IT 7200

Gravity Inversion System

* This item is for consumer use only and it is not meant for commercial use.

OWNER’S MANUAL
Safety
Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Excessive or incorrect training may result to health injuries. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Any adjustment devices that could interfere with the user's movement on this unit should not be left projecting.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes. This unit is for home use only.
- Before use, you must read and understand all instructions & warnings stated in this Owner’s Manual as well as posted on the equipment.
- It is the facility owner’s responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Assembling Tools
- Ruler with both metric and English measurements
- 2 x Adjustable Wrenches
- 1 x Philips (“Crosshead”) Screw Driver

Weight Limit
Your product is suitable for users weighing: 250 pounds or less.

Storage and Use
Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.

Warranty
Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

a). provide replacement parts to the purchaser in an effort to repair the item.
b). repair the product returned to our warehouse (at the purchaser’s cost).
c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

Questions
If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.

Customer Support
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.

Body Flex Sports, Inc.
21717 Ferrero Parkway, Walnut, CA 91789
Telephone: (888) 266 - 6789
Fax: (909) 598 - 6707
Email: info@bodyflexsports.com
# Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items. Please note some of this hardware is already pre-assembled on the machine. Do not be alarmed if you see parts on this page that are not included in your hardware packet.

## Bolt

<table>
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<th>Description</th>
<th>Quantity</th>
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</tr>
<tr>
<td>#54</td>
<td>Hex Bolt (M8x40 mm)</td>
<td>4 Pieces</td>
</tr>
<tr>
<td>#69</td>
<td>Hex Bolt (M6x10 mm)</td>
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</tr>
<tr>
<td>#35</td>
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<tr>
<td>#38</td>
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<tr>
<td>#42</td>
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<tr>
<td>#61</td>
<td>Hex Bolt (M10x60 mm)</td>
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<tr>
<td>#43</td>
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</tr>
<tr>
<td>#62</td>
<td>Hex Bolt (M8x50 mm)</td>
<td>1 Piece</td>
</tr>
<tr>
<td>#38</td>
<td>Hex Bolt (M10x30 mm)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>#39</td>
<td>Hex Bolt (M8x45 mm)</td>
<td>4 Pieces</td>
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## Washer

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<td>#46</td>
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<td>#47</td>
<td>Washer (M6)</td>
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<tr>
<td>#71</td>
<td>Washer (M10 1.0t)</td>
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## Nut

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<tr>
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<td>#49</td>
<td>Nylon Nut (M6)</td>
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</tr>
<tr>
<td>#66</td>
<td>Nylon Nut (M10)</td>
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## Others

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<thead>
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<th>Description</th>
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<tr>
<td>#59</td>
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<tr>
<td>#51</td>
<td>Quick Clip</td>
<td>1 Piece</td>
</tr>
<tr>
<td></td>
<td>Tool</td>
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## Parts Listing

The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

<table>
<thead>
<tr>
<th>Part#</th>
<th>Description</th>
<th>Part#</th>
<th>Description</th>
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<tbody>
<tr>
<td>01</td>
<td>Rear Support Tube</td>
<td>02</td>
<td>Front Support Tube</td>
</tr>
<tr>
<td>03L</td>
<td>Left Cross Support Bracket</td>
<td>03R</td>
<td>Right Cross Support Bracket</td>
</tr>
<tr>
<td>04</td>
<td>Height Adjustment Tube</td>
<td>05</td>
<td>Foot Tube</td>
</tr>
<tr>
<td>06</td>
<td>Adjustable Ankle Brace</td>
<td>07L</td>
<td>Left Ergonomic Side Rail</td>
</tr>
<tr>
<td>07R</td>
<td>Right Ergonomic Side Rail</td>
<td>08</td>
<td>Seat Cushion Frame</td>
</tr>
<tr>
<td>09</td>
<td>Coupling Rod</td>
<td>10</td>
<td>Base of Height Adjustment Tube</td>
</tr>
<tr>
<td>11</td>
<td>Safety Hook</td>
<td>12</td>
<td>Foam Tube</td>
</tr>
<tr>
<td>13</td>
<td>Adjustable Pivot Bar</td>
<td>14</td>
<td>Safety Bar</td>
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<tr>
<td>15L</td>
<td>Left Cover</td>
<td>15R</td>
<td>Right Cover</td>
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<tr>
<td>16</td>
<td>Safety Strap with Buckle</td>
<td>17</td>
<td>Backrest Cushion</td>
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<td>18</td>
<td>Seat Cushion</td>
<td>19</td>
<td>Bumper</td>
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<tr>
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<td>Rectangular Inner Plug (20x50 mm)</td>
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<td>Square Inner Plug (30 mm)</td>
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<td>Square Inner Plug (35 mm)</td>
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<td>Round Inner Plug (19 mm)</td>
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<td>24</td>
<td>Rectangular Inner Plug (20x40 mm)</td>
<td>25</td>
<td>Foam Roller</td>
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<td>26</td>
<td>Front End Cap</td>
<td>27</td>
<td>Foam of Ergonomic Side Rail</td>
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<td>28</td>
<td>Piece Bumper</td>
<td>29</td>
<td>Bumper</td>
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<td>30</td>
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<td>Ankle Brace Lock Pin</td>
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<td>32</td>
<td>Height Selector Lock Pin</td>
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<td>Hook</td>
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<td>34</td>
<td>Spring</td>
<td>35</td>
<td>Hex Bolt (M8x45 mm)</td>
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<td>36</td>
<td>Grip Tape</td>
<td>37</td>
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<td>44</td>
<td>Hex Bolt (M6x50 mm)</td>
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<td>Reinforcement Plate</td>
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<tr>
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<td>Washer (M6)</td>
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<tr>
<td>48</td>
<td>Nylon Nut (M8)</td>
<td>49</td>
<td>Nylon Nut (M6)</td>
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<tr>
<td>50</td>
<td>Backrest Cushion Frame</td>
<td>51</td>
<td>Quick Clip</td>
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<tr>
<td>52</td>
<td>U Shape Frame</td>
<td>53</td>
<td>Plastic Washer (M6)</td>
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<td>54</td>
<td>Hex Bolt (M8x40 mm)</td>
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<td>Washer (M10)</td>
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<td>56</td>
<td>Arc Washer (M6)</td>
<td>57</td>
<td>Small Pin</td>
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<td>58</td>
<td>Nylon Bushing</td>
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<td>Round Cap</td>
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<td>Cylinder Bushing</td>
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<td>Hex Bolt (M8x50 mm)</td>
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<td>Hex Bolt (M10x160 mm)</td>
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<td>64</td>
<td>Cylinder Bushing</td>
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<td>Nylon Nut (M10)</td>
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<td>Hex Bolt (M8x30 mm)</td>
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<td>68</td>
<td>Cylinder</td>
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<td>Washer (M10 1.0t)</td>
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<tr>
<td>72</td>
<td>Safety Lock</td>
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</table>
Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.
Assembly Instructions

Assembly Step 1

A.) A-Frame Assembly
Open the pre-assembled A-Frame, which is composed of Front Support Tube (#02), Rear Support Tube (#01), Safety Strap with Buckle (#16) and Cross Support Brackets (#03). Make sure that two Cross Support Brackets (#03) are fully extended and firmly locked in place by pressing down on them.

B.) Ergonomic Side Rail Assembly
Slide the Left Ergonomic Side Rail (#07L) onto the slotted Rear Support Tube (#01) and make sure the bottom of Left Ergonomic Side Rail (#07L) is resting on the outer side of the inversion system. Position one Safety Hook (#11) on the inside of the slotted Rear Support Tube (#01) with the hook facing the front as illustrated. Insert a Hex Bolt (#30) through a Washer (#71) followed by the Safety Hook (#11), Rear Support Tube (#01), and Left Ergonomic Side Rail (#07L). Then secure it with a Washer (#71) and a Nylon Nut (#66). On the bottom of left side put a Hex Bolt (#38) through a Washer (#71), followed by the Rear Support Tube (#01) and Left Ergonomic Side Rail (#07L). Then secure it with a Washer (#71), and Nylon Nut (#66). Repeat this process on the other side.

C.) A-Frame Cover
Slide the Left Cover (#15L) over the Left Ergonomic Side Rail (#07L) and onto the A-Frame (#02 & #01) ensuring that the notched-out flap of the Left Cover (#15L) is facing toward the inside of the A-Frame (#02 & #01) as seen in the illustration. Repeat on the opposite side.

Hardware Required

<table>
<thead>
<tr>
<th>Hardware</th>
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<tbody>
<tr>
<td><strong>Bolt</strong></td>
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<tr>
<td>#30. Hex Bolt (M10x35 mm) [2 Pieces]</td>
</tr>
<tr>
<td>#38. Hex Bolt (M10x30 mm) [2 Pieces]</td>
</tr>
<tr>
<td><strong>Washer</strong></td>
</tr>
<tr>
<td>#71. Washer (M10 1.0t) [8 Pieces]</td>
</tr>
<tr>
<td><strong>Nut</strong></td>
</tr>
<tr>
<td>#66. Nylon Nut (M10) [4 Pieces]</td>
</tr>
</tbody>
</table>
Assembly Instructions

Assembly Step 2

A.) Adjustable Pivot Bar Assembly

Each Adjustable Pivot Bar (#13) has three holes in it. These three holes are designed to be a fine-tune adjustment that will allow you to shift your center of gravity, so that you can easily control the rate of inversion. Insert each of the two Adjustable Pivot Bars (#13) into the slots located on the Seat Cushion Frame (#08) ensuring that they both line up to the top holes. For now, proceed with these instructions and if you are not satisfied with the amount of control you have during the inversion process, please return to this step and move the Adjustable Pivot Bars (#13) down to the middle hole or to the lowest hole and try again.

Each Adjustable Pivot Bar (#13) should be properly seated inside each bracket. The Seat Cushion Frame (#08) bracket pin should engage the hole of each Adjustable Pivot Bar (#13). Both Adjustable Pivot Bars (#13) should always be set to the same position.

Screw a Hex Bolt (#42) and a Washer (#47) through the bottom of the Adjustable Pivot Bar (#13) and secure it with a Washer (#47) and a Nylon Nut (#49). Insert a Safety Lock Pin (#59) on the top of the Seat Cushion Frame (#08) as illustrated for an additional safety measure. Repeat this process on the other side.

B.) Cushion Frame Assembly

Open the Safety Hooks (#11) on the brackets located on the A-Frame. With the help of an assistant, lift the Seat Cushion Frame (#08) and align the Adjustable Pivot Bars (#13) into the two slots. Make sure both sides are properly seated into each slot. Do not be alarm if the frame does not fit perfectly in the slot. Have your assistant pry apart the handle bars to align it for a perfect fit.

Test the Seat Cushion Frame (#08) by rocking it back and forth a few times. After you have ensured that the Seat Cushion Frame (#08) rotates smoothly, lower the Safety Hooks (#11) over the Adjustable Pivot Bars (#13) as far as they will go. Once the Safety Hooks (#11) are secure, insert Hex Bolts (#69) into the Pivot Brackets to lock the Safety Hooks (#11) in place.

Hardware Required

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<th>Description</th>
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<tr>
<td>Washer</td>
<td>#47. Washer (M6)</td>
<td>4 Pieces</td>
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<tr>
<td>Nut</td>
<td>#49. Nylon Nut (M6)</td>
<td>2 Pieces</td>
</tr>
<tr>
<td>Others</td>
<td>#59. Safety Lock Pin</td>
<td>2 Pieces</td>
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</tbody>
</table>
Assembly Step 3

A.) U Shape Frame Assembly
NOTE: Please make sure the U Shape Frame (#52) is above the Front Support Tube (#02) before assembling. Refer to the diagrams below for more descriptive details. With the help of an assistant, slide the Coupling Rod (#09) in between the U Shape Frame (#52). Align and attach the U Shape Frame (#52) to the Seat Cushion Frame (#08) as illustrated in the diagram below. Insert four Hex Bolts (#54) through four Washers (#46) followed by two Reinforcement Plates (#45) and the Seat Cushion Frame (#08). Secure them together using four Washers (#46) and four Nylon Nuts (#48).

B.) Coupling Rod Assembly
Align and attach the back of the Coupling Rod (#09) to the Seat Cushion Frame (#08) as illustrated in the diagram. Insert a Hex Bolt (#61) through a Washer (#71) followed by the back of the Coupling Rod (#09) and Seat Cushion Frame (#08). Secure them together using a Washer (#71) and Nylon Nut (#66).

C.) Coupling Rod Assembly
Align and attach the Base of Height Adjustment Tube (#10) to the front of the Coupling Rod (#09) as illustrated in the diagram. Insert a Hex Bolt (#62) through a Washer (#46) followed by the front of the Coupling Rod (#09) and Base of Height Adjustment Tube (#10). Secure them together using a Washer (#46) and Nylon Nut (#48).

Note:
Please make sure the U Shape Frame (#52) is above the Front Support Tube (#02) before assembling Step 3-A.

Hardware Required

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<td>#61. Hex Bolt (M10x60 mm)</td>
<td>[1 Piece]</td>
</tr>
<tr>
<td>#62. Hex Bolt (M8x50 mm)</td>
<td>[1 Piece]</td>
</tr>
<tr>
<td>Washer</td>
<td></td>
</tr>
<tr>
<td>#46. Washer (M8)</td>
<td>[10 Pieces]</td>
</tr>
<tr>
<td>#71. Washer (M10 1.0t)</td>
<td>[2 Pieces]</td>
</tr>
<tr>
<td>Nut</td>
<td></td>
</tr>
<tr>
<td>#48. Nylon Nut (M8)</td>
<td>[5 Pieces]</td>
</tr>
<tr>
<td>#66. Nylon Nut (M10)</td>
<td>[1 Piece]</td>
</tr>
</tbody>
</table>
Assembly Step 4

Secure the Backrest Cushion (#17) to the Backrest Cushion Frame (#50) using four Hex Bolts (#70) and four Washers (#46). Secure the Seat Cushion (#18) to the Seat Cushion Frame (#08) using four Hex Bolts (#39) and four Washers (#46). Tighten the bolts snugly. Do not over tighten.

Hardware Required

**Bolt**

- #39. Hex Bolt (M8x35 mm)
  - [4 Pieces]
- #70. Hex Bolt (M8x15 mm)
  - [4 Pieces]

**Washer**

- #46. Washer (M8)
  - [8 Pieces]
**Assembly Instructions**

### Assembly Step 5

**A.) Adjustable Ankle Brace Assembly**
Take the illustrated assembly which is composed of parts (#06), (#04) and (#31) out of the box. Pull up the **Ankle Brace Lock Pin (#31)** as illustrated and, at the same time, pull the **Adjustable Ankle Brace (#06)** out of the **Height Adjustment Tube (#04)** SLOWLY. (You will notice that there is a **Spring (#34)** that pulls downward as you pull the **Adjustable Ankle Brace (#06)** out). After you get the **Adjustable Ankle Brace (#06)** out completely, rotate it 90 degrees clockwise so that the circular round holes face toward the **Ankle Brace Lock Pin (#31)**, and the long oval slot faces downward toward the **Hex Bolt (#69)**. Insert the **Adjustable Ankle Brace (#06)** back into the **Height Adjustment Tube (#04)** and release the **Ankle Brace Lock Pin (#31)**. Next, insert **Hex Bolt (#69)** through the bottom hole shown in drawing A and through the long oval slot and tighten.

**B.) Foam Tube Assembly**
Slide the **Foam Tube (#12)** through the **Height Adjustment Tube (#04)**. Then secure this assembly by using a **Hex Bolt (#43)**, **two Washers (#47)** and one **Nylon Nut (#49)** as illustrated. Slide the two **Foam Rollers (#25)** onto the **Adjustable Ankle Brace (#06)** and another two **Foam Rollers (#25)** on the **Foam Tube (#12)**. Apply soapy water to the tubes if the foam rollers do not slide on easily.

**C.) Adjustable Foot Frame Assembly**
Slide the **Foot Tube (#05)** into **Height Adjustment Tube (#04)** and insert the **Bolt (#35)** and secure it with **Washer (#46)** and **Nylon Nut (#48)**. (ALWAYS WEAR ATHLETIC SHOES BEFORE INVERTING)

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### Hardware Required

**Bolt**
- #35. Hex Bolt (M6x45 mm) [1 Piece]
- #43. Hex Bolt (M6x45 mm) [1 Piece]
- #69. Hex Bolt (M6x10 mm) [1 Piece]

**Washer**
- #46. Washer (M8) [1 Piece]
- #47. Washer (M6) [2 Pieces]

**Nut**
- #48. Nylon Nut (M8) [1 Piece]
- #49. Nylon Nut (M6) [1 Piece]
Assembly Step 6

A.) Height Adjustment Tube Assembly
With the help of an assistant, attach the **Height Adjustment Tube (#04)** to the **Base of Height Adjustment Tube (#10)** by pulling the **Height Selector Lock Pin (#32)** out and simultaneously sliding the **Height Adjustment Tube (#04)** in. Release the **Height Selector Lock Pin (#32)** at any setting for now. Please note, the **Height Adjustment Tube (#04)** is designed to accommodate the height of various persons; set it accordingly by pulling the **Height Selector Lock Pin (#32)** as you slide the **Height Adjustment Tube (#04)** up or down. Hook on the **Hook (#33)** of the **Safety Strap with Buckle (#16)** that is located on the A-Frame to the **U Shape Frame (#52)**.

B.) Safety Bar Assembly
Slide the **Safety Bar (#14)** into the hole on the **Rear Support Tube (#01)**, secure it with a **Quick Clip (#51)**. The assembly process is now complete. Please read the rest of the manual to learn about the safety features and operation procedures before you start using the product.

NOTE: To control the angle of inversion, adjust the **Safety Strap with Buckle (#16)** according to the Usage Guidelines starting from page 11. For an additional safety measure, use the **Safety Bar (#14)** as an additional safety support in case the safety strap is not adjusted properly. This is highly recommended for beginners. For advance users that wish to perform a 180 degree inversion, you must remove the **Safety Bar (#14)** in order to perform the 180 degree inversion.
Safety Instructions

- Make sure all bolts and parts are securely tightened prior to each use.
- Check for loose parts and components
- Check to see if there are any tears or bends in the welding or metal.
- Be sure that all adjustment locking devices and safety devices are properly engaged prior to use!
Safety Instructions

General Safety

⚠️ WARNING: 250 lb. WEIGHT CAPACITY
DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN’S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS (This list is for reference only and is not an exhaustive listing): Pregnancy, Hiatal Hernia, Ventral Hernia, Glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; Heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medulary pins and/or surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections; Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

⚠️ IMPORTANT:
ALWAYS ENSURE SAFETY HOOKS ARE LOCKED IN PLACE BEFORE USE.

Always secure your ankles by Adjusting top rollers (using pull pin) as close to bottom rollers as possible at a comfortable but snug position.

**BE SURE PULL PIN LOCKS INTO PLACE IN ORDER TO SECURE ANKLES!**

Safety Lock

The Safety Lock is pre-installed on your inversion unit. It consists of the a Safety Lock (#72), two Nylon Nut (#49), a Safety Lock Chain (#41) and a Hex Bolt (#40).

To LOCK Your Unit:
1. LIFT the Safety Lock (#72) which is connected to its Chain (#41).
2. PLACE & SECURE the Safety Lock (#72) fully over the Base of Height Adjustment Tube (#10) as shown in the illustration.
3. Your unit is now 'locked'.

ALWAYS KEEP THE SAFETY LOCK IN THE LOCKED POSITION WHEN NOT INVERTING AND/OR WHEN THE UNIT IS NOT IN USE FOR THE SAFETY OF YOU AND THOSE AROUND YOU.

To UN-LOCK Your Unit:
1. LIFT the Safety Lock (#72) off of the Base of Height Adjustment Tube (#10).
2. STORE the Safety Lock (#72) by placing it over the bar of the Front Support Tube (#02) as shown in “STORED” position in illustration.

Make sure the Safety Lock (#72) and Chain(#41) do not obstruct or interfere with any moving parts of the inversion table to prevent serious injury.
3. Your unit is now unlocked.

PLEASE REMEMBER TO LOCK THE UNIT WHEN NOT INVERTING AND/OR WHEN THE UNIT IS NOT IN USE FOR THE SAFETY OF YOU AND THOSE AROUND YOU.
Strap Adjustment

ALWAYS ENSURE BOTH ENDS OF THE SAFETY STRAP ARE SECURELY CLIPPED/ENGAGED TO THE UNIT PRIOR TO USE!!!

The buckle of the Safety Strap should be positioned about halfway down the Safety Strap with the concave side facing up.
The two ends of the buckle should show; the middle slot should be covered up by the Safety Strap.
Feed the free end of the Safety Strap through the buckle under one end, over the middle and under the other end.
The buckle should be fastened to allow length adjustment on the Safety Strap loop.
The shorter the strap, the less the angle of inversion; The longer the strap, the greater the inversion angle.

To Shorten the Strap: Feed the upper strap through the buckle and pull the loose lower strap.
To Lengthen the Strap: Feed and pull the upper strap through the buckle.

WARNING

To prevent serious injury, death, and/or unexpected inversion incline, always rock the backpad back to gauge the maximum inversion permitted by the strap before using the unit,

First time users should adjust the tether strap by shortening it for minimal inversion.

THE FIRST TIME THAT YOU USE THIS INVERSION TABLE, HAVE SOMEONE WITH YOU TO WATCH YOU. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE YOU WITH COMFORT AND ENSURE YOU HAVE THE CORRECT INITIAL SETTINGS.

ALWAYS wear athletic shoes when using the unit.

Before starting, ensure that the Inversion Table is at the correct settings to match your height and weight. As each individual’s body type is different, you will need to find the correct settings for you personally.

ENSURE THAT ALL PULL PINS & ADJUSTABLE PARTS ARE TIGHT AND ENTIRELY ENGAGED IN CORRESPONDING HOLES.

ALWAYS MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.

AVOID INVERTING AFTER MEALS.
1. Before You Begin

⚠️ WARNING
- Always ensure the two **Cross Support Brackets** of the A-frame are pushed down and locked horizontally in place.
- Always ensure that the **Safety Hooks** on both sides are latched over and securely holding the Adjustable Pivot Bars.
- Always check that all **nuts and bolts** are tightened and have not come loose and are in good condition (i.e. not cracked, not rusty, etc.)

2. Select An Inversion Mode with Safety Bar

a. Decide what mode of inversion you would like:
   - **Easy** (less than 22°)
   - **Medium** (22-55°)
   - **Expert** (over 55°)

b. Once you decide, pull out the **Safety Bar** from the front locked position.

   Then, place the **Safety Bar** in 1 of the 3 places below:
   - **Easy** (less than 22°): upper set of holes on Rear Frame
   - **Medium** (22-55°): lower set of holes on Rear Frame
   - **Expert** (over 55°): set it aside where it will not interfere or become a safety hazard throughout the mounting, inversion, and dismounting process, but, where you can easily retrieve it directly after you complete your inversion workout. We suggest placing it up against the inner side of the Rear Frame and the ground.

3. Setting Up with the Safety Strap

a. **Unlock the Safety Lock** from the Adjustable Height Bar.

   Without mounting, first test the Back Rest inversion angle by tilting it back to check where it will stop and make any necessary length adjustments to the **Safety Strap**.

   If you are using the **Safety Bar** for **Easy** or **Medium** inversion, please leave at least a 1” **distance** between the **Safety Bar** and the backpack for your safety (i.e. when fully inverted, the Back Rest should not touch the **Safety Bar**).

   Please refer to the “Strap Adjustment” section of the Safety Instructions for instructions and more details on how to adjust the Safety Strap.

   **NOTE:** The Safety Strap gives you the most control over your inversion safety and angling. The Safety Bar feature is designed as a secondary security measure to prevent over-inversion. We do not suggest the Back Rest reach the Safety Bar during inversion.

Back Rest DOES NOT touch the Safety Bar; ensure there is at least a 1” gap when at maximum inversion permitted by Safety Strap

Before use, unlock the Safety Lock to test for Back Rest inversion

Cross support brackets pushed down fully to locked position

Safety hooks on both sides securely latched over

Place Safety Bar in 1 of the 3 positions shown
4. Make Adjustments & Prepare to Mount

b. Now, place the Safety Lock back into the locked position across the Height Adjustment Tube. To prevent serious injury or even death, please do not skip this step. The Safety Lock is a key safety feature and should be placed in the locked position any time the user is not in the inverting condition, even if just resting in the upright position.

c. Adjust the Height Adjustment Tube to the most suitable setting for you. Because of different body sizes, you may find that the most suitable setting may not match your actual height.

d. Pull up the Ankle Brace Lock Pin to release the Adjustable Ankle Brace and pull the Adjustable Ankle Brace to a wider setting so that you have enough space to mount your feet.

5. Mounting Safely

a. With one foot firmly planted on the ground, step or slide your other foot onto the Adjustable Foot Tube. When you have enough stability, then proceed to mount your grounded foot. Pull up the Ankle Brace Lock Pin again, this time adjusting it so that the foam rollers are snug and secure around your ankles.

⚠️ WARNING Please ensure the Ankle Brace Lock Pin is fully inserted and securely in place to avoid serious injury or even death.

Now, remove the Safety Lock to the unlocked position. If you have any back problems or do not feel comfortable doing this, have an assistant unlock the Safety Lock for you. We advise having an assistant to “spot” you during your first few inversion sessions so you can familiarize yourself with the exercise and machine.

Mount one foot onto the Adjustable Foot Tube.

When you are stable and balanced, mount the second foot.
Then, secure the Adjustable Ankle Brace snug and secure over your ankles (by pulling up on the Ankle Brace Lock Pin again).

Now, remove the Safety Lock and ‘store’ it.

Please remember to read all Safety Instructions and information in this manual prior to inversion.
6. Workout

a. After you have set up and mounted the inversion table as described in previous steps:

i. Slowly lift one arm. You will feel gravity work as it starts to tilt you back.

ii. Continue inverting by slowly raising the other arm.

iii. Relax and enjoy the inversion.

iv. Reverse out of inversion and return to an upright position by slowly lifting one arm back to your side.

v. Then slowly lift the other arm back.

*Please use the Safety Rail handlebars if you need to at any time to assist you when you go to invert or return from inversion.*
7. Dismounting

a. Before stepping off the unit, lock the Safety Lock back to locked position over the Height Adjustment Tube. Again, please have an assistant help you, if necessary.

b. Pull the Ankle Brace Lock Pin up to release the foam rollers from around your ankles. Using the Safety Rail handlebars or the frame to ensure your balance and stability, place one foot onto the ground. Then, once you have balance on your first foot, step your second foot down onto the ground. Retrieve the Safety Bar (which was removed from Step 2) and insert it through the set of holes at the front of the unit, returning it into the locked position.

After your workout and before you dismount the unit, lock the Safety Lock.

Release your ankles from the Adjustable Ankle Brace (foam rollers) by pulling on the Ankle Brace Lock Pin.

With stability and control, lower one foot onto the ground. When you are balanced on the first foot, then you may proceed to lower your second foot.

Lastly, retrieve the Safety Bar (removed during Step 2) and insert it through the front set of holes to the “locked” position.

FOR THE SAFETY OF YOU AND THOSE AROUND YOU:

Always lock the Safety Bar here through front set of holes (over the Height Adjustment Tube) to prevent serious injury & unsupervised usage of the unit.
Thanks for choosing

Model Number IT7200

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

Date of Purchase:

Store Name:

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