

### **⚠ DANGER - Electrical Hazards**

To reduce the risk of burns, fire, electric shock, or injury to persons:

- **ONLY** connect this appliance to a properly grounded outlet. See "REQUIRED GROUNDING PROCEDURES" below.
- **ALWAYS** unplug before cleaning, putting on or taking off parts.
- **NEVER** operate this appliance if it has been dropped or damaged, or it has a damaged cord or plug.
- **DO NOT** attempt to fix this appliance if damaged or malfunctioning. Contact the manufacturer for troubleshooting and evaluation. USA & Canada: (800) 847-0143, (253) 840-5252; Europe: 44 20 8667 0060; International +1 (242) 362-1001.
- **NEVER** operate the appliance with the air opening blocked.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered. Normal internal motor sparking could ignite these gases.
- **DO NOT** use outdoors.
- **DO NOT** leave unattended when plugged in.

#### REQUIRED GROUNDING PROCEDURES:

Connect this product to a properly grounded outlet only. Grounding protects you if certain components fail.

- The 3-prong grounding plug provided with this product must be plugged into an outlet that is properly grounded in accordance with all local codes and ordinances. A qualified electrician can verify the outlet is properly grounded.
- If the 3-prong plug will not fit in the outlet, **DO NOT** modify the plug or use an adapter. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit. *(Unless otherwise specified due to special order)*

### **⚠ 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 OWNER'S MANUAL INSTRUCTIONS AND 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 (includes high aspirin use)
- **DO NOT** use if you are over 6ft 6in (198 cm ) or over 300 lbs (136 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 intended for home use only. Do not use in any commercial, rental, or institutional setting.

#### Precautions Before Using

- **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. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- **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 and that the equipment is located on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear any footwear that could interfere with securing ankle clamps, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- **ALWAYS** make sure the ankle clamps are secured snugly against your ankles and locked into place. Failure to engage the ankle locking pin fully could result in serious injury or death.
- In the event of a power outage during use, this table requires the use of a hand crank to return to an upright position. All first time users should practice manual cranking to an upright position with a spotter until comfortable with the procedure. Users who are not able to successfully utilize the hand crank should **NEVER** use the unit without a spotter.
- Refer to additional warning notices posted on the equipment.

#### Precautions During Use

- **ALWAYS** keep bystanders and pets away from the inversion table during use.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- **ALWAYS** keep hands, fingers, clothing and hair away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.
- New users, and users who are physically or mentally compromised will require the assistance of a partner to ensure they can correctly operate the table and can return to an upright position unassisted.
- If you feel pain or become lightheaded or dizzy while exercising, immediately return to the upright position for recovery and eventual dismount.

# INTRODUCTION TO INVERSION

Inversion reverses the natural pull of gravity on the body, using your own body weight to apply a decompressive stretch for your joints and muscles. Inversion is a passive activity that you can do easily at any time of the day to give you the benefits of decompression, stretching, relaxation and improved flexibility and posture.

For a more active workout, the Power II will rotate to full inversion\*. Controlled stretching and exercise in full inversion can help build muscle strength and flexibility.

\* Definition of full inversion: Hanging completely by your ankles with your back free from the table. **DO NOT** attempt full inversion until you are comfortable with partial inversion.



## ⚠ WARNING - Tip-Over Hazard

The equipment is structurally rated at a capacity of 6'6" (198 cm) or 300 lbs (136 kg). However, please confine all inverted activities to smooth movements. Aggressive exercises, which involve a lot of body movement, can cause the table to tip-over resulting in serious injury or death!

## PRIOR TO USE

Press the rotation control button to make sure that the table rotates smoothly to the fully inverted position and back.

## MOUNTING AND SECURING YOUR ANKLES

### 1. Preparing to Mount:

- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe.
- **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone. This type of footwear could interfere with properly securing your ankles.

### 2. Mounting:

- Stand on the foot platform, sliding your ankles between the foam ankle clamps.
- Press your ankles back firmly against the rear ankle clamps.
- Rotate the top of the rear clamps slightly inward toward your ankles - this will increase your comfort while inverting.
- Pull the locking pin up to allow the front ankle clamps to snap closed against your ankles. Make sure your pant legs do not interfere with obtaining a secure closure.
- Adjust the front ankle clamps to make sure both the front and rear ankle clamps are snug against your ankles. (See Figure 1) Release the locking pin so that it fully engages a hole setting.
- If the locking pin does not automatically engage in a hole, push the front ankle clamps inward until the pin engages fully in the next tightest hole setting. *Verify that no part of the footwear or garments can touch or interfere with the locking pin in any way during inversion.*



Figure 1

## ⚠ WARNING

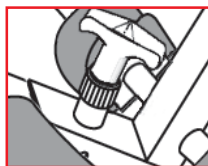
Failure to engage the ankle locking pin fully could result in serious injury or death! **DO NOT** deviate from these instructions.

- Use the concept of **HEAR - FEEL - SEE** every time you secure your ankles:

**HEAR** the locking pin click into place.

**FEEL** the locking pin to make sure it is fully engaged in a hole setting.

**SEE** that there is NO space between the locking pin and its base. (See illustrations below)



**CORRECT:**  
LOCKING PIN  
FULLY ENGAGED

**DANGER:**  
LOCKING PIN NOT  
FULLY ENGAGED



# INVERTING

## Precautions:

- When first using the inversion table, do not go to full inversion. To start, invert to only 15-20 degrees (see Figure 2) until you feel comfortable enough to progress to a greater angle. Refer to "Important Details Regarding Inverting" on the next page.
- Use a spotter for your first few inversion sessions until you are comfortable with the operations of the table.
- This table requires hand cranking to an upright position in the event of a power outage during use. (See "Emergency Power Outage Directions" below). PRACTICE manual cranking to an upright position with a spotter until you are comfortable with the procedure. Users who are not able to successfully hand crank to an upright position should **NEVER** use the unit without a spotter.

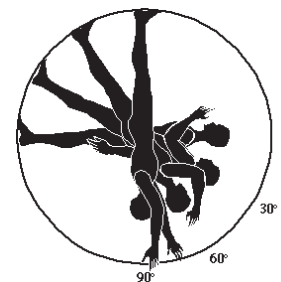


Figure 2

## How to Use:

- ENSURE there is clearance for the table to rotate without contacting other objects or people.
- TO INVERT, push rotation control button in direction of your head. (See Figure 3)
- TO RETURN UPRIGHT, press rotation control button in direction of your feet.

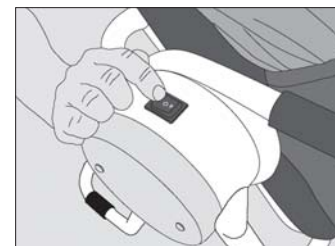


Figure 3

Keep elbows clear of the Rear Frame when returning from the fully-inverted position in order to avoid catching your arm between the Rear Frame and the table while the table rotates. (See Figure 4) Rest at the horizontal position for a moment prior to returning to upright position.

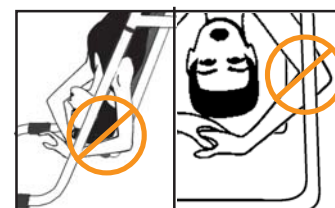


Figure 4

## Emergency Power Outage Directions:

- If a power failure occurs, please remain calm.
- Reach for the emergency crank attached to the motor housing. (See Figure 5)
- Insert the emergency crank into the hole on the motor housing and turn the crank clockwise to rotate the table upright.

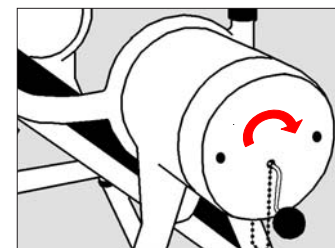


Figure 5



Patent applies.

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For information about the Teeter Hang Ups<sup>®</sup> 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:

### USA & Canada:

Teeter  
9902 162nd St. Ct. E.  
Puyallup, WA 98403  
800-847-0143  
Info@teeter-inversion.com  
www.teeter-inversion.com

### Europe:

Teeter Ltd.  
Cygnet House, Sydenham Road  
Croydon, Surrey CR0 2EE United Kingdom  
44-20-8667-0060  
mail@teeterltd.com  
www.teeterltd.com

### International:

Inversion International, Ltd.  
PO Box: AP 59245,  
New Providence Island, Bahamas  
1-242-362-1001  
Info@InversionInternational.com  
www.InversionInternational.com

## IMPORTANT DETAILS REGARDING INVERTING

### **Begin Slowly:**

- To start, invert only 15 - 20 degrees for a week or more until you get used to it.
- Stay down as long as you are comfortable, even if only a few seconds at first.

### **Make Changes Gradually:**

- Increase the angle in small increments only if it is comfortable to you. You can gain all the benefits of inversion without ever inverting beyond 60 degrees. Muscle stretching and relaxation can be realized at as little as 20 degrees.
- You may want to increase your routine from 1-2 minutes to 5 or more over time - just listen to your body. Remember, this is not a no pain, no gain situation!

### **Pay Attention to What Your Body Tells You:**

- Remind yourself that your body is unique and it will tell you what is good for it.
- Pause at horizontal when returning upright - dizziness after a session is a sign that you should take more time to let your body readjust.
- Wait for a while after you've eaten before you invert.
- If inversion makes you nauseous, don't fight it. Come up as soon as you feel queasy, even if after only a few seconds. Give it time--it may take weeks or months before your inner ear gets used to inverting.

### **Moving While Inverted is Helpful:**

- Add gentle stretching and light exercises only after you are comfortable with inversion. Movement while inverted may help make inversion a more comfortable experience and may help joints to realign and muscles to stretch and relax.
- Movement may be accomplished either by intermittent or rhythmic traction or by stretching and exercise:

Intermittent traction consists of 1-2 minutes inverted and a half minute up, to be repeated as long as is comfortable at angles that are comfortable for you.

Rhythmic traction is a more evenly spaced moving down and up.

Stretching can be done at partial inversion (torso rotation) or at full inversion (torso rotation, back extension and flexion).

Exercise should only be performed from the fully inverted position. Crunches, full-range sit-ups and squats provide a great way to strengthen muscles with virtually no loads to your joints.

***Keep elbows close to the body while exercising to avoid impact with the Rear Frame. DO NOT use weights, elastic bands or any other exercise or stretching device while on the inversion table. Confine all inverted activities to smooth movements. Aggressive exercises, which involve a lot of body movement, can cause equipment to tip over resulting in serious injury or death.***

### **Do It Regularly:**

- Make inversion a regular routine and integral part of your life, that is how you will experience the most benefits!

