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BOUDECH B008CZ85P2

BOUDECH Inversion Table Instruction Manual

Model: B008CZ85P2

1. INTRODUCTION AND SAFETY INFORMATION

Thank you for choosing the BOUDECH Inversion Table. This manual provides essential instructions for the safe assembly, operation, and maintenance of your inversion table. Please read this manual thoroughly before initial use and retain it for future reference.

1.1 Intended Use

The BOUDECH Inversion Table is designed to assist in relieving back pain, improving posture, and reducing the negative effects of gravity on the body through inversion therapy. It is intended for home fitness use.

1.2 Important Safety Precautions

- **Consult a Physician:** Before beginning any inversion therapy program, consult with a qualified medical professional, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, glaucoma, or are pregnant.
- **Gradual Use:** Start with short inversion sessions at a shallow angle. Gradually increase the duration and angle as your body adapts. Do not attempt full inversion immediately.
- **Weight Limit:** The maximum user weight for this inversion table is **100 kg (220 lbs)**. Do not exceed this limit.
- **Height Adjustment:** Always adjust the height setting accurately to your actual height. Incorrect adjustment can lead to difficulty inverting or returning to an upright position safely.
- **Secure Ankle Support:** Ensure your ankles are securely fastened before each use.
- **Use with Caution:** If you experience dizziness, lightheadedness, or any discomfort, slowly return to an upright position and discontinue use.
- **Never Use Alone:** It is recommended to have another person present during initial uses or if you

have any concerns about your ability to operate the device safely.

- **Emergency Preparedness:** If using alone, keep a mobile phone within reach on the floor or wear a smartwatch for emergency calls.
- **Children and Pets:** Keep children and pets away from the inversion table during use and storage.

2. PRODUCT OVERVIEW

The BOUDECH Inversion Table is constructed with a durable steel alloy frame and features comfortable padding for the backrest and ankle supports. It is designed for easy adjustment to accommodate various user heights.

2.1 Components

The inversion table consists of a main frame, a padded backrest, adjustable ankle supports, and safety handles. The design allows for controlled inversion and return to an upright position.



Figure 1: Front view of the assembled BOUDECH Inversion Table, showcasing the padded backrest, handles, and ankle supports.



Figure 2: Rear view of the BOUDECH Inversion Table, highlighting the frame structure and ankle locking mechanism.

3. SETUP AND ASSEMBLY

The BOUDECH Inversion Table requires assembly. While the included instructions may not be extensively detailed, the assembly process is generally intuitive. All necessary tools for assembly are typically included in the packaging.

3.1 Assembly Steps (General Guidance)

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out. Verify that all components are present according to the parts list (refer to the manufacturer's specific assembly diagram if available).
2. **Assemble Main Frame:** Connect the main support beams and crossbars using the provided bolts and nuts. Ensure all connections are secure but do not fully tighten until the entire frame is assembled.
3. **Attach Backrest:** Secure the padded backrest to the main frame.
4. **Install Ankle Supports:** Assemble the ankle support system, ensuring the locking mechanism functions correctly.
5. **Attach Handles:** Secure the safety handles to the frame.
6. **Final Tightening:** Once all components are in place, systematically tighten all bolts and nuts. Double-check all connections for stability.

If you encounter difficulties, refer to the specific assembly instructions provided in your product packaging or contact customer support.

4. OPERATING INSTRUCTIONS

Proper operation of the inversion table is crucial for safety and effectiveness. Follow these steps for a safe inversion experience.

4.1 Adjusting Height

The inversion table features an adjustable height mechanism to match your body. Accurate height adjustment is essential for balanced inversion and easy return to an upright position.

- Locate the height adjustment pin on the main shaft.
- Pull out the pin and slide the shaft to align with your actual height, indicated by the markings (e.g., 146-150cm, 151-155cm, up to 190cm).
- Ensure the pin fully re-engages into the correct hole.
- Test the balance by leaning against the backrest; the table should pivot smoothly with minimal effort.



Figure 3: Close-up of the adjustable height mechanism, showing measurement markings for user height.

4.2 Securing Your Ankles

Before each inversion, ensure your ankles are securely and comfortably fastened.

- Step onto the foot platform.
- Place your ankles between the padded ankle supports.
- Engage the locking mechanism firmly. Ensure there is no excessive movement or discomfort.

4.3 Inverting and Returning

Inversion should be a controlled and gradual process.

- **Initiating Inversion:** With ankles secured and height adjusted, slowly lean back. The table will begin to pivot. Use the handles for support and control.
- **Controlling Angle:** Allow your body to relax and the table to invert to a comfortable angle. Do not force the inversion. You can use the safety strap (if included) to limit the maximum inversion angle.
- **Returning Upright:** To return to an upright position, slowly reach for the handles and pull yourself forward. The table will pivot back to the starting position.



Figure 4: The inversion table shown in a partially inverted state, demonstrating the range of motion.



Figure 5: A visual sequence illustrating the full range of inversion possible with the BOUDECH Inversion Table.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your BOUDECH Inversion Table.

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and pins to ensure they are tight and secure. Tighten any loose fasteners.
- **Inspect Components:** Check for any signs of wear or damage on the frame, padding, ankle supports, and pivot points. Replace worn or damaged parts immediately.
- **Lubrication:** Apply a small amount of silicone-based lubricant to pivot points if movement becomes stiff.

6. TROUBLESHOOTING

If you encounter issues with your inversion table, refer to the following common problems and solutions.

- **Difficulty Inverting or Returning:**
Solution: Ensure the height adjustment is set accurately to your actual height. An incorrect setting can affect the balance and pivot.
- **Table Feels Unstable:**
Solution: Check all frame connections and ensure they are securely tightened. Verify the table

is on a flat, stable surface.

- **Ankle Supports are Uncomfortable:**

Solution: Adjust the ankle supports for a snug but comfortable fit. Ensure padding is correctly positioned. Wear appropriate footwear (e.g., athletic shoes) for added comfort.

- **Experiencing Dizziness or Discomfort:**

Solution: Immediately return to an upright position. Consult a medical professional before further use. Start with shorter durations and shallower angles.

7. SPECIFICATIONS

Feature	Specification
Model Number	B008CZ85P2
Dimensions (L x W x H)	180 cm x 72 cm x 150 cm
Product Weight	21.5 kg
Material	Steel Alloy
Weight Capacity	100 kg (220 lbs)
Color	Black, Red



Figure 6: Diagram illustrating the dimensions (length, width, height) of the BOUDECH Inversion Table.

8. WARRANTY AND SUPPORT

For warranty information, product support, or to order replacement parts, please contact the seller or manufacturer directly. The seller for this product is Franchini shop. Please retain your proof of purchase for any warranty claims.