

INVERSION TABLE

OWNER'S MANUAL

MODEL#75128

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 350lbs/160kgs.

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

SAFETY PRECAUTIONS

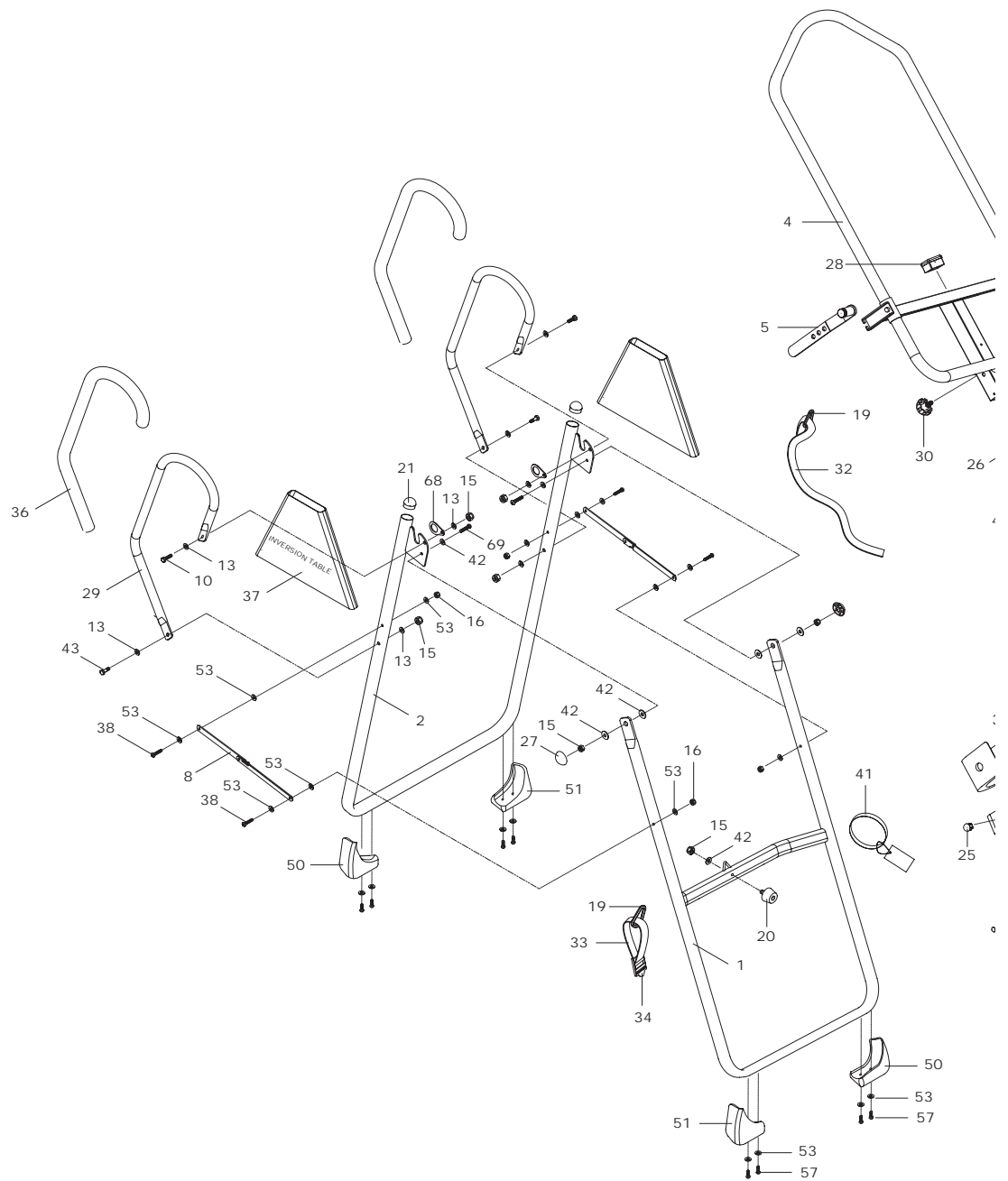
This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

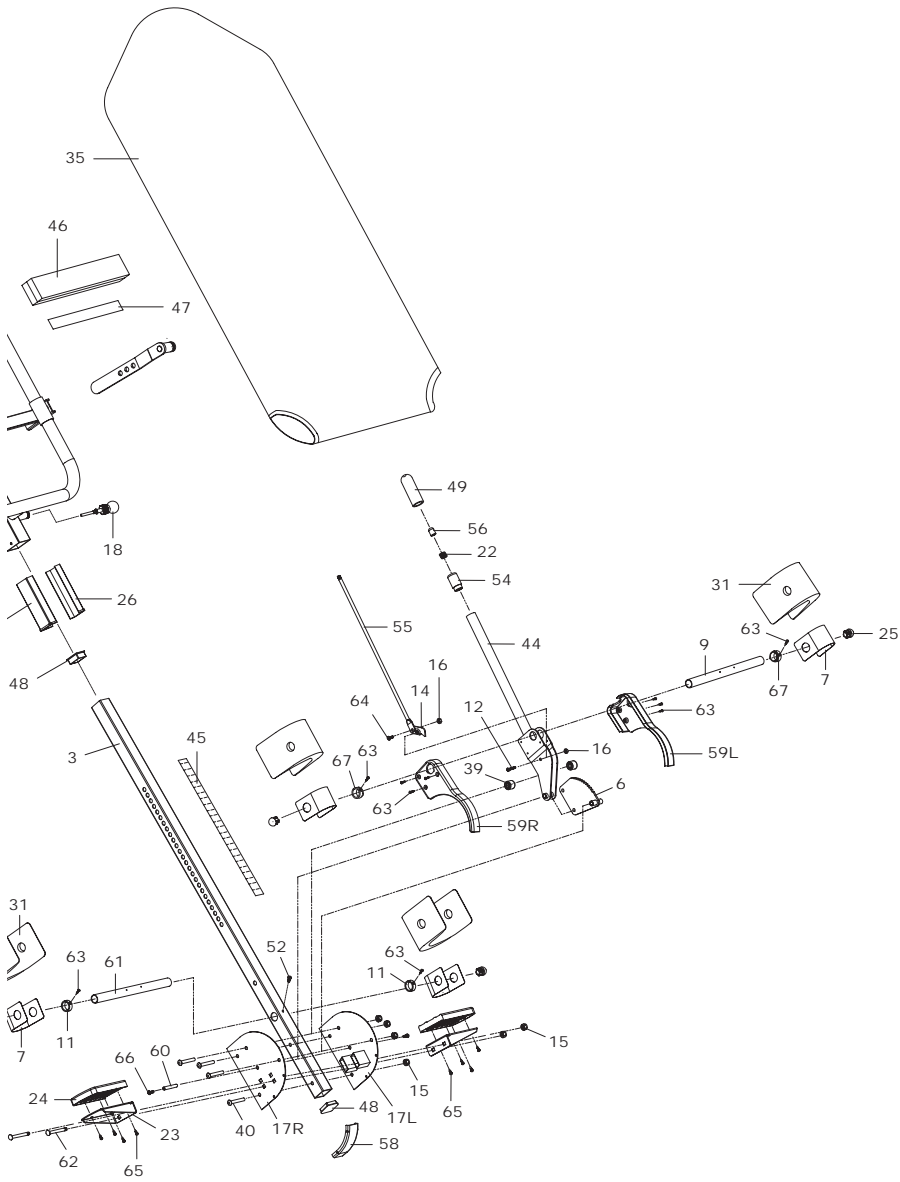
1. Consult your physician or other health care professionals before using the inversion table.
2. Always wear proper exercise apparel when using the equipment.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising 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.

OVERVIEW DRAWING





PARTS LIST

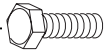



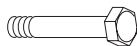

Part #	Description	Quantity	Part #	Description	Quantity
1	Front U-Frame	1	31	Heel Holder	4
2	Rear U-Frame	1	32	Nylon Strap	1
3	Adjustable Boom	1	33	Loop Strap	1
4	Bed Frame	1	34	Strap Lock	1
5	Pivot Arm	2	35	Nylon Bed	1
6	Adjustable Lock Plate	1	36	Foam Grip	2
7	Heel Holder Bracket	4	37	Protective Cover	2
8	Folding Arm	2	38	Bolt M6*50	4
9	Front Rod	1	39	Spacer	2
10	Hexagon Head Bolt M8*23	2	40	Bolt M8*50	4
11	Blocking Bush Ø 28.5 *Ø 22.5*10	2	41	Safety Lock	1
12	Bolt M6*30	1	42	Washer Ø 24 *Ø 8.4 * 2.0t	7
13	Washer Ø 16 *Ø 8.2*1.5t	8	43	Bolt M8*55	2
14	Latch	1	44	Adjustable Handle	1
15	Nylon Nut M8	13	45	Height Scale	1
16	Nylon Nut M6	6	46	Foam Pad	1
17L	Left Adjustable Boom Plate	1	47	Double-Sided Tape	1
17R	Right Adjustable Boom Plate	1	48	Square End Cap	2
18	Spring Knob	1	49	Handle Tip	1
19	Safety Hook	2	50	Foot Stabilizer (L)	2
20	Bumper	1	51	Foot Stabilizer (R)	2
21	Round End Cap	2	52	Screw ST4.8*20	1
22	Handle Spring	1	53	Washer Ø 12 *Ø 6.5 * 1.0t	20
23	In-Step Frame	2	54	Handle Cap	1
24	In-Step Foot Pad	2	55	Locking Pin	1
25	Rod Cap	4	56	Button	1
26	Low. Bed Frame Bush	2	57	Screw M6*20	8
27	Nut Cap Ø 27 *Ø 13.5	2	58	Front Plastic Cover	1
28	Upper Bed Frame Bush	1	59L	Left Plastic Cover	1
29	Handlebar	2	59R	Right Plastic Cover	1
30	Locking Knob	1	60	Shaft Nut	1

PARTS LIST

Part #	Description	Quantity
61	Rear Rod	1
62	Carriage Bolt M8 * 70	2
63	Screw ST3.5*10	10
64	Bolt M6 * 14	1
65	Screw ST4.2 * 12	8
66	Bolt M5 * 10	2
67	Blocking Bushing Ø 28.5 *Ø 22.5*14	2
68	Pivot Arm Reinforcement Plate	2
69	Bolt M8*23	2

* 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
10	Hexagon Head Bolt M8*23 	2
13	Washer Ø 16 *Ø 8.2*1.5t 	8
15	Nylon Nut M8 	4
27	Nut Cap Ø 27 *Ø 13.5 	2
43	Bolt M8*55 	2
68	Pivot Arm Reinforcement Plate 	2

NOTE:


- Above described parts are all the parts needed to assemble the inversion table. Before you start to assemble, please check to make sure the parts are included.
- Tools needed to assemble the inversion table. Please make sure these tools are included.

INCHES


#10




1/4"



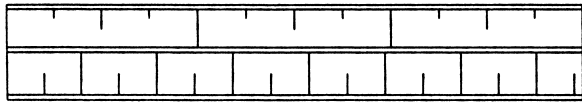
5/16"






3/8"



0 1/2 1 1/2 2 1/2 3



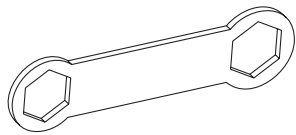
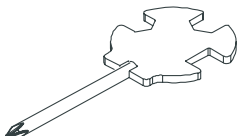
0 10 20 30 40 50 60 70

6
8
10

MILLIMETERS

PLACE WASHER, BOLT'S END, OR SCREW ON CIRCLE TO CHECK FOR CORRECT SIZE.

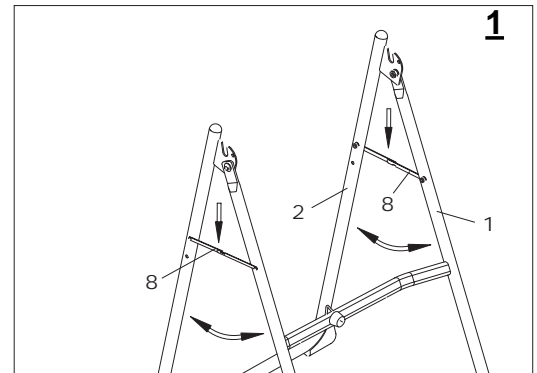



ASSEMBLY INSTRUCTIONS

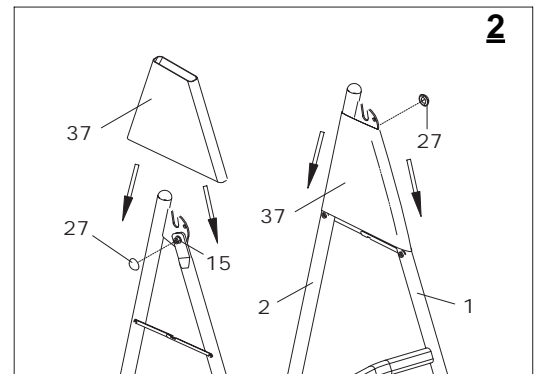
1. Stand up the base by separating the U-Frames (1, 2). Pull the front and rear U-Frames as far apart from each other as possible. Then push down on the middle of the two Folding Arms (8) until they are straight.



The product is heavy and should be assembled and moved by at least two people.

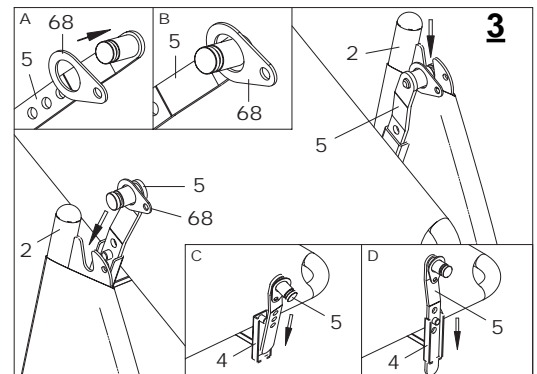


2. Install two Nut Caps (27) onto the Nylon Nuts (15). Slip the Protective Cover (37) onto the frame and secure it with Velcro strips below the cover.



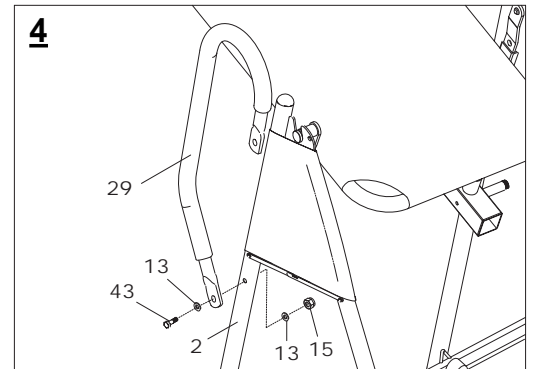
3. Insert Pivot Arms (5) into the brackets located at each side of the Bed Frame (4). We recommend you use the bottom hole on the Pivot Arm (5) until you're familiar with the inversion table. (See C and D)

Install the Pivot Arm Reinforcement Plates (68) onto the Pivot Arms (5). (See A and B). 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.

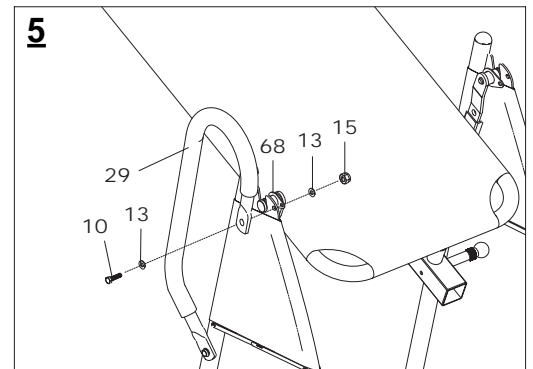


ASSEMBLY INSTRUCTIONS

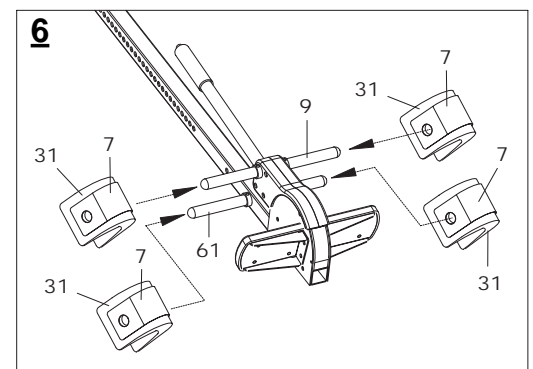
4. Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) using Hexhead Bolt (43), Washers (13) and Nylon Nut (15).



5. Attach the top end of Handlebar (29) onto the Rear U Frame (2) and Pivot Arm Reinforcement Plates (68) with one Hexagon Head Bolt (10), Nylon Nut (15), and two Washers (13). Repeat above same step to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Reinforcement Plates (68).

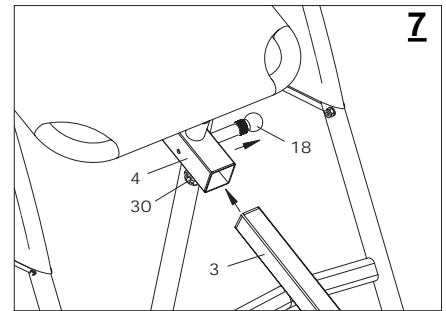


6. Place the Heel Holder (31) into the Heel Holder Bracket (7). Insert the Heel Holder into Rod (9).

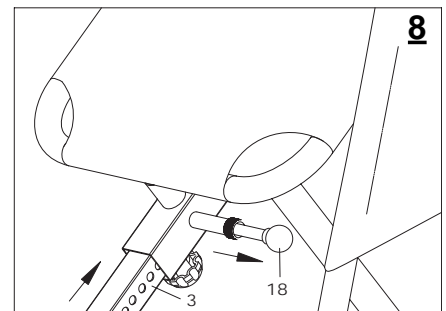


ASSEMBLY INSTRUCTIONS

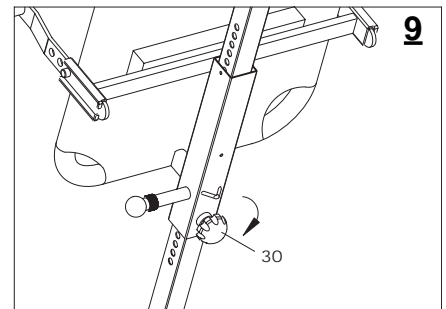
7. Assemble the Locking Knob (30) onto the Bed Frame (4). Pull the Spring Knob (18) as you insert the Adjustable Boom (3) into the Bed Frame (4).



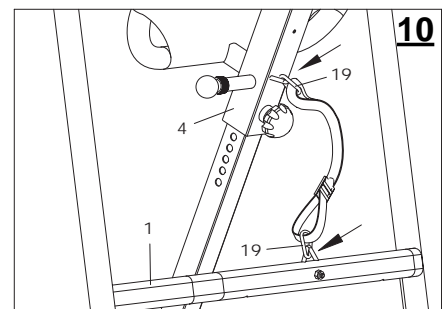
8. Pull out the Spring Knob (18) and slide the Adjustable Boom (3) into the square bracket on the bottom of the Bed Frame (4) as shown. Slide the Adjustable Boom (3) upward until the desired height on the Height Scale (45) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Spring Knob (18) "pops" down into the locked position.



9. For added safety, secured the Locking Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.



10. Attach one end of Safety Hook (19) of Nylon Strap (32) onto the U-Frame (1) and the other end of Safety Hook (19) of Nylon Strap (32) onto the Bed Frame (4).



SAFETY OPERATING INSTRUCTION

UNLOCKING THE ADJUSTABLE HANDLE:

1. Push the Adjustable Handle button and pull handle all the way forward.



2. Pull handle toward you to the maximum locking position.



GETTING OFF THE INVERSION TABLE

3. Always hold on the handlebars when you step on and off the inversion table.

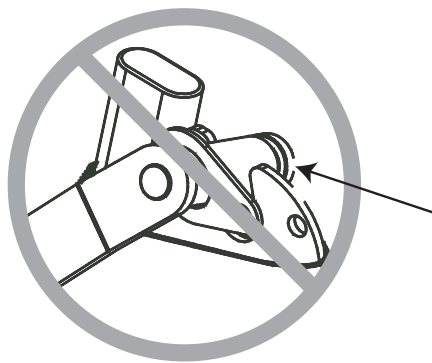


* BEFORE USING THIS EQUIPMENT, MAKE SURE THE LOCKING KNOB, SPRING KNOB AND NYLON STRAP ARE FULLY SECURED.

WARNING: ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.

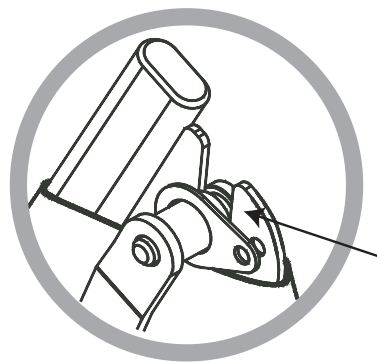
SAFETY OPERATING INSTRUCTION

Incorrect



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

Correct



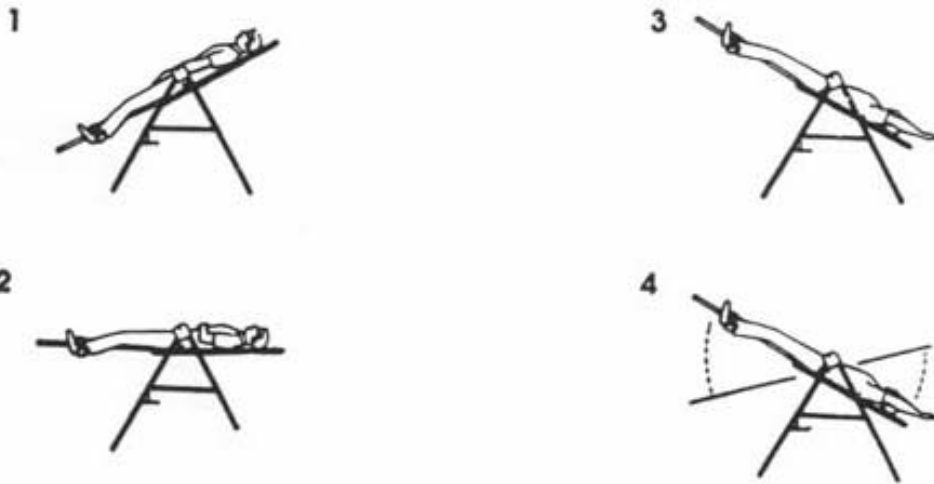
Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

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

OPERATION AND ADJUSTMENTS

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 table, 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.



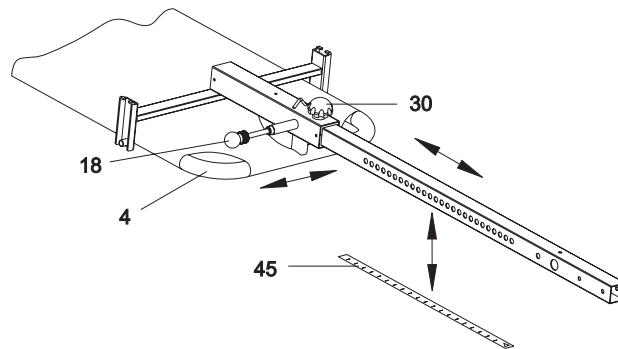
BALANCING THE INVERSION TABLE

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 machine, 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.

OPERATION AND ADJUSTMENTS

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 machine. To adjust the boom, loosen the Locking knob (30), pull out the Large Spring Knob (18), and slide the boom up or down until the desired height on the scale decal is positioned just below the Square Bushing (26). When the boom is in the desired position, simply release the large spring knob, slide the boom slightly up or down until the spring knob locks into place, and tighten the Locking Knob (30).

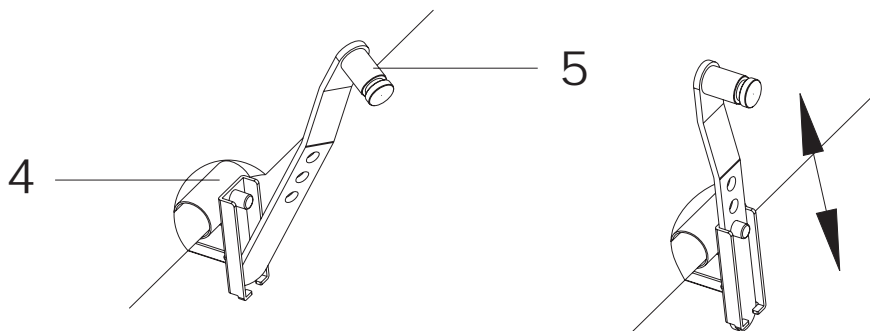


PIVOT ARMS

The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount. It is recommended that a beginner use the bottom hole until you are familiar with the machine.

To adjust the pivot arms, first remove the bed from the U-Frame, remove Pivot Arm and replace it in the desired hole, push in until the post goes through the desired hole.

NOTE: Both pivot arms must be adjusted to the same hole. Trying to adjust the pivot arms to two different positions could cause damage to the machine and serious injury.



OPERATION AND ADJUSTMENTS

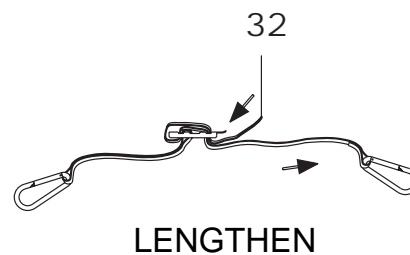
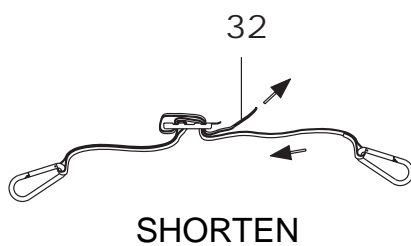
THE HANDLEBARS

For added convenience and safety, a set of handlebars has been added to the inversion table. These handlebars are located at the top of the Rear U-Frame (2). The handlebars 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 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 you waist (see Using The Inversion Table). If it does not, the machine is probably not adjusted correctly to your height.*

STRAP ADJUSTMENT

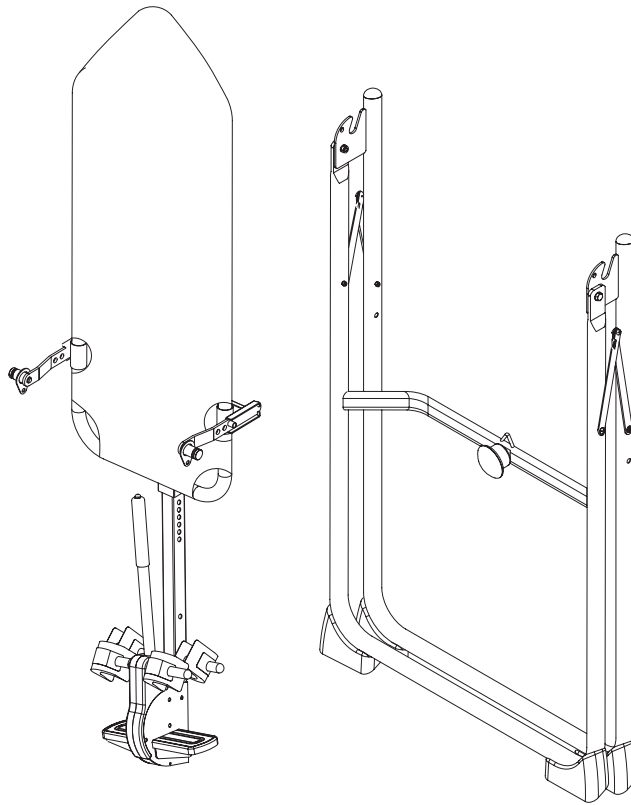
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To shorten the length feed the bottom end of Strap into the strap lock, and pull on the top end. To lengthen the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



OPERATION AND ADJUSTMENTS

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 Spring Knob (18) and loosen Locking 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 Spring Knob (18) and slide the Adjustable Boom (3) slightly up or down until the Spring Knob (18) locks the Adjustable Boom (3) in place. Remove Nylon Nuts (15), Washers (13) and Hexagon Head Bolts (10) 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 Nylon Nuts (15), Washers (13) and Hexagon Head Bolts (10) 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.