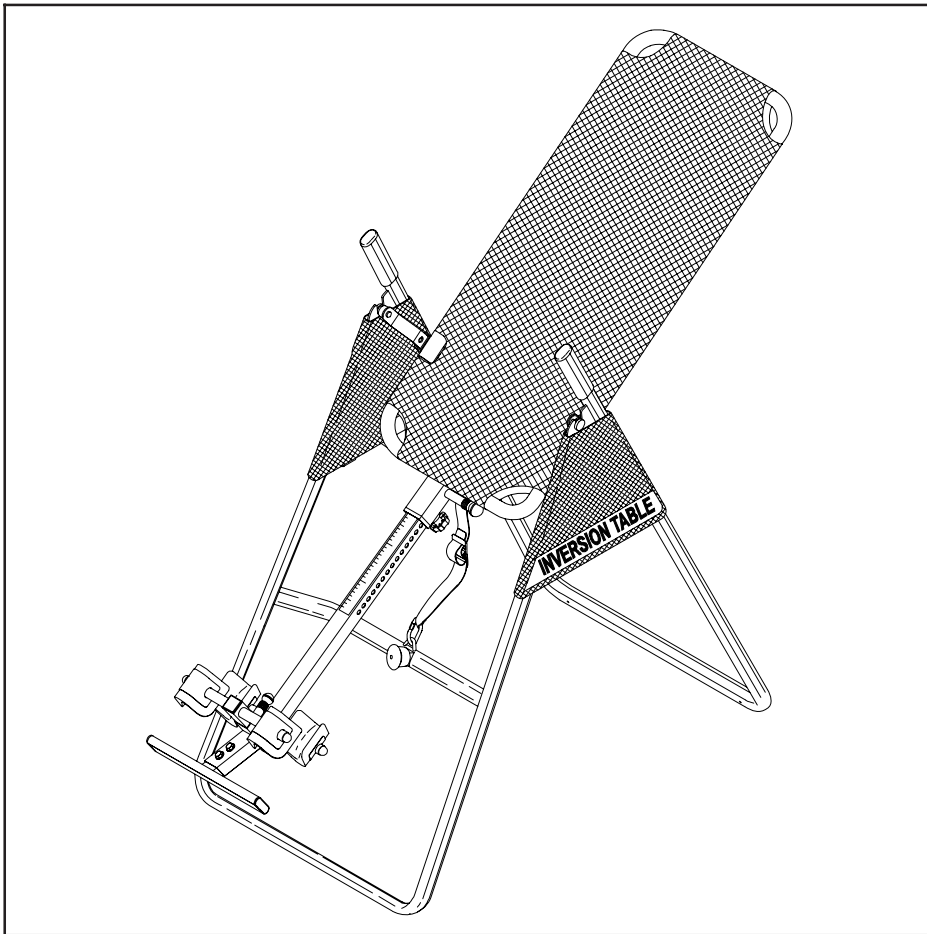


# **STAMINA<sup>®</sup>**

## **INVERSION TABLE**

### **Owner's Manual**



#### **! WARNING !**

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number.

**55-1527C**

**STAMINA PRODUCTS**  
MADE IN CHINA

Product May Vary Slightly  
From Pictured.

**CAUTION:** 1. Weight on this product should not exceed 250 lbs.  
2. Class H equipment: This equipment is for home use only. It is not for commercial use.

**This Product is Produced Exclusively by**



2040 N. Alliance, Springfield, MO 65803  
Customer Service Number  
1 (800) 375-7520  
[www.staminaproducts.com](http://www.staminaproducts.com)

## TABLE OF CONTENTS

	Page		Page
Safety Instructions	2	Maintenance Instructions	13
Before You Begin	4	Product Parts Drawing	14
Hardware Identification Chart	5	Parts List	15
Assembly Instructions	6	Warranty	16
Operational Instructions	10	Notes	17
Storage	13	Fax/Mail Ordering Form	18

### SAFETY INSTRUCTIONS

**WARNING:** To reduce the risk of serious injury, read the following safety instructions before using the **INVERSION TABLE**.

1. Do not use the **INVERSION TABLE** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
2. Make sure that the Pivot Arms are assembled using the same hole on both Pivot Arms. Pay close attention to Steps 3 and 4 on page 7.
3. Make sure that the Pivot Arms are always secured to the pegs on the Main Frame with the Bolts and Washers.
4. Do not use the **INVERSION TABLE** until you have verified your height setting. Failure to use the proper height setting can result in difficulty recovering from the decline position. See **HEIGHT ADJUSTMENT** instructions on page 10.
5. Adjust the Nylon Straps to an angle of 15 to 20 degrees and use this setting until you have verified your height setting and become familiar with the **INVERSION TABLE**.
6. Use the lowest holes in the Pivot Arms until you become familiar with the **INVERSION TABLE**.
7. Both Pivot Arms must always be adjusted to the same hole.
8. You must understand how to recover from the fully inverted position before using the fully inverted position. Read the **RECOVERY FROM LOCKED POSITION** section at the bottom of page 12 **BEFORE** using the fully inverted position.
9. Do not allow children to use or play on the **INVERSION TABLE**.
10. Keep small children and pets away from the **INVERSION TABLE** at all times.
11. The **INVERSION TABLE** should not be used by persons weighing more than 250 lbs.
12. The **INVERSION TABLE** should not be used by persons over 6 feet 6 inches tall.
13. Use the **INVERSION TABLE** only on a level surface.
14. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught in the **INVERSION TABLE**.
15. Be sure that there is enough room for the bed to rotate completely.
16. Use the **INVERSION TABLE** only as described in the manual.
17. The safety level of the **INVERSION TABLE** can be maintained only if it is examined regularly for damage and wear.
18. This equipment is for home use only. It is not for commercial use.

**WARNING:** Before using this equipment you should consult with your personal physician to see if inversion equipment is appropriate for you. **Do not use this equipment without your physician's approval.** Do not use this equipment if you have any of the following conditions or ailments:

- **Extreme obesity**
- **Glaucoma, retinal detachment or conjunctivitis**
- **Pregnancy**
- **Spinal injury, Cerebral Sclerosis, or acutely swollen joints**
- **Middle ear infection**
- **High blood pressure, Hypertension, Recent stroke or Transient ischemic attack**
- **Heart or circulatory disorders for which you are being treated**
- **Hiatus hernia or Ventral hernia**
- **Bone weaknesses including Osteoporosis, Unhealed fractures, Medullary pins, or Surgically implanted orthopedic supports.**
- **Use of anti-coagulants including Aspirin in high doses.**

CALL US FIRST



CUSTOMER SERVICE NUMBER  
**1 (800) 375-7520**

---

**THANK YOU FOR PURCHASING THE  
INVERSION TABLE**

To help you get started, we have pre-assembled most of your **INVERSION TABLE** at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. Within a few minutes you will be getting your body into shape and on your way to achieving a happier and healthier lifestyle.

Should you have any questions,  
please call our Customer Service Department toll-free number,  
**1 (800) 375-7520**  
Monday - Friday, 8:00 A.M. - 5:00 P.M., Central Time.

## BEFORE YOU BEGIN

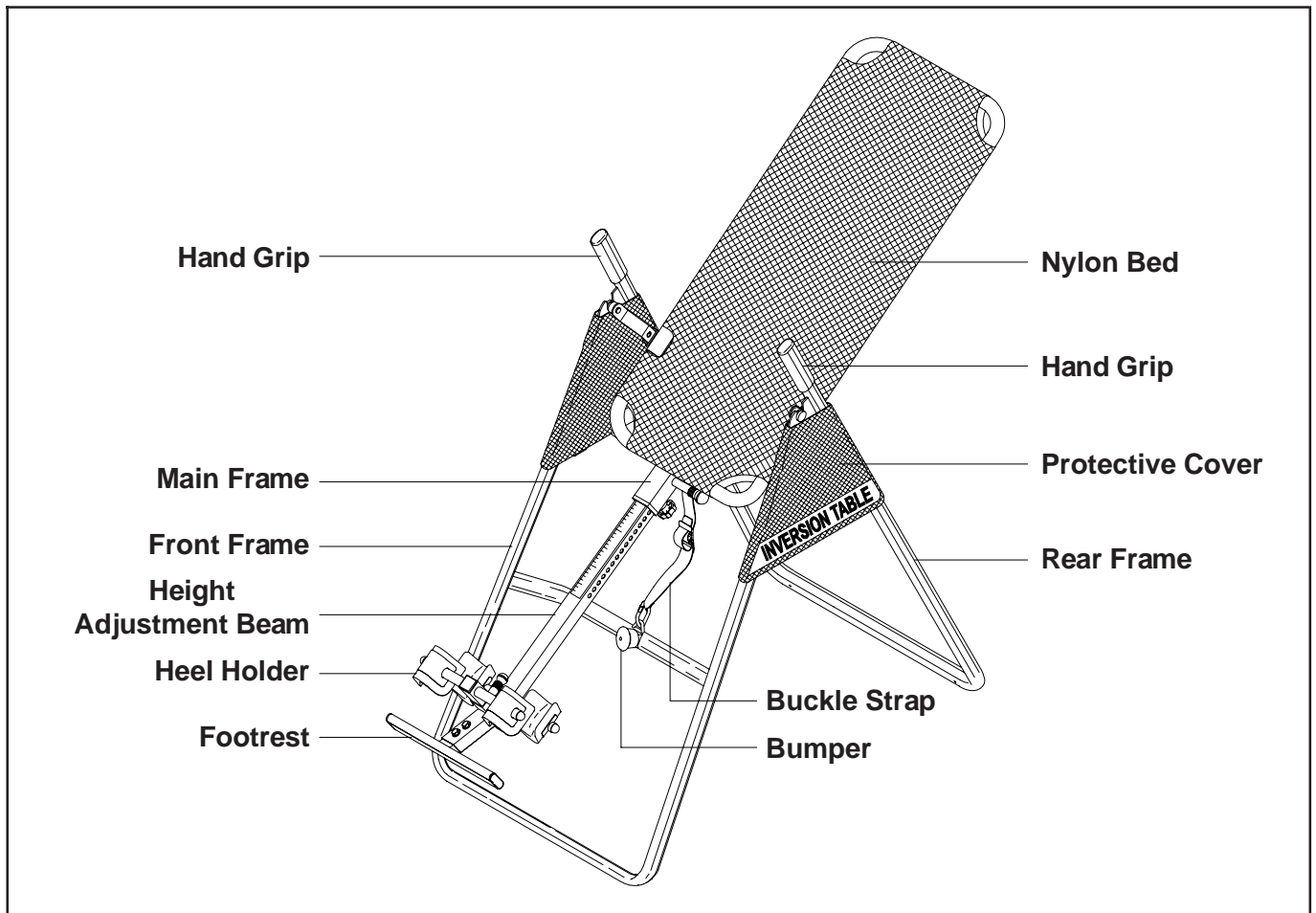
Thank you for choosing the **INVERSION TABLE**. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better and enjoy life to its fullest.

Yes, it's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **INVERSION TABLE** provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.


Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

For your benefit, read this manual carefully before using the **INVERSION TABLE**.

Although Stamina tries to manufacture its products with the finest materials and uses the highest standards of manufacturing, occasionally a part that does not fit, is the incorrect size, or is otherwise inappropriate is found. Even with the highest inspection and quality controls in place these things will happen occasionally. Please do not return the product. For your convenience, Stamina has a Customer Service Department with a toll-free number. If a part is missing, does not fit, is the incorrect size, or is otherwise inappropriate, please call 1 (800) 375-7520 (in the U.S.) between 8:00 A.M. and 5:00 P.M. Central Time, Monday through Friday. Our operators will be able to assist you with your problem and the parts will be mailed directly to your house.

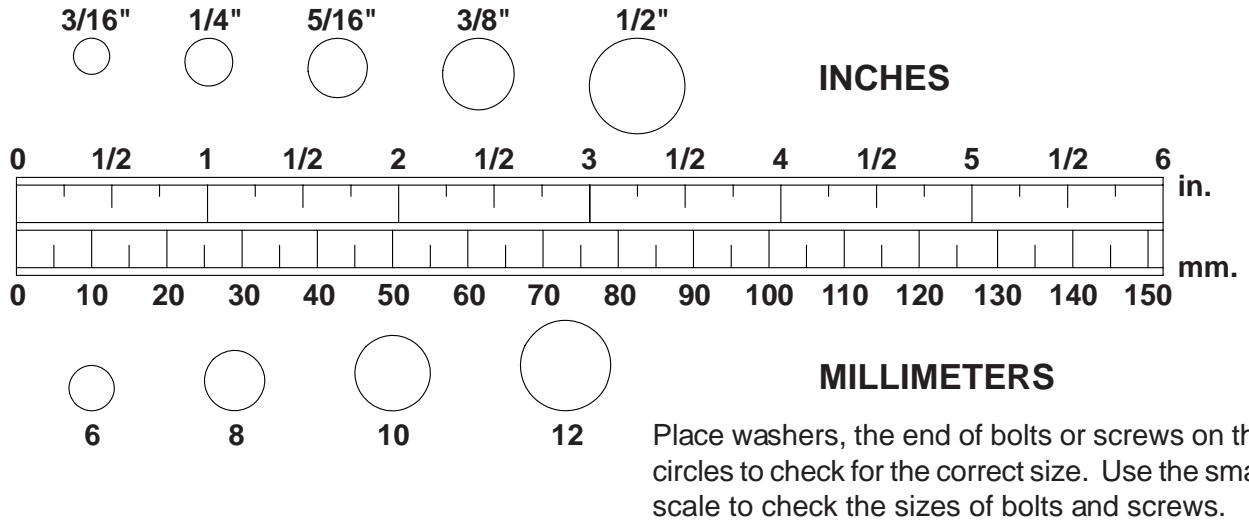


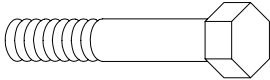
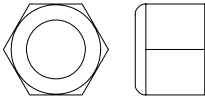
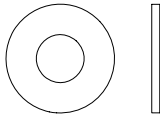
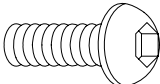
THE FOLLOWING TOOLS ARE REQUIRED FOR ASSEMBLY :

-  Adjustable Wrench
-  Pliers

# HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the hardware used in the assembly process. After unpacking the unit, open the hardware bag and make sure that you have the following items:



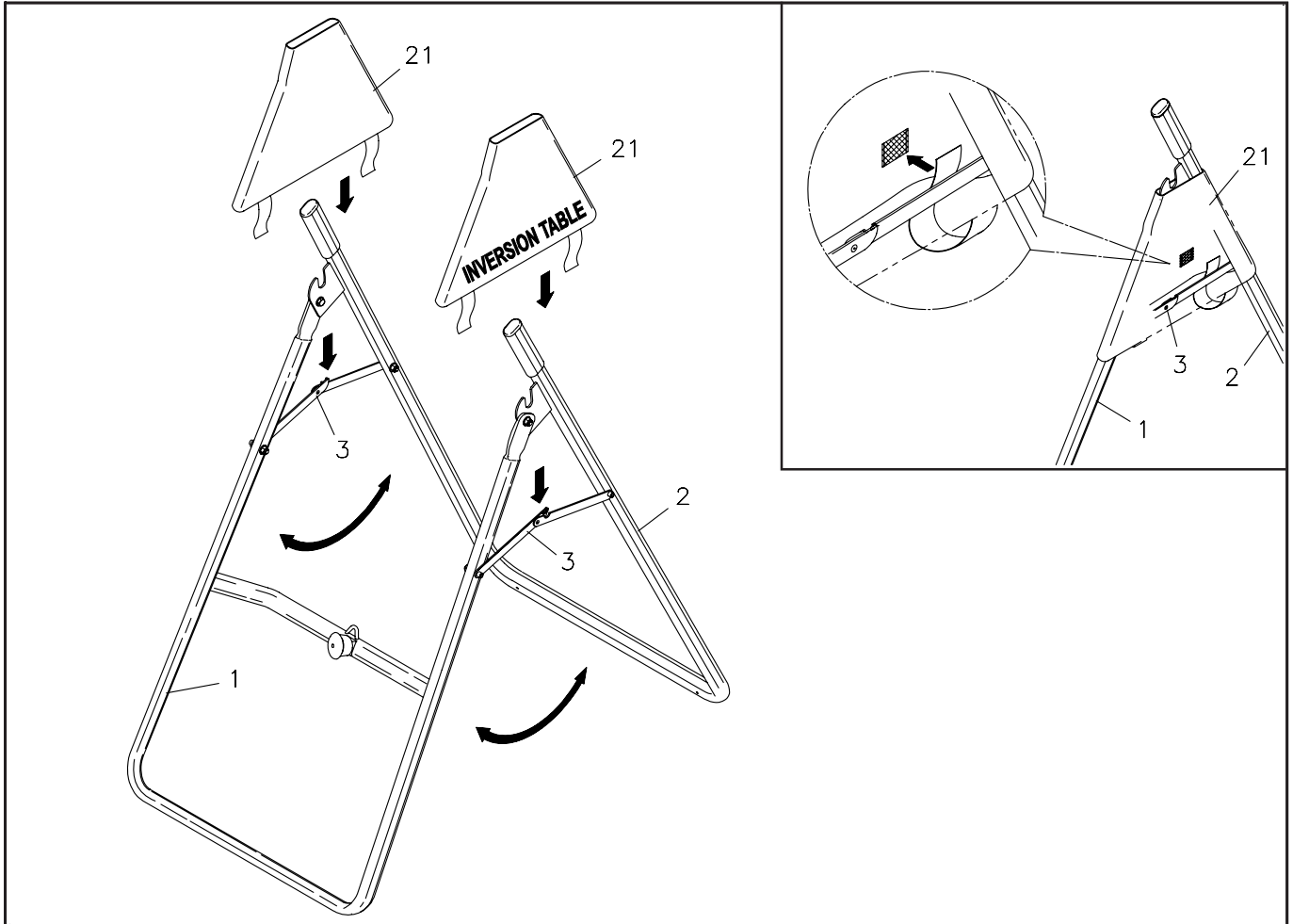
	Part No. and Description	Qty
	32 Bolt, Hex Head (M6 x 1 x 45mm)	2
	34 Bolt, Hex Head (M8 x 1.25 x 50mm)	2
	35 Nylock Nut (M6 x 1)	2
	36 Nylock Nut (M8 x 1.25)	2
	38 Washer (M8)	4
	42 Large Washer (M6)	2
	43 Bolt, Button Head (M6 x 1 x 8mm)	2

**NOTE:** Some of the hardware items listed may be attached to other parts.

## ASSEMBLY INSTRUCTIONS

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part please call our toll-free number for assistance **1 (800) 375-7520** or e-mail us at:

**parts@staminaproducts.com**



### STEP 1

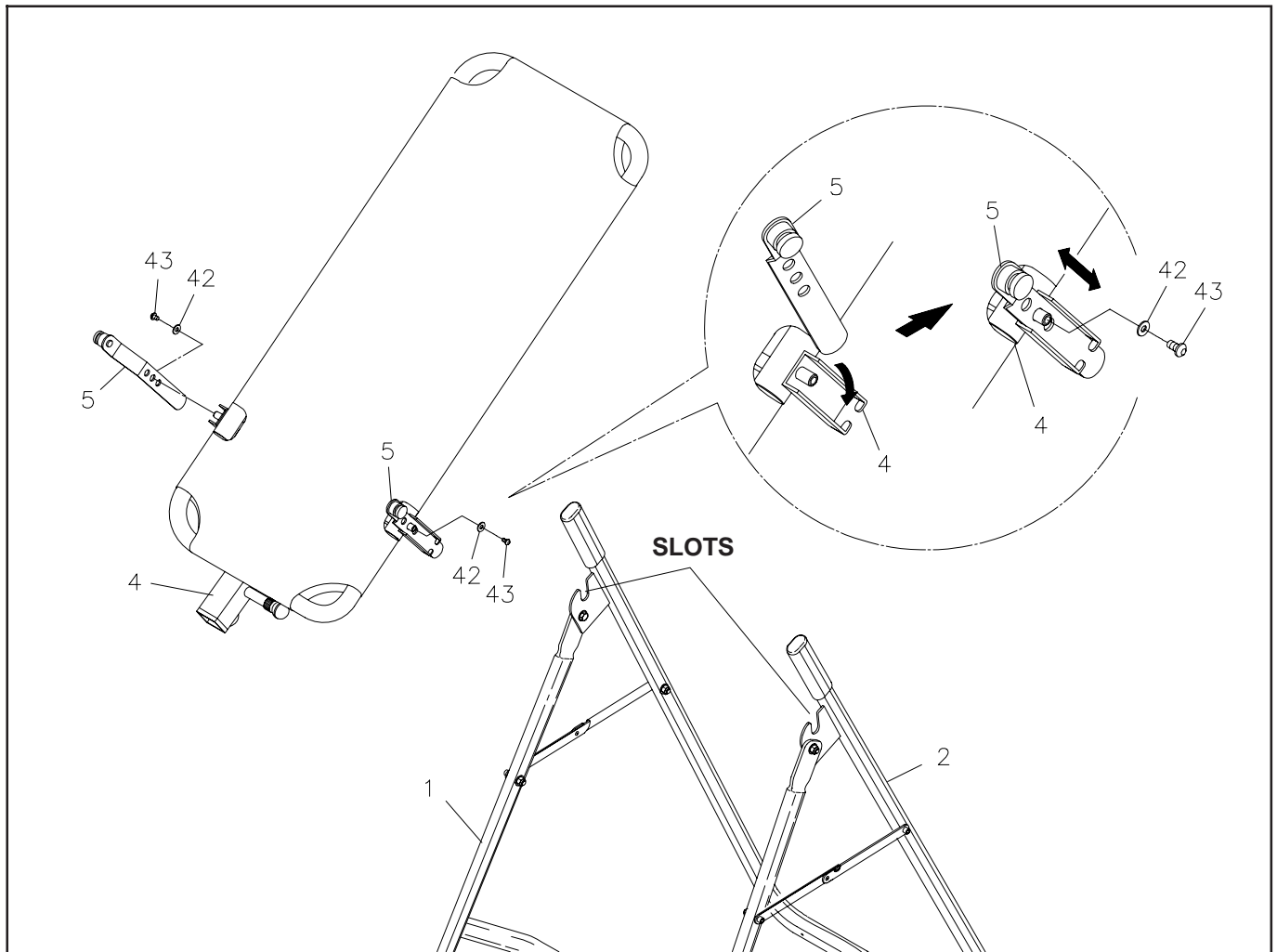
Unfold the **BASE ASSEMBLY** to an upright position by moving the **FRONT FRAME(1)** away from **REAR FRAME(2)**. Then push down on the middle of the two **FOLDING LINKAGES(3)** until they are fully locked down.

### STEP 2

Slide one **PROTECTIVE COVER(21)** onto each side of the **BASE ASSEMBLY**, and pull the covers down until the bottom of the covers are slightly lower than the **FOLDING LINKAGES(3)**. Secure the **PROTECTIVE COVERS(21)** to the **FOLDING LINKAGES(3)** with the **SECURING STRAPS** on the bottom of the covers.

**NOTE:** When the **PROTECTIVE COVERS(21)** are assembled correctly, the **FOLDING LINKAGES(3)** should not be visible, and the **INVERSION TABLE LOGO** should be on the outside. Refer to the illustration.

## ASSEMBLY INSTRUCTIONS



### STEP 3

Slide the bottom of the two **PIVOT ARMS(5)** into the brackets located at each side of the **MAIN FRAME(4)**. Align the desired hole on the arm with the peg on the bracket, and insert the peg into the hole to lock the **PIVOT ARMS(5)** in position. Then secure the **PIVOT ARMS(5)** on the pegs with **BUTTON HEAD BOLTS(M6 x 8mm)(43)** and **LARGE WASHERS(M6)(42)**.

### PIVOT ARM ADJUSTMENT:

There are three adjustment holes on the **PIVOT ARMS(5)** allowing you to position the **MAIN FRAME(4)** at three different heights. The lowest hole will allow the least amount of inversion angle. The top hole will allow the greatest amount of inversion angle.

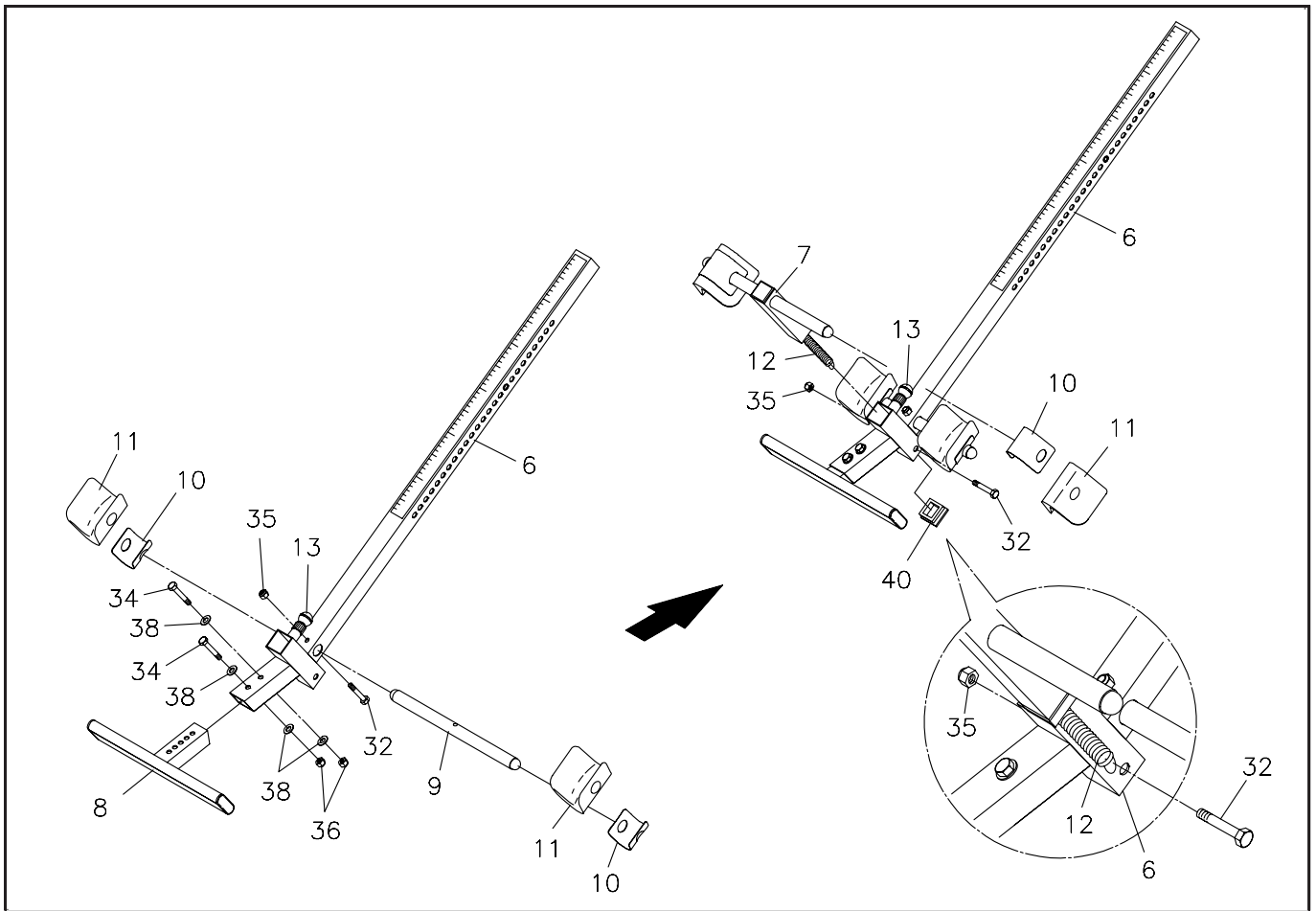
**CAUTION:** 1. Use the lowest holes in the **PIVOT ARMS(5)** until you become familiar with the **INVERSION TABLE**.

2. Both **PIVOT ARMS(5)** must be adjusted to the same hole. Trying to adjust the **PIVOT ARMS(5)** to different positions could cause damage to the machine, and injury to the user.

### STEP 4

Attach the **MAIN FRAME(4)** onto the **REAR FRAME(2)** by sliding the slots in the ends of the two **PIVOT ARMS(5)** into the slots on the **REAR FRAME(2)**.

## ASSEMBLY INSTRUCTIONS



### STEP 5

Attach the **FOOTREST(8)** onto the **HEIGHT ADJUSTMENT BEAM(6)** with **BOLTS(M8 x 50mm)(34)**, **WASHERS(M8)(38)**, and **NYLOCK NUTS(M8)(36)**.

**NOTE:** The five holes in the **FOOTREST(8)** allow the **FOOTREST(8)** to be attached in three different positions. Start with the center position and adjust if necessary. Use the outer position if users are taller than average. Use the inner position if users are shorter than average.

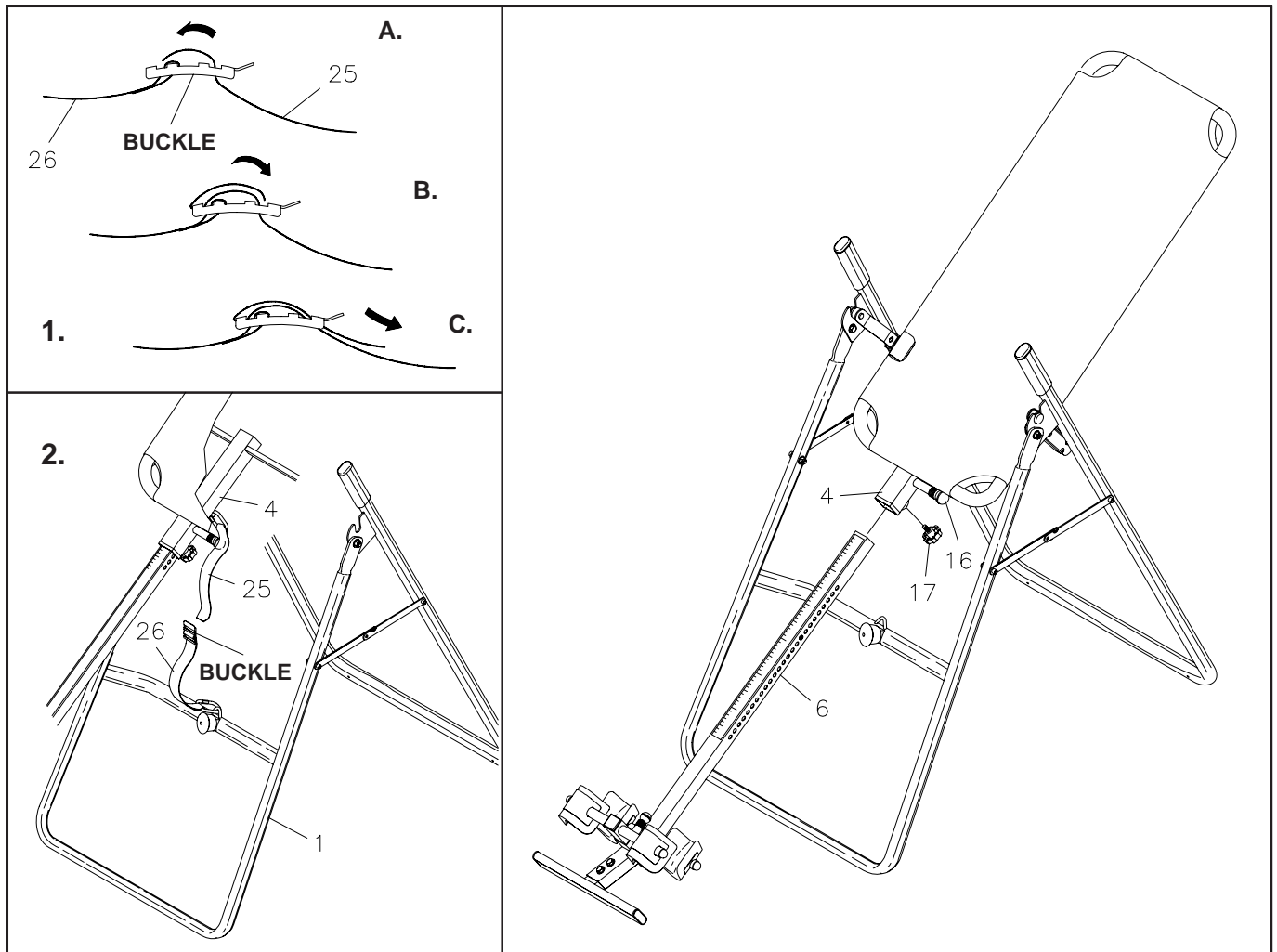
### STEP 6

Insert the **PAD TUBE(9)** through the hole on the **HEIGHT ADJUSTMENT BEAM(6)** and secure with **BOLT(M6 x 45mm)(32)** and **NYLOCK NUT(M6)(35)**. Place a **HEEL HOLDER BRACKET(10)** onto a **HEEL HOLDER(11)**, then slide them onto **PAD TUBE(9)** together. Slide another set of **HEEL HOLDER BRACKET(10)** and **HEEL HOLDER(11)** over the other end of the **PAD TUBE(9)**.

### STEP 7

Attach the **ADJUSTABLE INSTEP FRAME(7)** to the **HEIGHT ADJUSTMENT BEAM(6)** by pulling the **SMALL SPRING PIN(13)** and sliding the **ADJUSTABLE INSTEP FRAME(7)** completely into the **HEIGHT ADJUSTMENT BEAM(6)**. Insert the **BOLT(M6 x 45mm)(32)** halfway through the square tube on the **HEIGHT ADJUSTMENT BEAM(6)**, slide the bolt through the ring at the bottom of the **SPRING(12)**, slide the bolt through the square tube and secure with **NYLOCK NUT(M6)(35)**. Press the **SQUARE PLUG(40)** into the **HEIGHT ADJUSTMENT BEAM(6)**. Install a **HEEL HOLDER BRACKET(10)** and **HEEL HOLDER(11)** onto both sides of the **ADJUSTABLE INSTEP FRAME(7)**.

## ASSEMBLY INSTRUCTIONS



### STEP 8

Install the **HEIGHT ADJUSTMENT BEAM(6)** into **MAIN FRAME(4)** by pulling the **LARGE SPRING PIN(16)** on the **MAIN FRAME(4)** and inserting the **HEIGHT ADJUSTMENT BEAM(6)** as shown. For added safety, thread the **LOCKING KNOB(17)** into back side of the **MAIN FRAME(4)**.

**WARNING:** Do not use the **INVERSION TABLE** until you have verified your height setting. Failure to use the proper height setting can result in difficulty recovering from the decline position. See **HEIGHT ADJUSTMENT** instructions on page 10.

### STEP 9

Attach the **NYLON STRAP(25)** onto the **BUCKLE** on the end of the **BUCKLE STRAP(26)** by inserting the end of the strap up through the bottom of the buckle, as shown in the illustration 1.

### STEP 10

Hook the end of the **NYLON STRAP(25)** onto the loop on the back of the **MAIN FRAME(4)**. Hook the end of the **BUCKLE STRAP(26)** onto the loop on the **FRONT FRAME(1)**.

**NOTE:** The **NYLON STRAPS** are used to control the decline angle of the **INVERSION TABLE**. For a steeper decline angle, lengthen the straps. For a lessor decline angle, shorten the straps. Make sure these **NYLON STRAPS** are tight in the buckle and check the decline angle before using the **INVERSION TABLE**.

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## OPERATIONAL INSTRUCTIONS

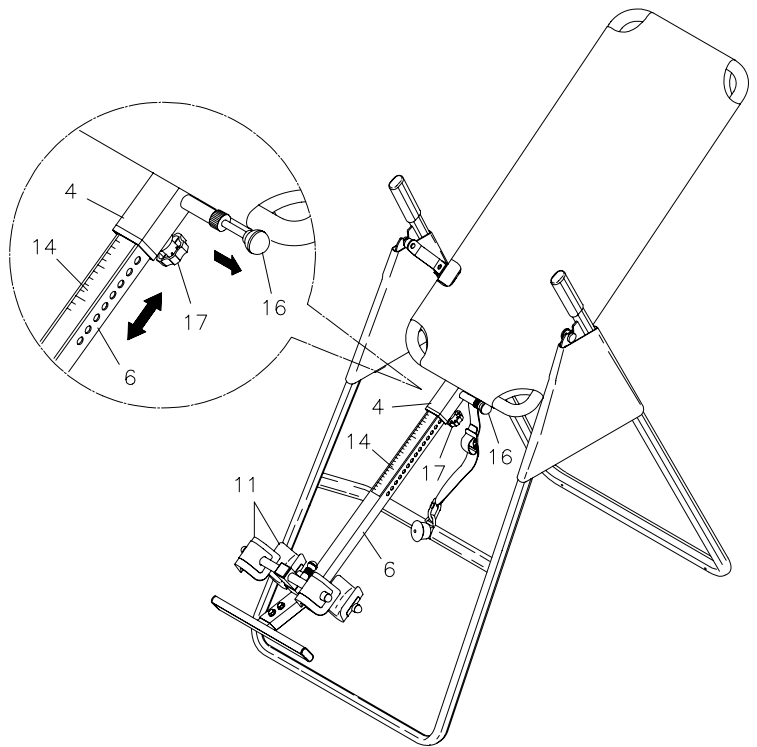
### GENERAL PRECAUTIONS

1. Use the lowest holes in the **PIVOT ARMS(5)** until you become familiar with the **INVERSION TABLE**.
2. Do not use the **INVERSION TABLE** alone. Always have a helper available in case assistance is needed in recovering from the decline position.
3. Make sure that the **HEEL HOLDERS(11)** are holding your feet securely.
4. Make sure that the **HEIGHT ADJUSTMENT BEAM(6)** is properly set for your height.
5. Make sure that the **HEIGHT ADJUSTMENT BEAM(6)** is held securely by both the **LARGE SPRING PIN(16)** and the **LOCKING KNOB(17)**.
6. Make sure that there is enough room for the bed to rotate completely.

### HEIGHT ADJUSTMENT

The **INVERSION TABLE** is a very sensitive balance device. It responds to very slight changes in weight distribution. It is very important to make sure that the height adjustment is adjusted properly. Use the following procedure to set the height adjustment and balance the **INVERSION TABLE**.

1. Adjust the **NYLON STRAPS** to restrict movement to approximately 15 degrees beyond the horizontal position. The nylon straps should not allow the **INVERSION TABLE** to go into the full inversion position while you are setting the height adjustment.
2. Loosen the **LOCKING KNOB(17)** under the **MAIN FRAME(4)**.
3. Pull the **LARGE SPRING PIN(16)** and use the **SCALE DECAL(14)** to set the **HEIGHT ADJUSTMENT BEAM(6)**.
4. Tighten the **LOCKING KNOB(17)**.
5. Mount the machine.
6. Lock your ankles into the **HEEL HOLDERS(11)**.
7. Lie back with your hands at your sides.
8. Slowly raise your hands to your chest.
9. If your feet are higher than your head, dismount and try a taller setting. If you do not rotate to a position close to level, dismount and try a shorter setting.



**NOTE:** The **INVERSION TABLE** should return to the upright position when your hands are below your waist. If it does not, use a taller setting.

### THE HANDLEBARS

For added convenience, and safety, a set of **HANDLEBARS** has been added to the **INVERSION TABLE**. These **HANDLEBARS** are located at the top of the **REAR FRAME(2)**. The **HANDLEBARS** are to help you return to the upright position from any degree of inversion. If you wish to return to the upright position, and the bed is moving too slowly, or not moving at all, simply grab the **HANDLEBARS** and pull on them until you return to the upright position.

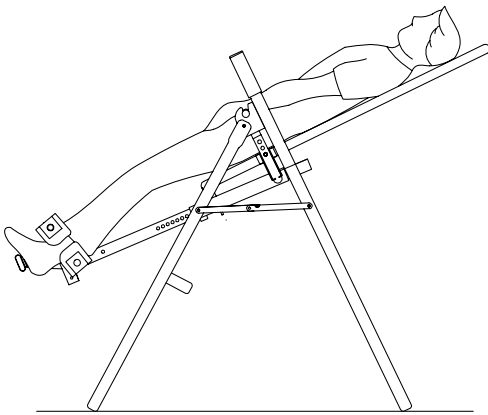
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## OPERATIONAL INSTRUCTIONS

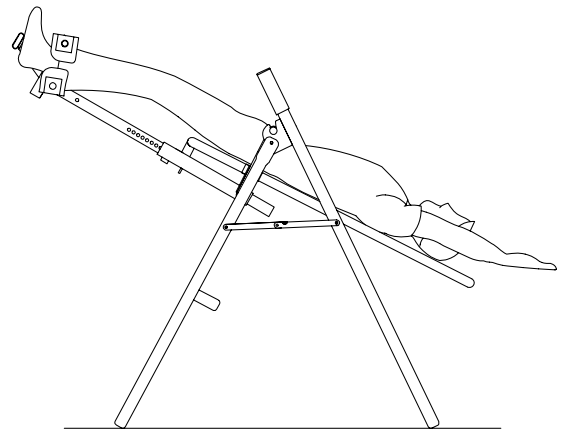
### USING THE INVERSION TABLE

1. Start by lying fully back on the bed with your hands at your side, or resting on your thighs.
2. Keeping your hands close to your body begin to raise your arms slowly allowing the table to rotate backward. Stop, or lower your arms to control the downward rotation of the table.
3. Raise your arms until they are over your head. At this point, the inversion table will be as far back as it can go.
4. As you get more comfortable with the use, rock the bed slowly by moving your arms up and down slowly.
5. A gentle swinging motion will alternately put your spine in traction and compression. This rhythmic type of traction is used by many hospitals and doctors to treat certain back problems.
6. It is recommended that the inversion table be used for five or ten minutes each morning, and again each evening.
7. Return to the upright position by slowly moving your hands back down to your thighs.

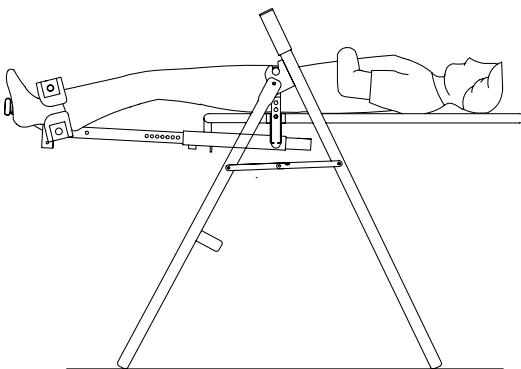
1.



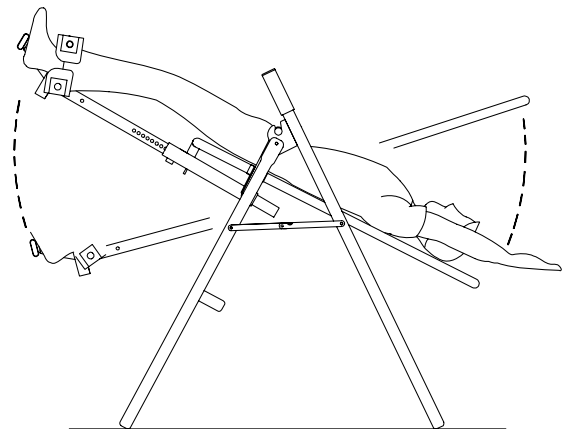
3.



2.



4.

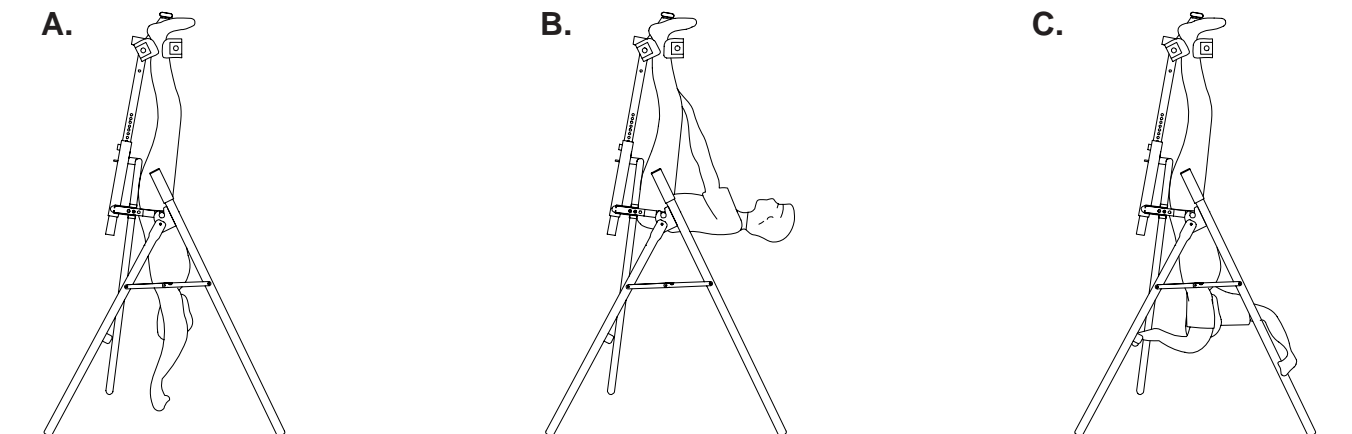


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## OPERATIONAL INSTRUCTIONS

### SUGGESTIONS FOR USE

1. Begin slowly; invert only 15-20 degrees to begin with. Stay inverted only as long as you are comfortable. Return upright slowly.
2. Make gradual changes: increase the angle only if it is comfortable. Increase the angle only a few degrees at a time. Increase the time of use 1-2 minutes up to ten over a period of weeks. Add stretching and light exercise only after you are comfortable with inversion.
3. Watch your body: come up slowly, dizziness after a session means you came up too fast. Wait a while after eating before using table. If you get nauseous, do not fight it, come up as soon as you feel queasy.
4. Keep moving: movement while inverted encourages blood, lymph, and spinal fluid circulation and aids in alignment of bones and organs. Movement may be accomplished by either rhythmic traction or light exercise. Do not exercise strenuously while inverted. Limit partial inversion without movement to one or two minutes. Limit full inversion with no movement to only a few seconds.
5. Invert regularly: we recommend two or three times a day depending upon your current condition. Try to schedule it for the same times each day.



### LOCKING THE BED

When the inversion table rotates past the vertical inverted position the bed becomes locked, and will not return to the upright position in the usual way. The locked position allows you to hang straight upside-down completely free of the bed. This position allows you to enjoy all of the benefits of a handstand, with none of the discomforts, as shown in illustration A. It also allows you to do exercises such as the waistband, as shown in illustration B.

To get into the locked position, use the top hole in the **PIVOT ARMS(5)** as described in **STEP 3**. If necessary, adjust the **HEIGHT ADJUSTMENT BEAM(6)** shorter, and then mount and use normally. When your arms are completely extended above your head, the bed will rotate all the way to the locked position.

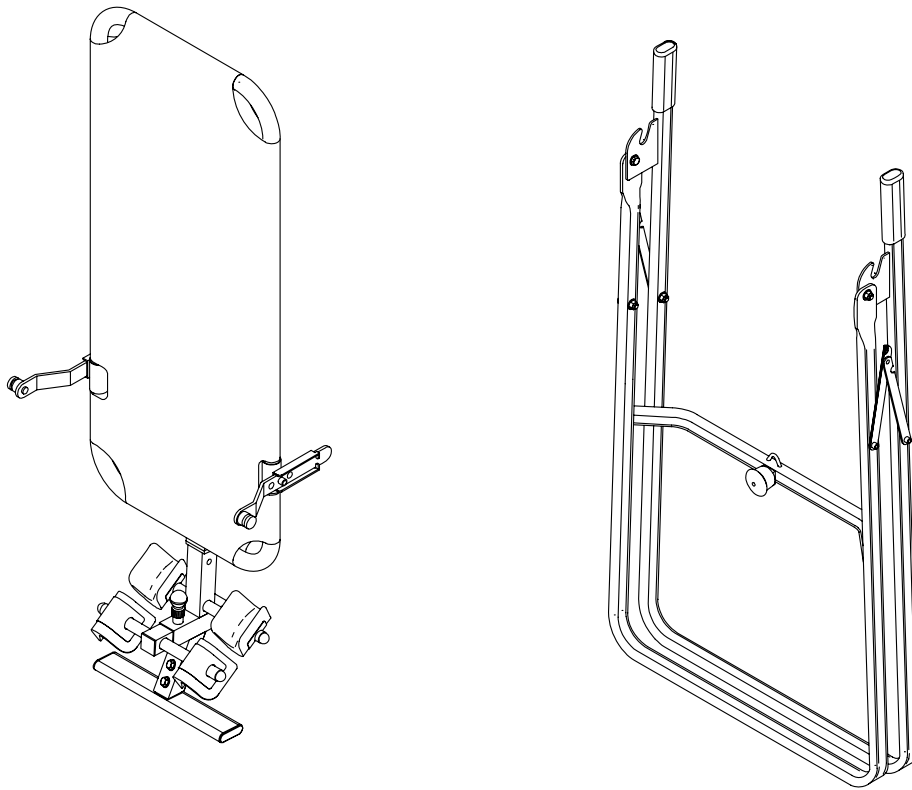
**CAUTION:** You must understand how to recover from the fully inverted position before using the fully inverted position. Read the **RECOVERY FROM LOCKED POSITION** section below **BEFORE** using the fully inverted position.

### RECOVERY FROM LOCKED POSITION

To recover from the locked position, simply grab the **HANDLEBARS** and pull on them while pushing back on the **HEEL HOLDERS(11)** with your legs. If you can not reach the **HANDLEBARS**, then you can still recover by grabbing the back of the bed with one hand, the **REAR FRAME(2)** with the other, and pulling your hands together, as shown in illustration C.

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## STORAGE



## FOLDING THE INVERSION TABLE

The **INVERSION TABLE** can be easily folded for storage.

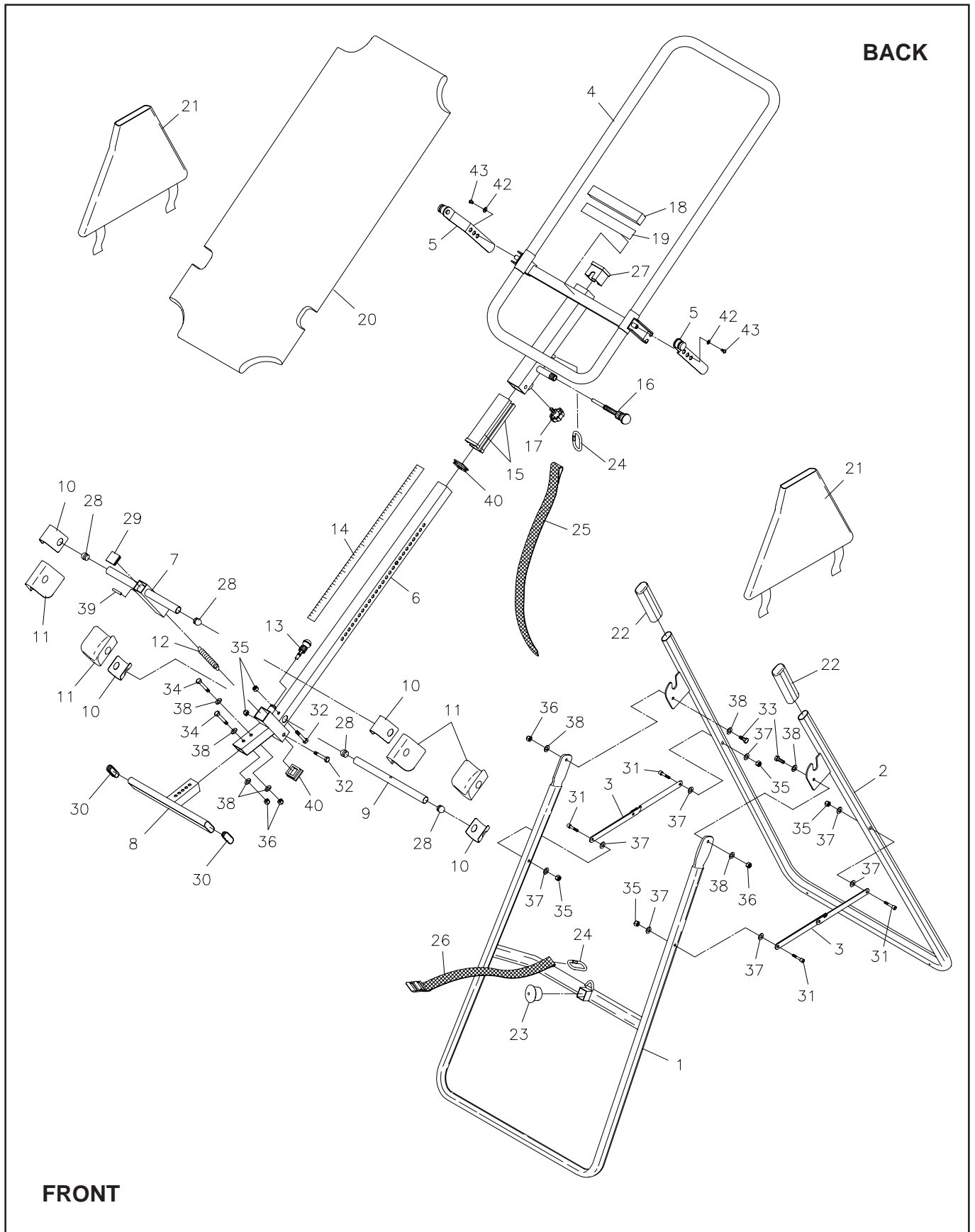
To fold the **INVERSION TABLE** loosen **LOCKING KNOB(17)** and pull out the **LARGE SPRING PIN(16)**. Now, slide the **HEIGHT ADJUSTMENT BEAM(6)** all the way up into the **MAIN FRAME(4)** until the **ADJUSTABLE INSTEP FRAME(7)** is just below the **MAIN FRAME(4)**, release the **LARGE SPRING PIN(16)** and slide the **HEIGHT ADJUSTMENT BEAM(6)** slightly up or down until the spring pin locks the beam in place. Remove the **MAIN FRAME ASSEMBLY** from the **BASE** by lifting up on the **MAIN FRAME(4)** until the **PIVOT ARMS(5)** come out of the slots located at the top of the **REAR FRAME(2)**, (Make sure the **NYLON STRAP** is not attached to the **MAIN FRAME(4)** before attempting to remove it.) Push up on the center of the **FOLDING LINKAGES(3)** and push the **FRONT FRAME(1)** and **REAR FRAME(2)** together until they meet.

## MAINTENANCE INSTRUCTIONS

The safety level of the **INVERSION TABLE** can be maintained only if it is examined regularly for damage and wear.

1. Check the nylon strap, strap buckle, pivot arms, nylon bed, heel holders, small spring pin and large spring pin for damage and wear.
2. Replace damaged and worn components immediately and/or keep the equipment out of use until repair.

# PRODUCT PARTS DRAWING



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## PARTS LIST

DIAGRAM#	PART NAME	QTY
1	Front Frame	1
2	Rear Frame	1
3	Folding Linkage	2
4	Main Frame	1
5	Pivot Arm	2
6	Height Adjustment Beam	1
7	Adjustable Instep Frame	1
8	Footrest	1
9	Pad Tube	1
10	Heel Holder Bracket	4
11	Heel Holder	4
12	Spring	1
13	Small Spring Pin	1
14	Scale Decal	1
15	Bushing	2
16	Large Spring Pin	1
17	Locking Knob	1
18	Foam Pad	1
19	Double sided Tape	1
20	Nylon Bed	1
21	Protective Cover	2
22	Hand Grip	2
23	Bumper	1
24	Hook	2
25	Nylon Strap	1
26	Buckle Strap	1
27	Hollow Cap	1
28	Round Plug (7/8")	4
29	Square Plug (1 5/16" x 1 5/16")	1
30	Oval Plug (20mm x 60mm)	2
31	Bolt, Round Head (M6 x 1 x 30mm)	4
32	Bolt, Hex Head (M6 x 1 x 45mm)	2
33	Bolt, Hex Head (M8 x 1.25 x 23mm)	2
34	Bolt, Hex Head (M8 x 1.25 x 50mm)	2
35	Nylock Nut (M6 x 1)	6
36	Nylock Nut (M8 x 1.25)	4
37	Washer (M6)	8
38	Washer (M8)	8
39	Spring Pin	1
40	Square Plug (1 1/2" x 1 1/2")	2
41	Manual	1
42	Large Washer (M6)	2
43	Bolt, Button Head (M6 x 1 x 8mm)	2

**WARRANTY**

Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service and proper operation for a period of 90 days on the parts and 5 years on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071** or call us at **1 (800) 375-7520**. If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

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## NOTES

