

GET STARTED

Assemble Your EP-560™ Inversion Table

For gravity-assisted stretching and decompression

Follow along with these instructions

OR

Scan to download the free BILT app
and search 'Teeter' in app.



BILT.

WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of a Teeter EP-560™ Inversion Table!
For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the User Guide attached to the equipment before inverting. Teeter decompression devices are multi-user, reusable medical devices for home use, intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.



“ I created Teeter so people could live healthier and more active lives. ”

-Roger Teeter

Teeter inversion tables are FDA-Registered as 510(k) medical devices. Indicated for:



FDA
REGISTERED

- Back pain
- Muscle tension
- Degenerative disc disease
- Spinal degenerative joint disease
- Spinal stenosis
- Herniated disc
- Spinal curvature due to tight muscles
- Sciatica
- Muscle spasm
- Facet syndrome



CONTACT
CUSTOMER SERVICE

If you have any questions concerning assembly or if any parts are missing, DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated product service experts can help! Contact Teeter Customer Service at **800-847-0143**, or via online forms or Live Chat at **teeter.com**.



5-YEAR
WARRANTY

Trust Teeter for unmatched quality and performance, backed by our industry-leading warranty coverage. To register your product warranty, go to **teeter.com/Support/Warranty-Registration**

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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 User Guide to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE

⚠ WARNING

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

To reduce the risk of injury:

- 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 if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. 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.
- **DO NOT** use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
 - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
 - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
 - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
 - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
 - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
 - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
 - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- **ALWAYS** be certain the Ankle Lock System is properly adjusted and fully engaged, and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock System is snug, close-fitting and secure EVERY TIME you use the equipment.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis-style shoe.
- **DO NOT** wear any footwear that could interfere with securing the Ankle Lock System, such as shoes with thick soles, boots, or any shoe that extends above the anklebone.
- **DO NOT** use the inversion table until it is adjusted properly for your height and body weight. Improper settings can cause rapid inversion or make returning upright difficult. New users, and users who are physically or mentally compromised, will require the assistance of a spotter. Make sure the equipment is set to your unique user settings prior to each use.
- **DO NOT** sit up or raise head to return upright. Instead, bend knees and slide your body to the foot-end of the inversion table to change weight distribution. If locked out in full inversion, follow the instructions for releasing from the locked position before returning upright.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use if you are over 198 cm / 6 ft 6 in or over 136 kg (300 lb). 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. The inversion table is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- **DO NOT** store the inversion table upright if children are present. Fold and lay the table on the floor. **DO NOT** store outdoors.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while on the inversion table. Use the inversion table only for its intended use as described in this manual.
- **DO NOT** drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and / or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or User Guide should become lost, damaged or illegible, contact Customer Service at 800-847-0143 for replacement.

SAVE THESE INSTRUCTIONS

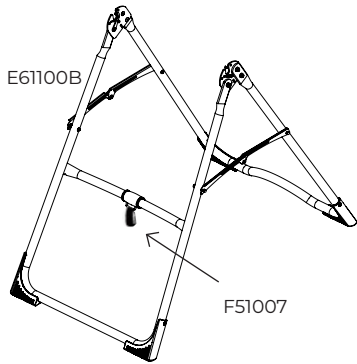
ITEMS FOR ASSEMBLY

Parts are not shown to scale. Hardware drawings located on the insert inside each Hardware Kit.

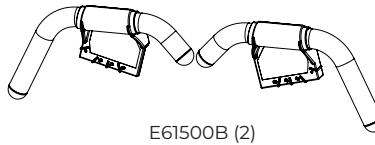
ITEM NO.	ITEM NAME
A-Frame Base Assembly	
E61100B	A-Frame
Product Support	
E61710FPB	User Guide pre-assembled to A-Frame
F51007	Angle Tether pre-assembled to A-Frame
Handle Assembly	
E61500B	Handles (2)
HK1008	Handle Assembly Hardware Kit
Roller Hinge Assembly	
F51064B	Roller Hinges (2)
Table Bed Assembly	
E61303A	Upper Table Bed
E61303B	Lower Table Bed
HK1006	Table Bed Assembly Hardware Kit

ITEM NO.	ITEM NAME
Main Shaft Assembly	
E61600B	with T-Pin Ankle Lock System
IA1119	Ankle Comfort Dial Assembly
IA1113B	Rear Ankle Bar Assembly
EX1655	Front Ankle Bar Assembly (2)
HK1005	Ankle Comfort Dial Assembly Hardware Kit
HK1003	Rear Ankle Bar Assembly Hardware Kit
HK1071	Front Ankle Bar Assembly Hardware Kit
Optional Accessories	
EP1810	Head Pillow
E61350B	Lumbar Bridge
EX1730	Acupressure Nodes
Tools Provided for Assembly	
IA1149	5mm Allen Wrench
F51130	Screwdriver
F51088	Open-Ended Wrenches (2)

Stretch-and-Grip™ A-Frame Base Assembly with pre-assembled Angle Tether



Handle Assembly Use with Handle Assembly Hardware Kit (HK1008)



Roller Hinge Assembly

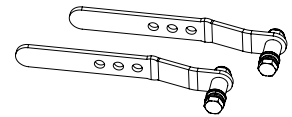
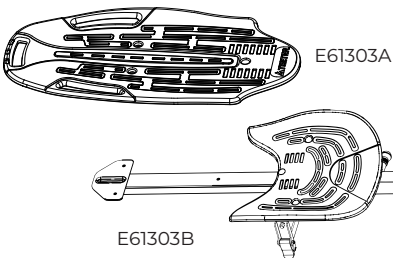
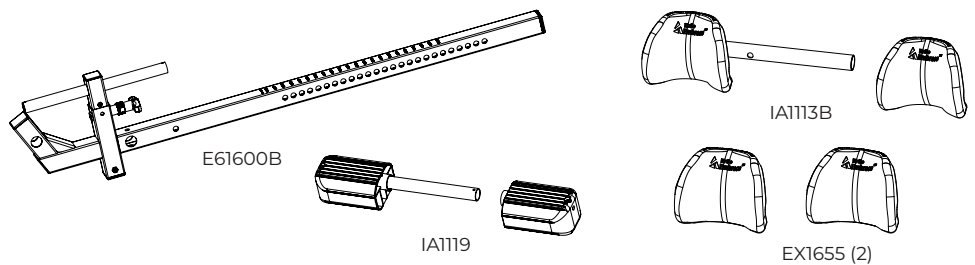


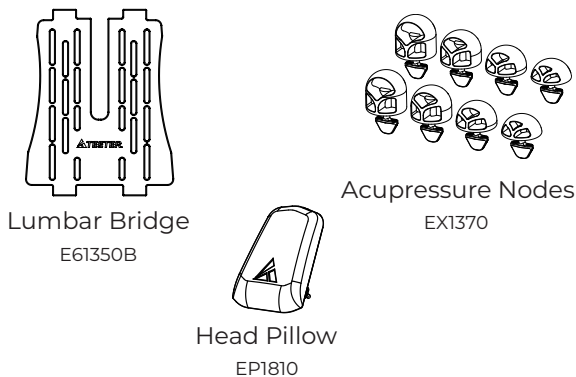
Table Bed Assembly Use with Table Bed Hardware Kit (HK1006)



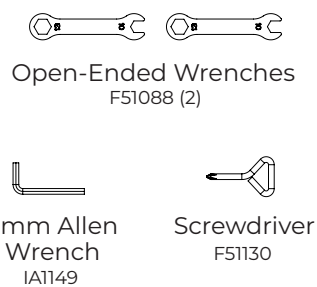
Main Shaft Assembly Use with Front and Rear Ankle Bar Assembly Hardware Kits (HK1003, HK1005 and HK1071)



Included Accessories (Optional)



Tools



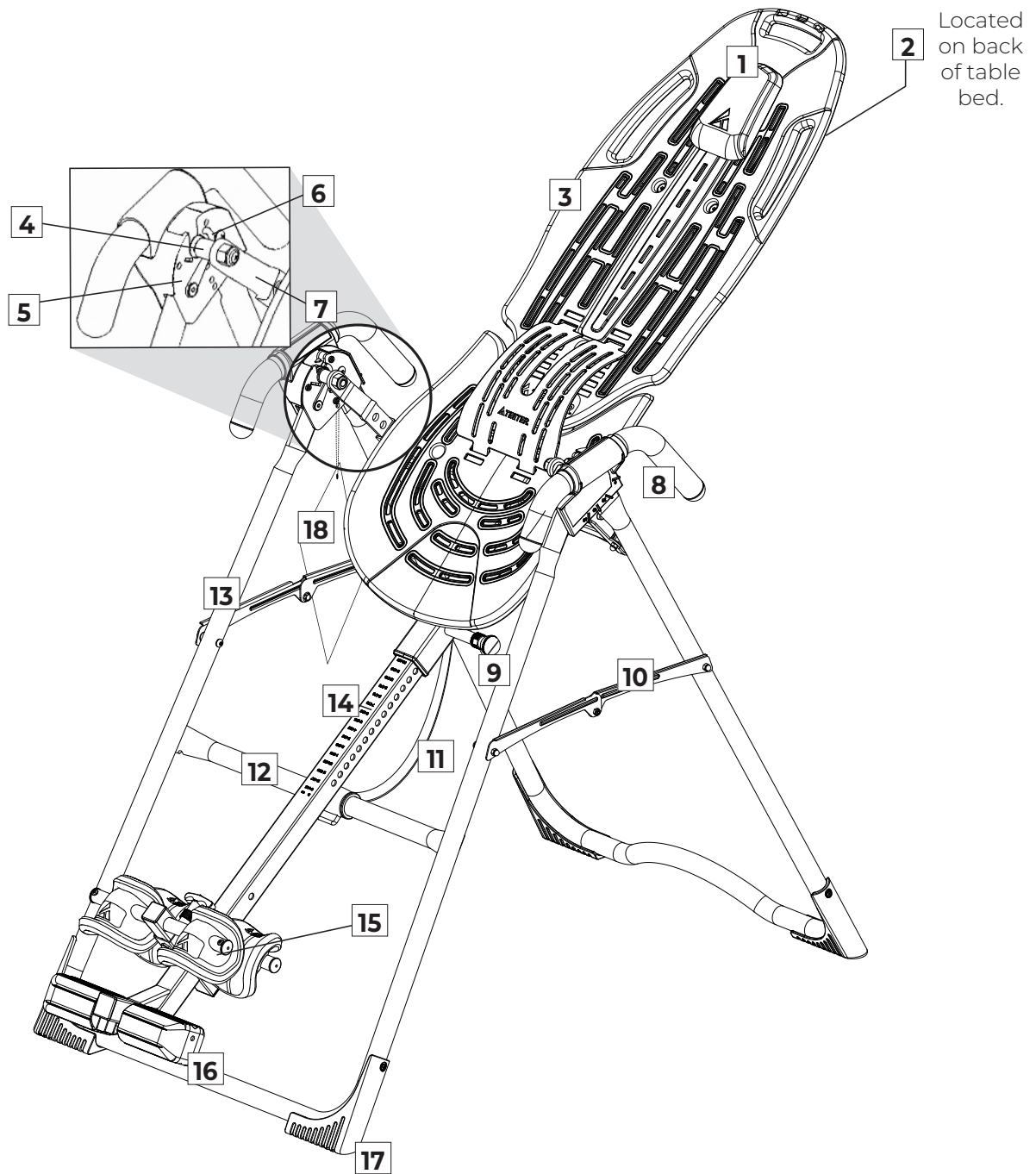
Product Support



Items not shown to scale.

A GUIDE TO YOUR INVERSION TABLE

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



Identifying Parts and Components

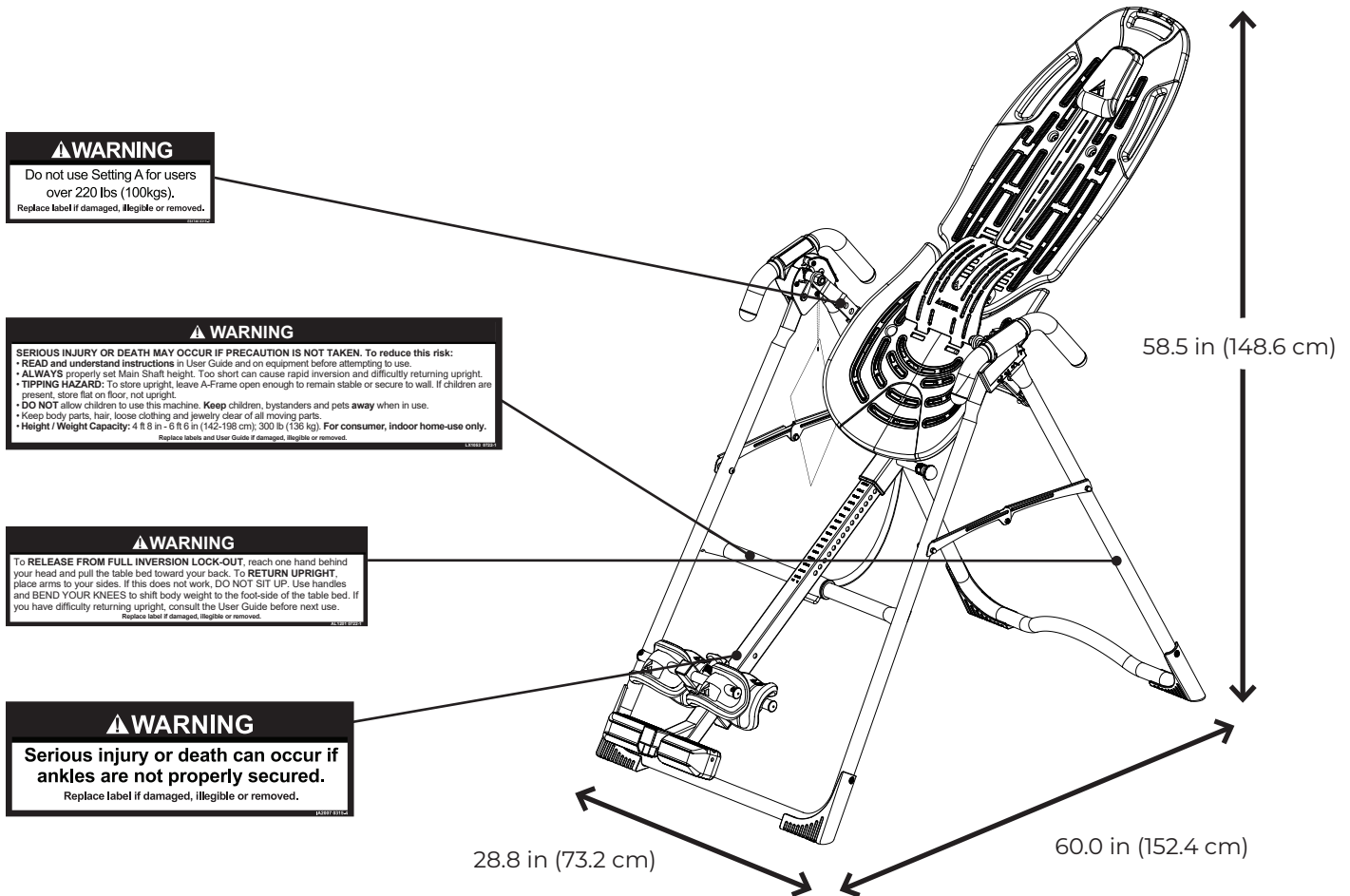
1	Head Pillow	7	Roller Hinges	13	A-Frame
2	Bed Frame Extension	8	Handles	14	Main Shaft
3	Table Bed	9	Height-Selector Locking Pin	15	Ankle Lock System
4	Pivot Pins	10	Spreader Arms	16	Ankle Comfort Dial™
5	Hinge Plates	11	Angle Tether	17	Non-Skid Stability Feet
6	Self-Locking Hooks	12	Crossbar	18	User Guide

SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

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 Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



Assembled Non-Use Dimensions:	60.0 (L) x 28.8 (W) x 58.5 in (H) (152.4 x 73.2 x 148.6 cm)
Maximum In-Use Dimensions:	84.0 (L) x 28.8 (W) x 86.0 in (H) (213.4 x 73.2 x 218.4 cm)
Storage Dimensions:	20.0 (L) x 28.8 (W) x 66.0 in (H) (50.8 x 73.2 x 167.6 cm)

Weight (approx.): 59 lb (26.7 kg)

LET'S GET STARTED

Unpack and Prepare Your Workspace

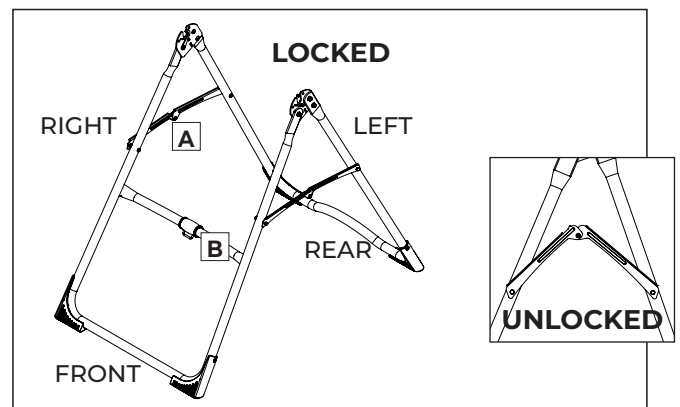
- If possible, assemble the equipment at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the small parts bag. They are labeled to correspond with the assembly process.

STEP 1 ASSEMBLE A-FRAME & HANDLES

Figure 1: On a level surface, position the A-Frame so that it is standing upright and the Stability Feet are on the ground.

Gently push down on the Spreader Arms to ensure they are fully open and in the “locked” position as shown.

Look for temporary circular assembly assistance labels on the A-Frame. **RIGHT, LEFT, FRONT,** and **REAR** indicate your position while using the equipment, not facing it. These labels can be removed easily upon completion of assembly.



A - Spreader Arms B - Crossbar

Figure 1

Figure 2: Use the **Handle Assembly Hardware Kit** to assemble the Handles.

Determine the left or right handles, marked with an embossed L / R on the inside of the black plastic part of each handle. Align the black plastic part of the corresponding handle (left / right) over the outside edge of the Hinge Plate on the A-Frame.

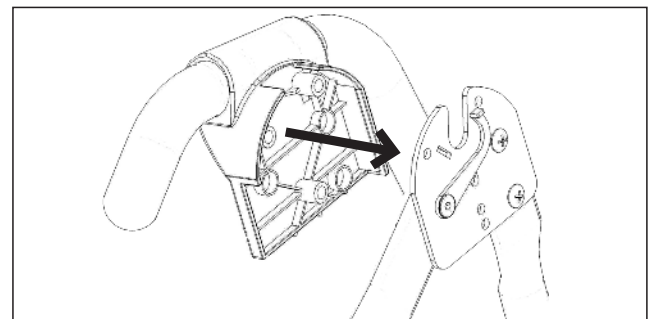
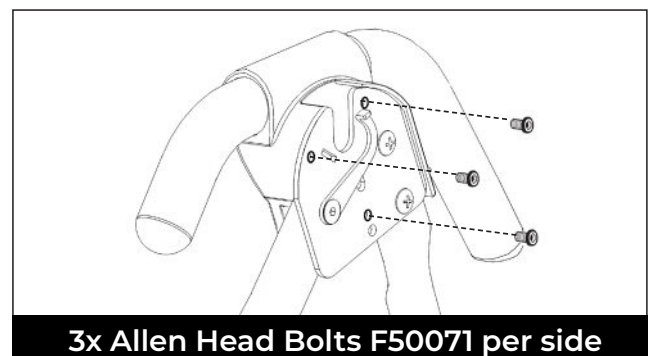


Figure 2

Figure 3: Insert and hand-tighten 3 × Allen Head Bolts through the Hinge Plate into the Handle.

Repeat with other Handle. Proceed to tighten all fasteners with the 5mm Allen Wrench, being careful not to over-tighten.



3x Allen Head Bolts F50071 per side

Figure 3

STEP 2

ASSEMBLE TABLE BED

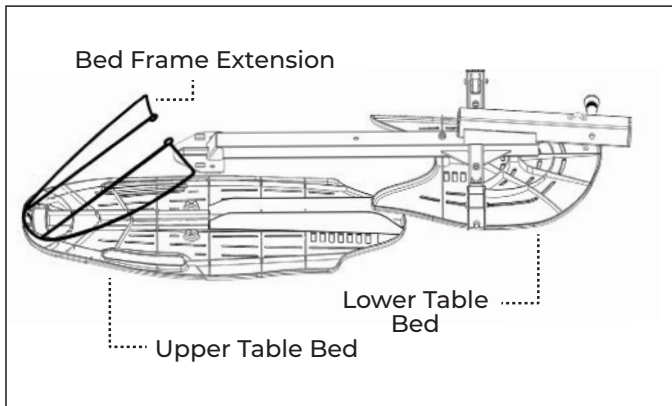


Figure 4

NOTE: Do not detach the Bed Frame Extension from the clips as you proceed.

Figure 4: Lay the Upper and Lower Table Bed parts face down on the floor. Lift the base of the Bed Frame Extension to fit the Lower Table Bed into the plastic track of the Upper Table Bed.

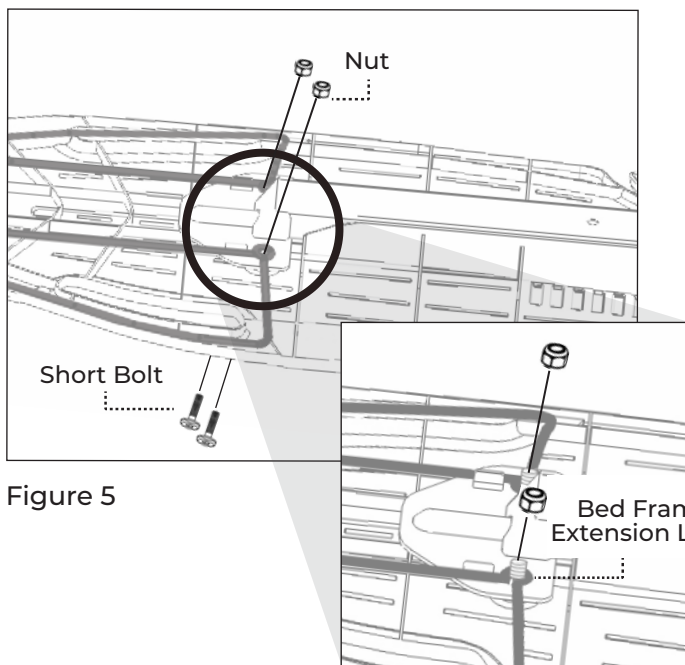


Figure 5

Figure 5a

Figures 5 & 5a: Use the Table Bed Hardware Kit to assemble the Table Bed.

Align the bolt holes of the upper part of the frame (triangle-shaped area) to the bolt holes on the Upper Table Bed.

From beneath the Upper Table Bed, insert the 2 × Short Bolts through the table bed, frame, and the Bed Frame Extension Loops.

Hand tighten a Nut to the end of each Bolt.

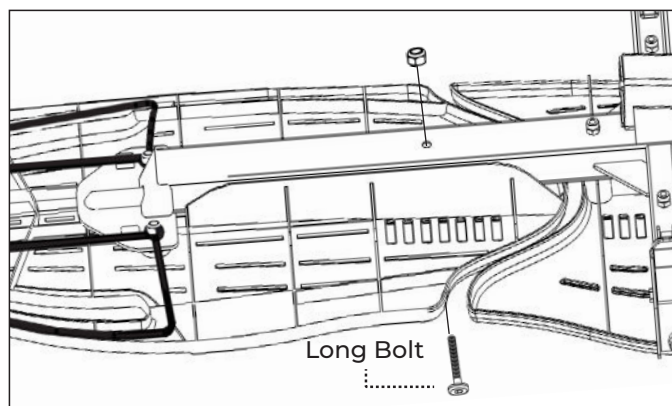


Figure 6

Figure 6: From beneath the Upper Table Bed, insert the Long Bolt through the lower bolt hole of the Table Bed.

Hand tighten a Nut to the end of the Long Bolt.

Proceed to tighten the 3 × Nuts using the 10/13mm Open-Ended Wrench and 5mm Allen Wrench.

STEP 3

ASSEMBLE ROLLER HINGES TO TABLE BED

Figure 7: Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms.

⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin. ALWAYS insert the 3-Hole Roller Hinge (with the Pivot Pin on top and facing out) in the same direction as the arrow label located inside of the Cam Lock for proper assembly.

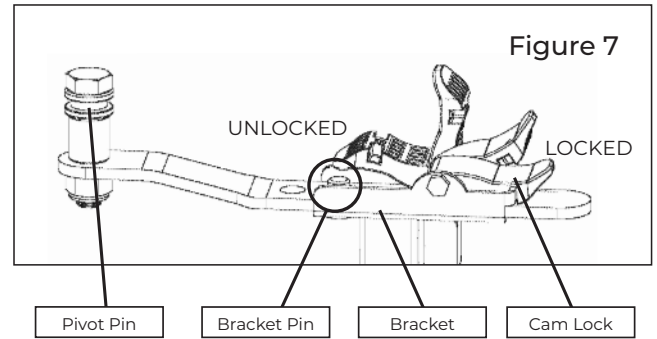


Figure 8: The Roller Hinges control the responsiveness or rate of rotation of the inversion table. There are three holes; the hole selection depends both on your body weight and the rotational responsiveness you desire. The “A” setting is the top hole closest to the pivot pin, “B” is the middle hole, and “C” is the bottom hole. For users just learning to use the inversion table, start in the “C” hole setting.

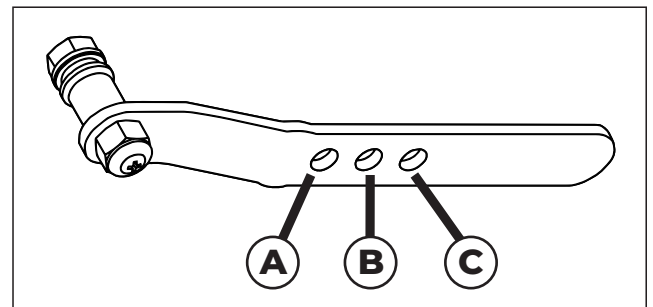


Figure 8

	More Responsive ←	↔	→ Less Responsive
	(A)	(B)	(C)
80-120 lb (36-54 kg)	Full	Partial	-
120-220 lb (54-100 kg)	Full	-	Partial
220-300 lb (100-136 kg)	-	Full	Partial

Partial: 0-60°. A less responsive setting for users who prefer partial inversion.

Full: 0-90°. A more responsive setting for users who want the option to lock out in full inversion.

Your Roller Hinge setting and balance may vary depending on your bodyweight distribution. Refer to User Guide for troubleshooting.

⚠ WARNING

Do not use Setting A for users over 220 lb (100 kg).

Figure 9: For ease of assembly, rest the Table Bed against the Crossbar at the front of the A-Frame.

Figure 9a: On one side of the Table Bed, lift and hold the Cam Lock up all the way to unlock.

In your other hand, hold one Roller Hinge near 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 in the same direction as the arrow label located inside of the Cam Lock.

TIP: Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.

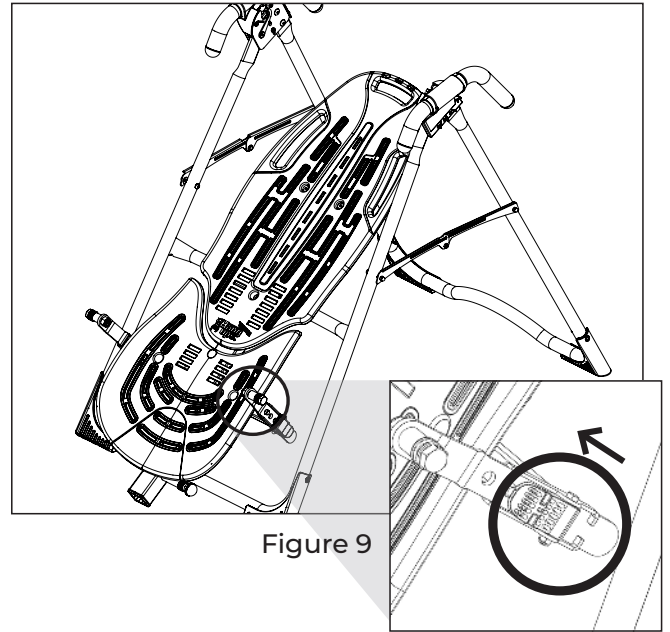


Figure 9

Figure 9a

Figure 10: Engage one of the holes in the Roller Hinge over the Bracket Pin. Push down on the Cam Lock 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.

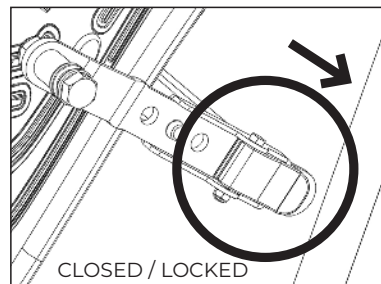


Figure 10

Figure 11: This figure shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. We recommend to use Setting C to start.

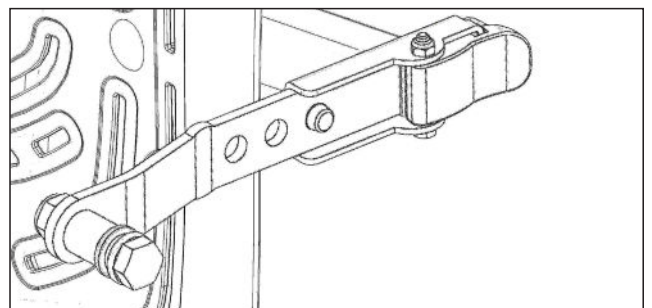


Figure 11

STEP 4

ASSEMBLE TABLE BED TO A-FRAME

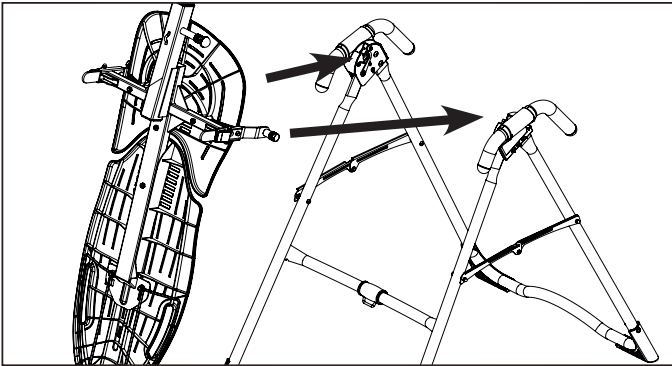


Figure 12

Figure 12: Face the front of the A-Frame where the Crossbar is located. Grasp both 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.

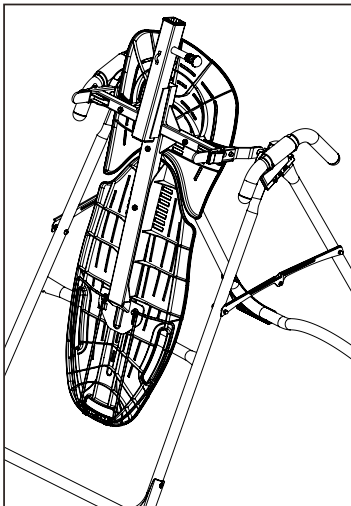


Figure 13

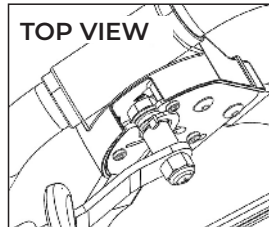


Figure 14a

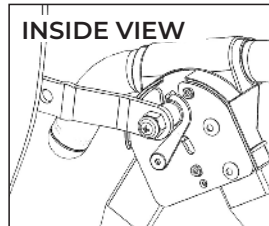


Figure 14b

Figure 13: Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time. 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.

Figure 14a & 14b: 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.

⚠ 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!

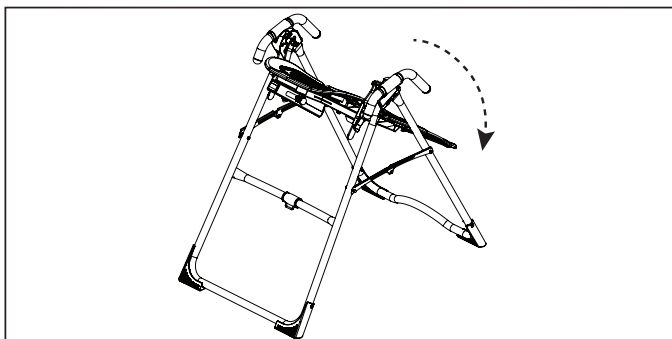


Figure 15

Figure 15: Rotate the Table Bed so that it is facing up. Ensure that it rotates smoothly.

See also Image A on Page 16 to ensure misassembly has not occurred.

STEP 5

ASSEMBLE ANKLE COMFORT DIAL

Figure 16: Use the **Ankle Comfort Dial Hardware Kit** to assemble the Ankle Comfort Dial.

Slide the Ankle Comfort Dial Bar with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft.

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.

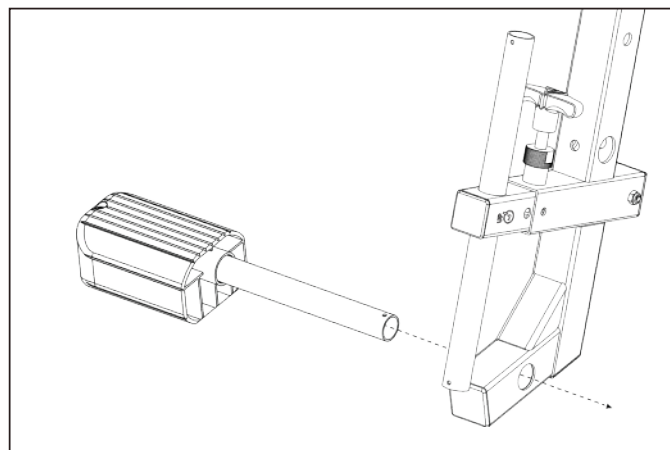


Figure 16

Figure 17: Slide the separate Ankle Comfort Dial onto the Ankle Comfort Dial Bar and align the screw holes.

TIP: To assist with assembly, repeatedly rotate the Ankle Comfort Dial while pushing it onto the Ankle Comfort Dial Bar.

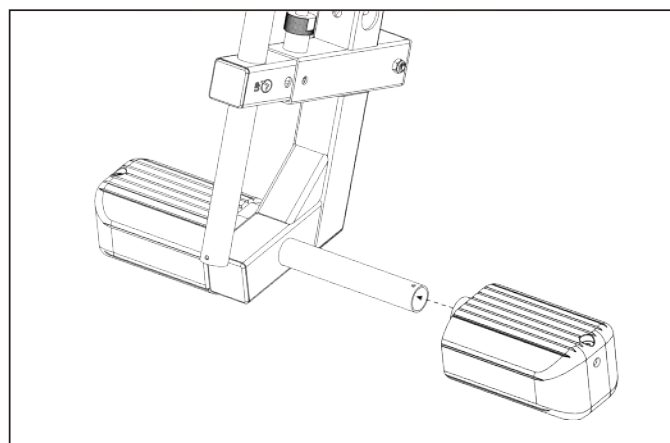


Figure 17

Figure 17a: Secure with the screw and tighten with the screwdriver provided.

NOTE: Refer to the User Guide for a complete description of the Ankle Comfort Dial settings.

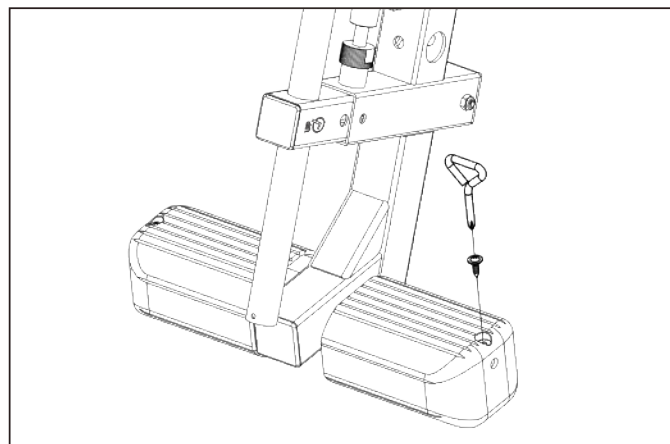


Figure 17a

STEP 6

ASSEMBLE REAR ANKLE BAR

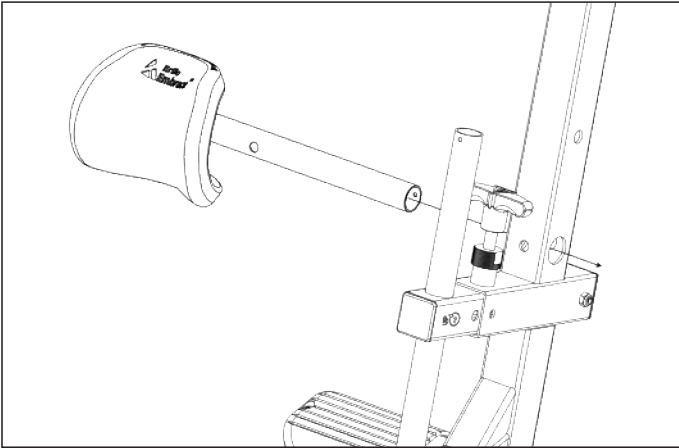


Figure 18

Figure 18: With the Ergo Embrace logo facing up, insert the Rear Ankle Bar with the pre-assembled Ankle Cup into the hole at the base of the Main Shaft.

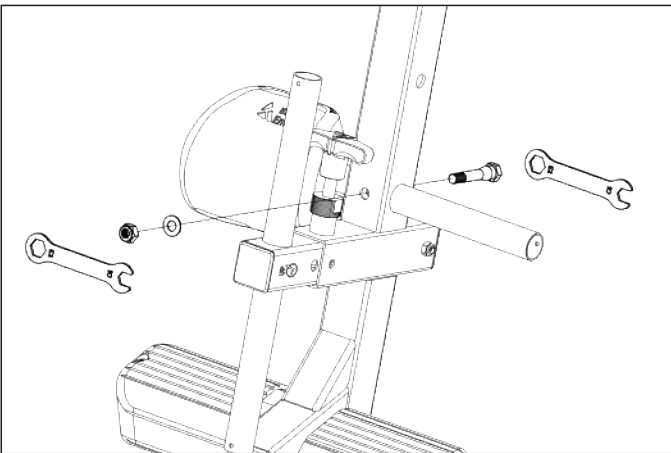


Figure 19

Figure 19: Use the **Rear Ankle Bar Hardware Kit** to assemble the Ankle Bar.

Insert 1 × Bolt from the rear of the Main Shaft to secure the Rear Ankle Bar, and fasten with the washer and Nut.

Proceed to tighten using the 10/13mm Open-Ended Wrenches.

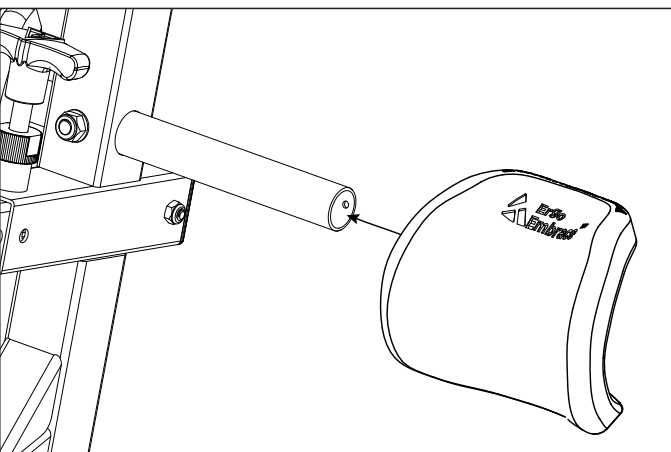


Figure 20

Figure 20: With the Ergo Embrace logo facing up, slide the separate Ankle cup onto the open end of the Rear Ankle Bar.

TIP: To assist with assembly, repeatedly rotate the Ankle Cup while pushing it onto the Rear Ankle Bar.

Figure 21: Fit the Rubber Plug into the open end of the Rear Ankle Bar.

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

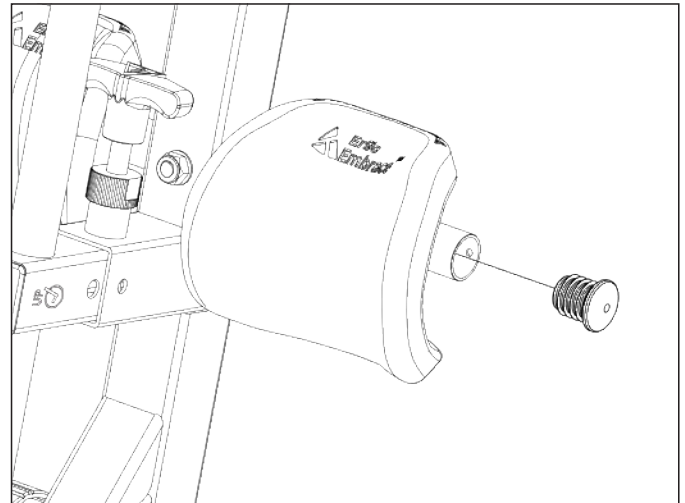


Figure 21

Figure 21a: Secure the Rubber Plug with the screw using the screwdriver provided. If the screw does not tighten easily, you may need to reposition the alignment of the Rubber Plug.

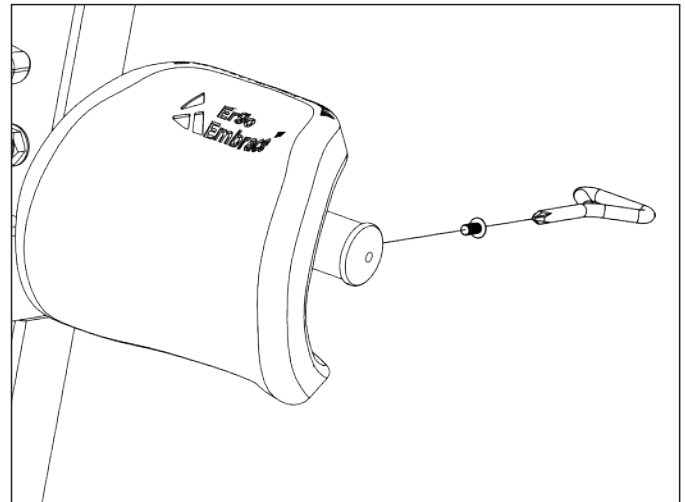


Figure 21a

STEP 7

ASSEMBLE FRONT ANKLE BAR

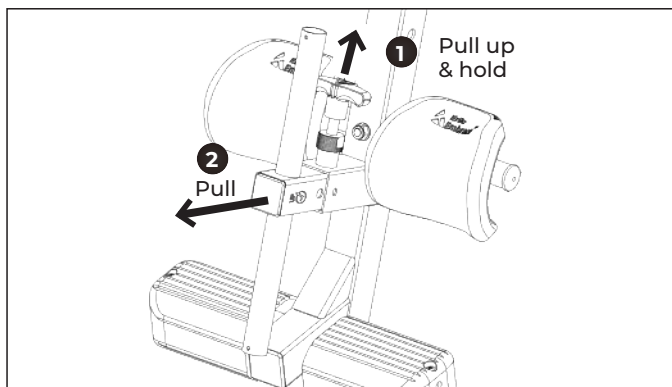


Figure 22

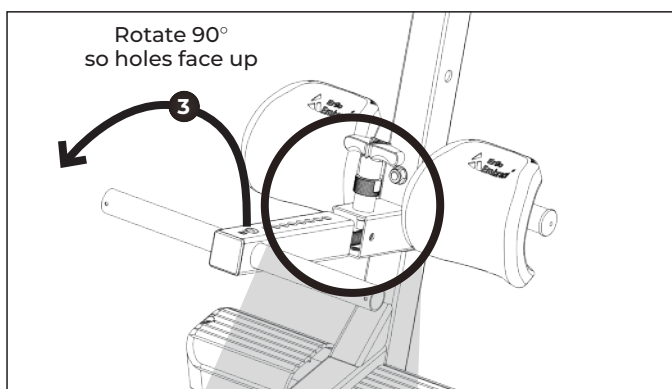


Figure 22a

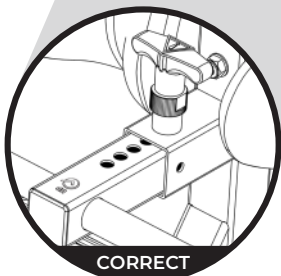


Figure 22b

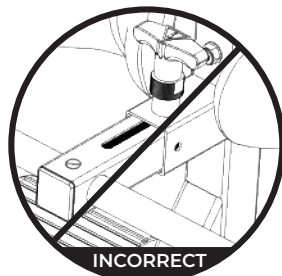


Figure 22c

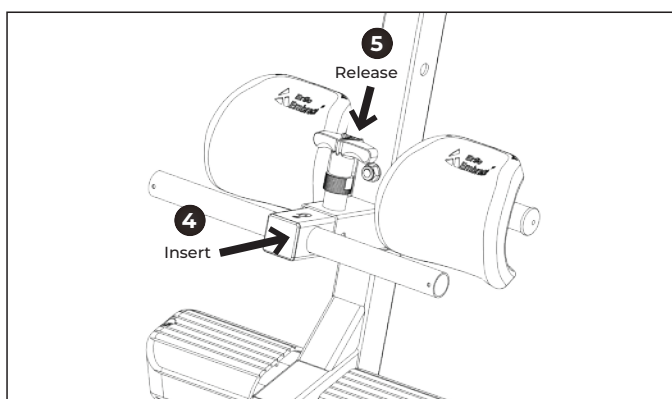


Figure 23

⚠ WARNING

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

Figure 22: Pull the T-shape locking pin to disengage from the Front Ankle Bar. Without overstretching the spring inside, fully pull out the Front Ankle Bar.

Figure 22a & 22b: Rotate the Front Ankle Bar 90° so the eight (8) adjustment holes face up toward the T-shape locking pin.

Figure 22c: Ensure the set screw slot is NOT facing up, as shown in Figure 21c. This slot should face downwards, toward the Ankle Comfort Dial.

Figure 23: Allow the spring-loaded Front Ankle Bar to insert all the way, then release the T-shape locking pin to engage in the first hole setting.

Figure 24: Use the **Front Ankle Bar Hardware Kit** to finish assembling the Front Ankle Bar.

Hand tighten 1 × Screw through the base of the Front Ankle Bar housing into the set screw slot.

Proceed to tighten with the 5mm Allen Wrench.

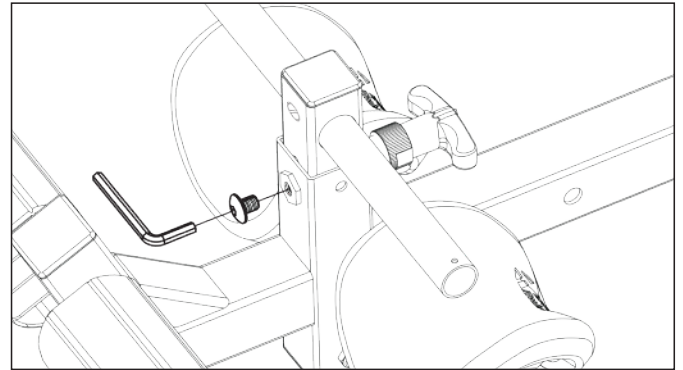


Figure 24

Figure 25: With the Ergo Embrace logos facing up, slide the remaining two (2) ankle cups onto each side of the Front Ankle Bar.

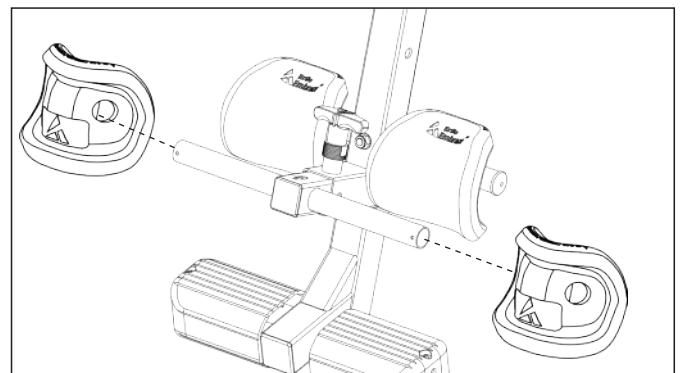


Figure 25

Figure 26: Insert the Rubber Plugs into the open ends of the Front Ankle Bar.

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

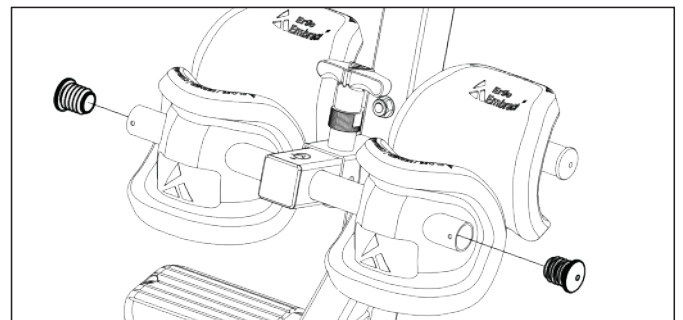


Figure 26

Figure 27: Hand tighten 2 × Screws through the Front Ankle Bar into the inserted Rubber Plugs.

Proceed to tighten with the Screwdriver.

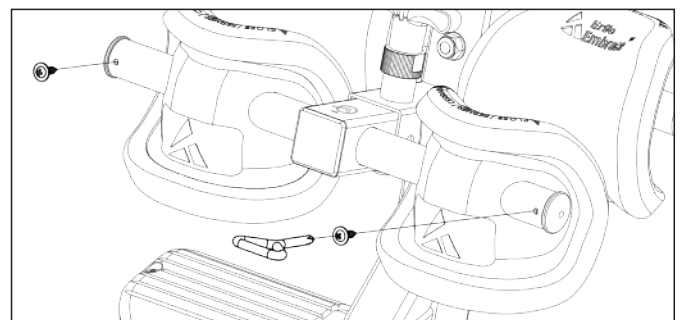


Figure 27

STEP 8

ASSEMBLE MAIN SHAFT TO TABLE BED

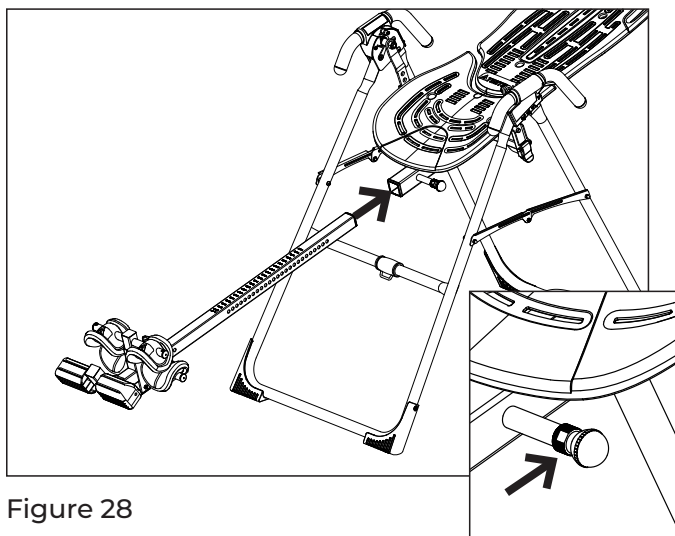


Figure 28

Figure 28a

Figure 28: Stand on the LEFT side of the A-Frame, holding the Main Shaft with the height markings facing up. Begin to slide the end of the Main Shaft into the Main Shaft Housing at the base of the Table Bed.

Figure 28a: With your right hand, pull out the Height-Selector Locking Pin and slide the Main Shaft in further. Release in the desired height setting. Refer to the User Guide for more information on selecting your height setting.

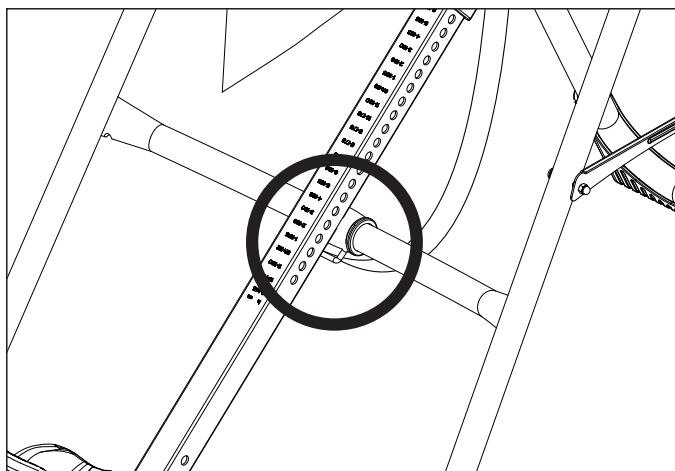


Figure 29

Figure 29: The Main Shaft MUST REST against the Crossbar of the A-Frame.

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 here, then the Table Bed has been assembled backwards onto the A-Frame. This must be corrected before use.

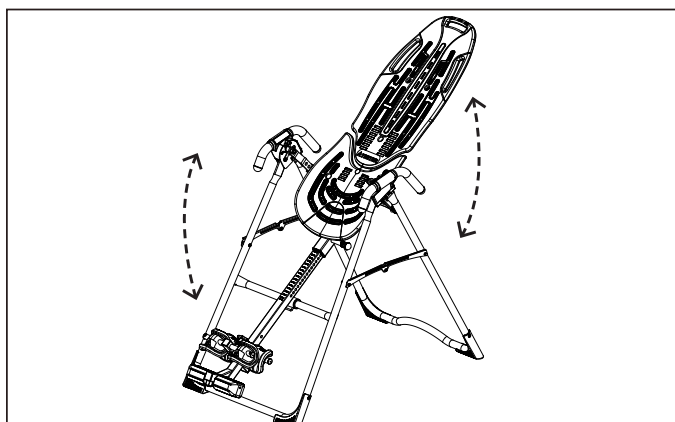


Figure 30

Figure 30: Test the inversion table by hand for smooth and steady rotation and ensure that all fasteners are secure.

MISASSEMBLY CHECK

⚠ WARNING

If your Teeter Inversion Table looks like Image A or B, 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 3 for instruction.

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

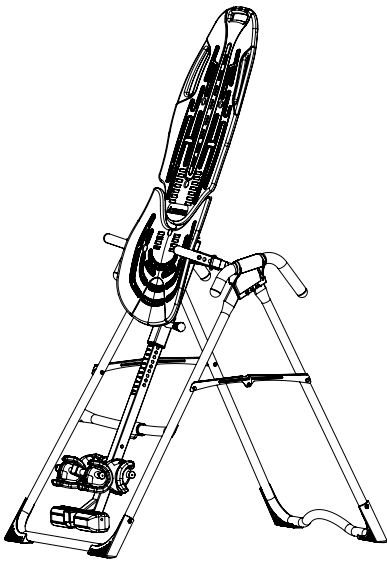


Image B

Go back to Step 4 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.

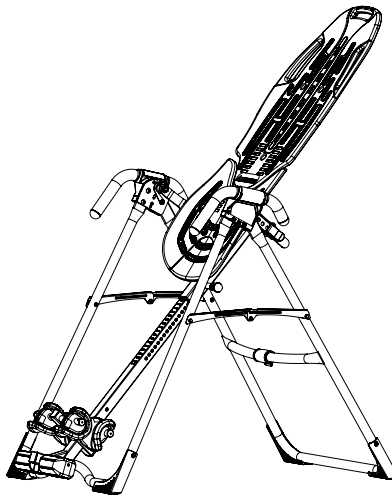
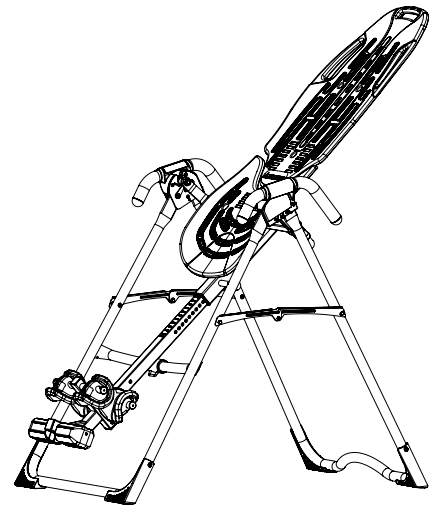


Image C

Proceed to Step 9.

Shows correct assembly.



STEP 9

ATTACH ANGLE TETHER & HEAD PILLOW

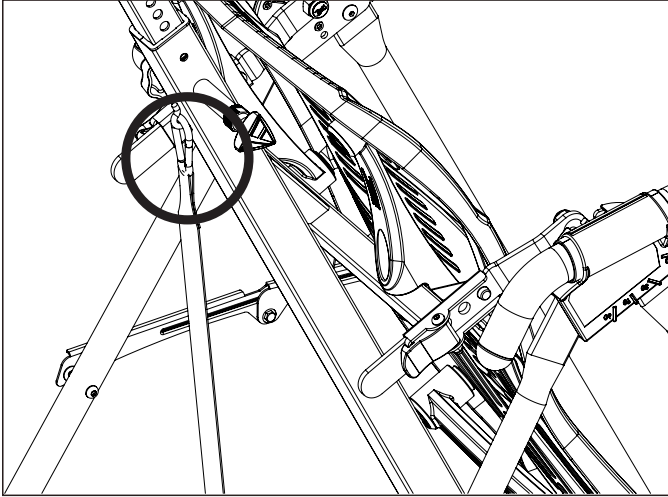


Figure 31

Attach Angle Tether

The tether will come pre-assembled to the A-Frame.

Figure 31: Unfold the adjustable tether and clip it to the U-Bar on the underside of the Table Bed.

Slide the buckle to lengthen or shorten the strap depending on your desired maximum angle of inversion.

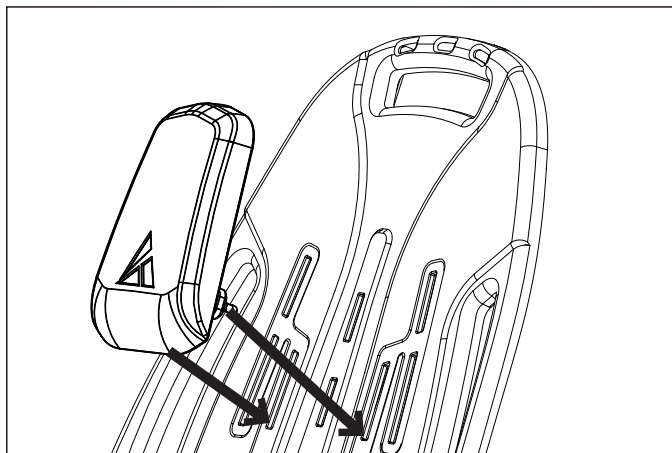
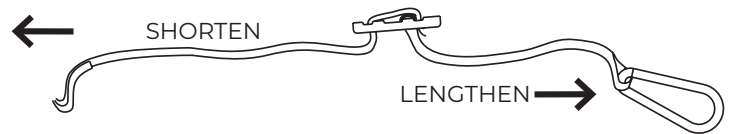


Figure 32

Attach Head Pillow

Figure 32: Locate the slots at the top of the Table Bed just beneath the Handhold as shown.

Insert the two pointed ends on the back of the Head Pillow into the slot of the Table Bed and pull through from the back of the Table Bed to secure the pillow into position.

STEP 10

ATTACH LUMBAR BRIDGE (OPTIONAL)

The Lumbar Bridge provides even deeper decompression and improved alignment benefits. Personalize the intensity and target zone of the Lumbar Bridge by adjusting the height and position of the arch within the slots on the Table Bed so it fits comfortably at the small of your back.

Stabilize the inversion table to prevent rotation during assembly.

Position the bridge with the Teeter logo at the base and facing towards you.

Figure 33: First, insert the bottom two notches of the bridge into the desired horizontal slots on the lower portion of the Table Bed.



Figure 33

Figure 34: Bend the bridge to the arch height you desire and insert the top notches into the corresponding slots on the upper portion of the Table Bed.

Modify the positioning and arch height as needed.

NOTE: Long-term storage of the Lumbar Bridge in a high arch setting may result in distortion of the shape and ability of the bridge to move to lower arch settings. Store in its flat position when not in use.

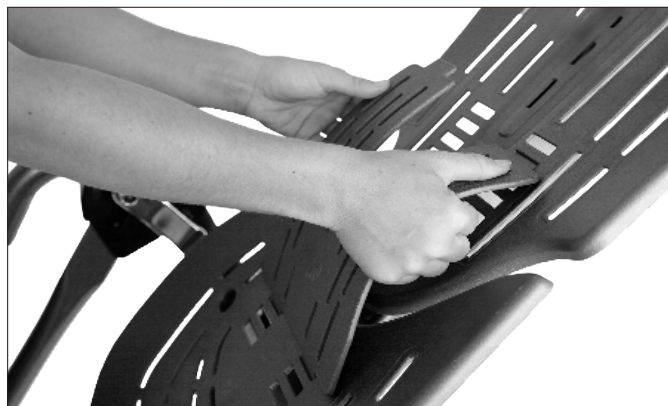


Figure 34

Use Instructions

Use of the Lumbar Bridge may impact the rotation of the table. Set the Angle Tether to a moderate inversion angle and use a spotter until you are able to find the correct balance settings and are comfortable with the operation of the table.

Start in a lower level arch setting and work your way up. If you feel any discomfort, lower the setting until you are comfortable or discontinue use.

Figure 35: The Lumbar Bridge works between intermediate to moderate inversion. Full inversion moves the body away from the table bed and will reduce the effectiveness of the bridge.



Figure 35

STEP 11

ATTACH ACUPRESSURE NODES (OPTIONAL)

Personalize the intensity and target zone of the Acupressure Nodes by positioning the varying sizes along the bed tracks as desired.



Figure 36

Figure 36: Determine your desired node position along the table bed. Unscrew the black backing from the node and insert the backing into the slot from the rear of the bed so the threads are visible from the front.



Figure 37

Figure 37: Twist the node clockwise into the backing to secure. Do not overtighten to avoid damaging the node.

Repeat, as desired, with additional nodes.

To shift node placement within a track, simply loosen the backing and slide the node in the slot.



Figure 38

Use Instructions

Figure 38: Start with the smaller nodes and work your way up to the larger ones. The ideal placement of the nodes depends on where your muscle tension points align with the slots in the table bed.

The pressure of the nodes will vary as the table rotates up or down. The nodes work best between intermediate to moderate inversion (20-45 degrees). Full inversion moves the body away from the table bed and will reduce the effectiveness of the nodes. While inverted, stay at a static incline to maintain a steady pressure, or oscillate (move between different angles of inversion) for a massaging action.

Use of the nodes may cause muscle soreness. If you feel any discomfort, decrease or discontinue use.

NEXT STEP

Locate User Guide and Get Started with Inversion

Refer to the User Guide attached to your EP-560 Inversion Table. This is your step-by-step guide to customizing your user settings for a smooth and effortless inversion experience.

Ensure User Guide Remains on Product

Figure 39 & 39a: If the User Guide is not already attached, secure the chain to the A-Frame through the designated hole in the Hinge Plate. Allow the User Guide 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 User Guide. It should remain permanently attached to your inversion table to serve as a reference for all users in regard to proper adjustment and use of the equipment.

WARNING

Read the User Guide thoroughly before using your Teeter Inversion Table. Improper settings could result in serious injury or death!

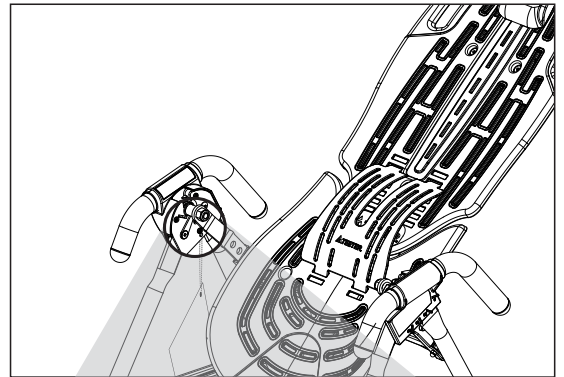


Figure 39

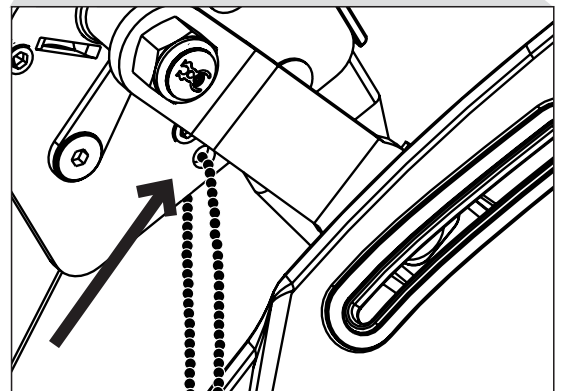


Figure 39a

The Teeter warranty set forth below and on Teeter's website applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information which will vary depending on country.



5-YEAR WARRANTY

During the period starting with the day of retail purchase and continuing for five (5) years, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials, workmanship, fabrics and padding. Teeter will repair or replace any such defect and will pay the costs of all parts, labor and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace with a comparable product or refund the purchase price.

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Some states do not allow the exclusion of incidental or consequential damage from a warranty, so the above limitation or exclusion may not apply to you. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

10-YEAR PREMIUM EXTENDED WARRANTY AVAILABLE

Purchase an additional 5 years of repair and replacement warranty against manufacturing defects in materials and workmanship. Visit teeter.com to purchase and view full terms and conditions.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

 Date of Purchase

 Product & Model

Step 2

Go online to teeter.com to register your warranty.

 Dealer Name

 Serial No. (located on the back of the Table Bed)

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please **DO NOT** mail this to Teeter.



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We reserve the right to refuse or discontinue the supply of the Product to any user at any time at our sole discretion.

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[^] Refunds are for product only and do not include any processing/trial fees, shipping or handling fees. Freight on refused deliveries will be deducted from the credit or charged to account number on file.

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The terms of this section survive any termination of the Terms.

Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



FreeStep® Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



Power10™ Elliptical Rower

Torch more calories and enhance muscle definition with one revolutionary rower. The patented elliptical path offers bi-directional resistance so you can engage more muscles with every workout.



FitForm™ Cable Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

Phone: 800-847-0143
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Any modification to this device will void the UL Listing.



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Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of the Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.

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