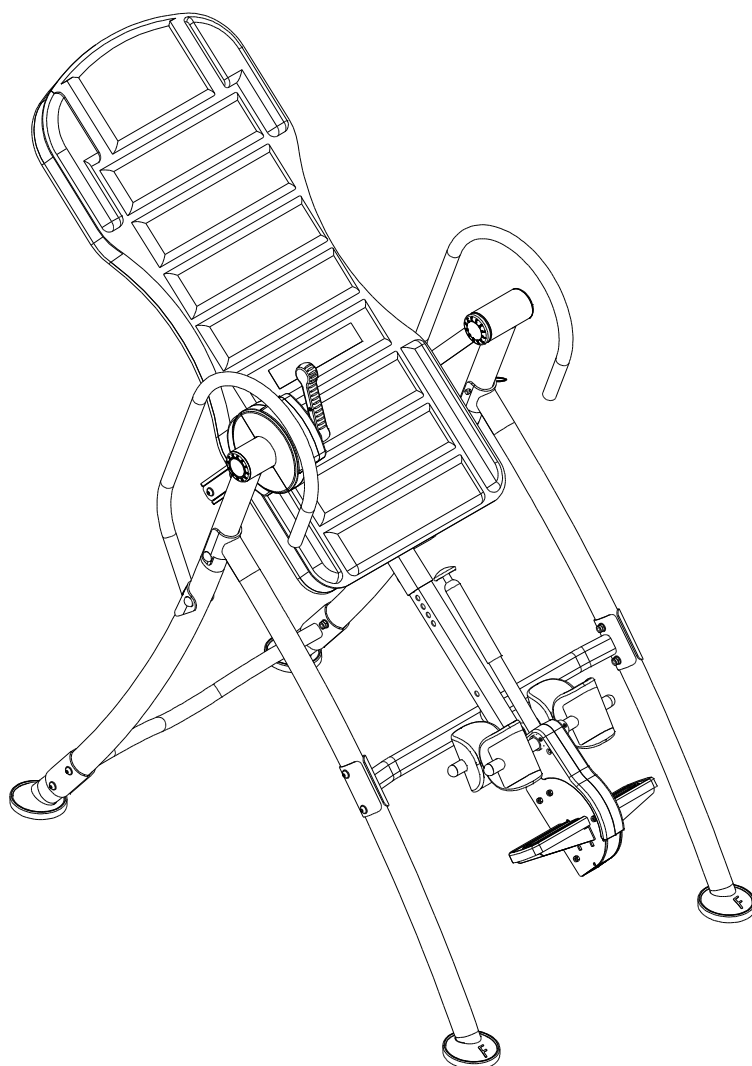


# ***I-CONTROL INVERSION TABLE***

## ***ITEM NO: OG75304***



## ***OWNER'S MANUAL***

***IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for future reference. The specifications of this product may vary from***

*this photo and are subject to change without prior notice.*

2017.

July

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## IMPORTANT SAFETY INSTRUCTIONS

This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. When using an appliance, basic precautions should always be followed, including the following:

**WARNING** - To reduce the risk of injury to persons:

1. Consult your physician or other health care professionals before using the inversion table.
2. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance if it is damaged, if it is not working properly, if it has been dropped or damaged. Return the appliance to a service center for examination and repair.
4. Do not use outdoors.
5. Do not exceed the maximum rated weight (load) and maximum rated height of the user.
6. For Household Use Only.
7. Always wear proper exercise apparel when using the equipment.
8. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
9. Only one person should use the equipment at a time.
10. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
11. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
12. Always use this equipment on a clear and level surface. Do not use near water.
13. Close supervision is necessary when this inversion table is used by, on, or near children, invalids, or disabled persons.
14. Never drop or insert any object into any opening.

15. **WARNING:** ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.

16. **WARNING** - To reduce the risk of personal injury, read and understand all the instructions before using the inversion table.

17. **WARNING** - Risk of personal injury - Do not allow children to use this machine.

18. **WARNING** - Risk of personal injury - Keep children away from machine while in use.

19. **WARNING** - Risk of personal injury - Do not grab the Lock Handle Plastic

Bar for getting up, use the handlebar instead.

20. **WARNING** - Risk of personal injury - Keep body parts, hair, loose clothing and jewelry clear of all moving parts.

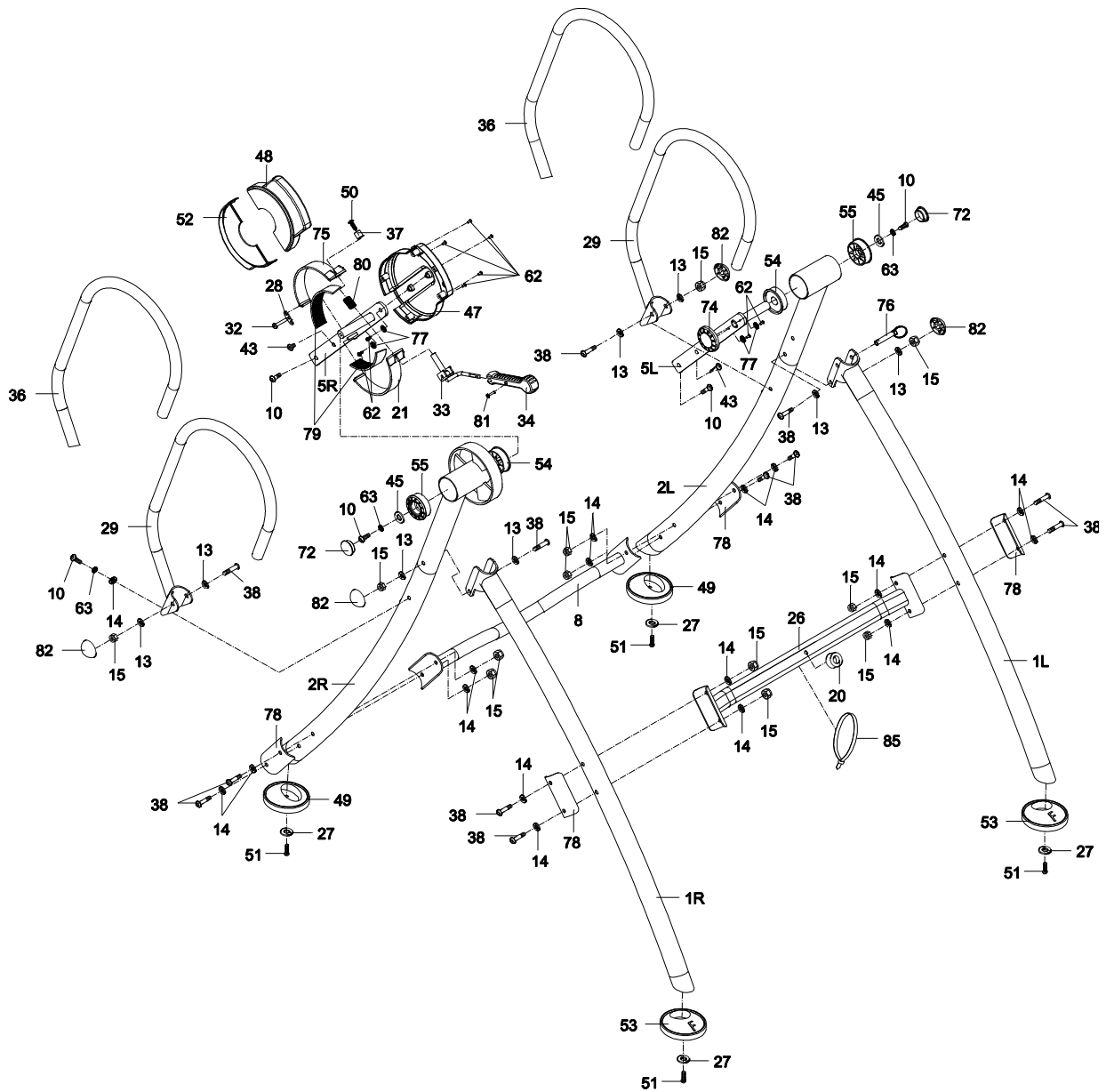
**NOTE: Maximum user weight for this product is 160 kgs (350 lbs.)  
Maximum Rated Height for this product is 200 cm/6'6".**

**WARNING:** Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports
- Use of anti-coagulants including Aspirin in high doses

**SAVE THESE INSTRUCTIONS**

**OVERVIEW DRAWING**



# OVERVIEW DRAWING



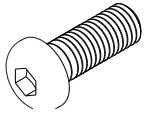
No.	Description	Qty	No.	Description	Qty
001L	Front Left Frame	1	027	Washer Ø12xØ6.5x1.0	4
001R	Front Right Frame	1	028	Fixed Plate	1
002L	Rear Left Frame	1	029	Handlebar	2
002R	Rear Right Frame	1	030	Knob	1
003	Adjustable Boom	1	031	Rubber Heel Holder	4
004	Bed Frame	1	032	Cross Recessed Pan Head Bolt M6x30	1
005L	Left Pivot Arm	1	033	Lock Mechanism	1
005R	Right Pivot Arm	1	034	Lock Handle Plastic Bar	1
006	Gear Plate	1	035	Foam Bed	1
007	Heel Holder Bracket	4	036	Handlebar Foam Grip	2
008	Inversion Bar	1	037	Metal Sleeve	1
009	Rear Rod	1	038	Bolt M8x60	12
010	Bolt M8x20	6	039	Front Plastic Cover	1
011	Front Rod	1	040L	Left Plastic Cover	1
012	Bolt M4x16	1	040R	Right Plastic Cover	1
013	Washer Ø8.5xØ20xt1.5	14	041	Square End Cap	2
014	Curve Washer Ø8.5xØ16xt2.0	18	042	Lock Pin	1
015	Lock Nut M8 (Galvanize)	14	043	Bolt M8x12	2
016	Lock Nut M6	1	044	Height Scale	1
017	Blocking Bush Ø28.5xØ23x14	2	045	Washer Ø8.5xØ24x2mm	2
018	Boom Spring Knob	1	046	Bolt M8x40	4
019	Lock Nut M8	6	047	Brake Bracket	1
020	Rubber Pad M6x10xØ35x15	1	048	Upper Plastic Cover	1
021	Right Brake Pad Plate	1	049	Rear Foot Cap	2
022L	Left Adjustable Boom Plate	1	050	Bolt M6x25	1
022R	Right Adjustable Boom Plate	1	051	Bolt M6x15	4
023	In-Step Frame	2	052	Lower Plastic Cover	1
024	In-Step Foot Pad	2	053	Front Foot Cap	2
025	Round End Cap	4	054	Pivot Arm Rotation Cap I Ø60xØ19.5x18	2
026	Front Bar	1	055	Pivot Arm Rotation Cap II Ø60xØ19.5x21	2

## PARTS LIST

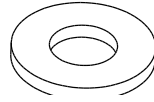
No.	Description	Qty	No.	Description	Qty
056	Adjustable Handle	1	071	Bolt M8x50	4
057	Handle Cap	1	072	Pivot Arm Ring	2
058	Handle Spring	1	073	Rectangle End Cap □50x25	4
059	Button	1	074	Rotor Cover Ø60xØ19.5x13.5	1
060	Handle Tip	1	075	Left Brake Pad Plate	1
061	Blocking Bush Ø28.5xØ22.5x10	2	076	Pin	1
062	Screw ST3.5x10	19	077	Washer Ø4.3xØ9xt0.3	4
063	Spring Washer Ø8.1xØ12.3x2.1mm	4	078	Curve Plate	4
064	Carriage Bolt M8x60	2	079	Brake Pad	2
065	Bolt M6x30	1	080	Spring	1
066	Spacer Ø22xØ8.4x16.6	2	081	Bolt M4x20	1
067	Screw ST4.2x12	8	082	Cap	4
068	Screw ST4.8x20	1	083	Lower Bed Frame Bushing	2
069	Shaft Nut Ø8	1	084	Upper Bed Frame End Cap	1
070	Bolt M5x10	2	085	Tube Clamp	1

## HARDWARE LIST





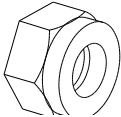
(10) Bolt M8x20  
4 PCS



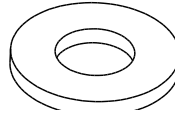
(13) Washer  
Ø8.5xØ20xt1.5  
6 PCS



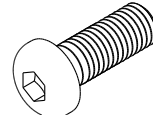
(14) Curve Washer  
Ø8.5xØ16xt2.0  
2 PCS



(15) Lock Nut M8  
(Galvanize)  
4 PCS



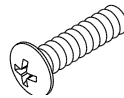
(27) Washer  
Ø12xØ6.5x1.0  
4 PCS



(38) Bolt M8x60  
2 PCS



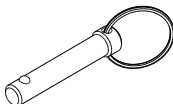
(43) Bolt M8x12  
2 PCS



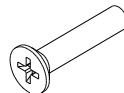
(51) Bolt M6x15  
4 PCS



(63) Spring Washer  
Ø8.1xØ12.3x2.1mm  
2 PCS



(76) Pin  
1 PC

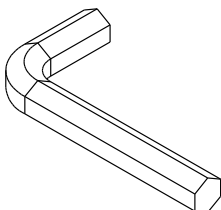


(81) Bolt M4x20  
1 PC

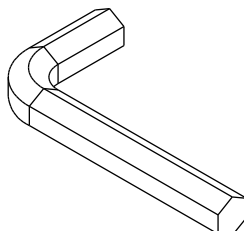


(82) Cap  
4 PCS

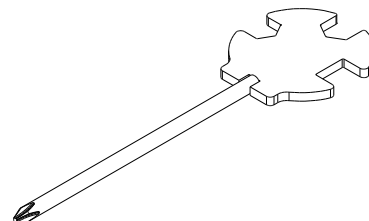
## TOOLS



Allen Wrench #5  
1 PC

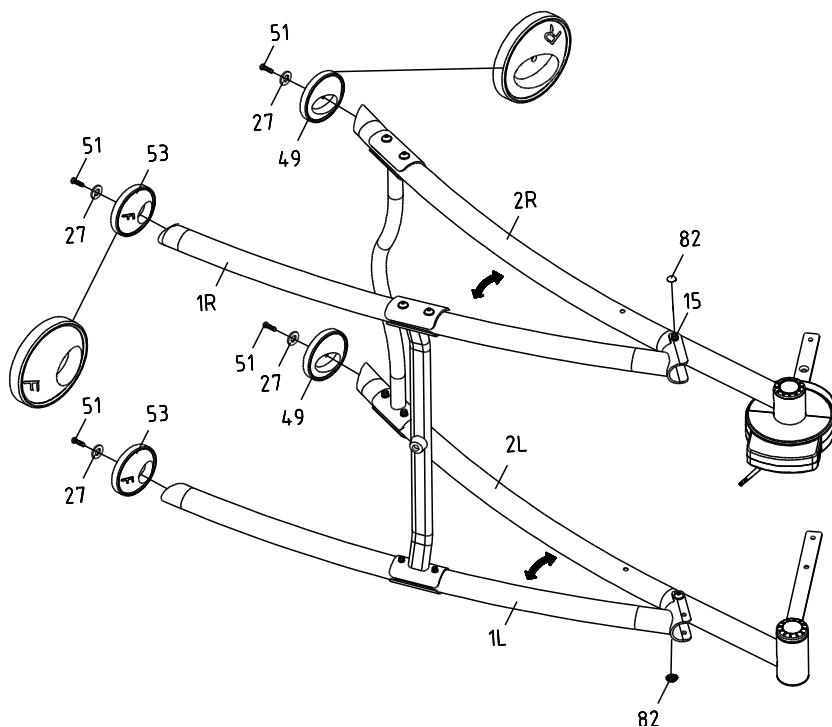


Allen Wrench #6  
1 PC

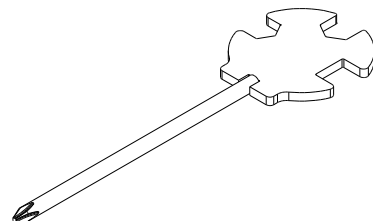


Multi Hex Tool with Phillips Screwdriver  
1 PC

## ASSEMBLY INSTRUCTIONS



**Tool:**



*Multi Hex Tool with  
Phillips Screwdriver*

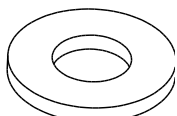
**Step 1**

Lay the base on its side as shown. Attach the Front Foot Caps (53) to the Front Right/Left Frames (1R, 1L) each with one Ø12xØ6.5x1.0 Washer (27) and one M6x15 Bolt (51). Attach the Rear Foot Caps (49) to the Rear Right/Left Frames (2R, 2L) each with one Ø12xØ6.5x1.0 Washer (27) and one M6x15 Bolt (51). Tighten bolts with the Multi Hex Tool with Phillips Screwdriver provided. Install Caps (82) onto Lock Nuts (15).

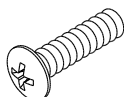
**Front Foot Cap is marked with F.**  
**Rear Foot Cap is marked with R.**

**NOTE: The product weights more than 20 kgs/44 lbs and should be assembled and moved by two or more people.**

**Hardware:**



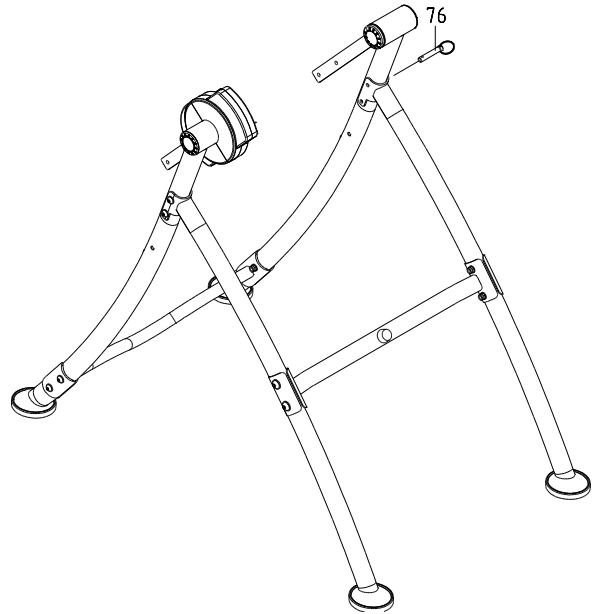
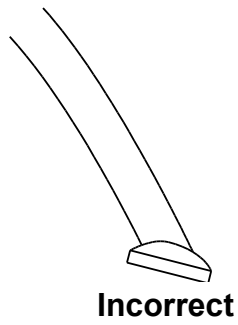
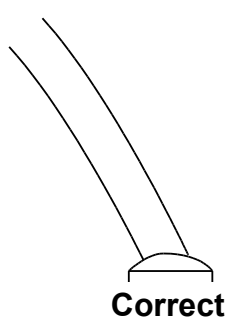
(27) Washer  
Ø12xØ6.5x1.0  
4 PCS



(51) Bolt M6x15  
4 PCS



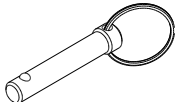
(82) Cap  
2 PCS



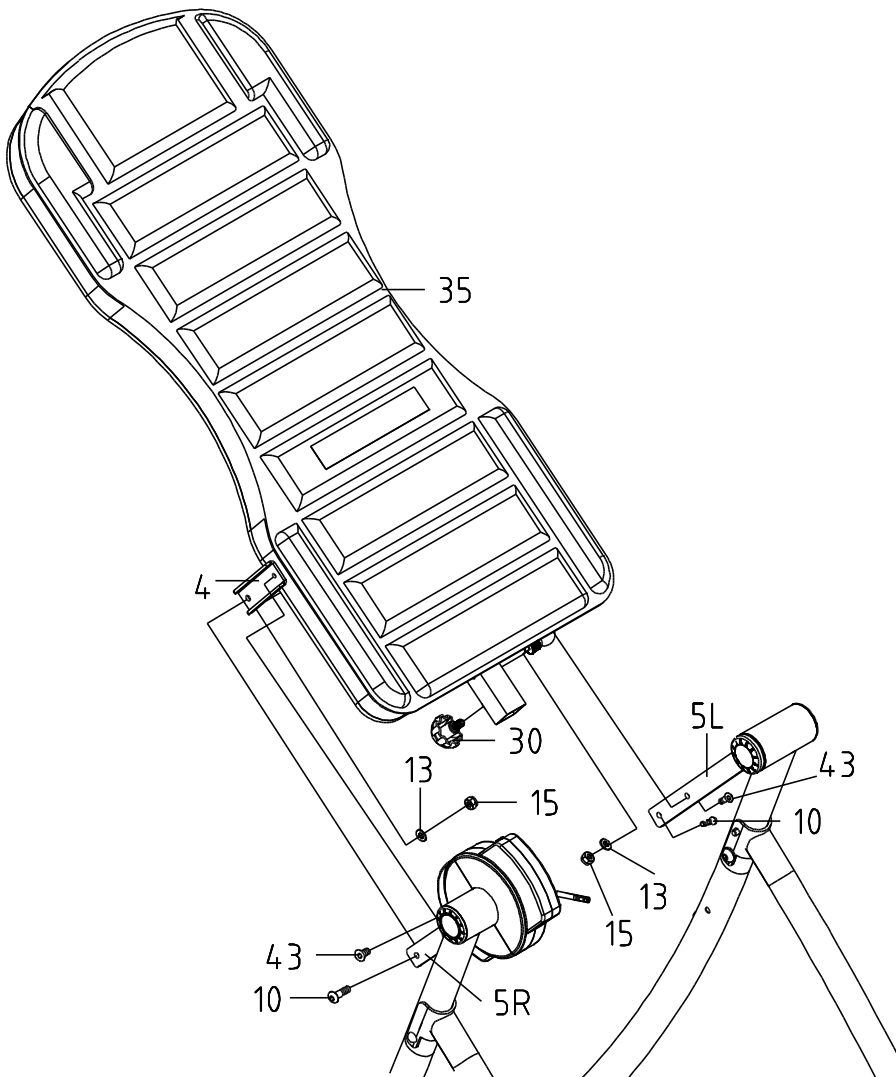
## Step 2

Stand up the base and open fully. Make sure all Foot Caps are level. Insert the Pin (76) into Frames.

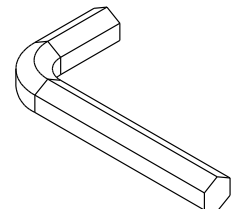
## Hardware:



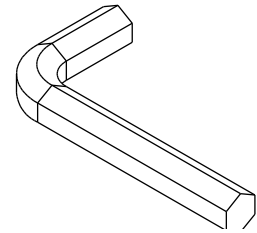
(76) Pin  
1 PC



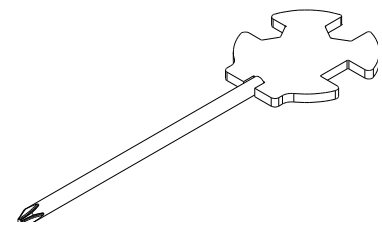
**Tool:**



*Allen Wrench #5*



*Allen Wrench #6*



*Multi Hex Tool with  
Phillips Screwdriver*

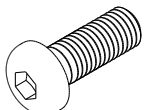
**Step 3**

Attach the Bed Frame (4) onto the Right Pivot Arm (5R) and Left Pivot Arm (5L) (*Slide the Bed Frame (4) from the bottom up*).

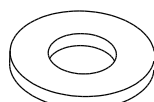
Using two M8 Lock Nuts (15), two M8x12 Bolts (43), two M8x20 Bolts (10), and two Ø8.5xØ20xt1.5 Washers (13). Tighten M8x12 Bolts (43) with #5 Allen Wrench provided. Tighten M8x20 Bolts (10) and M8 Lock Nuts (15) with #6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided.

Install the Knob (30) onto the Bed Frame (4).

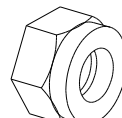
**Hardware:**



(10) Bolt M8x20  
2 PCS



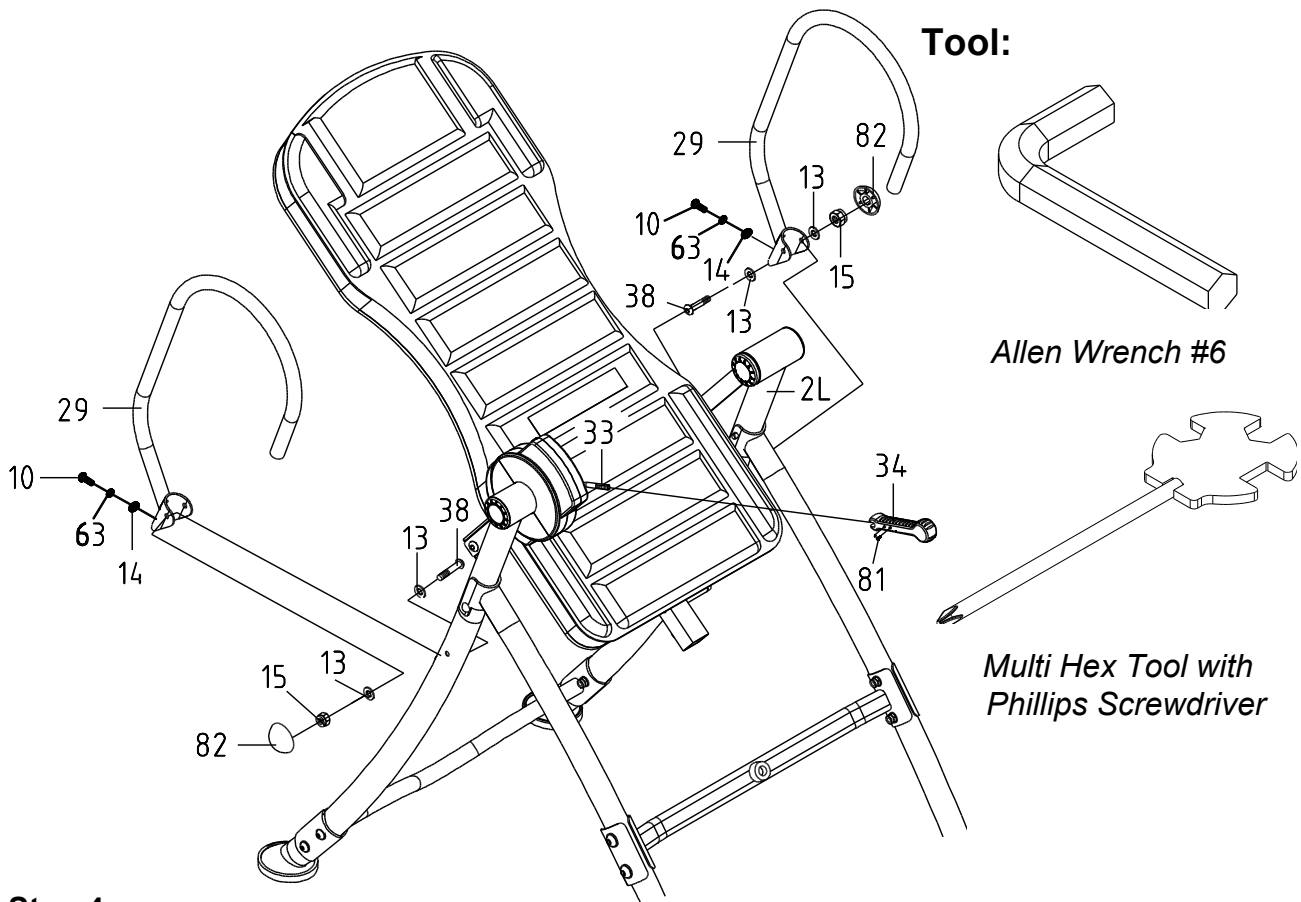
(13) Washer  
Ø8.5xØ20xt1.5  
2 PCS



(15) Lock Nut M8  
(Galvanize)  
2 PCS



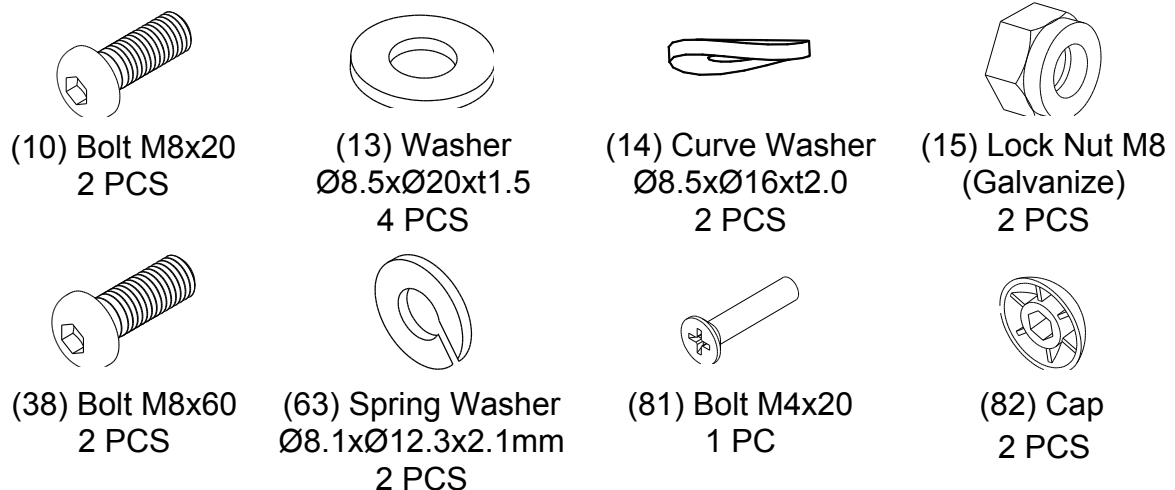
(43) Bolt M8x12  
2 PCS

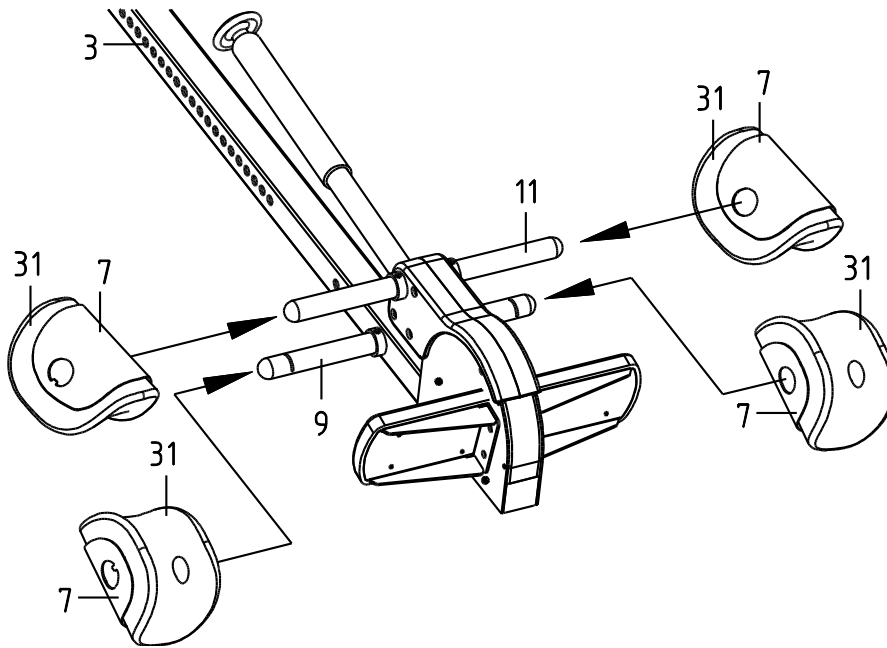


#### Step 4

Attach both Handlebars (29) onto Rear Right/Left Frames (2R, 2L) with two  $\text{Ø}8.5 \times \text{Ø}16 \times 2.0$  Curve Washers (14), two M8 Lock Nuts (15), two M8x60 Bolts (38), two M8x20 Bolts (10), two  $\text{Ø}8.1 \times \text{Ø}12.3 \times 2.1\text{mm}$  Spring Washers (63), and four  $\text{Ø}8.5 \times \text{Ø}20 \times 1.5$  Washers (13). Tighten M8x20 Bolts (10) with #6 Allen Wrench provided. Tighten M8x60 Bolts (38) and M8 Lock Nuts (15) with #6 Allen Wrench and Multi Hex Tool with Phillips Screwdriver provided, attach the Caps (82) to the M8 Lock Nuts (15). Install the Lock Handle P Bar (34) onto the Lock Mechanism (33) and secure with one M4x20 Bolt (81). Tighten M4x20 Bolt (81) with the Multi Hex Tool with Phillips Screwdriver provided.

#### Hardware:

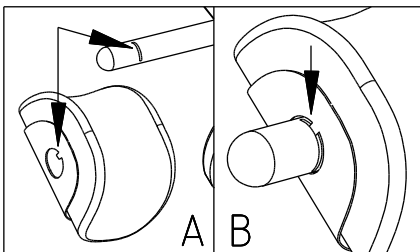




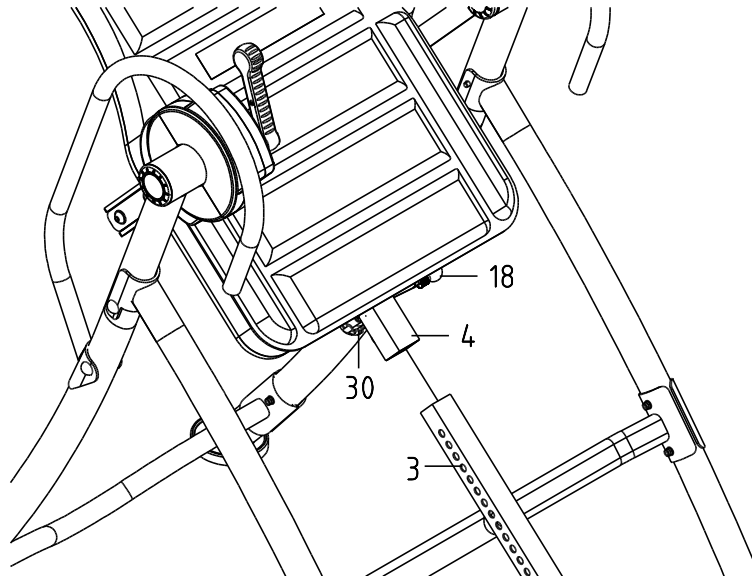
**Step 5**

Slide two Heel Holder Brackets (7) and Rubber Heel Holders (31) onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in the Rear Rod (9), as shown in detailed drawing below.

Use the same procedure to attach the other two Heel Holder Brackets (7) and two Rubber Heel Holders (31) onto the Front Rod (11).



**NOTE: Make sure the lock teeth are wedged into the slots in the Rear Rod (9) to lock the Heel Holder Brackets (7) and Rubber Heel Holders (31) in place as shown in figures A and B before use.**



**Step 6**

Loosen the Knob (30). Pull the Spring Knob (18) and slide the Adjustable Boom (3) in. Slide the Adjustable Boom (3) up to the desired height. Release the Spring Knob (18) and make sure it “pops” into the hole. Tighten the Knob (30) for additional safety.

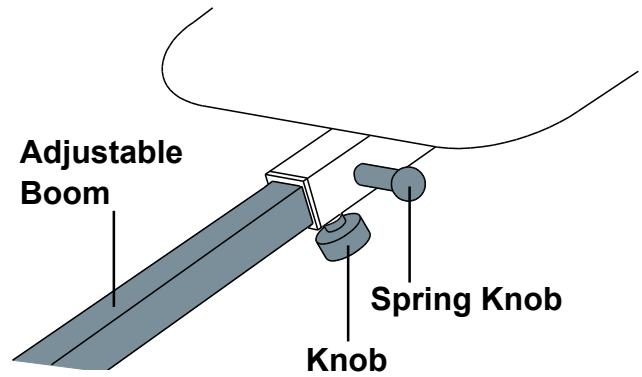
# HOW TO USE

## Set the Adjustable Boom to your height

Turn the Knob counter-clockwise to loosen the Adjustable Boom.

Pull the Spring Knob as you adjust the Adjustable Boom to desired height.

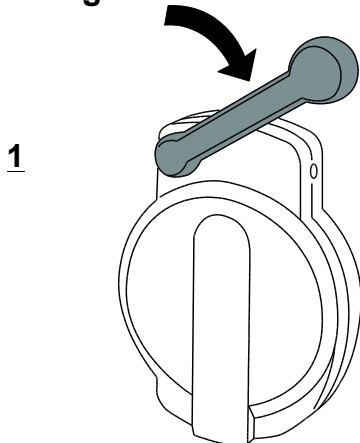
Turn Knob clockwise to de-rattle the Adjustable Boom.



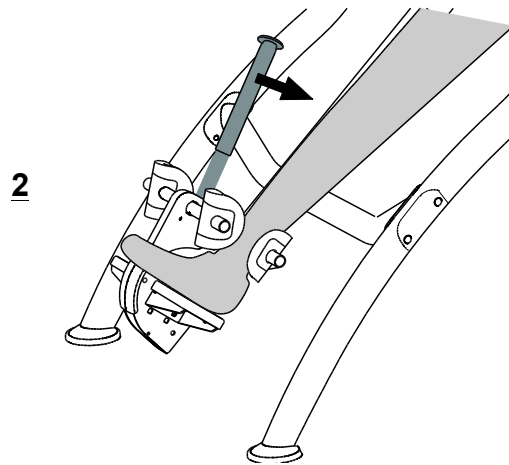
**NOTE: When you invert, readjust the height adjustment boom up if the bed doesn't rotate.**

**Adjust the height adjustment boom down if the bed rotates too fast.**

## Mounting the table



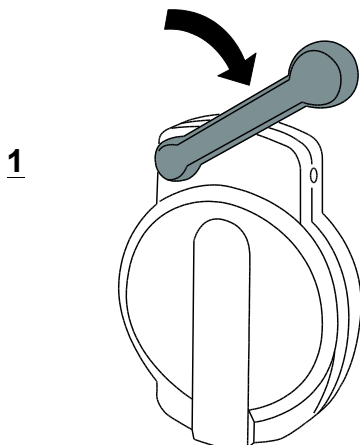
Make sure the Lock Handle Plastic Bar is at LOCK position.



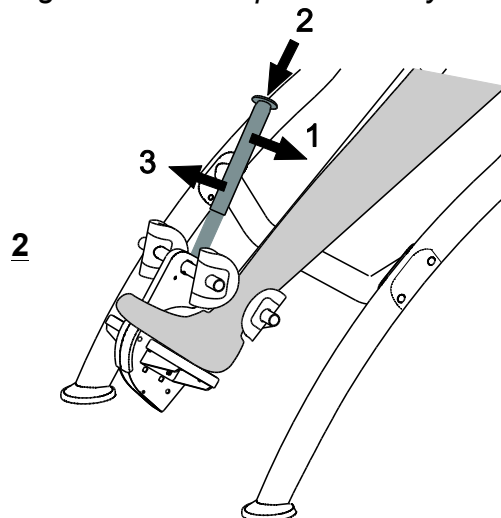
Pull the Adjustable Handle until ankle pads lock on the feet securely.

*Wearing shoes will help ankles stay more secure.*

## Dismounting the table



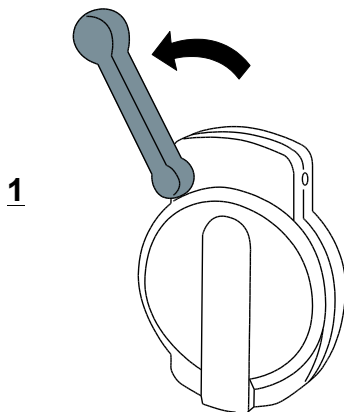
Make sure the Lock Handle Plastic Bar is at LOCK position.



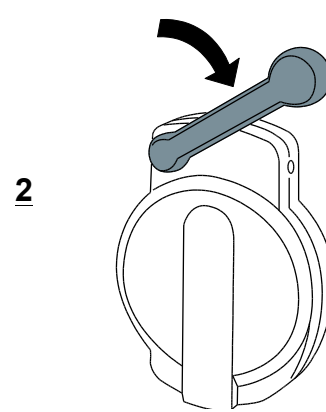
1. Pull the Adjustable Handle.
2. Press the Button.
3. Push the Adjustable Handle forward.



## Get to inversion

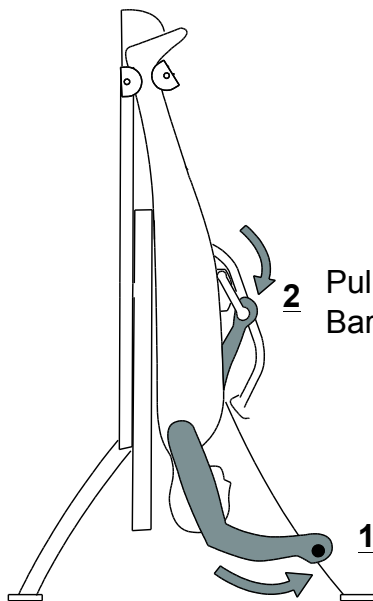


1 Push the Lock Handle Plastic Bar to UNLOCK position. With both hands on handles, slowly lie down.



2 When you're at desired angle, pull the Lock Handle Plastic Bar forward to LOCK position to lock the bed.

## Get to vertical inversion

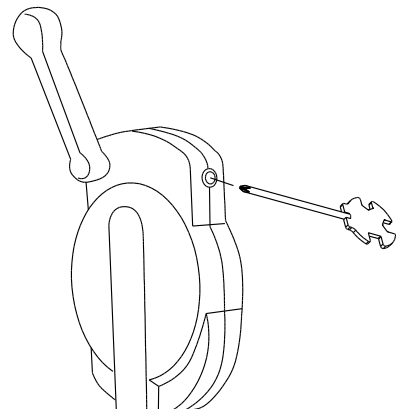


1 Push against the Inversion Bar with left arm.

2 Pull the Lock Handle Plastic Bar to LOCK position.

## Calibrating the Brake

The brake might become loose after long period of time of use. To calibrate, insert the Phillips Screwdriver into the hole as indicated on the diagram, turn the calibrating inside clockwise no more than 1/4 turn.



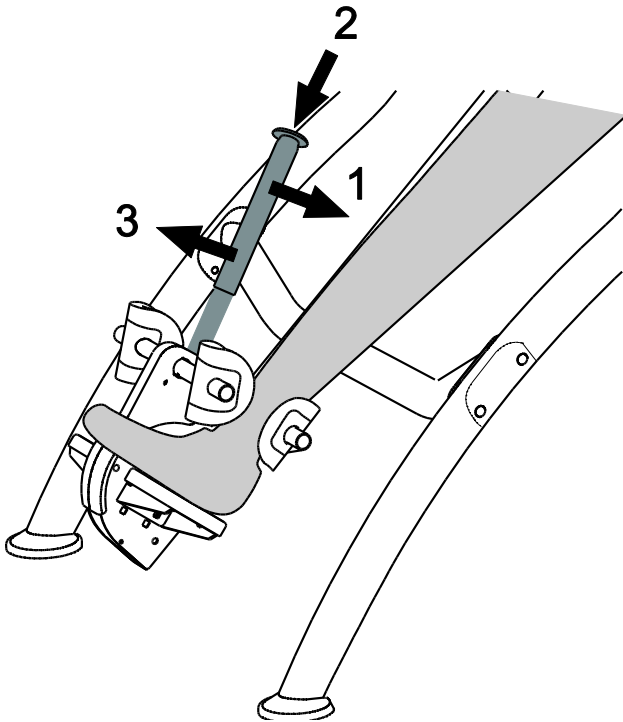
## QUICK RELEASE ANKLE LOCK

Before mounting the table, press the button on top and pull open. Pull the handle to lock your feet securely after mounting the table.

When dismantling the table, press the button to release and open. If the button is too tight, pull the handle toward you first before pressing the button to release.

**WARNING: To avoid serious injury, feet must be secured before inverting. Do not use the table if the ankle lock system does not function properly.**

## TROUBLESHOOTING SECTION



In case the Adjustable Handle is too tight to release Rubber Heel Holder, please follow these steps:

1. Pull the Adjustable Handle.
2. Press the Button.
3. Push the Adjustable Handle forward.

# OPERATION

## The Handlebars

For added convenience and safety, a set of Handlebars has been added to the inversion table. These Handlebars are located at the top of the Rear Right/Left Frames. The Handlebars are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the Handlebars and pull on them until you return to the upright position.

**NOTE:** The inversion table should always return to the upright position when you move your hands below your waist. If it does not, the inversion table is probably not adjusted correctly to your height.

\* Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

## GENERAL PRECAUTIONS

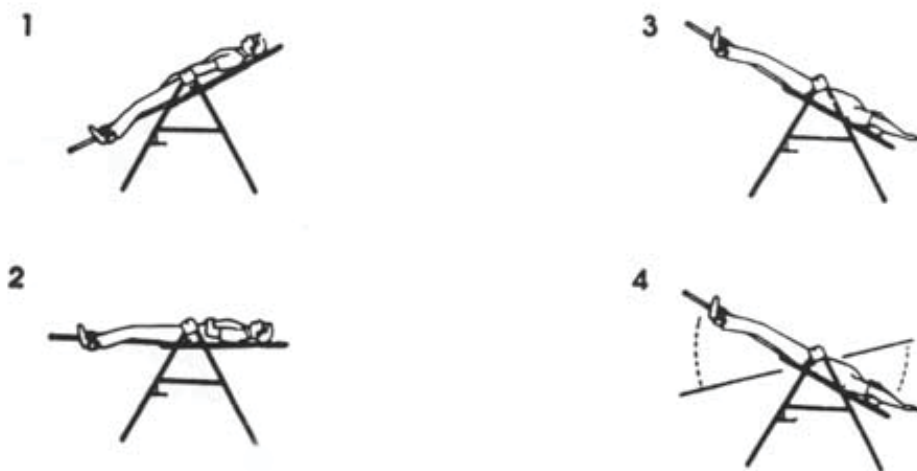
1. It is recommended that someone be with you while you are using this inversion table for the first few times.
2. Make sure that the Rubber Heel Holders are holding your feet securely.
3. Make sure that the Adjustable Boom is properly set to your height.
4. Make sure that the Adjustable Boom is held securely by both the Spring Knob and the Knob.
5. Make sure that there is enough room for the bed to rotate completely.

## BALANCING THE INVERSION TABLE

The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So, it is very important to make sure that the height is adjusted properly. To do this, mount the inversion table, lock your ankles into the heel holders, and lie back with your hands at your sides. Slowly place your hands across your chest. While in this position, your head should still be above your feet. If your feet are above your head, dismount and adjust the height again.

## USING THE INVERSION TABLE

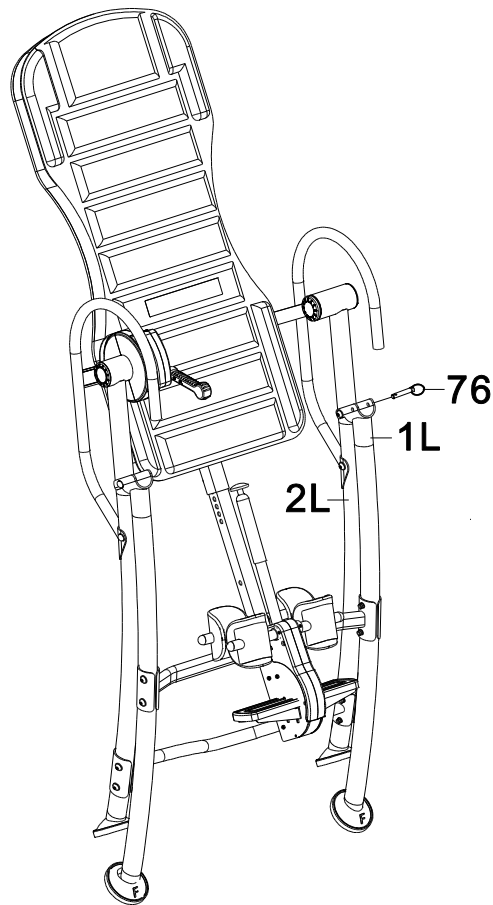
1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable with the use, rock the bed slowly by moving your arms up and down slowly.
5. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
6. Return to the upright position by slowly moving your hands back and grip both handlebars.



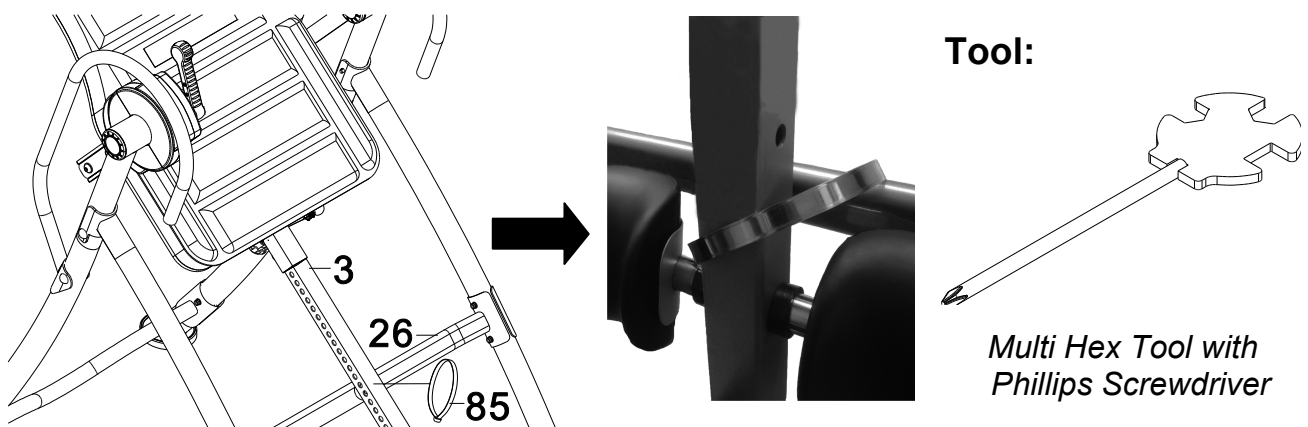
## SUGGESTIONS FOR USE

1. Begin slowly: invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. Make gradual changes: increase the angle only if it is comfortable. Increase angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body. Come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted, limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same time each day.

# STORAGE



Pull out the Pin (76), and then fold the Front Left/Right Frames (1L, 1R) and the Rear Left/Right Frames (2L, 2R).



When the inversion table is displayed in a store, or when it is not in use, it should be locked with the Tube Clamp (85) to prevent unsupervised use. Use a Phillips screwdriver to undo the screw on Tube Clamp (85) to unlock the Tube Clamp (85). Then use the Tube Clamp (85) to connect both Adjustable Boom (3) and Front Bar (26) together as shown in illustration above. To prevent removal please tighten the screw.

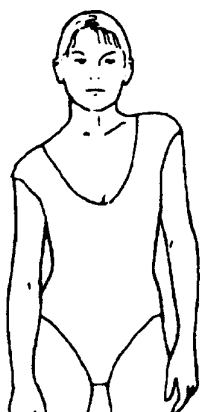
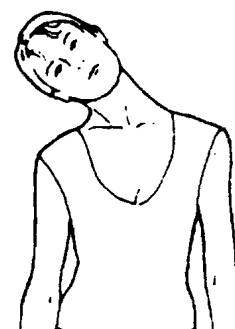
# WARM UP AND COOL DOWN ROUTINE

The **WARM-UP** is an important part of any workout. The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before aerobic exercising. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

**COOL DOWN** at the end of your workout, repeat these exercises to reduce soreness in tired muscles. The purpose of cooling down is to return the body to its resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.

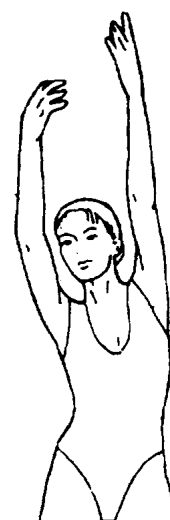
## HEAD ROLLS

Rotate your head to the right for one count, you should feel a stretching sensation up the left side of your neck. Then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



## SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



## SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

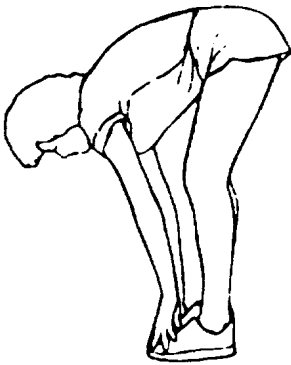
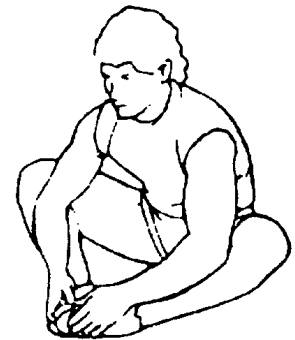


### **QUADRICEPS STRETCH**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

### **INNER THIGH STRETCH**

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

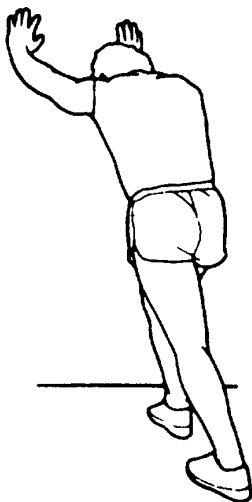
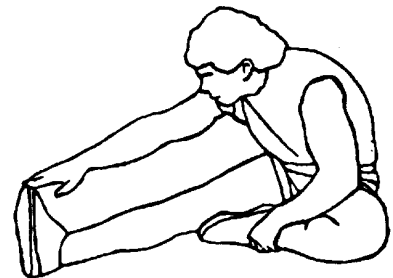


### **TOE TOUCHES**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

### **HAMSTRING STRETCHES**

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



### **CALF/ACHILLES STRETCH**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.

