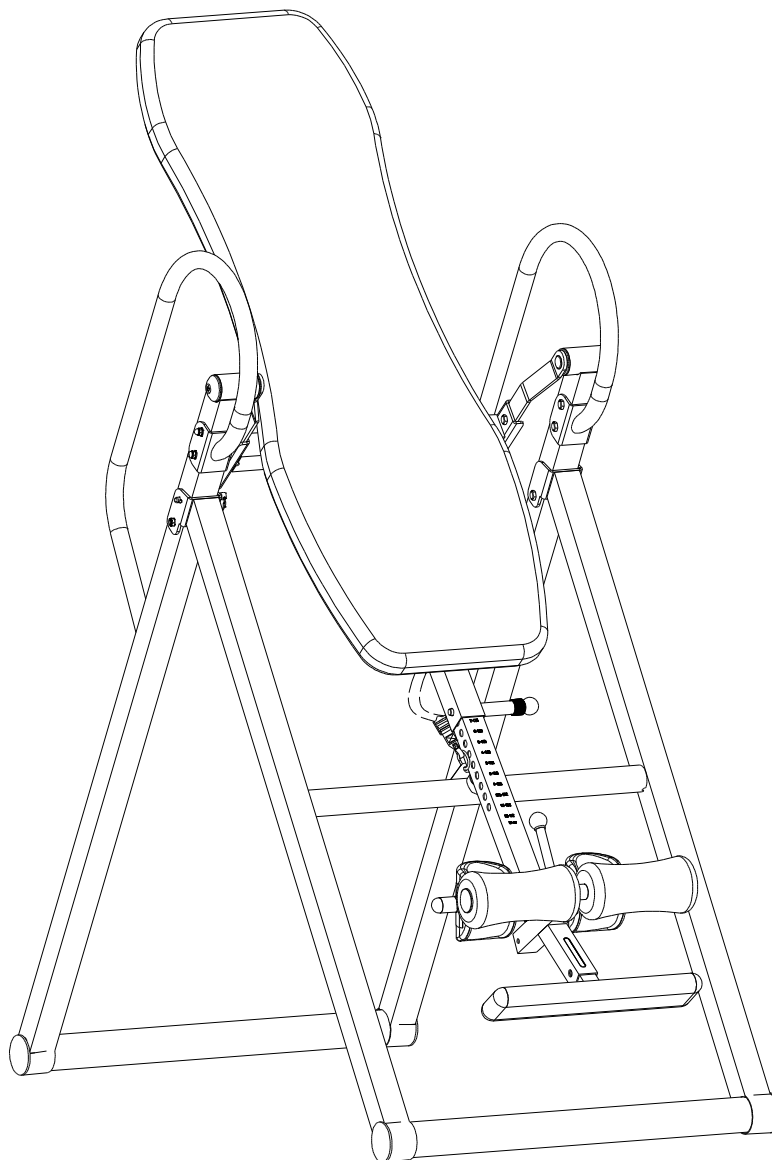


# Inversion Table



**OWNER'S**

Item

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## SERVICE

### **IMPORTANT: FOR NORTH AMERICA ONLY**

**To request product service and order replacement parts, please call our customer service department at:  
1-866-924-1688**

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,  
or email us at: [service@paradigmhw.com](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

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

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

**\*Before returning this product to the store please contact customer service at the contact number.**

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

# IMPORTANT

Order Penalty of tax may not  
to be removed except by the consumer

**ALL NEW MATERIAL  
CONSISTING OF  
POLYURETHANE FOAM PAD...100%**

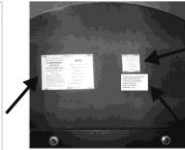
**REGISTRY NO.  
151321**

Certification is made  
by the manufacturer  
that the materials in  
this article are described  
in accordance with law.

Paragon Fitness Equipment, Inc.  
1189 Jettie Ave.  
City of Industry CA 91748 USA

**NOTICE**

THIS ARTICLE DOES NOT MEET THE  
FLAMMABILITY REQUIREMENTS  
OF CALIFORNIA BUREAU OF  
HOME FURNISHINGS TECHNICAL  
BULLETIN 117 CARE SHOULD  
BE EXERCISED NEAR OPEN  
FLAME OR WITH BURNING CIGARETTES.



Not to be returned until  
returned to the consumer

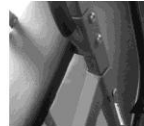
This label is affixed to comply with  
the Federal Law

This article consists  
of the following parts:

Made in the U.S.A. (100%)

Country  
Polyurethane Foam

This product contains composite wood that  
complies with phase 2 of the ATCM.  
The fabricator is: Shengqiang Wood  
Zhongshan Industrial Zone  
Dongying County 251220 China  
Fabricated date: 04/01/2011



**WARNING**

To avoid serious injury, hold on  
to handle bars and invert slowly.



For Customer Assistance Call:  
**1-866-924-1688**  
8:00 am - 5:00 pm (PST)  
Monday to Friday

**WARNING**

Maximum weight capacity is 300 lbs  
**AVERTISSEMENT**  
Le poids maximum pour ce produit  
est de 136 kgs

**WARNING**

Fuel must be secured properly before use  
**AVERTISSEMENT**  
Les piles doivent être correctement  
installées avant utilisation.



**WARNING**

THIS EQUIPMENT IS NOT TO BE USED BY CHILDREN UNDER 12 YEARS AND OLDER.  
POSSIBILITY OF SERIOUS INJURY OR DEATH IS USED IMPROPERLY. PLEASE  
READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY.  
REPLACE AREAS IF THEY ARE DAMAGED, ILLEGIBLE OR REMOVED.  
KEEP PERSONS UNDER THE AGE OF 12 AWAY.  
PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY.  
PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY.  
PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY.

## IMPORTANT SAFETY

This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

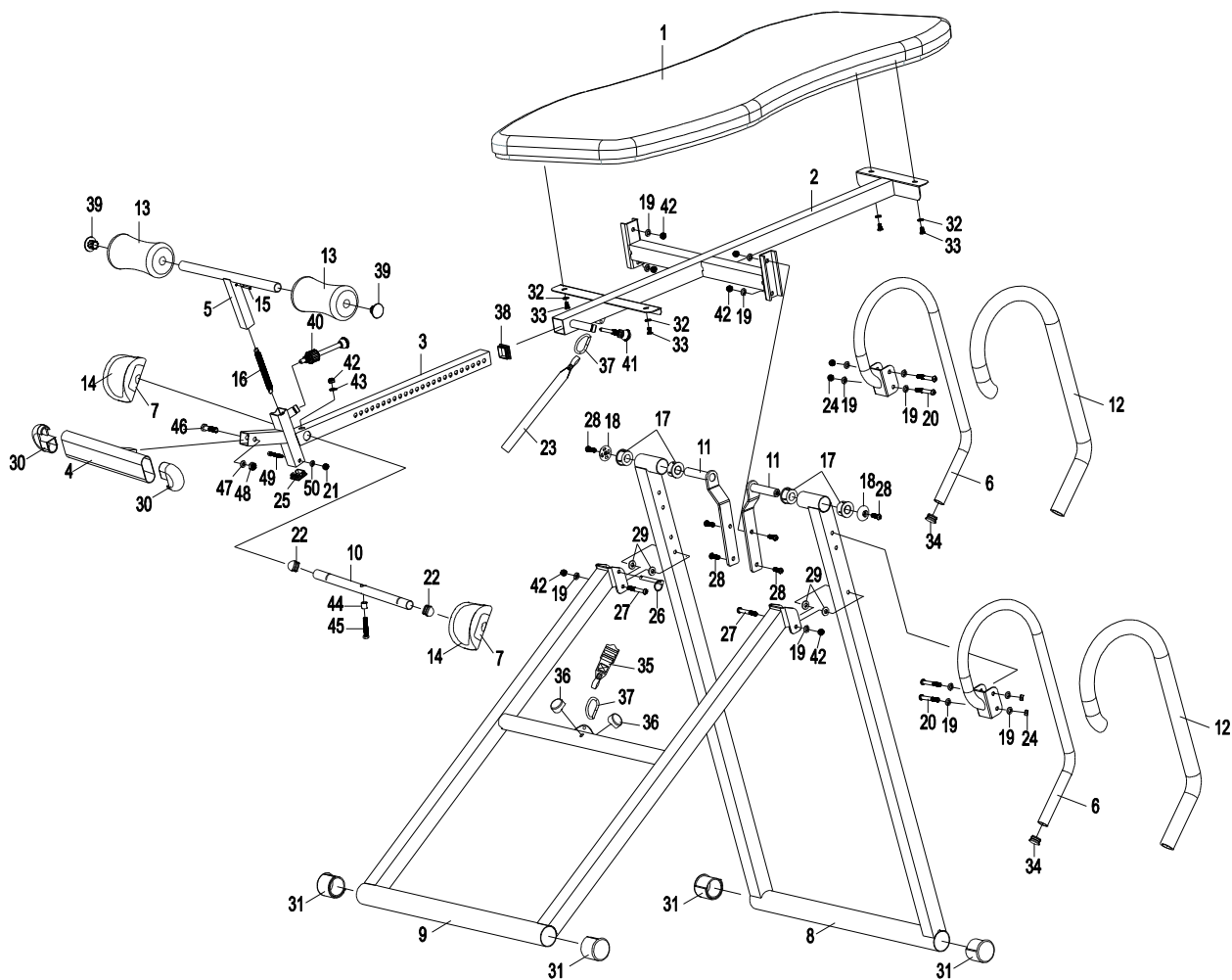
1. Consult your physician or other health care professionals before using the inversion table.
2. Always wear proper exercise apparel when using the equipment.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
4. Keep children and pets away from the equipment while in use.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry away from moving parts.
12. **WARNING: ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.**
13. Children under the age of 12 should not use the following fitness equipment.

**WARNING: Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

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

**NOTE: Maximum Weight Capacity for this product is 300lbs/136kgs.**

# PART DRAWING



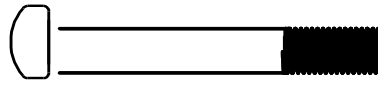
## PART LIST

No.	Description	Qty	No.	Description	Qty
001	Backrest (#5503)	1	026	Ring Pin Ø8x63.5mm	1
002	Backrest Frame	1	027	Hexagon Socket Head Cap Bolt M8x62mm	2
003	Adjustable Boom	1	028	Hexagon Socket Head Cap Bolt M8x20mm	6
004	Foot Bar	1	029	Plastic Washers	4
005	Adjustable Instep Frame	1	030	Foot Bar Oval End Cap	2
006	Handlebar	2	031	Foot Cap	4
007	Steel Heel Holder Bracket	2	032	Flat Washer Ø13xØ6.5x1.5	4
008	Rear Frame	1	033	Bolt M6x12mm	4
009	Front Frame	1	034	Handlebar Round End Cap Ø25	2
010	Rod	1	035	Loop Strap	1
011	Pivot Arm	2	036	Rubber Pad	2
012	Handlebar Foam Grip	2	037	Safety Hook	2
013	Front Heel Holder	2	038	Square End Cap □33	1
014	Rear Rubber Heel Holder	2	039	Adjustable Instep Frame Round End Cap	2
015	Spring Latch	1	040	Adjustable Instep Frame Knob	1
016	Spring	1	041	Adjustable Boom Knob	1
017	Plastic Spacer	4	042	Nylon Nut M8	7
018	Plastic Round End Cap	2	043	Flat Washer Ø16xØ8.5x2.0	1
019	Flat Washer Ø16xØ8.5x1.5	14	044	Metal Bushing	1
020	Hexagon Socket Head Cap Bolt M8x60mm	4	045	Hexagon Head Bolt M8x48mm	1
021	Nylon Nut M6	1	046	Hexagon Head Bolt M10x42mm	1
022	Rod Cap Ø22	2	047	Flat Washer Ø18xØ10.5x2.0	1
023	Nylon Strap	1	048	Nylon Nut M10	1
024	Nut Cap M8	4	049	Hexagon Head Bolt M6x40mm	1
025	Square End Cap □30	1	050	Flat Washer Ø18xØ6.5x1.5	1

## INCLUDED HARDWARE &



(19) Flat Washer  
Ø16xØ8.5x1.5  
12 PCS



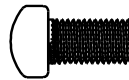
(20) Hexagon Socket Head  
Cap Bolt M8x60mm  
4 PCS



(24) Nut Cap M8  
4 PCS



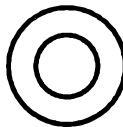
(26) Ring Pin Ø8x63.5mm  
1 PC



(28) Hexagon Socket Head  
Cap Bolt M8x20mm  
4 PCS



(42) Nylon Nut M8  
5 PCS



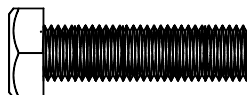
(43) Flat Washer  
Ø16xØ8.5x2.0  
1 PC



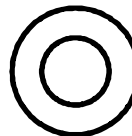
(44) Metal Bushing  
1 PC



(45) Hexagon Head Bolt  
M8x48mm  
1 PC



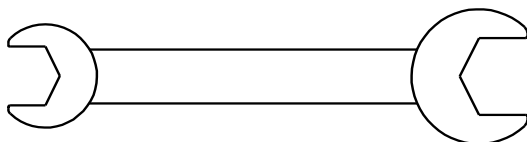
(46) Hexagon Head Bolt  
M10x42mm  
1 PC



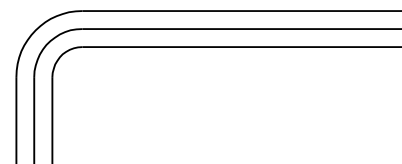
(47) Flat Washer  
Ø18xØ10.5x2.0  
1 PC



(48) Nylon Nut M10  
1 PC



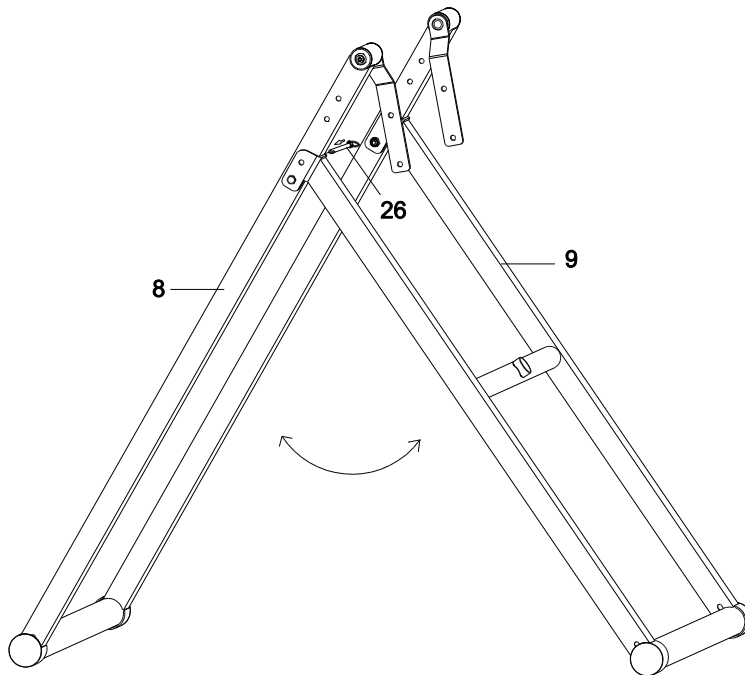
Wrench #13 & #17  
2 PCS



Allen Wrench #6  
1 PC



## ASSEMBLY



### Step 1:

Stand up the base of the machine by separating the frames as shown above. Pull the Rear/Front Frames (8, 9) as far apart as possible from each others and align the pin holes. Then insert the Ø8x63.5mm Ring Pin (26) from inner side into the holes on the Rear/Front Frames (8, 9) to lock the frames in place.

### Hardware:

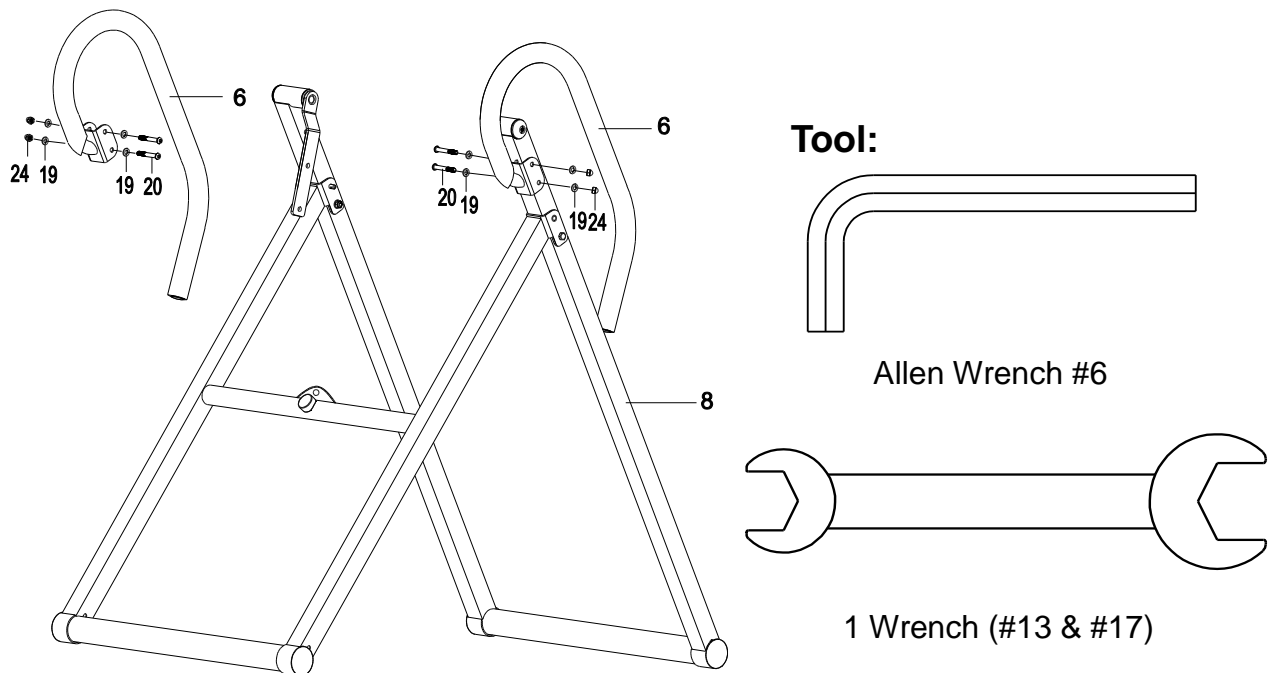


(26) Ring Pin Ø8x63.5mm  
1 PC



The product weighs more than 44 lbs and should be assembled and moved by two or more people.

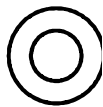
## ASSEMBLY



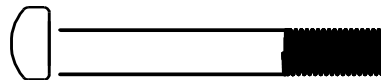
### Step 2:

Attach the Handlebar (6) onto the Rear Frame (8) with two M8x60mm Hexagon Socket Head Cap Bolts (20), two M8 Nut Caps (24), and four Ø16xØ8.5x1.5 Flat Washers (19). Tighten bolts and nut caps with the Wrench and Allen Wrench provided. Repeat above same step to attach the other Handlebar (6) onto the Rear Frame (8).

### Hardware:



(19) Flat Washer  
Ø16xØ8.5x1.5  
8 PCS

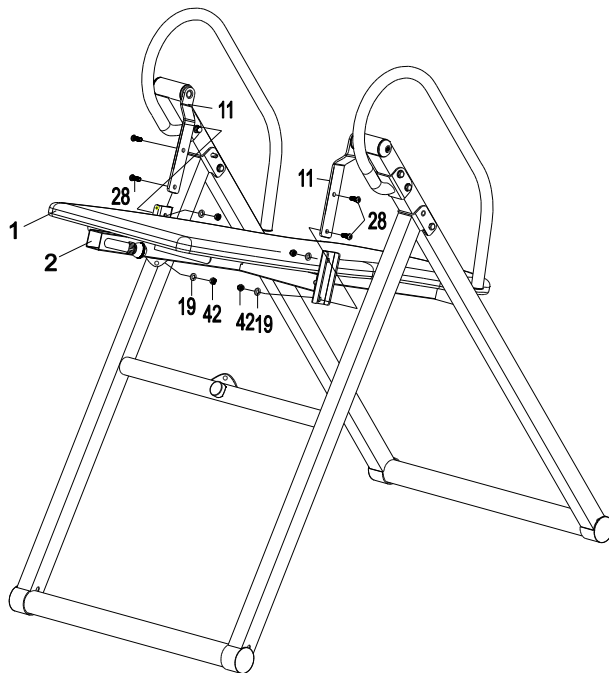


(20) Hexagon Socket Head  
Cap Bolt M8x60mm  
4 PCS



(24) Nut Cap M8  
4 PCS

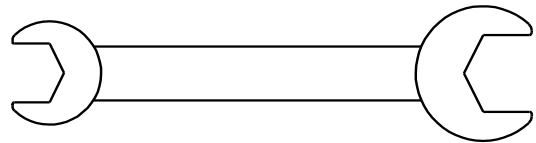
## ASSEMBLY



### Tool:



Allen Wrench #6

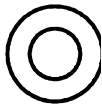


1 Wrench (#13 & #17)

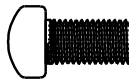
### Step 3:

Mount the Backrest Frame (2) to the Pivot Arms (11) by inserting the ends of the Pivot Arms (11) into the brackets, located at each side of the Backrest Frame (2), align to the bolt holes on the Pivot Arms (11) and brackets. Using four M8x20mm Hexagon Socket Head Cap Bolts (28), four Ø16xØ8.5x1.5 Flat Washers (19), and four M8 Nylon Nuts (42) to attach the Backrest Frame (2) onto the Pivot Arms (11). Tighten bolts and nylon nuts with the Wrench and Allen Wrench provided.

### Hardware:



(19) Flat Washer  
Ø16xØ8.5x1.5  
4 PCS

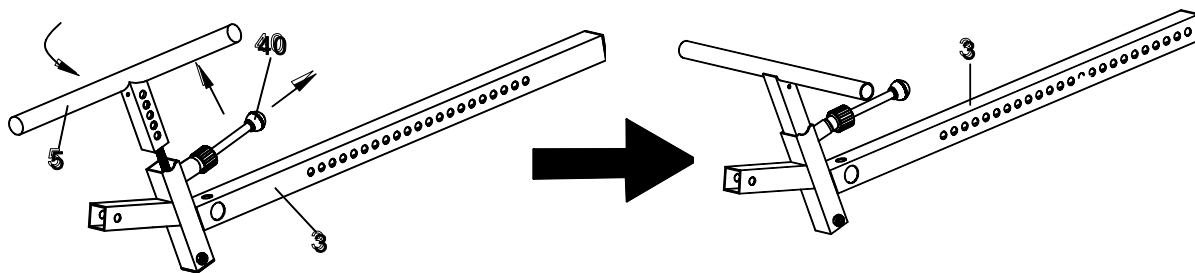


(28) Hexagon Socket Head  
Cap Bolt M8x20mm  
4 PCS



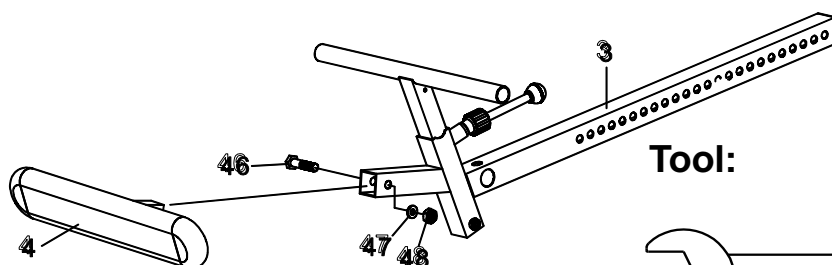
(42) Nylon Nut M8  
4 PCS

## ASSEMBLY

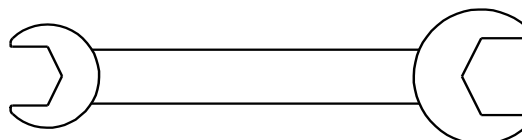


### Step 4:

Pull up on the Adjustable Instep Frame Knob (40), slide the Adjustable Instep Frame (5) completely out of the Adjustable Boom (3) and then turn the Adjustable Instep Frame (5) with the adjustable holes facing up. Release the Adjustable Instep Frame Knob (40) and adjust the Adjustable Instep Frame (5) slightly until the Adjustable Instep Frame Knob (40) locks into place.



**Tool:**

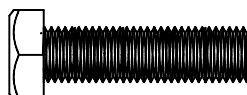


2 Wrenches (#13 & #17)

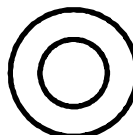
### Step 5:

Slide the Foot Bar (4) into the bottom of the Adjustable Boom (3) and align the hole on the Foot Bar (4) with the hole on the Adjustable Boom (3). Secure the Foot Bar (4) in place using one M10x42mm Hexagon Head Bolt (46), one Ø18xØ10.5x2.0 Flat Washer (47), and M10 Nylon Nut (48).

### Hardware:



(46) Hexagon Head Bolt  
M10x42mm  
1 PC

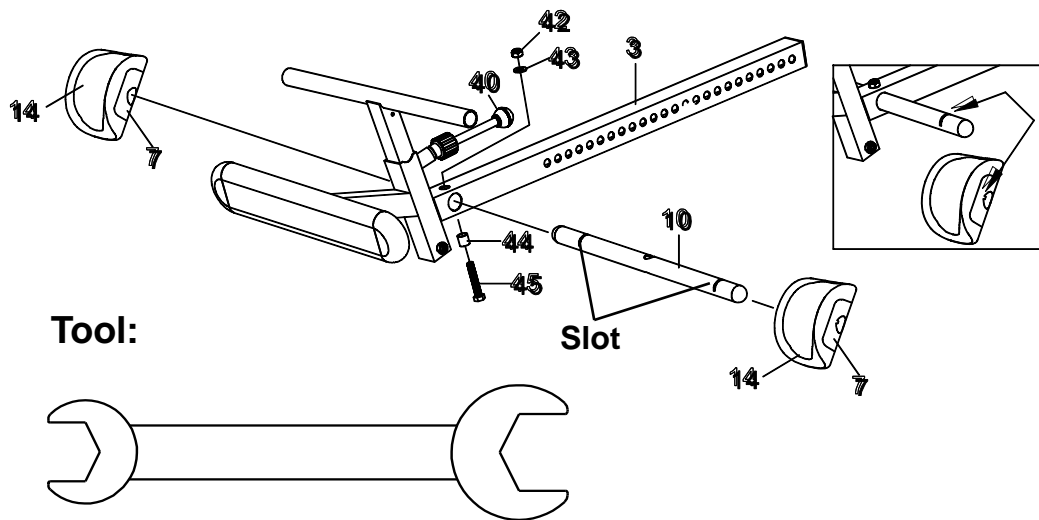


(47) Flat Washer  
Ø18xØ10.5x2.0  
1 PC



(48) Nylon Nut M10  
1 PC

## ASSEMBLY



2 Wrenches (#13 & #17)

### Step 6:

Slide the Rod (10) with both slots facing the Adjustable Instep Frame Knob (40) through the large round hole on the side of Adjustable Boom (3), and secure the Rod (10) on the Adjustable Boom (3) with one M8 Nylon Nut (42), one Ø16xØ8.5x2.0 Flat Washer (43), one Metal Bushing (44), and M8x48mm Hexagon Head Bolt (45).

Slide one Steel Heel Holder Bracket (7) and one Rear Rubber Heel Holder (14) onto one end of the Rod (10) until the lock tooth is wedged into the slot in the Rod (10), as shown in detailed drawing.

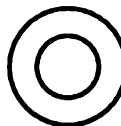
Use the same procedure to attach the other Steel Heel Holder Bracket (7) and Rear Rubber Heel Holder (14) onto the other end of the Rod (10).

**NOTE:** Make sure the lock teeth are wedged into the slots in the Rod (10) to lock the Steel Heel Holder Brackets (7) and Rear Rubber Heel Holders (14) in place before use.

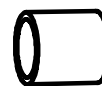
### Hardware:



(42) Nylon Nut M8  
1 PC



(43) Flat Washer  
Ø16xØ8.5x2.0  
1 PC

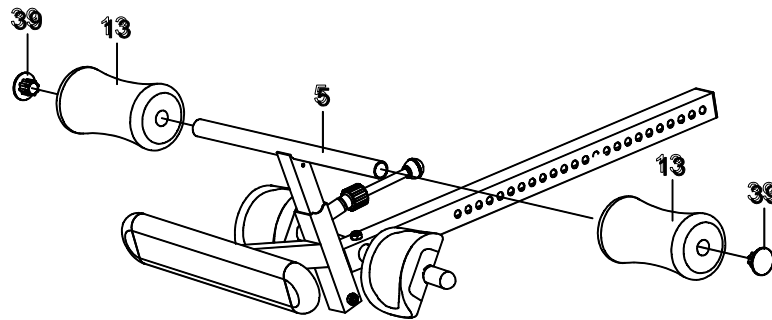


(44) Metal Bushing  
1 PC



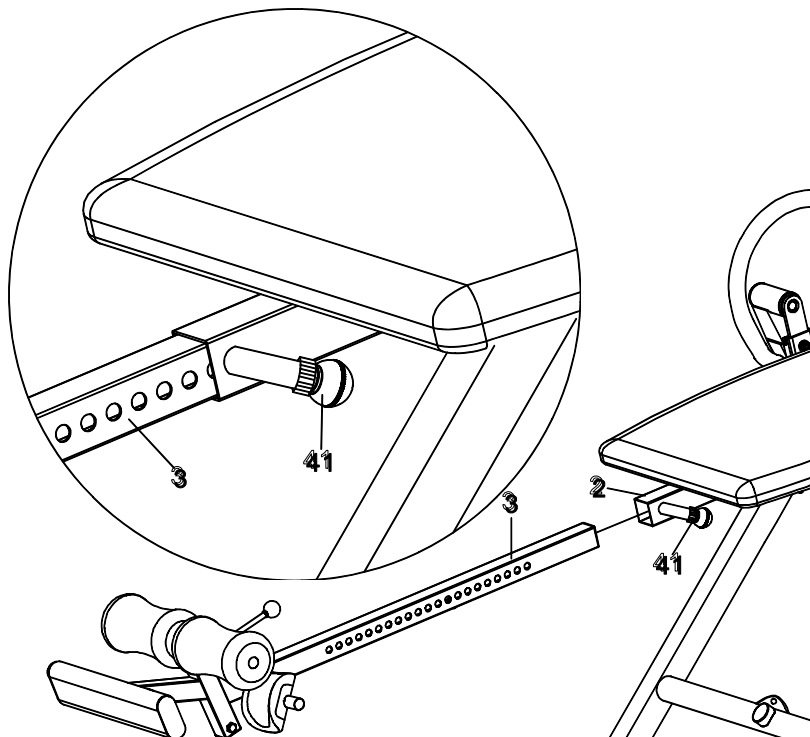
(45) Hexagon Head Bolt  
M8x48mm  
1 PC

## ASSEMBLY



### Step 7:

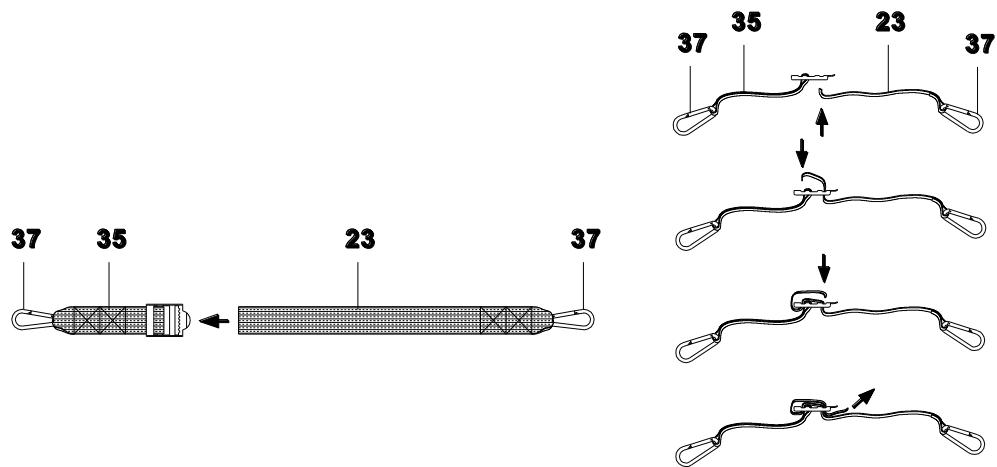
Slide one Front Heel Holder (13) onto one end of the Adjustable Instep Frame (5). Use the same procedure to attach the other Front Heel Holder (13) onto the other end of the Adjustable Instep Frame (5). Install two Adjustable Instep Frame Round End Caps (39) onto both ends of the Adjustable Instep Frame (5) and Front Heel Holders (13).



### Step 8:

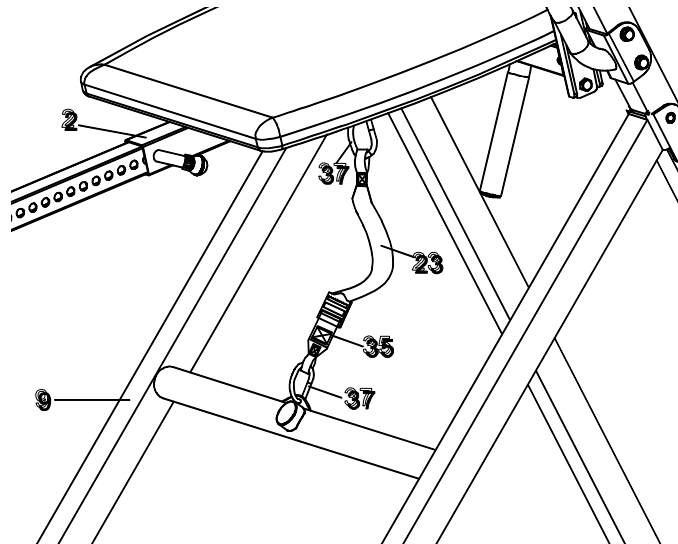
Pull out the Adjustable Boom Knob (41), and slide the Adjustable Boom (3) into the square bracket on the bottom of the Backrest Frame (2). Slide the Adjustable Boom (3) upward, until the desired height on the height scale is just below the bracket on the Backrest Frame (2). Lock the Adjustable Boom (3) in place by releasing the Adjustable Boom Knob (41) and sliding the Adjustable Boom (3) up or down slightly until the Adjustable Boom Knob (41) "pops" down into the locked position.

## ASSEMBLY



### Step 9:

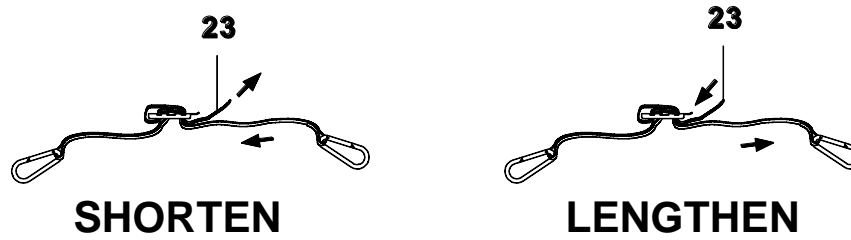
Attach the Nylon Strap (23) to the strap lock on the Loop Strap (35) by inserting the end of the strap up through the bottom of the strap lock, loop the Nylon Strap (23) over the Pre-assembled Loop Strap (35) and down through the strap lock on the Loop Strap (35). Now, loop the strap back over itself, and insert back through the strap lock on the Loop Strap (35), and pull tight to secure. See diagram.



### Step 10:

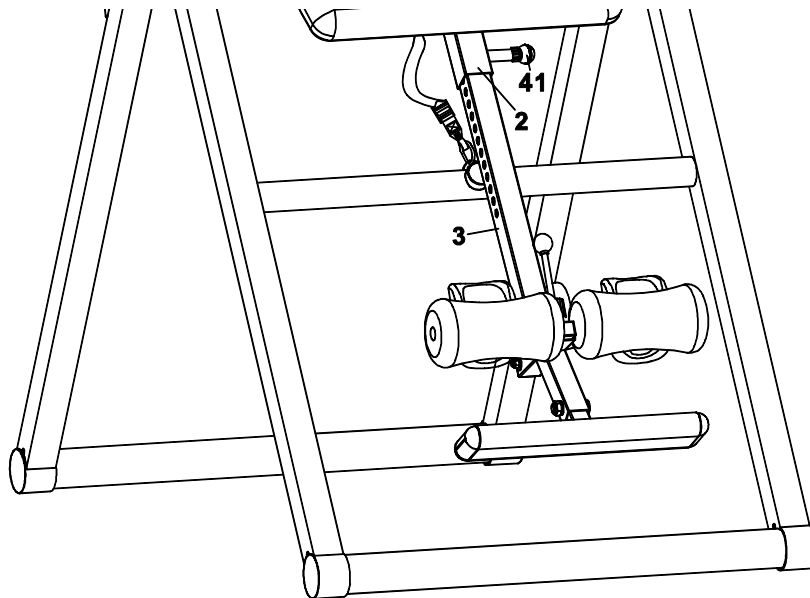
Attach the Nylon and Loop Straps (23, 35) to the inversion table by hooking the end of the Nylon Strap (23) to the pre-assembled loop on the back of the Backrest Frame (2) as shown. Now hook the other end of Loop Strap (35) to the other pre-assembled loop on the Front Frame (9) as shown.

## OPERATION AND



### THE STRAP

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 Nylon Strap (23) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (23) into the strap lock, and pull on the top end.

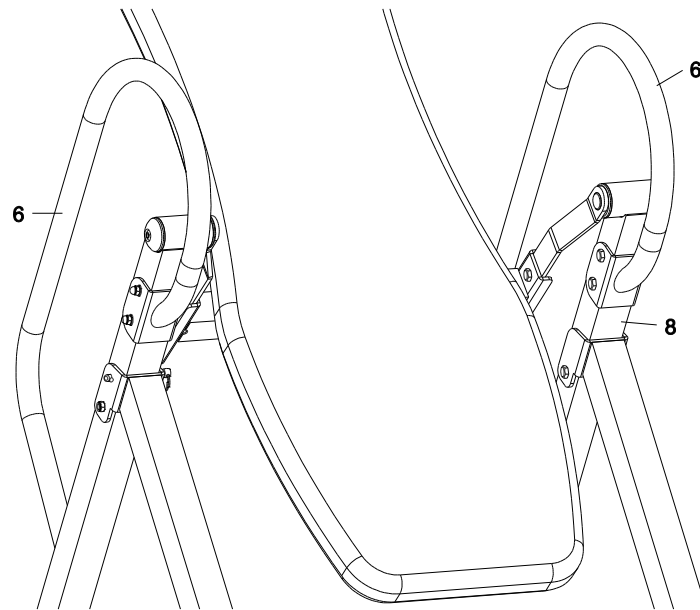


### ADJUSTING THE BOOM

The Adjustable Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the inversion table. To adjust the Adjustable Boom (3) pull out the Adjustable Boom Knob (41), and slide the Adjustable Boom (3) up or down until the desired height on the height scale is positioned just below the Backrest Frame (2). When the Adjustable Boom (3) is in the desired position, simply release the Adjustable Boom Knob (41), slide the Adjustable Boom (3) slightly up or down until the Adjustable Boom Knob (41) locks into place.



## OPERATION AND



### 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, simply grab the Handlebars (6) and pull on them until you return to the upright position.

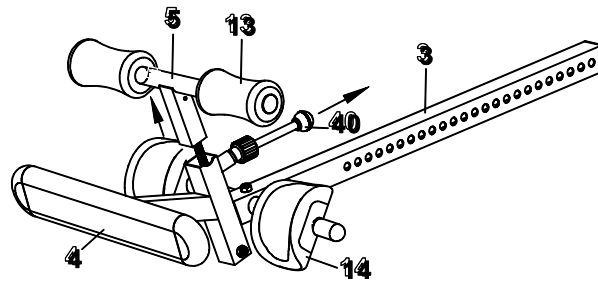
**NOTE:** The inversion table should always return to the upright position when you move your hands below your waist. If it does not, the inversion table is probably not adjusted correctly to your height.

\* Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

### GENERAL PRECAUTIONS

1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Make sure that the Front and Rear Rubber Heel Holders (13, 14) are holding your feet securely.
3. Make sure that the Adjustable Boom (3) is properly set to your height.
4. Make sure that the Adjustable Boom (3) is held securely by the Adjustable Boom Knob (41).
5. Make sure that there is enough room for the inversion table to rotate completely.

## OPERATION AND



### **ADJUSTING THE FRONT AND RUBBER REAR HEEL HOLDERS**

1. Pull up on the Adjustable Instep Frame Knob (40), slide the Adjustable Instep Frame (5) completely out of the Adjustable Boom (3).
2. Slide your ankles between the Front and Rear Rubber Heel Holders (13, 14) and stand on the Foot Bar (4) located at the bottom of the Adjustable Boom (3).
3. Pull up on the Adjustable Instep Frame Knob (40), allow the Adjustable Instep Frame (5) to slide back into the Adjustable Boom (3). Push in slightly on the Adjustable Instep Frame (5) until the Front and Rear Rubber Heel Holders (13, 14) are around your ankles. Release the Adjustable Instep Frame Knob (40) and adjust the Adjustable Instep Frame (5) slightly until the Adjustable Instep Frame Knob (40) locks into place.
4. Stand upright with your back against the backrest and your hands lowered at your sides.

### **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 with your hands at your sides. Slowly place your hands across your chest. While in this position, your head should still be above your feet. If your feet are above your head, dismount and adjust the height again.

## OPERATION AND

### USING THE INVERSION TABLE

1. Start by lying fully back on the backrest with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable with the use, rock the backrest slowly by moving your arms up and down slowly.
5. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
6. Return to the upright position by slowly moving your hands back down to your thighs.

1



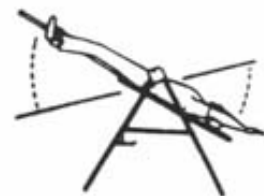
3



2



4

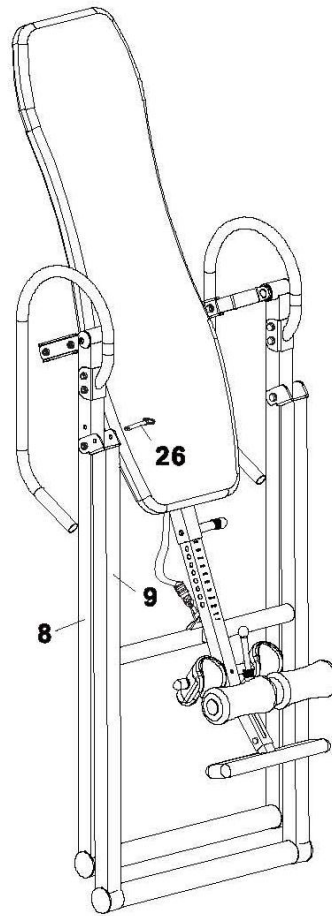


## OPERATION AND

### **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.
2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body. Come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted, limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same time each day.

## STORAGE



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 and Front Frames (8, 9), then push the Rear and Front Frames (8, 9) together until they meet. 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.

## WARM UP

### **Quadriceps Stretch**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



### **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 10 counts.



### **Toe Touches**

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.



### **Hamstring Stretches**

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.



## WARRANTY

Paradigm Health & Wellness, Inc. 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 according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

### **Ordering Replacement Parts**

Replacement parts can be ordered by calling or emailing our customer service department

**service@paradigmhw.com**

**1-866-924-1688**

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

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

## FAX FORM

# PARADIGM

## PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

**OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO**  
**service@paradigmhw.com**

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

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

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

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

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

(Email Address) \_\_\_\_\_

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

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

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

PURCHASE FROM: \_\_\_\_\_

PART #	DESCRIPTION	QTY

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

### OFFICIAL USE ONLY

SHIP DATE: \_\_\_\_\_

TRK #: \_\_\_\_\_

BACK ORDER: \_\_\_\_\_