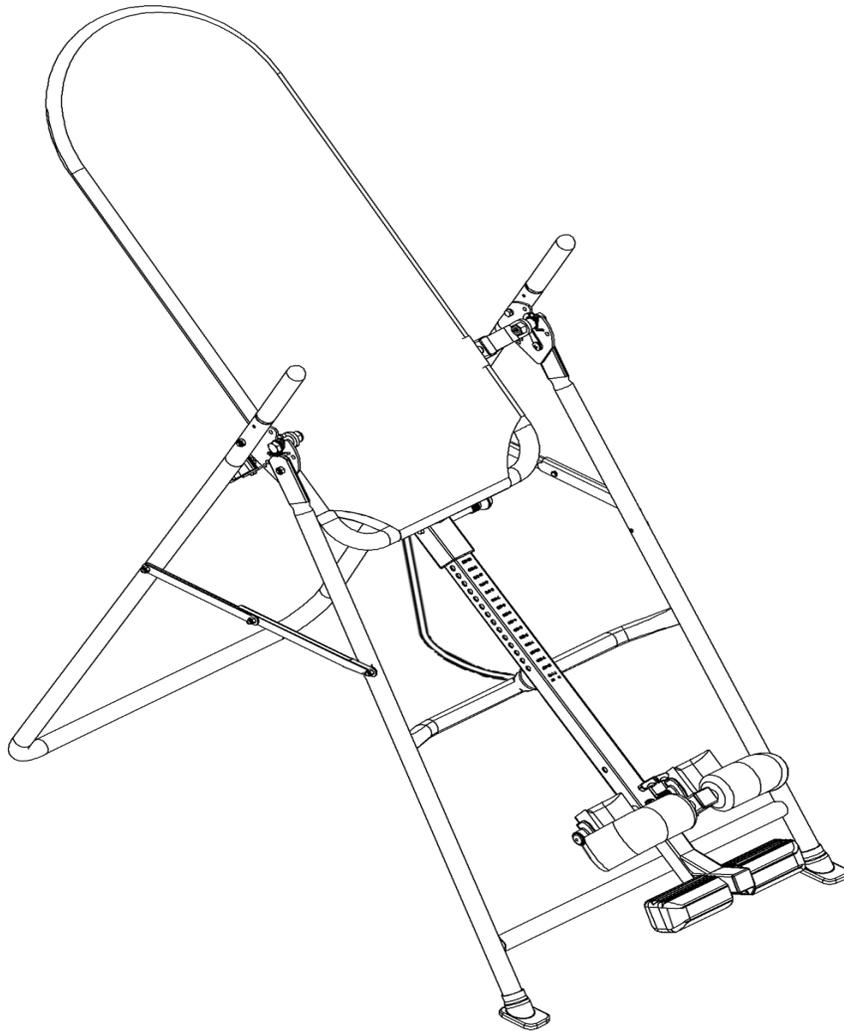




Assembly Instructions



Want more information about your FitForm Inversion Table?

1. Be sure to watch the instructional DVD
2. Read the Owner's Manual attached to the table
3. Call the customer service at 1-888-817-1702
4. Visit www.FitForm-Inversion.com

Before you begin: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

WARNING

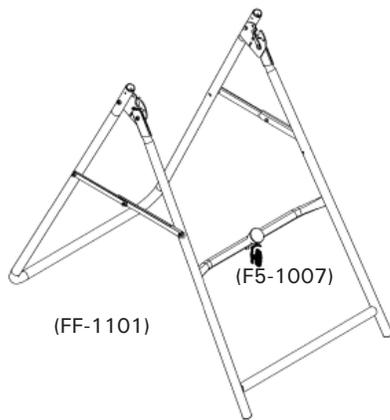
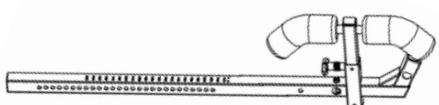
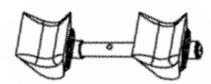
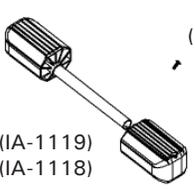
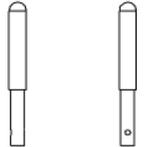
WARNING - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional video, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

**FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD
RESULT IN SERIOUS INJURY OR DEATH.**

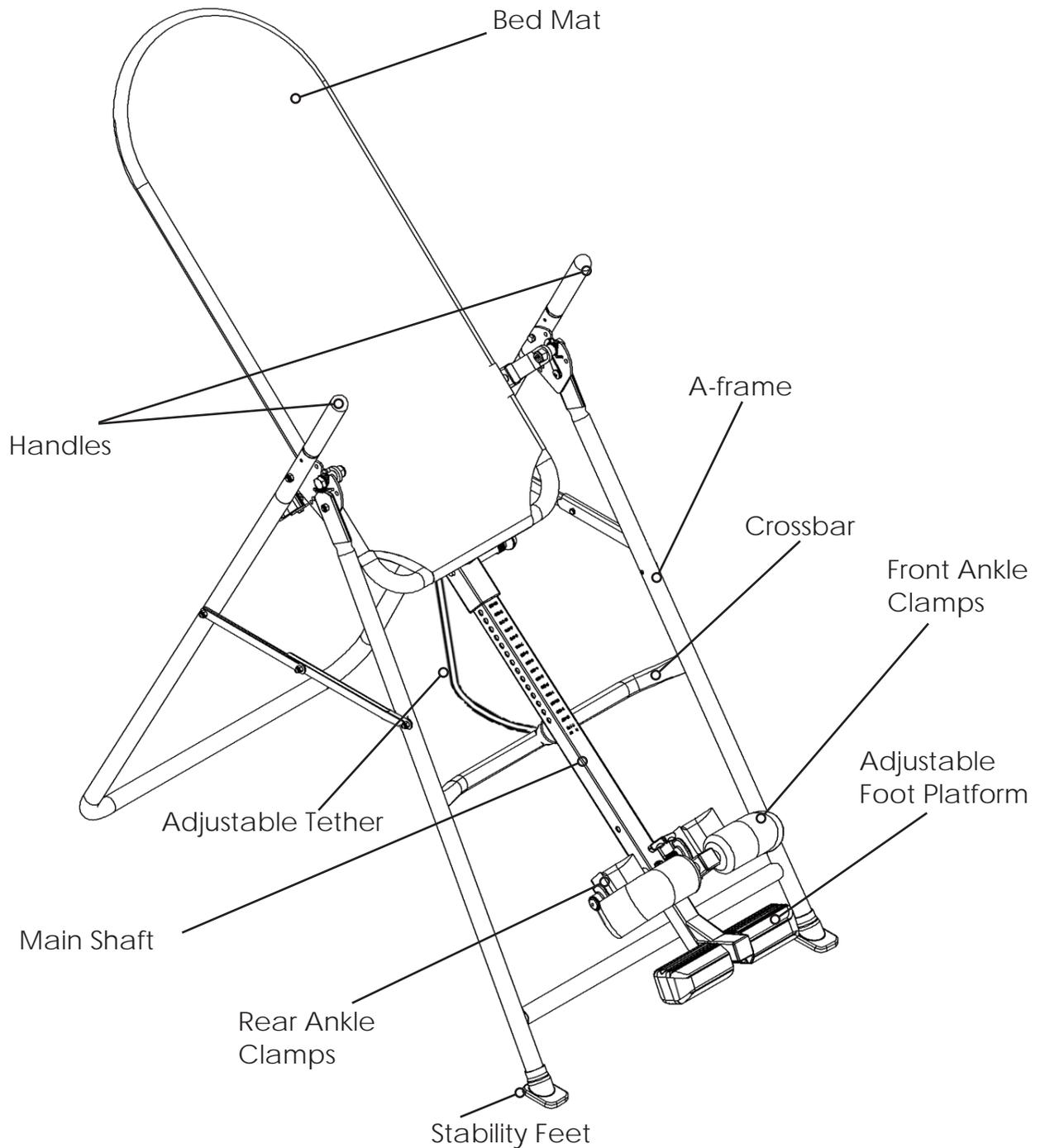
ITEMS FOR ASSEMBLY

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact the Customer Service number listed on the front of your Owner's Manual.

Items for Assembly	Item Numbers	
A-frame Base	(FF-1101)	 <p>(FF-1101)</p>
Tether	(F5-1007)	
Stability Feet	(FF-1102)	
Bed Mat	(FF-1130)	 <p>(FF-1130)</p>
<hr/>		
Main Shaft with Front Ankle Clamp Assembly	(FF-1120)	 <p>(FF-1120)</p>
Rear Bar Assembly		 <p>(IA-1113)</p>
Rear Bar w/ Heel Cups	(IA-1113)	
Bolt/Nut	(IA-1116)	 <p>(IA-1116)</p>
Rubber Plug	(F5-1056)	 <p>(F5-1056)</p>
Foot Platform Assembly		 <p>(IA-1119) (IA-1118)</p>
Foot Bar	(IA-1119)	
Foot Pieces (2)	(IA-1118)	
Screw	(IA-1123)	
<hr/>		
Handles (2)	(FF-1140)	 <p>(FF-1140)</p>
Bolts/Nuts (2)	(IA-1148)	 <p>(IA-1148)</p>
Roller Hinges (2)	(F5-1064)	 <p>(F5-1064)</p>
Wrenches (2)	(F5-1088)	 <p>(F5-1088)</p>
Screwdriver	(F5-1130)	 <p>(F5-1130)</p>

Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your new FitForm Inversion Table.



Step One

Assemble the Stability Feet (FF-1102) and the A-frame Base (FF-1101)

- Set the A-Frame so the base points up (Figure 1). This will give you downward leverage to properly assemble the Stability Feet. Steady both sides of the A-frame so the legs do not swing open.
- Determine which is the right and left Stability Foot by the imprinted letters "R" and "L" on each foot. Place each foot on the A-frame so that the letters will face inward toward each other and the longer part of the foot faces forward (Figure 1A).
- Once the Stability Feet are in place, turn the A-frame over.
- Open the A-frame and make sure the Spreader Arms are locked and the front of the Crossbar is facing you (Figure 2).
- The Stability Feet MUST sit flat on the ground. If the A-frame is not level, check the assembly of the Stability Feet.

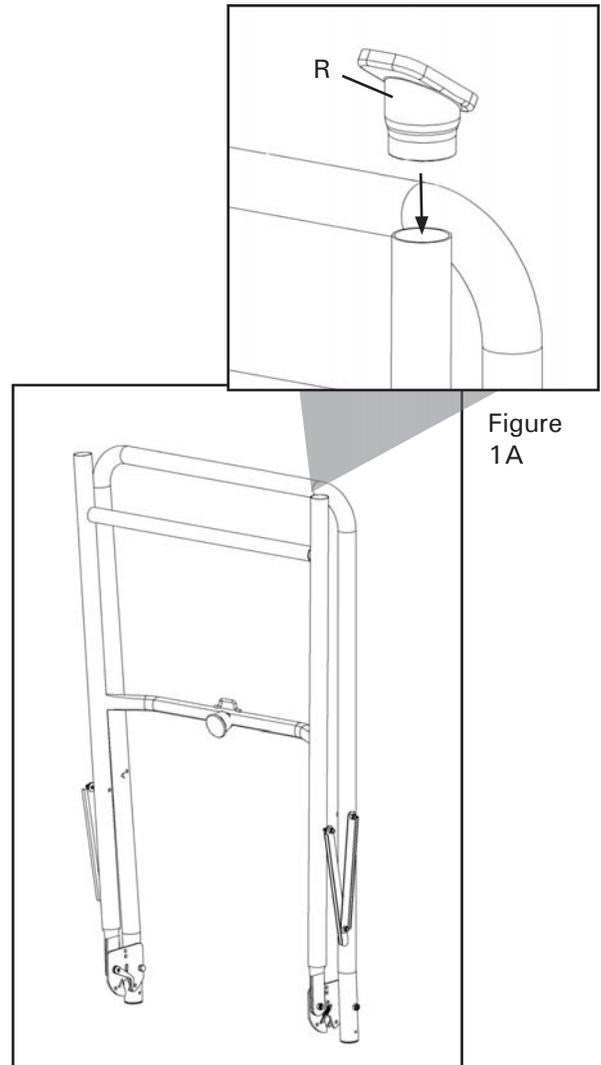


Figure 1

⚠ WARNING

Check the table to make sure that the A-frame sits level on the floor.

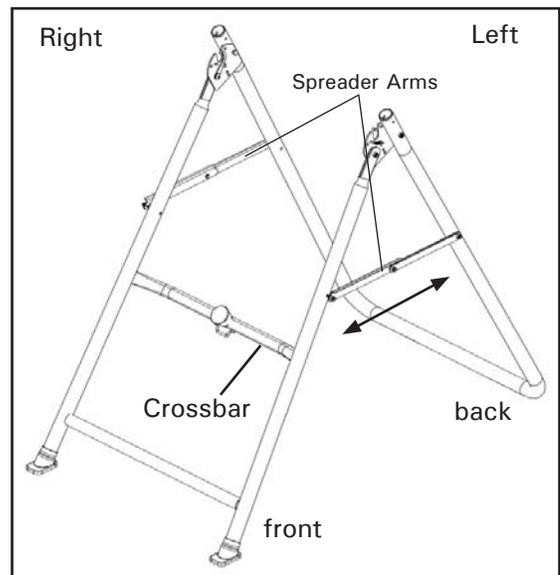


Figure 2

Step Two

Lock the Roller Hinges (F5-1064) onto the Bed Mat (FF-1130)

- For ease of assembly, rest the Bed Mat against the side of the A-frame (Figure 3).
- Open the Cam Locks on each side of the Bed Mat (Figure 4).
- With the grooved Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Bed Mat. The Roller Hinges must slide between the Cam Locks and the brackets.
- Make sure the Roller Hinges are in the same hole setting on both sides.
- Push down on the Cam Locks (Figure 4A) to secure the hinges.

Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use setting 3 to start.

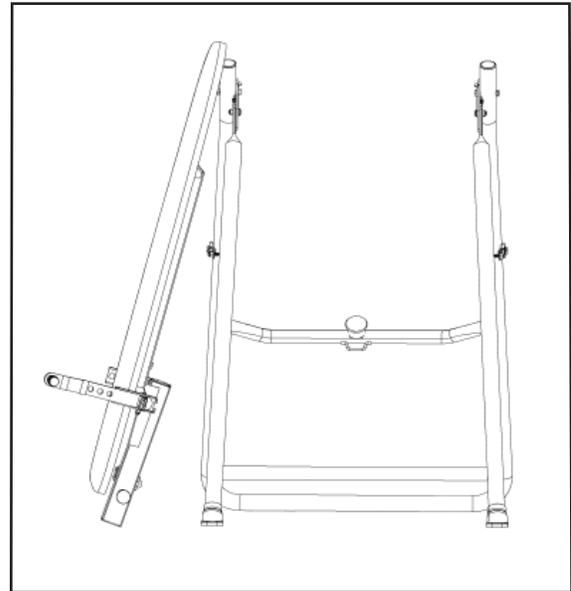


Figure 3

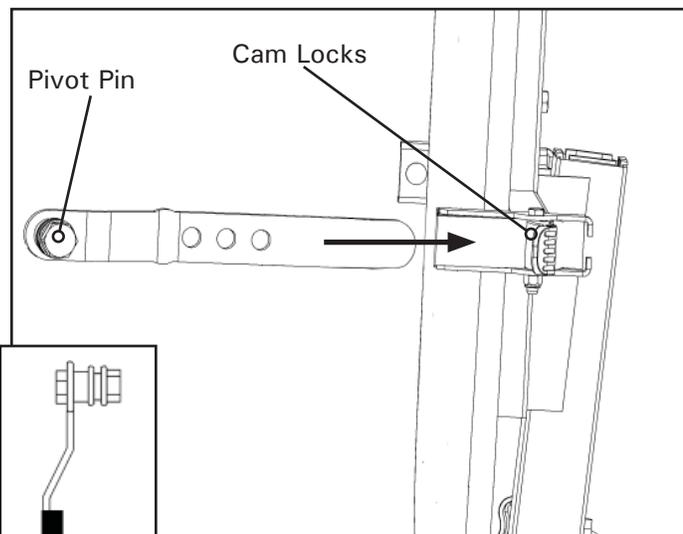
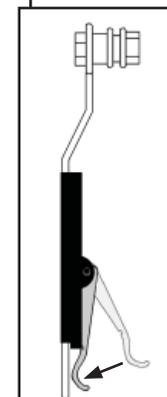


Figure 4



4A

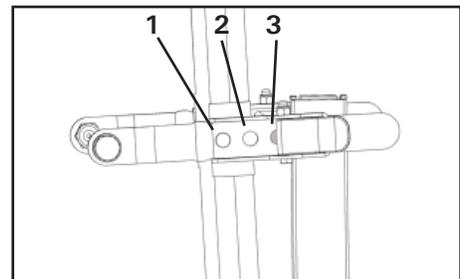


Figure 5

Step Three

Attach the Bed Mat (FF-1130) to the A-frame (FF-1101)

- Holding each side near the Roller Hinges, pick up the Bed Mat and stand at the front of the A-frame where the Crossbar is located. Lower each Pivot Pin into the A-frame hinge plates one side at a time (Figure 6).
- Make sure that both Pivot Pins are seated at the base of the slot in the hinge plate (Figure 7). Check to make sure that the self-locking hooks have closed over both Pivot Pins, and the table rotates smoothly.

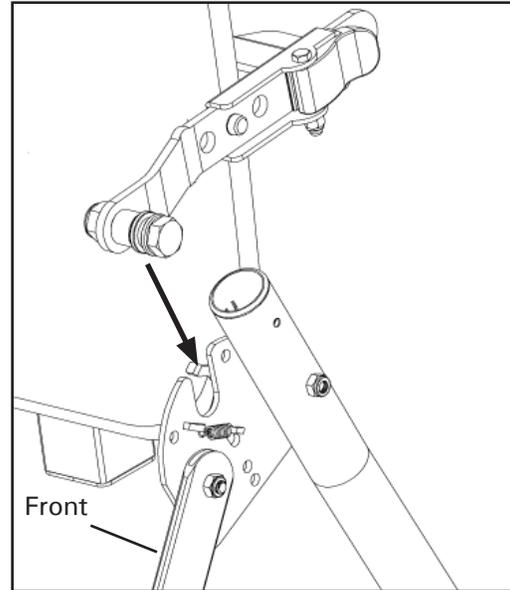


Figure 6

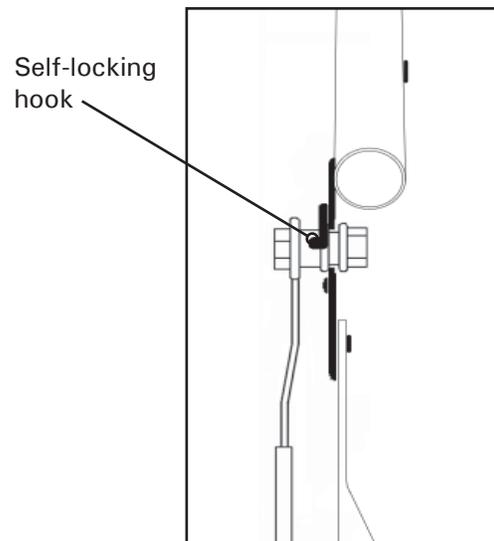


Figure 7

⚠ WARNING

Failure of the self-locking hooks to close over both Pivot Pins is indication of improper assembly and if not corrected, could result in serious injury or death!

Step Four

Insert the Main Shaft (FF-1120) into the Bed Mat (FF-1130)

- With the height adjustment settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft housing (Figure 8).
- Pull out the Height Selector Locking Pin to allow the Main Shaft to slide in farther (Figure 8). For the purpose of easy assembly, slide in the Main Shaft and release the pin in the last height setting (Refer to the Owner's Manual for proper height adjustment before use).
- The Main Shaft must rest against the crossbar of the A-frame (Figure 9). The crossbar prevents the table from rotating forward when the user steps on the Foot Platform. If the Main Shaft does not rest on the crossbar as shown in Figure 9 then the Bed Mat has been assembled backwards onto the A-frame and this must be corrected before use.

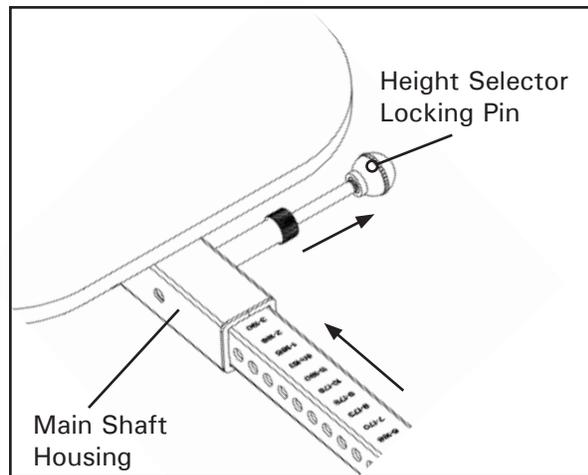


Figure 8

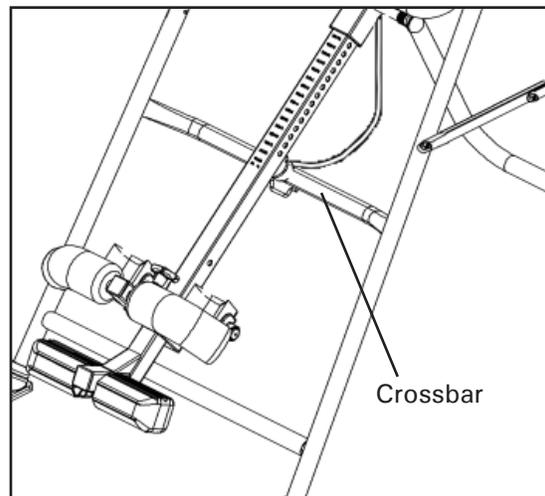


Figure 9

Step Five

Rotate the Front Ankle Clamps on the Main Shaft (FF-1102)

- Pull up on the locking pin of the Ankle Clamps (Figure 10).
- Pull outward on the spring-loaded Front Ankle Clamps until the square tubing is disengaged from the Main Shaft. Do not over-stretch the spring.
- Rotate the Clamps counterclockwise so that the pin holes face up (Figure 11). Re-engage the square tubing into the Main Shaft.

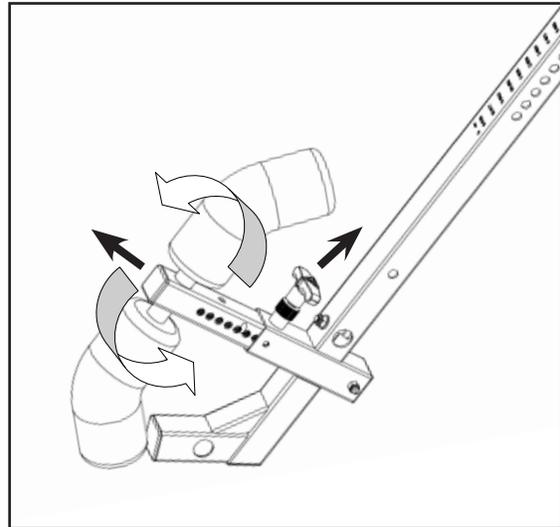


Figure 10

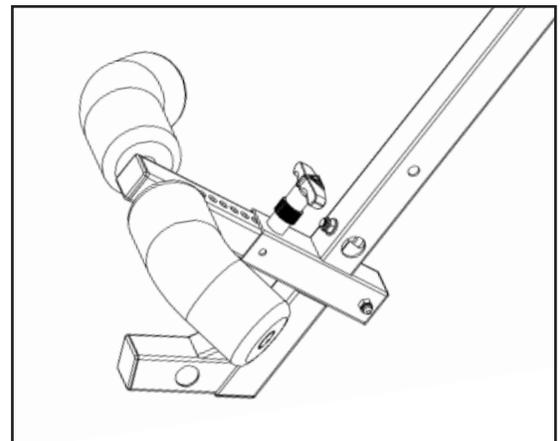


Figure 11

Step Six

Install the Rear Bar Assembly

- With the rounded corners of the rear foam Heel Cup facing down, insert the Rear Bar with one Heel Cup (IA-1113) into the large hole at the bottom of the Main Shaft (Figure 12).
- Insert the Bolt (IA-1116) from the rear of the Main Shaft to secure the Rear Bar, and tighten the nut with the wrenches (F5-1088) provided (Figure 13).
- Slip the other Heel Cup (rounded corners down) onto the Rear Bar and push the Rubber Plug (F5-1056) into the Rear Bar (Figure 12).

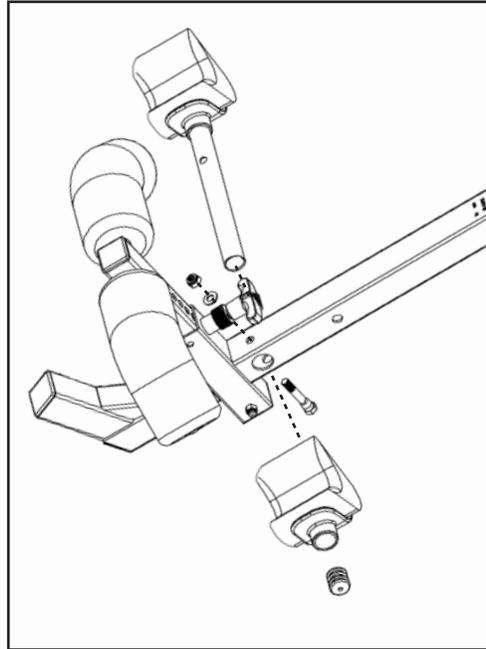


Figure 12

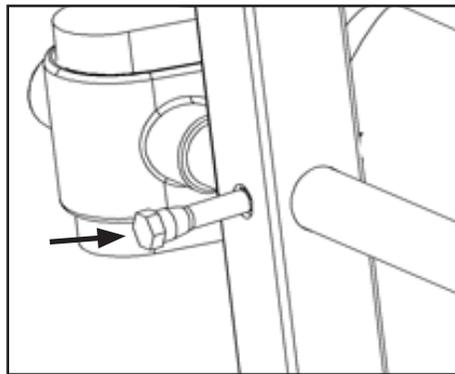


Figure 13

Step Seven

Install the Foot Platform Assembly

- Slide the Foot Bar (IA-1119) with one Foot Piece (IA-1118) in the hole beneath the Ankle Clamps (Figure 14).
- The Foot Pieces are designed with a High and Low setting. Position in the Low setting (Screw holes facing up) for ease of assembly. Slide the other Foot Piece onto the Bar (Figure 14).
- Insert the screws (IA-1123) into the Foot Platform (Figure 15) and tighten with the provided screwdriver (F5-1130).

NOTE: Refer to Owner's Manual for a description of the settings.

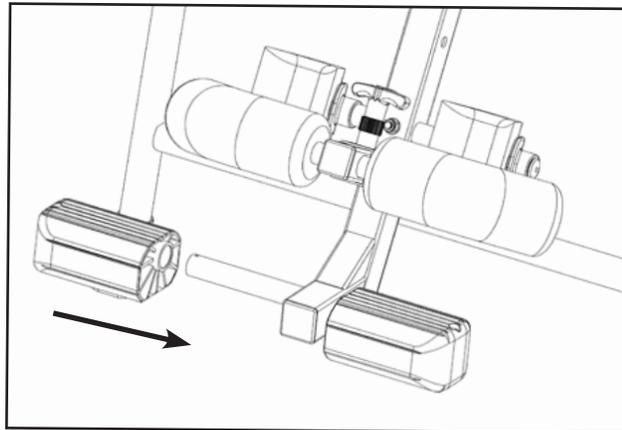


Figure 14

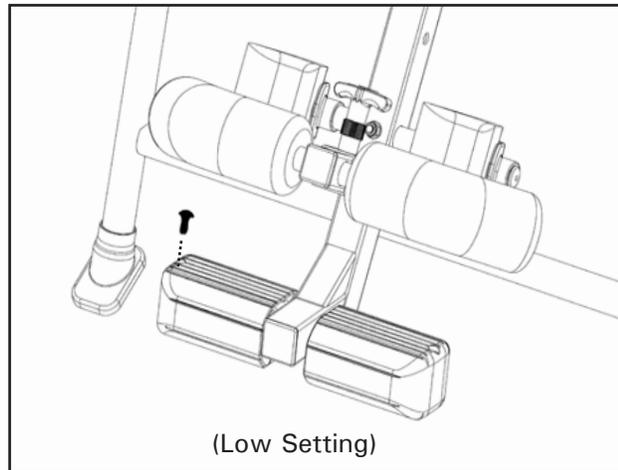


Figure 15

Step Eight

Install the Handles (FF-1140) in the A-frame (FF-1101)

- Insert the Handles into the A-frame (Figure 16).
- Insert the bolts (IA-1148) from the inside of the A-frame, and fasten with the nuts on the outside of the A-frame (Figure 16A). Tighten with wrenches provided (F5-1088).

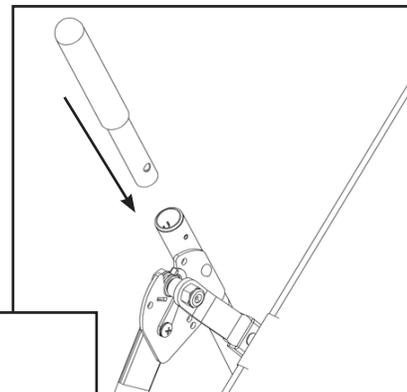


Figure 16

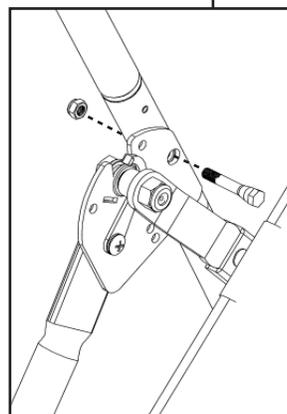


Figure 16A

Step Nine

Attach the Tether (F5-1007) to limit the degree of rotation

- Unfold the adjustable Tether and clip it to the U-bar on the underside of the Bed Mat (Figure 17).

Step Ten

Before use

- Test the table by hand for smooth and steady rotation.
- Ensure that all fasteners are secure.
- Watch the instructional DVD.
- Read the Owner's Manual.
- Please complete and mail your warranty card, or submit it online at www.FitForm-Inversion.com.
- For your reference, the serial number can be found at the base of the Bed Mat on the back.

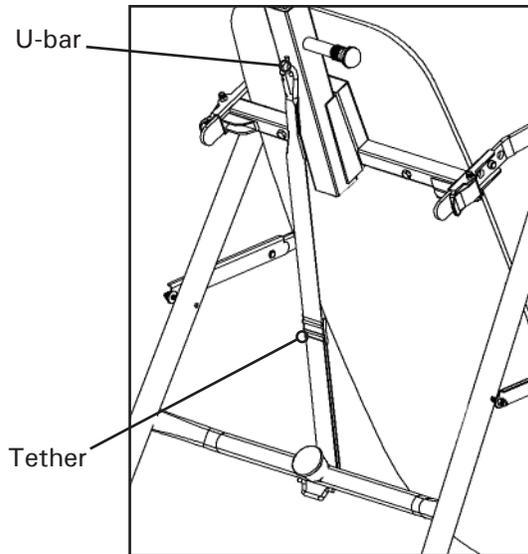


Figure 17

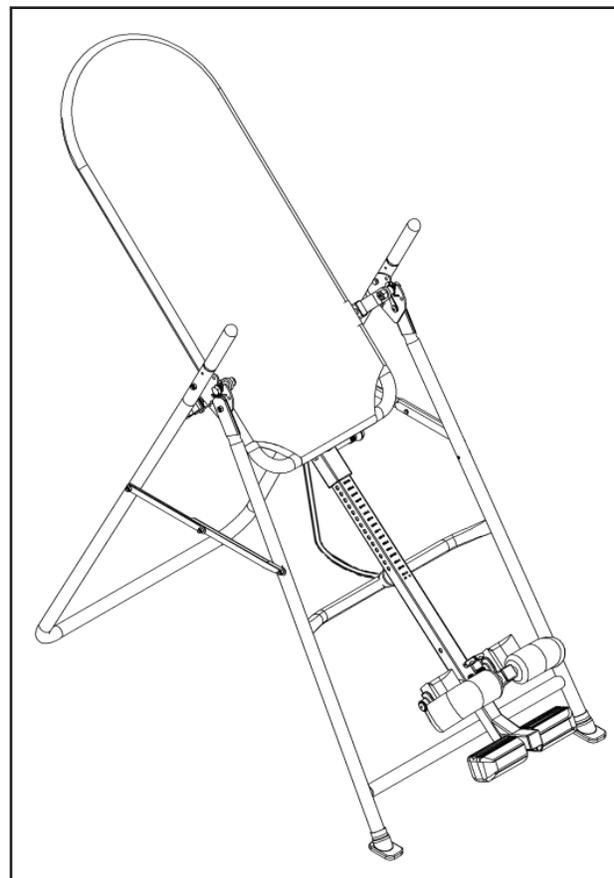


Figure 18

⚠ WARNING

Read the Owner's Manual thoroughly before using the FitForm. Improper settings could result in serious injury or death!

ADJUSTMENTS / MAINTENANCE / STORAGE

CHANGING THE ROLLER HINGE SETTING

- Stand with your legs on either side of the Main Shaft.
- Reach under each Roller Hinge with your index fingers. Use your thumbs to release the locks over the Roller Hinges (See Figure 19).
- Lift both sides of the table out of the A-frame at the same time. You may rest the table on the Crossbar of the A-frame.
- Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (1, 2, or 3) (Figure 20).
- Re-lock the Cam Locks. Replace the Roller Hinges into the hinge plates of the A-frame.



Figure 19

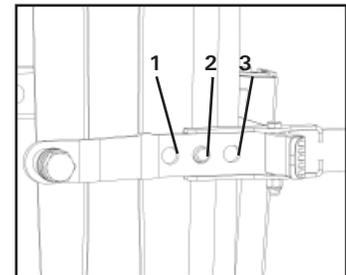


Figure 20

STORING THE INVERSION TABLE

- Pull the height selector locking pin and slide the Main Shaft in all the way to the Ankle Clamps. Engage the pin in the storage setting.
- Rotate the table opposite from use until the table has turned 180 degrees and rests against the Crossbar on the A-frame.
- The legs of the A-frame base may then be folded together for compact storage. (See Figure 21).

WARNING: *This operation may pinch fingers if not done slowly and carefully.*

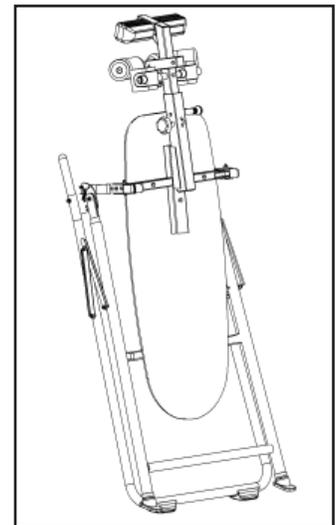


Figure 21

BED MAT: REMOVING/CLEANING/TIGHTENING

Note: The step only applies if you have the FitForm Standard

- You may find it easier to remove the Bed Mat while the table is in its storage position.
- Pull up on the plastic tension clips to loosen the adjustment straps.
- Release one corner at a time, then slide the Bed Mat off the frame.
- The Bed Mat should be washed in cold water on the gentle cycle. Replace the Bed Mat on the table frame while it is still damp.



Any modification to this device will void the UL Listing.

If you have any problems assembling the equipment,
or questions about its use, please contact customer service at:

USA: (Phone) 888-817-1702

Europe: +44-20-8667-0060

International: +1-242-362-1001

info@FitForm-Inversion.com

www.FitForm-Inversion.com

U.S. patents apply.

Specifications subject to change without notice.

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