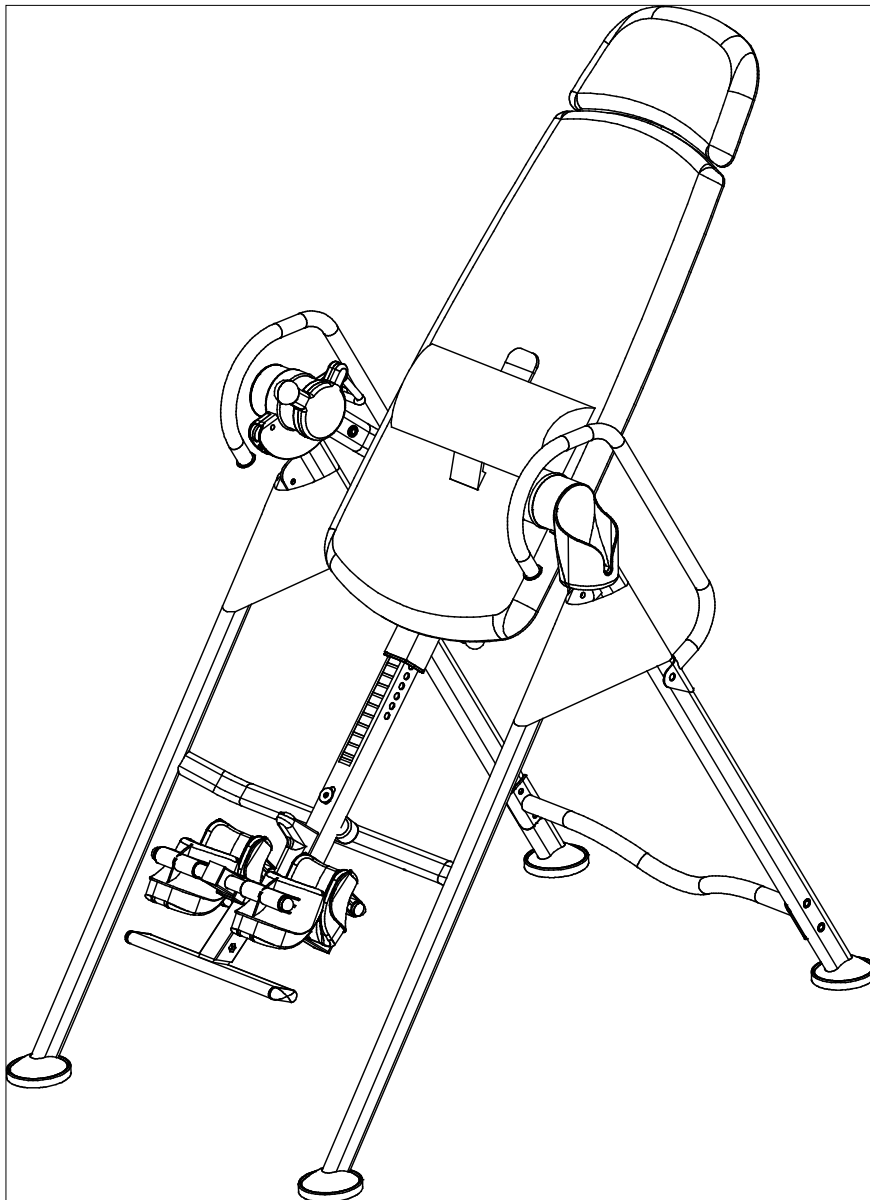


OWNER'S MANUAL

IRONMAN

AB TRAINING INVERSION SYSTEM



LXT 850

Model # 5906

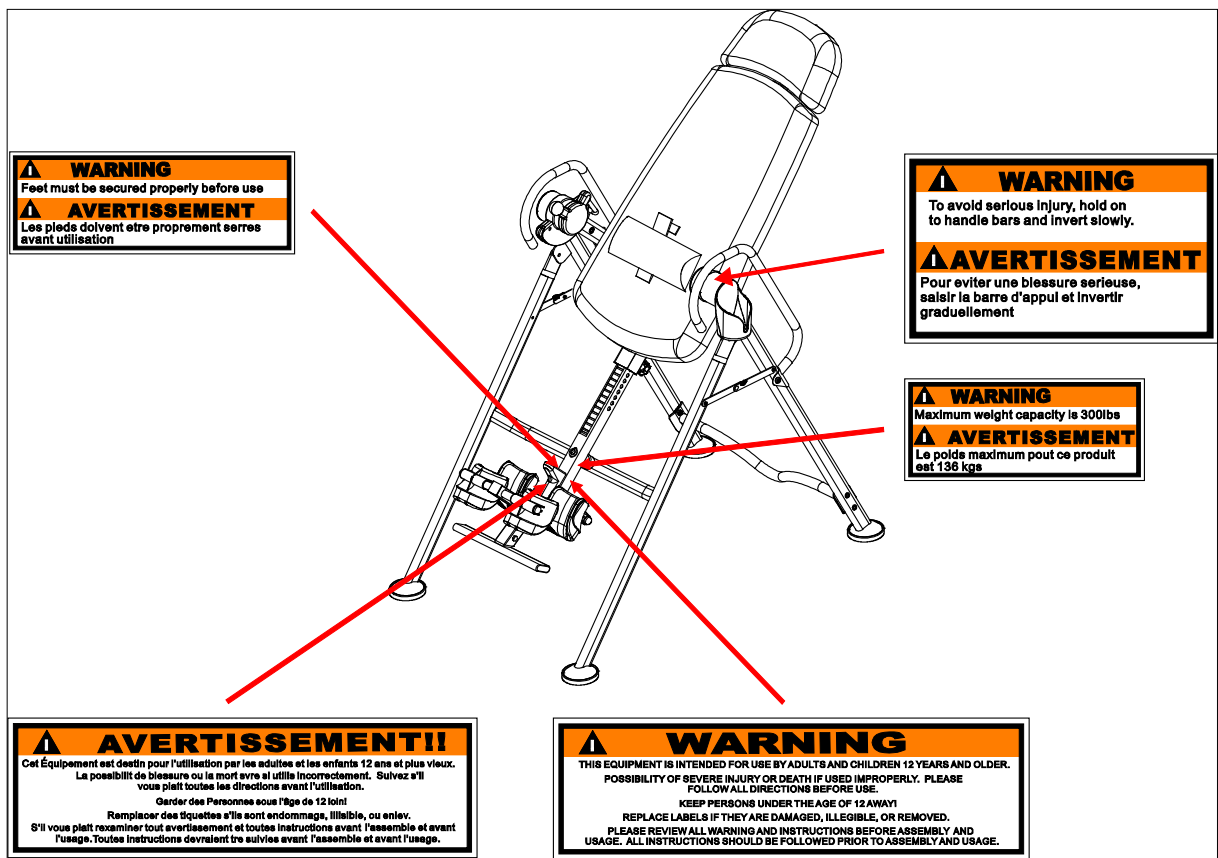
The specifications of this product may vary from this photo and are subject to change without notice. IRONMAN, IRONMAN TRIATHLON AND M-DOT are registered trademarks of World Triathlon Corporation.

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WARNING LABEL PLACEMENT



SERVICE

To request for product service and order replacement parts, please call our customer service department at

1-866-924-1688

Monday through Friday, 8:00 am-5:00 pm Pacific Standard Time,

or email at: **service@paradigmhw.com**

Please have the following information ready when requesting for service:

Your name	Phone number	Owner's manual
Model number	Serial number	Part number
Date of Purchase		

***If the product has major defects which prevent it from functioning properly, please return it to the store of purchase within the period allowed by the store.**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748

SAFETY PRECAUTIONS

This inversion table was designed and built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before assembling and operating this equipment. Also, please note the following safety instructions:

1. Consult your physician or other health care professionals before using the inversion table.
2. Always wear proper exercise apparel when using the equipment.
3. If any time you feel faint, light-headed or dizziness while operating the equipment, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
4. Keep children and pets away from the equipment while in use.
5. Only one person should use the equipment at a time.
6. Make sure your equipment is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use.
7. Do not operate this or any exercise equipment if it is damaged.
8. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using the inversion table. If you get nauseous, come up as soon as you feel queasy.
9. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
10. Keep hands and feet away from any moving parts. Do not insert any object into any openings.
11. Keep loose clothes, jewelry away from moving parts.
12. **WARNING: ALWAYS HOLD ON TO THE SAFETY HANDLES AND GO BACK SLOWLY WHEN INVERTING. FAILURE TO COMPLY COULD RESULT IN SERIOUS BODILY INJURY.**
13. Children under the age of 12 should not use the following fitness equipment.



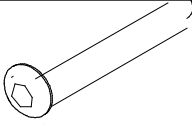
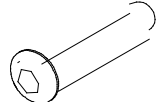

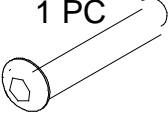

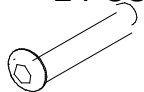

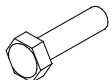











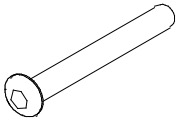




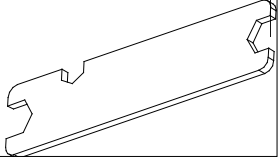
WARNING: Consult with your personal physician to see if inversion equipment is appropriate for you. This is especially important for people with pre-existing health problems. Do not use this equipment without your physician's approval.

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

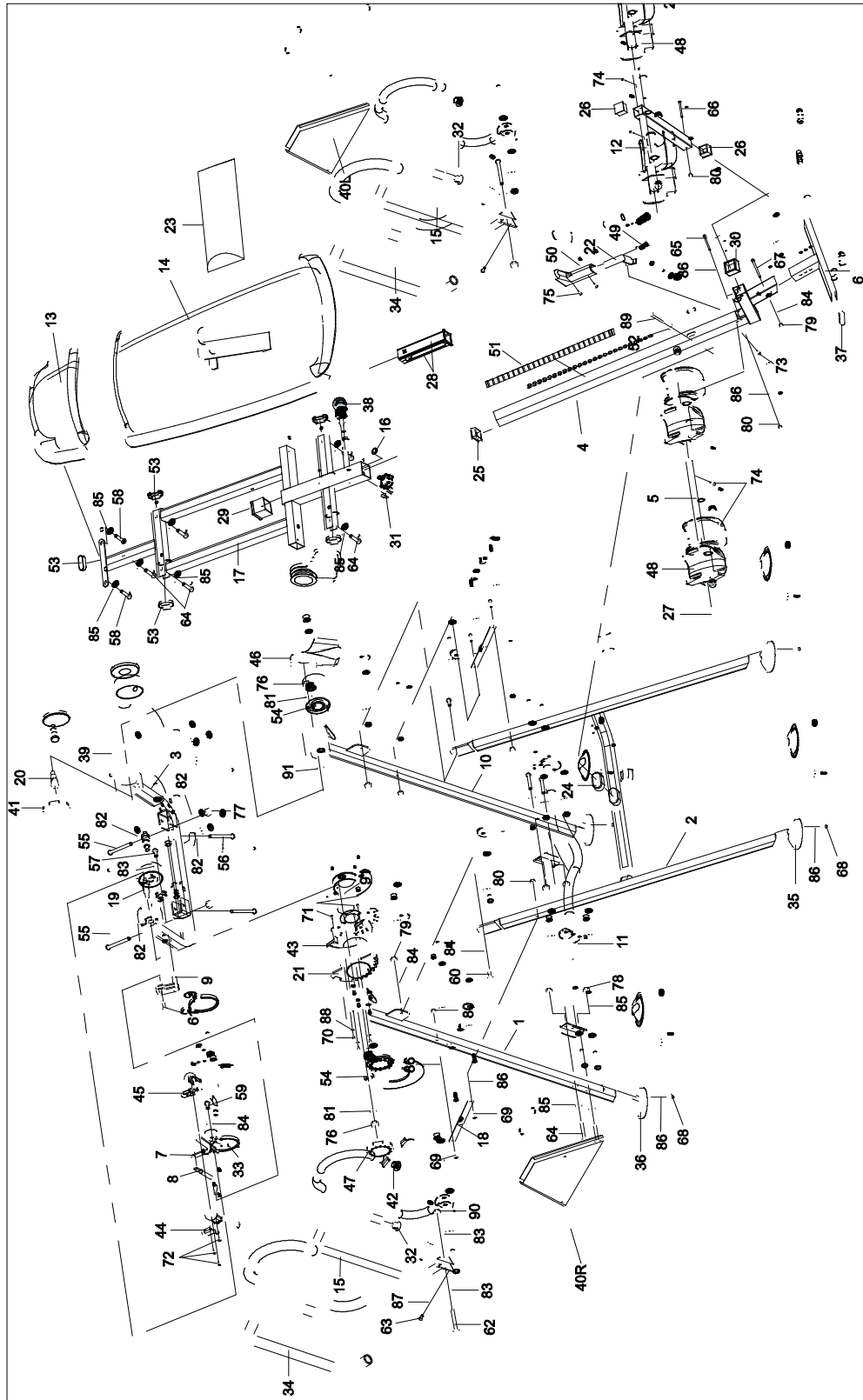
- Extreme obesity
- Glaucoma, retinal detachment or conjunctivitis
- Pregnancy
- Spinal injury, Cerebral Sclerosis, or acutely swollen joints
- Middle ear infection
- High blood pressure, Hypertension, Recent stroke or Transient Ischemic attack
- Heart or circulatory disorders for which you are being treated
- Hiatus hernia or Ventral hernia
- Bone weaknesses including Osteoporosis, Unhealed fractures, Modularly pins, or Surgically implanted orthopedic supports.
- Use of anti-coagulants including Aspirin in high doses.

Maximum Weight Capacity is 300 lbs/ 136 kgs.

INCLUDED HARDWARE & TOOLS

			
(31) Knob Ø45xØ3/8"x19L 1 PC	(52) Nylon Washer Ø25xØ8.5xt2.5 1 PC	(55) Allen Head Bolt M10x55 2 PCS	(56) Allen Head Bolt M10x40 2 PCS
			
(58) Allen Head Bolt M8x20 2 PCS	(62) Allen Head Bolt M10x45 2 PCS	(63) Allen Head Bolt M6x15 2 PCS	(64) Allen Head Bolt M8x40 5 PCS
			
(66) Hex Head Bolt M6x40 1 PC	(67) Hex Head Bolt M8x45 1 PC	(68) Phillips Bolt M6x20 4 PCS	(73) Screw ST4.8x20mm 1 PC
			
(77) Lock Nut M10 (black) 2 PCS	(79) Lock Nut M8 1 PC	(80) Lock Nut M6 1 PC	(82) Washer Ø11xØ20xt2 (black) 6 PCS
			
(83) Washer Ø11xØ20xt2 4 PCS	(84) Washer Ø8.5xØ20xt1.5 1 PC	(85) Washer Ø8.5xØ20xt1.5 (black) 7 PCS	(86) Washer Ø6.5xØ16xt1.0 4 PCS
			
(87) Curve Washer Ø6.5xØ16xt1.0 2 PCS	(89) Allen Head Bolt M8x60 1 PC	(90) Lock Nut M10 2 PCS	
			
Phillips Screwdriver 1 PC	Allen wrench 1 PC	Allen wrench 1 PC	Wrench 2 PCS

OVERVIEW DRAWING



PART LIST

Part#	Description	Quan.	Part#	Description	Quan.
001	Right Rear Frame	1	035	Front Foot Stabilizer 108x98xt34.5	2
002	Front Frame	1	036	Rear Foot Stabilizer 108x98xt34.5	2
003	Pivot Frame	1	037	In-Step Frame End Cap	2
004	Boom	1	038	Spring Knob Ø32xØ9.3xt161x53	1
005	Rear Rod	1	039	ABS Cover Ø105xØ22.5x10	1
006	In-Step Frame	1	040R	Right Protective Cover 750x250	1
007	Pivot Arm	1	040L	Left Protective Cover 750x250	1
008	Adjustable Locking Rod	1	041	Inner Cover Ø89xt18	1
009	Support	1	042	Gear Cover I 190x101xt16	1
010	Left Rear Frame	1	043	Gear Cover II 190x145xt32	1
011	Inversion Handle	1	044	Pivot Arm Cover I	1
012	Heel Holder Frame	1	045	Pivot Arm Cover II	1
013	Headrest	1	046	Bottle Holder 159x93x102	1
014	Foam Bed	1	047	Outer Cover Ø89xt18	1
015	Handlebar	2	048	Heel Holder	4
016	Round Plate	1	049	Spring Ø16x50xØ1.5	1
017	Bed Frame	1	050	Plastic Handle 124x80x32	1
018	Folding Arm	2	051	Height Scale	1
019	Long Shaft	1	052	Nylon Washer Ø25xØ8.5xt2.5	1
020	Short Shaft	1	053	Oval End Cap 25x50xt1.5	5
021	Gear Disk	1	054	Bearing 6203	2
022	Angle Adjustable Handle	1	055	Allen Head Bolt M10x55	2
023	Lumbar Pad	1	056	Allen Head Bolt M10x40	2
024	Rubber Pad 68x38xt28	1	057	Allen Head Bolt M10x15	1
025	Square End Cap □38x38xt2.0	1	058	Allen Head Bolt M8x20	2
026	Square End Cap □33.4x33.4xt2.0	2	059	Allen Head Bolt M8x15	1
027	Rod Cap Ø22xt1.5	4	060	Allen Head Bolt M8x22	2
028	Lower Bed Frame Bushing	2	061	Allen Head Bolt M6x10	1
029	Upper Boom Bushing □50x50xt2.0	1	062	Allen Head Bolt M10x45	2
030	Plastic Bushing □38x38xt25	1	063	Allen Head Bolt M6x15	2
031	Knob Ø45xØ3/8"x19L	1	064	Allen Head Bolt M8x40	9
032	Round End Cap Ø25	2	065	Hex Head Bolt M6x48	1
033	Spring Ø8x40xØ1.2	1	066	Hex Head Bolt M6x40	1
034	Foam Grip Ø24xØ32x(935)	2	067	Hex Head Bolt M8x45	1

PART LIST

Part#	Description	Quan.	Part#	Description	Quan.
068	Phillips Bolt M6x20	4	080	Lock Nut M6	6
069	Phillips Bolt M6x35	4	081	Washer Ø13.5xØ24xt2.5	2
070	Bolt M6x12	4	082	Washer Ø11xØ20xt2 (black)	6
071	Screw M3.5x15mm	3	083	Washer Ø11xØ20xt2	5
072	Screw M3.5x12mm	3	084	Washer Ø8.5xØ20xt1.5	6
073	Screw ST4.8x20mm	1	085	Washer Ø8.5xØ20xt1.5 (black)	15
074	Screw M4x20mm	4	086	Washer Ø6.5xØ16xt1.0	10
075	Screw M4x10mm	2	087	Curve Washer Ø6.5xØ16xt1.0	2
076	Lock Nut M12	2	088	Spring Washer Ø6.1xØ7.8xt1.6	4
077	Lock Nut M10 (black)	2	089	Allen Head Bolt M8x60	1
078	Lock Nut M8 (black)	4	090	Lock Nut M10	2
079	Lock Nut M8	3	091	Washer Ø17.5xØ30xt3.0	2

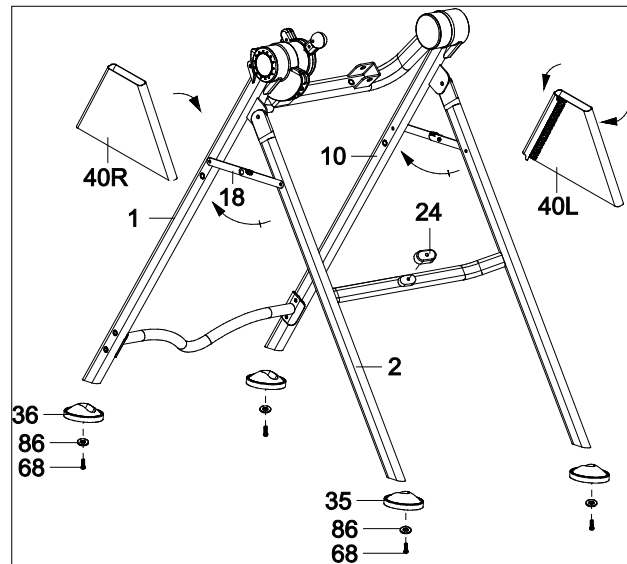
ASSEMBLY

1

Install the Rubber Pad (24) onto the Front Frame (2).

Stand up the base of the machine by separating the frames. Pull the Front, Left and Right Rear Frames (2, 10, 1) as far apart from each others as possible. Then push down on the middle of the two Folding Arms (18) until they are fully locked down.

Attach the Front Foot Stabilizers (35) to the Front Frame (2) each with one M6x20 Phillips Bolt (68) and Ø6.5xØ16xt1.0 Washer (86). Attach the Rear Foot Stabilizers (36) to the Left and Right Rear Frames (10, 1) each with one M6x20

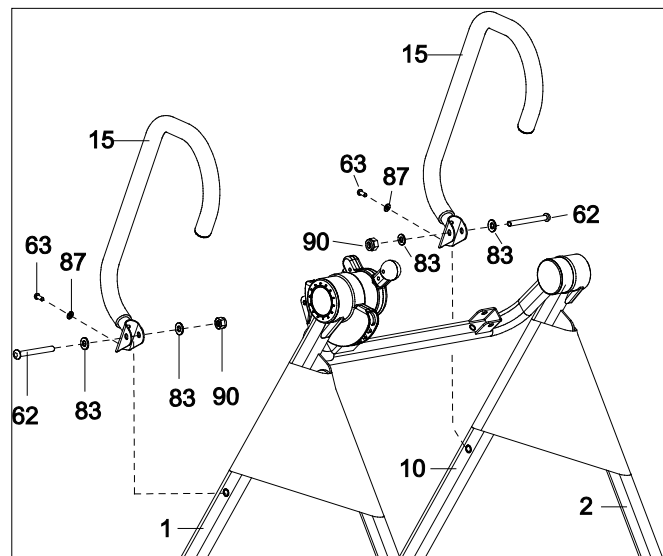


Phillips Bolt (68) and Ø6.5xØ16xt1.0 Washer (86).

Attach both Left and Right Protective Covers (40L, 40R) onto the Front, Left and Right Rear Frames (2, 10, 1) with the velcro straps on the side of the Left and Right Protective Covers (40L, 40R) to secure the covers to the Front, Left and Right Rear Frames (2, 10, 1). Pull down on the Left and Right Protective Covers (40L, 40R) until the bottom of the covers are slightly lower than the Folding Arms (18). When the covers are assembled correctly, the Folding Arms (18) should be fully covered by the Left and Right Protective Covers (40L, 40R).

2

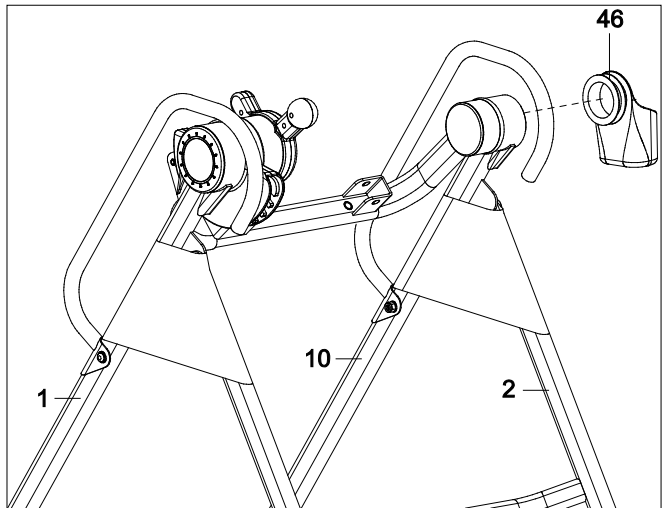
Attach the Handlebars (15) onto the Left and Right Rear Frames (10, 1) with two M10x45 Allen Head Bolts (62), M6x15 Allen Head Bolts (63), Ø6.5xØ16xt1.0 Curve Washers (87), M10 Lock Nuts (90), and four Ø11xØ20xt2 Washers (black) (83).



ASSEMBLY

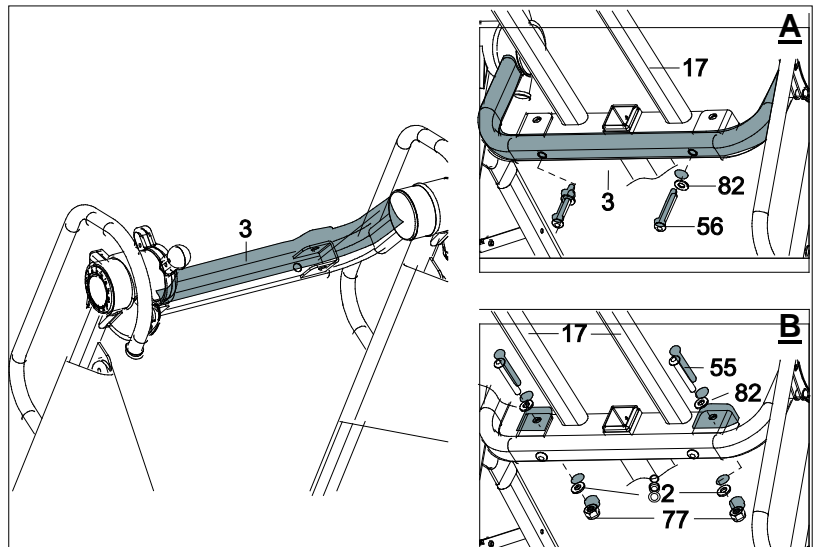
3

Install the Bottle Holder (46) onto the Left Rear Frame (10).



4

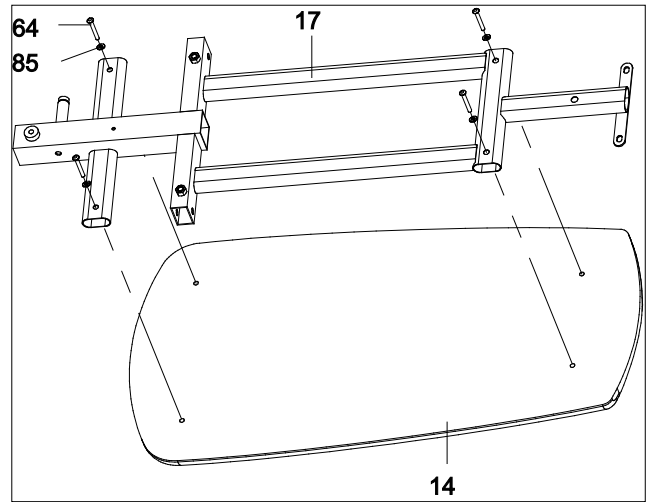
Attach the Bed Frame (17) to the Pivot Frame (3) with two M10x40 Allen Head Bolts (56), M10x55 Allen Head Bolts (55), M10 Lock Nut (black) (77), and six Ø11xØ20xt2 Washers (black) (82) as shown in small drawings A and B.



ASSEMBLY

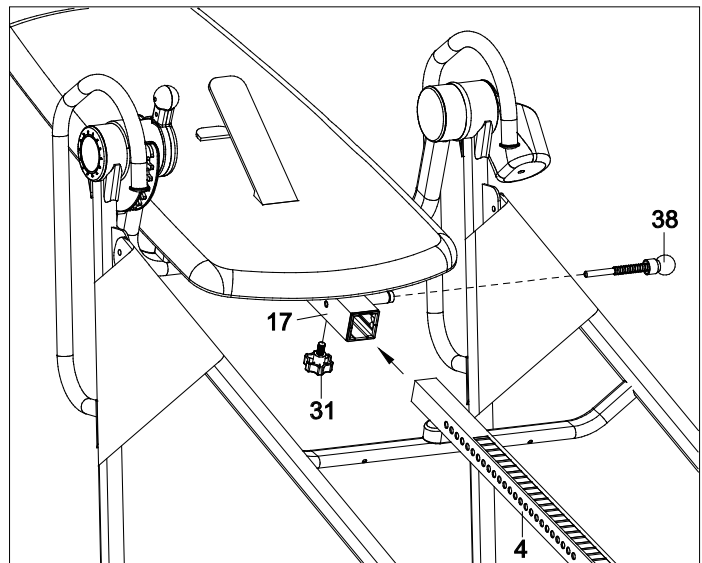
5

Attach the Foam Bed (14) onto the Bed Frame (17) with four M8x40 Allen Head Bolts (64) and Ø8.5xØ20xt1.5 Washers (black) (85).



6

Pull out the Spring Knob (38) and slide the Boom (4) into the square bracket on the bottom of the Bed Frame (17) as shown. Slide the Boom (4) upward until the desired height on the height scale is just below the bracket on the Bed Frame (17). Lock the Boom (4) in place by releasing the Spring Knob (38) and sliding the Boom (4) up or down slightly until the Spring Knob (38) "pops" down into the locked position. For added safety, secured the Knob (31) into the back side of the bracket on the Bed Frame (17) as shown.



ASSEMBLY

7

Remove four M4x20 Screws (74) from both Rear Rod (5) and Heel Holder Frame (12).

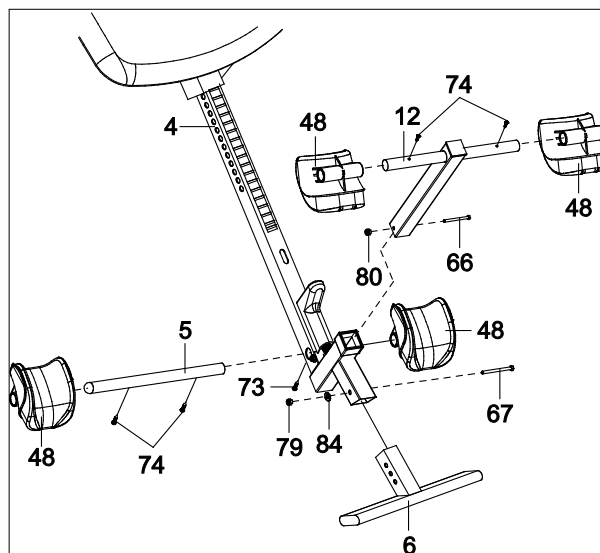
Attach one Heel Holder (48) to one end of the Rear Rod (5). Slide the Rear Rod (5) through the large round hole on the side of Boom (4) as shown, and attach the other Heel Holder (48) to the other end of the Rear Rod (5).

Secure both Heel Holders (48) on the Rear Rod (5) with two M4x20 Screws (74) that were removed.

Slide the In-Step Frame (6) into the bottom of the Boom (4) and align one of the holes on the In-Step Frame (6) with one hole on the bottom of the Boom (4).

Secure the In-Step Frame (6) in place using one M8x45 Hex Head Bolt (67), Ø8.5xØ20xt1.5 Washer (84), and M8 Lock Nut (79).

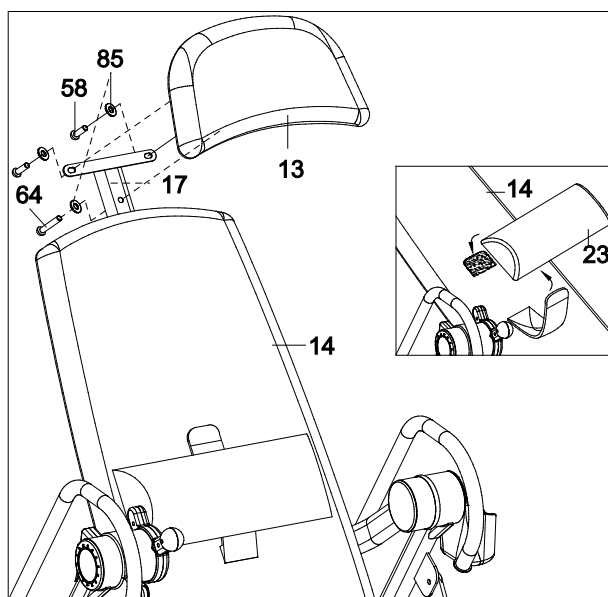
Attach the Heel Holder Frame (12) to the Boom (4) by inserting the Heel Holder Frame (12) into the square bracket on the boom. Slide the Heel Holder Frame (12) completely into the square bracket and secure it with a M6x40 Hex Head Bolt (66) and M6 Lock Nut (80). Finally, secure both Heel Holders (48) on the Heel Holder Frame (12) with two M4x20 Screws (74) that were removed.



8

Attach the Headrest (13) onto the Bed Frame (17) with one M8x40 Allen Head Bolt (64), two M8x20 Allen Head Bolts (58), and three Ø8.5xØ20xt1.5 Washers (black) (85).

Insert the Velcro strap from the Foam Bed (14) to the underneath of Lumbar Pad (23) and secure the Lumbar Pad (23) onto the Foam Bed (14).

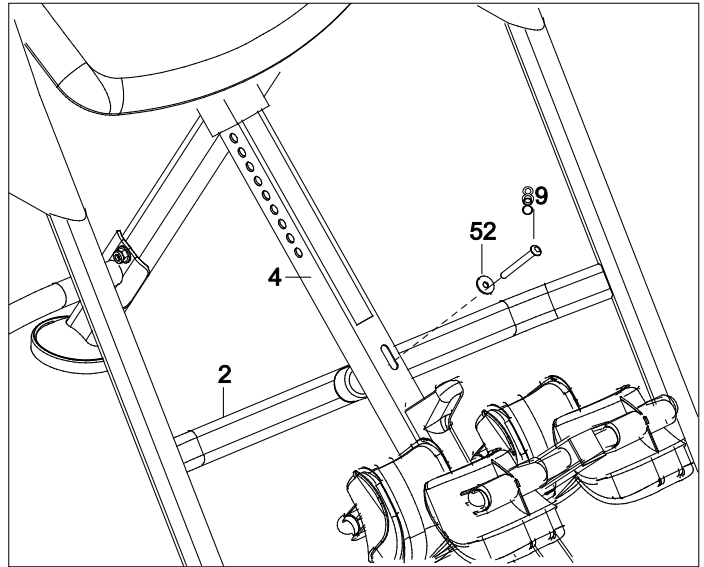


ASSEMBLY

9

You can proceed to this step if the unit is for retail display or if you wish to prevent unsupervised usage.

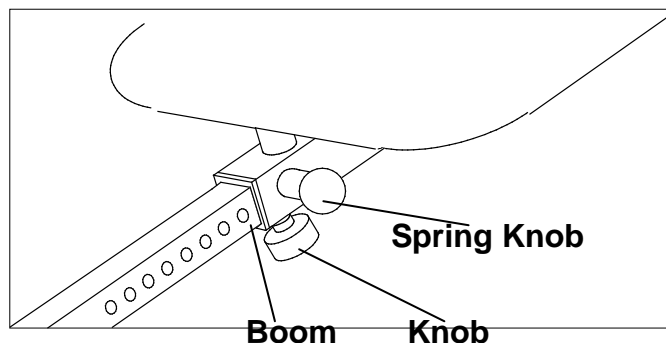
Attach the Boom (4) onto the Rubber Pad (24) on the Front Frame (2) with one M8x60 Allen Head Bolt (89) and $\text{Ø}25 \times \text{Ø}8.5 \times 2.5$ Nylon Washer (52).



HOW TO USE

Set Boom to your height

Turn Knob in a counter-clockwise to loosen Boom.
Pull Spring Knob as you adjust the Boom.
Release Spring Knob and turn Knob clockwise to de-rattle the Boom.



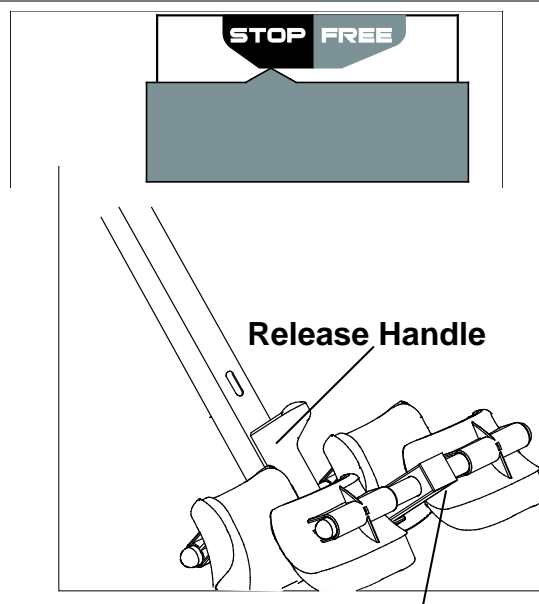
Mounting

Make Sure Lever is at STOP position.

To unlock Heel Holder: Press Release Handle forward to unlock as you pull Heel Holder Frame.

To lock Heel Holder: Press down on Heel Holder Frame tightly against your ankles.

Wearing shoes will help angles stay more secure.



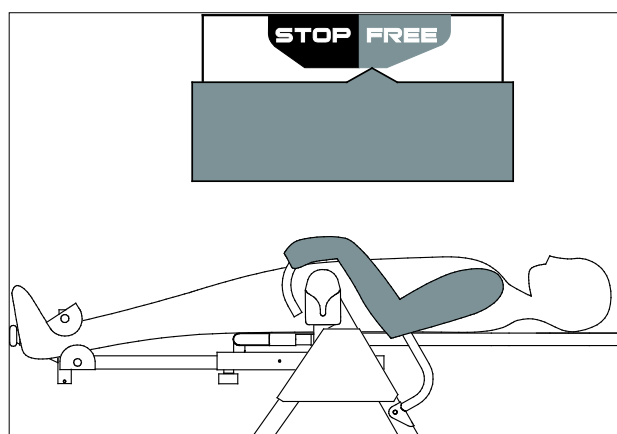
Get to inversion

Pull Lever to FREE position.

With both hands on handles, slowly lie down.

If the bed does not rotate, raise the Boom.

When you're at desired angle, push Lever forward to STOP position to lock the bed.



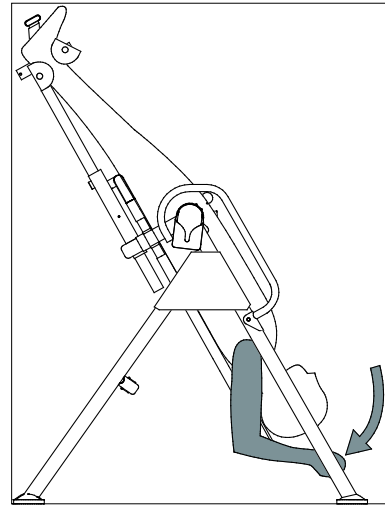
HOW TO USE

Get to vertical angles

Raise both arms above your head, grab Inversion Handle.

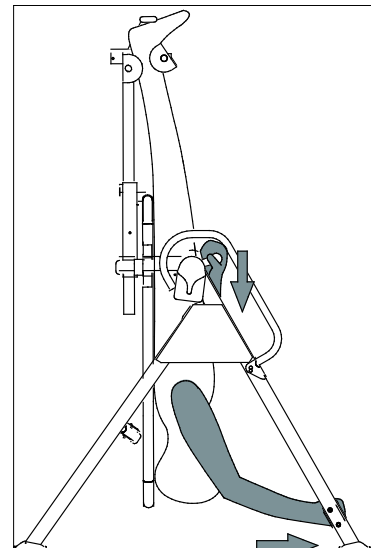
Push against the Inversion Handle with left arm, push Lever forward to STOP position.

If you can't reach Inversion Handle after raising both arms, raise the Boom.



Pull Lever to FREE at vertical angles

Use left arm to push against Inversion Handle as you pull Lever to FREE.



MAINTENANCE INSTRUCTIONS

You should check your inversion table for any kind of wear and tear before each use.

1. Check the pivot arms, bed, heel holders for wear and tear.
2. Replace damaged and worn components immediately.
3. Keep all damaged equipment out of use until it is repaired.

WARM-UP

The **WARM-UP** is an important part of any workout. It should begin every session to prepare your body for more strenuous exercise by heating up and stretching your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles.

HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck, then rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, then drop your head to your chest for one count.



INNER THIGH STRETCH

Sit with the soles of your feet together and your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees toward the floor. Hold for 15 counts.



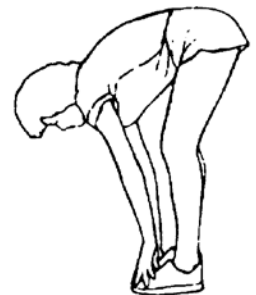
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach as far as you can and hold for 15 counts.



SIDE STRETCHES

Open your arms to the side and lift them until they are over your head. Reach your right arm as far toward the ceiling as you can for one count. Repeat this action with your left arm.



HAMSTRING STRETCHES

Extend your right leg. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg.



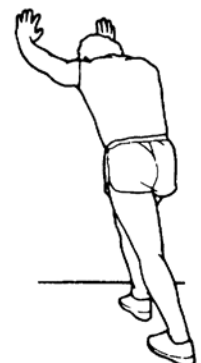
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot.



CALF/ACHILLES STRETCH

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



WARRANTY

Paradigm Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronics and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

PART REQUEST FAX FORM

IRONMAN PARTS REQUEST FAX FORM

Please fax this form to (1-626-810-2166)

OR YOU CAN EMAIL CUSTOMER SERVICE REQUESTS TO
service@paradigmhw.com

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: (Day) _____

(Night) _____

(Email Address) _____

SERIAL#: _____

MODEL#: _____

PURCHASE DATE: _____

PURCHASE FROM: _____

PART #	DESCRIPTION	QTY

"YOUR ORDER WILL BE PROCESSED WITHIN 3 BUSINESS DAYS"

OFFICIAL USE ONLY

SHIP DATE: _____

TRK #: _____

BACK ORDER: _____