VEVOR Panca a inversione3

VEVOR Inversion Table User Manual

Model: Panca a inversione3

1. Introduction

This manual provides essential information for the safe and effective assembly, operation, and maintenance of your VEVOR Inversion Table. Please read this manual thoroughly before initial use and retain it for future reference. Proper use of this equipment can aid in decompression and strength training.



Figure 1: VEVOR Inversion Table (Blue+Black model)

2. Important Safety Information

WARNING: Failure to follow these safety instructions could result in serious injury or death.

- Consult a physician before beginning any inversion therapy program, especially if you have pre-existing medical conditions such as heart disease, high blood pressure, glaucoma, or are pregnant.
- Ensure all bolts, nuts, and straps are securely fastened before each use.
- Do not use the inversion table if you weigh over 300 lbs (136 kg).
- Adjust the height setting accurately to your body height to ensure proper balance and control during inversion.
- Always use the security strap to control the inversion angle.

- Do not attempt extreme inversion angles until you are comfortable and proficient with the equipment.
- Keep children and pets away from the inversion table during operation.
- Use the inversion table on a flat, stable surface.
- Do not disassemble or modify the equipment in any way not described in this manual.



Figure 2: Robust frame and security strap for controlled inversion.

3. Parts List

Before assembly, verify that all parts are present and undamaged. Refer to the assembly video for visual identification of parts.

1. Main Frame Components (Parts 1, 2, 5, 7)
2. Handlebars (Part 4)

3. Ankle Lock System (Parts 8, 10, 29)
4. Backrest Board (Part 12)
5. Headrest and Shoulder Rollers (Parts 13, 16)
6. Security Strap (Part 30)
7. Foam Rollers (Part 14)
8. Assembly Hardware (Bolts, Nuts, Washers, Wrenches)

4. Assembly Instructions

Follow these steps carefully for proper assembly. It is recommended to have two people for assembly.

Assembly Video Guide

Your browser does not support the video tag.

Video 1: Step-by-step assembly guide for the VEVOR Inversion Table.

Step-by-Step Assembly

1. **Assemble Main Frame (Parts 1, 2, 5, 7):**Connect the main frame components using the provided bolts and nuts. Ensure all connections are secure. The video demonstrates connecting parts 1 and 2 (0:00-0:14), then part 11 (which appears to be a crossbar, 0:14-0:27), and part 5 (0:27-0:44), followed by part 7 (0:44-1:00).
2. **Attach Ankle Lock System (Parts 8, 10, 29):**Secure the ankle lock mechanism to the main frame. The video shows assembly of part 8 (1:00-1:12) and part 10 (1:31-1:36), which includes the lower foam rollers.
3. **Install Handlebars (Part 4):** Attach the handlebars to the upper frame. The video shows part 4 assembly (1:13-1:30).
4. **Mount Backrest Board (Part 12):** Secure the backrest board to the main frame. The video shows part 12 assembly (1:55-2:00).
5. **Attach Headrest and Shoulder Rollers (Parts 13, 16):**Install the headrest and shoulder rollers onto the backrest. The video shows parts 13 and 29 assembly (2:01-2:32), and parts 6 and 16 assembly (1:48-1:54).
6. **Connect Security Strap (Part 30):** Attach the security strap to the designated points on the frame. The video shows part 30 assembly (2:33-2:46).

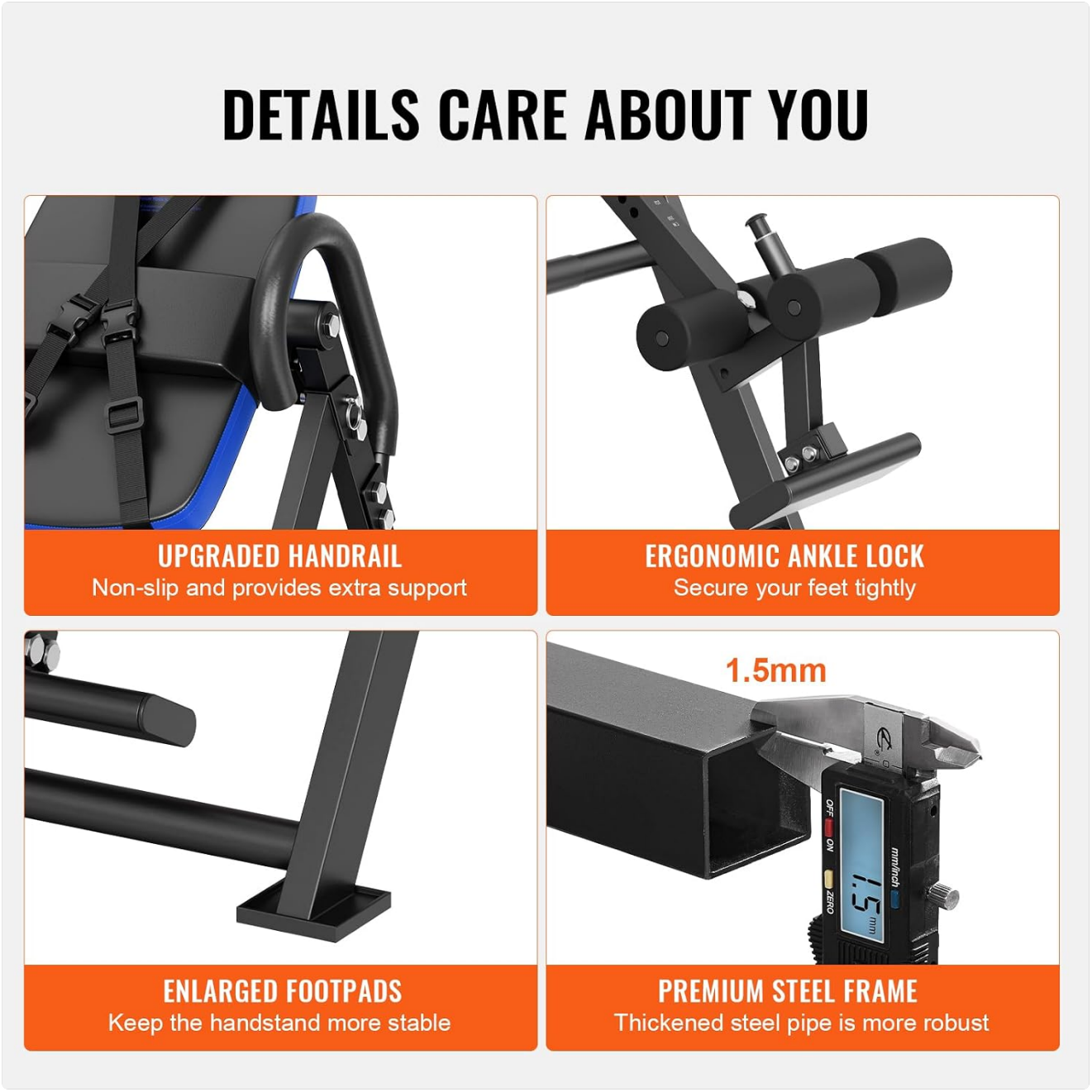


Figure 3: Key components and their robust construction.

5. Operating Instructions

Height Adjustment

The inversion table is adjustable for users between 4.9 ft (150 cm) and 6.2 ft (190 cm). To adjust the height:

1. Locate the height adjustment pin on the main shaft.
2. Pull out the pin and slide the shaft to the desired height, aligning the hole with your height marking.
3. Release the pin to lock the shaft in place. Ensure the pin is fully engaged before use.



Figure 4: Adjustable height feature for various users.

Using the Ankle Lock System

The ergonomic ankle lock system secures your feet during inversion. Ensure your ankles are comfortably and securely fastened before leaning back.

Inversion Process

1. Stand facing the inversion table, placing your feet into the ankle lock system. Securely fasten the ankle lock.
2. Lean back slowly, allowing the table to pivot. Use the handlebars for support and control.
3. Adjust your arm position to control the inversion angle. Moving your arms overhead will increase the inversion angle, while bringing them down will reduce it.
4. The security strap allows you to pre-set a maximum inversion angle for safety and comfort.
5. To return to an upright position, slowly bring your arms down towards your feet, shifting your body weight to pivot the table back.



Figure 5: User demonstrating full inversion on the table.



Figure 6: Enhanced security with double seat belts and removable shoulder rollers for comfort.

6. Maintenance

- **Cleaning:** Wipe down the frame and padded surfaces with a damp cloth after each use. Avoid abrasive cleaners.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** The inversion table features a folding design for easy storage. Pull out the pin to fold the table and store it in a dry, safe place away from direct sunlight and extreme temperatures.



Figure 7: Folding design for convenient storage.

7. Troubleshooting

Problem	Possible Cause	Solution
Table does not invert smoothly or is difficult to control.	Incorrect height adjustment; loose connections; uneven surface.	Verify height setting matches your body. Check all assembly bolts for tightness. Ensure the table is on a flat, level surface.
Ankle lock is uncomfortable or not secure.	Improper adjustment; foam wear.	Ensure the ankle lock is adjusted snugly but comfortably. Replace worn foam if necessary.

Problem	Possible Cause	Solution
Squeaking or creaking noises during use.	Loose fasteners; lack of lubrication.	Tighten all bolts and nuts. Apply a small amount of silicone-based lubricant to pivot points if noises persist.

8. Specifications

Feature	Detail
Brand	VEVOR
Model Name	Inversion Table
Model Number	Panca a inversione3
Color	Blue+Black
Material	Premium Steel + PU Leather
Item Weight	43.21 Pounds (19.6 kg)
Maximum Load Capacity	300 lbs (136 kg)
Adjustable Height Range	4.9 ft - 6.2 ft (150 cm - 190 cm)
Item Dimensions (LxWxH)	64.57 x 47.24 x 27.17 inches
Folding Design	Yes

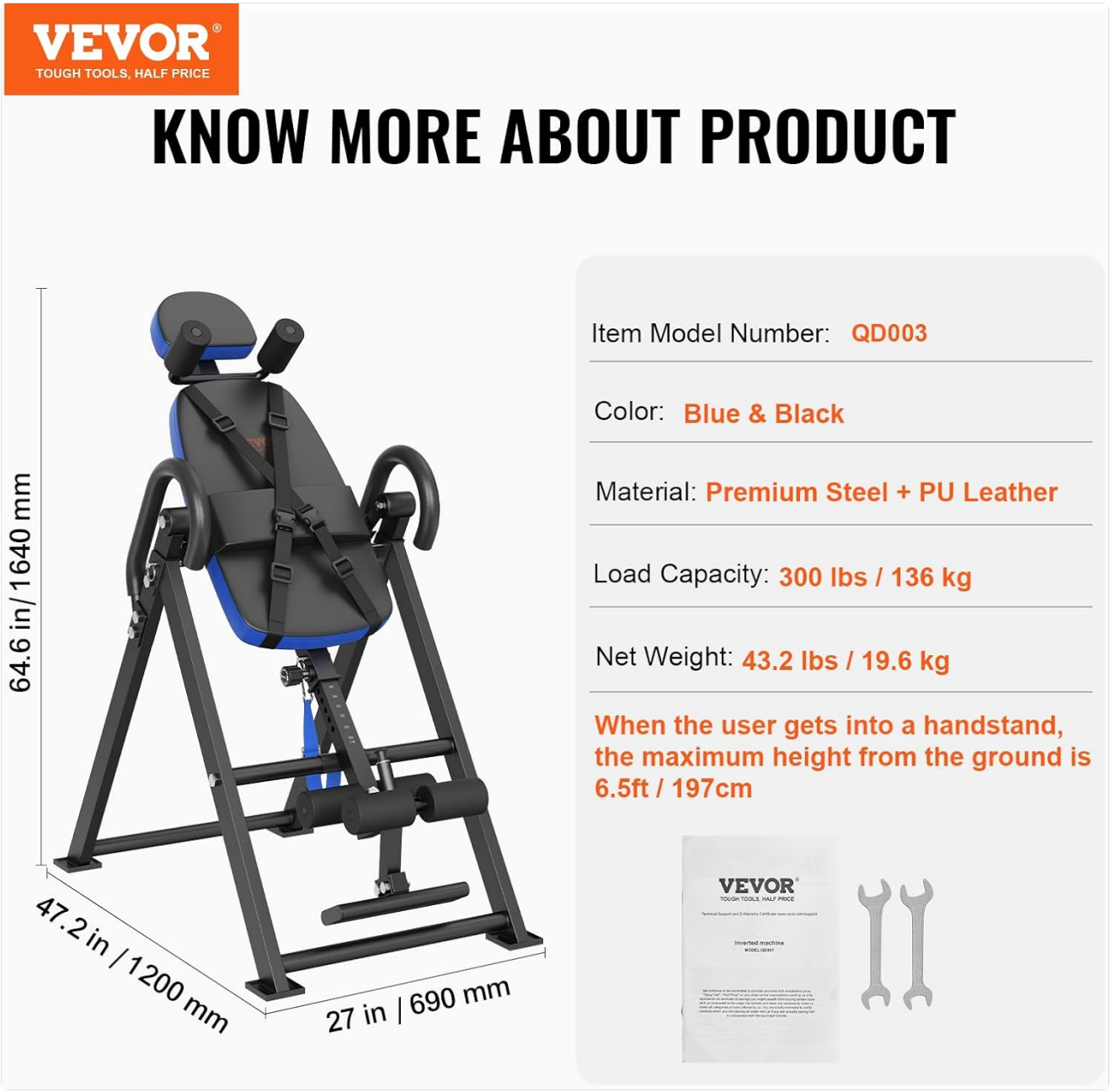


Figure 8: Detailed product dimensions and specifications.

9. Warranty and Support

For warranty information, product support, or to purchase replacement parts, please refer to the contact information provided with your product packaging or visit the official VEVOR website. Keep your purchase receipt as proof of purchase.

Customer Support: For any questions or assistance, please contact VEVOR customer service.

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