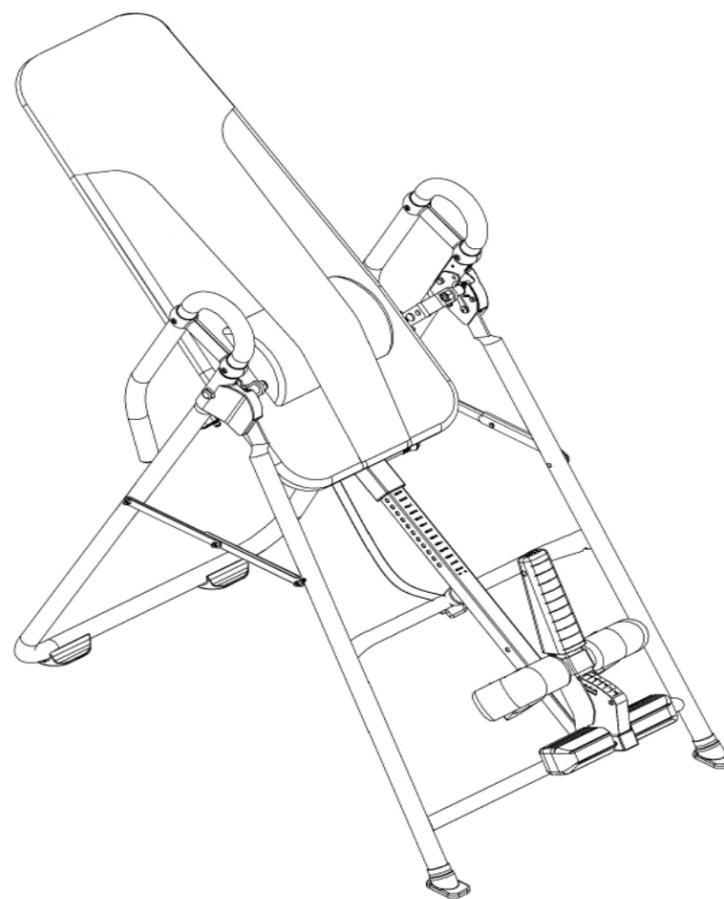


FitSpineTM SYSTEM

Assembly Instructions



Any modification to this device will void the UL Listing.

⚠ WARNING

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

For more information about your FitSpine System, 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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ADJUSTMENTS / MAINTENANCE / STORAGE

CHANGING 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 23).
- 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 23A).
- Re-lock the cam locks. Replace the Roller Hinges into the hinge plates of the A-frame.



Figure 23

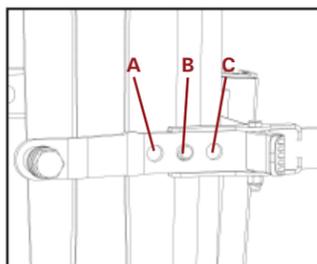


Figure 23A

STORING THE INVERSION TABLE

- Pull the height selector locking pin and slide the Main Shaft in all the way to the Ankle Lock System. 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 24).
WARNING: *This operation may pinch fingers if not done slowly and carefully.*

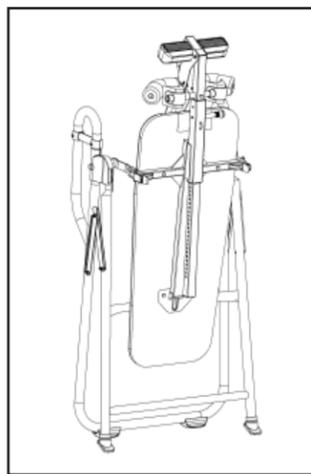
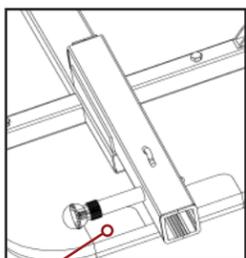


Figure 24

USING THE PILLOW/ADJUSTING THE TABLE BED

- Your FitSpine™ table comes with a Lumbar Pillow (IA-1105B) for added comfort during inversion. If you wish to use it, simply slide the pillow under the top flap of the bed.
- When you remove the pillow, you may readjust the top flap. Simply undo the flap from the Velcro® at the bottom of the Table Bed and tighten as needed (Figure 25).



Velcro Flap Figure 25

Before you begin: Review all steps before beginning assembly and read all precautions before using the inversion 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.

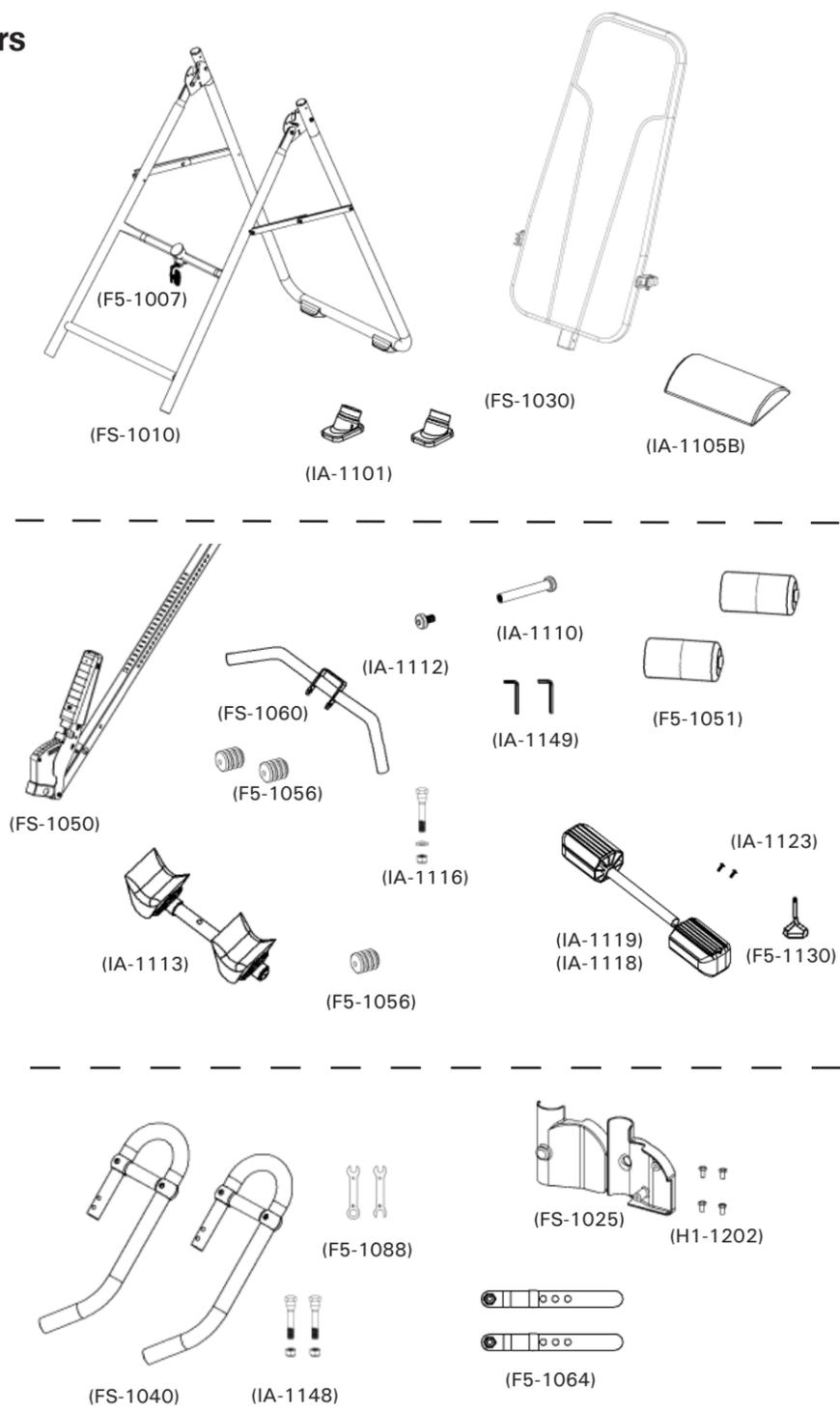
FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

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 Numbers
A-frame Base	(FS-1010)
Stability Feet	(IA-1101)
Nylon Tether	(F5-1007)
Table Bed Assembly	(FS-1030)
Lumbar Pillow	(IA-1105B)

Main Shaft with Ankle Lock System	(FS-1050)
Front Ankle Assembly	
Ankle Bar	(FS-1060)
Rubber Plugs (2)	(F5-1056)
Foam Rollers (2)	(F5-1051)
Bolt Sleeve	(IA-1110)
Sleeve Screw	(IA-1112)
Rear Bar Assembly	
Rear Bar w/ Heel Cups	(IA-1113)
Bolt/Nut/Washer	(IA-1116)
Rubber Plug	(F5-1056)
Foot Platform Assembly	
Foot Bar	(IA-1119)
Foot Pieces (2)	(IA-1118)
Screws (2)	(IA-1123)
Support Handles (2)	(FS-1040)
Bolts/Nuts (2)	(IA-1148)
Support Handle Shroud	(FS-1025)
Hex Bolts (4)	(H1-1202)
Roller Hinges (2)	(F5-1064)
Wrenches (2)	(F5-1088)
Screwdriver	(F5-1130)
Allen Wrenches (2)	(IA-1149)



Step Nine

Attach the Support Handle Shrouds (FS-1025)

- 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 21)

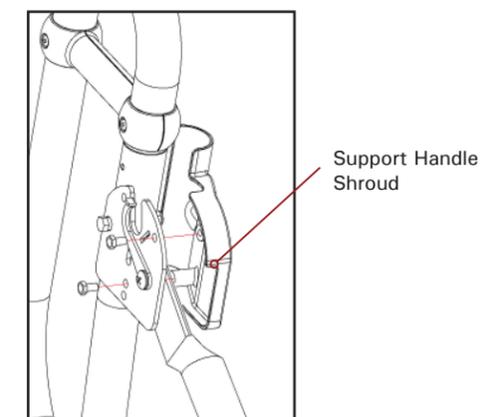


Figure 21

Step Ten

Attach the Nylon Tether (F5-1007) to limit the degree of rotation

- Unfold the adjustable Nylon Tether and clip it to the U-bar on the underside of the Table Bed (Figure 22). See Owner's Manual for detailed instructions.

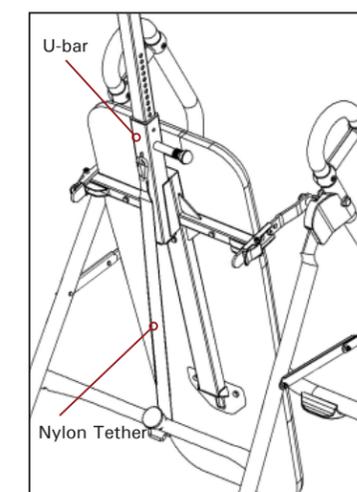
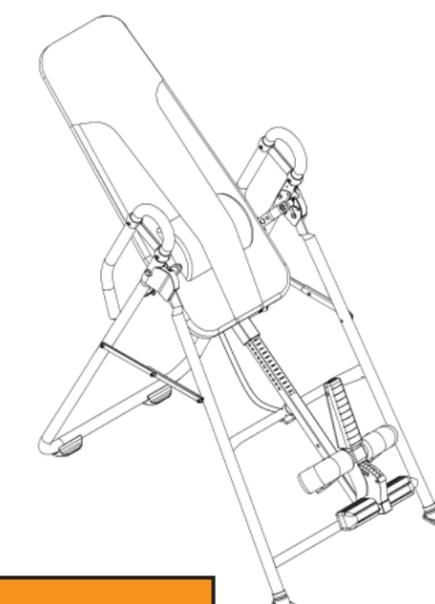


Figure 22

Step Eleven

Before use

- Test the table by hand for smooth and steady rotation.
- Ensure that all fasteners are secure.
- Please complete and mail your warranty card, or submit it online at www.FitSpine-System.com.
- For your reference, the serial number can be found at the base of the Table Bed on the back.



⚠ WARNING

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

Step Seven

Install the Foot Platform Assembly

- Slide the Foot Bar (IA-1119) with one pre-assembled Foot Piece (IA-1118) in the hole below the ratchet (Figure 18).
- Slide the other Foot Piece onto the Bar (Figure 18).
- Insert the screw (IA-1123) into the Foot Piece and tighten with the screw driver (F5-1130) (Figure 19).

Note: The Foot Pieces are designed with a High and Low setting. Position in the Low setting (Screws facing up) for ease of assembly. Refer to Owner's Manual for a description of the settings.

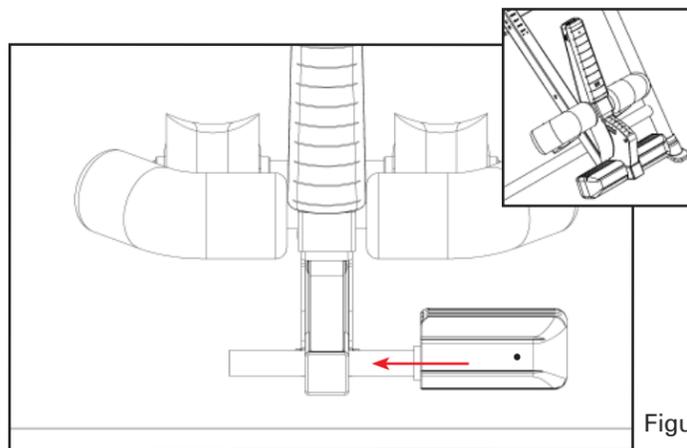


Figure 18

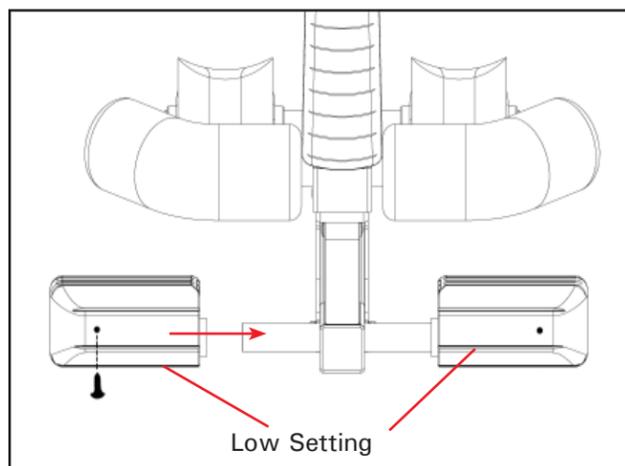


Figure 19

Step Eight

Install the Support Handles (FS-1040) in the A-frame (FS-1010)

- Insert the Support Handles into the A-frame (Figure 20).
- 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).

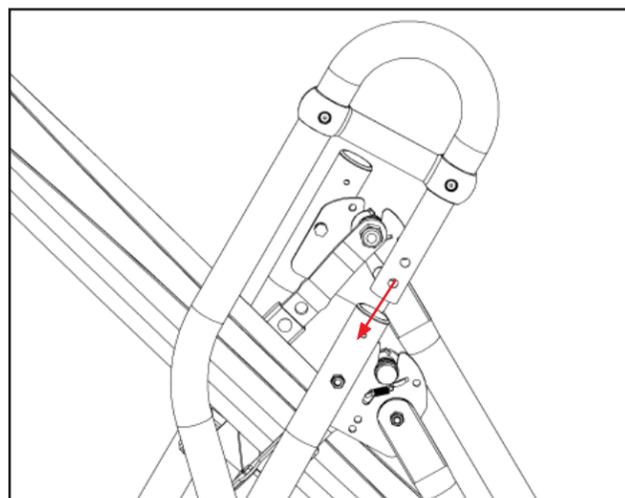
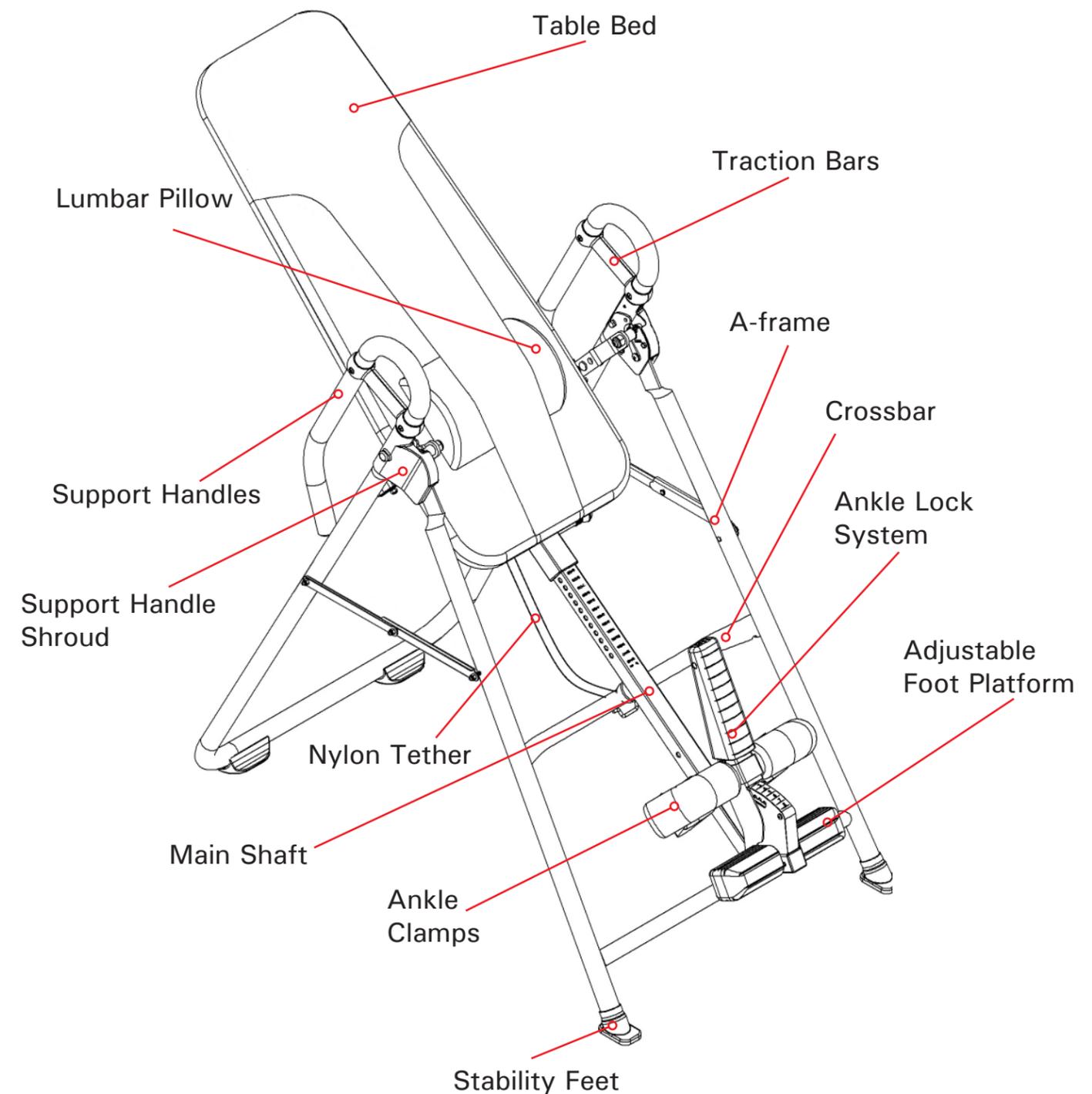


Figure 20

Before Beginning

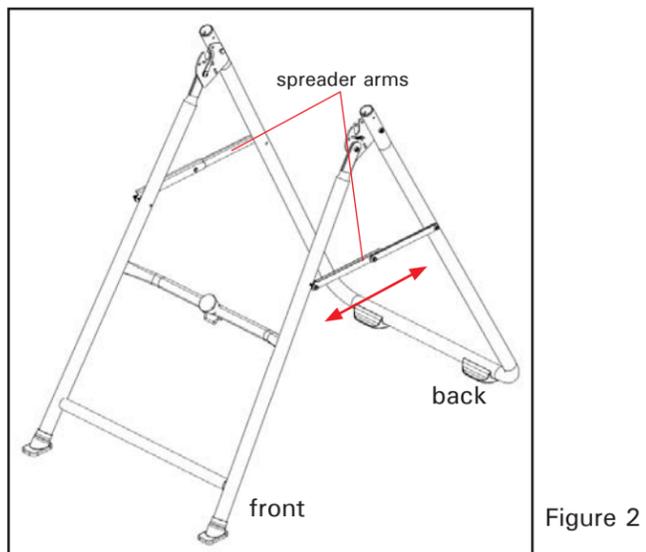
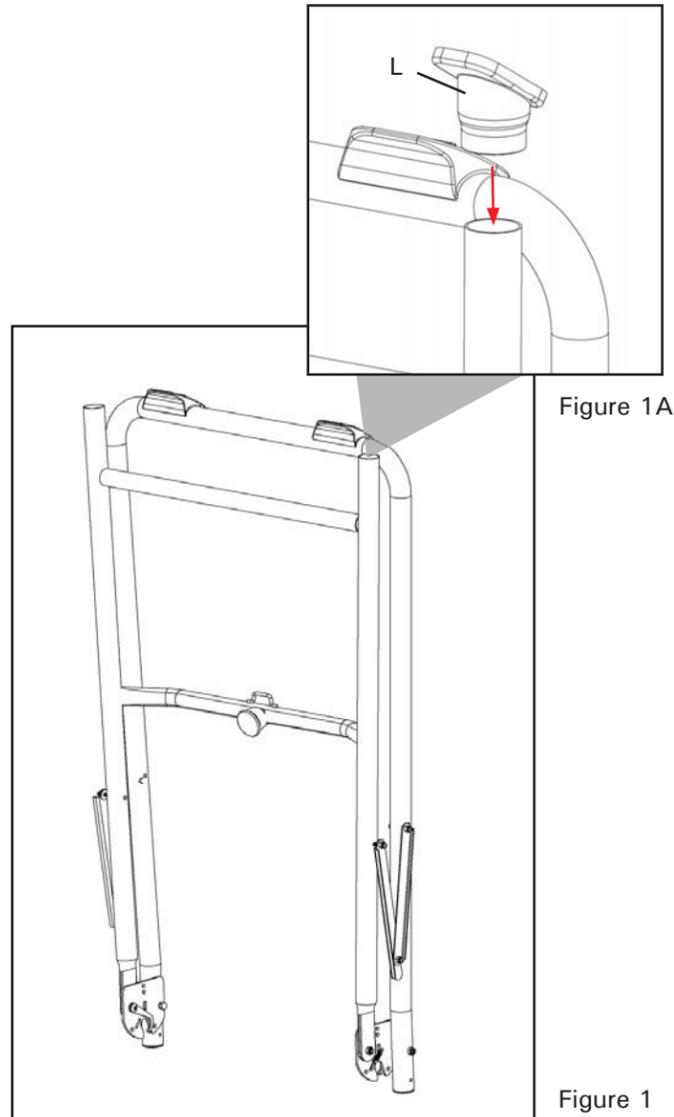
Before reading further, study the drawing below to familiarize yourself with the important components of your new inversion table.



Step One

Assemble the Stability Feet (IA-1101) and the A-frame Base (FS-1010)

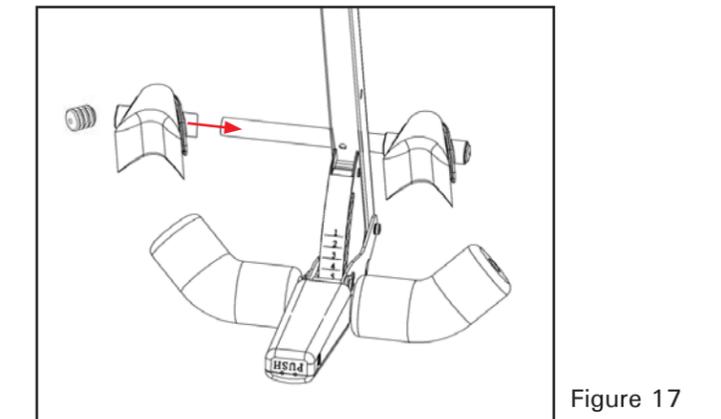
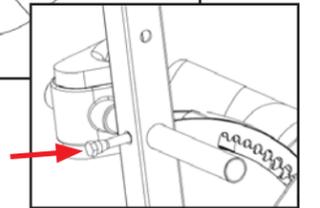
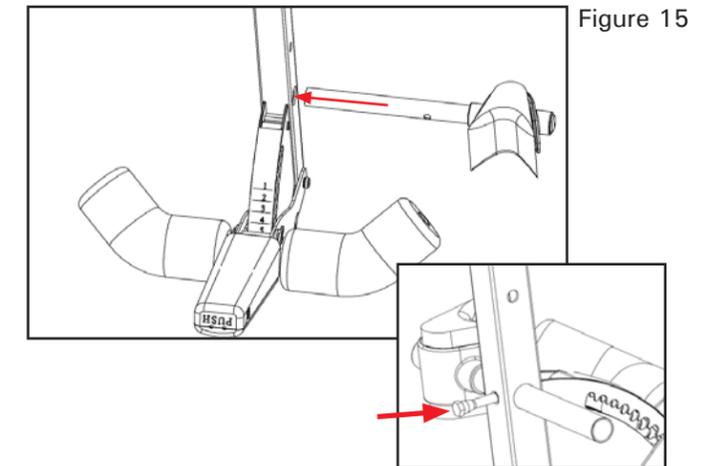
- Set the A-Frame so the base points up (Figure 1). This will give you downward leverage to properly assemble the Stability Feet. Steady both sides of the A-frame so the legs do not swing open.
- Determine which is the right and left stability foot by the imprinted letters "R" and "L" on each foot. Place each foot on the frame so that the letters will face inward toward each other (Figure 1A).
- 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).



Step Six

Install the Rear Bar Assembly

- With the rounded corners of the rear foam Heel Cup facing down, insert the Rear Bar with one Heel Cup (IA-1113) into the large hole at the bottom of the Main Shaft (Figure 15).
- Insert the Bolt (IA-1116) to secure the Rear Bar to the Main Shaft, and attach the washer and nut with the wrenches (F5-1088) provided (Figure 16).
- Slip the other Heel Cup (rounded corners down) onto the Rear Bar and push the Rubber Plug (F5-1056) into the Rear Bar (Figure 17).



Step Five

Install the Front Ankle Assembly

- Gather the Ankle Bar (FS-1060), Black Plugs (F5-1056), Foam Rollers (F5-1051), Bolt Sleeve (IA-1110), and Sleeve Screw (IA-1112).
- Stand in front of the Main Shaft and slide the Ankle Bar over the ratchet housing into the slot (Figure 12).
- Align the bolt holes. Insert the Bolt Sleeve through the holes and secure with the Sleeve Screw (Figure 13). Position one Allen Wrench on the Sleeve Screw and one on the Bolt Sleeve to tighten.
- Slide the Foam Rollers over each side of the Ankle Bar (Figure 14). Use a twisting motion to ease the process.
- Insert the Black Plugs into both ends of the Ankle Bar (Figure 14).

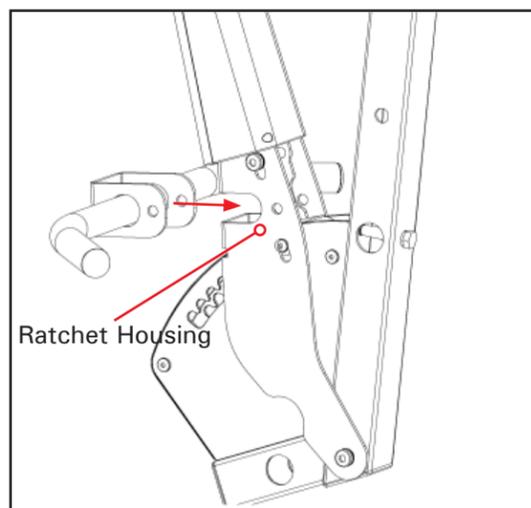


Figure 12

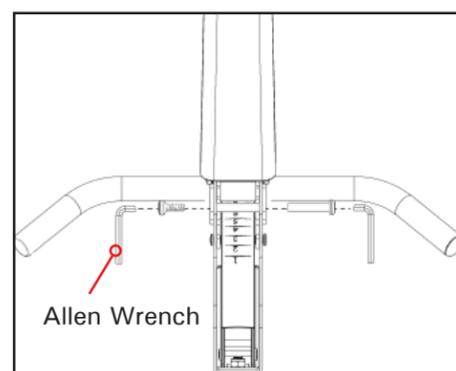


Figure 13

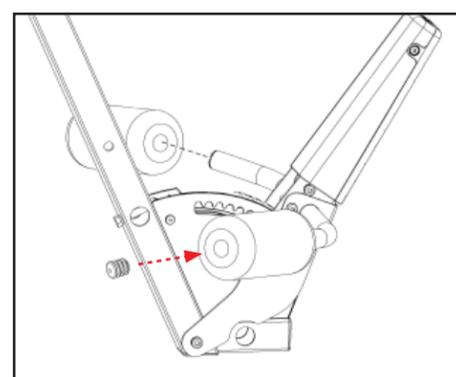


Figure 14

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 pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed (Figure 4). 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 4A) 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.

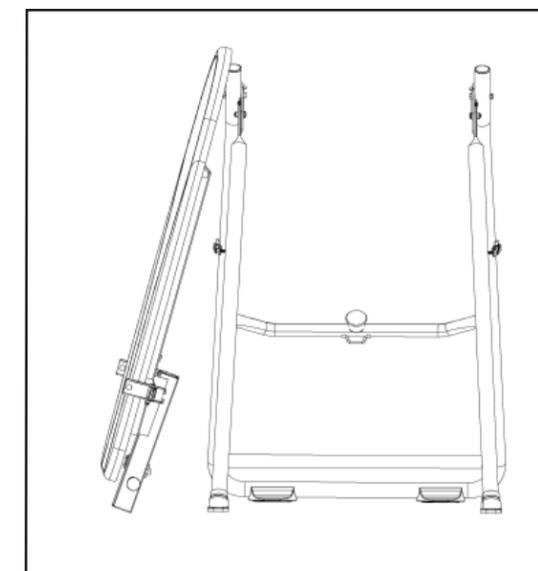


Figure 3

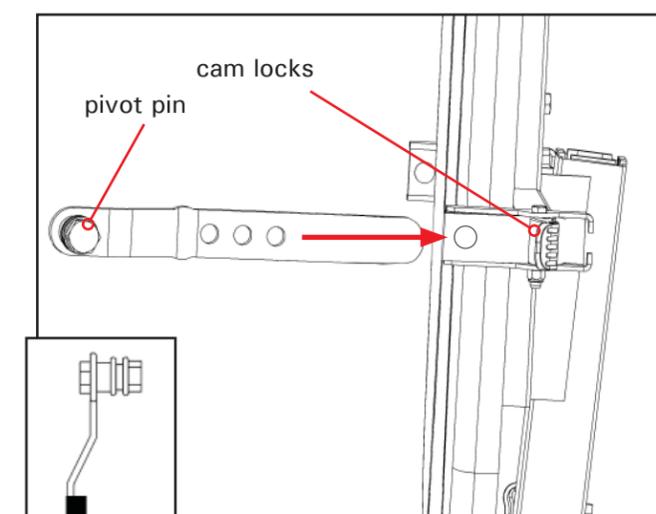
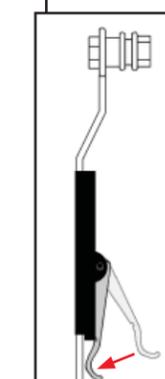


Figure 4



4A

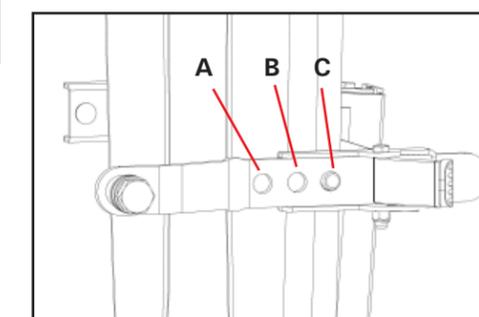


Figure 5

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.

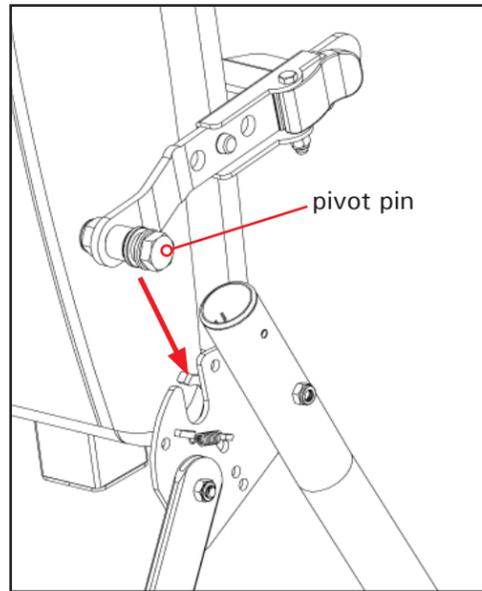


Figure 6

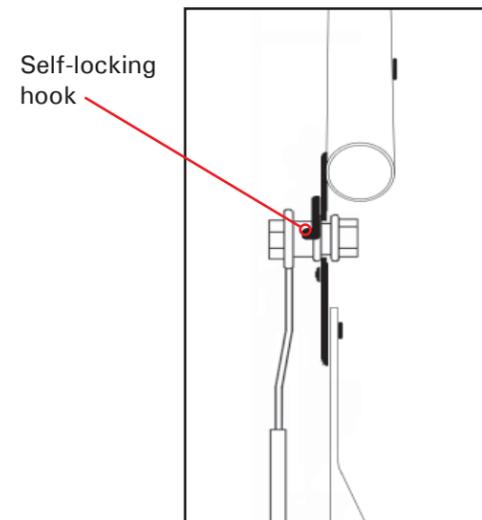


Figure 7

⚠ WARNING

Failure of the self-locking hooks to close over both pivot pins is indication of improper assembly and if not corrected, could result in serious injury or death!

Step Four

Insert the Main Shaft (FS-1050) 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 9).
- Pull out the height selector locking pin to allow the Main Shaft to slide in further (Figure 10). 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 11). 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 11 then the Table Bed has been assembled backwards onto the A-frame and this must be corrected before use.

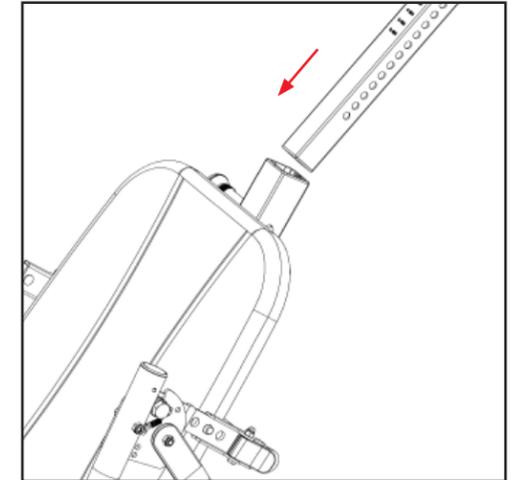


Figure 9

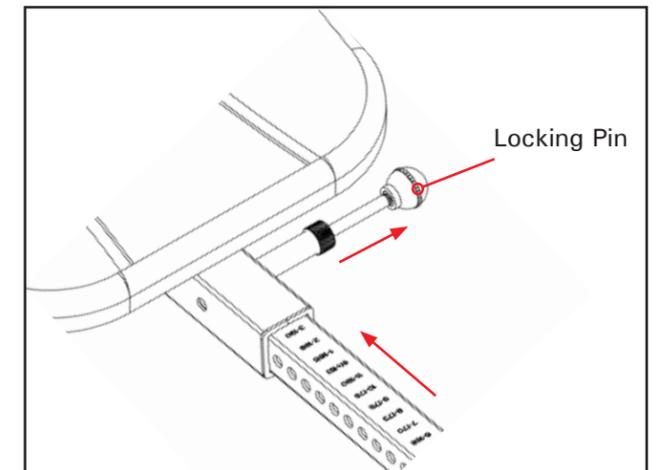


Figure 10

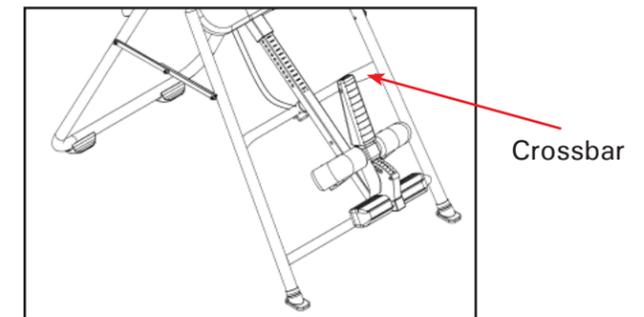


Figure 11