

# INVERSION TABLE

## OWNER'S MANUAL

MODEL#75118

2011, Aug.

*LifeGear*  
Get active for life



**CAUTION: Weight on this product should not exceed 136kgs (300lbs).**

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

**IMPORTANT:**

Read all instructions carefully before using this product. Retain this owner's manual for future reference. Instructions for assembly, including correct fitting of guards and other device, and warnings about the likely injuries to young children if exercise equipments are operated in their vicinity without properly fitted guards.

**Product may vary slightly from picture.**

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# ONE YEAR LIMITED WARRANTY

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LifeGear Inc. 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 LifeGear's Owner's Manual. LifeGear's obligation under this warranty is limited to replacing or repairing, 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 the date of purchase, the frame is warranted to be free from defects for 1 (one) year. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

**NOTE: Maximum Weight Capacity for this product is 300lbs/136kgs.**

**Transport and Storage:**  
Humidity Between : 10% - 80%  
Temperature Between : -20°C - 60°C

## WARNING

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes when exercising. Do not wear loose clothing that could become caught during exercise.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment in order to keep it in good condition.

# SAFETY PRECAUTIONS

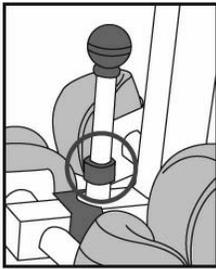
This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

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.**

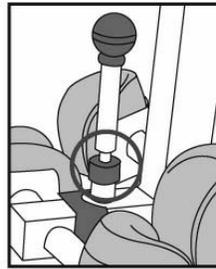
**WARNING: Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:**

- 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.

# SAFETY PRECAUTIONS



**Correct:**  
Locking pin  
fully engaged

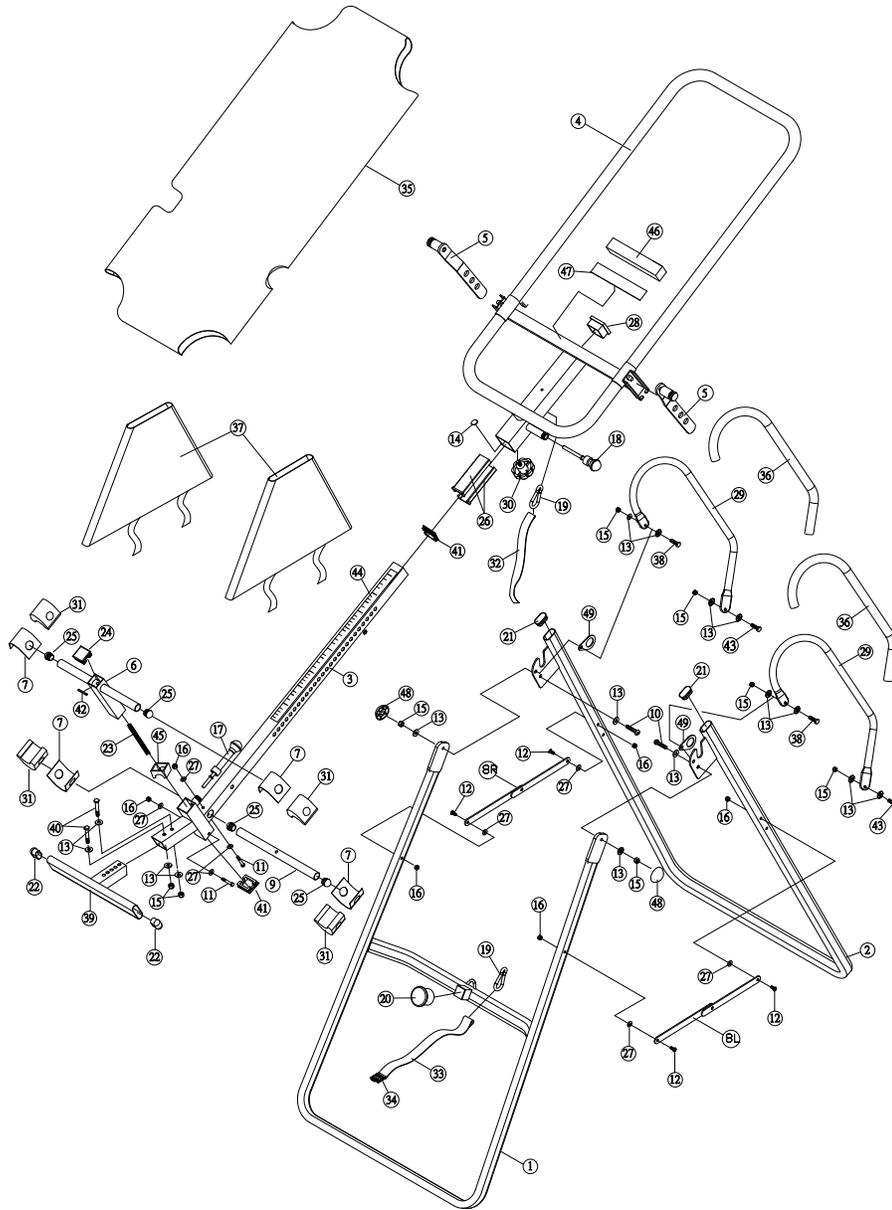


**Incorrect:**  
Locking pin not  
fully engaged

Always check to make sure that the ankle locking pin is fully engaged before each use. Make sure that the front and rear ankle clamps are secured tightly against your ankles to prevent from falling when the tables inverts.

**WARNING:** Failure to fully engage the locking pin could result in serious injury.

# OVERVIEW DRAWING

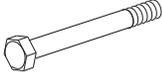


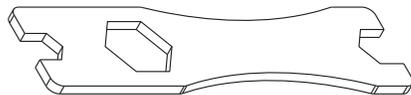
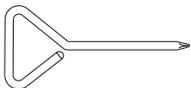
# PARTS LIST

Part #	Description	Quantity	Part #	Description	Quantity
1	Front U-Frame	1	31	Rubber 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 Instep Frame	1	36	Foam Grip	2
7	Steel Heel Holder Bracket	4	37	Protective Cover	2
8R	Right Folding Arm	1	38	Hex Head Bolt M8x23	2
8L	Left Folding Arm	1	39	Foot Bar	1
9	Rod	1	40	Hex Head Bolt M8x50	2
10	Bolt M8x23	2	41	Square End Cap	2
11	Hex Head Bolt M6x47	2	42	Spring Latch	1
12	Phillips Screw M6x30	4	43	Hex Head Bolt M8x38	2
13	Washer Ø 20xØ 8.5x1.5	16	44	Height Scale	1
14	Round Plate	1	45	Plastic Bushing	1
15	Lock Nut M8	8	46	Pad	1
16	Lock Nut M6	6	47	Double Sided Tape	1
17	Small Spring Knob	1	48	Nut Cap Ø 27xØ 13.5	2
18	Large Spring Knob	1	49	Pivot Arm Ring	2
19	Safety Hook	2			
20	Rubber Pad	1			
21	Oval End Cap	2			
22	Foot Bar End Cap	2			
23	Spring	1			
24	Square End Cap	1			
25	Round End Cap	4			
26	Lower Bed Frame Bushing	2			
27	Washer Ø 16xØ 6.5x1.0	8			
28	Upper Bed Frame Bushing	1			
29	Handlebar	2			
30	Knob	1			

\* Some of these parts have already been assembled for you on the table. Please only use the following list if you need to purchase additional parts.

# HARDWARE PACKING LIST

Part #	Description	Quantity
11	Hex Head Bolt M6x47 	2
13	Washer Ø 20xØ 8.5x1.5 	12
15	Lock Nut M8 	6
16	Lock Nut M6 	2
27	Washer Ø 16xØ 6.5x1.0 	4
38	Hex Head Bolt M8x23 	2
40	Hex Head Bolt M8x50 	2
41	Square End Cap 	1
43	Hex Head Bolt M8x38 	2
48	Nut Cap Ø 27xØ 13.5 	2
49	Pivot Arm Ring 	2



**Double open wrench M12x14 (2PCS)**

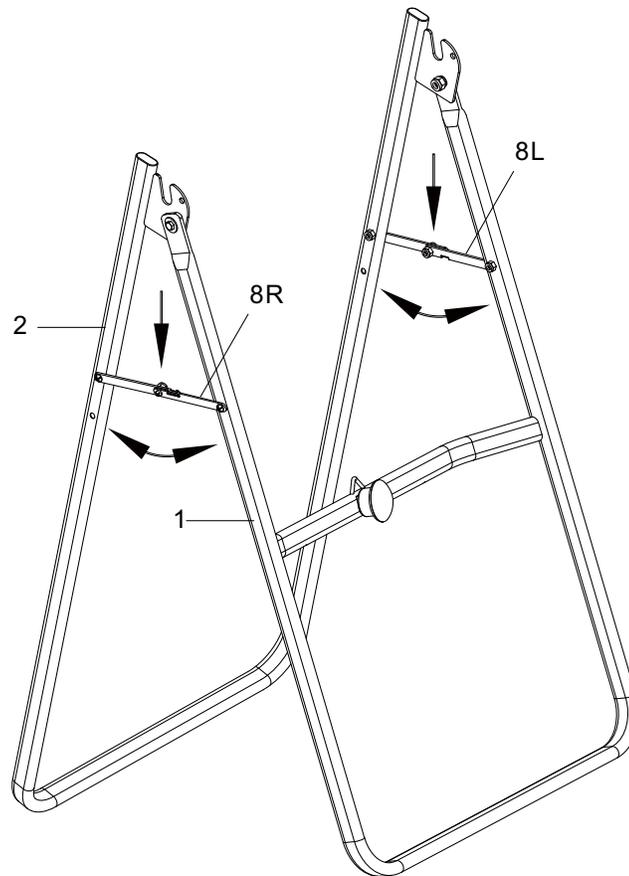
**NOTE:**

- The parts described above are all the parts you need to assemble this inversion table. Before you start to assemble, please check the hardware packing to make sure they are included.
- All the other parts described in page 5 parts list are pre-assembled in the factory.

## ASSEMBLY

Set all parts in a clear area on the floor and remove the packing materials. Refer to the part lists for help to identify the parts. Follow the steps to assemble the inversion table.

# ASSEMBLY INSTRUCTIONS

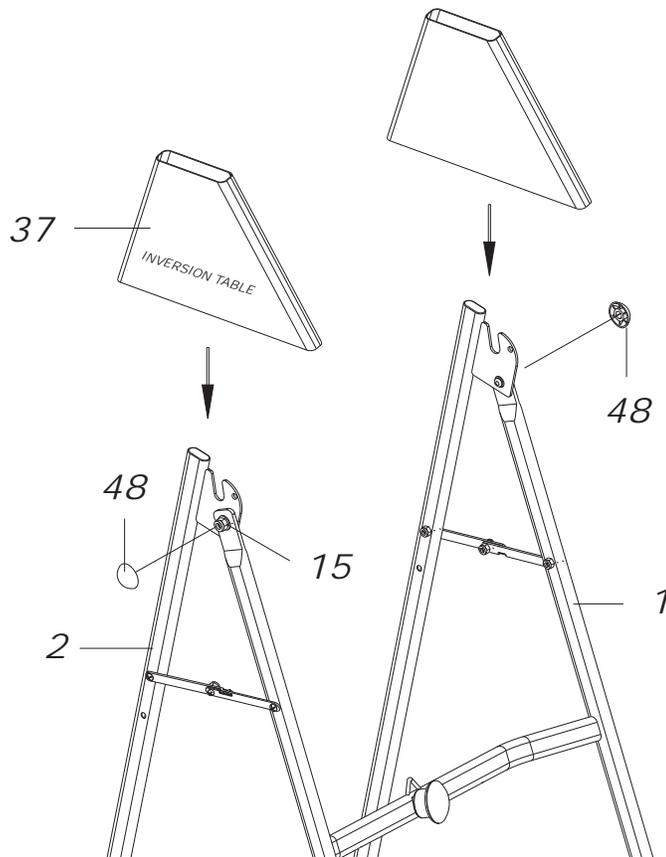


## STEP 1:

Stand up the base of the machine by separating the u-frames. Pull the Front and Rear U-Frames (1, 2) as far apart from each others as possible. Then push down on the middle of the Left and Right Folding Arms (8L, 8R) until they are fully locked down.

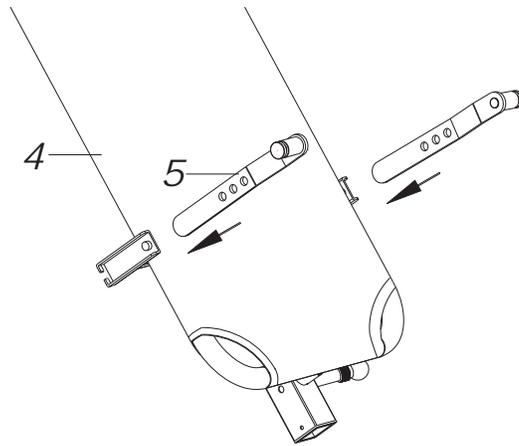


**The product is weighted more than 20 kg and should be assembled and moved by two or more people.**



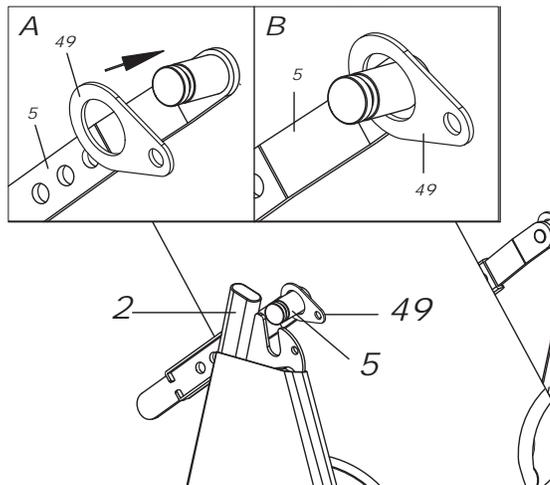
**STEP 2:**

Install two  $\text{Ø} 27 \times \text{Ø} 13.5$  Nut Caps (48) onto M8 Lock Nuts (15). Slide one Protective Cover (37) on to each side of the base as shown, and pull down on the Protective Covers (37) until the bottom of the covers are slightly lower than the Left and Right Folding Arms (8L, 8R). Use the velcro straps on the bottom of the Protective Covers (37) to secure the covers to the Left and Right Folding Arms (8L, 8R). When the covers are assembled correctly, the Left and Right Folding Arms (8L, 8R) should be fully covered by the Protective Covers (37).



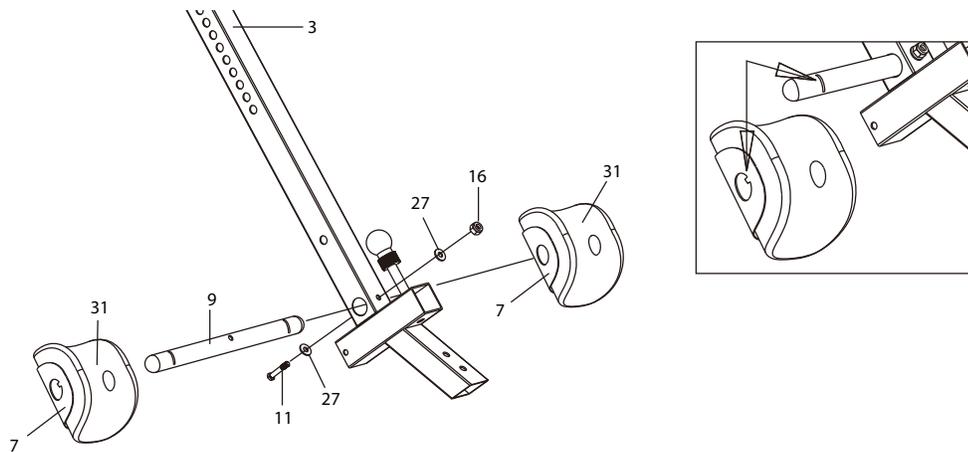
**STEP 3:**

Slide the bottom of the Pivot Arms (5) into the brackets that are located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the Pivot Arms (5) in place. It is recommended that you use the bottom hole on the Pivot Arms (5) until you become more familiar with the equipment.



**STEP 4:**

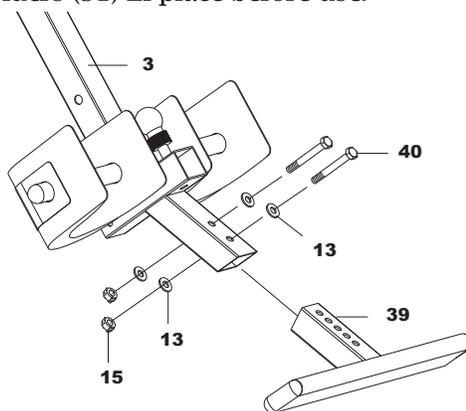
Install the Pivot Arm Rings (49) onto the Pivot Arms (5). Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.



**STEP 5:**

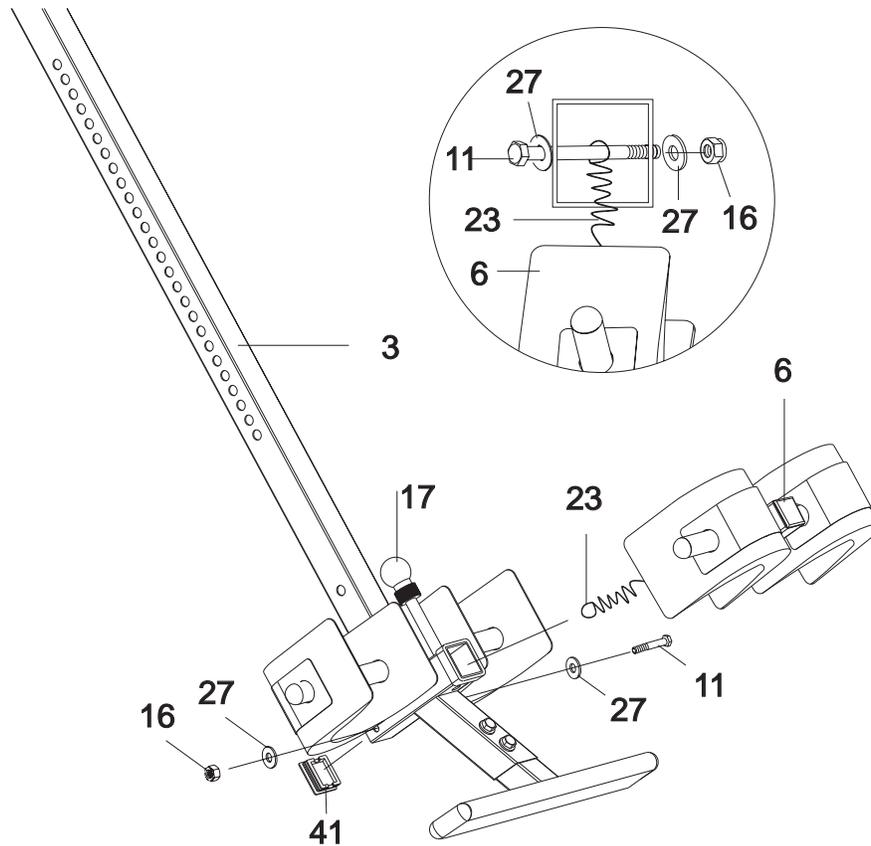
Slide the Rod (9) through the large round hole on the side of the Adjustable Boom (3), and secure the Rod (9) on the Adjustable Boom (3) with one M6x47 Hex Head Bolt (11), one M6 Lock Nut (16), and two Ø 16xØ 6.5x1.0 Washers (27). Slide one Steel Heel Holder Bracket (7) and one Rubber Heel Holder (31) onto one end of the Rod (9) until the lock tooth is wedged into the slot in the Rod (9) as shown in small figure. Use the same procedure to attach the other Steel Heel Holder Bracket (7) and Rubber Heel Holder (31) onto the other end of the Rod (9).

**Note:** Make sure the lock teeth are wedged into the slots in the Rod (9) to lock the Steel Heel Holder Brackets (7) and Rubber Heel Holders (31) in place before use.



**STEP 6:**

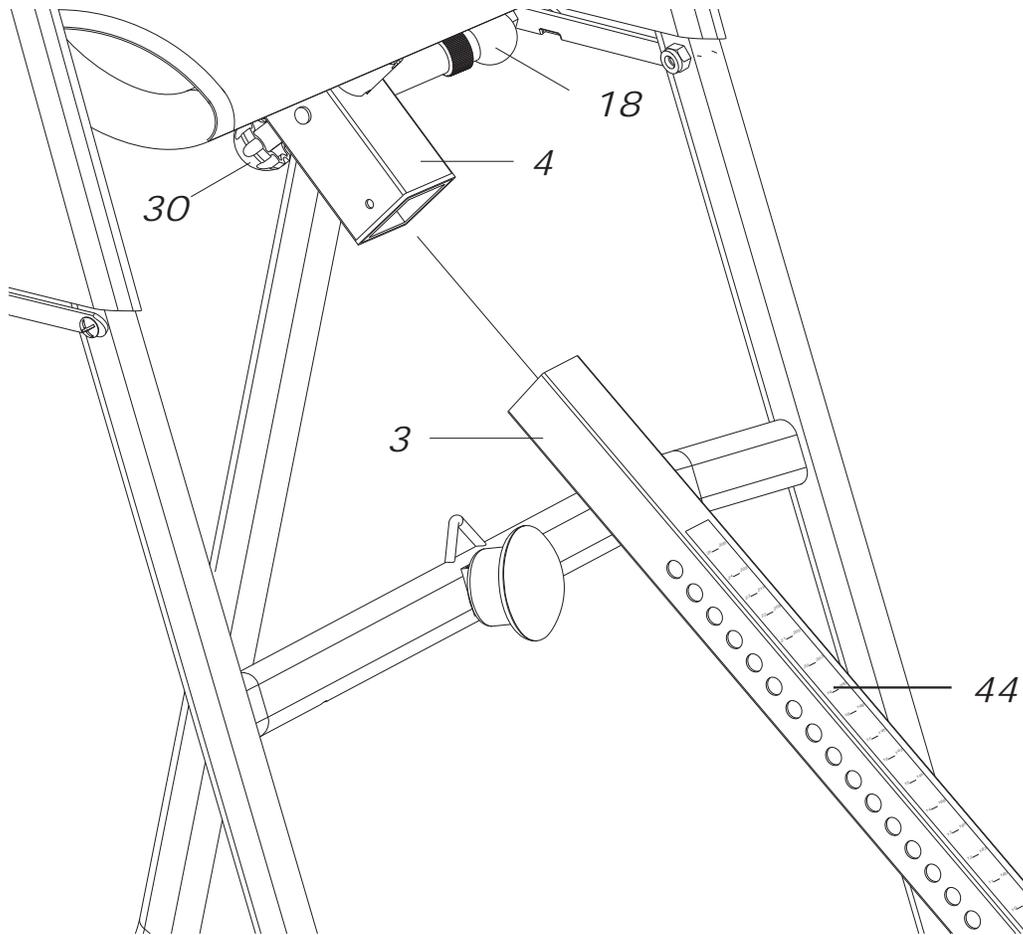
Slide the Foot Bar (39) into the bottom of the Adjustable Boom (3) and align two of the holes on the Foot Bar (39) with two holes on the Adjustable Boom (3). Secure the Foot Bar (39) in place using two M8x50 Hex Head Bolts (40), two M8 Lock Nuts (15), and four Ø 20xØ 8.5x1.5 Washers (13).



**STEP 7:**

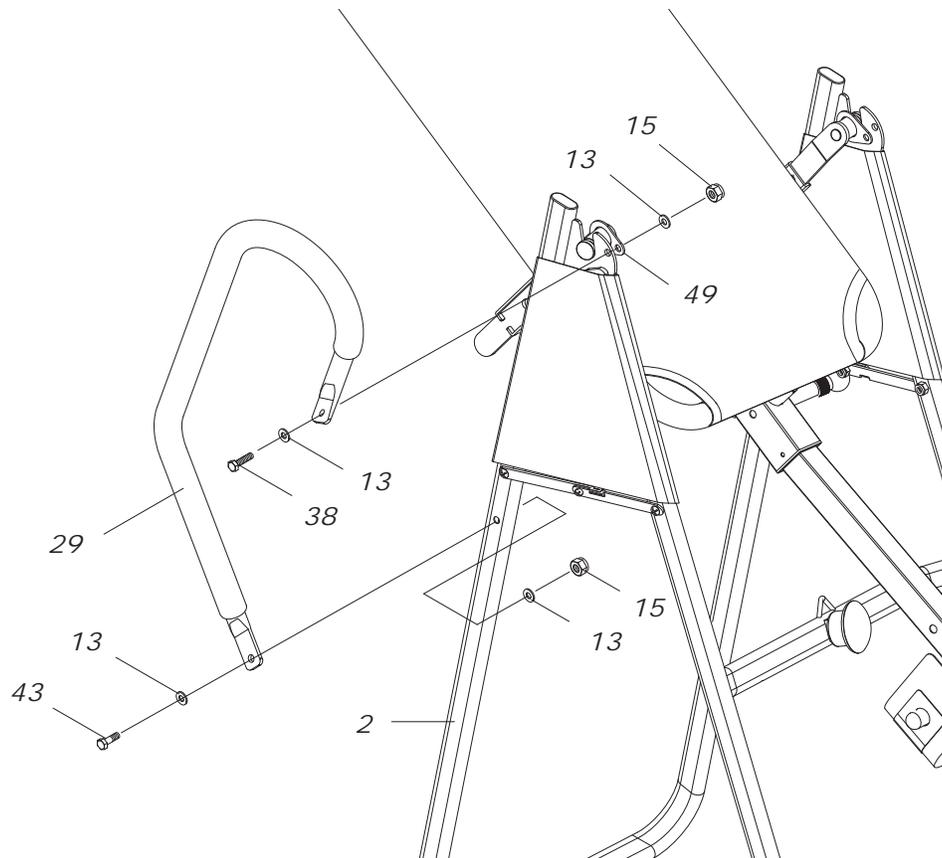
Attach the Adjustable Instep Frame (6) to the Adjustable Boom (3) by inserting the Adjustable Instep Frame (6) into the square bracket on the boom. Slide the Adjustable Instep Frame (6) completely into the square bracket, insert the M6x47 Hex Head Bolt (11) with a Ø 16xØ 6.5x1.0 Washer (27) halfway through the square bracket, slide the M6x47 Hex Head Bolt (11) through the ring at the bottom of the Spring (23), slide the M6x47 Hex Head Bolt (11) through the rest of the square bracket, and secure at the other end with a Ø 16xØ 6.5x1.0 Washer (27) and M6 Lock Nut (16). Attach the Square End Cap (41) onto the back of square bracket of Adjustable Boom (3).

**Note:** To slide the Adjustable Instep Frame (6) into the square frame, you must first pull out the Small Spring Knob (17).



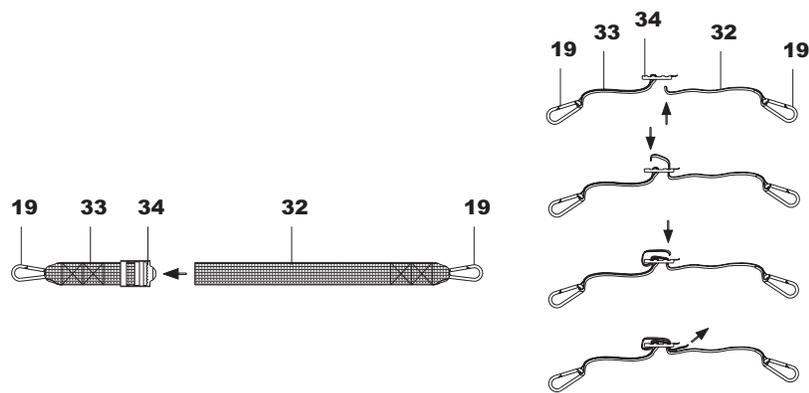
**STEP 8:**

Pull out the Large 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 (44) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Large Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Large Spring Knob (18) "pops" down into the locked position. For added safety, secured the Knob (30) into the back side of the bracket on the Bed Frame (4).



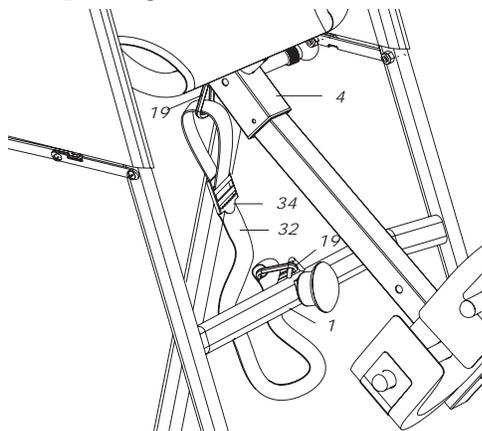
**STEP 9:**

Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (49) with one M8x 23 Hex Head Bolt (38), one M8 Lock Nut (15), and two Ø 20xØ 8.5x1.5 Washers (13). Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one M8x38 Hex Head Bolt (43), one M8 Lock Nut (15), and two Ø 20xØ 8.5x1.5 Washers (13). Repeat above same steps to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (49).



**STEP 10:**

Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the Nylon Strap (32) up through the bottom of the Strap Lock (34), loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap Lock (34), and pull tight to secure.

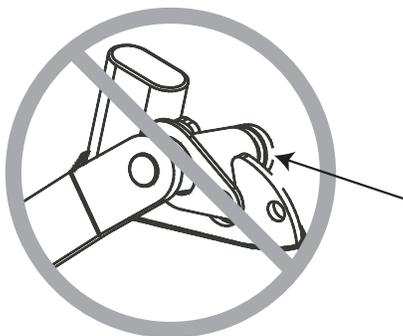


**STEP 11:**

Attach the Nylon and Loop Straps (32, 33) to the Inversion Table by hooking the end of the Nylon Strap (32) to the pre-assembled loop on the back of the Bed Frame (4) as shown. Now hook the other end of Loop Strap (33) to the other Pre-assembled loop on the Front U-Frame (1) as shown.

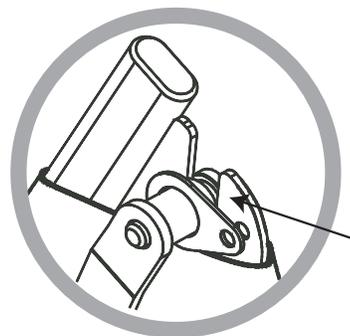
# SAFETY OPERATING INSTRUCTIONS

## Incorrect



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

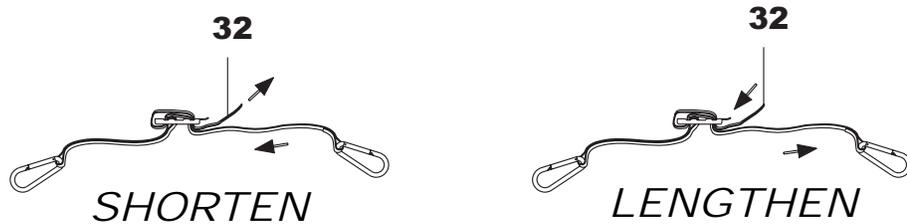
## Correct



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.

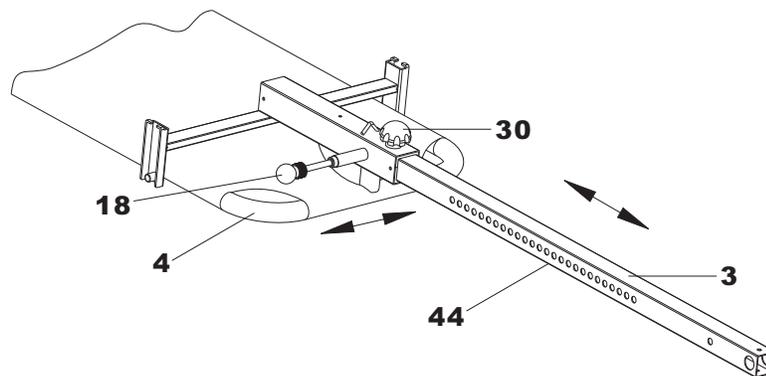
# OPERATION AND ADJUSTMENTS



## THE STRAP

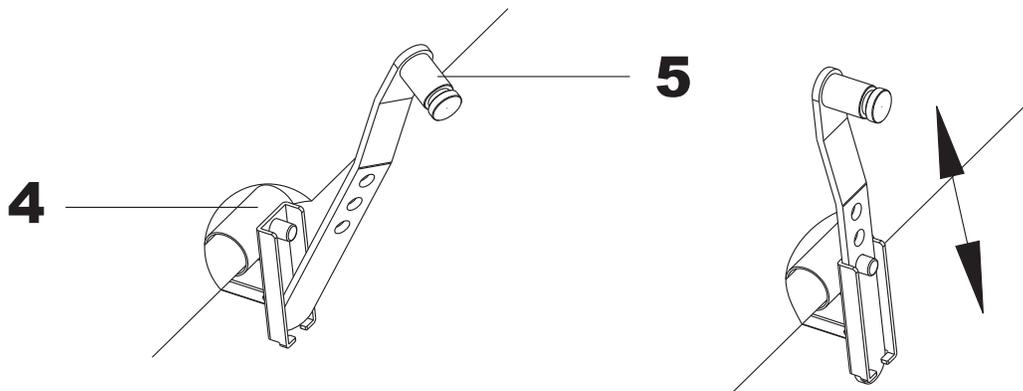
### ADJUSTING THE STRAP

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 lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (32) into the strap lock, and pull on the top end.



### 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 inversion table. To adjust the boom loosen the Knob (30), pull out the Large Spring Knob (18), and slide the boom up or down until the desired height on the Height Scale (44) is positioned just below the Square Bushing (26). When the boom is in the desired position, simply release the Large Spring Knob (18), slide the boom slightly up or down until the Large Spring Knob (18) locks into place, and tighten the Knob (30).



### **PIVOT ARMS**

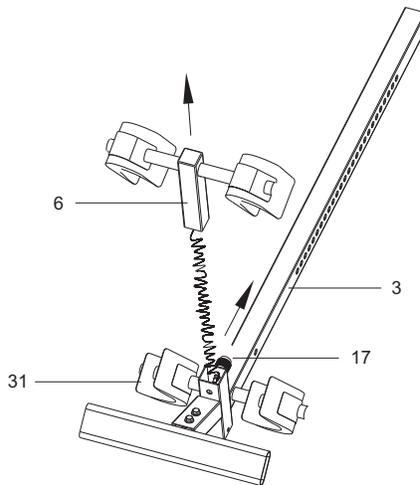
The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the Pivot Arms (5) simply pull out on them until the post is out of the hole, slide them up or down to the desired hole, push in until the post goes through the desired hole. The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount. It is recommended that beginners use the bottom hole until they are familiar with the inversion table.

**NOTE:** Both Pivot Arms (5) must be adjusted to the same hole. Trying to adjust the Pivot Arms (5) on two different positions could cause damage to the inversion table, or injury to the user.

### **THE HANDLEBARS**

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) 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 (29) 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 your waist. If it does not, the inversion table is probably not adjusted correctly to your height.



## ADJUSTING THE ANGLE HOLDER

Pull up on the Small Spring Knob (17), slide the Adjustable Instep Frame (6) upward. Stand on the Foot Bar (39) located at the bottom of the Adjustable Boom (3). Pull up on the Small Spring Knob (17), allow the Adjustable Instep Frame (6) to slide back into the Adjustable Boom (3). Push in slightly on the Adjustable Instep Frame (6) until the Rubber Heel Holders (31) are around your ankles. Release the Small Spring Knob (17) and adjust the Adjustable Instep Frame (6) slightly until the Small Spring Knob (17) locks into place.

## GENERAL PRECAUTIONS

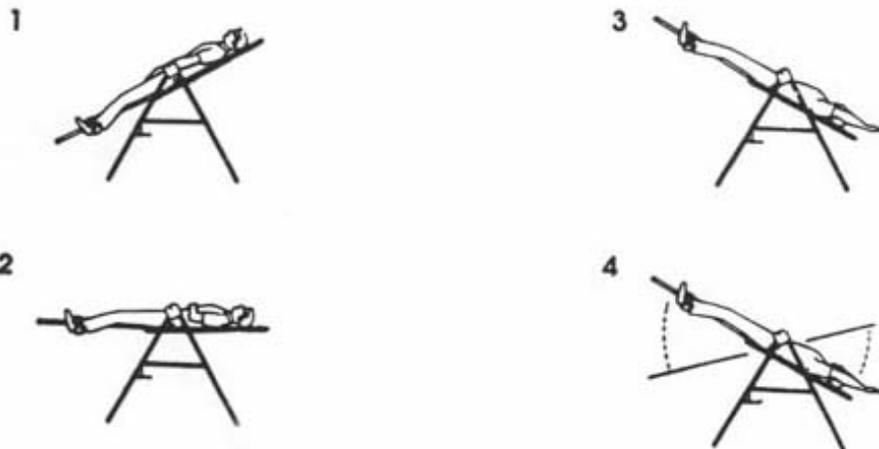
1. Make sure that the Pivot Arms (5) are locked on the lowest hole for the first few attempts.
2. It is recommended that someone be with you while you are using this inversion table for the first few times.
3. Make sure that the Rubber Heel Holders (31) are holding your feet securely.
4. Make sure that the Adjustable Boom (3) is properly set to your height.
5. Make sure that the Adjustable Boom (3) is held securely by both the Large Spring Knob (18) and the Knob (30).
6. Make sure that there is enough room for the bed to rotate completely.

## 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 rubber 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

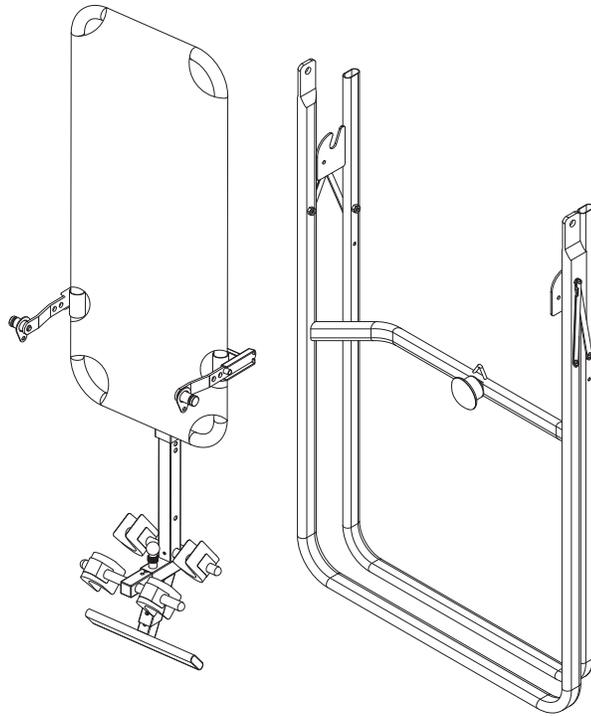
1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until 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. 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.





## 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.



## STORAGE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area.

# WARM UP AND COOL DOWN ROUTINE

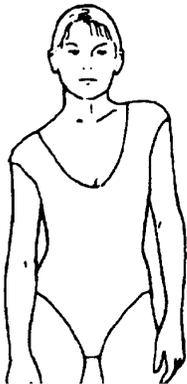
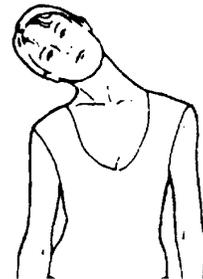
A good exercise program consists of a warm-up, aerobic exercise, and a cool down. Do the entire program at least two to three times a week, resting for a day between workouts. After several months you can increase your workouts to four or five times per week.

**AEROBIC EXERCISE** is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart. Aerobic fitness is promoted by any activity that uses your large muscles eg: legs, arms and buttocks. Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. **COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles.

## HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.

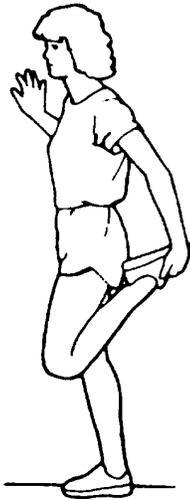
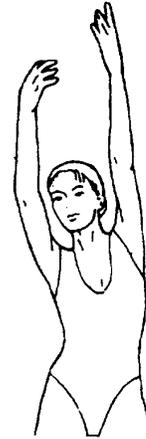


## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.

### SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



### QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

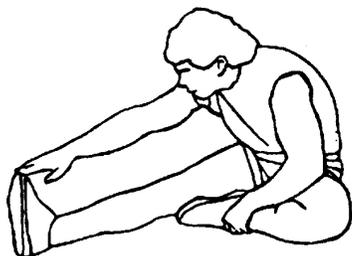
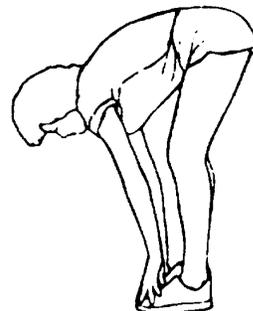
### INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



### TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

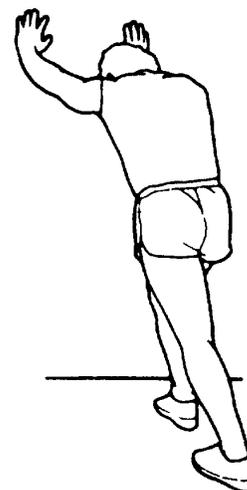


### HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.

### CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



### REMEMBER

Begin all exercise programs slowly with realistic goals set by your physician. Avoid dehydration, drink plenty of fluids.