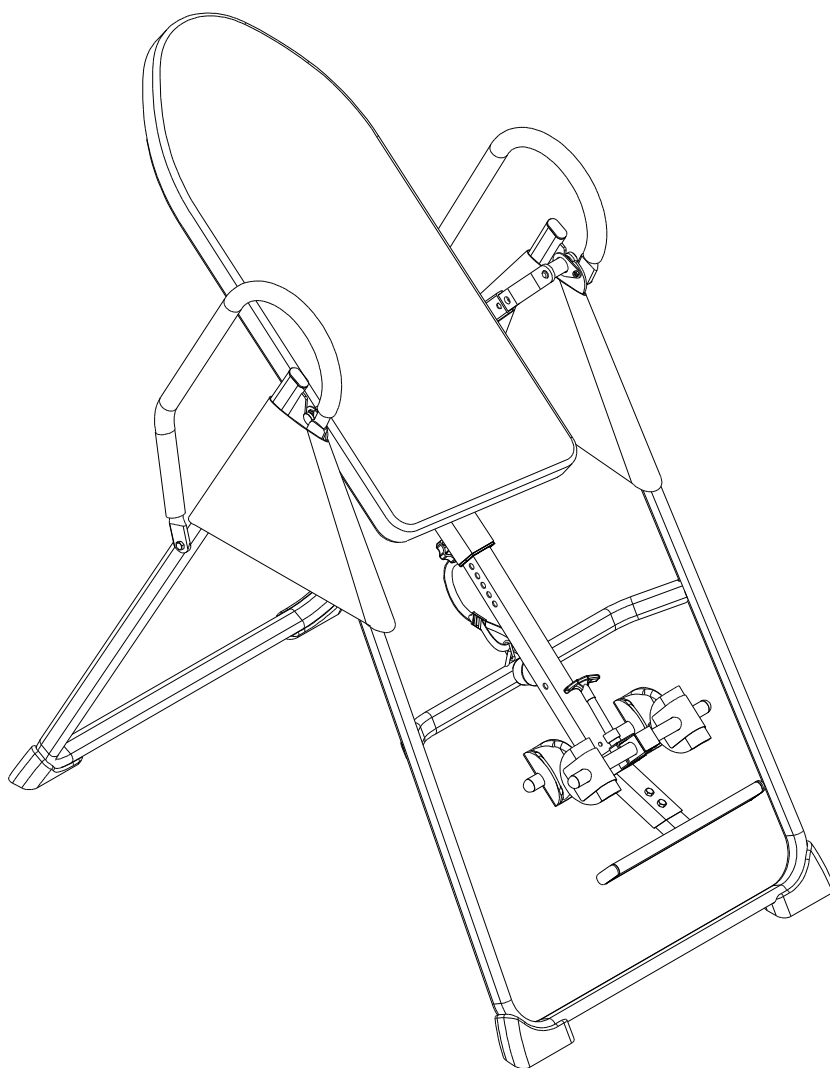


OWNER'S MANUAL

IRONMAN

AB TRAINING INVERSION SYSTEM



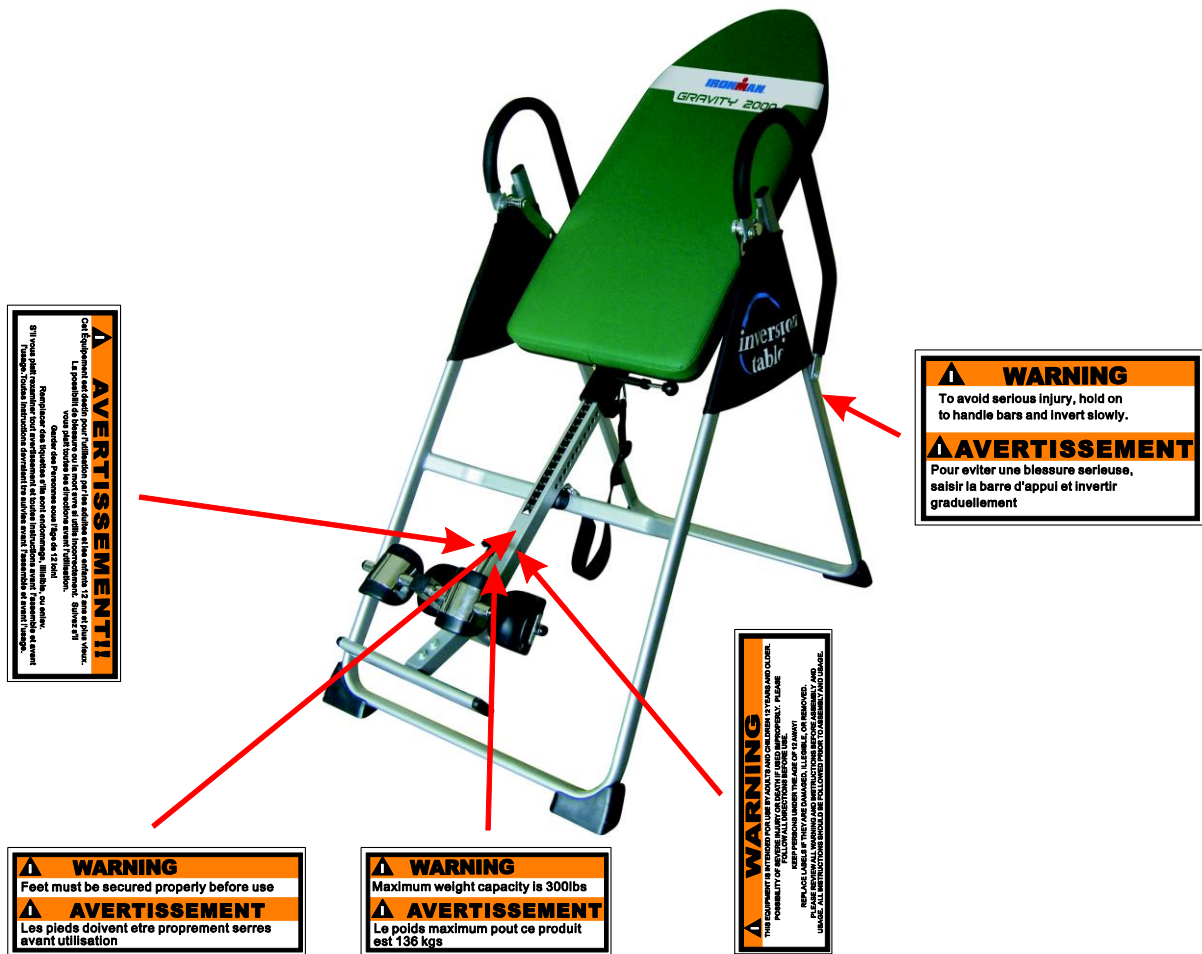
Model # 5208
Model # 5209

The specifications of this product may vary from this photo and are subject to change without notice.
IRONMAN, IRONMAN TRIATHLON AND M-DOT are registered trademarks of World Triathlon Corporation.
This product is licensed by the IRONMAN TRIATHLON.

TABLE OF CONTENTS

	<i>Page #</i>
Warning label placement	3
Service	4
Safety precautions	5
Included hardware & tools	6
Overview drawing	7
Part list	8
Assembly	9
Safety operating instructions	15
Operation and adjustments	16
Storage	21
Maintenance instructions	22
Warm-up	23
Warranty	24
Part request fax foam	25

WARNING LABEL PLACEMENT



SERVICE

To request for product service and order replacement parts, please call our customer service department at

1-866-924-1688

Monday through Friday, 8:00 am-5:00 pm Pacific Standard Time,

or email at: **service@paradigmhw.com**

Please have the following information ready when requesting for service:

Your name	Phone number	Owner's manual
Model number	Serial number	Part number
Date of Purchase		

***If the product has major defects which prevent it from functioning properly, please return it to the store of purchase within the period allowed by the store.**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748

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.**
13. Children under the age of 12 should not use the following fitness equipment.

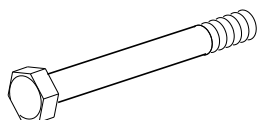
WARNING: Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.

Do not use this equipment if you have any of the following conditions or ailments:

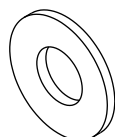
- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Heart or circulatory disorders for which you are being 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.

Maximum Weight Capacity is 300 lbs/ 136 kgs.

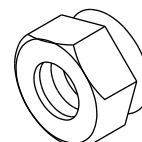
INCLUDED HARDWARE & TOOLS



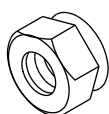
(11) Hex Head Bolt M6x47
2 PCS



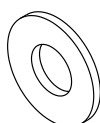
(13) Washer Ø20xØ8.5x1.5
12 PCS



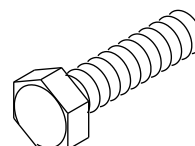
(15) Lock Nut M8
6 PCS



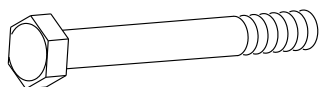
(16) Lock Nut M6
2 PCS



(27) Washer Ø16xØ6.5x1.0
4 PCS



(38) Hex Head Bolt M8x23
2 PCS



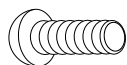
(40) Hex Head Bolt
M8x50
2 PCS



(43) Hex Head Bolt
M8x38
2 PCS



(48) Screw M6x20
4 PCS



(51) Screw M6x25
4 PCS



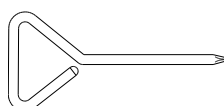
(53) Washer
Ø13xØ6.5x1.0
8 PCS



(54) Nut Cap
Ø27xØ13.5
2 PCS



(55) Pivot Arm
Reinforcement Plate
2 PCS

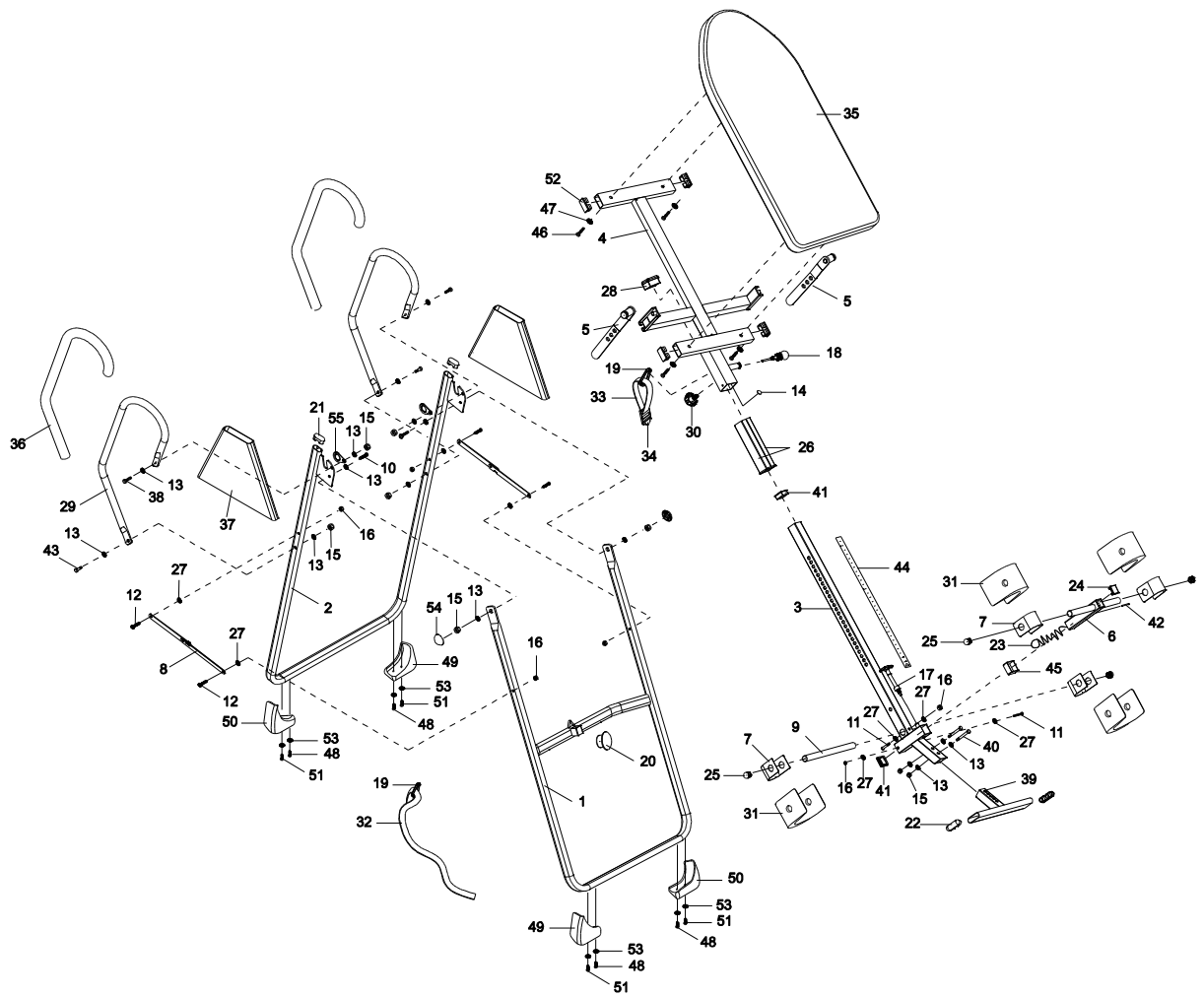


Phillips Screwdriver
1 PC



Double Open Wrench
M12x14
2 PCS

OVERVIEW DRAWING



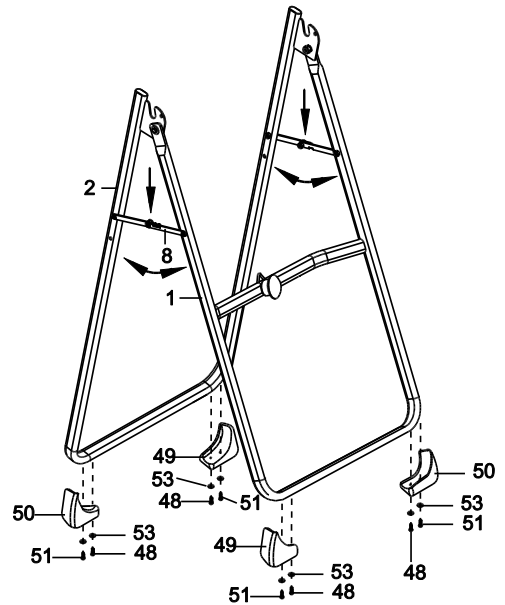
PART LIST

Part#	Description	Quan.	Part#	Description	Quan.
001	Front U-Frame	1	029	Handlebar	2
002	Rear U-Frame	1	030	Knob	1
003	Adjustable Boom	1	031	Rubber Heel Holder	4
004	Bed Frame	1	032	Nylon Strap	1
005	Pivot Arm	2	033	Loop Strap	1
006	Adjustable Instep Frame	1	034	Strap Lock	1
007	Heel Holder Bracket	4	035	Foam Bed	1
008	Folding Arm	2	036	Foam Grip	2
009	Rod	1	037	Protective Cover	2
010	Bolt M8x23	2	038	Hex Head Bolt M8x23	2
011	Hex Head Bolt M6x47	2	039	Foot Bar	1
012	Phillips Screw M6x30	4	040	Hex Head Bolt M8x50	2
013	Washer Ø20xØ8.5x1.5	16	041	Square End Cap	2
014	Round Plate	1	042	Spring Latch	1
015	Lock Nut M8	8	043	Hex Head Bolt M8x38	2
016	Lock Nut M6	6	044	Height Scale	1
017	"T" Type Spring Knob	1	045	Plastic Bushing	1
018	Ball Spring Knob	1	046	Foam Bed Bolt	4
019	Safety Hook	2	047	Foam Bed Washer	4
020	Rubber Pad	1	048	Screw M6x20	4
021	Oval End Cap	2	049	Right Foot Cap	2
022	Foot Bar End Cap	2	050	Left Foot Cap	2
023	Spring	1	051	Screw M6x25	4
024	Square End Cap	1	052	End Cap (□25x50mm)	4
025	Round End Cap	4	053	Washer Ø13xØ6.5x1.0	8
026	Lower Bed Frame Bushing	2	054	Nut Cap Ø27xØ13.5	2
027	Washer Ø16xØ6.5x1.0	8	055	Pivot Arm Reinforcement Plate	2
028	Upper Bed Frame Bushing	1			

ASSEMBLY

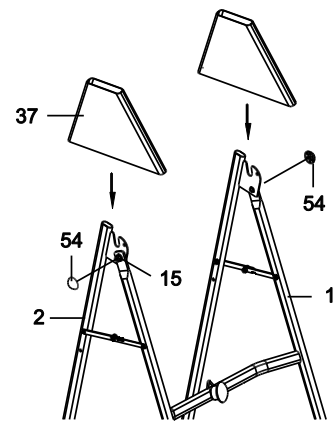
1

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 two Folding Arms (8) until they are fully locked down. Attach the Left & Right Foot Caps (50, 49) to the Front & Rear U-Frames (1, 2) each with one M6x20 Screws (48), M6x25 Screws (51), and two Ø13xØ6.5x 1.0 Washers (53).



2

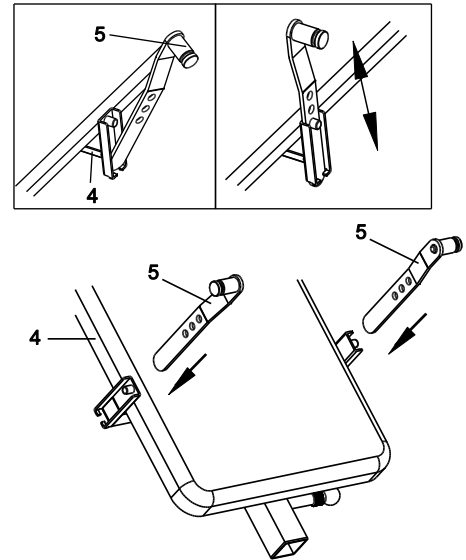
Install two Ø27xØ13.5 Nut Caps (54) onto M8 Lock Nuts (15). Slide the Protective Covers (37) on to each side of the base as shown, and pull down on the covers until the bottom of the covers are slightly lower than the Folding Arms (8). Use the velcro straps on the bottom of the covers to secure the covers to the folding arms. When the covers are assembled correctly, the folding arms should be fully covered by the protective covers with the logo on the side.



ASSEMBLY

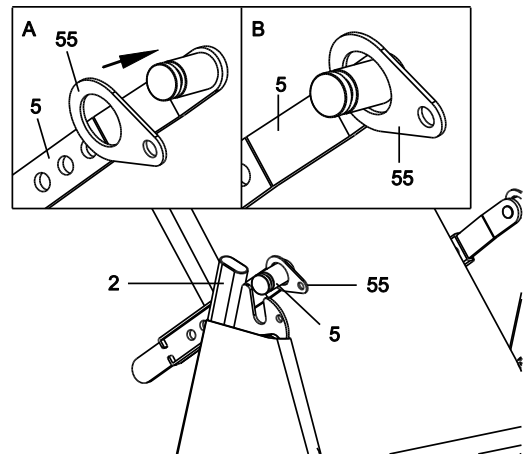
3

Slide the bottom of the Pivot Arms (5) into the brackets, 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 arm in place. It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.



4

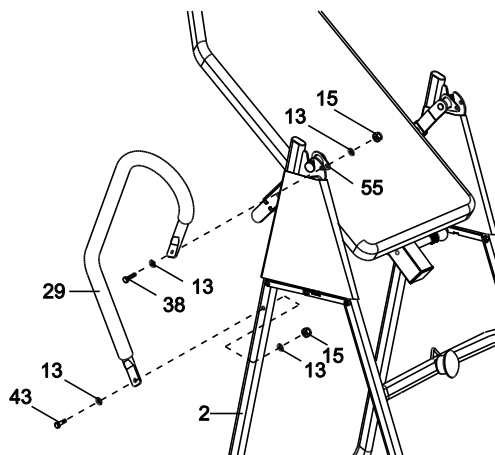
Install the Pivot Arm Reinforcement Plates (55) onto the Pivot Arms (5). Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.



ASSEMBLY

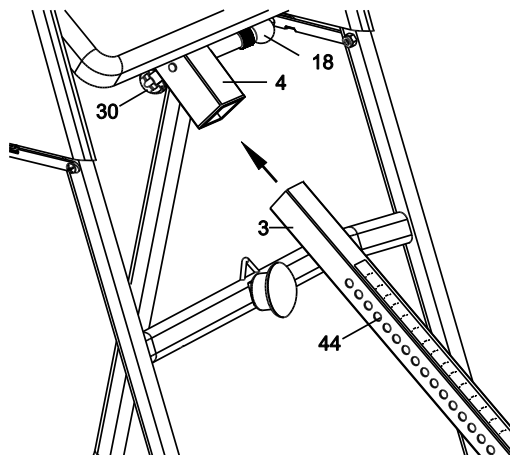
5

Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Reinforcement Plate (55) with one M8x23 Hex Head Bolt (38), M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one M8x38 Hex Head Bolt (43), M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Repeat above same steps to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Reinforcement Plate (55).



6

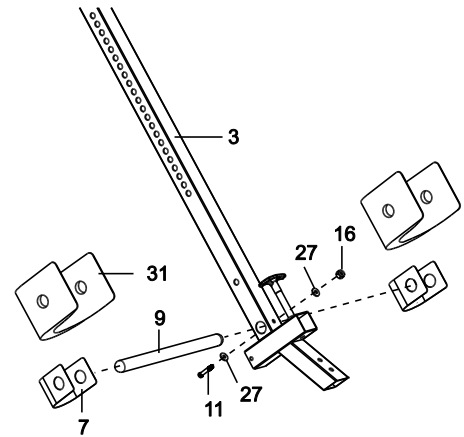
Pull out the Ball Spring Knob (18), and slide the Adjustable Boom (3) into the square bracket on the bottom of the Bed Frame (4) as shown. Slide the boom upward, until the desired height on the Height Scale (44) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Ball Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the spring knob "pops" down into the locked position. For added safety, secure the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.



ASSEMBLY

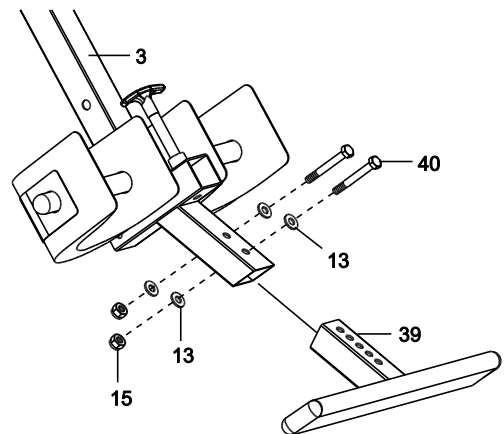
7

Attach one Heel Holder Bracket (7) and one Rubber Heel Holder (31) to one end of the Rod (9). Slide the rod through the large round hole on the side of Adjustable Boom (3) as shown, and attach the other Heel Holder Bracket (7) and Rubber Heel Holder (31) to the other end of the Rod (9). Secure the Rod (9) on the Adjustable Boom (3) with a M6x47 Hex Head Bolt (11), M6 Lock Nut (16), and two Ø16xØ6.5x1.0 Washers (27).



8

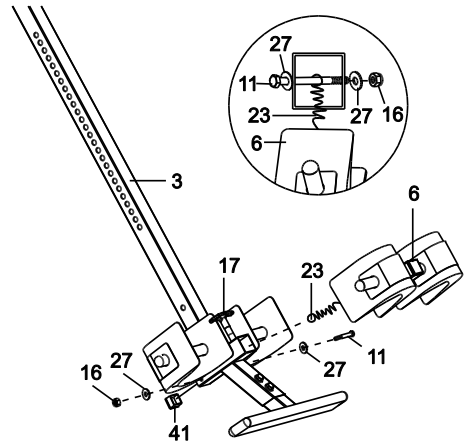
Slide the Foot Bar (39) into the bottom of the Adjustable Boom (3) and align two of the holes on the Foot Bar (39) with the two holes on the Adjustable Boom (3). Secure the Foot Bar (39) in place using two M8x50 Hex Head Bolts (40), M8 Lock Nuts (15), and four Ø20xØ8.5x1.5 Washers (13).



ASSEMBLY

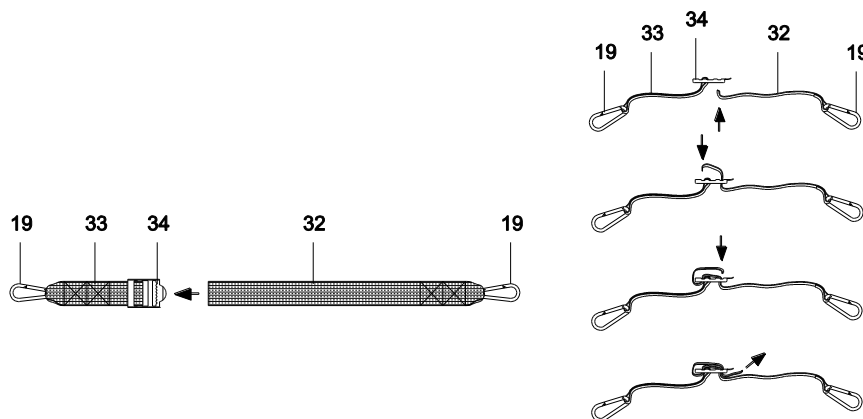
9

Remove the Square End Cap (41) on the back of square bracket of Adjustable Boom (3). Attach the Adjustable Instep Frame (6) to the Adjustable Boom (3) by inserting the Adjustable Instep Frame (6) into the square bracket on the Adjustable Boom (3). Slide the Adjustable Instep Frame (6) completely into the square bracket, insert the M6x47 Hex Head Bolt (11) with a $\text{Ø}16 \times \text{Ø}6.5 \times 1.0$ 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 bolt through the rest of the square bracket, and secure at the other end with a $\text{Ø}16 \times \text{Ø}6.5 \times 1.0$ Washer (27) and M6 Lock Nut (16). Attach the Square End Cap (41) onto the back of square bracket of Adjustable Boom (3) that was removed.



NOTE: To slide the Adjustable Instep Frame (6) into the square frame, you must first pull out the “T” Type Spring Knob (17).

10

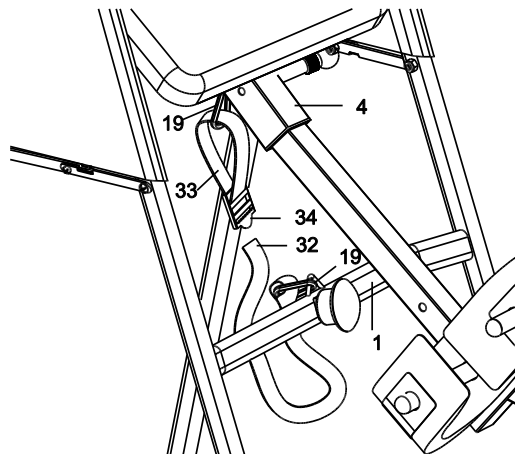


Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the strap up through the bottom of the strap lock, loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap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

ASSEMBLY

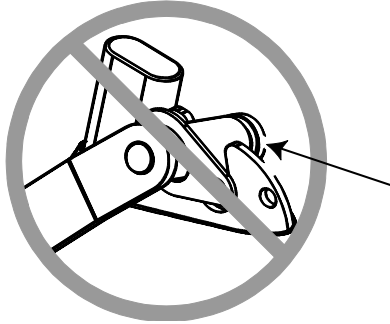
11

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



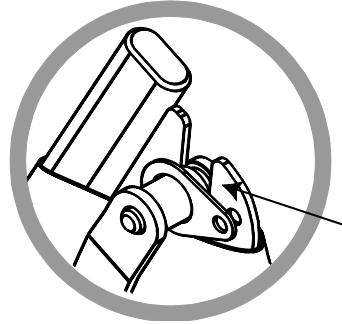
SAFETY OPERATING INSTRUCTIONS

Incorrect



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

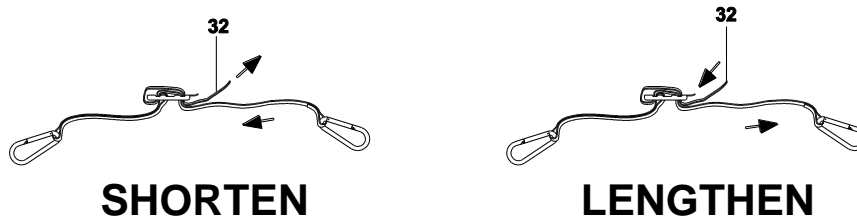
Correct



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.

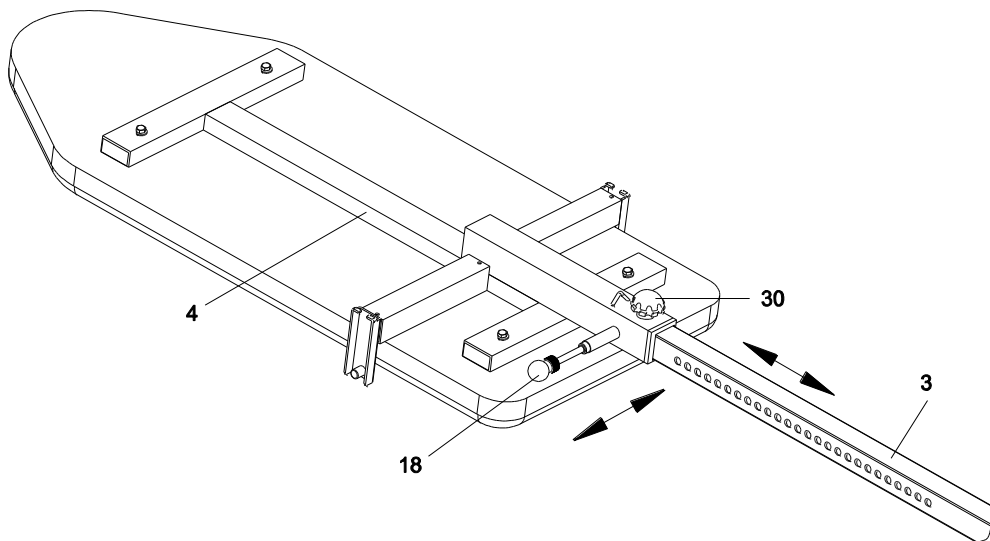
WARNING: Please make sure both pivot arms are in the same hole to prevent serious injury from occurring.

OPERATION AND ADJUSTMENTS



THE STRAP

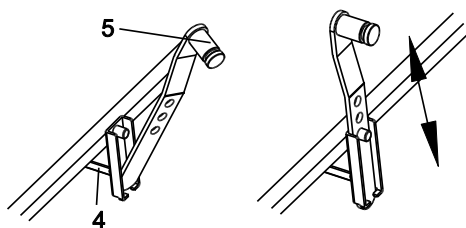
For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower 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 Adjustable Boom (3) loosen the knob (30), pull out the Ball Spring Knob (18), and slide the Adjustable Boom (3) up or down until the desired height on the height scale is positioned just below the square bushing. When the Adjustable Boom (3) is in the desired position, simply release the Ball Spring Knob (18), slide the Adjustable Boom (3) slightly up or down until the Ball Spring Knob (18) locks into place, and tighten the Knob (30).

OPERATION AND ADJUSTMENTS



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.

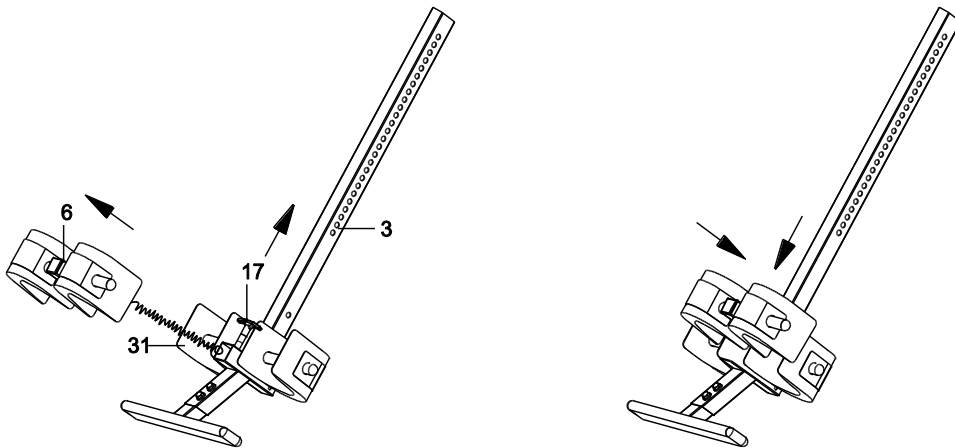
NOTE: The inversion table should always return to the upright position when you move your hands below your waist. If it does not, the inversion table is probably not adjusted correctly to your height.

* Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

OPERATION AND ADJUSTMENTS

GENERAL PRECAUTIONS

1. Make sure that the Pivot Arms (5) are locks 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 “T” Type Spring Knob (17) and the Knob (30).
6. Make sure that there is enough room for the bed to rotate completely.



ADJUSTING THE ANGLE HOLDER

1. Pull up on the “T” Type Spring Knob (17), slide the Adjustable Instep Frame (6) completely out of the Adjustable Boom (3).
2. Slide your ankles between the Rubber Heel Holders (31) and stand on the Foot Bar (39) located at the bottom of the Adjustable Boom (3).
3. Pull up on the “T” Type 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 (26) are around your ankles. Release the “T” Type Spring Knob (17) and adjust the Adjustable Instep Frame (6) slightly until the “T” Type Spring Knob (17) locks into place.
4. Stand upright with your back against the bed and your hands lowered at your sides.

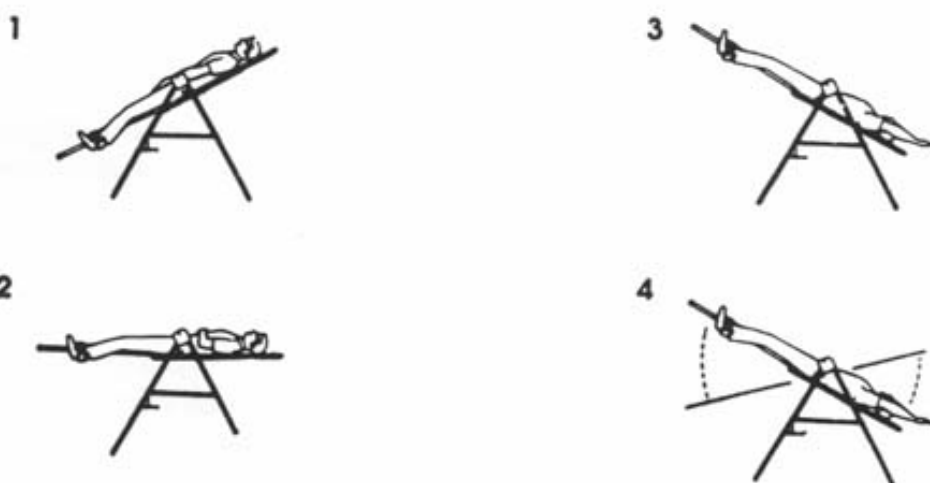
OPERATION AND ADJUSTMENTS

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 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.

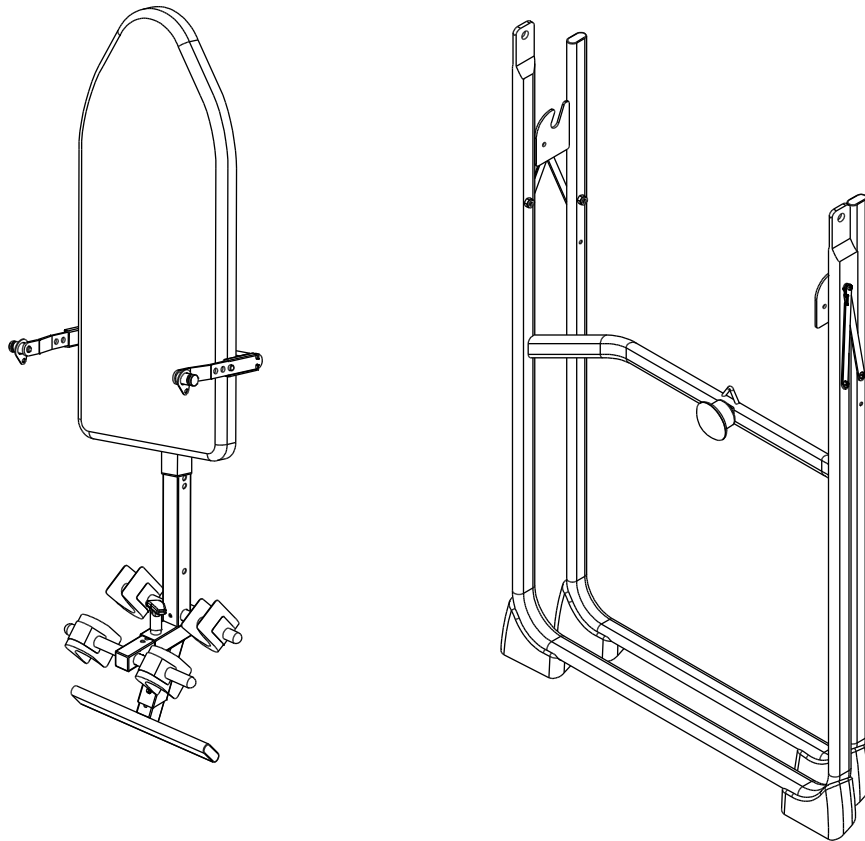


OPERATION AND ADJUSTMENTS

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 time each day.

STORAGE



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. To fold the inversion table pull out the Ball Spring Knob (18) and loosen Knob (30). Now, slide the Adjustable Boom (3) all the way up into the frame, until the instep frame is just below the Bed Frame (4), release the Ball Spring Knob (18) and slide the Adjustable Boom (3) slightly up or down until the Ball Spring Knob (18) locks the Adjustable Boom (3) in place. Remove the Bed Frame (4) from the base by lifting up on the Bed Frame (4) until the Pivot Arms (5) come out of the arm slots located at the top of the Rear U-Frame (2), (Make sure the Strap is not attached to the Bed Frame before attempting to remove it.) Push up on the center of the Folding Arms (8) and push the Front and Rear U-Frames (1, 2) together until they meet. Now the machine is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

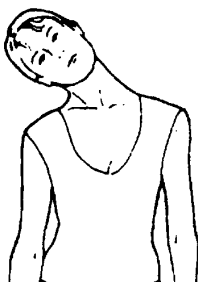
1. Check the pivot arms, bed, heel holders for wear and tear.
2. Replace damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired.

WARM-UP

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.

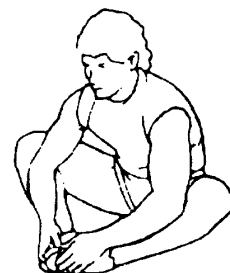
HEAD ROLLS

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.



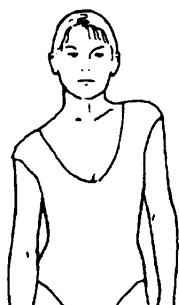
INNER THIGH STRETCH

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.



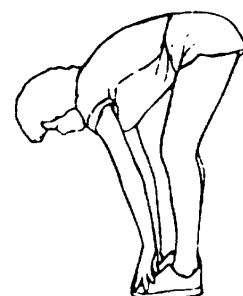
SHOULDER LIFTS

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.



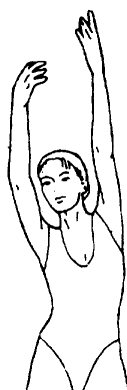
TOE TOUCHES

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.



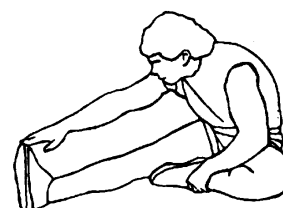
SIDE STRETCHES

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.



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.



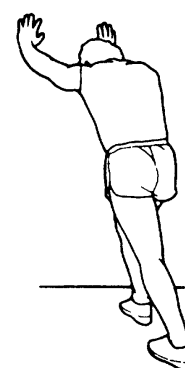
QUADRICEPS STRETCH

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.



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.



WARRANTY

Paradigm 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 according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to 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, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronics and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

PART REQUEST FAX FORM

IRONMAN PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY
SHIP DATE: _____
TRK #: _____
BACK ORDER: _____