

EZ Stretch™ Traction Handles

for Teeter Hang Ups® Inversion Tables

⚠ WARNING

Teeter Hang Ups® EZ Stretch™ Traction Handles are designed for the advanced user to achieve maximum decompression. **DO NOT** use if you are not comfortable with the stretch achieved during regular inversion. **DO NOT** use until you have reviewed all accompanying documents regarding your table and Traction Handles. Improper use can result in serious injury or death!

PRE-ASSEMBLY

IMPORTANT: The EZ Stretch™ Traction Handles are an optional accessory to be used with Teeter Hang Ups® Inversion Tables and are designed to add stretching and decompression benefits to inversion. It is recommended that you first become comfortable using the inversion table as instructed in the Owner's Manual before attempting to utilize the Traction Handles. This accessory will not interfere with the normal operation of the table.

Note: If your inversion table roller hinges have not been pre-drilled for Traction Handle installation, you may purchase a Traction Handle Adapter Kit, which comes complete with a set of handles and a set of Roller Hinges.

BEFORE STARTING to assemble your EZ Stretch™ Traction Handles, remove all the individual parts from the carton. You should have the following items:

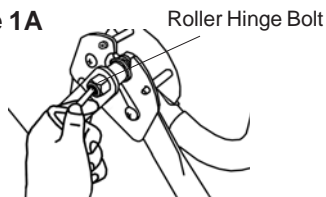
ITEMS FOR ASSEMBLY	ITEM #'S
Traction Handles w/ Derattler Screw	F5-1124
Bolt Caps (2)	F5-1126
Screwdriver	F5-1130



ASSEMBLY

EZ Stretch™ Traction Handles are designed with a diagonal off-set to accommodate various arm lengths and desired traction intensity. The handles can be positioned within closer reach to accommodate users with shorter arms or those who desire greater traction. For users with longer arms or those who want less of a stretch, the handles can be reversed so that they are positioned a greater distance from the shoulders. Refer to the drawings on the **left** side of the page if you desire a greater stretch or have shorter arms; follow the **right** side if you have longer arms or desire a lesser stretch.

Figure 1A



- Use the Screwdriver (F5-1130) to remove the Roller Hinge Screw from the left Roller Hinge Bolt (See Figure 1 or 1B). Do not discard! You will need this part to assemble the Traction Handle.

Figure 1B

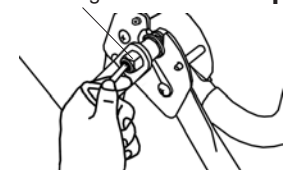
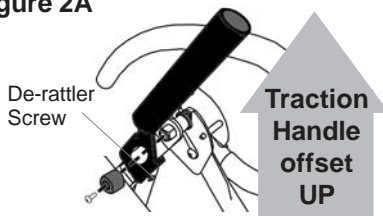


Figure 2A



- Place the bracket of the handle over the top of the Roller Hinge Bolt, making sure that the bolt fits inside of the hole in the handle bracket. The handle should point away from the table. (See Figure 2A or 2B)

Figure 2B

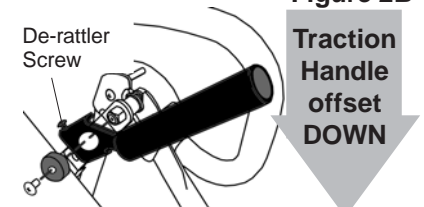


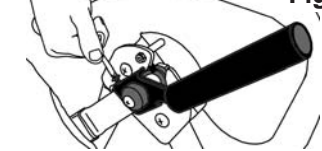
Figure 3A



- Place the Bolt Cap (F5-1126) over the Roller Hinge Bolt.

- Reinsert the Roller Hinge Screw into the pre-drilled hole on the Roller Hinge Bolt and tighten using the Screwdriver.

Figure 3B



- Tighten the De-rattler Screw. (See Figure 3A or 3B) Only tighten the screw until the Traction Handle is reduced of excess movement. Part of the screw may still protrude from the Traction Handle.

- Repeat on the opposite side.

For information about the Teeter Hang Ups® 5-year warranty, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location:

USA & Canada:
STL International, Inc.
9902 162nd St. Ct. E.
Puyallup, WA 98375
(Phone) 253-840-5252,
(Fax) 253-840-5757
(email) Info@STLIntl.com
(web) www.STLIntl.com

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

Europe:
Teeter Ltd.
Cygnet House, Sydenham Road
Croydon, Surrey CR0 2EE, UK
(Phone) +44-20-8667-0060
(Fax) +44-20-8680-3999
(email) mail@TeeterLtd.com
(web) www.TeeterLtd.com

DO NOT DISCARD - KEEP FOR FUTURE REFERENCE.

EZ Stretch™ Traction Handles

Before Use:

The inversion table is like a sensitively balanced fulcrum. By shifting weight to the head end of the table, you will move in that direction, and vice versa. Your arms will provide most of the weight needed to rotate the table. This means that if you want to utilize the EZ Stretch™ Traction Handles, you may need to adjust your inversion table so that you *do not* return upright when you place your arms at your sides to push on the handles.

Attach the Tether Strap

As you apply pressure to the Traction Handles, the table angle will increase due to weight displacement caused by the spine lengthening. We recommend using the Tether Strap to stop the table at your desired maximum angle (See Figure 1).

Adjust Height Setting

The ideal height setting for stretching would allow the table to remain inverted while Traction Handles are in use. You may need to shorten the Main Shaft 1-2 inches (See Owner's Manual on adjusting). First try using the Traction Handles at your normal height setting and then adjust if necessary.



Figure 1

⚠ WARNING

By adjusting your inversion table to a shorter setting the rate of rotation will be MORE responsive. Use a spotter until you find your ideal setting.

During Inversion:

Using the Traction Handles

- Once you've inverted, slowly reach up toward the Traction Handles.
- Hold onto the Traction Handles. Your elbows should be slightly bent while the rest of your upper body is still resting comfortably on the bed. The greater the bend in the arms, the more aggressive the stretch will be.
- Gently push against the handles and slowly straighten your arms (See Figure 2). Take a deep breath and exhale, attempting to relax the muscles in your lower back. If while pushing you are unable to reach the maximum inversion angle that you desire, you may want to shorten the Main Shaft an additional inch.

⚠ WARNING

DO NOT use aggressive force! Too much traction may cause overstretching that can stress your back muscles and may result in serious injury! Stop immediately if you feel any pain!

Return Upright:

Since you have adjusted the Main Shaft to a shorter setting, it is likely that you will be unable to return upright by simply bringing your arms to your sides.

- Place your hands on the handles for support.
- Bend your knees to shift your body weight to the foot side of the pivot point.
- Do not lift your head or try to sit up.

Traction Handles can act as a "push button" release when you are fully inverted. To unlock your inversion table from the 90 degree position, slide your hands to the outward ends of the Traction Handles and press firmly. The table bed should begin to rotate upright.

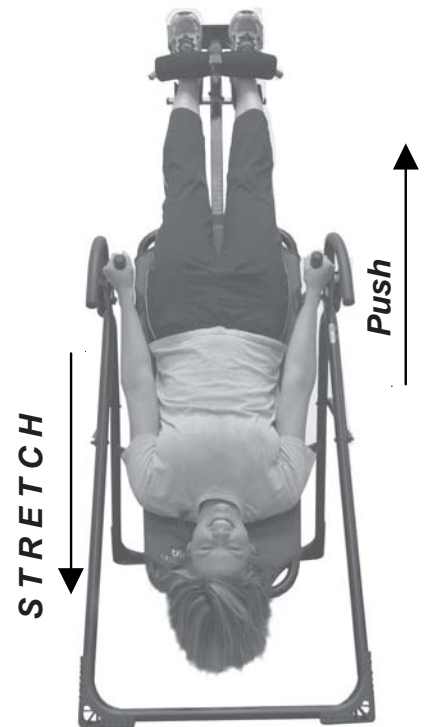


Figure 2

Oscillation:

Oscillation is the technique of rocking back and forth for alternate stretching and relaxing. At your ideal height setting, the table should automatically oscillate as you increase and decrease pressure on the Traction Handles.

- Set table at your ideal height setting specified in your Inversion Table Owner's Manual.
- Once at a 45 degree angle, alternately increase and decrease pressure on the handles.

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