



**USER MANUAL – EN**

**IN 10554 Inversion Table inSPORTline Inverso Profi**



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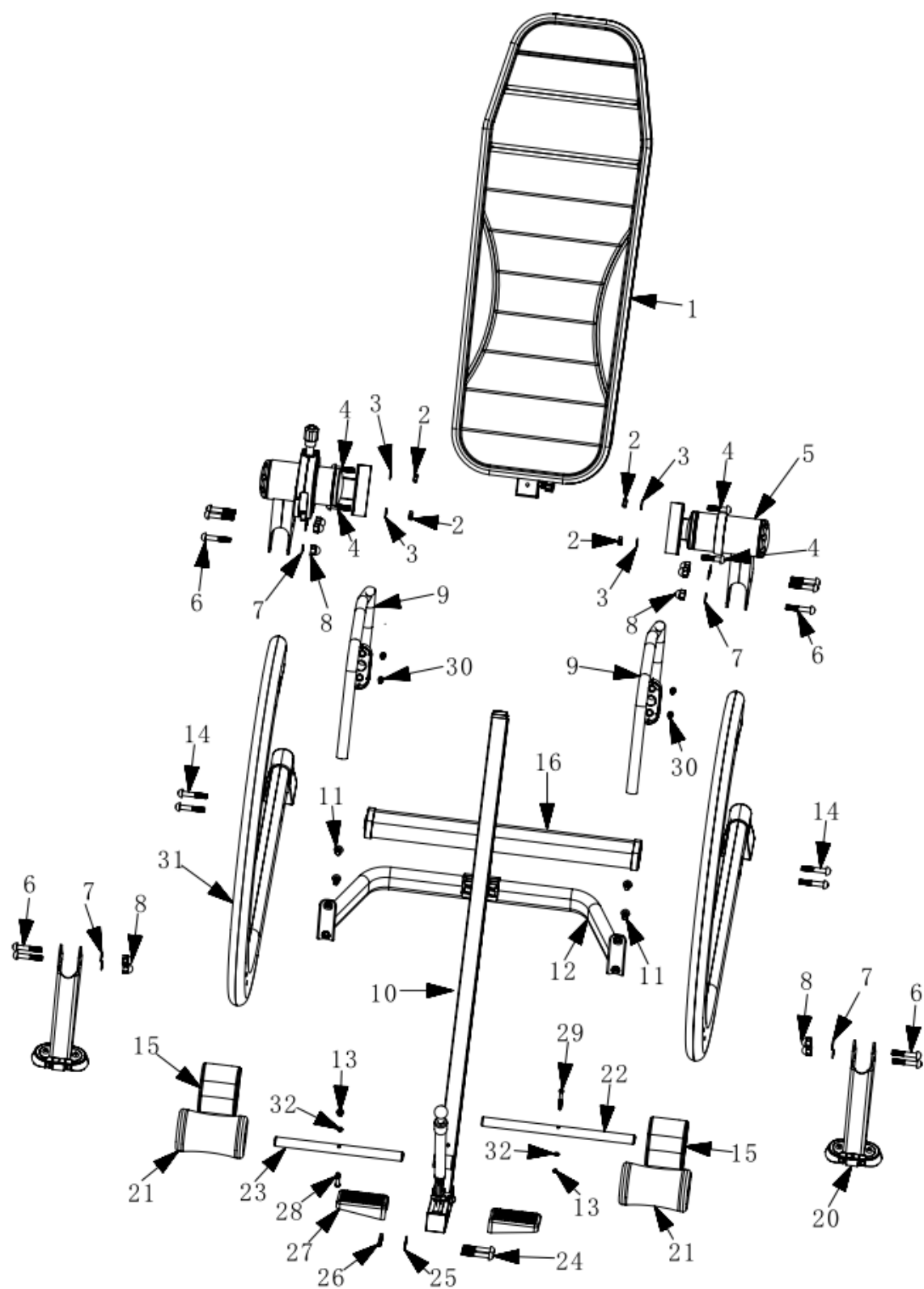
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SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website [www.insportline.eu](http://www.insportline.eu) where you will find the latest version of the manual.

## SAFETY INSTRUCTIONS

- Please read the manual before use and keep it for future reference.
- Maintains sufficient free space around the device.
- Wear appropriate sports clothing.
- Keep out of reach of children and animals.
- Before each use, check the tightness of all screws, nuts and connections.
- Keep hair, limbs and clothing away from moving parts.
- Remove jewelry before use.
- Do not repair or modify the product yourself.
- Use only for the purposes for which the device was manufactured.
- If you experience nausea, pain, weakness, dizziness or other discomfort, stop immediately and contact a doctor. Watch your body's reaction.
- If sharp edges appear on the product, stop using it immediately.
- Do not use a damaged or worn product. Damaged or worn parts must be replaced before further use.
- Assembly may be performed by an adult.
- Always consult a doctor about use.
- Not suitable for: pregnant women; persons suffering from: extreme obesity, glaucoma, retinal detachment, conjunctivitis, spinal injury, sclerosis, rheumatism, otitis media, high blood pressure, after a stroke, heart attack, circulatory problems, in post-operative care, with a medical implant. For reasons of individual health, always consult a doctor.
- Do not use after taking medication, drugs or alcohol.
- Warm up properly before exercising.
- Do not leave unattended around children and animals.
- Load capacity: 200 kg.
- Category: S (EN 20957) for professional or commercial use.
- **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for people with pre-existing health problems.**

# DRAWING



## PARTS LIST

No.	Description	Qty
1	Backrest with frame	1
5	Handle bracket	2
9	Handle	2
10	Adjustable frame	1
12	Bend frame	1
15	Heel holder bracket	2
16	Bottom connecting frame	1
20	Bottom stand	2
21	Heel holder	2
22	Round frame	1
23	Foam roller frame	1
27	Footrest	2
31	Main frame	2

## HARDWARE

No.	Description	Qty
2	Nut M10*45	4
3	Washer Ø20*Ø10*1.5	4
4	Bolt M10*45	4
6	Bolt M10*60	10
7	Bolt M10*60	10
8	Nut M10*60	10
11	Bolt M8*16	4
13	Nu tM6	1
14	Bolt M10*55	4
24	Bolt M10*65	2
25	Washer Ø20*Ø10*1.5	2
26	Nut M10	2
28	Bolt M6*10	2
29	Bolt M6*55	1
30	Bolt M8x16	4
32	Washer Ø12*Ø6*1,5	2

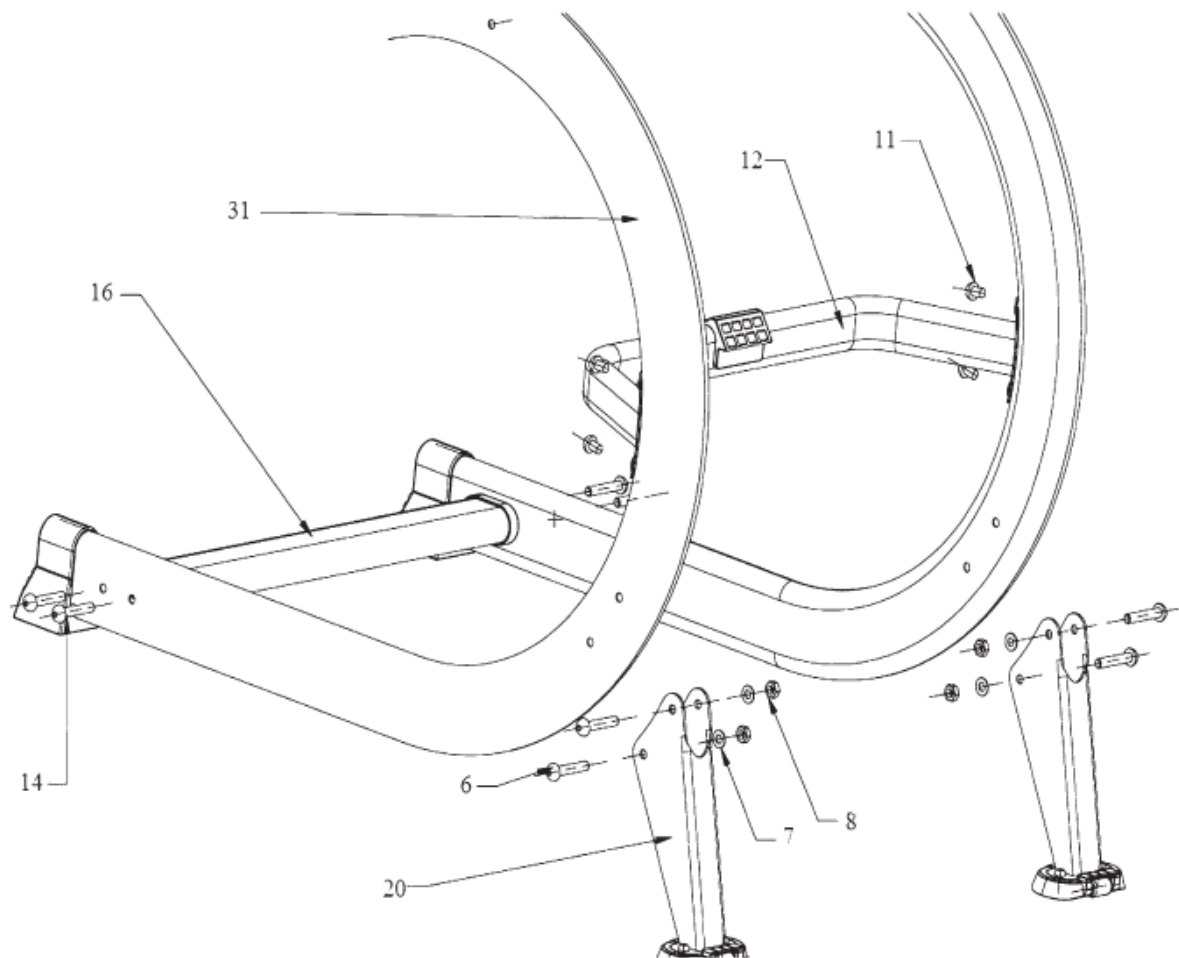
## ASSEMBLY

### MAIN FRAME ASSEMBLY:

Connect main frame (31) and connection frame (16) with bolts (14).

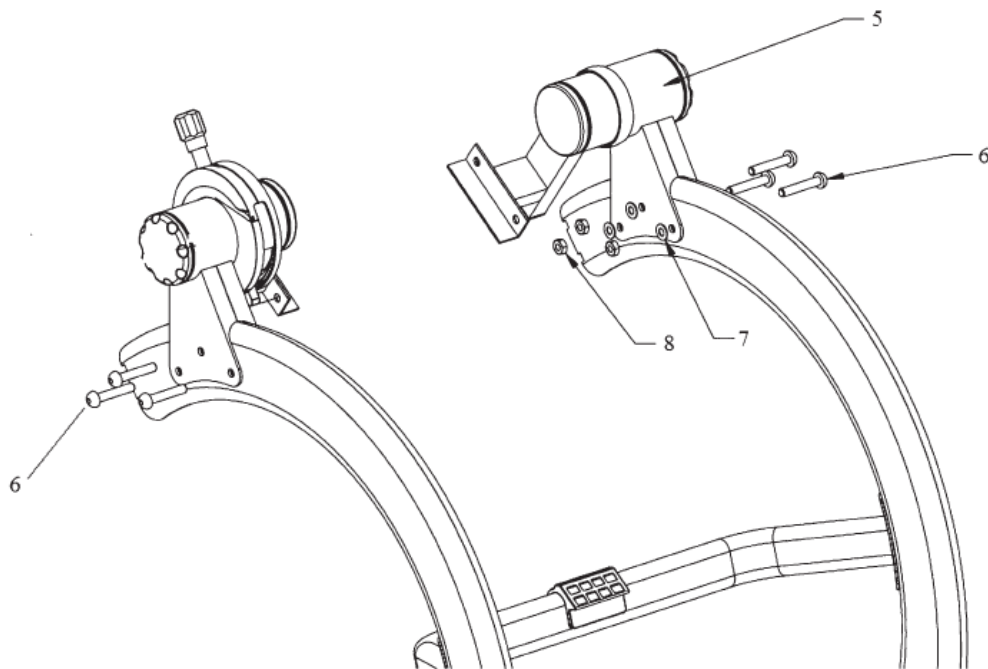
Attach bend frame (12) to main frame (31) with bolts (11).

Attach stands (20) to the main frame (31) with bolts (6), washers (7) and nuts (8).



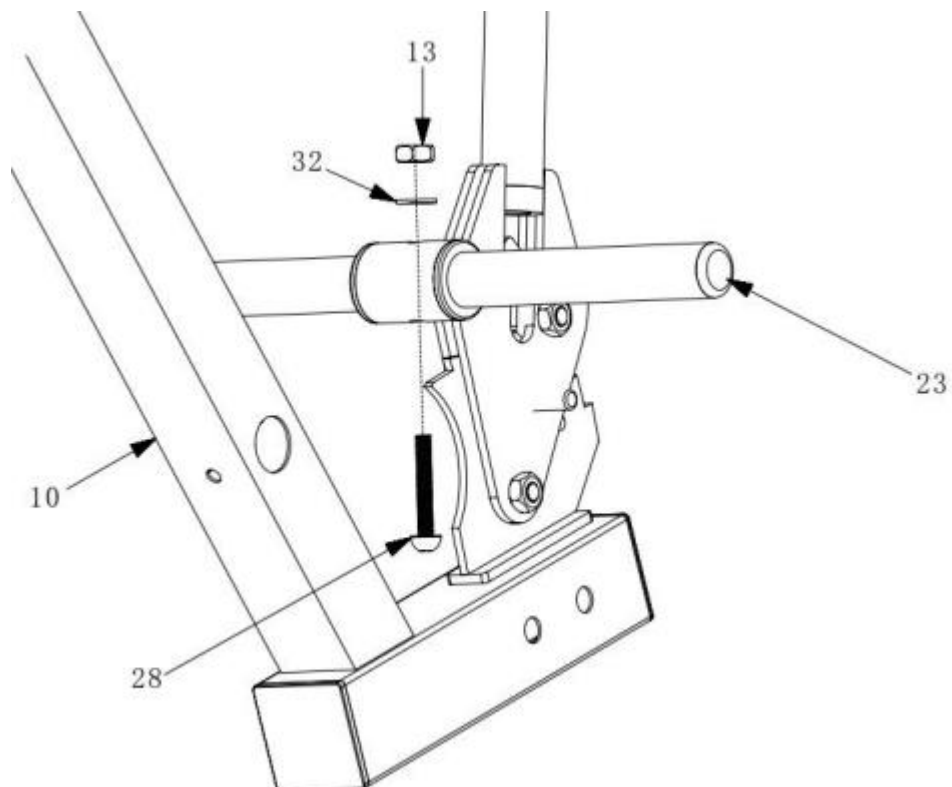
### ARM SUPPORT ASSEMBLY:

Slide handle brackets (5) to the handles (9) with bolts (6), washers (7) and nuts (8).

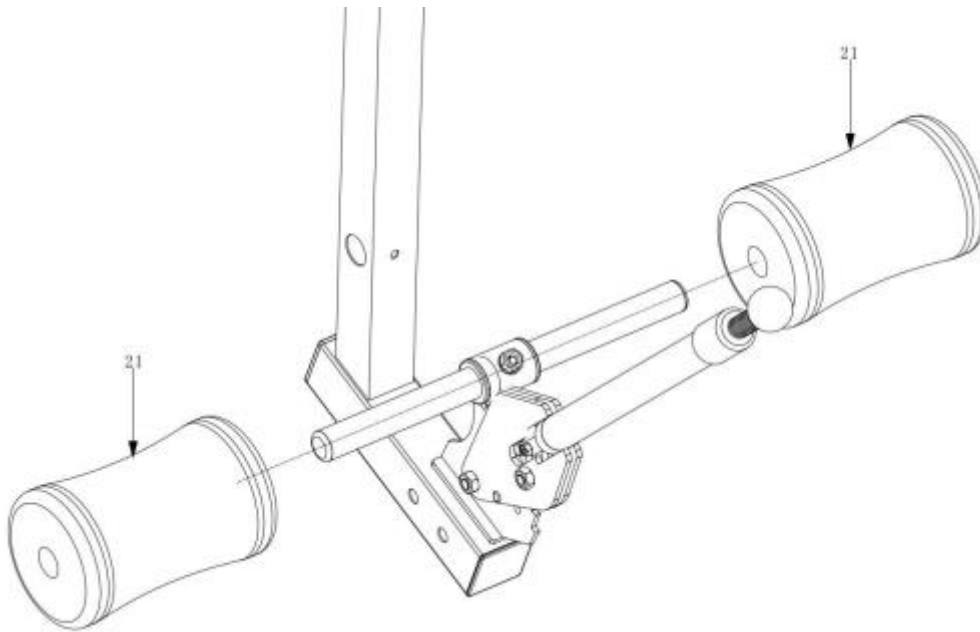


### FOOT LOCKING SYSTEM ASSEMBLY:

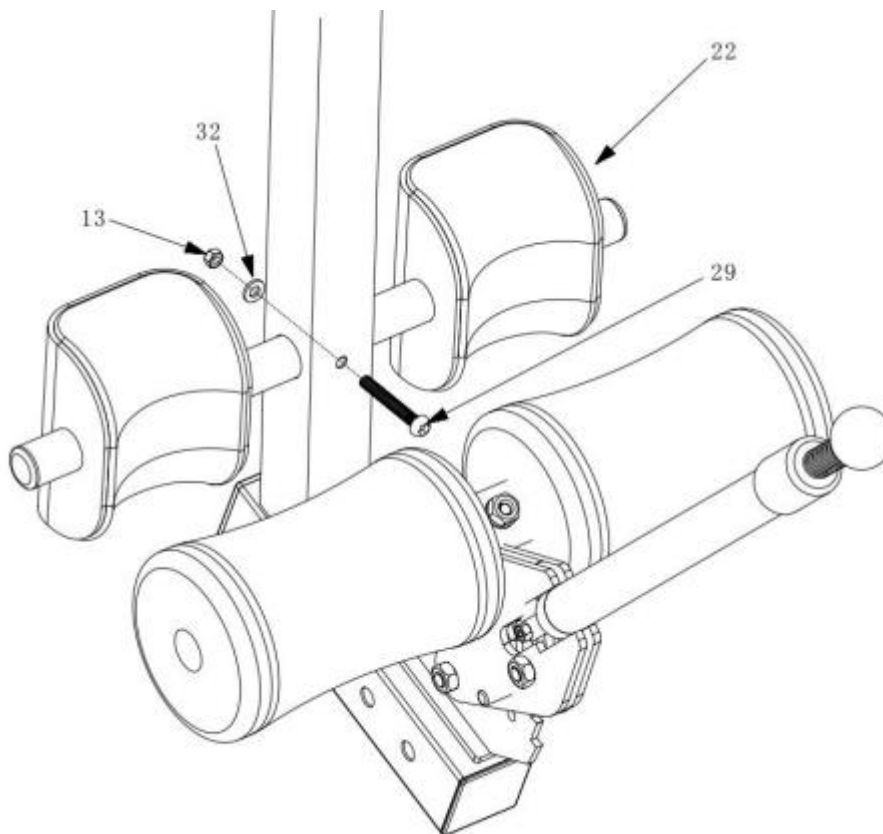
Attach foam roller frame (23) to the adjustable frame (10) with bolt (28), washer (32) and nut (13).



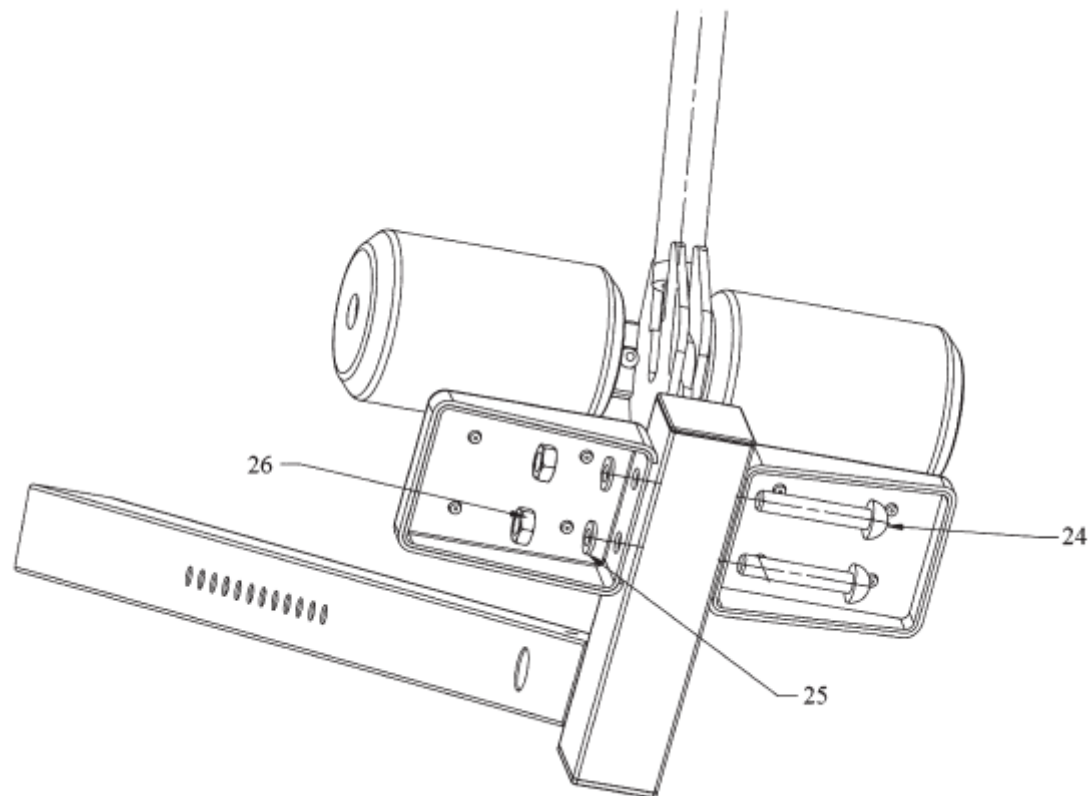
Slide the foam rollers (21) to the frames (23).



Secure attach bracket (22) to the frame (10) with bolt (29), washer (32) and nut (13).

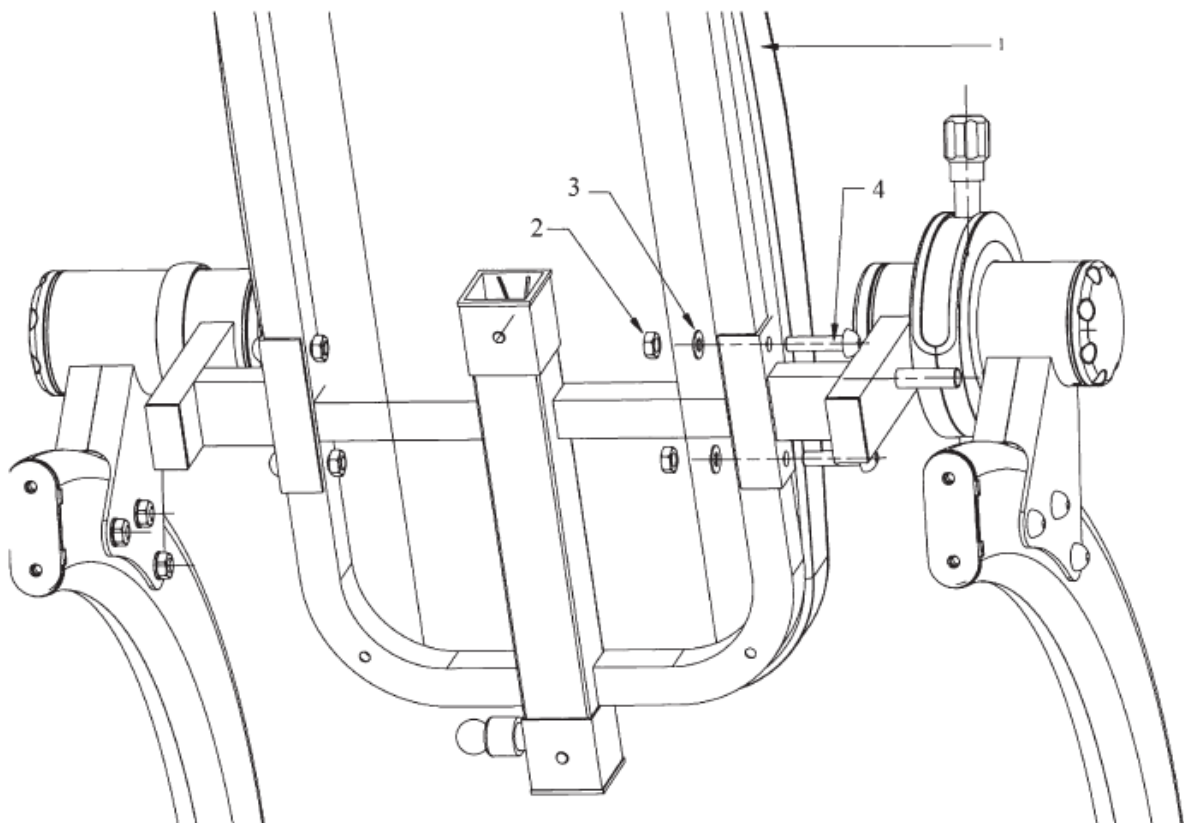


Attach foot rests (27) to the frame with bolts (24), washers (25) and nuts (26).

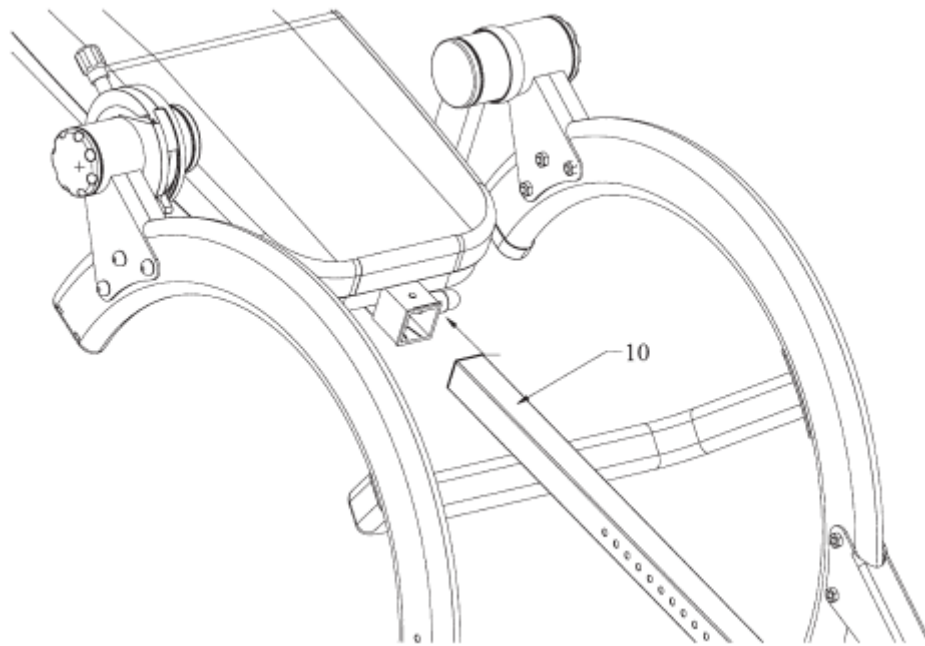


**BACK REST ASSEMBLY:**

Attach backrest (1) with bolts (4), washers (3) and nuts (2).

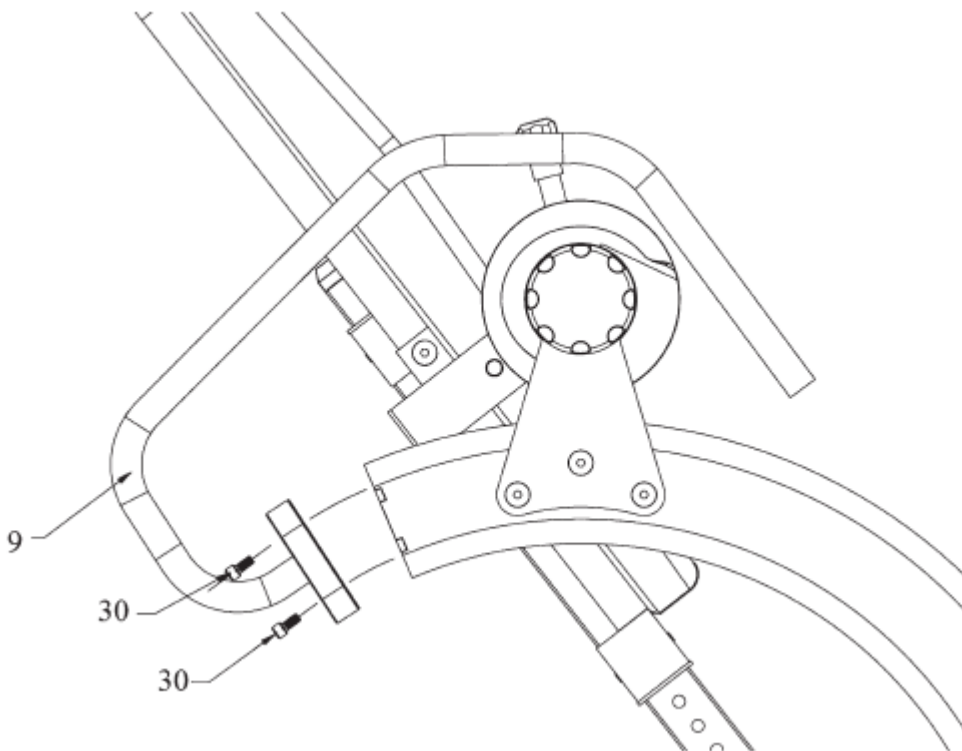


### ADJUSTABLE BOOM ASSEMBLY:



### ARMS ASSEMBLY:

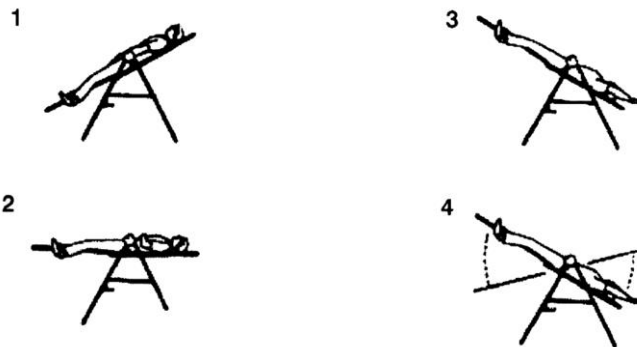
Attach handles (9) with bolts (30).



Finally, tighten all the bolts and nuts to make sure your inversion table is safe to use.

## USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body, begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable, rock the bed slowly by moving your arms up and low slowly.
5. It is recommended that the inversion table be used for five or ten minutes each morning and again each evening.
6. Return to the upright position by slowly moving your hands back down to your thighs.



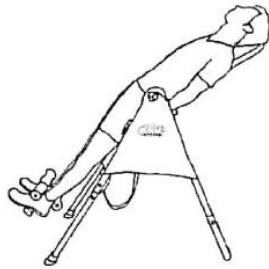
## SUGGESTIONS FOR USE

1. **Begin slowly:** Invert only 15~20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. **Make gradual changes:** Increase the angle only if it is comfortable. Increase the angle only a few degrees at a time. Increase the time of use 1~2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. **Watch your body:** Come up slowly. Dizziness after a session means you came up too fast. Wait a while after eating before using table. Coming up immediately if you feel nauseous.
4. **Keep moving:** Movement while inverted encourages blood circulation. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. **Invert regularly:** We recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.

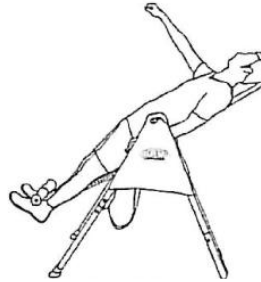


## SAMPLE EXERCISES

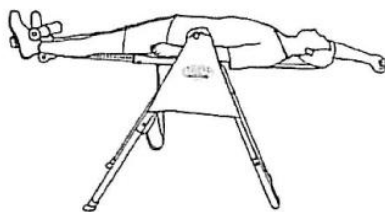
1. Default position



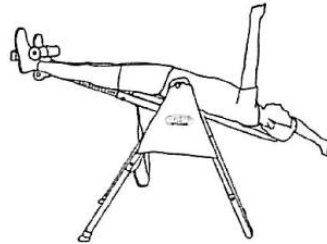
2. With one stretched hand



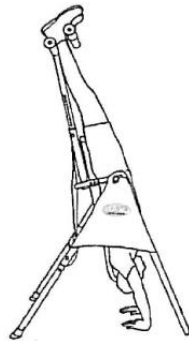
3. With one hand stretched out



4. When both hands are raised.



5. Full inversion.









## CLEANING AND MAINTENANCE

Wipe off sweat and dirt after use. To clean, use a damp cloth and a solution of warm water and a neutral detergent. Do not use aggressive cleaning agents based on alcohol or benzene. Do not use solvents. Tighten all screws, nuts and joints regularly.

## WARMING UP

Every workout should start with warm-up exercises, then you should follow your own aerobic exercises and finally you should do soothing exercises. You should work out two or three times a week and you should have a rest day between each workout. After a few months, you can increase your workout frequency to four or five workouts per week.

The warm-up phase is extremely important and should precede any exercise, as the organism should first prepare for the subsequent load. During this phase, the organism warms up, muscles are stretched, blood circulation is started, and muscles are oxygenated. At the end of the exercise, repeat the following exercises to stretch the muscles. The following exercises are particularly suitable for warming up and calming the body:

	<p><b>Stretching the inner thighs</b></p> <p>Sit on the floor and bend your legs in your knees so that your feet touch. Try to push your feet as close as possible to the pelvis and push your elbows gently down to the floor. Stay in the position for 15 seconds.</p>
	<p><b>Hamstring stretched</b></p> <p>Sit and outstretch your right leg. Rest the sole of your left foot against the inside of your right thigh. Stretch out your right arm along your right leg as far as you can. Hold for 15 seconds and relax. Repeat all with your left leg and left arm.</p>
	<p><b>Head rolls</b></p> <p>Slowly tilt your head to the right, stretching out the left side of your neck. Hold for 20 seconds. Then tilt it back again to the left and continue until the right side of your neck is stretched out. Hold for 20 seconds. Slowly tilt your head forwards and stick out your neck. Don't rotate your head all the way round. Repeat it several times.</p>
	<p><b>Alternate lifting of shoulders</b></p> <p>Lift the shoulders alternately and always stay in the extreme position for at least 1 second.</p>
	<p><b>Calves and Achilles tendon</b></p> <p>Lean against a wall with your left leg in front of the right one and your arms forward. Stretch out your right leg and keep your left foot on the floor. Bend your left leg and lean forwards by moving your right hip in the direction of the wall. Hold for 15 seconds. Keep your leg stretched and repeat exercising with other leg.</p>
	<p><b>Touching your toes</b></p> <p>Slowly bend your back from hips. Keep your back and arms relaxed while stretching downwards to your toes. Do it as far as you are able and hold the position for 15 seconds. Bend your knees slightly.</p>



#### Side stretches

Raise your arms above your head. Stretch your right arm towards the ceiling as far as possible. Stretch your upper body towards the right side. Then repeat the exercise for the left side.

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyards.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### Warranty Conditions

#### Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### The Warranty does not cover defects resulting from (if applicable):

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance

- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

#### CZ SEVEN SPORT s.r.o.

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#### About shipping

