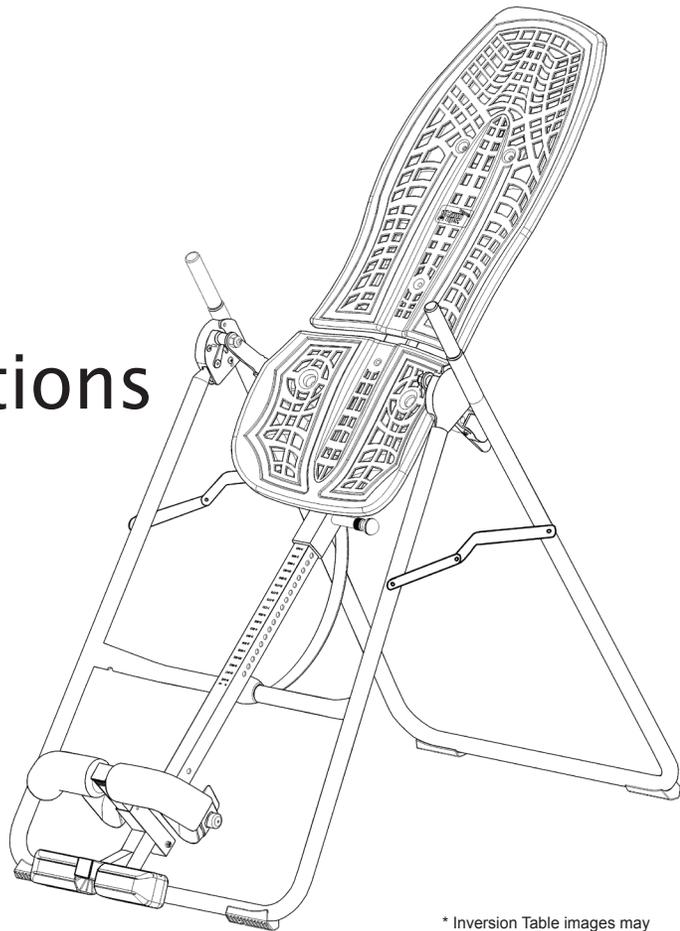




Fit Series Assembly Instructions

Inversion Tables



* Inversion Table images may vary slightly from your model. The Fit-100 is shown here.

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.

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 *(Page 1 of 2)*

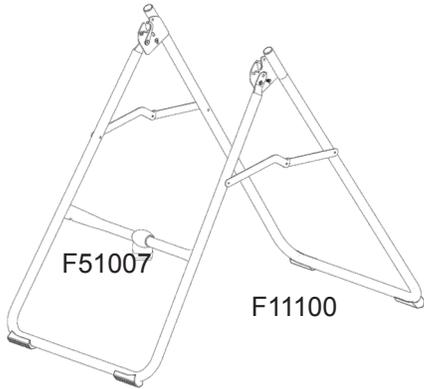
ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
Base Assembly		Ankle Comfort Dial Bar Assembly	
A-Frame	F11100	Ankle Comfort Dial Bar <i>with One Pre-Assembled Dial</i>	IA1119
Angle Tether	F51007	Ankle Comfort Dial (1)	IA1118
		Screw (1)	IA1123
FitFlex™ Table Bed Assembly		Handle Assembly	
Upper Portion <i>with Pre-Assembled Bed Frame</i>	F11300A	<i>Note that your product will come with one set of handles, depending on which model you have purchased. However the hardware and assembly remains the same.</i>	
Lower Portion	F11300B	Handles (2)	FF1140
Bolts & Nuts (3)	E61105	Support Handles (2)	F11500
Bed Frame Extension	F11380	Chicago Bolts & Nuts (2)	FF1148
		<i>NOTE: Bolt & Nut come assembled as one piece</i>	
Main Shaft with T-Pin Ankle Lock System		3-Hole Roller Hinges (2)	F51064
	F11600	Hinge Cover Assembly	
Rear Ankle Bar Assembly		Hinge Covers (2)	F11250
Rear Ankle Bar <i>with One Pre-Assembled Heel Cup</i>	IA1113	Allen Head Screws (4)	F50075
Rear Heel Cup (1)	F51054	TOOLS PROVIDED FOR ASSEMBLY	
Bolt & Nut (1)	F51087	Screwdriver (1)	F51130
Rubber Plug (1)	F51056	10/13mm Wrenches (2)	F51088
Front Ankle Bar Assembly		<i>Packaged with the Roller Hinges</i>	
Front Ankle Bar	F51045	5mm Allen Wrench (1)	IA1149
Foam Rollers (2)	F51051		
Bolt (1)	F51089		
Nut (1)	H13007		
End Cap	F51048		

ITEMS FOR ASSEMBLY (Page 2 of 2)

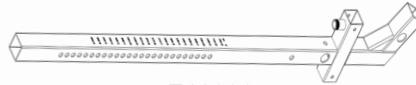
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ITEMS FOR ASSEMBLY

Base Assembly

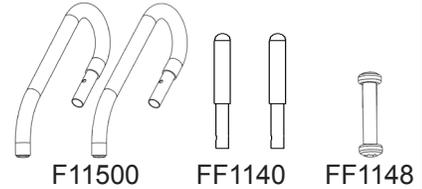


Main Shaft with T-Pin Ankle Lock System



F11600

Handle Assembly

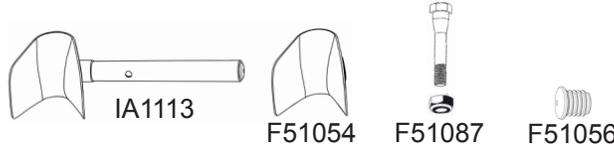


F11500

FF1140

FF1148

Rear Ankle Bar Assembly



IA1113

F51054

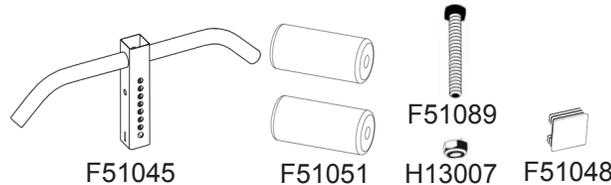
F51087

F51056



F51064

Front Ankle Bar Assembly



F51045

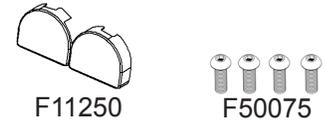
F51051

F51089

H13007

F51048

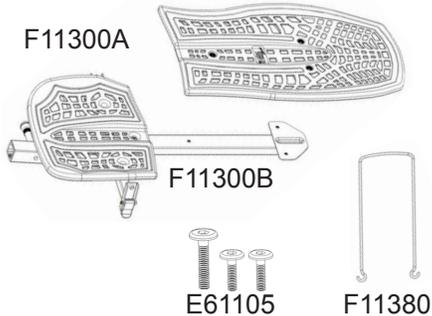
Hinge Cover Assembly



F11250

F50075

FitFlex™ Table Bed Assembly



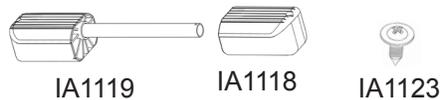
F11300A

F11300B

E61105

F11380

Ankle Comfort Dial Assembly

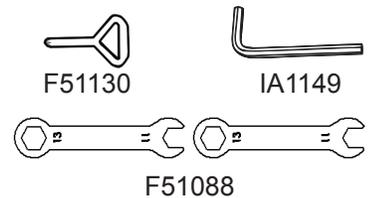


IA1119

IA1118

IA1123

Tools for Assembly



F51130

IA1149

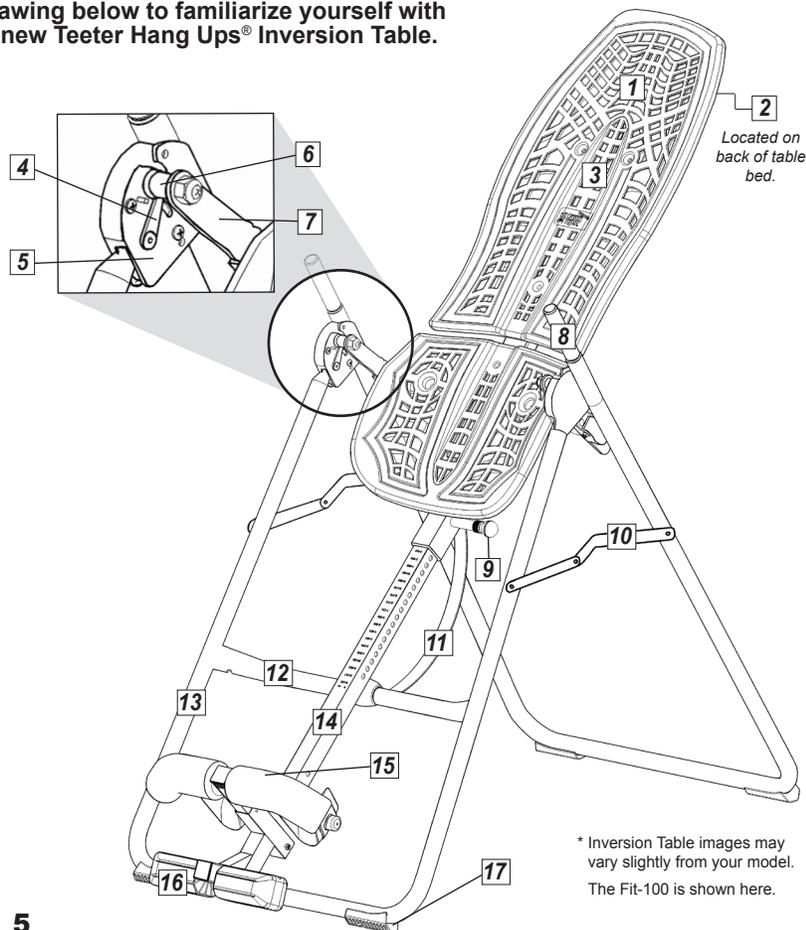
F51088

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



Located on back of table bed.

* Inversion Table images may vary slightly from your model. The Fit-100 is shown here.

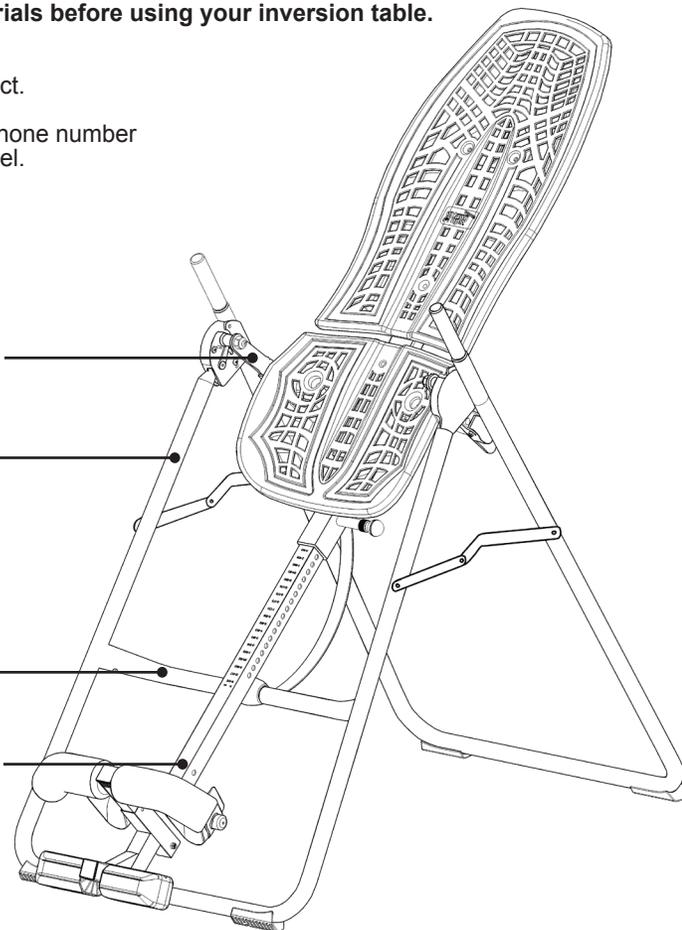
WARNING LABEL PLACEMENT DIAGRAM

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.

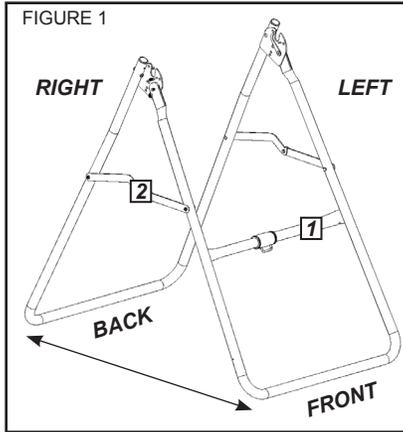


BEFORE BEGINNING ASSEMBLY

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 Small Parts Bag, packaged with the manuals. It is labeled to correspond with the assembly process.

STEP 1 Open the A-Frame



- 1 Crossbar
- 2 Spreader Arm(s)

Depending on your model, Stability Feet may come pre-assembled.

- On a level surface, open the A-Frame and open it so the Spreader Arms are locked open (Figure 1).

Familiarize Yourself with the A-Frame

You may want to refer back to this diagram for reference throughout the assembly process.

- Look for these temporary labels on your A-Frame, designed to assist you with the remainder of the assembly process. You may choose to remove them after you assembled your inversion table.

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.

STEP 2 Ankle Comfort Dial Assembly (to the Main Shaft)

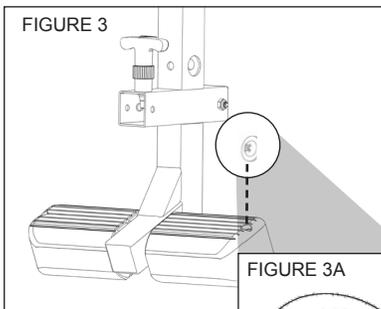
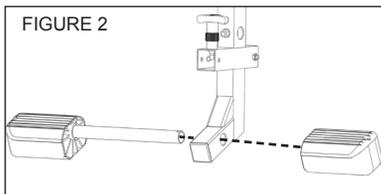
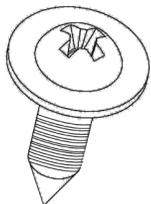


FIGURE 3A



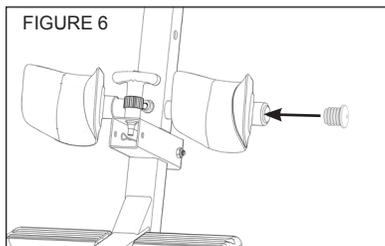
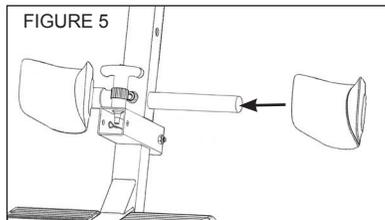
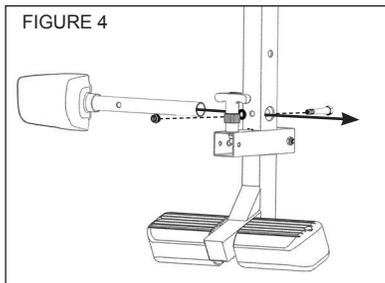
- Slide the Ankle Comfort Dial Bar (IA-1119) with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft (Figure 2).
- The Ankle Comfort Dial is designed with a High and Low setting. Position the pre-assembled Dial in the Low Setting (screw holes facing up) for ease of assembly. Slide the separate Ankle Comfort Dial (IA-1118) onto the Ankle Comfort Dial Bar.
- Insert the Screw (IA-1123) (Figure 3) and tighten with the Screwdriver (F5-1130) provided. See Figure 3A for detailed view of Screw (IA-1123).

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

⚠ WARNING

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

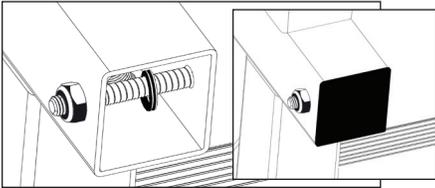
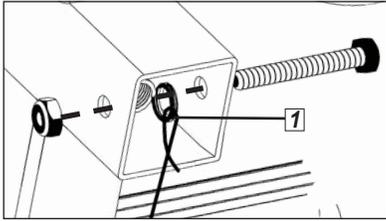
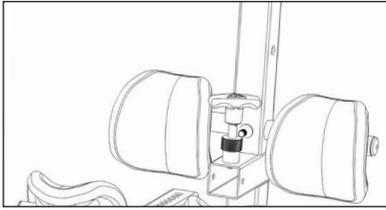
STEP 3 Rear Ankle Bar Assembly (to the Main Shaft)



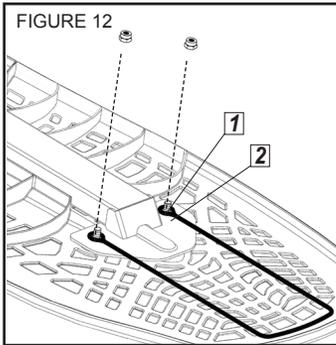
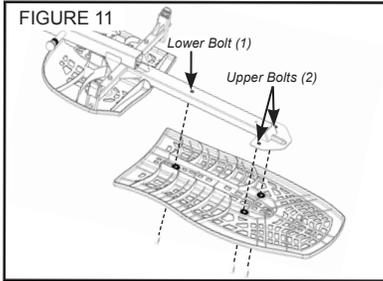
- With the two rounded corners of the pre-assembled Heel Cup on the bottom, insert the Rear Ankle Bar (IA-1113) into the large hole at the back of the Main Shaft (Figure 4).
 - Insert the Bolt (F5-1087) from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 4), and tighten with the Washer and Nut using the wrenches provided.
 - Slide the separate Heel Cup (F5-1054), with the rounded corners on the bottom, onto the open end of the Rear Ankle Bar (Figure 5).
- TIP:** To assist with assembly, repeatedly rotate the Heel Cup while pushing it onto the Rear Ankle Bar.
- Align the pre-drilled holes of the Rubber Plug with the holes in the Rear Ankle Bar. Insert the Rubber Plug (F5-1056) into the open end of the Rear Ankle Bar (Figure 6).

TIP: You may want to use a rubber mallet to assist with assembly.

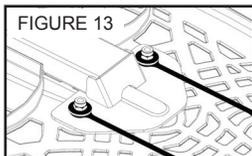
STEP 4 Front Ankle Bar Assembly (to the Main Shaft)



STEP 5 Attach the Table Bed to the A-Frame



- 1 Bolt
- 2 Loop

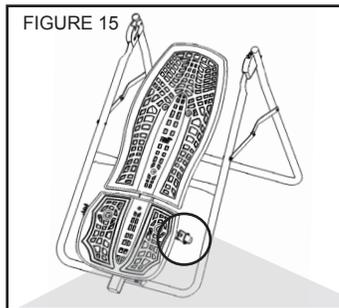


- Locate the following items to assemble the Table Bed:

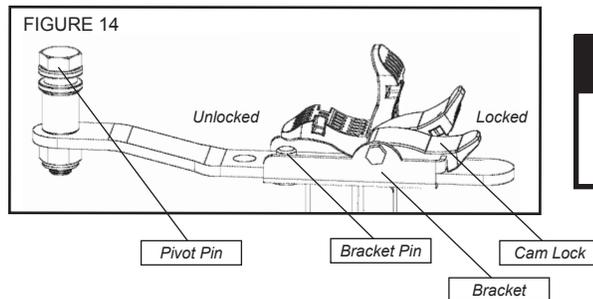
FitFlex™ Bed - Upper Portion	FitFlex™ Bed Frame
Bed Frame Extension	Bolts & Nuts
5mm Allen Wrench	10/13mm Wrench

- Lay the FitFlex™ Bed - Upper Portion face down on the floor.
- Place the FitFlex™ Bed Frame face down on top of the Upper Portion and align the bolt holes (Figure 11).
- Reaching underneath, insert a Bolt in the center hole and hand-tighten with a Nut.
- Reaching underneath, insert one of the remaining Bolts through one of the holes 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 12).
- Repeat with remaining side.
- To fully tighten all three nuts to the bolts, insert the 5mm Allen Wrench into the Bolt heads and tighten the Nuts using the 10/13mm Wrench.

STEP 6 Assemble the Roller Hinges (to the Table Bed)

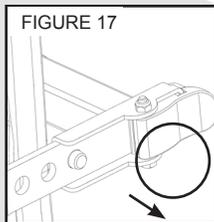
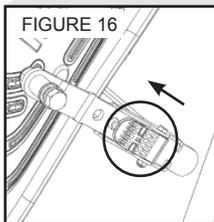


- Familiarize yourself with the Roller Hinge and Cam Lock terms detailed below in Figure 14.



⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin.



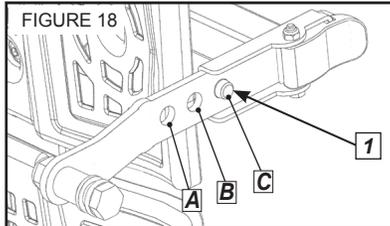
- For ease-of-assembly, rest the Table Bed against the Crossbar (Figure 15) at the front of the A-Frame.
- On one side of the Table Bed, lift the Cam Lock up all the way to unlock (Figure 16).
- In your other hand, hold one 3-Hole Roller Hinge at the Pivot Pin. With the Pivot Pin facing out (away from 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 18 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 (Figure 17) 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.



1 Bracket Pin

STEP 7 Attach the Table Bed (to the A-Frame)

FIGURE 19

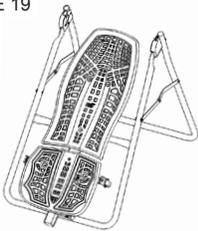


FIGURE 20

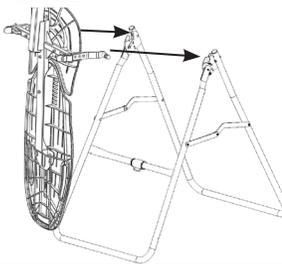


FIGURE 21

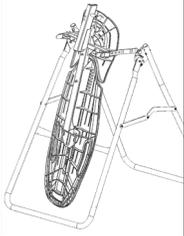
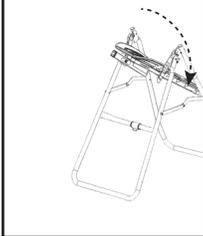


FIGURE 22



- Face the front of the A-Frame where the Crossbar is located (refer to Figure 1 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 20).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 21). 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 21a & 21b).

FIGURE 21a
TOP VIEW

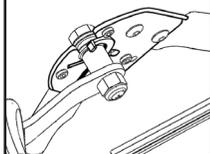
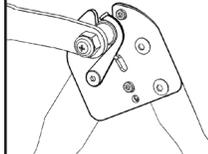


FIGURE 21b
INSIDE VIEW

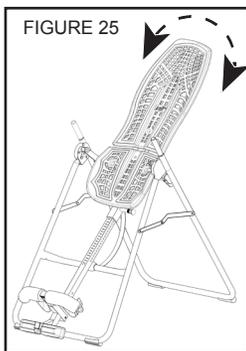
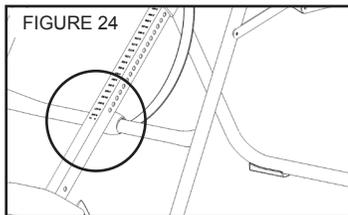
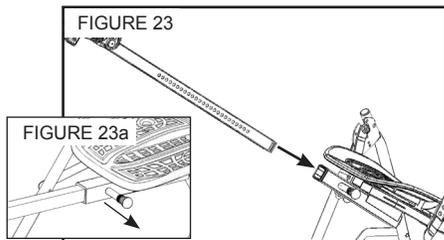


- Rotate the Table Bed into the use position (Figure 22). Ensure that it rotates smoothly.

⚠ 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 8 Assemble the Main Shaft to the Table Bed



- 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 23), located at the base of the Table Bed.
- With your right hand, pull out the Height-Selector Locking Pin (Figure 23a) 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 24).

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 24, 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 25) and ensure that all fasteners are secure.

MISASSEMBLY CHECK

THE IMAGES SHOWN BELOW MAY VARY FROM YOUR MODEL,
HOWEVER THE INFORMATION REMAINS THE SAME

⚠ 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!

Image A

Go back to Step 6 for instruction

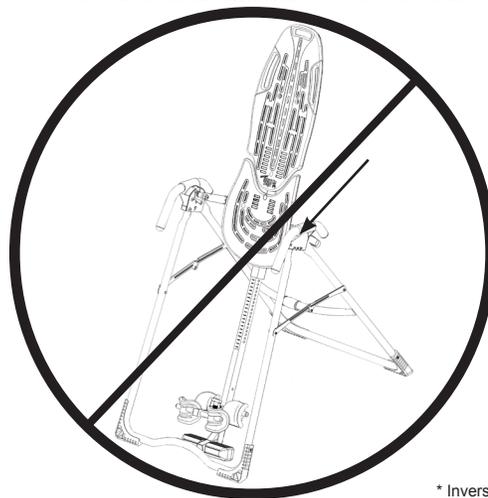
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



Image B

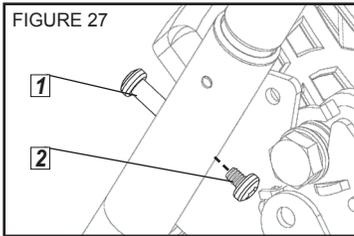
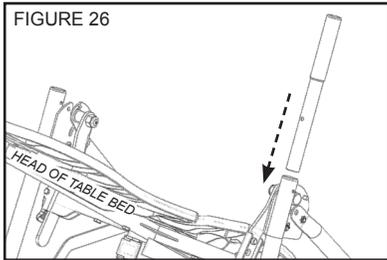
Go back to Step 7 for instruction.

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.

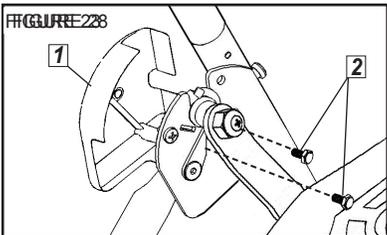


* Inversion Table images may vary slightly from your model.
The EP-560 is shown here.

STEP 9 Handle Assembly



- 1 Chicago Nut
- 2 Chicago Bolt



- 1 Hinge Cover
- 2 Allen Head Screws

Depending on your model, the handles in this step may vary. However, assembly remains the same.

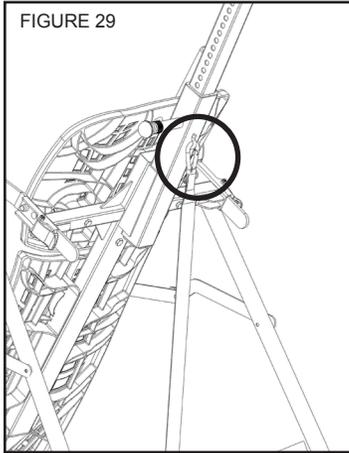
- Insert one of the Handles into the A-Frame (Figure 26).
- Separate the Chicago Bolts & Nuts into two separate pieces. To do this, simply unscrew the bolt from the nut. The threads can be found on the interior of the nut (the longer portion). See Figure 27 for identification of the pieces.
- From the rear of the A-Frame, insert the Chicago Nut through the corresponding 1/4" hole, located on the Handle Housing (Figure 27).
- From the front of the A-Frame, insert the Chicago Bolt (Figure 27) and tighten using the wrenches provided.
- Repeat this steps on the other side.

If your model comes with Hinge Covers, use the following bullet points for assembly.

Hinge Cover Assembly

- 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 28).
- Secure with two (2) Allen Head Screws, using the Allen Wrench provided. Be careful not to overtighten.
- Repeat this steps on the other side.

STEP 10 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 29).
- Use this quick guide to help you find your perfect angle.
 - 20° / Gentle Inversion
 - 40° / Moderate Inversion
 - 60° / Advanced Inversion
This is the angle when full decompression is realized.
 - 90° / Remove the carabineer from U-Bar to enable rotation to full inversion.

BEFORE INVERTING

FIGURE 30

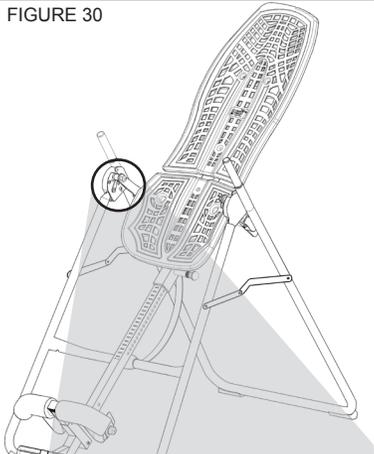
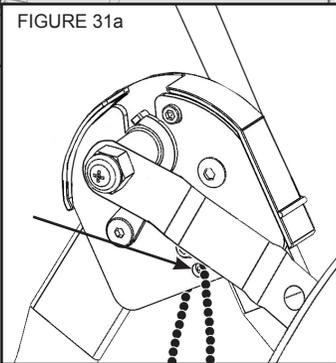


FIGURE 31a



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 31a). 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.*

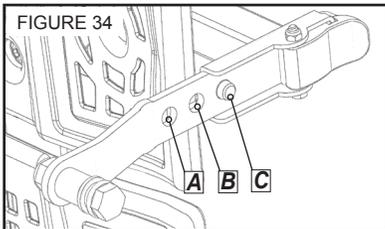
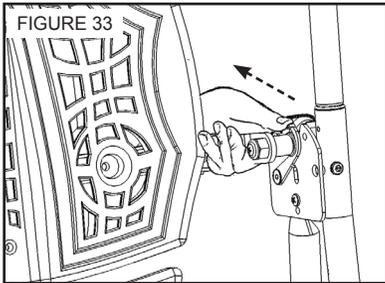
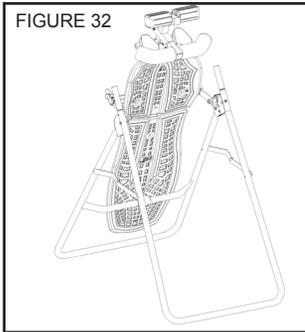
⚠ WARNING

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

Register Your Product

- Please complete the warranty registration online at teeter-inversion.com.

STEP 11 Attach the Accessories



To adjust the Roller Hinge setting, you'll need to fully remove the Table Bed from the A-Frame.

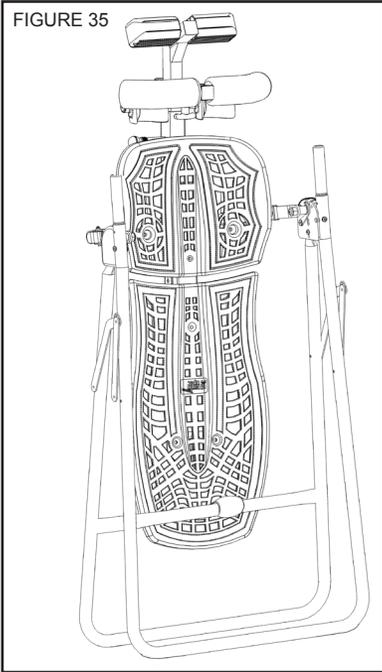
- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole setting.
- Release and engage the Pin in the storage setting.
- Rotate the Table Bed opposite from use until it has turned 180° and rests against the Crossbar of the A-Frame (Figure 32).
- With palms up, reach under and around each Roller Hinge, using your thumbs to release the Self-Locking Hooks over the Pivot Pin (Figure 33).
- 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 34). Replace the Table Bed onto the A-Frame by lowering 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 and Storage

FIGURE 35



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° and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame, leaving the A-Frame legs open to a width of 12"-16" for stability. (Figure 35)

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 trouble assembling the equipment, or questions about its use, please contact customer service.

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This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards.

Any modification to this device will void the UL Listing.



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