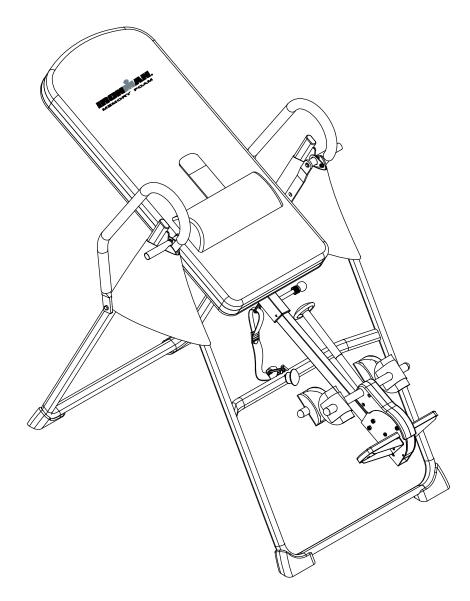
OWNER'S MANUAL











Inversion Table

Item#5402

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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: 1-844-641-7922

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

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

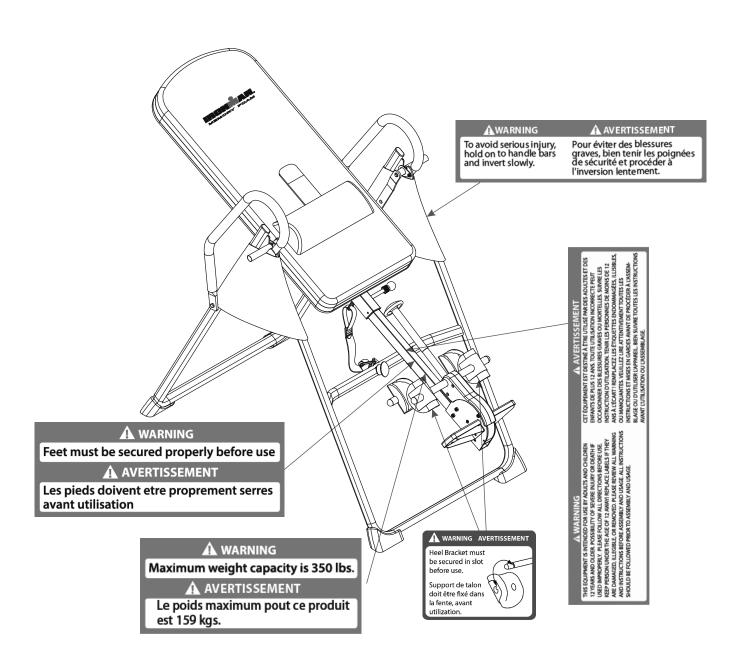
Part number

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

LABEL PLACEMENT



IMPORTANT SAFETY INSTRUCTIONS

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. When using an appliance, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

- Consult your physician or other health care professionals before using the inversion table.
- 2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 3. Never operate this appliance if it is damaged, if it is not working properly, if it has been dropped or damaged. Return the appliance to a service center for examination and repair.
- 4. Do not use outdoors.
- 5. Do not exceed the maximum rated weight (load) and maximum rated height of the user.
- 6. For Household Use Only.
- 7. Always wear proper exercise apparel when using the equipment.
- 8. 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.
- 9. Only one person should use the equipment at a time.
- 10. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
- 11. 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 gueasy.
- 12. Always use this equipment on a clear and level surface. Do not use near water.
- 13. Close supervision is necessary when this inversion table is used by, on, or near children, invalids, or disabled persons.
- 14. Use this inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 15. Never drop or insert any object into any opening.
- 16. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.
- 17. **WARNING** To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.
- 18. **WARNING** Risk of personal injury Do not allow children to use this machine.
- 19. **WARNING** Risk of personal injury Keep children away from machine while in use.

IMPORTANT SAFETY INSTRUCTIONS

20. **WARNING** - Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

NOTE: Maximum Weight Capacity for this product is 350lbs/159kgs.

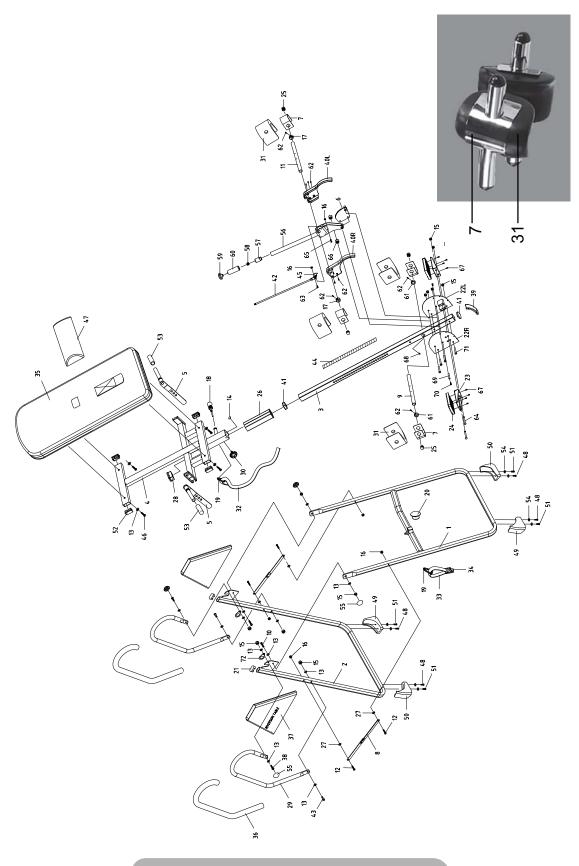
Maximum Rated Height for this product is 6'6"/198cm.

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.

SAVE THESE INSTRUCTIONS

OVERVIEW DRAWING



PARTS LIST

No.	Description	Qty	No.	Description	Qty
001	Front U-Frame	1	032	Nylon Strap	1
002	Rear U-Frame	1	033	Loop Strap	1
003	Adjustable Boom	1	034	Strap Lock	1
004	Bed Frame	1	035	Foam Bed	1
005	Pivot Arm	2	036	Foam Grip	2
006	Adjustable Lock Plate	1	037	Protective Cover	2
007	Steel Heel Holder Bracket	4	038	Hex Head Bolt M8x23	2
800	Folding Arm	2	039	Front Plastic Cover	1
009	Rear Rod	1	040L	Left Plastic Cover	1
010	Bolt M8x23	2	040R	Right Plastic Cover	1
011	Front Rod	1	041	Square End Cap	2
012	Phillips Screw M6x35	4	042	Locking Pin	1
013	Washer Ø20xØ8.5x1.5	16	043	Hex Head Bolt M8x43	2
014	Round Plate	1	044	Height Scale	1
015	Lock Nut M8	12	045	Latch	1
016	Lock Nut M6	6	046	Foam Bed Bolt	4
017	Blocking Bush Ø28.5xØ23x14	2	047	Lumbar Pad	1
018	Large Spring Knob	1	048	Bolt M6x20	4
019	Safety Hook	2	049	Right Foot Cap	2
020	Rubber Pad	1	050	Left Foot Cap	2
021	Oval End Cap	2	051	Bolt M6x25	4
022L	Left Adjustable Boom Plate	1	052	End Cap (⊡25x50mm)	4
022R	Right Adjustable Boom Plate	1	053	Foam Grip	2
023	In-Step Frame	2	054	Washer Ø13xØ6.5x1.0	8
024	In-Step Foot Pad	2	055	Nut Cap Ø27xØ13.5	4
025	Round End Cap	4	056	Adjustable Handle	1
026	Lower Bed Frame Bushing	2	057	Handle Cap	1
027	Washer Ø16xØ6.5x1.0	4	058	Handle Spring	1
028	Upper Bed Frame Bushing	1	059	Button	1
029	Handlebar	2	060	Handle Tip	1
030	Knob	1	061	Blocking Bush Ø28.5xØ22.5x10	2
031	Rubber Heel Holder	4	062	Screw M3x10	10

PARTS, HARDWARE & TOOLS LIST

No.	Description	Qty	No.	Description	Qty
063	Bolt M6x15	1	068	Screw ST4.8x20	1
064	Carriage Bolt M8x70	2	069	Shaft Nut Ø8	1
065	Bolt M6x30	1	070	Bolt M5x10	2
066	Spacer Ø22x16.8	2	071	Bolt M8x 50	4
067	Screw ST4.2x12	8	072	Pivot Arm Ring	2

^{*} Most of the components of the following parts list have already been assembled for your convenience. Please use the following list as a reference for ordering parts only.

HARDWARE:



(13) Washer Ø20xØ8.5x1.5 8 PCS



(43) Hex Head Bolt M8x43 2 PCS



(54) Washer Ø13xØ6.5x1.0 8 PCS



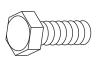
(15) Lock Nut M8 4 PCS



(48) Bolt M6x20 4 PCS



(55) Nut Cap Ø27xØ13.5 4 PCS

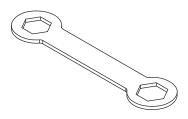


(38) Hex Head Bolt M8x23 2 PCS

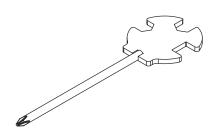


(51) Bolt M6x25 4 PCS

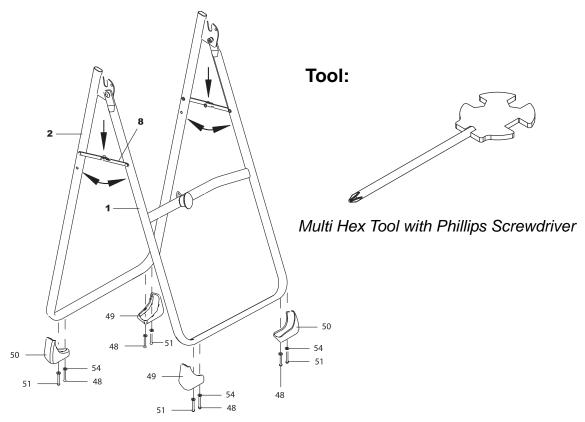
TOOLS:



Wrench 1 PC



Multi Hex Tool with Phillips Screwdriver 1 PC



Step 1:

Stand up the base of the machine by separating the Front and Rear U-Frames (1, 2). Pull the Front and Rear U-Frames (1, 2) as far apart from each others as possible. Then push down on the middle of the Folding Arms (8) until they are fully locked down.

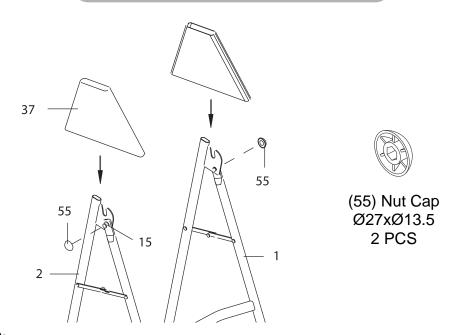
Attach the Right & Left Foot Caps (49, 50) to the Front & Rear U-Frame (1, 2) each with one M6x20 Screw (48), one M6x25 Screw (51), and two Ø13xØ6.5x1.0 Washers (54).

Hardware:



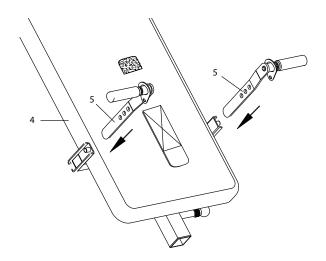


The product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.



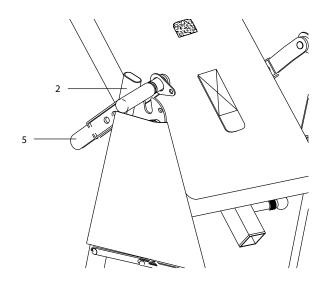
Step 2:

Install two Ø27xØ13.5 Nut Caps (55) onto M8 Lock Nuts (15). Slide one Protective Cover (37) on to each side of the base as shown, and pull down on the Protective Covers (37) until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the Protective Covers (37) to secure the covers to the Folding Arms (8). When the covers are assembled correctly, the Folding Arms (8) should be fully covered by the Protective Covers (37).



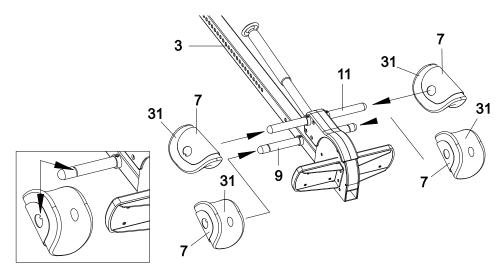
Step 3:

Slide the bottom of the Pivot Arms (5) into the brackets that located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the Pivot Arms (5) in place. It is recommended that you use the bottom hole on the Pivot Arms (5) until you become more familiar with the equipment.



Step 4:

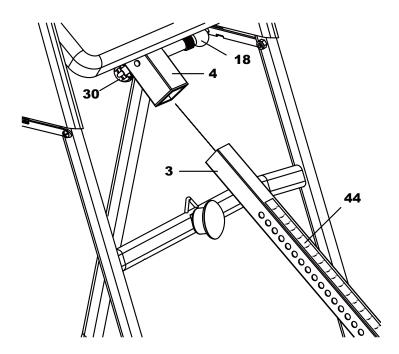
Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.



Step 5:

Slide the Steel Heel Holder Brackets (7) and Rubber Heel Holders (31) onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in Rear Rod (9) as shown in small figure. Use the same procedure to attach the Other Steel Heel Holder Brackets (7) and Rubber Heel Holders (31) onto the other ends of the Front Rod (11).

NOTE: Make sure the lock teeth are wedged into the slots in the Rear and Front Rods (9, 11) to lock the Steel Heel Holder Brackets (7) and Rubber Heel Holders (31) in place before use.



Step 6:

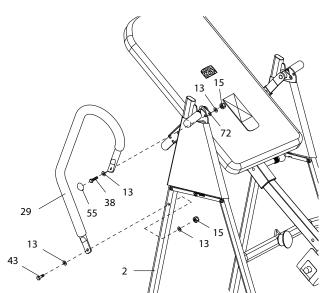
Pull out the Large Spring Knob (18) and slide the Adjustable Boom (3) into the square bracket on the bottom of the Bed Frame (4) as shown.

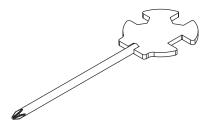
Slide the Adjustable Boom (3) upward until the desired height on the height scale is just below the bracket on the Bed Frame (4).

Lock the Adjustable Boom (3) in place by releasing the Large Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Large Spring Knob (18) "pops" down into the locked position.

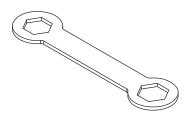
For added safety, secured the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.

Tool:





Multi Hex Tool with Phillips Screwdriver



Wrench

Step 7:

Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72) with one M8x23 Hex Head Bolt (38), one M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Install one Ø27xØ13.5 Nut Cap (55) onto M8x23 Hex Head Bolt (38). Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one M8x38 Hex Head Bolt (43), one M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Use the same procedure to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72).

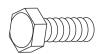
Hardware:



(13) Washer Ø20xØ8.5x1.5 8 PCS



(15) Lock Nut M8 4 PCS



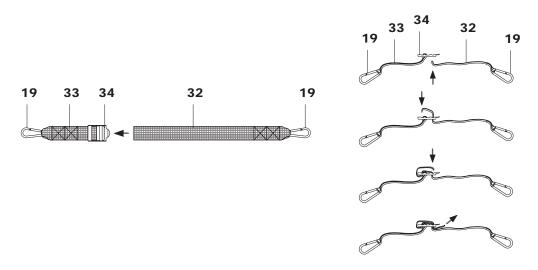
(38) Hex Head Bolt M8x23 2 PCS



(43) Hex Head Bolt M8x43 2 PCS

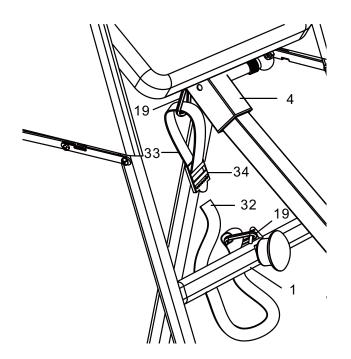


(55) Nut Cap Ø27xØ13.5 2 PCS



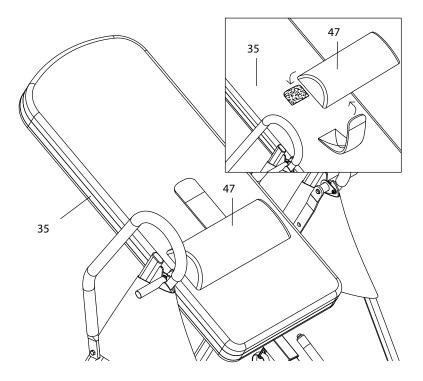
Step 8:

Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the Nylon Strap (32) up through the bottom of the Strap Lock (34), loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap Lock (34), and pull tight to secure. See Diagram.



Step 9:

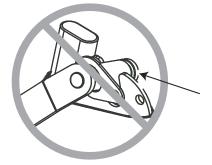
Attach the Nylon and Loop Straps (32, 33) to the inversion table by hooking the end of the Nylon Strap (32) to the pre-assembled loop on the back of the Bed Frame (4) as shown. Then hook the other end of Loop Strap (33) to the other Pre-assembled loop on the Front U-Frame (1) as shown.



Step 10: Insert the Velcro strap from the Foam Bed (35) to the underneath of Lumbar Pad (47) and secure the Lumbar Pad (47) onto the Foam bed (35).

SAFETY OPERATING INSTRUCTIONS

Incorrect



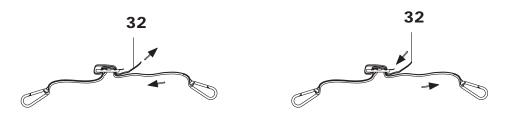
Pivot arm is NOT aligned correctly. The pivot arm is not inserted all the way into the curved slot.

Correct



Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

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

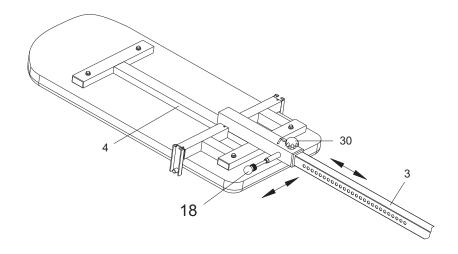


SHORTEN

LENGTHEN

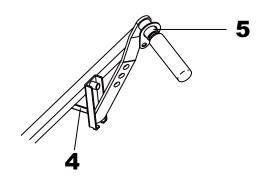
THE STRAP

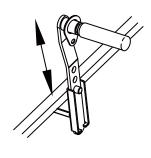
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (32) into the strap lock, and pull on the top end. See Diagram.



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 boom loosen the knob (30), pull out the Large Spring Knob (18), and slide the boom up or down until the desired height on the height scale is positioned just below the Square Bushing (26). When the boom is in the desired position, simply release the Large Spring Knob (18), slide the boom slightly up or down until the Large Spring Knob (18) locks into place, and tighten the Knob (30).





PIVOT ARMS

The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the Pivot Arms (5) simply pull out on them until the post is out of the hole, slide them up or down to the desired hole, push in until the post goes through the desired hole. The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount. It is recommended that beginners use the bottom hole until they are familiar with the inversion table.

Note: Both Pivot Arms (5) must be adjusted to the same hole. Trying to adjust the Pivot Arms (5) on two different positions could cause damage to the inversion table, or injury to the user.

THE HANDLEBARS

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) 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 bed is moving too slowly, or not moving at all, simply grab the Handlebars (29) 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.

GENERAL PRECAUTIONS

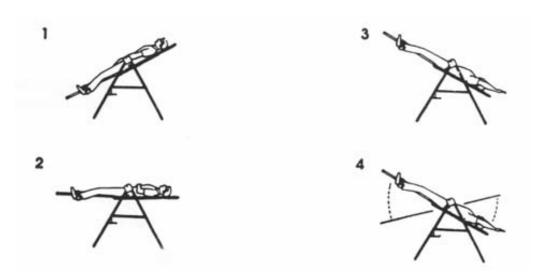
- 1. Make sure that the Pivot Arms (5) are locks on the lowest hole for the first few attempts.
- 2. It is recommended that someone be with you while you are using this inversion table for the first few times.
- 3. Make sure that the Rubber Heel Holders (31) are holding your feet securely.
- 4. Make sure that the Adjustable Boom (3) is properly set to your height.
- 5. Make sure that the Adjustable Boom (3) is held securely by both the Large Spring Knob (18) and the Knob (30).
- 6. Make sure that there is enough room for the bed to rotate completely.

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 you hands across you chest. While in this position, your head should still be above our feet. If your feet are above your head, dismount and adjust the height again.

USING THE INVERSION TABLE

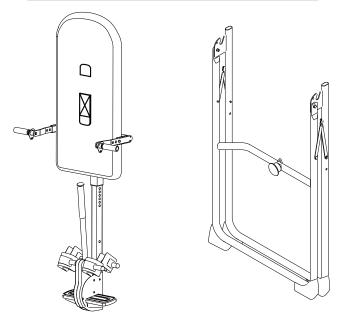
- 1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
- 2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
- 3. Raise your 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 bed 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.



SUGGESTIONS FOR USE

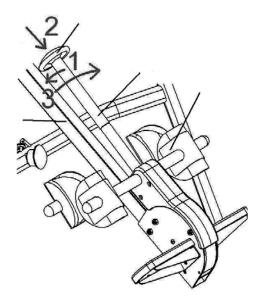
- 1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
- 2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over 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 & TROUBLESHOOTING



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

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



In case the Adjustable Handle (56) is too tight to release Rubber Heel Holder (31), please follow these steps:

- 1. Slightly pull the Adjustable Handle (56) toward the Adjustable Boom (3).
- 2. Press the Button (59).
- 3. Push the Adjustable Handle (56) away from the Adjustable Boom (3) to release the Rubber Heel Holder (31).





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 to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



Toe Touching

Slowly bend forward from your waist, letting you back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



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. Relax and hold for 15 counts. Repeat with left leg extended.



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
All Other Components 90 days

(computer display, electronics, upholstery, foam, ball bearings, pulleys, belts, cables, wires, shocks, covers, tension, internal mechanism, wheels, pedals, knobs, accessories and hardware)

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, or accumulate dirt or stains; or
- 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 dept:

1-844-641-7922

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

service@paradigmhw.com

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 Health & Wellness, Inc. PARTS REQUEST FAX FORM

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

or you can email customer service requests to service@paradigmhw.com

AME:		
	STATE ZIP	
ELEPHON	E: (Day)	
	(Night)	
	(Email Address)	
	SERIAL#:	
	MODEL#:	
JRCHASE	DATE:	
JRCHASE	FROM:	
PART #	DESCRIPTION/REASON	QTY
YOUR OR	DER WILL BE PROCESSED WITHIN 3 B	DIICINECO DAVO"
		OSINESS DATS
OFFICIAL	USE ONLY	
SHIP DAT	E:	
TRK #:		
BACK OR	DER:	