



ComfortTrak™ Bed

Flexes with the user to enhance joint mobilization. The innovative "track" design accommodates the Lumbar Bridge and Acupressure Node accessories. Built-in grips offer added stretching and decompression.



Easy to Maintain

Durable, easy-to-clean surface ensures pristine appearance over years of use.



Precision Balancing

Controlled lock-out at full inversion to provide security while performing advanced stretching and ab workouts.



Stability & Control

Adjustable hinges and cam locks ensure stability and proper assembly, while giving you control over three selectable rotation settings.



Smooth & Quiet

Specialized pivot bearings ensure a lifetime of smooth, quiet rotation.



Quality You Can See

Steel walls 20% thicker than most height adjustment shafts on the market. Height markers (in. and cm.) for easy adjustment.



Peace of Mind

Heat-treated, high quality carbon steel and auto-locking hinges for unparalleled security and durability. Corner feet increase the A-frame base by 20%, reduce sliding on hard surfaces and protect floors.



Comfortable Security

Pressure-reducing specialty foam cups surround the ankles and an Ankle Comfort Dial provide adjustability and security while inverted.



Quick, Convenient Storage

Folds in just a few seconds for compact storage in a closet or under a bed.



Minimal Assembly Required

Arrives 85% pre-assembled with the tools required. Owner's Manual and Instructional DVD guide through assembly, finding user settings, operating instructions and tips for stretching and exercise.

EP-560 Lid Inversion Table

Height capacity: 4 ft 8 in - 6 ft 8 in (142 - 198 cm)

Weight capacity: 300 lbs (136 kgs)

Assembled: 60 x 28.75 x 58.5 in (152.4 x 73 x 148.6 cm)

Packaged: 48.2 x 29.7 x 8.5 in (122.5 x 75.5 x 21.6 cm)
67 lbs (30.9 kg)

Lifefit Inversion Table Manual

Daniela Niemeyer



Lifefit Inversion Table Manual:

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