

ORDERING REPLACEMENT PARTS

If you encounter any problems with this product, or if you need to order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER of the product (WEEMBE13340)
- the NAME of the product (WEIDER® INVERSION SYSTEM inversion table)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

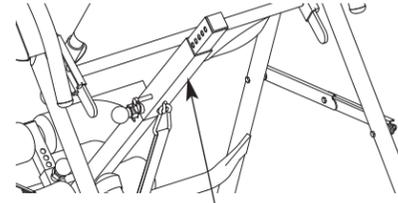
WEIDER® INVERSION SYSTEM

USER'S MANUAL

Model No. WEEMBE13340

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

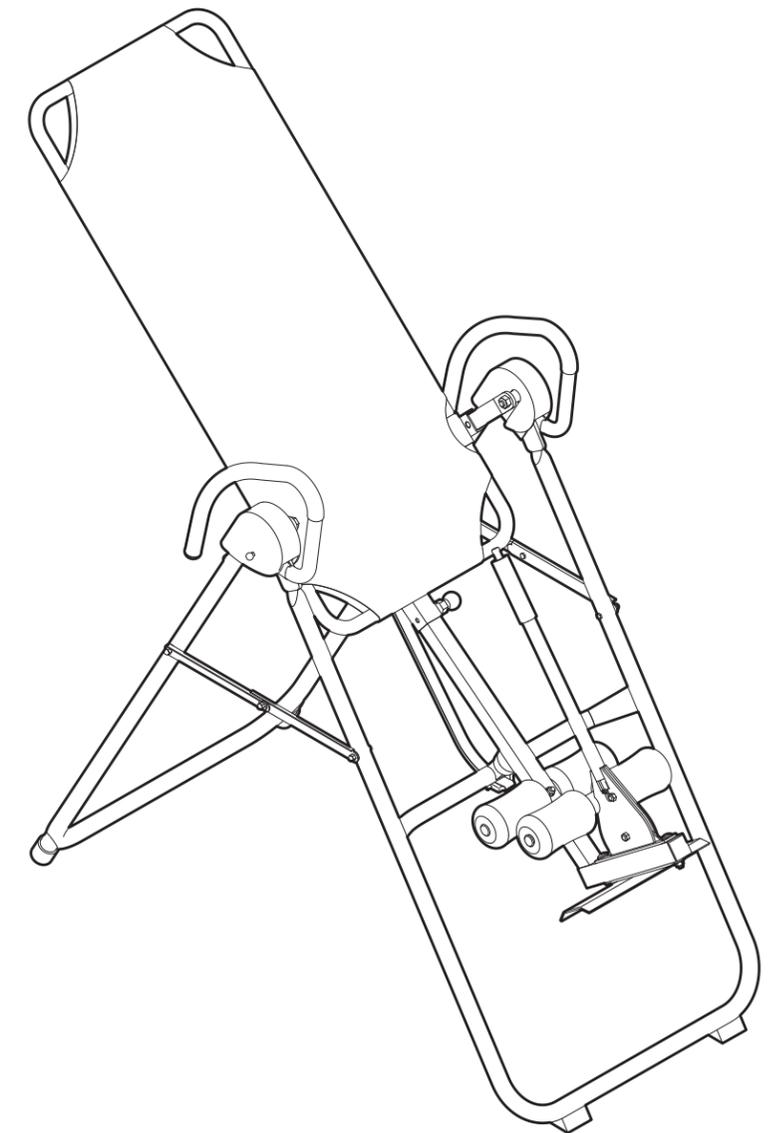
08457 089 009

Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG
UK

csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Visit our website at

www.iconeurope.com

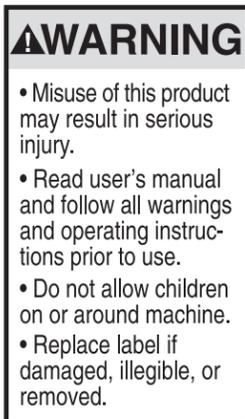
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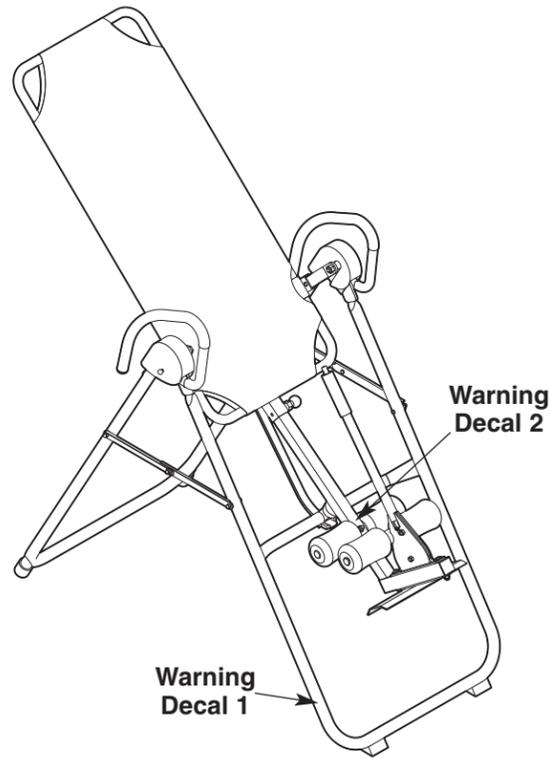
WARNING DECAL PLACEMENT

The decals shown here have been placed on the inversion table. If a decal is missing or illegible, please call our Customer Service Department and order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.

Warning Decal 1

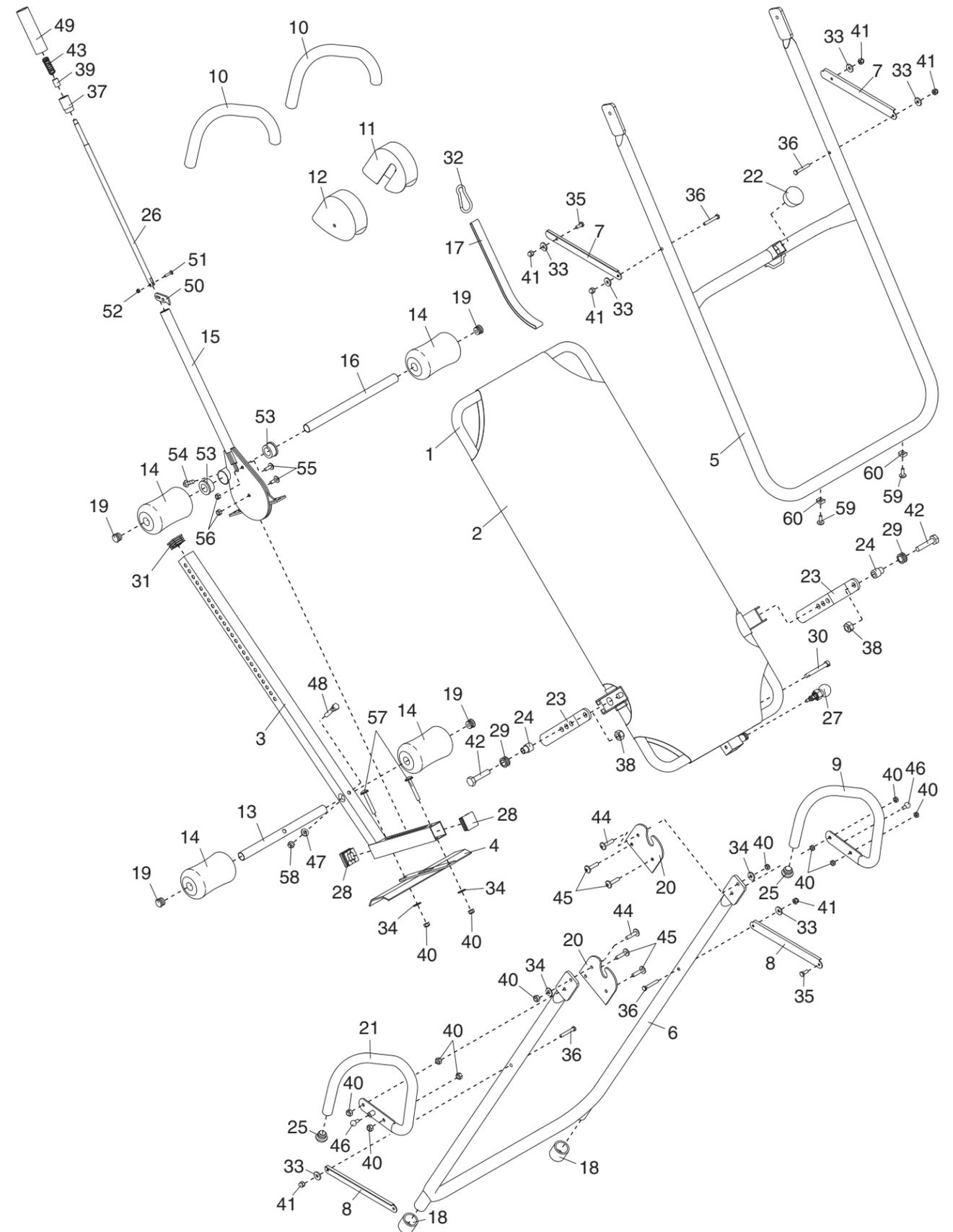


Warning Decal 2



EXPLODED DRAWING—Model No. WEEMBE13340

R0804A



PART LIST—Model No. WEEMBE13340

R0804A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest Frame	32	1	Clip
2	1	Backrest	33	6	M6 Washer
3	1	Adjustment Leg	34	4	M8 Washer
4	1	Foot Plate	35	2	M6 x 13mm Bolt
5	1	Front Frame	36	4	M6 x 45mm Bolt
6	1	Rear Frame	37	1	Adjustment Sleeve
7	2	Long Linking Bar	38	2	M12 Nylon Nut
8	2	Short Linking Bar	39	1	Adjustment Cap
9	1	Left Handlebar	40	12	M8 Nylon Nut
10	2	Foam Grip	41	6	M6 Nylon Dome Nut
11	1	Left Cover	42	2	M12 x 50mm Bolt
12	1	Right Cover	43	1	Spring
13	1	Leg Pad Tube	44	2	M8 x 20mm Bolt
14	4	Round Foam Pad	45	4	M8 x 30mm Bolt
15	1	Ankle Lock	46	2	Small Knob
16	1	Lever Pad Tube	47	1	M8 Zinc Washer
17	1	Strap	48	1	M8 x 40mm Bolt
18	2	Large Round Outer Cap	49	1	Adjustment Foam Grip
19	4	Small Round Inner Cap	50	1	Adjustment Catch
20	2	Saddle Plate	51	1	M4 x 15mm Bolt
21	1	Right Handlebar	52	1	M4 Nut
22	1	Bumper	53	2	Bushing
23	2	Pivot Bar	54	1	M4 x 20mm Screw
24	2	Spacer	55	2	M8 x 20mm Bolt
25	2	Round Inner Cap	56	2	M8 Nut
26	1	Adjustment Shaft	57	2	M8 x 55mm Bolt
27	1	Large Knob	58	1	M8 Zinc Nut
28	2	38mm Square Inner Cap	59	2	M4 x 15mm Self-tapping Screw
29	2	Pulley	60	2	Plastic Foot
30	1	Pin	#	1	User's Manual
31	1	33mm Square Inner Cap			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the inversion table.

1. Read all instructions in this manual before using the inversion table. Use the inversion table only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the inversion table are adequately informed of all precautions.
3. The inversion table is intended for home use only. Do not use the inversion table in a commercial, rental, or institutional setting.
4. Keep the inversion table indoors, away from moisture and dust. Do not put the inversion table in a garage or covered patio, or near water.
5. Use the inversion table only on a level surface. Cover the floor beneath the inversion table to protect the floor.
6. Make sure all parts are properly tightened each time you use the inversion table. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the inversion table at all times.
8. The inversion table is designed to support a maximum user weight of 135 kg (300 lbs.). Note: Do not use weights with the inversion table.
9. Always wear athletic shoes with laces to help secure your feet in the inversion table, and for foot protection whilst exercising.
10. The inversion table should be used only by persons 198 cm (6 ft. 6 in.) tall or less.
11. Always engage the pins on the backrest frame into the same hole in each pivot bar.
12. Keep hands and feet away from moving parts.
13. Make sure the pivot bars are held in the brackets on the backrest frame before using the inversion table.
14. Always make sure the ankle lock is secured snugly against your ankles and the short knob is fully engaged before using the inversion table.
15. Always make sure the linking bars are straight across before using the inversion table.
16. Do not use the handlebars to rotate up on the inversion table; the handlebars are for mounting and dismounting the inversion table.
17. Perform all activities on the inversion table in a slow, controlled manner. Aggressive exercise can cause the inversion table to tip over.
18. Always exercise with a partner. Your partner should be ready to return the backrest to the upright position if you cannot complete the rotation.
19. If you feel pain or dizziness whilst exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

⚠ WARNING: Following is a list of factors and conditions that may make inverting inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the inversion table.

- Pregnancy
- Hiatal hernia or ventral hernia
- Glaucoma, retinal detachment, or conjunctivitis
- High blood pressure, hypertension, or recent stroke or transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Middle ear infection and extreme obesity
- Spinal injury, cerebral sclerosis, or acutely swollen joints
- Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, or surgically implanted orthopedic supports
- The use of anticoagulants, including high doses of aspirin

DEVELOPING A PROGRAM

This section contains information and suggestions about using the inversion table. Make sure all parts are properly tightened each time the inversion table is used. Replace any worn parts immediately. **See the ADJUSTMENTS section starting on page 10 of this manual to identify parts referred to in this section.**

GETTING THE MOST OUT OF USING THE INVERSION TABLE

If you feel nauseated whilst using the inversion table, return to the starting position. Note that it may take a few weeks of use for your inner ear to become accustomed to being inverted.

Do not use the inversion table right after you have eaten.

Moving whilst using the inversion table may make it a more comfortable experience, and may help joints and muscles stretch and relax. Always move in a slow, controlled manner.

The greater the angle at which the inversion table is used, the shorter the time that you should rotate back before rotating up. Increase the amount of inverted time and the angle of use gradually.

Always pay attention to how your body feels as you use the inversion table. Increase the level of intensity only as it is comfortable for you. When you feel like you have had enough, return to the starting position.

BEGINNER PROGRAM

The following are suggestions for persons who are just starting to use the inversion table.

Set the Strap (17) to allow the Backrest Frame (1) to rotate to 20° or less for the first one or two weeks. This will allow the body time to adjust to the change in gravitational pull.

Use the inversion table for one or two minutes at a time, two or three times a day.

Stay inverted for only as long as it is comfortable. This may be only a few seconds at first.

INTERMEDIATE PROGRAM

The following are suggestions for persons who have become comfortable using the inversion table as described under the BEGINNER PROGRAM.

Increase the angle to which the inversion table can rotate, as it is comfortable. Adjust the Strap (17) to allow the inversion table to rotate to up to 60°, a few degrees at a time.

Start to do gentle stretching whilst using the inversion table.

Gradually increase the amount of time that you use the inversion table to 10 minutes or more, two or three times a day. Routines can be varied from rotating back for one or two minutes and then up for 30 seconds, to rotating back and up for equal amounts of time.

FULL INVERSION PROGRAM

The following are suggestions for persons who have become comfortable using the inversion table as described under the INTERMEDIATE PROGRAM and desire to rotate to greater angles, or to do sit-ups. Note that all the benefits of inversion can be gained by rotating to 60°. **Do not attempt to do sit-ups unless the Backrest Frame is locked in the fully inverted position.**

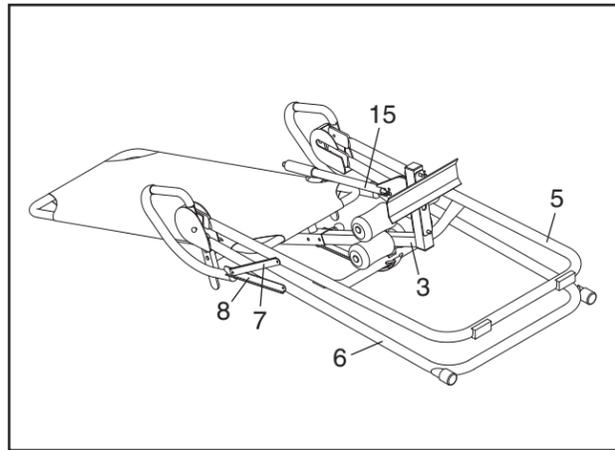
Increase the angle to which the inversion table can rotate, as it is comfortable. Adjust the Strap (17) to allow the inversion table to rotate until it comes in contact with the back of the crossbar on the Front Frame (5).

Adjust the Pivot Bars (23) so that the pin on the Backrest Frame (1) is in the top hole (see SELECTING THE PIVOT BAR POSITION on page 10). If the user weighs 99 kg (220 lbs.) or more, adjust the pin to the centre hole in the Pivot Bars. Rotate back and up as described on page 12.

STORING THE INVERSION TABLE

To store the inversion table, adjust the Adjustment Leg (3) to the shortest length (see ADJUSTING THE ADJUSTMENT LEG on page 11). Next, adjust the Ankle Lock (15) to the position closest to the Adjustment Leg (see USING THE ANKLE LOCK on page 11). Then, lift on the Linking Bars (7, 8) and fold the Frames (5, 6) together.

⚠ WARNING: Always make sure the Linking Bars (7, 8) are straight across before using the inversion table.



ROTATING ON THE INVERSION TABLE

This section explains how to rotate back on the inversion table and return to the starting position. It may be helpful to have a second person ready to assist you as you learn to use the inversion table. **See the ADJUSTMENTS section starting on page 10 of this manual to identify parts referred to in this section.**

SETTING UP AND MOUNTING THE INVERSION TABLE

Before using the inversion table, adjust the Pivot Bars (23), the Adjustment Leg (3), and the Strap (17) to the correct settings for the user. Secure your ankles in the Ankle Lock (15).

ROTATING BACK ON THE INVERSION TABLE

To rotate back on the inversion table, slowly lift your arms over your head until you reach the desired position. The speed at which you lift your arms will determine how quickly the inversion table will rotate. Rest your arms in a comfortable position without causing the inversion table to rotate.

To lock the backrest in the fully inverted position, it may be necessary to push against the floor or the Rear Frame (6) for the last few degrees, so that the Backrest Frame (1) rests against the crossbar on the Front Frame (5). The weight of your body will then lock the inversion table in the fully inverted position.

ROTATING UP ON THE INVERSION TABLE

To return to the starting position, bend your knees slightly and slowly move your hands toward your waist until you rotate toward a horizontal position. Rest in a horizontal position for 30 to 60 seconds before rotating to the starting position. This will allow your body to readjust. Return to the starting position slowly. Dizziness after using the inversion table is an indication that you have returned to the starting position too quickly.

To rotate up from the fully inverted position, hold the corner of the Backrest Frame (1) behind your head with one hand, and the bottom of the Rear Frame (6) with the other hand. Pull the Backrest Frame toward the Rear Frame. This will release the Backrest Frame from the fully inserted position. Rotate up as described above.

Do not try to sit up or use the Handles (9, 21) to return to the starting position.

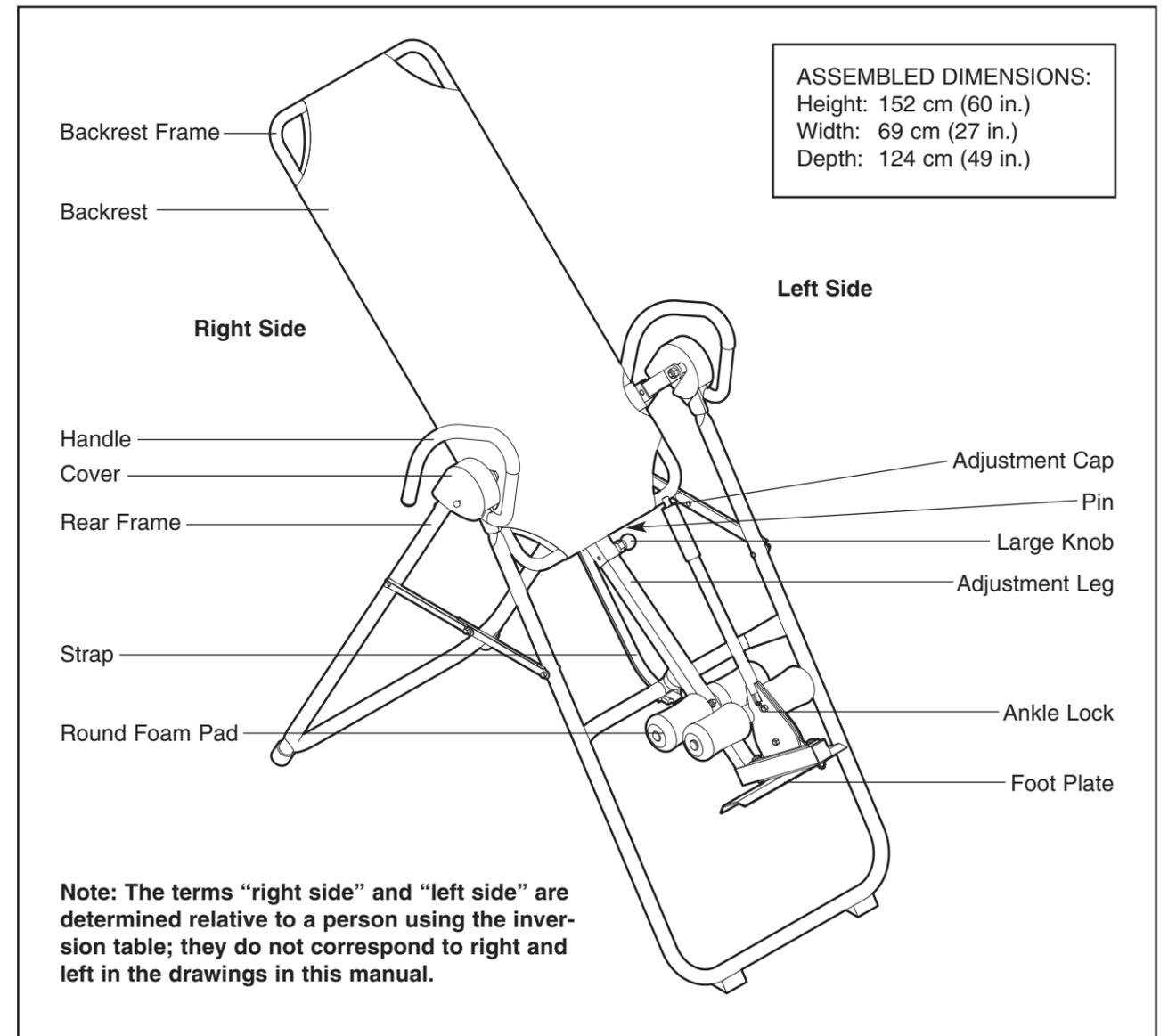
BEFORE YOU BEGIN

Thank you for selecting the WEIDER® INVERSION SYSTEM inversion table. The inversion table will increase your intervertebral dimension, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain associated with the listed conditions.

For your benefit, read this manual carefully before using the inversion table. If you have questions after reading this manual, please call our Customer Service

Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is WEEM-BE13340. The serial number can be found on a decal attached to the inversion table (see the front cover of this manual).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



Note: The terms “right side” and “left side” are determined relative to a person using the inversion table; they do not correspond to right and left in the drawings in this manual.

ASSEMBLY

Make Things Easier for Yourself

This manual is designed to ensure that the inversion table can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the inversion table, make sure all parts are oriented as shown in the drawings.

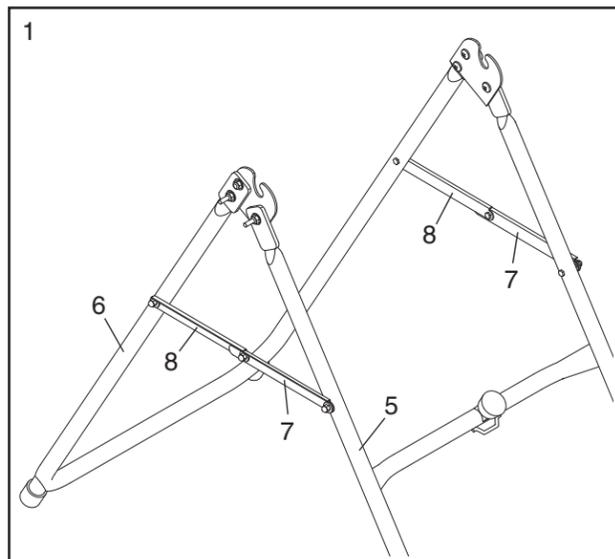
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

The following tools (not included) are required for assembly:

- **Two adjustable spanners** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

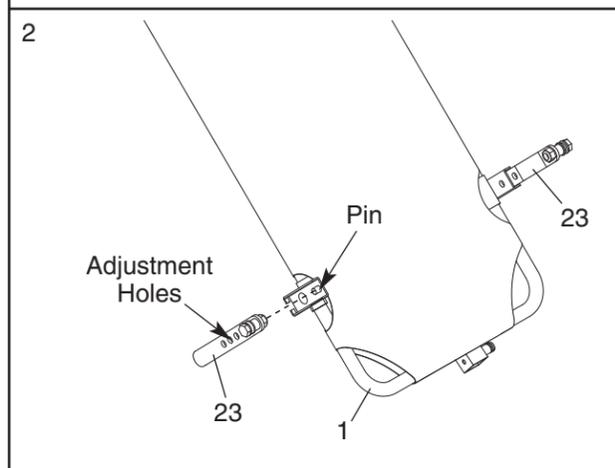
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

1. Open the Front and Rear Frames (5, 6), and push down on the Linking Bars (7, 8) so that they are straight across as shown.



2. Insert the end of a Pivot Bar (23) with the adjustment holes into the bracket on one side of the Backrest Frame (1). Engage the pin on the Backrest Frame into the centre adjustment hole.

Repeat this step with the other Pivot Bar (23).

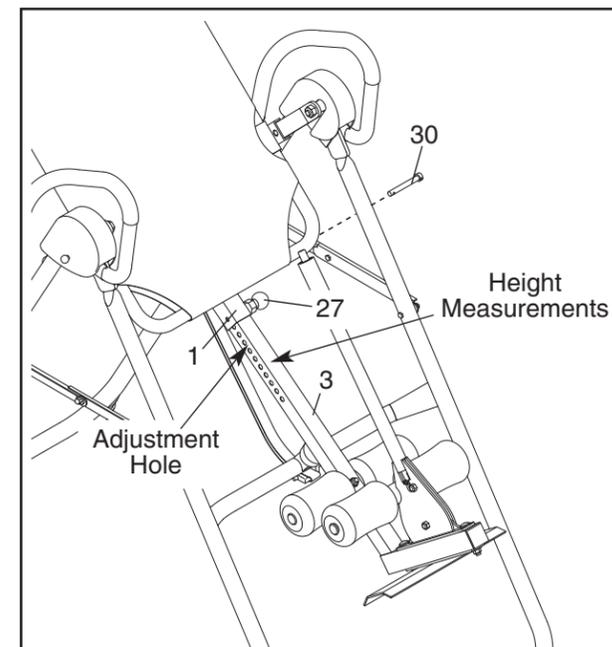


ADJUSTING THE ADJUSTMENT LEG

The length of the Adjustment Leg (3) can be adjusted to correspond to the height of the user. Remove the Pin (30) from the Backrest Frame (1). Pull the Large Knob (27) out as far as it will go. Slide the Adjustment Leg into, or out of, the Backrest Frame so that the first or second measurement greater than the user's height is covered by the Backrest Frame. Re-engage the Knob and Pin into adjustment holes in the Adjustment Leg and the Backrest Frame.

Use the inversion table with the Adjustment Leg (3) adjusted to a few different lengths to determine which length is best for you.

WARNING: The inversion table is designed to be used by persons 198 cm (6 ft. 6 in.) tall or less.

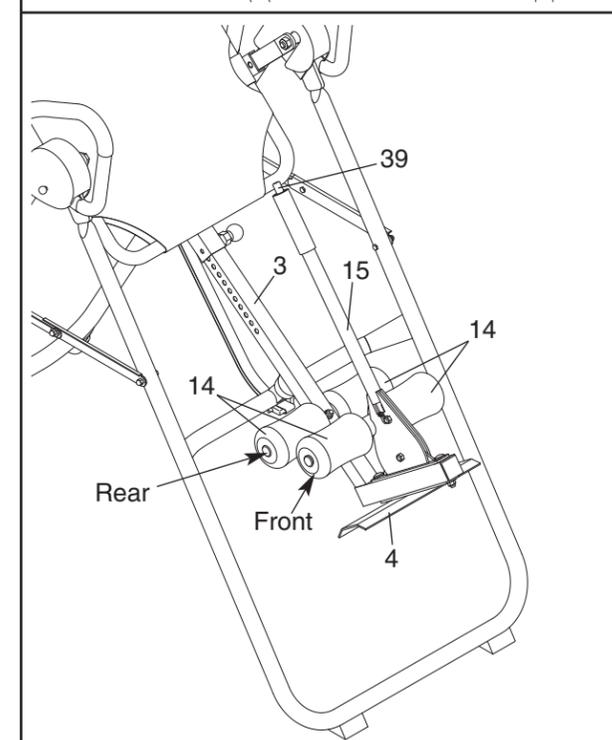


USING THE ANKLE LOCK

To secure your ankles in the inversion table, stand on the Foot Plate (4) with the backs of your legs against the rear Round Foam Pads (14) and your toes under the front Round Foam Pads. Pull the Ankle Lock (15) toward the Adjustment Leg (3) so that the front Round Foam Pads are tight against your ankles.

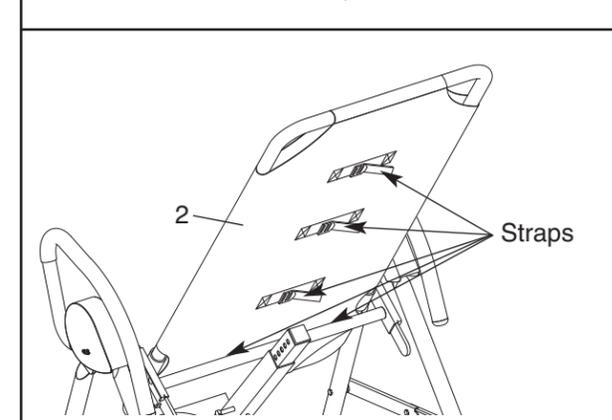
To release the Ankle Lock (15), push the top of the Adjustment Cap (39) down and move the Lock forward.

WARNING: Always make sure the Ankle Lock (15) is secured snugly against your ankles before using the inversion table. Always wear athletic shoes with laces to help secure your feet in the inversion table.



TIGHTENING THE BACKREST

The Backrest (2) may stretch as it is used. If this happens, tighten the five straps on the back of the Backrest.



ADJUSTMENTS

This section explains how to adjust the inversion table. See DEVELOPING A PROGRAM on page 13 for important information about how to get the most benefit from your exercise program.

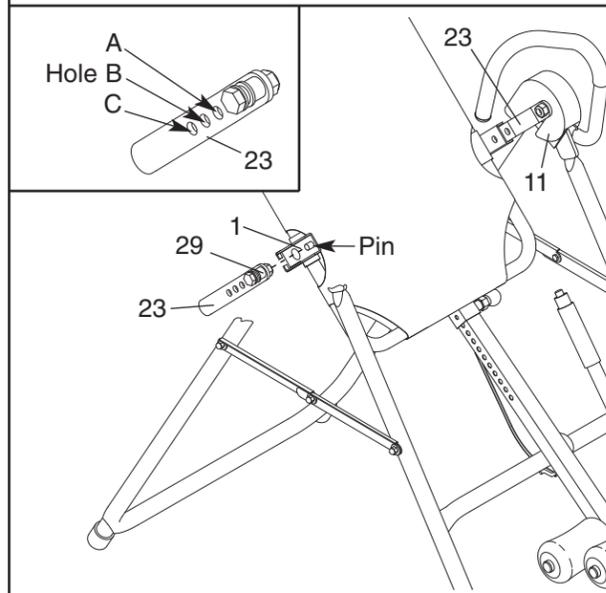
Make sure all parts are properly tightened each time the inversion table is used. Replace any worn parts immediately. The table can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

SELECTING THE PIVOT BAR POSITION

The Pivot Bars (23) have three adjustment holes. The correct hole to use will depend on the user's body weight and the desired level of responsiveness. See the chart to determine which hole to use.

	Hole A	Hole B	Hole C
36–54 kg	#*		
54–99 kg	*		#
99–136 kg		*	#

Hole A—Most Responsive # Beginner/Partial Inversion
 Hole B—Moderately Responsive *Suggested for Full Inversion
 Hole C—Least Responsive



To adjust the Pivot Bars (23), uncover the Saddle Plates (not shown). Lift a Pulley (29) out of a Saddle Plate. Move the Pivot Bar so that the pin on the Backrest Frame (1) engages the desired adjustment hole. Rest the Pulley back in the slot in the Saddle Plate. **Repeat this process with the other Pivot Bar.**

Recover the Saddle Plates (not shown) with the Covers (11, 12 [not shown]). Secure the Covers with the Small Knobs (not shown).

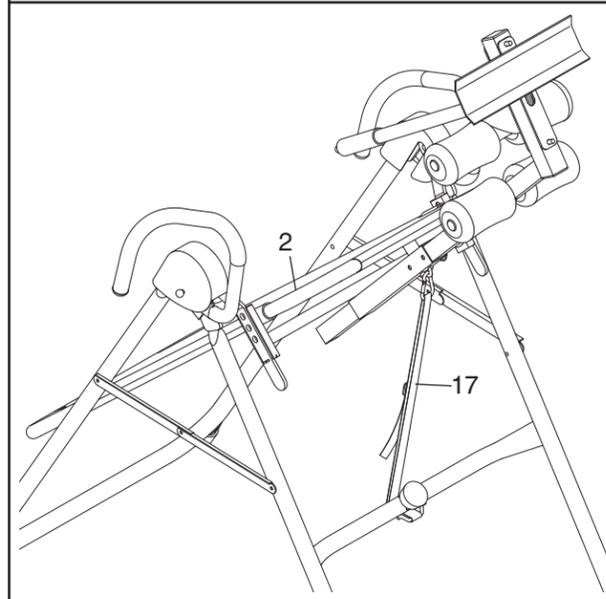
Use the inversion table with the Pivot Bars (23) adjusted to each position to determine which is best for you.

WARNING: Always engage the pins on the Backrest Frame (1) into the same holes in both Pivot Bars (23).

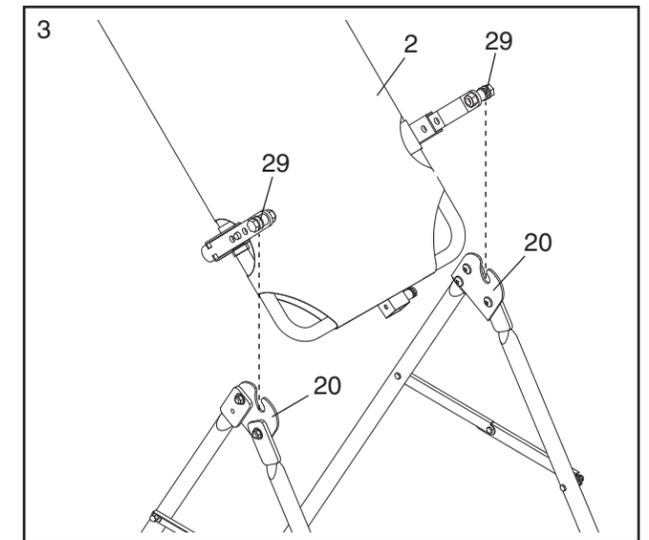
ADJUSTING THE LENGTH OF THE STRAP

The Strap (17) can be used to stop the inversion table from becoming inverted more than desired. To adjust the Strap, rotate the Backrest (2) to the most inverted position to which you want it to move. Have a second person tighten the Strap.

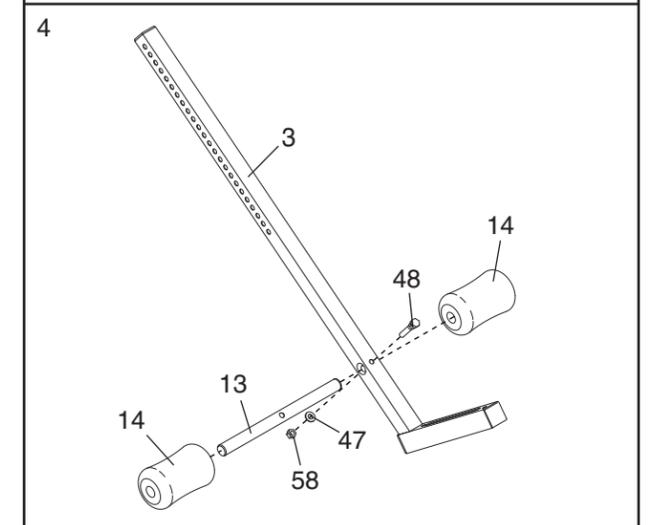
For the first week or two of use, adjust the Strap (17) to stop the Backrest (2) from rotating more than 15 to 20 degrees. Then, lengthen the Strap to allow the Backrest to rotate a few more degrees as your body becomes accustomed to using the inversion table.



3. Rest the two Pulleys (29) inside of the slots in the Saddle Plates (20).

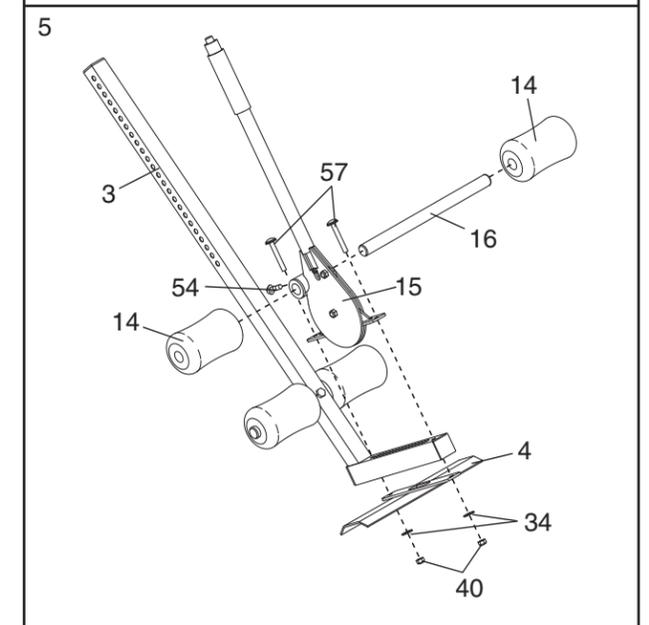


4. Insert the Leg Pad Tube (13) into the indicated hole in the Adjustment Leg (3) and secure it with an M8 x 40mm Bolt (48), an M8 Zinc Washer (47), and an M8 Zinc Nut (58).



Slide two Round Foam Pads (14) onto the ends of the Leg Pad Tube (13).

5. Attach the Lever Pad Tube (16) to the Ankle Lock (15) with an M4 x 20mm Screw (54). Slide two Round Foam Pads (14) onto the Pad Tube.



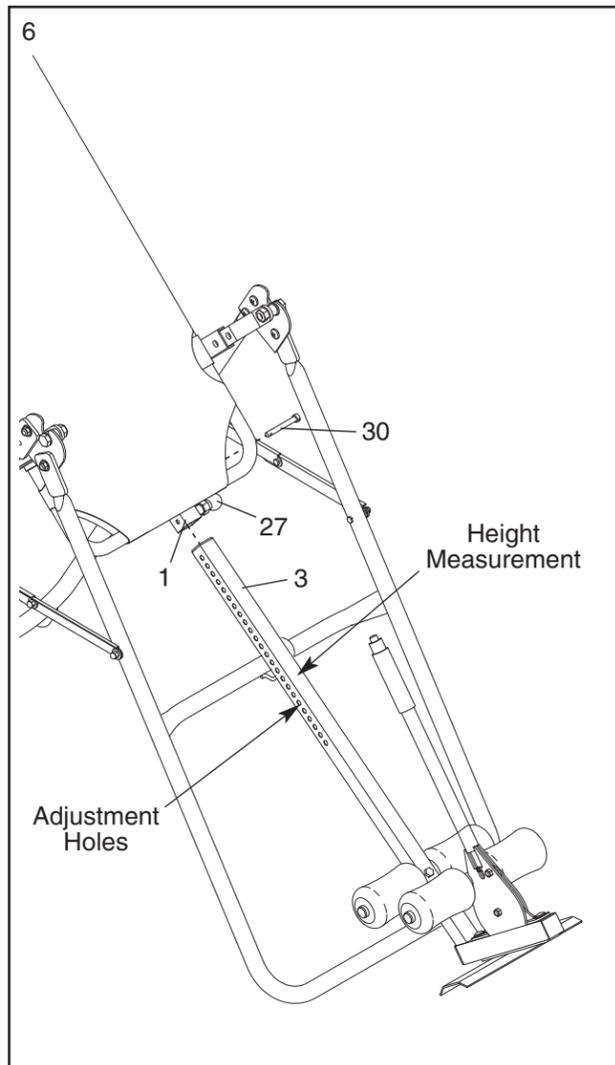
Attach the Ankle Lock (15) and the Foot Plate (4) to the Adjustment Leg (3) with two M8 x 55mm Bolts (57), two M8 Washers (34), and two M8 Nylon Nuts (40).

- Remove the Pin (30) from the Backrest Frame (1).

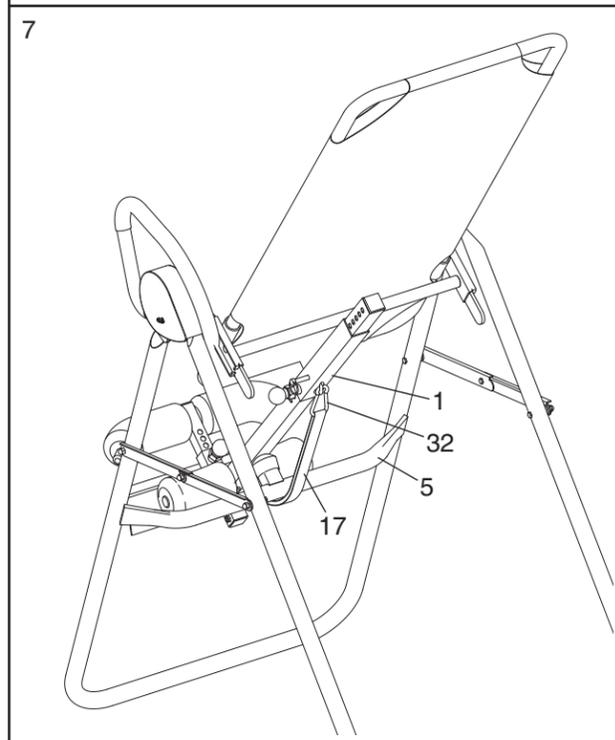
Pull the Large Knob (27) out as far as it will go. Next, insert the Adjustment Leg (3) into the Backrest Frame. Engage the Large Knob into an adjustment hole in the Adjustment Leg.

Insert the Pin (30) into the Backrest Frame (1) and the Adjustment Leg (3).

Note: The Adjustment Leg (3) should be positioned at the height measurement that is one or two inches greater than the height of the person using the inversion table.

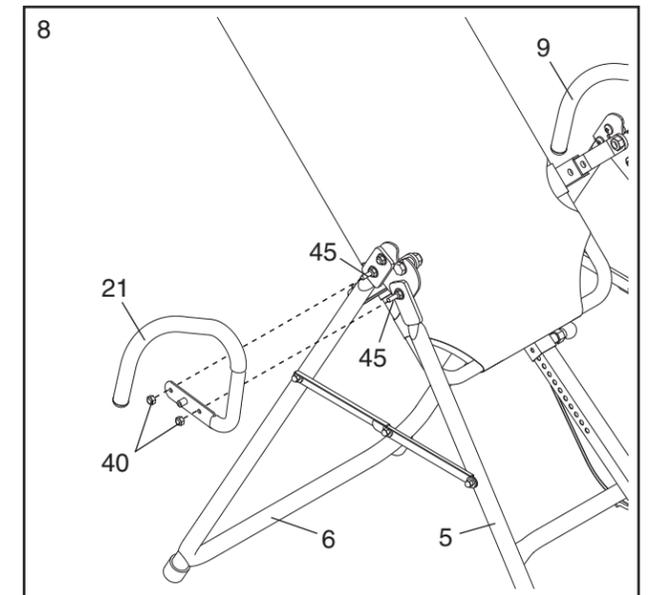


- Attach the Strap (17) to the crossbar on the Front Frame (5). Attach the Clip (32) on the Strap to the hook on the bottom of the Backrest Frame (1).



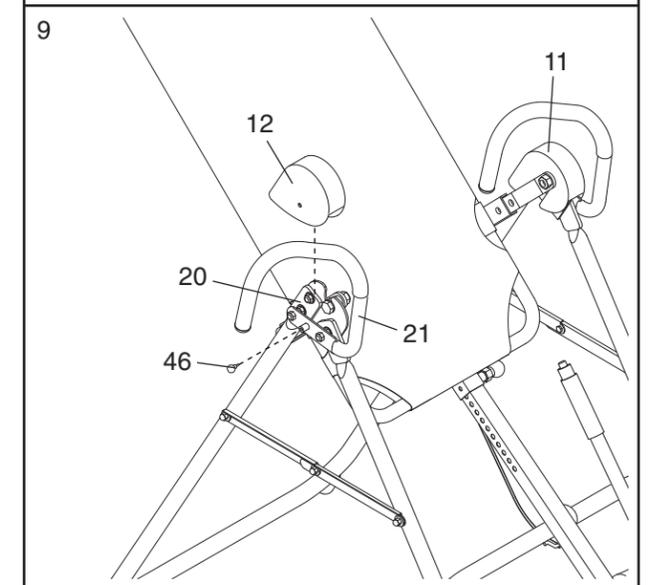
- Attach the Right Handlebar (21) to the M8 x 30mm Bolts (45) on the Front and Rear Frames (5, 6) with two M8 Nylon Nuts (40). **Make sure the Handlebar is oriented as shown.**

Repeat this step with the Left Handlebar (9).



- Cover the right Saddle Plate (20) with the Right Cover (12). Tighten a Small Knob (46) into the Right Handlebar (21).

Repeat this step with the Left Cover (11).



- Make sure all parts are properly tightened before using the inversion table.** The use of parts will be explained in ADJUSTMENTS, beginning on the following page.