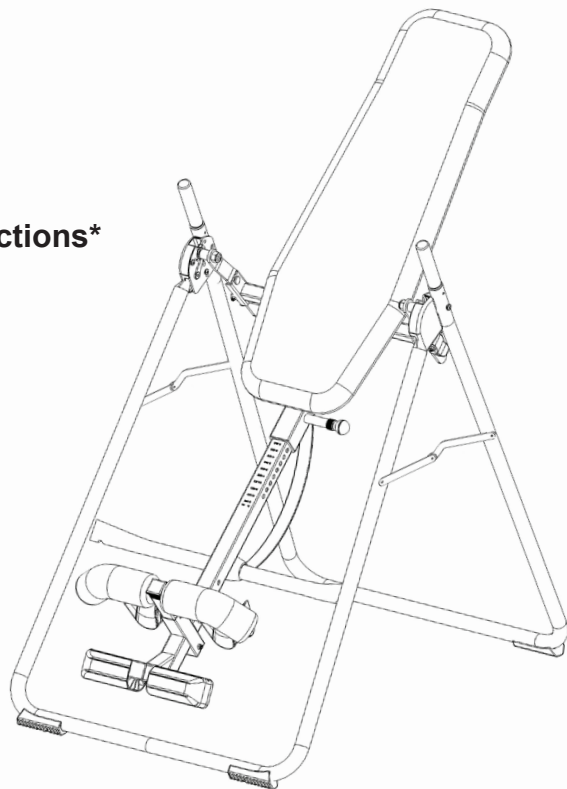




FIT™ Series

Inversion Table Assembly Instructions*
for Fit-50 & Fit-60 models



*Inversion Table images may vary slightly from your model; however, all assembly instructions remain the same.

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, 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 250 lbs. (113 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.
- **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 inversion table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the inversion 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.

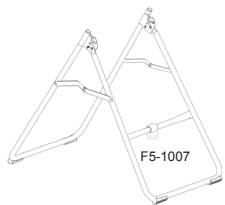
FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

SAVE THESE INSTRUCTIONS

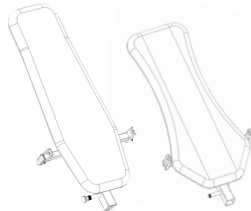
Items for Assembly

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.

ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame	F1-1100	Rear Ankle Bar	IA-1113	Handles	
Angle Tether	F5-1007	Heel Cups (2)	F5-1054	Fit-50 Handles* (2)	F1-1550
		<i>One pre-assembled, one separate</i>		Fit-60 Support Handles* (2)	F1-1500
Table Bed Assembly		Bolt/Nut	F5-1087	Chicago Bolts & Nuts (2)	FF-1148
Fit-50 Table Bed	F1-1350	Rubber Plugs (2)	F5-1056	<i>Bolts & Nuts may come pre-assembled in Handles</i>	
Fit-60 Table Bed	F1-1360				
Main Shaft	F1-1600	Front Ankle Bar	EP-1045B	3-Hole Roller Hinges (2)	F5-1064
with T-Pin Ankle Lock System		Foam Rollers (2)	F5-1051	Hinge Covers (2)	F1-1250
		Bolt	H1-1212	Hex Bolts (4)	H1-1202
		Nut	H1-3010	<i>Bolts may come pre-assembled in Hinge Covers</i>	
		End Cap	F5-1048		
		Ankle Comfort Dial Bar	IA-1119	Tools	
		Ankle Comfort Dials (2)	IA-1118	10/13mm Wrench	F5-1088
		<i>One pre-assembled, one separate</i>		5mm Allen Wrench	IA-1149
		Screw	IA-1123	Screwdriver	F5-1130



F1-1100



F1-1350

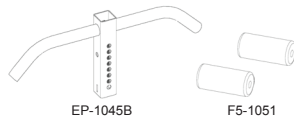
F1-1360



IA-1113

F5-1087

**1 will be pre-assembled in Rear Ankle Bar*



EP-1045B

F5-1051



H1-1212

H1-3010



F5-1048



F1-1550

F1-1500

** May come pre-assembled in Handles*



F5-1064



F1-1250

** May come pre-assembled in Hinge Covers*



F1-1600



IA-1119

IA-1118



IA-1123



F5-1088



IA-1149

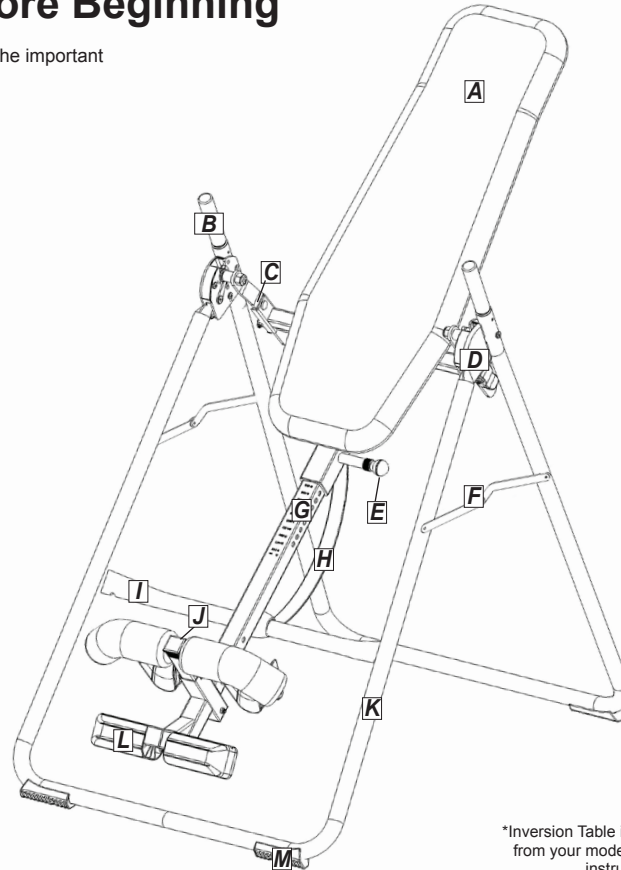


F5-1130

Before Beginning

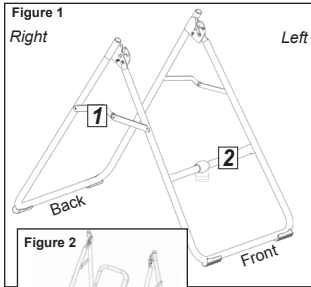
Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups® Inversion Table.

A	Table Bed
B	Handles
C	3-Hole Roller Hinges
D	Hinge Covers
E	Height-Selector Locking Pin
F	Spreader Arms
G	Main Shaft
H	Angle Tether
I	Crossbar
J	T-Pin Ankle Lock System
K	A-Frame
L	Ankle Comfort Dial™
M	Stability Feet



*Inversion Table images may vary slightly from your model; however, all assembly instructions remain the same.

Step 1



- 1 Spreader Arms
- 2 Crossbar

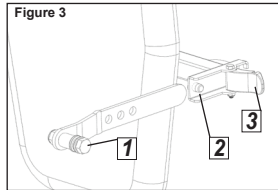
Open the A-Frame (F1-1100)

- Open the A-Frame on the floor and make sure the Spreader Arms are locked open (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.

Step 2

Depending on the model you have purchased, the item numbers in this step will vary.

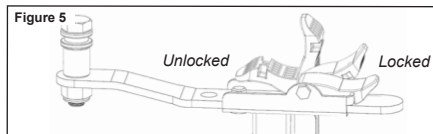
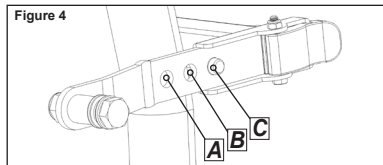
The model of your product can be found on the Serial Label, located on the back of the Table Bed.



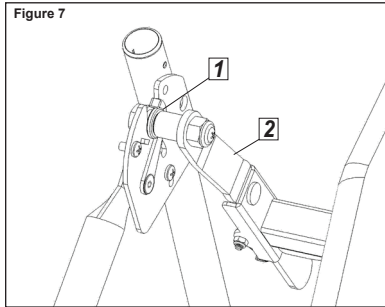
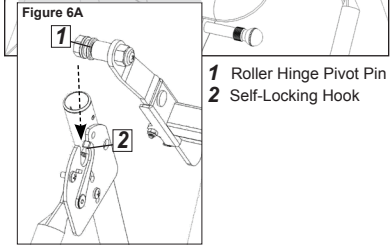
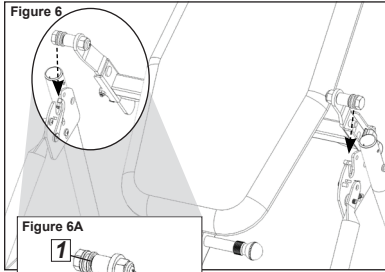
- 1 Pivot Pin
- 2 Bracket Pin
- 3 Cam Lock

Install the 3-Hole Roller Hinges (F5-1064) onto the Table Bed

- For ease-of-assembly, rest the Table Bed against the crossbar of the A-Frame (Figure 2).
- Open the Cam Locks on each side of the Table Bed (Figure 3).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed. The Roller Hinges must slide between the Cam Locks and the Brackets (Figure 3).
- 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 4 shows the Roller Hinges engaged correctly in Setting C.
- Push down on the Cam Locks (Figure 5) to secure the Roller Hinges.



Step 3



- 1 Self-Locking Hook
- 2 Roller Hinge

Depending on the model you have purchased, the item numbers in this step will vary.

The model of your product can be found on the Serial Label, located on the back of the Table Bed.

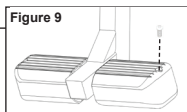
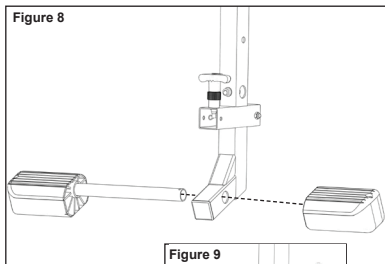
Attach the Table Bed to the A-Frame (F1-1100)

- 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 1 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 6 and 6A).
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 7).
- Ensure that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed 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 4

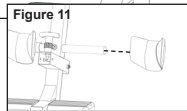
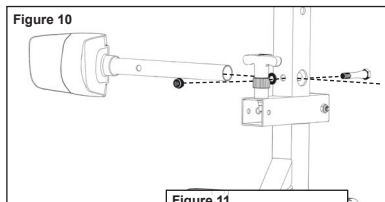


Assemble the T-Pin Ankle Lock System onto the Main Shaft (F1-1600)

Install the Ankle Comfort Dial

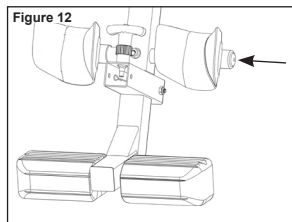
- Slide the Ankle Comfort Dial Bar (IA-1119) with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft (Figure 8).
- The Ankle Comfort Dial is designed with a High and Low setting. Position the pre-assembled Dial in the Low Setting (screw holes facing up) for ease of assembly. Slide the separate Ankle Comfort Dial (IA-1118) onto the Ankle Comfort Dial Bar.
- Insert the Screw (IA-1123) (Figure 9) and tighten with the Screwdriver (F5-1130) provided.

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

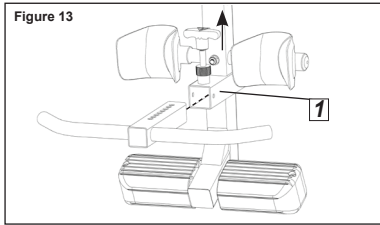


Install the Rear Ankle Bar

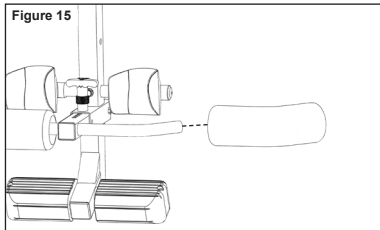
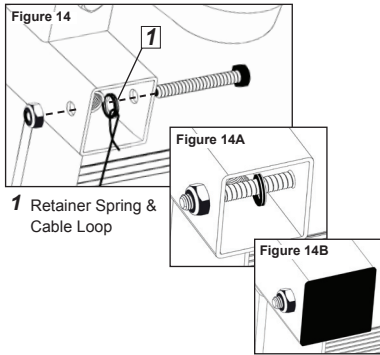
- With the rounded corners of the pre-assembled Heel Cup facing down, insert the Rear Ankle Bar (IA-1113) into the large hole at the back of the Main Shaft (Figure 10).
- Insert the Bolt (F5-1087) from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 10), and tighten the Washer and Nut with the wrenches provided.
- Slide the separate Heel Cup (F5-1054), with the rounded corners down, onto the open end of the Rear Ankle Bar (Figure 11).
TIP: To assist with assembly, repeatedly rotate the Heel Cup while pushing it onto the Rear Ankle Bar.
- Insert the Rubber Plug (F5-1056) into the end of the Rear Ankle Bar (Figure 12).
TIP: You may want to use a rubber mallet to assist with assembly.



Step 4 *(continued)*



1 Front Ankle Bar Housing



Install the Front Ankle Bar

- Insert the Front Ankle Bar (EP-1045B) 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, both loops and the hole on the other side of the housing (Figure 14A).
- Tighten the Nut using the 10/13mm Wrench (F5-1088) provided.
- Cut the long portion of the zip-tie with scissors (Figure 14A) and cover the open end with the End Cap (F5-1048) (Figure 14B).

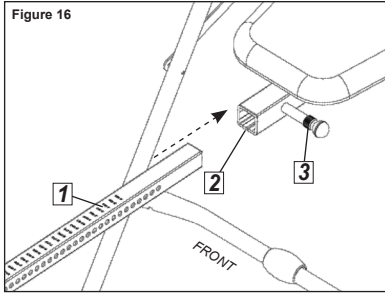
Install the Foam Rollers

- Slide the Foam Rollers (F5-1051) onto the Front Ankle Bar (Figure 15).
TIP: To assist with assembly, repeatedly rotate the Foam Roller while pushing it onto the Front Ankle Bar.

! WARNING

Do not apply lubricants to any part of the inversion table.
Failure to assemble the T-Pin Ankle Lock System properly could result in serious injury or death!

Step 5

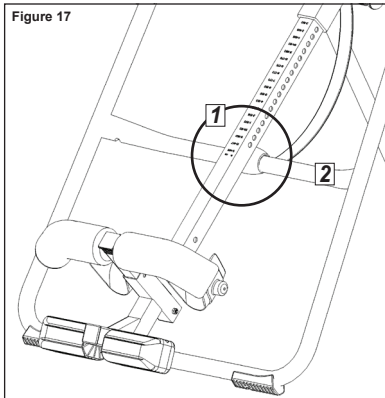


- 1 Main Shaft
- 2 Main Shaft Housing
- 3 Height-Selector Locking Pin

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

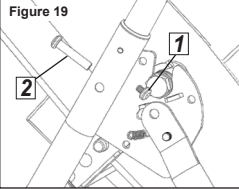
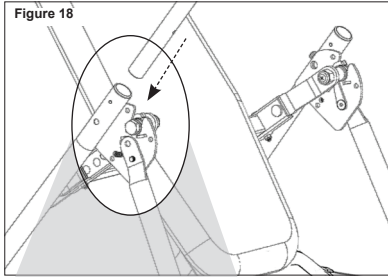
- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing (Figure 16) on the Table Bed.
- Pull out the Height-Selector Locking Pin to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner's Manual for more information on selecting your height setting.
- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 17).

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

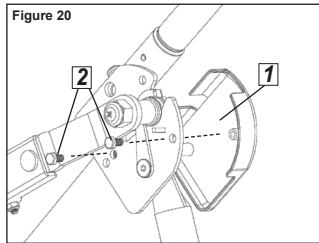


- 1 Proper Resting Position
- 2 Crossbar

Step 6



- 1 Chicago Nut
- 2 Chicago Bolt



- 1 Hinge Cover
- 2 Hex Bolts

Depending on the model you have purchased, the item numbers in this step will vary.
The model of your product can be found on the Serial Label, located on the back of the Table Bed.

Assemble the Handles for your model onto the A-Frame (F1-1100)

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

Fit-50 will use: Handles (F1-1550)

Fit-60 will use: Support Handles (F1-1500)

- Insert the Handles into the A-Frame (Figure 18).
- From the rear of the A-Frame, insert the Chicago Nut (FF-1148) through the corresponding 1/4" hole, located on the Handle Housing (Figure 19).
- From the front of the A-Frame, insert the Chicago Bolt (FF-1148) (Figure 19) and tighten using the wrenches provided.

Step 7

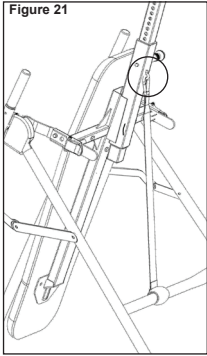
Attach the Hinge Covers (F1-1250) to the Hinge Plates.

Hex Bolts may come pre-assembled in Hinge Covers. Simply unscrew to remove.

- Select the corresponding Hinge Cover for the left or right side of the A-Frame by aligning each with the shape of the Hinge Plate (Figure 20).
- Secure with two (2) Hex Bolts (H1-1202) for each side using the 10/13mm Wrench (F5-1088) provided. Be careful not to overtighten.

Step 8

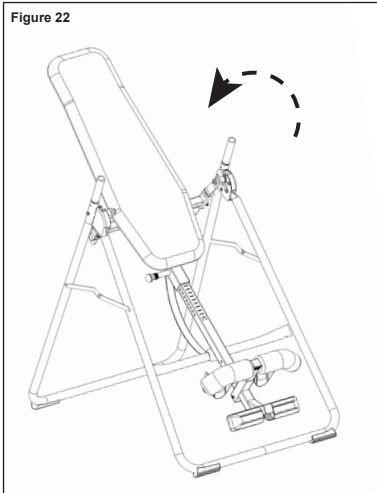
Figure 21



Attach the Angle Tether (F5-1007) to Limit the Degree of Rotation

- The Angle Tether will come pre-assembled to the A-Frame.
- Unfold the adjustable Angle Tether and clip it to the U-Bar on the underside of the Table Bed (Figure 21).

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.
- 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!

WARNING

If your Teeter Hang Ups Inversion Table looks like either of these images, your table has been misassembled and is unfit for use.

Image A demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected. Go back to Step 5 for instruction.

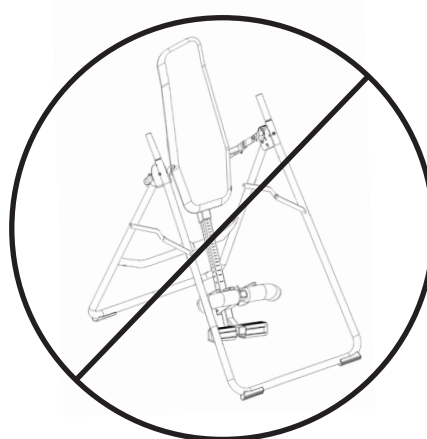
Image B demonstrates that the Table Bed has been assembled into the A-Frame backwards and must be corrected. Go back to Step 6 for instruction.

Improper assembly could result in serious injury or death!

Image A



Image B



Adjustments / Maintenance / Storage

Figure 23

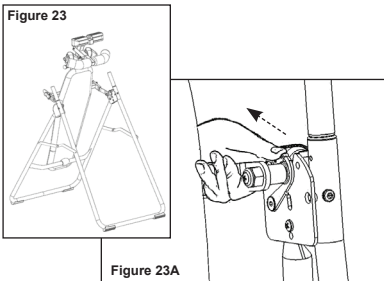


Figure 23A

Figure 24

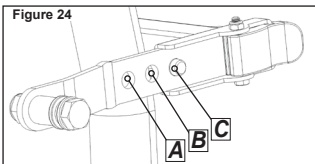
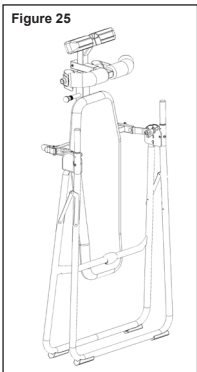


Figure 25



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.

- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (the last hole).
- 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 23A).
- 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 of A, B or C (Figure 24).
NOTE: Refer to the Owner's Manual for more information on finding your Roller Hinge Setting.
- Re-lock the Cam Locks. 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.

Maintenance

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

Storage

- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (the last hole).
- 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 25, leaving the A-Frame legs open to a width of at least 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:

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(Fax) 800-847-0188
info@teeter-inversion.com
www.teeter-inversion.com

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(Fax) +1-242-362-1002
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