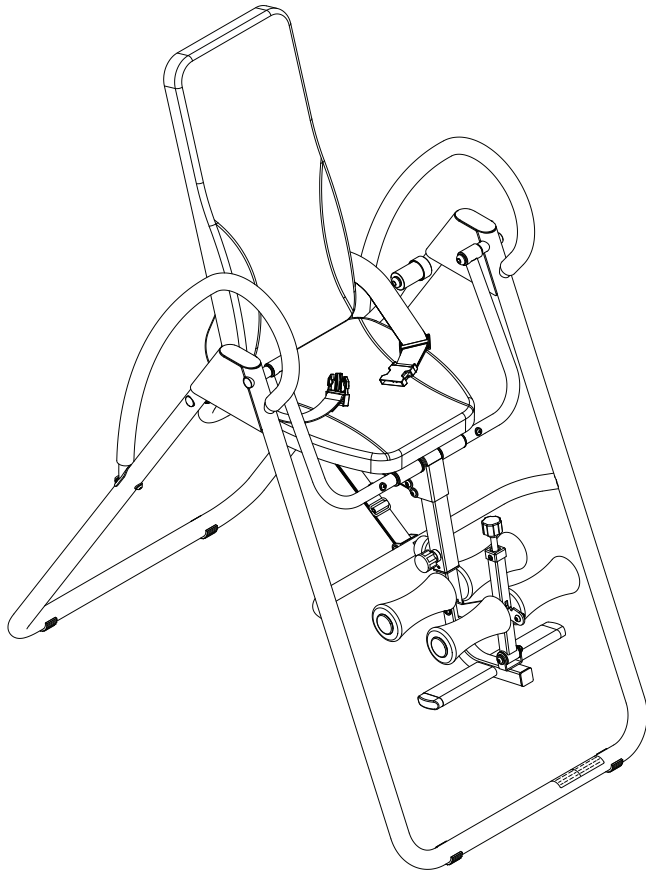




Owner's Manual



Product May Vary Slightly From Pictured.

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

This Product is Produced Exclusively by



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

⚠ 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#: 55-1541

**STAMINA PRODUCTS
MADE IN CHINA**

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2010, 01


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SAFETY INSTRUCTIONS

 **WARNING:** To reduce the risk of serious injury, read the following Safety Instructions before using the Seated Inversion Therapy System.

1. Read all warnings posted on the **Seated Inversion Therapy System**.
2. The **Seated Inversion Therapy System** should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Do not use the **Seated Inversion Therapy System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
5. Always use the seat belt. Make sure the seat belt is securely fastened before inverting.
6. You must understand how to recover from the inverted position before using the **Seated Inversion Therapy System**.
7. Do not allow children to use or play on the **Seated Inversion Therapy System**.
8. Keep small children and pets away from the **Seated Inversion Therapy System** at all times.
9. The **Seated Inversion Therapy System** should not be used by persons weighing more than 250 lbs.
10. The **Seated Inversion Therapy System** should not be used by persons over 6 feet 6 inches tall.
11. It is recommended that you place this exercise equipment on an equipment mat.
12. Use the **Seated Inversion Therapy System** only on a level surface.
13. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the Seated Inversion System.
14. Be sure the **Seated Inversion Therapy System** is placed in an area where there is enough room for the seat to rotate completely.
15. Use the **Seated Inversion Therapy System** only as described in the manual.
16. The safety level of the **Seated Inversion Therapy System** can be maintained only if it is examined regularly for damage and wear.
17. This equipment is for home use only. It is not for commercial use.

 **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, 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 Seated Inversion Therapy System

To help you get started, we have pre-assembled most of your Seated Inversion Therapy 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.



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



FAX
CUSTOMER SERVICE
Fax: (417) 889-8064



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



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

BEFORE YOU BEGIN

Thank you for choosing the **Seated Inversion Therapy 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 **Seated Inversion Therapy 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.

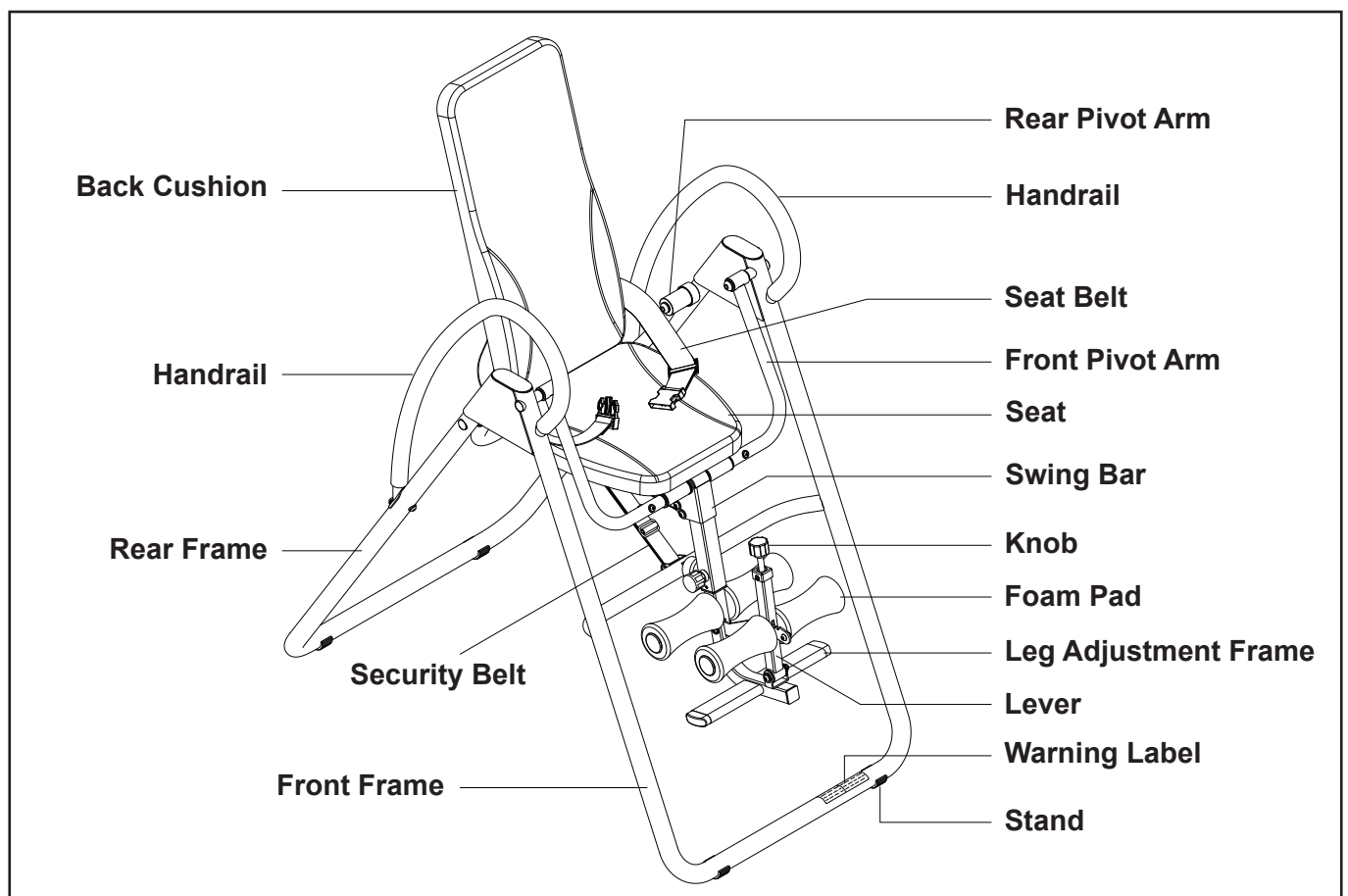
Read this manual carefully before using the **Seated Inversion Therapy System**.

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 **Seated Inversion Therapy System**, please do not return the product. Contact us **FIRST!**

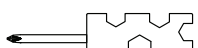
If a part is missing or defective, please call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

If you would like to contact us online, go to our website at www.staminaproducts.com and access the Customer Service section.

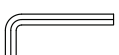
Be sure to have the name and model number of the product available when you contact us.



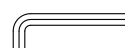
THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY:



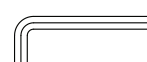
Combination Wrench



Allen Wrench (4mm)



Allen Wrench (6mm)



Allen Wrench (8mm)

EQUIPMENT WARNING & NOTICE LABELS

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

Label is larger than actual size

W1 WARNING LABEL(64)

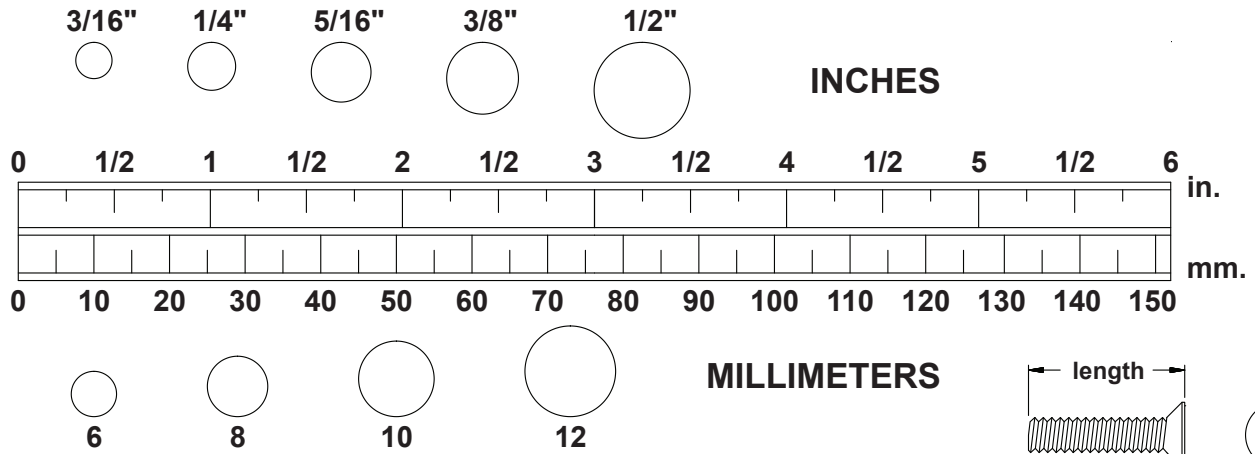
WARNING

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.

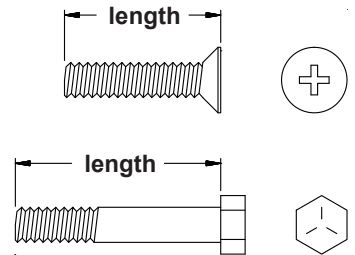
Keep others including children & pets away from equipment when in use.
BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR PERSONS OVER THE AGE OF THIRTY-FIVE OR WITH PREEXISTING HEALTH PROBLEMS. STAMINA® ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY 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.

HARDWARE IDENTIFICATION CHART

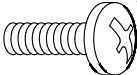
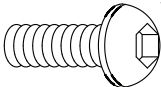
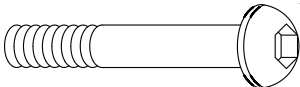
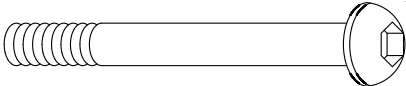
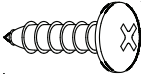

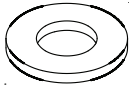

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



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.

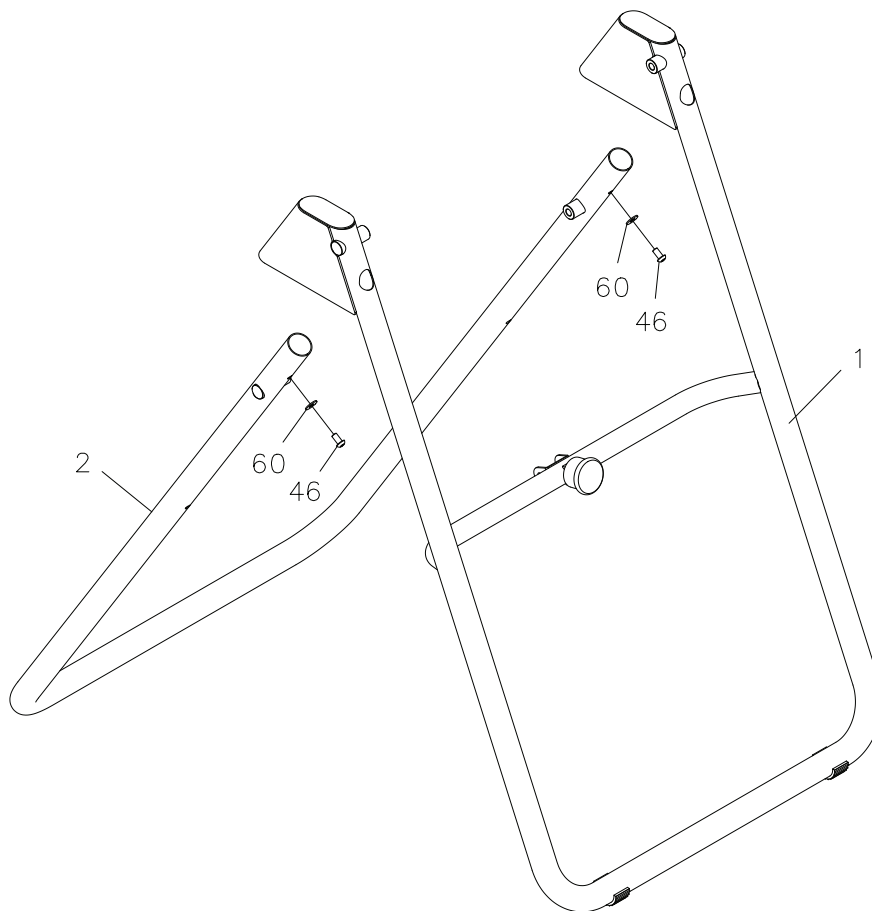
	Part Number and Description	Qty
	43 Round Head Bolt (M6 x 1 x 15mm)	9
	46 Bolt, Button Head (M8 x 1.25 x 15mm)	9
	47 Bolt, Button Head (M8 x 1.25 x 25mm)	2
	49 Bolt, Button Head (M8 x 1.25 x 50mm)	2
	50 Bolt, Button Head (M8 x 1.25 x 55mm)	1
	53 Bolt, Button Head (M12 x 1.75 x 85mm)	2
	54 Bolt, Button Head (M12 x 1.75 x 95mm)	2
	55 Screw, Round Head (M4 x 6mm)	2
	57 Nylock Nut (M8 x 1.25)	1
	60 Washer (M8)	4
	62 Arc Washer (M8)	6

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 call our toll-free number for assistance **1-800-375-7520** or e-mail us at customerservice@staminaproducts.com.

STEP 1

Insert the **REAR FRAME(2)** into the brackets on the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(46)** and **WASHERS(M8)(60)**.



ASSEMBLY INSTRUCTIONS

NOTE: Do not over tighten **BUTTON HEAD BOLTS(53, 54)** as the **FRONT** and **REAR PIVOT ARMS(3, 5)** must be able to pivot freely after **BUTTON HEAD BOLTS(53, 54)** are tightened.

STEP 2

Position the **SWING BAR(11)** at the front of the **BUMPER(37)**. Attach the **FRONT PIVOT ARMS(3)** to the **FRONT FRAME(1)** with **BUTTON HEAD BOLTS(M12x1.75x85mm)(53)** on both sides.

STEP 3

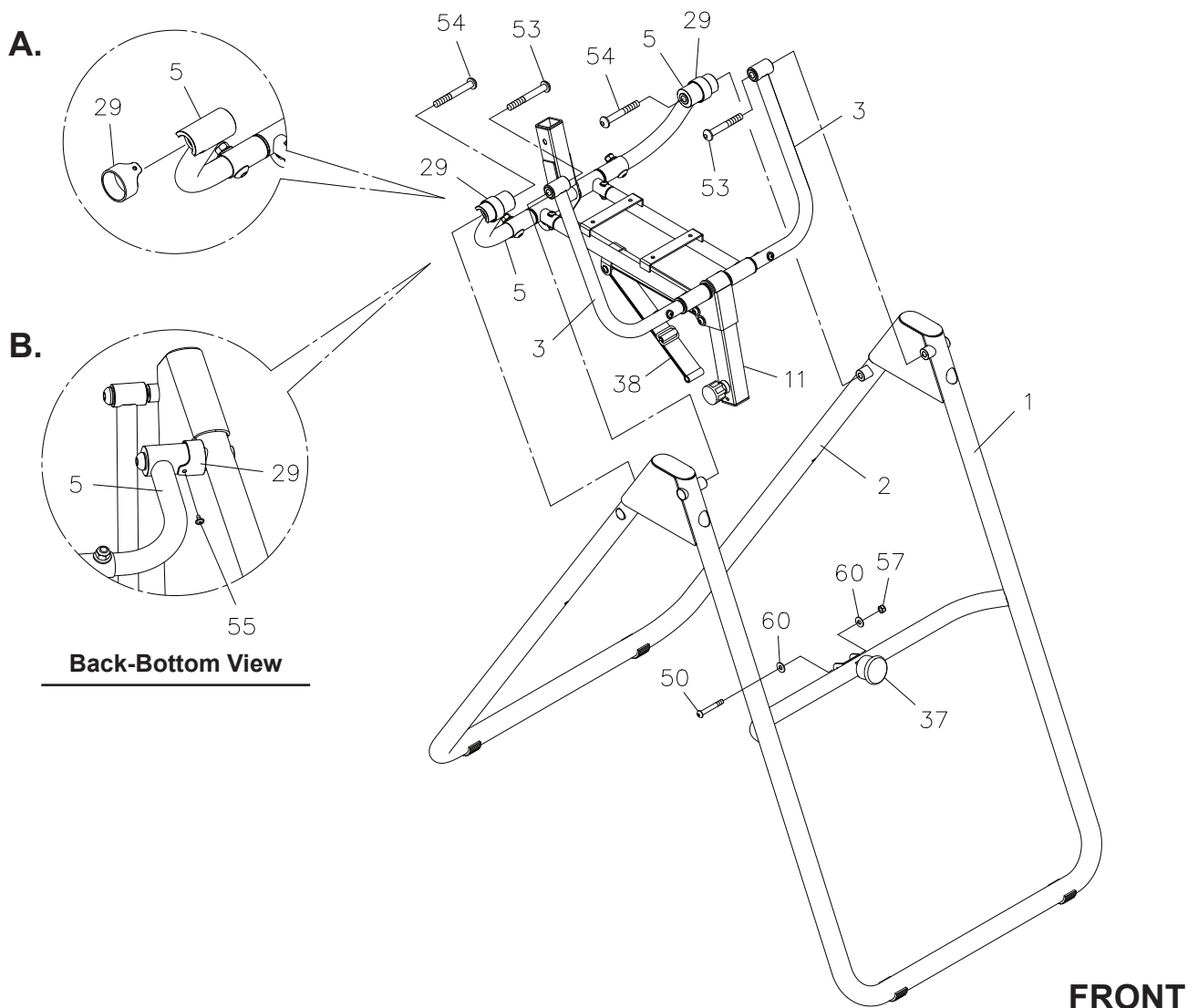
Refer to detail drawing A. Slide the **RING COVERS(29)** over the **REAR PIVOT ARMS(5)**. Then attach the **REAR PIVOT ARMS(5)** to the **REAR FRAME(2)** with **BUTTON HEAD BOLTS(M12x1.75x95mm)(54)** on both sides.

STEP 4

Refer to detail drawing B. Align the holes on the **RING COVER(29)** and the **REAR PIVOT ARM(5)**, then secure with **ROUND HEAD SCREW(M4x6mm)(55)**. Repeat on other side.

STEP 5

Attach the bottom end of the **SECURITY BELT(38)** to the bracket on the **FRONT FRAME(1)** with **BUTTON HEAD BOLT(M8x1.25x55mm)(50)**, **WASHERS(M8)(60)**, and **NYLOCK NUT(M8x1.25)(57)**.



ASSEMBLY INSTRUCTIONS

STEP 6

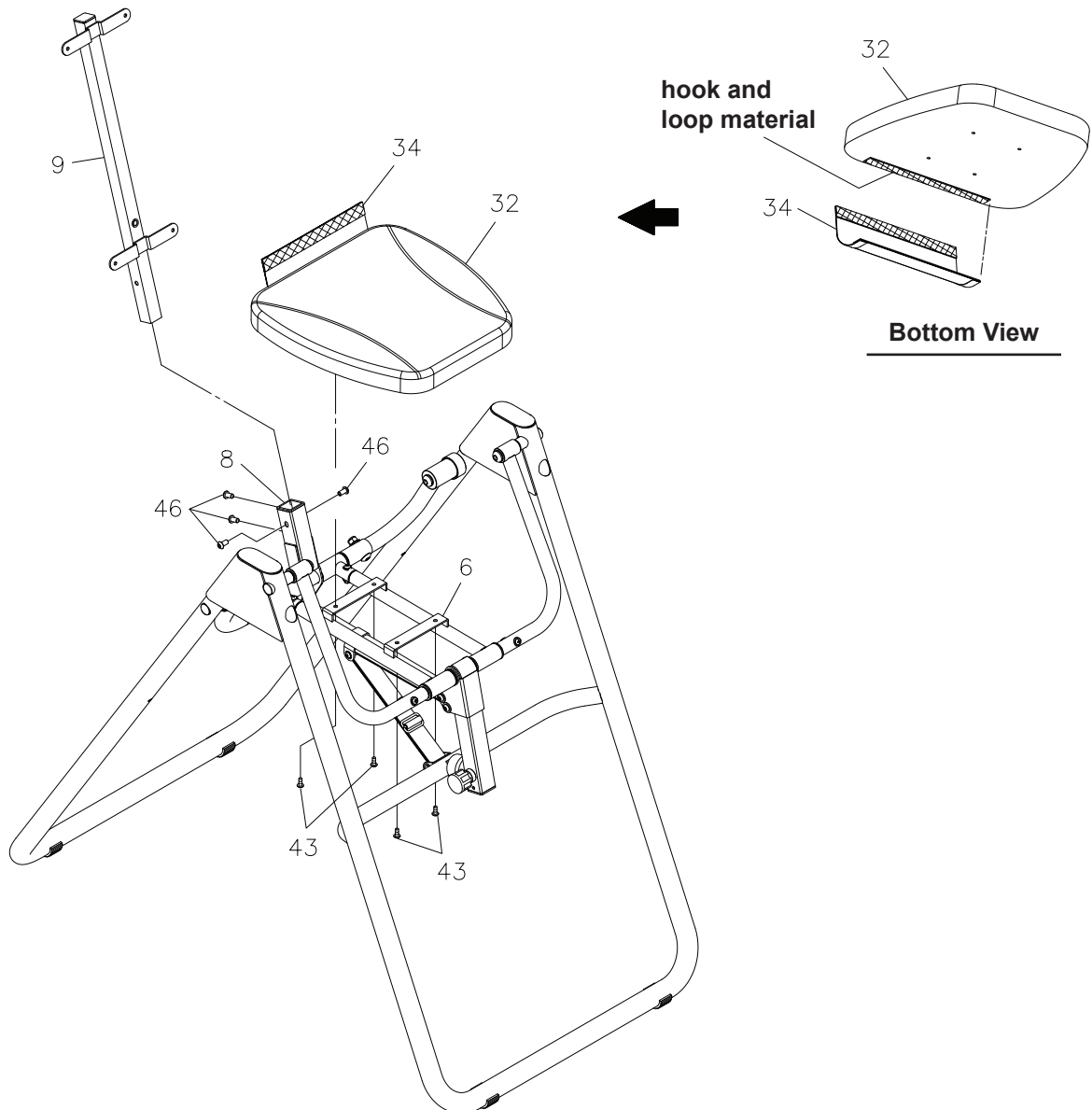
Insert the **BACK FRAME(9)** into the **BACK PIVOT FRAME(8)** and secure **BUTTON HEAD BOLTS (M8x1.25x15mm)(46)**.

STEP 7

Refer to the Bottom View of the illustration below. Align the hook and loop material on the **HINGE WEAR COVER(34)** and the **SEAT(32)**, then press them to attach together.

STEP 8

Attach the **SEAT(32)** to the **SEAT FRAME(6)** with **ROUND HEAD BOLTS(M6x1x15mm)(43)**.



ASSEMBLY INSTRUCTIONS

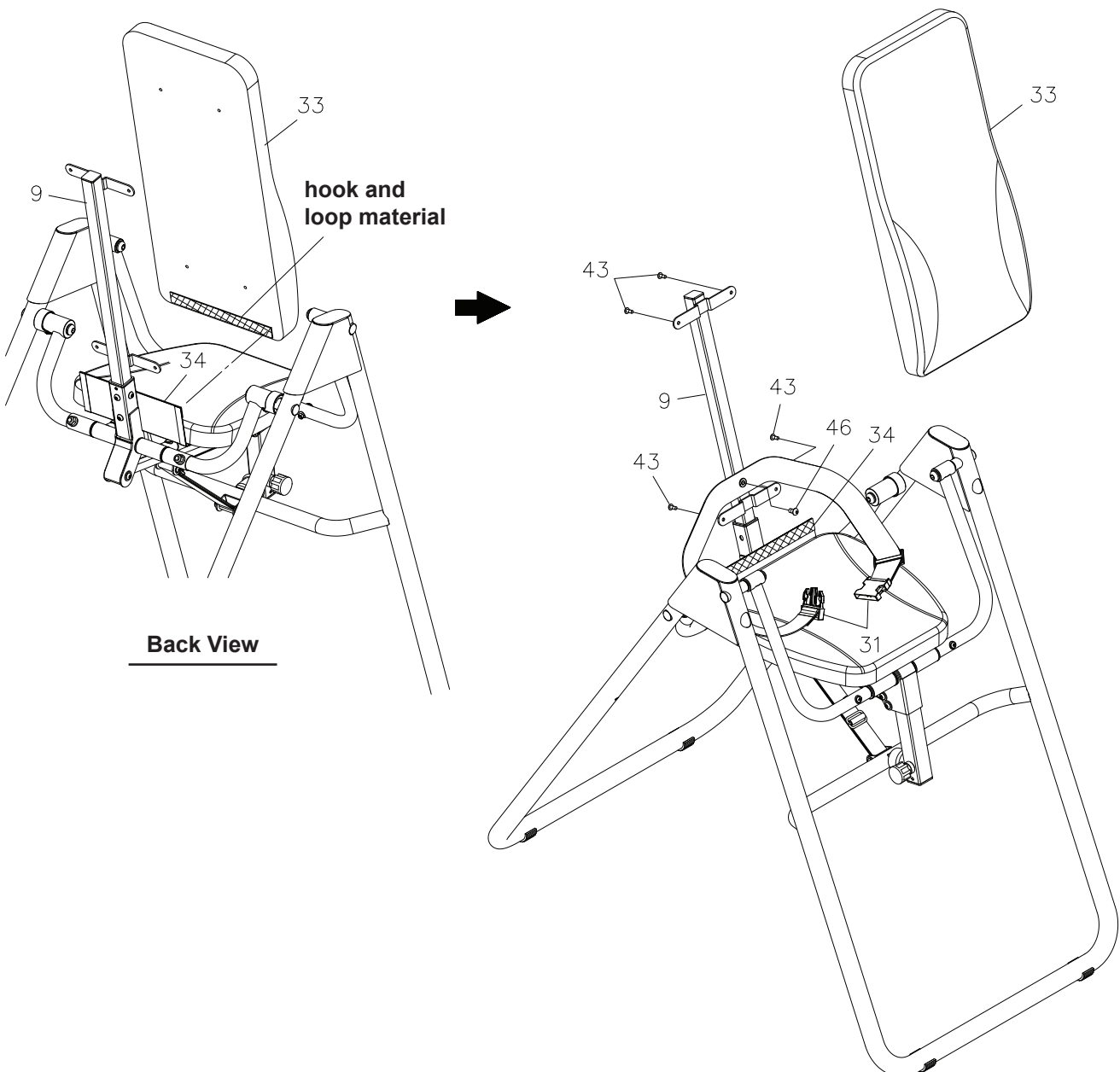
STEP 9

Attach the **SEAT BELT(31)** to the **BACK FRAME(9)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(46)**.

STEP 10

Refer to the Back View of the illustration below. Align the hook and loop material on the **HINGE WEAR COVER(34)** and the **BACK CUSHION(33)**, then press them to attach together. Attach the **BACK CUSHION(33)** to the **BACK FRAME(9)** with **ROUND HEAD BOLTS(M6x1x15mm)(43)**.

NOTE: Pull the upper part of the **BACK CUSHION(33)** back and invert the system so that the **BACK CUSHION(33)** and **SEAT(32)** are in the same plane. Check that the **HINGE WEAR COVER(34)** is not too tight or too loose when the unit is in its inverted position. If necessary, adjust the position of the **HINGE WEAR COVER(34)** on the **BACK CUSHION(33)** and the **SEAT(32)**.



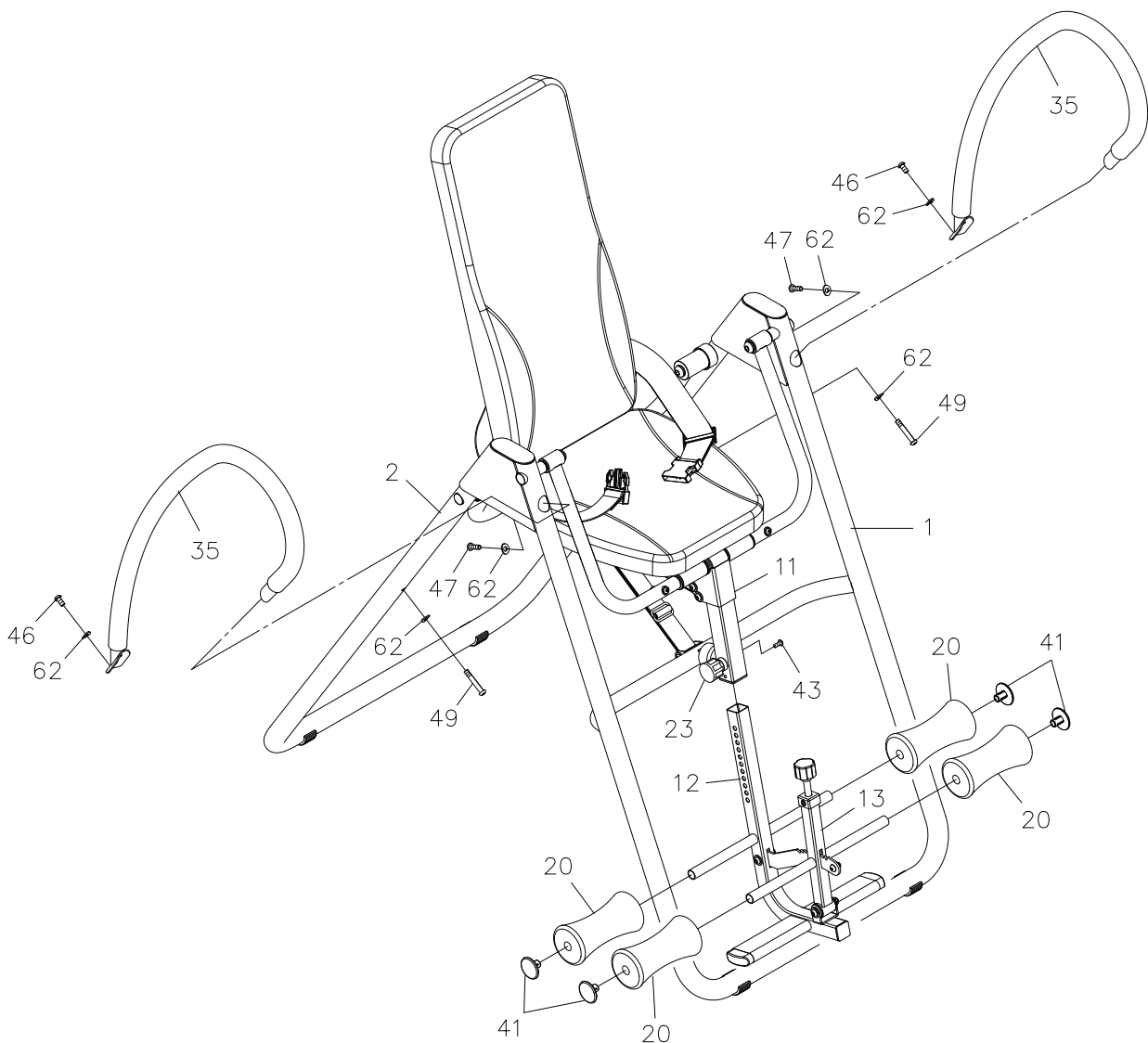
ASSEMBLY INSTRUCTIONS

STEP 11: Insert the upper end of the **HANDRAIL(35)** into the **FRONT FRAME(1)** and secure with **BUTTON HEAD BOLTS(M8x1.25x25mm)(47)** and **ARC WASHER(M8)(62)**. Do not tighten the bolt. Attach the lower end of the **HANDRAIL(35)** to the **REAR FRAME(2)** with **BUTTON HEAD BOLTS(M8x1.25x15mm)(46)**, **BUTTON HEAD BOLTS(M8x1.25x50mm)(49)**, and **ARC WASHER(M8)(62)**. Tighten the **BUTTON HEAD BOLTS(M8x1.25x25mm)(47)**. Repeat on other side.

STEP 12: Pull the **ADJUSTMENT KNOB(23)** and insert the **LEG ADJUSTMENT FRAME(12)** into the **SWING BAR(11)**. Align the holes on the **LEG ADJUSTMENT FRAME(12)** and the **SWING BAR(11)**. Then insert the **ROUND HEAD BOLT(M6x1x15mm)(43)** through the **SWING BAR(11)** and bolt into the **LEG ADJUSTMENT FRAME(12)**.

NOTE: The pin on the **ADJUSTMENT KNOB(23)** must be inserted into one of the adjustment holes in the **LEG ADJUSTMENT FRAME(12)**. The **ADJUSTMENT KNOB(23)** should be screwed in tight to make the **LEG ADJUSTMENT FRAME(12)** fit securely in the **SWING BAR(11)**.

STEP 13: Slide the **FOAM PADS(20)** onto both sides of the **LEG ADJUSTMENT FRAME(12)** and the **LEVER(13)**. Press the **ROUND PLUGS(41)** into the round tubes on the **LEG ADJUSTMENT FRAME(12)** and the **LEVER(13)**.



OPERATIONAL INSTRUCTIONS

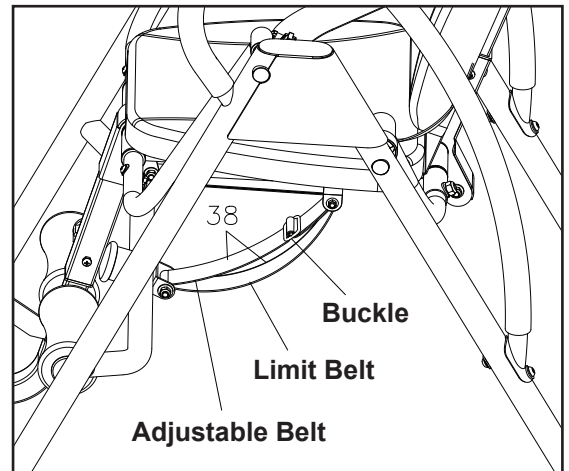
GENERAL PRECAUTIONS

1. Do not use the **Seated Inversion Therapy System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
2. Make sure the **SECURITY BELT(38)** is attached on the **Seated Inversion Therapy System** properly. Check the **SECURITY BELT(38)** for damage and wear.
3. Make sure that the **LEG ADJUSTMENT FRAME(12)** is properly set for your height.
4. Make sure that the **FOAM PADS(20)** are holding your feet properly.
5. Make sure that there is enough room for the **Seated Inversion Therapy System** to rotate completely.

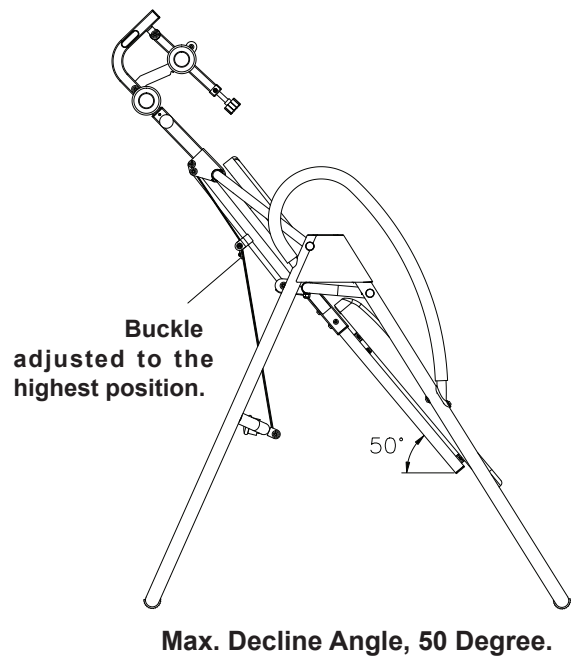
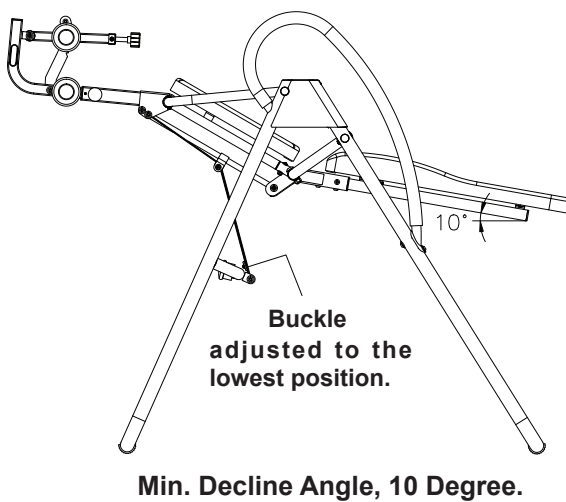
SECURITY BELT ADJUSTMENT

The **SECURITY BELT(38)** included a double belt design, please refer to the illustration.

1. **Limit Belt:** This belt is a very important safety device to limit the **Seated Inversion Therapy System's** maximum inversion decline angle. If you pass the maximum inversion decline angle limit, the support frames of the **FOAM PADS(20)** which hold your feet will continue inverting backward and could cause serious bodily injury or death to the user.
2. **Adjustable Belt:** This belt is used to control the inversion decline angle of the **Seated Inversion Therapy System**. For a steeper decline angle, adjust the buckle higher to lengthen the belt. For a less steep angle, adjust the buckle lower to shorten the belt. Check the decline angle as you like before using the **Seated Inversion Therapy System**.



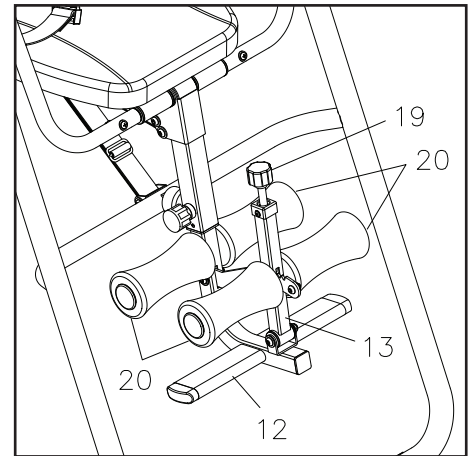
STOP! Before use, always check the **SECURITY BELT(38)** to be sure it is attached on the **Seated Inversion Therapy System** properly, and is free from damage and wear. Failure of the **SECURITY BELT(38)** can cause serious bodily injury or death.



OPERATIONAL INSTRUCTIONS

FOAM PAD USE AND LEVER ADJUSTMENT

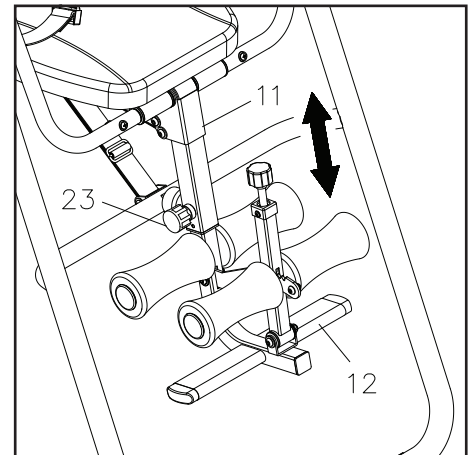
1. Place your feet under the **FOAM PADS(20)** with your ankles between the **FOAM PADS(20)**.
2. Pull the **KNOB(19)** and swing the **LEVER(13)** toward you until your ankles are comfortably yet firmly held between the **FOAM PADS(20)**.
3. To release your feet or relax the grip, pull the **KNOB(19)** and swing the **LEVER(13)** forward.



LEG HEIGHT ADJUSTMENT

Proper adjustment of the **LEG ADJUSTMENT FRAME(12)** is very important.

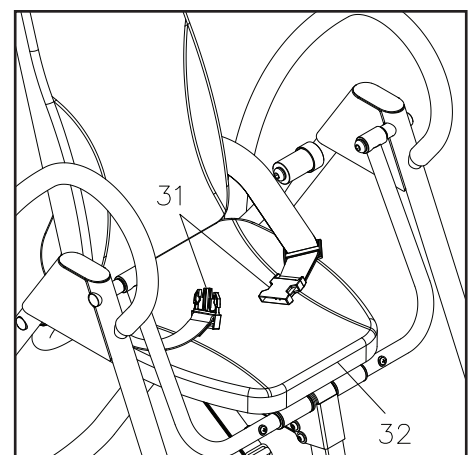
1. Loosen the **ADJUSTMENT KNOB(23)** on the **SWING BAR(11)**.
2. Pull the **ADJUSTMENT KNOB(23)** and slide the **LEG ADJUSTMENT FRAME(12)** to adjust.
3. Sit on the machine to make sure you feel comfortable with the **FOAM PADS(20)**.
4. Tighten the **ADJUSTMENT KNOB(23)** after adjustment.



THE SEAT BELT

CAUTION: Always use the SEAT BELT(31). Make sure the SEAT BELT(31) is securely fastened before inverting.

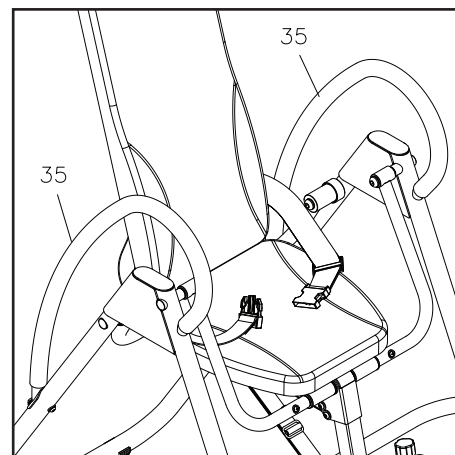
Sit on the **SEAT(32)**. Place both ends of the **SEAT BELT(31)** on top of your upper legs and connect the buckles of the **SEAT BELT(31)**.



OPERATIONAL INSTRUCTIONS

THE HANDRAILS

The **HANDRAILS(35)** are located on both sides of the **Seated Inversion Therapy System**. The **HANDRAILS(35)** are to help you return from inversion to the upright position. Pull the **HANDRAILS(35)** and pull yourself to the upright position.



USING THE SEATED INVERSION THERAPY SYSTEM

1. Start by sitting on the machine and leaning back on the **BACK CUSHION(33)** with your hands at your side, or resting on your thighs.
2. Use the **HANDRAILS(35)** and both hands to rotate the **BACK CUSHION(33)** slowly backward until the inversion stopped by the **SECURITY BELT(38)**.
3. It is recommended that the **Seated Inversion Therapy System** be used for five or ten minutes each morning, and again each evening.
4. Grasp the **HANDRAILS(35)**, and pull yourself to the upright position.

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 the **Seated Inversion Therapy System**. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, lymph, and spinal fluid circulation and aids in alignment of bones and organs. 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

1. To store the **Seated Inversion Therapy System**, simply keep it in a clean dry place.
2. Move the **Seated Inversion Therapy System** by lifting the frame and moving slowly.

NOTE: Two people are required to move the **Seated Inversion Therapy System**.

MAINTENANCE

The safety and integrity designed into the **Seated Inversion Therapy System** can only be maintained when the **Seated Inversion Therapy System** is regularly examined for damage and wear. Special attention should be given to the following:

1. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
2. Check the security belt, seat belt, pivot arms, cushions, foam pads, adjustment pin, and lever device for damage and wear.
3. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
4. Worn or damaged components shall be replaced immediately or the **Seated Inversion Therapy System** removed from service until repair is made.
5. Verify that the **WARNING LABEL(64)** is in place and easy to read. Call Stamina Products immediately at 1-800-375-7520 for a replacement **WARNING LABEL(64)** if it is missing or damaged.
6. Only Stamina Products supplied components shall be used to maintain/repair the **Seated Inversion Therapy System**.
7. Keep your **Seated Inversion Therapy System** clean by wiping with an absorbent cloth after use.

PARTS LIST

PART#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Front Pivot Arm	2
4	Shaft	1
5	Rear Pivot Arm	2
6	Seat Frame	1
7	Seat Frame Connector	2
8	Back pivot frame	1
9	Back Frame	1
10	Linkage	1
11	Swing Bar	1
12	Leg Adjustment Frame	1
13	Lever	1
14	Lever Bushing	2
15	Claw Bar	1
16	Spring	1
17	Support Washer	1
18	Retaining Cap	1
19	Knob	1
20	Foam Pad	4
21	Ratchet Plate	1
22	Sleeve	2
23	Adjustment Knob	1
24	Leg Extension Bushing	2
25	Seat Frame Bushing	4
26	Connector Bushing	4
27	Linkage Bushing	4
28	Pivot Arm Bushing	8
29	Ring Cover	2
30	Roller	1
31	Seat Belt	1
32	Seat	1
33	Back Cushion	1
34	Hinge Wear Cover	1
35	Handrail	2
36	Foam Grip	2
37	Bumper	1
38	Security Belt	1
39	Stand	4
40	Oval Endcap (20 x 60mm)	2
41	Round Plug (25.4mm)	4
42	Square Plug (30 x 30mm)	2
43	Bolt, Round Head (M6 x 1 x 15mm)	9
44	Bolt, Round Head (M6 x 1 x 35mm)	4
45	Bolt, Round Head (M6 x 1 x 55mm)	1
46	Bolt, Button Head (M8 x 1.25 x 15mm)	10
47	Bolt, Button Head (M8 x 1.25 x 25mm)	2

PARTS LIST

PART#	PART NAME	QTY
48	Bolt, Button Head (M8 x 1.25 x 40mm)	1
49	Bolt, Button Head (M8 x 1.25 x 50mm)	2
50	Bolt, Button Head (M8 x 1.25 x 55mm)	4
51	Bolt, Button Head (M8 x 1.25 x 60mm)	1
52	Bolt, Button Head (M10 x 1.5 x 45mm)	2
53	Bolt, Button Head (M12 x 1.75 x 85mm)	2
54	Bolt, Button Head (M12 x 1.75 x 95mm)	2
55	Screw, Round Head (M4 x 6mm)	4
56	Nylock Nut (M6 x 1)	5
57	Nylock Nut (M8 x 1.25)	7
58	Nylock Nut (M10 x 1.5)	2
59	Washer (M6)	2
60	Washer (M8)	15
61	Arc Washer (M6)	8
62	Arc Washer (M8)	6
63	Arc Washer (M10)	2
64	Warning Label	1
65	Combination Wrench	1
66	Allen Wrench (4mm)	1
67	Allen Wrench (6mm)	1
68	Allen Wrench (8mm)	1
69	Manual	1

LIMITED WARRANTY

MODEL 55-1541

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 one year 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.

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