

gridinlux Trainer-In-Gravity 1800

Gridinlux Trainer In-Gravity 1800 Inversion Table User Manual

Model: Trainer-In-Gravity 1800 (GL5-0029)

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1. SAFETY INFORMATION

Before using the Gridinlux Trainer In-Gravity 1800 Inversion Table, please read and understand all safety warnings and instructions. Failure to do so may result in serious injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, glaucoma, retinal detachment, or pregnancy.
- **Weight and Height Limits:** This inversion table is designed for users with a maximum height of **193 cm (6 feet 4 inches)** and a maximum weight of **100 kg (220 lbs)**. Do not exceed these limits.
- **Proper Assembly:** Ensure the inversion table is correctly assembled according to the detailed instructions provided in the included assembly manual. Verify all bolts and nuts are securely tightened before each use.
- **Stable Surface:** Use the inversion table on a flat, level, and stable surface. Ensure there is ample clear space around the unit for safe operation.
- **Secure Ankle Support:** Always ensure your ankles are securely fastened in the ankle support system before attempting to invert.
- **Safety Belt:** Utilize the integrated safety belt to prevent over-rotation and maintain control during inversion.
- **Controlled Movement:** Invert and return to the upright position slowly and with control. Use the arm movements as described in the operating instructions.
- **Children and Pets:** Keep children and pets away from the inversion table during use and storage.
- **Inspect Before Use:** Before each use, inspect the inversion table for any signs of wear, damage, or loose components. Do not use if any part is damaged.

2. PRODUCT OVERVIEW

The Gridinlux Trainer In-Gravity 1800 is a versatile inversion table designed for inversion therapy and various bodyweight exercises. Its robust construction and adjustable features ensure a safe and effective workout experience.



Figure 2.1: The Gridinlux Trainer In-Gravity 1800 Inversion Table in its upright position, with a user demonstrating the initial seating position.

Key Features:

- **Balanced and Firm Structure:** Engineered for stability and safety during inversion.

- **BALANCE PRO System:** Offers multiple inversion angles (20°, 40°, 60°, 80°, and free inversion up to +/- 90°).
- **6-in-1 Multifunctionality:** Combines inversion therapy with a training bench for exercises like push-ups, parallel dips, leg raises, pull-ups, and bench dips.
- **ERGONOMIC BASE & SOFT FOAM:** Provides maximum comfort with an ergonomic surface and soft foam rollers for secure ankle grip.
- **Adjustable Settings:** Individual adjustments for height, footrest, and inversion inclination.
- **Integrated Safety Belt:** Ensures user security during inversion.



Figure 2.2: Detailed view of the inversion table's adjustment mechanisms, including height settings, ankle lock, and inversion angle control.

3. SETUP AND ASSEMBLY

The Gridinlux Trainer In-Gravity 1800 requires assembly. A complete installation kit and a detailed manual are included in the box. Follow the steps below and refer to the dedicated assembly manual for visual guidance and specific instructions.

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the

assembly manual are present and undamaged.

2. **Frame Assembly:** Assemble the main frame components, ensuring all connections are secure. Use the provided bolts, washers, and nuts, tightening them firmly but not over-tightening until the entire frame is assembled.
3. **Backrest and Handles:** Attach the backrest and handles to the main frame. Ensure the backrest is oriented correctly and the handles are firmly secured.
4. **Ankle Support System:** Install the ankle support mechanism. Pay close attention to the orientation and secure fastening of these critical safety components.
5. **Height Adjustment Post:** Insert the height adjustment post and ensure it slides smoothly.
6. **Final Tightening:** Once all components are in place, go back and securely tighten all bolts and nuts.
7. **Pre-Use Inspection:** Before first use, perform a thorough inspection to ensure all parts are correctly assembled, tightened, and free from any defects.

Note: Assembly may require two people. Refer to the included assembly manual for detailed diagrams and step-by-step instructions.

4. OPERATING INSTRUCTIONS

4.1 Adjusting for Your Height

Proper height adjustment is crucial for safe and effective inversion. The height adjustment mechanism is typically located on the main frame. Adjust the height so that your head is comfortably supported by the backrest and your body is balanced when your ankles are secured.

- Locate the height adjustment pin or lever.
- Pull out the pin or release the lever and slide the backrest assembly up or down to match your height.
- Ensure the pin locks securely into place at the desired height setting.

4.2 Securing Your Ankles

The ankle support system is vital for your safety. Always ensure your ankles are firmly and comfortably secured before inversion.

- Step onto the foot platform and place your ankles between the foam rollers.
- Engage the ankle locking mechanism. This may involve a lever, pin, or clamp. Ensure it is fully engaged and your ankles are snug without being painful.
- Test the security by gently pulling your feet upwards. Your ankles should remain firmly in place.

4.3 Inversion Process

The Trainer In-Gravity 1800 allows for smooth and controlled inversion. The movement of your arms over your head is sufficient to initiate inversion and return to an upright position.

1. **Initial Position:** Sit on the backrest with your back flat and ankles secured.
2. **Initiate Inversion:** Slowly raise your arms over your head. The table will begin to tilt backward.
3. **Control Inversion Angle:** Use the BALANCE PRO System to set your desired inversion angle (20°, 40°, 60°, 80°, or free inversion up to +/- 90°). Lock the angle using the provided mechanism. For free inversion, maintain control by holding the handles.

4. **Return Upright:** To return to the upright position, slowly bring your arms down to your sides or grasp the handles and pull yourself up.
5. **Safety Belt:** Always use the safety belt to prevent over-rotation, especially when experimenting with free inversion.



Figure 4. 1: Visual representation of the inversion process, showing the table tilting from upright to fully inverted.



Figure 4.2: A user in the fully inverted position, illustrating the potential benefits of spinal decompression and joint relief.

4.4 Multi-functional Exercises (6-in-1)

Beyond inversion, the Trainer In-Gravity 1800 can be used as a training bench for various bodyweight exercises.

- **Push-ups:** Use the handles as elevated push-up bars.
- **Parallel Dips:** Utilize the parallel bars for triceps and chest dips.
- **Leg Raises:** Perform leg raises using the frame for support.
- **Pull-ups:** The upper bar can be used for pull-ups, depending on the table's configuration and user's height.
- **Bench Dips:** Use the backrest or lower bars for bench dips.



Figure 4.3: Illustrations of various exercises, including push-ups, dips, and leg raises, that can be performed using the inversion table.

5. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your Gridinlux Trainer In-Gravity 1800.

- **Cleaning:** Wipe down the frame and backrest with a damp cloth after each use. Use mild soap and water for deeper cleaning, avoiding harsh chemicals that could damage the finish or upholstery.
- **Lubrication:** Periodically check moving parts and pivot points. Apply a small amount of silicone-based lubricant if any squeaking or stiffness is observed.
- **Hardware Check:** Regularly inspect all bolts, nuts, and fasteners to ensure they are tight. Re-tighten as necessary.
- **Component Inspection:** Check the foam rollers, backrest upholstery, and safety belt for signs of wear, tears, or damage. Replace any worn or damaged parts immediately.
- **Storage:** When not in use, store the inversion table in a clean, dry place away from direct sunlight and extreme temperatures. The unit can be folded for more compact storage.

6. TROUBLESHOOTING

If you encounter issues with your Gridinlux Trainer In-Gravity 1800, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Table does not invert smoothly or is difficult to balance.	Incorrect height setting; loose connections; uneven floor.	Adjust the height setting to match your body's center of gravity. Ensure all assembly bolts are tight. Move the table to a level surface.
Ankles feel insecure or uncomfortable.	Ankle supports not properly adjusted or locked; worn foam rollers.	Ensure the ankle locking mechanism is fully engaged. Adjust the footrest for a snug fit. Inspect foam rollers for wear and replace if necessary.
Squeaking or grinding noises during operation.	Lack of lubrication on pivot points; loose hardware.	Apply silicone-based lubricant to all moving joints. Check and tighten all bolts and nuts.
Difficulty returning to upright position.	Incorrect height setting; insufficient arm movement.	Re-adjust height to ensure proper balance. Use a full arm sweep over your head to initiate the return.
Product appears damaged or has missing parts.	Manufacturing defect; shipping damage; incomplete package.	Do not use the product. Contact Gridinlux customer support or your retailer immediately with proof of purchase and details of the issue.

7. SPECIFICATIONS

Feature	Detail
Model Number	GL5-0029
Brand	Gridinlux
Product Dimensions (Packaged)	108.5 x 63.5 x 14 cm (42.7 x 25 x 5.5 inches)
Product Weight	24 kg (52.9 lbs)
Maximum User Height	193 cm (6 feet 4 inches)
Maximum User Weight	100 kg (220 lbs)
Inversion Angles	20°, 40°, 60°, 80°, and free inversion (+/- 90°)
Features	BALANCE PRO System, 6-in-1 Multifunctionality, ERGONOMIC BASE, SOFT FOAM rollers, Safety Belt

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your purchase or contact your retailer.

Gridinlux products typically come with a manufacturer's warranty covering defects in materials and workmanship. If you require technical support, have questions about assembly, operation, or need to order replacement parts, please contact Gridinlux customer service. You can often find contact details on the official Gridinlux website or through your point of purchase.

For more information about Gridinlux products, visit the official brand store: [Gridinlux Brand Store](#)