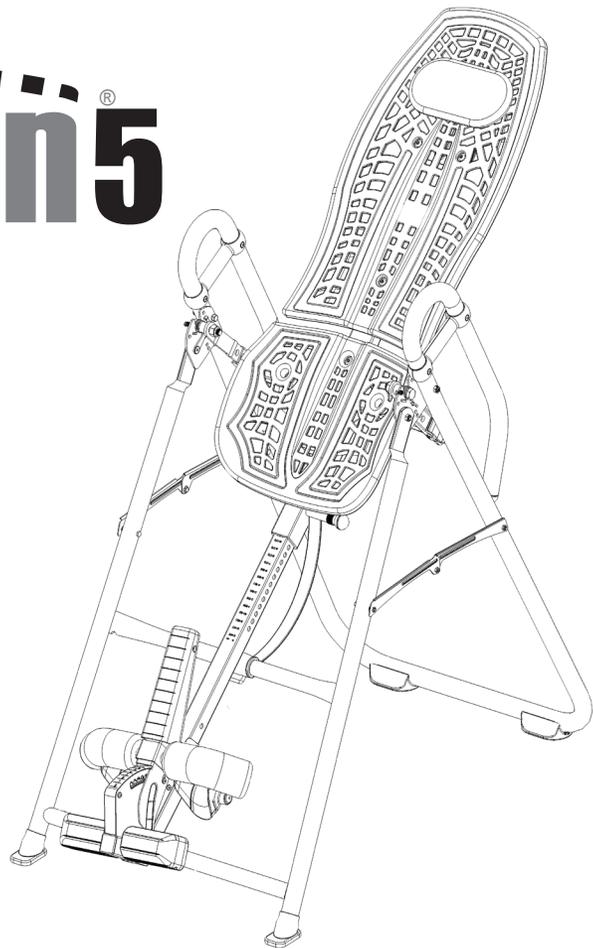


# InvertAlign<sup>®</sup> 5

## INVERSION TABLE

### Assembly Instructions





**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 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 DVD, 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.

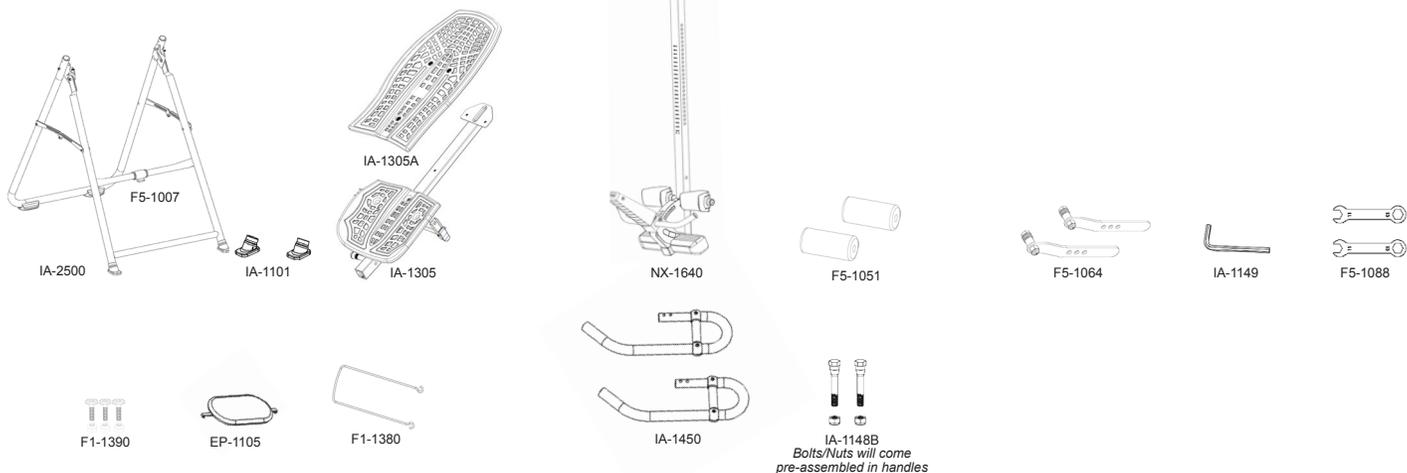
**FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

**SAVE THESE INSTRUCTIONS**

# Items for Assembly

Items are not shown to scale. If you have any questions on assembly, contact Customer Service at 1-800-847-0143 or visit our website at [invertalign.com](http://invertalign.com)

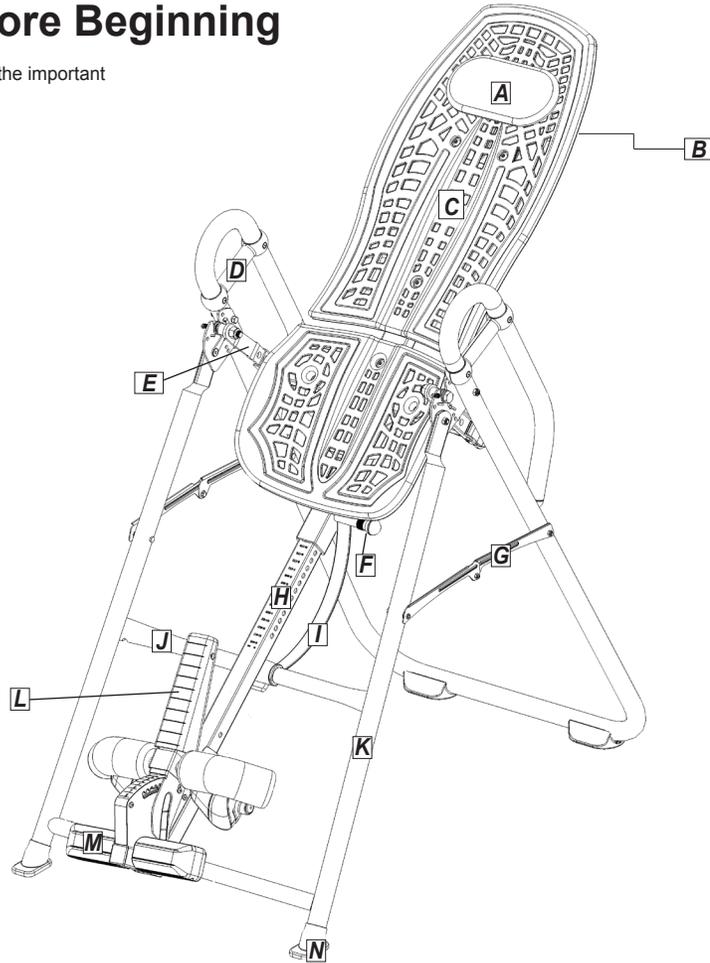
ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame	IA-2500	Main Shaft	NX-1640	3-Hole Roller Hinge (2)	F5-1064
Angle Tether	F5-1007	with Easy Reach Ankle Lock System		Wrenches	
Stability Feet (2)	IA-1101	Foam Rollers (2)	F5-1051	5mm Allen Wrench	IA-1149
Table Bed	IA-1305	Traction Support Handles	IA-1450	10/13mm Wrench	F5-1088
Table Bed - Upper Portion	IA-1305A	Bolts/Nuts	IA-1148B		
Bolts/Nuts (3)	F1-1390	<i>Bolts/Nuts will come pre-assembled in handles</i>			
Head Pillow	EP-1105				
Bed Frame Extension	F1-1380				



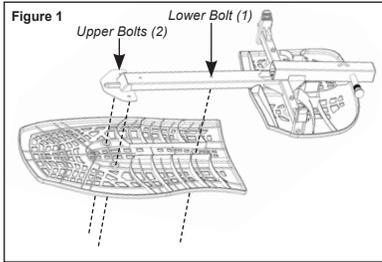
# Before Beginning

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

- A** Head Pillow
- B** Bed Frame Extension
- C** Table Bed
- D** Traction Support Handles
- E** 3-Hole Roller Hinge
- F** Height-Selector Locking Pin
- G** Spreader Arms
- H** Main Shaft
- I** Angle Tether
- J** Crossbar
- K** A-Frame
- L** Easy Reach Ankle Lock System
- M** Ankle Comfort Dial™
- N** Stability Feet



# Step 1



## Assemble the Table Bed (IA-1305) and Bed Frame Extension (F1-1380)

*NOTE: This assembly will be referred to as Table Bed (IA-1305) for the remainder of the Assembly Instructions.*

- Locate the following items to assemble the Table Bed:

Table Bed - Upper Portion (IA-1305A)

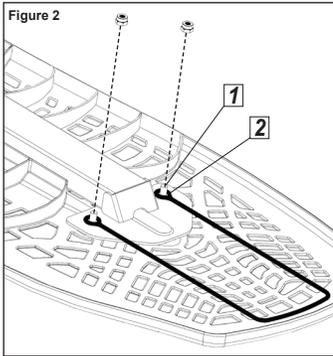
Table Bed Frame (IA-1305)

Bed Frame Extension (F1-1380)

Bolts & Nuts (F1-1390)

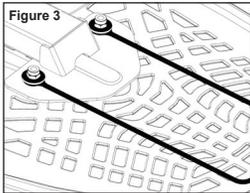
5mm Allen Wrench (IA-1149)

10/13mm Wrench (F5-1088)



1 Bolt

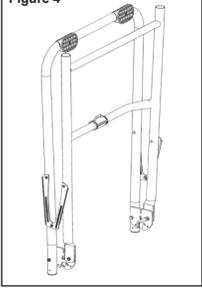
2 Loop



- Lay the Table Bed - Upper Portion (IA-1305A) face down on the floor.
- Place the Table Bed Frame (IA-1305) face down, on top of the Upper Portion and align the bolt holes.
- From the underside, insert and hand-tighten the center Bolt and Nut (Figure 1).
- From the underside, insert a Bolt through one of the holes in the Upper Portion and hold in place. Slide one of the Bed Frame Extension (F1-1380) loops over Bolt and hand-tighten with a Nut (Figure 2).
- Repeat with remaining side (Figure 3).
- To fully tighten all three nuts to the bolts, insert the 5mm Allen Wrench (IA-1149) into the Bolt head and tighten the Nut using the 10/13mm Wrench (F5-1088).

## Step 2

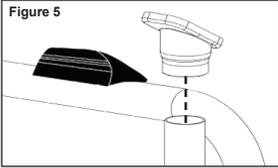
Figure 4



### Assemble the Stability Feet (IA-1101) to the A-Frame (IA-2500)

- Steady both sides of the A-Frame so that the legs will not swing open and turn the A-Frame so that the base points upward (Figure 4). This will give you downward leverage to properly assemble the Stability Feet.
- Determine which is the Right and Left Stability Foot by the imprinted letters “R” and “L”, found on each foot. Place each foot on the frame so that the letters face inward towards each other (Figure 5).

Figure 5

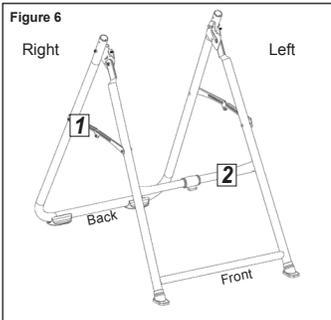


## Step 3

### Open the A-Frame (IA-2500)

- Open the A-Frame on the floor and make sure the Spreader Arms are locked open (Figure 6).
- Familiarize yourself with the Front, Back, Left and Right of the A-Frame. You may want to refer back to this diagram for reference throughout the assembly process.

Figure 6



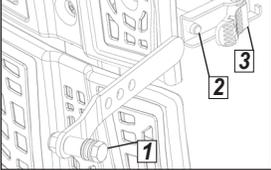
- 1 Spreader Arms
- 2 Crossbar

# Step 4

Figure 7



Figure 8



- 1 Pivot Pin
- 2 Bracket Pin
- 3 Cam Lock

Figure 9

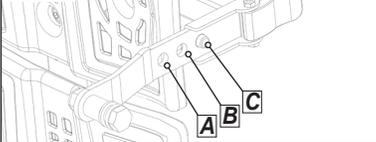


Figure 10

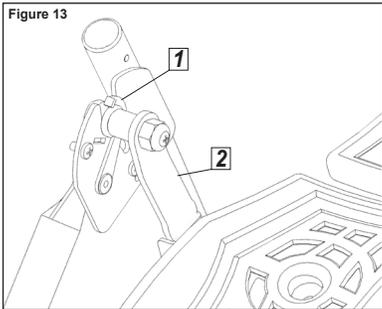
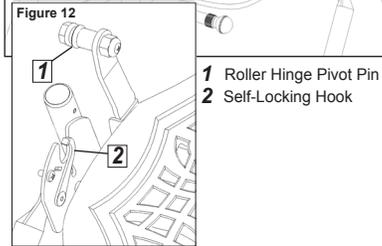
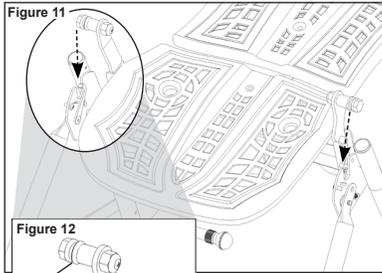


## Install the Roller Hinges (F5-1064) onto the Table Bed (IA-1305)

- For ease-of-assembly, rest the Table Bed against the Crossbar of the A-Frame (Figure 7).
- Open the Cam Locks on each side of the Table Bed (Figure 8).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed Assembly. The Roller Hinges must slide between the Cam Locks and the Brackets (Figure 9).
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Make sure the Roller Hinges are in the same hole setting on both sides. Figure 9 shows the Roller Hinges engaged correctly in Setting C.
- Push down on the Cam Locks (Figure 10) to secure the Roller Hinges.

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

# Step 5



- 1 Self-Locking Hook
- 2 Roller Hinge

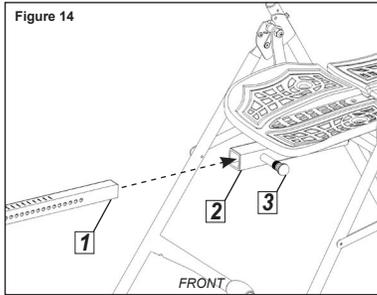
## Attach the Table Bed (F1-1305) to the A-Frame (IA-2500)

- Pick up the Table Bed, holding each side near the Roller Hinges, and stand in front of the A-Frame where the Crossbar is located (refer to Figure 6 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 11 and 12).  
*NOTE: You may need to push outward on the A-Frame in order for the 2nd Pivot Pin to lock in place.*
- Make sure that each Pivot Pin is seated at the base of the slot of the Hinge Plate (Figure 13).
- Ensure that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed rotates smoothly.

## ⚠ WARNING

Failure of the Self-Locking Hooks to close over both Roller Hinge Pivot Pins is an indication of improper assembly and if not corrected could result in serious injury or death!

# Step 6

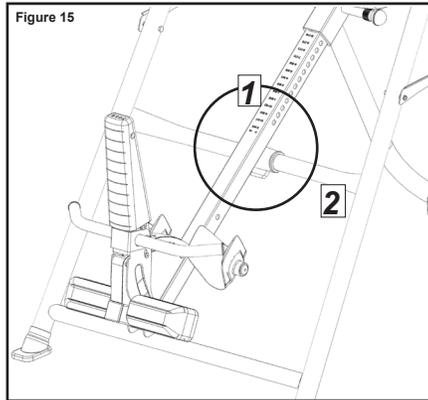


- 1 Main Shaft
- 2 Main Shaft Housing
- 3 Height-Selector Locking Pin

## Insert the Main Shaft (NX-1640) into the Table Bed

- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing (Figure 14) on the Table Bed.
- Pull out the Height-Selector Locking Pin to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner's Manual for more information on selecting your height setting.
- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 15).

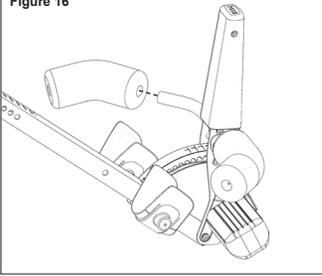
*NOTE: The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar as shown in Figure 15, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.*



- 1 Proper Resting Position
- 2 Crossbar

## Step 7

Figure 16

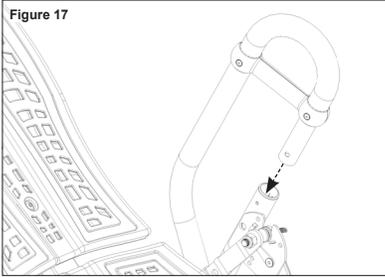


### Install the Foam Rollers (F5-1051)

- Push down on the Easy Reach Ratchet to open the Front Ankle Bar for ease of assembly.
- Slide the Foam Rollers (F5-1051) over each side of the Front Ankle Bar (Figure 16)  
*Tip: To assist with assembly, repeatedly rotate the Foam Roller while pushing it onto the Front Ankle Bar.*

## Step 8

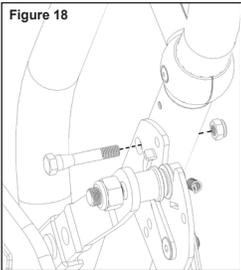
Figure 17



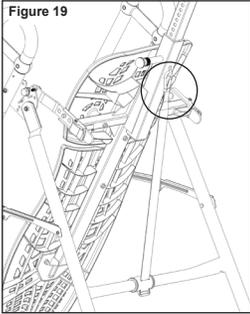
### Assemble the Traction Support Handles (IA-1450) onto the A-Frame (IA-2500)

- Insert the Left and Right handles into the A-Frame (Figure 17). Be sure that the InvertAlign® logo, located on the blue traction portion of the handle, is facing outwards.
- Insert the Bolts (IA-1148B) from the inside of the A-Frame and fasten with the Nuts from the outside of the A-Frame (Figure 18).
- Tighten with the wrenches provided.

Figure 18



# Step 9

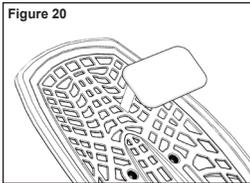


## Attach the Angle Tether (F5-1007) to Limit the Degree of Rotation

- The Angle Tether will come pre-assembled to the A-Frame.
- Unfold the adjustable Angle Tether and clip it to the U-Bar on the underside of the Table Bed (Figure 19).

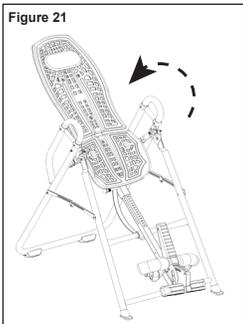
## Attach the Head Pillow (EP-1105)

- Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed. The position of the pillow can be adjusted depending on the user (Figure 20).



## Before Use

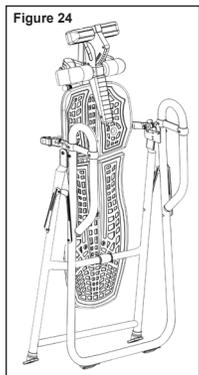
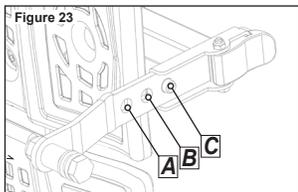
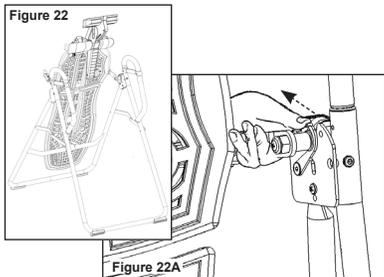
- Test the Inversion Table by hand for smooth and steady rotation (Figure 21).
- Ensure that all fasteners are secure.
- Please complete the warranty registration online at [www.invertalign.com](http://www.invertalign.com).
- For your reference, the serial number can be found on the back of the Table Bed.



## ⚠ WARNING

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

# Adjustments / Maintenance / Storage



## Adjustments: Changing the Roller Hinge Setting

To adjust the Roller Hinge setting, you'll need to fully remove the Table Bed from the A-Frame.

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (last hole).
- Rotate the Table Bed **opposite from use** until it has turned 180 degrees and rests against the Crossbar of the A-Frame (Figure 22).
- With palms up, reach under and around each Roller Hinge, using your thumbs to release the locks over the Pivot Pin (Figure 22A).
- Lift both sides of the Table Bed out of the A-Frame at the same time.  
*TIP: Rest the head of the Table Bed on the floor for quick adjustment.*
- Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C).  
*NOTE: Refer to the Owner's Manual for more information on finding your Roller Hinge Setting.*
- Re-lock the Cam Locks (Figure 23). Replace the Roller Hinges into the hinge plates of the A-Frame.
- Rotate the Table Bed back to the use position and re-adjust the Main Shaft height settings for use.

## Maintenance

- To clean the Inversion Table, wipe down with a damp cloth. Do not use abrasive cleaners or solvents.

## Storage

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (last hole).
- Rotate the Table Bed **opposite from use** until it has turned 180 degrees and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 24), leaving the A-Frame legs open to a width of 12" for stability.  
*NOTE: 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 inversion table should be stored flat on the floor, not upright.



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[youtube.com/InvertAlign](http://youtube.com/InvertAlign)

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