

Power II™ Inversion Table

Patent applies.

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

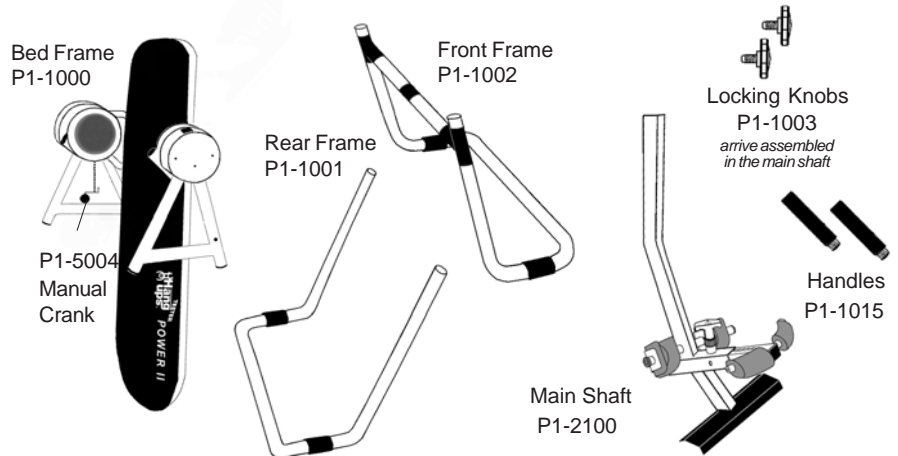
1. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
2. This product is not designed for persons over 6ft 6in (198 cm) or over 300 lbs (136 kg). Structural 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, reviewed all other accompanying documents, and inspected the equipment.
6. This product requires a grounded outlet. Improper connection to a 3-prong grounded outlet can result in electrical shock.
7. Choose a level surface for assembling and operating the table.
8. Follow each step in sequence. Do not skip ahead.
9. Make sure that all fasteners are secure.
10. PRIOR TO USE, test and inspect the table. Make sure that the table rotates smoothly to the inverted position and back.
11. Replace defective components immediately and/or keep the equipment out of use until repair.
12. Refer to additional warning notices and information posted on the equipment.

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 reverse side).

ITEMS FOR ASSEMBLY

ITEM #'s

Bed Frame	P1-1000
Chain with Manual Crank	P1-5004
Rear Frame	P1-1001
Front Frame	P1-1002
Main Shaft	P1-2100
Locking Knobs (2)	P1-1003
Handles (2)	P1-1015



ASSEMBLY

Note: The Bed Frame arrives rotated into the fully inverted position. This is the most convenient position from which to begin the assembly process.

STEP ONE

Secure Rear Frame (P1-1001) to Bed Frame (P1-1000)

- Insert the Rear Frame into the Bed Frame (the logo on the bed will be facing the rear). (See Figure A) Make sure the spring-loaded locking pins on each leg pop through the holes and that the legs are attached securely.
WARNING: Bed Frame weighs 55 lbs. If you are unsure of your ability to comfortably lift this weight, please seek assistance in assembling this product.

STEP TWO

Secure Front Frame (P1-1002) to Bed Frame Assembly (P1-1000)

- Insert the Front Frame into the Bed Frame. Make sure the spring-loaded locking pins on each leg pop through the holes and that the legs are attached securely.

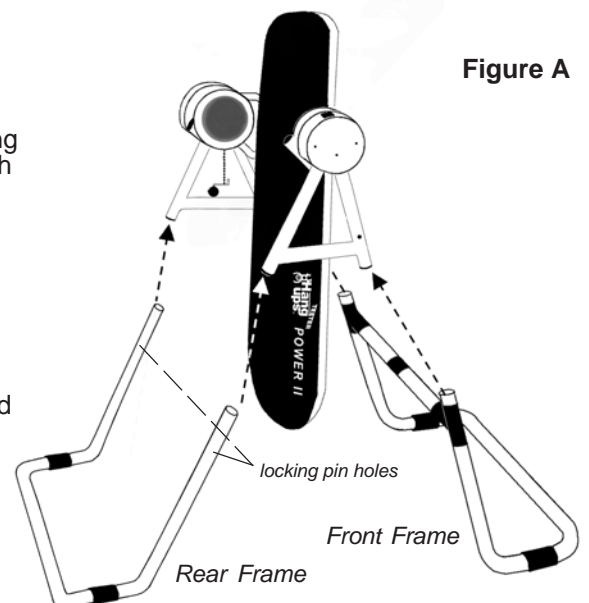


Figure A

⚠ WARNING

Ensure that the spring-loaded locking pins are attached securely and that the front and rear frames sit evenly on the floor. Improper assembly could result in serious injury or death.

ASSEMBLY

STEP THREE

Secure Main Shaft (P1-2100) to Bed Frame (P1-1000)

- Remove the Locking Knobs (P1-1003) from the holes in the Main Shaft (they are pre-assembled for shipping purposes).
- Insert the Main Shaft into the Bed Frame. (See Figure B)
- Line up the holes on the back of the Bed with those on the Main Shaft. Insert and hand-tighten both Locking Knobs to secure the Main Shaft to the Bed Frame.

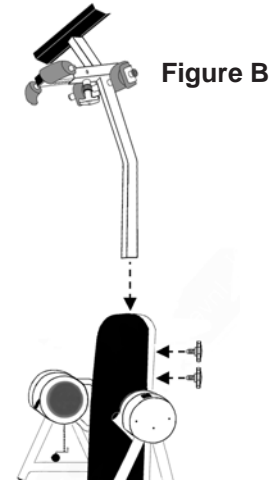
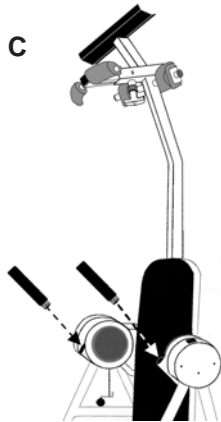


Figure B

WARNING

Failure to secure Locking Knobs could cause head to impact the floor, resulting in serious injury or death.

Figure C



STEP FOUR

Secure Handles (P1-1015) to Bed Frame (P1-1000)

- Insert and tighten the Handles into the arms on both sides of the Bed Frame. (See Figure C)

STEP FIVE

Connect cord to the power source

- Connect the cord to your power source and rotate the Bed upright using the rotation control button. The table must operate smoothly. If the table does not operate smoothly there is a malfunction and you should contact customer service.

* GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

STEP SIX

You have completed the assembly of your Power II™ Inversion Table.

- Read your Owner's Manual thoroughly before using the inversion table.
- For your reference, the table's serial number can be found on a sticker mounted to the motor housing.

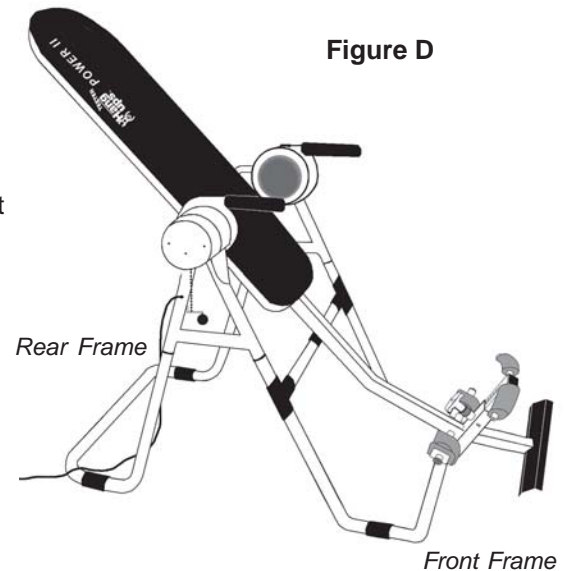


Figure D



For information regarding Teeter Hang Ups® 2-year warranty, to order replacement labels or manuals, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

LISTED

Patent applies.
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