

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



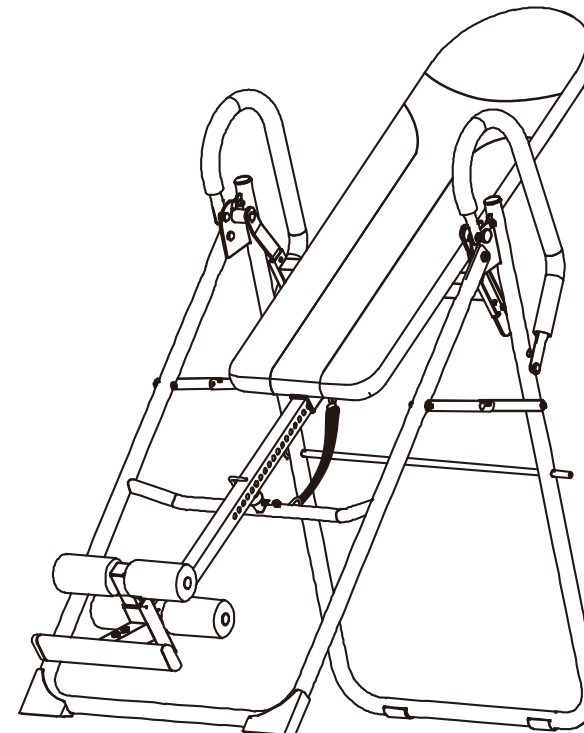
enquiries@mhstar.co.uk

IMPORTER ADDRESS:
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Horsenden lane South
Perivale, UB6 7RH
MADE IN CHINA



IN230600319V01_UK

A91-053



Notice: The scales on the height adjustment tube are signed for reference.
Please adjust it according to your height and weight.



- * Please read the instruction manual carefully and follow it.
- * Please keep the instruction manual for your later use.
- * If you want to give this product to your friends, don't forget to bring them the instruction manual.

ASSEMBLY INSTRUCTION

Please read the instruction manual carefully before using it. And make sure that the product is complete and free from any damage caused during transportation.

Catalogue

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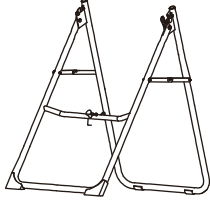
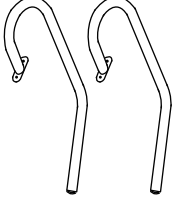
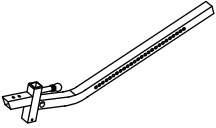
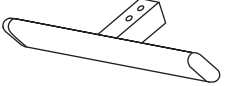
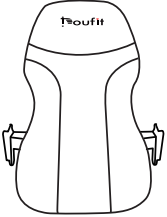

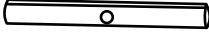
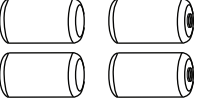
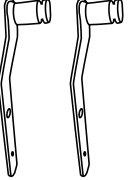
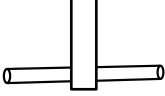
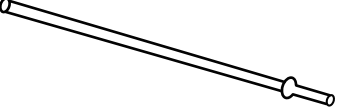
1.PRECAUTIONS:

- * The maximum load bearing is 300lbs (136kg).
- * The maximum height of user is 6.3ft (193cm).
- * The minimum height of user is 4.8ft (147cm).
- * The maximum inversion angle is 180°.
- * If you feel unwell during using the product, please stop using it immediately and consult your doctor for instructions before next use.
- * Do not use this product without your physician's approval.
- * Don't use the product immediately after diet, drinking or exercise. You need to wait for at least 1 hour.
- * Please place the product on a flat and dry place. Ensure it is firmly arranged without sloshing to avoid falling.
- * Please wear suitable clothes and sneakers before exercise.
- * Keep children and pets away from the equipment and prohibit others to stand near by the product while using.
- * Only one person will be allow to use the product at a time.
- * Make sure the product is correctly assembled before using. Be sure all screws, nuts, and bolts are tightened before using.
- * Do not operate this product if it is damaged.
- * Keep hands, feet, hair and clothes away from any moving parts. Do not insert any object into any opening.
- * Please don't make inversion exercise until make sure your ankles are clamped tightly and you feel comfortable.
- * For children, elderly or disable people, they can only use it under guardianship.

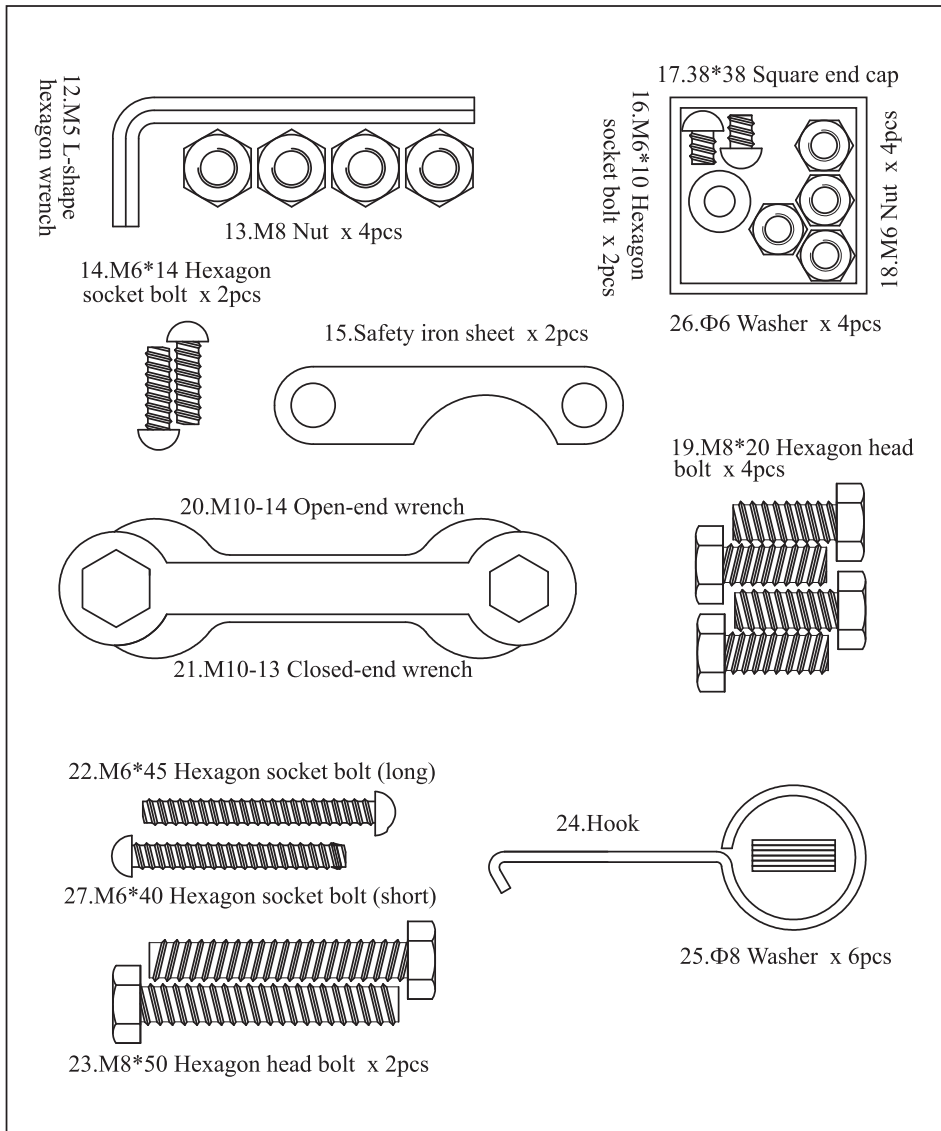
Don't use this product if you have any conditions or diseases as follows:

- . Extreme obesity.
- . Arthritis deformans.
- . Pregnancy.
- . Spinal injury, Cerebral sclerosis,or Acutely swollen joints.
- . Osteoporosis.
- . Gout, Unhealed fractures or Surgically implanted orthopedic supports.
- . Respiratory disorder.
- . Malignant tumors.
- . Angiocardiopathy, such as Hypertension and Heart disease.
- . Using anti-coagulants including Aspirin in high doses.
- . Breathing obstacle.
- . Using the implantable defibrillator.

2.PARTS LIST:

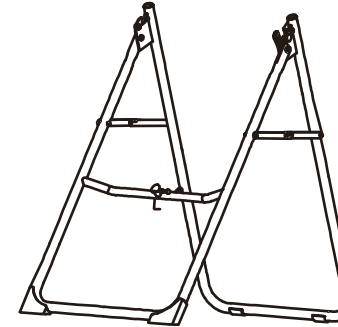
| | | | |
|--|--|---|---|
|  1.Support frame x 1pc |  2.Handle bar x 2pcs |  3.Height adjustment tube x 1pc |  4.Foot bar x 1pc |
|  5.Backrest x 1pc |  6.Safe belt x 1pc |  7.Ankle holding rod x 1pc |  8.Sponge sleeve x 4pcs |
|  9.Crank arm x 2pcs |  10.Adjustable ankle holding rod x 1pc |  11.Angle control rod x 1pc | |

**Hardware tools



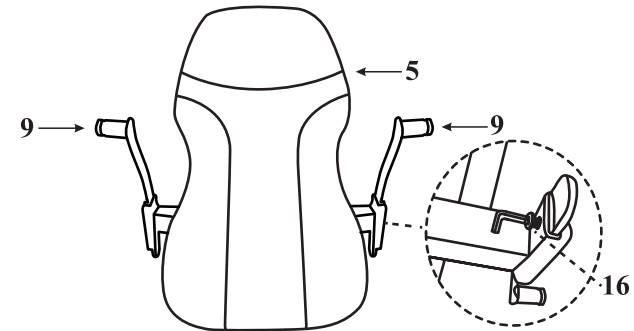
3.ASSEMBLE METHOD:

Step 1 :Unfold the support frame and stand it up



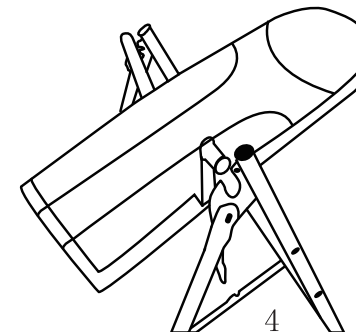
Step 2 : Assemble two crank arms

Assemble the crank arms (No.9) on the both side of backrest (No.5), and then fix each crank arm with a M6*10 hexagon socket bolt (No.16).



Step 3 : Assemble the backrest

Put the backrest on the frame support. Make sure the crank arms are stuck in the grooves on both sides of the support frame. To increase stability of the backrest, the crank arms are designed wider than the support frame. Please press both crank arms inward when assemble.

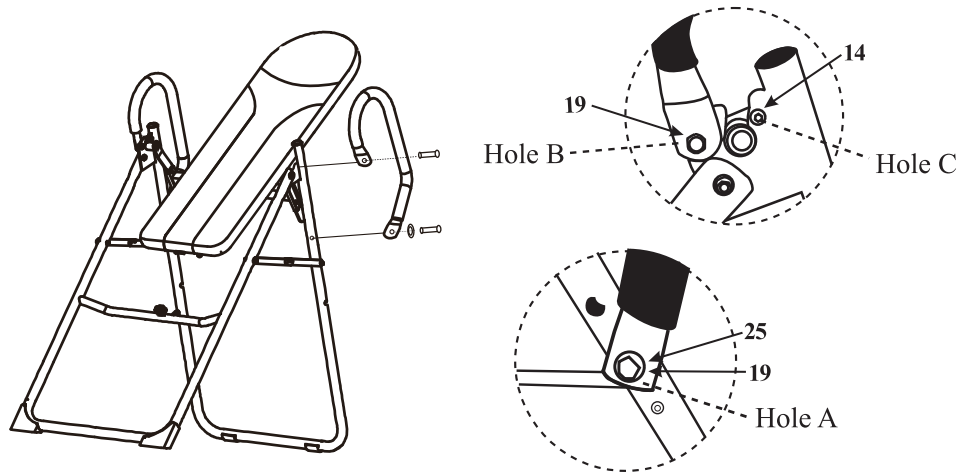


Step 4 : Assemble two handle bars

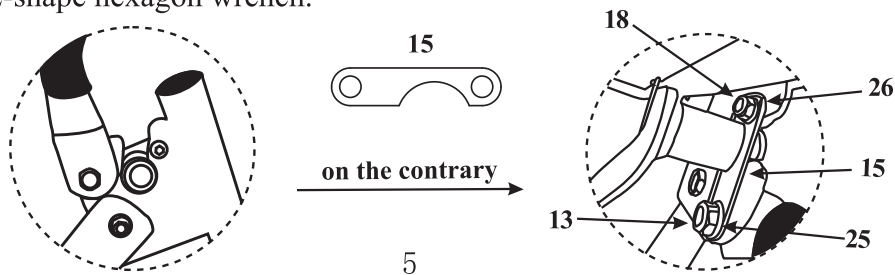
To start this step, please prepare two handle bars(No.2), L-shape hexagon wrench (No.12), four M8 nuts(No.13), two M6*14 hexagon socket bolt (No.14), two safety iron sheets (No.15), two M8*20 hexagon head bolts (No.19), open-end wrench(No.20), closed-end wrench (No.21), four $\Phi 8$ washers (No.25) and two $\Phi 6$ washers (No.26).

Take the right side as an example. The assembly of the left side is in the same way.

- ① Install a handle bar on the support frame. Screw a M8 hexagon head bolt and a $\Phi 8$ washer in hole A by using the open-end wrench.
- ② Insert a M8 hexagon head bolt in hole B and a M6 hexagon socket bolt in hole C.



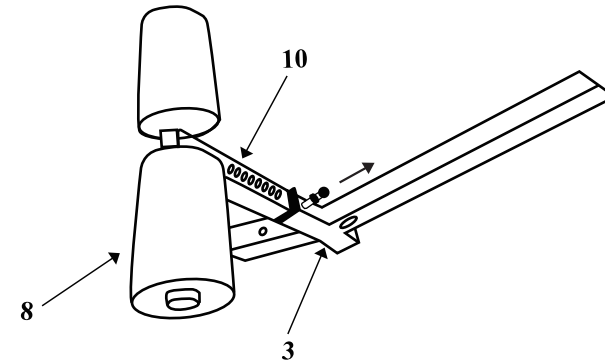
- ③ Install a safety iron sheet on hole B and hole C to lock the crank arms.
- ④ Screw a $\Phi 8$ washer and a M8 nut by using the open end wrench and the closed-end wrench.
- ⑤ Screw a $\Phi 6$ washer and a M6 nut by using the closed-end wrench and the L-shape hexagon wrench.



Step 5 : Assemble the adjustable ankle holding tube

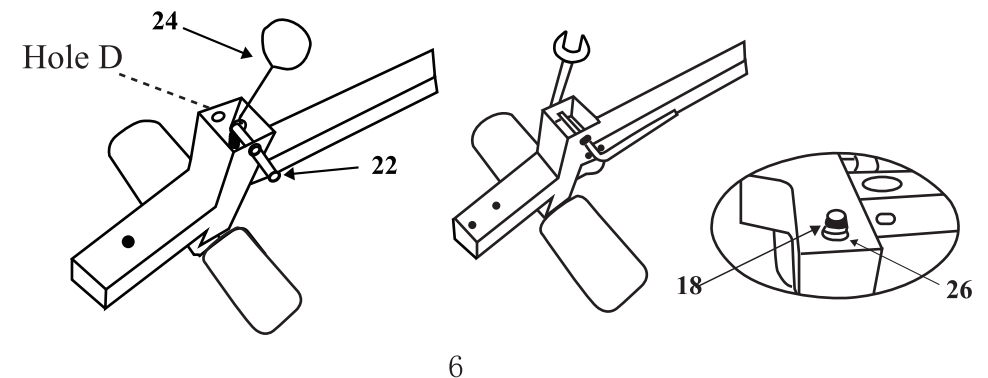
To start this step, please prepare a height adjustment tube (No.3), two sponge sleeves (No.8), an adjustable ankle holding tube (No.10), a L-shape hexagon wrench (No.12), a square end cap (No.17), a M6 nut (No.18), a closed-end wrench (No.21), a M6*45 hexagon socket bolt (No.22), a small hook (No.24) and a $\Phi 6$ washer (No.26).

- ① Install two sponge sleeves on the adjustable ankle holding tube. Pull the round knob and insert the adjustable ankle holding tube into the height adjustment tube as picture shows.

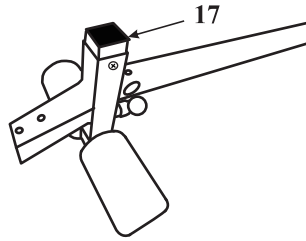


- ② Pull the spring out from the height adjustment tube with the small hook, and use a M6*45 hexagon socket bolt to through the spring and hole D in turn, and then fix it with a M6 nut and a $\Phi 6$ washer by using the closed-end wrench and the L-shape hexagon wrench.

Notice: M6*45 hexagon socket bolt(No.22) is longer than M6*40 hexagon socket bolt(No.27).



③ Cover the opening with a square end cap.

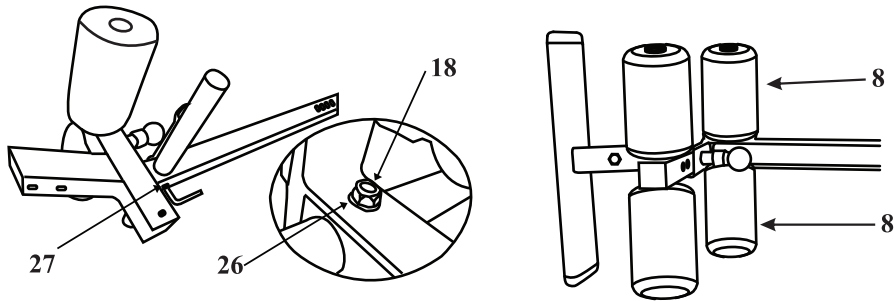


Step 6: Assemble the ankle holding rod

Put the ankle holding rod to penetrate the large hole of the height adjustment tube (No.3).

Screw a M6*40 hexagon socket bolt (No.27), a $\Phi 6$ washer (No.26) and a M6 nut (No.18) by using the closed-end wrench (No.21) and the L-shape hexagon wrench (No.12).

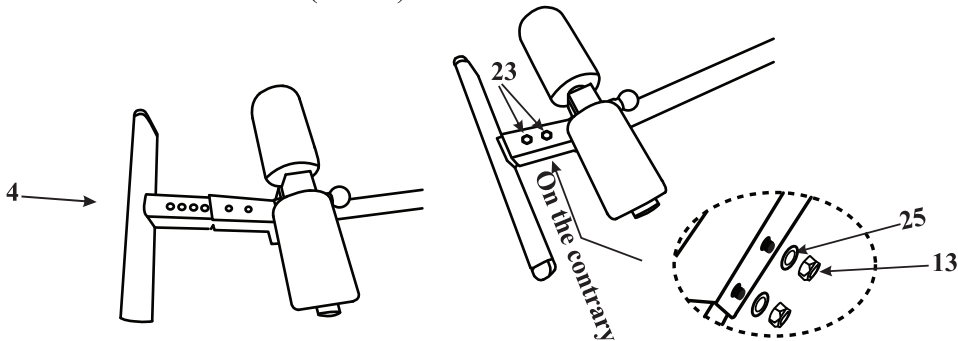
Cover the ankle holding rod (No.7) with two sponge sleeves (No.8).



Step 7: Assemble the foot bar

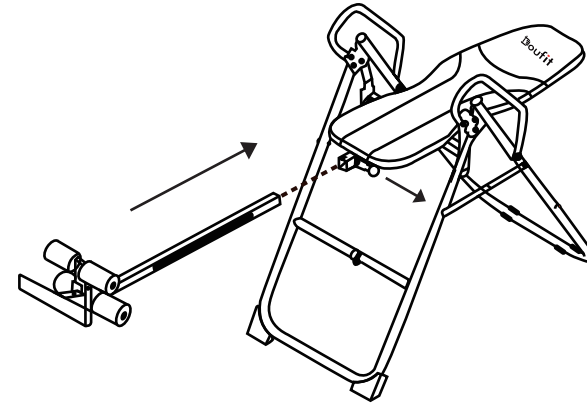
Insert the foot bar (No.4) into the bottom of the height adjustment tube (No.3).

Fix them with two M8*50 hexagon head bolts (No.23), two $\Phi 8$ washers (No.25) and two M8 nuts (No.13) by using the open-end wrench (No.20) and the closed-end wrench (No.21).

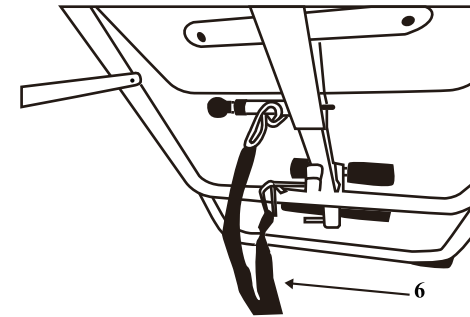


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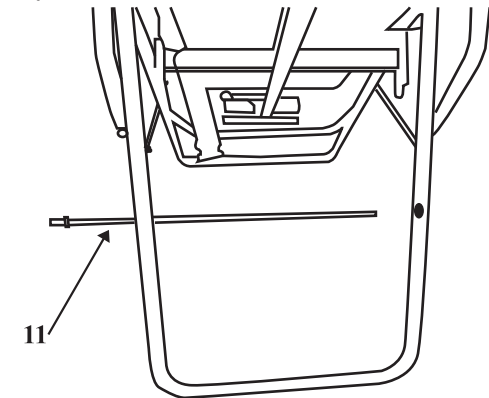
Step 8 : Pull the round knob at the bottom of the backrest and insert the height adjustment tube (No.3) into the square tube.



Step 9 : Connect the safe belt (No.6) to the backrest (No.5) and the support frame (No.1).



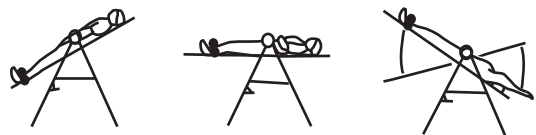
Step 10 : Insert the angle control rod (No.11) into the limit hole to complete the assembly.



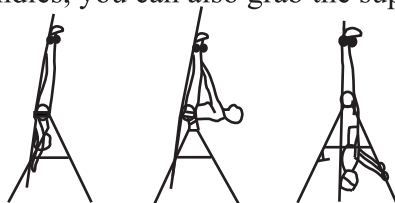
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4.USAGE METHOD:

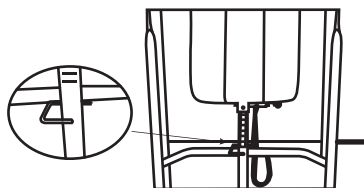
1. Please place the product on a flat and dry place before use to prevent skidding.
2. You can adjust the length of the safe belt between the backrest and the transverse bar to control the inversion angle you want.
3. It is very important to adjust the height properly to make your body on the balance center of gravity.
4. Pull the ball pin and adjust the height tube according to your height.
5. Pull the ball pin and adjust the adjustable ankle holding rod to fix your ankles.
6. Place you hands on the handles and slowly lie your back on the backrest to make your body horizontal.
7. As you feel comfortable and finish the above step, you can move your hand to start the inversion exercise.



8. If you feel nauseous, please return slowly; Don't return too fast, or you will be dizzy.
9. Increase the angle gradually only if you are comfortable.
10. In the case of complete inverted, you can grab the handles to return. If you can not reach the handles, you can also grab the support frame to return.



11. Please exercise in moderation and do not exceed your body's load.
12. It is recommended that using the inversion table for five or ten minutes each morning and evening.
13. When you finish the exercise, you can fold the inversion table and hook the height adjustment tube to save space.



5.MAINTENANCE AND SERVICE:

Maintenance

After use, the backrest must be cleaned with a clean wet towel.

Suggestions:

| | |
|---------------------------------------|-----------------------------|
| Used time is less than 3 hours a week | Clean it once every month |
| Used time is 4-8 hours a week | Clean it once every 15 days |
| Used time is more than 8 hours a week | Clean it once every 5 days |

Do not clean the product with too wet towel, which will leave water spots on the leather and even reduce the service life of it.

Do not use alkaline cleaner, dilute solvent, volatile oil and other solvents to clean the product.