



Better Back™ Adjustable Acupressure Nodes
Designed specifically for use with Teeter Hang Ups® Inversion Table

ASSEMBLY & USE INSTRUCTIONS

⚠ WARNING

- **DO NOT** use until you have read and understand the Owner's Manual and viewed the instructional DVD that accompanies the inversion table.
- **DO NOT** use if you are not comfortable during or after regular inversion.
- Teeter Hang Ups Adjustable Acupressure Nodes are designed for the advanced user.
- **DO NOT** use on sensitive skin or when sores/skin lesions are present.
- **DO NOT** use on varicose veins.
- **DO NOT** use if you have muscle, ligament, tendon or other soft tissue injuries.
- Use only against muscles. **DO NOT** position nodes so that they place pressure on bones.
- Prolonged use may cause muscle soreness; it is recommended to use nodes in moderation.
- **DO NOT** use product as a replacement for medical advice. Consult with your physician prior to use.
- Keep out of reach of children.

PRE-ASSEMBLY

- Use of the Adjustable Acupressure Nodes may cause muscle soreness. Start with the smaller nodes and work your way up to the larger ones. If you feel any discomfort, decrease or discontinue use.
- The pressure of the nodes will vary as the table rotates up or down. The Adjustable Acupressure Nodes work best between intermediate to moderate inversion. Full inversion moves the body away from the table bed and will reduce the effectiveness of the nodes.
- Set the Angle Tether to a moderate inversion angle and use a spotter until you are able to find the correct balance settings and are comfortable with the operation of the table.

ASSEMBLY & USE

- Personalize the intensity and target zone of the Adjustable Acupressure Nodes by positioning the varying sizes along different parts of the Table Bed.
- When attaching the nodes to the table, stabilize the Inversion Table so that it does not rotate backwards.
- Insert the "L" shape of the node into the desired location on the Table Bed. Twist the node to lock it into place (Figure 1).

NOTE: For ease of assembly, you may need to place one hand on the front of the node, and the other behind the table bed on the back of the node.

- While inverted, stay at a static incline to maintain a steady pressure, or oscillate (move between different angles of inversion) for a massaging action.

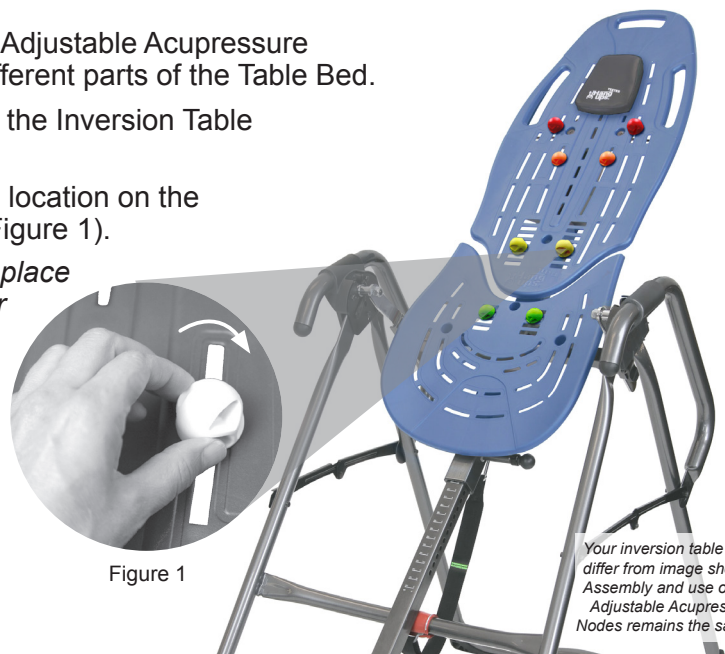


Figure 1

Your inversion table may differ from image shown. Assembly and use of the Adjustable Acupressure Nodes remains the same.

DO NOT DISCARD - KEEP FOR FUTURE REFERENCE

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

USA: Teeter

Toll Free (Phone) 800-847-0143 · (Fax) 800-847-0188
info@teeter-inversion.com · www.teeter-inversion.com

International: Inversion International, Ltd.

(Phone) +1-242-362-1001 · (Fax) +1-242-362-1002
info@InversionInternational.com · www.InversionInternational.com