CAUTION:

WARNING: Do not use this inversion table without a physician’s approval.

Do not let children use the inversion table unsupervised.

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to properly invert.

Note: This product is designed to adjust from 5’1” to 6’3” with a Maximum User Weight of 250 LBS.

Questions/ Comments

Innova Products is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason, you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our knowledgeable support staff at: 408-541-1866

Mon.-Fri 8:00 am – 4:00 pm Pacific Time
BEFORE BEGINNING ASSEMBLY…

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

CAUTION

WARNING:

Before starting any exercise program, consult your physician.
Read all instructions very carefully before using equipment
Tighten all bolts securely before using equipment

Product Warranty
Limited Liability

Innova Products Inc. warrants that this product will be free from defects in materials and workmanship for a period of one year from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, Innova Products Inc. DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Innova Products Inc. , will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Innova Products Inc. Customer Service Number at 408-541-1866 for assistance in the repair or replacement of the product or any covered part. Innova Products Inc. will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit), or repairs or attempted repairs by any person not authorized by Innova Products Inc., or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement.

If you require service under this warranty, please call Customer Service at (408-541-1866 )
Parts Identifier
Parts Identifier

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10-11
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**STEP 1- Base Frame**  Lay Top Base Frame 1L and 1R on the floor. Look for Part #2 with 3 holes and Part #3 with 4 holes. Insert Part #2 into front of tube 1L and 1R insert Part #3 into Rear tube of 1L and 1R. Attach Support Tube Front (4) to the connection of 1L & 2 and 1R & 2 using Bolts (15), Washers (16), and Nuts (17). Secure Bottom Rear Base Frame (3) to Rear Top Base Frame 1L & 1R by using Bolts (18), Washers (16) and Nuts (17). Attach Rear Support Tube (5) to Bottom Base Frame Rear (3) by using Bolts (15), Washers (16) and Nuts (17). Attach End Caps (14) to Bottom Base Frames (2 & 3).
STEP 2
 Attach the Handlebars (6) to the rear side of Top Base Frames (1-L & 1-R) using 4 Bolts (19), 4 Washers (16), and 4 Nuts (17). Insert Ball Pin (21) into hole on Top Base Frame (1-R)

TIGHTEN ALL BOLTS and NUTS AT THIS TIME.
STEP 3

Attach Backrest Support Frame (7) to the rotating plates of the Top Base Frames (1-L & 1-R) using 4 Bolts (20) 4 Washers (16) and 4 Nuts (17).

Note: Short Side of Back Rest Support Frame should face to the Front.

NOTE: Rotating Plates MUST face down when attaching Back rest support frame or the unit will not invert properly.

NOTE: TIGHTEN ALL BOLTS & NUTS AT THIS TIME.
Backrest Assembly to Base Frame

STEP 4-Connecting Backrest Pad and Headrest

Attach the Backrest Pad (8) to the completed Backrest Tube Assembly using 4 Bolts (9) and 4 Washers (16) as shown.

Parts Needed

![Diagram of parts needed](image)

NOTE: TIGHTEN ALL BOLTS & NUTS AT THIS TIME.
STEP 5-Body Height Adjustment Tube and Rollers

Install Foot Rest Plate (13) into Body Height Adjustment Tube (10) using Bolt (27) Washer (16).

Pull out Adjustable Leg Hold Tube(11) and position horizontally as shown.( This will have spring pre-assembled inside Tube from factory which should not be removed) Slide 2 Foam Leg Rollers (25) over Leg Tube (11) and cap ends with 2-Round End Caps (26)

Insert Leg Tube Rear (12) through Back section of Height Adjustment Tube (10) and secure with Bolt 30 and Nut (31) Slide 2 Foam Leg Rollers (25) over Rear Leg Tube (12) and cap ends with 2-Round End Caps (26)

Screw Leg Tube Adjustment Knob (24) into Height Adjustment Tube (10). Pull up on Pin for proper fit.

NOTE: TIGHTEN ALL BOLTS AT THIS TIME.
STEP 6-Final Assembly

Slide Completed Height Adjustment Tube (10) into Backrest Support Tube (7) and lock into place using Height Adjustment Knob (23).

Ball Pin (22) is used to lock Height Adjustment Tube in place when desired Height Adjustment is obtained.

Install Rear Safe T Bar (32) in desired inversion stop position.

Note: This product is designed to adjust from 5’1” to 6’3” with a Maximum User Weight of 250 LBS.

NOTE: TIGHTEN ALL BOLTS AND NUTS AT THIS TIME.
Final Assembly

Make Sure All Nuts Bolts and Screws are Completely Tightened Before Use.
PRECAUTIONS

WARNING: 250 LB WEIGHT CAPACITY

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using the Inversion System. Innova Products Inc. assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion System.

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN’S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS

(this list is for reference only, it is not an exhaustive listing):

Pregnancy; Hiatal Hernia, ventral hernia; glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medulary pins and surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections, Overweight or Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

SECURE YOUR ANKLES AND LOCK PULL PIN IN PLACE.
INVERSION SELECTOR PIN

Familiarize yourself with the Inversion Safe T Bar located on the Back of the Inversion Table Frame. The positioning of the Bar will determine the degree of Inversion that you are comfortable with.

The 3 selections are:

Top Position - Slight Inversion
Middle Position - Moderate Inversion
Lower Position - Enhanced Inversion

WARNING NOTE: SAFETY BAR MUST BE IN USE AT ALL TIMES. DO NOT INVERT WITHOUT THE SAFETY BAR IN PLACE. IT IS RECOMMENDED THAT SOMEONE BE WITH YOU DURING INVERSION. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.

Body Height and Weight Adjustment:
If it is difficult to slide the height adjustment tube up or down. Slightly loosen (unscrew slightly) the height adjustment knob. Then pull the knob to allow the height adjustment tube to slide up or down freely.
Always lock the height adjustment knob pin and safety pin into locked position prior to use.

Before Starting, insure that the Inversion Table is at the correct settings to match your height and weight. As each individual’s body type is different, you will need to find the correct settings for your specific body type

Photo shown may not represent actual product
**USAGE GUIDELINES- Securing Feet and Ankles**

**WARNING:** ALWAYS WEAR ATHLETIC SHOES WITH LACES TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE ANGLE LOCK IS SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE LONG KNOB IS FULLY TIGHTENED BEFORE YOU USE THE INVERSION SYSTEM.

**Step 1-** Expand the front rollers by pulling up on the Leg Tube Adjustment Knob (24)

**Step 2-** Slide Feet under Foam Rollers

**Step 3-** Contract the front rollers snugly over feet by releasing the Leg Tube Adjustment Knob and making sure it securely “Locks” into place as photo A.

Photo’s shown may not represent actual product
Finding the Proper Height and Weight Adjustment

Photo shown is for reference only. Your unit includes a rear safety bar which MUST be in place prior to Inversion table use.

With head flat on back pad, slowly raise one arm up toward the ceiling. If the bed starts to invert backward, the height adjustment should be correct.

If the bed does not start to invert, adjust the body height adjustment tube (10) upward one position at a time, until the bed starts to invert backward. Remember to use very slow arm movements.

By raising both hands over your head, the Inversion Table should now invert to a greater degree, provided that you are comfortable with the position of the safe-t-bar.

Note: It is recommended that beginners use the Top Position Inversion Setting (Slight Inversion) until they are comfortable with inversion.

With proper supervision, and provided you are comfortable with the Middle or Lower Inversion Safe-t-bar setting, the Inversion Table will now allow for a more complete Inversion position.

Photo’s shown may not represent actual product

CAUTION: BY LOWERING THE HANDS BACK TO THE STARTING POSITION, THE INVERSION TABLE SHOULD REVERT BACK TO THE UPRIGHT POSITION. IF IT DOES NOT, USE THE BUILT IN SIDE HANDLEBARS TO PULL YOURSELF BACK UP AND RE-ADJUST THE BODY HEIGHT ADJUSTMENT TUBE DOWNWARD ONE POSITION AT A TIME TO ACCOMMODATE YOUR BODY WEIGHT AND TYPE.
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<th>Description</th>
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<tr>
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<td>Top Baseframe-LEFT</td>
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<tr>
<td>1R</td>
<td>Top Baseframe-RIGHT</td>
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<td>2</td>
<td>Bottom Baseframe-FRONT</td>
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