

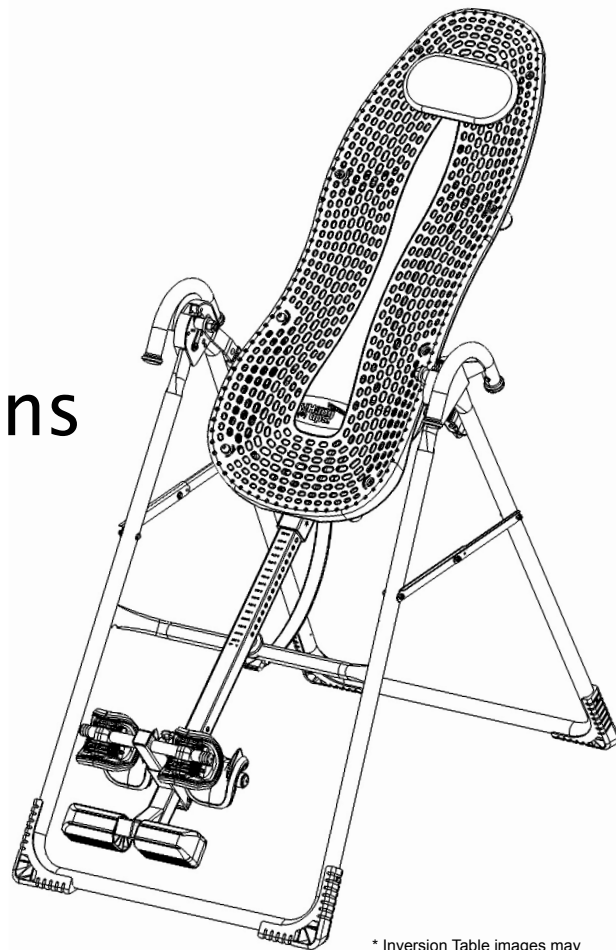


# FlexTech™ Series Assembly Instructions

*EP-550/650, EP-850 & EP-950  
Inversion Tables*

*Pour télécharger et imprimer les instructions de montage du dossier ComforTrak™ en français, rendezvous sur [teeterinversion.com](http://teeterinversion.com)*

*Para descargar e imprimir las instrucciones de montaje de ComforTrak™ en español, visite [teeterinversion.com](http://teeterinversion.com)*



\* Inversion Table images may vary slightly from your model.  
The EP-550 is shown here.



**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**

**WARNING** - To reduce the risk of injury to persons:

- Read and understand all the instructions, view the instructional video, 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.
- 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 indoor home use only. **DO NOT** use in any commercial, rental or institutional setting.

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

## **SAVE THESE INSTRUCTIONS**

**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**

- **DO NOT** use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual.
- Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
- Choose a level surface for assembling and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- Make sure that all fasteners are secure.
- **ALWAYS** test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

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

## **SAVE THESE INSTRUCTIONS**

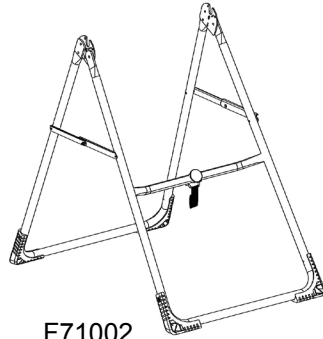
# ITEMS FOR ASSEMBLY (Page 1 of 2)

ITEM NAME	ITEM NUMBER	ITEM NAME	ITEM NUMBER
<b>Tools</b>		<b>Handle Assembly (EP-850)</b>	
6mm Allen Wrench (1)	EP1128A	Over-EZ™ Handle, EP-850 (2)	F51118
10/13mm Open-Ended Wrenches (2)	F51088	Over-EZ™ Handle Assembly Hardware Kit	HK1023
		Double-Threaded Bolts (6)	F51128
		Nuts (12)	F51129
<b>Base Assembly</b>		<b>Handle Assembly (EP-950)</b>	
A-Frame (EP-550/650 & EP-850)	F71002	Over-EZ™ Handle, EP-950 (2)	GL9505
A-Frame (EP-950 Only)	EP1100	Over-EZ™ Hinge Covers, EP-950 (2)	GL9524
		Hex Bolts (4) <i>Pre-Assembled in Hinge Covers</i>	H11202
<b>FlexTech™ Table Bed Assembly</b>		Over-EZ™ Handle Assembly Hardware Kit	HK1022
FlexTech™ Table Bed	EP1140	Double-Threaded Bolts (4)	GL9523
Table Bed Assembly Hardware Kit	HK1010	Nuts (8)	H13008
Bolts (2)	EP1127		
Nuts (2)	H13008	<b>Roller Hinge Assembly</b>	
Washers (2)	EP1128	3-Hole Roller Hinge (2)	F51067
		(EP-550/650)	
<b>Main Shaft (EP-550/650 &amp; EP-850)</b>		3-Hole Roller Hinge/Traction Handle (2)	TR1003
<i>with T-Pin Ankle Lock System Assembly</i>	EP1125	(EP-550 Sport, EP-850 & EP-950)	
<b>Main Shaft (EP-950 Only)</b>			
<i>with EZ-Reach™ Ankle Lock System Assembly</i>	NX1630		
<b>Handle Assembly (EP-550/650)</b>			
Tri-Grip™ Handle (2) (EP-550/650)	F51069	Head Pillow	EP1105
Tri-Grip™ Handle Assembly Hardware Kit	HK1021	Angle Tether <i>Pre-Assembled to A-Frame (EP-550/650)</i>	F51007
Hex Bolts (6) <i>Pre-assembled in Handles</i>	H11202	EZ-Angle Tether <i>Pre-Assembled to A-Frame (EP-850 &amp; EP-950)</i>	F51008

# ITEMS FOR ASSEMBLY (Page 2 of 2)

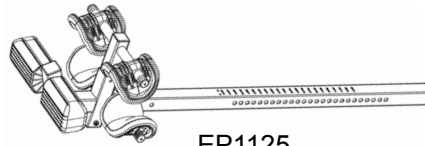
Items not shown to scale.

## A-Frame(s)

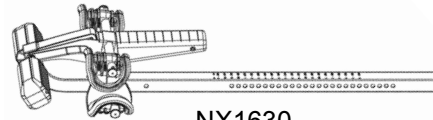


F71002  
EP1100

## Main Shaft(s)



EP1125

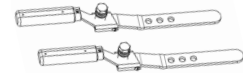


NX1630

## Roller Hinges

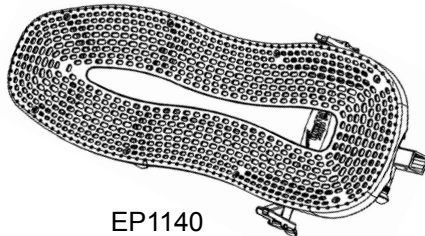


F51067



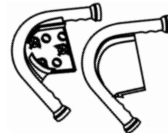
TR1003

## FlexTech™ Table Bed

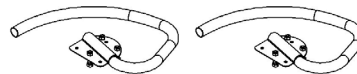


EP1140

## Handle(s)



F51069



F51118



GL9505

GL9524

## Head Pillow (optional)



EP1105

# IDENTIFY THE MODEL OF YOUR TEETER

**IMPORTANT:** Please identify the model of your Teeter inversion table before beginning assembly.

The model name can be found on the Serial Label, located on the back of the Table Bed.



**EP-550 Models**



**EP-850 Models**



**EP-950 Models**

**My Serial Number:**

\_\_\_\_\_

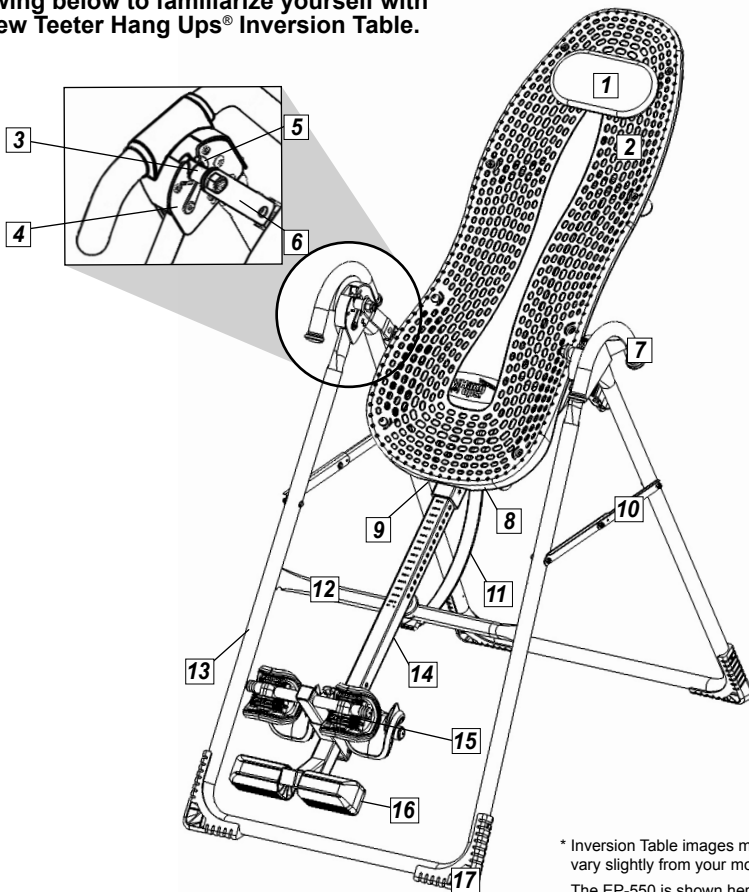
*We hope you enjoy your new Teeter Hang Ups Inversion Table!*

# UNDERSTANDING YOUR INVERSION TABLE

Before reading further, study the drawing below to familiarize yourself with the important components of your new Teeter Hang Ups® Inversion Table.

## Identifying Parts and Components

1	Head Pillow	10	Spreader Arms
2	FlexTech™ Table Bed	11	Angle Tether
3	Pivot Pins	12	Crossbar
4	Hinge Plates	13	A-Frame
5	Self-Locking Hooks	14	Main Shaft
6	3-Hole Roller Hinges	15	Ankle Lock System
7	Handles	16	Ankle Comfort Dial™
8	Height-Selector Locking Pin	17	Stability Feet
9	De-Rattler Knob		



\* Inversion Table images may vary slightly from your model. The EP-550 is shown here.

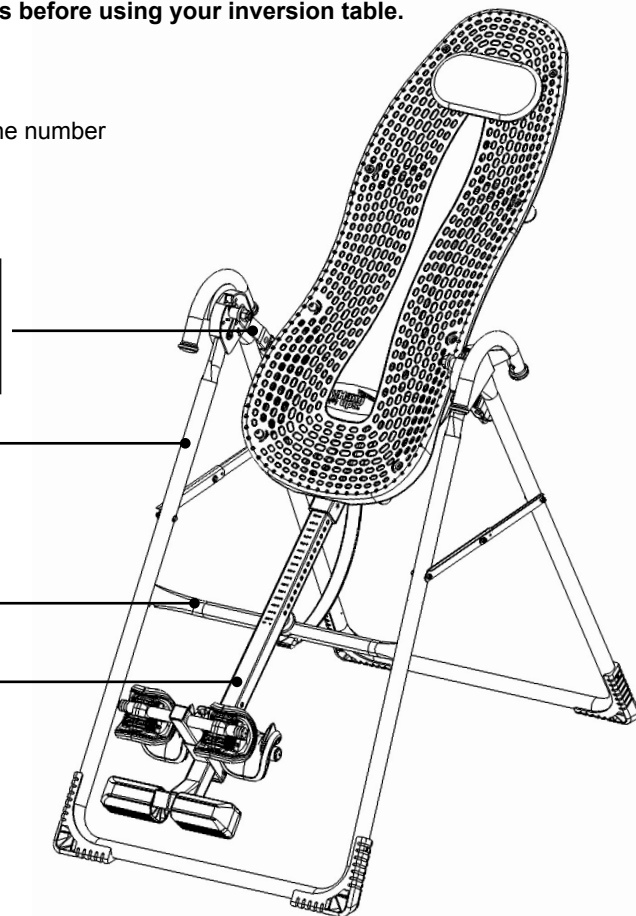
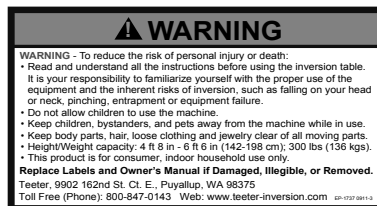
# WARNING LABEL PLACEMENT DIAGRAM

**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 Customer Service at the phone number or website found on the last page to request a complimentary replacement label.

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



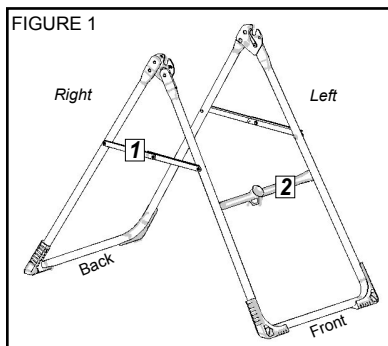


# BEFORE BEGINNING ASSEMBLY

## *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 Assembly & Use DVD provides step-by-step instruction 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.

# STEP ① A-Frame Assembly



1 Spreader Arms

2 Crossbar

- On a level surface, carefully 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 1).
- Familiarize yourself with the Front, Back, Left and Right of the A-Frame. You may want to refer back to this diagram for reference throughout the assembly process.

*RIGHT Indicates right side as you are using the inversion table, not facing it.*

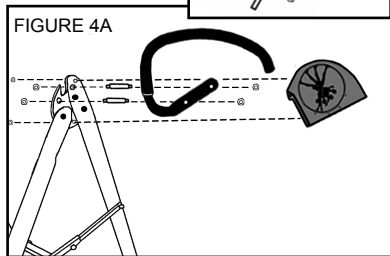
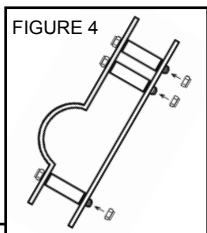
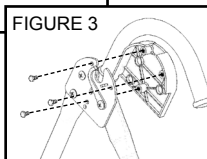
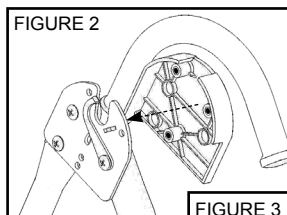
*LEFT Indicates left side as you are using the inversion table, not facing it.*

*BACK Indicates the back of the A-Frame / fully assembled inversion table.*

*FRONT Indicates the front of the A-Frame / fully assembled inversion table.*

## STEP 2 Handle Assembly

*Based on your model, the assembly in this step will differ.*



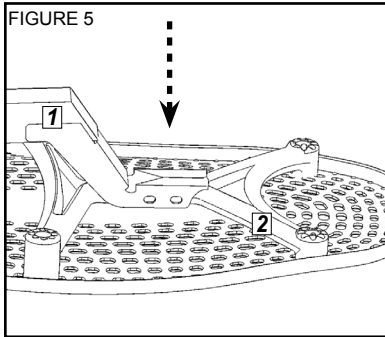
### ***For users with the EP-550/650, assemble the Tri-Grip Handles***

- Locate the *Tri-Grip Handle Assembly Hardware Kit*, which contains the hardware that is required for the assembly detailed in this step.
- Determine the left or right Handles, marked with an embossed L / R on the inside of the black plastic part of each handle.
- Align the black plastic part of the corresponding handle (left / right) over the outside edge of the Hinge Plate on the A-Frame (Figure 2).
- Insert and loosely hand-tighten three of the Allen Head Bolts through the Hinge Plate into the inside of the handle (Figure 3).
- Repeat with other handle. Fully tighten all fasteners, using the tools provided.

### ***For users with EP-850 or EP-950 Models, assemble the Over-EZ™ Handles***

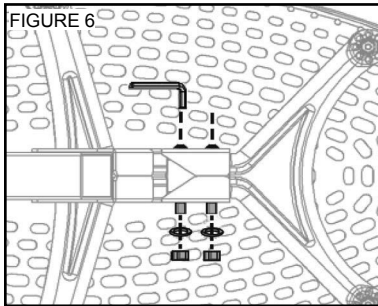
- Locate the *Over-EZ™ Handle Assembly Hardware Kit*, which contains the hardware that is required for the assembly detailed in this step. The 10/13mm Open-Ended Wrenches are located in the Roller Hinge packaging.
- Insert the two Double-Threaded Bolts through the base of the Left Handle (marked with an "L") and hand tighten on the outside with the nuts provided (Figure 4).
- Line up and insert the opposite end of the bolts through the corresponding 1/3" holes on the outside of the hinge plate (Figure 4). Loosely tighten with nuts, then use the wrenches provided to tighten both sets of nuts, being careful not to over tighten. Repeat with Right Handle.
- ***For users with EP-950:*** Place each Hinge Plate Cover over the outside edge of the corresponding handle. Line up and insert the Bolts through the smaller 1/4" holes in the hinge plate (Figure 4A). Use the wrenches provided to tighten the nuts, being careful not to over tighten.

## STEP 3 Table Bed Assembly



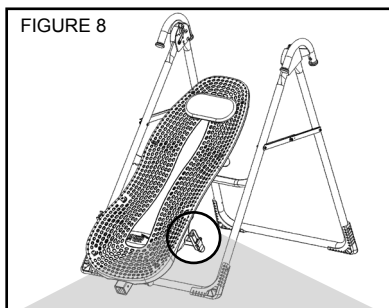
1 Support Beam  
2 Upper Support Arms

- Locate the *Table Bed Assembly Hardware Kit*, which contains the hardware that is required for the assembly detailed in this step.
- Place the Table Bed face down on the floor and push down on the Support Beam, so the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 5). You may have to exert extra pressure to ensure that the Support Beam slides over the rubber spacers.
- Insert the two Bolts into the open holes (Figure 6).
- Thread a Washer and Nut onto each Bolt and handtighten.
- Using the 6mm Allen Wrench to steady the bolts, tighten the Nuts onto the Bolts with the 10/13mm Open-Ended Wrench.

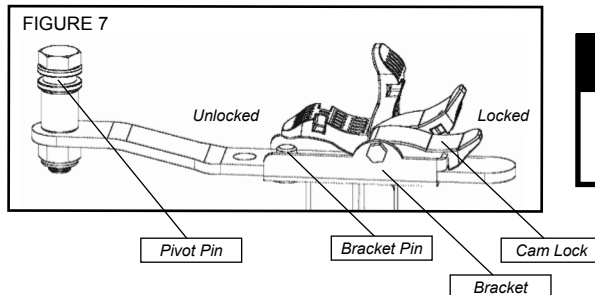


## STEP 4 Roller Hinge Assembly

*Based on your model, the item(s) used for this step will differ but the assembly process remains the same.*

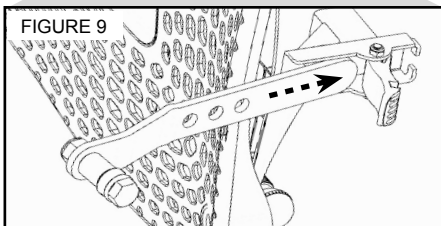


- Familiarize yourself with the Roller Hinge and Cam Lock terms detailed below in Figure 7.



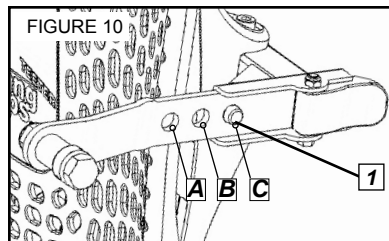
### ⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin.



- For ease of assembly, rest the Table Bed against the Crossbar (Figure 8) at the front of the A-Frame.
- On one side of the Table Bed, lift the Cam Lock up all the way to unlock (Figure 9).
- In your other hand, hold one 3-Hole Roller Hinge at 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.



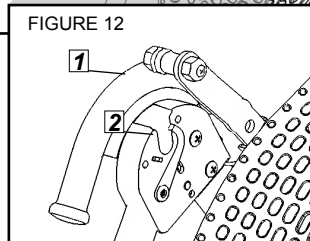
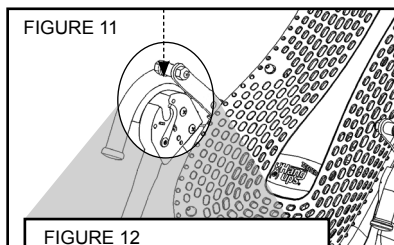
1 Bracket Pin

- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 10 shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C.

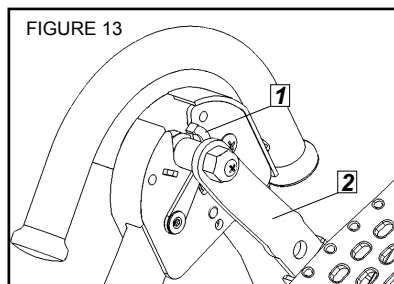
**NOTE:** Refer to the Owner's Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.

- Push down on the Cam Lock 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 5 Attach the Table Bed to the A-Frame



- 1 Handle
- 2 Hinge Plate



- 1 Self-Locking Hook
- 2 Roller Hinge

- Pick up the Table Bed, holding each side near the Roller Hinges, and stand in front of the A-Frame where the Crossbar is located (refer to Figure 3 to determine A-Frame Front).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 11 and 12).

**NOTE:** You may need to push outward on the A-Frame in order for the 2nd Pivot Pin to lock in place.

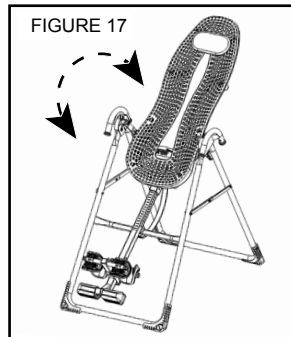
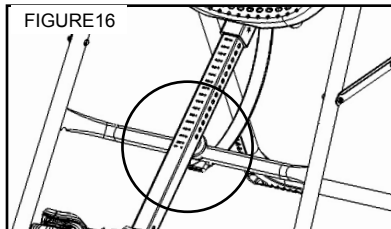
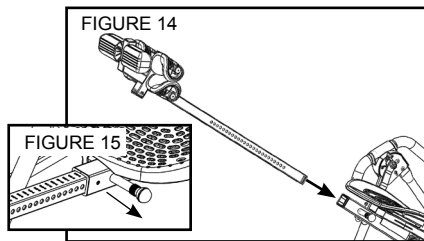
- Make sure that each Pivot Pin is seated at the base of the slot of the Hinge Plate (Figure 13).
- Ensure that the Self-Locking Hooks have closed over both Pivot Pins, and that the Table Bed rotates smoothly.

### ⚠ 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!

## STEP 6 Assembling the Main Shaft

*Based on your model, the item(s) used for this step will differ but the assembly process remains the same.*



- Loosen the De-Rattler Knob.
- 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 14), located at the base of the Table Bed.
- With your right hand, pull out the Height-Selector Locking Pin (Figure 15) 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 of the A-Frame (Figure 16).  
**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 as shown in Figure 16, then the Table Bed has been assembled backwards onto the A-Frame. This **MUST BE CORRECTED** before use.
- Test the inversion table by hand for smooth and steady rotation (Figure 17) and ensure that all fasteners are secure.
- Tighten the De-Rattler Knob.

**For users with the EP-550 Sport model, follow the Conversion Bar Assembly & User Instructions enclosed in this packet.**

# MISASSEMBLY CHECK

## ⚠ WARNING

If your Teeter Hang Ups 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 4 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 5 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.

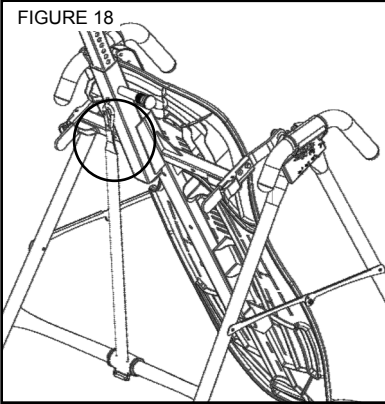


\* Inversion Table images may vary slightly from your model.  
The EP-550 is shown here.



## STEP 9 Attach the Accessories

FIGURE 18



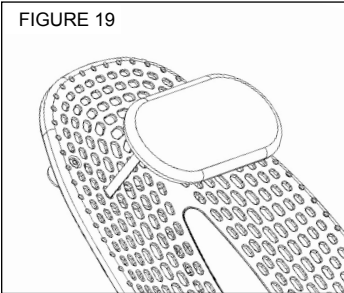
### Attach the Angle Tether (*OPTIONAL*)

- 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 18).
- Refer to the Owner's Manual for guidance with pre-setting your angle of rotation.

### Attach the Head Pillow (*OPTIONAL*)

- Attach the Head Pillow by securing the Velcro Straps through the holes in the Table Bed (Figure 19). The position of the pillow can be adjusted depending on the user.

FIGURE 19



# BEFORE INVERTING

FIGURE 20

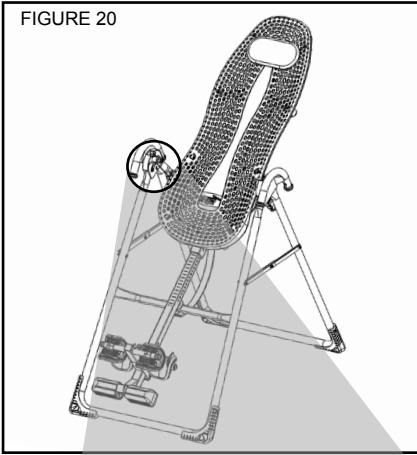
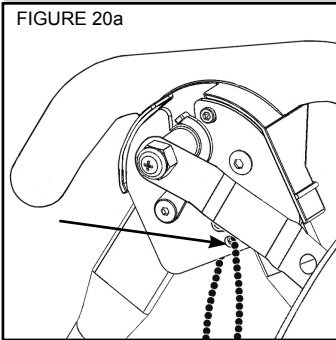


FIGURE 20a



## Attach the Owner's Manual

*The Owner's Manual contains important information on how to use your Teeter Hang Ups 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 20 & 20a). 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 Hang Ups Inversion Table. Improper settings could result in serious injury or death!

## Review the *Use Instruction* section of your DVD

- The Use Instruction section of your DVD provides guidance on how to properly adjust, use and become acclimated to inversion.

# Adjusting the Roller Hinge Setting

FIGURE 21

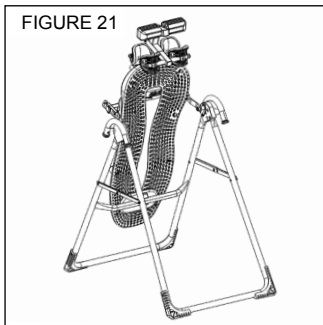


FIGURE 22

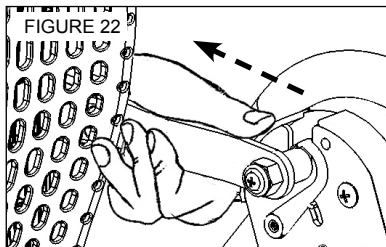
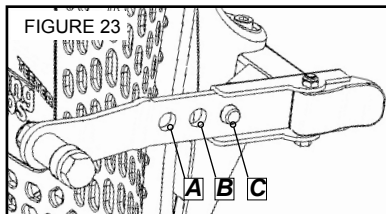


FIGURE 23



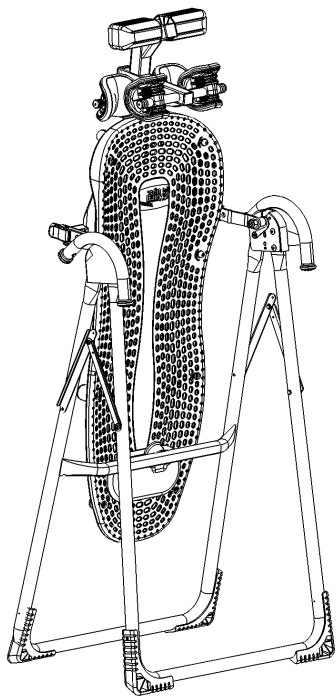
## Adjustments: Changing the Roller Hinge Setting

To adjust the Roller Hinge setting, you'll need to fully remove the Table Bed from the A-Frame.

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
  - Loosen the De-Rattler Knob.
  - Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole setting.
  - Release and engage the Pin in the storage setting.
  - Rotate the Table Bed opposite from use until it has turned 180 degrees and rests against the Crossbar of the A-Frame (Figure 21).
  - With palms up, reach under and around each Roller Hinge, using your thumbs to release the locks over the Pivot Pin (Figure 22).
  - Lift both sides of the Table Bed out of the A-Frame at the same time. TIP: Rest the head of the Table Bed on the floor for quick adjustment.
  - Unlock the Cam Locks for each Roller Hinge. Change the Roller Hinges to the desired setting (A, B or C).
- NOTE:** Refer to the Owner's Manual for more information on finding your Roller Hinge Setting.
- Re-lock the Cam Locks (Figure 23). Replace the Roller Hinges into the hinge plates of the A-Frame.
  - Rotate the Table Bed back to the use position and re-adjust the Main Shaft height settings for use.

# Maintenance & Storage

FIGURE 24



## Maintenance

- To clean the Inversion Table, wipe down with a damp cloth. Do not use abrasive cleaners or solvents.

## Storage

- Remove the Angle Tether from the U-Bar located on the underside of the Table Bed.
- Pull the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole setting.
- Release and engage the Pin in the storage setting.
- Rotate the Table Bed opposite from use until it has turned 180° and rests against the Crossbar of the A-Frame.
- Pull up on the Spreader Arms to fold the A-Frame (Figure 24), leaving the A-Frame legs open to a width of 12" for stability.

**NOTE:** This operation may pinch fingers if not done slowly and carefully.

## ⚠ WARNING

Tipping Hazard: For upright storage, leave A-Frame open wide enough to remain stable, or secure to the wall to prevent tipping. In households with small children, the inversion table should be stored flat on the floor, not upright.

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

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Any modification to this device will void the UL Listing.