

Adapta[®] MT-100 Portable Massage Table

SET-UP INSTRUCTIONS



Congratulations on owning the Adapta[®] MT-100 Portable Massage Table! Here are a few tips and items of information that you may find helpful:

- To open the table, proceed as shown in the five pictures above. After set up, turn the table on its side, then “plant” the tips of the leading legs into the floor. Lift up on the edge of the table and “roll” the table up and into position.
- After the table is in an upright position, lift it a couple of inches off the floor at one end to make sure that it is sitting squarely. This allows the table to assume its load in the most natural way.
- Table height adjustment is located on the legs. The table is pre-set at a comfortable level for a majority of people; however, adjustments can be made as follows: Starting with the table on its back (as shown in picture #3), undo the two locking knobs on each leg. Remove the leg and place it at the position you choose, then replace the knobs. **DO NOT** over tighten. Check the knobs on occasion to make sure they are still tight enough; changes in temperature and humidity affect wood. This and the way your table is used may cause knobs to loosen.
- Notice that your table has two locking knobs per leg instead of one. This is a great safety feature since two knobs will lessen the likelihood of a leg unexpectedly pivoting.
- This table will hold a static weight of 2000 pounds, and a working weight of 500 pounds. Remember that a portable massage table is subject to abuse. For example, just sleeping on a bed makes it last for years, but if you allow a child to jump up and down on it, the bottom will break out. Minimize wear and tear on your massage table by not allowing anyone to “jump” on it.
- To install adjustable face cradle (not shown), grasp at top of curve and align rods with holes at end of table. Insert firmly and adjust for comfort. To remove, push out at center. Store the adjustable face cradle in the folded massage table.
- We recommend a light soapy water solution to clean any surface of your table. The upholstery and wood finishes are very durable; however, it is good to avoid harsh chemical or solvent based cleaning products.
- For protection and convenience, our deluxe carrying case is included with your portable massage table.



ISO 9001 CERTIFIED

Part #22345A

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