700ia
Inversion Table

Assembly Instructions
For gravity-assisted stretching and decompression

To download and print Teeter’s 700ia instructions, visit the product support page at teeter.com.

* Specifications may vary from this image and are subject to change without notice.
Congratulations on your purchase of a Teeter 700ia Inversion Table! In order to utilize this product to its fullest extent, it is critical that you follow the assembly instructions, read and fully understand the Owner’s Manual attached to the equipment, and review the Getting Started DVD prior to using your new Teeter Inversion Table.

Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of Health Canada Approved Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.

To register your product warranty, go to teeter.com/Support/Warranty-Registration

If you have any questions concerning assembly or if any parts are missing, DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated customer service experts can help! Contact Teeter Customer Service at 800.847.0143, or via online forms or Live Chat at teeter.com.

Get more from your inversion sessions by downloading the TeeterLink™ app to your phone to track usage and pain levels, get reminders and customized guidance, access support, and more! Scan the code or search TeeterLink in your app store to get started!

Assembly Instructions

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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 safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE

WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. 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.
- DO NOT use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
  - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
  - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
  - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
  - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
  - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
  - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
  - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- ALWAYS be certain the Ankle Lock System is properly adjusted and fully engaged, and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock System is snug, close-fitting and secure EVERY TIME you use the equipment.
- 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 the Ankle Lock System, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- DO NOT use the inversion table until it is adjusted properly for your height and body weight. Improper settings can cause rapid inversion or make returning upright difficult. New users, and users who are physically or mentally compromised, will require the assistance of a spotter. Make sure the equipment is set to your unique user settings prior to each use.
- DO NOT sit up or raise head to return upright. Instead, bend knees and slide your body to the foot-end of the inversion table to change weight distribution. If locked out in full inversion, follow the instructions for releasing from the locked position before returning upright.
- DO NOT continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- DO NOT use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- DO NOT allow children to use this machine. Keep children, bystanders, and pets away from machine while in use. The inversion table is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- DO NOT store the inversion table upright if children are present. Fold and lay the table on the floor. DO NOT store outdoors.
- DO NOT use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while on the inversion table. Use the inversion table only for its intended use as described in this manual.
- DO NOT drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- DO NOT use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- 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 all fasteners are secure.
- ALWAYS replace defective components immediately and/or keep the equipment out of use until repair.
- ALWAYS position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or Owner’s Manual should become lost, damaged or illegible, contact Customer Service for replacement.
Items for Assembly
Items not shown to scale. Hardware drawings located on the insert inside each Hardware Kit.

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Understanding Your Inversion Table
Before reading further, study the drawing below to familiarize yourself with the important components of your Teeter Inversion Table.

Identifying Parts and Components

<table>
<thead>
<tr>
<th></th>
<th>Head Pillow</th>
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<th>3-Hole Roller Hinges</th>
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<th>A-Frame</th>
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<tr>
<td>1</td>
<td>Bed Frame Extension</td>
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<td>Traction Support™ Handles</td>
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<td>Main Shaft</td>
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<td>2</td>
<td>Table Bed</td>
<td>9</td>
<td>Height-Selector Locking Pin</td>
<td>15</td>
<td>Ankle Lock System with Foam Rollers</td>
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<td>3</td>
<td>Pivot Pins</td>
<td>10</td>
<td>Spreader Arms</td>
<td>16</td>
<td>Ankle Comfort Dial™</td>
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<td>4</td>
<td>Hinge Plates</td>
<td>11</td>
<td>Angle Tether</td>
<td>17</td>
<td>Non-Skid Stability Feet</td>
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<td>5</td>
<td>Self-Locking Hooks</td>
<td>12</td>
<td>Crossbar</td>
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</tbody>
</table>

Located on back of table bed.

The 700ia is shown here. Your actual model may vary.
Safety Warning Labels and Product Specifications

Important: Please review all labels and supporting materials before using your inversion table.

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.

Assembled Non-Use Dimensions: 152.4 cm (L) x 73.2 cm (W) x 144.8 cm (H) (60 x 28.8 x 57 in)
Maximum In-Use Dimensions: 213.4 cm (L) x 73.2 cm (W) x 218.4 cm (H) (84 x 28.8 x 86 in)
Storage Dimensions: 55.9 cm (L) x 73.2 cm (W) x 167.6 cm (H) (22 x 28.8 x 66 in)

Weight (approx.): 26.98 kg (59.5 lb)
Unpack and Prepare Your Workspace

- If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the manuals. They are labeled to correspond with the assembly process.
- The Getting Started DVD provides step-by-step instructions on how to assemble your product. You may find it helpful to follow along with the DVD by watching it on either your TV or computer. The DVD is divided into the following sections:
  - Assembly - Follow step-by-step instructions on how to assemble your inversion table.
  - User Settings - Personalize your inversion experience by adjusting four customizable settings.
  - Use Instructions - Learn how to test your balance and rotation control, and how to properly invert and return upright.
  - Advanced Stretching and Exercises - Use your Teeter for rotational stretches, sit ups, squats and more!
  - BONUS Healthy Back Classes* 
    Get guided instruction on stretches and exercises you can do on your own to help strengthen your back and gain flexibility.
*Not available in French or Spanish.

Follow the Assembly Steps with Your Smartphone!

With a QR code reader app, scan the barcodes next to each assembly step to watch the corresponding video to guide you through the instructions.
STEP 1
Assemble Table Bed and A-Frame Base

Assemble the Upper and Lower Portions of the Table Bed

**NOTE:** Do not detach the Bed Frame Extension from the clips.

- Locate the Table Bed Assembly Hardware Kit (HK1006)

- Lay the Upper and Lower Portions of the Table Bed face down on the floor (Figure 1).

- Gently lift the base of the pre-assembled Bed Frame Extension while sliding the Lower Portion and Frame onto the Upper Portion. Align the shaft of the frame into the plastic track of the Upper Portion (Figure 2).

- Align the bolt holes of the upper part of the frame (triangle-shaped area) to the bolt holes on the Upper Portion. Release the Bed Frame Extension so that it rests on top of the bolt holes (Figure 3).

- Reaching underneath, insert one of the shorter bolts through one of the holes in the Upper Portion and hold in place. Slide one of the Bed Frame Extension loops over the bolt and hand-tighten with a nut (Figures 3 and 3a). Repeat with other side.

- Reaching underneath, insert the longest bolt into the lower hole (Figure 2) and hand-tighten with a nut.

- To fully tighten all three nuts to the bolts, insert the Allen Wrench into the bolt heads and tighten the nuts using a 10/13 mm Open-Ended Wrench.

Assemble the A-Frame Base

- On a level surface, position the A-Frame so that it is standing upright and the Stability Feet are on the ground.

- Gently push down on the Spreader Arms to ensure they are fully open and in the “locked” position (Figure 4).

- Look for temporary circular assembly assistance labels on the A-Frame. **RIGHT, LEFT, FRONT, and REAR** indicate your position while using the equipment, not facing it. These labels can be removed easily upon completion of assembly.
STEP 2
Assemble Roller Hinges to Table Bed

- Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms (Figure 5).

![WARNING]
NEVER disassemble the Roller Hinge Pivot Pin.

- For ease of assembly, rest the Table Bed against the Crossbar (Figure 6) at the front of the A-Frame.

- On one side of the Table Bed, lift and hold the Cam Lock up all the way to unlock (Figure 7).

- In your other hand, hold one Roller Hinge near the Pivot Pin. With the Pivot Pin facing out (away from the Table Bed), slide the bottom of the Roller Hinge between the Cam Lock and the Bracket. **TIP:** Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.

- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 9 shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. **NOTE:** Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.

- Push down on the Cam Lock (Figure 8) to lock it and secure the Roller Hinge.

- Repeat on other side. Make sure the Roller Hinges are in the same hole setting on both sides.
STEP ③
Assemble Table Bed to A-Frame

• Face the front of the A-Frame where the Crossbar is located (Figure 10).

• Grasp both Roller Hinges, right above the Cam Lock, and lift the Table Bed. Allow the top of the Table Bed to rotate toward the floor so that the back of the Table Bed is now facing you and the top of the Table Bed is in front of the Crossbar (Figure 11).

• Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates one side at a time (Figure 12). The Self-Locking Hooks will open to allow the Pivot Pin into the Hinge Plate slot, then automatically snap closed over the Pivot Pin.

**TIP:** You may need to push outward on the Hinge Plate in order for the second Pivot Pin to lock in place.

• Make sure that each Pivot Pin is seated at the base of the slot in the Hinge Plates and that the Self-Locking Hooks have closed over both Pivot Pins (Figures 12a and 12b).

**WARNING**

Failure of the Self-Locking Hooks to close over both Roller Hinge Pivot Pins is an indication of improper assembly and if not corrected could result in serious injury or death!

• Rotate the Table Bed into the use position (Figure 13). Ensure that it rotates smoothly. See also Image A on Page 12 to ensure correct assembly.
STEP 4
Assemble Front Ankle Bar to Main Shaft

NOTE: Extending out from the Front Ankle Bar, you will see a temporary plastic zip-tie fastened to the loops of the Retainer Spring with the Cable. This is provided to assist with the assembly process, detailed below.

- With hole settings of the Front Ankle Bar facing up, insert the temporary plastic zip-tie and Front Ankle Bar into the Front Ankle Bar housing (Figure 14) of the Main Shaft.

- Pull up on the T-Pin Lock to allow the Front Ankle Bar to insert all the way into the housing. Release the T-Pin to fully engage in the hole setting closest to the front Foam Rollers (Figure 14a).

- Turn over the Main Shaft (Figure 15). From the back side of the Front Ankle Bar housing, pull the plastic zip-tie to stretch the Retainer Spring and Cable Loops so that they align with the bolt holes in the back of the Front Ankle Bar housing.

- Insert the Bolt through the hole in the outer side of the housing, through both the Retainer Spring and Cable Loops, and through the hole in the other side of the housing (Figure 15a).

- Release your hold on the plastic zip-tie. Secure the Bolt with the Nut (Figure 16) using the 10/13 mm Open-Ended Wrench provided. IMPORTANT: Cut the long segment of zip-tie off so that it will not interfere with the function of the Retainer Spring. Be careful not to damage the Retainer Spring with the Cable.

- Cover the open end of the Front Ankle Bar Housing with the End Cap (Figure 16a).

**WARNING**
Failure to assemble the T-Pin Ankle Lock System could result in serious injury or death!
**STEP 5**

Assemble Main Shaft to Table Bed

- Facing the front of the A-Frame, hold the Main Shaft in your left hand with the height markings facing up. Slide the end of the Main Shaft into the Main Shaft Housing (Figure 17) located at the base of the Table Bed.

- With your right hand, pull out the Height-Selector Locking Pin (Figure 18) to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner’s Manual for more information on selecting your height setting.

- The Main Shaft MUST REST against the Crossbar bumper on the A-Frame (Figure 19).

**IMPORTANT:** The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar bumper as shown in Figure 19, then the Table Bed has been assembled backwards onto the A-Frame.

This **MUST BE CORRECTED** before use. See also Image B on Page 12 to ensure correct assembly.

- Test the inversion table by hand for smooth and steady rotation (Figure 20) and ensure that all fasteners are secure.
Assemble Handles and Hinge Covers

- Locate the Handle Assembly Hardware Kit (HK1009).

- Insert the left and right handles into the A-Frame (Figure 21) so the long part of the handles are parallel with the rear legs of the A-Frame.

- Insert the Bolts from inside of the A-Frame and fasten with the Nuts from the outside of the A-Frame (Figure 22).

- Tighten with the open-ended wrenches provided.

- Locate the Hinge Cover Assembly Hardware Kit (HK1002).

- Select the corresponding Hinge Covers for the left and right sides of the A-Frame by aligning each with the shape of the Hinge Plate (Figure 23).

- Secure with (2) Allen Head Bolts for each side using the 5 mm Allen Wrench provided. Be careful not to overtighten.
STEP 7
Attach Angle Tether and Head Pillow

### Attach Angle Tether

- The tether will come pre-assembled to the A-Frame.
- Unfold the adjustable tether and clip it to the U-Bar on the underside of the Table Bed (Figure 24).
- Slide the buckle to lengthen or shorten the strap depending on your desired maximum angle of inversion.

### Attach Head Pillow

Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed (Figure 25). You may customize the position depending on your preference.
Misassembly Check

**WARNING**
If your Teeter Inversion Table looks like either of these images, your inversion table has been misassembled and is unfit for use. Improper assembly could result in serious injury or death!

**Image A**
Go back to Step 2 for instruction.
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.

**Image B**
Go back to Step 3 for instruction.
Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.
Before Inverting

Ensure Owner’s Manual is Attached

The Owner’s Manual contains important information on how to use your Teeter Inversion Table, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.

- If not already attached, thread the provided metal chain through the pre-punched hole in the upper corner of the Owner’s Manual.

- Secure the chain to the A-Frame through the designated hole in the Hinge Plate (Figure 26 and 26a). Allow the Owner’s Manual to hang freely on the outside of the A-Frame Spreader Arms so it doesn’t interfere with the rotation of the Table Bed.

IMPORTANT: Once attached to the A-Frame, DO NOT remove the Owner’s Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.

WARNING

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

View the Remainder of the DVD

The Getting Started DVD is a helpful supplement to the Owner’s Manual, with easy-to-follow instructions on user settings, how to invert, storage and maintenance, and even stretching and exercises you can do with your Teeter.
HOW TO SUBMIT YOUR REGISTRATION:

Step 1
Fill out this information for your own records.

Step 2
Go online to teeter.com to register your warranty.

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143. Please DO NOT mail this to Teeter.

The Teeter warranty set forth below and on Teeter’s website applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information, which will vary depending on country.
If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

**USA:** 800-847-0143 or info@teeter.com

**International:** info@teeterintl.com

Check out the selection of products and accessories available at teeter.com!

Roger Teeter
Founder & Innovator