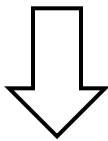
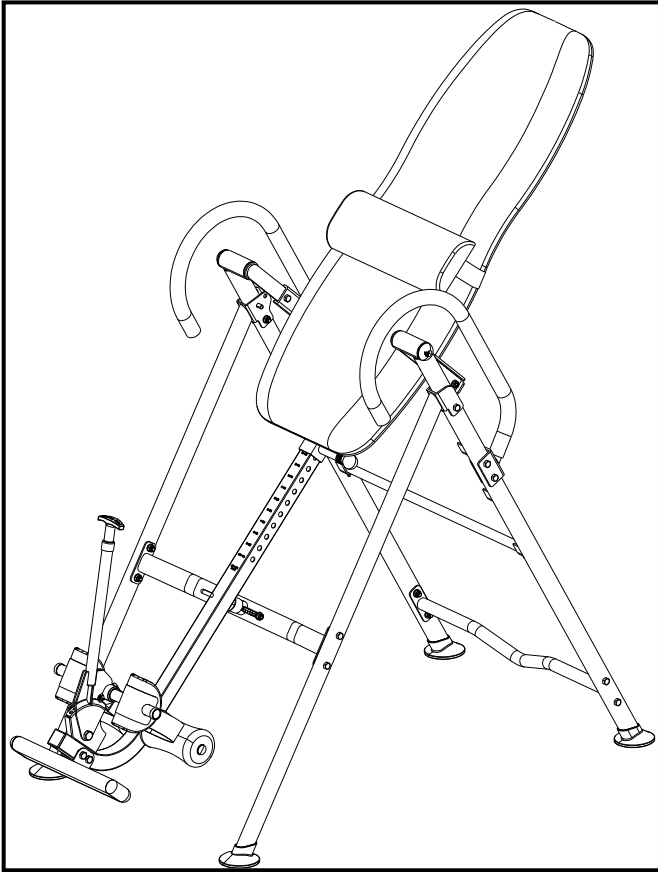
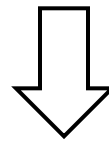
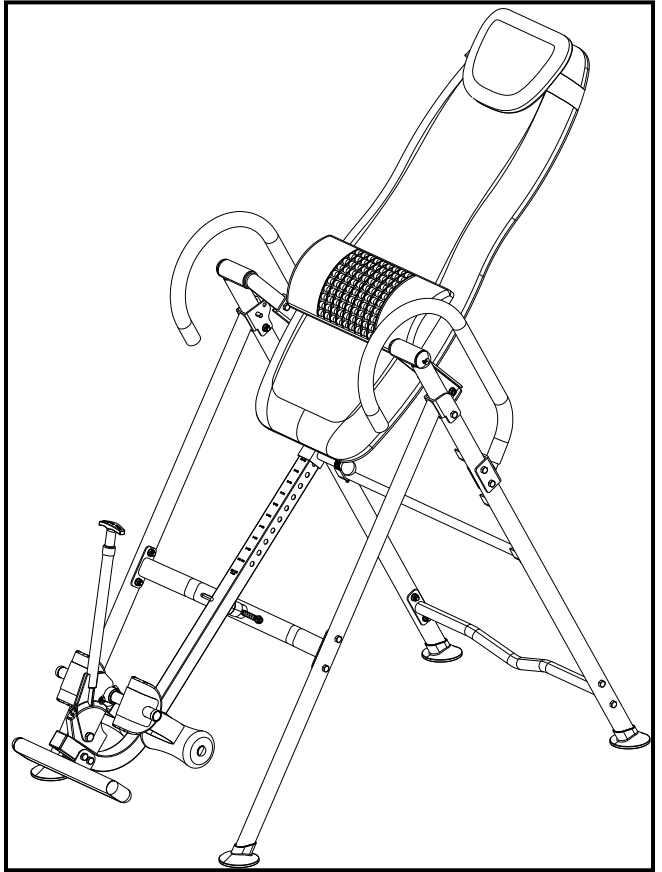


Heavy Duty Deluxe Inversion Table 510000B/510000G/510050G



Model No: 510000B
Model No: 510000G



Model No: 510050G
Beads Lumbar Belt Version

Note: This product is designed to users from 5' to 6'2"
and a maximum user weight of 250 LBS

Safety Reminders

WARNING

Failure to Follow Instructions and Warnings Could Result in Injury or Death

DO NOT USE THIS INVERSION TABLE WITHOUT A LICENSED PHYSICIAN'S APPROVAL.

Close Supervision is Necessary When the Inversion Table is Used

Keep Children and Pets Away From the Inversion Table

Keep Hands and Feet Away From Moving Parts

Read All Instructions Throughout this Manual Carefully Before Using.

Tighten All Bolts Before Using Equipment.

Leave Adequate Space to Properly Invert.

Do Not Use or Store Outside

To Prevent Serious Injury or Death, Check to Make Sure Ankle Locking System is Working Properly Before Each Use. Ankle Lock and Ankle Straps Must Be Used When Inverting

Questions/ Comments

PLEASE DO NOT CONTACT THE STORE FOR PARTS OR SERVICE QUESTIONS

Zeus Gear LLC. is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason , you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our technical support voicemail system at: **214-2577-8768** or send us an email at:

service@zeusgearllc.com

For any and all parts, please visit:

Web: www.zeusgearllc.com

Mon.-Fri 9:00 am – 5:00 pm Nevada Time

Note:

This product is designed to users from 5'1 to 6'6" and **Maximum User Weight of 250 LB**

BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. If any parts are worn or missing, Do Not Use the Inversion Table. Some parts may be pre-assembled and pre-installed.

CAUTION **WARNING:**

BEFORE STARTING ANY INVERSION PROGRAM, CONSULT YOUR PHYSICIAN.

Some Medical Conditions May Not be Suitable for Use with this Product

Read all instructions very carefully before using equipment

Failure to Follow Instructions Could Result in Serious Injury or Death

Inspect Product Carefully Before Each Use

Tighten all Bolts Securely Before Using Equipment

Product Warranty

Limited Liability

Zeus Gear LLC. warrants that this product will be free from defects in materials and workmanship for a period of **ninety (90) days** from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, Zeus Gear LLC.

DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Zeus Gear LLC, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Zeus Gear LLC Customer Service Number at 214-257-8768 for assistance in the repair or replacement of the product or any covered part. Zeus Gear LLC will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit), or repairs or attempted repairs by any person not authorized by Zeus Gear LLC, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement.

If you require service under this warranty, please call Customer Service at (214-257-8768)

PLEASE DO NOT RETURN THIS PRODUCT TO THE STORE

PRECAUTIONS

WARNING: 250 LB MAXIMUM WEIGHT CAPACITY

To reduce the risk of serious injury:

All Users should read and understand all important precautions instructions and warnings in this manual before using the Inversion Table. It is your responsibility to familiarize yourself with the proper use of the inversion table and the inherent risks of the inversion table(ex. Falling on your head/neck, pinching, equipment failure, etc.) It is the responsibility of the owner to ensure that all users of the device are fully informed about the proper use of the equipment and all warnings and safety precautions. Zeus Gear LLC. assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion System.

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL. THIS PRODUCT MAY NOT BE APPROPRIATE FOR USE WITH CERTAIN MEDICAL CONDITIONS. YOU ARE STRONGLY ADVISED TO USE THIS PRODUCT ONLY UNDER THE DIRECTION OF YOUR LICENSED PHYSICIAN. HAVE THESE GUIDELINES APPROVED BY YOUR LICENSED PHYSICIAN BEFORE USE

(this list is for reference only, it is not an exhaustive listing):

- Acutely Swollen Joints
- Bone Weakness (Osteoporosis)
- Cerebral Sclerosis
- Conjunctivitis
- Glaucoma
- Heart or Circulatory Disorders
- Hiatal Hernia
- High Blood Pressure
- Hypertension
- Medullary Pins
- Middle Ear Infection
- Overweight/ Extremely Obese
- Pregnancy
- Recent or Unhealed Fractures
- Recent Stroke or Transient Ischemic Attack
- Retinal Detachment
- Spinal Injury
- Surgically Implanted Orthopedic Supports
- Use of Anticoagulants (Including High Doses of Aspirin)
- Ventral Hernia
- Weak Ankles and /or Feet

DO NOT LET CHILDREN USE THE INVERSION TABLE

ALWAYS WEAR LACE UP ATHLETIC SHOES. DO NOT USE IN BARE FEET, SOCKS, SLIP ON SHOES TO PREVENT FALLING OUT OF UNIT ON YOUR HEAD OR NECK. THIS COULD CAUSE SERIOUS INJURY OR DEATH.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

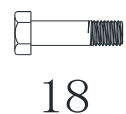
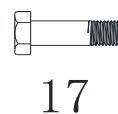
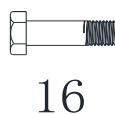
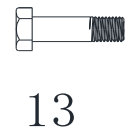
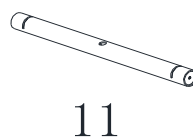
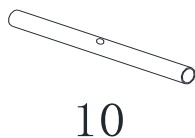
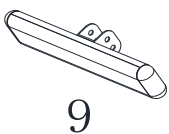
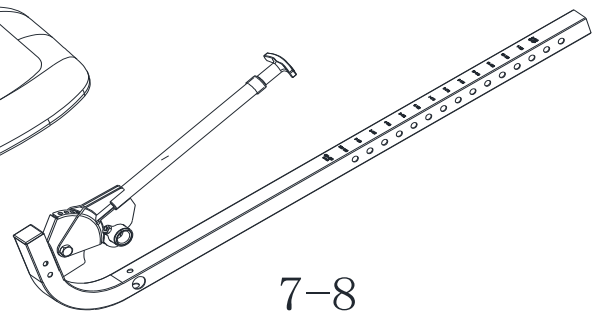
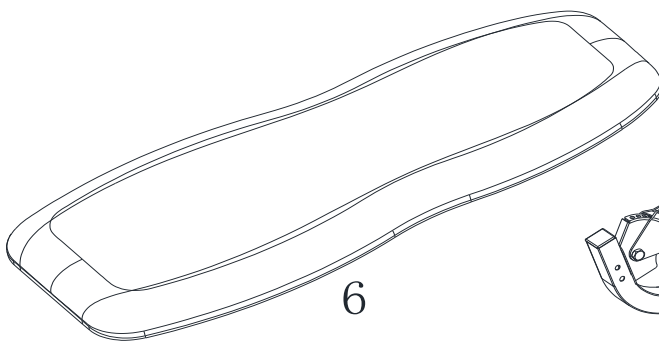
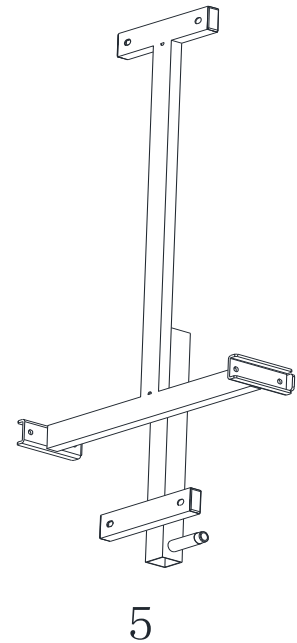
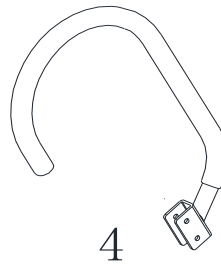
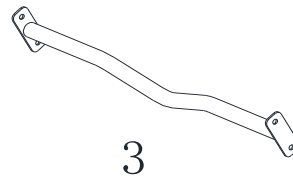
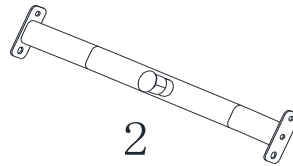
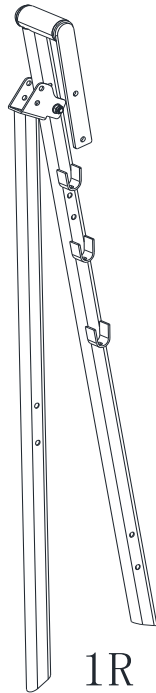
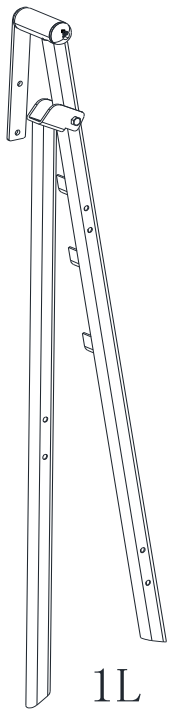
SECURE YOUR ANKLES with LONG RATCHET SYSTEM AND ANKLE SECURITY STRAPS BEFORE EACH INVERSION SESSION

INSPECT ANKLE LOCKING SYSTEM FOR PROPER LOCKING FUNCTION BEFORE EACH USE

HAVE SOMEONE SPOT YOU DURING INVERSION

Components For Assembly

Model 510000B/510000G



Parts Listing



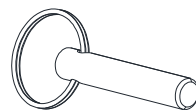
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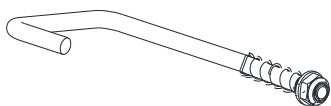
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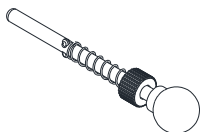
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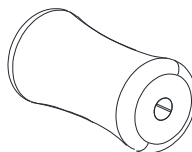
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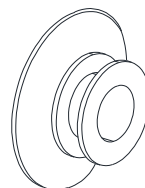
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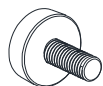
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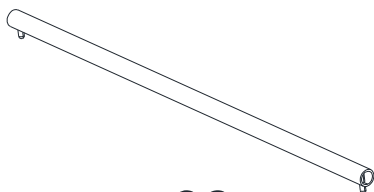
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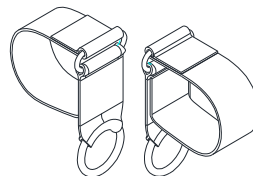
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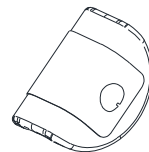
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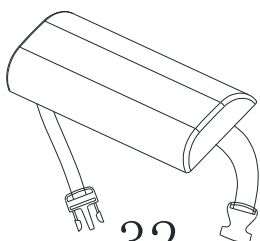
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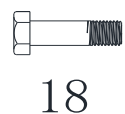
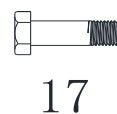
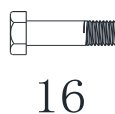
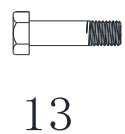
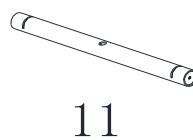
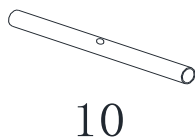
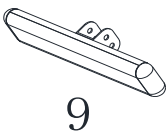
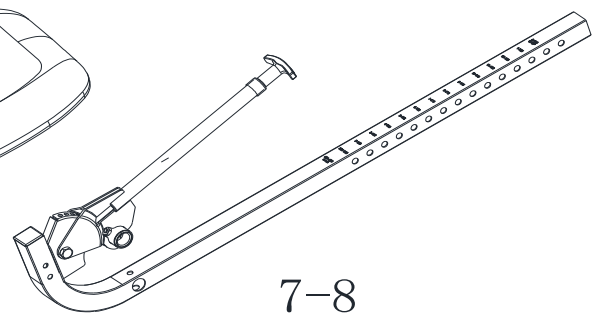
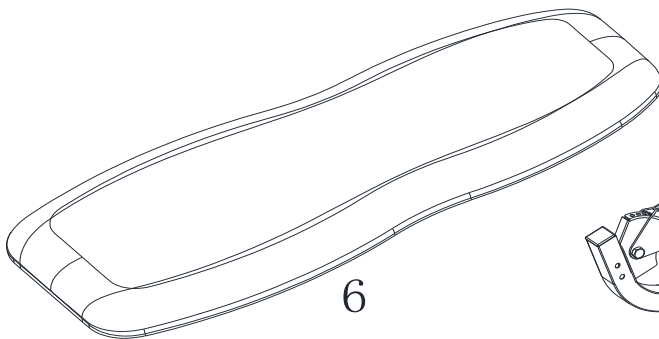
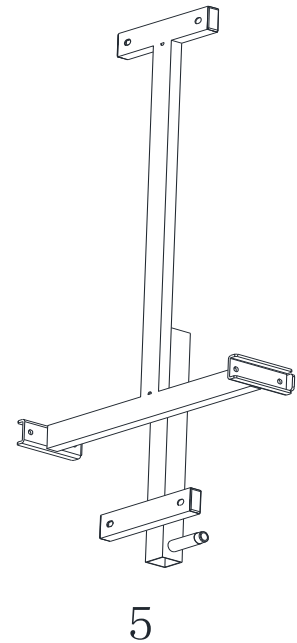
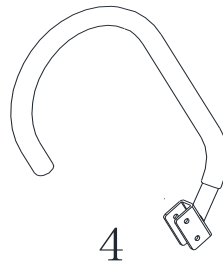
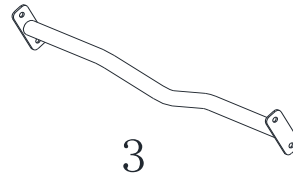
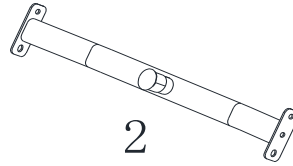
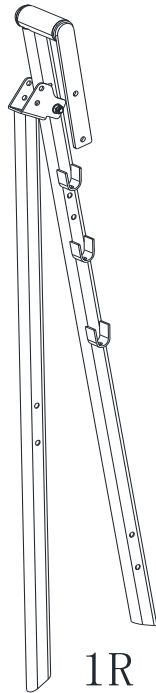
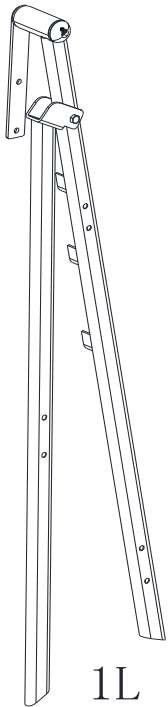
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Components For Assembly

Model 510050G



Parts Listing



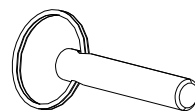
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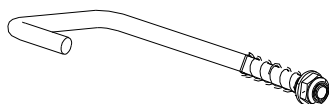
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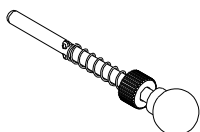
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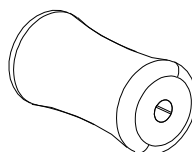
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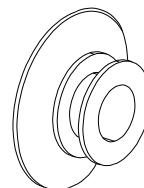
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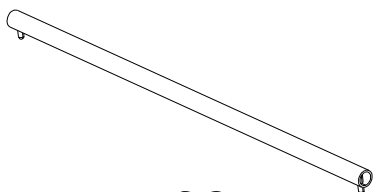
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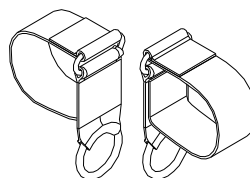
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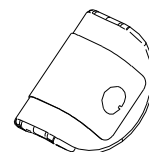
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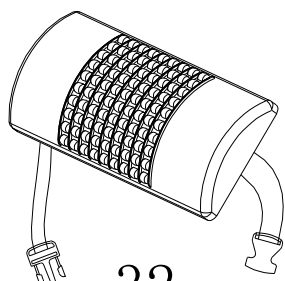
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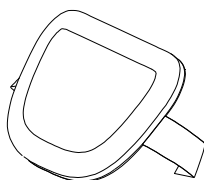
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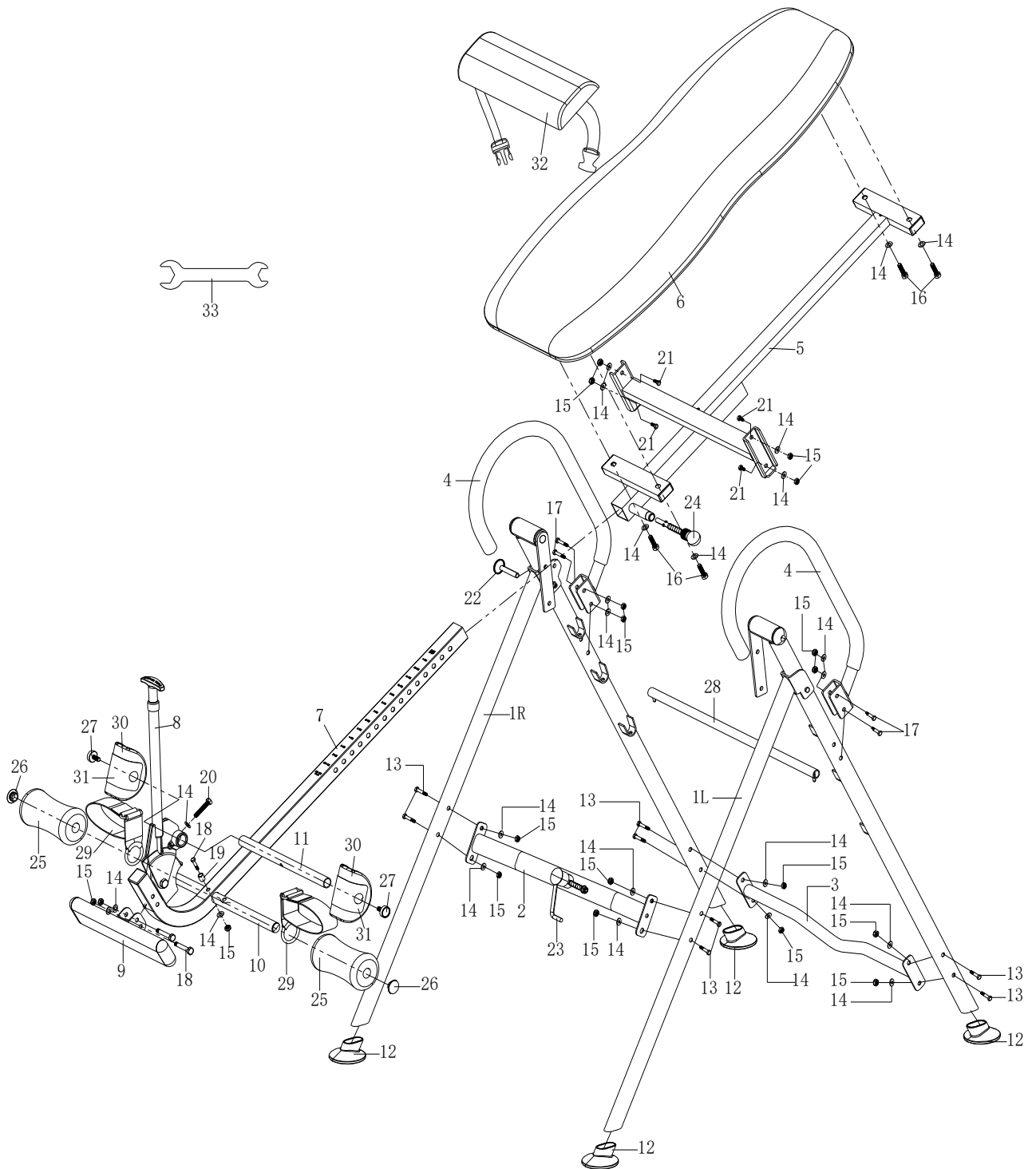
Parts Listing – 510000B/510000G

Part#	Description	QTY
1L	Base Frame-LEFT	1
1R	Base Frame-RIGHT	1
2	Support tube-FRONT	1
3	Lower Cross Bar-REAR	1
4	Handlebar	2
5	Backrest Support frame	1
6	Backrest Pad	1
7	Body Height Adjustment Tube	1
8	Adjustable Ankle Holding Bar	1
9	Foot Rest Plate	1
10	Leg Tube-REAR	1
11	Ankle Holding Tube-Front	1
12	Base Frame End Caps	4
13	Bolt M8*35mm	8
14	Flat Washer $\phi 8.2 \times \phi 16 \times 1.5\text{mm}$	25
15	Lock Nut M8	19
16	Bolt M8*30mm	4
17	Hexagonal Bolt-M8*35mm	4
18	Hexagonal Bolt-M8*50mm	3
19	Metal Bushing for Rear Leg Tube	1
20	Hexagonal Bolt-M8*40mm	1
21	Hexagonal Bolt-M8*20mm	4
22	Ball Pin $\phi 8 \times 40\text{mm}$	1
23	L-shaped Hook(Safety Lock)	1
24	Height Adjustment Knob	1
25	Foam Leg Rollers	2
26	Round End Caps	2
27	Screw Plastic Cap	2
28	Safe-T Bar	1
29	Ankle Safety Straps	2
30	U Shape Holder	2
31	Metal U Shape Cover	2
32	Lumbar Pad	1
33	Wrench-#13/#17	2

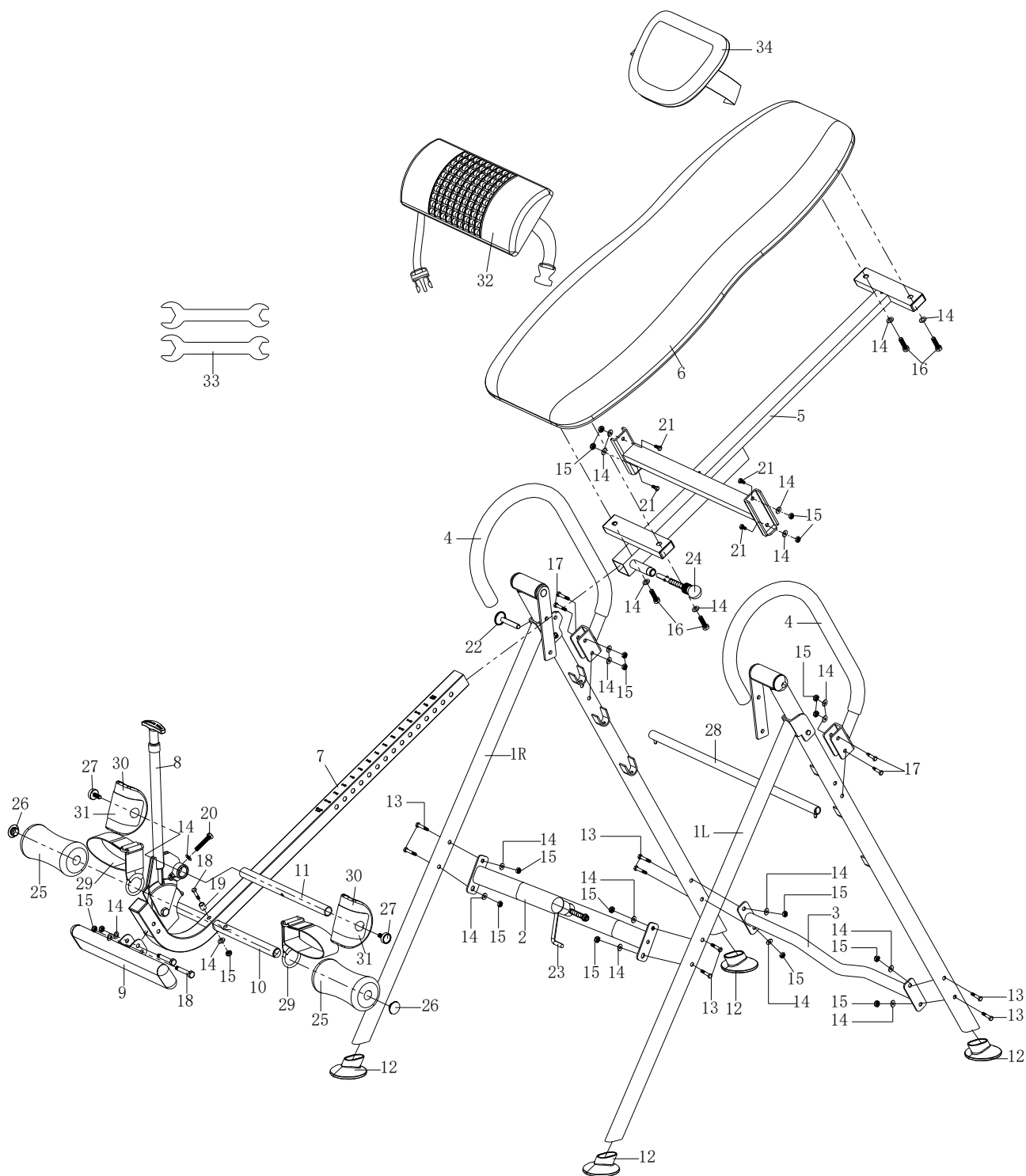
Parts Listing – 510050G

Part#	Description	QTY
1L	Base Frame-LEFT	1
1R	Base Frame-RIGHT	1
2	Support tube-FRONT	1
3	Lower Cross Bar-REAR	1
4	Handlebar	2
5	Backrest Support frame	1
6	Backrest Pad	1
7	Body Height Adjustment Tube	1
8	Adjustable Ankle Holding Bar	1
9	Foot Rest Plate	1
10	Leg Tube-REAR	1
11	Ankle Holding Tube-Front	1
12	Base Frame End Caps	4
13	Bolt M8*35mm	8
14	Flat Washer $\phi 8.2 \times \phi 16 \times 1.5\text{mm}$	25
15	Lock Nut M8	19
16	Bolt M8*30mm	4
17	Hexagonal Bolt-M8*35mm	4
18	Hexagonal Bolt-M8*50mm	3
19	Metal Bushing for Rear Leg Tube	1
20	Hexagonal Bolt-M8*40mm	1
21	Hexagonal Bolt-M8*20mm	4
22	Ball Pin $\phi 8 \times 40\text{mm}$	1
23	L-shaped Hook(Safety Lock)	1
24	Height Adjustment Knob	1
25	Foam Leg Rollers	2
26	Round End Caps	2
27	Screw Plastic Cap	2
28	Safe-T Bar	1
29	Ankle Safety Straps	2
30	U Shape Holder	2
31	Metal U Shape Cover	2
32	Beads Lumbar Pad	1
33	Wrench-#13/#17	2
34	Head Pillow	1

Exploded View – 510000B/510000G



Exploded View – 510050G



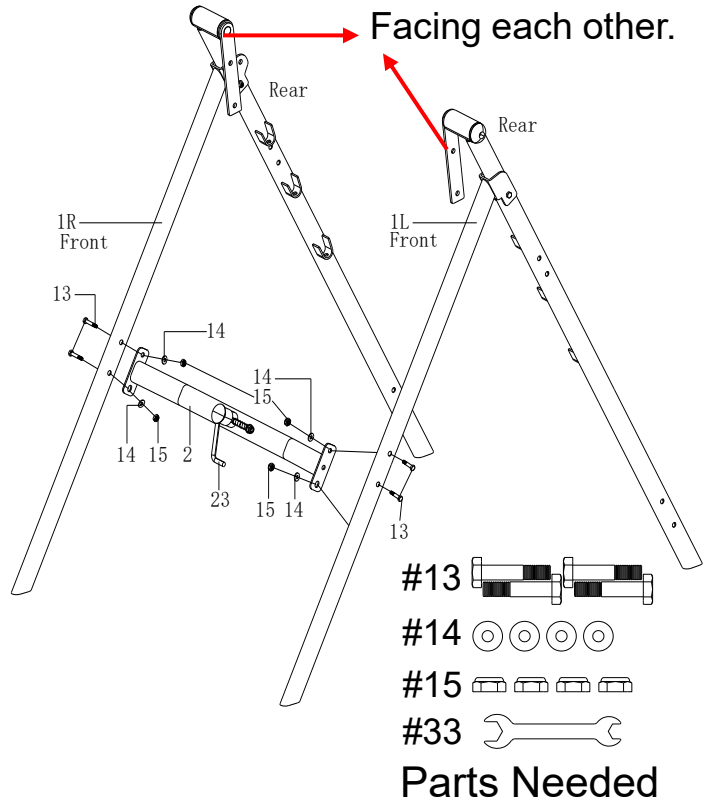
Base Frame Assembly

STEP 1- Base Frame

Unpack Base frame from Carton.

Lay the Right Base Frame (1R) and the Left Base Frame (1L) on the floor. Make sure the L shaped Hook (23) on the Front Support Tube (2) is facing out and attach the Front Support Tube (2) to the Front Base Frame (1R&1L) using 4 Bolts (13), 4 Washers (14), and 4 Lock Nuts (15).

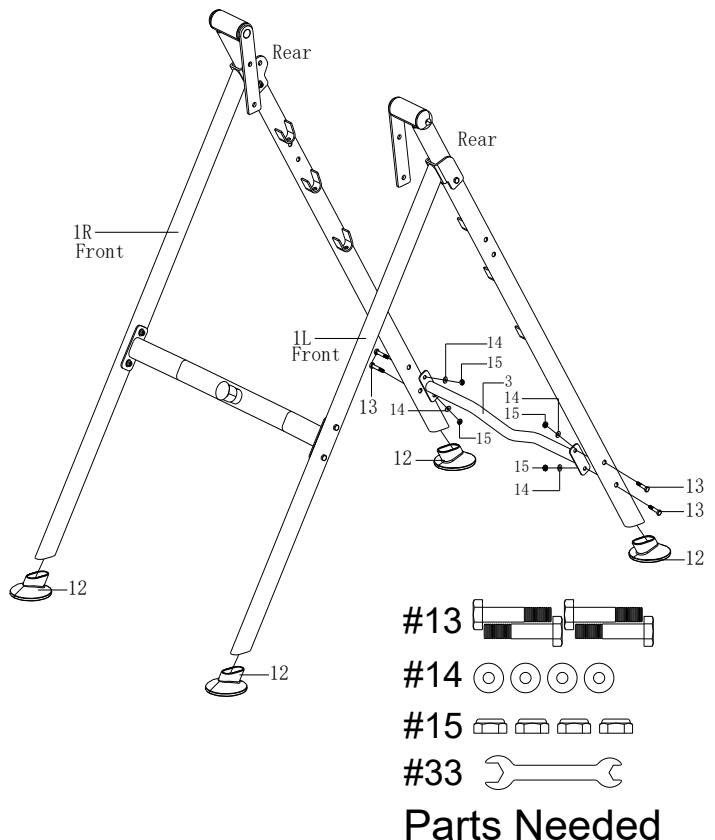
Note: Do not fully tighten all Bolts (13) until Rear Support Tube (3) is attached.



Attach Rear Support Tube (3) to Rear Base Frame (1L&1R) by using 4 Bolts (13), 4 Washers (14) and 4 Lock Nuts (15).

Unfold the Base Frames (1R&1L) and let it stand on the floor.

Attach 4 Base Frame End Caps (12) to bottom of the Base Frames (1L&1R).



TIGHTEN ALL BOLTS AND NUTS AT THIS TIME

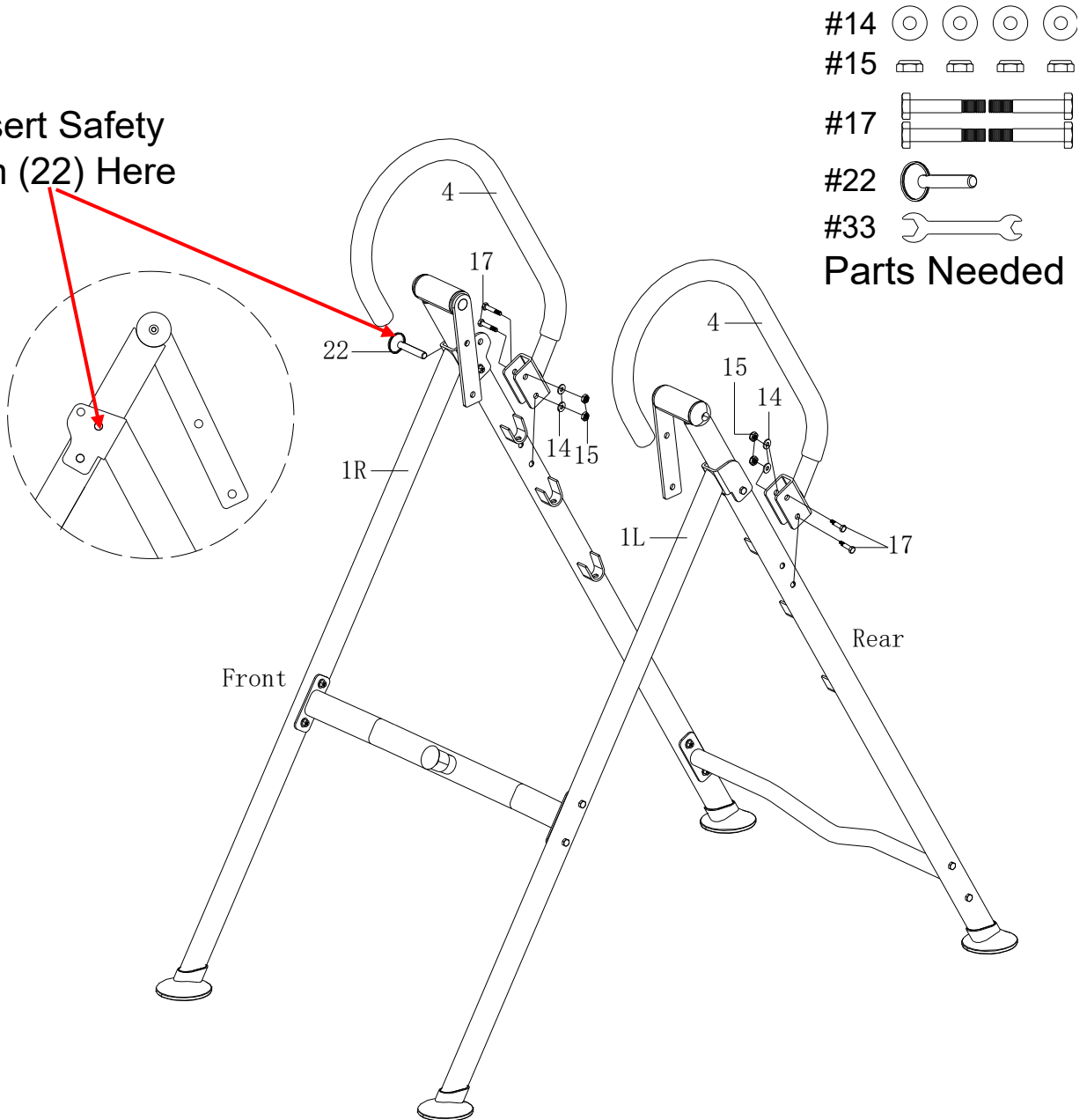
Handlebar Assembly

STEP 2

Attach the Handlebars (4) to the Rear Base Frames (1R&1L) using 4 Bolts (17), 4 Washers (14), and 4 Lock Nuts (15).

Insert the Safety Pin (22) through the hole on the right side between the 2 frames (1R) to lock the Base Frame open. See detailed picture.

Insert Safety
Pin (22) Here



TIGHTEN ALL BOLTS AT THIS TIME

Backrest Assembly to Base Frame

Important Assembly Note: Make sure the Connecting Brackets are pointed downward when assembling into the Backrest Support Tube (5) or the Inversion Table Rotation will not work properly.

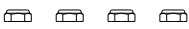
STEP 3 Connecting Backrest

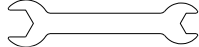
Attach the Completed Backrest Pad (05&06) Assembly to the Base frame(1L&1R) Unit using 4Bolts (21), 4Flat Washers (14) and 4Lock Nuts (15).

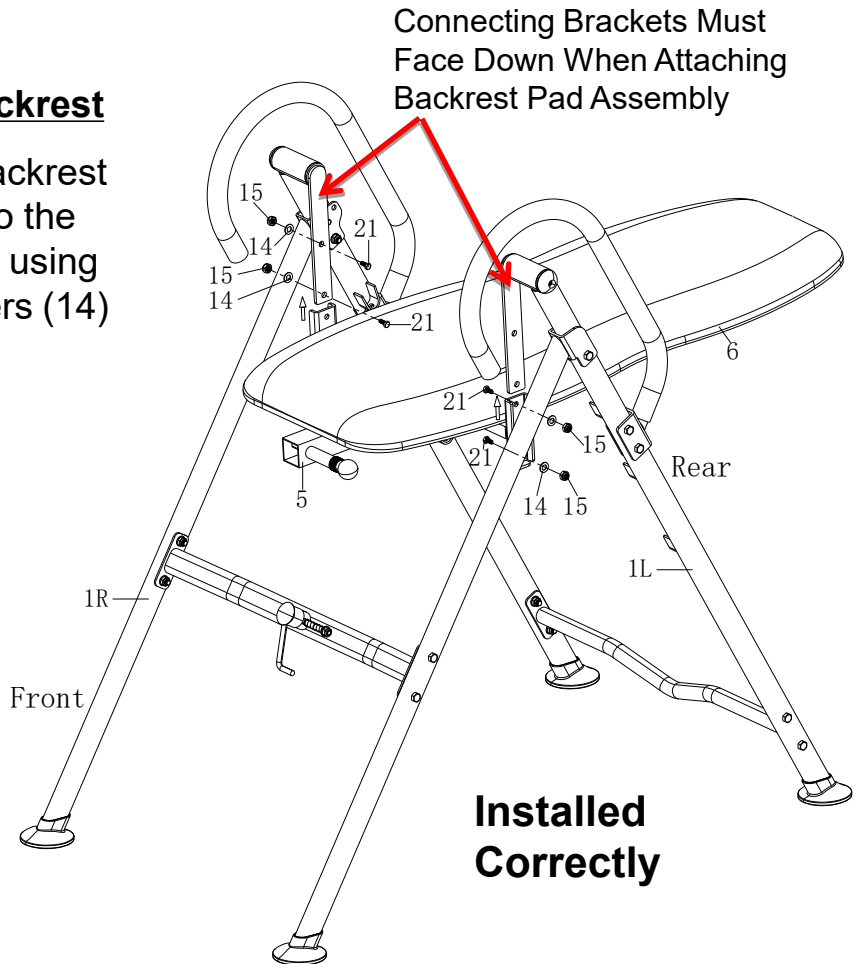
Parts Needed

#21 

#14 

#15 

#33 



TIGHTEN ALL BOLTS AT THIS TIME

Important New Ankle Security System Assembly

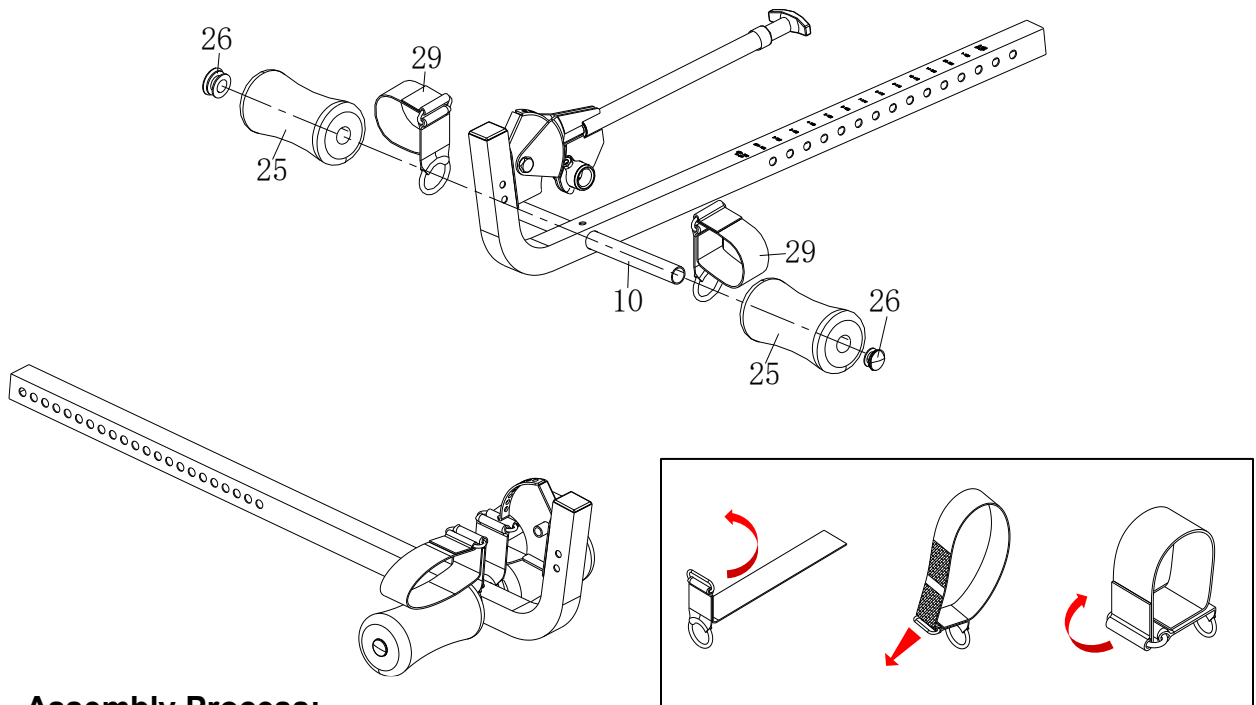
WARNING:

This Ankle Security Strap System has been designed as a second layer of personal protection when inverting in addition to the front leg ratchet system.

We strongly advise you to secure these straps to your ankles before inverting as well as using and locking the long front leg ratchet system to secure your ankles.

The Ankle Straps are NOT a replacement for using the Ankle Ratchet System.

Failure to use these Ankle Straps in addition to the front ankle ratchet system could cause serious injury or death.



Assembly Process:

Insert Rear Leg Tube (10) through hole in height tube (7) slider and tighten with bolt, washer and nut provided.

Slide Metal Ring of Ankle Safety strap (29) over rear leg tube (10) on each side, then slide foam rollers (25) over rear leg tube (10). Proceed to next step of attaching Foot Rest Plate.

To Use, open Velcro on Ankle Strap; wrap around Ankle, and secure with Velcro for a snug fit. Strap should be secured around ankle before inverting.

Note: These ankle straps are Not a substitute for also using the front Ratchet Arm Security System. Both Ratchet, and Ankle Straps **MUST** be used while inverting.

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

STEP 4-Body Height Adjustment Tube and Rollers

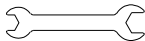
Pull out Adjustable Leg Hold Tube(7) and position horizontally as shown. (This Will have spring pre-assembled inside Tube from factory which should not be removed)

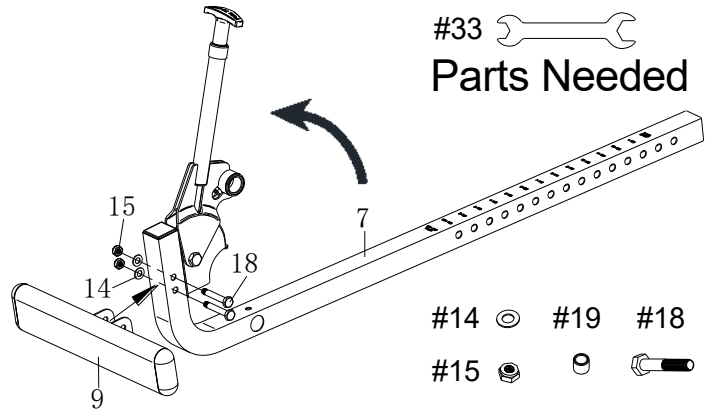
Install Foot Rest Plate (9) into Adjustment Tube(7) using 2 Bolts(18) and 2 Washers(14) and Lock Nut(15).

Insert Rear Foam Leg Roller Tube (10) through Height Adjustment Tube (07); Insert Bolt (18), Metal Bushing (19) and tighten them with a Flat Washer(14) and a Lock Nut(15). Slide **Metal Ring of Ankle Safety strap (29)** over rear leg tube on each side, then slide foam rollers (25) over rear leg tube (10).

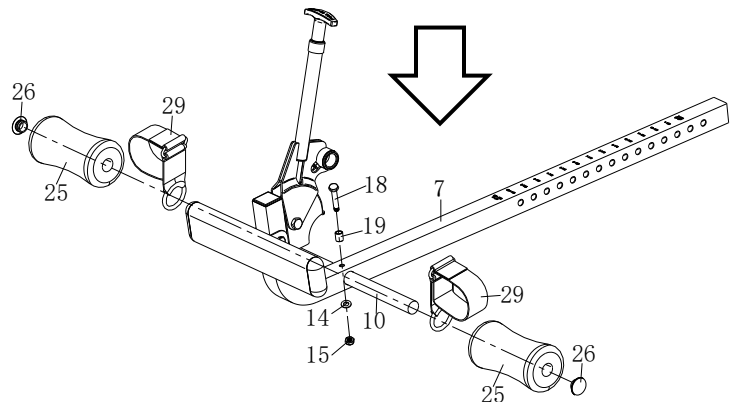
Insert Front U Shape Holder Tube (11) through Height Adjustment Tube (07) and secure with Bolt (20) Washer (14). Slide the U-Shape Holder (30) with Metal U-Shape Cover (31) onto each end of the Front U Shape Holder Tube (11), then Screw the Plastic Caps(26) to Front U Shape Holder Tube(11).

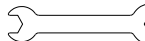
Make sure Leg Tube Adjustment Knob is properly connected to Height Adjustment Tube (07) and functions properly

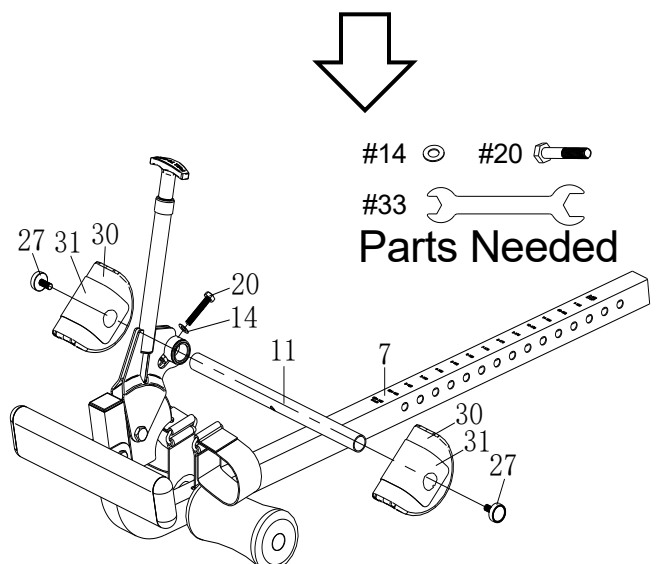
#14 ○○ #18
#15 ●● ●●●●
#33 
Parts Needed



#14 ○○ #19 #18
#15 ●● ●●●●
#33 
Parts Needed



#14 ○○ #20 ●●●●
#33 
Parts Needed

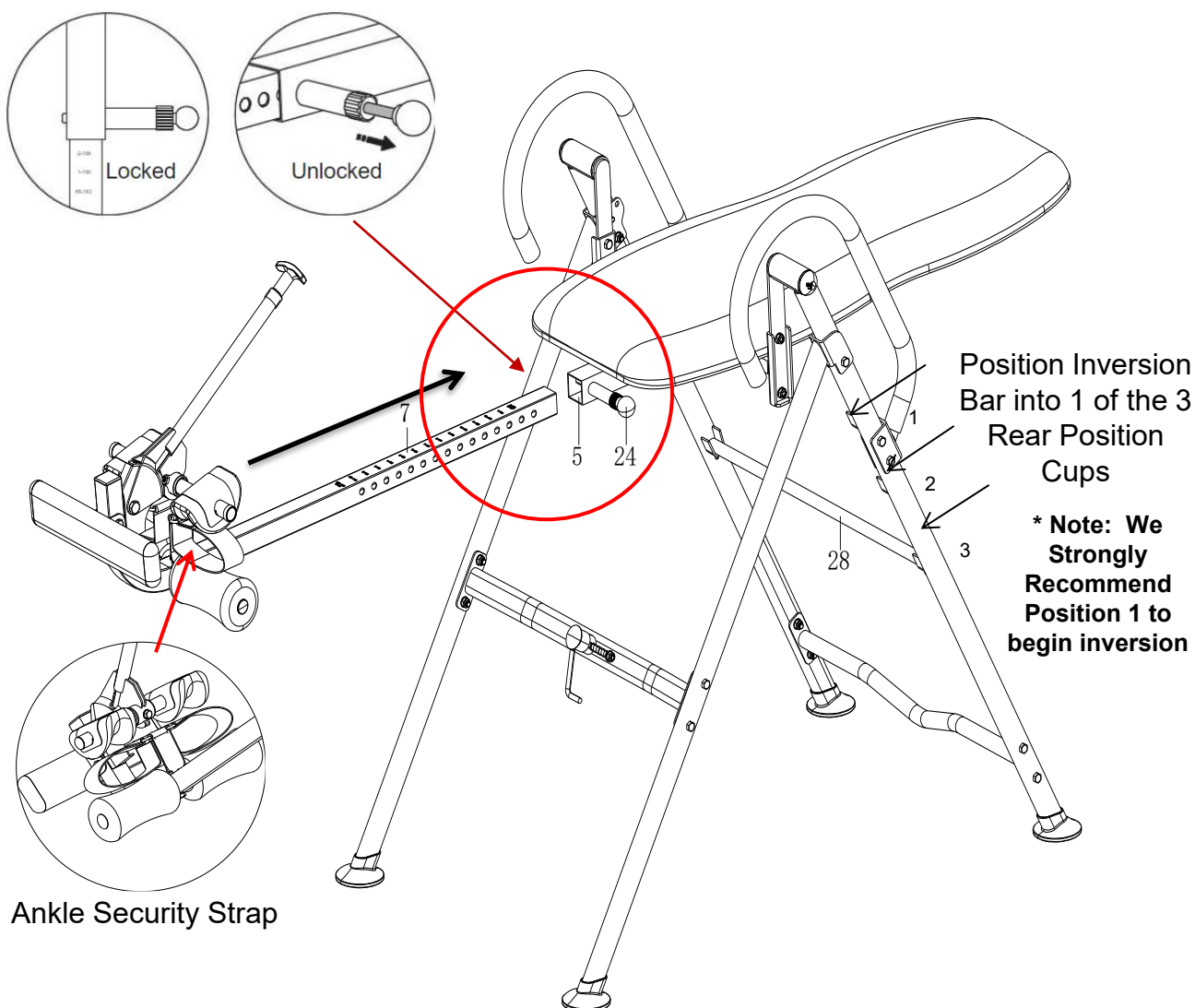


TIGHTEN ALL NUTS AND BOLTS AT THIS TIME

STEP 5-Height Adjustment Tube Assembly

Slide Completed Lower Ankle Roller and Height Adjustment Selector Rod into the receptacle of the Backrest Support(05) Assembly.

Make Sure Height Adjustment Knob Bolt (24) snaps into place in order to “Lock” the height slider at the desired height of the user.



SELECT INVERSION ANGLE

Familiarize yourself with the Safety Bar (28) located on the Rear Side of the Inversion Table. The positioning of the Safety Bar in the U-shaped slots at the Rear Base Frame will determine the degree of inversion.

It is recommended that beginners use the Top Position setting for Slight Inversion.

The 3 Settings Are:

Top Position - Slight Inversion

Middle Position - Moderate Inversion

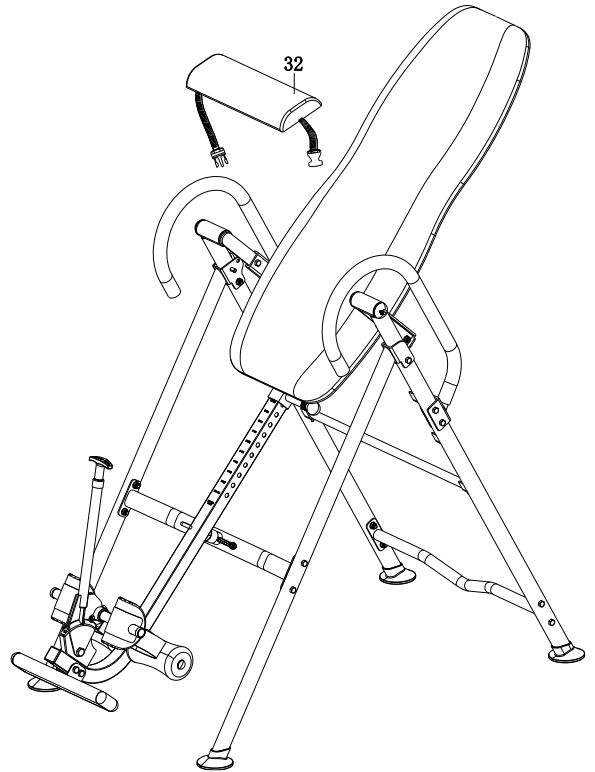
Lower Position - Enhanced Inversion

Lumbar Pad Assembly to Backrest Pad

Step 6 Connecting Lumbar Pad to Backrest Pad

Attach the Bean Lumbar Pad (32) to Backrest Pad(06) using strap through the backrest pad. Once straps are connected, tighten strap to secure the lumbar pad.

Simply detach the buckle, move to the desired area, and re-buckle



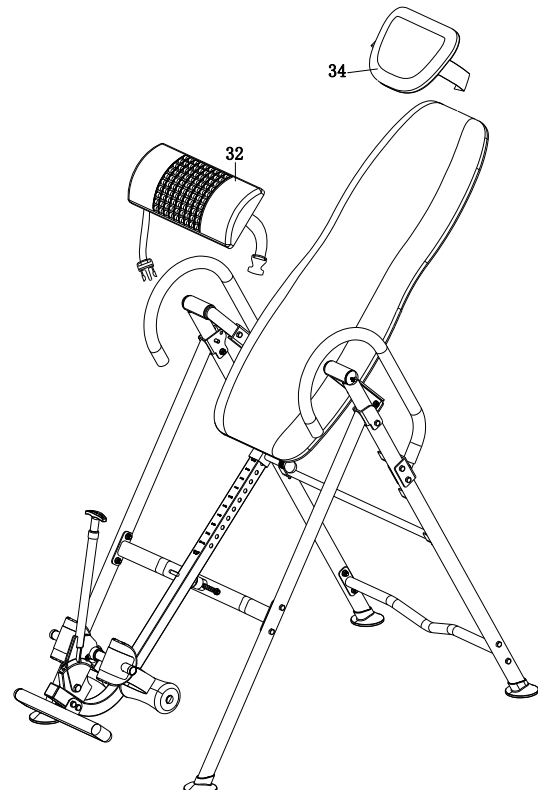
510050G Beads Lumbar Pad & Head Pillow Assembly to Backrest Pad

Step 6 Connecting Bead Lumbar Pad to Backrest Pad

Attach Head Pillow (34) to Backrest Pad(6) in Desired Position using Velcro.

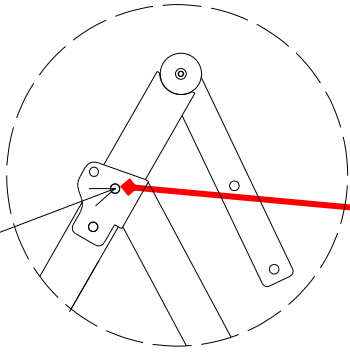
Attach the Bean Lumbar Pad (32) to Backrest Pad(06) using strap through the backrest pad. Once straps are connected, tighten strap to secure the lumbar pad.

Simply detach the buckle, move to the desired area, and re-buckle.



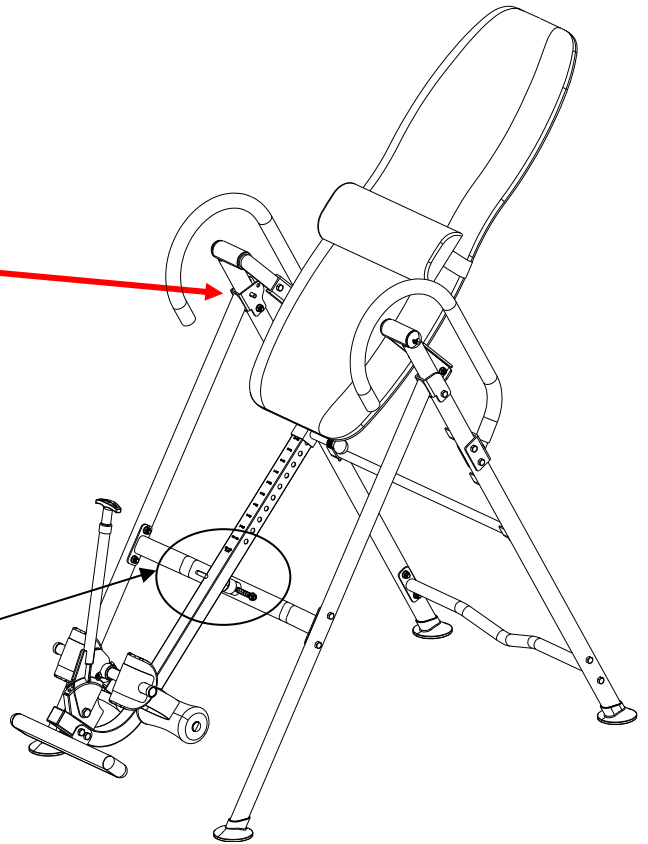
Final Assembly

Insert
Safety
Pin(23)
Here

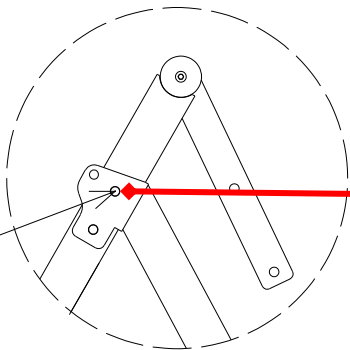


Ball Pin position 49 is used to
keep inversion table in the
position and pin position 9R is
used to lock unit when folded.

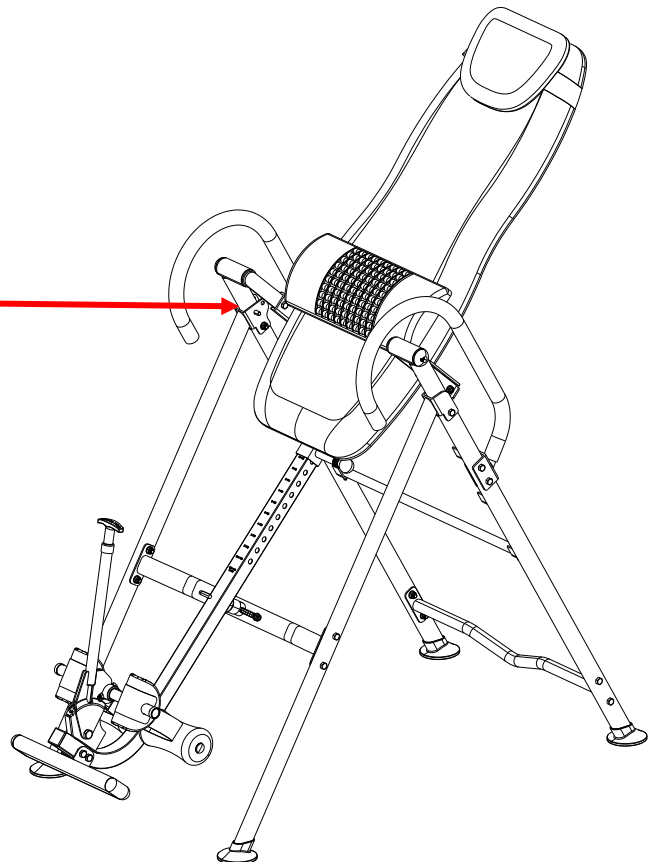
Also front locking mechanism
is also used to keep unit folded
when not in use.



Insert
Safety
Pin(23)
Here



**Make Sure All Nuts Bolts
and Screws are Completely
Tightened Before Use.**



PRECAUTIONS

WARNING: 250 LB MAXIMUM WEIGHT CAPACITY

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using the Inversion System. Zeus Gear LLC. assumes no responsibility for personal injury or property damage sustained by or through the use of the Inversion System.

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS

(this list is for reference only, it is not an exhaustive listing):

Pregnancy; Hiatal Hernia, ventral hernia; glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medullary pins and surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections, over weight or Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

ALWAYS WEAR LACE UP ATHLETIC SHOES. DO NOT USE IN BEAR FEET, SOCKS, SLIP ON SHOES TO PREVENT FALLING OUT OF UNIT ON YOUR HEAD OR NECK. THIS COULD CAUSE SERIOUS INJURY OR DEATH.

INSURE THAT ALL NUTS, BOLTS, AND SCREWS ARE COMPLETELY TIGHTENED BEFORE USING THIS PRODUCT.

SECURE YOUR ANKLES with LONG RATCHET SYSTEM AND ANKLE SECURITY STRAPS

HAVE SOMEONE SPOT YOU DURING INVERSION

Folded For Storage

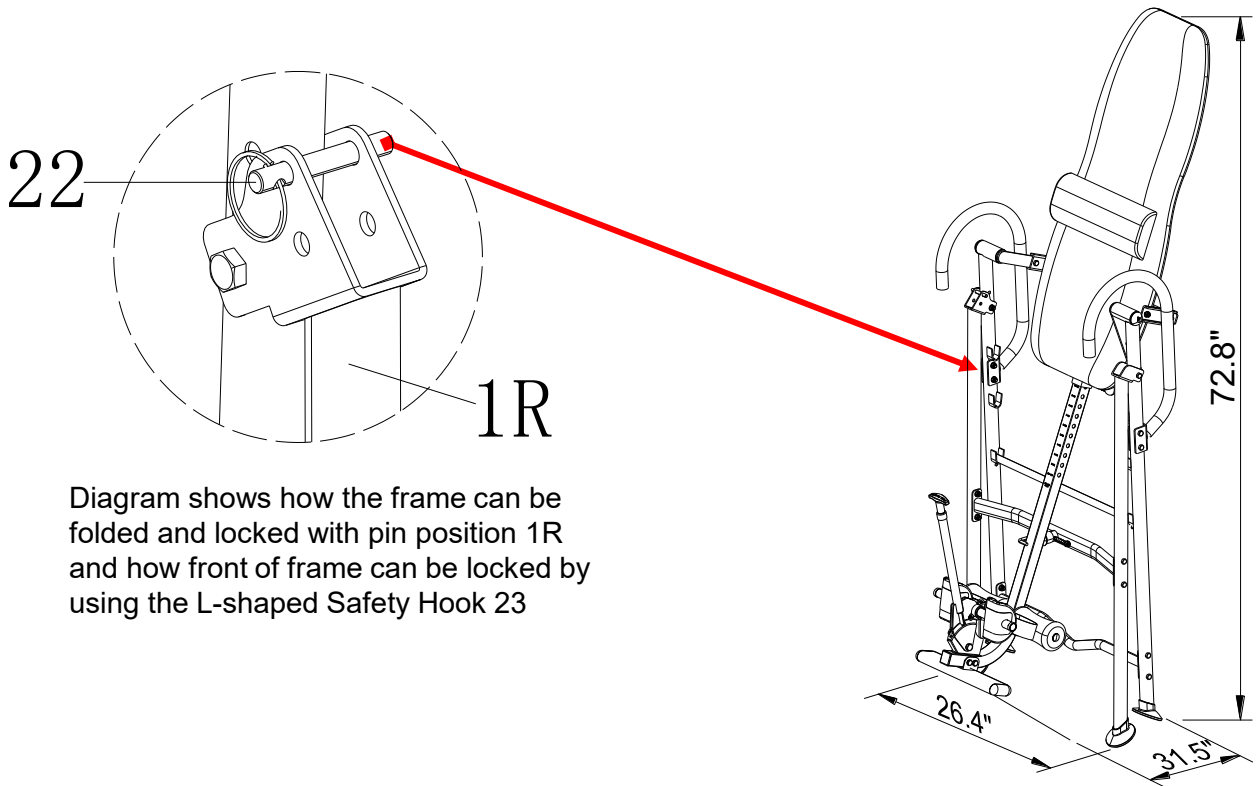
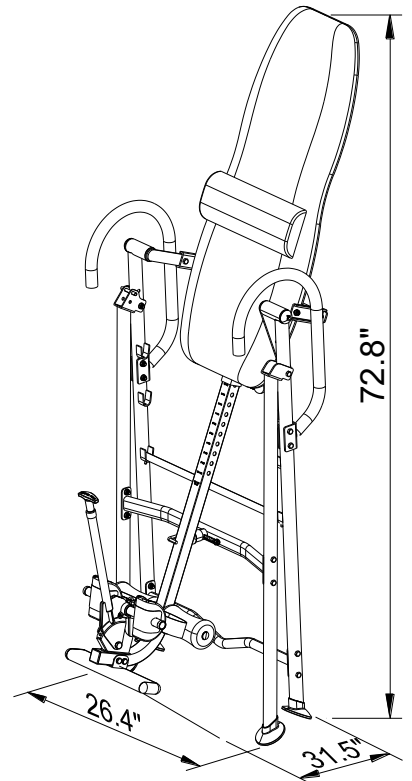
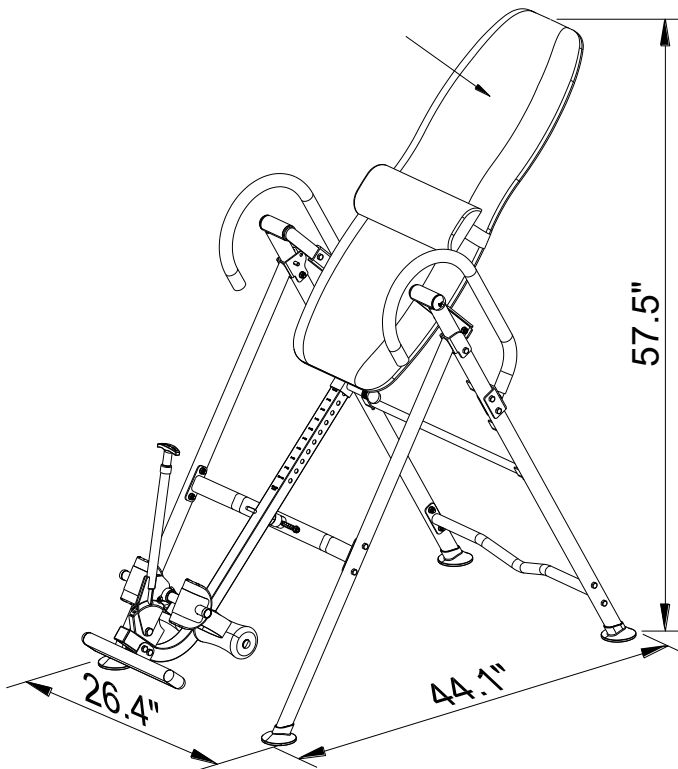


Diagram shows how the frame can be folded and locked with pin position 1R and how front of frame can be locked by using the L-shaped Safety Hook 23

985Lx400Wx35T (mm)



Make Sure All Nuts Bolts and Screws are Completely Tightened Before Each Use.

USAGE GUIDELINES- 3-Securing Feet and Ankles

WARNING: ALWAYS WEAR ATHLETIC SHOES WITH LACES TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING. DO NOT USE ANY FOOTWEAR THAT COULD INTERFERE WITH SECURING THE ANKLE LOCKING SYSTEM SUCH AS SHOES WITH THICK SOLES, HIGH TOPS, BOOTS, OR EASILY SLIP OFF THE FOOT.

ALWAYS MAKE SURE THAT THE ANKLE SYSTEM IS SECURED SNUGLY AGAINST YOUR ANKLES AND THAT:

1) THE LONG KNOB IS FULLY TIGHTENED AND LOCKS INTO PLACE EACH TIME YOU USE THE INVERSION SYSTEM.

2- SECURE ANKLE SECURITY STRAPS AROUND THE ANKLES WITH VELCRO

FAILURE TO FOLLOW THESE GUIDELINES COULD RESULT IN SERIOUS INJURY OR DEATH BY FALLING ON YOUR HEAD OR NECK

Step 1- Secure Safety Straps Around Ankles for Additional Safety and Security



Step 2- Expand the front Ankle Cups by pulling up on the Leg Tube T- Knob and moving the arm forward to allow access



Step 3- Slide Feet under Front Ankle Cups and rest heels against rear Heel Foam Rollers. Secure Ankle Straps



Step 4- Release Top T-Knob and slowly Ratchet front Ankle Cups toward body and tight against legs.

Secure legs and ankles in place by making sure leg assembly "LOCKS" into place.

Photos may be different than actual product



NOTE: ALWAYS lock the T-Knob into place before using the inversion table. See images below.



A Unlocked

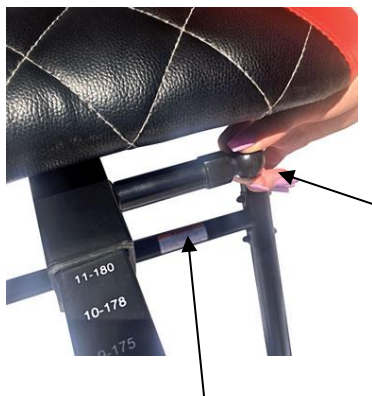


B Locked

WARNING: LEGS AND ANKLES MUST BE SECURELY LOCKED INTO PLACE, AND ANKLE SECURITY STRAPS ARE ALSO SECURED AROUND ANKLES BEFORE INVERTING. DO NOT INVERT IF THIS LOCKING MECHANISM IS NOT FUNCTIONING PROPERLY, BEFORE EACH USE, AS IT COULD CAUSE SERIOUS INJURY OR DEATH.

USAGE GUIDELINES

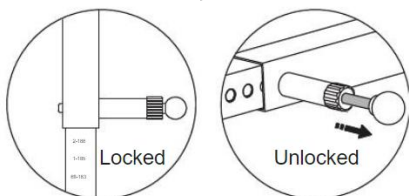
STEP 1- SETTING YOUR HEIGHT



Body Height Adjustmer
Before using this device,
set the Height Selector
Rod to your body height
by pulling and releasing
the spring loaded pull pin
under the front of the pad,
and moving the selector
rod in or out to your
desired height.



Note: Pin should lock into
place when complete



Height is displayed in Feet
on the Left Side (starting at
5') and Centimeters on the
right side
Example: # 6 on the left =
5'6" or 168 cm.

Note: Frame Locking Pin Should be Inserted When Inverting

STEP 2- ADJUST THE ANGLE OF INVERSION – Using the Rear Inversion Bar



**The Angle of Inversion
determines how far your body
will tilt backward or Invert to
decompress the spine.**

Familiarize yourself with the Inversion Bar
located on the Back of the Inversion Table.

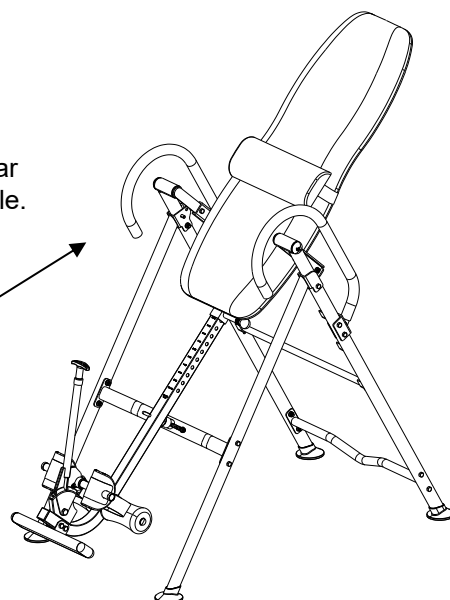
The 3 selections are:

Top- Slight Inversion

Middle- Moderate Inversion

Bottom- Enhanced Inversion

Using No Bar will Invert to 90
Degrees.

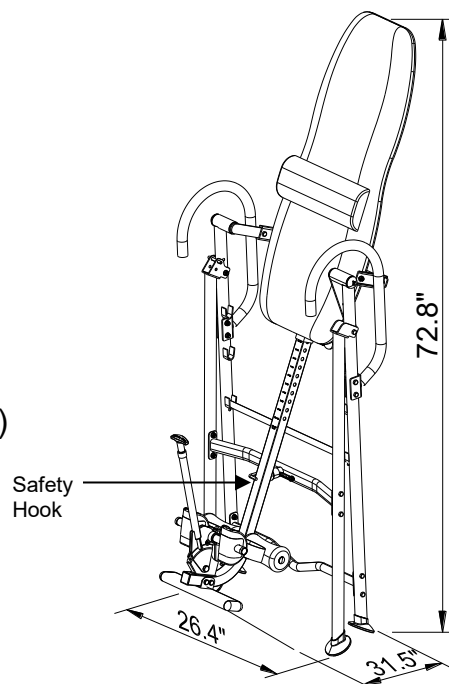


USAGE GUIDELINES- How to Fold ,Store & Secure the Inversion Table



Folding the Frame

Locate the pin on the right side of the frame. Remove the Pin, fold the Front and Rear frame sections together and replace the pin in the hole positions shown. (This will prevent the frame from opening when stored)

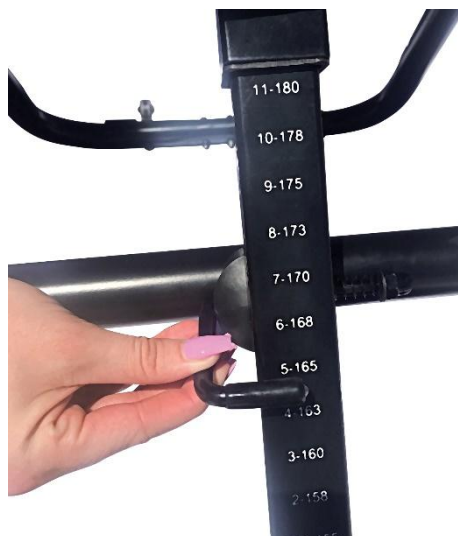


Securing the Height Adjustment Bar

Locate the L-shaped Safety Hook (28) on the front cross bar. Carefully slide it to one side to open, and slide over the height selector bar to close. (This will prevent height slider and foot rest from swinging freely)



Open Position- for Inversion Use



Closed Position-
Recommended when
Inversion Table is Not in use

Photos may be different than actual product

* For Any Parts Required, DO NOT CALL TECHNICAL SUPPORT. Please visit our web site:
www.zeusgearllc.com

USAGE GUIDELINES- How to Invert



A SPOTTER IS HIGHLY RECOMMENDED FOR USING THIS PRODUCT

Finding the Proper Height and Weight Adjustment

With head flat on back pad, slowly raise one arm up toward the ceiling. If the bed starts to invert backward, the height adjustment should be correct.

If the bed does not start to invert, adjust the center slider arm up or down one position at a time, until the bed starts to invert backward. Remember to use very slow arm movements.



By raising both hands over your head, the Inversion Table should now invert to a greater degree, provided that you are comfortable with the side adjustment knob being set to 20 or higher.

Note: It is recommended that beginners use the setting marked 20 for Partial Inversion.

Note: You may need to use the handlebars to push yourself back or bring yourself forward



With proper supervision, and provided you are comfortable with the side adjustment knob being set to 40 or 60, the Inversion Table will now allow for a more complete Inversion position.

Note: This Inversion Table will invert to 90 degrees without the use of the Pin, but is not recommended unless supervised

CAUTION: BY LOWERING THE HANDS BACK TO THE STARTING POSITION, THE INVERSION TABLE SHOULD REVERT BACK TO THE UPRIGHT POSITION. IF IT DOES NOT, USE THE BUILT IN SIDE HANDLEBARS TO PULL YOURSELF BACK UP AND RE-ADJUST THE CENTER SLIDER TO ACCOMMODATE YOUR BODY WEIGHT AND TYPE.

Photos may be
different than
actual product

MAINTENANCE

We strongly recommend that the machine is used inside and stored in a dry place. Clean the metal and plastic components with a general household cleaner. Please be sure to dry the Inversion Table and any attachments before use.



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**For All parts requests, please do not call our
Technical service number but visit our web
site at www.zeusgearllc.com or email us.**