

X **FIT FORM**[™] INVERSION TABLE **OWNER'S MANUAL**

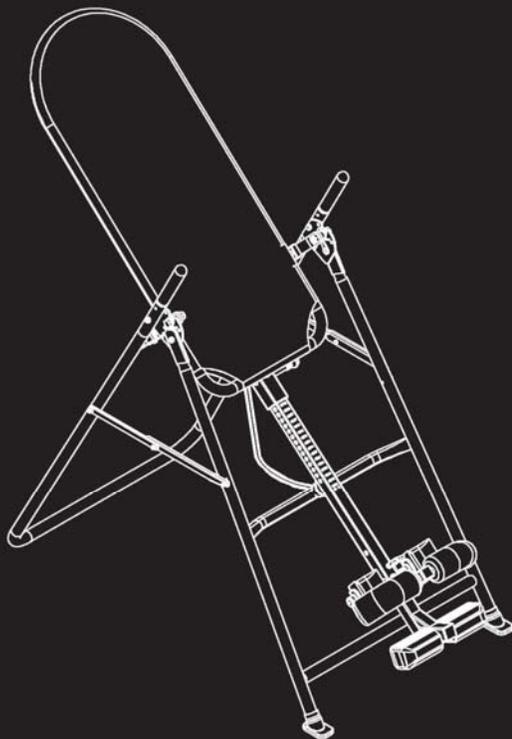
BEFORE INVERTING for the first time, watch the instructional DVD, follow all Assembly Instructions, read the Owner's Manual, and inspect the table to ensure: **rotation is smooth, parts are secure, and user settings are correct.** For your safety, inspect the equipment before every use.

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Meets
Medical-Grade Specifications
RATED "BEST IN QUALITY"
UL Listed 53NJ

SAVE THESE INSTRUCTIONS

⚠ WARNING

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

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 home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear any footwear that could interfere with securing the ankle clamps, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- **ALWAYS** make sure the equipment is properly adjusted to the correct user settings prior to each use.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- New users, and users who are physically or mentally compromised, will require the assistance of a partner to ensure they are able to find the correct balance setting and can return to an upright position unassisted.
- If you feel pain or become light-headed or dizzy while inverting, immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference)
 - Middle ear infection · Glaucoma · Heart or circulatory disorders
 - Bone weakness (osteoporosis) · Extreme obesity · Retinal detachment
 - Spinal injury · Recent or unhealed fractures · Pregnancy · Conjunctivitis
 - Cerebral sclerosis · Medullary pins · Hiatal hernia · High blood pressure
 - Acutely swollen joints · Surgically implanted orthopedic supports
 - Ventral hernia · Hypertension · Recent stroke or transient ischemic attack
 - Use of anticoagulants (including high doses of aspirin)
- Refer to additional warning notices posted on the equipment. If a product label or Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

ADJUST THE SETTINGS

Find Your Hinge Setting

Your hinge setting determines how responsive the table is to your movements. Start with setting "3" (the hole farthest from the Pivot Pin) if you are a beginner (Figure 1). The lower the number, the faster the table will move in response to your movements. To lock in full inversion, you must use setting "1" or "2." Place the roller hinges in the same hole setting on each side.

	80-120 lbs (36-54 kg.)	120-220 lbs (54-100 kg.)	220-250 lbs (100-113 kg.)
Beginner/ Partial Inversion	3	2, 3	3
Advanced/ Full Inversion	1	1	2

Setting 1 - Closest to Pivot Pin, most responsive
Setting 2 - Middle, moderately responsive
Setting 3 - Farthest from Pivot Pin, least responsive

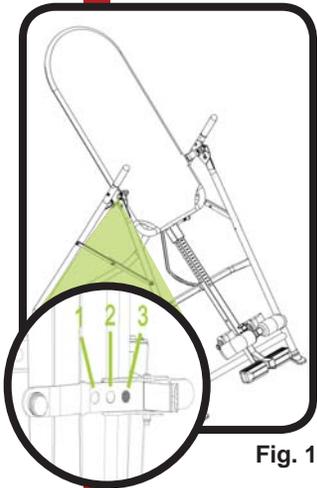


Fig. 1

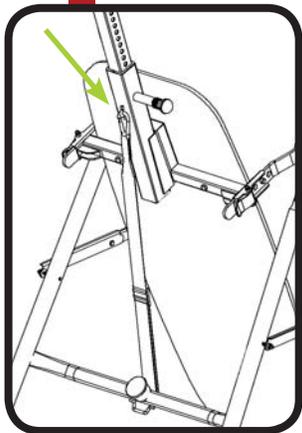


Fig. 2

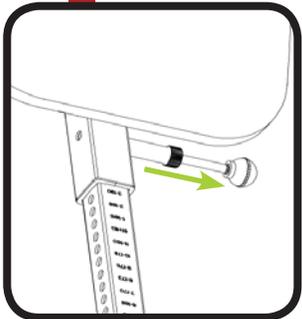


Fig. 3

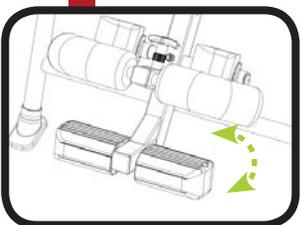


Fig. 4

Secure the Tether

The adjustable Tether controls how far back the inversion table will rotate. Lengthen or shorten the Tether depending on your desired degree of rotation. Beginners should always secure the Tether clip to the underside of the table (Figure 2). The Tether can eventually be removed for full inversion.

Find Your Height Setting

The height settings are located on the Main Shaft in both inches and centimeters.

- Pull out the Locking Pin with your right hand, while sliding the Main Shaft with your left (See Figure 3).
- Slide the Main Shaft until the last setting you can read is one inch greater than your height (e.g., if you are 5'10" the last numbers you should read will be 5'11"). NOTE: The best height setting for you will depend on your weight distribution and could vary one or two inches on either side of your actual height. Starting at one or two inches greater than your height will help ensure that the rotation of the table is not too fast.
- Release the Locking Pin so it fully engages in a hole.

Adjust the Foot Platform

The FitForm Foot Platform can rotate into a High or Low setting. There is a one inch height difference between the settings. The setting you select will vary by the type of shoes you wear and your ankle size.

The Foot Platform should be set so the ankle clamps are secure around the smallest part of the ankles (with minimal distance between the ankle clamp and the top of your foot). This will reduce body slide on the mat while inverted (Figure 4). Try inverting in both settings to determine which one is most comfortable for you.

Prepare to Mount

- **ALWAYS** wear securely tied, lace-up shoes with a flat sole, such as a tennis shoe.
- **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone, as this type of footwear could interfere with properly securing your ankles.

BEFORE YOU INVERT

Mounting

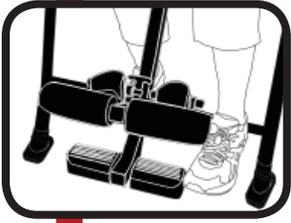


Fig. 5



Fig. 6A
and 6B



Fig. 7

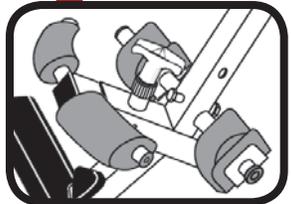


Fig. 8
LOCKING PIN
FULLY ENGAGED

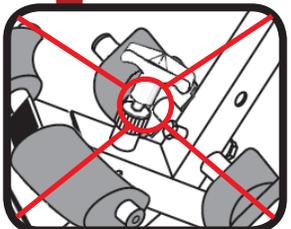


Fig. 9
**DANGER: LOCKING
PIN NOT ENGAGED**



Fig. 10

- Stand with your back to the Bed Mat. Do not use the inversion table face-down.
- Step over the Main Shaft, placing your feet on the floor on either side. To balance yourself, rest only your lower body against the Bed Mat as you slide one ankle at a time between the front and rear ankle clamps and onto the Foot Platform. Be sure to slide your ankle in from the side (Figure 5); DO NOT try to insert the foot through the ankle clamps as you would slide your foot into a shoe. Your feet should always be either on the floor or on the Foot Platform; NEVER use any other part of the inversion table as a step (Figures 6A and 6B).
- Press your ankles back firmly against the rear ankle clamps.
- Rotate the top of the rear clamps slightly downward toward your ankles to increase your comfort while inverting.
- Pull up on the locking pin to allow the spring-loaded front ankle clamps to snap toward your feet to secure your ankles. Make sure your pant legs do not interfere with obtaining a secure closure.
- Adjust the front ankle clamps to make sure both the front and rear ankle clamps fit snugly against your ankles (Figure 7). Release the locking pin so that it fully engages a hole setting (Figure 8).
- If the locking pin does not automatically engage in a hole (Figure 9), push the front ankle clamps toward your ankles until the pin engages fully in the next-tightest hole setting.
- Use the concept of **HEAR - FEEL - SEE** every time you secure your ankles:
 - **HEAR** the locking pin click into place.
 - **FEEL** the locking pin to make sure it is fully engaged in a hole setting.
 - **SEE** that there is **NO** space between the locking pin and its base.

⚠ WARNING

DO NOT step on the crossbar of the A-frame or on top of the ankle clamps as this could cause the table to rotate resulting in serious injury or death!
FAILURE to engage the ankle locking pin fully could result in serious injury or death!
DO NOT deviate from these instructions.

Balancing

The inversion table is sensitively balanced, and it responds to very small changes in weight distribution. As a result, you must always test to make sure you have the correct height setting. Ensure that there is clearance to rotate in front, above and behind you.

To begin, rest your head on the bed and place your arms at your sides, then slowly place your arms on your chest.

- If your head is lower than your feet, lengthen the height setting by one hole and test again.
- If your feet do not move at all, shorten the height setting by one hole and test again.
- If the table comes to rest with your feet lifted a few inches off the A-frame, you have found the correct balance setting (Figure 10).

Finding the correct balance setting is an important step; spend as much time as necessary. Once you find your setting, it should remain the same as long as your weight does not fluctuate substantially.

⚠ WARNING

For your first few inversion sessions, ask a spotter to assist you until you are able to find your correct balance setting and are comfortable with the operation of the table.

USING THE INVERSION TABLE

Inverting

When correctly balanced, the table will rotate in response to simple arm movements. To invert, lift your arms overhead slowly and to return upright, bring your arms back to your sides. Your arms provide the weight needed to rotate the table. (Figure 11).

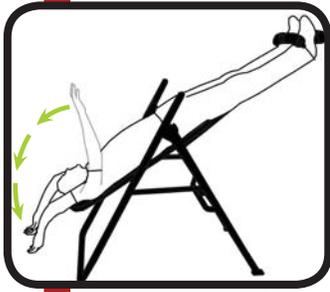


Fig. 11

- To ensure the table does not rotate too far, too quickly:
 1. Set the Roller Hinges to Setting "3" (as explained on pg. 2);
 2. Attach the Tether to underside of the Bed Mat, and test to maximum rotation;
 3. Raise one arm at a time, and do so very slowly (the faster you move, the faster the inversion table will rotate).



Fig. 12

⚠ WARNING
To reduce tipping hazard, confine all inverted activities to smooth movements. Aggressive exercises that involve vigorous body movement can cause the table to tip over, resulting in serious injury or death!

Returning Upright

To return to the upright position, put your arms at your sides. Since your body may have lengthened or shifted on the Bed Mat during inversion, you may need to bend your knees to shift your body weight to the foot side of the pivot point. **DO NOT** lift your head or try to sit up (Figure 12).

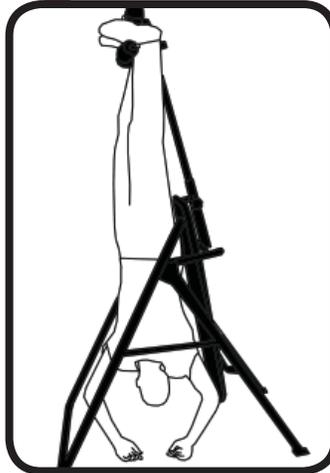


Fig. 13

Full Inversion

Definition: Hanging completely upside down by your ankles with your back free from the table (Figure 13). **DO NOT** attempt this step until you are comfortable with partial inversion.

- Disconnect the Tether.
- Set the Roller Hinges in the top hole setting "1" if you want the table to "lock" firmly while inverted. If you are 220 lbs (100 kg) or more, set the Roller Hinges in the "2" hole setting.
- From a balanced position on the table, slowly raise both hands over your head to begin rotation. You may need to assist the last few degrees of rotation by pushing on the floor or A-frame until the table pulls away from your back. In your correct balance setting, your weight will keep the table "locked" in this position until you are ready to return upright.

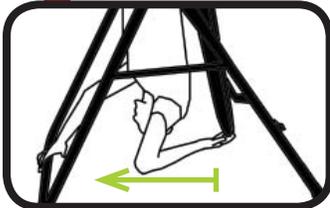


Fig. 14

To Release from the Inverted "Locked" Position:

- Place one hand on the top of the table bed behind your head, and place the other hand on the bottom bar of the A-frame in front of you.
- Pull both hands together (Figure 14). This will rotate the table out of the "locked" position. Slowly move your arms and elbows to your sides to complete the rotation.

USE CAUTION: Elbows protruding over the sides of the table bed could get pinched between the A-frame and the Bed Mat as you return upright (Figure 15).

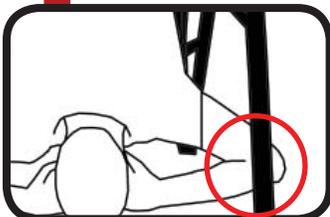


Fig. 15

⚠ WARNING
It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
DO NOT use the inversion table until you have thoroughly and carefully read the Owner's Manual, viewed the instructional DVD, reviewed all accompanying documents and inspected the equipment. **ALWAYS** test and inspect the equipment for smooth operation prior to each use.