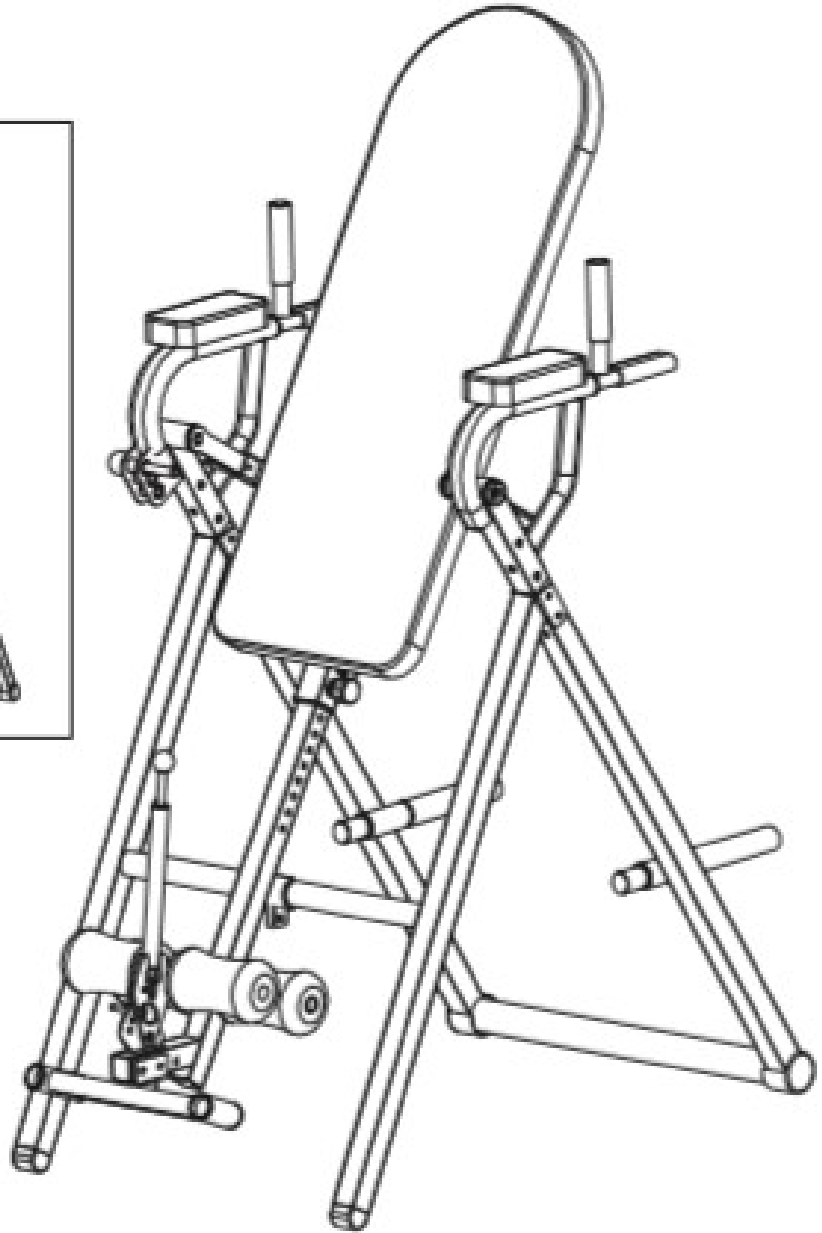
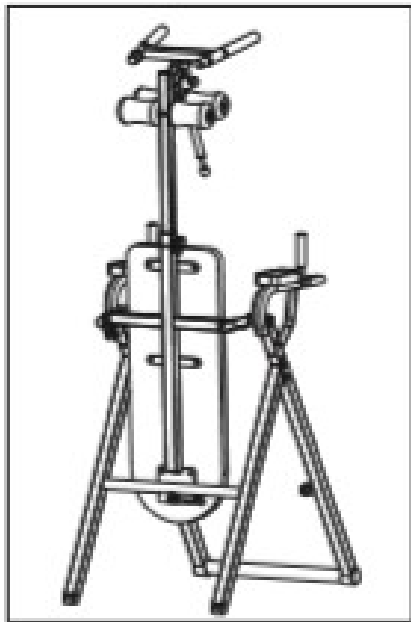




Product name: Conquer 6 in 1 Inversion Table
SKU: 330-INVPWRTWR
EMAIL: customercare@conquerequipment.com
TEL: 855-349-4327

INVERSION TABLE OWNER'S MANUAL





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SAFETY INFORMATION

1. IMPORTANT! Read the manual in its entirety before assembly and use.
2. Before using the inversion table, please consult your health care professional. If you're on medication for heart rate, blood pressure or cholesterol levels please follow doctor's advice.
3. Be aware of your body's signals when using this machine. Please stop exercising if you experience any of below symptoms: pain, tightness in chest, irregular heartbeat, shortness of breath, feeling light headed, dizziness or nausea. Proceed only after doctor's clearance.
4. This inversion table is for adults only. Keep children and pets away from this equipment.
5. Always use this machine on a solid, flat surface. Cover the floor or carpet with an exercise mat to protect from damage. To ensure safety, make sure all obstacles are at least 18 inches (.5 m) away from the equipment.
6. Make sure all screws, nuts and bolts are tightened before use.
7. Please follow the manual while in use. If you find any issue during assembly or follow up maintenance, or hear any unusual noise while using, please stop operating immediately.
8. Avoid loose clothing that could possibly get stuck in machine. Keep body parts, hair, and jewelry clear of moving parts.
9. Adjust the inclination angle to less than 30° the first time using the machine.
10. Warm up slowly and limit your exercise to 5 minutes the first time using machine.
11. Reduce the inclination angle if you feel uncomfortable. Stop if it doesn't help.
12. Do not use inversion table too soon after eating.
13. Maximum inclination angle suggested is 60°.
14. The Conquer Inversion table is designed for home use only.
15. Weight limit for user is 250 lbs (113 kg), for pull ups the limit is 176 lbs (80kg).
16. Contact Conquer Equipment (customercare@conquerequipment.com) for any questions regarding assembly or warranty.
17. Use nylon safety strap. Place under arms before use as inversion table. When you are strapped in, use your arms to control where you are in space and then use the braking system to lock the inversion table to desired angle.

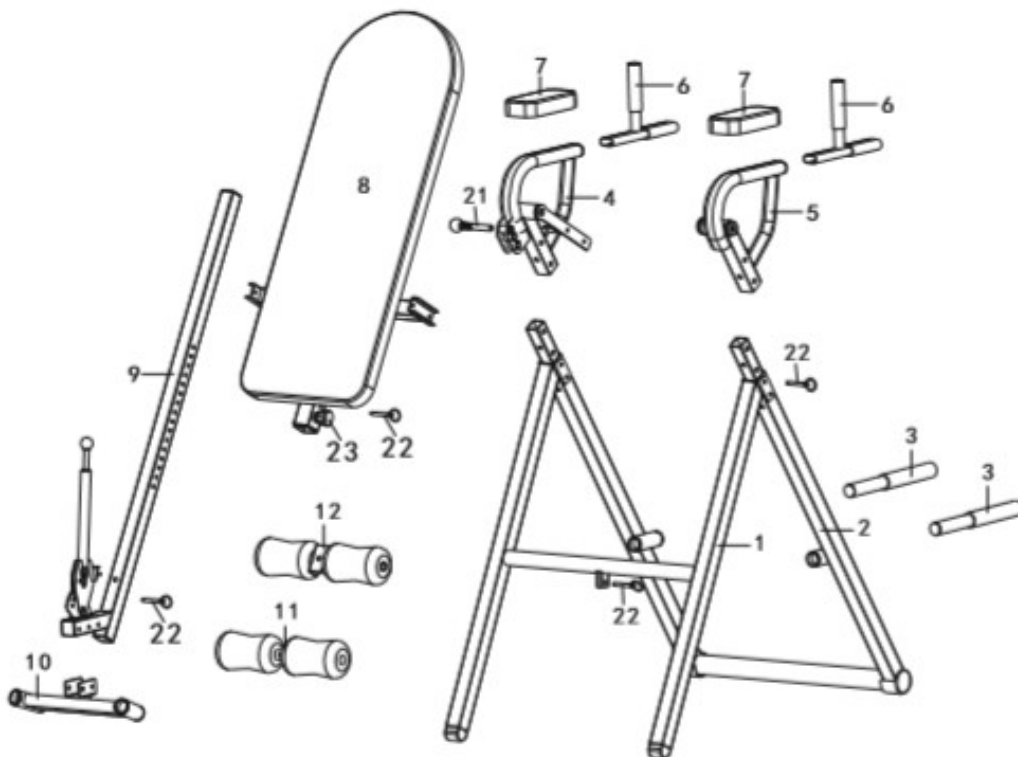


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Parts list:

NO.	Descripti	Qty	NO.	Description	Qty
1	Front holder frame	1	7	Elbow cusion	1
2	back holder frame	1	8	back pad frame	1
3	Exercise pole	1	9	height adjustment frame	1
4	right arm-rest frame	1	10	foot stool	1
5	left arm-rest frame	1	11	upper sponge holder	1
6	T-shape handle barbracket	1	12	lower sponge holder	1








Parts drawing:





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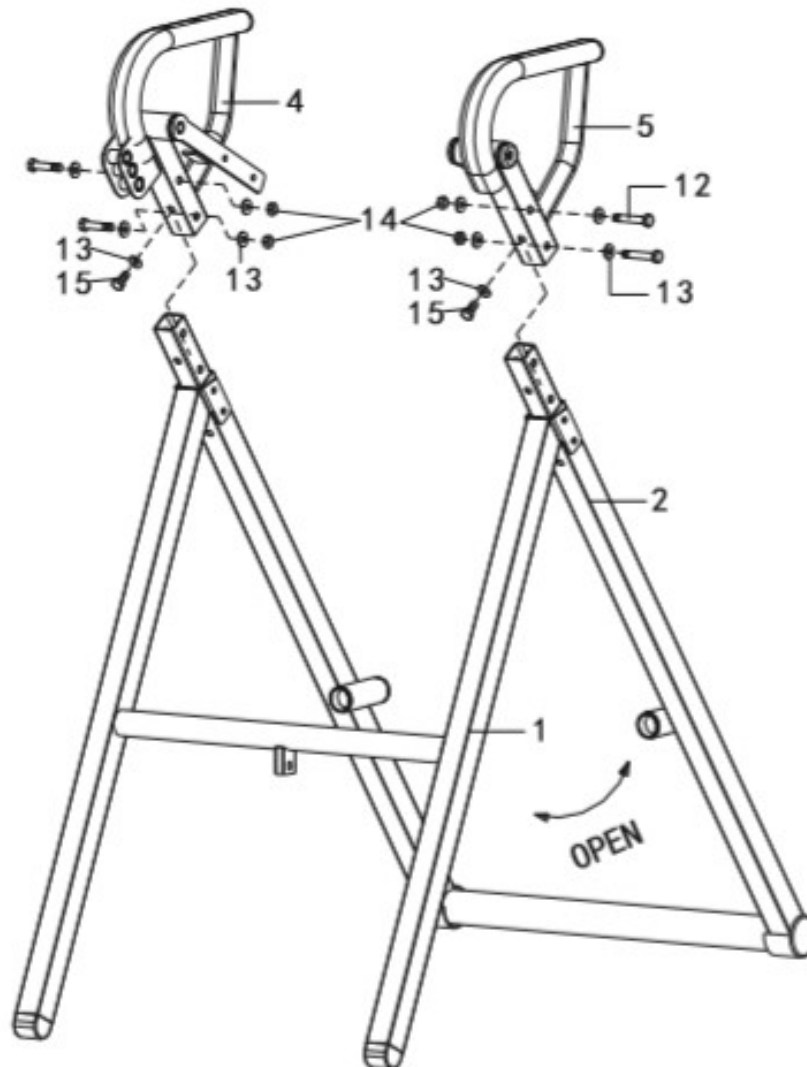
Parts list:

NO.	Descripti	Pic	Specification	Qty
12	Hex screw		M8x50	4
13	Washer		$\phi 8.5 * \phi 16 * 1.2$	23
14	Locknut		M8	10
15	Hex screw		M8x20	7
16	Hex screw		M8x55	2
17	Half-round inner hexagon screw		M8x40	4
18	Half-round inner hexagon screw		M8x16	2
19	Locknut		M10	1
20	Washer		10.5x20x1.2	1
21	Brake pin		$\phi 14 * 120$	1
22	Pull-tab bolt		$\phi 18 * 55$	4
23	Quick pull pin		M16	1
24	Wrench		10#-13#-14#-17#	1
25	Wrench		14#-17#	1
26	Cross wrench		5#	1



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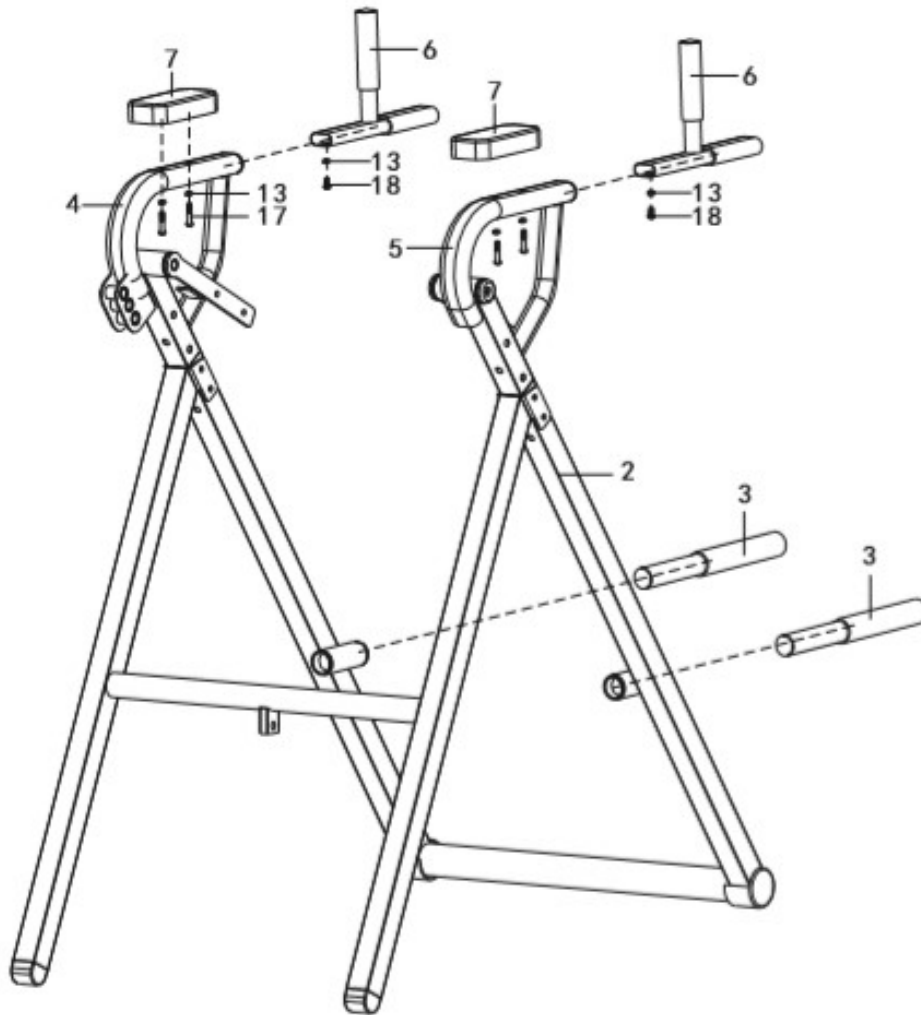
Step No. 1



A. Insert the left arm-rest frame (4), right Arm-rest frame (5) into the back-holder frame (2), and use hex screw (12), washer (13), nut (14) fasten it.

B. Use Hex screw (15), washer (13) to fix the left arm-rest frame (4), right arm-rest frame (5) on the back-holder frame

Step No. 2



A. Insert the exercise pole (3) into the back holder frame (2) as push-ups function using.

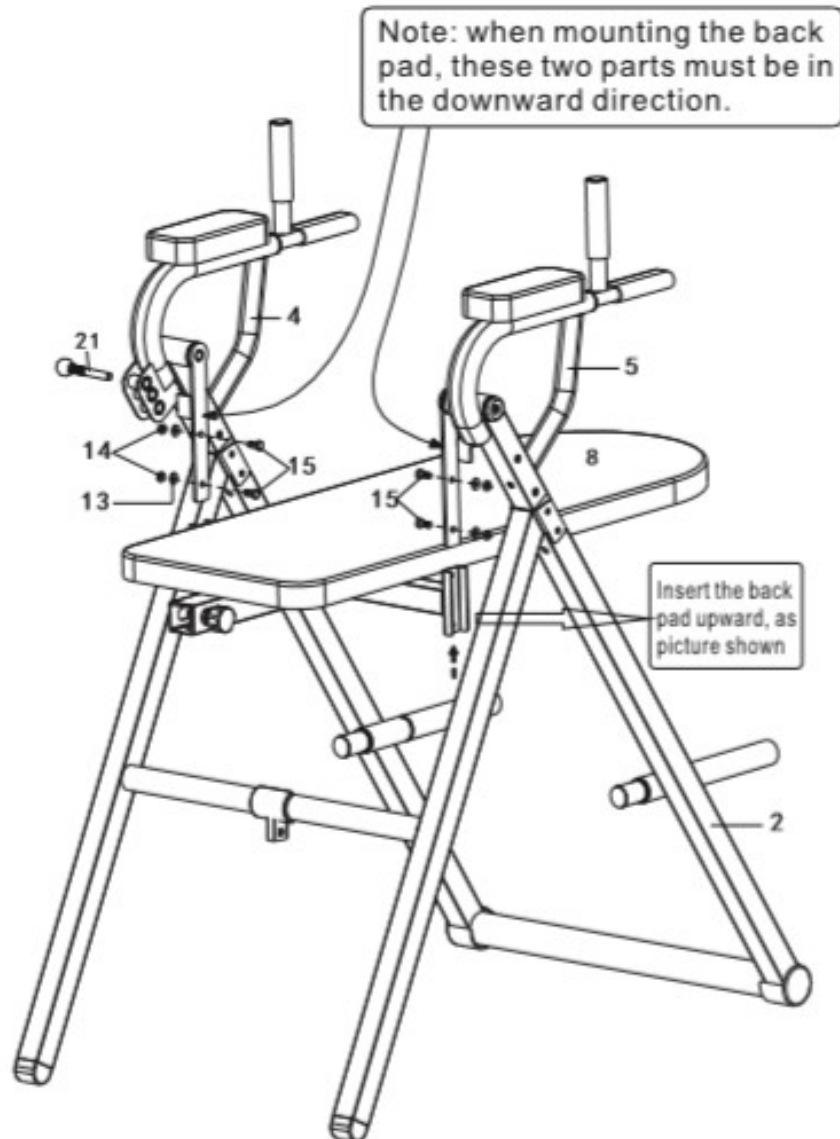
B. Use the hex screw (17), washer (13) to fix the elbow cushion on the Left & right arm-rest frame (4), (5).

C. Use the Hex screw (18), washer (13) to fix the T-shape handle (6) on the Left & right arm-rest frame (4), (5).



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Step No. 3



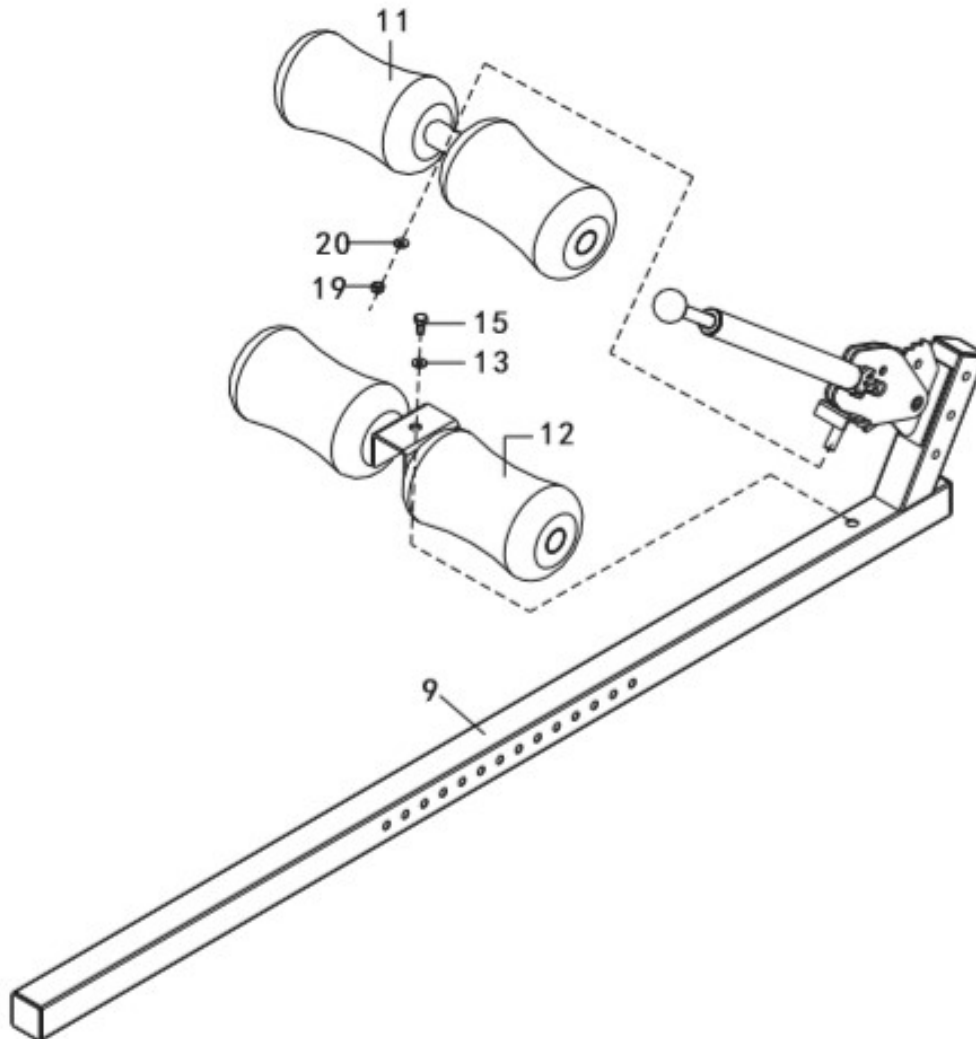
A. Inset the back pad (8) into the connection part on the Left & right arm-rest frame (4), (5). then use Hex screw (15), washer (13), nut (14) to fasten.

B. The brake pin (21) is used to adjust the working angles, find proper angles before use the machine.



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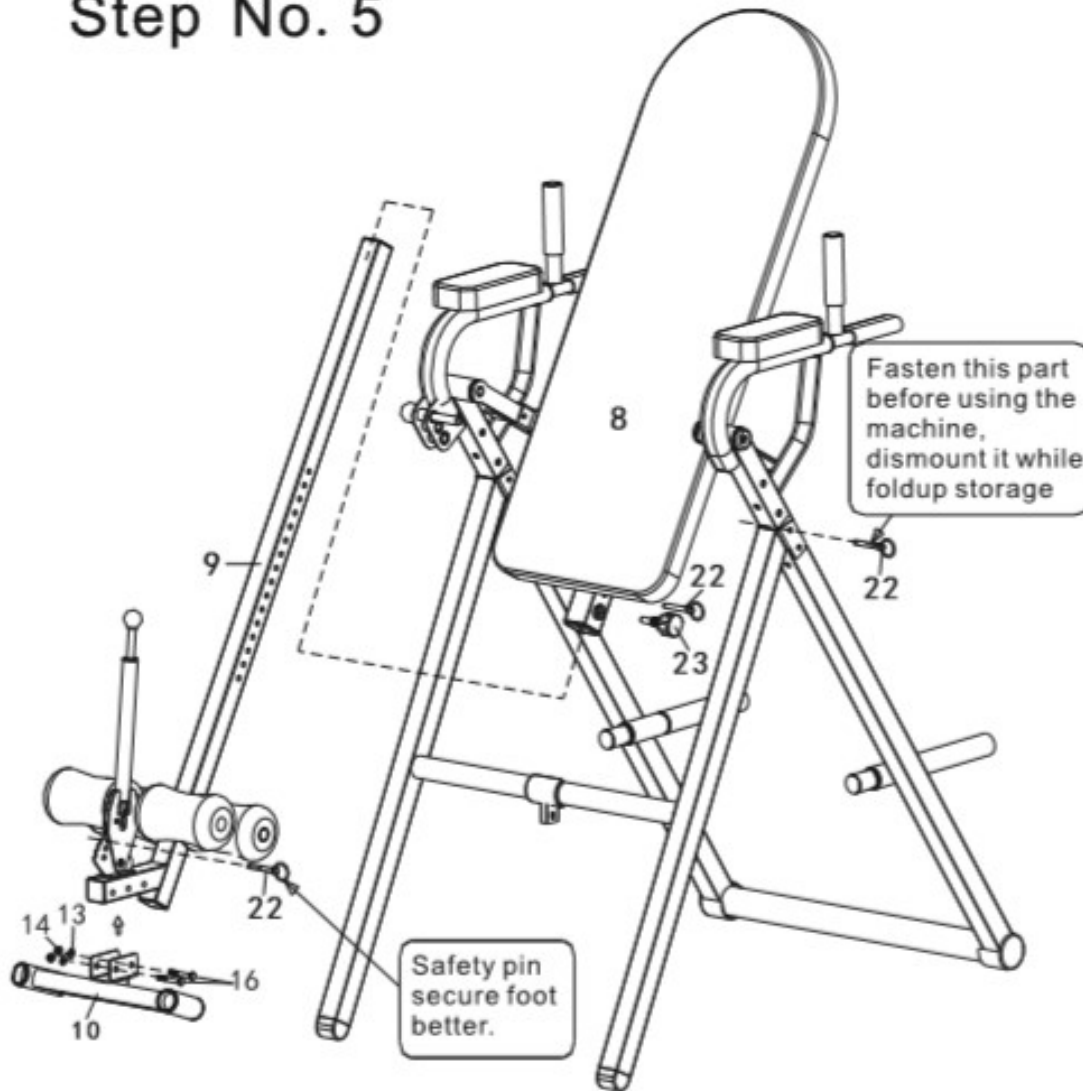
Step No. 4



A. Use Hex screw (15) & washer(13) to fix the foot stool(12) on the height adjustment frame(9)

B. Use Washer(20),nut(19) to fix the upper foot stool (11) on the height adjustment frame (9). as shown above.

Step No. 5



A. Insert height adjustment tube (9) into the tube of back pad(8), Put quick pull pin (20), pull-tab bolt (22) into corresponding hole after find proper working heights.

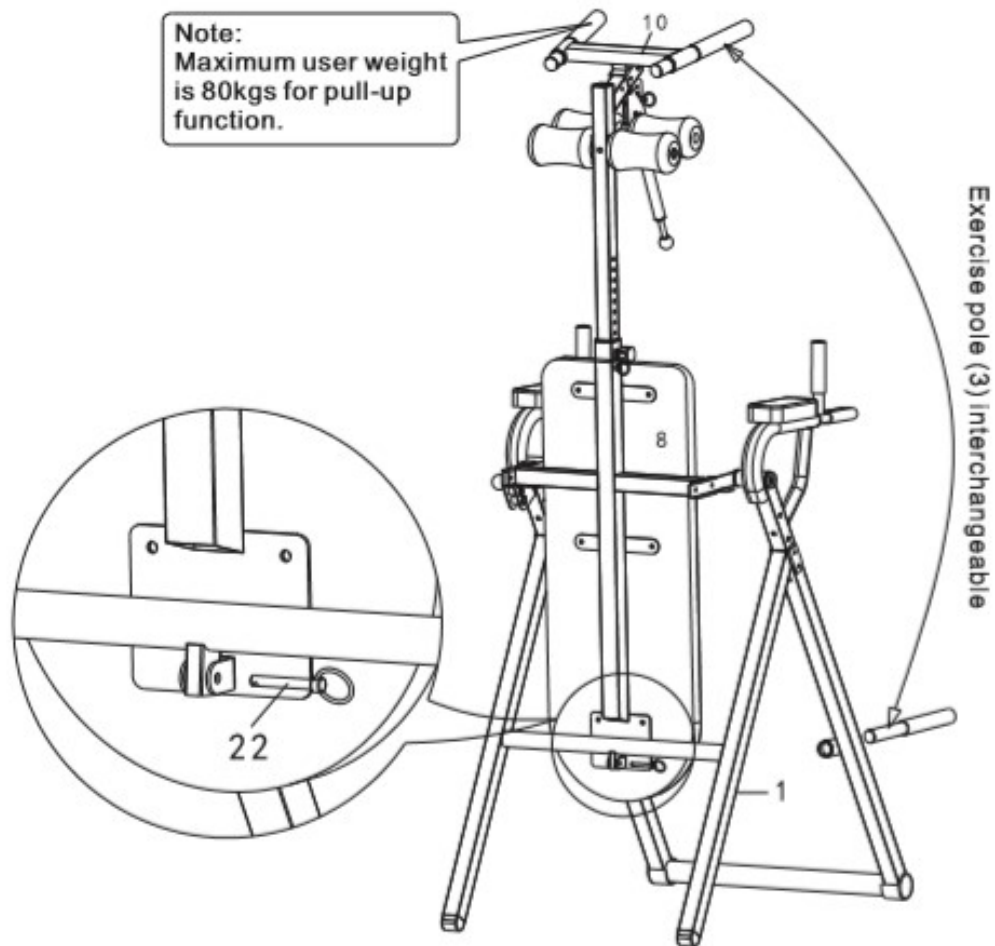
B. Use the hex screw (16), washer (13), nut (14) to fix the footstool pad with the height adjustment frame (9).

C. Insert the pull-tab bolt (22) into the holder's hole.



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Step No. 6

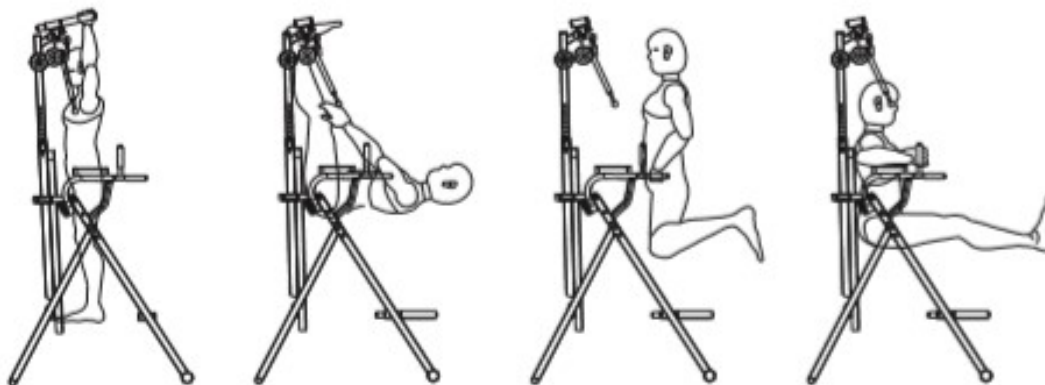
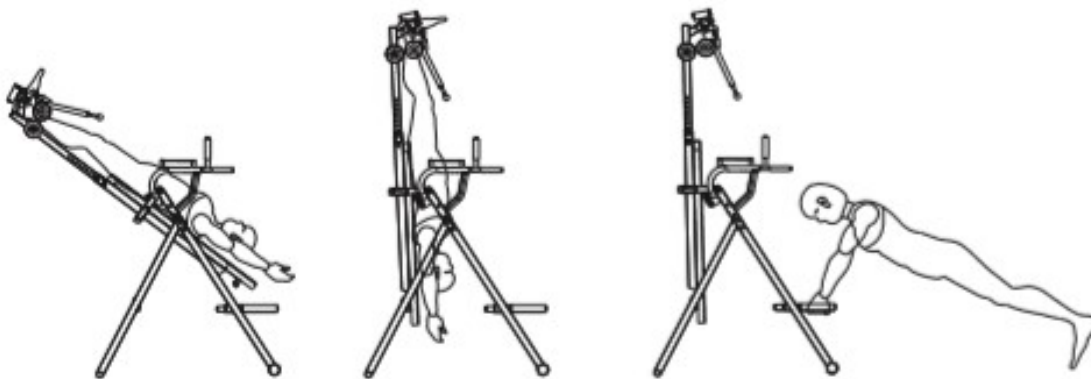


A. Use the pull pin (22) to fix the Back pad (8) on the front main frame (1) as shown above picture.

B. The two exercise pole (3) can be interchangeable into corresponding hole for different function using as shown

CONQUER

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BEFORE USING AS INVERSION TABLE

If you have never used an inversion table, use the help of a partner to help ensure you are able to achieve the right balance, and that you can return to the upright position unassisted.

Adjust to your height, and then adjust the leg/ankle holds so your ankles are secure. Use nylon safety strap, place under arms before inversion.

Start inverting at a modest angle (15°-30° past horizontal to the floor) for the first few times you invert or until you become perfectly comfortable with inversion table operation.

Make changes gradually when increasing inversion angle and duration of inversion.

You should eventually have complete control over the rotation of the table just by shifting the weight and position of your arms.

Exercise can present a health risk

Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Read and understand all the instructions, 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, including but not limited to falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that each and every user of the product are fully informed about the proper use of the equipment and all safety precautions. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual. Inspect the equipment before using the inversion table. **FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

WARNING: Before using this equipment you should consult with your personal physician to see if inversion therapy is appropriate for you. Do not use this equipment without your physician's approval. Carefully review the following list of medical contraindications for inversion with your physician. This is not an exhaustive list, is intended only for reference, and includes but is not limited to the following contraindications.

Do not use this equipment if you have any of the following conditions or ailments:

- Obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, cerebral sclerosis, or swollen joints
- Middle ear infection
- High blood pressure or hypertension
- Stroke or transient ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatal hernia or ventral hernia



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- Bone weaknesses including osteoporosis, recent or unhealed fractures, medullary pins, or surgically implanted orthopedic supports
- Use of anti-coagulants including aspirin
- Degenerative spine disease

ADDITIONAL WARNINGS WHEN IN USE

- Close supervision is necessary when the inversion table is in use.
- New users, and users who are physically or intellectually disabled, will always require the assistance of a partner to ensure they are able to find the correct balance setting and can return to an upright position.
- Use the inversion table only for its intended use as described in this manual. Only use attachments included with this product.
- ALWAYS test and inspect the table prior to each use and ensure the table rotates smoothly to inverted position and back.
- DO NOT drop or insert any object into any opening on the machine.
- NEVER use or store product outdoors.
- DO NOT use if you are over 6 ft 6 in (198 cm) or over 250 lbs (176 lbs for pull ups). Structural failure could occur or head/neck may impact the floor during inversion.
- Adult use only, and keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry away from moving parts.
- This product is intended for home use only. Not for use in any commercial, rental or institutional setting.
- 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 all fasteners are secure.
- Do not use if any component is broken and keep the equipment out of use until repair.
- ALWAYS position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- ALWAYS wear securely tied lace-up shoes with flat sole, like tennis, running or cross training style shoe. DO NOT wear any footwear that could interfere with securing feet, like shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- ALWAYS make sure the equipment is properly adjusted to the correct user settings prior to each use.
- DO NOT use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- If you feel pain or become light-headed or dizzy while inverting, immediately return to the upright position for recovery and eventual dismount.
- Beginners! Start with the board at a slant, such as at 90 degrees (rather than a full 180 degrees), then when acclimated to being upside down gradually increase the degree of the inversion.
- If a product label or Owner's Manual should become lost, damaged or illegible, contact Conquer Customer Service for replacement.
- 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.