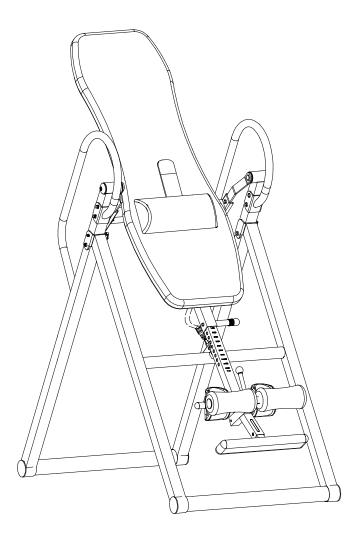


# **Inversion Table**



2510.6-053116

Owner's Manual Le Manuel Du Proprietaire

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## SERVICE

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

For damage or defective product, questions, replacement parts or any other service support, please contact our customer service department (8:00 AM - 5:00 PM Pacific Standard Time, Daily) by below methods:

For Best Service Email:

# Service@paradigmhw.com \*

Website:

www.paradigmhw.com

Toll-Free: 1-844-641-7920\*\*

Please have the following information ready when requesting for service:

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

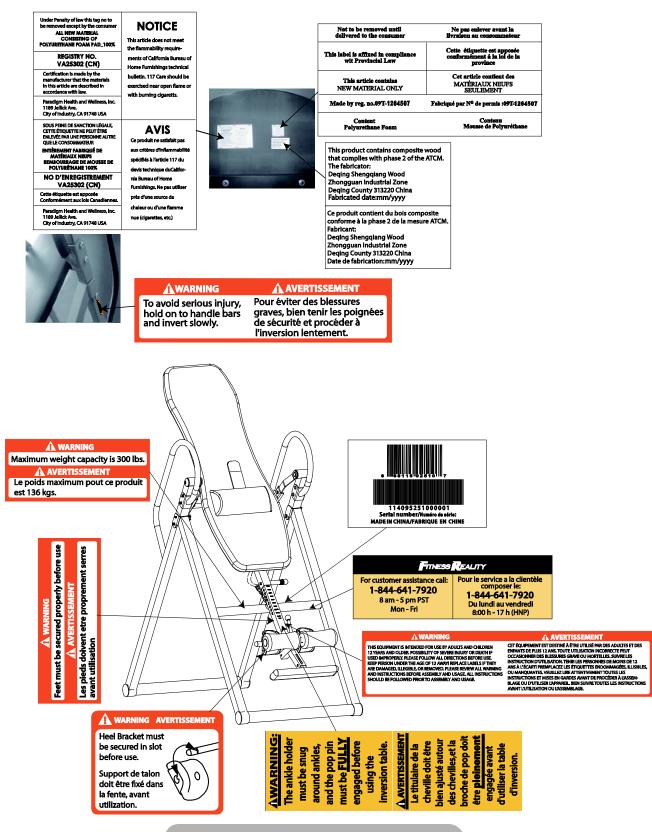
For damaged or defective product please contact our customer service before returning to the store.

\* Emailing us with the information above will be the best method to receive a response during peak business hours.

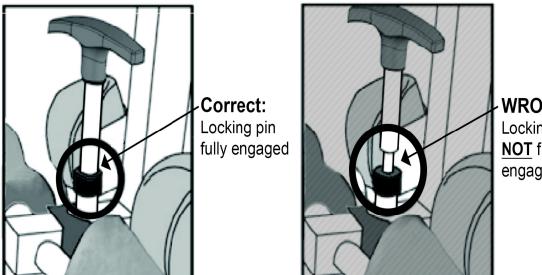
\*\*Response time may vary.

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

## **IMPORTANT LABELS**



# SAVE THESE INSTRUCTIONS



WRONG: Locking pin **NOT** fully engaged

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

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

### **IMPORTANT SAFETY INSTRUCTIONS**

This inversion table was designed and built for optimal 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:

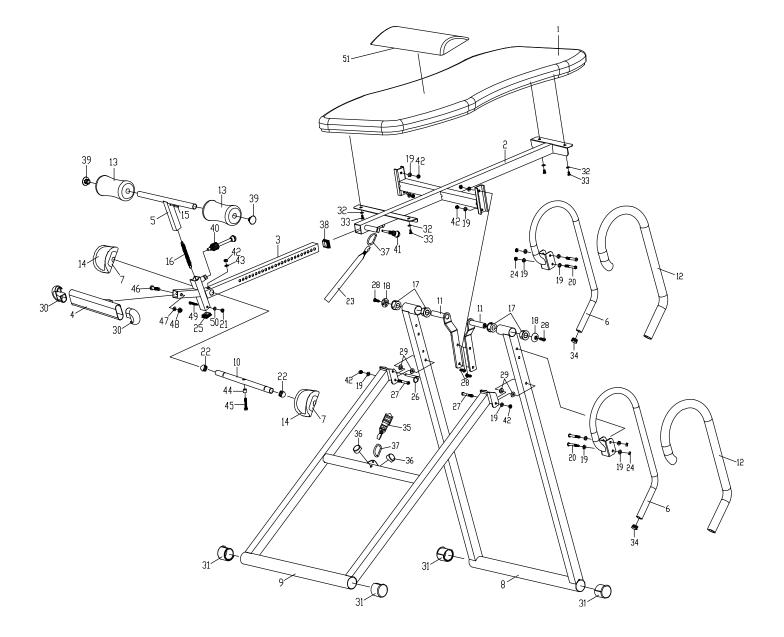
- 1. Consult your physician or other health care professionals before using the inversion table.
- 2. Always wear proper exercise apparel when using the equipment.
- 3. If at any time you feel faint, light-headed or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or 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 objects 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 this 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.

# **OVERVIEW DRAWING**

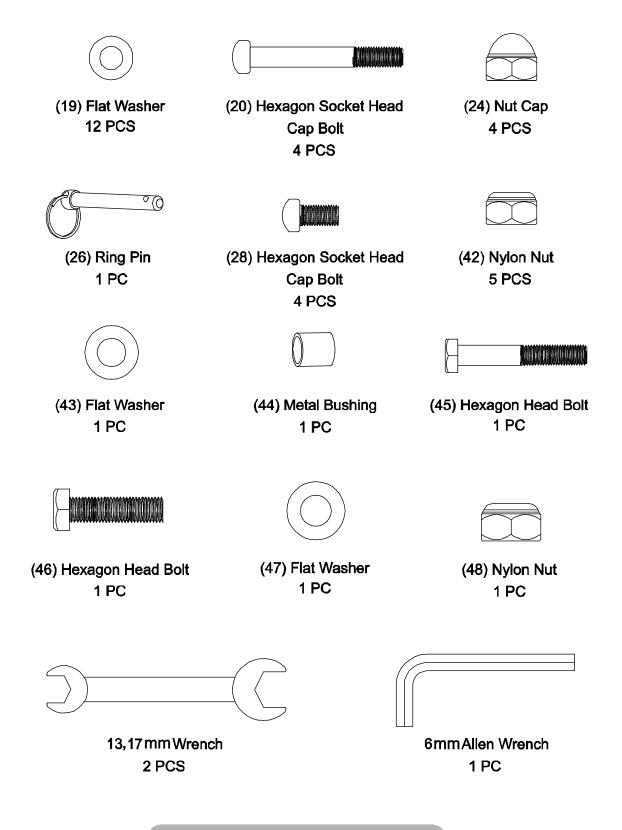


## PART LIST

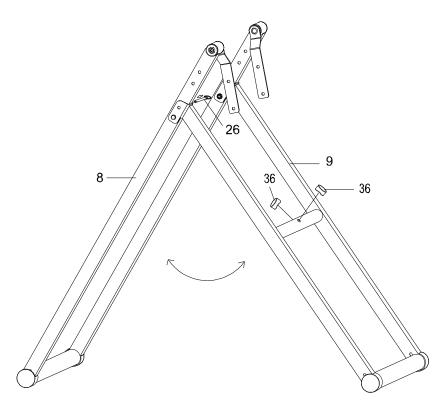
No.	Description	Qty
001	Backrest (#2510)	1
002	Backrest Frame	1
003	Adjustable Boom	1
004	Foot Bar	1
005	Adjustable Instep Frame	1
006	Handlebar	2
007	Steel Heel Holder Bracket	2
800	Rear Frame	1
009	Front Frame	1
010	Rod	1
011	Pivot Arm	2
012	Handlebar Foam Grip	2
013	Front Heel Holder	2
014	Rear Rubber Heel Holder	2
015	Spring Latch	1
016	Spring	1
017	Plastic Spacer	4
018	Plastic Round End Cap	2
019	Flat Washer Ø16xØ8.5x1.5	14
020	Hexagon Socket Head Cap Bolt	4
	M8x60mm	
021	Nylon Nut M6	1
022	Rod Cap Ø22	2
023	Nylon Strap	1
024	Nut Cap M8	4
025	Square End Cap  30	1
026	Ring Pin Ø8x63.5mm	1

No.	Description	Qty
027	Hexagon Socket Head Cap Bolt	2
	M8x62mm	
028	Hexagon Socket Head Cap Bolt	6
	M8x20mm	
029	Plastic Washers	4
030	Foot Bar Oval End Cap	2
031	Foot Cap	4
032	Flat Washer Ø13xØ6.5x1.5	4
033	Bolt M6x12mm	4
034	Handlebar Round End Cap Ø25	2
035	Loop Strap	1
036	Rubber Pad	2
037	Safety Hook	2
038	Square End Cap	1
039	Adjustable Instep Frame Round	2
	End Cap	
040	Adjustable Instep Frame Knob	1
041	Adjustable Boom Knob	1
042	Nylon Nut M8	7
043	Flat Washer Ø16xØ8.5x2.0	1
044	Metal Bushing	1
045	Hexagon Head Bolt M8x48mm	1
046	Hexagon Head Bolt M10x42mm	1
047	Flat Washer Ø18xØ10.5x2.0	1
048	Nylon Nut M10	1
049	Hexagon Head Bolt M6x40mm	1
050	Flat Washer Ø18xØ6.5x1.5	1
051	Lumbar Pad	1

## **HARDWARE & TOOLS LIST**



8



#### 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 other and align the pin holes. Then insert the Ring Pin (26) from the inner side of the frame into the holes on the Rear/Front Frames (8, 9) to lock the frames in place. Install two Rubber Pads (36) onto the Front Frame (9).

#### Hardware:

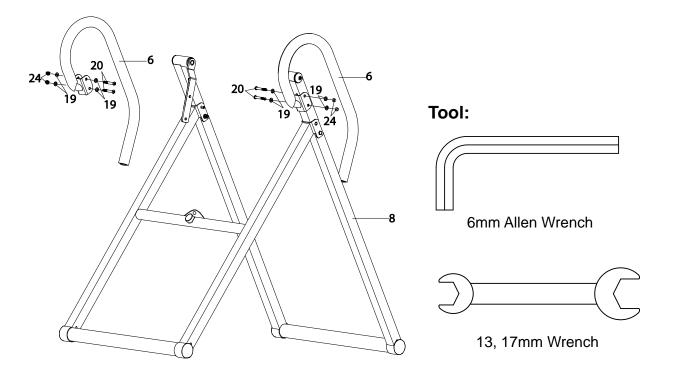


(26) Ring Pin 1 PC



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

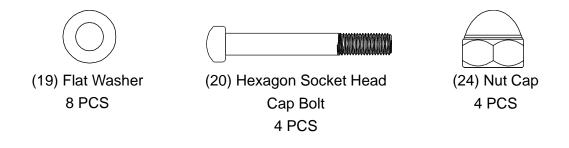
9

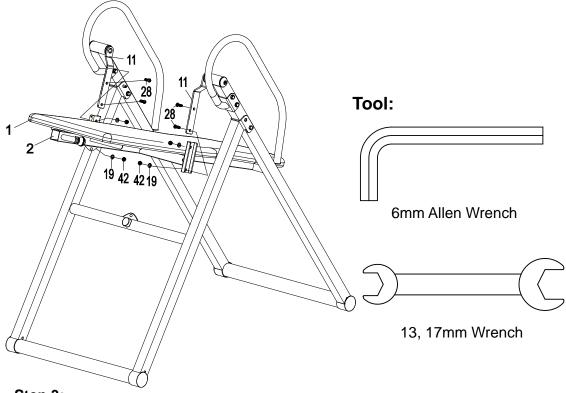


#### Step 2:

Attach a Handlebar (6) onto the Rear Frame (8) with two Hexagon Socket Head Cap Bolts (20), four Flat Washers (19), and two Nut Caps (24). Tighten the Hexagon Socket Head Cap Bolts (20) and Nut Caps (24) using the 13, 17mm Wrench and 6mm Allen Wrench provided. Repeat this step to attach the second Handlebar (6) onto the Rear Frame (8).

#### Hardware:







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 the bolt holes on the Pivot Arms (11) and brackets. Using four Hexagon Socket Head Cap Bolts (28), four Flat Washers (19), and four Nylon Nuts (42); attach the Backrest Frame (2) onto the Pivot Arms (11). Tighten the Hexagon Socket Head Cap Bolts (28) and Nylon Nuts (42) with the 13, 17mm Wrench and 6mm Allen Wrench provided.

Hardware:

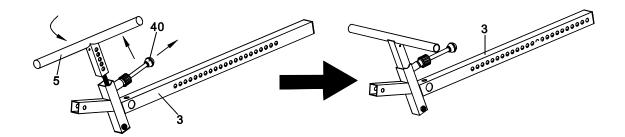




(28) Hexagon Socket Head Cap Bolt 4 PCS

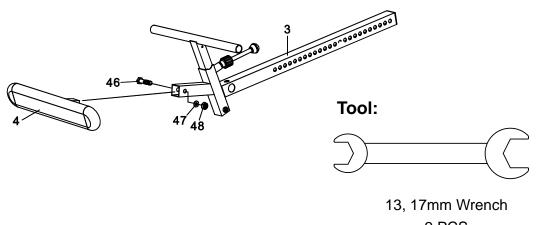


(42) Nylon Nut 4 PCS



#### Step 4:

Pull up on the Adjustable Instep Frame Knob (40), and pull out the Adjustable Instep Frame (5) from the Adjustable Boom (3). Turn the Adjustable Instep Frame (5) so that the adjustable holes are facing the Adjustable Instep Frame Knob (40). Release the Adjustable Instep Frame Knob (40) and allow it to POP into a hole on the Adjustable Instep Frame (5) to lock it in place.



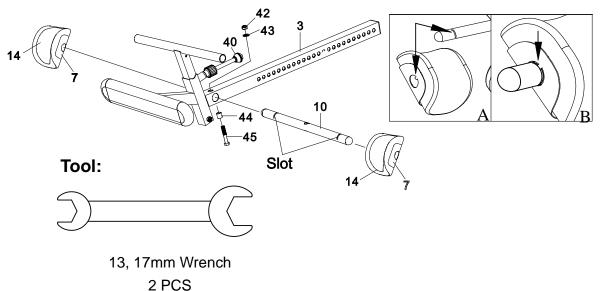
#### Step 5:

2 PCS

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 Hexagon Head Bolt (46), one Flat Washer (47), and Nylon Nut (48) using the two 13, 17mm Wrenches provided.

#### Hardware:





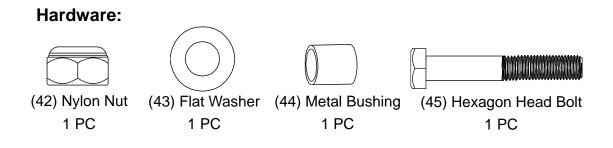
#### Step 6:

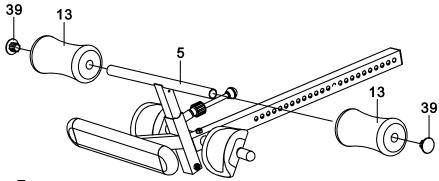
Slide the Rod (10) with both slots facing the Adjustable Instep Frame Knob (40) through the large round hole on the side of the Adjustable Boom (3). Secure the Rod (10) on the Adjustable Boom (3) with one Nylon Nut (42), one Flat Washer (43), one Metal Bushing (44), and one Hexagon Head Bolt (45). Tighten the Nylon Nut (42), and Hexagon Head Bolt (45) with the two 13, 17mm Wrenches provided.

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 the diagrams A and B.

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

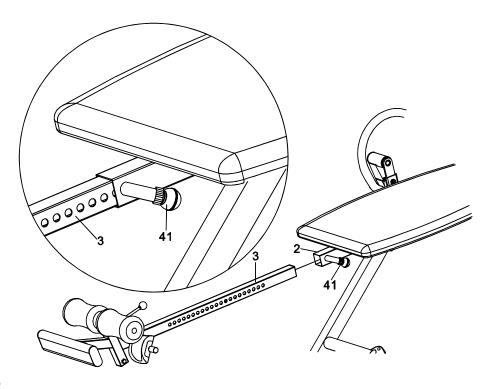
# NOTE: Make sure the lock teeth are wedged into the slots on the Rod (10) to lock the Steel Heel Holder Brackets (7) and Rear Rubber Heel Holders (14) in place before use.





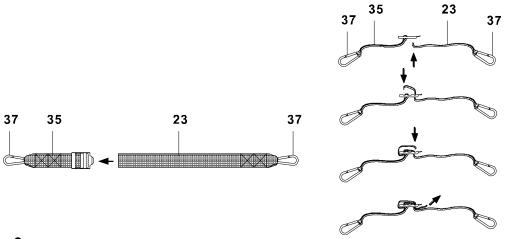
#### Step 7:

Slide a Front Heel Holder (13) onto both ends of the Adjustable Instep Frame (5). Install two Adjustable Instep Frame Round End Caps (39) onto both ends of the Adjustable Instep Frame (5) to secure the Front Heel Holders (13) in place.



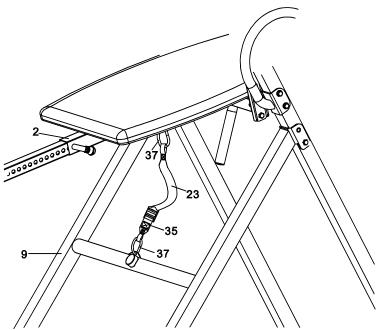
#### Step 8:

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). 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" into the locked position.



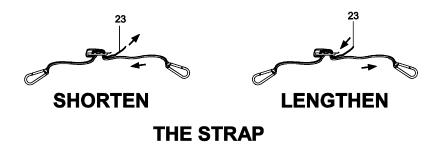
#### Step 9:

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 it back through the strap lock on the Loop Strap (35), and pull tight to secure. See the diagram above.



#### Step 10:

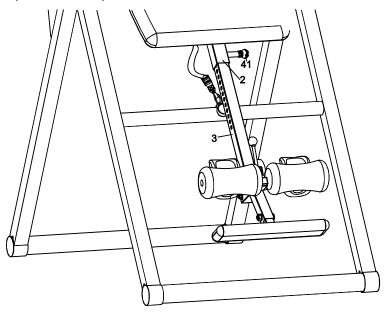
Attach the Nylon and Loop Straps (23, 35) to the inversion table by hooking the Safety Hook (37) on the end of the Nylon Strap (23) to the triangular plate on the back of the Backrest Frame (2). Then hook the Safety Hook (37) on the end of Loop Strap (35) to the triangular plate on the Front Frame (9) as shown.



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.

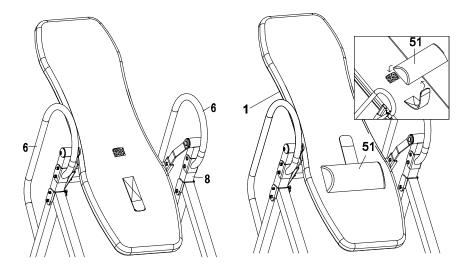
**To lengthen** the Nylon Strap (23) feed the top end of the Nylon Strap (23) into the strap lock, and pull on the lower end of the strap.

**To shorten** the length feed the bottom end of the 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 using 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), and slide the Adjustable Boom (3) up or down slightly until the Adjustable Boom Knob (41) locks into place.



#### 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.

#### THE LUMBAR PAD

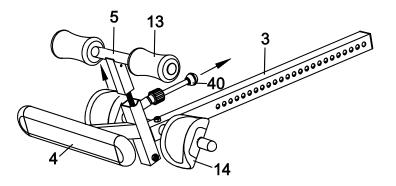
Insert the Velcro strap on the Backrest (1) though the back side of the Lumbar Pad (51) to secure the Lumbar Pad (51) onto the Backrest (1). Slide the Lumbar Pad (51) up

**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.



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

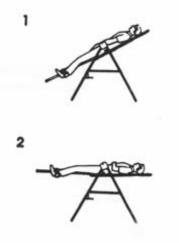
- 1. Pull up on the Adjustable Instep Frame Knob (40), slide the Adjustable Instep Frame (5) completely out of the Adjustable Boom (3).
- Slide your ankles between the Front and Rear Rubber Heel Holders (13, 14) and stand on the Foot Bar (4) located at the bottom of the Adjustable Boom (3).
- Pull up 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**

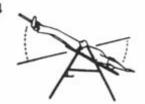
The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So, it is very important to make sure that the height is adjusted properly. To do this, mount the inversion table, lock your ankles into the heel holders, and lie back with your 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.

#### USING THE INVERSION TABLE

- 1. Start by lying fully back against the backrest with your hands at your side, or resting on your thighs. **See Figure 1.**
- 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. **See Figure 2.**
- 3. Raise your arms until they are over your head. At this point, the inversion table should be as far back as it can go. **See Figure 3.**
- 4. As you get more comfortable with use, rock the backrest slowly by moving your arms up and down slowly. **See Figure 4.**
- 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. **See Figure 1.**



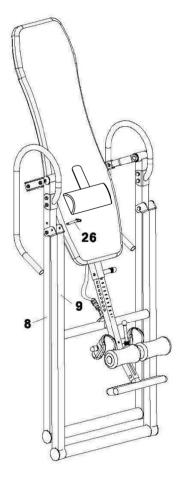




## SUGGESTIONS FOR USE

- 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 of inversion only if it is comfortable. Increase the angle of inversion only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks.
- 3. **Pay attention to your body**: Come up slowly after being inverted, 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.
- 4. Limit partial inversion without movement to one or two minutes.
- 5. Limit full inversion with no movement to only a few seconds.
- 6. **Invert regularly**: we recommend two or three times a day depending upon your doctor's recommendations. Try to schedule it for the same time each day.

## **STORAGE**



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).

## 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 Component	s 90 days

#### **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 emailing our customer service department:

#### Service@paradigmhw.com

Open Daily 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

## PART REQUEST FORM

# Paradigm Health & Wellness, Inc.

## EMAIL THIS FORM WITH YOUR RECIEPT OF PURCHASE TO Service@paradigmhw.com \*

NAME:			
ADDRESS:			
	STATE	ZIP	
TELEPHONE:	(Day)		
	(Night)		
SERIAL#:			
PURCHASE DATE:			
PLACE OF PURCHASE:			

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

\* This form can also be faxed in Fax #: 626-810-2166