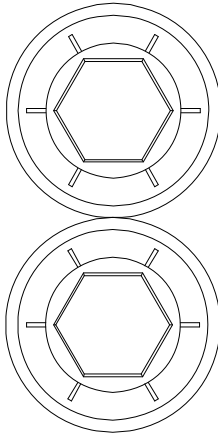
Step 7



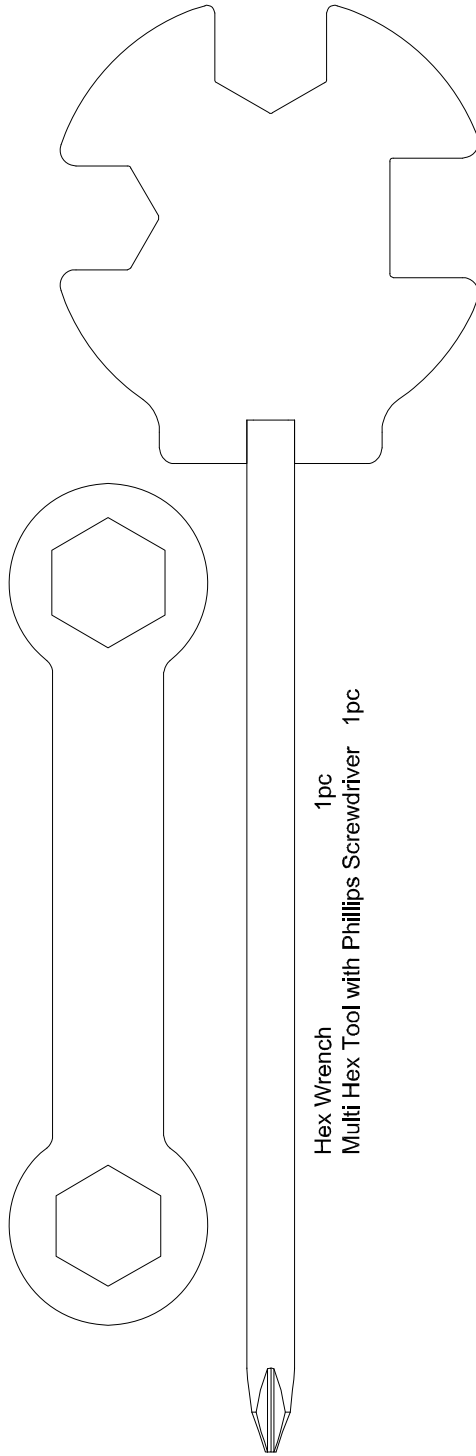
(#43) Hex Head Bolt M8x43 2pcs  
(#13) Washer Φ8.5\*Φ20\*t1.5 4pcs  
(#15) Lock Nut M8 2pcs



(#38) Hex Head Bolt M8x23 2pcs  
(#13) Washer Φ8.5\*Φ20\*t1.5 4pcs  
(#15) Lock Nut M8 2pcs

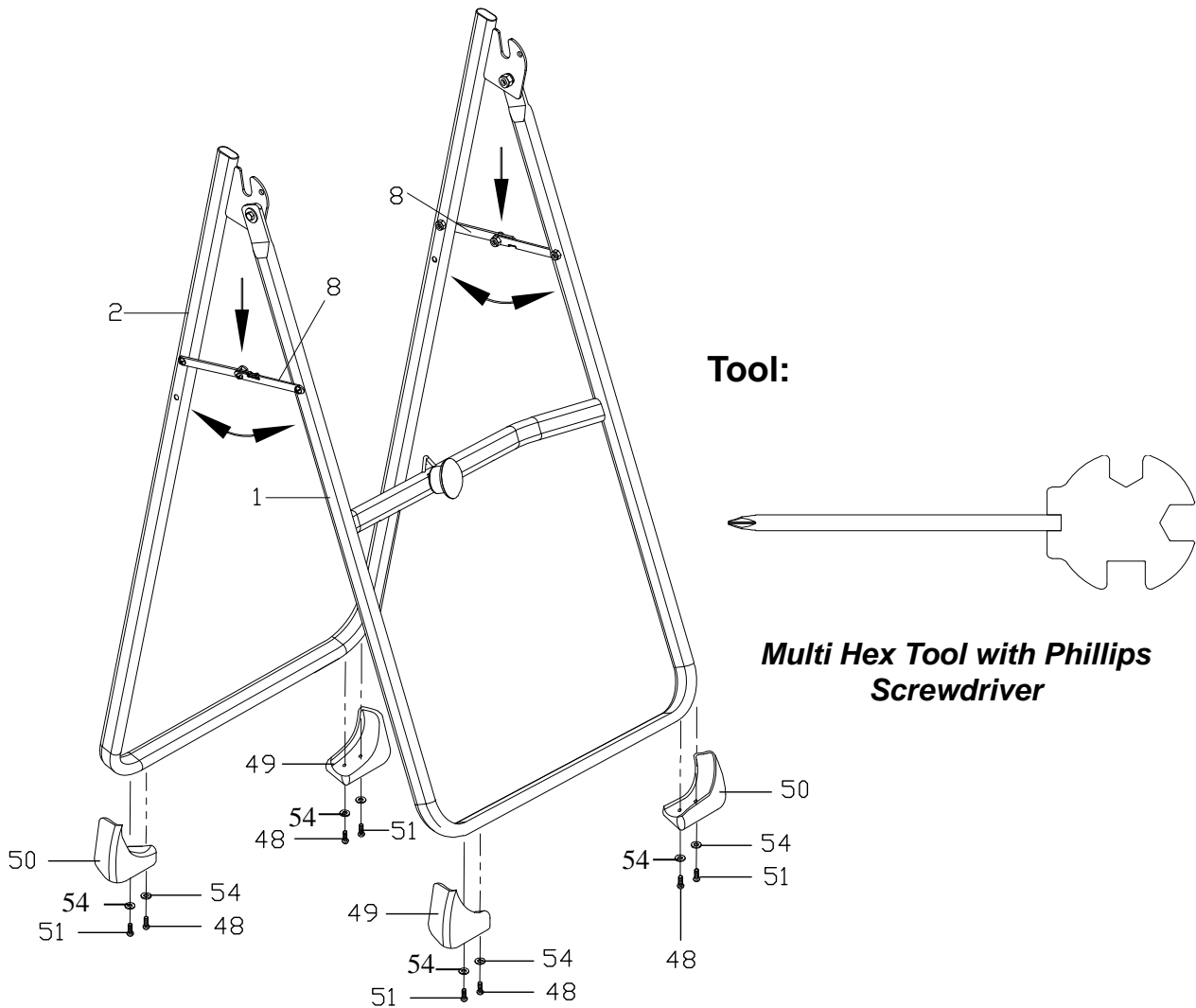


(#55) Nut Cap Φ27\*13.5 2pcs



Hex Wrench 1pc  
Multi Hex Tool with Phillips Screwdriver 1pc

# ASSEMBLY

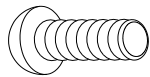


## Step 1:

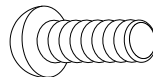
**1.1** Stand up the base of the machine by separating the **Front and Rear U-Frames (1, 2)**. Pull the **Front and Rear U-Frames (1, 2)** apart from each other. Push down on the middle of the **Folding Arms (8)** until the frames are fully locked down.

**1.2** Attach each of the **Right & Left Foot Caps (49, 50)** to the **Front & Rear U-Frame (1, 2)** with one **Screw (48)**, one **Screw (51)**, and two **Washers (54)**. Tighten the screws using the **Multi Hex Tool with Phillips Screwdriver** provided.

## Hardware:



**(48) Bolt**  
4 PCS

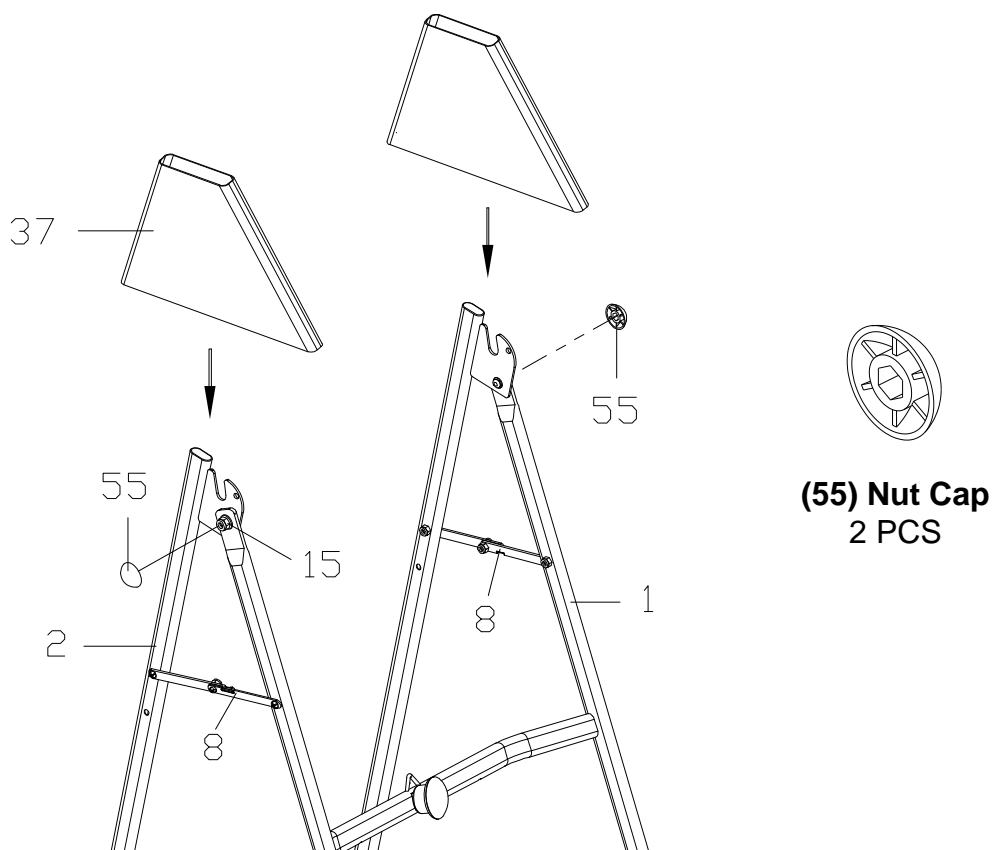


**(51) Bolt**  
4 PCS



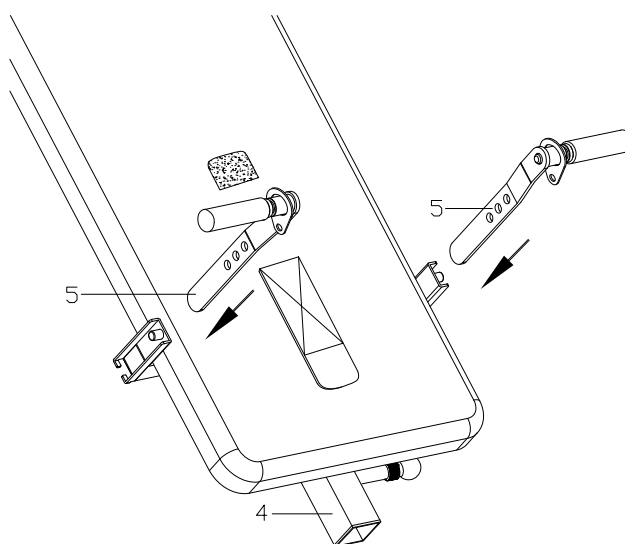
**(54) Washer**  
8 PCS

# ASSEMBLY



## Step 2:

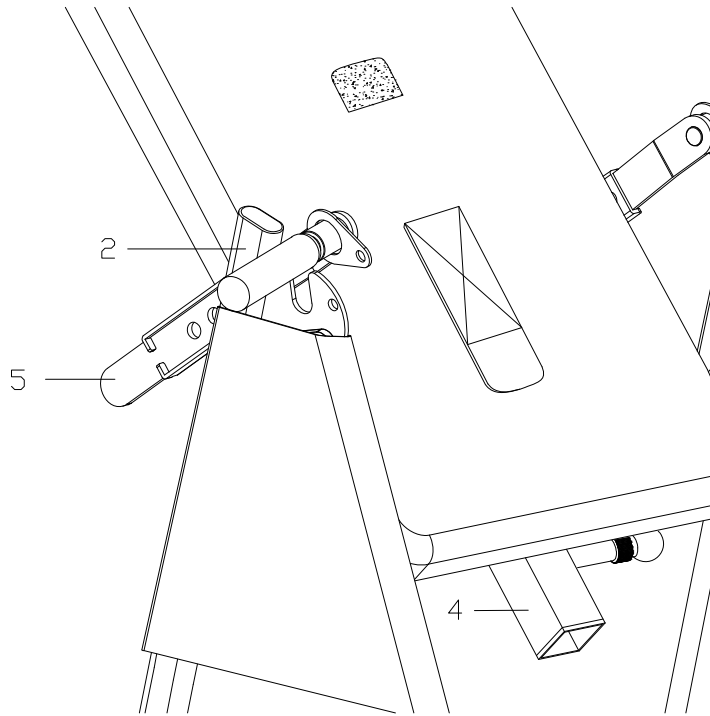
**2.1** Install a **Nut Cap (55)** onto the **Lock Nuts (15)**. Slide a **Protective Cover (37)** on to each side of the base as shown. Pull down on the **Protective Covers (37)** until the bottom of the covers are slightly lower than the **Folding Arms (8)**. Use the **Velcro Straps** on the bottom of the **Protective Covers (37)** to secure the covers to the **Folding Arms (8)**. When the covers are assembled correctly, the **Folding Arms (8)** should be fully covered by the **Protective Covers (37)**.



## Step 3:

**3.1** Slide the bottom of the **Pivot Arms (5)** into the brackets that are located on each side of the **Bed Frame (4)**. Align the arms with the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the **Pivot Arms (5)** in place. It is recommended that you use the bottom hole on the **Pivot Arms (5)** until you become more familiar with the equipment.

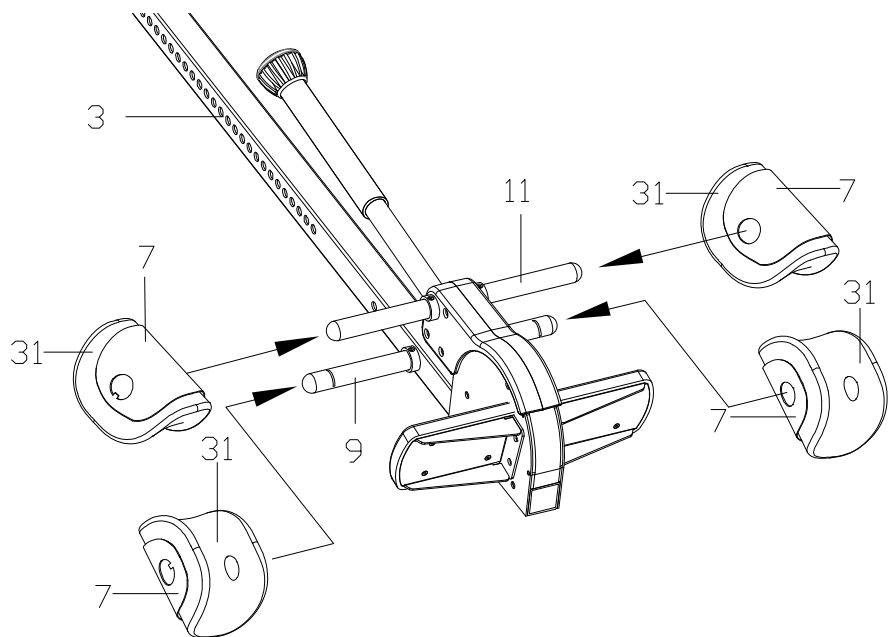
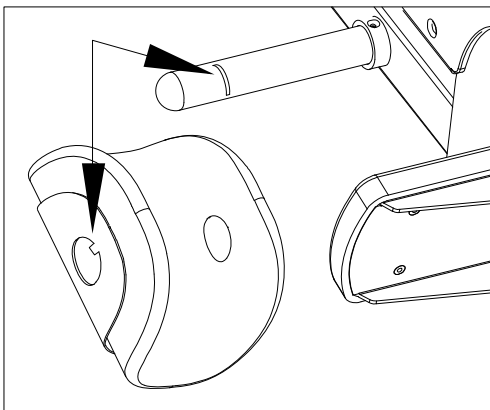
## ASSEMBLY



### Step 4:

**4.1** Mount the **Bed Frame (4)** to the **Rear U-Frame (2)** by inserting the ends of the **Pivot Arms (5)** into the channels on the plates. The slotted portion of the rollers on the end of the **Pivot Arms (5)** should be inserted into the channels on the plates.

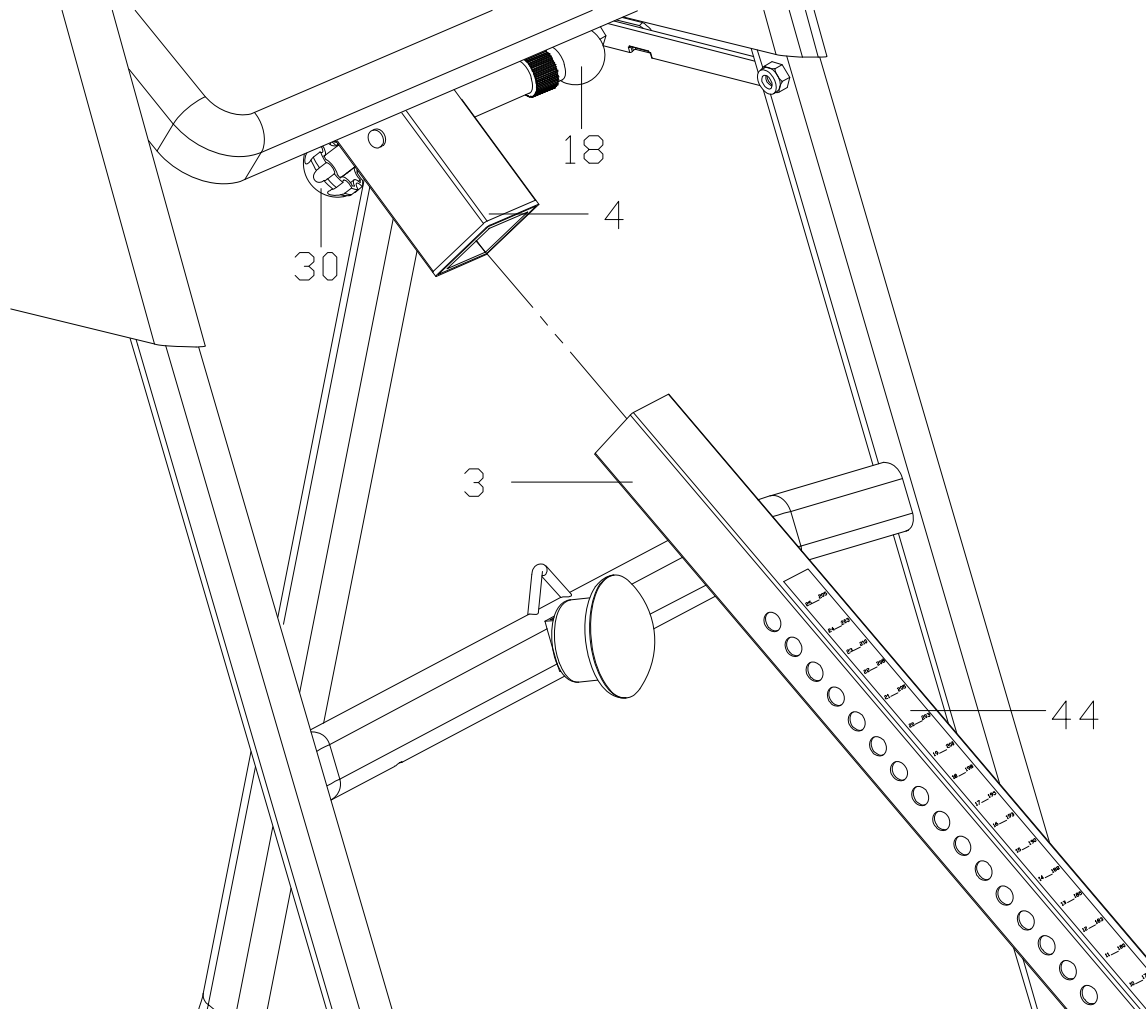
**Figure A**



### Step 5:

**5.1** Slide the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (31)** onto both ends of the **Rear Rod (9)**. Ensure the lock teeth are wedged into the slots in **Rear Rod (9)** as shown in the figure above. Repeat this step to install the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (31)** onto the **Front Rod (11)**.

**NOTE:** Make sure the lock teeth are wedged into the slots in the **Rear and Front Rods (9, 11)** before use. **See Figure A.**



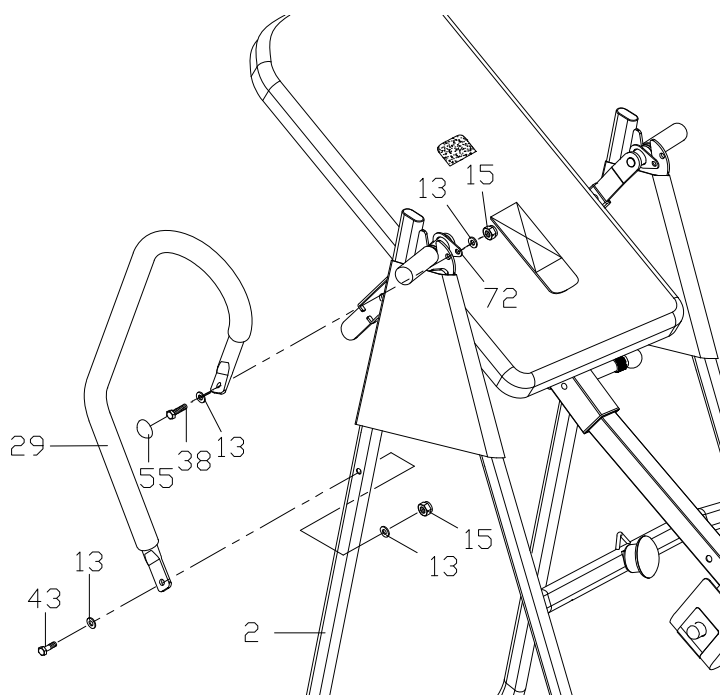
## Step 6:

**6.1** Pull out AND HOLD the **Large Spring Knob (18)** and slide the **Adjustable Boom (3)** into the square bracket on the bottom of the **Bed Frame (4)** as shown. Slide the **Adjustable Boom (3)** to the desired height.

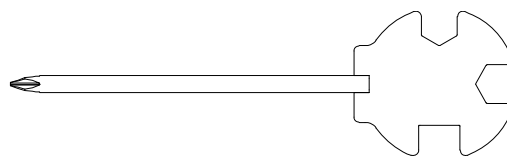
**6.2** Lock the **Adjustable Boom (3)** in place by releasing the **Large Spring Knob (18)** and sliding the **Adjustable Boom (3)** up or down slightly until the **Large Spring Knob (18)** "POPS" down into the locked position. Secure the **Knob (30)** onto the back side of the bracket on the **Bed Frame (4)** as shown.



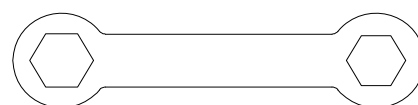
# ASSEMBLY



## Tool:



**Multi Hex Tool with Phillips Screwdriver**



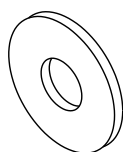
**Hex Wrench**

## Step 7:

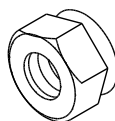
**7.1** Attach the top end of the **Handlebar (29)** onto the **Rear U-Frame (2)** and **Pivot Arm Ring (72)** with one **Hex Head Bolt (38)**, one **Lock Nut (15)**, and two **Washers (13)**. Attach the bottom end of the **Handlebar (29)** onto the **Rear U-Frame (2)** with one **Hex Head Bolt (43)**, one **Lock Nut (15)**, and two **Washers (13)**. Tighten all bolts and nuts using the **Multi Hex Tool with Phillips Screwdriver**, and **Hex Wrench** provided. Attach a **Nut Cap (55)** onto the **Hex Head Bolt (38)**.

**7.2** Repeat this step to attach the other **Handlebar (29)** on the opposite side of the **Rear U-Frame (2)**.

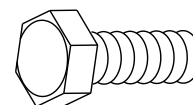
## Hardware:



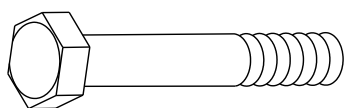
**(13) Washer**  
8 PCS



**(15) Lock Nut**  
4 PCS



**(38) Hex Head Bolt**  
2 PCS

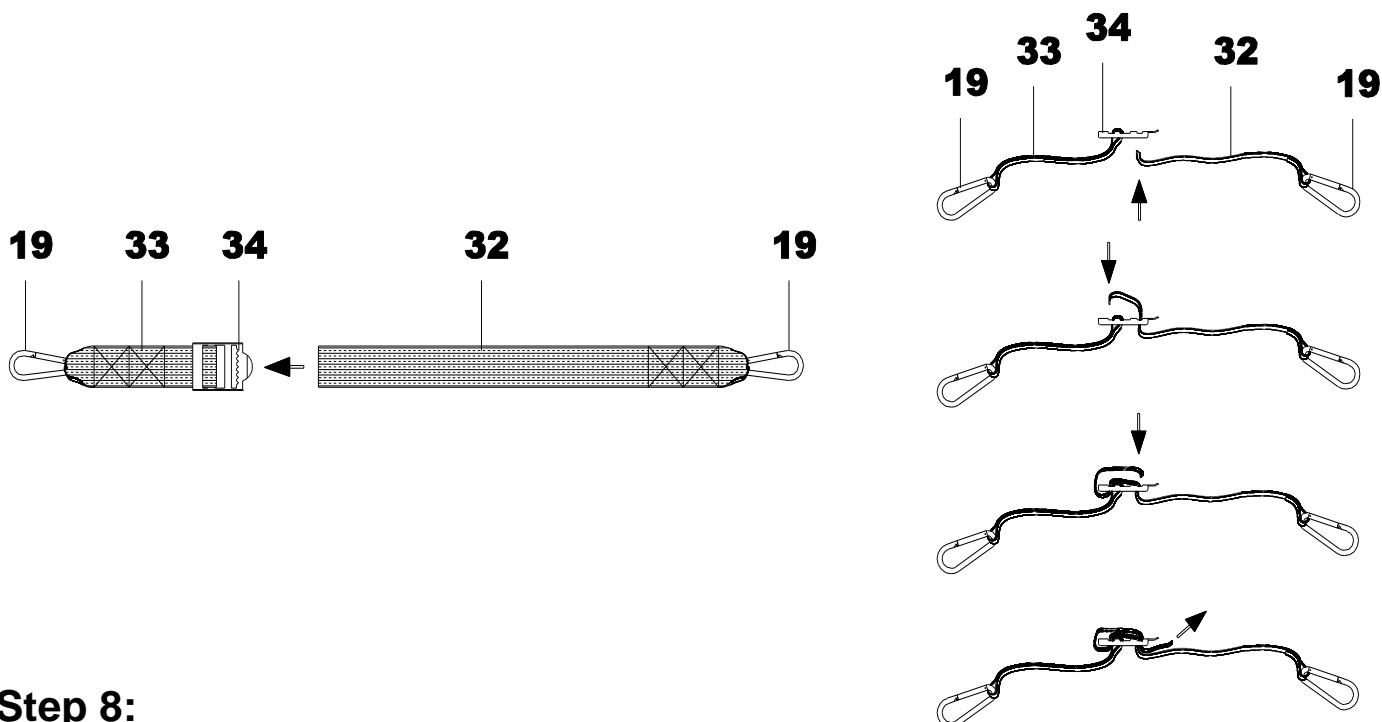


**(43) Hex Head Bolt**  
4 PCS



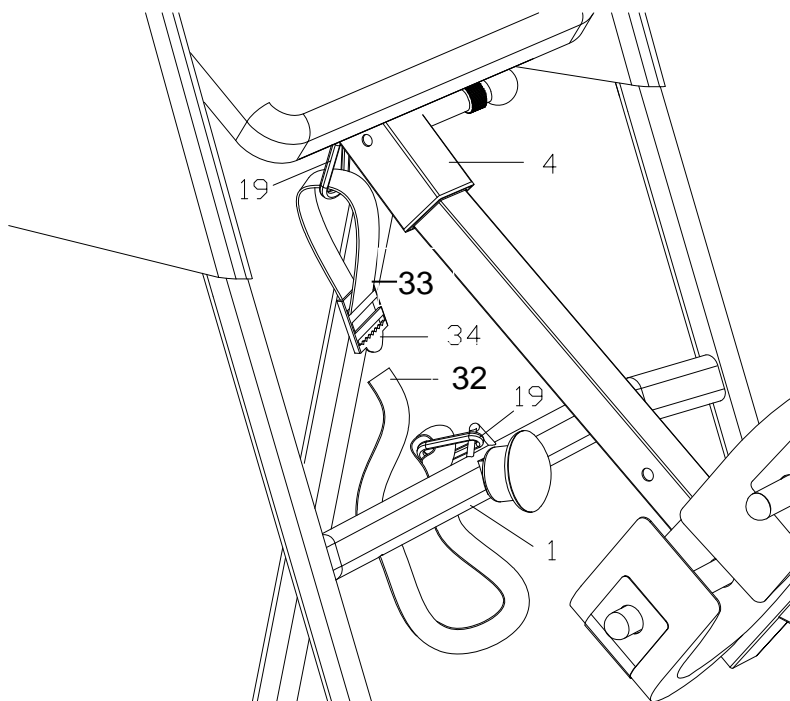
**(55) Nut Cap**  
2 PCS

# ASSEMBLY



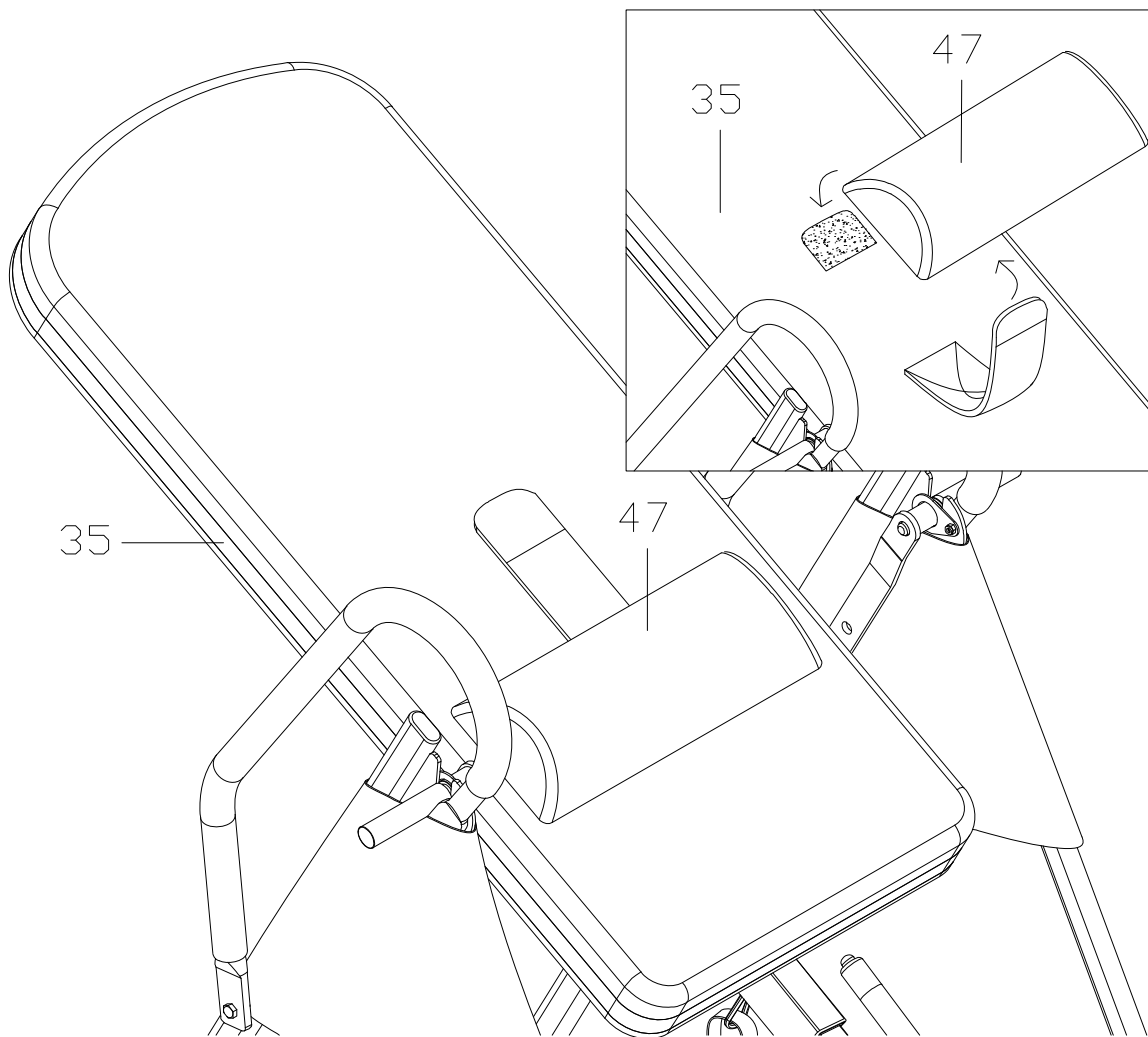
## Step 8:

**8.1** Attach the **Nylon Strap (32)** to the **Strap Lock (34)** by inserting the end of the **Nylon Strap (32)** up through the bottom of the **Strap Lock (34)**. Loop the **Nylon Strap (32)** over the **Pre-assembled Loop Strap (33)** and down through the **Strap Lock (34)**. Then loop the strap back over itself, and insert back through the **Strap Lock (34)**, and pull tight to secure. See Diagram above.



## Step 9:

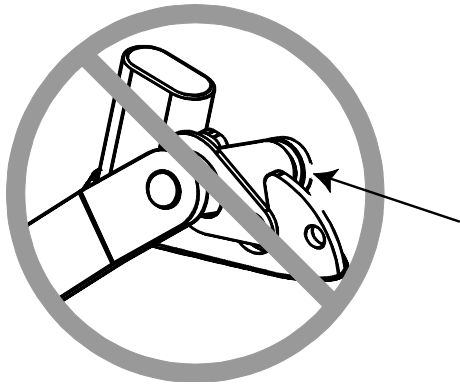
**9.1** Attach the **Nylon and Loop Straps (32, 33)** to the inversion table by hooking the end of the **Nylon Strap (32)** to the loop on the back of the **Bed Frame (4)** as shown. Then hook the other end of **Loop Strap (33)** to the other Pre-assembled loop on the **Front U-Frame (1)** as shown above.



## Step 10:

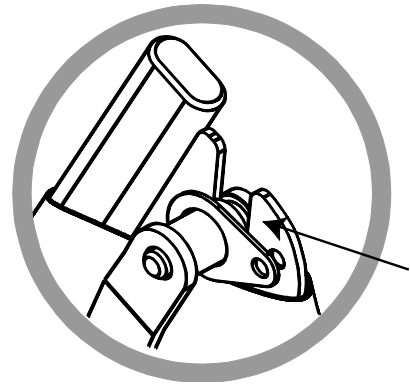
**10.1** Insert the Velcro strap on the **Foam Bed (35)** to the **Lumbar Pad (47)** and secure the **Lumbar Pad (47)** onto the **Foam bed (35)**.

### Incorrect



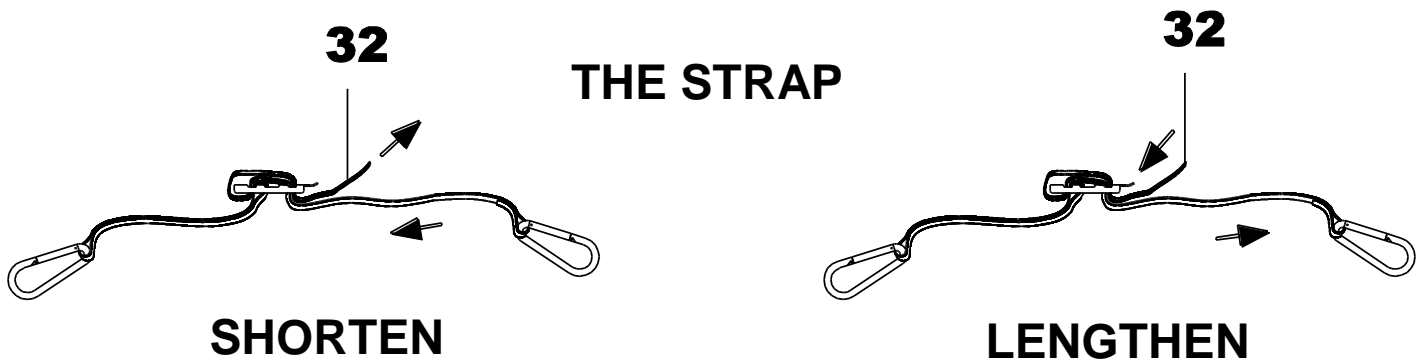
The slot of the Pivot arm is NOT aligned correctly. The pivot arm must be inserted all the way into the curved slot.

### Correct



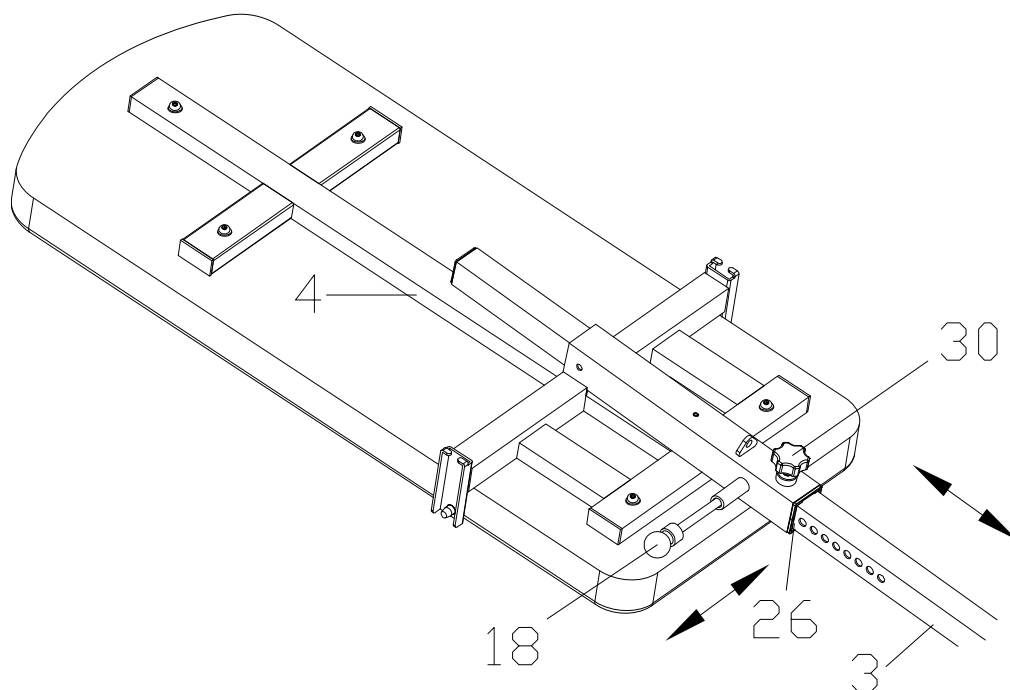
Make sure the pivot arm is inserted all the way into the slot. When the Pivot arm is aligned correctly in the groove of the curved slot the pivot arm will be able to move freely.

**WARNING:** Make sure both pivot arms are in the same hole to prevent serious injury from occurring.



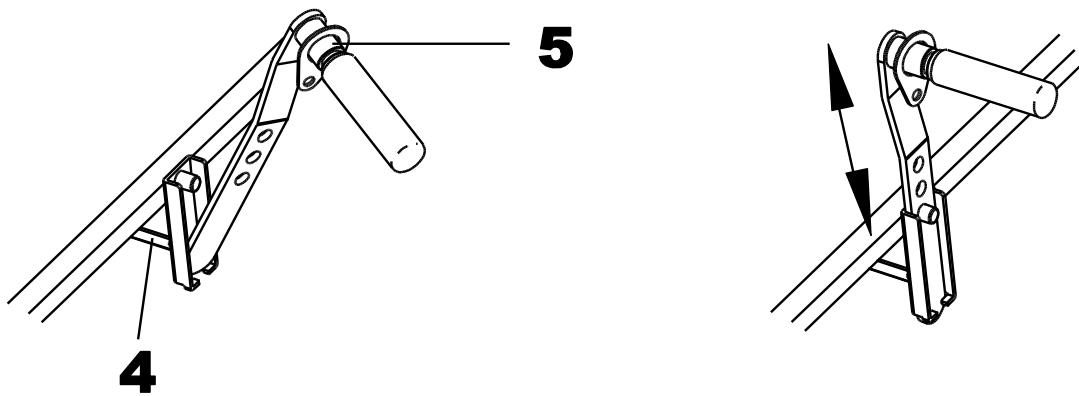
## ADJUSTING THE STRAP

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 (32)** feed the top end of **Nylon Strap (32)** into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of **Nylon Strap (32)** into the strap lock, and pull on the top end. See Diagram above.



## ADJUSTING THE BOOM

The **Adjustable Boom (3)** can be moved to a variety of different positions, in order to accommodate users of different heights. To adjust the boom loosen the **Knob (30)**, pull out AND HOLD the **Large Spring Knob (18)** and slide the boom up or down to the desired height. The height scale is positioned just below the **Square Bushing (26)**. When the boom is in the desired position, release the **Large Spring Knob (18)**. Slide the boom slightly up or down until the **Large Spring Knob (18)** locks into place and tighten the **Knob (30)**.



### PIVOT ARMS

The **Pivot Arms (5)** can be adjusted to allow for a greater or lesser degree of inversion. To adjust the **Pivot Arms (5)** simply pull out on them until the post is out of the hole, slide them up or down to the desired holes. The bottom hole provides the least amount of inversion while the top hole provides the greatest amount. It is recommended that beginners use the bottom hole until they are familiar with the inversion table.

**Note:** Both **Pivot Arms (5)** must be adjusted to the same hole. Trying to adjust the **Pivot Arms (5)** on two different positions could cause damage to the inversion table, or injury to the user.

### THE HANDLEBARS

Always hold onto the handlebars! For added convenience and safety, a set of **Handlebars (29)** has been added to the inversion table. These **Handlebars (29)** are located at the top of the **Rear U Frame (2)**. The **Handlebars (29)** are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the backrest is moving too slowly, or not moving at all, simply grab the **Handlebars (29)** 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

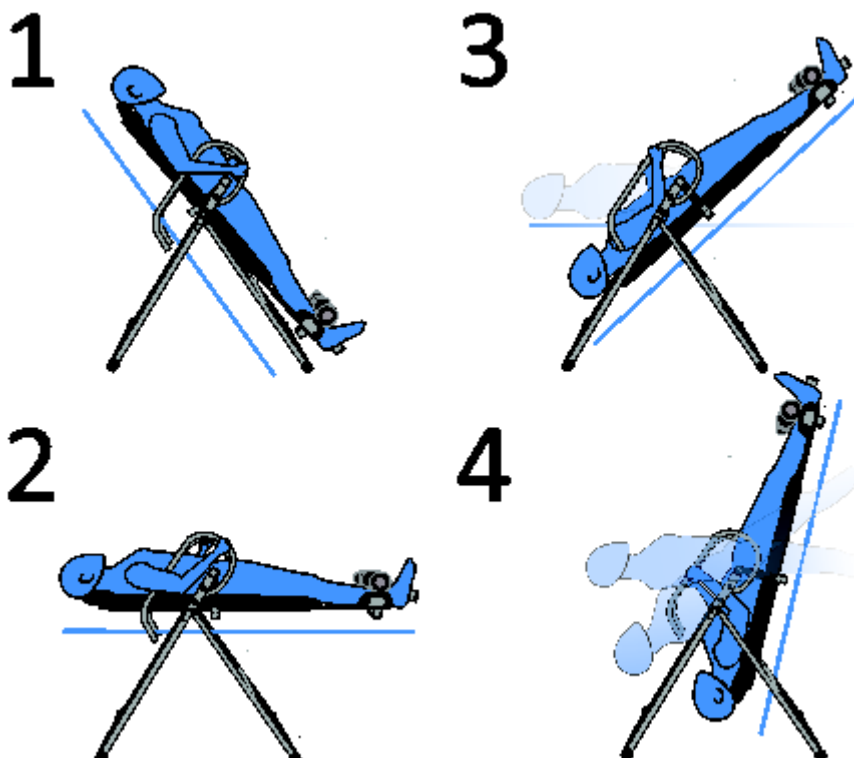
1. Make sure that the **Pivot Arms (5)** are locked on the lowest holes for the first few attempts.
2. It is recommended that someone be with you while you are using this inversion table for the first few times.
3. Make sure that the **Rubber Heel Holders (31)** are holding your feet securely.
4. Make sure that the **Adjustable Boom (3)** is properly set to your height.
5. Make sure that the **Adjustable Boom (3)** is held securely by both the Large **Spring Knob (18)** and the **Knob (30)**.
6. Make sure that there is enough room for the bed to rotate completely.

## 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.**

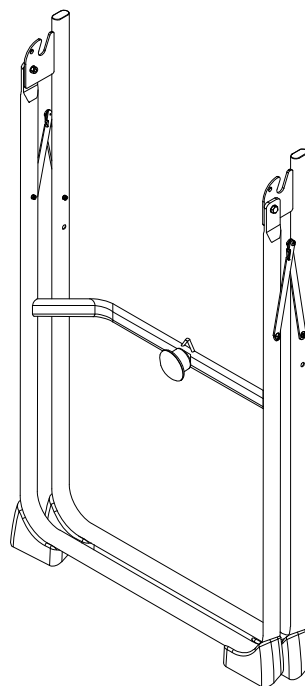
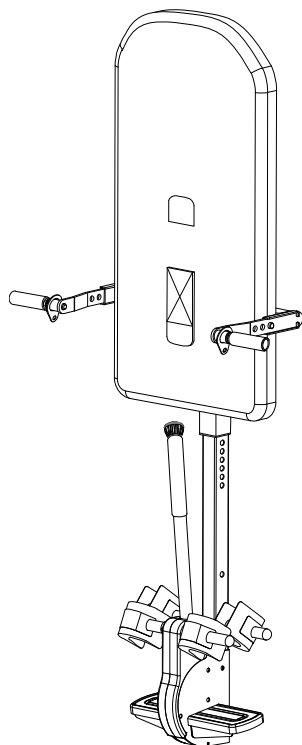
## USING THE INVERSION TABLE

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.



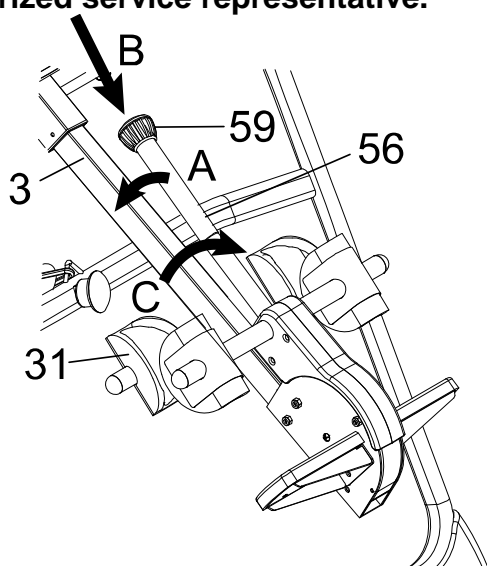


## STORAGE & TROUBLESHOOTING



For your convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area.

**Any other servicing not described in this manual should be performed ONLY by an authorized service representative.**



In case the **Adjustable Handle (56)** is too tight to release **Rubber Heel Holder (31)**, Follow these steps:

- A. Slightly pull the **Adjustable Handle (56)** toward the **Adjustable Boom (3)**.
- B. Press the **Button (59)**.
- C. Push the **Adjustable Handle (56)** away from the **Adjustable Boom (3)** to release the **Rubber Heel Holder (31)**.



# 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 emailing our customer service department:

**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

Open **Monday thru Friday** 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

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

# PARTS REQUEST FORM

**Paradigm Health & Wellness, Inc.**

**EMAIL THIS FORM WITH YOUR RECEIPT OF PURCHASE TO**  
**[Service@paradigmhw.com](mailto:Service@paradigmhw.com)**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: (Day) \_\_\_\_\_

(Night) \_\_\_\_\_

SERIAL#: \_\_\_\_\_

MODEL#: \_\_\_\_\_

PURCHASE DATE: \_\_\_\_\_

PLACE OF PURCHASE: \_\_\_\_\_

| PART # | DESCRIPTION | QTY |
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***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

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