



## ASSEMBLY INSTRUCTIONS INSTRUCTIONAL TRAINING MANUAL

# Power VI™ Inversion Table



## PRE-ASSEMBLY

**Before you begin:** These instructions will guide you in properly assembling the Power VI™ Inversion Table. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and Instructional Training Manual to help ensure user safety and product integrity.

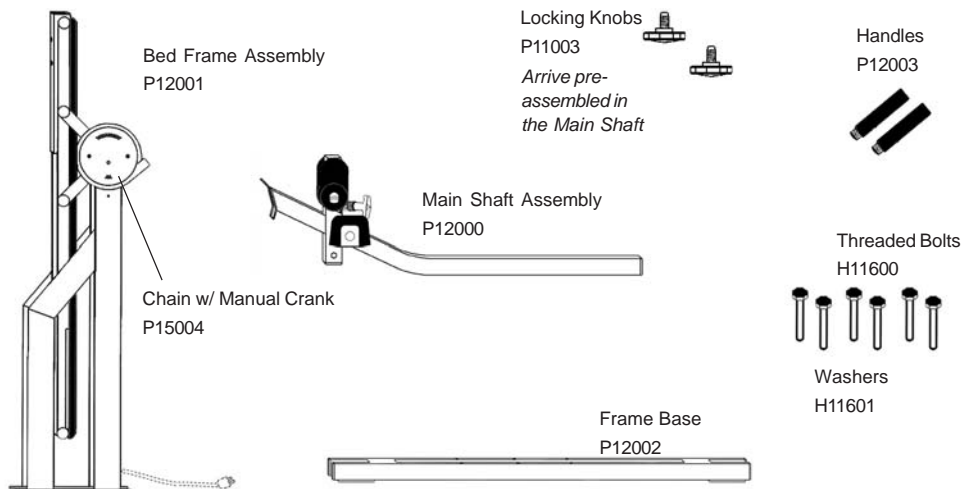
### ⚠ WARNING

1. Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
2. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
3. Do not use the Power VI™ until you have thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.
4. Choose a level surface for assembling and operating the Power VI™.
5. Follow each step in sequence. Do not skip ahead.
6. Make sure that all fasteners are secure.
7. Replace defective components immediately and/or keep the equipment out of use until repair.
8. Schedule daily, weekly and monthly equipment inspections. Make sure that the parts rotate smoothly and that all fasteners are secure.

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or the manufacturer directly (See Pg. 4 of the Instructional Training Manual).

ITEMS FOR ASSEMBLY	ITEM #'s
Bed Frame Assembly	P12001
Chain with Manual Crank	P15004
Main Shaft Assembly	P12000
Two (2) Locking Knobs	P11003
Frame Base	P12002
Six (6) flat washers <sup>(12mm)</sup>	H11601
Six (6) threaded bolts <sup>(12mm)</sup>	H11600
Two (2) Handles	P12003

**Required tools:** 19mm wrench (3/4") and/or adjustable wrenches  
*\* some hardware may arrive pre-assembled to the corresponding parts*



## ASSEMBLY

**Note:** The Bed Frame Assembly arrives rotated into the fully inverted position. This is the most convenient position from which to begin the assembly process.

### STEP ONE

#### Secure the Bed Frame Assembly (P12001) to the Frame Base (P12002)

- Place the Frame Base flat on the floor, with the holes up. The holes in the Frame Base are off-center, positioned toward the front. (See Figure 1)
- Place the Bed Frame Assembly upright on its legs on top of the Frame Base, with the smaller, angled legs pointing in the same direction as the front of the Frame Base.
- Align the six (6) holes and insert a bolt with flat washer through each hole on both sides of the Base. Loosely tighten the bolts until certain that all of the holes are aligned properly, then securely tighten with wrenches.

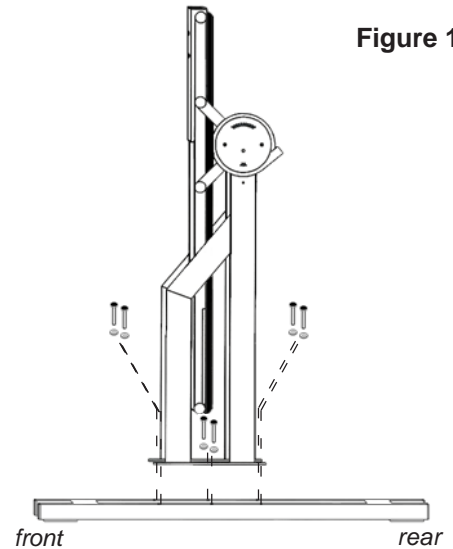
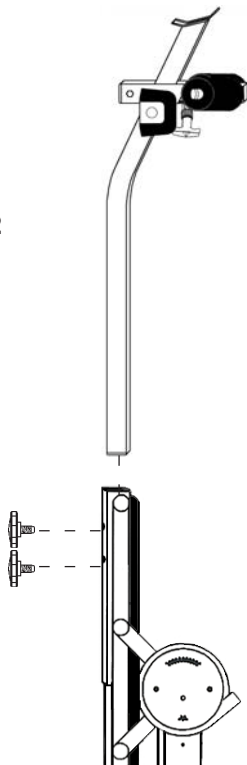


Figure 1

Figure 2



### STEP TWO

#### Secure the Main Shaft (P12000) to the Bed Frame Assembly (P12001)

- Remove the Locking Knobs from the holes in the Main Shaft (they are pre-assembled only for shipping purposes).
- Insert the Main Shaft into the Bed Frame Assembly. (See Figure 2) Line up the holes on the back of the Bed with those in the Main Shaft.
- Insert the Locking Knobs and tighten to secure the Main Shaft to the Bed Frame Assembly.

### STEP THREE

#### Secure the Handles (P12003) to the Bed Frame Assembly (P12001)

- Screw the Handles into the arms on both sides of the Bed Frame Assembly.

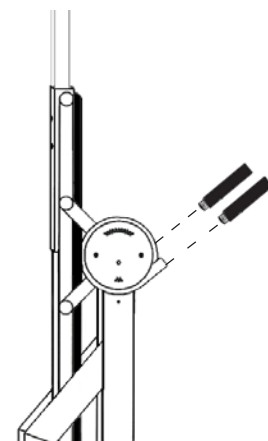


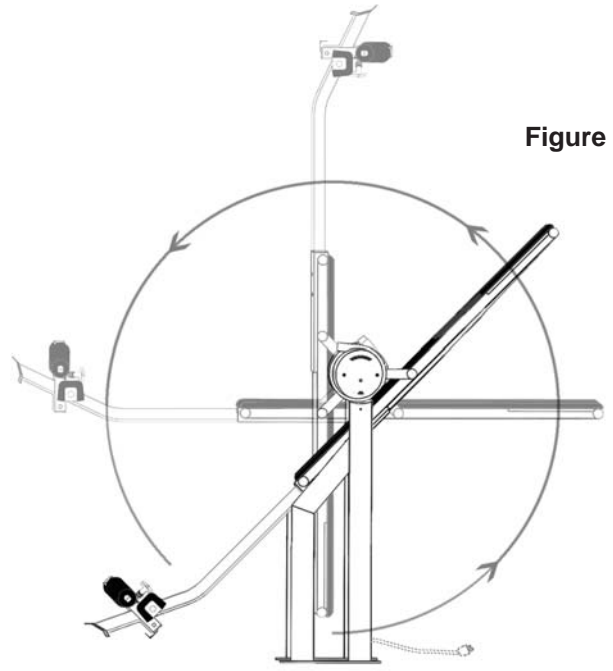
Figure 3

**STEP FOUR****Connect the Cord to the power source.**

- Connect the cord to a power source and rotate the Bed upright using the Rotation Control Button. The table must operate smoothly.

\* **GROUNDING INSTRUCTIONS**

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**STEP FIVE****Testing the Assembly***PRIOR TO USE:*

- Test the table for smooth and steady rotation. If the table does not operate smoothly, there is a malfunction and you should contact customer service.
- Ensure that all fasteners are secure.

**The assembly of the Power VI™ Inversion Table is now complete! Please remember:**

- Read the Instructional Training Manual and accompanying materials thoroughly before using the Power VI™. Improper use could result in serious injury or death.
- Please complete and mail the warranty card.
- Visit [www.STLIntl.com](http://www.STLIntl.com) for information on the **DEX • decompression & extension™**, another valuable tool for core training offering unique and complimentary benefits.



**DANGER - Electrical Hazards**

To reduce the risk of burns, fire, electric shock, or injury to persons:

- **ONLY** connect this appliance to a properly grounded outlet. See "REQUIRED GROUNDING PROCEDURES" below.
- **ALWAYS** unplug before cleaning, putting on or taking off parts.
- **NEVER** operate this appliance if it has been dropped or damaged, or it has a damaged cord or plug.
- **DO NOT** attempt to fix this appliance if damaged or malfunctioning. Contact the manufacturer for troubleshooting and evaluation. USA & Canada: (800) 847-0143, (253) 840-5252, International +1 (242) 362-1001.
- **NEVER** operate the appliance with the air opening blocked.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered. Normal internal motor sparking could ignite these gases.
- **DO NOT** use outdoors.
- **DO NOT** leave unattended when plugged in.

**REQUIRED GROUNDING PROCEDURES:**

Connect this product to a properly grounded outlet only. Grounding protects you if certain components fail.

- The 3-prong grounding plug provided with this product must be plugged into an outlet that is properly grounded in accordance with all local codes and ordinances. A qualified electrician can verify the outlet is properly grounded.
- If the 3-prong plug will not fit in the outlet, **DO NOT** modify the plug or use an adapter. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit (unless otherwise specified due to special order).

**WARNING**

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

**Restrictions on Use**

- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (*This is not an exhaustive list, it is intended only for reference*)
 

• Middle ear infection	• Conjunctivitis	• Recent stroke or transient ischemic attack
• Extreme obesity	• High blood pressure	• Bone weakness (osteoporosis)
• Pregnancy	• Hypertension	• Recent or unhealed fractures
• Hiatal hernia	• Heart or circulatory disorders	• Medullary pins
• Ventral hernia	• Spinal injury	• Surgically implanted orthopedic supports
• Glaucoma	• Cerebral sclerosis	• Use of anticoagulants (includes high aspirin use)
• Retinal detachment	• Acutely swollen joints	
- **DO NOT** use if you are over 198 cm (6'6") or 136 kg (300 lbs). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.

**Precautions Before Using**

- **DO NOT** use the inversion table until you have thoroughly and carefully read the Owner's Manual, reviewed all other accompanying documents, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure that all fasteners are secure and that the equipment is located on a level surface.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- In the event of a power outage during use, this table requires the use of a hand crank to return to an upright position. All first time users should practice manual cranking to an upright position with a spotter until comfortable with the procedure. Users who are not able to successfully utilize the hand crank should **NEVER** use the unit without a spotter.
- Refer to additional warning notices posted on the equipment.

**Precautions During Use**

- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- **ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.
- First time users should use a spotter to ensure they are comfortable with the operation of the table.

**ATTENTION OWNERS, MANAGERS AND STAFF:**

The Power VI™ is a high quality inversion machine intended for use in commercial facilities. It is important that all users receive training on how to adjust and utilize the equipment.

**Placement within the facility:**

- Ensure the unit is on a level surface.
- Assemble the equipment in an area with sufficient clearance on all sides of the unit. Users will require adequate space to rotate the table.
- Be aware that passersby may be bumped if they stand too near to the unit while in use.
- Make sure that the instructions and poster are nearby and accessible to the users.

**Maintenance of the equipment:**

- Facilities are responsible for the cleaning and maintenance of the equipment.
- Regularly wipe down the unit with mild soap and water.
- Schedule daily, weekly and monthly equipment inspections to verify that the unit is clean and in good shape, the unit functions properly, all parts rotate smoothly, and all fasteners are secure.
- For warranty service, refer to the contact information listed on pg. 4 of this manual.

**Training for staff and users:**

- Familiarize all staff members with this Instructional Training Manual so that they will be prepared to provide adequate training for the users of the equipment.
- Provide users with adequate training on proper equipment function, adjustments, precautions, risks from overexertion or improper use, and health contraindications (see previous page).

**WHO SHOULD USE / NOT USE THE POWER VI™?**

The Power VI™ is ideal for most reasonably fit people who want to achieve functional fitness, decompress the back and weight bearing joints, effectively train core muscle groups, exercise without loading the spine, and recover from high impact workouts. ***Facilities are responsible for evaluating their own clientele to determine who should and should not use the equipment. It is also the facilities' responsibility to review the health contraindications and safety instructions with all users prior to allowing them access to the equipment (see Important Safety Instructions).***

**PRIOR TO USE**

Press the Rotation Control Button to ensure that the table rotates smoothly to the fully inverted position and back.

**HOW TO INVERT**

Before users attempt to operate the equipment, they must be briefed on how the equipment works. Explain that the Power VI™ is a motor-operated inversion device that is controlled by pressing a button and that the user must be able to reach the button at all times. The motor takes approximately 25 seconds to rotate from the fully inverted position to start position. *If you or the user is unsure about their ability to operate the equipment properly, advise them to always have a spotter nearby or else to discontinue the use of the equipment.* Instruct the users in the following steps to invert (see page 3):

## MOUNTING AND SECURING THE ANKLES

### Step One - Preparing to Mount:

- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe.
- **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone. This type of footwear could interfere with properly securing your ankles.

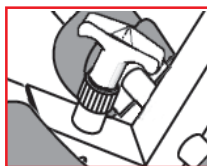
### Step Two - Mounting:

- Stand on the foot platform, sliding your ankles between the foam ankle clamps.
- Press your ankles back firmly against the rear ankle clamps.
- Rotate the top of the rear clamps slightly inward toward your ankles - this will increase your comfort while inverting.
- Pull out the locking pin to allow the front ankle clamps to snap closed against your ankles. Make sure your pant legs do not interfere with obtaining a secure closure.
- Adjust the front ankle clamps to make sure both the front and rear ankle clamps are snug against your ankles. Release the locking pin so that it fully engages a hole setting.
- If the locking pin does not automatically engage in a hole, push the front ankle clamps inward until the pin engages fully in the next tightest hole setting. *Verify that no part of the footwear or garments can touch or interfere with the locking pin in any way during inversion.*

Use the concept of **HEAR - FEEL - SEE** every time you secure your ankles:  
**HEAR** the locking pin click into place.

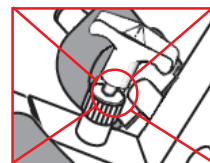
**FEEL** the locking pin to make sure it is fully engaged in a hole setting.

**SEE** that there is NO space between the locking pin and its base.

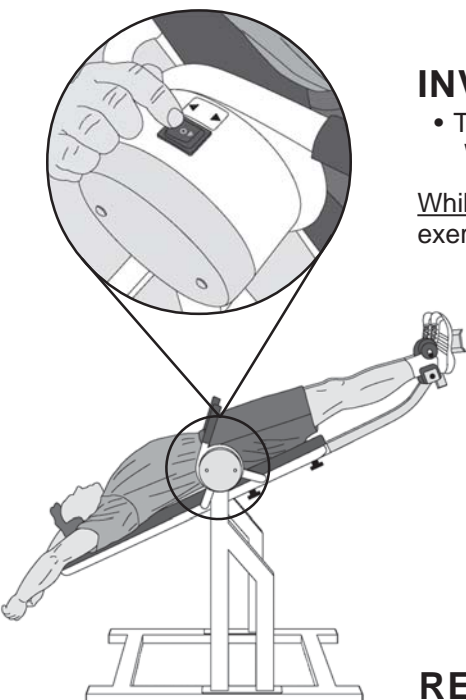
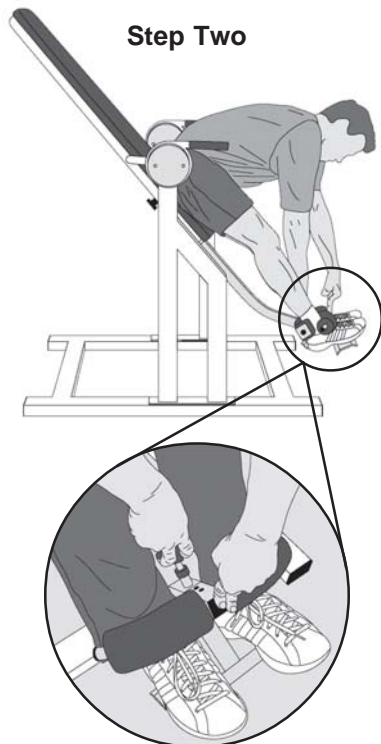


**CORRECT:**  
 LOCKING PIN  
 FULLY ENGAGED

**DANGER:**  
 LOCKING PIN NOT  
 FULLY ENGAGED



**ALWAYS** carefully check to be certain the ankle locking pin is fully engaged each time you use the inversion table and make sure that both the front and rear ankle clamps are snug against your ankles, or you could fall when the table inverts.



## INVERSION

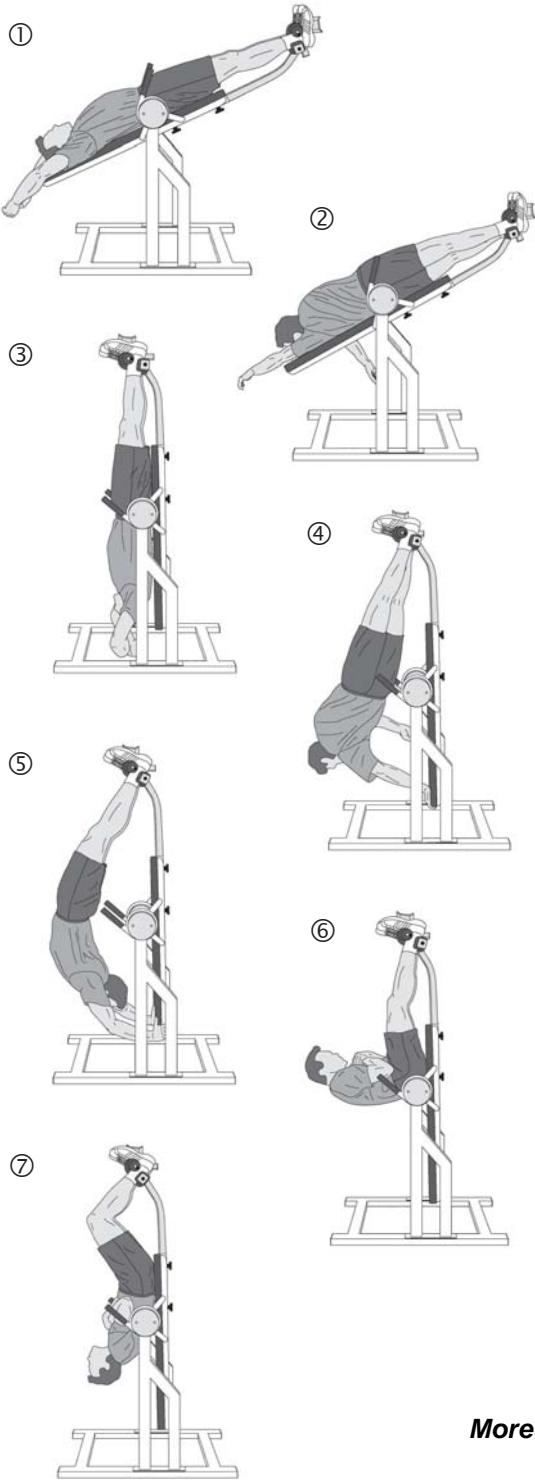
- To begin inversion, push the Rotation Control Button in the direction of your head. When first using the inversion table, *do not go to full inversion.*

While Inverted: Encourage users to... relax, breathe, stretch, decompress, move, exercise. Explain how to achieve maximum benefits when using the Power VI™:

- For maximum decompression, breathe deeply and relax the muscles in the lower back and shoulders.
- Movement is also helpful to encourage relaxation, stimulation of circulation and lymph flow.
- It is important to listen to your own body. Everyone is unique and your own body will tell you when you've had enough.
- Increase the duration of use over a period of time if necessary. However, point out that there is no need to force it! Inversion is NOT a no pain, no gain activity.
- Some people may prefer to use the equipment for decompression and relaxation. Others may prefer a more active workout consisting of stretching and exercise (see pg. 4). Spend time with each individual user to develop his or her own unique routine.

## RETURNING TO THE UPRIGHT POSITION

- To return upright, press the Rotation Control Button in the direction of your feet. Rest at a horizontal position for a minute prior to returning to start position.



## EXERCISING ON THE POWER VI™

Depending upon the users' current fitness level and goals, you may want to introduce them to advanced inversion exercises on the Power VI™. Proper form is key for effective stretching and strengthening, and that is why it is essential that users receive adequate training from staff members before attempting the following exercises.

*Instruct users to confine all activities to smooth movements. Aggressive exercises that involve a lot of body movement could cause the Power VI to tip over resulting in serious injury or death.*

### 1. Invert, Decompress, Relax & Stretch

This is a great way to begin and end any workout. While in the inverted position, slowly breathe in and out, relax your body and release tension. Let gravity naturally realign and decompress your joints.

### 2. Torso Rotation

Gently and slowly rotate your torso from left to right. For an additional stretch, hold your body in the rotated position.

### 3. Advanced Invert, Decompress, Relax & Stretch

Rotate the table into the fully inverted position (until the motor stops). Relax your body, breathe slowly and deeply.

### 4. Advanced Torso Rotation

Gently and slowly rotate your torso from left to right. For an additional stretch, hold your body in the rotated position. Do not rotate your body beyond what is a comfortable stretch.

### 5. Back Extension Stretch

Reach both hands behind your shoulders and grip the corners of the table pad. Gently extend your arms and arch your back.

### 6. Inverted Squat

Cross your hands over your chest and bend your knees, pulling your body upward. To decrease the level of difficulty, you can incorporate your arms by utilizing the handles, which are located near your hips.

*Body Areas Worked:* Abdominals, Glutes, Hamstrings & Quadriceps

### 7. Inverted Crunch

Cross your hands on your chest, bend your knees slightly, and contract your abdominal muscles. Full range sit-ups can also be performed.

*Body Area Worked:* Abdominals

**More Information:** For additional exercises and supplementary benefits and training information, please visit [www.STLIntl.com](http://www.STLIntl.com).



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For information about the 2-year warranty, to order replacement labels or manuals, or if you have any problems assembling the Power VI™ or questions about its use, please contact Customer Service at the appropriate location below:

#### USA & Canada:

STL International, Inc.  
9902 162<sup>nd</sup> St. Ct. E.  
Puyallup, WA 98375  
(Phone) 800-847-0143  
(Fax) 800-847-0188  
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