

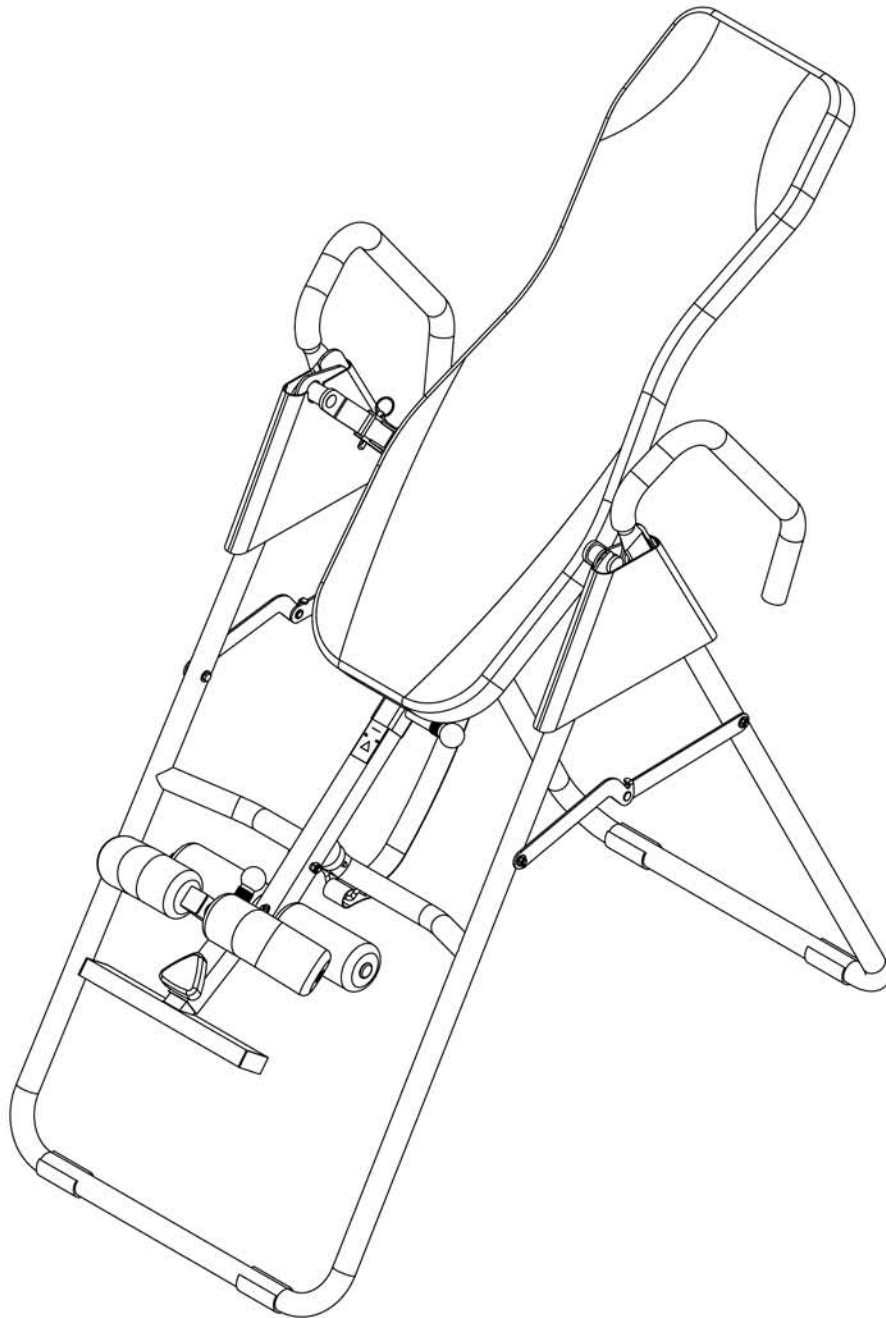
# IT 8070/6100

**BODY**  
**CHAMP®**



## Gravity Inversion System

Defy gravity



\*This item is for consumer use only and it is not meant for commercial use.

## OWNER'S MANUAL



# General Information



## Safety

Before you undertake any exercise program, please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing the assembly of your product or starting to exercise.

- Please keep all children away from this item when in use. Do not allow children to climb or play on them when they are not in use.
- Supervise teenagers while they use this unit.
- For your own safety, always ensure that there is at least 3 feet of free space in all directions around your product while you are exercising.
- Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically check all moving parts for obvious signs of wear or damage.
- Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product; contact CUSTOMER SUPPORT.
- Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping.
- Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught in moving parts during exercise.
- Do not use this unit if it is not functioning properly or if it is not fully assembled.
- Do not use this unit for commercial purposes.

## Assembling Tools

- Ruler with both metric and English measurement
- 2 x Adjustable Wrench

## Weight Limit

The maximum weight capacity of this unit is 250 pounds.



## Warranty

Body Flex Sports warrants your product for a period of 1 year for the frame and 90 days on all parts if the item is used for the intended purpose, properly maintained and not used commercially. Any alterations or incorrect assembly of the product will void this warranty.

Proof of purchase must be presented for any warranty validation (no exceptions). This warranty applies to the original purchaser only and is not transferable.

This warranty does not cover abuse or defects caused during use, storage or assembly.

During the warranty period, Body Flex Sports reserves the right to:

- a). provide replacement parts to the purchaser in an effort to repair the item.
- b). repair the product returned to our warehouse (at the purchaser's cost).
- c). replace the product if neither of the two previously mentioned actions effect repair.

This warranty does not cover normal wear and tear on upholstery.

## Storage and Use

Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems.



## Questions

If you have any questions concerning the assembly of your item or if any parts are missing, please DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service staff can help you with any questions you may have regarding the assembly of this unit and can also mail you replacement parts.



## Customer Support

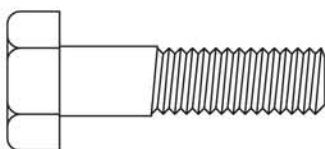
Customer Support is open 9:00 a.m. to 5:00 p.m. (Pacific Time) Monday through Friday. Please contact us by any of the following means.



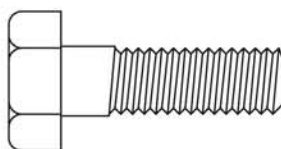
# Hardware List

The following hardware is used to assemble your unit. Please take a moment to familiarize yourself with these items.  
**PLEASE NOTE:** some of these parts may have already been pre-assembled on your unit.

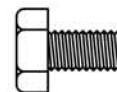
## Bolt



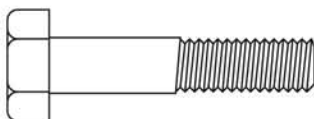
(#16) Hex Bolt (3/8"x 1-1/2")  
[2 pieces]  
Pre-assembled



(#17) Hex Bolt (3/8"x 1-1/4")  
[2 pieces]  
Pre-assembled



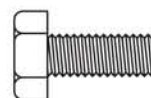
(#49) Hex Bolt (M6x 10mm)  
[2 pieces]



(#19) Hex Bolt (5/16"x 1-1/2")  
[4 pieces]

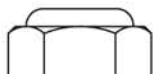


(#20) Hex Bolt (1/4"x 1-3/4")  
[1 piece]  
Pre-assembled



(#21) Hex Bolt (1/4"x 5/8")  
[2 pieces]

## Nut



(#22) Nylon Nut (3/8")  
[4 pieces]  
Pre-assembled

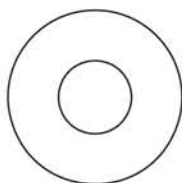


(#23) Nylon Nut (5/16")  
[1 piece]

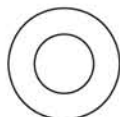


(#24) Nylon Nut (1/4")  
[3 pieces]  
Pre-assembled [1 piece]

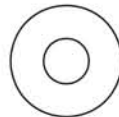
## Washer



(#25) Washer (3/8")  
[8 pieces]  
Pre-assembled



(#26) Washer (5/16")  
[4 pieces]

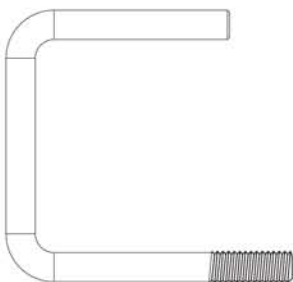


(#27) Washer (1/4"xφ16)  
[2 pieces]  
Pre-assembled

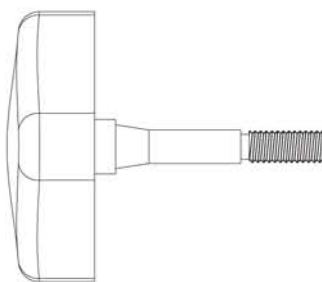


(#28) Washer (1/4"xφ13)  
[4 pieces]

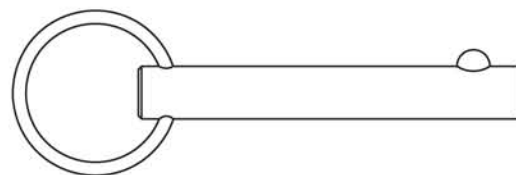
## Others



(#12) Safety Lock  
[1 piece]



(#31) Knob Bolt  
[1 piece]  
Pre-assembled



(#50) Pin (M8x 43mm)  
[2 pieces]





# Parts Listing

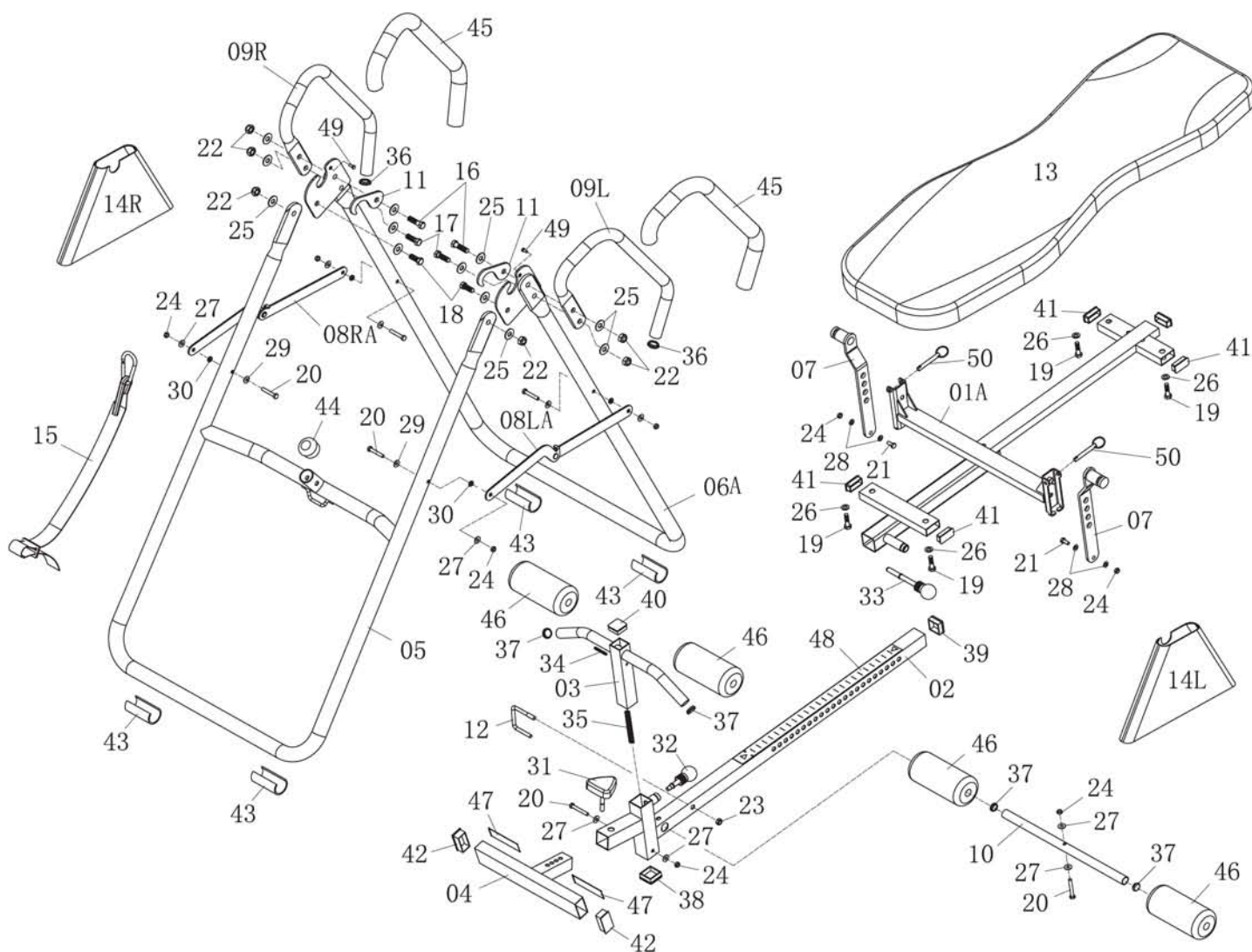
The following parts list describes all of the parts illustrated on the exploded diagram on the following page. Please note, most of these parts are already pre-assembled on your unit.

Part#	Description	Part#	Description
01A	Backrest Tube	26	Washer (5/16")
02	Height Adjustment Tube	27	Washer (1/4"xφ16)
03	Adjustable Ankle Brace	28	Washer (1/4"xφ13)
04	Adjustable Foot Tube	29	Arc Washer (1/4")
05	Front Leg Tube	30	Plastic Washer (1/4")
06A	Rear Base	31	Knob Bolt
07	Adjustable Pivot Bar	32	Ankle Brace Lock Pin
08LA/08RA	Cross Support Bracket	33	Height Selector Lock Pin
09L/09R	Hand Rail	34	Small Pin
10	Ankle Brace Tube	35	Spring
11	Safety Hook	36	Round Inner Plug (25 mm)
12	Safety Lock	37	Round Inner Plug (19 mm)
13	Backrest Pad	38	Square Inner Plug (35 mm)
14L/14R	Cover	39	Square Inner Plug (33 mm)
15	Safety Strap with Buckle	40	Square Inner Plug (30 mm)
16	Hex Bolt (3/8"x1-1/2")	41	Rectangular Inner Plug (20x40 mm)
17	Hex Bolt (3/8"x1-1/4")	42	Rectangular Inner Plug (25x50 mm)
18	Hex Bolt (3/8"x1")	43	Foot Cap
19	Hex Bolt (5/16"x1-1/2")	44	Bumper
20	Hex Bolt (1/4"x1-3/4")	45	Foam Grip
21	Hex Bolt (1/4"x5/8")	46	Foam Roller
22	Nylon Nut (3/8")	47	Grip Tape
23	Nylon Nut (5/16")	48	Height Label
24	Nylon Nut (1/4")	49	Hex Bolt (M6x 10mm)
25	Washer (3/8")	50	Pin (M8x 43mm)



# Exploded Diagram

The following diagram is provided to help you familiarize yourself with the parts and hardware that will be used during the assembly process. Please note that not all of the parts and hardware you see here will be used while you are assembling the machine because some of these items are already pre-installed. Please continue to the next page to begin the assembly process and use this page only as a reference guide for parts and hardware.





# Assembly Instructions

## Assembly Step 1

### A.) A-Frame Assembly

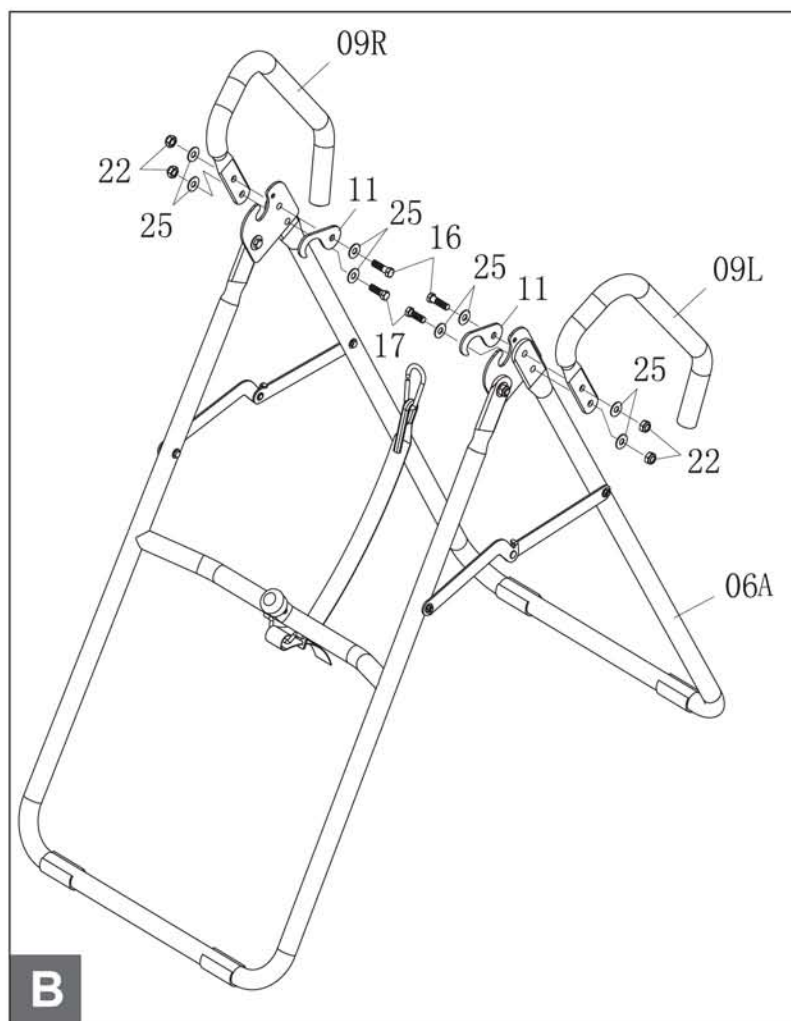
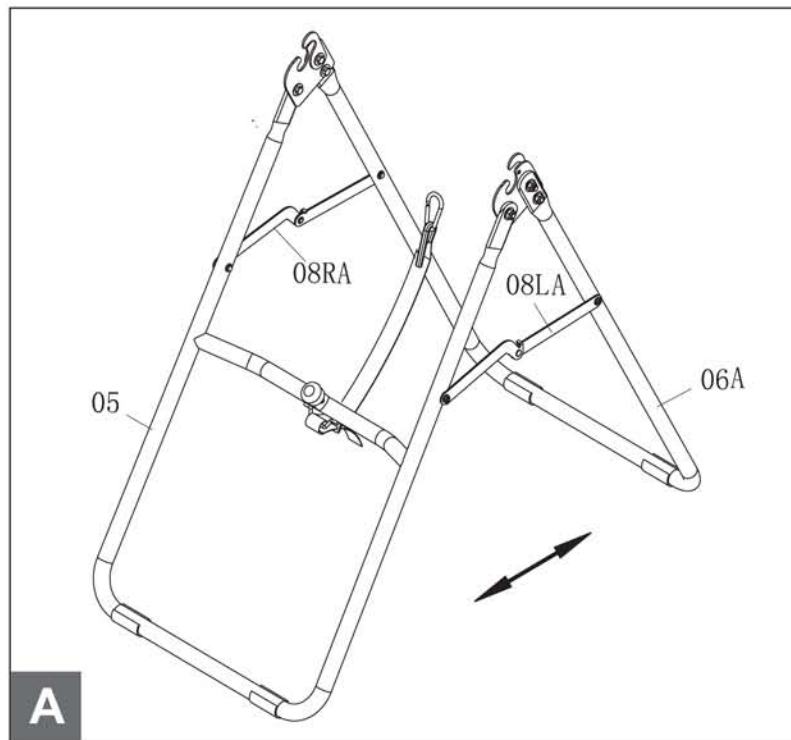
Open the pre assembled A-Frame, which is composed of parts **(#05)**, **(#06A)** and **(#08LA/08RA)**. Make sure that two **Cross Support Brackets** **(#08LA/08RA)** are fully extended and firmly locked in place by pressing down on them.

### B.) Hand Rail Assembly

Remove the two **Hex Bolts** **(#16)**, **(#17)**, eight **Washers** **(#25)**, two **Safety Hooks** **(#11)** and four **Nylon Nuts** **(#22)** from the **Rear Base** **(#06A)** and set them aside. Then align the top hole located on the **Rear Base** **(#06A)** with the top hole located on the **Pivot Bracket**. Position the **Right Hand Rail** **(#09R)** on the outside of the **Rear Base** **(#06A)** and position one **Safety Hook** **(#11)** on the inside of the **Pivot Bracket** with the hook facing the front as illustrated. Insert a **Hex Bolt** **(#16)** through a **Washer** **(#25)** followed by the **Safety Hook** **(#11)**, **Pivot Bracket**, **Rear Base** **(#06A)**, **Right Hand Rail** **(#09R)**, **Washer** **(#25)** and secure it with a **Nylon Nut** **(#22)**. Align the lower hole located on the **Rear Base** **(#06A)** with the lower hole located on the **Pivot Bracket** and the lower hole located on the **Right Hand Rail** **(#09R)**. Insert a **Hex Bolt** **(#17)** through a **Washer** **(#25)** followed by the **Pivot Bracket**, **Rear Base** **(#06A)**, **Right Hand Rail** **(#09R)**, **Washer** **(#25)** and secure it with one **Lock Nut** **(#22)**.

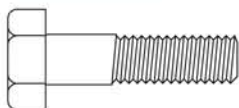
Repeat this process on the opposite side.

**Please look at the diagrams and make sure you assembled all of the parts as illustrated.**

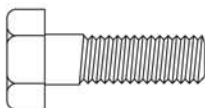


## Hardware Required for Step 1

### Bolt



**(#16) Hex Bolt** (3/8"x 1-1/2")  
[2 pieces]



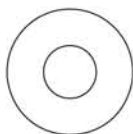
**(#17) Hex Bolt** (3/8"x 1-1/4")  
[2 pieces]

### Nut



**(#22) Nylon Nut** (3/8")  
[4 pieces]

### Washer



**(#25) Washer** (3/8")  
[8 pieces]





# Assembly Instructions

## Assembly Step 2

### A.) Backrest Pad Assembly

Attach the **Backrest Pad (#13)** to the **Backrest Tube (#01A)** with four **Hex Bolts (#19)** and four **Washers (#26)**.

### Adjustable Pivot Bar Assembly

Each **Adjustable Pivot Bar (#07)** has four holes in it. These four holes are designed to be a fine-tune adjustment that will allow you to shift your center of gravity, so that you can easily control the rate of inversion. Insert each of the two **Adjustable Pivot Bars (#07)** into the slots located on the **Backrest Tube (#01A)** ensuring that they both line up to the top holes. Proceed with these instructions for now and if you are not satisfied with the amount of control you have during the inversion process, please return to this step and move the **Adjustable Pivot Bars (#07)** down to the second, third or to the lowest hole and try again.

NOTE: EACH **Adjustable Pivot Bar (#07)** SHOULD BE PROPERLY SEATED INSIDE EACH BRACKET. A BRACKET PIN SHOULD ENGAGE THE HOLE OF EACH **Adjustable Pivot Bar (#07)**. BOTH **Adjustable Pivot Bars (#07)** SHOULD ALWAYS BE SET TO THE SAME POSITION.

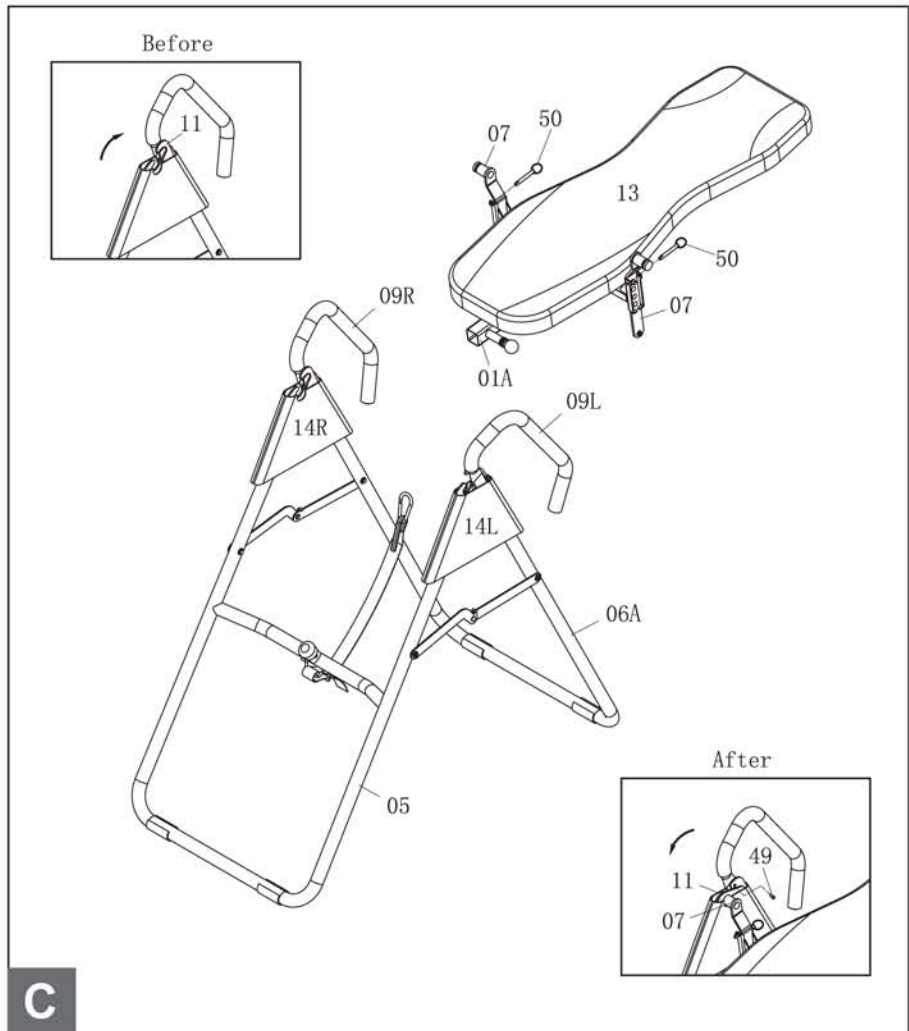
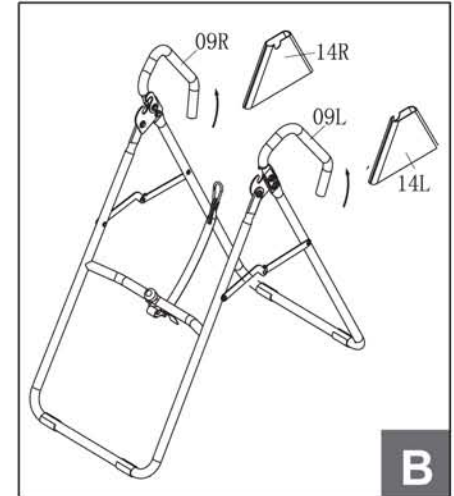
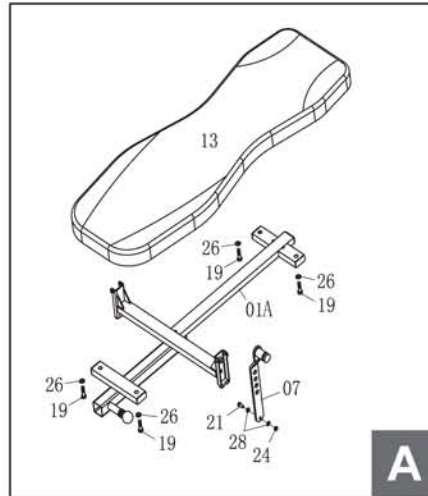
Screw a **Hex Bolts (#21)** and a **Washer (#28)** through the bottom of both **Adjustable Pivot Bars (#07)** and secure it with a **Washer (#28)** and a **Nylon Nut (#24)**. Insert a **Pin (#50)** on the top of both the **Adjustable Pivot Bars (#07)**. This is for an additional safety measure.

### B.) Cover Assembly

Slide the **Right Cover (#14R)** over the **Right Hand Rail (#09R)** and on to the **A-Frame (#05 & #06A)** ensuring that the notched-out flap of the **Cover (#09R)** is facing toward the inside of the **A-Frame (#05 & #06A)**. Repeat on the opposite side.

### C.) Adjustable Pivot Bar Assembly

Open the **Safety Hooks (#11)** that you have previously assembled on the A-Frame. With the help of an assistant, lift the **Backrest Tube (#01A)** and align the **Adjustable Pivot Bars (#07)** into the two slots. Make sure both sides are properly seated into each slot. Do not be alarmed if the frame does not fit perfectly in the slot. Have your assistant pry apart the handle bars to align it for perfect fit. Test the **Backrest Tube (#01A)** by rocking it back and fourth a few times. After you have ensured that **Backrest Tube (#01A)** rotates smoothly, lower the **Safety Hooks (#11)** over the **Adjustable Pivot Bars (#07)** as far as they will go. Once the **Safety Hooks (#11)** are secure, insert **Hex Bolts (#49)** into the **Adjustable Pivot Bars (#07)** to lock the **Safety Hooks (#11)** in place.



## Hardware Required for Step 2

### Bolt



(#19) Hex Bolt (5/16" x 1-1/2") [4 pieces] (#21) Hex Bolt (1/4" x 5/8") [2 pieces] (#49) Hex Bolt (M6x10 mm) [2 pieces]

### Nut / Washer



(#24) Nylon Nut (1/4") [2 pieces] (#26) Washer (5/16") [4 pieces] (#28) Washer (1/4" x φ13) [4 pieces]

### Others



(#50) Pin (M8x 43mm) [2 pieces]

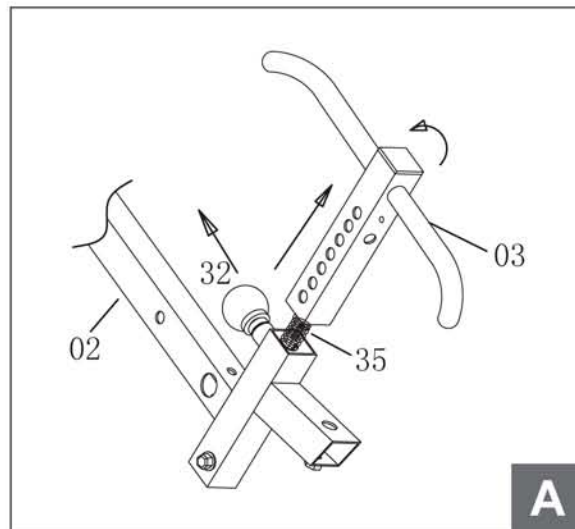


# Assembly Instructions

## Assembly Step 3

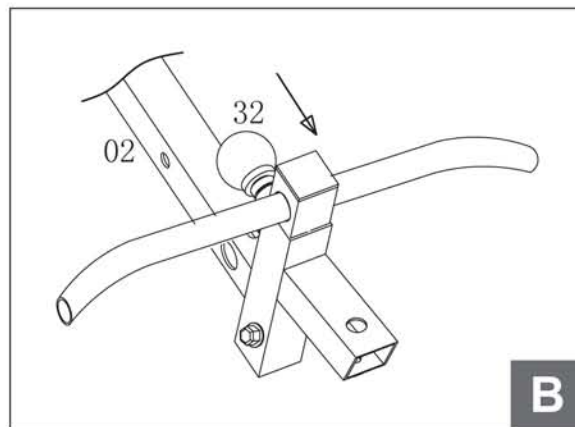
### A.) Adjustable Ankle Brace Assembly

Take the illustrated assembly which is composed of parts **(#02)**, **(#03)** and **(#32)** out of the box. Pull up the **Ankle Brace Lock Pin (#32)** as illustrated and, at the same time, pull the **Adjustable Ankle Brace (#03)** out of the **Height Adjustment Tube (#02)** SLOWLY. (You will notice that there is a **Spring (#35)** that pulls downward as you pull the **Adjustable Ankle Brace (#03)** out). After you get the **Adjustable Ankle Brace (#03)** out completely, rotate it 90 degrees counter-clockwise so that the holes face toward the **Ankle Brace Lock Pin (#32)**. Insert the **Adjustable Ankle Brace (#03)** back into the **Height Adjustment Tube (#02)**.



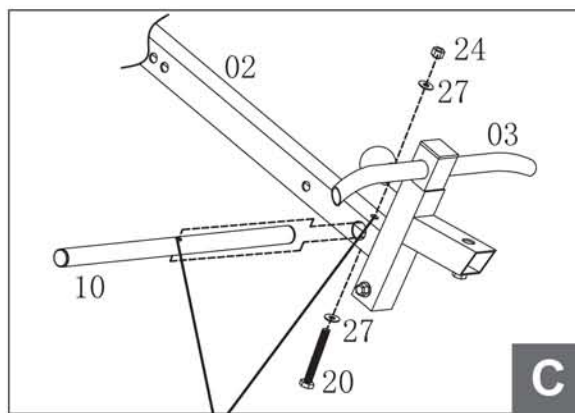
### B.) Adjustable Ankle Brace Assembly II

Release the **Ankle Brace Lock Pin (#32)**. The assembly should look like drawing B after completing Assembly Step 3 part A.



### C.) Ankle Brace Tube Assembly

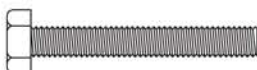
Remove the **Hex Bolt (#20)**, two **Washers (#27)** and a **Nylon Nut (#24)** from the **Height Adjustment Tube (#02)** and set them aside. Then slide the **Ankle Brace Tube (#10)** through the **Height Adjustment Tube (#02)**. Insert a **Hex Bolt (#20)** through a **Washer (#27)** followed by the **Height Adjustment Tube (#02)** and the **Ankle Brace Tube (#10)**. Secure them together using a **Washer (#27)** and a **Nylon Nut (#24)**.



**Note:** The holes on these parts must line up in order for the **Hex Bolt (#20)** to go through.

## Hardware Required for Step 3

### Bolt



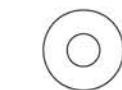
(#20) Hex Bolt (1/4" x 1-3/4")  
[1 piece]

### Nut



(#24) Nylon Nut (1/4")  
[1 piece]

### Washer



(#27) Washer (1/4" x φ16)  
[2 pieces]



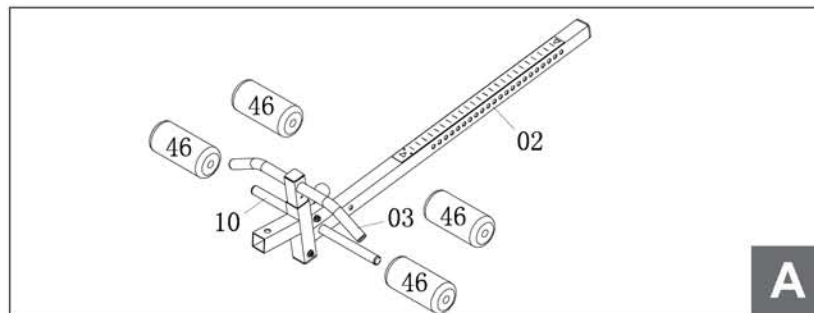


# Assembly Instructions

## Assembly Step 4

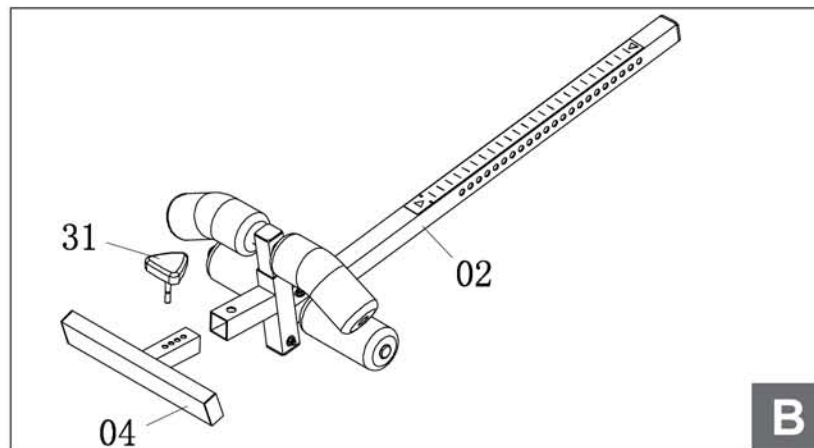
### A.) Foam Roller Assembly

Slide the two **Foam Rollers (#46)** onto the **Adjustable Ankle Brace (#03)** and another two on the **Ankle Brace Tube (#10)**. Apply soapy water to the tubes if the foam rollers do not slide on easily.



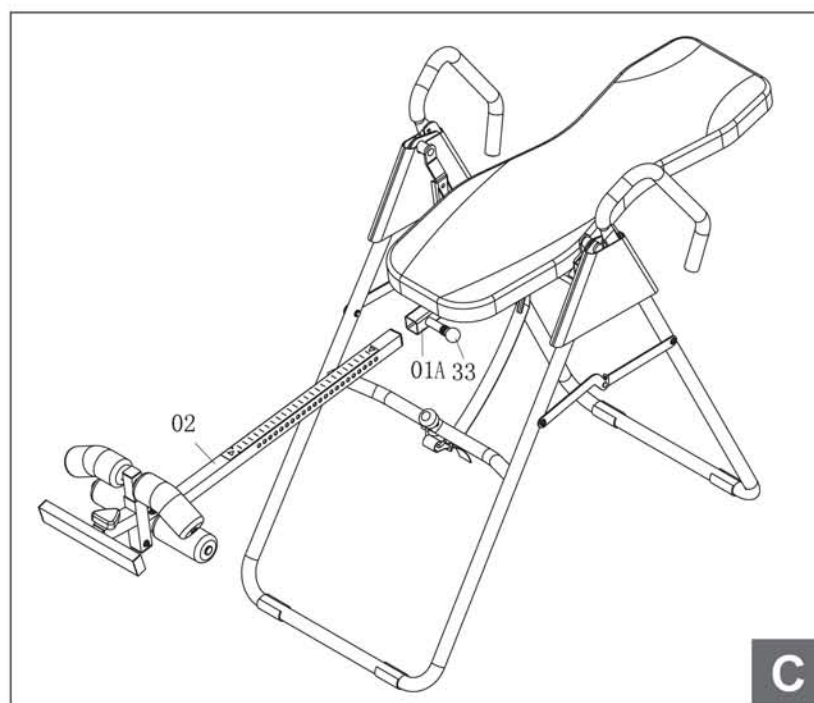
### B.) Adjustable Foot Tube Assembly

Remove the **Knob Bolt (#31)** from the **Height Adjustment Tube (#02)** and set it aside. Slide the **Adjustable Foot Tube (#04)** in the **Height Adjustment Tube (#02)** and secure it with the **Knob Bolt (#31)**. The **Adjustable Foot Tube (#04)** is designed to accommodate different shoe sizes by moving up for smaller feet and down for larger feet. Please adjust it to accommodate your foot size accordingly before inverting (**ALWAYS WEAR ATHLETIC SHOES BEFORE INVERTING**).

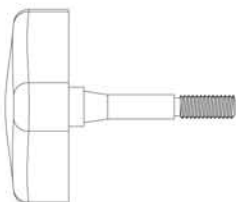


### C.) Height Adjustment Tube Assembly

With the help of an assistant, attach the **Height Adjustment Tube (#02)** to the **Backrest Frame (#01A)** by pulling the **Height Selector Lock Pin (#33)** out and simultaneously sliding the **Height Adjustment Tube (#02)** in. Release the **Height Selector Lock Pin (#33)** at any setting for now. Please note, the **Height Adjustment Tube (#02)** is designed to accommodate the height of various users; set it accordingly by pulling the **Height Selector Lock Pin (#33)** as you slide the **Height Adjustment Tube (#02)** up or down. The assembly process is now complete. Please read the rest of the manual to learn about the safety features and operation procedures.



## Hardware Required for Step 4



(#31) Knob Bolt  
[1 piece]

# Safety Instructions

## WARNING: 250 lb. WEIGHT CAPACITY

### DO NOT USE THIS INVERSION TABLE WITHOUT A PHYSICIAN'S APPROVAL IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS

(this list is for reference only, it is not an exhaustive listing):

Pregnancy, Hiatal Hernia, Ventral Hernia, Glaucoma, Retinal Detachment or Conjunctivitis; High Blood Pressure, Hypertension, recent Stroke or Transient Ischemic Attack; Heart or Circulatory Disorders for which you are being treated; Spinal Injury; Cerebral Sclerosis; Acutely Swollen Joints; Bone Weakness (Osteoporosis), recent unhealed fractures, medulary pins and/or surgically implanted orthopedic supports; the use of anticoagulants, including high doses of aspirin; Middle Ear Infections; Extreme Obesity.

IF YOUR PHYSICIAN PERMITS YOU TO USE INVERSION THERAPY, DO SO UNDER THEIR DIRECTION AND HAVE OUR GUIDELINES APPROVED BY YOUR PHYSICIAN.

### DO NOT LET CHILDREN USE THE INVERSION TABLE UNSUPERVISED.

THERE ARE CERTAIN PEOPLE WHO SHOULD NEVER INVERT. IF YOU THINK YOU BELONG TO THIS MINORITY, PLEASE CHECK WITH YOUR PHYSICIAN BEFORE USING THIS INVERSION TABLE.

### IMPORTANT:

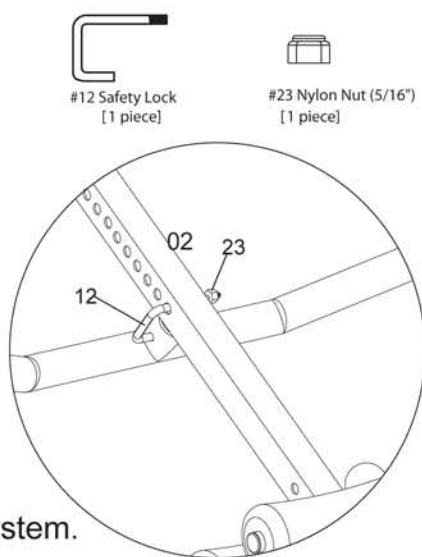
LOCK **SAFETY HOOKS (#11)** IN PLACE BEFORE USE.

### ADJUST TO YOUR HEIGHT

(Start at 2" to 3" taller than your actual height)

#### **Safety Lock**

There is a **Safety Lock (#12)** included to lock the inversion system when not in use. This lock slides into the **Height Adjustment Tube (#02)** and then into the frame. Use a **Nylon Nut (#23)** to secure the **Safety Lock (#12)** and tighten it with a wrench to keep children from using the inversion system.



Secure your ankles by Adjusting top rollers (using pull pin) as close to bottom rollers as possible. **BE SURE PULL PIN LOCKS INTO PLACE IN ORDER TO SECURE ANKLES!**



# Usage Guidelines

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## **ATTACH THE SAFETY STRAP TO THE NYLON COVERED STEEL FRAME.**

The buckle of the Safety Strap should be positioned about halfway down the Strap with the concave side facing up. The two ends of the buckle should show; the middle slot should be covered up by the Strap. Feed the free end of the Strap through the buckle under one end, over the middle and under the other end. The buckle should be able to slide on the Strap so that you can adjust the length of the Strap loop.

The shorter the strap, the less the angle of inversion. The longer the strap, the greater the inversion angle.

First time users should adjust the tether strap by shortening it for minimal inversion.

**THE FIRST TIME THAT YOU USE THIS INVERSION TABLE, HAVE SOMEONE WITH YOU TO WATCH YOU. ALTHOUGH THE INVERSION TABLE IS EASY TO USE, HAVING SOMEONE NEARBY TO “SPOT” YOU WILL PROVIDE YOU WITH COMFORT AND ENSURE YOU HAVE THE CORRECT INITIAL SETTINGS.**

Before starting, ensure that the Inversion Table is at the correct settings to match your height and weight. As each individuals' body type is different, you will need to find the correct settings for you personally.

**ENSURE THAT ALL PULL PINS ARE TIGHT AND ENTIRELY IN THE HOLES.**

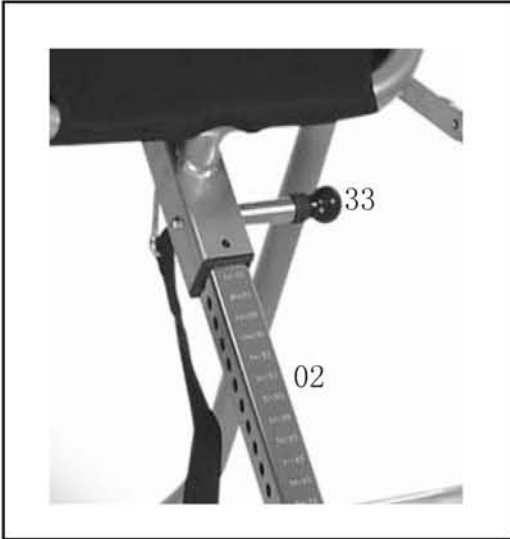
**ALWAYS MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.**

**AVOID INVERTING AFTER MEALS.**





# Usage Guidelines



The settings for height range from 4'7" (140cms) to 6'5" (195cms).

To adjust the Inversion Table for the correct height setting; Pull out the **Height Selector Lock Pin (#33)** and slide the **Height Adjustment Tube (#02)** until the desired height is shown just below the sleeve.

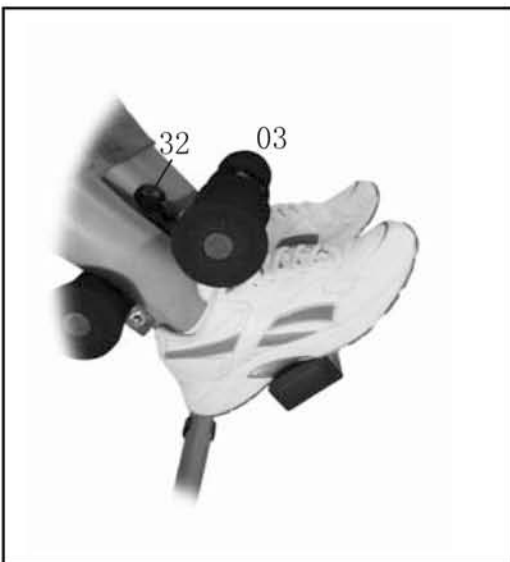
As everyone's body is different, not all 5'9" people will ultimately use the 5'9" setting. Your correct setting will be determined by a minimal amount of testing (Explained further in the USAGE section of this manual).

**ALWAYS USE THE INVERSION TABLE UNDER SUPERVISION UNTIL YOU FEEL COMFORTABLE WITH THE PRODUCT.**



Set the **Height Adjustment Tube (#02)** to your height (or just above your height).

Stand on the **Adjustable Foot Tube (#04)** with the back of your ankles resting and centered on the rear foam rollers. The position of the **Adjustable Foot Tube (#04)** can be adjusted by removing the **Knob Bolt (#31)**



Adjust the **Adjustable Ankle Brace (#03)** by adjusting **Ankle Brace Lock Pin (#32)** so that the Foam Rollers are snug but comfortable across the front of your ankles and top of your feet.

**MAKE SURE THAT THE SAFETY STRAP IS ATTACHED.**

# Usage Guidelines

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Follow these instructions in order to confirm that you have the correct settings. When you lie down with both arms across your chest the Inversion Table should rotate a few inches UPWARD. If the Inversion Table does not move or if it tilts all the way back, the settings are incorrect.

As you lift ONE arm upwards over your head, the Inversion Table will continue to rotate further back. To get back up, bring your arm back to your side. You can increase the angle and speed of rotation by using both arms.

If you have trouble getting back up, bend your knees and slide your bottom down towards your feet. If the Inversion Table is in the full 90 degree inversion position, grab both sides of the Inversion Table and pull forward. **DO NOT TRY TO GET UP BY LIFTING YOUR HEAD.**

## START SLOWLY!

We recommend for the first time to invert only to 20 or 30 degrees. Spend no more than 5 minutes at any one time in an inverted position. We recommend inverting for just a few minutes each time for the first several weeks

## LISTEN TO YOUR OWN BODY!

If you show signs of overdoing it such as headaches, dizziness, flushed face or any discomfort in the ankles, knees or hips, **STOP IMMEDIATELY.**

## ANGLES OF INVERSION

Beginners should start at 20 to 30 degrees. This will provide mild stretching and allow your body to get used to being upside down.

Once you feel comfortable, adjust the angle to 50 or 60 degrees. This allows full decompression of the spine. It is not necessary or required for you to invert at more than 60 degrees.

For maximum stretching, invert to 90 degrees.

## OSCILLATION

Raise and lower your arms slowly, back and forth. This will rotate your body backwards (raised arms) and bring you back up (lowered arms).

Getting used to being upside down can take some time. Start out with just a few minutes each day. After your body is used to being upside down, feel free to invert two or three times a day.

# Usage Demo

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I. Starting Position:

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II. With One Arm Half Raised:

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III. With One Arm Fully Raised:

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IV. With Both Arms Raised:

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V. Fully Inverted:

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*Thanks for choosing*



Model Number IT 8070/6100

Please fill in the information below and keep this manual along with your sales receipt as proof of purchase.

Serial Number:

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Date of Purchase:

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Store Name:

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