

PRO MAX INVERSION TABLE NO. IVO18680



HEALTH MARK, INC.

322 NORTHPOINT PARKWAY
SUITE J
ACWORTH, GA 30102
1-888-829-1688

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 or misuse.

From date of purchase, the frame is warranted to be free from defect for 1 year.

PROOF OF PURCHASE IS REQUIRED. For customer service please call 1-888-829-1688

ORDERING REPLACEMENT PARTS

After 1 year replacement parts can be purchased by contacting our customer service department:

Phone: 1-888-829-1688

Fax: 1-201-246-1112

E-mail: sales@healthmarkinc.net

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

- It is recommended that you read this entire manual prior to using this product.
- Ensure that this product is in the fully opened position prior to mounting

SAFETY PRECAUTIONS

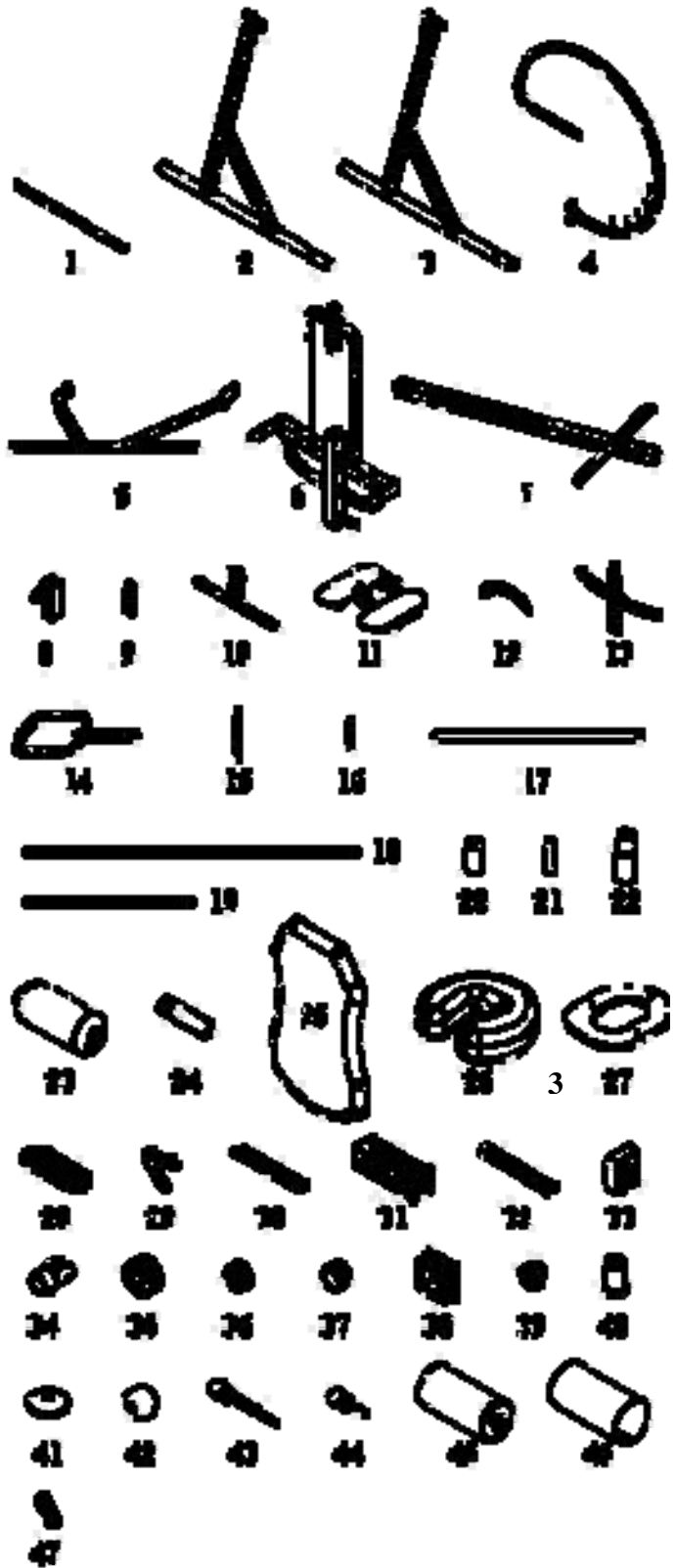
1. ! Always use this piece of equipment on a clear, level, and carpeted surface.
2. ! Keep children away from this piece of equipment during at all times.
3. ! Keep hands, fingers, loose clothing, hair, and feet away from moving parts while opening or folding this massage chair.
4. ! Do not insert any object into any opening on this piece of equipment.
5. ! Read and adhere to all instructions before assembly and during operation.
6. ! Do not stand on this product
7. ! Inspect this product prior to each use

WARNING: 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.

PARTS LIST

NO.	DESCRIPTION	QTY.
1	STEEL ROD	1
2	BASE CONNECT TUBE	1
3	RIGHT MAIN FRAME	1
4	LEFT MAIN FRAME	1
5	HANDLE BAR	1
6	BEARING	2
7	BASE CONNECT FRAME	1
8	ROLLER FRAME	1
9	ADJUSTABLE BEAM	1
10	SLIDER BAR	1
11	SUPPORT BAR	1
12	LEO HOLDER	1
13	FOOT PLATE	1
14	ADJUSTABLE	1
15	LEO ADJUSTABLE BEAM	1
16	HEADREST SUPPORT	1
17	INTERNAL SPRING POST	1
18	ADJUSTMENT LEVER	1
19	STEEL ROD	1
20		2
21	HDL	1
22	LOCK PIN	10
23		2
24	FOAM PAD	2
25	HAND GRIP	1
26	BACKREST	1
27	FOAM HEADREST	1
28	HEADREST SUPPORT	1
29	NON SLIP	2
30	SPRING PIN	1
31	SPRING	1
32	HOLLOW INSERT	1
33	HOLLOW INSERT	2
34	PIVOT BEARING COVER	2
35	END CAP	2
36	ROUND CAP	2
37	1" ROUND CAP	2
38	30mm ROUND END CAP	2
39	30mm SQ. END PLUG	1
40	STEEL BUSHING	4
41	M8 X 20	4
42	PLASTIC COVER	2
43	ROUND BALL	10
44	LONG ROUND POP PIN	1
45	SHORT ROUND POP PIN	1
46	FOAM BUMPER	1
47	BINDER	1
48	SPRING	1



PARTS LIST

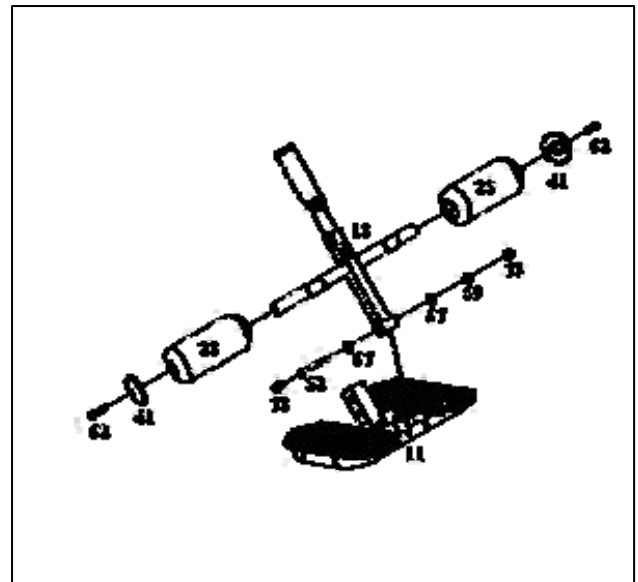
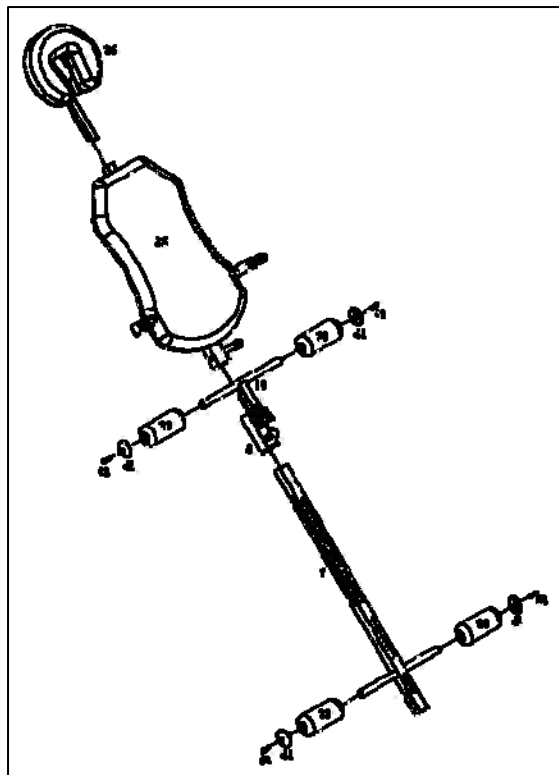
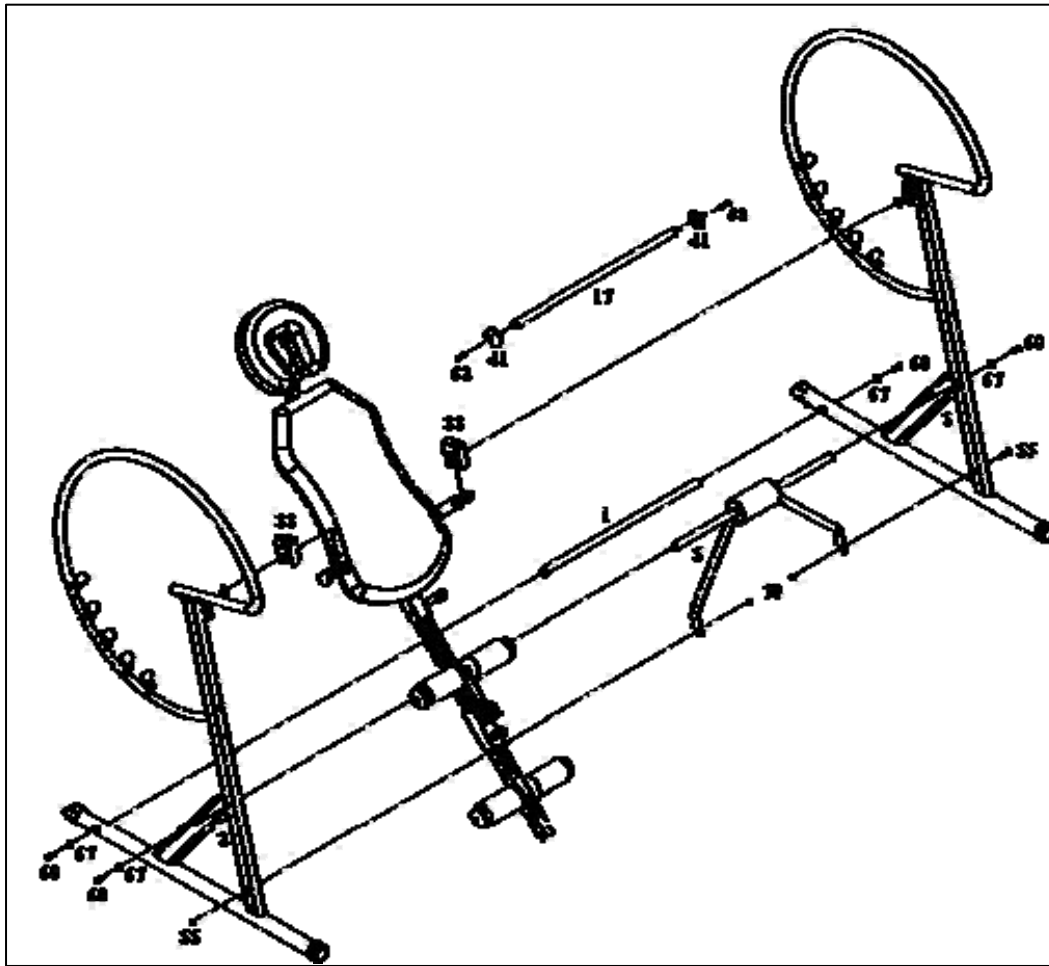
NO.	DESCRIPTION	QTY.
81	1/2" X 2-3/4" HEX HEAD BOLT	2
82	3/8" X 2-3/4" HEX HEAD BOLT	2
83	3/8" X 2-1/2" HEX HEAD BOLT	1
84	3/8" X 2" HEX HEAD BOLT	2
85	1/8" X 4". CARTRIDGE HEX BOLT	2
86	1/8" CARTRIDGE HEX BOLT(ALL)	4
87	3/8" X 3/8" HEX HEAD BOLT(ALL)	1
88	1/8" X 4/8" HEX HEAD BOLT(ALL)	4
89	1/8" X 3/8" HEX HEAD BOLT(ALL)	3
90	3/8" X 1" HEX BOLT	4
91	1/8" X 1" HEX BOLT	4
92	5/16" X 1-1/4" ALLEN BOLT	6
93	5/16" X 1-1/4" CONE BOLT	1
94	2L C PIN	1
95	2L C PIN	1
96	1/2" WASHER	2
97	3/8" WASHER	2
98	1/2" NYLON NUT	2
99	3/8" NYLON NUT	8
70	1/8" NYLON NUT	8
71	3/4" NUT	1
72	5/8" NUT	2
73	CAP NUT	2



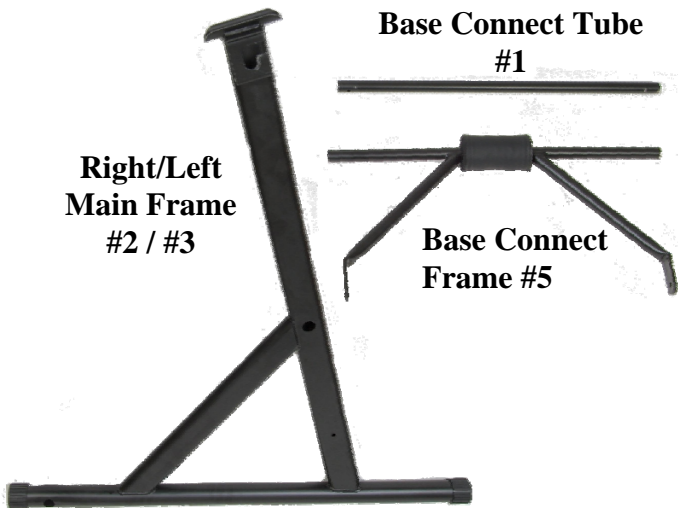
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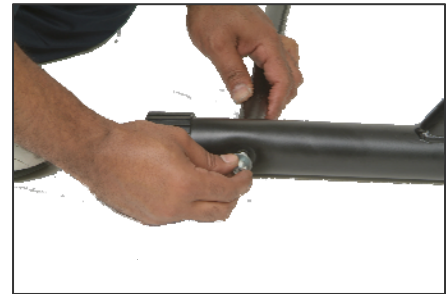
ASSEMBLY OVERVIEWS



FRAME ASSEMBLY



1. Insert Base Connect Tube (1) into each end of the Right and Left Main Frame (2,3).

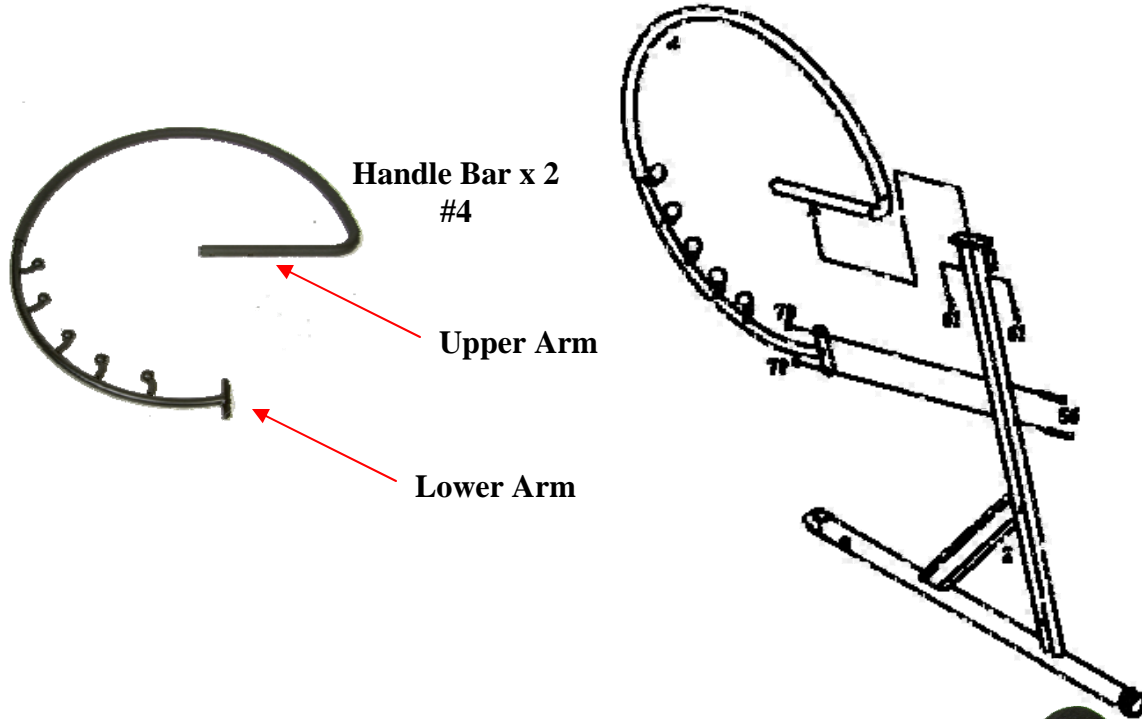


2. Secure each Base Connect Tube using bolts (60) and washers (67).



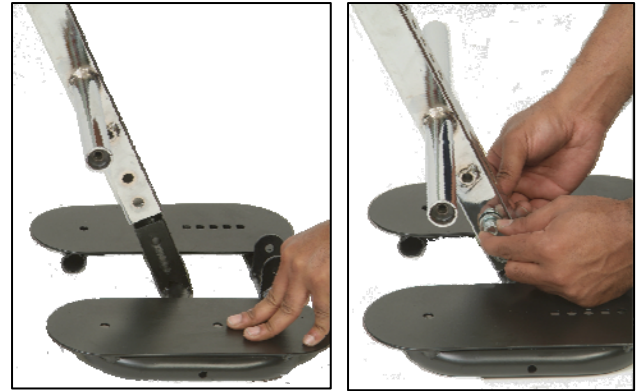
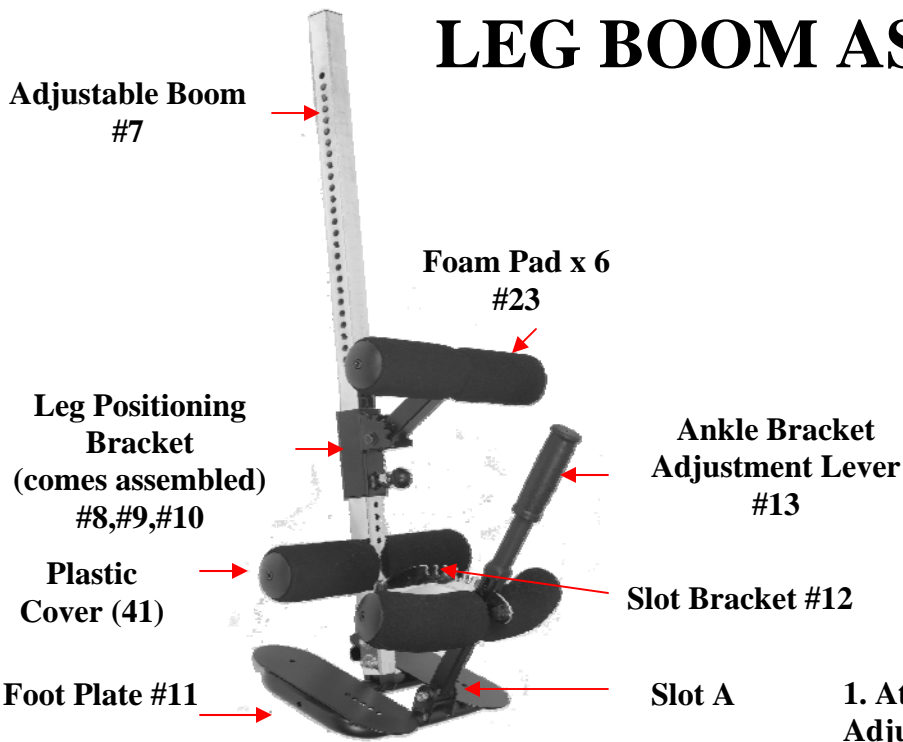
3. Connect and secure each end of the Base Connect Frame (5) to the Right and Left Main Frames (2,3) using bolts (60) and washers (67) to secure the threaded straight post, and bolts (55) and nuts (70) to secure the angled posts.

HANDLE BAR ATTACHMENT



1. Place each Handle Bar (4) into place and secure using bolts (61) to attach the upper arm, and Bolts (56) and nuts (70) to attach the lower arm.

LEG BOOM ASSEMBLY



1. Attach and secure the Foot Plate (11) to the Adjustable Boom (7) using bolts (52), washers (67), and nuts (73).



2. Slide the Slot Bracket (12) through the Ankle Bracket Adjustment Lever (13)

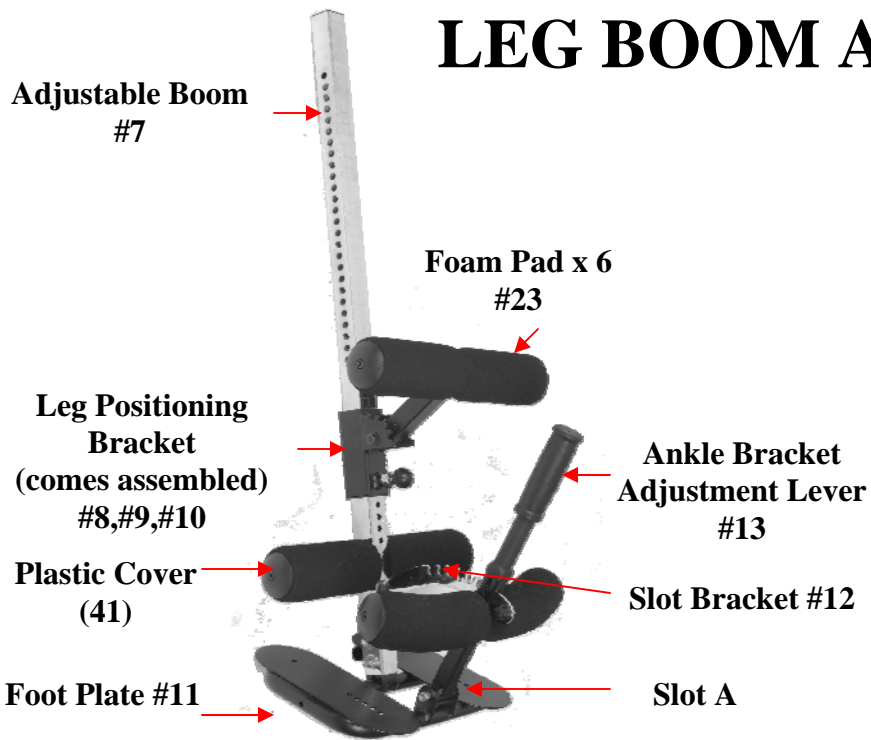


3. Slide the Slot Bracket (12) into the Adjustable Boom (7) and secure using bolt (53) and nut (69).



4. Insert end of Ankle Bracket Adjustment Lever (13) into Slot A on the Foot Plate (11) and secure using bolt (52), washer (67), and nut (73).

LEG BOOM ASSEMBLY 2

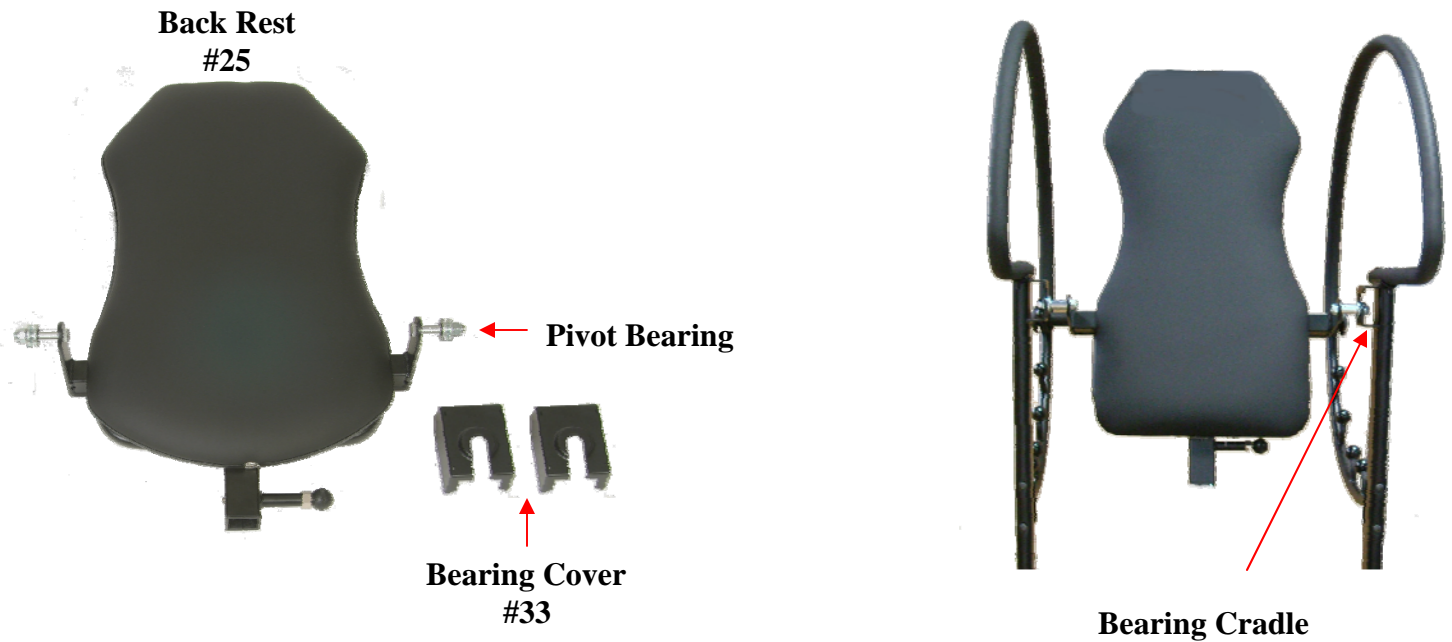


5. Pull out on the pop pin on the Leg Positioning Bracket and slide the assembly down the top of the Adjustable Boom (7)



6. Fit the 6 Foam Pads (23) onto the appropriate beams, (the use of a liquid soap or lotion will help them slide easier). Secure the pads with the Plastic Pad Covers (41) using bolts (62).

BED INSTALATION



1. Attach the Back Rest (25) by inserting the Pivot Bearing into the Bearing Cradles on the inside of each Main Frame. Push the Pivot Bearings all the way in, and then push down to lock into place.



Slide the Bearing Covers (33) over the Bearing Cradles. These covers serve the dual purpose of securing the bearing in place and acting as a pinch shield for rotating parts. Because of this, the Covers are pressure fitted and must be gently tapped into place using a soft mallet. If you use a standard hammer, protect the surface of the cover with some form of padding (rolled cloth) to prevent damage.

LEG BOOM INSTALATION



1. Pull out on the pop pin on the bed frame and insert the Leg Boom Assembly.

HEAD REST INSTALATION



Foam
Head Rest
#26

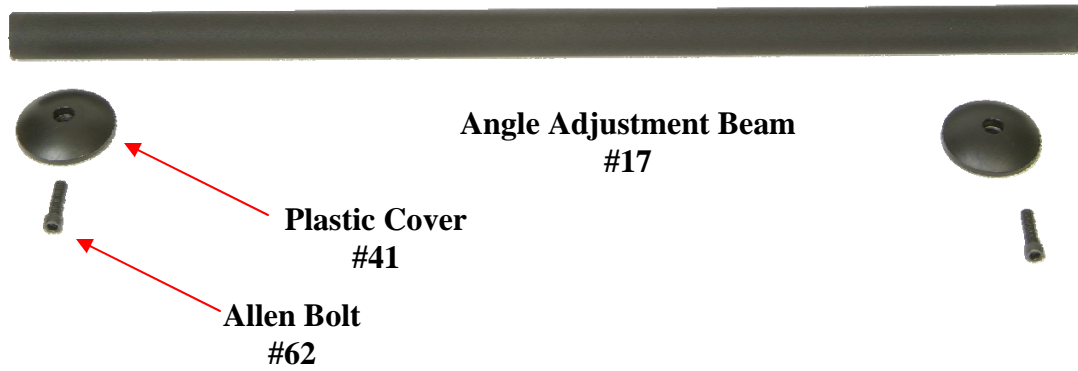


Head Rest
Support
#14/#27



Attach the Head Rest Support to the Back Rest. Attach the Foam Head Rest to the Support.

ANGLE ADJUSTMENT BEAM



1. Attach the Plastic Covers (41) to the ends of the Angle Adjustment Beam (17).



ALWAYS ENSURE THAT THE ANGLE ADJUSTMENT BEAM IS IN PLACE PRIOR TO INVERTING

INVERSION TECHNIQUES

PRO MAX INVERSION TABLE OVERVIEW

Inversion therapy has long been used for the decompression of the spine and cervical spine in order to relieve such conditions as pinched nerves along the spinal column, muscle spasms, cervical headaches, back pain, stretching and strengthening of tendons and ligaments, and fluid circulation conditions. Now, with the new design features of the Pro Max Inversion Table, inversion therapy can be performed easily from either a face-down or face-up position. The added benefit of the face-down position is that a therapist can now provide massage or manipulation while the client is inverted, therefore using the gravity assisted traction to make the therapy more effective. By using the Inversion Angle Adjustment Bar you can preset the unit to 1 of 5 angles, or remove the Bar in order to achieve full inversion. By using the Leg Positioning Adjustment not only can you achieve ideal comfort, but can also shorten your body length to lock-in a stationary position in order for you to perform light stretching or hyper-extensions. These adjustments will be explained in greater detail on the following page.



1. Face-down position with a preset angle – Standard inversion therapy or therapist assisted



2. Face-down position with a preset angle – performance of light stretching or hyper-extensions



3. Face-down position with Bar removed – Full inversion for maximum decompression, hyper-extensions or light stretching



4. Face-up position with a preset angle – Standard inversion therapy with knees bent for comfort



5. Face-up position with a preset angle –Knees bent to lock in position while performing light stretching



6. Face-up position with Bar removed – Full inversion for maximum decompression or gentle twisting

LEG POSITIONING BRACKET

Prior to mounting your unit you will need make your adjustment to the height of the Angle Positioning Bracket. This must be done while you are off of the machine because your weight will prevent any adjustments once you are mounted. After mounting your unit, the first adjustment that you will make will be to the angle of Leg Positioning Bracket. This bracket serves a dual purpose:

1. Comfort
2. Maintains inversion angle during movement

Adjusts the angle of the bracket

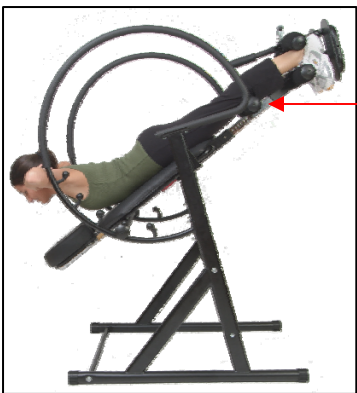
Adjusts the height of the bracket



A



B



In the face-down position the angle of the Leg Positioning Bracket will typically be flat to prevent hyper-extension of the knee, however the height of the bracket will be adjusted to maximize comfort.

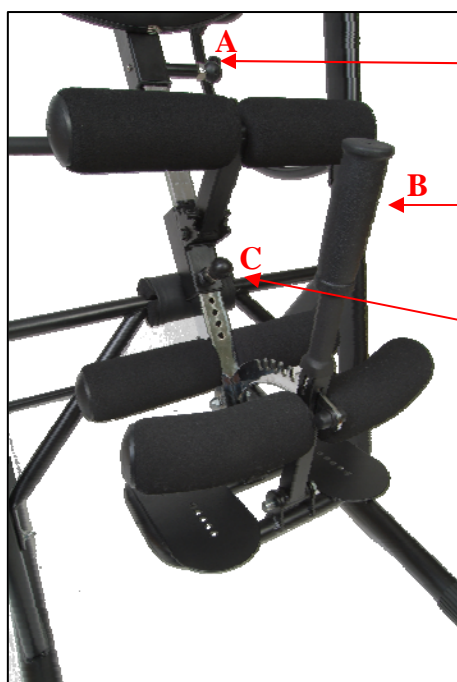
Take note of the angle position of the Leg Positioning Bracket in figures A and B. With the increased angle in figure A, causing the knees to be bent, your vertical body length is effectively shortened in relation to the height setting of the Leg Boom. This will allow you to perform light stretching, twisting or abdominal crunches without the bed trying upright on its own due to the shifting of your center of gravity. As a result of this adjustment however, as you begin the process of up-righting yourself, you must compensate for the shift of your body length by further bending your knees and sliding your rear end down on the bed as you use the handle bars to return. This will shift your center of gravity in a manner that will expedite your return with relative ease.

PRIOR TO USING ALWAYS CHECK THE CONDITION OF YOUR UNIT. ALSO ENSURE THE FOLLOWING:

1. THE ANGLE ADJUSTMENT BAR IS SECURED IN PLACE



2. THE OUTER COVER OF THE ANGLE ADJUSTMENT BAR IS OUTSIDE OF THE ANGLE KNOBS. YOU MAY NEED TO PINCH THE HANDLE BARS IN SLIGHTLY, AND THEN RELEASE.



Pull out to slide the Leg Boom in or out (Boom Adjustment Knob – A).

Pull up on the Handle and move the lever in or out to secure or unsecure the ankle bracket (Ankle Bracket Adjustment Lever – B).

Pull out to slide the Leg Positioning Bracket up or down (Leg Positioning Knob – C).

The Leg Positioning Bracket is spring loaded. By pulling up on the rollers you can release and adjust the bracket.

Step 1. Use Knob A to adjust the Leg Boom to your Height, and use Knob C to adjust the height of the Leg Positioning Bracket.

Step 2. Adjust the Head Rest Height.

Step 3. Mount your table by stepping onto the



Step 4. Regardless of the direction that you are facing, adjust the angle of the Leg Positioning Bracket. Note that the deeper the bend in your knees, the shorter your body becomes in relation to the Leg Boom height, therefore adjustments may need to be made to the Boom. The correct adjustment will provide you with the most comfort. If you need to make adjustments to the height of the Leg Positioning Bracket you will need to dismount the unit in order to do so.

FACE-UP OPERATION



Step 5. Use Lever B to lock your ankles into the Ankle Bracket



A

Step 6. If inverting face-up, reach around the handle bars and push yourself slowly backwards into position (figure A). In order to return to the upright position reach up around the handle bars and pull yourself gently up (figure B).



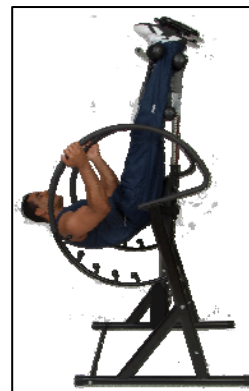
B



Step 7. Once you are in position rest comfortably with your hands across your stomach or chest, or with your arms extended over-head



To achieve full inversion remove the Angle Adjustment Bar (17) and lower yourself all the way down. Once you are completely vertical your body will swing free from the bed. Hang comfortably or perform gentle twists without placing any unnecessary torque on your back with quick movements.



To return to the upright position gently and cautiously raise your upper body by grabbing the handle bars high on the arch. Carefully pull yourself back up while shifting your weight towards your feet.

NOTE: All full inversion movements should be performed with someone else available to assist you if necessary.

FACE-DOWN OPERATION



Step 6. If inverting face-down, reach around the handle bars and slowly pull yourself down into position (A). In order to return to the upright position reach back up around the handle bars and gently push yourself back up (B).



A



B

Step 5. Use Lever B to lock your ankles into the Ankle Bracket



Once you are in position relax with your arms hanging comfortably, or place your hands behind your head and carefully perform hyper-extensions. Perform any hyper-extension or twisting motions slowly and with caution.



To achieve full inversion remove the Angle Adjustment Bar (17) and to slowly pull yourself all the way down. Once you are in position your body will swing free of the bed. Either hang freely or perform gentle twists or hyper-extensions. Move cautiously and slowly

Pull yourself face back into contact with the head rest and your body back into contact with the Bed . Grab the frame and push yourself back up (maintain contact with the bed), until you can grab the handle bars and return upright.

NOTE: All full inversion movements should be performed with someone else available to assist you if necessary.

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; @ 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; @ 60 degrees (your hands at just about floor level) your back will receive the required amount of traction it needs to fully decompress; @ 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 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. OR E-MAIL ME DIRECTLY AT KKAIWYN@JUNO.COM