

OWNER'S MANUAL

IRONMAN[®]

AB TRAINING INVERSION SYSTEM (ATIS 1000)
AB TRAINING INVERSION SYSTEM (ATIS 2000)



Model # 5900 / 5901

The specifications of this product may vary from this photo and are subject to change without notice.
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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

WARNING LABELS

! WARNING

To avoid serious injury, hold on to handle bars and invert slowly.

! AVERTISSEMENT

Pour éviter une blessure sérieuse, saisir la barre d'appui et invertir graduellement



! WARNING

Feet must be secured properly before use

! AVERTISSEMENT

Les pieds doivent être correctement serrés avant utilisation

! WARNING

Maximum weight capacity is 300lbs

! AVERTISSEMENT

Le poids maximum pour ce produit est 136 kgs

! WARNING

THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS AND CHILDREN 12 YEARS AND OLDER. POSSIBILITY OF SEVERE INJURY OR DEATH IF USED IMPROPERLY. PLEASE FOLLOW ALL DIRECTIONS BEFORE USE.

KEEP PERSONS UNDER THE AGE OF 12 AWAY!

REPLACE LABELS IF THEY ARE DAMAGED, ILLEGIBLE, OR REMOVED.

PLEASE REVIEW ALL WARNING AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE. ALL INSTRUCTIONS SHOULD BE FOLLOWED PRIOR TO ASSEMBLY AND USAGE.

! AVERTISSEMENT!!

Cet Equipement est destiné pour l'utilisation par les adultes et les enfants 12 ans et plus vieux.

La possibilité de blessure ou la mort s'en suit si utilisé incorrectement. Suivez s'il vous plaît toutes les directions avant l'utilisation.

Garder des Personnes sous l'âge de 12 loin!

Remplacer des étiquettes s'ils sont endommagés, illisibles, ou enlevés.

Si l'utilisateur doit examiner tout avertissement et toutes instructions avant l'assemblage et avant l'usage. Toutes instructions devraient être suivies avant l'assemblage et avant l'usage.

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:

You should 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:

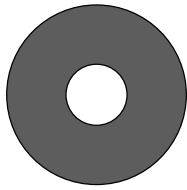
- . Extreme obesity
- . Glaucoma, retinal detachment or conjunctivitis
- . Pregnancy
- . Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- . Middle ear infection
- . High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- . Heart or circulatory disorders for which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

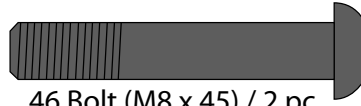
INCLUDED HARDWARE & TOOLS

Dimension: mm

Shown in real size 1:1 scale



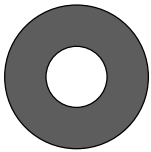
75 Nylon Washer (Ø8.5xØ25xt2.5) / 1 pc



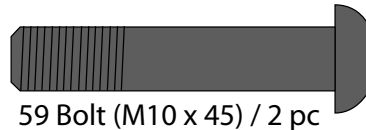
46 Bolt (M8 x 45) / 2 pc



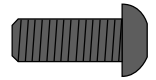
50 Screw (ST4.8 x 20) / 1 pc



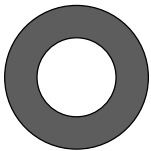
61 Washer (Ø8.5xØ20xt1.5) / 3 pc



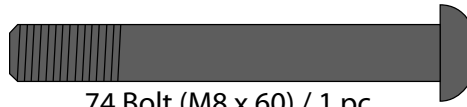
59 Bolt (M10 x 45) / 2 pc



57 Bolt (M6 x 15) / 2 pc



62 Washer (Ø11xØ20x t2) / 12 pc



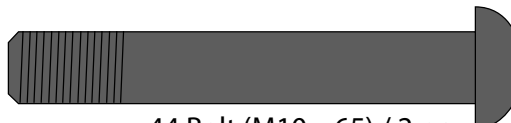
74 Bolt (M8 x 60) / 1 pc



49 Bolt (M6 x 20) / 4 pc



60 Washer (Ø6.5xØ16xt1) / 6 pc



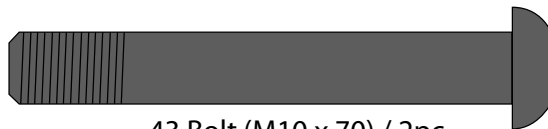
44 Bolt (M10 x 65) / 2 pc



68 Hex Head Bolt (M6 x 47) / 1 pc



72 Curve Washer (Ø6.5xØ16 xt1) / 2 pc



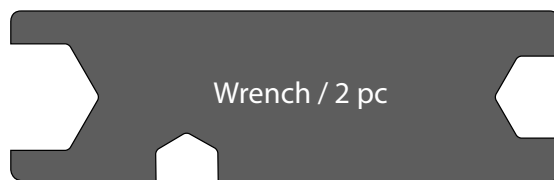
43 Bolt (M10 x 70) / 2pc



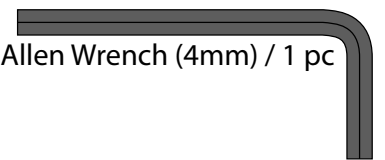
51 Hex Head Bolt (M8 x 45) / 1 pc



67 Nylon Nut (M6) / 1 pc



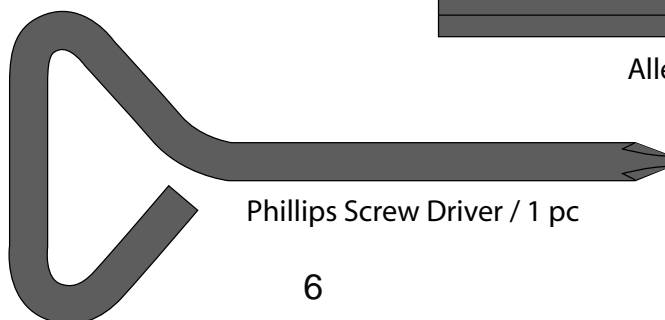
Wrench / 2 pc



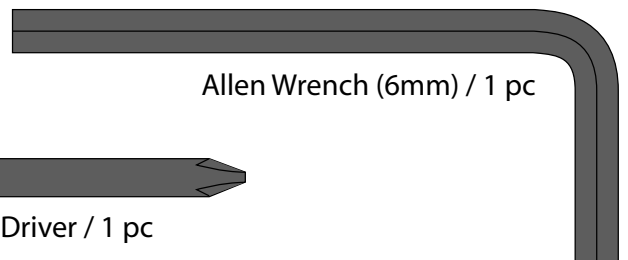
Allen Wrench (4mm) / 1 pc



66 Nylon Nut (M8) / 1 pc



Phillips Screw Driver / 1 pc

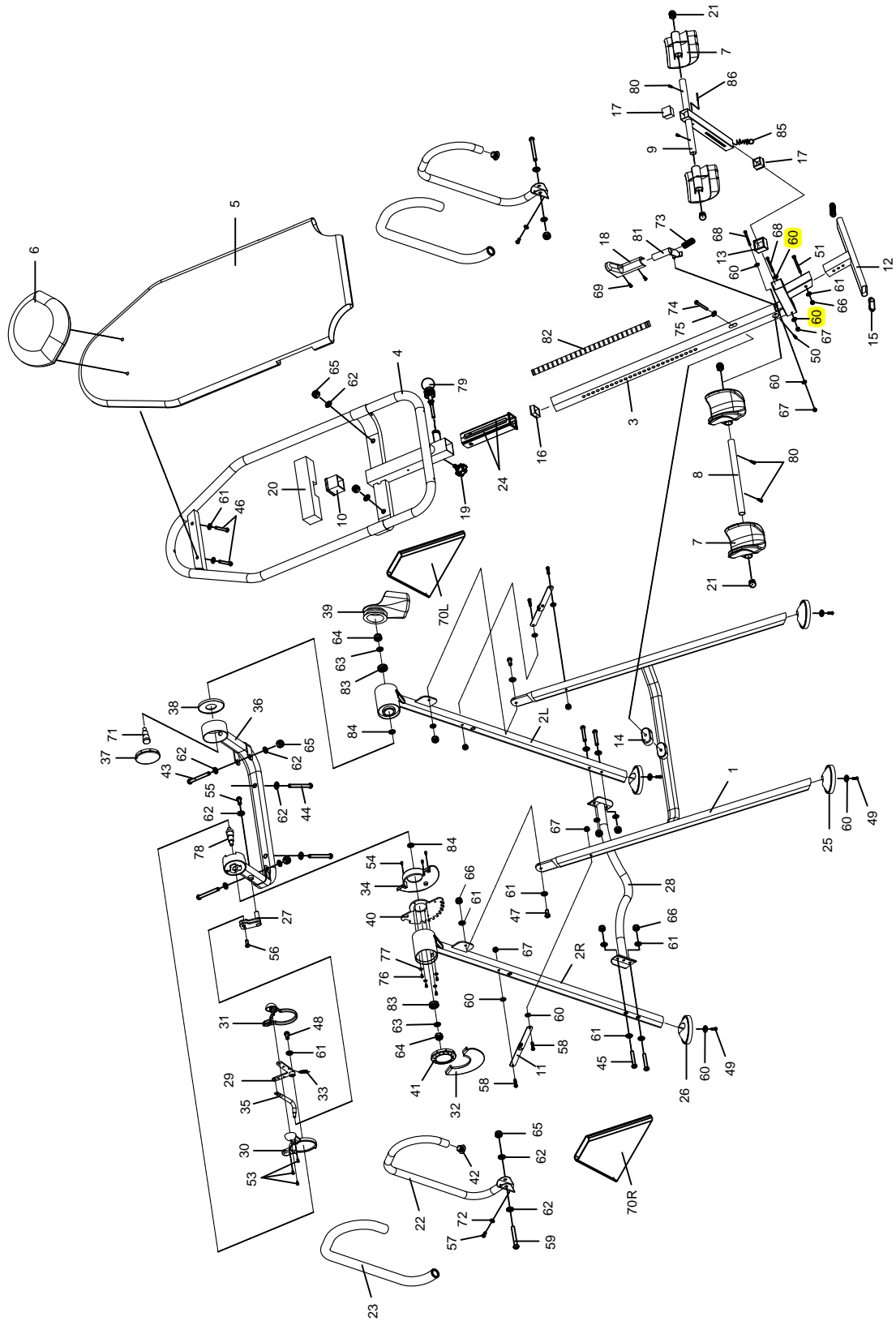


Allen Wrench (6mm) / 1 pc



65 Nylon Nut (M10) / 6 pc

OVERVIEW DRAWING

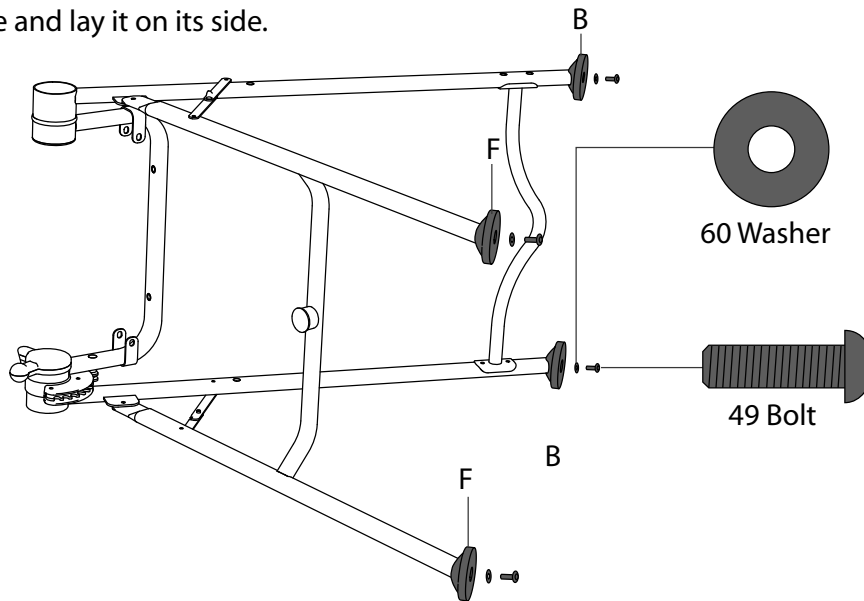


PART LIST

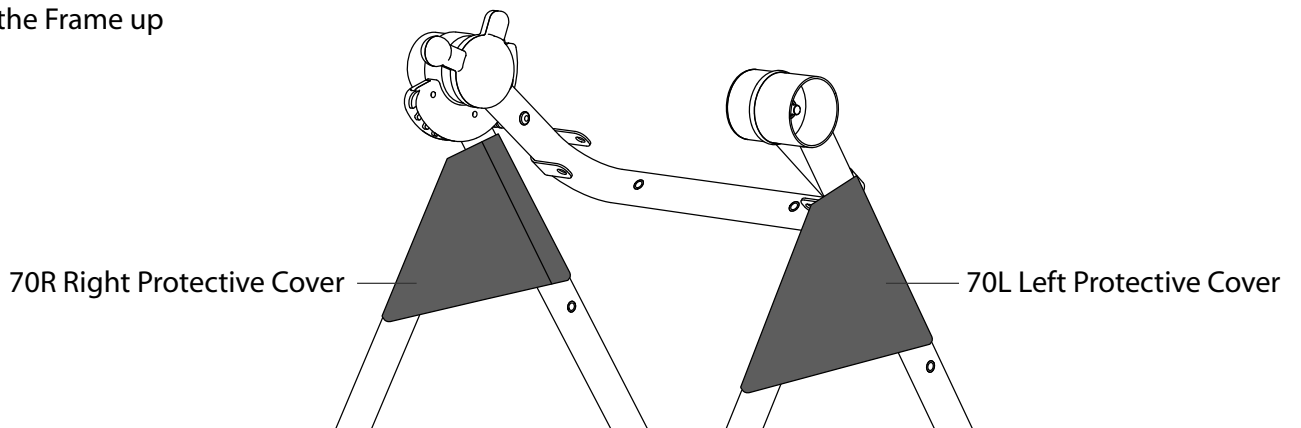
Part#	Description	Quan.	Part#	Description	Quan
1	Front Frame	1	42	Round End Cap Ø25	2
2L	Left Rear Frame	1	43	Bolt M10x70	2
2R	Right Rear Frame	1	44	Bolt M10x65	2
3	Boom	1	45	Bolt M8x40	4
4	Bed Frame	1	46	Bolt M8x45	2
5	Nylon Bed	1	47	Bolt M8x22	2
6	Headrest	1	48	Bolt M8x15	1
7	Heel Holder	4	49	Bolt M6x20	4
8	Rear Rod	1	50	Screw ST4.8x20	1
9	Heel Holder Frame	1	51	Hex Head Bolt M8x45	1
10	Upper Boom Bushing	1	52		
11	Folding Arm	2	53	Screw M3.5x12	3
12	In-Step Frame	1	54	Screw M3.5x15	3
13	Plastic Bushing	1	55	Bolt M10x15	1
14	Rubber Pad	1	56	Bolt M6x10	1
15	In-Step Frame End Cap	2	57	Allen Bolt M6x15	2
16	Square End Cap □38x2.0	1	58	Phillips Screw M6x35	4
17	Square End Cap □33.4x2.0	2	59	Bolt M10x45	2
18	Plastic Handle	1	60	Washer Ø6.5xØ16xt1.0	12
19	Knob Ø45x3/8"x19L	1	61	Washer Ø8.5xØ20xt1.5	16
20	EVA Cushion	1	62	Washer Ø11xØ20xt2	13
21	Rod Cap Ø22	4	63	Washer Ø13.5xØ24xt2.5	2
22	Handlebar	2	64	Nylon Nut M12	2
23	Foam Grip Ø25xØ32x920	2	65	Nylon Nut M10	6
24	Lower Bed Frame Bushing	1 set	66	Nylon Nut M8	7
25	Front Foot Stabilizer	2	67	Nylon Nut M6	6
26	Rear Foot Stabilizer	2	68	Hex Head Bolt M6x47	2
27	Support	1	69	Flat Head Phillips Screw M4x10	2
28	Inversion Handle	1	70L	Left Protective Cover	1
29	Pivot Arm	1	70R	Right Protective Cover	1
30	Pivot Arm Cover 1	1	71	Shaft Ø25x59	1
31	Pivot Arm Cover 2	1	72	Curve Washer Ø6.5xØ16xt1.0	2
32	Gear Cover 1	1	73	Spring Ø16x45xØ1.5	1
33	Spring Ø8x40xØ1.2	1	74	Bolt M8x60	1
34	Gear Cover 2	1	75	Nylon Washer Ø8.5xØ25xt2.5	1
35	Adjustable Locking Rod	1	76	Bolt M6x15	4
36	Pivot Frame	1	77	Spring Washer M6	4
37	Inner Cover	1	78	Shaft Ø25x91.5	1
38	ABS Cover	1	79	Spring Knob	1
39	Bottle Holder	1	80	Screw M4x20	4
40	Gear Disk	1	81	Angle Adjustable Handle	1
41	Outer Cover Ø89xt18	1	82	Height Scale	1
			83	Bearing 6203	2
			84	Sleeve Ø25x4T	2
			85	Spring Ø10xØ1.0*110	1
			86	Spring LatchØ4*33	1

ASSEMBLY

1 Open the Frame and lay it on its side.

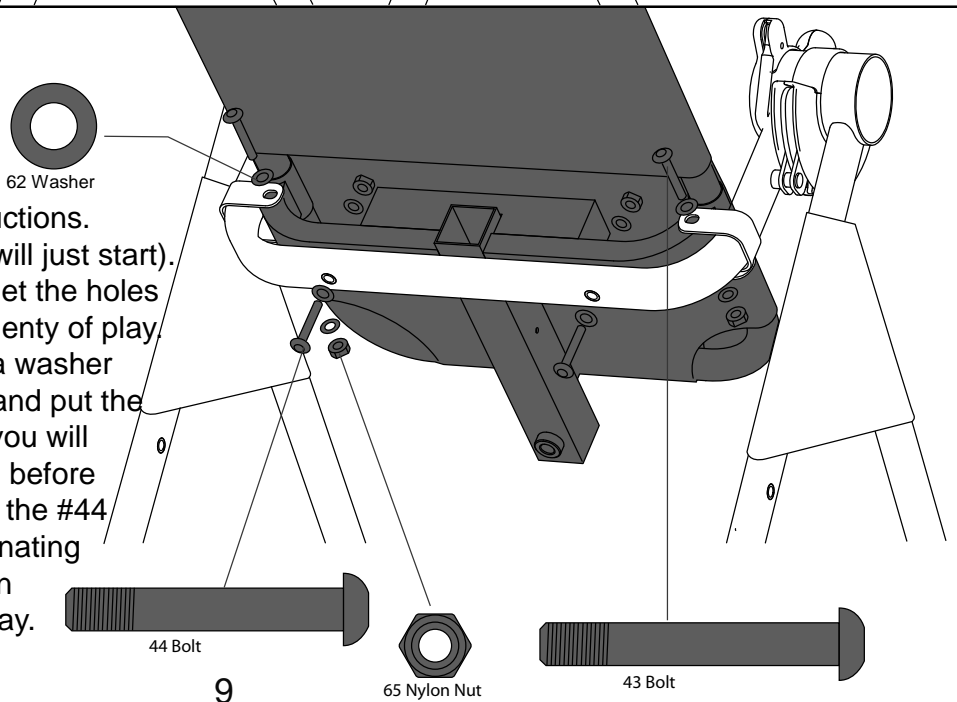


2 Stand the Frame up



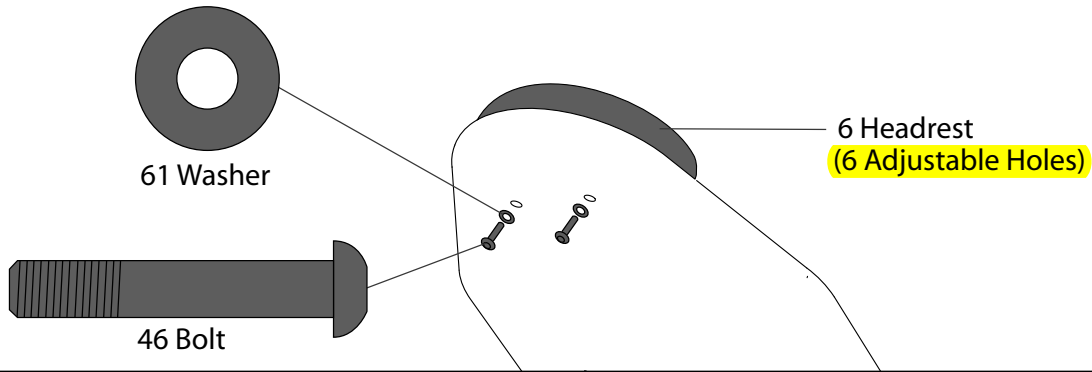
3 Place Bed onto Pivot Frame

Place the bed into the frame - just as the picture shows. Insert the two #43 bolts with one washer on each side as shown in the instructions. Tighten lock nuts finger tight (they will just start). You will have to wiggle the bed to get the holes to line up. Don't worry; they have plenty of play. Then insert the two #44 bolts with a washer on each side as per the directions and put the nylon nut on finger tight. This way you will have everything loosely assembled before you tighten anything down. Tighten the #44 nuts and bolts a little at a time alternating between the left and right bolt. Then tighten the #43 bolts in the same way.

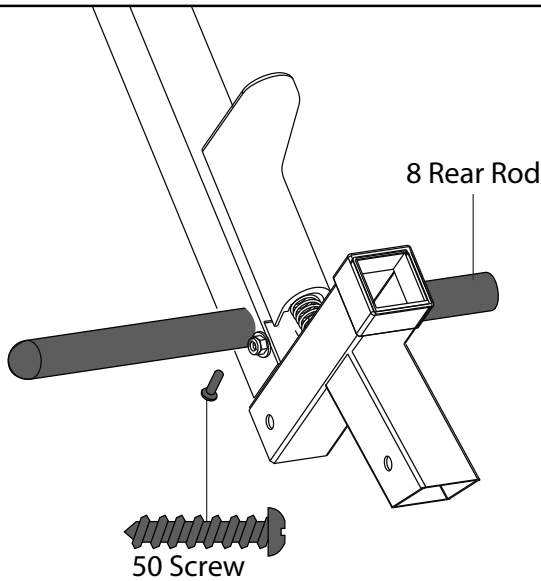


ASSEMBLY

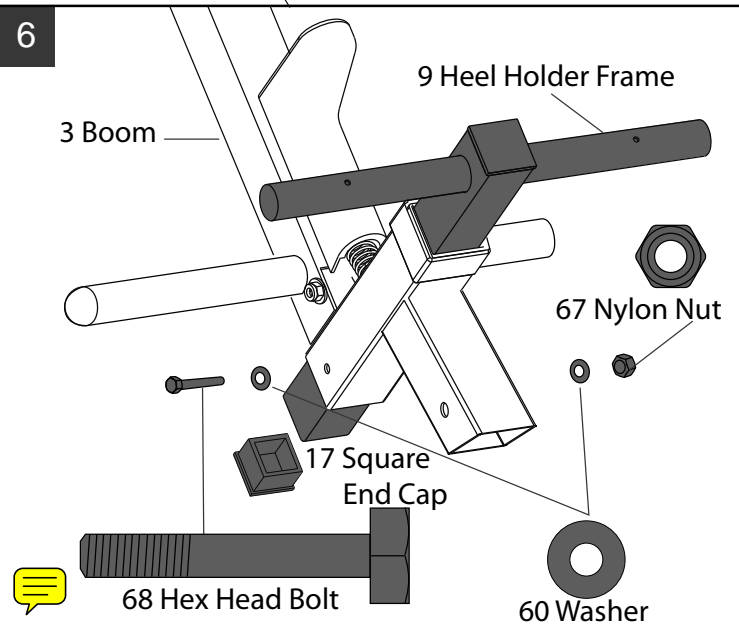
4



5

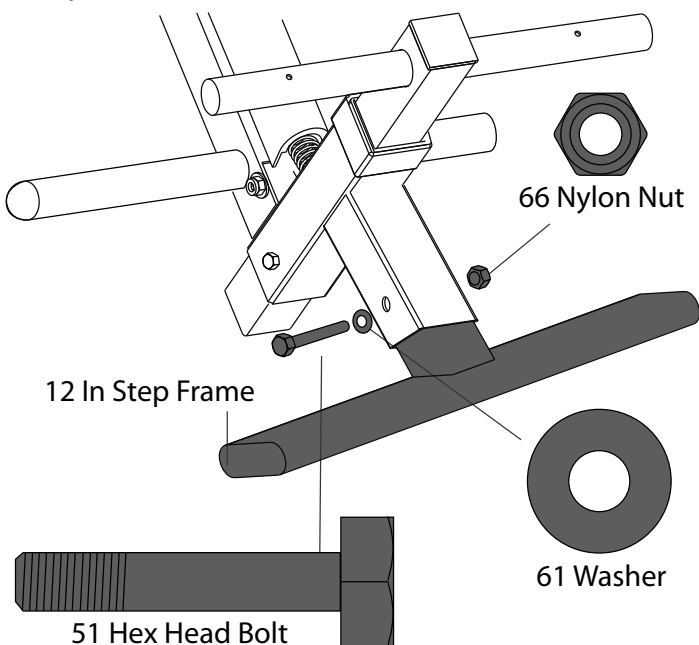


6



7

Assemble In Step Frame in the middle hole. You can adjust to bottom or top hole later so the Ankle Pads can secure onto the smallest part of your ankles.

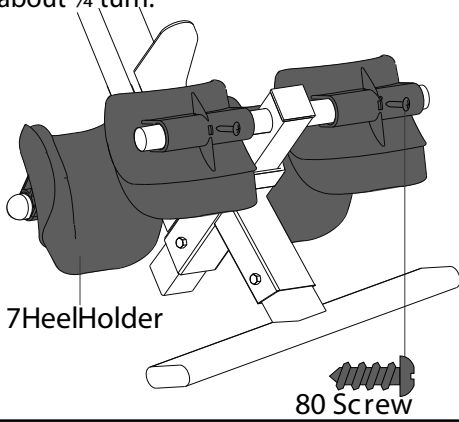


Remove the 17 Square End Cap on the back of square bracket of 9 Heel Holder Frame. There is a rope which is tied at the bottom of 85 Spring inside the 9 Heel Holder Frame. Insert the rope with 85 Spring through into the square bracket on the 3 Boom and pull it out from the other end of the square bracket of the 3 Boom. Slide the 9 Heel Holder Frame completely into the square bracket, insert the 68 Hex Head Bolt with a 60 Washer halfway through the square bracket, slide the 68 Hex Head Bolt through the ring at the bottom of the 85 Spring, slide the bolt through the rest of the square bracket, and secure at the other end with a 60 Washer and 67 Nylon Nut. Now you can remove the rope from the bottom of the 85 Spring. Finally, attach the 17 Square End Cap onto the back of square bracket of 9 Heel Holder Frame that was removed.

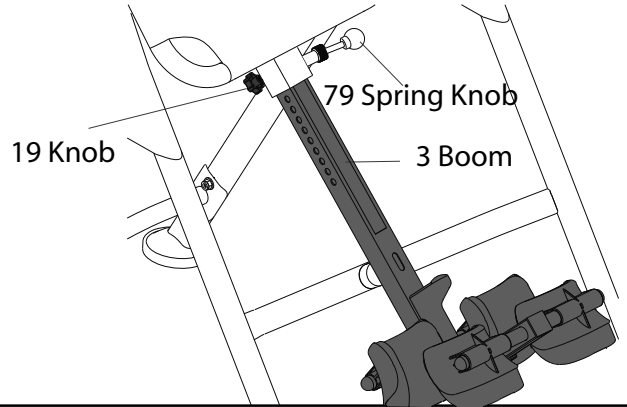
10

ASSEMBLY

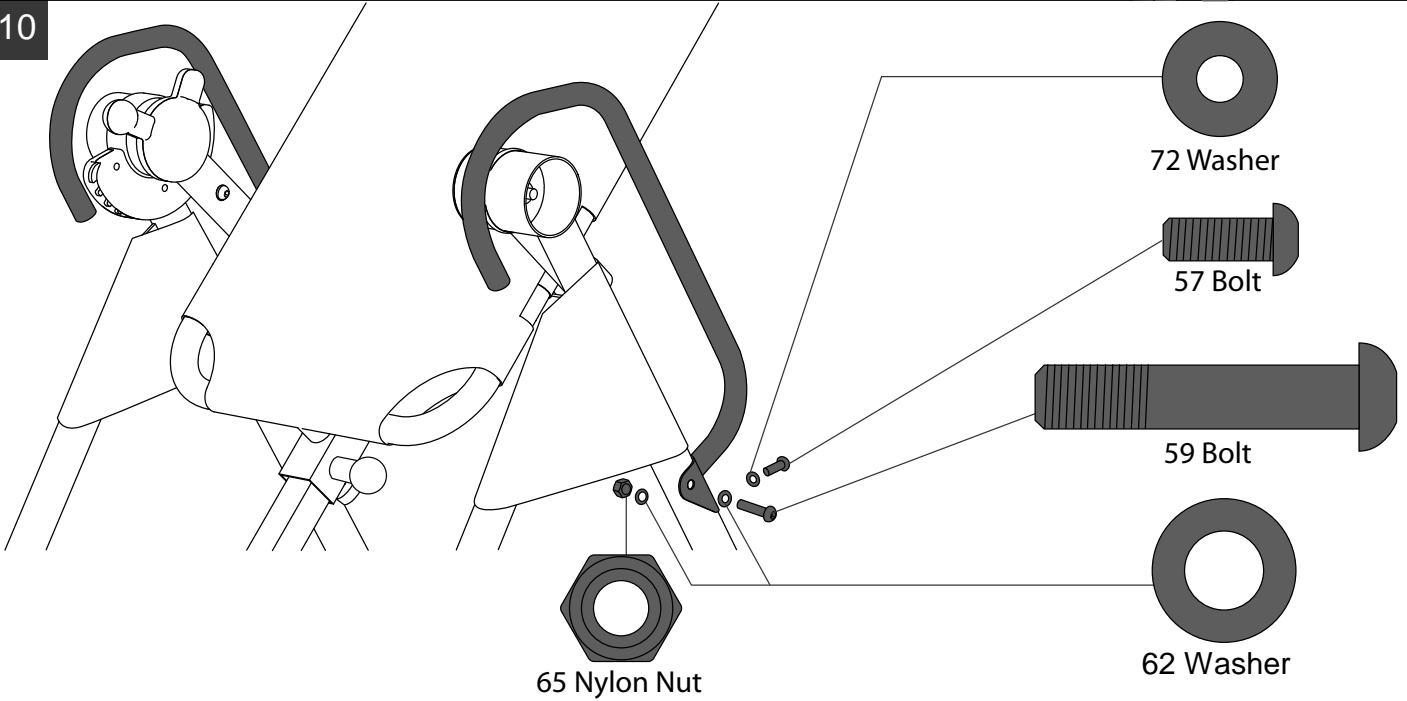
8 First remove 80 Screws from the bars, insert Heel Holders, then fasten Screws and back off about 1/4 turn.



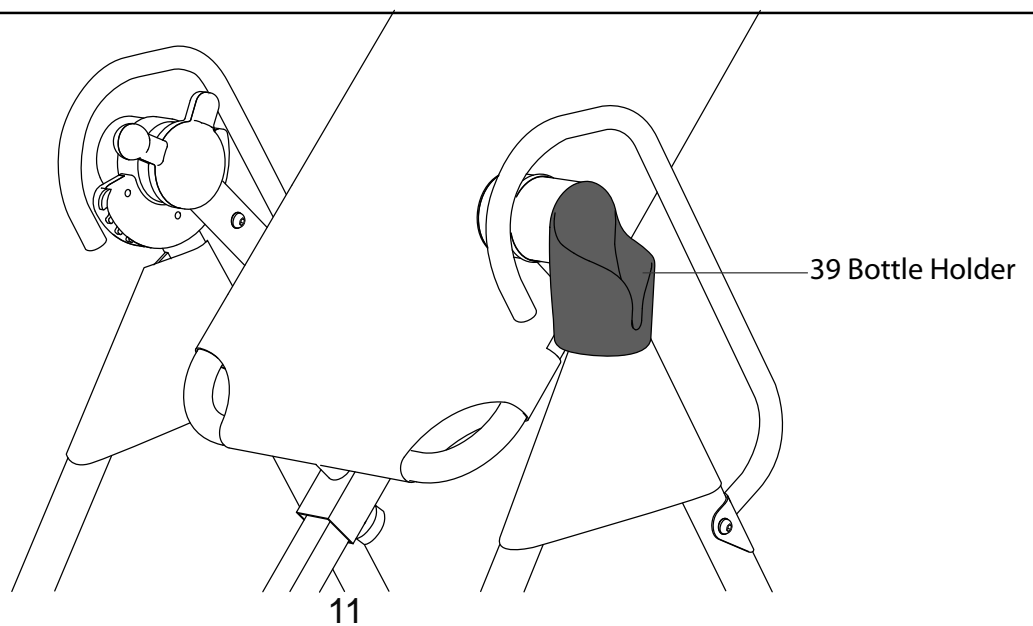
9 Pull Spring Knob and insert Boom, then fasten 19 Knob



10



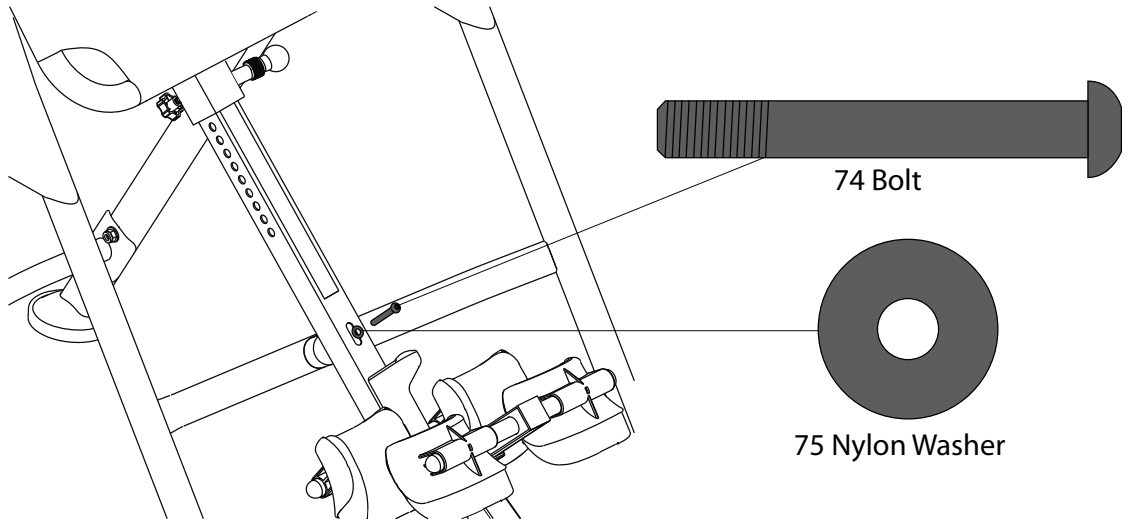
11



ASSEMBLY

Lock Boom

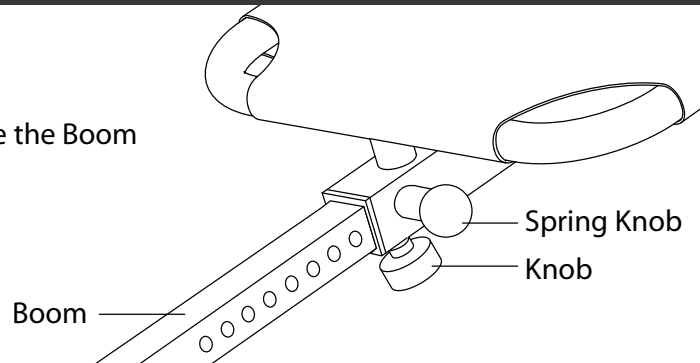
You can proceed to this step if the unit is for retail display or if you wish to prevent unsupervised usage.



HOW TO USE

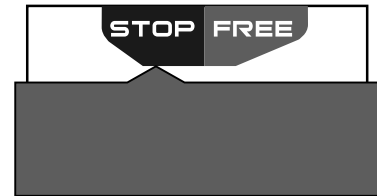
Set Boom to your height

Turn Knob counter-clockwise to loosen Boom
Pull Spring Knob as you adjust the Boom
Release Spring Knob and turn Knob clockwise to de-rattle the Boom



Mounting

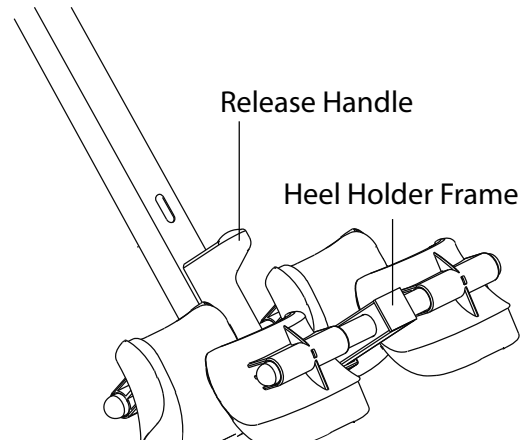
Make sure Lever is at STOP position



To unlock Heel Holder: Press Release Handle forward to unlock as you pull Heel Holder Frame

To lock Heel Holder: Press down on Heel Holder Frame tightly against your ankles

Wearing shoes will help ankles stay more secure.



Get to inversion

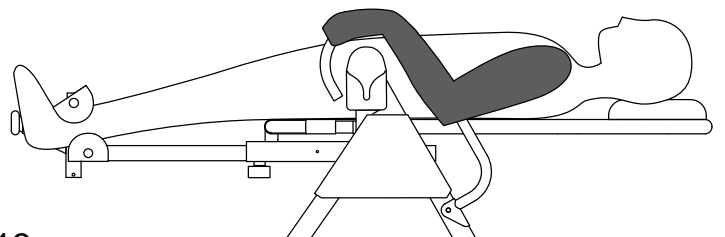
Pull Lever to FREE position



With both hands on handles, slowly lie down

If the bed does not rotate, raise the Boom.

When you're at desired angle, push Lever forward to STOP position to lock the bed.



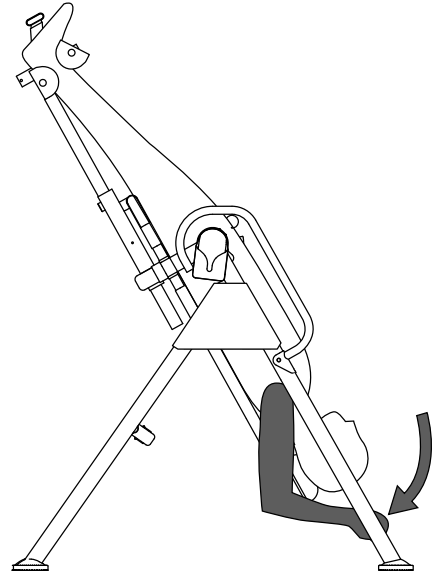
HOW TO USE

Get to vertical angles

Raise both arms above your head, grab Inversion Handle

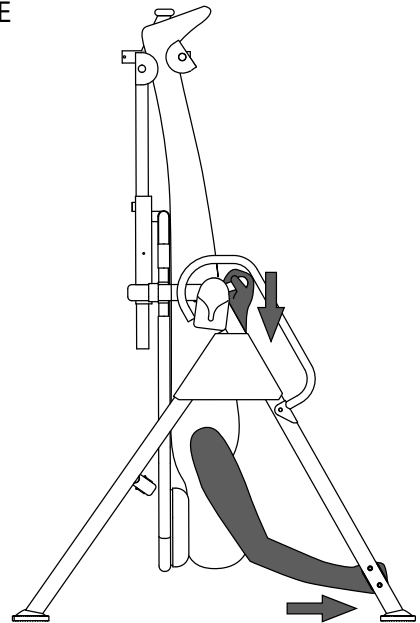
Push against the Inversion Handle with left arm, push Lever forward to STOP position

If you can't reach Inversion Handle after raising both arms, raise the Boom.



Pull Lever to FREE at vertical angles

Use left arm to push against Inversion Handle as you pull Lever to FREE



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.



SHOULDER LIFTS

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



SIDE STRETCHES

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



QUADRICEPS STRETCH

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



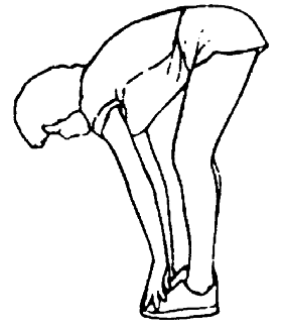
INNER THIGH STRETCH

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



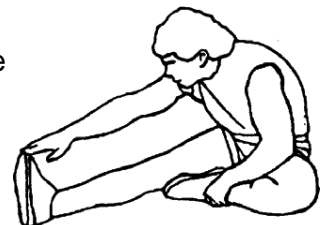
TOE TOUCHES

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



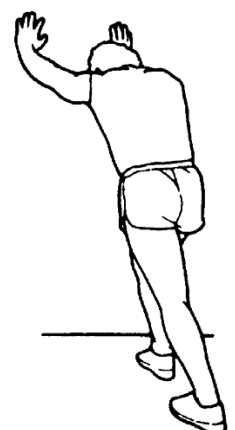
HAMSTRING STRETCHES

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



CALF/ACHILLES STRETCH

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



STORAGE



ATIS 1000 /2000 can be folded for storage.

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

ONE YEAR LIMITED 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.

