



Inversion Belt

User guide

For use with an inversion table
or Horizontal Decompression System

CAUTION

Use only as directed.

Consult a licensed physician to determine if Inversion or decompression is appropriate for you.

Read instructions & contraindications completely before using the Inversion Belt and an inversion table.



User Instructions

We recommend that you consult a physician to determine if inversion or decompression is appropriate for you. Please read the enclosed list of contraindications before using the Inversion Belt with an inversion table. The list can also be found on our website at www.InversionBelt.com.



To view these instructions in a video, please go to www.InversionBelt.com/Products/Instructions.

User Instructions

For the Horizontal Decompression System

CAUTION

Use only as directed.

Consult a licensed physician to determine if low back decompression is appropriate for you.



User Instructions for use with the Horizontal Back Decompression System

We recommend that you consult a physician to determine if low back decompression is appropriate for you.

1. Line up the Inversion Belt to ensure that the #2 strap is centered between your legs.



2. (Optional) Attach the protective pad inside of the right flap of the Inversion Belt.



3. Wrap the Inversion Belt around your waist.



4. Secure the #1 buckle. Tighten the strap so that you can still push the ring down 1-2 inches.



5. Secure #2 buckle, leaving the strap loose until the final step.



6. Sit on the Back Stretch Bench and attach the twin straps #3 and #4 to the top foam pads at the feet of the table.



User Instructions for use with the Horizontal Back Decompression System

We recommend that you consult a physician to determine if low back decompression is appropriate for you.

7. Tighten the twin straps so that the under arm pads just fit when you lay down.



8. Begin pulling the lever towards the head of the table until you feel a comfortable stretch in your low back.



9. Remain in the stretched position as long as it is comfortable to you or as recommended by your physician. Most people benefit from 10-15 minutes of stretch time daily.



10. To get off the Horizontal Back Decompression System, remove the under arm pads and then release the tension by pushing the lever down towards the feet. Remove the belt and then roll to your side to get up.



User Instructions

For the Inversion Belt with an inversion table

CAUTION

Use only as directed.

Consult a licensed physician to determine if the Inversion Belt and inversion therapy is appropriate for you. Read instructions & contraindications completely before using the Inversion Belt and an inversion table.



User Instructions for use with an Inversion Table

We recommend that you consult a physician to determine if inversion is appropriate for you. Please read the enclosed list of contraindications before using the Inversion Belt with an inversion table. The list can also be found on our website at www.InversionBelt.com.

1. Line up the Inversion Belt to ensure that the #2 strap is centered between your legs.



2. (Optional) Attach the protective pad inside of the right flap of the Inversion Belt.



3. Wrap the Inversion Belt around your waist.



4. Secure the #1 buckle. Tighten the strap so that you can still push the ring down 1-2 inches.



5. Secure #2 buckle, leaving the strap loose until the final step.



6. Position yourself on the inversion table as instructed by the manufacturer of your inversion table.

7. Before securing your ankles with the attachment piece of your inversion table, attach the twin straps, #3 & #4, to the front of the ankle attachment piece.



8. Secure your ankles with the ankle attachment piece of your inversion table and tighten the twin straps, #3 & #4, slightly.



To view these instructions in a video, please go to www.InversionBelt.com/Products/Instructions.

User Instructions for use with an Inversion Table

We recommend that you consult a physician to determine if inversion is appropriate for you. Please read the enclosed list of contraindications before using the Inversion Belt with an inversion table. The list can also be found on our website at www.InversionBelt.com.

- 9. Bend your knees slightly and tighten the #2 strap to the point where you can still straighten your knees with some effort. That should be enough to allow you to benefit from the Inversion Belt, however you can tighten it more if you wish to reduce more stretch out of your legs.**



- 10. Begin inverting slowly as recommended. The belt will enhance the decompressive force into your lower back, therefore inverting as little as 5 degrees will be enough to stretch your lower back. You can increase the degrees of inversion if it is comfortable to you.**



- 11. Remain inverted for up to 60 seconds at a time if it is comfortable to you and then return to near horizontal for 30 seconds or more. Repeat as many times as you desire, as long as it is comfortable to you. Most people benefit from 10-15 intervals.**



- 12. To get off the inversion table, release the twin buckles #3 & #4, hold them in one hand and carefully step off the table with the Inversion Belt on.**



Remove the Inversion Belt once you are off the inversion table.

Returns, Policies & Terms

Damaged Goods / Full Warranty Claims

- All shipments leave the Inversion Belt warehouse in good condition. Any damage, shortages, or product lost in transit should be reported to Inversion Belt, LLC within fourteen (14) days of receipt or scheduled delivery.

Return Policy

- All returns must be completed within 30 days of delivery.
- Returns must have a valid Return Merchandise Authorization (RMA) number issued by Inversion Belt, LLC.
- Product must be returned in original condition with all parts and instructional manuals.
- Product must be returned undamaged in suitable packing, preferably in original packaging.
- All return shipping charges must be prepaid; we will not accept Collect On Delivery (C.O.D.) deliveries. You may ship the product using your preferred method. Inversion Belt, LLC offers a prepaid UPS return shipping label for a \$20 fee, a fee contingent on shipping the merchandise in its original packaging.
- It is recommended that you acquire shipment tracking and insurance for the entire value of your product. We do not assume responsibility for merchandise damaged or lost during transit.
- Merchandise returned without a valid RMA number or in violation of this policy will not qualify for a refund and Inversion Belt, LLC may discard the product.
- Returned merchandise must be received by Inversion Belt, LLC no later than fourteen (14) days after an RMA is issued, otherwise the RMA expires and is no longer valid. Returns received after this timeframe may incur a re-stock fee of 20%.

Refunds

- Refunds are issued after a product is received and inspected. Processing can take up to ten (10) business days.
- Refunds, including gift returns, are made in the same form as the original payment for purchase. Please allow up to eight (8) weeks for your credit card company to post this refund on your statement.
- Refunds on standard “buyer’s remorse” returns are for product only and do not include any processing fees, shipping or handling fees.
- Return shipping costs on refused merchandise deliveries or missed delivery appointments will be deducted from the refund. The refund will be only for the purchase price, less all shipping charges.
- If the return is the result of our error or defective product, we will refund the full cost of the merchandise and the shipping charges. A call tag may be issued.