

User Guide

InvertMate Inversion Table



InvertMate
INVERSION TABLE



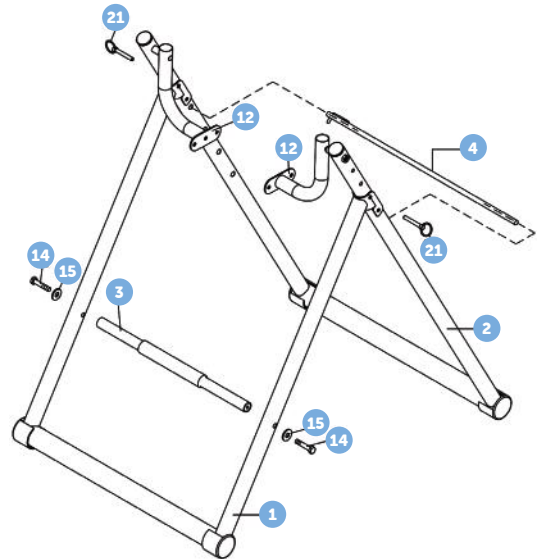
Important Notice

Thanks for selecting InvertMate, we want to ensure your safety so please read these instructions carefully before use.

1. If you have a pre-existing medical condition seek advice from your GP before performing inversion therapy to ensure that it is safe for you.
2. Be aware of how your body reacts. If you feel any pain, tightness in the chest, extremely increased heart rate, shortness of breath, nausea etc, stop inversion therapy immediately.
3. Do not allow children to use the InvertMate.
4. Ensure there is a minimum of 0.5m of space around the table.
5. Always check the screws and nuts are tightly secured before use.
6. Avoid wearing loose fitting clothing as it may get trapped in the hinges.
6. Max load of 100kg (220lb)
7. Keep these instructions for future reference.

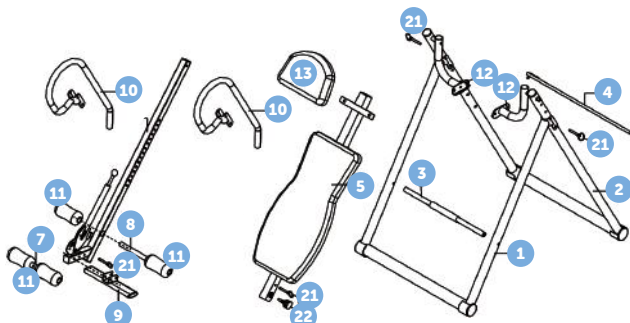
Set up - Step 1

- A. Use hex screw (14) and small washer (15) to fit front safety bar (3) into front leg (1).
- B. Insert back safety bar (4) into the back-leg holes.



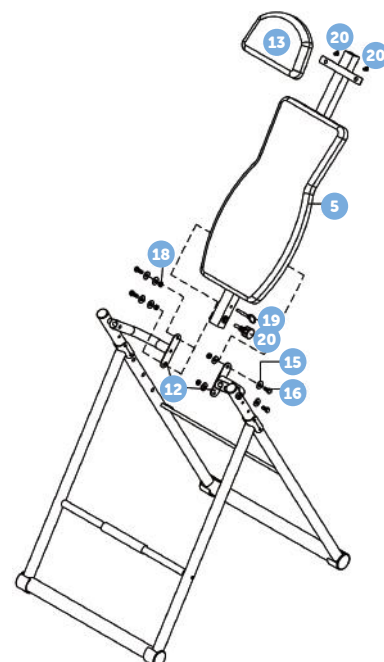
Component List

| No. | Part Name | Qty | No. | Fastener Name | Qty |
|-----|-----------------------|-----|-----|------------------|-----|
| 1 | Front leg | 1 | 14 | Hex screw | 6 |
| 2 | Back leg | 1 | 15 | Small Washer | 20 |
| 3 | Front safety bar | 1 | 16 | Short screw | 6 |
| 4 | Back safety bar | 1 | 17 | M10 Nut | 1 |
| 5 | Back pad | 1 | 18 | M8 Nut | 10 |
| 6 | Height adjust pipe | 1 | 19 | Large Washer | 1 |
| 7 | Front foot safety bar | 1 | 20 | Cross head screw | 6 |
| 8 | Back foot safety bar | 1 | 21 | Safety pin | 4 |
| 9 | Foot rest | 1 | 22 | Draw pin | 1 |
| 10 | Hand rails | 2 | 23 | Small Wrench | 1 |
| 11 | Foam Pads | 6 | 24 | Large Wrench | 1 |
| 12 | Z bracket | 2 | 25 | Allen Key | 1 |
| 13 | Head rest | 1 | 26 | Knob | 1 |
| 27 | U Shoulder Brace | 1 | | | |



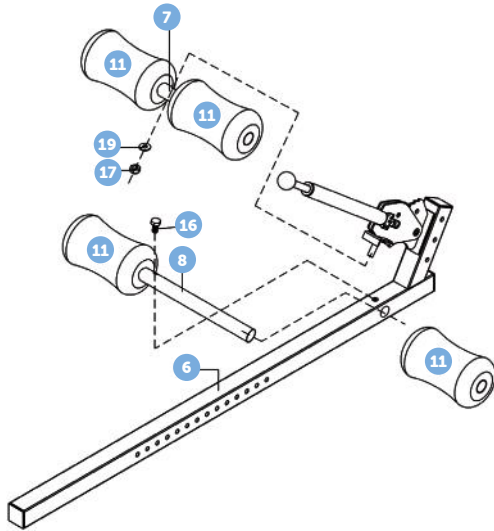
Step 2

- A. Attach back pad (5) to height adjust pipe (6) with 4x cross head screws (20).
- B. Use 2x cross head screws (20) to mount the head rest (13) to the back support (5).
- C. Take a hex screw (16), small washer (15), M8 nut (18) to fix the back pad (5) to Z bracket (12). Ensure these are checked before each use.



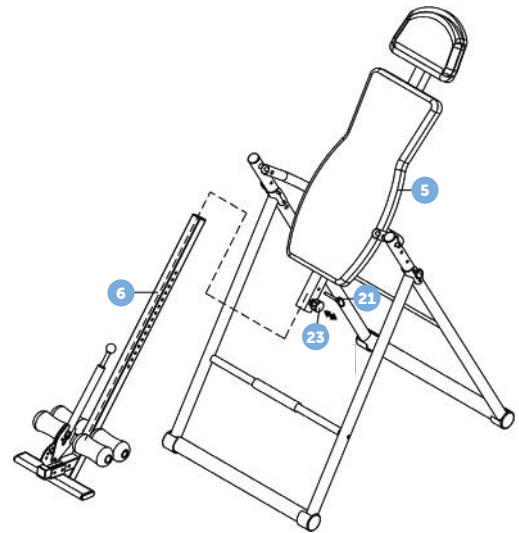
Step 3

- A. Insert back foot safety bar (8) into height adjust bar (6). When it is centered, fix it in place with the short screw (16), place foam pads (11) over each side.
- B. Use M8 nut (18) and large washer (19) to fix front foot safety bar (7) to height adjust pipe (6) and add the foam pads.



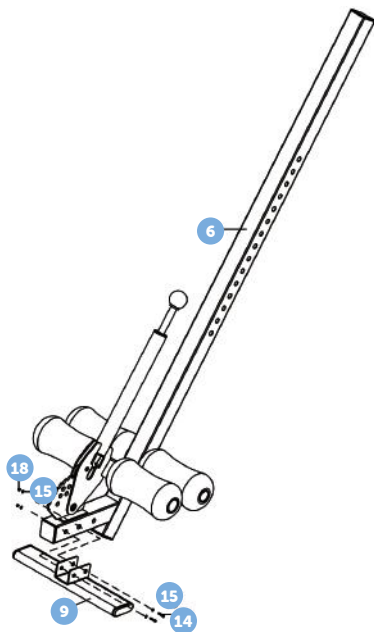
Step 5

- A. Insert height adjusting pipe (6) into back pad (5). Insert draw pin (22) and safety pin (21) into the required hole dependant on your height, then lock tightly.
- B. Insert the U shoulder brace (27) into the hole above the back pad (5) and lock it with the knob (26). Then place foam pads (11) onto both sides of the U shoulder brace.



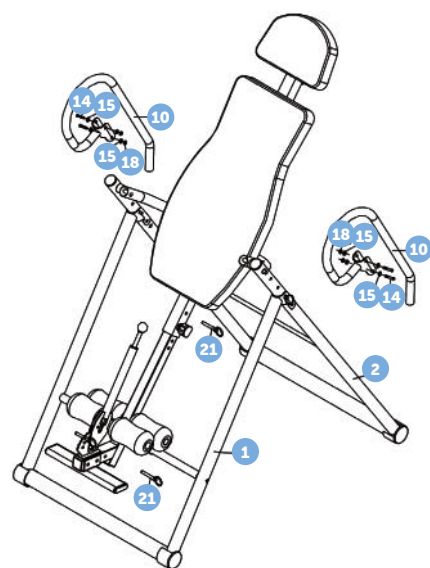
Step 4

- A. Use hex screw (14), small washer (15) and M8 nut (18) to attach the foot rest (9) which can be adjusted along with height adjust pipe (6).



Step 6

- A. Use hex screw (14), washer (15) and nut (18) to attach the left and right-hand rails (10) to the back bracket (2).
- B. Insert the safety pin (21) into the height adjust pipe and foot safety bar.



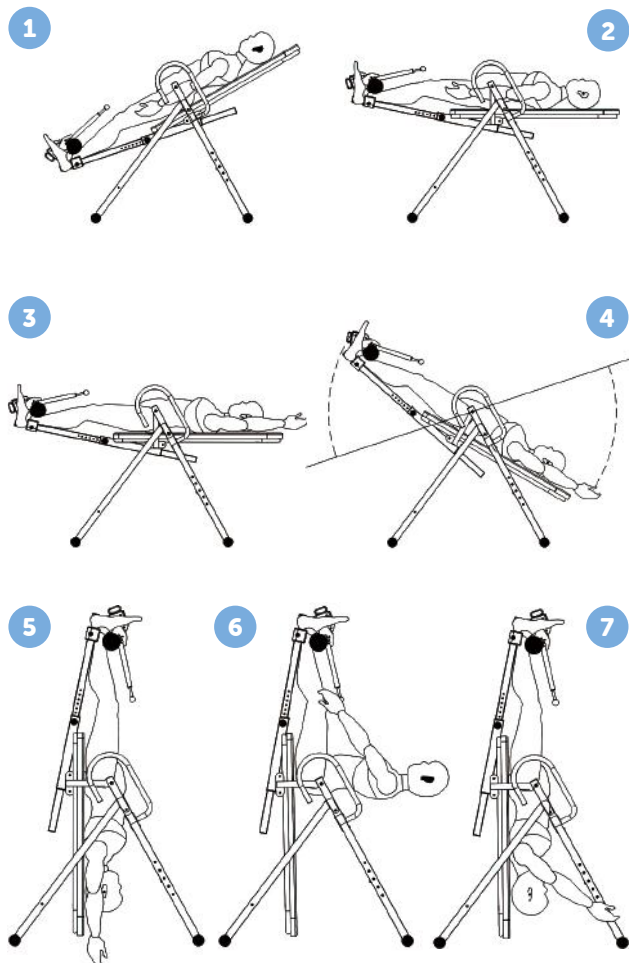
Warming up exercise

Warming up first is always helpful, you will always find that inversion therapy will work better when blood is flowing through the muscle. We advise 5-10 minutes before every session.

1. Slightly bend your knees, slowly lean forward, relax the back and shoulders and with both hands try and touch your toes. Hold this position for 10-15 seconds and then relax. Repeat 3 times.
2. Sit on the floor with one leg stretched out, try to touch your foot with one hand, hold for 10-15 seconds and then relax. Repeat 3 times.
3. Use a wall to push against. Put one foot out behind you, whilst keeping the heel of that foot on the floor push forward onto the other foot. Hold for 10-15 seconds on each leg.
4. With something to balance against, pull your foot back to the point when your heel reaches your bum. Hold this for 10-15 seconds on each leg.
5. Sit on the floor and bring both feet into each other so that the soles of your feet meet. Hold this position for 10-15 seconds and repeat 3 times. To push this stretch further, push your knees out with your arms.

Warming up exercise

Follow these seven simple steps to get started with your InvertMate inversion table exercises.



Please Note: All diagrams are for illustrative purposes only.

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Contact Us

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