

Conversion Bar

for Teeter Hang Ups® Inversion Tables

PURPOSE: Some users prefer to use the standard ankle clamps provided with the Teeter Hang Ups Inversion Table. Others prefer to use the Teeter Hang Ups Gravity Boots while inverting. To convert your inversion table for use with Gravity Boots, you must install the Conversion Bar - failure to do so could result in serious injury or death. Please carefully comply with the following instructions:

⚠ WARNING

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

Restrictions on Use

- **DO NOT** attempt to use the Conversion Bar with any other inversion table that is not designed specifically to be adapted with the Conversion Bar. The Conversion Bar is to be used only with certain Teeter Hang Ups model inversion tables. Check with the manufacturer if you are unsure whether or not your inversion table can be modified with the Conversion Bar.

Precautions During Assembly and Before Use

- **ALWAYS** choose a level surface for assembling the Conversion Bar and operating the inversion table.
- Follow each step in sequence. **DO NOT** skip ahead.
- **DO NOT** use until you have thoroughly and carefully read all accompanying documents for the inversion table and Gravity Boots, reviewed product labeling, and inspected the equipment.
- **ALWAYS** test and inspect the Teeter Hang Ups Conversion Bar, Gravity Boots and Inversion Table prior to use. Make sure the table rotates smoothly to inverted position and back. Make sure that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

Precautions During Use

- **ALWAYS** wear the Gravity Boots when using the Conversion Bar, making sure the Gravity Boots are fastened securely around the ankles and checking that the Gravity Boot Hooks are fitted properly around the Conversion Bar.

PRE-ASSEMBLY

BEFORE YOU BEGIN: These instructions will guide you in properly assembling and using the unit. Please review all the steps before beginning assembly. Carefully adhere to these instructions to help ensure user safety and product integrity.

ASSEMBLY

Step One: Remove the Rear Bar

- Remove a black plug and one rear foam ankle clamp with backing from the same side of the rear bar (Figure 1).
- Remove the nut and bolt; slide the rear bar out from the main shaft. Keep the nut and bolt in case you want to re-attach the ankle clamps in the future.

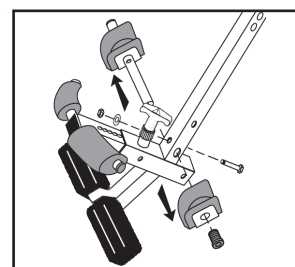


Figure 1

Step Two: Remove the Front Ankle Clamps

- Remove the bolt that holds the retainer spring attached to the front ankle clamp (Figure 2).
- *Keep the bolt and nut for use in Step Three.
- Pull up on the locking pin and remove the front ankle clamp assembly and spring.

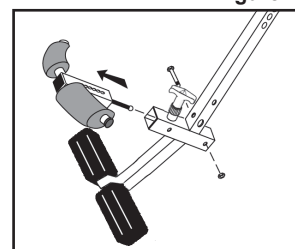


Figure 2

Step Three: Install the Conversion Bar

- Insert the Conversion Bar into the ankle clamp housing.
- Attach the Conversion Bar by inserting the bolt removed in Step Two through the holes located at the front of the ankle clamp housing underneath the T-Pin (Figure 3).
- Tighten the nut and bolt with the wrenches provided with your inversion table.
- With the Conversion Bar in place, you may choose to remove the locking pin by unscrewing its base. *Be sure to keep it in case you want to re-attach the ankle clamps in the future.*

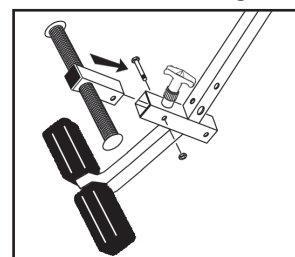


Figure 3

⚠ WARNING

Failure to assemble the Conversion Bar properly could result in serious injury or death!

PRIOR TO USE

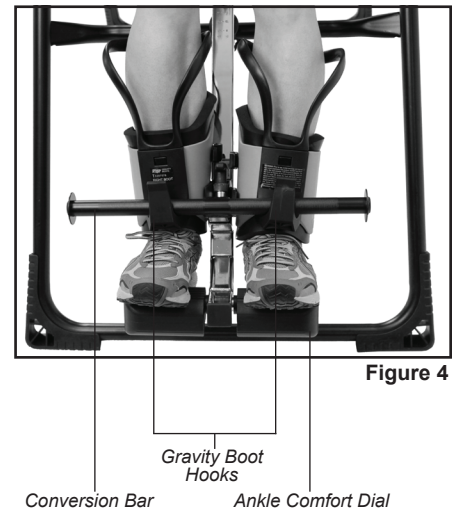
Review all product support materials with the Teeter Hang Ups Gravity Boots and Inversion Table before inverting with the Teeter Hang Ups Conversion Bar.

1. Preparing the Inversion Table

- Confirm that the Main Shaft is adjusted to your proper height setting.
- Adjust the Ankle Comfort Dial (up or down) to ensure the hooks are securely hooked to the Conversion Bar with the bar touching or nearly touching the base of the hook while the feet rest flat on the Ankle Comfort Dial.

2. Mounting

- While facing away from the table with your legs positioned on either side of the Main Shaft, lift one foot so that Gravity Boot Hook on the boot wraps around the Conversion Bar.
- Slide the hook along the Conversion Bar until the foot is able to rest flat on the Ankle Comfort Dial (Figure 4).



⚠ WARNING

Setting the Ankle Comfort Dial so that the hooks are not securely around the bar could cause you to fall during inversion, resulting in serious injury or death!

RE-ASSEMBLING THE ANKLE CLAMPS

To re-assemble the Ankle Clamps - *reverse the process*

- Remove the black end cap from the back of the ankle clamp housing (Figure 5).
- Follow Step Three through Step One, reversing the installation process to remove the Conversion Bar and re-assemble the rear and front ankle clamp assemblies (Figures 6 & 7).
- **IMPORTANT FOR FRONT ANKLE CLAMP ASSEMBLY:**
 - Make sure that the holes in the front ankle clamp assembly are on top (facing the same side as the locking pin).
 - When inserting the bolt into the holes in the housing, be sure to slide the bolt through the loops at the end of the spring and security cable. You may need to use needle nose pliers to pull and align the spring loop and cable with the bolt.
 - Fasten securely with the nut. Test the installation of the front ankle clamps to ensure there is spring-loaded tension.
 - Replace the black end cap on the back of the ankle clamp housing.
- If you removed the locking pin when you installed the Conversion Bar, you **MUST** replace it securely before using the ankle clamp assembly. Use channel locks or vise grips to ensure that the locking pin is fully tightened. You may want to wrap the base of the locking pin with a cloth to prevent cosmetic scarring when tightening.

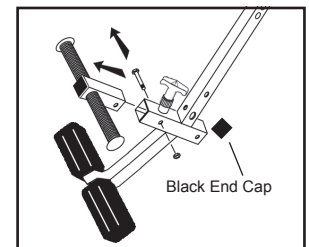
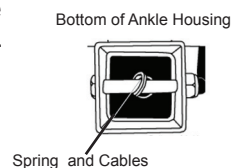


Figure 5

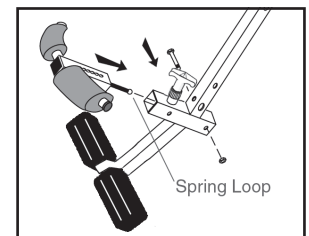


Figure 6

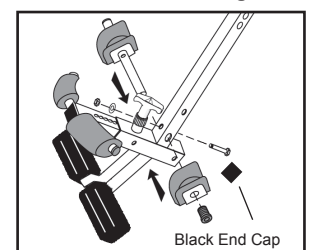


Figure 7

⚠ WARNING

Failure to properly re-assemble the ankle clamps, including the T-Pin, could cause serious injury or death! Test the locking function of the ankle clamp assembly prior to use.

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

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