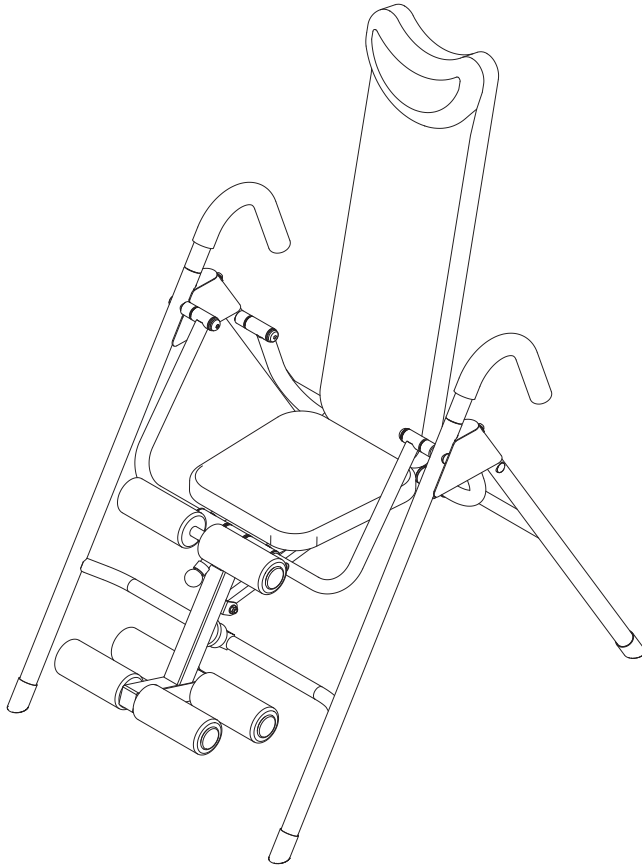


in **LINE**[®]
inversion system



Product May Vary Slightly From Pictured.

CAUTION:
Weight on this product should not exceed 250 lbs.

This Product is Distributed Exclusively by



2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

Owner's Manual

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: 55-1510

**STAMINA PRODUCTS
MADE IN CHINA**

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2011, 08

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SAFETY INSTRUCTIONS

⚠ WARNING This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.

⚠ WARNING Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

⚠ WARNING To reduce the risk of serious injury, read the following Safety Instructions before using the inLine® Inversion System.

1. Read all warnings posted on the inLine® Inversion System.
2. The inLine® Inversion System should only be used after a thorough review of the Owner's Manual.
3. We recommend that two people be available for assembly of this product.
4. Do not use the inLine® Inversion System alone. Always have a helper available in case assistance is needed in recovering from the decline position.
5. You must understand how to recover from the inverted position before using the inLine® Inversion System.
6. Keep children away from the inLine® Inversion System. Do not allow children to use or play on the inLine® Inversion System. Keep children and pets away from the inLine® Inversion System when it is in use.
7. The inLine® Inversion System should not be used by persons weighing more than 250 lbs.
8. The inLine® Inversion System should not be used by persons over 6 feet 6 inches tall.
9. It is recommended that you place this exercise equipment on an equipment mat.
10. Set up and operate the inLine® Inversion System on a solid level surface. Do not position the inLine® Inversion System on loose rugs or uneven surfaces.
11. Do not wear loose or dangling clothing while using the inLine® Inversion System.
12. Be sure the inLine® Inversion System is placed in an area where there is enough room for the seat to rotate completely.
13. Use the inLine® Inversion System only as described in the manual.
14. Before using, inspect the inLine® Inversion System for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the inLine® Inversion System, loss of balance may result in a fall and serious bodily injury.
16. The inLine® Inversion System is for consumer use only. It is not for use in public or semipublic facilities.
17. Do not use the inLine® Inversion System if you have any of the following conditions or ailments:
 - Extreme obesity
 - Glaucoma, retinal detachment or conjunctivitis
 - Pregnancy
 - Spinal injury, Cerebral Sclerosis, or acutely swollen joints
 - Middle ear infection
 - High blood pressure, hypertension, recent stroke or transient ischemic attack
 - Heart or circulatory disorders for which you are being treated
 - Hiatus hernia or ventral hernia
 - Bone weaknesses including osteoporosis, unhealed fractures, medullary pins, or surgically implanted orthopedic supports.
 - Use of anti-coagulants including aspirin in high doses.

Call Us First



Customer Service
1 (800) 375-7520
www.staminaproducts.com

THANK YOU FOR PURCHASING THE inLine® Inversion System

To enact your warranty, please register your product
by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your
inLine® Inversion System at the factory with the exception
of those few parts left unassembled for shipping purposes.
Simply follow the few assembly instructions set forth in this manual.
With regular workouts, you will be getting your body into shape
and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions,
please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.



ONLINE

CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com



TELEPHONE

CUSTOMER SERVICE
Tel: 1 (800) 375-7520



FAX

CUSTOMER SERVICE
Fax: (417) 889-8064



MAIL

STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071



BEFORE YOU BEGIN

Thank you for choosing the **inLine® Inversion System**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **inLine® Inversion System** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

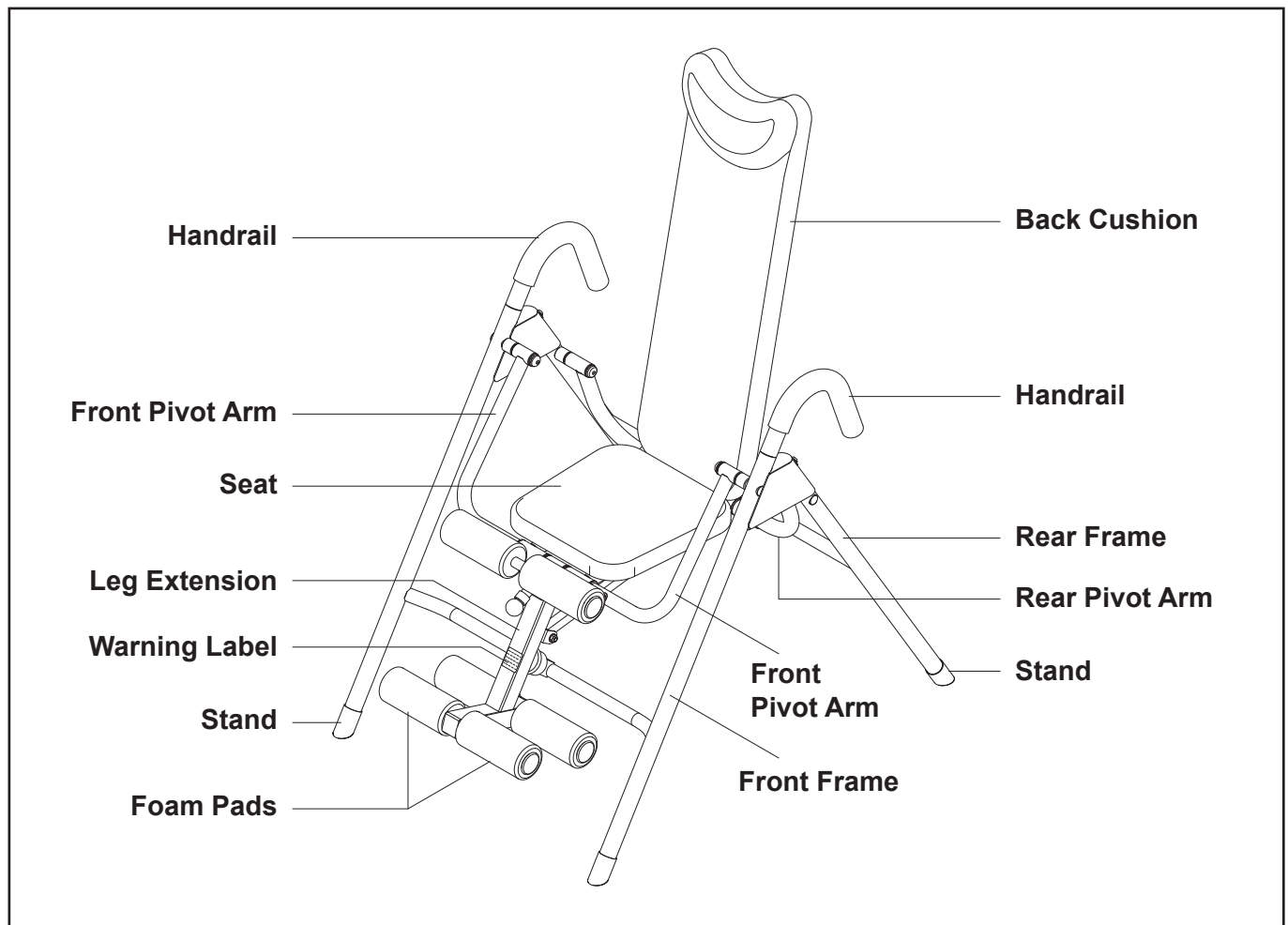
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **inLine® Inversion System**.

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **inLine® Inversion System**, please do not return the product. Contact us **FIRST!**

If a part is missing or defective, please go to staminaproducts.com to the Services section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY :



Allen Wrench (6mm) w/ Screwdriver



Allen Wrench (4mm)



Allen Wrench (8mm)

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **inLine® Inversion System**. Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

W1 WARNING LABEL(50)

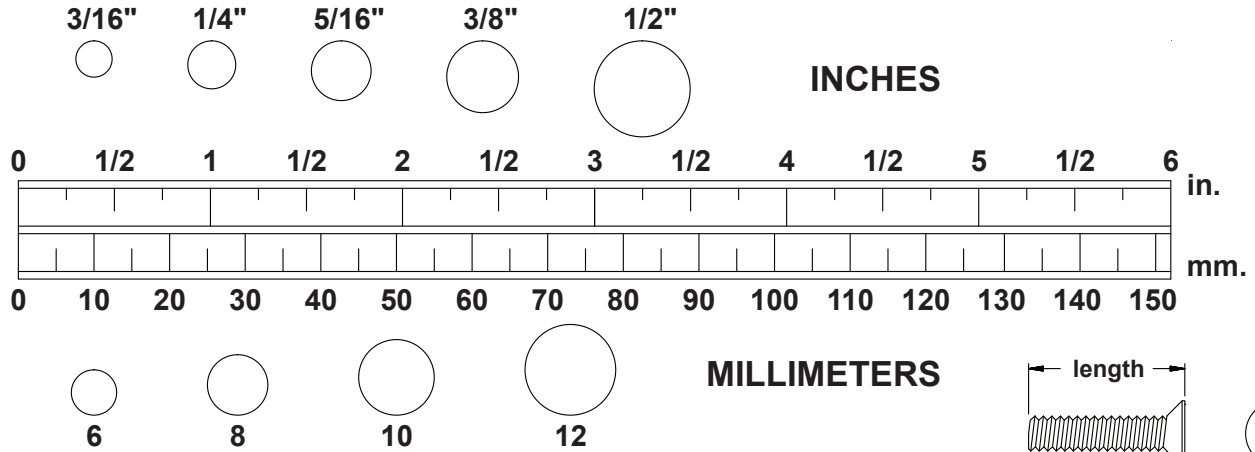


W2 INVERSION WARNING DECAL(32)

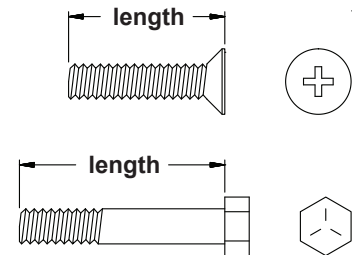


HARDWARE IDENTIFICATION CHART

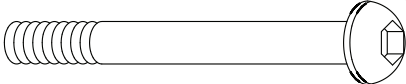
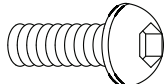
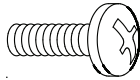
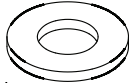

This chart is provided to help identify the hardware used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.



After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

	Part Number and Description	Qty
	34 Bolt, Button Head (M12 x 1.75 x 95mm)	2
	35 Bolt, Button Head (M12 x 1.75 x 85mm)	2
	39 Bolt, Button Head (M8 x 1.25 x 15mm)	8
	40 Bolt, Button Head (M6 x 1 x 15mm)	4
	49 Bolt, Round Head (M6 x 1 x 15mm)	8
	44 Washer (M8)	2
	48 Washer (M12)	4
	45 Arc Washer (M6)	4
	47 Arc Washer (M8)	2

ASSEMBLY INSTRUCTIONS

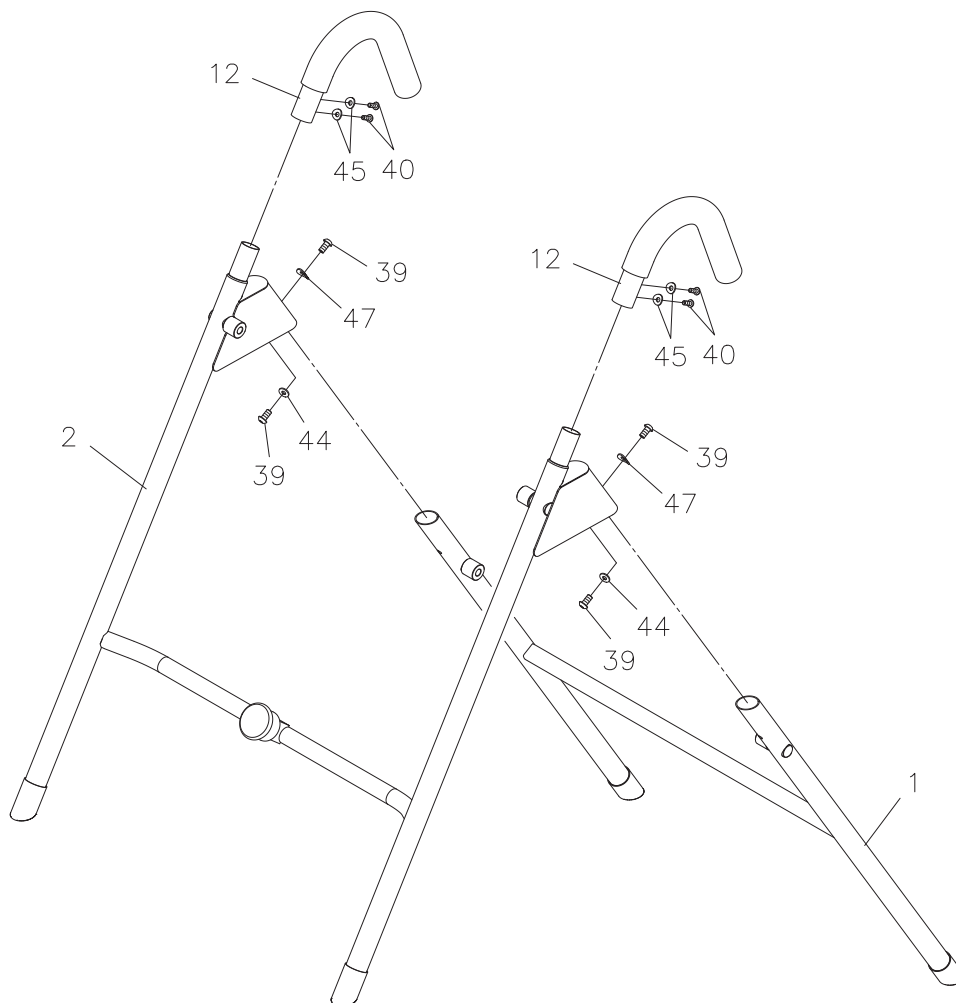
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com to the Services section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1

Insert the **REAR FRAME(1)** into the brackets on the **FRONT FRAME(2)** and secure with **BUTTON HEAD BOLTS(M8x1.25x15mm)(39)**, **ARC WASHERS(M8)(47)**, and **WASHERS(M8)(44)**.

STEP 2

Insert the **HANDRAILS(12)** into both sides of the **FRONT FRAME(2)** and secure with **BUTTON HEAD BOLTS(M6x1x15mm)(40)** and **ARC WASHERS(M6)(45)**.

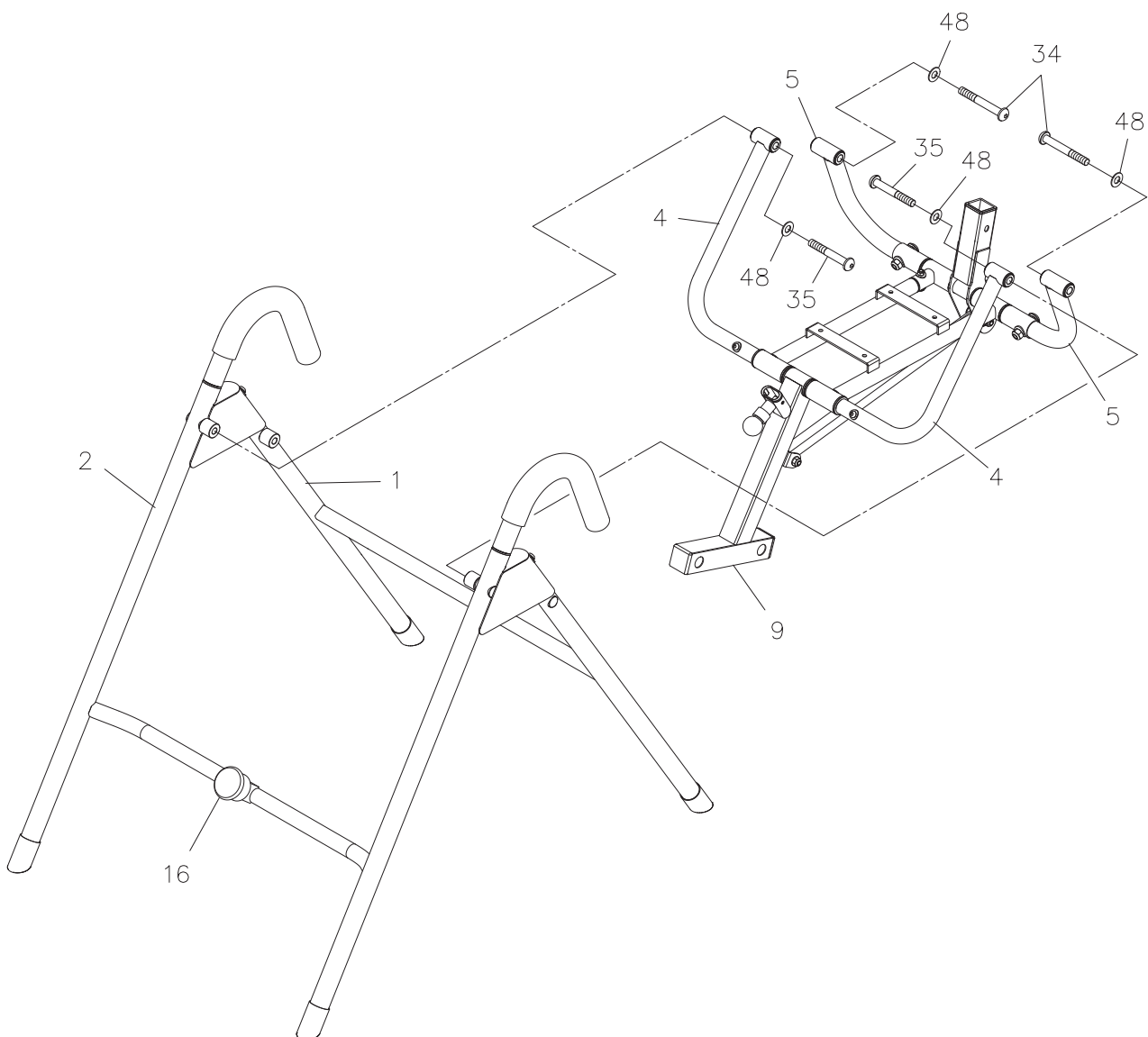


ASSEMBLY INSTRUCTIONS

NOTE: Do not over tighten **BUTTON HEAD BOLTS(34, 35)** as the **FRONT** and **REAR PIVOT ARMS(4, 5)** must be able to pivot freely after **BUTTON HEAD BOLTS(34, 35)** are tightened.

STEP 3

Position the **LEG EXTENSION(9)** in front of the **BUMPER(16)**. Attach the **FRONT PIVOT ARMS(4)** to the **FRONT FRAME(2)** with **BUTTON HEAD BOLTS(M12x1.75x85mm)(35)** on both sides. Attach the **REAR PIVOT ARMS(5)** to the **REAR FRAME(1)** with **BUTTON HEAD BOLTS(M12x1.75x95mm)(34)** on both sides.



ASSEMBLY INSTRUCTIONS

STEP 4

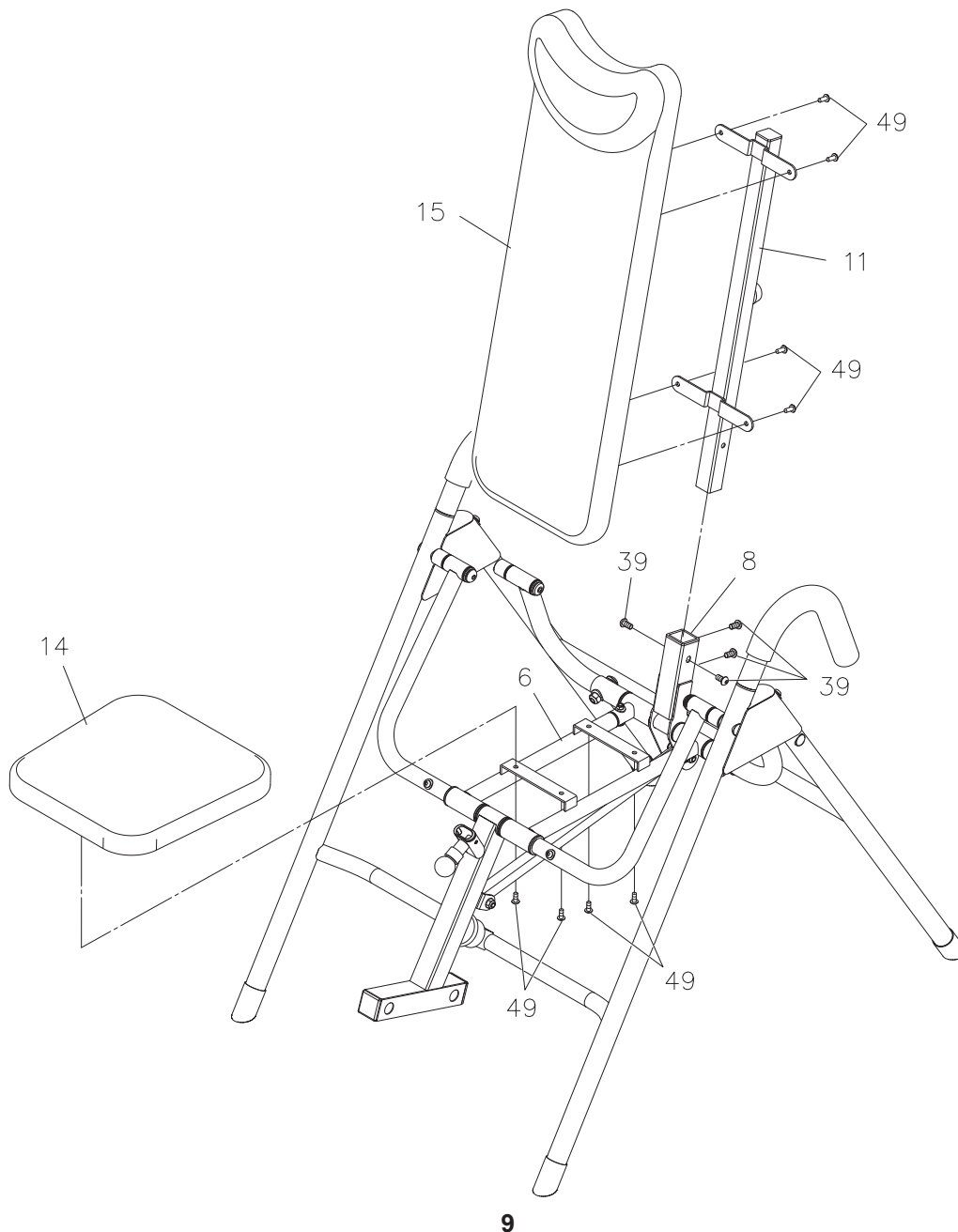
Attach the **SEAT(14)** to the **SEAT FRAME(6)** with **ROUND HEAD BOLTS(M6x1x15mm)(49)**.

STEP 5

Insert the **BACK FRAME(11)** into the **BACK PIVOT FRAME(8)** and secure with **BUTTON HEAD BOLTS (M8x1.25x15mm)(39)**.

STEP 6

Attach the **BACK CUSHION(15)** to the **BACK FRAME(11)** with **ROUND HEAD BOLTS(M6x1x15mm) (49)**.



ASSEMBLY INSTRUCTIONS

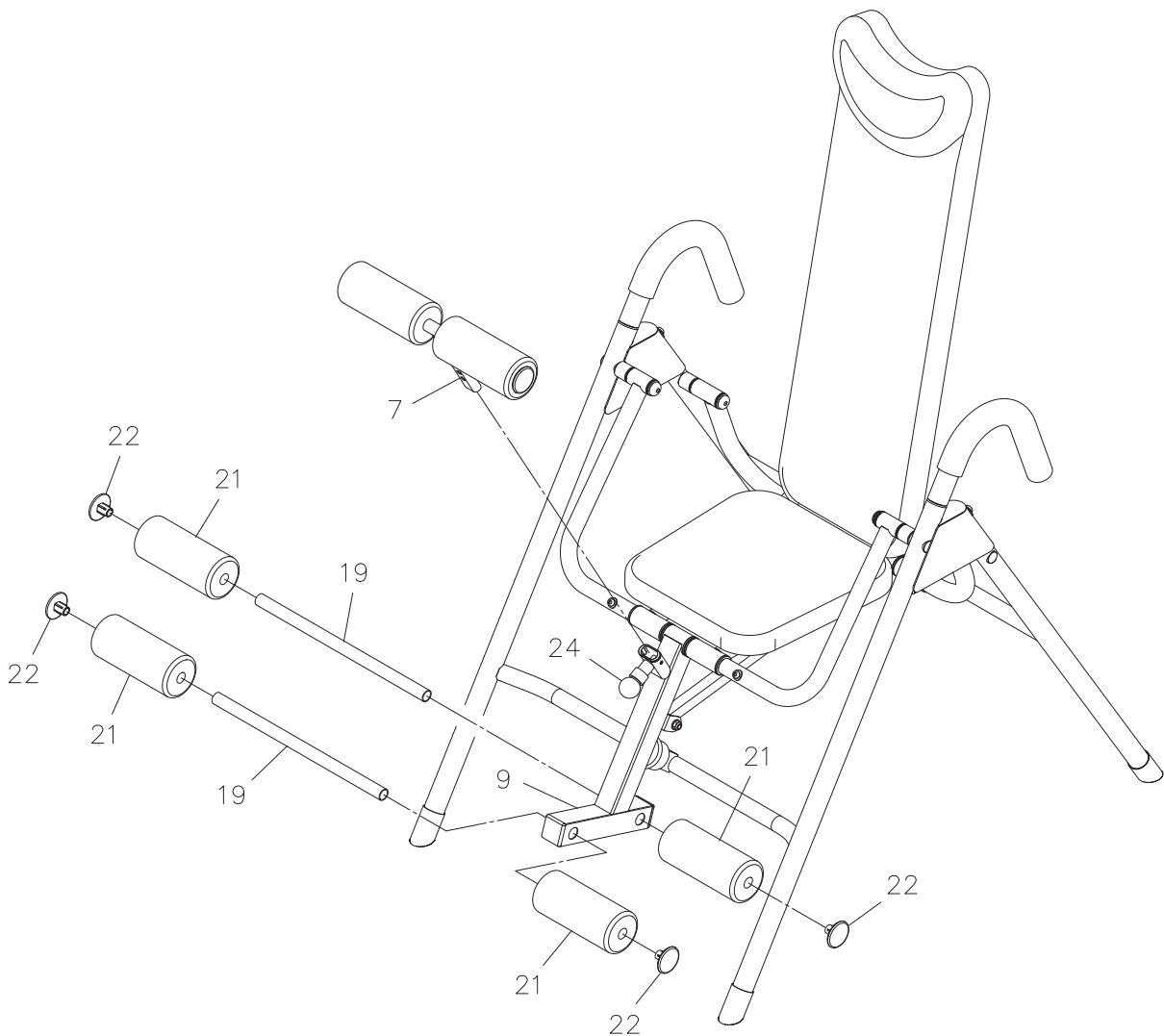
STEP 7

Slide a **FOAM PAD(21)** onto a **PAD TUBE(19)** and press a **SECURING PLUG(22)** into the end of the **PAD TUBE(19)**. Then insert the other end of the **PAD TUBE(19)** through one of the two holes in the **LEG EXTENSION(9)**. Slide another **FOAM PAD(21)** over the protruding end of the **PAD TUBE(19)** and press a **SECURING PLUG(22)** into the end of the **PAD TUBE(19)**. Repeat to assemble the second set of **FOAM PADS(21)**, inserting the **PAD TUBE(19)** through the other hole in the **LEG EXTENSION(9)**.

STEP 8

Install the **PAD SUPPORT ASSEMBLY(7)** into the **LEG EXTENSION(9)** by pulling the **SPRING PIN(24)** on the **LEG EXTENSION(9)** and inserting the **PAD SUPPORT ASSEMBLY(7)** as shown.

NOTE: The pin on the **SPRING PIN(24)** must be inserted into one of the adjustment holes in the **PAD SUPPORT(7)**.



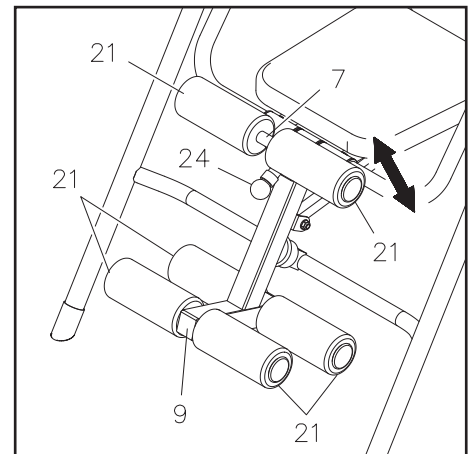
OPERATIONAL INSTRUCTIONS

GENERAL PRECAUTIONS

1. Do not use the **inLine® Inversion System** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
2. Make sure that the **FOAM PADS(21)** are holding your feet properly.
3. Make sure that there is enough room for the **inLine® Inversion System** to rotate completely.

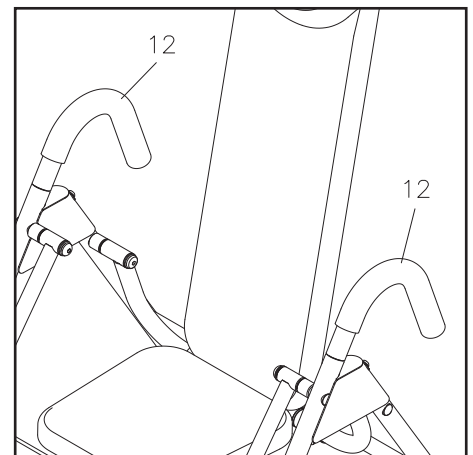
FOAM PAD USE AND ADJUSTMENT

1. Place your feet under the **FOAM PADS(21)** with your ankles between the **FOAM PADS(21)**.
2. There are four adjustment holes in the **PAD SUPPORT(7)** which allow you to set the **FOAM PADS(21)** on the **PAD SUPPORT(7)** at different heights. These **FOAM PADS(21)** rest underneath your knees during use of the unit.
Pull the **SPRING PIN(24)** and slide the **PAD SUPPORT(7)** in and out to adjust. Release the **SPRING PIN(24)** to lock the **PAD SUPPORT(7)** in one of the adjustment holes.



THE HANDRAILS

The **HANDRAILS(12)** are located on both sides of the **inLine® Inversion System**. The **HANDRAILS(12)** are to help you return from inversion to the upright position. When inverted, use the **HANDRAILS(12)** to pull yourself up to the upright position.



STORAGE

1. To store the **inLine® Inversion System**, simply keep it in a clean dry place.
2. Move the **inLine® Inversion System** by lifting the frame and moving slowly.

NOTE: Two people are required to move the **inLine® Inversion System**.

MAINTENANCE

The safety and integrity designed into the **inLine® Inversion System** can only be maintained when the **inLine® Inversion System** is regularly examined for damage and wear. Special attention should be given to the following:

1. Check the pivot arms, cushions, foam pads, and foam pads adjustment device for damage and wear.
2. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
3. Verify that the **WARNING LABEL(50)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **WARNING LABEL(50)** if it is missing or damaged.
4. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
5. Worn or damaged components shall be replaced immediately or the **inLine® Inversion System** removed from service until repair is made.
6. Only Stamina Products supplied components shall be used to maintain/repair the **inLine® Inversion System**.
7. Keep your **inLine® Inversion System** clean by wiping it off with an absorbent cloth after use.

LIMITED WARRANTY

MODEL 55-1510

WARRANTY

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071**, or email us at **customerservice@staminaproducts.com**, or call us at **1-800-375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

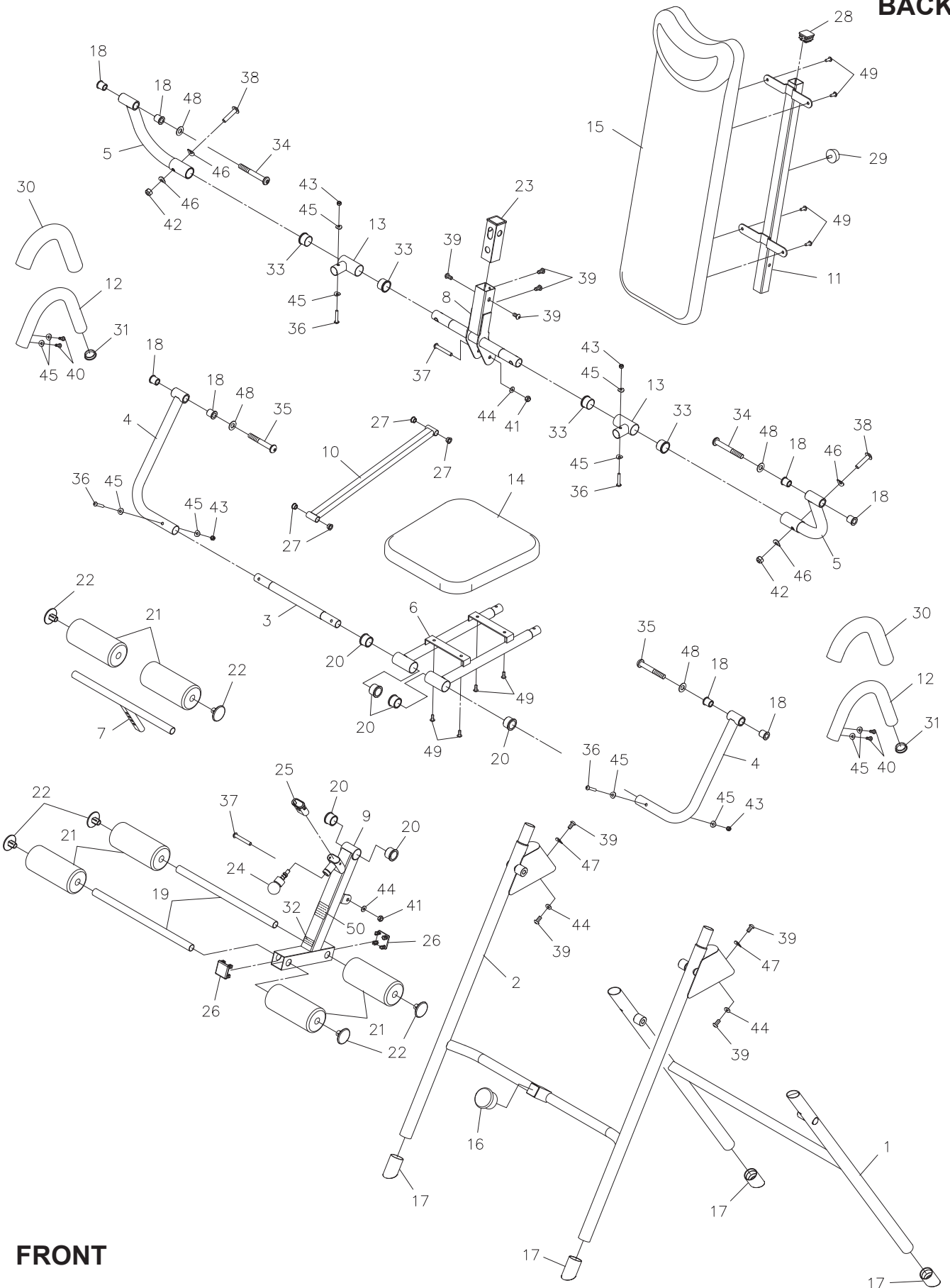
Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.

PRODUCT PARTS DRAWING

BACK



FRONT

PARTS LIST

PART#	PART NAME	QTY
1	Rear Frame	1
2	Front Frame	1
3	Shaft	1
4	Front Pivot Arm	2
5	Rear Pivot Arm	2
6	Seat Frame	1
7	Pad Support	1
8	Back Pivot Frame	1
9	Leg Extension	1
10	Linkage	1
11	Back Frame	1
12	Handrail	2
13	Seat Frame Connector	2
14	Seat	1
15	Back Cushion	1
16	Bumper	1
17	Stand	4
18	Pivot Arm Bushing	8
19	Pad Tube	2
20	Seat Frame Bushing	6
21	Foam Pad	6
22	Securing Plug (19.1mm)	6
23	Sleeve	1
24	Spring Pin	1
25	Oval Sleeve	1
26	Square Plug (38 x 38mm)	2
27	Linkage Bushing	4
28	Square Plug (30 x 30mm)	1
29	Back Bumper	1
30	Foam Grip	2
31	Round Plug (31.8mm)	2
32	Inversion Warning Decal	1
33	Connector Bushing	4
34	Bolt, Button Head (M12 x 1.75 x 95mm)	2
35	Bolt, Button Head (M12 x 1.75 x 85mm)	2
36	Bolt, Button Head (M6 x 1 x 35mm)	4
37	Bolt, Button Head (M8 x 1.25 x 55mm)	2
38	Bolt, Button Head (M10 x 1.5 x 45mm)	2
39	Bolt, Button Head (M8 x 1.25 x 15mm)	8
40	Bolt, Button Head (M6 x 1 x 15mm)	4
41	Nylock Nut (M8 x 1.25)	2
42	Nylock Nut (M10 x 1.5)	2
43	Nylock Nut (M6 x 1)	4
44	Washer (M8)	4
45	Arc Washer (M6)	12
46	Arc Washer (M10)	4
47	Arc Washer (M8)	2

PARTS LIST

PART#	PART NAME	QTY
48	Washer (M12)	4
49	Bolt, Round Head (M6 x 1 x 15mm)	8
50	Warning Label	1
51	Allen Wrench (6mm) w/ Screwdriver	1
52	Allen Wrench (4mm)	1
53	Allen Wrench (8mm)	1
54	Manual	1

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.



**ONLINE
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customerservice@staminaproducts.com
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**FAX
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Fax: (417) 889-8064



MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071 Springfield, MO. 65801-1071

Would you like to receive email information or special offers from Stamina Products? Register at contact.staminaproducts.com

TO REGISTER YOUR PRODUCT

To enact your warranty, please register your product by going to register.staminaproducts.com. Please have your product model number (printed on the cover of this owner's manual) and the serial number (printed on the black and white sticker on your product) ready.

If you don't have internet access, you can call customer service at 1-800-375-7520, or fill out and mail the product registration form below to Stamina Products, Inc.; P.O. Box 1071; Springfield, MO 65801-1071.

PRODUCT REGISTRATION FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071
Model Number:	Serial Number:
Product Name:	
Place Purchased:	
Date of Purchase:	Purchase Price:
First Name:	Last Name:
City:	State: Zip Code:
Email Address:	Phone #: ()
Would you like to receive email information or special offers from Stamina Products?* <input type="checkbox"/> Yes <input type="checkbox"/> No *If yes, be sure your email address is included above.	



Detach and Mail or Fax the Form Above



TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.



Detach and Mail or Fax the Form Below



PARTS ORDER FORM	Stamina Products, Inc. P.O. Box 1071 Springfield, MO 65801-1071	
Mr./Ms:		
Address: Apt. #:		
City: State: Zip Code:		
IMPORTANT : We must have your phone number to process the order!		
Phone #: () Work Phone #: ()		
Date of Purchase:		
Model #:		
Purchased From:		
IMPORTANT : Before filling out the form below make sure you have the correct information. Refer to the parts list to make sure you're ordering the right parts!		
PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Unit Assembly	1

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