



# Deluxe Inversion Table

SF-1118



Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

Photo may differ from actual product

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# WARNING

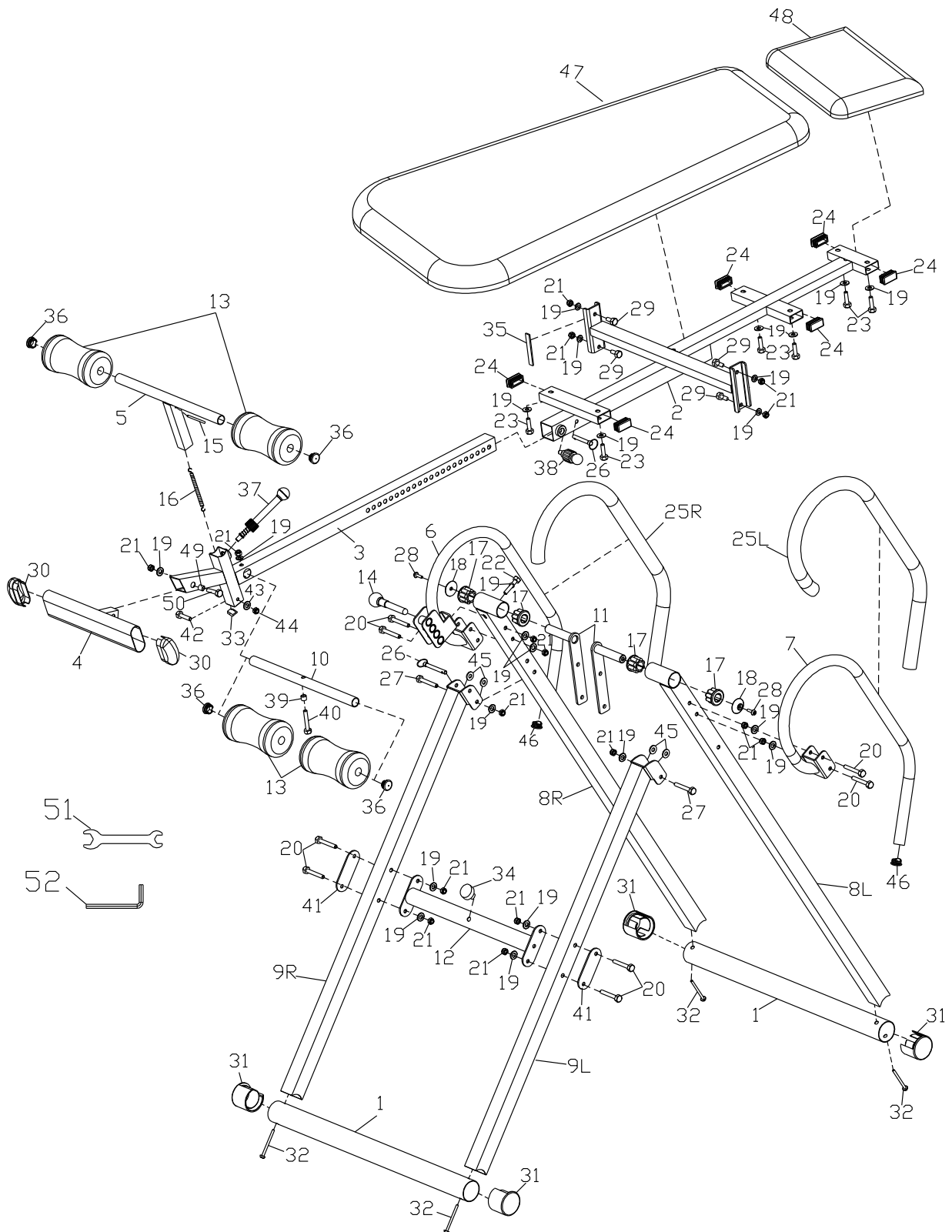
- **Do not use this inversion table without approval from your physician.**
- **Read all instructions carefully before using.**
- **Leave adequate space to properly invert. Tighten all bolts before using equipment.**
- **Do not let children use the inversion table unsupervised.**
- **For your safety, we suggest someone stand by your side while you use this table.**
- **This equipment is designed for indoor and Home use only, not intended for commercial use.**
- **For Customer Service, please contact: [support@sunnyhealthfitness.com](mailto:support@sunnyhealthfitness.com).**

# PARTS LIST

## Parts Listing: SF-1118 Inversion Table

Part#	Description	QTY	Check
1	Bottom Tube	2	
2	Backrest Support Tube	1	
3	Body Height Adjustment Tube	1	
4	Foot Rest Plate	1	
5	Adjustable Leg Hold Tube	1	
6	Handlebar-RIGHT	1	
7	Handlebar-LEFT	1	
8L	Base-frame-REAR-LEFT	1	
8R	Base-frame-REAR-RIGHT	1	
9L	Base-frame-FRONT-LEFT	1	
9R	Base-frame-FRONT-RIGHT	1	
10	Leg Tube-REAR	1	
11	Connecting Bracket	2	
12	Cross Bar	1	
13	Foam leg Rollers	4	
14	Incline Adjustment Bolt $\phi 13.8 \times 88 \text{mm}$	1	
15	Round Spring Insert	1	
16	Spring	1	
17	Plastic Spacer	4	
18	Plastic Round End-cap	2	
19	Flat Washer $\phi 16 \times \phi 8.5 \times 1.5$	23	
20	Bolt-M8 $\times 55 \text{mm}$	8	
21	Lock Nut M8	16	
22	Bolt-M8 $\times 50 \text{mm}$	1	
23	Bolt-M8 $\times 30 \text{mm}$	6	
24	Square End Cap	6	
25L	Handlebar Grip-LEFT	1	
25R	Handlebar Grip-RIGHT	1	
26	Ball Pin- $\phi 8 \times 72.5 \text{mm}$	2	
27	Bolt-M8 $\times 60 \text{mm}$	2	
28	Hexagonal Bolt-M8 $\times 20 \text{mm}$	2	
29	Bolt-M8 $\times 20 \text{mm}$	4	
30	Oval End Caps-Foot Rest	2	
31	Base Frame End Caps	4	
32	Hexagonal Bolt-M8 $\times 65 \text{mm}$	4	
33	Square End Cap-for Part3	1	
34	Stopper	1	
35	EVA Space Pad	1	
36	Round End Caps	4	
37	Leg Tube Adjustment Knob	1	
38	Height Adjustment Knob	1	
39	Metal Bushing for Rear Leg Tube	1	
40	Bolt-M8 $\times 45 \text{mm}$	1	
41	Metal Support Plate 100X38X2.5mm	2	
42	Bolt-M6 $\times 40 \text{mm}$	1	
43	Washer- $\phi 18 \times \phi 6.5 \times 1.5$	1	
44	Nut M6	1	
45	Plastic Washer- $\phi 20 \times \phi 9.5 \times 2.5$	4	
46	Round End Cap-for handlebars	2	
47	Backrest Pad	1	
48	Head Pad	1	
49	Metal Bushing-5.5mm	1	
50	Bolt-M8 $\times 40 \text{mm}$	1	
51	Wrench-#13/#17	1	
52	Hex Wrench	1	

# EXPLODED VIEW



# STEP 1 - Base Frame

Unpack Base frame from Carton.

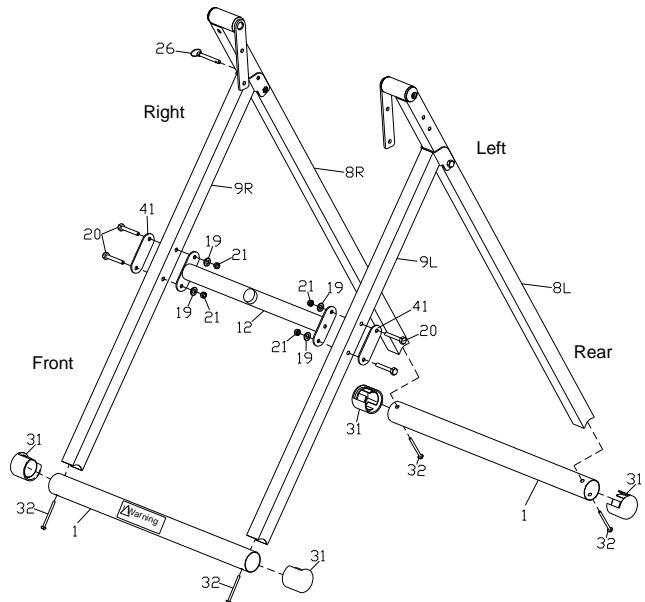
Attach the Front Bottom Tube (1) to the Front Baseframe (9) using 2-Bolts (32). Then insert end cap (31) onto the Tube (1).

Note: While doing this step please face the open side of the end cap (31) upward.

Repeat for the rear bottom tube as shown.

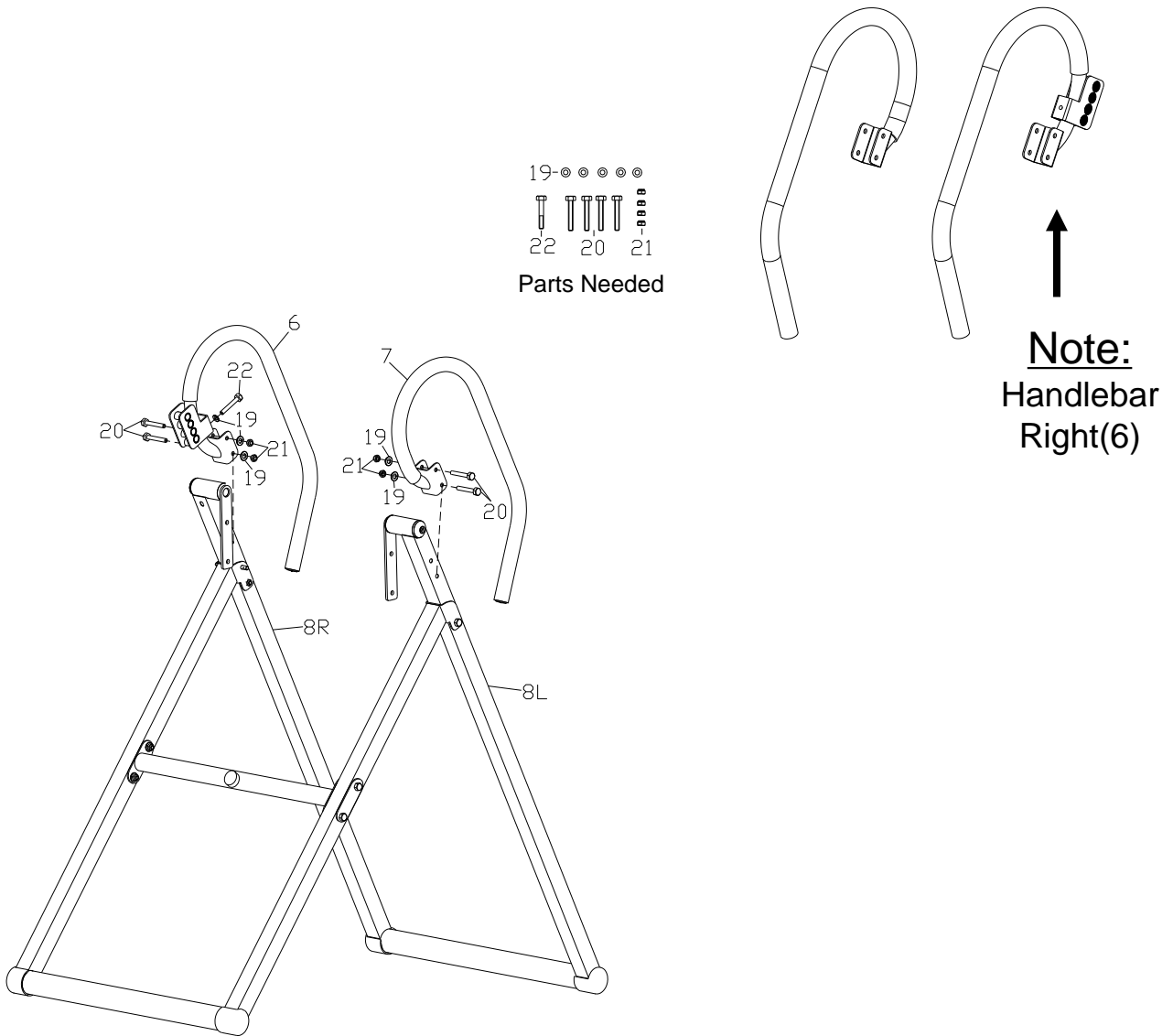
Attach the Cross Bar (12) to the Front Base Frame (9) using 4 Bolts (20) and 2 Metal Support Plate (41), 4 Flat Washers (19) and 4-Nuts (21).

Unfold Base Frame- Front ( 9) from Base Frame-Rear (8), Insert Ball Pin (26) through right side hole between the 2 frames.



**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

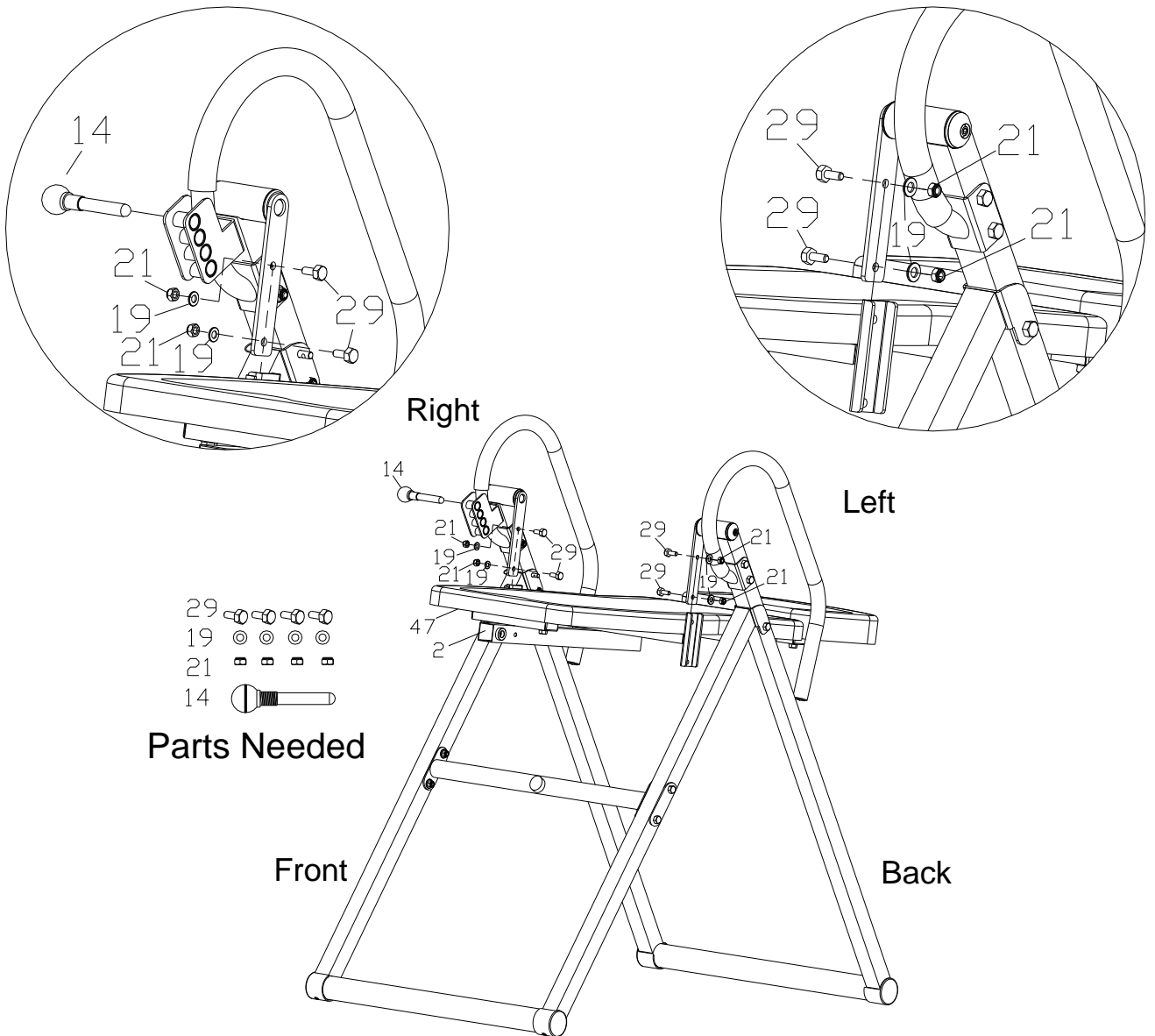
## STEP 2 - Handlebar Assembly



Attach the Handlebars (6) and (7) to the Base Frame Rear (8L and 8R) using 4 Bolts (20), 4 Flat Washers (19), and 4 Nuts (21). Use Bolt (22) and Flat Washer (19) to fix the Right Handlebar (6) to the Base frame Rear (8R) .

**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

## STEP 3 - Backrest Assembly to Base Frame



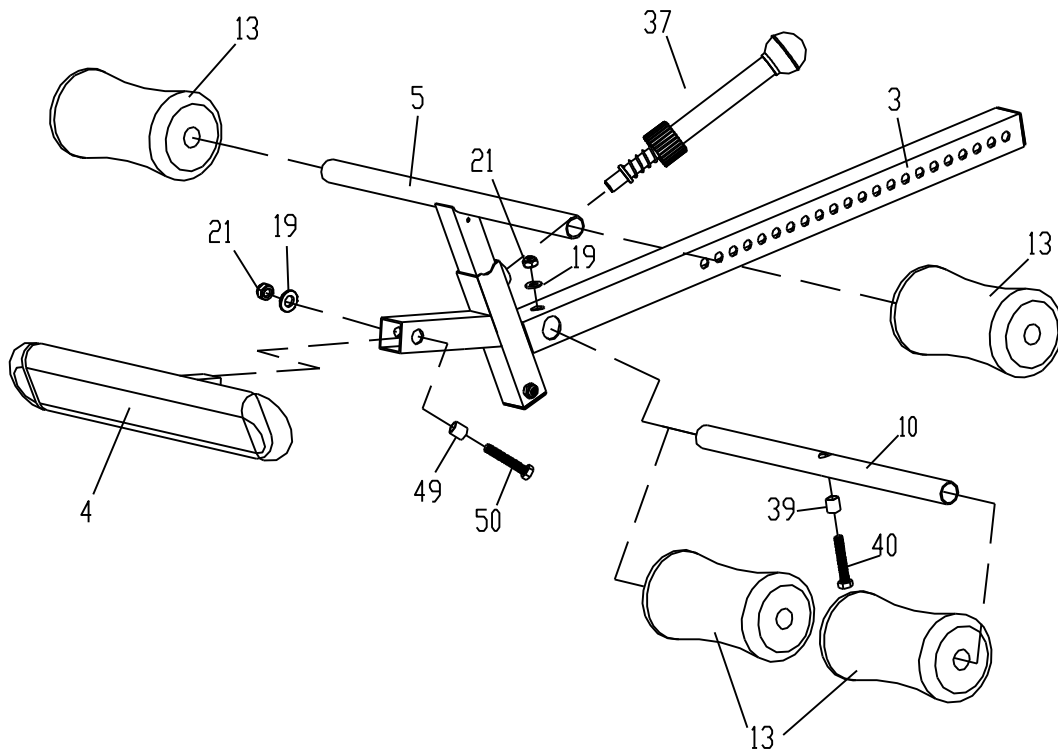
Attach the completed Backrest Pad and Head Pad Assembly to the Base Frame Unit using 4 Bolts (29), 4 Flat Washers (19) and 4 Lock Nuts (21).

Install Incline Adjustment Bolt (14) into Incline Position 20 Hole and Tighten.

**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

## STEP 4 - Body Height Adjustment Tube and Rollers

Install Foot Rest Plate (4) into Adjustment Tube (3) using Hexagonal Bolt (50), Metal Bushing (49) Flat Washer (19) and Lock Nut (21).



Pull out Adjustable Leg Hold Tube (5) and turn 90 degrees to make sure the holes are on top, then position horizontally as shown. (Part (5) has spring pre-assembled inside Tube which should not be removed.)

Install Leg Tube (10) through hole in Adjustment Tube (3) using Hexagonal Bolt (40), Metal Bushing (39), Flat Washer (19) and Lock Nut (21).

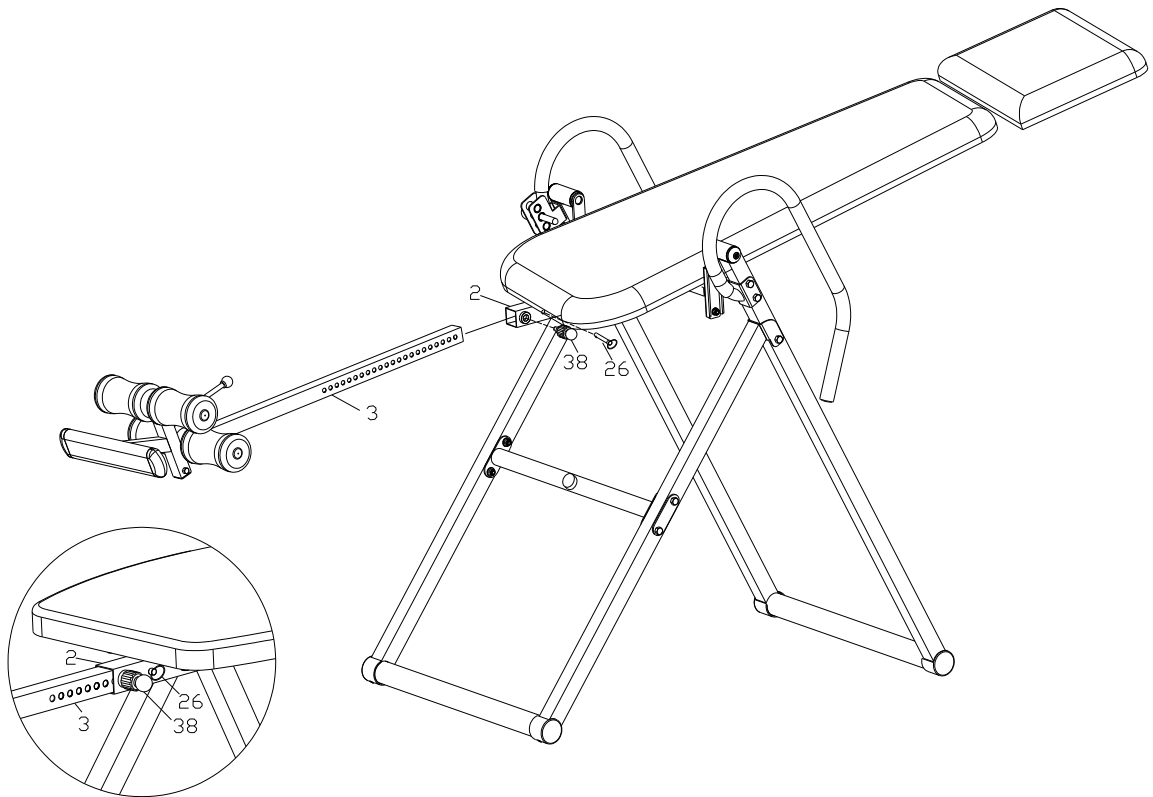
Insert Leg Tube Adjustment Knob (37) into threaded hole in Adjustment Tube (3) and screw it tightly after aligning the holes of part (5) with part (3).

Slide Foam Leg Rollers (13) over Leg Tube-Rear (10) and Leg Hold Tube (5).

**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**



## STEP 5 - Final Assembly



Slide Height Adjustment Tube (3) into Backrest Support Tube (2) and lock into place using Height Adjustment Knob (38), then fully insert the ball pin (26) .

**Note:** This product is designed to adjust from 5'1" to 6'6" with a Maximum User Weight of 300 LBS.

## Final Assembly

**Make Sure All Nuts, Bolts  
and Screws are Completely  
Tightened Before Use.**



# USAGE GUIDELINES



## **INVERSION SELECTOR PIN**

Familiarize yourself with the Inversion Selector Pin located on the Right Side of the Inversion Table. The positioning of the pin will determine the degree of Inversion that you are comfortable with.

### **The 4 selections are:**

- 20- Slight Inversion
- 40- Moderate Inversion
- 60- Enhanced Inversion
- 80- Highest Inversion

NOTE: IT IS RECOMMENDED THAT SOMEONE BE WITH YOU DURING INVERSION. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “ SPOT ” YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.



## **Body Height and Weight Adjustment:**

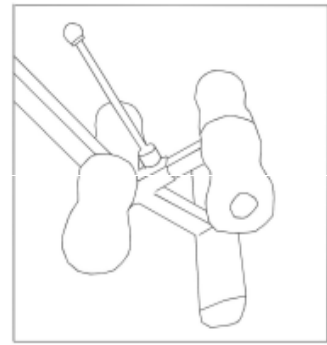
Before Starting, ensure that the Inversion Table is at the correct settings to match your height and weight. As each individual's body type is different, you will need to find the correct settings for your specific body type. For example, according to your body type you can reduce or increase one inch in the height scale to find the best settings.

# USAGE GUIDELINES - Securing Feet and Ankles

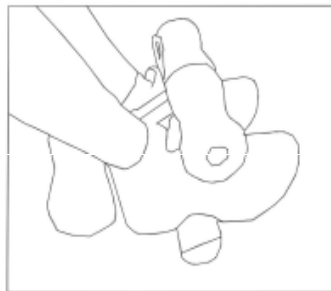
**WARNING:** ALWAYS WEAR ATHLETIC SHOES WITH LACES TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE ANKLE LOCK IS SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE LONG KNOB IS FULLY TIGHTENED BEFORE YOU USE THE INVERSION SYSTEM.

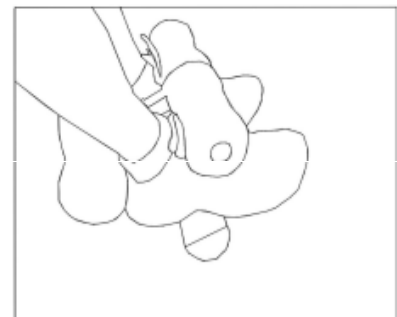
Step 1- Expand the front rollers by pulling up on the Leg Tube Adjustment Knob (37)



Step 2- Slide Feet under Foam Rollers



Step 3- Contract the front rollers snugly over feet by releasing the Leg Tube Adjustment Knob and making sure it "Locks" into place



# USAGE GUIDELINES



## Finding the Proper Height and Weight Adjustment

With head flat on back pad, slowly raise one arm up toward the ceiling. If the bed starts to invert backward, the height adjustment should be correct.

If the bed does not start to invert, adjust the Body Height Adjustment Tube (3) upward one hole at a time, until the bed starts to invert backward. Remember to use very slow arm movements.



By raising both hands over your head, the Inversion Table should now invert to a greater degree, provided that you are comfortable with the side adjustment knob being set to 20 or higher.

Note: It is recommended that beginners use the setting marked 20 for Partial Inversion.



With proper supervision, and provided you are comfortable with the side adjustment knob being set to 40 , 60 or 80, the Inversion Table will now allow for a more complete Inversion position.

**CAUTION: BY LOWERING THE HANDS BACK TO THE STARTING POSITION, THE INVERSION TABLE SHOULD REVERT BACK TO THE UPRIGHT POSITION. IF IT DOES NOT, USE THE BUILT IN SIDE HANDLEBARS TO PULL YOURSELF BACK UP AND RE-ADJUST THE CENTER SLIDER TO ACCOMMODATE YOUR BODY WEIGHT AND TYPE.**

# PRECAUTIONS

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using the Inversion Table. Sunny Distributor assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion Table.

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN ' S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS

(This list is meant as a reference only; it 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, Medulary pins and 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.

ENSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

SECURE YOUR ANKLES AND LOCK PULL PIN IN PLACE.

THIS EQUIPMENT IS DESIGNED FOR INDOOR AND HOME USE ONLY, NOT INTENDED FOR COMMERCIAL USE.

**WARNING: 300 LB WEIGHT CAPACITY**