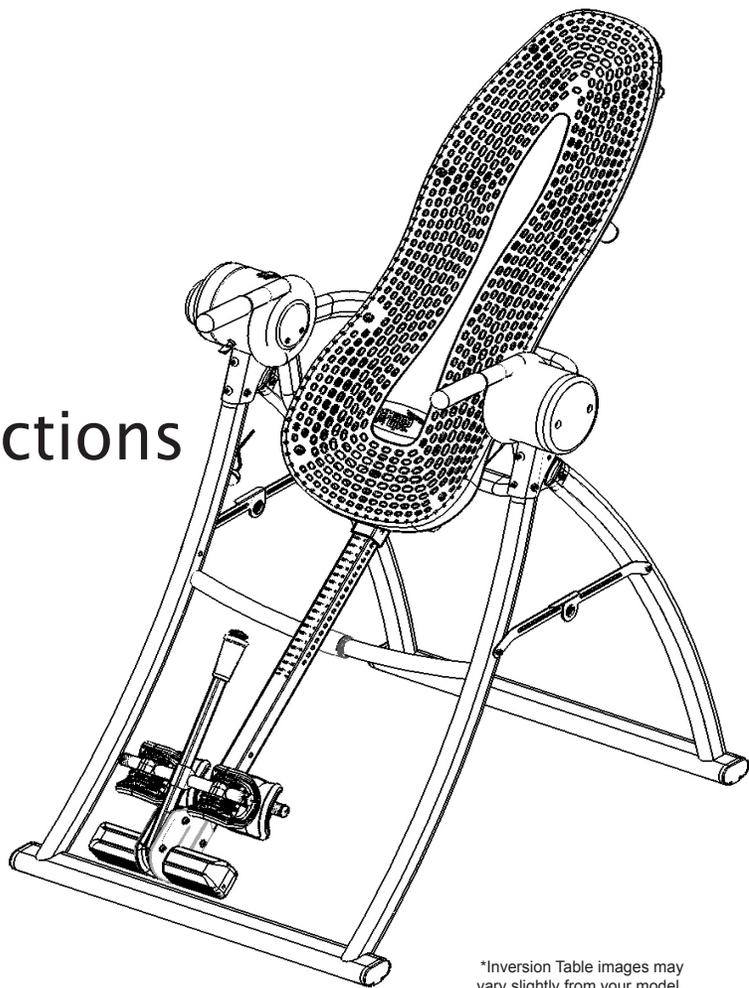




Inversion Table Assembly Instructions

Contour Power



*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

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.

DANGER - To reduce the risk of electrical shock:

- Always unplug the appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- An appliance should **NEVER** be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- **DO NOT** operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Close supervision is necessary when this appliance is used near children, or by or near invalids, or disabled persons.
- Use this appliance only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
- **DO NOT** carry this appliance by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- **NEVER** operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered.
- **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.

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** operate where aerosol (spray) products are being used or where oxygen is administered.
- **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 body parts, hair, loose clothing and jewelry clear of all moving parts.
- To disconnect, turn all controls to the off position, then remove plug from outlet. To unplug, grasp the plug, not the cord.
- Connect this appliance to a properly grounded outlet only. See Grounding Instructions.

CAUTION - To Reduce The Risk Of Injury From Moving Parts – Unplug Before Servicing.

WARNING - To Reduce The Risk Of Electric Shock – Unplug Before Cleaning or Servicing.

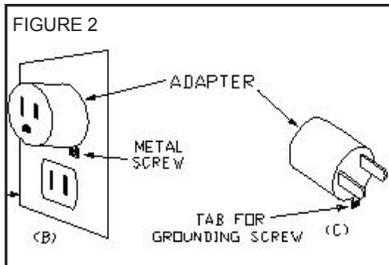
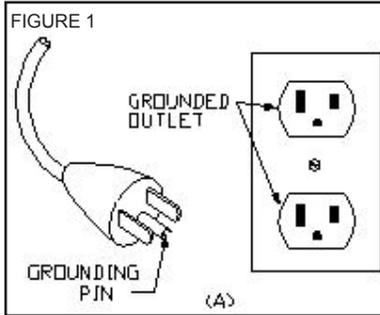
WARNING - To reduce the risk of injury to persons:

- 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.
- **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.
- Keep cord away from heated surfaces.
- **DO NOT** handle plug or appliance with wet hands.
- Keep children away from extended foot support (or other similar parts).
- **ALWAYS** activate the Safety Lock when not in use. Remove the Safety Key and store in secure location.

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

SAVE THESE INSTRUCTIONS

Grounding Instructions

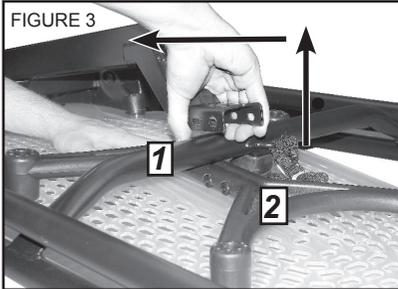


- This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER - Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

- This product is for use on a nominal 120-V circuit, and has a grounding plug that looks like the plug illustrated in sketch A in Figure 1. A temporary adapter that looks like the adapter illustrated in sketches B and C in Figure 2, may be used to connect this plug to a 2-pole receptacle as shown in sketch B if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet (sketch A) can be installed by a qualified electrician. The green colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw.

Unpacking Instructions



1 Crossbar
2 Support Beam

Follow these important unpacking instructions to properly remove the parts from the box and avoid damage to your new inversion table.

IMPORTANT: *The Table Bed Assembly is heavy – be sure to complete this step with two people.*

- Remove all cardboard and packing materials from the box.
- To disengage the Table Bed from the A-Frame, carefully LIFT the support beam high enough to clear the Crossbar and Rubber Bumper on the A-Frame. Then, slide BACK and separate the Table Bed Assembly from the A-Frame (Figure 3).
- Set the Table Bed Assembly to the side and continue unpacking.
- Be sure to remove protective plastic from all items prior to assembly.

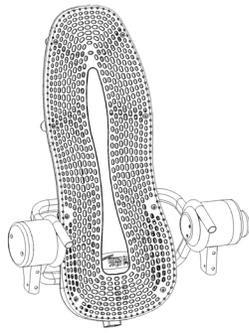
TIP: *Unpack materials and prepare to set up your Contour Power Inversion Table in its permanent location. Keep in mind that you will require an electrical outlet to power your table.*

Items for Assembly

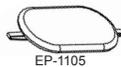
ITEM NUMBER	ITEMS FOR ASSEMBLY
CP-1100	A-Frame
CP-1300	FlexTechnology™ Table Bed
EP-1105	Head Pillow
EP-1149	Bolts, Washers & Nuts (2)
CP-0038	Chicago Post and Bolt (2)
CP-1128	Pan Head Bolts (4)
IA-1650	Decompression Arch™
E6-1374	Adjustable Acupressure Nodes (4pk)
NX-1620	Main Shaft <i>with</i> Deluxe EZ-Reach™ Ankle Lock System
P1-1015	Hand Grips
CP-1250	Safety Keys (2)
	Tools
F5-1088	10/13mm Wrenches (2)
IA-1149	5mm Allen Wrench



CP-1100



CP-1300



EP-1105



EP-1149



CP-1128



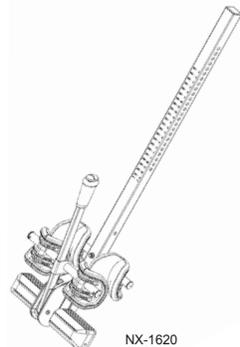
CP-0038



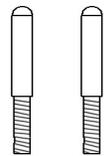
IA-1650



E6-1374



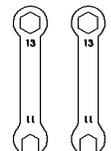
NX-1620



P1-1015



CP-1250



F5-1088



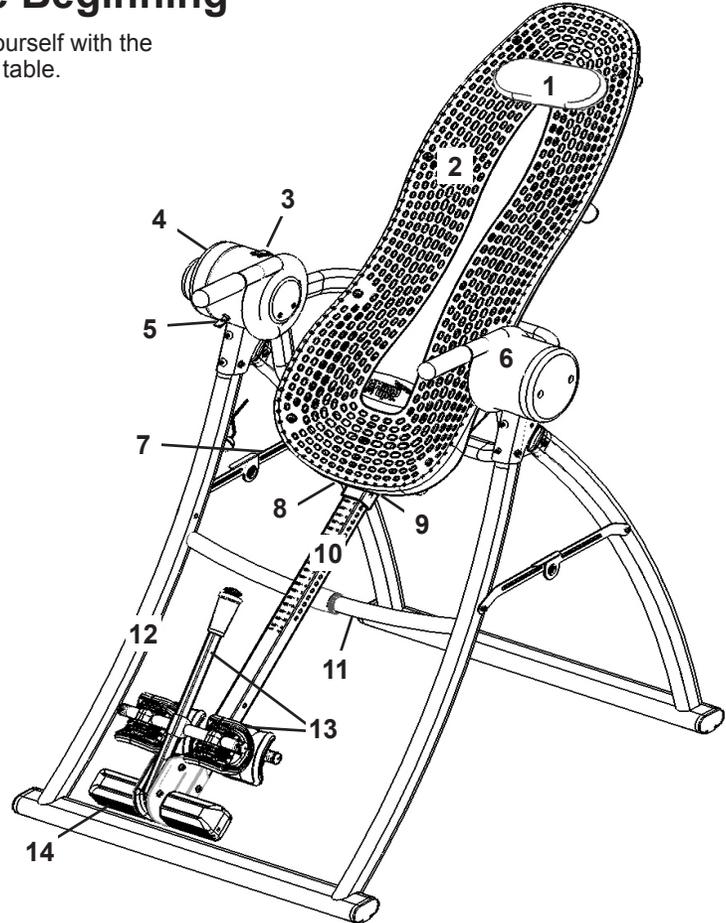
IA-1149

Items are not shown to scale.

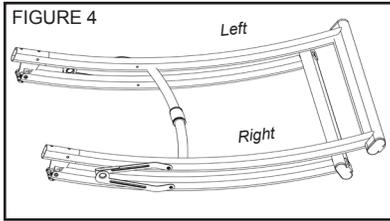
Before Beginning

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
2	FlexTechnology™ Table Bed
3	Rotation Control Button
4	Motor Housing
5	Safety Keys
6	Handles
7	Spreader Arms
8	De-Rattler Knob
9	Height-Selector Locking Pin
10	Main Shaft
11	Crossbar
12	A-Frame
13	Deluxe EZ-Reach™ Ankle Lock System
14	Ankle Comfort Dial™

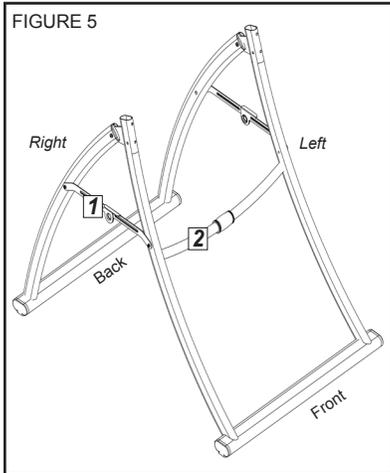


Step 1



Open the A-Frame (CP-1100).

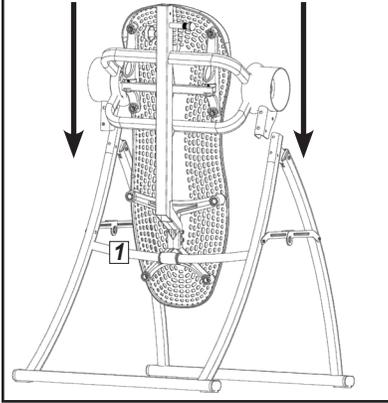
- To stand the inversion table A-Frame upright, first move it onto its side (Figure 4), and then carefully lift it up onto its feet.
- Open the A-frame wide enough so that it is stable and can stand upright on its own (Figure 5).
- Lock the Spreader Arms to secure the legs into position.



- 1 Spreader Arms
- 2 Crossbar

Step 2

FIGURE 6

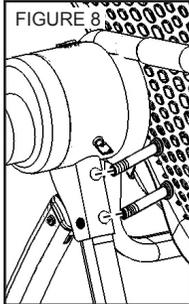
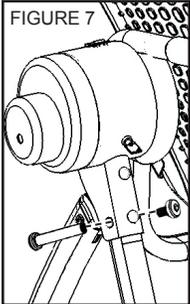


1 Crossbar

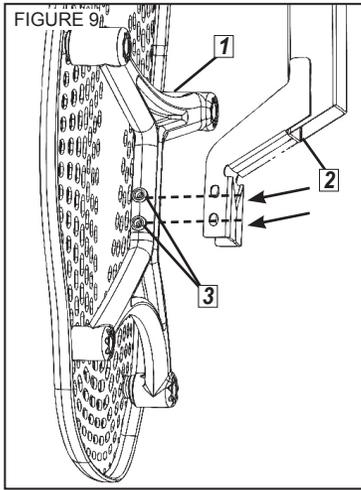
Install the Table Bed Assembly (CP-1300) to the A-Frame (CP-1100)

IMPORTANT: The Table Bed Assembly is heavy - be sure to complete this step with two people.

- Lift the Table Bed Assembly (CP-1300) and hold in inverted position.
- Lower the Table Bed Assembly so the back of the Table Bed rests behind the Crossbar (Figure 6), and place the shrouds on either side of the motor housing onto the top of the A-Frame.
- Using the Allen Wrench (IA-1149), secure one Chicago Post & Bolt (CP-0038) to the side of the shroud (Figure 7), and two Pan Head Bolts (CP-1128) to the front of the shroud (Figure 8). Complete on both sides.



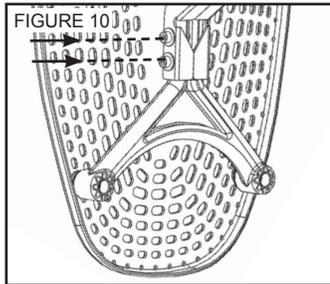
Step 3



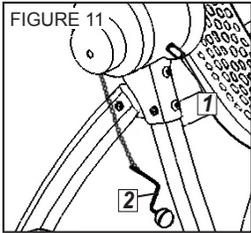
- 1 Support Beam
- 2 Upper Support Arms
- 3 Rubber Spacers

Attach the Upper Support Arms to the Table Bed (CP-1300).

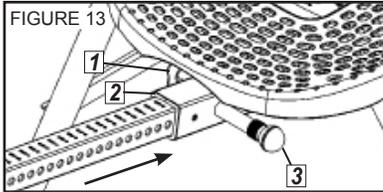
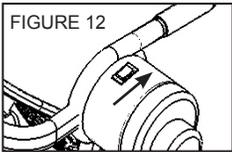
- Leave the Table Bed in the inverted position.
- Push on the Support Beam on the back of the Table Bed Assembly so that the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 9). You may have to exert extra pressure to ensure that the Support Beam slides over the Rubber Spacers.
- Insert the two bolts (EP-1128) into the open holes (Figure 9).
- Fasten each bolt with a washer and nut (Figure 10).
- Use the Allen Wrench (IA-1149) to steady each bolt and tighten the nuts using the 10/13 mm open end Wrench provided (F5-1088) (Figure 10).



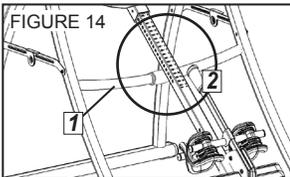
Step 4



1 Safety Key
2 Hand Crank



1 De-Rattler Knob
2 Main Shaft Housing
3 Height-Selector Locking Pin



1 Crossbar
2 Proper Resting Position

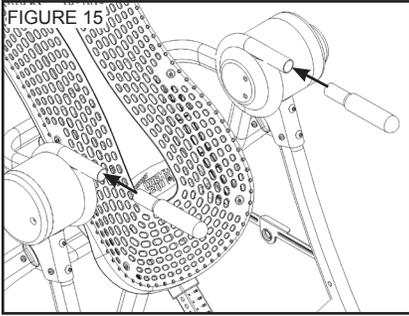
Insert the Main Shaft (NX-1620) into the Table Bed (CP-1300).

- Plug in the power supply. Be sure that the Hand Crank is not engaged in the motor and that the Safety Lock has been turned off (Figure 11). See Step 6 for more information on the Safety Lock.

NOTE: The Safety Lock Key will remain in the lock when disabled and the table is in use.

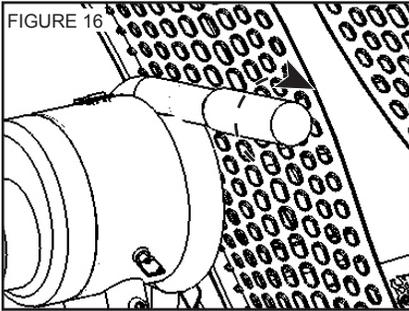
- Rotate the bed upright to the horizontal position (Figure 12) by pressing forward (towards the Ankle System) on the Rotation Control Button on the Motor Housing.
 - Loosen the De-Rattler Knob at the base of the Main Shaft Housing.
 - With the height adjustment settings on the Main Shaft facing up, insert the end of the Main Shaft into the Main Shaft Housing at the base of the Table Bed (Figure 13).
 - Pull out the Height Selector Locking Pin to allow the Main Shaft to slide in further, then release the pin to engage a hole. (Refer to the Owner's Manual for proper height adjustment before use.)
- NOTE:** The De-Rattler Knob is an optional feature that prevents a slight shift when you invert. Product security is not compromised if you choose to not tighten the knob.
- Finish rotating the bed upright to its “start” position. The Main Shaft must rest against the Crossbar of the A-frame (Figure 14). If the Main Shaft does not rest on the Crossbar as shown in Figure 14 then the Table Bed has been assembled backwards onto the A-frame

Step 5

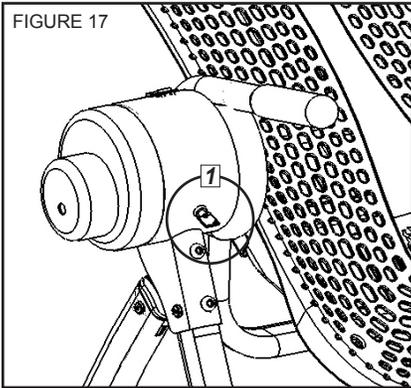


Attach the Hand Grips (P1-1015) to the Table Bed (CP-1300) Assembly

- Insert a Hand Grip into the receiving end of the Table Bed Assembly, located near the Motor Housing (Figure 15).
- Screw in the handle and tighten (Figure 16).
- Repeat with the other handle.



Step 6



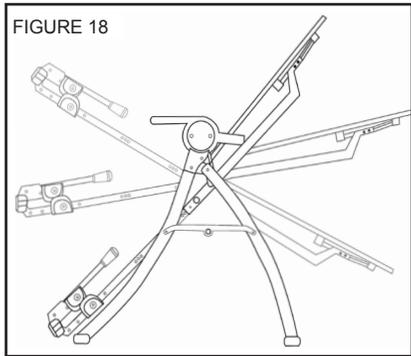
1 Safety Keys

Safety Lock and Key (CP-1250)

- The Safety Lock allows the table to be deactivated without the need to unplug the power supply.
- Insert the Safety Key (CP-1250) and turn clockwise to disable the Safety Lock and engage the motor. The Safety Key will remain in place when the table is in-use (Figure 17).
- Upon completion of your inversion session, turn the Safety Key counterclockwise, remove from the Motor Housing and store in a secure place for future use.

Before Use

- Check that the Safety Lock (Figure 17) is disabled.
- Test the table rotation by pressing the Rotation Control Button (Figure 18).
- Test the Hand Crank by following the instructions on page 4 of the Owner's Manual. Disengage the Hand Crank after testing.
- Ensure that all fasteners are secure.
- Please register your warranty online at www.teeter-inversion.com
- For your reference, the serial number can be found on the back of the Table Bed Main Shaft Housing.



WARNING

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

Maintenance / Storage

FIGURE 19

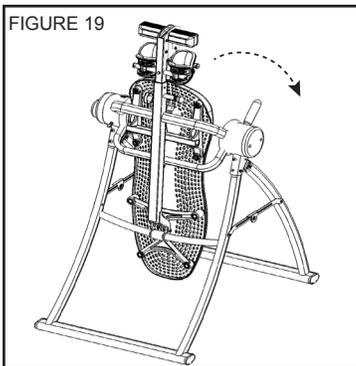
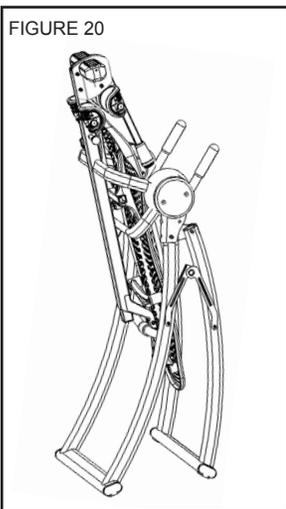


FIGURE 20



Maintenance

- Unplug the inversion table before performing maintenance.
- To clean the Table Bed, wipe down with a damp cloth.
- Do not use abrasive cleaners.

Storing the Inversion Table

- Loosen the De-Rattler Knob.
- Pull the height-selector locking pin, slide the Main Shaft in all the way, and engage the pin in the storage setting.
- By pressing the Rotation Adjustment Button, rotate the Table Bed to its fully inverted position until it reaches the Crossbar (Figure 19).
- Unplug the inversion table before storing.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 20), leaving the A-Frame legs open to a width of at least 12" for stability.

CAUTION: Proceed carefully. This product is heavy. Folding the A-Frame may pinch fingers if not done cautiously.

- Be sure to leave the A-Frame partially open, as to prevent tipping.
- Ensure that the electrical cord has been properly stored while not in use.

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:

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Toll Free (Phone) 800-847-0143
(Fax) 800-847-0188
info@teeter-inversion.com
www.teeter-inversion.com

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Any modification to
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the UL Listing.

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