



Deluxe Heat & Massage Inversion Table Model ITM 4800-A

Ver 101514

CAUTION:

WARNING: DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL

It is recommended that Inverting upside down be supervised.

Do not let children use the inversion table unsupervised.

Read all instructions carefully before using.

Tighten all bolts before using equipment.

Leave adequate space to properly invert.

Questions/ Comments

PLEASE DO NOT CONTACT THE STORE FOR PARTS OR SERVICE QUESTIONS

Extreme Products Group is committed to providing the very best of quality and customer satisfaction for all of the products we distribute. If for any reason, you are dissatisfied with the product you have purchased or need assistance in any way, please do not hesitate to contact our knowledgeable support staff as follows:

Phone: **623-888-6379**

Email: service@extremeproductsgroup.com

Web: www.extremeproductsgroup.com

Mon.-Fri 9:00 am – 5:00 pm Phoenix Time



Photo may differ from actual product

BEFORE BEGINNING ASSEMBLY...

Take a few moments to familiarize yourself with the specific parts and hardware included with your product. Make sure all the parts and hardware are included in the carton and examine them for any damage that may have occurred in transport. Some parts may be pre-assembled and pre-installed.

CAUTION

WARNING:

BEFORE STARTING ANY INVERSION PROGRAM, CONSULT YOUR PHYSICIAN.

Read all instructions very carefully before using equipment

Tighten all bolts securely before using equipment

Product Warranty

Limited Liability

Extreme Products Group warrants that this product will be free from defects in materials and workmanship for a period of 1 year on the frame, and 90 days on all other parts from date of purchase. This warranty applies only to the original purchaser when purchase of the product is from an authorized retailer and is for personal or household use, but not when the sale is for commercial use. This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, EXTREME PRODUCTS GROUP DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU.

Extreme Products Group, will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence and arising in connection with the sale, use or repair of the product.

SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, please call Extreme Products Group Customer Service Number at 623-888-6379 for assistance in the repair or replacement of the product or any covered part. Extreme Products Group will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including transit) , or repairs or attempted repairs by any person not authorized by Extreme Products Group, or by vandalism, misuse, abuse, or alteration. The Warranty Period is based on the purchase date of the product validated by the Authorized Retailers Register Receipt, or valid copy of transaction statement. Shipping and Handling is not included. By continuing with the assembly and use of this products acknowledges your understanding of the Warnings and Warranty Guidelines stated above.

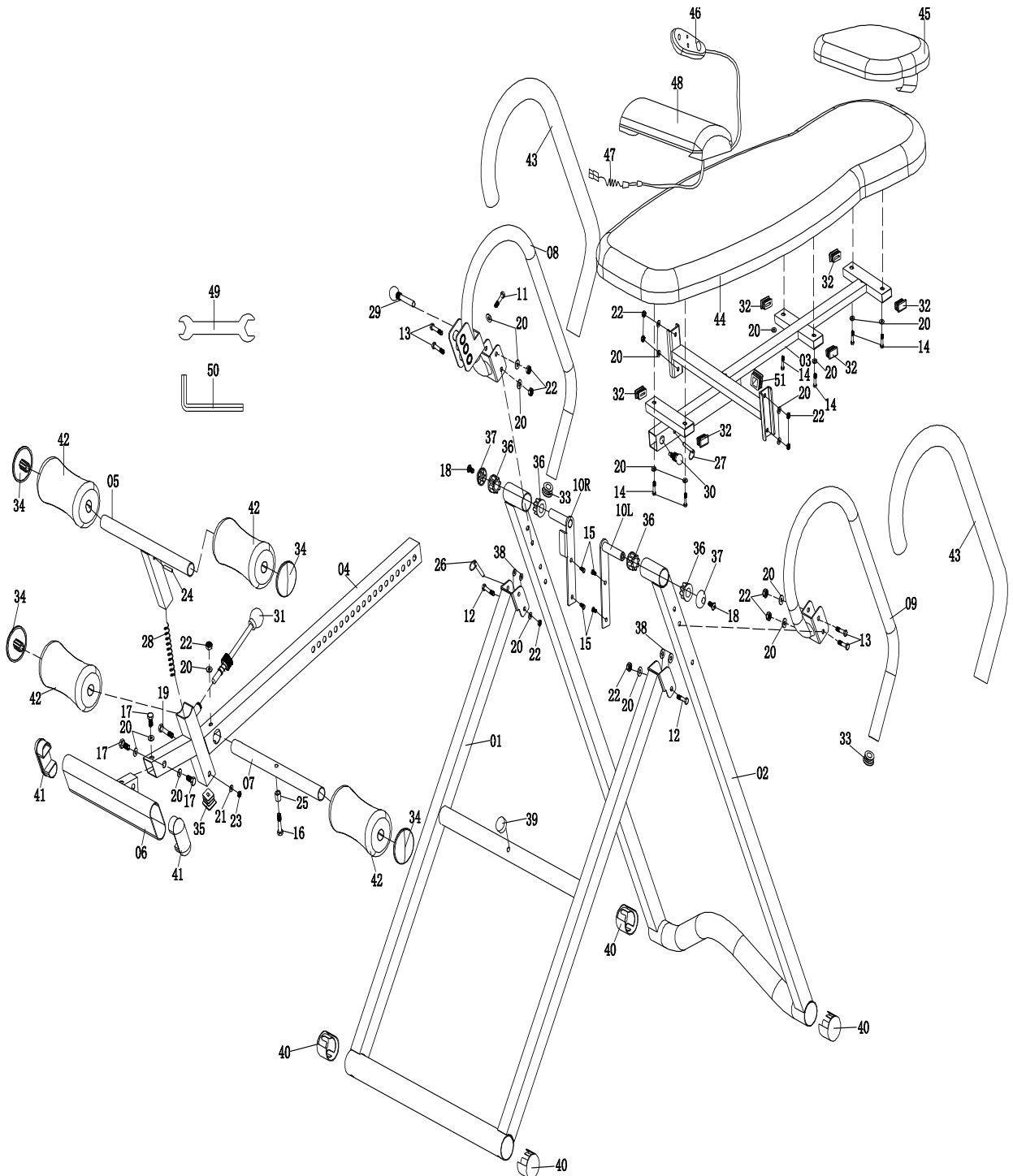
If you require technical support under this warranty, please call Customer Service at (623-888-6379).

*** For Any Parts Required, DO NOT CALL TECHNICAL SUPPORT. Please visit our web site at : www.extremeproductsgroup.com**

Parts Listing

Part#	Description	QTY	Part#	Description	QTY
01	Base-frame-FRONT	1	26	Ball Pin- Φ8*64	1
02	Base-frame-REAR	1	27	Ball Pin-ø8	1
03	Backrest Support Tube	1	28	Spring	1
04	Body Height Adjustment Tube	1	29	Incline Adjustment Bolt	1
05	Adjustable Leg Hold Tube	1	30	Height Adjustment Knob	1
06	Foot Rest Plate	1	31	Leg Tube Adjustment Knob	1
07	Leg Tube-REAR	1	32	Square End Cap	6
08	Handlebar-RIGHT	1	33	Round End Cap-for handlebars	2
09	Handlebar-LEFT	1	34	Round End Caps	4
10L	Connecting Bracket-LEFT	1	35	Square End Cap-for Part4	1
10R	Connecting Bracket-RIGHT	1	36	Plastic Spacer	4
11	Hexagonal Bolt-M8*50	1	37	Plastic Round End-cap	2
12	Bolt-M8x60mm	2	38	Plastic Washer-ø20xø9.5x2.0	4
13	Bolt-M8x55mm	4	39	Stopper	1
14	Bolt-M8x30mm	6	40	Base Frame End Caps	4
15	Bolt-M8x20mm	4	41	Oval End Caps-Foot Rest	2
16	Bolt-M8x50mm	1	42	Foam leg Rollers	4
17	Hexagonal Bolt M8x15mm	3	43	Handlebar Grip	2
18	Hexagonal Bolt-M8x20mm	2	44	Backrest Pad	1
19	Bolt-M6x40mm	1	45	Head Pad	1
20	Flat Washer ø16xø8.5x1.5	21	46	Hand Controller	1
21	Washer ø12xø6.5x1.2	1	47	Power Adaptor	1
22	Nut M8	11	48	Heat & Massage Lumbar Pad	1
23	Nut M6	1	49	Wrench-#13/#17	2
24	Round Spring Insert	1	50	Hex Wrenches	1
25	Metal Bushing for Rear Leg Tube	1	51	End Cap	1

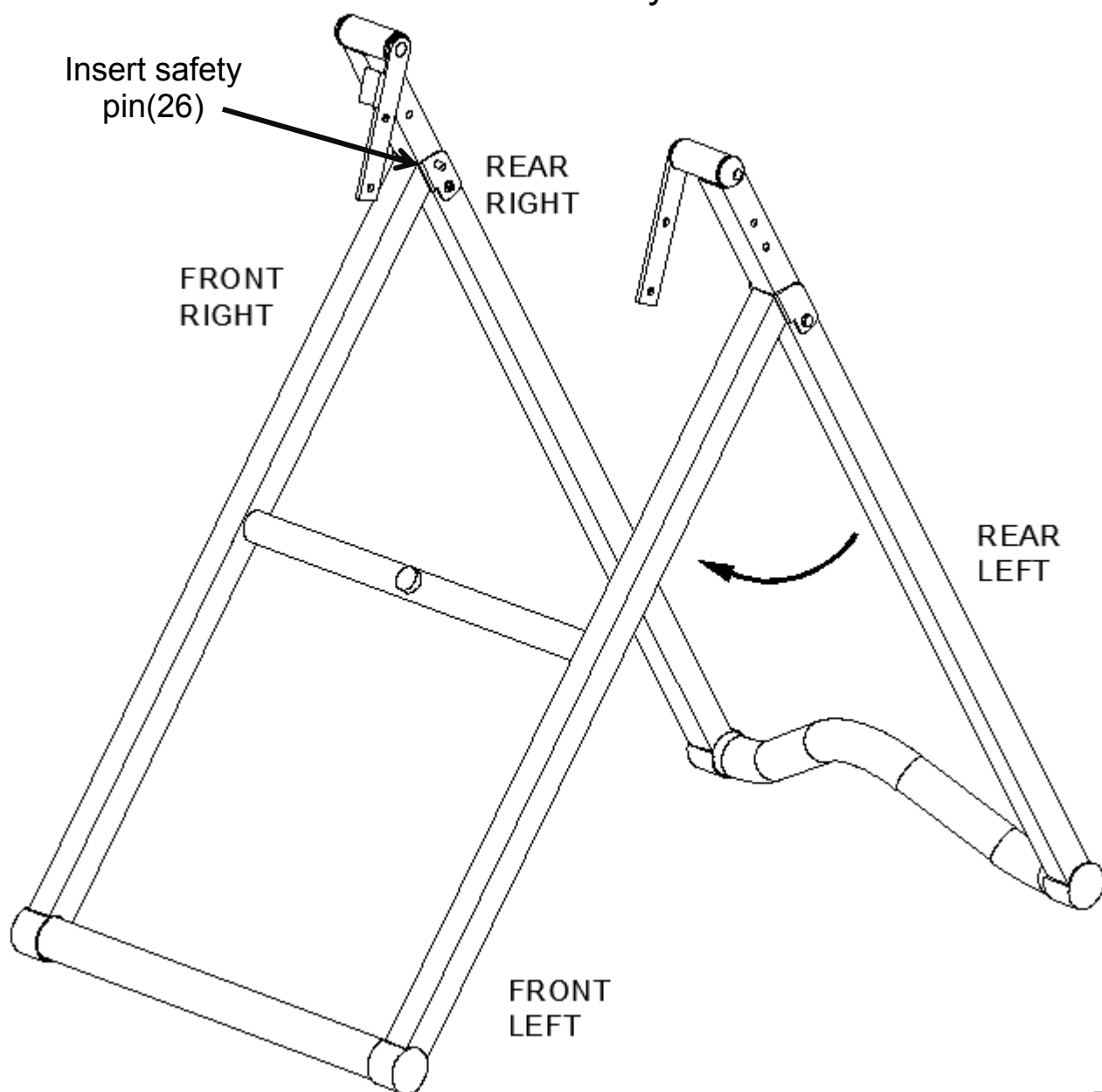
Exploded View



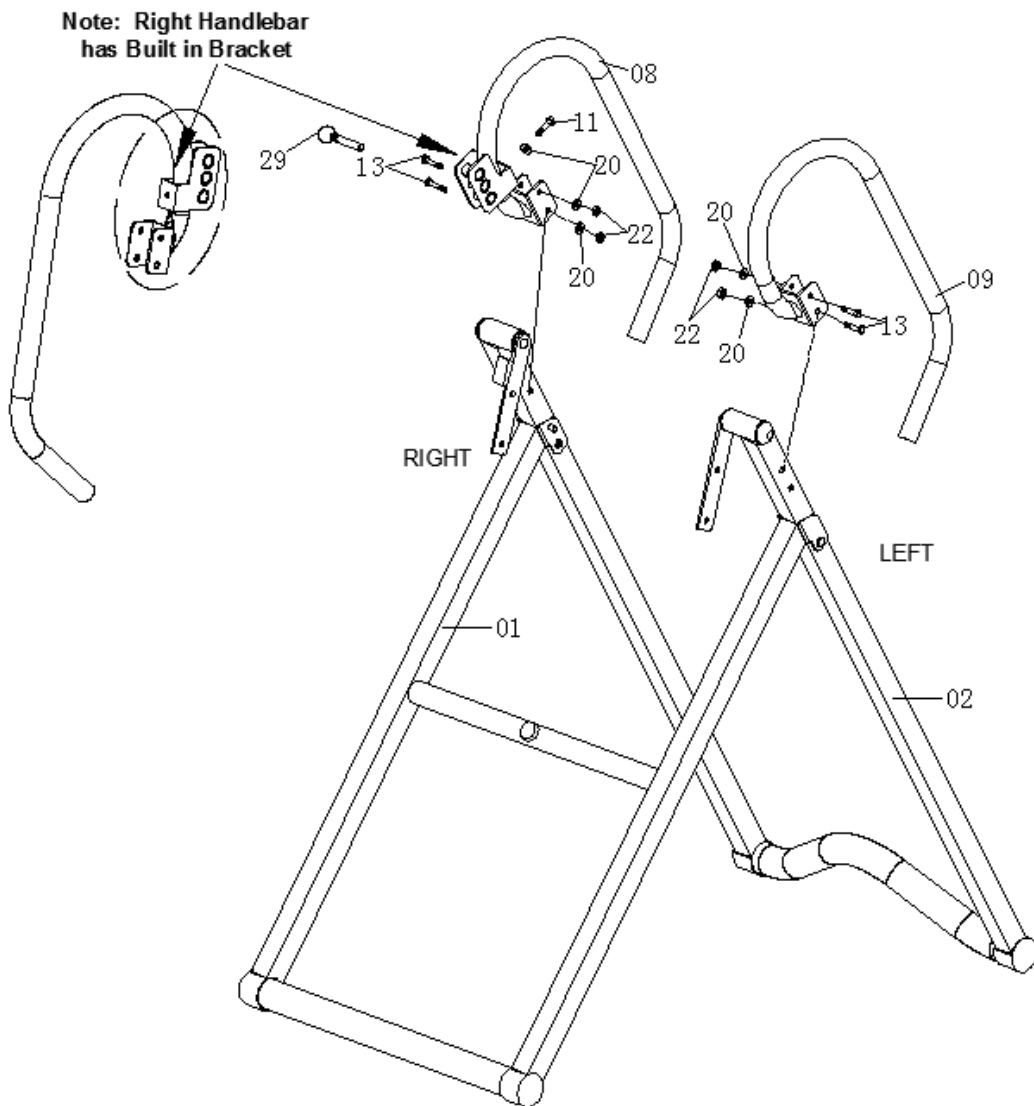
Step 1- Unfold Frame

Carefully remove Base Frame from carton, and unfold.
Insert safety pin(26) into right side of frame

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



Step 2- Handlebar Assembly



STEP 2 (Cont)

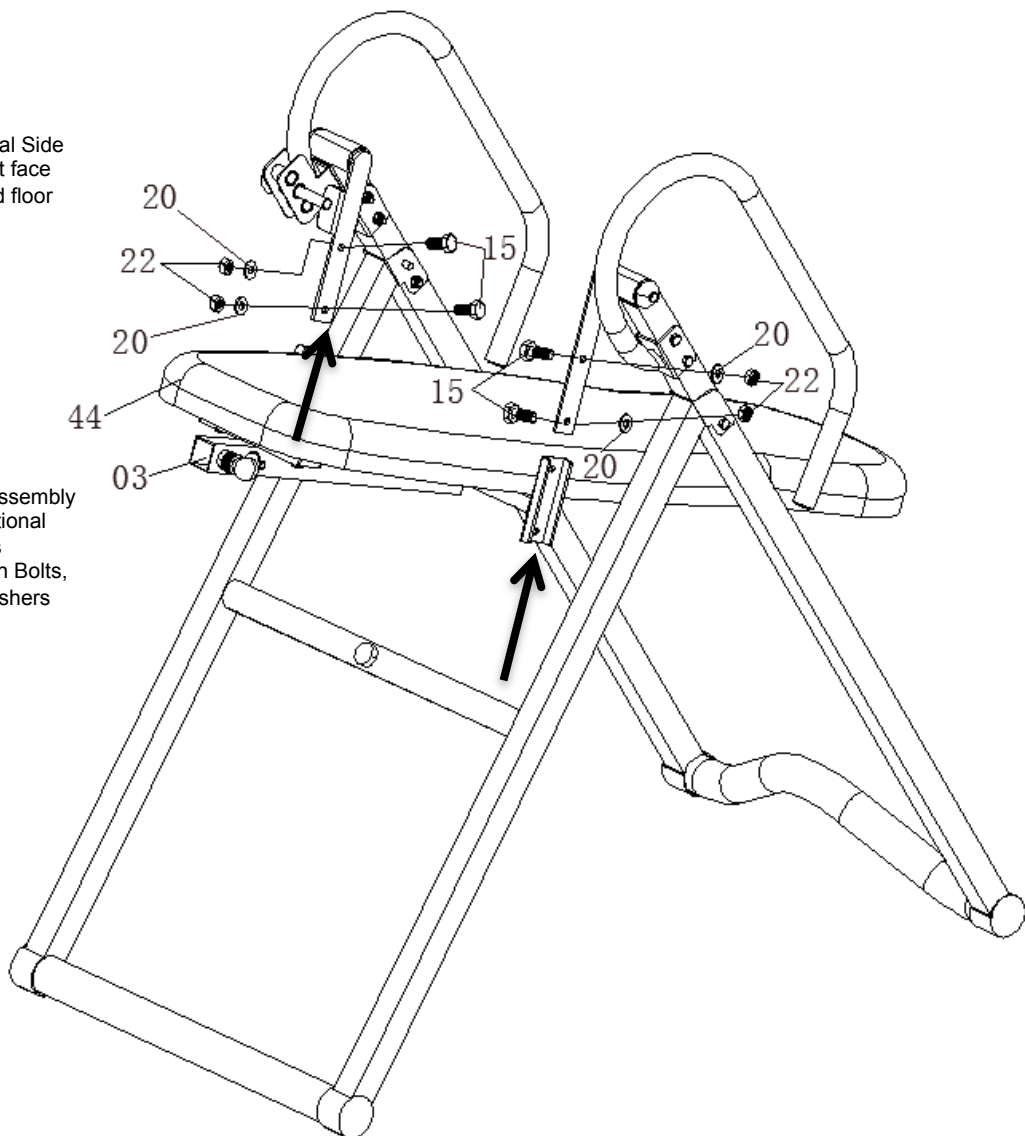
Attach the Handlebar Right (08) to the Base frame Rear(01) using 2 Bolts (13), 2 Washers (20), and 2 Nuts (22). Use Bolt (11) and Flat Washer (20) to fix the Base frame Rear(01) .Repeat for Handlebar Left (02) except there will not be a part 11 or 20 for this side.

TIGHTEN ALL BOLTS AT THIS TIME

Step 3- Backrest Assembly to Base Frame

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

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



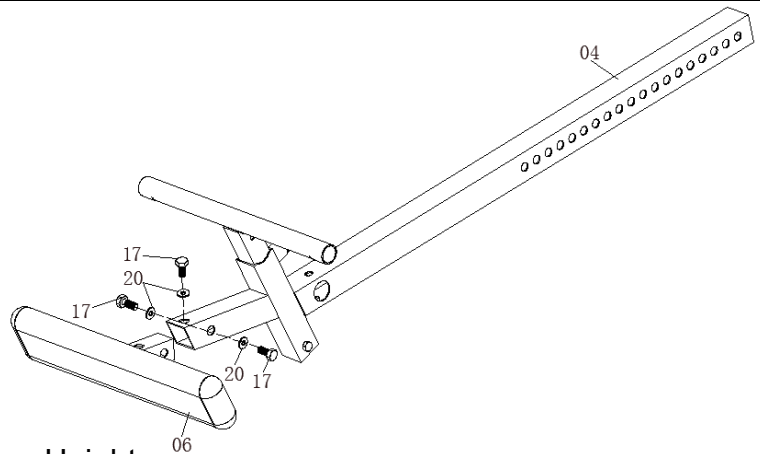
STEP 3 Connecting Backrest Pad & Assembly to Frame

Attach the Completed Backrest Pad Assembly to the Base frame Unit using Bolts (15), Flat Washers (20) and Lock Nuts (22) as shown

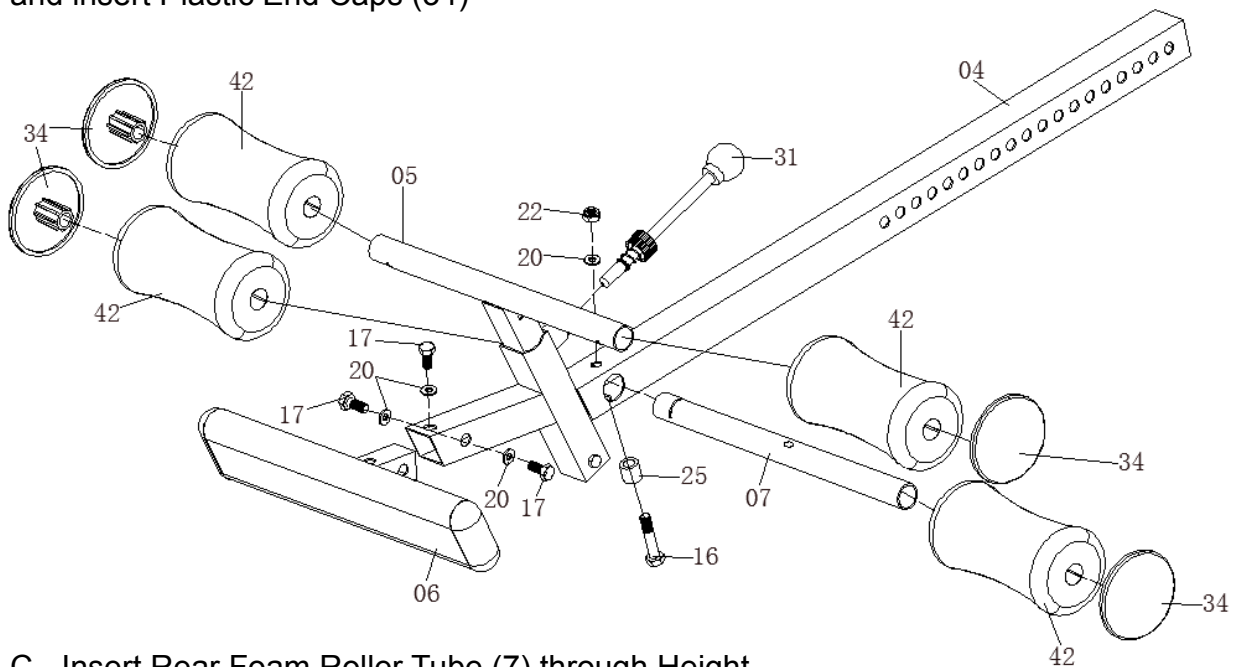
NOTE: TIGHTEN ALL BOLTS AT THIS TIME

STEP 4 -Body Height Adjustment Tube and Rollers

A- Install Foot Rest Plate (6) into Height Adjustment Tube (4) using Hexagonal Bolts (17), & Flat Washers (20)



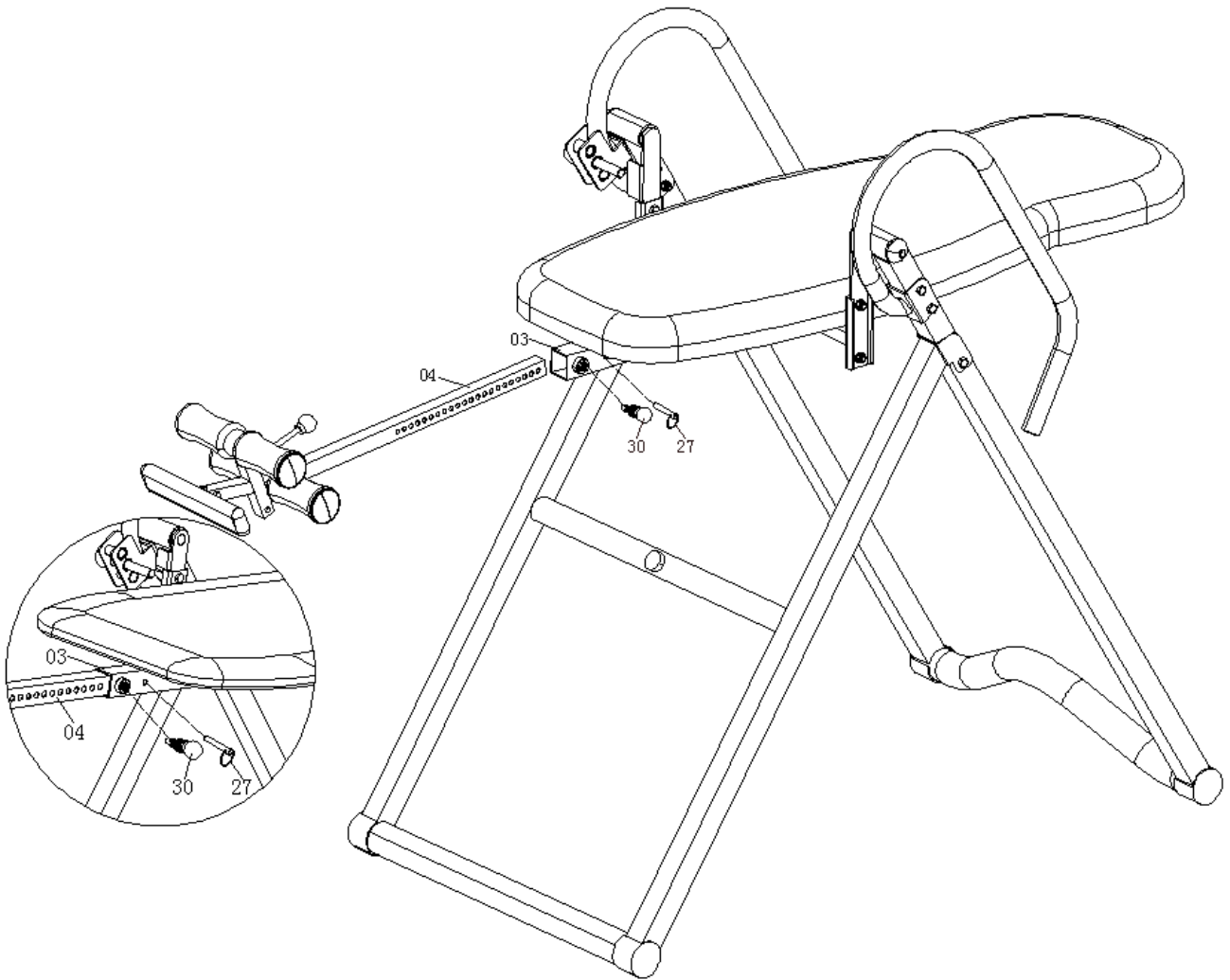
B- Lift out front roller tube (31) from Height Adjustment Selector Tube (5) and position as shown. Slide Foam Rollers (42) over front Tube (5) and insert Plastic End Caps (34)



C- Insert Rear Foam Roller Tube (7) through Height Adjustment Tube (4) and secure with Bolt (16), Metal Spacer (25), Washer (20) and nut (22). Slide Foam Rollers (42) over Rear Tube (7) and insert End Caps (34) . Make sure Leg Tube Adjustment Knob (31) is properly connected to Height Adjustment Tube (4) and functions properly

TIGHTEN ALL BOLTS AT THIS TIME

STEP 5 -Final Assembly



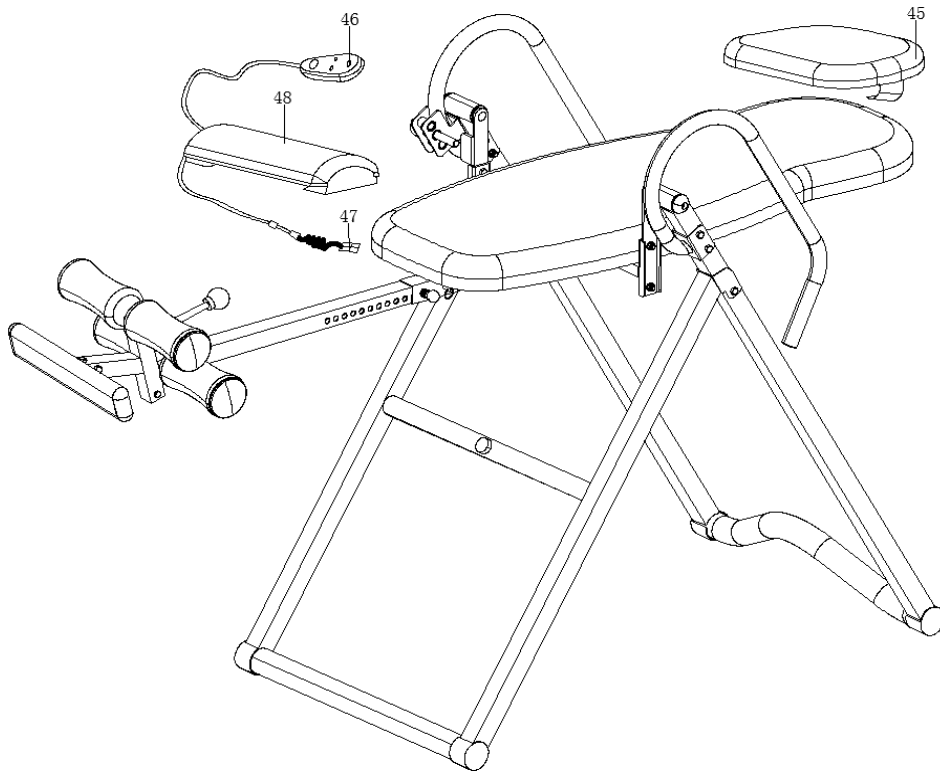
Slide Completed Height Adjustment Tube and Foot Rest Assembly (4) into Backrest Support Tube (3) and lock into place using Height Adjustment Knob (30) and Safety Pin (27)

Note: This product is designed with a Maximum User Weight of 300 LBS.

NOTE: TIGHTEN ALL BOLTS AT THIS TIME

* For Any Parts Required, DO NOT CALL TECHNICAL SUPPORT. Please visit our web site: www.extremeproductsgroup.com

Heat / Massage Pad and Head Pad Assembly to Backrest Pad



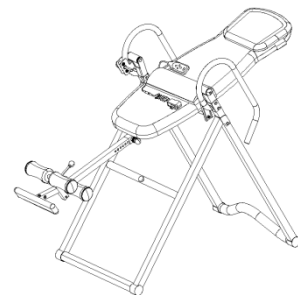
Step 6 Connecting Head Pad and Heat/Massage Lumbar Pad

Attach the Heat / Massage Lumbar Pad(48)and the Head Pad(45) to Backrest Pad(47) in Desired Position using Velcro. Controller(46) can be stored in Right Side Pocket of Backrest Pad(44) for easy access.

Note: Please pay careful attention that the power cord is not squeezed or damaged by the inversion table when using it.

Final Assembly

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



PRECAUTIONS

WARNING: 300 LB WEIGHT CAPACITY

To reduce the risk of serious injury, read all important precautions instructions and warnings in this manual before using the Inversion System. Extreme Products Group 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, medulary 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.

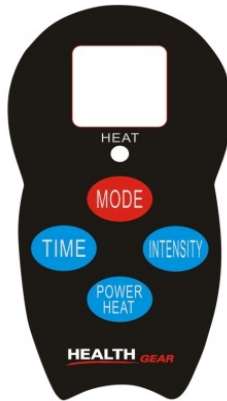
THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

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.

Controller Instruction

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



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. START WITH 20 DEGREE SETTING



Photo may be slightly different than actual product

Body Height Adjustment:

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

USAGE GUIDELINES- Securing Feet and Ankles

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 pulling up on the Leg Tube Adjustment Knob (31)



Step 2- Slide Feet under Foam Rollers



Step 3- Contract the front rollers snugly over feet by releasing the Leg Tube Adjustment Knob and making sure it "Locks" into place.



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

USAGE GUIDELINES



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.



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