

INVERSION TABLE

OWNER'S MANUAL

MODEL#75112

PROGRESSION
Fitness™



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

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WARNING: Before beginning this or any exercise program. Consult your physician, this is especially important for people with pre-existing health problems.

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

NOTE: Transport and Storage:
Humidity Between : 10% - 80%
Temperature Between : -20 °c - 60 °c

SAFETY PRECAUTIONS

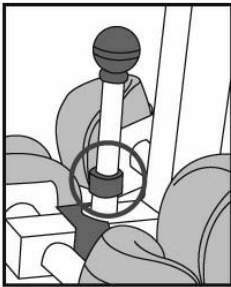
This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

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

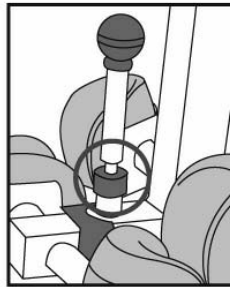
WARNING: Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- 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.

SAFETY PRECAUTIONS



Correct:
Locking pin
fully engaged

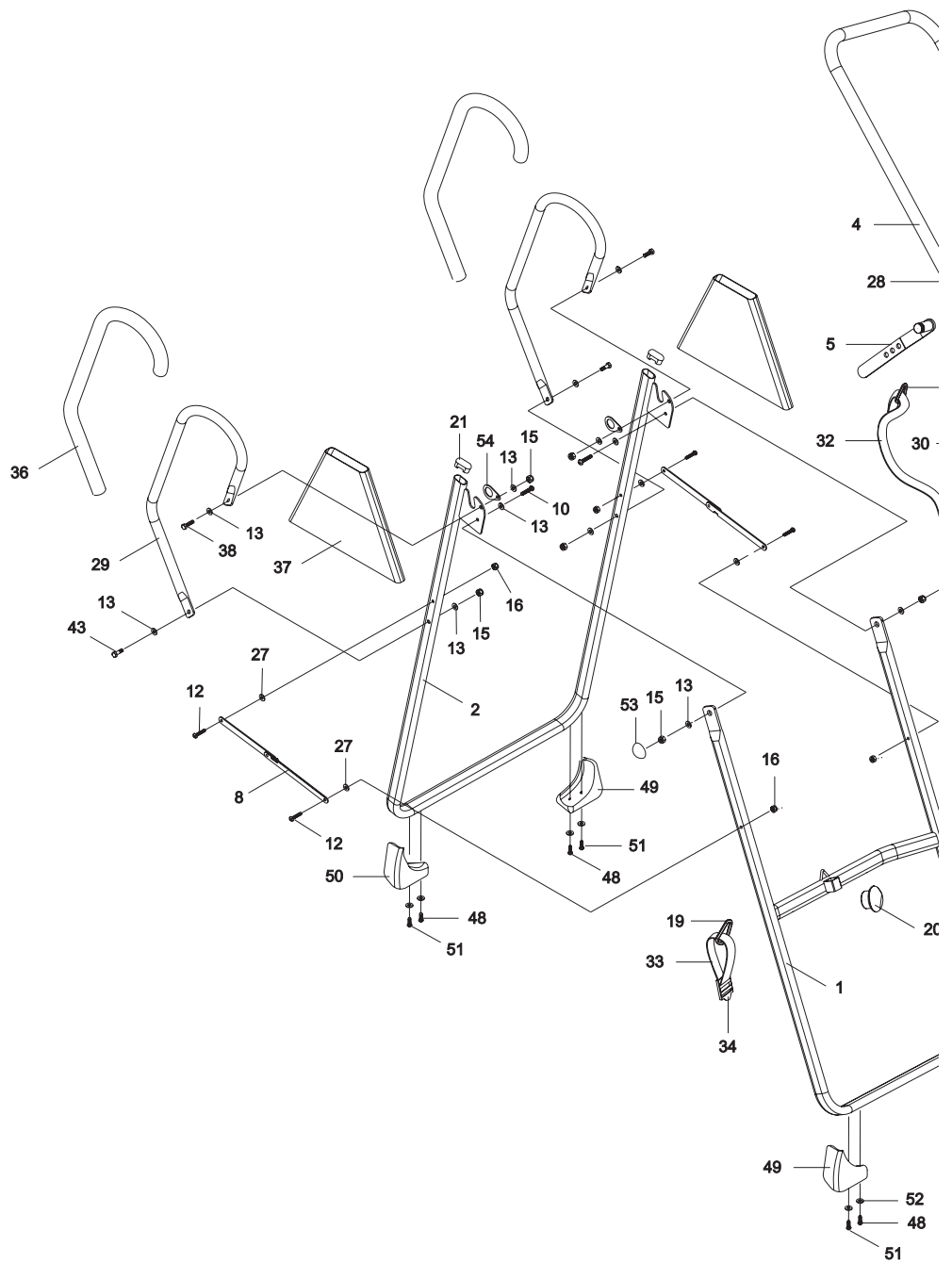


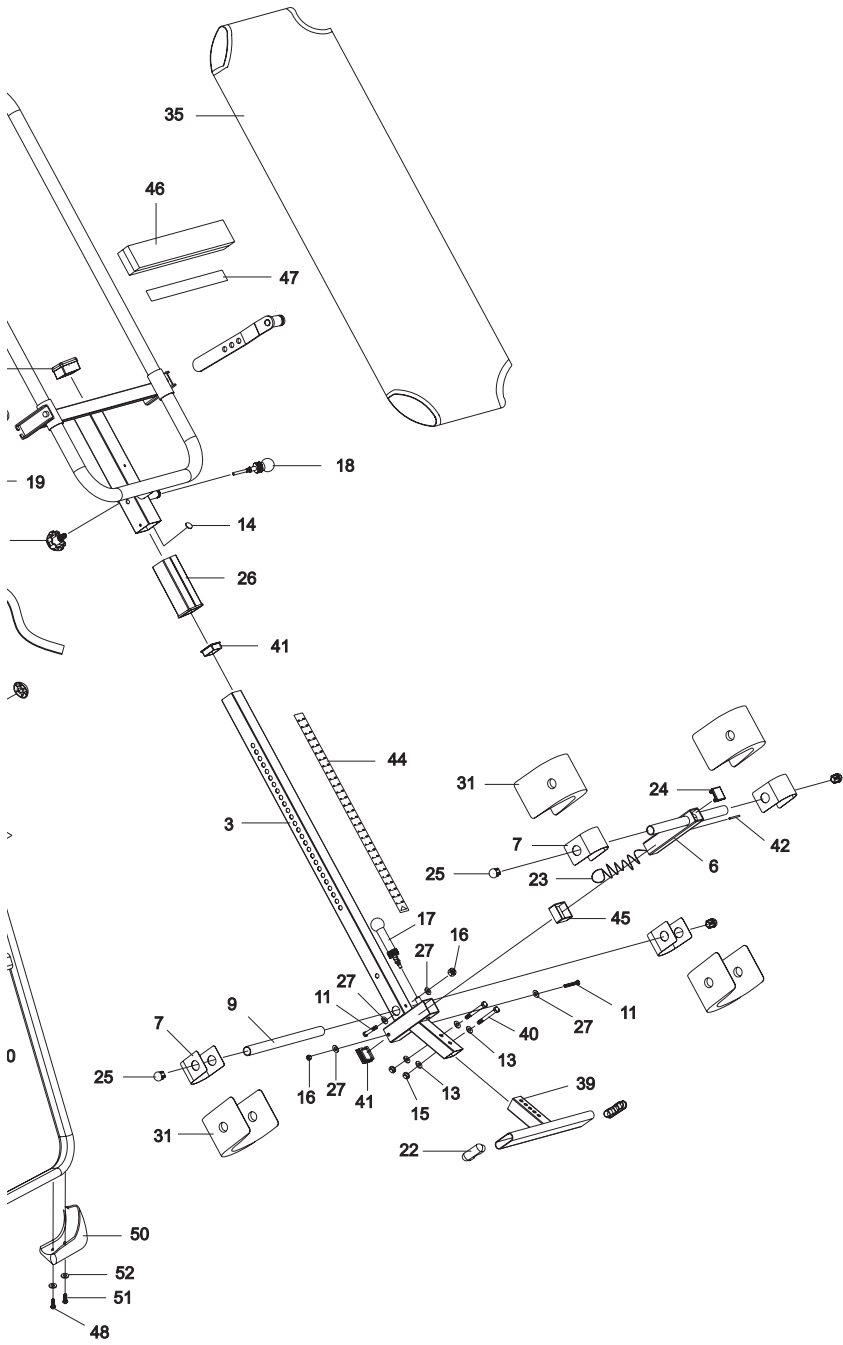
Incorrect:
Locking pin not
fully engaged

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 secured tightly against your ankles to prevent from falling when the tables invert.

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

OVERVIEW DRAWING





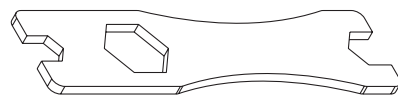
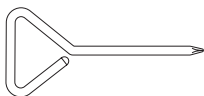
PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
1	Front U-Frame	1	32	Nylon Strap	1
2	Rear U-Frame	1	33	Loop Strap	1
3	Adjustable Boom	1	34	Strap Lock	1
4	Bed Frame	1	35	Nylon Bed	1
5	Pivot Arm	2	36	Foam Grip	2
6	Adjustable Instep Frame	1	37	Protective Cover	2
7	Heel Holder Bracket	4	38	Hex Head Bolt M8*23	2
8	Folding Arm	2	39	Foot Bar	1
9	Rod	1	40	Hex Head Bolt M8*50	2
10	Bolt M8*23	2	41	Square End Cap	2
11	Hex Head Bolt M6*47	2	42	Spring Latch	1
12	Phillips Screw M6*30	4	43	Hex Head Bolt M8*38	2
13	Washer Ø 20 *Ø 8.5 * 1.5	16	44	Height Scale	1
14	Round Plate	1	45	Plastic Bushing	1
15	Lock Nut M8	8	46	Pad	1
16	Lock Nut M6	6	47	Double Sided Tape	1
17	Small Spring Knob	1	48	Screw M6*20	4
18	Large Spring Knob	1	49	Right Foot Cap	2
19	Safety Hook	2	50	Left Foot Cap	2
20	Rubber Pad	1	51	Screw M6*25	4
21	Oval End Cap	2	52	Washer Ø 13 *Ø 6.5 * 1.0	8
22	Footbar End Cap	2	53	Nut Cap Ø 27 *Ø 13.5	2
23	Spring	1	54	Pivot Arm Reinforcement Plate	2
24	Square End Cap	1			
25	Round End Cap	4			
26	Lower Bed Frame Bushing	2			
27	Washer Ø 16 *Ø 6.5 * 1.0	8			
28	Upper Bed Frame Bushing	1			
29	Handlebar	2			
30	Knob	1			
31	Heel Holder	4			

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

HARDWARE PACKING LIST

Part #	Description	Quantity
11	Hex Head Bolt M6*47	2
13	Washer Ø 20 *Ø 8.5 * 1.5	12
15	Lock Nut M8	6
16	Lock Nut M6	2
27	Washer Ø 16 *Ø 6.5 * 1.0	4
38	Hex Head Bolt M8*23	2
40	Hex Head Bolt M8*50	2
43	Hex Head Bolt M8*38	2
48	Screw M6*20	4
51	Screw M6*25	4
52	Washer Ø 13 *Ø 6.5 * 1.0	8
53	Nut Cap Ø 27 *Ø 13.5	2
54	Pivot Arm Reinforcement Plate	2



Double open wrench M12*14 (2PCS)

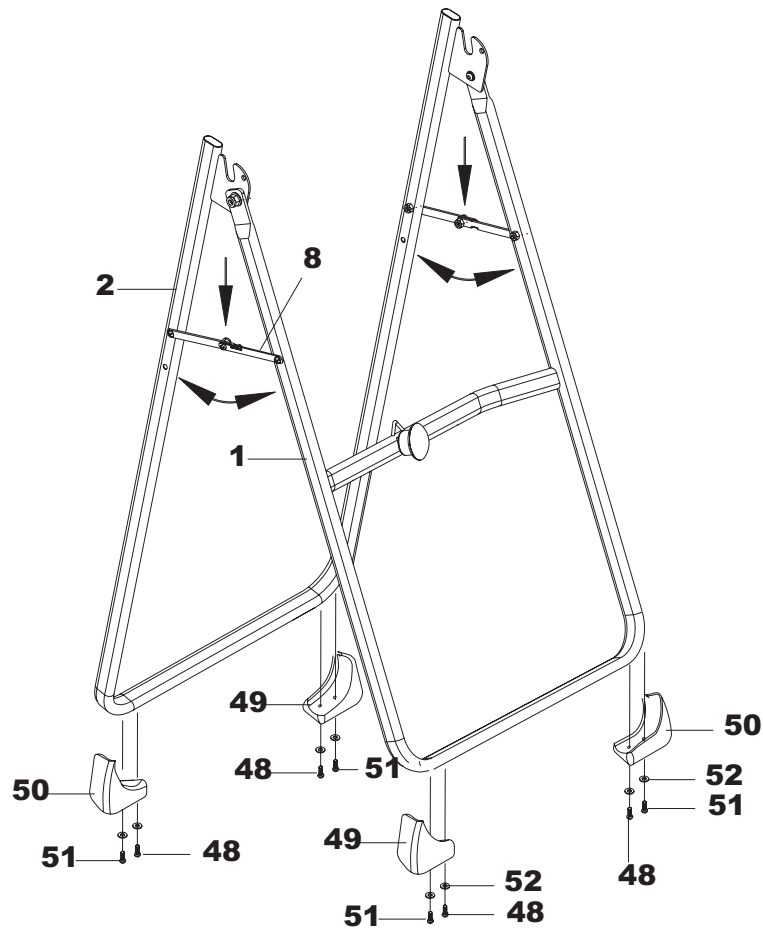
NOTE:

- The parts described above are all the parts you need to assemble this inversion table. Before you start to assemble, please check the hardware packing to make sure they are included.
- All the other parts described in page 6 parts list are pre-assembled in the factory.

ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. Refer to the part lists for help to identify the parts. Follow the steps to assemble the inversion table.

ASSEMBLY INSTRUCTIONS



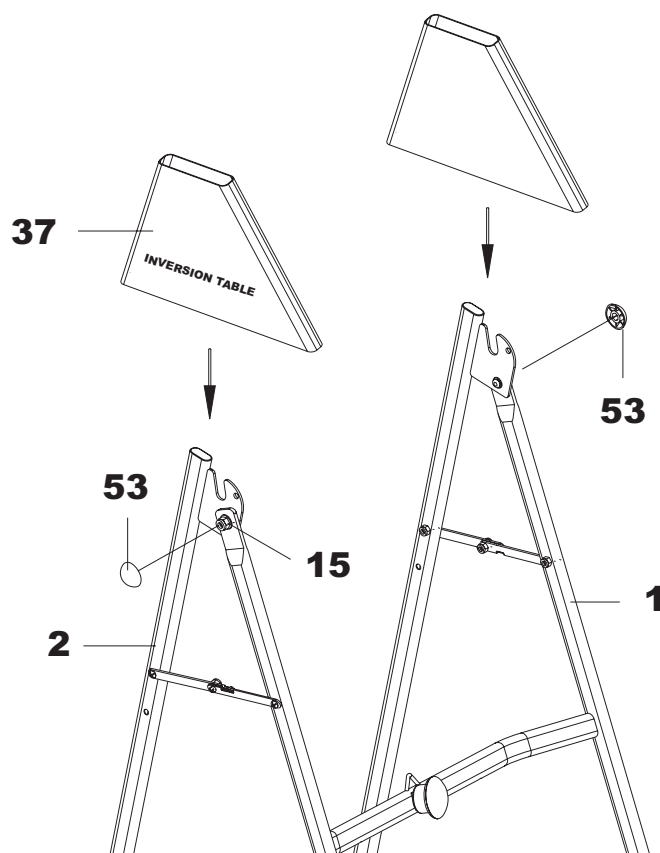
STEP 1:

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

Attach the Left & Right Foot Caps (50, 49) to the Front & Rear U-Frame (1,2) each with two Screws (48,51) and Washers (52).

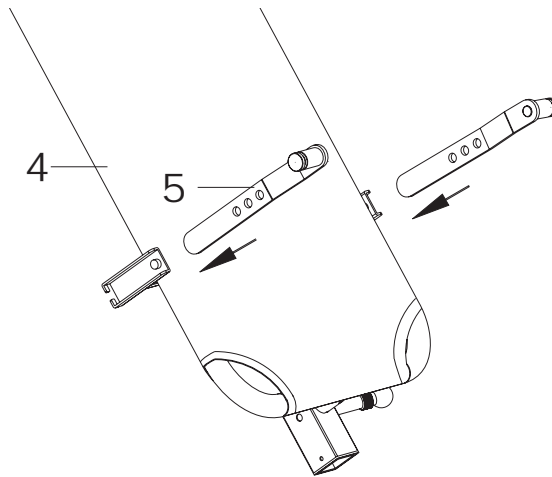


The product is weighted more than 20 kg and should be assembled and moved by two or more people.



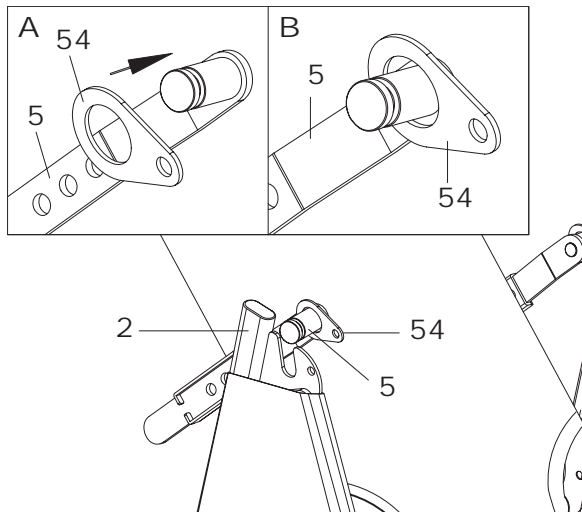
STEP 2:

Install two Nut Caps (53) onto Lock Nuts (15). Slide one Protective Cover (37) on to each side of the base as shown, and pull down on the Protective Covers (37) until the bottom of the covers are slightly lower than the Folding Arms (8). Use the velcro straps on the bottom of the Protective Covers (37) to secure the covers to the Folding Arms (8). When the covers are assembled correctly, the Folding Arms (8) should be fully covered by the Protective Covers (37) with the logo on the side.



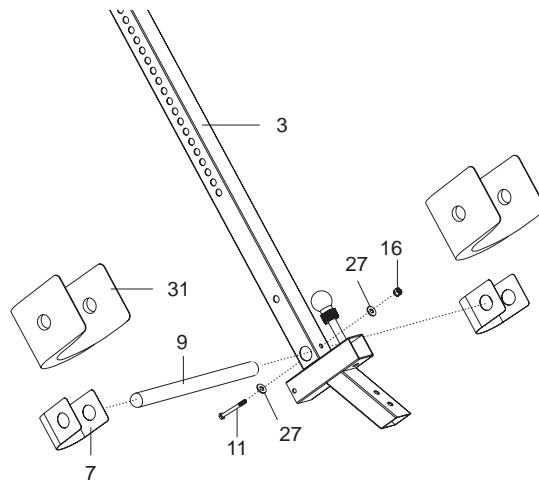
STEP 3:

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

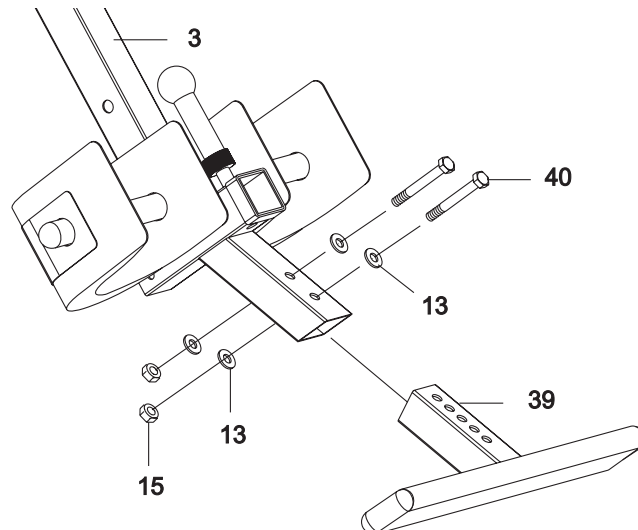


STEP 4:

Install the Pivot Arm Reinforcement Plates (54) onto the Pivot Arms (5). Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.

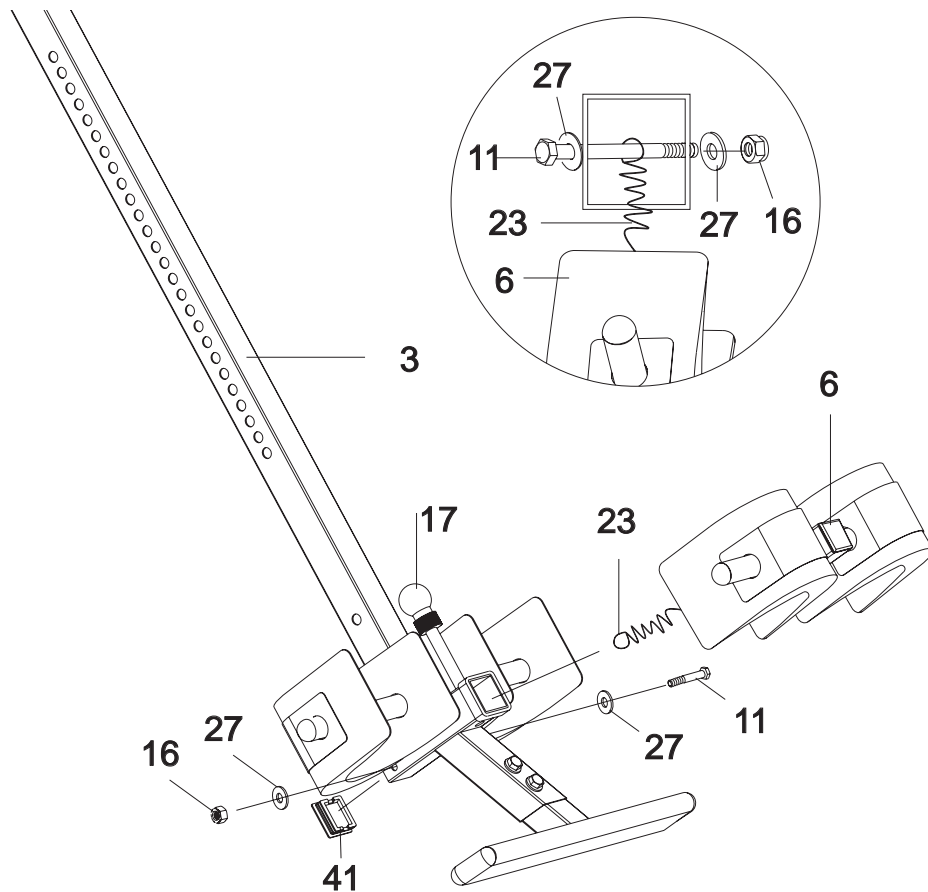


Now, attach one Heel Holder Bracket (7) and one Heel Holder (31) to one end of the Rod (9). Slide the Rod (9) through the large round hole on the side of Adjustable Boom (3) as shown, and attach the other Heel Holder Bracket (7) and Heel Holder (31) to the other end of the Rod (9). Secure the Rod (9) on the Adjustable Boom (3) with a Hex Head Bolt (11), Lock Nut (16), and two Washers (27).



STEP 5:

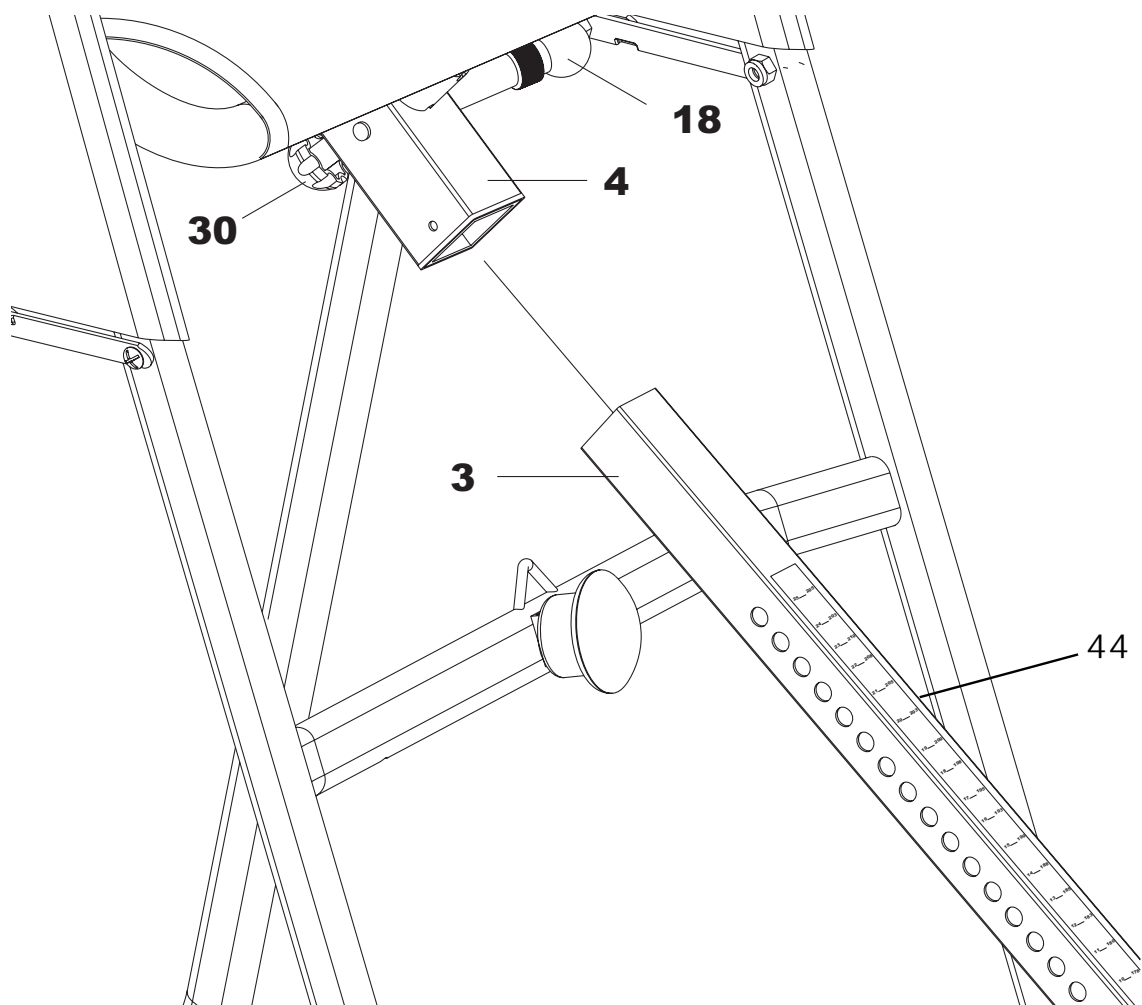
Slide the Foot Bar (39) into the bottom of the Adjustable Boom (3) and align two of the holes on the Foot Bar (39) with two holes on the boom. Secure the Foot Bar (39) in place using two Hex Head Bolts (40), Lock Nuts (15), and four Washers (13).



STEP 6:

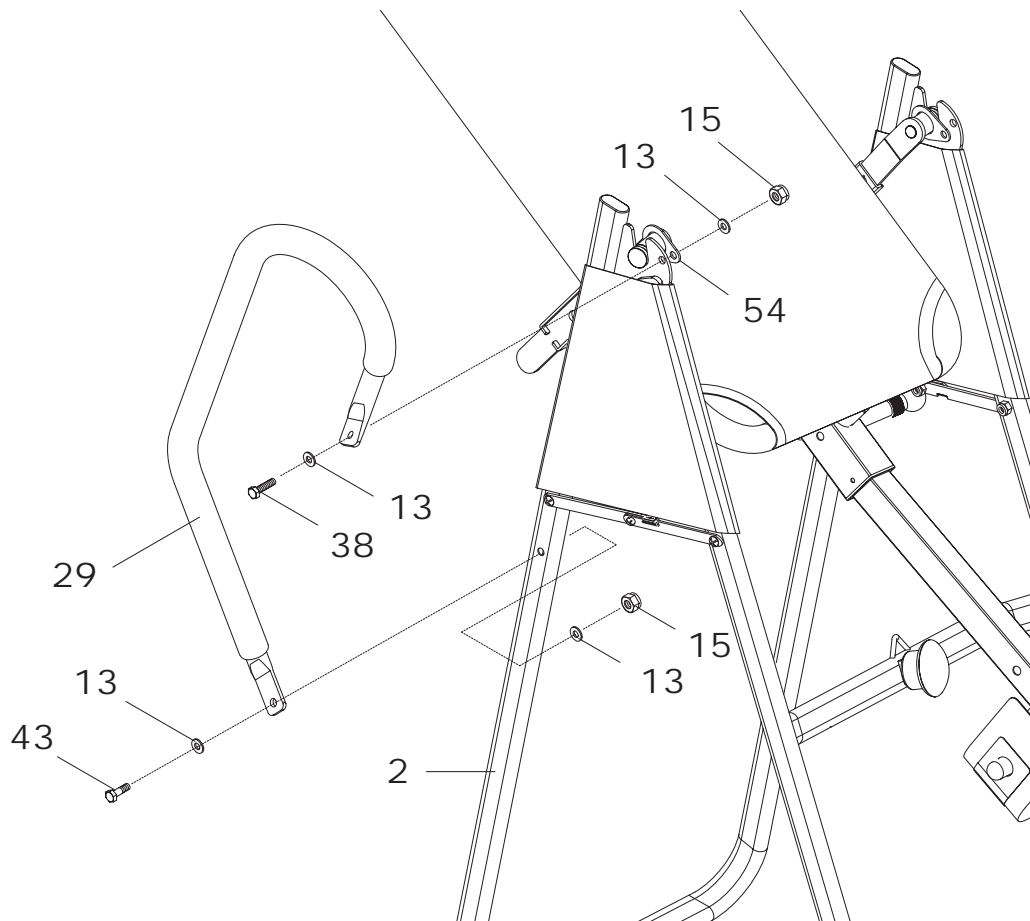
Remove the Square End Cap (41) on the back of square bracket of Adjustable Boom (3). Attach the Adjustable Instep Frame (6) to the Adjustable Boom (3) by inserting the Adjustable Instep Frame (6) into the square bracket on the boom. Slide the Adjustable Instep Frame (6) completely into the square bracket, insert the Hex Head Bolt (11) with a Washer (27) halfway through the square bracket, slide the Hex Head Bolt (11) through the ring at the bottom of the Spring (23), slide the Hex Head Bolt (11) through the rest of the square bracket, and secure at the other end with a Washer (27) and Lock Nut (16). Attach the Square End Cap (41) onto the back of square bracket of Adjustable Boom (3) that was removed.

Note: To slide the Adjustable Instep Frame (6) into the square frame, you must first pull out the Small Spring Knob (17).

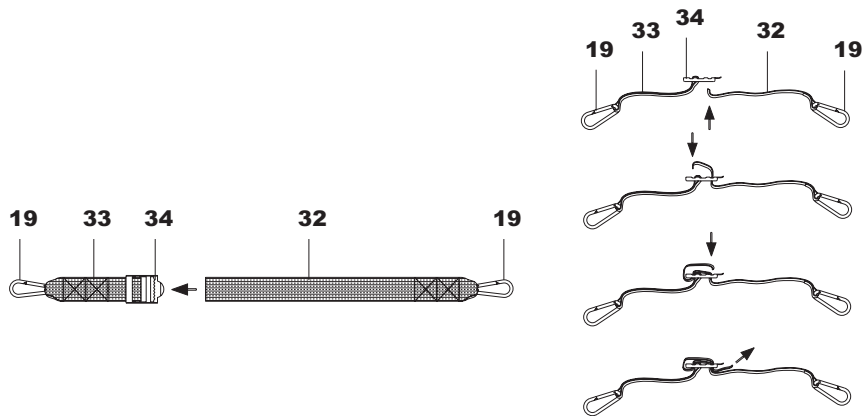


STEP 7:

Pull out the Large Spring Knob (18), and slide the Adjustable Boom (3) into the square bracket on the bottom of the Bed Frame (4) as shown. Slide the Adjustable Boom (3) upward until the desired height on the Height Scale (44) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Large Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Large Spring Knob (18) "pops" down into the locked position. For added safety, secured the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.

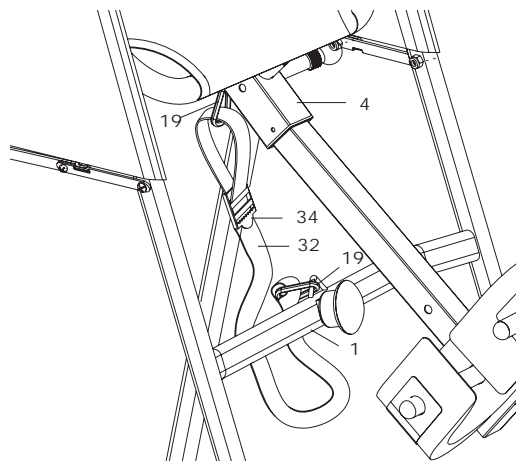


Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Reinforcement Plate (54) with one Hex Head Bolt (38), Lock Nut (15), and two Washers (13). Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one Hex Head Bolt (43), Lock Nut (15), and two Washers (13). Repeat above same steps to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Reinforcement Plate (54).



STEP 8:

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

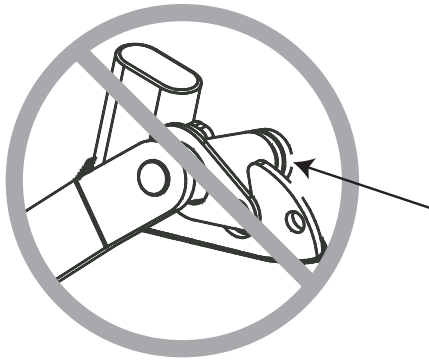


STEP 9:

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

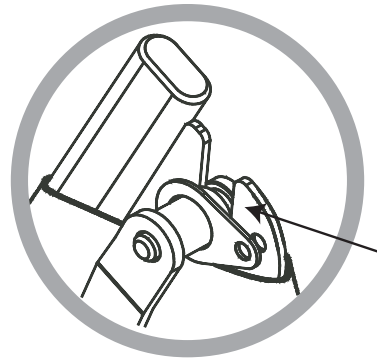
SAFETY OPERATING INSTRUCTIONS

Incorrect



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

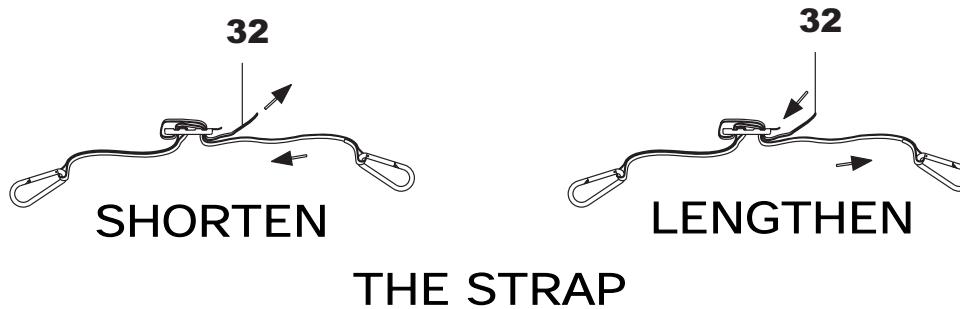
Correct



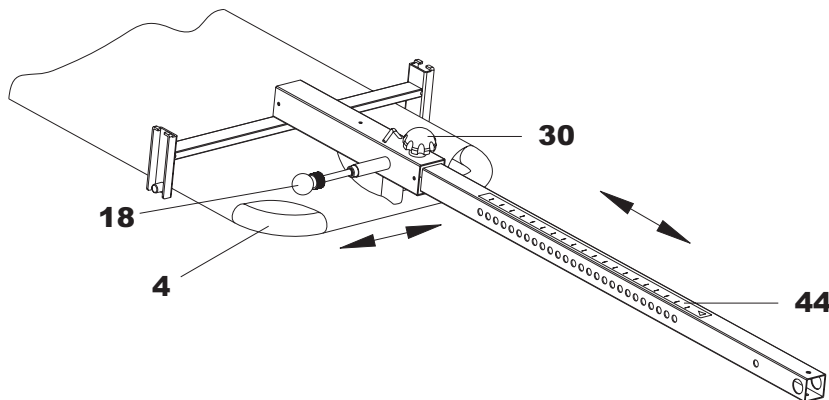
Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

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

OPERATION AND ADJUSTMENTS

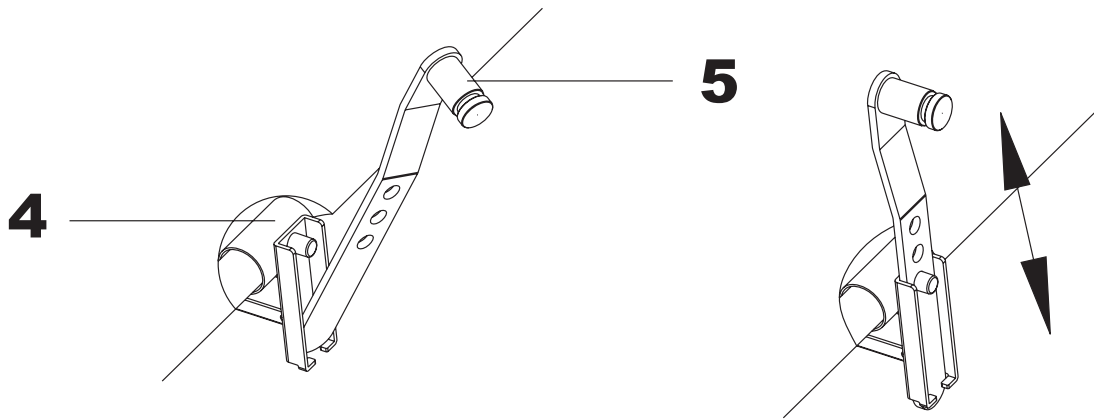


For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower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



ADJUSTING THE BOOM

The Adjustable Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the inversion table. To adjust the boom loosen the knob (30), pull out the Large Spring Knob (18), and slide the boom up or down until the desired height on the Height Scale (44) is positioned just below the Square Bushing (26). When the boom is in the desired position, simply release the Large Spring Knob (18), slide the boom slightly up or down until the Large Spring Knob (18) locks into place, and tighten the Knob (30).



PIVOT ARMS

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

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

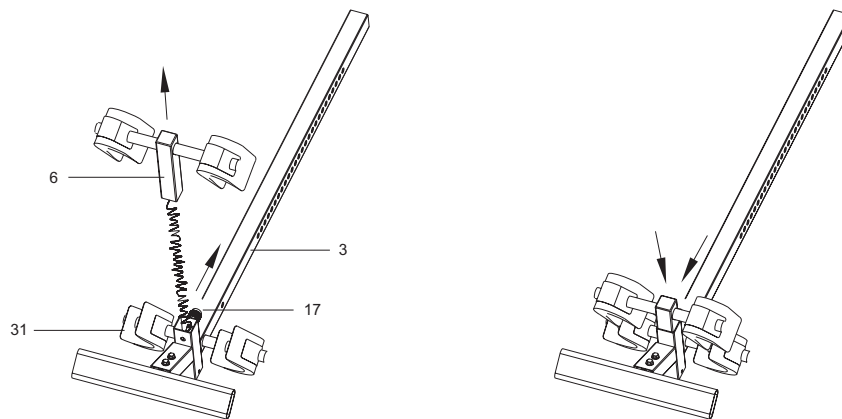
THE HANDLEBARS

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2) .The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the Handlebars (29) and pull on them until you return to the upright position.

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

GENERAL PRECAUTIONS

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



ADJUSTING THE ANGLE HOLDER

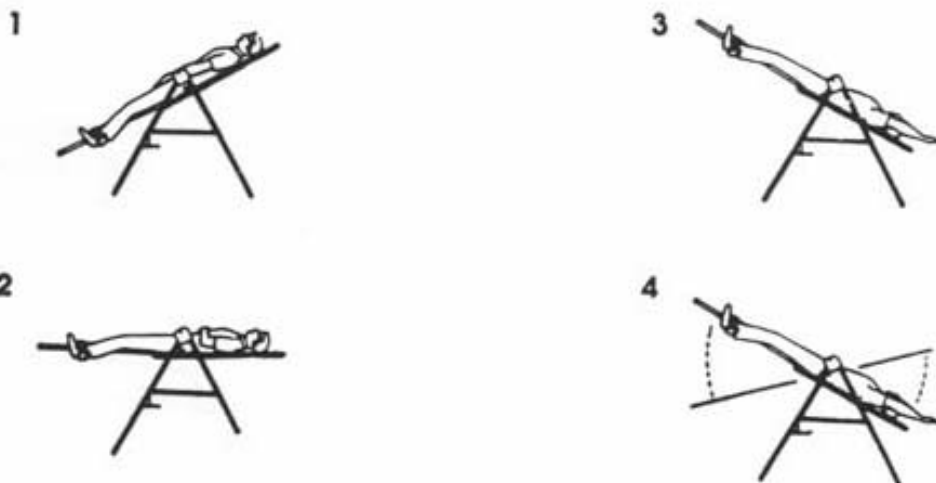
1. Pull up on the Small Spring Knob (17), slide the Adjustable Instep Frame (6) completely out of the Adjustable Boom (3).
2. Slide your ankles between the Heel Holders (31) and stand on the foot-bar located at the bottom of the Adjustable Boom (3).
3. Pull up on the Small Spring Knob (17), allow the Adjustable instep frame (6) to slide back into the Adjustable Boom (3). Push in slightly on the Adjustable Instep Frame (6) until the Heel Holders (31) are around your ankles. Release the Small Spring Knob (17) and adjust the Adjustable instep frame (6) slightly until the Small Spring Knob (17) locks into place.
4. Stand upright with your back against the bed 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

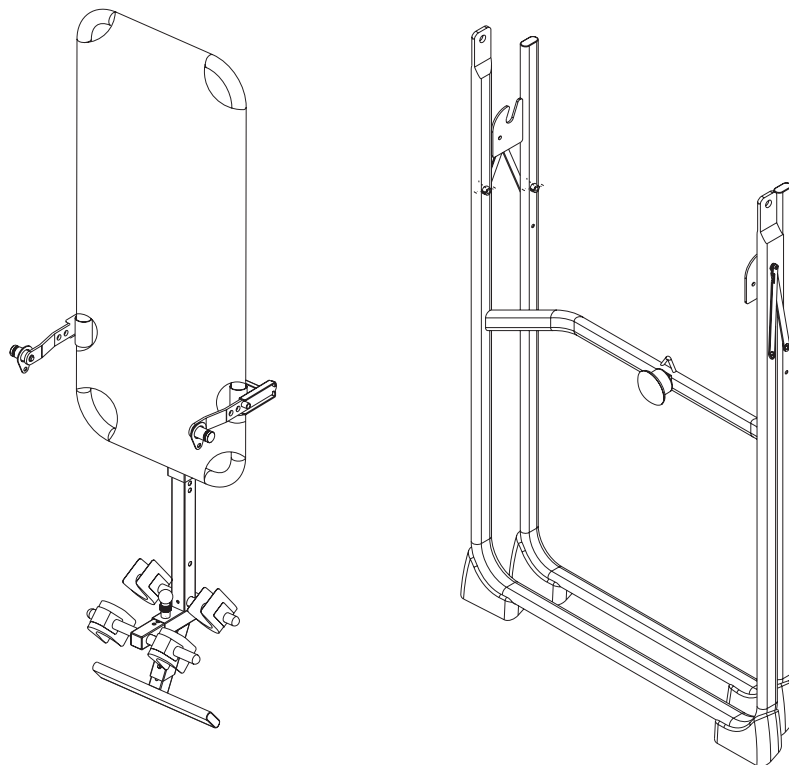
1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until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





SUGGESTIONS FOR USE

1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.



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. To fold the inversion table pull out the Large Spring Knob (18) and loosen Knob (30). Now, slide the Adjustable Boom (3) all the way up into the Bed Frame (4) until the instep frame is just below the Bed Frame (4), release the Large Spring Knob (18) and slide the Adjustable Boom (3) slightly up or down until the Large Spring Knob (18) locks the Adjustable Boom (3) in place. Remove Lock Nuts (15), Washers (13) and Hex Head Bolts (38) from both pivot arm reinforcement plates and the top of the rear U-frame. Then remove the Bed Frame (4) from the base by lifting up on the Bed Frame (4) until the Pivot Arms (5) come out of the arm slots located at the top of the Rear U-frame (2), (make sure the strap is not attached to the bed frame before attempting to remove it.) Install the Lock Nuts (15), Washers (13) and Hex Head Bolts (38) onto the top of the rear U-frame that were removed. Push up on the center of the Folding Arms (8) and push the Front and Rear U-frames (1, 2) together until they meet. Now the inversion table is ready to be stored, and you can till unfold it quickly and easily whenever you want to use it.