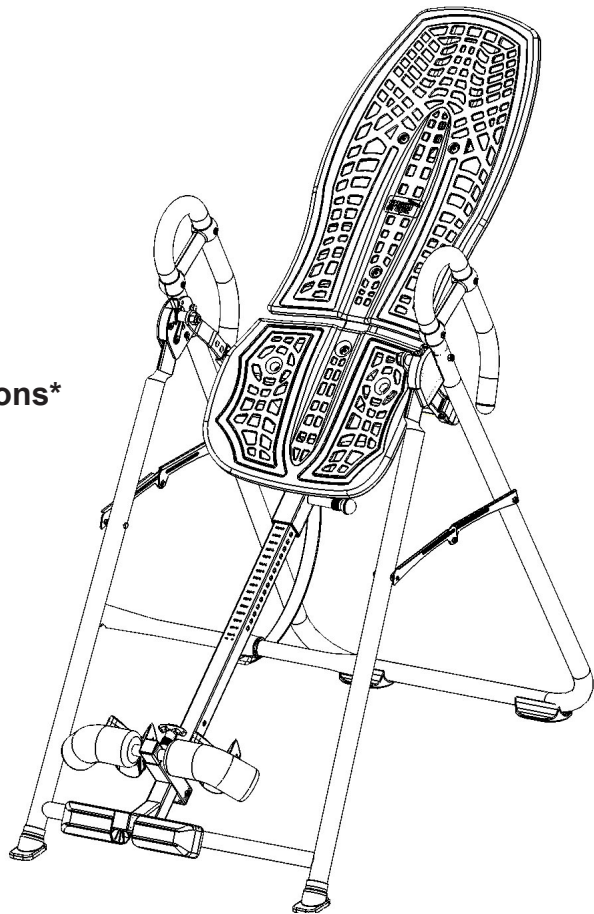




600ia™

Inversion Table Assembly Instructions\*



\*Inversion Table images may vary slightly from your model.

**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.**

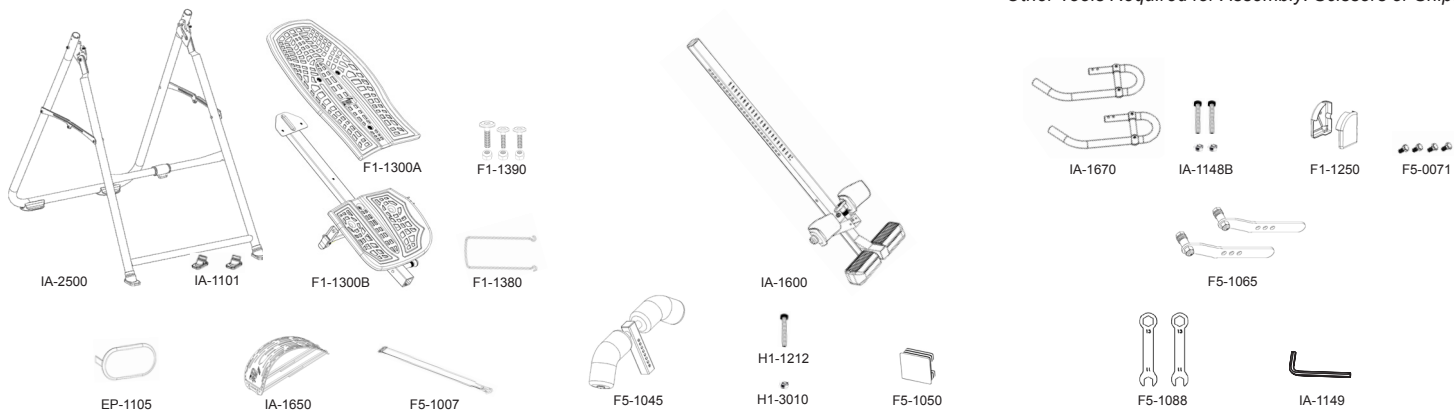
## **SAVE THESE INSTRUCTIONS**

# Items for Assembly

Items are not shown to scale. If you have any questions on assembly, contact Customer Service at 1-800-847-0143 or visit our website at [teeter-inversion.com](http://teeter-inversion.com).

ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame	IA-2500	Main Shaft	IA-1600	Handle Assembly	
Stability Feet (2)	IA-1101	with T-Pin Ankle Lock System		Traction Support™ Handles (2)	IA-1670
<i>May come pre-assembled</i>				Bolts & Nuts (2)	IA-1148B
				<i>Bolts/Nuts may come pre-assembled in Handles</i>	
FitFlex™ Table Bed	F1-1300	Front Ankle Bar with Foam Rollers	F5-1045	Hinge Covers (2)	F1-1250
Upper Bed Portion	F1-1300A	Bolt	H1-1212	Allen Bolts (4)	F5-0071
Lower Bed Portion & Frame	F1-1300B	Nut	H1-3010	<i>Allen Bolts may come pre-assembled in Hinge Covers</i>	
Bolts & Nuts (3)	F1-1390	End Cap	F5-1050		
FitFlex™ Bed Frame Extension	F1-1380				
Accessories				Roller Hinge Assembly	
Head Pillow	EP-1105			3-Hole Roller Hinges (2)	F5-1065
Decompression Arch™	IA-1650				
Angle Tether	F5-1007			Tools	
				10/13mm Wrenches (2)	F5-1088
				5mm Allen Wrench	IA-1149

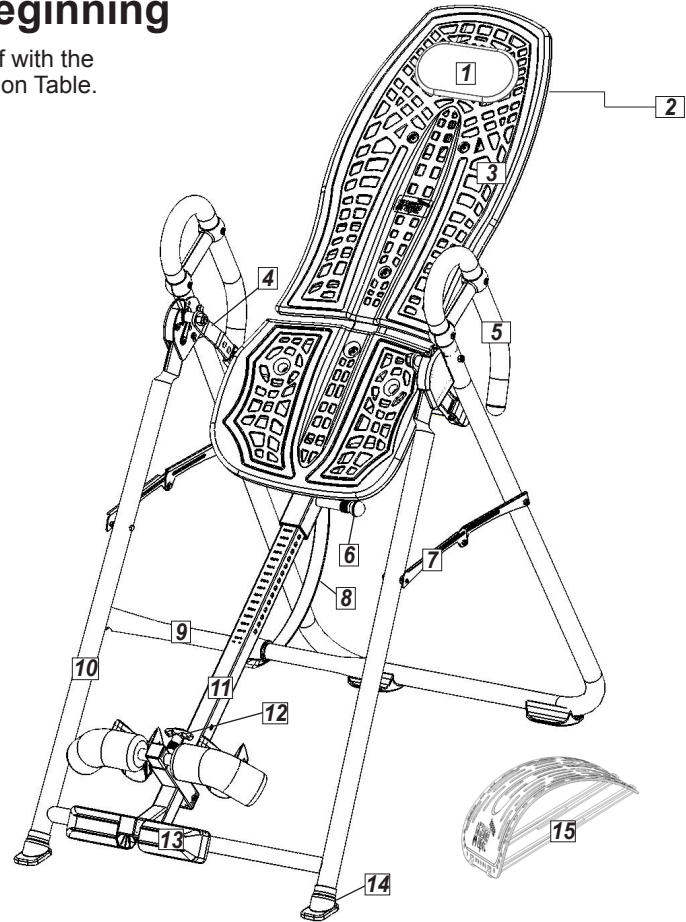
Other Tools Required for Assembly: Scissors or Snips



# Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups® 600ia™ Inversion Table.

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



\*Inversion Table images may vary slightly from your model.

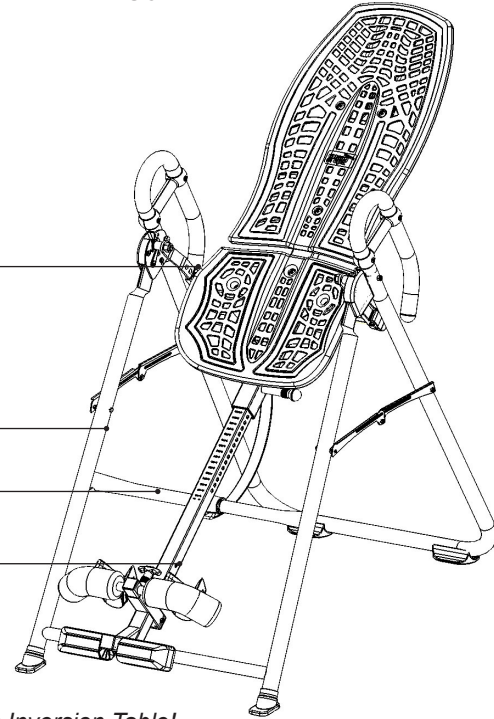
# WARNING LABEL PLACEMENT

**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.

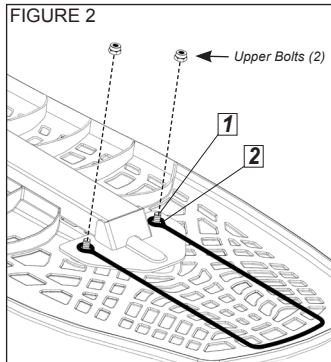
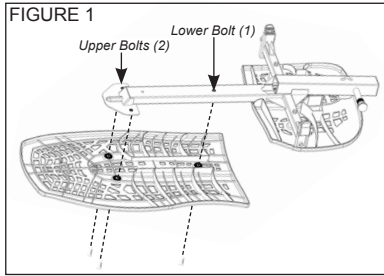
If a label is missing, illegible or is removed, contact Customer Service at the phone number or website found at the bottom of this page to request a complimentary replacement label.

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

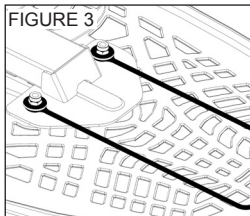


*We hope you enjoy your new Teeter Hang Ups Inversion Table!  
If you have any questions, please contact our Customer Service Department at 1.800.847.0143 or [www.teeter-inversion.com](http://www.teeter-inversion.com).*

# Step 1



- 1 Bolt
- 2 Loop



## Assemble the Table Bed (F1-1300) and Bed Frame Extension (F1-1380)

*NOTE: This assembly will be referred to as Table Bed (F1-1300) for the remainder of the Assembly Instructions.*

- Locate the following items to assemble the FitFlex Table Bed:

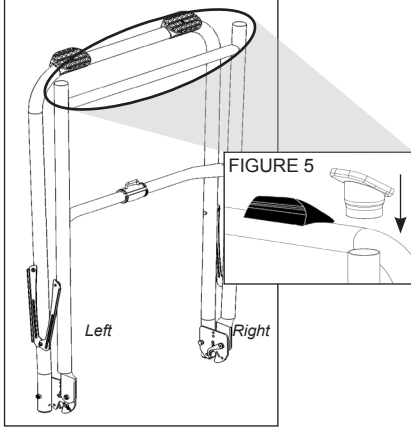
Upper Portion (F1-1300A)  
Bed Frame Extension (F1-1380)  
5mm Allen Wrench (IA-1149)

Lower Portion & Frame (F1-1300B)  
Bolts & Nuts (F1-1390)  
10/13mm Wrench (F5-1088)

- Lay the Upper Portion (F1-1300A) face down on the floor.
- Place the Lower Portion & Frame (F1-1300B) face down on top of the Upper Portion and align the bolt holes (Figure 1).
- Reaching underneath, insert the longest of the three bolts into the Center hole and hand-tighten with a Nut.
- Reaching underneath, insert one of the shorter bolts through a Top hole 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 2).
- Repeat with the remaining side (Figure 3).
- 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 2

FIGURE 4

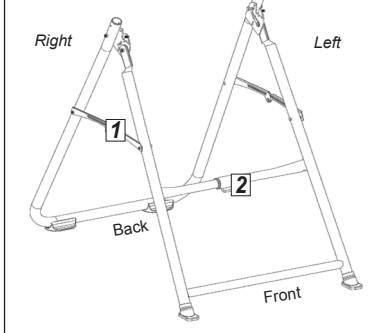


### Assemble the front Stability Feet (IA-1101) onto the A-Frame (IA-2500)

*Feet may come pre-assembled.*

- Steady both sides of the A-Frame so that the legs will not swing open and turn the A-Frame so that the base points upwards. This will give you downward leverage to secure the Stability Feet (Figure 4).
- Determine which is the Right and Left Stability Foot by the imprinted letters “R” and “L”, found on each foot. You will place each foot on the frame legs so that the letters face inward towards each other.
- Select the Stability Foot labeled “R” on the inside and insert it on the RIGHT side of the A-Frame (Figure 4).
- Repeat with the Stability Foot labeled “L” on the LEFT side (Figure 4).
- Open the A-Frame on the floor (Figure 6) and make sure the Spreader Arms are locked open.
- 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 6



- 1 Spreader Arms
- 2 Crossbar



## Step 3

FIGURE 7

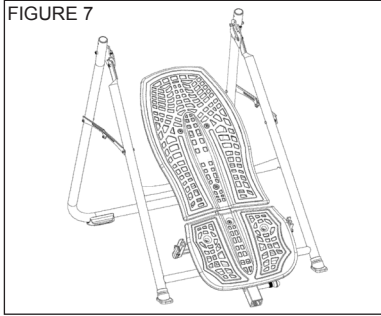
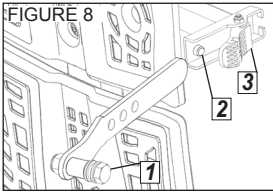


FIGURE 8



- 1 Pivot Pin
- 2 Bracket Pin
- 3 Cam Lock

FIGURE 9

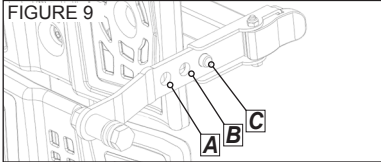
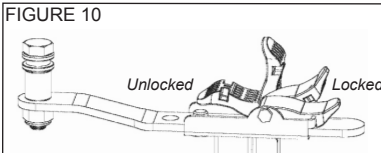


FIGURE 10



### Assemble the 3-Hole Roller Hinges (F5-1065) to the Table Bed (F1-1300)

- For ease-of-assembly, rest the Table Bed against the Crossbar (Figure 7).
- Open the Cam Locks on each side of the Table Bed (Figure 8).
- 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 8).
- 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 9 shows the Roller Hinges engaged correctly in Setting C.
- Push down on the Cam Locks (Figure 10) 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.*

## Step 4

### Attach the Table Bed (F1-1300) to the A-Frame (IA-2500)

- 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 6 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figures 11 and 11A).

*NOTE: You may need to push outward on the A-Frame 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 of the Hinge Plate (Figure 12).
- Ensure that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed rotates smoothly.

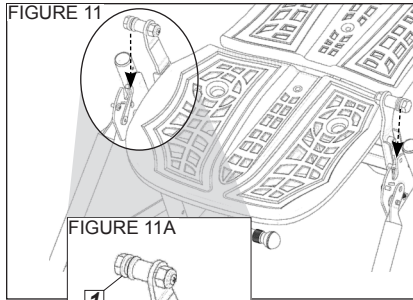
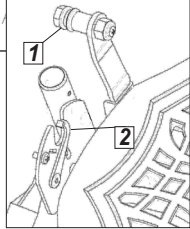
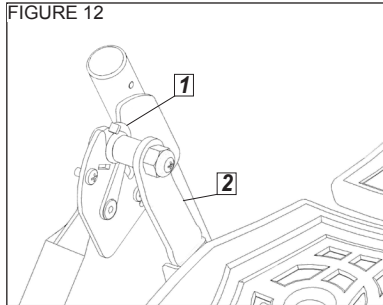


FIGURE 11A



- 1 Roller Hinge Pivot Pin
- 2 Self-Locking Hook



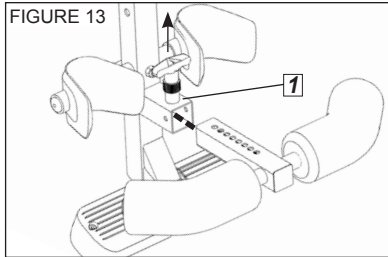
- 1 Self-Locking Hook
- 2 Roller Hinge

## ⚠ 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!

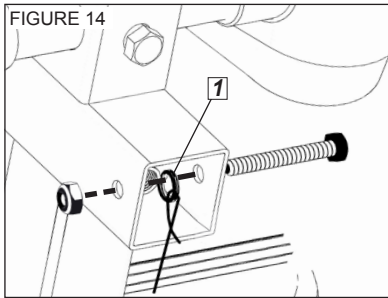
## Step 5

### Install the Front Ankle Bar Assembly (F5-1045) into the Main Shaft (IA-1600)

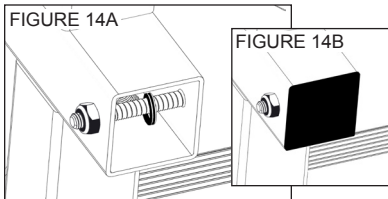


1 Front Ankle Bar Housing

#### VIEWS FROM BACK



1 Retainer Spring & Cable Loop



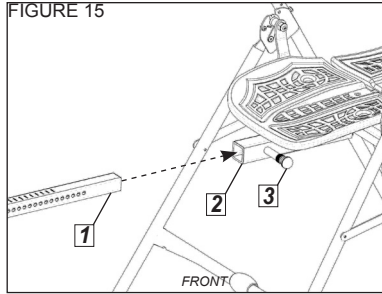
- Insert the Front Ankle Bar (F5-1045) into the Front Ankle Bar Housing (Figure 13). Pull up on the T-Pin Lock to insert the Front Ankle Bar all the way and release in the shortest setting (the hole closest to the Front Ankle Bar).
- From the reverse side, pull on the zip-tie to stretch the Retainer Spring and Cable Loop so that they align with the hole at the back of the Front Ankle Bar Housing (Figure 14).
- Insert the Bolt (H1-1212) through the hole, Retainer Spring, Cable Loop, and the hole on the other side of the housing (Figure 14A).
- Tighten the Nut (H1-3010) using the 13mm Open Wrench (F5-1088) provided.
- Cut the long portion of the zip-tie with scissors and cover the open end with the End Cap (F5-1050) (Figure 14B).

## ⚠ WARNING

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

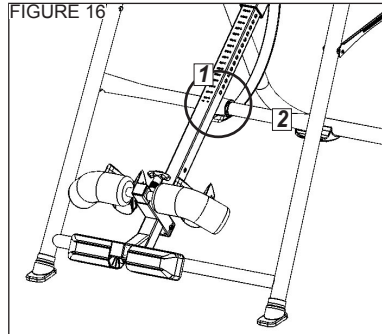
## Step 6

FIGURE 15



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

FIGURE 16



- 1 Proper Resting Position
- 2 Crossbar

### Insert the Main Shaft (IA-1600) into the Table Bed (F1-1300)

- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing (Figure 15) 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 16).

*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 16, 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 4 for instruction***

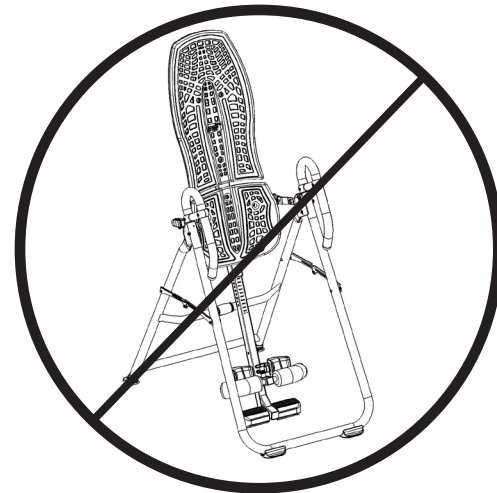
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



### **Image B**

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

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

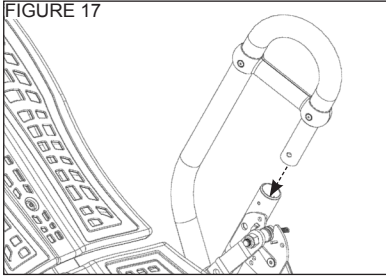


*We hope you enjoy your new Teeter Hang Ups Inversion Table!*

*If you have any questions, please contact our Customer Service Department at 1.800.847.0143 or [www.teeter-inversion.com](http://www.teeter-inversion.com).*

# Step 7

FIGURE 17

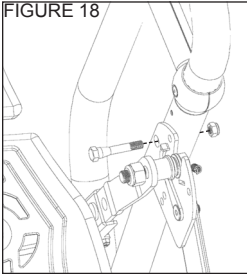


## Assemble the Traction Support™ Handles (IA-1670) to the A-Frame (IA-2500)

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

- Insert the Left and Right handles into the A-Frame (Figure 17), so that the long part of the handles are parallel with the rear legs of the A-Frame.
- Insert the Bolt (IA-1148B) from the inside through the Hinge Plate into the Handle. Hand tighten with the nut on the outside of the Hinge Plate (Figure 18).
- Secure using the 10/13mm Wrench (F5-1088) provided, being careful not to overtighten.
- Repeat on the other side.

FIGURE 18

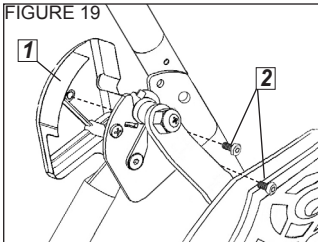


## Attach the Hinge Covers (F1-1250) to the Hinge Plates

*Allen Bolts may come pre-assembled in the Hinge Covers. Simply unscrew to remove.*

- Align the Left and Right Hinge Covers with the corresponding shape of the Hinge Plate on either side of the A-Frame (Figure 19).
- Insert two (2) Allen Bolts (F5-0071) through the Hinge Plate into the Hinge Cover.
- Tighten with the Allen Wrench (IA-1149) provided, being careful not to overtighten.
- Repeat on the other side.

FIGURE 19

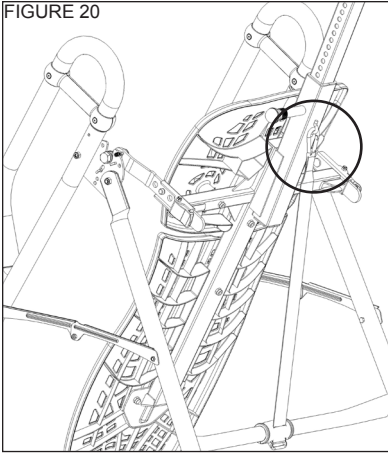


1 Hinge Cover

2 Allen Bolts

## Step 8

FIGURE 20



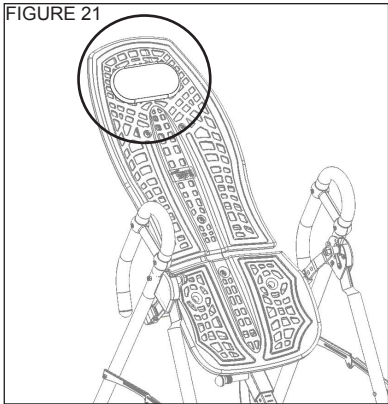
### Assemble the Angle Tether (F5-1007) to the Table Bed (F1-1300)

- 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 20).

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

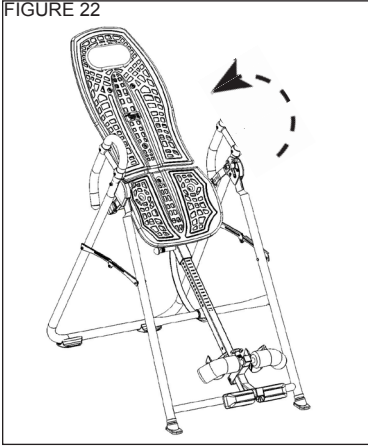
- Attach the Head Pillow by inserting the Velcro Straps through the holes in the Table Bed and securing the ends together (Figure 21). The position of the pillow can be adjusted depending on the user.

FIGURE 21



## Step 9

FIGURE 22



### Before Use

- Test the Inversion Table by hand for smooth and steady rotation (Figure 22).
- Ensure that all fasteners are secure.
- Please complete the warranty registration online at [www.teeter-inversion.com](http://www.teeter-inversion.com).
- For your reference, the serial number can be found on the back of the Table Bed.

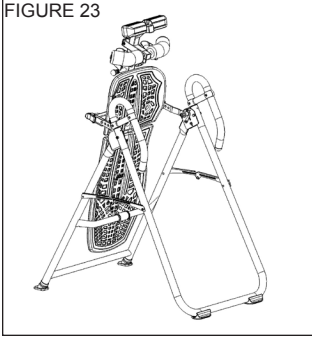
## WARNING

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 23



## 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 degrees and rests against the Crossbar of the A-Frame (Figure 23).
- With palms up, reach under and around each Roller Hinge, using your thumbs to release the locks over the Pivot Pin (Figure 24).
- 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 25). Replace 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 24

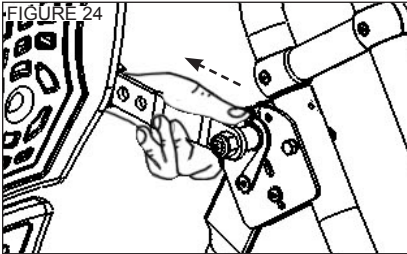


FIGURE 25

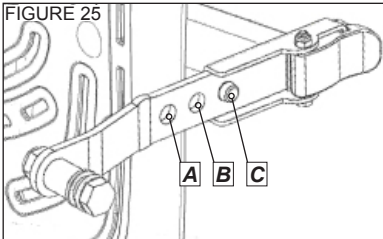
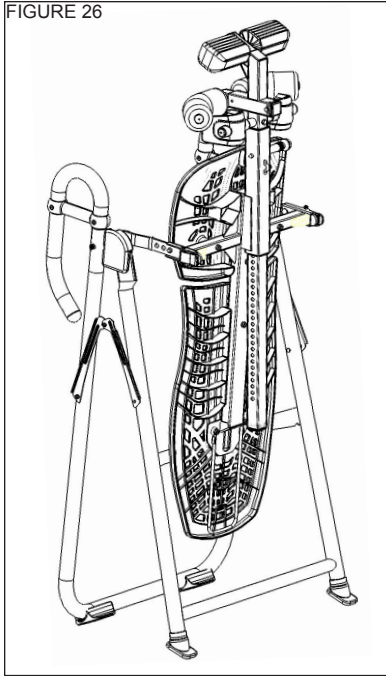


FIGURE 26



## 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 degrees and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 26), 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.

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If you have any problems assembling the equipment, or questions about its use, please contact customer service at:

USA: Teeter  
Toll Free (Phone) 800-847-0143  
(Fax) 800-847-0188  
[info@teeter-inversion.com](mailto:info@teeter-inversion.com)  
[www.teeter-inversion.com](http://www.teeter-inversion.com)

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



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