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## BH Fitness G400

# BH Fitness Zero G400 Foldable Inversion Trainer User Manual

Model: G400 | Brand: BH Fitness

## INTRODUCTION

This manual provides essential instructions for the safe and effective use of your BH Fitness Zero G400 Foldable Inversion Trainer. Please read this manual thoroughly before assembly or operation to ensure proper usage and to prevent injury. Keep this manual for future reference.

## Key Features:

- Foldable design for convenient storage.
- Adjustable height to accommodate various user heights.
- Integrated safety belts for enhanced security during inversion.
- Quick adjustment mechanism for vertical inclination up to 92 degrees.
- Comfortable footrests designed for secure and comfortable positioning.

## IMPORTANT SAFETY INFORMATION

**WARNING:** Failure to follow these safety instructions could result in serious injury or death. Always consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.

- Read and understand all instructions in this manual before assembly or use.
- Ensure all parts are correctly assembled and secured before each use.
- Inspect the inversion trainer for any worn or damaged parts before each use. Do not use if any components are compromised.
- Use the inversion trainer only on a solid, level surface.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight limit (refer to specifications section).
- Always use the integrated safety belts as instructed.
- Do not attempt to perform inversions if you feel dizzy, lightheaded, or unwell.
- Avoid sudden movements while inverting or returning to an upright position.
- Do not modify the equipment in any way. Use only manufacturer-approved replacement parts.

## SETUP AND ASSEMBLY

Assembly of the BH Fitness Zero G400 requires careful attention to detail. It is recommended to have a clear, spacious area for assembly. While some tools may be provided, having a standard set of wrenches and screwdrivers can be beneficial.

### Assembly Steps:

1. Unpack all components and verify against the parts list (not provided in this manual, refer to original packaging).
2. Begin by attaching the main support frame components. Ensure all bolts are securely tightened.
3. Install the inversion table backrest onto the frame, making sure it is firmly seated.
4. Attach the ankle support system and footrests. Adjust them to a comfortable and secure position for your feet.
5. Connect the safety belts to their designated attachment points.
6. Once assembled, perform a thorough check of all connections and moving parts to ensure stability and safety.



*Image: The BH Fitness Zero G400 Inversion Trainer fully assembled and ready for use. This view shows the main frame, backrest, and ankle support system.*

### Height Adjustment:

The inversion trainer features an adjustable height mechanism to suit different users. Locate the height adjustment pin or lever on the main frame. Adjust the height so that when you lie on the backrest, your head is comfortably supported and your ankles are securely fastened in the footrests. Test the balance by gently leaning back; the unit should rotate smoothly with minimal effort.

## OPERATING INSTRUCTIONS

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Follow these steps for safe and effective operation of your inversion trainer.

### Before Each Use:

- Ensure the trainer is on a stable, level surface.
- Check all bolts, nuts, and pins for tightness.
- Verify the ankle supports are secure and comfortable.
- Confirm the safety belts are properly attached and adjusted.

### Using the Inversion Trainer:

1. Stand facing the inversion trainer and carefully step onto the footrests.
2. Secure your ankles firmly in the ankle support system. Ensure there is no discomfort or excessive pressure.
3. Lie back slowly onto the backrest.
4. Adjust the integrated safety belts around your body for added security.
5. To invert, slowly raise your arms over your head. The trainer will begin to rotate. Control the speed of inversion by adjusting your arm movements.
6. The maximum vertical inclination can be quickly adjusted up to 92 degrees. Start with a shallow angle and gradually increase as you become more comfortable.
7. To return to an upright position, slowly bring your arms back down towards your sides. The trainer will rotate back to the starting position.
8. Once upright, unfasten the safety belts and carefully release your ankles before stepping off the trainer.

## MAINTENANCE

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Regular maintenance ensures the longevity and safe operation of your BH Fitness Zero G400 Inversion Trainer.

- **Cleaning:** Wipe down the frame and backrest with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points if movement becomes stiff or noisy.
- **Storage:** The inversion trainer is foldable for easy storage. To fold, ensure the unit is in the upright position, then follow the folding mechanism instructions (refer to original assembly guide for specific steps). Store in a dry, cool place away from direct sunlight.





*Image: The BH Fitness Zero G400 Inversion Trainer in its folded configuration, demonstrating its compact storage capability.*

## TROUBLESHOOTING

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This section addresses common issues you might encounter with your inversion trainer.

Problem	Possible Cause	Solution
Trainer feels unstable or wobbly.	Loose bolts or uneven surface.	Ensure all assembly bolts are tightened. Move the trainer to a flat, level surface.

Problem	Possible Cause	Solution
Difficulty inverting or returning upright.	Incorrect height adjustment or stiff pivot points.	Re-adjust the height setting to match your body. Apply lubricant to pivot points if necessary. Practice controlled arm movements.
Ankle supports are uncomfortable.	Improper adjustment or positioning.	Ensure your ankles are positioned correctly and the supports are snug but not overly tight. Adjust padding if possible.
Squeaking or grinding noises during operation.	Lack of lubrication or loose components.	Lubricate all moving joints with silicone spray. Check and tighten all bolts and nuts.

## SPECIFICATIONS

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Detailed specifications for the BH Fitness Zero G400 Inversion Trainer.

<b>Model Number:</b>	G400
<b>Brand:</b>	BH Fitness
<b>Color:</b>	Black/Red
<b>Size:</b>	One Size
<b>Style:</b>	Zero
<b>Product Weight:</b>	29 Kilograms
<b>Product Dimensions (L x W x H):</b>	138 x 73 x 148 cm
<b>Sport Type:</b>	Fitness
<b>Batteries Included:</b>	No
<b>Department:</b>	Unisex-Adult
<b>ASIN:</b>	B008BW036A
<b>First Available Date:</b>	January 15, 2020

## WARRANTY AND SUPPORT

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For warranty information, technical support, or to inquire about replacement parts, please refer to the documentation included with your purchase or contact BH Fitness customer service directly. Contact details can typically be found on the manufacturer's official website or on your purchase receipt.

