anko

Full Back & Neck Inversion Stretcher

Instruction Manual

AK-SRBMIS490

Rev 01

To ensure proper operation of this device, please read this instruction manual carefully before using the device and keep it for future reference.

IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

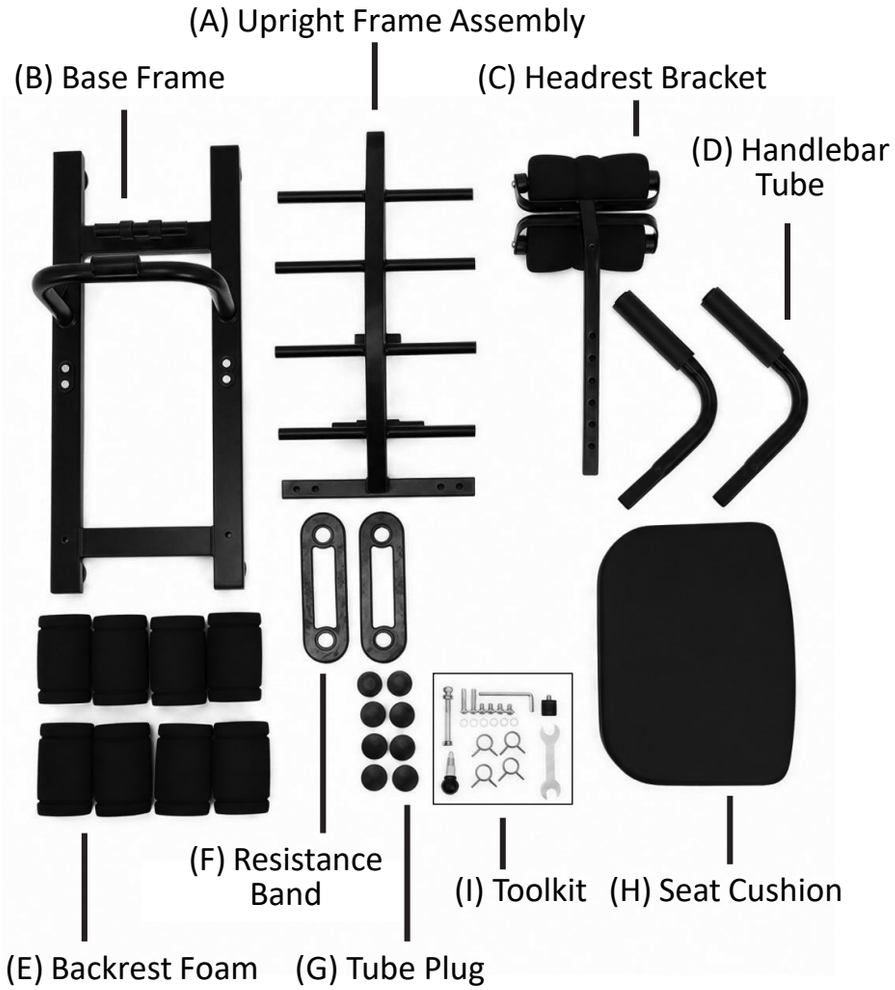
WARNINGS AND SAFETY INSTRUCTIONS

- **DO NOT** use unless cleared by a healthcare professional if you:
  - Are pregnant
  - Have heart disease
  - Have high blood pressure
  - Have chronic abdominal pain
  - Have a spinal condition
  - Have weak bones
  - Have had a recent surgery or other surgical procedures
  - Have any concerns regarding your health
- People with spinal conditions, including discs, and the elderly with weak bones should consult a doctor before using this product.
- If you are under the care of a healthcare provider, consult them before using this product.
- **DO NOT** use the product if you have a condition that may be worsened by stretching, inversion, pressure or physical exercise.
- **STOP** using the product and consult your healthcare provider if you experience an adverse reaction from using the product.
- **DO NOT** use this product in any other way than specified in the manual.
- Warranty will be voided if the product is used in any way other than described in the instruction manual.
- This product is a piece of home exercise equipment for use by one person at a time. **DO NOT** use for anything other than its intended purpose.
- This product is not a medical device.
- Dispose of plastic bags immediately. Keep packaging away from babies and children to avoid suffocation. Keep packaging, product and components out of reach from children.
- Not suitable for use by children.
- Children should be supervised to ensure they **DO NOT** play with the product.
- **DO NOT** use the product on, near, or by children, pets or individuals with reduced physical or mental abilities. Close supervision is necessary when this product is used, cleaned or stored near children or those with reduced physical or mental abilities.
- Not for use by persons, including children, with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by a person responsible for their safety.

IMPORTANT SAFETY INSTRUCTIONS RETAIN FOR FUTURE USE

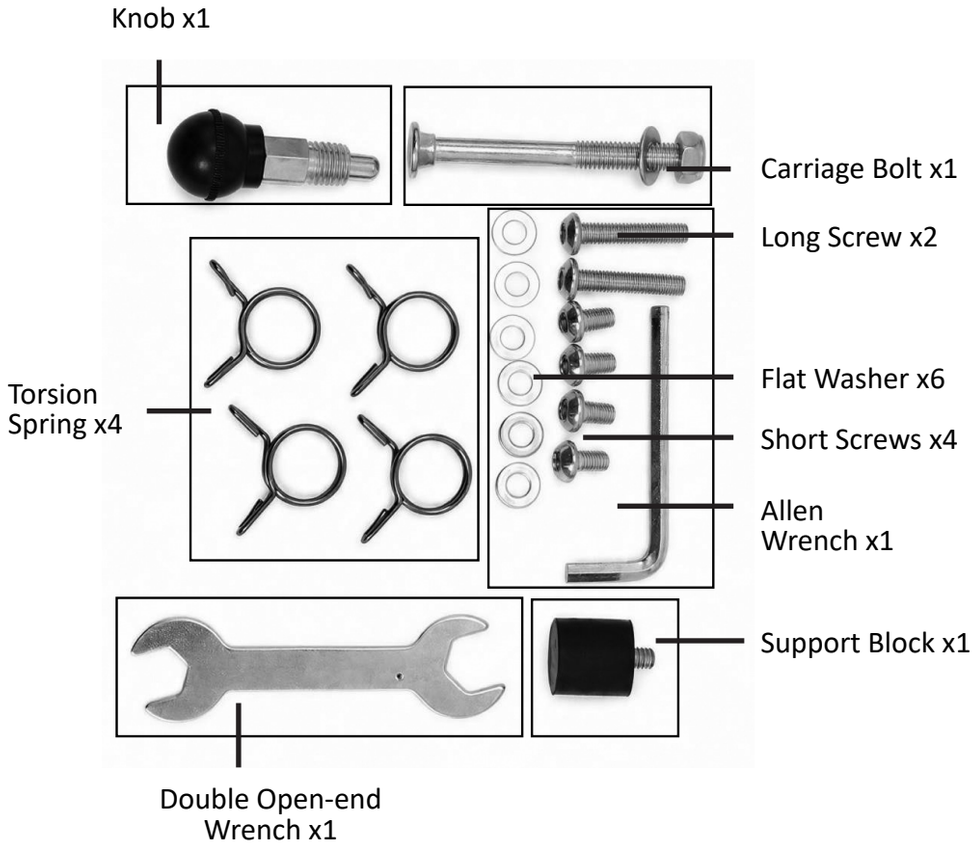
- This product should never be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the product safely or who has sensory deficiencies.
- **STOP** using the product immediately if you experience discomfort, pain, dizziness, light-headedness, shortness of breath, abdominal cramps or any adverse reaction.
- Not intended for people shorter than 4ft 6in / 132cm or those who weigh more than 120kg.
- **DO NOT** climb or step on the base/pegs to avoid damage to the product.
- Use on a solid, level surface with adequate clearance. Do not use on loose rugs, uneven surfaces or where the product may slide. Use an equipment mat if needed.
- Make sure all parts are fitted correctly and securely before exercising.
- Inspect the product before each use and **DO NOT** use it if you see any signs of damage.
- Wear comfortable fitted clothing. Keep loose clothing, jewellery and long hair away from moving parts / contact points.
- **DO NOT** use the product if it is not working properly or has been dropped or damaged. For warranty and repairs, contact Customer Service.
- **DO NOT** attempt to modify the product in any way. Modifying the product will void your warranty.
- **DO NOT** perform maintenance or take apart the product. In case of malfunction or damage, contact Customer Service.
- **DO NOT** use the product with non-manufacturer-approved accessories.
- When assembling, pay attention to the corners of each part to ensure the correct orientation.
- Keep this User Manual to help with assembly and disassembly.
- Avoid using or storing in an inclined position.
- **DO NOT** fall asleep while using the product.
- Move slowly and gently. Never force movements.
- Maintain balance when sitting, leaning back, returning upright and getting off the product. Loss of balance may cause a fall or injury.

PARTS / TOOLS

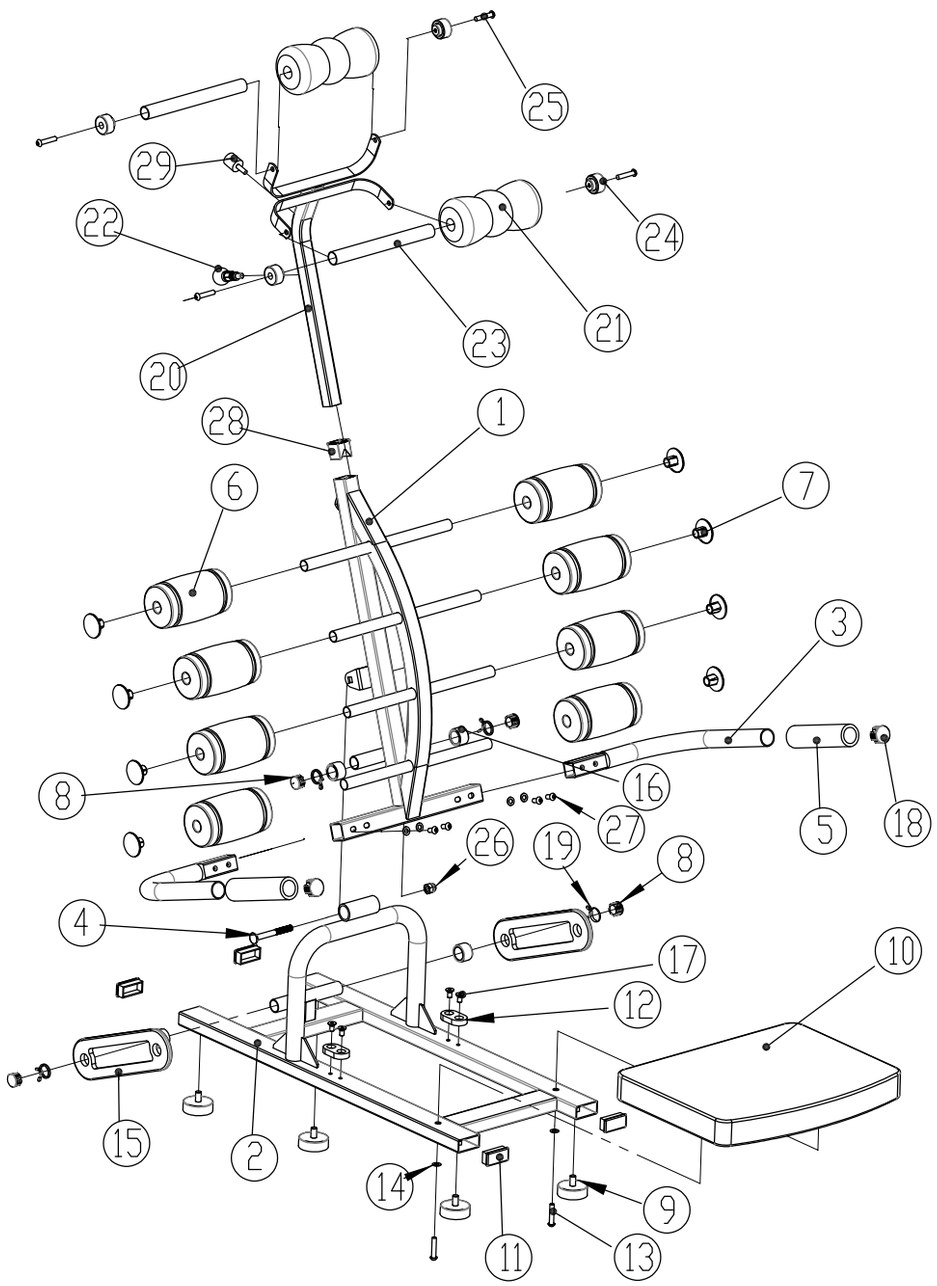


Maximum user weight:	120kg
Minimum user height:	4ft 6in / 132cm

TOOLKIT DESCRIPTION



EXPLODED DIAGRAM

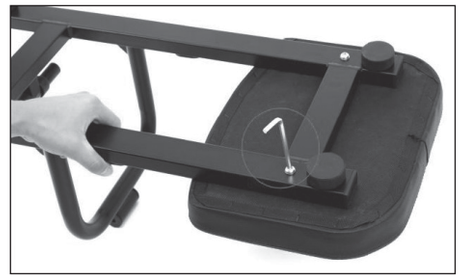


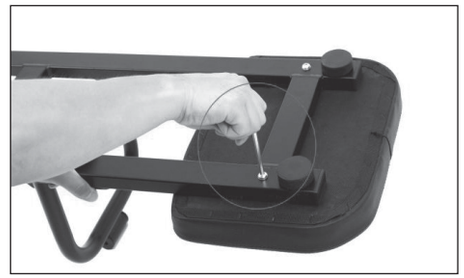
ASSEMBLY INSTRUCTIONS

Part 1: Attach (H) Seat cushion to (B) Base frame.

Step 1:
First, take out the (H) seat cushion and the (B) base frame, then take 2 long screws and 2 washers from the toolkit.

Step 2:
Insert the 2 long screws through the washers individually, align them with the corresponding holes, then use the Allen wrench to tighten them clockwise until they are firmly secured.





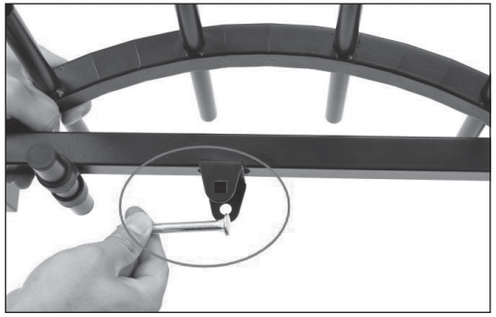
Step 3:
After assembly, refer to the figure below.

ASSEMBLY INSTRUCTIONS

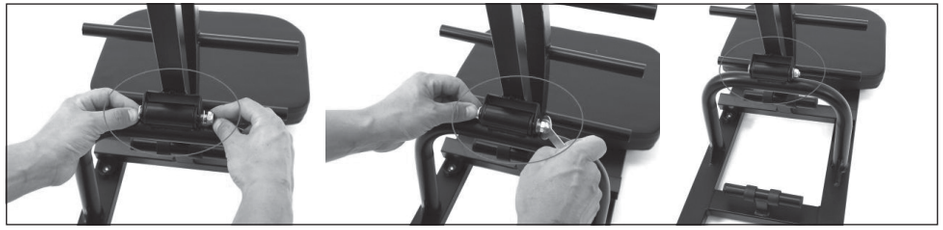
Part 2: Assemble the (A) Upright Frame Assembly to the (B) Base Frame.

Step 1:
Take out the Carriage Bolt from the toolkit. Align (A) with (B) at the pre-drilled positions and join them, as shown in the left figure.

Step 2:
Locate the square-shaped hole on the metal plate (not the round hole). Insert the bolt from this side. Align the bolt's square neck with the square hole and press firmly until it locks in place (the bolt must not rotate). The threaded end emerges from the round hole on the other side.

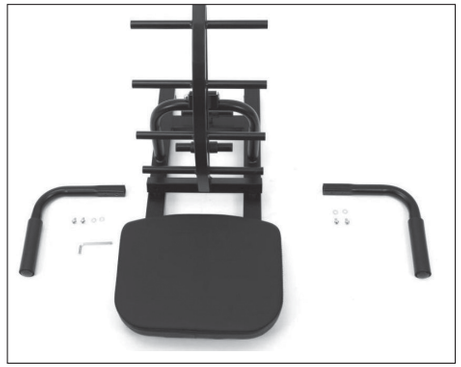


Step 3:
Slide a washer onto the threaded end, then screw on the nut and tighten clockwise with a wrench.



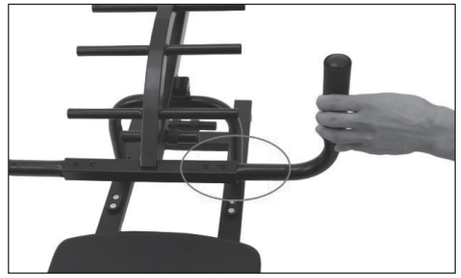
ASSEMBLY INSTRUCTIONS

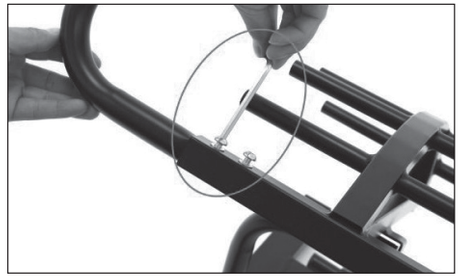
Part 3: Assemble the (D) Handlebar Tube to the (A) Upright Frame



Step 1:
Take 4 short screws, 4 washers, and the Allen wrench from the toolkit. Place the 2 Handlebar Tubes on the left and right sides respectively.

Step 2:
Insert each handlebar tube into the corresponding hole. Secure each side with 2 screws (with washers) and tighten clockwise using the Allen wrench.

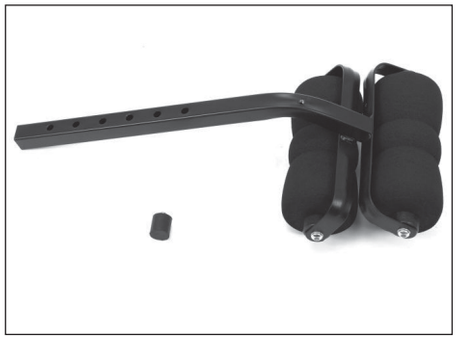




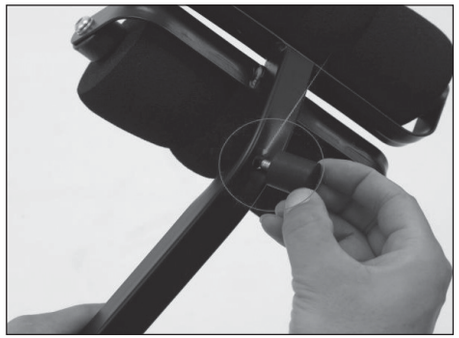
Step 3:
Assembly complete as shown in the figure on the left.

ASSEMBLY INSTRUCTIONS

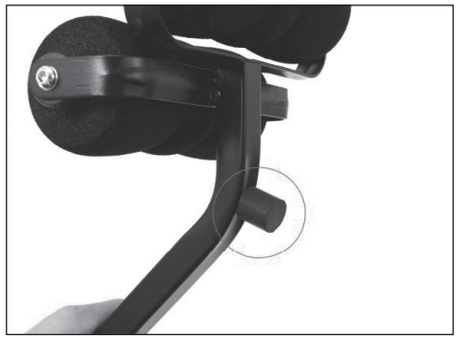
Part 4: Assemble the Support Block to the (C) Headrest Bracket.



Step 1:
Take the support block from the toolkit.



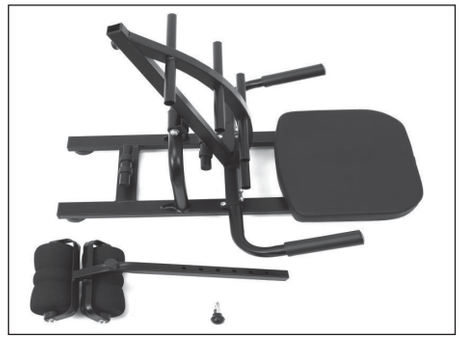
Step 2:
Align it with the pre-drilled hole on top of the headrest bracket.



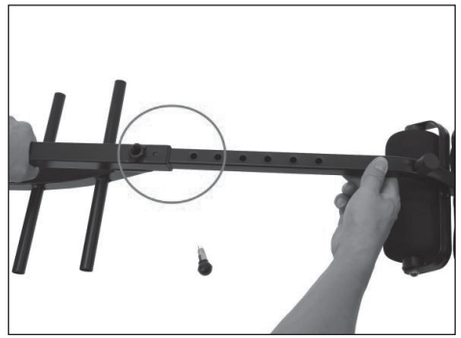
Step 3:
Insert the block and turn it clockwise to tighten (hand-tight is usually sufficient).

ASSEMBLY INSTRUCTIONS

Part 5: Assemble the (C) Headrest Bracket to the (A) Upright Frame.



Step 1:
Take the rotating knob from the toolkit.



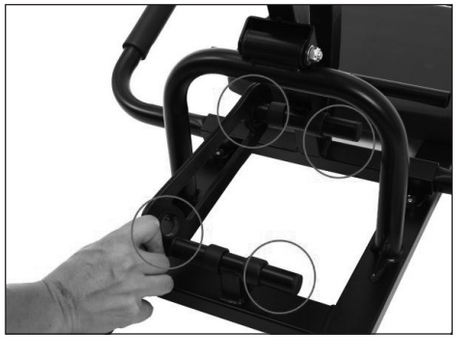
Step 2:
Align (C) with the square opening on (A) and insert it, as shown in the left figure.

Step 3:
Adjust (C) to the desired height, then align the knob with the hole, insert it, and turn clockwise to tighten.

ASSEMBLY INSTRUCTIONS

Part 6: Assemble the (F) Resistance Band

Step 1:
Place 1 resistance band and 2 torsion springs on each side (left and right) as shown in the right figure.



Step 2:
Fit each resistance band into its corresponding mounting position (refer to the left figure).

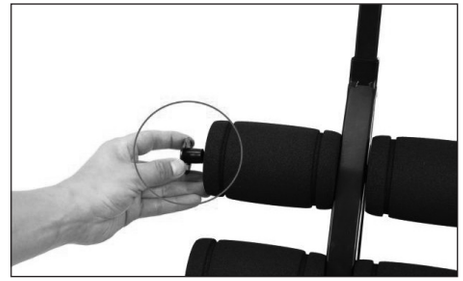
Step 3:
After both bands are in place, take the torsion spring and fix them as limiters– fix 1 spring at the top, bottom, left, and right (4 springs total), as shown in the left figure.

ASSEMBLY INSTRUCTIONS

Part 7: Assemble the (E) Backrest Foam to the (A) Upright Frame.

Step 1:
Take 8 backrest foams (E) and 8 tube plugs (G).

Step 2:
Slide the backrest foam onto the upright frame (A) in sequence – 4 on each side (left and right), as shown in the below figure. After all foams are in place, insert the tube plugs (G) into the corresponding holes to prevent the foam from shifting, as shown in the below figure.



Step 3:
The assembly after this step is shown in the left figure.

FINAL PRODUCT DISPLAY

STORAGE AND CLEANING INSTRUCTIONS

Storage:
Store the product indoors in a cool, dry and well-ventilated area. Keep away from direct sunlight, moisture, heat sources and corrosive gases. Ensure the product is stored safely to prevent damage when not in use.

Cleaning:
Wipe the product with a dry or slightly damp soft cloth. After cleaning, dry all metal parts thoroughly to help prevent rust or damage to the coating. Do not use abrasive, corrosive or chemical cleaners. Do not immerse the product in water.

PRODUCT SPECIFICATIONS

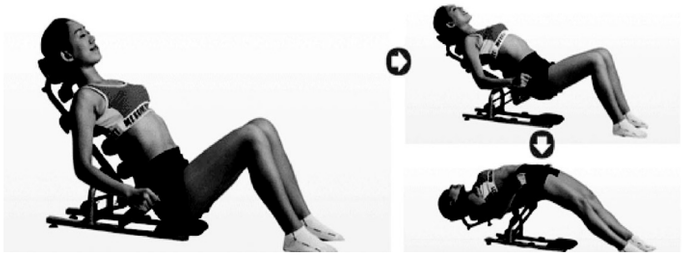
Product Name	Full Back & Neck Inversion Stretcher
Product Model	AK-SRBMIS490
Product Size	69 × 55 × 74 cm
Product Weight	6.22kg

USING YOUR STRETCHER

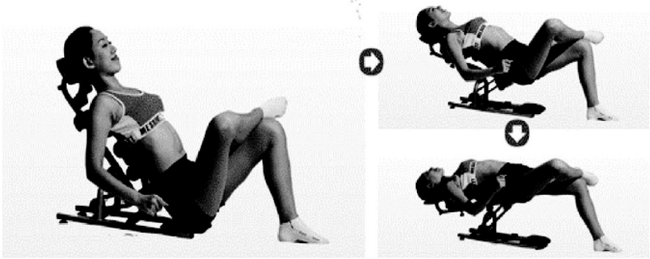
For first use, start with a few minutes only.
Gradually increase only if comfortable.

1. Basic Back Stretch
Sit on the seat with your knees and feet together. Hold the handles firmly and place your back against the frame. Slowly lean back until your body is supported by the product, as shown. Move slowly and only increase the range of movement once you are familiar and comfortable with the stretch.

2. Wide-Stance Back Stretch
Sit on the seat with your feet shoulder-width apart. Hold the handles firmly and place your back against the frame. Slowly lean back into the stretch, following the same movement as the Basic Back Stretch.

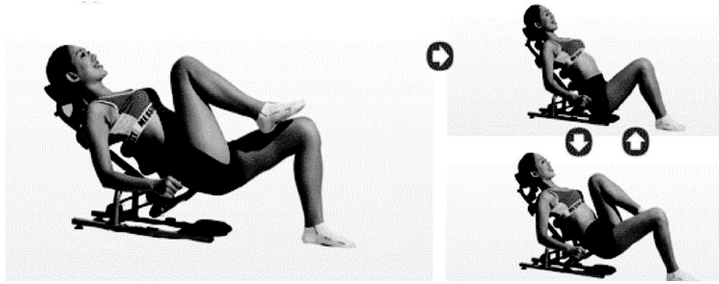


3. Cross-Leg Stretch
Sit on the seat and cross your right leg over your left leg. Hold the handles firmly and slowly lean back into the stretch. Return to the starting position, then repeat with the opposite leg crossed over.



EXERCISES/STRETCHES

4. Leg Lift Stretch
Sit on the seat and place your back against the frame. Bend one leg and lift the opposite leg toward your chest, as shown. Hold the handles firmly and slowly lean back into the stretch. Return to the starting position, then repeat with the opposite leg.



5. Inverted Cycle Stretch
Attempt this only once familiar with the basic back stretch. Grip the handles firmly and slowly lean back until your back and shoulders are supported. Once stable, raise both legs upward and hold for up to 10 seconds.
If comfortable, gently move your legs in a slow cycling motion. Return to the starting position slowly and carefully.

6. Full Body Arch Stretch
Sit on the seat and place your back against the frame. Hold the handles firmly and slowly lean back, extending your arms and legs as shown. Stretch only as far as is comfortable. To return, slowly bend your arms and legs and bring your body back to the starting position.

NOTES

NOTES

12 MONTH WARRANTY

Thank you for your purchase.

Your new product is warrantied to be free from defects in materials and workmanship for the period stated above, from the date of purchase, provided that the product is used in accordance with accompanying recommendations or instructions where provided. This warranty is in addition to your rights under the Australian Consumer Law.

For New Zealand customers, this warranty is in addition to statutory rights observed under New Zealand legislation.

We will provide you with your choice of a refund, repair (where possible) or exchange (availability dependent) for this product if it becomes defective within the warranty period. The business will bear the reasonable expense of claiming the warranty.

This warranty will no longer apply where the defect is a result of alteration, accident, misuse, abuse or neglect.

Please retain your receipt as proof of purchase and contact our Customer Service Centre as listed below, for the entity you purchased this product from, for any difficulties with your product. Warranty claims and claims for expense incurred in returning this product can be addressed to the respective Customer Service Centre.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

MADE IN CHINA

CUSTOMER SERVICE:

KMART AU: 1800 124 125
KMART NZ: 0800 945 995
TARGET AU: 1300 753 567