

CV Bar for Teeter Hang Ups® Inversion Tables

Purpose: Some users prefer to use the standard ankle clamps provided with the Teeter Hang Ups Inversion Table. Others prefer to use Gravity Boots while inverting. To convert Teeter Hang Ups Inversion Table for use with Gravity Boots, you must install the CV Bar - failure to do so could result in serious injury or death. Please carefully comply with the following instructions:

PRE-ASSEMBLY

Before you begin: These instructions will guide you in properly assembling and using the unit. Please review all the steps before beginning assembly. Carefully adhere to these instructions to help ensure user safety and product integrity.

WARNING

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

Restrictions on Use

- **DO NOT** attempt to use the CV Bar with any other inversion table that is not designed specifically to be adapted with the CV Bar. The CV Bar is to be used only with certain Teeter Hang Ups model inversion tables.
- **DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference)
 - Middle ear infection
 - Extreme obesity
 - Pregnancy
 - Hiatal hernia
 - Ventral hernia
 - Glaucoma
 - Retinal detachment
 - Conjunctivitis
 - High blood pressure
 - Hypertension
 - Heart or circulatory disorders
 - Spinal injury
 - Cerebral sclerosis
 - Acutely swollen joints
 - Recent stroke or transient ischemic attack
 - Bone weakness (osteoporosis)
 - Recent or unhealed fractures
 - Medullary pins
 - Surgically implanted orthopedic supports
 - Use of anticoagulants (including high doses of aspirin)
- **DO NOT** use with converted Teeter Hang Ups Inversion Tables if you are over 300 lbs. (136kg) or 6 ft 6 in (198 cm). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.

Precautions During Assembly and Before Use

- **ALWAYS** choose a level surface for assembling the CV Bar and operating the inversion table.
- Follow each step in sequence. **DO NOT** skip ahead.
- **DO NOT** use until you have thoroughly and carefully read all accompanying documents, reviewed product labeling, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** test and inspect the CV Bar, Gravity Boots and inversion table prior to use. Make sure the table rotates smoothly to inverted position and back. Make sure that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

Precautions During Use

- **ALWAYS** wear the Gravity Boots when using the CV Bar, making sure the Gravity Boots are fastened securely around the ankles and checking that the Gravity Boot hooks are fitted properly around the CV Bar.
- **ALWAYS** use a spotter until comfortable with the use of the equipment.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other stretching device while inverting.
- 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.

ASSEMBLY

Step One

Remove the rear bar

- Remove a black plug and one rear foam ankle clamp with silver backing from the same side of the rear bar. (See Figure 1)
- Remove the nut and bolt; slide the rear bar out from the main shaft. *Keep the nut and bolt in case you want to re-attach the ankle clamps in the future.*

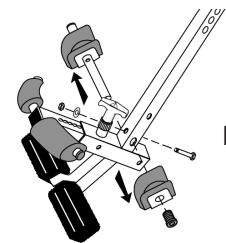


Figure 1

Step Two

Remove the front ankle clamps

- Remove the bolt that holds the retainer spring and security cable attached to the front ankle clamp. (See Figure 2) **Keep the bolt and nut for use in Step Three.**
- Pull up on the locking pin and remove the front ankle clamp assembly.

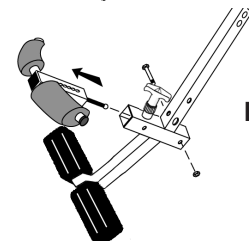


Figure 2

ASSEMBLY

Step Three

Install the CV Bar

- Insert the CV Bar into the ankle clamp housing.
- Attach the CV Bar by inserting the bolt removed in Step Two through the holes located at the front of the ankle clamp housing (just under the locking pin). (See Figure 3)
- Tighten the nut and bolt with the wrenches provided with your inversion table.
- With the CV Bar in place, you may choose to remove the locking pin by unscrewing its base. *Be sure to keep it in case you want to re-attach the ankle clamps in the future.*

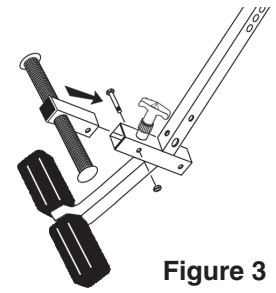


Figure 3

PRIOR TO USE

Review all product support materials with the Gravity Boots and your Teeter Hang Ups Inversion Table before inverting with the Teeter Hang Ups CV Bar.

1. Preparing the Inversion Table:

- Confirm that the Main Shaft is adjusted to your proper height setting.
- Adjust the Foot Platform (up or down) to ensure the hooks are securely hooked to the CV bar with the bar touching or nearly touching the base of the hook while the feet rest flat on the Foot Platform.

⚠ WARNING

Setting the Foot Platform so that the hooks are not securely around the bar could cause you to fall during inversion, resulting in serious injury or death!

2. Mounting:

- While facing away from the table with your legs positioned on either side of the Main Shaft, lift one foot so that Gravity Boot Hook wraps around the CV Bar.
- Slide the hook along the CV Bar until the foot is able to rest flat on the Foot Platform. (See Figure 4)
- Repeat with the opposite foot.

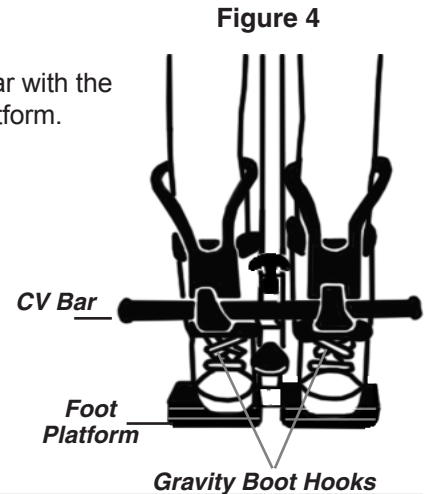


Figure 4

RE-ASSEMBLING THE ANKLE CLAMPS

To re-assemble the Ankle Clamps - reverse the process

- Remove the black end cap from the back of the ankle clamp housing.
- Follow Step Three through Step One, reversing the installation process to remove the CV Bar and re-assemble the rear and front ankle clamp assemblies. (See Figure 5)
- IMPORTANT:
 - Make sure that the holes in the front ankle clamp assembly are on top (facing the same side as the locking pin).
 - When inserting the bolt into the holes in the housing, be sure to slide the bolt through the loops at the end of the spring and security cable. You may need to use needle nose pliers to pull the spring loop and align it with the bolt.
 - Fasten securely with the nut. Test the installation of the front ankle clamps to ensure there is spring-loaded tension.
 - Replace the black end cap on the back of the ankle clamp housing.
- If you removed the locking pin when you installed the CV Bar, you MUST replace it securely before using the ankle clamp assembly. Use channel locks or vise grips to ensure that the locking pin is fully tightened. You may want to wrap the base of the locking pin with a cloth to prevent cosmetic scarring when tightening.

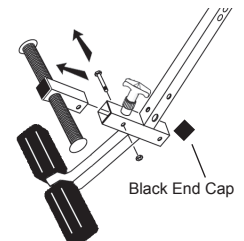


Figure 5

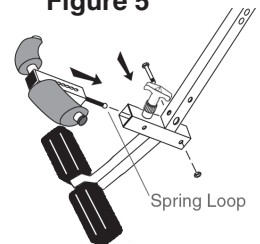


Figure 6

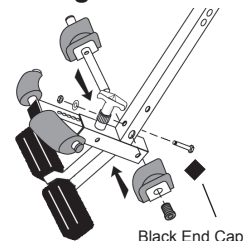


Figure 7

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⚠ WARNING

Failure to properly re-assemble the ankle clamps, including the locking pin, could cause serious injury or death! Test the locking function of the ankle clamp assembly prior to use.

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 below:

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