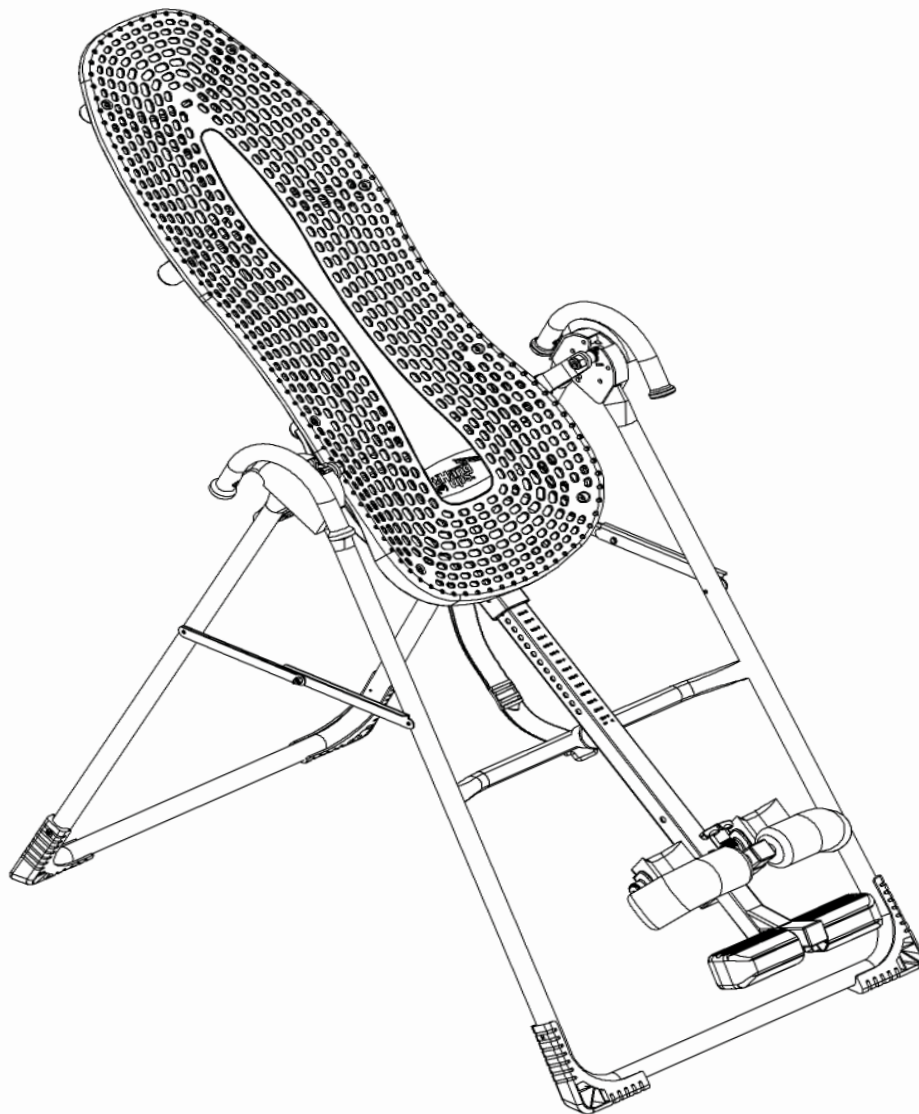


TEETER
Hang ups® EP-550™

**Inversion Table
Assembly Instructions**



Before you begin: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity.

 **WARNING**

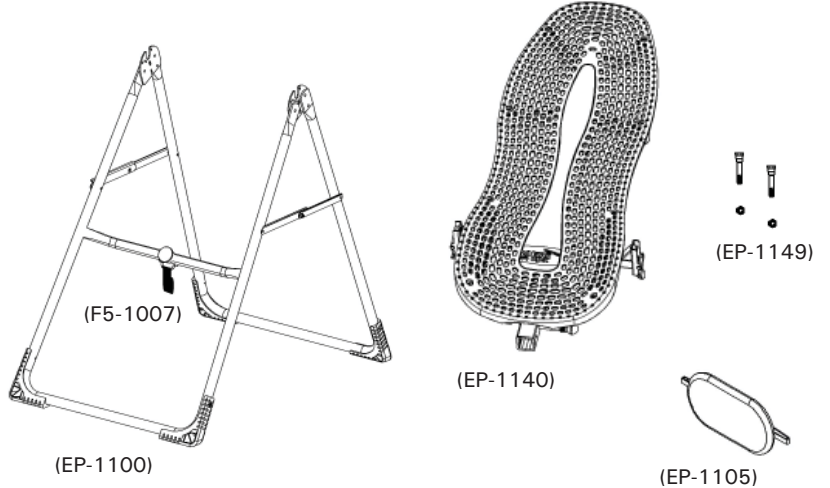
1. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
2. This product is not designed for persons over 6'6" (198 cm) or over 300 lbs (136 kg). Structural 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, viewed the DVD, reviewed all other accompanying documents, and inspected the equipment.
6. Choose a level surface for assembling and operating the table.
7. Follow each step in sequence. Do not skip ahead.
8. Make sure that all fasteners are secure.
9. **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
10. Replace defective components immediately and/or keep the equipment out of use until repair.

ITEMS FOR ASSEMBLY

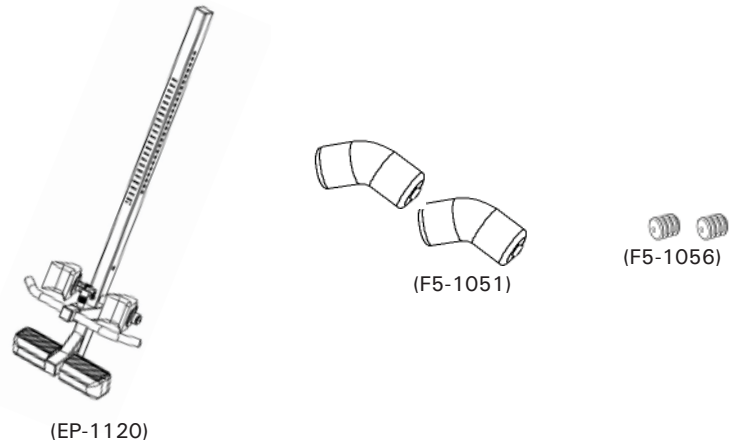
Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact Customer Service at 1-800-847-0143.

Items for Assembly Item Numbers

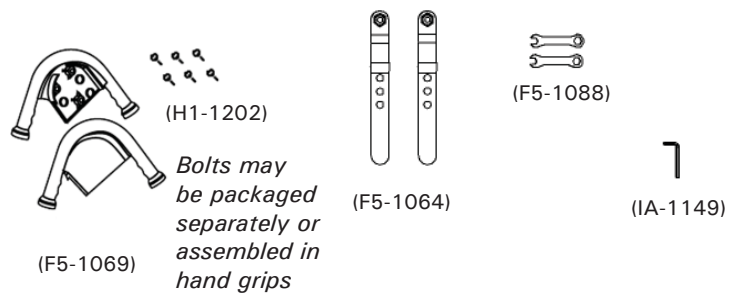
- A-frame Base (EP-1100)
- Tether (F5-1007)
- Table Bed Assembly (EP-1140)
- Bolts and Nuts (EP-1149)
- Head Pillow (EP-1105)



- Main Shaft with Ankle Lock System (EP-1120)
- Foam Rollers (2) (F5-1051)
- Rubber Plugs (2) (F5-1056)

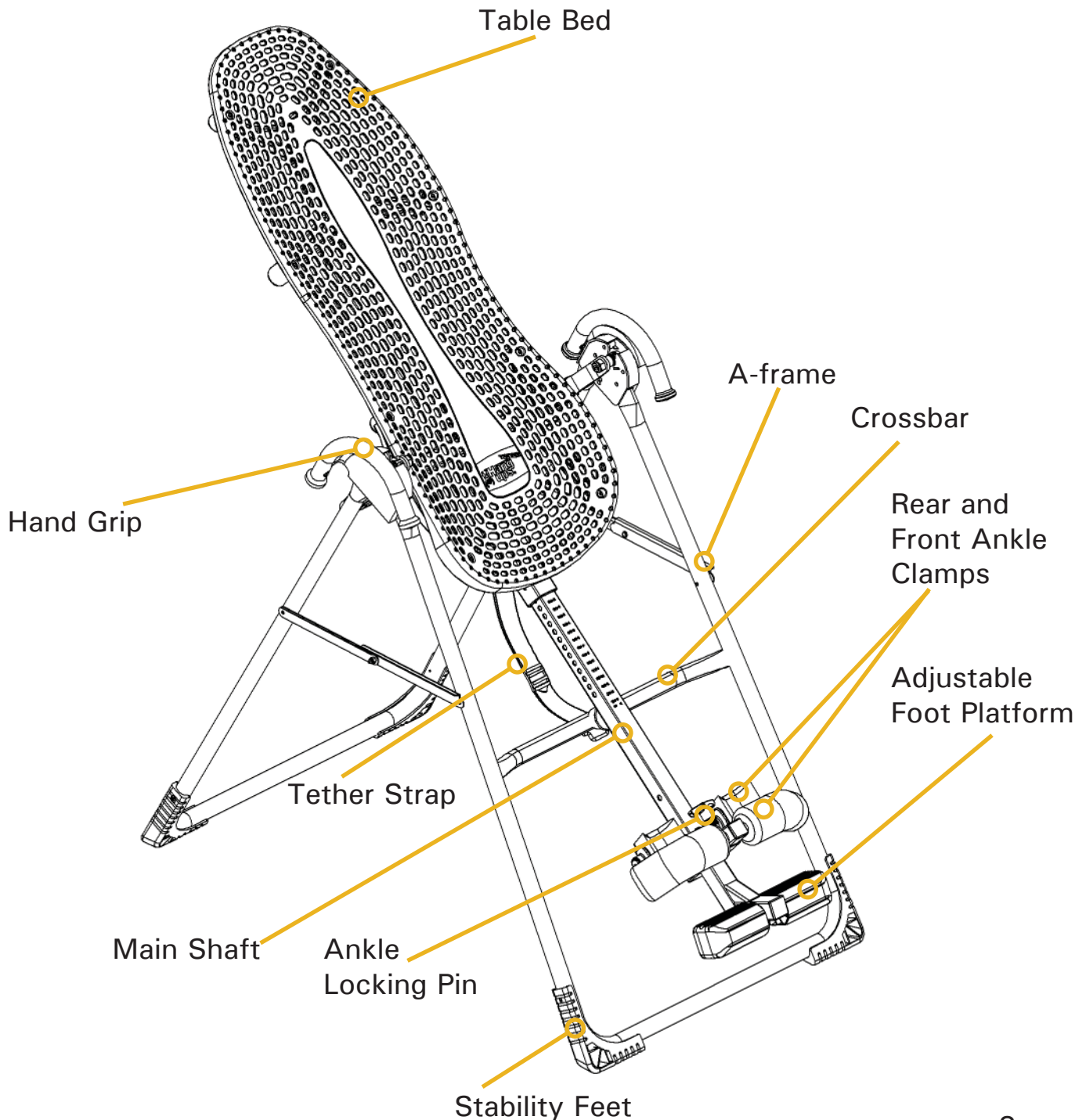


- Hand Grips (F5-1069)
- 1/2" (13mm) hex bolts (6) (H1-1202)
- Roller Hinges (2) (F5-1064)
- Wrenches (2) (F5-1088)
- Allen Wrench (IA-1149)



Before Beginning

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups inversion table.



Step One

Assemble the A-frame Base (EP-1100) and Install the Handles (F5-1069)

- Open the A-frame and make sure the spreader arms are locked, rest the A-frame on the floor (Figure 1). The Crossbar is at the front.
- Place each Hand Grip (left/right) over the outside edge of the corresponding Hinge Plate (Figure 2).
- Insert three 1/2" (13mm) hex bolts (H1-1202) through the hinge plate into each Hand Grip. Use the wrenches provided to tighten the bolts, being careful not to over-tighten.

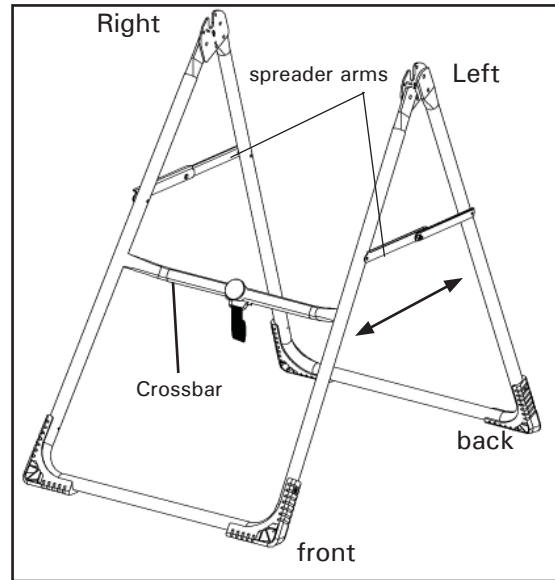


Figure 1

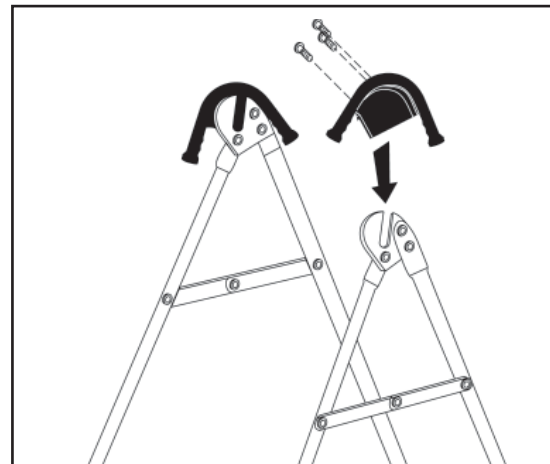


Figure 2

Step Two

Attach the Upper Support Arms to the Table Bed (EP-1140)

- Before following this step, make sure you have read the orange insert that came attached to the Table Bed.
- Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with holes at the base of Upper Support Arms (Figure 3). You may have to exert extra pressure to ensure the Support Beam slides over the rubber spacers.
- Insert the two bolts (EP-1149) into the open holes.
- Fasten each bolt with a nut.
- Use the Allen Wrench (IA-1149) to steady the bolts, tighten the nut onto the bolt with the larger wrench (F5-1088) (Figure 4). Repeat with the second bolt.

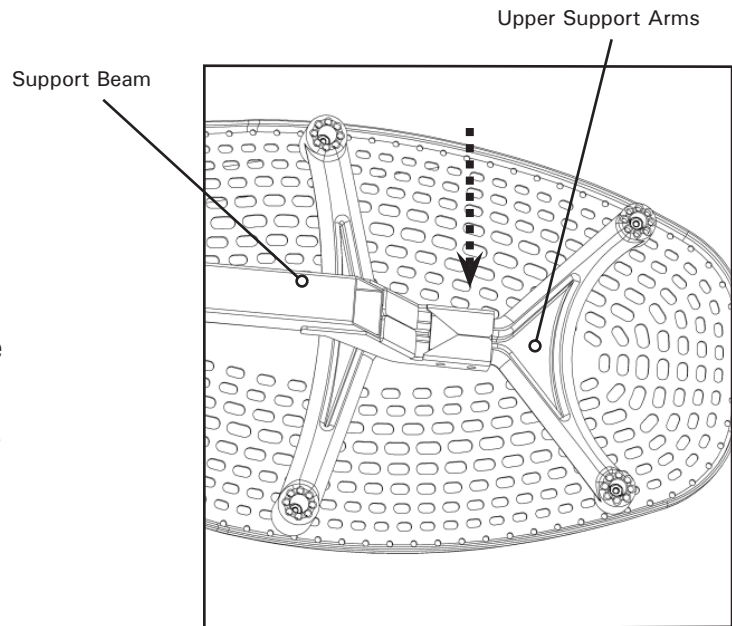


Figure 3

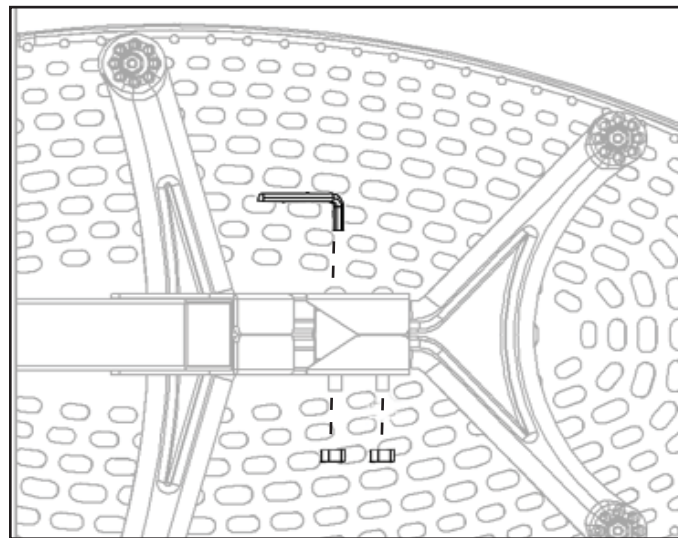


Figure 4

Step Three

Install the Roller Hinges (F5-1064) onto the Table Bed (EP-1140)

- For ease-of-assembly, rest the Table Bed against the side of the A-frame (Figure 5).
- Open the Cam Locks on each side of the Table Bed (Figure 5A).
- With the Pivot Pins facing outward, insert the Roller Hinges into the brackets on each side of the Table Bed. The Roller Hinges must slide between the Cam Locks and the brackets.
- Make sure the Roller Hinges are in the same hole setting on both sides. Figure 6 shows the Roller Hinges engaged correctly in setting C.
- Push down on the Cam Locks (Figure 6A) to secure the hinges.

NOTE: Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use setting C to start.

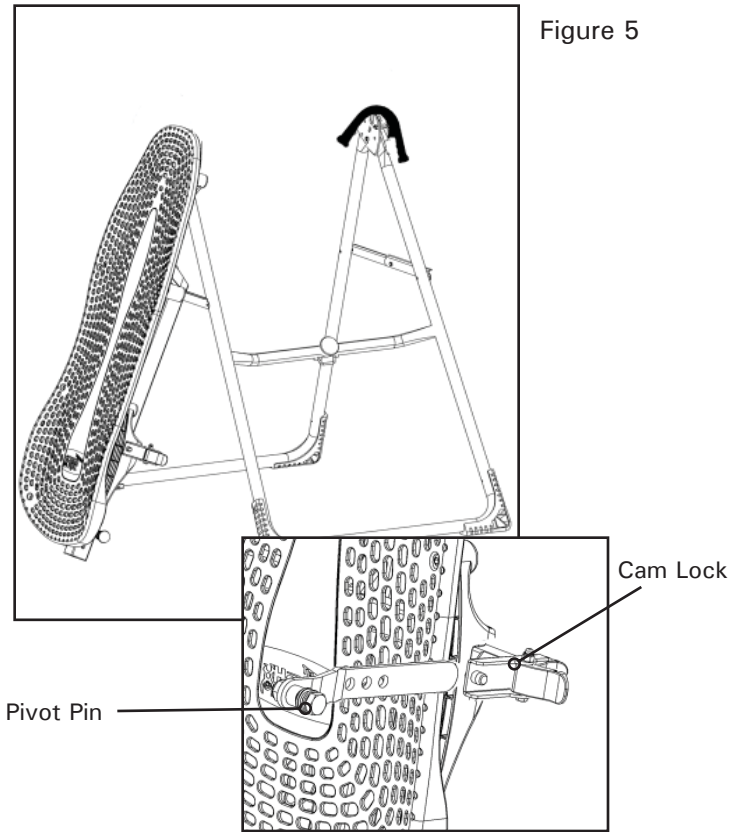


Figure 5A

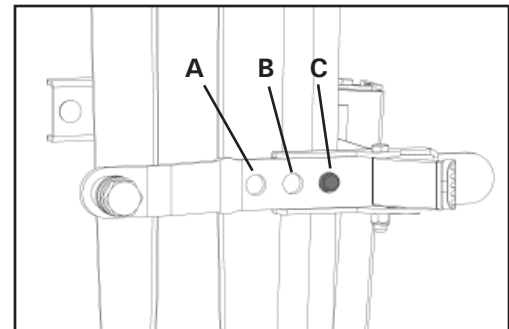


Figure 6

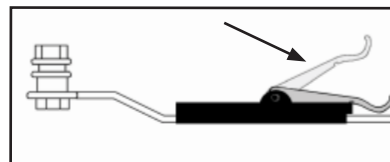


Figure 6A

Step Four

Attach the Table Bed (EP-1140) to the A-frame (EP-1100)

- Holding each side near the Roller Hinges, pick up the Table Bed and stand at the front of the A-frame where the Crossbar is located. Lower each Pivot Pin into the A-frame hinge plates one at a time (Figure 7). You may need to push outward on the A-frame in order to slide the second Pivot Pin into the hinge. Figure 8 shows the correct placement of the Pivot Pin into the hinge plate.
- Make sure that both Pivot Pins are seated at the base of the slot in the hinge plate. Check to make sure that the self-locking hooks have closed over both Pivot Pins, and the table rotates smoothly (Figure 9).

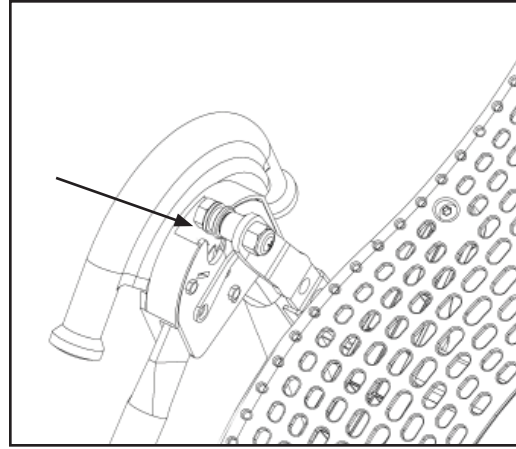


Figure 7

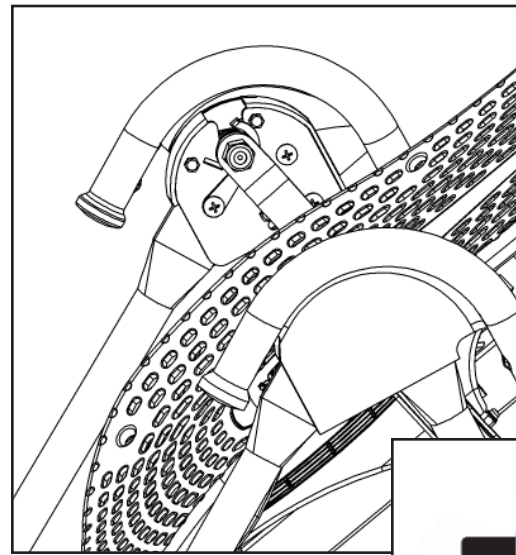


Figure 8

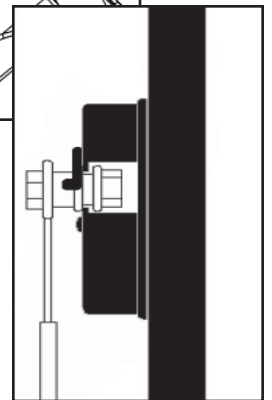


Figure 9

WARNING

Failure of the self-locking hooks to close over both Pivot Pins is indication of improper assembly and if not corrected, could result in serious injury or death!

Step Five

Insert the Main Shaft (EP-1120) into the Table Bed (EP-1140)

- Loosen the De-rattler knob on the Main Shaft Housing.
- With the height adjustment settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing on the Table Bed.
- Pull out the height-selector locking pin to allow the Main Shaft to slide in farther (Figure 10). For the purpose of easy assembly, slide in the Main Shaft and release the pin in the last height setting (Refer to the Owner's Manual for proper height adjustment before use).

NOTE: The De-rattler knob is an optional accessory that helps prevent a slight shift in the table when you invert. The security of the product is not compromised if you choose not to tighten the knob.

- The Main Shaft must rest against the Crossbar of the A-frame (Figure 11). The Crossbar prevents the table from rotating forward when the user steps on the Foot Platform. If the Main Shaft does not rest on the Crossbar as shown in Figure 11 then the Table Bed has been assembled backwards onto the A-frame and this must be corrected before use.

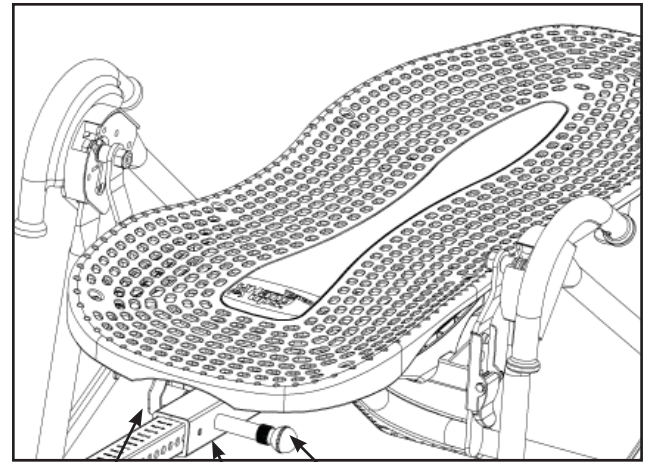


Figure 10

De-rattler Knob
Main Shaft Housing
Height-Selector Locking Pin

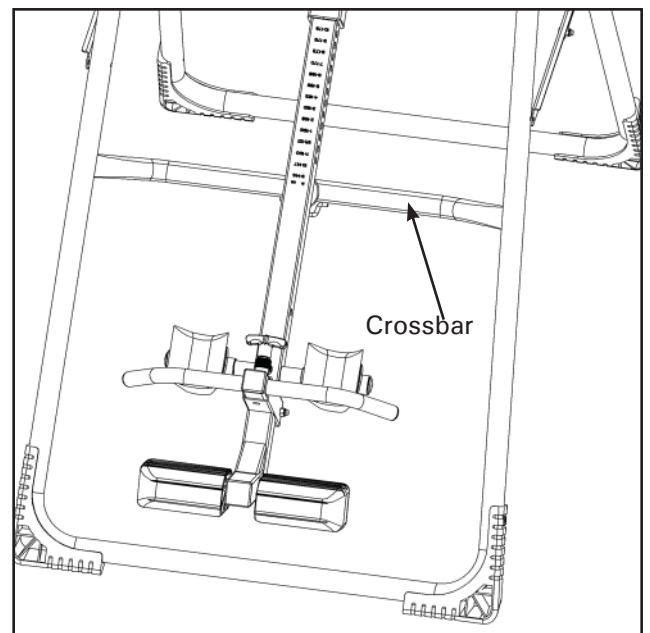


Figure 11

Step Six

Install the Front Foam Rollers (F5-1051)

- Slide the Foam rollers over each side of the Front Ankle Bar (Figure 12).
- Insert the black plugs (F5-1056) into each open end of the Front Ankle Bar if they are not already assembled.

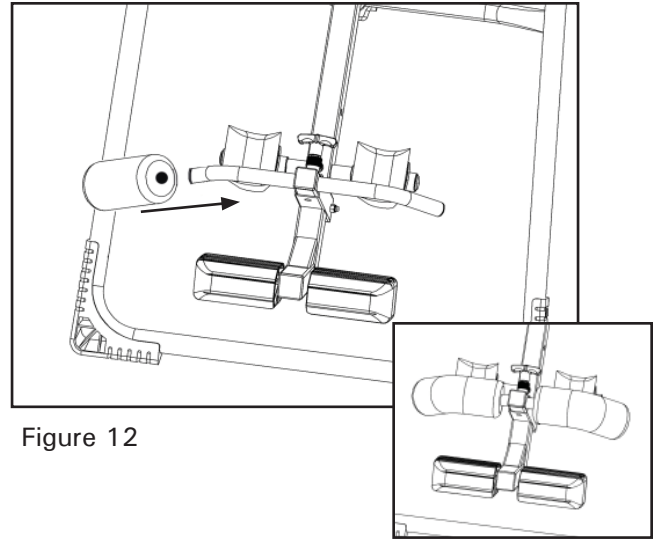


Figure 12

Step Seven

Attach the Tether Strap (F5-1007) to Limit the Degree of Rotation

- Hook the clip at the end of the tether strap to the loop at the base of the table bed (Figure 13) to limit your degree of rotation.
- Tighten or Loosen the strap to restrict or extend your angle of rotation.

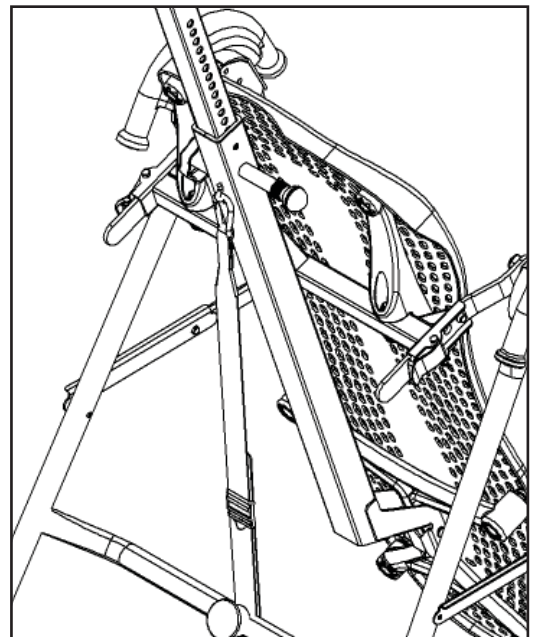


Figure 13

ADJUSTMENTS / MAINTENANCE / STORAGE

CHANGING THE ROLLER HINGE SETTING

- Stand with your legs on either side of the Main Shaft.
- Reach under each Roller Hinge with your index fingers. Use your thumbs to release the locks over the Roller Hinges (See Figure 14).
- Lift both sides of the table out of the A-frame at the same time. You may rest the table on the Crossbar of the A-frame.
- Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C) (Figure 15).
- Re-lock the Cam Locks. Replace the Roller Hinges into the hinge plates of the A-frame.



Figure 14

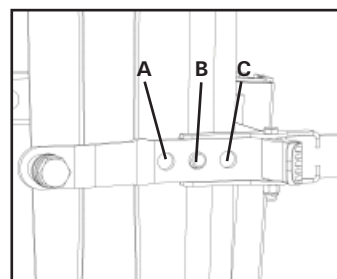


Figure 15

MAINTENANCE

- To clean the Table Bed, wipe down with a damp cloth. Do not use abrasive cleaners.

STORING THE INVERSION TABLE

- Loosen the De-rattler knob.
- Pull the height-selector locking pin and slide the Main Shaft in all the way to the final hole setting. Engage the pin in the storage setting.
- Rotate the table opposite from use until the table has turned 180 degrees and rests against the Crossbar on the A-frame.
- Pull up on the spreader arms to fold the A-frame (Figure 16). **WARNING: This operation may pinch fingers if not done slowly and carefully.**

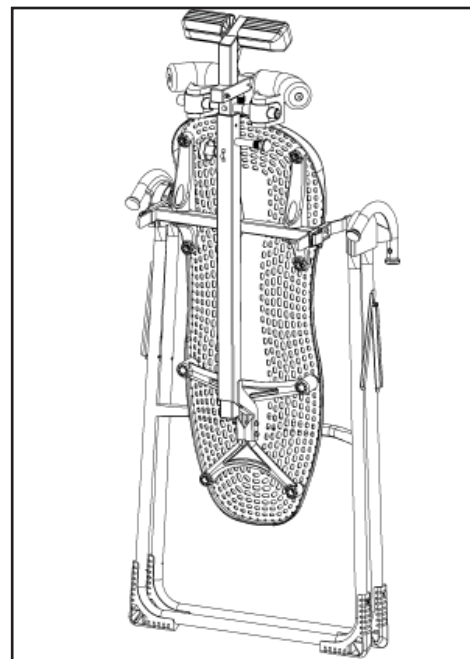


Figure 16

⚠ WARNING

Read the Owner's Manual thoroughly before using your Teeter Hang Ups Inversion Table. Improper settings could result in serious injury or death!



Classified as Medical Equipment, Part I in accordance with
UL 60601-1 and CAN/CSA C22.2; General Requirements for Safety in
accordance with Underwriters Laboratories, Inc.
Any Modification to this device will void the UL Classification.

If you have any problems assembling the equipment,
or questions about its use, please contact customer service at:

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