

## VEVOR QD003

# VEVOR Inversion Table Model QD003 User Manual

Comprehensive instructions for safe assembly, operation, and maintenance.

## 1. INTRODUCTION

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Thank you for choosing the VEVOR Inversion Table Model QD003. This manual provides essential information for the safe and effective use of your inversion table. Please read all instructions carefully before assembly and use. Proper assembly, maintenance, and operation are crucial for your safety and to ensure the longevity of the product.

The VEVOR Inversion Table is designed to provide a secure and comfortable inversion experience, supporting up to 136 kg (300 lbs). It features adjustable heights, enhanced safety mechanisms, and a foldable design for convenient storage.

## 2. IMPORTANT SAFETY INFORMATION

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**WARNING:** Before starting any inversion therapy program, consult with a qualified physician, especially if you have pre-existing medical conditions. Inversion therapy is not suitable for everyone.

- Always inspect the inversion table before each use to ensure all parts are secure and in good working condition.
- Do not exceed the maximum weight capacity of 136 kg (300 lbs).
- Ensure the ankle locking mechanism is fully engaged and secure before inverting.
- Use the safety strap to control the maximum inversion angle.
- Do not use the inversion table if you are pregnant, have high blood pressure, heart conditions, glaucoma, retinal detachment, or any condition that may be worsened by inversion.
- Keep children and pets away from the inversion table during use.
- Always use the inversion table on a flat, stable surface.
- Begin with small angles of inversion and gradually increase as your body adapts.
- Do not attempt complex maneuvers or exercises until you are fully comfortable and stable with basic inversion.

## 3. PRODUCT OVERVIEW

The VEVOR Inversion Table Model QD003 is designed for back decompression and stretching. Key features include:

- **Robust Frame:** Constructed from premium steel, supporting up to 136 kg (300 lbs).
- **Adjustable Height:** Accommodates users from 1.5 m to 1.89 m (4.9 ft to 6.2 ft).
- **Enhanced Safety:** Features double seat belts for multi-point fixation and an ergonomic ankle lock.
- **Security Strap:** Allows adjustment of the inversion angle without limitation.
- **Removable Shoulder Rollers:** Designed to redistribute pressure away from the feet during inversion.
- **Foldable Design:** For easy storage and space-saving.
- **Upgraded Handrails:** Non-slip for additional support.
- **Enlarged Footpads:** For increased stability during use.



**Figure 1: Product Overview and Specifications.** This image displays the VEVOR Inversion Table Model QD003, highlighting its key dimensions, model number, color (Red & Black), material (Premium Steel + PU Leather), load capacity (300 lbs / 136 kg), and net weight (43.2 lbs / 19.6 kg). It also shows the included manual and assembly tools.

## 4. ASSEMBLY INSTRUCTIONS

The VEVOR Inversion Table requires assembly. While a detailed step-by-step guide is not provided, the assembly process is generally straightforward. Please follow these general guidelines:

1. **Unpack Components:** Carefully remove all parts from the packaging. Lay them out and verify against the parts list (if available) or the exploded diagram.
2. **Sort Hardware:** Separate and identify all screws, bolts, washers, and nuts.
3. **Assemble Base Frame:** Begin by assembling the main support frame (underframe). Ensure all connections are secure but do not fully tighten until the entire frame is assembled.
4. **Attach Inversion Bed:** Connect the inversion bed to the main frame, ensuring the pivot points are correctly aligned.
5. **Install Ankle Support and Handles:** Attach the ankle locking mechanism and the non-slip handrails.
6. **Secure Safety Features:** Install the double seat belts and the security strap.
7. **Final Tightening:** Once all components are in place, systematically tighten all bolts and screws.
8. **Pre-Use Check:** Before first use, perform a thorough check to ensure all parts are correctly assembled, tightened, and functioning as intended.



**Figure 2: Robust Frame and Security Strap.** This image illustrates the sturdy construction of the inversion table and the adjustable security strap, which allows users to control the inversion angle.

## 5. OPERATING INSTRUCTIONS

Follow these steps for safe and effective use of your VEVOR Inversion Table:

1. **Adjust Height:** Before use, adjust the height setting to match your body height. The table is adjustable from 1.5 m to 1.89 m (4.9 ft to 6.2 ft). Ensure the adjustment pin is fully engaged.
2. **Secure Ankles:** Step onto the foot platform and place your ankles securely into the ankle locking mechanism. Ensure it is tightly fastened to prevent slipping during inversion.
3. **Fasten Safety Belts:** Secure the double seat belts around your torso for additional support and stability.
4. **Set Inversion Angle:** Adjust the security strap to limit the maximum inversion angle you desire. Start with a shallow angle and gradually increase as you become more comfortable.
5. **Invert Slowly:** Lean back slowly, allowing the table to rotate. Use the handrails for control. Breathe deeply and relax.
6. **Maintain Position:** Hold the inverted position for a comfortable duration, typically 1-5 minutes for beginners.
7. **Return Upright:** Slowly return to the upright position by shifting your weight and using the handrails.
8. **Release:** Once upright and stable, release the safety belts and then the ankle lock.



**Figure 3: Enhanced Security and Comfort.** This image demonstrates the double seat belts for multi-point fixation and the removable shoulder rollers, which help distribute tension and enhance comfort during inversion.

# ADJUSTABLE HEIGHTS

Sharing with all family members



**Figure 4: Adjustable Height.** This image shows the inversion table's height adjustment feature, accommodating various user heights from 1.5 m to 1.89 m (4.9 ft to 6.2 ft).

## 6. MAINTENANCE

Regular maintenance ensures the safety and longevity of your inversion table.

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Inspect Fasteners:** Periodically check all bolts, nuts, and screws to ensure they are tight. Retighten as necessary.
- **Check Moving Parts:** Ensure all pivot points and moving parts operate smoothly. Lubricate with a silicone-based lubricant if squeaking or stiffness occurs.
- **Inspect Straps and Belts:** Check the security strap and seat belts for any signs of wear, fraying, or damage. Replace immediately if damaged.
- **Storage:** When not in use, the inversion table can be folded for compact storage. Pull out the pin before folding. Store in a dry, cool place.



**Figure 5: Folding Design for Space Saving.** This image illustrates how the inversion table can be folded for convenient storage, highlighting the pin that needs to be pulled out before folding.

## 7. TROUBLESHOOTING

If you encounter issues with your VEVOR Inversion Table, refer to the following common problems and solutions:

- **Table feels unstable:**
  - Ensure the table is placed on a flat, level surface.
  - Check all assembly bolts and nuts for tightness. Retighten if loose.
  - Verify that the enlarged footpads are making full contact with the floor.
- **Ankle lock not secure:**
  - Ensure the ergonomic ankle lock is fully engaged and adjusted to your ankle size.
  - Inspect the ankle lock mechanism for any damage or wear.
- **Difficulty inverting or returning upright:**
  - Check the height adjustment setting. Incorrect height can affect balance.

- Ensure the security strap is not too tight, restricting movement.
- Practice controlled movements using the handrails.
- **Missing or damaged parts during assembly:**
  - Carefully re-check the packaging for any overlooked small parts.
  - Contact VEVOR customer support for assistance with replacement parts.
- **Plastic pieces coming off from metal bars:**
  - These are typically end caps or protective sleeves. Reinsert them firmly. If they repeatedly come off, a small amount of adhesive might be used, but ensure it does not interfere with function or safety.

## 8. SPECIFICATIONS

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Feature	Detail
<b>Model Number</b>	QD003
<b>Color</b>	Red & Black
<b>Material</b>	Premium Steel + PU Leather
<b>Load Capacity</b>	136 kg (300 lbs)
<b>Net Weight</b>	19.6 kg (43.2 lbs)
<b>Dimensions (L x W x H)</b>	164.01 x 119.99 x 69.01 cm (64.6 x 47.2 x 27.2 inches)
<b>Adjustable Height Range</b>	1.5 m to 1.89 m (4.9 ft to 6.2 ft)
<b>Included Items</b>	1 x Foldable Inversion Table, 1 x Assembly Tool Set, 1 x Manual

# KNOW MORE ABOUT PRODUCT



Item Model Number: **QD003**

Color: **Red & Black**

Material: **Premium Steel + PU Leather**

Load Capacity: **300 lbs / 136 kg**

Net Weight: **43.2 lbs / 19.6 kg**

**When the user gets into a handstand, the maximum height from the ground is 6.5ft / 197cm**



**Figure 6: Detailed Features.** This image provides close-up views of the upgraded non-slip handrail, ergonomic ankle lock, enlarged footpads for stability, and the premium steel frame with a thickness measurement of 1.5mm.

## 9. WARRANTY AND SUPPORT

**Warranty Information:** According to the product specifications, warranty information for this VEVOR Inversion Table Model QD003 is not explicitly provided or stated as "Not applicable." Please refer to your purchase documentation or contact the retailer for any specific warranty terms that may apply.

**Spare Parts:** Information regarding the availability of spare parts for this product is currently unavailable.

**Customer Support:** For any questions, concerns, or assistance with your VEVOR Inversion Table, please contact VEVOR customer support directly or refer to the contact information provided with your purchase. You may also visit the official VEVOR website for further support.