

FitSpine®

Heat & Vibration Comfort Cushion

FASTER, BETTER
RESULTS WITH
TEETER SUPPORT
& COACHING



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NEED HELP? CONTACT US.

 Phone: 800-847-0143

 Email: info@teeter.com

 Live Chat: teeter.com



WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of the FitSpine® Heat & Vibration Comfort Cushion! For the best experience, it is critical that you follow, read, and fully understand the Assembly & Use Instructions.



“I created Teeter so people could live healthier and more active lives.”
-Roger Teeter

We've Got Your Back!



If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated product service experts can help! Contact Teeter Customer Service at **800-847-0143**, or via online forms or Live Chat at **teeter.com**.



Trust Teeter for unmatched quality and performance. To register your product warranty, go to **teeter.com/warranty**

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BEFORE YOU BEGIN: Review all steps before beginning use and read all precautions before using the FitSpine Heat & Vibration Comfort Cushion. Carefully adhere to the Warnings and User Instructions to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE VIBRATION CUSHION

WARNING

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

To reduce the risk of injury:

- Read and understand all the instructions and inspect the appliance before use. When using electrical products, especially when children are present, basic safety precautions should always be followed. It is your responsibility to familiarize yourself with the proper use of this appliance and the inherent risks if these instructions are not followed, such as burns, electrocution, fire or injury. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the appliance and all safety precautions.
- **ALWAYS** read, understand, and follow the instructions and warnings associated with and accompanying any supplementary equipment, such as the Teeter Inversion Table. Use on the inversion table will affect the balance, causing the table to rotate faster. Adjust your user settings per the Inversion Table Owner's Manual.
- **CHOKING HAZARD:** Small parts - keep out of reach of children.
- **DO NOT** use this product as a substitute for medical attention. Consult your doctor before using the product if you have any concerns regarding your health. Individuals with pacemakers should consult a doctor before use.
- **ALWAYS** ensure the power cord is routed away from the inversion table pivot points. **DO NOT** use if cord or plug are damaged or if it has been dropped in water.
- **ALWAYS** unplug from the electrical outlet immediately after using and before cleaning, or before putting on or taking off parts or attachments. **NEVER** leave unattended when plugged in. To disconnect, turn all controls to the "off" position, then remove plug from outlet.
- **ALWAYS** inspect the appliance and examine the power connection before each use. Discontinue use if the power connection shows any sign of deterioration, such as blistering or cracking.
- **KEEP DRY - DO NOT** operate in a wet or moist condition and **NEVER** place damp towels on the pad. **DO NOT** use outdoors.
- **DO NOT** allow the appliance to come into contact or become immersed in water or any other liquid. **DO NOT** place or store where it can fall or be pulled into a tub or sink. **DO NOT** reach for if fallen into water. Unplug it immediately.
- **DO NOT** use on insensitive skin areas or on a person with poor blood circulation. **DO NOT** use this product directly on swollen or inflamed areas or skin eruptions. Use heated surfaces carefully. Check the skin in contact with the heated area of the appliance frequently to reduce the risk of burn or injury.
- **NEVER** use while sleeping or fall asleep while using the appliance.
- **NEVER** use pins or other metallic fasteners with this appliance.
- **DO NOT** operate under a blanket or pillow. Excessive heating may occur and cause fire, electrocution or injury to persons.
- **DO NOT** allow children to use this product. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the appliance by a person responsible for their safety.
- **DO NOT** use attachments not recommended by the manufacturer. Use only for its intended use as described in these instructions.
- **DO NOT** carry by supply cord or use cord as handle. Keep cord away from heated surfaces.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is being administered.
- **DO NOT** use for more than 20 continuous minutes. Extensive use could lead to excessive heating and shorter product life. Should this occur, discontinue use and allow the product to cool before operating.
- **DO NOT** crush. Avoid sharp folds.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** replace defective components immediately and/or keep out of use until repair. **DO NOT** attempt to repair this product - there are no user serviceable parts. Contact Teeter Customer Support for service.
- Refer to additional warning notices posted on the equipment. If a product label should become lost, damaged or illegible, contact Customer Service for replacement.

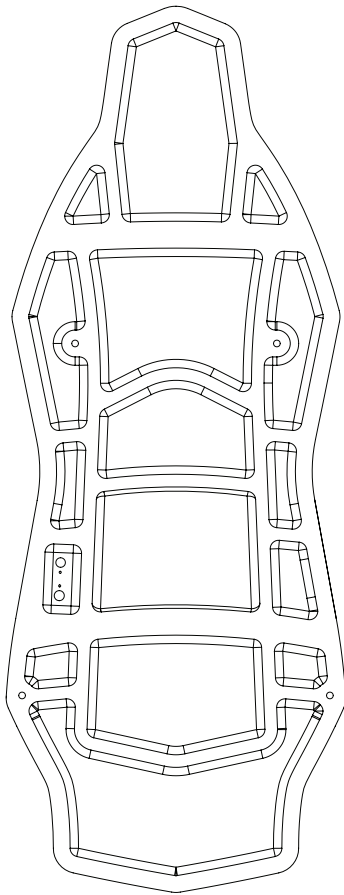
SAVE THESE INSTRUCTIONS

ITEMS FOR ASSEMBLY

Items not shown to scale.

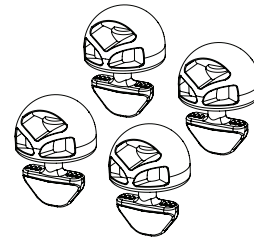
ITEM NO.	ITEM NAME
FS1350	FitSpine Heat & Vibration Comfort Cushion
EX1398	Attachment Nodes (4)
FS1355	Power Adapter

FitSpine Heat & Vibration
Comfort Cushion



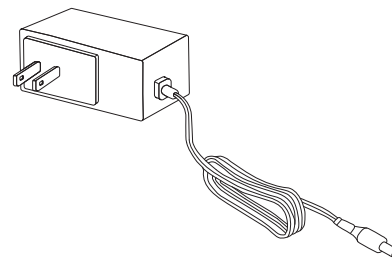
FS1350

Attachment Nodes



EX1398

Power Adapter



FS1355

SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

Important: Please review all labels and supporting materials before use.

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

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

⚠ WARNING

SERIOUS INJURY OR DEATH MAY OCCUR

TO REDUCE THIS RISK:

Read and follow all instructions.

BE CERTAIN power cord is routed away from the inversion table pivot points. **DO NOT** use if cord or plug are damaged.

DO NOT use wet or place damp towels on the pad.

DO NOT use pins or metallic fasteners.

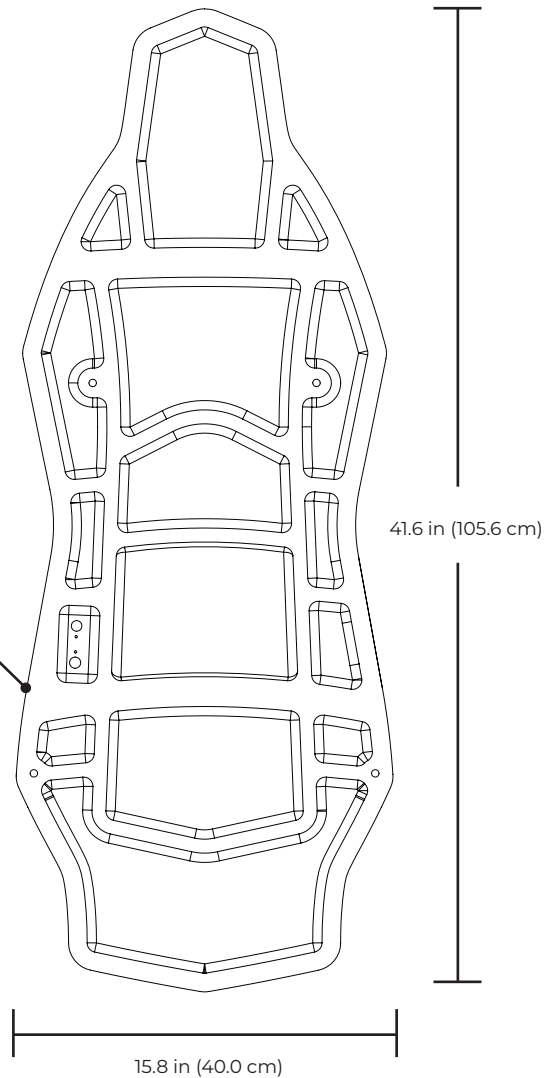
DO NOT remove cover.

DO NOT use for over 20 continuous minutes.

DO NOT operate under a blanket or pillow - excessive heating can occur possibly leading to fire, electric shock or personal injury.

Individuals with pacemakers or circulatory conditions should consult a physician before use.

Use on inversion table will affect the balance causing the table to rotate faster. Adjust table pivot settings according to the Owner's Manual.



Product Dimensions: 41.6 in (L) x 15.8 in (W) (105.6 x 40.0 cm)

Weight (approx.): 2.3 lb (1.0 kg)

STEP 1

ATTACH CUSHION TO TABLE BED



Figure 1

The FitSpine Heat & Vibration Comfort Cushion is compatible with Teeter FitSpine X and LX Series model inversion tables.

Locate the included Attachment Nodes and unscrew the backing from each.

Figure 1: Place the cushion onto the Table Bed aligned with the designated holes.



Figure 2

Figure 2: Insert a node backing from the back of the Table Bed through the Table Bed slot and hole in the cushion. Hold the backing perpendicular to the slot.

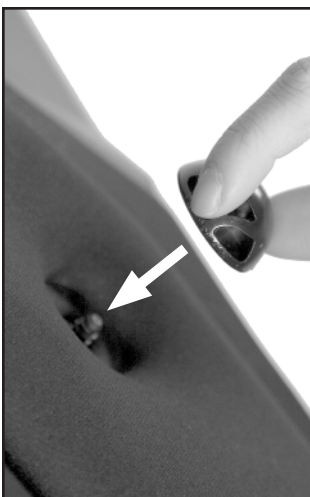


Figure 3a



Figure 3b

Figure 3a & 3b: With the other hand, fasten the node top onto the backing threads visible from the front of the Table Bed. Twist the node clockwise to secure it into place in one of two ways:

1. Static: If you do not want the cushion to move with you as you invert, tighten the node until it is snug. Do not over-tighten.

2. Responsive: If you want the cushion to slide with you as you invert to encourage body slide at shallower angles, tighten the node just tight enough to keep it in place, but loose enough to move within the slot.

Repeat the process above with the three (3) remaining fastening nodes to finish securing the cushion to the Table Bed.

Be sure to replace the backings onto the nodes when the cushion is removed.

STEP 2

CONNECT POWER ADAPTER

Before attaching the cushion to the Power Adapter, ensure the inversion table is located close enough to the power source so the cable will reach.

Figure 4: Connect the Power Adapter to the cushion.



Figure 4

Figure 5: Locate the two hook and loop straps that come pre-attached to the Power Adapter cable. Use these straps to secure the cable to the table bed so that the cable does not interfere with the operation of the inversion table.



Figure 5

⚠ WARNING

Be certain that the cable is **AWAY** and **CLEAR** of the inversion table pivot points. Test the operation of the table by moving the table bed into the inverted position with your hands before attempting to invert to ensure the cable will not be pinched while in use.

Figure 6: Connect the Power Adapter to a 120 volt AC outlet.

⚠ WARNING

ALWAYS disconnect the cushion from the power source when not in use.



Figure 6

⚠ WARNING

ALWAYS read, understand, and follow the instructions and warnings associated with and accompanying any supplementary equipment, such as the Teeter Inversion Table. **ALWAYS** use a spotter when first attempting inversion with the FitSpine Heat & Vibration Comfort Cushion as the added weight of the cushion may affect the balance, causing the table to rotate faster. Adjust your user settings per the Inversion Table Owner's Manual.

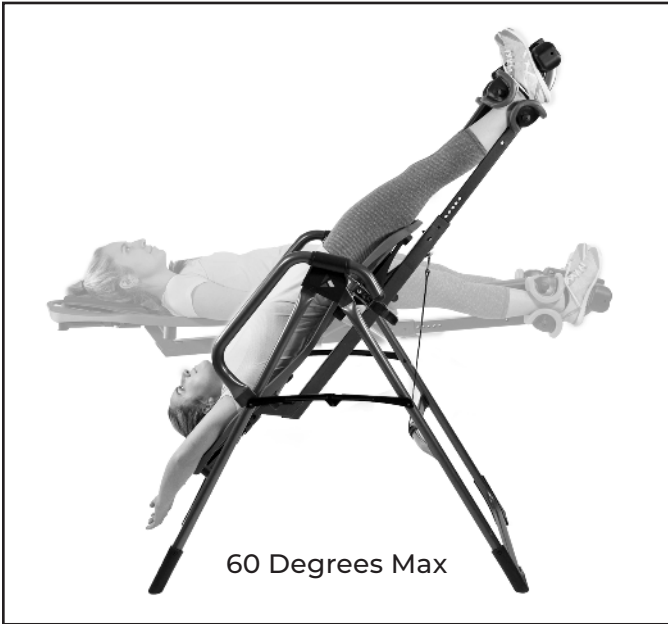


Figure 7

Figure 7: The cushion is best suited for use at lower angles of inversion. Set your Angle Tether at 60 degrees or less for the most benefits.



Figure 8

Figure 8: The cushion is not intended for use during full inversion (90 degrees) because the body moves away from the table bed and can make returning upright more difficult due to the added weight of the cushion.

⚠ WARNING

DO NOT use the heat or vibration for longer than 20 consecutive minutes.

HEAT & VIBRATION BUTTONS

Figure 9: The buttons to turn the Heat and Vibration functions on and off are located on the side of the cushion near the power plug.

HOW THE VIBRATION WORKS

Figure 9 & 10: There are a total of six Vibration Motors located inside the three center pads of the cushion. The Vibration Motors have a **LOW MODE** and a **HIGH MODE**.

1. Press the Vibration Button once to turn on the **LOW MODE** and the green light will light up.
2. Press the Vibration Button a second time to turn on the **HIGH MODE** and the green light will remain lit.
3. Press the Vibration Button a third time to turn off the Vibration Motors and the green light will turn off.

After 20 minutes, the Vibration Motors and the green light will automatically turn off.

HOW THE HEAT WORKS

Figure 9 & 10: There are 3 Heat Sources located inside the three center pads of the cushion. The Heat Sources have an **ON** and **OFF** mode.

1. Press the Heat Button once to turn **ON** the Heat Sources and the red light will light up.
Tip: Turn on to pre-heat 1-2 minutes before inverting.
2. Press the Heat Button again to turn **OFF** the Heat Sources and the red light will turn off.

After 20 minutes, the Heat Sources and the red light will automatically turn off.

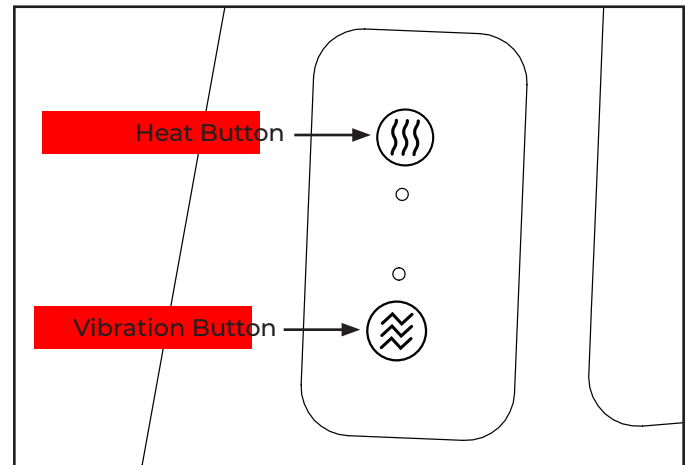


Figure 9

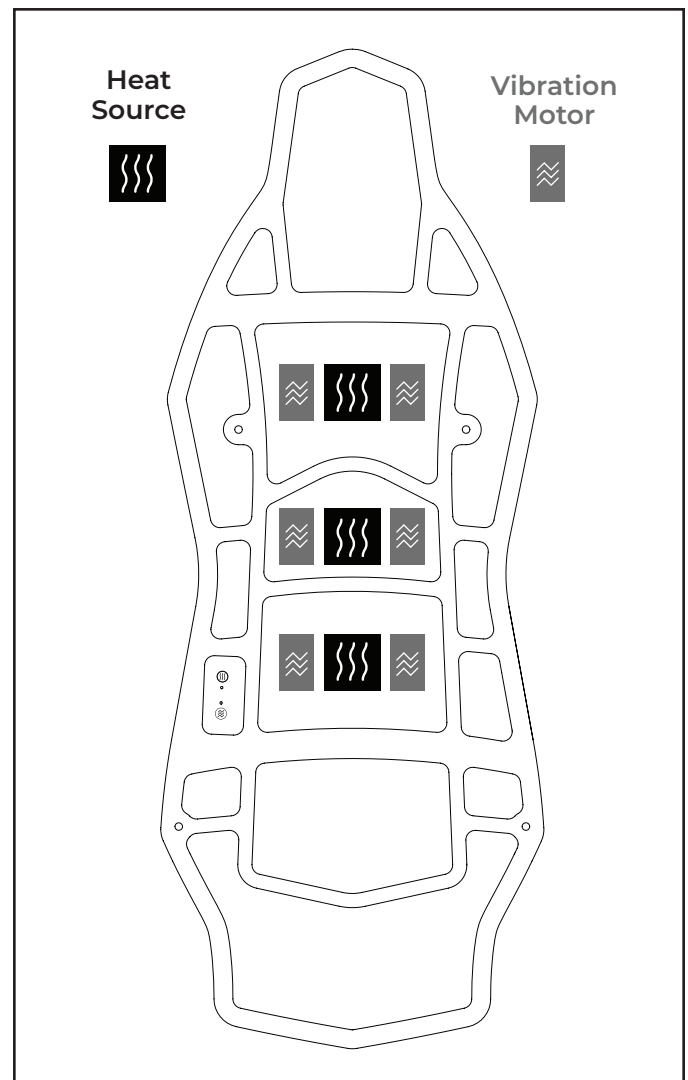


Figure 10

MAINTENANCE

ALWAYS unplug the cushion and allow it to cool prior to cleaning. Using a soft, slightly damp sponge, spot clean only the surface. **DO NOT** allow the cushion to contact or become immersed in water or any other liquid. **NEVER** clean the cushion with brushes or abrasive cleaners, flammable fuels, glass/furniture polish or paint thinner.

STORAGE

Place the cushion in its original box or in a cool, dry place. Use caution when storing so as not to damage the internal components. Take care to avoid contact with sharp or pointed objects that might puncture the fabric surface. **DO NOT** wrap the power cord around the unit or attempt to hang the cushion by the cord. **DO NOT** crush or sharply fold the cushion.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the use's authority to operate the equipment.

The Teeter warranty set forth below and on Teeter.com applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information, which will vary depending on country.



During the period starting with the day of retail purchase and continuing for one (1) year, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials, workmanship, fabrics and padding. Teeter will repair or replace any such defect and will pay the costs of all parts, labor and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. This warranty and any controversy or claim arising out of this warranty or its interpretation shall be governed by the laws of the State of Washington, USA. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter's principal place of business.

Some states do not allow the exclusion of incidental or consequential damage from a warranty, so the above limitation or exclusion may not apply to you. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state. This warranty is completely transferable to any and all future owners of this product, provided no alterations have been made to the product.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

 Date of Purchase

 Product & Model

Step 2

Go online to teeter.com to register your warranty.

 Dealer Name

 Serial No.

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please DO NOT mail this to Teeter.



FitForm™ Strength Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



FreeStep® Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



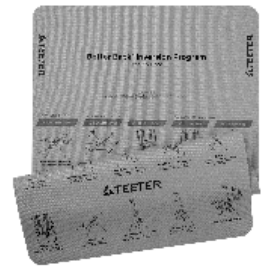
Power10® Elliptical Rower

Torch more calories and enhance muscle definition with one revolutionary rower. The patented elliptical path offers bi-directional resistance so you can engage more muscles with every workout.



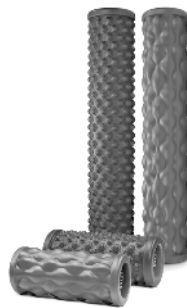
Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

Teeter
9713 233rd Avenue East Ste A
Bonney Lake, WA 98391
Toll Free: 800-847-0143
Fax: 800-847-0188
teeter.com | info@teeter.com

