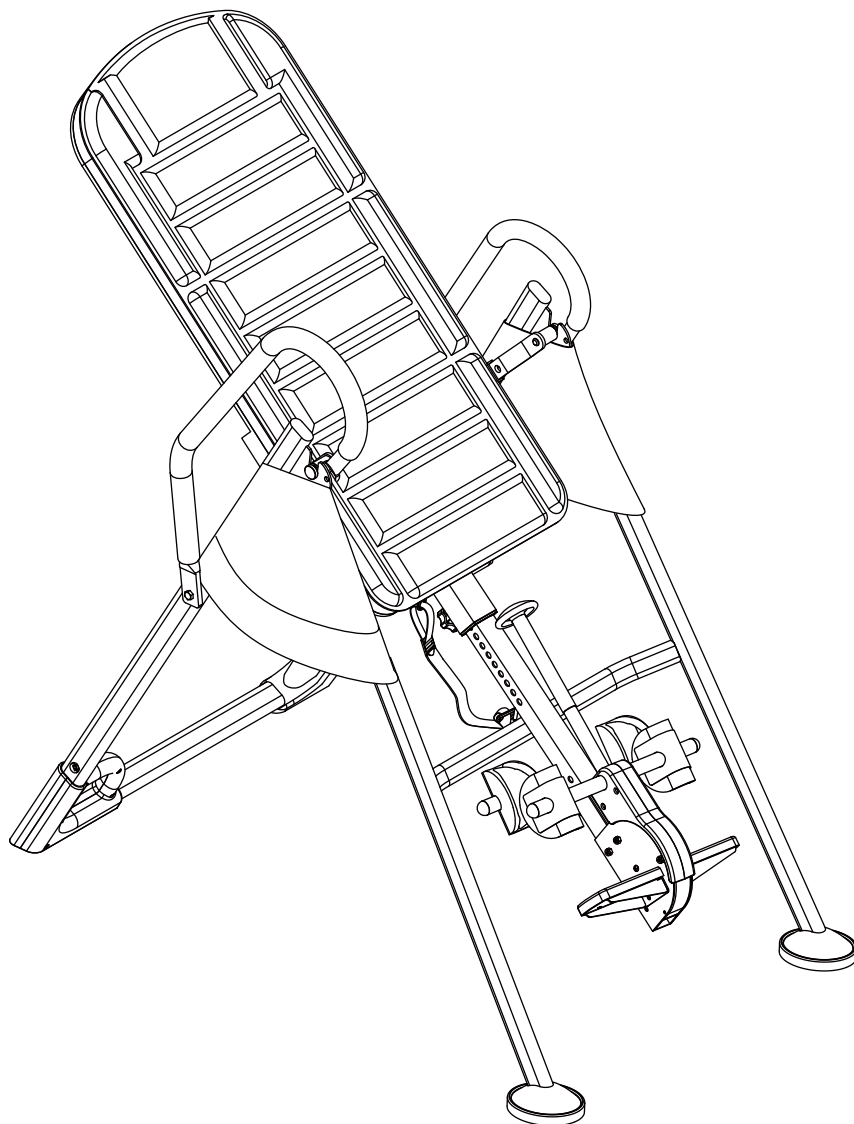


IRONMAN®

FAR INFRARED INVERSION TABLE

ITEM# 5214



OWNER'S MANUAL

The specifications of this product may vary from this photo and are subject to change without notice. IRONMAN, IRONMAN TRIATHLON and M-DOT are registered trademarks of World Triathlon Corporation. This product is licensed by the IRONMAN TRIATHLON.

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ONE YEAR LIMITED WARRANTY

Paradigm Health & Wellness, Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the product is warranted to be free from defects for 1 (one) year. All parts and workmanship, including upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required. This warranty is offered only to the original owner and is not transferable.

Ordering Replacement Parts

Replacement parts can be ordered by calling or emailing our customer service department

1-866-924-1688

Monday through Friday, 8:00 AM - 5:00 PM (PST).

When ordering replacement parts please have the following information ready:

- 1. Owner's Manual**
- 2. Model Number**
- 3. Description of Parts**
- 4. Part Number**
- 5. Date of Purchase**

WARNING LABEL PLACEMENT



IMPORTANT SAFETY PRECAUTIONS

Read all instructions carefully before assembling operating this product. Retain this owner's manual and keep the original purchase receipt for future reference.

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 inversion table. 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 use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry away from moving parts.
12. **WARNING: ALWAYS HOLD ON TO THE HANDLEBARS AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.**
13. Children under the age of 12 should not use the following fitness equipment.
14. If any part of the cable/wire is stripped or damaged, STOP using the far infrared foam bed immediately.
15. Please always unplug the far infrared foam bed from the electrical outlet immediately after using and before cleaning.
16. Do not operate the far infrared foam bed in a wet or moist environment and keep dry.
17. Do not allow water to directly contact any part of the far infrared foam bed.
18. For indoors household use only.
19. For any problems please contact customer service at the contact number in this manual.
DO NOT ATTEMPT TO SERVICE THE UNIT YOURSELF.

WARNING: Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.

Do not use this equipment if you have any of the following conditions or ailments:

- . Extreme obesity
- . Glaucoma, retinal detachment or conjunctivitis
- . Pregnancy
- . Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- . Middle ear infection
- . High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- . 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.

Maximum Weight Capacity is 350 lbs/ 159 kgs.

ELECTRICAL SAFETY

When using the far infrared foam bed, basic precautions should always be followed, including the following:

Read all instructions before using this unit.

DANGER - To reduce the risk of electric shock:

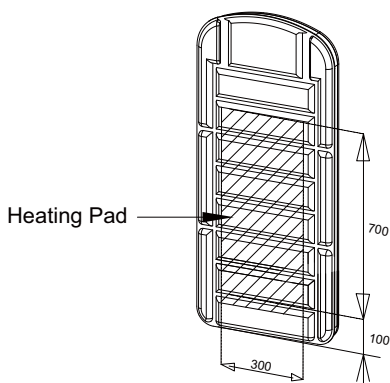
WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

1. The far infrared foam bed should never be left unattended when plugged in. Unplug from outlet when not in use and before cleaning.
2. Excessive heating may occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this unit is used by, on, or near children, invalids or disabled persons.
4. Use this unit only for its intended use as described in this manual. Do not use for other purpose that is not recommended by the manufacturer.
5. STOP using this unit IMMEDIATELY if it has a damaged cord or plug. If it is not working properly, been dropped, damaged, or dropped into water.
6. Keep the cord away from any heated surface.
7. Do not use it outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the remote control or controller to the "OFF" position, then remove plug from outlet.
10. Do not use on an infant or on a sleeping person.
11. **CABLE STORAGE:** When not in use, wrap the cable around the frame with the enclosed Velcro strap as illustrated. Do not lay it on the ground to avoid cable damage.

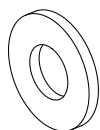


THE DIMENSION OF HEATING PAD:

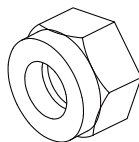
There is a heating pad inside the foam bed. The heating pad is 27.55" (length) x 11.81" (width) , or 700mm (length) x 300mm (width) in dimension. The heating area is illustrated as below:



INCLUDED HARDWARE



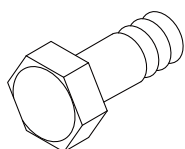
(13) Washer Ø20xØ8.5x1.5
8 PCS



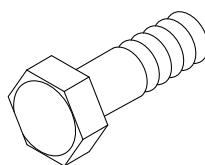
(15) Lock Nut M8
4 PCS



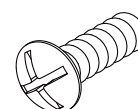
(27) Washer Ø16xØ6.5x1.0
2 PCS



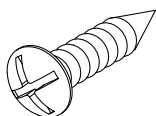
(38) Hex Head Bolt M8x23
2 PCS



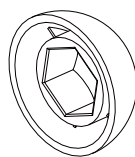
(43) Hex Head Bolt M8x43
2 PCS



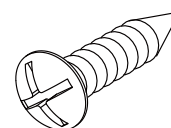
(51) Bolt M6x25
2 PCS



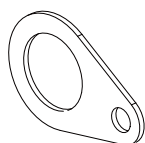
(54) Screw ST3.5x15
8 PCS



(55) Nut Cap Ø27xØ13.5
4 PCS

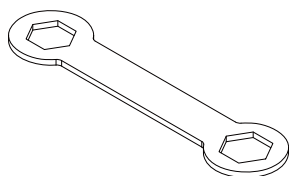


(68) Screw ST4.8x20
1 PC

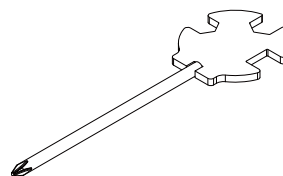


(72) Pivot Arm Ring
2 PCS

TOOLS

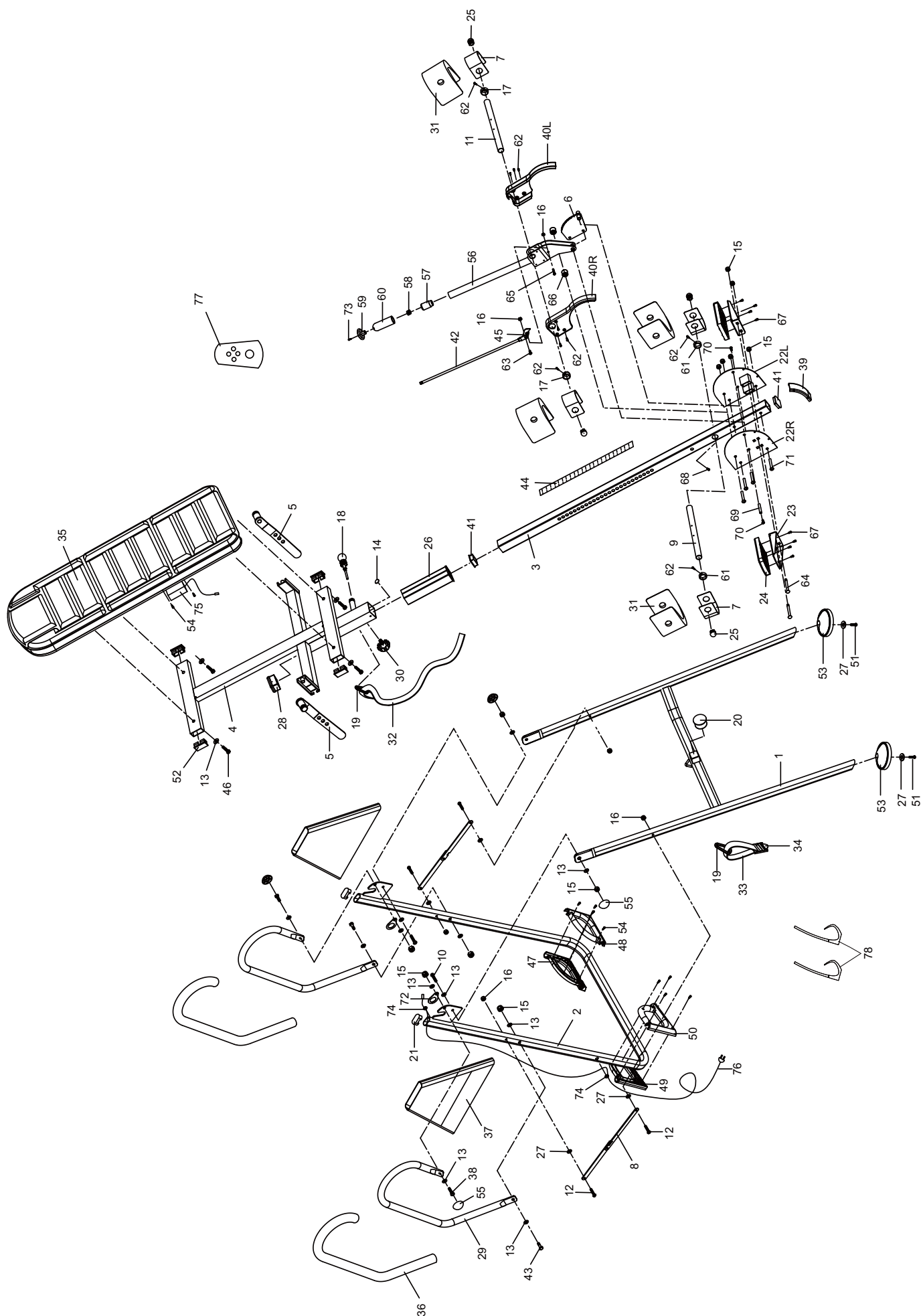


Hex Tool
1 PC



Multi Hex Tool with Phillips Screwdriver
1 PC

OVERVIEW DRAWING



PARTS LIST

Part#	Description	Quan.	Part#	Description	Quan.
001	Front Frame	1	035	Foam Bed	1
002	Rear U-Frame	1	036	Far Infrared Foam Grip	2
003	Adjustable Boom	1	037	Protective Cover	2
004	Bed Frame	1	038	Hex Head Bolt M8x23	2
005	Pivot Arm	2	039	Front Plastic Cover	1
006	Adjustable Lock Plate	1	040L	Left Plastic Cover	1
007	Heel Holder Bracket	4	040R	Right Plastic Cover	1
008	Folding Arm	2	041	Adjustable Boom Square End Cap	2
009	Rear Rod	1	042	Locking Pin	1
010	Bolt M8x23	2	043	Hex Head Bolt M8x43	2
011	Front Rod	1	044	Height Scale	1
012	Phillips Screw M6x35	4	045	Latch	1
013	Washer Ø20xØ8.5x1.5	16	046	Hex Head Bolt M8x40	4
014	Round Plate	1	047	Left Rear Foot Cap with Handle	1
015	Lock Nut M8	12	048	Left Front Foot Cap with Handle	1
016	Lock Nut M6	6	049	Right Rear Foot Cap with Handle	1
017	Blocking Bush Ø28.5xØ23x14	2	050	Right Front Foot Cap with Handle	1
018	Spring Knob	1	051	Bolt M6x25	2
019	Safety Hook	2	052	Bed Frame End Cap (□25x50mm)	4
020	Rubber Pad	1	053	Front Foot Cap	2
021	Rear U-Frame Oval End Cap	2	054	Screw ST3.5x15	10
022L	Left Adjustable Boom Plate	1	055	Nut Cap Ø27xØ13.5	4
022R	Right Adjustable Boom Plate	1	056	Adjustable Handle	1
023	In-Step Frame	2	057	Handle Cap	1
024	In-Step Foot Pad	2	058	Handle Spring	1
025	Round End Cap	4	059	Button	1
026	Lower Bed Frame Bushing	1set	060	Handle Tip	1
027	Washer Ø16xØ6.5x1.0	6	061	Blocking Bush Ø28.5xØ22.5x10	2
028	Upper Bed Frame Bushing	1	062	Screw M3x10	10
029	Handlebar	2	063	Bolt M6x15	1
030	Knob	1	064	Carriage Bolt M8x70	2
031	Rubber Heel Holder	4	065	Bolt M6x30	1
032	Nylon Strap	1	066	Spacer Ø22x16.8	2
033	Loop Strap	1	067	Screw ST4.2x12	8
034	Strap Lock	1	068	Screw ST4.8x20	1

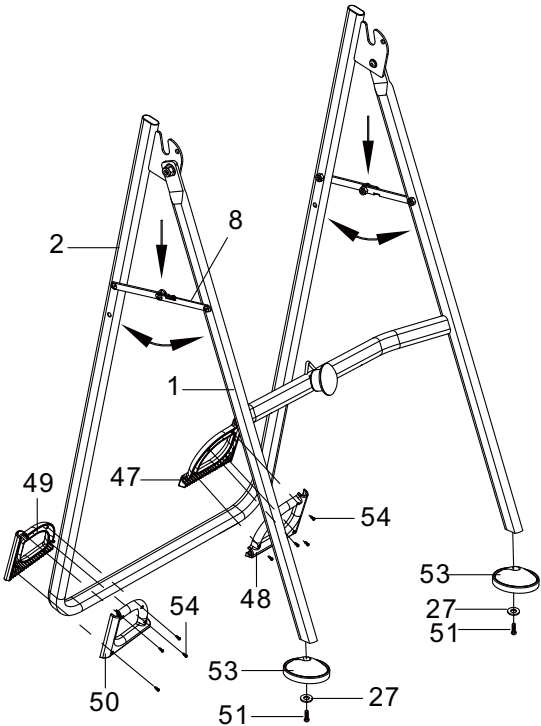
PARTS LIST

Part#	Description	Quan.	Part#	Description	Quan.
069	Shaft Nut Ø8	1	074	Wire Plug	2
070	Bolt M5x10	2	075	Controller	1
071	Bolt M8x50	4	076	Power Cord	1
072	Pivot Arm Ring	2	077	Remote Control	1
073	Bolt M4x25	1	078	Velcro Strap	2

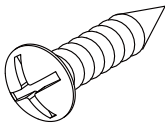
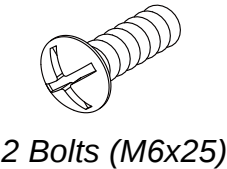
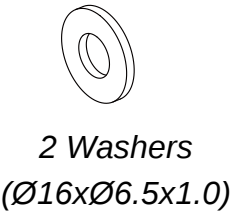
ASSEMBLY INSTRUCTIONS

Step 1

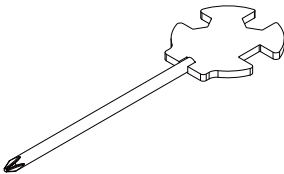
Stand up the base of the machine by separating the frames. Pull the Front and Rear U-Frames (1, 2) as far apart from each others as possible. Then push down on the middle of the two Folding Arms (8) until they are fully locked down. Attach both Front Foot Caps (53) onto the Front Frame (1) with two Ø16xØ6.5x1.0 Washers (27) and M6x25 Bolts (51). Attach Left Rear/Front Foot Caps with Handle (47, 48) and Right Rear/Front Foot Caps with Handle (49, 50) onto the bottom of the Rear U-Frame (2) with eight ST3.5x15 Screws (54). Tighten bolts and screws with the Multi Hex Tool with Phillips Screwdriver provided.



Hardware:



Tool:

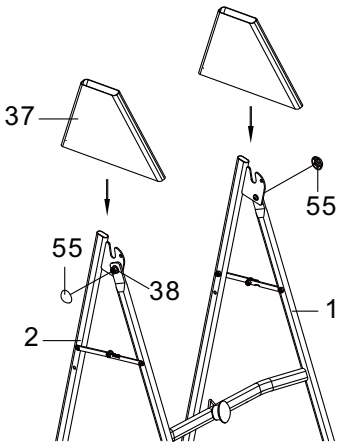


Multi Hex Tool with Phillips Screwdriver

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Step 2

Install two Ø27xØ13.5 Nut Caps (55) onto M8x23 Hex Head Bolts (38). Slide the Protective Covers (37) on to each side of the base as shown, and pull down on the covers until the bottom of the covers are slightly lower than the Folding Arms (8). Use the Velcro straps on the bottom of the covers to secure the covers to the folding arms. When the covers are assembled correctly, the folding arms should be fully covered by the protective covers.



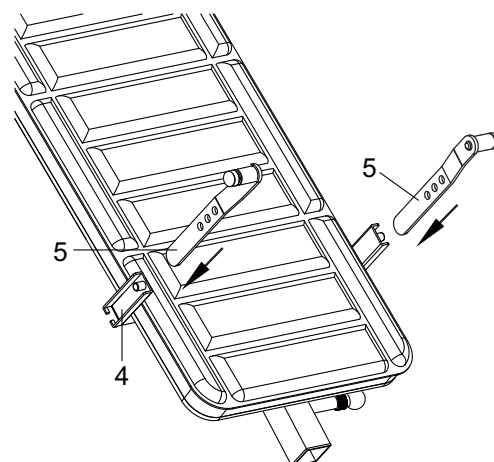
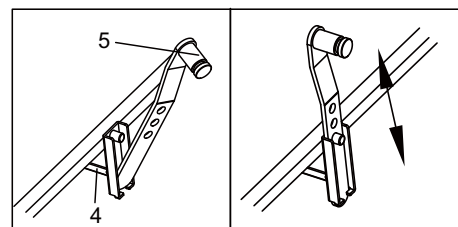
Hardware:



2 Nut Caps (Ø27xØ13.5)

Step 3

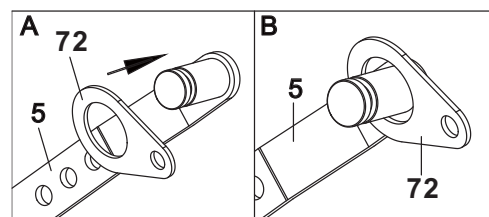
Slide the bottom of the Pivot Arms (5) into the brackets, located at each side of the Bed Frame (4), align to the desired hole on the arm with the peg on the bracket. Insert the peg into the hole to lock the pivot arm in place. It is recommended that you use the bottom hole on the pivot arm until you become more familiar with the equipment.



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Step 4

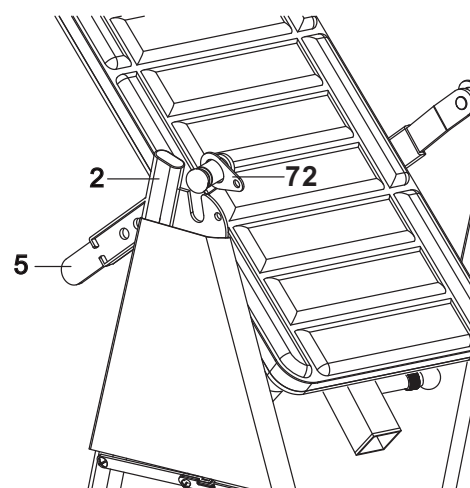
Install the Pivot Arm Rings (72) onto the Pivot Arms (5). Mount the Bed Frame (4) to the Rear U-Frame (2) by inserting the ends of the Pivot Arms (5) into the channels on the plates. The slotted portion of the rollers on the end of the Pivot Arms (5) should be inserted into the channels on the plates.



Hardware:

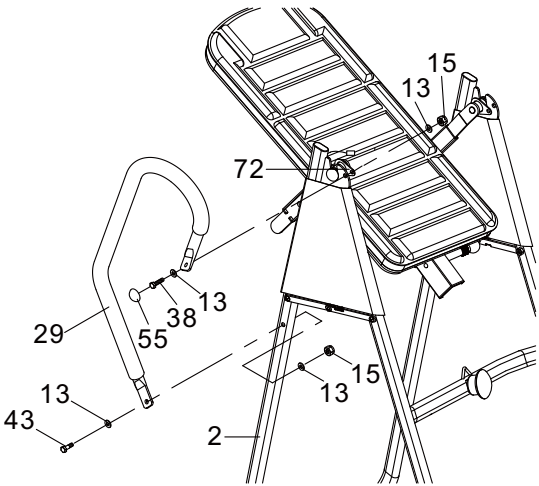


2 Pivot Arm Rings

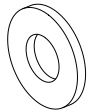


Step 5

Attach the top end of Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72) with one M8x23 Hex Head Bolt (38), M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Attach the bottom end of the Handlebar (29) onto the Rear U-Frame (2) with one M8x43 Hex Head Bolt (43), M8 Lock Nut (15), and two Ø20xØ8.5x1.5 Washers (13). Tighten bolts with two Multi Hex Tools provided. Install two Ø27xØ13.5 Nut Caps (55) onto M8x23 Hex Head Bolt (38). Repeat above same steps to attach the other Handlebar (29) onto the Rear U-Frame (2) and Pivot Arm Ring (72).

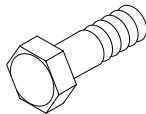
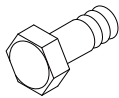


Hardware:



8 Washers
(Ø20xØ8.5x1.5)

4 Lock Nuts (M8)

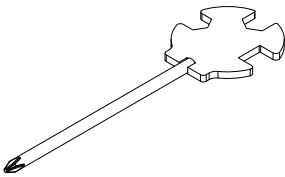


2 Hex Head Bolts
(M8x23)

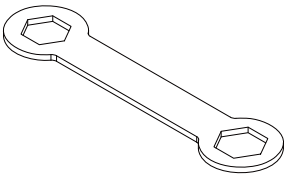
2 Hex Head Bolts
(M8x43)

2 Nut Caps (Ø27xØ13.5)

Tool:



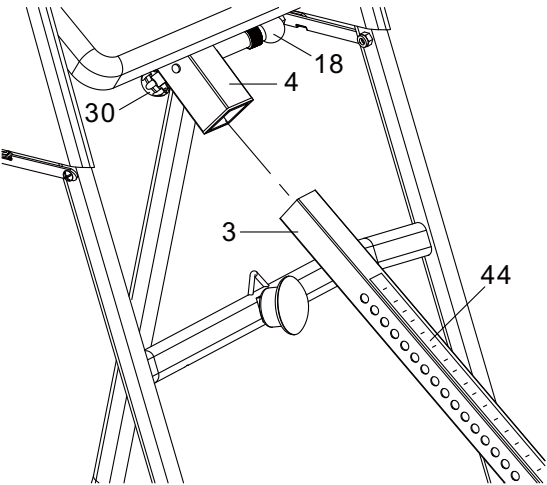
Multi Hex Tool with Phillips Screwdriver



Hex Tool

Step 6

Pull out the Spring Knob (18), and slide the Adjustable Boom (3) into the square bracket on the bottom of the Bed Frame (4) as shown. Slide the boom upward, until the desired height on the Height Scale (44) is just below the bracket on the bed frame. Lock the Adjustable Boom (3) in place by releasing the Spring Knob (18) and sliding the Adjustable Boom (3) up or down slightly until the Spring Knob (18) "pops" down into the locked position. For added safety, secure the Knob (30) into the back side of the bracket on the Bed Frame (4) as shown.

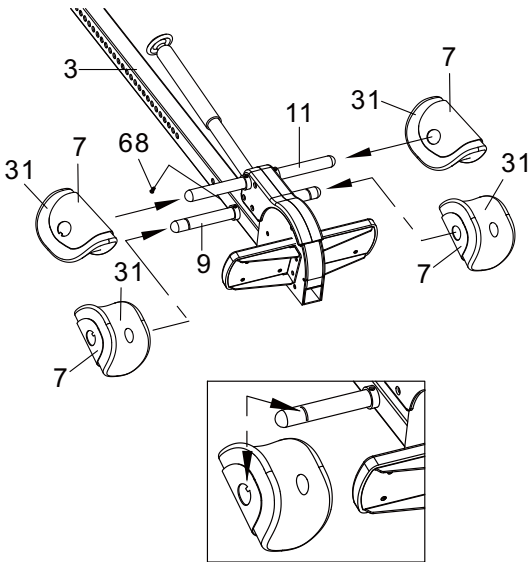


Step 7

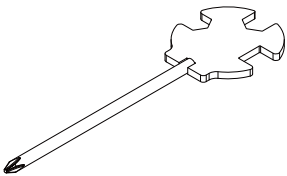
Slide the Rear Rod (9) through the large round hole on the side of Adjustable Boom (3), and secure the Rear Rod (9) on the Adjustable Boom (3) with a ST4.8x20 Screw (68).

Slide two Heel Holder Brackets (7) and Rubber Heel Holders (31) onto both ends of the Rear Rod (9) until the lock teeth are wedged into the slots in the Rear Rod (9), as shown in detailed drawing. Use the same procedure to attach the other two Heel Holder Brackets (7) and Rubber Heel Holders (31) onto the Front Rod (11).

NOTE: Make sure the lock teeth are wedged into the slots in the Rear Rod (9) and Front Rod (11) to lock the Heel Holder Brackets (7) and Rubber Heel Holders (31) in place before use.

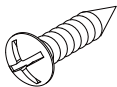


Tool:



Multi Hex Tool with Phillips Screwdriver

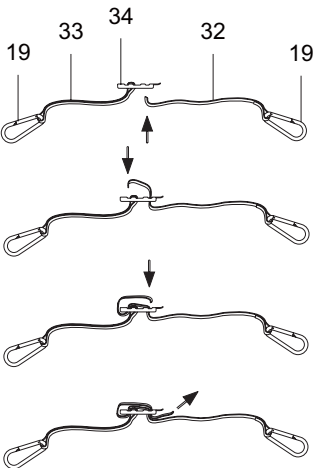
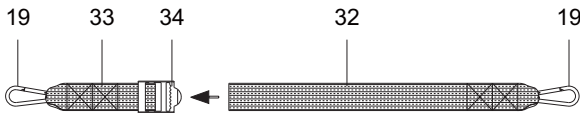
Hardware:



1 Screw (ST4.8x20)



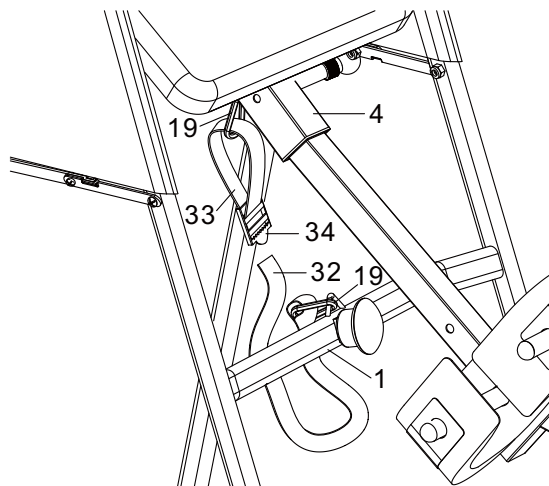
Step 8



Attach the Nylon Strap (32) to the Strap Lock (34) by inserting the end of the strap up through the bottom of the strap lock, loop the Nylon Strap (32) over the Pre-assembled Loop Strap (33) and down through the Strap Lock (34). Now, loop the strap back over itself, and insert back through the Strap Lock (34), and pull tight to secure. See diagram.

Step 9

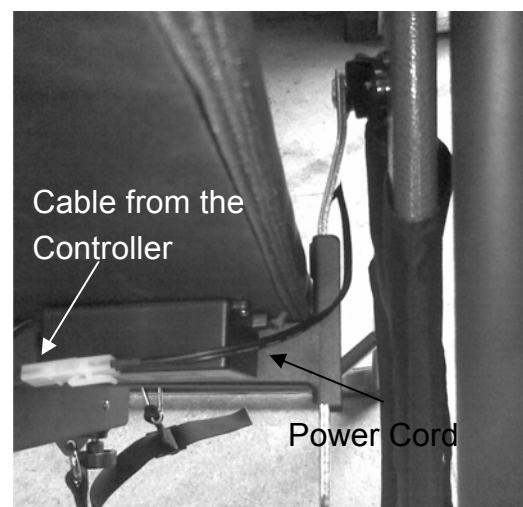
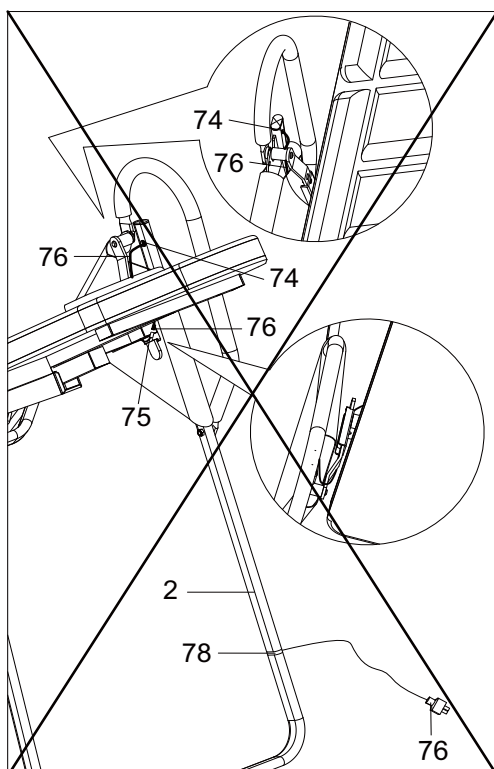
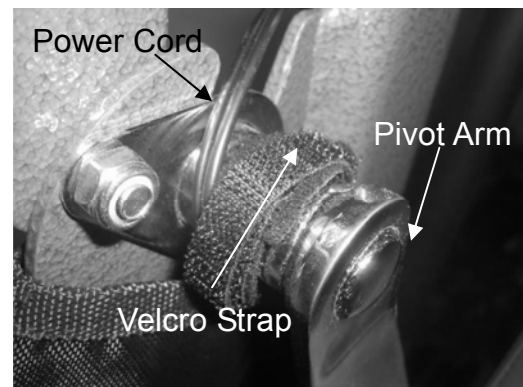
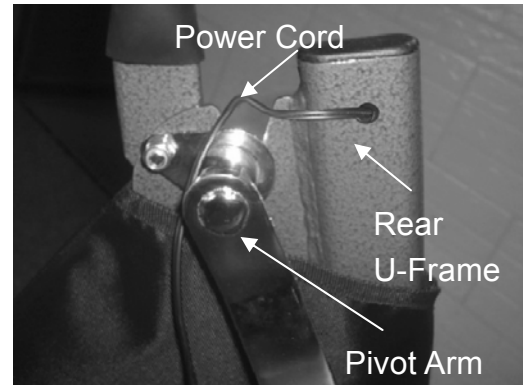
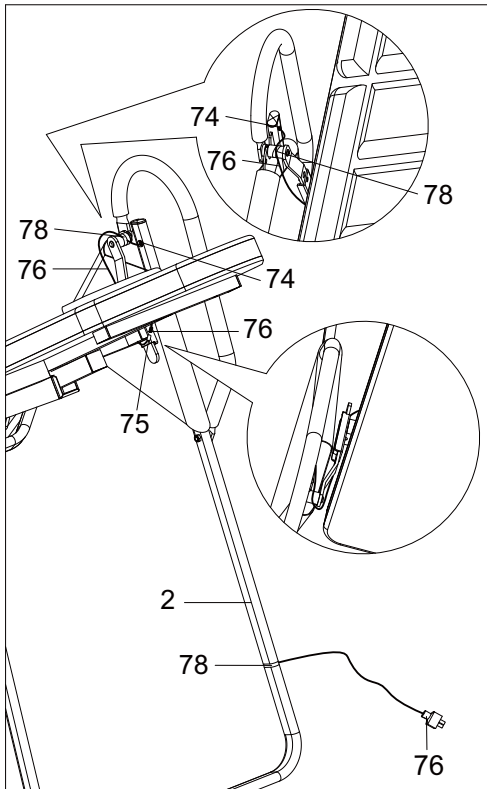
Attach the Nylon and Loop Straps (32, 33) to the inversion table by hooking the end of the Loop Strap (33) to the pre-assembled loop on the back of the Bed Frame (4) as shown. Now hook the other end of Nylon Strap (32) to the other pre-assembled loop on the Front U-Frame (1) as shown.



ROUTING THE CABLE

Route the cable as illustrated, place the Power Cord (76) from the Rear U Frame (2) onto the Pivot Arm (5). Use a Velcro Strap (78) to secure the Power Cord (76) to the Pivot Arm (5). Slowly turn the table all the way until it becomes 180 degree, to make sure the cable is long enough and will not entangle any part of inversion table while you are using it. Finally, connect the Power Cord (76) to the cable that comes from the Controller (75).

Caution: Do not route the cable other than instructed herewith, or the cable may be snapped during inverting.





Caution: Wrong Routing

Do not route the cable from outside of the handlebar.

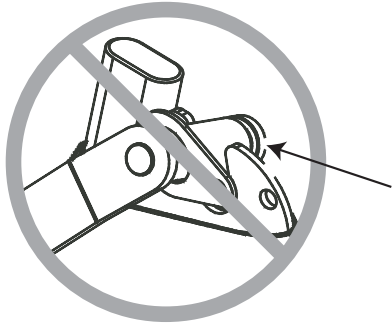


Caution: Wrong Routing

The cable did not route through the axle of pivot arm first.

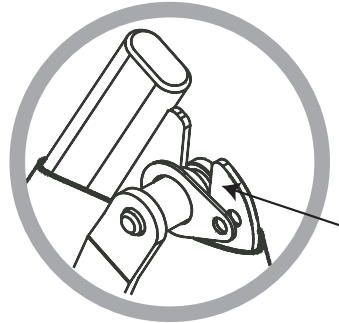
SAFETY OPERATING INSTRUCTIONS

Incorrect



Pivot arm is NOT aligned correctly.
The pivot arm is not inserted all the way into the curved slot.

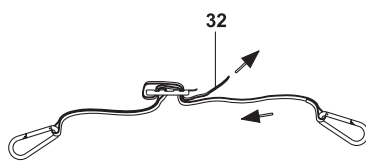
Correct



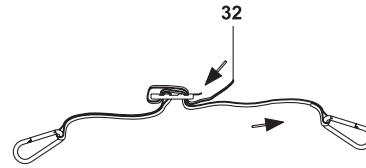
Make sure the pivot arm is inserted all the way into the slot. Pivot arm is aligned correctly when the groove sits directly on the curved slot and the pivot arm is able to rotate freely.

WARNING: Please make sure both pivot arms are in the same hole to prevent serious injury from occurring.

OPERATION AND ADJUSTMENTS



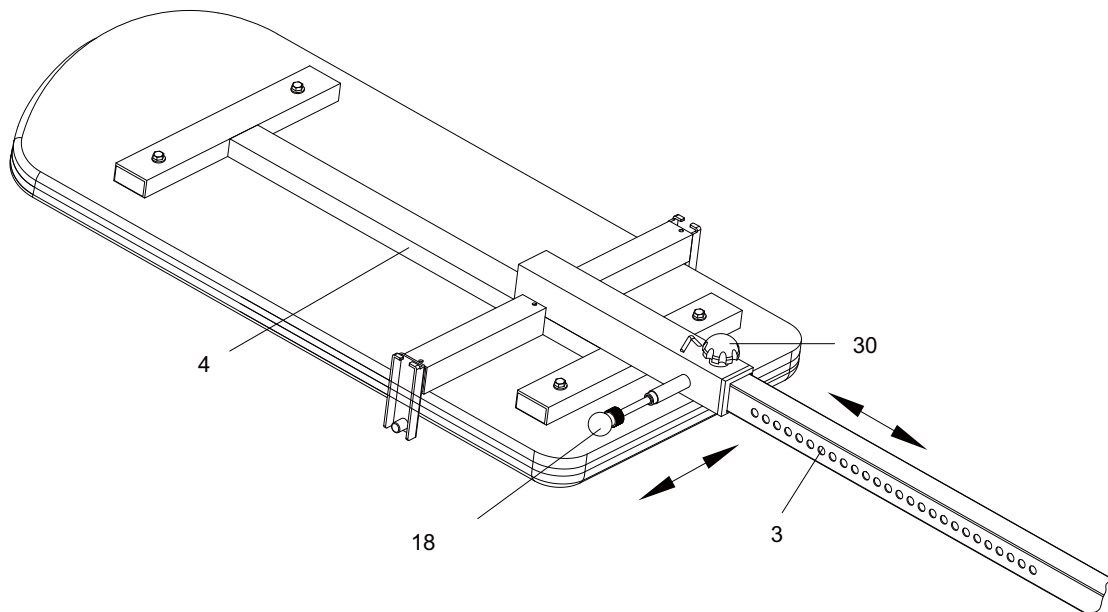
SHORTEN



LENGTHEN

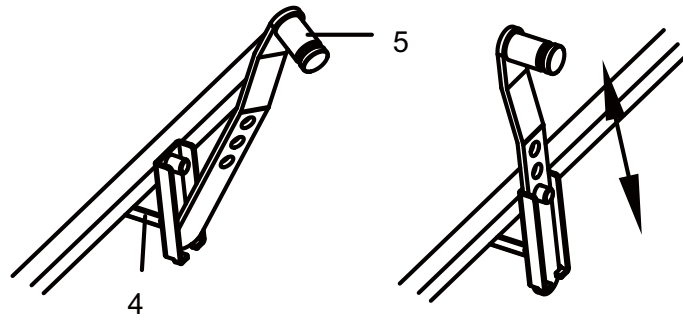
THE STRAP

For added safety, a nylon strap has been included to restrict the degree of inversion. This strap can be adjusted to different lengths to allow for a greater or lesser degree of inversion. To lengthen the Nylon Strap (32) feed the top end of Nylon Strap (32) into the strap lock, and pull on the lower end of the strap. To shorten the length feed the bottom end of Nylon Strap (32) into the strap lock, and pull on the top end.



ADJUSTING THE BOOM

The Adjustable Boom (3) can be moved to a variety of different positions, in order to accommodate the height of the person on the inversion table. To adjust the Adjustable Boom (3) loosen the knob (30), pull out the Spring Knob (18), and slide the Adjustable Boom (3) up or down until the desired height on the height scale is positioned just below the square bushing. When the Adjustable Boom (3) is in the desired position, simply release the Spring Knob (18), slide the Adjustable Boom (3) slightly up or down until the Spring Knob (18) locks into place, and tighten the Knob (30).



PIVOT ARMS

The Pivot Arms (5) can be adjusted to allow for a greater or lesser degree of inversion. To adjust the Pivot Arms (5) simply pull out on them until the post is out of the hole, slide them up or down to the desired hole, push in until the post goes through the desired hole. The bottom hole provides the least amount of inversion, while the top hole provides the greatest amount. It is recommended that beginners use the bottom hole until they are familiar with the inversion table.

NOTE: Both Pivot Arms (5) must be adjusted to the same hole. Trying to adjust the Pivot Arms (5) on two different positions could cause damage to the inversion table or injury to the user.

THE HANDLEBARS

For added convenience and safety, a set of Handlebars (29) has been added to the inversion table. These Handlebars (29) are located at the top of the Rear U-Frame (2). The Handlebars (29) are there to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the Handlebars (29) and pull on them until you return to the upright position.

NOTE: The inversion table should always return to the upright position when you move your hands below your waist. If it does not, the inversion table is probably not adjusted correctly to your height.

* Always hold on to the handlebars and go back slowly. Failure to comply could result in serious physical injury.

GENERAL PRECAUTIONS

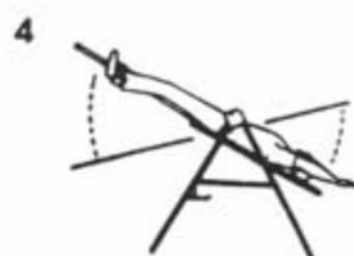
1. Make sure that the Pivot Arms (5) are locked on the lowest hole for the first few attempts.
2. It is recommended that someone be with you while you are using this inversion table for the first few times.
3. Make sure that the Rubber Heel Holders (31) are holding your feet securely.
4. Make sure that the Adjustable Boom (3) is properly set to your height.
5. Make sure that the Adjustable Boom (3) is held securely by both the Spring Knob (18) and the Knob (30).
6. Make sure that there is enough room for the bed to rotate completely.

BALANCING THE INVERSION TABLE

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 inversion table, lock your ankles into the heel holders, and lie back with your hands at your sides. Slowly place your hands across your chest. While in this position, your head should still be above your feet. If your feet are above your head, dismount and adjust the height again.

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 with the use, rock the bed slowly by moving your arms up and down 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 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. If you get nauseous, do not fight it, come up as soon as you feel queasy.
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 time each day.

ABOUT QUICK RELEASE ANKLE LOCK SYSTEM

Before mounting the table, press the button on top and pull open. Pull the handle to lock your feet securely after mounting the table.

When dismounting the table, press the button to release and open. If the button is too tight, pull the handle toward you first before pressing the button to release.

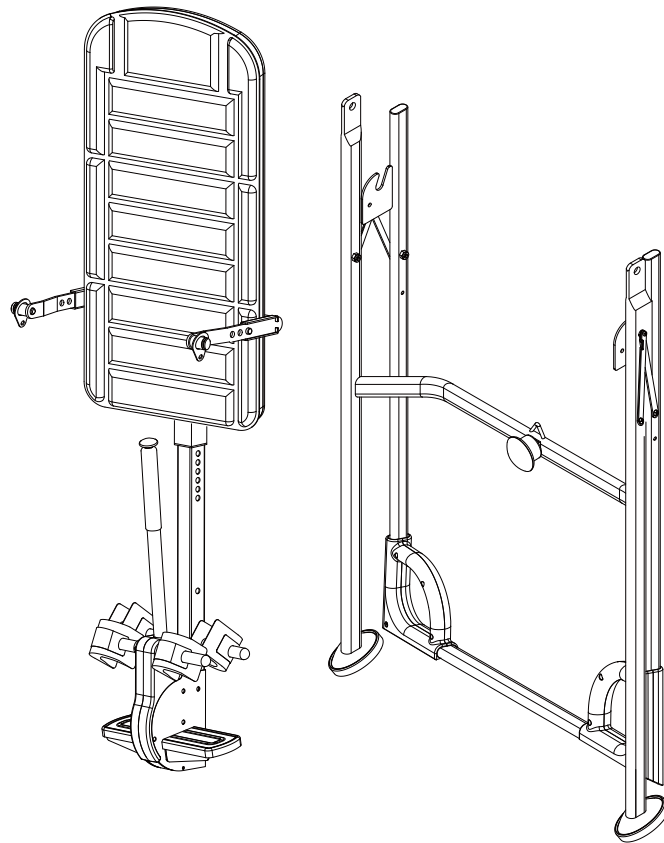
Warning: To avoid serious injury, feet must be secured before inverting. Do not use the table if the ankle lock system does not function properly.

MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

1. Check the pivot arms, bed, heel holders for wear and tear.
2. Replace damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired.

STORAGE



FOLDING THE INVERSION TABLE

For your storage convenience, the inversion table can be folded down to place against a wall, under a bed, or in a storage area. To fold the inversion table pull out the Spring Knob (18) and loosen Knob (30). Now, slide the Adjustable Boom (3) all the way up into the frame, until the instep frame is just below the Bed Frame (4), release the Spring Knob (18) and slide the Adjustable Boom (3) slightly up or down until the Spring Knob (18) locks the Adjustable Boom (3) in place. Remove the Bed Frame (4) from the base by lifting up on the Bed Frame (4) until the Pivot Arms (5) come out of the arm slots located at the top of the Rear U-Frame (2), (Make sure the Strap is not attached to the Bed Frame before attempting to remove it.) Push up on the center of the Folding Arms (8) and push the Front and Rear U-Frames (1, 2) together until they meet. Now the machine is ready to be stored, allowing you to unfold it quickly and easily whenever you want to use it.

ABOUT TEMPERATURE

1. The temperature readout is based on the sensor built-in with the Fiber Glass Infrared heater mat inside. It does not represent the temperature of the cushion surface.
2. Put a towel or cloth on top of the cushion will help increase the temperature even faster.
3. After the 15-20 minutes preheat time, get on the inversion table and lay your back on the heat cushion, the temperature will continue to increase.

REMOTE CONTROL AND CONTROLLER OPERATION

1. By default setting, when turned on, the temperature is set to 140 degrees F (60 degrees C), and timer is set to 40 minutes. This will ensure the far infrared foam bed heats up as quickly as possible. Adjust the temperature down to your desire setting after preheat. Set Low Heat at 100-110, Medium Heat at 120-130, or High Heat at 130-140 degrees F.
2. The normal preheat time is 15-20 minutes, under room temperature at 68-77degrees F (20-25 degrees C).
3. Both Remote Control and Controller can be used to set desired temperature and time.
4. The LED on the Controller reads out the current temperature and remaining time.
5. The Remote Control will function either aiming directly to the Controller or to the wall/ceiling in the room when using the table.
6. The Remote Control comes with a Velcro strap. Pull apart to open the Velcro strap for two layers. Remove the liner away from the short layer, choose adhesive backing for bonding to the back of the Remote Control. Remove the liner away from the long layer, choose adhesive backing for bonding to the inversion table where it is easy reach by hand, such as Front U-Frame. Attach the Remote Control to it when not in use. Or simply drop it into the mesh pocket of the right side cover for storage.

Precautions

Plug must be plugged into an appropriate outlet that is properly installed. Improper connection can result in the risk of electric hazard.

A typical indoor extension cord may used to reach a desired electrical outlet.

Set the temperature and time to a comfortable level.

Far Infrared Foam Bed Operation

Plug the unit into the outlet with the “**POWER**” light off before starting it and use the **ON/OFF** switch to turn on the cushion. After starting the unit, the digital light of temperature displays the set temperature as 140 degrees F (60 degrees C). The temperature can be changed by pressing the “**^**” or “**v**” button to increase or decrease the temperature. The digital light of time displays the set time is 59 minutes. Timer can be changed by pressing the “**+**” or “**-**” button to increase or decrease time. After 5 seconds, the digital light in temperature flashes 2 times and then returns to display the current temperature of far infrared foam bed. When pressing the button “**^**” or “**v**” again, it will change to display the “set temperature” and can be set to desired temperature.

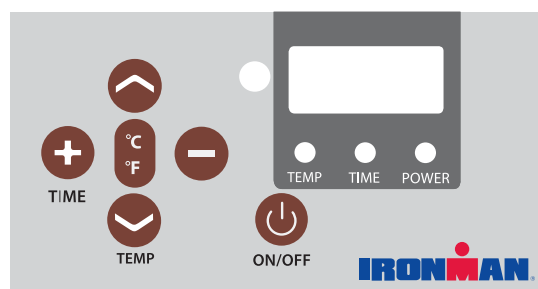
Press the °C/°F button to switch the display between Centigrade and Fahrenheit.

Buzzer will beep when time counts down to 0 or the temperature reaches your set temperature.

After using the unit, turn off the **ON/OFF** switch, and unplug the power cable.



REMOTE CONTROL



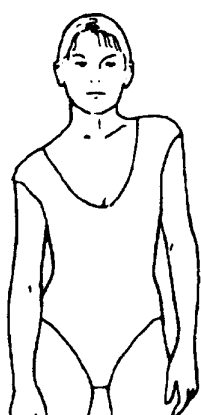
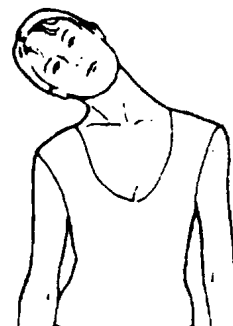
CONTROLLER PANEL

WARM UP

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

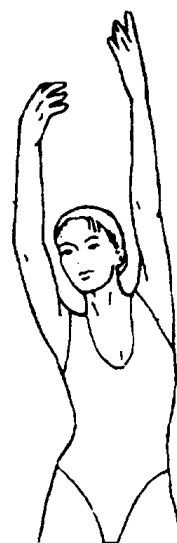
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then 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, then drop your head to your chest for one count.



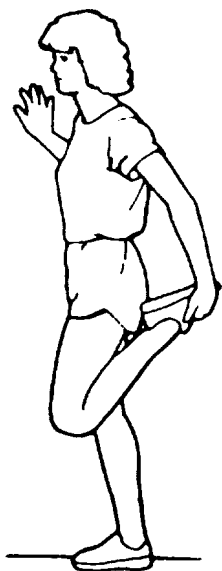
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.

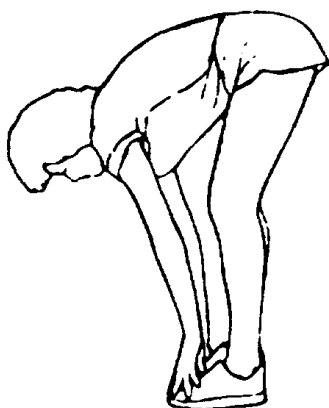


QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.

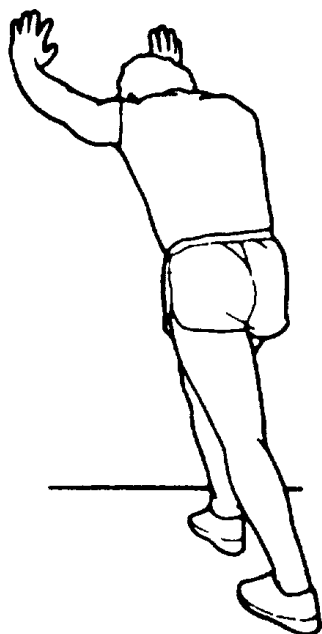
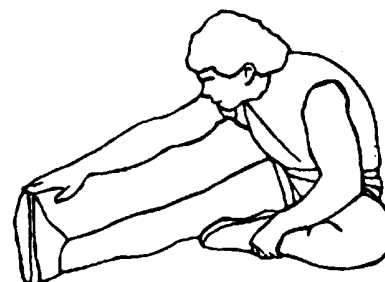


TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.

HAMSTRING STRETCHES

Extend your right leg. 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.



CALF/ACHILLES STRETCH

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.



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