

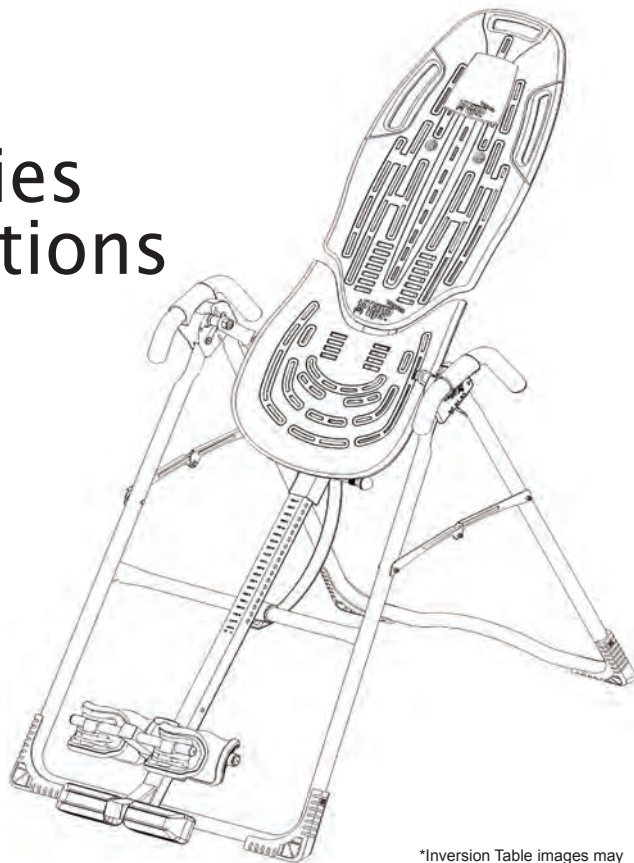


# ComforTrak™ Series Assembly Instructions

*EP-560, EP-860, EP-960 & EP-970 Models*



[www.Activeforever.com](http://www.Activeforever.com)



\*Inversion Table images may vary slightly from your model. The EP-560 is shown here.

**BEFORE YOU BEGIN:** Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

## **IMPORTANT SAFETY INSTRUCTIONS**

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

### **WARNING**

**WARNING** - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional video, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.

**FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

## **SAVE THESE INSTRUCTIONS**

**BEFORE YOU BEGIN:** Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

## **IMPORTANT SAFETY INSTRUCTIONS**

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

### **WARNING**

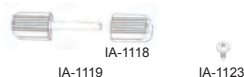
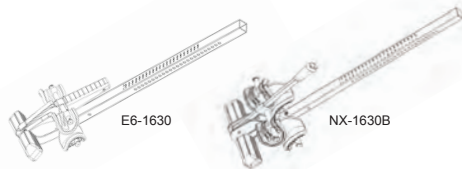
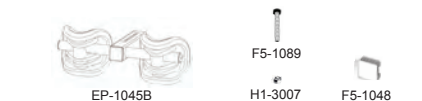
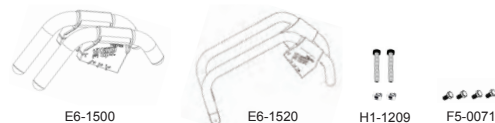
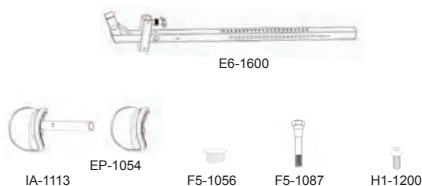
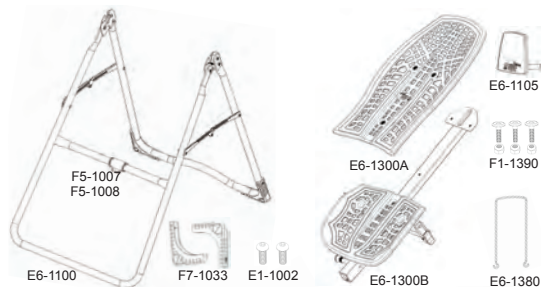
- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

**FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

## **SAVE THESE INSTRUCTIONS**

# Items for Assembly

ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame	E6-1100	<b><i>This column is ONLY for the Assembly of the Main Shaft with T-Pin Ankle Lock System (E6-1600)</i></b>		Handle Assembly	
Angle Tether (EP-560 models)	F5-1007	Main Shaft with T-Pin Ankle Lock System	E6-1600	Strech Assist™ Handles (2) (EP-560 models only)	E6-1500
EZ-Angle™ Tether (EP-860, EP-960, EP-970)	F5-1008	(for EP-560 models, EP-860 only)		Strech Max™ Handles (2) (EP-860, EP-960, EP-970)	E6-1520
Stability Feet (2) May come pre-assembled	F7-1033			Bolts & Nuts (2) (EP-860, EP-960, EP-970 ONLY)	H1-1209
Screws (2)	E1-1002			Allen Head Screws (4) May come pre-assembled	F5-0071
Table Bed		Rear Ankle Bar	IA-1113	Roller Hinge Assembly	
Upper Bed Portion	E6-1300A	Rear Heel Cup (one pre-assembled, one separate)	EP-1054	3-Hole Roller Hinges (2) (EP-560, EP-560 Ltd. EP-860)	F5-1064
Lower Bed Portion & Frame	E6-1300B	Rubber Plug (1)	F5-1056	Traction Handle 3-Hole Roller Hinges (2)	TR-1003
Head Pillow	E6-1105	Bolt/Nut (1)	F5-1087	(EP-560 Sport, EP-960, EP-970)	
Bolts & Nuts (3)	F1-1390	Screw (1)	H1-1200	Tools	
ComforTrak™ Bed Frame Extension	E6-1380	Front Ankle Bar	EP-1045B	10/13mm Wrenches (2)	F5-1088
Main Shaft with EZ-Reach™ Ankle Lock System	E6-1630	Bolt (1)	F5-1089	Packaged with the Roller Hinge Assembly	
(for EP-960 model only)		Nut (1)	H1-3007	5mm Allen Wrench	IA-1149
Main Shaft with Deluxe EZ-Reach™ Ankle Lock System	NX-1630B	End Cap (1)	F5-1048	Screwdriver	F5-1130
System		Ankle Comfort Dial Bar	IA-1119		
(for EP-970 model only)		Ankle Comfort Dials (2) (one pre-assembled, one separate)	IA-1118		
		Screw (1)	IA-1123		



Items are not shown to scale.



# BEFORE BEGINNING

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups® inversion table.

1	Head Pillow	8	Angle Tether
2	Bed Frame Extension	9	Crossbar
3	ComforTrak™ Table Bed	10	A-Frame
4	3-Hole Roller Hinges	11	Main Shaft
5	Handles	12	Ankle Lock System
6	Height-Selector Locking Pin	13	Ankle Comfort Dial™
7	Spreader Arms	14	Stability Feet

## What Model Do You Own?

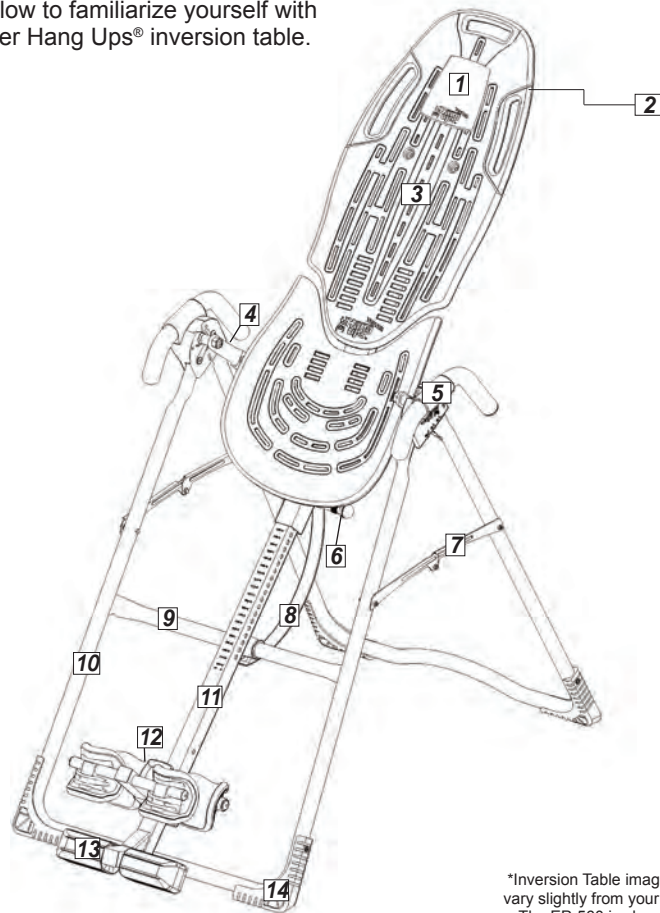
**Important: Please locate the model of your Teeter inversion table before assembly.**

The model can be found on A) the exterior of the box, or B) the serial label located on the back of the table bed.

**My Serial Number:**

\_\_\_\_\_

**Don't forget to register your warranty**



\*Inversion Table images may vary slightly from your model. The EP-560 is shown here.

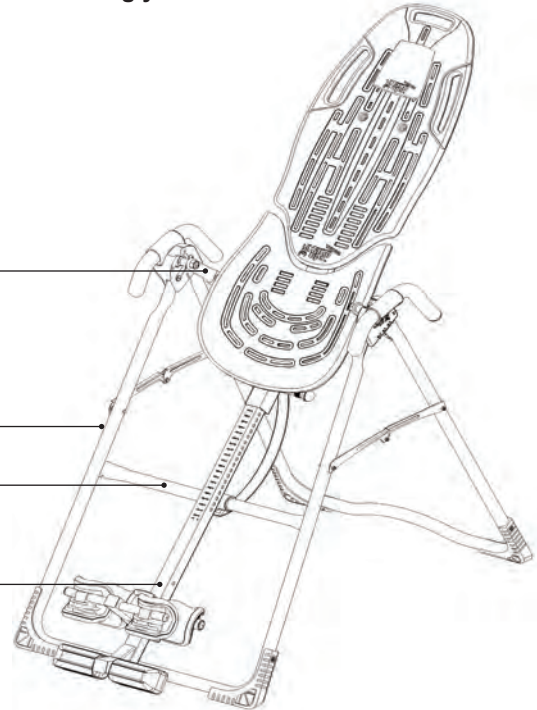
## WARNING LABEL PLACEMENT

**Important: Please review all labels and supporting materials before using your inversion table.**

This drawing indicates the locations of the warning labels found on your product.

If a label is missing, illegible or is removed, contact Customer Service at the phone number or website found at the bottom of this page to request a complimentary replacement label.

*Note: Image and labels below not shown at actual size.*



*We hope you enjoy your new Teeter Hang Ups Inversion Table!  
If you have any questions, please contact our Customer Service Department at 1.800.847.0143*

# Step 1

FIGURE 1

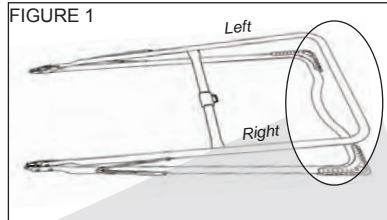


FIGURE 2

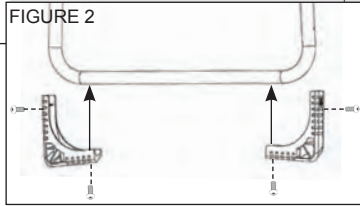
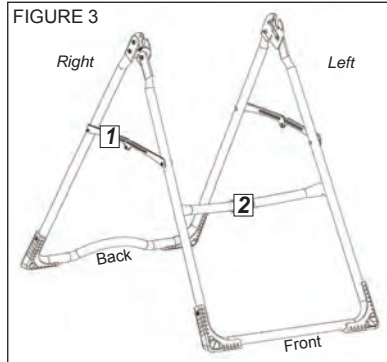


FIGURE 3



1 Spreader Arms

2 Crossbar

## Assemble the front Stability Feet (F7-1033) onto the A-Frame (E6-1100)

*Feet may come pre-assembled.*

- Lay the A-Frame on the floor with the Crossbar on the top side (Figure 1) to assemble the front Stability Feet.
- Select the Stability Foot labeled Number 1 on the inside and place it on the RIGHT side of the A-Frame. Insert two of the Screws (E1-1002), one through the side and one through the bottom (Figure 2). Tighten using the Screwdriver (F5-1130) provided.
- Repeat with the Stability Foot labeled Number 2 on the LEFT side (Figure 2).
- Position the A-Frame on its feet and open it so the Spreader Arms are locked (Figure 3).
- Familiarize yourself with the Front, Back, Left and Right of the A-Frame. You may want to refer back to this diagram for reference throughout the assembly process.



FIGURE 4

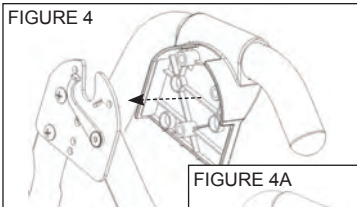
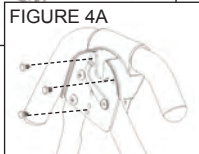


FIGURE 4A



## Step 2

*Depending on the model you have purchased, the items in this step will vary. See “Which Model Do you Own?” (page 4) for more information.*

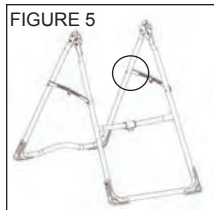
### **Assemble the Handles to the Table Bed (EP-1300)**

*Bolts/Nuts may come pre-assembled in the Handles. Simply unscrew to remove.*

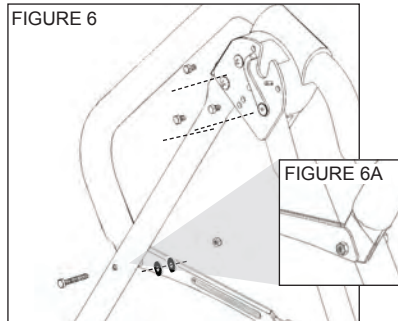
### **EP-560 models: Assemble the Stretch Assist Handles (E6-1500)**

- Place each Handle (left / right) over the outside edge of the corresponding Hinge Plate. The handles are stamped with an “L” for Left and an “R” for Right, this can be found on the interior of the handle (Figure 4).
- Insert three Allen Head Bolts ((F5-0071) through the Hinge Plate into each Handle (Figure 4A). Tighten with the Allen Wrench provided, being careful not to overtighten.

## Step 2 (continued)



EP-860, EP-960, EP-970 Models



### Assemble the Handles to the Table Bed (EP-1300)

*Bolts/Nuts may come pre-assembled in the Handles. Simply unscrew to remove.*

### EP-860, EP-960 & EP-970: Assemble the Stretch Max Handles (E6-1520)

- Assemble one side at a time. It does not matter which side (left / right) you start with.
- Using the 10/13mm Wrench (F5-1088), remove the Bolt, Nut and three Washers from where the Spreader Arm meets the rear of the A-Frame (Figure 5). Discard the Bolt and Nut, but keep one of the Washers.
- Place the corresponding Handle (left / right) over the outside edge of the Hinge Plate (refer to Figure 6).
- Insert and loosely hand-tighten the three Allen Head Bolts ((F5-0071) through the Hinge Plate into the handle (Figure 6).
- Position the lower part of the Handle between the Spreader Arm and the A-Frame leg. Thread one Washer on the Bolt and insert from the inside of the A-Frame. Make sure the Bolt goes through the A-Frame leg, Handle and Spreader Arm. Thread one Washer on the end and secure with the Nut (Figure 6). Refer to Figure 6A for how the finished assembly of this should look.
- Fully tighten all Bolts, using the Allen Wrench provided, being careful not to overtighten.
- Repeat on the other side.

## Step 3

FIGURE 7

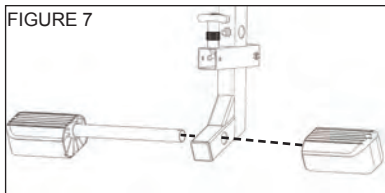


FIGURE 7A

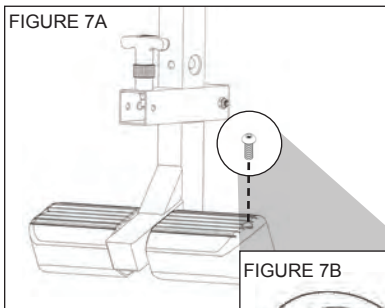
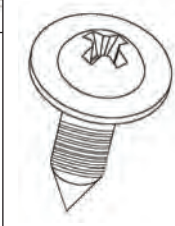


FIGURE 7B



*Depending on the model you have purchased, the items in this step will vary. See “Which Model Do you Own?” (page 4) for more information.*

**EP-560 models & EP-860:** Complete this step.

**EP-560 Sport:** Complete this step to use the standard Ankle Lock System. To use with the EZ-Up Gravity Boots refer to either the ComforTrak DVD or the insert that can be found with the Conversio Bar.

**EP-960 & EP-970:** Skip this step and proceed directly to Step 4.

### **Assemble the T-Pin Ankle Lock System onto the Main Shaft (E6-1600)**

#### **Install the Ankle Comfort Dial**

- Slide the Ankle Comfort Dial Bar (IA-1119) with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft (Figure 7).
- The Ankle Comfort Dial is designed with a High and Low setting. Position the pre-assembled Dial in the Low Setting (screw holes facing up) for ease of assembly. Slide the separate Ankle Comfort Dial (IA-1118) onto the Ankle Comfort Dial Bar.
- Insert the Screw (IA-1123) (Figure 7A) and tighten with the Screwdriver (F5-1130) provided. See Figure 7B for detailed view of Screw (IA-1123).

**NOTE:** Refer to the Owner’s Manual for a complete description of the Ankle Comfort Dial settings.

## Step 3 (continued)

FIGURE 8

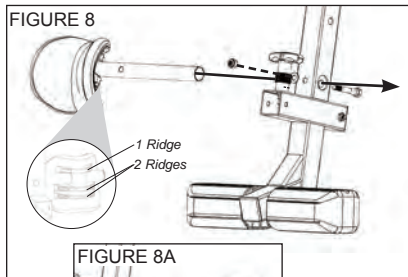


FIGURE 8A

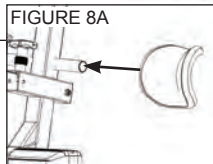


FIGURE 9

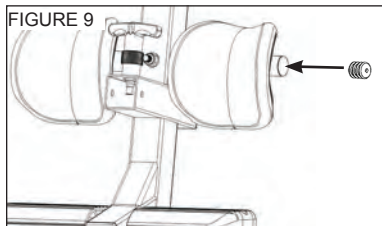
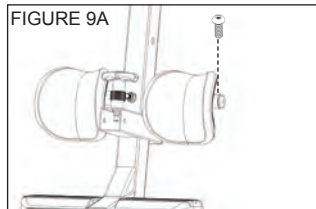


FIGURE 9A



### Install the Rear Ankle Bar Assembly

- With the two ridges of the pre-assembled Heel Cup on the bottom, insert the Rear Ankle Bar (IA-1113) into the large hole at the back of the Main Shaft (Figure 8).
- Insert the Bolt (F5-1087) from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 8), and fasten with the Washer and Nut using the wrenches provided.
- Slide the separate Heel Cup (EP-1054), with the two ridges on the bottom, onto the open end of the Rear Ankle Bar (Figure 8A).

**TIP:** To assist with assembly, repeatedly rotate the Heel Cup while pushing it onto the Rear Ankle Bar.

- Align the pre-drilled holes of the Rubber Plug with the holes in the Rear Ankle Bar. Insert the Rubber Plug (F5-1056) into the open end of the Rear Ankle Bar (Figure 9).

**TIP:** You may want to use a rubber mallet to assist with assembly.

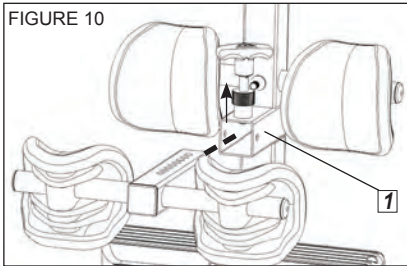
- Secure the Rubber Plug with the Screw (H1-1200) using the Screwdriver (F5-1130) provided (Figure 9A). If the Screw does not tighten easily, you may need to reposition the alignment of the Rubber Plug.

## Step

## 3

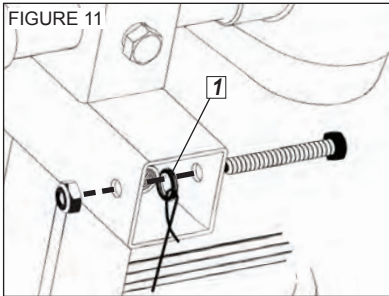
(continued)

FIGURE 10



1 Front Ankle Bar Housing

FIGURE 11



1 Retainer Spring & Cable Loop

FIGURE 11A

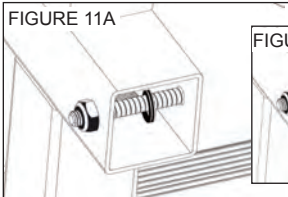
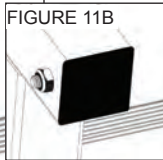


FIGURE 11B



### Install the Front Ankle Bar Assembly

- With hole settings facing up, insert the Front Ankle Bar (EP-1045B) into the Front Ankle Bar Housing (Figure 10). Pull up on the T-Pin Lock to allow the Front Ankle Bar to insert all the way into the housing. Release the T-Pin to engage in the hole setting closest to the Front Ankle Cups.
- From the reverse side, pull on the zip-tie to stretch the Retainer Spring and Cable Loop so that they align with the holes in the back of the Front Ankle Bar Housing (Figure 11).
- Insert the Bolt (F5-1089) starting through the outer side of the housing in the following order: hole, Retainer Spring and Cable Loop, hole (Figure 11).
- Tighten the Nut (H1-3007) using the 13mm Open Wrench (F5-1088) provided.
- Cut the long portion of the zip-tie with scissors (Figure 11A) so that it doesn't interfere with the function of the Retainer Spring. Cover the open end with the End Cap (F5-1048) (Figure 11B).

## ⚠ WARNING

Failure to assemble the T-Pin Ankle Lock System properly could result in serious injury or death!

## Step 4

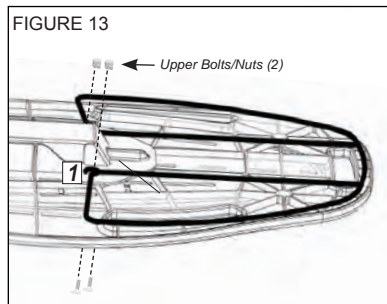
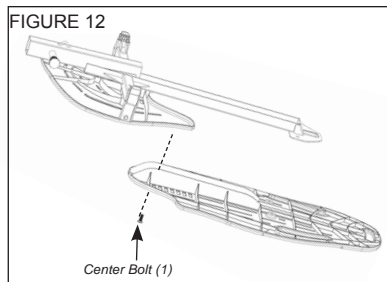
### Assemble the Table Bed (E6-1300) and Bed Frame Extension (E6-1380)

**NOTE:** This assembly will be referred to as Table Bed (E6-1300) for the remainder of the Assembly Instructions.

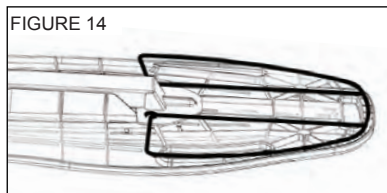
- Locate the following items to assemble the Table Bed:

ComforTrak™ Bed - Upper Portion (E6-1300A)  
Bed Frame Extension (E6-1380)  
5mm Allen Wrench (IA-1149)

ComforTrak™ Bed Frame (E6-1300)  
Bolts & Nuts (F1-1390)  
10/13mm Wrench (F5-1088)



1 Bed Frame Extension - Loop



- Lay the ComforTrak™ Bed - Upper Portion (E6-1300A) face down on the floor.
- Place the ComforTrak™ Bed Frame (E6-1300) face down on top of the Upper Portion and align the bolt holes.
- Reaching underneath, insert a Bolt in the center hole and hand-tighten with a Nut (Figure 12).
- Reaching underneath, insert one of the remaining Bolts through one of the holes in the Upper Portion and hold in place. Slide one of the Bed Frame Extension loops over the Bolt and hand-tighten with a Nut (Figure 13).
- Repeat with remaining side (Figure 14).
- To fully tighten all three nuts to the bolts, insert the 5mm Allen Wrench (IA-1149) into the Bolt heads and tighten the Nuts using the 10/13mm Wrench (F5-1088).

## Step 5

FIGURE 15

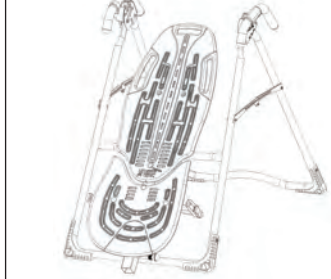
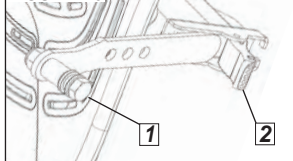
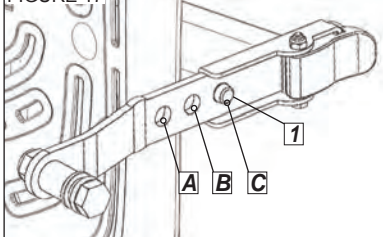


FIGURE 16



- 1 Pivot Pin
- 2 Cam Lock

FIGURE 17



- 1 Bracket Pin

*Depending on the model you have purchased, the items in this step will vary.  
See "Which Model Do you Own?" (page 4) for more information.*

### Assemble the Roller Hinges to the Table Bed (EP-1300)

**EP-560, EP-560 Ltd. & EP-860:** Use 3-Hole Roller Hinges (F5-1064)

**EP-560 Sport, EP-950 & EP-970:** Use 3-Hole Roller Hinges with Traction Handles (TR-1003)

- For ease-of-assembly, rest the Table Bed against the Crossbar (Figure 15).
- Open the Cam Locks on each side of the Table Bed (Figure 16).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed Assembly. The Roller Hinges must slide between the Cam Locks and the Brackets (Figure 16).
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Make sure the Roller Hinges are in the same hole setting on both sides. Figure 17 shows the Roller Hinges engaged correctly, with the Bracket Pin engaged in Setting C.
- Push down on the Cam Locks (Figure 18) to secure the Roller Hinges.

**NOTE:** Refer to the Owner's Manual for an explanation of the hole settings.  
If you are unsure, use Setting C to start.

FIGURE 18



**! WARNING**

NEVER disassemble the Roller Hinge.

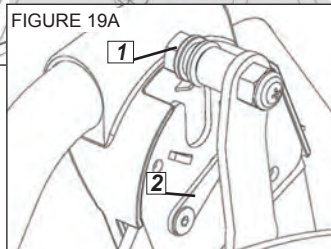
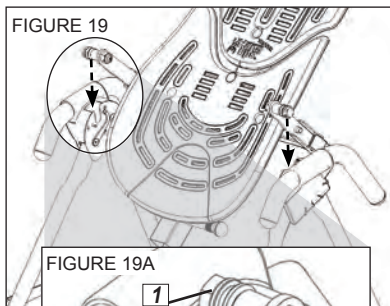
## Step 6

### Attach the Table Bed (E6-1300) to the A-Frame (E6-1100)

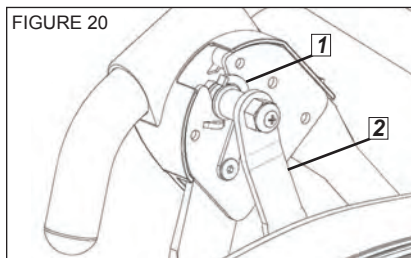
- Pick up the Table Bed, holding each side near the Roller Hinges, and stand in front of the A-Frame where the Crossbar is located (refer to Figure 3 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figures 19 and 19A). With pressure, the Self-Locking Hooks will open to allow the Pivot Pin into the slot, then automatically close over the Pivot Pin.

**NOTE:** You may need to push outward on the A-Frame in order for the 2nd Pivot Pin to lock in place.

- Make sure that each Pivot Pin is seated at the base of the slot of the Hinge Plate (Figure 20), that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed rotates smoothly.



- 1 Roller Hinge Pivot Pin  
2 Self-Locking Hook



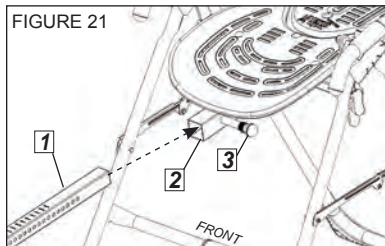
- 1 Self-Locking Hook  
2 Roller Hinge

## ! WARNING

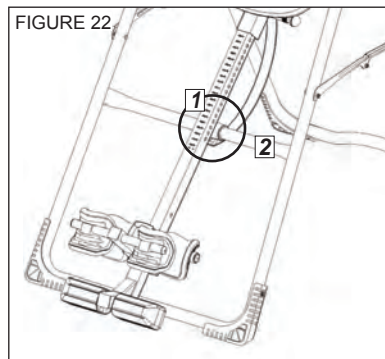
Failure of the Self-Locking Hooks to close over both Roller Hinge Pivot Pins is an indication of improper assembly and if not corrected could result in serious injury or death!



## Step 7



- 1 Main Shaft
- 2 Main Shaft Housing
- 3 Height-Selector Locking Pin



- 1 Proper Resting Position
- 2 Crossbar

*Depending on the model you have purchased, the items in this step will vary.  
See “Which Model Do you Own?” (page 4) for more information.*

### Insert the Main Shaft into the Table Bed

**EP-560 and EP-860 models will use the Main Shaft with T-Pin Ankle Lock System (E6-1600)**

**EP-960 model will use the EZ-Reach Ratchet Ankle Lock System (E6-1630)**

**EP-970 model will use the Deluxe EZ-Reach Ratchet Ankle Lock System (NX-1630B)**

- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing (Figure 21) on the Table Bed.
- Pull out the Height-Selector Locking Pin to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner’s Manual for more information on selecting your height setting.
- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 22).

**NOTE:** *The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar as shown in Figure 23, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.*

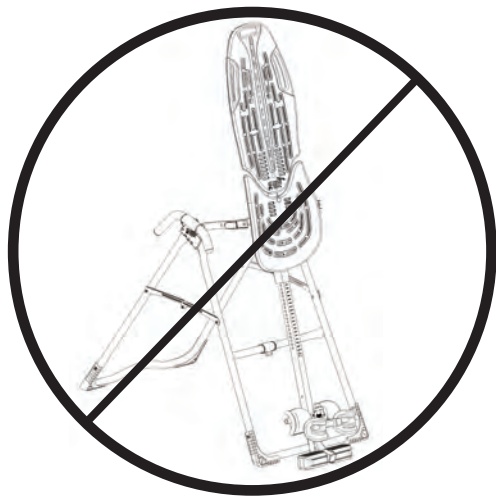
## **WARNING**

If your Teeter Hang Ups Inversion Table looks like either of these images, your table has been misassembled and is unfit for use. Improper assembly could result in serious injury or death!

### **Image A**

***Go back to Step 5 for instruction***

Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



### **Image B**

***Go back to Step 6 for instruction.***

Demonstrates that the Table Bed has been assembled into the A-Frame backwards and must be corrected.

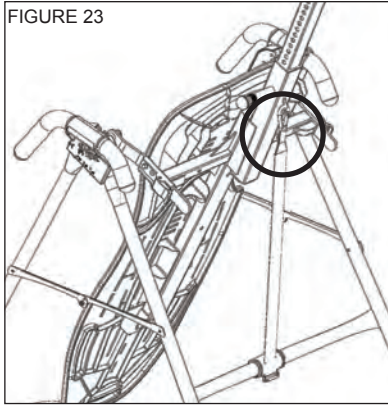


*We hope you enjoy your new Teeter Hang Ups Inversion Table!*

*If you have any questions, please contact our Customer Service Department at 1.800.847.0143*

## Step 8

FIGURE 23



*Depending on the model you have purchased, the items in this step will vary.  
See “Which Model Do you Own?” (page 4) for more information.*

### **Assemble the Tether to the Table Bed (EP-1300)**

**EP-560 & EP-560 Sport: use the Angle Tether (F5-1007)**

**EP-860, EP-960 & EP-970: use the EZ-Angle Tether (F5-1008)**

- The Tether will come pre-assembled to the A-Frame.
- Unfold the adjustable Tether and clip it to the U-Bar on the underside of the Table Bed (Figure 23).
- The EZ-Angle Tether has color coded angles to assist in varied angles of inversion for your experience level:

#### **20° / Gentle Inversion**

Green stripe must show in the center of the sliding buckle.

#### **40° / Moderate Inversion**

Orange stripe must show in the center of the sliding buckle.

#### **60° / Intermediate Inversion**

Red stripe must show in the center of the sliding buckle.

This is the angle when full decompression is realized.

#### **90° / Advanced Inversion**

Remove the tether strap clip from U-Bar to enable rotation to full inversion.

## Step 9

FIGURE 24

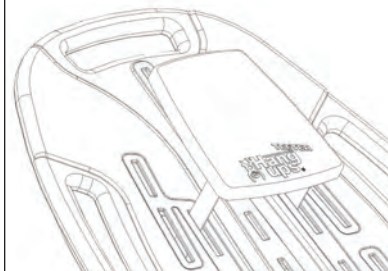
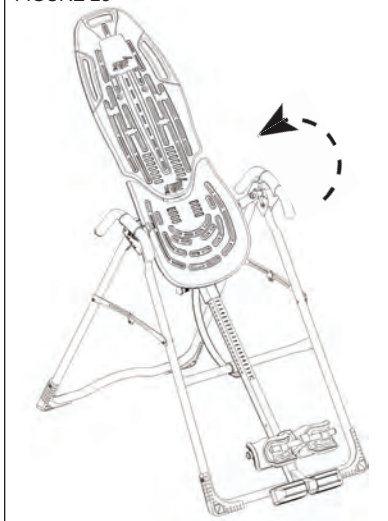


FIGURE 25



### Attach the Head Pillow (EP-1105)

- Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed (Figure 24). The position of the pillow can be adjusted depending on the user.

### Attach the Owner's Manual

*The Owner's Manual contains important information on how to use your Teeter Hang Ups, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.*

- If not already attached, thread the provided metal chain, provided, through the pre-punched hole in the upper corner of the Owner's Manual.
- Secure the chain to the A-Frame through the designated hole in the Hinge Plate (Figure 25). Allow the Owner's Manual to hang freely on the outside of the A-Frame Spread Arms so it doesn't interfere with the rotation of the Table Bed.

*IMPORTANT: Do not remove the Owner's Manual. It should remain permanently attached to the A-Frame of your inversion table to serve as a reference for proper adjustment and use of the equipment.*

### Before Use

- Test the Inversion Table by hand for smooth and steady rotation (Figure 25) and that all fasteners are secure.
- Please complete the warranty registration online

## WARNING

Read the Owner's Manual thoroughly before using your Teeter Hang Ups Inversion Table. Improper settings could result in serious injury or death!

# Adjusting the Roller Hinge Setting

FIGURE 26

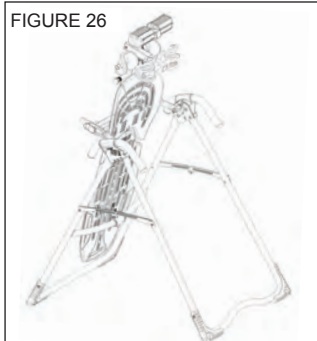


FIGURE 27

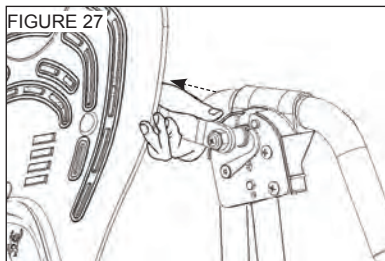
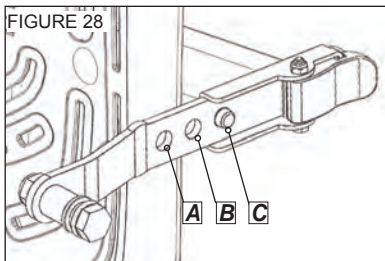


FIGURE 28

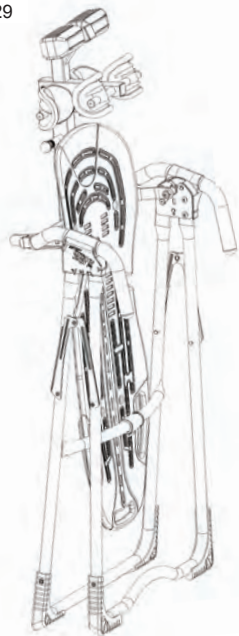


## Adjustments: Changing the Roller Hinge Setting

*To adjust the Roller Hinge setting, you'll need to fully remove the Table Bed from the A-Frame.*

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
  - Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole setting.
  - Release and engage the Pin in the storage setting.
  - Rotate the Table Bed opposite from use until it has turned 180° and rests against the Crossbar of the A-Frame (Figure 26).
  - With palms up, reach under and around each Roller Hinge, using your thumbs to release the Self-Locking Hooks over the Pivot Pin (Figure 27).
  - Lift both sides of the Table Bed out of the A-Frame at the same time. TIP: Rest the head of the Table Bed on the floor for quick adjustment. Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C).
- NOTE:** Refer to the Owner's Manual for more information on finding your Roller Hinge Setting.
- Re-lock the Cam Locks (Figure 28). Replace the Table Bed onto the A-Frame by lowering the Roller Hinges into the hinge plates of the A-Frame.
  - Rotate the Table Bed back to the use position and re-adjust the Main Shaft height settings for use.

FIGURE 29



## Maintenance/ Storage

### Maintenance

- To clean the Inversion Table, wipe down with a damp cloth. Do not use abrasive cleaners or solvents.

### Storage

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole setting.
- Release and engage the Pin in the storage setting.
- Rotate the Table Bed opposite from use until it has turned 180° and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 29), leaving the A-Frame legs open to a width of 12" for stability.

**NOTE:** This operation may pinch fingers if not done slowly and carefully.

## WARNING

Tipping Hazard: For upright storage, leave A-frame open wide enough to remain stable, or secure to the wall to prevent tipping. In households with small children, the inversion table should be stored flat on the floor, not upright.

## Conversion Bar

for Teeter Hang Ups® Inversion Tables

**PURPOSE:** Some users prefer to use the standard ankle clamps provided with the Teeter Hang Ups Inversion Table. Others prefer to use the Teeter Hang Ups Gravity Boots while inverting. To convert your inversion table for use with Gravity Boots, you must install the Conversion Bar - failure to do so could result in serious injury or death. Please carefully comply with the following instructions:

### ⚠ WARNING

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

#### Restrictions on Use

- **DO NOT** attempt to use the Conversion Bar with any other inversion table that is not designed specifically to be adapted with the Conversion Bar. The Conversion Bar is to be used only with certain Teeter Hang Ups model inversion tables. Check with the manufacturer if you are unsure whether or not your inversion table can be modified with the Conversion Bar.

#### Precautions During Assembly and Before Use

- **ALWAYS** choose a level surface for assembling the Conversion Bar and operating the inversion table.
- Follow each step in sequence. **DO NOT** skip ahead.
- **DO NOT** use until you have thoroughly and carefully read all accompanying documents for the inversion table and Gravity Boots, reviewed product labeling, and inspected the equipment.
- **ALWAYS** test and inspect the Teeter Hang Ups Conversion Bar, Gravity Boots and Inversion Table prior to use. Make sure the table rotates smoothly to inverted position and back. Make sure that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

#### Precautions During Use

- **ALWAYS** wear the Gravity Boots when using the Conversion Bar, making sure the Gravity Boots are fastened securely around the ankles and checking that the Gravity Boot Hooks are fitted properly around the Conversion Bar.

### PRE-ASSEMBLY

**BEFORE YOU BEGIN:** These instructions will guide you in properly assembling and using the unit. Please review all the steps before beginning assembly. Carefully adhere to these instructions to help ensure user safety and product integrity.

### ASSEMBLY

#### Step One: Remove the Rear Bar

- Remove a black plug and one rear foam ankle clamp with backing from the same side of the rear bar (Figure 1).
- Remove the nut and bolt; slide the rear bar out from the main shaft. Keep the nut and bolt in case you want to re-attach the ankle clamps in the future.

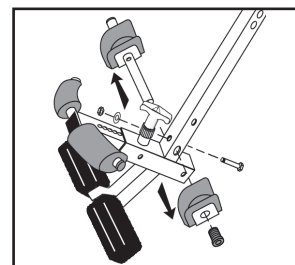


Figure 1

#### Step Two: Remove the Front Ankle Clamps

- Remove the bolt that holds the retainer spring attached to the front ankle clamp (Figure 2).
- \*Keep the bolt and nut for use in Step Three.
- Pull up on the locking pin and remove the front ankle clamp assembly and spring.

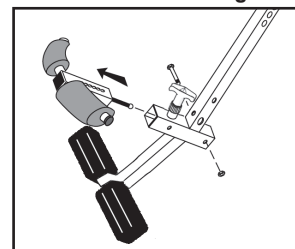


Figure 2

#### Step Three: Install the Conversion Bar

- Insert the Conversion Bar into the ankle clamp housing.
- Attach the Conversion Bar by inserting the bolt removed in Step Two through the holes located at the front of the ankle clamp housing underneath the T-Pin (Figure 3).
- Tighten the nut and bolt with the wrenches provided with your inversion table.
- With the Conversion Bar in place, you may choose to remove the locking pin by unscrewing its base. *Be sure to keep it in case you want to re-attach the ankle clamps in the future.*

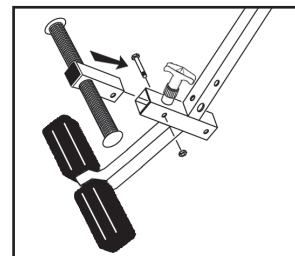


Figure 3

### ⚠ WARNING

Failure to assemble the Conversion Bar properly could result in serious injury or death!



## PRIOR TO USE

Review all product support materials with the Teeter Hang Ups Gravity Boots and Inversion Table before inverting with the Teeter Hang Ups Conversion Bar.

### 1. Preparing the Inversion Table

- Confirm that the Main Shaft is adjusted to your proper height setting.
- Adjust the Ankle Comfort Dial (up or down) to ensure the hooks are securely hooked to the Conversion Bar with the bar touching or nearly touching the base of the hook while the feet rest flat on the Ankle Comfort Dial.

### 2. Mounting

- While facing away from the table with your legs positioned on either side of the Main Shaft, lift one foot so that Gravity Boot Hook on the boot wraps around the Conversion Bar.
- Slide the hook along the Conversion Bar until the foot is able to rest flat on the Ankle Comfort Dial (Figure 4).

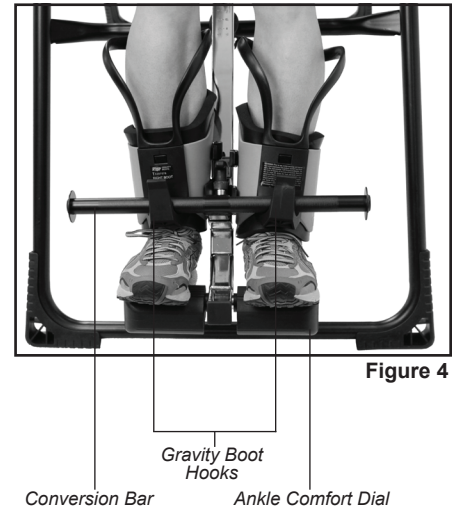


Figure 4

### ⚠ WARNING

Setting the Ankle Comfort Dial so that the hooks are not securely around the bar could cause you to fall during inversion, resulting in serious injury or death!

## RE-ASSEMBLING THE ANKLE CLAMPS

To re-assemble the Ankle Clamps - *reverse the process*

- Remove the black end cap from the back of the ankle clamp housing (Figure 5).
- Follow Step Three through Step One, reversing the installation process to remove the Conversion Bar and re-assemble the rear and front ankle clamp assemblies (Figures 6 & 7).
- **IMPORTANT FOR FRONT ANKLE CLAMP ASSEMBLY:**
  - Make sure that the holes in the front ankle clamp assembly are on top (facing the same side as the locking pin).
  - When inserting the bolt into the holes in the housing, be sure to slide the bolt through the loops at the end of the spring and security cable. You may need to use needle nose pliers to pull and align the spring loop and cable with the bolt.
  - Fasten securely with the nut. Test the installation of the front ankle clamps to ensure there is spring-loaded tension.
  - Replace the black end cap on the back of the ankle clamp housing.
- If you removed the locking pin when you installed the Conversion Bar, you **MUST** replace it securely before using the ankle clamp assembly. Use channel locks or vise grips to ensure that the locking pin is fully tightened. You may want to wrap the base of the locking pin with a cloth to prevent cosmetic scarring when tightening.

Bottom of Ankle Housing

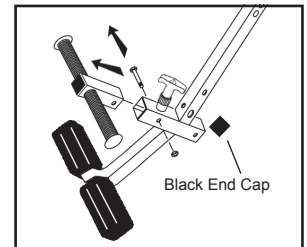
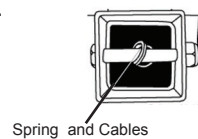


Figure 5

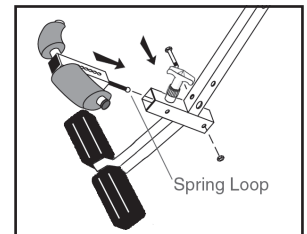


Figure 6

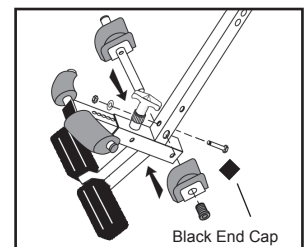


Figure 7

### ⚠ WARNING

Failure to properly re-assemble the ankle clamps, including the T-Pin, could cause serious injury or death! Test the locking function of the ankle clamp assembly prior to use.

**DO NOT DISCARD - KEEP FOR FUTURE REFERENCE**

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Teeter Hang Ups® Gravity Boots are designed to be used with the following Teeter Hang Ups products:



EZ-Up Inversion & Chin-Up Rack

### Teeter Hang Ups EZ-Up™ Inversion & Chin-Up Rack:

Gravity Boots can be used with the EZ-Up™ Inversion & Chin-Up Rack, a double-bar system that secures to a standard wood door frame. Quick-disconnect locking brackets allow the rack to be installed or removed in less than 5-seconds and do not interfere with normal use of the door.



Inversion Table

### Teeter Hang Ups Inversion Table:

Gravity Boots are an optional upgrade for use with Teeter Inversion Tables equipped with the T-Pin Ankle Lock System. These tables can be converted with a Conversion Bar\* for use with Gravity Boots, providing maximum comfort and support for the ankle.

Larger style Gravity Boots XL are also available from Teeter Hang Ups.

For information about the Teeter Hang Ups® 5-year warranty, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

USA & Canada: Teeter  
Toll Free (Phone) 800-847-0143  
(Fax) 800-847-0188

International: Inversion International, Ltd.  
(Phone) +1-242-362-1001  
(Fax) +1-242-362-1002

## ⚠ WARNING

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. **FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

### Restrictions on Use

- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference) Pregnancy; Hiatal Hernia; Ventral Hernia; Glaucoma, retinal detachment or conjunctivitis; High blood pressure, hypertension, recent stroke or transient ischemic attack; Heart or circulatory disorders; Spinal injury, Cerebral Sclerosis, and acutely swollen joints; Bone weakness (osteoporosis), recent and/or unhealed fractures, medullary pins, and surgically implanted orthopedic supports; The use of anticoagulants, including high doses of Aspirin; Middle ear infection; Extreme obesity.
- **DO NOT** use with the EZ-Up Inversion & Chin-Up Rack if you are over 250 lbs (113.6 kg). **DO NOT** use with converted Teeter Hang Ups Inversion Tables if you are over 300 lbs. (136 kg) or 6ft 6in (198 cm). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- We recommend only using the Gravity Boots with properly installed and tested Teeter Hang Ups products, which are designed specifically for inversion and for use with Gravity Boots.
- **DO NOT** use Gravity Boots with the specific models of Teeter Hang Ups Inversion Tables until you have replaced the ankle clamps with the Conversion Bar.
- **DO NOT** use Gravity Boots with a bar that is not secure to at least four times your body weight. Test this by having two persons hang from the bar by the hands at the same time then pull down vigorously.
- **DO NOT** use Gravity Boots with a bar that exceeds 1.25" (3.2 cm) in diameter. The bar must sit loosely at the base of the hook. Bars that are too large will stress the hook and could result in equipment failure.
- Not for unsupervised commercial use.

### Precautions Before Using

- **DO NOT** use until you have thoroughly and carefully read this booklet, reviewed product labeling, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

### Precautions During Use

- **ALWAYS** use a spotter.
- **DO NOT** use aggressive movements, bounce or swing excessively, which may cause the hook to disengage from the bar.
- **DO NOT** use weights, elastic bands or any other stretching device.
- **DO NOT** over-exert your muscles while inverted so you have strength to dismount.



# EZ-Up™ Gravity Boots

STRENGTHEN • STRETCH • ALIGN

*The most comfortable boots on the market!*



Inversion may help you to:

- Relieve back pain • Reduce stress • Decompress spine and joints
  - Improve circulation • Increase flexibility • Improve posture
- Stretch and relax muscles • Recover from high-impact workouts

## SAVE THESE INSTRUCTIONS

Teeter Hang Ups is a registered trademark of Teeter and Inversion International, Ltd.

## Calf Loops: Why use them?

Calf loops are an optional feature that easily detach, so shorter adults can easily invert. Calf loops provide the following benefits:

1. Reduce loads on the ankles and prevent the front edge of the boot from placing uncomfortable pressure on the top of your feet.
2. Offer a hand hold to help you get back up to the bar.
3. Place a 2° bend in the knees, which for most people is more comfortable than inverting with straight legs.



A.



### To Attach Calf Loops:

Insert the base of the Calf Loop into the open end of the Boot Hook (Figure A). Make sure you hear the Calf Loop snap into place for secure attachment. Repeat on other boot.

B.



### To Detach Calf Loops:

Press your finger onto the Calf Loop Release Tab (Figure B) and pull loop out of the Boot Hook slot.

*\*Calf Loops must be attached/detached while boots are NOT secured around ankles.*

### Boot Care:

No regular maintenance is required, however, for continued smooth use, we recommend keeping buckles latched when not in use.

## User Instructions:

Before putting on the boots, first time users should practice and fully understand how to insert the straps and how to snap-lock the buckles. When you are ready to use the boots, determine the correct boot for each leg. The hook of the Right Boot will be marked "Right Boot." Always put Boots on the correct ankles. Failure to do so may cause discomfort or equipment failure.

1.



Insert the foot through the calf loop.

2.



Wrap the Boots around the ankle with the strap locks toward the front inside of the foot.

3.



Insert the strap ends into the strap locks for two clicks. At least one full "v-notch" must be visible; DO NOT tighten yet.

4.



Rotate the Boot so the hook is positioned at the front of the leg, with the buckle levers on the backside of the leg. Push down on the Boot so it sits on the top of the foot.

5.



Adjust the straps to fit the ankle. A snug but not tight fit will be most comfortable. Close the buckle levers, making sure they snap shut completely.

6.



TO RELEASE: Lift up on the buckle lever and push down on the strap lock tab to release the strap.

For proper mounting, inverting, and dismounting, **ALWAYS** follow the listed **WARNINGS & SAFETY INSTRUCTIONS** included in this booklet, as well as the instructions for the Rack or Inversion Table with Conversion Bar.

## Inverting

You will use the hooks on the front of the Gravity Boots to suspend yourself with both legs in an inverted position from a securely supported bar.

We recommend these Gravity Boots be used only with properly installed and tested Teeter Hang Ups products, which are designed specifically for inversion with Gravity Boots. Follow the specific directions for mounting, inverting, and dismounting that are included with your Teeter Hang Ups EZ-Up™ Inversion & Chin-Up Rack or Inversion Table with Conversion Bar.

*Note: If you are not using a Teeter Hang Ups product in conjunction with the Teeter Hang Ups Gravity Boots, you will need to determine the proper procedures specific to that particular bar/apparatus for safe mounting, inverting, and dismounting.*

Having a spotter to assist you for the first few uses of the Gravity Boots is mandatory, and recommended for each time you use the equipment.

## Stretching

Gravity Boots provide a comfortable way to invert and decompress your spine and weight bearing joints. Moving your joints through their range of motion while your muscles are relaxed helps to improve flexibility and promote healthy joints.

## Crunches & Sit-Ups

Inversion offers a method of strengthening abdominal muscles without the addition of compressive loads to your back.

## Squats

Reverse squats utilize your own body weight to resist gravity and are an amazing workout for glutes, hamstrings, and calves.

*Note: Invert only as long as you are comfortable. First time users should be careful not to overdo it—this is NOT a no pain, no gain situation!*

## ⚠ WARNING

- **DO NOT** use Gravity Boots with a Bar that is not secure to at least four times your body weight. Test this by having two people hang from the bar at the same time by the hands then pull down vigorously. Repeat this test on the other end of the Bar.
- **DO NOT** use Gravity Boots with a Bar that exceeds 1.25" (3.2 cm) in diameter. The Bar must sit loosely at the base of the hook. Bars that are too large will stress the hook and could result in equipment failure.
- **ALWAYS** use a spotter.
- **DO NOT** engage in excessive bouncing or swinging which could disengage the Boot hooks from the bar.
- **ALWAYS** use slow, controlled movements while inverting.
- **DO NOT** over-exert your muscles while inverted so you have strength to dismount.

Made in Thailand.

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**CERTIFIED  
QUALITY.  
BEST  
VALUE.**

**RATED #1  
INVERSION TABLE**

This product is Listed by  
Underwriters Laboratories Inc.  
Representative samples of this  
product have been evaluated  
by UL and meet applicable  
safety standards.



# OWNER'S MANUAL

## ComforTrak Series Inversion Tables *EP-560 & EP-860 Models*

Your product may differ from images shown. Instructions for use remain the same.

### IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

#### **⚠ WARNING**

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

**WARNING**—To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional DVD, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment, or equipment failure. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear any footwear that could interfere with securing the Ankle Lock System, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- **ALWAYS** make sure the equipment is properly adjusted to the correct user settings prior to each use.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- New users, and users who are physically or mentally compromised, will require the assistance of a partner to ensure they are able to find the correct balance setting and can return to an upright position unassisted.
- If you feel pain or become light-headed or dizzy while inverting, immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference)
  - Middle ear infection
  - Glaucoma
  - Heart or circulatory disorders
  - Bone weakness (osteoporosis)
  - Extreme obesity
  - Retinal detachment
  - Spinal injury
  - Recent or unhealed fractures
  - Pregnancy
  - Conjunctivitis
  - Cerebral sclerosis
  - Medullary pins
  - Hiatal hernia
  - High blood pressure
  - Acutely swollen joints
  - Surgically implanted orthopedic supports
  - Ventral hernia
  - Hypertension
  - Recent stroke or transient ischemic attack
  - Use of anticoagulants (including high doses of aspirin)
- Refer to additional warning notices posted on the equipment. If a product label or Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

## SAVE THESE INSTRUCTIONS

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**BEFORE YOU INVERT** make sure that the inversion table rotates smoothly to the fully inverted position and back, and that all fasteners are secure. Make sure the user settings described below are properly adjusted for your unique needs and body type. Take your time finding your proper settings and remember them. *Check these settings everytime prior to using the equipment.*

## Roller Hinges: Find Your Setting

The Roller Hinges control the responsiveness or rate of rotation. There are three holes; the hole selection depends both on your body weight and the rotational responsiveness you desire (diagram below). For users just learning to use the inversion table, we recommend starting with Setting C (Figure 1), the least responsive rotation setting

**Roller Hinge Selection Per User Weight**

	<b>A</b> Top (closest to Pivot Pin) Most Responsive Setting	<b>B</b> Middle Moderately Responsive	<b>C</b> Bottom (furthest from Pivot Pin) Least Responsive	
80 - 120 lbs.	● X			(36 - 54 kg.)
120 - 220 lbs.	X	●		(54 - 100 kg.)
220 - 300 lbs.		X	●	(100 - 136 kg.)

● Beginner / Partial Inversion  
X Suggested for Full Inversion

**IMPORTANT:** Set the Roller Hinges in the same hole setting on each side. Refer to Adjustments: Changing the Roller Hinge Setting in the assembly instructions.



Bed rotated for adjusting the Roller Hinge Setting



Figure 1

## Height Setting: Adjust the Main Shaft

The height settings are labeled on the Main Shaft in both inches and centimeters.

- Pull out the Height-Selector Locking Pin with your right hand while sliding the Main Shaft with your left (Figure 2).
- Slide the Main Shaft until the last setting you can read is one inch greater than your height. e.g. If you're 5'10" (178 cm) the last numbers you'll be able to read will be 5'11" (180 cm).

*NOTE: The best height setting for you will depend on your weight distribution and could vary one or two inches on either side of your actual height. Starting at one or two inches more than your height will help to ensure that the rotation of the table is not too fast.*

- Release the Height-Selector Locking Pin so that it fully engages in a hole.



Figure 2

## Angle Tether: Adjust to Desired Angle

For first time users, attach the Angle Tether to the U-Bar under the Table Bed (Figure 3) to help control your angle of rotation. You can increase the angle of rotation allowed by the Angle Tether as you become more comfortable using the table, or remove it for full inversion.



Figure 3

## Ankle Comfort Dial: Find Your Setting

The Ankle Comfort Dial can rotate into a High or Low setting (Figure 4). There is a one inch height difference between the settings. The setting you select will vary by the type of shoes you wear and your ankle type. Try inverting in both settings to determine which one is most comfortable for you.

The Ankle Comfort Dial should be set so the Front Ankle Cups and Heel Cups are secure around the smallest part of the ankles (with minimal distance between the Ankle Lock System and the top of your foot); this will reduce sliding on the Table Bed while inverted.

## Prepare to Mount

- **ALWAYS** wear securely tied, lace up shoes with a flat sole, such as a tennis shoe.
- **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the ankle bone, as this type of footwear could interfere with properly securing your ankles.



Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10

## Securing Your Ankles

- Stand with your back to the Table Bed—do not use the inversion table face-down.
- Step over the Main Shaft, placing your feet on the floor on either side. To balance yourself, rest only your *lower* body against the Table Bed as you slide one ankle at a time between the Front Ankle Cups and the Heel Cups, placing your feet on the Ankle Comfort Dial.
- Be sure to slide your ankle in from the side (Figure 5); **DO NOT** insert your foot as you would slide your foot into a shoe. Your feet should always be either on the floor or on the Ankle Comfort Dial; never use any other part of the inversion table as a step (Figures 6 and 7).
- Press your ankles back firmly against the Heel Cups.
- Rotate the top of the Heel Cups toward your ankles to increase comfort while inverting.
- Pull the T-Pin Lock out to allow the Front Ankle Cups to snap closed against your ankles (Figure 8).
- Adjust the Front Ankle Cups and Heel Cups to ensure the Ankle Lock System fits snugly against your ankles. Release the T-Pin Lock so that it fully engages in a hole setting (Figure 9).
- If the T-Pin Lock does not automatically engage in a hole (Figure 10), push the Front Ankle Cups toward you until the pin engages fully in the next tightest hole setting.
- Verify that no part of your footwear or garments touch or interfere with the T-Pin Lock in any way during inversion.
- Use the concept of **HEAR, FEEL, SEE** every time you secure your ankles: **HEAR** the T-Pin Lock click into place; **FEEL** the T-Pin Lock to make sure it is fully engaged in a hole setting; **SEE** that there is **NO** space between the T-Pin Lock and its base.

### ⚠ WARNING

**DO NOT** lean your upper body against the Table Bed before securing your ankles. **FAILURE** to engage the T-Pin Ankle Lock System fully could result in serious injury or death! **DO NOT** deviate from these instructions.

## Test Your Balance Setting

The inversion table is sensitively balanced, and it responds to very small changes in weight distribution. As a result, you must always test to make sure you have the correct height setting. Ensure that there is clearance to rotate in front, above and behind you. To begin, rest your head on the bed and slowly place your arms on your chest.

- If your head is lower than your feet, lengthen the height setting by one hole and test again.
- If your feet do not move at all, shorten the height setting by one hole and test again.
- If the table comes to rest with your feet lifted a few inches off the A-frame, then you have found the correct balance setting.

This is an important step—spend the time needed to find your correct balance setting. Your setting should remain the same as long as your weight does not fluctuate substantially.

### ⚠ WARNING

For your first few inversion sessions, ask a spotter to assist you until you are able to find your correct balance setting and are comfortable with the operation of the table.



## Inverting

When correctly balanced, the inversion table will rotate in response to simple arm movements. To invert, lift your arms overhead slowly and to return upright, bring your arms back to your sides. Your arms provide the weight needed to rotate the table. (Figure 10). To ensure the inversion table does not rotate too far, too quickly:

- Set the Roller Hinges to Setting “C” (as explained on pg. 2);
- Attach the Angle Tether to the underside of the table and test to maximum rotation;
- Raise one arm at a time, and do so very slowly (the faster you move, the faster the inversion table will rotate).

## Returning Upright

To return to the upright position, put your arms at your sides. Since your body may have lengthened or shifted on the Table Bed during inversion, you may need to bend your knees to shift your body weight to the foot side of the pivot point. **DO NOT** lift your head or try to sit up (Figure 11).

### ⚠ WARNING

To reduce tipping hazard, confine all inverted activities to smooth movements. Aggressive exercises that involve vigorous body movement can cause the table to tip over, resulting in serious injury or death!

## Full Inversion

Definition: Hanging completely upside down by your ankles with your back free from the table. **DO NOT** attempt this step until you are comfortable with partial inversion.

- Disconnect the Angle Tether.
- Set the Roller Hinges in the top hole setting “A” if you want the table to “lock” firmly while inverted. If you are 220 lbs (100 kg) or more, set the Roller Hinges in the “B” hole setting.
- Slowly raise both hands over your head to begin rotation. You may need to assist the last few degrees of rotation by pushing on the floor or A-frame until the Table Bed pulls away from your back.
- In your correct balance setting, your weight will keep the Table Bed “locked” in this position until you are ready to return upright (Figure 12).

### To Release from the Inverted “Locked” Position:

- With one hand, reach behind your head and grasp the Table Bed and Bed Frame Extension (Figure 13). With the other hand, grasp the base of the A-frame in front of you.
- Pull both hands together (Figure 14). This will rotate the Table Bed out of the “locked” position. Slowly move your arms and elbows to your sides to complete the rotation.

**USE CAUTION:** Elbows protruding over the sides of the Table Bed could get pinched between the A-frame and the Table Bed as you return upright (Figure 15).

## Dismounting

- Grasp the T-Pin Ankle Lock System and pull upwards, toward you. Push with the tops of your feet on the Front Ankle Cups, allowing the Front Ankle Cups to move away from the locked position. Release the T-Pin so that it securely locks into a hole setting, locking the Ankle Lock System in the OPEN position.
- Keep your lower body supported against the Table Bed as you step onto the floor. Carefully stand up and ensure you have your balance before stepping over the main shaft and finishing your dismount.

### ⚠ WARNING

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.

**DO NOT** use the inversion table until you have thoroughly and carefully read the Owner’s Manual, reviewed all accompanying documents and inspected the equipment.

**ALWAYS** test and inspect the equipment for smooth operation prior to each use.



Figure 11



Figure 12

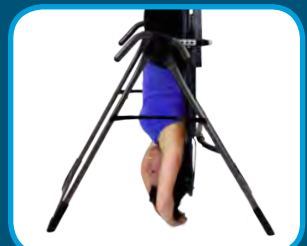


Figure 13



Figure 14



Figure 15



Figure 16