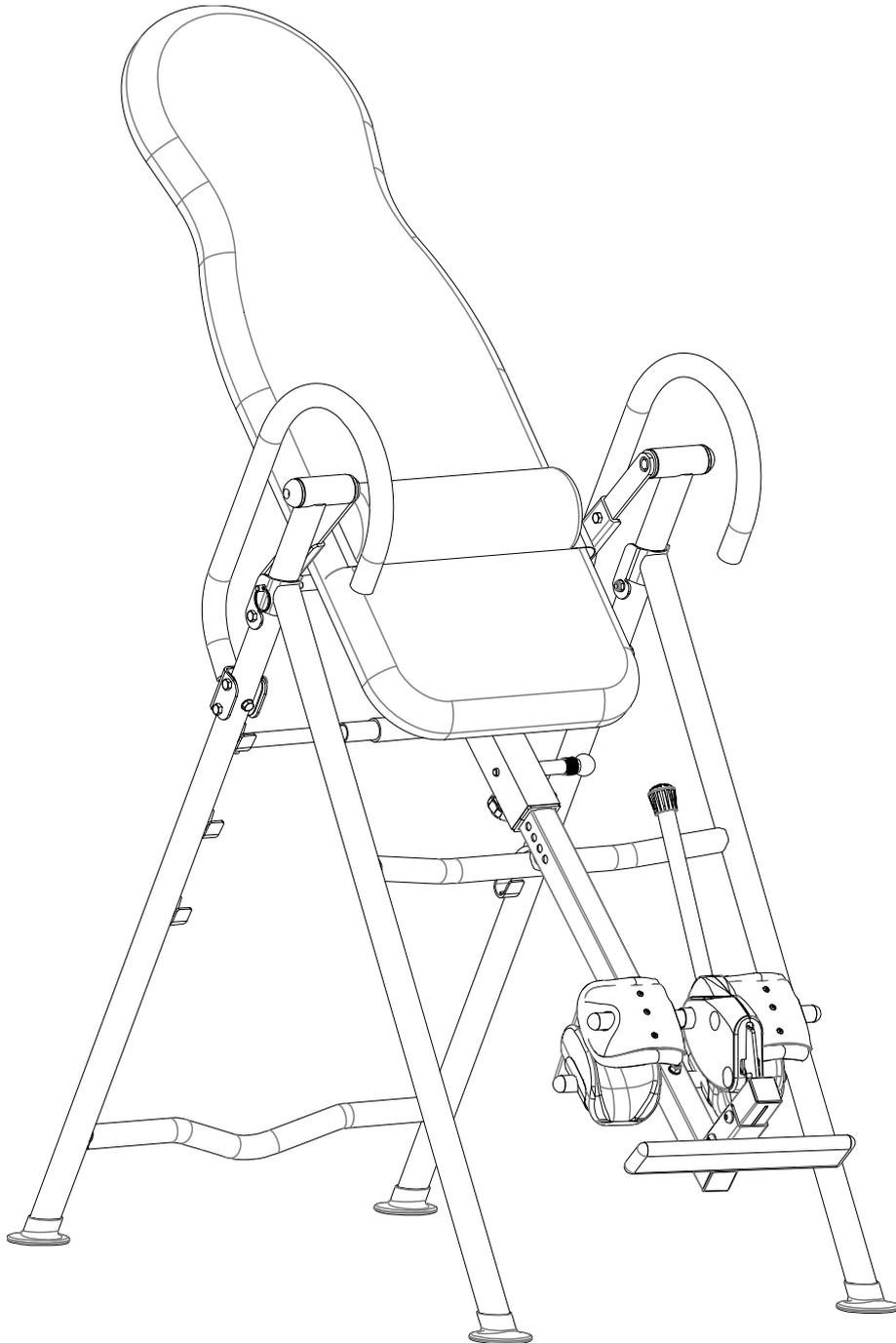


Inversion Table





PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE.

STOP and contact customer service if you have any questions regarding assembly or proper operation of the machine.

Email us at:
Service@paradigmhw.com

Or call us at:
1-844-641-7921
Hours:
8:00 am to 5:00 pm (PST) Monday Thru Friday

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SERVICE

IMPORTANT: FOR NORTH AMERICA ONLY

For damaged or defective product, questions, replacement parts or any other service support, please contact our customer service department by the below methods:

For The Best Service, please Email:
service@paradigmhw.com

Response Time: 1-2 Business Days

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

Website:
www.paradigmhw.com

Toll-Free:

1-844-641-7921

(8:00 AM - 5:00 PM Pacific Standard Time, Monday Thru Friday)

Response time may vary via calling

Please have the following information ready when requesting for service:

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

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

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

IMPORTANT SAFETY GUIDELINES

Read all instructions before using the Inversion Table. When using an Inversion table, basic precautions should always be followed, including the following:

WARNING - To reduce the risk of injury to persons:

1. Make sure your equipment is correctly assembled before you use it.
2. Be sure all screws, nuts, and bolts are tightened prior to use.
3. Only one person should use the equipment at a time.
4. Never operate this equipment if it is not working properly, has been dropped, or damaged. If a problem is encountered, contact Customer Service before using the equipment again.
5. Always use this equipment on a clear and level surface.
6. For Household Use Only.
7. Do not use outdoors or near water.
8. Use the inversion table only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
9. Do not wear loose clothing when using the equipment.
10. Keep all hands and feet away from any moving parts.
11. Never drop or insert any object into any opening.
12. Always wear shoes when using the inversion table.
13. Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
14. Listen to your body. It is recommended that you rotate up and down slowly. Dizziness might occur if you come up too fast.
15. If at any time you feel faint, light-headed, or dizziness while operating the equipment, stop exercising immediately. You should also stop exercising if you are experiencing pain or any discomfort.
16. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
17. Wait 2 hours after eating before using the inversion table. If you start feeling nauseous, return to the upright position slowly.
18. For any problems, contact Customer Service. Servicing should be performed by an authorized service representative. Our contact number is on the service page.
19. **WARNING:** - Risk of Personal Injury - Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.
20. **WARNING:** - Risk of Personal Injury – Do not allow children to use this machine.
21. **WARNING:** - Risk of Personal Injury - Keep children under the age of 13 away from the machine while in use.
22. **WARNING:** - Risk of Personal Injury – Keep body parts, hair, loose clothing, and jewelry clear of all moving parts.

IMPORTANT SAFETY GUIDELINES

23. **WARNING:** - Risk of Personal Injury - Tilt-back slowly when inverting. Failure to comply could result in serious bodily injury.
24. **WARNING:** - Risk of Personal Injury - Do not attempt to service the unit yourself. Discontinue use and contact customer service.
25. **WARNING:** - To Reduce The Risk Of Personal Injury - Read And Understand All The Instructions Before Using The Inversion Table.

Do not use this equipment if you have any of the following conditions or ailments:

- Pregnancy
- Extreme obesity
- Middle ear infection
- Hiatus hernia or Ventral hernia
- Glaucoma, retinal detachment or conjunctivitis
- Use of anticoagulants including Aspirin in high doses.
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Heart or circulatory disorders for which you are being treated
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modular pins, or surgically implanted orthopedic supports.

Do not exceed the maximum rated weight (load) and maximum rated user height:

The Maximum Weight Capacity for this product is 250lbs / 113kg.

The Maximum Height Capacity for this product is 6 feet 6 inches / 198cm.

Retain this owner's manual and keep the original purchase receipt for future reference.

SAVE THESE GUIDELINES

LABEL PLACEMENTS

▲ **AVERTISSEMENT**
RISQUE DE BLESSURE-GARDEZ LES ENFANTS DE MOINS DE 13 ANS LOIN DE LA MACHINE.
UNDER THE AGE OF 13 AWAY FROM THIS MACHINE AT ALL TIMES.

▲ **WARNING**
RISK OF INJURY-KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM THIS MACHINE AT ALL TIMES.

▲ **AVERTISSEMENT**
TO REDUCE THE RISK OF PERSONAL INJURY, READ AND UNDERSTAND ALL THE INSTRUCTIONS BEFORE USING THE INVERSION TABLE
 - DO NOT ALLOW CHILDREN TO USE THIS MACHINE
 - KEEP CHILDREN AWAY FROM MACHINE WHILE IN USE
 - KEEP BODY PARTS, HAIR, LOOSE CLOTHES AND JEWELRY CLEAR OF ALL MOVING PARTS
 - ENSURE ALL NUTS, SCREWS, BOLTS AND FASTENERS ARE TIGHT BEFORE EVERY USE
 - REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE

▲ **ATTENTION**
POUR RÉDUIRE LE RISQUE DE BLESSURE PERSONNELLE, LIRE ET COMPRENDRE TOUTS LES INSTRUCTIONS AVANT D'UTILISER LA TABLE D'INVERSION
 - NE PAS PERMETTRE AUX ENFANTS D'UTILISER CETTE MACHINE
 - TENIR LES ENFANTS À L'ÉCART DE LA MACHINE PENDANT L'UTILISATION
 - GARDER LES PIÈCES DU CORPS, LES CHEVEUX, LES VÊTEMENTS LIBRES ET LES BIJOUX CLAIRS DE TOUTES LES PIÈCES EN MOUVEMENT
 - ASSUREZ-VOUS QUE TOUTS LES ÉCROUS, VIS, BOULONS ET ATTACHES SONT SERRÉS AVANT CHAQUE UTILISATION
 - REVOIR TOUTS LES AVERTISSEMENTS ET INSTRUCTIONS AVANT L'ASSEMBLAGE ET L'UTILISATION

▲ **AVERTISSEMENT**
Max. Weight: 250lbs. & Max. Height: 6'6"
Le poids Maximum et hauteur pout ce produit est 113 kgs / 198 cm.

▲ **ADVERTENCIA**
RIESGO DE LESIONES - NIÑO BAJO LA EDAD 13 MANTENER LEJOS DE ESTA MAQUINA EN TODO MOMENTO.

▲ **WARNING**
Feet must be secured properly before use.
Les pieds doivent être proprement serrés avant utilisation.
Se deben asegurar adecuadamente los pies antes de usar.



ERPEUTIC
 For customer assistance,
 Monday - Friday:
 1-844-641-7921
 8 am - 5 pm PST
 Pour le service à la clientèle
 composer le, lundi à vendredi:
 1-844-641-7921
 8 am - 5 pm PST
 Para servicios al cliente,
 llame al, lunes a viernes:



▲ **ADVERTENCIA**
Capacidad de altura y peso máximo para este producto son 198 cm y 113 kg.

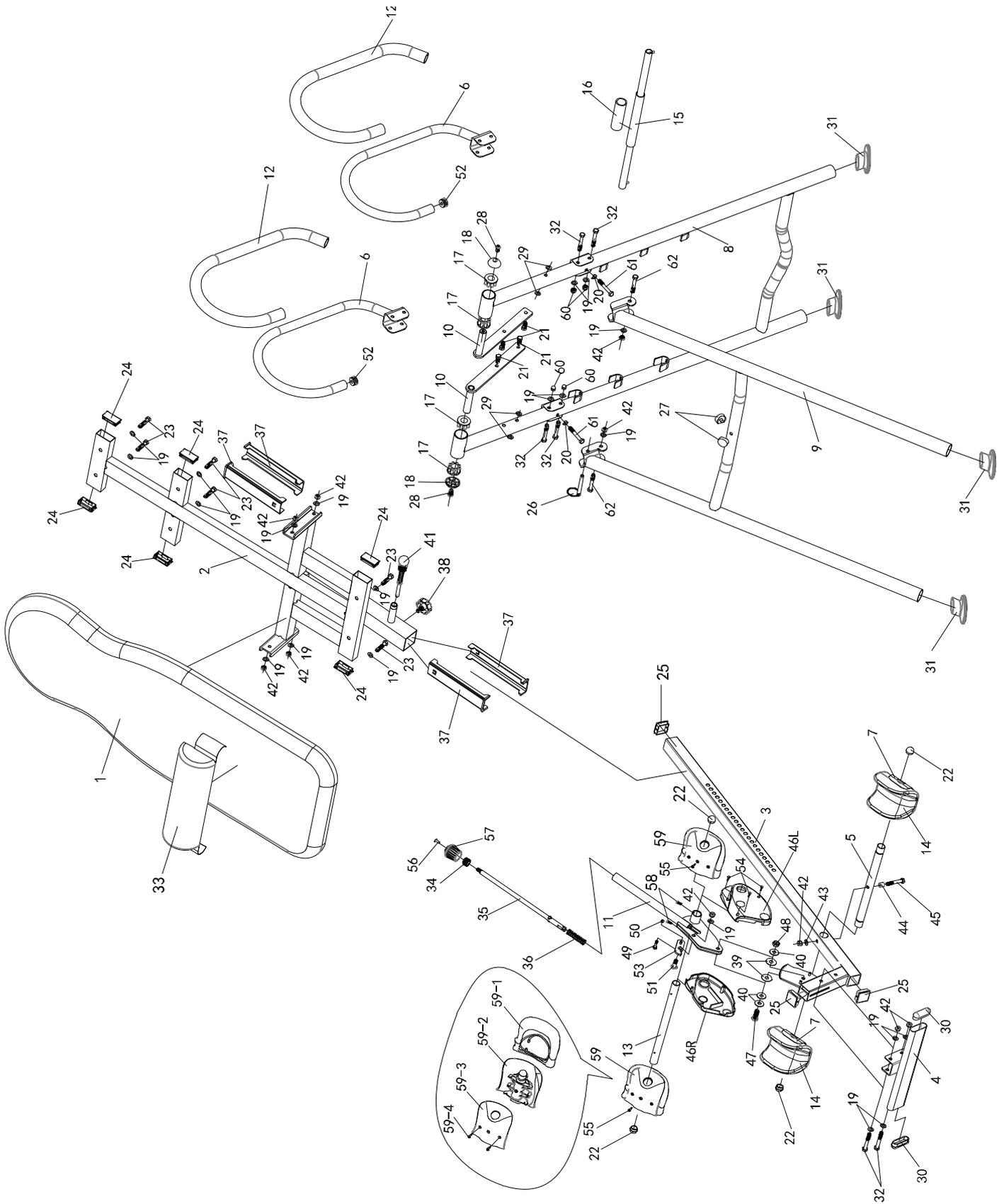
▲ **ADVERTENCIA**
Le support de la cheville doit être serré autour des chevilles et le cliquet doit être engagé avant d'utiliser la table de renversement.

Heel Bracket Tooth must be in slot, refer to the Manual.
 El Diente del Soporte del Talón debe estar en ranura, consulte el Manual.
 La Dent du Support du Talon doit être en emplacement, voir le Manuel.

▲ **ADVERTISSEMENT**
El soporte de tobillo debe ser ajustado alrededor de los tobillos y el trinquete debe estar trabado antes de usar la tabla de inversión.

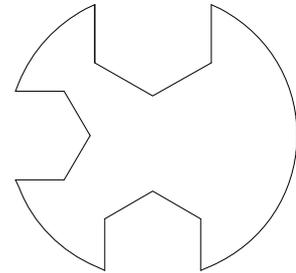
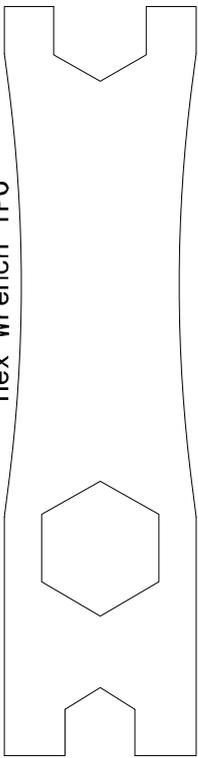
▲ **WARNING:**
The ankle holder must snug around ankles, and the ratchet must be locked before using the inversion table.

OVERVIEW DRAWING



4501-Hardware Pack

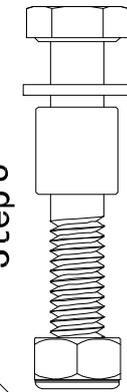
Hex Wrench 1PC



Multi-Hex Tool with Phillips Screwdriver 1 PC

Step 1 (26) Safety Pin 1PC

3mm Allen Wrench 1 PC



Step 6

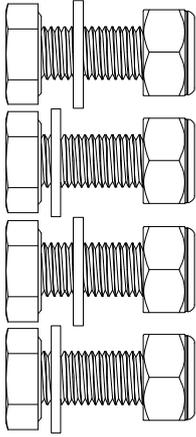
- (45) Hex Bolt 1PC
- (43) Flat Washer 1PC
- (42) Nylon Nut 1PC
- (44) Metal Bushing 1PC



Step 7

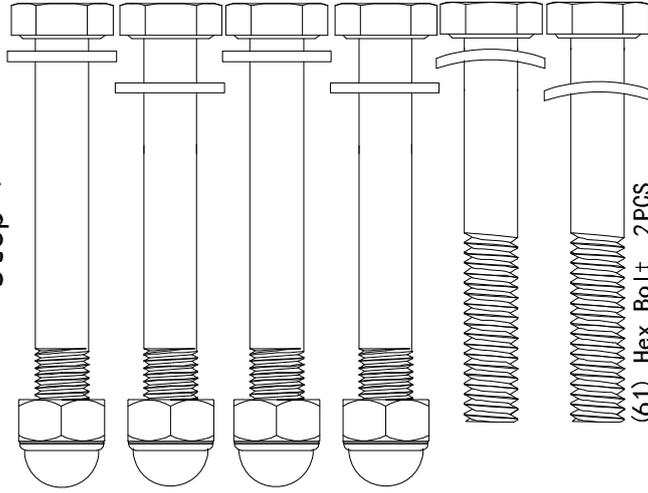
- (55) Self-Tapping Phillips Screw 2PCS
- (58) Hex Bolt 2PCS

Step 3



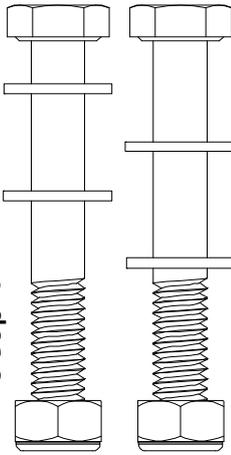
- (21) Hex Bolt 4PCS
- (19) Flat Washer 4PCS
- (42) Nylon Nut M8 4PCS

Step 4



- (61) Hex Bolt 2PCS
- (32) Hex Bolt 4PCS
- (19) Flat Washer 4PCS
- (20) Curved Washer 2PCS
- (60) Nut Cap M8 4PCS

Step 5



- (32) Hex Bolt 2PCS
- (19) Flat Washer 4PCS
- (42) Nylon Nut 2PCS

PARTS LIST

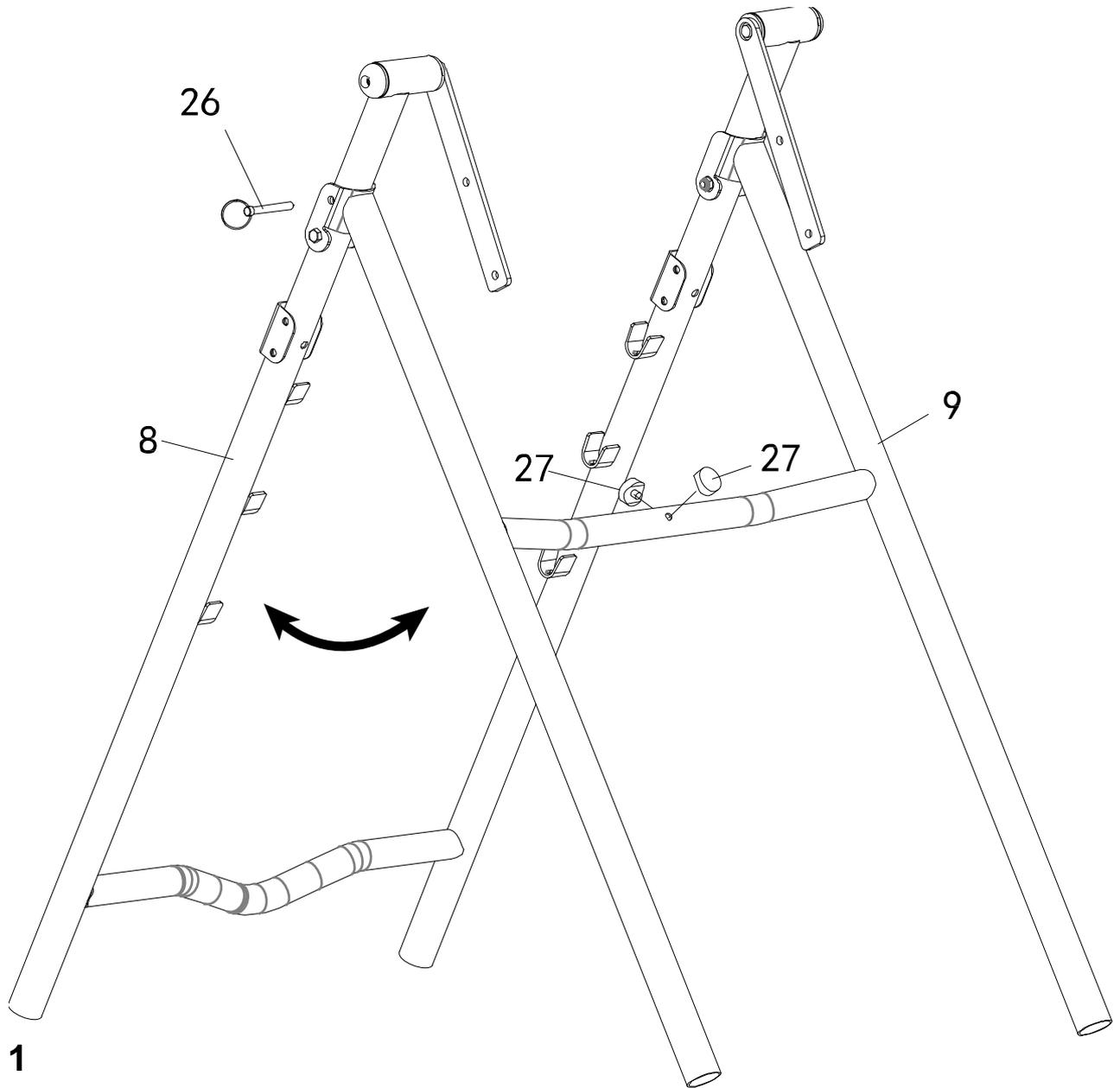
No.	Description	Qty
1	Backrest	1
2	Backrest Frame	1
3	Adjustable Boom	1
4	Foot Bar	1
5	Rear Rod	1
6	Handlebar	2
7	Steel Heel Holder Bracket	4
8	Rear Frame	1
9	Front Frame	1
10	Pivot Arm	2
11	Ratchet Handle	1
12	Handlebar Foam Grip	2
13	Front Rod	1
14	Rubber Heel Holder	4
15	Positioning Tube	1
16	Foam Grip	1
17	Plastic Spacer	4
18	Plastic Round End Cap	2
19	Flat Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	23
20	Curved Washer $\Phi 16 \times \Phi 8.5 \times 1.5$	2
21	Hex Bolt M8x20mm	4
22	Rod Cap	4
23	Hex Bolt M8x40mm	6
24	Square End Cap	6
25	Square End Cap $\square 38$	3
26	Safety Pin $\Phi 8 \times 63.5 \text{mm}$	1
27	Rubber Pad	2
28	Hex Socket Head Bolt M8x20mm	2
29	Plastic Washer	4
30	Foot Bar Oval End Cap	2
31	Foot Cap	4
32	Hex Bolt M8x58mm	6
33	Lumbar Pad	1
34	Handlebar Cap	1

No.	Description	Qty
35	Rod	1
36	Spring	1
37	Lower Bed Frame Bushing	4
38	Knob	1
39	Flat Washer $\Phi 30 \times \Phi 10.5 \times 0.5$	2
40	Flat Washer $\Phi 25 \times \Phi 10.5 \times 2.0$	3
41	Spring Knob	1
42	Nylon Nut M8	14
43	Flat Washer $\Phi 16 \times \Phi 8.5 \times 2.0$	1
44	Metal Bushing	1
45	Hex Bolt M8x53mm	1
46L	Left Plastic Cover	1
46R	Right Plastic Cover	1
47	Hex Socket Head Cap Bolt M10x30mm	1
48	Nylon Nut M10	1
49	Screw M5	1
50	Nylon Nut M5	1
51	Screw M8	1
52	Handlebar Round End Cap $\Phi 25$	2
53	Latch	1
54	Self-Tapping Phillips Screw ST3.5*13	3
55	Self-Tapping Phillips Screw ST3.5*16	2
56	Socket Phillips Screw M5x18mm	1
57	Button	1
58	Hex Bolt M4x12	2
59	AIRSOFT Heel Holder	2SET
59-1	Fabric Sleeve	2
59-2	Heel Holder Lower Cover	1
59-3	Heel Holder Upper Cover	1
59-4	Self-Tapping Phillips Screw ST3.5x12	4
60	Cap Nut M8	4
61	Hex Bolt M8x50mm	2
62	Hex Bolt M8x60mm	2

ASSEMBLY



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



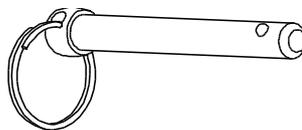
Step 1

Setting Up the Frame:

1A. Stand the frame up by pulling the **Front and Rear Frames (9, 8)** as far apart from each other as possible. Then insert the **Safety Pin (26)** into the hole on the right side of the frame to lock the **Front and Rear Frames (9, 8)** together.

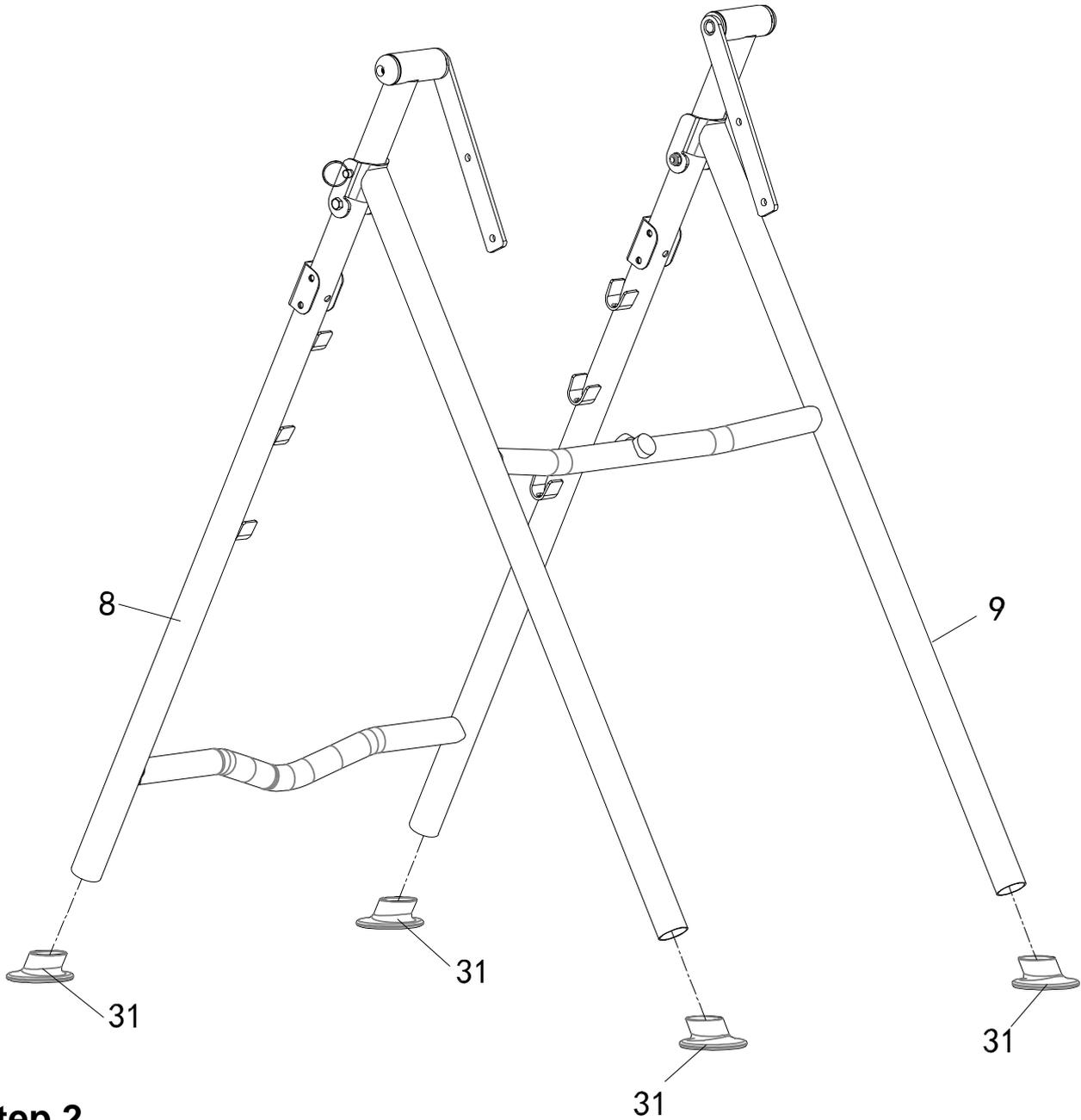
1B. Attach the two **Rubber Pads (27)** onto the Cross beam of the **Front Frame (9)**.

Hardware:



(26) Safety Pin
1 PC

ASSEMBLY



Step 2

Attaching Foot Caps:

2A. Slide four **Foot Caps (31)** on to the bottom tubes of the **Rear Frame (8)** and **Front Frame (9)**.

ASSEMBLY

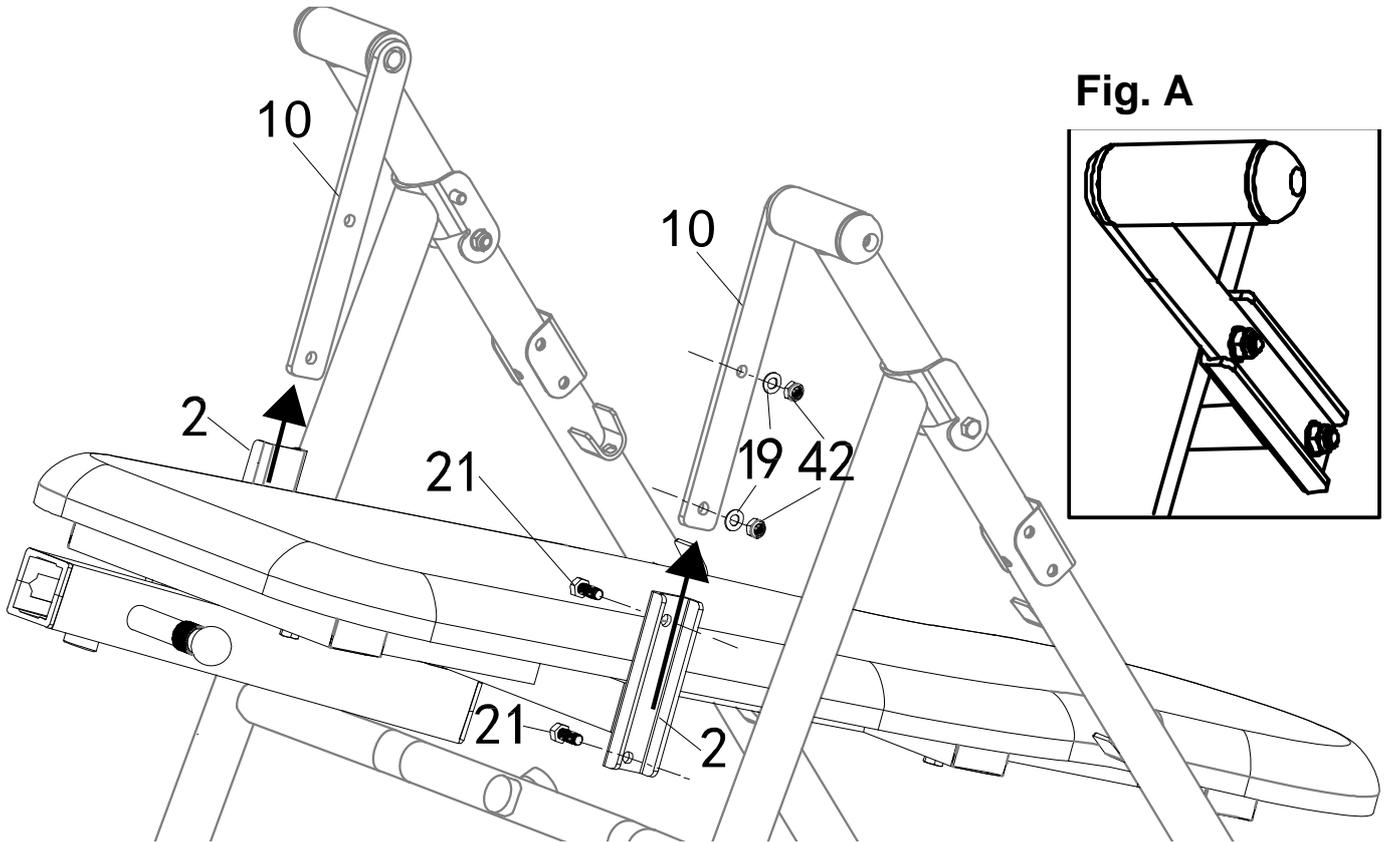
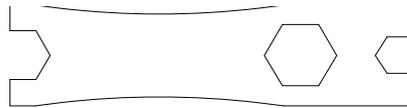
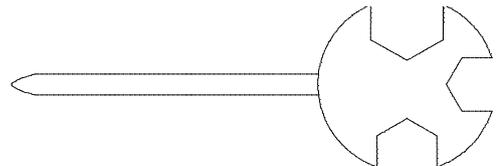


Fig. A

Tool:



Hex Wrench 1PC



Multi Hex Tool with
Phillips Screwdriver
1PC

Step 3

Installing the Backrest:

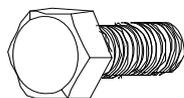
Warning: The Socket Head Bolts (21) should be installed from the inside as shown in the illustration above.

3A. Slide the brackets of the **Backrest Frame (2)** onto the left and right **Pivot Arms (10)**. Aligning the holes of the left **Pivot Arms (10)** with the left bracket of the **Backrest Frame (2)**. Secure with two **Hex Bolts (21)**, two **Flat Washers (19)** and two **Nylon Nuts (42)**. Tighten the hardware with the 10, 13, 17 mm Wrench and **Multi-Hex Tool with Phillips Screwdriver** provided.

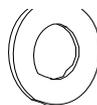
3A. Repeat the same process to install the hardware onto the other bracket on the opposite side of the **Backrest Frame (2)**.

Note: Fig. A shows a correctly installed **Pivot Arm (10)** and **Backrest Frame (2)**.

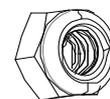
Hardware:



(21) Hex Bolt
4PCS

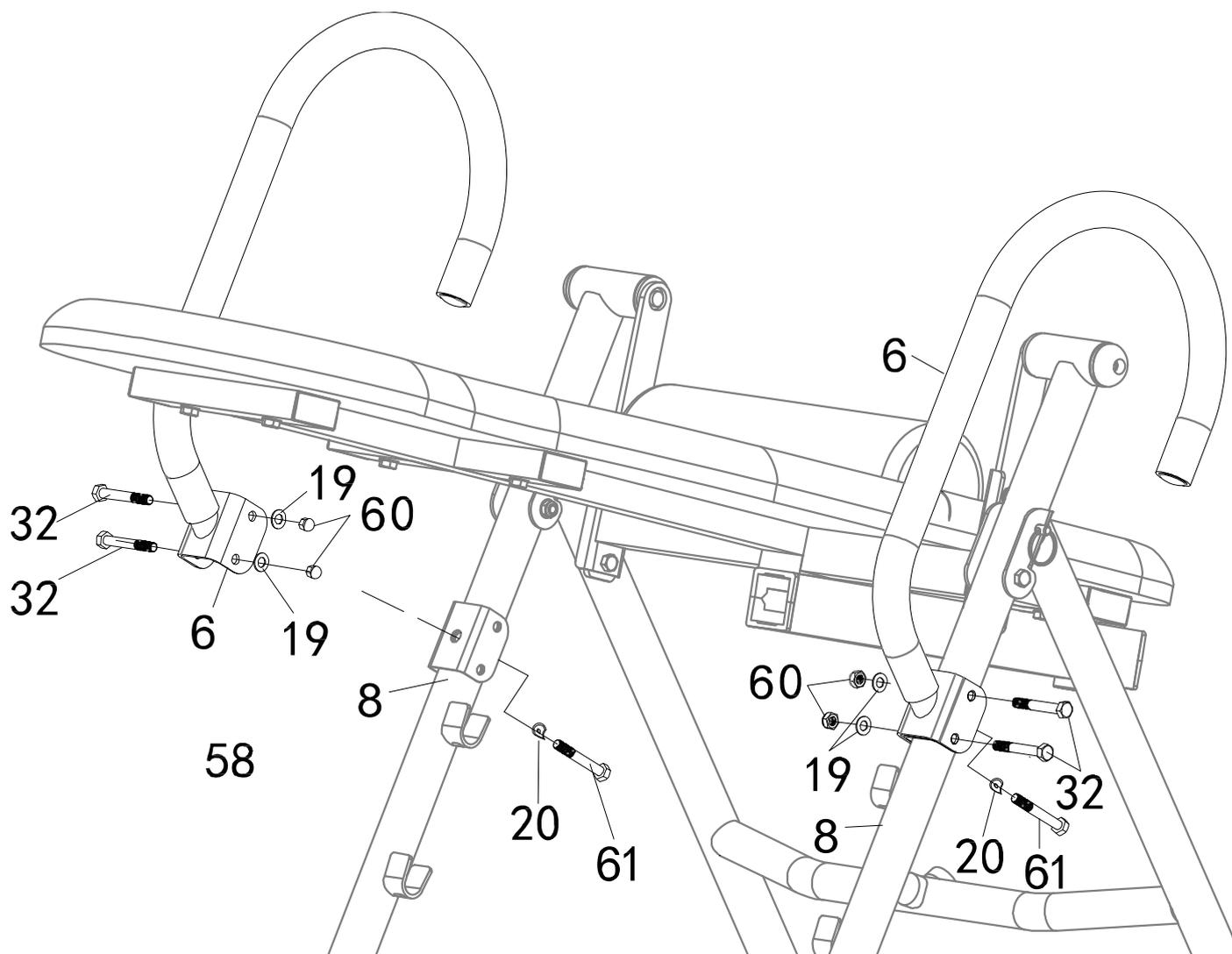


(19) Flat Washer
4PCS

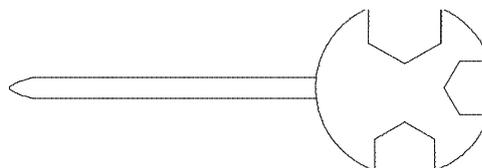


(42) Nylon Nut
4PCS

ASSEMBLY



Tool :



Step 4

Hex Wrench 1PC

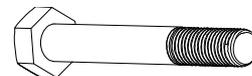
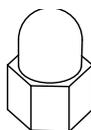
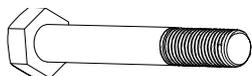
Multi Hex Tool with
Phillips Screwdriver
1PC

Installing the Handle Bars:

4A. Attach a **Handlebar (6)** onto the **Rear Frame (8)** with two **Hex Bolts (32)**, one **Hex Bolts (61)**, two **Flat Washers (19)**, one **Curved Washer (20)**, and two **Cap Nuts (60)**. Tighten the hardware with the **Hex Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided.

4B. Repeat the same assembly step for the second **Handlebar (6)**.

Hardware:



(32) Hex Bolt
4PCS

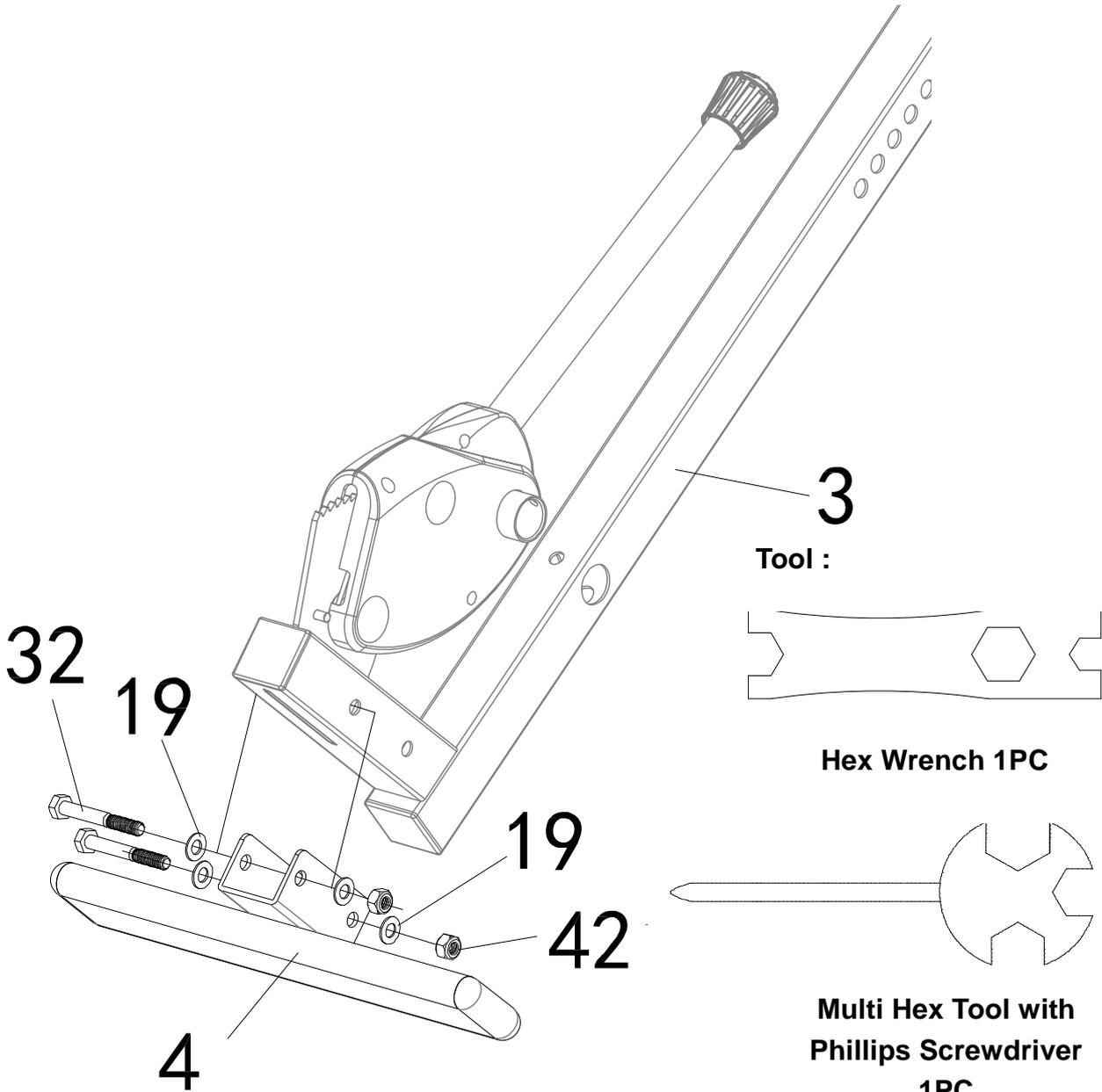
(20) Curved Washer
2PCS

(60) Cap Nut
4PCS

(19) Flat Washer
4PCS

(61) Hex Bolt
2PCS

ASSEMBLY



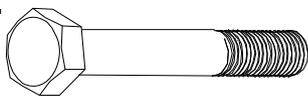
Step 5

Installing the Foot Bar:

5A. Install the **Foot Bar (4)** onto the **Adjustable Boom (3)** with two **Socket Hex Bolts (32)**, four **Flat Washers (19)** and two **Nylon Nuts (42)**. Tighten the hardware with the **Hex Wrench** and **Multi-Hex Tool with Phillips Screwdriver** provided.

Note: The **Foot Bar (4)** should be installed with the bar closer to the **Adjustable Boom (3)**. See **Fig. B**.

Hardware:



(32) Hex Bolt
2PCS

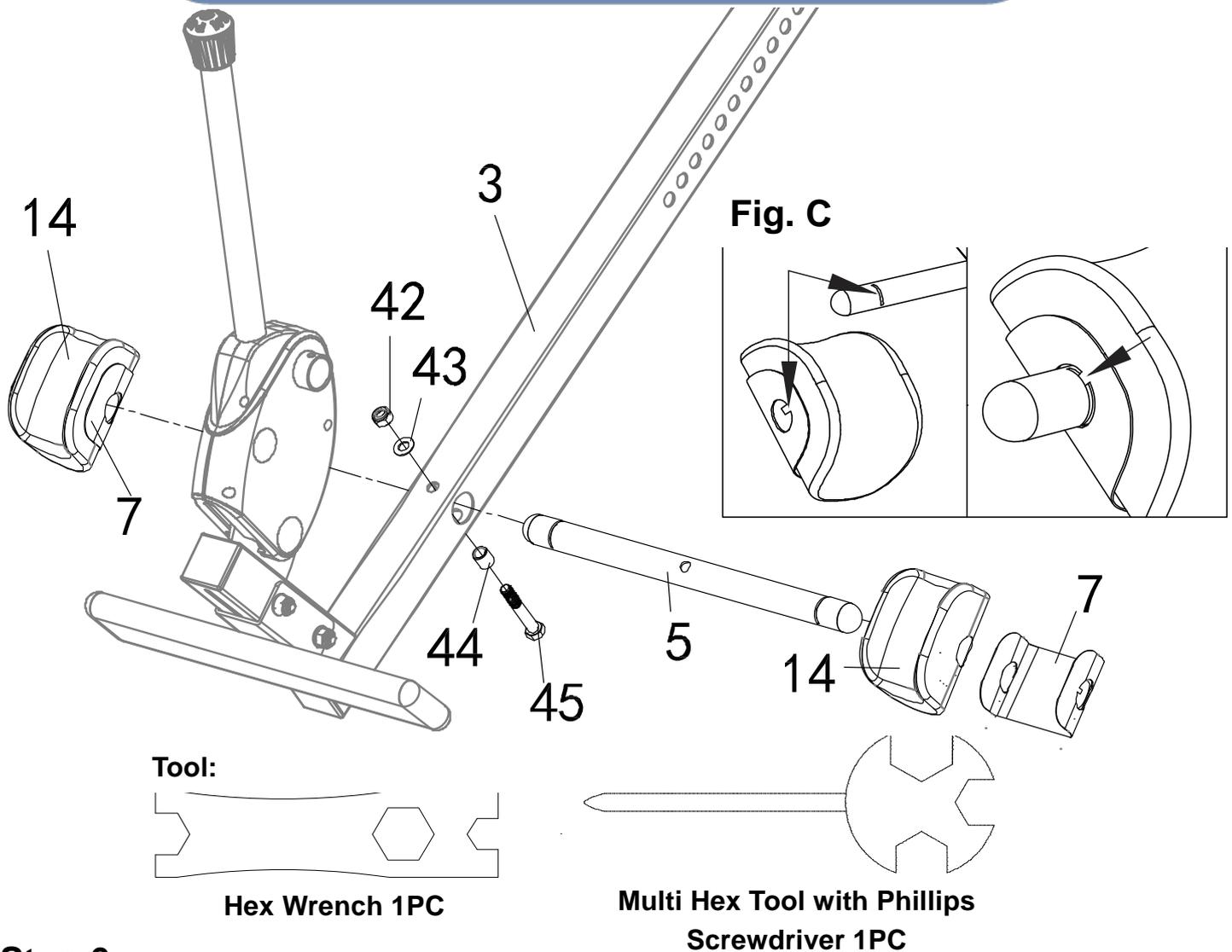


(19) Flat Washer
4PCS



(42) Nylon Nut
2PCS

ASSEMBLY



Step 6

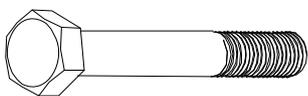
Installing the Rear Rod & Heel Holders:

6A. Slide the **Rear Rod (5)** through the **Adjustable Boom (3)** with the slots facing forward. Secure the **Rear Rod (5)** with one **Hex Bolt (45)**, one **Metal Bushing (44)**, one **Flat Washer (43)**, and one **Nylon Nut (42)**. Tighten the hardware using the **Hex Wrench** and **Multi-Hex tool with Phillips Screwdriver** provided.

6B. Wrap the **Rubber Heel Holders (14)** with the **Steel Heel Holder Bracket (7)**. Squeeze the **Steel Heel Holder Brackets (7)** and **Rear Rubber Heel Holders (14)** and slide them onto both ends of the **Rear Rod (5)**. Ensure the lock teeth are wedged into the slots in the **Rear Rods (5)** as shown in the **Fig. C**.

NOTE: Make sure the lock teeth are wedged into the slots in the **Rear Rods (5)** before use. See **Fig. C**.

Hardware:



(45) Hex Bolt
1PC



(43) Flat Washer
1PC



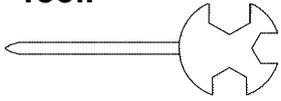
(42) Nylon Nut
1PC



(44) Metal Bushing
1PC

ASSEMBLY

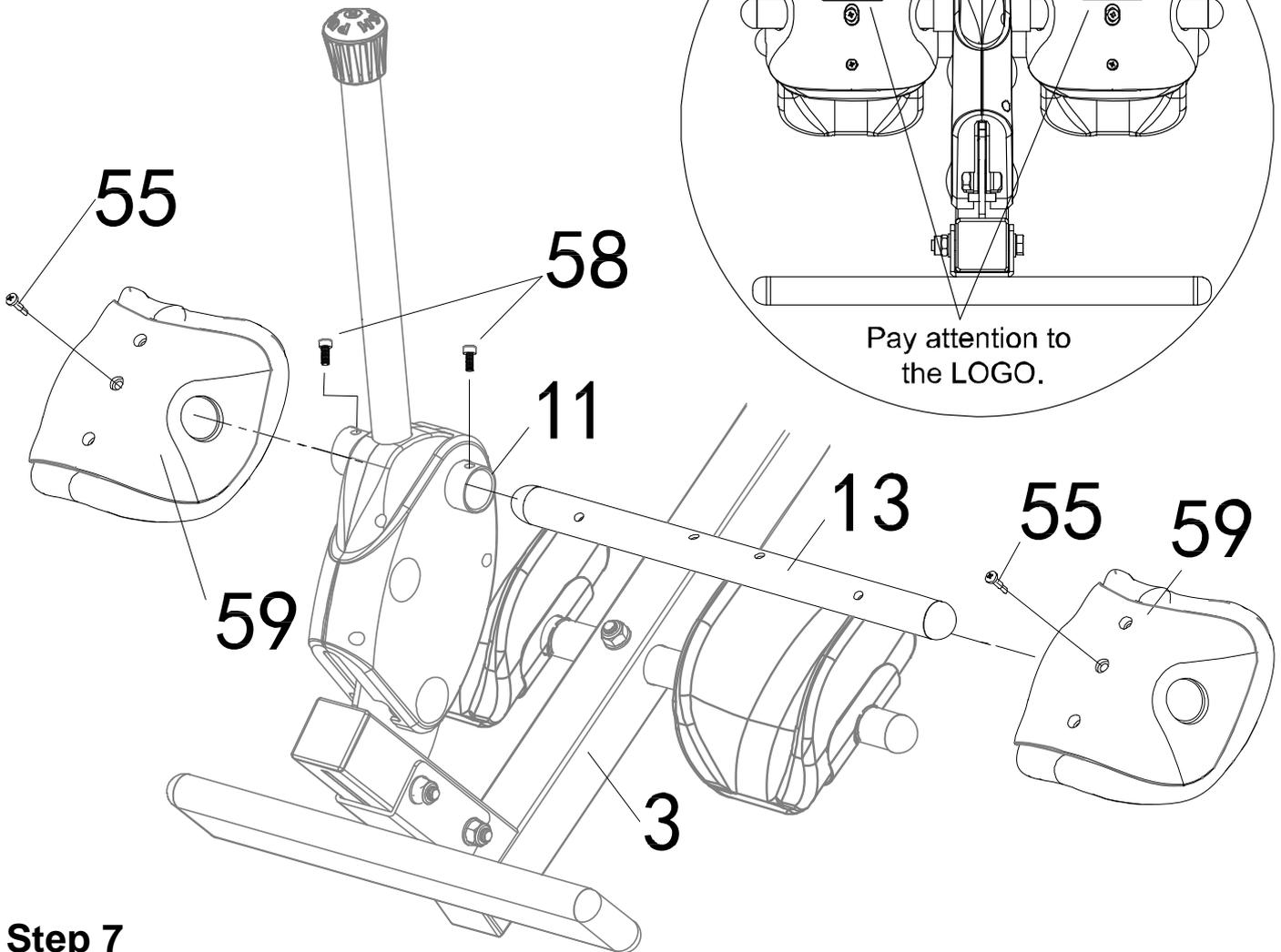
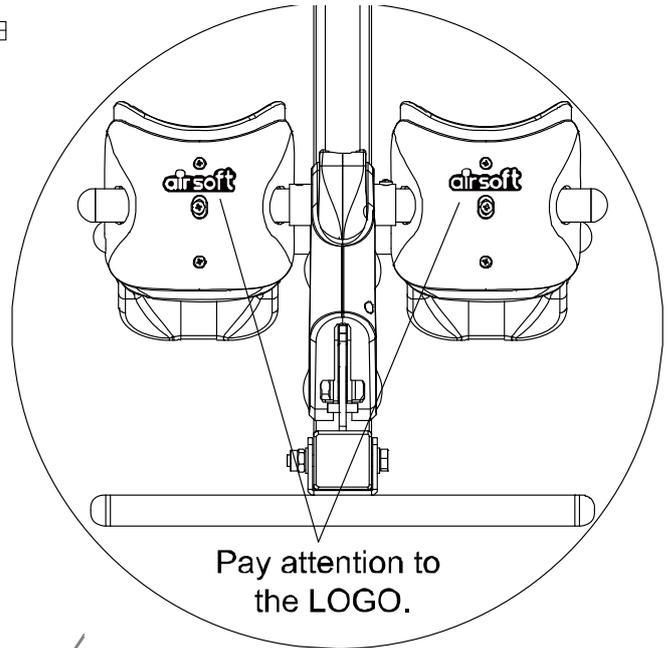
Tool:



**Multi Hex Tool with
Phillips Screwdriver
1PC**



**3mm Allen Wrench
1PC**



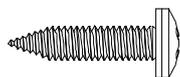
Step 7

Installing the Front Rod & Heel Holders:

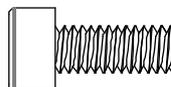
7A. Slide the **Front Rod (13)** through the tube of the **Ratchet Handle (11)** with the screw holes facing away from the **Adjustable Boom (3)**. Secure the **Front Rod (13)** to the **Ratchet Handle (11)** with two **Hex Bolts (58)** using the **3mm Allen Wrench** provided.

7B. Slide the **AIRSOFT Heel Holders (59)** onto both ends of the **Front Rod (13)**. Make sure the **airsoft** logo is right side up. Secure the **AIRSOFT Heel Holders (59)** to the **Front Rod (13)** with two **Self-Tapping Phillips Screws (55)** using the **Multi Hex Tool with Phillips Screwdriver** provided.

Hardware:

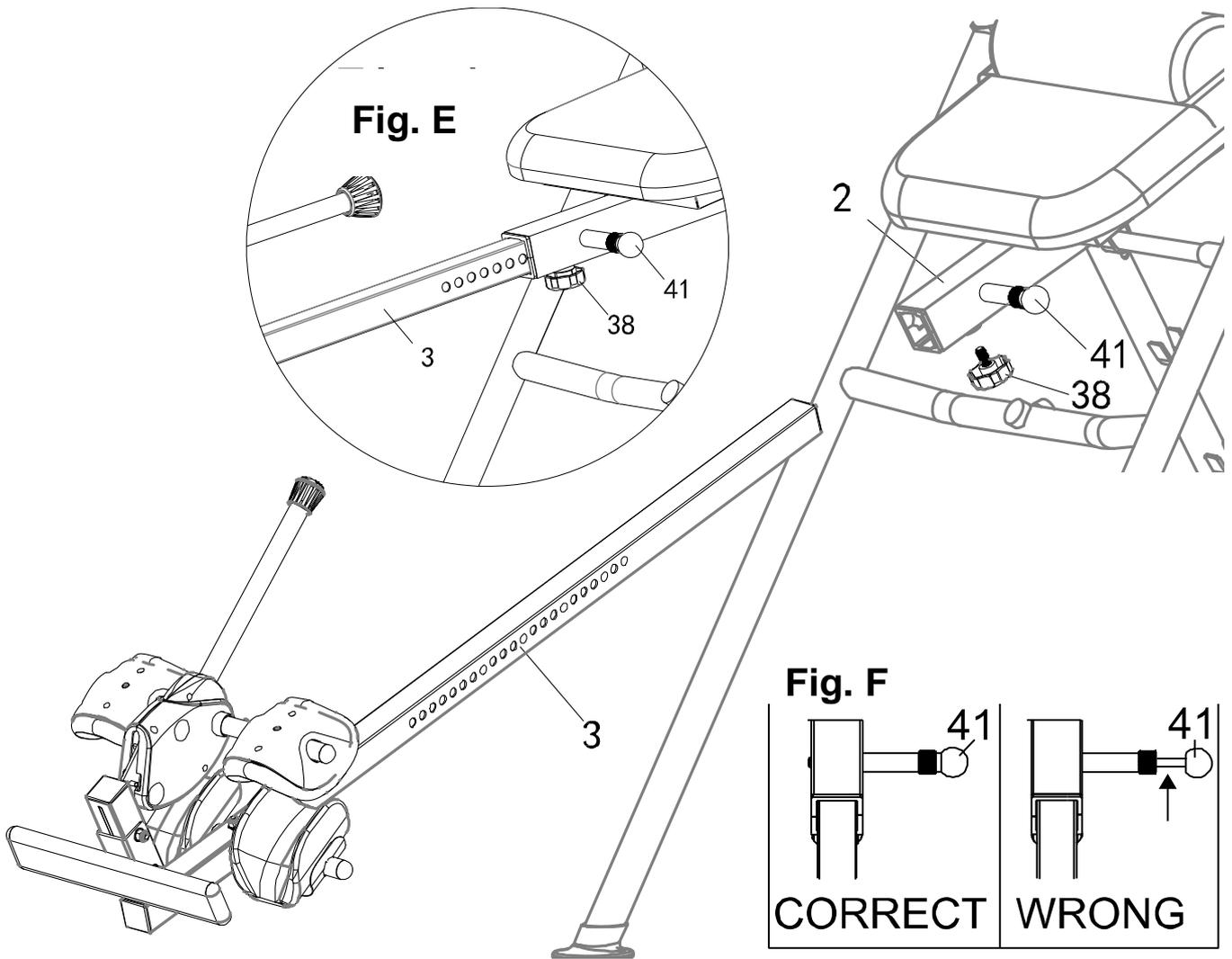


**(55) Self-Tapping
Phillips Screw 2PCS**



**(58) Hex Bolt
2PCS**

ASSEMBLY



Step 8

Installing Adjustable Boom to the Bedframe:

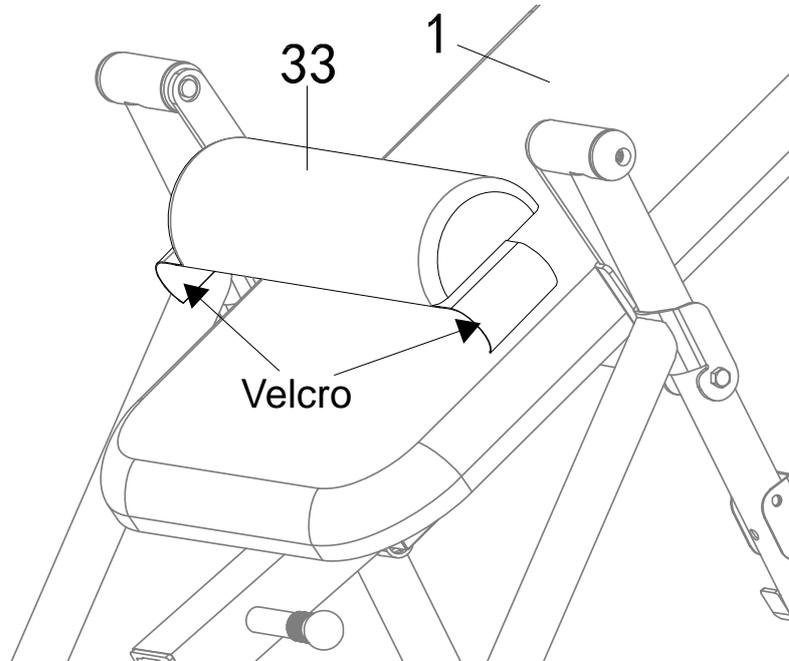
8A. Pull out and hold the **Spring Knob (41)** then slide the **Adjustable Boom (3)** into the bottom of the **Backrest Frame (2)**. Slide the **Adjustable Boom (3)** upwards until the desired height is visible just below the tube of the **Backrest Frame (2)**. Release the **Spring Knob (41)** to lock the **Adjustable Boom (3)** in place. Shift the **Adjustable Boom (3)** until the **Spring Knob (41)** "POPS" into the locked position.

WARNING: Make sure the **Spring Knob (41)** is fully inserted as shown in **Fig. F** before getting on the inversion table.

8B. Install the **Knob (38)** onto the **Backrest Frame (2)** as shown in **Fig E**.

WARNING: Loosen the **Knob (38)** before adjusting the height of the **Adjustable Boom (3)**. Tighten the **Knob (38)** after adjusting the height setting of the **Adjustable Boom (3)** for stability and safety.

ASSEMBLY

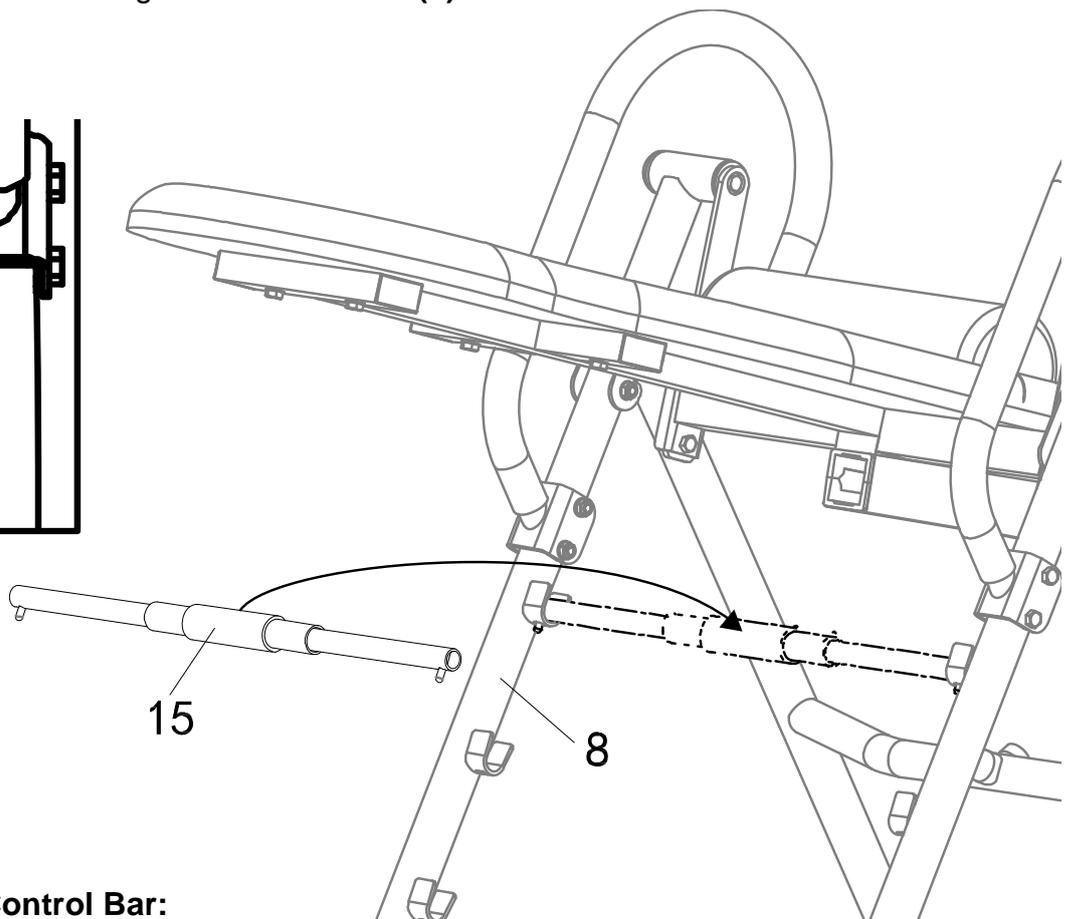
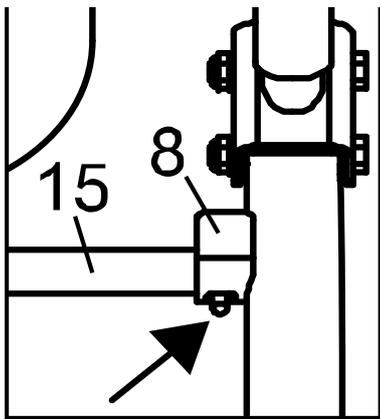


Step 9

Installing the Lumbar Pad:

9A. Attach the **Lumbar Pad (33)** onto the **Backrest (1)** by wrapping the Velcro flaps of the Lumbar Pad (33) around the edge of the **Backrest (1)**.

Fig. G

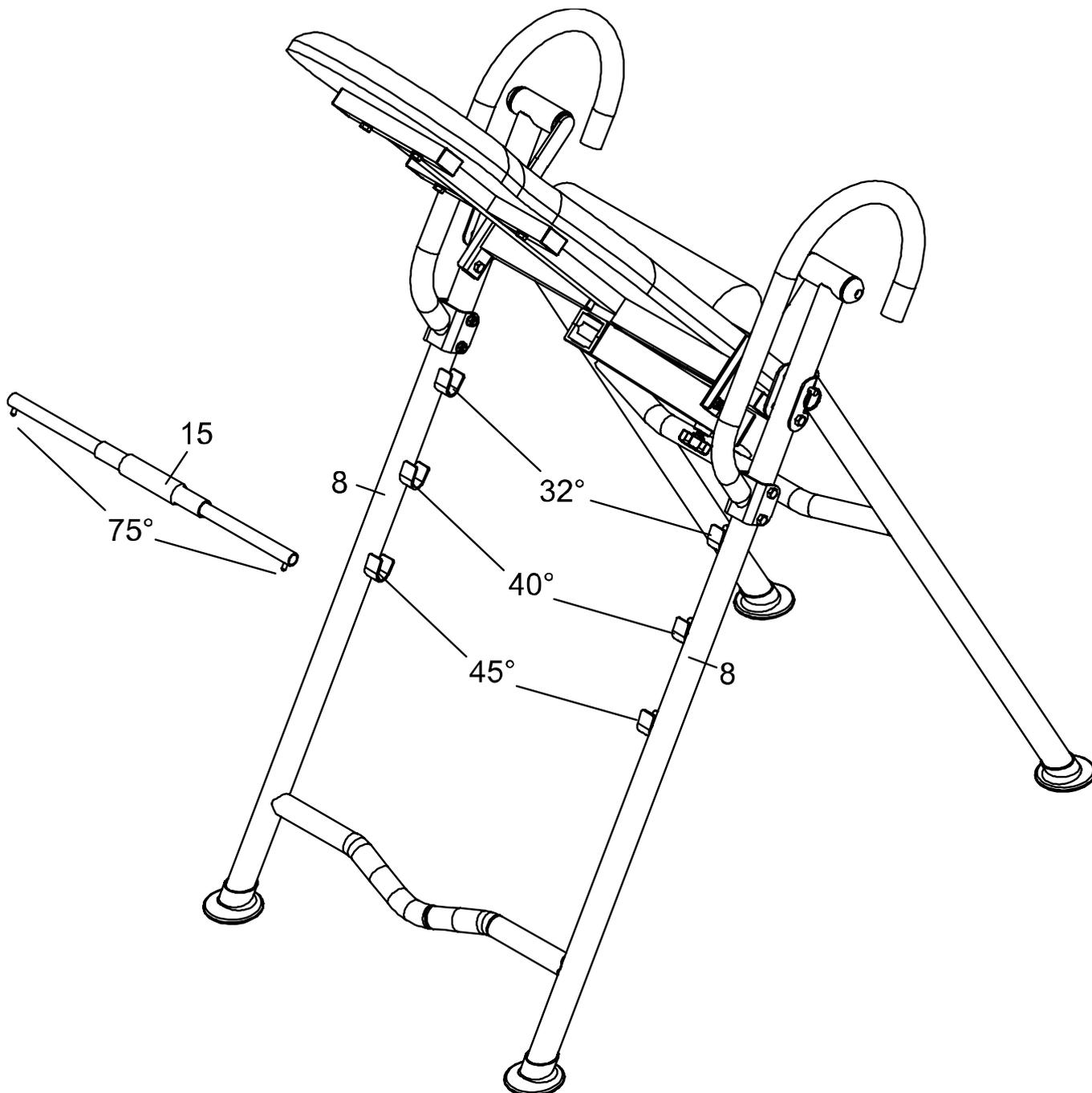


Step 10

Installing the Angle Control Bar:

10A. Attach the **Angle Control Bar (15)** onto the U shape brackets on the **Rear Frames (8)**.

Warning: Make sure the rods of the **Angle Control Bar (15)** are inserted into holes on the U shaped brackets of the **Rear Frames (8)** as shown in **Fig. G**.



ADJUSTING THE MAXIMUM INVERSION ANGLE

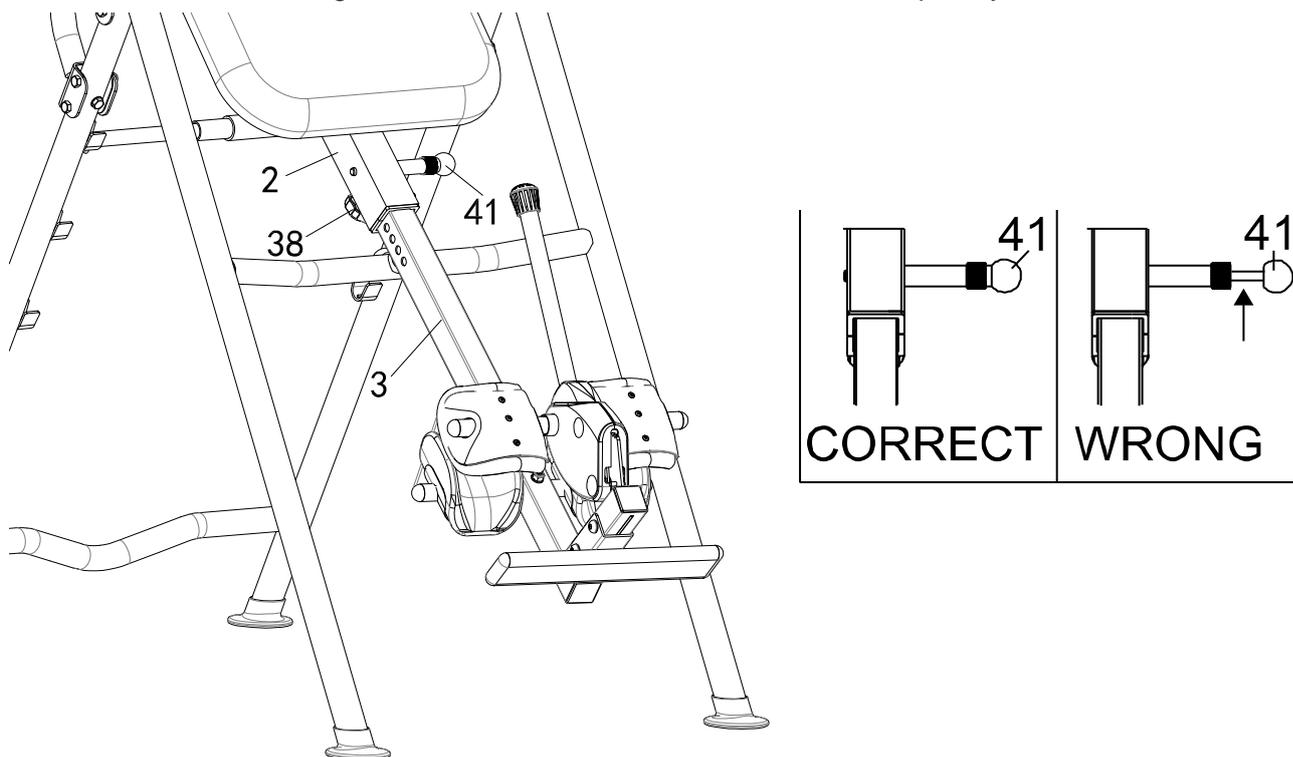
To control the angle of inversion insert the **Angle Control Bar (15)** into one of the Brackets on **Rear Frames (8)** as shown above.

1. The top set of brackets allows for a maximum inversion angle of **32 degrees**.
2. The middle set of Brackets allows for a maximum inversion angle of **40 degrees**.
3. The bottom set of brackets allows for a maximum inversion angle of **45 degrees**.
4. **Completely removing the Angle Control Bar (15)** allows for a maximum inversion angle of **75 degrees**.

OPERATION AND ADJUSTMENTS

GENERAL PRECAUTIONS

1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Always wear shoes when using the inversion table.
3. Make sure that the **AIRSOFT Heel Holder (59)** and the **Rubber Heel Holders (14)** are secure around your ankles before inverting.
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 the **Spring Knob (41)**.
6. Make sure that there is enough room for the inversion table to rotate completely.



ADJUSTING THE BOOM

The **Adjustable Boom (3)** can be moved to a variety of different positions in order to accommodate the height of the person using the inversion table.

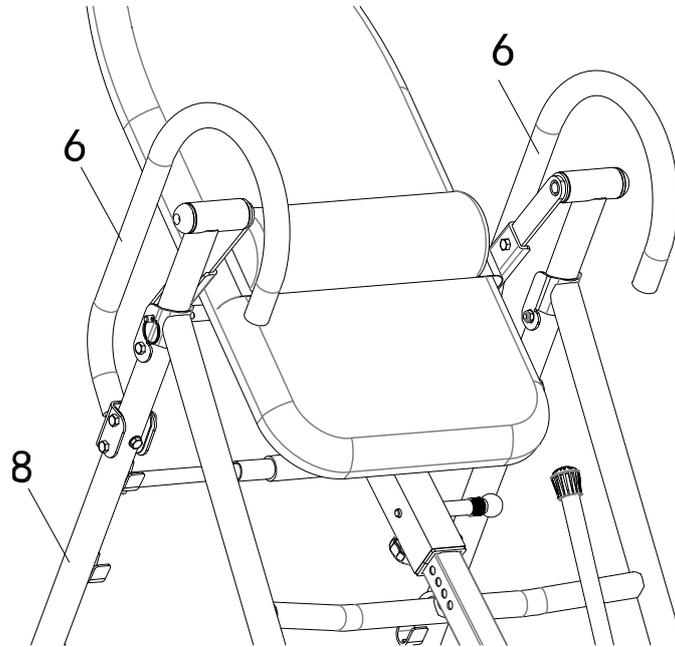
To adjust the **Adjustable Boom (3)**:

1. Loosen the **Knob (38)** by turning it COUNTER-CLOCKWISE and pull out and hold the **Spring Knob (41)**.
2. Slide the **Adjustable Boom (3)** up or down until the desired height is just visible below the tube connected to the **Backrest Frame (2)**.
3. When the **Adjustable Boom (3)** is in the desired position, release the **Spring Knob (41)** and slide the **Adjustable Boom (3)** slightly up or down until the **Spring Knob (41)** locks into place with a “POP” sound.
4. Tighten the **Knob (38)** to secure the **Adjustable Boom (3)** before use.

WARNING: Make sure the **Spring Knob (41)** is inserted all the way through the **Backrest Frame (2)** before getting onto the inversion table.

WARNING: The **Knob (38)** must be tightened every time the user height setting is changed for additional stability and safety.

OPERATION AND ADJUSTMENTS

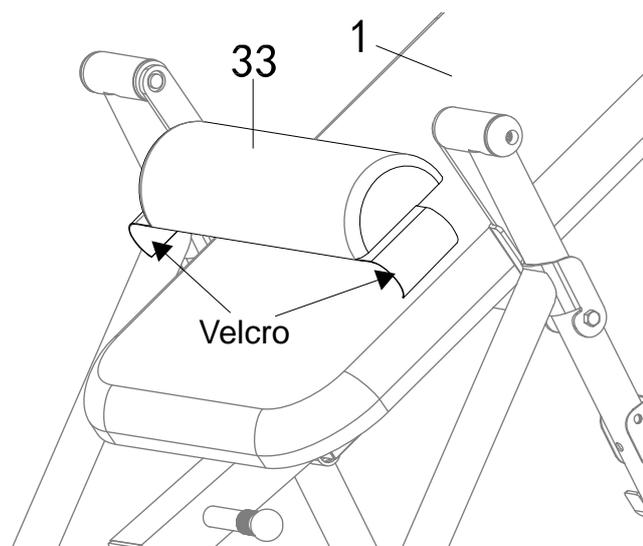


THE HANDLEBARS

For added convenience and safety, a set of **Handlebars (6)** has been added to the inversion table. These **Handlebars (6)** are located at the top of the **Rear Frame (8)**. The **Handlebars (6)** are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the backrest is moving too slowly, or not moving at all, slowly pull on the handlebars until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hand's closer to your starting position along the handlebars. If it does not, get off the inversion table and adjust the height setting before your next use.

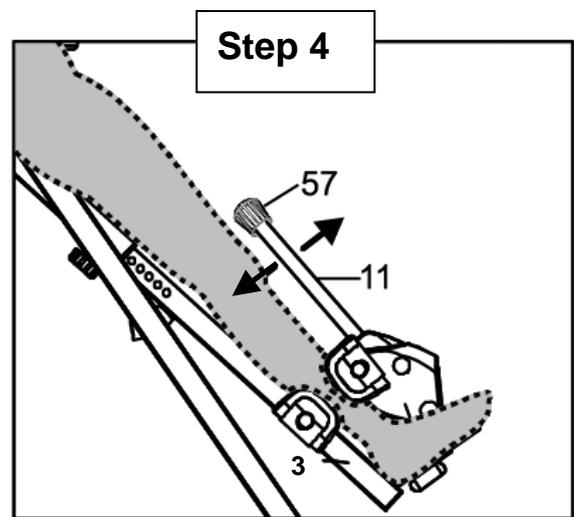
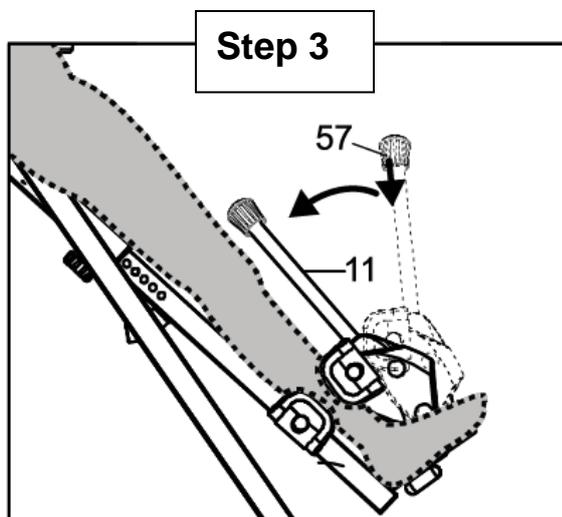
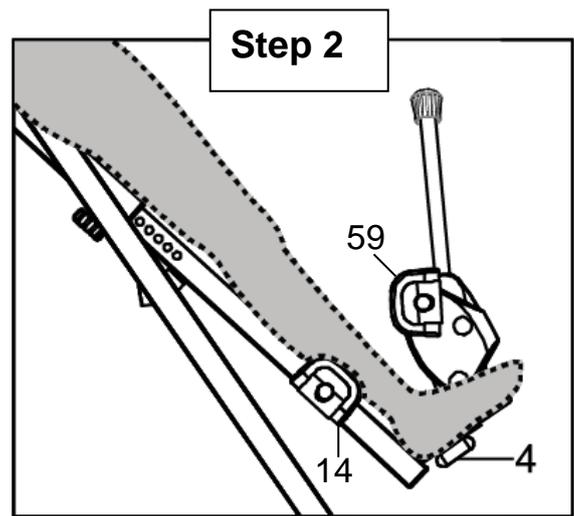
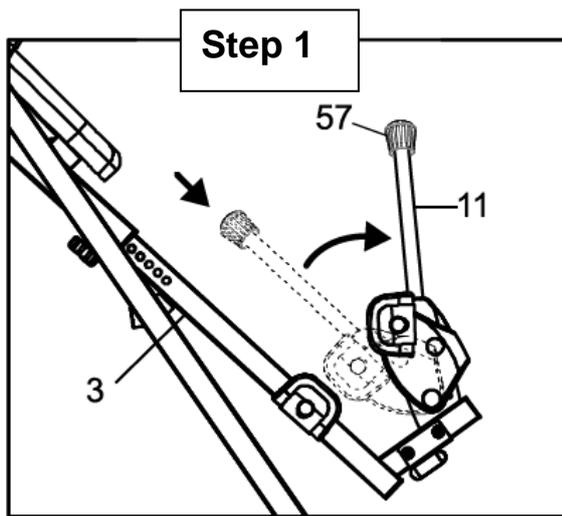
WARNING: Invert slowly; failure to comply could result in serious physical injury.



THE LUMBAR PAD

There is velcro on the flaps of the **Lumbar Pad (33)** and along the edges of the **Back Rest (1)**. Use the Velcro to adjust the **Lumbar Pad (33)** as needed to fit your height.

OPERATION AND ADJUSTMENTS



ADJUSTING THE FRONT AND REAR HEEL HOLDERS

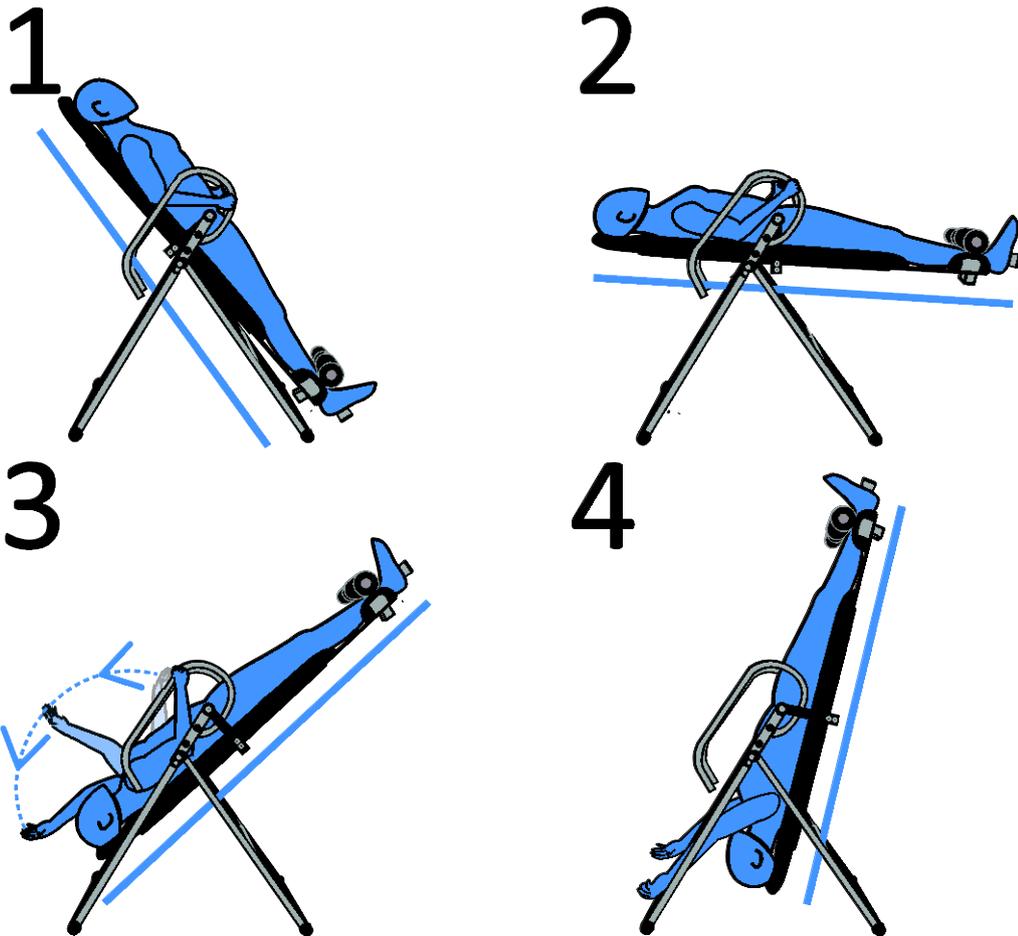
1. Push down on the **Button (57)** and move the **Ratchet Handle (11)** away from the **Adjustable Boom (3)**.
2. Step onto the **Foot Bar (4)** and place your ankles between the **AIRSOFT Heel Holder (59)** and the **Rubber Heel Holders (14)**
3. Push down on the **Button (57)** and move the **Ratchet Handle (11)** back towards the **Adjustable Boom (3)** until the **Rubber Heel Holder (14)** and the **AIRSOFT Heel Holder (59)** are snug around your ankles.
4. Move the **Ratchet Handle (11)** back and forth without pressing the **Button (57)** to ensure that the ratchet is locked.

WARNING: Ensure that the AIRSOFT Heel Holder (59) and the Rubber Heel Holders (14) are securely holding onto your ankles.

WARNING: Make sure the Ratchet Handle (11) is locked in place after the Rubber Heel Holder (14) and the AIRSOFT Heel Holder (59) are secure around your ankle.

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 straight with your hands on the handlebars. Slowly allow yourself to tilt back with your hands lightly gripping the handles bars right above your waist. While in this position, your head should still be slightly above your feet. If your feet are above your head, increase the boom height by an inch (Example: Increase the boom height from 5'6" to 5'7"), and repeat the balancing steps above. Increase the boom height until your head is slightly above your feet.



USING THE INVERSION TABLE

1. Start by lying straight back on the backrest with your hands gripped on both handlebars. **See Fig. 1.**
2. Relax your grip slightly on the handlebars, and allow yourself to slowly tilt back. Your head should be slightly above your feet when in this position until you are ready to start inverting, as described in the **BALANCING THE INVERSION TABLE** section above. **See Fig. 2.**
3. **To start inversion**, slowly lift one hand over your head while still gripping a handlebar with the opposite hand. **See Fig. 3.**
4. **To increase the degree of inversion further**, slowly lift your other arm off the handlebars and rotate it above your head so that both arms are hanging freely. **See Fig. 4.**
5. Return to the upright position by slowly returning your hands to your waist and pulling yourself up with the handlebars.

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 if you feel uncomfortable.
2. Make gradual changes: increase the angle on of inversion only if it is comfortable. Increase the angles only a few degrees at a time. You may want to increase your routine from 1-2 minutes to 5 minutes over time. Do so only if you feel comfortable, so listen to your body. Invert however long you are comfortable.
3. Throughout the inversion, remember to always check up on how you are feeling. If you begin to feel nauseous during use, come up as soon as you can. Come up slowly, dizziness after a session means you came up too fast. Wait at least 2 hours after eating to use the inversion table.
4. All inversion benefits can be gained without having to invert completely; small degrees of inversion will provide the same benefits. Do not push yourself to greater degrees of inversion if you are not comfortable.
5. Invert regularly: We recommend two or three times a day depending upon your current condition; talk to your personal care physician. We recommend inverting around the same time daily to gain the most benefits from inversion.
6. **These are general recommendations; consult your personal care physician before using this product.**

STORAGE

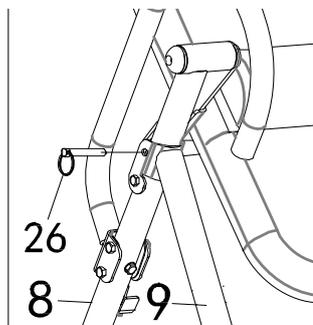
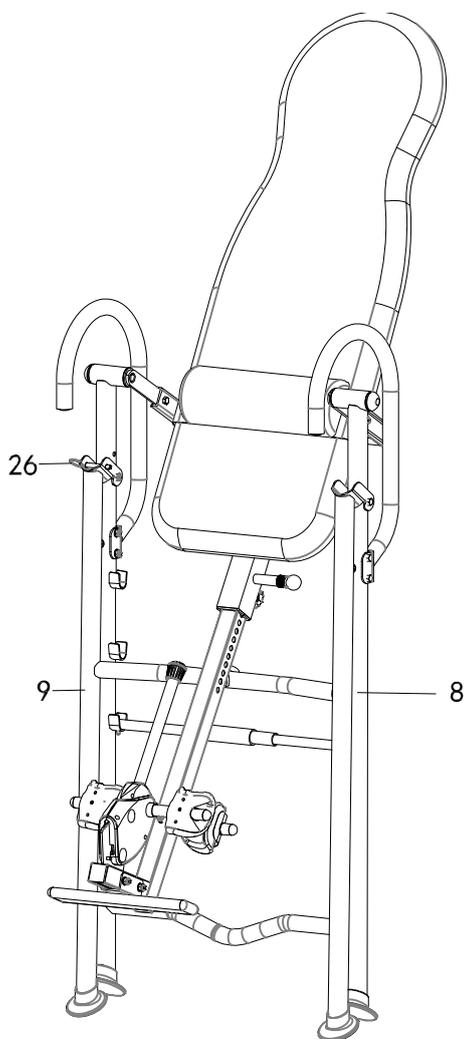


Fig. H

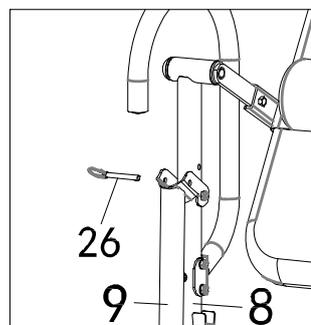


Fig. I

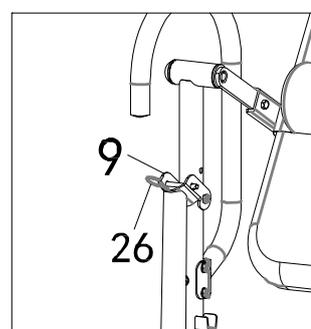


Fig. J

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.

1. Pull out the **Ring Pin (26)** from the holes on the **Rear Frame (8)** and **Front Frame (9)**.
See Fig. H
2. Push the **Rear Frame (8)** and **Front Frames (9)** together all the way. **See Fig. I**
3. Insert the **Ring Pin (26)** back into the hole on the **Front Frame (9)**. **See Fig. J**
4. Reverse the steps to set up the inversion table when you want to use it.

MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

1. Check the pivot arms, backrest, and heel holders for wear and tear.
2. Replace any damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired or replaced.
4. Tighten all loose hardware, bolts, nuts, and caps before using the inversion table.

WARRANTY

MANUFACTURER'S LIMITED WARRANTY

Paradigm Health & Wellness warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in accordance with Paradigm's Owner's Manual. Paradigm's obligation under this warranty applies to the following:

COMPONENT LENGTH OF WARRANTY

Structural Frame	1 year For Home Use Only
All Other Components	90 days For Home Use Only

Exclusions from Warranty Coverage:

Paradigm does not warrant against and is not responsible for, and no implied warranty shall be deemed to cover, any product failure, product malfunction, or damages attributable to:

1. Improper installation and/or failure to abide by Paradigm's installation guidelines;
2. Use of this product beyond normal home use, or in an application for which it was not designed;
3. Cosmetic items such as scratches, dents or discolorations;
4. Damage caused by normal wear and tear, vandalism, accidental or by animals;
5. Any act of Nature (such as fire, flooding, snow, ice, hurricane, earthquake, lightning or other natural disaster), environmental condition (such as air pollution, mold, mildew, etc.), or staining from foreign substances (such as dirt, grease, oil, etc.);
6. Normal weathering due to exposure to sunlight, weather, and atmosphere which can cause colored surfaces to, among other things, flake, chalk, accumulate dirt or stains.
7. Improper operation, alteration, handling, storage, abuse or neglect of the products.

Paradigm, using its sole discretion, will either repair or replace free of charge any part(s) proven to be defective under normal home use. Any repair or replacement shall provide no new warranty coverage, but shall retain only the remaining portion of the original product's warranty. This warranty is offered only to the original purchaser and is not transferable. Proof of original purchase is required.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department:
Daily, 8:00 AM - 5:00 PM (PST).

service@paradigmhw.com

When ordering replacement parts have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

