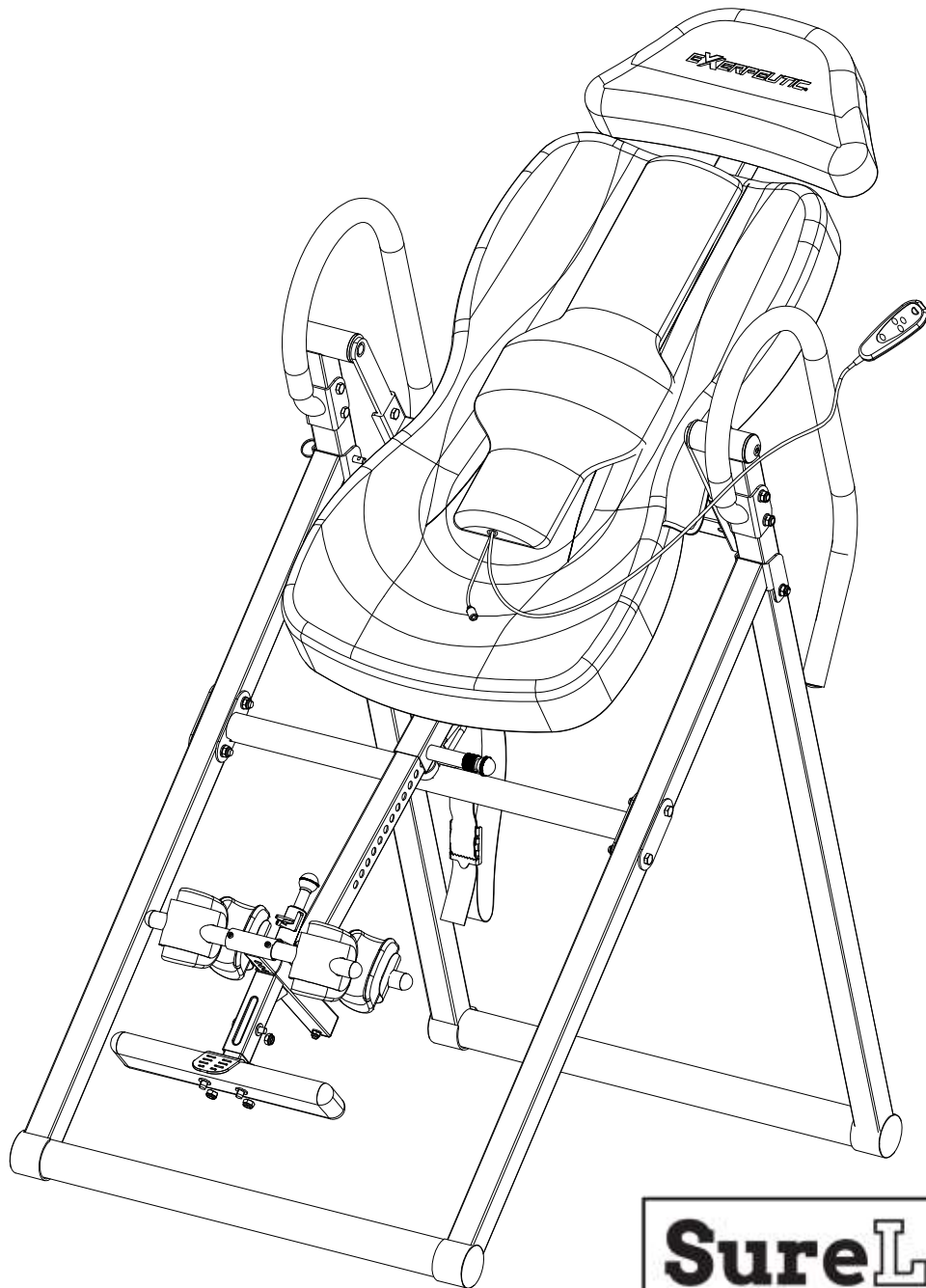


Triple SureLock® Inversion Table





PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

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

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7921
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:

1-844-641-7921

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

Response time may vary via calling

Please have the following information ready when requesting for service:

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

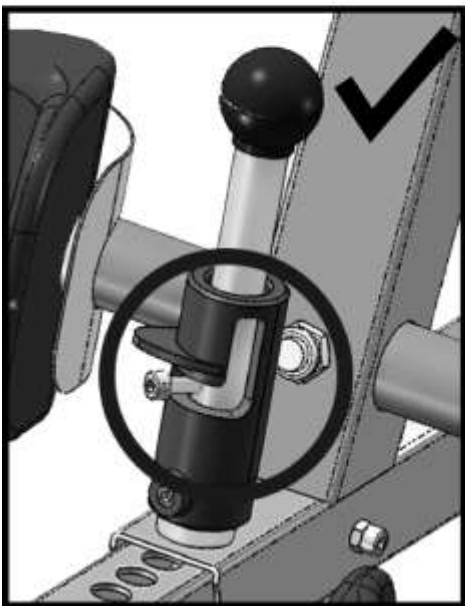
For damaged or defective product please contact our customer service before returning to the store.

Paradigm Health & Wellness, Inc.

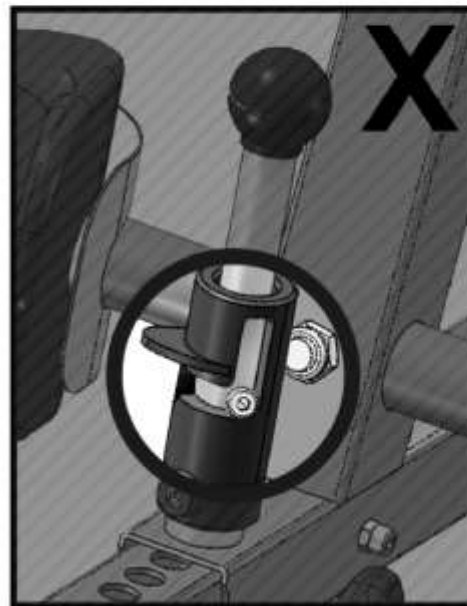
1189 Jellick Ave.

City of Industry, CA 91748, USA

SAVE THESE INSTRUCTIONS



CORRECT:
Locking pin
fully engaged



WRONG:
Locking pin
NOT fully
engaged

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

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

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. Do not use aggressive movements, or use weights, elastic bands, any other exercise or stretching device. 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 securely tied lace-up shoes with a flat sole, such as a normal tennis-style shoe.
13. Do not wear any footwear that could interfere with securing the ankle lock, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
14. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
15. Do not operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
16. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
17. 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.
18. 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."
19. Always be certain the ankle lock is properly adjusted and fully engaged and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock is snug, close-fitting and secure EVERY TIME you use the equipment.
20. Wait 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
21. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
22. **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.
23. **WARNING:** - Risk of Personal Injury – Do not allow children to use this machine.

IMPORTANT SAFETY GUIDELINES

24. **WARNING:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
25. **WARNING:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
26. **WARNING:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
27. **WARNING:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
28. **WARNING:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using The Inversion Table.

Do not use this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

Do not exceed the maximum rated weight (load) and maximum rated user height:

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

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

It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.



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

LABEL PLACEMENTS

⚠ WARNING / AVERTISSEMENT

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

⚠ WARNING - 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 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 TOUTES LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION

⚠ WARNING / AVERTISSEMENT

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

⚠ ADVERTENCIA

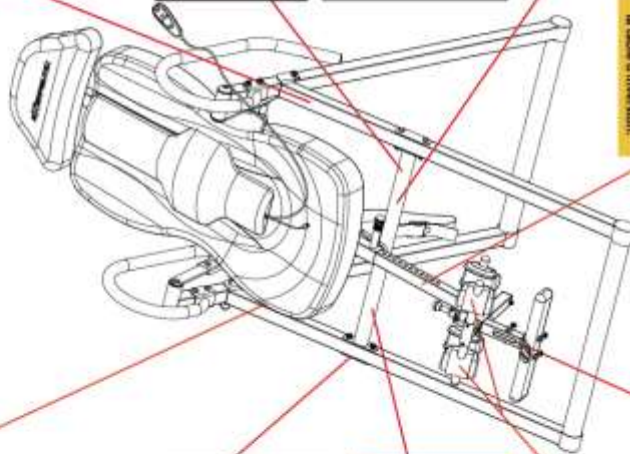
RIESGO DE LESIONES - NIÑO BAJO LA EDAD 13 MANTENER LEJOS DE ESTA MAQUINA EN TODO MOMENTO.

Heel Bracket Tooth must be in slot, refer to the Manual.
 El Diente del Soporte del Talón debe estar en ranura, consulte el Manual.
 La Dent du Support du Talon doit être en emplacement, voir le Manuel.



This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Customer Service to request a complimentary replacement label.

⚠ 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.



For customer assistance,
 Monday - Friday:
 Pour le service à la clientèle
 composer le, lundi à vendredi:
 Para servicios al cliente,
 llame al, lunes a viernes:

1-844-641-7921
 8 am - 5 pm PST



Serial number / Numéro de série / Número de serie
 MADE IN CHINA / FABRIQUÉ EN CHINE / HECHO EN CHINA

⚠ ADVERTENCIA

Capacidad de altura y peso máximo para este producto on 198 cm y 136 kg.

Paradigm Health & Wellness
 Inversion Table, Tabla de inversión,
 Tabla de inversión
 MODEL: 4513 DATE: XX/XX
FOR HOUSEHOLD USE ONLY
 POUR USAGE DOMESTIQUE SEULEMENT
 PARA USO DOMÉSTICO SOLAMENTE

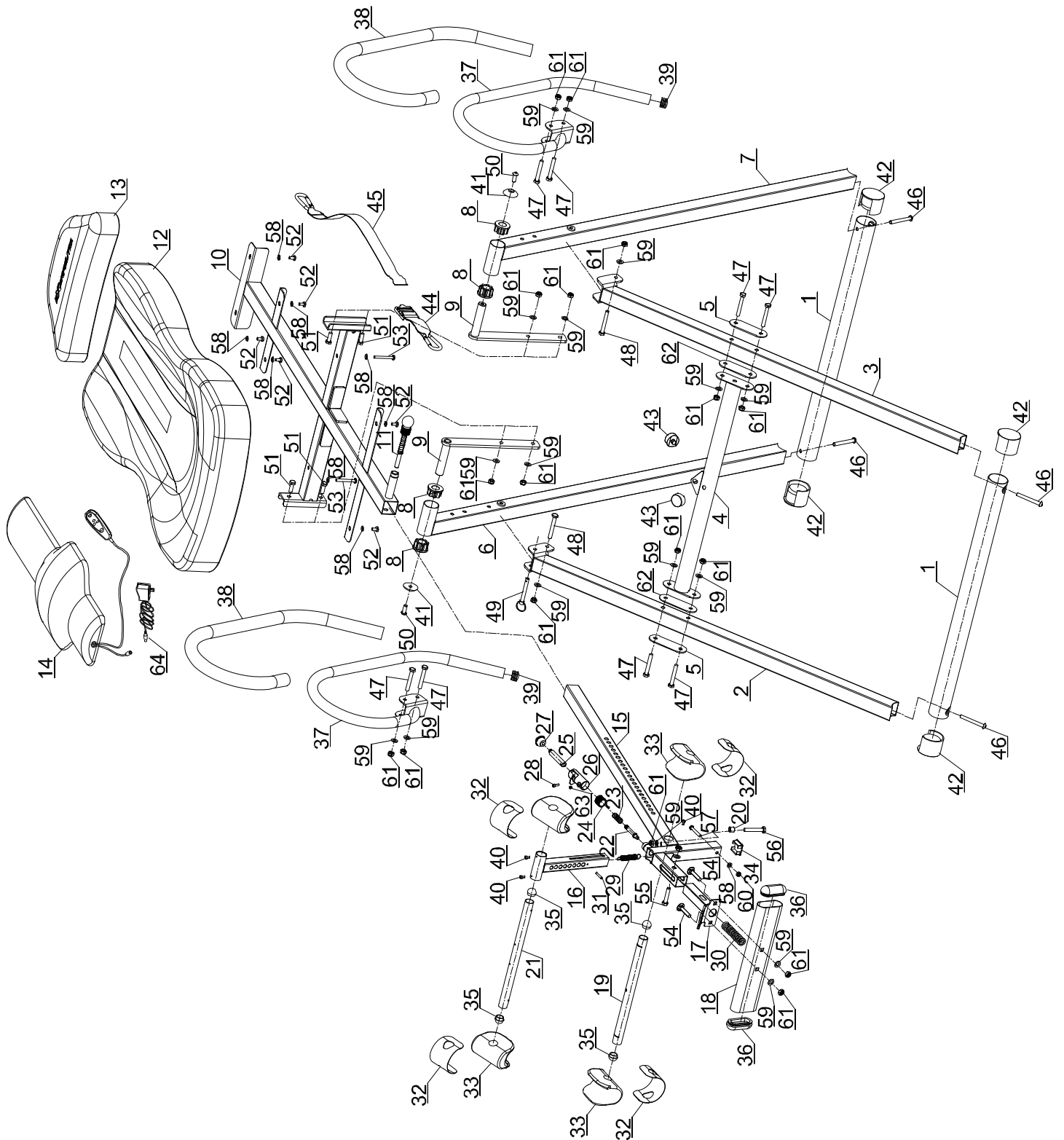


(EXERCISE MACHINE)
 NO: E238026
 11VU

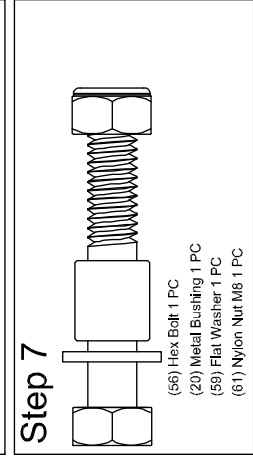
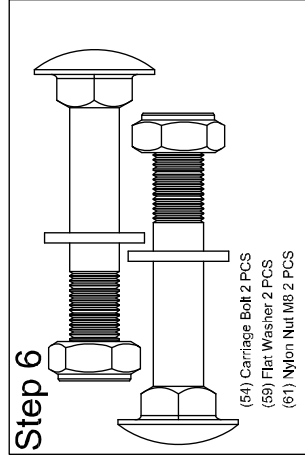
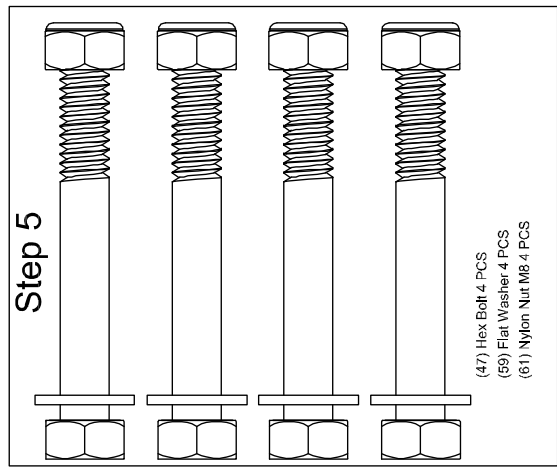
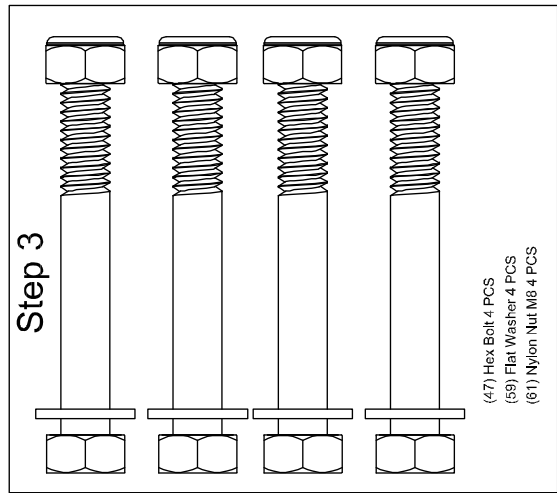
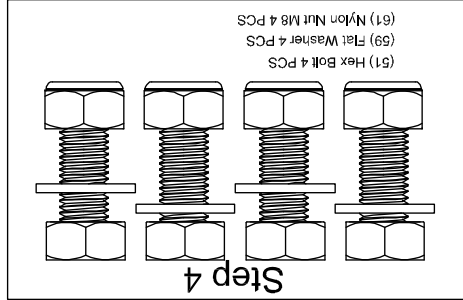
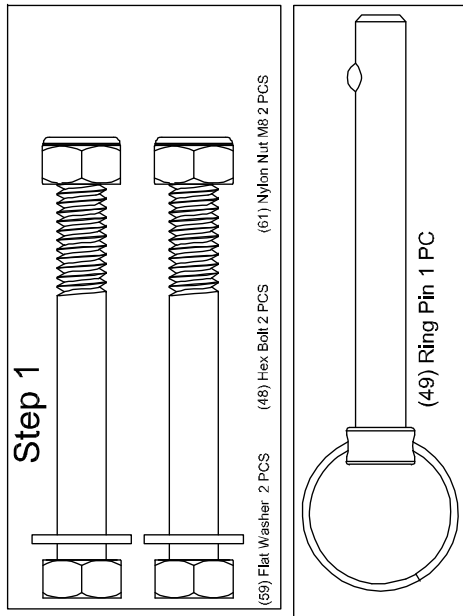
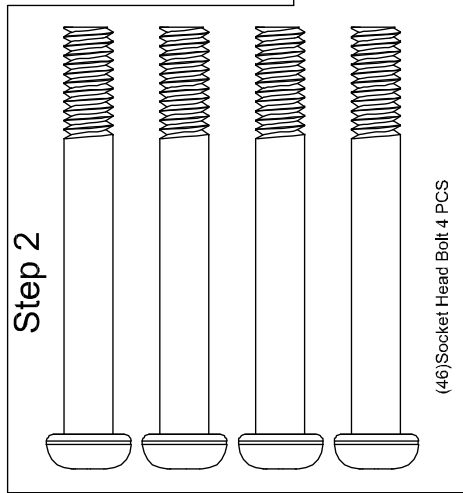
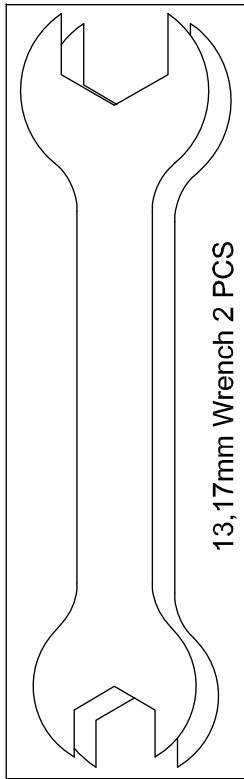
⚠ AVERTISSEMENT
 La table d'inversion doit être utilisée correctement. Avant d'utiliser la table, lisez attentivement le manuel d'utilisation. Ne laissez pas les enfants utiliser la table sans supervision. Assurez-vous que tous les écrous, vis, boulons et attaches sont serrés avant chaque utilisation. Révisez toutes les avertissements et instructions avant l'assemblage et l'utilisation.

⚠ WARNING:
 The table should be used properly. Before using the table, read the manual carefully. Do not let children use the table without supervision. Make sure all nuts, screws, bolts and fasteners are tight before every use. Review all warnings and instructions before assembly and usage.

OVERVIEW DRAWING



4513-Hardware Pack

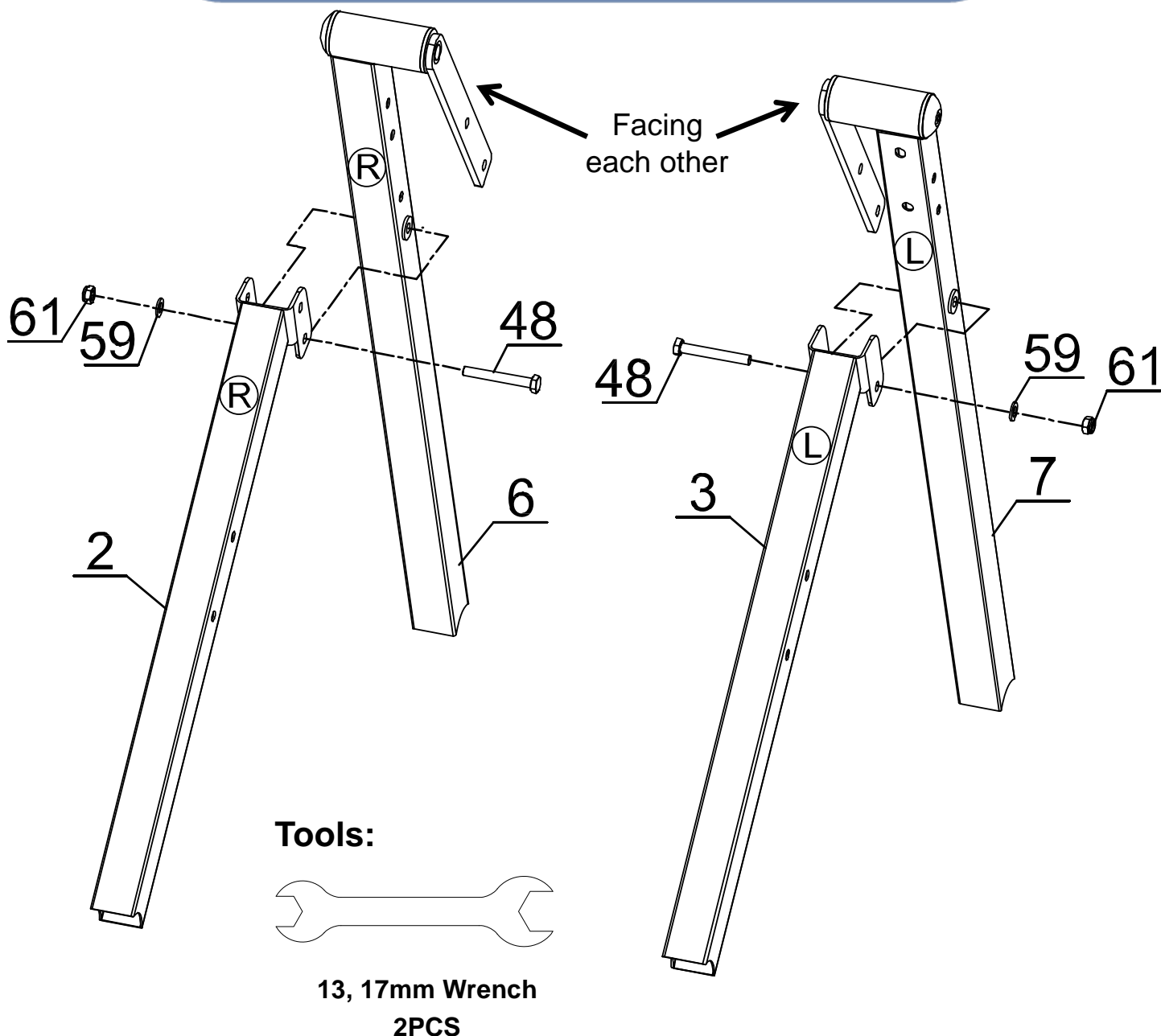


PARTS LIST

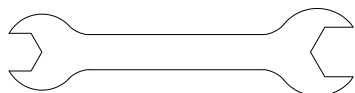
No.	Description	Qty
1	Foot Bar	2
2	Right Front Post	1
3	Left Front Post	1
4	Front Support Post	1
5	Metal Plate	2
6	Right Rear Post	1
7	Left Rear Post	1
8	Plastic Spacer	4
9	Pivot Arm	2
10	Backrest Frame	1
11	Adjustable Boom Knob	1
12	Backrest	1
13	Headrest	1
14	Heating Lumbar Pad	1
15	Adjustable Boom	1
16	Adjustable Instep Frame	1
17	Lock Release	1
18	Foot Bar	1
19	Rear Ankle Rod	1
20	Metal Bushing	1
21	Front Ankle Rod	1
22	Locking Pin	1
23	Spring	1
24	Pin Shaft Cap	1
25	Pin Shaft	1
26	Locking Indicator	1
27	Locking Pin Knob	1
28	Hex Bolt	1
29	Instep Retracting Spring	1
30	Self-Locked Spring	1
31	Spring Pin	1
32	Steel Heel Holder Bracket	4

No.	Description	Qty
33	Rubber Heal Holder	4
34	Square Bushing	1
35	Rod Cap	4
36	Oval End Cap	2
37	Handlebar	4
38	Foam Grip	4
39	Round End Cap	2
40	Hex Bolt M4*8	3
41	Plastic Round End Cap	2
42	Foot Cap	4
43	Rubber Pad	2
44	Short Nylon Strap	1
45	Long Nylon Strap	1
46	Socket Hex Bolt M8*65	4
47	Hex Bolt M8*55	8
48	Hex Bolt M8*60	2
49	Ring Pin	1
50	Hex Bolt M8*20	2
51	Hex Bolt M8*23	4
52	Phillips Screw M6*12	6
53	Phillips Screw M6*50	2
54	Carriage Bolt M8*43	2
55	Hex Bolt M8*40	1
56	Hex Bolt M8*50	1
57	Hex Bolt M6*40	1
58	Flat Washer $\Phi 12 \times \Phi 6.5 \times 1.5$	9
59	Flat Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	18
60	Nylon Nut M6	1
61	Nylon Nut M8	18
62	Eva Pad	2
63	Bolt M6*6	1
64	Power Cord	1

ASSEMBLY



Tools:



13, 17mm Wrench
2PCS

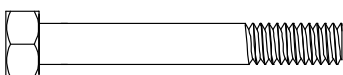
Step 1

Note: The parts are labeled with R and L decals to indicate the left and right sides. The left and right side are labeled as if you are on the inversion table.

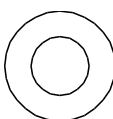
1A. Connecting the Front & Rear Posts:

Attach the **Left & Right Front Post (3) & (2)** onto the **Left & Right Rear Post (7) & (6)** with **two Hex Bolts (48)**, two **Flat Washers (59)**, and two **Nylon Nuts (61)**. Simultaneously tighten the hardware with the two **13, 17mm Wrenches** provided.

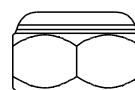
Hardware:



(48) Hex Bolt
2 PCS

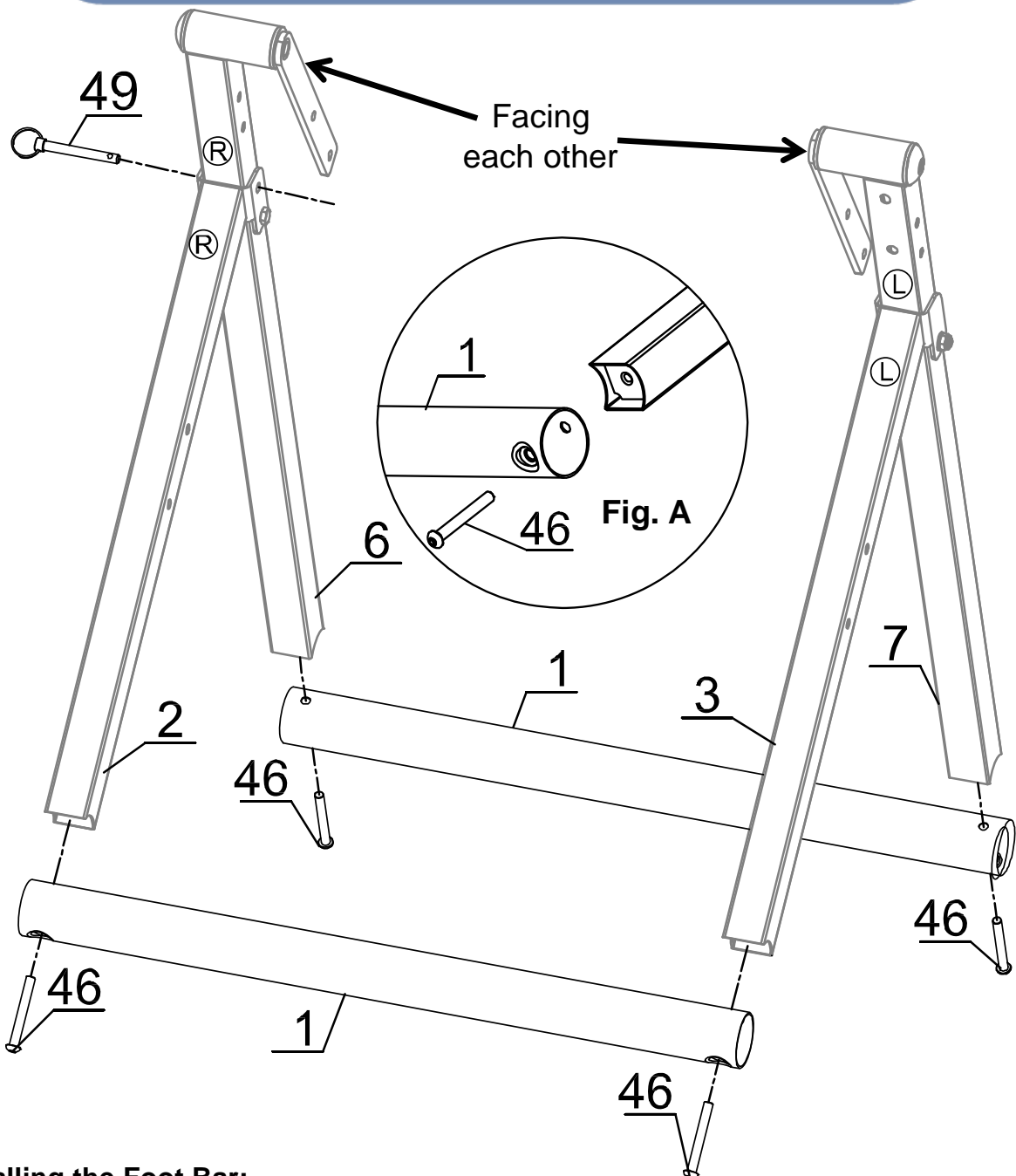


(59) Flat Washers
2 PCS



(61) Nylon Nut
2 PCS

ASSEMBLY



Step 2

2A. Installing the Foot Bar:

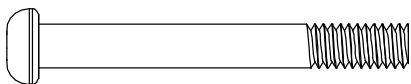
Make sure the indented holes on the **Foot Bar (1)** are facing downward. See **Fig. A**. Attach a **Foot Bar (1)** onto both **Left & Right Rear Post (7) & (6)** with two **Socket Hex Bolts (46)**. Attach the second **Foot Bar (1)** to the **Left & Right Front Post (3) & (2)** with two **Socket Hex Bolts (46)**. **DO NOT** fully tighten the hardware until instructed to do so in **STEP 3**.

DO NOT fully tighten Socket Hex Bolts (46) at this time.

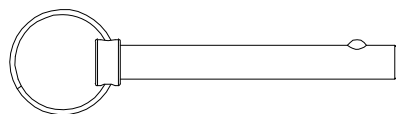
2B. Locking the Front & Rear Posts:

Then insert the **Ring Pin (49)** into the hole on the right side of the frame to lock the **Right Front Post (2) & Right Rear Post (6)** in the open position.

Hardware:



(46) Socket Hex Bolt
4 PCS



(49) Ring Pin
1 PC

ASSEMBLY

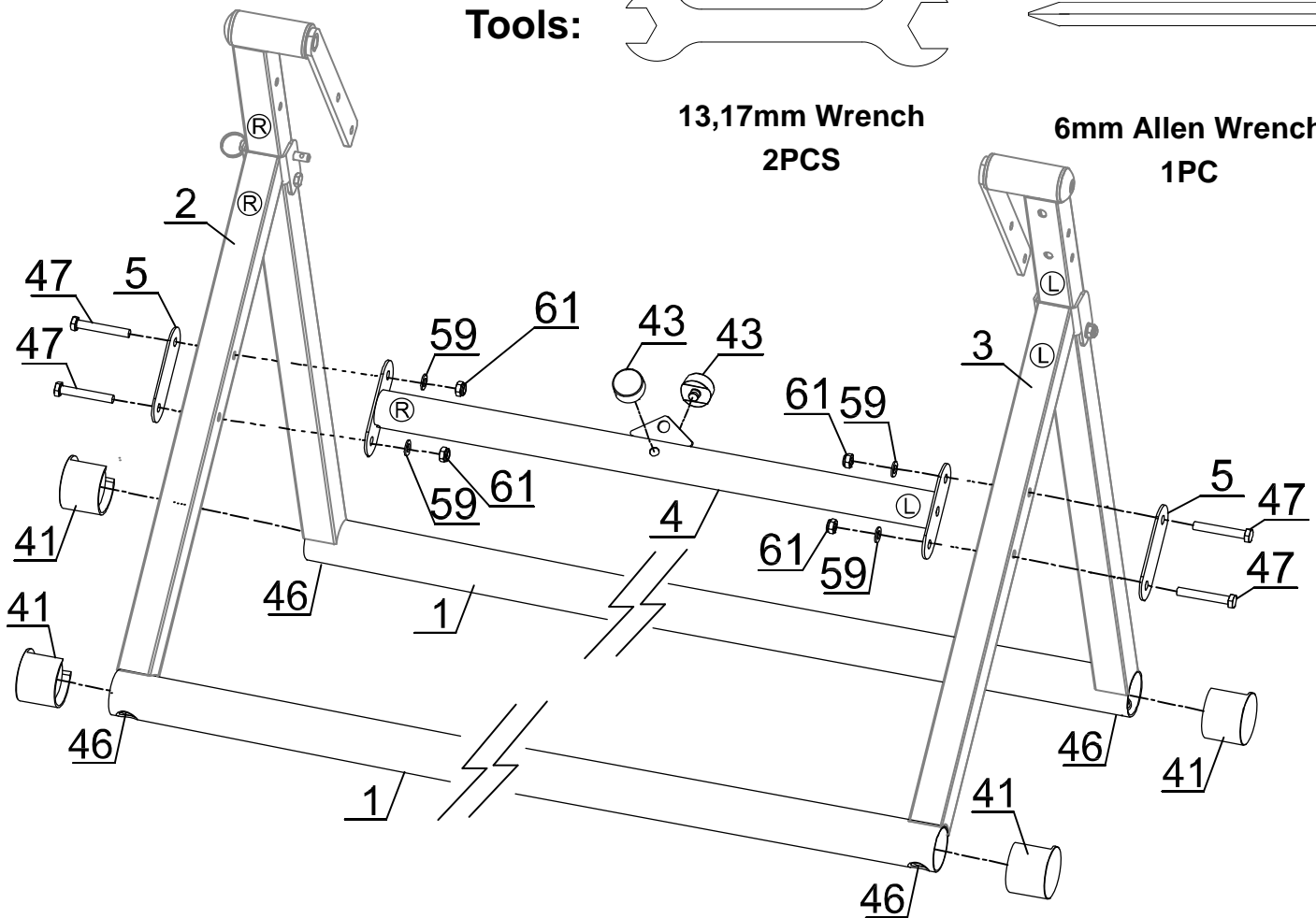
Tools:



13,17mm Wrench
2PCS



6mm Allen Wrench
1PC



Step 3

Note: The parts are labeled with R and L decals to indicate the left and right sides. The left and right side are labeled as if you are on the inversion table.

3A. Installing the Front Support Post

Align the **Front Support Post (4)** and two **Metal Plates (5)** with both the **Left & Right Front Posts (3) & (2)**. Attach with four **Hex Bolts (47)**, four **Flat Washers (59)**, and four **Nylon Nuts (61)**. **DO NOT** fully tighten the hardware until instructed to do so in **STEP 4**.

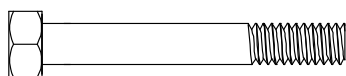
DO NOT fully tighten Socket Hex Bolts (46) at this time.

3B. NOW fully tighten the four **Socket Hex Bolts (46)** using the **6mm Allen Wrench** provided.

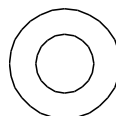
3C. Attach two **Rubber Pads (43)** onto the **Front Support Post (4)**.

3D. install a **Foot Caps (41)** onto each end of the **Foot Bars (1)**.

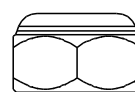
Hardware:



(47) Hex Bolt
4 PCS



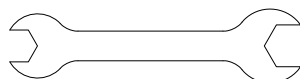
(59) Flat Washers
4 PCS



(61) Nylon Nut
4 PCS

ASSEMBLY

Tools:



13,17mm Wrench
2PCS

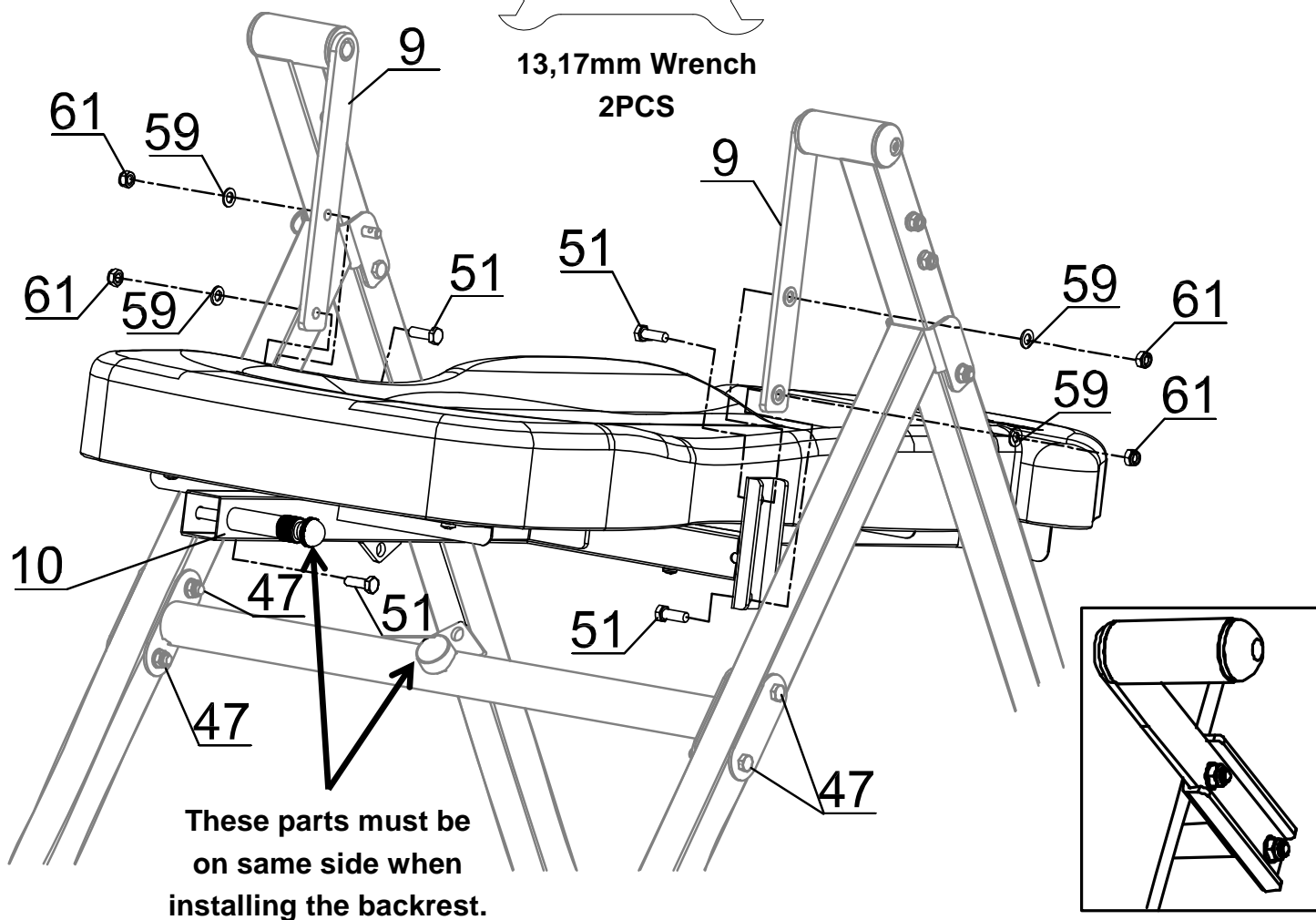


Fig. B

Step 4

Note: We recommend two people work together to install the **Backrest Frame (10)**.

Note: The **Hex Bolts (51)** should be installed from the inside as shown in the illustration above.

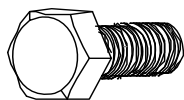
4A. Installing the Backrest:

Slide the brackets of the **Backrest Frame (10)** onto the left and right **Pivot Arms (9)**. Aligning the holes of the the **Pivot Arms (9)** with the brackets of the **Backrest Frame (10)**. Secure with two **Hex Bolts (51)**, two **Flat Washers (59)**, and two **Nylon Nuts (61)**. Tighten the hardware with the two **13, 17mm Wrenches** provided.

4B. NOW fully tighten the four **Socket Hex Bolts (47)** using the two **13, 17mm Wrenches** provided.

Note: **Fig. B** shows a correctly installed **Pivot Arm (9)** and **Backrest Frame (10)**.

Hardware:



(51) Hex Bolt
4PCS

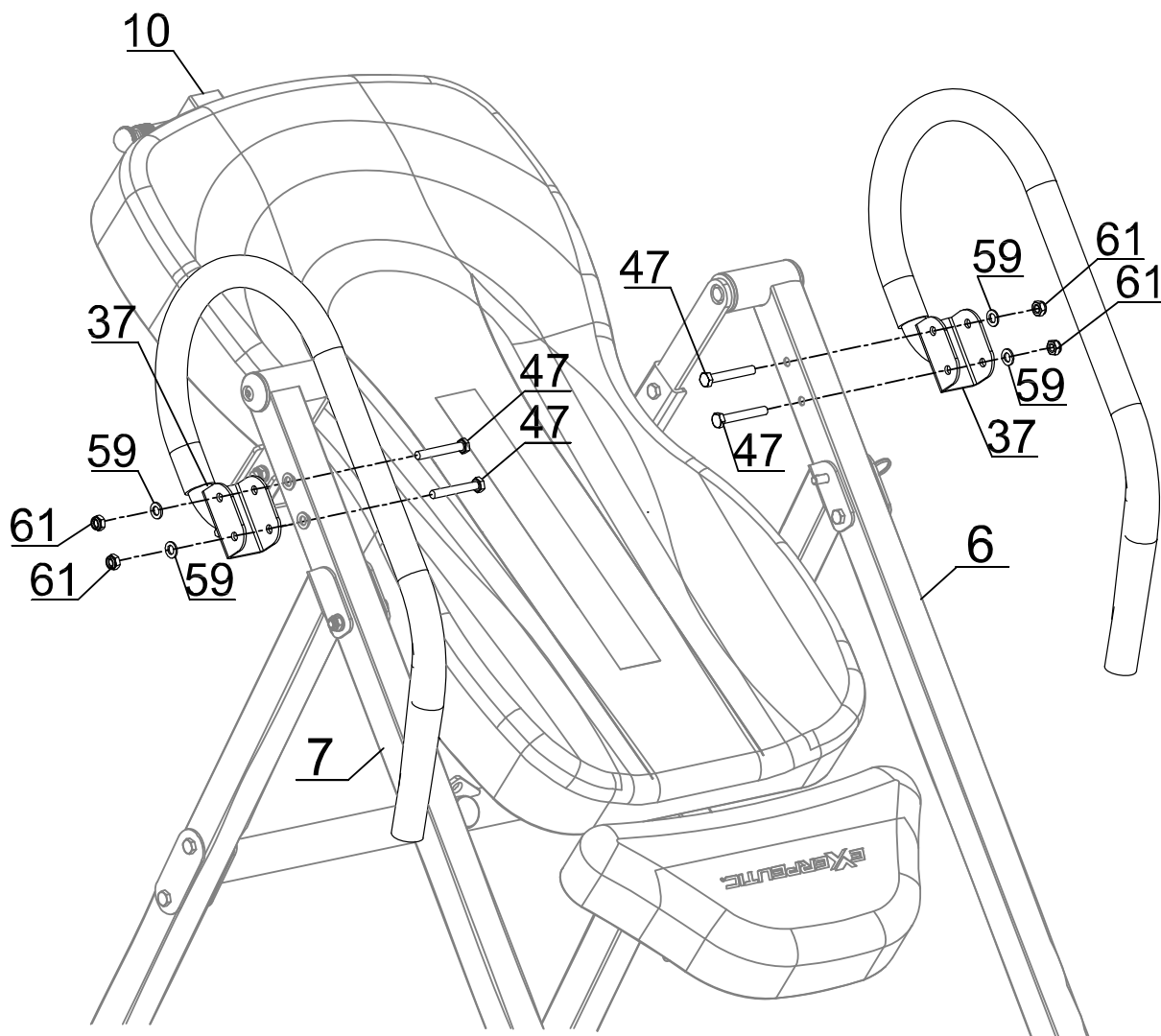


(59) Flat Washer
4PCS

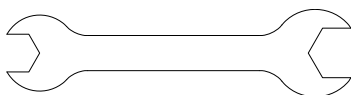


(61) Nylon Nut
4PCS

ASSEMBLY



Tools:



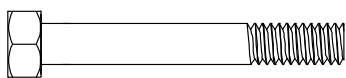
13,17mm Wrench
2PCS

Step 5

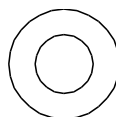
Installing the Handle Bars:

5A. Attach the **Handlebars (37)** onto the **Right and Left Rear Post (6 & 7)** with two **Hex Bolts (47)**, two **Flat Washers (59)**, and two **Nylon Nuts (61)**. Tighten the hardware with the two 13, 17mm **Wrenches** provided.

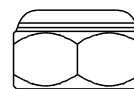
Hardware:



(47) Hex Bolt
4 PCS

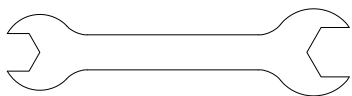


(59) Flat Washers
4 PCS



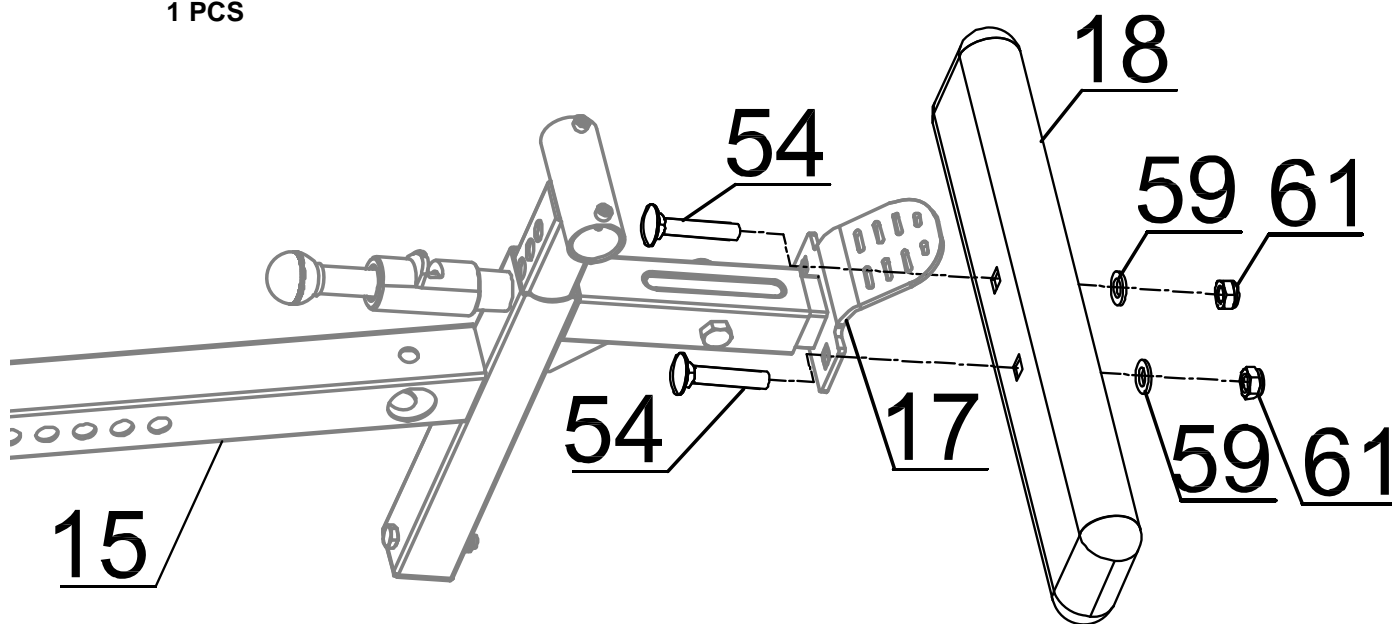
(61) Nylon Nut
4 PCS

Tool:



13,17mm Wrench

1 PCS

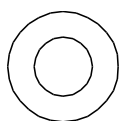


Step 6

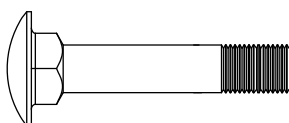
6A. Installing the Foot Bar:

Align and secure the **Foot Bar (18)** into the bottom of the **Lock Release (17)** with two **Carriage Bolts (54)**, two **Flat Washers (59)**, and two **Nylon Nuts (61)**. Tighten the hardware with the **13, 17mm Wrench** provided.

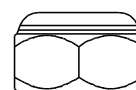
Hardware:



(59) Flat Washer
2PCS

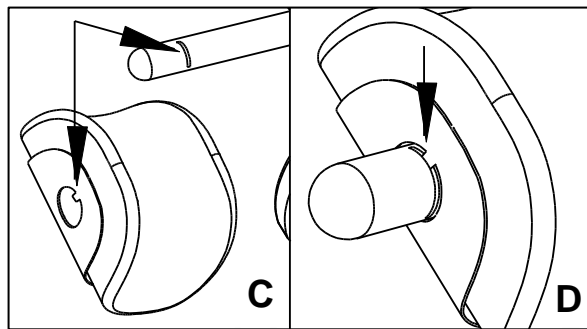


(54) Carriage Bolt
2PCS

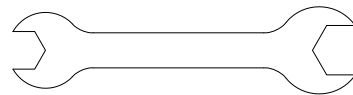


(61) Nylon Nut
2PCS

ASSEMBLY

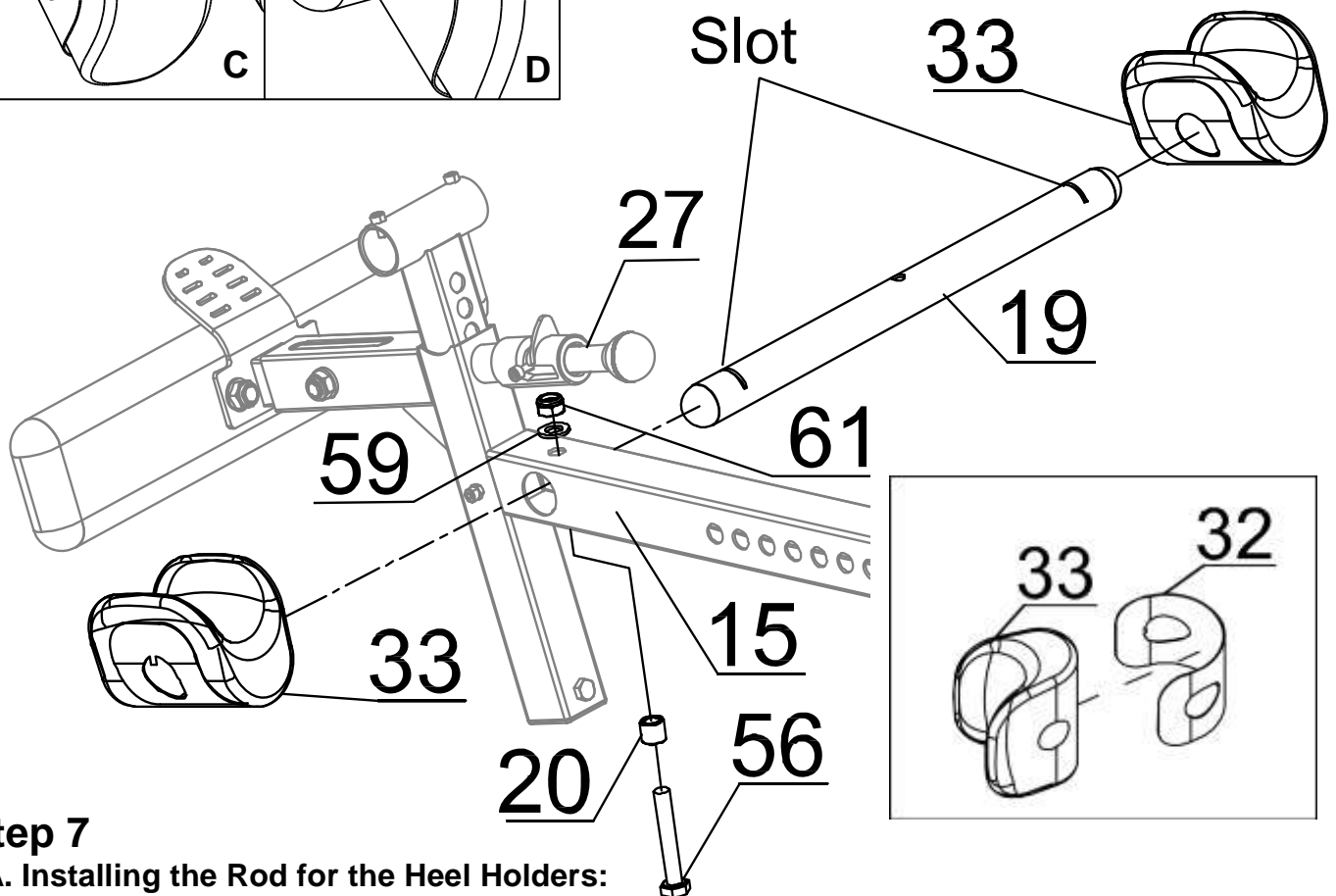


Tool:



13,17mm Wrench

2 PCS



Step 7

7A. Installing the Rod for the Heel Holders:

With both slots facing the **Adjustable Instep Frame Knob (27)**, slide the **Rear Ankle Rod (19)** through the large round hole on the side of the **Adjustable Boom (15)**. Secure the **Rear Rod (19)** on the **Adjustable Boom (15)** with one **Hex Bolt (56)**, one **Metal Bushing (20)**, one **Nylon Nut (61)**, one **Flat Washer (59)**. Simultaneously tighten the bolt and nut with the **13, 17mm Wrenches** provided.

7B. Installing the Rubber Heel Holders:

Wrap each **Rubber Heel Holder (33)** with one **Steel Heel Holder Bracket (32)**. Squeeze and slide one set of the **Rubber Heel Holder (33)** and **Steel Heel Holder Bracket (32)** onto the each end of the **Rear Ankle Rod (19)**.

NOTE: Fig. C & D

Make sure the lock teeth of the **Steel Heel Holder Brackets (32)** are wedged into the slots in the **Rear Ankle Rod (19)** to lock the **Rubber Heel Holders (33)** in place before use.

Hardware:



(61) Nylon Nut

1PC



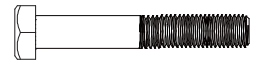
(59) Flat Washer

1PC



(20) Metal Bushing

1PC

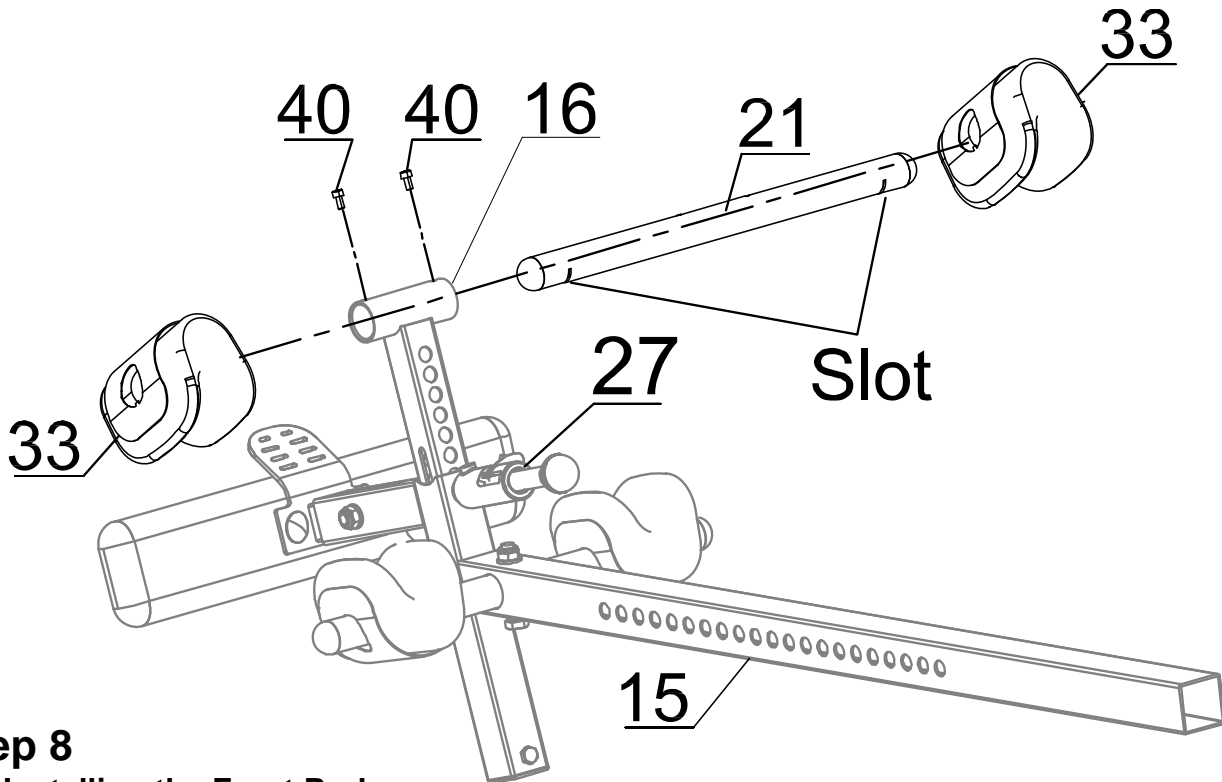
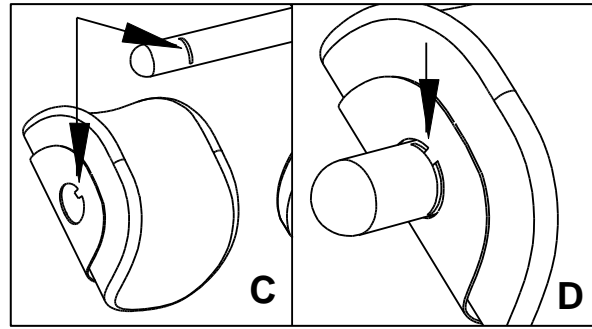
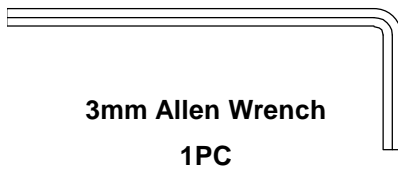


(56) Hex Bolt

1PC

ASSEMBLY

Tool:



Step 8

8A. Installing the Front Rod

With both the slots facing the **Adjustable Instep Frame Knob (27)**, slide the **Front Ankle Rod (21)** through the **Adjustable Instep Frame (16)**. Secure the **Front Ankle Rod (21)** to the **Adjustable Instep Frame (16)** with two **Hex Bolts (40)**. Tighten the hardware with the **3mm Allen Wrench** provided.

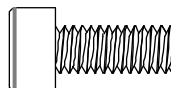
8B. Installing the Rubber Heel Holders:

Wrap each **Rubber Heel Holder (33)** with one **Steel Heel Holder Bracket (32)**. Squeeze and slide one set of the **Rubber Heel Holder (33)** and **Steel Heel Holder Bracket (32)** onto the each end of the **Front Ankle Rod (21)**.

NOTE: Fig. C & D

Make sure the lock teeth of the **Steel Heel Holder Brackets (32)** are wedged into the slots in the **Front Ankle Rod (21)** to lock the **Rubber Heel Holders (33)** in place before use.

Hardware:



ASSEMBLY

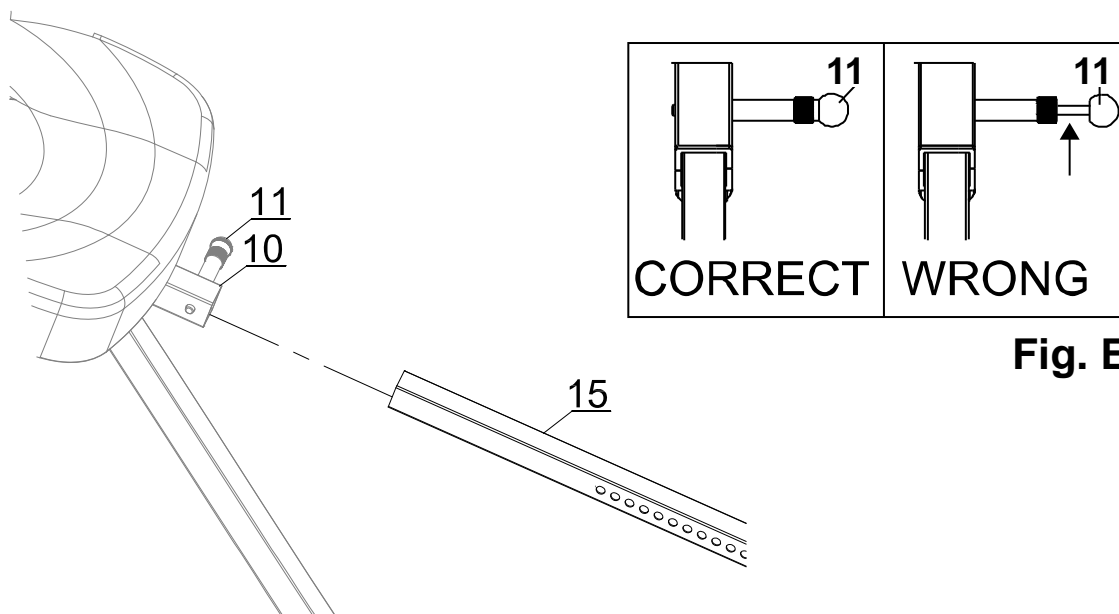
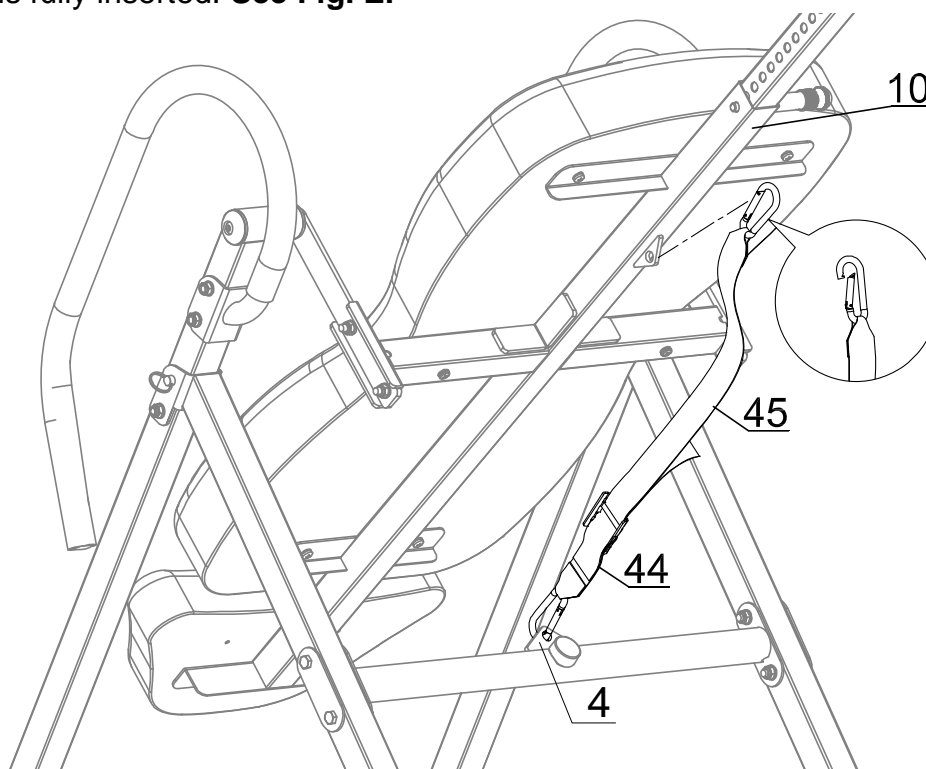


Fig. E

Step 9

9A. Installing the Adjustable Boom to the Backrest Frame:

Pull out and hold the **Adjustable Boom Knob (11)**, and slide the **Adjustable Boom (15)** into the bottom of the **Backrest Frame (10)**. Slide the **Adjustable Boom (15)** upwards until the desired height is visible below the **Backrest Frame (10)**. To lock the **Adjustable Boom (15)** in place release the **Adjustable Boom Knob (11)**. Shift the **Adjustable Boom (15)** inwards until the **Adjustable Boom Knob (11)** "POPS" down into the locked position. Make sure the **Adjustable Boom Knob (11)** is fully inserted. See Fig. E.

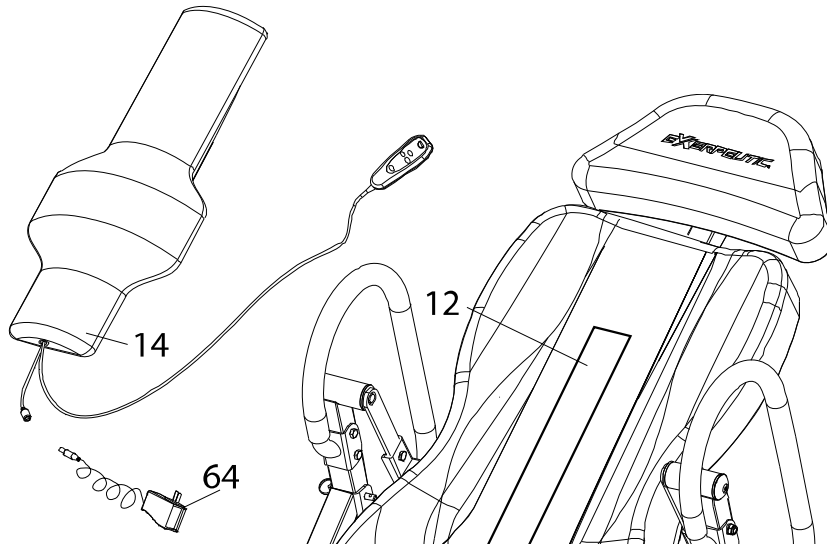


Step 10

10A. Attaching the Nylon Straps

Attach the combined **Long Nylon Strap (45)** & **Short Loop Strap (44)** to the **Backrest Frame (10)**. This is done by hooking one end of the **Safety Hooks** on the **Long Nylon Strap (45)** to the **triangular tab** on the underside of the **Backrest Frame (10)**. Then hook the other end of the **Safety Hooks** on the **Short Nylon Strap (44)** to the **triangular tab** on the **Front Support Post (4)**.

ASSEMBLY

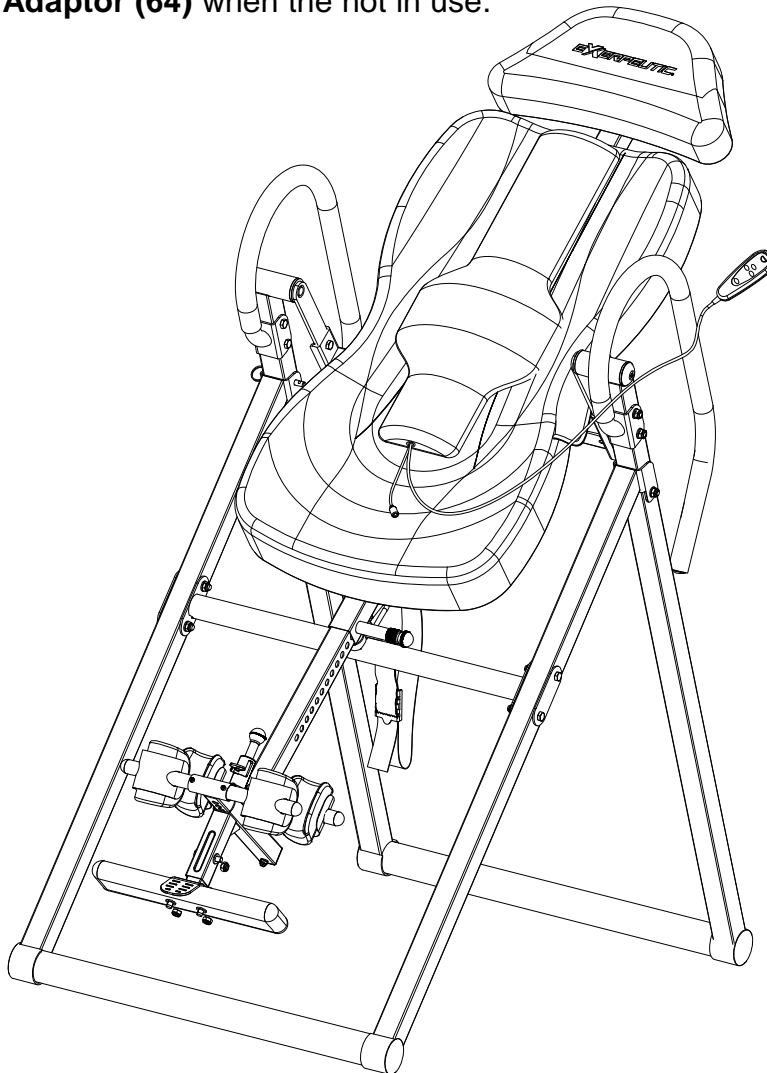


Step 11

11A. Install the **Lumbar Pad (14)** on the Velcro strip on the **Backrest (12)**. The **Lumbar pad (14)** can be used in a vertical orientation along the Velcro strip.

11B. Connect the **Adaptor (64)** to the **Lumbar Pad (14)**. Plug the **Adaptor (64)** into a 120 Volt outlet. Unplug the **Adaptor (64)** when the not in use.

CORRECT:



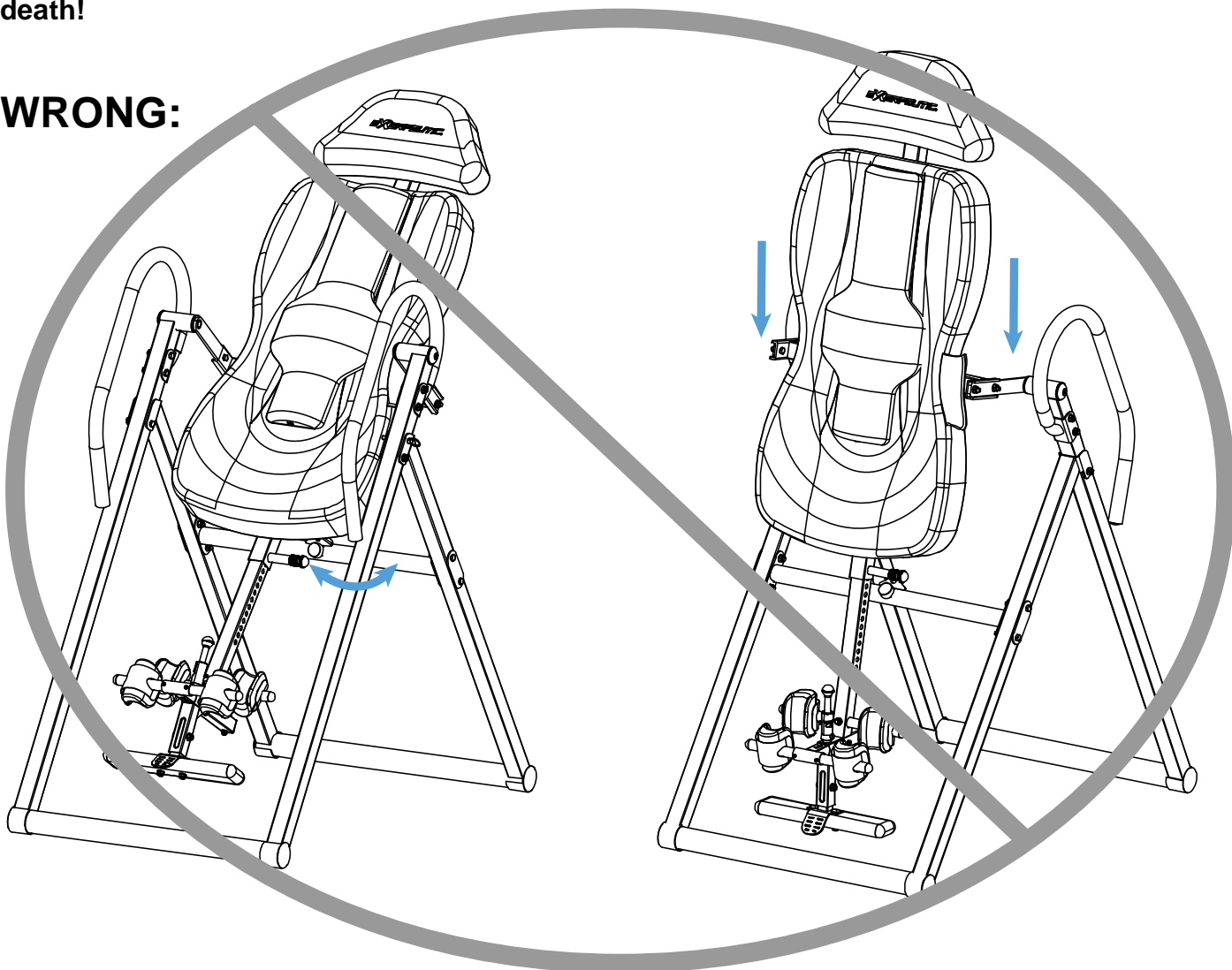
Assembly Completed

1. Review the image above to make sure you have correctly assembled the Inversion Table before using. See the next page for incorrectly mounted backrest on the frame.
2. Review all the bolts are fully tightened before using.

Assembly Error Review

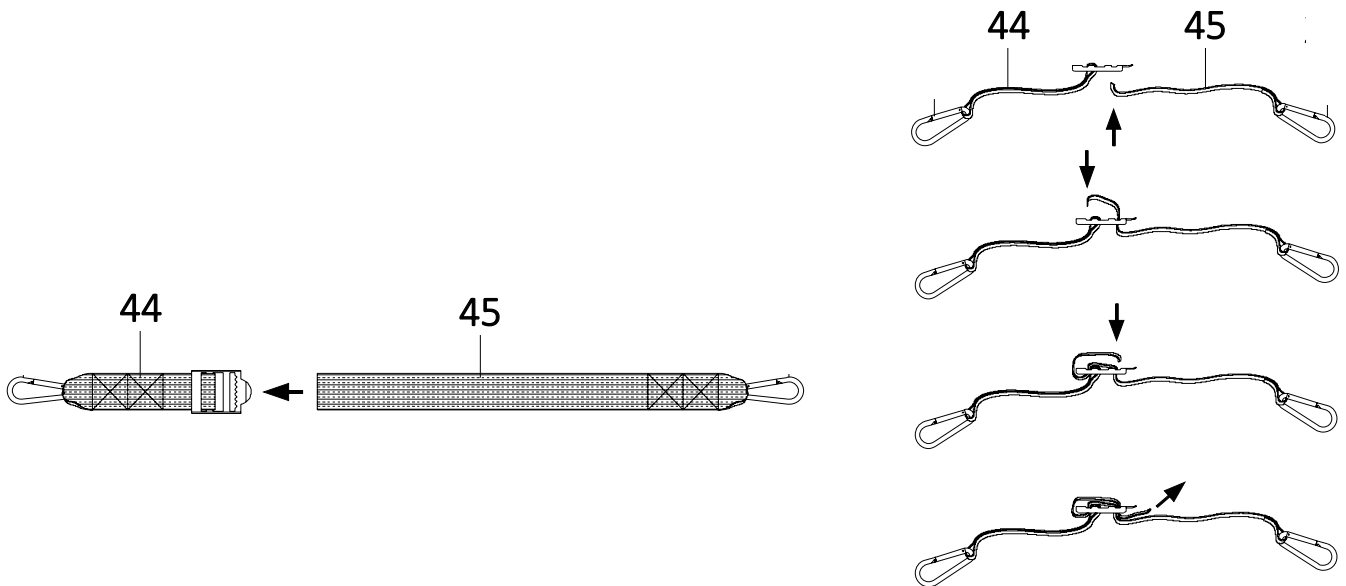
WARNING: If your Inversion Table looks like either of these images, your inversion table has been misassembled and is unfit for use. Improper assembly could result in **serious injury or death!**

WRONG:



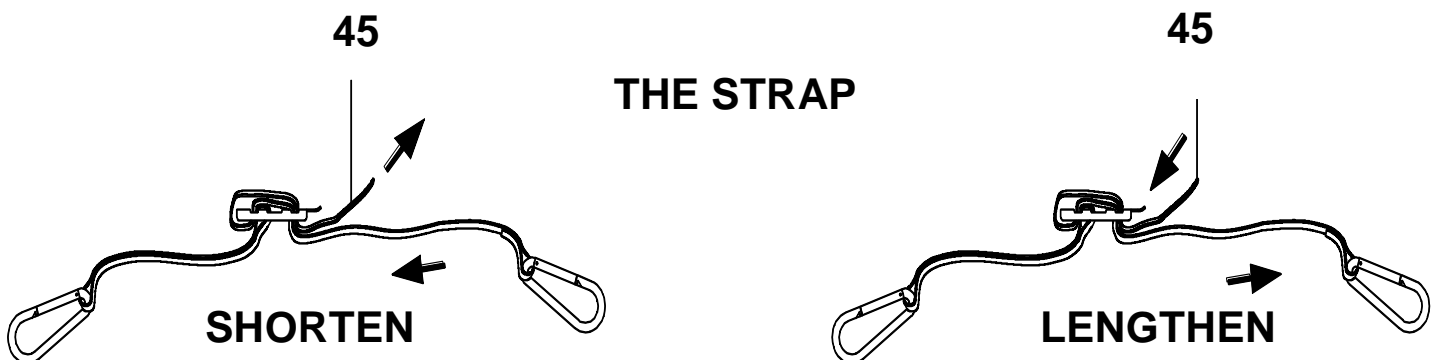
Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected. Return to Step 4 and Correct.

Demonstrates that the Pivot Arm have been assembled upside down into the Table Bed and must be corrected. Return to Step 4 and Correct.



ASSEMBLING THE INVERSION ANGLE CONTROL STRAP

Attach the **Long Nylon Strap (45)** to the strap lock on the **Short Loop Strap (44)** by inserting the end of the strap up through the bottom of the strap lock. Then loop the **Long Nylon Strap (45)** over the **Pre-assembled Short Loop Strap (44)** and down through the strap lock on the **Short Loop Strap (44)**. Now, loop the strap back over itself, and insert back through the strap lock on the **Short Loop Strap (44)**, and pull tight to secure. **See the illustration above.**



ADJUSTING THE INVERSION ANGLE CONTROL STRAP

1. For added safety, a nylon strap has been included to restrict the degree of inversion.
2. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. The longer the strap, the deeper the inversion.
3. To lengthen the **Long Nylon Strap (45)**, feed the top end of the **Long Nylon Strap (45)** into the strap lock, and pull on the lower end of the strap outwards.
4. To shorten the length, feed the bottom end of the **Long Nylon Strap (45)** into the strap lock, and pull on the top end.

OPERATION AND ADJUSTMENTS

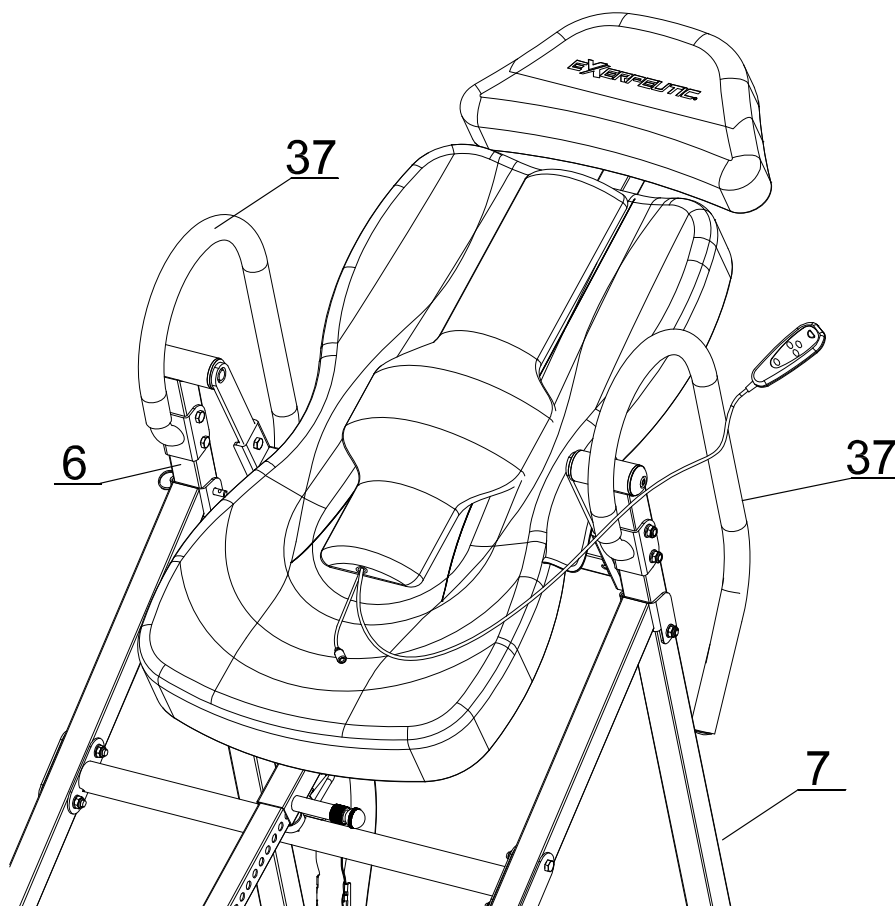
GENERAL PRECAUTIONS

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 (33)** are both holding your feet securely.
4. Make sure that the **Adjustable Boom (15)** is properly set to your height.
5. Make sure that the **Adjustable Boom (15)** is held securely by the **Adjustable Boom Knob (11)**.
6. Make sure that there is enough room for the inversion table to rotate completely.

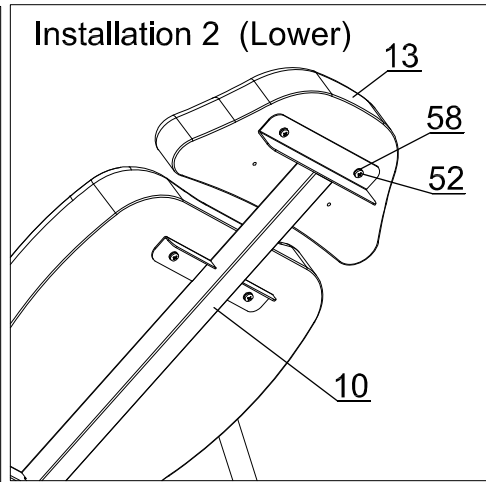
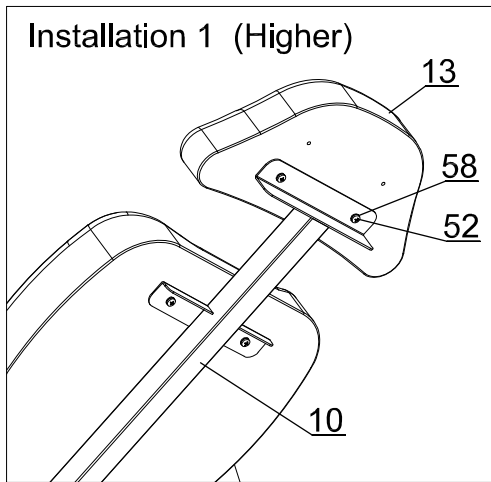
THE HANDLEBARS

For added convenience and safety, a set of **Handlebars (37)** has been added to the inversion table. These **Handlebars (37)** are located at the top of the **Left & Right Rear Post (7) & (6)**. The **Handlebars (37)** 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.



OPERATION AND ADJUSTMENTS



6mm Allen
Wrench
1PC

HEADREST ADJUSTMENTS

There are 2 installation options for the head rest. Choose the position that fits you best. Use the included 6mm Allen Wrench to adjust the hardware.

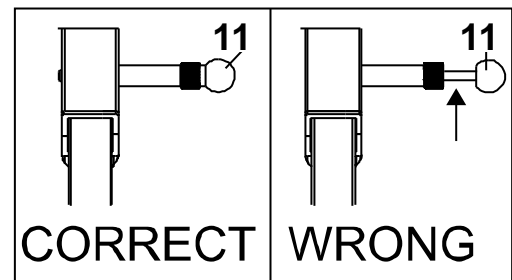
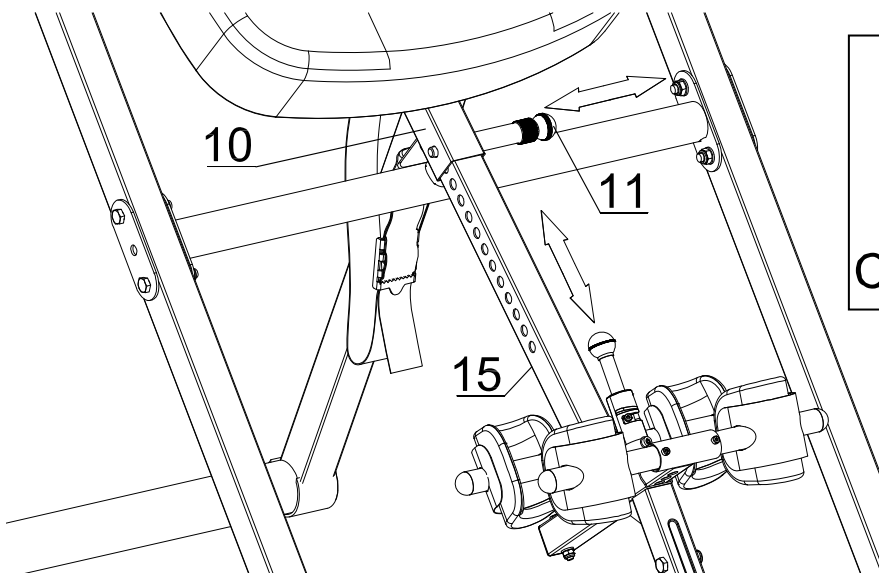


Fig. E

ADJUSTING THE BOOM

The **Adjustable Boom (15)** can be moved to a variety of different positions in order to accommodate the height of the person using the inversion table.

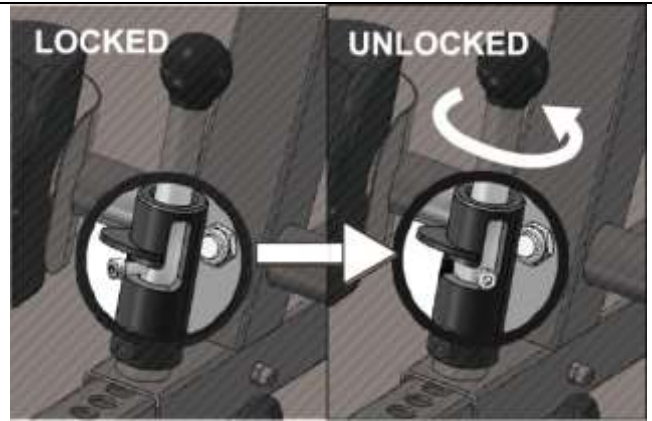
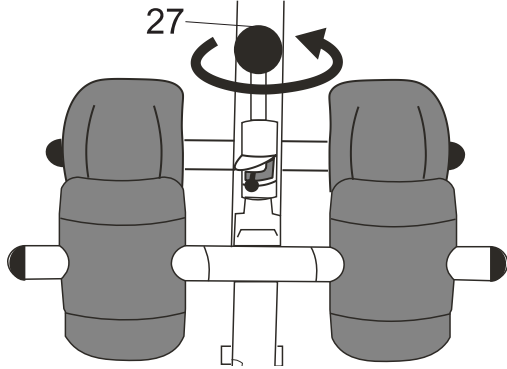
To adjust the **Adjustable Boom (15)**:

1. Pull out and hold the **Adjustable Boom Knob (11)**.
2. Slide the **Adjustable Boom (15)** up or down until the desired height is just visible below the **Backrest Frame (10)** tube.
3. When the **Adjustable Boom (15)** is in the desired position, release the **Adjustable Boom Knob (11)** and slide the **Adjustable Boom (15)** slightly up or down until the **Adjustable Boom Knob (11)** locks into place with a "POP" sound.
4. Make sure the **Adjustable Boom (15)** is correctly locked before use. See Fig. E.

WARNING: Make sure the **Adjustable Boom Knob (11)** is inserted all the way through the **Backrest Frame (10)** before getting onto the inversion table. See Fig. E,

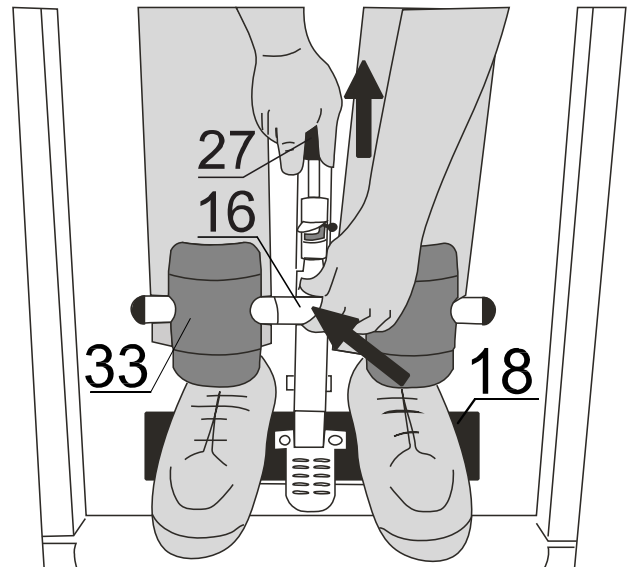
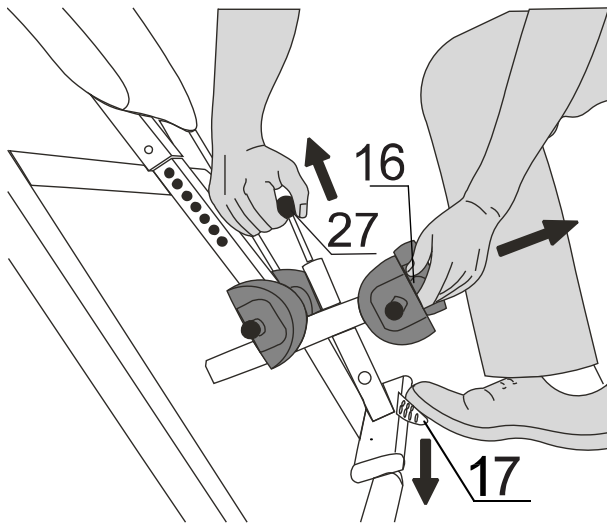
OPERATION AND ADJUSTMENTS

HOW TO LOCK LEGS INTO ANKLE HOLDERS



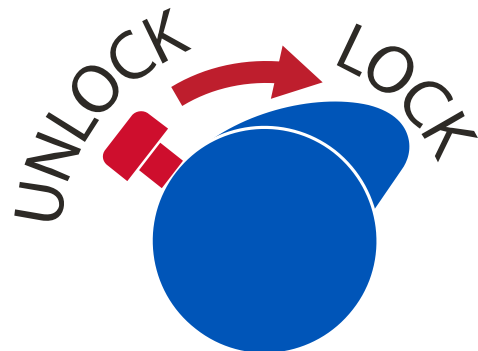
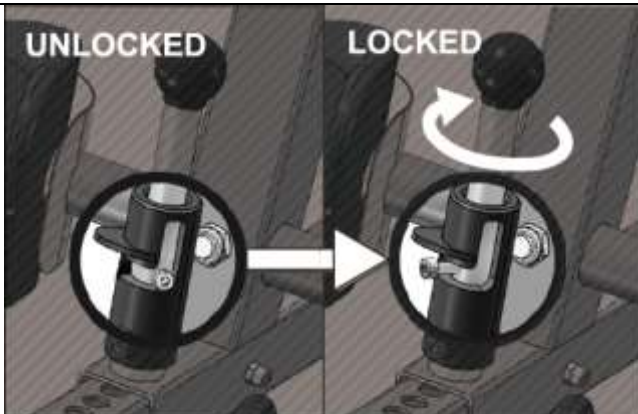
1) Turn the **Locking Pin Knob (27)** counter-clockwise to unlock.

2) The locking bolt should be aligned with the vertical slot.



3) Step down on the **Lock Release (17)** and pull up on the **Locking Pin Knob (27)** at the same time. This will allow you to pull out the **Adjustable Instep Frame (16)**.

4) Stand on the **Foot Bar (18)** with your ankles between the **Rubber Heel Holders (33)**. Pull up on the **Locking Pin Knob (27)** to allow the **Adjustable Instep Frame (16)** to retract. Make sure the heel holders are snug around your ankles by pushing the **Adjustable Instep Frame (16)** in. Release the **Locking Pin Knob (27)** into a hole.



5) Turn the **Locking Pin Knob (27)** clockwise to lock.

6) The red locking bolt should NOT be visible when turned and locked correctly. See the

OPERATION AND ADJUSTMENTS

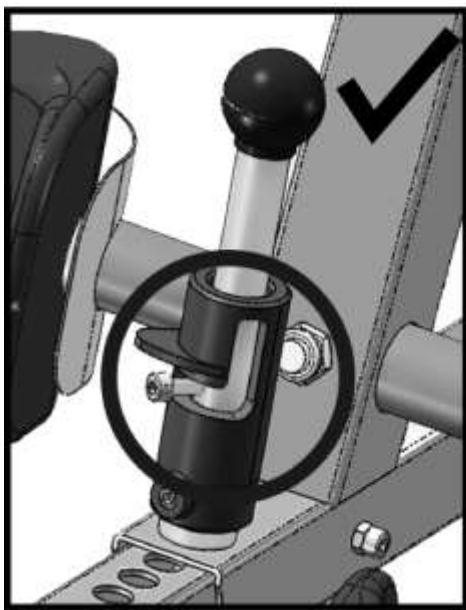
NOTE: When stepping onto the **Foot Bar (18)** it will shift downward less than an inch. This is NORMAL; this is the auto locking system disengaging. Your body weight disengages the auto lock when standing on the **Foot Bar (18)**. When inverting, your body weight will no longer be pressing down on the **Foot Bar (18)** and the auto lock will engage as you begin to dip below the horizontal angle.

WARNING: If the **Adjustable Instep Frame (16)** does not automatically retract, contact customer service before using the inversion table.

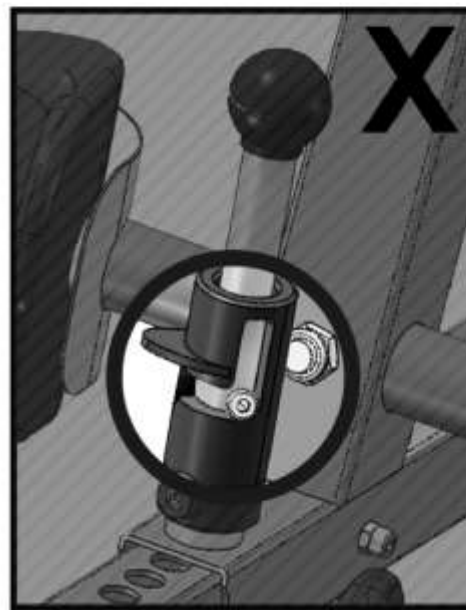
WARNING: Make sure that that **Locking Pin Knob (27)** is securely inserted into a locking hole before using the inversion table.

WARNING: The Backup auto locking system is designed as a safety precaution, it is NOT meant to be relied on as the primary locking system. The user **MUST ALWAYS LOCK** the **Locking Pin Knob (27)** as the primary locking procedure. The auto lock is only there as an absolute last resort and **SHOULD NOT** be relied upon as the primary locking system.

SAVE THESE INSTRUCTIONS



CORRECT:
Locking pin
fully engaged



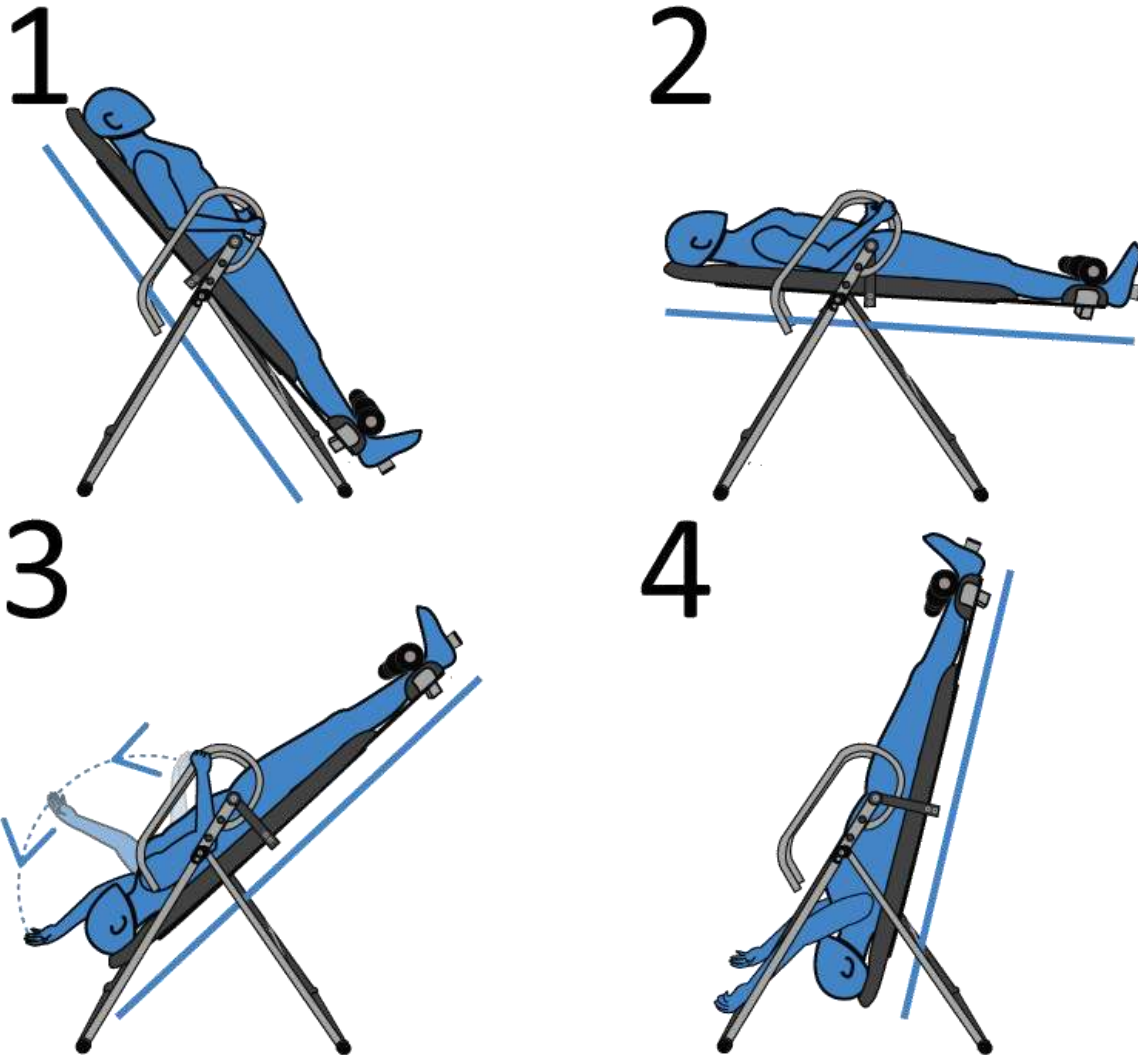
WRONG:
Locking pin
NOT fully
engaged

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

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

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.



USING THE INVERSION TABLE

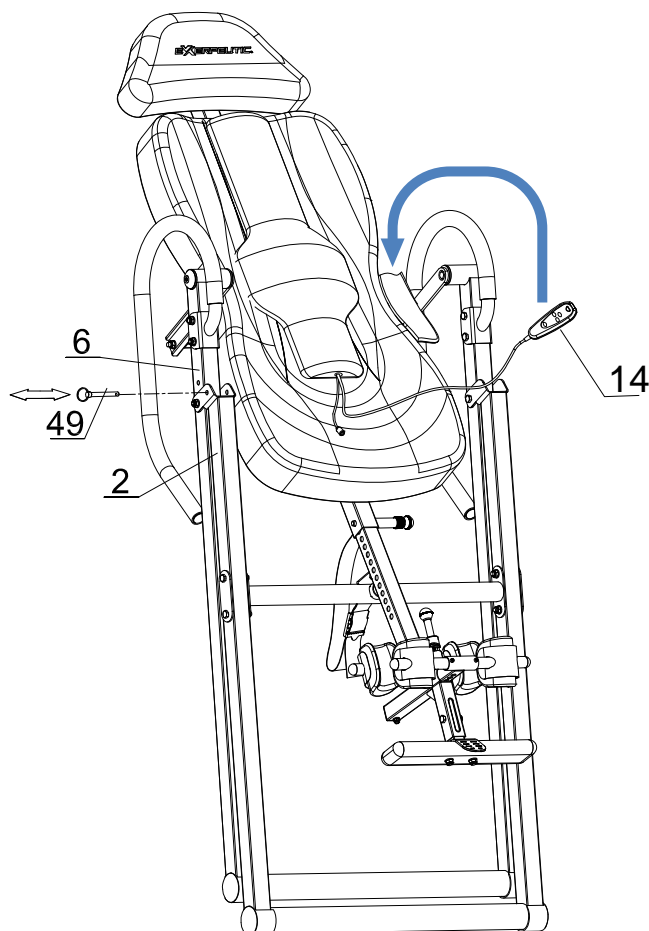
1. Start by lying straight back on the backrest with your hands gripped on both handlebars.
2. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back. Your head should be slightly above your feet when in this position until you are ready to start inverting, as described in 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.**

STORAGE



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. Pull out the **Ring Pin (49)** from the holes on the **Front Left Post (2)** and **Rear Left Post (6)**; push the **Front Left Post (2)** and **Rear Left Post (6)** together all the way. Insert the **Ring Pin (49)** back into the hole on the **Front Left Post (2)**. Place the Controller connected to the **Heating Lumbar Bar (14)** into the pocket on the side of the backrest. Now the inversion table is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

STORAGE

1. Store indoor and out of direct sunlight.
2. Store in a safe area away from pets and children. If children are present, store inversion table flat on the floor.

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. Check the ankle locking system is functioning correctly. Refer to the **HOW TO LOCK LEGS INTO ANKLE HOLDERS** section for instructions for correct operation.
4. Keep all damaged equipment out of use until it is repaired or replaced.
5. Tighten all loose hardware, bolts, nuts, and caps before using the inversion table.
6. Only clean the inversion table with a soft cloth, water, and soap.
7. If you have any questions or concerns about the maintenance of the inversion table, please contact customer service.

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