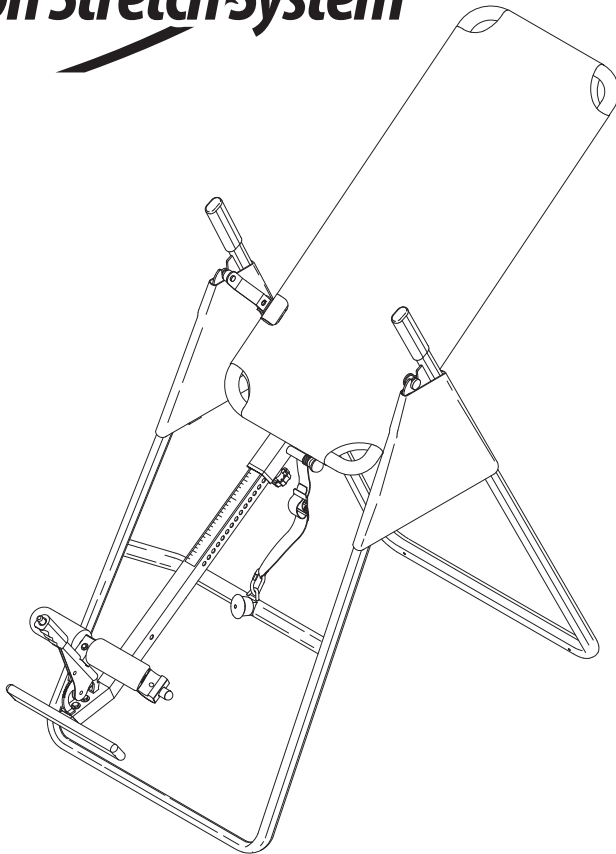


**READ AND FOLLOW THE WARNINGS AND INSTRUCTIONS IN THIS OWNER'S MANUAL. ANY PREVIOUSLY PROVIDED OWNER'S MANUALS OR INSTRUCTIONAL DVD THAT ACCOMPANIED THIS PRODUCT OR CONTAINED HEREIN SHOULD BE DISCARDED AND REPLACED WITH THIS UPDATED VERSION. REFER TO PAGE 5 FOR INSTRUCTIONS ON WHERE TO AFFIX THE NEW INVERSION WARNING DECAL.**

# **STAMINA<sup>®</sup>**

## **Inversion Stretch System**



Product May Vary Slightly From Pictured.

**WARNING:** The Buckle Strap and the Nylon Strap must be attached and properly adjusted at all times during use of this product.

**CAUTION:** Weight on this product should not exceed 250 lbs.

**This Product is Distributed Exclusively by**



2040 N. Alliance, Springfield, MO 65803  
Customer Service  
1 (800) 375-7520  
www.staminaproducts.com

## **Owner's Manual**

### **⚠ WARNING**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

**When calling for parts or service, please specify the following number:**

**Model#: 55-1530,  
55-1530A**

**STAMINA PRODUCTS  
MADE IN CHINA**

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2011, 03

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## SAFETY INSTRUCTIONS

**⚠ WARNING** This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

**⚠ WARNING** To reduce the risk of serious injury, read the following Safety Instructions before using the Inversion Stretch System.

1. Read all warnings and cautions posted on the **Inversion Stretch System**.
2. The **Inversion Stretch System** should only be used after a thorough review of the Owner's Manual.
3. Make sure that the **Inversion Stretch System** is properly assembled before use. We recommend that two people be available for assembly of this product.
4. Do not use the **Inversion Stretch System** alone. Always have a helper available in case assistance is needed in recovering from the inverted position.
5. Verify that adequate head clearance is available between the user's head and the floor before using this inversion table. This is especially important for tall users.
6. Make sure that the Pivot Arms are assembled to the Main Frame using the same position hole in each Pivot Arm. Pay close attention to Steps 3 and 4 on page 8.
7. Make sure that the Pivot Arms are always secured to the pegs on the Main Frame with the Bolts and Washers.
8. Adjust the Nylon Straps to limit the Main Frame rotation to an angle of 15 to 20 degrees from the top position and use this setting until you have verified your height setting and become familiar with the **Inversion Stretch System**.
9. Use the lowest holes in the Pivot Arms until you become familiar with the **Inversion Stretch System**.
10. DO NOT ALLOW table to invert past vertical. Table inverting past vertical may result in table contacting frame, damage to table and serious injury to user due to fall hazard. Prior to each use, make sure nylon and buckle straps are securely attached, as instructed in Steps 9 and 10 on page 10. Adjust straps to desired angle of inversion, making sure that Main Frame does not strike Front Frame at any time during use, as shown in illustrations on page 12.
11. Do not allow children to use or play on the **Inversion Stretch System**.
12. Keep small children and pets away from the **Inversion Stretch System** at all times.
13. The **Inversion Stretch System** should not be used by persons weighing more than 250 lbs.
14. The **Inversion Stretch System** should not be used by persons over 6 feet 6 inches tall.
15. It is recommended that you place this exercise equipment on an equipment mat.
16. Use the **Inversion Stretch System** only on a level surface.
17. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **Inversion Stretch System**.
18. Be sure that there is enough room for the bed to rotate completely.
19. Use the **Inversion Stretch System** only as described in the manual.
20. The safety level of the **Inversion Stretch System** can be maintained only if it is examined regularly for damage and wear.
21. This equipment is for home use only. It is not for commercial use.

**⚠ WARNING** Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death. 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, medullary pins, or surgically implanted orthopedic supports.
- Use of anti-coagulants including aspirin in high doses.

# Call Us First



**Customer Service**  
**1 (800) 375-7520**  
**www.staminaproducts.com**

---

**THANK YOU FOR PURCHASING THE  
Inversion Stretch System**

**To enact your warranty, please register your product  
by going to [register.staminaproducts.com](http://register.staminaproducts.com)**

To help you get started, we have pre-assembled most of your Inversion Stretch System at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**

Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.  
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



**ONLINE**

**CUSTOMER SERVICE**  
[customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com)  
[www.staminaproducts.com](http://www.staminaproducts.com)



**TELEPHONE**

**CUSTOMER SERVICE**  
Tel: 1 (800) 375-7520



**FAX**

**CUSTOMER SERVICE**  
Fax: (417) 889-8064



**MAIL**

**STAMINA PRODUCTS, INC.**  
ATTN: Customer Service  
P.O. Box 1071  
Springfield, MO. 65801-1071

## BEFORE YOU BEGIN

Thank you for choosing the **Inversion Stretch System**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Inversion Stretch System** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

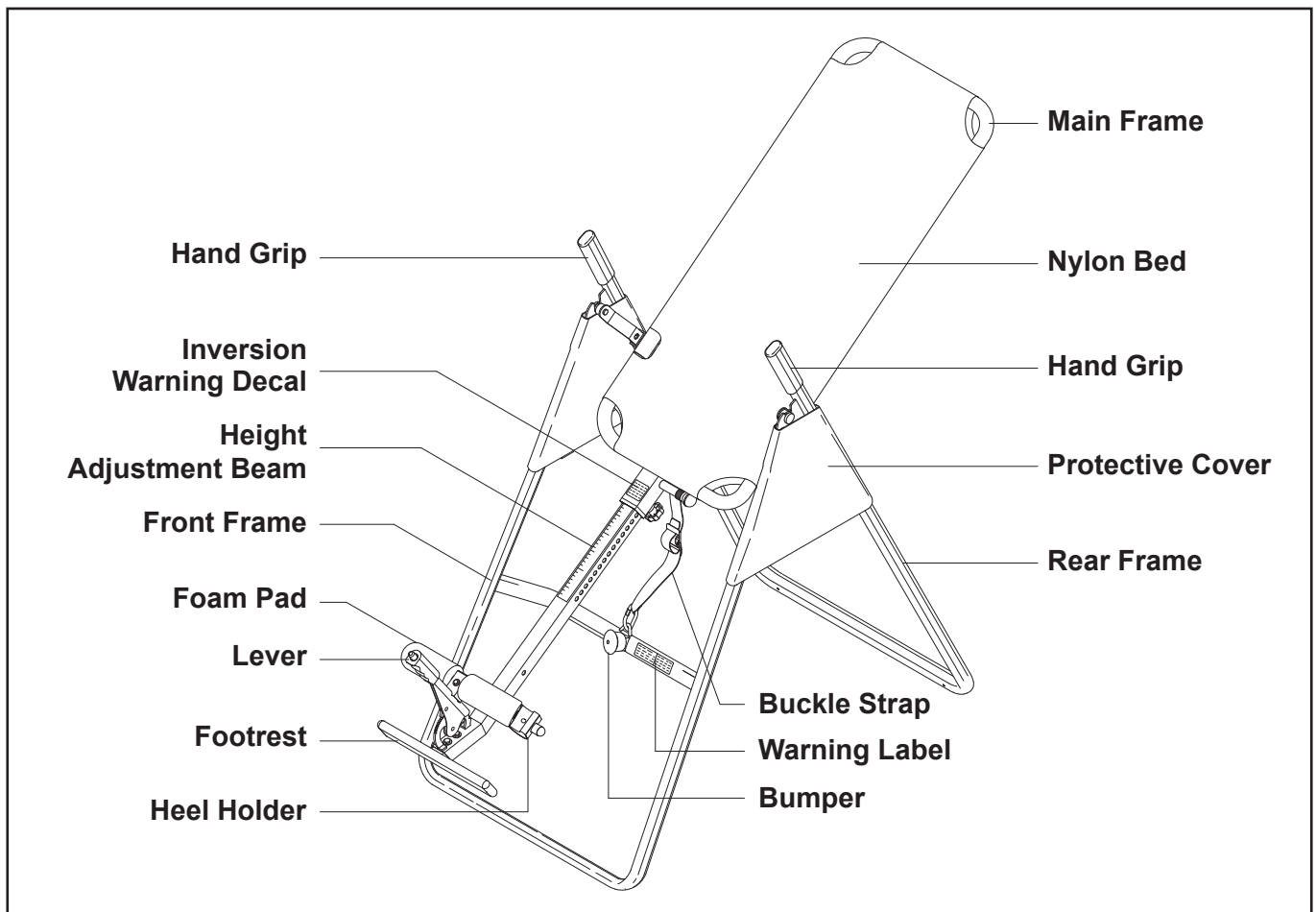
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

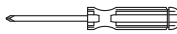
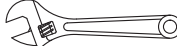
Read this manual carefully before using the **Inversion Stretch System**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Inversion Stretch System**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to [staminaproducts.com](http://staminaproducts.com) to the Services section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :  **Phillips Screwdriver**  
 **Adjustable Wrench**

## EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Inversion Stretch System**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

### W1 WARNING LABEL(44)

#### **WARNING**

Failure to comply with these warnings could result in serious injury or death. All warnings and instructions are to be read prior to use. Replace this warning label if damaged, illegible, or removed.

**Keep others including children & pets away from equipment when in use.** BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT. Make sure all nuts and bolts are securely tightened, and follow all safety tips and instructions set forth herein. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in the front of your manual.

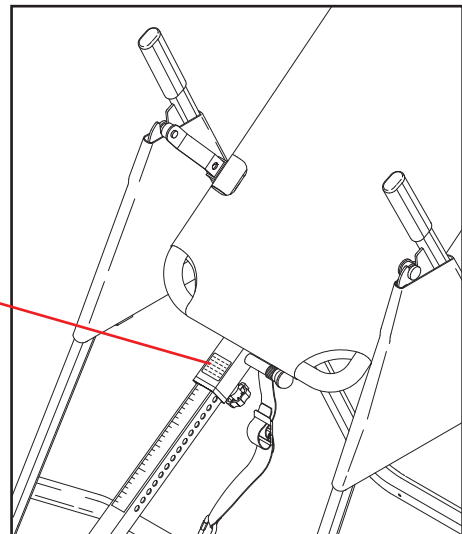
### W2 WARNING DECAL(45)

 **WARNING!**  
FEET MUST BE PROPERLY SECURED BEFORE USING THIS PRODUCT. FAILURE TO DO SO MAY CAUSE SERIOUS INJURY.

### W3 INVERSION WARNING DECAL(46)

#### **WARNING**

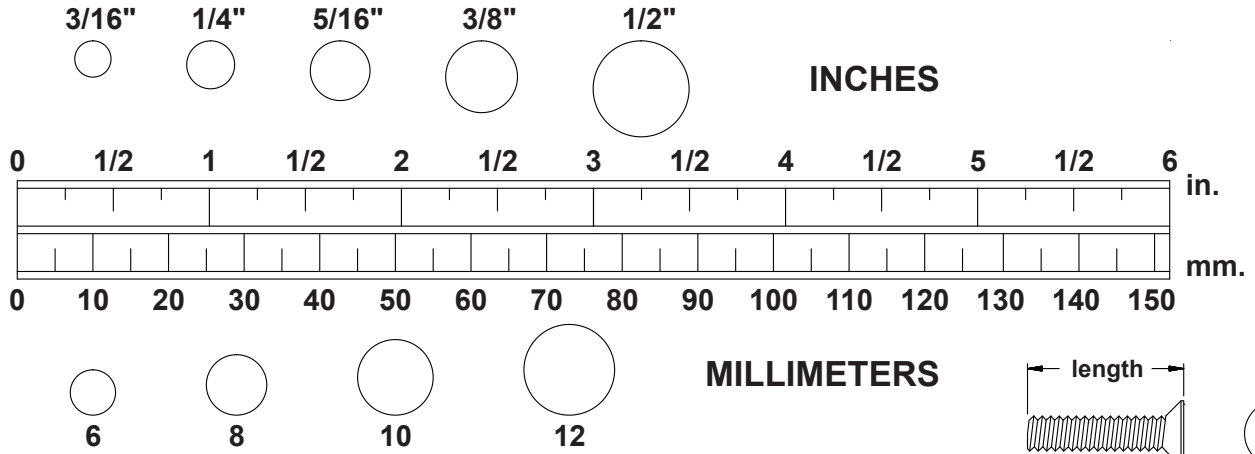
**FALL HAZARD.** Do not allow table to invert past vertical. Inverting past vertical may cause table to strike frame, and result in damage to table and serious injury to user due to fall hazard. **Always attach and tighten Nylon and Buckle Straps.** Adjust Straps to desired degree of inversion, making sure table does not invert past vertical. Follow all warnings and instructions in Owner's Manual before assembly and use.



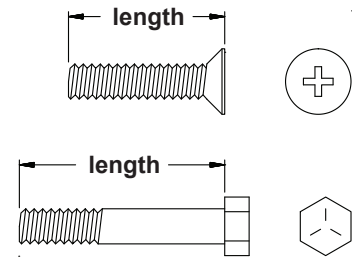
**ATTACH THE INVERSION WARNING DECAL TO THE MAIN FRAME AT THE LOCATION SHOWN.**

# HARDWARE IDENTIFICATION CHART

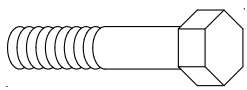
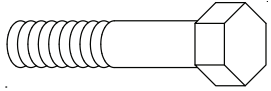
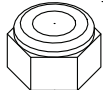
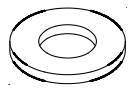
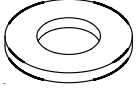
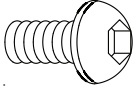
This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



**NOTICE:** The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part No. and Description	Qty
	32 Bolt, Hex Head (M6 x 1 x 42mm)	1
	33 Bolt, Hex Head (M6 x 1 x 48mm)	1
	35 Bolt, Hex Head (M8 x 1.25 x 50mm)	2
	36 Nylock Nut (M6 x 1)	2
	37 Nylock Nut (M8 x 1.25)	2
	38 Washer (M6)	4
	39 Washer (M8)	4
	40 Large Washer (M6)	2
	41 Bolt, Button Head (M6 x 1 x 8mm)	2

## ASSEMBLY INSTRUCTIONS

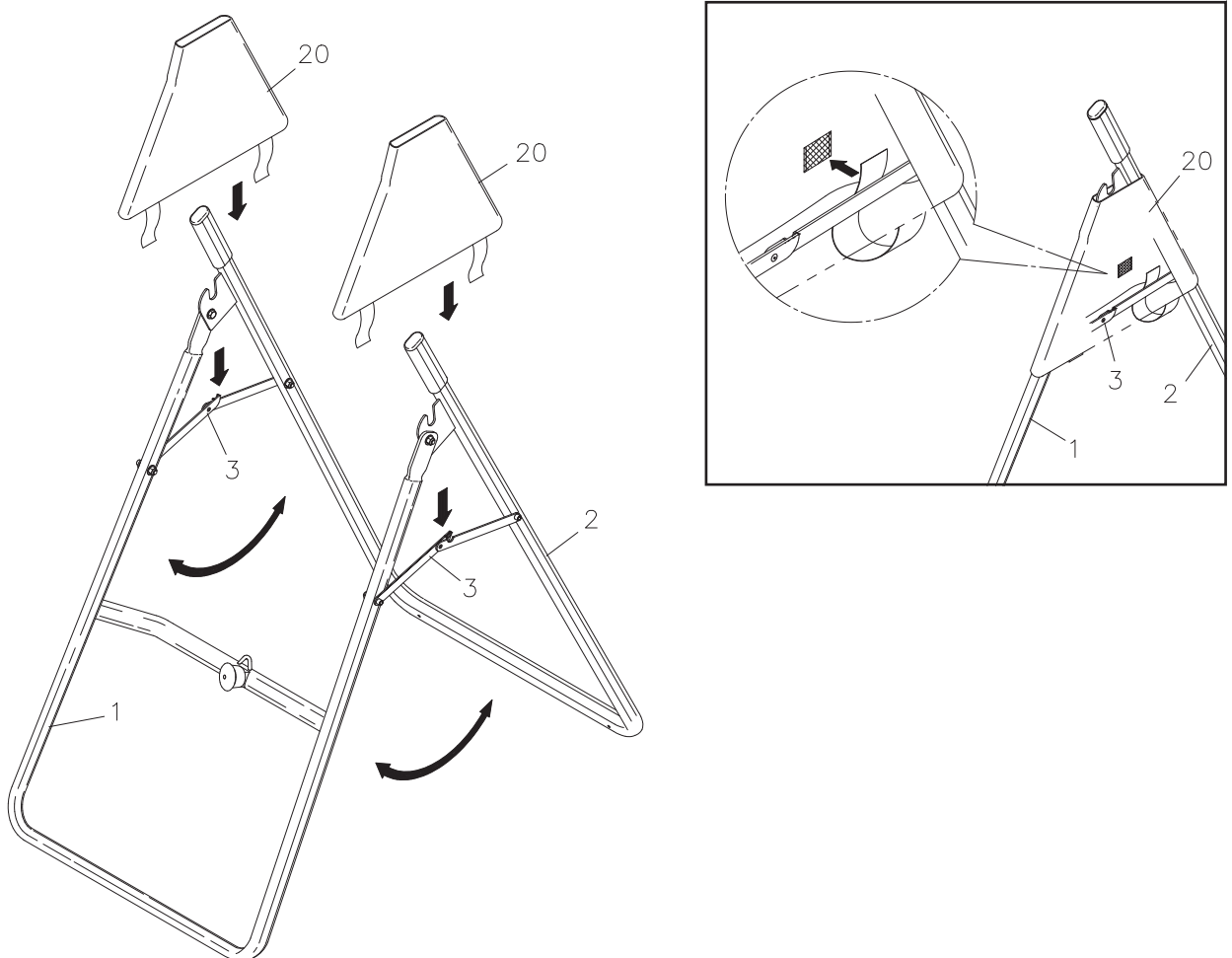
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to [staminaproducts.com](http://staminaproducts.com) to the Services section and order the part needed, e-mail us at [customerservice@staminaproducts.com](mailto:customerservice@staminaproducts.com), or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

### STEP 1

Unfold the **BASE ASSEMBLY** to an upright position by moving the **FRONT FRAME(1)** away from the **REAR FRAME(2)**. Then push down on the middle of the two **FOLDING LINKAGES(3)** until they are fully locked down.

### STEP 2

Slide one **PROTECTIVE COVER(20)** onto each side of the **BASE ASSEMBLY**, and pull the covers down until the bottom of the covers are slightly lower than the **FOLDING LINKAGES(3)**. Secure the **PROTECTIVE COVERS(20)** to the **FOLDING LINKAGES(3)** with the **SECURING STRAPS** on the bottom of the covers. **NOTE:** When the **PROTECTIVE COVERS(20)** are assembled correctly, the **FOLDING LINKAGES(3)** should not be visible. Refer to the illustration.





## ASSEMBLY INSTRUCTIONS

### STEP 3

Slide the bottom of the two **PIVOT ARMS(5)** into the brackets located at each side of the **MAIN FRAME(4)**. Align the desired hole on the arm with the peg on the bracket, and insert the peg into the hole to lock the **PIVOT ARMS(5)** in position. Then secure the **PIVOT ARMS(5)** on the pegs with **BUTTON HEAD BOLTS(M6x1x8mm)(41)** and **LARGE WASHERS(M6)(40)**.

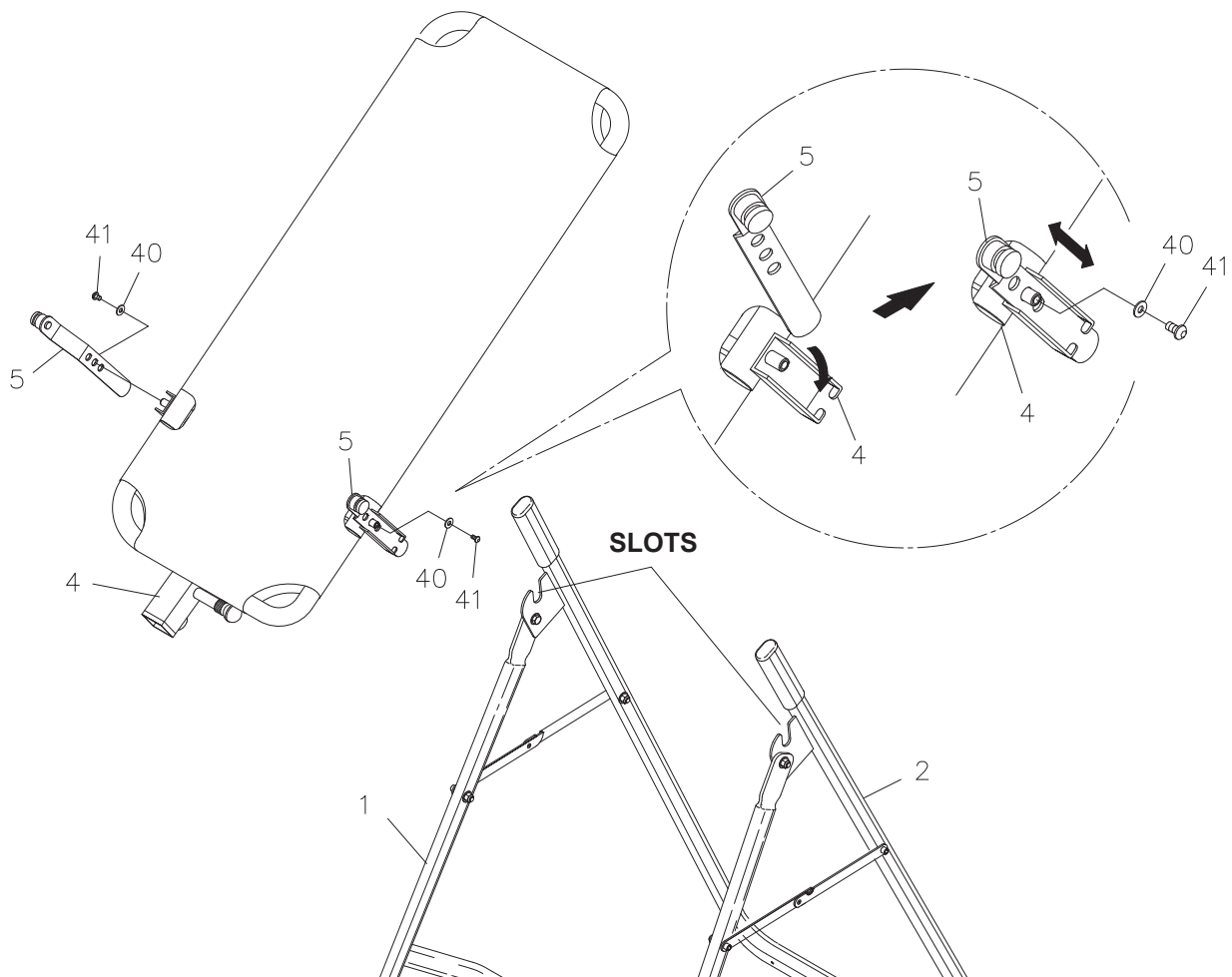
### PIVOT ARM ADJUSTMENT:

There are three adjustment holes on the **PIVOT ARMS(5)** allowing you to position the **MAIN FRAME(4)** at three different heights. The lowest hole will allow the least amount of inversion angle. The top hole will allow the greatest amount of inversion angle.

**CAUTION:** 1. Use the lowest holes in the **PIVOT ARMS(5)** until you become familiar with the Inversion Stretch System.  
2. Both **PIVOT ARMS(5)** must be adjusted to the same hole. Trying to adjust the **PIVOT ARMS(5)** to different positions could cause damage to the machine, and injury to the user.

### STEP 4

Attach the **MAIN FRAME(4)** onto the **REAR FRAME(2)** by sliding the slots in the ends of the two **PIVOT ARMS(5)** into the slots on the **REAR FRAME(2)**.





## ASSEMBLY INSTRUCTIONS

### STEP 5

Attach the **FOOTREST(7)** onto the **HEIGHT ADJUSTMENT BEAM(6)** with **BOLTS(M8x1.25x50mm)(35)**, **WASHERS(M8)(39)**, and **NYLOCK NUTS(M8x1.25)(37)**.

**NOTE:** The five holes in the **FOOTREST(7)** allow the **FOOTREST(7)** to be attached in three different positions. Start with the center position and adjust if necessary. Use the outer position if users are taller than average. Use the inner position if users are shorter than average.

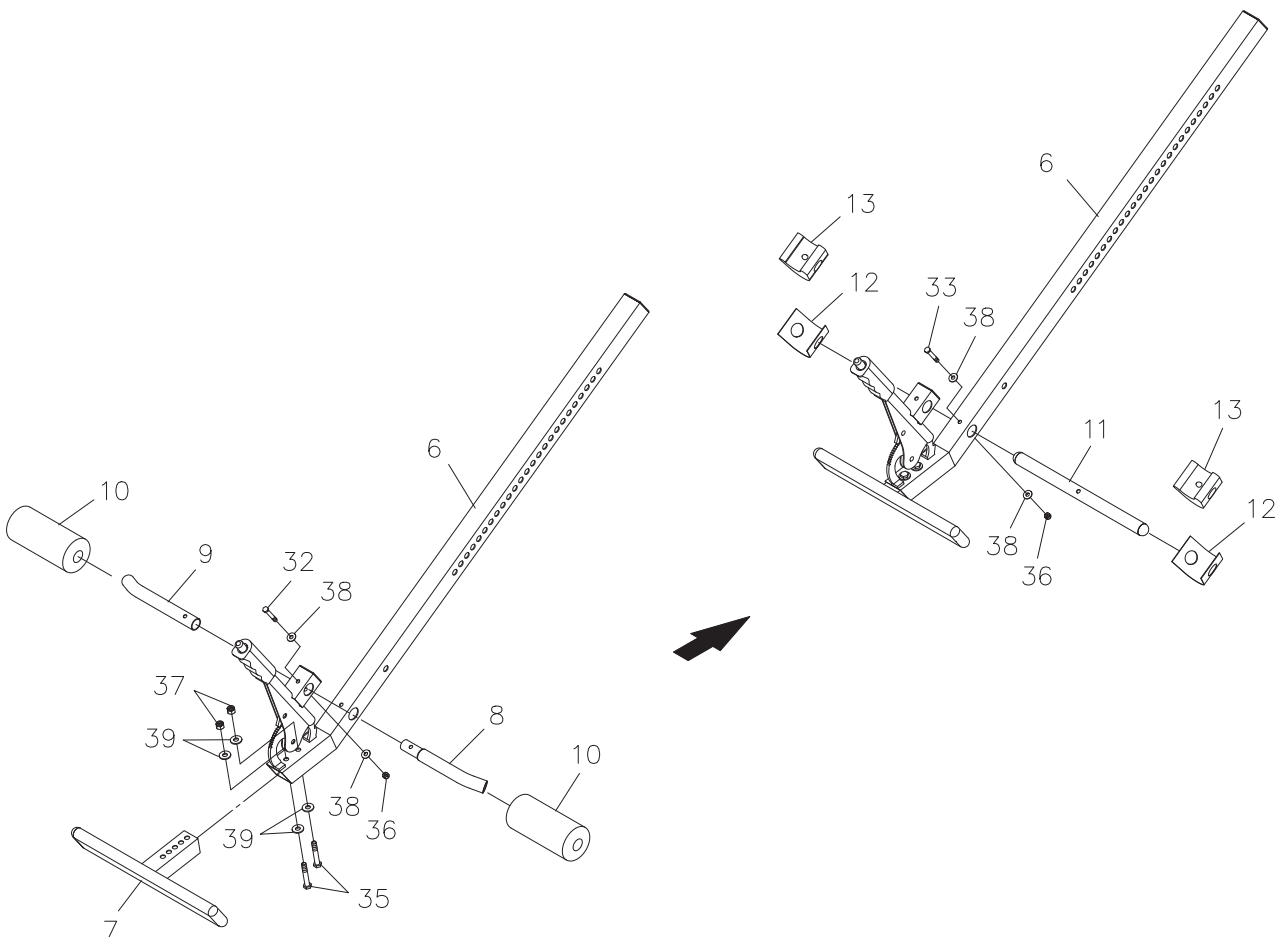
### STEP 6

Insert the **OUTER PAD TUBE(9)** through the hole on the **HEIGHT ADJUSTMENT BEAM(6)**. Insert the **INNER PAD TUBE(8)** into the **OUTER PAD TUBE(9)**. Align the holes on the **INNER PAD TUBE(8)**, **OUTER PAD TUBE(9)**, and **HEIGHT ADJUSTMENT BEAM(6)**, then bolt them together with **BOLT(M6x1x42mm)(32)**, **WASHERS(M6)(38)**, and **NYLOCK NUT(M6)(36)**.

**WARNING:** The **PAD TUBES(8, 9)** must be assembled with the ends pointed downward as shown. The ends must be pointed downward to properly secure the users feet in place during inversion. Improper assembly will allow the user's feet to come loose and the user will fall from the inversion table.

### STEP 7

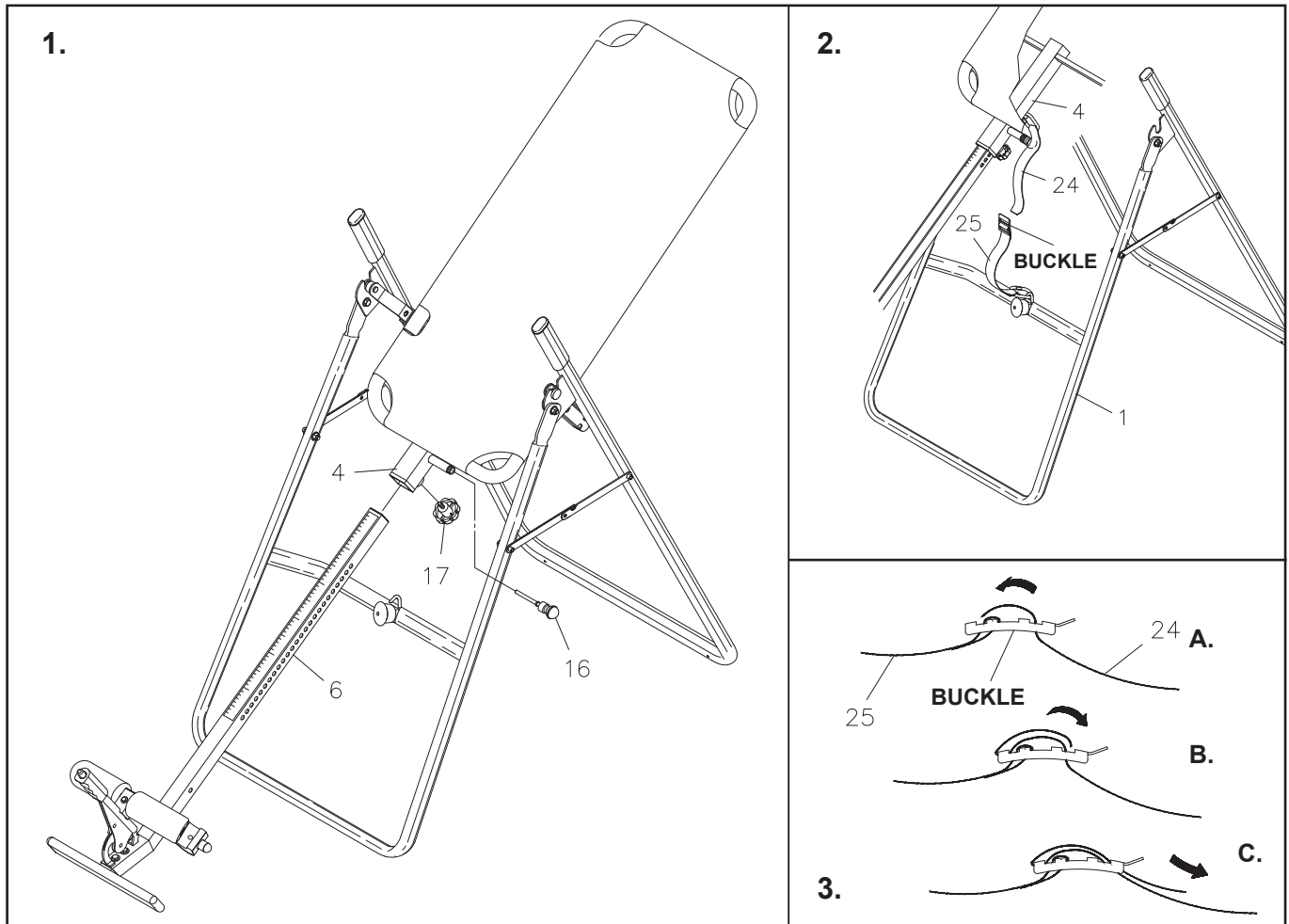
Insert the **HEEL HOLDER TUBE(11)** through the hole on the **HEIGHT ADJUSTMENT BEAM(6)** and secure with **BOLT(M6x1x48mm)(33)**, **WASHERS(M6)(38)**, and **NYLOCK NUT(M6x1)(36)**. Place a **HEEL HOLDER BRACKET(12)** onto a **HEEL HOLDER(13)**, then slide them onto **HEEL HOLDER TUBE(11)** together. Repeat on other side.



## ASSEMBLY INSTRUCTIONS

**STEP 8:** Install the **HEIGHT ADJUSTMENT BEAM(6)** into **MAIN FRAME(4)** by pulling the **LARGE SPRING PIN(16)** on the **MAIN FRAME(4)** and inserting the **HEIGHT ADJUSTMENT BEAM(6)** as shown. For added safety, thread the **LOCKING KNOB(17)** into back side of the **MAIN FRAME(4)**.

**WARNING:** Do not use the **Inversion Stretch System** until you have verified your height setting. Failure to use the proper height setting can result in difficulty recovering from the decline position. See **HEIGHT ADJUSTMENT** instructions on page 11.



**STEP 9:** Attach the end of the **NYLON STRAP(24)** to the hook on the back of the **MAIN FRAME(4)**; attach the end of the **BUCKLE STRAP(25)** to the hook on the **FRONT FRAME(1)**, as shown in Illustration 2. The **NYLON STRAP(24)** must be secured to the **MAIN FRAME(4)** and the **BUCKLE STRAP(25)** must be secured to the **FRONT FRAME(1)**.

**STEP 10:** Attach the **NYLON STRAP(24)** to the **BUCKLE STRAP(25)** by inserting the end of the **NYLON STRAP(24)** through the bottom of the **BUCKLE**, as shown in Illustration 3 (Steps A, B and C). The **NYLON STRAP(24)** must be securely attached to the **BUCKLE STRAP(25)** through the **BUCKLE**.

The **NYLON STRAP(24)** and **BUCKLE STRAP(25)** are used to control the decline angle of the **MAIN FRAME(4)**. Check the decline angle before using the **Inversion Stretch System**. To increase the decline, lengthen the straps. To decrease the decline, shorten the straps.

**WARNING:** DO NOT ALLOW table to invert past vertical. Table inverting past vertical may result in table contacting frame, damage to table and serious injury to user due to fall hazard. Prior to each use, make sure nylon and buckle straps are securely attached, as instructed in Steps 9 and 10. Adjust straps to desired angle of inversion, making sure that Main Frame does not strike Front Frame at any time during use, as shown in illustrations on page 12.

## OPERATIONAL INSTRUCTIONS

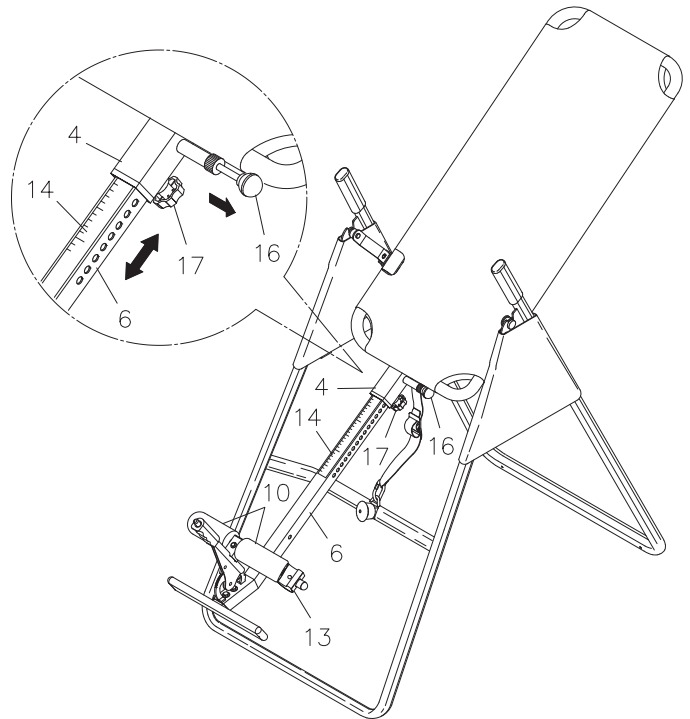
### GENERAL PRECAUTIONS

1. Use the lowest holes in the **PIVOT ARMS(5)** until you become familiar with the **Inversion Stretch System**.
2. Do not use the **Inversion Stretch System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
3. Make sure that the **FOAM PADS(10)** and **HEEL HOLDERS(13)** are holding your feet securely.
4. Make sure that the **HEIGHT ADJUSTMENT BEAM(6)** is properly set for your height.
5. Make sure that the **HEIGHT ADJUSTMENT BEAM(6)** is held securely by both the **SPRING PIN(16)** and the **SECURING KNOB(17)**.
6. Make sure that there is enough room for the bed to rotate completely.

### HEIGHT ADJUSTMENT

The **Inversion Stretch System** is a very sensitive balance device. It responds to very slight changes in weight distribution. It is very important to make sure that the height adjustment is adjusted properly. Use the following procedure to set the height adjustment and balance the **Inversion Stretch System**.

1. Adjust the **NYLON STRAPS** to restrict movement to approximately 15 degrees beyond the horizontal position. The nylon straps should not allow the **Inversion Stretch System** to go into the full inversion position while you are setting the height adjustment.
2. Loosen the **LOCKING KNOB(17)** under the **MAIN FRAME(4)**.
3. Pull the **SPRING PIN(16)** and use the **SCALE DECAL(14)** to set the **HEIGHT ADJUSTMENT BEAM(6)**.
4. Tighten the **LOCKING KNOB(17)**.
5. Mount the machine.
6. Lock your ankles into the **FOAM PADS(10)** and **HEEL HOLDERS(13)**.
7. Lie back with your hands at your sides.
8. Slowly raise your hands to your chest.
9. If your feet are higher than your head, dismount and try a taller setting. If you do not rotate to a position close to level, dismount and try a shorter setting.



- NOTE:**
1. The **Inversion Stretch System** should return to the upright position when your hands are below your waist. If it does not, use a taller setting.
  2. Verify that adequate head clearance is available between the user's head and the floor before using this inversion table. This is especially important for tall users.

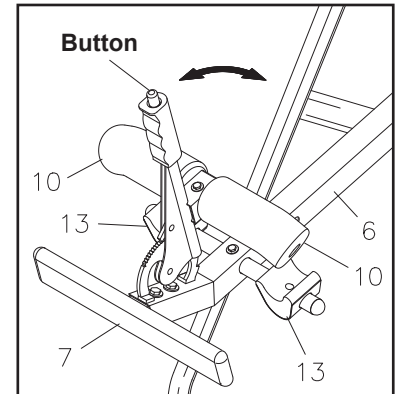
### THE HANDLEBARS

For added convenience, and safety, a set of **HANDLEBARS** has been added to the **Inversion Stretch System**. These **HANDLEBARS** are located at the top of the **REAR FRAME(2)**. The **HANDLEBARS** are 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.

## OPERATIONAL INSTRUCTIONS

### HEEL HOLDER USE AND ADJUSTMENT

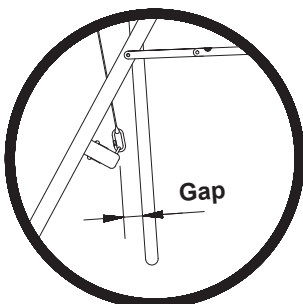
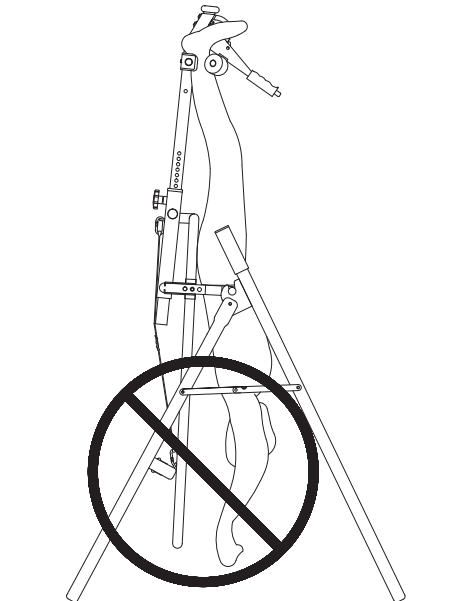
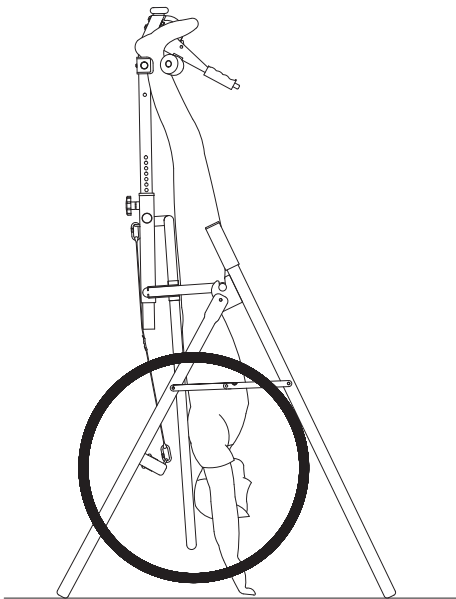
1. Place your feet on the **FOOTREST(7)** with your ankles between the **HEEL HOLDERS(13)** and **FOAM PADS(10)**.
2. The **HEIGHT ADJUSTMENT BEAM(6)** includes a lever to grip and release your feet. Pull the lever toward you until your ankles are securely held between the **HEEL HOLDERS(13)** and **FOAM PADS(10)**.
3. To release your feet or relax the grip, pull the lever toward you slightly and press the button on the end of the lever.



### USING THE INVERSION TABLE

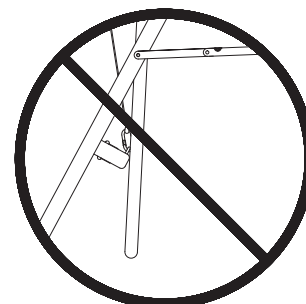
1. Check the decline angle before using the **Inversion Stretch System**. To increase the decline, lengthen the straps. To decrease the decline, shorten the straps.

**WARNING:** DO NOT ALLOW table to invert past vertical. Table inverting past vertical may result in table contacting frame, damage to table and serious injury to user due to fall hazard. Prior to each use, make sure nylon and buckle straps are securely attached, as instructed in Steps 9 and 10. Adjust straps to desired angle of inversion, making sure that Main Frame does not strike Front Frame at any time during use, as shown in illustration below.



**Not Past Vertical**

**NOTE:** There must always be a gap between the Main Frame and the Front Frame when in use.



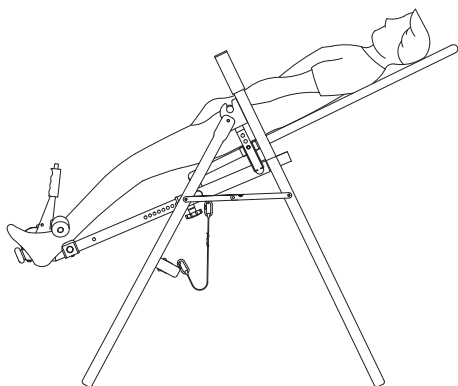
**Past Vertical**

## OPERATIONAL INSTRUCTIONS

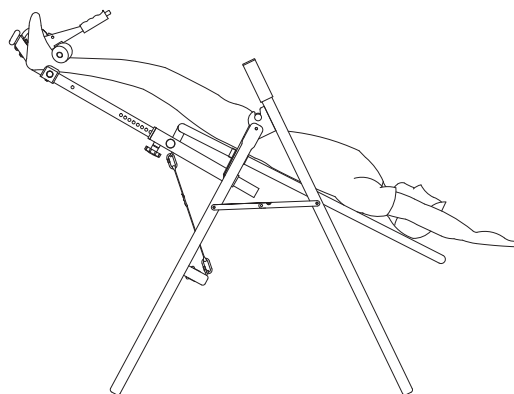
### USING THE INVERSION TABLE

2. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
3. 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.
4. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
5. As you get more comfortable with the use, rock the bed slowly by moving your arms up and down slowly.
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.

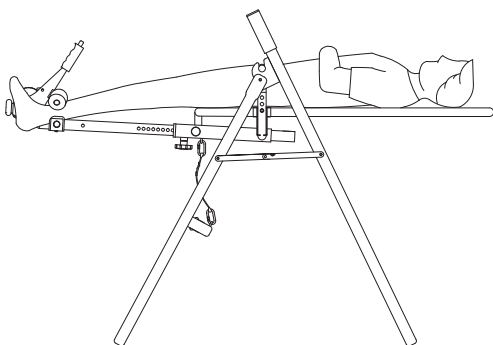
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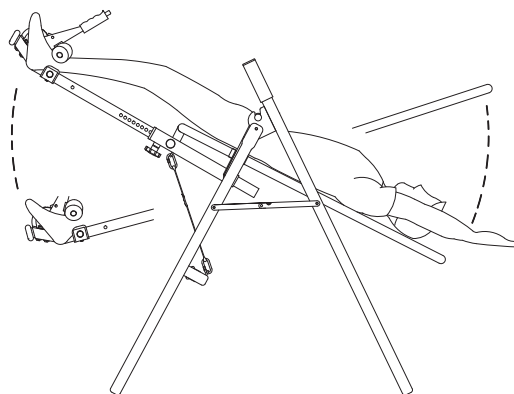
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2.



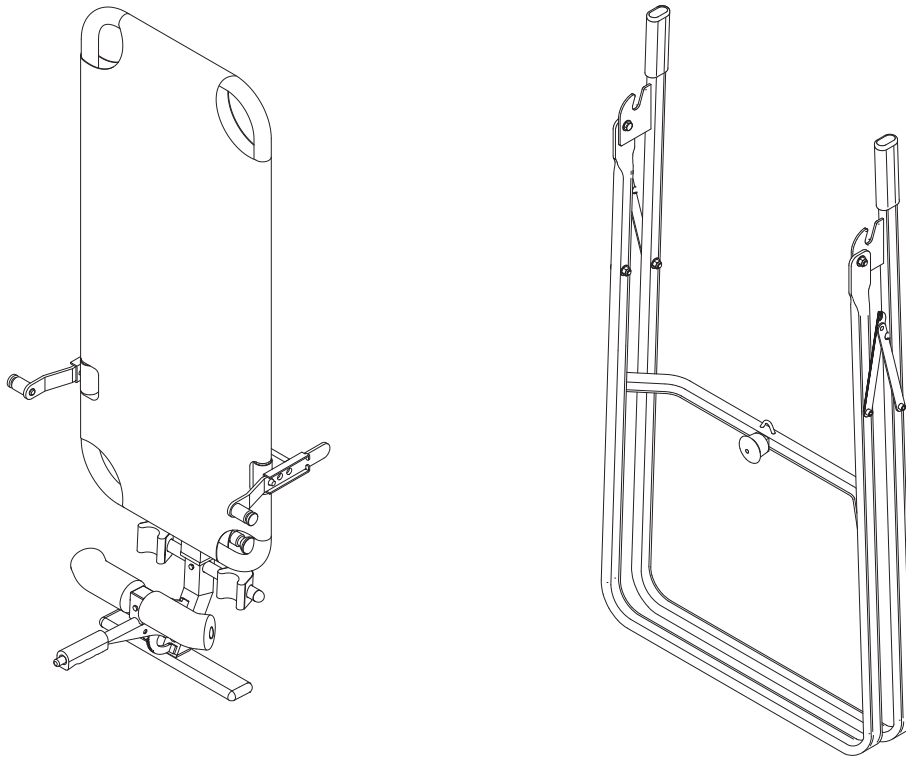
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### SUGGESTIONS FOR USE

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 the 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 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 your inversion sessions for the same times each day.

## STORAGE



### FOLDING THE INVERSION TABLE

The **Inversion Stretch System** can be easily folded for storage.

To fold the **Inversion Stretch System** loosen **LOCKING KNOB(17)** and pull out the **SPRING PIN(16)**. Now, slide the **HEIGHT ADJUSTMENT BEAM(6)** all the way up into the **MAIN FRAME(4)** until the **HEEL HOLDERS(13)** are just below the **MAIN FRAME(4)**, release the **SPRING PIN(16)** and slide the **HEIGHT ADJUSTMENT BEAM(6)** slightly up or down until the spring pin locks the beam in place. Remove the **MAIN FRAME ASSEMBLY** from the **BASE** by lifting up on the **MAIN FRAME(4)** until the **PIVOT ARMS(5)** come out of the slots located at the top of the **REAR FRAME(2)**, (Make sure the **NYLON STRAP** is not attached to the **MAIN FRAME(4)** before attempting to remove it.) Push up on the center of the **FOLDING LINKAGES(3)** and push the **FRONT FRAME(1)** and **REAR FRAME(2)** together until they meet.

## MAINTENANCE

The safety level of the **Inversion Stretch System** can be maintained only if it is examined regularly for damage and wear.

1. Check the nylon strap, strap buckle, pivot arms, nylon bed, heel holders, foam pads, and spring pin for damage and wear.
2. Replace damaged and worn components immediately and/or keep the equipment out of use until repairs are complete.



## LIMITED WARRANTY

### WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and five years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

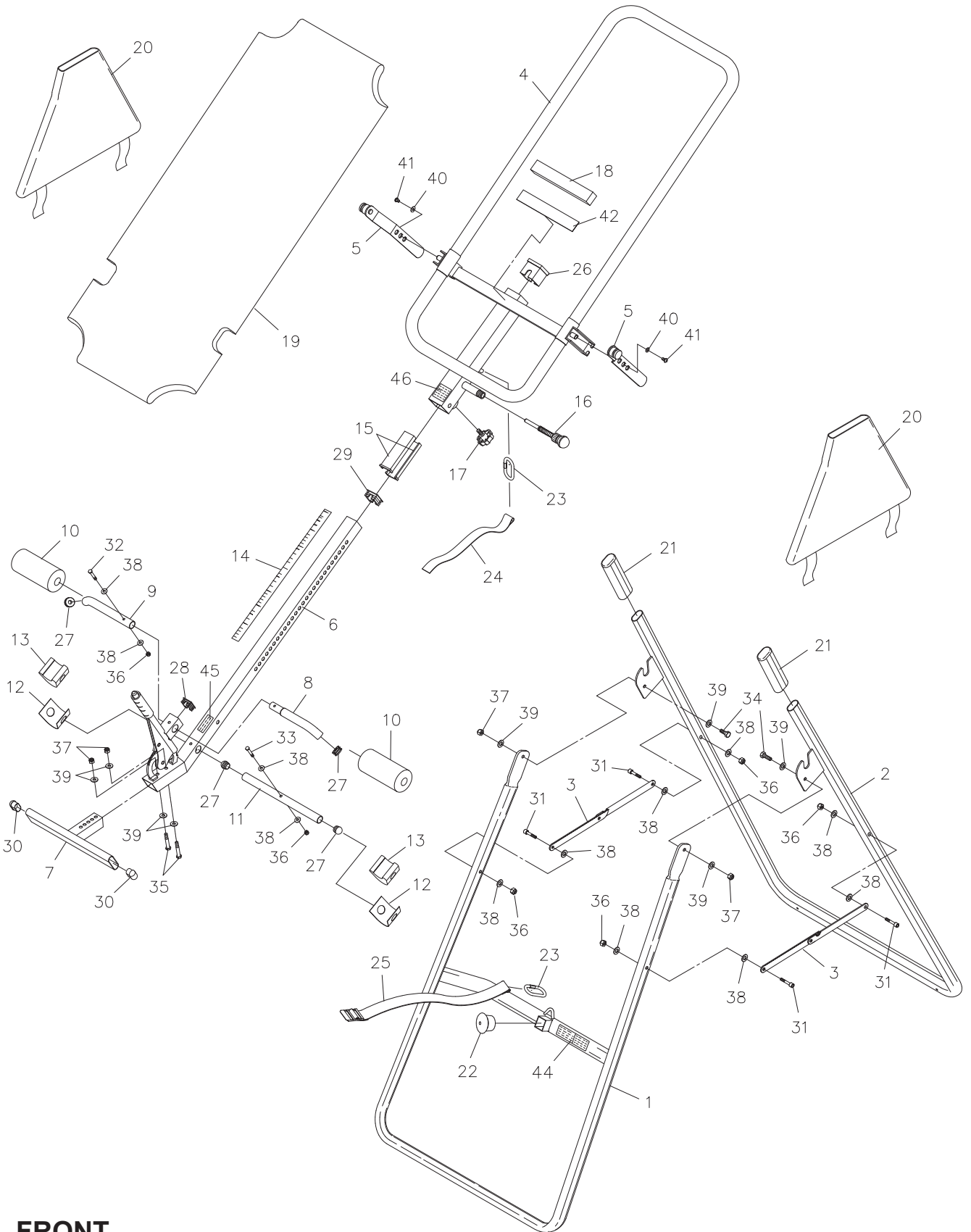
This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.



**PRODUCT PARTS DRAWING**

**BACK**



**FRONT**

## PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Folding Linkage	2
4	Main Frame	1
5	Pivot Arm	2
6	Height Adjustment Beam	1
7	Footrest	1
8	Inner Pad Tube	1
9	Outer Pad Tube	1
10	Foam Pad	2
11	Heel Holder Tube	1
12	Heel Holder Bracket	2
13	Heel Holder	2
14	Scale Decal	1
15	Bushing	2
16	Spring Pin	1
17	Locking Knob	1
18	Foam Cushion	1
19	Nylon Bed	1
20	Protective Cover	2
21	Hand Grip	2
22	Bumper	1
23	Hook	2
24	Nylon Strap	1
25	Buckle Strap	1
26	Hollow Cap	1
27	Round Plug (7/8")	4
28	Square Plug (1 5/16" x 1 5/16")	1
29	Square Plug (1 1/2" x 1 1/2")	1
30	Oval Plug (20mm x 60mm)	2
31	Bolt, Round Head (M6 x 1 x 30mm)	4
32	Bolt, Hex Head (M6 x 1 x 42mm)	1
33	Bolt, Hex Head (M6 x 1 x 48mm)	1
34	Bolt, Hex Head (M8 x 1.25 x 23mm)	2
35	Bolt, Hex Head (M8 x 1.25 x 50mm)	2
36	Nylock Nut (M6 x 1)	6
37	Nylock Nut (M8 x 1.25)	4
38	Washer (M6)	12
39	Washer (M8)	8
40	Large Washer (M6)	2
41	Bolt, Button Head (M6 x 1 x 8mm)	2
42	Double sided Tape	1
43	Manual	1
44	Warning Label	1
45	Warning Decal	1
46	Inversion Warning Decal	1

## TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



**ONLINE  
CUSTOMER SERVICE**  
customerservice@staminaproducts.com  
www.staminaproducts.com



**TELEPHONE  
CUSTOMER SERVICE**  
Tel: 1 (800) 375-7520



**FAX  
CUSTOMER SERVICE**  
Fax: (417) 889-8064



**MAIL  
STAMINA PRODUCTS, INC.**  
ATTN: Customer Service  
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to receive email information or special offers from Stamina Products? Register at [contact.staminaproducts.com](http://contact.staminaproducts.com)

## TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to [register.staminaproducts.com](http://register.staminaproducts.com). Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

<b>PRODUCT REGISTRATION FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071	
Model Number: .....	Serial Number: .....	
Product Name: .....		
Place Purchased: .....		
Date of Purchase: .....	Purchase Price: .....	
First Name: .....	Last Name: .....	
City: .....	State: .....	Zip Code: .....
Email Address: .....	Phone #: (     ) .....	
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.		



Detach and Mail or Fax the Form Above



## TO ORDER PARTS

If there are missing or damaged parts, you can go to [parts.staminaproducts.com](http://parts.staminaproducts.com) and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



<b>PARTS ORDER FORM</b>	<b>Stamina Products, Inc.</b> P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms: .....		
Address: .....		
Apt. #: .....		
City: .....	State: .....	Zip Code: .....
<b>IMPORTANT : We must have your phone number to process the order!</b>		
Phone #: (     ) .....	Work Phone #: (     ) .....	
Date of Purchase: .....		
Model #: .....		
Purchased From: .....		

**IMPORTANT : Before filling out the form below make sure you have the correct information.  
Refer to the parts list to make sure you're ordering the right parts!**

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1