



**NEW!**  
Follow along with your smartphone to make assembly even easier!

# Adapter Kit

For use with EZ-Up™ Gravity Boots and select Teeter Inversion Tables\*

Assembly Instructions



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

\*For use with select Teeter Inversion Tables. For compatibility, see [teeter.com/product-support](http://teeter.com/product-support).



To download and print Teeter's Adapter Kit instructions, visit the product support page at [teeter.com](http://teeter.com).



Congratulations on your purchase of a Teeter Adapter Kit! This product has been carefully engineered so you can easily upgrade any compatible Teeter Inversion Table for secure use with EZ-Up™ Gravity Boots.

In order to utilize this product to its fullest extent, it is critical that you follow the assembly instructions, read and fully understand any accompanying supplementary instructions, and review the Getting Started DVD prior to using your new Teeter Adapter Kit.

 Follow the assembly steps with your smartphone! With a QR code reader app, scan the barcodes next to each assembly step to watch the corresponding video to guide you through the instructions.

 To register your Teeter Inversion Table, go to **[teeter.com/Support/Warranty-Registration](https://teeter.com/Support/Warranty-Registration)**

 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 customer service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at **teeter.com**.

## Assembly & Use Instructions

Important Safety Instructions .....	1
Items for Assembly & Product Specifications .....	2
Assembly Instructions .....	3-5
Reassembling the Ankle Lock System .....	6-7
Warranty Terms & Registration .....	8

**BEFORE YOU BEGIN:** Review all steps before beginning use and read all precautions before using the Adapter Kit. Carefully adhere to the Warnings and Owner's Manual to help ensure safety and product integrity.

## **IMPORTANT SAFETY INSTRUCTIONS**

### **READ ALL INSTRUCTIONS BEFORE USING THE ADAPTER KIT**

# **WARNING**

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

To reduce the risk of injury:

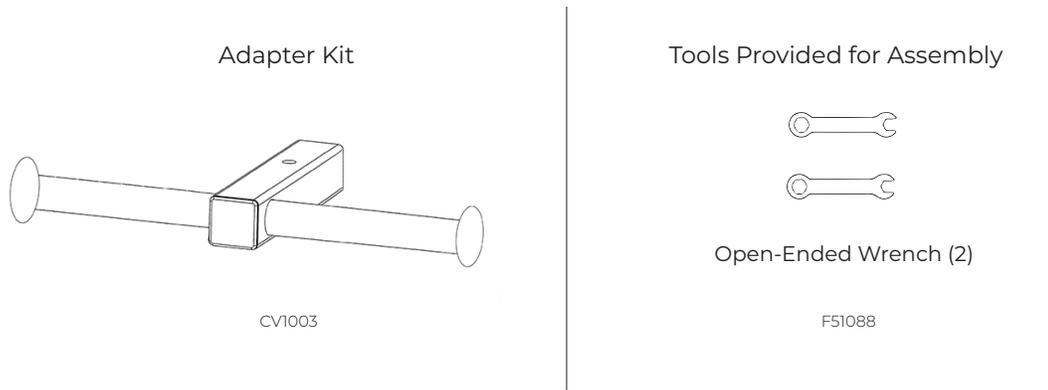
- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before use. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling 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 the Teeter Inversion Table & EZ-Up Gravity Boots.
- **DO NOT** use the Adapter Kit with any Inversion Table not designed specifically to be modified with the Adapter Kit. Visit [teeter.com/product-support](http://teeter.com/product-support) for a list of Teeter inversion tables that can be adapted for use with Gravity Boots.
- **ALWAYS** wear the Gravity Boots when using the Adapter Kit, making sure the Gravity Boots are fastened securely around the smallest part of your ankle and checking that the Gravity Boots Hooks are properly seated around the Adapter Kit.
- **ALWAYS** be certain the equipment is properly adjusted to your unique user settings 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.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- **DO NOT** use aggressive movements, bounce or swing excessively while inverting with the EZ-Up Gravity Boots.
- **DO NOT** use in any commercial, rental or institutional setting. This 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** test and inspect the Adapter Kit, EZ-Up Gravity Boots and Inversion Table prior to use. Make sure all fasteners 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 should become lost, damaged or illegible, contact Customer Service for replacement.

**SAVE THESE INSTRUCTIONS**

# Items for Assembly

Items not shown to scale.

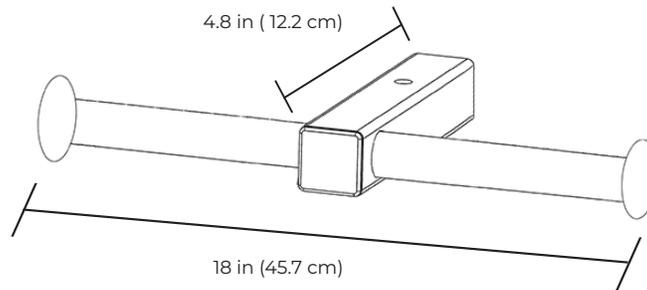
ITEM NO.	ITEM NAME
CV1003	Adapter Kit
Tools Provided for Assembly	
F51088	Open-Ended Wrench (2)



## Product Specifications

**IMPORTANT:** Please review all labels and supporting materials before using your Adapter Kit and accompanying supplementary equipment.

**NOTE:** Image and labels below not shown at actual size.



Adapter Kit Dimensions: 18.0 (L) x 4.8 in (W) (45.7 x 12.2 cm)

Weight (approx.): 2 lbs (0.9 kg)

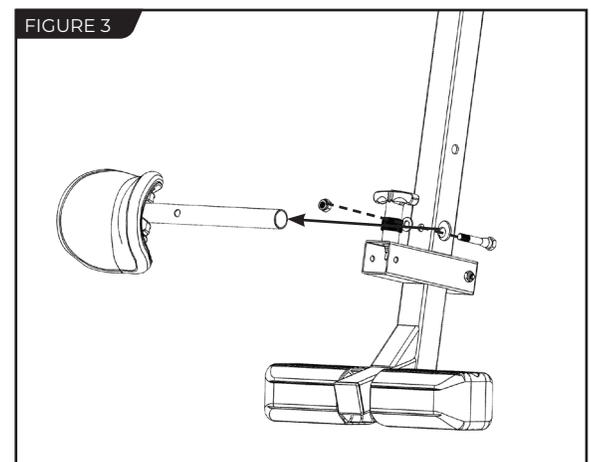
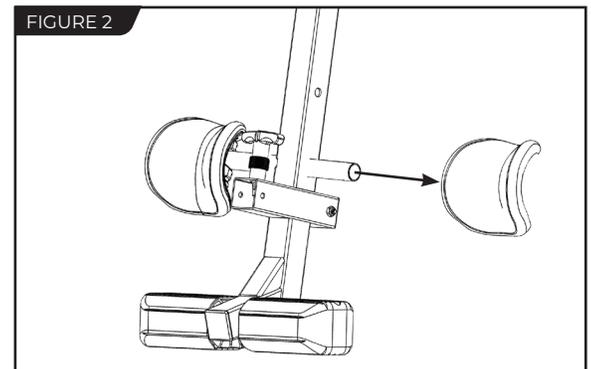
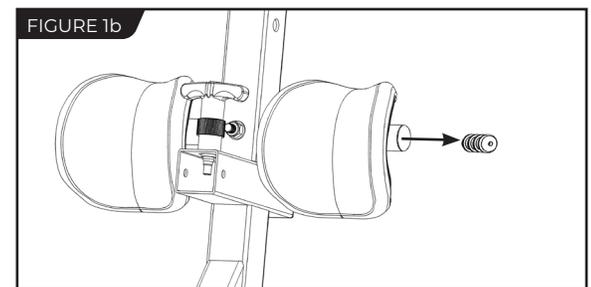
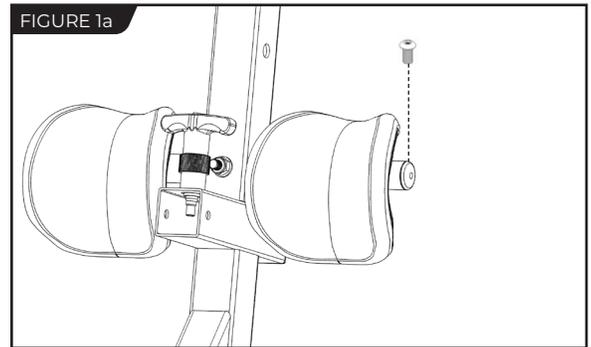
# STEP ①

## Remove the Rear Ankle Bar

**IMPORTANT:** Keep all hardware and parts in case you want to re-attach the standard Ankle Lock System in the future.

**NOTE:** The Front Ankle Bar is not shown in Figures 1-3 to better illustrate these steps. Step 2 will explain how to remove the Front Ankle Bar.

- Remove the left screw which secures the Black Plug in the end of the Rear Ankle Bar using a Phillips screwdriver (Figure 1a), then disengage the Black Plug from the end of the Rear Ankle Bar (Figure 1b).
- Remove the left Heel Cup from the Rear Ankle Bar (Figure 2).
- Remove the Nut and Bolt connecting the Rear Ankle Bar to the Main Shaft using the wrenches provided (Figure 3).
- Remove the Rear Ankle Bar with right Heel Cup attached (Figure 3).



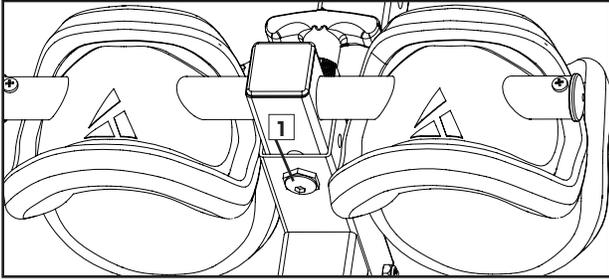
# STEP ②

## Remove the Front Ankle Bar

**NOTE:** Instructions for removing the Front Ankle Bar vary depending on Inversion Table model. Use Figure 4 to determine next steps.

FIGURE 4

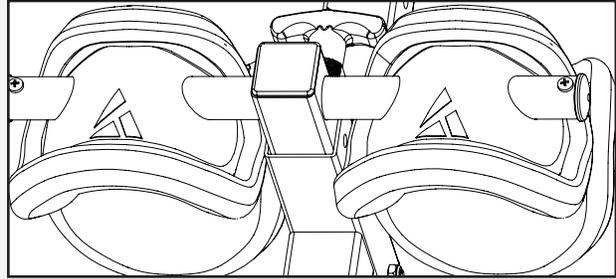
Front Ankle Bar **WITH** Locking Bolt



PROCEED TO FIGURE 5

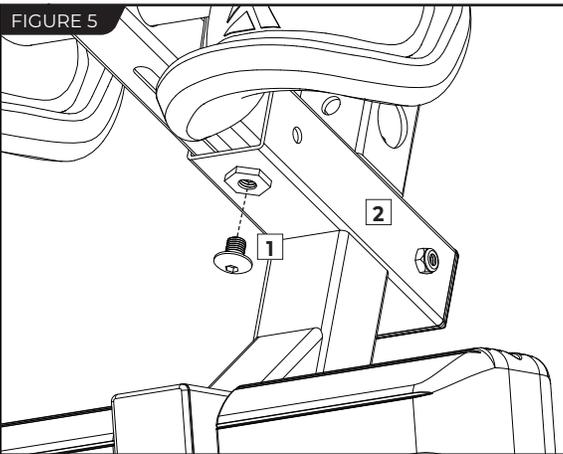
1 - Locking Bolt

Front Ankle Bar **WITHOUT** Locking Bolt



PROCEED TO FIGURE 6

FIGURE 5

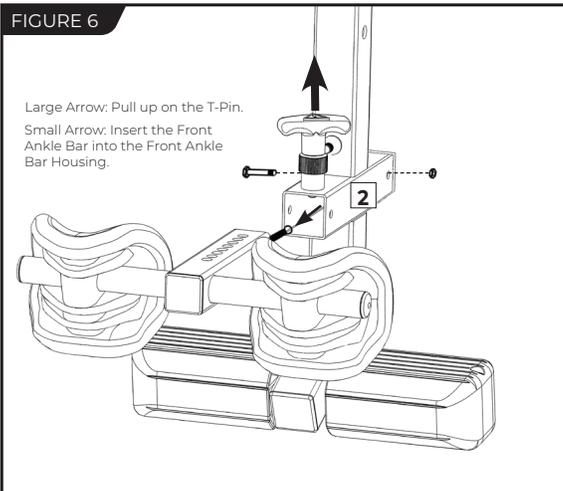


1 - Locking Bolt  
2 - Front Ankle Bar Housing

**NOTE:** Skip Figure 5 if the Front Ankle Bar does **NOT** have a Locking Bolt (Figure 4).

- Remove the Locking Bolt located on the bottom of the Front Ankle Bar housing (Figure 5) using the Allen Wrench provided with your Teeter. Extra force may be required to loosen the Locking Bolt. **KEEP** the Locking Bolt for use in Step 3.
- Proceed to Figure 6.

FIGURE 6



2 - Front Ankle Bar Housing

- Remove the Nut and Bolt located near the back of the Front Ankle Bar housing (Figure 6) using the wrenches provided. This will disengage the spring and cable inside the housing. **KEEP** the Nut and Bolt for use in Step 3.
- Pull up on the T-pin Lock to remove the Front Ankle Bar (Figure 6).



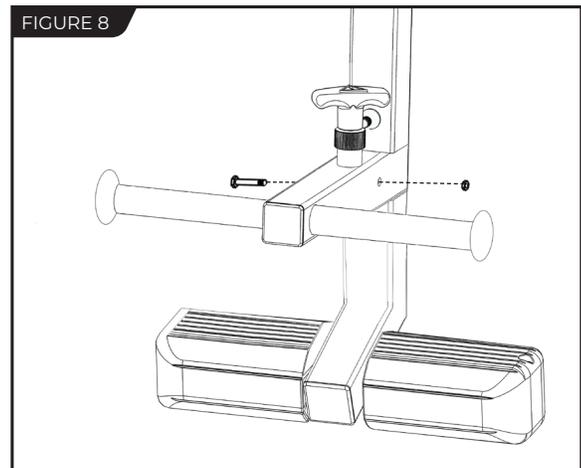
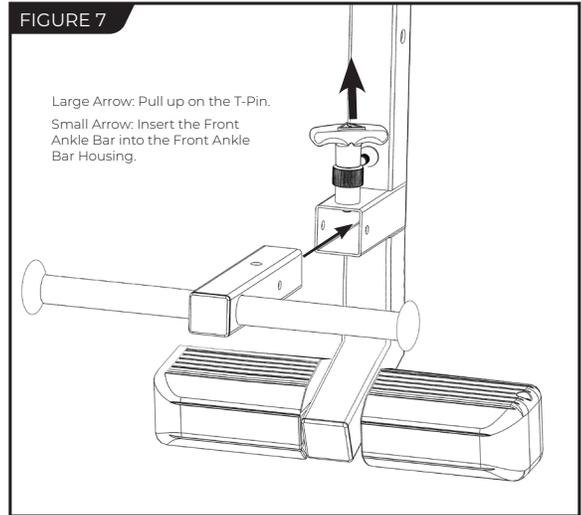
## STEP ③

### Install the Adapter Kit

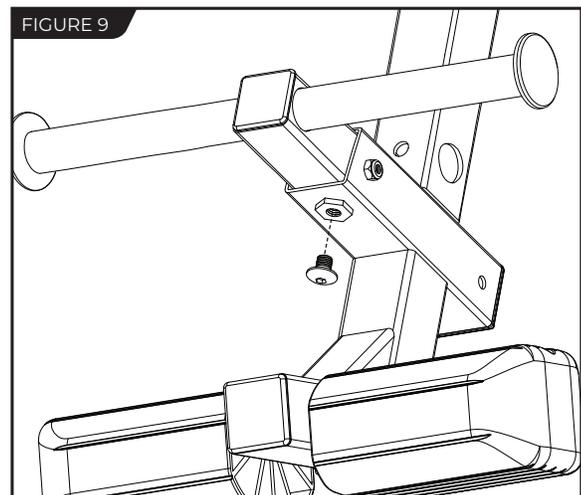
- Pull up on the T-Pin Lock to insert the Adapter Kit all the way into the housing, lining up the side bolt holes (Figure 7). Release the T-Pin to fully engage in the hole.
- Insert the Bolt from Figure 6 and hand tighten with the Nut. Secure the Bolt with the Nut using the wrenches provided (Figure 8).
- If the Front Ankle Bar included a Locking Bolt (Figure 4), insert the Locking Bolt into the bottom of the Front Ankle Bar housing and hand tighten. Secure the Locking Bolt with the Allen Wrench provided with your Teeter (Figure 9).

#### **⚠ WARNING**

Failure to assemble the Adapter Kit correctly could result in serious injury or death!

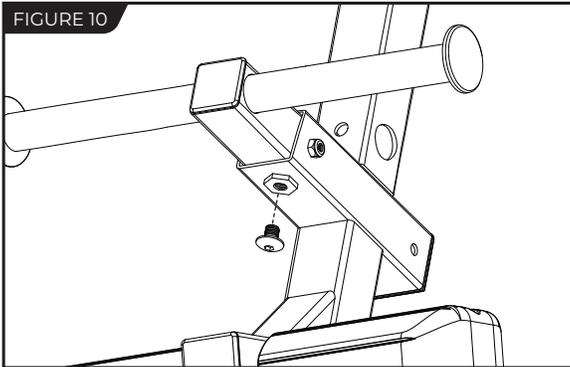


**NOTE:** Skip this step if the Front Ankle Bar does **NOT** have a Locking Bolt (Figure 4).



# Reassembling the Rear Bar

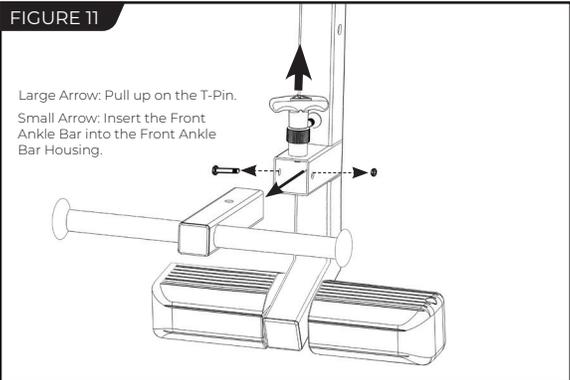
FIGURE 10



**NOTE:** Skip Figure 10 if the Front Ankle Bar does **NOT** have a Locking Bolt (Figure 4).

- If you wish to reassemble your standard ankle lock system, follow these steps:
- If the Front Ankle Bar included a Locking Bolt (Figure 4), remove the Locking Bolt from the bottom of the Front Ankle Bar housing with the Allen Wrench provided with your Teeter (Figure 10).

FIGURE 11



- Remove the Nut and Bolt located on the Front Ankle Bar housing (Figure 11) using wrenches provided. Pull up on the T-Pin Lock to remove the Adapter Kit (Figure 11).

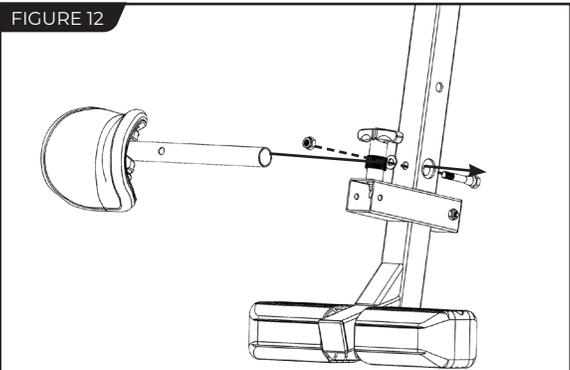
- Insert the Rear Ankle Bar with pre-assembled Heel Cup into the large hole at the back of the Main Shaft (Figure 12).

- Insert the bolt from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 12), and fasten with the washer and nut using the wrenches provided.

- Slide the separate Heel Cup onto the open end of the Rear Ankle Bar (Figure 12a).

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

FIGURE 12



- Align the pre-drilled screw hole in the Rubber Plug with the screw hole in the Rear Ankle Bar. Insert the Rubber Plug into the open end of the Rear Ankle Bar (Figure 13).

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

- Secure the Rubber Plug with the screw using a screwdriver (Figure 14). If the screw does not tighten easily, you may need to reposition the alignment of the Rubber Plug.

FIGURE 12a

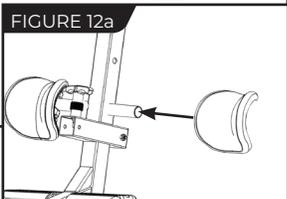


FIGURE 13

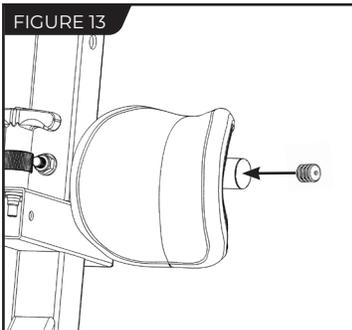
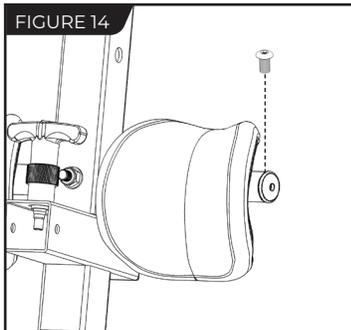
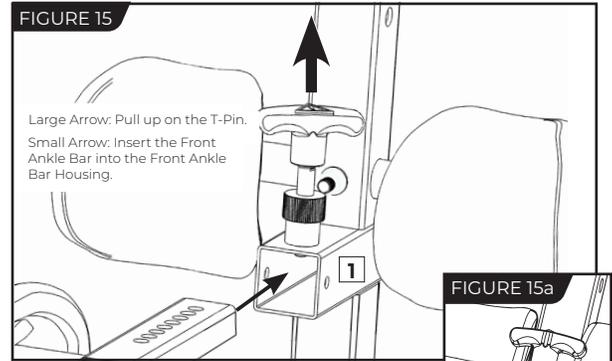


FIGURE 14

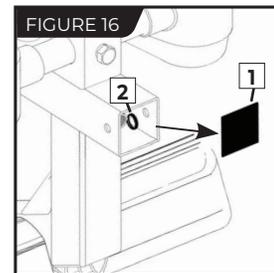


# Reassembling the Front Ankle Bar

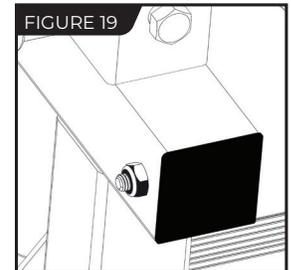
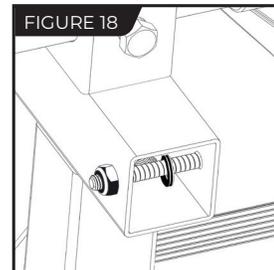
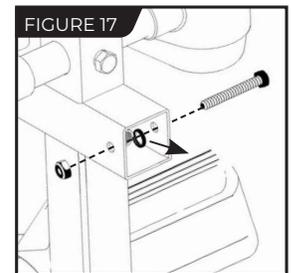
- With hole settings of the Front Ankle Bar facing up, insert the Front Ankle Bar into the Front Ankle Bar housing (Figure 15) of the Main Shaft.
  - Pull up on the T-Pin Lock to allow the Front Ankle Bar to insert all the way into the housing. Release the T-Pin to fully engage in the hole setting closest to the front Ankle Cups (Figure 15a).
  - Turn over the Main Shaft so the back is facing upward. From the back side of the Front Ankle Bar housing, pull off the black plastic End Cap to reveal the Retainer Spring Loop (Figure 16).
  - Pull the Retainer Spring Loop so that it aligns with the bolt holes in the back of the Front Ankle Bar housing. (Figure 17).
- TIP:** Use a string to pull the Retainer Spring Loop into alignment with the bolt holes.
- Insert the Bolt through the hole in the outer side of the housing, through the Retainer Spring Loop and through the hole in the other side of the housing. Secure the Bolt with the Nut using the wrenches provided (Figure 18).
  - Cover the open end of the Front Ankle Bar Housing with the End Cap (Figure 19).
  - If the Front Ankle Bar included a Locking Bolt (Figure 4), insert the Locking Bolt into the bottom of the Front Ankle Bar housing and hand tighten. Secure the Locking Bolt with the Allen Wrench provided with your Teeter (Figure 20).



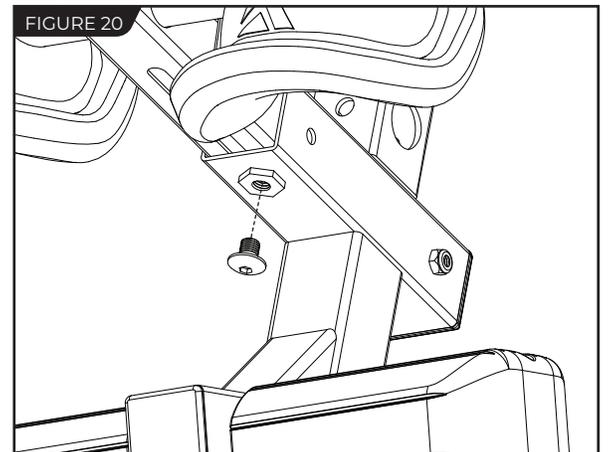
1 - Front Ankle Bar Housing



1 - End Cap  
2 - Retainer Spring Loop



**NOTE:** Skip this step if the Front Ankle Bar does **NOT** have a Locking Bolt (Figure 4).



## ! WARNING

Failure to assemble the T-Pin Ankle Lock System correctly 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.



**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. This warranty is completely transferable to any and all future owners of this product, provided no alterations have been made to the product.

## HOW TO SUBMIT YOUR REGISTRATION:

### Step 1

Fill out this information for your own records.

\_\_\_\_\_   
 Date of Purchase

\_\_\_\_\_   
 Product & Model

### Step 2

Go online to [teeter.com](http://teeter.com) to register your warranty.

\_\_\_\_\_   
 Dealer Name

\_\_\_\_\_   
 Serial No. of your Teeter Inversion Table

**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.**



PLEASE RETAIN THIS FOR YOUR RECORDS



Roger Teeter  
Founder & Innovator



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

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