Disassembling the Inversion Table

**Figure 1:** Start by disconnecting the inversion table into its primary components: Table Bed, A-Frame, Main Shaft with Ankle System, Accessories, Hardware, Handles*, and Roller Hinges. **DO NOT** disassemble the product into more components than the parts listed below.

1. Table Bed
2. A-Frame
3. Main Shaft with Ankle System
4. Accessories & Hardware
5. Handles
6. Roller Hinges

*For Stretch Max Handle disassembly on the X2 and X3: ONLY untighten the bolt on the spreader arm enough to lift the bottom of the handle off the spreader arm bolt (Figures 1a & 1b). **DO NOT** fully untighten the bolt as this will de-stabilize the A-frame.

Disassembling the Table Bed

**Figure 2:** Ensure all the accessories have been removed from the Table Bed and place the Table Bed face-down on the floor. Remove the two Bolts from the Support Beam by using the 6mm Allen Wrench to steady the bolts, and then loosen the Nuts from the Bolts with the 10/13mm Open-Ended Wrench.

Repacking the Table Bed

**Figure 3:** Start repacking the inversion table by placing the Table Bed face-down into the box off to one side as shown.
Repacking the A-Frame
**Figure 4a & 4b:** Position the A-Frame in the box by first pulling up on the Support Beam of the Table Bed with one hand and overlapping it over the Crossbar of the A-Frame while sliding the A-Frame into the box as shown.

Repacking the Ankle Lock System
For T-Pin Ankle Lock:
Close the T-Pin to the last hole setting (Figure 5a). Then place it Ankle System-side down at an angle next to the Table Bed on top of the plastic bag (Figure 5b).

For EZ-Reach Ankle Lock:
Make sure the EZ-Reach Ankle System is open to the second notch (Figure 5c). Place Ankle System-side down at an angle next to the Table Bed on top of the plastic bag, with the EZ-Reach Handle tucked under the Crossbar of the A-Frame (Figure 5d).

For Deluxe EZ-Reach Ankle Lock:
Close the Deluxe EZ-Reach Ratchet to the smallest setting (Figure 5e). Place the Main Shaft with Ankle Lock into the Large Bag to prevent scratching. Place the Ankle Lock face-down next to the Table Bed as shown (Figure 5f).
Repacking the Small Parts

**Figure 6:** Slide the Handles and Roller Hinges into a Medium Bag. Slide the small Accessories, Hardware, and Product Support Materials into a Small Bag and pack all the parts as shown. The larger Accessories including the Lumbar Bridge and Head Pillow can remain loose in the box.

Sealing the Box & Attaching the Label

Seal the large box securely with packing tape, affix the return label and mark your Return Authorization Number (RA #) on the outside panel of the box.

**IMPORTANT:** Teeter Inversion Tables cannot be returned without a Return Authorization Number. Please contact Teeter Customer Service at (800) 847-0143 or email info@teeter.com for assistance.

If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

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