Adapter Kit
For use with EZ-Up™ Gravity Boots and select Teeter Inversion Tables*

Assembly Instructions

Specifications may vary from this image and are subject to change without notice.
*For use with select Teeter Inversion Tables. For compatibility, see teeter.com/product-support.

To download and print Teeter's Adapter Kit instructions, visit the product support page at teeter.com.
Congratulations on your purchase of a Teeter Adapter Kit! This product has been carefully engineered so you can easily upgrade any compatible Teeter Inversion Table for secure use with EZ-Up® Gravity Boots.

In order to utilize this product to its fullest extent, it is critical that you follow the assembly instructions, read and fully understand any accompanying supplementary instructions, and review the Getting Started DVD prior to using your new Teeter Adapter Kit.

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.

To register your Teeter Inversion Table, 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.

Assembly & Use Instructions

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BEFORE YOU BEGIN: Review all steps before beginning use and read all precautions before using the Adapter Kit. Carefully adhere to the Warnings and Owner’s Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE ADAPTER KIT

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 use. 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.

- ALWAYS read and understand the instructions and warnings associated with and accompanying any supplementary equipment, such as the Teeter Inversion Table & EZ-Up Gravity Boots.

- DO NOT use the Adapter Kit with any Inversion Table not designed specifically to be modified with the Adapter Kit. Visit teeter.com/product-support for a list of Teeter inversion tables that can be adapted for use with Gravity Boots.

- ALWAYS wear the Gravity Boots when using the Adapter Kit, making sure the Gravity Boots are fastened securely around the smallest part of your ankle and checking that the Gravity Boots Hooks are properly seated around the Adapter Kit.

- ALWAYS be certain the equipment is properly adjusted to your unique user settings and that your ankles are secure before using the equipment. Ensure that the Gravity Boots are snug, close fitting and secure EVERY TIME you use the equipment.

- ALWAYS wear securely tied lace-up shoes, such as normal style tennis shoes. DO NOT wear clothing or footwear that can interfere with securing the Gravity Boots, such as high-tops or any shoes that extend above the ankle bones.

- ALWAYS ensure that the Gravity Boots are put on the correct leg so that the buckle levers are on the outside of the leg, versus on the inside where they can rub against each other and unlatch or sustain potential damage.

- 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 modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.

- DO NOT use aggressive movements, bounce or swing excessively while inverting with the EZ-Up Gravity Boots.

- DO NOT use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.

- DO NOT store outdoors.

- DO NOT operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.

- ALWAYS test and inspect the Adapter Kit, EZ-Up Gravity Boots and Inversion Table prior to use. Make sure all fasteners are secure.

- ALWAYS replace defective components immediately and/or keep the equipment out of use until repair.

- Refer to additional warning notices posted on the equipment. If a product label should become lost, damaged or illegible, contact Customer Service for replacement.
Items for Assembly
Items not shown to scale.

<table>
<thead>
<tr>
<th>ITEM NO.</th>
<th>ITEM NAME</th>
</tr>
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<tbody>
<tr>
<td>CV1003</td>
<td>Adapter Kit</td>
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Tools Provided for Assembly

<table>
<thead>
<tr>
<th>ITEM NO.</th>
<th>ITEM NAME</th>
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<tr>
<td>F51088</td>
<td>Open-Ended Wrench (2)</td>
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Adapter Kit

Tools Provided for Assembly

Open-Ended Wrench (2)

Product Specifications

IMPORTANT: Please review all labels and supporting materials before using your Adapter Kit and accompanying supplementary equipment.

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

Adapter Kit Dimensions: 18.0 (L) x 4.8 in (W) (45.7 x 12.2 cm)

Weight (approx.): 2 lbs (0.9 kg)
STEP 1
Remove the Rear Ankle Bar

IMPORTANT: Keep all hardware and parts in case you want to re-attach the standard Ankle Lock System in the future.

NOTE: The Front Ankle Bar is not shown in Figures 1-3 to better illustrate these steps. Step 2 will explain how to remove the Front Ankle Bar.

- Remove the left screw which secures the Black Plug in the end of the Rear Ankle Bar using a Phillips screwdriver (Figure 1a), then disengage the Black Plug from the end of the Rear Ankle Bar (Figure 1b).

- Remove the left Heel Cup from the Rear Ankle Bar (Figure 2).

- Remove the Nut and Bolt connecting the Rear Ankle Bar to the Main Shaft using the wrenches provided (Figure 3).

- Remove the Rear Ankle Bar with right Heel Cup attached (Figure 3).
STEP 2
Remove the Front Ankle Bar

NOTE: Instructions for removing the Front Ankle Bar vary depending on Inversion Table model. Use Figure 4 to determine next steps.

**FIGURE 4**

Front Ankle Bar WITH Locking Bolt  
Front Ankle Bar WITHOUT Locking Bolt

PROCEED TO FIGURE 5  
PROCEED TO FIGURE 6

1 - Locking Bolt

NOTE: Skip Figure 5 if the Front Ankle Bar does NOT have a Locking Bolt (Figure 4).

• Remove the Locking Bolt located on the bottom of the Front Ankle Bar housing (Figure 5) using the Allen Wrench provided with your Teeter. Extra force may be required to loosen the Locking Bolt. KEEP the Locking Bolt for use in Step 3.

• Proceed to Figure 6.

**FIGURE 5**

1 - Locking Bolt  
2 - Front Ankle Bar Housing

**FIGURE 6**

Large Arrow: Pull up on the T-pin. Small Arrow: Insert the Front Ankle Bar into the Front Ankle Bar Housing

1 - Locking Bolt  
2 - Front Ankle Bar Housing

NOTE: Skip Figure 5 if the Front Ankle Bar does NOT have a Locking Bolt (Figure 4).

• Remove the Locking Bolt located on the bottom of the Front Ankle Bar housing (Figure 5) using the Allen Wrench provided with your Teeter. Extra force may be required to loosen the Locking Bolt. KEEP the Locking Bolt for use in Step 3.

• Proceed to Figure 6.

• Remove the Nut and Bolt located near the back of the Front Ankle Bar housing (Figure 6) using the wrenches provided. This will disengage the spring and cable inside the housing. KEEP the Nut and Bolt for use in Step 3.

• Pull up on the T-pin Lock to remove the Front Ankle Bar (Figure 6).
STEP 3
Install the Adapter Kit

• Pull up on the T-Pin Lock to insert the Adapter Kit all the way into the housing, lining up the side bolt holes (Figure 7). Release the T-Pin to fully engage in the hole.

• Insert the Bolt from Figure 6 and hand tighten with the Nut. Secure the Bolt with the Nut using the wrenches provided (Figure 8).

• If the Front Ankle Bar included a Locking Bolt (Figure 4), insert the Locking Bolt into the bottom of the Front Ankle Bar housing and hand tighten. Secure the Locking Bolt with the Allen Wrench provided with your Teeter (Figure 9).

⚠️ WARNING ⚠️
Failure to assemble the Adapter Kit correctly could result in serious injury or death!

NOTE: Skip this step if the Front Ankle Bar does NOT have a Locking Bolt (Figure 4).
Reassembling the Rear Bar

NOTE: Skip Figure 10 if the Front Ankle Bar does NOT have a Locking Bolt (Figure 4).

• If you wish to reassemble your standard ankle lock system, follow these steps:

• If the Front Ankle Bar included a Locking Bolt (Figure 4), remove the Locking Bolt from the bottom of the Front Ankle Bar housing with the Allen Wrench provided with your Teeter (Figure 10).

• Remove the Nut and Bolt located on the Front Ankle Bar housing (Figure 11) using wrenches provided. Pull up on the T-Pin Lock to remove the Adapter Kit (Figure 11).

• Insert the Rear Ankle Bar with pre-assembled Heel Cup into the large hole at the back of the Main Shaft (Figure 12).

• Insert the bolt from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 12), and fasten with the washer and nut using the wrenches provided.

• Slide the separate Heel Cup onto the open end of the Rear Ankle Bar (Figure 12a).

TIP: To assist with assembly, repeatedly rotate the Heel Cup while pushing it onto the Rear Ankle Bar.

• Align the pre-drilled screw hole in the Rubber Plug with the screw hole in the Rear Ankle Bar. Insert the Rubber Plug into the open end of the Rear Ankle Bar (Figure 13).

TIP: You may want to use a rubber mallet to assist with assembly.

• Secure the Rubber Plug with the screw using a screwdriver (Figure 14). If the screw does not tighten easily, you may need to reposition the alignment of the Rubber Plug.
Reassembling the Front Ankle Bar

- With hole settings of the Front Ankle Bar facing up, insert the Front Ankle Bar into the Front Ankle Bar housing (Figure 15) 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 Ankle Cups (Figure 15a).

- Turn over the Main Shaft so the back is facing upward. From the back side of the Front Ankle Bar housing, pull off the black plastic End Cap to reveal the Retainer Spring Loop (Figure 16).

- Pull the Retainer Spring Loop so that it aligns with the bolt holes in the back of the Front Ankle Bar housing. (Figure 17). **TIP:** Use a string to pull the Retainer Spring Loop into alignment with the bolt holes.

- Insert the Bolt through the hole in the outer side of the housing, through the Retainer Spring Loop and through the hole in the other side of the housing. Secure the Bolt with the Nut using the wrenches provided (Figure 18).

- Cover the open end of the Front Ankle Bar Housing with the End Cap (Figure 19).

- If the Front Ankle Bar included a Locking Bolt (Figure 4), insert the Locking Bolt into the bottom of the Front Ankle Bar housing and hand tighten. Secure the Locking Bolt with the Allen Wrench provided with your Teeter (Figure 20).

**WARNING**

Failure to assemble the T-Pin Ankle Lock System correctly could result in serious injury or death!

**NOTE:** Skip this step if the Front Ankle Bar does **NOT** have a Locking Bolt (Figure 4).
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.
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!