



ACRA KH777NS Inversion Table User Manual

[Home](#) » [ACRA](#) » ACRA KH777NS Inversion Table User Manual 

Contents

- 1 ACRA KH777NS Inversion Table
- 2 Warning and precautions for Inversion table
- 3 Packing details
- 4 Parts diagram
- 5 WARM UP
- 6 Suggestion of the inversion table
- 7 WARRANTY CARD
- 8 FAQ
- 9 Documents / Resources
 - 9.1 References



ACRA KH777NS Inversion Table



Specifications

- Head Support Bracket: Adjustable
- Straps: 2
- Foam Pads: 1
- Backrest: Adjustable

Please read this instruction carefully before using this product and keep it safe Disclaimer: Minors, elderly and infirm patients should be used under adult supervision.

Warning and precautions for Inversion table

Thank you for purchasing our company's products. Correct use of the equipment is the guarantee for your safety and health. Please read the following carefully before using the equipment:

1. It is very important to read the manual completely before installation and use. Only the normal installation, maintenance and use of this equipment can make the practice safe and effective;
2. Before starting an exercise program, please consult your doctor to determine whether your current physical condition can use this equipment for exercise and whether it will cause harm to your health. If you are taking treatment for heart rate, blood pressure and cholesterol, a doctor's advice is necessary;
3. Pay attention to some of your body's signals, incorrect and excessive exercise will harm your health. If you feel any of the following uncomfortable reactions: pain, chest tightness, fast heartbeat, shortness of breath, lightheaded, dizziness and nausea, stop practicing immediately. If you want to continue your exercise program, please consult your doctor first;
4. Keep children and pets away from this equipment, this equipment is specially designed for adults;
5. Use a sturdy, flat material on the bottom of the equipment to protect your floor and carpet. For safety reasons,

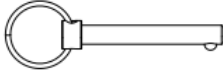
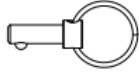
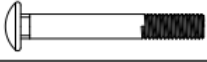
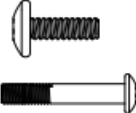






please ensure that there is at least 0.5 meters of free space around the equipment;

6. Please ensure that all screws and nuts are locked before use. Please use the equipment with care. If you find any defects when installing and using the equipment, or hear any abnormal sound, please stop the practice in time, and do not continue to use it until the problem is solved;
7. When exercising, please wear tight clothes as much as possible to prevent loose clothes from being caught by the equipment or restricting the movement. Please note that incorrect and excessive practice may cause damage to the body;
8. This equipment is only suitable for indoor and household use, and the maximum load is 150KG;
9. Be careful when moving this equipment to avoid unnecessary injury; 10: Please keep this manual and installation tools properly.

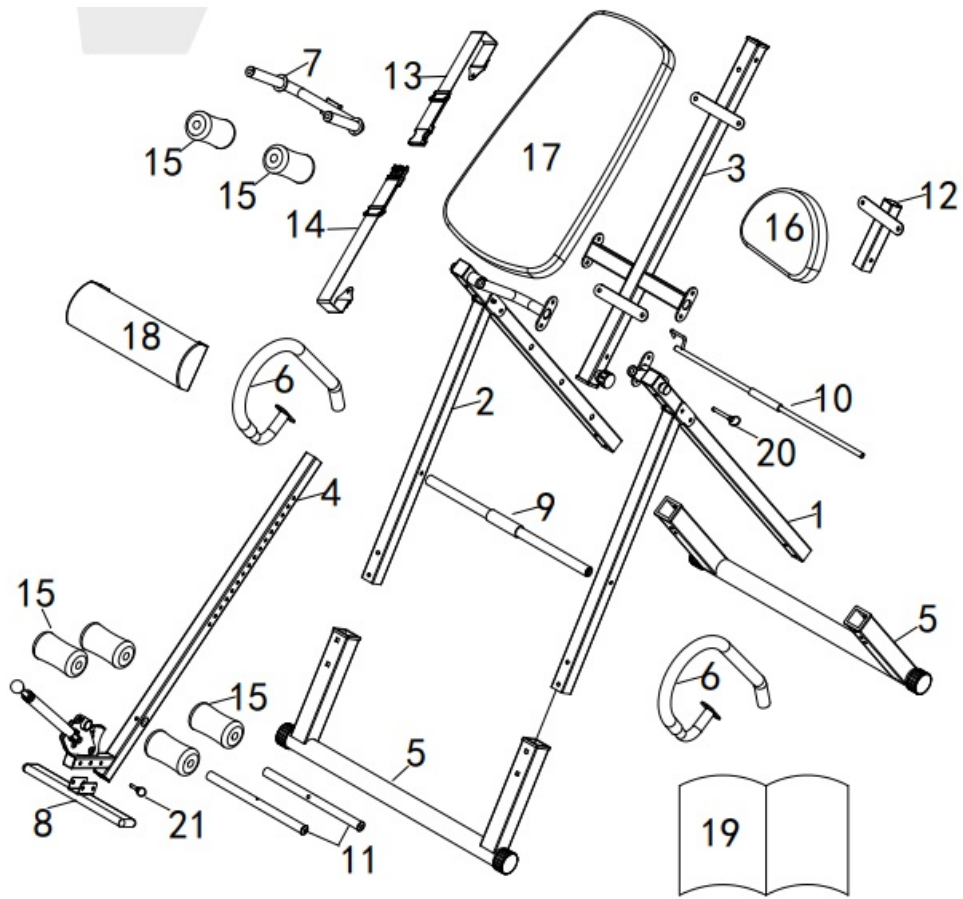
Packing details

Serial number	Components	Quantity	Serial number	Components	Quantity
1	Main Holder	1	11	Foam tube	2
2	Rear holding bar	1	12	Headrest	1
3	Backplane	1	13	Webbing1	1
4	Adjusting lever	1	14	Webbing2	1
5	Support base	2	15	Foam	6
6	Handrail	2	16	Headrest pad	1
7	Shoulder U-frame	1	17	backpack	1
8	Foot pressing device	1	18	lumbar pad	1
9	front gear lever	1	19	User manual	1
10	back gear lever	1			

Spare parts details

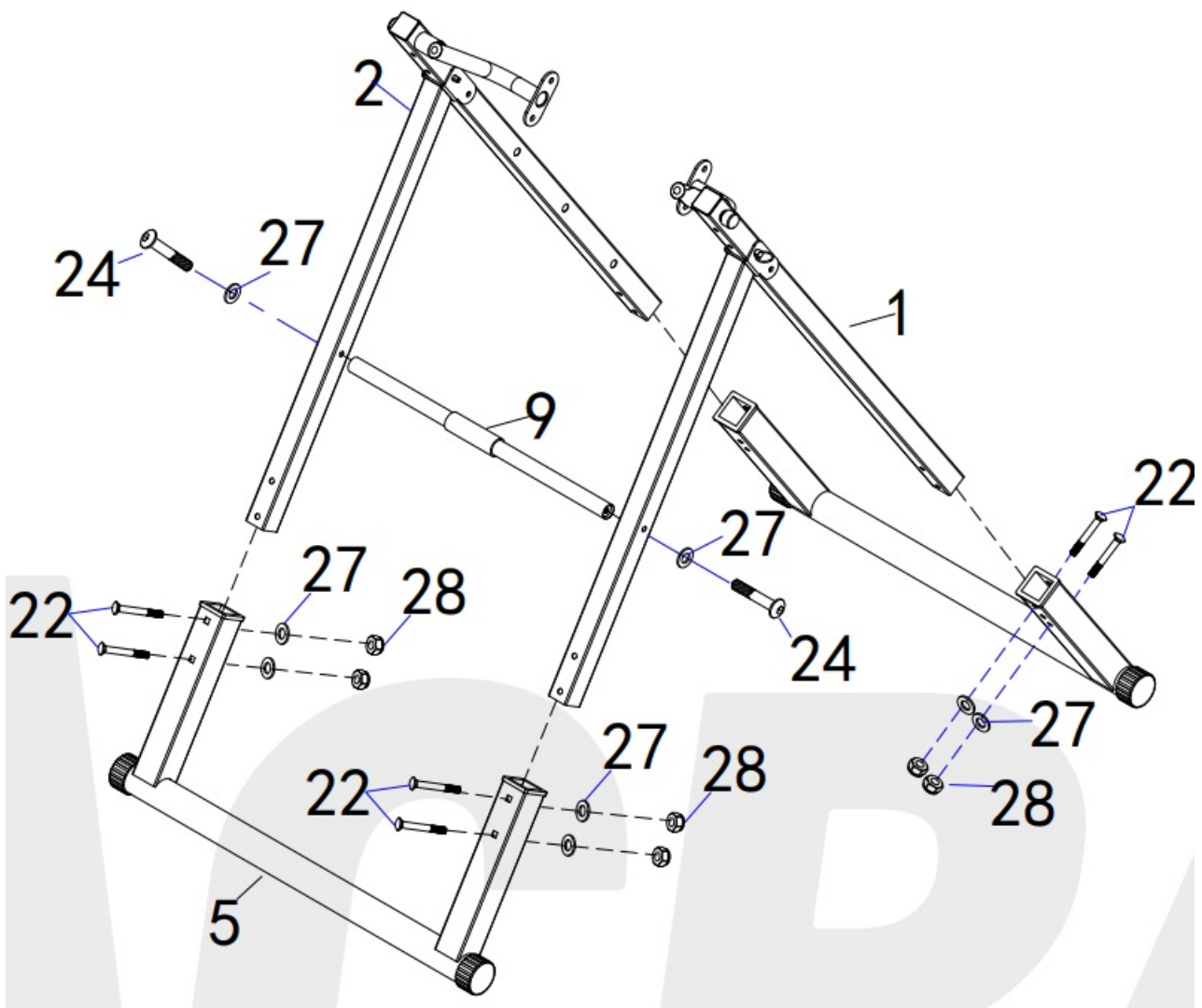
No.	Name	Size	Picture	Qty
20	Steel ball pins with ring	φ8*60		3
21	Steel ball pins with ring	Φ8*28		1
22	carriage screw	M8*60		8
23	Large flat head hexagon socket screws	M6*16		6
24	Socket head cap screws	M8*50		7
25	Socket head cap screws	M8*50		2
26	Socket head cap screws	M8*20		7
27	flat mat	M8		25
28	jam nut	M8		20
29	Hexagon socket with Phillips wrench	M5		1
30	open-end wrench	13-17		1

Parts diagram



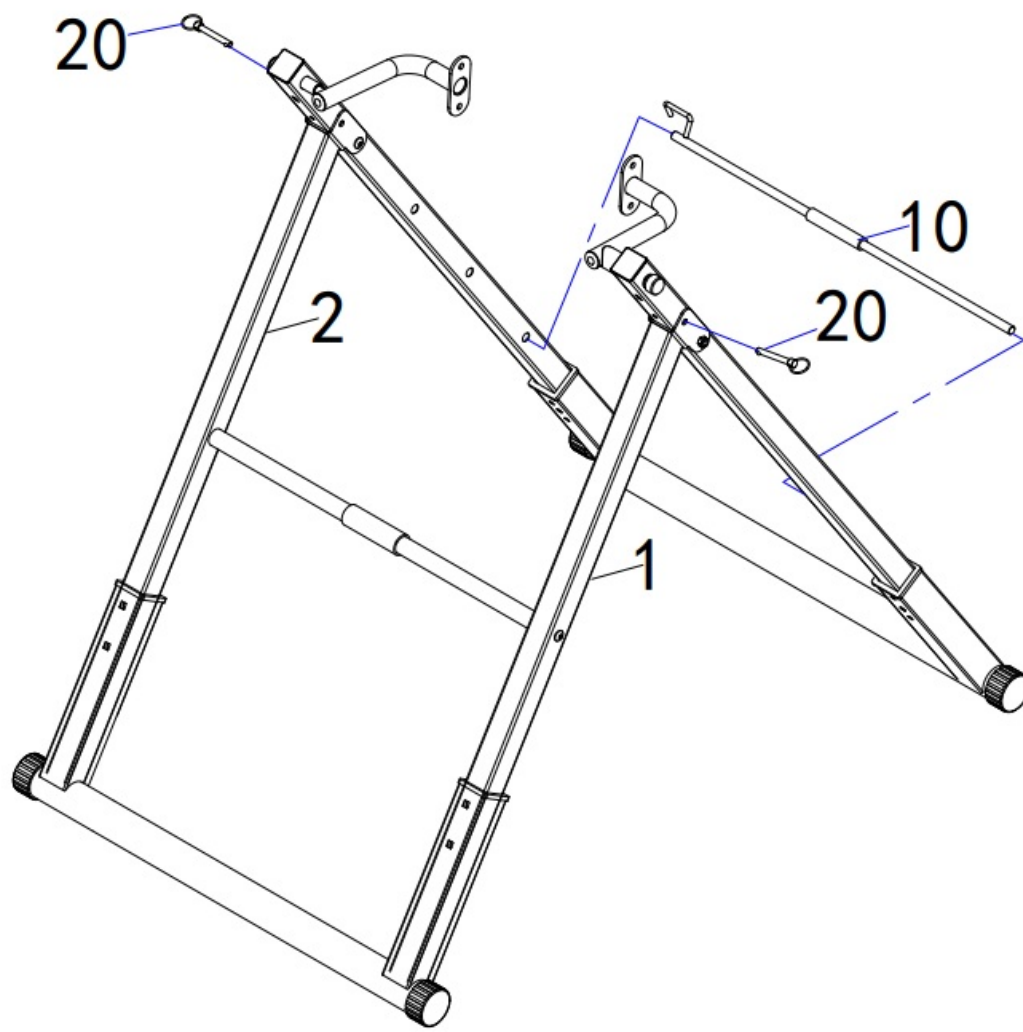
Step one

- Open the 1#, 2# left and right supports, and fix the left and right supports to the 5# support base with 22# M8*60 carriage screws, 27# M8 flat washers, and 28# M8 anti-loosening nuts respectively.
- Use 24# M8*50 screws, 27# M8 flat washers to secure the 9# front stop bar to the 1# and 2# left and right supports. (Note: Do not tighten all screws at the beginning of assembly)



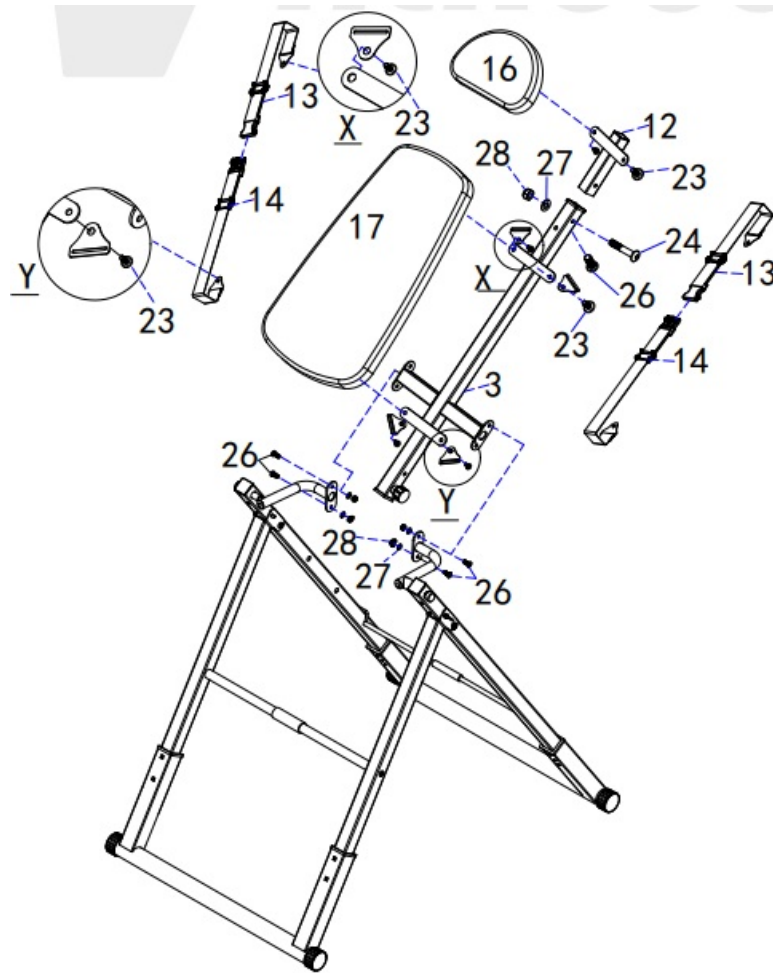
Step two:

- Open the inverted machine support and insert the 20# steel ball pins with rings into the holes at the front and rear support connections.
- Adjust the appropriate angle of movement, 10# rear gear lever according to the need to insert the two sides of the rear support holes (the side with punched holes completely in place, the other end of the hook with a hook stuck in the square tube above the fixation) or not inserted (so that you can be completely inverted, it is recommended that the first time you first loaded into the uppermost a hole, adapt to the other holes after adjusting to the other holes or not loaded).



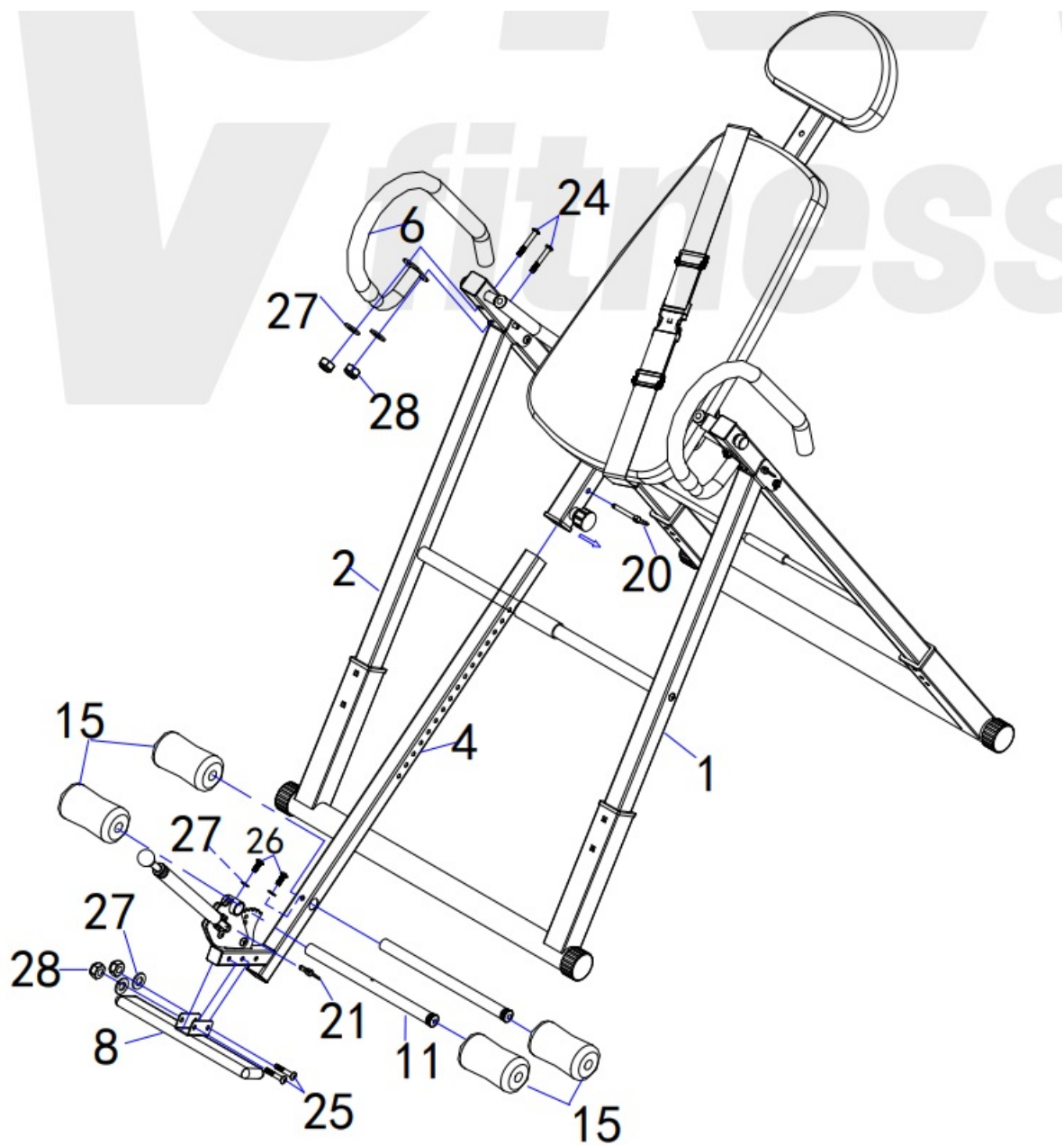
Step 3

- Use 24# M8*50 screws, 26# M8*20 screws, 27# M8 flat washers, 28# M8 lock nuts to fix 12# head cushion bracket to 3# backrest bracket.
- Use 23# M6*16 screws to fix 16# head cushion and 17# back cushion, and at the same time, put 13# webbing and 14# webbing in X and Y diagrams on the iron piece above 3# backrest frame.
- Use 26# M8*20 screws, 27# M8 flat washers, 28# M8 jam nuts to assemble the iron pieces on the side of the 3# back cushion frame with the iron pieces on the main bracket.



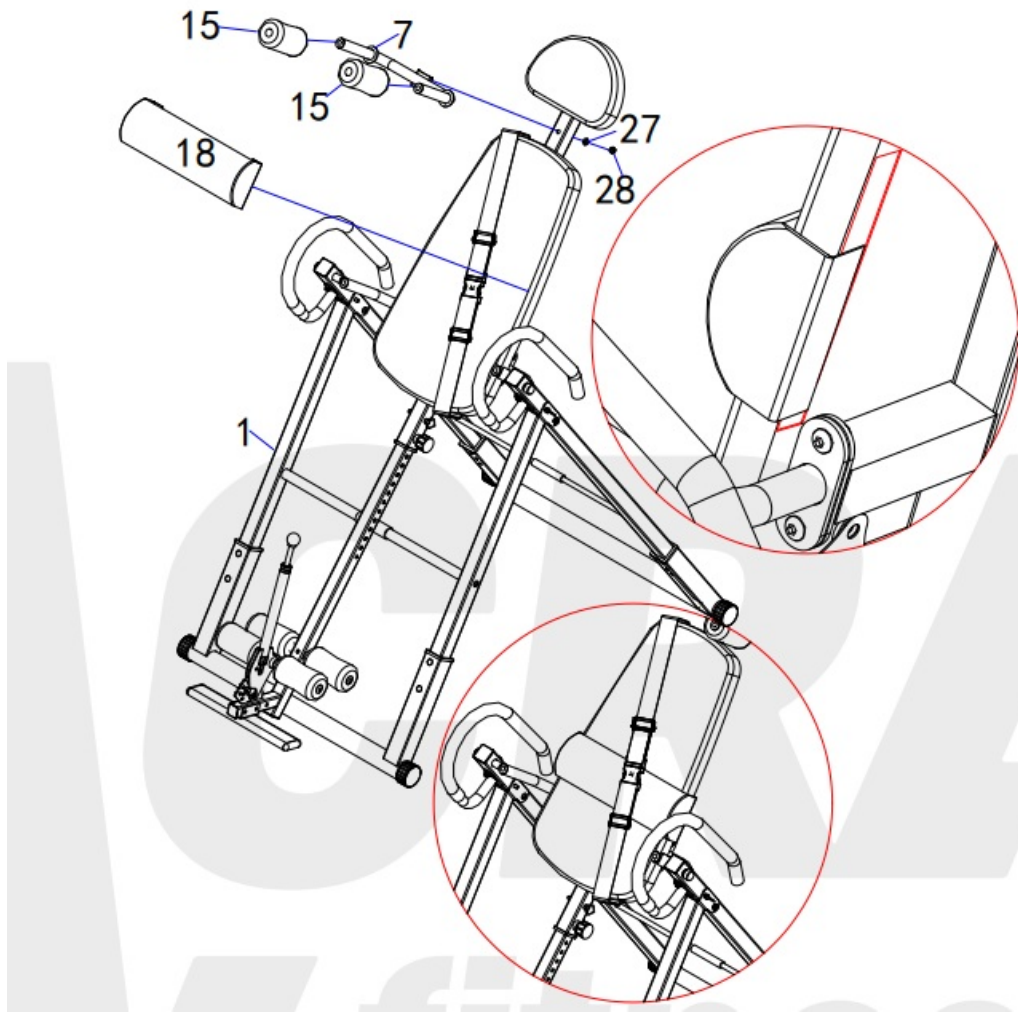
Step Four.

- Insert the 11# foam tube into the large hole on the height adjustment frame and fix it with 26# M8*20 screws with 27# M8 flat pads, and put the 15# foam into the foam tube from both ends;
- Insert the 11# foam tube into the casing hole on the presser footrest and fix it with 26# M8*20 screws with 27# M8 flat pads, and put 15# foam from both ends onto the 11# foam tube;
- Fix the 8# footrest with 25# M8*50 screws, 26# M8*20 screws, 27# M8 flat pads and 28# M8 anti-loosening nuts on the square tube at the lower end of the self-height adjusting frame.
- Insert the assembled 4# height adjusting frame into the square tube on the 3# backrest frame, and use the quick pull pin and 20# pull ring pin to insert into the corresponding hole according to the height size requirement.
- Fix the 6# armrest with 24# M8*50 screws, 26# M8*20 screws, 27# M8 flat washers and 28# M8 anti-loosening nuts on the side tube of the main bracket.



Step 6

- Installation of the U-frame: Use 27# M8 flat pads and 28# M8 locknuts to fix the 7# U-frame on the height adjustment tube, and put 15# foam into the U-tube.
- Installation of U-shaped foot: Put 32# U-shaped foot into 11# foam tube from both ends.
- Installation of lumbar cushion: fix 18# lumbar cushion on the backrest cushion (fix the Velcro on both sides of the lumbar cushion on the Velcro on both sides of the backrest cushion), the position can be adjusted up and down according to the height.



Note: Wait until all installation steps have been completed before locking all screws tight and checking that all pins are assembled in place before beginning use.

WARM UP





No matter how you exercise, it's best to stretch first. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up. Then stop and do the stretches as follows 1 to 5 times, 10 seconds or more per leg at a time, and repeat after the workout.

Toe Touches

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



Pic 1

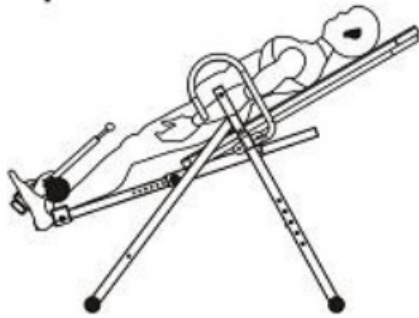
<p>Hamstring Stretches</p> <p>Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.</p>	 <p>Pic 2</p>
<p>Calf and Achilles tendon stretches:</p> <p>Hold the wall or stand with both hands, one foot behind, keep the back leg upright, heels on the ground, and lean toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.</p>	 <p>Pic 3</p>
<p>Quadriceps Stretch</p> <p>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 up.</p>	 <p>Pic 4</p>
<p>Inner Thigh Stretch</p> <p>Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 10 counts.</p>	 <p>Pic 5</p>

Suggestion of the inversion table

1. When using this product for the first time, a guardian must be present to assist and take safety protection measures.
2. The user must ensure that the presser foot device latch is in place and secure the body with a safety belt.
3. Adjust the scale of the height adjustment frame according to the height of the user (for example: the actual height of the user is 160, it is recommended to adjust to 170 first. If it is difficult to turn upside down, adjust down until it is easy to turn), lock the pull pin nut after each adjustment, and insert the safety pin before it can

be used.

1



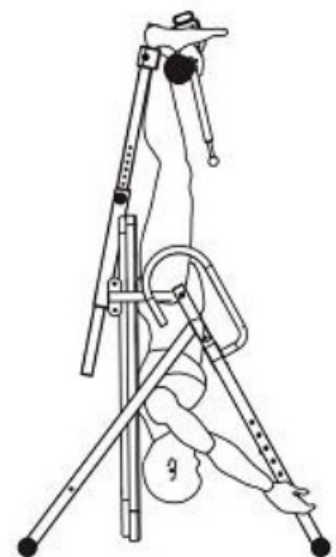
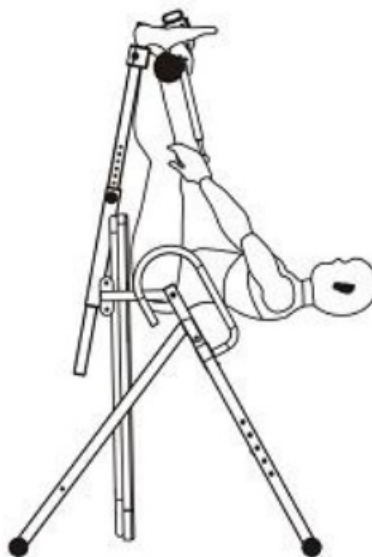
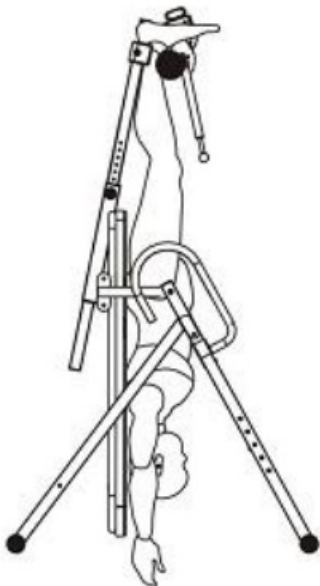
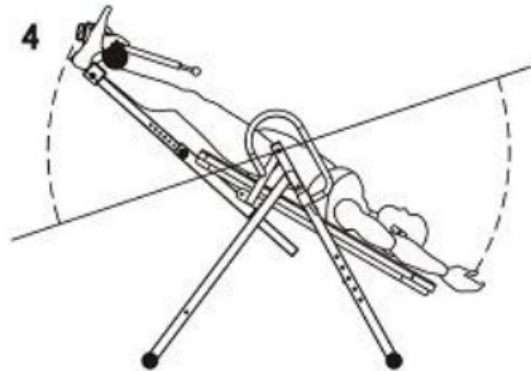
3



2



4



WARRANTY CARD

This product is subject to a statutory warranty period of 24 months, unless otherwise stated. For the indicated types of goods, a warranty period extended to 10 years is provided, in addition to the legal warranty period, which applies to the construction of the frame of the given type of goods. Fulfilling the warranty conditions for an extended warranty period means the free repair of all manufacturing defects that occur on the frame construction during this warranty period, namely in the service centers of ACRA, s.r.o. Keep the warranty card together with the proof of purchase and the user manual carefully!

Complaint

- Rights from liability for defects can only be exercised with the seller from whom the product was purchased.
- It is necessary to point out a defect – i.e. sufficiently accurately mark the defect, or how the defect manifests itself on the outside. A generally worded statement that the product has a defect is not enough!
- The objection must also contain a notification of the specific right from liability for defects that the buyer is claiming, and it must be supported by a completed warranty card with the seller's stamp and a proof of purchase (receipt) with the date of sale. At the same time, the product must be provided with suitable packaging, preferably original.
- The buyer has the right to have the defect removed free of charge, properly and on time (no later than within 30 days from the application of the complaint, unless the buyer and the seller agree on a longer period), or the product replaced.
- The time from the exercise of the right from liability for defects to the time when the buyer was obliged to take over the product after the repair was completed (regardless of when the buyer actually took over the item) is not included in the warranty period.
- Rights from liability for item defects expire if they have not been exercised within the warranty period (i.e. no later than the last day of the warranty period).

The warranty does not cover

Wear and tear of the product caused by its usual use. (Normal use means use for the purpose for which the product is intended and in the manner described in the attached instructions for use)

Furthermore, the warranty does not cover defects caused by:

- Mechanical damage; (for example, defects caused by cutting the product or part of it during unpacking);
Unprofessional intervention (repair) by the user, including by third parties;
- Improper handling or handling contrary to the instructions for use;
- By not performing the necessary maintenance described in the user manual;
- Exposure to adverse external influences, low/high temperatures, inappropriate storage;
- An unavoidable event – a natural disaster;

Paid repair:

If there is a defect that is not covered by the warranty or the warranty period has already passed and the buyer requests a repair, this is a paid repair.

The price and conditions will be determined after agreement with the service center of ACRA s. r. o. Other rights and obligations are governed by the provisions of Act. No. 40/1964 Coll., of the Civil Code, especially § 612 et seq.

A fee was paid for the packaging of the above-mentioned product for use and take-back according to § 10 and § 12 of the Act. No. 477/2001 Coll., on packaging, to the EKO-KOM system under EC identification number – F06020112.

- Product type designation:
- Date of sale:
- Seller's stamp and signature:

Claim date	defect complained of	Service center logs	Part replacement	Note

If you have any questions, please contact the service center or the complaints department:

ACRA, s. r. o. (ID: 64254330), Brodská 161, 513 01 Semily

Complaints department – phone: +420 481 623 322, e-mail: reklamace@acra.cz

FAQ


- **Q: How do I adjust the inversion table for my height?**

A: You can adjust the height by following the instructions provided in Step 5 for U-Frame Installation.

- **Q: Can I use the inversion table outdoors?**

A: It is recommended to use the inversion table indoors to ensure stability and safety during use.

Documents / Resources

 <p>ACRA fitness</p> <p>Inverzní lavice KH777N Návod k použití</p>	<p>ACRA KH777NS Inversion Table [pdf] User Manual KH777N, KH777NS Inversion Table, KH777NS, Inversion Table, Table</p>
--	--

References

- [User Manual](#)

Manuals+, Privacy Policy

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.