

POWER II™ *Inversion Table*

Patent applies.

Height / Weight Capacity:
Max 6'6" / 300 lbs. (198 cm, 136 kg)

⚠ DANGER - Electrical Hazards

To reduce the risk of burns, fire, electric shock, or injury to persons:

- **ONLY** connect this appliance to a properly grounded outlet. See "REQUIRED GROUNDING PROCEDURES" below.
- **ALWAYS** unplug before cleaning, putting on or taking off parts.
- **NEVER** operate this appliance if it has been dropped or damaged, or it has a damaged cord or plug.
- **DO NOT** attempt to fix this appliance if damaged or malfunctioning. Contact the manufacturer for troubleshooting and evaluation. USA & Canada: (800) 847-0143, (253) 840-5252, International +1 (242) 362-1001.
- **NEVER** operate the appliance with the air opening blocked.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered. Normal internal motor sparking could ignite these gases.
- **DO NOT** use outdoors.
- **DO NOT** leave unattended when plugged in.

REQUIRED GROUNDING PROCEDURES:

Connect this product to a properly grounded outlet only. Grounding protects you if certain components fail.

- The 3-prong grounding plug provided with this product must be plugged into an outlet that is properly grounded in accordance with all local codes and ordinances. A qualified electrician can verify the outlet is properly grounded.
- If the 3-prong plug will not fit in the outlet, **DO NOT** modify the plug or use an adapter. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 220-volt circuit. *(Unless otherwise specified due to special order)*

⚠ WARNING

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

Restrictions on Use

- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: *(This is not an exhaustive list, it is intended only for reference)*
 - Middle ear infection
 - Extreme obesity
 - Pregnancy
 - Hiatal hernia
 - Ventral hernia
 - Glaucoma
 - Retinal detachment
 - Conjunctivitis
 - High blood pressure
 - Hypertension
 - Heart or circulatory disorders
 - Spinal injury
 - Cerebral sclerosis
 - Acutely swollen joints
 - Recent stroke or transient ischemic attack
 - Bone weakness (osteoporosis)
 - Recent or unhealed fractures
 - Medullary pins
 - Surgically implanted orthopedic supports
 - Use of anticoagulants (includes high aspirin use)
- **DO NOT** use if you are over 6'6" (198 cm) or 300 lbs (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- This product is not intended for use in public facilities.

Precautions Before Using

- **DO NOT** use the inversion table until you have thoroughly and carefully read the Owner's Manual, reviewed all other accompanying documents, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure that all fasteners are secure and that the equipment is located on a level surface.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- In the event of a power outage during use, this table requires the use of a hand crank to return to an upright position. All first time users should practice manual cranking to an upright position with a spotter until comfortable with the procedure. Users who are not able to successfully utilize the hand crank should **NEVER** use the unit without a spotter.
- Refer to additional warning notices posted on the equipment.

Precautions During Use

- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- **ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.
- First time users should use a spotter to ensure they are comfortable with the operation of the table.

IMPORTANT SAFETY INFORMATION

DO NOT REMOVE FROM TABLE

