

Inversion Bar

PRE-ASSEMBLY

Before you begin: These instructions will guide you in properly assembling the unit. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity.

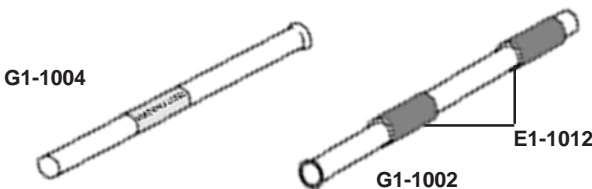
⚠ WARNING

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 250 lbs (113.6 kg). Structural failure could occur or head/neck may impact floor during inversion. Serious injury or death could result.
3. DO NOT use with the Inversion Bar in doorways wider than 36" (91 cm). Your Inversion Bar is pre-assembled in two halves which slide together to fit in doorways from 28 to 36" (71 to 91 cm) wide.
4. ONLY use in solid wood doorways built according to national building codes. DO NOT use in faux or metal doorways.
5. You must use the screws provided. DO NOT substitute with other length screws.
6. 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.
7. 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.
8. DO NOT use the Inversion Bar until you have thoroughly and carefully read the Owner's Manual, reviewed all other accompanying documents, and inspected the equipment.
9. Follow each step in sequence. Do not skip ahead.
10. Make sure that all fasteners are secure.
11. ONLY one person at a time should use the Inversion Bar.
12. Prior to use, test and inspect the Inversion Bar to ensure secure installation.
13. Replace defective components immediately and/or keep the equipment out of use until repair.

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 your retailer or customer service directly (See Owner's Manual).

Items for Assembly:	Item #
Straight Bar w/ Warning Label	G1-1004
Straight Bar W/ Foam Grips	G1-1002
Blue Foam Grips	E1-1012
Brackets (2)	E1-1059
Wooden Screws (6)	H1-5005

Not included: Drill motor w/ 5/32" drill bit.



E1-1059



H1-5005

ASSEMBLY

INSTALLATION OF BRACKETS

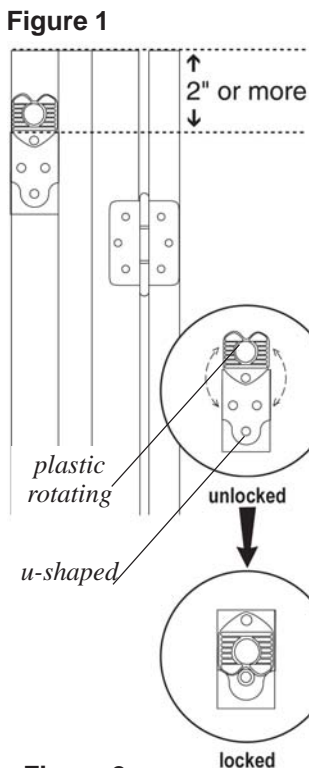


Figure 2

- Important: There are two sizes of Locking Brackets, one to fit the large diameter tube (with blue hand grips) and one to fit the small diameter tube (with red warning label). The Locking Brackets should mount on the door frame opposite from the hinged door, to allow use of the equipment without interfering with operation of the door.
- Install the first bracket as shown in *Figure 1*. Place the Locking Bracket against the doorstop edge, and 2" (5 cm) or more down from the top of the door frame. Make sure the plastic rotating lock is on top.
- Mark and then drill three 5/32" (3.9 mm) diameter holes and drill at least 2" (5cm) deep into the door frame.
- Mount the Locking Bracket using the three wood screws provided. Screws must fully engage the door frame. (For easier installation, rub bar soap on the screw threads.)
- Install the second Locking Bracket on the opposite side of the door frame at the same height as the first Locking Bracket. After both Locking Brackets are installed, extend your Inversion Bar out to the width of the door frame and hook the flared tube ends into the u-shaped receiver in each Locking Bracket.
- Lock the Inversion Bar into the Locking Brackets by snapping the plastic rotating lock over the top of the bar. (See *Figure 2*)

TEST BAR INSTALLATION:

- After installing the Locking Brackets and securing the Inversion Bar in place, two people should hang by their hands from one end of the bar.
- While hanging, bounce up and down several times. Next, both people should hang from the other end of the bar and repeat the test. IF THE DOOR FRAME IS UNSTABLE OR WEAK, DO NOT CONTINUE USE OF THE BAR IN THAT DOOR FRAME.

⚠ WARNING

1. Failure to properly install Locking Brackets could result in equipment failure.
2. Always check to make sure the Inversion Bar is securely locked in place.
3. Failure to test installation as outlined in these instructions could lead to equipment failure, resulting in serious injury or death!

Inversion Bar

Weight Capacity: Max 250 lbs. / 113.6 kg

⚠ 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** 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 the Inversion Bar if you are over 250 lbs (113.6 kg). 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.
- This product is not intended for use in public facilities.

Precautions Before Using

- **DO NOT** use until you have thoroughly and carefully read all the instructions, 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** inspect the equipment prior to use. 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** use Inversion Bar with a properly worn Gravity Boots. Failure to heed this warning may result in serious injury or death.
- **ALWAYS** work with a spotting partner until you are fully confident in your ability to get down from an inverted position.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other stretching device while inverting.

USING THE INVERSION BAR

Make sure to test the bar installation. Failure to test installation could result in serious injury or death. See Assembly Instructions.

Mounting (See Figure 3):

- Grasp the bar with both hands. Swing one leg up and place your foot against the bottom of the bar.
- Raise your other foot up and hook the boot onto the bar.
- Shift your weight to the hooked boot and hook the second boot.
- Slowly lower yourself, using the door jam for support, until you are inverted.

Figure 3



Dismounting:

- Reach your arms up toward the bar. You may need to use the door jam or a rope tied to the bar to help yourself up.
- Grasp the blue foam grips on the bar. To reduce the chance of dizziness while getting down, pause for 30 seconds with both hands on the bar while the boots are still hooked. Relax in this position to stretch the upper back.
- Unhook one boot and place that foot against the bottom of the bar. Shift your weight to the unhooked foot and unhook the second boot.

⚠ WARNING

Until you are fully confident in your ability to get down from an inverted position always work with a spotting partner.

TRY THE ULTIMATE ABDOMINAL EXERCISE: THE INVERTED SIT-UP!

Other Inversion Bar exercises include:

- Crunches
- Reverse Squats
- Twisting & Stretching
- Relaxation Breathing
- Chin-ups



This document is intended for use in the U.S. and Canada only. For additional languages in Spanish, French, Dutch, German, or Italian, please contact Teeter Hang Ups® customer service.

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:

USA & Canada:

STL International, Inc.
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
(email) Info@STLIntl.com
(web) www.STLIntl.com

International:

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