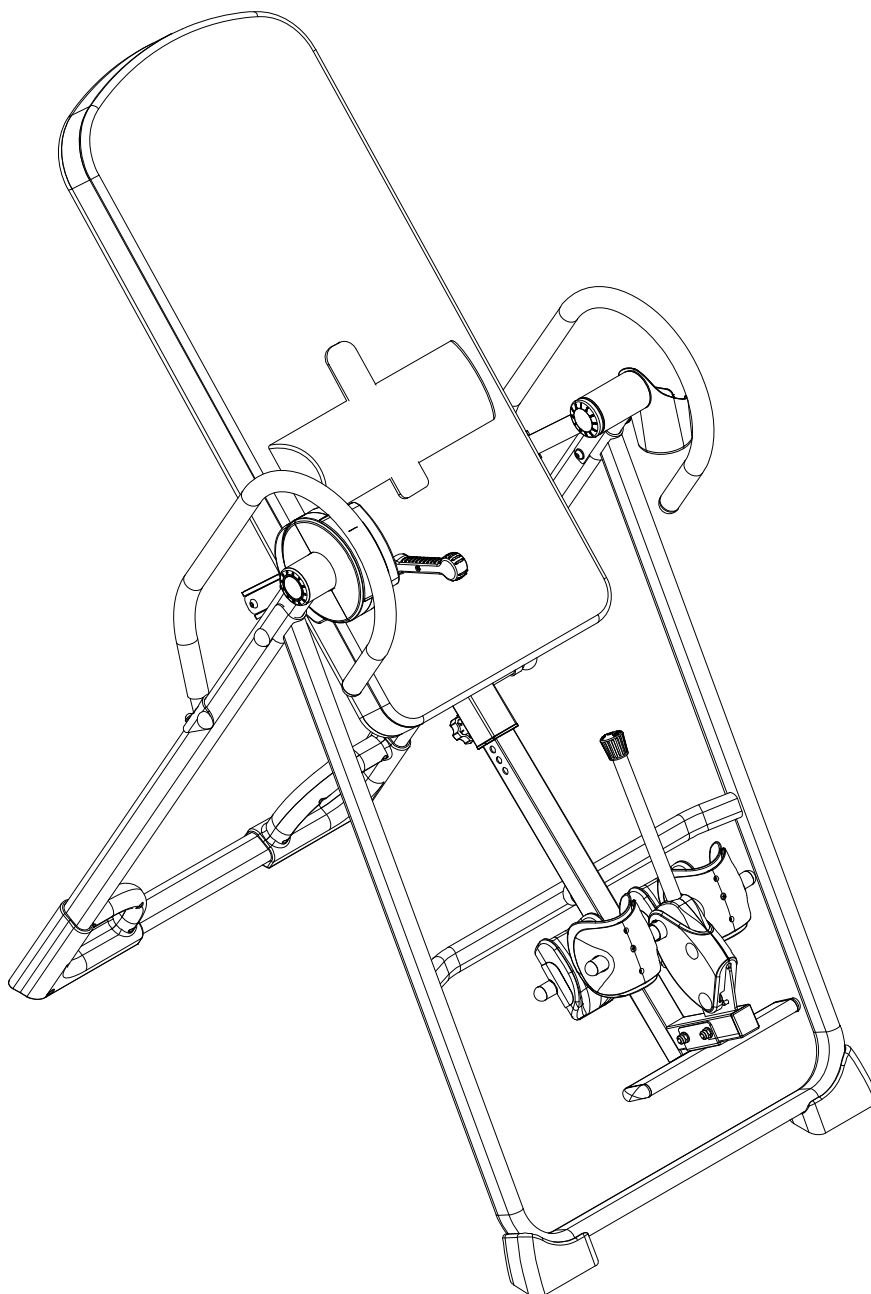


# Inversion Table with Air Soft<sup>®</sup>, SURELOCK<sup>®</sup> and iControl Systems



The specifications of this product may vary from this photo and are subject to change without notice.



**PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.**

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

**Email us at:**  
**[Service@paradigmhw.com](mailto: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**

# 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. Use the inversion table only for its intended use as described in this manual. Do not use attachment not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the inversion table.
13. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
14. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
15. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
16. "This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine."
17. Wait 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
18. For any problems contact customer service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
19. **WARNING:** - Risk of Personal Injury - Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
20. **WARNING:** - Risk of Personal Injury – Do not allow children to use this machine.
21. **WARNING:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
22. **WARNING:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.
23. **WARNING:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.

## IMPORTANT SAFETY GUIDELINES

24. **WARNING:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.

25. **WARNING:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using The Inversion Table.

**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 350lbs / 159kgs.

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

# LABEL PLACEMENT

**⚠ WARNING / AVERTISSEMENT**  
**Max. Weight: 350lbs. & Max. Height: 6'6"**  
**Le poids Maximum et hauteur pour ce produit est 159 kgs / 198 cm.**

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

**⚠ WARNING**  
**RISK OF INJURY-KEEP CHILDREN**  
**UNDER THE AGE OF 13 AWAY**  
**FROM THIS MACHINE AT ALL TIMES. DE LA MACHINE.**

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

**⚠ ATTENTION**  
**AVERTISSEMENT - POUR RÉDUIRE LE RISQUE DE BLESSURE PERSONNELLE, LIRE ET COMPRENDRE TOUTES LES INSTRUCTIONS AVANT D'UTILISER LA TABLE D'INVERSION**  
**- NE PAS PERMETTRE AUX ENFANTS D'UTILISER CETTE MACHINE**  
**- TENIR LES ENFANTS À L'ÉCART DE LA MACHINE PENDANT L'UTILISATION**  
**- GARDER LES PIÈCES DU CORPS, LES CHEVEUX, LES VÊTEMENTS LIBRES ET LES BIJOUX CLAIRS DE TOUTES LES PIÈCES EN MOUVEMENT**  
**- ASSUREZ-VOUS QUE TOUS LES ÉCROUS, VIS, BOULONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION**  
**- REVIOIR TOUTS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION**

**⚠ Les pieds doivent être proprement serrés avant utilisation.**  
**Se deben asegurar adecuadamente los pies antes de usar.**  
**Foot must be secured properly before use.**

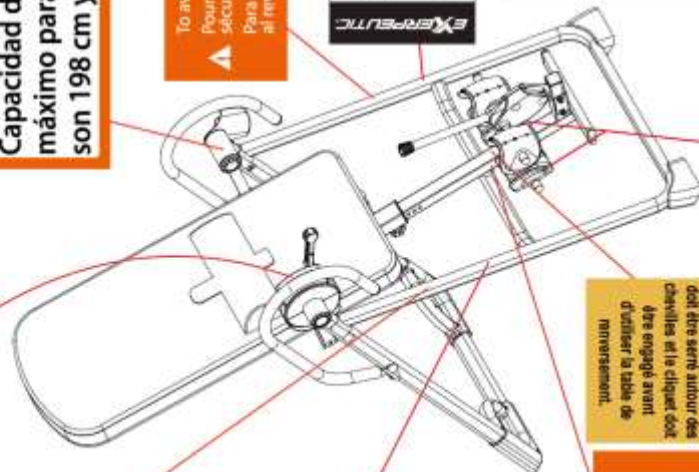
**⚠ ADVERTENCIA**  
**La sople de la cheville doit être serré autour des chevilles et le cliquet doit être engagé avant d'utiliser la table de mouvement.**  
**⚠ AVERTISSEMENT**  
**El soporte de tobillo debe ser ajustado alrededor de los tobillos y el chupete debe estar trabado antes de usar la tabla de inversión.**  
**⚠ WARNING:**  
**The ankle holder must snug around ankles, and the ratchet must be locked before using the inversion table.**

**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.**

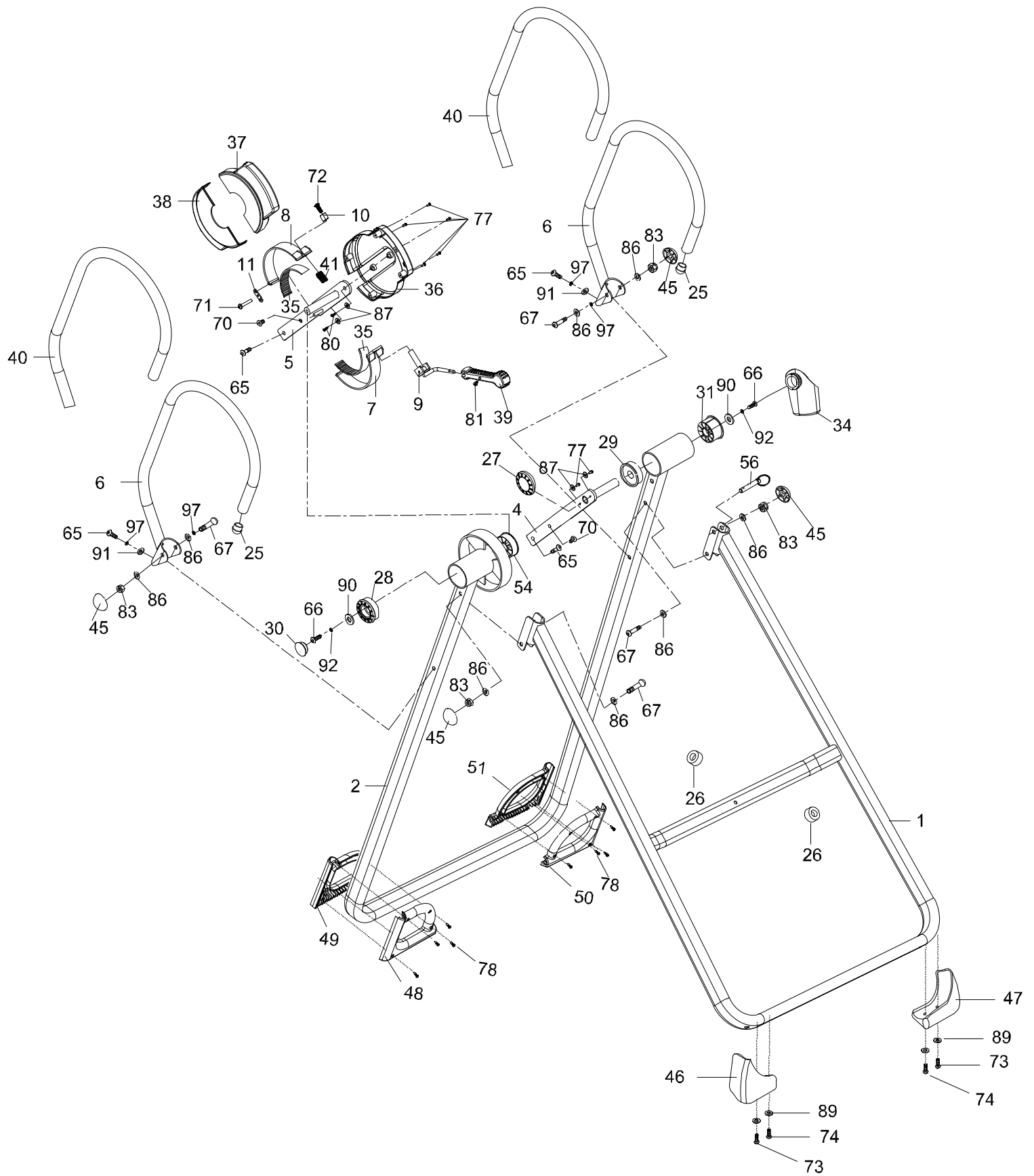
**⚠ ADVERTENCIA**  
**Capacidad de altura y peso máximo para este producto son 198 cm y 159 kg.**

**⚠ 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.**

**EXPERTEUTIC**  
**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**

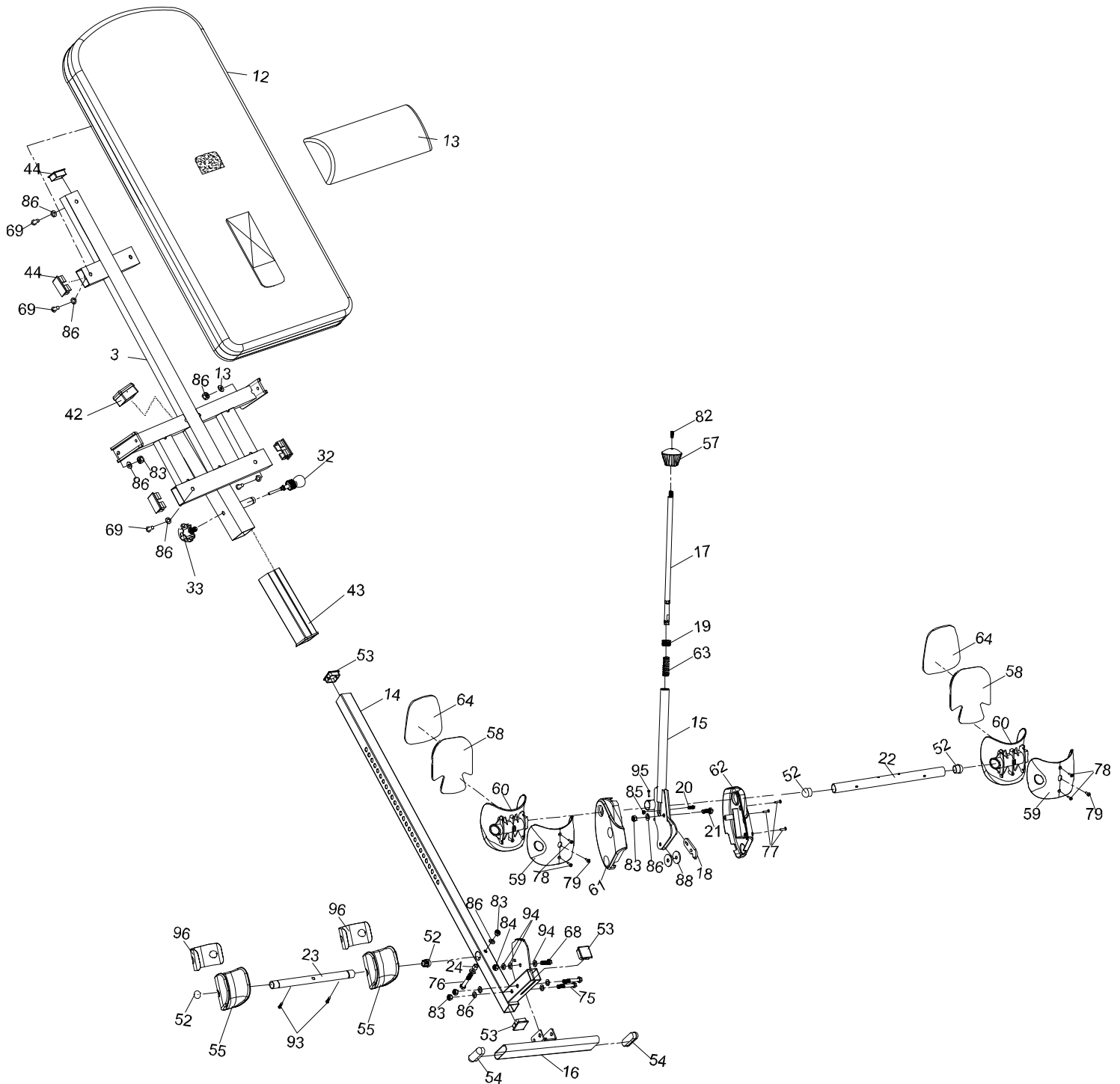


# OVERVIEW DRAWING





# OVERVIEW DRAWING



# PARTS LIST

No.	Description	Qty
1	Front Frame	1
2	Rear Frame	1
3	Bed Frame	1
4	Left Pivot Arm	1
5	Right Pivot Arm	1
6	Handlebar	2
7	Left Brake Pad	1
8	Right Brake Pad	1
9	Lock Mechanism	1
10	Metal Sleeve	1
11	Fixing Plate	1
12	Backrest	1
13	Lumber Pad	1
14	Adjustable Boom	1
15	Ratchet Handle	1
16	Foot Bar	1
17	Ratchet Shaft	1
18	Ratchet Hook	1
19	Threaded Plug	1
20	Hex Bolt M5	1
21	Hex Bolt M8	1
22	Front Rod	1
23	Rear Rod	1
24	Metal Bushing	1
25	Handlebar End Cap	2
26	Rubber Pad	2
27	Pivot Cover	1
28	iControl Pivot Bushing	1
29	Pivot Arm Bushing	1
30	Round Cap	1
31	Cup Holder Rotation Cap	1

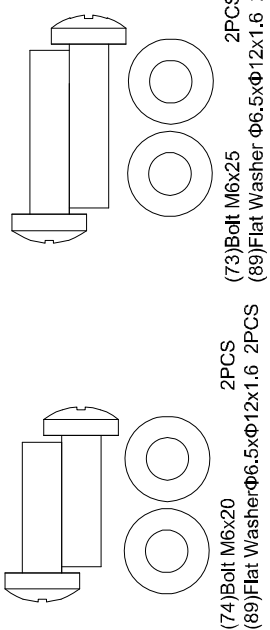
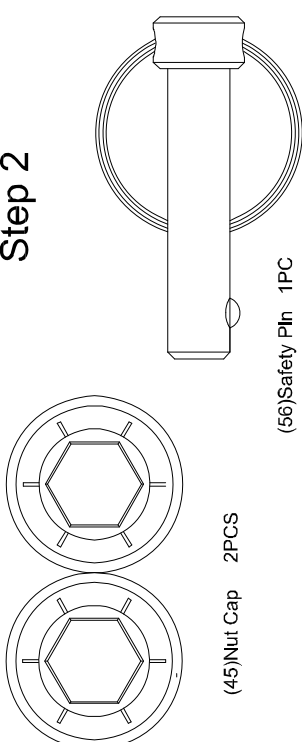
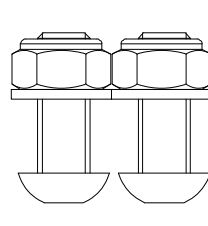
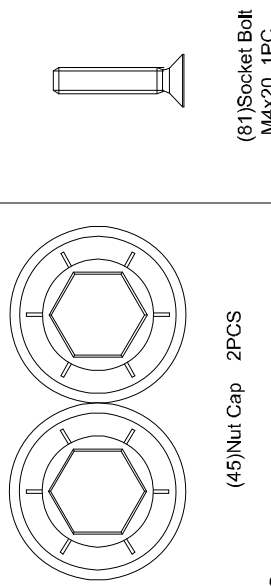
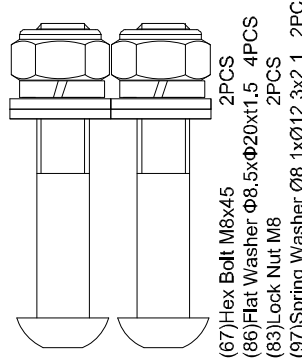
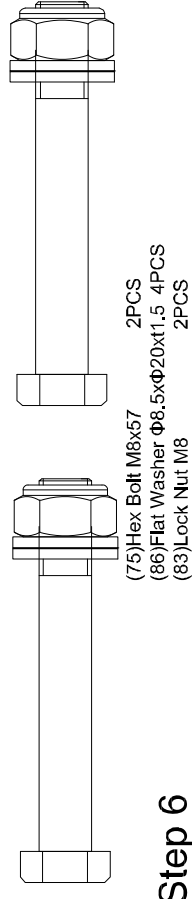
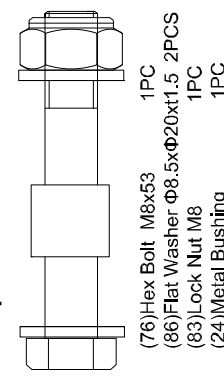
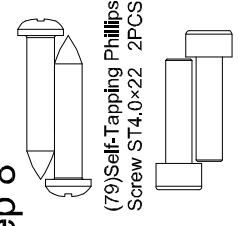
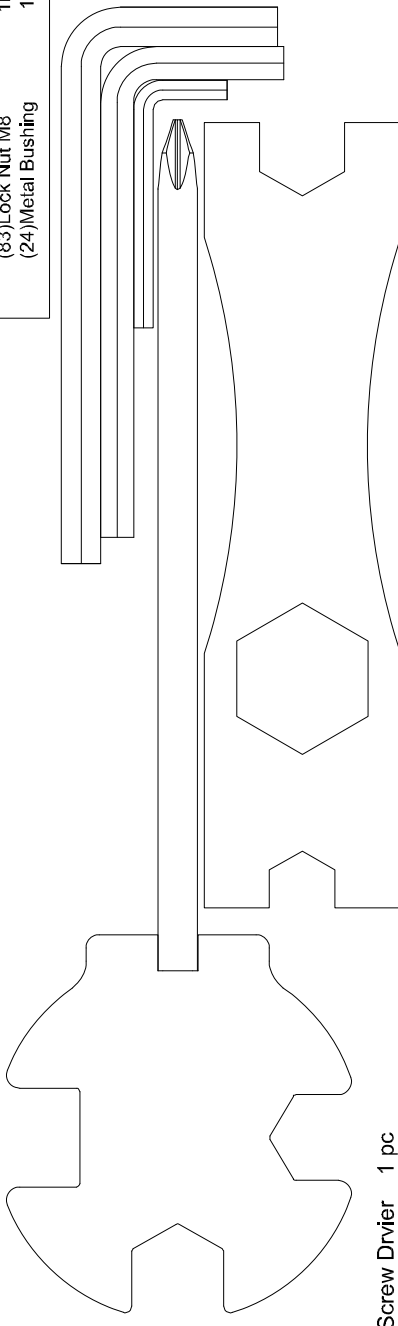
No.	Description	Qty
32	Spring Knob	1
33	Knob	1
34	Cup Holder	1
35	Brake Strap	2
36	Brake Cover	1
37	Upper Plastic Cover	1
38	Lower Plastic Cover	1
39	iControl Handle	1
40	Handle Bar Foam	2
41	iControl Spring	1
42	Bushing End Cap	1
43	Bushing Sleeve	1
44	Square End Cap 25x50xt1.5	5
45	Nut Cap	4
46	Left Front Foot	1
47	Right Front Foot	1
48	Left Rear Foot A	1
49	Left Rear Foot B	1
50	Right Rear Foot A	1
51	Right Rear Foot B	1
52	End Cap	4
53	Square End Cap 38x38xt2.0	3
54	Foot Bar End Cap	2
55	Heel Holder	2
56	Safety Pin	1
57	Ratchet Button	1
58	Air Bag	2
59	AIRSOFT Heel Holder	2
60	AIRSOFT Cup	2
61	Left Ratchet Cover	1
62	Right Ratchet Cover	1

## PARTS LIST

No.	Description	Qty
63	Ratchet Spring	1
64	AIRSOFT Pouch	2
65	Hex Bolt M8x23	4
66	Hex Bolt M8x20 Teflon	2
67	Hex Bolt M8x45	4
68	Hex Bolt M10x30	1
69	Hex Bolt M8x40	5
70	Bolt M8x15	2
71	Phillips Screw M6x35	1
72	Phillips Screw M6x25 Teflon	1
73	Bolt M6x25	2
74	Bolt M6x20	2
75	Hex Bolt M8x57	2
76	Hex Bolt M8x53	1
77	Self-Tapping Phillips Screw ST3.5x10	10
78	Self-Tapping Phillips Screw ST3.5x15	12
79	Self-Tapping Phillips Screw ST4.0x22	2
80	Self-Tapping Flat Phillip Screw ST4.2x12	2

No.	Description	Qty
81	Socket Bolt M4x20 Teflon	1
82	Phillips Screw M5x12Teflon	1
83	Lock Nut M8	10
84	Lock Nut M10	1
85	Lock Nut M5	1
86	Flat Washer Ø8.5xØ20xt1.5mm	22
87	Flat Washer Ø4.3xØ9xt0.3mm	4
88	Flat Washer Ø10.5xØ30xt0.5mm	2
89	Flat Washer Ø6.5xØ12xt1.6mm	4
90	Flat Washer Ø8.4xØ24xt2.0mm	2
91	Curve Washer Ø8.5xØ16xt2.0mm	2
92	Spring Washer (electrophoresis) Ø8.1xØ12.3xt2.1mm	2
93	Self-Tapping Screw ST3.5x22	2
94	Flat Washer Ø10.5xØ25xt2.0mm	3
95	Hex Bolt M4x16	2
96	Heel Holder Bracket	2
97	Spring Washer (chrome) Ø8.1xØ12.3xt2.1mm	4

## 4575-Hardware Pack

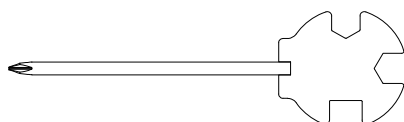
Step 1		Step 2	
 <p>(74) Bolt M6x20 2PCS (89) Flat Washer Ø6.5xΦ12x1.6 2PCS</p> <p>(73) Bolt M6x25 2PCS (89) Flat Washer Ø6.5xΦ12x1.6 2PCS</p> <p>(78) Self-Tapping Phillips Screw ST3.5x15 8PCS</p>		 <p>(45) Nut Cap 2PCS</p> <p>(56) Safety Pin 1PC</p>	
Step 3		Step 4	
 <p>(65) Hex Bolt M8x23 2PCS (86) Flat Washer Ø8.5xΦ20x1.5 2PCS (83) Lock Nut M8 2PCS</p>		 <p>(45) Nut Cap 2PCS</p> <p>(81) Socket Bolt M4x20 1PC</p>	
Step 5		Step 6	
 <p>(67) Hex Bolt M8x45 2PCS (86) Flat Washer Ø8.5xΦ20x1.5 4PCS (83) Lock Nut M8 2PCS (97) Spring Washer Ø8.1xØ12.3x2.1 2PCS</p>		 <p>(75) Hex Bolt M8x57 2PCS (86) Flat Washer Ø8.5xΦ20x1.5 4PCS (83) Lock Nut M8 2PCS</p>	
Step 7		Step 8	
 <p>(76) Hex Bolt M8x53 1PC (86) Flat Washer Ø8.5xΦ20x1.5 2PCS (83) Lock Nut M8 1PC (24) Metal Bushing 1PC</p>		 <p>(79) Self-Tapping Phillips Screw ST4.0x22 2PCS</p> <p>(95) Hex Bolt M4x16 2PCS</p>	
 <p>Tools: Hex Wrench 1 pc 3mm Allen wrench 1 pc 5mm Allen wrench 1 pc 6mm Allen wrench 1 pc Multi-Hex Tool with Phillips Screw Driver 1 pc</p>			

# ASSEMBLY

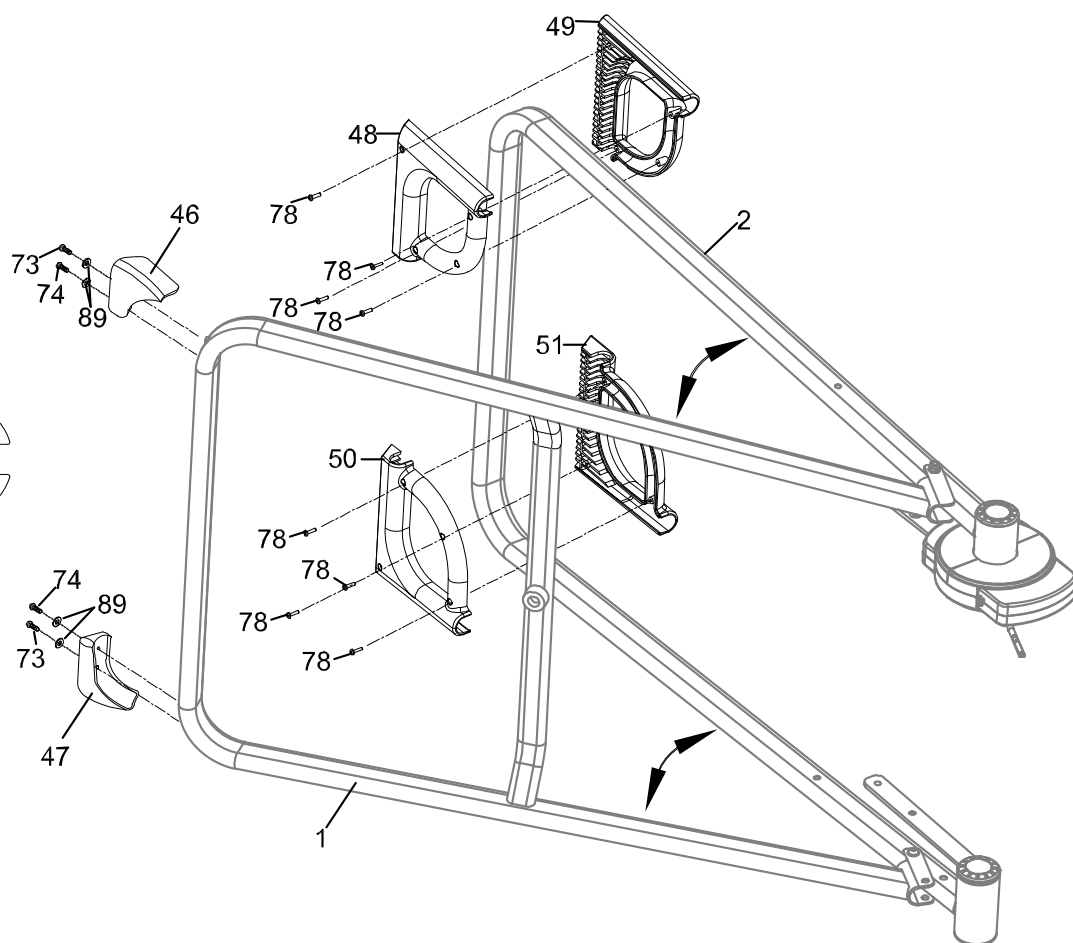


This product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.

## Tool:



**Multi-Hex Tool with  
Phillips Screwdriver  
1PC**



## Step 1

**1A. Opening Frame** - Lay the frame on its side and spread the frame as shown.

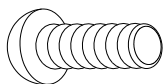
**1B. Installing the Front Feet** - Attach the **Left and Right Front Foot (46) & (47)** onto the **Front Frame (1)** with four **Flat Washers (89)**, two **Bolts (73)** and two **Bolts (74)**.

**1C. Installing the Rear Left Foot** - Wrap the **Left Rear Foot A (49)** and **B (48)** around the right corner of the **Rear U-Frame (2)**. Use Four **Self-Tapping Phillips Screws (78)** to attach the two halves together.

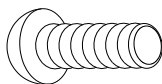
**1D. Installing the Rear Right Foot** - Repeat the step **1C** for the **Right Rear Foot A (50)** and **B (51)**.

**1E. Tighten the Hardware** – Fully tighten the hardware with the **Multi-Hex Tool with Phillips Screwdriver** provided.

## Hardware:



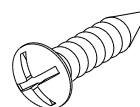
**(73) Bolt  
2 PCS**



**(74) Bolt  
2 PCS**

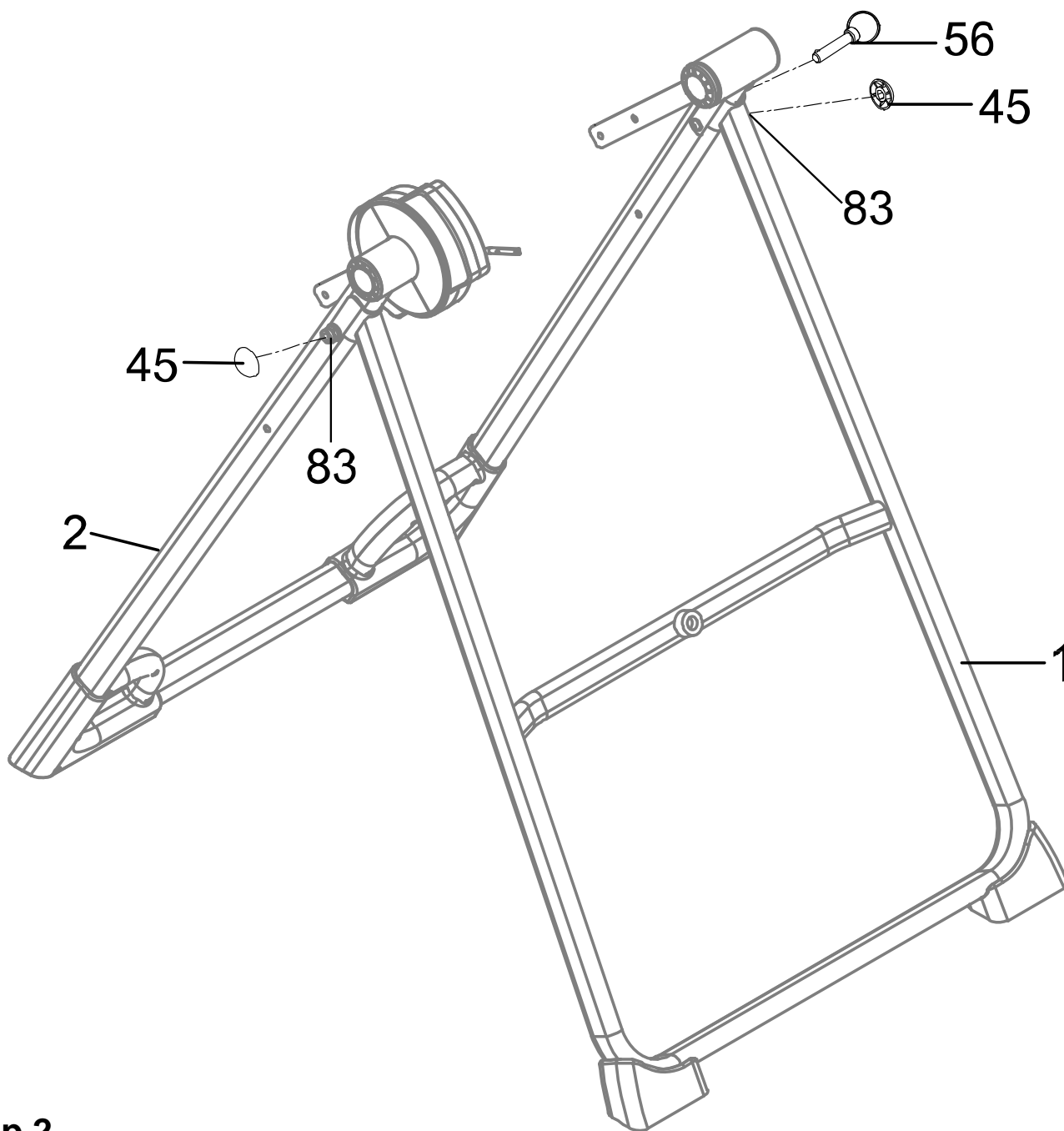


**(89) Flat Washer  
4 PCS**



**(78) Self-Tapping Phillips  
Screw 8PCS**

# ASSEMBLY



## Step 2

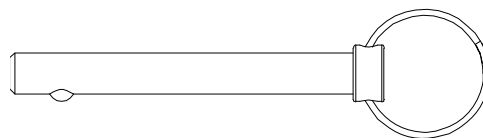
**2A. Setting Up the Frame** - Stand the base up by separating the legs of the **Front Frame (1)** and the **Rear Frame (3)**. Make sure all of the Foot Caps are lying flat on the ground once the frame is open. Insert the **Safety Pin (56)** into the hole on the **Front Frame (1)** and **Rear Frame (2)** to lock the frames together.

**2B. Attach Nut Caps** - Attach one **Nut Cap (45)** onto each of the **Lock Nuts (83)**.

### Hardware:



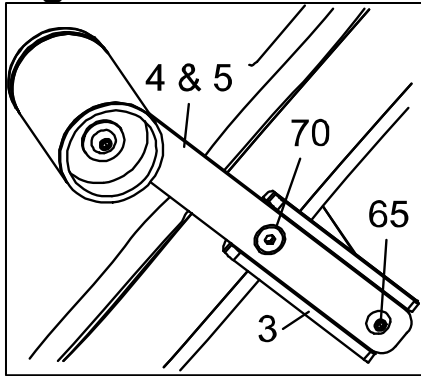
(45) Nut Cap  
2 PCS



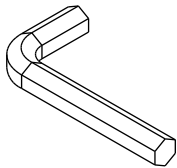
(56) Safety Pin 1PC

# ASSEMBLY

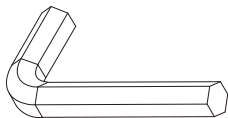
**Fig. A**



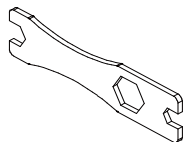
## Tools:



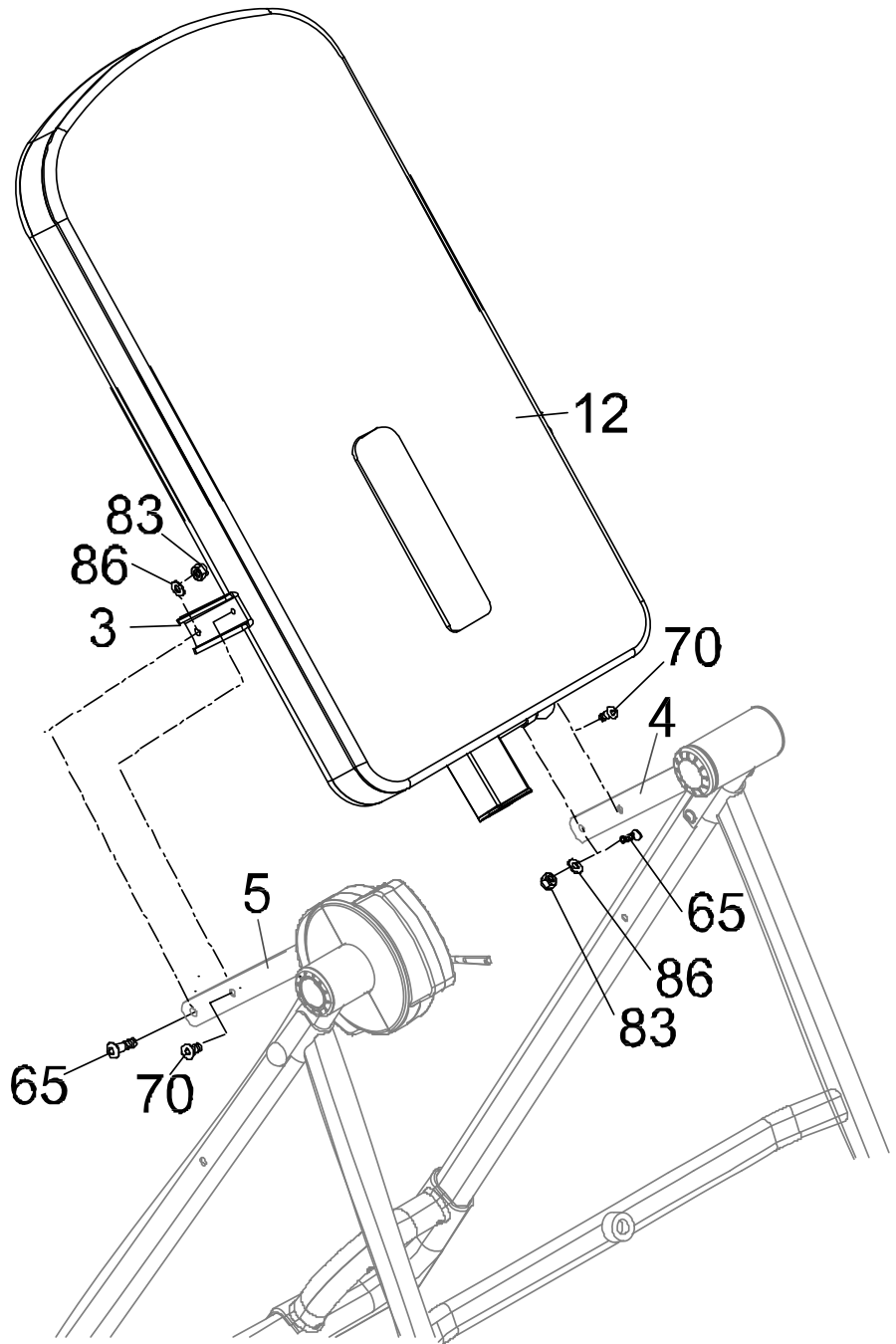
**5mm Allen Wrench**  
1 PC



**6mm Allen Wrench**  
1PC



**Hex Wrench**  
1 PC



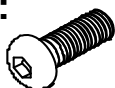
## Step 3

**Warning:** The hardware should be installed as shown in the illustration above.

**3A. Installing the Backrest -** Slide the brackets of the **Bed Frame (3)** onto the **Right & Left Pivot Arm (5) & (4)**. Aligning the holes of the **Right & Left Pivot Arm (5) & (4)** with the bracket holes of the **Bed Frame (3)**. Secure with two **Hex Bolts (65)**, two **Bolts (70)**, two **Flat Washers (86)**, and two **Lock Nuts (83)**. Tighten the **Hex Bolts (65)** with the **6mm Allen Wrench** and the **Hex Wrench** provided. Tighten the **Hex Bolts (67)** and **Lock Nuts (83)** with the **6mm Allen Wrench** provided.

**Note:** Fig. A shows a correctly installed **Pivot Arms (4) & (5)** on the **Bed Frame (3)** brackets.

## Hardware:



**(65) Hex Bolt**  
2 PCS



**(83) Lock Nut**  
2 PCS

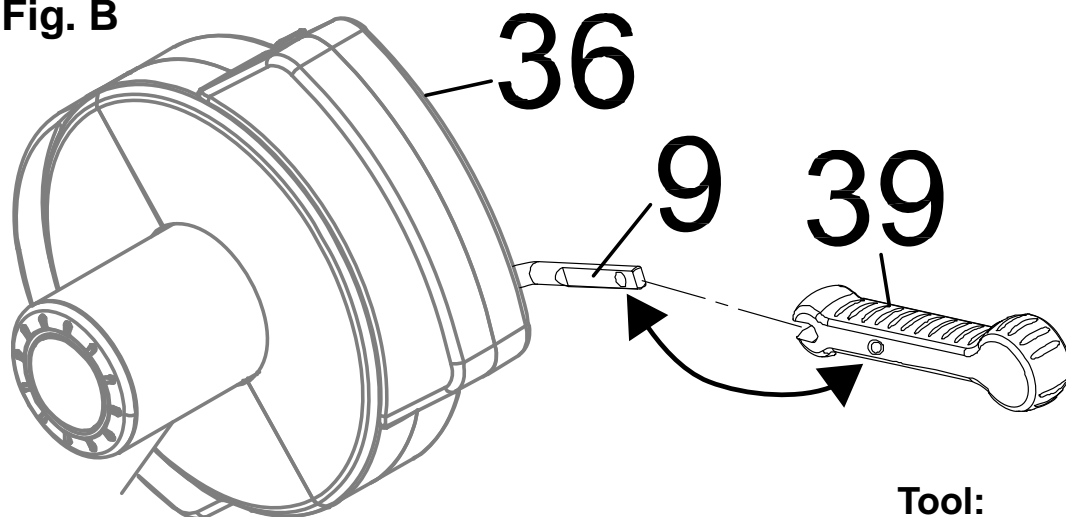


**(86) Flat Washer**  
2 PCS



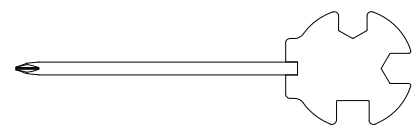
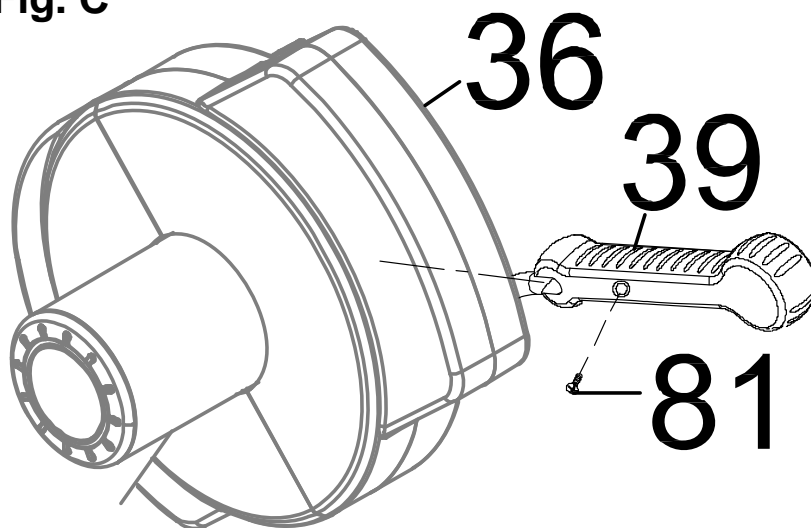
**(70) Bolt**  
2 PCS

**Fig. B**



**Tool:**

**Fig. C**



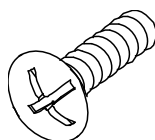
**Multi-Hex Tool with  
Phillips Screwdriver  
1PC**

## Step 4

**4A. Installing the iControl Handle -** Slide the iControl Handle (39) onto the Lock Mechanism (9). The “U shaped” end of the Lock Handle Plastic Bar (39) MUST be facing the Brake Bracket (36). See Fig. B. Before inserting the Socket Bolt (81) into the Lock Handle Plastic Bar (39) make sure that the bolt hole of the Lock Handle Plastic Bar (39) is aligned with the hole of the Lock Mechanism (9). See Fig. C.

**4B.** Insert the Socket Bolt (81) into the Lock Handle Plastic Bar (39). Then tighten the Socket Bolt (81) using the Multi-Hex Tool with Phillips Screwdriver provided.

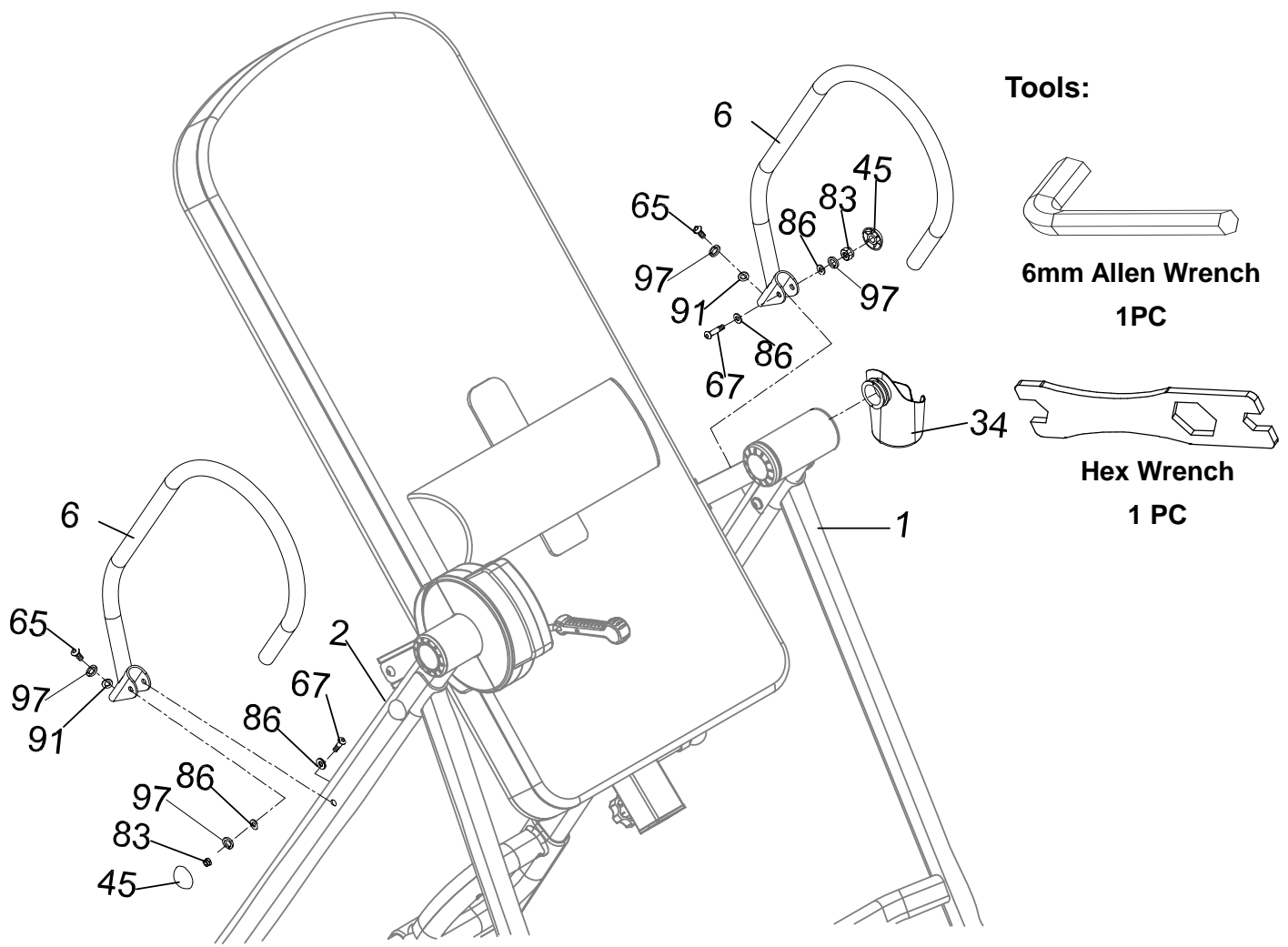
**Hardware:**



**(81) Bolt  
1 PC**



# ASSEMBLY



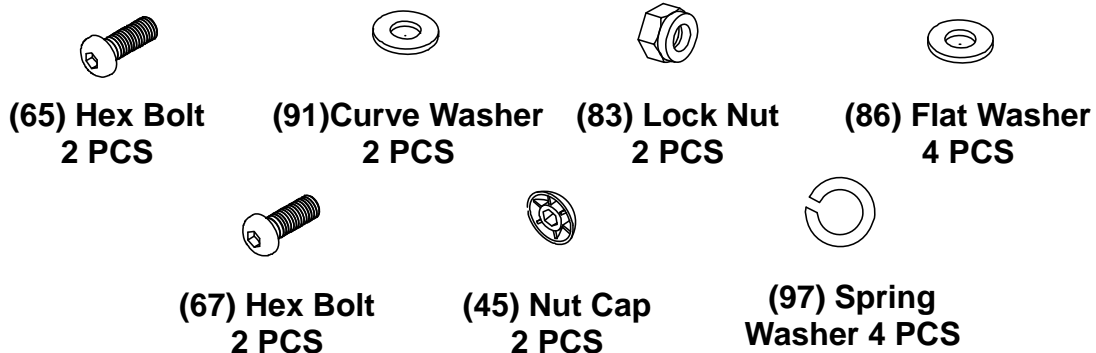
## Step 5

**5A. Installing the Handlebars** - Attach both of the **Handlebars (6)** onto the **Rear Frame (2)** with two **Hex Bolts (67)**, four **Flat Washers (86)**, two **Lock Nuts (83)**, four **Spring Washers (97)**, two **Curve Washers (91)**, and two **Hex Bolts (65)**. Tighten the **Hex Bolts (65)** with the **6mm Allen Wrench** provided. Tighten the **Hex Bolts (67)** and **Lock Nuts (83)** with the **6mm Allen Wrench** and the **Hex Wrench** provided.

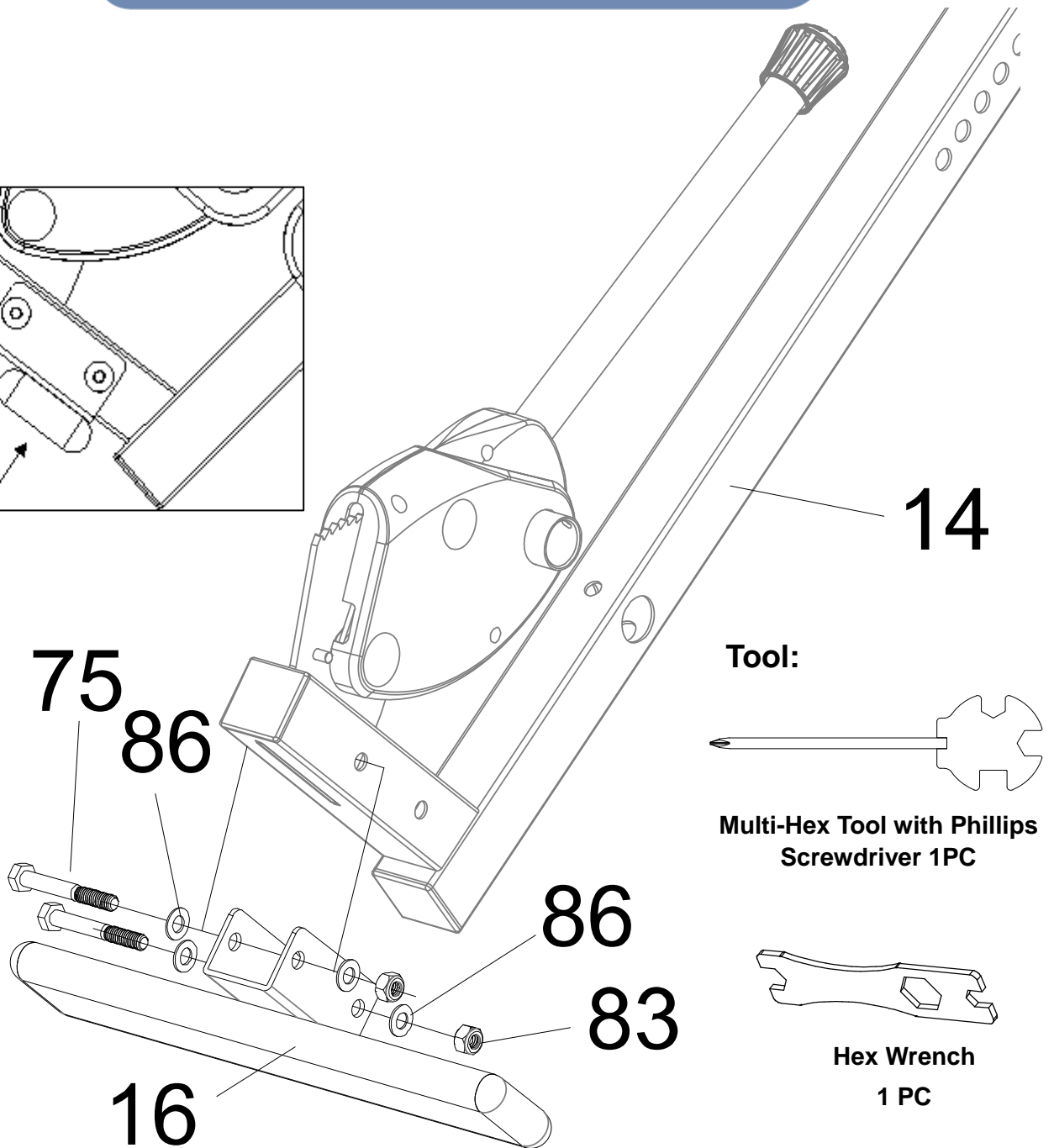
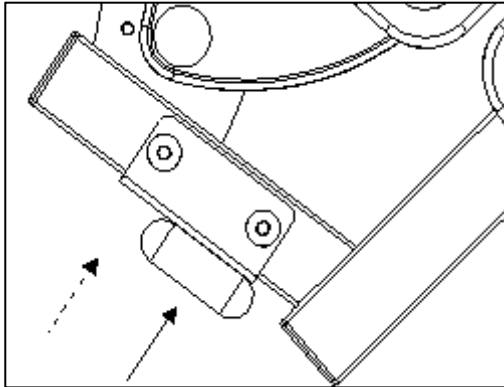
**5B. Installing Caps** – Firmly press the **Nut Caps (45)** on to each of the **Lock Nuts (83)**.

**5C. Installing Cup Holder** – Firmly press the **Cup Holder (34)** in to the **Cup Holder Rotation Cap (31)**.

### Hardware:



**Fig. D**

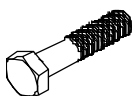


## Step 6

**6A. Installing the Foot Bar** - Install the **Foot Bar (16)** onto the **Adjustable Boom (14)** with two **Hex Bolts (75)**, four **Flat Washers (86)**, and two **Lock Nuts (83)**. Tighten the hardware with the one **Multi-Hex Tool with Phillips Screwdriver 1PC** and one **Hex Wrench** provided.

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

### Hardware:



**(75) Hex Bolt**  
**2 PCS**

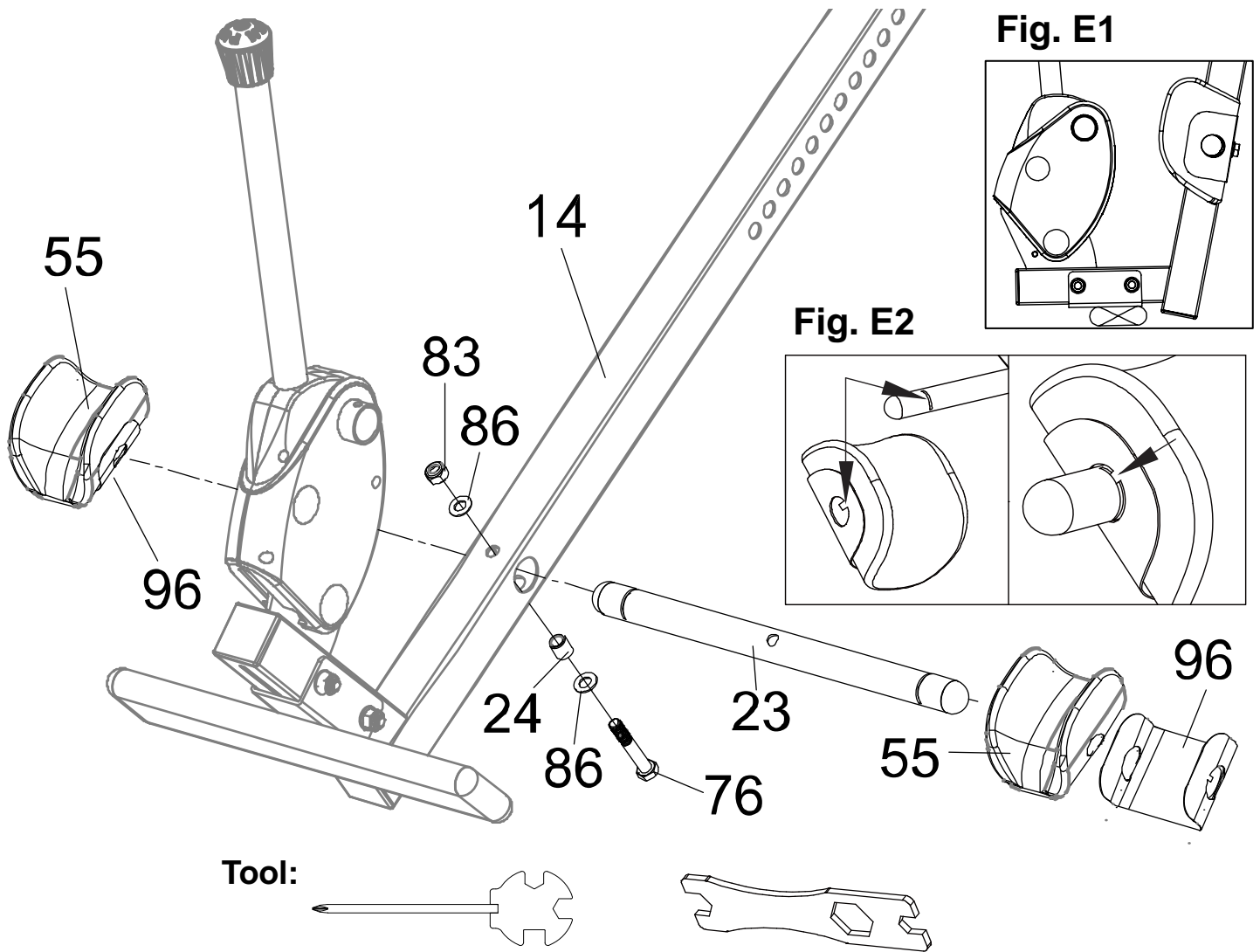


**(86) Flat Washer**  
**4 PCS**



**(83) Lock Nut**  
**2 PCS**

# ASSEMBLY



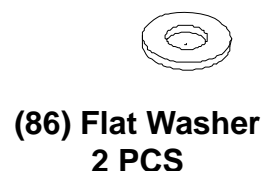
## Step 7

**7A. Installing the Rear Rod** - Slide the **Rear Rod (23)** through the **Adjustable Boom (14)** with the slots facing forward. Secure the **Rear Rod (23)** with one **Hex Bolt (76)**, two **Flat Washers (86)**, one **Metal Bushing (24)**, and one **Lock Nut (83)**. Tighten the hardware using the **Hex Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided.

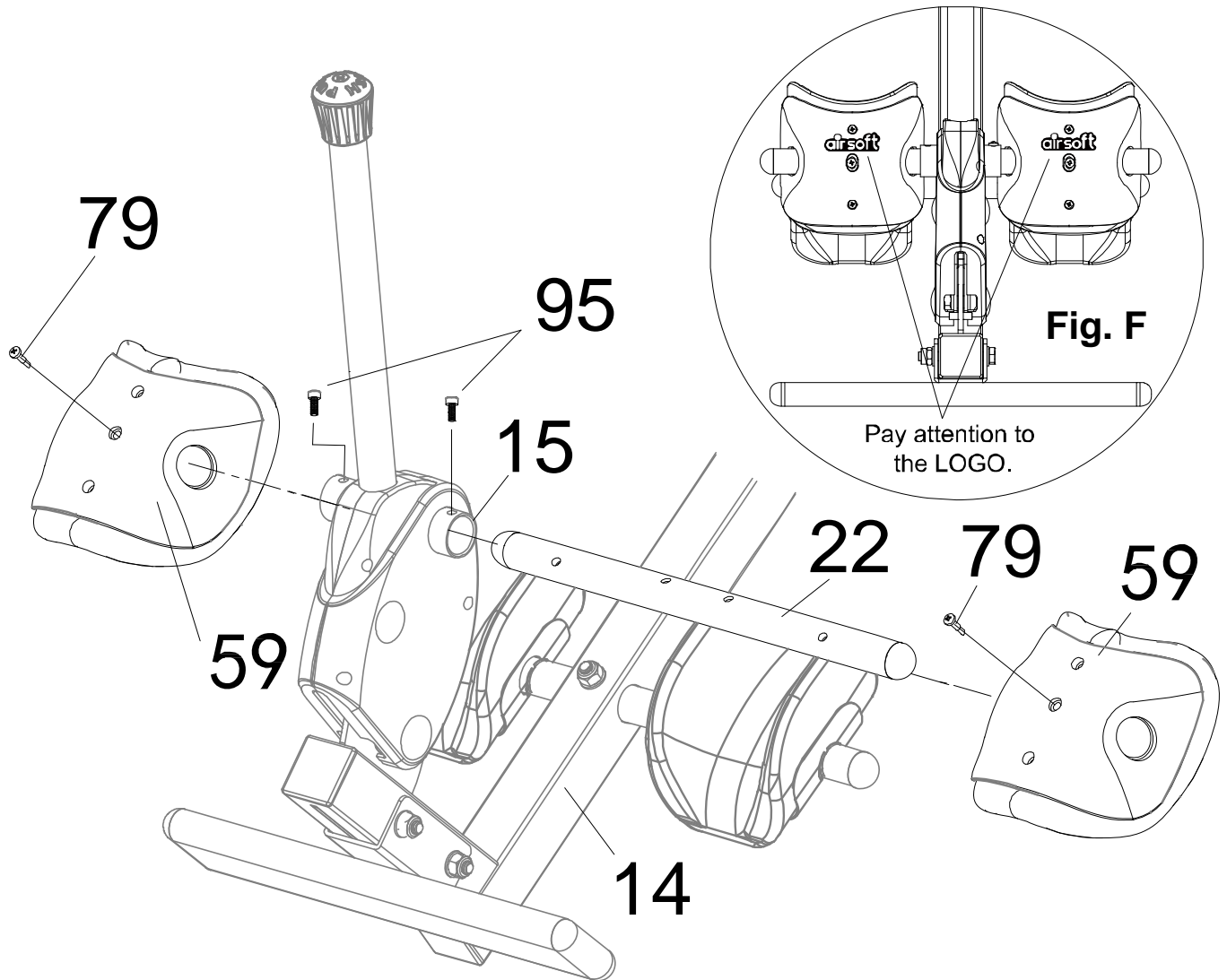
**7B. Installing the Heel Holders** Wrap the **Heel Holders (55)** with the **Heel Holder Brackets (96)**. Squeeze the **Heel Holder Brackets (96)** and **Heel Holders (55)** then slide them onto both ends of the **Rear Rod (23)**. See **Fig. E1** for the correct side view of the installed **Heel Holders (55)**. Ensure the lock teeth are wedged into the slots in the **Rear Rod (23)** as shown in the **Fig. E2**.

**NOTE:** Make sure the lock teeth are wedged into the slots in the **Rear Rod (23)** before use. See **Fig. E2**.

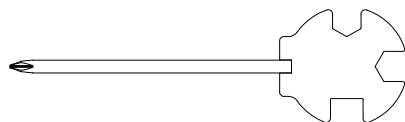
### Hardware:



# ASSEMBLY



**Tool:**



**Multi-Hex Tool with Phillips  
Screwdriver 1PC**



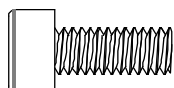
**3mm Allen Wrench  
1 PC**

## Step 8

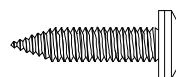
**8A. Installing the Front Rod** - Slide the **Front Rod (22)** through the tube of the **Ratchet Handle (15)** with the screw holes facing away from the **Adjustable Boom (14)**. Secure the **Front Rod (22)** to the **Ratchet Handle (15)** with two **Hex Bolts (95)** using the **3mm Allen Wrench** provided.

**8B. Installing the AIRSOFT Heel Holders** - Slide the **AIRSOFT Heel Holders (59)** onto both ends of the **Front Rod (22)**. Make sure the **airsoft** logo is right side up. Secure the **AIRSOFT Heel Holders (59)** to the **Front Rod (22)** with two **Self-Tapping Phillips Screws (79)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

**Hardware:**

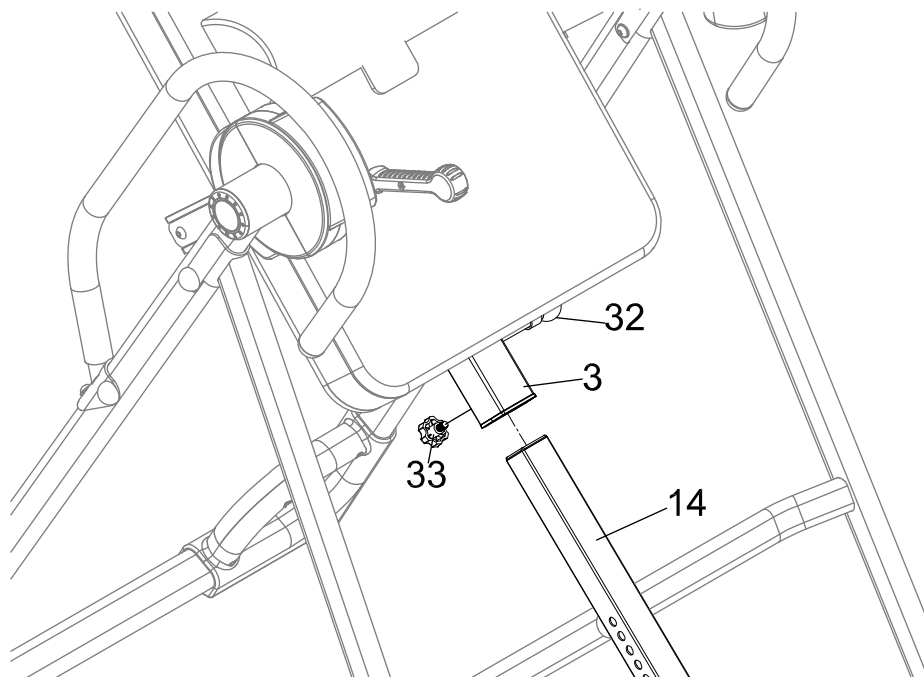


**(95) Hex Bolt  
1PC**



**(79) Self-Tapping Phillips  
Screw 2 PCS**

## ASSEMBLY



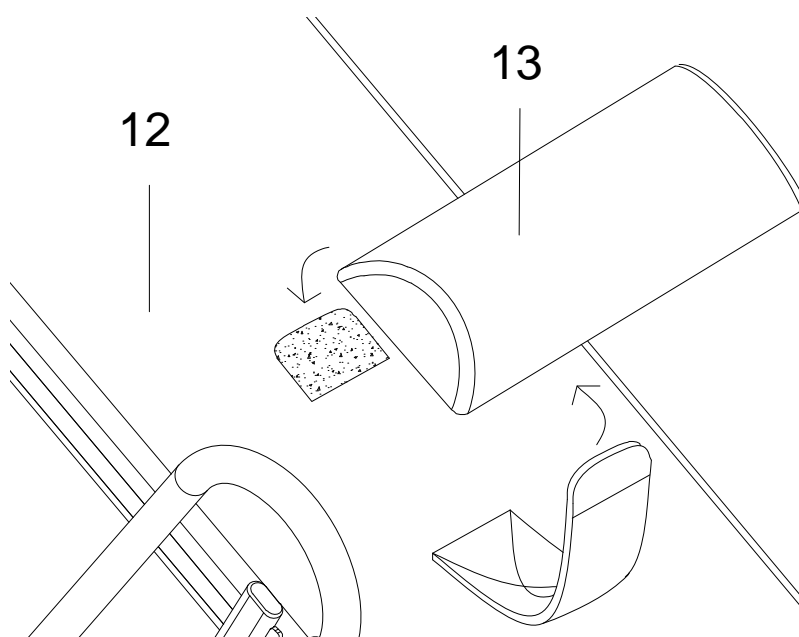
### Step 9

**9A. Installing Adjustable Boom to the Bedframe** - Pull out and hold the **Boom Spring Knob (32)** then slide the **Adjustable Boom (14)** into the bottom of the **Bed Frame (3)**. Slide the **Adjustable Boom (14)** upwards until the desired height is visible just below the tube of the **Bed Frame (3)**. Release the **Boom Spring Knob (32)** to lock the **Adjustable Boom (14)** in place. Shift the **Adjustable Boom (14)** until the **Boom Spring Knob (32)** "POPS" into the locked position.

**WARNING:** Make sure the **Boom Spring Knob (32)** is fully inserted as shown in **Fig. G** before getting on the inversion table.

**9B. Installing Stability Knob** - Install the **Knob (33)** onto the **Bed Frame (3)** as shown in **Fig H**.

**WARNING:** Loosen the **Knob (33)** before adjusting the height of the **Adjustable Boom (14)**. Tighten the **Knob (33)** after adjusting the height setting of the **Adjustable Boom (14)** for stability and safety.

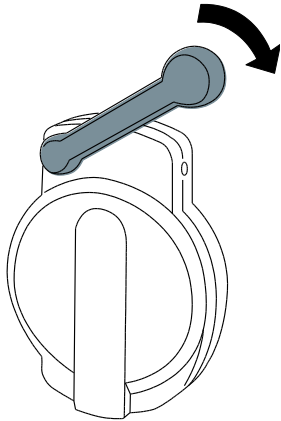


### Step 10

**10A. Installing the Lumbar Pad** - Insert the Velcro strap on the **Backrest (12)** into the back of the **Lumbar Pad (13)**. Reattach the Velcro strap to the **Backrest (12)**.

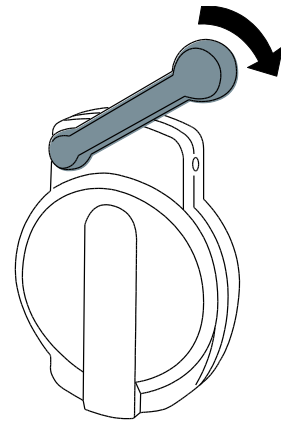
## OPERATIONS & ADJUSTMENTS

### Getting on the table:

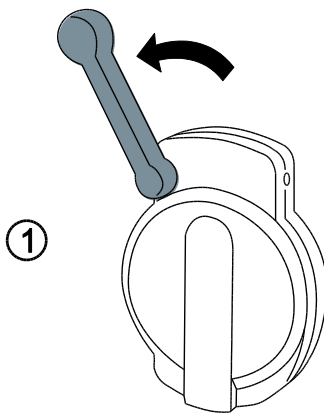


Make sure the Lever is in the LOCKED position.

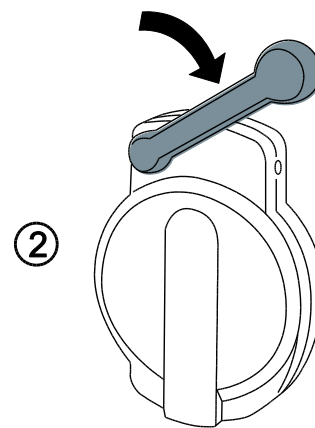
### Dismounting the table:



Make sure the Lever is in the LOCKED position.



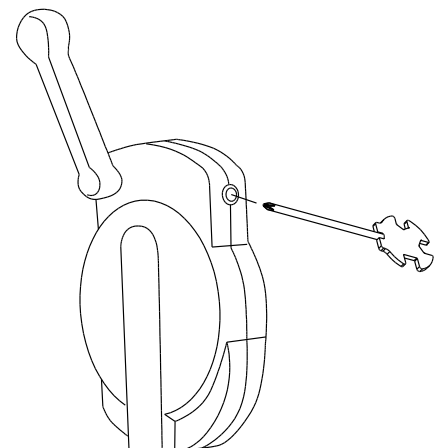
Push the Lever to the UNLOCKED position. Control the inversion by using your left hand to grip the left handle bar, while keeping your right hand on the Lever.

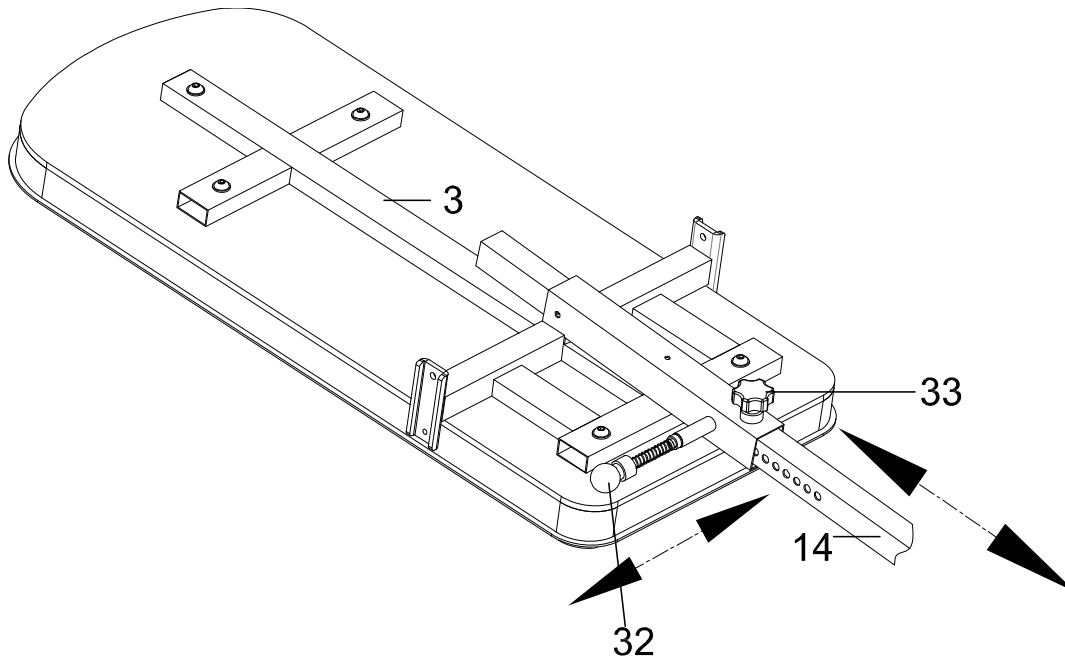


When at the desired angle, pull the Lever to the LOCKED position to lock the bed in place.

### Calibrating the iControl Disk Brake

*The locking mechanism may lose grip over time. To recalibrate the mechanism, insert the **Philips Screwdriver** into the hole as indicated on the diagram. Turn the **Philips Screwdriver** clockwise  $\nabla$  no more than a  $\frac{1}{4}$  turn. **Contact Customer Service for questions.***





### ADJUSTING THE BOOM

The **Adjustable Boom (14)** 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 (14)**:

1. Loosen the **Knob (33)** and pull out and hold the **Spring Knob (32)**.
2. Slide the **Adjustable Boom (14)** up or down until the desired height is just visible below the tube connected to the **Backrest Frame (3)**.
3. When the **Adjustable Boom (14)** is in the desired position, release the **Spring Knob (32)** and slide the **Adjustable Boom (14)** slightly up or down until the **Spring Knob (32)** locks into place with a “POP” sound.
4. Tighten the **Knob (33)** to secure the **Adjustable Boom (14)** before use.

**WARNING:** Make sure the **Spring Knob (32)** is inserted all the way through the **Backrest Frame (3)** before getting onto the inversion table.

**WARNING:** The **Knob (33)** must be tightened every time the user height setting is changed for additional stability and safety.



## GENERAL PRECAUTIONS

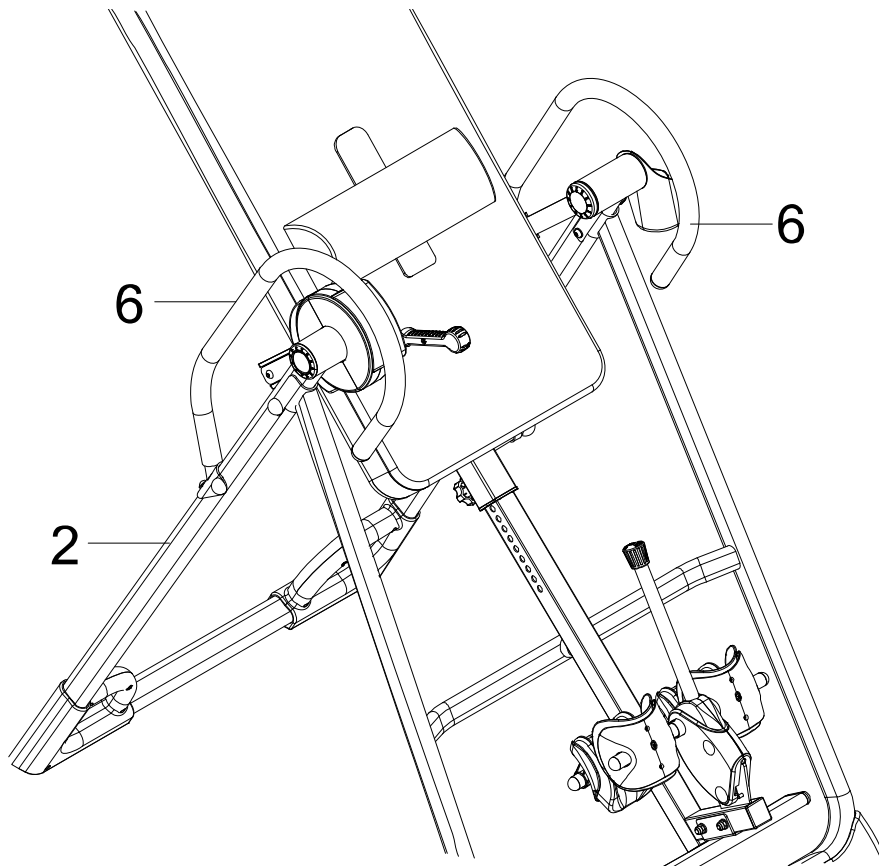
1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Always wear shoes when using the inversion table.
3. Make sure that the **Air Bag Heel Holders (59)** are secure around your ankles before inverting.
4. Make sure that the **Adjustable Boom (14)** is properly set to your height.
5. Make sure that the **Adjustable Boom (14)** is held securely by the **Spring Knob (32)**.
6. Make sure that there is enough room for the inversion table to rotate completely.

## THE HANDLEBARS

For added convenience and safety, a set of **Handlebars (6)** has been added to the inversion table. These **Handlebars (6)** are located at the top of the **Rear Frame (2)**. The **Handlebars (6)** are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the backrest is moving too slowly, or not moving at all, slowly pull on the handlebars until you return to the upright position.

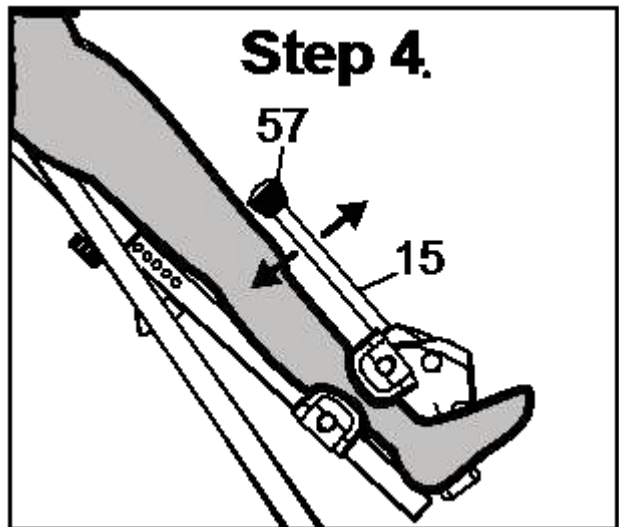
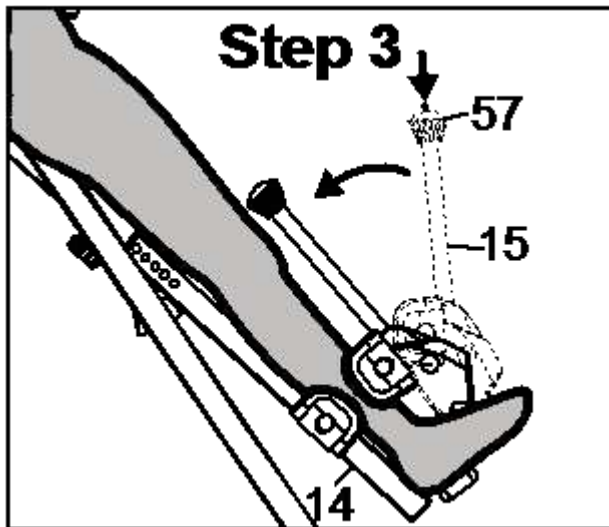
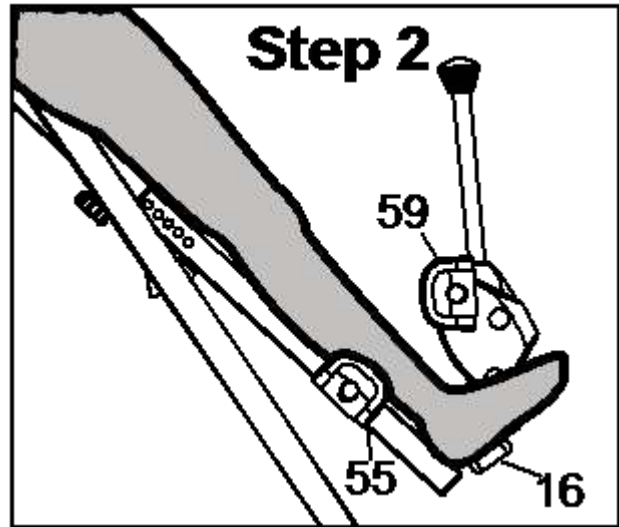
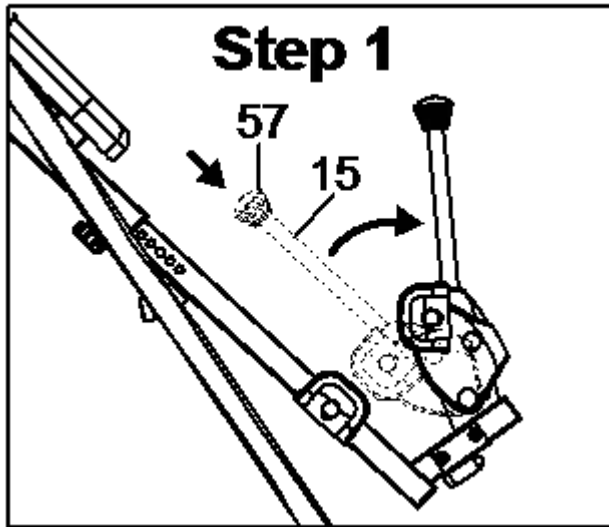
**NOTE:** The inversion table should always return to the upright position when you move your hand's closer to your starting position along the handlebars. If it does not, get off the inversion table and adjust the height setting before your next use.

**WARNING:** Invert slowly; failure to comply could result in serious physical injury.





## OPERATION & ADJUSTMENTS



### ADJUSTING THE FRONT AND REAR RUBBER HEEL HOLDERS

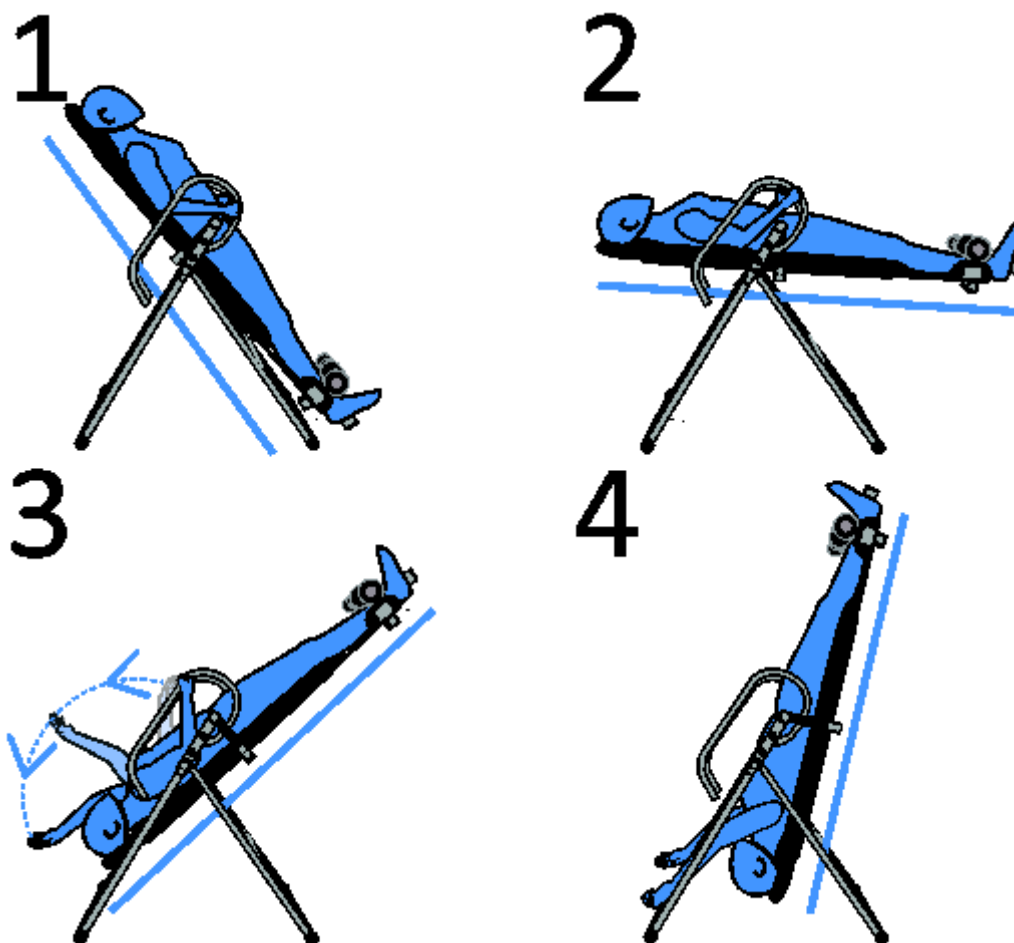
1. Push down on the **Ratchet Button (57)** and move the **Ratchet Handle (15)** away from the **Adjustable Boom (14)**.
2. Step onto the **Foot Bar (16)** and place your ankles between the **Air Bag Heel Holders (59)** and **Heel Holders (55)**.
3. Push down on the **Ratchet Button (57)** and move the **Ratchet Handle (15)** back towards the **Adjustable Boom (14)** until the heel holders are snug around your ankles.
4. Move the **Ratchet Handle (15)** back and forth without pressing the **Ratchet Button (57)** to ensure that the ratchet is locked.

**WARNING:** Ensure that the Air Bag Heel Holders (59) and Heel Holders (55) are securely holding onto your ankles.

**WARNING:** Make sure the Adjustable Handle (15) is locked in place after the Air Bag Heel Holders (59) are secure around your ankle.

### 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 lightly gripping the handles bars right above 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.



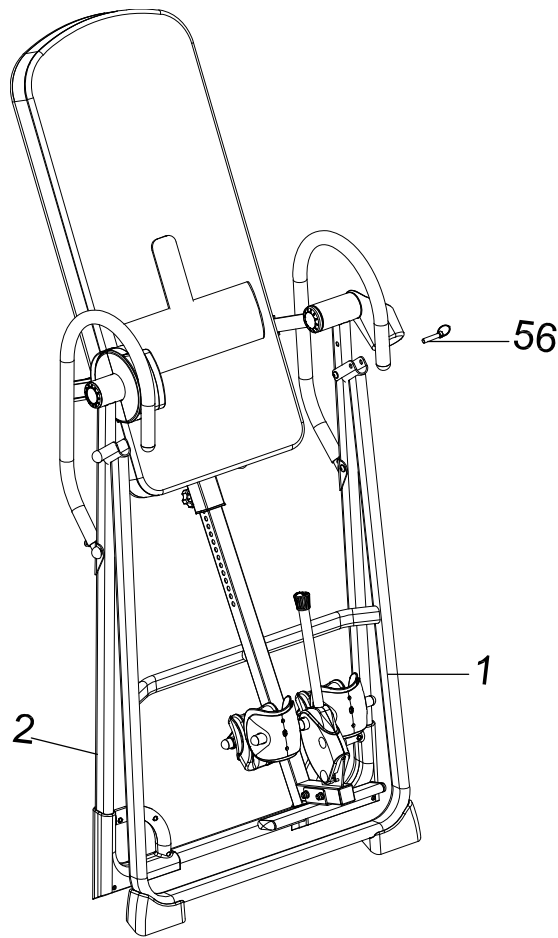
### USING THE INVERSION TABLE

1. Start by lying straight back on the backrest with your hands gripped on both handlebars. **See Fig. 1.**
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. **See Fig. 2.**
3. **To start inversion**, slowly lift one hand over your head while still gripping a handlebar with the opposite hand. **See Fig. 3.**
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. **See Fig. 4.**
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 on of inversion 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 at least 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.

1. Pull out the **Safety Pin (56)** from the holes on the **Rear Frame (2)** and **Front Frame (1)**.  
Push the **Rear Frame (2)** and **Front Frames (1)** together all the way.
2. Insert the **Safety Pin (56)** back into the hole on the **Front Frame (1)**.

Reverse the steps to set up the inversion table when you want to use it.

## MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

1. Check the pivot arms, backrest, and heel holders for wear and tear.
2. Replace any damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired or replaced.
4. Tighten all loose hardware, bolts, nuts, and caps before using the inversion table.

# WARRANTY

## **MANUFACTURER'S LIMITED WARRANTY**

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

## **COMPONENT LENGTH OF WARRANTY**

Structural Frame	1 year For Home Use Only
All Other Components	90 days For Home Use Only

## **Exclusions from Warranty Coverage:**

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather, and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

**Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.**

## **Ordering Replacement Parts**

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