

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.

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



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

-Roger Teeter



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**

TABLE OF CONTENTS

Important Safety Instructions	1
Items for Assembly	2
A Guide to Your Inversion Table	3
Safety Warning Labels & Product Specifications	4
Assembly Steps	5 – 13
Before Inverting (Next Step)	14
Warranty Terms & Registration	15
Terms & Conditions	16 – 17

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 guide.
- **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
F51007 Angle Tether pre-assembled to A-Frame

Handle Assembly

E61500B Stretch Assist Handles (2)
HK1008 Handle Assembly Hardware Kit

Roller Hinge Assembly

F51064B 3-Hole Roller Hinges (2)

ComforTrak™ Table Bed Assembly

E61303 ComforTrak™ Table Bed

ITEM NO. ITEM NAME

Main Shaft Assembly

E61601B With T-Pin Ankle Lock System

Optional Accessories

EP1810 Head Pillow
E61350B Lumbar Bridge
EX1370 Acupressure Nodes

Tools Provided for Assembly

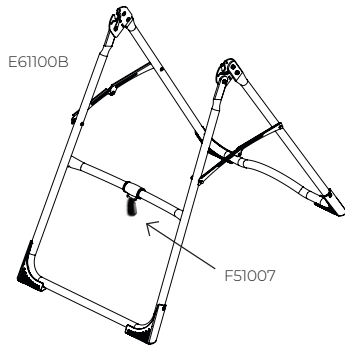
IA1149 5mm Allen Wrench

Product Support

E61710FPB User Guide pre-assembled to A-Frame

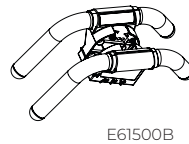
Stretch-and-Grip™ Base Assembly

with pre-assembled Angle Tether

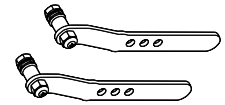


Handle Assembly

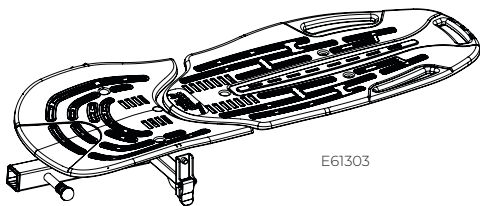
Use with Handle Assembly Hardware Kit (HK1008)



Roller Hinge Assembly

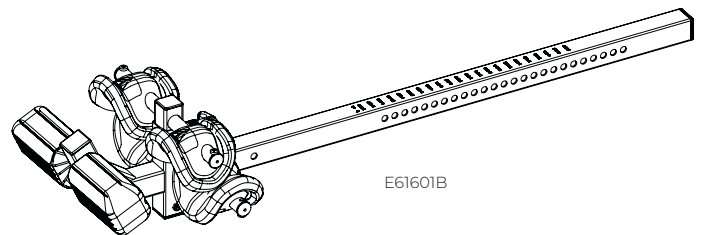


ComforTrak™ Table Bed Assembly

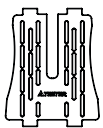


Main Shaft

with T-Pin Ankle Lock System



Optional Accessories



Lumbar Bridge
E61350B



Head Pillow
EP1810



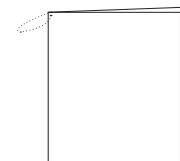
Acupressure Nodes
EX1370

Tools Provided for Assembly



5mm Allen Wrench
IA1149

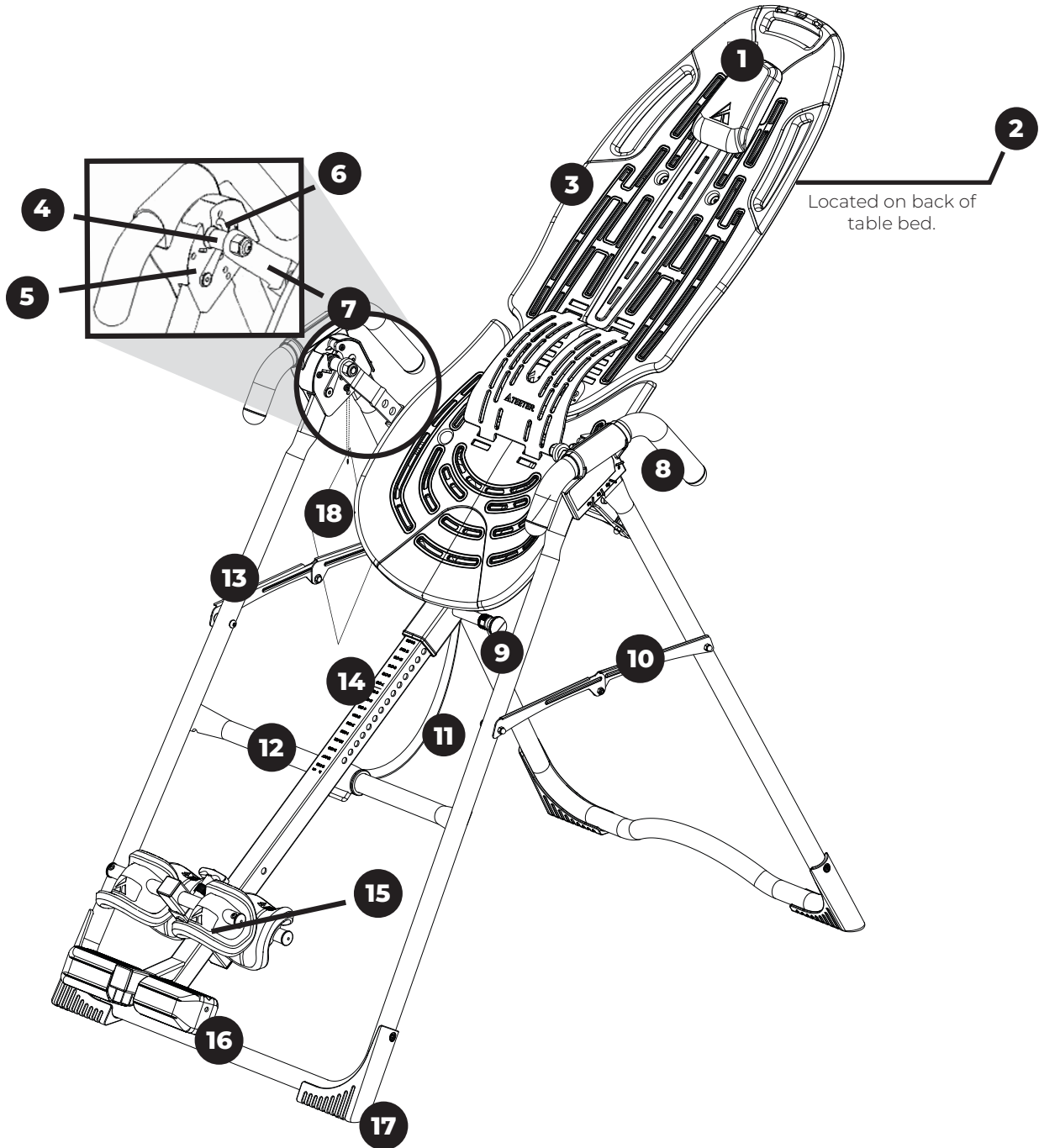
Product Support



User Guide
E61710FPB

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.



Parts & Components

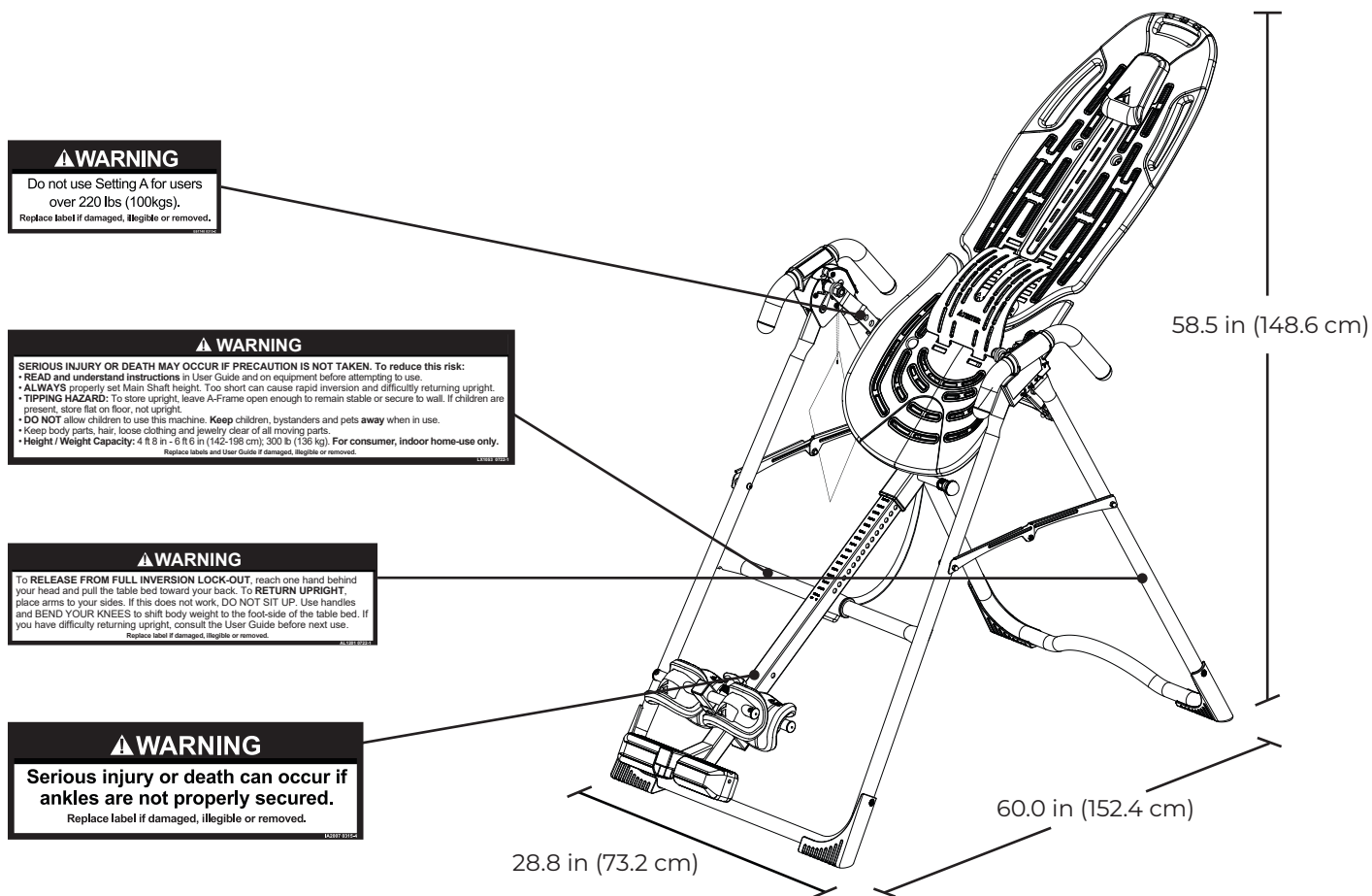
- | | | | | | |
|---|---------------------|----|-----------------------------|----|-------------------------|
| 1 | Head Pillow | 7 | Roller Hinges | 13 | A-Frame |
| 2 | Bed Frame Extension | 8 | Handles | 14 | Main Shaft |
| 3 | Table Bed | 9 | Height-Selector Locking Pin | 15 | Ankle Lock System |
| 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

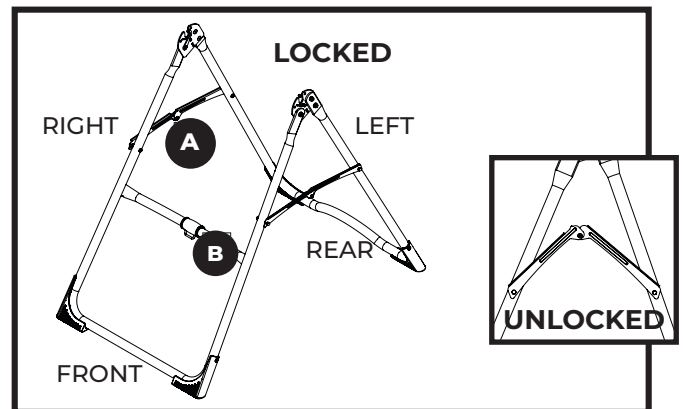
- If possible, assemble the equipment at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the small parts bag. They are labeled to correspond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

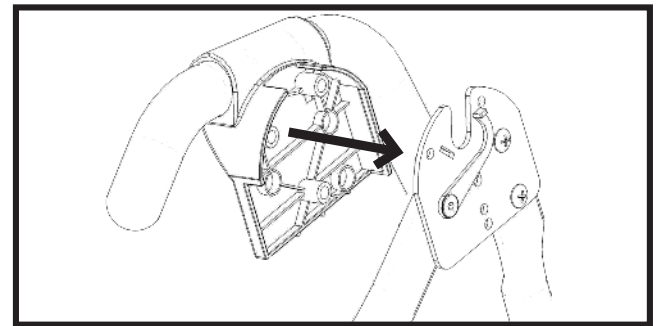
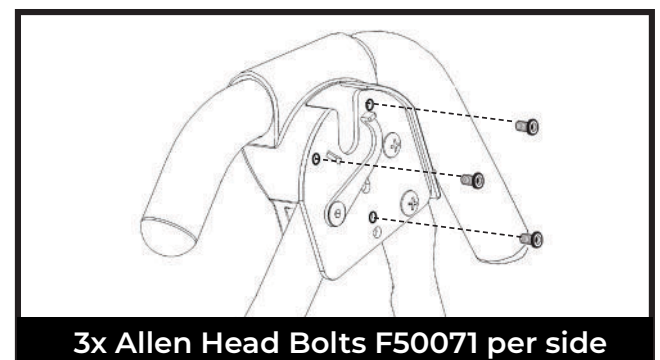


Figure 2

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

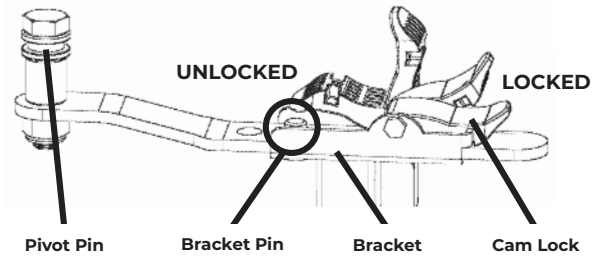
Figure 3

STEP 2

ASSEMBLE ROLLER HINGES TO TABLE BED

Figure 4: Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms.

Figure 4

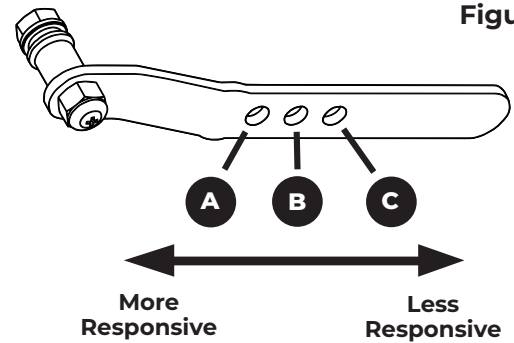


⚠ WARNING

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 5: 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 your preferred angle of inversion. The “A” setting is the top hole closest to the pivot pin, “B” is the middle hole, and “C” is the bottom hole. Determine your recommended hole selection using the chart below.

Figure 5



Recommended Hole Selection

Preferred Maximum Inversion Angle

Your Body Weight	Partial Inversion (0-60°)	Full Inversion (0-90°)
	80-120 lb (36-54 kg)	B
120-220 lb (54-100 kg)	C	A
220-300 lb (100-136 kg)	C	B

Recommended for beginners
Partial (0-60°): A less responsive setting for users who prefer partial inversion without the option of full inversion.

Full (0-90°): A more responsive setting that will allow users to rotate to any angle and 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 6: For ease of assembly, rest the Table Bed against the Crossbar at the front of the A-Frame.

Figure 6a: 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.

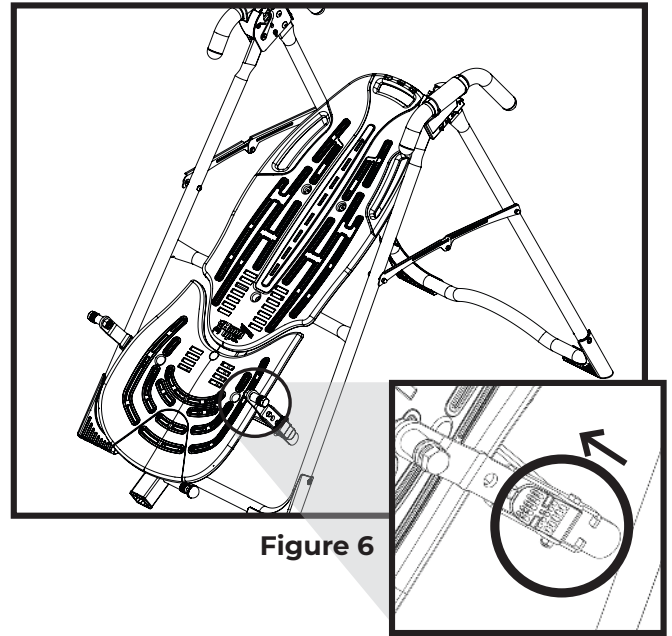


Figure 6

Figure 6a

Figure 7: 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.

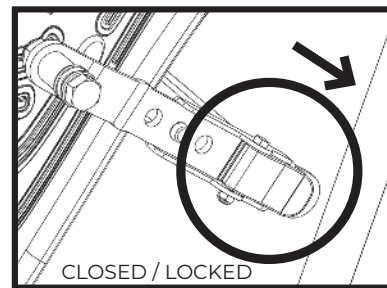


Figure 7

Figure 8: This figure shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. Use your recommended hole selection based on the chart from page 6.

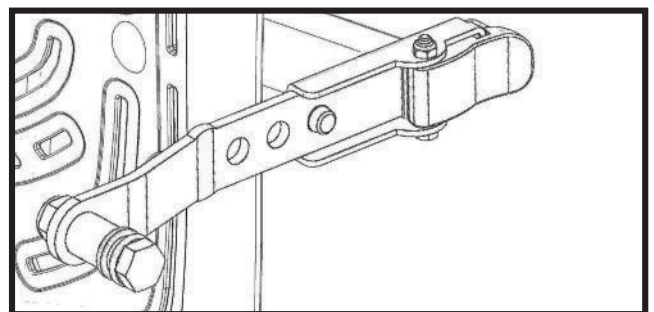


Figure 8

STEP 3

ASSEMBLE TABLE BED TO A-FRAME

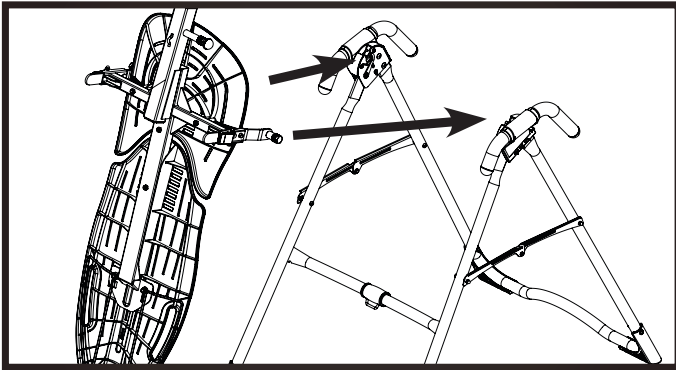


Figure 9

Figure 9: 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.

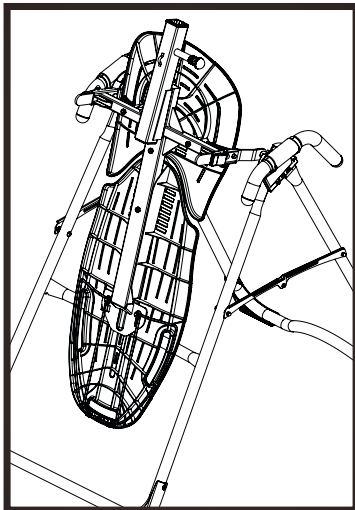


Figure 10

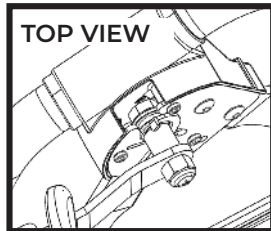


Figure 11a

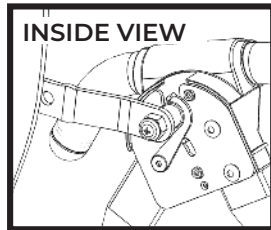


Figure 11b

Figure 10: 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 11a & 11b: 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!

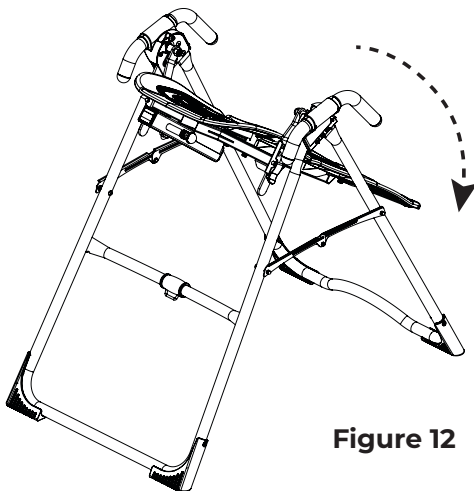


Figure 12

Figure 12: Rotate the Table Bed so that it is facing up. Ensure that it rotates smoothly.

See also Image A on Page 10 to ensure misassembly has not occurred.

STEP 4

ASSEMBLE MAIN SHAFT TO TABLE BED

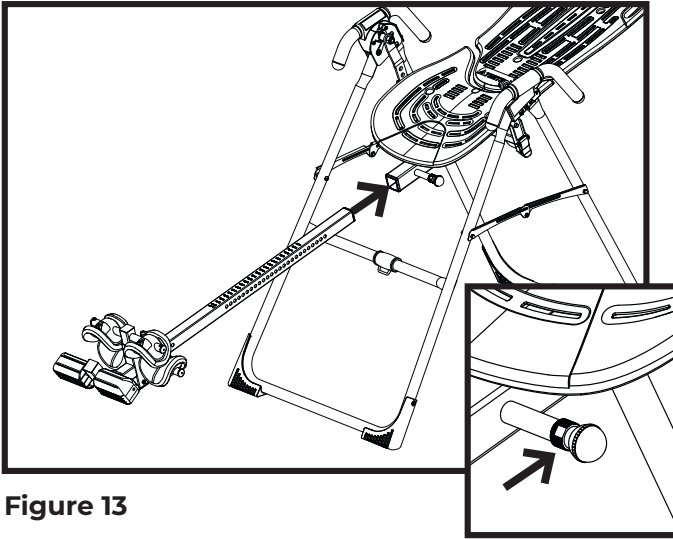


Figure 13

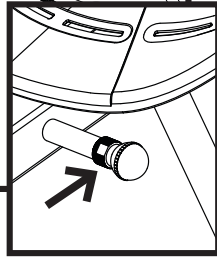


Figure 13a

Figure 13: 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 13a: 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.

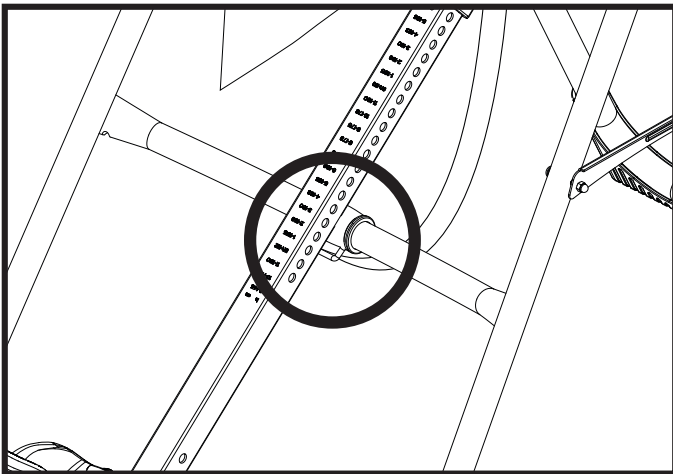


Figure 14

Figure 14: 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.

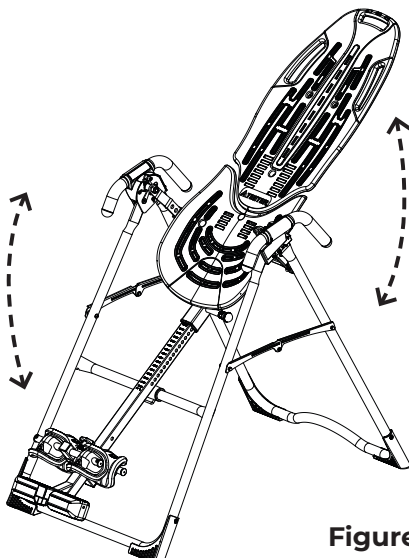


Figure 15

Figure 15: 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.

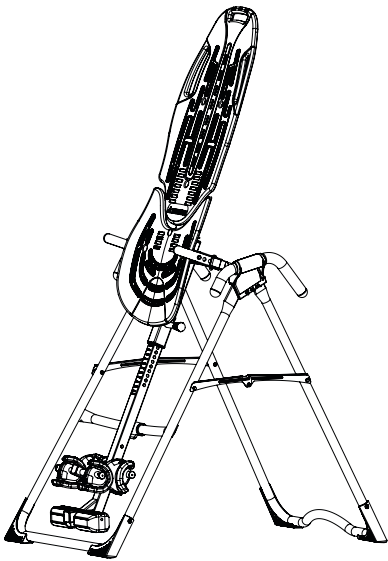


Image B

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.

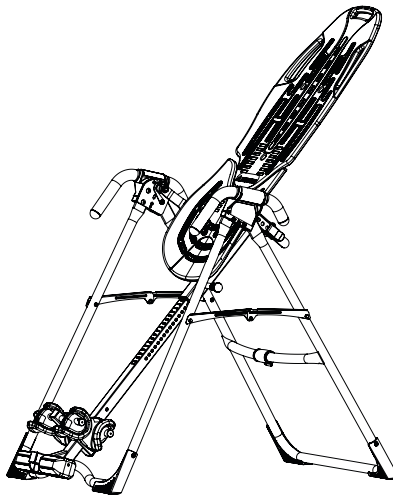
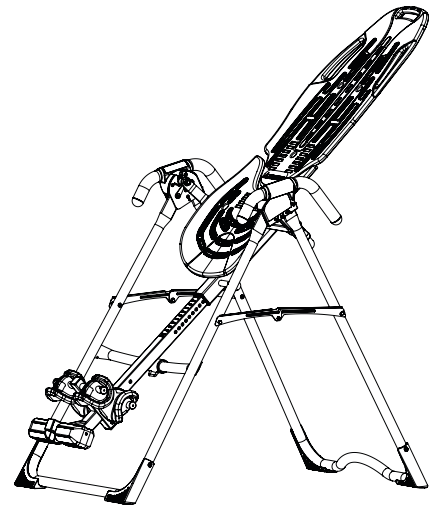


Image C

Proceed to Step 5.

Shows correct assembly.



STEP 5

ATTACH ANGLE TETHER & HEAD PILLOW

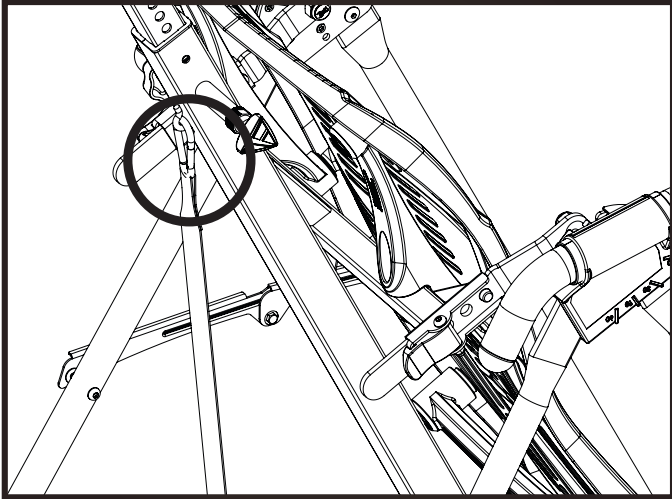


Figure 16

Attach Angle Tether

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

Figure 16: 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.

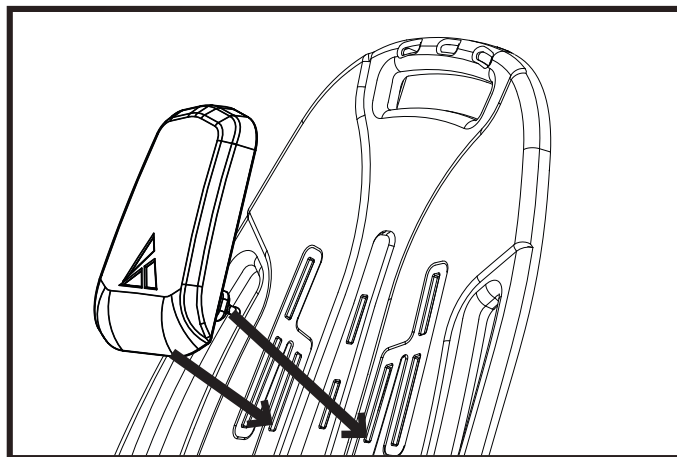
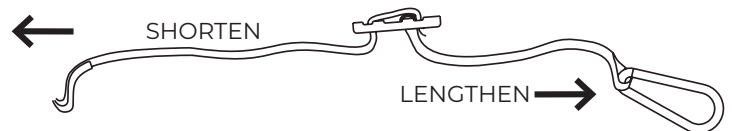


Figure 17

Attach Head Pillow

Figure 17: 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 6

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



Figure 18

Figure 19: 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 19

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 20: 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 20

STEP 7

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 21

Figure 21: 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 22

Figure 22: 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 23

Use Instructions

Figure 23: 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 24 & 24a: 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!

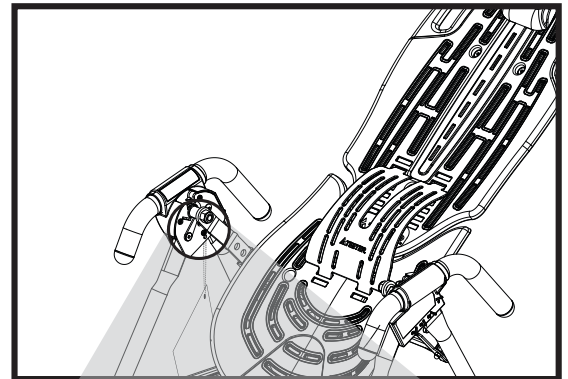


Figure 24

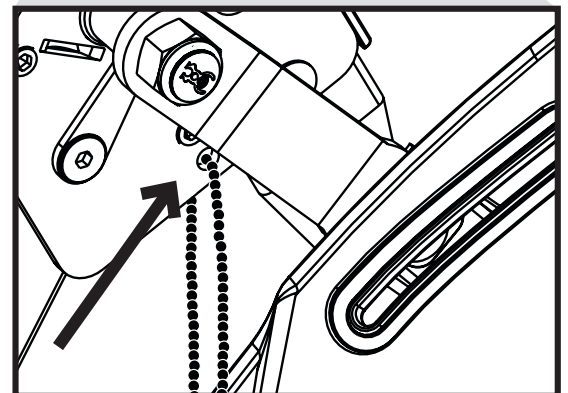


Figure 24a

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.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. This warranty shall be governed by the laws of the State of Washington, USA. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. This warranty and any controversy or claim arising out of this warranty or its interpretation shall be governed by the laws of the State of Washington, USA. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter's principal place of business.

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

 Dealer Name

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

Step 2

Go online to teeter.com to register your warranty.

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.



TERMS & CONDITIONS OF PURCHASE

YOUR PURCHASE IMPLIES AGREEMENT TO THE FOLLOWING TERMS, which were made available to you prior to purchase via Teeter-owned web properties (including but not limited to teeter.com and forwarding URL's like tryteeter.com and tryfreestep.com) ("Sites) or by contacting Teeter Customer Service. Your purchase signifies your agreement to all terms, conditions, and notices contained or referenced herein. If you do not agree to these Terms of Use ("Terms"), you may return the product (unopened and unused), for a refund in accordance with the Teeter Return Policy within 60 days of your first order of any Teeter products. THESE TERMS CONTAIN AN ARBITRATION AGREEMENT AND CLASS ACTION WAIVER. READ THEM CAREFULLY, BECAUSE THEY AFFECT YOUR LEGAL RIGHTS.

The terms and conditions marked with a * only apply to purchases made direct from Teeter (via phone or Sites). If your purchase was made through a Teeter Authorized Dealer, the * terms and conditions are dictated by that dealer.

CONTACT INFORMATION: Teeter is authorized to use any phone number you provide to contact you for account maintenance and billing purposes.

OUR GUARANTEE*: All of our products carry a specific money-back guarantee starting from the date that the product is delivered to you. Please review the information provided with your product for specific details. For information regarding product returns, please review our Return Policy below.

Teeter also offers a 30-Day Price Match Guarantee. If at any time within 30 days of placing your order, you find the same, new-condition model advertised in print or online by a Teeter authorized dealer for a lower price, send Teeter customer service a copy of the ad (dated and published within 30 days of placing your order) and they will either adjust your future payments for the new price or refund you the difference.

SHIPPING*: Unless otherwise noted, Teeter will use commercially-practical efforts to ship products within a reasonable time after receipt of your properly completed order. Although Teeter may provide delivery or shipment timeframes or dates, you understand that those are good-faith estimates and may be subject to change. You further understand that product availability may be limited and particular products may not be available for immediate delivery, in which case the products will be delivered when they become available. Teeter shall not be liable for any loss, damage, cost, or expense related to any delay in shipment or delivery.

AUTOMATIC RENEWAL / AUTO-SHIP PROGRAMS*: With regards to any product made available to you on an auto-renew or monthly (or other period) subscription as sold through the Site or otherwise (including any free trial product) (the "Product"), the default term of our agreement shall be for so long as we make the Product available to you. IF YOU HAVE PROVIDED US WITH A VALID CREDIT CARD NUMBER OR AN ALTERNATE PAYMENT METHOD, YOUR SUBSCRIPTION WILL BE AUTOMATICALLY RENEWED (AND CHARGED TO THE ACCOUNT YOU HAVE PROVIDED) FOR ANOTHER TERM AT THE EXPIRATION OF YOUR CURRENT TERM, WHENEVER LOCAL REGULATIONS ALLOW, FOR A FEE NO GREATER THAN OUR THEN-CURRENT PRICE, EXCLUDING PROMOTIONAL AND DISCOUNT PRICING.

The new term will be for the same duration as the expired term unless otherwise specified at time of renewal. This renewal will be processed (and your card charged) within 30 days prior to the expiration of the term and each period thereafter. IF YOU DO NOT DESIRE TO HAVE YOUR SUBSCRIPTION AUTOMATICALLY RENEWED, YOU MUST, PRIOR TO THE EXPIRATION OF YOUR SUBSCRIPTION TERM, INFORM US OF YOUR INTENTION NOT TO RENEW YOUR SUBSCRIPTION TO THE PRODUCT BY CALLING OUR CUSTOMER SERVICE.

You must provide current, complete, and accurate information for your billing account. You are responsible for ensuring this information is correct and must promptly update all information to keep your billing account current, complete, and accurate (such as a change in billing address, credit card number, or credit card expiration date). You must promptly notify us if your credit card is canceled (for example, for loss or theft). Changes to such information can be made by contacting Customer Service.

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

RETURNS*: If you wish to return your purchase, contact Teeter Customer Service and request a Return Authorization within 60 days (or within 30 days if wish to avoid your first monthly payment if paying in installments), then follow the preceding return instructions. When an item is returned, the refund and how the refund is issued may differ based on the condition of the item, the timeframe, and how the item was purchased. Teeter offers a 60-day return window (from the date item is received) to return the product for a full refund (less return shipping and trial fee, if applicable). Returns are allowed past the return window up to 90 days after receipt for partial credit of the original purchase price (see below). The customer is responsible for the cost of shipping the product back to Teeter unless the product is defective, in which case Teeter must be given the opportunity to offer warranty service or replace the product.

If You Return:	You'll Receive:
Item(s) in original condition within the return window (60-days from receipt after delivery)	100% of the item's price [^] (less trial fee and shipping & handling if applicable)
Item(s) in original condition past the return window (61-90 days. No returns are accepted past 90 days)	80% of the item's price [^] (less trial fee and shipping & handling if applicable)
Items that are returned damaged, missing parts, not in the original condition, or have obvious signs of use (reasons not due to a Teeter error)	Up to 50% of the item's price

[^] 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.

Returns must have a valid Return Merchandise Authorization (RMA) number issued by Teeter. If merchandise delivery is refused without inspection, the refund will be for the purchase price, less all shipping charges (original and return) and trial fees. The product must be returned in original condition undamaged with all parts and support materials in its original carton. Refunds are for product only and do not include any processing fees, trial fees, shipping or handling fees. Freight on refused deliveries will be deducted from the credit. All return shipping charges must be prepaid; C.O.D. deliveries are not accepted. It is recommended that you acquire shipment tracking and insurance for the entire value of your product. We do not assume responsibility for merchandise damaged or lost during transit. Refunds are issued after a product is received and inspected; processing can take up to ten (10) days. For products on a multi-payment plan, payments will continue to charge to the credit card on file until the product is received and processed at our warehouse. Refunds, including gift returns, are made in the same form as the original payment for purchase. Please allow up to eight (8) weeks for your bank or credit card company to post this refund on your statement. Merchandise returned without a valid RMA number or in violation of this policy will not qualify for a refund. Teeter will discard the product and the customer will be responsible for any remaining payment due.

All shipments leave the Teeter warehouse in good condition. Any damage, shortages, or product lost in transit should be reported to Teeter within fourteen (14) days.

PRODUCT DESCRIPTIONS AND PRICING*: For questions about Teeter products or services, or for questions about orders placed through the Sites or otherwise, please contact Teeter Customer Service at 800-847-0143 or email at info@teeter.com.

Teeter and its affiliates attempt to be as accurate as possible. However, Teeter does not warrant that product descriptions or other content is accurate, complete, reliable, current, or error-free. If a product offered by Teeter itself is not as described, your sole remedy is to return it in unused condition.

In ordering products, you agree to provide only true, accurate, current, and complete information. You hereby certify that any e-mail account you provide to Teeter is registered to you. Teeter reserves the right to bar your access to and use of the Sites or further business transactions if it has reasonable grounds to believe that you have provided untrue, inaccurate, not current, or incomplete information to Teeter. You agree that if you are ordering or purchasing products on behalf of a company, that you have sufficient authority to bind that company to the Terms. You agree that your placement of an order is sufficient to satisfy the Statute of Frauds, and no further writing is required.

All prices are quoted in U.S. dollars. Teeter may prohibit delivery to addresses outside the United States and Canada. Teeter will add shipping and handling fees and applicable sales/use tax. Products are available while supplies last. Descriptions of, or references to, products not owned by Teeter do not imply endorsement of that product, or constitute a warranty, by Teeter.

TAXES: For current sales tax collection information, go to teeter.com/support/tax-disclaimer.

DISPUTE RESOLUTION BY INDIVIDUAL BINDING ARBITRATION: You and Teeter agree that any dispute between us (including disputes against any agent, employee, subsidiary, affiliate, predecessor in interest, successor, or assign of the other) relating to the Sites; any transaction or relationship between us resulting from your use of the Sites; the purchase, order, installation, or use of Teeter products or services; or communications between us; will be resolved exclusively and finally by binding arbitration and the arbitration decision may be enforced and judgment entered thereon in any court of competent jurisdiction. You and Teeter further agree that this arbitration agreement is made pursuant to a transaction involving interstate commerce and shall be governed by the Federal Arbitration Act (“FAA”), and not by any state law concerning arbitration. You and Teeter further agree that any determination regarding the applicability, enforceability, or validity of this arbitration agreement will be made by the arbitrator, not by any court. **BY AGREEING TO THIS ARBITRATION AGREEMENT, YOU ARE GIVING UP YOUR RIGHT TO GO TO COURT, INCLUDING YOUR RIGHT TO A JURY TRIAL.** In arbitration, a dispute is resolved by a neutral arbitrator or panel of arbitrators, rather than by a judge or jury. Arbitration is more informal; however, an arbitrator can award the same relief that a court can award. The arbitration will be administered by the American Arbitration Association (“AAA”), and conducted under AAA’s Commercial Arbitration Rules and the Supplementary Procedures for Consumer Related Disputes (collectively, the “AAA Rules”) then in effect at the time of the dispute. You may obtain copies of the AAA Rules and forms and instructions for initiating arbitration by visiting the AAA website at www.adr.org, or by calling AAA at 800-788-7879. If you initiate arbitration, Teeter will promptly reimburse you for any standard filing fee which may have been required under AAA’s Procedures once you have notified Teeter in writing and provided a copy of the arbitration proceedings. However, if Teeter is the prevailing party in the arbitration, applicable law may allow the arbitrator to award attorneys’ fees and costs to Teeter. If for any reason the AAA is unavailable, the parties shall mutually select another arbitration forum. There shall be no right or authority for any claim to be arbitrated on a class action basis or in a purported representative capacity. No claim submitted to arbitration is heard by a jury or may be brought as a private attorney general. You do not have the right to act as a class representative or participate as a member of a class of claimants with respect to any claim submitted to arbitration. The arbitrator may not consolidate more than one person’s claims against Teeter and may not preside over any kind of representative or class proceeding against Teeter. You acknowledge that this class action waiver is material and essential to the arbitration of any disputes between the parties and is nonseverable from the agreement to arbitrate claims. If any portion of this class action waiver is limited, voided, or cannot be enforced, then the parties’ agreement to arbitrate shall be null and void. **YOU UNDERSTAND THAT BY AGREEING TO THIS CLASS ACTION WAIVER, YOU MAY ONLY BRING CLAIMS AGAINST US IN AN INDIVIDUAL CAPACITY AND NOT AS A PLAINTIFF OR CLASS MEMBER IN ANY PURPORTED CLASS ACTION OR REPRESENTATIVE PROCEEDING. IF YOU DO NOT AGREE TO THIS ARBITRATION AGREEMENT AND CLASS ACTION WAIVER, YOU MUST TELL US IN WRITING, NOT USE THE SITES OR TEETER PRODUCTS, AND RETURN THE PRODUCT (UNOPENED AND UNUSED) FOR A REFUND IN ACCORDANCE WITH THE TEETER RETURN POLICY WITHIN 30 DAYS OF YOUR FIRST ORDER OF ANY TEETER PRODUCTS.**

INDEMNIFICATION: NOT ALL HEALTH AND FITNESS PROGRAMS/PRODUCTS ARE SUITABLE FOR EVERYONE AND THIS OR ANY PRODUCT MAY RESULT IN INJURY. CONSULT YOUR DOCTOR BEFORE UTILIZING THIS OR ANY HEALTH OR FITNESS-RELATED PROGRAM/PRODUCT.

To reduce the risk of injury, read and understand the User Guide and/or all accompanying product support before use. If you experience pain or discomfort during use, stop immediately and consult your doctor.

You hereby fully release and agree to indemnify and hold harmless Teeter, its parents, subsidiaries, affiliates, successors, assigns, and their respective officers, directors, members, shareholders, employees, agents, and suppliers from any claim, action, demand, loss, or damages (including attorneys’ fees) arising out of or relating to your use of the Sites, the products, exercises, instructions, or advice on the Sites, or your violation of these Terms or the rights of any third party in connection with the foregoing.

Although Teeter strives to prevent the introduction of viruses and other malware to this Site, Teeter does not warrant, guarantee, or make any representation that the Sites are free of destructive materials. Further, Teeter does not warrant or guarantee that access to this site will be uninterrupted, timely, secure, or error-free, or that defects, if any, will be corrected.

DISCLAIMER OF WARRANTY AND LIMITATION OF LIABILITY FOR USE OF WEBSITE, IF APPLICABLE: The information, products and services on the Teeter Sites are provided on an “AS IS,” and “AS AVAILABLE” basis. Teeter does not warrant the information or services provided herein or your use of the Sites generally, either expressly or impliedly, for any particular purpose and expressly disclaims any implied warranties, including but not limited to, warranties of title, non-infringement, merchantability or fitness for a particular purpose. Teeter will not be responsible for any loss or damage that could result from interception by third parties of any information or services made available to you via the Sites. Although the information provided to you on the Sites is obtained or compiled from sources we believe to be reliable, Teeter cannot and does not guarantee the accuracy, validity, timeliness or completeness of any information or data made available to you for any particular purpose. Neither Teeter nor any of its parents, subsidiaries, affiliates, successors, assigns, and their respective officers, directors, members, shareholders, employees, agents, suppliers, nor any third party vendor, will be liable or have any responsibility of any kind for any loss or damage that you incur in the event of any failure or interruption of the Sites, or resulting from the act or omission of any other party involved in making the Sites, the data contained herein or the products or services offered on the Sites available to you, or from any other cause relating to your access to, inability to access, or use of the Sites or these materials, whether or not the circumstances giving rise to such cause may have been within the control of Teeter or of any vendor providing software or services. In no event will Teeter or any such parties be liable to you, whether in contract or tort, for any direct, special, indirect, punitive, consequential or incidental damages, attorney fees, or any other damages of any kind even if Teeter or any other such party has been advised of the possibility thereof. This limitation on liability includes, but is not limited to, the transmission of any viruses which may infect a user’s equipment, failure of mechanical or electronic equipment or communication lines, telephone or other interconnect problems (e.g., you cannot access your internet service provider), unauthorized access, theft, operator errors, strikes or other labor problems or any force majeure. Teeter cannot and does not guarantee continuous, uninterrupted or secure access to the Web site.

COPYRIGHT: All content included on Teeter Sites, product, and product support, including design, product descriptions, and multimedia content, is the property of Teeter or its content suppliers and protected by United States and international copyright laws.

TRADEMARKS: Teeter, Teeter Move, FitSpine, FitForm, Power 10, DEX, Flex Technology, EZ-Up, “Feel Better, Move Better, Live Better”, “Better Back, Better Body” and other Teeter trademarks and service marks referenced on Sites or in commerce are registered by Teeter. The names of other companies and marks used on third-party products or services mentioned herein may be registered trademarks and service marks or trademarks and service marks of their respective companies and/or owners.

You are prohibited from using our trademarks (and any third-party trademarks) for any purpose including, but not limited to use as meta tags on other pages or sites on the World Wide Web without the written permission of Teeter or such third party, which may own the marks.

PRIVACY POLICY*: Users of Teeter Sites should refer to the Teeter online Privacy Policy for information about how Teeter uses and collects information. You agree that Teeter may disclose your personal information to a third party if Teeter believes in good faith that the law or legal process requires it, to protect the rights or property of Teeter or others, or as otherwise described in the Teeter Privacy Policy at teeter.com.

JURISDICTION: These Terms, as well as the Privacy Policy for the Sites, and any dispute that may arise between you and Teeter, shall be governed by and construed in accordance with the laws of the State of Washington, U.S.A., without regard to conflict of laws principles.

Unless otherwise specified herein, these Terms and the Site’s Privacy Policy constitute written agreements between you and Teeter and supersedes all prior or contemporaneous communications and proposals (whether oral, written, or electronic) between you and Teeter. A printed version, and of any electronic notices pertaining to the same, shall be admissible in a judicial or administrative proceeding to the same extent, and subject to the same restrictions, as any other contract, document or record originally in printed form.

If any provision of these Terms shall be deemed unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from these Terms and shall not affect the validity and enforceability of any remaining provisions.

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 at

800-847-0143 | **info@teeter.com**



Any modification to this device will void the UL Listing.



Medical Device Safety Service GmbH
Schiffgraben 41
30175 Hannover
Germany
Tel. +49 511 62628630



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.

U.S. and Foreign Patents Apply. Teeter and Teeter logo are registered trademarks of Teeter. Specifications subject to change without notice.
© COPYRIGHT 2022 Teeter. International Law Prohibits Any Copying. E61721 1222-0