

USER GUIDE

This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards.



Important Safety Instructions

READ ALL INSTRUCTIONS BEFORE USING GRAVITY BOOTS

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 use. 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.
- **ALWAYS** read and understand the instructions and warnings associated with and accompanying any supplementary equipment, such as Teeter EZ-Up Inversion & Chin-up Rack, Teeter Inversion Table, Adapter Kit, or non-Teeter inversion bars.
- **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 equipment is properly adjusted and tested, and that your ankles are secure before using the equipment. Ensure that the Gravity Boots are snug, close fitting and secure EVERY TIME you use the equipment.
- **ALWAYS** wear securely tied lace-up shoes, such as normal style tennis shoes. **DO NOT** wear clothing or footwear that can interfere with securing the Gravity Boots, such as high-tops or any shoes that extend above the ankle bones.
- **ALWAYS** ensure that the Gravity Boots are put on the correct leg so that the buckle levers are on the outside of the leg, versus on the inside where they can rub against each other and unlatch or sustain potential damage.
- This User Guide covers proper use of the Gravity Boots with Teeter products. **DO NOT** attempt to use the Gravity Boots with other brand inversion tables. If you opt to use the Gravity Boots with other inversion bars, **ALWAYS** ensure the bar meets the diameter, height, and weight requirements for use with Gravity Boots. Failure to do so could result in serious injury or death.
- Gravity Boots are only compatible with certain Teeter model inversion tables (to verify compatibility, go to teeter.com/support). **DO NOT** use with these inversion tables until the standard ankle clamps have been modified with the Adapter Kit.
- **DO NOT** use Gravity Boots with bars over 1.25 in (3.2 cm) in diameter, which will stress the hook and may result in equipment failure.
- **DO NOT** use Gravity Boots with a bar that is not weight tested by two persons with a combined weight equal to or greater than 1.5 times the user's weight hanging from one side of the bar then the other while bouncing vigorously.
- **DO NOT** use Gravity Boots with EZ-Up Rack if you are over 250 lb (113.6 kg). **DO NOT** use Gravity Boots with Teeter Inversion Tables if you are over 300 lb (136 kg) or 6 ft 6 in (198 cm). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** use Gravity Boots on a bar that is not mounted tall enough to allow your head to hang clear of the ground. **ALWAYS** ensure that the EZ-Up Rack upper bar or non-Teeter inversion bar is above the head of the tallest user in the household. **DO NOT** use the equipment at excessive heights more than 10 ft off the ground, above stairs, water, or other unsafe dismount environments.
- When using the Gravity Boots with the EZ-Up Rack or other inversion bars, **ALWAYS** install the EZ-Up Strap to assist with dismount. New users will require the assistance of a spotter possessing the physical strength to lift and return the user to the upright position.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy. If this occurs while inverting, immediately return to the upright position for recovery and eventual dismount by following the dismounting instructions.
- **DO NOT** allow children to use the equipment. Keep children, bystanders, and pets away from the equipment while in use. The equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.
- **DO NOT** modify the equipment or use weights, elastic bands, any other exercise or stretching device or non-Teeter attachments. Utilize the equipment for its intended purpose only as described in these instructions.
- **DO NOT** use aggressive movements, bounce or swing excessively while inverting with the EZ-Up Gravity Boots.
- **DO NOT** exercise to the point of fatigue while inverted, otherwise returning upright or dismounting may be difficult.
- **DO NOT** use in any commercial, rental or institutional setting. Product is intended for indoor, home-use only. **DO NOT** store outdoors.
- **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 and Locking Brackets are secure. **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- 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.

ATTACH USER GUIDE TO INVERSION BAR OR TABLE. REPLACE IF DAMAGED OR REMOVED.

Securing EZ-Up™ Gravity Boots

⚠ WARNING

FAILURE TO PROPERLY SECURE THE ANKLES COULD RESULT IN SERIOUS INJURY OR DEATH! ALWAYS check that the Gravity Boot straps are fully engaged in the strap locks with the Gravity Boots fit snug and close around the smallest part of the ankles. **ALWAYS** wear securely tied, lace-up shoes (like a tennis shoe). **DO NOT** wear boots or any shoe that extends above the anklebone, as this type of footwear could interfere with properly securing your ankles. **ALWAYS** secure the Boots to the correct corresponding leg, so that the buckle levers are on the backside of the leg.



Figure 1



Figure 2

Attach the Calf Loop (for standard-size Gravity Boots only, not XL) by inserting the base of the Calf Loop into slot above the Boot Hook (Figure 1). Hear the Calf Loop snap into place for secure attachment. Repeat on other boot.

Match the **LEFT** and **RIGHT** Gravity Boot to the correct leg (left foot shown). Insert your foot through the Calf Loop (Figure 2).



Figure 3



Figure 4

Wrap the Gravity Boot around the ankle with the strap locks toward the front. Ensure the black tabs under the buckle levers **overlap** the strap lock side (Figure 3).

Insert the strap ends into the strap locks for two clicks, so that one full "v-notch" of the strap is visible on the other side (Figure 4). **DO NOT** fully tighten yet.



Figure 5



Figure 6

Rotate the Gravity Boot so the hook is at the front, with strap locks on the inside. Push to seat the Gravity Boot on top of the foot, around the smallest part of the ankle (Figure 5).

Adjust the straps to a snug, close fit around the ankle. Close the buckle levers so they snap shut completely (Figure 6).



Figure 7

TO RELEASE: Lift up on the buckle lever and push down on the strap lock tab to disengage (Figure 7). Keep buckles latched when not in use.

Every Time You Secure Your Gravity Boots:

Employ the method of **"HEAR, FEEL, SEE, TEST"** every time prior to inverting with the Gravity Boots:

HEAR the strap locks on the Gravity Boots click into place.

FEEL that the Gravity Boots are snug and close-fitting around the smallest part of the ankles.

SEE that the buckles are secured.

TEST the Gravity Boots: Ensure they are snug, close-fitting and secure by holding onto the Calf Loop or top of the Gravity Boot and wiggling and attempting to pull your feet through the Gravity Boots. Ensure that you **CANNOT** slide free from the Gravity Boots each time before attempting to invert.

With Inversion Bar

⚠️ WARNING

ALWAYS ensure the EZ-Up Strap and this User Guide are attached. **ALWAYS** work with a spotter until you are fully confident in your ability to mount and dismount from the inversion bar. **ALWAYS** test the integrity of the door and/or equipment before use. **ALWAYS** ensure the Gravity Boot Hooks are fully seated over the properly-sized bar or you could fall while inverted, resulting in serious injury or death!



Figure 8

IMPORTANT:

Attach and **DO NOT** remove the EZ-Up Strap to your Inversion Bar - this will serve as a handhold if you need assistance returning upright. Pass the large loop through the small loop and tighten until snug (Figure 8).

DO NOT exercise to the point of exhaustion. Work with a spotter to ensure your ability to mount and dismount from the Inversion Bar if needed.

Every Time You Use the Inversion Bar:

SEE that the Inversion Bar is secure. If using the Teeter EZ-Up Rack, the locking brackets must be closed.

SEE that the Inversion Bar does not exceed 1.25 in (3.2 cm). Bars that are too large will stress the hook and could result in equipment failure.

TEST the Inversion Bar before use: Ensure that it is secure by having two people, with a combined weight equal to or greater than 1.5 times the user's weight, hang by their hands from one end (one person each on the Upper Bar and Lower Bar) and bounce several times applying their full weight. Repeat the test on the other end.

Employ the method of **“HEAR, FEEL, SEE, TEST”** on page 2 when securing the Gravity Boots every time prior to inverting.



Figure 9

NOTE: Images shown with the Teeter EZ-Up Inversion & Chin-Up Rack. Mounting and dismounting other Inversion Bars may require that hands and boots hold the same bar.

Mounting:

Grip the Inversion Bar. Swing one leg up and place the sole of your foot onto the bar (Figure 9).

Raise the other leg up and hook the Gravity Boot on the bar. Shift your weight to the leg with the hooked Gravity Boot (Figure 10).

Hook the other Gravity Boot onto the bar (Figure 11). Ensure both boot hooks are fully seated on the Inversion Bar. Slowly lower your body, using the EZ-Up Strap for assistance.

Dismounting:

Grip the Inversion Bar, using the EZ-Up Strap if needed for assistance (Figure 11). Rest for a few seconds while the boots are still hooked.

Shift weight to one leg and unhook the Gravity Boot on the other leg (Figure 10).

Place the sole of that foot on the bar. Unhook the Gravity Boot on the other leg (Figure 9). Lower both feet to the ground in a controlled manner.



Figure 10

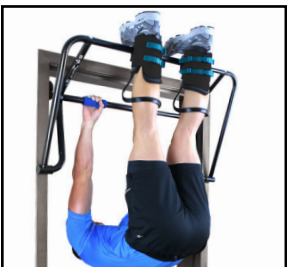


Figure 11

With Teeter Inversion Table

⚠ WARNING

Gravity Boots are only compatible with certain Teeter model Inversion Tables (see teeter.com/support) that have been properly modified with the Adapter Kit in place of the standard ankle lock system. **ALWAYS** ensure the Gravity Boot Hooks are properly seated around the bar, or you could fall while inverted, resulting in serious injury or death! **ALWAYS** ensure this User Guide is attached and **ALWAYS** refer to the Inversion Table User Guide prior to use.

BEFORE USING THE INVERSION TABLE

Every time before prior to inverting, **SEE** and **TEST** the Gravity Boots and Adapter Kit:

SEE that the Gravity Boots are securely hooked to the Adapter Kit with the bar touching or nearly touching the base of the hook.

SEE that no part of your footwear or garmets touch or interfere with the EZ-Up Gravity Boots and Adapter Kit in any way during inversion.

TEST the Gravity Boots and Adapter Kit to ensure that they are secure by wiggling and attempting to pull your feet away from the Bar. Ensure that you CANNOT disengage the Boot Hooks from the Adapter Kit each time before attempting to invert.

Employ the method of **"HEAR, FEEL, SEE, TEST"** on page 2 when securing the Gravity Boots every time prior to inverting.



Figure 12

NOTE: If you opt to use Gravity Boots with your Teeter Inversion Table instead of the standard Ankle Lock System, this section replaces the "Lock Ankles" section of the Inversion Table User Guide.

Mounting:

Holding onto the inversion table handles to steady yourself, step one foot over the Adapter Kit so your feet are on the ground on each side of the Main Shaft.

Lean only your bottom on the backrest behind you. Lift one foot so that the Gravity Boot Hook wraps around the Adapter Kit. Slide the hook along the Adapter Kit until your foot is able to rest flat on the Ankle Comfort Dial (Figure 12). Repeat with other side.

Ensure that the hooks are secure around the Adapter Kit, with the bar touching or nearly touching the base of the hook (Figures 13 & 14). If there is too much or not enough space between the base of the hooks and the bar, you may need to adjust the Ankle Comfort Dial up or down to find your correct setting (see Inversion Table User Guide).



Figure 13

Dismounting:

To disconnect the Gravity Boots from the Adapter Kit, keep your lower body supported against the Table Bed as you slide each Gravity Boot Hook along the Adapter Kit to the outside edge, unhook the Gravity Boots and step onto the floor.

Carefully stand up and ensure that you have your balance before exiting the equipment.



Figure 14

Inversion Basics

How Long to Invert: Begin with 1–2-minute sessions to allow your body to adapt to inversion. Over time, work up to 3-5 minutes per session. Inversion is about relaxation and enjoyment, so take it slow and easy. Listen to your body and only do what is comfortable to you.

How Often to Invert: For best results, try inverting multiple times per day and remember, frequency of sessions is more important than session duration.

Relax & Release: Close your eyes, take deep breaths, and focus on relaxing your muscles to allow your spine and joints to decompress. The more you relax, the greater the benefits.

Stretching & Movement: Gently stretch and twist while inverted. Advanced users can add strength training like inverted squats, sit-ups, and crunches to build muscle tone.

Consistency is Key: Think of your inversion practice like brushing your teeth: a daily dose of inversion can help you best maintain a healthy spine.

Maximize Comfort

Increase Ankle Comfort: Wear socks with lace-up shoes – the material will provide added cushion and support for the ankles. Use the Calf Loops with standard size Gravity Boots.

Reduce Muscle Soreness: As with any exercise program, you may experience mild soreness when you first get started. Avoid doing too much, too soon - begin with a shorter duration to reduce the likelihood of soreness.

Dismount Slowly: After inverting, be sure to allow your body to readjust. On the Teeter Inversion Table, rotate up and rest at just past horizontal (0) for 15-30 seconds or more. On the EZ-Up Rack, reach with your hands to the EZ-Up Handles or EZ-Up Strap and rest for 15-30 seconds or more. Dizziness after a session is a sign that you have come up too fast.

Understand the Equipment: Read and always follow the User Guide.

On-Demand Support

Access our online support portal for Teeter Adapter Kit and EZ-Up Inversion & Chin-Up Rack instructions, live chat, virtual troubleshooting, warranty parts requests, and more.

800-847-0143

support@teeter.com

teeter.com/support



Teeter Decompression Devices are 510(k) registered with the FDA and 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 Decompression Devices are 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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