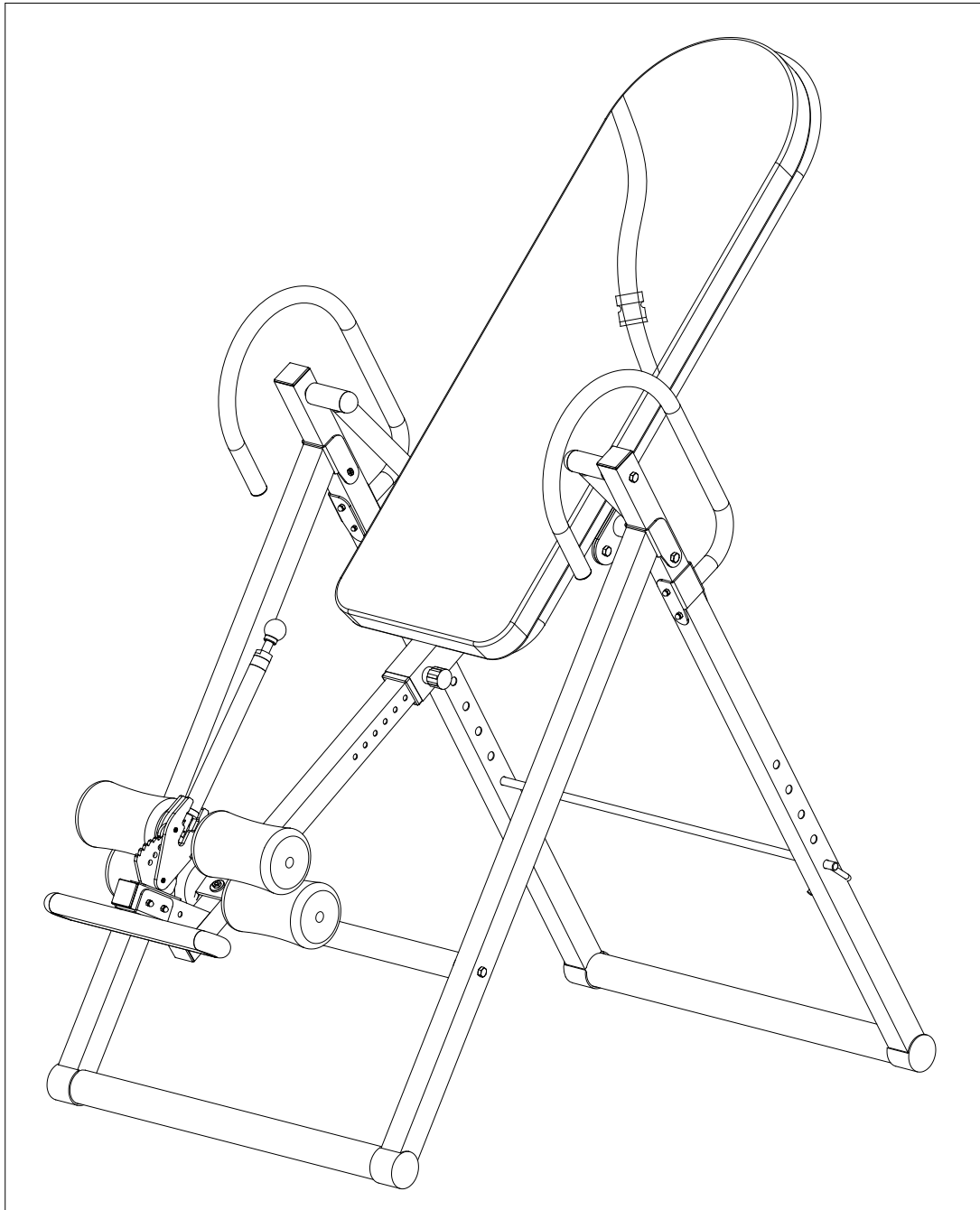




INVERSION TABLE OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades
Read all instructions carefully before using this product. Retain this owner's manual for
future reference.

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1. IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

Please keep this manual with you at all times

- a. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.

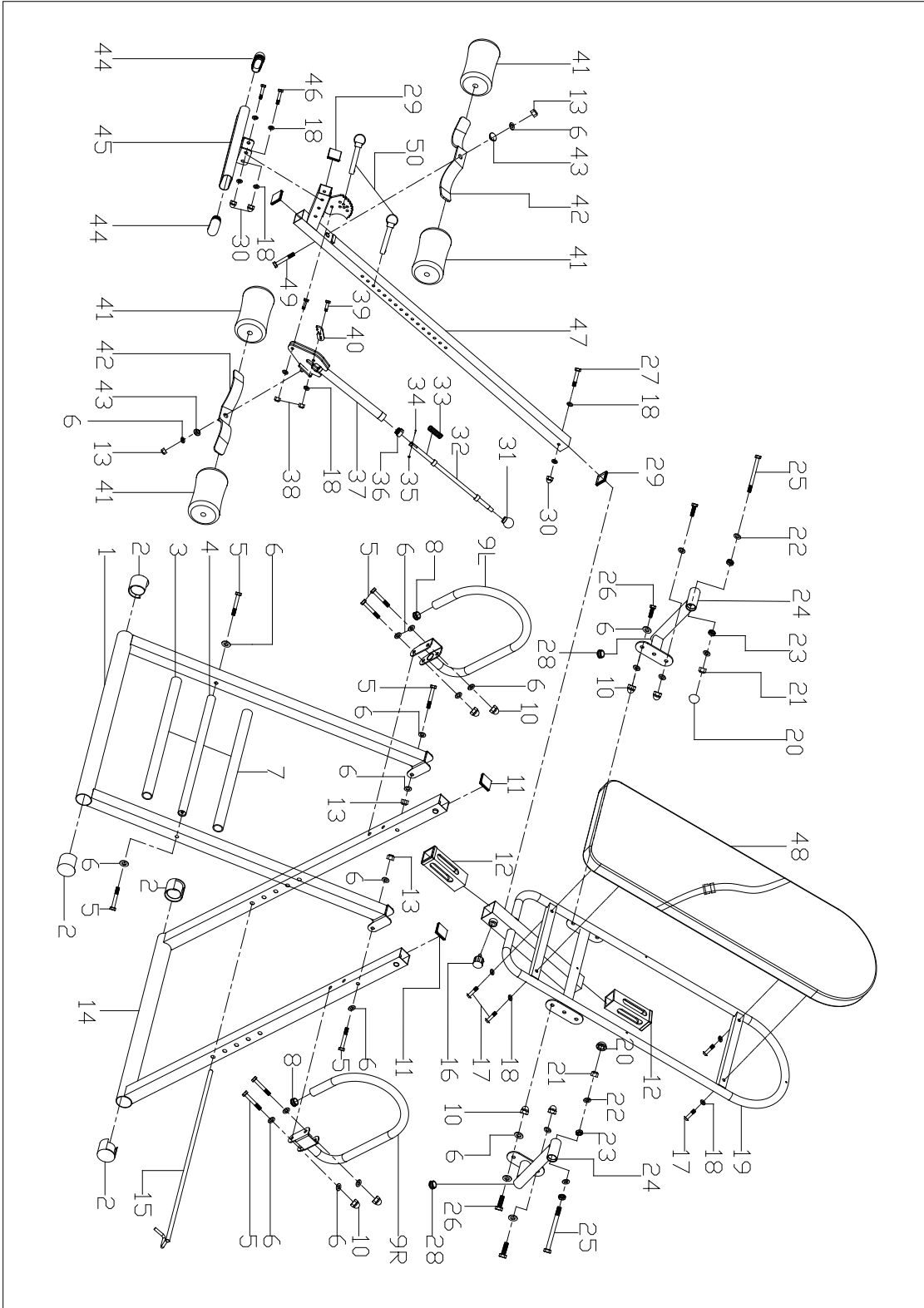
Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

- b. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- c. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
- d. Keep children and pets away from the equipment. This equipment is designed for adult use only.
- e. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space around it.
- f. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.

- g. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
- h. This equipment is designed for indoor and family use only
- i. Care must be taken when lifting or moving the equipment so as not to injure your back.
- j. Always keep this instruction manual and assembly tools at hand for reference.
- k. The equipment is not suitable for therapeutic use.

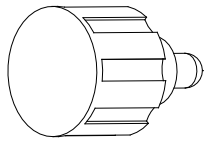
2. ASSEMBLY INSTRUCTIONS

EXPLODED VIEW:

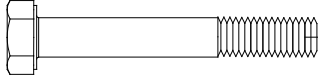


PARTS LIST:

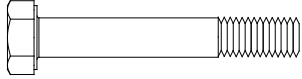
NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	FRONT BRACE JOIN	1	26	BOLT M10*25	4
2	END CAP ϕ 50	4	27	BOLT M8*50	1
3	FOAM GRIP	1	28	END CAP ϕ 32*1.5	2
4	CUSHION TUBE JOIN	1	29	END CAP F38*1.5	3
5	BOLT M10*60	8	30	NUT M8	3
6	WASHER d10* ϕ 20*2	24	31	NUT	1
7	DECORATION COVER	1	32	ADJUST ROD JOINT	1
8	END CAP ϕ 25*1.5	2	33	PRESS REED	1
9	HANDLE JOIN L/R	2	34	BOLT M4*20	1
10	NUT M10	8	35	NUT M4	1
11	END CAP F40*1.5	2	36	M20 THREAD BUSHING	1
12	BUSHING F40*1.5	2	37	ADJUST TUBE JOIN	1
13	NUT M10	4	38	NUT M8	2
14	REAR BRACE JOIN	1	39	BOLT M8*30	2
15	LIMIT ROD JOIN	1	40	RATCHET	1
16	KONB M16*20	1	41	FOAM	4
17	BOLT M8*35	4	42	FOOT BAR	2
18	WASHER d8* ϕ 16*1.5	12	43	METAL SPACER	2
19	BACKREST FIXED JOIN	1	44	CAP PT70*30*60	2
20	CAP S18	2	45	PEDAL TUBE JOIN	1
21	NUT M12	2	46	BOLT M8*55	2
22	WASHER d12* ϕ 24*2	4	47	SLIDE TUBE JOIN	1
23	BEARING 6001Z	4	48	BACKREST	1
24	CONNECT TUBE JOIN	2	49	BOLT M10*65	1
25	BOLT M12*130	2	50	BOLT ϕ 8*52	2



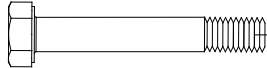
#16 M16*20 1PC



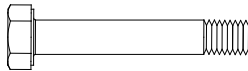
#49 M10*65 1PC



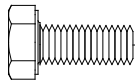
#5 M10*60 6PCS



#46 M8*55 2PCS



#27 M8*50 1PC



#26 M10*25 4PCS



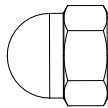
#18 d8*ø16*1.5 6PCS



#6 d10*ø20*2 20PCS



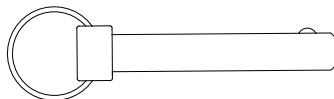
#30 M8 3PCS



#10 M10 8PCS



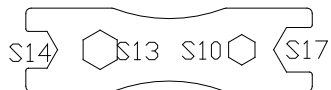
#13 M10 2PCS



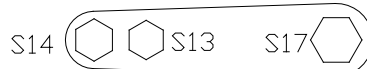
#50 ø8*52 2PCS



#43 2PCS

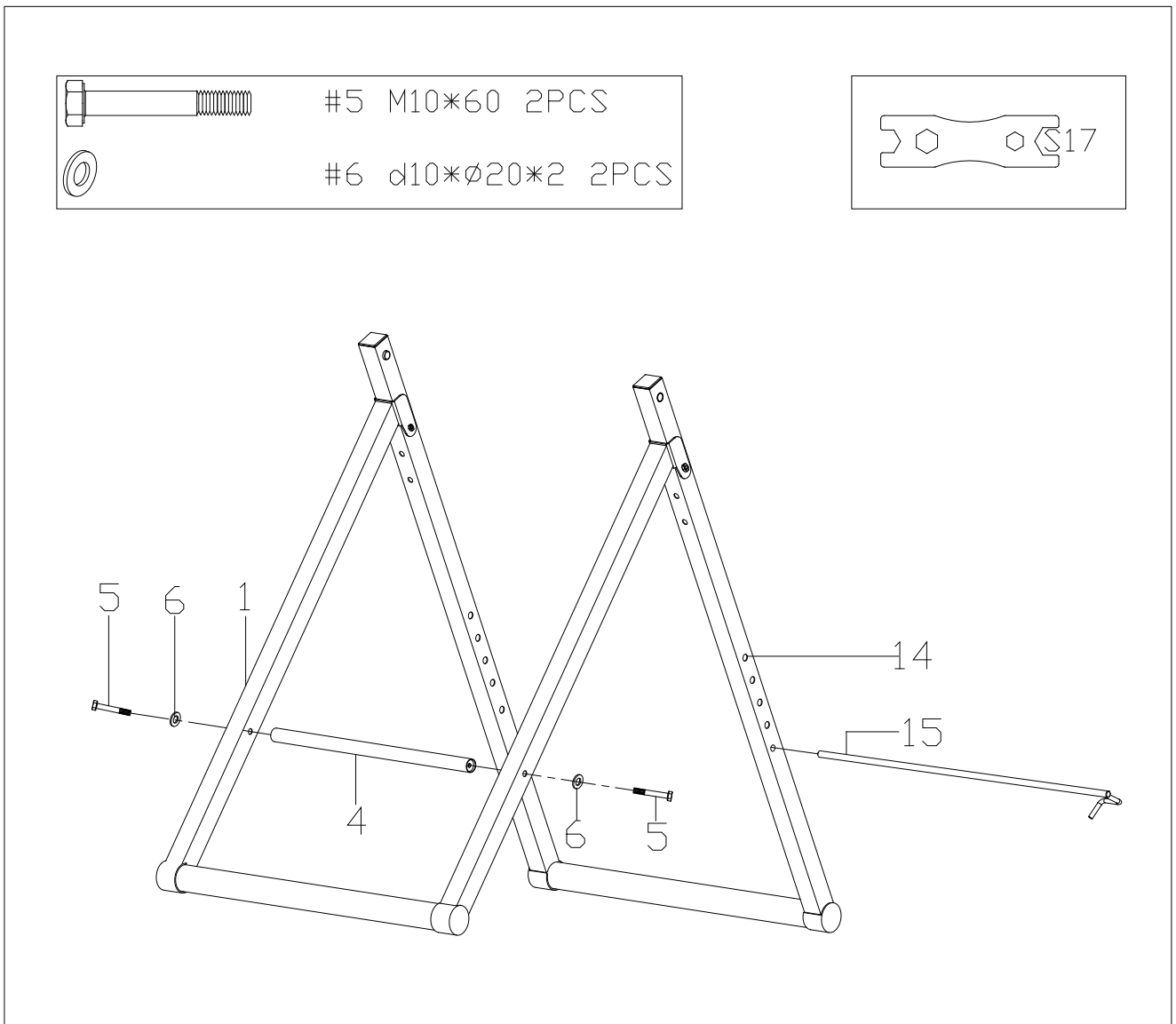


S10-13-14-17
1PC



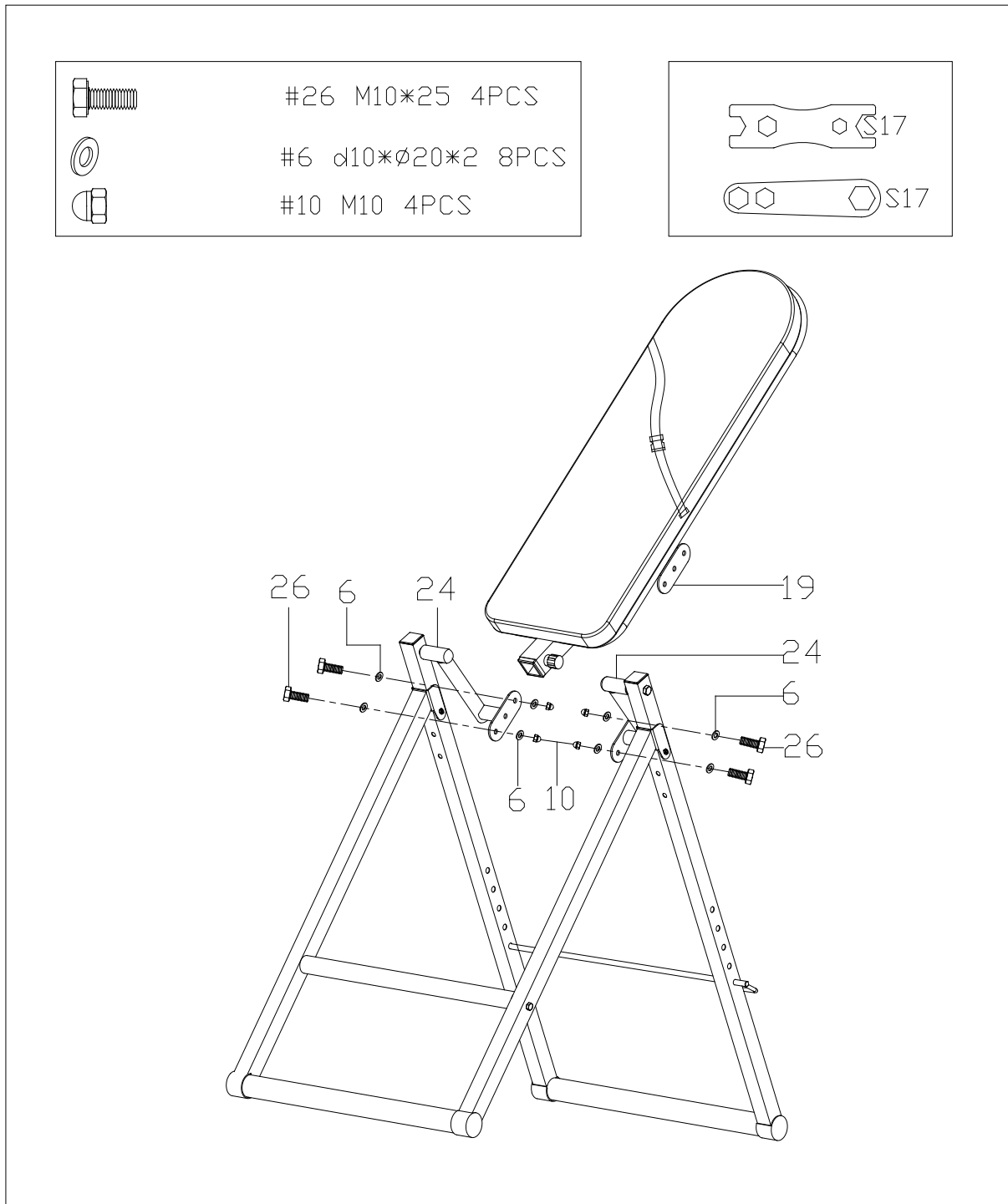
S13-14-17
1PC

STEP 1:



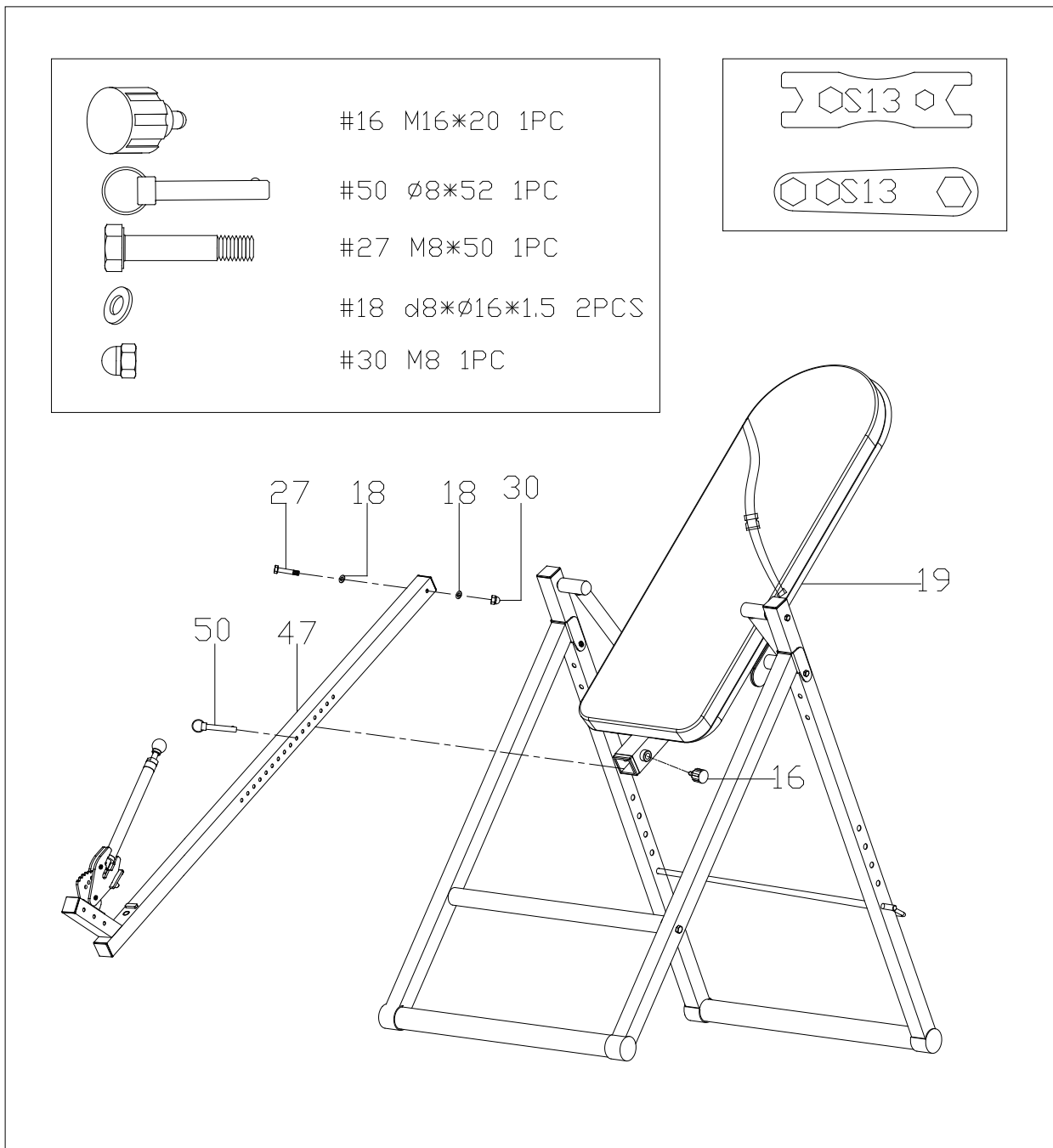
1. Secure cushion tube joint (4) to the front brace joint (1) with bolt (5) and washer (6).
2. Adjust to a suitable angle and put limit rod joint (15) on to rear brace joint (14).

STEP 2:



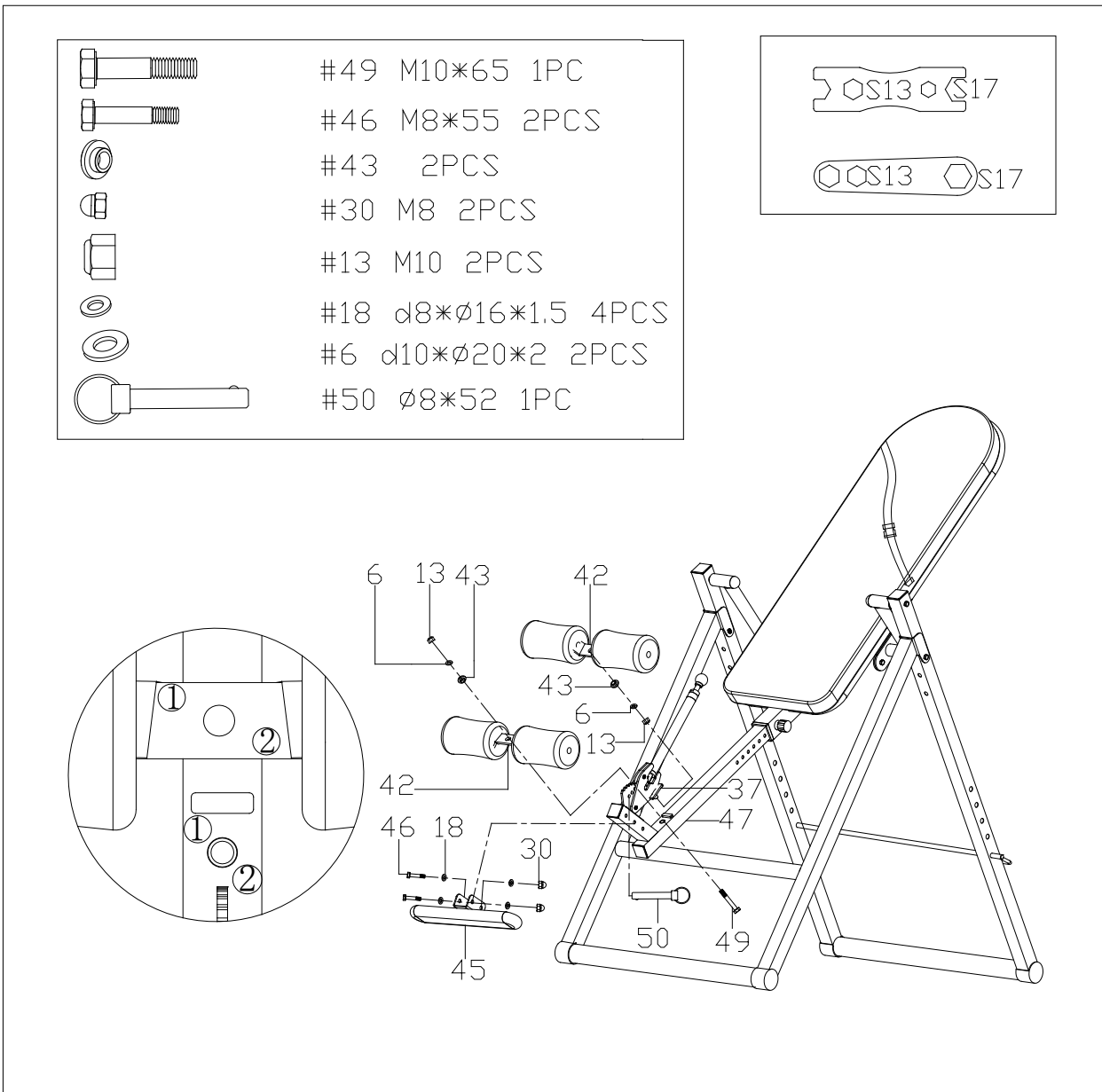
1. Secure backrest fixed joint (19) to the connect tube joint (24) with bolt (26), washer (6) and nut (10).

STEP 3:



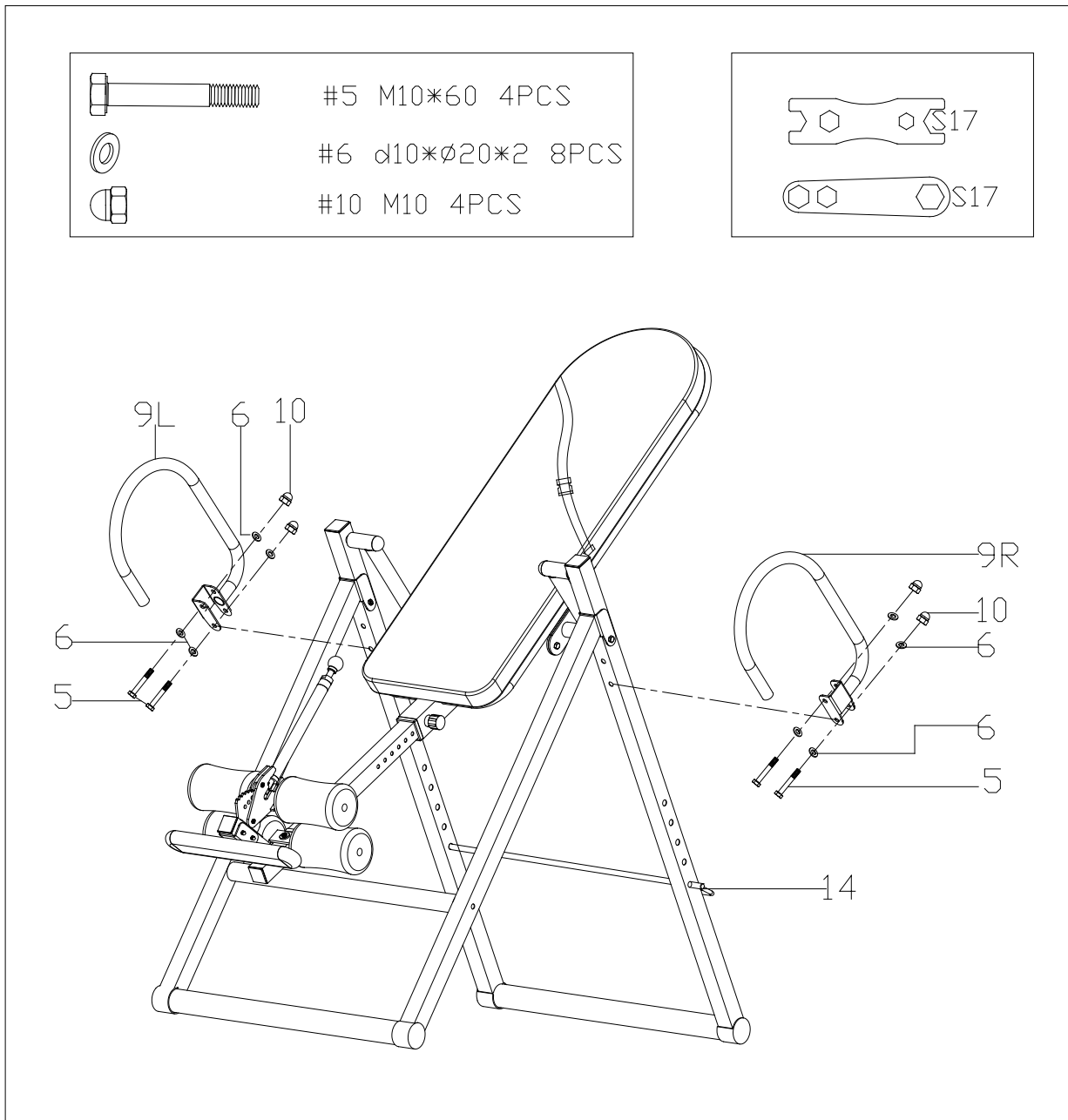
1. Insert slide tube joint (47) into the backrest fixed joint (19), and then secure them with knob (16) and bolt (50).
2. Secure them to the slide tube joint (47) with bolt (27), washer (18) and nut (30).

STEP 4:



1. Secure foot bar (42) to the adjust tube join (37) with bolt (49), metal spacer (43) and washer (6).
2. Secure the second foot bar (42) to the adjust tube join (37) with nut (13), washer (6) and metal spacer (43), and then insert bolt (50).
3. Secure pedal tube join (45) to the slide tube join (47) with bolt (46), washer (18) and nut (30).

STEP 5:



1. Secure handle joint (9) to the rear brace joint (14) with washer (6), bolt (5) and nut (10).

3. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanonline.com.au/Warranty-Policy>

Please email us through support@lifespanfitness.com.au for all warranty or support issues.