



SIMPLY GOOD PRODUCTS FOR REAL LIFE

PURE FITNESS - USER MANUAL

DELUXE INVERSION THERAPY TABLE

MODEL# 8650IT



- Do not allow more than one person on this product at any time.
- Adult supervision is required.
- Please read all the instructions before using this product.
- Consult a physician before beginning any exercise program or strenuous activity.
- ADULT ASSEMBLY REQUIRED.

Please visit www.pureglobalbrands.com to register your product to ensure warranty coverage.



WARNING

THE CONTENTS OF THIS PACKAGE ARE NOT SUITABLE FOR CHILDREN UNDER 3 YEARS OF AGE. CONTAINS SMALL PARTS WHICH MAY CAUSE CHOKING.

250 LBS MAXIMUM WEIGHT RATING



customerservice@puregbi.com



1-866-498-5269

MODEL# 8650IT - PAGE 1

CUSTOMER SERVICE INFORMATION

Thank you for purchasing our Deluxe Inversion Therapy Table

At Pure Global Brands, we want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts at no charge within 30 days of purchase. Please keep in mind that for select damaged part replacement requests, we will require a photo for submission to our quality control office.

To order these parts, or if you have any other questions or concerns about this Pure Global product, please e-mail the Pure Global Brands, Inc. customer service department at: customerservice@puregbi.com or contact us at 1-866-498-5269 (8:30am-5pm EST, Monday-Friday). You can also visit our website at: www.pureglobalbrands.com

If you request replacement parts, please be sure to include the following information in your correspondence:

YOUR NAME

YOUR MAILING ADDRESS

YOUR EMAIL ADDRESS

RETAILER WHERE YOU PURCHASED PRODUCT

DATE OF PURCHASE

ORDER # (IF AVAILABLE)

PRODUCT MODEL #: 8650IT

SERIAL #

PRODUCT NAME: Deluxe Inversion Therapy Table

PART # (located in manual)

QUANTITY NEEDED

PICTURE OF DAMAGED PART(s) – SUBMIT VIA Email or Mail

Thank you for purchasing a Pure Global Brands product.

Sincerely,
Customer Service

Pure Global Brands, Inc.
Phone: 1-866-498-5269
Email: customerservice@puregbi.com
17250 Dallas Parkway
Dallas, TX 75248

LIMITED WARRANTY

Pure Global Brands, Inc. warrants this product to be free from defects in workmanship and materials under normal use and conditions for the duration of the period outlined below FROM THE DATE OF ORIGINAL PURCHASE. This Limited Warranty is not transferable and is available only for the original purchaser of the Product.

The various components of the product are warranted against defects and workmanship for the following time period(s):

- **Steel Frame: 1 Year**
- **All Other Parts: 90 Days**

All warranty coverage extends only to the original retail purchaser from the date of purchase. Pure Fitness' obligation under this Warranty is limited to replacing or repairing, at Pure Fitness' option, the product at one of its authorized service centers. All products for which a warranty claim is made must be received by Pure Fitness at one of its authorized service centers and accompanied by sufficient proof of purchase (photocopy of the original store receipt, indicating the date of purchase). All freight and handling fees are the responsibility of the consumer to pay, both to and from Pure Fitness. All warranty claims must be pre-authorized by Pure Fitness. Pre-authorization can be obtained by calling 866-498-5269. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a Pure Fitness authorized service center or for products used for commercial or rental purposes. This warranty does not cover ordinary wear and tear, weathering, failure to follow directions, improper installation, improper maintenance or acts of Nature (such as damage caused by wind, lightning, snow, water or ice). Weather damage, damage caused by unauthorized repair work or damage caused by improper use of the products are not covered by the product warranty. No other warranty beyond that specifically set forth above is authorized by Pure Fitness.

PURE FITNESS IS NOT RESPONSIBLE OR LIABLE FOR INDIRECT, SPECIAL OR CONSEQUENTIAL DAMAGES ARISING OUT OF OR IN CONNECTION WITH THE USE OR PERFORMANCE OF THE PRODUCT OR OTHER DAMAGES WITH RESPECT TO ANY ECONOMIC LOSS, LOSS OF PROPERTY, LOSS OF REVENUE OR PROFITS, LOSS OF ENJOYMENT OR USE, COST OF REMOVAL, INSTALLATION OR OTHER CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU. THE WARRANTY EXTENDED HEREUNDER IS IN LIEU OF ALL OTHER WARRANTIES AND PURE FUN SPECIFICALLY DISCLAIMS ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED IN ITS SCOPE AND DURATION TO THE TERMS SET FORTH HEREIN. SOME STATES DO NOT ALLOW LIMITATION ON HOW LONG AN IMPLIED WARRANTY LASTS. ACCORDINGLY, THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

This warranty gives you specific legal rights.
You may also have other rights, which vary from state to state.



IMPORTANT MESSAGE

WARNING - PLEASE READ

WARNING:
CHOKING HAZARD - Small Parts
NOT for children under 3 years of age.
ADULT ASSEMBLY REQUIRED

WARNING

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

WARNINGS

Please read these warnings and the information in this manual in its entirety.

Failure to comply with the following instructions may increase the risk of serious injury and/or death:

- Ensure that this product has been assembled correctly per the instructions in the manual.
- This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- ALWAYS consult your physician or other health care professional before starting use of an inversion table.
- Do not use this equipment if you have any of the following pre-existing medical conditions: Extreme Obesity, Glaucoma, Retinal Detachment, Conjunctivitis, are Pregnant or may be Pregnant, Spinal injuries, Cerebral Sclerosis, Swollen Joints, Ear Infections, High Blood Pressure, Hypertension, Recent Strokes or Transient Ischemic attacks, Heart or Circulatory Disorders, Hiatus or Ventral Hernias, Bone Weaknesses; including but not limited to: Osteoporosis, Unhealed Fractures, Modularity Pins, or Surgically implanted orthopedic supports, or you are using anti-coagulants or aspirin regimens.
- ALWAYS return to the upright position slowly. Coming up too fast may result in dizziness or nausea.
- ALWAYS ensure that this product is on sturdy, level ground. It is recommended that you use a safety surface underneath this inversion table.
- ALWAYS ensure that the Safety Lock is securely in position when not using the inversion table.
- ALWAYS ensure that all the Lock Pins are securely in place before using this table.
- ALWAYS make sure that the Safety Strap is in securely attached, even when the table is not in use.
- NEVER allow children to use or to play on or near this inversion table. This item should only be used by knowledgeable adults.
- NEVER place this table where children and those unfamiliar with the dangers associated with using an inversion table will have unsupervised and unauthorized access to it.
- The height measurements on the center bar are guidelines only. You may need to adjust this bar in either direction depending on your body mass and weight. Until you are certain you have achieved the proper setting on this bar, you must use an adult spotter.
- Ensure that you know how the inversion table will respond to your arm movements and weight shifts before attempting inversions greater than 30 degrees. It is required that until you are certain how this specific inversion table operates, you use an adult spotter to assist you with exercises, even if you have used an inversion table previously.
- Do NOT exceed the recommended MAXIMUM WEIGHT limit of 250lbs. (113 KGS)
- This machine is intended for home use only and not designed for commercial use.
- Before using this product, inspect your machine; make sure that all nuts and bolts are tight and in working order, replace any worn, defective or missing parts.
- Do NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- It is recommended that you wear the proper fitness attire when using this machine. All items must be removed from any pockets before inverting.
- Consult your physician before beginning any exercise program to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and obtain medical assistance and/or consult your physician before continuing.
- STOP using the inversion table immediately if you experience any unusual physical discomfort, pressure, pain, weakness or dizziness when using the equipment.

PRIOR TO ASSEMBLING

Please visit www.pureglobalbrands.com for any important product information updates and/or additional safety warnings before assembling or using this product.

Use search word: **8650IT**

When you are ready to start, make sure that you have the correct tools at hand and adequate space for assembly. Please refer to the following pages for part descriptions and numbers. The assembly instruction uses these descriptions and numbers as reference. Make sure you have all parts listed.

If you are missing any parts, contact customer service at:
customerservice@puregbi.com or by calling
1-866-498-5269 (8:30am-5pm EST, Monday-Friday).

NOTE:

For your convenience, many of the parts in the Hardware List have been pre-assembled at the factory.

The Hardware which is required for home assembly is listed as it appears in the included Hardware Pack.

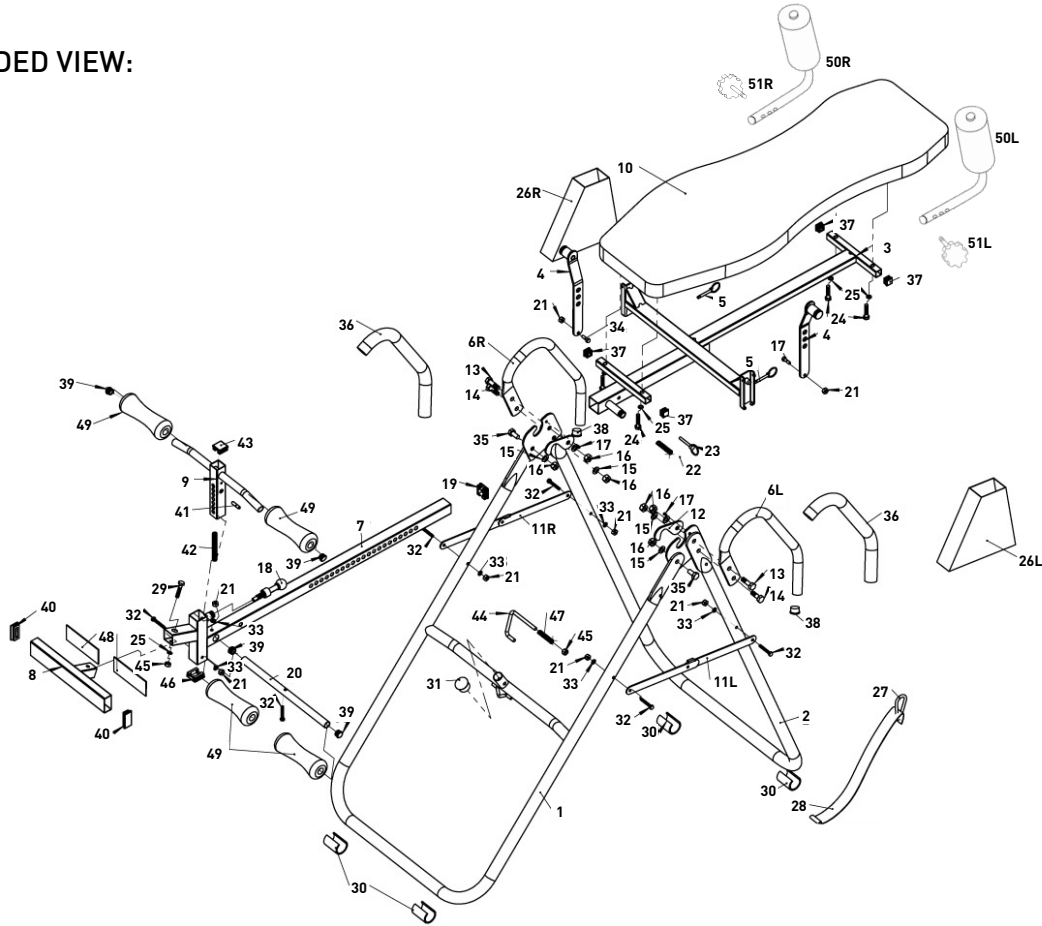
HARDWARE LIST

Part #	Description	Qty
1	Front Base Frame	1
2	Rear Base Frame	1
3	Backrest support frame	1
4	Connect sheet	2
5	Lock Pin 6*L43	2
6L	Handlebar-left	1
6R	Handlebar-right	1
7	Body height adjustment tube	1
8	Foot rest plate	1
9	Adjustable leg hold tube	1
10	Backrest pad	1
11L	Support sheet	1
11R	Support sheet	1
12	Position metal sheet	2
13	Hexagonal bolt M10*35	2
14	Hexagonal bolt M10*30	2
15	Flat washer M10	6
16	Lock Nut M10	6
17	Screw M6*10	4
18	Footrest Plug	1
19	Square inner cap 33.4*33.4	1
20	Foam roller tube	1
21	Lock nut M6	8
22	Frame Plug	1
23	Lock Pin 8*L45	1
24	Hexagonal bolt M8*35	4
25	Flat washer M8	5
26L	Cap bag-left	1
26R	Cap bag-right	1
27	Hook	1

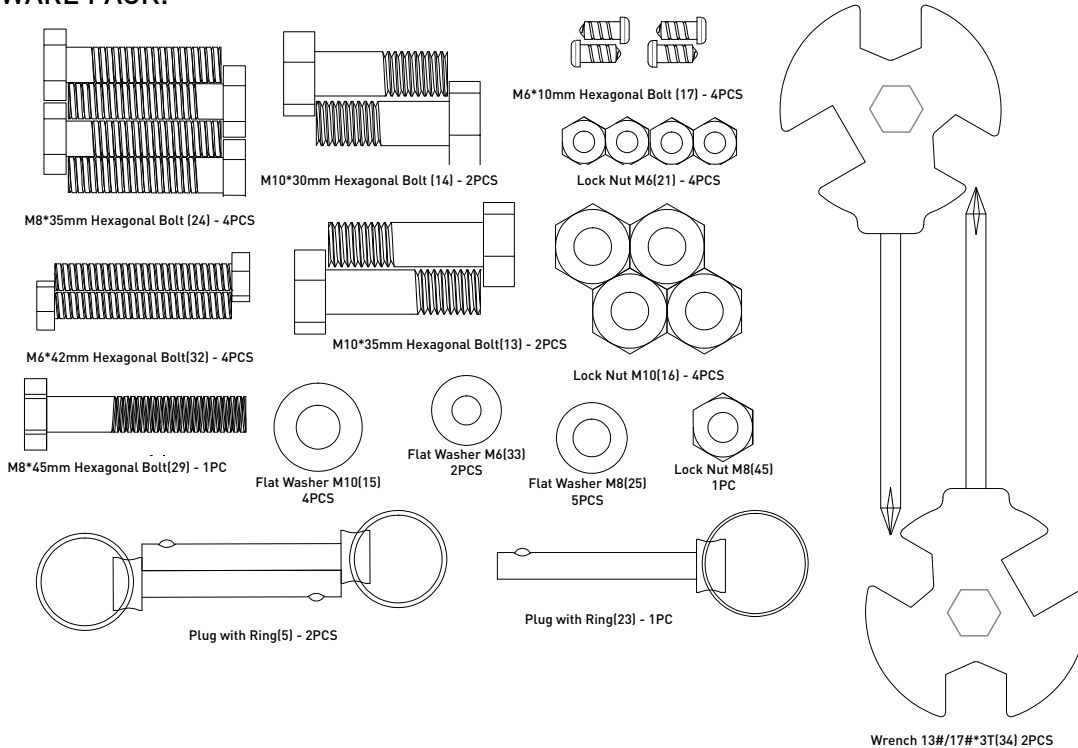
Part #	Description	Qty
28	Safety Strap	1
29	Hexagonal bolt M8*45	1
30	Arc cap 32	4
31	Cushion plate 25	1
32	Hexagonal bolt M6*42	6
33	Washer M6	6
34	Wrench 13#/17#*3t	2
35	Hexagonal bolt M10*22	2
36	Handlebar foam 25	2
37	Square inner cap 20*20	4
38	Round inner end cap 25	2
39	Round inner end cap 19	4
40	Square inner cap 25*50	2
41	"C"link pin	1
42	Spring-1	1
43	Square inner cap 30*30	1
44	L-Shaped Hook (Safety Lock)	1
45	Lock nut M8	2
46	Square inner cap 35*35	1
47	Spring-2	1
48	Lab mat	2
49	Foam roller	4
50L	Shoulder Support	1
50R	Shoulder Support	1
51L	Should Support Cap	1
51R	Should Support Cap	1

EXPLODED VIEW

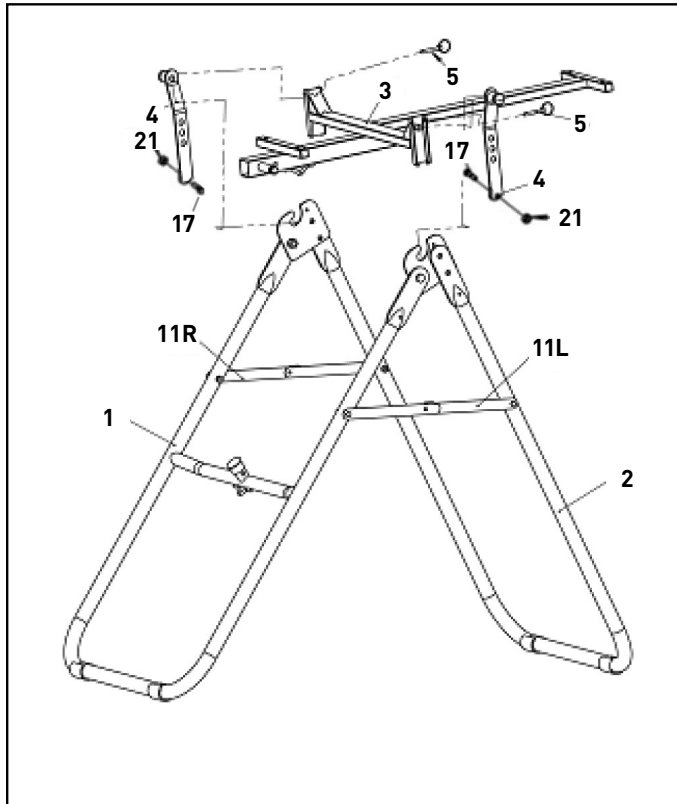
8650IT EXPLODED VIEW:



8650IT HARDWARE PACK:



ASSEMBLY INSTRUCTIONS



STEP 1:

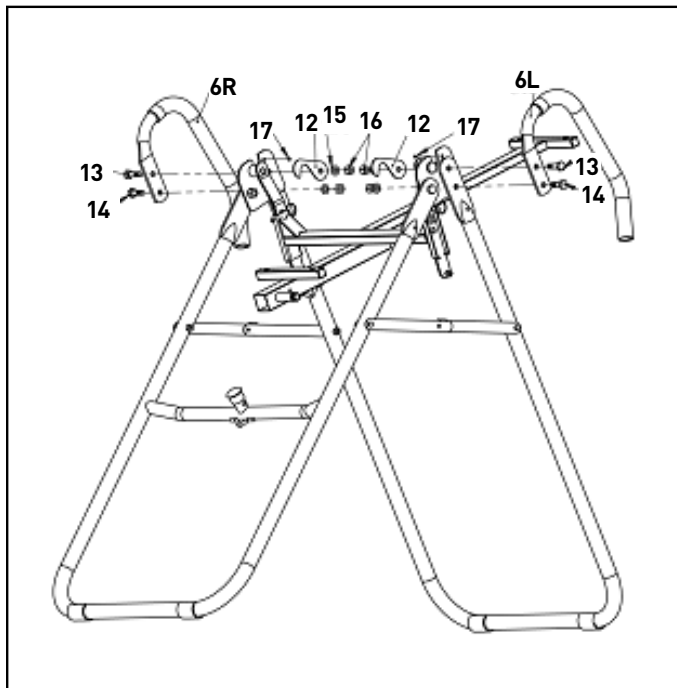
A. Take out the Pre-assembled Front and Rear Base A-Frame (1 and 2). Extend the Frame legs so the A-Frame is fully opened. Make sure the center bars (11L & 11R) are pushed down and completely extended.

NOTE:

Make sure to attach Part 4 as shown, with the ends pointing towards the ground and the grooved sections resting securely in the A-Frame. Make sure that connect sheet is attached inside the A-Frame. If you are uncertain which adjustment hole in the Connect Sheet to use, you can start with the center hole and adjust later if necessary.

B. Attach 2x Connect Sheets (4) to the Backrest Support Frame (3) as shown. Make sure the Connect Sheets are securely affixed in their housings on the Backrest Support Frame. Place 2x M6x10 Screws (17) and 2x M6 Lock Nuts (21) at the hole in the bottom of the Connect Sheet. This will help ensure the Sheet does not slide through its housing in case of accidental dislodging.

C. Using the slotted round tops of the attached Connect Sheets, insert the Backrest Support Frame into the cradles on top of the A-Frame. Once attached, Secure the Connect Sheets to the Support Frame with 2x Small Lock Pins (5).



STEP 2:

A. Using 1x M10x35 (13) Hexagonal Bolt and 1x M10x30 (14) Hexagonal Bolt, attach the Left Handlebar (6L) to the hole in the Rear Base Frame (2).

B. Place the Left Cap Bag (26L) on the Left side of the Base Frame before continuing. Do not secure the Velcro attachment yet.

C. Next, attach the curved Position Metal Sheet (12) to the end of the first Hexagonal Bolt (13) making sure the Connect Sheet (4) is in the middle. Secure the Hexagonal Bolts (13 & 14) with 4 flat washers (15) and 4 M10 Lock Nuts (16) as shown.

Follow the above instructions to attach the Right Handlebar (6R) and Right Cap Bag (26R).

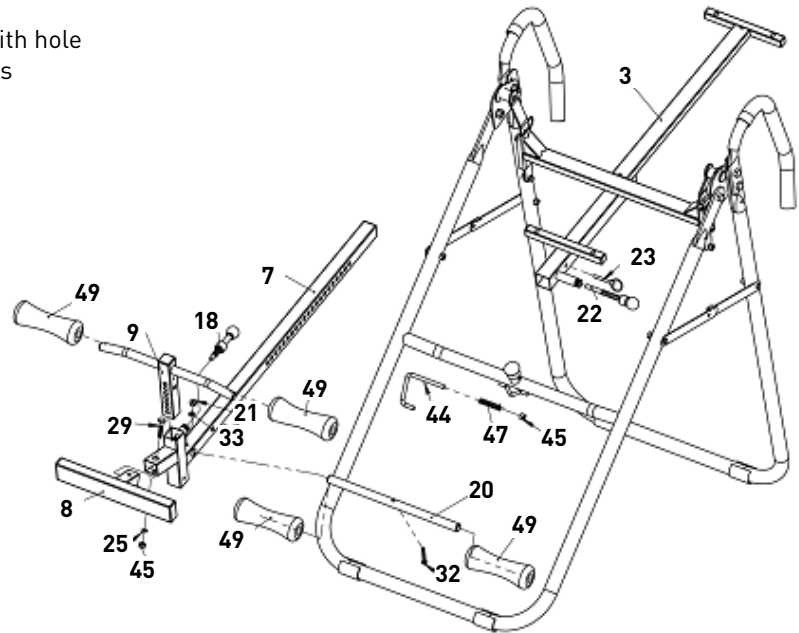
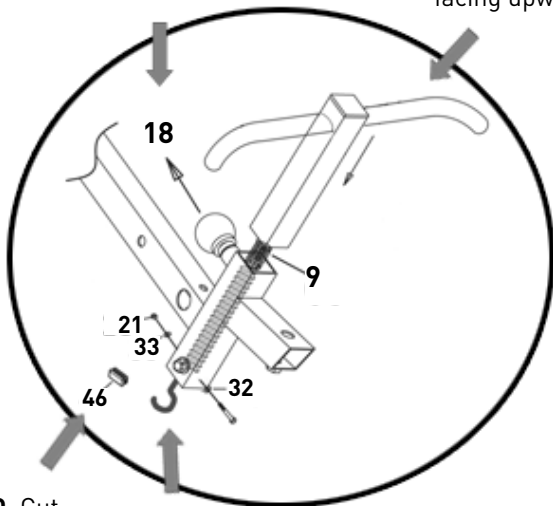
D. If open, close the Position Metal Sheets (12) so they rest against the A-Frame, securing Part 4 in place.

E. IMPORTANT: Attach 2x Hex Bolts M6*10 (17) onto each side of the base frame after attaching and closing the Position Metal Sheet (12) on the Base frame. This assembly will prevent the Backrest Support Frame (3) from slipping out of the housing during use.

ASSEMBLY INSTRUCTIONS

A. Raise the Footrest Plug (18)

B. Insert (9) with hole facing upwards



D. Cut string and insert cap (46).

C. Pull plastic string to expand spring until the metal ring is aligned with the hole in the rear. Insert Bolt (32) and secure with Nut (21) and Washer (33).

STEP 3:

A. Insert Foam Roller Tube (20) into bottom opening in Body Height Adjustment Tube (7) as shown, and tighten with 1x (32) Hexagonal bolt, 1x Flat Washer (33) and 1x M6 Lock Nut (21).

B. Insert the Adjustable Leg Hold Tube (9) into the Adjustment Tube (7). Attach the Footrest Plug (18) to the Adjustment Tube, and secure the spring to the rear of the Adjustment Tube (7) with 1x M6 Bolt (32), 1x Flat Washer (33) and 1x M6 Lock Nut (21) (See diagram above left for detailed directions.)

C. Insert 2 x Foam Rollers (49) onto Foam Roller Tube (20) and 2 x Foam Rollers onto the Adjustable Leg Hold Tube (9). Slide the Foot Rest Plate (8) into bottom of Body Height Adjustment Tube (7) and tighten with 1x M8x45 Hex Bolt (29), 1x Flat Washer (25), and 1x M8 Lock Nut (45).

D. Insert the Body Height Adjustment Tube (7) into the Backrest Support Frame (3) tubing. Secure it with Plug with Ring (23) and Frame Plug-with spring (22). Make sure that these connections are tight and secure before continuing.

NOTE:

On some models, the Safety Lock will ship attached. If this part is not pre-assembled, please follow Step E:

E. Remove attached hardware and attach the L-Shaped Hook (44) through the hole in the Front of the A-Frame. Secure from the other side in the following order: 1 x Spring-2 (47), 1 x M8 Washer (25), 1x M8 Lock Nut (45).

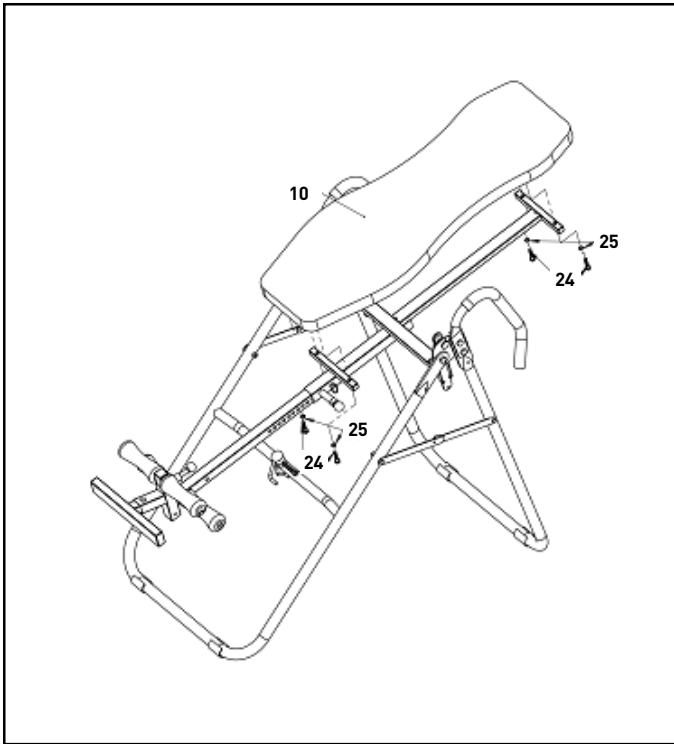
ASSEMBLY INSTRUCTIONS

STEP 4:

Attach the Backrest Pad (10) to the Backrest Support Frame (3) with 4 x M8 washers (24) and 4 x M8 Hex Bolts (35).

NOTE:

Make sure that Backrest Pad (10) is completely flat when installing. To properly attach, use Wrench (34) to tightly secure to Backrest Support Frame and prevent bending. Failure to properly attach can result in personal injury



STEP 5:

A. Ensure that the fabric Place Left & Right Cap Bags (26L) & (26R) are securely placed over the Left & Right sides of the Base Frame.

B. Clasp hook (27) to the hook opening behind the backrest support frame. Secure Strap (28) after the sliding it into the hole in the Front Base Frame.

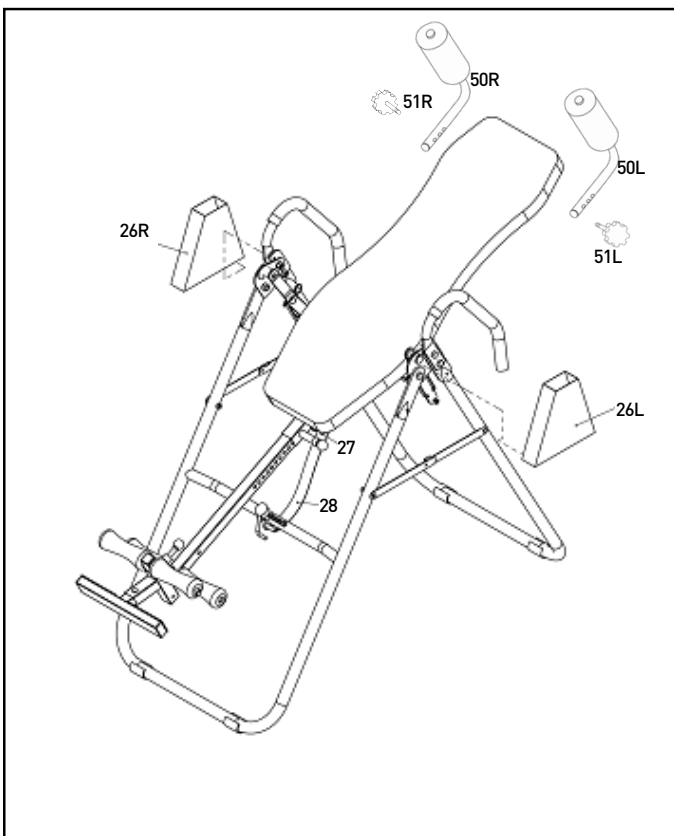
NOTE:

Secure Strap may already be pre-attached to support frame. If Attached, hook Clasp Hook (27) into hook opening behind the backrest support frame

C. Attach and secure Shoulder Support (50L) to backrest support frame using Should Support Cap (51L) into Backrest Support Frame (3) and adjust to a comfortable position. If you experience pressure or discomfort, adjust the Shoulder Support to a higher setting. Place Should Suppoer (50R) and Shoulder Support Cap (51R) to opposite side in the same exact height setting.

IMPORTANT:

ALWAYS ensure the Safety Strap is fully engaged and securely attached, even when the table is not in use.



OPERATING INSTRUCTIONS

Please read these instructions carefully.

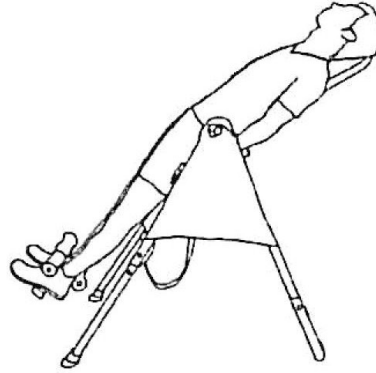
Failure to comply with the following instructions may increase the risk of serious injury and/or death:

- NEVER Place this table where children and those unfamiliar with the dangers associated with using an inversion table will have unsupervised and unauthorized access to it.
- Even with the above instruction in place, ALWAYS ensure that the Safety Lock is fully engaged whenever the table is not in use.
- ALWAYS ensure that the Safety Strap is fully engaged and securely attached even when the table is not in use.
- ALWAYS use an adult spotter the first time using this inversion table, even if you have used an inversion table before. It is extremely important that the table is properly set to your body. The Height measurements on the center bar are guidelines only, and may need to be adjusted depending on your weight and other factors. The use of an adult spotter is to prevent potentially life threatening injuries in the case of sudden and unexpected inversion.
- ALWAYS ensure that the ALL Lock Pins are fully secured in their housings before using this table. Cease use immediately if any of the Lock Pins become unsecured during use.
- When you lie down with both arms across your chest the Inversion Table should rotate a few inches UPWARD. (Your head should move towards the floor, and your feet towards the ceiling).
- If the Inversion Table does not move or if it tilts all the way back, the settings are incorrect. Adjust the center bar until you are able to achieve the above result.
- As you lift ONE arm upwards over your head, the Inversion Table will continue to rotate further back up. To stop and return to normal position, bring your arm back to your side.
- You can increase the angle and speed of rotation by using both arms.
- If you have trouble getting back up, bend your knees and slide your bottom down towards your feet. If the Inversion Table is in the full 90 degree inversion position, grab both sides of your Inversion Table and pull forward.
- NEVER TRY TO GET UP BY LIFTING YOUR HEAD!
- START SLOWLY!
We recommend for the first time to invert only to 20 or 30 degrees. Spend no more than 5 minutes at any one time in an inverted position. We recommend inverting for just a few minutes each time for the first several weeks.
- LISTEN TO YOUR BODY!
If you show signs of overdoing it such as headaches, dizziness, flushed face, or any discomfort in the ankles, knees or hips, STOP IMMEDIATELY!
- USE A SPOTTER!
When using a new inversion table, you should always use an adult spotter to assist with exercises until you are certain of how this particular table will respond to your body movements, even if you have used inversion tables before.
- ANGLES OF INVERSION
Beginners should start at 20 to 30 degrees. This will provide mild stretching and allow your body to get used to being upside down.
- Once you feel comfortable, adjust the angle to 50 or 60 degrees. This allows full decompression of the spine. It is not necessary or required for you to invert at more than 60 degrees. For maximum stretching, invert to 90 degrees.
- OSCILLATION
Raise and lower your arms slowly, back and forth. This will rotate your body backwards (raised arms) and bring your back up (lowered arms).
- Getting used to being upside down can take some time. Start out just a few minutes each day. After your body is used to being upside down, feel free to invert two or three times a day.

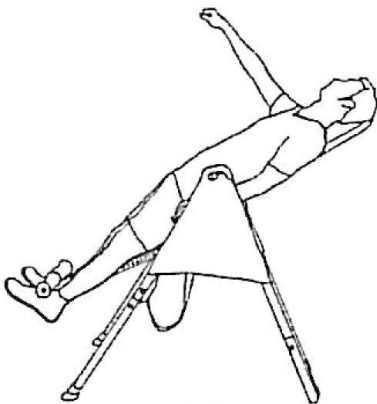
EXAMPLE EXERCISES



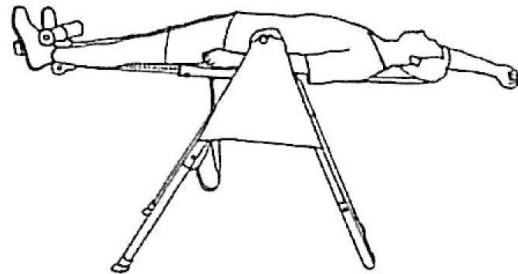
1. Starting position



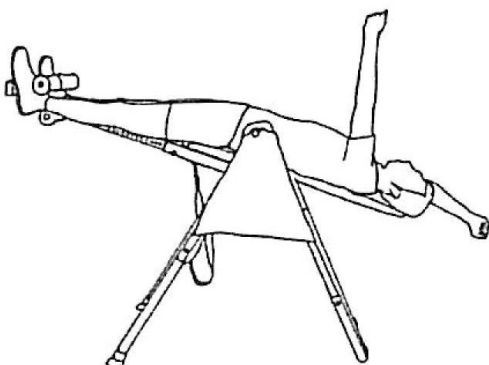
2. With one arm half raised:



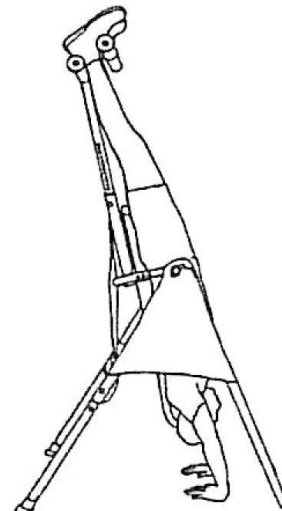
3. With one arm fully raised:



4. With both arms fully raised







5. Fully inverted






WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

WARM UP/COOL DOWN EXERCISES

	<p>Calf-Achilles Stretch Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts</p>
	<p>Toe Touch Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

CARE & MAINTENANCE

IMPORTANT: While no regular maintenance is required, you must inspect the inversion table before each use and replace any worn, defective, or missing parts. The following conditions could represent potential hazards: Missing parts, improperly positioned. Cease using trampoline immediately and secure it against unauthorized use if any of the mentioned conditions are present.

CLEAN THE BENCH WITH A SOLUTION OF WARM WATER AND NON-CORROSIVE/ABRASIVE SOAP.
DAMPEN A RAG WITH THIS SOLUTION AND WIPE COMPLETELY DRY BEFORE USING.

YOU SHOULD ALWAYS DOUBLE CHECK TO MAKE SURE ALL YOUR BOLTS ARE TIGHT AND SECURE, AND THAT THE LOCK KNOB IS IN PRESENT AND SECURELY IN PLACE BEFORE USE.

FREQUENTLY ASKED QUESTIONS

Question: "A cushion/pad seems loose, what should I do?"

Answer: MAKE SURE THE BOLTS UNDER THE CUSHIONS ARE SECURE.

Question: "Something was missing from the packaging," "I need to purchase a replacement part" or "I discovered a damaged piece. What should I do?"

Answer: CONTACT PURE FITNESS CUSTOMER SERVICE AT: customerservice@puregbi.com or by calling this number: 866-498-5269. YOU MUST HAVE YOUR PROOF OF PURCHASE AND/OR ORDER CONFIRMATION AVAILABLE TO BE CONSIDERED FOR WARRANTY REPLACEMENT. YOU MUST REPORT MISSING PIECES WITHIN 30 DAYS FROM DATE OF PURCHASE. PLEASE BE AWARE THAT UNDER OUR LIMITED WARRANTY, FOR SOME PARTS WE REQUIRE A PICTURE OF THE DAMAGED ITEM AND/OR RETURN OF THE ITEM TO OUR QUALITY CONTROL OFFICE FOR REVIEW.