

Cecotec 07193

Cecotec Drumfit Inversion 1800 Inversion Table User Manual

Model: 07193
Brand: Cecotec

PRODUCT OVERVIEW

The Cecotec Drumfit Inversion 1800 is a foldable inversion table designed to provide a full 180° inversion experience. This feature offers multiple benefits, including increasing trunk flexibility, activating blood flow, and improving balance. Its robust design ensures stability and safety during use, making it an ideal tool for back stretching and overall spinal decompression.



Inversión total.

Reduce la tensión de tu espalda
y favorece el flujo sanguíneo.

Image: A person fully inverted on the Cecotec Drumfit Inversion 1800, demonstrating the total inversion capability which helps reduce back tension and promote blood flow.

IMPORTANT SAFETY INSTRUCTIONS

Before using the inversion table, please read and understand all safety instructions. Failure to follow these instructions may result in injury.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise regimen, especially if you have pre-existing medical conditions.
- **Maximum User Weight:** Do not exceed the maximum user weight of **120 kg (264 lbs)**.
- **Height Adjustment:** Ensure the table is correctly adjusted for your height, within the range of 147 cm to 198 cm (4 ft 10 in to 6 ft 6 in).
- **Secure All Parts:** Before each use, verify that all bolts, nuts, and fasteners are securely tightened.
- **Use Safety Features:** Always properly secure the safety belt and pads as instructed to ensure support and comfort during exercise.
- **Clear Surroundings:** Ensure the area around the inversion table is clear of obstacles, children, and pets during use.

- **Gradual Inversion:** Begin with small inversion angles and gradually increase as you become more comfortable and accustomed to the sensation.



Image: A visual representation indicating the maximum user weight capacity of 120 kg for the inversion table, emphasizing this critical safety limit.

ASSEMBLY INSTRUCTIONS

The Cecotec Drumfit Inversion 1800 comes with an assembly kit and a detailed instruction manual. Please follow the steps outlined in the included manual for proper and safe assembly.

- **Unpack Components:** Carefully remove all parts from the packaging and verify against the parts list in the assembly manual.
- **Identify Hardware:** Separate and identify all screws, bolts, and tools provided in the assembly kit.
- **Follow Step-by-Step Guide:** Adhere strictly to the sequential assembly steps provided in the instruction manual. Do not skip steps.
- **Tighten Fasteners:** Ensure all fasteners are tightened securely once assembly is complete, but do not overtighten.

If you encounter any difficulties during assembly, refer to the troubleshooting section or contact customer support.

OPERATING YOUR INVERSION TABLE

Height Adjustment

The Drumfit Inversion 1800 features 26 adjustable height levels to accommodate users between 147 cm and 198 cm. Proper height adjustment is crucial for safe and effective inversion.

- Locate the height adjustment pin on the main frame.
- Pull the pin out and slide the frame to the desired height setting.
- Ensure the pin fully re-engages into the corresponding hole to lock the height securely.



Altura ajustable.

Regula la altura a tu gusto entre 147 y 198 cm.

Image: The inversion table with two individuals, demonstrating the adjustable height feature that can be regulated between 147 cm and 198 cm to suit user preferences.



26 niveles de altura.

Adapta tu tabla a tus necesidades.

Image: A detailed view of the height adjustment mechanism, highlighting the 26 distinct levels available for precise customization to individual needs.

Using the Safety Belt and Pads

The inversion table is equipped with a safety belt and comfortable pads to provide secure support and comfort during your inversion sessions.

- Before inverting, position yourself on the backrest and secure the ankle supports firmly.
- Fasten the safety belt around your waist or chest as indicated in the assembly manual, ensuring it is snug but not overly tight.
- The padded backrest and ankle supports are designed for comfort; ensure they are properly aligned with your body.

Cinturón y almohadillas.

Aporta sujeción y comodidad al ejercicio.



Image: A close-up of the safety belt and padded sections of the inversion table, illustrating how they provide essential support and comfort during exercise.

Achieving Total Inversion

The Drumfit Inversion 1800 allows for a full 180° inversion. To achieve this, gently shift your body weight to initiate the inversion. Control your movement by holding onto the side handles. To return to the upright position, simply shift your weight back towards your feet.

CARE AND MAINTENANCE

Regular maintenance will ensure the longevity and safe operation of your Cecotec Drumfit Inversion 1800.

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically inspect all moving parts, bolts, and connections for any signs of wear, looseness, or damage. Tighten any loose fasteners.
- **Storage:** The inversion table features a foldable design for convenient storage. After use, fold the unit and store it in a dry, clean place away from direct sunlight and extreme temperatures.

Diseño plegable.

Podrás almacenarla en cualquier lugar.



Image: The Cecotec Drumfit Inversion 1800 in its folded configuration, demonstrating its compact design that allows for easy storage in small spaces like a closet.

TROUBLESHOOTING

If you encounter any issues with your Cecotec Drumfit Inversion 1800, refer to the following common solutions:

- **Difficulty in Assembly:** If parts do not fit or are missing, double-check the assembly manual to ensure all components are correctly identified and oriented. Contact customer support if parts are genuinely missing or damaged.
- **Unstable Operation:** Ensure the inversion table is placed on a flat, level, and stable surface. Verify that all assembly bolts and fasteners are securely tightened.
- **Discomfort During Inversion:** Re-check your height adjustment setting to ensure it is appropriate for your body. Ensure the safety belt and pads are correctly positioned and secured. Start with smaller inversion angles and gradually increase as your body adapts.
- **Difficulty Inverting/Returning:** Ensure the height setting is correct for your balance point. Practice controlled movements by holding the handles and shifting your weight smoothly.

PRODUCT SPECIFICATIONS

Brand	Cecotec
Model Number	07193
Color	Black
Main Material	Polyurethane
Dimensions (L x W x H)	72 x 139 x 149 cm (28.3 x 54.7 x 58.7 inches)
Weight	20 kg (44 lbs)
Maximum User Weight	120 kg (264 lbs)
Adjustable Height Range	147 - 198 cm (4 ft 10 in - 6 ft 6 in)
Number of Height Levels	26
Components Included	Inversion table, assembly kit, instruction manual
Batteries Included	No

WARRANTY AND SUPPORT

Cecotec is committed to providing quality products. Spare parts for the Drumfit Inversion 1800 are available for a period of 10 years from the date of purchase.

For any questions regarding assembly, operation, maintenance, or warranty claims, please contact Cecotec customer support. Refer to the contact information provided in your product packaging or on the official Cecotec website.