



# FRINVSNTBLA Fortis Inversion Table Quick Start Guide

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## Safety & Warnings

- As with all exercise equipment, you should consult your physician or other health care professional before using this machine or beginning an exercise regime.
- Read these instructions in full before first use and retain for future reference.
- If any time you feel weak or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
- Wait a while after eating before using machine. If you get nauseous, come up as soon as you feel queasy.
- Keep children and pets away from the equipment while in use.
- Only one person should use the equipment at a time.
- Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
- Do not operate this or any exercise equipment if it is damaged.
- Always use this equipment on a clear and level surface. Do not use outdoors or near water.
- Keep hands and feet away from any moving parts. Do not insert any object into any openings.
- Keep loose clothes and jewellery away from moving parts.

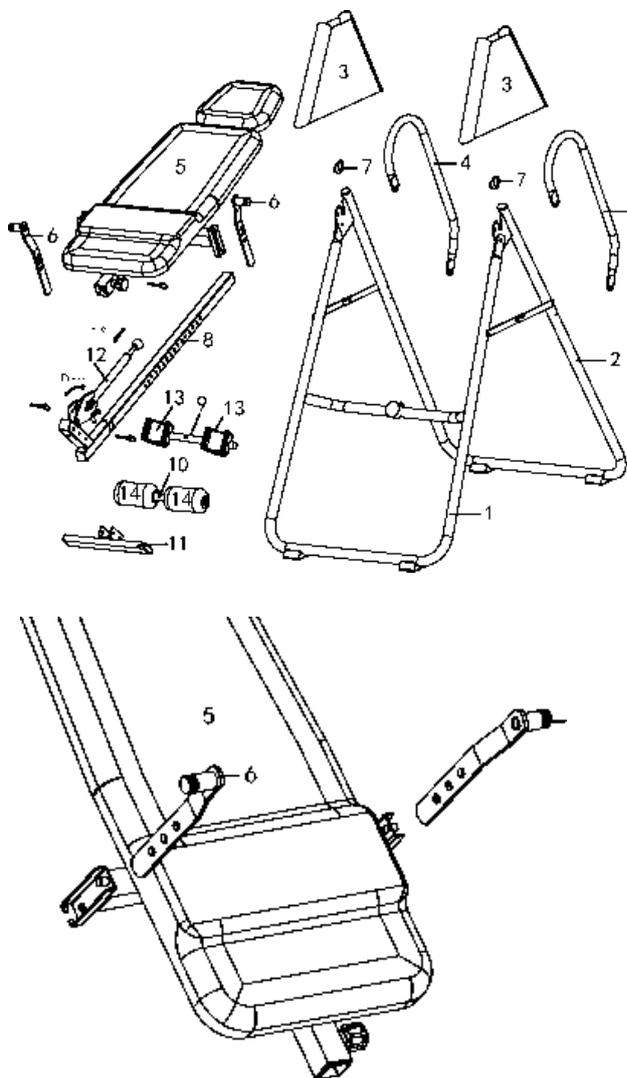
**WARNING:** Before using this equipment, you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use this equipment if you have any of the following conditions or ailments:

- 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.

# List of Parts

PART	NAME	QTY	PART	NAME	QTY
1	Front U-Frame	1	8	Height Adjustable Beam	1
2	Rear U-Frame	1	9	Up Foot Holder Rod	1
3	Protective Cover	2	10	Adjustable Instep Frame	1
4	Foam Grip	2	11	Footrest	1
5	Bed Frame	1	12	Foot Adjustment Rod	1
6	Pivot ARM	2	13	Foam Pad	2
7	Safety Bracket	2	14	Heel Holder	2

PART	NAME	PICTURE	SIZE	QTY
15	Philips Screw		M8*45	2
16	Philips Screw		M8*20	2
17	Hex Head bolt		M8*16	1
18	Hex Head bolt		M8*55	2
19	Lock Nut		M10	1
20	Lock Nut		M8	8
21	Washer		φ8.5*φ16*1.2	13
22	Washer		φ10.5*φ20*1.2	1
23	TAB bolt		φ8*55	2
24	Knob		M16*20	1
25	Safety Strap			1
26	Double open wrench		13#-17#	1
27	Double open wrench		13#-14#-10#-17#	1
28	Screw driver		5#	1

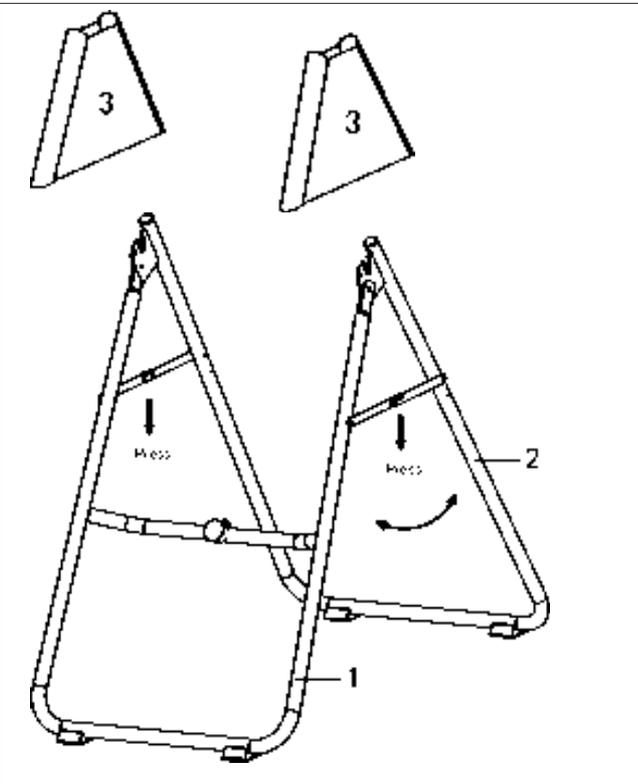


# Assembly

## Step 1.

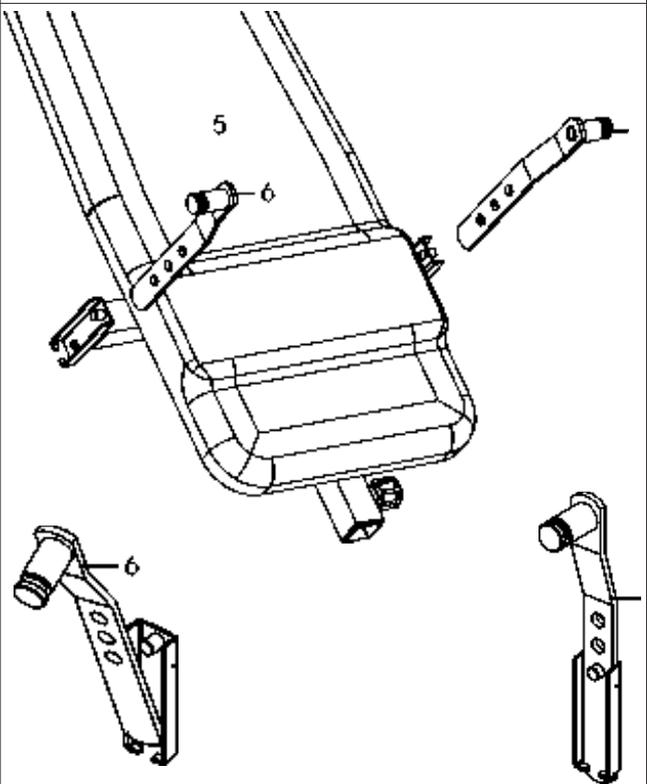
A. Stand the base of the machine by separating the U-frames (1,2). Pull the Front and Rear U-Frames (1,2) as far apart from each other as possible. Then push down on the middle of the two Folding Arms until they are fully locked down.

B. Slide one Protective Cover (3) on to each side of the base, as shown: pull down on the covers until the bottom of the Covers are slightly lower than the Folding Arms. Use the Velcro straps on the bottom of the covers to secure the Covers to the Folding Arms. When the covers are assembled correctly, the folding arms should be fully covered by the protective cover.



## Step 2.

Slide the bottom of the Pivot Arms (6) into the brackets located at each side of the Bed Frame(5). Align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the pivot arm in place. It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.



## Step 3.

A. Attach the safety bracket (7) to the Pivot ARM (6).

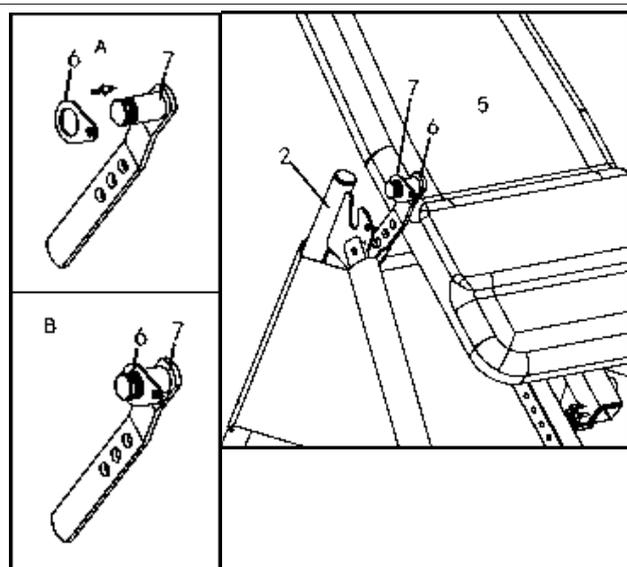
B. Mount the Frame to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (6) into the channels on the plates. The slotted portion of the rollers, on the end of the Pivot arms, should be inserted into the channels on the plates.

C. Attach the Rear U-Frame(2) and Foam Grip (4) by using Hex Head Bolt (16,15). Fix Washer (21) and Lock Nut (20 & 21) as per diagram.

## Step 4.

A. Put the Up foot holder rod (9) through the large hole of the Height Adjustable Beam(8): both sides should be the same length. Lock with screw (16) and Washer (21) on the Height Adjustable Beam (8). Now, attach one Heel Holder (14) to one end of the Rod (9). Do the same on the other end of the rod.

B. Attach the adjustable instep Frame (10) from down to up with the Foot Adjustment Rod (12) b using Washer (22) and Lock Nut (19).

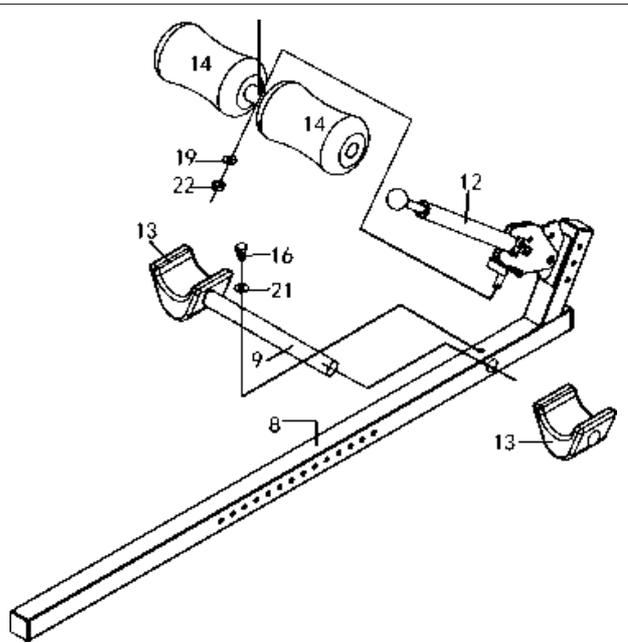
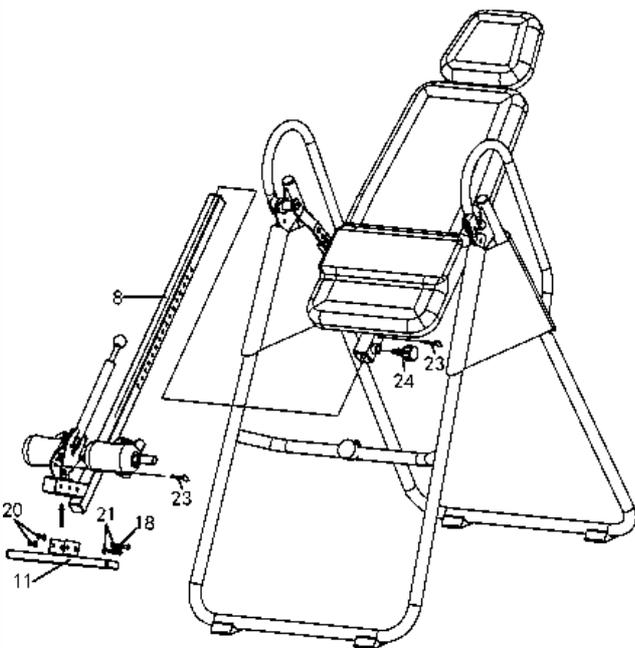


**Step 5.**

**A.** Slide the Foot Bar (11) Into the bottom of the Height Adjustable Beam (8) and align two of the holes on the Foot bar with the two holes on the boom. Secure the foot bar in place using a Hex Head Bolt (18), a lock Nut(20), and one Washer(21).

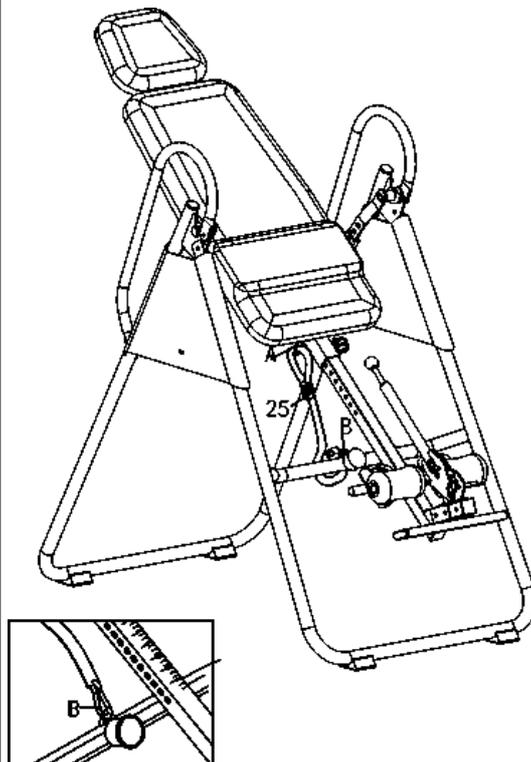
**B.** Attach the Height Adjustable Beam (8) to the Bed Frame (5) by using knob (24) and TAB bolt (23).

**C.** For added safety, lock the TAB bolt (23).



**Step 6.**

Attach Safety Strap (25) A side to the Inversion Table by hooking the end of the Strap (A) to the triangle hook on the back of the Bed Frame(2) as shown. Now hook the other end of Strap (B) to the other triangle hook on the Front U-Frame (1) as shown.



# Operation

The inversion table is like a 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 machine, 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.

## How to use

1. Start by lying fully back on the table 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.

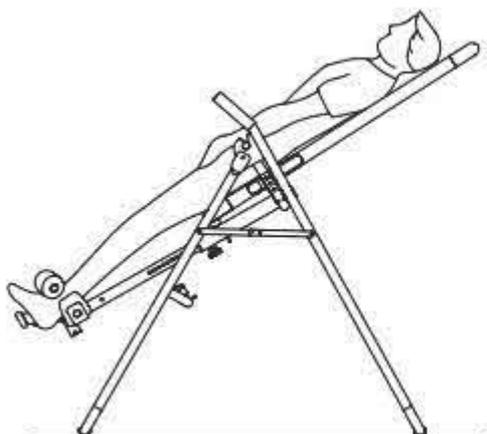
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.

4. As you get more comfortable, move the table gently by moving your arms up and down slowly.

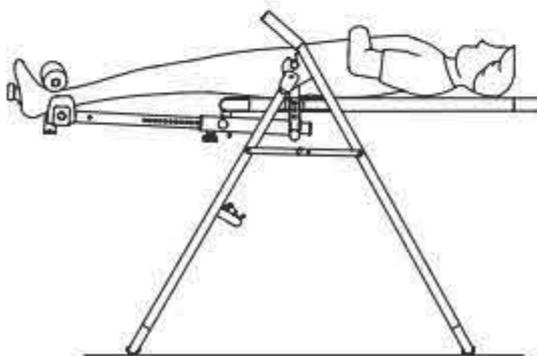
5. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.

6. Return to the upright position by slowly moving your hands back down to your thighs.

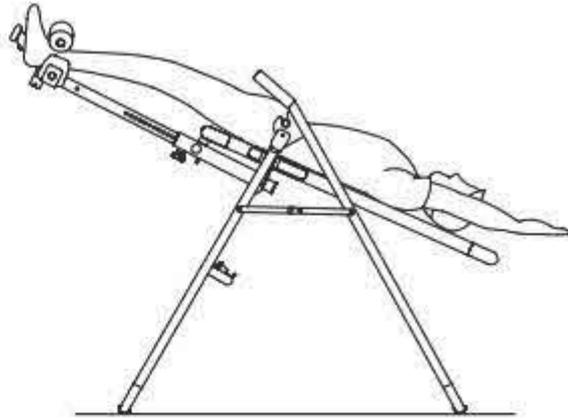
1.



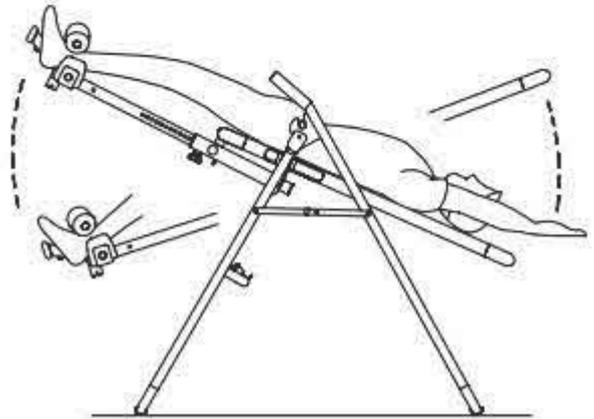
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3.



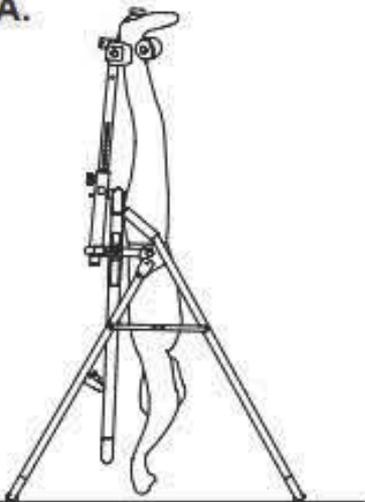
4.



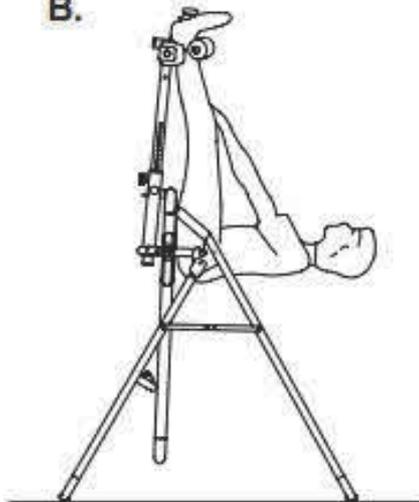
### Suggestions for use

- Begin slowly: invert only 15-20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
- 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 10 over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
- Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. Come up immediately if you feel nauseous.
- 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.
- Invert regularly: two or three times a day is best, depending upon your current condition. Try to schedule it for the same time each day.

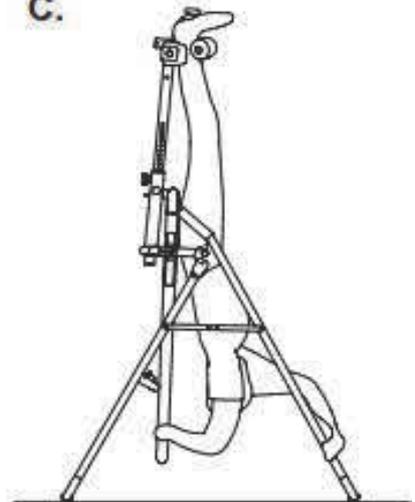
A.



B.



C.



## **Locking the bed**

When the inversion table rotates past the vertical inverted position, the bed becomes locked and will not return to the upright position in the usual way.

The locked position allows you to hang straight upside-down completely free of the bed. This position allows you to enjoy all of the benefits of a handstand, with none of the discomforts. It also allows you to do exercises such as the waistband.

To get into the locked position, adjust the pivot arms so the studs go through the top holes, and then mount and use normally. When your arms are completely extended above your head, the bed will rotate all the way to the locked position.

To recover from the locked position, simply grab the handlebars and pull on them while pushing back on the heel holders with your legs. If you can not reach the handlebars, you can still recover by grabbing the back of the bed with one hand, the rear u-frame with the other, and pulling your hands together.