

OWNER'S MANUAL



ComforTrak™ Series Inversion Tables

EP-560 Model

Model may differ from images shown. Instructions for use remain the same.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE.

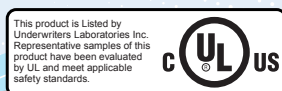
⚠ WARNING

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

WARNING—To reduce the risk of injury to persons:

- 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, such as falling on your head or neck, pinching, entrapment, or equipment failure. 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 the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference)
 - Middle ear infection
 - Extreme obesity
 - Pregnancy
 - Hiatal hernia
 - Ventral hernia
 - Glaucoma
 - Retinal detachment
 - Conjunctivitis
 - High blood pressure
 - Hypertension
 - Heart or circulatory disorders
 - Spinal injury
 - Cerebral sclerosis
 - Acutely swollen joints
 - Recent stroke or transient ischemic attack
 - Bone weakness (osteoporosis)
 - Recent or unhealed fractures
 - Medullary pins
 - Surgically implanted orthopedic supports
 - Use of anticoagulants (including high doses of aspirin)
- Close supervision is necessary when the inversion table is used near children, or by or near invalids or disabled persons.
- Use the inversion table only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **NEVER** drop or insert any object into any opening.
- **DO NOT** use or store product outdoors.
- **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.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- The inversion table has no user serviceable parts.
- This product is intended for home use only. **DO NOT** use in any commercial, rental or institutional setting.
- **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.
- **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.
- **ALWAYS** make sure the equipment is properly adjusted to the correct user settings prior to each use.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table.
- New users, and users who are physically or mentally compromised, will require the assistance of a partner to ensure they are able to find the correct balance setting and can return to an upright position unassisted.
- If you feel pain or become light-headed or dizzy while inverting, immediately return to the upright position for recovery and eventual dismount.
- 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.

DO NOT REMOVE. REPLACE IF DAMAGED OR REMOVED.



Pour télécharger et imprimer le manuel de l'utilisateur du dossier ComforTrak™ en français, rendez-vous sur teeter-inversion.com

Para descargar e imprimir las instrucciones de montaje de ComforTrak™ en español, visite teeter-inversion.com

User Settings

There are four (4) User Settings available on your Teeter that must be properly adjusted for your unique needs and body type. Take your time finding your ideal settings - with the inversion table set properly, you will have total control over the rotation of the bed and ensure a comfortable and relaxing inversion experience. **Every time prior to using the inversion table, make sure the User Settings are adjusted to your personal settings.**

1 Roller Hinges: Select a Hole Setting

The Roller Hinges control the responsiveness or rate of rotation. There are three holes; the hole selection depends both on your body weight and the rotational responsiveness you desire (diagram right). For users just learning to use the inversion table, we recommend starting with Setting C, the least responsive rotation setting.

	A Top Hole near Pivot Pin	B Middle Hole	C Bottom Hole opposite Pivot Pin	
80-120 lbs	● X			36-54 kg
120-220 lbs	X	●		54-100 kg
220-300 lbs		X	●	100-136 kg

● Beginner / Partial Inversion X Suggested for Full Inversion

CHANGING THE ROLLER HINGE SETTING

1. Pull out the Height-Selector Locking Pin and slide the Main Shaft in all the way to the very last hole (the storage setting near the Rear Ankle Cups). Release and engage the Pin (Figure 1).
2. Stand in front of the Table Bed and rotate it *opposite from use* (Figure 2) to rest against the Crossbar of the A-Frame.
3. Grasp each Roller Hinge under the Pivot Pins, using your thumbs to open the Self-Locking Hooks over the Pivot Pins (Figure 3). Lift both sides of the Table Bed out of the A-Frame and rest the head of the Table Bed on the floor.
4. Open each Cam Lock completely. Disengage the Roller Hinge from the Bracket Pin and slide it to the desired setting (Figure 4). Engage the Bracket Pin in the same Roller Hinge hole setting on each side. Secure the Cam Lock.
5. Re-attach the Table Bed into the A-Frame Hinge Plates (Figure 5). Ensure the Self-Locking Hooks snap closed over each Roller Hinge Pivot Pin. Rotate the Table Bed to the use position and adjust the Main Shaft for use (Figure 6).



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

2 Main Shaft: Determine a Height Setting



Figure 7
Height settings labeled in inches and centimeters.

1. Stand on the left side of the A-Frame. Pull out the Height-Selector Locking Pin with your right hand while sliding the Main Shaft out with your left (Figure 7). For ease of adjustment, lower the Main Shaft below horizontal to *lengthen* and raise the Main Shaft above horizontal to *shorten*.
2. Start by sliding the Main Shaft until the last setting you can read is one inch greater than your height (e.g. if you're 5'10"/178 cm, the last numbers visible will be 5'11"/180 cm). This helps to ensure that the rotation of the table is not too fast. You will test to see if this setting is right for you later. **Your ideal height setting will depend on your weight distribution and could vary several inches on either side of your actual height.**
3. Release the Height-Selector Locking Pin to fully engage a hole setting.

3 Angle Tether: Pre-Set the Angle

For first time users, attach the Angle Tether to the U-Bar under the Table Bed (Figure 8) to help limit the angle of rotation. You can increase the angle of rotation allowed by the Angle Tether as you become more comfortable using the inversion table, or remove it for full inversion.



Figure 8

4 Ankle Comfort Dial: Find Your Setting

The Ankle Comfort Dial rotates into a High or Low setting (Figure 9), with a one inch height difference between them. Your setting may vary depending on your shoe type or foot size.

Set the Ankle Comfort Dial so the Front Ankle Cups and Heel Cups secure around the smallest part of your ankles (with minimal distance between the Ankle Lock System and the top of your foot). This will reduce body slide on the Table Bed while inverted, which can interfere with your ability to control the rotation of the inversion table.



Figure 9

Prepare to Invert

BEFORE USING THE INVERSION TABLE

Make sure the inversion table rotates smoothly to the fully inverted position and back, and that all fasteners are secure. Ensure that there is adequate clearance to rotate in front, above and behind you.

ALWAYS wear securely tied, lace-up shoes with a flat sole, such as a tennis shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the ankle bone, as this type of footwear could interfere with properly securing your ankles.

⚠ WARNING

NEVER use the inversion table face down. **DO NOT** attempt to invert or lean your upper body against the Table Bed before securing your ankles. **FAILURE** to engage the Ankle Lock System fully could result in serious injury or death!

Securing Your Ankles

It is very important that you properly secure your ankles prior to inverting:

1. With your back to the Table Bed, and using the handles to steady yourself, carefully step inside the A-Frame to stand next to one side of the Main Shaft (the A-Frame Crossbar will be behind your legs) (Figure 10). Lift the foot closest to the Main Shaft over the Ankle Lock System and place it on the floor on the other side, to straddle the Main Shaft.
2. If the Ankle Lock System is closed, pull up on the T-Pin Lock and lift up on the Front Ankle Cups. Release the T-Pin so that it engages a hole setting in the open position.
3. To balance yourself, rest only your lower body against the lower portion of the Table Bed as you slide one ankle at a time from the side (Figure 11) between the Front & Rear Ankle Cups, placing your feet on the Ankle Comfort Dial.

DO NOT insert your foot into the Ankle Lock System as you would slide your foot into a shoe (Figure 11a). Your feet should always be either on the floor or on the Ankle Comfort Dial; never use any other part of the inversion table as a step (Figures 12 & 13).

4. Press your ankles back firmly against the Rear Ankle Cups, then slightly rotate them toward your ankles to increase comfort while inverting.
5. Pull the T-Pin Lock so the spring-loaded Front Ankle Bar and Front Ankle Cups snap closed against your ankles (Figure 14).
6. Adjust the Rear Ankle Cups to ensure the Ankle Lock System fits snugly against your ankles. Release the T-Pin Lock so that it fully engages in a hole setting (Figure 15).

If the T-Pin Lock does not automatically engage in a hole (Figure 16), push the Front Ankle Cups toward you until the T-Pin Lock engages fully in the next tightest hole setting.



Figure 10

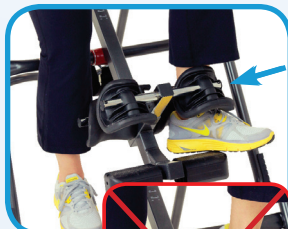


Figure 11



Figure 11a



Figure 12



Figure 13



Figure 14



Figure 15



Figure 16

Verify that no part of your footwear or garments touch or interfere with the T-Pin Lock in any way during inversion. Follow the method of **“HEAR, FEEL, SEE”** every time you secure your ankles in the inversion table:

HEAR the T-Pin Lock click into place;

FEEL the T-Pin Lock to make sure it is fully engaged in a hole setting;

SEE that there is NO space between the T-Pin Lock and its base.

Prepare to Invert (continued)

Testing Your Balance and Rotation Control

When adjusted properly, you will have total control over the rotation of the inversion table by simply shifting the weight/position of your arms. Your ideal balance settings are determined by your body type and weight distribution - this is why your Main Shaft setting may differ from your actual height.

Struggling to invert or return upright will counteract the benefits of inversion. It's important to take time, test your settings, and ensure a relaxing, enjoyable experience! **For your first few inversion sessions, ask a spotter to assist you until you are able to find your correct balance setting and are comfortable with the operation of the inversion table.**

1. Lean back and rest your head on the Table Bed with your arms at your sides.
 - If balanced correctly, the inversion table should begin to rotate slightly, with the Main Shaft lifting a few inches off the bumper of the Crossbar (Figure 17).
 - If the inversion table rotates so that the Main Shaft lifts more than a few inches off the Crossbar, to horizontal (0°) or beyond, your Main Shaft may be too short. Carefully dismount, **lengthen** the height setting by one hole, secure your ankles again and re-test.
 - If the inversion table does not rotate at all, and the Main Shaft remains seated firmly on the Crossbar, your Main Shaft may be too long. Carefully dismount, **shorten** the height setting by one hole, secure your ankles again and re-test.

Your Main Shaft setting should remain the same as long as you continue to use the same Roller Hinge setting and your weight does not fluctuate substantially. If you decide to change your Roller Hinge setting, you should test your balance and control again.



Inverting

Rotating Into Inversion

If correctly balanced, the inversion table will rotate in response to simple arm movements. Your arms provide the weight needed to rotate the inversion table. (Figure 18):

- To invert, lift your arms overhead slowly (shift weight to the head-end of the Table Bed).
- To return upright, slowly bring your arms back to your sides (shift weight to the foot-end).

To ensure the inversion table does not rotate too far, too quickly, be sure that you have attached the Angle Tether and completed the balance testing.

1. With your head resting against the Table Bed, raise one arm at a time to begin rotation. For maximum control and comfort, every movement should be slow and deliberate (the faster you move, the faster the inversion table will rotate).
2. Practice controlling the speed and angle of rotation by moving your arms back and forth.
3. Once you've reached the maximum angle allowed by the Angle Tether, rest both arms over your head. Relax and breathe deeply to help your muscles relax.



Returning Upright

4. To begin rotating back to starting position, slowly bring your arms to your sides.
5. Stop and rest for a few minutes just past horizontal (0°) to help prevent dizziness and allow your back to re-compress without discomfort before returning completely upright.

Since your body may have lengthened or shifted on the Table Bed while inverted, arm movements may not be enough to return you completely upright. Simply bend your knees slightly while shifting your body weight toward the foot-end of the Table Bed (Figure 19). **DO NOT** lift your head, rely solely on the handles or try to sit up (Figure 20), as this will counteract the relaxing benefits of inversion you've just experienced.

If you still have trouble returning upright after following these suggestions, consider adjusting your User Settings and testing your balance and rotation control again.



Full Inversion

Full inversion is defined as hanging completely upside down (90°) with your back free from the Table Bed. DO NOT attempt this step until you are completely comfortable controlling the rotation of the inversion table and inverting to 60°. To experience the benefits, you never need to fully invert. However, many Teeter users do enjoy full inversion because of the added freedom for stretches and exercises. To fully invert:

1. Disconnect the Angle Tether.
2. Adjust the Roller Hinges to Setting A to enable the inversion table to “lock” firmly in full inversion. If you are 220 lbs (100 kg) or more, set the Roller Hinges to Setting B.
3. Slowly raise both hands over your head to begin rotation. You may need to assist the last few degrees of rotation by pushing on the floor or A-Frame until the Table Bed stops against the Crossbar (Figure 21).
4. Relax and allow your body to pull away from the Table Bed so you are hanging freely. If you tense up or press your back against the Table Bed, you will likely come “unlocked.”
5. In your correct balance setting, your weight will keep the Table Bed “locked” in this position until you are ready to return upright. If unable to maintain an adequate “lock” while fully inverted, contact Teeter Customer Service for options.



Figure 21



Figure 22



Figure 24

TO RELEASE FROM THE INVERTED “LOCKED” POSITION:

6. With one hand, reach behind your head and grasp the Table Bed and Bed Frame Extension (Figure 22). With the other hand, grasp the base of the A-Frame in front.
7. Pull both hands together (Figure 23). This will rotate the Table Bed out of the “locked” position. Keep elbows in to avoid pinching between the A-Frame and Table Bed (Figure 24). Follow the instructions for Returning Upright on the previous page.

Dismounting

8. Wrap your index and middle fingers around either side of the T-Pin Lock and pull straight out so that the Pin disengages.
9. Push down with the balls of your feet while lifting your heels so that you push open the Front Ankle Cups with the top of your ankles/feet (Figure 25). Release the T-Pin to lock the Front Ankle Cups in the open position.
10. Keep your lower body supported against the Table Bed as you step onto the floor. Carefully stand up and ensure you have your balance before stepping over the Main Shaft and finishing your dismount.



Figure 25

Storage & Maintenance

Folding For Storage

1. Disconnect the Angle Tether.
2. Pull out the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole (the storage setting near the Rear Ankle Cups). Release and engage the Pin.
3. Stand in front of the Table Bed and rotate it *opposite from use* until it rests against the Crossbar of the A-Frame (Figure 26).
4. Pull up on the Spreader Arms to fold the A-Frame (Figure 27), leaving the A-Frame legs open to a width of 16-20” for stability. Use caution to prevent pinching fingers.



Figure 26

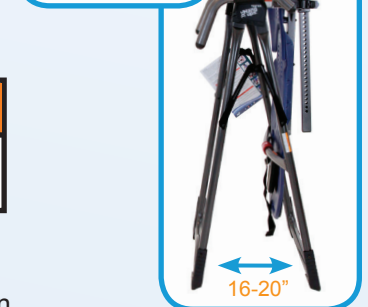


Figure 27

⚠ WARNING

Tipping Hazard: Leave A-Frame open wide enough to remain stable, or secure to a wall to prevent tipping. Store flat on the floor, not upright, to avoid the risk of tipping.

If you opt to leave the inversion table open and ready for use, be sure to SECURE the equipment to deter unintentional rotation by looping the Angle Tether around the Main Shaft and Cross Bar, then attaching it to itself with the clip (Figure 28). Test to ensure the inversion table cannot rotate.

Maintenance

To clean your Teeter Hang Ups Inversion Table, wipe down with a damp cloth. DO NOT use abrasive cleaners or solvents.



Figure 28

TIPS & ANSWERS TO FREQUENTLY ASKED QUESTIONS

Get the most out of your Teeter Hang Ups® Inversion Table

At what angle should you invert?

Start at a modest angle (20°-30° beyond horizontal) for the first few weeks or until you become comfortable with the operation of the equipment. Once you are able to fully relax, advance to 45°-60° for a greater stretch. According to medical study, what we call the “magic angle” of 60° results in a traction load of about 60% of your body weight, which is what is needed for your body to fully decompress.

Do you need to fully invert (rotate to 90°)?

No! You should only do what feels comfortable to you. While full inversion is not required to fully decompress, nearly half of all Teeter users do fully invert, enjoying the added freedom for stretches and exercises offered at this angle.

How long and how often should you invert?

Begin with 1-2 minutes per session and advance only as you feel comfortable. Keep in mind that frequency (inverting more often) is more important than duration (inverting for longer periods of time). We recommend routinely inverting with the Teeter several times a day. Over time, work up to 3-5 minutes so that your muscles are able to relax and release. Listen and respond to your body. Remember that inversion is about relaxation and enjoyment!

What should you do while inverted?

Many people prefer to simply kick back and relax. Others incorporate movement and stretching, which can help maximize the benefits for your joints and ligaments. Watch the Instructional DVD for more inverted stretching and exercise tips.

- Intermittent Traction (alternating inversion with rest periods) or oscillation (rhythmic rocking) are especially helpful for people who are just getting used to the feeling of inversion, and can help to stimulate circulation and fluid movement into the discs in the spine.
- Stretch and twist while partially or fully inverted, or use the A-Frame, Traction or Grip-and-Stretch Handles to add decompression.
- Fully inverted crunches, full sit-ups, and squats strengthen the core and legs without adding uncomfortable loads to the spine.

How long before you feel the benefits?

Given time, your body has an amazing ability to heal itself. But like starting a new exercise program, it can take some time to see the results. Stick with it, invert often and be patient. Work on getting your body to relax and release – that is how you will experience the most benefits. Some people feel the benefits immediately and some may need 2-3 weeks before their bodies begin to adapt.

Why is it important to find your ideal balance settings?

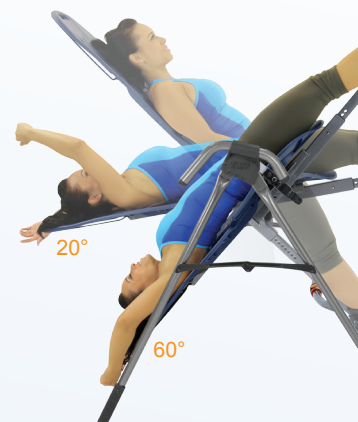
Your ideal balance point will give you total control over the rotation of the inversion table by shifting the weight/position of your arms. Struggling to invert or return upright will counteract the benefits of using the inversion table, so it's important to find your ideal setting and ensure a relaxing, enjoyable experience! Your ideal balance settings are determined by your body type and weight distribution - this is why your main shaft setting may differ from your actual height.

What should you do if you experience ankle discomfort?

- **Proper Footwear:** Wear socks with lace-up shoes – the material will provide added cushion and support for the ankles.
- **Cup Position:** Rotate the top of the Heel Cups toward your ankles. As you invert, they will rotate to support the back of your heels.
- **Ankle Comfort Dial:** Adjust for minimal space between the foot and platform. The less your body “shifts” when inverted, the better.
- **Proper Fit:** Secure the Ankle Lock System for a snug fit, but not super tight – this will restrict blood flow and cause discomfort.
- **Change It Up:** Try oscillation or intermittent traction. It may take some time to get comfortable, but you'll soon adapt to inversion.

Other helpful tips for beginners:

- **Pre-Set the Angle:** Set your Angle Tether to a modest angle - you can then focus on relaxing and adjusting to inversion.
- **Enlist a Spotter:** Ask a friend to stand near the inversion table until you are comfortable with controlling its rotation.
- **Breathe:** Close your eyes and take deep breaths. Concentrate on relaxing your muscles to experience the most benefits.
- **Listen to Your Body:** Inversion is not a “no pain, no gain” activity. If you feel you've had enough, return upright to rest.
- **Prevent Dizziness/Nausea:** When returning upright, be sure to rest at just past horizontal (0°) for 15-30 seconds or more.
- **Make Changes Gradually:** Increase your angle and/or duration of inversion in small increments
- **Do It Often!** Inverting on a regular basis is how you will experience the most benefits.



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