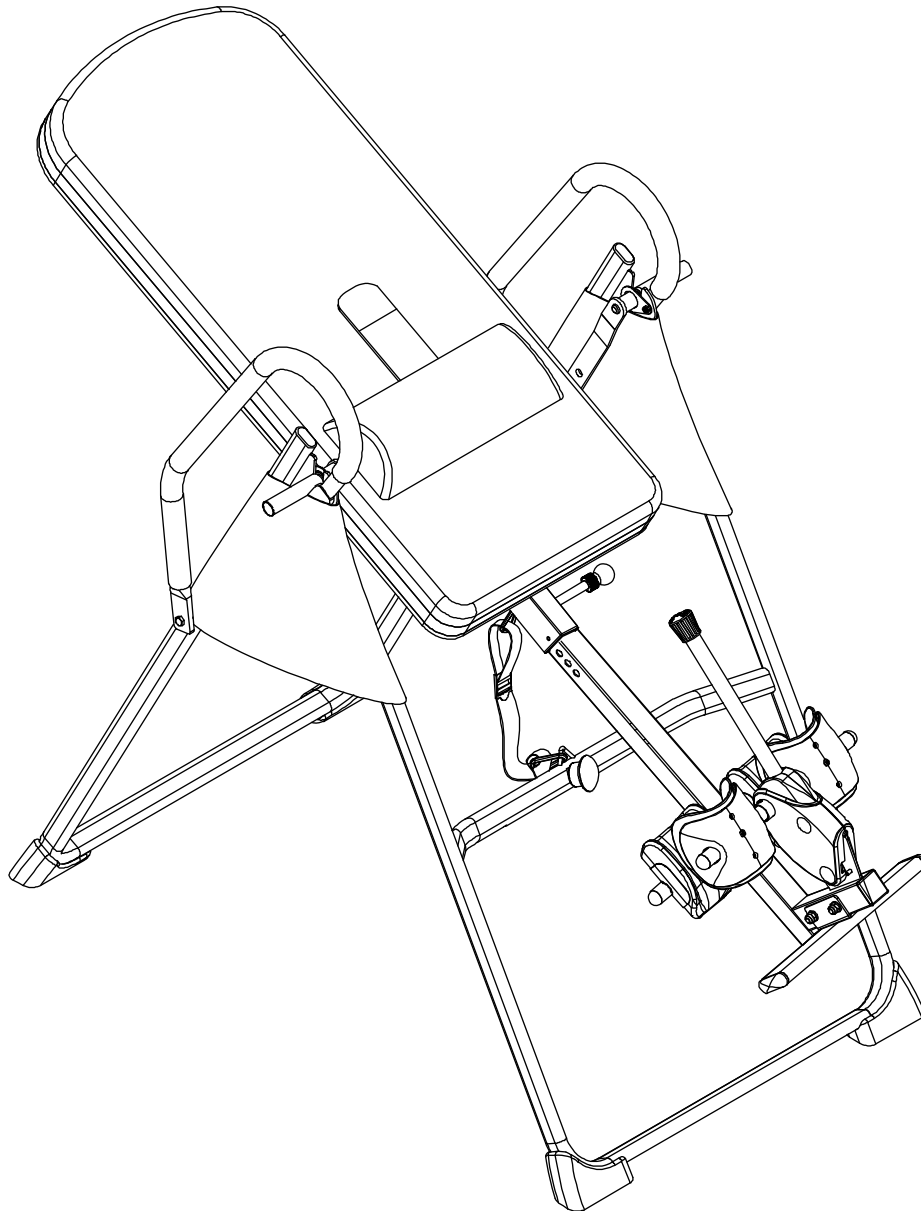


# OWNER'S MANUAL



## Inversion Table

**5406.1-050919**

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**

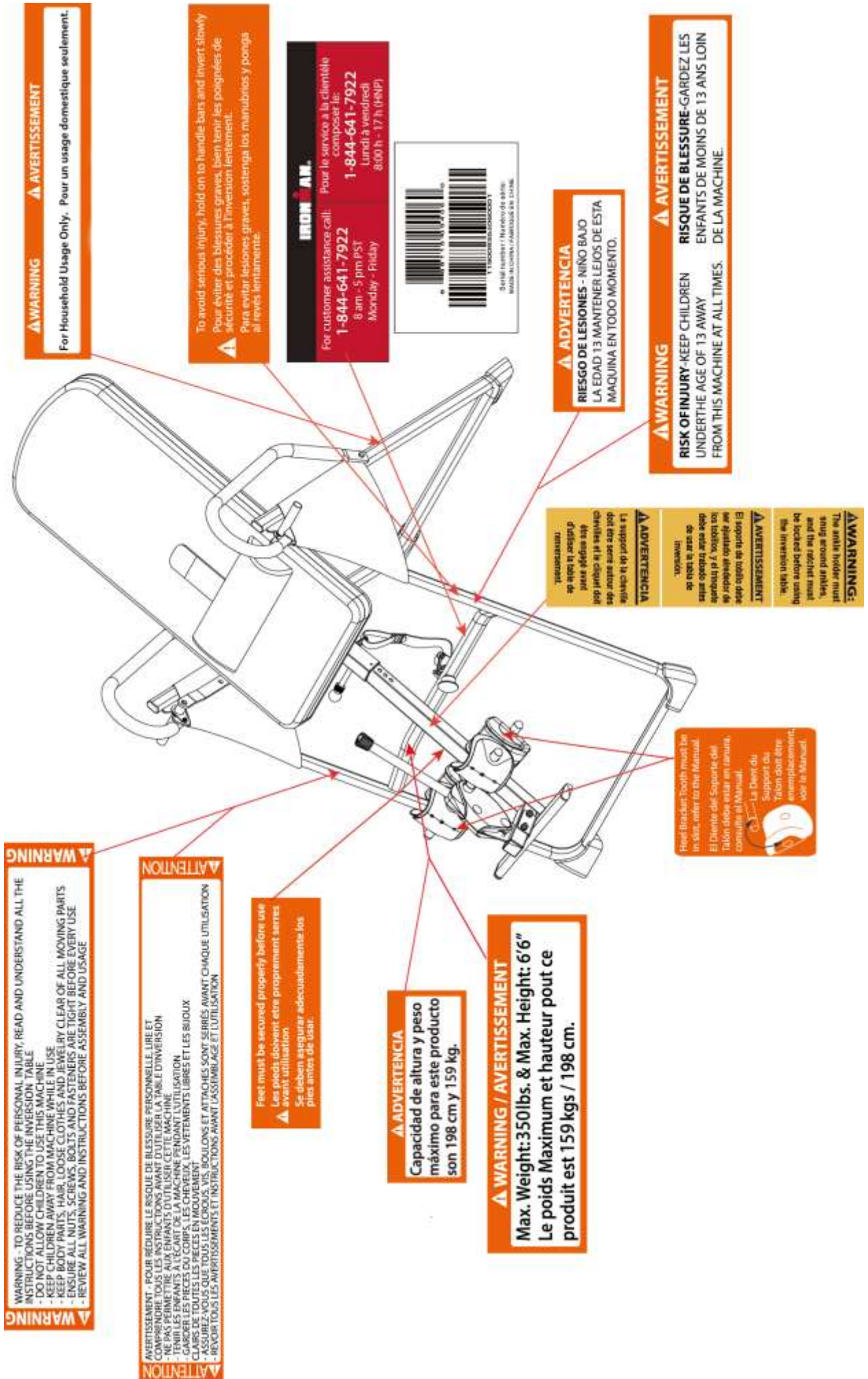
**Please have the following information ready when requesting for service:**

- 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



# 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 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.**

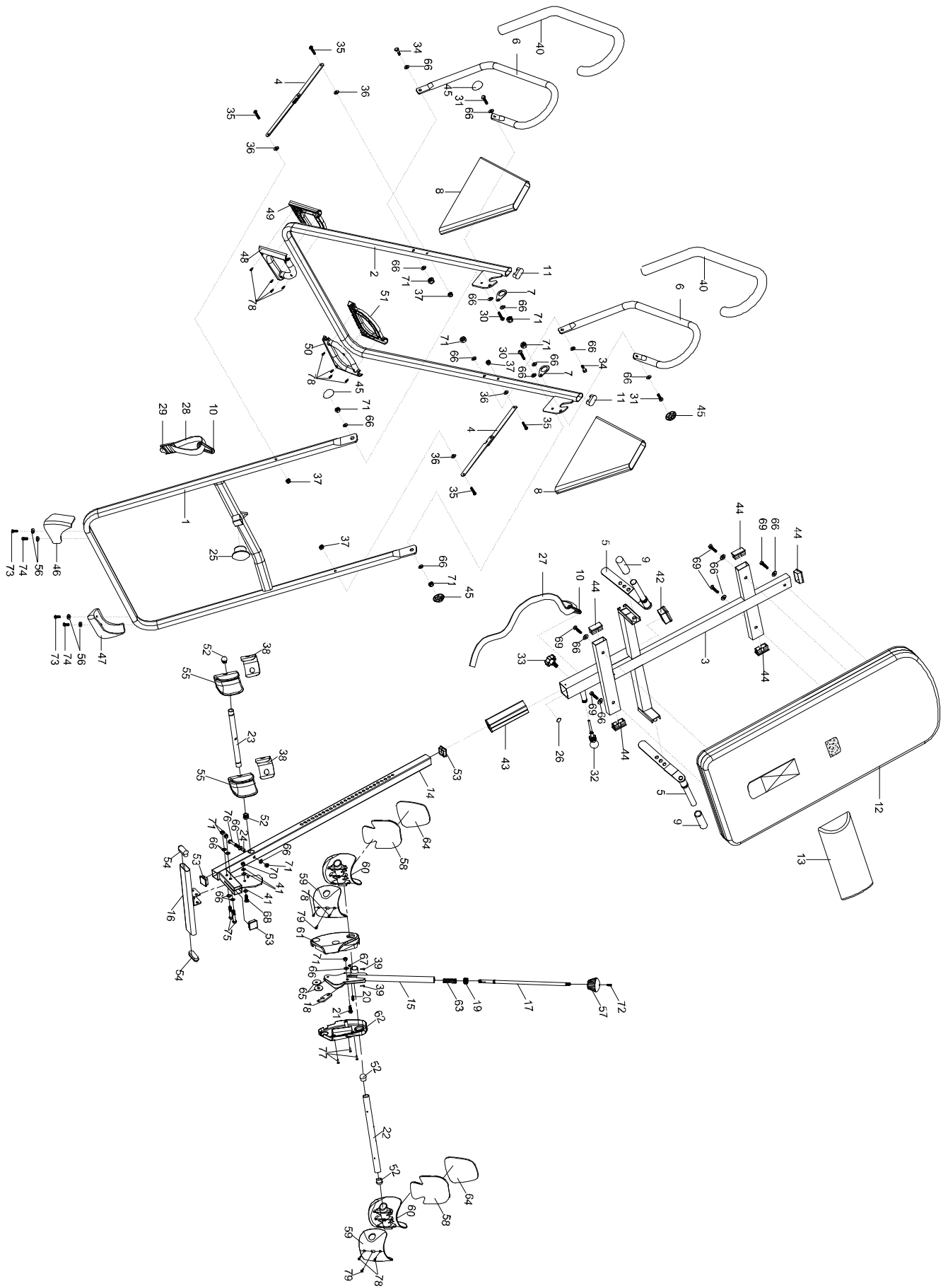
## SAVE THESE GUIDELINES



**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	Bed Frame	1
4	Folding Arm	2
5	Pivot Arm	2
6	Handlebar	2
7	Pivot Arm Ring	2
8	Protective Cover	2
9	Foam Grip	2
10	Safety Hook	2
11	Oval End Cap	2
12	Backrest	1
13	Lumbar Pad	1
14	Adjustable Boom	1
15	Adjustable Handle	1
16	Foot Bar	1
17	Ratchet Shaft	1
18	Ratchet Hook	1
19	Threaded Plug	1
20	Hex Bolt M5	1
21	Hex Bolt M8	1
22	Front Rod	1
23	Rear Rod	1
24	Metal Bushing	1
25	Rubber Pad	1
26	Round Plate	1
27	Nylon Strap	1
28	Loop Strap	1
29	Strap Lock	1
30	Bolt M8x25	2
31	Hex Head Bolt M8x23	2
32	Large Spring Knob	1
33	Knob	1

No.	Description	Qty
34	Hex Head Bolt M8x43	2
35	Phillips Screw M6x35	4
36	Washer Ø6.4xØ16xt1.0mm	4
37	Lock Nut M6	4
38	Heel Holder Bracket	2
39	Hex Bolt M4x16	2
40	Foam Grip	2
41	Flat Washer Ø10.5xØ25xt2.0mm	3
42	Upper Bed Frame Bushing	1
43	Lower Bed Frame Bushing	1
44	End Cap 25*50*t1.5	5
45	Nut Cap	4
46	Left Front Foot	1
47	Right Front Foot	1
48	Left Rear Foot A	1
49	Left Rear Foot B	1
50	Right Rear Foot A	1
51	Right Rear Foot B	1
52	End Cap	4
53	Square End Cap 38x38xt2.0	3
54	Foot Bar End Cap	2
55	Heel Holder	2
56	Flat Washer Ø6.5xØ12xt1.6mm	4
57	Ratchet Button	1
58	Air Bag	2
59	AIRSOFT Heel Holder	2
60	AIRSOFT Cup	2
61	Left Ratchet Cover	1
62	Right Ratchet Cover	1
63	Ratchet Spring	1
64	AIRSOFT Pouch	2
65	Flat Washer Ø10.5xØ30xt0.5mm	2
66	Flat Washer Ø8.4xØ20xt1.5mm	24

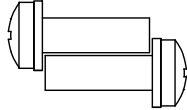
# PARTS LIST

No.	Description	Qty
67	Lock Nut M5	1
68	Hex Bolt M10x30	1
69	Hex Bolt M8x40	5
70	Lock Nut M10	1
71	Lock Nut M8	10
72	Phillips Screw M5*12 Teflon	1
73	Bolt M6*25	2

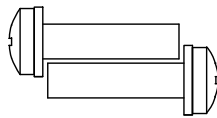
No.	Description	Qty
74	Bolt M6*20	2
75	Hex Bolt M8*57	2
76	Hex Bolt M8*53	1
77	Self-Tapping Phillips Screw ST3.5*10	3
78	Self-Tapping Phillips Screw ST3.5*15	12
79	Self-Tapping Phillips Screw ST4.2*20	2

## 5406-Hardware Pack

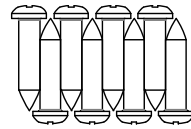
### Step 1



(#74) Bolt 2pcs  
(#56) Washer 2pcs

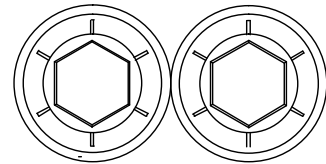


(#73) Bolt 2pcs  
(#56) Washer 2pcs



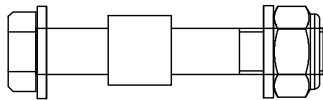
(#78) Self-Tapping Phillips  
Screw 8pcs

### Step 2



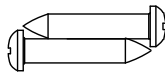
(#45) Nut Cap 2pcs

### Step 6

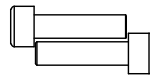


(#76) Hex Bolt 1pc  
(#66) Flat Washer 2pcs  
(#71) Lock Nut 1pc  
(#24) Metal Bushing 1pc

### Step 7

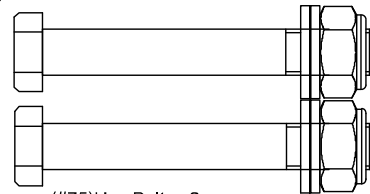


(#79) Self-Tapping Phillips Screw 2pcs



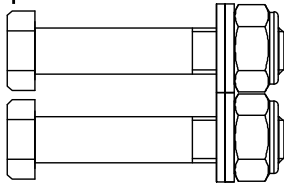
(#39) Hex bolts 2pcs

### Step 5

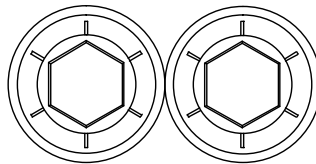


(#75) Hex Bolt 2pcs  
(#66) Flat Washer 4pcs  
(#71) Lock Nut 2pcs

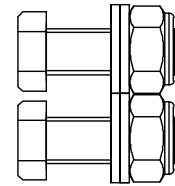
### Step 9



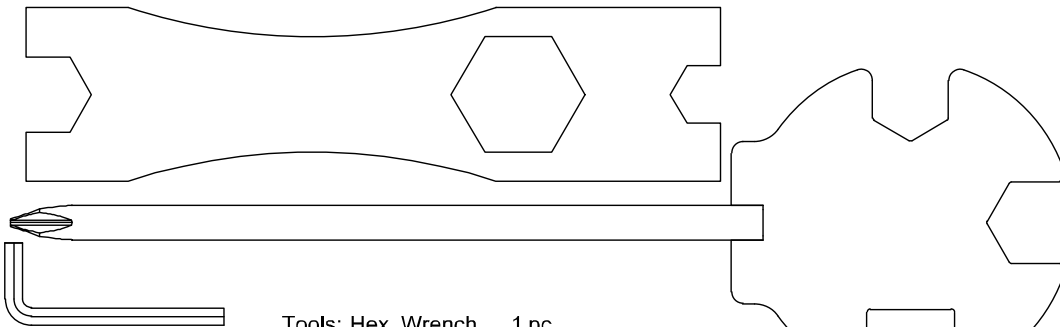
(#34) Hex Head Bolt 2pcs  
(#66) Flat Washer 4pcs  
(#71) Lock Nut 2pcs



(#45) Nut Cap 2pcs

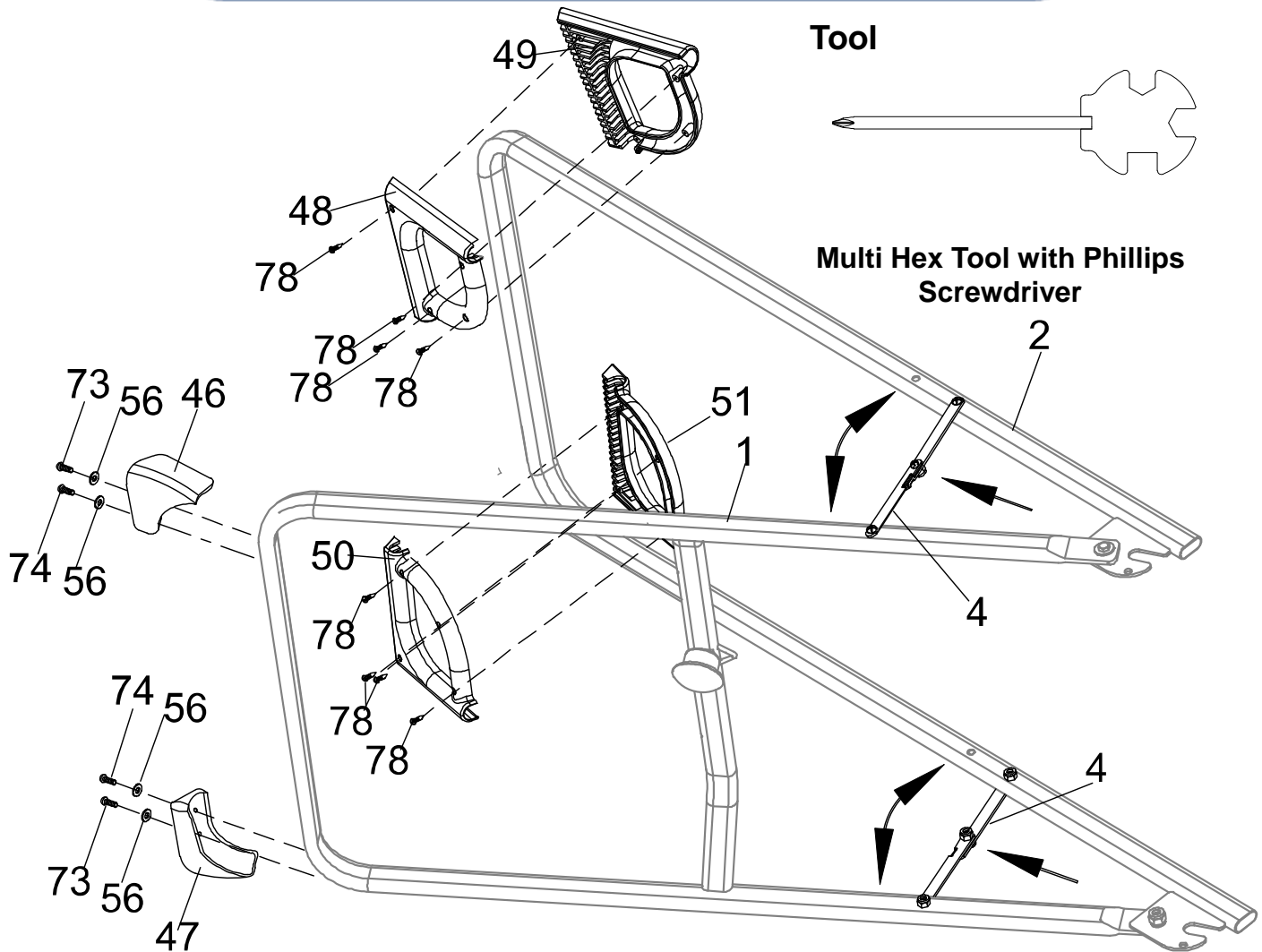


(#31) Hex Head Bolt 2pcs  
(#66) Flat Washer 4pcs  
(#71) Lock Nut 2pcs



Tools: Hex Wrench 1 pc  
3mm Allen wrench 1 pc  
Multi Hex Tool with Phillips Screwdriver 1pc

# ASSEMBLY



## Step 1

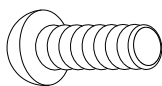
**1A. Opening Frame** - Lay the frame on its side and spread the **Front and Rear U-Frames (1, 2)** as shown. Pull the **Front and Rear U-Frames (1, 2)** apart from each other. Push down on the middle of the **Folding Arms (4)** until the frames are fully locked down.

**1B. Installing the Front Feet** - Attach the **Left and Right Front Foot (46) & (47)** onto the **Front U-Frame (1)** with four **Flat Washers (56)**, two **Bolts (73)** and two **Bolts (74)**.

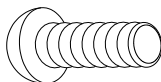
**1C. Installing the Left Rear Foot** - Wrap the **Left Rear Foot A (48)** and **B (49)** around the left corner of the **Rear U-Frame (2)**. Use Four **Self-Tapping Phillips Screws (78)** to attach the two halves together. Fully tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** provided.

**1D. Installing the Right Rear Foot** - Repeat the step **1C** for the **Right Rear Foot A (50)** and **B (51)**. Fully tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** provided.

## Hardware:



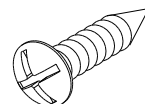
**(73) Bolt**  
2 PCS



**(74) Bolt**  
2 PCS

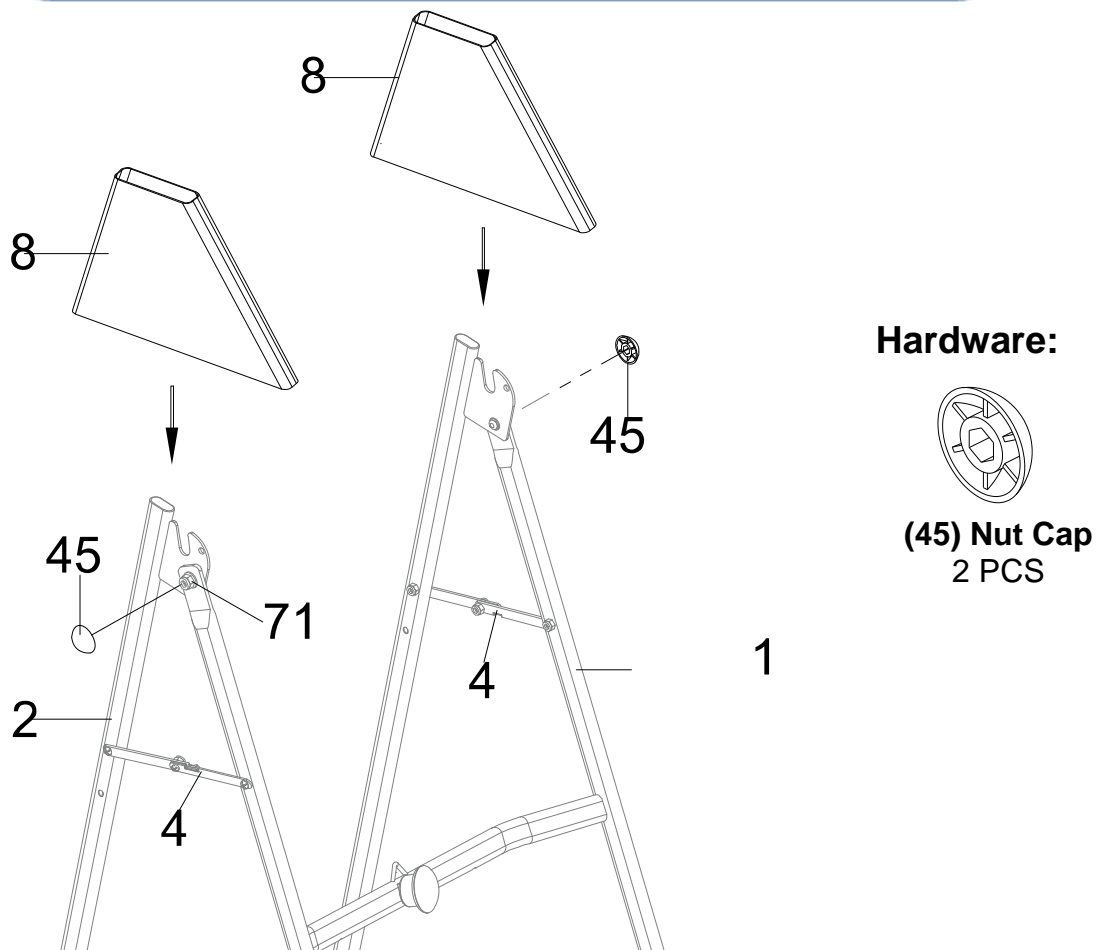


**(56) Flat Washer**  
4 PCS



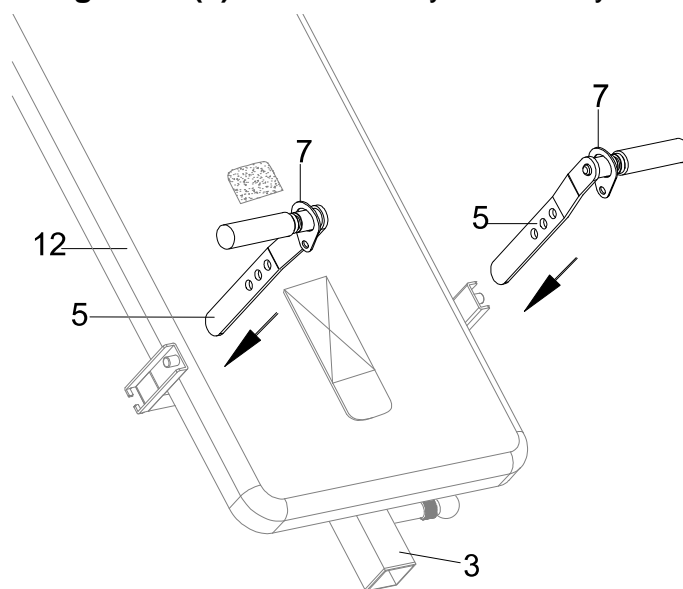
**(78) Self-Tapping Phillips  
Screw 8PCS**

# ASSEMBLY



## Step 2

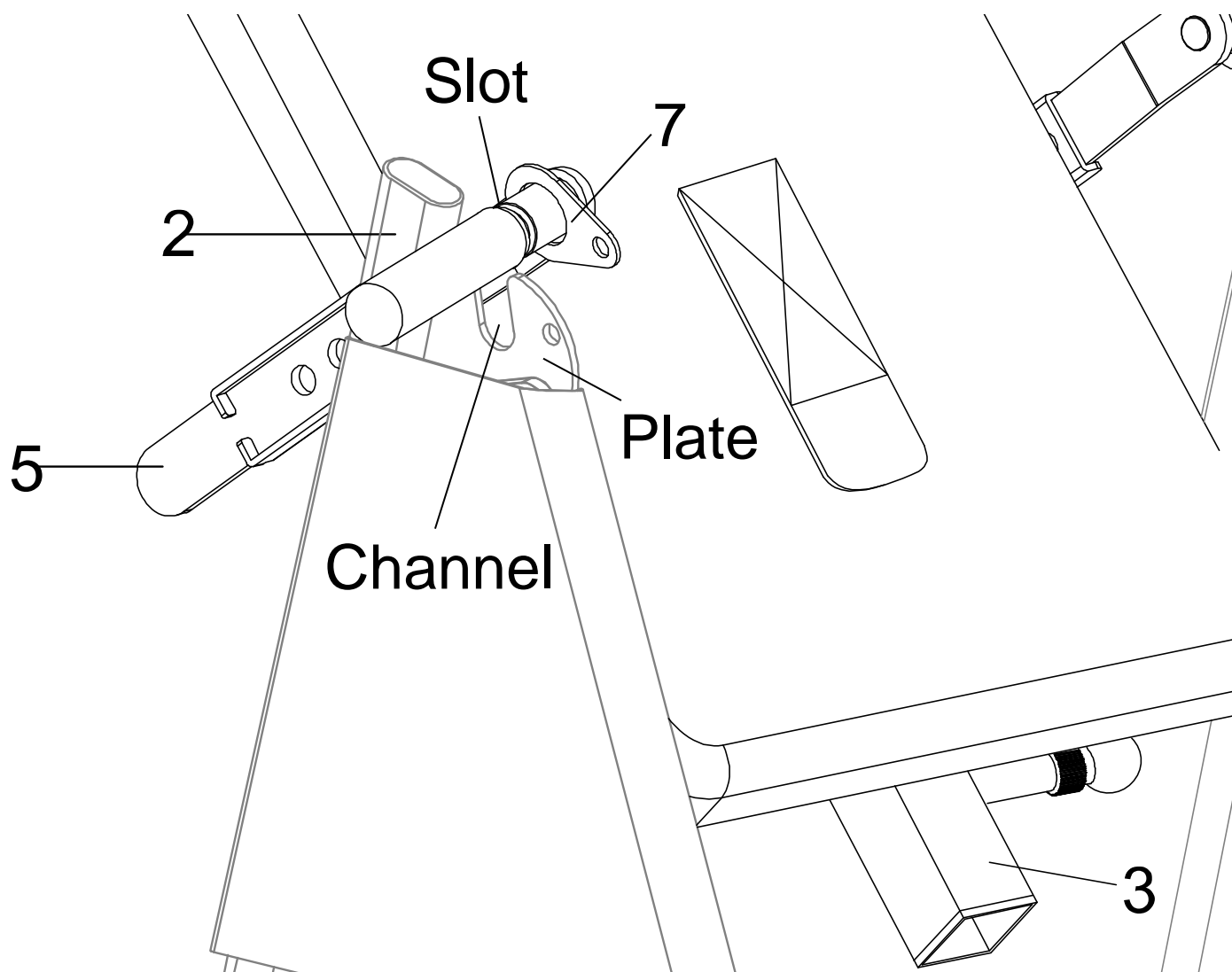
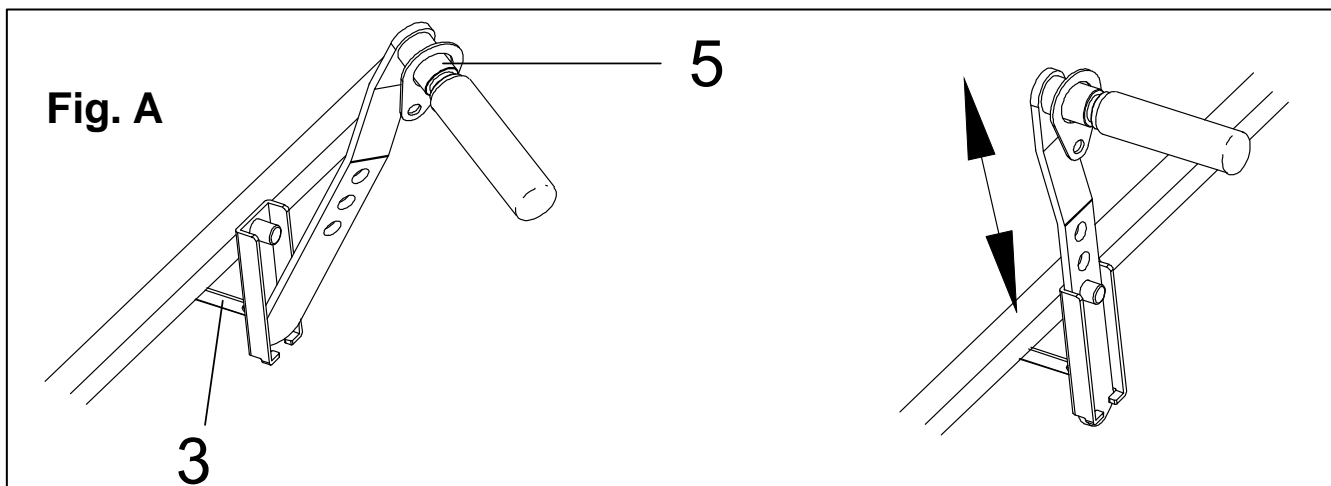
**2A.** Install two **Nut Caps (45)** onto the **Lock Nuts (71)**. Slide a **Protective Cover (8)** on to each side of the base as shown. Pull down on the **Protective Covers (8)** until the bottom of the covers are slightly lower than the **Folding Arms (4)**. Use the **Velcro Straps** on the bottom of the **Protective Covers (8)** to secure the covers to the **Folding Arms (4)**. When the covers are assembled correctly, the **Folding Arms (4)** should be fully covered by the **Protective Covers (8)**.



## Step 3

**3A.** Slide the bottom of the **Pivot Arms (5)** into the brackets that are located on each side of the **Bed Frame (3)**. 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. Keep the **Pivot Arm Ring (7)** on the **Pivot Arms (5)**.

## ASSEMBLY

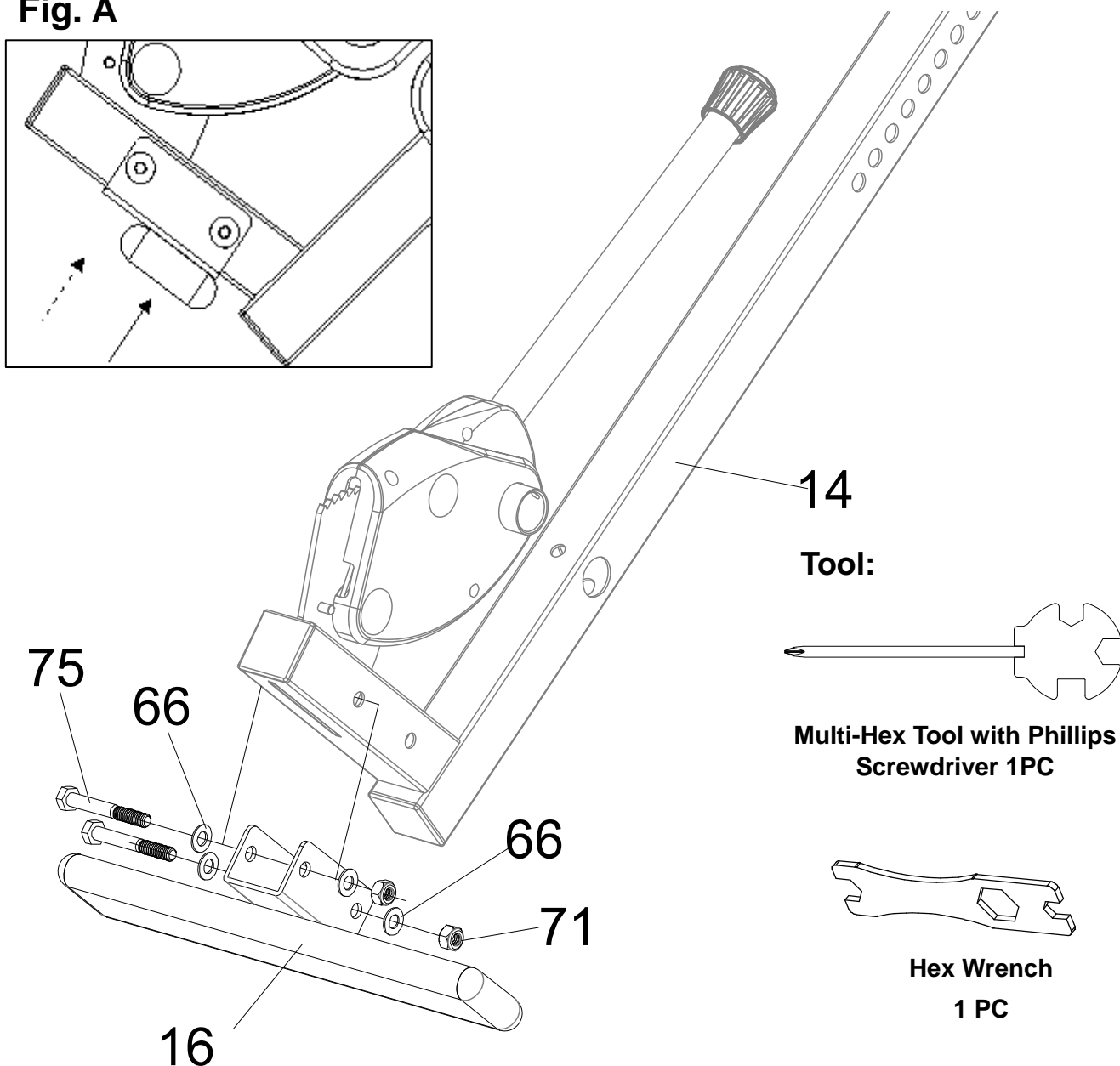


### Step 4

**4A.** Mount the **Bed Frame (3)** to the **Rear U-Frame (2)** by inserting the shafts of the **Pivot Arms (5)** into the channels on the plates. Keep the **Pivot Arm Rings (7)** on the inside of the **Rear U-Frame (2)**. The **Pivot Arms (5)** should be inserted into the channels on the plates. The **Rear U-Frame (2)** plates must be placed in the slots on the **Pivot Arms (5)**.

Note: The posts on the **Bed Frame (3)** should be placed into the same **Pivot Arms (5)** holes on both sides of the inversion table. See Fig. A.

**Fig. A**

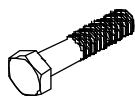


## Step 5

**5A. Installing the Foot Bar** - Install the **Foot Bar (16)** onto the **Adjustable Boom (14)** with two **Hex Bolts (75)**, four **Flat Washers (66)**, and two **Lock Nuts (71)**. Tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** and one **Hex Wrench** provided.

**Note:** The **Foot Bar (16)** should be installed with the bar closer to the **Adjustable Boom (14)**. See **Fig. A**.

### Hardware:



**(75) Hex Bolt**  
2 PCS



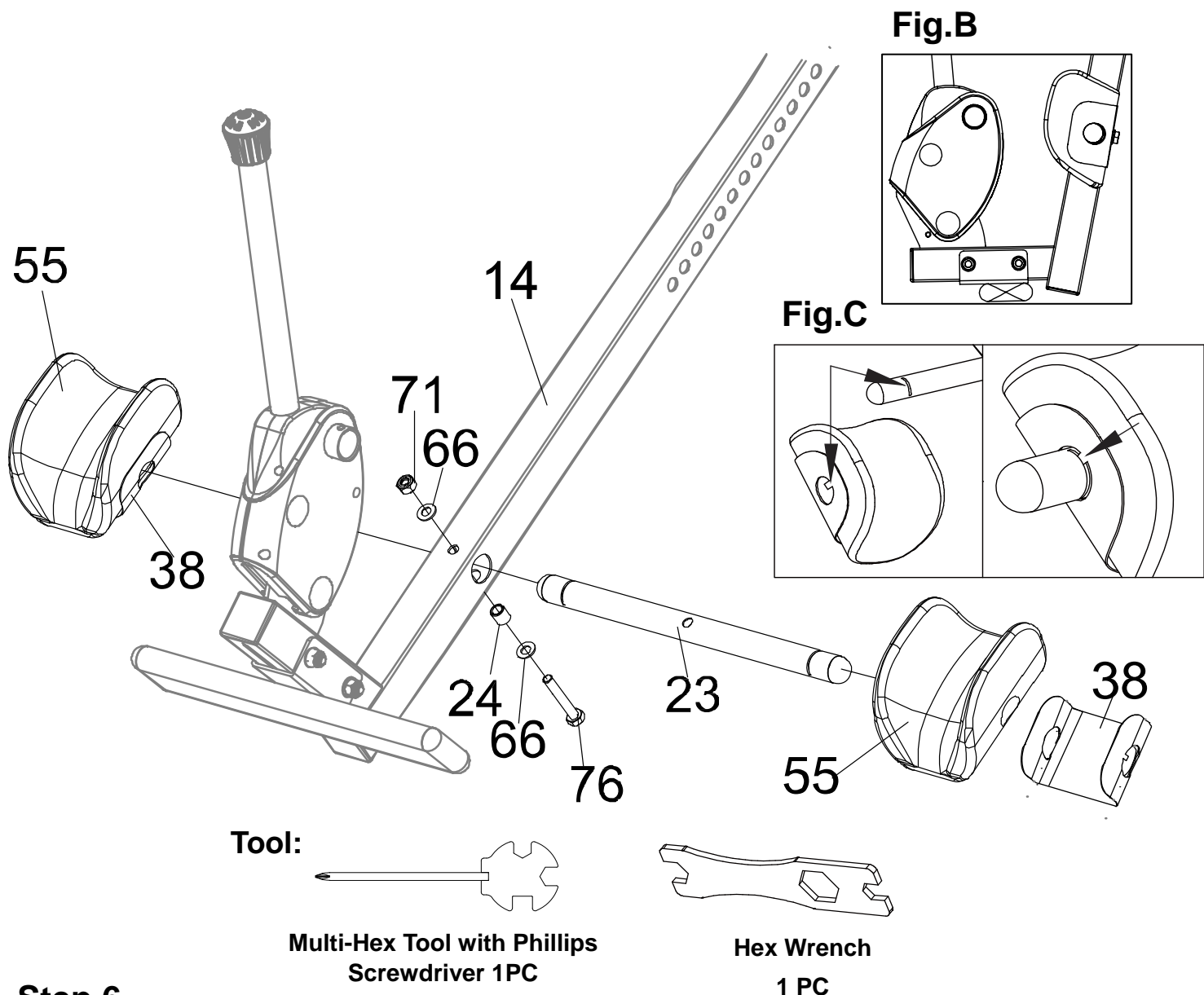
**(66) Flat Washer**  
4 PCS



**(71) Lock Nut**  
2 PCS



# ASSEMBLY



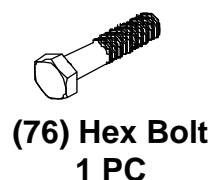
## Step 6

**6A. Installing the Rear Rod** - Slide the **Rear Rod (23)** through the **Adjustable Boom (14)** with the slots facing forward. Secure the **Rear Rod (23)** with one **Hex Bolt (76)**, two **Flat Washers (66)**, one **Metal Bushing (24)**, and one **Lock Nut (71)**. Tighten the hardware using the **Hex Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided.

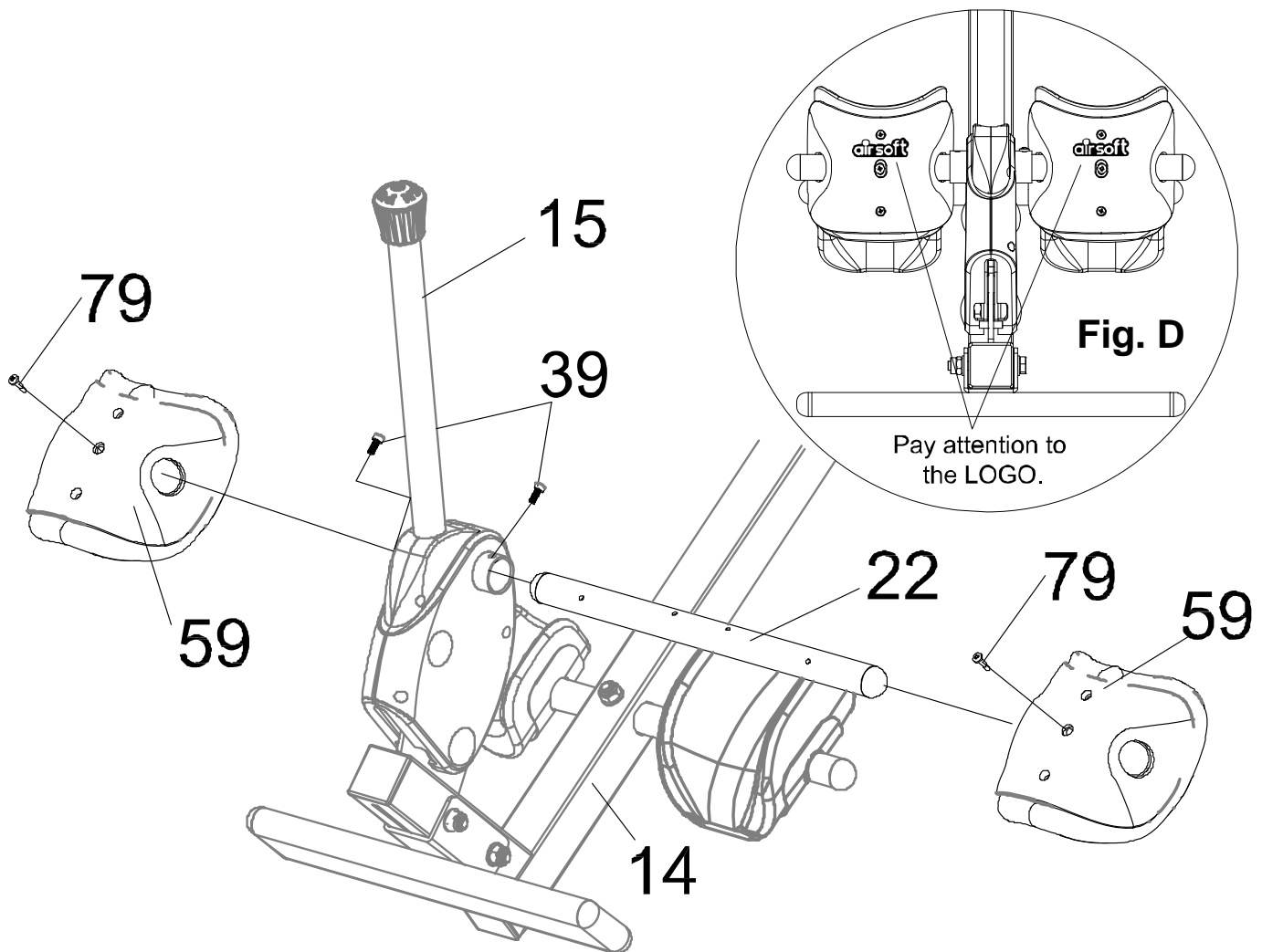
**6B. Installing the Heel Holders**-Wrap the **Heel Holders (55)** with the **Heel Holder Brackets (38)**. Squeeze the **Heel Holder Brackets (38)** and **Heel Holders (55)** then slide them onto both ends of the **Rear Rod (23)**. See **Fig.B** for the correct side view of the installed **Heel Holders (55)**. Ensure the lock teeth are wedged into the slots in the **Rear Rod (23)** as shown in the **Fig. C**.

**NOTE:** Make sure the lock teeth are wedged into the slots in the **Rear Rod (23)** before use. See **Fig.C**.

### Hardware:



# ASSEMBLY



**Tool:**



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



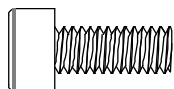
**3mm Allen Wrench  
1 PC**

## Step 7

**7A. Installing the Front Rod** - Slide the **Front Rod (22)** through the tube of the **Ratchet Handle (15)** with the screw holes facing away from the **Adjustable Boom (14)**. Secure the **Front Rod (22)** to the **Ratchet Handle (15)** with two **Hex Bolts (39)** using the **3mm Allen Wrench** provided.

**7B. Installing the AIRSOFT Heel Holders** - Slide the **AIRSOFT Heel Holders (59)** onto both ends of the **Front Rod (22)**. Make sure the **airsoft** logo is right side up, **See Fig D**. Secure the **AIRSOFT Heel Holders (59)** to the **Front Rod (22)** with two **Self-Tapping Phillips Screws (79)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

**Hardware:**

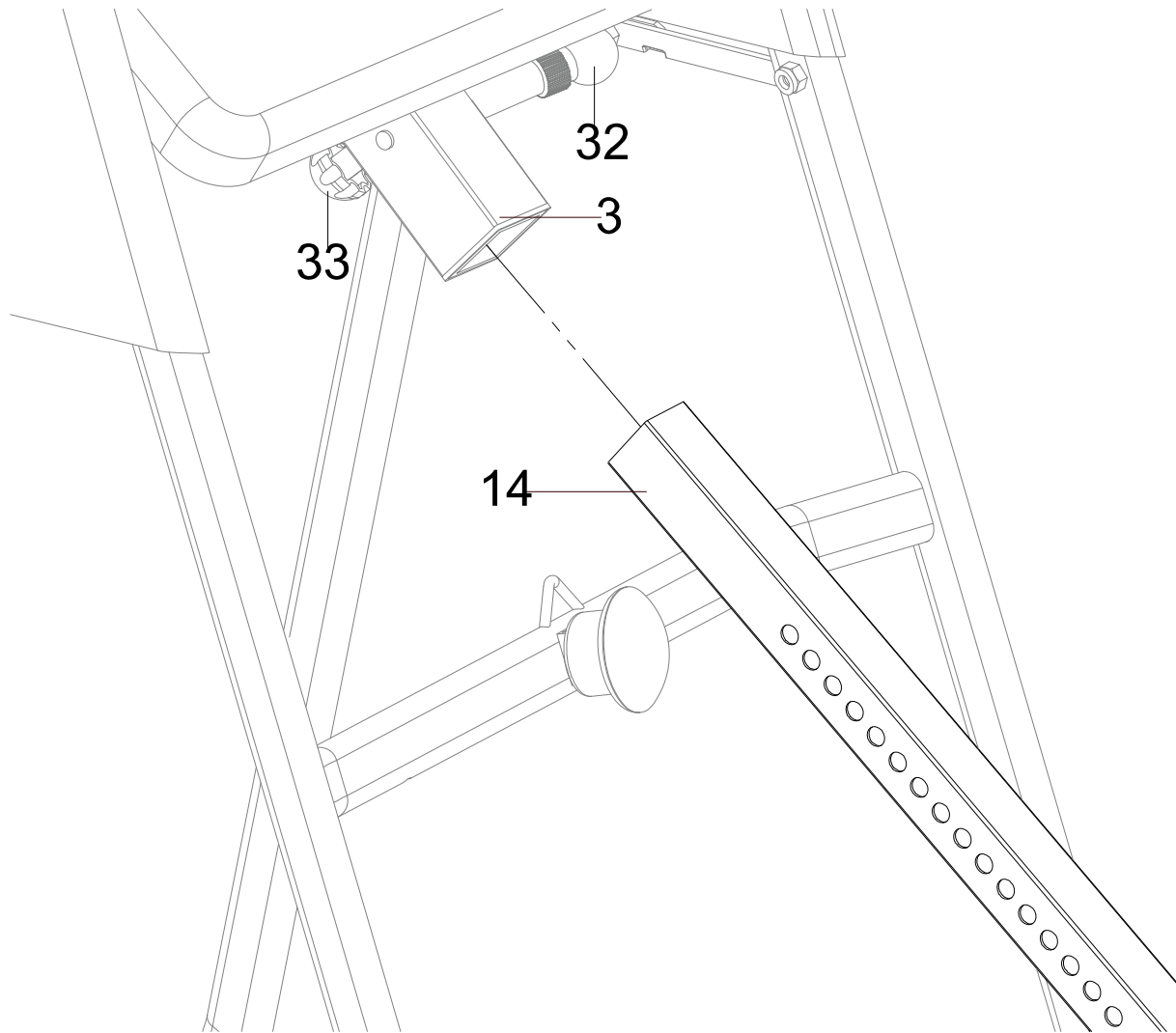


**(39) Hex Bolt  
2PCS**



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

## ASSEMBLY



### Step 8

**8A.** Loosen the **Knob (33)**. Pull out AND HOLD the **Large Spring Knob (32)** to allow the **Adjustable Boom (14)** to slide into the **Bed Frame (3)**. Slide the **Adjustable Boom (14)** to the desired height.

**8B.** Lock the **Adjustable Boom (14)** in place by releasing the **Large Spring Knob (32)** and sliding the **Adjustable Boom (14)** up or down slightly until the **Large Spring Knob (32)** "POPS" down into the locked position. Secure the **Knob (33)** onto the back side of the bracket on the **Bed Frame (3)** as shown.

# ASSEMBLY

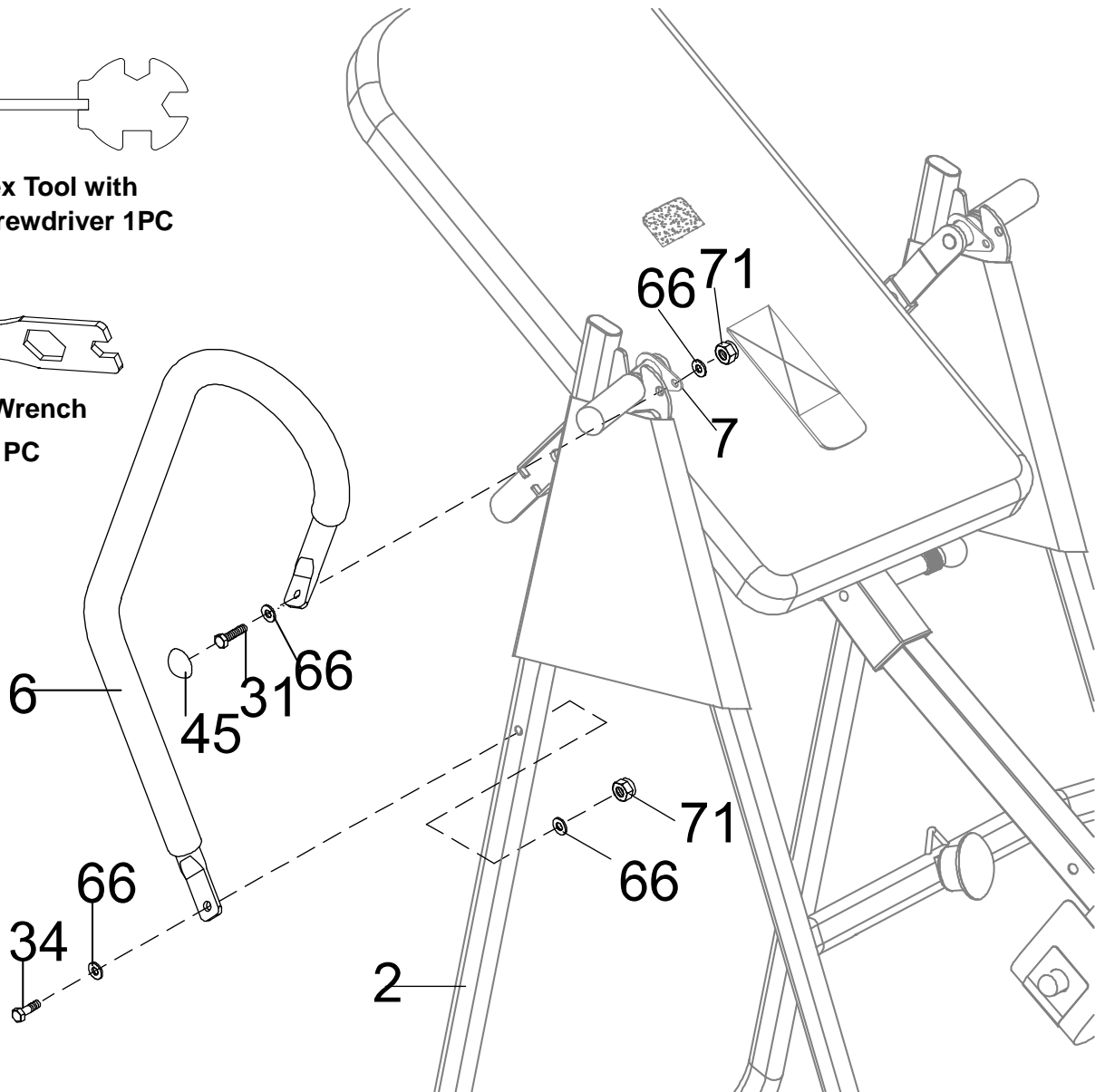
## Tool:



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



**Hex Wrench  
1 PC**



## Step 9

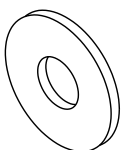
**9A.** Attach the **Handlebar (6)** to the **Rear U-Frame (2)** and **Pivot Arm Ring (7)** with one **Hex Head Bolt (31)**, one **Lock Nut (71)**, and two **Washers (66)**.

**9B.** Attach the bottom end of the **Handlebar (6)** onto the **Rear U-Frame (2)** with one **Hex Head Bolt (34)**, one **Lock Nut (71)**, and two **Washers (66)**.

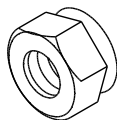
**9C.** Tighten all bolts and nuts using the **Multi Hex Tool with Phillips Screwdriver**, and **Hex Wrench** provided. Attach a **Nut Cap (45)** onto the **Hex Head Bolt (31)**.

**9D.** Repeat this step to attach the other **Handlebar (6)** on the opposite side of the **Rear U-Frame (2)**.

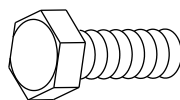
## Hardware:



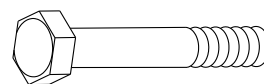
**(66) Washer  
8 PCS**



**(71) Lock Nut  
4 PCS**



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

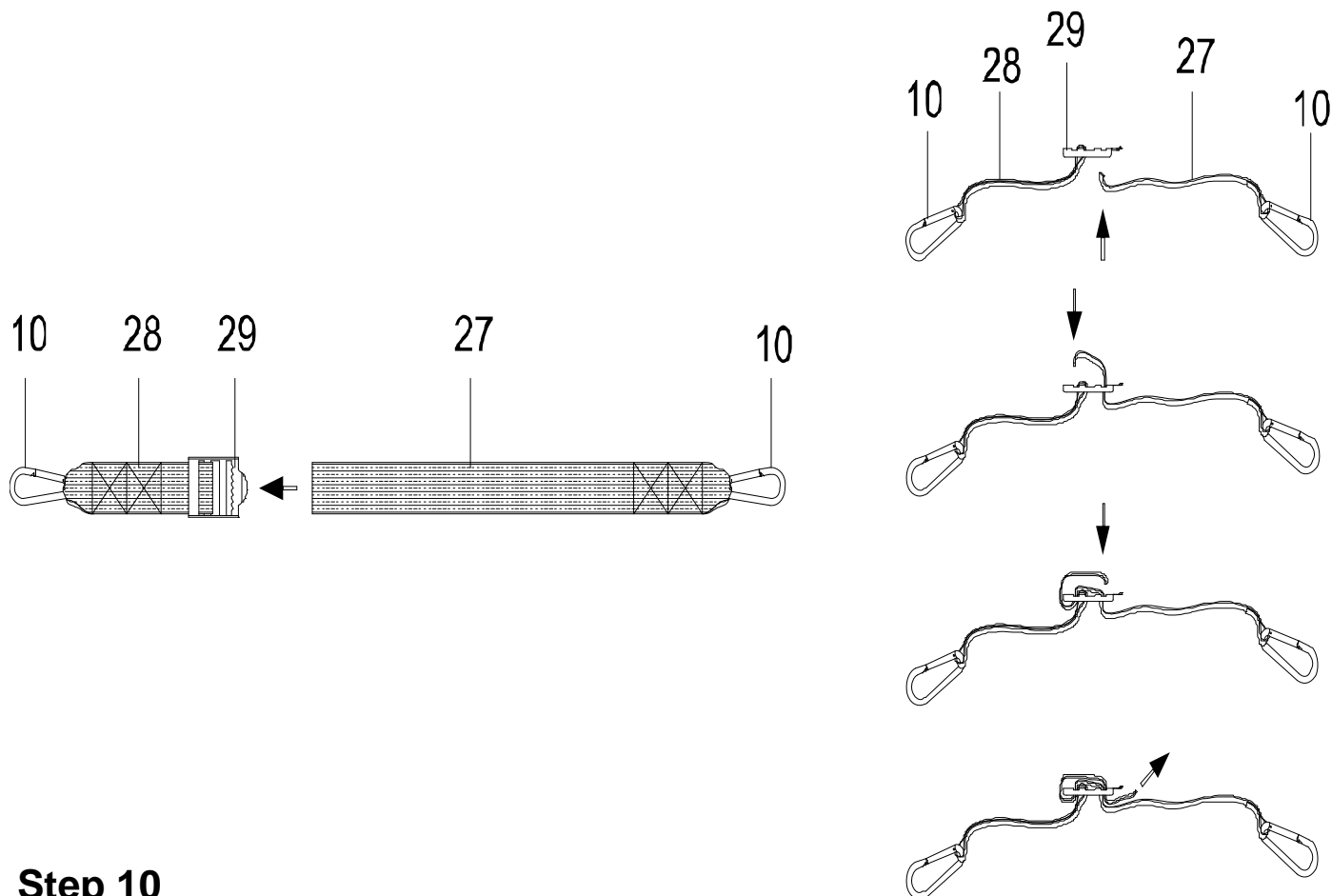


**(34) Hex Head Bolt  
2 PCS**



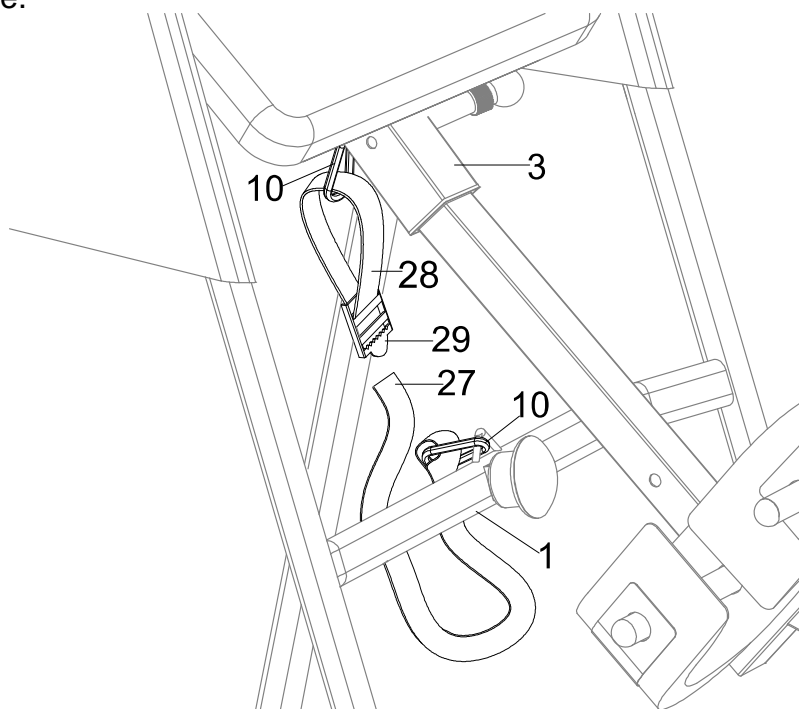
**(45) Nut Cap  
2 PCS**

# ASSEMBLY



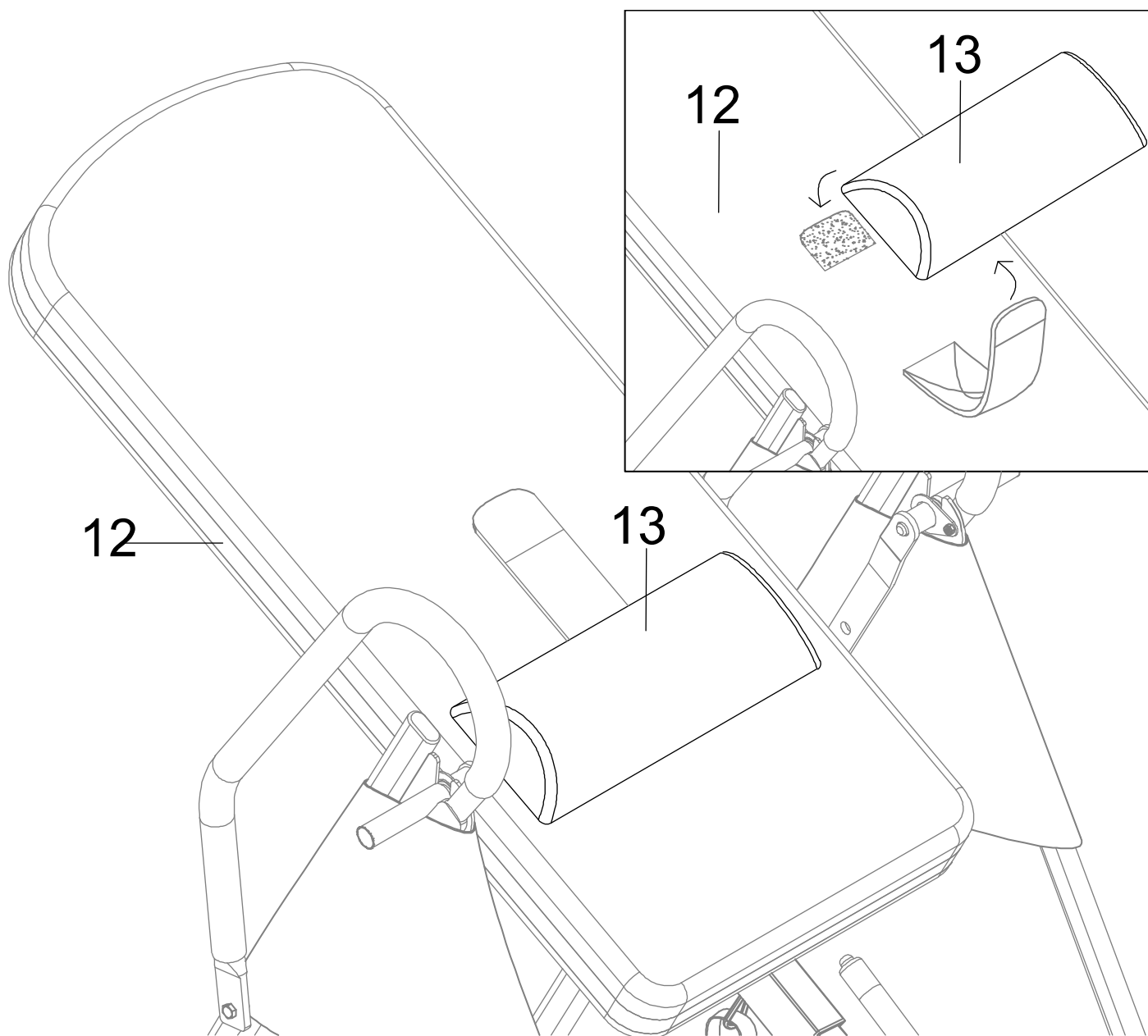
## Step 10

**10A. Installing the Nylon Strap** - Attach the **Nylon Strap (27)** to the **Strap Lock (29)** by inserting the end of the **Nylon Strap (27)** up through the bottom of the **Strap Lock (29)**. Loop the **Nylon Strap (27)** over the **Pre-assembled Loop Strap (28)** and down through the **Strap Lock (29)**. Then loop the strap back over itself, and insert back through the **Strap Lock (29)**, and pull tight to secure. See Diagram above.



## Step 11

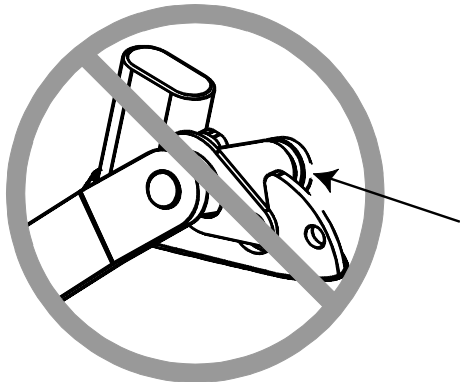
**11A. Attach the Nylon and Loop Straps (27, 28) to the inversion table** by hooking the end of the **Nylon Strap (27)** to the loop on the back of the **Bed Frame (3)** as shown. Then hook the other end of **Loop Strap (28)** to the other Pre-assembled loop on the **Front U-Frame (1)** as shown above.



## Step 12

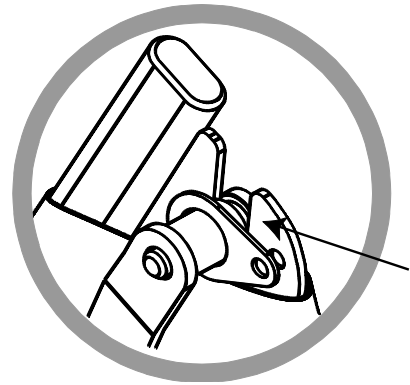
**12A. Installing the Lumbar Pad** - Insert the Velcro strap on the **Backrest (12)** into the back of the **Lumbar Pad (13)**. Secure the **Lumbar Pad (13)** onto the **Backrest (12)** by placing the two Velcro pieces together.

### Incorrect



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

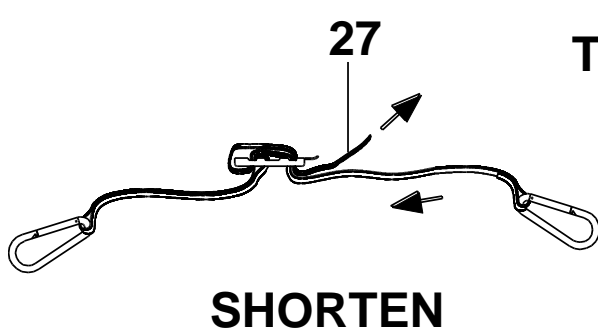
### Correct



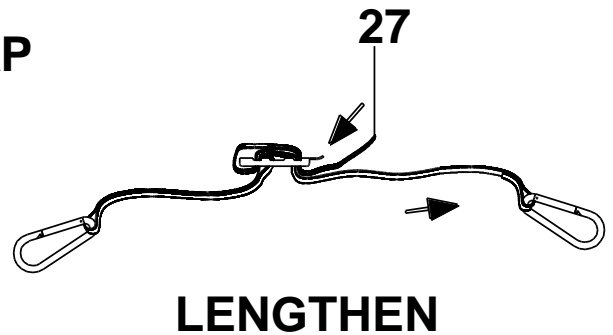
Make sure the pivot arm is inserted all the way into the slot. When the Pivot arm is aligned correctly in the groove of the curved slot the pivot arm will be able to move freely.

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



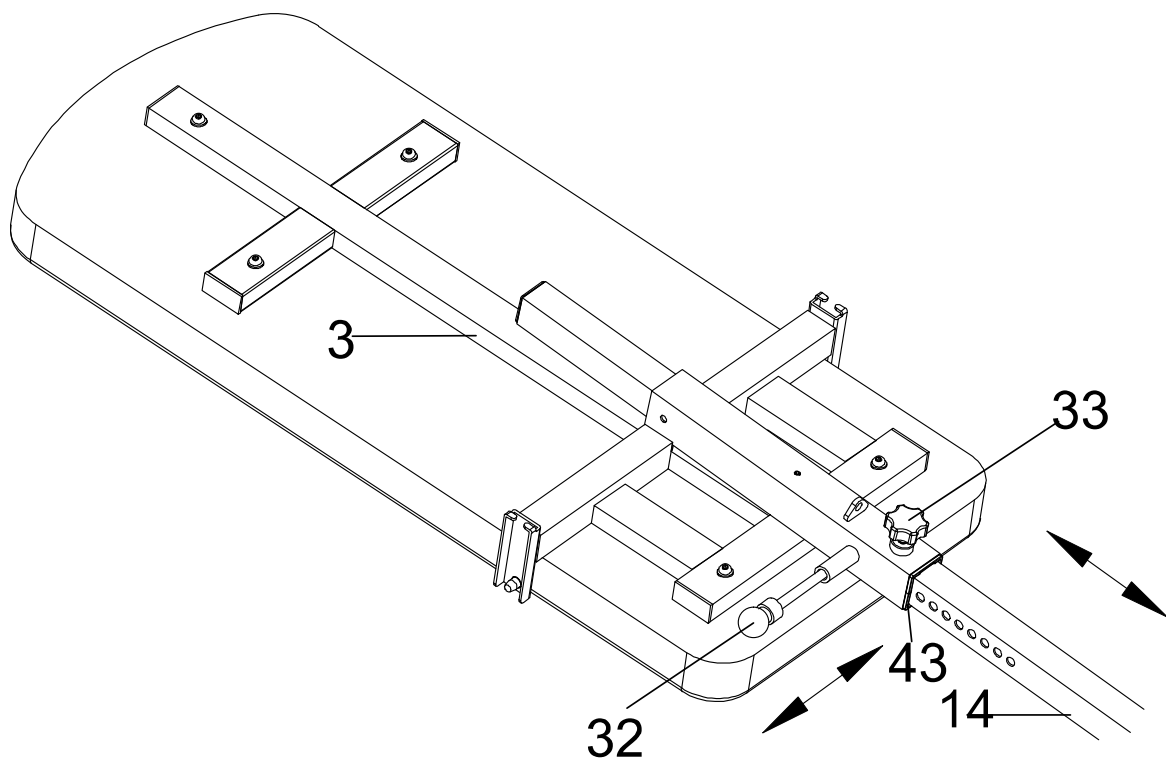


### THE STRAP



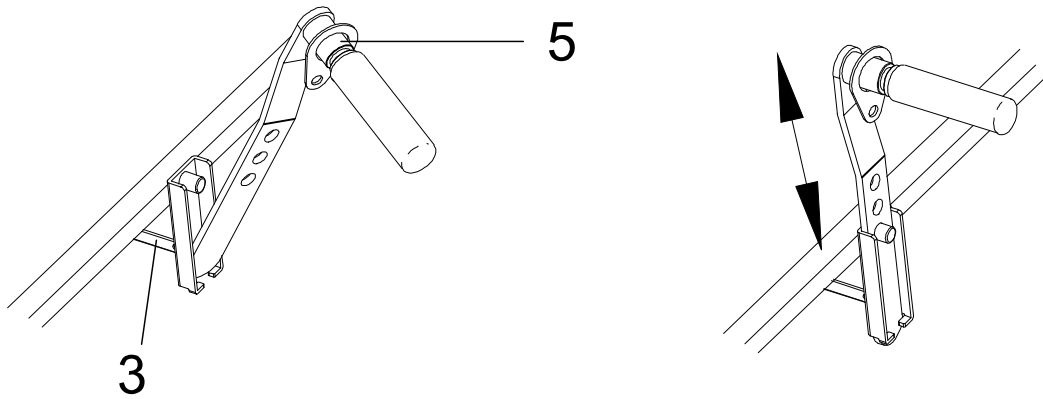
### ADJUSTING THE STRAP

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 (27)** feed the top end of **Nylon Strap (27)** into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of **Nylon Strap (27)** into the strap lock, and pull on the top end. See Diagram above.



### ADJUSTING THE BOOM

The **Adjustable Boom (14)** can be moved to a variety of different positions, in order to accommodate users of different heights. To adjust the boom loosen the **Knob (33)**, pull out AND HOLD the **Large Spring Knob (32)** and slide the boom up or down to the desired height. The height scale is positioned just below the **Lower Bed Frame Bushing (43)**. When the boom is in the desired position, release the **Large Spring Knob (32)**. Slide the boom slightly up or down until the **Large Spring Knob (32)** locks into place and tighten the **Knob (33)**.



## 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

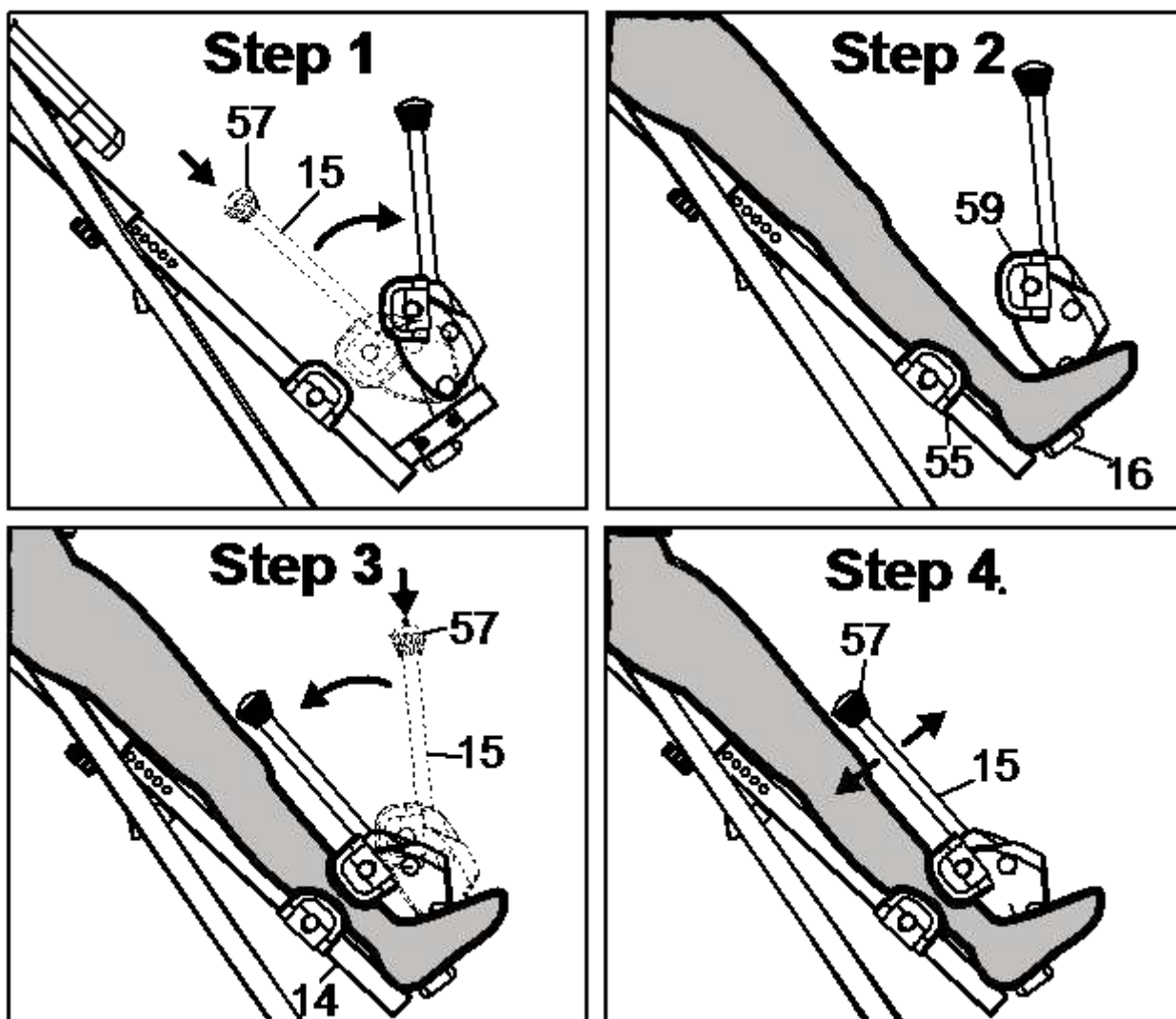
Always hold onto the handlebars! For added convenience and safety, a set of **Handlebars (6)** has been added to the inversion table. These **Handlebars (6)** are located at the top of the **Rear U Frame (2)**. The **Handlebars (6)** are there to help you return to the upright position from any degree 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.

## 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. Always wear shoes when using the inversion table.
4. Make sure that the **AIRSOFT Heel Holder (59)** are secure around your ankles before inverting.
5. Make sure that the **Adjustable Boom (14)** is properly set to your height.
6. Make sure that the **Adjustable Boom (14)** is held securely by the **Spring Knob (32)**.
7. Make sure that there is enough room for the inversion table to rotate completely.

## OPERATIONS & ADJUSTMENTS



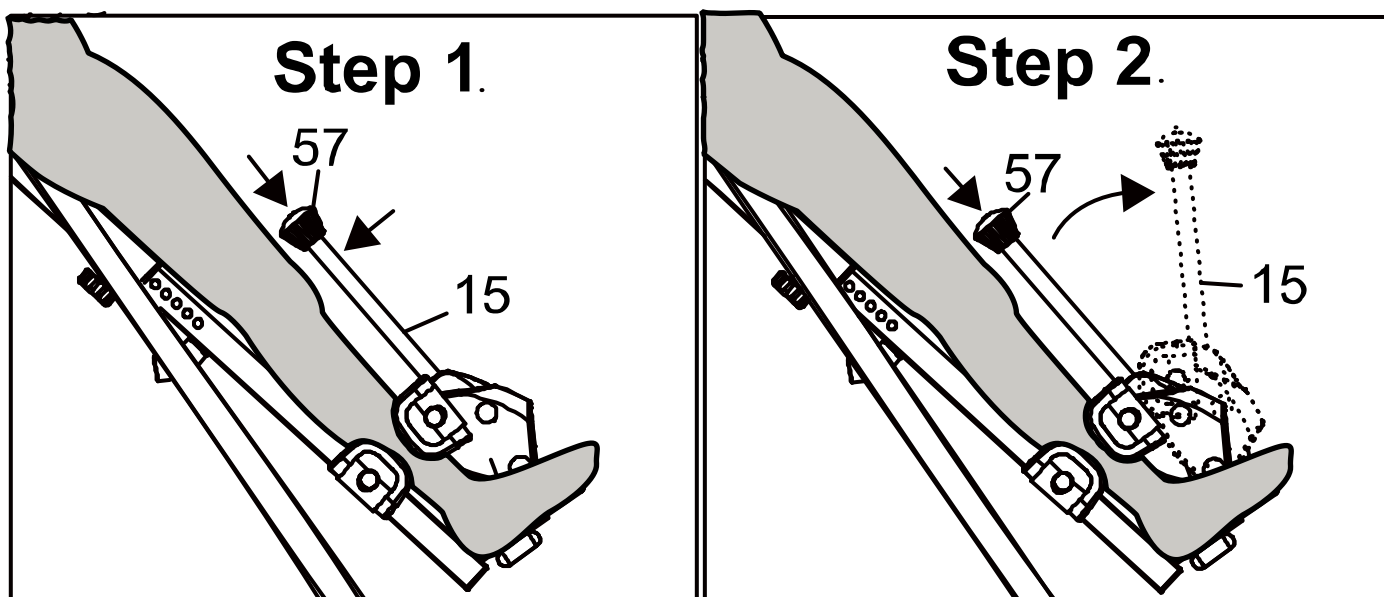
### ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

1. Push down on the **Ratchet Button (57)** and move the **Ratchet Handle (15)** away from the **Adjustable Boom (14)**.
2. Step onto the **Foot Bar (16)** and place your ankles between the **Air Bag Heel Holders (59)** and **Heel Holders (55)**.
3. Push down on the **Ratchet Button (57)** and move the **Ratchet Handle (15)** back towards the **Adjustable Boom (14)** until the heel holders are snug around your ankles.
4. Move the **Ratchet Handle (15)** back and forth without pressing the **Ratchet Button (57)** to ensure that the ratchet is locked.

**WARNING:** Ensure that the AIRSOFT Heel Holders (59) and Heel Holders (55) are securely holding onto your ankles.

**WARNING:** Make sure the Adjustable Handle (15) is locked in place after the AIRSOFT Heel Holders (59) are secure around your ankle.

## OPERATIONS & ADJUSTMENTS



### HOW TO UNLOCK THE ANKLE HOLDER

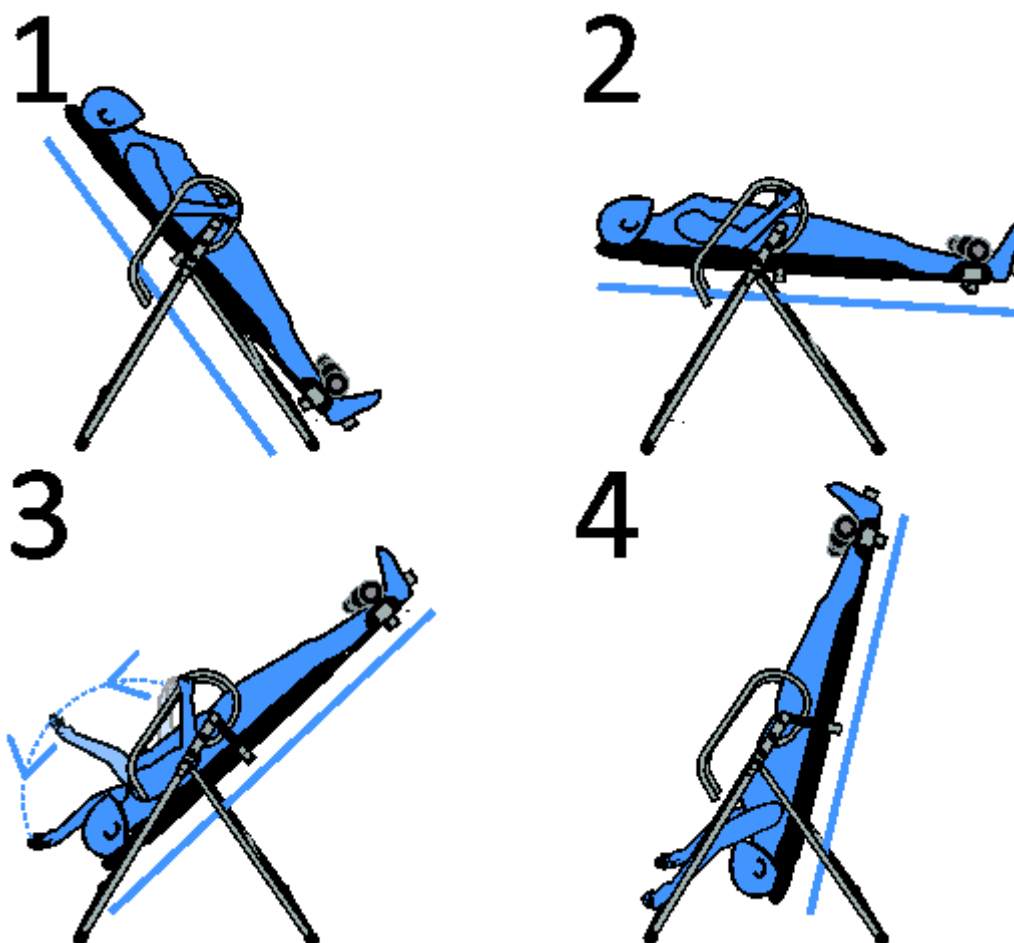
1. To release the ankle locking mechanism pull back and hold the **Ratchet Handle (15)**, then push down on the **Ratchet Button (57)**.
2. While continuing to press down on the **Ratchet Button (57)** move the **Ratchet Handle (15)** away from your legs.

### 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.**

### BALANCING THE INVERSION TABLE

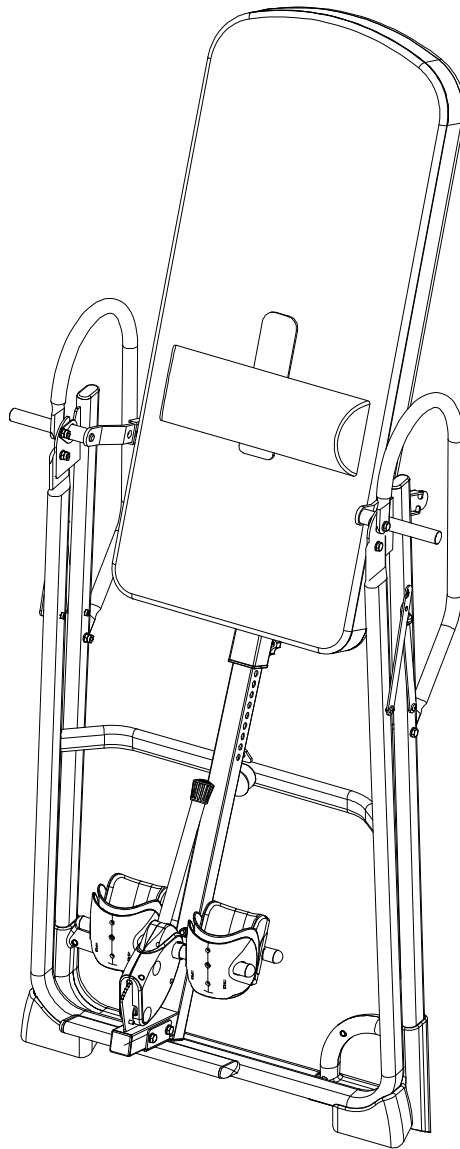
The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So it is very important to make sure that the height is adjusted properly. To do this, mount the inversion table, lock your ankles into the heel holders, and lie back straight with 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.

## STORAGE



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

## 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.

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

# 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**

<b>Structural Frame</b>	<b>1 year FOR HOME USE ONLY</b>
<b>All Other Components</b>	<b>90 days FOR HOME USE ONLY</b>

#### **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

***“YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS”***

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