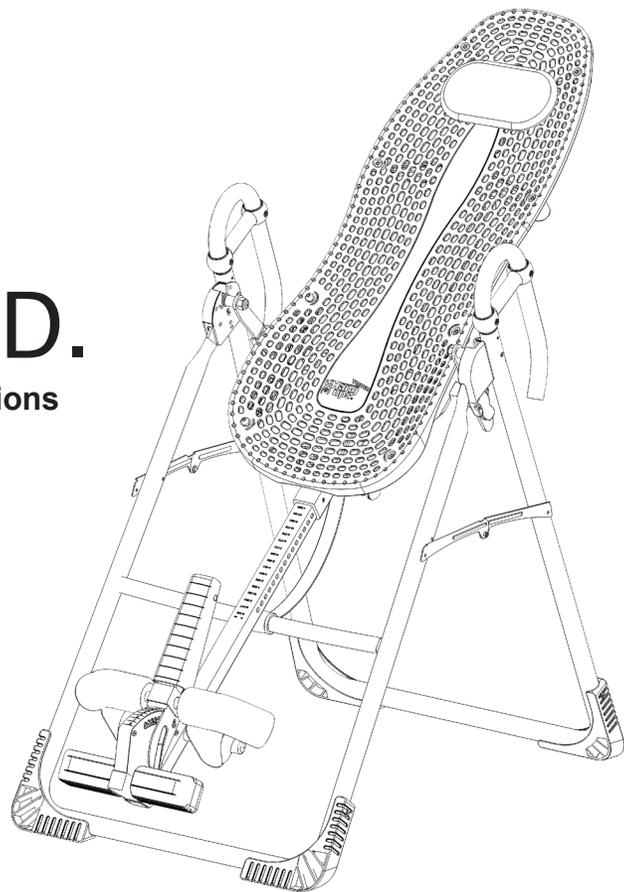




FitSpine[®] R.E.D.

Inversion Table Assembly Instructions



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 Owner's Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

WARNING

WARNING - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the Instructional DVD, 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, such as falling on your head or neck, pinching, entrapment, or equipment failure. 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.
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **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** allow children to use this machine.
- Keep children, bystanders, and pets away from machine while in use.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

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

SAVE THESE INSTRUCTIONS

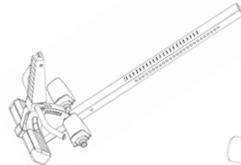
Items for Assembly

Items are not shown to scale. If you have any questions on assembly, contact Customer Service at 1-800-847-0143 or visit our website at teeter-inversion.com

ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER	ITEMS FOR ASSEMBLY	ITEM NUMBER
A-Frame Angle Tether™	NX-1110 F5-1007	Main Shaft with EZ-Reach™ Ankle Lock System Foam Rollers (2)	NX-1650 F5-1051	Hinge Covers (2) Hex Bolts (4) <i>Hex Bolts may come pre-assembled in handles</i>	FS-1025 H1-1202
Table Bed Bolts/ Washers/ Nuts (2 ea) Head Pillow	EP-1300 EP-1149 EP-1105	Traction Support™ Handles (2) Bolts/Nuts (2 ea) <i>Bolts/Nuts may come pre-assembled in handles</i>	FS-1045 IA-1148-B	3-Hole Roller Hinge (2)	F5-1064
				Wrenches 5 mm Allen Wrench 10/13 mm Wrenches (2)	IA-1149 F5-1088



NX-1110



NX-1650



F5-1051



FS-1025



H1-1202
Hex Bolts may come pre-assembled in covers



EP-1300



EP-1149



EP-1105



FS-1045



IA-1148-B
Bolts/Nuts may come pre-assembled in handles



F5-1064



IA-1149

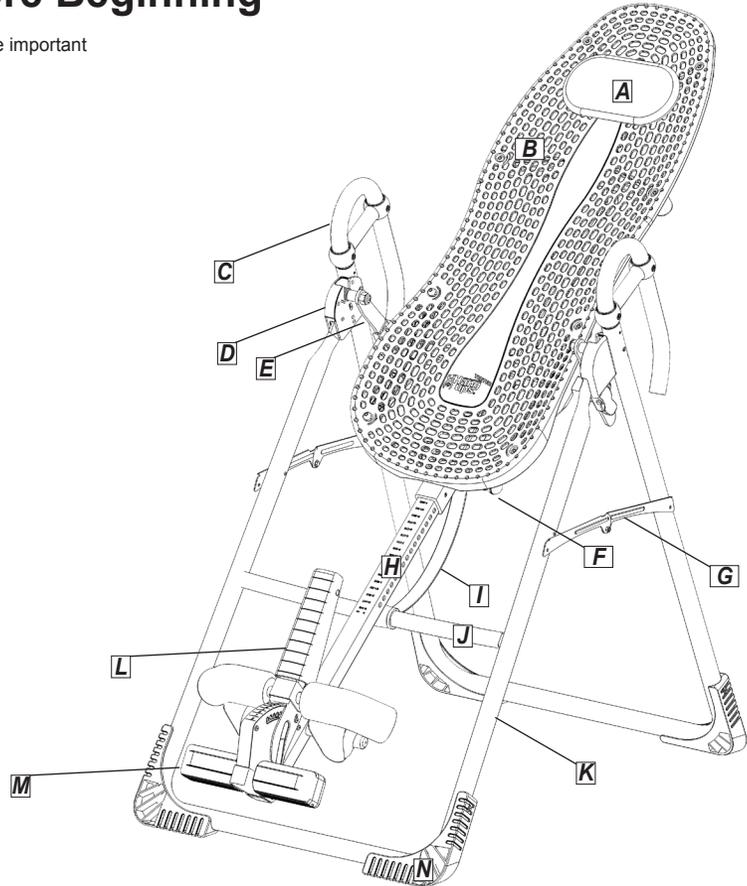


F5-1088

Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your new FitSpine® R.E.D. inversion table.

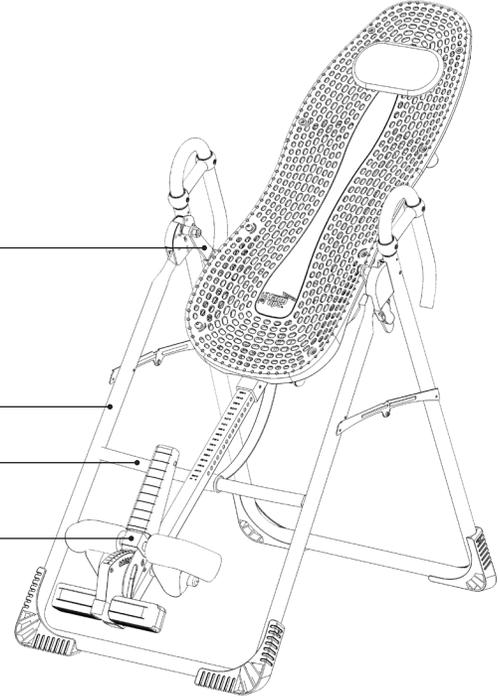
A	Head Pillow
B	Table Bed
C	Traction Support™ Handles
D	Hinge Covers
E	3-Hole Roller Hinges
F	Height-Selector Locking Pin
G	Spreader Arms
H	Main Shaft
I	Angle Tether™
J	Crossbar
K	A-Frame
L	EZ-Reach™ Ankle Lock System
M	Ankle Comfort Dial™
N	Stability Feet



WARNING LABEL PLACEMENT

Important: Please review all labels and supporting materials before using your inversion table.

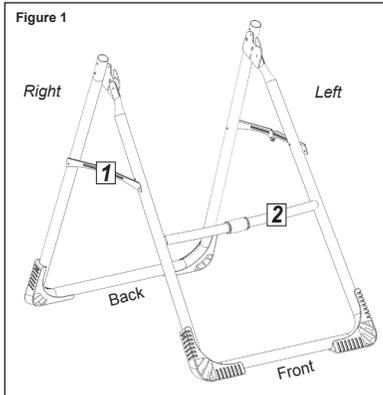
This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Customer Service at the phone number or website found at the bottom of this page to request a complimentary replacement label. Note: Image and labels below not shown actual size.



We hope you enjoy your new FitSpine® R.E.D. Inversion Table!

If you have any questions, please contact our Customer Service Department at 1.800.847.0143 or www.teeter-inversion.com.

Step 1



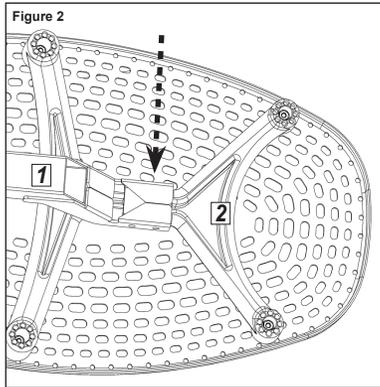
1 Spreader Arms

2 Crossbar

Assemble the A-Frame (NX-1110)

- Open the A-Frame on the floor and make sure the Spreader Arms are locked open (Figure 1).
- Familiarize yourself with the Front, Back, Left and Right of the A-Frame. You may want to refer back to this diagram for reference throughout the assembly process.

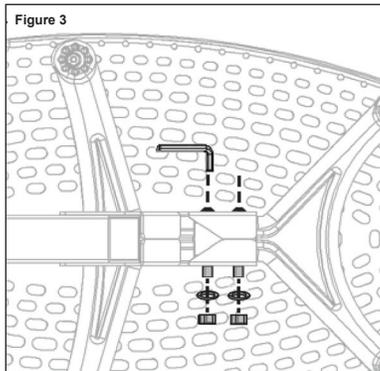
Step 2



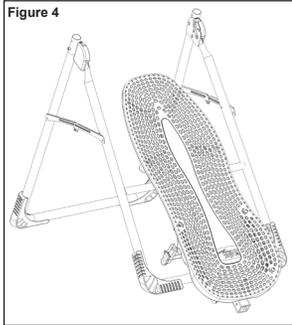
- 1 Support Beam
- 2 Upper Support Arms

Attach the Upper Support Arms to the Table Bed (EP-1300)

- 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 (Figure 2). You may have to exert extra pressure to ensure that the Support Beam slides over the rubber spacers.
- Insert the two Bolts (EP-1149) into the open holes.
- Fasten each bolt with a Washer and Nut.
- Using the Allen Wrench (IA-1149) to steady the bolts, tighten the nuts onto the bolts with a 10/13 mm Open End Wrench (F5-1088) (Figure 3).



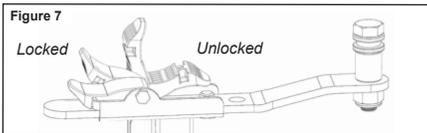
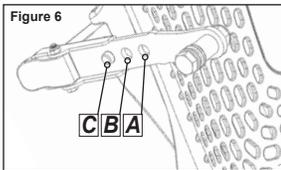
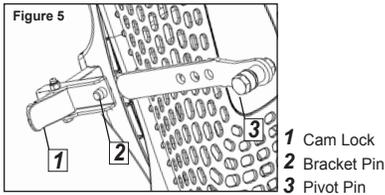
Step 3



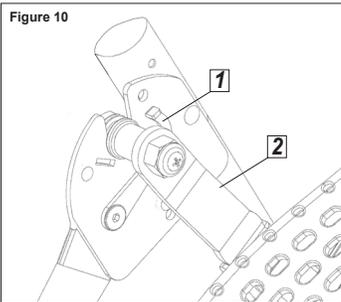
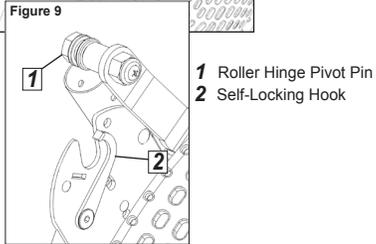
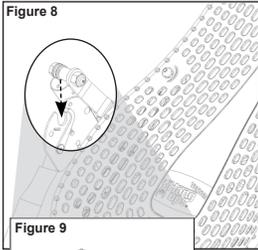
Install the Roller Hinges (F5-1064) onto the Table Bed (EP-1300)

- For ease-of-assembly, rest the Table Bed against the Crossbar of the A-Frame (Figure 4).
- Open the Cam Locks on each side of the Table Bed (Figure 5).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed Assembly. The Roller Hinges must slide between the Cam Locks and the Brackets (Figure 6).
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Make sure the Roller Hinges are in the same hole setting on both sides. Figure 6 shows the Roller Hinges engaged correctly in Setting C.
- Push down on the Cam Locks (Figure 7) to secure the Roller Hinges.

NOTE: Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.



Step 4



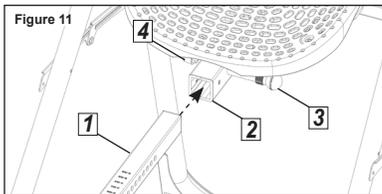
Attach the Table Bed (EP-1300) to the A-Frame (NX-1110)

- Pick up the Table Bed, holding each side near the Roller Hinges, and stand in front of the A-Frame where the Crossbar is located (refer to Figure 1 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 8 and 9).
NOTE: You may need to push outward on the A-Frame in order for the 2nd Pivot Pin to lock in place.
- Make sure that each Pivot Pin is seated at the base of the slot of the Hinge Plate (Figure 10).
- Ensure that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed rotates smoothly.

! 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!

Step 5



1 Main Shaft 3 Height-Selector Locking Pin
2 Main Shaft Housing 4 De-Rattler Knob

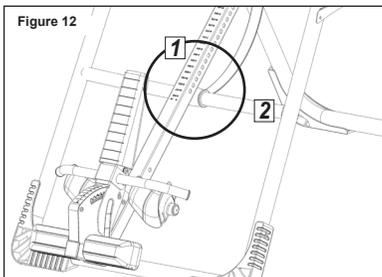
Insert the Main Shaft (NX-1650) into the Table Bed

- Loosen the De-Rattler Knob on the Main Shaft Housing.
- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing (Figure 11) on the Table Bed.
- Pull out the Height-Selector Locking Pin to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner's Manual for more information on selecting your height setting.
- Tighten the De-Rattler Knob.

NOTE: The De-Rattler Knob is an optional accessory that helps prevent a slight shift in the table when you invert. The security of the product is not compromised if you choose not to tighten the knob.

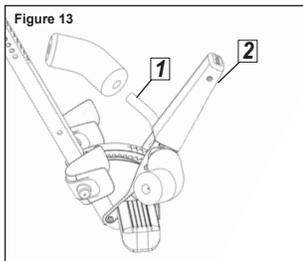
- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 12).

*NOTE: 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 in Figure 12, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.*



1 Proper Resting Position
2 Crossbar

Step 6

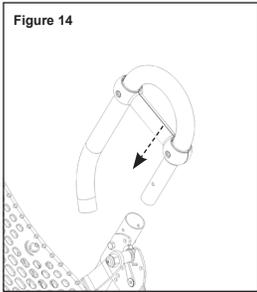


1 Front Ankle Bar
2 EZ-Reach Handle

Install the Foam Rollers (F5-1051)

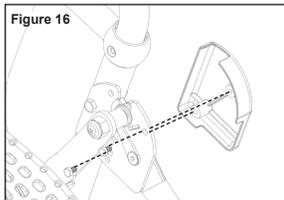
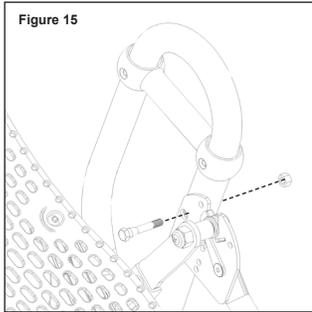
- Push down on the EZ-Reach™ Handle to open the Front Ankle Bar for ease of assembly.
- Slide the Foam Rollers (F5-1051) over each side of the Front Ankle Bar (Figure 13).
Tip: To assist with assembly, repeatedly rotate the Foam Roller while pushing it onto the Front Ankle Bar.

Step 7



Assemble the Traction Support™ Handles (FS-1045) onto the A-Frame (NX-1110)

- Insert the Left and Right handles into the A-Frame (Figure 14).
- Insert the Bolts (IA-1148-B) from the inside of the A-Frame and fasten with the Nuts from the outside of the A-Frame (Figure 15).
- Tighten with the wrenches provided.



Step 8

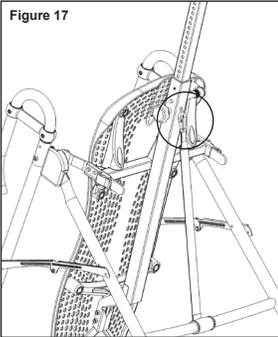
Attach the Hinge Covers (FS-1025) to the Hinge Plates.

Hex Bolts may come pre-assembled in Hinge Covers. Simply unscrew to remove.

- Select the corresponding Hinge Cover for the left or right side of the A-Frame by aligning each with the shape of the Hinge Plate (Figure 16).
- Secure with two (2) Hex Bolts (H1-1202) for each side using a 10/13 mm Wrench (F5-1088) provided. Be careful not to overtighten.

Step 9

Figure 17



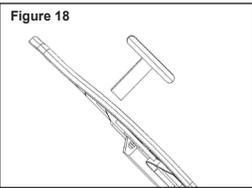
Attach the Angle Tether™ (F5-1007) to Limit the Degree of Rotation

- The Angle Tether™ will come pre-assembled to the A-Frame.
- Unfold the adjustable Angle Tether™ and clip it to the U-Bar on the underside of the Table Bed (Figure 17).

Attach the Head Pillow (EP-1105)

- Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed. The position of the pillow can be adjusted depending on the user (Figure 18).

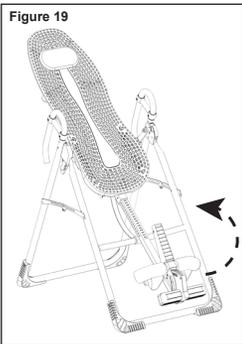
Figure 18



Before Use

- Test the Inversion Table by hand for smooth and steady rotation (Figure 19).
- Ensure that all fasteners are secure.
- Please complete the warranty registration online at www.teeter-inversion.com.
- For your reference, the serial number can be found on the back of the Table Bed.

Figure 19



WARNING

Read the Owner's Manual thoroughly before using your Inversion Table.
Improper settings could result in serious injury or death!

WARNING

If your Teeter Hang Ups Inversion Table looks like either of these images, your table has been misassembled and is unfit for use.

Image A demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected. Go back to Step 3 for instruction.

Image B demonstrates that the Table Bed has been assembled into the A-Frame backwards and must be corrected. Go back to Step 4 for instruction.

Improper assembly could result in serious injury or death!

Image A

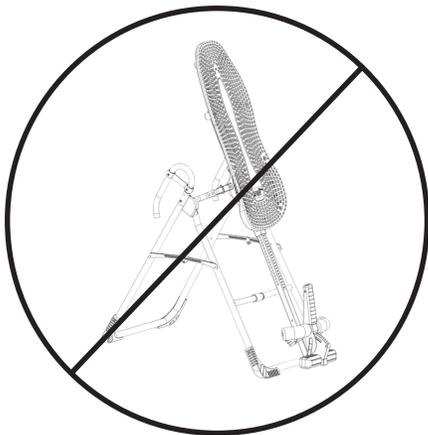
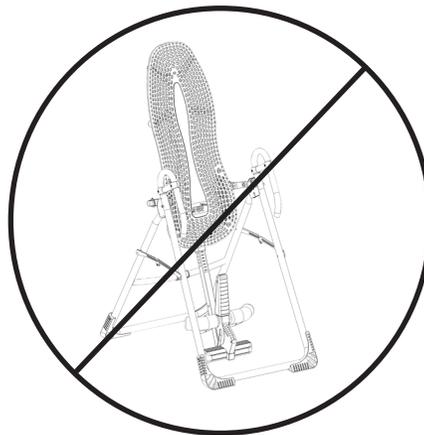
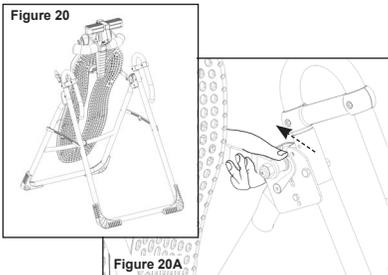


Image B



Adjustments / Maintenance / Storage

Figure 20

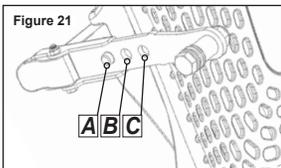


Adjustments: Changing the Roller Hinge Setting

To adjust the Roller Hinge setting, you'll need to fully remove the Table Bed from the A-Frame.

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Loosen the De-Rattler Knob.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (last hole).
- Rotate the Table Bed **opposite from use** until it has turned 180 degrees and rests against the Crossbar of the A-Frame (Figure 20).
- With palms up, reach under and around each Roller Hinge, using your thumbs to release the locks over the Pivot Pin (Figure 20A).
- Lift both sides of the Table Bed out of the A-Frame at the same time.
TIP: Rest the head of the Table Bed on the floor for quick adjustment.

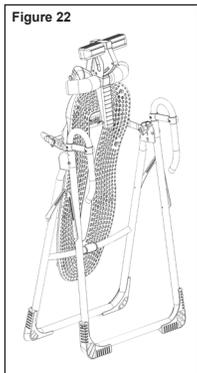
Figure 21



- Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C).
NOTE: Refer to the Owner's Manual for more information on finding your Roller Hinge Setting.

- Re-lock the Cam Locks (Figure 21). Replace the Roller Hinges into the hinge plates of the A-Frame.
- Rotate the Table Bed back to the use position, re-adjust the Main Shaft height settings for use and tighten the De-Rattler Knob.

Figure 22



Maintenance

- To clean the Inversion Table, wipe down with a damp cloth. Do not use abrasive cleaners or solvents.

Storage

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Loosen the De-Rattler Knob.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way.
- Release and engage the Pin in the storage setting (last hole).
- Rotate the Table Bed **opposite from use** until it has turned 180 degrees and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 22), leaving the A-Frame legs open to a width of 12" for stability.
NOTE: This operation may pinch fingers if not done slowly and carefully.

WARNING

Tipping Hazard: For upright storage, leave A-frame open wide enough to remain stable, or secure to the wall to prevent tipping. In households with small children, the inversion table should be stored flat on the floor, not upright.

CONNECT WITH US!



facebook.com/teeterhangups



teeter-inversion.com/blog



twitter.com/teeterhangups



youtube.com/teetertv

If you have any problems assembling the equipment, or questions about its use, please contact customer service at:

USA: Teeter
Toll Free (Phone) 800-847-0143
(Fax) 800-847-0188
info@teeter-inversion.com
www.teeter-inversion.com

International: Inversion International, Ltd.
(Phone) +1-242-362-1001
(Fax) +1-242-362-1002
info@InversionInternational.com
www.InversionInternational.com



MDSS GmbH
Schiffgraben 41
30175 Hannover, Germany



Any modification to
this device will void
the UL Listing.

U.S. and Foreign Patents Pending. Teeter Hang Ups is a registered trademark of Teeter.
Specifications subject to change without notice.

© COPYRIGHT 2011 Teeter. International Law Prohibits Any Copying

LS-1004 1011-0