

SKY LAND EM-1863

SKY LAND 6-in-1 Inversion Table EM-1863 User Manual

Model: EM-1863 | Brand: SKY LAND

1. SAFETY INFORMATION

Please read all instructions carefully before assembling and using the SKY LAND 6-in-1 Inversion Table EM-1863. Retain this manual for future reference.

- **User Capacity:** This inversion table is designed to support users up to **100 kg (220 lbs)** and with a height between **155 cm (5'1") and 198 cm (6'6")**. Do not exceed these limits.
- **Health Considerations:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, glaucoma, or recent surgery.
- **Assembly:** Ensure all components are correctly assembled and tightened according to the assembly instructions. Improper assembly can lead to injury.
- **Stability:** Always use the inversion table on a flat, stable, non-slip surface. Ensure adequate clear space around the unit.
- **Intelligent Swivel System:** The patented brake system allows for safe angle adjustment from 0° to 90°. Always ensure the brake is engaged before mounting or dismounting.
- **Certification:** This product is EN ISO 20957 certified for home use, meeting general safety requirements (EN ISO 20957 1:2013 Class H).
- **Children and Pets:** Keep children and pets away from the inversion table during use and storage.

2. PRODUCT OVERVIEW

The SKY LAND EM-1863 is a versatile 6-in-1 multi-function inversion table designed to provide comprehensive body training and therapeutic benefits. It helps relieve back pain, improve posture, and strengthen various muscle groups through inversion, dips, push-ups, leg lifts, pull-ups, and bar support exercises.

Key features include an intelligent swivel system for safe angle adjustment, a robust steel frame for stability,

and comfortable high-density memory foam padding that is water-resistant and odor-free. Its foldable design allows for convenient storage in compact spaces.



Image 1: The SKY LAND 6-in-1 Inversion Table EM-1863, showcasing its sturdy frame and comfortable red and black padding.

3. SETUP AND ASSEMBLY

Your SKY LAND EM-1863 Inversion Table comes with all necessary components and a tool kit for assembly. Please follow the detailed step-by-step instructions provided in the separate assembly manual included in the packaging.

- Unpack all components and verify against the parts list in the assembly manual.
- Ensure you have sufficient space for assembly.
- Follow the diagrams and instructions carefully, tightening all bolts and nuts securely.
- Once assembled, perform a stability check to ensure the unit is firm and all connections are secure before first use.

4. OPERATING INSTRUCTIONS

The SKY LAND EM-1863 offers a variety of exercises. Always ensure proper form and controlled movements.

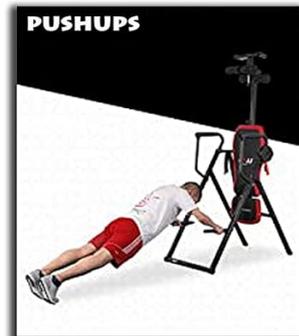
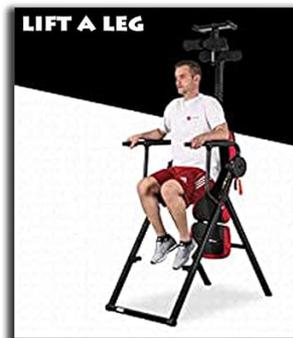
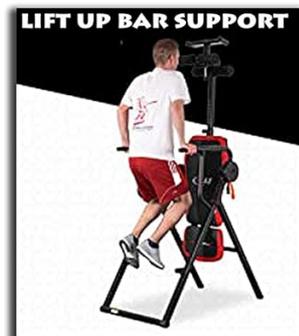
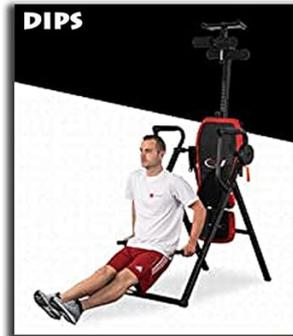
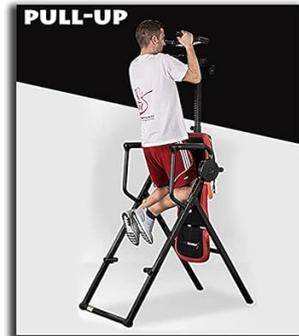
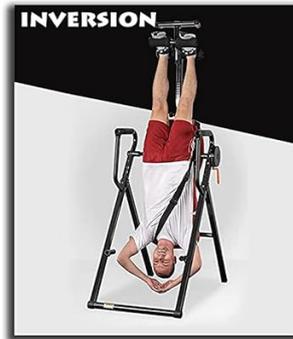
4.1. Inversion Therapy

Inversion therapy helps decompress the spine, relieve back pain, and improve circulation.

1. Adjust the height setting on the main frame to match your height.
2. Secure your ankles in the foot bar. Ensure a snug and comfortable fit.
3. Slowly lean back, allowing the table to rotate. Use the intelligent swivel system to control the angle of inversion (0° to 90°).
4. To return upright, slowly pull yourself up using the handles or by shifting your body weight.

4.2. Multi-Function Exercises

The 6-in-1 design allows for various strength training exercises:



MULTI-FUNCTION

Image 2: Visual guide to the multi-function capabilities of the SKY LAND Inversion Table, including Inversion, Pull-ups, Dips, Lift Up Bar Support, Leg Lifts, and Push-ups.

- **Dips:** Use the parallel bars for triceps dips.
- **Push-Ups:** Utilize the handles or frame for elevated push-ups.
- **Leg Lifts:** Perform leg raises for abdominal and core strengthening.
- **Pull-Ups / Bar Support:** The sturdy frame can be used for various bodyweight exercises.

4.3. Angle Adjustment (Intelligent Swivel System)

The inversion table is capable of rotating up to 360 degrees, allowing for precise control over your inversion angle. The patented brake system ensures you can lock the table at any desired angle between 0° and 90° for safety and comfort.

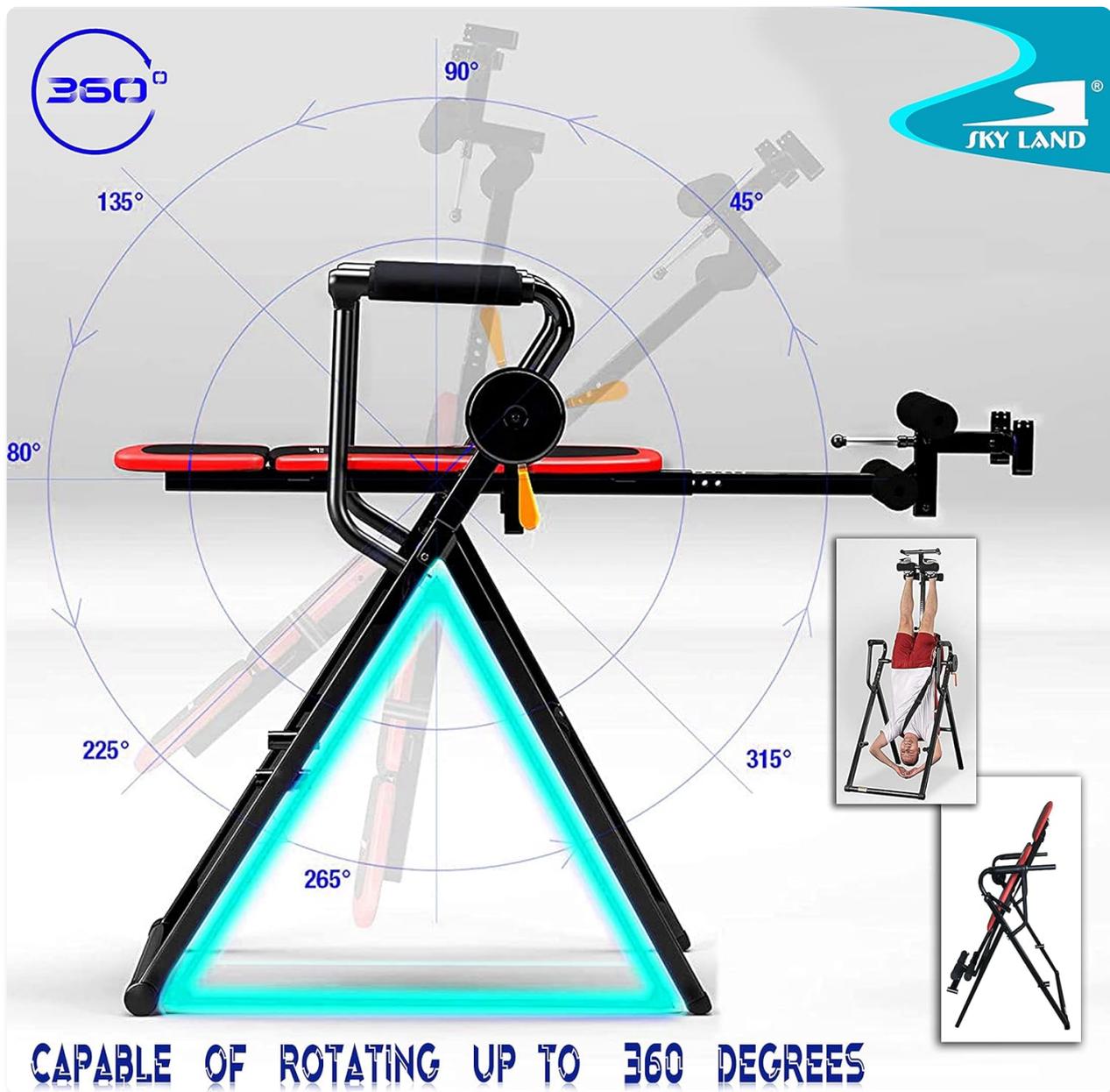


Image 3: Diagram illustrating the 360-degree rotation capability and angle adjustments of the inversion table.

5. MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your SKY LAND EM-1863 Inversion Table.

- **Cleaning:** The memory foam padding is water-resistant and odor-free. Wipe down the frame and padding with a damp cloth after each use. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** If any moving parts begin to squeak or feel stiff, apply a small amount of silicone-based lubricant.
- **Storage:** The inversion table features a space-saving foldable design. To fold, follow the instructions in your assembly manual. Store in a dry, cool place away from direct sunlight.

WATER REPELLENT AND ODORLESS

STYLISH, TRENDY UPHOLSTERY



SOFT AND STABLE
EVAPORATION CAPABLE FOAM

Image 4: Close-up of the water-repellent and odorless upholstery, highlighting the soft and stable foam padding for comfort and easy maintenance.

6. TROUBLESHOOTING

If you encounter issues with your SKY LAND EM-1863 Inversion Table, refer to the following common solutions:

- **Table feels unstable:** Ensure all bolts and nuts are securely tightened. Check that the table is on a flat, even surface.
- **Difficulty inverting or returning upright:** Verify that the height adjustment is correctly set for your body. Ensure the ankle restraints are snug but not overly tight. Practice controlled movements.
- **Squeaking noises:** Apply a small amount of silicone lubricant to pivot points and joints.
- **Ankle discomfort:** Ensure the ankle restraints are properly adjusted and padded. Wear appropriate footwear.

If problems persist, please contact SKY LAND customer support.

7. SPECIFICATIONS

Attribute	Detail
Model Number	EM-1863
Color	Black-Red
Dimensions (L x W x H)	161 x 126 x 118 cm
Product Weight	23 kg
Material Type	Metal
Max User Weight Capacity	100 kg
User Height Range	155 - 198 cm
Included Components	User Manual, tool kit
Certification	EN ISO 20957 1:2013 Class H

8. WARRANTY AND SUPPORT

For information regarding product warranty, please refer to the warranty card included with your purchase or visit the official SKY LAND website. For technical support, spare parts, or any inquiries not covered in this manual, please contact SKY LAND customer service directly.

Manufacturer: Top Sky Land General Trading L.L.C.