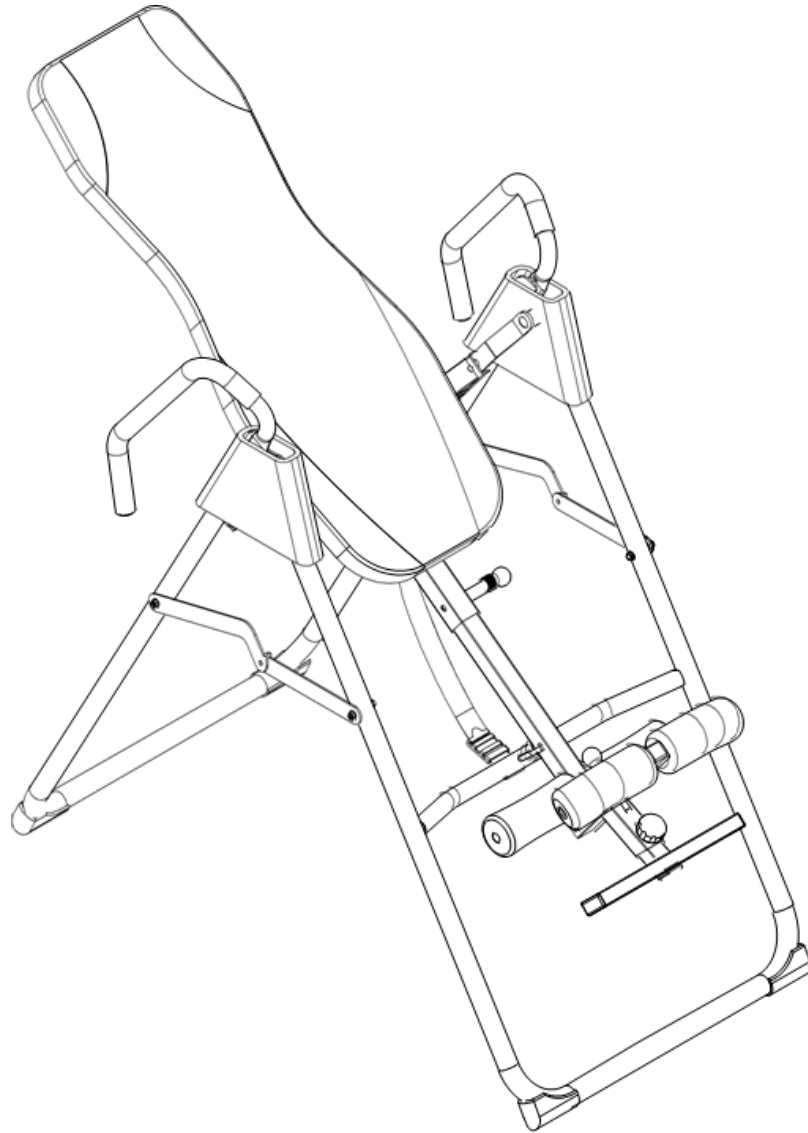




Owner's manual – EN

IN 4071 Inc inSPORTline Verge



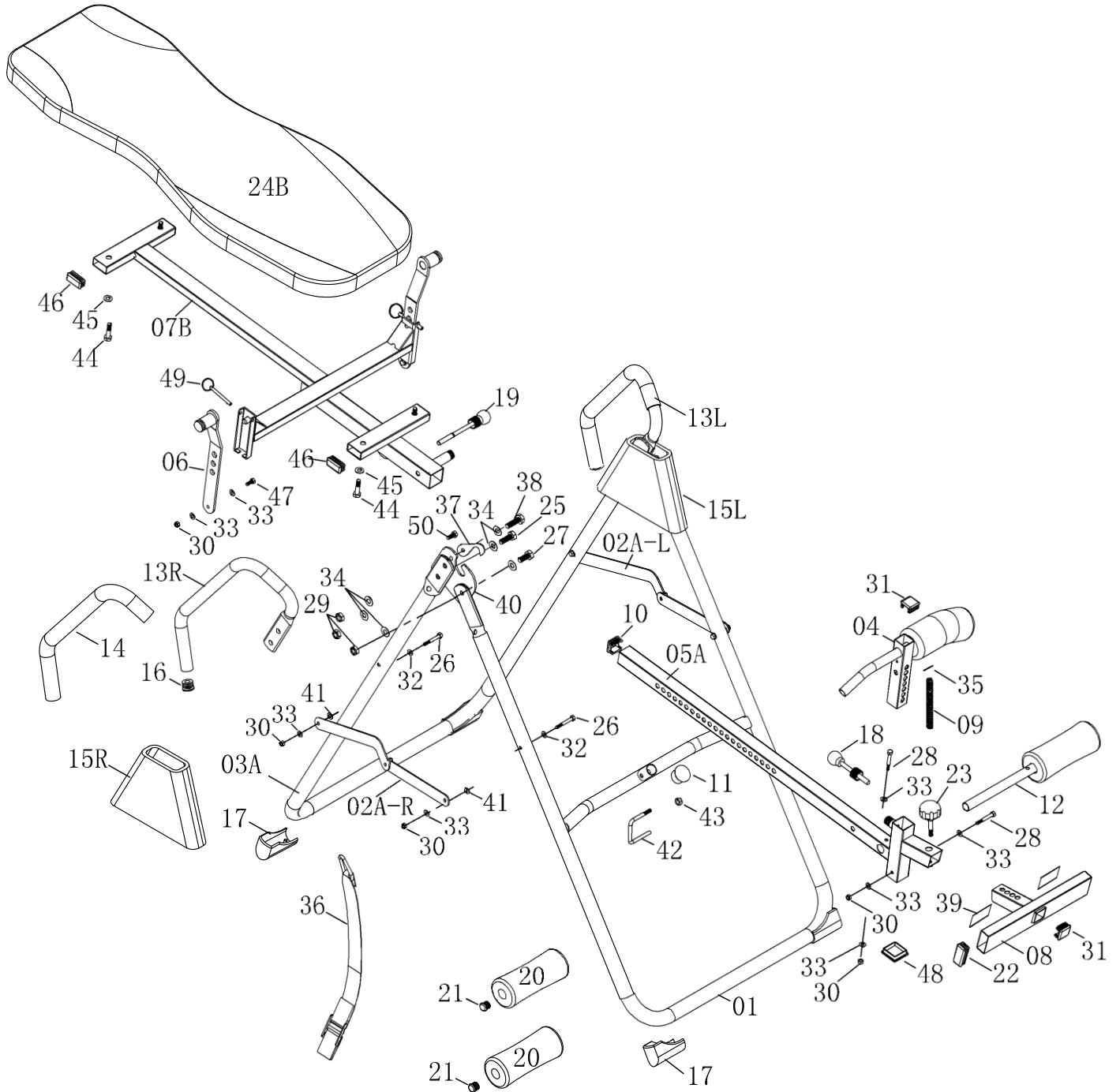
Parts Listing

The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

Part#	Description	Part#	Description
01	Front Leg Tube	25	Hex Bolt (M10x30 mm)
02A-R	Right Cross Support Bracket	26	Hex Bolt (M6x50 mm)
02A-L	Left Cross Support Bracket	27	Hex Bolt (M10x25 mm)
03A	Rear Base	28	Hex Bolt (M6x45 mm)
04	Adjustable Ankle Brace	29	Lock Nut (M10)
05A	Height Adjustment Tube	30	Lock Nut (M6)
06	Adjustable Pivot Bar	31	Square Inner Plug (30 mm)
07B	Backrest Frame	32	Curved Washer (M6)
08	Adjustable Foot Tube	33	Washer (M6)
09	Spring	34	Washer (M10)
10	Square Inner Plug (32 mm)	35	Small Pin
11	Bumper	36	Safety Strap with Buckle
12	Ankle Brace Tube	37	Safety Hook
13R	Right Hand Rail	38	Hex Bolt (M10x35 mm)
13L	Left Hand Rail	39	Grip Tape
14	Foam Grip	40	Pivot Bracket
15R	Right Cover	41	Plastic Washer (M6)
15L	Left Cover	42	Safety Lock
16	Round Inner Plug	43	Lock Nut (M8)
17	Plastic Clip	44	Hex Bolt (M8x35 mm)
18	Ankle Brace Lock Pin	45	Washer (M8)
19	Height Selector Lock Pin	46	Inner Plug (40x20 mm)
20	Foam Roller	47	Bolt (M6x15 mm)
21	Round Inner Plug (19 mm)	48	Square Inner Plug (35 mm)
22	Inner Plug (53x23 mm)	49	Safety Lock Pin
23	Knob Bolt	50	Hex Bolt (M6x10 mm)
24B	Back Rest		

Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.



Assembly Instructions

Assembly Step 1

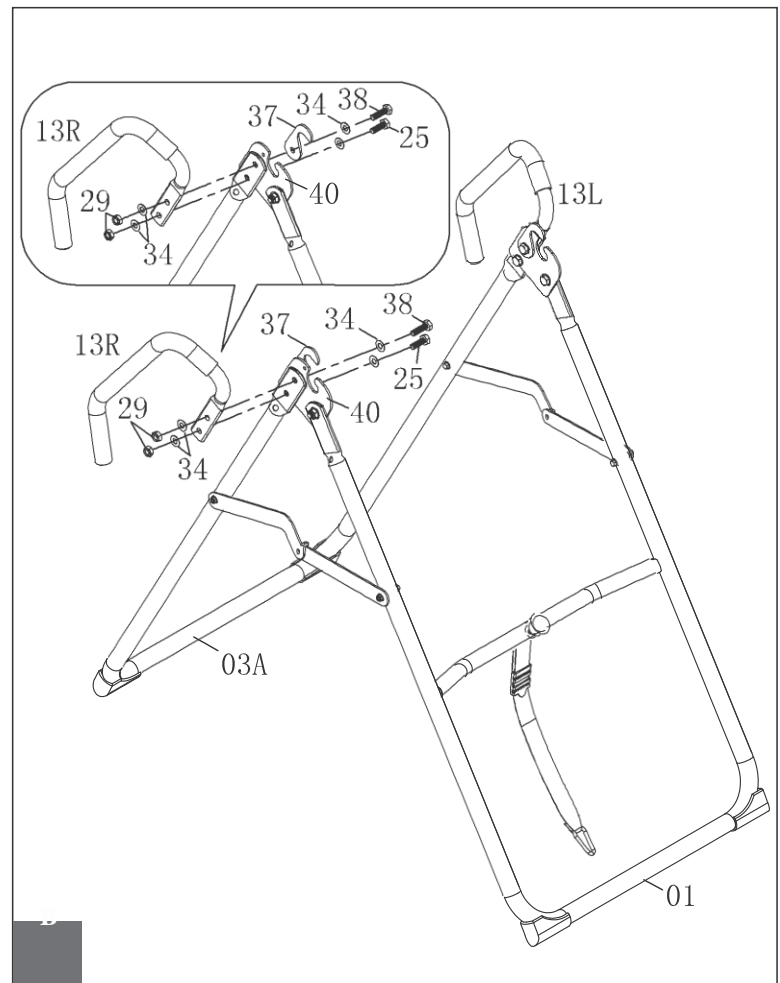
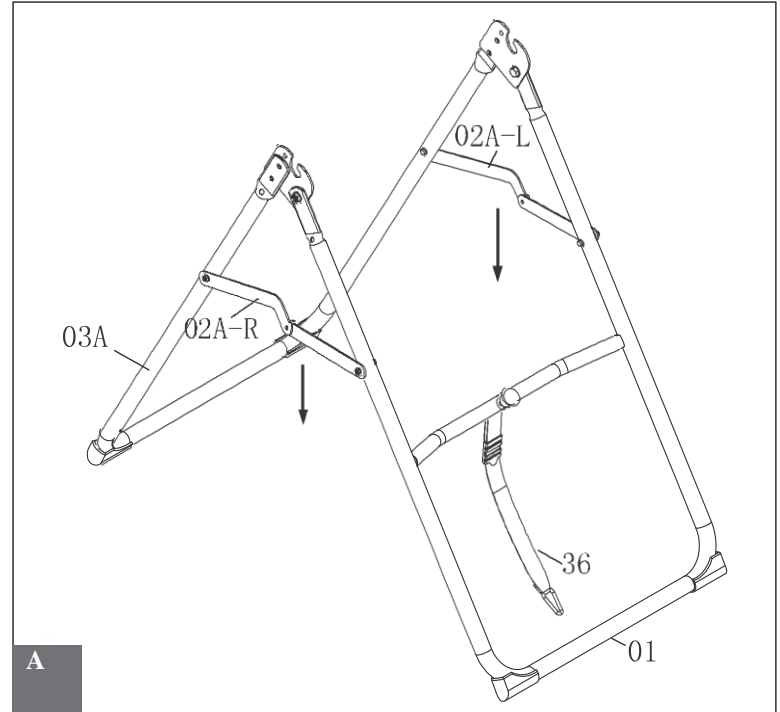
A.) A-Frame Assembly

Open the pre assembled A-Frame, which is composed of parts (#01), (#02A-R/L) and (#03A). Make sure that two **Cross Support Brackets** (#02A-R/L) are fully extended and firmly locked in place by pressing down on them.

B.) Hand Rail Assembly

Align the top hole located on the **Rear Base** (#03A) with the top hole located on the **Pivot Bracket** (#40). Position the **Right Hand Rail** (#13R) on the outside of the **Rear Base** (#03A) and position one **Safety Hook** (#37) on the inside of the **Pivot Bracket** (#40) with the hook facing the front as illustrated. Insert a **Hex Bolt** (#38) through a **Washer** (#34) followed by the **Safety Hook** (#37), **Pivot Bracket** (#40), **Rear Base** (#03A), **Right Hand Rail** (#13R), **Washer**

Align the lower hole located on the **Rear Base** (#03A) with the lower hole located on the **Pivot Bracket** (#40) and the lower hole located on the **Right Hand Rail** (#13R). Insert a **Hex Bolt** (#25) through a **Washer** (#34) followed by the **Pivot Bracket** (#40), **Rear Base** (#03A), **Right Hand Rail** (#13R), **Washer** (#34) and secure it with one **Lock Nut** (#29). Repeat this process on the opposite side. **Please look at the diagrams and make sure you assembled all of the parts as illustrated.**



Assembly Instructions

Assembly Step 2

A.) Cover Assembly

Slide the *Left Cover* (#15L) and *Right Cover* (#15R) onto the left and right of the *Hand Rail* (#13R/L).

B.) Adjustable Pivot Bar Assembly

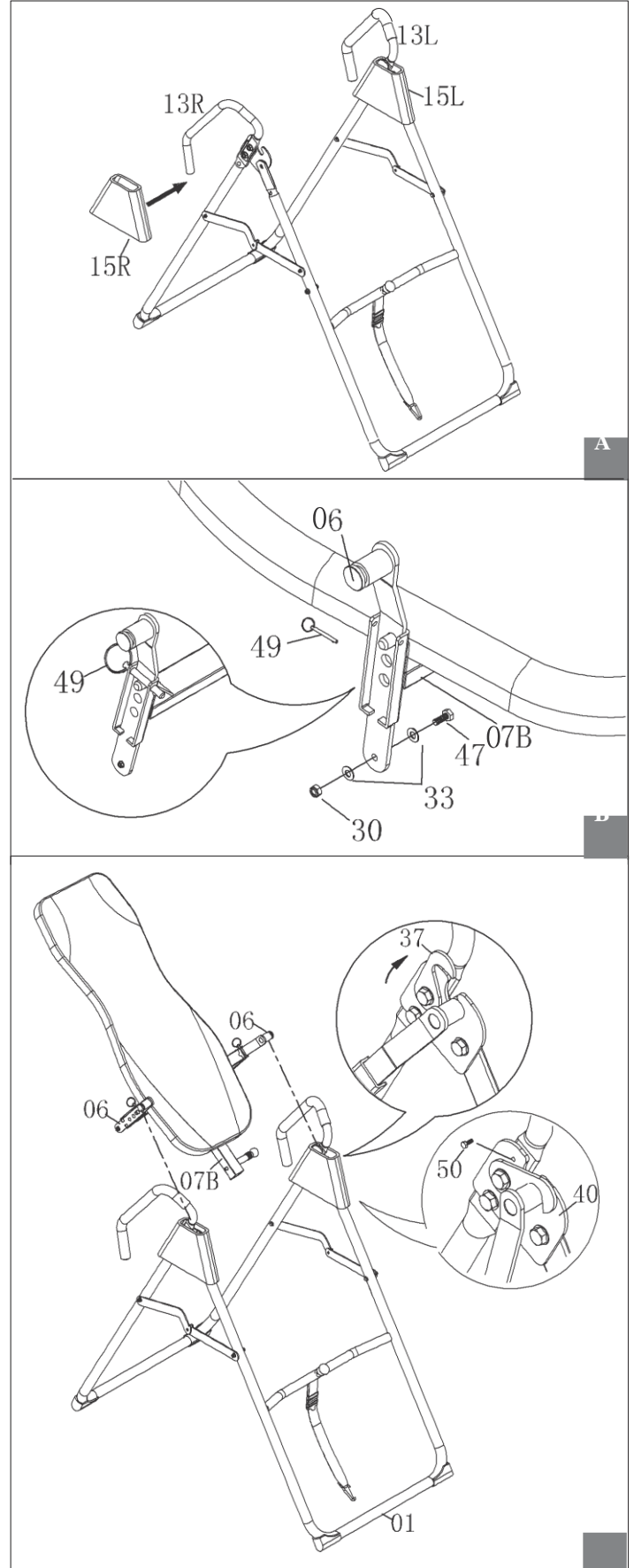
Each *Adjustable Pivot Bar* (#06) has three adjustable holes in it. These three holes are designed to be a fine-tune adjustment that will allow you to shift your center of gravity, so that you can easily control the rate of inversion. Insert each of the two *Adjustable Pivot Bars* (#06) into the slots located on the *Back Rest Frame* (#07B) ensuring that they both line up to the top holes. Proceed with these instructions for now and if you are not satisfied with the amount of control you have during the inversion process, please return to this step and move the *Adjustable Pivot Bars* (#06) down to the second hole or to the lowest hole and try again.

NOTE: EACH HANDLE BAR SHOULD BE PROPERLY SEATED INSIDE EACH BRACKET. A BRACKET PIN SHOULD ENGAGE THE HOLE OF EACH HANDLE BAR. BOTH HANDLE BARS SHOULD ALWAYS BE SET TO THE SAME POSITION.

Insert a *Bolt* (#47) and a *Washer* (#33) through the bottom of both *Adjustable Pivot Bars* (#06) and secure it with a *Washer* (#33) and a *Lock Nut* (#30). Insert a *Lock Pin* (#49) on the top of both the *Adjustable Pivot Bars* (#06). This is for an additional safety measure.

C.) Back Rest Frame Assembly

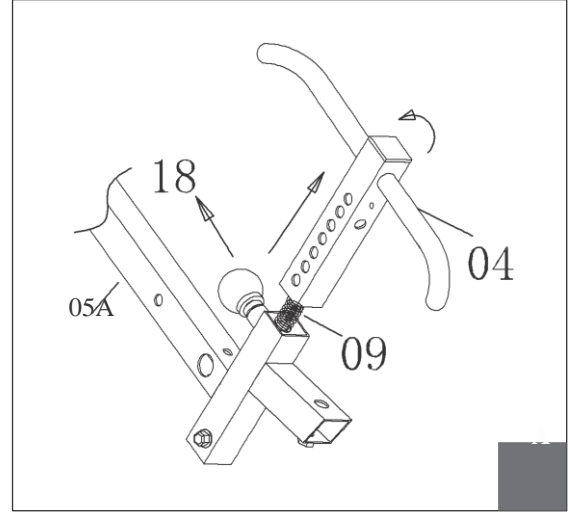
Open the *Safety Hooks* (#37) on the brackets located on the A-FRAME. With the help of an assistant, lift the *Back Rest Frame* (#07B) and align the *Adjustable Pivot Bars* (#06) into the two slots. Make sure both sides are properly seated into each slot. Do not be alarmed if the frame does not fit perfectly in the slot. Have your assistant pry apart the handle bars to align it for a perfect fit. Test the *Back Rest Frame* (#07B) by rocking it back and forth a few times. After you have ensured that the *Back Rest Frame* (#07B) rotates smoothly, lower the *Safety Hooks* (#37) over the *Adjustable Pivot Bars* (#06) as far as they will go. Once the *Safety Hooks* (#37) are secure, insert *Hex Bolts* (#50) into the *Pivot Brackets* (#40) to lock the *Safety Hooks* (#37) in place.



Assembly Instructions

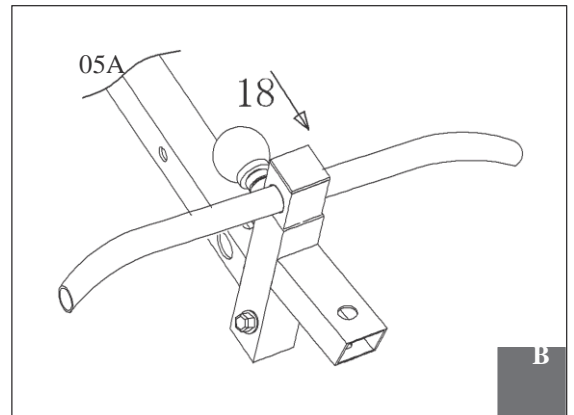
Assembly Step 3

A.) Adjustable Ankle Brace Assembly Take the illustrated assembly which is composed of parts (#04), (#05A) and (#18) out of the box. Pull up the **Ankle Brace Lock Pin (#18)** as illustrated and, at the same time, pull the **Adjustable Ankle Brace (#04)** out of the **Height Adjustment Tube (#05A)** SLOWLY. (You will notice that there is a **Spring (#09)** that pulls downward as you pull the **Adjustable Ankle Brace (#04)** out). After you get the **Adjustable Ankle Brace (#04)** out completely, rotate it 90 degrees counter-clockwise so that the holes face toward the **Ankle Brace Lock Pin (#18)**. Insert the **Adjustable Ankle Brace (#04)** back into the **Height Adjustment Tube (#05A)**.



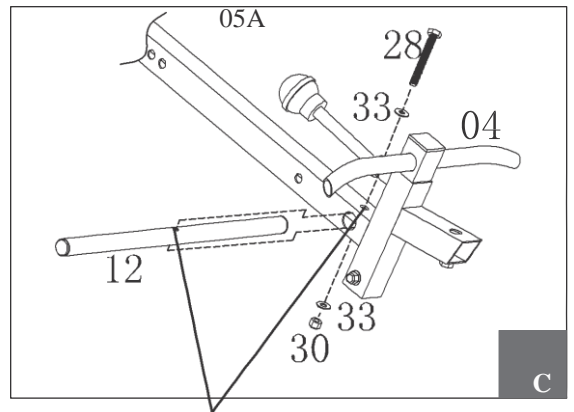
B.) Adjustable Ankle Brace Assembly II

Release the **Ankle Brace Lock Pin (#18)**. The assembly should look like drawing B after completing Assembly Step 3 part A.



C.) Ankle Brace Tube Assembly

Slide the **Ankle Brace Tube (#12)** through the **Height Adjustment Tube (#05A)**. Insert a **Hex Bolt (#28)** through a **Washer (#33)** followed by the **Height Adjustment Tube (#05A)** and the **Ankle Brace Tube (#12)**. Secure them together using a **Washer (#33)** and a **Lock Nut (#30)**.



Note: The holes on these parts must line up in order for the Bolt (28) to go through.

Assembly Instructions

Assembly Step 4

A.) Foam Roller Assembly

Slide the two *Foam Rollers* (#20) onto the *Adjustable Ankle Brace* (#04) and another two on the *Ankle Brace Tube* (#12). Apply soapy water to the tubes if the foam rollers do not slide on easily.

B.) Adjustable Foot Tube Assembly Remove the *Knob Bolt* (#23) from the *Height Adjustment Tube* (#05A) and set it aside. Slide the *Adjustable Foot Tube* (#08) in the *Height Adjustment Tube* (#05A) and secure it with the *Knob Bolt* (#23).

The *Adjustable Foot Tube* (#08) is designed to accommodate different shoe sizes by moving up for smaller feet and down for larger feet. Please adjust it to accommodate your foot size accordingly before inverting (**ALWAYS WEAR ATHLETIC SHOES BEFORE INVERTING**).

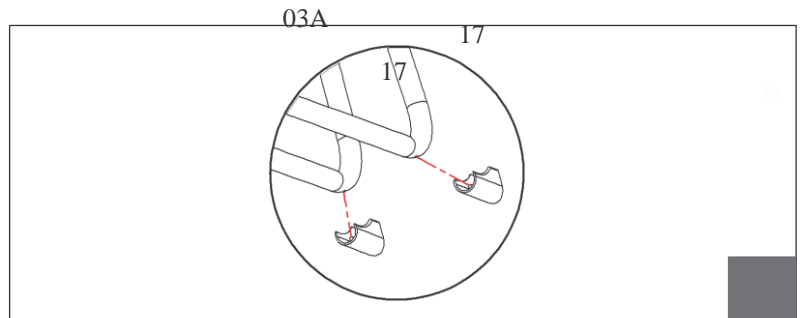
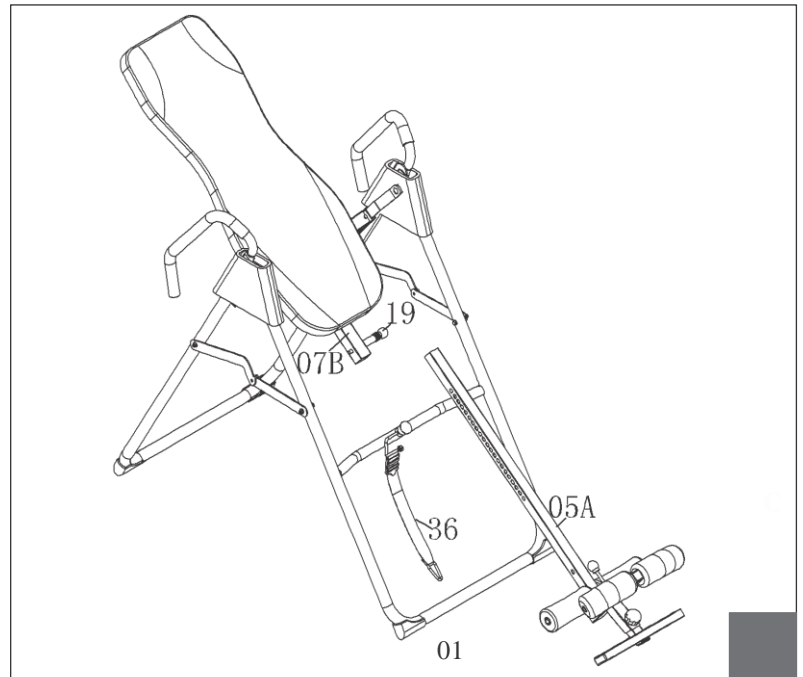
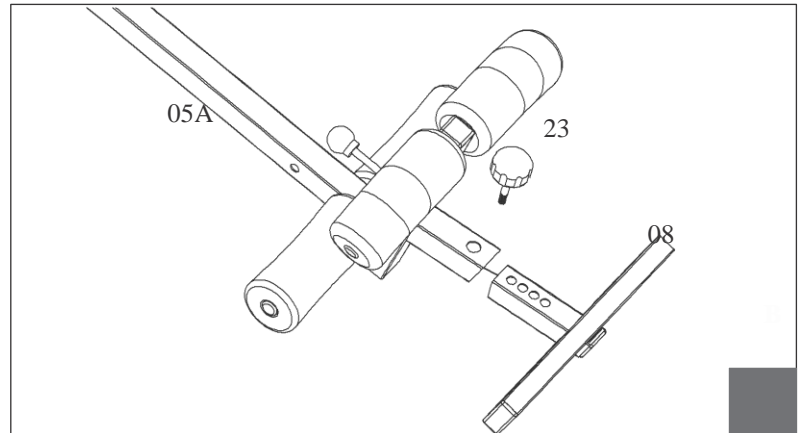
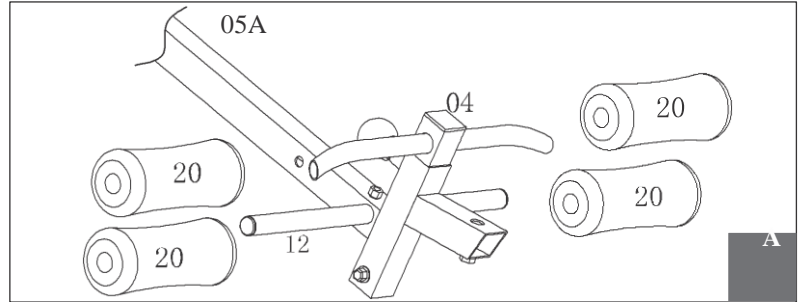
C.) Height Adjustment Tube Assembly With the help of an assistant, attach the *Height Adjustment Tube* (#05A) to the *Backrest Frame* (#07B) by pulling the *Height Selector Lock Pin* (#19) out and simultaneously sliding the *Height Adjustment Tube* (#05A) in.

Release the *Height Selector Lock Pin* (#19) at any setting for now. Please note, the *Height Adjustment Tube* (#05A) is designed to accommodate the height of various users; set it accordingly by pulling the *Height Selector Lock Pin* (#19) as you slide the *Height Adjustment Tube* (#05A) up or down. The assembly process is now complete. Please read the rest of the manual to learn about the safety features and operation procedures.

D.) Plastic Clip Footing Assembly Ensure that two *Plastic Clip* (#17) footing is installed on the *Front Leg Tube* (#01) and *Rear Base* (#03\$) before using the unit.

If for any reason they are not installed on the unit, follow these simple steps to install them. First, lift the front end up and you will notice that there is a hole on the bottom. Insert the clip pin on the *Plastic Clip* (#17) into the hole on the *Front Leg Tube* (#01) and snap it into place. Repeat this process to the *Rear Base* (#03\$)

if necessary.



Safety Instructions

WARNING: 250 lb. WEIGHT CAPACITY

DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL 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, medulary pins and/or surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections; Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

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.

IMPORTANT:

LOCK **SAFETY HOOKS (#37)** IN PLACE BEFORE USE.

ADJUST TO YOUR HEIGHT

(Start at 2-3" taller than your actual height)

Safety Lock

There is a **Safety Lock**

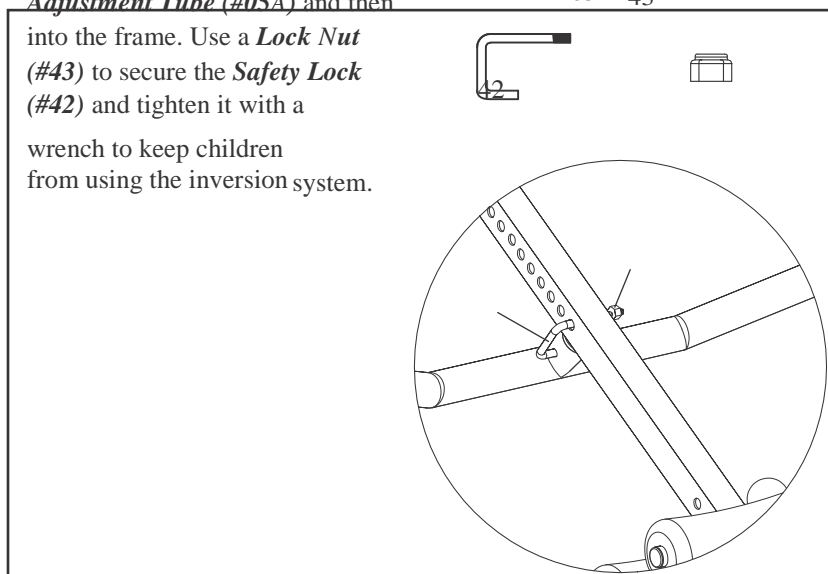
(#42) included to lock the inversion system when not in use. This lock slides into the

Height Adjustment Tube (#05A) and then

into the frame. Use a **Lock Nut (#43)** to secure the **Safety Lock (#42)** and tighten it with a wrench to keep children from using the inversion system.

#42 Safety Lock #43 Lock Nut (M8)
[1 piece] [1 piece]

05A 43



Secure your ankles by Adjusting top rollers (using pull pin) as close to bottom rollers as possible. **BE SURE PULL PIN LOCKS INTO PLACE IN ORDER TO SECURE ANKLES!**

ATTACH THE SAFETY STRAP TO THE NYLON COVERED STEEL FRAME.



The buckle of the Safety Strap should be positioned about KDOIZD\ down the Strap with the concave side facing up. The two ends of the buckle should show; the middle slot should be covered up by the Strap. Feed the free end of the Strap through the buckle under one end, over the middle and under the other end. The buckle should be able to slide on the Strap so that you can adjust the length of the Strap loop.

The shorter the strap, the less the angle of inversion. The longer the strap, the greater the inversion angle.
First time users should adjust the tether strap by shortening it for minimal inversion.

THE FIRST TIME THAT YOU USE THIS INVERSION TABLE, HAVE SOMEONE WITH YOU TO WATCH YOU. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE YOU WITH COMFORT AND ENSURE YOU HAVE THE CORRECT INITIAL SETTINGS.

Before starting, ensure that the Inversion Table is at the correct settings to match your height and weight. As each individuals’ body type is different, you will need to find the correct settings for you personally.

ENSURE THAT ALL PULL PINS ARE TIGHT AND ENTIRELY IN THE HOLES.

ALWAYS MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.

AVOID INVERTING AFTER MEALS.

Usage Guidelines



The settings for height range from 4'7" (140cms) to 6'5" (196cms).

To adjust the Inversion Table for the correct height setting; Pull out the **Height Selector Lock Pin (#19)** and slide the **Height Adjustment Tube (#05A)** until the desired height is shown just below the sleeve.

As everyone's body is different, not all 5'9" people will ultimately use the 5'9" setting. Your correct setting will be determined by a minimal amount of testing (Explained further in the USAGE section of this manual).

ALWAYS USE THE INVERSION TABLE UNDER SUPERVISION UNTIL YOU FEEL COMFORTABLE WITH THE PRODUCT.



Set the **Height Adjustment Tube (#05A)** to your height (or just above your height).

Stand on the **Adjustable Foot Tube (#08)** with the back of your ankles resting and centered on the rear foam rollers. The position of the **Adjustable Foot Tube (#08)** can be adjusted by removing the **Knob Bolt (#23)**

Adjust the **Adjustable Ankle Brace (#04)** by adjusting **Ankle Brace Lock Pin (#18)** so that the Foam Rollers are snug but comfortable across the front of your ankles and top of your feet.

18



MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.

Usage Guidelines

Follow these instructions in order to confirm that you have the correct settings. When you lie down with both arms across your chest the Inversion Table should rotate a few inches UPWARD. If the Inversion Table does not move or if it tilts all the way back, the settings are incorrect.

As you lift ONE arm upwards over your head, the Inversion Table will continue to rotate further back. To get back up, bring your arm back to your side. You can increase the angle and speed of rotation by using both arms.

If you have trouble getting back up, bend your knees and slide your bottom down towards your feet. If the Inversion Table is in the full 90 degree inversion position, grab both sides of the Inversion Table and pull forward. **DO NOT TRY TO GET UP BY LIFTING YOUR HEAD.**

START SLOWLY!

We recommend for the first time to invert only to 20 or 30 degrees. Spend no more than 5 minutes at any one time in an inverted position. We recommend inverting for just a few minutes each time for the first several weeks

LISTEN TO YOUR OWN BODY!

If you show signs of overdoing it such as headaches, dizziness, flushed face or any discomfort in the ankles, knees or hips, **STOP IMMEDIATELY.**

ANGLES OF INVERSION

Beginners should start at 20 to 30 degrees. This will provide mild stretching and allow your body to get used to being upside down.

Once you feel comfortable, adjust the angle to 50 or 60 degrees. This allows full decompression of the spine. It is not necessary or required for you to invert at more than 60 degrees.

For maximum stretching, invert to 90 degrees.

OSCILLATION

Raise and lower your arms slowly, back and forth. This will rotate your body backwards (raised arms) and bring you back up (lowered arms).

Getting used to being upside down can take some time. Start out with just a few minutes each day. After your body is used to being upside down, feel free to invert two or three times a day.

Usage Demo



I. Starting Position:



II. With One Arm Half Raised:



III. With One Arm Fully Raised:



IV. With Both Arms Raised:



V. Fully Inverted:

