

GET STARTED

Assemble Your FitSpine® FX-3™ Premium Inversion Table

For gravity-assisted stretching and decompression

Read or Watch

Follow along with these
instructions or scan to watch
the Assembly Instructions video.



WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of a Teeter FitSpine® Inversion Table!

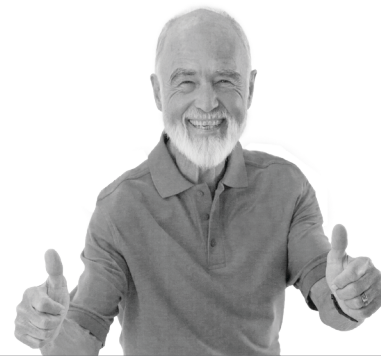
For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the User Guide attached to the equipment before inverting. Teeter Decompression Devices are multiple user, reusable medical devices for home use, intended to provide traction to the spine 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:



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



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

-Roger Teeter



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

Stretch-and-Grip™ A-Frame Base Assembly

E61100B	A-Frame
F51114	EZ Angle Tether (X2, X3) pre-assembled to A-Frame

FitSpine® Table Bed Assembly

EX1300B	FitSpine® FlexTech™ Table Bed
HK1010	FitSpine® Table Bed Hardware Kit

Product Support

FX3041	User Guide pre-assembled to A-Frame
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Handle Assembly

E61520B	Stretch Max™ Handles (2)
HK1008	Handle Assembly Hardware Kit

ITEM NO. ITEM NAME

Roller Hinge Assembly

TR1003B	3-Hole Roller Hingesw/ Traction Handles (2)
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Main Shaft Assembly

EX1620B	Deluxe EZ-Reach™ Ankle Lock System
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Tools Provided for Assembly

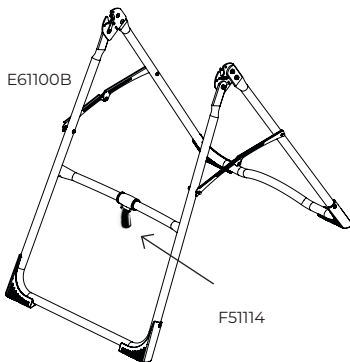
IA1149	5mm Allen Wrench (1)
EP1128A	6mm Allen Wrench (1)
F51088	Open-Ended Wrench (1)

Optional Accessories

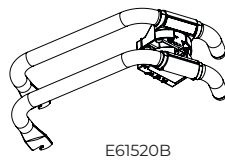
EX1350	Lumbar Bridge
EX1370	Acupressure Nodes
EX1810	Head Pillow

Stretch-and-Grip™ A-Frame Base Assembly

with pre-assembled EZ Angle Tether



Handle Assembly Use with Handle Assembly Hardware Kit (HK1008)



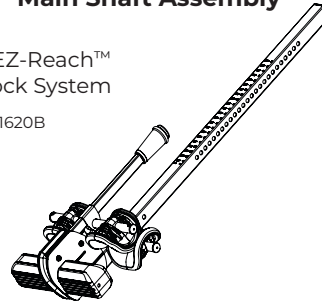
Roller Hinge Assembly



Main Shaft Assembly

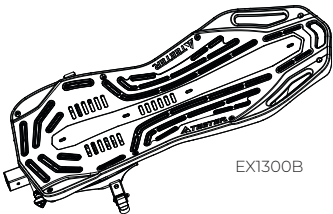
Deluxe EZ-Reach™
Ankle Lock System

EX1620B

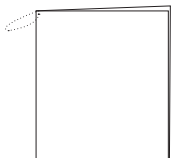


FitSpine® Table Bed Assembly

Use with Table Bed Hardware Kit (HK1010)



Product Support



User Guide
FX3041

Tools Provided for Assembly



5mm Allen Wrench
IA1149



6mm Allen Wrench
EP1128A

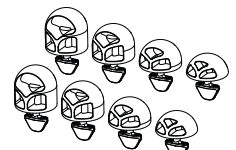


Open-Ended Wrench
F51088

Included Accessories



Lumbar Bridge
EX1350



Acupressure Nodes
EX1370

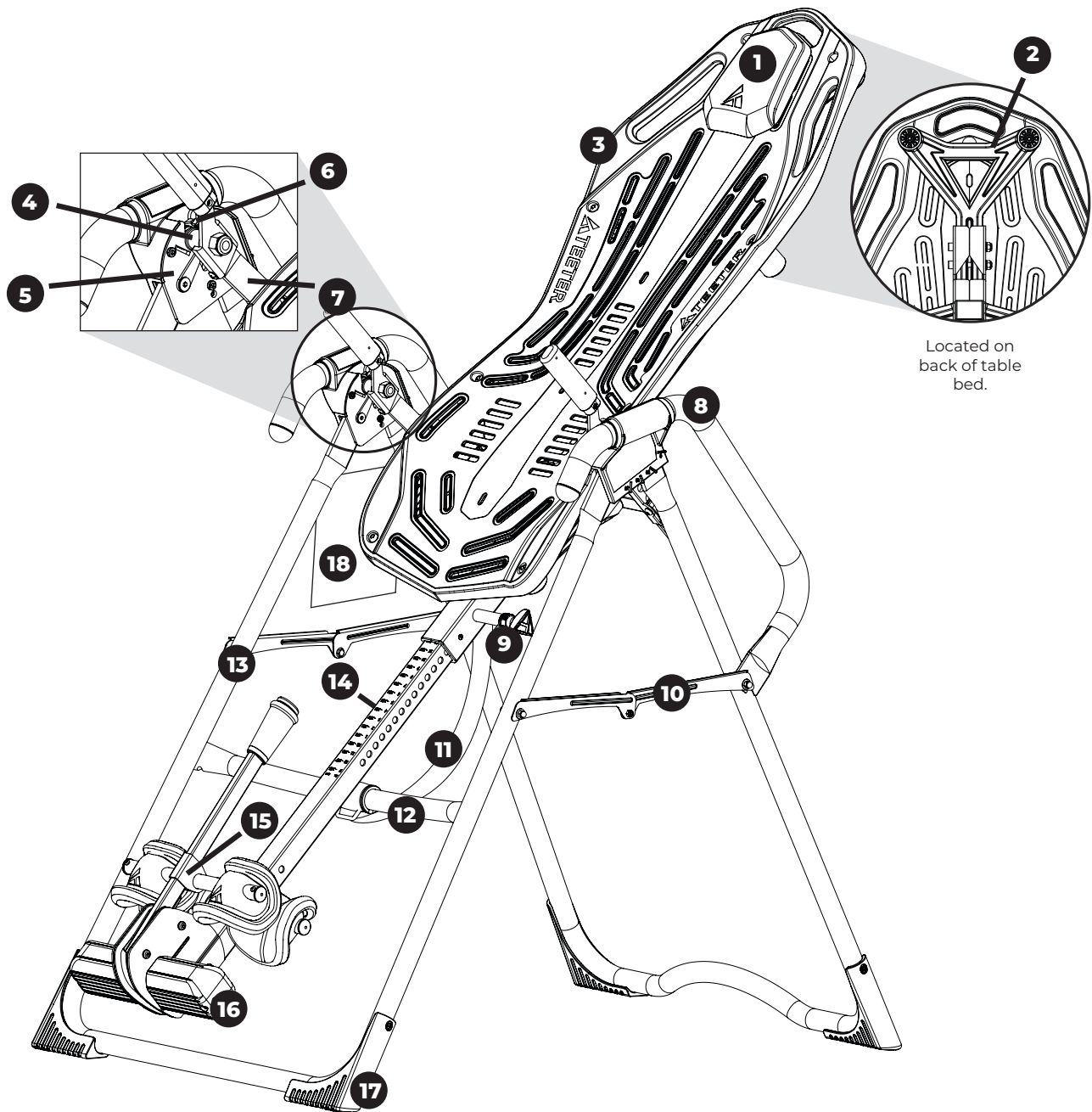


Head Pillow
EX1810

Items not shown to scale.

A GUIDE TO YOUR INVERSION TABLE

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



* Specifications may vary from this image and are subject to change without notice.

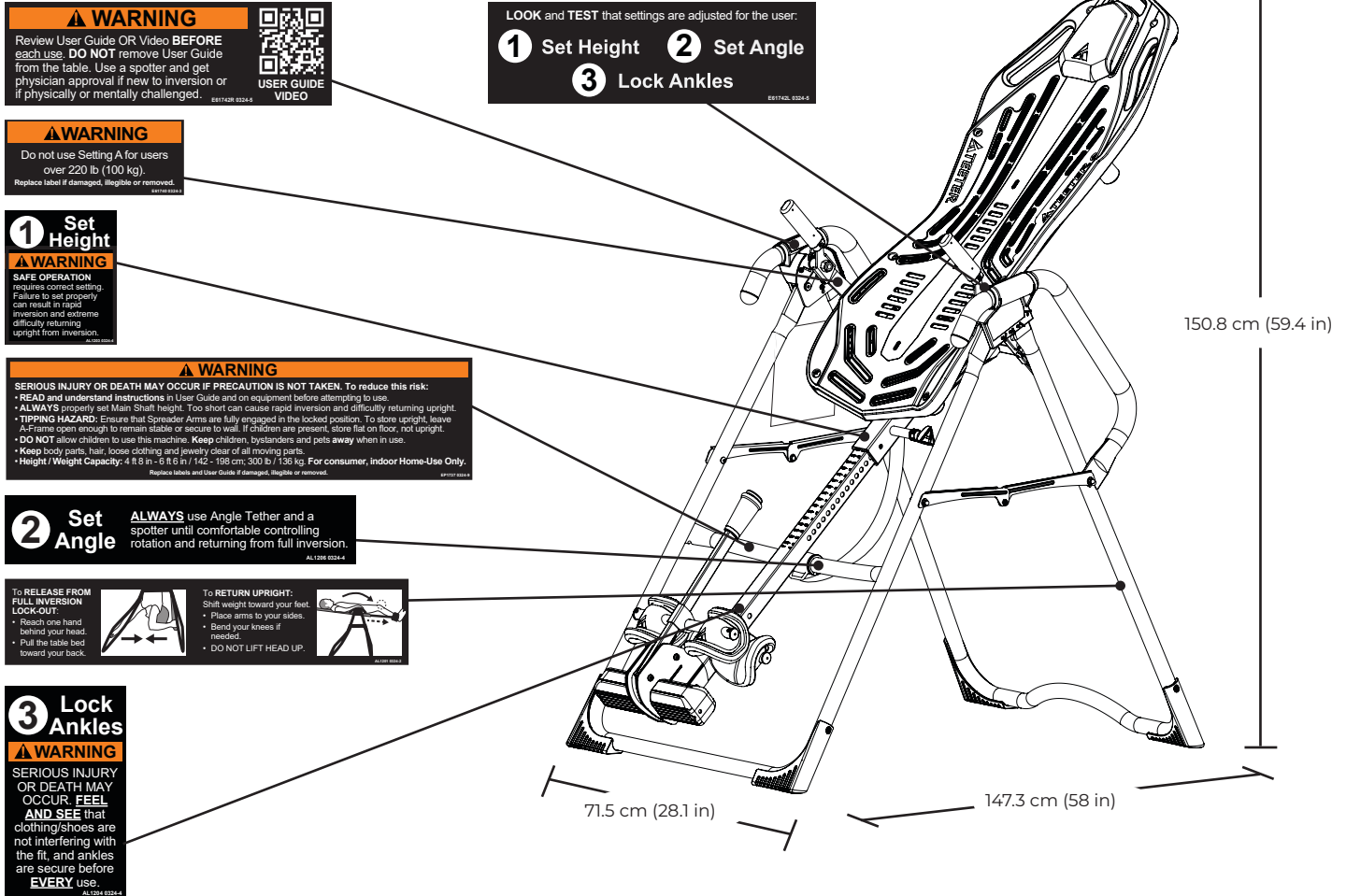
Parts & Components

- | | | | | | |
|---|--------------------|----|-----------------------------------|----|-------------------------|
| 1 | Head Pillow | 7 | Roller Hinges w/ Traction Handles | 13 | A-Frame |
| 2 | Upper Support Arms | 8 | Handles | 14 | Main Shaft |
| 3 | FitSpine 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 | EZ 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 (image and labels below not shown at actual size). If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.



Assembled Non-Use Dimensions: 147.3 x 71.5 x 150.8 cm / 58 x 28.1 x 59.4 in

Maximum In-Use Dimensions: 205.7 x 71.5 x 219.7 cm / 81 x 28.1 x 86.5 in

Storage Dimensions: 50.8 x 71.5 x 167.6 cm / 20 x 28.1 x 66 in

Inversion Table Only Weight (approx.): 29.8 kg / 65.8 lb

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 manuals. They are labeled to correspond with the assembly process.

STEP 1 ASSEMBLE HANDLES TO A-FRAME

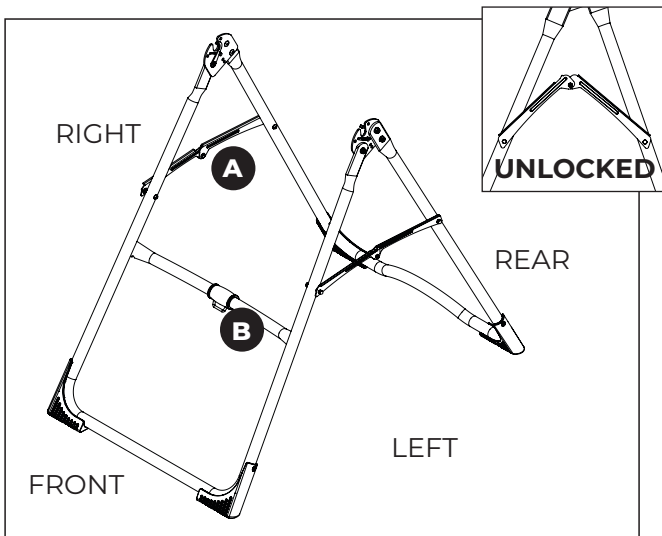


Figure 1 A - Spreader Arms B - Crossbar

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.

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.

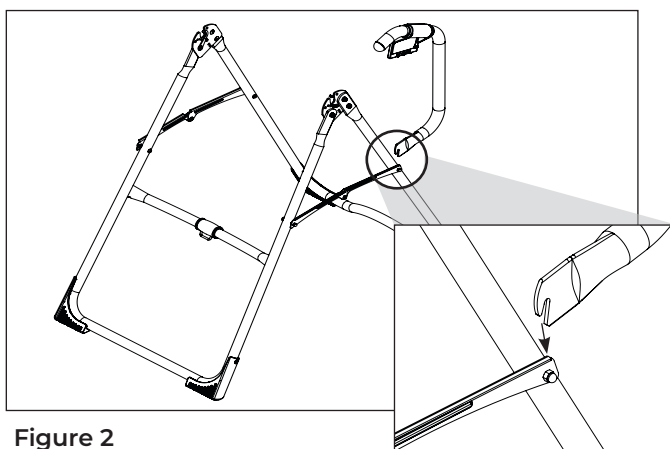


Figure 2

Figure 2a

Locate the Handle Assembly Hardware Kit (HK1008).

Figure 2 & 2a: Determine the left or right handles, marked with an embossed L / R on the inside of the black plastic part of each handle.

Position the lower handle portion of the corresponding handle (left / right) at the rear junction of the A-frame leg and Spreader Arm. The Lower Handle Bolt with Spacer has been assembled loosely so that you will be able to seat the U-shaped portion of the lower handle over the Spacer in between the Spreader Arm and the A-frame leg. Do not tighten the bolt yet.

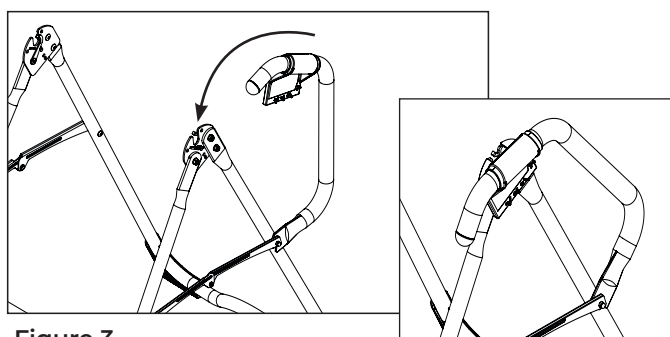


Figure 3

Figure 3a

Figure 3 & 3a: Keeping the lower handle portion seated onto the Spacer, align the upper handle portion's black plastic part over the outside edge of the Hinge Plate on the A-Frame.

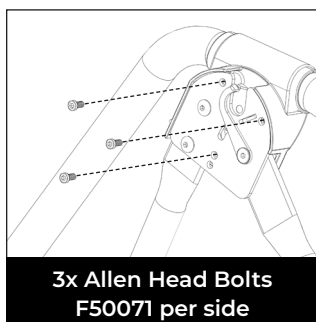


Figure 4

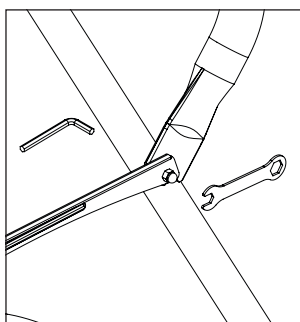


Figure 5

Figure 4: Insert and loosely hand-tighten three of the Allen Head Bolts through the Hinge Plate into the handle.

Figure 5: Now tighten the Lower Handle Bolt using the 5mm Allen Wrench and Open Wrench provided, ensuring that it is fully secured but not over-tightened.

Finally, tighten the Allen Head Bolts for the upper handle using the 5mm Allen Wrench provided.

Repeat these steps on the other handle.

STEP 2

ASSEMBLE TABLE BED

Locate the Table Bed Assembly Hardware Kit (HK1010).

Figure 6: Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with the holes at the base of the Upper Support Arms. You may have to exert extra pressure to ensure that the Support Beam slides over the rubber spacers.

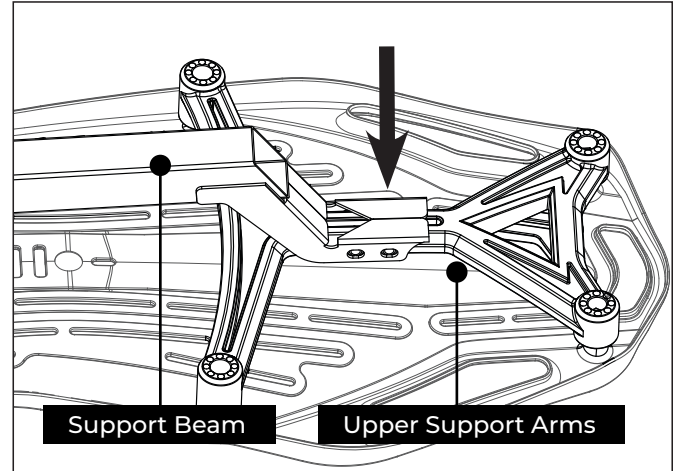


Figure 6

Figure 7: Insert the two Bolts into the open holes.

Thread a Washer and Nut onto each Bolt and hand-tighten.

Using the 6mm Allen Wrench to steady the bolts, tighten the Nuts onto the Bolts with the 10/13mm Open-Ended Wrench.

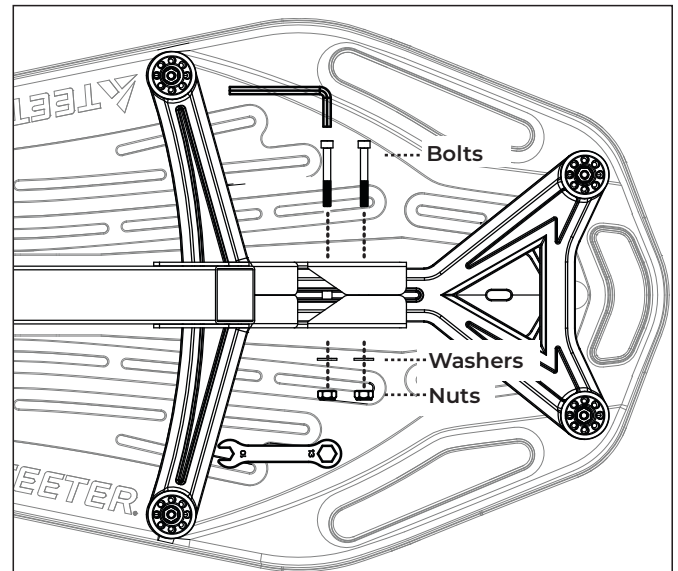


Figure 7

STEP 3

ASSEMBLE ROLLER HINGES TO TABLE BED

Figure 8

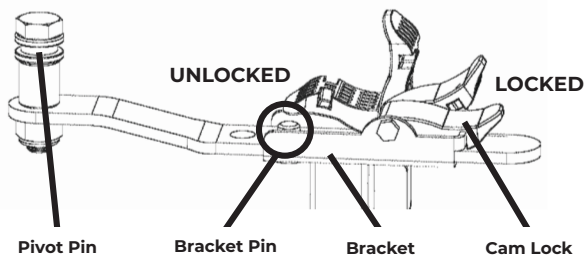


Figure 8: Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms.

⚠ 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 8a

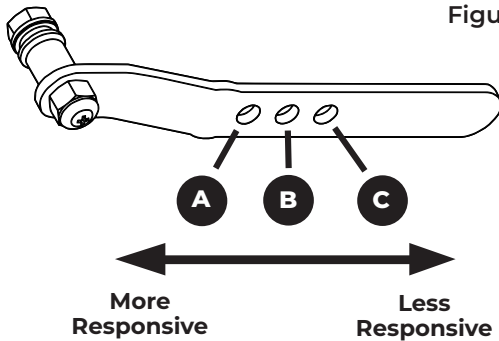


Figure 8a: The Roller Hinges control the responsiveness or rate of rotation of the inversion table. There are three holes; the hole selection depends both on your body weight and your preferred angle of inversion. The “A” setting is the top hole closest to the pivot pin, “B” is the middle hole, and “C” is the bottom hole. Determine your recommended hole selection using the chart below.

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	A
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.

⚠ WARNING

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

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

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.

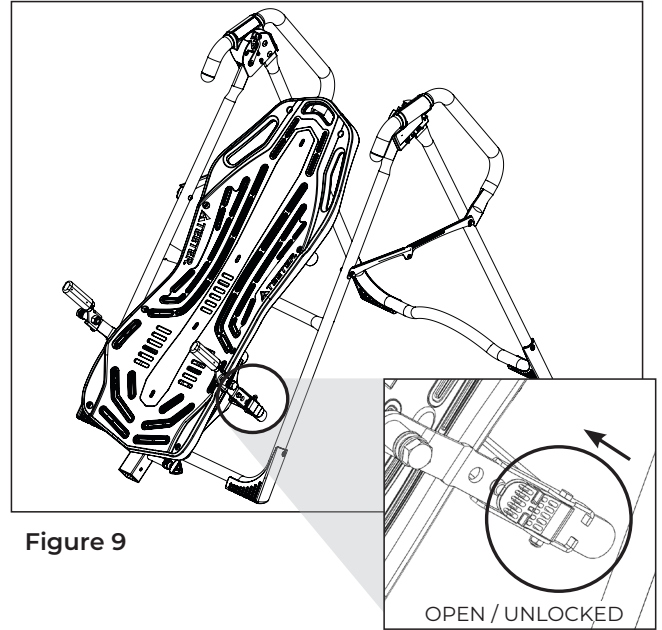


Figure 9

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.

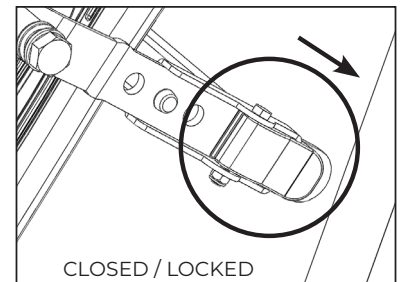


Figure 10

Figure 11: This figure shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. Use your recommended hole selection based on the chart from page 8.

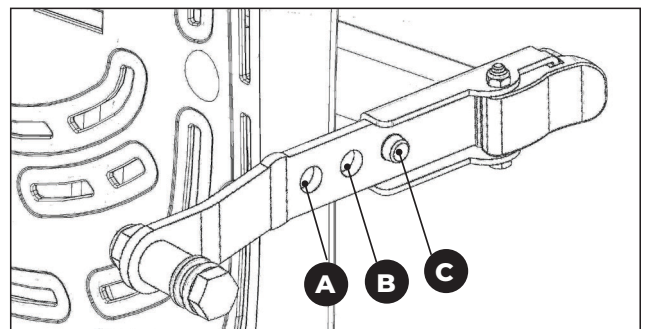


Figure 11

STEP 4

ASSEMBLE TABLE BED TO A-FRAME

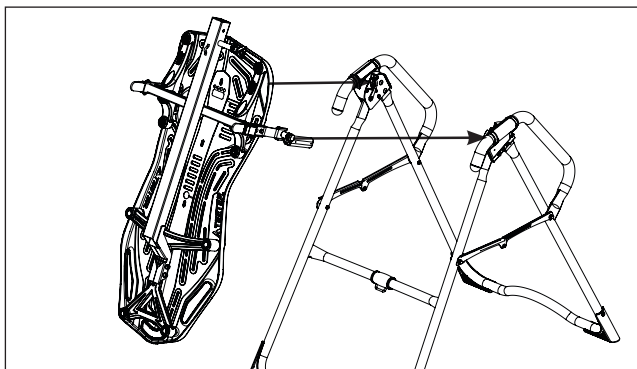


Figure 12

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.

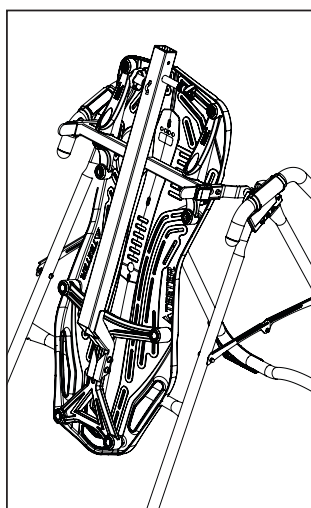


Figure 13

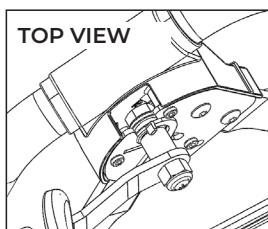


Figure 14a

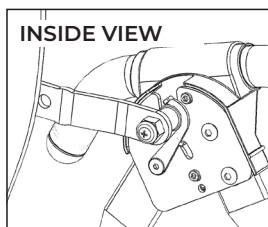


Figure 14b

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!

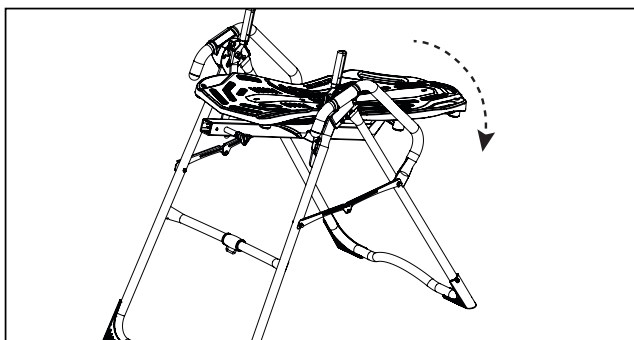


Figure 15

Figure 15: Rotate the Table Bed so that it is facing up. Ensure that it rotates smoothly. See also Image A on Page 12 to ensure misassembly has not occurred.

STEP 5

ASSEMBLE MAIN SHAFT TO TABLE BED

Figure 16: 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 16a: 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.

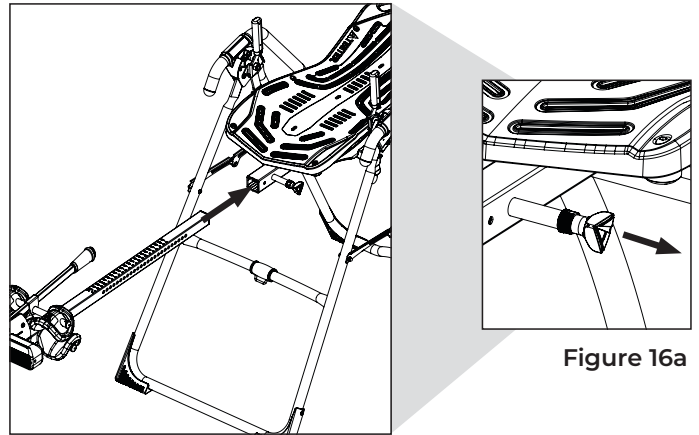


Figure 16

Figure 17: 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.

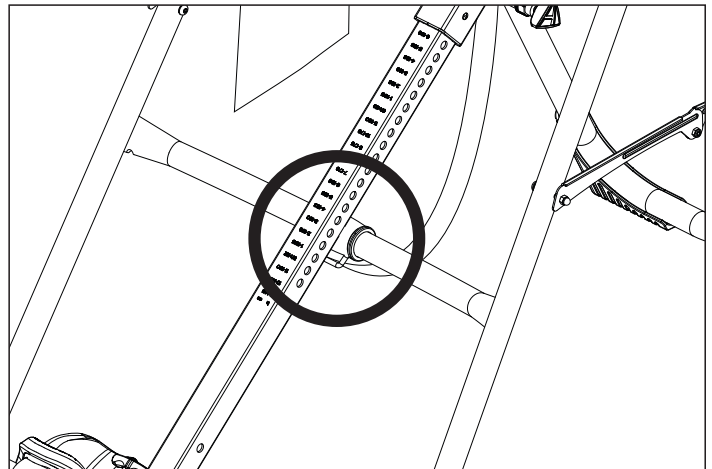


Figure 17

Figure 18: Test the inversion table by hand for smooth and steady rotation and ensure that all fasteners are secure.

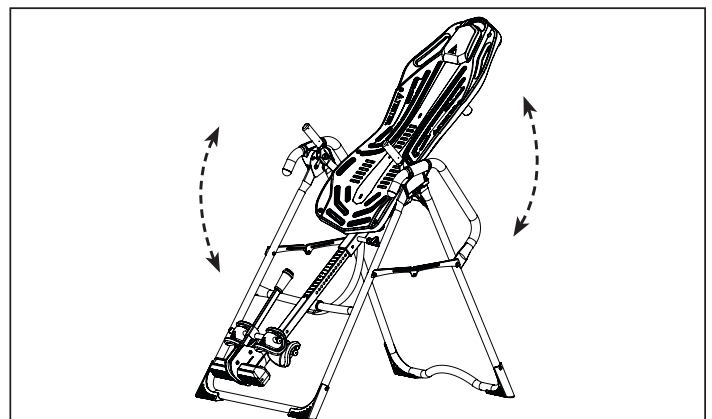


Figure 18

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.

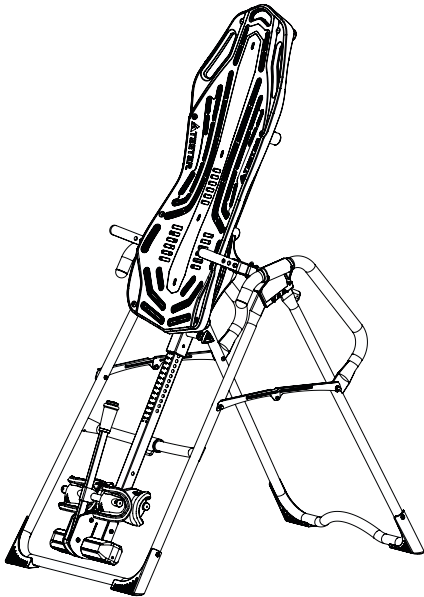


Image B

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.

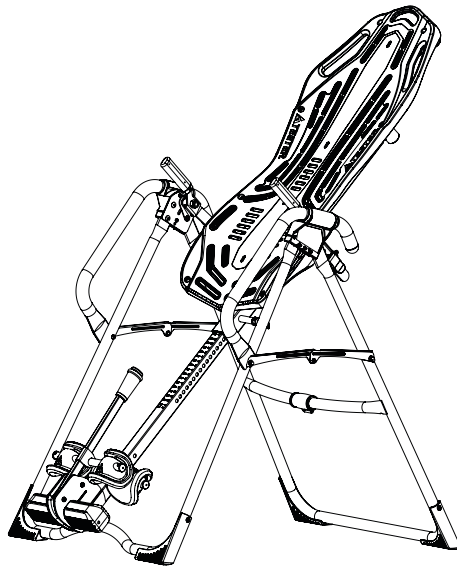
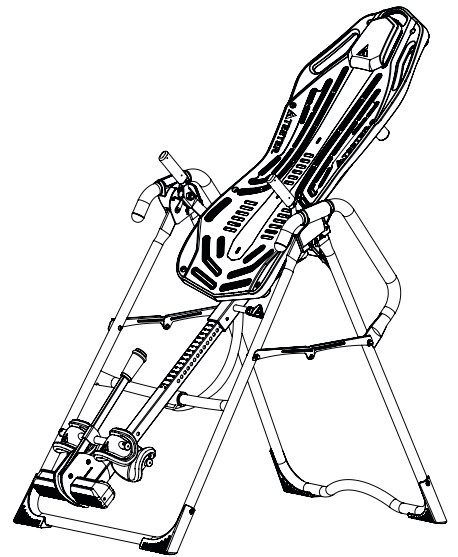


Image C

Proceed to Step 6.

Shows correct assembly.



STEP 6

ATTACH ANGLE TETHER & HEAD PILLOW

Attach Angle Tether

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

Figure 19: 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.

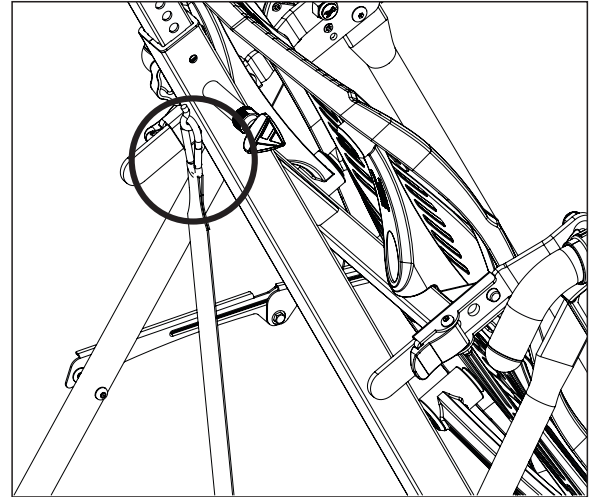
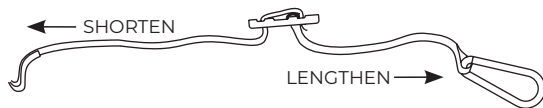


Figure 19

Attach Head Pillow

Figure 20: 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.

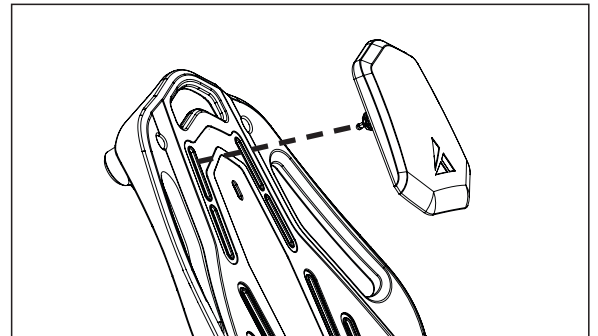


Figure 20

STEP 7

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.



Figure 21

Stabilize the inversion table to prevent rotation during assembly.

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

Figure 21: First, insert the bottom two notches of the bridge into the desired horizontal slots on the lower portion of the Table Bed.



Figure 22

Figure 22: Bend the bridge to the arch height you desire and insert the one top notch into the corresponding slot 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 23

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 23: 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.

STEP 8

ATTACH ACUPRESSURE NODES (OPTIONAL)

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

Figure 24: 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 24

Figure 25: 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 25

Use Instructions

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.



Figure 26

NEXT STEP

Locate User Guide and Get Started with Inversion

Refer to the User Guide attached to your FitSpine FX-3 Inversion Table. This is your step-by-step guide to customizing your user settings for a smooth and effortless inversion experience.

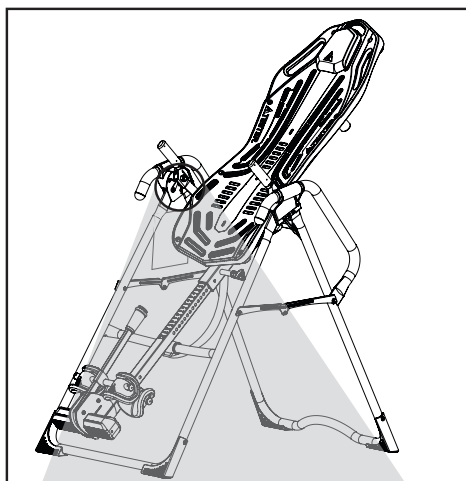


Figure 27

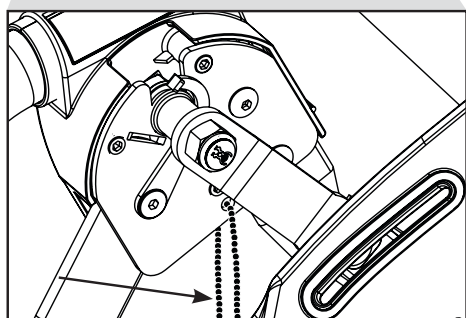


Figure 27a

Ensure User Guide Remains on Product

Figure 27 & 27a: 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!

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.



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HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

Step 2

Go online to teeter.com to register your warranty.

Date of Purchase

Product & Model

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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<u>Item(s) in original condition past the return window (91-120 days. No returns are accepted past 120 days)</u>	<u>80% of the item's price[^] (financing will be refunded and separately charged a restocking fee equal to 20% of the purchase price)</u>
<u>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)</u>	<u>Up to 50% of the item's price (financing will be refunded and separately charged a restocking fee equal to 50% of the purchase price)</u>

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