



Deluxe Inversion Table

SF-1201




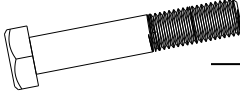


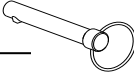



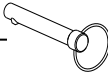

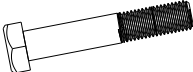
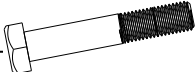
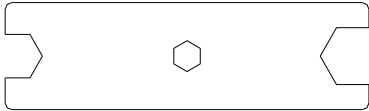
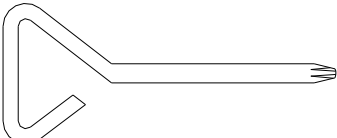
Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

Photo may differ from actual product

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**

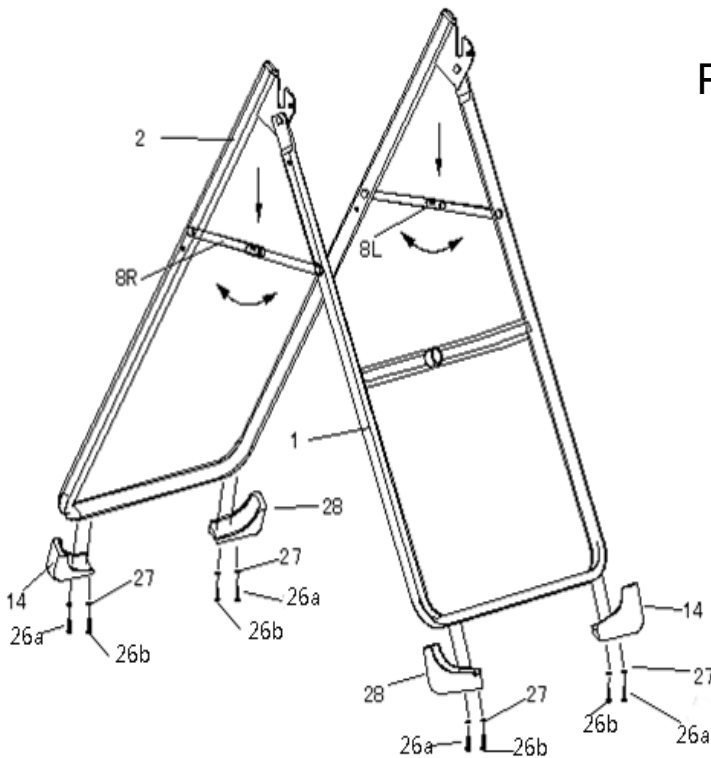
Hardware Bag Packing List

Part#	Description		Quantity
10	Hex Head Bolt M8*25		6
11	Hex Head Bolt M8*45		1
13	Washer M8		22
15	Lock Nut M8		10
24	Ball Pin- $\phi 8 \times 72.5$		1
26a	Screw 6*25		4
26b	Screw 6*20		4
27	Washer M6		12
33	Ball Pin- $\phi 8 \times 53$		1
38	Hex Head Bolt M8*21		4
40	Hex Head Bolt M8*40		1
43	Hex Head Bolt M8*38		2
Tools			4
			

Parts List

Part #	Description	Quantity
1	Front U-Frame	1
2	Rear U-Frame	1
3	Adjustment Boom	1
4	Bed Frame	1
5	Pivot Arm	2
6	Adjustable Instep Frame	1
7	Foam Leg Roller	4
8L	Left Folding Arm	1
8R	Right Folding Arm	1
9	Leg Tube	1
10	Hex Head Bolt 8*25mm	6
11	Hex Head Bolt 8*45mm	1
12	Hex Head Bolt 6*40	1
13	Washer M8	22
14	Left Foot Cap	2
15	Lock Nut M8	10
16	Lock Nut M6	5
17	Leg Tube Adjustment Knob	1
18	Height Adjustment Knob	1
19	Incline Adjustment Bolt	1
20	Rubber Pad/Stopper	1
21	Oval End Cap	2
22	Foot bar End Cap	2
23	Spring	1
24	Ball Pin $\phi 8 \times 72.5$	1
25	Round End Cap	4
26a	Screw 6*25	4
26b	Screw 6*20	4
27	Washer M6	12
28	Right Foot Cap	2
29L	Left Handlebar	1
29R	Right Handlebar	1
30	Pad	1
31	Eva Stopper	1
32	Metal block sleeve	1
33	Ball Pin- $\phi 8 \times 53$	1
34a	Metal Bushing	1
34b	Metal Bushing	1
35	Nylon Bed	1
36L	Left Handlebar Foam Grip	1
36R	Right Handlebar Foam Grip	1
37L	Left Protective Cover	1
37R	Right Protective Cover	1
38	Hex Head Bolt 8*21	4
39	Foot Bar	1
40	Hex Head Bolt 8*40	1
41	Square End Cap	1
42	Spring Latch	1
43	Hex Head Bolt 8*38	2
44	Hex Head Bolt 8*20	1
45	Cross Head Bolt M6X30	4

Base Frame Assembly

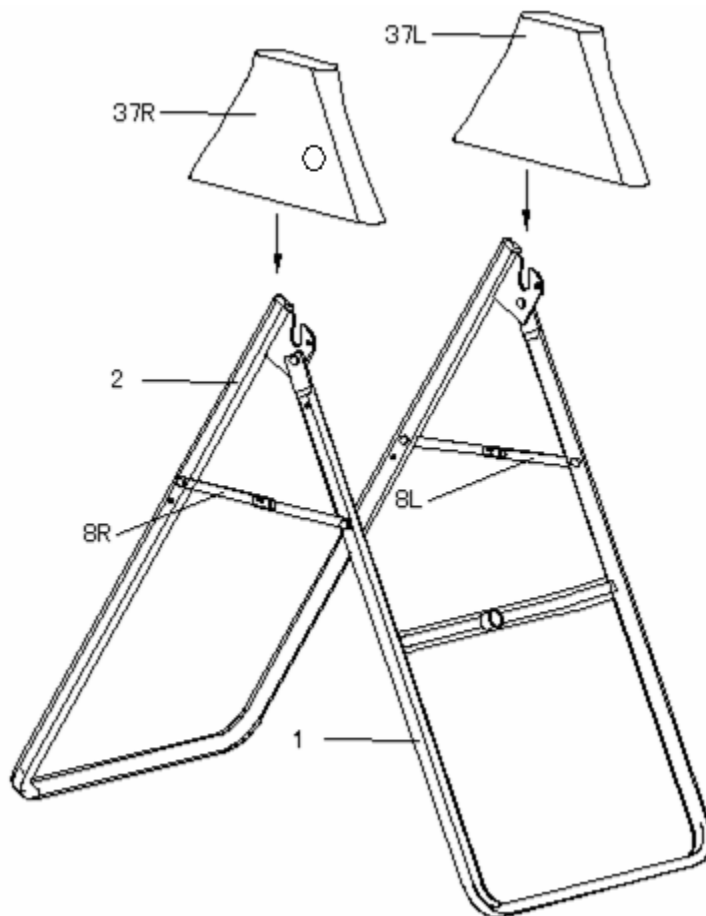


Part #	Description	QTY
27	Washer M6	8
28	Right Foot Cap	2
14	Left Foot Cap	2
26a	Screw M6*25	4
26b	Screw M6*20	4

STEP 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 other as possible. Then push down on the middle of the 2 Folding Arms (8L&R) until they are fully locked down. Attach the Left & Right Foot Caps (14&28) to the Front & Rear U-Frame (1&2) each with 1 Screw (26a) and 1 Screw (26b) and 2 Washers (27). **Note:** Ensure that ALL screws and washers are in place and partially threaded in before completely tightening any ONE screw.

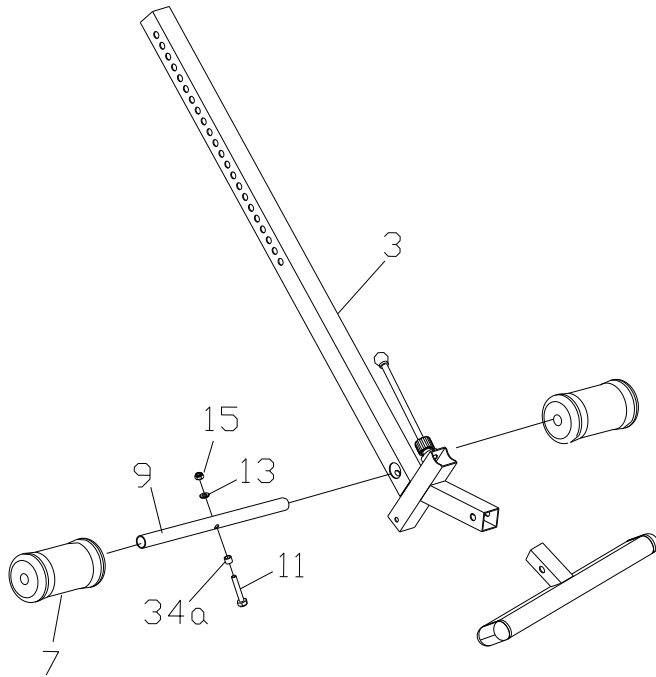
Handlebar Protective Cover Assembly



STEP 2

Slide one Protective Cover (37L&R) on to each side of the base, as shown, and pull down on the Cover until the bottom of the Covers are slightly lower than the Folding Arms (8L&R). Note: There is a hole in Right Protective Cover (37R), match this hole with the hole in the Front U-Frame. Use the Velcro straps on the bottom of the covers to secure the Cover to the Folding Arms. When the covers are assembled correctly, the folding arms should be fully covered by the protective cover.

Body Height Adjustment Boom and Rollers

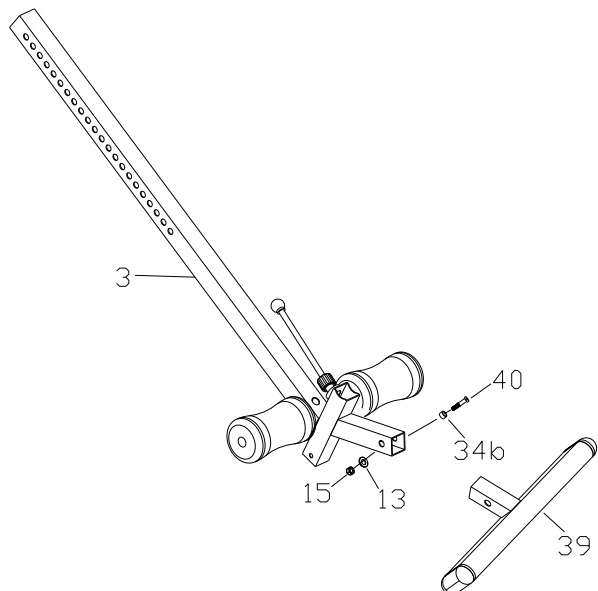


STEP 5

Install Leg Tube (9) through the hole in Adjustment Boom (3) using Inner Hexagonal Bolt (11), Metal Bushing (34a), Washer (13) and Lock Nut (15). Slide Foam Leg Rollers (7) over Leg Tube (9).

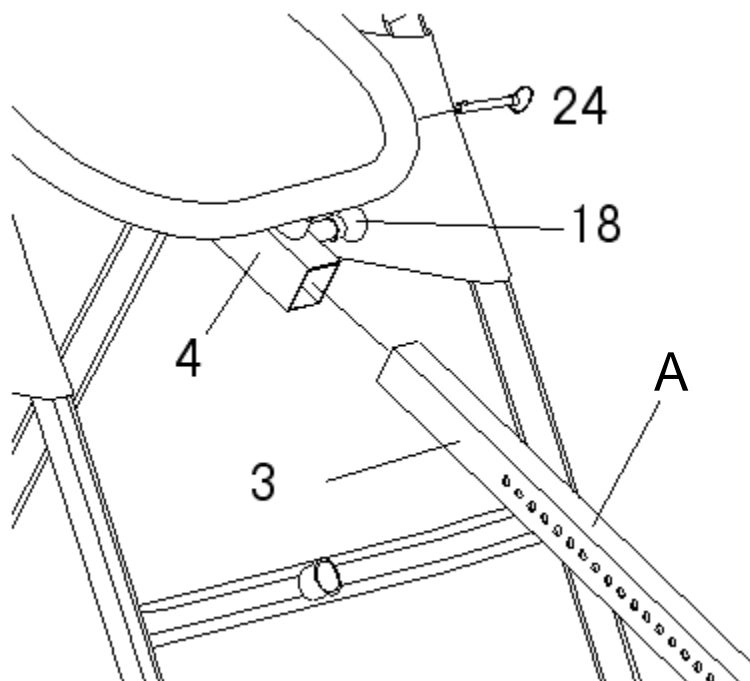
STEP 6

Slide the Foot Bar (39) into the bottom of the Adjustment Boom (3) and attach it with Hexagonal Bolt (40), Metal Bushing (34b), Flat Washer (13) and Lock Nut (15).



NOTE: TIGHTEN ALL BOLTS AT THIS TIME

Body Height Adjustment Tube and Rollers

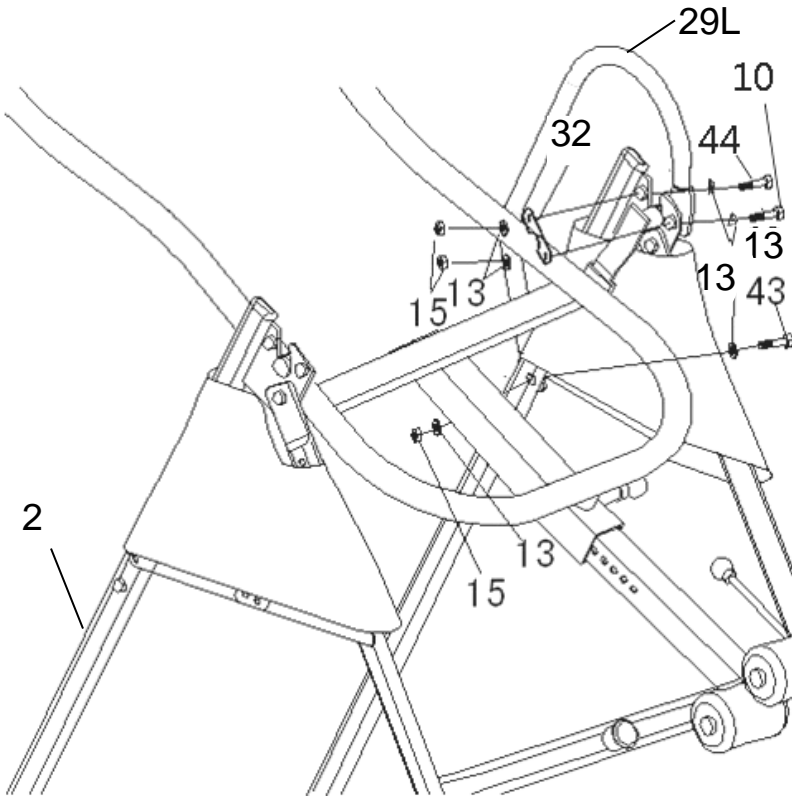


STEP 8

Slide the Adjustment 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 (A) is just below the bracket on the bed frame. Adjust the height by unscrewing the Height Adjustment Knob (18) a little and sliding the boom up or down slightly until the Height Adjustment Knob (18) “pops” down into the locked position and then tighten it. For added safety, insert the Ball Pin (24) into the side hole of the bracket on the bed frame, as shown.

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

Handle Bar Assembly



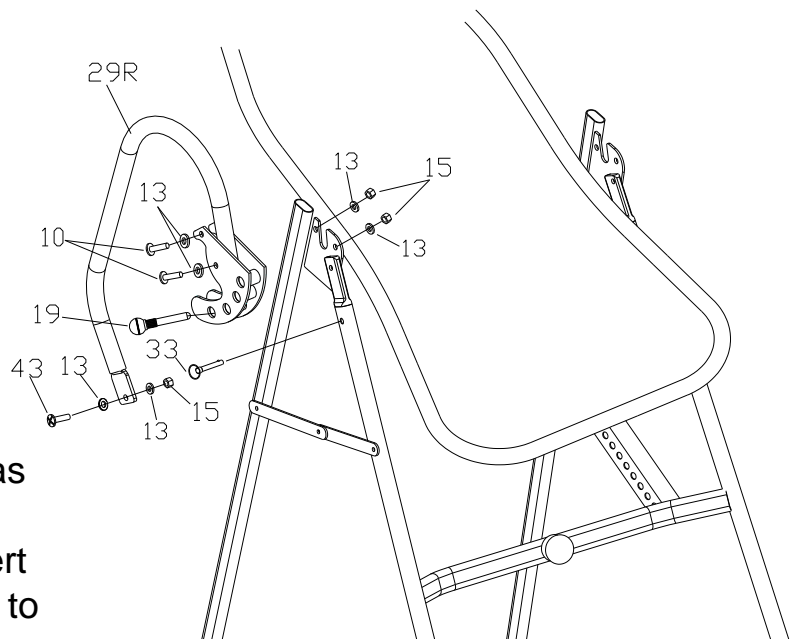
STEP 9

Attach the Left Handle Bar (29L) and Metal Block Sleeve (32) onto the Rear U-Frame (2) by using 1 Hex Head Bolt (10) and 1 Hex Head Bolt (43), 4 Washers (13) and 2 Nylon Nuts (15) as shown on diagram. (Hex Head Bolt (44) has been pre-assembled onto the Metal Block Sleeve (32) in Step 4. Make sure it is fully tightened.)

STEP 10

Then attach the Right Handle Bar (29R) onto the Rear U-Frame by using 2 Hex Head Bolts (10) and 1 Hex Head Bolt (43), 6 Washers (13) and 3 Nylon Nuts (15) as shown on diagram. Then insert the Ball Pin (33).

Note: The Right Handle Bar has holes for setting the degree of inversion you want. Please insert the Incline Adjustment Bolt (19) to select your desired degree of inversion. See page 15 for details.

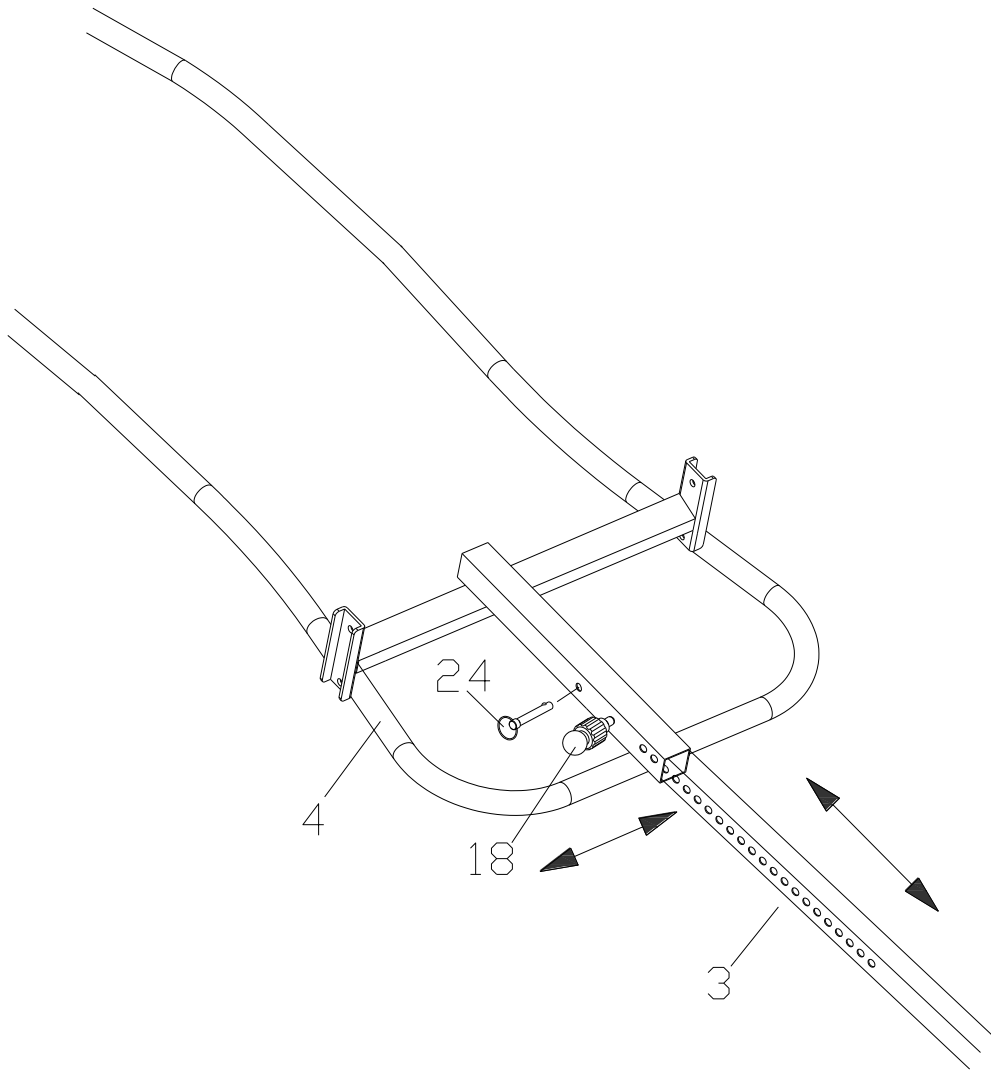


Final Assembly

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



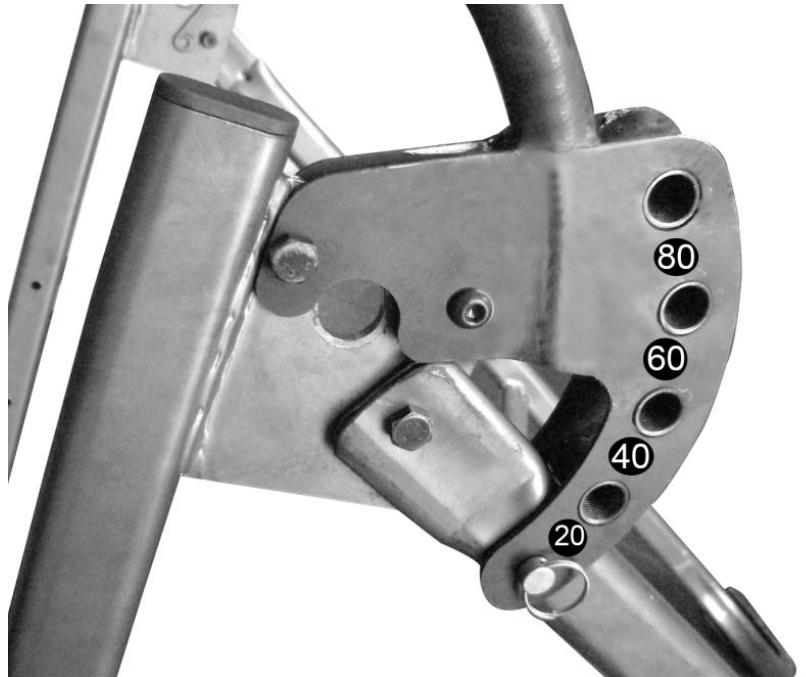
Operation and Adjustments



The Adjustment Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the machine. To adjust the Boom, first remove the ball Pin (24), then pull out the Height Adjustment Knob (18). When the boom is in the desired position, simply release the Height Adjustment Knob (18), slide the boom slightly up or down until the Height Adjustment Knob “pops” into place, and tighten it. Then insert Ball Pin (24).

Usage Guidelines

NOTE:
Right
Handle
bar



INVERSION SELECTOR PIN

Familiarize yourself with the Incline Adjustment Bolt (19) 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

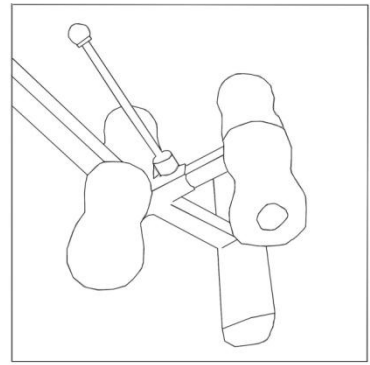
NOTE: IT IS RECOMMENDED THAT SOMEONE BE WITH YOU DURING INVERSION. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.

Usage Guidelines-Securing Feet and Ankles

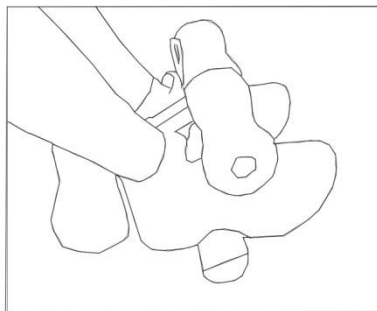
WARNING: ALWAYS WEAR ATHLETIC SHOES WITH LACES TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING.

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

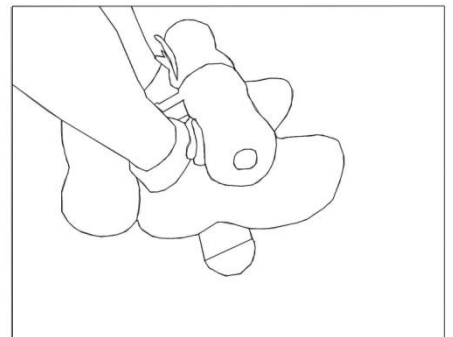
Step 1- Expand the front rollers by pulling up on the Leg Tube Adjustment Knob (17)



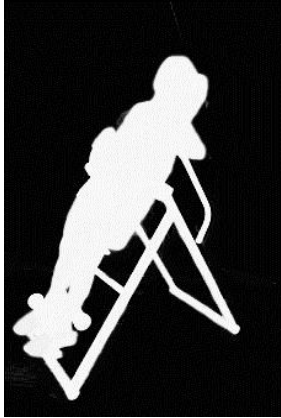
Step 2- Slide Feet under Foam Rollers



Step 3- Contract the front rollers snugly over feet by releasing the leg tube Adjustment Knob (17) and making sure it “locks” into place. Then, make sure to screw the Knob (17) tightly.



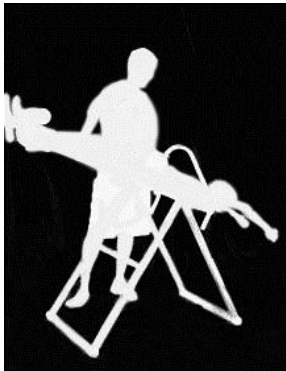
Usage Guidelines



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 Adjustment Boom (3) upward one position 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.

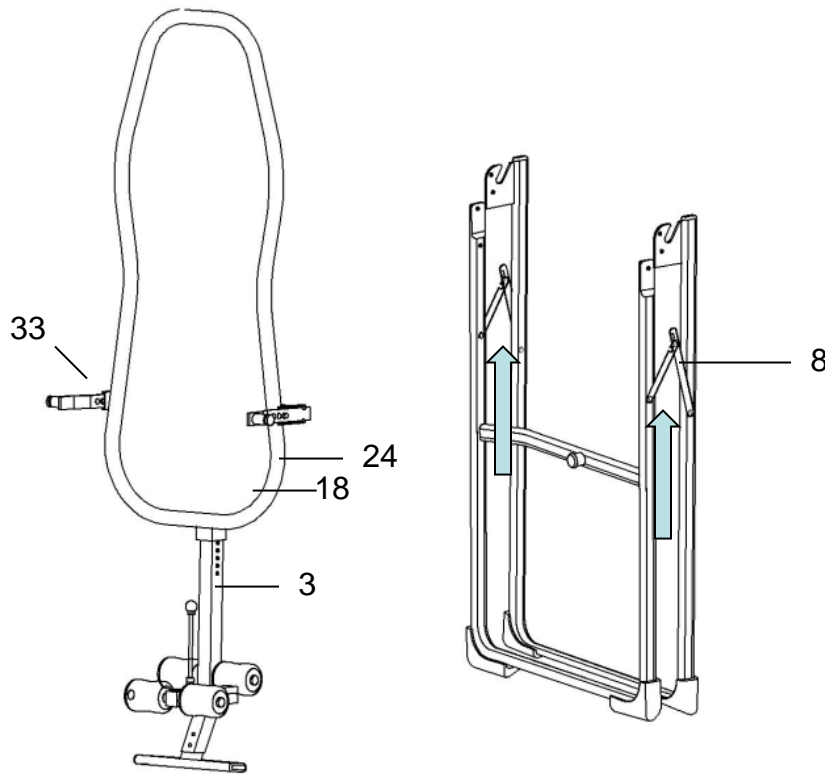
Note: It is recommended that beginners use the setting marked 20 for Partial Inversion.



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.

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 storage area. To fold the inversion table pull out the Ball Pin (24) and Height Adjustment Knob (18). Now slide the Boom (3) all the way up into the frame, until the Instep Frame (6) is just below the bed frame, release the Height Adjustment Knob and slide the Boom slightly up or down until the Height Adjustment Knob (18) pops the Boom (3) into place. Now pull out the Ball Pin (33) and push up on the center of the Folding Arms (8) and push the Front and Rear U-Frames together until they meet. Now the machine is ready to be stored, and you can still unfold it quickly and easily whenever you want to use it.

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, Medullar 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.

WARNING: 300 LB WEIGHT CAPACITY