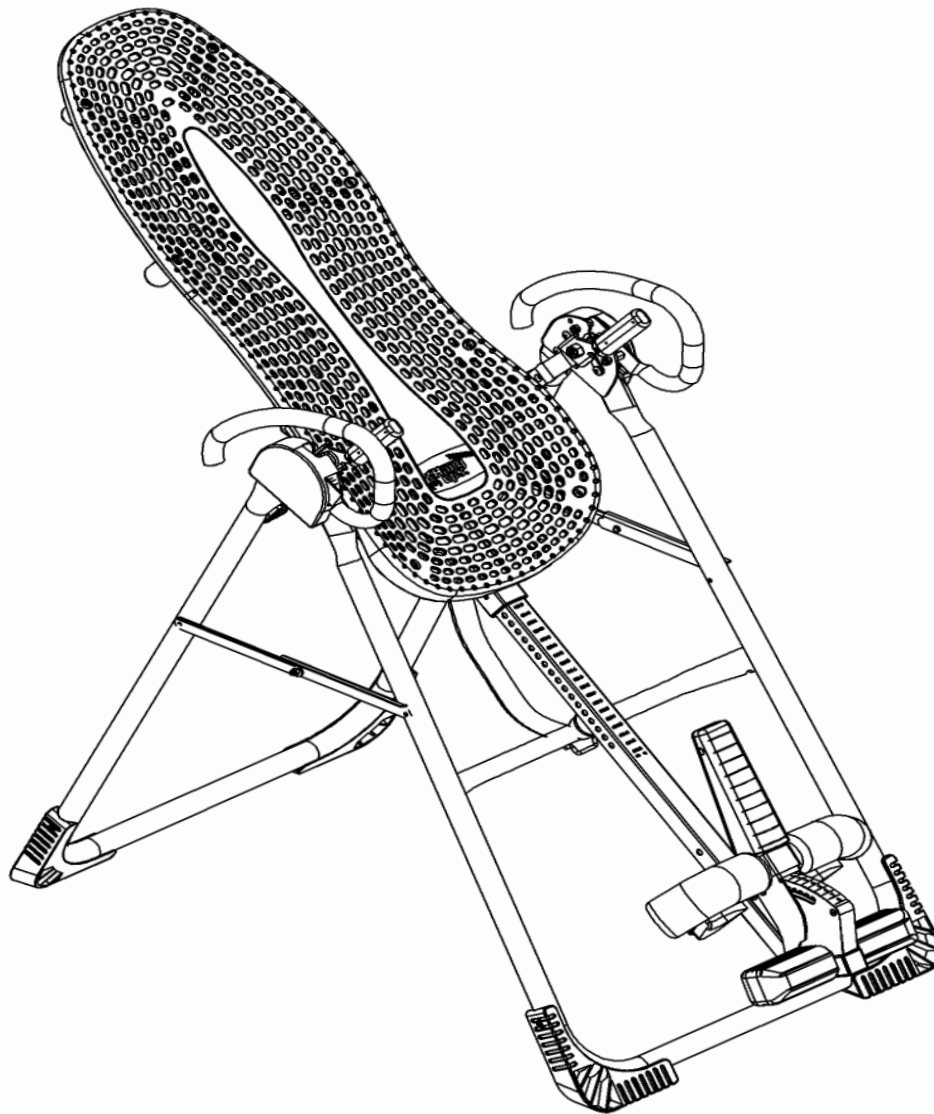


TEETER
Hang ups® EP-950™

**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 user safety and product integrity.

 **WARNING**

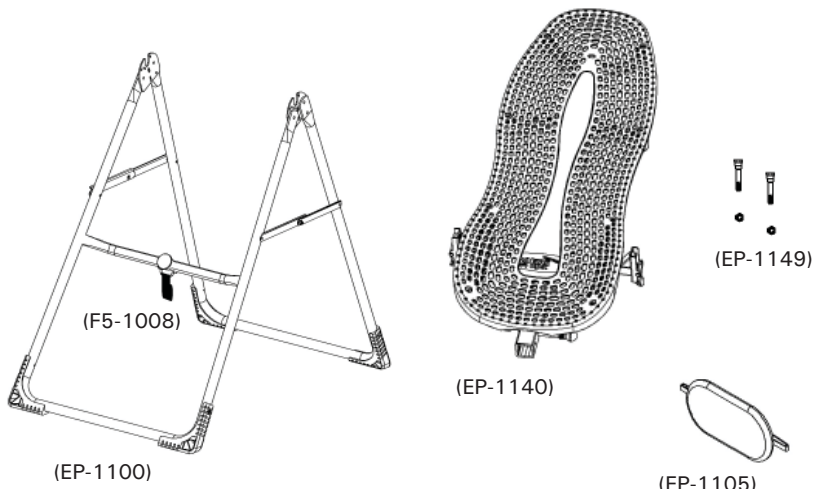
1. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
2. This product is not designed for persons over 6'6" (198 cm) or over 300 lbs (136 kg). Structural failure could occur or head/neck may impact floor during inversion. Serious injury or death could result.
3. **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.
4. 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.
5. **DO NOT** use the inversion table until you have thoroughly and carefully read the Owner's Manual, viewed the DVD, reviewed all other accompanying documents, and inspected the equipment.
6. Choose a level surface for assembling and operating the table.
7. Follow each step in sequence. Do not skip ahead.
8. Make sure that all fasteners are secure.
9. **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
10. Replace defective components immediately and/or keep the equipment out of use until repair.

ITEMS FOR ASSEMBLY

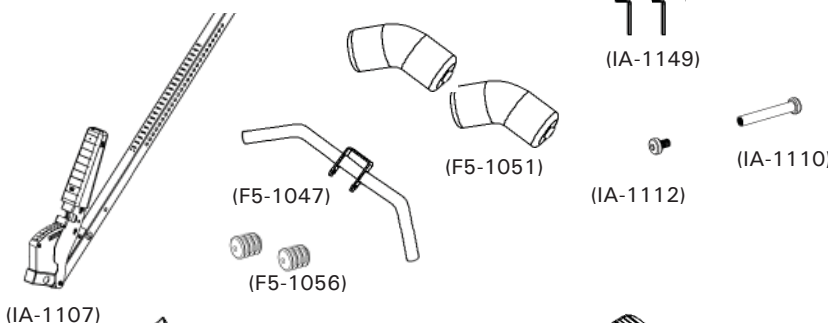
Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact Customer Service at 1-800-847-0143.

Items for Assembly Item Numbers

A-frame Base	(EP-1100)
EZ-Angle Tether	(F5-1008)
Table Bed Assembly	(EP-1140)
Bolts and Nuts	(EP-1149)
Head Pillow	(EP-1105)



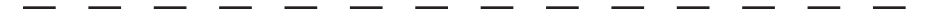
Main Shaft with Ankle Lock System	(IA-1107)
Front Ankle Assembly	
Ankle Bar	(F5-1047)
Rubber Plugs (2)	(F5-1056)
Foam Rollers (2)	(F5-1051)
Bolt Sleeve	(IA-1110)
Sleeve Screw	(IA-1112)



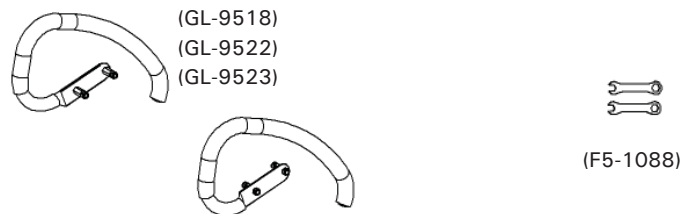
Rear Bar Assembly	
Rear Bar w/ Heel Cups	(IA-1113)
Bolt/Nut	(IA-1116)
Rubber Plug	(F5-1056)



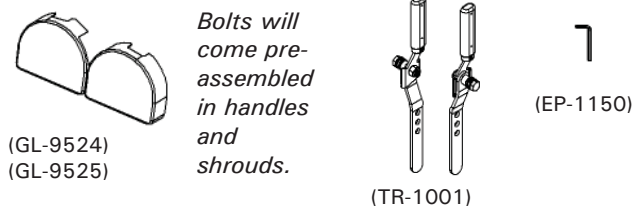
Foot Platform Assembly	
Foot Bar	(IA-1119)
Foot Pieces (2)	(IA-1118)
Screw	(IA-1123)
Screwdriver	(F5-1130)



Over EZ Handles	
Left Handle	(GL-9518)
Right Handle	(GL-9522)
Threaded Bolts (4)	(GL-9523)



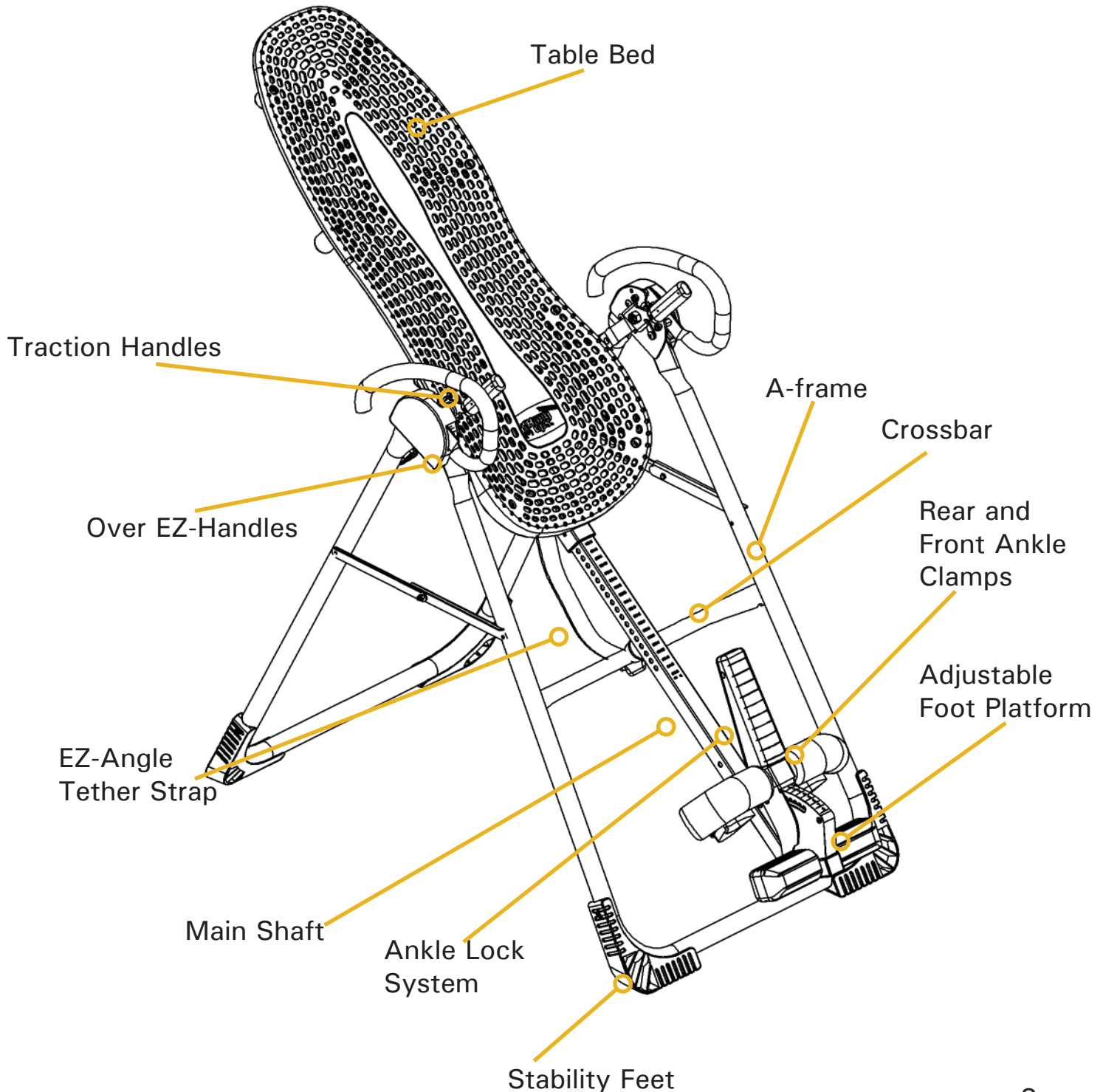
Shrouds	(GL-9524)
1/4" Bolts (4)	(GL-9525)
Roller Hinges (2)	(TR-1001)
Wrenches (2)	(F5-1088)
Allen Wrench	(EP-1150)



Bolts will come pre-assembled in handles and shrouds.

Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups inversion table.



Step One

Assemble the A-frame Base (EP-1100) and Install the Handles (GL-9518, GL-9522) and Shrouds (GL-9524)

- Open the A-frame and make sure the spreader arms are locked. Rest the A-frame on the floor (Figure 1). The Crossbar is at the front.
- Insert two double threaded bolts (GL-9523) through the base of the Left Handle (marked with an "L") and hand tighten on the outside with the nuts provided. (See Figure 2) Line up and insert the opposite end of the bolts through the corresponding 1/3" holes on the outside of the hinge plate. Loosely tighten with nuts, then use the wrenches provided to tighten both sets of nuts, being careful not to over tighten. Repeat with the Right Handle.
- Place each shroud over the outside edge of the corresponding handle. Line up and insert the shroud bolts (GL-9525) through the smaller 1/4" holes in the hinge plate (See Figure 2). Use the wrenches provided to tighten the nuts, being careful not to over tighten.

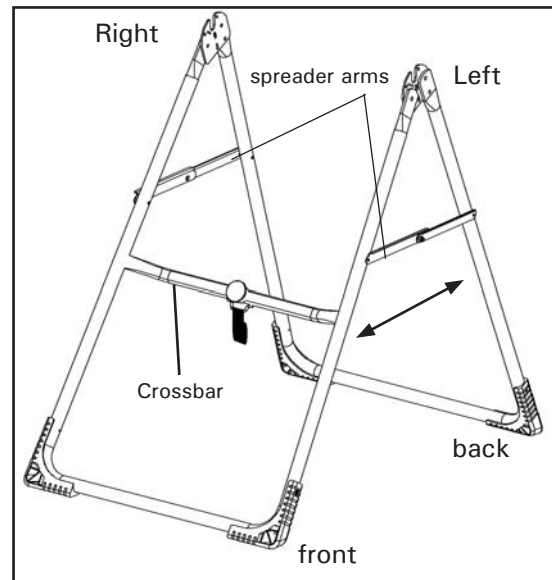


Figure 1

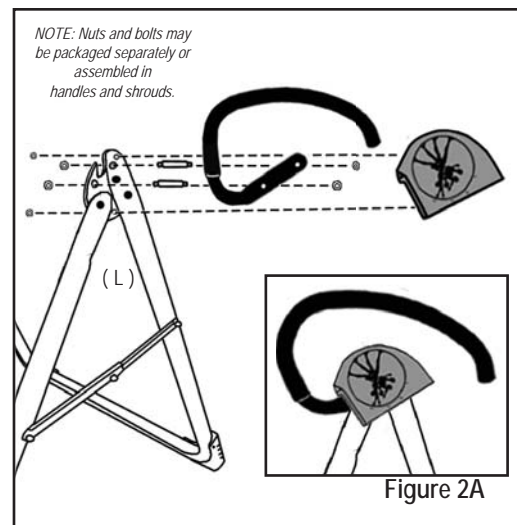


Figure 2

Step Two

Attach the Upper Support Arms to the Table Bed (EP-1141)

- Before following this step, make sure you have read the orange insert that came attached to the Table Bed.
- Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with holes at the base of Upper Support Arms (Figure 3). You may have to exert extra pressure to ensure the Support Beam slides over the rubber spacers.
- Insert the two bolts (EP-1149) through the rubber spacers and into the open holes.
- Fasten each bolt with a nut.
- Use the Allen Wrench to steady (EP-1150) the bolts, tighten the nut onto the bolt with the larger wrench (F5-1088) (Figure 4). Repeat with the second bolt.

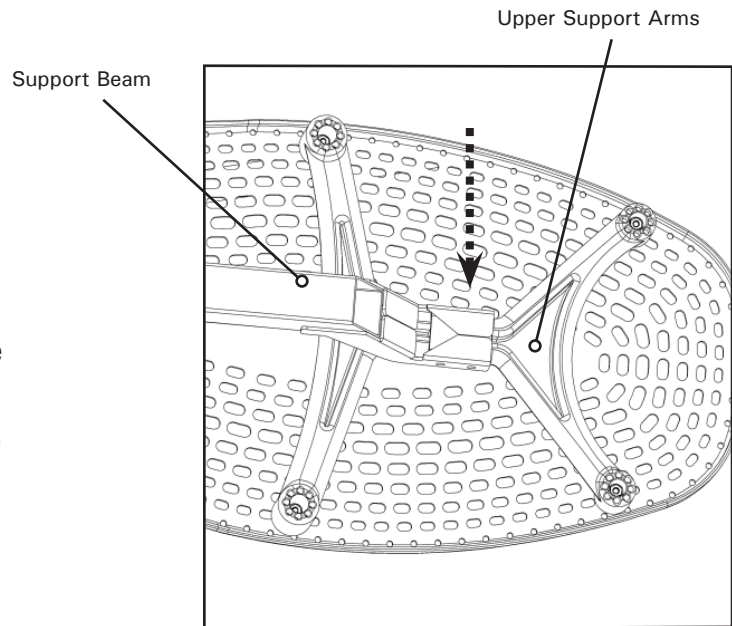


Figure 3

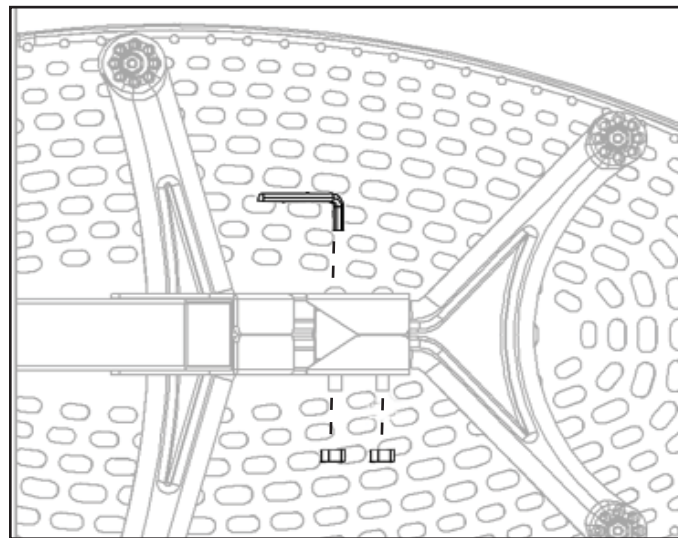


Figure 4

Step Three

Install the Roller Hinges (TR-1001) onto the Table Bed (EP-1140)

- For ease-of-assembly, rest the Table Bed against the side of the A-frame (Figure 5).
- Open the Cam Locks on each side of the Table Bed (Figure 5A).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed. The Roller Hinges must slide between the Cam Locks and the brackets.
- 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 6A) to secure the hinges.

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

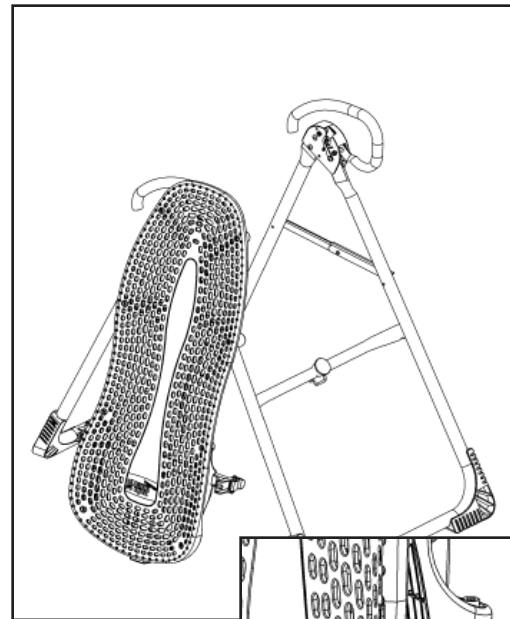


Figure 5

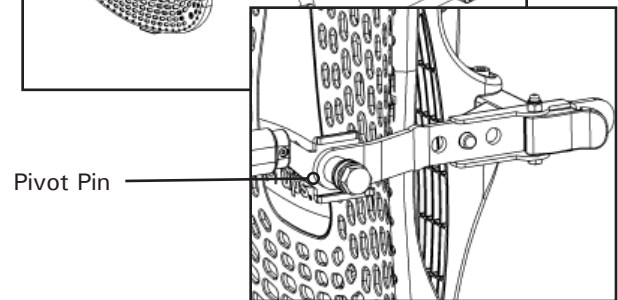


Figure 5A

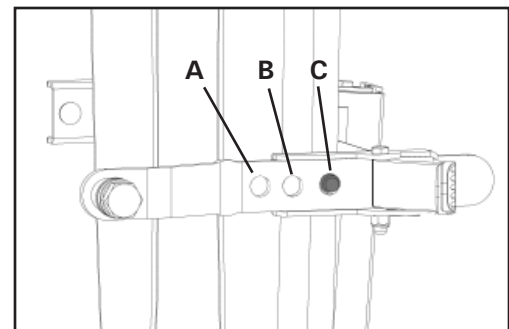


Figure 6

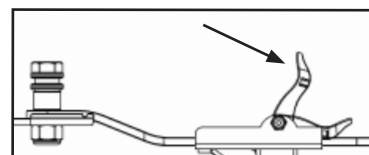


Figure 6A

Step Four

Attach the Table Bed (EP-1140) to the A-frame (EP-1100)

- Holding each side near the Roller Hinges, pick up the Table Bed and stand at the front of the A-frame where the Crossbar is located. Lower each Pivot Pin into the A-frame hinge plates one at a time (Figure 7). You may need to push outward on the A-frame in order to slide the second Pivot Pin into the hinge. Figure 9 shows the correct placement of the Pivot Pin into the hinge plate.
- Make sure that both Pivot Pins are seated at the base of the slot in the hinge plate. Check to make sure that the self-locking hooks have closed over both Pivot Pins (Figure 9), and the table rotates smoothly.

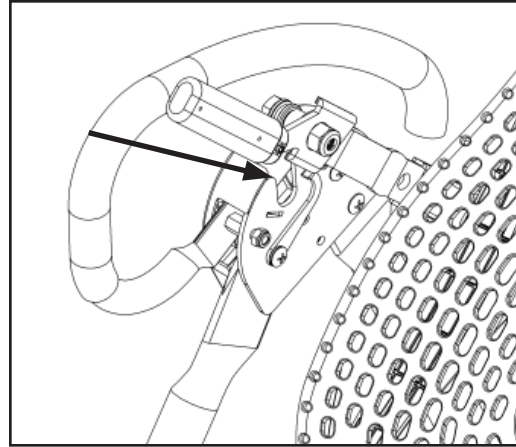


Figure 7

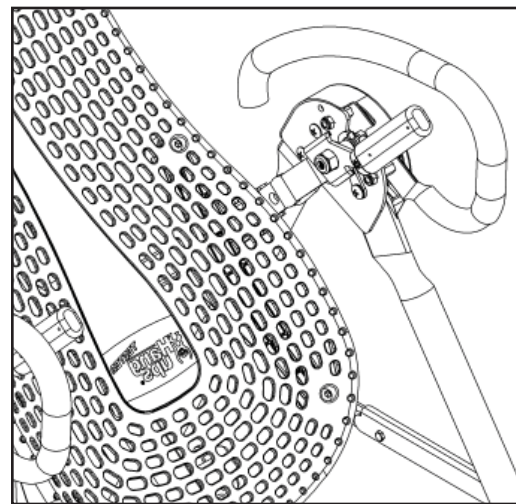


Figure 8

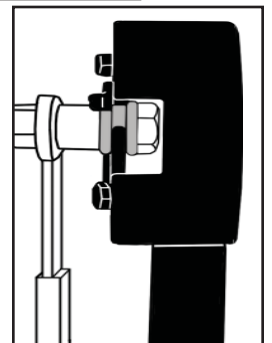


Figure 9

WARNING

Failure of the self-locking hooks to close over both Pivot Pins is indication of improper assembly and if not corrected, could result in serious injury or death!

Step Five

Insert the Main Shaft (IA-1107) into the Table Bed (EP-1140)

- 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 on the Table Bed.
- Pull out the height-selector locking pin to allow the Main Shaft to slide in farther (Figure 10). For the purpose of easy assembly, slide in the Main Shaft and release the pin in the last height setting (Refer to the Owner's Manual for proper height adjustment before use).

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 11). The Crossbar prevents the table from rotating forward when the user steps on the Foot Platform. If the Main Shaft does not rest on the Crossbar as shown in Figure 11 then the Table Bed has been assembled backwards onto the A-frame and this must be corrected before use.

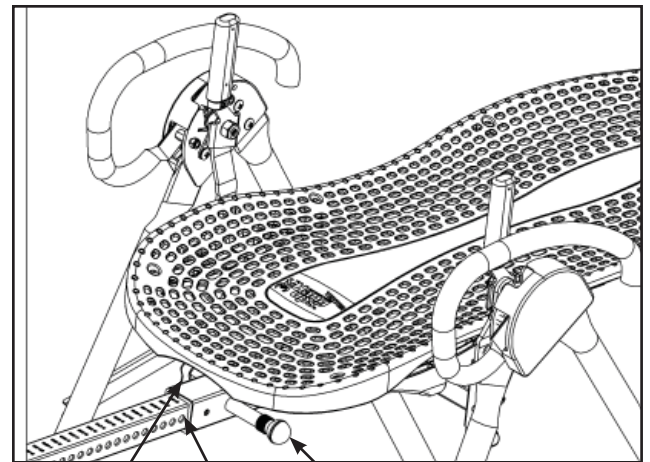


Figure 10
De-rattler Knob
Main Shaft Housing
Height-Selector Locking Pin

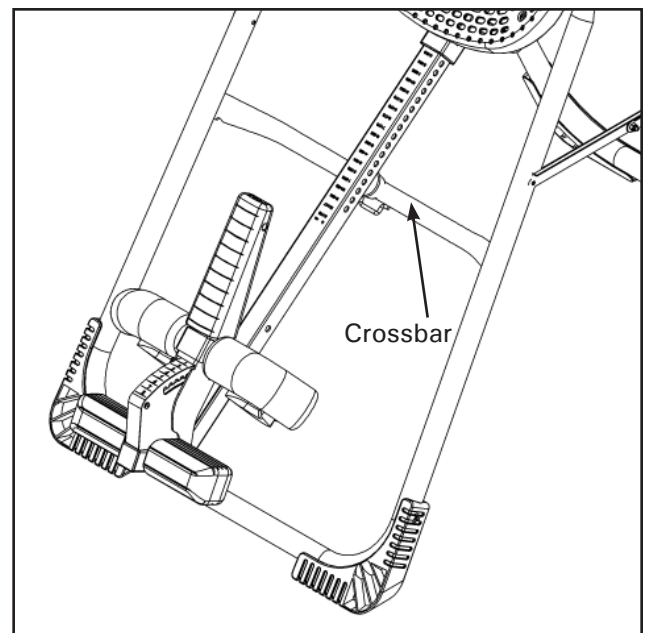


Figure 11

Step Six

Install the Front Ankle Assembly

- Gather the Ankle Bar (F5-1047), Black Plugs (F5-1056), Foam Rollers (F5-1051), Bolt Sleeve (IA-1110), and Sleeve Screw (IA-1112).
- Stand in front of the Main Shaft and slide the Ankle Bar over the ratchet housing into the slot (Figure 12).
- Align the bolt holes. Insert the Bolt Sleeve through the holes and secure with the Sleeve Screw (Figure 13). Position one Allen Wrench on the Sleeve Screw and one on the Bolt Sleeve to tighten.
- Slide the Foam Rollers over each side of the Ankle Bar (Figure 14).
- Insert the Black Plugs into both ends of the Ankle Bar (Figure 14).

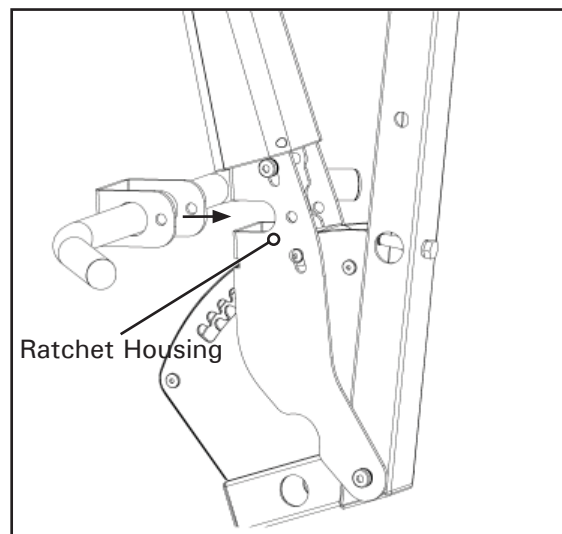


Figure 12

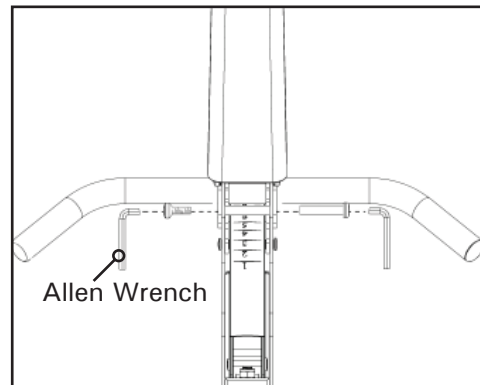


Figure 13

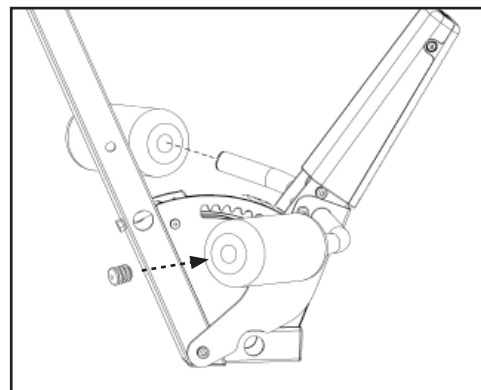


Figure 14

Step Seven

Install the Rear Bar Assembly

- With the rounded corners of the rear foam Heel Cup facing down, insert the Rear Bar with one Heel Cup (IA-1113) into the large hole at the bottom of the Main Shaft (Figure 15).
- Insert the Bolt (IA-1116) to secure the Rear Bar to the Main Shaft, and attach the nut with the wrenches (F5-1088) provided (Figure 16).
- Slip the other Heel Cup (rounded corners down) onto the Rear Bar and push the Rubber Plug (F5-1056) into the Rear Bar (Figure 17).

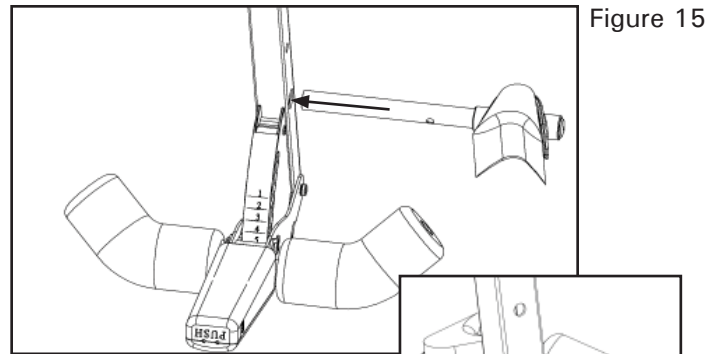


Figure 15

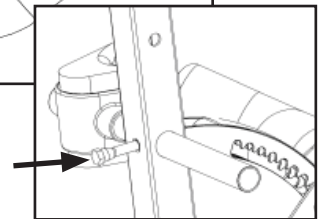


Figure 16

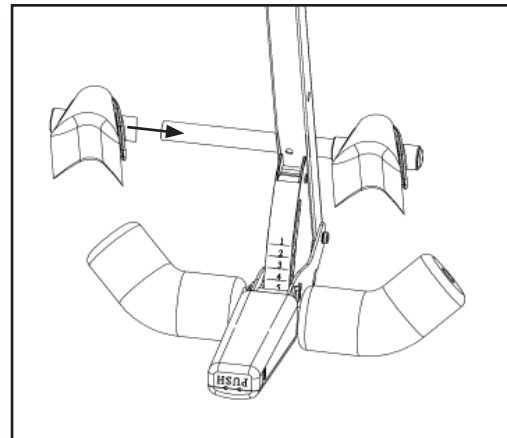


Figure 17

Step Eight

Install the Foot Platform Assembly

- Slide the Foot Bar (IA-1119) with one Foot Piece (IA-1118) in the hole below the ratchet (Figure 18).
- Slide the Foot Piece onto the Bar (Figure 19).
- Insert the screws (IA-1123) onto the Foot Platform and tighten with the screw driver (F5-1130) (Figure 19).

Note: The Foot Pieces are designed with a High and Low setting. Position in the Low setting (screws facing up) for ease of assembly. Refer to Owner's Manual for a description of the settings.

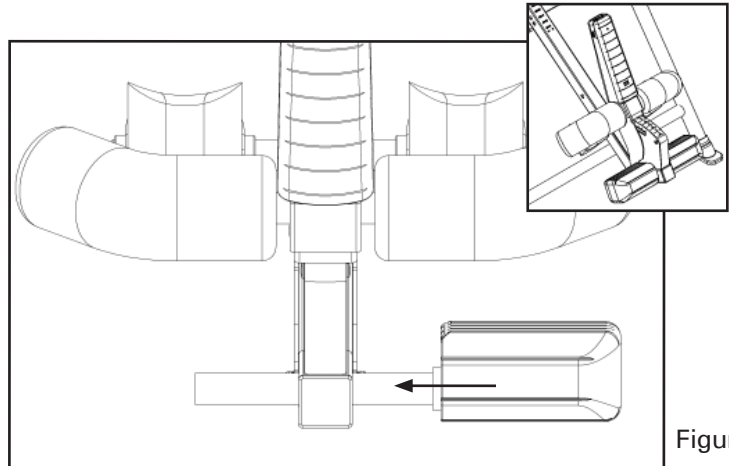


Figure 18

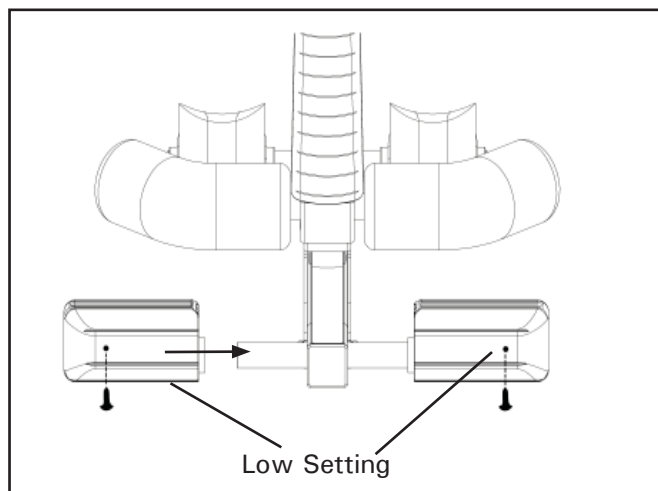


Figure 19

Step Nine

Attach the EZ-Angle Tether Strap (F5-1008) to Limit the Degree of Rotation

- Hook the clip at the end of the tether strap to the loop at the base of the table bed (Figure 20) to limit your degree of rotation.
- See the Owner's Manual insert for further instructions on adjusting the strap.

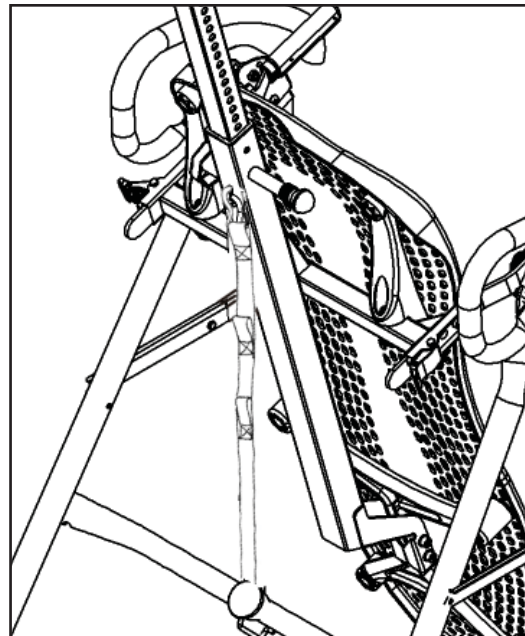


Figure 20 11

ADJUSTMENTS / MAINTENANCE / STORAGE

CHANGING THE ROLLER HINGE SETTING

- Stand with your legs on either side of the Main Shaft.
- Reach under each Roller Hinge with your index fingers. Use your thumbs to release the locks over the Roller Hinges (See Figure 21).
- Lift both sides of the table out of the A-frame at the same time. You may rest the table on the Crossbar of the A-frame.
- Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C) (Figure 22).
- Re-lock the Cam Locks. Replace the Roller Hinges into the hinge plates of the A-frame.



Figure 21

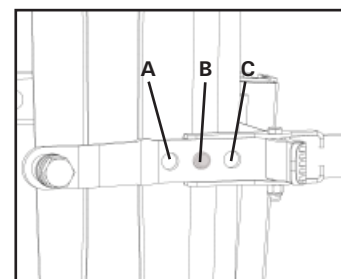


Figure 22

MAINTENANCE

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

STORING THE INVERSION TABLE

- Loosen the De-rattler knob.
- Pull the height-selector locking pin and slide the Main Shaft in all the way to the final hole setting. Engage the pin in the storage setting.
- Rotate the table opposite from use until the table has turned 180 degrees and rests against the Crossbar on the A-frame.
- Pull up on the spreader arms to fold the A-frame (Figure 23). **WARNING: This operation may pinch fingers if not done slowly and carefully.**

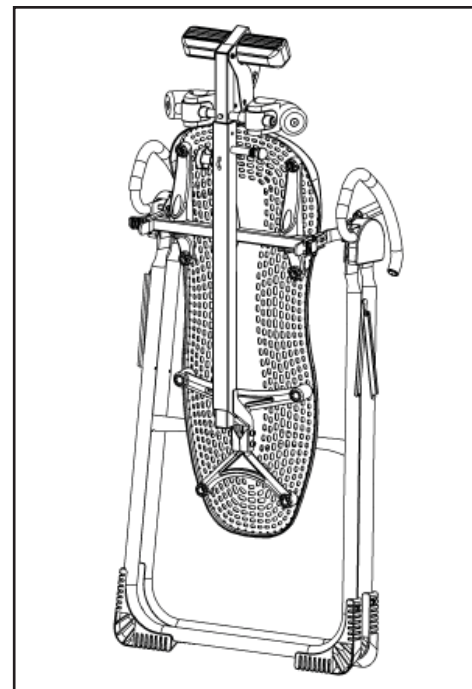


Figure 23

⚠ WARNING

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



Classified as Medical Equipment, Part I in accordance with
UL 60601-1 and CAN/CSA C22.2; General Requirements for Safety in
accordance with Underwriters Laboratories, Inc.
Any Modification to this device will void the UL Classification.

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

USA:
Teeter
9902 162nd St. Ct. E., Puyallup, WA 98375
Toll Free (Phone) 800-847-0143 (Fax) 800-847-0188
Local (Phone) 253-840-5252 (Fax) 253-840-5757
mail@teeter-inversion.com
www.teeter-inversion.com

International:
Inversion International, Ltd.
PO Box: AP 59245
New Providence Island, Bahamas
(Phone) +1-242-362-1001 (Fax) +1-242-362-1002
mail@InversionInternational.com
www.InversionInternational.com

U.S. patents apply.
Teeter Hang Ups is a registered trademark of Teeter
Specifications subject to change without notice.
© COPYRIGHT 2008, Teeter
International Law Prohibits Any Copying, EP-2021; 0108-0