

## GRAVITY INVERSION THERAPY TABLE ITEM: 96117



### OWNER'S MANUAL AND SAFETY INSTRUCTIONS

SAVE THIS MANUAL: KEEP THIS MANUAL FOR SAFETY WARNINGS, PRECAUTIONS, ASSEMBLY, OPERATING, INSPECTION, MAINTENANCE AND CLEANING PROCEDURES. WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL NEAR THE ASSEMBLY DIAGRAM (OR MONTH AND YEAR OF PURCHASE IF PRODUCT HAS NO NUMBER)

FOR QUESTIONS PLEASE CALL OUR CUSTOMER SUPPORT: 909.628.0880 MON-FRI 9AM TO 3PM PST



## GENERAL SAFETY WARNINGS

Read all safety warnings and instructions. Failure to follow the warnings and instructions may result in serious injury. Save all warnings and instructions for future reference.

## SAFETY

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The warnings, precautions, and instructions discussed in this instruction manual cannot cover all possible conditions and situations that may occur. It must be understood by the operator that common sense and caution are factors which cannot be built into this product, but must be supplied by the operator. Read carefully and understand all **ASSEMBLY AND OPERATION INSTRUCTIONS** before operating. Failure to follow the safety rules and other basic safety precautions may result in serious personal injury.

- Before using the inversion table, please consult your health care professional. If you're on medication for heart rate, blood pressure or cholesterol levels please follow doctor's advice.
- Be aware of your body's signals when using this machine. Please stop exercising if you experience any of below symptoms: pain, tightness in chest, irregular heartbeat, shortness of breath, feeling light headed, dizziness or nausea. Proceed only after doctor's clearance.
- This inversion table is for adults only. Keep children and pets away from this equipment.
- Always use this machine on a solid, flat surface. Cover the floor or carpet with an exercise mat to protect from damage. To ensure safety, make sure all obstacles are at least 18 inches (.5 m) away from the equipment.
- Make sure all screws, nuts and bolts are tightened before use.
- Please follow the manual while in use. If you find any issue during assembly or follow up maintenance, or hear any unusual noise while using, please stop operating immediately.
- Avoid loose clothing that could possibly get stuck in machine. Keep body parts, hair, and jewellery clear of moving parts.
- Adjust the inclination angle to less than 30° the first time using the machine.
- Warm up slowly and limit your exercise to 5 minutes the first time using machine.
- Reduce the inclination angle if you feel uncomfortable. Stop if it doesn't help.
- **DO NOT** use inversion table too soon after eating.
- Maximum inclination angle suggested is 60°.
- Maximum weight for user is 220 lbs (100 kg).
- DO NOT use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- DO NOT use or store product outdoors.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.



**SAVE THESE WARNINGS**

# PRODUCT INFORMATION



The XtremepowerUs inversion therapy table is the secret super power to your health and fitness routine.

This inversion table aims to combat nasty back aches, pains, and strains – but its benefits also extend to improving posture and circulation and increasing your flexibility. The XtremepowerUs inversion table was also designed with your comfort in mind. It features a hand-crafted Deluxe Leather Backrest to aid your relaxation. The high quality padded backrest provides lumbar support. Comfortable foam rollers and extra-long handle bars allow for an easy inversion experience.

This inversion therapy table includes a heavy duty tubular steel frame with non-skid floor stabilizers, so you can take the fear of slipping or falling out of your inversion therapy routine.

Add the XtremepowerUs inversion table to your home!

- **Stimulate circulation; Elongate spine; Relieve pressure; Strengthen muscle; Increase flexibility**
- **Easy assembly & foldable; Heavy-duty steel frame with big non-slip bases**
- **Material: PU Leather**
- **Adjustable User Heights: 4'10" - 6'5"**
- **Max User Weight: 300lbs**
- **Assembly Require: Yes**
- **Overall Dimension: 44"(L) x 28"(W) x 60"(H)**
- **Fights Compression Fatigue**
- **Helps Posture**
- **Increases Body Flexibility**
- **Reduces Back Stress**
- **Stimulates Blood Circulation**
- **Eliminates Back & Neck Pain**

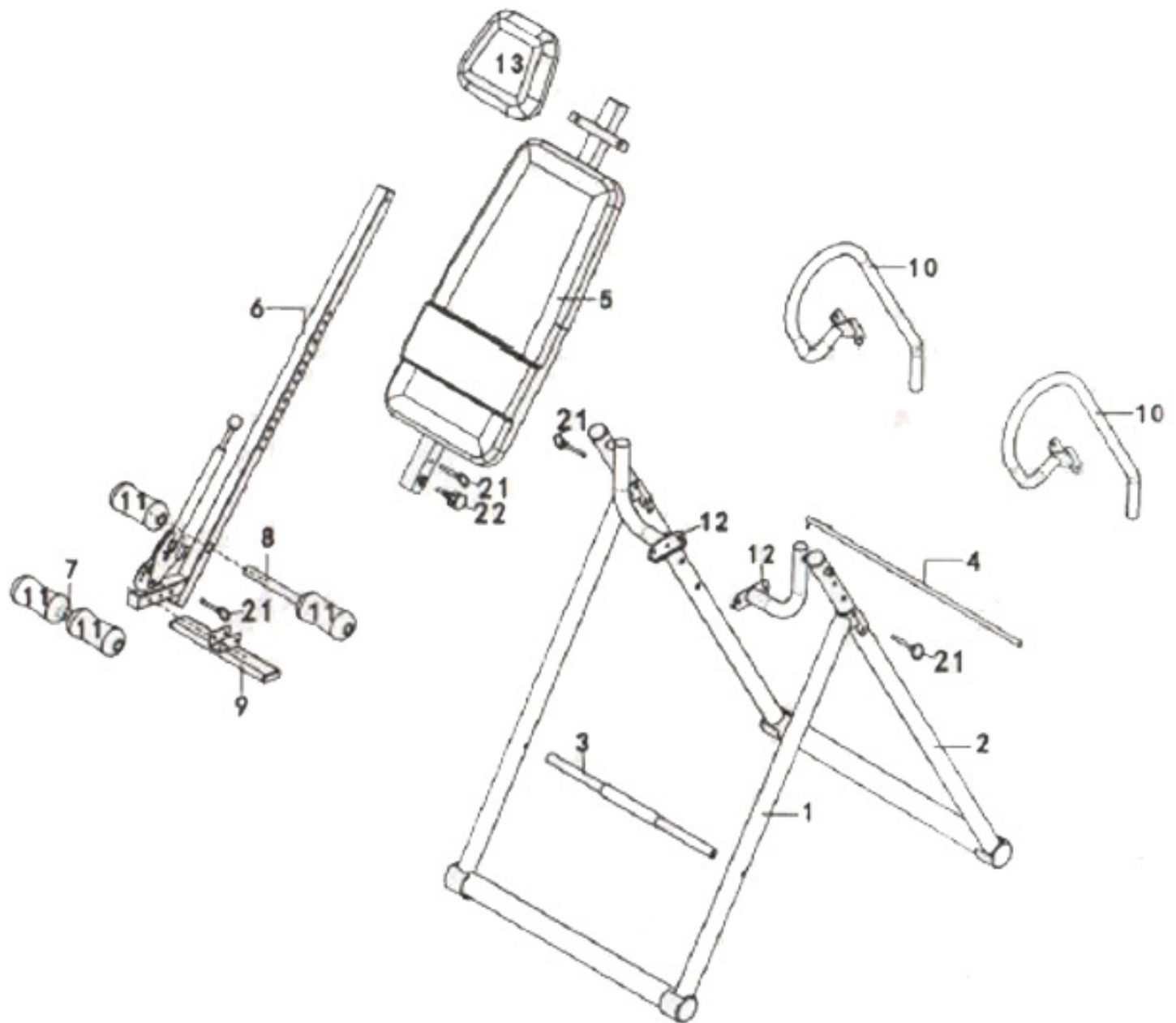
# FEATURES AND SPECIFICATIONS



## FEATURES:

- Stimulate circulation; Elongate spine; Relieve pressure; Strengthen muscle; Increase flexibility
- Easy assembly & foldable; Heavy-duty steel frame with big non-slip bases
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# PARTS LIST AND COMPONENTS



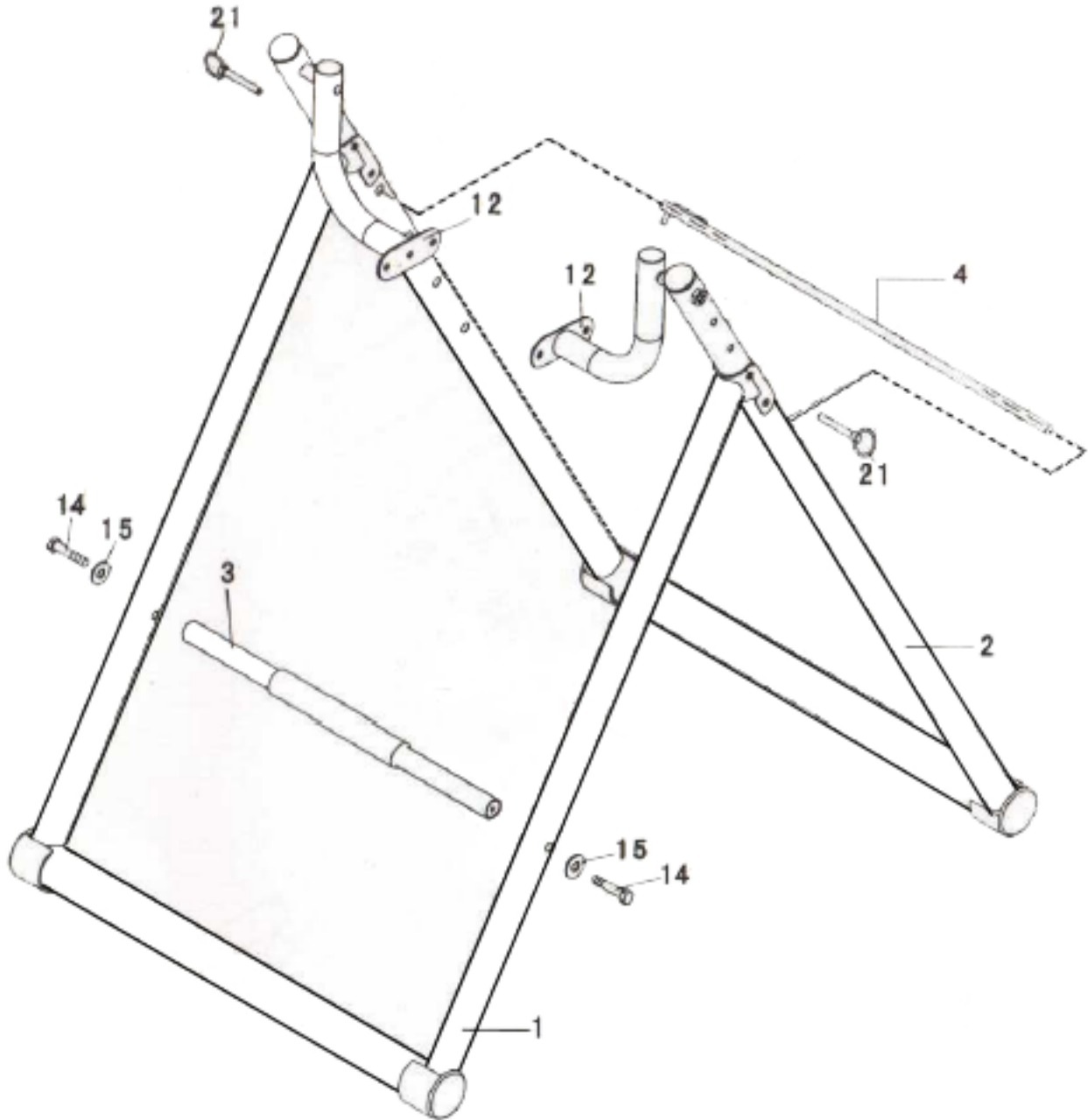
#	DESCRIPTION	QTY	#	DESCRIPTION	QTY
1	Front Bracket	1	14	Hex screw M8x55	6
2	Back Bracket	1	15	Flat fillet 8.5x16.1.2	20
3	Front Preventing Bar	1	16	Hex screw M8x20	6
4	Back Preventing Bar	1	17	Loose preventing nut M10	1
5	Back frame	1	18	Loose preventing nut M8	10
6	Height Adjuster	1	19	Flat fillet 10.5x20x1.2	1
7	Up Pressing Pipe	1	20	Cross head flat screw M6x16	2
8	Down pressing pipe	1	21	Grav ring pin 8x55	4
9	Horse	1	22	Draw Pin M16x20	1
10	L/R handrail	1	23	Wrench #13-#17	1
11	Foam roller	4	24	Wrench #14-#17	1
12	Z Bracket	2	25	Wrench #5	1
13	Head Table	1			



# ASSEMBLY

## STEP 1

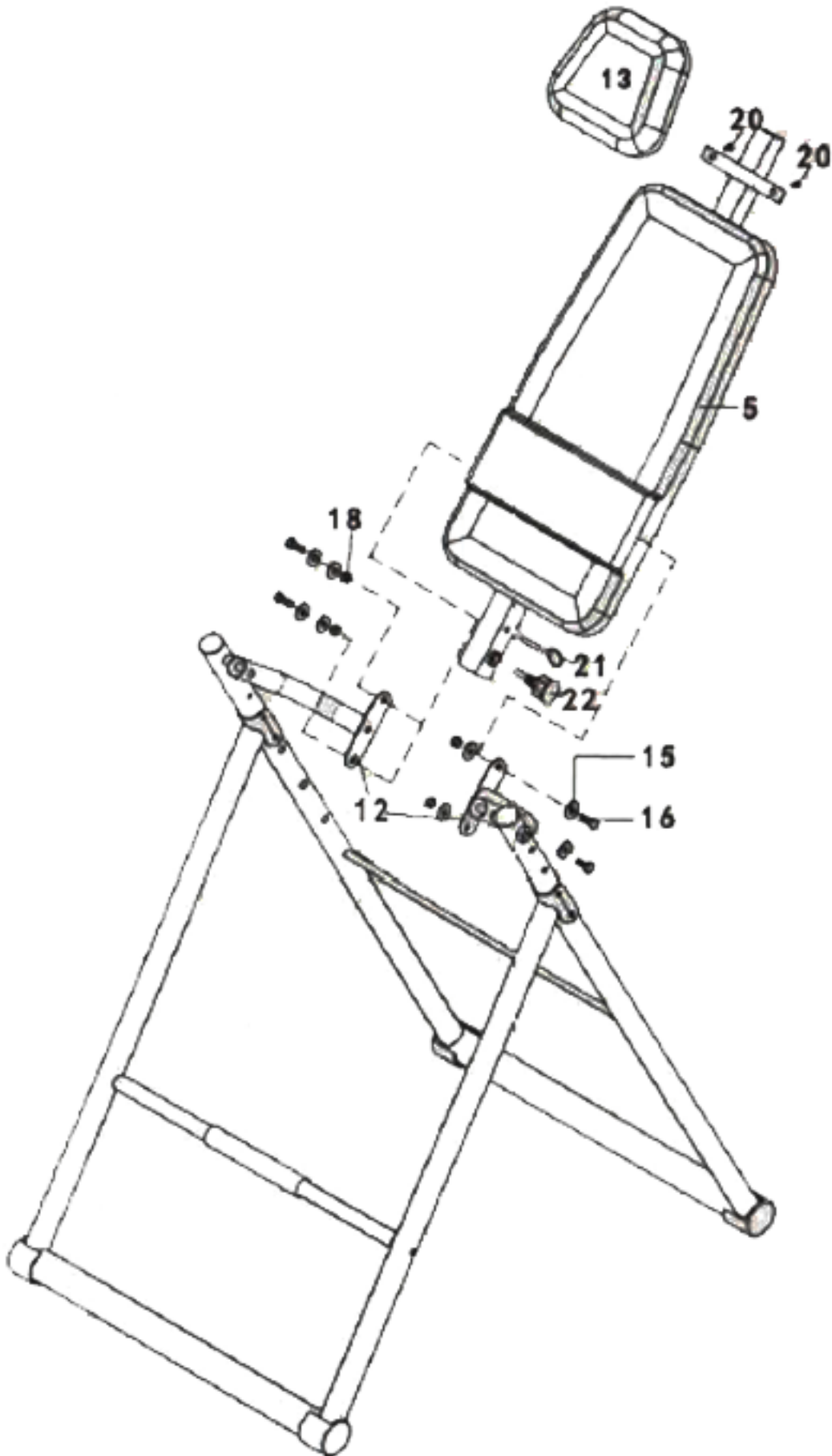
Use the hex screw (14) and the flat fillet (15) to assemble the front preventing bracket (1). Adjust the angle, insert ASFE bar (4) into the back bracket's (2) bores on the side. Following the direction shown above. Insert the hook into the bore. If you are unable to insert completely, it is suggested to insert one bore for first use.



# ASSEMBLY

## STEP 2

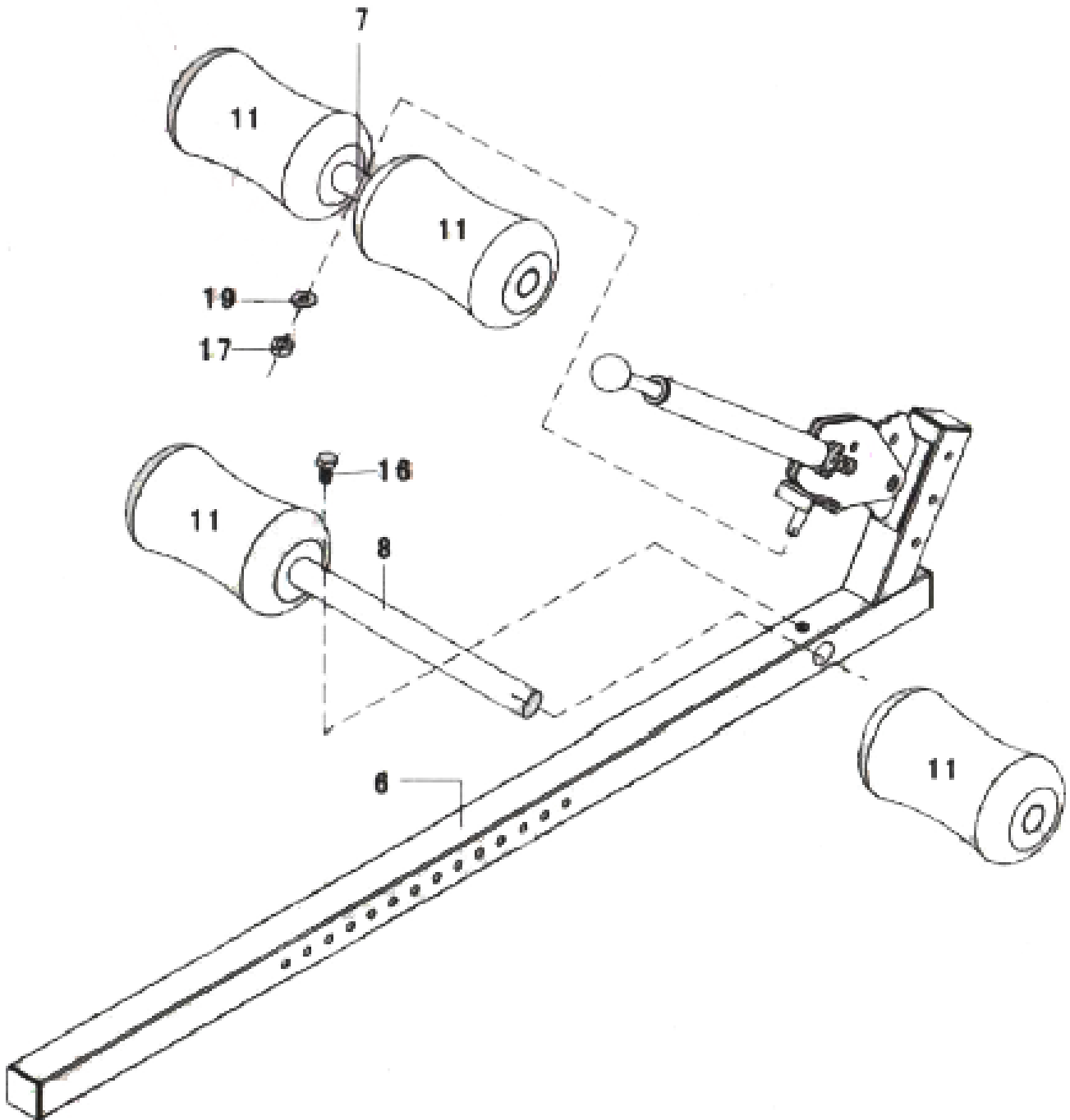
Use the cross flat head screw (20) to mount the head table to the back bracket, then lock it. Use the hex screw (16) and flat fillet (15), nut (18) to assemble and lock the iron piece of the back bracket (5) and Z type bracket (12)



# ASSEMBLY

## STEP 3

Use the cross flat head screw (20) to mount the head table to the back bracket (5), then lock it. Use the hex screw (16) and flat fillet (15), nut (18) to assemble and lock the iron piece of the back bracket (95) and Z type bracket (12).

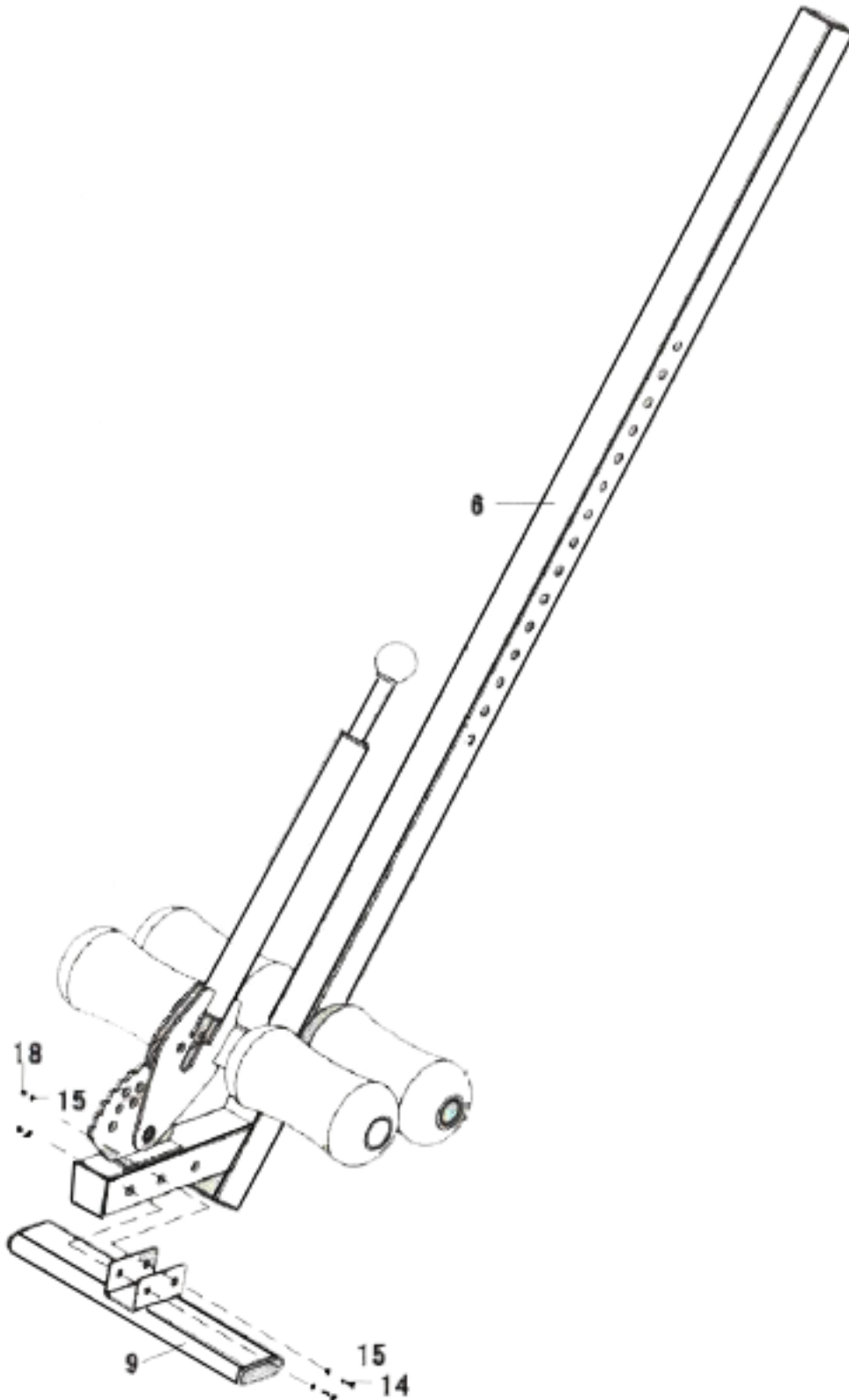




# ASSEMBLY

## STEP 4

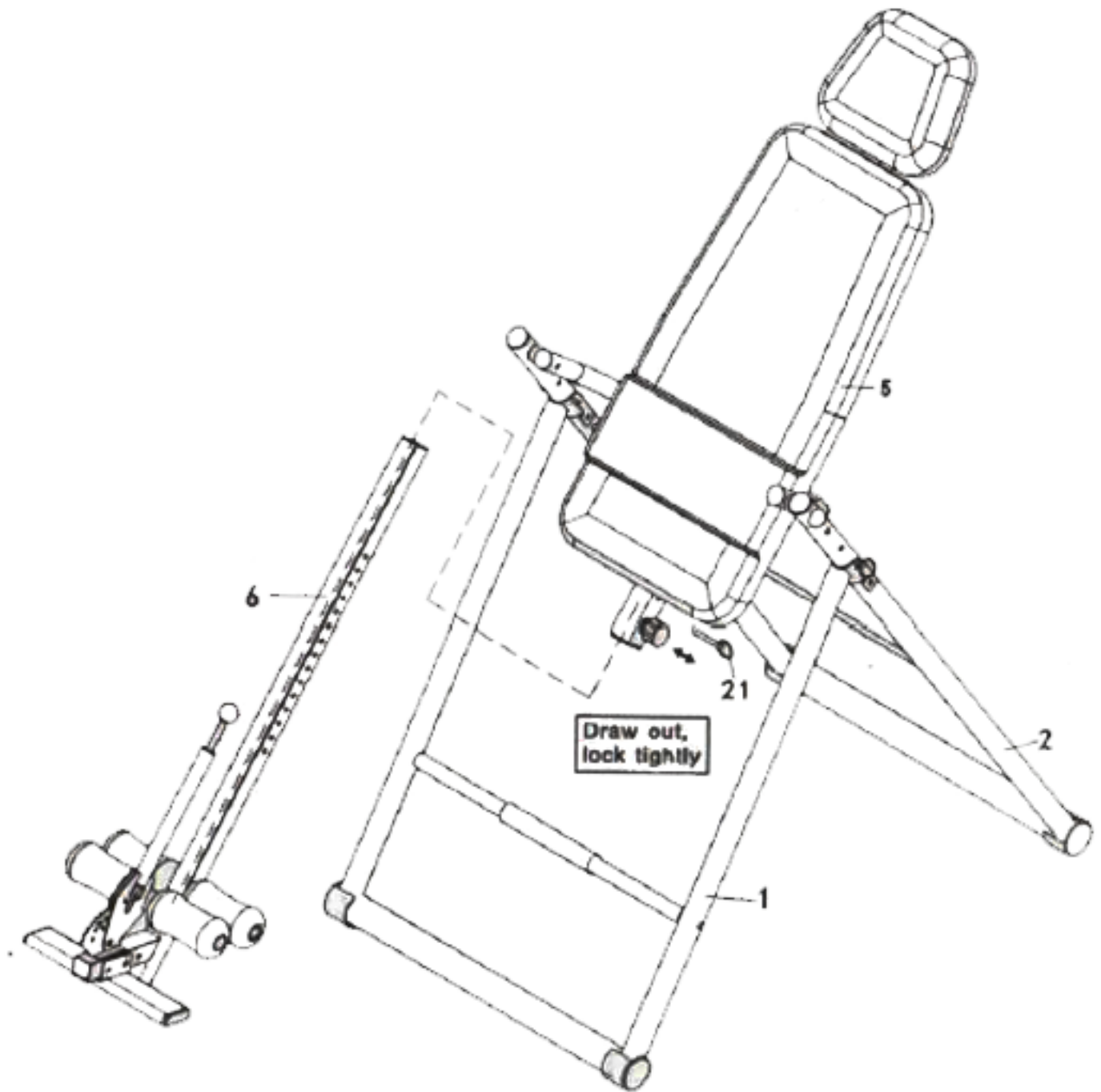
Use the hex screw (14), the flat fillet (15), nut (18) to lock the horse (9) which is adjusted based on foot size with the height adjusting bracket (6).



# ASSEMBLY

## STEP 5

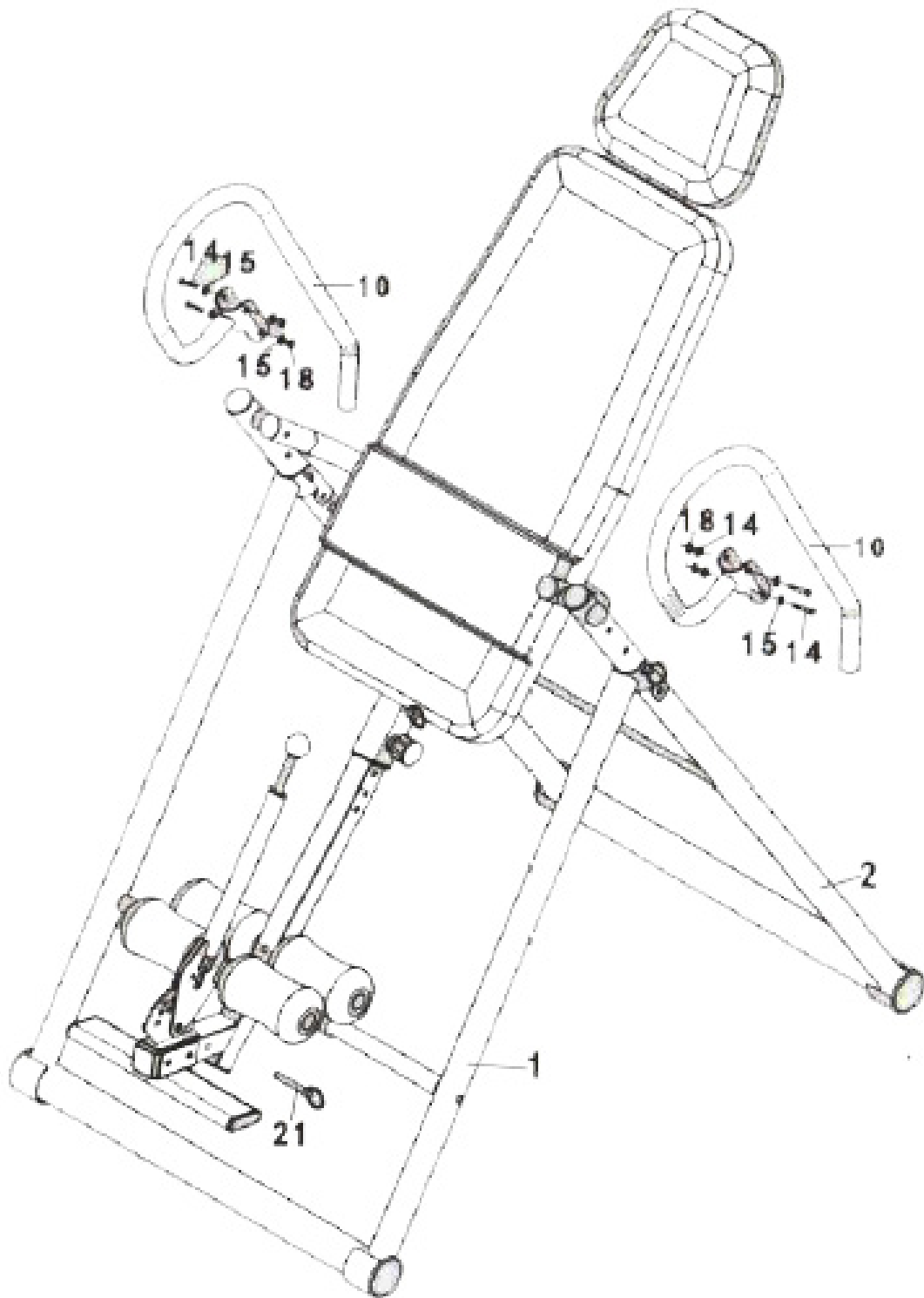
Insert the height adjusting pipe (6) into the back bracket (5). Insert the drawing pin (22) and the draw pin with ring (21) into the related bore based on required height, then lock it tightly.



# ASSEMBLY

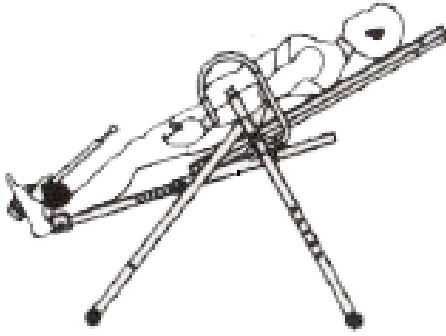
## STEP 6

Use the hex screw (14), the flat fillet (15), nut (18) to assemble the left and right handrail (10) with the back bracket (2). To be safe, insert the pin with ring (21) into the rotating gear's bore.



# OPERATION

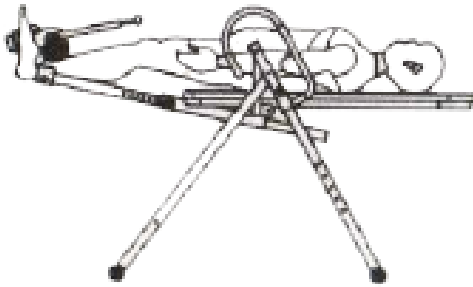
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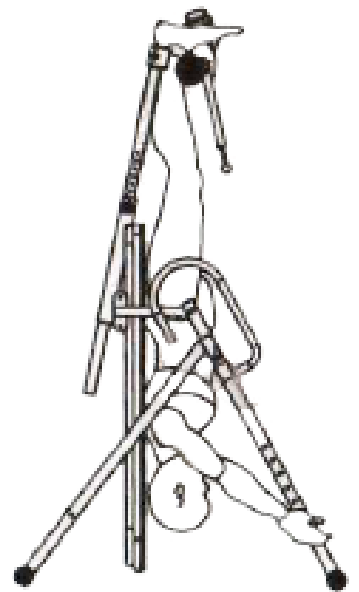
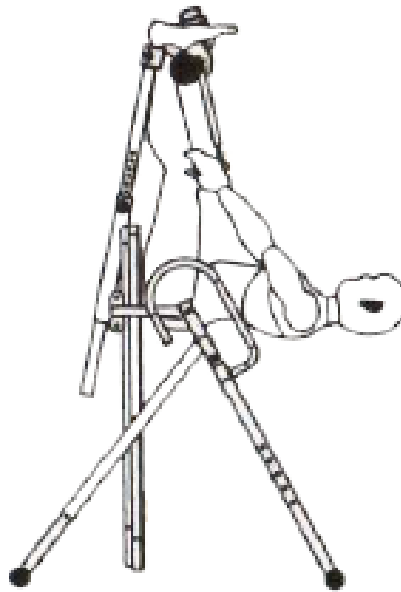
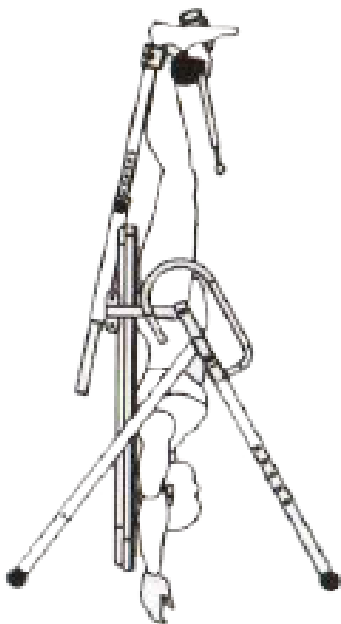
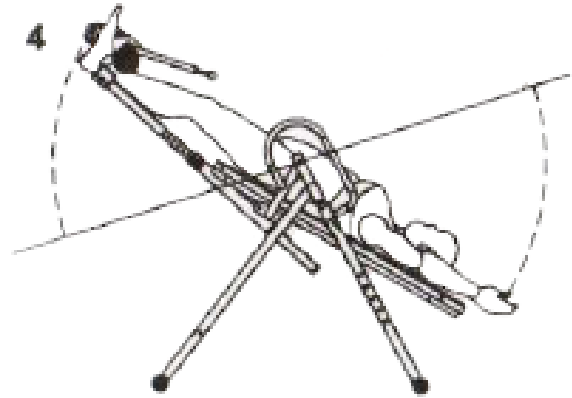
3



2



4



# WARRANTY

## PLEASE READ THE FOLLOWING CAREFULLY

THE MANUFACTURER AND/OR DISTRIBUTOR HAS PROVIDED THE PARTS LIST AND ASSEMBLY DIAGRAM IN THIS MANUAL AS A REFERENCE TOOL ONLY. NEITHER THE MANUFACTURER OR DISTRIBUTOR MAKES ANY REPRESENTATION OR WARRANTY OF ANY KIND TO THE BUYER THAT HE OR SHE IS QUALIFIED TO MAKE ANY REPAIRS TO THE PRODUCT, OR THAT HE OR SHE IS QUALIFIED TO REPLACE ANY PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND/OR DISTRIBUTOR EXPRESSLY STATES THAT ALL REPAIRS AND PARTS REPLACEMENTS SHOULD BE UNDERTAKEN BY CERTIFIED AND LICENSED TECHNICIANS, AND NOT BY THE BUYER. THE BUYER ASSUMES ALL RISK AND LIABILITY ARISING OUT OF HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THERETO, OR ARISING OUT OF HIS OR HER INSTALLATION OF REPLACEMENT PARTS THERETO.

**Record Product's Serial Number Here:** \_\_\_\_\_

**Note:** If product has no serial number, record month and year of purchase instead.

**Note:** Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.



**SAVE THESE INSTRUCTIONS.**



### Questions, problems, missing parts?

Before returning to your retailer, our exceptional customer service is available.

Call us Tel: **909 628 0880**

Hour : **9am To 3pm PST (Monday to Friday)**

Email : **customer@xtremepowerusa.com**