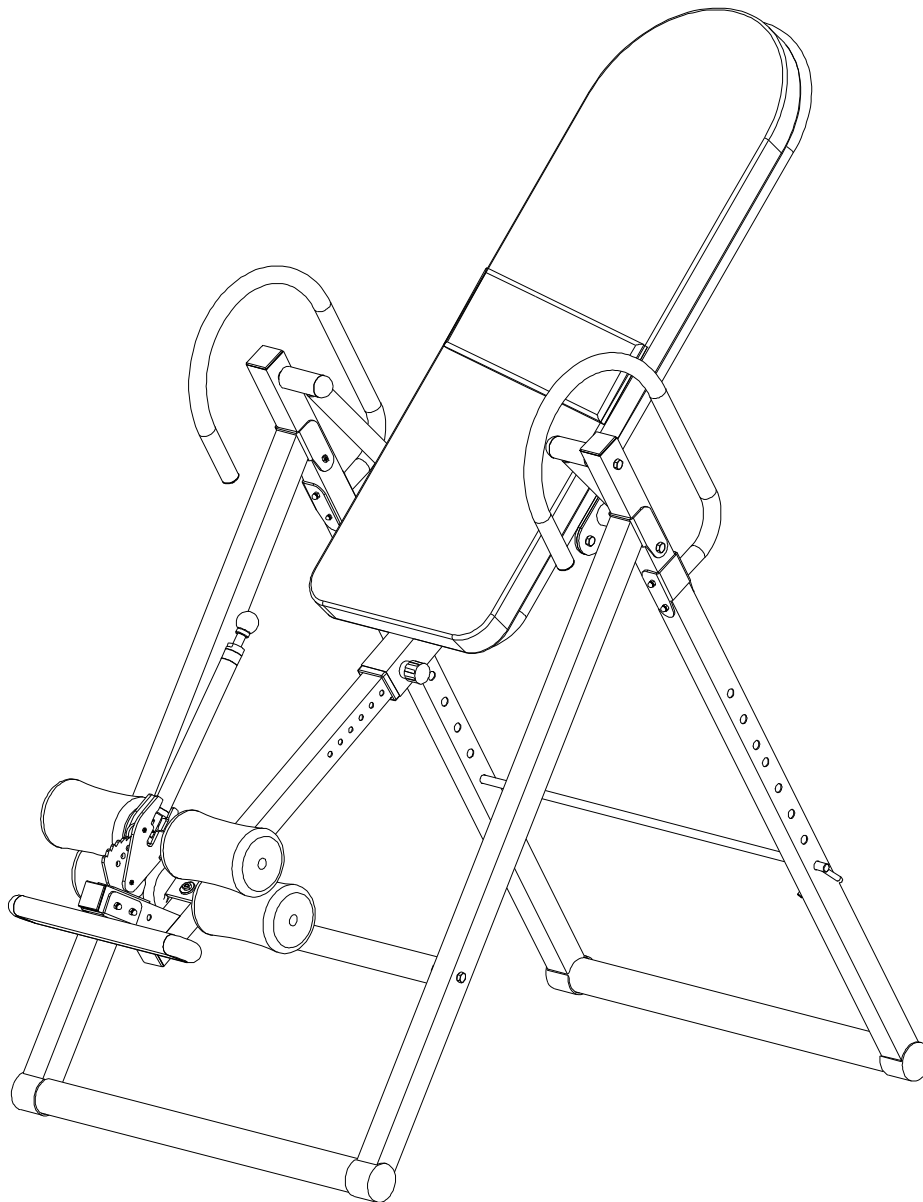




QUANTUM INVERSION TABLE OWNER'S MANUAL



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.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

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 2 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

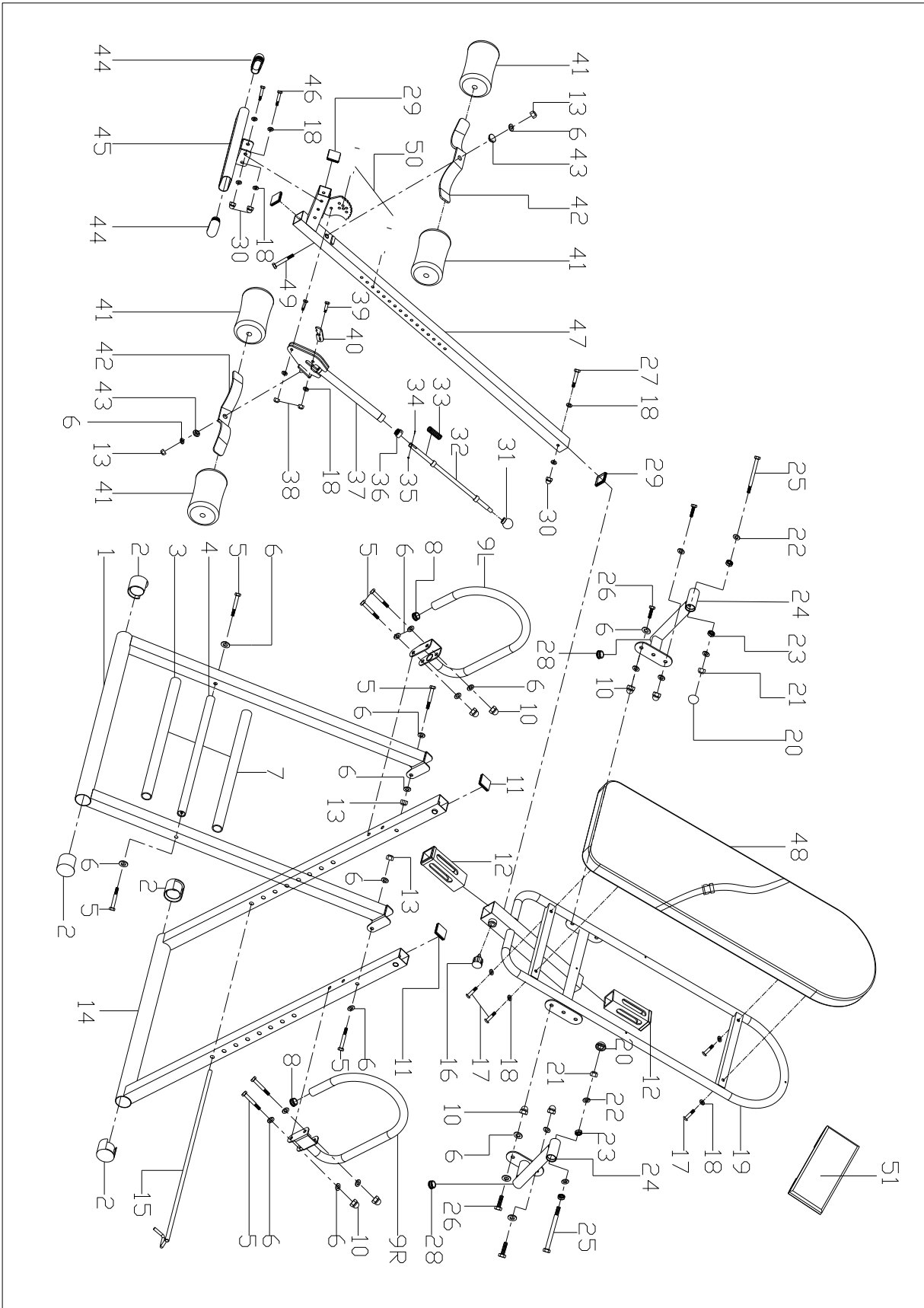
the equipment until the problem has been rectified.

- 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. CARE INSTRUCTIONS

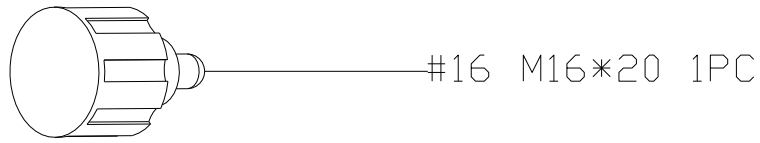
- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth

3. EXPLODED DIAGRAM

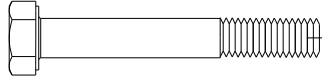


4. PARTS LIST

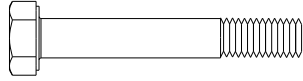
Part no.	Description	Qty	Part no.	Description	Qty
1	Front support post	1	27	Bolt M8*50	1
2	Cap ϕ 50	4	28	Round cap ϕ 32*1.5	2
3	Grip foam	1	29	Square cap F38*1.5	3
4	Separator tube	1	30	Ball nut M8	3
5	Bolt M10*60	8	31	Nut with ball head	1
6	Flat washer d10* ϕ 20*2	24	32	Adjusting rod	1
7	Cover	1	33	Spring	1
8	Round cap ϕ 25*1.5	2	34	Screw M4*20	1
9	Handlebar L/R	2	35	Nylon nut M4	1
10	Ball nut M10	8	36	Thread bushing M20	1
11	Square cap F40*1.5	2	37	Adjusting tube	1
12	Bushing F40*1.5	2	38	Nylon nut M8	2
13	Nylon nut M10	4	39	Bolt M8*30	2
14	Rear support tube	1	40	Pawl	1
15	Limiter rod	1	41	Foam	4
16	Knob M16*20	1	42	Board for foot	2
17	Bolt M8*35	4	43	Alloy bushing	2
18	Flat washer d8* ϕ 16*1.5	12	44	Cap PT70*30*60	2
19	Fixed mount of back plane	1	45	Pedal tube	1
20	Ball cap S18	2	46	Bolt M8*55	2
21	Nylon nut M12	2	47	Sliding tube	1
22	Flat washer d12* ϕ 24*2	4	48	Back plane	1
23	Bearing 6001Z	4	49	Bolt M10*65	1
24	Connecting tube	2	50	Marble bolt ϕ 8*52	2
25	Bolt M12*130	2	51	Lumbar Padding	1
26	Bolt M10*25	4			



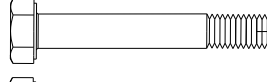
#16 M16*20 1PC



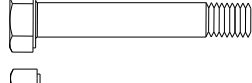
#49 M10*65 1PC



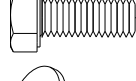
#5 M10*60 6PCS



#46 M8*55 2PCS



#27 M8*50 1PC



#26 M10*25 4PCS



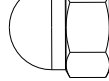
#18 $\text{d}8*\text{d}16*1.5$ 6PCS



#6 $\text{d}10*\text{d}20*2$ 20PCS



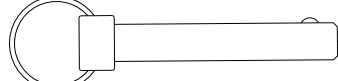
#30 M8 3PCS



#10 M10 8PCS



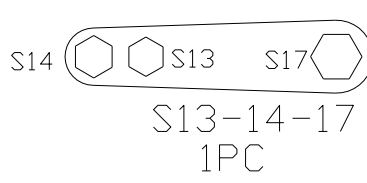
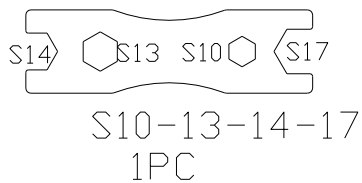
#13 M10 2PCS



#50 $\text{d}8*52$ 2PCS

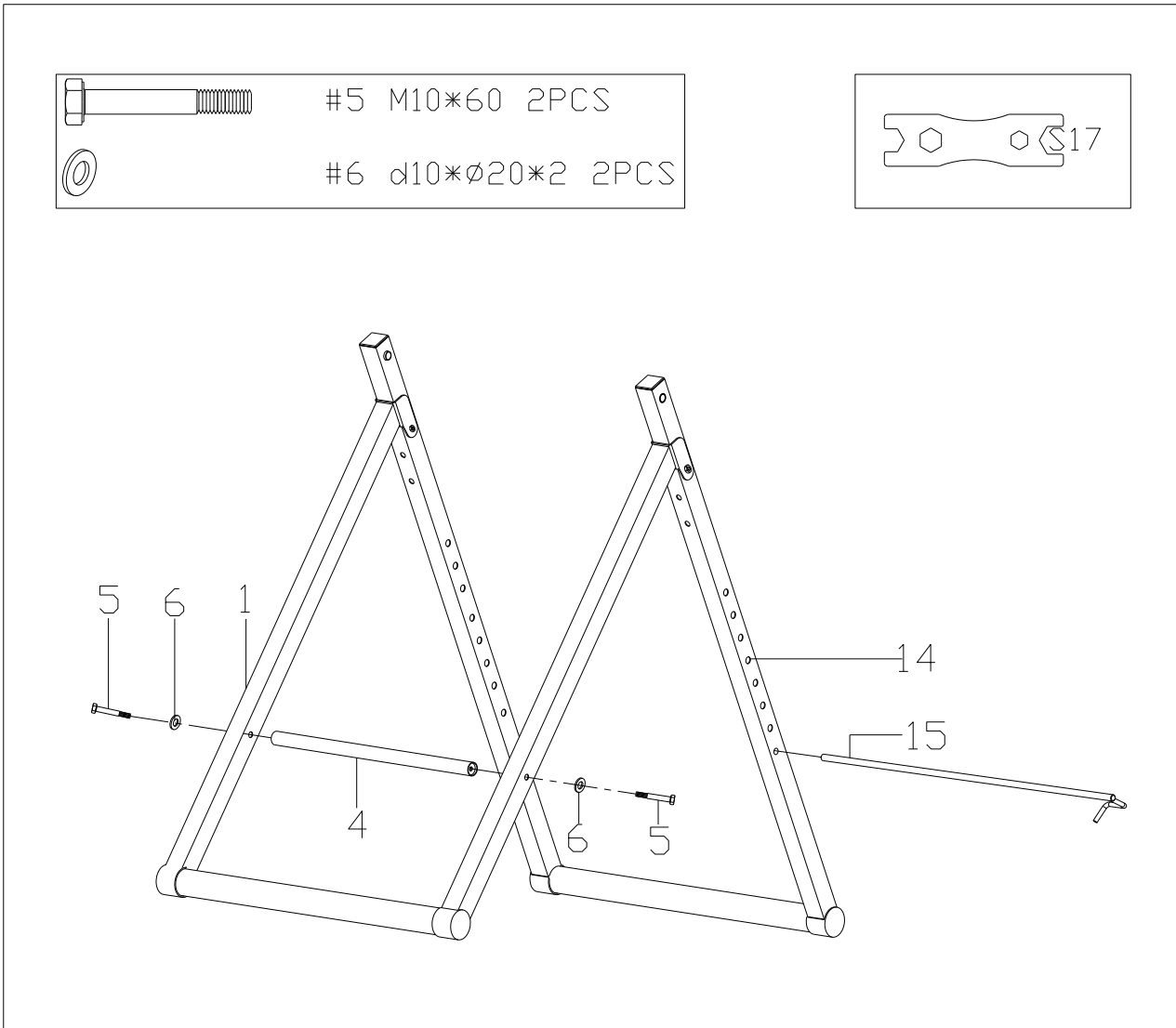


#43 2PCS



5. ASSEMBLY INSTRUCTIONS




STEP 1:





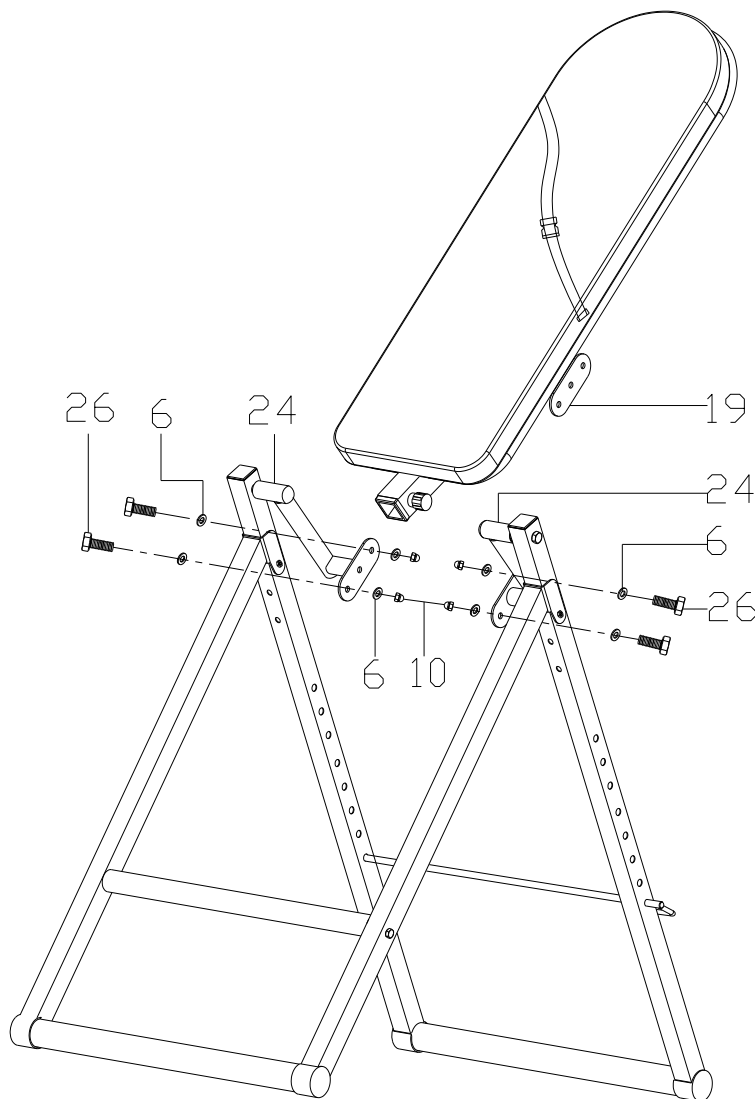
- Lock the separator tube(4) to the front support tube(1) with bolt(5) and flat washer(6).
- Set a suitable inversion angle and insert the limiter rod(15) into the rear support post(14).

Alternatively you can leave it out to achieve complete inversion.

STEP 2:

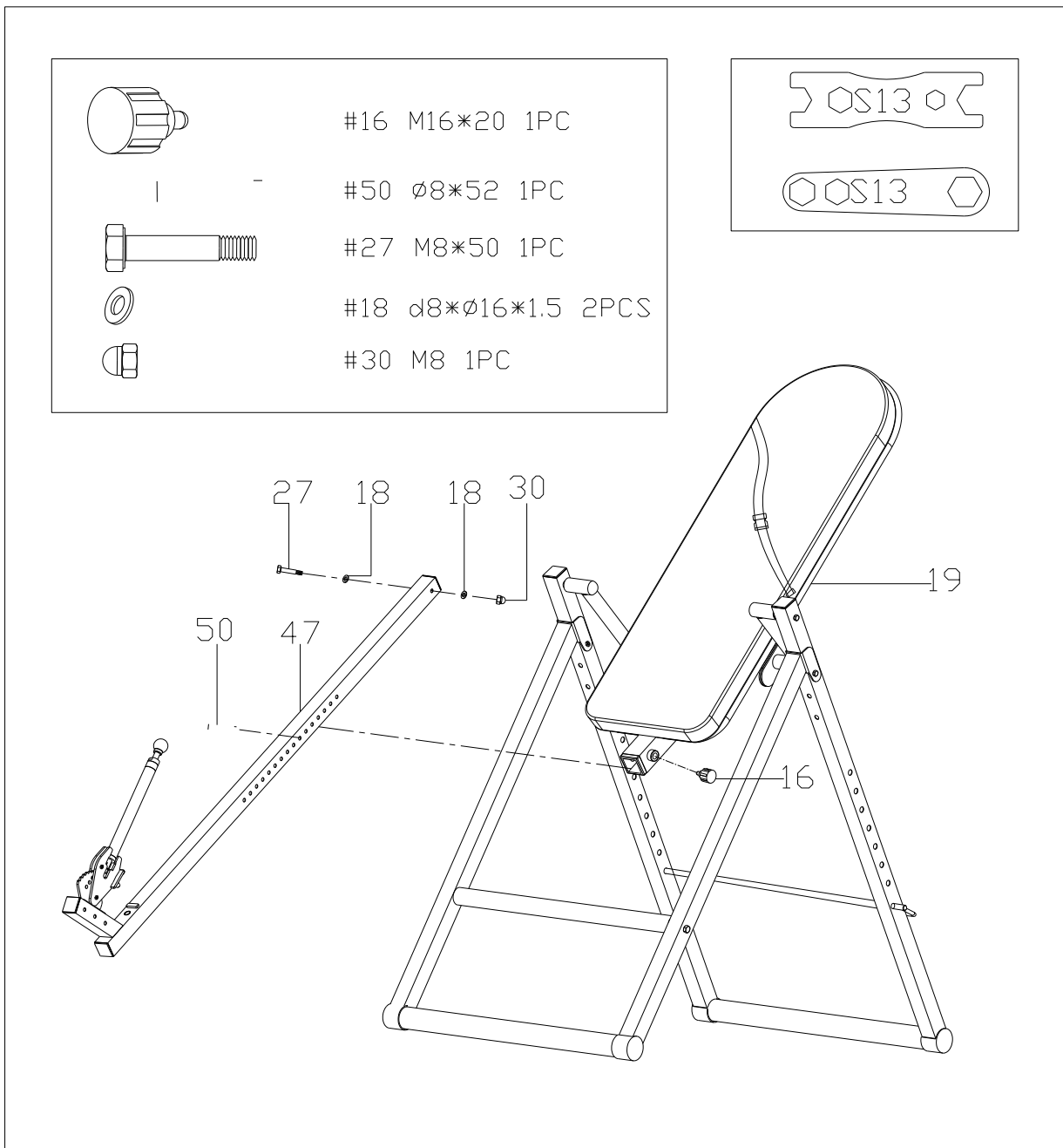
	#26 M10*25 4PCS
	#6 d10*Ø20*2 8PCS
	#10 M10 4PCS

	S17
	S17



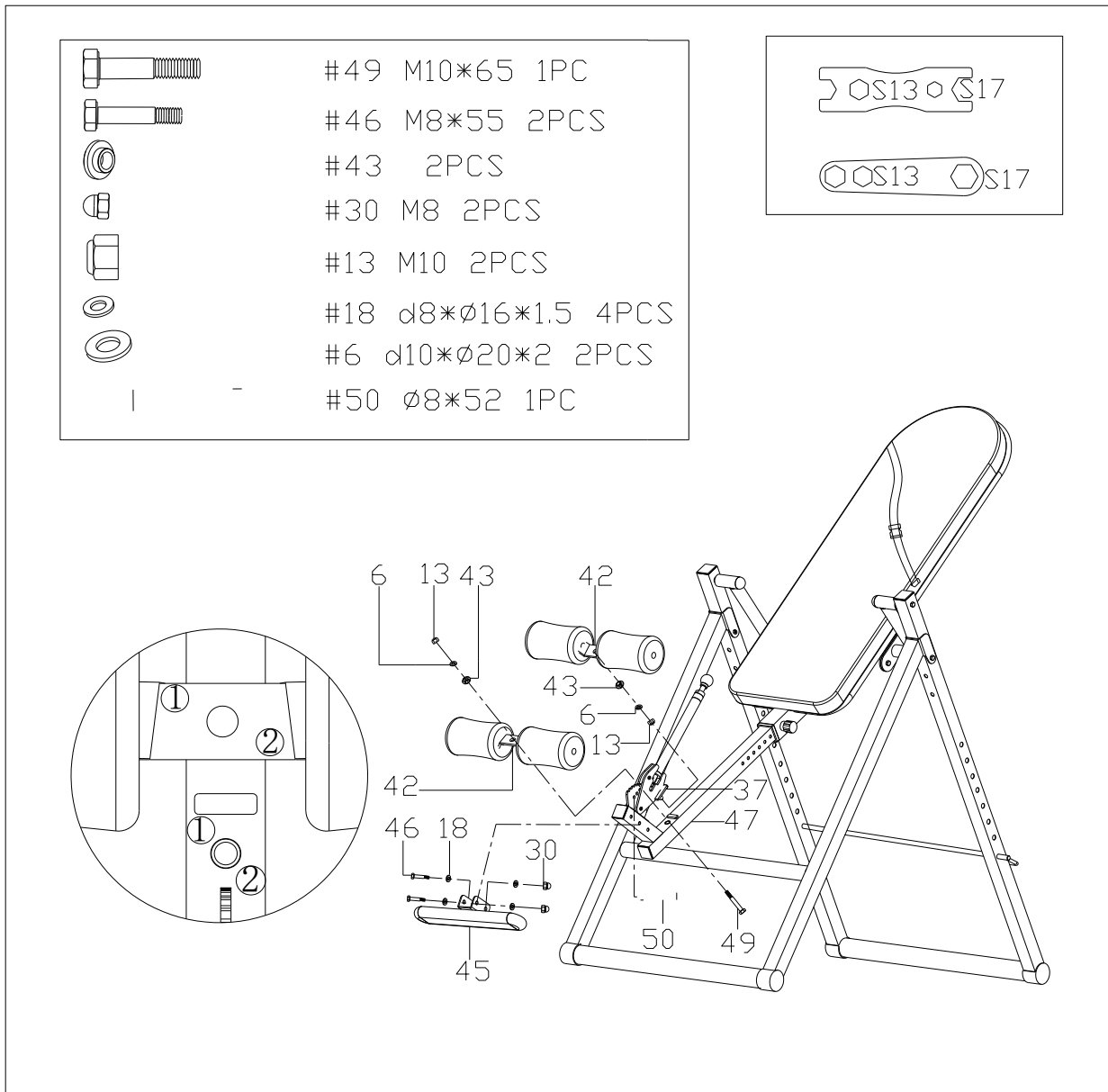
1. Attach the fixed mount of the back plane(19) to the connecting tube(24) with bolt(26), flat washer(6) and ball nut(10).

STEP 3:



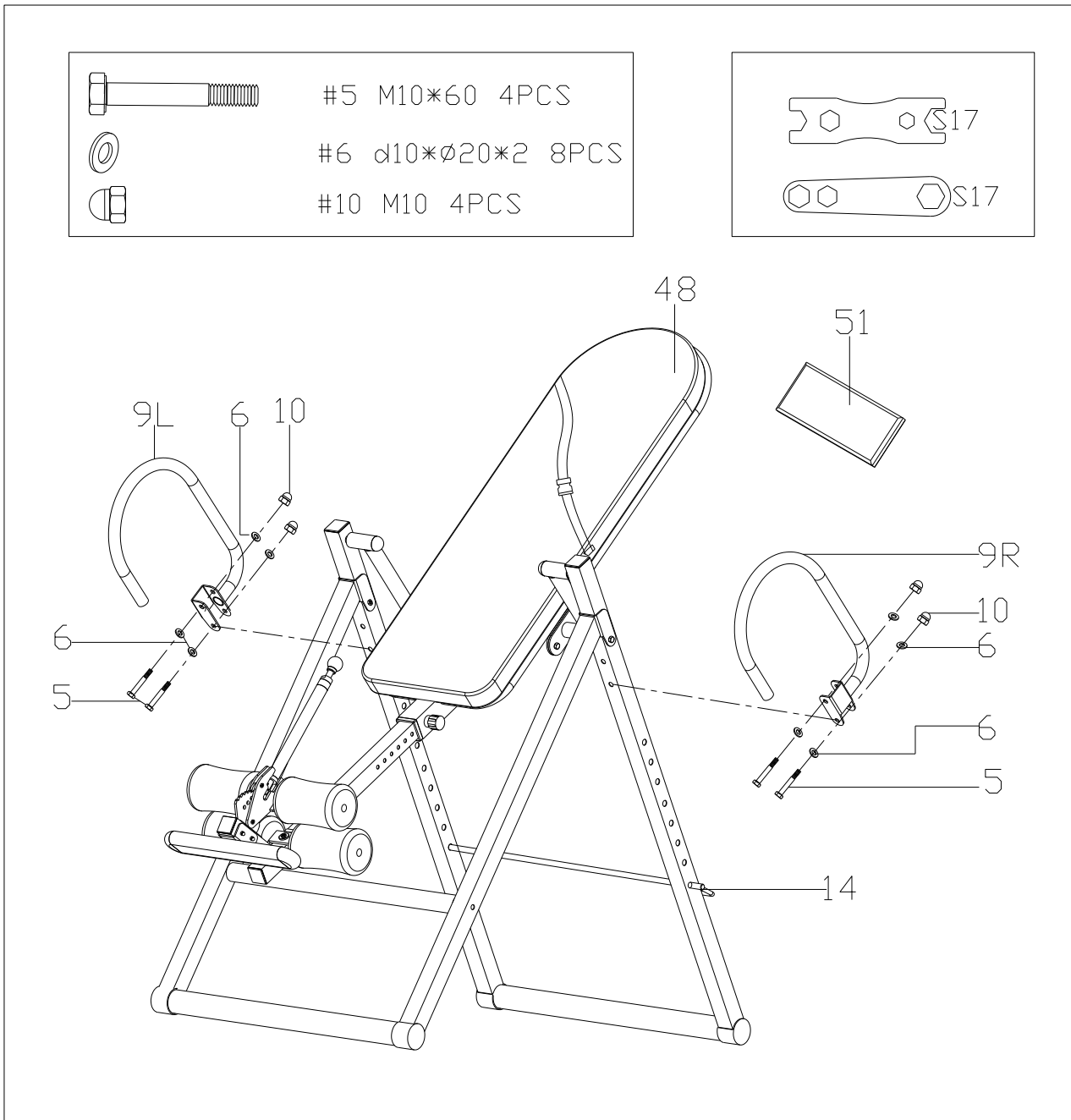
1. Insert the sliding tube(47) into the fixed mount of the back plane(19).
2. Attach the sliding tube(47) onto the fixed mount of back plane(19) with knob(16). Then insert the marble bolt(50).
3. Attach the bolt(27), flat washer(18) and nut(30) onto the sliding tube(47).

STEP 4:



1. Lock the board for foot(42) onto the adjusting tube(37) with bolt(49), alloy bushing(43), flat washer(6), and nylon nut(13).
2. Lock the board for foot(42) onto the adjusting tube(37) with nylon nut(13), flat washer(6) and alloy bushing(43), and then insert the marble bolt(50).
3. Lock the board for tube(45) onto the sliding tube(47) with bolt(46), flat washer(18) and nut(30).

STEP 5:



1. Lock the handlebar (9L/R) onto the rear support tube (14) with bolt (5), flat washer (6) and nut (10).
2. Insert lumbar padding(51) into back plane(48), then adjustable it in a proper position.

6. 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.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

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

For all warranty or support related enquiries an email must be sent before contacting us via other means.

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