

# INNOVA

## HEALTH & FITNESS

### Heavy Duty Deluxe Inversion Therapy Table Model ITM4800

#### **WARNING:**

**BE SURE** to read this manual in its ENTIRETY prior to installing and using the inversion table.

**DO NOT USE** inversion table without the approval of a licensed physician. Some medical conditions may not be suitable for use with this product.

**CAREFULLY READ** all Warnings and Instructions before using this inversion table. Misuse of this equipment may result in serious injury.

**BODY WEIGHT** will put pressure on ankles while inverting. New users are advised to start at lower angles (15 or 30) and to wear athletic shoes.

**DO NOT** let children under the age of 13 use the inversion table.

**DO NOT** allow children, bystanders, or pets around while using this equipment.

**DO NOT** put hand or fingers inside the Protective Cover for the Angle Selector Pin.

**TO PREVENT** unauthorized usage, it is strongly recommended you purchase a lock to fasten the Height Adjustment Tube to the Cross Bar.

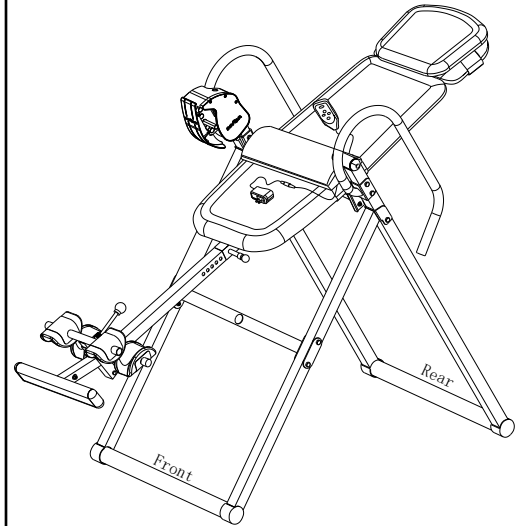
**KEEP BODY**, clothing, and hair free of all moving parts.

**ALWAYS USE** all basic safety precautions when using any electrical products.

**TIGHTEN ALL** nuts, bolts, and screws **BEFORE** using equipment.

**LEAVE** adequate space to invert.

**THIS EQUIPMENT** is for indoor, household and non-institutional use only.



**Note:** This product is designed to adjust from 4'10" to 6'6" with a **Maximum User Weight of 300 LBS**

Images may be slightly different from actual product.

#### **Questions/Comments**

Innova Products Inc. is committed to providing the best quality and customer satisfaction for all products we distribute. If you are dissatisfied with your purchase or need assistance, please do not hesitate to contact us.

**Email:** [support@innovaproductsinc.com](mailto:support@innovaproductsinc.com)

**Phone:** (408) 541-1866

Monday through Friday

8:00 am – 4:00 pm Pacific Time

# PRODUCT WARRANTY

## One-Year Limited Liability

Innova Products Inc. warrants that this product will be free from defects in materials and workmanship for a period of one year from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use. Warranty is void when the sale of the product is for institutional use. This warranty is non-transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, INNOVA PRODUCTS INC. DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Innova Products Inc., will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Innova Products Inc. Customer Service Department at **(408) 541-1866** for assistance in the repair or replacement of the product or any covered part. Innova Products Inc. will repair or replace, at its own option, the product or any covered part. This warranty does not cover damage caused by but not limited to accident (including transit), repairs or attempted repairs by any person not authorized by Innova Products Inc., or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt or valid copy of transaction statement.

If you require service under this warranty, please call or email our Customer Service Department at:

**support@innovaproductsinc.com or (408) 541-1866**

**Importer Address:** Innova Products Inc., 1289 Hammerwood Avenue, Sunnyvale, CA 94089

## WARNINGS AND PRECAUTIONS

**DO NOT** use inversion table without a licensed physician's approval. This product may not be appropriate for use with certain medical conditions. If you believe you experience any of the following conditions, consult with your physician before using this product.

**PLEASE NOTE:** This list is for reference only and it is not a complete listing.

- Acutely swollen joints
- Bone weakness (osteoporosis)
- Cerebral sclerosis
- Conjunctivitis
- Glaucoma
- Heart or circulatory disorders
- Hiatal hernia
- High blood pressure
- Hypertension
- Medullary pins
- Middle ear infection
- Overweight / Extremely Obese
- Pregnancy
- Recent or unhealed fractures
- Recent stroke or transient ischemic attack
- Retinal detachment
- Spinal injury
- Surgically implanted orthopedic supports
- Use of anticoagulants  
(including high doses of aspirin)
- Ventral hernia
- Weak ankles and/or feet

# WARNINGS AND PRECAUTIONS

## **WARNING: Maximum Weight Capacity is 300 LBS**

### **To reduce the risk of serious injury:**

- All users should read and understand all important precautions, instructions, and warnings in this manual before using the inversion table. It is your responsibility to familiarize yourself with the proper use of the inversion table and the inherent risks of the inversion table (ex. falling on your head/neck, pinching, equipment failure, etc.).
- It is the responsibility of the owner to ensure that all users of the device are fully informed about the proper use of the equipment and all warnings and safety precautions.
- Users can also read the condensed version of the Warnings and User's Guidelines on the back of the Backrest Pad.
- Innova Products Inc. assumes no responsibility for personal injury or property damage sustained by or through the ***improper use*** of the Inversion Table.

### **BEFORE USING THE INVERSION TABLE:**

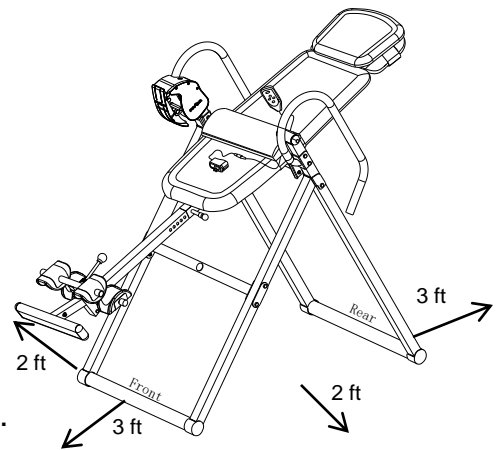
- The empty space surrounding the inversion table should be at least 2 feet (0.6 meters) on the left and right sides and at least 3 feet (0.92 meters) on the front and back sides. This area must also include adequate space for emergency dismount. See image at the right.
- The inversion table must be free standing on a stable and leveled surface.
- DO NOT use inversion table if any parts are damaged or missing.
- Make sure the Safety Pin (Part # 26) is locked into place.
- Make sure the Protective Cover is secured on the right handlebar.
- Be sure to secure your ankles to the ankle holders so that your feet are locked snugly into place before inverting.
- The safety level of the inversion table can be maintained only if it is examined regularly for damage and wear and tear from regular usage.
- Please replace all missing or defective components or worn out parts immediately and/or keep the inversion table out of use until item has been replaced or repaired.
- Parts most susceptible to wear and tear:
  - 1) U-Shape Holder (Part #52)

#### **Item Dimensions:**

52 in x 28 in x 59 in  
(132 cm x 71 cm x 150 cm)

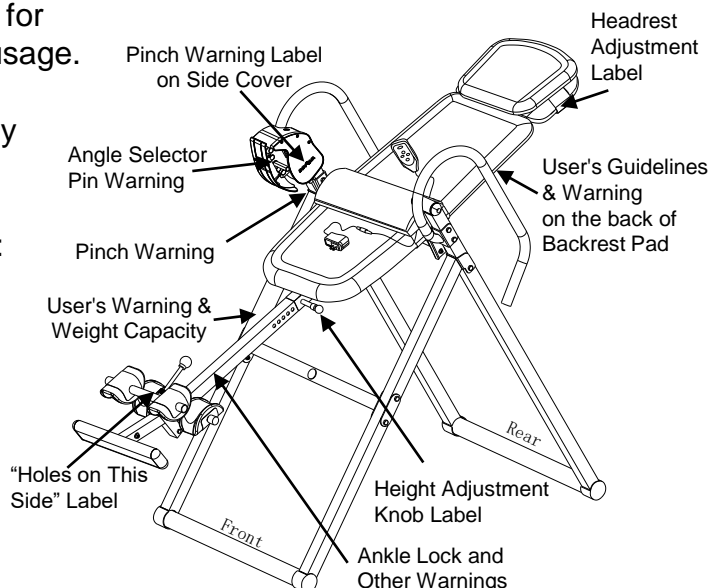
#### **Item Weight:**

56 lbs (25.4 kg)



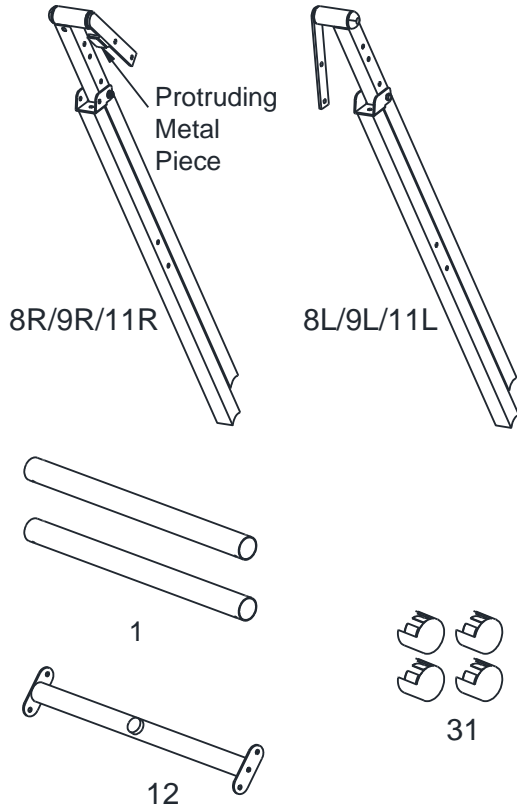
### **WARNING LABELS**

Call us to replace warning labels if damaged, illegible or removed.

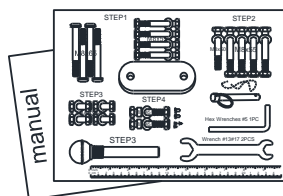
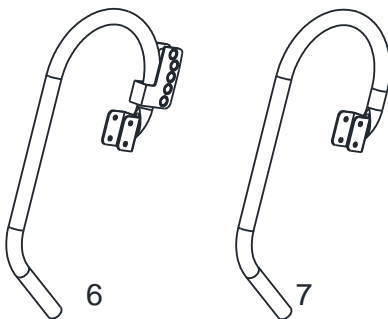


# Components For Assembly

## STEP 1 Components

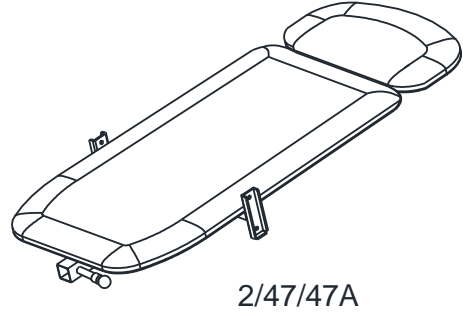


## STEP 2 Components

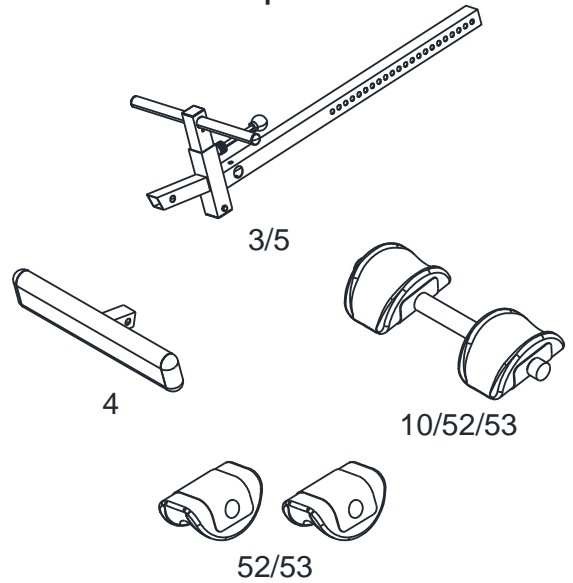


Hardware Pack & Manual

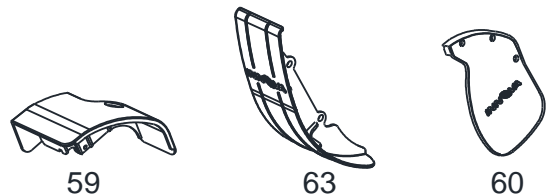
## STEP 3 Component



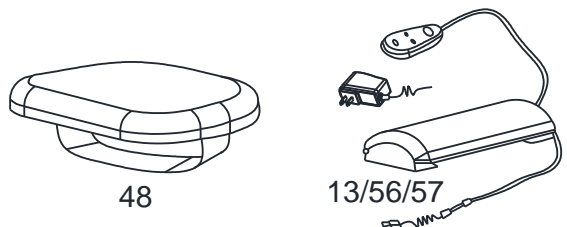
## STEP 4 Components



## STEP 5 Components



## STEP 6 Components



# Step 1 – Base Frame Assembly

## PLEASE NOTE:

RIGHT (R) Indicates **right** side while using the inversion table, not facing it.

LEFT (L) Indicates **left** side while using the inversion table, not facing it.

NUTS (21) are **Nylon Lock Nuts**. To tighten, you need two wrenches.

Lay the Right Base Frame (8R&9R) and the Left Base Frame (8L&9L) on the floor with the Connecting Brackets (11R&11L) facing each other. Make sure the **indented holes** on the Bottom Tubes (1) are facing downward and attach one Bottom Tube (1) to the Front Base Frame (9R&9L) using 2 Bolts (32). Attach the other Bottom Tube (1) to the Rear Base Frame (8R&8L) using 2 Bolts (32).

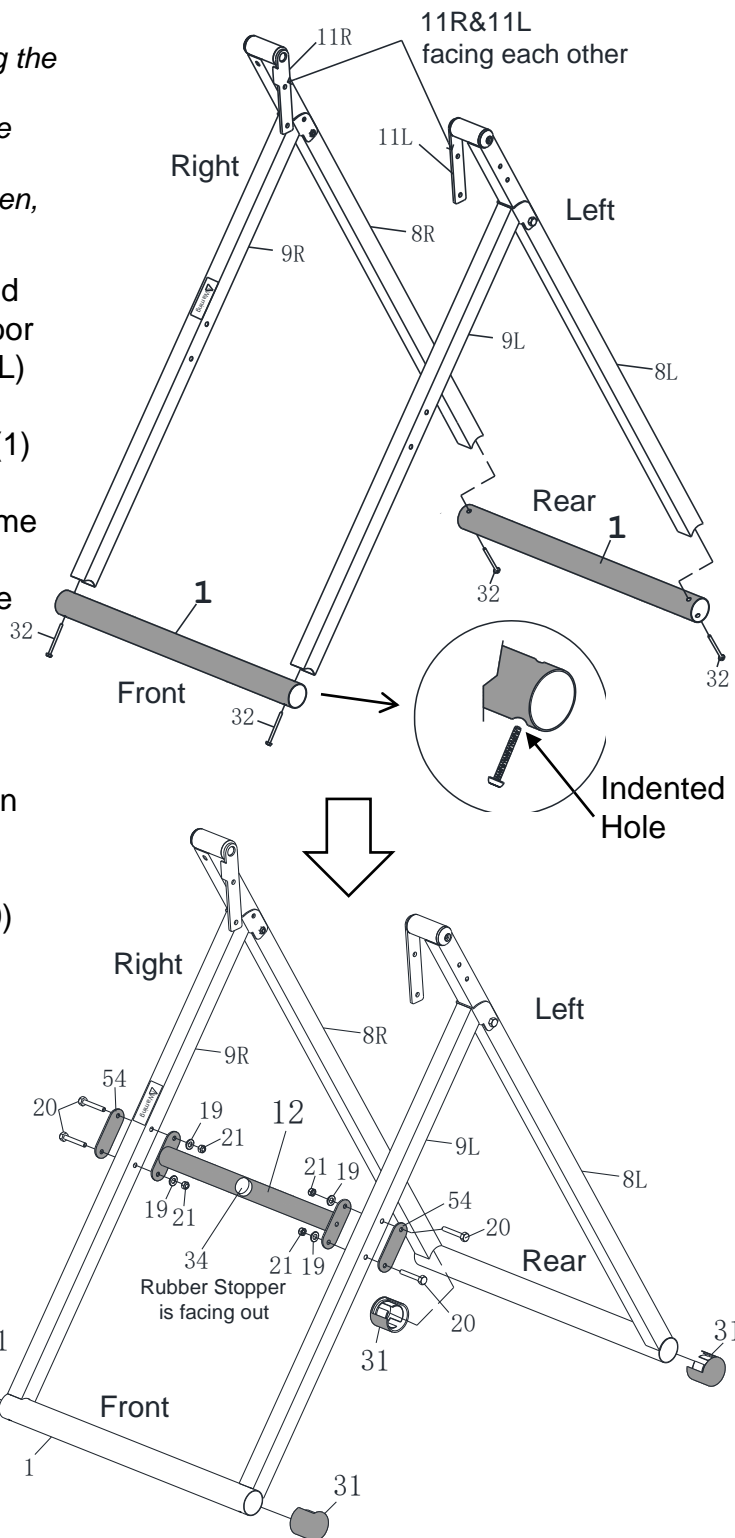
**DO NOT** tighten Bolts (32) until the Cross Bar (12) is attached.

Make sure the **Rubber Stopper** (34) on the Cross Bar (12) is facing out and attach the Cross Bar (12) to the Front Base Frame (9R&9L) using 4 Bolts (20) and 2 Metal Support Plates (54), 4 Washers (19) and 4 Lock Nuts (21).

**NOW** Tighten all Bolts (32&20).

Insert 4 Base Frame End Caps (31) into both Bottom Tubes (1).

Unfold the Front Base Frame (9R&9L) from the Rear Base Frame (8R&8L) and let it stand on the floor.



Installation Guidance Video **DOES NOT** replace Owner's Manual. Please be sure to read the Owner's Manual in its entirety.

<https://youtu.be/72kV8tdOIC0> or search "Innova ITM4800 Installation Guide" on YouTube.com

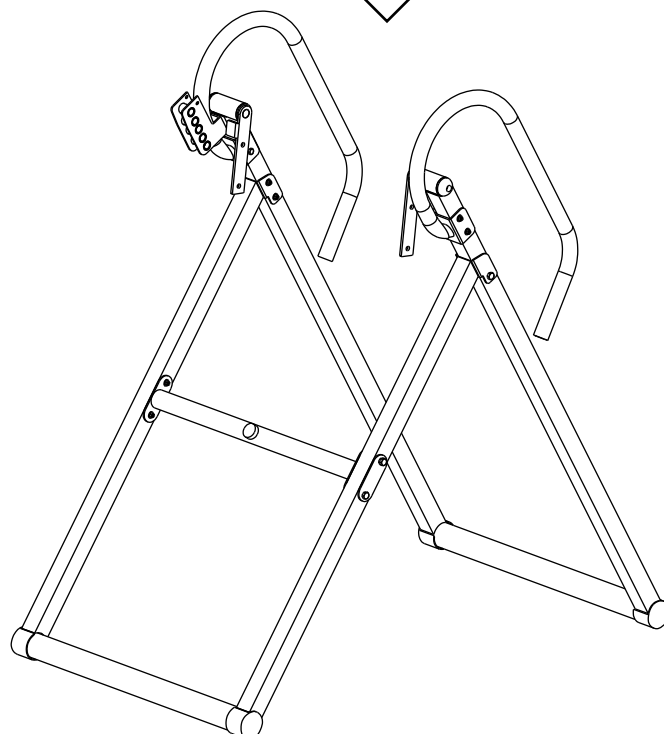
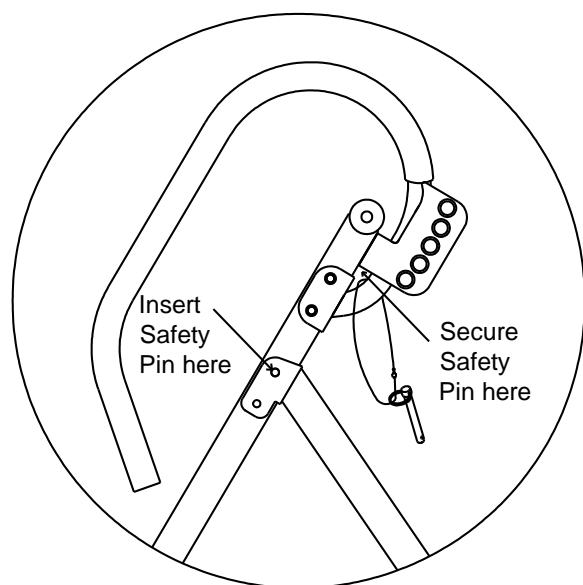
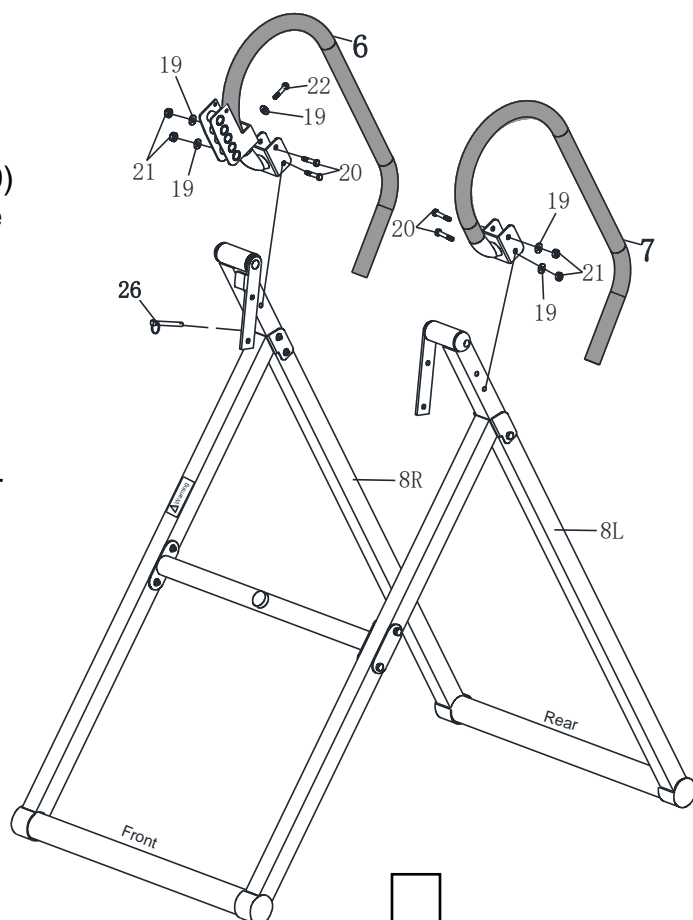
## Step 2 – Handlebars Assembly

Attach the Right Handlebar (6) to the Rear Base Frame (8R) using 2 Bolts (20), 2 Washers (19), and 2 Lock Nuts (21). **Be sure** to insert Bolts (20) from the inside of the frame. The Washers (19) and Lock Nuts (21) will be on the outside of the frame.

**Do not** tighten Bolts 20 until Bolt 22 is installed. Use Bolt (22) and Flat Washer (19) to secure the Right Handlebar (6) to the Rear Base Frame (8R).

Attach the Left Handlebar (7) to the Rear Base Frame (8L) using 2 Bolts (20), 2 Washers (19), and 2 Lock Nuts (21).

Unlock the chain that comes with the Safety Pin (26) and secure the Safety Pin (26) to the Right Handlebar (6) with the chain provided. Insert the Safety Pin (26) through the hole on the right side between the 2 frames (8R&9R) to lock the Base Frame open. See detailed picture.



**TIGHTEN ALL NUTS AND BOLTS,**  
**AT THIS TIME**

## Step 3 – Pre-Installed Backrest to Base Frame

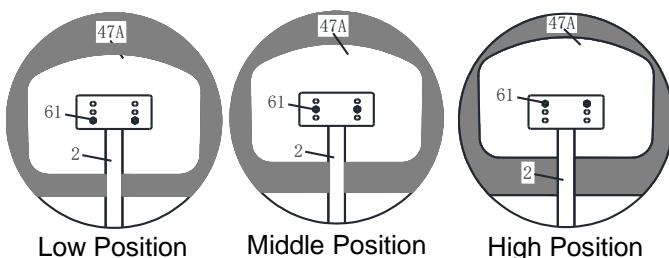
### Before Installation, Please NOTE:

Connecting Brackets (11R&11L) **MUST** be pointing downward and the Pre-Installed Backrest **MUST** be attached from below and up into the connecting brackets or the table will not invert properly.

Attach the Pre-Installed Backrest (2&47&47A) to the Connecting Brackets (11R&11L) using 4 Bolts (29), 4 Flat Washers (19) and 4 Lock Nuts (21).

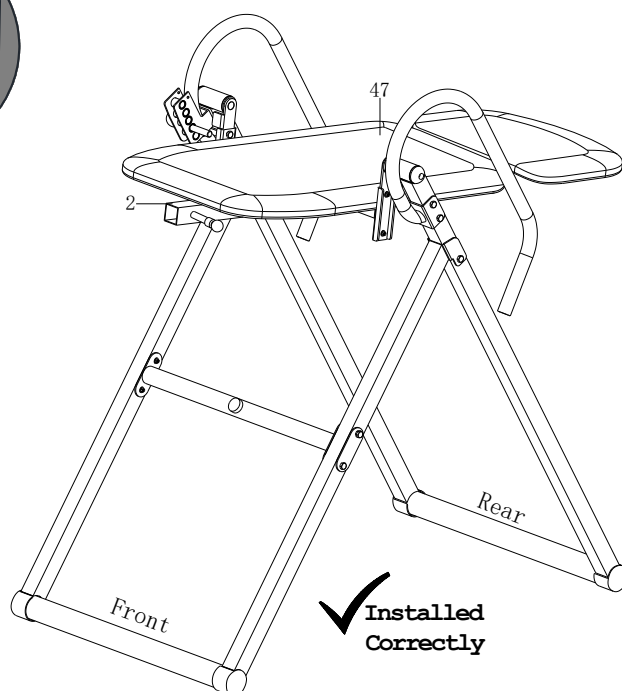
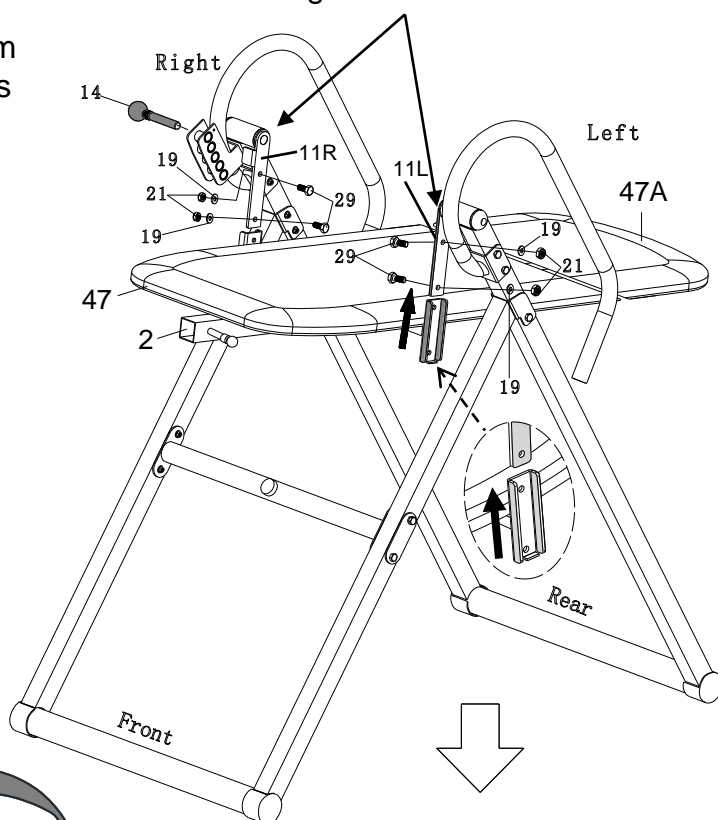
Screw the Angle Selector Pin (14) into the Incline Position 15 hole and tighten.

**Headrest Adjustment:** To adjust the Headrest (47A), unscrew Bolts (61) and Washers (51) and remove it from the Backrest Support Tube (2). Move the Headrest (47A) to the position desired on the Backrest Support Tube (2) and screw 2 Bolts (61) and 2 Washers (51) to secure the Headrest (47A) into place.



Installed Incorrectly

Connecting Brackets Must Point Downward When Attaching Pre-Installed Backrest



**TIGHTEN ALL NUTS AND BOLTS AT THIS TIME**

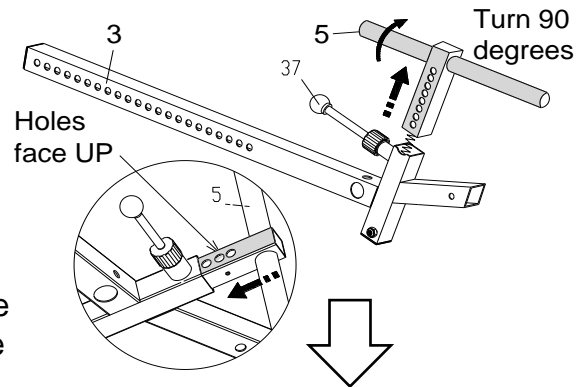


## Step 4 – Height Adjustment Tube and Ankle Holders

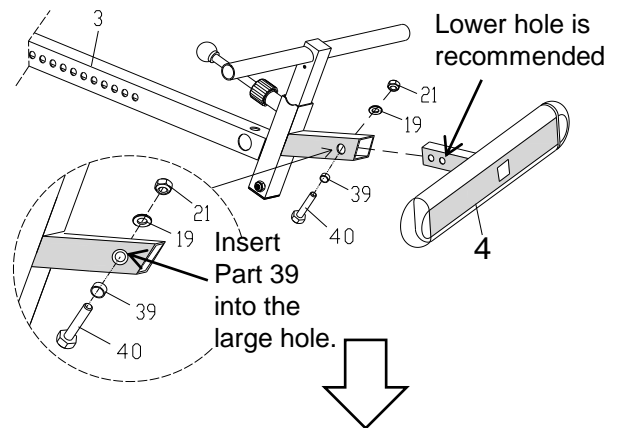
1. Pull out the Adjustable Ankle Holding Tube (5) and turn it 90 degrees and re-insert it horizontally. **Make sure the holes on the square tube are facing up.**

**NOTE:** There is a spring pre-installed inside the tube which should not be removed.

Pull the Ankle Holding Adjustment Knob (37) up and make sure the Adjustable Ankle Holding Tube (5) slides smoothly inside the outer tube. Release the Knob and lock it into one of the holes.

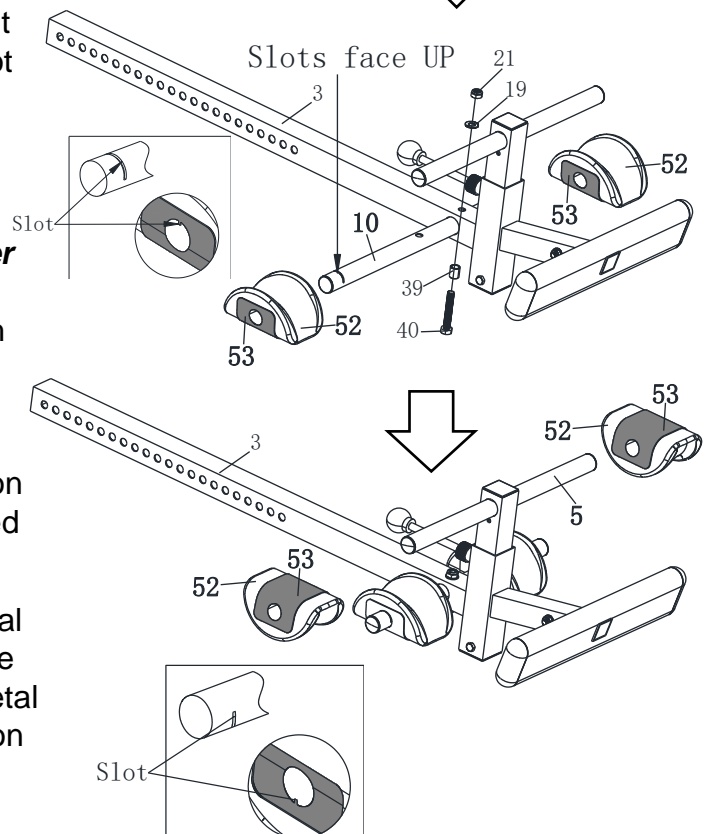


2. Install the Footrest (4) into the Height Adjustment Tube (3) using Bolt (40), Metal Bushing (39), Washer (19), and Lock Nut (21). We recommend installing the Footrest (4) using the lower hole. While in use, if the lower hole setting is too tight and causes too much discomfort, adjust to the higher hole.



3. The U-Shape Holders (52) with Metal Cover (53) are pre-installed on the Rear Ankle Holding Tube (10). You must squeeze one set (52&53) firmly to loosen it from the wedge and remove it from the slot that locks the part into place.

With both slots facing **UP**, insert the Rear Ankle Holding Tube (10) into the Height Adjustment Tube (3). Insert the Bolt (40) with the Metal Bushing (39) into the **bigger hole** at the bottom of the Height Adjustment Tube (3) and tighten them with a Flat Washer (19) and a Lock Nut (21). Re-install the U-Shape Holder (52) with Metal Cover (53). Make sure the Metal Cover (53) wedges into the slot provided on Rear Ankle Holding Tube (10). See detailed drawing.



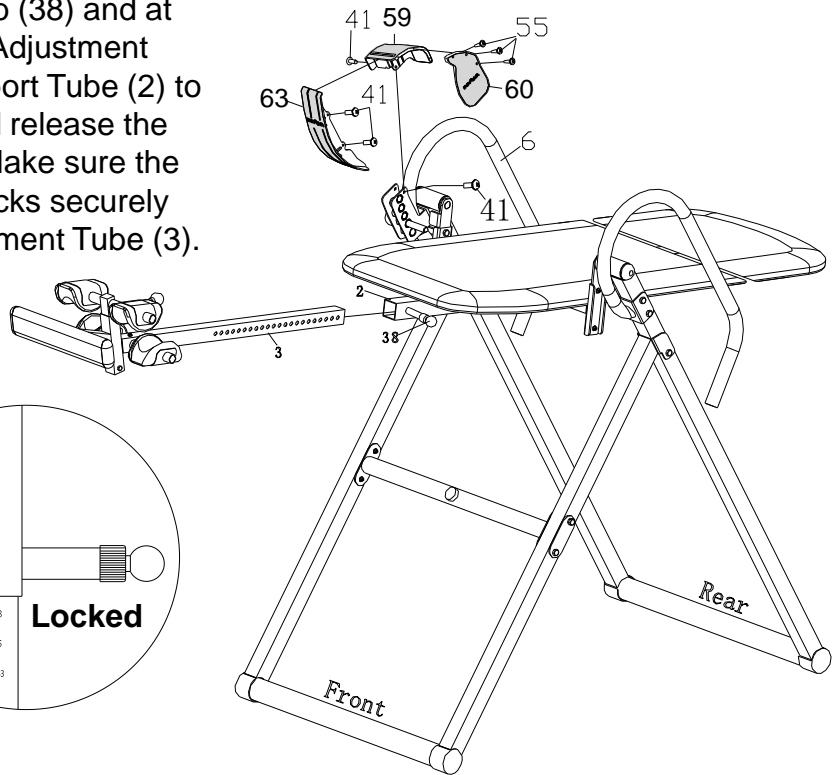
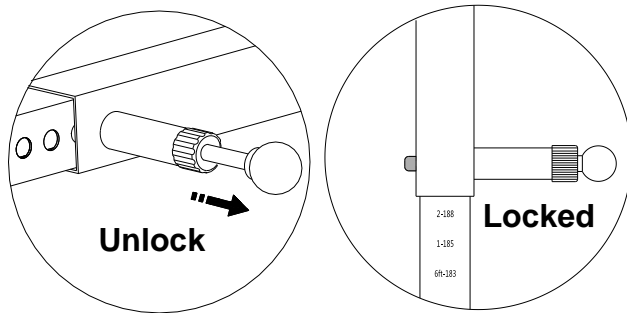
4. Slide the U-Shape Holder (52) with Metal Cover (53) onto each end of the Adjustable Ankle Holding Tube (5). Make sure the Metal Cover (53) wedges into the slot provided on Adjustable Ankle Holding Tube (5).

**TIGHTEN ALL NUTS AND BOLTS AT THIS TIME**

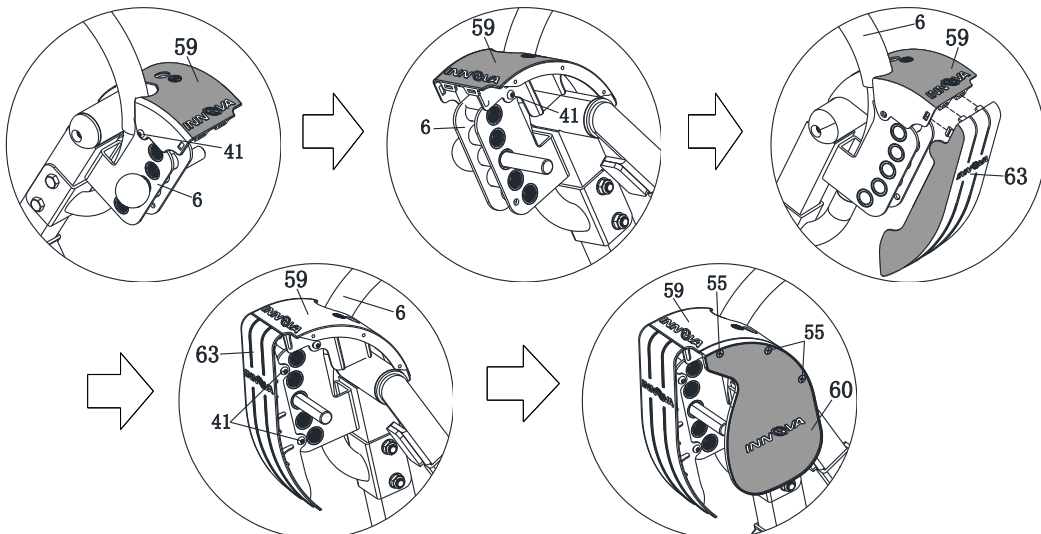


## Step 5 – Height Adjustment Tube & Protective Cover Assembly

Pull the Height Adjustment Knob (38) and at the same time slide the Height Adjustment Tube (3) into the Backrest Support Tube (2) to your desired height number and release the Height Adjustment Knob (38). Make sure the Height Adjustment Knob (38) locks securely into a hole on the Height Adjustment Tube (3).

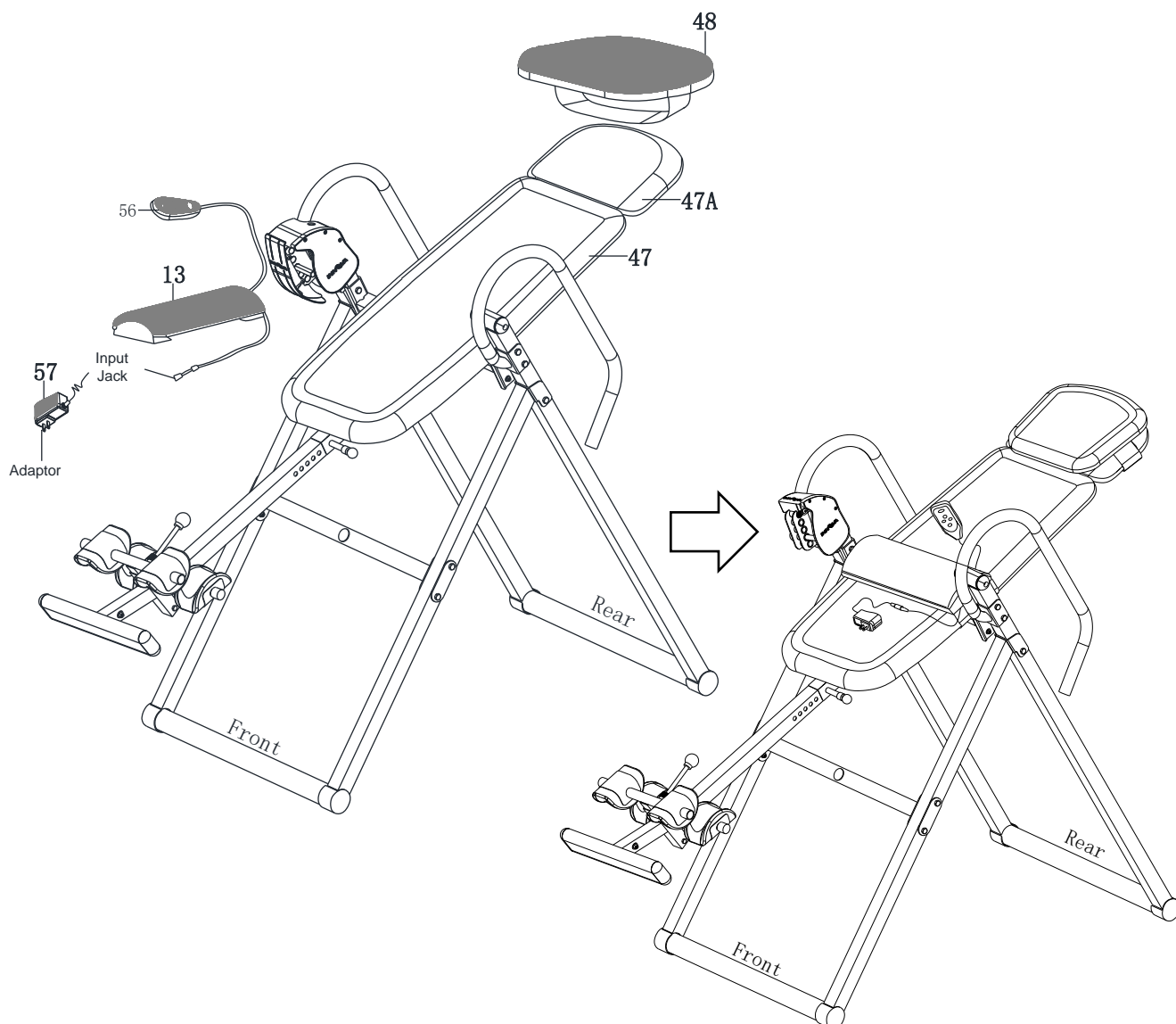


Attach the Protective Cover (59) onto the Right Handlebar (6) with 2 Screws (41), one on each side of the cover. Attach and snap the Front Shield for Cover (63) to the Protective Cover (59) and secure it onto the Right Handlebar (6) with 2 Screws (41). Then attach the Side Shield for Cover (60) to the Protective Cover (59) using 3 Screws (55).



**To Adjust Height:** Pull the Height Adjustment Knob (38) and at the same time slide the Height Adjustment Tube (3) up or down to your desired height number and release the Height Adjustment Knob (38). Make sure the Height Adjustment Knob (38) locks securely into a hole on the Height Adjustment Tube (3).

## Step 6 – Massage/Heat Lumbar Pad & Headrest Assembly



Attach the Head Pillow (48) to top of the Headrest (47A) to your desired position using the strap on the Head Pillow (48).

Attach the Massage/Heat Lumbar Pad (13) to lower part of the Backrest Pad (47) to your desired position using the straps on the Lumbar Pad (13). Attach the massage/heat lumbar pad's input jack into the Power Adaptor (57). Plug the Power Adapter (57) into a suitable power outlet. The Controller (56) can be stored in left side pocket of the Backrest Pad (47) for easy access.

**WARNING:** To prevent damage, please pay attention to the power cord and make sure that it is NOT squeezed or pinched by any parts of the inversion table.

# SAFETY INSTRUCTIONS FOR MASSAGE/HEAT PAD

**PLEASE READ ALL INSTRUCTIONS BEFORE USING.**

**WHEN USING ANY ELECTRICAL PRODUCTS,  
BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED,  
INCLUDING THE FOLLOWING:**

- **USE** only for its intended use as described in the operating manual.
- **DO NOT** use attachments not recommended by the manufacturer.
- **THIS DEVICE** should **NOT** be used for **more than 30 minutes** at a time.
- **ALWAYS** unplug the device from the electrical outlet immediately after using and before cleaning. To disconnect, turn all controls to the “off” position, then remove plug from outlet.
- **NEVER** leave unattended when plugged in. Unplug from outlet when not in use and before putting on or taking off parts or attachments.
- **DO NOT** use or place near any liquids. **DO NOT** operate in a wet or moist condition.
- **NEVER** use pins or other metallic fasteners with this device. **NEVER** drop or insert any object into any opening.
- **CAREFULLY** examine the covering before each use. Discontinue use if the covering shows any sign of deterioration, such as blistering or cracking.
- **CLOSE supervision** is necessary when used by or near children, invalids or disabled persons. **DO NOT** use on infants or a sleeping or unconscious person.
- **NEVER** use while sleeping and **NEVER** fall asleep while using device.
- **NEVER** operate this device if it has a damaged cord or plug, is not working properly, if it has been dropped or damaged, or dropped into water.
- **DO NOT** carry this device by supply cord or use cord as handle.
- **DO NOT** crush or fold any part of the device.
- **DO NOT** use outdoors. **DO NOT** operate where aerosol (spray) products are being used or where oxygen is being administered.
- **KEEP** cord away from heated surfaces. Use heated surfaces carefully. May cause serious burns. Do not use over insensitive skin areas or in the presence of poor circulation. The unattended use of heat by children or incapacitated persons may be dangerous.
- **THIS DEVICE** is designed for indoor, household, and non-institutional use only.
- **DO NOT** use this product as a substitute for medical attention.
- **CONSULT** your licensed physician before using the device if you have any concerns regarding your health.
- **INDIVIDUALS** with pacemakers should consult a licensed physician before use.

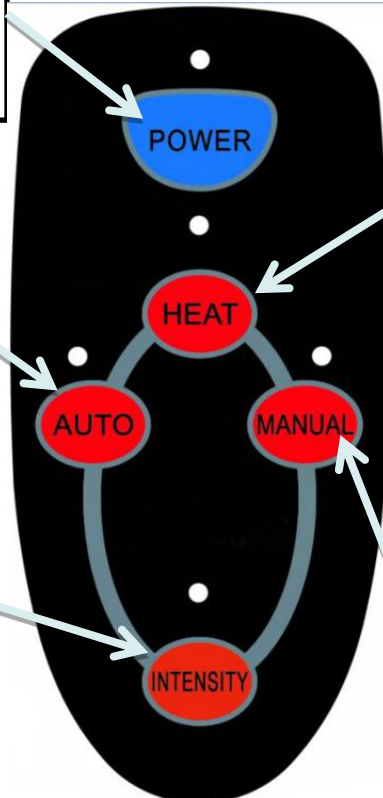
# CONTROLLER INSTRUCTIONS

Connect the Power Adaptor of Heat/Massage Lumbar Pad to a suitable outlet and the indicator "POWER" light will blink and go into standby mode.

Press the "POWER" button to start the massage function. The power indicator light will stop blinking and the massage function will start in AUTO mode.

Press the "AUTO" button and 5 massage modes will change automatically.

In Auto or Manual modes, Press the "INTENSITY" button to change the intensity of massage function. There are 3 intensity levels. The indicator light of "INTENSITY" will blink faster when the intensity is higher.



Press the "HEAT" button to start the heat function. The "HEAT" indicator light is red. Press "HEAT" again to stop the heat function and the indicator light will turn off.

Press the "MANUAL" button to cancel the auto mode and start the manual mode. Press the "INTENSITY" button to change the massage intensities. The "MANUAL" indicator light is red.

## WARNING: FOR YOUR SAFETY

Please **DO NOT** use this device for more than 30 minutes per session. If the unit is on and unattended it should auto shut off at 15 minutes.

**TO CLEAN:** Be sure to unplug the device and allow it to cool prior to cleaning. Using a soft, slightly damp sponge, wipe only the surface. DO NOT allow the device to contact or become immersed in water or any other liquid. NEVER clean the device with brushes or abrasive cleaners, flammable fuels, glass/furniture polish or paint thinner.

**TO STORE:** Place the device in a cool, dry place – use caution when storing so as not to damage the internal components. Do not wrap the power cord around the unit or attempt to hang the device by the Controller cord. Take extra care to avoid contact with sharp or pointed objects that might puncture the fabric surface.

## PREPARING TO INVERT 1: INVERSION ANGLE AND HEIGHT SETTING

### SELECT INVERSION ANGLE

Familiarize yourself with the Angle Selector Pin located on the Right Side of the Inversion Table. The positioning of the pin will determine the degree of the inversion.

The 6 selections are:

- 15 - Slight Inversion
- 30 - Moderate Inversion
- 45 - Intermediate Inversion
- 60 - Enhanced Inversion
- 85 - Intense Inversion
- 90 - Vertical inversion (Insert the Angle Selector Pin into the hole on top of the Cover)

**For your safety, the Angle Selector Pin MUST be secured in one of the Angle Slots at all times.**



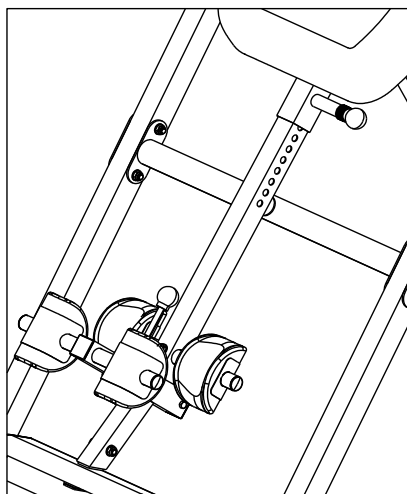
Six Angle Slot Pin System  
with Protective Cover

**NOTE: IT IS STRONGLY RECOMMENDED THAT SOMEONE BE WITH YOU AT ALL TIMES DURING INVERSION. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO SPOT YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.**

### ADJUST TO YOUR HEIGHT SETTING

**To Adjust Height:** Pull the Height Adjustment Knob (38) and at the same time slide the Height Adjustment Tube (3) up or down to your desired height number and release the Height Adjustment Knob (38). Make sure the Height Adjustment Knob (38) locks securely into a hole on the Height Adjustment Tube (3).

**NOTE:** Before starting, ensure that the inversion table is at the correct setting to match your height and weight distribution. As each individual's body type is different, you will need to find your own height setting.



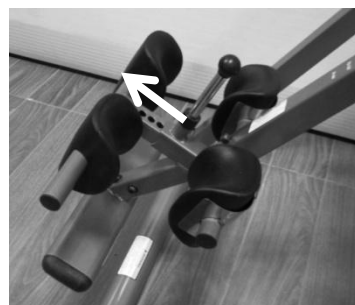
Photos shown may not represent actual product

## PREPARING TO INVERT 2: SECURING YOUR ANKLES

**WARNING:** ALWAYS WEAR ATHLETIC SHOES WITH TOP LACES TO HELP SECURE YOUR ANKLES IN THE INVERSION TABLE AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE U-SHAPE HOLDERS ARE SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE ANKLE HOLDING ADJUSTMENT KNOB IS FULLY TIGHTENED AND LOCKED INTO PLACE BEFORE YOU USE THE INVERSION TABLE.

**Step 1-** Expand the Adjustable Ankle Holding Tube by pulling up on the Ankle Holding Adjustment Knob with one hand and pushing the Adjustable Ankle Holding Tube outward with the other hand.



**Step 2-** Slide your feet between the U-Shape Holders.

**NOTE:** The back of your ankles MUST lean all the way back and touch the rear U-Shape Holders.



NO GAP

**Step 3-** Contract Front U-Shape Holders so it is snugly against your ankles by pulling up on the Ankle Holding Adjustment Knob and making sure it securely “Locks” into place as photo A.



Photo's shown may not represent actual product



(A)



(B)



# HOW TO INVERT

## TO INVERT



**NOTE:** Body weight will put pressure on ankles while inverting. New users are advised to start at lower angles (15 or 30) and to wear athletic shoes.

To be able to invert smoothly and easily, you will need to find your **personal center of gravity**. To help each individual find his/her center of gravity and for the most comfortable inversion, there are three adjustable settings: 1) the Height Adjustment Tube, 2) the Headrest, and 3) the Footrest.

**NOTE:** The center of gravity may vary from person to person due to height and weight distribution. Your height setting may or may not be your actual height.

### **Before inversion, you should:**

- 1) Adjust the Height Adjustment Tube to your height number,
- 2) Tighten the Angle Selector Pin,
- 3) Make sure your feet are secured snugly,
- 4) Lie flat on the backrest pad.

**TO INVERT** the inversion table, slowly raise one arm and move it up and over your head. The inversion table should begin to tilt back slowly. Then, slowly raise your other arm and move it up over your head. The inversion table will safely invert to the set degree. Rest your arms over the head and relax.

If the inversion table does not invert, set the Height Adjustment Tube upwards one position at a time. If the inversion table inverts too quickly, set the Height Adjustment Tube downwards one position at a time until you find the desired height setting.

With the proper inversion and height settings, the inversion table should safely invert.

## TO RETURN



**TO RETURN** to upright position, slowly move your arms back to your thighs and bend your knees a little. To prevent dizziness, do not return to the upright position too quickly. Be sure to move your arms slowly and pause for a while at the horizontal level to allow your body to re-adjust to the upright position.

Try to rely on your center of gravity to return upright. DO NOT lift your head, try to sit up, or just rely on the handlebars to return upright.

**NOTE:** It is recommended that beginners use the setting marked 15 for partial inversion. Starting at a lower position may also help you get use to the pressures applied to your feet/ankles while inverting

**CAUTION:** By slowly moving your arms back to the starting position, the inversion table should return to the upright position. If it does not, use the built-in handlebars to slowly help pull yourself back upright. Lower the Height Adjustment Tube downward one position at a time to accommodate your height and body type.

Photos shown may not represent actual product

## STORAGE & MAINTENANCE

Remove Safety Pin (26) from the tip of the Base Frame (8&9). Pull up on the Handlebars (6/7) to fold the Base Frame (8&9). Re-insert Safety Pin into the hole near the tip of the Base Frame (9).

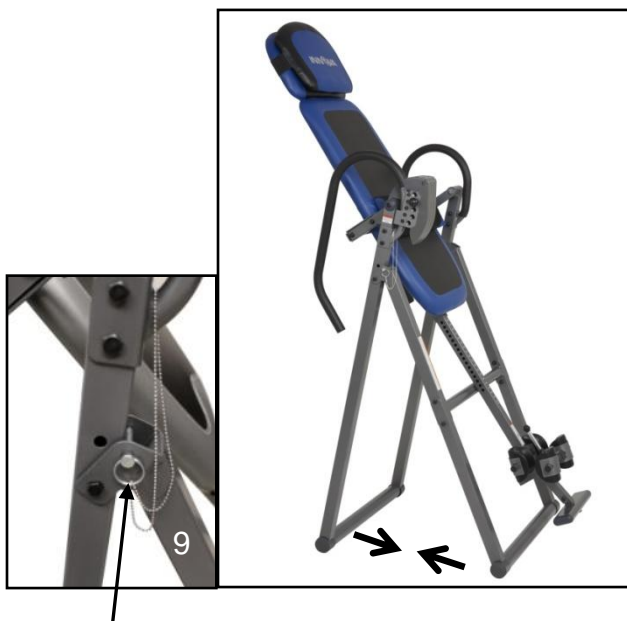
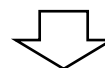
**Be sure** to leave the Base Frame (8&9) wide enough to remain stable or secure it to a wall to prevent tipping.

There are other storage options for this inversion table. Be sure the inversion table is stored safely and make sure it does not slam, fall, or tip over.

**WARNING: Do not** allow anyone to use the inversion table while it is in storage mode. Use the inversion table only when the base frame is fully extended. **Be sure** all parts of the inversion table are not left unstable (easily moved) when not in use. Be sure the device is completely secured to prevent tripping or blocking.

**NOTE:** Use a lock (NOT included) to secure the Height Adjustment Tube (3) to the Cross Bar (12) to prevent unauthorized usage of the inversion table.

**To CLEAN**, wipe your inversion table with a damp cloth. DO NOT use abrasive cleaners or solvents



To Store, Insert the Safety Pin (26) at tip of right Base Frame (9R)

# Frequently Asked Questions (FAQs)

## 1. How can I tell which is the Right Base Frame (8/9R) vs. Left Base Frame (8/9L)?

There is a Warning sticker on the Right Front Base Frame (9R). There is also a protruding metal piece on the Right Connecting Bracket (11R). In this manual, Right indicates the right side while using the inversion table, not facing it. Left indicates the left side while using the inversion table, not facing it. When installing the inversion table, the Connecting Brackets (11R/11L) will need to face each other in the middle.

## 2. My bolts do not tighten. What is wrong?

We use Nylon Lock Nuts to provide extra security for the inversion table. You will not be able to fully tighten the bolts using just your hands (it will only go a couple of threads). You will need to use two wrenches to tighten the nuts. Use one wrench to hold the bolt into place and use the second wrench to turn the nut.

## 3. I cannot invert or return. How do I find my Center of Gravity for a smoother inversion?

To be able to invert smoothly and easily, you will need to find your personal center of gravity. The center of gravity may vary from person to person due to height and weight distribution. Your height setting may or may not be your actual height. Please thoroughly read the “How to Invert” page in the Owner’s Manual for additional information. Contact us if it still doesn’t work.

## 4. What Inversion Setting (angle) should I use?

We highly recommend all new users begin at a low setting (15 or 30). For many, this is something you will need to gradually get use to doing. Starting at a lower position may also help you get use to the pressures applied to your feet/ankles while inverting. Based on reviews and customer feedback, many users suggest that using the Inversion Setting of 30 or 45 provides sufficient results.

## 5. How long should I invert?

A general rule of thumb is to listen to your body. Do not overexert yourself and only do what you are comfortable with. Most people start with 1-2 minutes per session. As your body gets use to inverting, you may choose to slowly add more minutes to each session. Frequency is typically more important than duration. If you still have additional questions, you should contact your doctor for additional information.

## 6. My feet / ankles feel discomfort while I’m inverting. What can I do?

Hanging upside-down or in a position where your feet are above your head will put a lot of pressure to your ankles. For many, this is something you will need to gradually get use to doing. Starting at a lower Inversion Setting (angle) and inverting for shorter periods of time may also help the body get use to the pressures applied to the feet/ankles while inverting. Here are a couple of tips that can help:

- Wear proper footwear with top laced shoes can help provide extra cushion and support for your feet / ankles.
- Adjust the Ankle System so that it is snug enough to secure you. Do not tighten the Ankle System too tight against your ankles / legs. This can restrict your blood flow and cause discomfort.
- Contact us and we will help you.

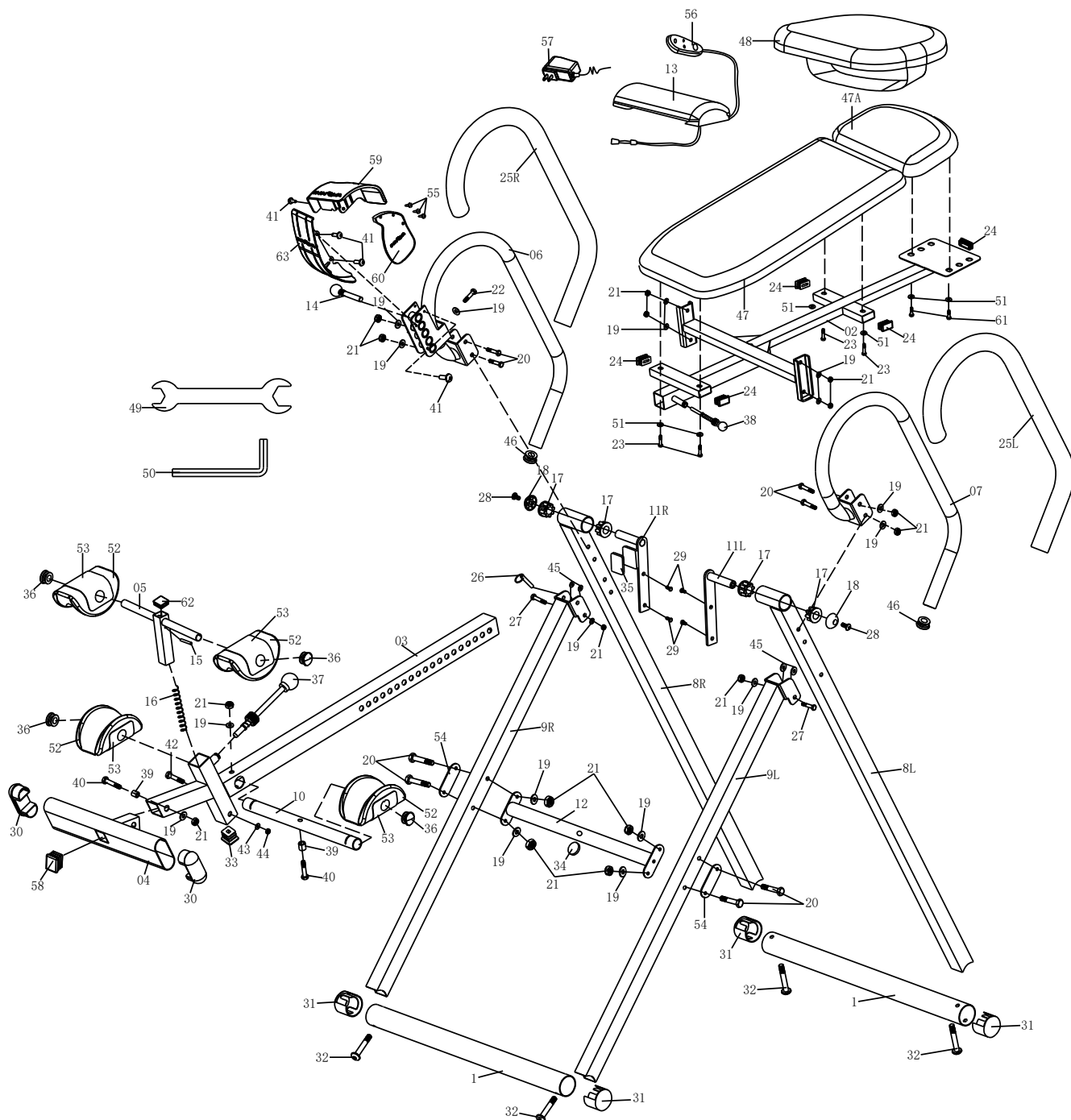
## 7. My feet move from the Footrest when I invert. Is this normal?

As gravity works, you will move a little and your shoes may no longer touch the Footrest. Your feet / ankles will then hold your entire body weight. You may need to start at a lower Inversion Setting to allow your body (and yourself) to get use to inverting and hanging upside-down.

# Parts Listing

Part#	Description	QTY	Part#	Description	QTY
1	Bottom Tube	2	31	Base Frame End Caps	4
2	Backrest Support Tube	1	32	Hexagonal Bolt-M8x65mm	4
3	Height Adjustment Tube	1	33	Square End Cap-Height Adjustment	1
4	Footrest	1	34	Rubber Stopper	1
5	Adjustable Ankle Holding Tube	1	35	EVA Space Pad	1
6	Right Handlebar	1	36	Round End Caps-Ankle Tube	4
7	Left Handlebar	1	37	Ankle Holding Adjustment Knob	1
8L	Base Frame - Rear - Left	1	38	Height Adjustment Knob	1
8R	Base Frame - Rear - Right	1	39	Metal Bushing	2
9L	Base Frame - Front - Left	1	40	Bolt-M8x45mm	2
9R	Base Frame - Front - Right	1	41	Screw-M6x10mm	4
10	Rear Ankle Holding Tube	1	42	Bolt-M6x40mm	1
11L	Connecting Bracket - Left	1	43	Washer $\phi 12 \times \phi 6.5 \times 1.2$	1
11R	Connecting Bracket - Right	1	44	Nut-M6	1
12	Cross Bar	1	45	Plastic Washer- $\phi 20 \times \phi 9.5 \times 1.2$	4
13	Heat & Massage Lumbar Pad	1	46	Round End Cap-Handlebar	2
14	Angle Selector Pin	1	47	Backrest Pad	1
15	Round Spring Insert	1	47A	Headrest	1
16	Spring	1	48	Head Pillow	1
17	Spacer-Base Frame	4	49	Wrench-#13/#17	2
18	Round End Cap-Base Frame	2	50	Hex Wrenches	1
19	Flat Washer $\phi 16 \times \phi 8.5 \times 1.5$	17	51	Flat Washer - $\phi 22 \times \phi 8.5 \times 1.5$	6
20	Bolt-M8x55mm	8	52	U-Shaped Holder	4
21	Lock Nut-M8	16	53	Metal Cover	4
22	Bolt-M8x50mm	1	54	Metal Support Plate 100x38x2.5mm	2
23	Bolt-M8x30mm	4	55	Screw - M4x16mm	3
24	Square End Cap-Backrest Tube	5	56	Hand Controller	1
25L	Left Handlebar Grip	1	57	Power Adaptor	1
25R	Right Handlebar Grip	1	58	Square End Cap - 25mm	1
26	Safety Pin- $\phi 8 \times 65$ mm	1	59	Protective Cover	1
27	Bolt-M8x60mm	2	60	Side Shield for Cover	1
28	Hexagonal Bolt-M8x20mm	2	61	Bolt - M5 x 16mm	2
29	Bolt-M8x20mm	4	62	Square End Cap - 33.4mm	1
30	Oval End Caps-Footrest Plate	2	63	Front Shield For Cover	1

# Exploded View





### **Customer Service Address:**

Innova Products Inc.

1289 Hammerwood Avenue,  
Sunnyvale, CA 94089

Email: [support@innovaproductsinc.com](mailto:support@innovaproductsinc.com)

Phone: (408) 541-1866

[www.innovaproductsinc.com](http://www.innovaproductsinc.com)

When contacting customer service, please provide the following information:

- 1) Model Number for your item
- 2) PC Code for your item (front page of this manual)
- 3) Part number or installation step number in question



<https://youtu.be/72kV8tdOIC0> **or** search "*Innova ITM4800 Installation Guide*"  
Installation Guidance Video **DOES NOT** replace Owner's Manual. Please be  
sure to read the Owner's Manual in its entirety.