WARRANTY

Health Mark Inc. and the manufacturer warrants to the original purchaser that this product is free from defects in material and workmanship when used for its intended purpose, and under the condition that it has been assembled and operated in accordance with The Health Mark’s Owner’s Manual. Health Mark’s obligation under this warranty is limited to repairing or replacing, free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse, or commercial application.

From date of purchase, the frame is warranted to be free from defect for 90 days

PROOF OF PURCHASE IS REQUIRED. For customer service please call

ORDERING REPLACEMENT PARTS

After 90 days replacement parts can be purchased by contacting our customer service department:

Please have the following information ready:

Model #
Part #
Description of Part
Date/Place of Purchase
Name/Address/Daytime Phone #

IMPORTANT

DO NOT RETURN THIS PRODUCT TO THE STORE!* READ ALL INSTRUCTIONS CAREFULLY BEFORE OPERATING THIS PRODUCT.

RETAIN THIS MANUAL FOR FUTURE REFERENCE
GENERAL PRECAUTIONS

- Ensure that the pivot arms are locked to the lowest hole position, (Hole Position #3 – see page 6) until you are comfortable with the operation of this piece of equipment. These holes regulate the sensitivity of the machine to your movements.
- It recommended that you not use this equipment while alone until you are comfortable with its operation.
- Ensure that your feet/ankles are adequately secured by the ankle bracket assembly, and the lock pin is fully engaged.
- Ensure that the adjustable boom is properly adjusted and set for your height.
- Ensure that you have enough space to safely operate this piece of equipment through its full range of motion.
- Test the angle of inversion by rotating the bed by hand.
- Adjust the angle belt as necessary to achieve the desired angle of inversion, and ensure that the belt is securely fastened to the frame crossbar.
- Ensure the endcaps are securely attached.
- Ensure the main A-Frame is fully opened with the lock arms completely locked.
- Discontinue your workout session if you feel any discomfort, nausea, or light headiness. Sometimes moving too quickly could cause nausea or light headiness.
- Always use this piece of equipment on a clear, level, and carpeted surface.
- Weight capacity for this machine is 300 LBS.
- Do not overexert yourself. Stop exercising immediately and consult your doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous, or dizzy.
- Do not insert any object into any opening on this piece of equipment.

WARNING:

- Keep hands, fingers, loose clothing, hair, and feet away from moving parts during operation.
- Keep children away.
- Read and adhere to all instructions before assembly and during operation.
- Failure to securely lock the ankle lock pin and the height adjustment pull pin into place may result in serious injury.
- Before beginning this or any other exercise program, consult your physician who can assist you in planning a program appropriate for your age and physical condition. This is especially important for persons with any existing health conditions, or those on medications.
- Perform light stretching prior to use, and gradually increase your operation time.
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<tr>
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<tr>
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COMPARISON CHART

PRO INVERSION CUSTOM ANKLE SUPPORT

No. 44 5/16"x2" Hex Head Bolt 1 pc.
No. 57 Spacer 1 pc.
No. 16 5/16" Washer 1 pc.
No. 17 5/16" Nylon Nut 5 pcs.
No. 43 Plastic Knob 1 pc.
A. Remove all individual sections from the carton. Make sure to allow yourself enough room to operate efficiently.

B. Remove A-Frame from the carton and stand up without fully spreading the legs

C. Slide side covers into place

D. Fully spread and lock legs by pushing down on the lock arms

E. Insert the pivot arm into the bed frame brackets *** USE THE 3RD HOLE ON THE PIVOT ARM UNTIL YOU ARE THOROUGHLY FAMILIAR WITH THIS MACHINE ***

F. Mount the bed to the frame by inserting the bushings on the pivot brackets into their respective channels

G. Attach the nylon adjustment strap to the table by connecting the hook to the back of the bed frame, and buckling the other end to the v-frame
• Fig 2.1: Slide the Pivot Bracket Covers (60) over the Bracket (13) making sure to align the appropriate Cover holes with the 2 bolts for the Handle Bar and the nut on the back of the Arm Bracket (24).

• Fig 2.2: Slide the hole in the Pivot Bracket Cover over the corresponding nut (27) for the Arm Bracket, while sliding the bolts for the Handle Bar through the Cover.

• Fig 2.3: Connect the handlebars and tighten with nuts (17) ensuring that the handlebars curve forward to the front of the table.

• Fig 2.4: Secure the Pivot Bracket Cover in place with the velcro tabs after ensuring that it is aligned properly.

Attach the leg bumper and foot plate to the adjustable leg boom and insert into the bed frame by pulling out on the pop pin and sliding the boom into the desired position. Note that the leg boom has gradient marking in standard and metric heights.
Before Using the INVERSION

1. Release the buckle, stand on the foot support bar, close the buckle and lock with safety clip.

2. Be sure the PIVOT ARMS are attached at the very bottom hole, and that the ADJUSTMENT BOOM is set for your height.

3. To get into a head-down position, start with your hands on your thighs.

4. Then, keeping your hands close to your body, move them up slowly.

5. Until they are over your head.

6. As you gain confidence, rock the BED slowly by moving your arms back down by your side, then slowly up over your head.

7. After you have mastered the operation of the INVERSION and you would like to have it go into a nearer vertical position, dismount and move the PIVOT ARMS up one hole in other words attach the BED to the second hole from the bottom of the PIVOT ARM. (The table will become more sensitive as you adjust to higher holes).

8. The operation of the INVERSION will become more sensitive the higher up you move the BED, i.e., the higher hole you use in the PIVOT ARMS, the faster you go back.

9. IT IS IMPORTANT to use exactly the same hole in each PIVOT ARM.

10. Gentle swinging from a head-down to a feet-down position will alternately put your spine in traction and compression. This intermittent rhythmic type of traction is used by many hospitals and doctors to treat certain back problems.

11. Gently swinging back and forth will also provide most of the benefits of the headstand. You may sense this immediately by running your hands over your abdomen and stomach and noticing the dramatic repositioning of your internal organs. Then at the completion of your session you should have a general feeling of well-being which the yoga people tell us is derived from improved circulation.

12. We recommend that you use your INVERSION for five or ten minutes in the morning and again at night. It holds up easily between uses, as described later.

WARNING

FAILURE TO LOCK THE ANKLE LOCK PIN AND THE HEIGHT ADJUSTMENT PULL PIN INTO PLACE MAY RESULT IN SERIOUS INJURY
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.

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 use, rock the bed slowly by moving your arms up and down slowly.
5. A gentle swinging motion will alternately put your spine in traction and compression. This rhythmic type of traction is used by many hospitals and doctors to treat certain back problems.
6. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
7. Return to the upright position by slowly moving your hands back down to your thighs.
INVERTING

- Observe all safety precautions listed on the warning labels on the equipment.

- Place one foot at a time onto foot plate.
- Lock angles into the angle bracket by pulling up on the pop pin and adjusting the bracket.
- Continue holding the handlebars while laying your back and head against the inversion bed.

- Set leg boom to appropriate height.
- Securely attach adj. belt to the crossbar.
- Test inversion angle.

- Place your hands on your chest with your elbows extended.
- If the leg boom is adjusted properly, you should be in a horizontal position.
- If you rotate too quickly or you are past horizontal, increase the boom length by 1 inch at a time.
- If you do not rotate enough, shorten the boom by 1 inch at a time.

- Slowly move your hands upward over your head.
- Note that the slower you move, the slower the machine will respond.
- Stop at any given point and relax, or continue until your arms are straight, and the preset angle has been achieved. From this position you can also achieve rhythmic traction by slowly raising and lowering your arms to generate a slow rocking motion.
- To return, slowly lower your hands to your thighs. If necessary bend your knees, and slide your rear down the bed to assist your return.
Advanced Inversion

- Use extreme caution
- Do not attempt unassisted your first few times

- To unlock, reach back and grab the top of the inversion bed
- Hold for a few seconds until the bed swings free
- Pull yourself back thru the A-frame

- Remove the angle adjustment strap
- Proceed with the normal inversion technique
- Once you are in a near vertical position, grab the inside of the A-frame leg tubing near the floor
- Push all the way back until the inversion bed locks into place
- Allow your body to hang freely
FOLDING YOUR TABLE FOR EASY STORAGE

PULL OUT ON THE SPRING KNOB AND SLIDE THE BOOM ALL THE WAY INTO THE FRAME. RELEASE THE KNOB ENSURING THAT IT LOCKS. DISCONNECT THE NYLON STRAP FROM EITHER END.

PULL UP ON THE SPRING KNOB AND ADJUST THE ANKLE BUMPERS SO THAT THEY ARE PUSHED ALL THE WAY IN

PUSH UP ON THE LOCK ARMS UNTIL THEY UNLOCK, THEN FOLD THE MAIN FRAME TOGETHER
FUNDAMENTALS OF INVERSION

In order to allow the forces of gravity to work for you it is necessary to understand the laws of our environment that have such a great effect on our bodies.

Gravity is the cause of many of the effects of the aging process. Some of these symptoms include, sagging organs, compressed discs and joints, varicose veins, baggy eyes, and an average of one half inch height loss every twenty years. Look at the lifetime effect of gravity's downward pull on the body.

1-25 Years

35-45 Years

60+ Years

You can see many examples of this just by looking at some of the people around you. The obvious solution to this regression is in the often heard statement, "What goes up must come down." By placing your feet where your head is and your head where your feet were, what has gone down will come back up. Using these natural laws, we can counteract the compressive forces of gravity on our bodies.

Eight hours every day we are in the horizontal posture. The other 16 hours we are in a upright position, sitting, or bent forward (whether sitting or standing). These postures do not include the two uncommon postures necessary to relieve the negative effects of gravity on the body. No wonder back problems are more than epidemic! Newly released studies show back problems are the biggest cause of work loss — surpassing even the common cold. 93 million work days, or 2700 work years are lost annually, at a cost of 14 billion dollars for treatment alone. On any given day, 10.5 million people in America and Canada alone are laid up by back pain. The odds are nine to one that you will be bed ridden 4 or more days at least once in your life due to back pain, if you practice only the four common postures.

So logic dictates that there must be something missing in the postures we assume in the course of modern living. The missing or uncommon postures we must practice to counteract these negative forces of gravity are: (1) The Back Arche (2) The Inverted Postures ("Pro-Gravity" Positions).

WHAT IS THE CAUSE OF BACK PAIN? We live in an active environment, unlike the passive environments of birds and marine life. This means that our movements are met with resistance equal to the amount of weight and amount of energy spent. Then this force is extended through our feet as they make contact with the surface. It is at this point of contact that Isaac Newton's Third Law of Motion ("For every action there is an equal and oppositive reaction") is demonstrated with every step. This reactive force is then absorbed by our feet, up through our legs and pelvis, then through our spine.
As an idea of the quantity of this force, a 150 pound jogger will put 4700 tons of cumulative pressure on his low back by running 1 mile. When this much force is absorbed by our bodies it has a compressive effect, in particular on the body's supporting structures (bones, joints, and discs). In effect, the force is stored up as compression. This compression is evident when we consider that half an inch of height is lost every 20 years. Many nerves and blood vessels pass out between the vertebrae, which are separated from one another by compressible discs. When the discs are compressed, a resistance to blood and nerve message flow results. This is another aging process.

Inversion (keeping your weight on your feet and ankles, the way your body is designed, but assuming an inverted posture) will act as a relief value for this stored stress and compression.

If you have a pair of running shoes, you will receive no benefit unless you use the basic techniques of running. A set of golf clubs does you no good unless you know the fundamental concepts of the game. Inversion equipment is no different. The first step to allowing the natural forces of gravity to work for you is accepting responsibility for your own state of health, then you must decide to improve that condition.

Whether you are interested in inversion for health and fitness, for improvement of a back problem, or for any of the other benefits, you need to know the fundamentals of using the equipment, its “dos and don’ts.”

An important part of inversion work is movement. Just as you receive little physical benefit from standing in a motionless erect position you will receive little benefit from hanging in a motionless inverted position. Movement is the key. There are excellent inversion exercises described in such books as: Gravity Boots:™ Hanging Your Way to Health by Tanya Slover, Hanging Out by Ira Jay and Suki Rappaport, PhD., The Gravity Guiding System® by Dr. Robert Martin, and Inversion For Health And Fitness by Dr. Michael Gorgas.

Fact or fiction, only you can decide. Reality is only what is real to you. However, over 2,000,000 people have already experienced the realities of inversion. But, do not try to change overnight what gravity has done over the course of your entire lifetime. A common sense gradient approach to inversion will get you positive results. Inversion is not a pill; the benefits you receive will be proportionate to the amount of effort you put into it. Health and fitness, and the slowing of the aging process can only be achieved through continued practice.

** The referenced material on Inversion Therapy can be located via the internet.
FREQUENTLY ASKED QUESTIONS

How long should I invert?

One of the most important skills for everyone to learn, especially when dealing with fitness regimens, is to learn to listen to your body. Many people who are new to inversion may feel some initial discomfort, and in almost all cases it is due to inverting too quickly, too far, and for too long. We recommend that novices invert for only 1 – 2 minutes at shallow angles for the first week or so, and then slowly increase the length of time and the angle of inversion. I will generally invert for 10 – 15 minutes, two to three times a day, and sometimes even longer, at a variety of angles. My sessions are strictly dependent upon how I feel, and how long I wish to relax. If you feel any discomfort, simply return to the upright position.

How far do you have to invert to get the benefits of inversion therapy?

Once you break the horizontal plane, the benefits begin. You begin to release the accumulated stress on your spine: restoring the proper distraction between the facet joints, replenishing the moisture to your disks, alleviating cervical pressures, and relaxing your muscles. Of course, the greater the angle of inversion, the more advanced the effects of the traction will be. Generally speaking; at 20 – 30 degrees you will experience mild stretching of your muscles, ligaments and tendons, improved oxygen flow to the brain due to increased blood circulation, and realignment of your internal organs; at 60 degrees (your hands at just about floor level) your back will receive the required amount of traction it needs to fully decompress; at 90 degrees (full inversion) your body will hang free and you can experience full stretching and traction, and you can perform inverted exercises (this position is not necessary, nor recommended for everyone).

I feel some discomfort and slight pain after returning to the upright position, is this normal?

Beginning an inversion program is not unlike beginning any other exercise program. You are stretching and manipulating your body in a way that it is not used to. This is why it is important to listen to your body and progress slowly. Ensure that you invert slowly, return slowly, invert to only a comfortable angle, and invert for short periods of time until you become experienced.

REMEMBER TO CONSULT YOUR PHYSICIAN PRIOR TO BEGINNING YOUR INVERSION THERAPY. THERE ARE NUMEROUS INDEPENDENT STUDIES SURROUNDING INVERSION THERAPY AND ITS BENEFITS. AS WELL, THERE ARE NUMEROUS QUESTIONS THAT CAN BE ASKED CONCERNING TECHNIQUE AND PRECAUTIONS. IF YOU HAVE ANY CONCERNS, PLEASE CONTACT US VIA THE CONTACT INFO ON THE BACK PAGE, OR CALL THE TOLL FREE NUMBER LISTED IN THE BEGINNING OF THIS MANUAL.
The following warning label is located at the lower end of the Adjustable Beam near the ankle bracket assembly.

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**CARE AND MAINTENANCE**

- Wipe the Back Rest of the Inversion Table with a damp soft cloth as necessary to remove dust or sweat (Do not use cleansers or abrasives)
- Wipe the metal frame of the Inversion Table with a damp soft cloth as necessary to remove dust (Do not use cleansers or abrasives)
- Wipe the Adjustment Beam with a soft damp cloth as desired to remove finger and hand prints
- Keep sharp objects away from the Back Rest in order to prevent damage to the fabric
- Inspect the condition of the Angle Adjustment Belt, Side Covers and Pivot Bracket Covers prior to each use.
THE INFORMATION IN THIS MANUAL HAS BEEN ASSIMILATED BY HEALTH MARK SPOKESMAN AND FITNESS EXPERT KEVIN WINCE. FOR MORE INFORMATION ON INVERSION THERAPY AND TECHNIQUES, PLEASE CONTACT HEALTH MARK INC.