wellcore®

WLLC1140

Tabla de inversión - Manual de usuario
Inversion Table - User Manual
Table d'inversion - Manuel de l'utilisation
Panca ad inversione - Manual do Utilizador
Inversionsbank - Gebrauchsanweisung
Tábua de inversão - Manuale d'uso
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ES
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EN

Well-being made to measure

WELLCORE is born from the fundamental pillars of life: health and well-being. With the goal of making you feel good, WELLCORE offers you the peace of mind and confidence of knowing that you take care of yourself as much as you deserve in your daily life.

WELLCORE is a new brand offered exclusively by the Bunzl Group. As a company with extensive experience in the market and in health-related areas, Bunzl understands the need to bring personal care and well-being to people in a simple and affordable way.

Our pace of life does not stop and our well-being is constantly at stake, so it is vital to have products that guarantee a good balance. In our brand you will find a wide range of equipment to take care of yourself in a quick and easy way.

We are always working with new innovations and the latest technologies. You will discover modern and intuitive equipment that you can incorporate into every moment of your day to achieve that extra well-being you were looking for.

You don’t have to worry, WELLCORE has arrived to simplify your idea of taking care of yourself.

It’s time to take care of yourself!

Model:

MODEL	REF	SIZE	Net Weight.:	MAXIMUM SUPPORTED WEIGHT
MC0886W	WLLC1140	114.5 x 58 x 130 cm	20.5 kg	120 kg

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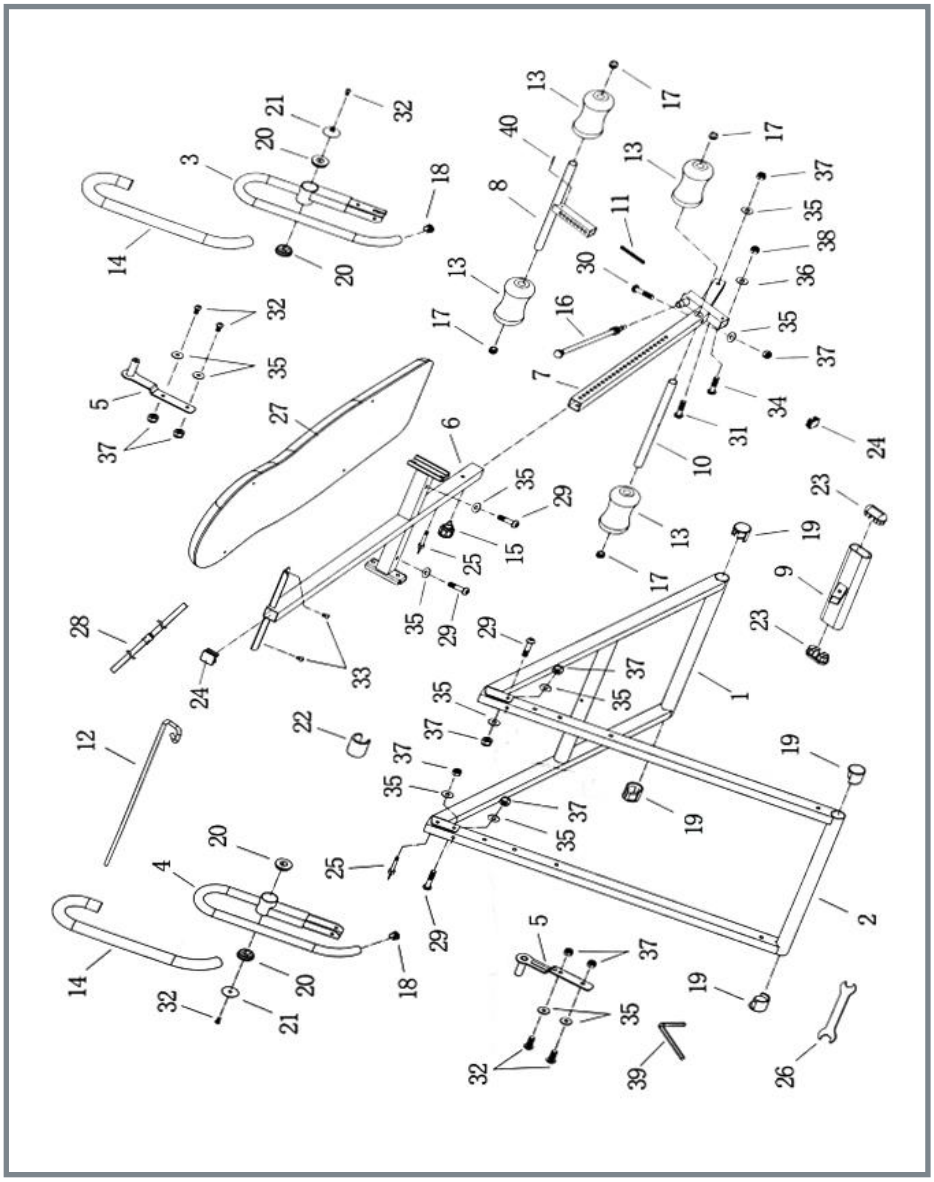
Safety instructions:

Please keep this manual for future reference.

- IMPORTANT! Read the manual in its entirety before assembly and use.
- Before using this inversion table, please consult your health care professional. If you're on medication for heart rate, blood pressure or cholesterol levels please follow doctor's advice.
- Be aware of your body's signals when using this machine. Please stop exercising if you experience any of below symptoms: pain, tightness in chest, irregular heartbeat, shortness of breath, feeling lightheaded, dizziness or nausea. Proceed only after doctor's clearance.
- This inversion table is for adults only. Keep children and pets away from this equipment.
- Always use this machine on a solid, flat surface. Cover the floor or carpet with an exercise mat to protect from damage. To ensure safety, make sure all obstacles are at least 23 inches (60 cm) away from the equipment.
- Make sure all screws, nuts and bolts are tightened before use.
- Only the regular repair and maintenance of damaged, worn and broken parts can ensure the safe use of the equipment.
- Please follow the manual while in use. If you find any issue during assembly or follow up maintenance, or hear any unusual noise while using, please stop operating immediately.
- Avoid loose clothing that could possibly get stuck in machine.

- During the lifting or moving of the equipment, please pay attention to safety so as not to hurt your back.
- Remember to use the correct method of handling or, if necessary, with the assistance of others.
- Adjust the inclination angle to less than 30°the first time using the machine
- Warm up slowly and limit your exercise to 5 minutes the first time using machine.
- These are signs of excessive exercise: headache, dizziness, tears in the eyes, redness on the face, and discomfort in the ankles, knees and hips.
- Reduce the inclination angle if you feel uncomfortable. Stop if it doesn't help.
- Do not use inversion table too soon after eating.
- The Inversion table can be used at any time of the day, and the effect is the same.
- It can be used 2-3 times a day.
- Maximum inclination angle suggested is 60°.
- **Domestic use. Physical fitness equipment intended exclusively for performing inversion exercises by adult users.Its purpose is recreational and focused on general well-being, with no medical or therapeutic intent.**

Diagram of parts:



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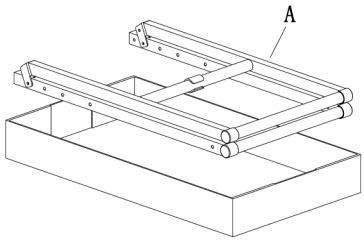
Part list:

Nº	NAME AND SPECIFICATION	QTY	Nº	NAME AND SPECIFICATION	QTY
1	Front u-frame	1	21	Cap	1
2	Rear u-frame	1	22	Arc Rubber Pad	1
3	Right Handle Bar	1	23	Oval End Cap	2
4	Left handle Bar	1	24	Square End Cap	1
5	Left Connect Plate	2	25	Loop pin: φ8*62 wire diameter 50	2
6	Bed Frame	1	26	Multifunctional Wrench: S13, S17 thickness 12mm	1
7	Adjustable Boom	1	27	Bench	1
8	Front Adjustable Tube	1	28	Nylon Strap	1
9	Foot Tube	1	29	Hex Bolt: M8*50 #5	2
10	Foam Tube	1	30	Hex Bolt: M8*45 #5	1
11	Spring: φ6*120 wire diameter	1	31	Hex Bolt: M8*40 #5	1
12	Limited Bar	1	32	Hex Bolt: M8*20, #5	2
13	Foam	4	33	Hex Bolt: M8*20, #5	2
14	Foam Grip	2	34	Hex Bolt: M6*40 Length:15 #5	1
15	Spring Pin	1	35	Flat Washer: φ8.5*φ20*1.5	8
16	Ball Head Pin	1	36	Flat Washer: φ6.5*φ13*1.5	1
17	Circle Tube Plug	4	37	Lock Nut: M8*8H	8
18	φ25 Circle Tube Plug	2	38	Lock Nut: M6	1
19	Semicircle foot pad with 50 round tube	4	39	L-Shape Wrench: S5	1
20	Bushing	4	40	Split Pin: φ4*27	1

Assembly instruccions:

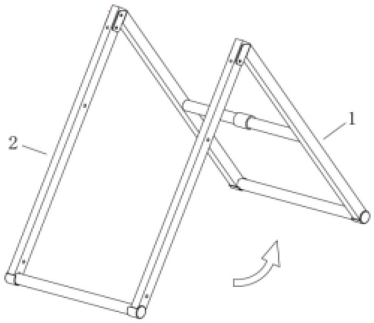
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STEAP 1:



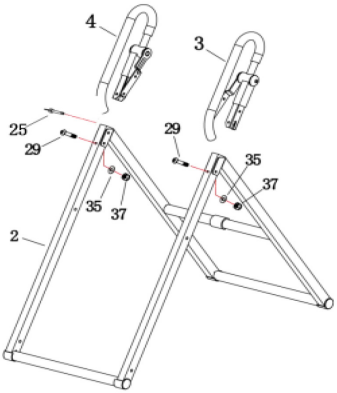
Open the package, take out the main frame (A), and put (A) on the ground.

STEAP 2:



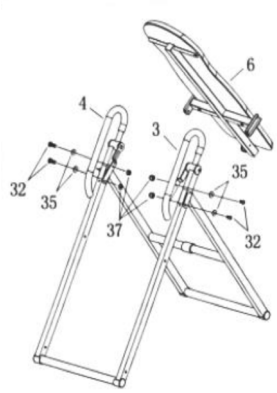
Unfold the Front U-Frame (1) by following the arrow direction.

STEAP 3:



Insert the Right Handle Bar (3) and the Left Handle Bar (4) into the Rear U-Frame (2) respectively; fix it with Hex Bolt M8*50 (29) + Flat Washer (35) + 2 sets of Lock Nut M8 (37) by using the L-shape Wrench (39) & Multifunctional Wrench (26) and insert it into the Shackle Bolt (25).

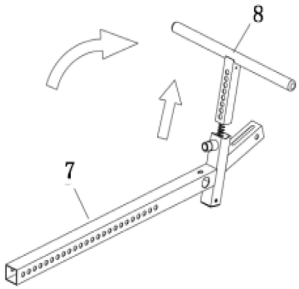
STEAP 4:



Attach the Bed Frame (6) to between the Right Handle Bar (3) and the Left Handle Bar (4);
fix it with Hex Bolt M8*20 (32) + 4 sets of Flat Washer (35) by using the L-shape Wrench (39).

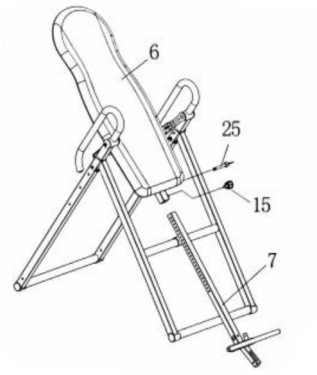
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STEAP 5:



Lift and rotate the Front Adjustable Tube (8) by following the arrow direction. Make the side with row holes fronted towards the Adjustable Boom (7).

STEAP 6:

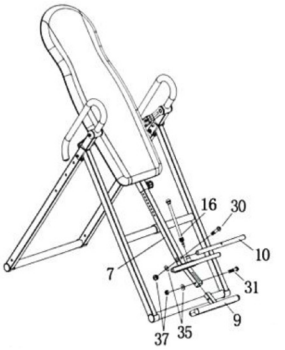


1. Pull up the Spring Pin (15) and insert the Adjustable Boom (7) into the Bed Frame (6);

2. Please take notice of the direction located while installing, the side with scale marks should be fronted upwards.and insert it into the Shackle

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STEAP 7:

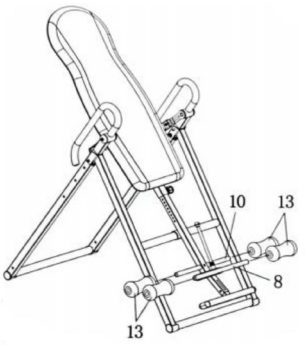


1. Insert the Foam Tube (10) into the Front Adjustable Tube (7); fix it with Hex Bolt M8*45 (30) + Flat Washer (35) + Lock Nut M8 (37) by using the L-shape (39) & Multifunctional Wrench (26);

2. Insert the Foot Tube (9) into the Adjustable Boom (7);fix it with Hex Bolt M8*40 (31) + Flat Washer (35) + Lock Nut M8 (37) by using the L-shape (39) & Multifunctional Wrench (26);

3. Fix the Ball Head Pin (16) onto the Adjustable Boom (7).

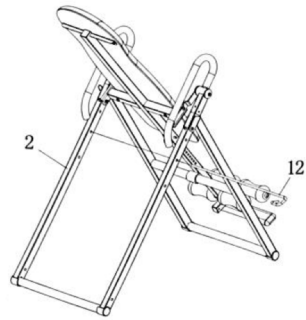
STEAP 8:



1. Insert the Foam (13) into the Front Adjustable Tube (8);

2. Insert the Foam (13) into the Foam Tube (10).

STEAP 9:



Insert the Limited Bar (12) into the Rear U-Frame (2).

⚠ Notice:

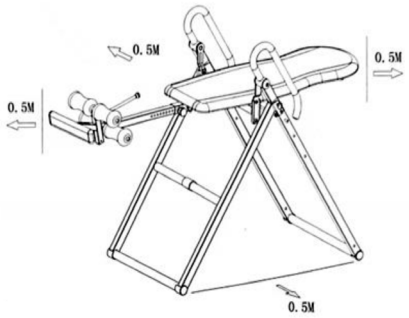
Please must be sure to tighten all screws in a unified manner after confirming that they are all installed according to the above steps.

Note:

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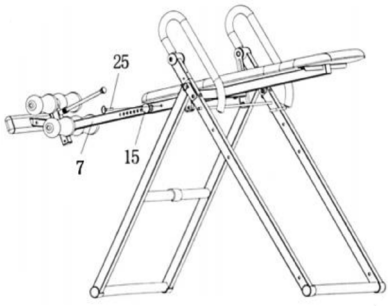
1. Please unfold the frame by following the diagram below.

2. Always use this equipment on a flat, solid surface. Use an exercise mat to protect floor. To ensure safety, make sure no obstacles are within at least 23 inches (0.6m) of the equipment.

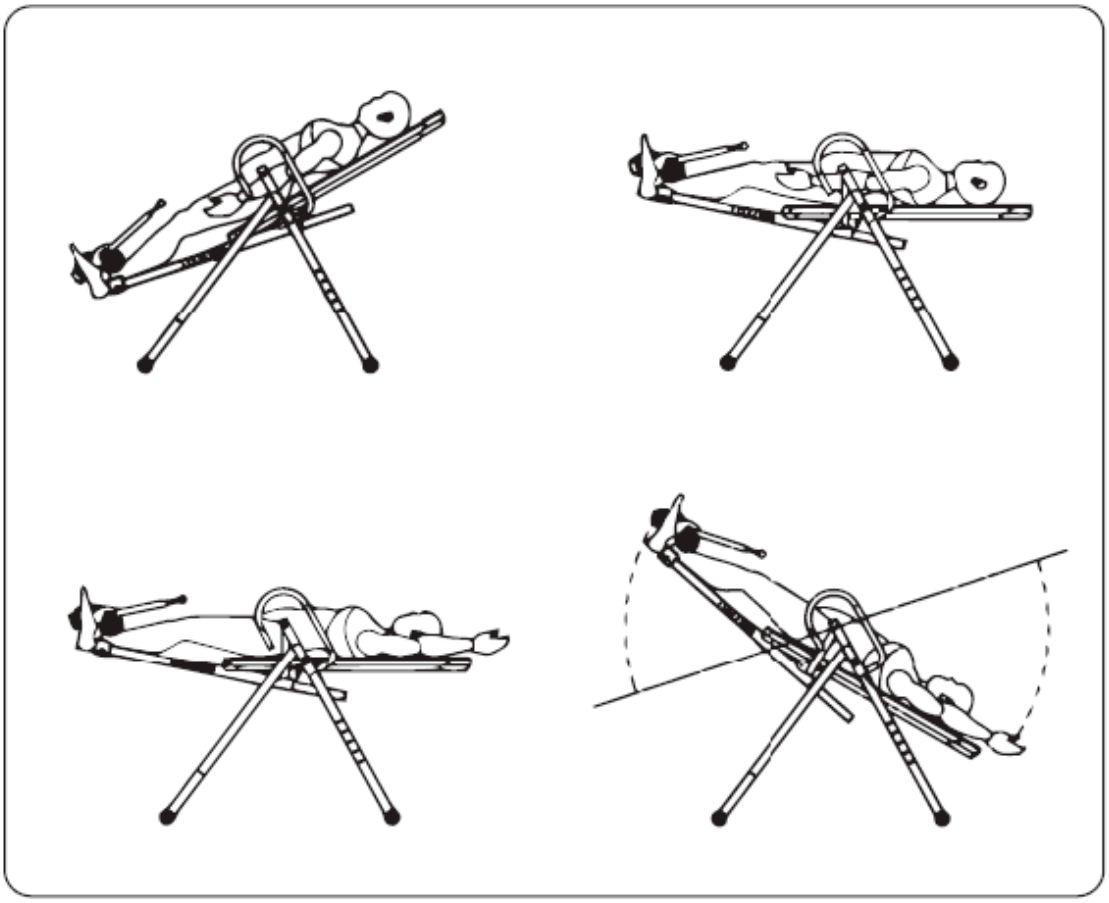


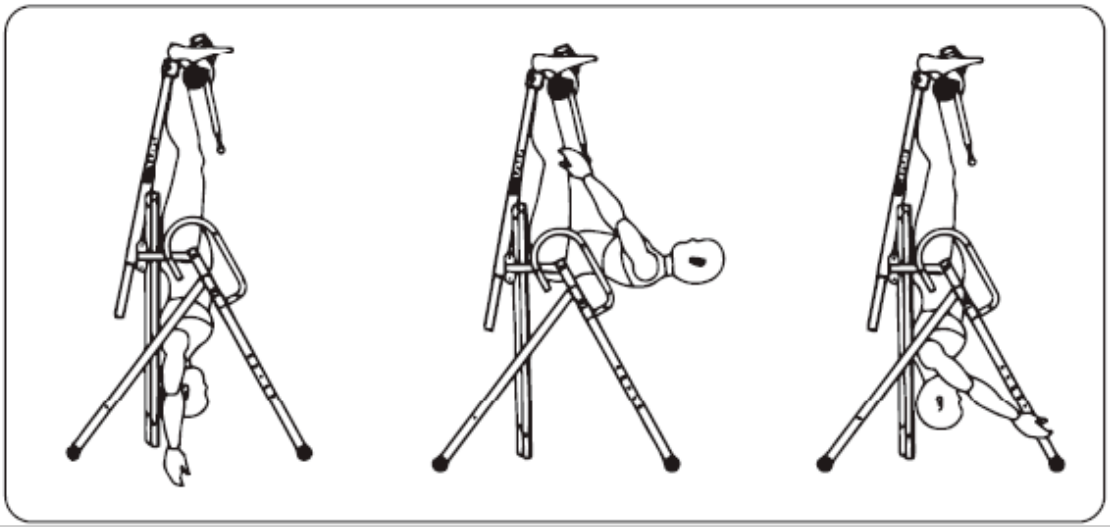
⚠ Attention:

Before using this machine, you should pull up the Spring Pin (15) to set the height scale to the designated degree; then insert the Shackle Bolt (25) into the Adjustable Boom (7) to strengthen the equipment further.



USOS / USES / UTILISATIONS / USI / ANWENDUNGEN / UTILIZAÇÕES





IMPORTADOR/IMPORTED BY:	FABRICANTE/MANUFACTURER:
Quirumed S.L.U. CIF B97267405 C/ Coretger 117 Pq. Emp. Táctica 46980 Paterna, Valencia (Spain)	**HONGKONG HUIKANG INDUSTRY CO., LIMITED** Rm 905, Workingberg Commercial Building, 41-47, Marble Rd., Hong Kong, CHINA

max 120 kg