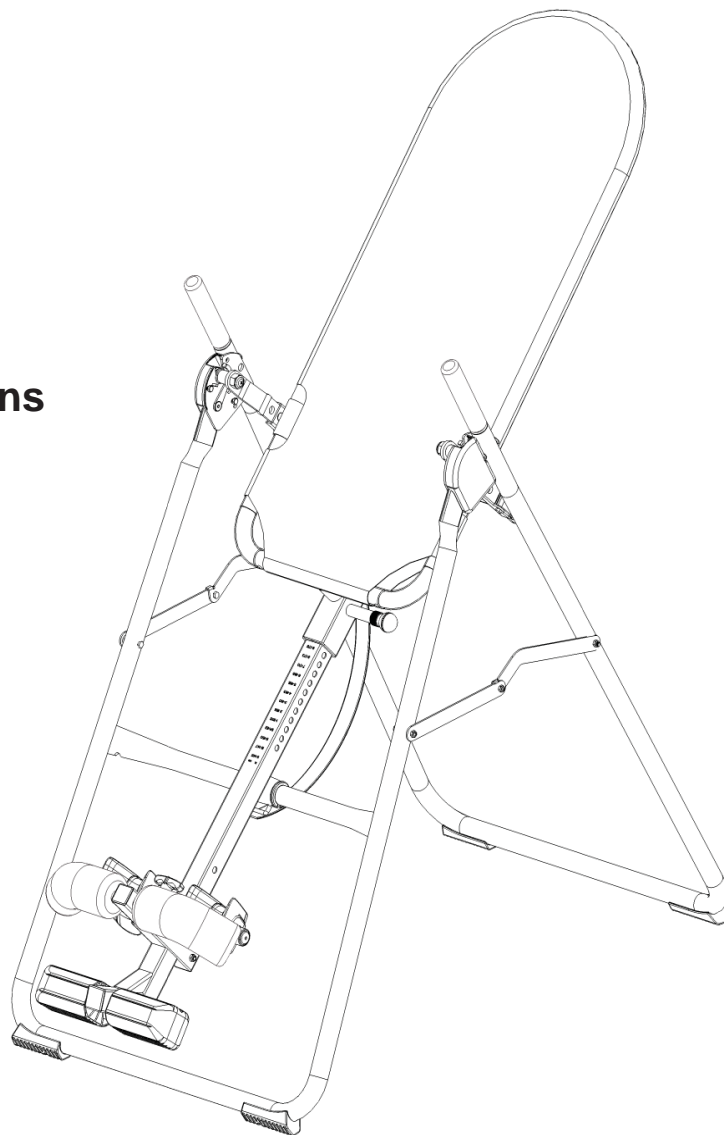


TEETER
Hang ups®

SR™ 250

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 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 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.

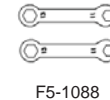
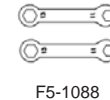
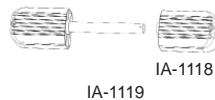
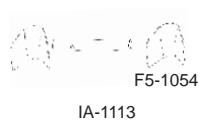
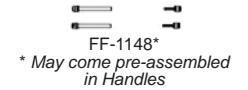
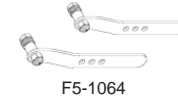
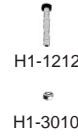
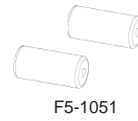
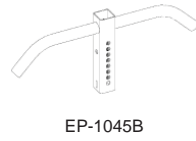
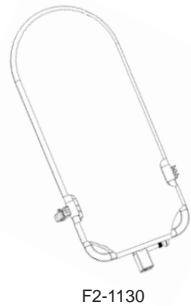
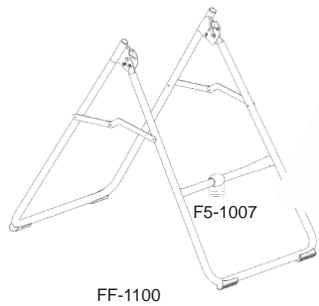
FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

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.

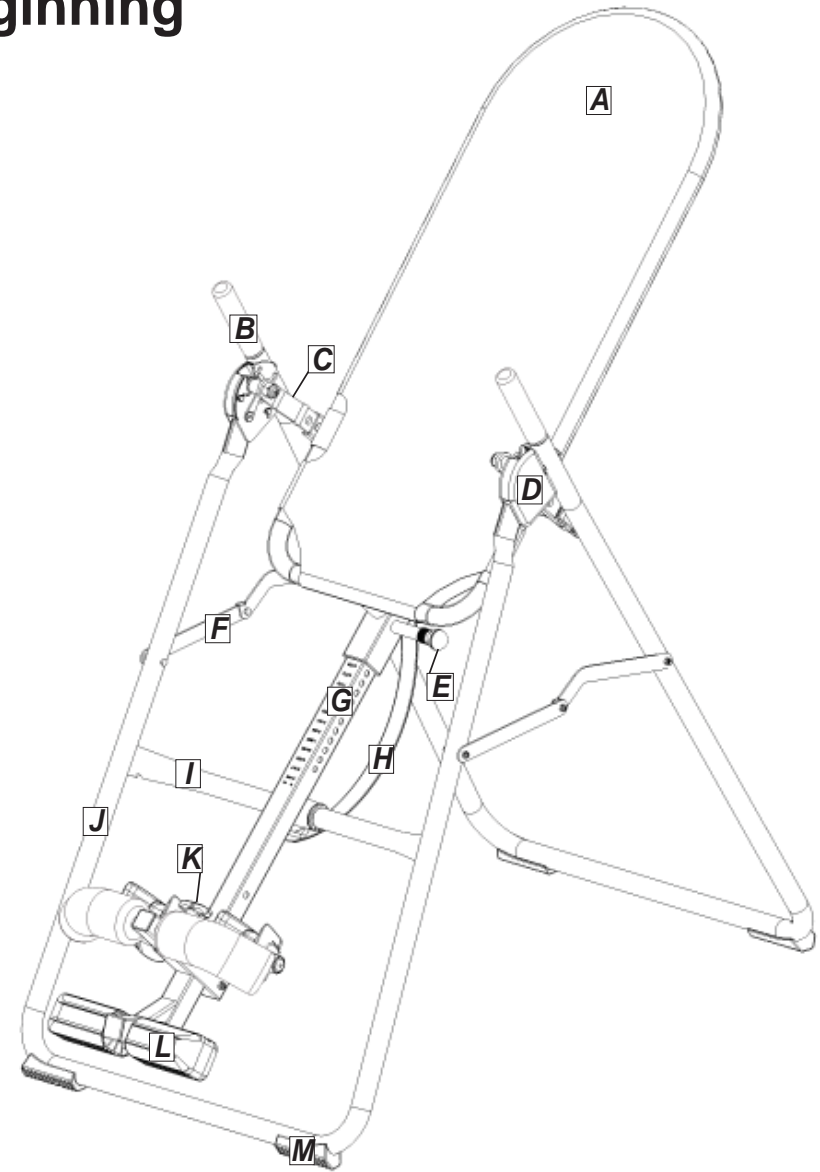
ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame	FF-1100	Front Ankle Bar	EP-1045B	Handles (2)	FF-1140
Angle Tether	F5-1007	Foam Rollers (2)	F5-1051	Chicago Bolts/Nuts (2)	IA-1148
Table Bed	F2-1130	Bolt	H1-1212	<i>Bolts/Nuts may come pre-assembled in Handles</i>	
Main Shaft	F1-1600	Nut	H1-3010	3-Hole Roller Hinges (2)	F5-1064
with T-Pin Ankle Lock System		End Cap	F5-1048	Hinge Covers (2)	F1-1250
Rear Ankle Bar	IA-1113	Ankle Comfort Dial	IA-1119	Hex Bolts (4)	H1-1202
Rear Heel Cups (2)	F5-1054	Ankle Comfort Dials (2)	IA-1118	<i>Bolts may come pre-assembled in Hinge Covers</i>	
<i>One pre-assembled, one separate</i>		Screw	IA-1123	Tools	
Bolt/Nut	F5-1087			10/13mm Wrench	F5-1088
Rubber Plugs (2)	F5-1056			5mm Allen Wrench	IA-1149
Screw	H1-1200			Screwdriver	F5-1130



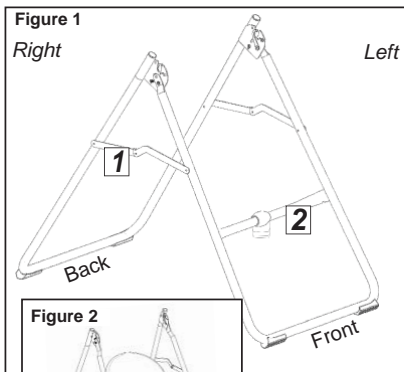
Before Beginning

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

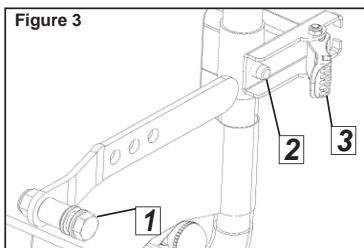
A	Table Bed
B	Handles
C	3-Hole Roller Hinge
D	Hinge Cover
E	Height-Selector Locking Pin
F	Spreader Arm
G	Main Shaft
H	Angle Tether
I	Crossbar
J	A-Frame
K	T-Pin Ankle Lock System
L	Ankle Comfort Dial™
M	Stability Feet



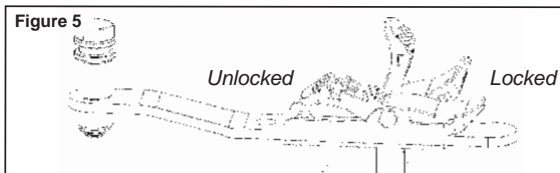
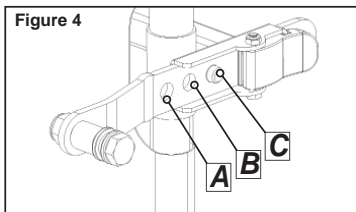
Step 1



- 1 Spreader Arms
- 2 Crossbar



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



Open the A-Frame (FF-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 throughout the assembly process.

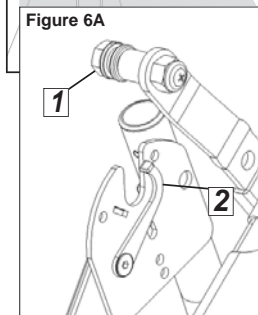
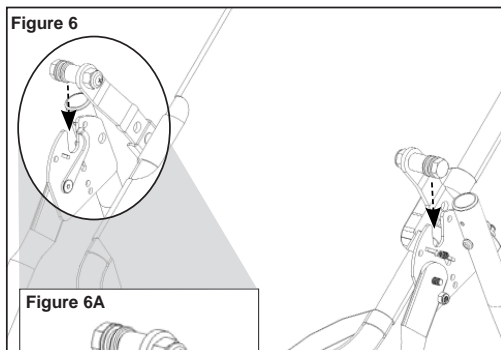
Step 2

Install the Roller Hinges (F5-1064) onto the Table Bed (F2-1130)

- 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 4).
- 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.

NOTE: Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.

Step 3



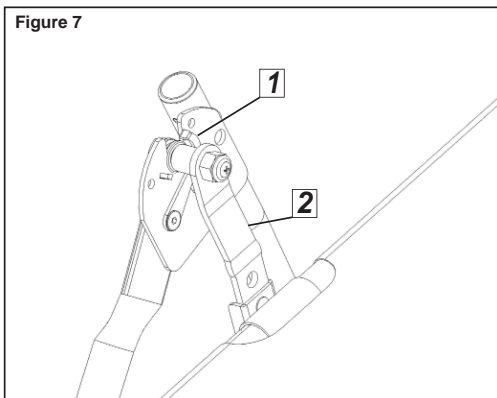
- 1 Roller Hinge Pivot Pin
- 2 Self-Locking Hook

Attach the Table Bed (F2-1130) to the A-Frame (FF-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.

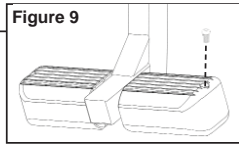
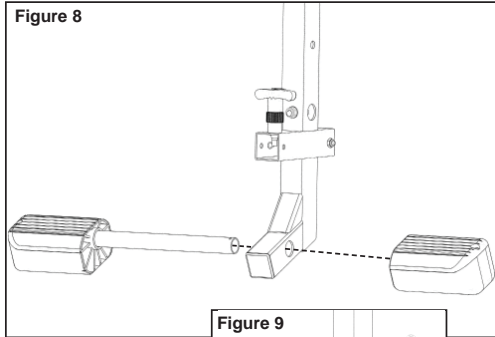
WARNING

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!



- 1 Self-Locking Hook
- 2 Roller Hinge

Step 4

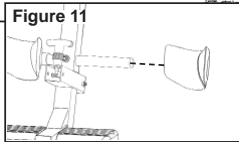
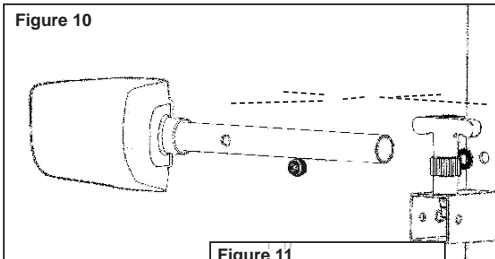


Assemble the T-Pin Ankle Lock System onto the Main Shaft (F1-1600)

Install the Ankle Comfort Dial

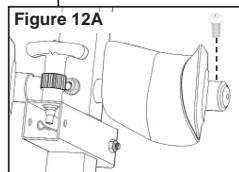
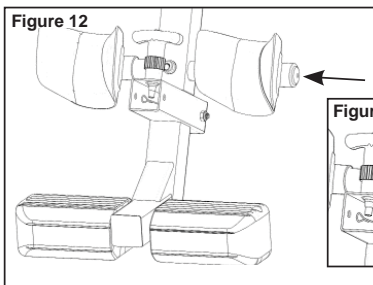
- Slide the Ankle Comfort Dial (IA-1119) with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft (Figure 8).
- The Ankle Comfort Dial is designed with a High and Low setting. Position the pre-assembled Dial in the Low Setting (screw holes facing up) for ease of assembly.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

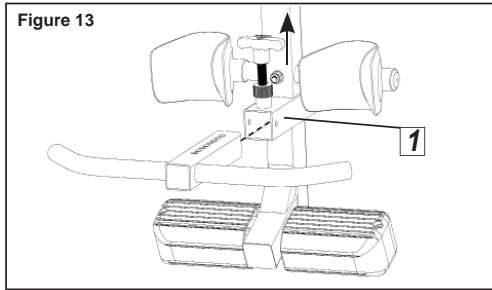


Install the Rear Ankle Bar

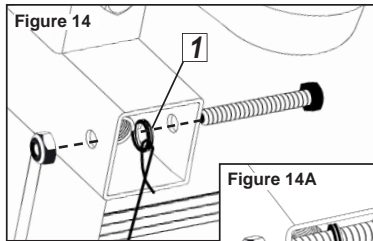
- With the rounded corners of the pre-assembled Heel Cup facing down, insert the Rear Ankle Bar (IA-1113) into the large hole at the back of the Main Shaft (Figure 10).
- Insert the Bolt (F5-1087) from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 10), and tighten the Washer and Nut 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.
- Secure the Rubber Plug with the Screw (H1-1200) using the Screwdriver (F5-1130) provided (Figure 12A).



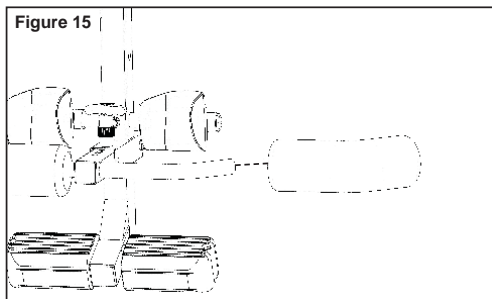
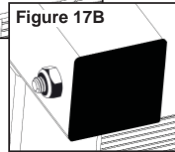
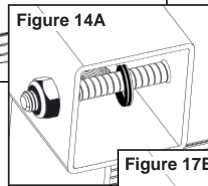
Step 4 (continued)



1 Front Ankle Bar Housing



1 Retainer Spring & Cable Loop



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.
- 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 17B).

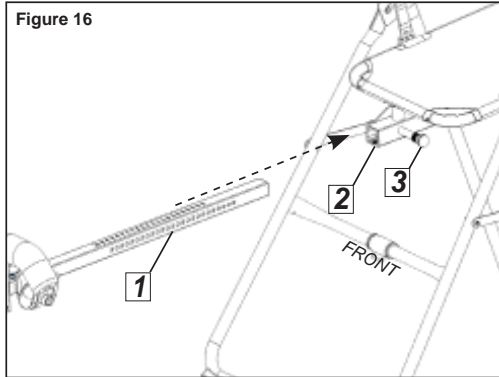
Install the Foam Rollers

- 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

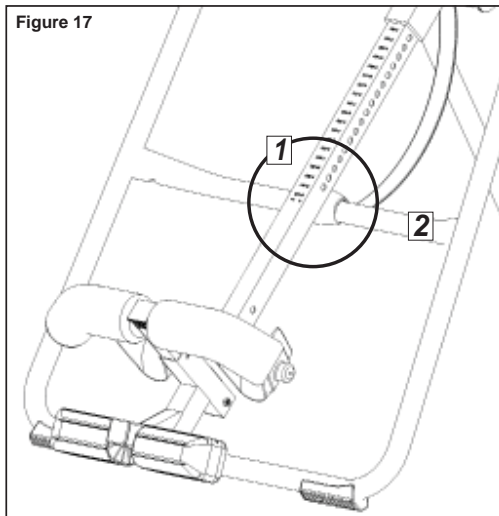


- 1 Main Shaft
- 2 Main Shaft Housing
- 3 Height-Selector Locking Pin

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).

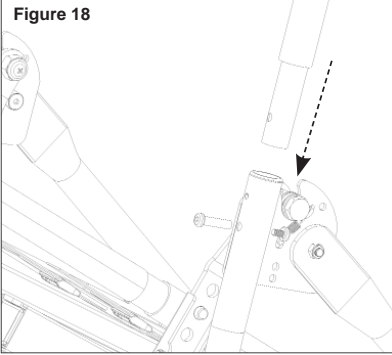
*NOTE: The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar as shown in Figure 17, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.*



- 1 Proper Resting Position
- 2 Crossbar

Step 6

Figure 18

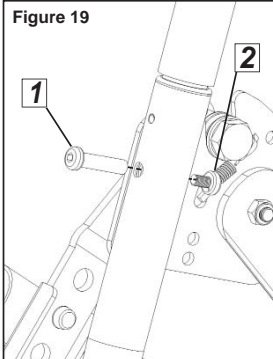


Assemble the Handles (FF-1140) onto the A-Frame (FF-1100)

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

- Insert the Handles (FF-1140) into the A-Frame (Figure 18).
- From the rear of the A-Frame, insert the Chicago Nut (IA-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 (IA-1148) (Figure 19) and tighten using the wrenches provided.

Figure 19



- 1 Chicago Nut
- 2 Chicago Bolt

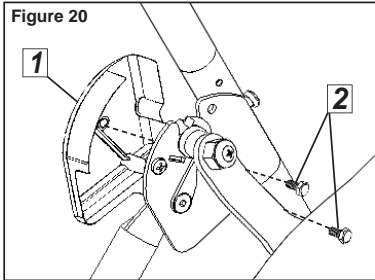
Step 7

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.

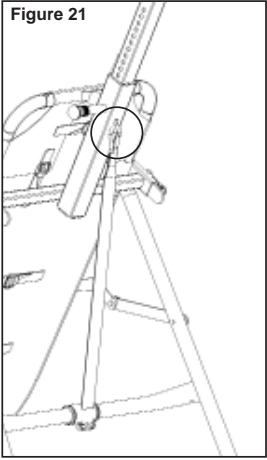
Figure 20



- 1 Hinge Cover
- 2 Hex Bolts

Step 8

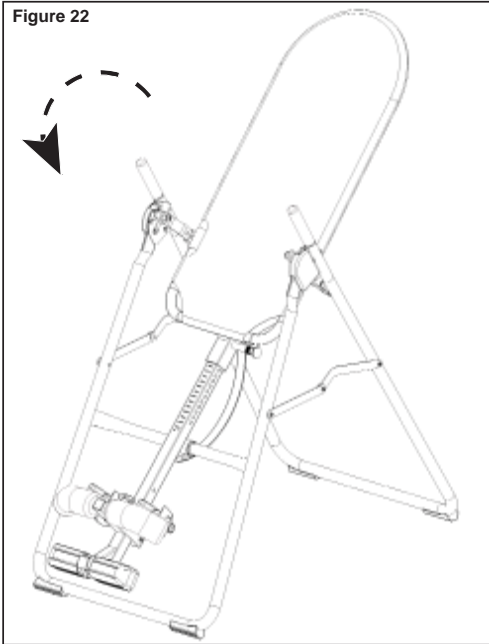
Figure 21



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!

Adjustments / Maintenance / Storage

Figure 22

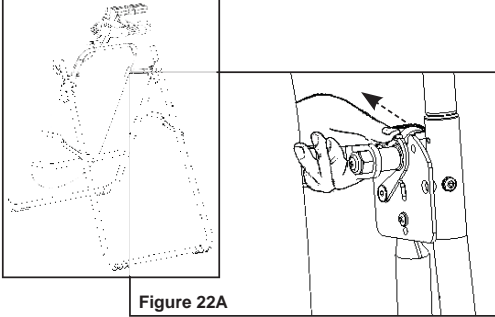


Figure 22A

Figure 23

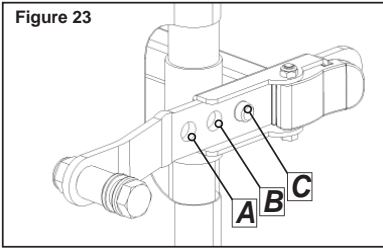
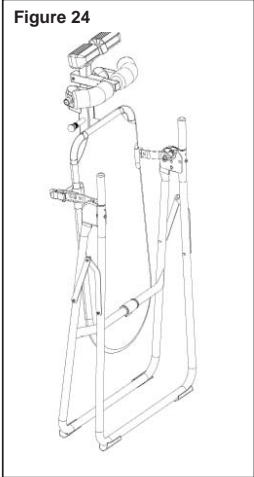


Figure 24



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 22).
- With palms up, reach under and around each Roller Hinge, using your thumbs to release the locks over the Pivot Pin (Figure 22A).
- 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 23).
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 24), 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.

CONNECT WITH US!



facebook.com/teeterhangups



teeter-inversion.com/blog



twitter.com/teeterhangups



youtube.com/teetertv

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
www.teeter-inversion.com

International: Inversion International, Ltd.
(Phone) +1-242-362-1001
(Fax) +1-242-362-1002
info@InversionInternational.com
www.InversionInternational.com



MDSS GmbH
Schiffgraben 41
30175 Hannover, Germany



Any modification to
this device will void
the UL Listing.

U.S. and Foreign Patents Pending. Teeter Hang Ups is a registered trademark of Teeter.
Specifications subject to change without notice.
© COPYRIGHT 2011 Teeter. International Law Prohibits Any Copying

F2-1705 0711-0