



USER MANUAL – EN

IN 4071 Inversion Table inSPORTline Verge



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Please read all the instructions before using this product.

Consult a physician before beginning any exercise program or strenuous activity.

WARNING: Maximum weight limit: 120 kg

WARNING: This contents of this package are not suitable for children under 3 years of age. Contains small parts which may cause choking.

Do not allow more than one person on this product at any time.

ADULT ASSEMBLY REQUIRED.

INTRODUCTION

We want all of our customers to be completely satisfied with their purchase. Please take time to review the contents of the product you have just received to make sure that all of the parts are included. If you find that any parts are missing or damaged, we will happily provide replacement parts. Please keep in mind that for damaged part replacement requests, we will require a photo for submission to our quality control office and/or shipment of the damaged part(s) to us.

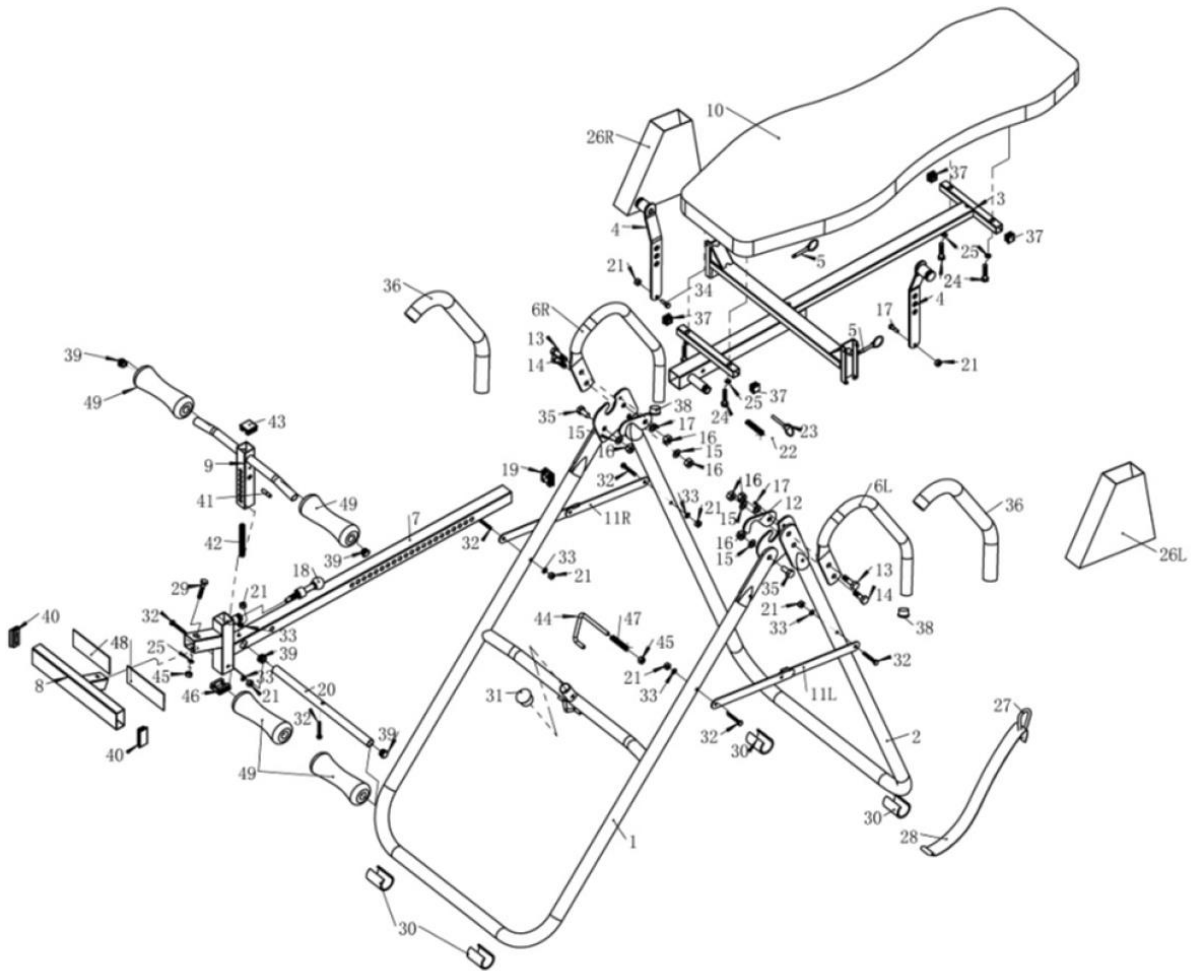
WARNING: While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

IMPORTANT INFORMATION

- Please read these instructions in their entirety before use and retain for future reference.
- Ensure that this product has been assembled correctly per the instructions in the manual. This manual is designed to help you assemble, adjust, maintain and use the product. It contains important information regarding your safety and your use of this equipment.
- **ALWAYS** consult your physician or other health care professional before starting to use an inversion table. Do not use this equipment if you have any of the following pre-existing medical conditions: **Extreme Obesity, Glaucoma, Retinal Detachment, Conjunctivitis, are Pregnant or may be Pregnant, Spinal injuries, Cerebral Sclerosis, Swollen Joints, Ear Infections, High Blood Pressure, Hypertension, Recent Strokes or Transient Ischemic attacks, Heart or Circulatory Disorders, Hiatus or Ventral Hernias, Bone Weaknesses; including but not limited to: Osteoporosis, Unhealed Fractures, Modularity Pins, or surgically implanted orthopedic supports, or you are using anti-coagulants or aspirin regimens.**
- **STOP** using the inversion table immediately if you experience any unusual physical discomfort, pressure, pain, weakness or dizziness when using the equipment.
- **ALWAYS** return to the upright position slowly. Coming up too fast may result in dizziness or nausea.
- **ALWAYS** ensure that this product is on sturdy, level ground. It is recommended that you use a safety surface underneath this inversion table.
- **ALWAYS** ensure that the Safety Lock is securely in position when not using the inversion table.
- **ALWAYS** ensure that all the Lock Pins are securely in place before using this table.
- **ALWAYS** make sure that the Safety Strap is securely attached, even when the table is not in use.
- **NEVER** allow children to use or to play on or near this inversion table. This item should only be used by knowledgeable adults.
- **NEVER** place this table where children and those unfamiliar with the dangers associated with using an inversion table will have unsupervised and unauthorized access to it.

- The height measurements on the center bar are guidelines only. You may need to adjust this bar in either direction depending on your body mass and weight. Until you are certain you have achieved the proper setting on this bar, you must use a spotter.
- Ensure that you know how the inversion table will respond to your arm movements and weight shifts before attempting inversions greater than 30 degrees. It is required that until you are certain how this specific inversion table operates, you use an adult spotter to assist you with exercises, even if you have used an inversion table previously.
- Do **NOT** exceed the recommended **MAXIMUM WEIGHT limit of 120 kg**.
- This machine is intended for home use only and not designed for commercial use.
- Before using this product, Inspect your machine; make sure that all nuts and bolts are tight and in working order, replace any worn, defective or missing parts.
- Do NOT wear loose fitting clothing, belt buckles, or jewelry, including but not limited to rings, chains, and pins before commencing exercise; this can be extremely dangerous.
- It is recommended that you wear the proper fitness attire when using this machine. All items must be removed from any pockets before inverting. Consult your physician before beginning any exercise program to evaluate your present fitness level and determine the exercise program that is most appropriate for your particular age and condition.
- If you experience any pain or tightness in your chest, irregular heartbeats, shortness of breath, faintness or other unusual discomfort while exercising, stop and obtain medical assistance and/or consult your physician before continuing.
- The safety and integrity designed into the machine can only be maintained when the equipment is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately or the equipment removed from service until the repair is made.

EXPLODED VIEW



PARTS LIST

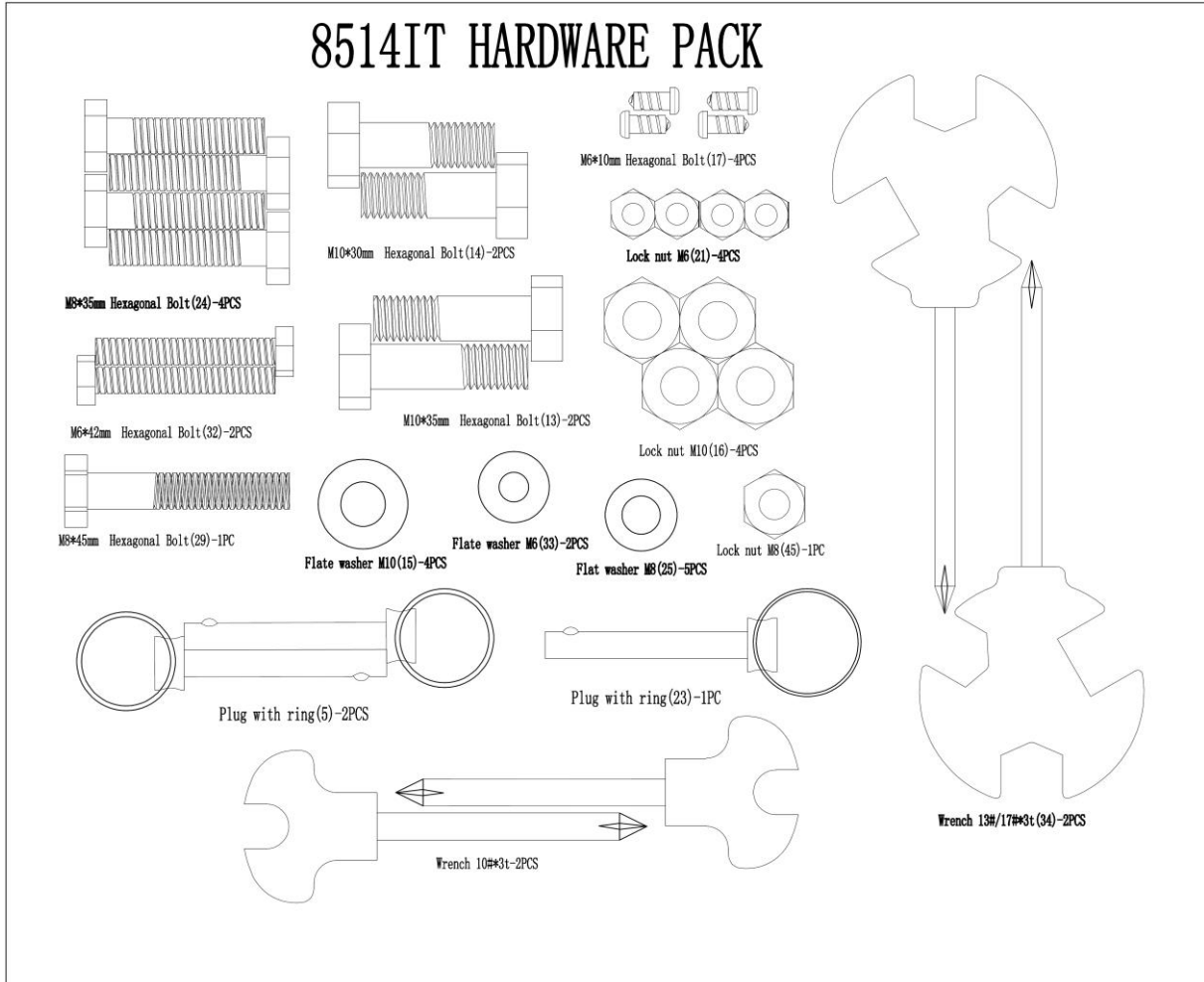
Part	Description	Qty
1	Front Base Frame	1
2	Rear Base Frame	1
3	Backrest support frame	1
4	Connect sheet	2
5	Lock Pin 6*L43	2
6L	Handlebar-left	1
6R	Handlebar-right	1
7	Body height adjustment tube	1
8	Foot rest plate	1
9	Adjustable leg hold tube	1
10	Backrest pad	1
11L	Support sheet	1

11R	Support sheet	1
12	Position metal sheet	2
13	Hexagonal bolt M10*35	2
14	Hexagonal bolt M10*30	2
15	Flat washer M10	6
16	Lock Nut M10	6
17	Screw M6*10	4
18	Short plug	1
19	Square inner cap 33.4*33.4	1
20	Foam roller tube	1
21	Lock nut M6	8
22	Long plug	1
23	Lock Pin 8*L45	1
24	Hexagonal bolt M8*35	4
25	Flat washer M8	5
26L	Cap bag-left	1
26R	Cap bag-right	1
27	Hook	1
28	Safety Strap	1
29	Hexagonal bolt M8*45	1
30	Arc cap 32	4
31	Cushion plate 25	1
32	Hexagonal bolt M6*42	6
33	Washer M6	6
34	Wrench 13#/17#*3t	2
35	Hexagonal bolt M10*22	2
36	Handlebar foam 25	2
37	Square inner cap 20*20	4
38	Round inner end cap 25	2
39	Round inner end cap 19	4
40	Square inner cap 25*50	2
41	"C" link pin	1
42	Spring-1	1
43	Square inner cap 30*30	1
44	L-Shaped Hook (Safety Lock)	1
45	Lock nut M8	2
46	Square inner cap 35*35	1
47	Spring-2	1

48	Lab mat	2
49	Foam roller	4

NOTE: For your convenience, many of the parts on the above Parts List have been pre-assembled at the factory.

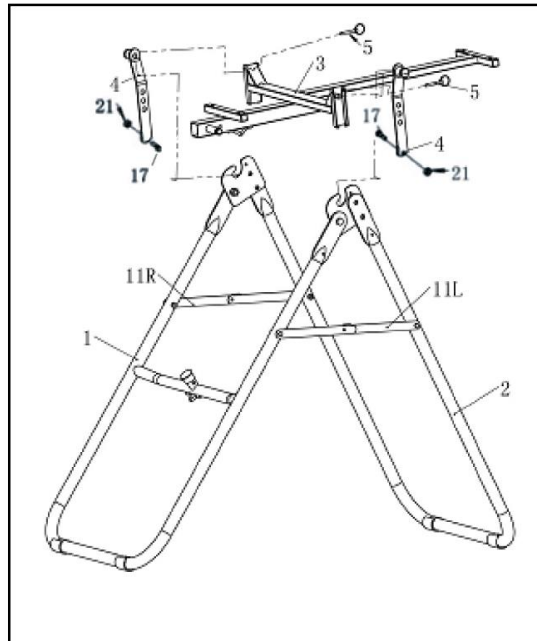
The Hardware which is required for home assembly is listed on the right as it appears in the included Hardware Pack.



2x Standard Pliers may be required to complete assembly.

ASSEMBLY INSTRUCTIONS

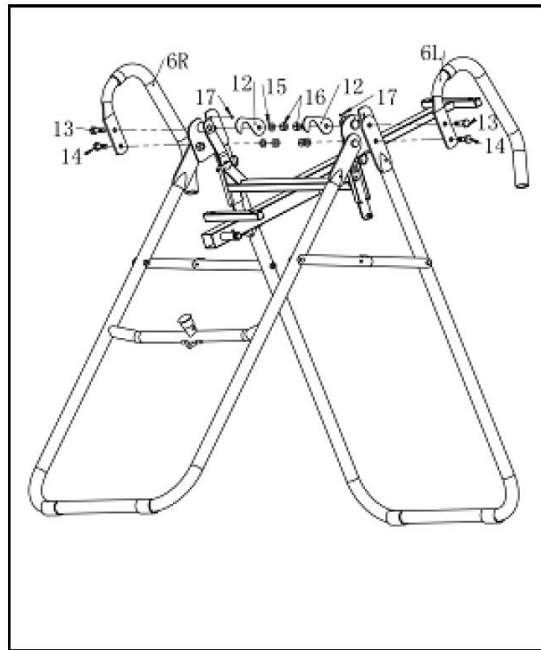
STEP 1:



- A. Take out the pre-assembled Front and Rear Base A-Frame (1 & 2). Extend the Frame legs so the A-Frame is fully opened. Make sure the center bars (11L & 11R) are completely in their down positions.
- B. Attach 2x Connect Sheets (4) to the Backrest Support Frame (3) as shown. Make sure the Connect Sheets are securely affixed in their housings on the Backrest Support Frame. Place 2x Screws M6x10 (17) and 2x Lock Nuts M6 (21) at the hole in the bottom of the Connect Sheet. This will help ensure the Sheet does not slide through its housing in case of accidental dislodging.
- C. Using the slotted round tops of the attached Connect Sheets, insert the Backrest Support Frame into the cradles on top of the A-Frame. Once attached, secure the Connect Sheets to the Support Frame with 2x Lock Pins 6xL43 (5).

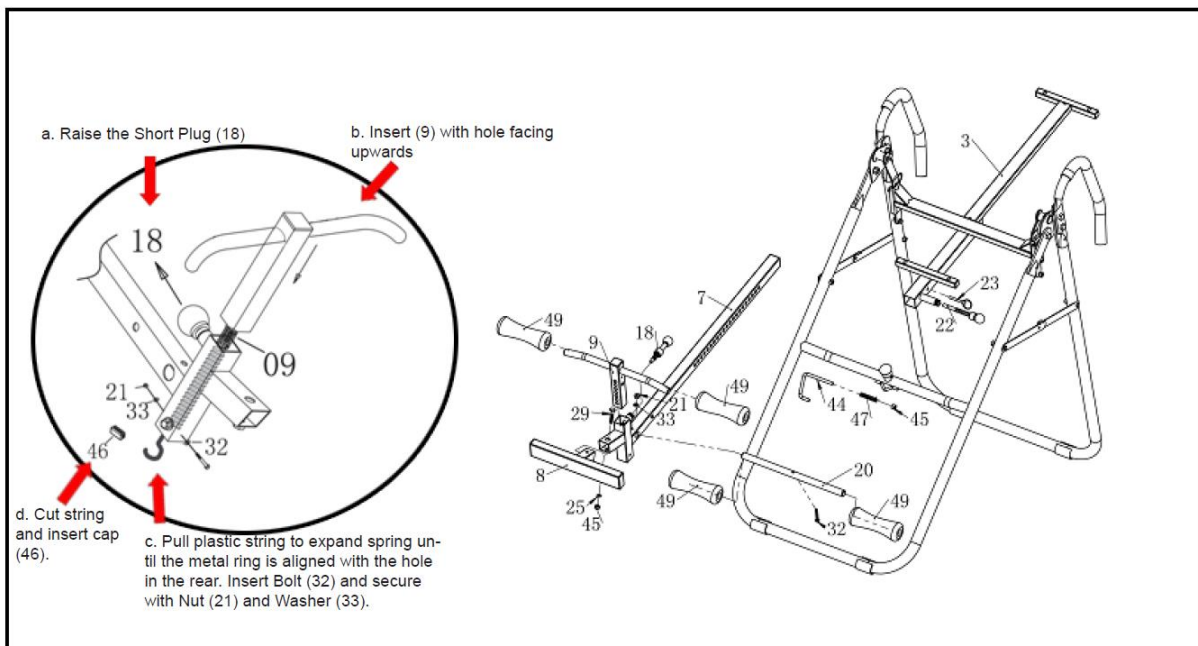
NOTE: Make sure to attach Part 4 as shown above, with the ends pointing towards the ground and the grooved sections resting securely in the A-Frame. If you are uncertain which adjustment hole in the Connect Sheet to use, you can start with the center hole and adjust later if necessary.

STEP 2:



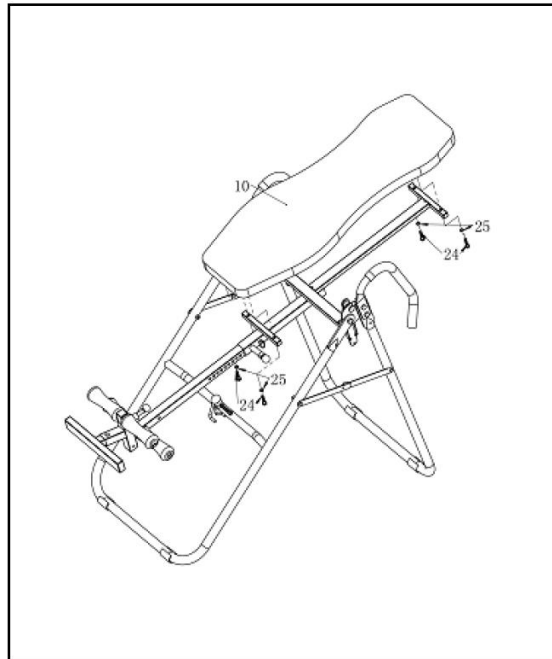
- A. Using 1x Hexagonal Bolt M10x35 (13) and 1x Hexagonal Bolt M10x30 (14), attach the Left Handlebar (6L) to the hole in the Rear Base Frame (2).
- B. Next, attach the curved Position Metal Sheet (12) to the end of the first Hexagonal Bolt M10x35 (13) making sure the Connect Sheet (4) is in the middle. Secure the Hexagonal Bolts (13 & 14) with 4x Flat Washers M10 (15) and 4x Lock Nuts M10 (16) as shown.
Follow the above instructions to attach the Right Handlebar (6R).
- C. If open, close the Position Metal Sheets (12) so they rest against the A-Frame, securing Part 4 in place.
- D. **IMPORTANT:** Attach 2x Screws M6x10 (17) onto each side of the base frame after attaching and closing the Position Metal Sheet (12) on the Base frame. This assembly will prevent the Backrest Support Frame (3) from slipping out of the housing during use.

STEP 3:



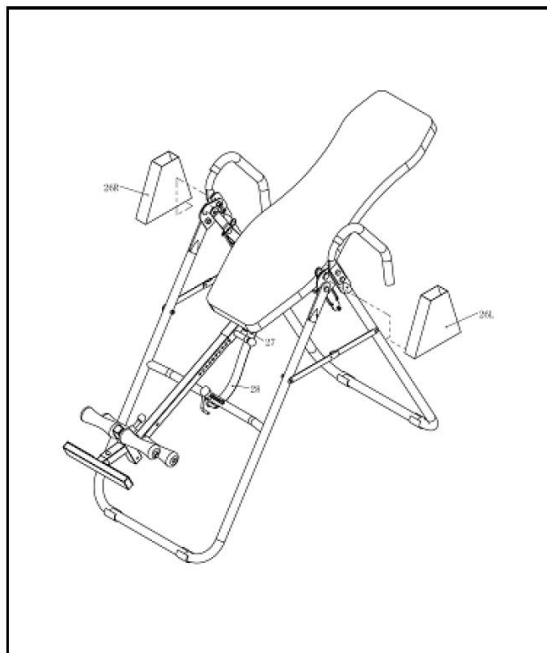
- A. Insert Foam Roller Tube (20) into hole in Body Height Adjustment Tube (7) as shown, and tighten with 1x Hexagonal Bolt M6x42 (32), 1x Flat Washer M6 (33) and 1x Lock Nut M6 (21).
- B. Insert the Adjustable Leg Hold Tube (9) into the Adjustment Tube (7). Attach the Short Plug (18) to the Adjustment Tube, and secure the spring to the rear of the Adjustment Tube (7) with 1x Hexagonal Bolt M6x42 (32), 1x Flat Washer M6 (33) and 1x Lock Nut M6 (21). (See diagram above left for detailed directions)
- C. Insert 2x Foam Rollers (49) onto Foam Roller Tube (20) and 2x Foam Rollers onto the Adjustable Leg Hold Tube (9). Slide the Foot Rest Plate (8) into bottom of Body Height Adjustment Tube (7) and tighten with 1x Hexagonal Bolt M8x45 (29), 1x Flat Washer M8 (25), and 1x Lock Nut M8 (45).
- D. Insert the Body Height Adjustment Tube (7) into the Backrest Support Frame (3) tubing. Secure it with Plug with Ring (23) and Long Plug-with spring (22). Make sure that these connections are tight and secure before continuing.
- E. NOTE: On some models, the Safety Lock will ship attached. If this part is not pre-assembled:
- F. Remove attached hardware and attach the L-Shaped Hook (44) through the hole in the Front of the A-Frame. Secure from the other side in this order: Spring-2 (47), Washer M8, 1x Lock Nut M8.

STEP 4:



Attach the Backrest Pad (10) to the Backrest Support Frame (3) with 4x Washers M8 (24) and 4x Hexagonal Bolts M8x35 (24).

STEP 5:



Place Left & Right Cap Bags (26L) & (26R) over the Left & Right sides of the Base Frame.

Clasp hook (27) to the hook in the backrest support frame.

Secure Strap (28) after the sliding it into the hole in the Front Base Frame.

IMPORTANT: ALWAYS ensure the Safety Strap is fully engaged and securely attached, even when the table is not in use.

OPERATING INSTRUCTIONS

READ THESE INSTRUCTIONS CAREFULLY

NEVER Place this table where children and those unfamiliar with the dangers associated with using an inversion table will have unsupervised and unauthorized access to it.

ALWAYS ensure that the Safety Strap is fully engaged and securely attached even when the table is not in use.

ALWAYS use an adult spotter the first time using this inversion table, even if you have used an inversion table before. It is extremely important that the table is properly set to your body. The height measurements on the center bar are guidelines only, and may need to be adjusted depending on your weight and other factors. The use of an adult spotter is to prevent potentially life threatening injuries in the case of sudden and unexpected inversion.

ALWAYS ensure that the ALL Lock Pins are fully secured in their housings before using this table. Cease use immediately if any of the Lock Pins become unsecured during use.

When you lie down with both arms across your chest the Inversion Table should rotate a few inches UPWARD. (Your head should move towards the floor, and your feet towards the ceiling).

- If the Inversion Table does not move or if it tilts all the way back, the settings are incorrect. Adjust the center bar until you are able to achieve the above result.

As you lift ONE arm upwards over your head, the Inversion Table will continue to rotate further back up. To stop and return to normal position, 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 your Inversion Table and pull forward.

NEVER 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 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!

USE A SPOTTER!

When using a new inversion table, you should always use an adult spotter to assist with exercises until you are certain of how this particular table will respond to your body movements, even if you have used inversion tables before.


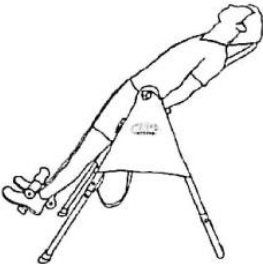
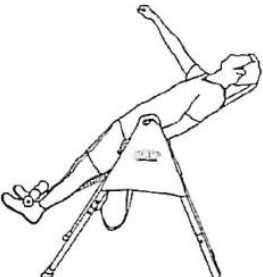
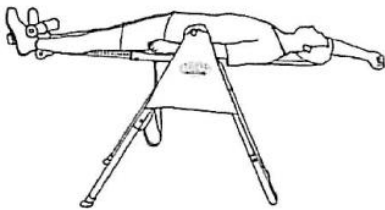
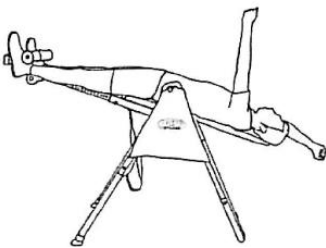
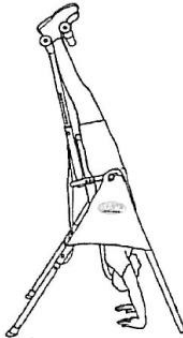
ANGLES OF INVERSION

- 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 your back up (lowered arms).
- Getting used to being upside down can take some time. Start out 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.

EXAMPLE EXERCISES

	<p>1. Starting position:</p> 
<p>2. With one arm half raised:</p> 	<p>3. With one arm fully raised:</p> 
<p>4. With both arms raised:</p> 	<p>5. Fully inverted:</p> 

FREQUENTLY ASKED QUESTIONS

Question: “How should I clean my Inversion Table?”

Answer: YOU SHOULD CLEAN THE BENCH WITH A SOLUTION OF WARM WATER AND NON-CORROSIVE/ABRASIVE SOAP. DAMPEN A RAG WITH THIS SOLUTION AND WIPE COMPLETELY DRY BEFORE USING.

Question: “Is there any maintenance I need to do for my Inversion Table?”

Answer: YOU SHOULD ALWAYS DOUBLE CHECK TO MAKE SURE ALL YOUR BOLTS ARE TIGHT AND SECURE, AND THAT THE LOCK KNOB IS IN PRESENT AND SECURELY IN PLACE BEFORE USE.

Question: “A cushion/pad seems loose, what should I do?”

Answer: MAKE SURE THE BOLTS UNDER THE CUSHIONS ARE SECURE.





Question: “Something was missing from the packaging,” “I need to purchase a replacement part” or “I discovered a damaged piece. What should I do?”




Answer: In case of any problems, feel free to contact us (see chapter “Terms and conditions of warranty, warranty claims”).

WARM UP/COOL DOWN EXERCISES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

	<p>Inner Thigh Stretch</p> <p>Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.</p>
	<p>Hamstring Stretch</p> <p>Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>
	<p>Head Roll</p> <p>Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.</p>
	<p>Shoulder Lift</p> <p>Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.</p>

	<p>Calf-Achilles Stretch</p> <p>Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts</p>
	<p>Toe Touch</p> <p>Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.</p>
	<p>Side Stretch</p> <p>Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.</p>

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, 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 Strakonická street 1151/2c, Prague 150 00, 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.

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 (if applicable):

- 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, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel 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.

CZ
SEVEN SPORT s.r.o.

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