



USER MANUAL – EN

IN 10554 Inversion Table inSPORTline Inverso Profi



The specification of this product may vary from this photo, subject to change without notice.

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WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for people with pre-existing health problems.

NOTE: Maximum weight capacity for this product is 440lbs / 200kgs.

Class - S (according to EN ISO 20957) designed for commercial and professional use.

Please have the following information ready when requesting for service:

- Your name
- Phone number
- Model number
- Serial number
- Part number
- Proof of purchase

If the product has major defects, please return the product to the store of purchase within the period allowed by the store.

NOTICE

The inversion table is like a very sensitively balanced fulcrum. It responds to very slight changes in weight distribution. So, it is very important to make sure that the height is adjusted properly. To do this, mount the machine, lock your ankles into the heel holders, and lie back with your hands at your sides. Slowly place your hands across your chest.

INVERSION BENEFITS

The constant pull of gravity is the most powerful force your body will see during your lifetime. Inversion therapy is a natural way to relieve back pain, increase circulation, and reduce stress and tension on the body.

An inversion table allows you to safely rotate your body to any angle you prefer. This produces a natural gentle stretching of the spine that will help reduce the loss of height caused by the effects of gravity. Being inverted offers so many other health benefits.

People use an inversion table to:

- Reduce back pain and improve posture
- Relieve stress and stimulate circulation
- Regain height, lost through aging
- Increase oxygen to the brain
- Fight cellulite
- Reduce hair loss
- Relieve varicose veins

SAFETY PRECAUTIONS

This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment.

Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

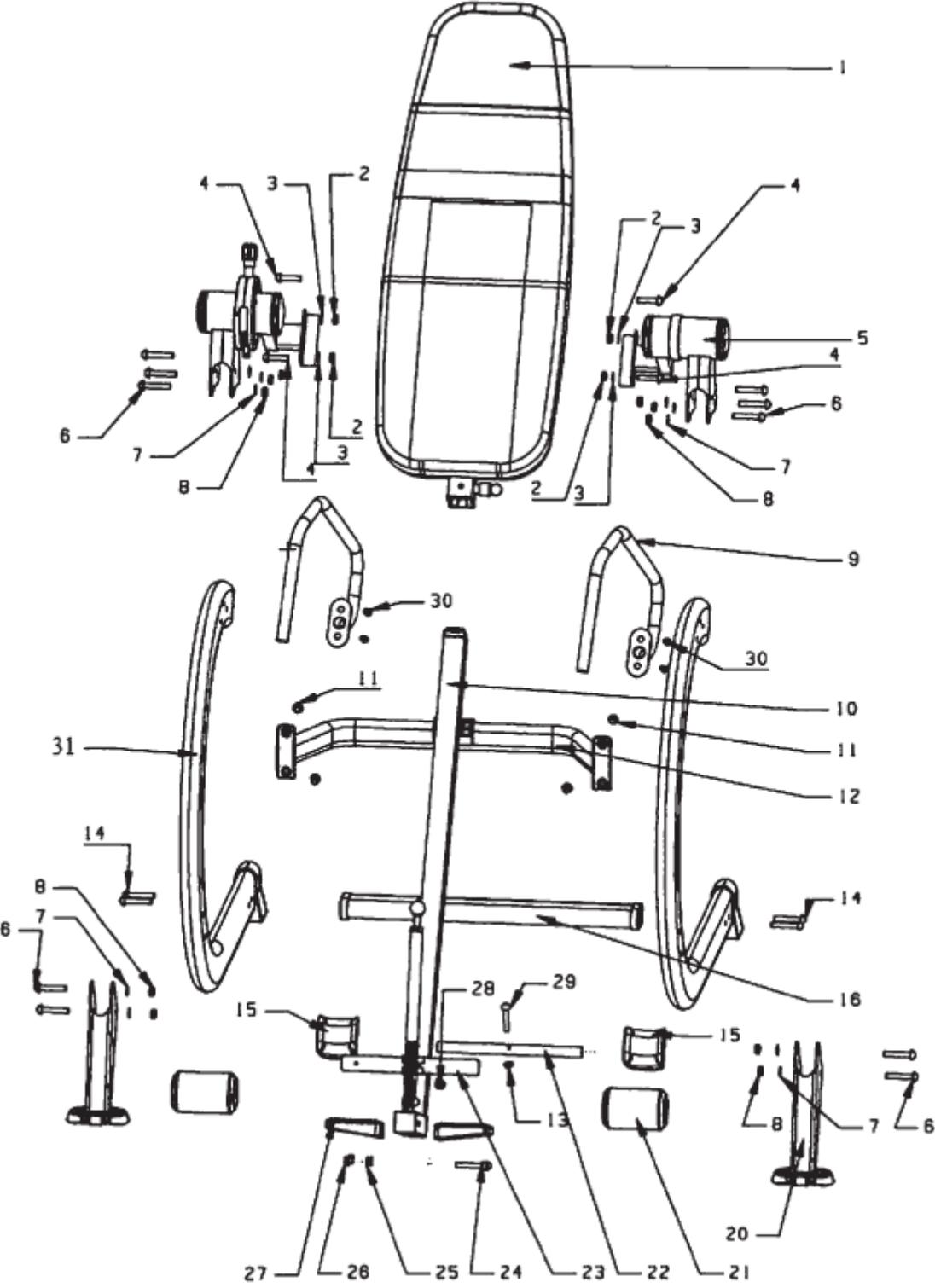
1. Consult your physician or other health care professionals before using the inversion table.
2. Always wear proper exercise apparel when using the equipment.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
4. Keep children and pets away from the equipment while in use.
5. Only one person should use the equipment at a time.

6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using the machine. If you get nauseous, come up as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not insert any objects into any openings.
10. Keep loose clothes and jewelry away from moving parts.

WARNING: Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. Do not use this equipment without your physician's approval. Do not use the inversion table if you have any of the following conditions or ailments:

- Extreme Obesity
- Glaucoma, Retinal Detachment or Conjunctivitis
- Pregnancy
- Spinal Injuries, Cerebral Sclerosis or swollen joints
- Middle Ear Infection
- High Blood pressure, Hypertension, a history of a Stroke or Transient Ischemic Attacks
- Heart or Circulatory Disorders for which you are being treated
- Hiatus Hernia or Ventral Hernia
- Bone Weaknesses including Osteoporosis, unhealed Fractures, Modularly Pins or Surgically Implanted Orthopedic Supports
- Use of Anti-Coagulants including Aspirin in high doses

OVERVIEW DRAWING



PARTS LIST

PART	DESCRIPTION	QTY
1	Leather back + frame	1
5	Arm support	2
9	Arm	2
10	Adjustable boom	1
12	Rung	1
15	Heel holder bracket	2
16	Bottom connecting rod	1
20	Bottom stand	2
21	Heel holder	2
22	Round rod	1
23	Oblate rod	1
27	Foot rest	2
31	Main structure	2

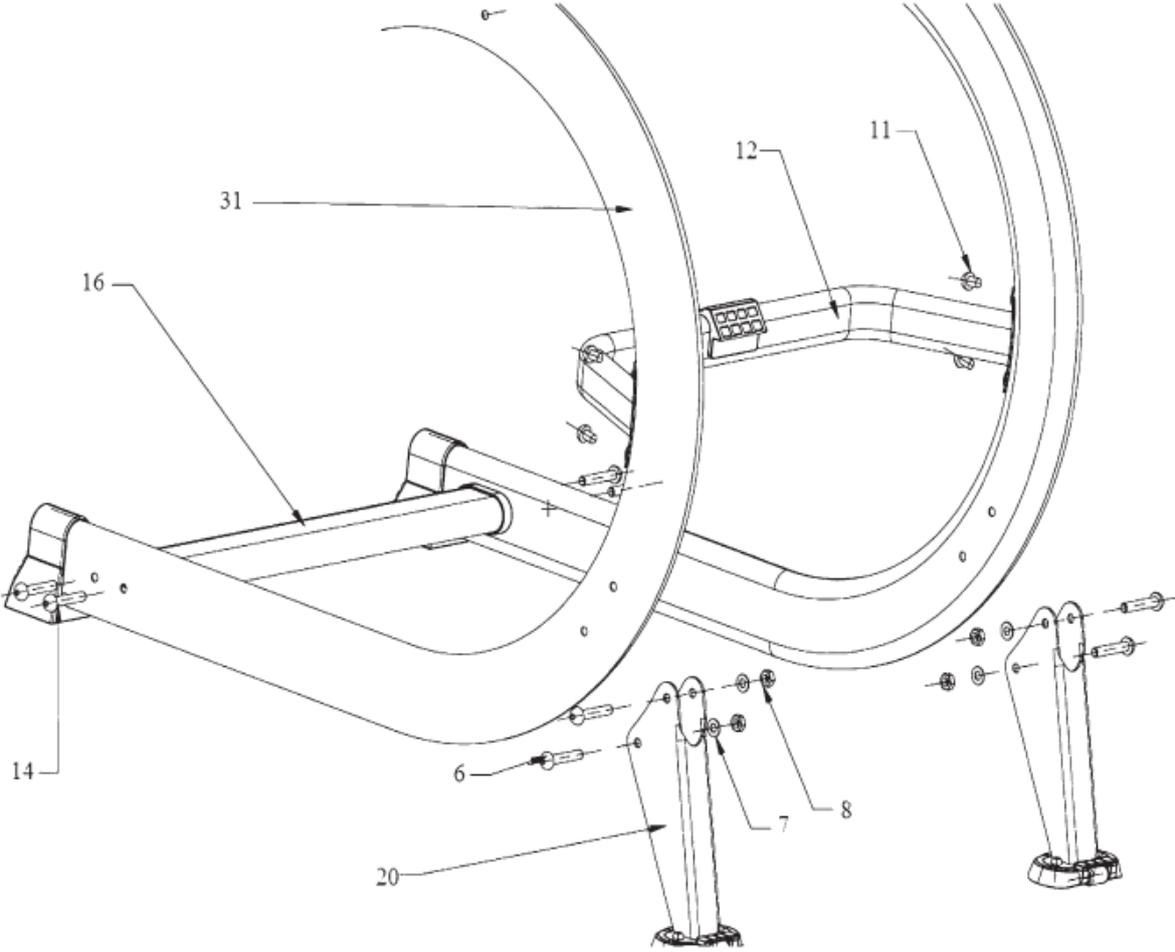
HARDWARE

ITEM NO.	DESCRIPTION	QTY
2	M10*45 nut	4
3	ø20* ø10*1.5 washer	4
4	M10*45 screw	4
6	M10*60 screw	10
7	M10*60 washer	10
8	M10*60 nut	10
11	M8*16 screw	4
13	M6 nut	1
14	M10*55 screw	4
24	M10*65 screw	2
25	ø20* ø10*1.5 washer	2
26	M10 nut	2
28	M6*10 screw	2
29	M6*55 screw	1
30	M8x16 screw	4

ASSEMBLY INSTRUCTIONS

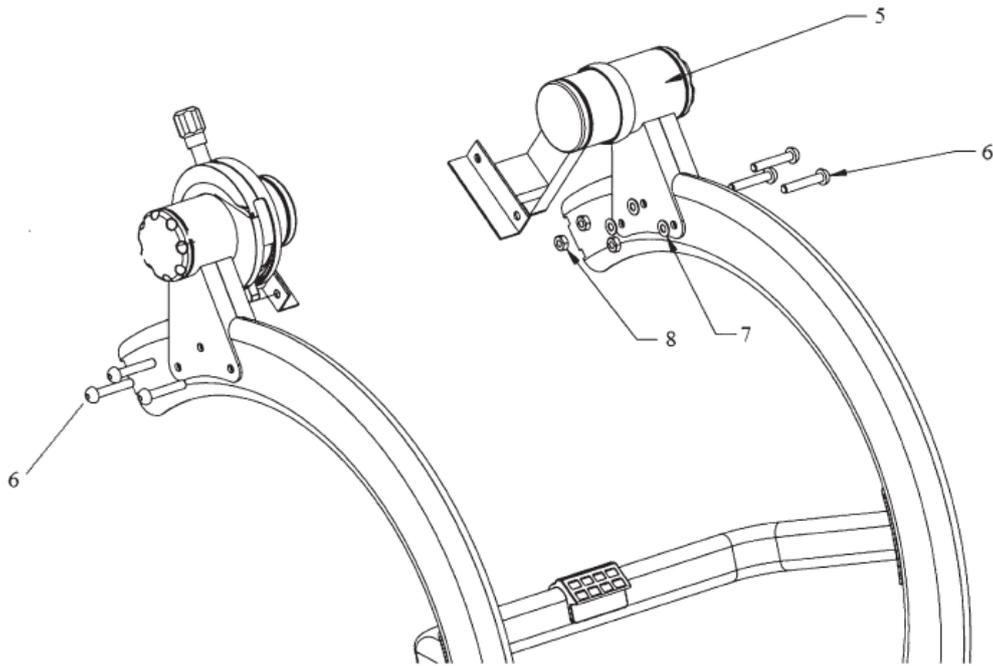
MAIN STRUCTURE ASSEMBLY:

- 1. Use (31) Main Structures and (16) Bottom Connection Rod with (14) Screws.
- 2. Use (12) Rung with (11) Screws.
- 3. Use (20) Bottom Stands with (6) Screws, (7) Washers and (8) Nuts.



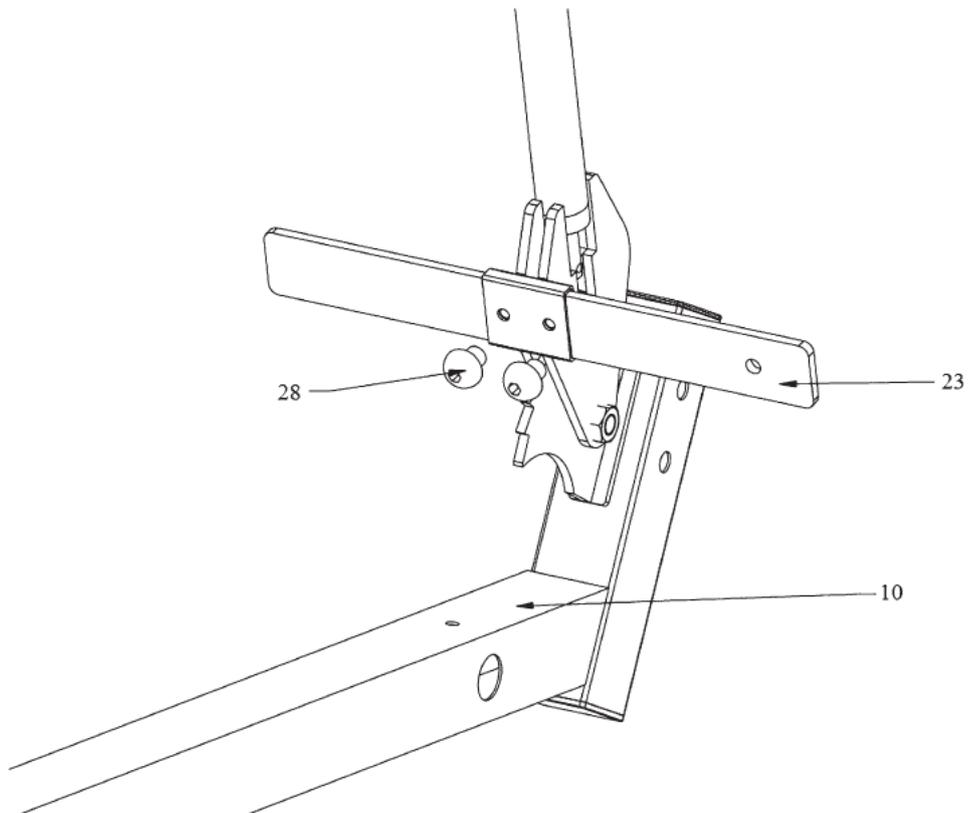
ARM SUPPORT ASSEMBLY:

Use (5) Arm Supports with (6) Screws, (7) Washers and (8) Nuts on both sides.

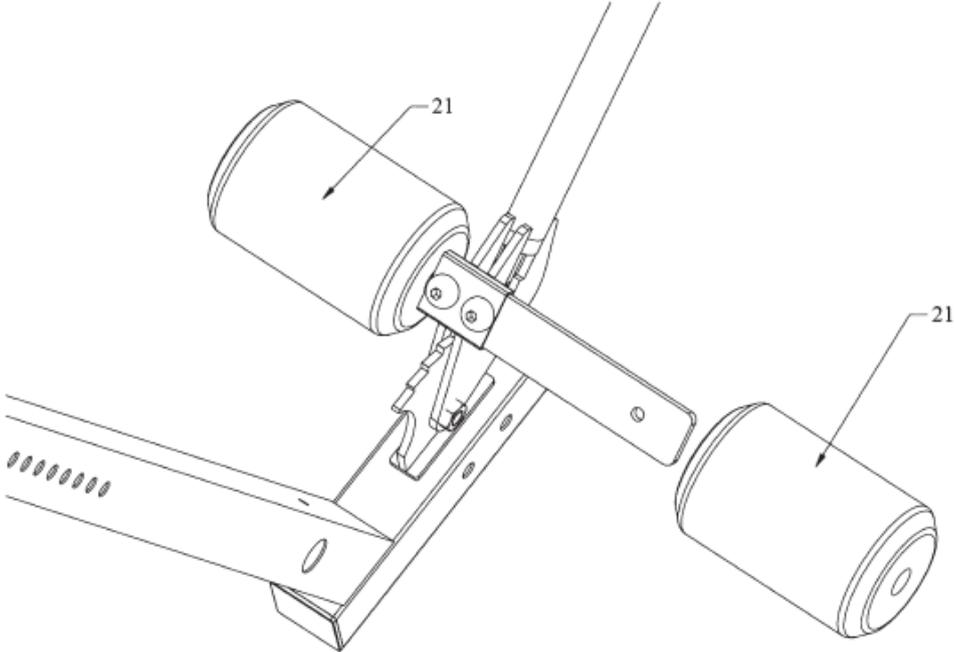


FOOT LOCKING SYSTEM ASSEMBLY:

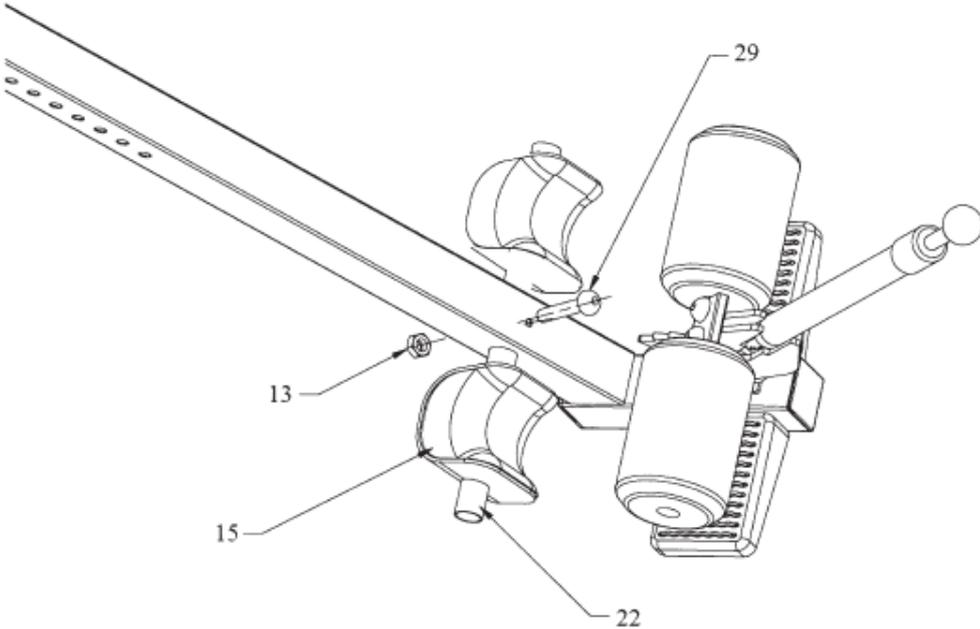
1. Use (23) Oblate Rod and (10) Adjustable Boom with (28) Screws.



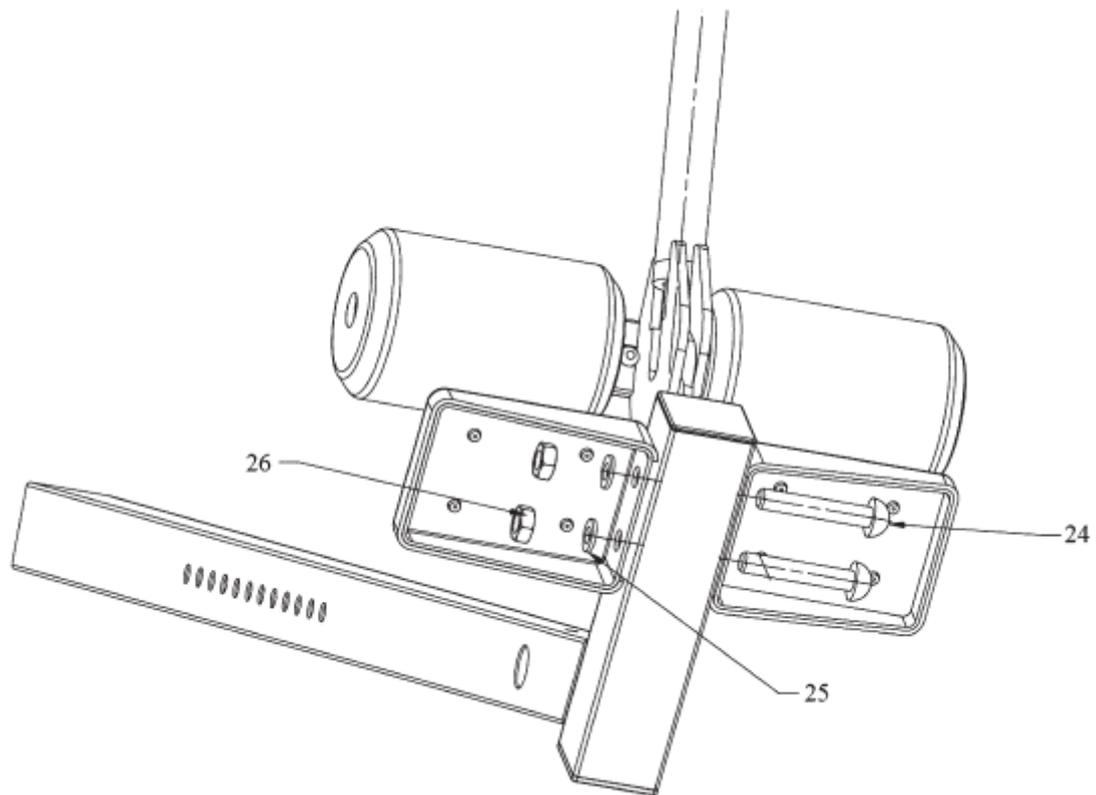
2. Use (21) Heel Holders with (23) Oblate Rod.



3. Use (22) Round Rod and (15) Heel Holder Brackets with (29) Screw and (13) Nut.

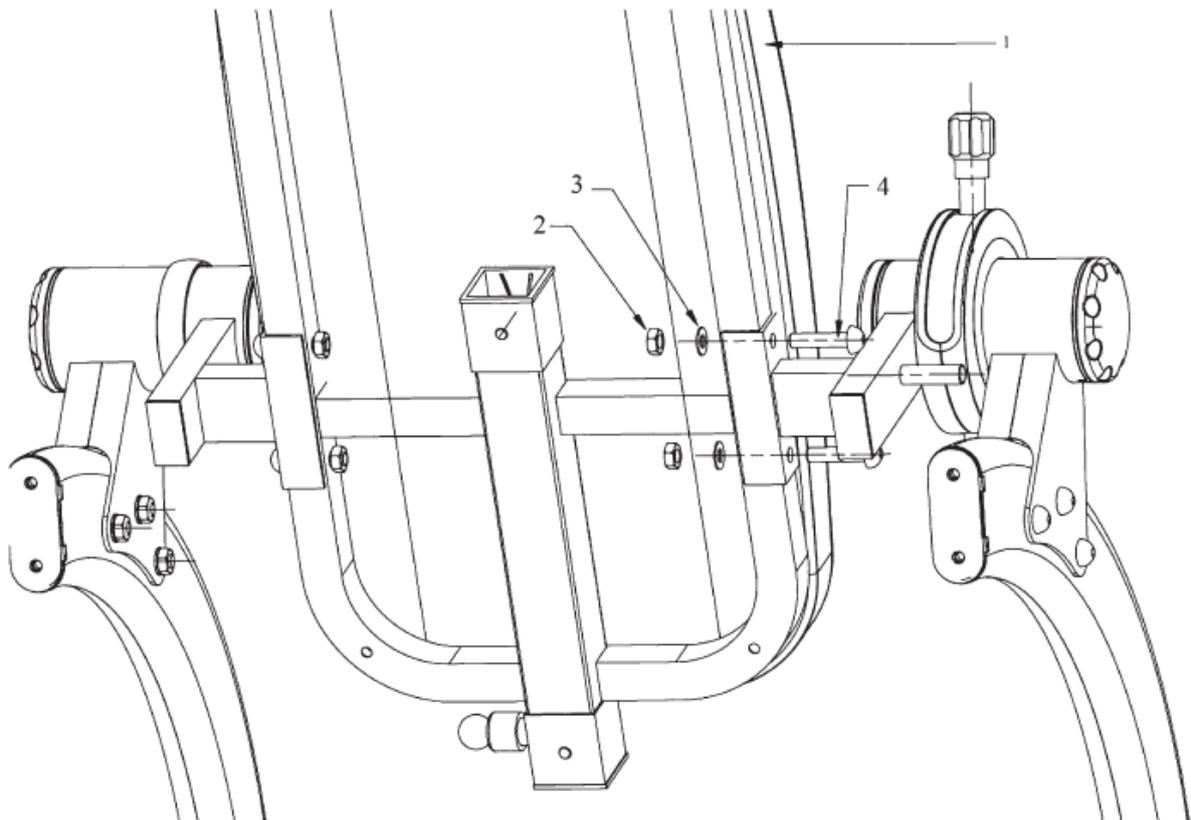


4. Use (24) Screws, (25) Washers and (26) Nuts to tighten the Foot Rests.

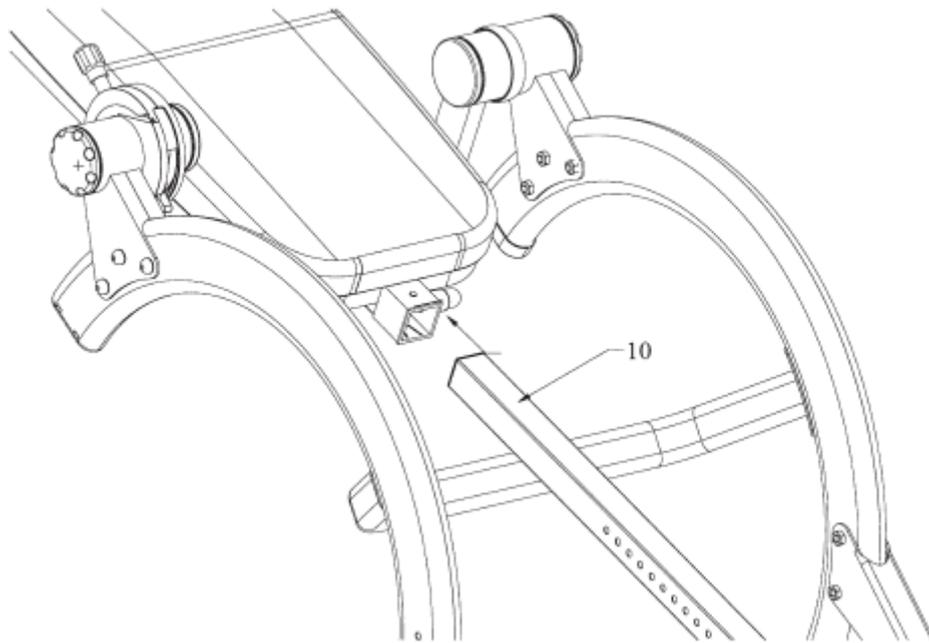


BACK REST ASSEMBLY:

- Use (1) Leather Back + Frame with (4) Screws, (3) Washers and (2) Nuts.

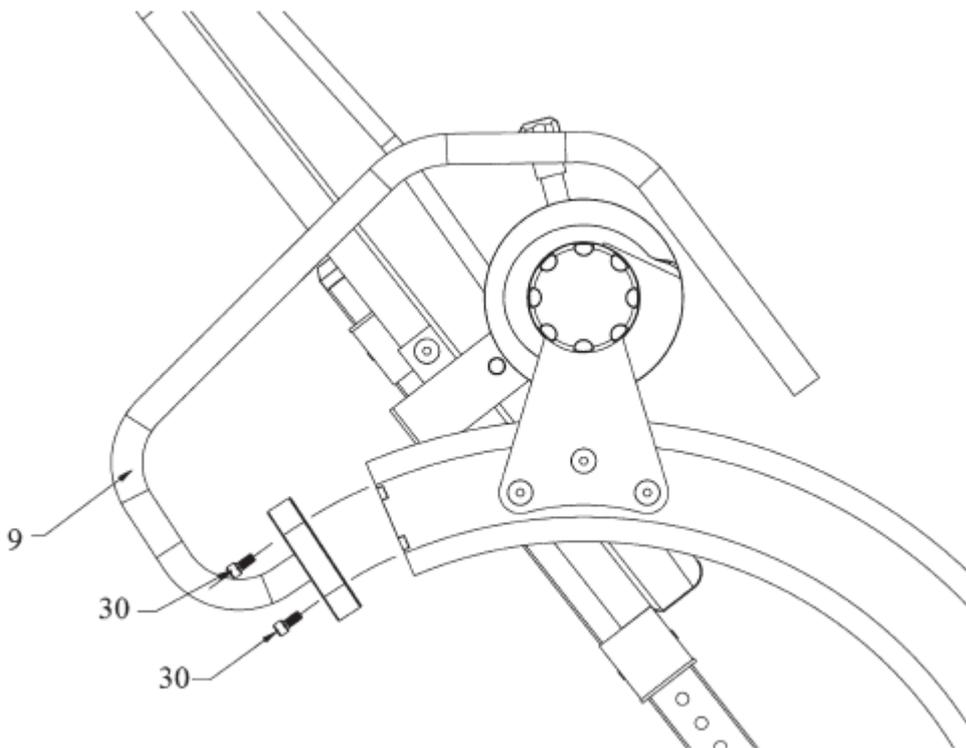


ADJUSTABLE BOOM ASSEMBLY:



ARMS ASSEMBLY:

Use (9) Arms with (30) Screws.

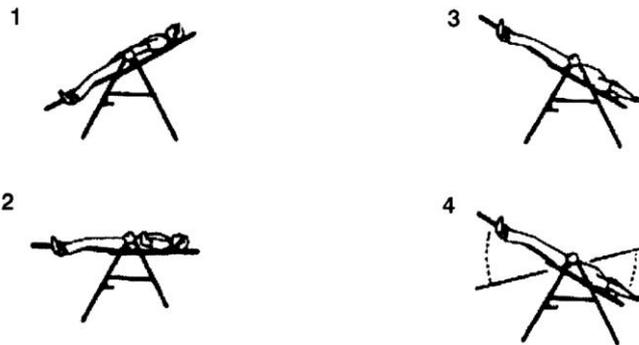


Finally, tighten all the screws and nuts to make sure your inversion table is safe to use.

Congratulations! You have finished assembling this inversion table.

USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body, begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable, rock the bed slowly by moving your arms up and low slowly.
5. It is recommended that the inversion table be used for five or ten minutes each morning and again each evening.
6. Return to the upright position by slowly moving your hands back down to your thighs.



SUGGESTIONS FOR USE

1. **Begin slowly:** Invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. **Make gradual changes:** Increase the angle only if it is comfortable. Increase the angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. **Watch your body:** Come up slowly. Dizziness after a session means you came up too fast. Wait a while after eating before using table. Coming up immediately if you feel nauseous.
4. **Keep moving:** Movement while inverted encourages blood circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. **Invert regularly:** We recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.



TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, 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 Borivojova Street 35/878, Prague 13000, 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 to the extent specified in the Commercial Code.

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:

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, joints 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.



SEVEN SPORT s.r.o.

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Web:	www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: