

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.

⚠ 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 CV Bar with any other inversion tables. CV Bar is to be used with the F5000™, F6000™ and F7000™ models only.
- **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	· Conjunctivitis	· Recent stroke or transient ischemic attack
· Extreme obesity	· High blood pressure	· Bone weakness (osteoporosis)
· Pregnancy	· Hypertension	· Recent or unhealed fractures
· Hiatal hernia	· Heart or circulatory disorders	· Medullary pins
· Ventral hernia	· Spinal injury	· Surgically implanted orthopedic supports
· Glaucoma	· Cerebral sclerosis	· Use of anticoagulants (including high doses of aspirin)
· Retinal detachment	· Acutely swollen joints	
- **DO NOT** use with converted F-series Inversion Tables if you are over 300 lbs. (136kg) or 6'6" (198 cm). 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.
- This product is not intended for use in public facilities.

Precautions During Assembly and Before Use

- **ALWAYS** choose a level surface for assembling the CV Bar and operating the table.
- Follow each step in sequence. **DO NOT** skip ahead.
- **DO NOT** use until you have thoroughly and carefully read all accompanying documents, reviewed product labeling, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** test and inspect the CV Bar, Gravity Boots and 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** use CV Bar with a properly worn Teeter Hang ups Gravity Boots. Failure to heed this warning may result in serious injury or death.
- **ALWAYS** use a spotter until comfortable with the use of the equipment.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other stretching device while inverting.
- 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.

Important Notice: The F5000™, F6000™ and F7000™ Inversion Tables are Classified as UL 2601-1, Medical Electrical Equipment, part I; General Requirements for Safety in accordance with Underwriters Laboratories, Inc. Representative samples of the Inversion Tables have been evaluated by UL and have successfully met these safety requirements.

Adding the CV Bar to the inversion table **disqualifies the UL Classification 2601**. However, the 300 lbs. (136 kg) capacity rating still applies and the function of the equipment remains unchanged.

Purpose: Some users prefer to use the standard ankle clamps provided with the Teeter Hang Ups® Inversion Table. Others prefer to use Gravity Boots while inverting. To convert the Inversion Table for use with Gravity Boots, you must install the CV Bar. Please carefully comply with the following instructions:

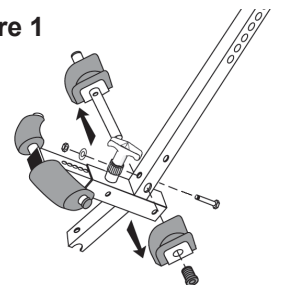
ASSEMBLY

Step One

Remove the rear bar

- Remove the black plug and one rear foam ankle clamp.
- Remove the nut and bolt and slip the bar out through its hole in the main shaft. (See Figure 1) Keep the nut and bolt if you ever want to reattach the ankle clamps.

Figure 1



ASSEMBLY

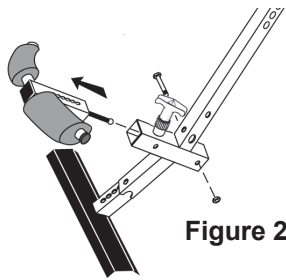


Figure 2

Step Two

Remove the front ankle clamps

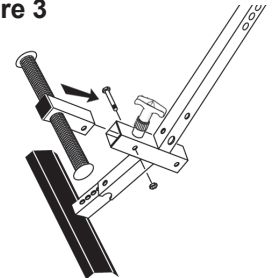
- Remove the bolt that holds the retainer spring attached to the front ankle clamp. **Keep the bolt and nut for use in Step Three.**
- Pull up on the locking pin and remove the front ankle clamp assembly and spring. (See Figure 2)

Step Three

Install the CV Bar

- Insert the CV Bar into the ankle clamp housing.
- Attach the CV Bar by inserting the bolt from Step Two (previously removed) through the holes located at the front of the ankle clamp housing (just under the locking pin). (See Figure 3)
- Tighten the nut and bolt with the wrenches provided with your inversion table.
- With the CV Bar in place, you may choose to remove the locking pin.

Figure 3



REASSEMBLY

Reassembling the Ankle Clamps - Reverse the Process

- Follow Step Three through Step One, essentially reversing the installation process to remove the CV Bar and reassemble the rear and front ankle clamp assemblies.
- Note: To reattach the spring for the front ankle clamps, you may want to attach a string to the loop at the bottom of the spring. Lead the string through the main shaft while inserting the front ankle clamps. Pull on the string to line up the spring loop with the holes in the main shaft, and secure with the bolt and nut.
- Make sure the bolt slides through the spring loop and is fastened securely. Test the installation of the front ankle clamps to ensure spring-loaded tension.

⚠ WARNING

Failure to test reassembly could cause serious injury or death!

PRIOR TO USE

To ensure user safety and product integrity carefully review and adhere to this document, Gravity Boots Hang Tag as well as the accompanying warnings regarding the CV Bar:

1. Preparing to Mount:

- Confirm that the Main Shaft is adjusted to your proper height setting and the Foot Platform is adjusted so that the base of the Gravity Boot Hooks are parallel to the CV Bar while feet rest flat and comfortably on the Foot Platform.

⚠ WARNING

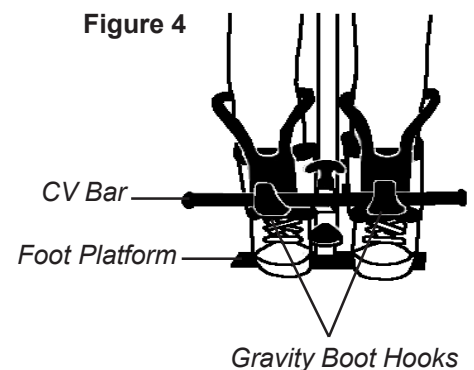
Setting the Foot Platform so that the hooks are not securely around the bar could cause you to fall during inversion, resulting in serious injury or death!

2. Mounting:

- Lift foot so that Gravity Boot Hook wraps around the CV Bar.
- Slide hook along the CV Bar until foot rests flat on Foot Platform. (See Figure 4) Do the same to the opposite foot.

***We highly recommend reviewing all materials regarding inversion, Gravity Boots and your F-series table before inverting with Teeter Hang Ups CV Bar.**

Figure 4



For additional languages in Spanish, French, Dutch, German, Italian or Portuguese, please contact customer service.

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For information about the Teeter Hang Ups® 5-year warranty, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

USA & Canada:

STL International, Inc.
9902 162nd St. Ct. E., Puyallup, WA 98375
Toll Free (Phone) 800-847-0143 (Fax) 800-847-0188
Local (Phone) 253-840-5252 (Fax) 253-840-5757
(email) Info@STLIntl.com (web) www.STLIntl.com

International:

Inversion International, Ltd.
PO Box: AP 59245, New Providence Island, Bahamas
(Phone) +1-242-362-1001 (Fax) +1-242-362-1002
(email) Info@InversionInternational.com (web)
www.InversionInternational.com