



**USER MANUAL – EN**

**IN 12075 Inversion Table inSPORTline Inverso Heaty**



Photo may differ from actual product.

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## **SAFETY PRECAUTIONS**

### **WARNING: 300LB (140KG) WEIGHT CAPACITY**

**To reduce the risk of serious injury, read all important precautions, instructions and warnings in this manual before using the inversion system. Our company 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, OR 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, modulatory 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 BEFORE USE.**

**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.**

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

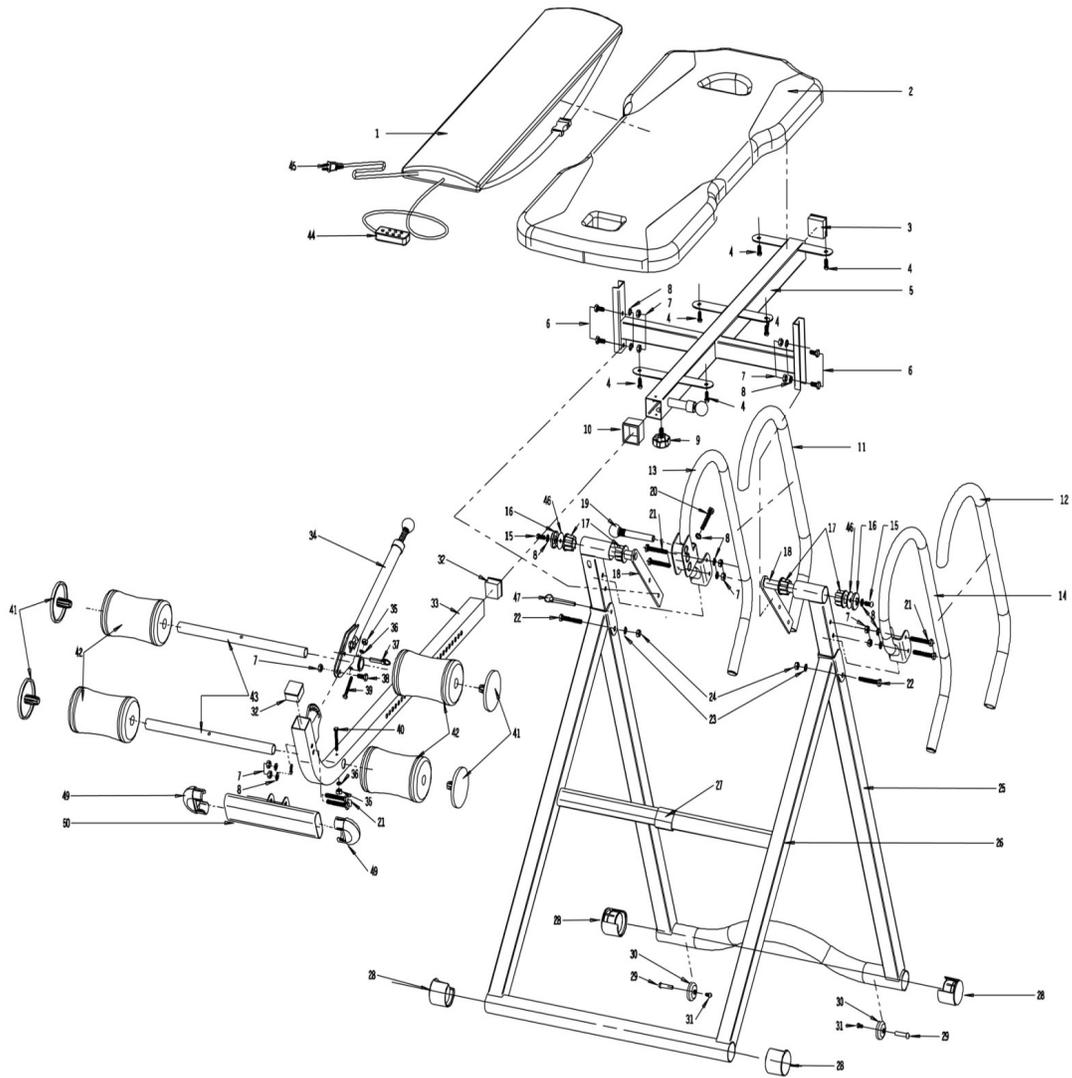
**SECURE YOUR ANKLES AND LOCK PULL PIN IN PLACE BEFORE INVERTING.**

## PARTS LISTING

| Part# | Description                      | QTY |
|-------|----------------------------------|-----|
| 1     | Backrest Heat & Massage/heat Pad | 1   |
| 2     | Backrest Pad                     | 1   |
| 3     | Square End Cap                   | 1   |
| 4     | Bolt M6x16mm                     | 6   |
| 5     | Backrest Support Tube            | 1   |
| 6     | Bolt M8x20mm                     | 4   |
| 7     | Nut M8                           | 11  |
| 8     | Flat Washer Ø16xØ8x1.2           | 14  |
| 9     | Knob                             | 1   |
| 10    | Lower Bed Frame Bushing          | 1   |
| 11    | Handlebar Grip - Right           | 1   |
| 12    | Handlebar Grip - Left            | 1   |
| 13    | Handlebar - Right                | 1   |
| 14    | Handlebar - Left                 | 1   |
| 15    | Hexagonal Bolt M8x16mm           | 2   |
| 16    | Plastic Round End-cap            | 2   |
| 17    | Plastic Spacer                   | 4   |
| 18    | Connecting Bracket               | 2   |
| 19    | Incline Adjustment Bolt          | 1   |
| 20    | Bolt M8x50mm                     | 1   |
| 21    | Bolt M8x55mm                     | 6   |
| 22    | Bolt M10x60mm                    | 2   |
| 23    | Flat Washer Ø20xØ10x1.5          | 2   |
| 24    | Nut M10                          | 2   |
| 25    | Back U-Frame                     | 1   |
| 26    | Front U-Frame                    | 1   |
| 27    | Stopper                          | 1   |
| 28    | Base Frame End Caps              | 4   |
| 29    | Nut Ø8x26mm                      | 2   |
| 30    | Wheels                           | 2   |

|    |                              |   |
|----|------------------------------|---|
| 31 | Hexagonal Bolt M6x10mm       | 2 |
| 32 | Square End Cape for Part 33  | 2 |
| 33 | Body Height Adjustment Tube  | 1 |
| 34 | Leg Tube Adjustment Pull Pin | 1 |
| 35 | Nut M6                       | 2 |
| 36 | Flat Washer Ø12xØ6x1.0       | 2 |
| 37 | Ball Pin for Part Ø8*35mm    | 1 |
| 38 | Bolt M8x20mm                 | 1 |
| 39 | Bolt M6x40mm                 | 1 |
| 40 | Bolt M6x45mm                 | 1 |
| 41 | Plastic cap                  | 4 |
| 42 | Foam Leg Rollers             | 4 |
| 43 | Adjustable Leg Hold Tube     | 2 |
| 44 | Hand Controller              | 1 |
| 45 | Power Adaptor                | 1 |
| 46 | Washer Ø38xØ8x1.5            | 2 |
| 47 | Ball Pin Ø8*66mm             | 1 |
| 48 | Wrench 10/13                 | 1 |
| 49 | Oval End Caps-Foot Rest      | 2 |
| 50 | Foot Rest Plate              | 1 |
| 51 | Screw Driver                 | 1 |
| 52 | Wrench-10/14                 | 1 |

# EXPLODED VIEW



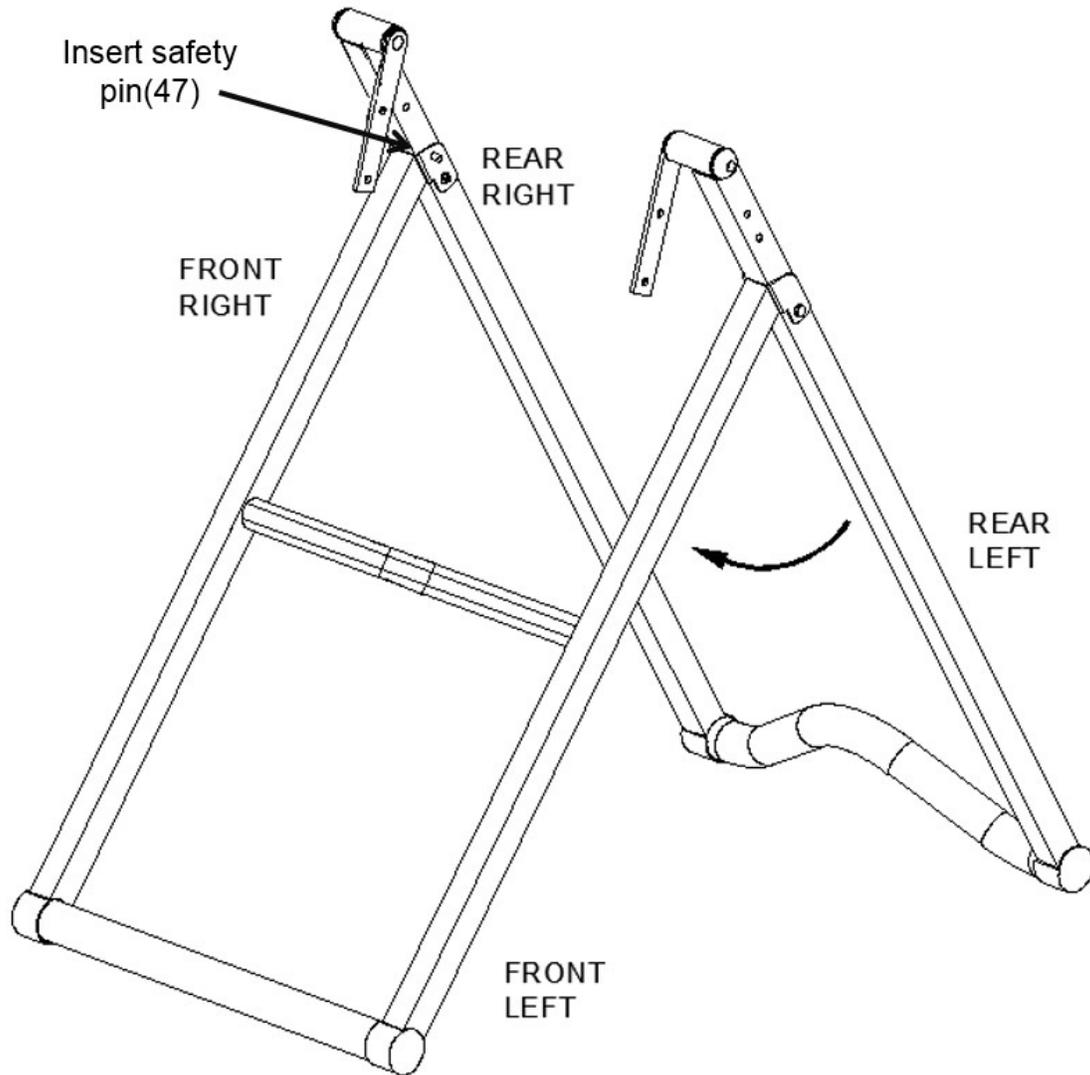
## ASSEMBLY

### STEP 1: UNFOLD FRAME

Carefully remove Base Frame from carton, and unfold.

Insert safety pin (47) into right side of frame.

Note Front, Rear, Right and Left Sides for further assembly.



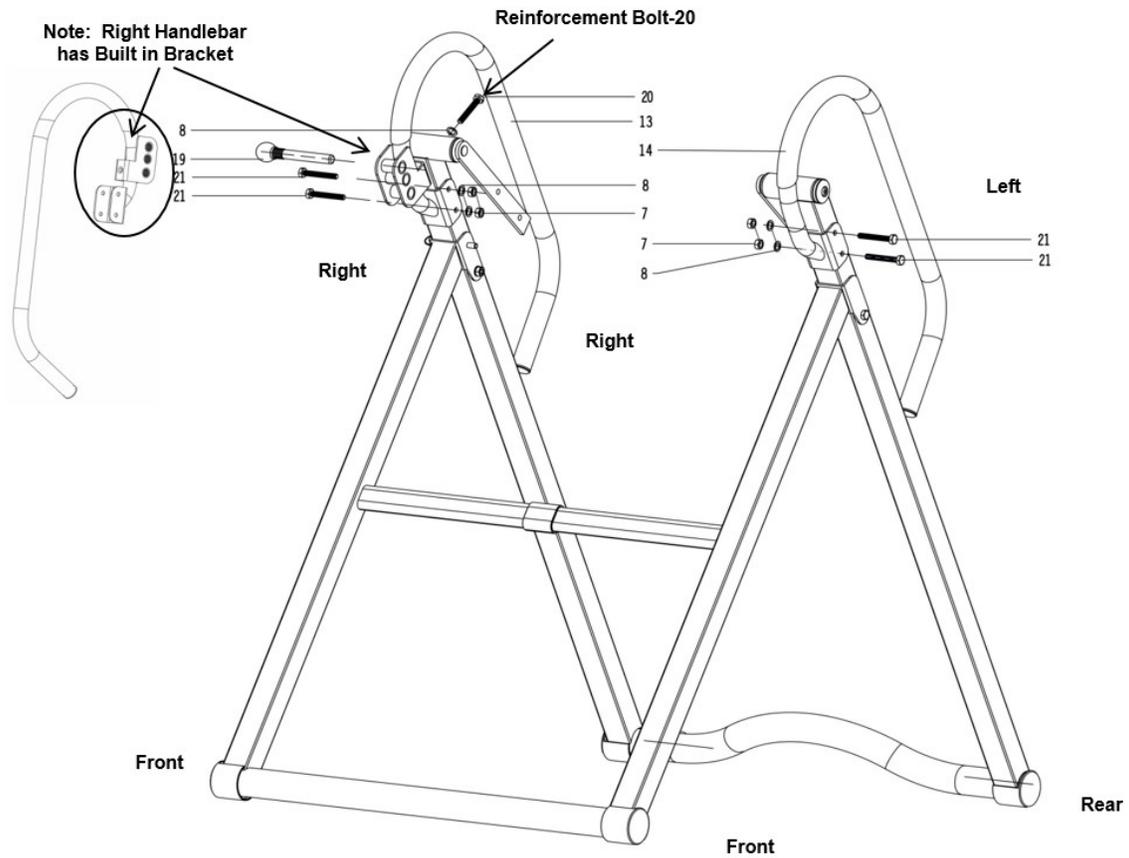
## STEP 2: HANDLEBAR ASSEMBLY

Attach the Right Handlebar (13) to the Right Side Base Frame using 2 Bolts (21), 2 Washers (8), and 2 Nuts (7). Use Bolt (20) and Flat Washer (8) to reinforce the Incline Adjustment Bracket to the Base Frame.

Attached the Left Handlebar (14) to the Left Side Base Frame using 2 Bolts (21), 2 Washers (8) and 2 Nuts (7).

Attached Incline Adjustment Bolt (19) through # 20 selection hole at this time.

### **NOTE: TIGHTEN ALL BOLTS AT THIS TIME**



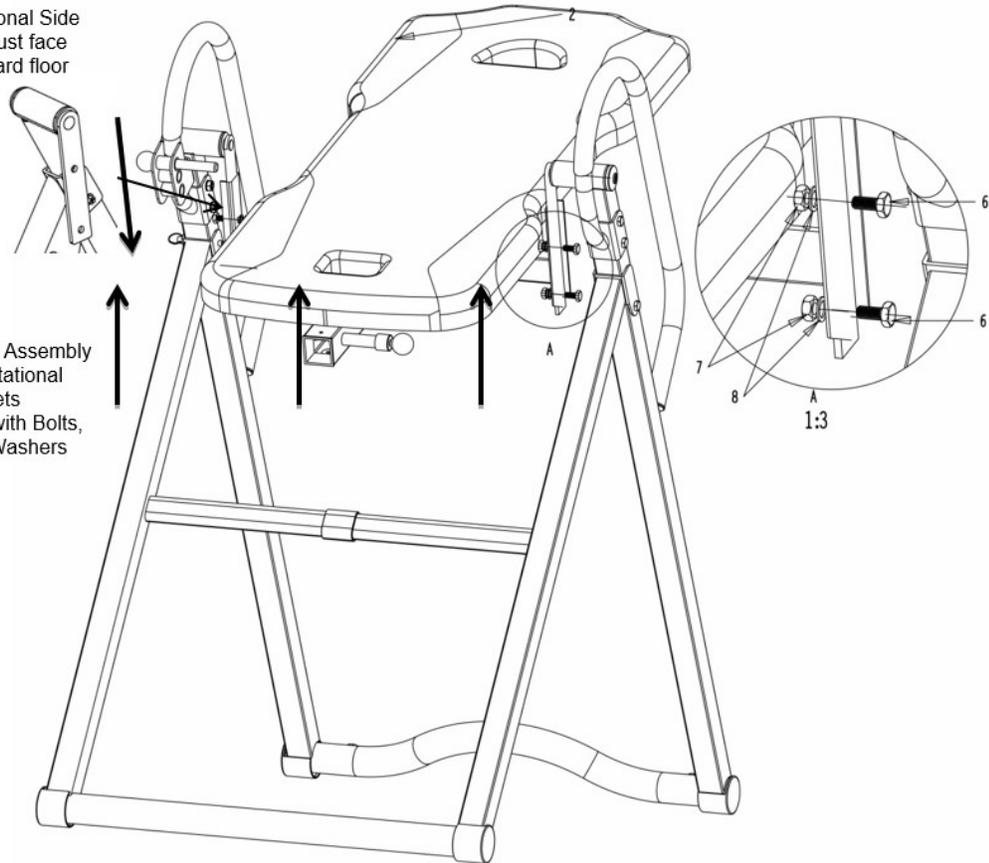
### STEP 3: CONNECTING BACKREST PAD & ASSEMBLY TO FRAME

Attach the Completed Backrest Pad Assembly to the Base Frame Unit using Bolts (6), Flat Washers (8) and Lock Nuts (7) as shown.

**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

Note: Rotational Side Brackets must face **DOWN** toward floor

Lift Entire Bed Assembly **UP** into Rotational Brackets And Secure with Bolts, Nuts, and Washers

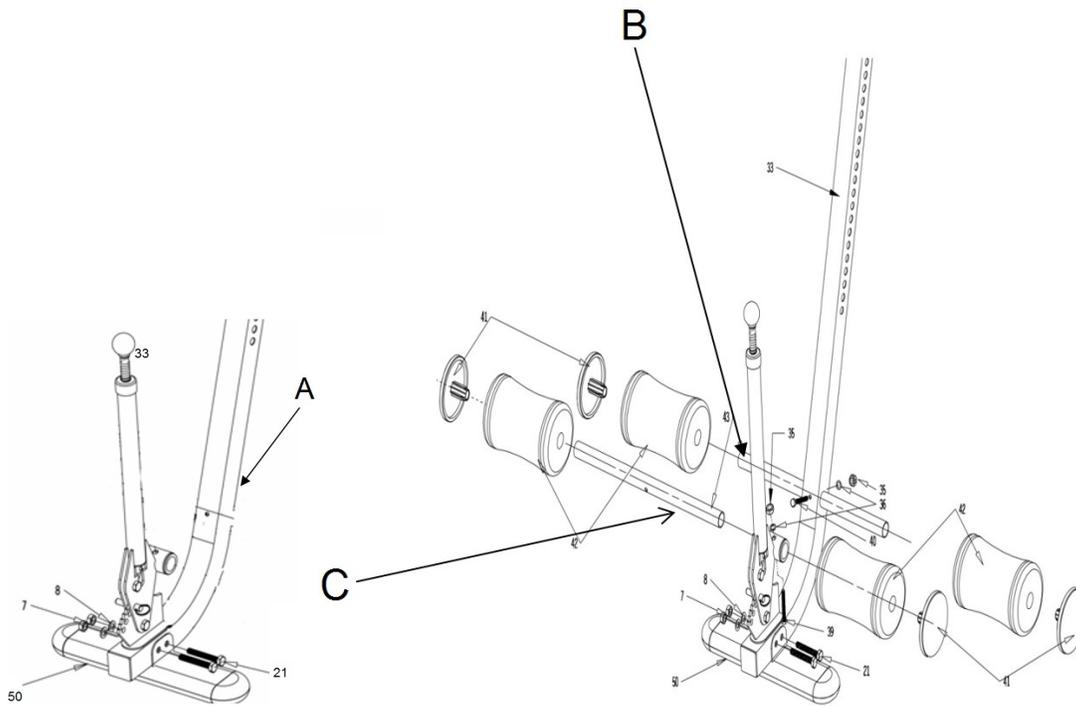


#### STEP 4: BODY HEIGHT ADJUSTMENT TUBE AND ROLLERS

- A. Install Foot Rest Plate (50) onto Height Adjustment Tube (33) using Bolts (21), Flat Washers (8) and Lock Nuts (7).
- B. Insert Rear Foam Roller Tube (43) through Height Adjustment Tube (33) and secure with Bolt (40), Washer (36) and nut (35). Slide Foam Rollers (42) over Rear Tube (43) and insert End Caps (41).
- C. Insert Front Foam Roller Tube (43) through Height Adjustment Tube (33) and secure with Bolt (39), Washer (36) and Nut (35). Slide Foam Rollers (42) over Front Tube (43) and insert End Caps (41).

Make sure Leg Tube Adjustment Knob (37) is properly connected to Height Adjustment Tube (33) and functions properly.

#### **NOTE: TIGHTEN ALL BOLTS AT THIS TIME**



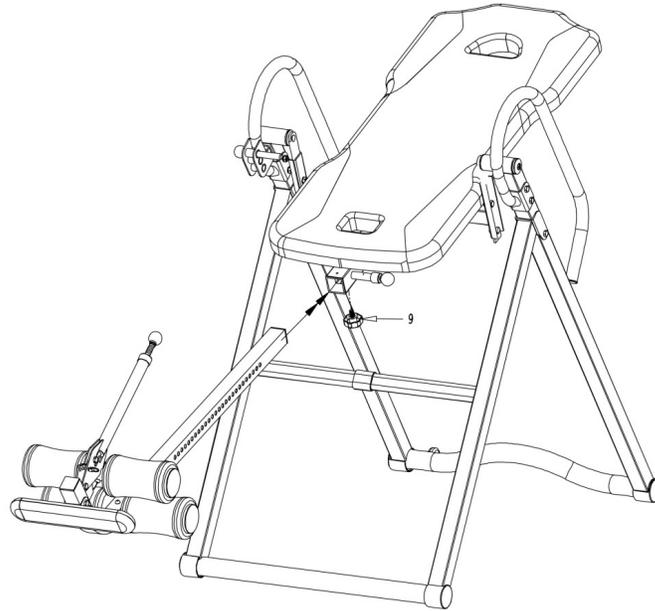
**STEP 5: CONSTRUCTION ASSEMBLY**

Slide Completed Height Adjustment Tube and Foot Rest Assembly into Backrest Support Tube and lock into place using Height Adjustment Knob.

Use Knob Bolt (9) to additional secure Height Adjustment Tube in place when desired Height Adjustment is obtained.

Note: This product is designed to adjust from 5'1" to 6'6" with a Maximum User Weight of 300 LBS.

**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

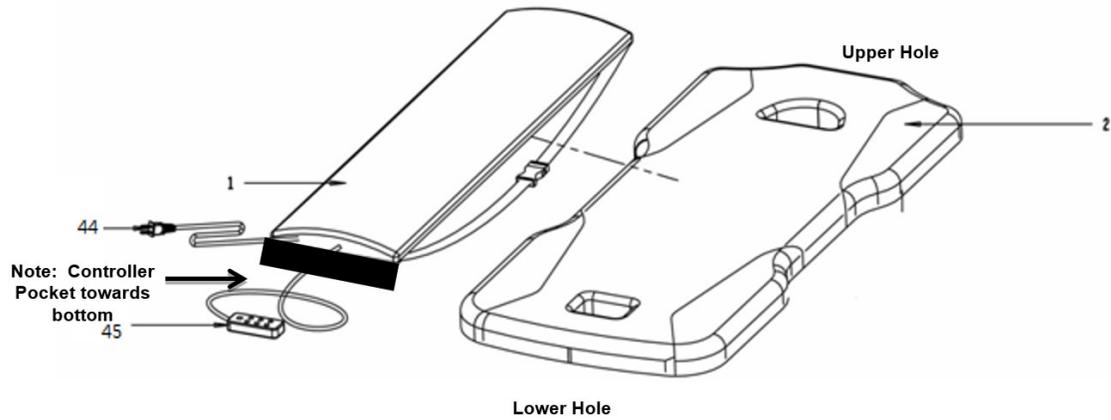


### STEP 6: HEAT / MASSAGE PAD BACKREST PAD

Attach the Heat/Massage Pad (1) to Backrest Pad (2) using 2 straps through the upper hole and 2 lower straps through the lower hole.

NOTE: Controller (45) can be stored in Velcro Pocket of Backrest Pad (at Bottom) for easy access.

NOTE: Please pay attention to the power cord not be squeezed by the inversion table when using it.



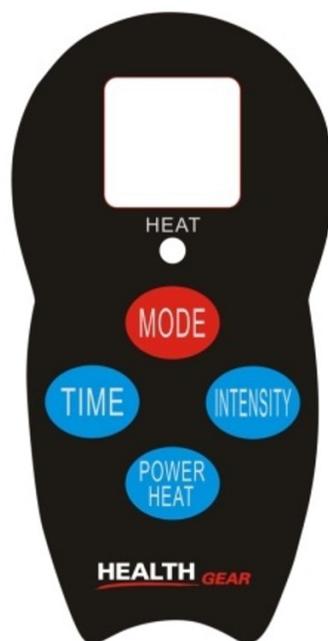
### FINAL ASSEMBLY



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



## HEAT & MASSAGE PAD USER INSTRUCTIONS



### **POWER - HEAT BUTTON**

Press it to activate the power to the Lumbar pad. This is an automatic mode lasting 10 minutes. After 10 minutes, the unit will automatically shut off.

It features massage mode-1 and intensity level-1.

In order to deactivate the Lumbar pad, please press and hold the POWER HEAT button for at least 2 seconds.

### **MODE BUTTON**

Press it to choose one of the 2 available massage modes. With every press of the MODE button, the display will consecutively show the numbers A1, A2.

### **INTENSITY BUTTON**

Press it to choose one of the 3 available massage intensity levels. With every press of the INTENSITY button, the display will consecutively show the numbers 1-3.

### **TIME BUTTON**

Every session lasts a maximum of 10 minutes. Press the TIME button to adjust the massaging time (5 or 10 minutes).

Switching the device on and off frequently is not advised.

### **WARNING:**

- DO NOT USE NEAR WATER
- DO NOT LET UNIT GET WET
- DO NOT USE IF WIRES ARE EXPOSED
- DO NOT LET CHILDREN USE OR PLAY WITH ANY ELECTRICAL DEVICE

## USAGE GUIDELINES

### RECCOMENDATION



#### **INVERSION SELECTOR PIN**

Familiarize yourself with the Inversion Selector Pin located on the Right Side of the Inversion Table. The positioning of the pin will determine the degree of inversion that you are comfortable with.

The 3 selections are:

- 20 - Slight Inversion
- 40 - Moderate Inversion
- 60 - Enhanced Inversion

**NOTE: IT IS STRONGLY RECOMMENDED THAT SOMEONE BE WITH YOU DURING INVERSION. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE EXTRA SAFETY AND SUPPORT TO THE INVERSION PROCESS.**



Before starting, insure that the Inversion Table is at the correct settings to match your height. (This is indicated on the Height Adjustment Selector in both Inches and Centimeters)

As each individual's body type is different, you will need to find the correct balance settings for your specific body type by adjusting the selector up or down to obtain the proper balance.

### SECURING FEET AND ANGLES

**WARNING:** ALWAYS WEAR ATHLETIC SHOES WITH LACES TIGHT TO HELP SECURE YOUR FEET IN THE INVERSION SYSTEM, AND FOR FOOT PROTECTION WHILE EXERCISING.

ALWAYS MAKE SURE THAT THE ANKLE LOCK IS SECURED SNUGLY AGAINST YOUR ANKLES AND THAT THE LONG KNOB IS FULLY TIGHTENED BEFORE YOU USE THE INVERSION SYSTEM.

**Step 1-** Expand the front rollers by pushing down on the Leg Tube Bar and release forward. Carefully step on to the Foot Rest Plate.



**Step 2-** Slide feet under foam rollers and rest heels against rear Heel Cups. Release top button and slowly “ratchet back” front rollers against legs.



**Step 3-** Ratchet front rollers tight against legs and secure legs and ankles in place by making sure leg assembly “LOCKS” into place.



**WARNING:** LEGS AND ANKLES MUST BE SECURELY LOCKED INTO PLACE BEFORE INVERTING. DO NOT INVERT IF THIS LOCKING MECHANISM IS NOT FUNCTIONING PROPERLY.

### 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 upward 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.



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.



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.

## **TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS**

### **General Conditions of Warranty and Definition of Terms**

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from:**

User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks

Improper maintenance

Mechanical damages

Regular use (e.g. wearing out of rubber and plastic parts, joints etc.)

Unavoidable event, natural disaster

Adjustments made by unqualified person

Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



#### **SEVEN SPORT s.r.o.**

|                            |   |
|----------------------------|---|
| Registered Office:         | Borivojova 35/878, 130 00 Praha 3, Czech Republic                         |
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| Phone:                     | +420 556 300 970  |
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| Web:                       | www.insportline.cz  |

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#### **SK**

#### **INSPORTLINE s.r.o.**

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Date of Sale:

Stamp and Signature of Seller: