

ASSEMBLY INSTRUCTIONS

Before you begin to assemble the Healthy Back Inversion Table, please remove all individual parts from the carton. These should include the following parts:

Part A — A-Frame Base

Part B — Main Shaft

Part C — Table Frame with Bed

Part D — Foot Platform

Part E — Handgrips (2)

Part F — Rear Ankle Clamp

Part G — Front Ankle Clamp

Part H — Round Foam Support (2)

Part I — Grooved Foam Support

Part J — Three Sided Knob

Part K — Front Ankle Clamp
40mm Bolt/Nut

Part L — Rear Ankle Clamp
56mm Bolt/Nut

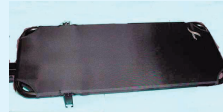


Part A



Part B

Part H



Part C



Part D



Part E



Part F



Part H



Part G



Part I



Part K



Part L

Step 1

Set-up A-Frame Base

- Open Base (Part A) and make sure that the arms are locked flat.



Part A

Step 2

Attach Table Frame to Base

- Slide handgrips (Part E) into metal braces on either side of table frame and place in desired hole.
- Holding each handgrip securely, lift the table frame onto A-frame and lower each roller pin into A-frame hinge plates at the same time. Lock into place with lever on each hinge plate.



Part E



Part G



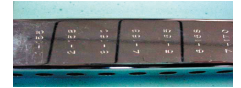
Please make sure the lock is pushed all the way closed.

ASSEMBLY INSTRUCTIONS

Step 3

Insert Main Shaft into Table Frame

- Slide part B, the main shaft, into black bushing at the base of the table frame. Make sure that the height adjustment settings are facing up.
- Pull the locking pin out to allow the main shaft to slide in further. Release the locking pin to lock the main shaft into the desired height setting.

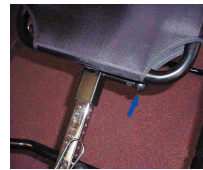


Part B

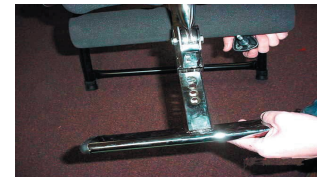
Step 4

Assemble Foot Platform

- With the four small holes facing away from you, slide the foot platform (Part D) into the bottom of the main shaft.
- Insert the three-sided knob (Part J) in the back of the shaft through the pre-drilled holes, adjust the desired height and tighten.



Part D



Part D

Step 5

Assemble Rear Ankle Clamp

- Insert Rear Ankle Clamp bar (Part F) into holes near the bottom on either side of the main shaft so that ankle clamp is perpendicular to main shaft.
- Fit bolt (Part L) into pre-drilled hole in rear of main shaft or secure in front with washer and nut.
- Fit Round Foam Ankle Supports (Part H) onto either side of Rear Ankle Clamp until flush against the main shaft.



Part F



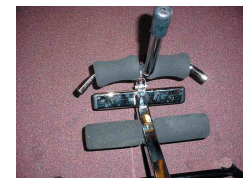
Step 6

Assemble Front Ankle Clamp

- Fit Front Ankle Clamp (Part G) into brace at bottom of main shaft facing towards you. Secure with bolt (Part K) and nut, tighten with wrench.
- Fit Grooved Foam Ankle Supports (Part H) onto either side of Rear Ankle Brace until flush against the main shaft.



Part G



Step 7

Attach Tether Strap

- Unfold tether strap from rear of the table frame and snap it onto the crossbar on the A-frame.
- The tether strap is adjustable to stop the inversion table at any desired angle.



Part A



Congratulations!

You Have Finished the Assembly

- Please read your owner's manual thoroughly to insure proper use and avoid injury.
- Make sure to test the table by hand or smooth and steady rotation before inverting.