

Over EZ™ Training Handles

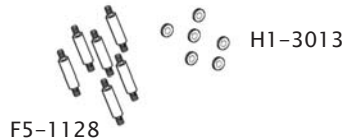
for Teeter Hang Ups® Inversion Tables

PRE-ASSEMBLY

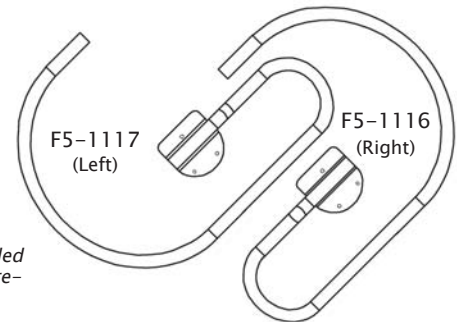
The Over EZ™ Training Handles are an optional accessory to be used with Teeter Hang Ups F-series Inversion Tables and are designed to assist novice inverters much like training wheels for a bicycle! Once you are comfortable using the inversion table (*for proper balancing instructions, please refer to the Owner's Manual attached to your inversion table*), you can choose to use either the Over EZ™ Training Handles or convert back to the standard handles that come with your F-series Inversion Table.

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

ITEMS FOR ASSEMBLY	ITEM #'s
Double-ended Threaded Bolts (6)	F5-1128
Locking Nuts (6)	H1-3013
Left Handle	F5-1117
Right Handle	F5-1116



Note: The Double-ended Threaded Bolts and Locking Nuts arrive pre-assembled on the handles.



ASSEMBLY

To assemble the Over EZ™ Training Handles:

- 1) First remove the standard hand grips from the A-frame (if they are already assembled). See Figure 1.
- 2) The Double-ended Threaded Bolts (F5-1128) come pre-assembled on the handles. Prior to assembly, you must remove the three *inside* Locking Nuts (H1-3013) from the Double-ended Threaded Bolts on the Right Handle (F5-1116).
- 3) Line up the Right Handle with the hinge plate on the right side of the A-frame, inserting the Double-ended Threaded Bolts into the corresponding holes in the hinge plate. See Figure 2.
- 4) Secure the handle with the three Locking Nuts, tightening the Locking Nuts with a 10mm wrench or pliers. See Figure 2A for proper assembly.
- 5) Repeat Steps 2-4 with the Left Handle.
- 6) Figure 3 shows the finished assembly.

Figure 1

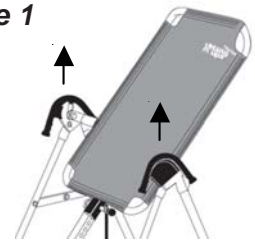


Figure 2

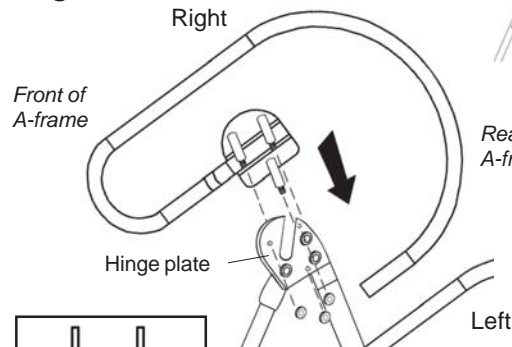


Figure 2A

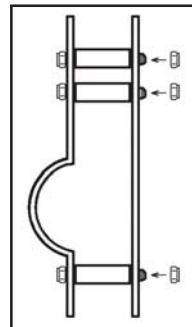


Figure 3

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