

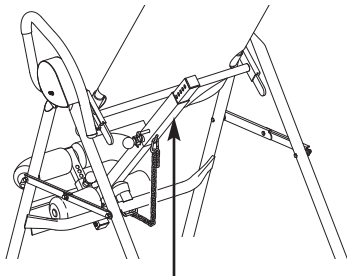
weslo® INVERSION FLEX system

www.weslo.com

Model No. WLBE0109.0

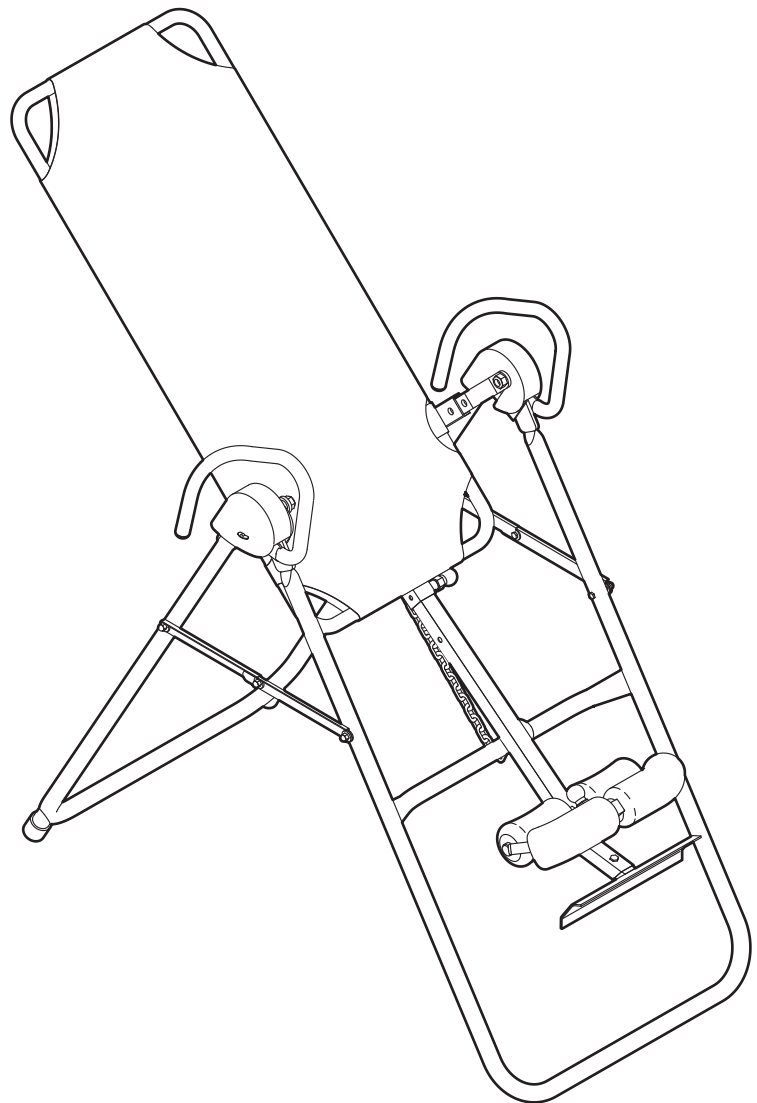
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

USER'S MANUAL



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

1-866-699-3756

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.wesloservice.com

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



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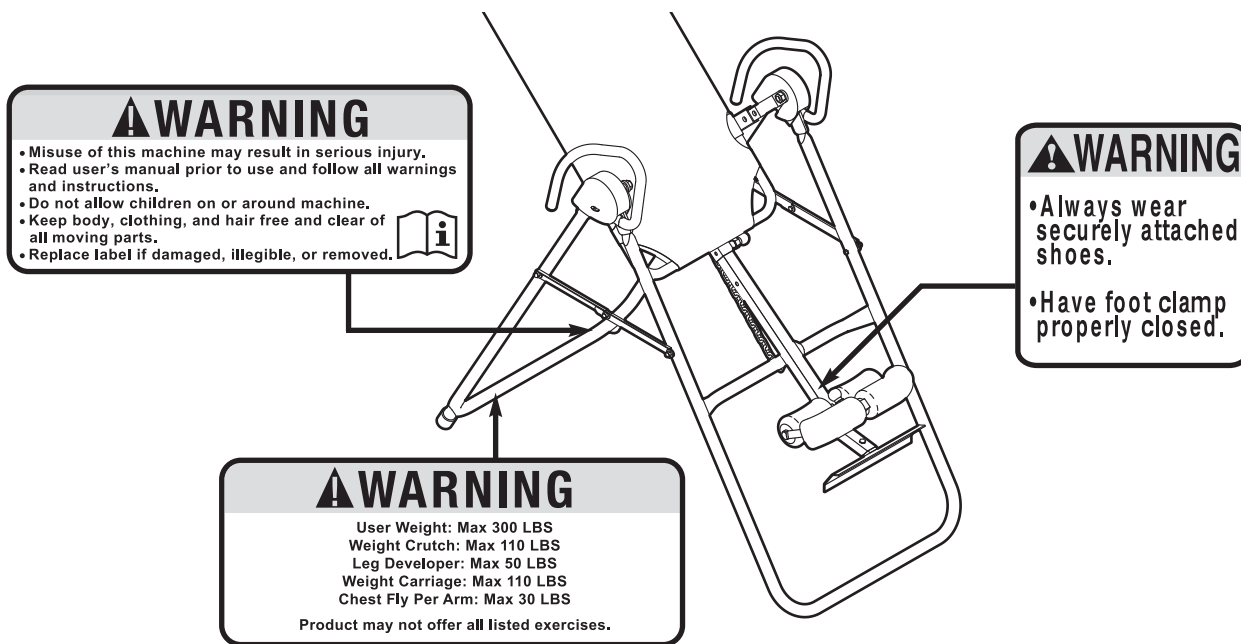
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your inversion table before using your inversion table. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the inversion table are adequately informed of all precautions.
3. Your inversion table is intended for home use only. Do not use your inversion table in a commercial, rental, or institutional setting.
4. Keep the inversion table indoors, away from moisture and dust. Do not put the inversion table in a garage or covered patio or near water.
5. Use the inversion table only on a level surface. Cover the floor beneath the inversion table to protect the floor.
6. Make sure that all parts are properly tightened each time the inversion table is used. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the inversion table at all times.
8. The inversion table is designed to support a maximum user weight of 300 lbs. (136 kg).
9. Do not use weights with the inversion table.
10. The inversion table should be used only by persons 6 ft. 6 in. (198 cm) tall or less.
11. Wear athletic shoes with laces to help secure your feet in the inversion table and for foot protection while using the inversion table.
12. Always engage the pins on the backrest frame into the same holes in both pivot bars.
13. Make sure that the pivot bars are held in the brackets on the backrest frame before you use the inversion table.
14. Keep hands and feet away from moving parts.
15. Make sure that the ankle lock is secured snugly against your ankles and that the short knob is fully tightened before you use the inversion table.
16. Make sure that the linking bars are in straight positions before you use the inversion table.
17. Do not use the handlebars to rotate upward on the inversion table; the handlebars are for mounting and dismounting the inversion table.
18. Perform all activities on the inversion table in a slow, controlled manner. Aggressive movement can cause the inversion table to tip over.
19. Use the inversion table with a partner. Your partner should be ready to return the backrest to the upright position if you cannot complete a rotation.

20. If you feel pain or dizziness while using the inversion table, stop immediately.

21. The following factors and conditions may make inverting inadvisable (this list is not exhaustive; it is intended only for reference). If one or more factors or conditions apply to you, consult your physician before using the inversion table.

- Pregnancy
- Hiatal hernia or ventral hernia
- Glaucoma, retinal detachment, or conjunctivitis
- High blood pressure, hypertension, or recent stroke or transient ischemic attack

- Heart or circulatory disorders for which you are being treated
- Middle ear infection and extreme obesity
- Spinal injury, cerebral sclerosis, or acutely swollen joints
- Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, or surgically implanted orthopedic supports
- The use of anticoagulants, including high doses of aspirin

22. Use your inversion table only as described in this manual.

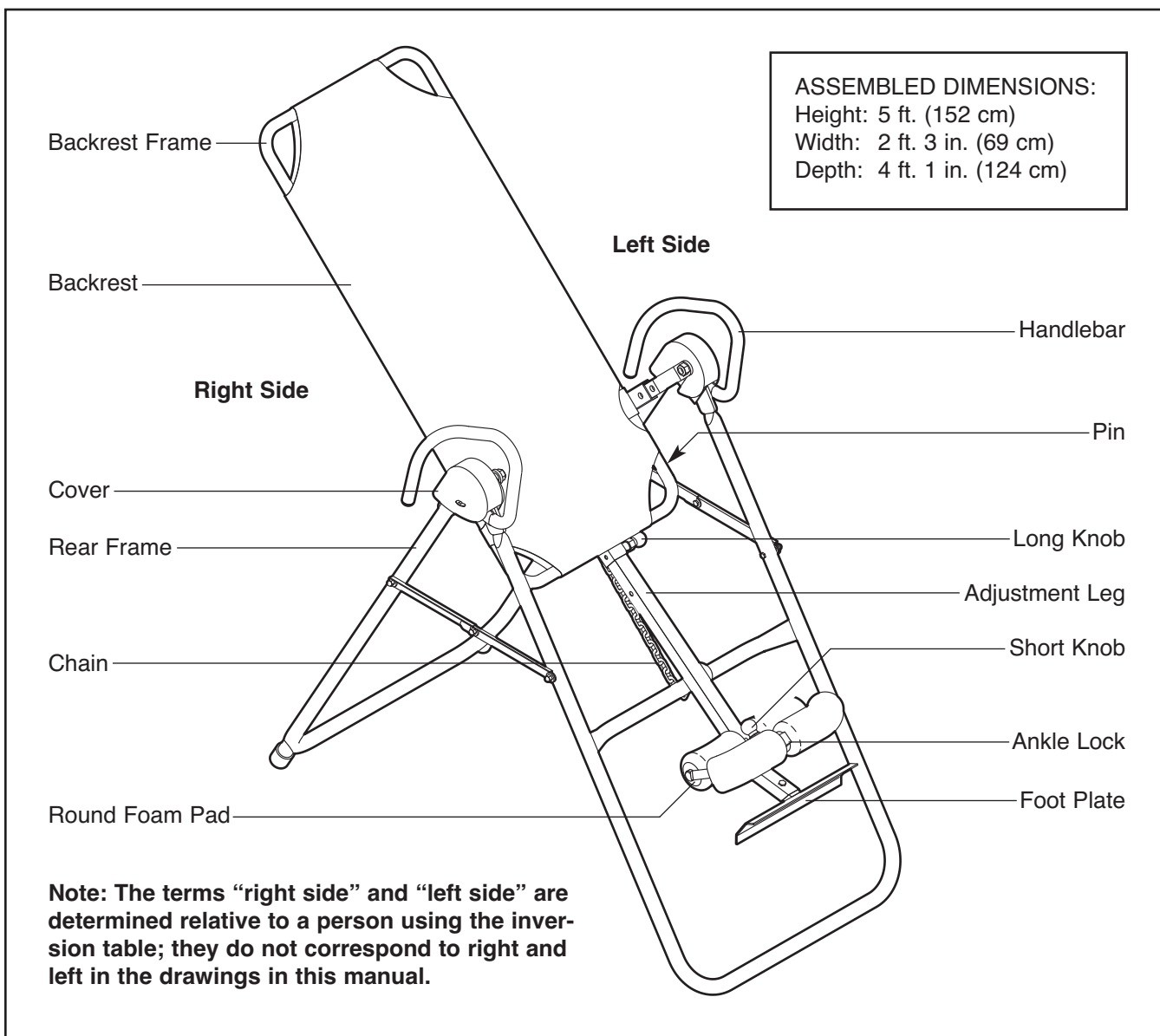
BEFORE YOU BEGIN

Thank you for selecting the WESLO® INVERSION FLEX SYSTEM inversion table. The inversion table will increase your intervertebral dimension, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain associated with the listed conditions.

For your benefit, read this manual carefully before you use the inversion table. If you have questions

after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.







ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

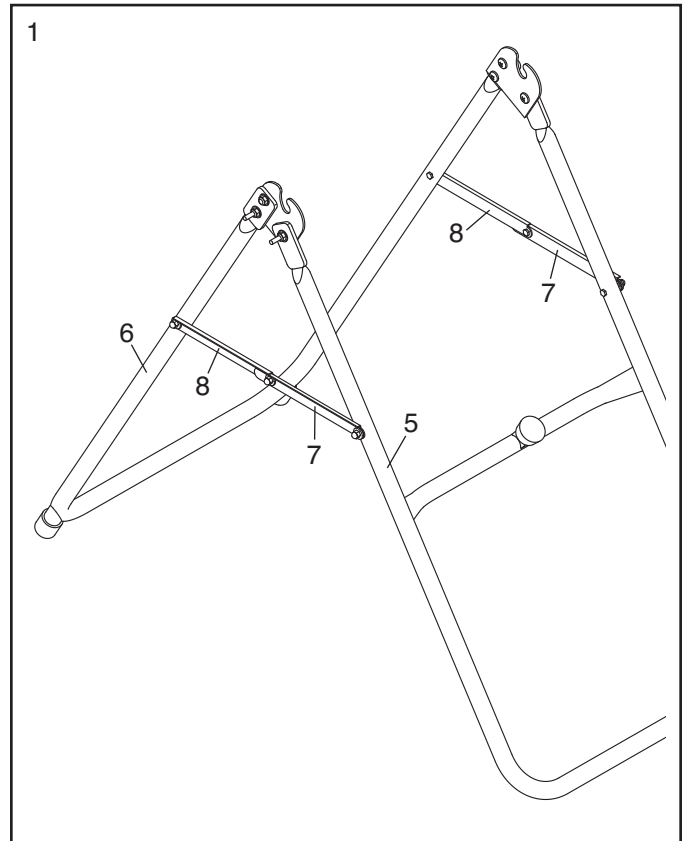
• The following tools (not included) may be required for assembly:

- two adjustable wrenches 
- one rubber mallet 
- one standard screwdriver 
- one Phillips screwdriver 

Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure that you understand the information in the box above.**

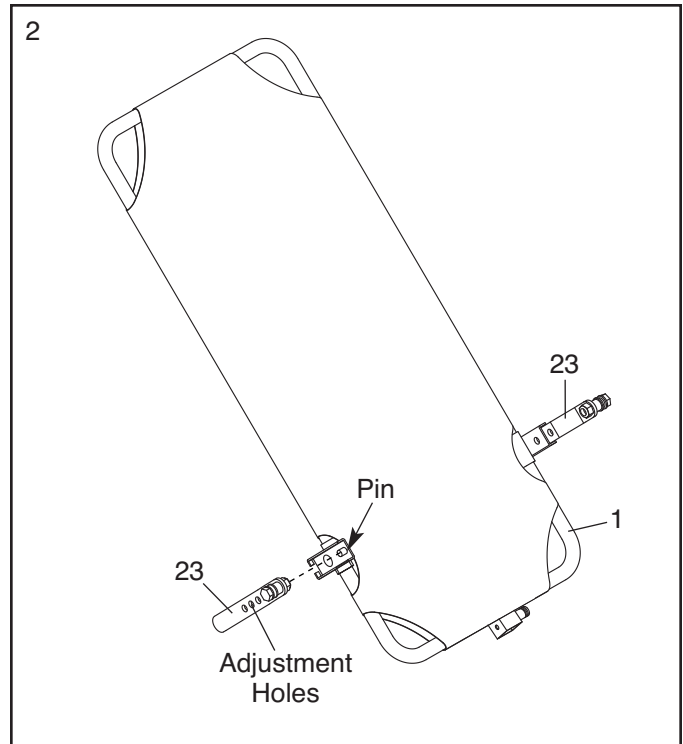
Open the Front and Rear Frames (5, 6) and push downward on the Long and Short Linking Bars (7, 8) so that they are in a straight position as shown.



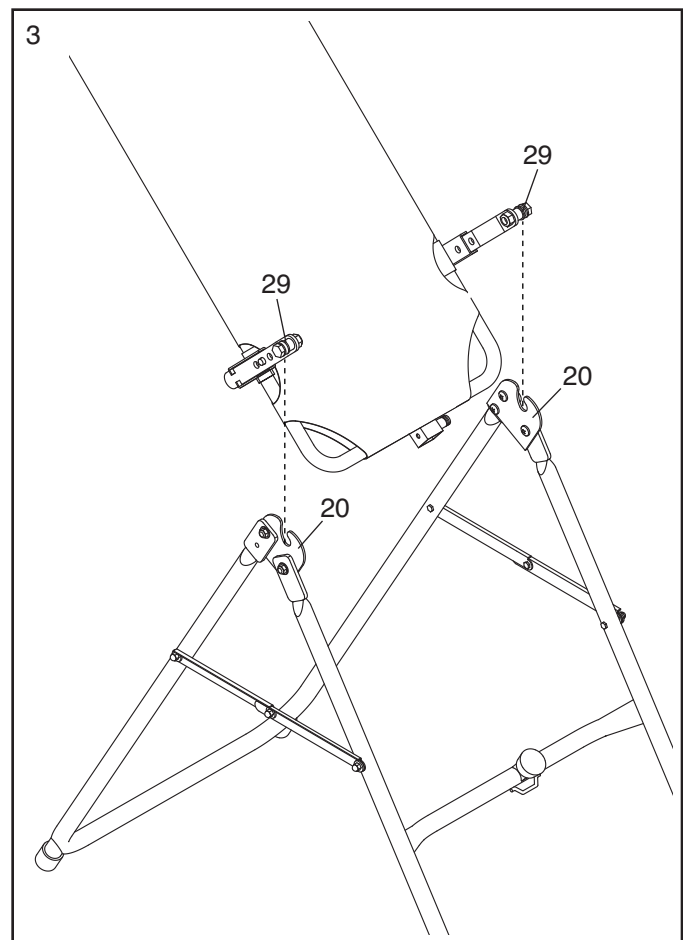
2. Slide a Pivot Bar (23) into the bracket on one side of the Backrest Frame (1). **Make sure that the adjustment holes are in the indicated location.**

Engage the pin on the Backrest Frame (1) into the center adjustment hole.

Repeat this step with the other Pivot Bar (23).



3. Set the Pulleys (29) inside the slots in the Saddle Plates (20) as shown.

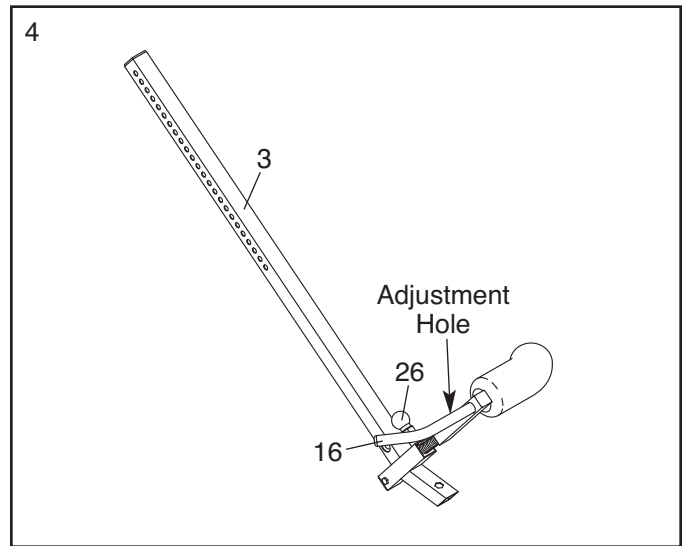


4. **Note: For clarity, one foam pad is shown removed in the following two steps.**

Pull the Short Knob (26) outward as far as possible.

Pull the Ankle Lock (16) out of the Adjustment Leg (3), rotate it ninety degrees, and reinsert it into the Adjustment Leg as shown.

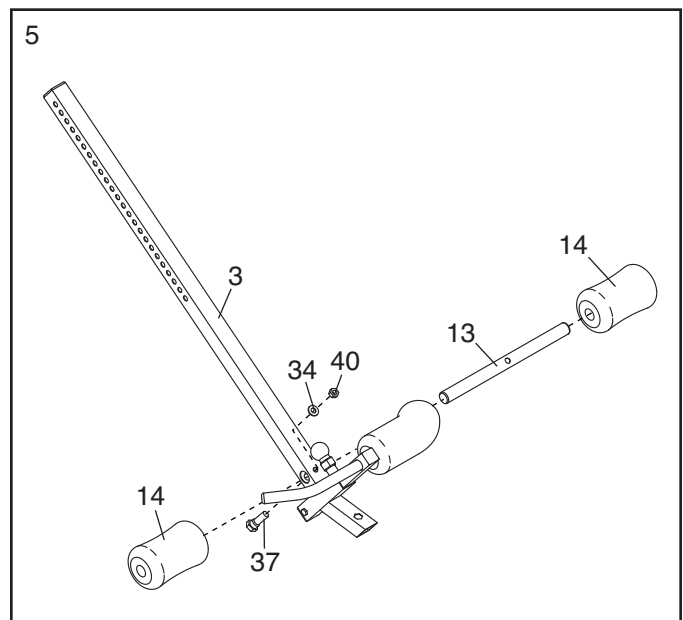
Then, engage the Short Knob (26) into an adjustment hole in the Ankle Lock (16).



5. Insert the Pad Tube (13) through the hole in the Adjustment Leg (3).

Attach the Pad Tube (13) with an M8 x 50mm Bolt (37), an M8 Washer (34), and an M8 Nut (40).

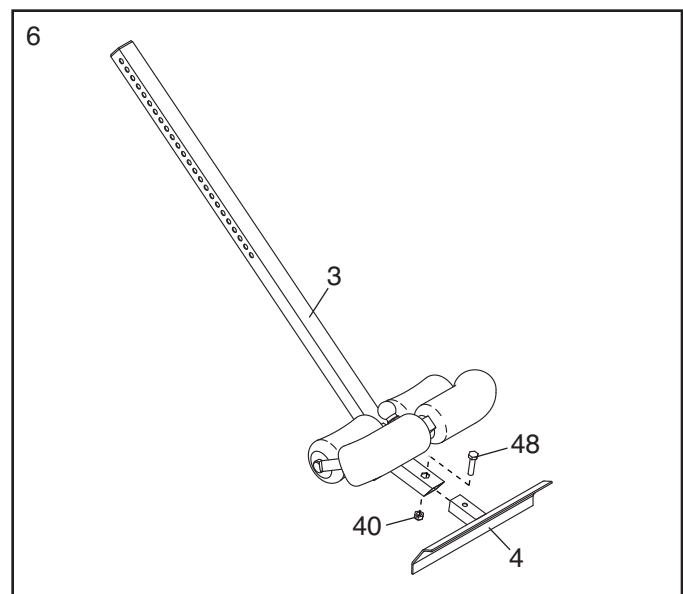
Then, slide a Round Foam Pad (14) onto each end of the Pad Tube (13).



6. Orient the Foot Plate (4) as shown.

Insert the Foot Plate (4) into the end of the Adjustment Leg (3).

Attach the Foot Plate (4) with an M8 x 40mm Bolt (48) and an M8 Nut (40).



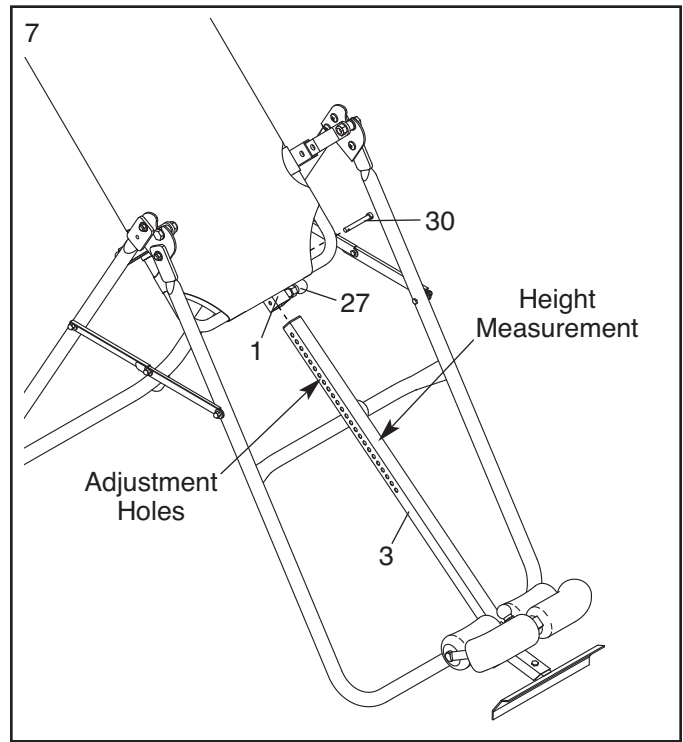
- Remove the Pin (30) from the Backrest Frame (1).

Pull the Long Knob (27) outward as far as possible.

Insert the Adjustment Leg (3) into the Backrest Frame (1), and engage the Long Knob (27) into an adjustment hole in the Adjustment Leg.

Then, insert the Pin (30) into the Backrest Frame (1) and the Adjustment Leg (3).

Note: The Adjustment Leg (3) should be set at a height measurement that is one or two inches greater than the height of the person using the inversion table.



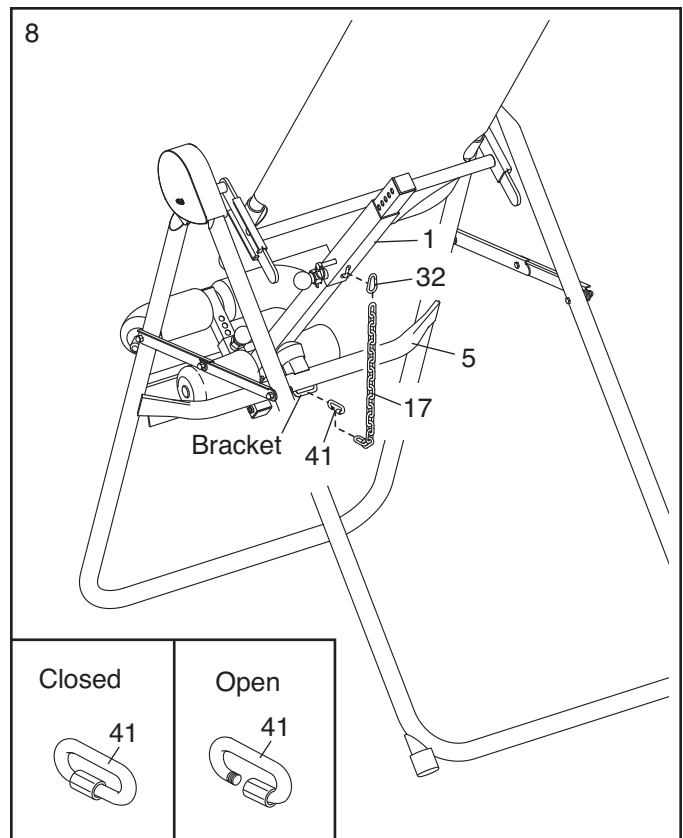
- See the inset drawings.** Turn the nut on the Quick Link (41) and open the Quick Link.

Attach one end of the Chain (17) to the bracket on the Front Frame (5) with the Quick Link (41).

Turn the quick link nut and close the Quick Link (41).

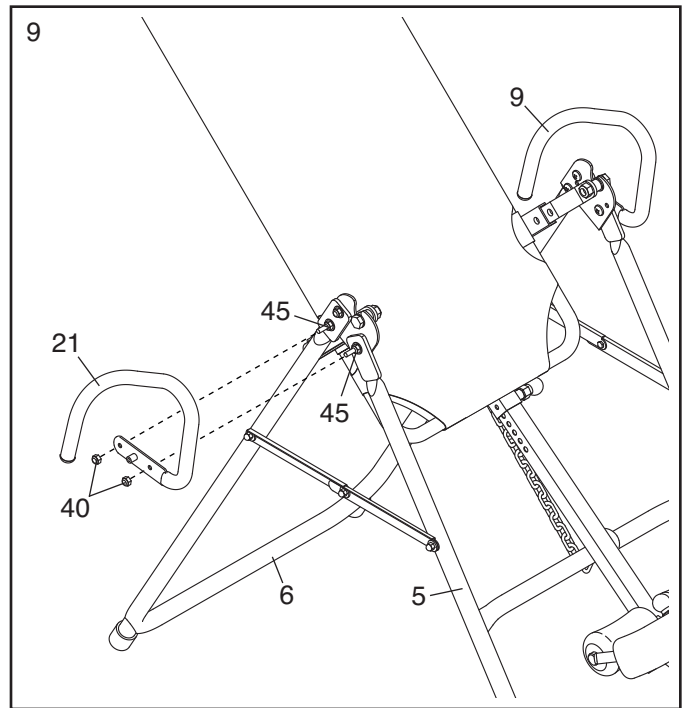
Attach the other end of the Chain (17) to the hook on the Backrest Frame (1) with the Clip (32).

Make sure that the Quick Link (41) is attached to the Front Frame (5) and that the Clip (32) is attached to the Backrest Frame (1).



9. Attach the Right Handlebar (21) to the M8 x 30mm Bolts (45) on the Front and Rear Frames (5, 6) with two M8 Nuts (40). **Make sure that the Right Handlebar is oriented as shown.**

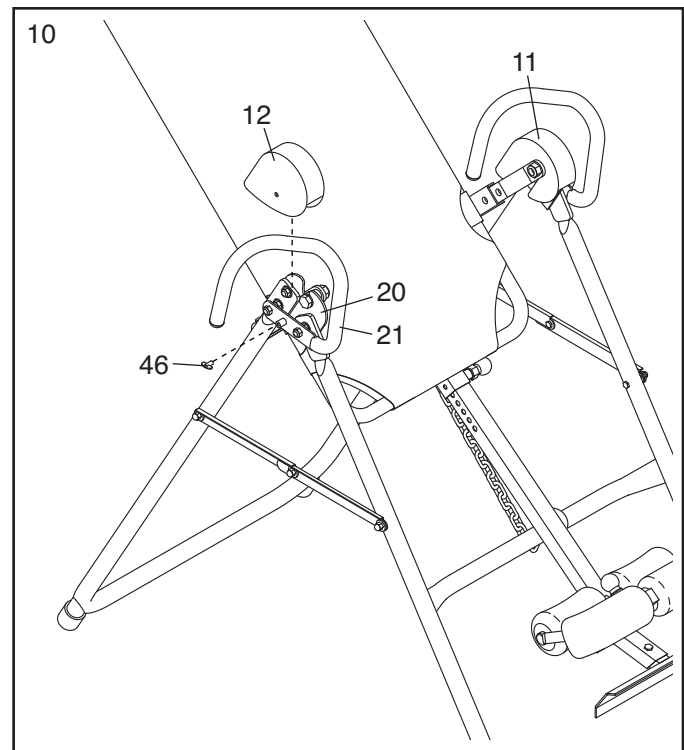
Repeat this step with the Left Handlebar (9).



10. Press the Right Cover (12) onto the right Saddle Plate (20).

Attach the Right Cover (12) to the Right Handlebar (21) with a Wingnut (46).

Repeat this step with the Left Cover (11).



11. **Make sure that all parts are properly tightened before you use the inversion table.**

ADJUSTMENT

This section explains how to adjust the inversion table. See DEVELOPING A PROGRAM on page 16 for important information about how to get the most benefit from using the inversion table.

Make sure that all parts are properly tightened each time the inversion table is used. Replace any worn parts immediately. The table can be cleaned with a damp cloth and mild, non-abrasive detergent; **do not use solvents.**

SELECTING A PIVOT BAR POSITION

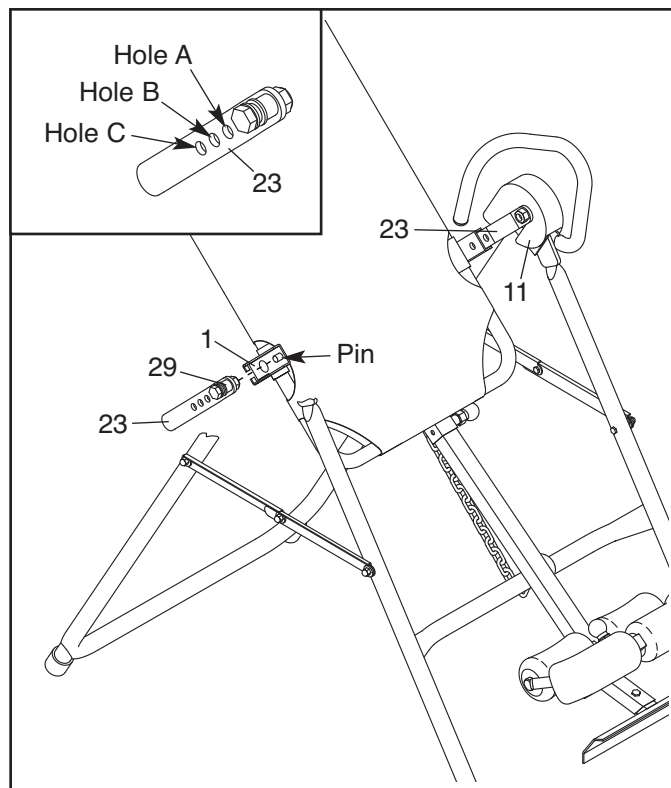
See the inset drawing. The Pivot Bars (23) have three adjustment holes. The correct hole to use depends on your body weight and the desired level of responsiveness. See the chart at the right to determine which hole to use. For example, if you weigh between 120 and 220 pounds and you are a beginner, the chart recommends that you use hole C.

To adjust the Pivot Bars (23), first see assembly step 10 on page 10 and remove the Wingnuts (46) and the Left and Right Covers (11, 12).

Next, lift a Pulley (29) out of a Saddle Plate (not shown). Move the Pivot Bar (23) so that the pin on the Backrest Frame (1) is in the desired adjustment hole. Then, slide the Pulley into the slot in the Saddle Plate. **Adjust the other Pivot Bar in the same way.**

See assembly step 10 on page 10. Reattach the Covers (11, 12) with the Wingnuts (46).

Try the inversion table with the Pivot Bars (23) adjusted to each position to find which one is best for you.



WARNING: Always engage the pins on the Backrest Frame (1) into the same holes in both Pivot Bars (23).

		Responsiveness	
		Beginner (Partial Inversion)	Advanced (Full Inversion)
User Weight	80–120 lbs.	Hole A	Hole A
	120–220 lbs.	Hole C	Hole A
	220–300 lbs.	Hole C	Hole B

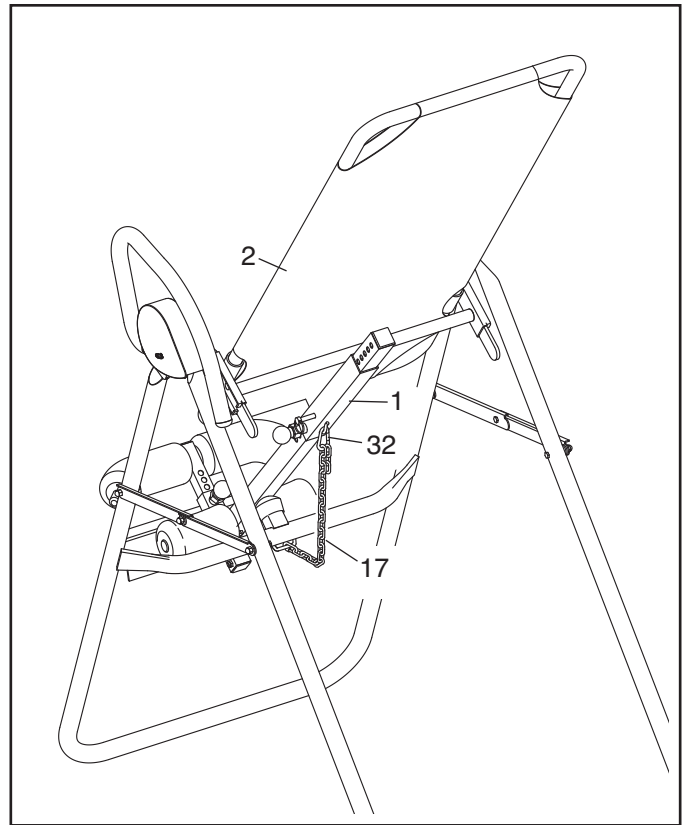
ADJUSTING THE LENGTH OF THE CHAIN

The Chain (17) can be used to stop the inversion table from becoming inverted more than desired.

To adjust the Chain (17), first remove the Chain from the Clip (32) on the Backrest Frame (1).

Rotate the Backrest (2) to the desired maximum degree of inversion. Then, have a second person tighten the Chain (17) and reattach it to the Clip (32) on the Backrest Frame (1).

For the first week or two of use, adjust the Chain (17) to stop the Backrest (2) from rotating more than 15 to 20 degrees. Lengthen the Chain to allow the Backrest to rotate a few more degrees as you become accustomed to using the inversion table.



ADJUSTING THE ADJUSTMENT LEG

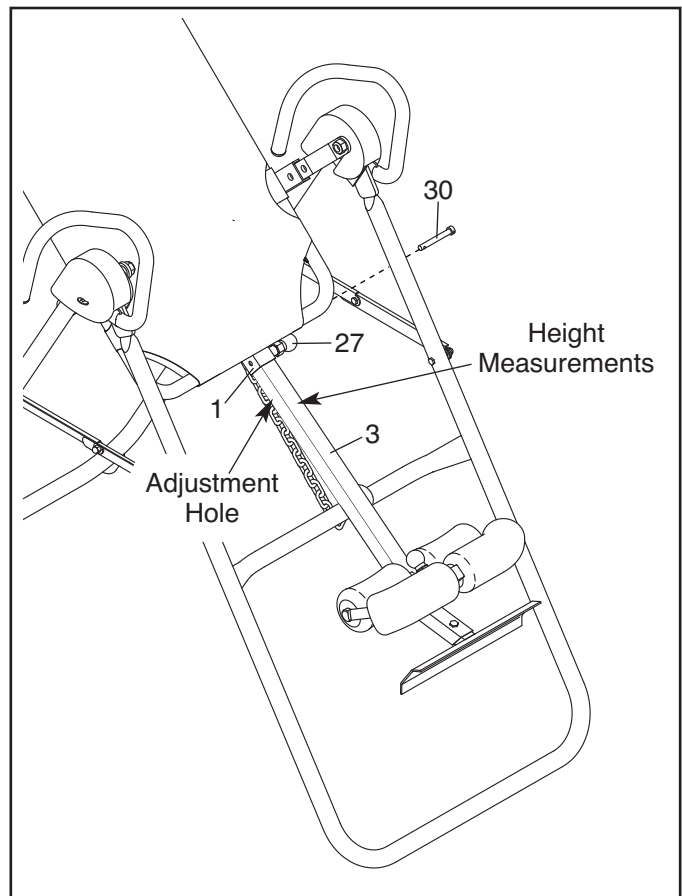
The length of the Adjustment Leg (3) can be adjusted to correspond to the height of the user.

Remove the Pin (30) from the Backrest Frame (1), and pull the Long Knob (27) outward as far as possible.

Next, slide the Adjustment Leg (3) into, or out of, the Backrest Frame (1) so that the first or second measurement greater than the user's height is covered by the Backrest Frame.

Then, reengage the Long Knob (27) and the Pin (30) into adjustment holes in the Adjustment Leg (3) and the Backrest Frame (1).

Use the inversion table with the Adjustment Leg (3) adjusted to a few different lengths to determine which length is best for you.



⚠ WARNING: The inversion table is designed to be used only by persons 6 ft. 6 in. (198 cm) tall or less.

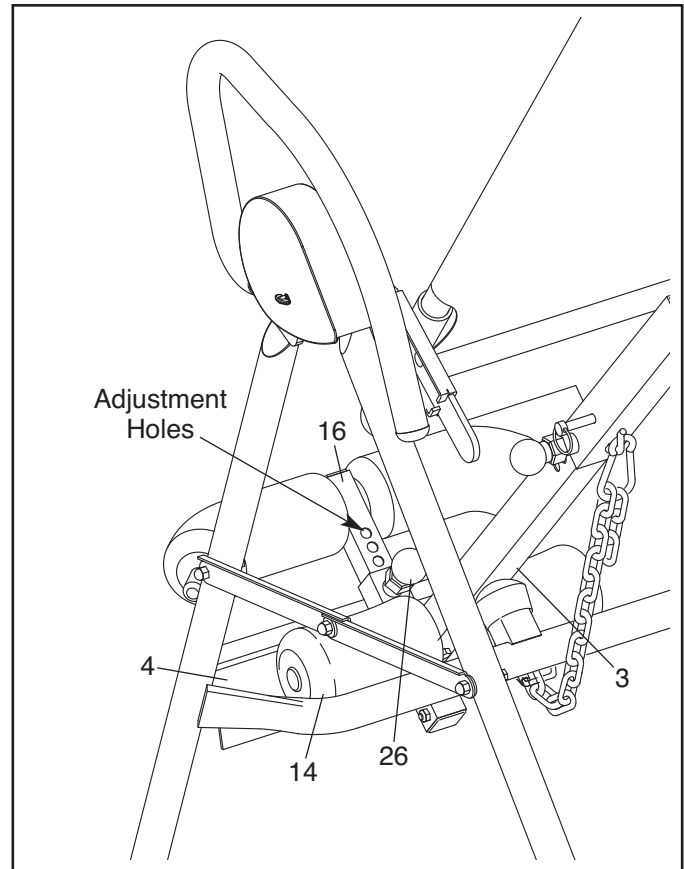
USING THE ANKLE LOCK

To secure your ankles in the inversion table, pull the Short Knob (26) outward as far as possible and pull the Ankle Lock (16) away from the Adjustment Leg (3).

Next, stand on the Foot Plate (4) with the backs of your legs against the Round Foam Pads (14) and your toes under the Ankle Lock (16).

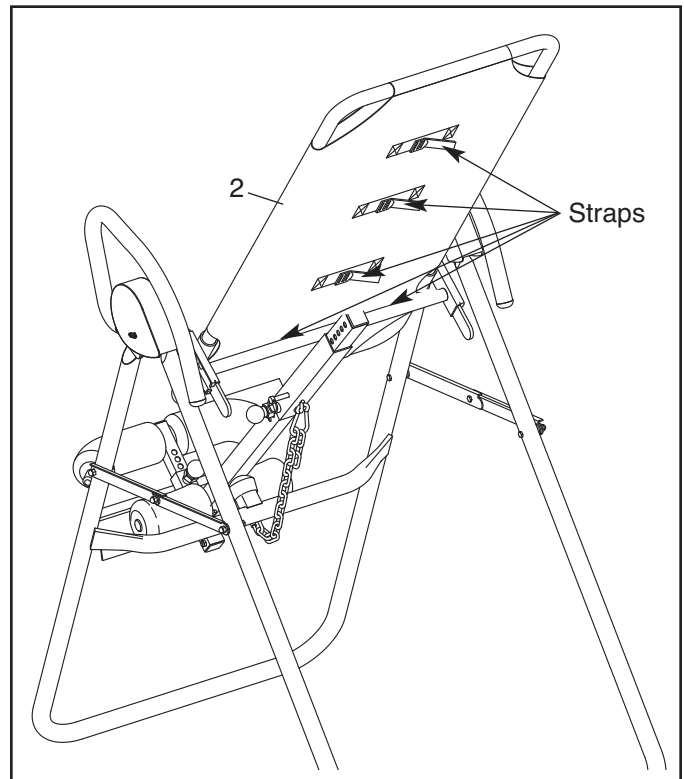
Then, push the Ankle Lock (16) against your ankles and engage the Short Knob (26) into an adjustment hole in the Ankle Lock.

⚠ WARNING: Always make sure that the Ankle Lock (16) is secured snugly against your ankles before you use the inversion table. Always wear athletic shoes with laces to help secure your feet in the inversion table.



TIGHTENING THE BACKREST

The Backrest (2) may stretch as it is used. If this happens, tighten the five straps on the back of the Backrest.



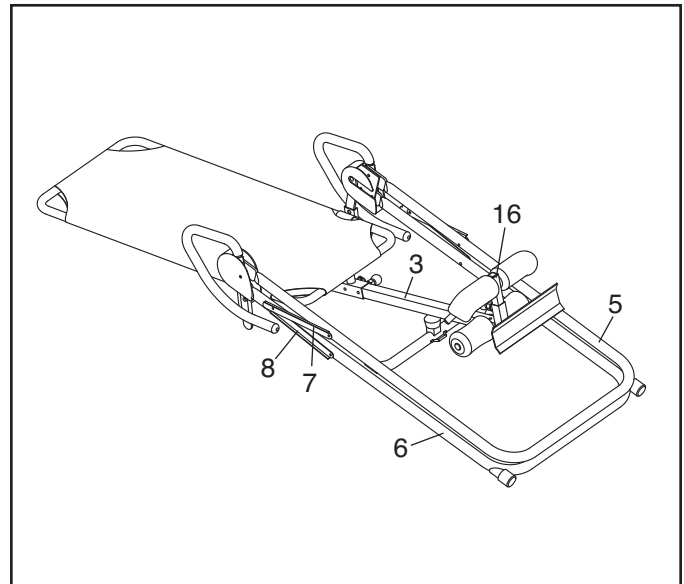
STORING THE INVERSION TABLE

To store the inversion table, adjust the Adjustment Leg (3) to the shortest length (see ADJUSTING THE ADJUSTMENT LEG on page 12).

Next, adjust the Ankle Lock (16) to the position closest to the Adjustment Leg (3) (see USING THE ANKLE LOCK on page 13).

Then, lift on the Long and Short Linking Bars (7, 8) and fold the Front and Rear Frames (5, 6) together.

⚠ WARNING: Always make sure that the Linking Bars (7, 8) are straight across before you use the inversion table.



ROTATING ON THE INVERSION TABLE

This section explains how to rotate backward on the inversion table, and return to the starting position. Always exercise with a partner who is ready to assist you. **See the ADJUSTMENT section starting on page 11 to identify parts referred to in this section.**

SETTING UP AND USING THE INVERSION TABLE

Before using the inversion table, adjust the Pivot Bars (23), the Adjustment Leg (3), and the Cais (17) to the correct settings for you. Secure your ankles in the Ankle Lock (16).

ROTATING BACKWARD ON THE INVERSION TABLE

To rotate backward on the inversion table, slowly lift your arms over your head until you reach the desired position. The speed at which you lift your arms will determine how quickly the inversion table will rotate. Rest your arms in a comfortable position without causing the inversion table to rotate.

To lock the backrest in the fully inverted position, it may be necessary to push against the floor or the Rear Frame (6) for the last few degrees, so that the Backrest Frame (1) rests against the crossbar on the Front Frame (5). The weight of the body will then lock the inversion table in the fully inverted position.

ROTATING UPWARD ON THE INVERSION TABLE

To return to the starting position, bend your knees slightly and slowly move your hands toward your waist until you rotate to a horizontal position. Rest in a horizontal position for 30 to 60 seconds before rotating to the starting position. This will allow your body to re-adjust. Return to the starting position slowly. Dizziness after using the inversion table is an indication that you have returned to the starting position too quickly.

To rotate upward from the fully inverted position, hold the corner of the Backrest Frame (1) behind your head with one hand and the bottom of the Rear Frame (6) with the other hand. Pull the Backrest Frame toward the Rear Frame. This will release the Backrest Frame from the fully inverted position. Rotate upward as described above.

Do not try to sit up or use the Left and Right Handlebars (9, 21) to return to the starting position.

DEVELOPING A PROGRAM

This section contains information and suggestions about using the inversion table. Make sure that all parts are properly tightened each time the inversion table is used. Replace any worn parts immediately. **See the ADJUSTMENT section starting on page 11 to identify parts referred to in this section.**

BENEFITING FROM USING THE INVERSION TABLE

If you feel nauseated while using the inversion table, return to the starting position. Note that it may take a few weeks of use for your inner ear to become accustomed to being inverted.

Do not use the inversion table right after you have eaten.

Moving while using the inversion table may make it a more comfortable experience, and may help joints and muscles stretch and relax. Always move in a slow, controlled manner.

The greater the angle at which the inversion table is used, the shorter the time that you should rotate backward before rotating upward. Increase the amount of inverted time and the angle of use gradually.

Always pay attention to how your body feels as you use the inversion table. Increase the level of intensity only as it is comfortable for you. When you feel like you have had enough, return to the starting position.

BEGINNER PROGRAM

The following are suggestions for persons who are just starting to use the inversion table.

Set the Chain (17) to allow the Backrest Frame (1) to rotate to 20 degrees or less for the first one or two weeks. This will allow the body time to adjust to the change in gravitational pull.

Use the inversion table for one or two minutes at a time, two or three times a day.

Stay inverted only for as long as it is comfortable. This may be only a few seconds at first.

INTERMEDIATE PROGRAM

The following are suggestions for persons who have become comfortable using the inversion table as described under the BEGINNER PROGRAM.

Increase the angle to which the inversion table can rotate, as it is comfortable. Adjust the Chain (17) to allow the inversion table to rotate to up to 60 degrees, a few degrees at a time.

Start to do gentle stretching while using the inversion table.

Gradually increase the amount of time that you use the inversion table to ten minutes or more, two or three times a day. Routines can be varied from rotating backward for one or two minutes and then upward for 30 seconds, to rotating backward and upward for equal amounts of time.

FULL INVERSION PROGRAM

The following are suggestions for persons who have become comfortable using the inversion table as described under the INTERMEDIATE PROGRAM and desire to rotate to greater angles, or to do sit-ups. Note that all the benefits of inversion can be gained by rotating to 60 degrees. **Do not attempt to do sit-ups unless the Backrest Frame is locked in the fully inverted position.**

Increase the angle to which the inversion table can rotate, as it is comfortable. Adjust the Chain (17) to allow the inversion table to rotate until it comes in contact with the back of the crossbar on the Front Frame (5).

Adjust the Pivot Bars (23) so that the pin on the Backrest Frame (1) is in the top hole (see SELECTING A PIVOT BAR POSITION on page 11). If the user weighs 220 lbs. (100 kg) or more, adjust the pin to the center hole in the Pivot Bars. Rotate backward and upward as described on page 15.

NOTES

PART LIST—Model No. WLBE0109.0

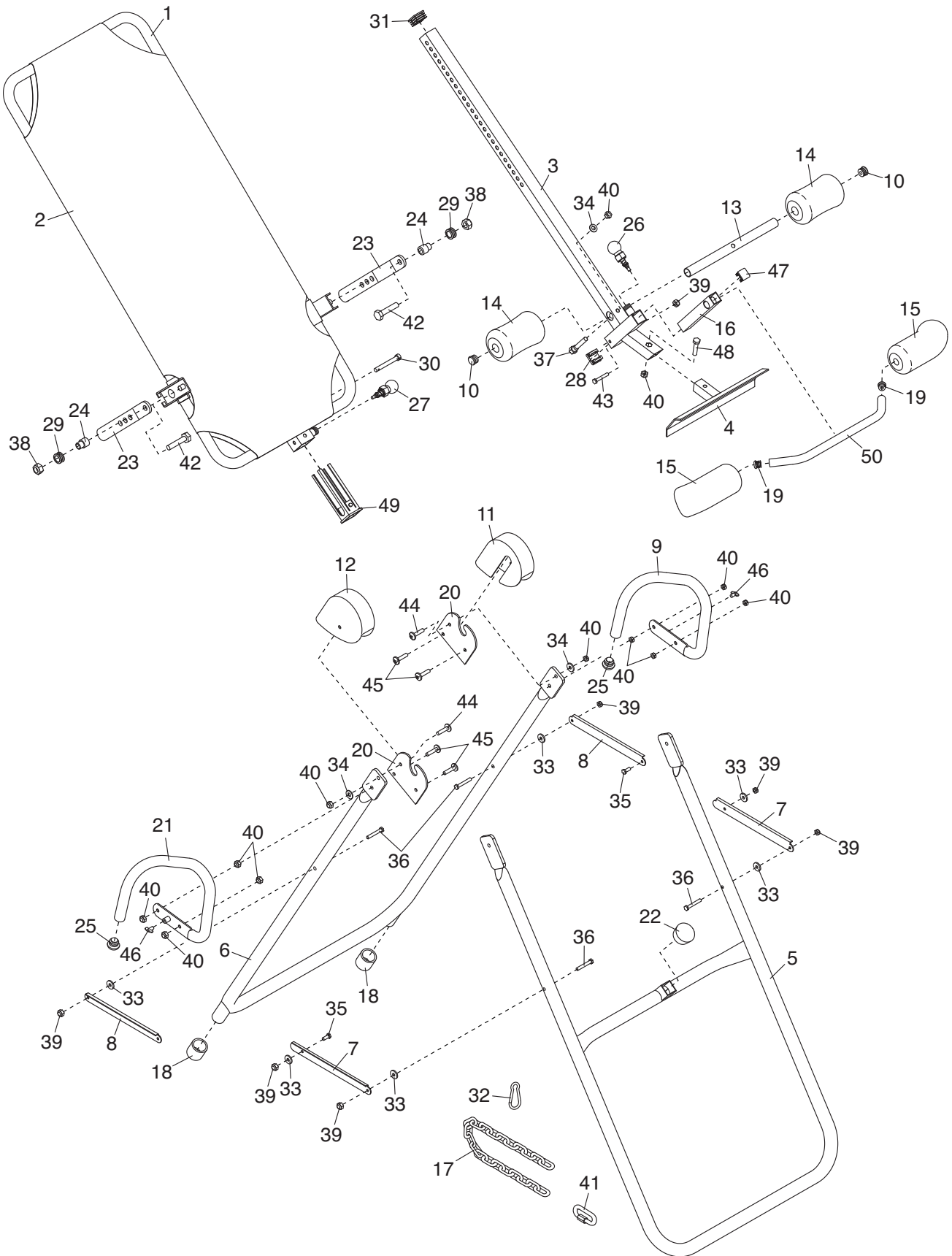
R0509A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Backrest Frame	27	1	Long Knob
2	1	Backrest	28	1	30mm Square Inner Cap
3	1	Adjustment Leg	29	2	Pulley
4	1	Foot Plate	30	1	Pin
5	1	Front Frame	31	1	33mm Square Inner Cap
6	1	Rear Frame	32	1	Clip
7	2	Long Linking Bar	33	6	M6 Washer
8	2	Short Linking Bar	34	3	M8 Washer
9	1	Left Handlebar	35	2	M6 x 13mm Bolt
10	2	Large Round Inner Cap	36	4	M6 x 45mm Bolt
11	1	Left Cover	37	1	M8 x 50mm Bolt
12	1	Right Cover	38	2	M12 Nut
13	1	Pad Tube	39	7	M6 Nut
14	2	Round Foam Pad	40	12	M8 Nut
15	2	Foam Pad	41	1	Quick Link
16	1	Ankle Lock	42	2	M12 x 50mm Bolt
17	1	Chain	43	1	M6 x 40mm Bolt
18	2	Large Round Outer Cap	44	2	M8 x 20mm Bolt
19	2	Small Round Inner Cap	45	4	M8 x 30mm Bolt
20	2	Saddle Plate	46	2	Wingnut
21	1	Right Handlebar	47	1	25mm Square Inner Cap
22	1	Bumper	48	1	M8 x 40mm Bolt
23	2	Pivot Bar	49	1	Plastic Bushing
24	2	Spacer	50	1	Ankle Lock Tube
25	2	Round Inner Cap	*	—	User's Manual
26	1	Short Knob			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. WLBE0109.0

R0509A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813