

BEFORE YOU INVERT make sure that the inversion table rotates smoothly to the fully inverted position and back, and that all fasteners are secure. Make sure the user settings described below are properly adjusted for your unique needs and body type. Take your time finding your proper settings and remember them. Check these settings every time prior to using the equipment.

Roller Hinges: Find Your Setting

The Roller Hinges control the responsiveness or rate of rotation. There are three holes; the hole selection depends both on your body weight and the rotational responsiveness you desire (diagram below). For users just learning to use the inversion table, we recommend starting with Setting C (Figure 1), the least responsive rotation setting.

Roller Hinge Selection Per User Weight

	A Top (closest to Pivot Pin) Most Responsive Setting	B Middle Moderately Responsive	C Bottom (furthest from Pivot Pin) Least Responsive	
80 - 120 lbs.	● X			(36 - 54 kg.)
120 - 220 lbs.	X	●		(54 - 100 kg.)
220 - 300 lbs.		X	●	(100 - 136 kg.)

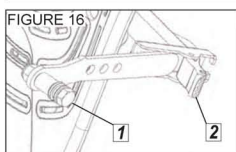
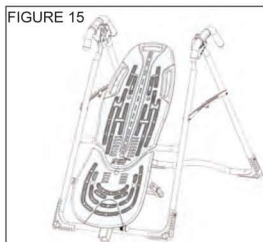
● Beginner / Partial Inversion
X Suggested for Full Inversion

IMPORTANT: Set the Roller Hinges in the same hole setting on each side. Refer to Adjustments: Changing the Roller Hinge Setting in the assembly instructions.

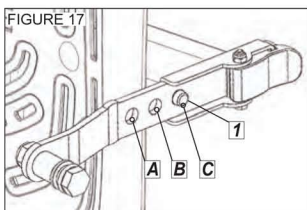


Step 5

Depending on the model you have purchased, the items in this step will vary.



1 Pivot Pin
2 Cam Lock



1 Bracket Pin

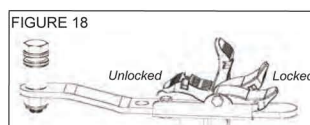
Assemble the Roller Hinges to the Table Bed (EP-1300)

EP-560, EP-560 Ltd. & EP-860: Use 3-Hole Roller Hinges (F5-1064)

EP-560 Sport, EP-950 & EP-970: Use 3-Hole Roller Hinges with Traction Handles (TR-1003)

- For ease-of-assembly, rest the Table Bed against the Crossbar (Figure 15).
- Open the Cam Locks on each side of the Table Bed (Figure 16).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed Assembly. The Roller Hinges must slide between the Cam Locks and the Brackets (Figure 16).
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Make sure the Roller Hinges are in the same hole setting on both sides. Figure 17 shows the Roller Hinges engaged correctly, with the Bracket Pin engaged in Setting C.
- Push down on the Cam Locks (Figure 18) to secure the Roller Hinges.

NOTE: Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.



WARNING

NEVER disassemble the Roller Hinge.

* In your correct balance setting, your weight will keep the Table Bed "locked" in this position until you are ready to return upright. If unable to maintain an adequate "lock" while fully inverted, you may order a 4-hole hinges (sold separately) to get full inversion, please contact us for options.

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