HOW TO UNPACK AND ASSEMBLE THE INVERTRAC®

Model #SE611

Note how the unit is packaged. Keep all boxes and packing material. If you need to return the unit it must be repacked as received for a refund. All returned units will be subject to a restocking fee. See website for return policy.

After removing contents from outer box, the inner box contains the following contents:

1 Thigh pad
1 Restraint bar assembly
2 Bolts for attaching thigh pad
1 Disposable wrench (2 pc.)
2 Height adjustment knobs

WARNING - Do not Allow Children to Use the Invertrac unless under the direct supervision of a responsible adult.

Weight Limit - 300 pounds

(Please refer to separate instruction sheet – How to attach thigh pad & restraint bar- Diagram A)

ATTACHING THE THIGH PAD

The thigh pad has a red dot on one side. This is the **back** of the thigh pad and when attached to the crossbar will face the **back** legs on the unit. (If for some reason the "red dot" is missing, the front of the thigh pad has a "V" shaped cutout in the supporting board and the back is solid.) The **front** of the thigh pad will face the handle grips and the "M" Beam (8). Be sure to tighten both bolts fully into thigh pad teenuts. There should be no wobble on the thigh pad when properly installed. **To start bolt into thigh pad we suggest you hand thread before using wrench**. This will prevent any chance of cross threading the bolt when attaching thigh pad.

How do I tell the back from the front? See diagram A showing picture of unit with Index. It shows the front and back of the unit.

ATTACHING THE RESTRAINT BAR TO UNIT (1)

The restraint bar slides onto tubing with the spring pins. As an initial setting, slide padded restraint bar to second hole from leading end. This can be adjusted up or down for comfort depending on the thickness of the thigh. There should be very little pressure behind the back of the knee when inverted.

If you need further information contact Synergexx Holdings Inc. at:

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Toll free	1-800-667-7795 (Canada & USA)
Email	sales@invertrac.com

Or if you have access to the internet go to our website - www.invertrac.com and click on the "How To Use" section.

HOW TO USE THE INVERTRAC® AND SUGGESTIONS FOR MAXIMUM COMFORT

THERE ARE THREE MAIN ADJUSTMENTS ON THE INVERTRAC® Model #SE611

- Height
- Femur length (distance between knee & groin)
- Thigh thickness

HEIGHT ADJUSTMENT - Use diagram A from How to Attach thigh pad & restraint bar for reference (shows picture with index).

The following suggestions are height settings for people with average torso and leg length. If your body type has short legs and a long torso we suggest for ease of mounting & dismounting you place a telephone book or other thick object to stand on to compensate for the extra height setting required for clearance while in the inverted position.

- 5 foot or less - First hole from the hand grip (5)
- 5 ft. - 5 ' 3" - Second hole from the hand grip
- 5' 4" - 5' 7" - Third hole from the hand grip
- 5' 8" and up - Fourth hole to highest setting

Warning – Until you have determined proper height adjustment, invert very slowly to prevent head from hitting "M" beam or floor.

FEMUR ADJUSTMENT (4)

To fully understand the principle of this dial we first suggest you do the following. With the unit fully assembled position the thigh pad in the horizontal position. Set both femur dials on #1. Now bring up the assembled safety bar unit (1) to meet the femur dial (this acts as a stop). Observe how close the padded portion of the safety bar is to the thigh pad. Now set both dials to #5 and note how far away the padded portion is to the thigh pad. The #1 setting would be for someone with a short femur bone and #5 for someone with a long femur bone (the approximate measurement from the knee to the groin). The purpose of this dial is to position the safety bar behind the knee and allow the hips and body to clear the thigh pad and hang perfectly straight. Some adjustment may be needed to achieve the proper position so only the thigh is on the thigh pad. Only your groin area should be positioned on the edge of the thigh pad when your body is fully flexed. Please refer to Instruction sheet with pictures (Step 4) which shows proper positioning of the body when in the full inversion position. You may need to try several different combinations with the femur dial and padded safety bar settings to achieve maximum comfort.

THIGH THICKNESS ADJUSTMENT (1)

The spring pin allows for easy adjustment to move these two parts. There should be no restriction behind the knee. For the average person a setting on the second or third hole from the start should be adequate. If you have a very thick thigh or feel restricted adjust to the first setting. Crossing your legs while inverted will help lessen any pressure you feel behind the back of the knee. Also you can straighten your legs one at a time to take off any pressure while inverted. Remember the maximum inversion session after one month is just 2-3 minutes. We do not recommend you step on the padded restraint bar for mounting and dismounting. **Warning – When dismounting use heel to safely lower restraint bar to back legs. Do not allow to fall**. Please refer to "Medical Warning" and "Helpful Suggestions for Inversion Therapy" enclosed before commencing your inversion sessions.