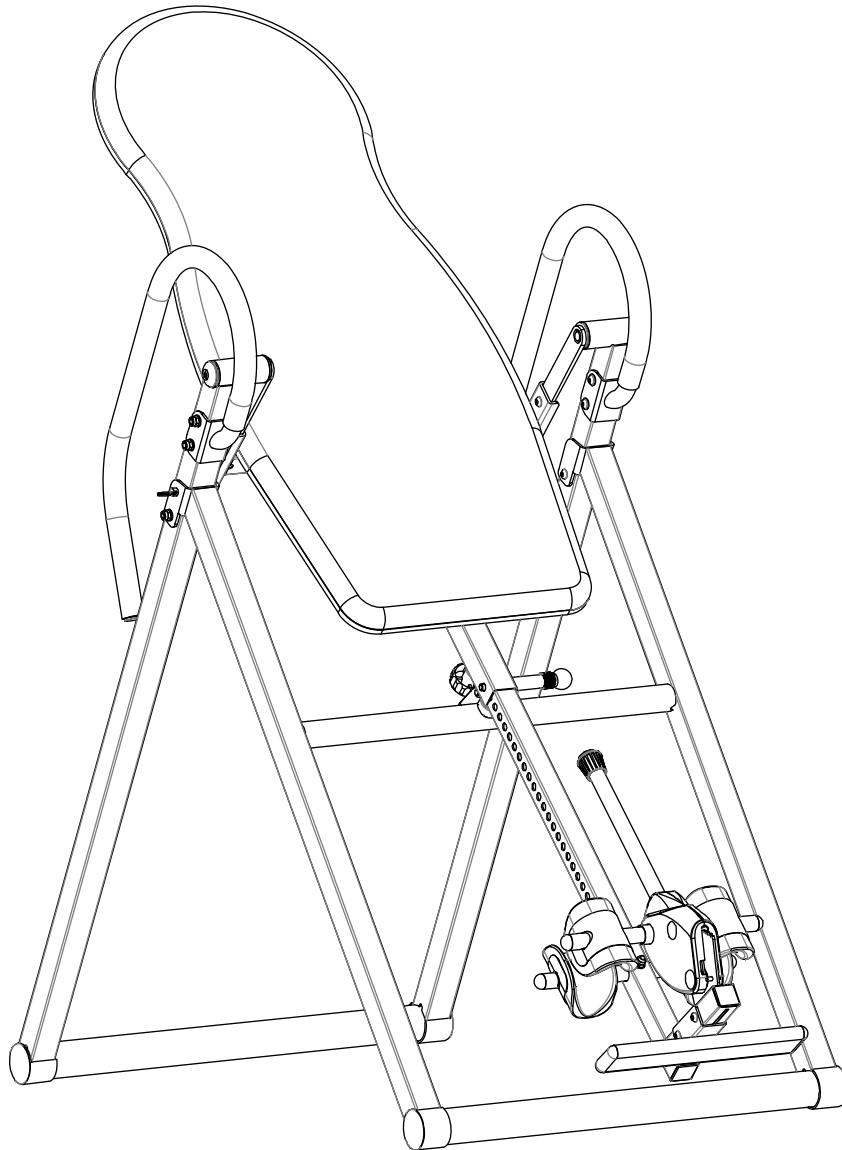


OWNER'S MANUAL



Inversion Table

5501R.3-060319

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

IRONMAN® and the "M-DOT" logo are registered trademarks of World Triathlon Corporation Official Product of the IRONMAN® TRIATHLON.



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:
1-844-641-7922
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

Response Time: 1-2 Business Days

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

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7922

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

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

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748, USA

IMPORTANT SAFETY GUIDELINES

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

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Only one person should use the equipment at a time.
4. Never operate this equipment if it is 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 275lbs / 125 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

⚠ WARNING

For Household Usage Only. Pour un usage domestique seulement.

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.

IRONMAN.

For customer assistance call: Pour le service à la clientèle composer le:

1-844-641-7922
8 am - 5 pm PST
Monday - Friday
Tuesdi 3 vendredi
8:00 h - 17 h (PND)



Paradigm Health & Wellness
Inversion Table, Table d'inversion,
Tabla de Inversión
MODEL: 5501R DATE: XX/XX
FOR HOUSEHOLD USE ONLY
(EXERCISE MACHINE)
POUR USAGE DOMESTIQUE SEULEMENT NO: E238026
11VU
PRA USO DOMESTICO SOLAMENTE



Feet must be secured properly before use.
Les pieds doivent être proprement serres
avant utilisation.

Se deben asegurar adecuadamente los pies antes de usar.

⚠ 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 swing around ankles, and the ratchet must be locked before using the inversion table.

⚠ AVERTISSEMENT

El soporte de tobillo debe ser ajustado alrededor de los tobillos, y el trinquete debe estar trabado antes de usar la silla de inversión.

⚠ AVERTENCIA

El soporte de la cheville debe estar suelto alrededor de los tobillos y el clicado debe estar en posición antes de utilizar la silla de inversión.

⚠ 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.

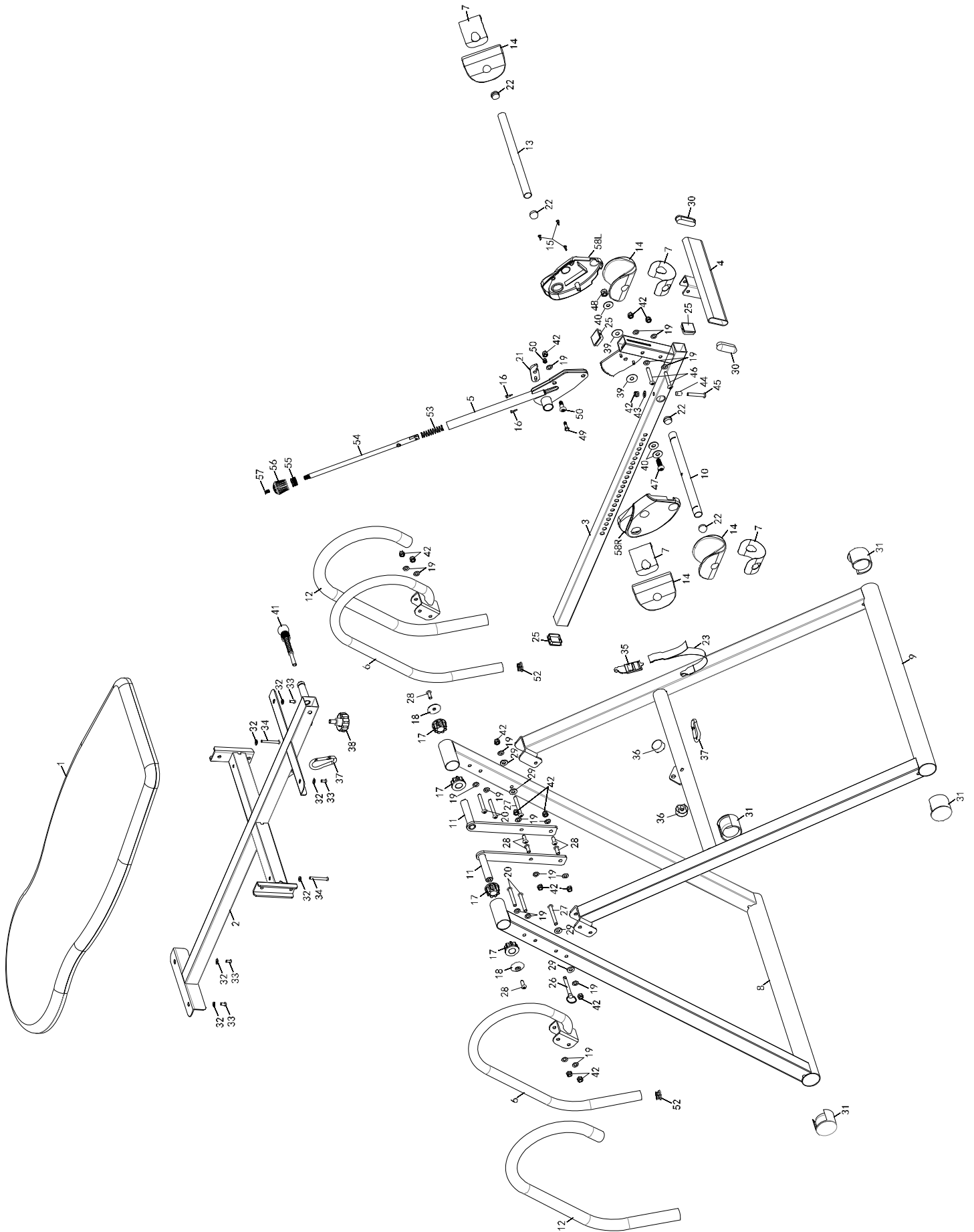
⚠ WARNING
WARNING - TO REDUCE THE RISK OF PERSONAL INJURY, READ AND UNDERSTAND ALL THE INSTRUCTIONS BEFORE USING THE INVERSION TABLE
- DO NOT ALLOW CHILDREN TO USE THIS MACHINE
- KEEP CHILDREN AWAY FROM MACHINE WHILE IN USE
- KEEP BODY PARTS, HAIR, LOOSE CLOTHES AND JEWELRY CLEAR OF ALL MOVING PARTS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

⚠ ATTENTION
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 ÉCROUS, VIS, BOULONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION
- REVOIR TOUTS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION

⚠ WARNING / AVERTISSEMENT

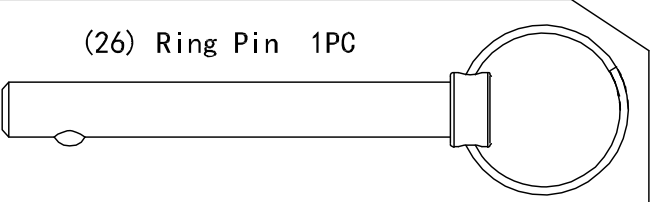
Max. Weight: 275lbs. & Max. Height: 6'6"
Le poids Maximum et hauteur pout ce produit est 125 kgs / 198 cm.

OVERVIEW DRAWING



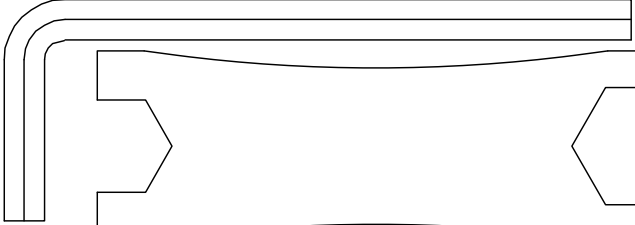
5501R-Hardware Pack

Step 1




(26) Ring Pin 1PC

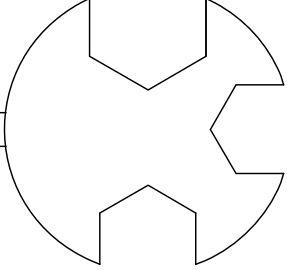
6mm Allen Wrench 1 PC



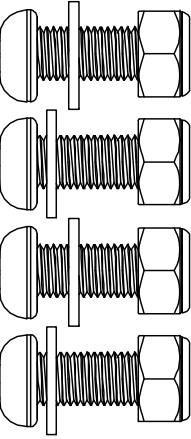
10, 13, 17mm Wrench 1 PC



Multi-Hex Tool with Phillips Screwdriver 1PC

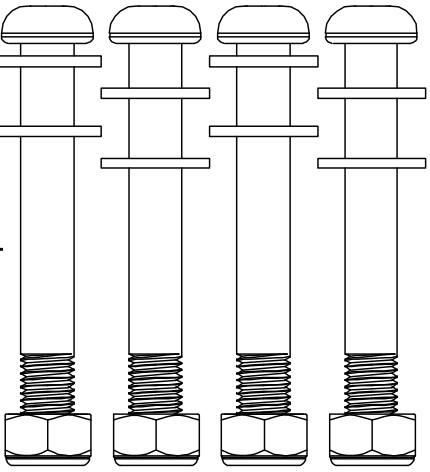


Step 2



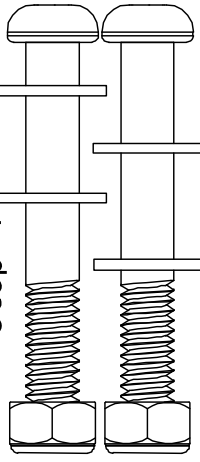
(59) Socket Hex Bolt 4PCS
(19) Flat Washer 4PCS
(42) Nylon Nut 4PCS

Step 3



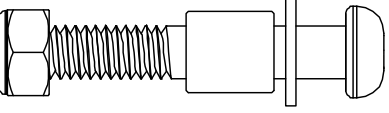
(20) Socket Hex Bolt 4PCS
(19) Flat Washer 8PCS
(42) Nylon Nut 4PCS

Step 4



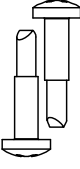
(46) Socket Head Bolt 2PCS
(19) Flat Washer 4PCS
(42) Nylon Nut 2PCS

Step 5



(45) Hex Bolt 1PC
(43) Flat Washer 1PC
(42) Nylon Nut 1PC
(44) Metal Bushing 1PC

Step 6

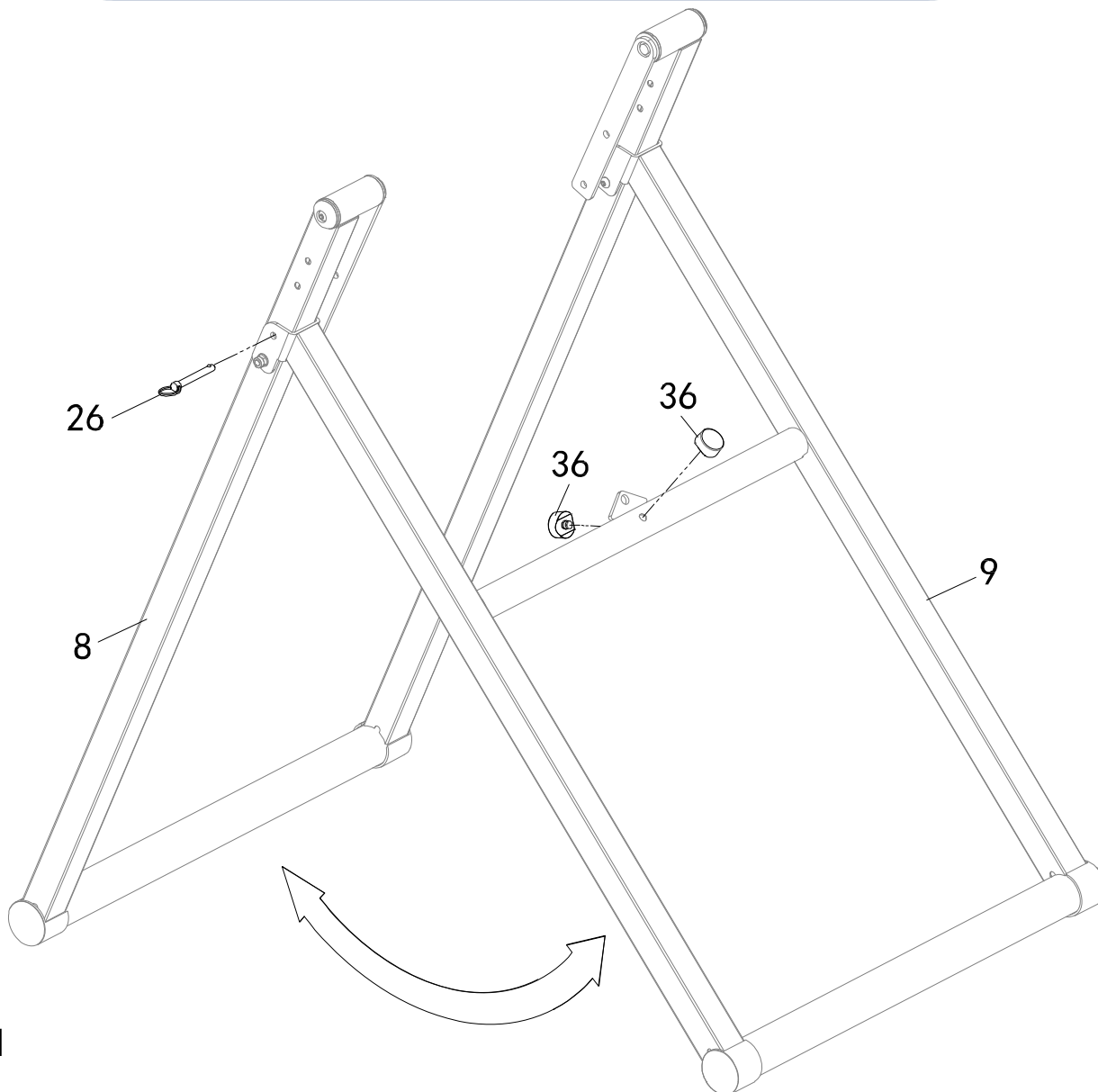


(16) Self-Tapping Phillips Screw 2PCS

No.	Description	Qty
1	Backrest (#5501/#5502)	1
2	Backrest Frame	1
3	Adjustable Boom	1
4	Foot Bar	1
5	Ratchet Handle	1
6	Handlebar	2
7	Steel Heel Holder Bracket	4
8	Rear Frame	1
9	Front Frame	1
10	Rear Rod	1
11	Pivot Arm	2
12	Handlebar Foam Grip	2
13	Front Rod	1
14	Rubber Heel Holder	4
15	Self-Tapping Phillips Screw ST3.5x13	3
16	Self-Tapping Phillips Screw ST4.0x16	2
17	Nylon Bushing	4
18	Round Cap	2
19	Flat Washer Ø16xØ8.5x1.5	19
20	Socket Hex Bolt M8x60mm	4
21	Latch	1
22	Rod Cap Ø22	4
23	Nylon Strap	1
25	Square End Cap □30	3
26	Ring Pin Ø8x63.5mm	1
27	Hex Bolt M8x65mm	2
28	Socket Hex Bolt M8x20mm	2
29	Plastic Washers	4
31	Foot Cap	4

No.	Description	Qty
32	Flat Washer Ø13xØ6.5x1.5	6
33	Hex Bolt M6x12mm	4
34	Hex Bolt M6x50mm	2
35	Loop Strap	1
36	Rubber Pad	2
37	Safety Hook	2
38	Knob	1
39	Flat Washer Ø30xØ10.5x0.5	2
40	Flat Washer Ø25xØ10.5x0.5	3
41	Adjustable Boom Knob	1
42	Nylon Nut M8	13
43	Flat Washer Ø16xØ8.5x2.0	1
44	Metal Bushing	1
45	Hex Bolt M8x50mm	1
46	Socket Hex Bolt M8x53mm	2
47	Hex Bolt M10x30	1
48	Nylon Nut M10	1
49	Hex Bolt M5	1
50	Hex Bolt M8	1
51	Nylon Nut M5	1
52	Round End Cap	2
53	Spring	1
54	Activation Rod	1
55	Handlebar Cap	1
56	Button	1
57	Phillips Screw M5x18	1
58R	Right Plastic Cover	1
58L	Left Plastic Cover	1
59	Socket Hex Bolt M8x23mm	4

ASSEMBLY



Step 1

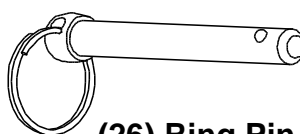
1A. Setting up the Frames:

Stand up the base of the machine by separating the frames as shown above. Pull the **Rear Frame (8)** and the **Front Frame (9)** as far apart as possible from each other and align the pin holes. Then insert **Ring Pin (26)** from the outer side into the holes on the **Rear Frame (8)** and **Front Frame (9)** to lock the frames in place.

1B. Installing Stoppers:

Install two **Rubber Pads (36)** onto the **Front Frame (9)** by firmly pressing them into the holes on the cross bar of 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

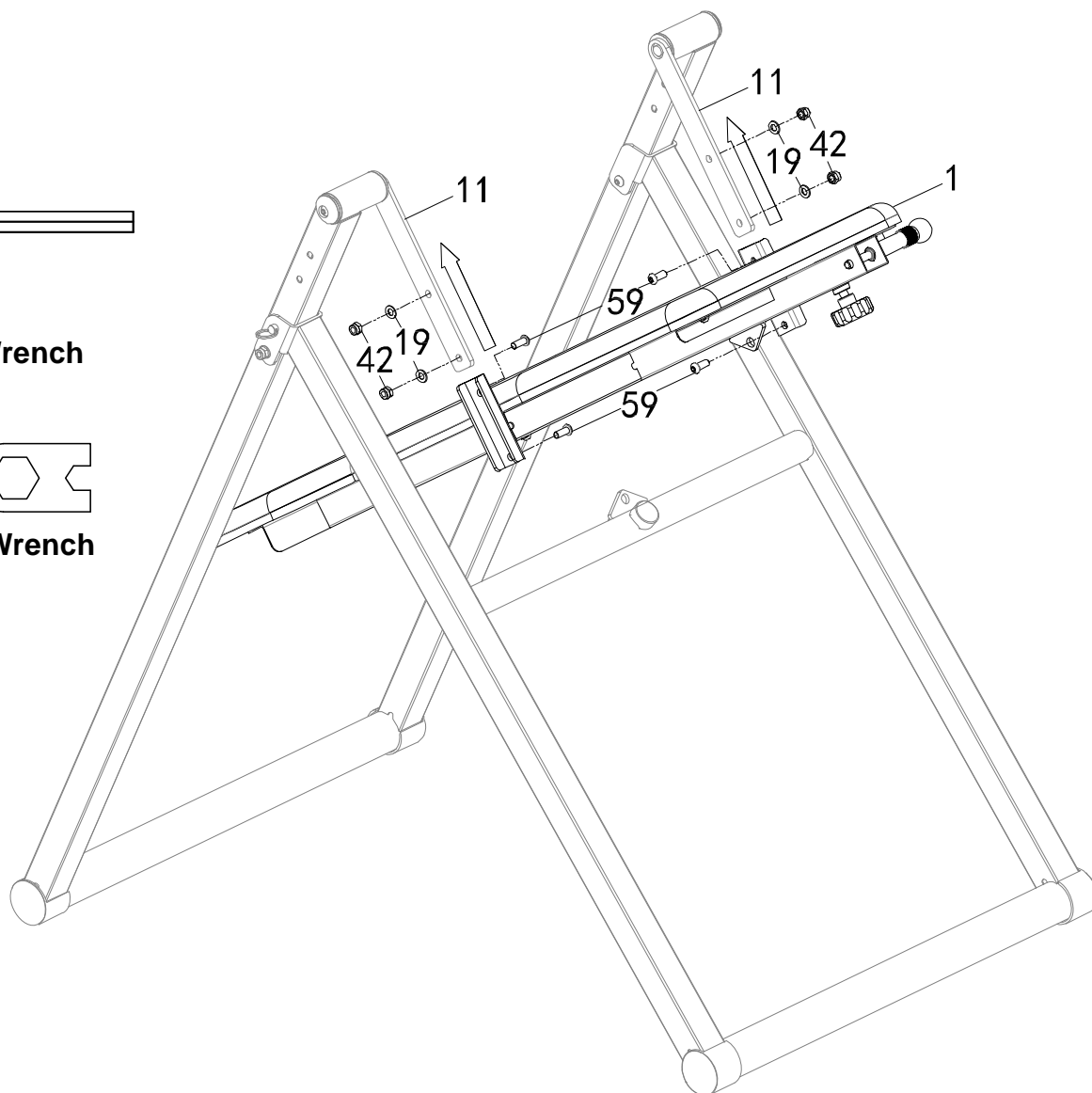
Tools:



6mm Allen Wrench
1PC



10,13,17mm Wrench
1PC



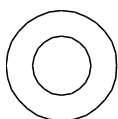
Step 2

Note: We recommend using two people for installing the backrest to the main frame.

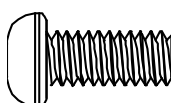
2A. Installing the Backrest Frame:

Point the **Pivot Arms (11)** downwards and hold the bottom of the **Backrest Frame (2)** directly above the **Rubber Pad (36)** for easier alignment. Slide the **Backrest Frame (2)** upwards between both the **Pivot Arms (11)**. Align the bolt holes on the **Pivot Arms (11)** with the holes on the brackets of the **Backrest Frame (2)** and secure with four **Socket Hex Bolts (59)**, four **Flat Washers (19)**, and four **Nylon Nuts (42)**. Simultaneously tighten the bolts and nuts with the provided 13, 17mm Wrench and 6mm Allen Wrench.

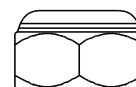
Hardware:



(19) Flat Washer
4PCS



(59) Socket Hex Bolt
4PCS



(42) Nylon Nut
4PCS

ASSEMBLY

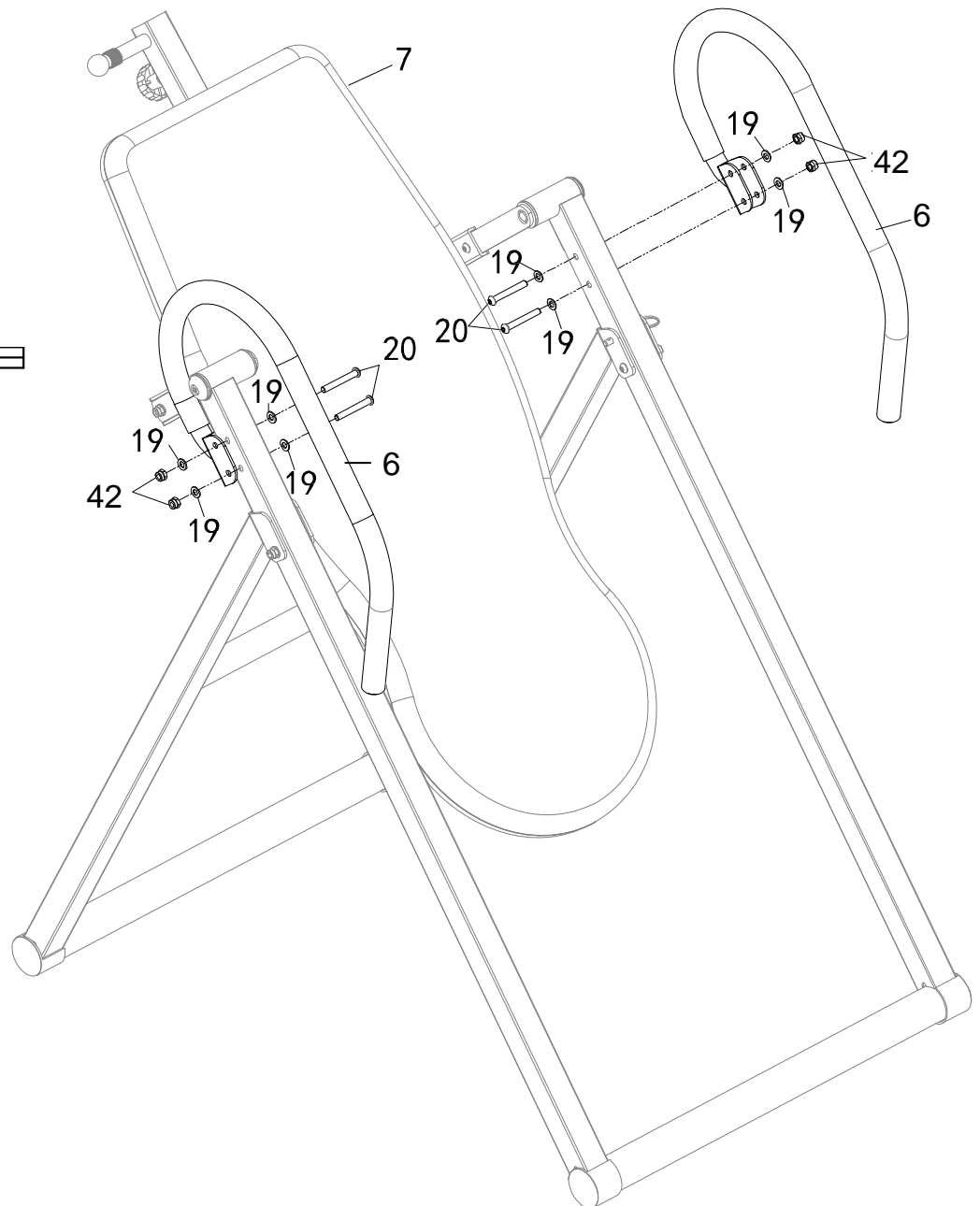
Tools:



6mm Allen Wrench
1PC



10,13,17mm Wrench
1PC

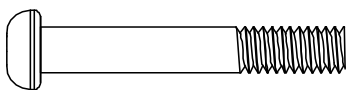


Step 3

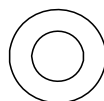
3A. Installing the Handlebars:

Attach one **Handlebar (6)** onto the **Rear Frame (8)** with two **Socket Hex Bolts (20)**, two **Nylon Nuts (42)**, and four **Flat Washers (19)**. Simultaneously tighten the bolts and nuts with the provided **13, 17mm Wrench** and **6mm Allen Wrench**. Repeat the same steps above to attach the other **Handlebar (6)** onto the **Rear Frame (8)**.

Hardware:



(20) Socket Hex Bolt
4PCS



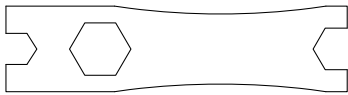
(19) Flat Washers
8 PCS



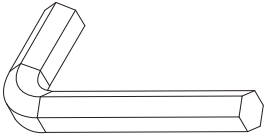
(42) Nylon Nut
4PCS

ASSEMBLY

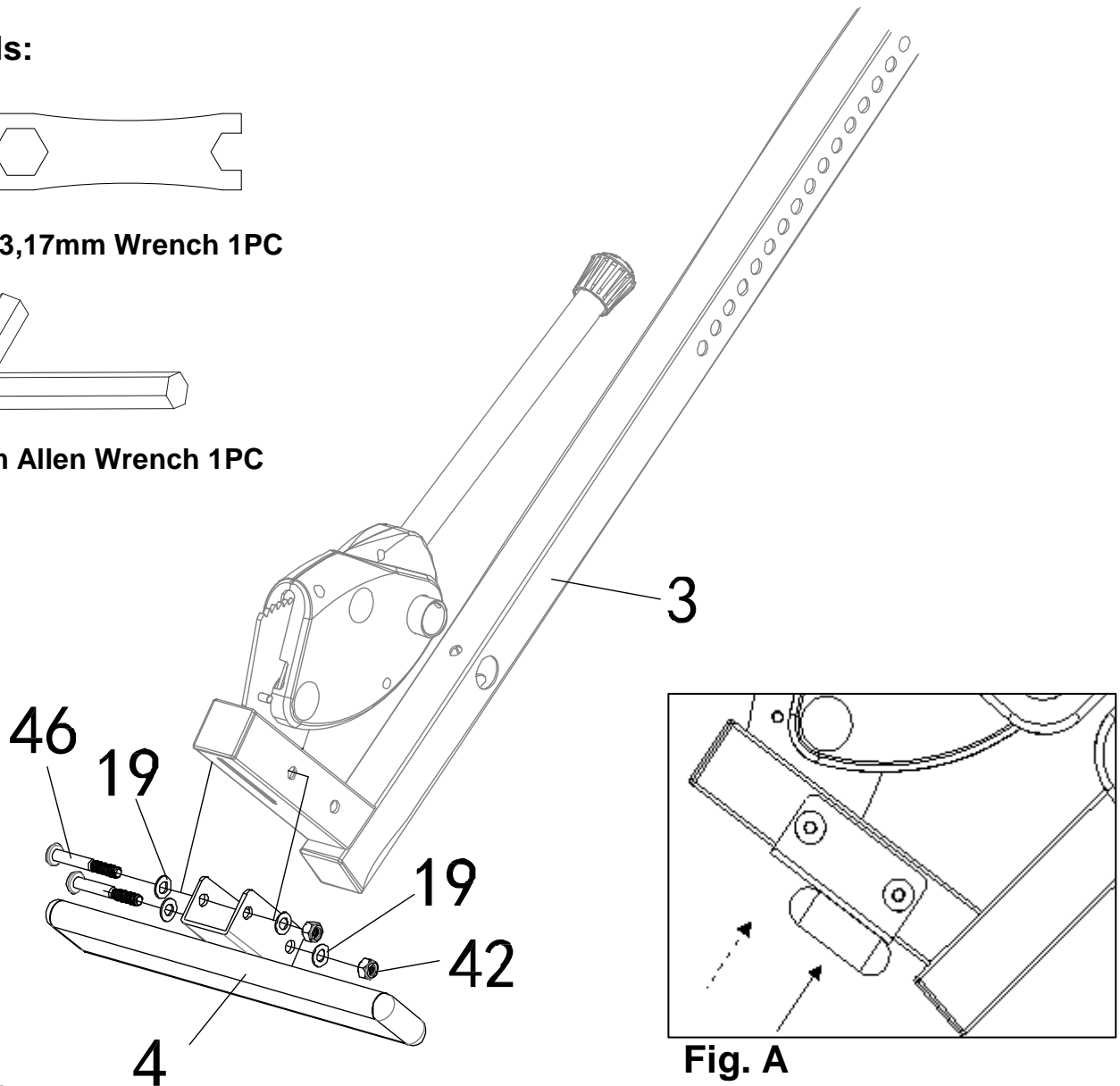
Tools:



10, 13, 17mm Wrench 1PC



6mm Allen Wrench 1PC



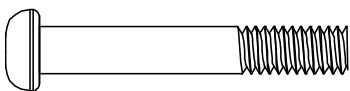
Step 4

4A. Installing the Foot Bar:

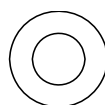
Install the **Foot Bar (4)** onto the **Adjustable Boom (3)** with two **Hex Bolts (46)**, four **Flat Washers (19)** and two **Nylon Nuts (42)**. Tighten the hardware with the **6mm Allen wrench** and **10, 13, 17 mm Wrench** provided.

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

Hardware:



(46) Socket Hex Bolt 2 PCS

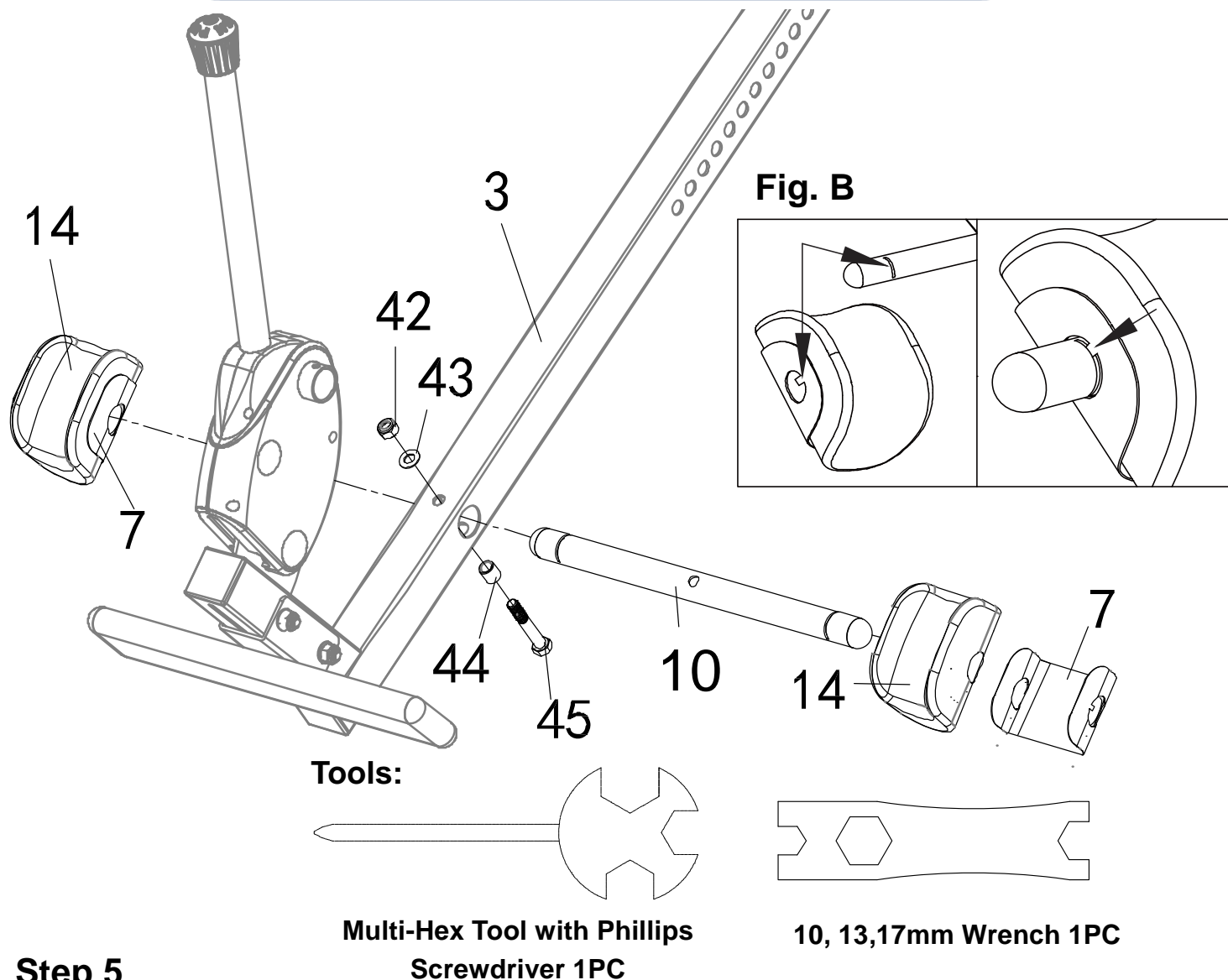


(19) Flat Washers
4 PCS



(42) Nylon Nut M8
2 PCS

ASSEMBLY



Step 5

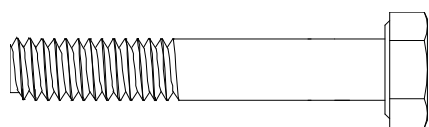
Installing the Rear Rod & Heel Holders:

5A. Slide the **Rear Rod (10)** through the **Adjustable Boom (3)** with the slots facing forward. Secure the **Rear Rod (10)** with one **Hex Bolt (45)**, one **Metal Bushing (44)**, one **Flat Washer (43)**, and one **Nylon Nut (42)**. Tighten the hardware using the **Hex Wrench** and **Multi-Hex tool with Phillips Screwdriver** provided.

5B. Wrap the **Rubber Heel Holders (14)** with the **Steel Heel Holder Bracket (7)**. Squeeze the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (14)** and slide them onto both ends of the **Rear Rod (10)**. Ensure the lock teeth are wedged into the slots in the **Rear Rod (10)** as shown in the **Fig. H**.

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

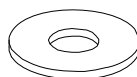
Hardware:



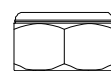
(45) Hex Bolt
1PC



(44) Metal Bushing
1PC

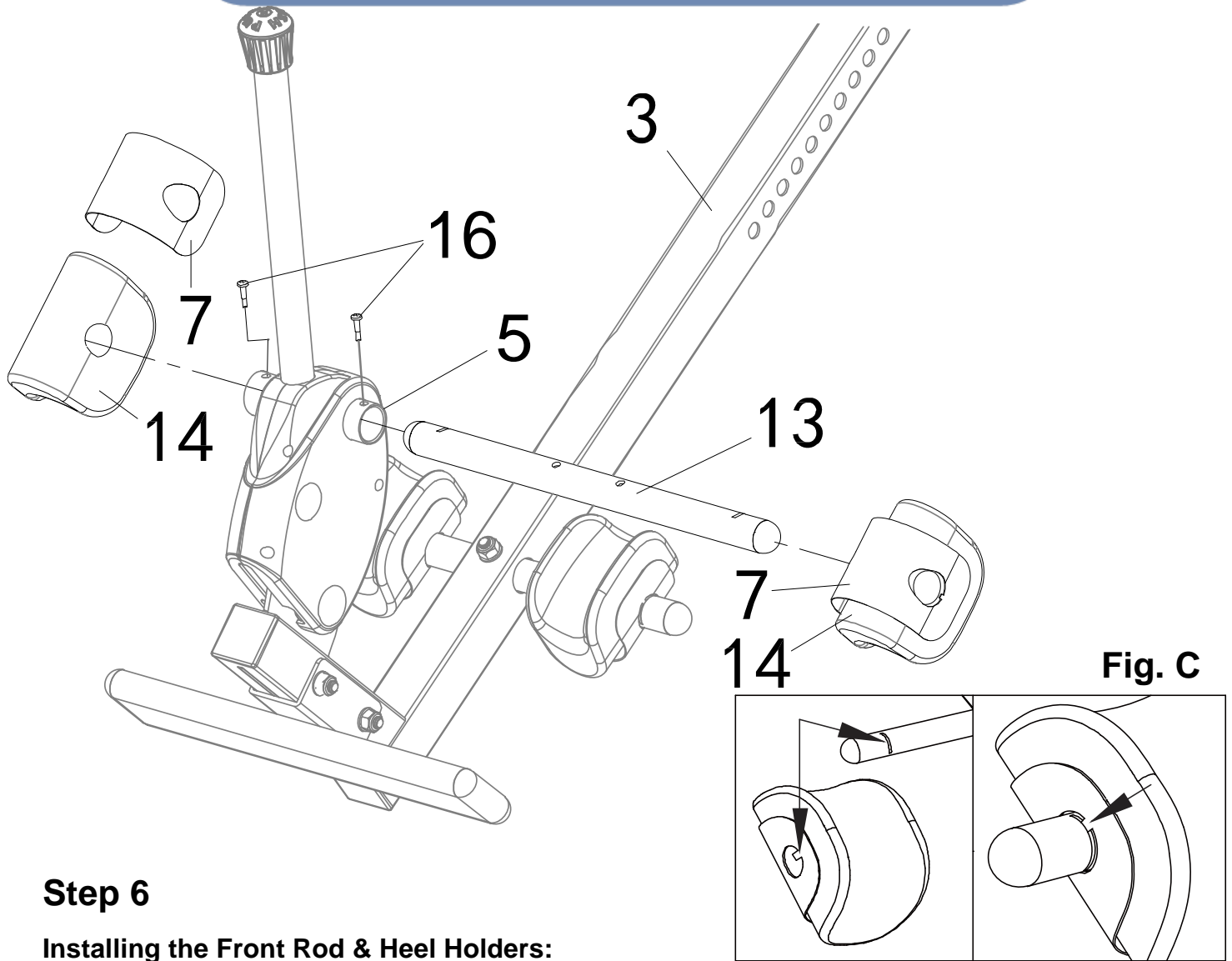


(43) Flat Washer
1PC



(42) Nylon Nut
1PC

ASSEMBLY



Step 6

Installing the Front Rod & Heel Holders:

6A. Remove the **Self-Tapping Phillips Screw (16)** from the **Front Rod (13)**.

Installing the Front Rod & Heel Holders

6B. Slide the **Front Rod (13)** through the tube of the **Ratchet Handle (5)** with the slots facing back towards the **Adjustable Boom (3)**. Secure the **Front Rod (13)** to the **Ratchet Handle (5)** with the two **Self-Tapping Phillips Screws (16)** that were previously removed. Tighten the hardware using the **Multi-Hex tool with Phillips Screwdriver** provided.

6C. Wrap the **Rubber Heel Holders (14)** with the **Steel Heel Holder Bracket (7)**. Squeeze the **Steel Heel Holder Brackets (7)** and **Rubber Heel Holders (14)** and slide them onto both ends of the **Front Rod (13)**. Ensure the lock teeth are wedged into the slots in the **Front Rods (13)** as shown in the **Fig. C**

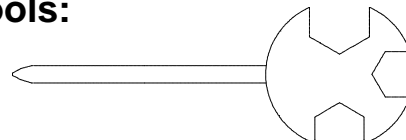
NOTE: Make sure the lock teeth are wedged into the slots in the **Front Rods (13)** before use. See **Fig. C**.

Pre-Installed Hardware:

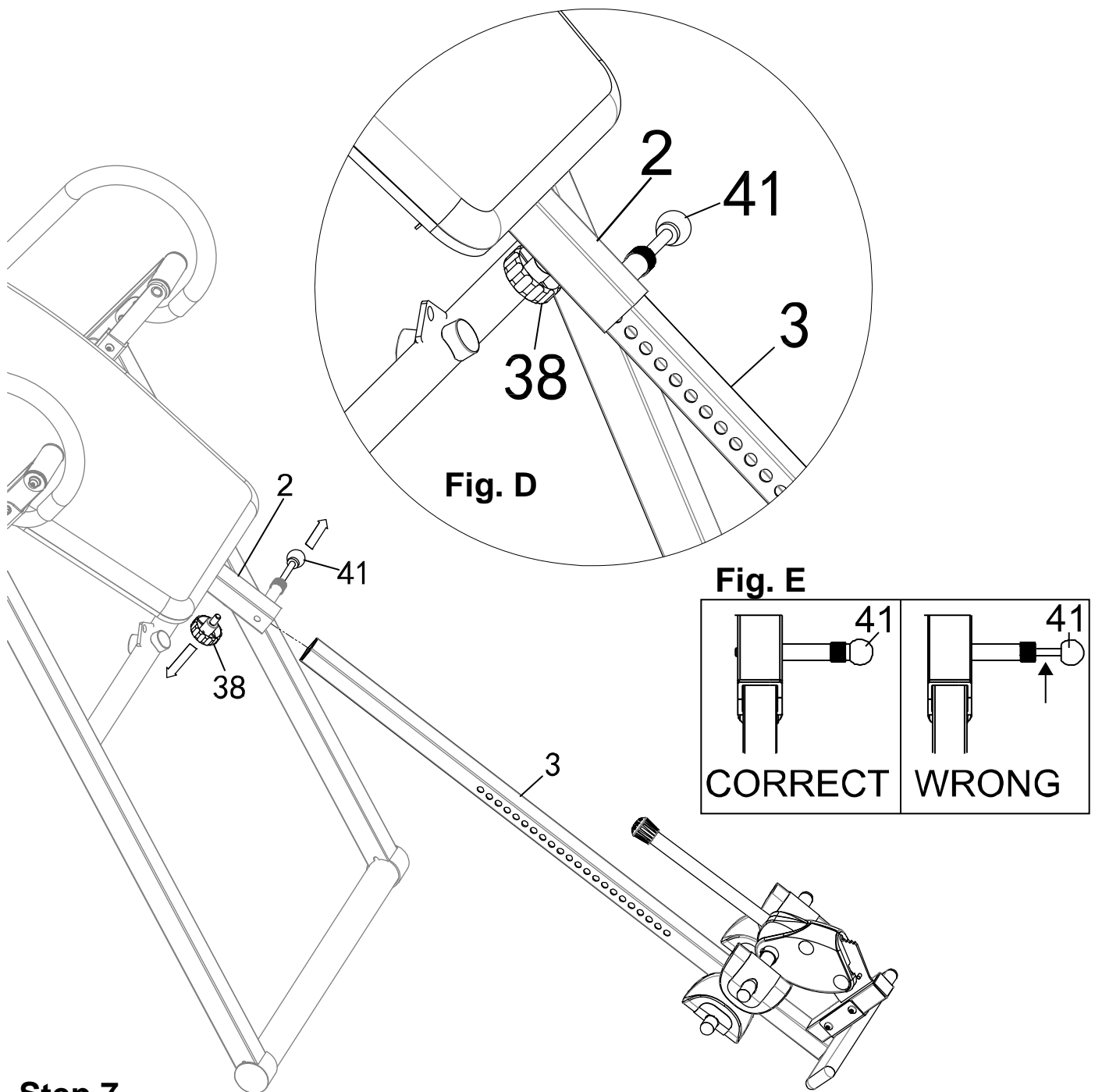


(16) Self-Tapping
Phillips Screw 2PCS

Tools:



Multi-Hex Tool with Phillips
Screwdriver 1PC



Step 7

Installing the Adjustable Boom to the Bedframe:

7A. Pull out and hold the **Adjustable Boom Knob (41)** then slide the **Adjustable Boom (3)** into the bottom of the **Backrest Frame (2)**. Slide the **Adjustable Boom (3)** upwards until the desired height is visible just below the tube of the **Backrest Frame (2)**. Release the **Adjustable Boom Knob (41)** to lock the **Adjustable Boom (3)** in place. Shift the **Adjustable Boom (3)** until the **Adjustable Boom Knob (41)** "POPS" into the locked position.

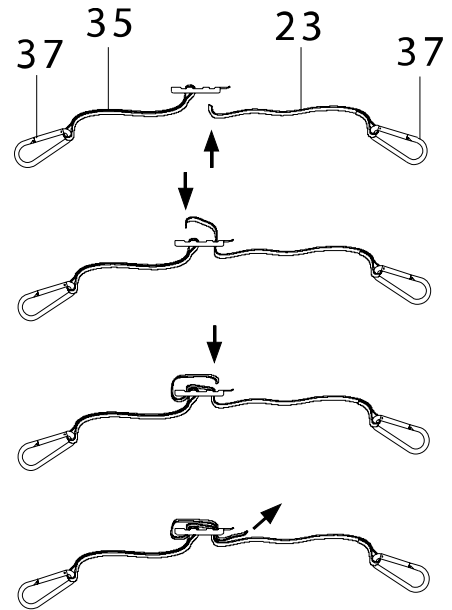
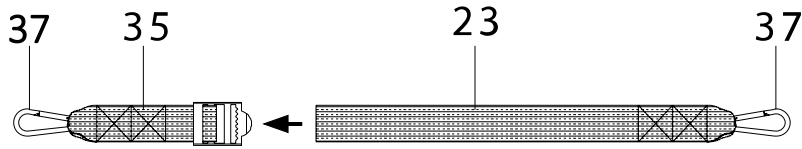
WARNING: Make sure the **Adjustable Boom Knob(41)** is fully inserted as shown in **Fig. E** before getting on the inversion table.

7B. Install the **Knob (38)** onto the **Backrest Frame (2)**. See **Fig D**.

WARNING: Loosen the **Knob (38)** before adjusting the height of the **Adjustable Boom (3)**.

Tighten the **Knob (38)** after adjusting the height setting of the **Adjustable Boom (3)** for stability and safety.

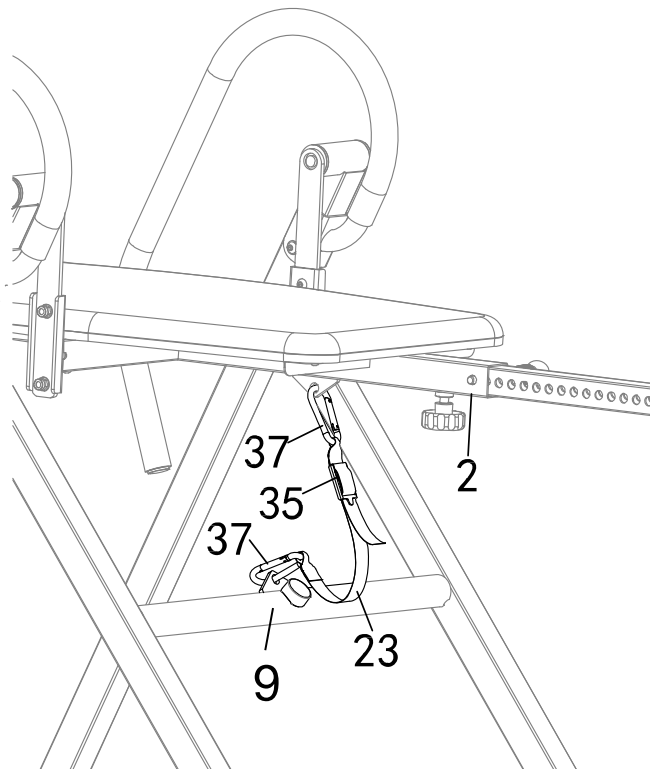
ASSEMBLY



Step 8

8A. Preparing the Nylon Strap:

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. Then 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 back through the strap lock on the **Loop Strap (35)**, and pull tight to secure. **See the illustration above.**

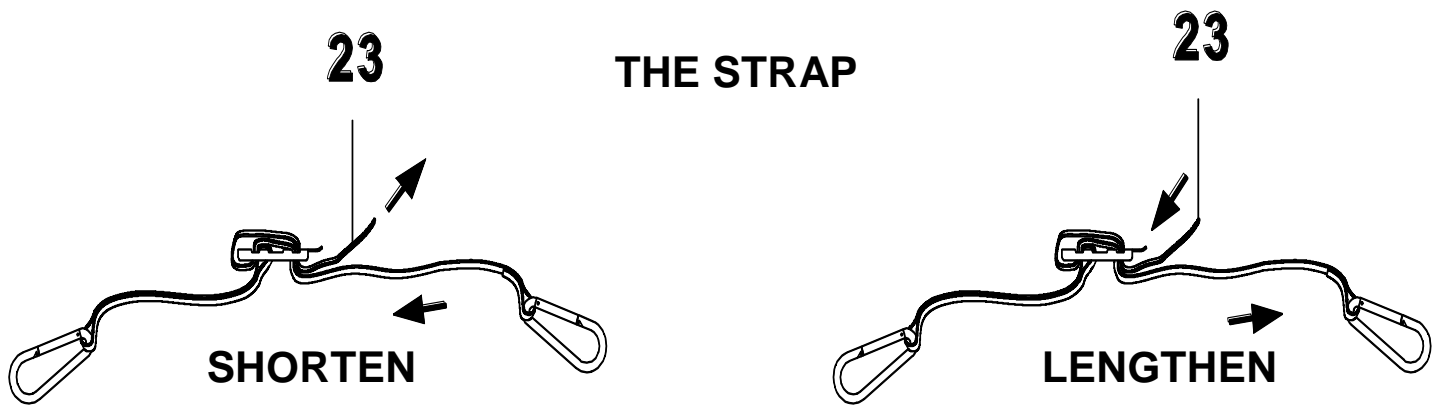


Step 9

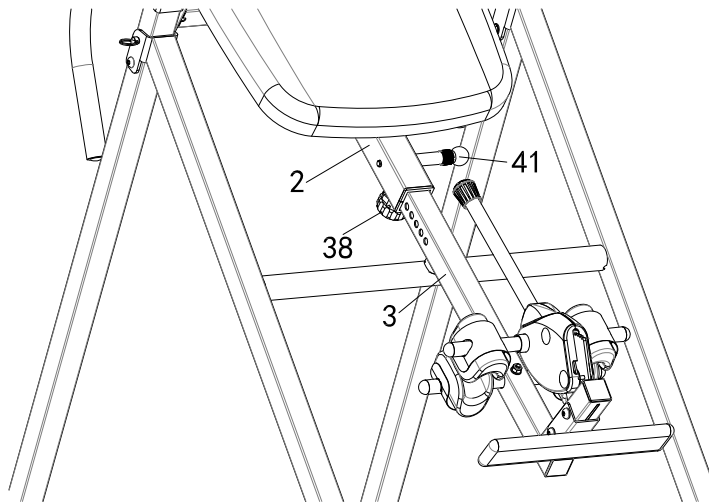
9A. Attaching the Nylon Straps

Attach the combined **Nylon Strap (23)** & **Loop Strap (35)** to the **Backrest Frame (2)**. This is done by hooking one end of the **Safety Hooks (37)** on the **Nylon Strap (23)** to the **triangular tab** on the underside of the **Backrest Frame (2)**. Then hook the other end of the **Safety Hooks (37)** on the **Loop Strap (35)** to the **triangular tab** on the **Front Frame (9)** as shown above.

OPERATION AND ADJUSTMENTS



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)**:

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

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

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

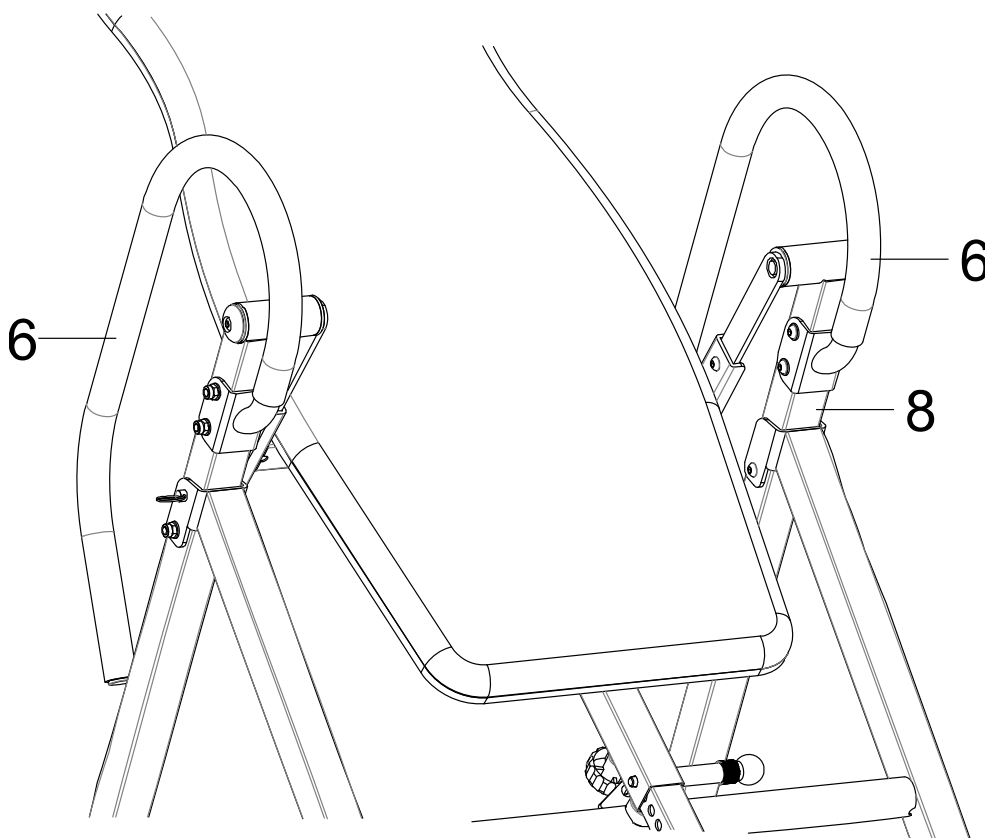
GENERAL PRECAUTIONS

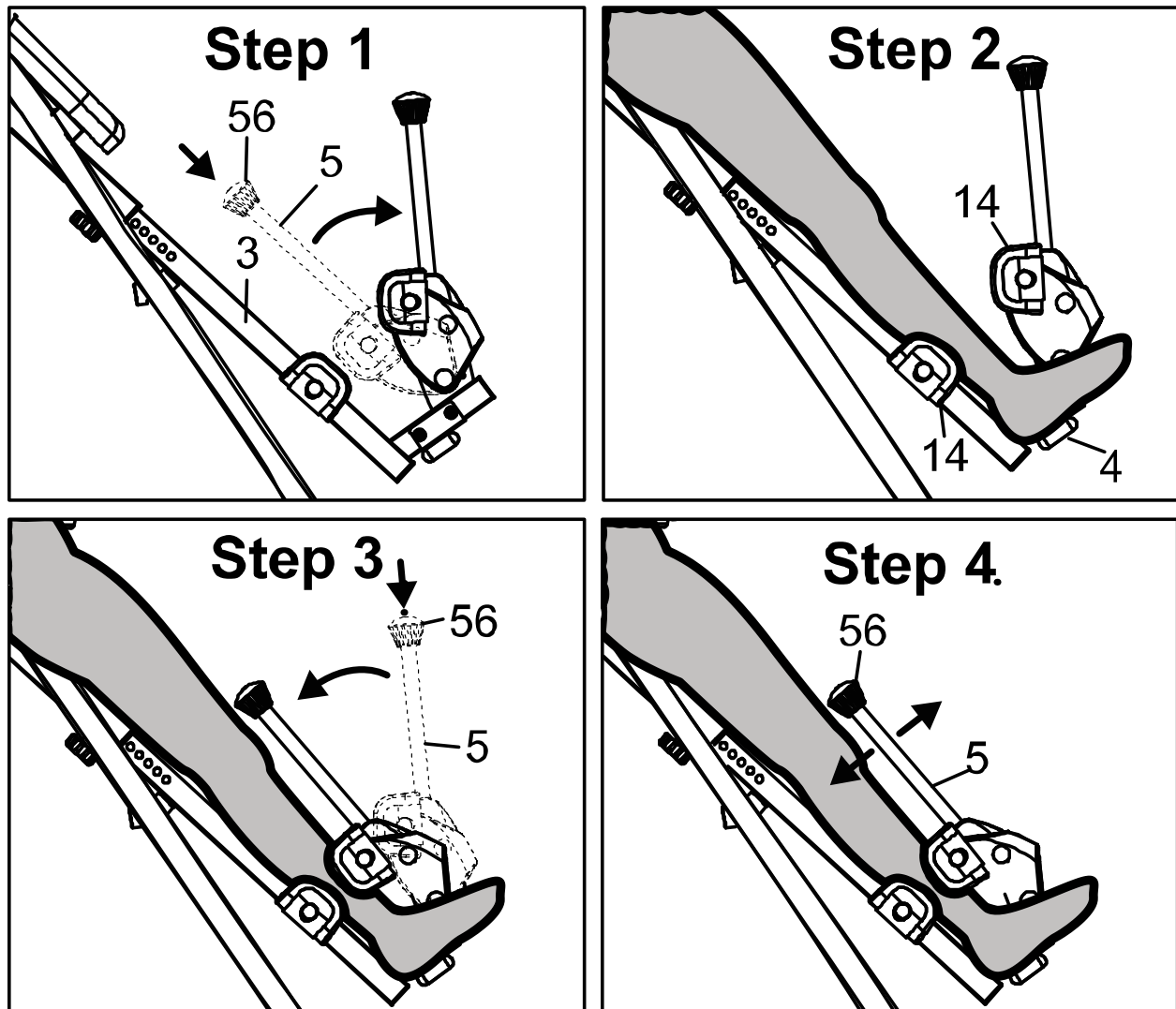
1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Always wear shoes when using the inversion table.
3. Make sure that the **Rubber Heel Holders (14)** are both holding your feet securely.
4. Make sure that the **Adjustable Boom (3)** is properly set to your height.
5. Make sure that the **Adjustable Boom (3)** is held securely by the **Adjustable Boom Knob (41)**.
6. Make sure that there is enough room for the inversion table to rotate completely.

THE HANDLEBARS

For added convenience and safety, a set of **Handlebars (6)** has been added to the inversion table. These **Handlebars (6)** are located at the top of the **Rear Frame (8)**. The **Handlebars (6)** are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the backrest is moving too slowly, or not moving at all, slowly pull on the handlebars until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hand's closer to your starting position along the handlebars. If it does not, get off the inversion table and adjust the height setting before your next use. Go back slowly; failure to comply could result in serious physical injury.



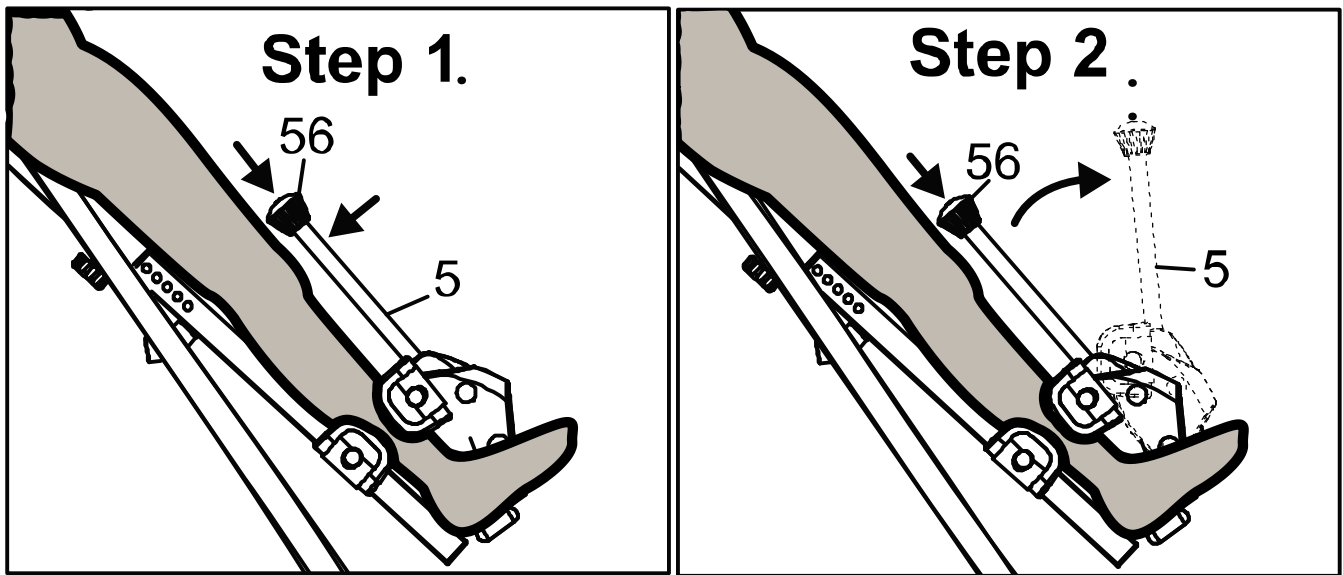


LOCKING THE ANKLE HOLDERS

1. Push down on the **Button (56)** and move the **Ratchet Handle (5)** away from the **Adjustable Boom (3)**.
2. Step onto the **Foot Bar (4)** and place your ankles between the Front/Rear **Rubber Heel Holders (14)**.
3. Push down on the **Button (56)** and move the **Ratchet Handle (5)** back towards the **Adjustable Boom (3)** until the **Rubber Heel Holders (14)** are snug around your ankles.
4. Move the **Ratchet Handle (5)** back and forth without pressing the **Button (56)** to ensure that the ratchet is locked.

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

WARNING: Make sure the Ratchet Handle (5) is locked in place after the Rubber Heel Holders (14) are secure around your ankle.



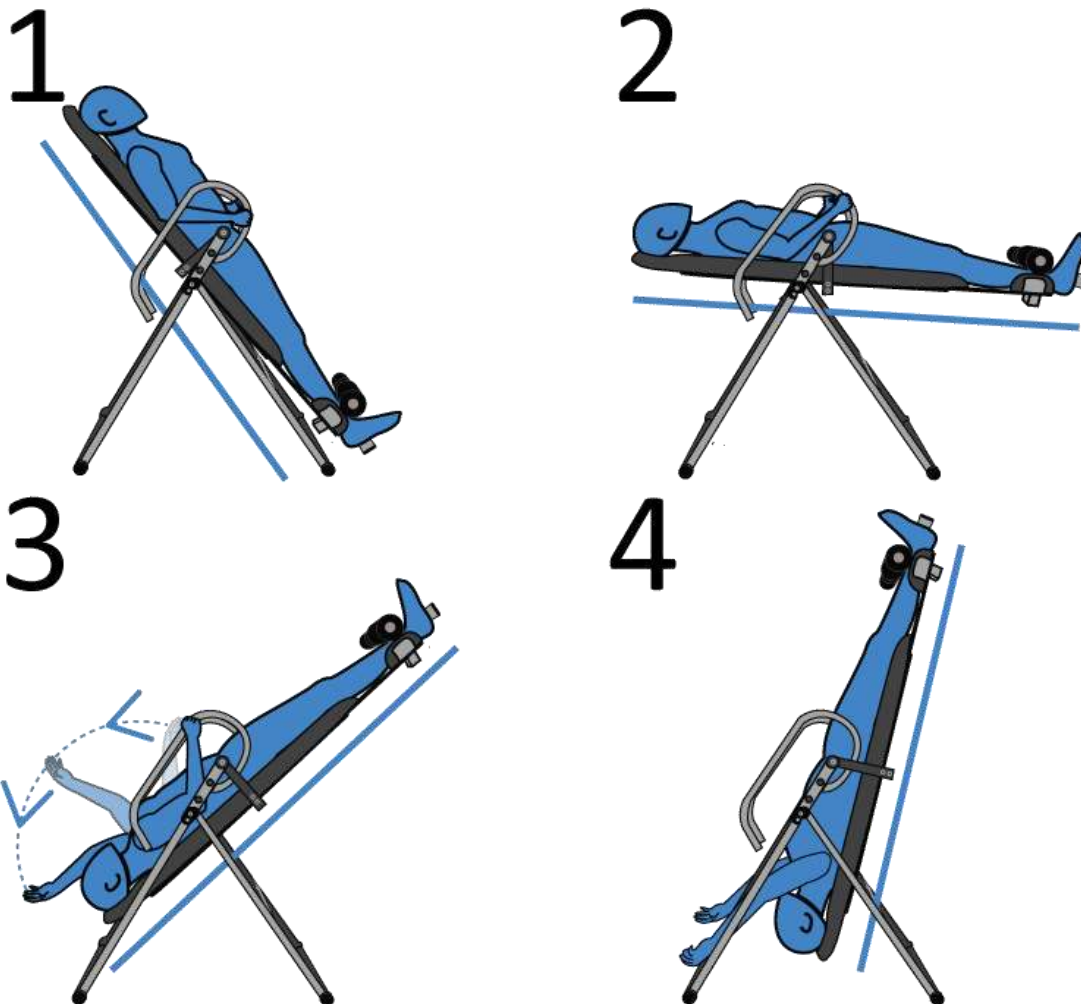
UNLOCKING THE ANKLE HOLDERS

1. To release the ankle locking mechanism pull back and hold the **Ratchet Handle (5)**, then push down on the **Ratchet Button (56)**.
2. While continuing to press down on the **Ratchet Button (56)** move the **Ratchet Handle (5)** away from your legs.

BALANCING THE INVERSION TABLE

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

OPERATION AND ADJUSTMENTS



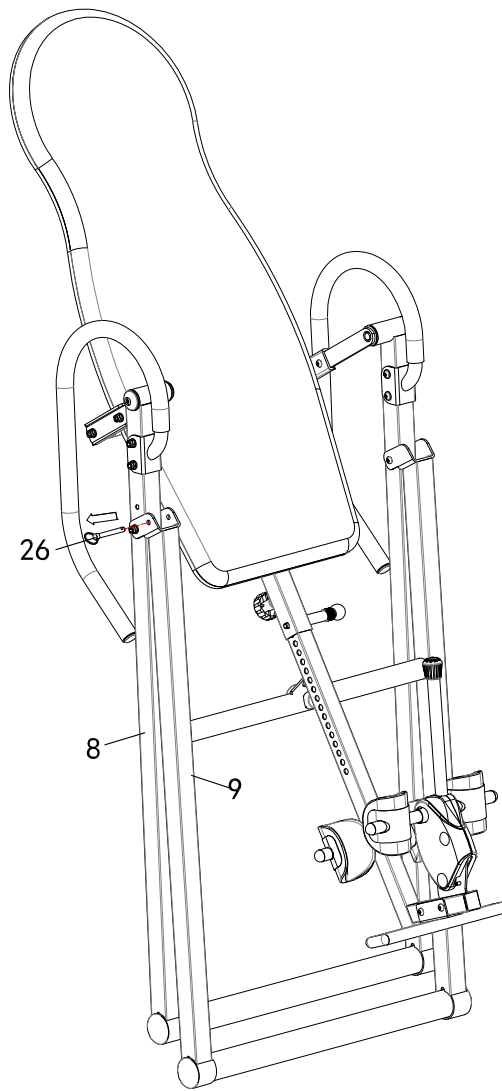
USING THE INVERSION TABLE

1. Start by lying straight back on the backrest with your hands gripped on both handlebars.
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.
3. **To start inversion**, slowly lift one hand over your head while still gripping a handlebar with the opposite hand.
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.
5. Return to the upright position by slowly returning your hands to your waist and pulling yourself up with the handlebars.

SUGGESTIONS FOR USE

1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly if you feel uncomfortable.
2. Make gradual changes: increase the angle 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 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)**; push the **Rear Frame (8)** and **Front Frames (9)** together all the way. 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: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

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