



F5000™ Inversion Table

The experience of thousands of people who invert regularly is that it gives them relief from back pain. As important, they gain the rejuvenating effects of inversion on their entire body, providing health benefits beyond the relief of back pain.

Inversion helps to:

- Reduce back pain
- Relieve stress
- Stimulate circulation and lymph flow
- Improve posture
- Reduce muscle tension
- Strengthen ligaments
- Increase flexibility and range of movement
- Reduce the effects of aging caused by gravity



Invert.

Relax.

Get Fit.

effective results

The Teeter Hang Ups® F5000™ Inversion Table offers an easy, convenient way to invert the body, allowing gravity to work as a natural form of traction. Inversion elongates the spine and decompresses weight-bearing joints, which helps to correct minor misalignments, re-hydrate the discs and reduce nerve root pressure. Less pressure means less back pain.

Benefits start at an angle of just 20 degrees and are fully realized at 60 degrees, which is equivalent to the angle of the A-frame rear legs. For the advanced user, full inversion provides an ideal way to mobilize the joints and perform inverted sit-ups or squats.

customized settings

The Teeter Hang Ups inversion table offers three settings that allow the user to control the angle of inversion and rate of rotation. Ideal for virtually all ages and body types, the inversion table adjusts easily to ensure a comfortable, relaxing inversion experience:

- ① **Adjustable roller hinges with patented cam locks:** Added stability; choice of three rates of rotation
- ② **Adjustable tether strap:** Allows user to pre-set the maximum inversion angle
- ③ **Triple-plated chrome main shaft:** Embossed user height markers (in/cm) allow easy adjustment

unique & patented features

As the longest continuous supplier of inversion tables (since 1981), Teeter Hang Ups has the experience necessary to create a quality product with unique features that maximize function, durability and ease of use. These features are exclusive to the F5000 Inversion Table:

- ④ **Auto-locking hinges:** Secure bed to A-frame for improved security and portability
- ⑤ **Derattler knob:** Reduces shifting for smooth, quiet rotation – the only style on the market to structurally engage the main shaft
- ⑥ **Teflon®-embedded epoxy coated roller bearings:** For a lifetime of smooth, squeak-free rotation
- ⑦ **Heat treated, high quality carbon steel:** Added strength in key structural components
- ⑧ **Optional accessories* -** The only inversion table on the market that can be modified with accessories, these products can add value to your inversion table:

Gravity Boots**

EZ Angle™ Tether Strap

Corner Feet

Over EZ™ Training Handles

EZ-Stretch™ Traction Handles

**accessories purchased separately **requires Adapter Kit to convert ankle clamps*

- ⑨ **Valued-added materials:** Includes Instructional DVD and laminated Owner's Manual

best quality

The F5000 Inversion Table is classified in accordance with **UL 2601-1** (medical equipment in a clinical setting), a rigid specification that tests the structural integrity of the equipment. The F-series tables, with a maximum user weight capacity of 300 lbs., successfully withstood a test to 1440 lbs., exceeding the 400% safety factor requirement.

Although UL 2601-1 requires rigorous testing for structural integrity, it does not test for the unique loads placed on an inversion table. To more thoroughly test and assess the level of product quality in the inversion market, an **independent engineering study** was commissioned to compare the seven most widely distributed inversion tables. The F5000 outperformed competitors in durability, quality, ease of assembly and function.

For a copy of the full report, contact the manufacturer.

Specifications

- Height capacity:** 4'8" - 6'6" (142 - 198 cm)
- Weight capacity:** 300 lbs (136 kg)
- Assembled dimensions:** 45 x 28 x 58 in (114 x 71 x 147 cm)
- Product weight:** 65 lbs (29.5 kg)
- Warranty:** 5 Years

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