

**IRONMAN®**



OWNER'S MANUAL

## **iControl Disk Brake System Inversion Table**

The specifications of this product may vary from this photo and are subject to change without notice.  
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This product is licensed by the IRONMAN TRIATHLON.

Model 5600

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## SERVICE

**IMPORTANT: FOR NORTH AMERICA ONLY**

**To request 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 us at: [service@paradigmhw.com](mailto:service@paradigmhw.com)  
Please visit our website at [www.paradigmhw.com](http://www.paradigmhw.com).

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of Purchase

**\*Before returning this product to the store please contact customer service at the contact number.**

Paradigm Health & Wellness, Inc.  
1189 Jellick Ave.  
City of Industry, CA 91748, USA

## LABEL PLACEMENT

### **⚠ WARNING**

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

Risk of Injury - This brake lever is for brake and lock position only, do not hold it for getting up. Use handle bar instead.

### **⚠ WARNING**

Maximum user weight is 275lbs/125kgs  
Maximum user height is 6'6"/198cm

Feet must be secured properly before use.  
For Household Use Only.

### **⚠ WARNING**

Risk of personal injury - Keep children away from machine while in use.  
To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.

Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.



### **⚠ WARNING**

THIS EQUIPMENT IS INTENDED FOR USE BY ADULTS  
POSSIBILITY OF SEVERE INJURY OR DEATH IF USED IMPROPERLY.  
PLEASE FOLLOW ALL DIRECTIONS BEFORE USE.  
RISK OF PERSONAL INJURY - DO NOT ALLOW CHILDREN TO USE THIS MACHINE  
REPLACE LABELS IF THEY ARE DAMAGED, ILLEGIBLE, OR REMOVED.  
PLEASE REVIEW ALL WARNINGS AND INSTRUCTIONS BEFORE ASSEMBLY AND USAGE. ALL INSTRUCTIONS SHOULD BE FOLLOWED PRIOR TO ASSEMBLY AND USAGE.



## IMPORTANT SAFETY INSTRUCTIONS

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. When using an appliance, basic precautions should always be followed, including the following:

### **WARNING** - To reduce the risk of injury to persons:

1. Consult your physician or other health care professionals before using the inversion table.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance if it is damaged, if it is not working properly, if it has been dropped or damaged. Return the appliance to a service center for examination and repair.
4. Do not use outdoors.
5. Do not exceed the maximum rated weight (load) and maximum rated height of the user.
6. For Household Use Only.
7. Always wear proper exercise apparel when using the equipment.
8. 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.
9. Only one person should use the equipment at a time.
10. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
11. 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.
12. Always use this equipment on a clear and level surface. Do not use near water.
13. Close supervision is necessary when this inversion table is used by, on, or near children, invalids, or disabled persons.
14. Never drop or insert any object into any opening.
15. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.
16. **WARNING** - To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.
17. **WARNING** - Risk of personal injury - Do not allow children to use this machine.
18. **WARNING** - Risk of personal injury - Keep children away from machine while in use.
19. **WARNING** - Risk of personal injury - Do not grab brake lever for getting up, use handle bar instead.

## IMPORTANT SAFETY INSTRUCTIONS

20. **WARNING** - Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

**NOTE:** Maximum user weight for this product is 275 lbs (125 kgs.)  
Maximum Rated Height for this product is 6'6"/198cm.

**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, Modularly pins, or Surgically implanted orthopedic supports.
- Use of anti-coagulants including Aspirin in high doses.

### SAVE THESE INSTRUCTIONS



**Correct:**  
Locking pin  
fully engaged



**Incorrect:**  
Locking pin not  
fully engaged

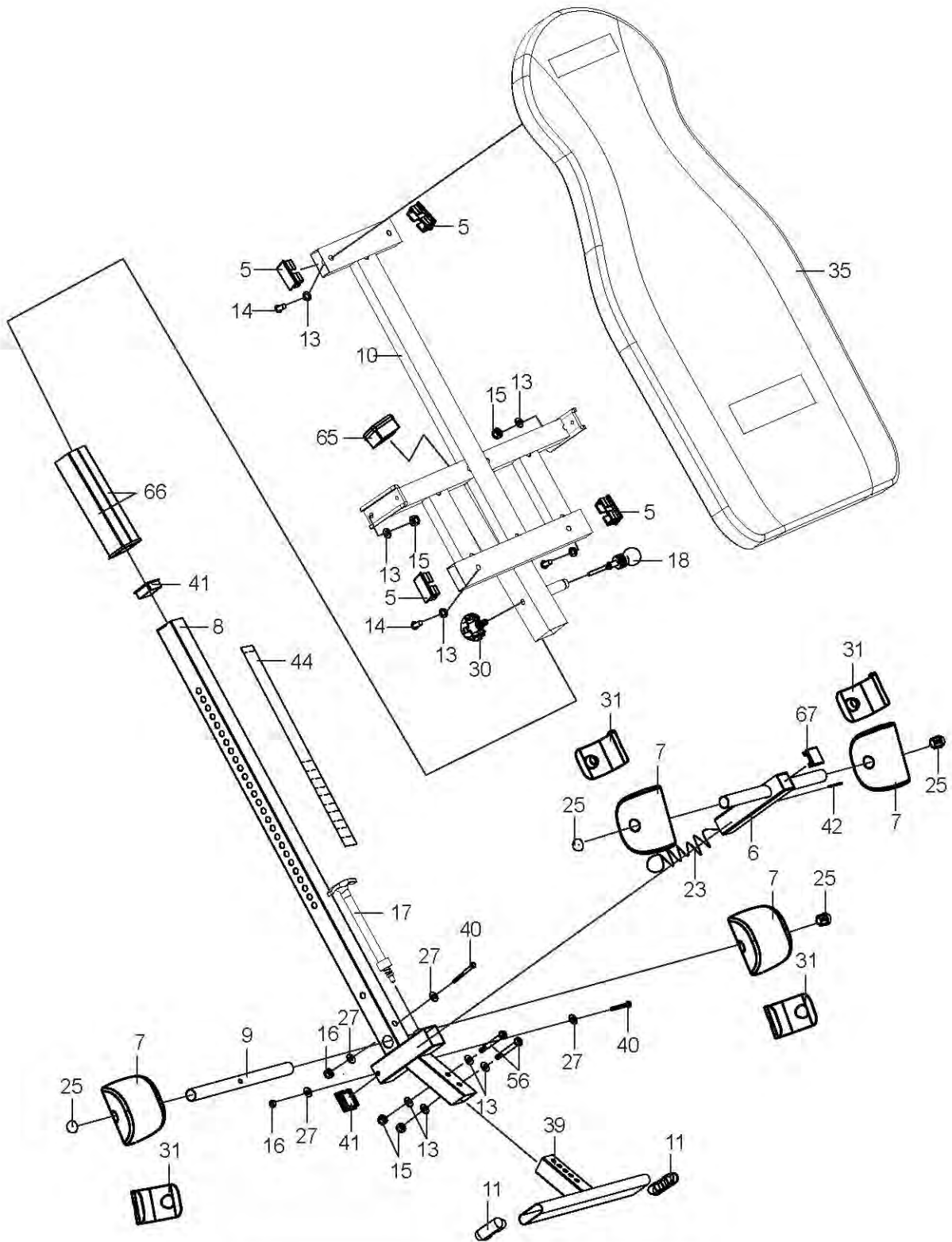
Always check to make sure that the ankle locking pin is fully engaged before each use. Make sure that the front and rear ankle clamps are secured tightly against your ankles to prevent from falling when the tables inverts.

**WARNING:** Failure to fully engage the locking pin could result in serious injury.





# OVERVIEW DRAWING



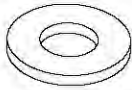


## PARTS LIST

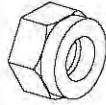
No.	Description	Q'ty
001	Front Frame	1
002	Cup Holder	1
003	Rear Frame	1
004	Cup Holder Rotation Cap	1
005	Rectangle End Cap □ 50x25	4
006	Front Rod	1
007	Rubber Heel Holder	4
008	Adjustable Boom	1
009	Rear Rod	1
010	Bed Frame	1
011	Footbar End Cap	2
012	Right Pivot Arm	1
013	Washer Ø8.5xØ20xt1.5	20
014	Bolt M8x40	4
015	Lock Nut M8 (Galvanize)	8
016	Lock Nut M6	2
017	Spring Knob	1
018	Boom Spring Knob	1
019	Left Pivot Arm	1
020	Rubber Pad	1
021	Right Brake Pad I	1
022	Left Brake Pad II	1
023	Spring Ø10xØ1x110Lx85N	1
024	Rotor Cover	1
025	Round End Cap Ø22x1.5	4
026	Spring Ø13xt2x(230)	1
027	Washer Ø12xØ6.5x1.0	8
028	Fixed Plate	1
029	Handlebar	2
030	Knob Ø45x3/8"x19L	1
031	Steel Bracket	4
032	Bolt M6x30	1
033	Lock Mechanism	1
034	Lock Handle Plastic Bar	1

No.	Description	Q'ty
035	Foam Bed	1
036	Handlebar Foam Grip	2
037	Metal Sleeve	1
038	Bolt M8x60	4
039	Foot Bar	1
040	Hex Bolt M6x47	2
041	Square End Cap □38	2
042	Spring Latch Ø4x32	1
043	Bolt M8x12	2
044	Height Scale	1
045	Washer Ø8.5xØ24x2mm	2
046	Bolt M8x20	6
047	Brake Bracket	1
048	Upper Plastic Cover	1
049	Rear Foot Cap	2
050	Bolt M6x25	1
051	Bolt M6x15	4
052	Lower Plastic Cover	1
053	Front Foot Cap	2
054	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
055	Pivot Arm Rotation Cap II Ø60xØ19.5x21	1
056	Bolt M8x50	2
057	Washer Ø4.3xØ9xt0.3	4
058	Round Cap	1
059	Spring Washer Ø8.1xØ12.3x2.1	2
060	Screw ST3.5x10	9
061	Brake Strap	2
062	Cap	4
063	Bolt M4x20	2
064	Locking Pin	1
065	Upper Bed Frame End Cap □50	1
066	Lower Bed Frame Bushing	2
067	Rectangle End Cap □33.4	1

## HARDWARE LIST & TOOLS



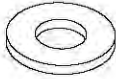
(13) Washer  
12 PCS



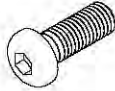
(15) Lock Nut  
6 PCS



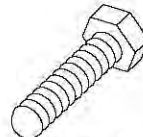
(16) Lock Nut  
2 PCS



(27) Washer  
8 PCS



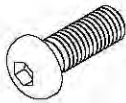
(38) Bolt  
2 PCS



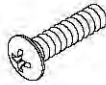
(40) Hex Bolt  
2 PCS



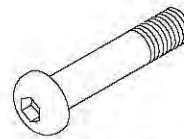
(43) Bolt  
2 PCS



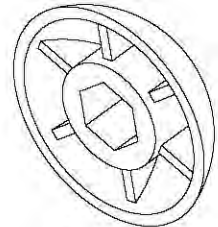
(46) Bolt  
4 PCS



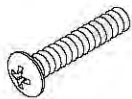
(51) Bolt  
4 PCS



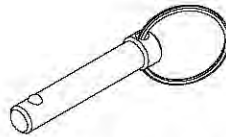
(56) Bolt  
2 PCS



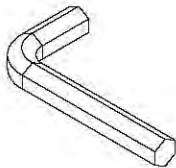
(62) Cap  
4 PCS



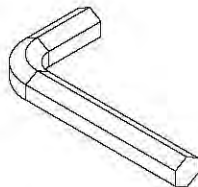
(63) Bolt  
2 PCS



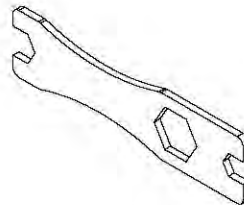
(64) Locking Pin  
1 PC



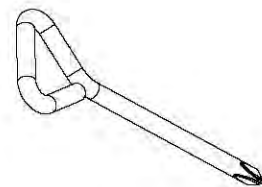
Allen Wrench #5  
1 PC



Allen Wrench #6  
1 PC



Hex Wrench  
2 PCS



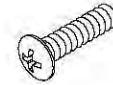
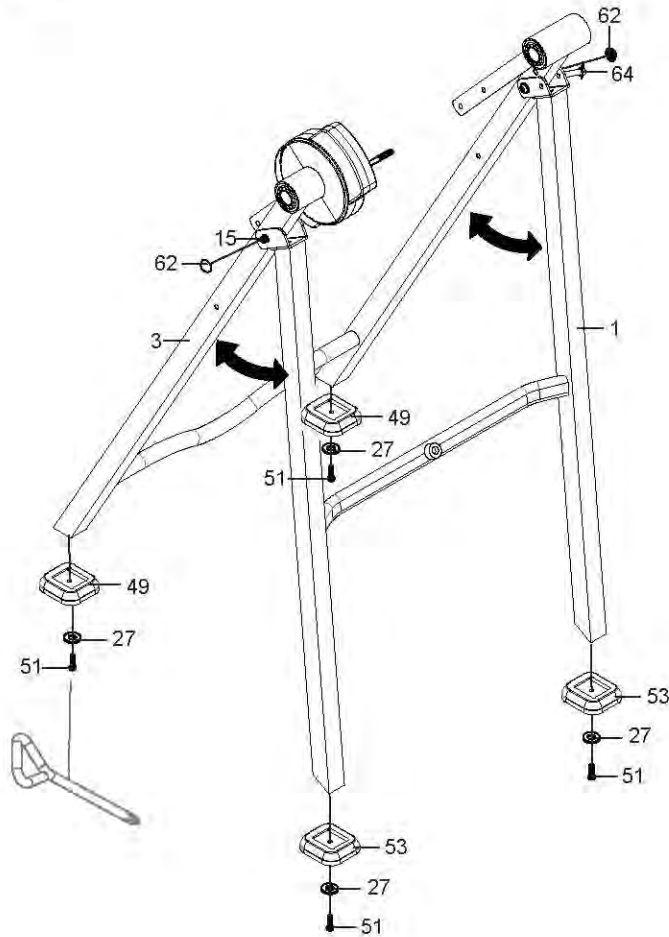
Phillips Screwdriver  
1 PC

## ASSEMBLY

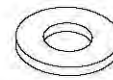


The product weighs more than 44lbs/20kgs and should be assembled and moved by two or more people.

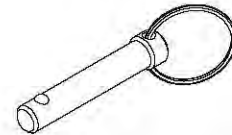
### Step 1



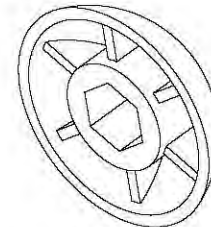
(51) Bolt  
4 PCS



(27) Washer  
4 PCS



(64) Locking Pin  
1 PC



(62) Cap  
2 PCS

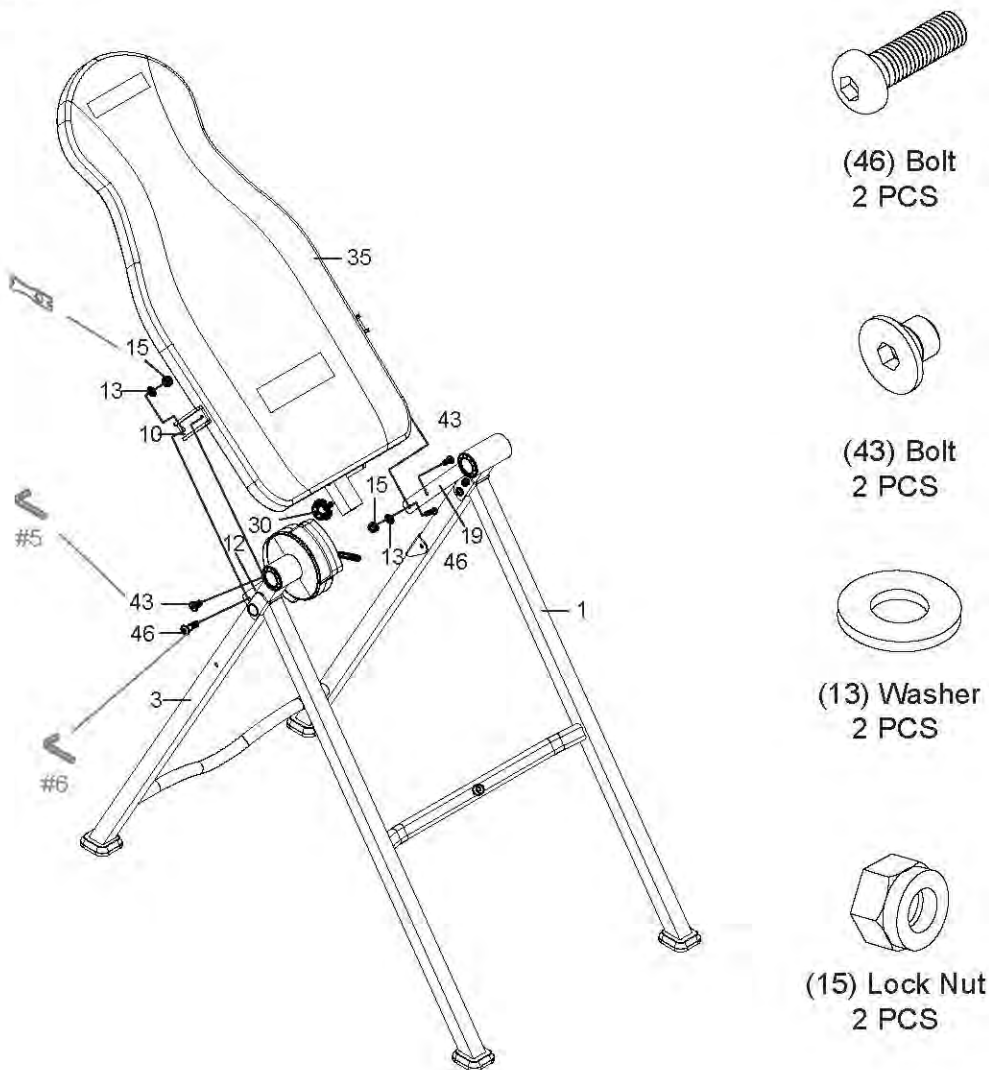
Attach Front Foot Cap (53) and Rear Foot Cap (49) to the Feet of the Front Frame (1) and Rear Frame (3); tighten Bolts (51) and Washers (27) with the Phillips Screwdriver provided.

Unfold the Frame fully; insert Locking Pin (64) into whole of the joint of the **Front and Rear** Frames (1, 3). Attach the Cap (62) to the Lock Nut (15).



## ASSEMBLY

### Step 2



Attach the Bed Frame (10) onto the Right Pivot Arm (12) and Left Pivot Arm (19) by using two Lock Nuts (15), two Bolts (43), two Bolts (46) and two Washers (13);

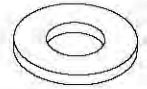
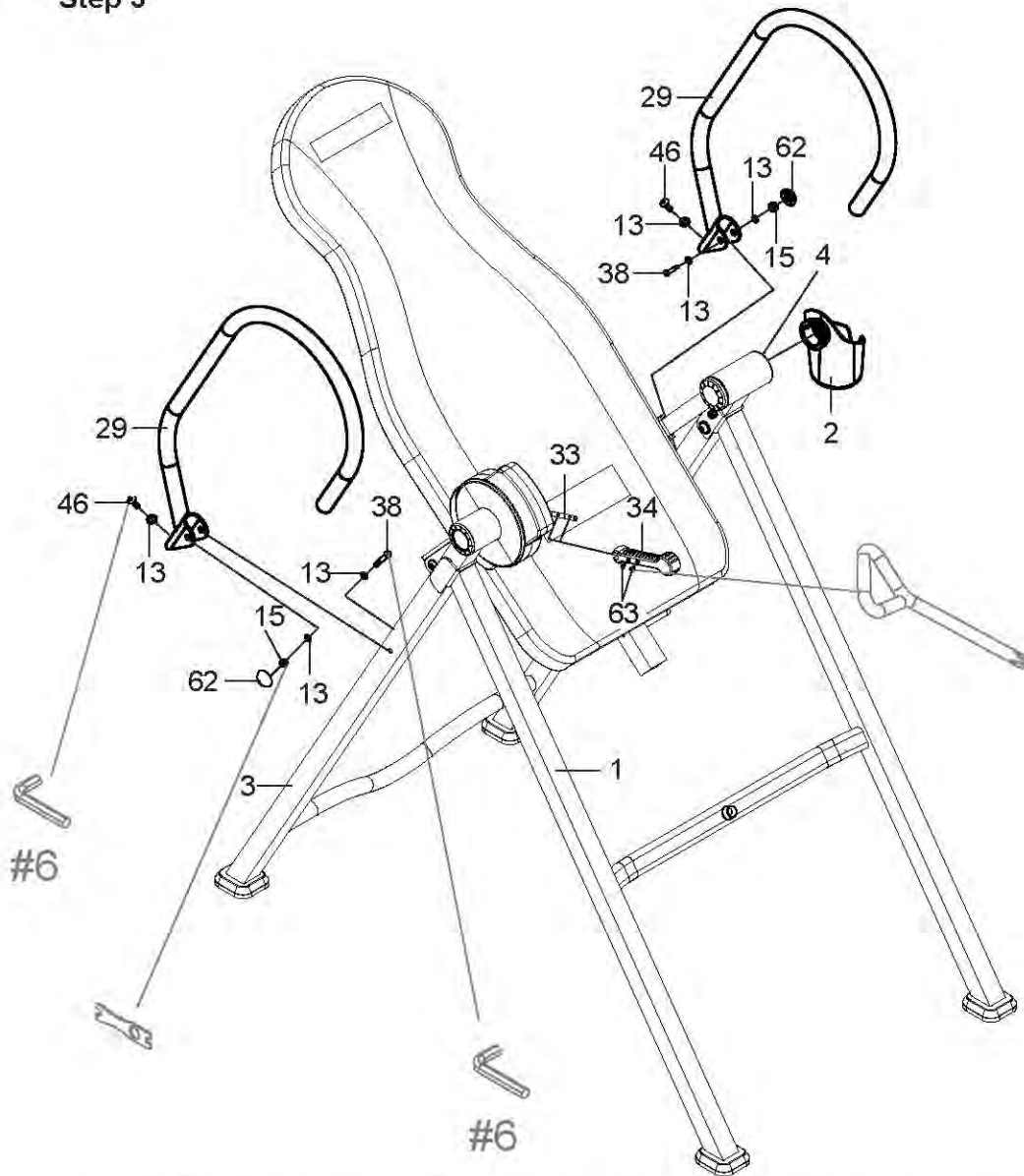
Tighten Bolts (43) with #5 Allen Wrench provided.

Tighten Bolts (46) and Lock Nuts (15) with #6 Allen Wrench and Hex Wrench provided.

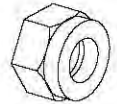
Install the Knob (30) onto the Bed Frame (10).

# ASSEMBLY

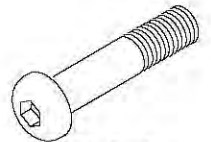
## Step 3



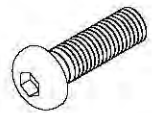
(13) Washer  
6 PCS



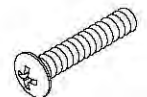
(15) Lock Nut  
2 PCS



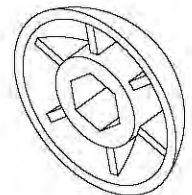
(38) Bolt  
2 PCS



(46) Bolt  
2 PCS



(63) Bolt  
2 PCS



(62) Cap  
2 PCS

Attach both Handlebars (29) onto Rear Frame (3) with six Washers (13), two Lock Nuts (15), two Bolts (38) and two Bolts (46).

Tighten Bolts (46) with #6 Allen Wrench provided.

Tighten Bolts (38) and Lock Nuts (15) with #6 Allen Wrench and Hex Wrench provided, attach the Caps (62) to the Lock Nuts (15).

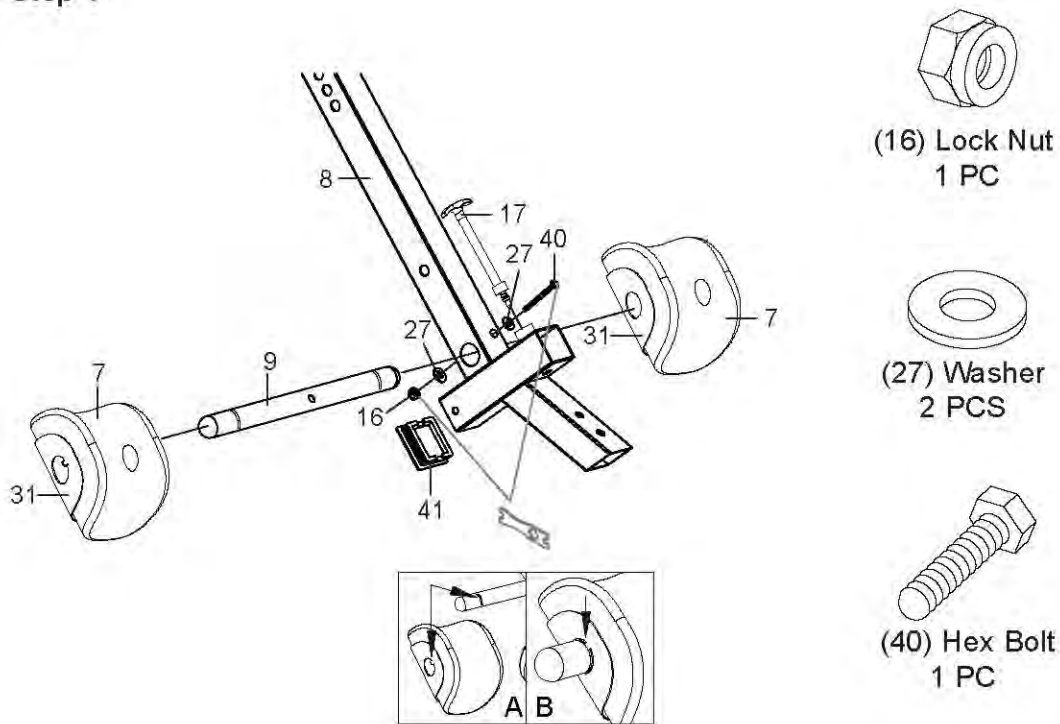
Install the Cup Holder (2) to the Cup Holder Rotation Cap (4).

Install the Lock Handle Plastic Bar (34) onto the Lock Mechanism (33) and secure with two Bolts(63).

Tighten the Bolts (63) with the Phillips Screwdriver provided.

## ASSEMBLY

### Step 4



Remove the Square End Cap (41) on the back of square bracket of the Adjustable Boom (8); Slide the Rear Rod (9) through the large round hole on the side of Adjustable Boom (8), and secure the Rear Rod (9) on the Adjustable Boom (8) with one Hex Bolt (40), two Washers (27) and one Lock Nut (16).

Tighten the Bolt, Washers and the Lock Nut with two Hex Wrenches provided.

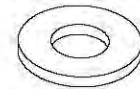
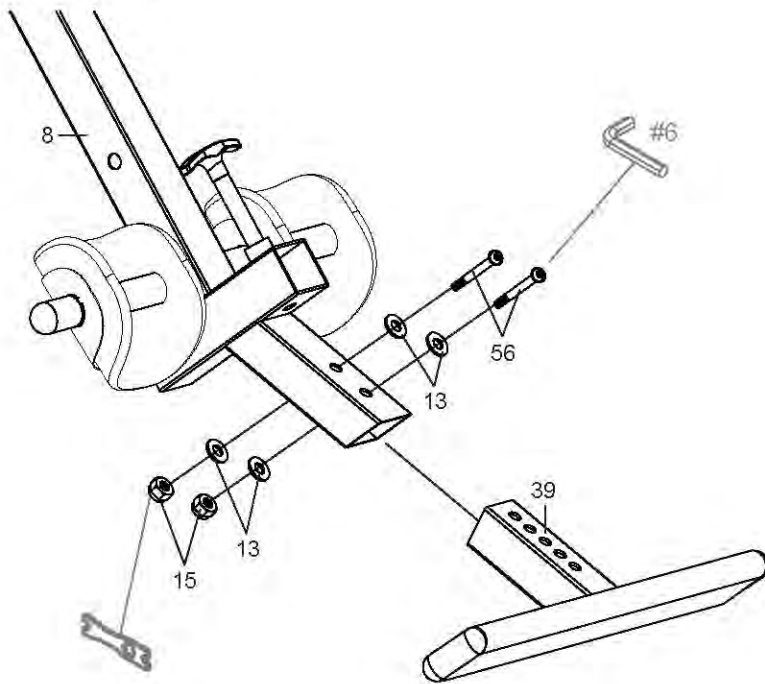
Unite one Steel Bracket (31) and one Rubber Heel Holder (7); slide them onto one end of the Rear Rod (9) until the lock tooth is wedged into the slot in the Rear Rod (9). Note: Make sure the lock teeth are wedged into the slots in the Rear Rod (9) as shown in small figures A and B before use.

Attach the Spring Knob (17) onto the Adjustable Boom (8).

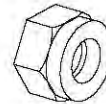


## ASSEMBLY

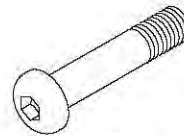
### Step 5



(13) Washer  
4 PCS



(15) Lock Nut  
2 PCS

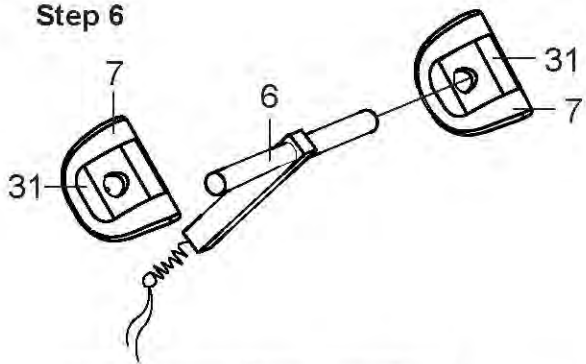


(56) Bolt  
2 PCS

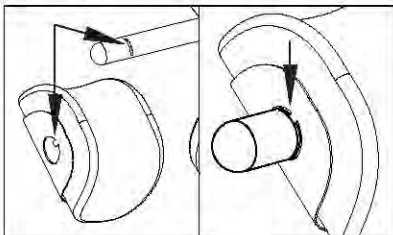
Slide the Foot Bar (39) into the bottom of the Adjustable Boom (8) and align two of the holes on the Foot Bar (39) with two holes on the Adjustable Boom (8). Secure the Foot Bar (39) in place using two Bolts (56), two Lock Nuts (15) and four Washers (13).

Tighten Bolts and Lock Nuts with the #6 Allen Wrench and Hex Wrench provided.

### Step 6



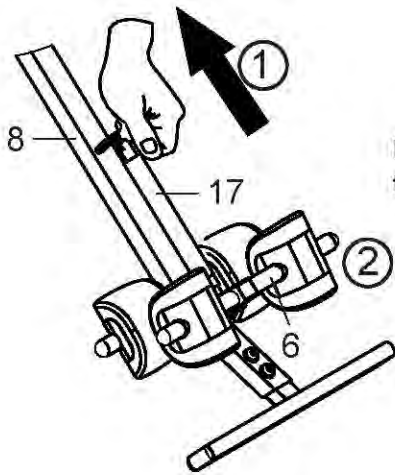
Install Steel Bracket (31) and one Rubber Heel Holder (7) onto the Front Rod (6).



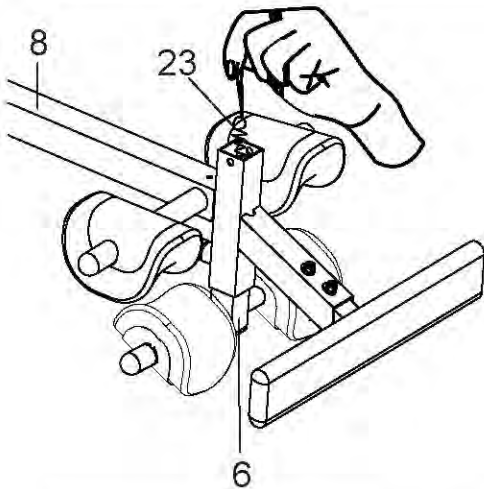
**NOTE:** Make sure the lock teeth are wedged into the slots in the Front Rod (6) to lock the Steel Brackets (31) in place before use.

## ASSEMBLY

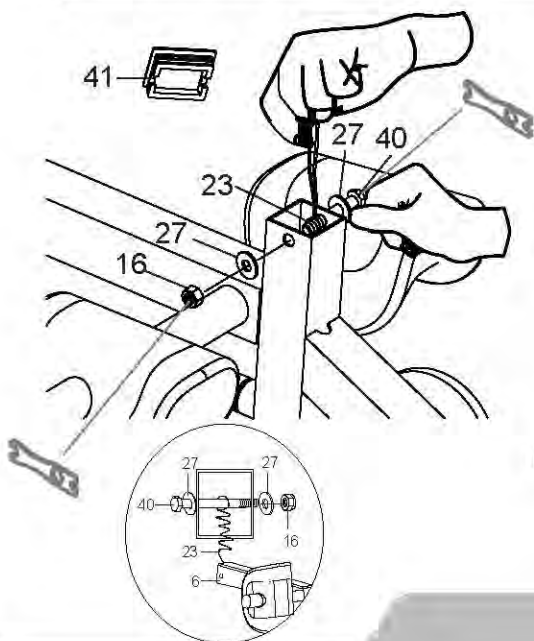
### Step 7



Pull up Spring Knob (17) and insert the Front Rod (6) into the Adjustable Boom (8).



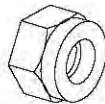
Insert the Front Rod (6) all the way in, pull the plastic string through.



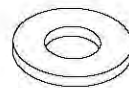
Pull the string as you insert the Hex Bolt (40) with a Washer (27) through the Spring (23). Secure with a Washer (27) and a Lock Nut (16).

Tighten the Bolt (40), Washers (27) and the Lock Nut (16) with two Hex Wrenches provided.

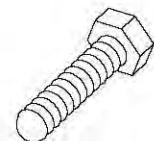
Attach the Square End Cap (41) onto the Adjustable Boom (8).



(16) Lock Nut  
1 PC



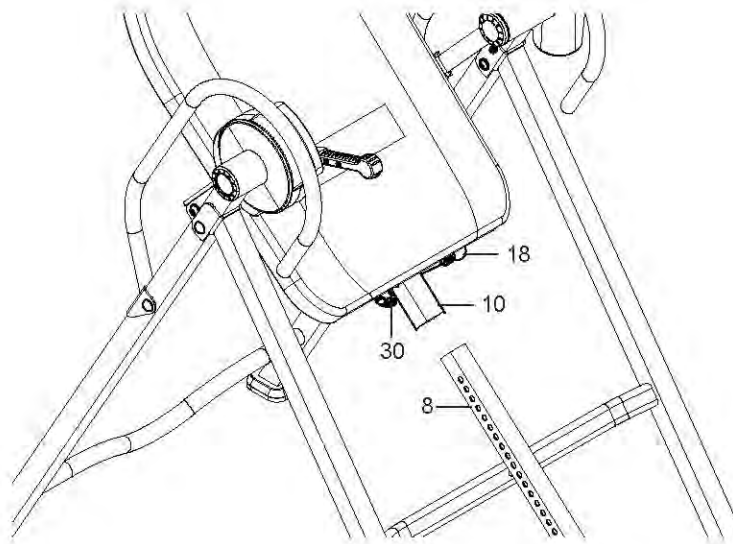
(27) Washer  
2 PCS



(40) Hex Bolt  
1 PC

## ASSEMBLY

### Step 8



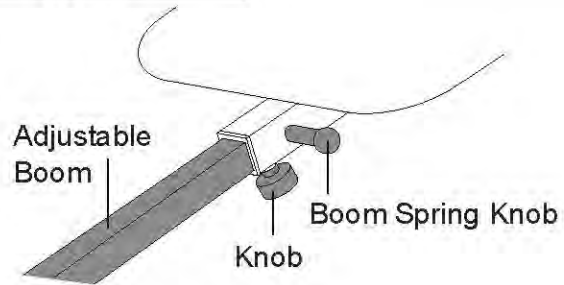
Loosen the Knob (30). Pull the Boom Spring Knob (18) and slide the Adjustable Boom (8) in. Slide the Adjustable Boom (8) up to the desired height. Release the Boom Spring Knob (18) and make sure it “pops” into the hole. Tighten the Knob (30) for additional safety.



## HOW TO USE

### Set the Adjustable Boom to your height

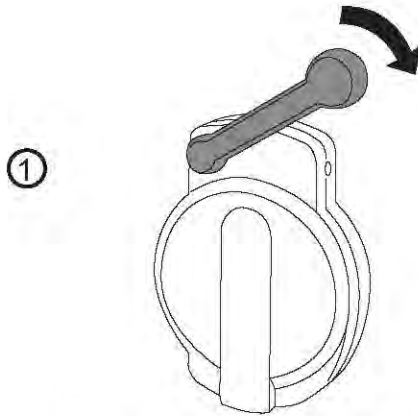
Turn Knob counter-clockwise to loosen the Adjustable Boom.  
Pull Boom Spring Knob as you adjust the Adjustable Boom to desired height.  
Turn Knob clockwise to de-rattle the Adjustable Boom.



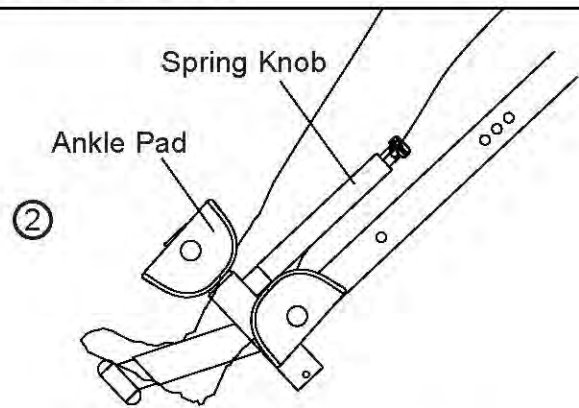
*Note: When you invert, readjust the height adjustment boom up if the bed doesn't rotate.*

*Adjust the height adjustment boom down if the bed rotates too fast.*

### Mounting the table



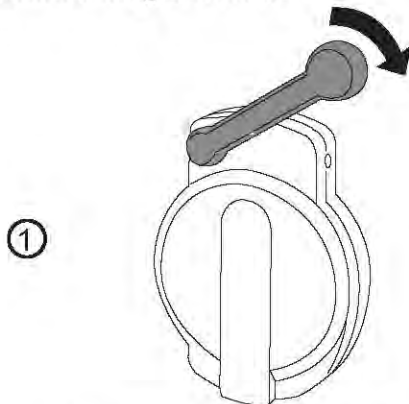
Make sure the Lever is at LOCK position.



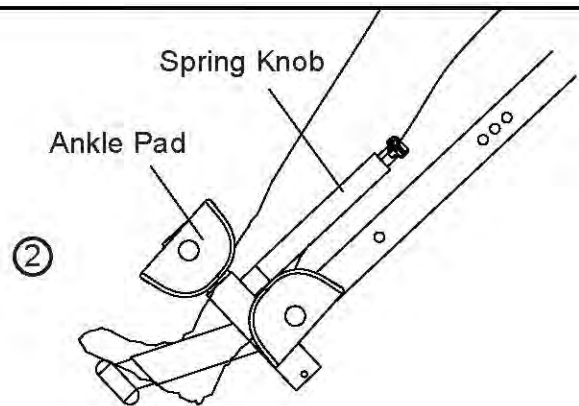
Pull the Spring Knob to unlock, allow the Ankle Pads to press against your ankles. Make sure the Spring Knob locks into the hole.

*Wearing shoes will help ankles stay more secure.*

### Dismounting the table



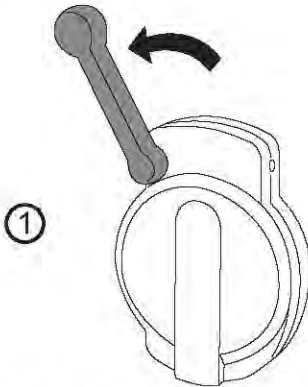
Make sure the Lever is at LOCK position.



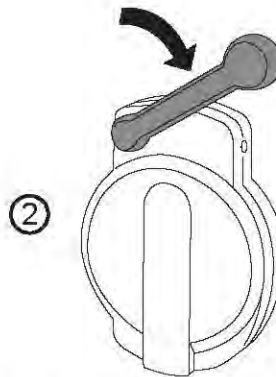
Pull the Spring Knob.  
Press Ankle Pads forward.

## HOW TO USE

### Get to inversion

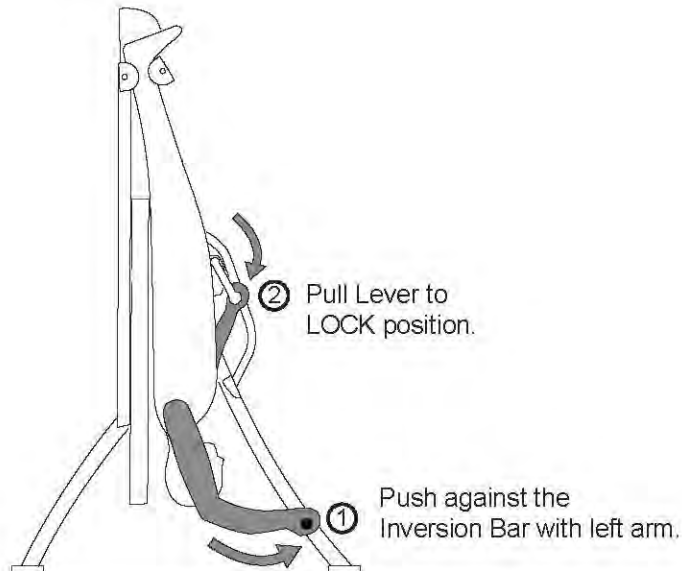


Push Lever to UNLOCK position.  
With both hands on handles, slowly lie down.



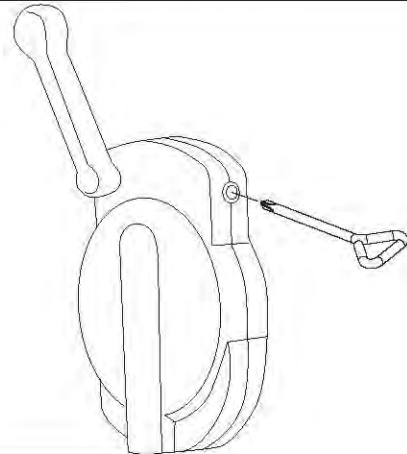
When you're at desired angle, pull Lever forward to LOCK position to lock the bed.

### Get to vertical inversion



### Calibrating the iControl Disk Brake

The brake might become loose after long period of time of use. To calibrate, insert the Phillips screwdriver into the hole as indicated on the diagram, turn the calibrating inside clockwise no more than  $\frac{1}{4}$  turn.



## OPERATION AND ADJUSTMENTS

### **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 Frame (3). 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.

### **GENERAL PRECAUTIONS**

1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Make sure that the Rubber Heel Holders (7) are holding your feet securely.
3. Make sure that the Adjustable Boom (8) is properly set to your height.
4. Make sure that the Adjustable Boom (8) is held securely by both the Boom Spring Knob (18) and the Knob (30).
5. Make sure that there is enough room for the bed to rotate completely.

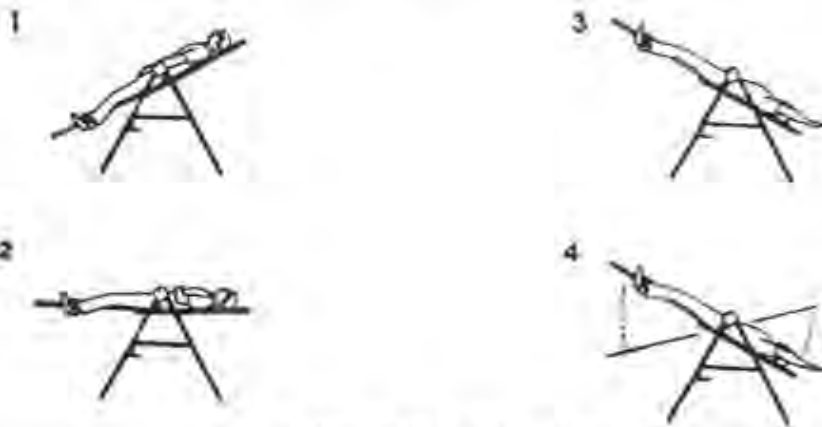
### **BALANCING THE INVERSION TABLE**

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.

## OPERATION AND ADJUSTMENTS

### 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.

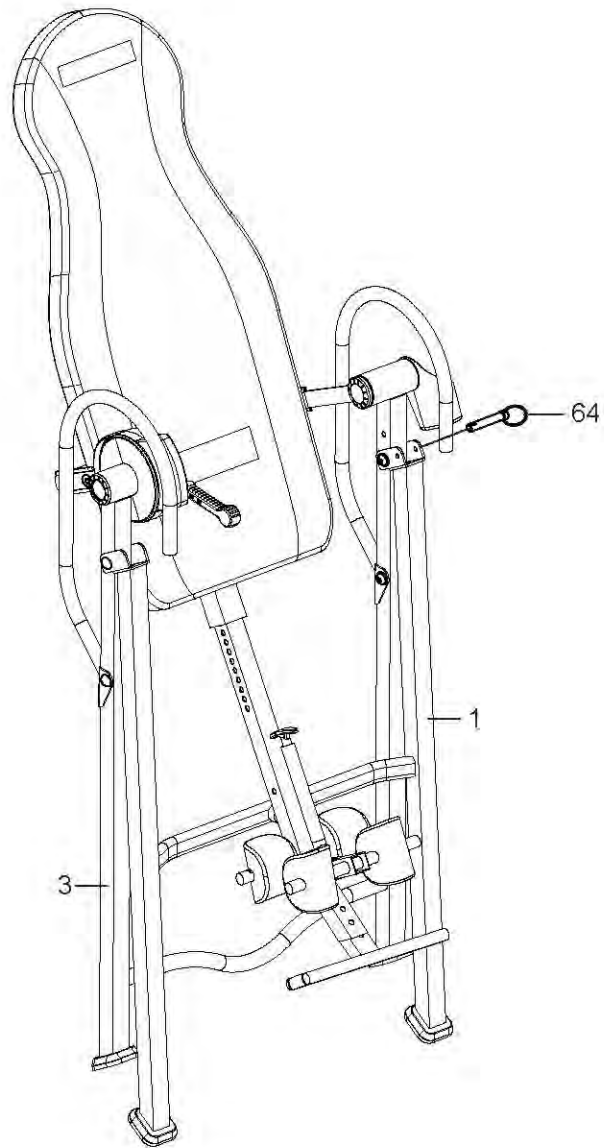


### SUGGESTIONS FOR USE

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



Pull out the Locking Pin (64), and then fold the Front Frame (1) and the Rear Frame (3).



## WARM UP

### 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 up.



### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible.

Gently push your knees towards the floor. Hold for 10 counts.



### Toe Touches

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



### Hamstring Stretches

Sit with your right leg extended. 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 extended.



## WARRANTY

The manufacturer 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 manufacturer's Owner's Manual. Manufacturer'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 product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including 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.

### **Ordering Replacement Parts**

Replacement parts can be ordered by calling or emailing our customer service department

[service@paradigmhw.com](mailto:service@paradigmhw.com)

**1-866-924-1688**

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

1. **Owner's Manual**
2. **Model Number**
3. **Description of Parts**
4. **Part Number**
5. **Date of Purchase**

# FAX FORM

## 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: \_\_\_\_\_