

# **Inversion Table**

## **Assemble Instructions**



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

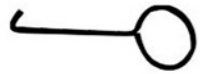
### Parts List

Before starting, please have all parts spread out and easy to locate (like the diagram below). Find floor space with enough room for the Inversion Table to be assembled.

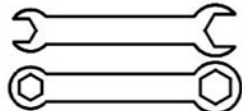


## HARDWARE BAG PACKING LIST

Part #	Description	Quantity
11	Hex Head Bolt M6*40	1
12	Hex Head Bolt M6*45	1
13	Washer M8	12
14	Lock Nut M8	6
15	Lock Nut M6	2
16	Hex Head Bolt M8*20	2
17	Hex Head Bolt M8*45	2
18	Hex Head Bolt M8*55	2



Hook for step 6



Double open wrench M12\*14 (2PCS)



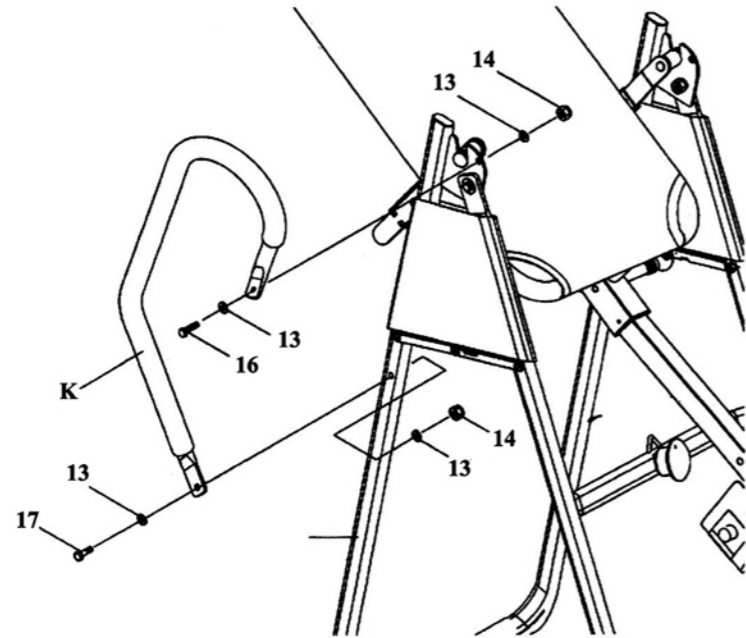
Interchangeable blade screwdriver (1PCS)

### Note:

- The parts described above are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.
- All the other parts described in page 3 parts list are pre-assembled in the factory.

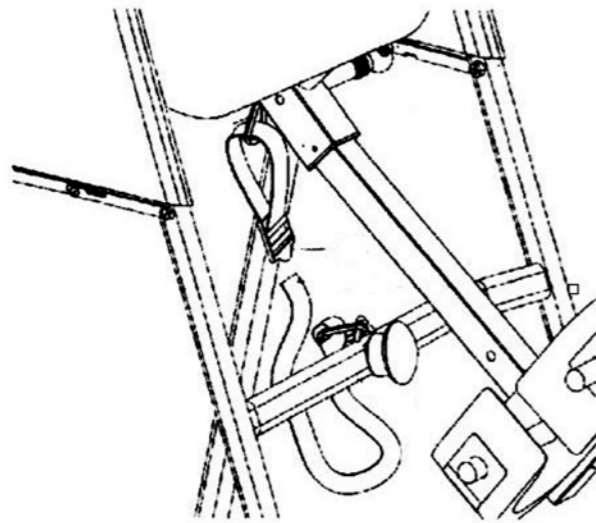
**Step 7:**

Assemble the Handle Bar(K) onto the Rea U-Frame as shown .



**Step 8:**

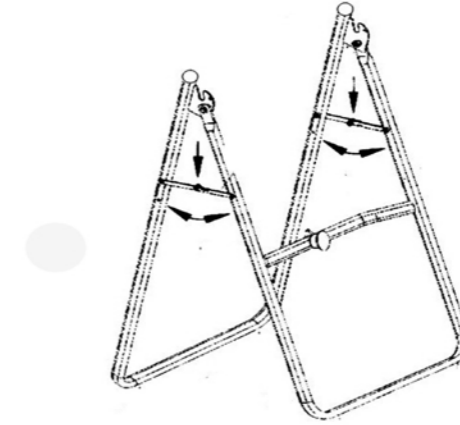
Attach the Nylon Strap(G) to the Inversion table by hooking the end of the Strap(G) to the pre-assembled loop on the back of the Bed Frame as shown, Now hook the other end of the Strap to the other Pre-assembled loop on the Front U-Frame as shown.



## Assembly Instructions

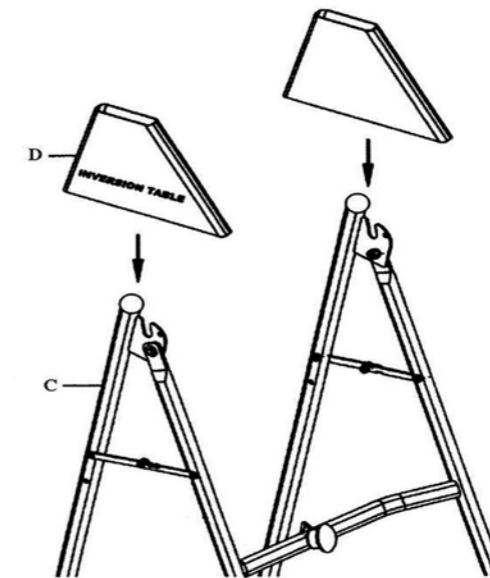
**Step 1:**

Open the base of the machine(C) by separating the U-frames. Pull the Front and Rear U-Frames as far apart from each others as possible. Then push down on the middle of the two Folding arms until they are fully locked down. (See above picture)



**Step 2:**

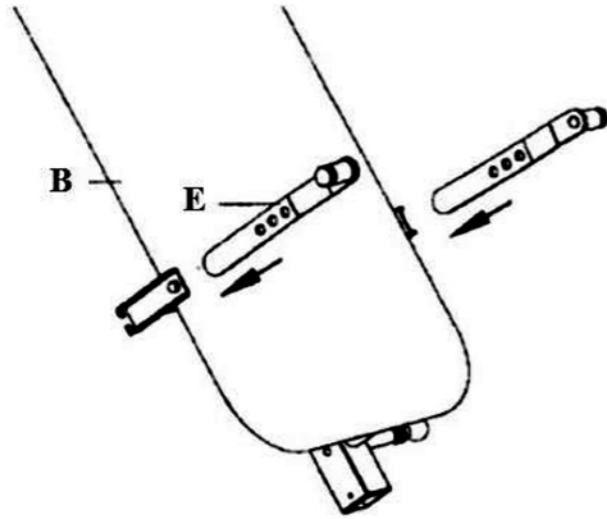
Slide one Protective Cover(D) onto each side of the base as shown above; and pulldown on the cover until the bottom of the Covers are slightly lower than the Folding Arms . Use the Velcro on the bottom of the Covers to secure the Covers to the Folding Arms. When the Covers are assembled correctly, the folding arms should be fully covered by the protective cover with the logo on the side.



**Now you have finished the assembly of this Inversion table .**

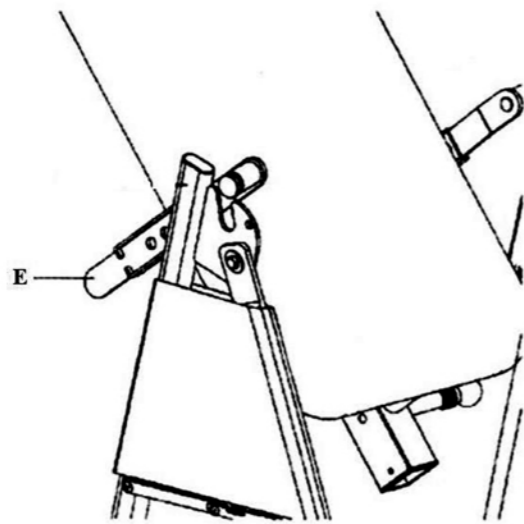
**Step 3:**

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



**Step 4:**

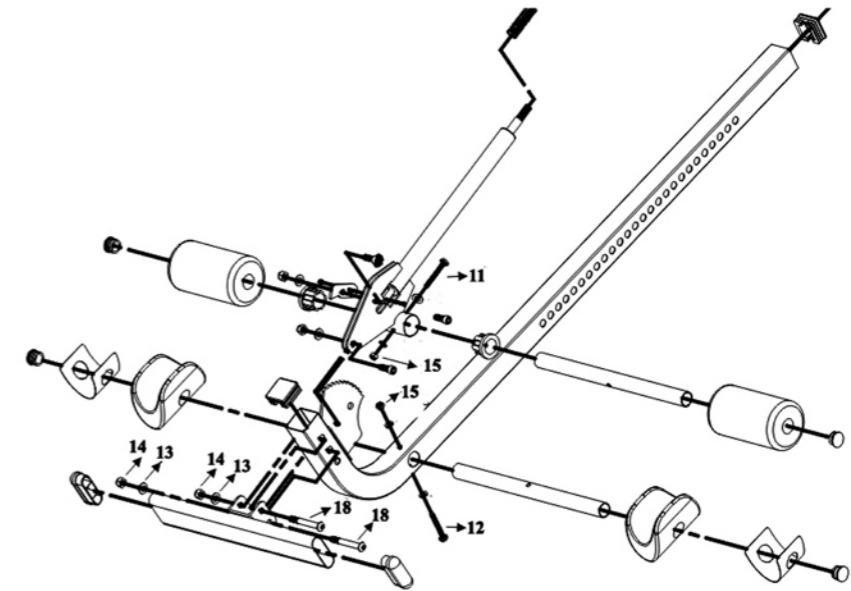
Mount the Bed Frame to the Rear U-Frame by inserting the ends of the Pivot Arms(E)into the channels on the plates.The slotted portion pf the rollers, on the end of the pivot arms,should be inserted into the channels on the plates.



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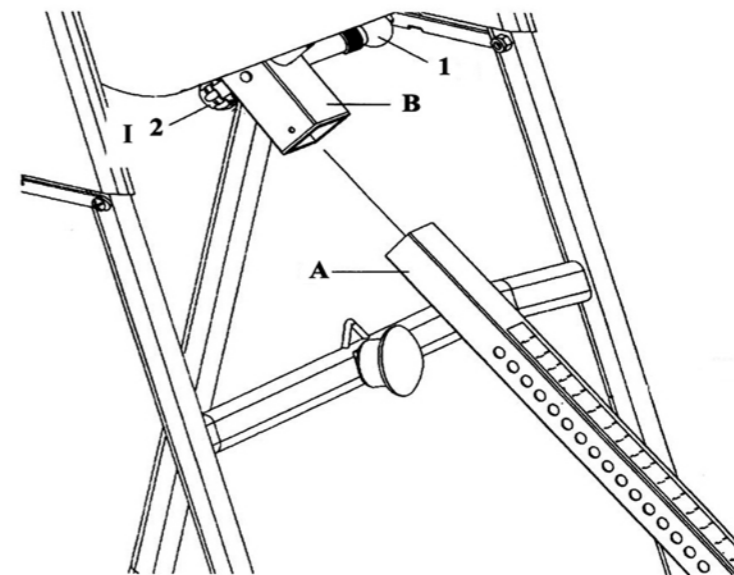
**Step 5:**

Assemble the Adjustable Boom(A) and the Heel Holder(H&F) as following picture:



**Step 6:**

Pull out the Large Spring Knob(1),and slide the Adjustable Boom(A) into the square bracket on the bottom of the Bed Frame(B) as shown,Slide the boom upward,until the desired height on the Height Scale is just below the bracket on the bed frame .Lock the adjustable boom in place by releasing the spring knob and sliding the boom up or down slightly until the spring knob"pops" down into the locked position.For added safety,secured the Knob(I)into the back side of the bracket on the bed frames,as shown.



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