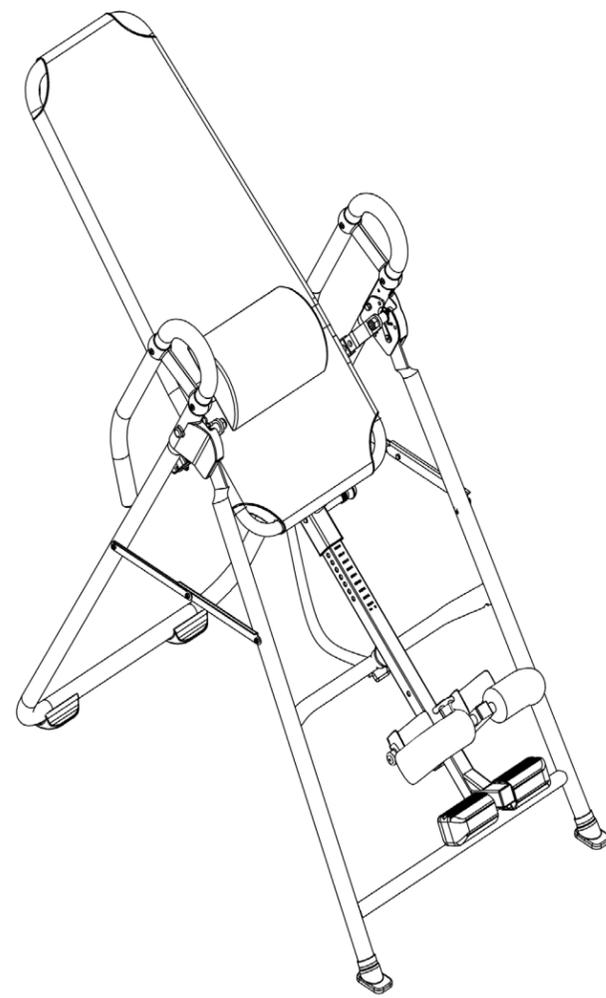


FitSpine^{TRAINER}TM

Assembly Instructions



⚠ WARNING

Read the Owner's Manual thoroughly before using your FitSpine Trainer inversion table. Improper settings could result in serious injury or death!

Want more information about your FitSpine refer to the:

1. Owner's Manual
2. Contact Customer Service at 1-800-847-0143
3. Visit www.FitSpine-System.com

If you have any problems assembling the equipment, or questions about its use, please contact customer service at:
STL International, Inc.
9902 162nd St. Ct. E., Puyallup, WA 98375
Toll Free (Phone) 800-847-0143 (Fax) 800-847-0188
Local (Phone) 253-840-5252 (Fax) 253-840-5757
(e-mail) info@FitSpine-System.com (web) www.FitSpine-System.com

U.S. patents apply.
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Specifications subject to change without notice.
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LS-2001

Before you begin: Review all steps before beginning assembly and read all precautions before using the table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

⚠ WARNING

WARNING - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional video, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD
RESULT IN SERIOUS INJURY OR DEATH.

ADJUSTMENTS / MAINTENANCE / STORAGE

ADJUSTING THE ROLLER HINGE SETTING

- Stand with your legs on either side of the Main Shaft.
- Reach under each Roller Hinge with your index fingers. Use your thumbs to release the locks over the Roller Hinges (See Figure 18).
- Lift both sides of the table out of the A-frame at the same time. You may rest the table on the crossbar of the A-frame.
- Unlock the cam locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B, or C) (Figure 19).
- Re-lock the cam locks. Replace the Roller Hinges into the hinge plates of the A-frame.



Figure 18

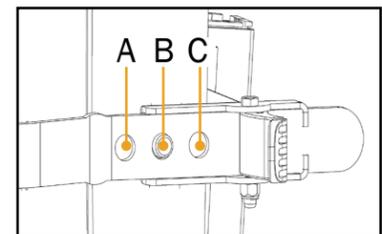


Figure 19

MAINTENANCE

- You may find it easier to remove the nylon mat while the table is in its storage position.
- Pull up on the plastic tension clips to loosen the adjustment straps.
- Release one corner at a time, then slide the mat off the frame.
- The mat should be washed in cold water, on the gentle cycle. Replace the mat on the table frame while still wet.
- If you feel the nylon needs to be tightened, pull the adjustment straps on the back of the mat.

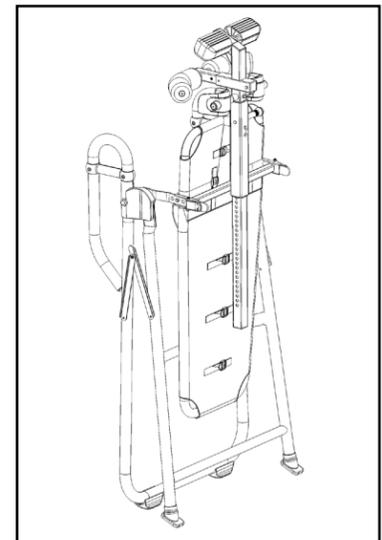


Figure 20

STORING THE INVERSION TABLE

- Pull the height selector locking pin out and slide the Main Shaft in all the way to the final hole setting. Engage the pin in the storage setting.
- Rotate the table opposite from use until the table has turned 180 degrees and rests against the cross bar on the A-frame.
- The legs of the A-frame base may then be folded together for compact storage. (See Figure 20).

WARNING: This operation may pinch fingers if not done slowly and carefully.

⚠ WARNING

Tipping Hazard: For upright storage, leave A-Frame open wide enough to remain stable, or secure to the wall to prevent tipping. In households with small children, the table should be stored flat on the floor, not upright.

Step Ten

Attach the Nylon Tether (F5-1007) to limit the degree of rotation and attach Owner's Manual

- Unfold the adjustable Nylon Tether and clip it to the U-bar on the underside of the Table Bed (Figure 18). See Owner's Manual for detailed instructions.
- Hang the Owner's Manual over one of the handles for future reference (Figure 19).

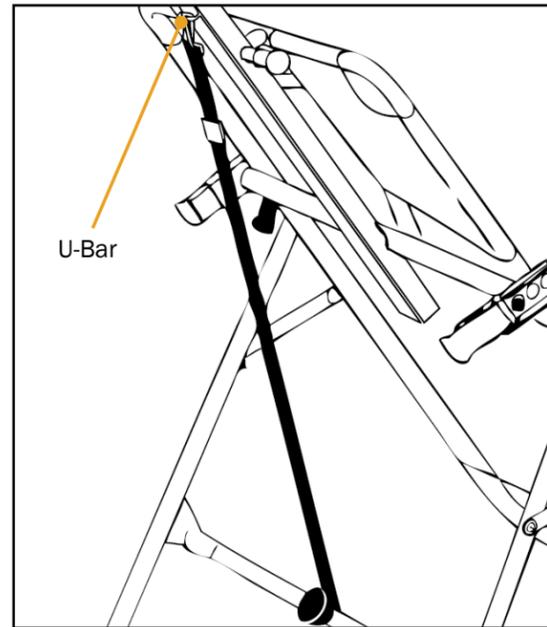


Figure 18

Step Eleven

Before use

- Test the table by hand for smooth and steady rotation.
- Ensure that all fasteners are secure.
- Read your Owner's Manual thoroughly before using the table. Improper settings could result in serious injury or death.
- For your reference, the serial number can be found at the base of the Table Bed on the back.
- Please complete and mail your warranty card, or submit it online at www.fitspine-system.com

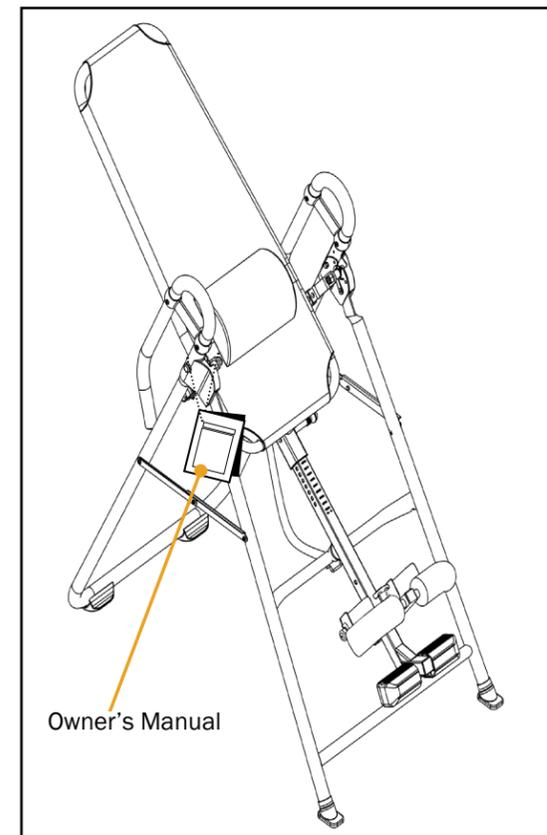


Figure 19

ITEMS FOR ASSEMBLY

Carefully remove the individual parts from the carton. You should have all of the items listed below. If you have any questions on assembly, contact Customer Service at 1-800-847-0143.

ITEMS FOR ASSEMBLY	ITEM #'S
--------------------	----------

- | | |
|--------------------------|-----------|
| A-frame Base | FS-1010 |
| Stability Feet (Front) | IA-1101 |
| Stability Feet (Rear) | IA-1104 |
| Nylon Tether | F5-1007 |
| Screws for Rear Feet (2) | IA-1104-S |
| Screwdriver | F5-1033 |

- | | |
|--------------------|---------|
| Table Bed Assembly | F8-1020 |
| Lumbar Pillow | FS-1305 |

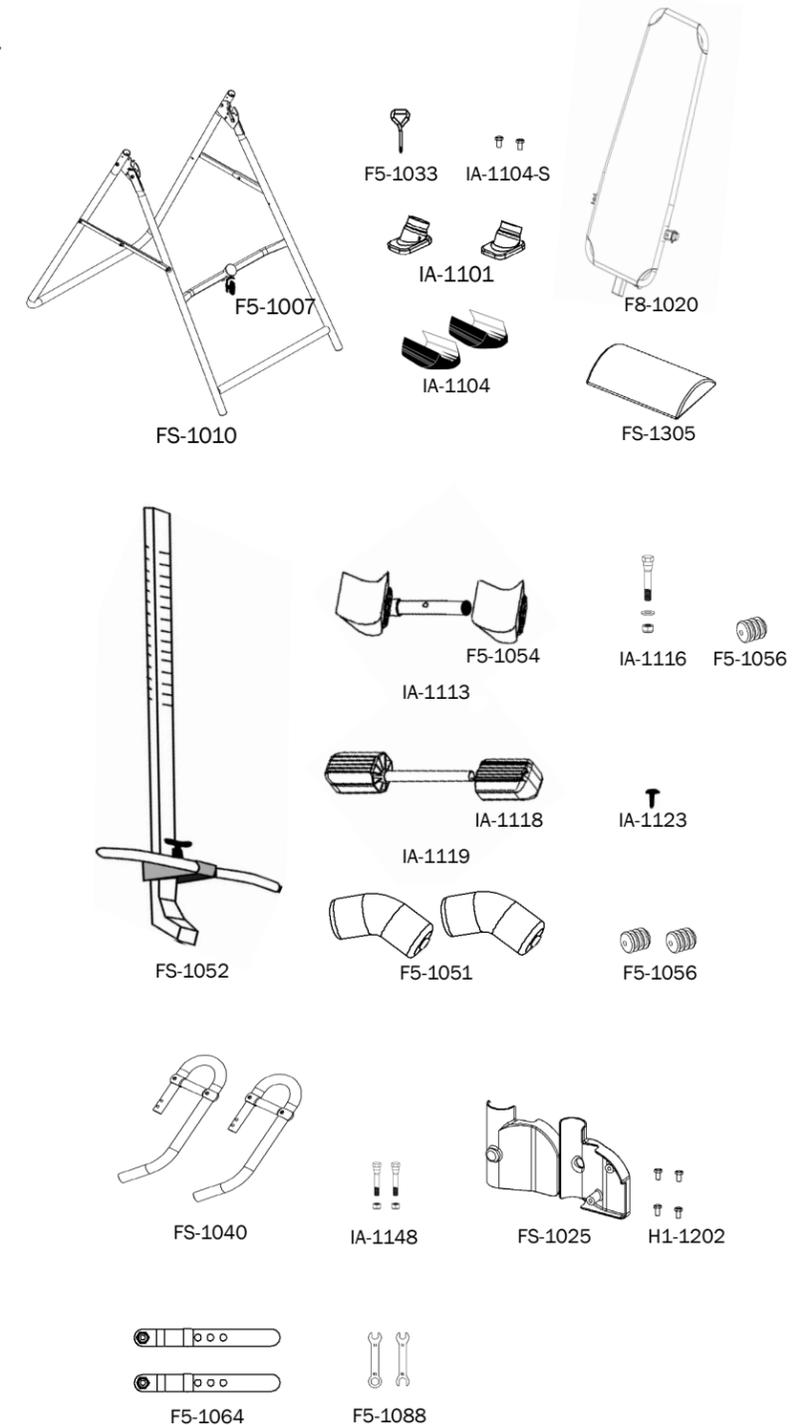
- | | |
|-----------------------------------|---------|
| Main Shaft with Ankle Lock System | FS-1052 |
| Rear Ankle Cups | F5-1054 |
| Hex Bolt (1) | IA-1116 |
| Rubber Plug (1) | F5-1056 |
| Foot Platform | IA-1118 |
| Screw (1) | IA-1123 |
| Foam Rollers (2) | F5-1051 |
| Rubber Plugs (2) | F5-1056 |

- | | |
|---------------------|---------|
| Support Handles (2) | FS-1040 |
| Bolts & Nuts (2) | IA-1148 |

- | | |
|------------------------|---------|
| Support Handle Shrouds | FS-1025 |
| Hex Bolts (4) | H1-1202 |

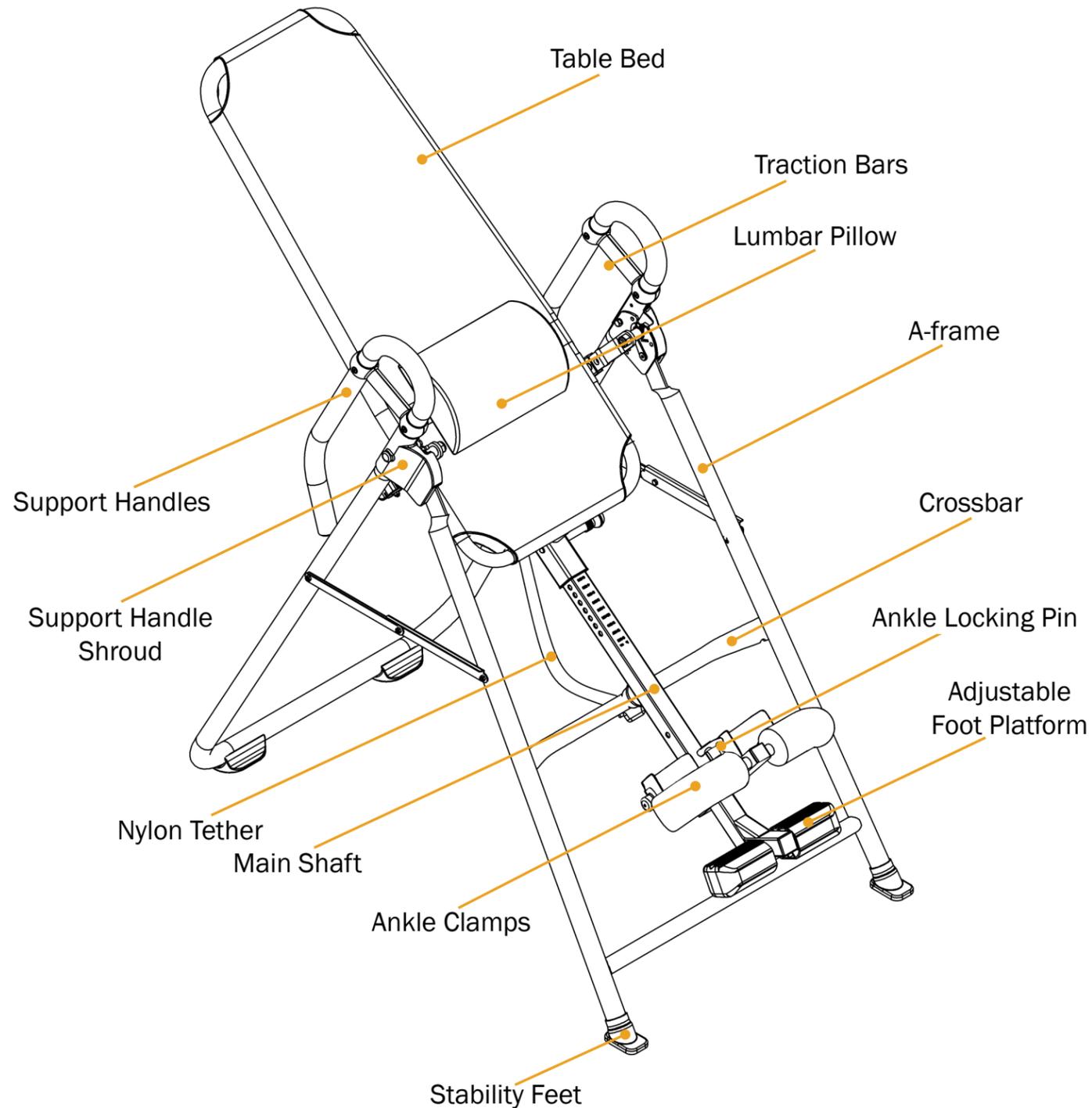
- | | |
|---------------|---------|
| Roller Hinges | F5-1064 |
|---------------|---------|

- | | |
|----------|---------|
| Wrenches | F5-1088 |
|----------|---------|



Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your inversion table.



Step Eight

Install the Support Handles (FS-1040) in the A-frame (FS-1010) and attach the Support Handle Shrouds (FS-1025)

- Insert the Support Handles into the A-frame (Figure 15).
- Insert the bolts (IA-1148) from the inside of the A-frame, and fasten with the nuts on the outside of the A-frame. Tighten with provided wrenches (F5-1088).
- Select the corresponding Shroud for the left or right side on the A-Frame Base by aligning each with the shape of the hinge plate. Secure with two hex bolts (H1-1202) for each side using the wrenches provided. (Figure 16).

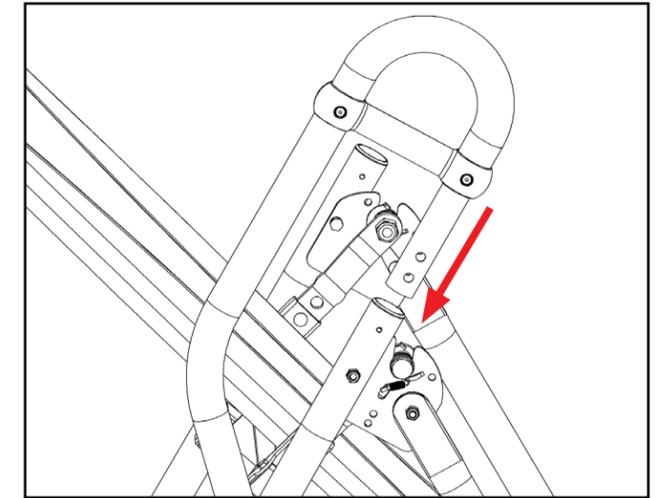


Figure 15

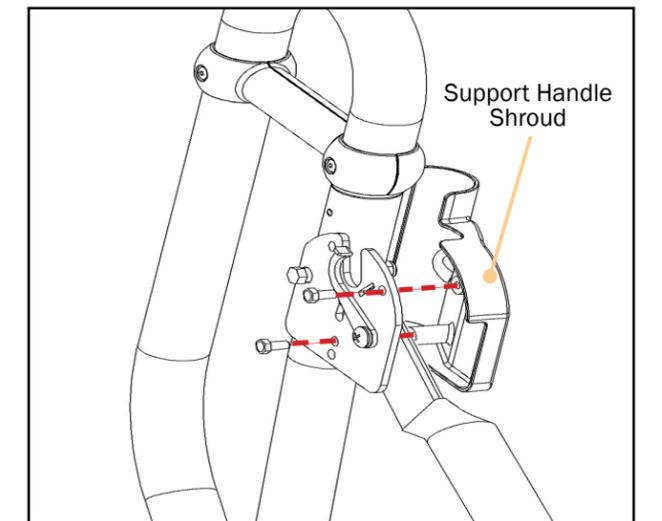


Figure 16

Step Nine

Attach the (optional) Lumbar Pillow (FS-1305)

- Lay the pillow on the table at the desired height and fasten using the Velcro straps attached (Figure 17).

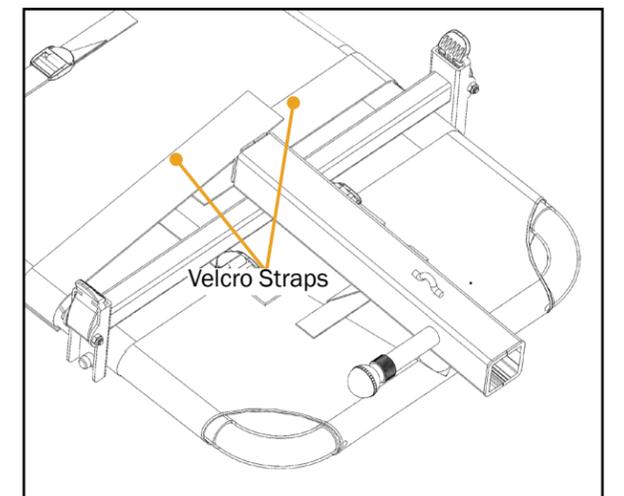


Figure 17

Step Six

Assemble the Rear Bar with Ankle Clamps (F5-1054)

- With the rounded corners of the rear foam ankle piece facing down, insert the rear bar with one ankle clamp into the large hole at the bottom of the main shaft (Figure 12A).
- Align the hole in the rear bar with the hole on the main shaft and insert the Hex Bolt (F5-1087) into the holes from the rear. Install the washer and nut; tighten with the wrenches provided.
- Slip the other foam ankle clamp (rounded corners down) onto the rear bar and push the black rubber plug (F5-1056) into the bar (Figure 12B).

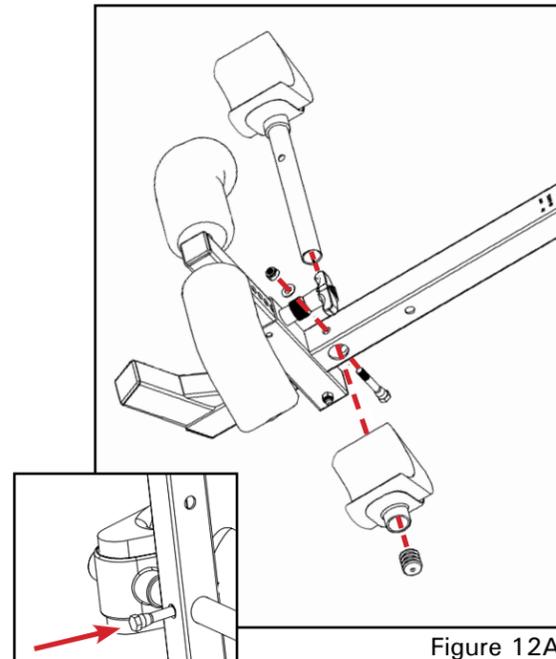


Figure 12A

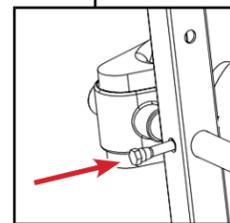


Figure 12B

Step Seven

Install the Foot Platform Assembly

- Slide the Foot Bar (IA-1119) with one pre-assembled side of the Foot Platform (IA-1118) into the hole beneath the Ankle Clamps.
- The Foot Platform is designed with a High and Low setting. Position in the Low setting (screw holes facing up) for ease of assembly. Slide the other side of the Foot Platform onto the Bar (Figure 13).
- Insert the screw (IA-1123) into the Foot Platform (Figure 14) and tighten with the screwdriver (F5-1130) provided.

Note: Refer to the Owner's Manual for a description of the settings.

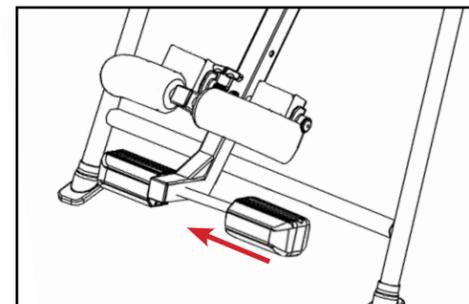
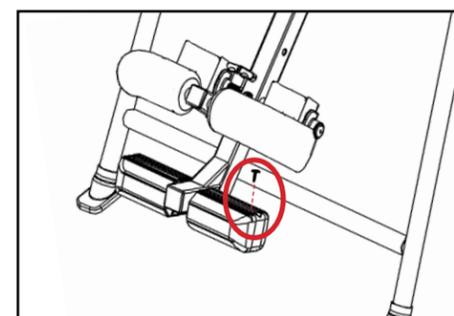


Figure 13

Figure 14
Showing "Low Setting"

Step One

Assemble the Front Stability Feet (IA-1101) and Rear Stability Feet (IA-1104) to the A-frame Base (FS-1010)

- Set the A-Frame so the base points up (Figure 1A). This will give you downward leverage to properly assemble the Stability Feet. Steady both sides of the A-frame so the legs do not swing open.
- To attach the Rear Stability Feet (IA-1104), first determine which is the left and right foot. Do this by referring to the grooves inside each of the feet. The grooves should face outward, toward the curved corner of the A-Frame (Figure 1A). Insert the screw (IA-1104-S) for each foot from the base and tighten with Screwdriver (F5-1033).
- To attach the Front Stability Feet, first determine which is the right and left stability foot by the imprinted letters "R" and "L" on each foot. Place each foot on the frame so that the letters face inward towards each other (Figure 1B).
- Once the Stability Feet are in place, turn the A-frame over so the Stability Feet are on the ground. Open the A-frame and make sure the spreader arms are locked (Figure 2).

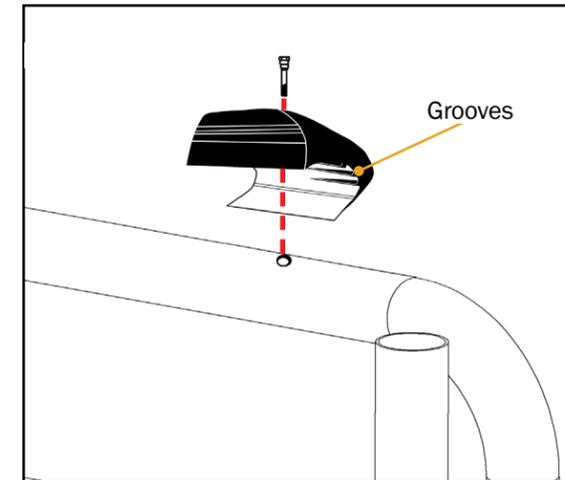


Figure 1A

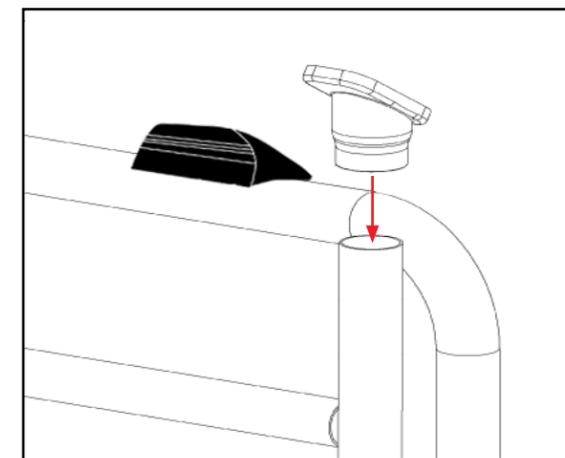


Figure 1B

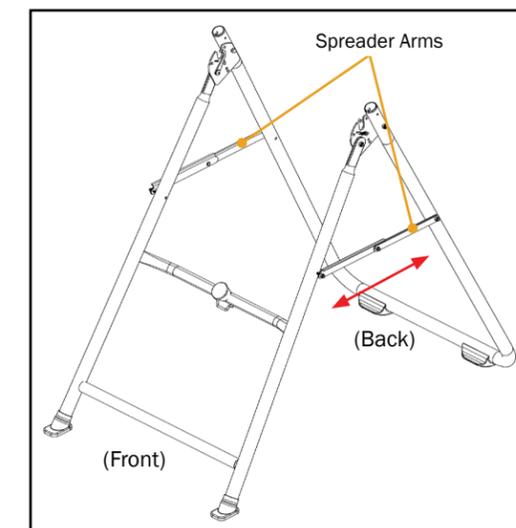


Figure 2

Step Two

Lock the Roller Hinges (F5-1064) onto the Table Bed Assembly (FS-1030)

- For ease of assembly, rest the Table Bed against the side of the A-frame (Figure 3).
- Open the cam locks on each side of the Table Bed.
- With the grooved pivot pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed (Figure 4A). The Roller Hinges must slide between the cam locks and the brackets.
- Make sure the Roller Hinges are in the same hole setting on both sides.
- Push down on the cam locks (Figure 4B) to secure the hinges. Figure 5 shows the Roller Hinges engaged correctly (in setting C).

Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use "C" to start.

Step Three

Attach the Table Bed Assembly (FS-1030) to the A-frame (FS-1010)

- Holding each side near the Roller Hinges, pick up the Table Bed and stand at the front of the A-frame where the crossbar is located. Lower each pivot pin into the A-frame hinge plates at the same time (Figure 6). Figure 7 shows the correct placement of the pivot pin into the hinge plate.
- Make sure that both pivot pins are seated at the base of the slot in the hinge plate. Check to make sure that the self-locking hooks have closed over both pivot pins (Figure 7), and the table rotates smoothly.

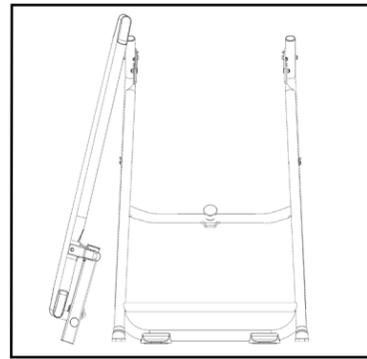


Figure 3

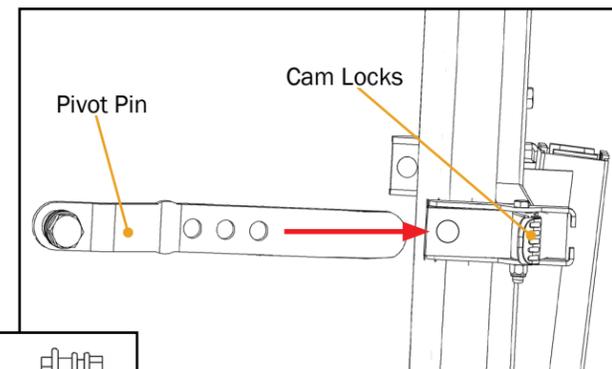


Figure 4A

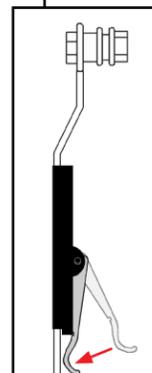


Figure 4B

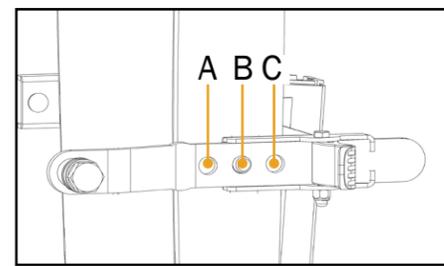


Figure 5

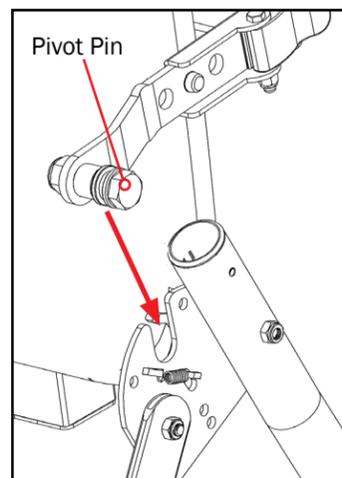


Figure 6

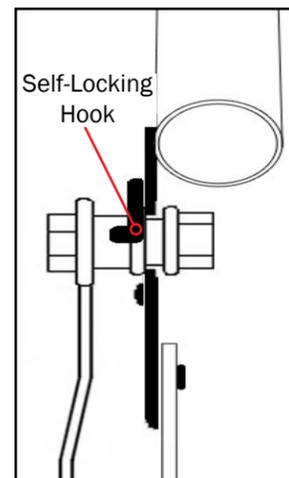


Figure 7

Step Four

Insert the Main Shaft (FS-1052) into the Table Bed Assembly (FS-1030)

- With the height adjustment settings on the Main Shaft facing up, slide the end of the Main Shaft into the bushing in the Main Shaft housing (Figure 8).
- Pull out the height selector locking pin to allow the Main Shaft to slide in further (Figure 9). For the purpose of easy assembly, slide in the Main Shaft and release the pin in the last height setting (Refer to the Owner's Manual for proper height adjustment before use).
- The Main Shaft must rest against the crossbar of the A-frame (Figure 10). The crossbar prevents the table from rotating forward when the user steps on the Foot Platform. If the Main Shaft does not rest on the Crossbar as shown in Figure 10, then the Table Bed has been assembled backwards onto the A-frame and this must be corrected before use.

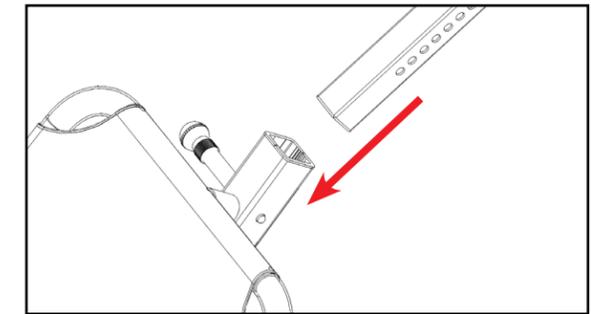


Figure 8

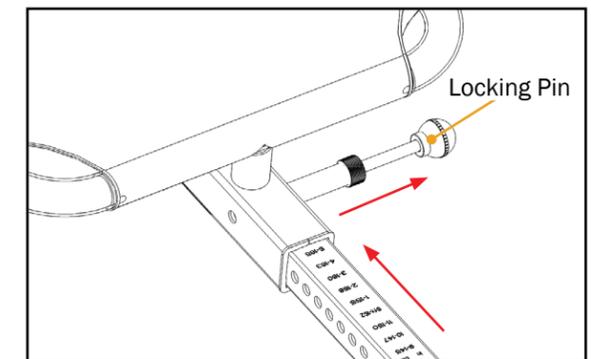


Figure 9

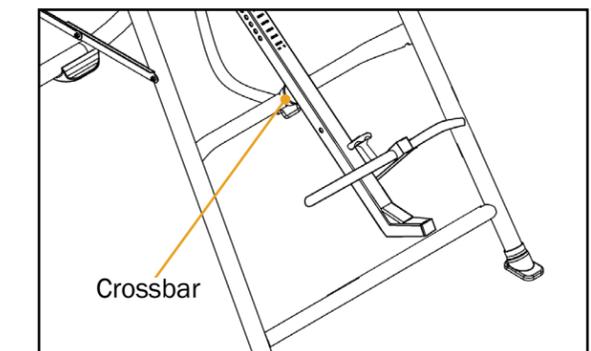


Figure 10

Step Five

Install the Front Foam Rollers (F5-1051)

- Slide the Foam rollers over each side of the Front Ankle Bar (Figure 11A).
- TIP: Rotate the Front Foam Rollers up and down repeatedly while pushing onto the bar for easier assembly.*
- Insert the black plugs (F5-1056) into each open end of the Front Ankle Bar if they are not already assembled (Figure 11B).

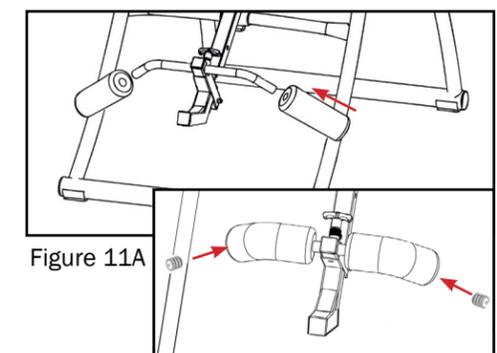


Figure 11A

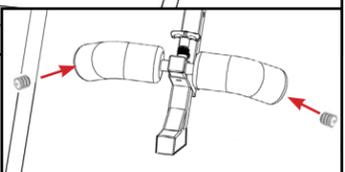


Figure 11B