

BEST *BF* FITNESS
EQUIPMENT



v. 010809

BF INVER10
OWNER'S MANUAL

BEFORE YOU BEGIN

Thank you for purchasing the Best Fitness BFINVER10. This inversion table is part of the Best Fitness quality strength training machines, and was designed and built for optimum safety. To maximize your use of the equipment please study this Owner's Manual thoroughly.

Unpacking the Equipment

The BFINVER10 is carefully tested and inspected before shipment. We have shipped the unit in several pieces that require assembly. Ask for assistance during the assembly process.

Carefully unpack the boxes and lay the pieces on the floor near the area where you plan to use the equipment.

Be careful to assemble all components in the sequence presented in this guide.

If any items are missing, contact the dealer from whom you purchased the unit or call 1-800-556-3113 for the dealer nearest you.

Body-Solid continually seeks ways to improve the performance, specifications and product manuals in order to ensure that only superior products are released from our factories. Please take the time to carefully read through this manual thoroughly. Instructions contained in this document are not intended to cover all details or variations possible with Body-Solid equipment, or to cover every contingency that may be met in conjunction with installation, operation, maintenance or troubleshooting of the equipment. Even though we have prepared this manual with extreme care, neither the publisher nor the author can accept responsibility for any errors in, or omission from, the information given. Should additional information be required, or should situations arise that are not covered by this manual, the matter should be directed to your local Body-Solid representative, or the Service Department at Body-Solid Inc. in Forest Park, Illinois.

Any Questions?
Call (800) 556-3113

IMPORTANT SAFETY INSTRUCTIONS

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

Antes de comenzar cualquier programa de ejercicios, deberías tener un examen físico con su doctor.

When using exercise equipment, you should always take basic precautions, including the following:

- Read all instructions before using the BFINVER10. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer. Such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout, no loose clothing.
- Use care when getting on or off the unit.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects into any opening in the equipment.
- Always check the unit before each use. Make sure that all fasteners are secure and in good working condition.
- Do not use the equipment outdoors or near water.

Personal Safety During Assembly

- It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.
- Before beginning assembly, please take the time to read the instructions thoroughly.
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the BFINVER10 on a solid, level surface. Locate the unit a few feet from the walls or furniture to provide easy access.

The BFINVER10 is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your Best Fitness BFINVER10.

After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.

Obtaining Service

Please use this Owner's Manual to make sure that all parts have been included in your shipment. When ordering parts, you must use the part number and description from this Owner's Manual. Use only Best Fitness replacement parts when servicing this machine. Failure to do so will void your warranty and could result in personal injury.

For information about product operation or service, go to www.bestfitness.com or contact an authorized Best Fitness dealer or a Best Fitness factory-authorized service company or contact Best Fitness customer service at one of the following:

Toll Free: 1-800-556-3113
Phone: 1-708-427-3555
Fax: 1-708-427-3556
Hours: M-F 8:30-5:00 CST
E-Mail: service@bodysolid.com

Or write to: Best Fitness
Service Department
1900 S. Des Plaines Ave.
Forest Park, IL 60130 USA

Retain this Owner's Manual for future reference. Part numbers are required when ordering parts.

SAFETY GUIDELINES

Successful resistance training programs have one prominent feature in common...safety. Inversion table training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, maintaining equipment in good working condition, and by wearing the appropriate clothing.

WARNING:



Maximum Weight Capacity is 300lb/136kg.

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
1. It is highly recommended that you consult your physician before beginning any exercise program. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.
 2. It is recommended that a spotter is with you while you are using the machine for the first few times.
 3. Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.
 4. Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.
 5. Breathe properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.
 6. Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.
 7. Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.
 8. Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.
 9. Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

ASSEMBLY INSTRUCTIONS

Assembly of the BFINVER10 takes professional installers about 1/2 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

PROFESSIONAL INSTALLERS ARE HIGHLY RECOMMENDED!

However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

Assembly Tips

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the BFINVER10 using the illustrations only, important safety notes and other tips are included in the text.

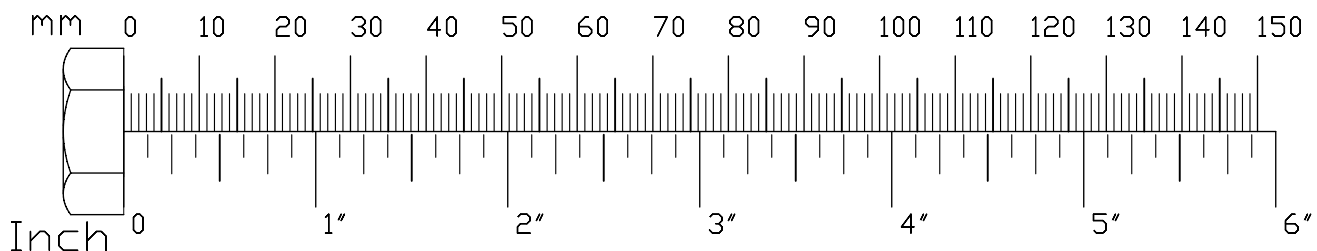
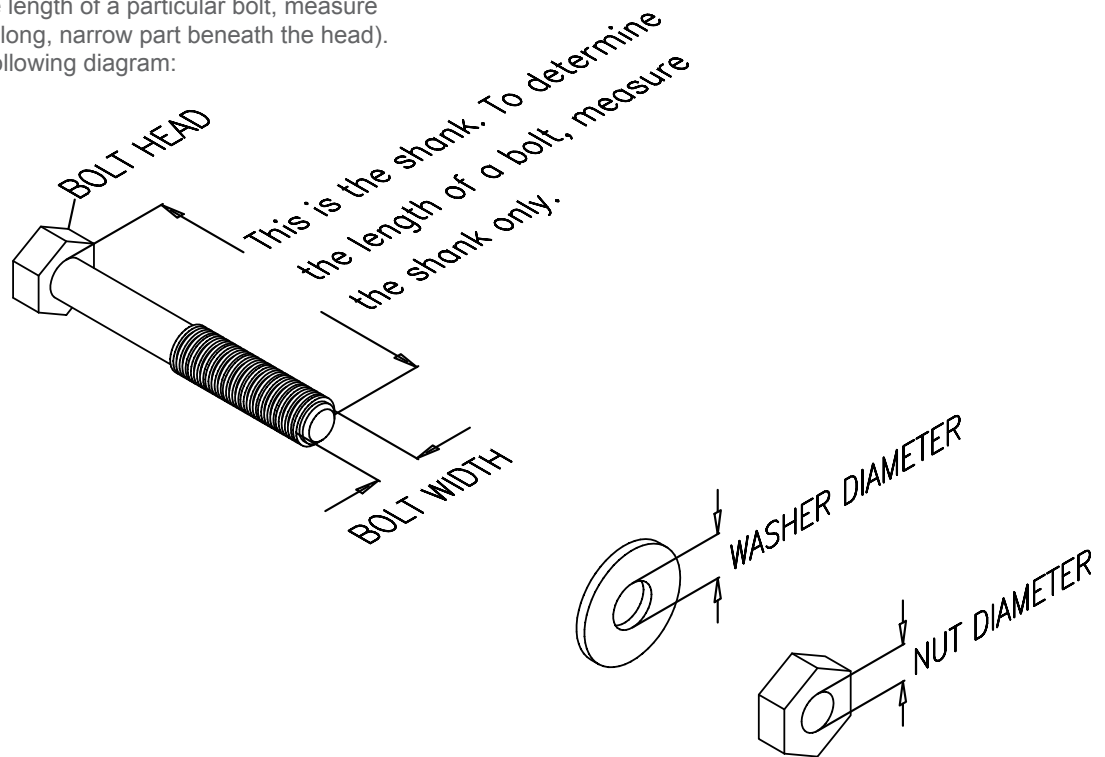
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

NOTE: To find out the length of a particular bolt, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:

Do not fully tighten bolts until instructed to do so.

Note: After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly.

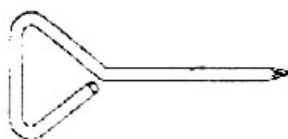
If you are unable to correct the problem, call the dealer from whom you purchased the machine or call 1-800-556-3113 for the dealer nearest you.



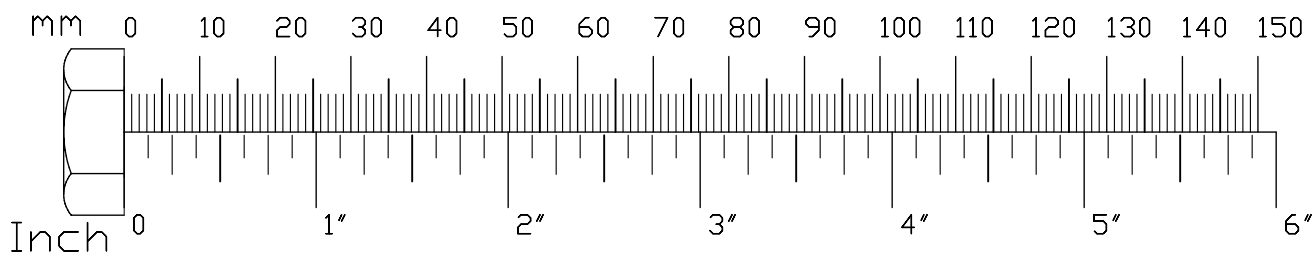
STEP**1**

Be careful to assemble all components in the sequence they are presented.

- A. Set all parts in a clear area on the floor and remove the packing materials.
- B. Stand the base of the machine up by separating the U-Frames (1 & 2).
- C. Pull Front U-Frame (1) and Rear U-Frame (2) as far apart from each other as possible.
- D. Push down on the middle of the two Folding Arms (8) until they are fully locked down.
- E. Attach Left Foot Caps (50) and Right Foot Caps (49) to Front U-Frame (1) and Rear U-Frame (2) using:
 - Four 48 (M6x20 screw)**
 - Four 51 (M6x25 screw)**
 - Eight 27 (M6 washer)**

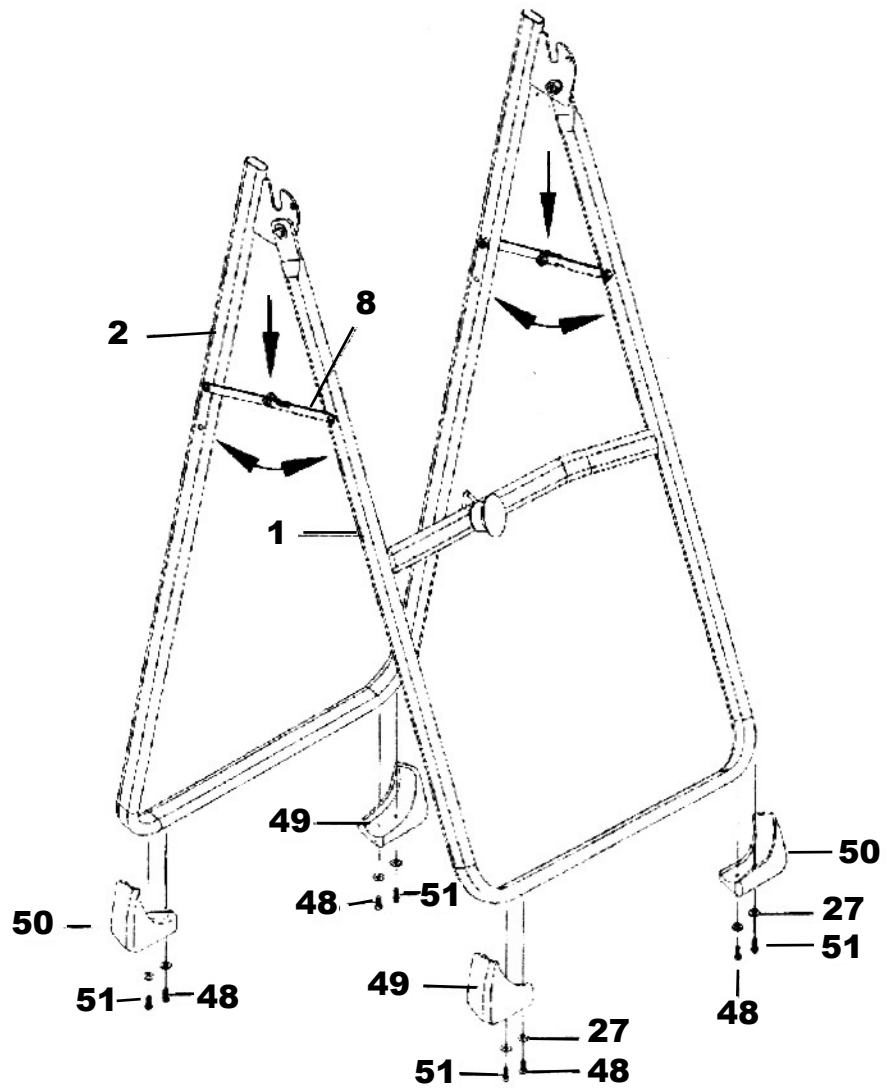


Screw Driver
Located in Hardware Pack



STEP

1



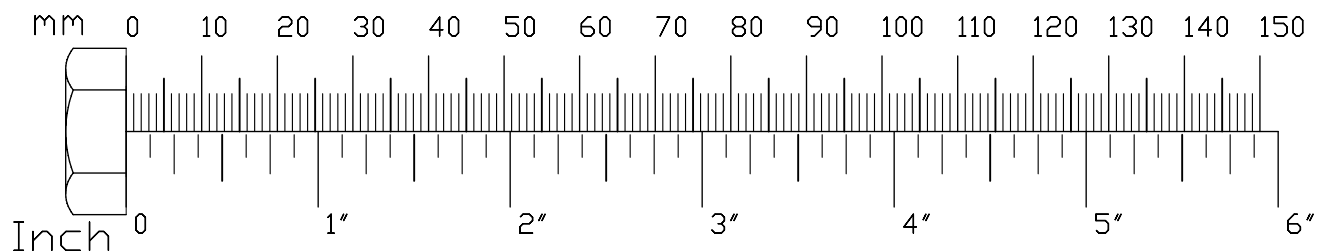
STEP**2**

Be careful to assemble all components in the sequence they are presented.

- A. Slide Protective Covers (37) onto each side of the base.
- B. Pull down on Protective Covers (37) until the bottom of the covers are slightly lower than Folding Arms (8).
- C. Use the Velcro straps on the bottom of Protective Cover (37) to secure to Folding Arms (8).
- D. Slide the bottom of Pivot Arms (5) into the brackets on each side of Bed Frame (4) by aligning to the desired pivot arm hole as shown in the diagram.

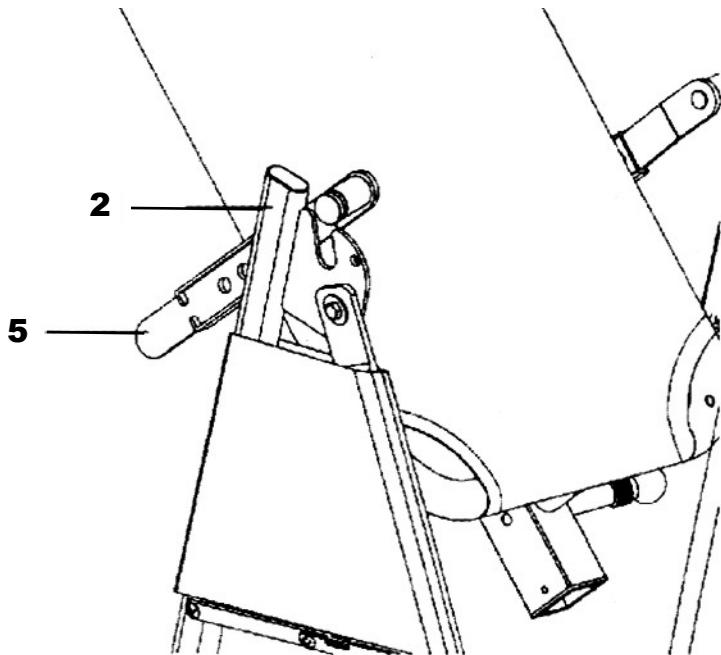
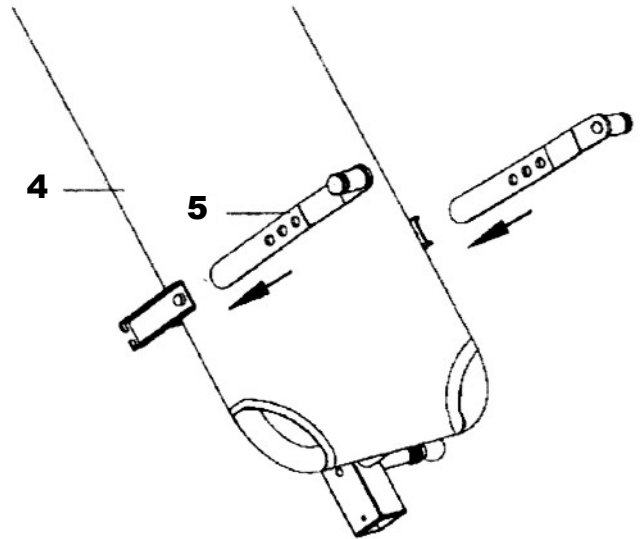
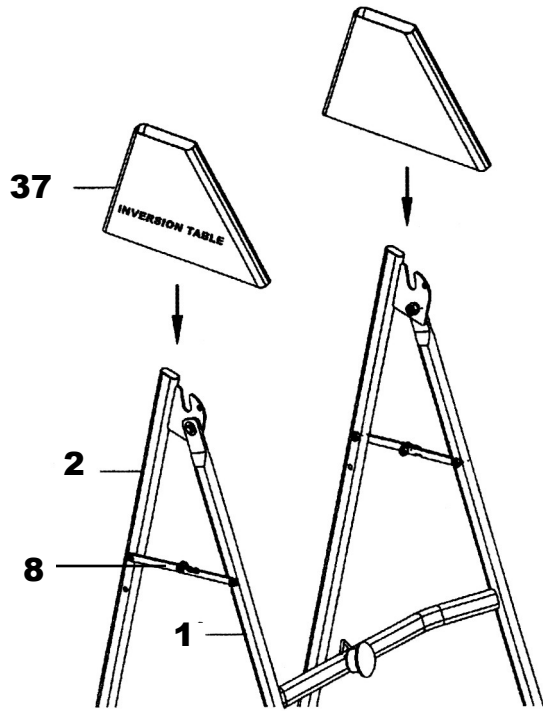
NOTE: It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.

- E. Mount Bed Frame (4) to Rear U-Frame (2) by inserting the ends of Pivot Arms (5) into the channels on the plate. The slotted portion of the rollers on the end of the pivot arms should be inserted into the channels on the plates.



STEP

2

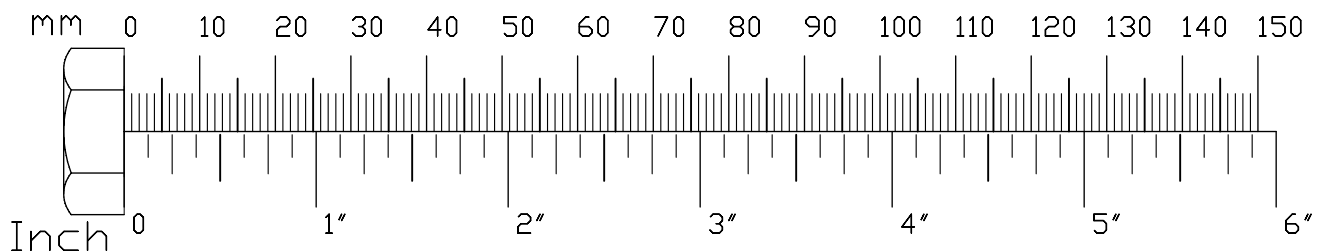
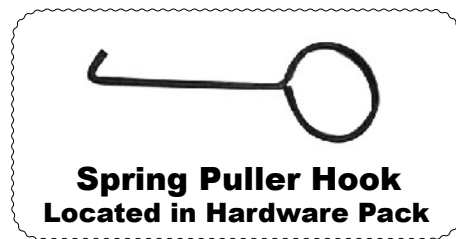
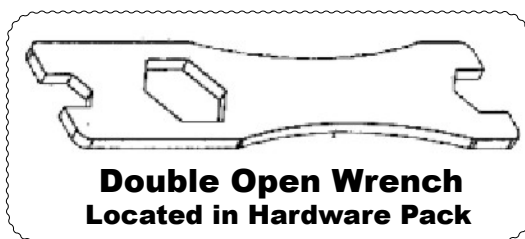


STEP**3**

Be careful to assemble all components in the sequence they are presented.

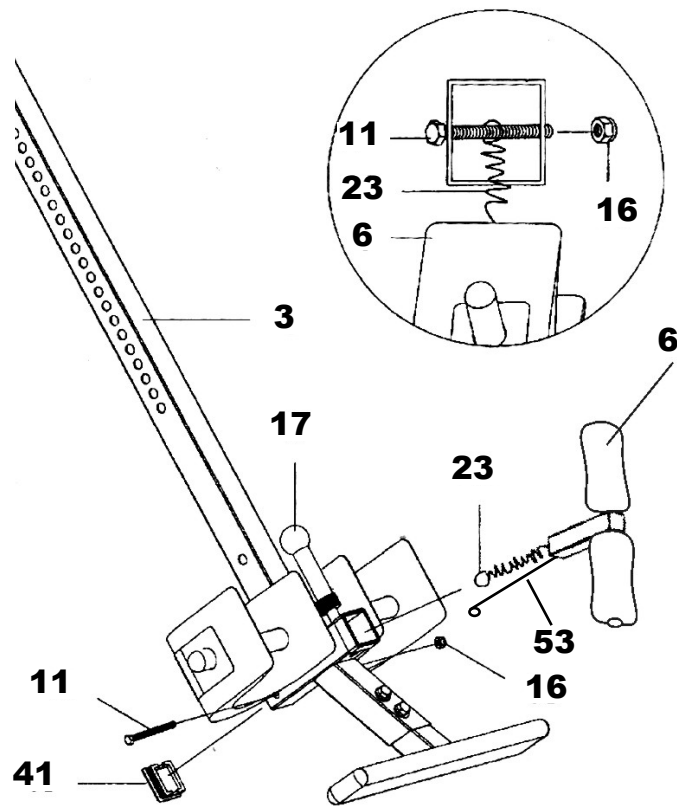
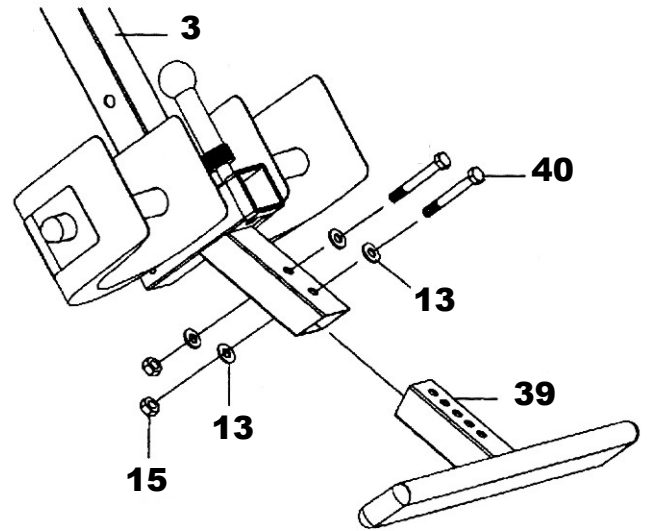
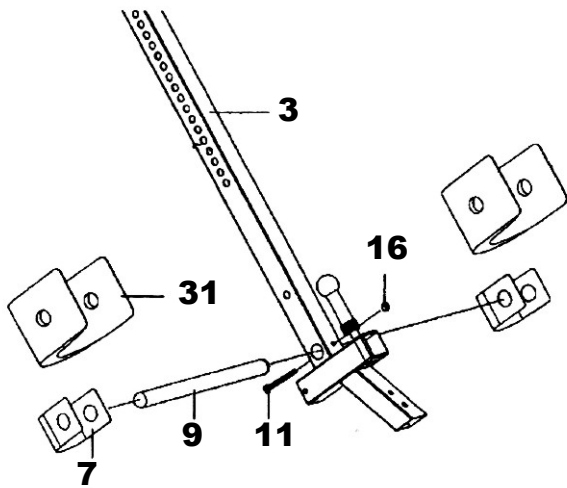
- A. Attach one Heel Holder Bracket (7) and one Heel Holder (31) to one end of Rod (9).
- B. Slide Rod (9) through the large round hole on the side of Adjustable Boom (3) as shown.
- C. Attach the remaining Heel Holder Bracket (7) and Heel Holder (31) to the other end of Rod (9).
- D. Slide Foot Bar (39) into the bottom of Adjustable Boom (3) and align two of the holes on the foot bar with two holes on Adjustable Boom (3) and secure using:
Two 40 (M8x50 hex head bolt)
Four 13 (M8 washer)
Two 15 (M8 nylon nut)
- E. Connect Adjustable Ankle Holder (6) to the bottom of Adjustable Boom (3) by inserting Adjustable Ankle Holder (6) completely into the square bracket on Adjustable Boom (3).
- F. Insert Square End Cap (41) into the square bracket on Adjustable Boom (3).
- G. Insert Hex Head Bolt (11) halfway through the square bracket and use the provided Spring Puller Hook to hold Spring (23) and Safety Cable (53). Slide Hex Head Bolt (11) through the rest of the square bracket and secure with Nylon Nut (16).

NOTE: To Slide Adjustable Ankle Holder (6) into the square bracket you must first pull out Spring Knob (17).



STEP

3



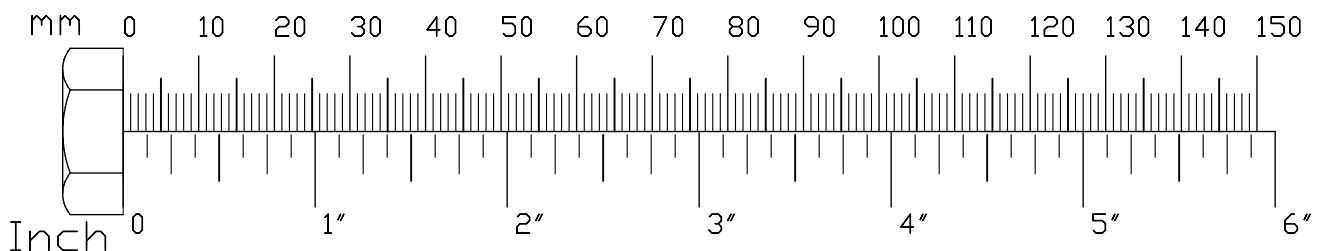
STEP**4**

Be careful to assemble all components in the sequence they are presented.

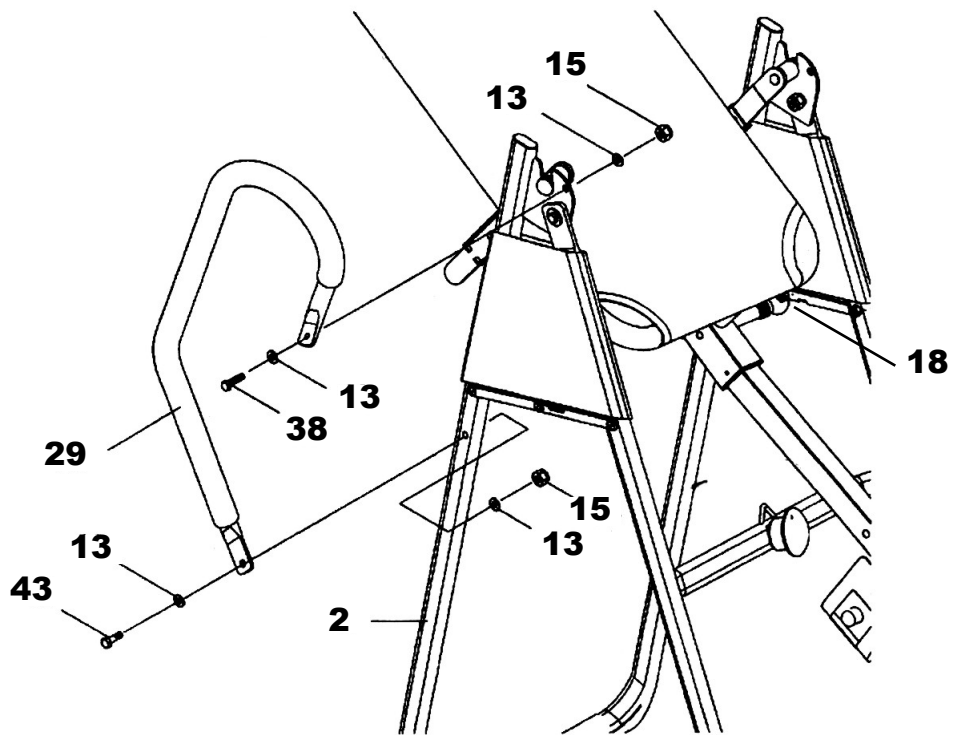
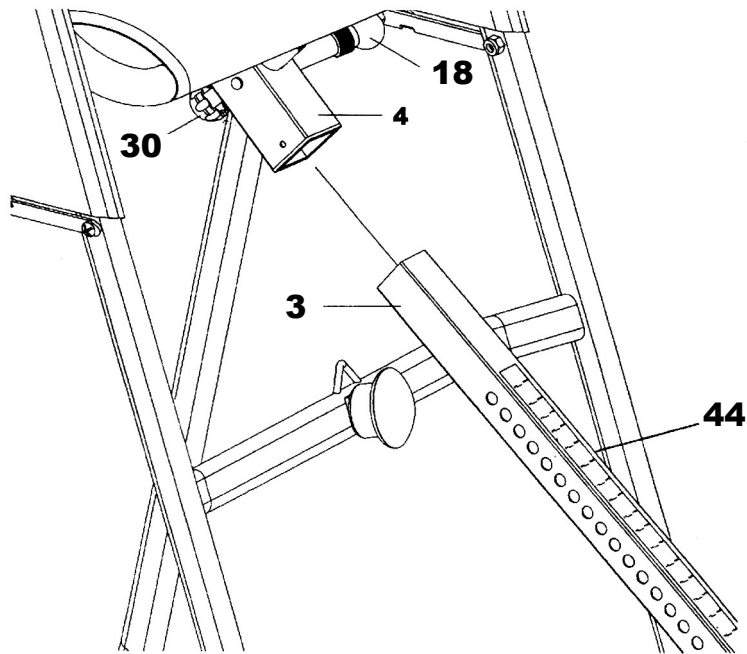
- A. Pull out Large Spring Knob (18) and slide Adjustable Boom (3) into the square bracket on the bottom of Bed Frame (4) as shown.
- B. Slide Adjustable Boom (3) upward until the desired height on Height Scale (44) is just below the bracket on Bed Frame (4).
- C. Lock Adjustable Boom (3) in place by releasing Large Spring Knob (18) and sliding Adjustable Boom (3) up or down slightly until Large Spring Knob (18) 'pops' down into the locked position.

NOTE: For added safety, secure Knob (30) into the back side of the bracket on Bed Frame (4) as shown.

- D. Attach Handlebars (29) onto Rear U-Frame (2) by using:
 - Two 38 (M8x22 hex head bolt)**
 - Two 43 (M8x38 hex head bolt)**
 - Eight 13 (M8 washer)**
 - Four 15 (M8 nylon nut)**



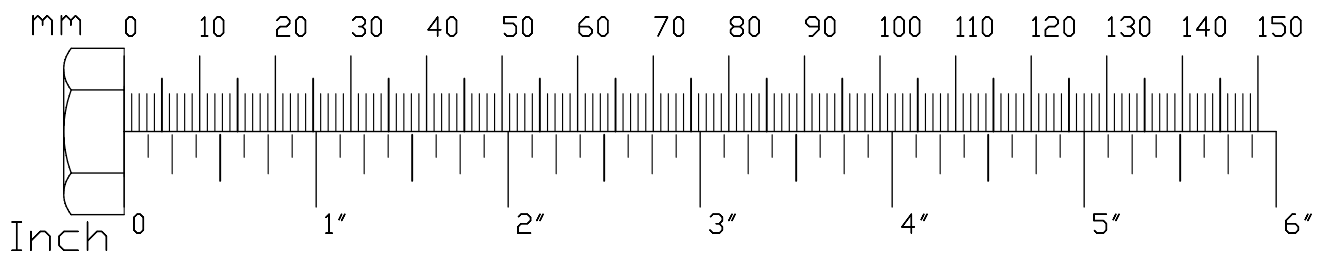
STEP
4



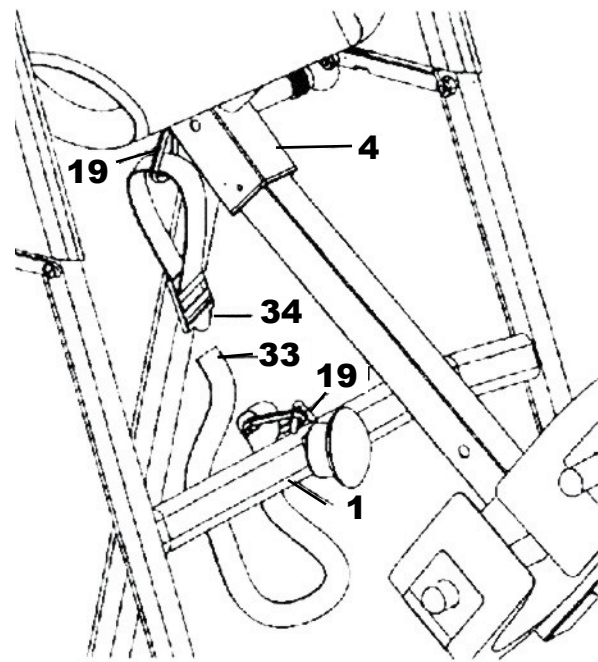
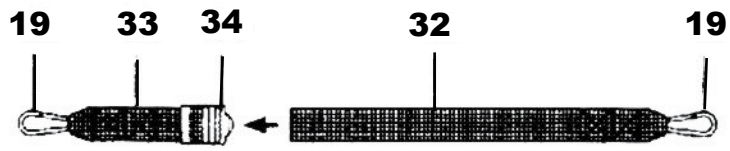
STEP**5**

Be careful to assemble all components in the sequence they are presented.

- A. Attach Nylon Strap (32) to Strap Lock (34) by inserting the end of the strap up through the bottom of the strap lock. Loop Nylon Strap (32) over Pre-assembled Strap (33) and then bring it down through Strap Lock (34).
- B. Loop Nylon Strap (32) back over itself, and insert it back through the Strap Lock (34), and pull tight to secure.
- C. Connect the Nylon Strap Assembly to the Inversion Table by hooking the end of Strap (32), Snap Link (19), to the pre-assembled loop on the back of Bed Frame (4), as shown.
- D. Hook the other end of Strap (33) to the other pre-assembled loop on Front U-Frame (1) as shown in the diagram.

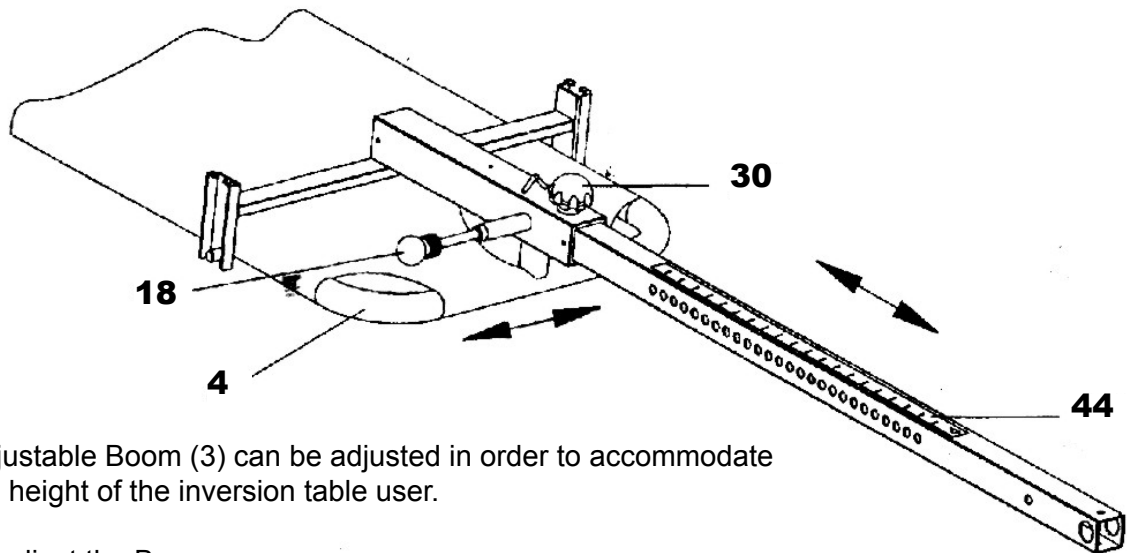


STEP
5



OPERATION & ADJUSTMENTS

ADJUSTING THE BOOM



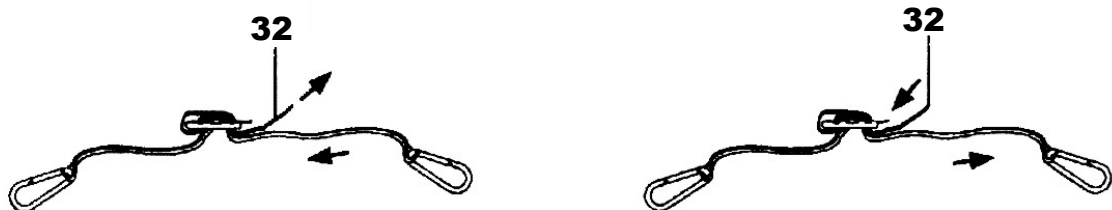
Adjustable Boom (3) can be adjusted in order to accommodate the height of the inversion table user.

To adjust the Boom:

- Loosen Knob (30) .
- Pull out Large Spring Knob (18).
- Slide Adjustable Boom (3) up or down until the desired height on the scale decal is positioned just below Square Bushing (26).
- Release Large Spring Knob (18).
- Slide Adjustable Boom (3) slightly up or down until the spring knob locks into place then tighten Knob (30).

NOTE: Make sure Adjustable Boom (3) is properly set to your height and held securely by both Large Spring Knob (18) and Knob (30).

ADJUSTING THE SAFETY STRAP

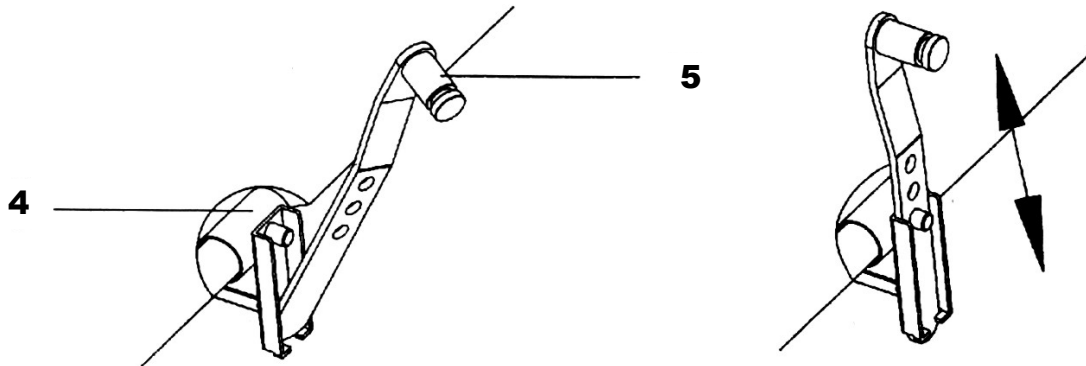


For added safety, a Nylon Strap has been included to restrict the degree of inversion during your workout. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion.

- To lengthen 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 Nylon Strap (32), feed the bottom end of Nylon Strap (32) into the strap lock and pull on the top end of the strap.

OPERATION & ADJUSTMENTS

ADJUSTING THE PIVOT ARMS



The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion.

To adjust the Pivot Arms:

- Pull on Pivot Arms (5) until the post is out of the hole.
- Slide Pivot Arms (5) up or down to the desired hole and secure by pushing 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 more familiar with the machine.

NOTE: Both pivot arms must be adjusted to the same hole. Trying to adjust the pivot arms on two different positions could cause damage to the machine, or injury to the user.

ADJUSTING THE HANDLEBARS

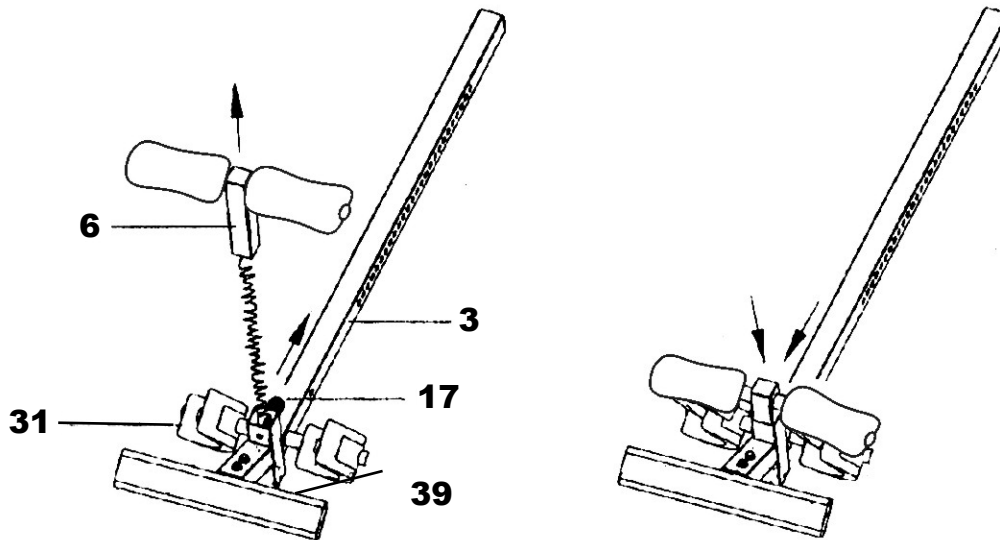
For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of Rear U-Frame (2). The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position and the bed is moving too slowly or not moving at all, simply grab 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 waste. If it does not automatically return to the upright position, the machine is probably not adjusted correctly to your height.

Make sure there is enough space around the unit for Bed Frame (4) to rotate completely.

OPERATION & ADJUSTMENTS

ADJUSTING THE ANKLE HOLDER



While standing upright with your back against the bed and your hands lowered at your sides:

- Pull up on Small Spring Knob (17) then slide Adjustable Ankle Holder (6) completely out of Adjustable Boom (3).
- Slide your ankles between Heel Holders (31) and stand on Foot Bar (39).
- Pull up on Small Spring Knob (17) allowing Adjustable Ankle Holder (6) to slide back into Adjustable Boom (3).
- Push in slightly on Adjustable Ankle Holder (6) until the heel holders are snug around your ankles.
- Release Small Spring Knob (17) and adjust Ankle Holder (6) slightly until the spring knob locks into place.

BALANCING THE INVERSION TABLE

The inversion table is a very sensitively balanced fulcrum and responds to very slight changes in weight distribution. Therefore, it is very important to make sure that the machine is properly adjusted to your height.

To do this:

- Mount onto the machine.
- Lock your ankles into Heel Holders (31) 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.

OPERATION & ADJUSTMENTS

LOCKING THE BED FRAME

When the inversion table rotates past the vertical inverted position Bed Frame (4) becomes locked and will not return to the upright position in the usual way. The locked position allows you to hang straight upside-down, completely free of the bed. This position allows you to enjoy all of the benefits of a handstand with none of the discomforts. Locking Bed Frame (4) allows the user to perform many exercises such as the waistband.

To lock the Bed Frame:

- Adjust Pivot Arms (5) so the studs go through the top holes.
- Mount onto the inversion table.
- When your arms are completely extended above your head, Bed Frame (4) will rotate all the way to the locked position.

To unlock the Bed Frame:

- Grab Handlebars (29).
- Pull on Handlebars (29) while pushing back on Heel Holders (31) with your legs.
- If you can not reach Handlebars (29) you can still recover by grabbing the back of Bed Frame (4) with one hand, Rear U-Frame (2) with the other hand, then pull both your hands together.



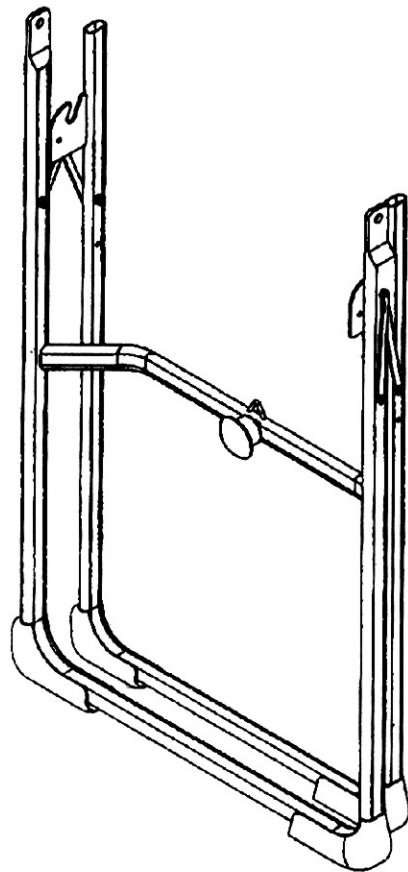
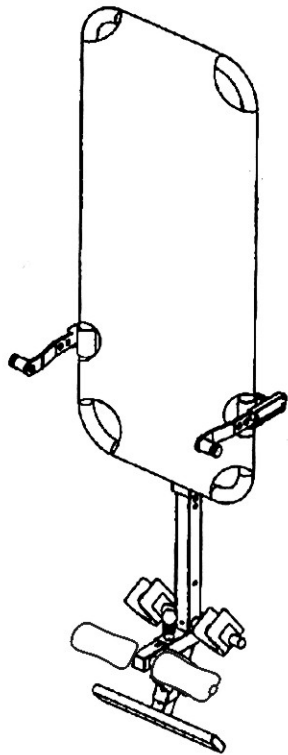
OPERATION & ADJUSTMENTS

FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table has been designed to be foldable. The inversion table may be placed against a wall, under a bed, or in any storage area.

To fold the inversion table:

- Pull out Small Spring Knob (17) and loosen Knob (30).
- Slide Adjustable Boom (3) all the way up into the frame until Adjustable Ankle Holder (6) is just below Bed Frame (4).
- Release Small Spring Knob (17) and slide Adjustable Boom (3) slightly up or down until Small Spring Knob (17) locks Adjustable Boom (3) in place.
- Remove Bed Frame (4) from the base by lifting up on Bed Frame (4) until Pivot Arms (5) come out of the arm slots located at the top of Rear U-Frame (2).
- Make sure Safety Strap (32) is not attached to Bed Frame (4) before attempting to remove it.
- Push up on the center of the Folding Arms (8) and push Front U-Frame (1) and Rear U-Frame (2) together until they meet.



OPERATION & ADJUSTMENTS

USING THE INVERSION TABLE

- Start by lying fully back on Bed Frame (4) with your hands at your side, or resting on your thighs.
- While keeping your hands close to your body, begin to raise your arms slowly allowing the table to rotate backward.
- Lower your arms to control the downward rotation of the table or to stop.
- Raise your arms until they are over your head.
- Return to the upright position by slowly moving your hands back down to your thighs.

At this point, the inversion table will be as far back as it can go. As you get more comfortable, rock the bed slowly by moving your arms up and down slowly.

It is recommended that the inversion table be used for five or ten minutes each morning and again each evening.



SUGGESTIONS FOR USE

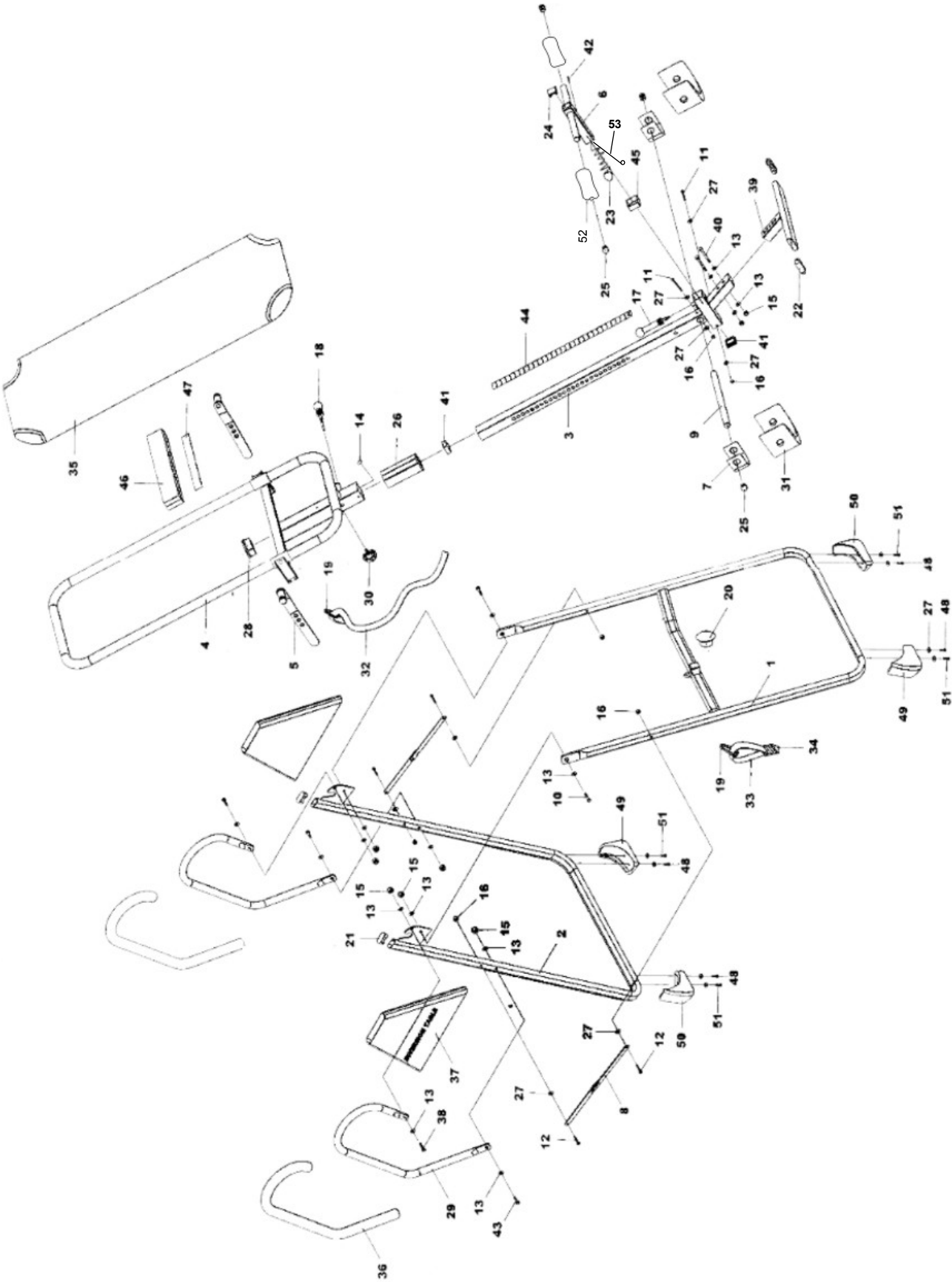
- Begin slowly.
- Invert only 15-20 degrees during the first uses.
- Stay inverted only as long as you are comfortable.
- Return upright slowly.
- Make gradual changes.
- Increase the angle only if it is comfortable and only a few degrees at a time.
- Increase the time of use 1-2 minutes up to ten minutes over a period of several weeks.
- Add stretching and light exercise only after you are comfortable with inversion.
- Watch your body and 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 start to feel nauseous, come up immediately.
- 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.
- Invert regularly; we recommend inverting two or three times a day depending upon your current condition.
- Try to schedule inverting sessions for the same times each day.

HARDWARE LIST

PART#	QTY	DESCRIPTION
1	1	Front U-Frame
2	1	Rear U-Frame
3	1	Adjustable Boom
4	1	Bed Frame
5	2	Pivot Arm
6	1	Adjustable Ankle Holder
7	2	Heel Holder Bracket
8	2	Folding Arm
9	1	Rod
10	2	M8x25 Hex Head Bolt
11	2	M6x47 Hex Head Bolt
12	4	M6x32 Phillips Screw
13	16	M8 Washer
14	1	Round Plate
15	8	M8 Lock Nut
16	6	M6 Lock Nut
17	1	Small Spring Knob
18	1	Large Spring Knob
19	2	Snap Link
20	1	Rubber Pad
21	2	Oval End Cap
22	2	Foot-Bar End Cap
23	1	Spring
24	1	Square End Cap
25	4	Round End Cap
26	2	Lower Red Frame Bushing
27	16	M6 Washer
28	1	Upper Bed Frame Bushing
29	2	Handlebar
30	1	Knob
31	2	Heel Holder
32	1	Safety Strap
33	1	Loop Snap
34	1	Strap Lock
35	1	Nylon Bed
36	2	Foam Grip
37	2	Protective Cover
38	2	M8x22 Hex Head Bolt
39	1	Foot Bar
40	2	M8x50 Hex Head Bolt
41	2	Square End Cap
42	1	Spring Latch
43	2	M8x38 Hex Head Bolt
44	1	Height Scale
45	1	Plastic Bushing
46	1	Pad
47	1	Double Sided Tape
48	4	M6x20 Screw
49	2	Right Foot Cap
50	2	Left Foot Cap
51	4	M6x25 Screw
52	2	Foam Roller
53	1	Safety Cable

Part numbers are required when ordering parts.

EXPLODED VIEW DIAGRAM



1900 S. Des Plaines Ave.
Forest Park, IL 60130
1 (800) 556-3113
Hours: M-F 8:30 - 5:00 CST

