



# Important Safety Notice

ICON Health & Fitness, Inc. has found that the spring on the long adjustment knob or the adjustment strap may become damaged as a result of use. If the spring becomes damaged, the ankle lock can disengage while the inversion system is inverted, causing a user to fall. This can result in serious head and neck injuries. Additionally, if the adjustment strap is damaged, the strap may break, causing a user to unexpectedly rotate farther than desired.

This kit includes the following items:

a replacement spring 

a quick link 

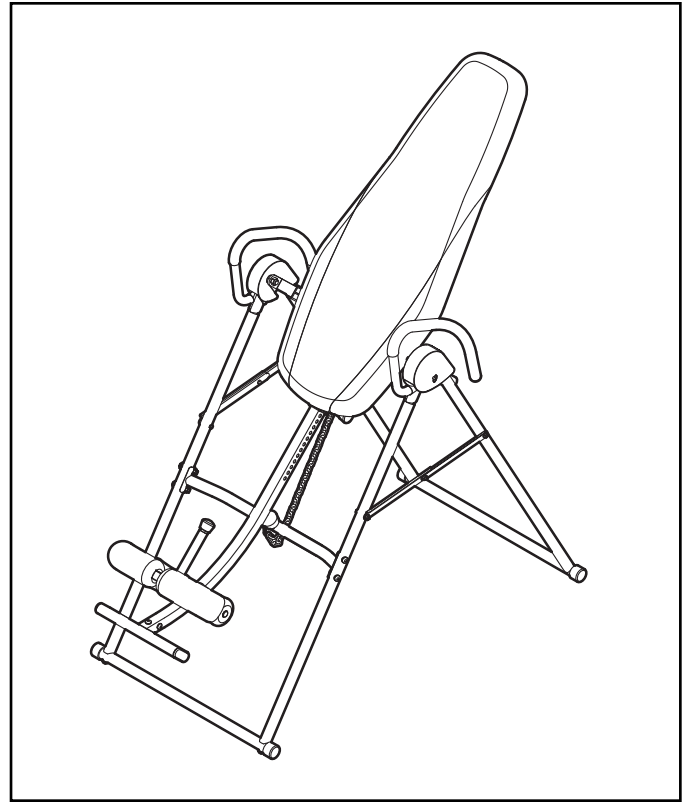
a chain 

Installation requires the following tools:

an adjustable wrench 

pliers 

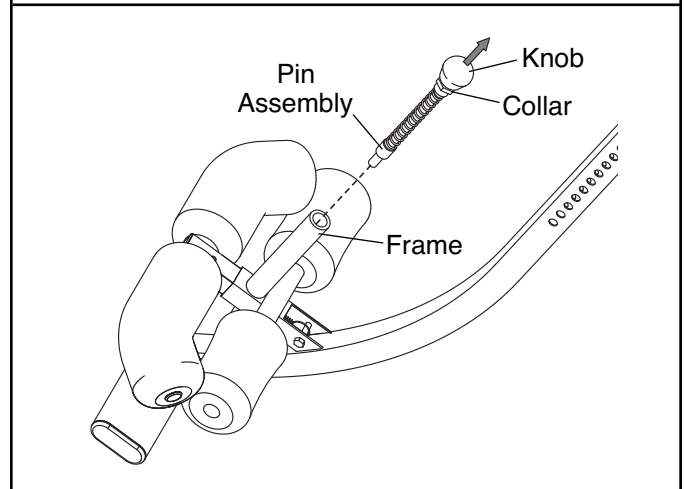
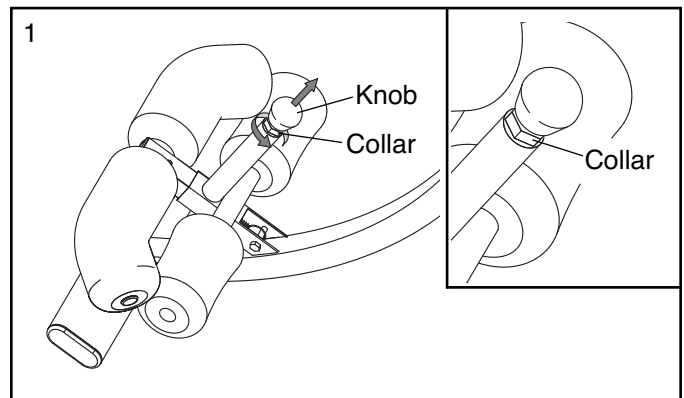
**Note:** Your inversion system may look different from those shown in the drawings.



Follow the steps below and on page 2 to install the replacement spring. Then, follow the steps on page 3 to install the quick link and the chain.

1. Pull the Long Adjustment Knob upward.

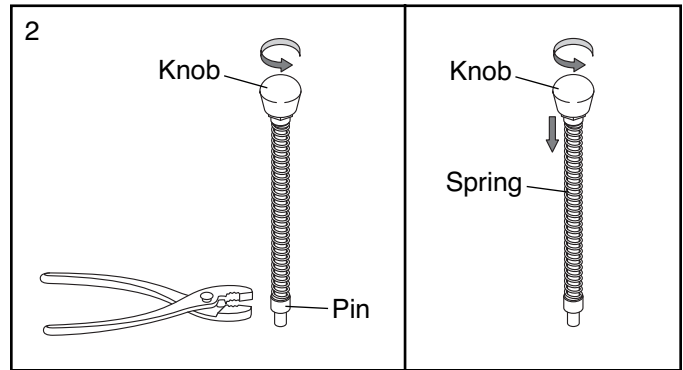
Using an adjustable wrench, loosen the Collar, and remove the Pin Assembly from the Frame.



(continued on back)

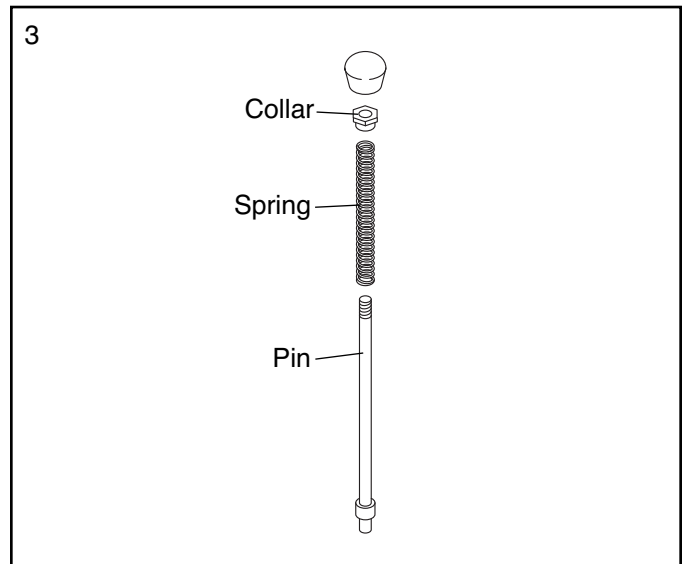
- Using pliers, grip the bottom of the Pin to keep it from turning, and loosen the Knob a few turns.

Next, pull the Spring downward and hold it firmly in place while you fully remove the Knob. Then, gently release the Spring.



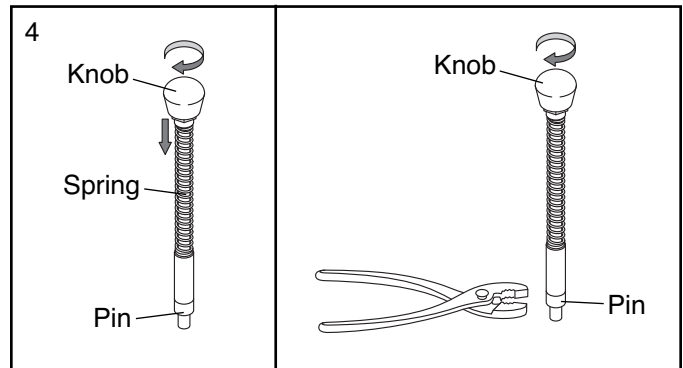
- Remove the Collar and the Spring from the Pin. Discard the Spring.

Locate the long Spring included in this fix kit. Slide the Spring onto the Pin. Then, slide the Collar onto the Pin.



- Pull the Spring downward and hold it firmly in place while you tighten the Knob a few turns onto the Pin. Then, gently release the Spring.

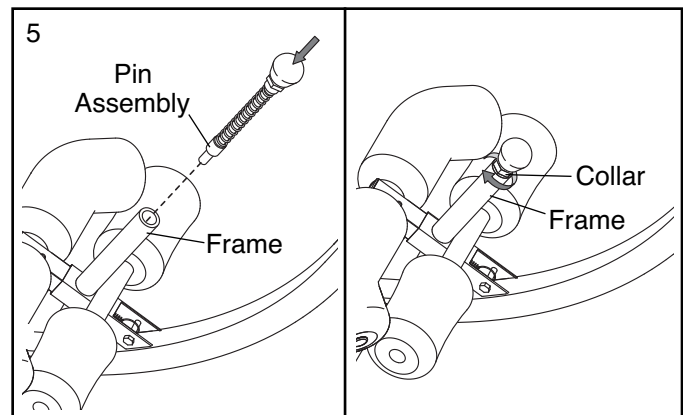
Using pliers, grip the bottom of the Pin to keep it from turning, and tighten the Knob onto the Pin.



- Insert the Pin Assembly into the Frame.

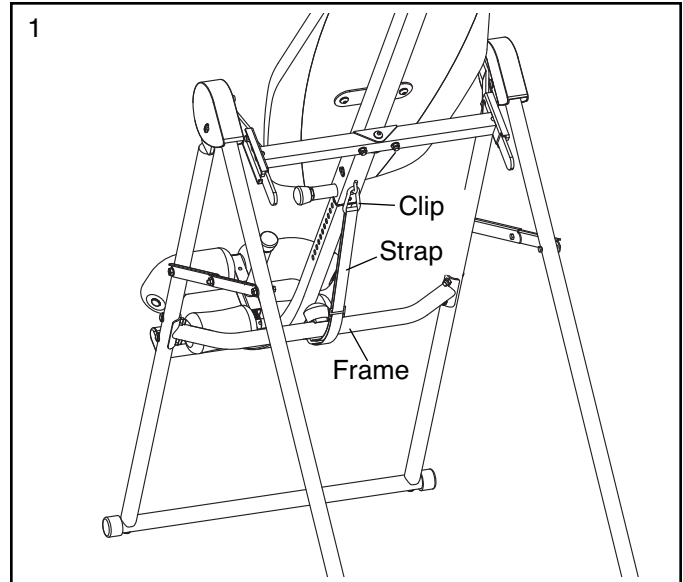
Using an adjustable wrench, tighten the Collar into the Frame.

**You have completed the installation of the replacement spring. See the steps on page 3 to install the quick link and the chain.**



Follow the steps below to remove the strap and to install the quick link and the chain.

1. Remove the Strap from the Clip and from the Frame. Discard the Strap. **Do not discard the Clip.**



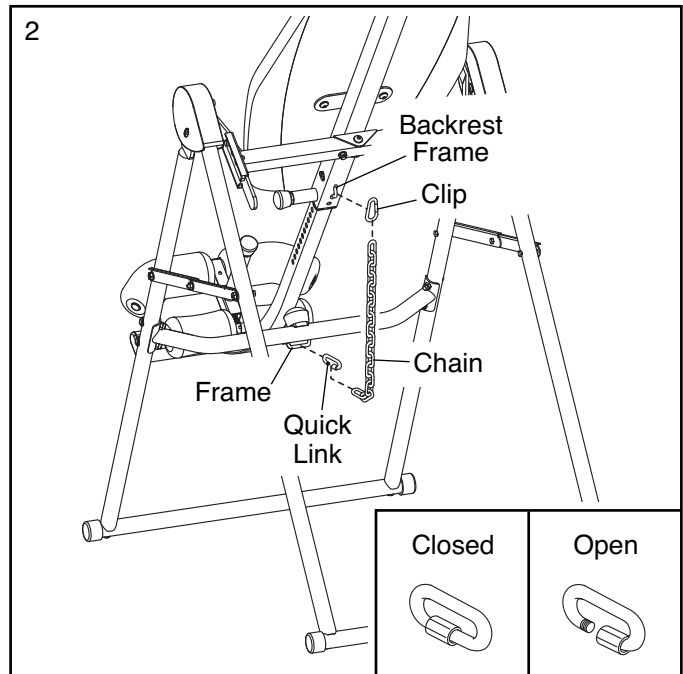
2. **See the inset drawings.** Locate the Quick Link included in this fix kit. Open the Quick Link by turning the nut on the Quick Link.

Locate the Chain included in this fix kit. Attach one end of the Chain to the bracket on the Frame with the Quick Link. Close the Quick Link by turning the nut on the Quick Link.

Attach the other end of the Chain to the hook on the Backrest Frame with the Clip.

**Make sure that the Quick Link is securely attached to the Frame and that the Clip is securely attached to the Backrest Frame.**

**You have completed the installation of the quick link and the chain.**



3. The Chain can be used to stop the inversion system from becoming inverted farther than desired.

To adjust the Chain, first remove it from the Clip on the Backrest Frame. Rotate the Backrest to the most inverted position to which you want it to move. Then, have a second person remove the slack from the Chain and reattach it to the Backrest Frame with the Clip.

