



Any modification to this device will void the UL Listing.

⚠ WARNING

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

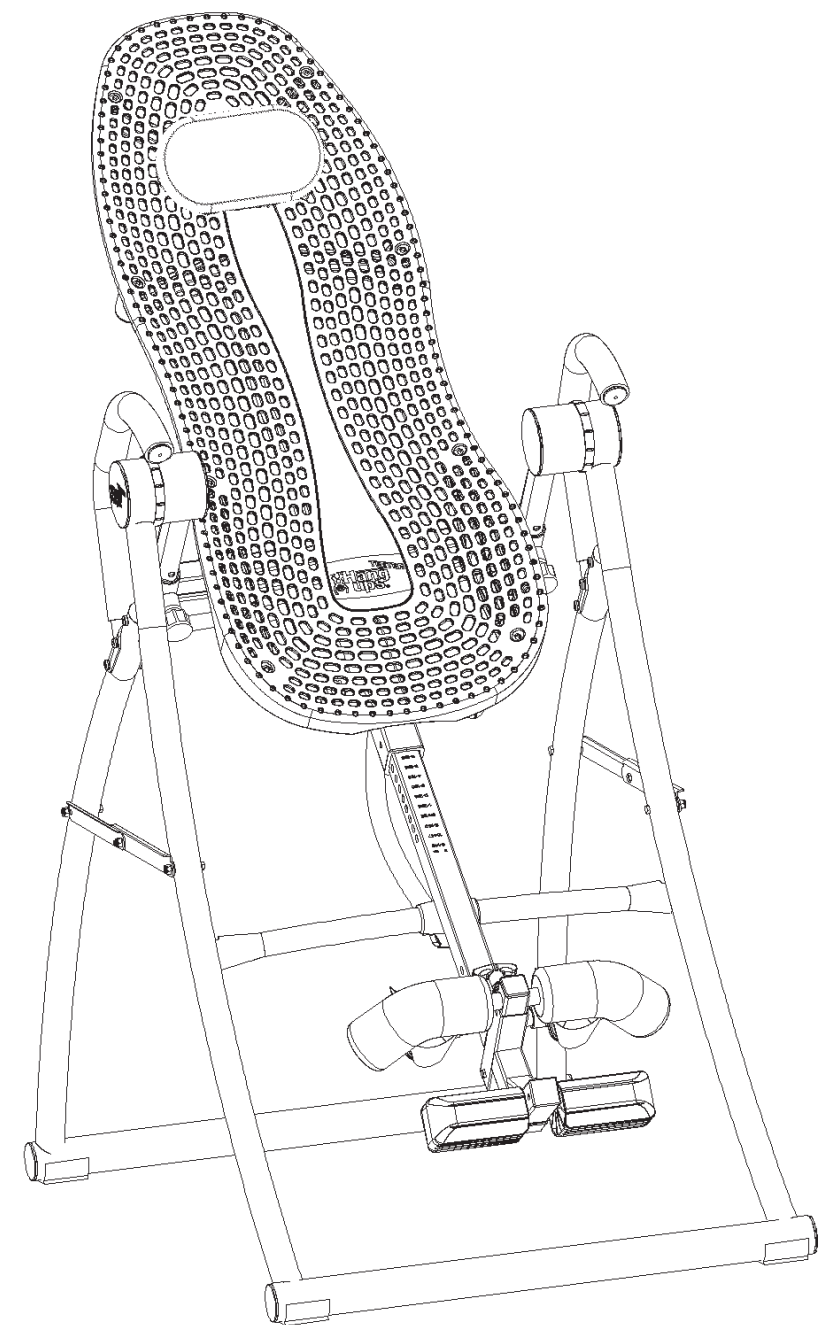
If you have any problems assembling the equipment, or questions about its use, please contact customer service at:

USA:
Teeter
9902 162nd St. Ct. E., Puyallup, WA 98375
Toll Free (Phone) 800-847-0143 (Fax) 800-847-0188
Local (Phone) 253-840-5252 (Fax) 253-840-5757
mail@teeter-inversion.com
www.teeter-inversion.com

International:
Inversion International, Ltd.
PO Box: AP 59245
New Providence Island, Bahamas
(Phone) +1-242-362-1001
mail@InversionInternational.com
www.InversionInternational.com

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TEETER Hang Ups[®] NXT-R[™] Inversion Table Assembly 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 user 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.
- **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.

ADJUSTMENTS / MAINTENANCE / STORAGE

CHANGING THE ROTATION ADJUSTMENT SETTING

- Shorten the Main Shaft and rotate the Table Bed opposite from use into its storage position. Leave the A-frame open and locked at the spreader arms (Figure 21).
- The Pinlock Knobs serve two functions:
 - As a "de-rattler" to prevent excess movement of the support arms (Figure 22A)
 - As a "spring-loaded pinlock" to engage the Rotation Adjustment Setting (Figure 22B).
- First, loosen the "de-rattler" function of the Pinlock Knobs by rotating them counterclockwise. Then pull the knobs up to disengage the pin and rotate counterclockwise to lock them in the "out" position.
- Move the Support Housing along the Rotation Adjustment Arms to the desired setting using the line markings as a guide. Rotate the pin clockwise to release the lock and allow the pin to engage a hole. You will hear a click when the pin is properly engaged.

NOTE: Engage Pinlock Knobs in same setting for each of the Rotation Adjustment Arms.

- Turn the Pinlock Knobs clockwise to re-engage the de-rattler function.
- Rotate the Table Bed back to its use position and extend the Main Shaft to your preferred setting.

MAINTENANCE

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

STORING THE INVERSION TABLE

- Loosen the Main Shaft 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.
- Rotate the table opposite from use until the table has turned 180 degrees and rests against the Crossbar on the A-frame.
- Pull up on the Spreader Arms to fold the A-frame (Figure 23)

NOTE: This operation may pinch fingers if not done slowly and carefully.

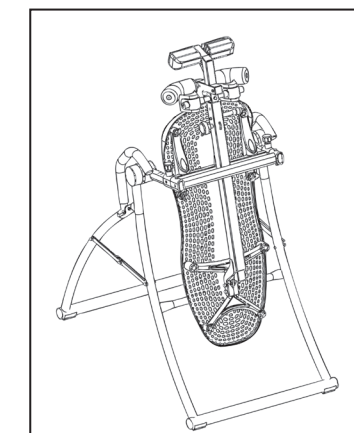


Figure 21

Option: instead of rotating to lock pins in the "out" position, simply pull the knobs up, slide, and release into your desired setting.

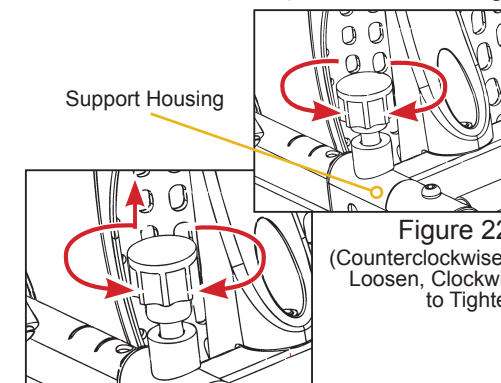


Figure 22A
(Counterclockwise to Loosen, Clockwise to Tighten)

Figure 22B
(Counterclockwise to Lock, Clockwise to Release)

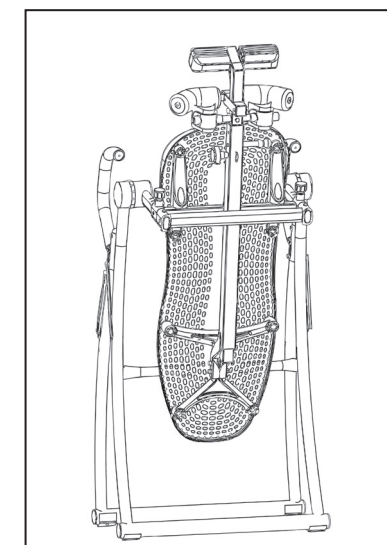


Figure 23

⚠ WARNING

Tipping Hazard: For upright storage, leave A-Frame open wide enough to remain stable, or secure the the wall to prevent tipping. In households with small children, the table should be stored flat on the floor, not upright.

Step Seven

Install the Front Foam Rollers (F5-1051)

- Slide the Foam rollers over each side of the Front Ankle Bar (Figure 17).

TIP: Rotate the Front Foam Rollers up and down repeatedly while pushing onto the bar for easier assembly.

- Insert the black plugs (F5-1056) into each open end of the Front Ankle Bar if they are not already assembled (Figure 17A).

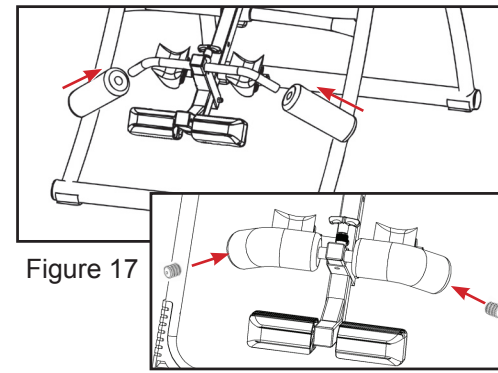


Figure 17

Figure 17A

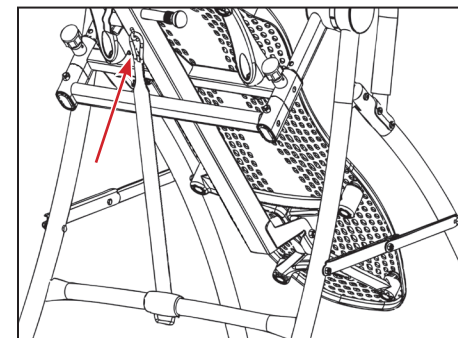


Figure 18

Step Eight

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

- Hook the clip at the end of the Tether Strap to the loop at the base of the Table Bed (Figure 18). This assists in limiting your degree of rotation.
- Tighten or loosen the strap to restrict or extend the degree of rotation.

Step Nine

Attach the Head Pillow and Owner's Manual

- Attach the Head Pillow by securing the Velcro straps through the holes in the Table Bed – the position of the pillow can be adjusted depending on the user (Figure 19).
- Hang the Owner's Manual over one of the handles for future reference (Figure 20).

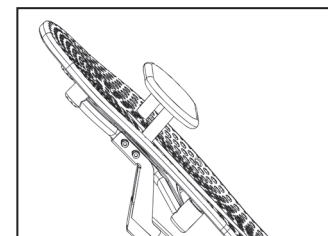


Figure 19

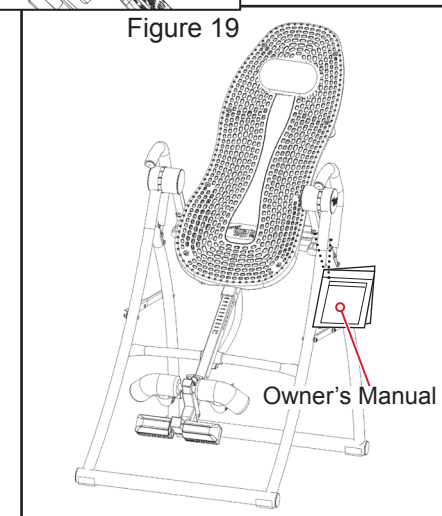


Figure 20

ITEMS FOR ASSEMBLY

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact Customer Service at 1-800-847-0143.

Items for Assembly Item Numbers

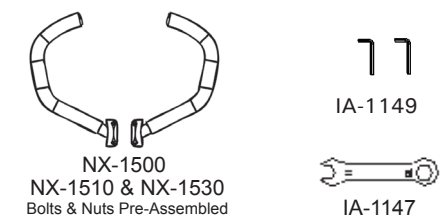
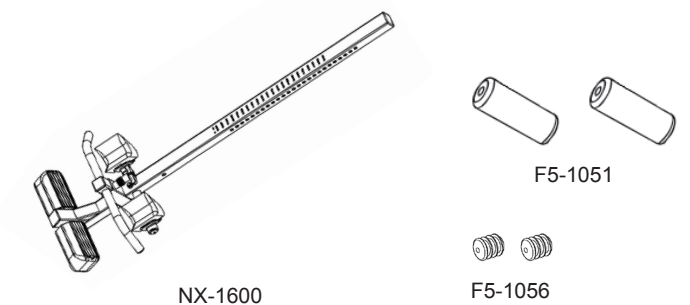
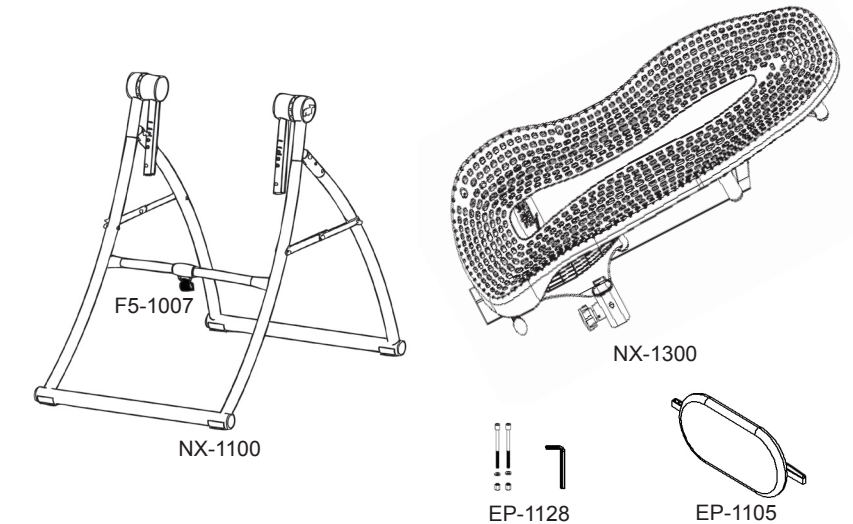
A-frame Base	NX-1100
Tether Strap	F5-1007
Table Bed Assembly	NX-1300
Bolts, Washers, Nuts & Allen Wrench	EP-1128
Head Pillow	EP-1105

Main Shaft with Ankle Lock System	NX-1600
Foam Rollers (2)	F5-1051
Rubber Plugs (2)	F5-1056

Handles	NX-1500
Bolts (4)	NX-1510
Nuts (4)	NX-1530

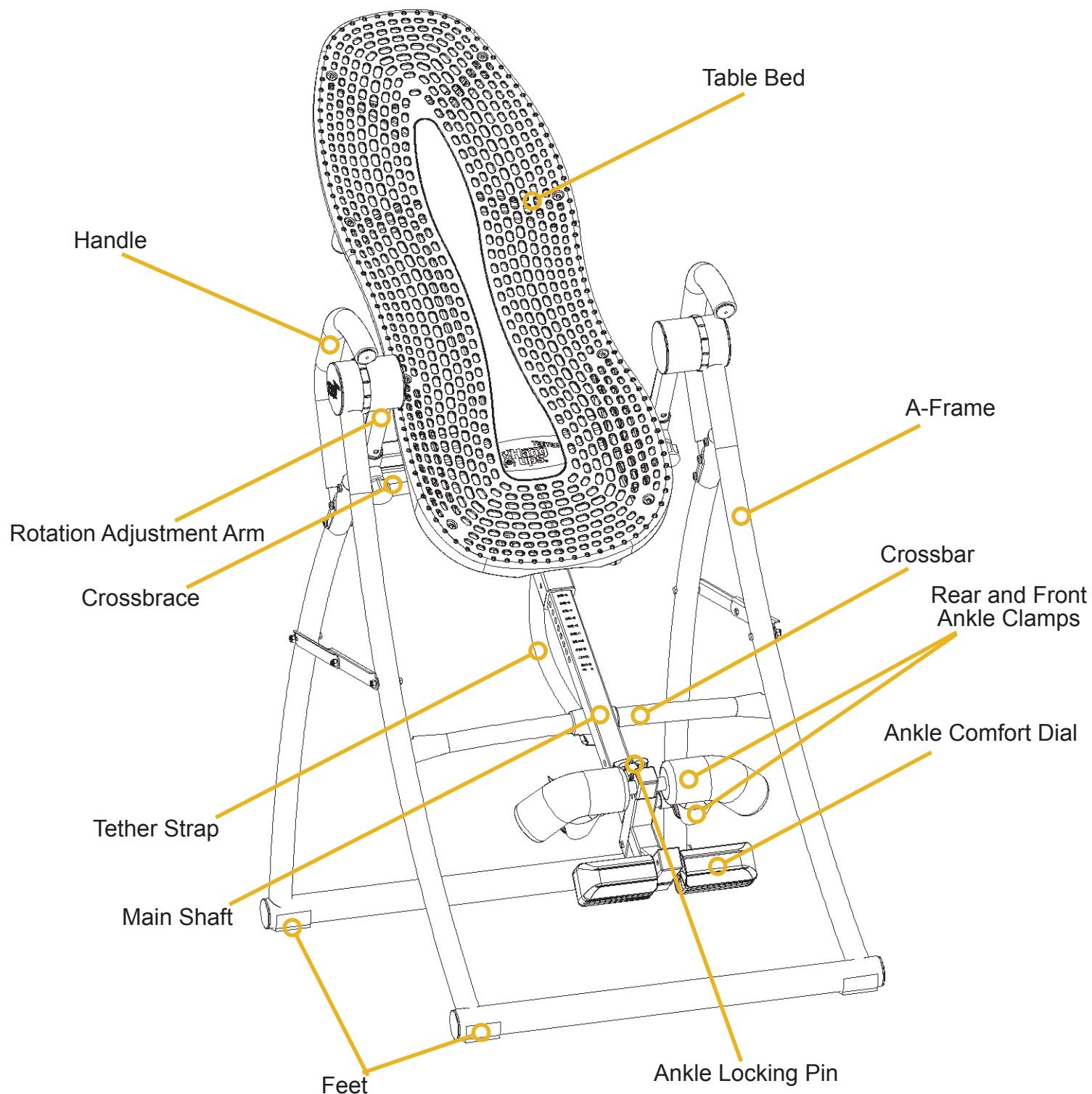
Crossbrace	NX-1400
Bolts (2)	NX-1415
Nuts (2)	NX-1420

Wrench	IA-1147
Allen Wrenches	IA-1149



Before Beginning

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



Step Six

Insert the Main Shaft (NX-1600) into the Table Bed (NX-1300)

- Ensure that the A-frame is fully open and locked at the Spreader Arms.
- Rotate the Table Bed into its use position (Figure 15).
- Loosen the Main Shaft 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.
- 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.

- The Main Shaft must rest against the Crossbar of the A-frame (Figure 16). The Crossbar prevents the table from rotating forward when the user steps on the Foot Platform. 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 and this must be corrected before use.

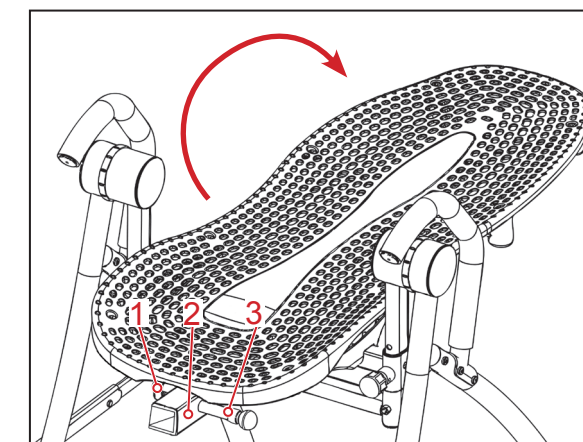


Figure 15

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

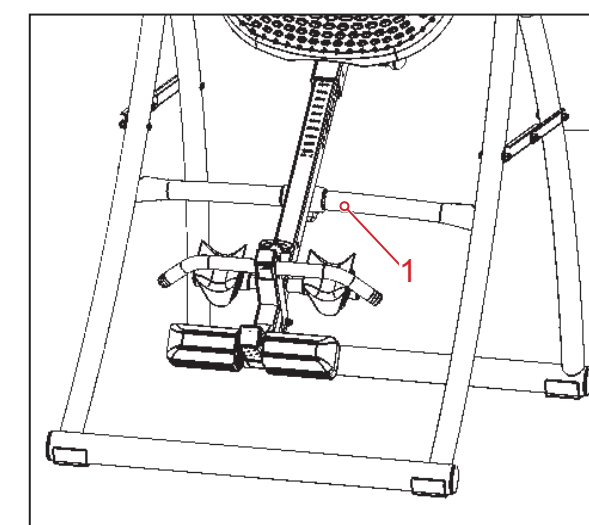


Figure 16

- 1 Main Shaft properly resting on Crossbar.

Step Five

Attach the Crossbrace (NX-1400) to the Rotation Adjustment Arms

- Remove the pre-assembled bolts from the Crossbrace.
- Align the holes in the Crossbrace with the last hole on the Rotation Adjustment Arms (Figure 12).
- Re-insert the bolts and secure with the washers and nuts, tightening with the wrenches provided (IA-1149 & IA-1147) (Figure 13).
- Turn the Pinlock Knobs clockwise to re-engage the “de-rattler” function (Figure 14).

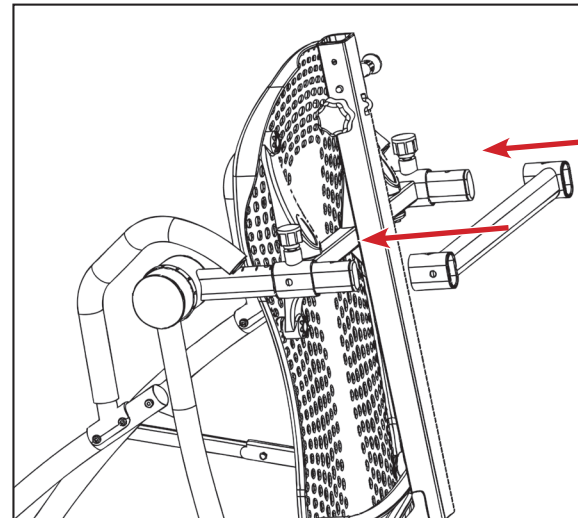


Figure 12

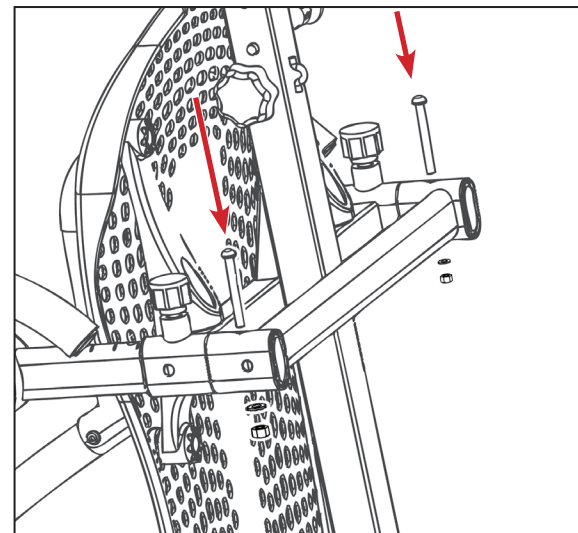


Figure 13

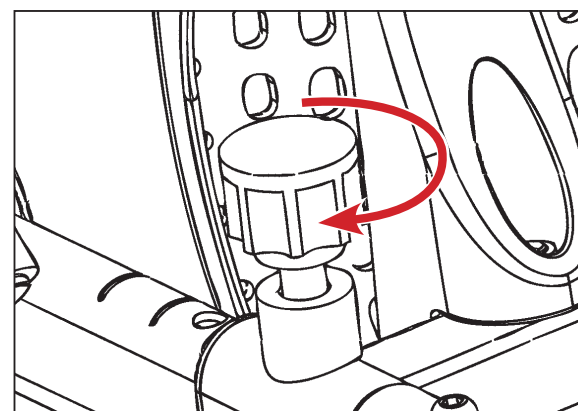


Figure 14

(Turn Clockwise to Tighten the De-Rattler Function.)

Step One

Attach the Support Beam to the Table Bed (NX-1300).

- Place the Table Bed face down on the floor. Push down on the Support Beam so that the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 1).
- NOTE: 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.
- Fasten each bolt with the washer and nut (EP-1128).
- Using the Allen Wrench (EP-1128) to steady the bolts, tighten the nut onto the bolt with the larger wrench (F5-1088) (Figure 2). Repeat with second bolt.

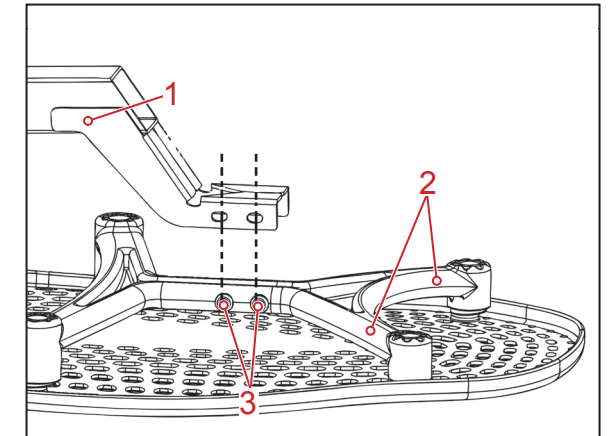


Figure 1

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

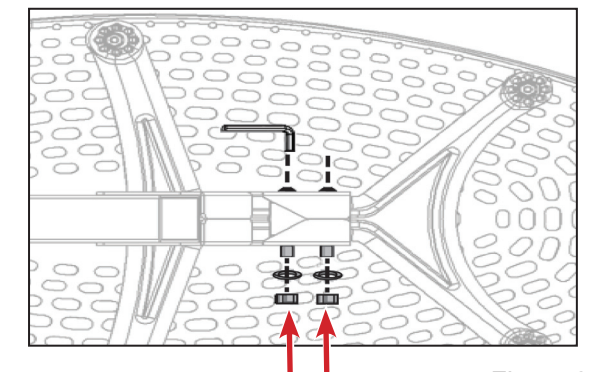


Figure 2

Step Two

Assemble the Table Bed (NX-1300) to the A-frame Base (NX-1100)

- Position the A-frame on the floor with the crossbar pointing down, so that the frame is resting on the Rotation Adjustment Arms (Figure 3).
- With the Table Bed face up and the top of the bed pointing to the A-frame feet, slide it on the floor between the legs of the A-frame.
- Loosen the “de-rattler” function of the Pinlock Knobs by turning each counterclockwise (Figure 4).
- Align and insert the Rotation Adjustment Arms into the Support Housings (Figure 5).
- Pull out both spring-loaded Pinlock Knobs and pull up to align the Support Housing with one of the marked settings on the Rotation Adjustment Arms.
- Release the knobs so that they engage a hole setting (Figure 6). Should the knobs be locked in the “out” position, simply rotate clockwise to release (Figure 7).

Note: Refer to the Owner’s Manual for an explanation of the hole settings. If you are unsure, use Setting C (Figure 6) to start.

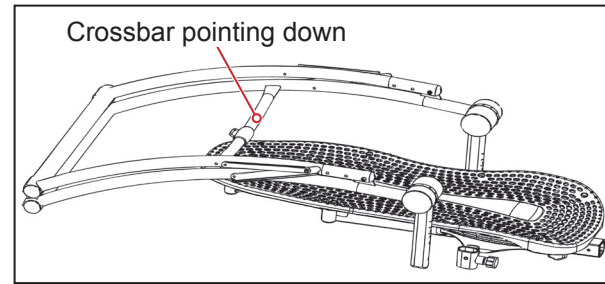


Figure 3

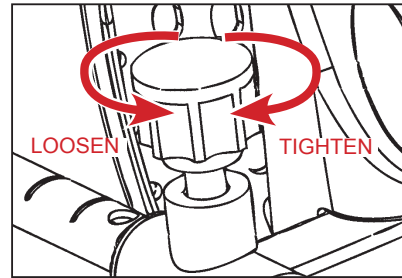


Figure 4

(Counterclockwise to Loosen, Clockwise to Tighten)

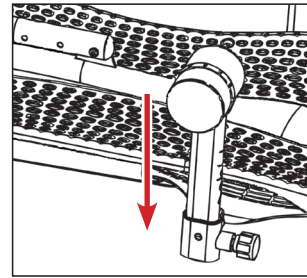


Figure 5

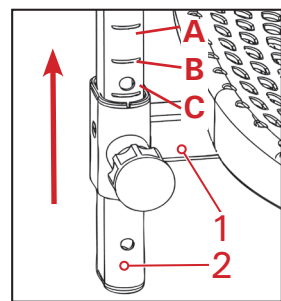


Figure 6

- 1 Support Housing
- 2 Rotation Adjustment Arms

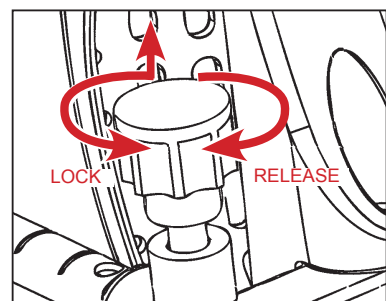


Figure 7

Step Three

Attach the Handles (NX-1500) to the A-frame Base (NX-1100)

- To assemble the Handles, leave the inversion table in this position.
- Remove the pre-assembled bolts from the Handles.
- Fit each Handle over the A-frame legs, aligning with the pre-drilled holes (Figure 8).
- Re-insert the bolts and secure with the nuts, tightening with the Allen Wrenches provided (IA-1149) (Figure 8A).

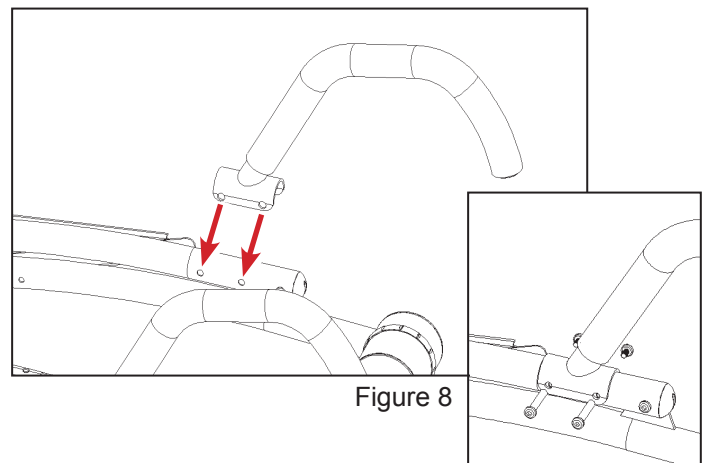


Figure 8

Figure 8A

Step Four

Stand the Inversion Table Upright

- To stand the inversion table upright, first move the A-frame onto its side (Figure 9), and then carefully lift it up onto its feet (Figure 10).
- Use the handles to open the A-frame wide enough so that it is stable and can stand upright on its own (Figure 11).
- Leave the table in this position for Step Five of the assembly.

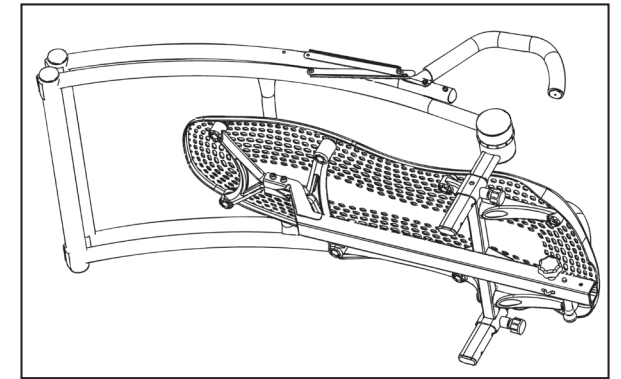


Figure 9

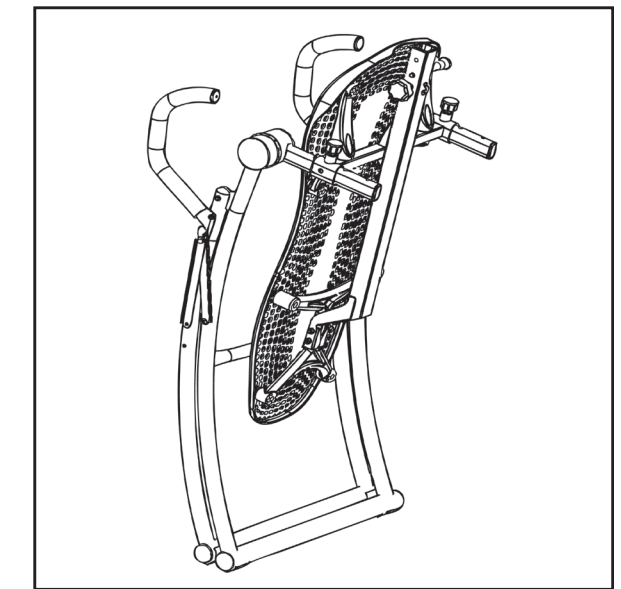


Figure 10

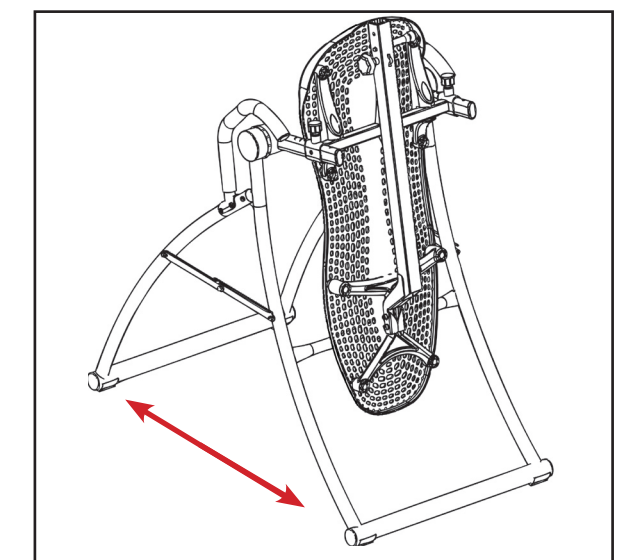


Figure 11