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# T3™ Massager

Assembly & Use Instructions



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



Congratulations on your purchase of the Teeter T3™ Massager! This versatile tool provides countless options for self massage, trigger point therapy, myofascial release, stretching and back scratching! Comfortably reach muscle groups and trigger points across your body to help resolve tension and pain gently and naturally.

Before using this product, it is critical that you understand and follow the important safety, assembly and recommended use instructions.



To register your product warranty, go to **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

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**IMPORTANT SAFETY INSTRUCTIONS**  
**READ ALL INSTRUCTIONS BEFORE USING THE T3 MASSAGER**

**⚠ WARNING**

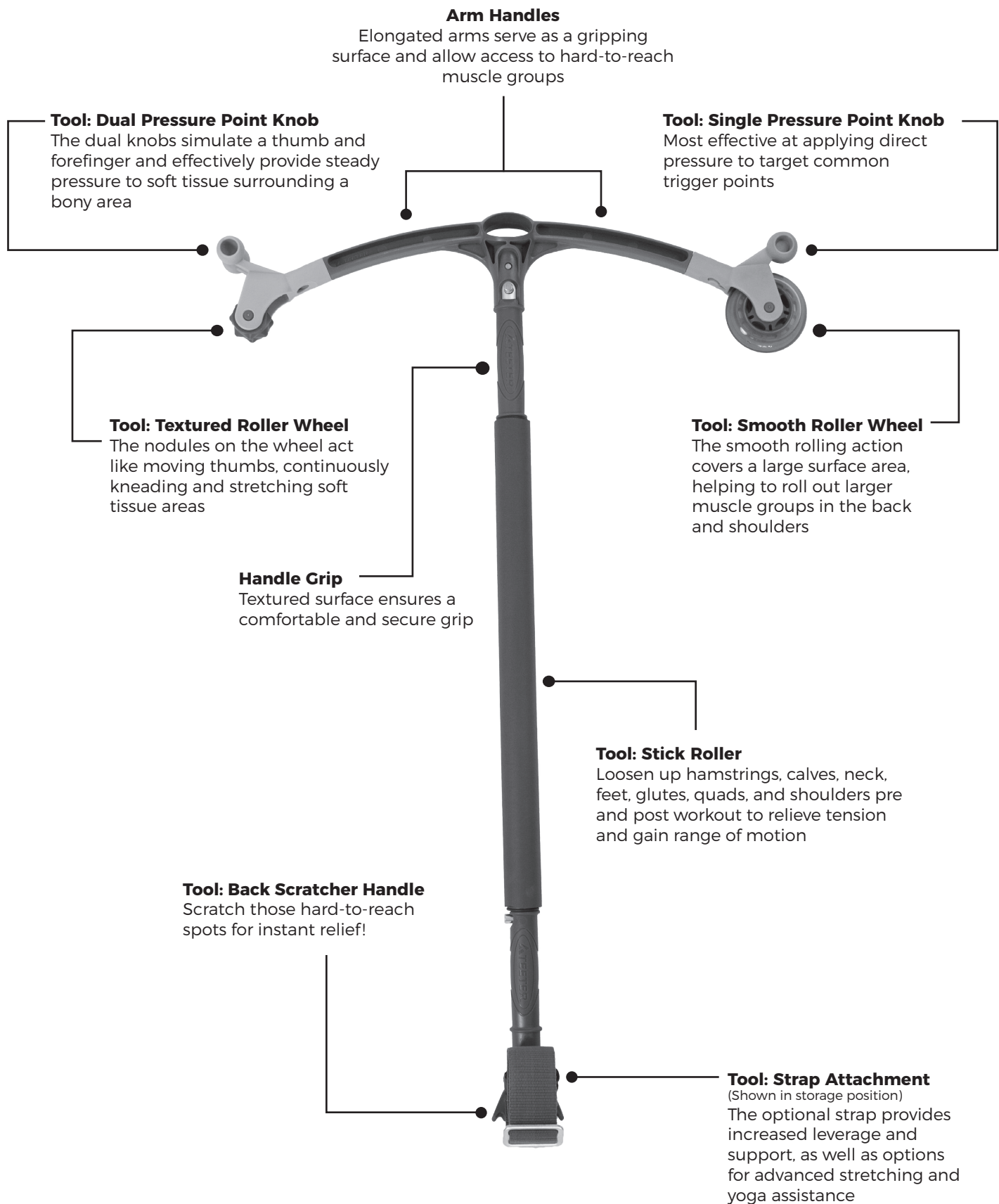
**FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the T3. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks if these instructions are not followed, such as strangulation, pinching, bruising, swelling, inflammation, falling, 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 without a physician's consult. **DO NOT** use if you have recently experienced injury or underwent surgery, suffer from a serious ailment or are currently under a physician's care.
- **DO NOT** continue to use equipment if you experience pain or discomfort. **DO NOT** apply directly to the bones of the spinal column or any other bony structure.
- **DO NOT** use on areas with pre-existing skin irritations, open wounds, bruising, swelling, or inflammation. Discontinue use if bruising, swelling, or inflammation occurs. Consult your physician if inflammation persists for more than two days.
- **DO NOT** place the strap around your head to avoid possible strangulation or entanglement. Keep this product out of reach of children.
- **ALWAYS** ensure you have your balance when placing your foot in the strap loop for advanced stretching exercises to avoid tripping and falling.
- **DO NOT** allow use by children or persons with reduced physical, sensory, or mental capabilities, unless they are given supervision and instruction concerning the use of this tool by a person responsible for their safety. This product should never be used by any individual suffering from any ailment that would limit or altogether inhibit the user's capacity to feel or have any sensation in the body part that the product is being used on.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. The T3 is designed for external use on small or large muscles. Utilize the equipment for its intended purpose only.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only. **DO NOT** store outdoors.
- **ALWAYS** inspect equipment prior to use, make sure all attachments and fasteners are secure.
- **ALWAYS** ensure that the tool attachment is pointed away from your face when taking attachments on and off. Ensure that hands and fingers do not come into contact with pinch points.
- **ALWAYS** grasp the T3 by the blue hand grips and not the Stick Roller in order to prevent unintentional rotation of Arm Handles, which could impact the face or head.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

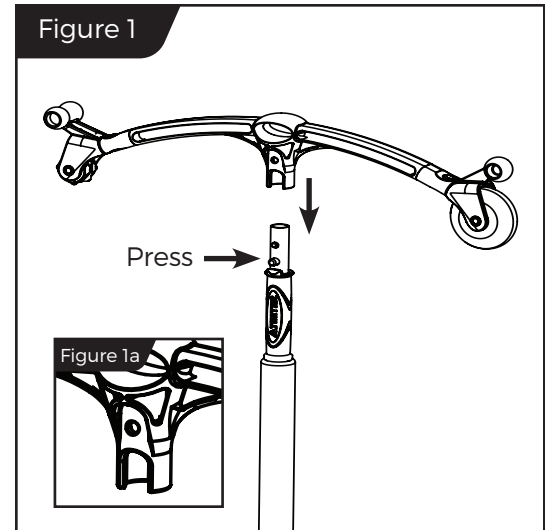
**SAVE THESE INSTRUCTIONS**

# Understanding Your T3 Massager



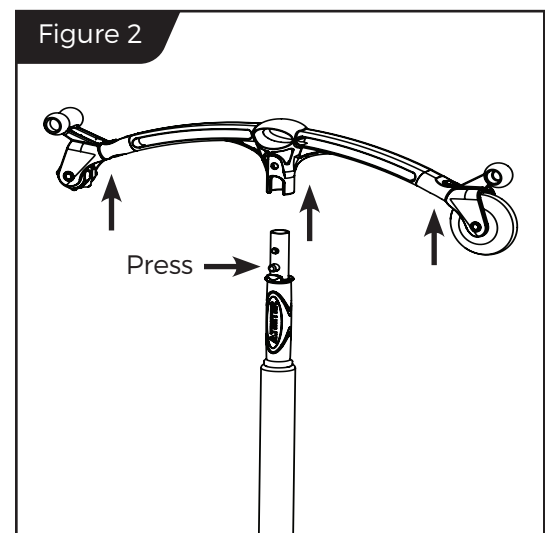
## Assemble the T3

- With the Handle Grip in one hand and the Arm Handles in the other, press down on the button on the chrome tip of the Stick Roller Shaft.
- Insert the chrome tip into the U-shaped indent in the center of the Arm Handles (Figure 1a) until the button locks into place.



## Detach the Arm Handles for Roller Techniques or Storage

- Press the chrome button at the top of the Stick Roller Shaft to disengage the Arm Handles.
- Optional: To store the tool attachments separately, depress the buttons located on the bottom of the Arm Handles.
- Optional: To detach the Strap Attachment, see page 9.

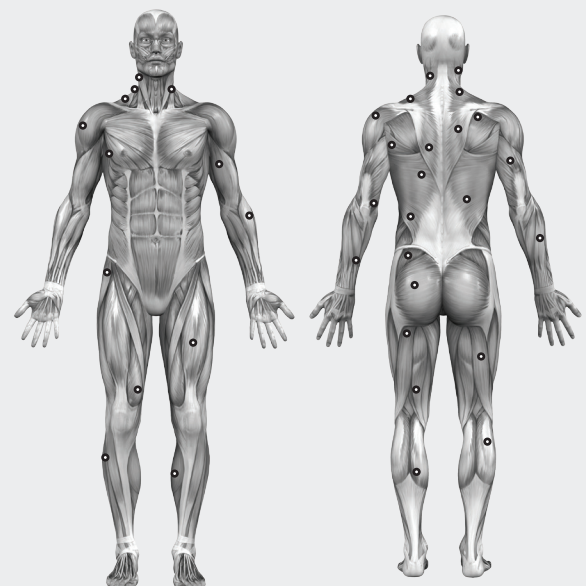


## What is a Trigger Point?

A trigger point is a tight or sensitive area within muscle tissue that causes pain in other parts of the body. The **T3 Massager** is designed to reach common trigger points along the neck, shoulders, back, arms, legs, buttocks, and feet (see right).

By applying cycles of isolated pressure and release to these sore areas, you can help release constricted areas in the muscles and relieve pain.

The recommended use of each T3 tool demonstrates use on common problem areas, but you should experiment on your own! There are countless ways to use the T3.





# How to Target a Trigger Point

## ① Locate a Trigger Point

With your fingertips, press on the sore area or trigger point you want to target. Experiment with the level of intensity to find a tolerable yet comfortable amount of pressure.

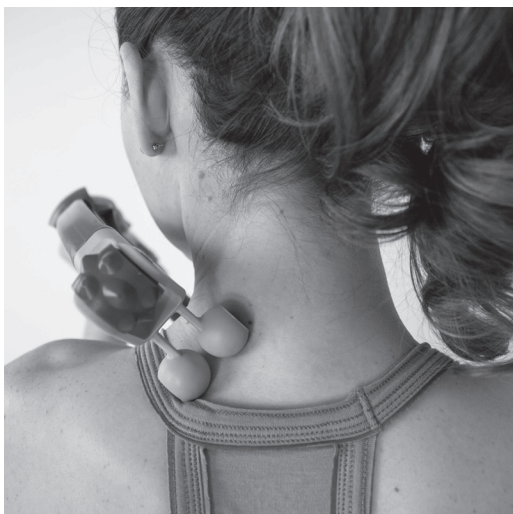


## ② Choose Your Tool

Refer to 'Understanding Your T3 Massager' on page 2 to learn all of the tool options and explore the techniques on the following pages to learn which tools work best for specific target areas. Experiment to find which tools and positions work best for you!



To switch between the Knob and Roller tools on the Arm Handles, depress the button release on the tool attachment, flip your tool of choice to face down in the active position and re-attach.



## ⚠ WARNING

To reduce the risk of injury, **ALWAYS** ensure that the tool attachment is pointed away from your face when taking attachments on and off. Ensure that hands and fingers do not come into contact with pinch points.

## ③ Apply Pressure & Breathe

Position the T3 to access the target area. Apply the same level of pressure as you did with your fingertips to the affected muscle. Breathe deeply while you cycle pressure on and off, applying pressure for 5-30 seconds each time until the muscle has "released" or the affected area feels as though it needs a rest.

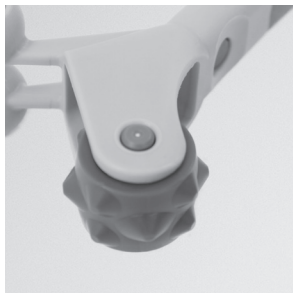


## ④ Stretch & Repeat!

It is important to lightly stretch the targeted muscle after applying pressure to it so it can realize its full range of motion. Repeat the same application of pressure to the same muscle on the opposite side of your body to ensure symmetry. For best results, you may need to work the Trigger Point over multiple sessions.



Smooth Roller Wheel



Textured Roller Wheel

## Roller Wheel Techniques

Self myofascial release can help ease tension in muscles, improve blood flow, and increase range of movement. The Roller Wheels on the T3 feature both a smooth and textured wheel that help massage a large surface area from a gentle gliding sensation to a targeted, deep-tissue effect.

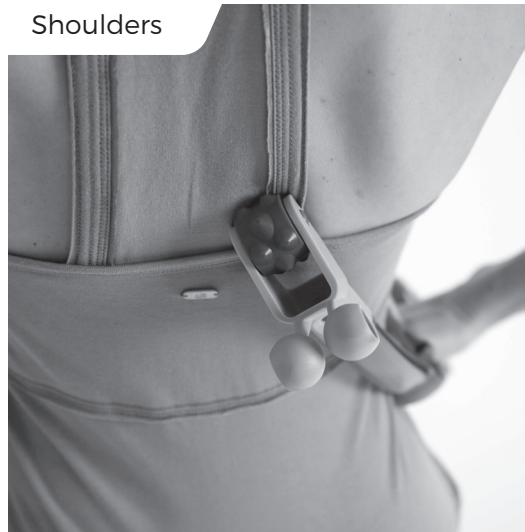
### Ideal for:

- Massaging large surface areas
- Neck, shoulders, back
- Triceps, feet

Lower Back



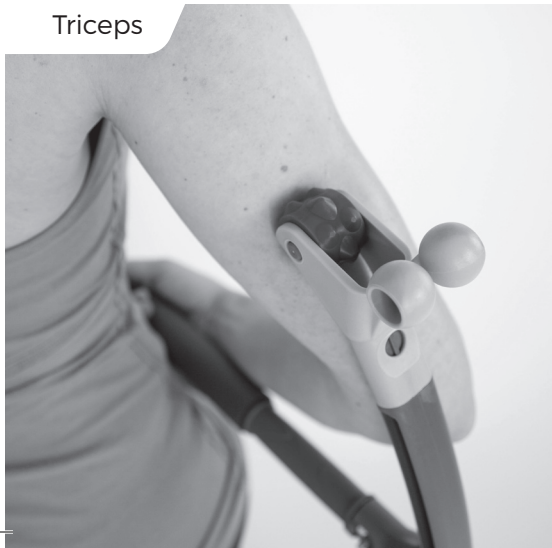
Shoulders



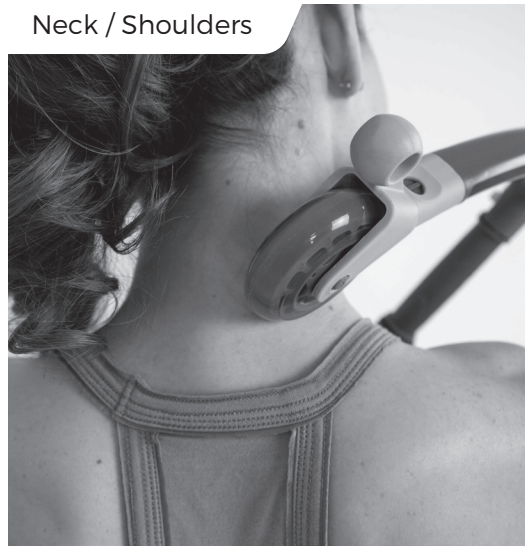
Buttocks



Triceps



Neck / Shoulders



Feet



# Pressure Point Knob Techniques

Designed to provide targeted and steady pressure to trigger points across the body, the knobs simulate the thumbs of a massage therapist. They're also helpful in reflexology techniques to apply direct pressure to the bottoms of the feet. To increase the intensity of pressure or for additional leverage, use in conjunction with the Strap Attachment (see page 8).

## Ideal for:

- Providing steady, direct pressure
- Entire body trigger points
- Reflexology



Dual Pressure Point Knob



Single Pressure Point Knob

Neck



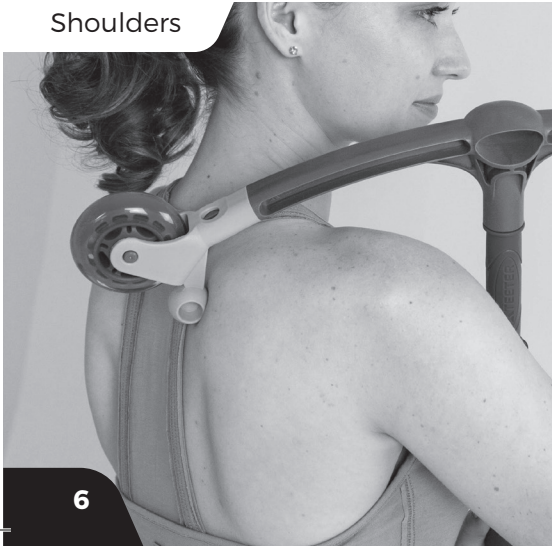
Back



Hamstrings



Shoulders



Feet



Feet





### TIP:

For ease and flexibility of use, remove the Arm Handles (see instructions on page 3).

## Stick Roller Techniques

The Stick Roller is ideal for warming up the muscles pre-workout or releasing the muscles post-workout, providing myofascial release to common trigger point areas such as the quads, calves, neck, shoulders, and back. Cover large surface areas while standing, sitting, or lying on your back.

### Ideal for:

- Massaging large surface areas
- Warming up muscles before workouts
- Quads, calves, neck, and back

Calves



IT Band



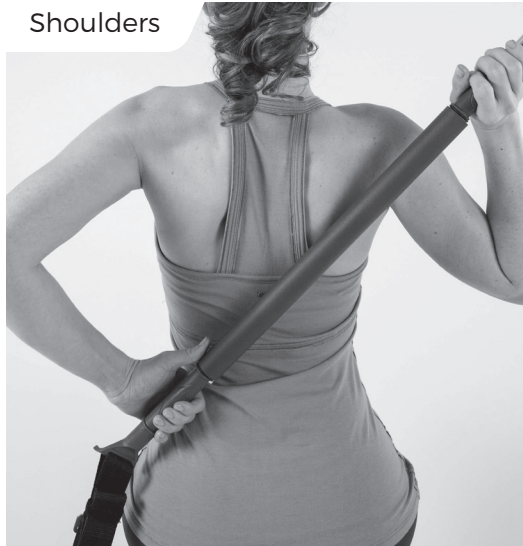
Quads



Shins



Shoulders



Neck



# Strap Techniques

The optional Strap Attachment on the end of the T3 can be used to provide additional leverage or to increase the intensity of the pressure applied to the muscles. It can be used from a standing, sitting, or lying position. Hook the loop of the strap at the bottom of your foot and extend your leg straight out in front of you. Press down or pump with your foot as you would press on the accelerator pedal in your car for more pressure.

For advanced stretching and flexibility options, use similar to a yoga strap. For ease and flexibility of use, remove the Arm Handles (see instructions on page 3). The Strap Attachment allows you to hold poses longer, increases leverage and provides a bridge while you are working to increase flexibility.

## ⚠ WARNING

**DO NOT** place the strap around your head to avoid possible strangulation or entanglement. **ALWAYS** ensure you have your balance when placing your foot in the strap loop for advanced stretching exercises to avoid tripping and falling.



Strap Attachment

### TIP:

The Strap Attachment includes a Hook & Loop tie which allows you to easily secure the strap in a compact storage position.

### Ideal for:

- Adding leverage and increased pressure
- Yoga assistance
- Stretching and flexibility

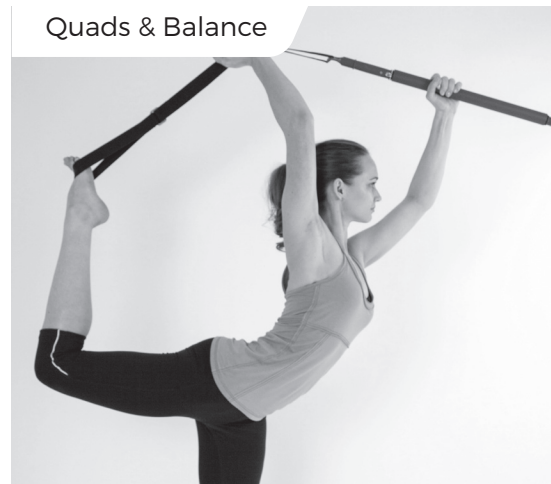
Back



Hamstrings



Quads & Balance



Strength & Balance



Hips





## Adjusting and Removing Strap

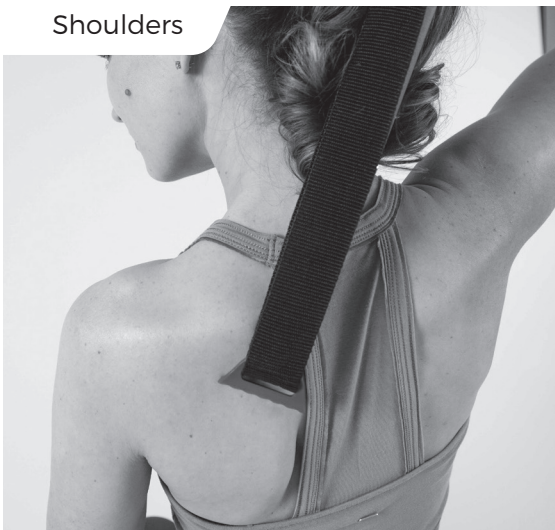
### Adjusting the Strap Attachment Length

The Strap Attachment is adjustable from 25-36". Simply slide the buckle up or down to shorten or lengthen the strap.

### Detach the Strap Attachment

In order to better access the Back Scratcher tool, you may opt to remove the strap from the T3. To remove, simply loosen the buckle and slide out the loop to release.

Shoulders



Back



## Back Scratcher Techniques

The T3 includes a serrated scratcher on the bottom handle which is useful for scratching hard-to-reach areas such as shoulders, back, or feet. Simply spread and wrap the strap around the roller to access the scratcher, or follow the instructions above to remove the strap completely.



Scratcher

### Ideal for:

- Scratching a hard-to-reach itch
- Shoulders, back, and feet

## Tips for Best Results

- Muscles that have been warmed up will respond better than cold muscles. Try using the **T3 Massager** after exercising or gentle stretching, or after having a warm shower.
- Breathe deeply when applying pressure to muscle groups to encourage relaxation and focus.
- Gently stretch each muscle group after applying pressure to it to develop full range of motion.
- Drink plenty of water before and after massaging to promote hydration of the muscles.
- Get creative – there are hundreds of ways to use the T3. Try using it while sitting, laying down, or with a partner. The unique design of the T3 allows you to reach a wide range of muscles from a variety of angles.



### How long should you apply pressure to a target area?

We recommend applying pressure for 5-30 seconds to allow the muscle to release or as long as you are comfortable. Avoid applying too much pressure for too long as this could cause swelling or soreness. Frequent, shorter sessions are more effective than sessions that are too long or too intense.

### What should you do if you experience bruising or swelling?

If you experience bruising, swelling, or inflammation, discontinue use on the affected area until it has fully recovered. Apply cold packs to the affected area and consult your doctor if swelling or bruising lasts longer than two days. Try applying less pressure during your next session.



### How long will it take to notice results?

Release of the targeted muscles can be immediate, depending on the complexity of the knot. We recommend frequent, short sessions on a regular basis to keep knots from returning. More complex knots or trigger points may require several sessions before feeling full relief in that area.

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.

## 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.

**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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### **P2™ Back Stretcher**

Apply gentle, user-controlled traction to allow the lower back to decompress, reduce nerve pressure, and relax tense muscles.



### **reNEW™ Muscles Pain Relieving Cream**

Deeply penetrates sore and aching muscles on contact. Specially formulated with emu oil, arnica, MSM, and glucosamine.



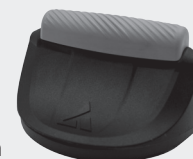
### **Better Back™ Foam Roller**

Durable, extra firm high-density foam with versatile design for posture, balance, self-massage, and core exercises.



### **Better Back™ Neck Restore**

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



**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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