Gravity Inversion System

Defy gravity

*This item is for consumer use only and it is not meant for commercial use.

OWNER’S MANUAL
Safety
Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.
- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.
- Before use, you must read and understand all instructions & warnings stated in this Owner’s Manual as well as posted on the equipment.
- It is the facility owner’s responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools
- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips (“Crosshead”) Screw Driver

Weight Limit
Your product is suitable for users weighing: 250 pounds or less.

Storage and Use
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty
Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:
- provide replacement parts to the purchaser in an effort to repair the item.
- repair the product returned to our warehouse (at the purchaser’s cost).
- replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

Questions
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com
Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.

**PLEASE NOTE:** some of these parts may have already been pre-assembled on your unit.

## Bolts

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#25 Hex Bolt (M10x30 mm)</td>
<td>2 pieces</td>
</tr>
<tr>
<td>#28 Hex Bolt (M6x45 mm)</td>
<td>1 piece</td>
</tr>
<tr>
<td>#38 Hex Bolt (M10x35 mm)</td>
<td>2 pieces</td>
</tr>
<tr>
<td>#47 Hex Bolt (M6x15 mm)</td>
<td>2 pieces</td>
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<tr>
<td>#50 Hex Bolt (M6x10 mm)</td>
<td>3 pieces</td>
</tr>
<tr>
<td>#56 Hex Bolt (M8x45 mm)</td>
<td>1 piece</td>
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</table>

## Washer

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#33 Washer (M6)</td>
<td>6 pieces</td>
</tr>
<tr>
<td>#34 Washer (M10)</td>
<td>8 pieces</td>
</tr>
<tr>
<td>#45 Washer (M8)</td>
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</table>

## Nut

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>#29 Lock Nut (M10)</td>
<td>4 pieces</td>
</tr>
<tr>
<td>#30 Lock Nut (M6)</td>
<td>3 pieces</td>
</tr>
<tr>
<td>#43 Lock Nut (M8)</td>
<td>1 piece</td>
</tr>
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</table>

## Others

<table>
<thead>
<tr>
<th>Hardware</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>#49 Safety Lock Pin</td>
<td>2 pieces</td>
</tr>
<tr>
<td>Tool</td>
<td>1 piece</td>
</tr>
<tr>
<td>#52 Quick Clip</td>
<td>1 piece</td>
</tr>
</tbody>
</table>
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

<table>
<thead>
<tr>
<th>Parts#</th>
<th>Description</th>
<th>Parts#</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>101</td>
<td>Front Leg Tube</td>
<td>29</td>
<td>Lock Nut (M10)</td>
</tr>
<tr>
<td>02A-R</td>
<td>Right Cross Support Bracket</td>
<td>30</td>
<td>Lock Nut (M6)</td>
</tr>
<tr>
<td>02A-L</td>
<td>Left Cross Support Bracket</td>
<td>31</td>
<td>Square Inner Plug (30 mm)</td>
</tr>
<tr>
<td>103</td>
<td>Rear Base</td>
<td>32</td>
<td>Curved Washer (M6)</td>
</tr>
<tr>
<td>104</td>
<td>Adjustable Ankle Brace</td>
<td>33</td>
<td>Washer (M6)</td>
</tr>
<tr>
<td>105</td>
<td>Height Adjustment Tube</td>
<td>34</td>
<td>Washer (M10)</td>
</tr>
<tr>
<td>06</td>
<td>Adjustable Pivot Bar</td>
<td>35</td>
<td>Small Pin</td>
</tr>
<tr>
<td>07B</td>
<td>Backrest Frame</td>
<td>36</td>
<td>Safety Strap with Buckle</td>
</tr>
<tr>
<td>108</td>
<td>Adjustable Foot Tube</td>
<td>37</td>
<td>Safety Hook</td>
</tr>
<tr>
<td>09</td>
<td>Spring</td>
<td>38</td>
<td>Hex Bolt (M10x35 mm)</td>
</tr>
<tr>
<td>10</td>
<td>Square Inner Plug (32 mm)</td>
<td>39</td>
<td>Grip Tape</td>
</tr>
<tr>
<td>11</td>
<td>Bumper</td>
<td>40</td>
<td>Pivot Bracket</td>
</tr>
<tr>
<td>112</td>
<td>Ankle Brace Tube</td>
<td>41</td>
<td>Plastic Washer (M6)</td>
</tr>
<tr>
<td>113R</td>
<td>Right Hand Rail</td>
<td>42</td>
<td>Safety Lock</td>
</tr>
<tr>
<td>113L</td>
<td>Left Hand Rail</td>
<td>43</td>
<td>Lock Nut (M8)</td>
</tr>
<tr>
<td>114</td>
<td>Foam Grip</td>
<td>44</td>
<td>Hex Bolt (M8x35 mm)</td>
</tr>
<tr>
<td>15R</td>
<td>Right Cover</td>
<td>45</td>
<td>Washer (M8)</td>
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<tr>
<td>15L</td>
<td>Left Cover</td>
<td>46</td>
<td>Washer (M8x15 mm)</td>
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<tr>
<td>17</td>
<td>Plastic Clip</td>
<td>47</td>
<td>Hex Bolt (M6x15 mm)</td>
</tr>
<tr>
<td>18</td>
<td>Ankle Brace Lock Pin</td>
<td>48</td>
<td>Square Inner Plug (35 mm)</td>
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<td>19</td>
<td>Height Selector Lock Pin</td>
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<td>Safety Lock Pin</td>
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<tr>
<td>120</td>
<td>Foam Roller</td>
<td>50</td>
<td>Hex Bolt (M6x10 mm)</td>
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<tr>
<td>21</td>
<td>Round Inner Plug (19 mm)</td>
<td>51</td>
<td>Safety Bar</td>
</tr>
<tr>
<td>24B</td>
<td>Back Rest</td>
<td>52</td>
<td>Quick Clip</td>
</tr>
<tr>
<td>25</td>
<td>Hex Bolt (M10x30 mm)</td>
<td>53</td>
<td>Spring</td>
</tr>
<tr>
<td>26</td>
<td>Hex Bolt (M6x50 mm)</td>
<td>54</td>
<td>Square Inner Plug (20 mm)</td>
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<tr>
<td>27</td>
<td>Hex Bolt (M10x25 mm)</td>
<td>55</td>
<td>Round Inner Plug (22 mm)</td>
</tr>
<tr>
<td>28</td>
<td>Hex Bolt (M6x45 mm)</td>
<td>56</td>
<td>Hex Bolt (M8x45 mm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>57</td>
<td>Rectangular Inner Plug (20x50 mm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>58</td>
<td>Plastic Clip</td>
</tr>
</tbody>
</table>
The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.
Assembly Instructions

**Assembly Step 1**

A.) A-Frame Assembly
Open the pre-assembled A-Frame, which is composed of Front Leg Tube (#101), Rear Base (#103) and left and right Cross Support Brackets (#02A-L/R). Make sure that the two Cross Support Brackets (#02A-L/R) are fully extended and firmly locked in place by pressing down on them.

B.) Hand Rail Assembly
Align the top hole located on the Rear Base (#103) with the middle hole located on the Pivot Bracket (#40). Position the Right Hand Rail (#113R) on the outside of the Rear Base (#103) and position one Safety Hook (#37) on the inside of the Pivot Bracket (#40) with the hook facing the front as illustrated. Insert a Hex Bolt (#38) through a Washer (#34) followed by the Safety Hook (#37), Pivot Bracket (#40), Rear Base (#103), Right Hand Rail (#113R), Washer (#34) and secure it with a Lock Nut (#29).
Align the lower hole located on the Rear Base (#103) with the lowest hole located on the Pivot Bracket (#40) and the lower hole located on the Right Hand Rail (#113R). Insert a Hex Bolt (#25) through a Washer (#34) followed by the Pivot Bracket (#40), Rear Base (#103), Right Hand Rail (#113-R), Washer (#34) and secure it with one Lock Nut (#29). Repeat this process on the opposite side.

Please look at the diagrams and make sure you assembled all of the parts as illustrated.

**Hardware Required**

**Bolts**

- #25 Hex Bolt (M10x30 mm) [2 pieces]
- #38 Hex Bolt (M10x35 mm) [2 pieces]

**Washers**

- #34 Washer (M10) [8 pieces]

**Nuts**

- #29 Lock Nut (M10) [4 pieces]
Assembly Step 2

A.) Cover Assembly
Slide the Left Cover (#15L) over the Left Hand Rail (#113L) and on to the A-Frame ensuring that the notched-out flap of the Left Cover (#15L) is facing toward the inside of the A-Frame. Repeat on the opposite side.

B.) Adjustable Pivot Bar Installation
Each Adjustable Pivot Bar (#06) has three holes in it. These three holes are designed to be a fine-tune adjustment that will allow you to shift your center of gravity so that you can easily control the rate of inversion. Insert each of the two Adjustable Pivot Bars (#06) into the slots located on the Backrest Frame (#07B) ensuring that they both line up to the top holes. Proceed with these instructions for now and if you are not satisfied with the amount of control you have during the inversion process, please return to this step and move the Adjustable Pivot Bars (#06) down to the middle hole or to the lowest hole according to your preference.

NOTE: EACH HANDLE BAR SHOULD BE PROPERLY SEATED INSIDE EACH BRACKET. A BRACKET PIN SHOULD ENGAGE THE HOLE OF EACH HANDLE BAR. BOTH HANDLE BARS SHOULD ALWAYS BE SET TO THE SAME POSITIONS.

Screw a Hex Bolt (#47) and a Washer (#33) through the bottom of both Adjustable Pivot Bars (#06) and secure it with a Washer (#33) and a Lock Nut (#30). On each side, insert one Safety Lock Pin (#49) through the top hole of both Adjustable Pivot Bars (#06) then through the bottom hole. These are for an additional safety measure.

C.) Back Cushion Installation
Open the Safety Hooks (#37) that you have previously assembled on the A-Frame. With the help of an assistant, lift the Backrest Frame (#07B) and align the Adjustable Pivot Bars (#06) into the two slots. Make sure both sides are properly seated into each slot. Do not be alarmed if the frame does not fit perfectly in the slot. Have your assistant gently pry apart the handle bars to align it for perfect fit. Test the Backrest Frame (#07B) by rocking it back and forth a few times. After you have ensured that Backrest Frame (#07B) rotates smoothly, lower the Safety Hooks (#37) over the Adjustable Pivot Bars (#06) as far as they will go. Secure the Safety Hooks (#37) in place by screwing Hex Bolt (#50) through the Pivot Bracket (#40) and directly in to the Safety Hooks (#37).

Hardware Required

Bolts

#47 Hex Bolt (M6x15 mm) [2 pieces]
#50 Hex Bolt (M6x10 mm) [2 pieces]

Nuts

#30 Lock Nut (M6) [2 pieces]
#33 Washer (M6) [4 pieces]
#49 Safety Lock Pin [2 pieces]

Others
Assembly Instructions

Assembly Step 3

A.) Adjustable Ankle Brace Assembly
Take the illustrated assembly which is composed of parts (105),(104),(18), and (09) out of the box. Pull up the Ankle Brace Lock Pin (18) as illustrated and, at the same time, pull the Adjustable Ankle Brace (104) out of the Height Adjustment Tube (105) SLOWLY. (You will notice that there is a Spring (09) that pulls downward as you pull the Adjustable Ankle Brace (104) out). After you free the Adjustable Ankle Brace (104) out as shown in drawing A, rotate it 90 degrees counter-clockwise so that the circular round holes face toward the Ankle Brace Lock Pin (18), and the long oval slot faces downward toward the Hex Bolt (50). Insert the Adjustable Ankle Brace (104) back into the Height Adjustment Tube (105) and release the Ankle Brace Lock Pin (18).

B.) Adjustable Ankle Brace Assembly (II)
Next, insert Hex Bolt (50) through the bottom hole shown in drawing A and through the long oval slot and tighten. Please ensure the assembly now looks like drawing B and that the Ankle Brace Lock Pin (18) is fully engaged down into a hole.

NOTE: For your safety, always ensure that the Ankle Brace Lock Pin (18) is fully inserted into the circular round hole setting that holds your feet snugly before inverting.

C.) Ankle Brace Tube Assembly
Slide the Ankle Brace Tube (112) through the corresponding set of holes on the Height Adjustment Tube (105). Then, secure this assembly by using one Hex Bolt (28), two Washers (33) and one Lock Nut (30) as sequenced in diagram C.

Hardware Required

Bolts

- #28 Hex Bolt (M6x45 mm) [1 piece]
- #50 Hex Bolt (M6x10 mm) [1 piece]

Nuts

- #30 Lock Nut (M6) [1 piece]

Washers

- #33 Washer (M6) [2 pieces]

Note: The holes on these parts must line up in order for the Bolt (#28) to go through.
## Assembly Step 4

### A.) Foam Roller Assembly
Slide the two Foam Rollers (#120) onto the Height Adjustment Tube (#105) and another two on the Ankle Brace Tube (#112). Apply soapy water to the tubes if the foam rollers do not slide on easily.

### B.) Adjustable Foot Tube Assembly
Slide the Adjustable Foot Tube (#108) with the "UP" sticker facing up in the Height Adjustment Tube (#105) and secure it with one Hex Bolt (#56), one Washer (#45) and one Lock Nut (#43).

**NOTE:** Any settings should always hold your feet snugly during inversion for your safety.

(ALWAYS WEAR ATHLETIC SHOES BEFORE INVERTING!)

### C.) Height Adjustment Tube Assembly
With the help of an assistant, attach the Height Adjustment Tube (#105) to the Backrest Frame (#07B) by pulling the Height Selector Lock Pin (#19) out and simultaneously sliding the Height Adjustment Tube (#105) in. Release the Height Selector Lock Pin (#19) to any setting for now. The Height Adjustment Tube (#105) is designed to accommodate the height of various users; set it accordingly by pulling the Height Selector Lock Pin (#19) as you slide the Height Adjustment Tube (#105) up or down. Slide the Safety Bar (#51) into either the top set of holes or the bottom set on the Rear Base (#103) and secure it with a Quick Clip (#52).

### D.) Plastic Clip Base Protectors
The 4 Plastic Clips (#17/#58) add stability and safety to the unit. Ensure that four Plastic Clips (#17/#58) are installed on the Front Leg Tube (#101) and Rear Base (#103) before using the unit. If for any reason they are not installed on the unit, follow these simple steps to install them.

First, lift the front end up and you will notice that there is a hole on the bottom. Insert the clip pin on the Plastic Clip (#17) into the hole on the Front Leg Tube (#101) and snap it into place. Repeat this process to snap the Plastic Clip (#58) into the Rear Base (#103) if necessary.

The assembly process is now complete, HOWEVER, please do not use the inversion table until you have completed reading the manual to learn about the safety features and operation procedures.

### Hardware Required

<table>
<thead>
<tr>
<th>Bolts</th>
<th>Nut</th>
</tr>
</thead>
<tbody>
<tr>
<td>#56 Hex Bolt (M8x45 mm) [1 piece]</td>
<td>#43 Lock Nut (M8) [1 piece]</td>
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<table>
<thead>
<tr>
<th>Washer</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>#45 Washer (M8) [1 piece]</td>
<td>#52. Quick Clip [1 Piece]</td>
</tr>
</tbody>
</table>
Safety Instructions

General Safety

WARNING: 250 lb. WEIGHT CAPACITY
DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN’S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS (This list is for reference only and is not an exhaustive listing): Pregnancy, Hiatal Hernia, Ventral Hernia, Glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; Heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medullary pins and/or surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections; Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

IMPORTANT:
ALWAYS ENSURE SAFETY HOOKS ARE LOCKED IN PLACE BEFORE USE.

Always secure your ankles by Adjusting top rollers (using pull pin) as close to bottom rollers as possible at a comfortable but snug position.

**BE SURE PULL PIN LOCKS INTO PLACE IN ORDER TO SECURE ANKLES!**

Safety Lock

The Safety Lock is pre-installed on your inversion unit. It consists of the Safety Lock (#142), Spring (#53), Washer (#33), and Lock Nut (#30).

To LOCK Your Unit:
1. PUSH the Lock Nut (#30) end inward as shown in drawing B.
2. PULL the Safety Lock (#142) outward at the same time.
3. TWIST the Safety Lock (#142) and place it over and on the Height Adjustment Tube (#105) as show in drawing A.
4. Your unit is now ‘locked’. ALWAYS KEEP THE SAFETY LOCK IN THE LOCKED POSITION WHEN NOT INVERTING AND/OR WHEN THE UNIT IS NOT IN USE FOR THE SAFETY OF YOU AND THOSE AROUND YOU.

To UN-LOCK Your Unit:
1. PUSH the Lock Nut (#30) end inward as shown in drawing B.
2. PULL the Safety Lock (#142) outward at the same time.
3. TWIST the Safety Lock (#142) off of the Height Adjustment Tube (#105). There is no need to remove the Safety Lock (#142).
4. Your unit is now unlocked. PLEASE REMEMBER TO LOCK THE UNIT WHEN NOT INVERTING AND/OR WHEN THE UNIT IS NOT IN USE FOR THE SAFETY OF YOU AND THOSE AROUND YOU.
Strap Adjustment

ALWAYS ENSURE BOTH ENDS OF THE SAFETY STRAP ARE SECURELY CLIPPED TO THE UNIT PRIOR TO USE.

The buckle of the Safety Strap should be positioned about halfway down the Safety Strap with the concave side facing up. The two ends of the buckle should show; the middle slot should be covered up by the Safety Strap. Feed the free end of the Safety Strap through the buckle under one end, over the middle and under the other end. The buckle should be fastened to allow length adjustment on the Safety Strap loop. The shorter the strap, the less the angle of inversion; The longer the strap, the greater the inversion angle.

To Shorten the Strap: Feed the upper strap through the buckle and pull the loose lower strap.
To Lengthen the Strap: Feed and pull the upper strap through the buckle.

To prevent serious injury, death, and/or unexpected inversion incline, always rock the backpad back to gauge the maximum inversion permitted by the strap before using the unit.

First time users should adjust the tether strap by shortening it for minimal inversion.

THE FIRST TIME THAT YOU USE THIS INVERSION TABLE, HAVE SOMEONE WITH YOU TO WATCH YOU. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE YOU WITH COMFORT AND ENSURE YOU HAVE THE CORRECT INITIAL SETTINGS.

Before starting, ensure that the Inversion Table is at the correct settings to match your height and weight. As each individuals’ body type is different, you will need to find the correct settings for you personally.

ENSURE THAT ALL PULL PINS ARE TIGHT AND ENTIRELY IN THE HOLES.

ALWAYS MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.

AVOID INVERTING AFTER MEALS.
1. Before You Begin

- Always ensure the two **Cross Support Brackets** of the A-frame are pushed down and locked horizontally in place.
- Always ensure that the **Safety Hooks** on both sides are latched over and securely holding the Adjustable Pivot Bars.
- Always check that all **nuts and bolts** are tightened and have not come loose and are in good condition (i.e. not cracked, not rusty, etc.)

2. Select An Inversion Mode with Safety Bar

   a. Decide what mode of inversion you would like:
      - **Easy** (less than 22°)
      - **Medium** (22-55°)
      - **Expert** (over 55°)
   b. Once you decide, pull out the **Safety Bar** from the front locked position.
      Then, place the **Safety Bar** in 1 of the 3 places below:
      - **Easy** (less than 22°): upper set of holes on Rear Frame
      - **Medium** (22-55°): lower set of holes on Rear Frame
      - **Expert** (over 55°): set it aside where it will not interfere or become a safety hazard throughout the mounting, inversion, and dismounting process, but, where you can easily retrieve it directly after you complete your inversion workout. We suggest placing it up against the inner side of the Rear Frame and the ground.

3. Setting Up with the Safety Strap

   a. **Unlock the Safety Lock** from the Adjustable Height Bar.
      Without mounting, first test the Back Rest inversion angle by tilting it back to check where it will stop and make any necessary length adjustments to the Safety Strap.
      If you are using the **Safety Bar** for **Easy** or **Medium** inversion, please leave at least a 1" distance between the **Safety Bar** and the backpad for your safety (i.e. when fully inverted, the Back Rest should not touch the **Safety Bar**).
      Please refer to the “Strap Adjustment” section of the Safety Instructions for instructions and more details on how to adjust the Safety Strap.
      **NOTE:** The **Safety Strap** gives you the most control over your inversion safety and angling. The **Safety Bar** feature is designed as a secondary security measure to prevent over-inversion. We do not suggest the **Back Rest** reach the Safety Bar during inversion.
4. Make Adjustments & Prepare to Mount

b. Now, place the Safety Lock back into the locked position across the Height Adjustment Tube. To prevent serious injury or even death, please do not skip this step. The Safety Lock is a key safety feature and should be placed in the locked position any time the user is not in the inverting condition, even if just resting in the upright position.

c. Adjust the Height Adjustment Tube to the most suitable setting for you. Because of different body sizes, you may find that the most suitable setting may not match your actual height.

d. Pull up the Ankle Brace Lock Pin to release the Adjustable Ankle Brace and pull the Adjustable Ankle Brace to a wider setting so that you have enough space to mount your feet.

5. Mounting Safely

a. With one foot firmly planted on the ground, step or slide your other foot onto the Adjustable Foot Tube. When you have enough stability, then proceed to mount your grounded foot. Pull up the Ankle Brace Lock Pin again, this time adjusting it so that the foam rollers are snug and secure around your ankles. Please ensure the Ankle Brace Lock Pin is fully inserted and securely in place.

Now, remove the Safety Lock to the unlocked position. You may find that you need to bend forward slightly to do so. If you have any back problems or do not feel comfortable doing this, have an assistant unlock the Safety Lock for you. We advise having an assistant to “spot” you during your first few inversion sessions so you can familiarize yourself with the exercise and machine.

Please remember to read all Safety Instructions and information in this manual prior to inversion.
6. Workout

a. After you have set up and mounted the inversion table as described in steps 3. and 4. above:

   i. Slowly lift one arm. You will feel gravity work as it starts to tilt you back.

   ii. Continue inverting by slowly raising the other arm.

   iii. Relax and enjoy the inversion.

   iv. Reverse out of inversion and return to an upright position by slowly lifting one arm back to your side.

   v. Then slowly lift the other arm back.

   * Please use the Safety Rail handlebars if you need to at any time to assist you when you go to invert or return from inversion.
7. Dismounting

a. Before stepping off the unit, lock the Safety Lock back to locked position over the Height Adjustment Tube. Again, please have an assistant help you, if necessary.

b. Pull the Ankle Brace Lock Pin up to release the foam rollers from around your ankles. Using the Safety Rail handlebars or the frame to ensure your balance and stability, place one foot onto the ground. Then, once you have balance on your first foot, step your second foot down onto the ground. Retrieve the Safety Bar (which was removed from Step 2.) and insert it through the set of holes at the front of the unit, returning it into the locked position.

FOR THE SAFETY OF YOU AND THOSE AROUND YOU:
Always lock the Safety Bar here through front set of holes (over the Height Adjustment Tube) to prevent serious injury & unsupervised usage of the unit.
Thanks for choosing

Model Number IT8020

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

Body Flex Sports Inc.
21717 Ferrero Parkway
Walnut, CA 91789

Phone: (888) 266-6789
Fax: (909) 598-6707
Email: info@bodyflexsports.com