FlexTech™ Series
Assembly Instructions

Inversion Tables

Pour télécharger et imprimer les instructions de montage du dossier ComforTrak™ en français, rendez-vous sur teeter-inversion.com

Para descargar e imprimir las instrucciones de montaje de ComforTrak™ en español, visite teeter-inversion.com

* Inversion Table images may vary slightly from your model. The EP-550 is shown here.
IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

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
The list below contains the components for the EP-550, EP-850 and EP-950 Models. Components that are specific to a model are listed. Tools required for assembly are included.

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UNDERSTANDING YOUR INVERSION TABLE

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

Identifying Parts and Components

1. Head Pillow
2. FlexTech™ Table Bed
3. Pivot Pins
4. Hinge Plates
5. Self-Locking Hooks
6. 3-Hole Roller Hinges
7. Handles
8. Height-Selector Locking Pin
9. De-Rattler Knob
10. Spreader Arms
11. Angle Tether
12. Crossbar
13. A-Frame
14. Main Shaft
15. Ankle Lock System
16. Ankle Comfort Dial™
17. Stability Feet

* Inversion Table images may vary slightly from your model. The EP-550 is shown here.
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 on the last page to request a complimentary replacement label.

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

WARNING / AVERTISSEMENT / ADVERTENCIA

WARNING - To reduce the risk of personal injury or death:
• Read and understand all the instructions before using the inversion table. 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, entrainment or equipment failure.
• Do not allow children to use the machine.
• Keep children, bystanders, and pets away from the machine while in use.
• Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
• Maintain all parts of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrainment or equipment failure.
• This product is for consumer, indoor household use only.

Replace Labels and Owner’s Manual if Damaged, Illegible, or Removed.
Teeter, 9902 162nd St. Ct. E., Puyallup, WA 98375
Toll Free (Phone): 800-847-0143  Web: www.teeter-inversion.com

WARNING LABEL PLACEMENT DIAGRAM

* Inversion Table images may vary slightly from your model.
The EP-550 is shown here.
Unpack and Prepare Your Workspace

• If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
• Unpack all parts and support materials. Set aside packing materials and clear your work area.
• Locate the Hardware Kits, packaged with the manuals. They are labeled to correspond with the assembly process.
• The Assembly & Use DVD provides step-by-step instruction on how to assemble your product. You may find it helpful to follow along with the DVD by watching it on either your TV or computer.

NOTE: These instructions cover the assembly process for multiple models of Teeter Inversion Tables. Be sure to read each step through once before proceeding with assembly to ensure you are following the correct instructions for your model.
STEP 1 A-Frame Assembly

On a level surface, carefully position the A-Frame so that it is standing upright and the Stability Feet are on the ground.

Gently push down on the Spreader Arms to ensure they are fully open and in the “locked” position (Figure 1).

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.

RIGHT Indicates right side as you are using the inversion table, not facing it.
LEFT Indicates left side as you are using the inversion table, not facing it.
BACK Indicates the back of the A-Frame / fully assembled inversion table.
FRONT Indicates the front of the A-Frame / fully assembled inversion table.

1 Spreader Arms
2 Crossbar
**For users with the EP-550, assemble the Tri-Grip Handles**

- Locate the *Tri-Grip Handle Assembly* Hardware Kit.
- Determine the left or right Handles, marked with an embossed L / R on the inside of the black plastic part of each handle.
- Align the black plastic part of the corresponding handle (left / right) over the outside edge of the Hinge Plate on the A-Frame (Figure 2).
- Insert and loosely hand-tighten three of the Allen Head Bolts through the Hinge Plate into the inside of the handle (Figure 3).
- Repeat with other handle. Fully tighten all fasteners, using the 5mm Allen Wrench provided.
STEP 2 Over-EZ™ Handle Assembly (EP-850 Models)

Based on your model, the assembly in this step will differ.

For users with the EP-850 Model, assemble the Over-EZ™ Handles:

- Locate the Over-EZ™ Handle Assembly Hardware Kit (HK1023 for EP-850 Models).
- Look for the “R” embossed on the inside of the handle to determine right from left. Select the right handle.
- Insert the Double-Threaded Bolts from the inside of the handle and loosely hand-tighten on the outside with the nuts provided (Figure 4). DO NOT fully tighten the nuts yet.
- Align and insert the opposite end of the Double-Threaded Bolts into the corresponding holes in the right hinge plate (Figure 4A). Hand-tighten with the nuts on the inside of the hinge plate.
- Use the wrenches provided to tighten the inside and outside sets of nuts, being careful not to over-tighten. (Figure 5 shows the completed assembly)
- Repeat the entire process with the left handle.
STEP 2 Over-EZ™ Handle Assembly (EP-950 Models)

Based on your model, the assembly in this step will differ.

For users with the EP-950 Model, assemble the Over-EZ™ Handles:

- Locate the Over-EZ™ Handle Assembly Hardware Kit (HK1022 for EP-950 Models).
- Look for the “R” embossed on the outside of the handle to determine right from left. Select the right handle.
- Insert the Double-Threaded Bolts from the inside of the handle and loosely hand-tighten on the outside with the nuts provided (Figure 6). DO NOT fully tighten the nuts yet.
- Align and insert the opposite end of the Double-Threaded Bolts into the corresponding holes in the right hinge plate (Figure 6). Hand-tighten with the nuts on the inside of the hinge plate.
- Use the wrenches provided to tighten the inside and outside sets of nuts, being careful not to over-tighten.
- Place the right Hinge Plate Cover (marked on the inside) over the outside edge of the handle so that the holes align with the smaller 1/4” bolt holes in the hinge plate. Insert and hand-tighten the Allen-head bolts into the Hinge Plate Cover from the inside of the hinge plate (Figure 6A).
- Tighten the bolts with the 5mm Allen Wrench provided, being careful not to over-tighten.
- Repeat the entire process with the left handle and Hinge Plate Cover.
• Locate the *Table Bed Assembly* Hardware Kit.

• Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 7). You may have to exert extra pressure to ensure that the Support Beam slides over the rubber spacers.

• Insert the two Bolts into the open holes (Figure 8).

• Thread a Washer and Nut onto each Bolt and hand-tighten.

• Using the 6mm Allen Wrench to steady the bolts, tighten the Nuts onto the Bolts with the 10/13mm Open-Ended Wrench.
STEP 4  Roller Hinge Assembly

- Familiarize yourself with the Roller Hinge and Cam Lock terms detailed above in Figure 9.
- For ease of assembly, rest the Table Bed against the Crossbar (Figure 10) at the front of the A-Frame.
- On one side of the Table Bed, lift the Cam Lock up all the way to unlock (Figure 11).
- In your other hand, hold one 3-Hole Roller Hinge at the Pivot Pin. With the Pivot Pin facing out (away from the Table Bed), slide the bottom of the Roller Hinge between the Cam Lock and the Bracket.

**TIP:** Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.

- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 12 shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C.

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

- Push down on the Cam Lock to lock it and secure the Roller Hinge.
- Repeat on other side. Make sure the Roller Hinges are in the same hole setting on both sides.

**WARNING**

NEVER disassemble the Roller Hinge Pivot Pin.
STEP 5  Attach the Table Bed to the A-Frame

- Face the front of the A-Frame where the Crossbar is located (refer to Figure 13 to determine A-Frame Front).

- Grasp both the Roller Hinges, right above the Cam Lock, and lift the Table Bed. Allow the top of the Table Bed to rotate toward the floor, so that the back of the Table Bed is now facing you and the top of the Table Bed is in front of the Crossbar (Figure 14).

- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 15). The Self-Locking Hooks will open to allow the Pivot Pin into the Hinge Plate slot, then automatically snap closed over the Pivot Pin.

  **TIP:** You may need to push outward on the Hinge Plate in order for the second Pivot Pin to lock in place.

- Make sure that each Pivot Pin is seated at the base of the slot in the Hinge Plates, and that the Self-Locking Hooks have closed over both Pivot Pins (Figures 15a & 15b).

- Rotate the Table Bed into the use position (Figure 16). Ensure that it rotates smoothly.

**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 6 Assemble the Main Shaft**

Based on your model, the item(s) used for this step will differ but the assembly process remains the same.

- Loosen the De-Rattler Knob on the left side of the Main Shaft Housing.

- Facing the front of the A-Frame, hold the Main Shaft in your left hand with the height markings facing up. Slide the end of the Main Shaft into the Main Shaft Housing (Figure 17), located at the base of the Table Bed.

- With your right hand, pull out the Height-Selector Locking Pin (Figure 18) 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 19).

**IMPORTANT:** 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 19, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.

- Test the inversion table by hand for smooth and steady rotation (Figure 20) and ensure that all fasteners are secure.

- Tighten the De-Rattler Knob.

*For users with the EP-550 Sport model, follow the Conversion Bar Assembly & User Instructions enclosed in this packet.*
MISASSEMBLY CHECK

**WARNING**

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

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**Image A**

*Go back to Step 4 for instruction*

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

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**Image B**

*Go back to Step 5 for instruction.*

Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.

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*Inversion Table images may vary slightly from your model. The EP-550 is shown here.*
STEP 7 Attach the Accessories

Attach the Angle Tether (OPTIONAL)

- 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 21).
- Refer to the Owner’s Manual for guidance with pre-setting your angle of rotation.

Attach the Head Pillow (OPTIONAL)

- Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed (Figure 22). 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 Inversion Table, 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 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 23 & 23a). Allow the Owner’s Manual to hang freely on the outside of the A-Frame Spreader Arms so it doesn’t interfere with the rotation of the Table Bed.

IMPORTANT: Once attached to the A-Frame, do not remove the Owner’s Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.

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

Review the Use Instruction section of your DVD
• The Use Instruction section of your DVD provides guidance on how to properly adjust, use and become acclimated to inversion.

Register Your Product
• Please complete the warranty registration online at teeter-inversion.com.
If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

USA: 800-847-0143 or info@teeter-inversion.com
International: +1-242-362-1001 or info@inversioninternational.com