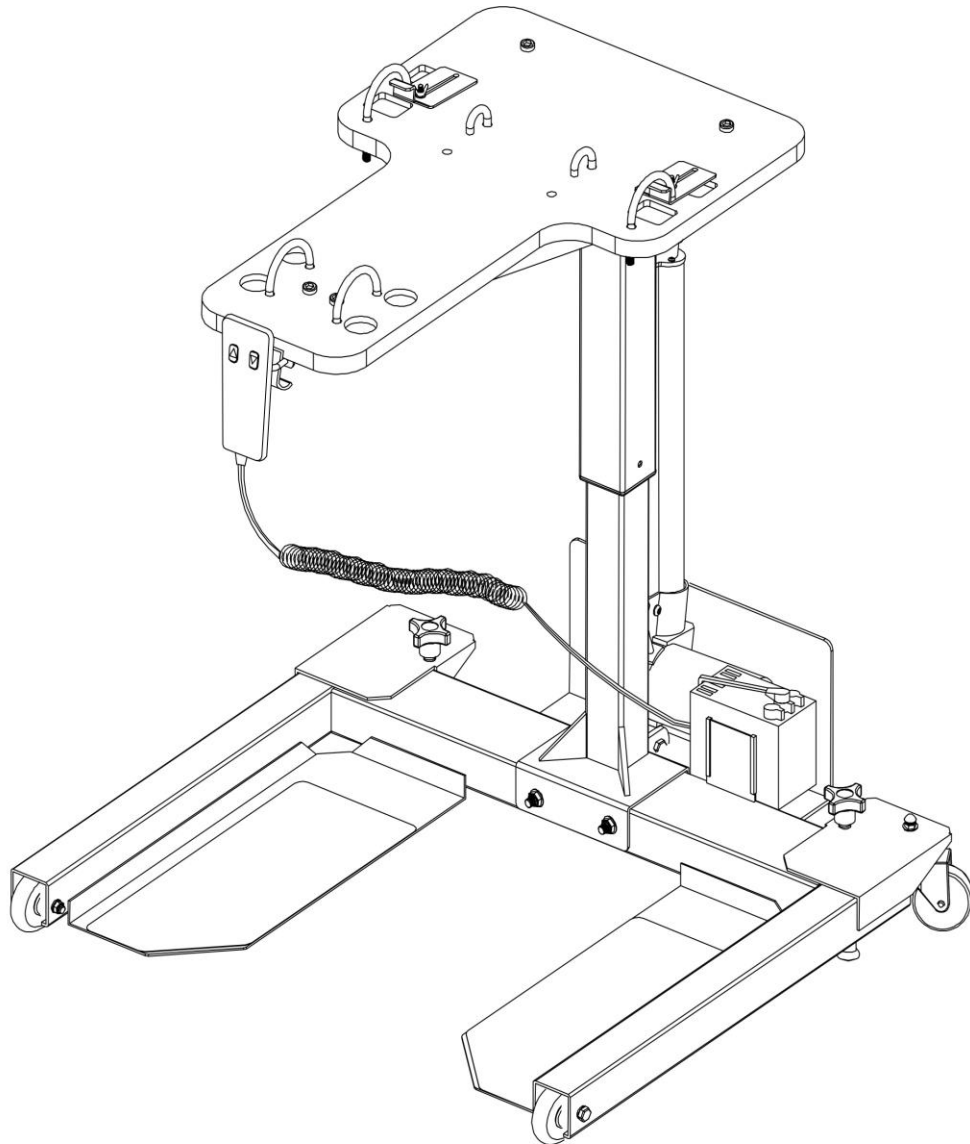


HCI Fitness UBE Rehab Table

OWNER'S MANUAL – 110V



HealthCare International, Inc.

PO Box 1509, Langley, WA 98260

www.HCIFitness.com, p.360.321.7090 – sales@hCIFitness.com

SAFETY PRECAUTIONS

This product was designed and built for optimum safety.

However, certain precautions apply whenever you operate a piece of exercise equipment.

Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry or loose items away from moving parts.



Please note:

Maximum weight limit for the UBE Rehab Table is 77 lbs (35 kg)



WARNING

BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

HCI Fitness - UBE Rehab Table

Thank you for your purchase!

At HealthCare International, our goal is to provide high-quality and affordable products for Health, Wellness, Fitness & Active Aging. We wish you continued success in your journey towards optimum health and fitness!

Assembly Overview

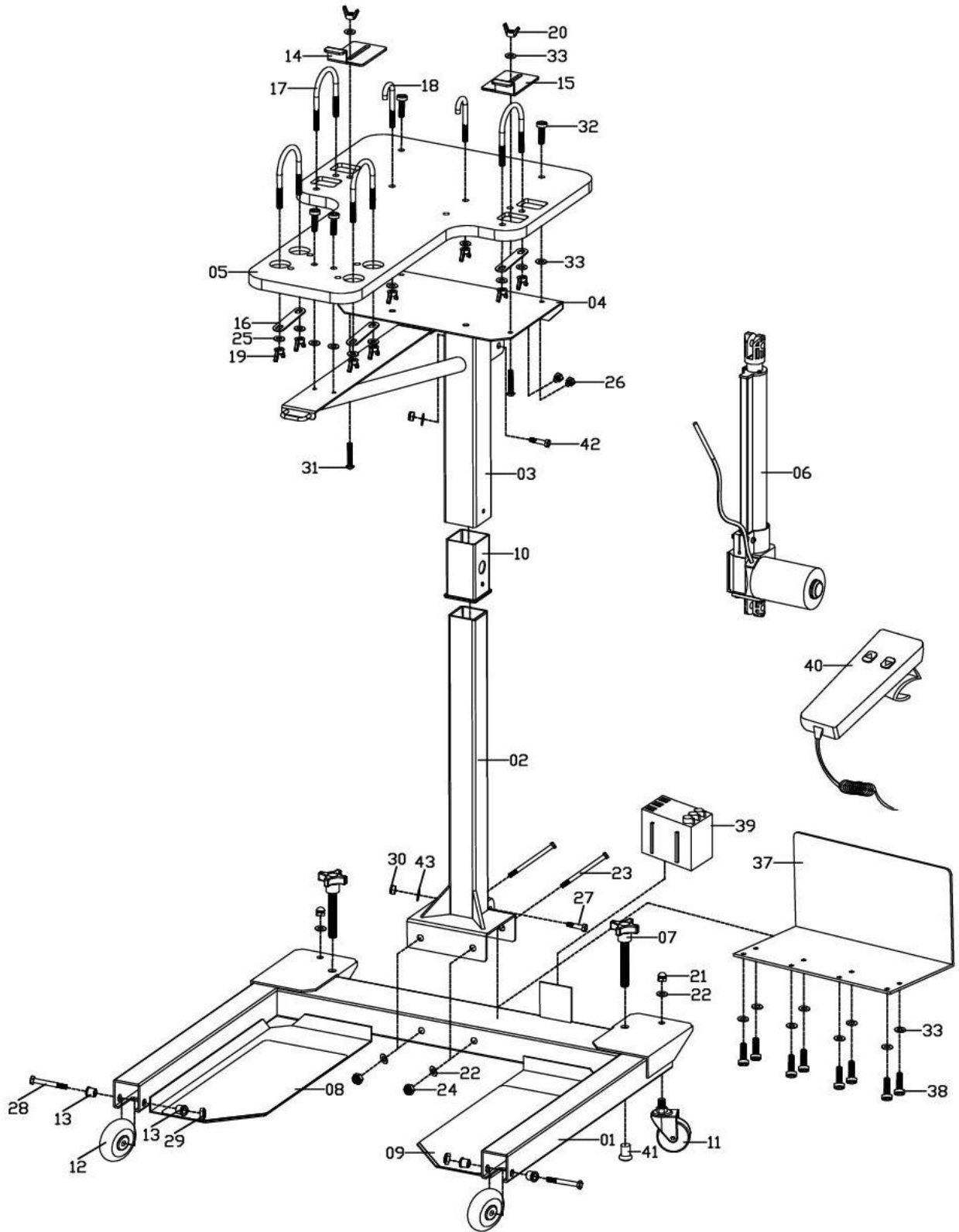
When you receive your UBE Table, some assembly is required. The following instructions explain the assembly. If you need assistance during assembly please call us at 360.321.7090 or email us at service@hcifitness.com.

Before You Begin

Before you begin assembly, please take a moment to review the Hardware and Parts List on the following pages. Each part has been illustrated and numbered for easy identification.

PLEASE NOTE: Most of the Nuts & Bolts needed for assembly are already in place on the unit.

UBE Table Exploded Drawing



UBE Table Parts List

No.	Description	Qty	No..	Description	Qty
01	Base Frame	1	23	Hex bolt $\frac{3}{8}$ " L5"	2
02	Lower Frame	1	24	Hexagonal Nut $\frac{3}{8}$ "	2
03	Upper Frame	1	25	Flat Washer	10
04	Stabilizer Plate	1	26	Hex head Screw $\frac{5}{16}$ "L $\frac{1}{2}$ "	2
05	Table Board	1	27	Hexagon socket head cap screwM10xP1.5x40L	1
06	Cylinder	1	28	Hex bolt $\frac{5}{16}$ " L2 $\frac{1}{2}$ "	2
07	Knob	2	29	Hexagonal Nut $\frac{5}{16}$ "	2
08	Foot Sheet (L)	1	30	Hexagonal Nut M10	2
09	Foot Sheet (R)	1	31	Mushroom Screw $\frac{1}{4}$ "L1 $\frac{3}{4}$ "	2
10	Insert	1	32	Allen Bolt $\frac{1}{4}$ "L 1 $\frac{1}{4}$ "	4
11	Moving Casters	2	33	Flat Washer	14
12	Roller	2	34	Allen Wrench 4 m/m	1
13	Bushes	4	35	13x15Wrench	1
14	Plate(L)	1	36	17x19x12x14Wrench	1
15	Plate(R)	1	37	Protect Plate	1
16	Plate Washer	4	38	Hexagon socket head cap screw M6x15L	8
17	Pipe Hanger	4	39	Transformer 220V	1
18	"J" Hooks	2	40	Controller	1
19	Wing Nut $\frac{5}{16}$ "	10	41	Plug 31*25/4	2
20	Wing Nut $\frac{1}{4}$ "	2	42	Hexagon socket head cap screwM10xP1.5x50L	1
21	Hex cap nut $\frac{3}{8}$ "	2	43	Flat Washer M10	2
22	Flat Washer $\frac{3}{8}$ "	4			

Hardware Kit



(07) Knob 1/2" x 4" -2pcs



(16) Plate washer 18x96x2T -4pcs



(19) Wing nut 5/16" -10pcs



(20) Wing nut 1/4" -2pcs



(21) Hex cap nut 3/8" -2pcs



(22) Flat washer 3/8" -4pcs



(23) Hex bolt 3/8" -2pcs



(24) Hexagonal nut 3/8" -2pcs



(25) Flat washer 5/16" -10pcs



(26) Hex head screw 5/16" x 1/2" -2pcs



(27) Inside Hexagonal Bolt M10xP1.5x40L -1pcs



(28) Hex bolt 5/16" x 2 1/2" -2pcs



(29) Hexagonal nut 5/16" -2pcs



(30) Hexagonal nut M10 -2pcs



(31) Mushroom screw 1/4" x 1 3/4" -2pcs



(32) Allen bolt 1/4" x 1 1/4" -4pcs



(33) Flat washer 1/4" -14pcs



(34) Allen wrench 4 m/m -1pcs



(35) 13x15 Wrench -1pcs



(36) 17x19x12x14 Wrench -1pcs



(38) Inside Hexagonal Bolt M6x15L -8pcs



(42) Inside Hexagonal Screw M10xP1.5x50L -1pcs

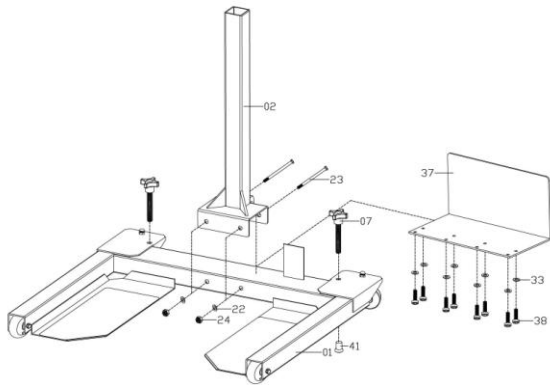


(43) Flat washer 10 -2pcs

Assembly Instructions

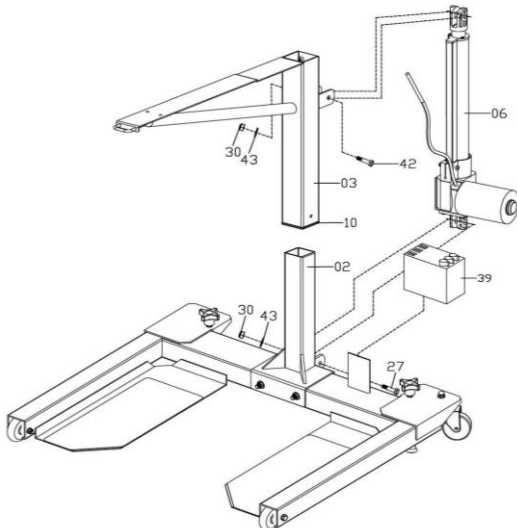
Step 1:

- a. Attach the Lower Frame (02) to the Base Frame (01). Insert the front two sets of Hex Bolts (23), Flat Washers (22) and Nuts (24) as shown in the illustration below.
- b. Insert the two Knobs (07) to the Base Frame. Tighten the Knobs until the rubber ends come in contact with the floor. This will help secure the base while assembling the rest of the table.



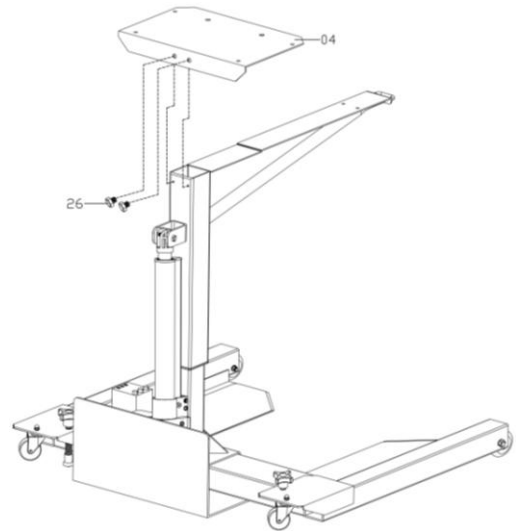
Step 2:

- a. Insert the Upper Frame (03) into the Lower Frame (02) with the plastic Insert (10) that is "already in place". Securely tighten using the Clamp Lever (07).
- b. Attach the Cylinder (06) to the Frames (02 & 03) using two Hex Bolts (27 & 42), Flat Washers (25), and Nuts (30) as illustrated below. Securely tighten the bolts.



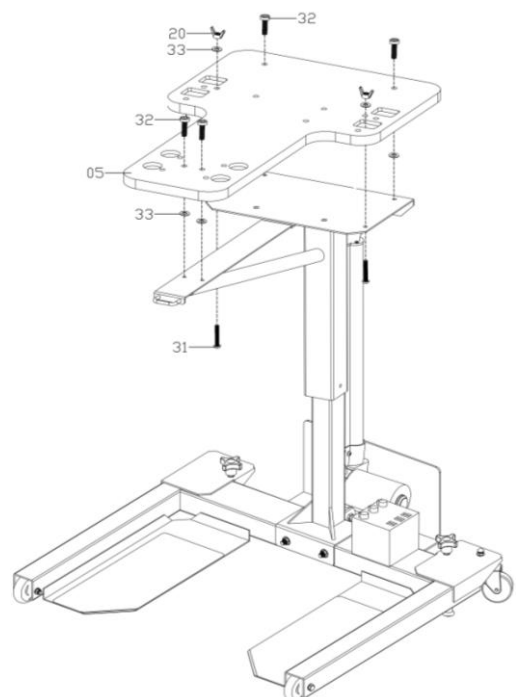
Step 3:

- a. Connect the Stabilizer Plate (04) to the Frame (03) with two Hex Head Screws (26) as illustrated below. Securely tighten the bolts.



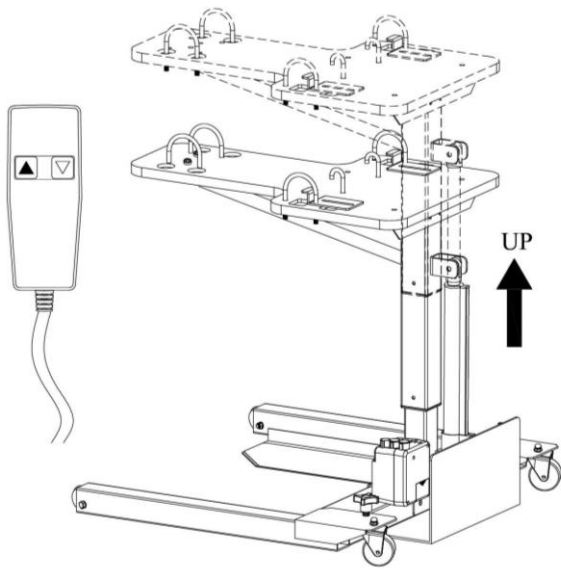
Step 4:

- a. Attach the Table Board (05) into the Plate (04) using 4 Bolts (32) and two Mushroom Screws (31) with Wing Nut (20) as shown in the illustration below.



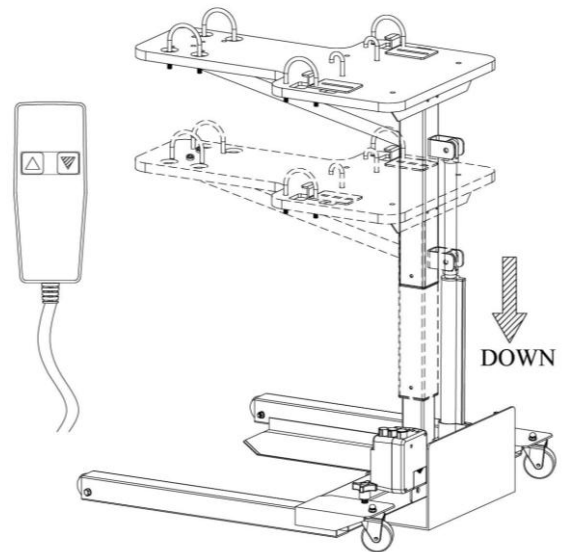
Step 5:

Press controller's up button(\blacktriangle),the table will rise.



Step 6:

Press controller's down button(\blacktriangledown),the table will lower.



Please note: Periodically retighten all screws, nuts and bolts.

