

# Heat & Massage Inversion Table Owner's manual



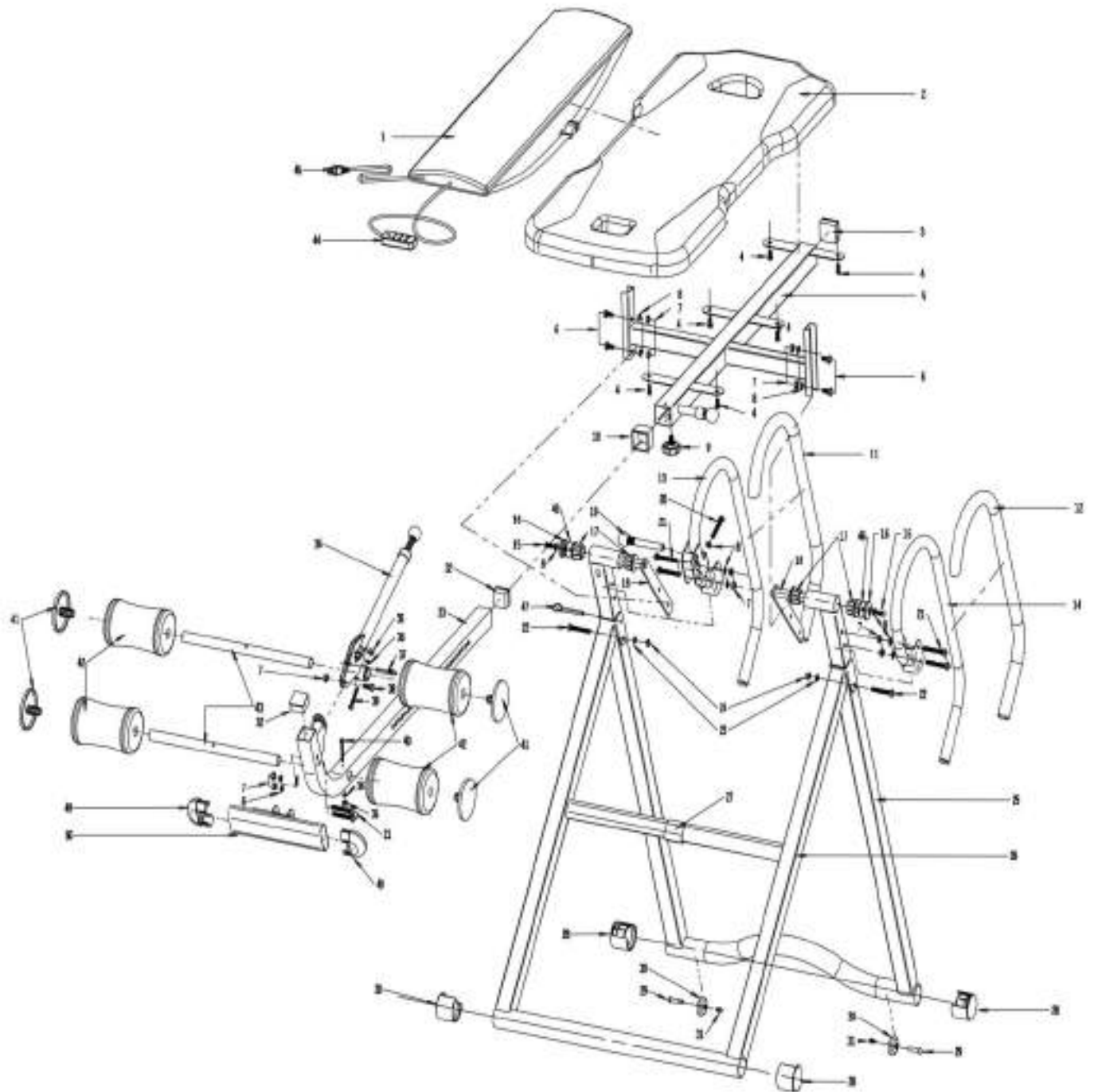
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# Parts Listing

## PARTS LISTING MODEL ITM5500 INVERSION TABLE

Part#	Description	QTY	check	Part#	Description	QTY	check
1	Backrest Heat&Massage/heat Pad	1		27	Stopper	1	
2	Backrest Pad	1		28	Base Frame End Caps	4	
3	Square End Cap	1		29	Nut Ø8x26mm	2	
4	Bolt-M6x16mm	6		30	Wheels	2	
5	Backrest Support Tube	1		31	Hexagonal Bolt-M6x10mm	2	
6	Bolt-M8x20mm	4		32	Square End Cape for Part 33	2	
7	Nut M8	11		33	Body Height Adjustment Tube	1	
8	Flat Washer Ø16xØ8x1.2	14		34	Leg Tube Adjustment Pull Pin	1	
9	Knob	1		35	Nut M6	2	
10	Lower Bed Frame Bushing	1		36	Flat Washer Ø12xØ6x1.0	2	
11	Handlebar Grip-Right	1		37	Ball Pin for Part Ø8*35mm	1	
12	Handlebar Grip-Left	1		38	Bolt-M8x20mm	1	
13	Handlebar-Right	1		39	Bolt-M6x40mm	1	
14	Handlebar-Left	1		40	Bolt-M6x45mm	1	
15	Hexagonal Bolt-M8x16mm	2		41	Plastic cap	4	
16	Plastic Round End-cap	2		42	Foam Leg Rollers	4	
17	Plastic Spacer	4		43	Adjustable Leg Hold Tube	2	
18	Conneting Bracket	2		44	Hand Controller	1	
19	Incline Adjustment Bolt	1		45	Power Adaptor	1	
20	Bolt-M8x50mm	1		46	WasherØ38xØ8x1.5	2	
21	Bolt-M8x55mm	6		47	Ball Pin-Ø8*66mm	1	
22	Bolt-M10x60mm	2		48	Wrench-10/13	1	
23	Flat WasherØ20xØ10x1.5	2		49	Oval End Caps-Foot Rest	2	
24	Nut M10	2		50	Foot Rest Plate	1	
25	Back U-Frame	1		51	Screw Driver	1	
26	Front U-Frame	1		52	Wrench-10/14	1	

# Exploded View

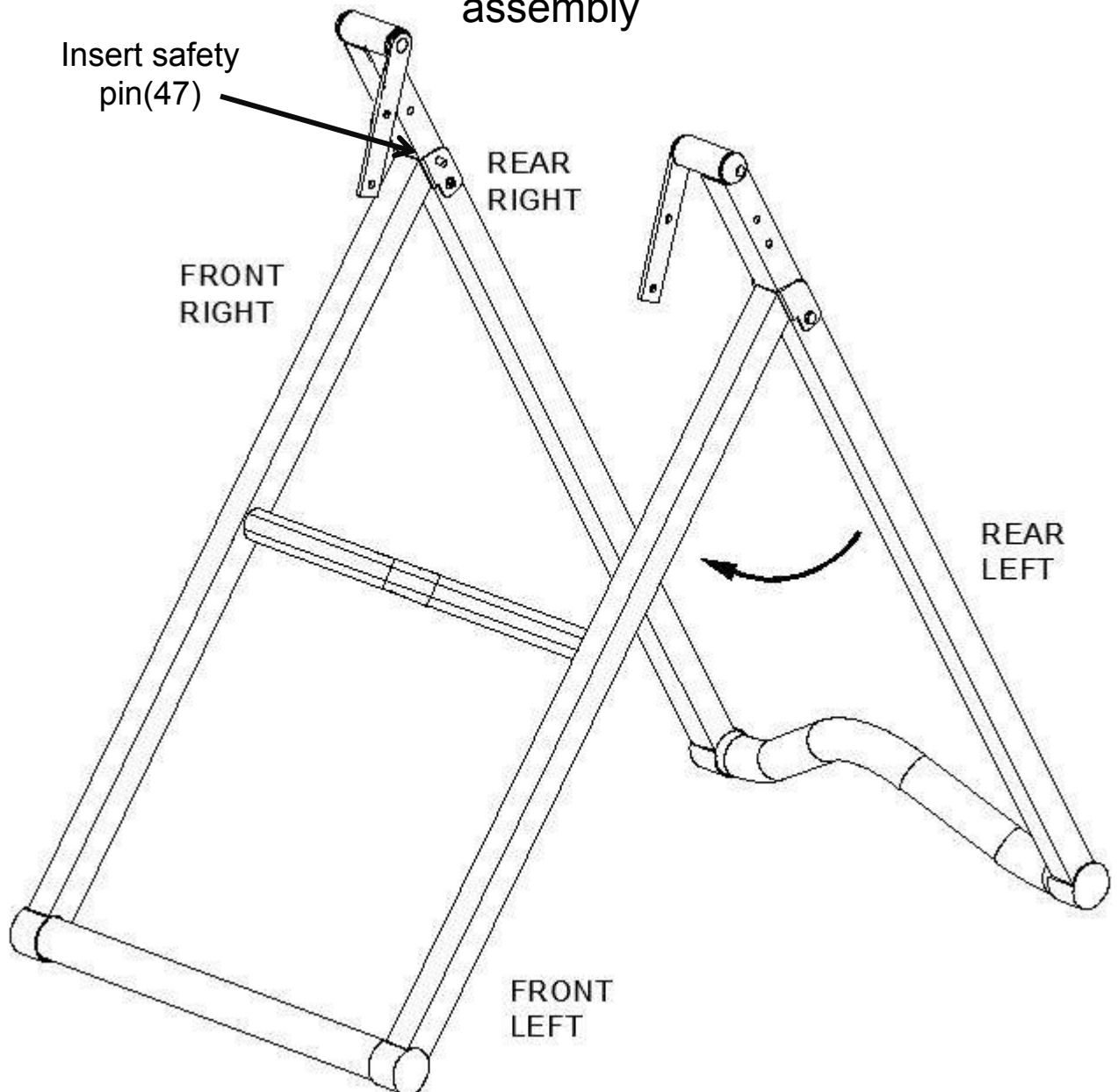


## Step 1- Unfold Frame

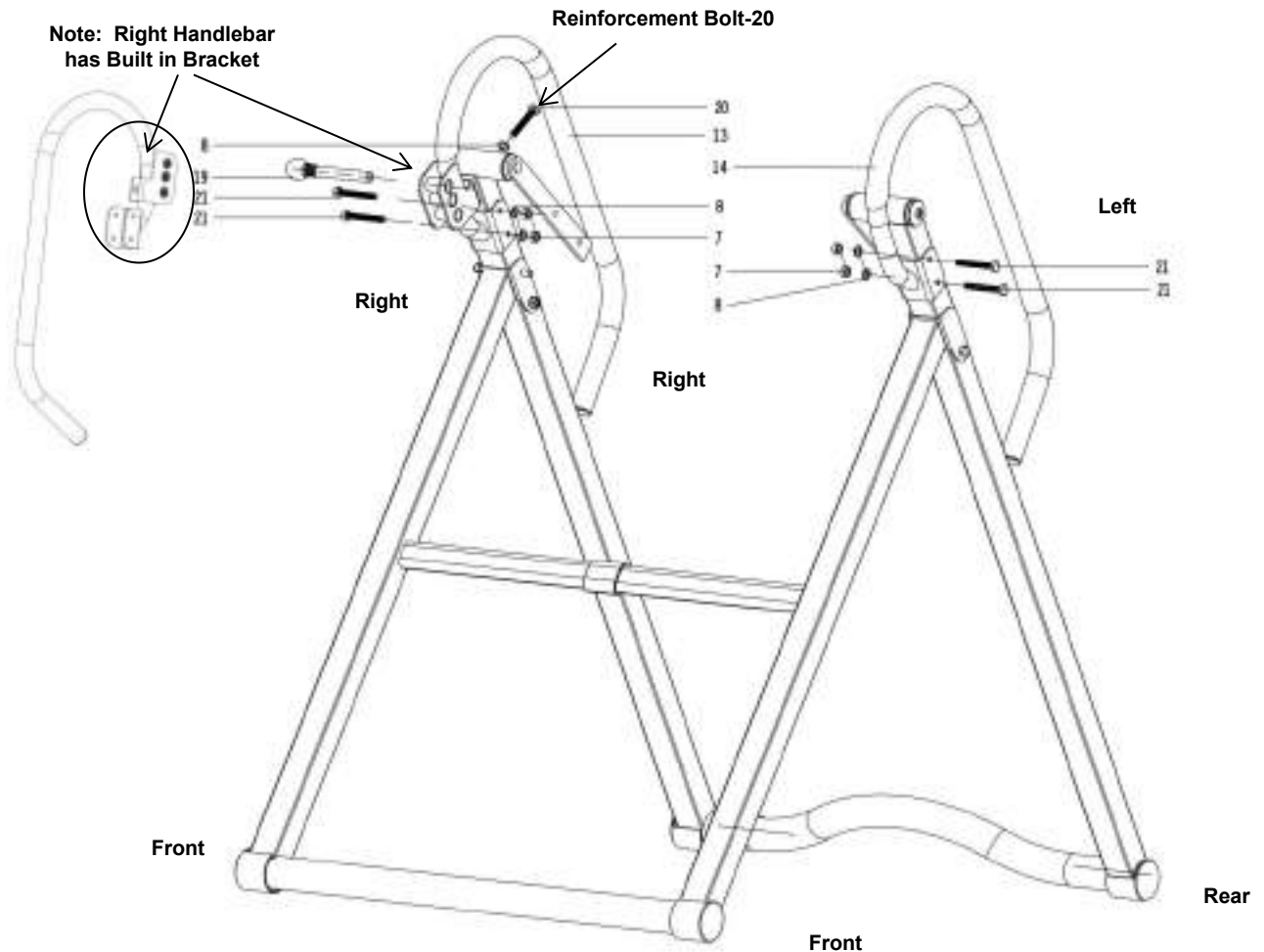
Carefully remove Base Frame from carton, and unfold.

Insert safety pin(47) into right side of frame

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



## Step 2- Handlebar Assembly



### **STEP 2**

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).

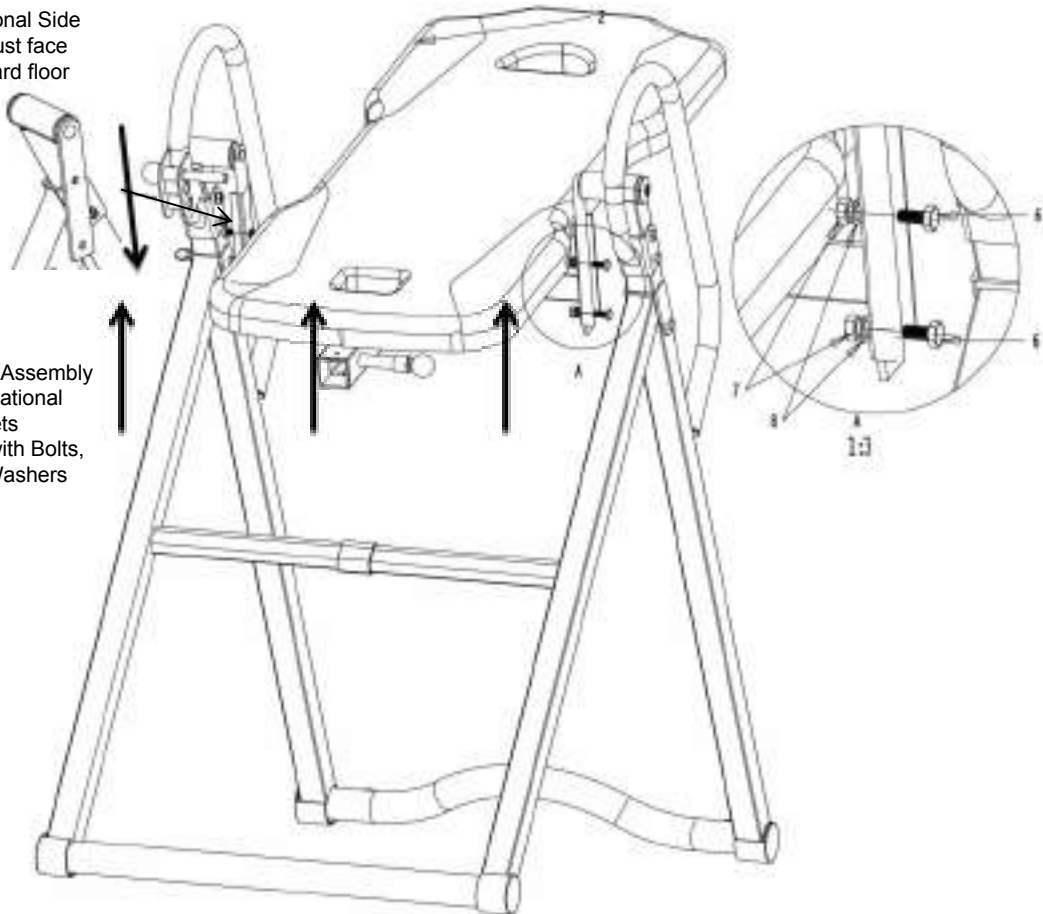
Attached Incline Adjustment Bolt through # 20 selection hole at this time.

**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

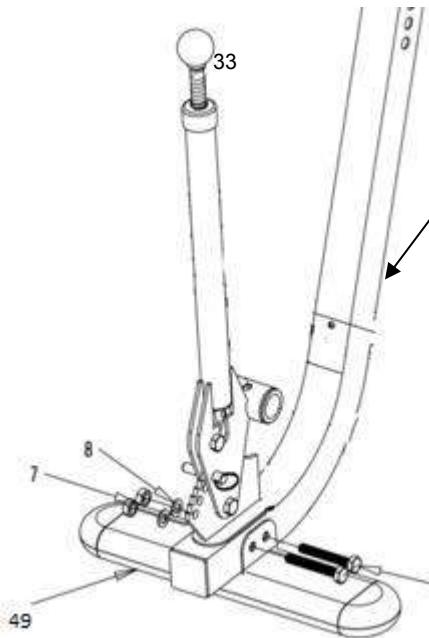


### **STEP 3 Connecting Backrest Pad & Assembly to Frame**

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

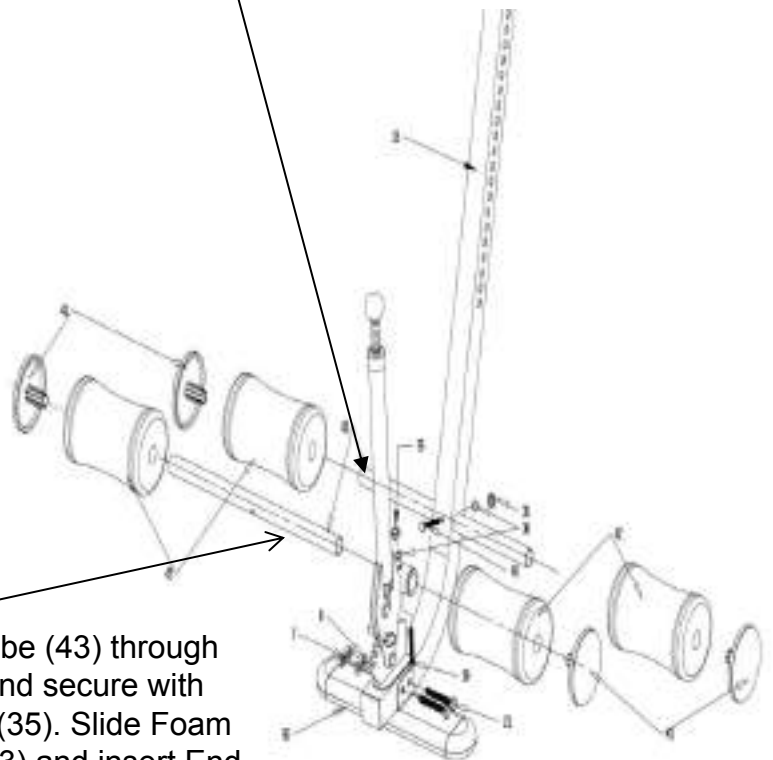
**NOTE: TIGHTEN ALL BOLTS AT THIS TIME**

# STEP 4 -Body Height Adjustment Tube and Rollers



A- Install Foot Rest Plate (49) onto Height Adjustment Tube (33) using Hexagonal 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 Rear Tube (43) and insert End Caps (41).

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

**TIGHTEN ALL BOLTS AT THIS TIME**

## STEP 5 -Final Assembly



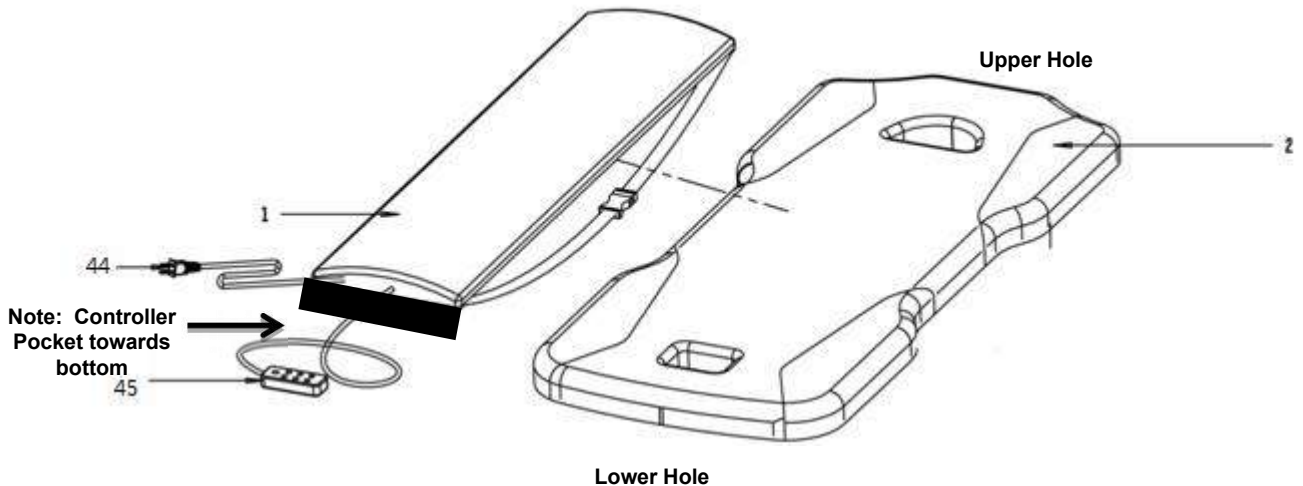
Slide Completed Height Adjustment Tube and Foot Rest Assembly into Backrest Support Tube and lock into place using Height Adjustment Knob

Use Knob Bolt (9) to additionally 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



### Step 6 Connecting Massage/Heat Pad to Backrest Pad

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



# 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

# 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.**

# 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.**



## 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

Photo may be slightly different than actual product

# 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 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 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.**