

# ASSEMBLY & USE INSTRUCTIONS

## ⚠ WARNING

- **DO NOT** use until you have read and understand all accompanying documents included with the inversion table.
- **DO NOT** disassemble the Roller Hinge Pivot Pin.
- **DO NOT** use Setting AA for users over 150 lbs (68 kgs) or Setting A for users over 220 lbs (110 kgs).

The Roller Hinge setting is one of 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.**

## Select a Hole Setting

The Roller Hinges control the responsiveness or rate of rotation. There are four holes; the hole selection depends both on your body weight and the rotational responsiveness you desire (Figure 1).

- For users just learning to use the inversion table, we recommend starting with a lesser responsive rotation setting. (Figure 1)
- For users who want to fully invert (see Owner's Manual for instructions), always test your rotation and ability to "lock" in Setting A or B first. If unable to maintain an adequate "lock", then change the Roller Hinge to Setting AA.
- 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.

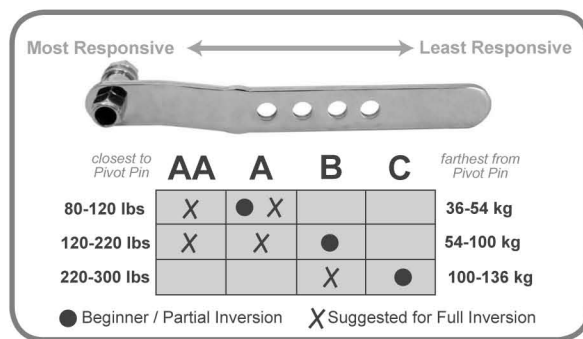


Figure 1

## Changing the Roller Hinge Setting

Your inversion table may differ from image shown. Assembly and use of the 4-Hole Roller Hinges remain the same.

- 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 Ankle Lock System). Release and engage the Pin (Figure 2).
- Stand in front of the Table Bed and rotate it opposite from use (Figure 3) to rest against the Crossbar of the A-Frame.
- Grasp each Roller Hinge under the Pivot Pins, using your thumbs to open the Self-Locking Hooks over the Pivot Pins (Figure 4). Lift both sides of the Table Bed out of the A-Frame and rest the head of the Table Bed on the floor.
- Open each Cam Lock completely. Disengage the Roller Hinge from the Bracket Pin and slide it to the desired setting (Figure 5). Engage the Bracket Pin in the same Roller Hinge hole setting on each side. Secure the Cam Lock.
- Re-attach the Table Bed into the A-Frame Hinge Plates (Figure 6). 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 7).



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



Figure 7

### 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:

Distributor in Hong Kong

Miles Year Limited  
 802, 8/F., Park Building 476 Castle Peak Road  
 Cheung Sha Wan, Kowloon, Hong Kong

TEL: (852) 3575 9332 FAX: (852) 3575 9331  
 EMAIL: info@inversion.com.hk  
 URL <http://www.inversion.com.hk/>