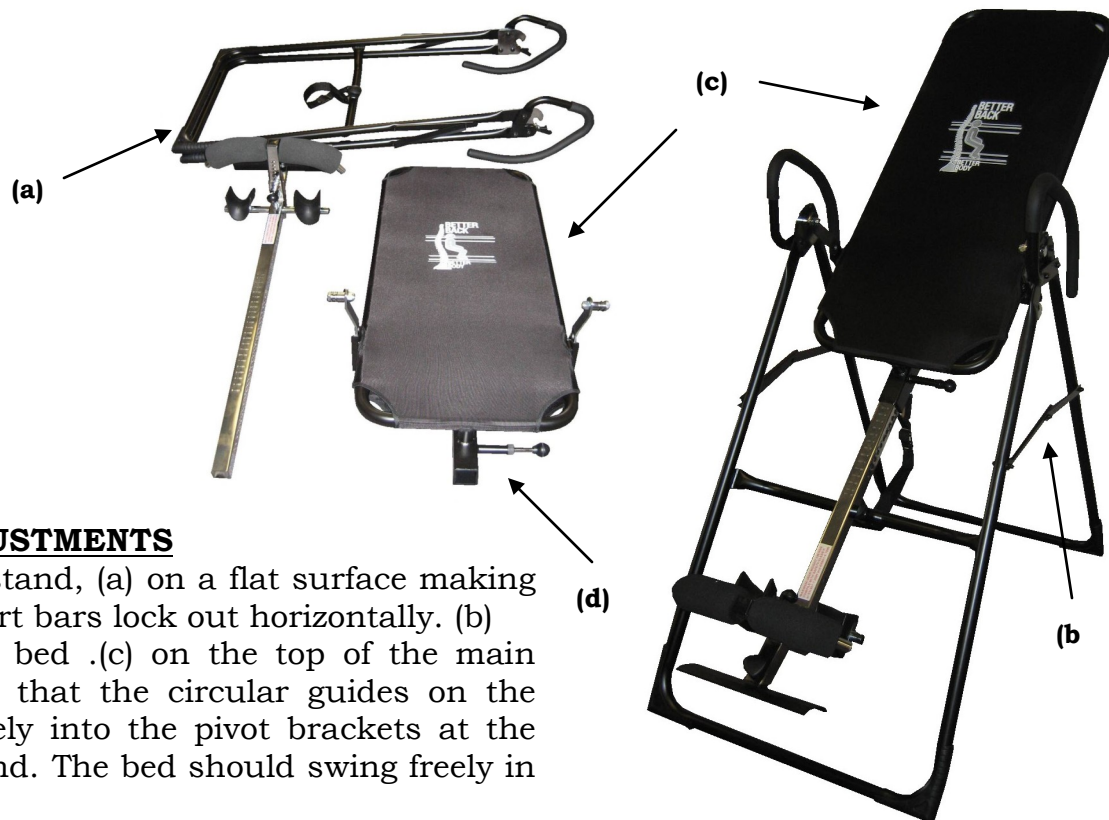


**Fitness Specialists**

## USING YOUR BACK INVERTER



### **ASSEMBLY AND ADJUSTMENTS**

- Fold out the main stand, (a) on a flat surface making sure that the support bars lock out horizontally. (b)
- Place the inversion bed (c) on the top of the main stand making sure that the circular guides on the handles slot squarely into the pivot brackets at the top of the main stand. The bed should swing freely in these brackets.
- Hold out the spring loaded pin at base of bed frame (d), insert leg frame into the leg hole. Release the spring loaded pin and replace the bolt to hold the leg in place. Check that the leg rests on the correct side of the main stand.

### **WARNING:**

*BeFit STRONGLY recommend consulting a chiropractor or physiotherapist before using your back inverter, even if you do not have an existing back complaint. BeFit also recommend consulting a doctor before use, particularly if you suffer from high blood pressure, obesity, heart disease, asthma, osteoporosis or any other related condition.*

*Even if you have used a back inverter before, please pay attention to the instructions in this leaflet.*

#### *Note:*

*Any adult using exercise equipment should ensure that children are not in the vicinity when the unit is in use.*

*Any children using equipment should be supervised by an adult at all times.*

*The unit when not in use still represents a danger to unsupervised children, the unit should be moved so it cannot be accessed by them or the unit should be rendered inoperable.*

### **SAFETY**

The back inverter is intended to be used only as a therapeutic device.

It is recommended that a second person be present when using the back inverter as a safety precaution until you become familiar with its operation.

Avoid wearing loose clothing and always wear shoes with thick socks to pad the ankles.

Check that the unit is assembled correctly before each use.

## **INSTRUCTIONS FOR INVERSION**

- Remove the safety bolt and hold out the pin loaded pin to adjust the leg length so that it is set at the approximate height of the user. (setting this position correctly may take some trial and error, as a persons weight distribution will affect the height position that must be set) Replace the safety bolt.
- Start by standing inside the frame straddling the ankle clamps. Release the ankle clamps and place both feet on the foot support bar inside the clamps. Adjust the clamps if they are too tight or uncomfortable.
- Lie back slowly onto the bed with your arms on your side, holding onto the handles. (if the height of the leg has been set correctly, the bed should balance horizontally . If the bed does not balance horizontally, shorten the leg length.
- To increase the angle of the inversion, use your arms to change the weight distribution towards your head. Make sure this is done slowly.
- To return to the upright position, bring the arms slowly back to the side of the body and allow the bed to settle back. Bend the knees and use the handles to change the weight distribution and pull the body towards the feet. When settled back at the starting point, remain flat on the bed and rest for about 30 seconds to allow the blood flow to return back to normal.
- It is not recommended that the inversion angle is held for a long period of time, however the process can be done more than one time. Make sure breaks are taken between angle changes and before stepping off the unit.



## **FAST FACTS**

- Inversion training naturally realigns joints, decongest internal organs, stimulates circulation, relieve stress and tension.
- When the body get out of alignment, for whatever reason, your soft tissues are forced to resist gravity and they can't always do this. Such signs are rounding of the shoulder and slouching. This can cause muscle stress and spasms. Gravity and common postures can cause compression of joints resulting in back discs lining. Inversion can temporarily increase spinal length to relieve pressure.
- As the body ages, internal organs begin to prolapsed. Often this is referred to as the middle age spread. Inversion relocates these organs. Digestion and waste can be eliminated with this training.
- Adopting the inversion position helps the heart move waste-laden blood form the body to the heart and lungs to be cleanses and rushes out fresh blood back.
- Much back pain in caused by muscles being cramped. Tension reduces blood flow to major areas like, back, neck, buttocks. This produces waste in the area, which in turn causes pain there.

## **RECOMMENDATIONS FOR USE**

- The angle and duration of the inversion is entirely up to the individual or at the recommendation of a medical practitioner. As a general rule when first using the unit, only a few minutes at 45 degrees should be enough to gain some benefit. For traction purposes, then minutes of use is a recognized maximum time period.
- When a second person is present, have them help to control the inversion from the foot end of the bed, and aid the returning to the upright position to prevent fast movements.