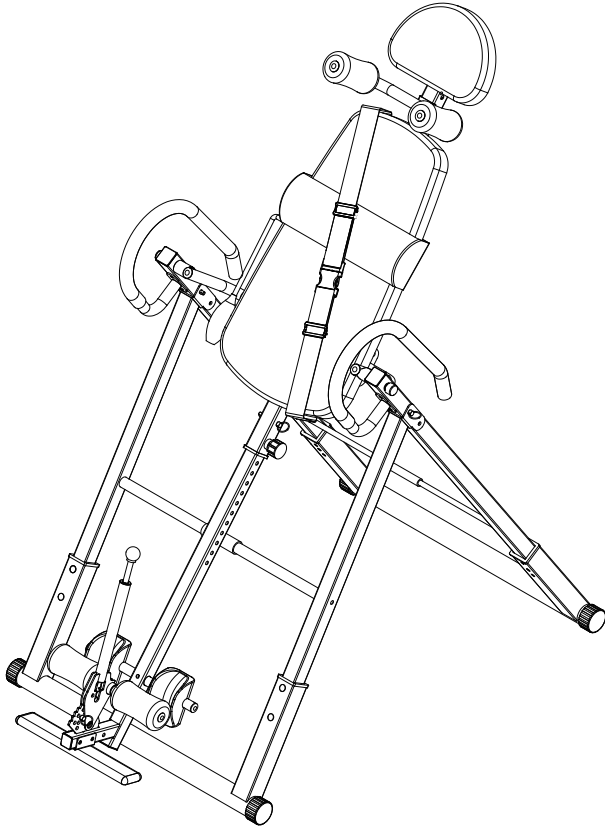




**PIT1**  
YESOUL Inversion Table

Before using this product,  
carefully read and  
properly keep this manual.



Product model: YS-PIT1  
Item NO. :PIT1

**YESOUL Inversion Table**  
**PIT1 Product Manual**

# Specifications

<b>Product Name</b>	<b>YESOUL Inversion Table PIT1</b>
<b>Product Model</b>	<b>YS-PIT1</b>
<b>Item No.</b>	<b>PIT1</b>
<b>Net Weight</b>	<b>49.6 Pounds</b>
<b>Gross Weight</b>	<b>55 Pounds</b>
<b>Maximum Weight Capacity</b>	<b>330 Pounds</b>
<b>Carton size</b>	<b>39 x 26 x 6 inches</b>
<b>Product Size</b>	<b>44.5 x 31 x 60 inches</b>

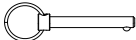

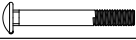







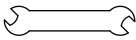

## Notes for safe use

Thank you for choosing our products. Proper use of this equipment is your safety and health guarantee. Please read the following before using :

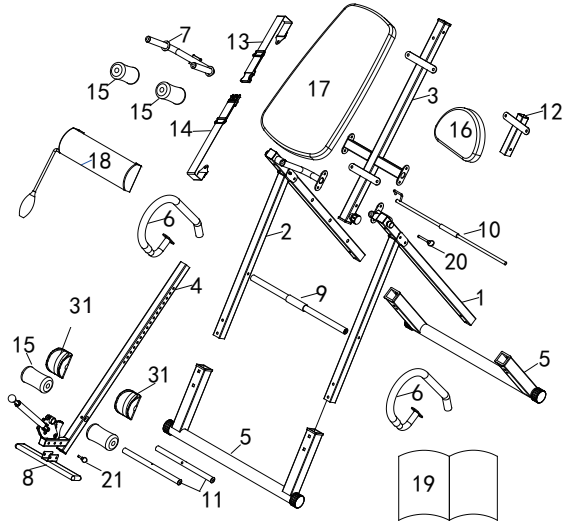
1. It is very important to read the manual completely before installation and use. Only proper installation, maintenance and use of this equipment can make the exercise safer.
2. Before starting the exercise, please consult your doctor to determine your current physical condition and determine whether you can use the device. If you have diseases such as heart rate, blood pressure and cholesterol, your doctor's advice is very necessary.
3. Pay attention to your physical condition. Excessive sports meet your body. If you experience any of the following symptoms, stop practicing immediately: pain, chest tightness, rapid heartbeat, shortness of breath, and dizziness and nausea. If you want to continue practicing, consult your doctor first.
4. Keep children and pets away from equipment. This equipment is designed for adults.
5. Protect the floor with a firm, level rug under the instrument. Please make sure there is at least 0.5 meters free space around the equipment.
6. Make sure the screws are tight before using. If you find any defects or abnormal noise, please stop using it.
7. Wear tight-fitting clothing when exercising. Large clothing will restrict exercise. Be careful not to exercise too much.
9. Only suitable for indoor and home, the maximum load is 330 pounds.
10. Please handle this equipment carefully, Instructions for safekeeping and installation of tools.
11. Minors, the elderly and frail patients should use it under adult supervision.
12. The first time you use this product, you must have a guardian to assist you in the safety protection measures.
13. The user must ensure that the presser foot latch is in place and use a safety belt to secure the body.
14. Adjust the scale of the height adjustment frame according to the height of the user (for example: the actual height of the user is 160, it is recommended to adjust to 170 first!!! If it is difficult to turn upside down, then adjust it downwards until the flip is easy), after each adjustment, you must lock the pull nut and insert the safety pin before you can start using it.

## Parts list

NO.	Name	Quantity	NO.	Name	Quantity
1	Left support	1	11	Foam tube	2
2	Right support	1	12	Headrest	1
3	Backrest frame	1	13	Ribbon 1	1
4	Height adjustment frame	1	14	Ribbon 2	1
5	Support base	2	15	Foam	4
6	handle	2	16	Head pad	1
7	Shoulder U-Frame	1	17	Back pad	1
8	Footrest	1	18	Waist pad	1
9	Front lever	1	19	Instructions	1
10	Rear lever	1			

NO.	Name	Specification	Picture	Quantity
20	Pull ring bolt	∅ 8*60		3
21	Pull ring bolt	∅ 8*28		1
22	Carriage screw	M8*60		8
23	Flat head hexagon socket screw	M6*16		6
24	Hexagon socket head cap screws	M8*50		7
25	Hexagon socket head cap screws	M8*50		2
26	Hexagon socket head cap screws	M8*20		7
27	Flat pad	M8		25
28	Locknut	M8		20
29	Allen wrench with cross wrench	M5		1
30	Open-end wrench	13-17		1
31	U-shaped clamping feet			2

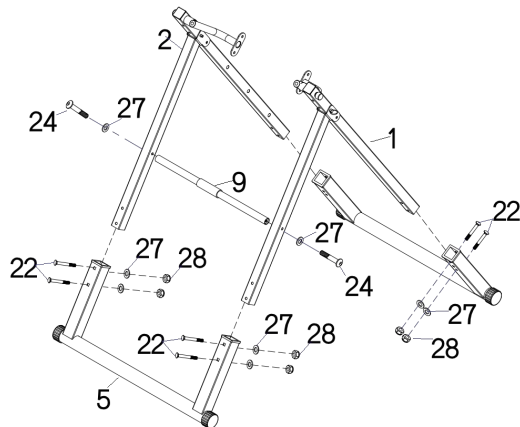
## Parts drawing:



### Step 1:

A. Open the left and right supports 1 # and 2 #, fix the left and right supports on the 5 # support base with 22 # M8 \* 60 carriage screws, 27 # M8 flat pads, and 28 # M8 lock nuts.

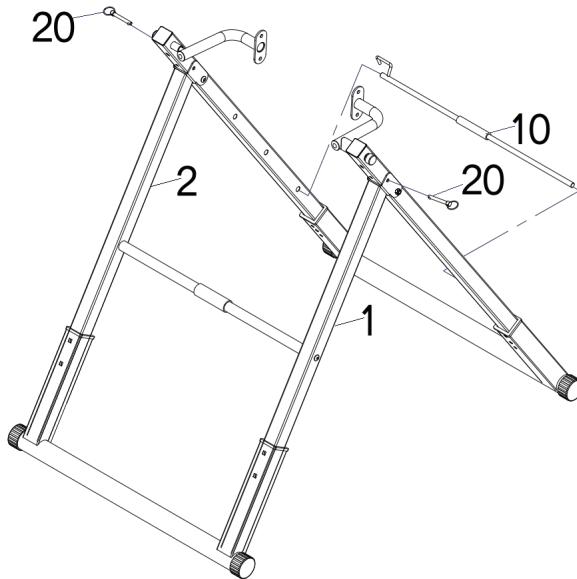
B. Use 24 # M8 \* 50 screws and 27 # M8 flat pads to fix the 9 # front stopper on the 1 # and 2 # left and right supports. (Note: When starting assembly, do not tighten all screws first).



**Step 2:**

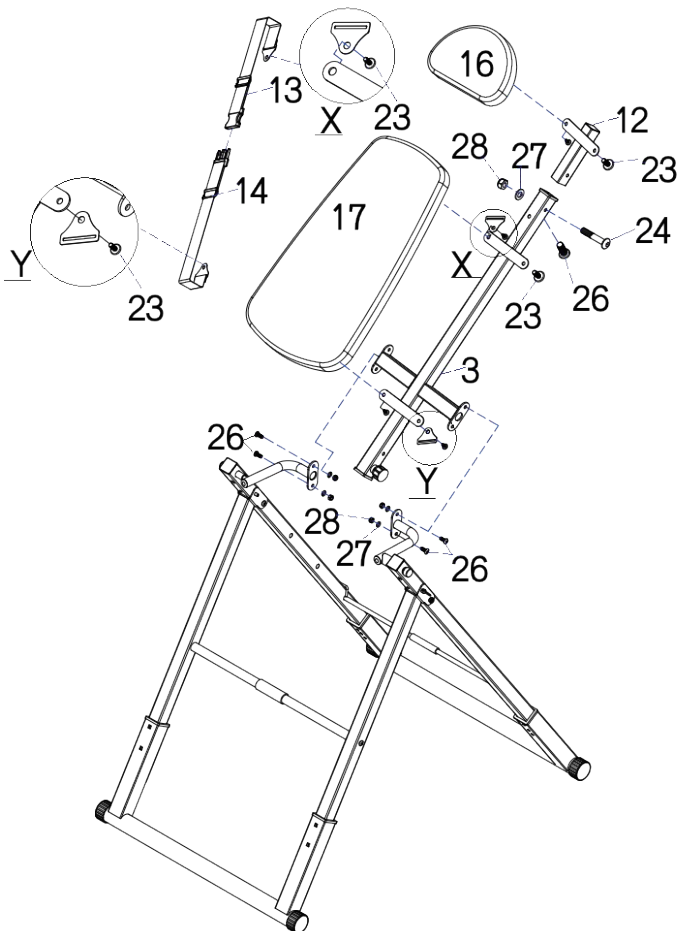
**A. Open the support of the inverted machine and insert the 20 # steel ball plug with ring into the hole at the front and rear support connection.**

**B. Adjust the appropriate movement angle. The 10 # rear gear rod is inserted into the holes on both sides of the rear support as needed (the side with the punching hole is fully in place, and the other end with the hook is stuck on the square tube to fix it) or not inserted. In this way, you can completely stand upside down. It is recommended that you first install the first hole position for the first use, adjust it to other hole positions after adaptation, or not install).**



**Step 3:**

- A.** Use 24 # M8 \* 50 screws, 26 # M8 \* 20 screws, 27 # M8 flat washers, 28# M8 lock nuts to fix the 12 # head pad holder on the 3 # backrest rame.
- B.** Use 23 # M6 \* 16 screws to attach the 16 # head pad and 17 # back pad, and install the 13 # woven tape and 14 # woven tape in the X picture and Y picture at the same time on the iron plate above the 3 # backrest frame.
- C.** Use 26 # M8 \* 20 screws, 27 # M8 flat washers, and 28 # M8 lock nuts to assemble the iron plate on the side of the 3 # back cushion frame with the iron plate on the main bracket.



**Step 4:**

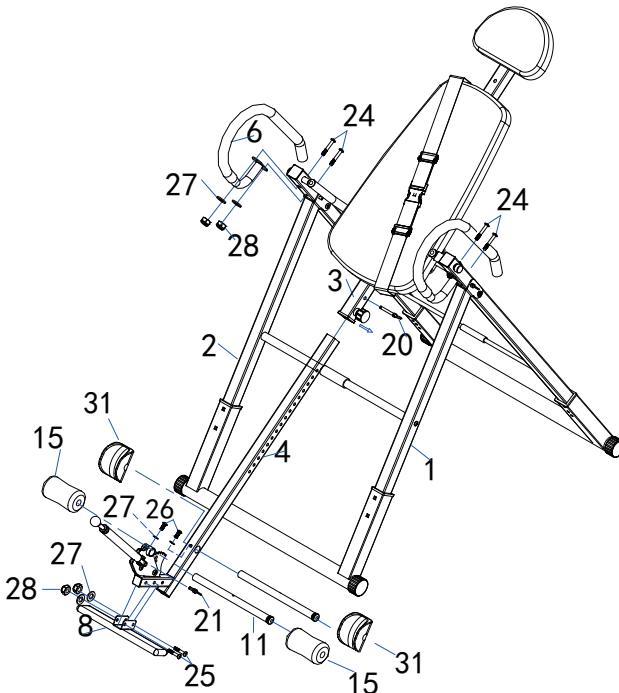
**A.** Insert the 11 # foam tube into the large hole on the height adjustment frame, and fix it with 26 # M8 \* 20 screws and 27 # M8 flat pads, and put 15 # foam into the foam tube from both ends.

**B.** Insert the 11 # foam tube into the casing hole of the presser foot holder, and fix it with 26 # M8 \* 20 screws and 27 # M8 flat pads, and put 15 # foam into the foam tube from both ends.

**C.** Fix the 8 # footrest with 25 # M8 \* 50 screws, 26 # M8 \* 20 screws, 27 # M8 flat washers, and 28 # M8 lock nuts on the square tube at the lower end of the self-adjusting frame.

**D.** Insert the assembled 4 # height adjustment frame into the square tube on the 3 # backrest frame, and use the quick pull pin and 20 # pull ring pin to insert into the corresponding holes according to the height requirements.

**E.** Fix 6 # handrail 24 # with M8 \* 50 screws, 26 # M8 \* 20 screws, 27 # M8 flat washers, and 28 # M8 lock nuts on the side tube of the main bracket.



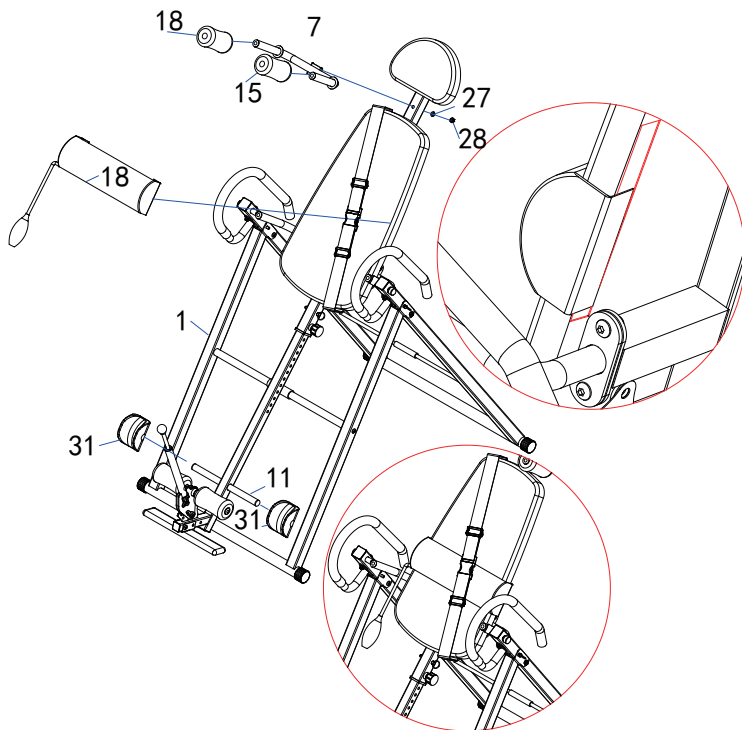


**Step 5:**

**A. Installation of shoulder U-shaped frame:** Use 27 # M8 flat pad and 28 # M8 lock nut to fix 7 # shoulder U-shaped frame on the height adjustment tube, and put the 15 # foam into the U-shaped circle On the tube.

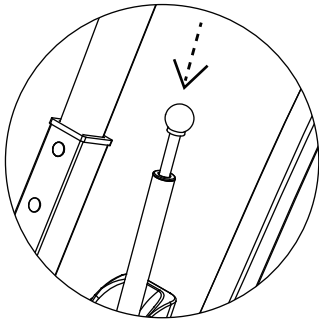
**B. Installation of U-shaped clamping feet:** Put the 31# U-shaped clamping feet into the 11# foam tube from both ends.

**C. Installation of waist pad:** fix 18 # waist pad on the back pad (fix the Velcro on both sides of the waist pad on the Velcro on the back of the back pad), the position can be adjusted up and down according to the height.

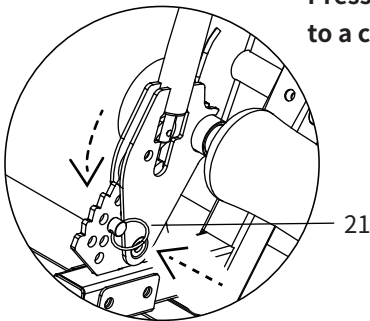


Note: After all the installation steps are completed, tighten all the screws and check that all the bolts are assembled in place before they can be used.

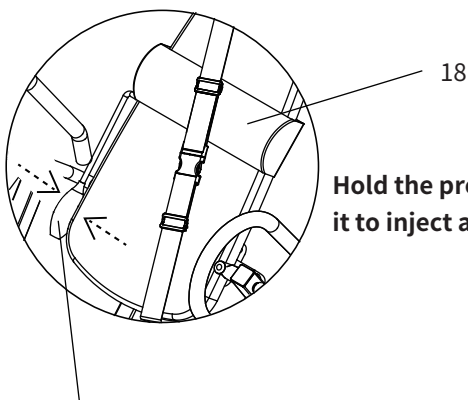
**Instructions for use of presser foot:**



**Press down the ball bar, adjust it forward and backward to a comfortable angle, and insert the 21 # pull ring bolt.**



**Instructions for use of pressure balloons:**








**Hold the pressure balloon with your hand and squeeze it to inject air into the 18 # waist pad.**

Pressure balloons

# Getting started

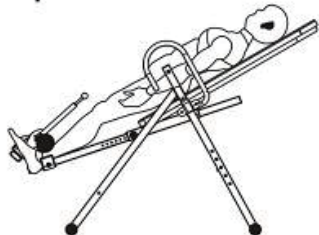
## Stretching exercises:

**No matter how you exercise, it is best to do stretching exercises first. Warm muscles stretch more easily, so warm up for 5-10 minutes first. Then stop and do stretching exercises 1 to 5 times as follows, each leg for 10 seconds or more, and do it again after the exercise.**

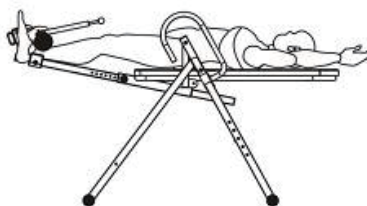
<p>1. Stretch down: Bend your knees slightly, slowly bend your body forward to relax your back and shoulders, and touch your hands as hard as possible. Hold for 10 to 15 seconds then relax and repeat three times (See figure 1).</p>	 <p>Pic 1</p>
<p>2. Stretch your hamstrings on a clean cushion and straighten one leg. Tuck the other leg inward so that it fits inside the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (See figure 2).</p>	 <p>Pic 2</p>
<p>3. Stretch the calf and root tendon with both hands against the wall or stand with one foot behind. Keep your hind legs upright and your heels on the ground, leaning towards the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (See figure 3).</p>	 <p>Pic 3</p>
<p>4. Stretch your quadriceps with your left hand against the wall or table to balance, then stretch your right hand backwards, grab your right heel and slowly pull it towards your hips until you feel the muscles in front of your thighs are tight. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (See figure 4).</p>	 <p>Pic 4</p>
<p>5. Sewing muscles (muscles on the inner thighs extend with the soles of the feet opposite each other, with the knees facing outwards. Grasp the feet with both hands and pull toward the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (See figure 5).</p>	 <p>Pic 5</p>

## Handstand diagram:

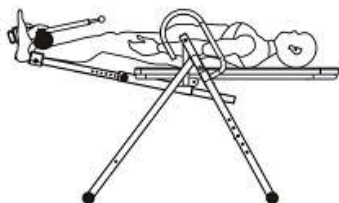
1



3



2



4

