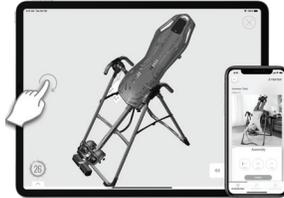


ASSEMBLY INSTRUCTIONS

FitSpine XC5™ Inversion Table

For gravity-assisted stretching and decompression

**FASTER, BETTER
RESULTS WITH
TEETER SUPPORT
& COACHING**



ASSEMBLE FASTER

Free BILT® app puts easy 3-D instructions at your fingertips. Search 'Teeter XC5' in BILT® to get started.



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Use the free Teeter Move™ app to access guided sessions, product support, and more!



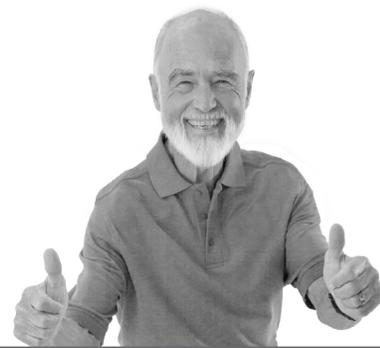
Scan or
Find **Teeter Move™**
in your App Store



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

WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of a Teeter FitSpine XC5™ Inversion Table! For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the Owner's Manual 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.



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

-Roger Teeter

Teeter inversion tables are FDA-Registered as 510(k) medical devices. Indicated for:



- 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

We've Got Your Back!



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**.



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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Owner's Manual (attached to the equipment)

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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 Owner's Manual 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, high-tops 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 / 6 po 6 pi 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 Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

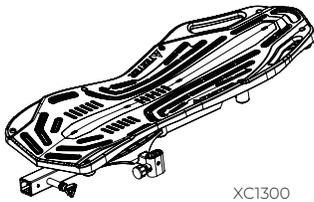
SAVE THESE INSTRUCTIONS

ITEMS FOR ASSEMBLY

ITEM NO.	ITEM NAME
FitSpine FlexTech™ Table Bed Assembly	
XC1300	Table Bed
HK1010	Table Bed Assembly Hardware Kit
A-Frame Base Assembly	
NX1100	A-Frame
F51008	EZ-Angle Tether (Pre-assembled to A-Frame)
Handle Assembly	
NX1500	Contour Stretch™ Handles (2)
HK1012	Handle Assembly Hardware Kit
Crossbrace Assembly	
NX1400	Crossbrace
HK1011	Crossbrace Assembly Hardware Kit

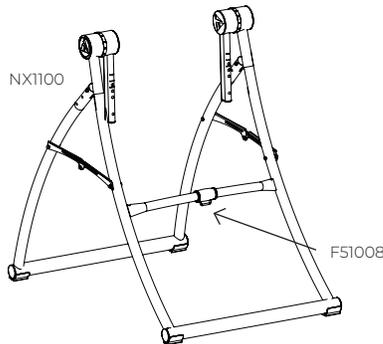
ITEM NO.	ITEM NAME
Main Shaft Assembly	
EX1620	with Deluxe EZ-Reach™ Ankle Lock System
Tools Provided for Assembly	
F51088	10/13mm Open-Ended Wrenches (2)
IA1149	5mm Allen Wrenches (2)
EP1128A	6mm Allen Wrench (1)
Product Support	
XC1330	Owner's Manual <i>Pre-assembled to A-frame</i>
Optional Accessories	
EX1810	Head Pillow
EX1350	Lumbar Bridge
EX1370	Acupressure Nodes

Table Bed Assembly
Use with Table Bed Hardware Kit (HK1010)



XC1300

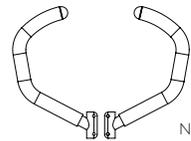
A-Frame Base Assembly
with pre-assembled EZ-Angle Tether



NX1100

F51008

Handle Assembly
Use with Handle Assembly Hardware Kit (HK1012)



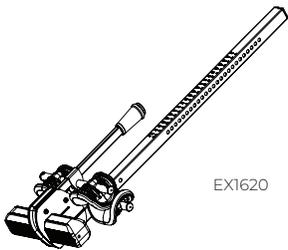
NX1500

Crossbrace Assembly
Use with Crossbrace Assembly Hardware Kit (HK1011)



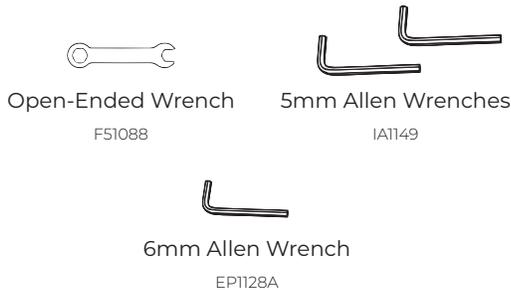
NX1400

Main Shaft Assembly



EX1620

Tools Provided for Assembly



Open-Ended Wrench

F51088

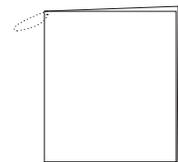
5mm Allen Wrenches

IA1149

6mm Allen Wrench

EP1128A

Product Support



Owner's Manual

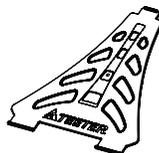
XC1330

Head Pillow (Optional)



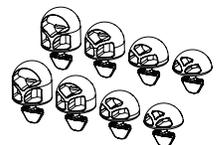
EX1810

Lumbar Bridge (Optional)



EX1350

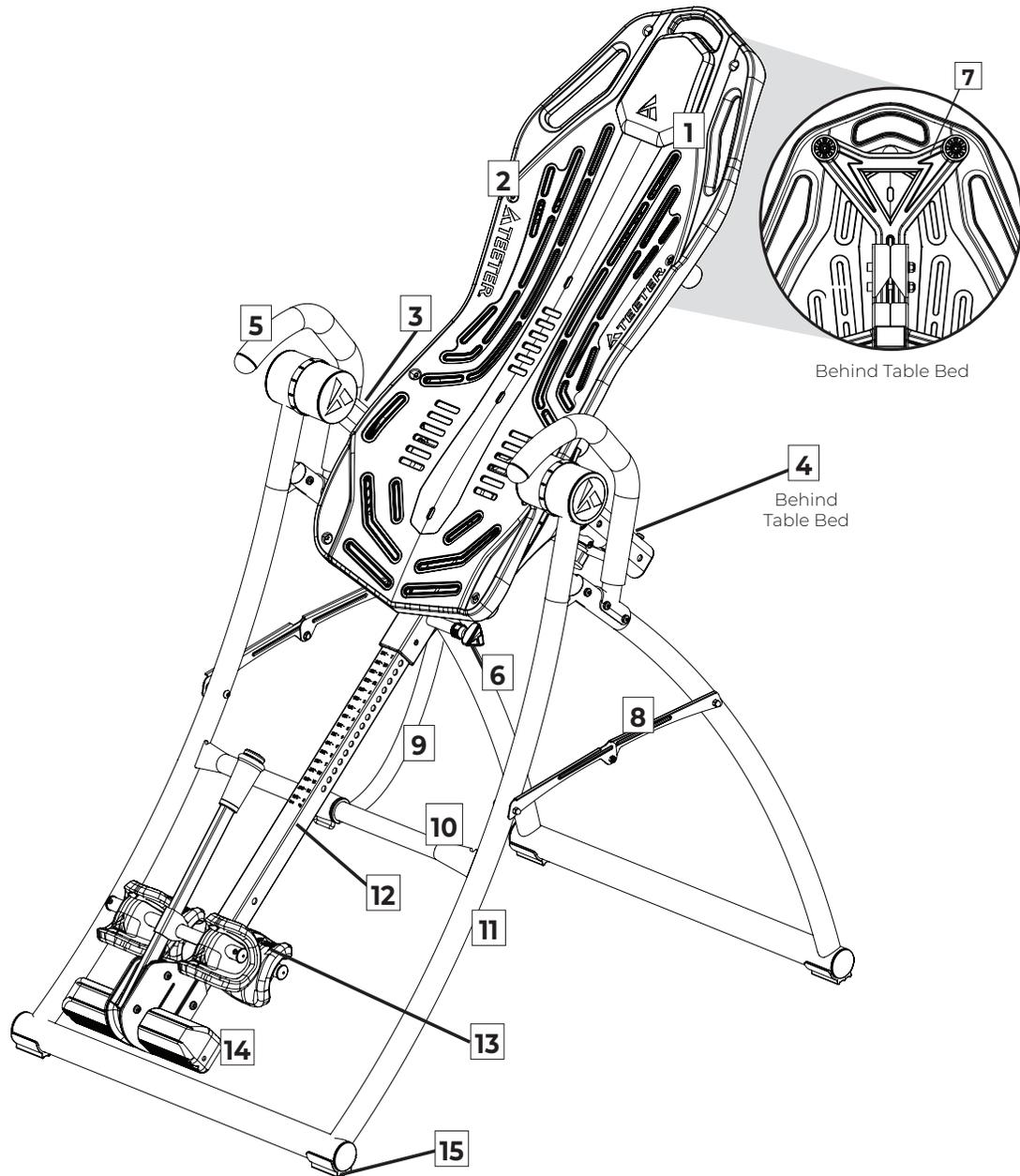
Acupressure Nodes (Optional)



EX1370

A GUIDE TO YOUR INVERSION TABLE

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



Identifying Parts and Components

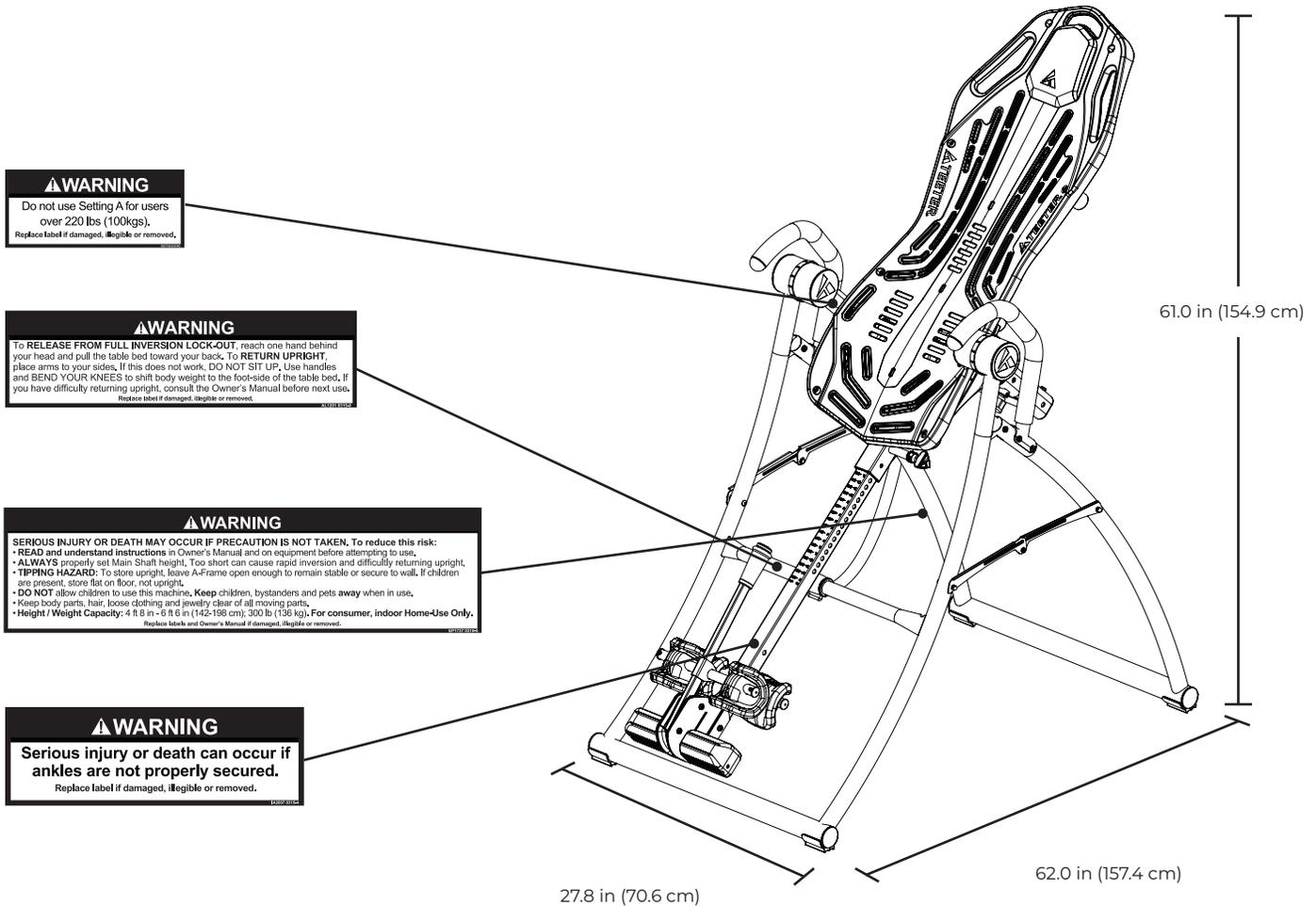
1	Head Pillow	7	Upper Support Arms	13	Ankle Lock System
2	FitSpine FlexTech™ Table Bed	8	Spreader Arms	14	Ankle Comfort Dial™
3	Rotation Adjustment Arm	9	EZ-Angle™ Tether	15	Stability Feet
4	Crossbrace	10	Crossbar		
5	Contour Stretch™ Handles	11	A-Frame		
6	Height-Selector Locking Pin	12	Main Shaft		

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. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



Assembled Non-Use Dimensions: 62.0 (L) x 27.8 (W) x 61.0 in (H) (157.4x 70.6 x 154.9 cm)
 Maximum In-Use Dimensions: 82.0 (L) x 27.8 (W) x 90.0 in (H) (208.3 x 70.6 x 228.6 cm)
 Storage Dimensions: 25.0 (L) x 27.8 (W) x 69.0 in (H) (63.5 x 70.6 x 175.3 cm)

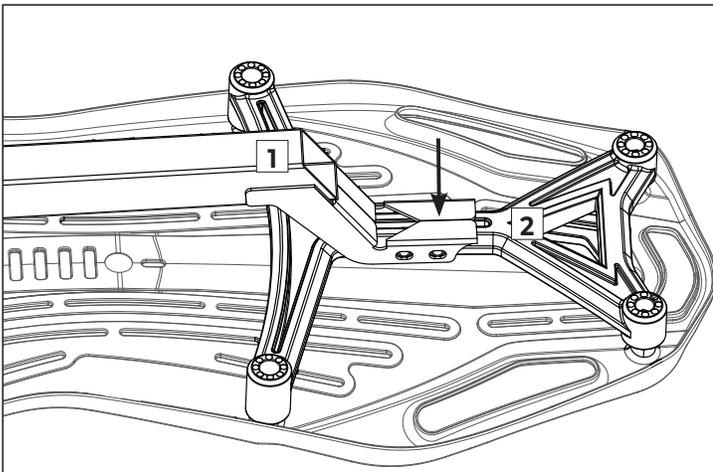
Weight (approx.): 68.3 lb (37.2 kg)

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 TABLE BED



Locate the Table Bed Assembly Hardware Kit (HK1010).

Figure 1: 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.

1 - Support Beam 2 - Upper Support Arms

Figure 1

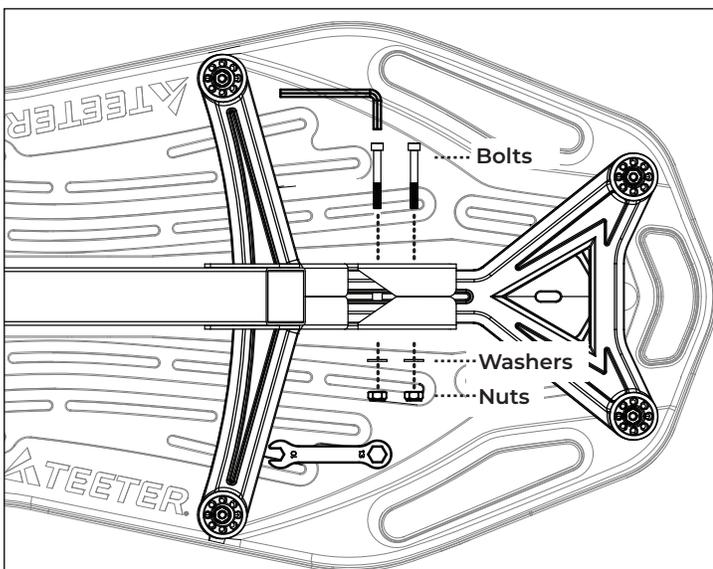


Figure 2: Insert the two Bolts into the open holes.

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.

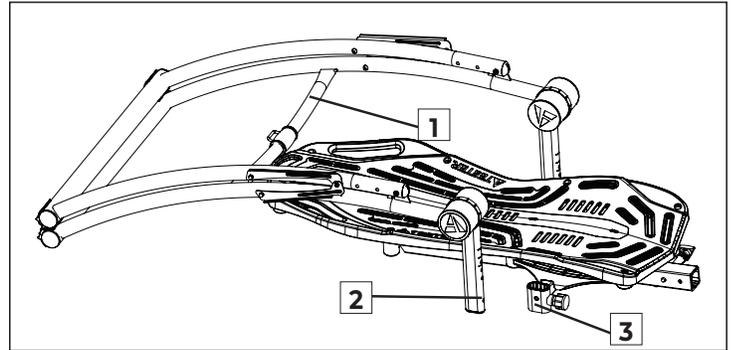
Figure 2

STEP 2

ASSEMBLE TABLE BED TO A-FRAME

Figure 3: Position the A-Frame on the floor with the crossbar pointing down, so that the frame is resting on the Rotation Adjustment Arms.

With the Table Bed face up and the top of the bed pointing to the A-Frame feet, slide it on the floor between the legs of the A-Frame.



1 - Crossbar 2 - Rotation Adjustment Arm
3 - Support Housing

Figure 3

Figure 4: Loosen the “De-rattler” function of the Pinlock Knobs on each Support Housing by turning each counterclockwise.

Figure 5: Align and insert the Rotation Adjustment Arms into the Support Housings.

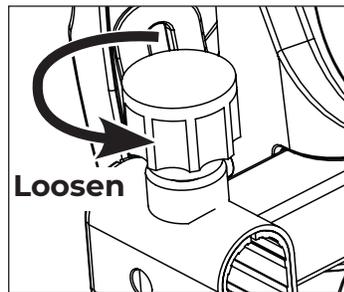


Figure 4

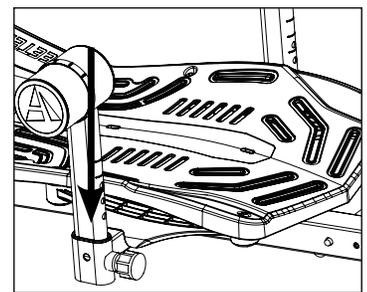


Figure 5

Figure 6: Pull out both spring-loaded Pinlock Knobs at the same time then lift up to align the Support Housings with one of the marked settings on the Rotation Adjustment Arms. Release the knobs so that they engage the same hole setting on each side.

Leave the inversion table in this position for the next step.

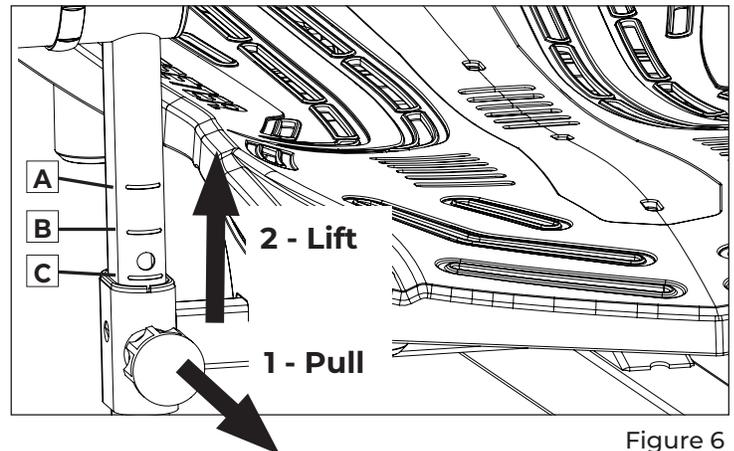


Figure 6

HELPFUL TIPS

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

PINLOCK KNOBS can be locked in the “out” position by pulling and turning counterclockwise. To disengage the lock, rotate clockwise.

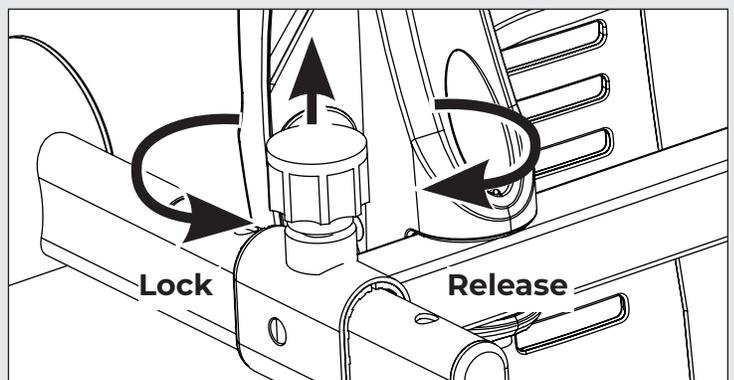


Figure 7

STEP 3

ATTACH HANDLES TO A-FRAME

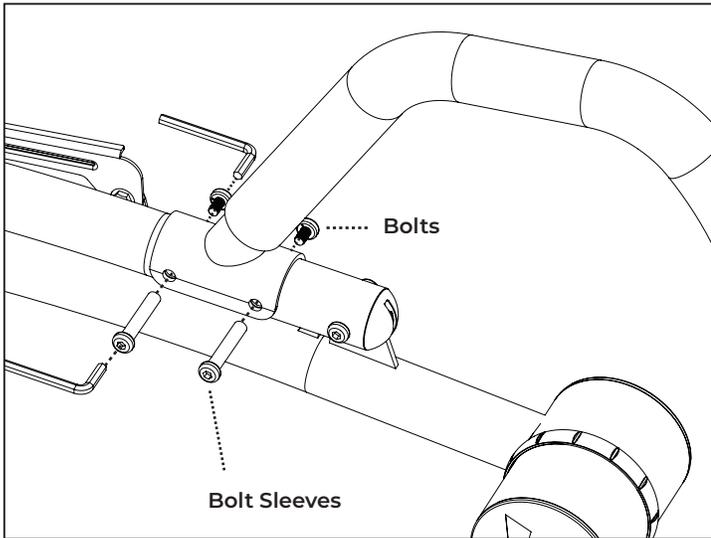


Figure 8

Locate the Contour Stretch™ Assembly Hardware Kit (HK1012).

Figure 8: With the open end of each handle pointing away from the A-Frame feet, place each Handle fitting over the A-Frame legs, aligning with the pre-drilled holes.

Insert the bolt sleeves from the inside and secure with the bolts on the outside, tightening with the Allen Wrenches provided.

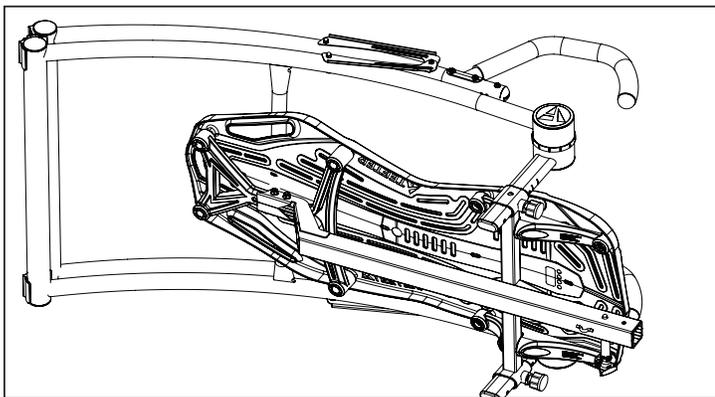


Figure 9

Figure 9: To stand the inversion table upright, first move the A-Frame onto its side, and then carefully lift it up onto its feet (Figure 10).

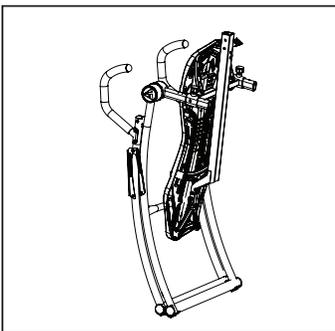


Figure 10

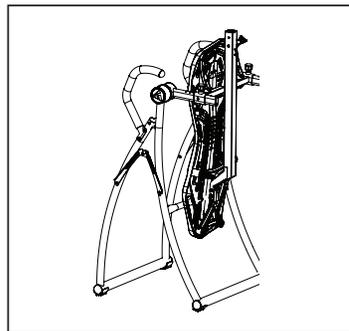


Figure 11

Figure 11: Use the handles to open the A-Frame wide enough so that it is stable and can stand upright on its own.

STEP 4

ATTACH CROSSBRACE TO ROTATION ADJUSTMENT ARMS

Locate the Crossbrace Hardware Kit (HK1011).

Figure 12: Align the holes in the Crossbrace with the last hole on the Rotation Adjustment Arm.

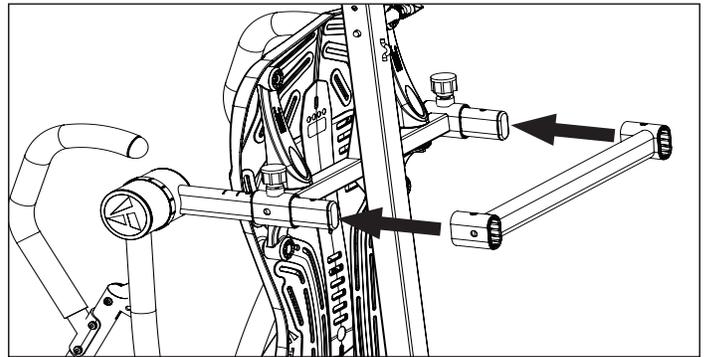


Figure 12

Figure 13: Insert the Chicago Posts and secure with the Chicago Screws, tightening with the Allen Wrenches provided.

NOTE: Due to the tapered style of the Chicago Post, it may not sit flush against the Crossbrace.

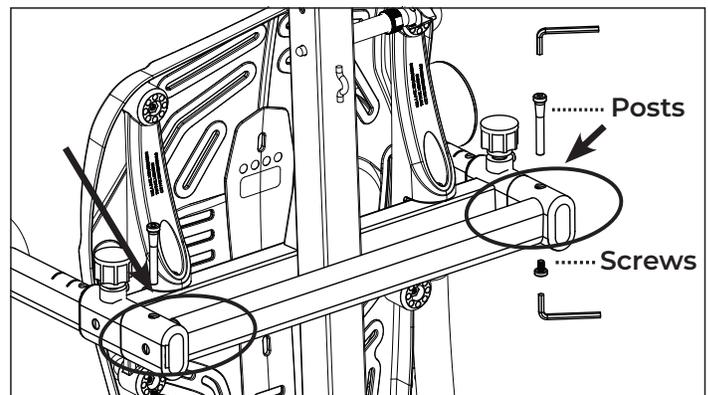


Figure 13

Figure 14: Turn the Pinlock Knobs clockwise to re-engage the “De-rattler” function.

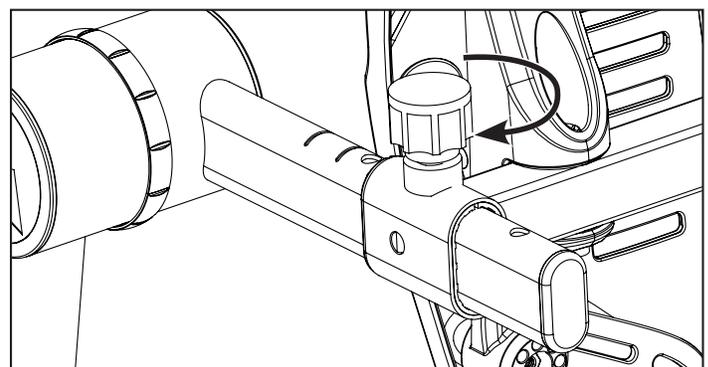


Figure 14

STEP 5

ASSEMBLE MAIN SHAFT TO TABLE BED

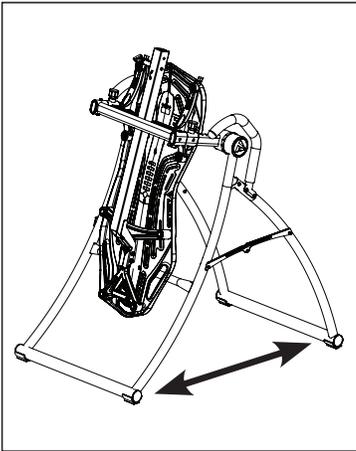


Figure 15

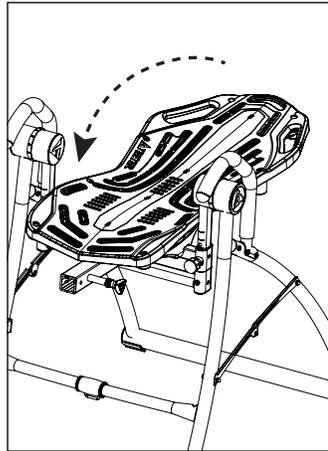


Figure 16

Figure 15: Ensure that the A-Frame is fully open and locked at the Spreader Arms.

Figure 16: Rotate the Table Bed into its use position.

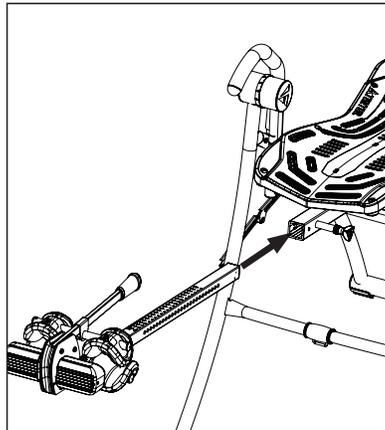


Figure 17

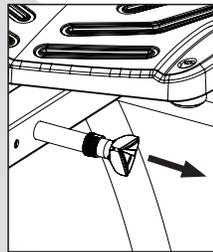


Figure 17a

Figure 17: 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 17a: 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 Owner's Manual for more information on selecting your height setting.

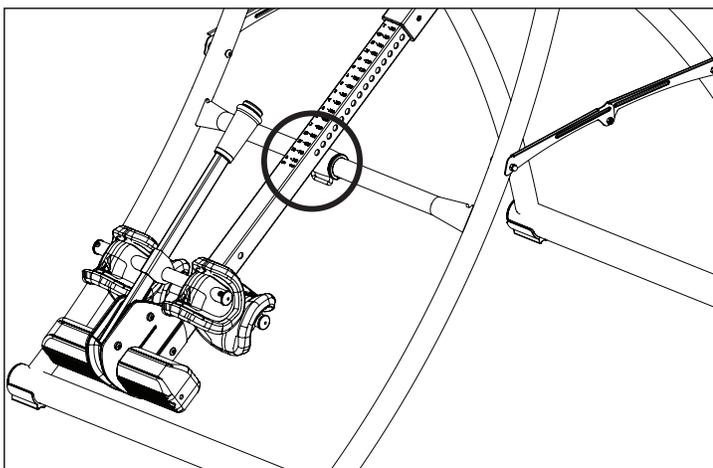


Figure 18

Figure 18: 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 in Figure 19, then the Table Bed has been assembled backwards onto the A-Frame. This must be corrected before use.

STEP 6

ATTACH ANGLE TETHER & HEAD PILLOW

Attach EZ-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.

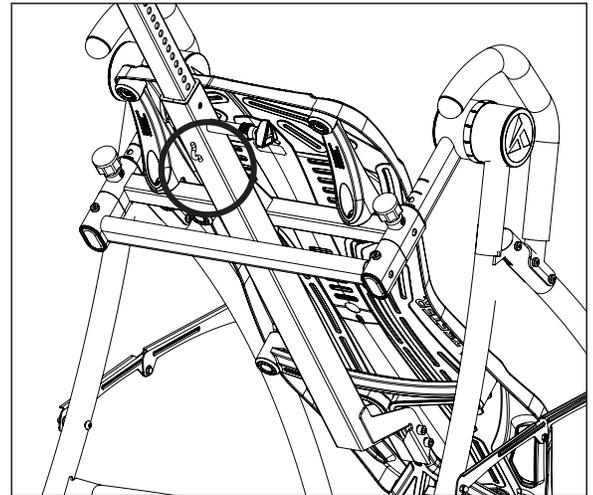
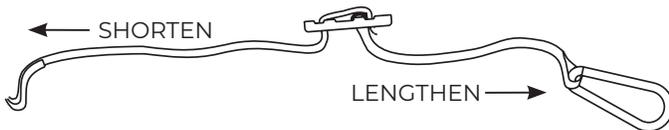


Figure 19

The EZ-Angle Tether is embroidered with color-coded angle markers at 20° (GREEN), 40° (ORANGE), or 60° (RED). Simply slide the buckle so its center aligns with your desired color setting.

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.

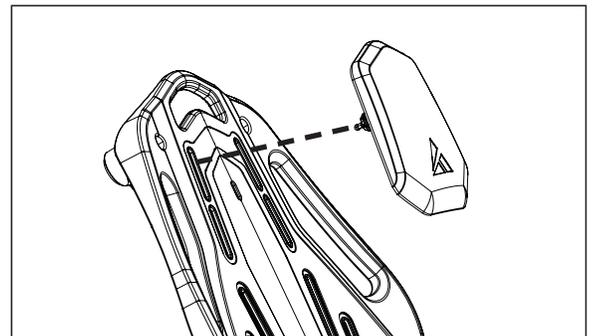


Figure 20

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

BEFORE INVERTING

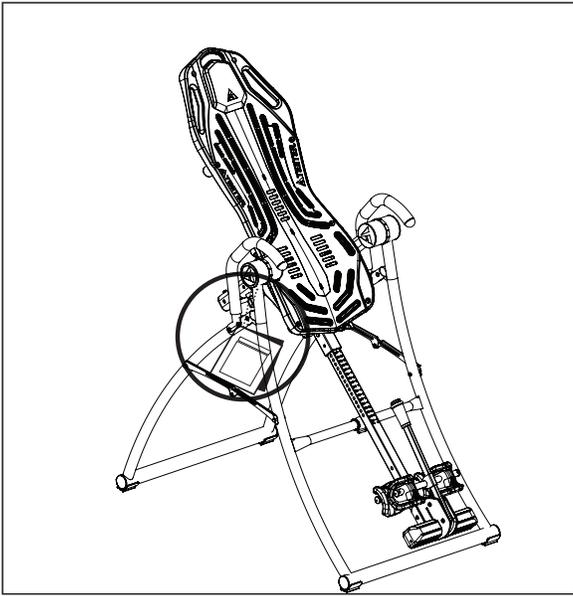


Figure 27

Ensure Owner's Manual is Attached

The Owner's Manual contains important information on how to use your Teeter Inversion Table, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.

Figure 27: If the Owner's Manual is not already attached, secure the chain to the A-Frame through the designated hole in the Hinge Plate. Allow the Owner's Manual 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 Owner's Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.

WARNING

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

View the Remainder of the Video

The Getting Started Video is a helpful supplement to the Owner's Manual, with easy-to-follow instructions on user settings, how to invert, storage and maintenance, and even stretching and exercises you can do with your Teeter.

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 to register your warranty.

Dealer Name

Serial No. (located on the back of the Table Bed)



FREE DIGITAL GUIDE AVAILABLE!

Maximize your Time on your Teeter Inversion Table

Go to teeter.com and register your warranty to gain **FREE** access to this downloadable exercise guide.

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.



Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



Neck Relax & Restore Duo™

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



Comfort Cushion

The soft, padded surface takes Teeter comfort to the next level, providing a plush surface that minimizes pressure points for superior comfort.



Posture Restore

Promotes additional posture correction by stretching the muscles that have shortened and adapted to a hunched posture, helping to open the chest, shoulders, and hips while gently decompressing and elongating the spine.



Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



FreeStep™ Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



Power10™ Rower

Dual-motion rowing machine for a total body HIIT workout at home in just 10 minutes to tone, strengthen, and increase endurance.



FitForm™ Cable Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



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

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This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards.
Any modification to this device will void the UL Listing.



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Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of the Teeter Decompression Devices is 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.