

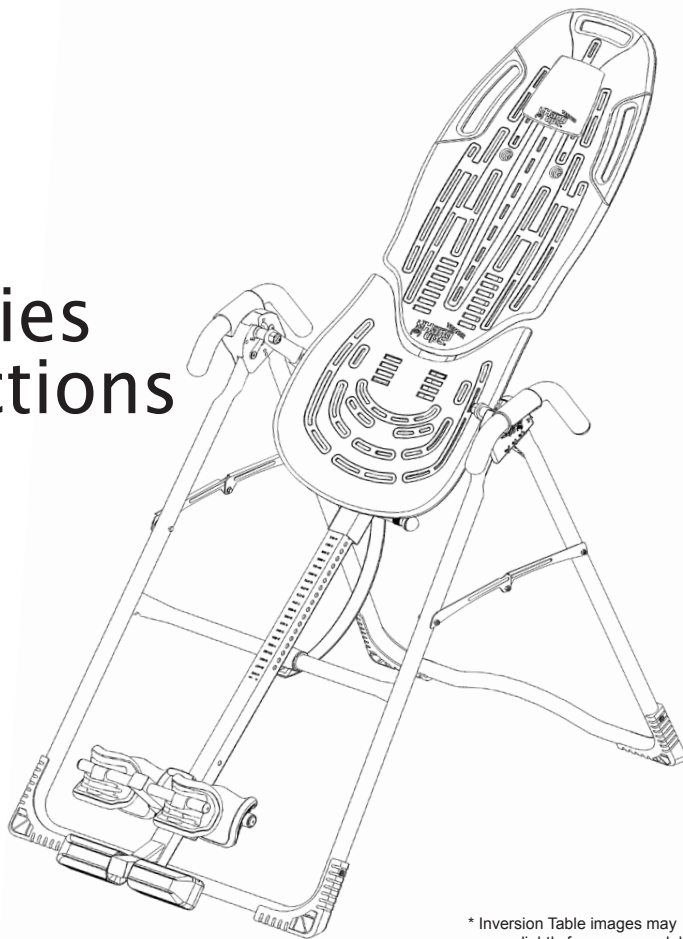


# ComforTrak™ Series Assembly Instructions

*EP-560™ Inversion Tables*

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

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



\* Inversion Table images may vary slightly from your model.  
The EP-560 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)*

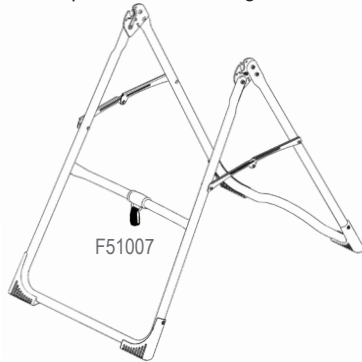
ITEM NAME	ITEM NUMBER	ITEM NAME	ITEM NUMBER
<b>Stretch-and-Grip™ Base Assembly</b>		<b>Front Ankle Bar Assembly</b>	
A-Frame	E61100	Front Ankle Bar <i>with two pre-assembled cups</i>	EP1045
Angle Tether <i>pre-assembled to A-Frame</i>	F51007	Front Ankle Bar Assembly Hardware Kit	HK1004
		<i>Bolt (1), Nut (1), End Cap (1)</i>	
<b>ComforTrak™ Table Bed Assembly</b>		<b>Handle Assembly</b>	
Upper Portion <i>with pre-assembled Bed Frame Extension</i>	E61301A	Stretch Assist™ Handles (2)	E61500
Lower Portion <i>with pre-assembled Bed Frame</i>	E61300B	Stretch Assist™ Handle Assembly Hardware Kit	HK1008
Table Bed Assembly Hardware Kit	HK1006	<i>Allen Head Bolts (6)</i>	
<i>Large Bolt (1), Small Bolts (2), Nuts (3)</i>			
<b>Main Shaft</b>	E61600	<b>Roller Hinge Assembly</b>	
<i>with T-Pin Ankle Lock System Assembly</i>		3-Hole Roller Hinges (2)	F51064
<b>Ankle Comfort Dial Assembly</b>		<b>Optional Accessories</b>	
Ankle Comfort Dial <i>with one removable dial for assembly</i>	IA1119	Head Pillow	E61105
Ankle Comfort Dial Assembly Hardware Kit	HK1005		
<i>Screw (1)</i>		<b>Tools Provided for Assembly</b>	
<b>Rear Ankle Bar Assembly</b>		10/13mm Open-Ended Wrenches (2)	F51088
Rear Ankle Bar <i>with one removable cup for assembly</i>	IA1113	5mm Allen Wrench (1)	IA1149
Rear Ankle Bar Assembly Hardware Kit	HK1003	Screwdriver (1)	F51130
<i>Rubber Plug (1), Bolt (1), Nut (1), Washer (1), Screw (1)</i>			

# ITEMS FOR ASSEMBLY (Page 2 of 2)

Items not shown to scale. Hardware drawings located on the insert inside each Hardware Kit.

## Stretch-and-Grip Base Assembly

with pre-assembled Angle Tether

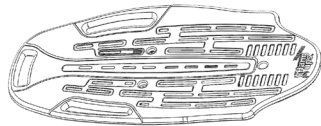


F51007

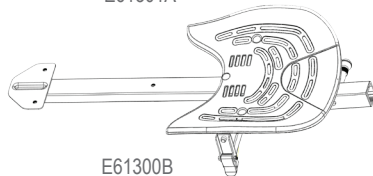
E61100

## ComforTrak Table Bed Assembly

use Table Bed Assembly Hardware Kit (HK1006)



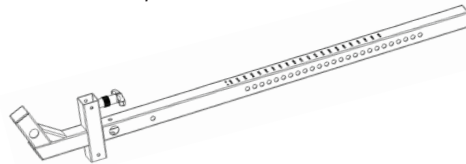
E61301A



E61300B

## Main Shaft with T-Pin Ankle Lock System

requires assemblies, below



E61600

## Ankle Comfort Dial Assembly

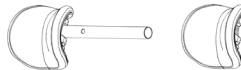
use Ankle Comfort Dial Assembly Hardware Kit (HK1005)



IA1119

## Rear Ankle Bar Assembly

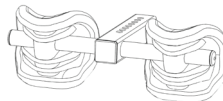
use Rear Ankle Bar Assembly Hardware Kit (HK1003)



IA1113

## Front Ankle Bar Assembly

use Front Ankle Bar Assembly Hardware Kit (HK1004)



EP1045

## Stretch Assist Handle Assembly

use Stretch Assist Handle Assembly

Hardware Kit (HK1008)



E61500

## Roller Hinge Assembly



F51064

## Optional Accessories



E61105

## Tools Provided for Assembly



F51088



IA1149



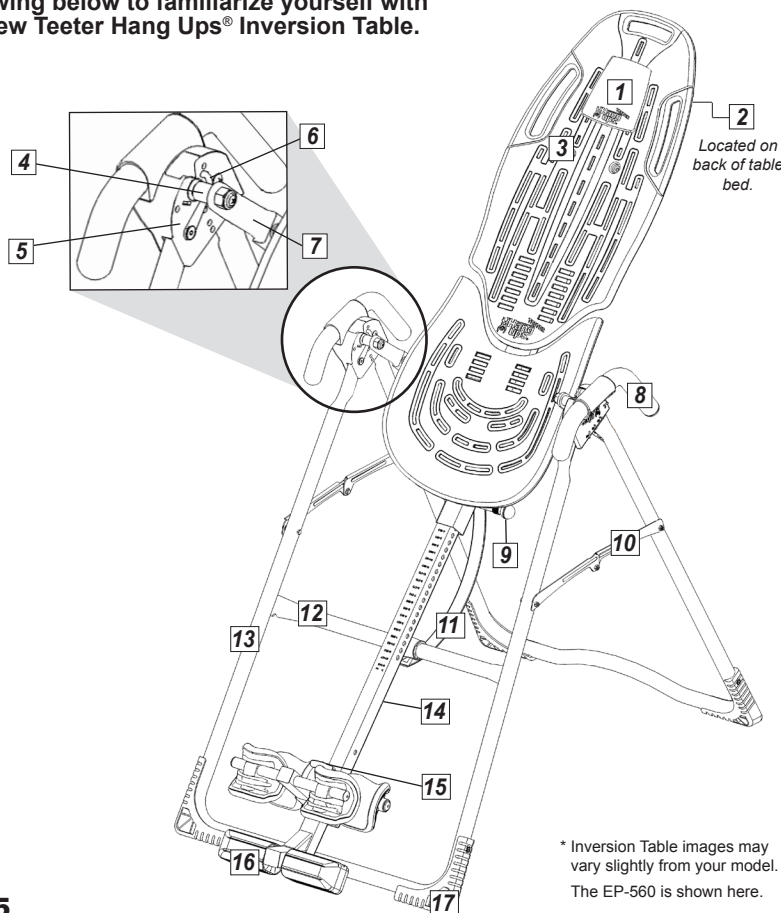
F51130

# 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	Bed Frame Extension	11	Angle Tether
3	ComforTrak™ Table Bed	12	Crossbar
4	Pivot Pins	13	A-Frame
5	Hinge Plates	14	Main Shaft
6	Self-Locking Hooks	15	Ankle Lock System
7	3-Hole Roller Hinges	16	Ankle Comfort Dial™
8	Stretch Assist™ Handles	17	Stability Feet
9	Height-Selector Locking Pin		



\* Inversion Table images may vary slightly from your model. The EP-560 is shown here.

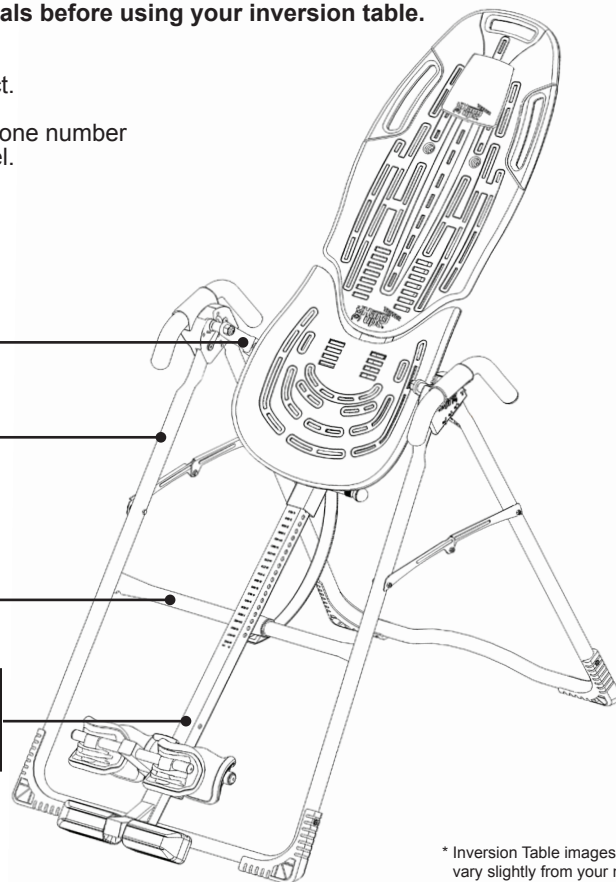
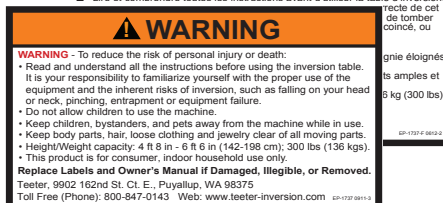
# WARNING LABEL PLACEMENT DIAGRAM

**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.*



\* Inversion Table images may vary slightly from your model.  
The EP-560 is shown here.

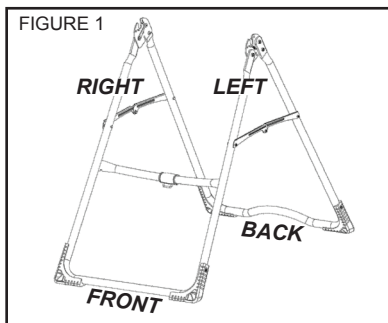
# BEFORE BEGINNING ASSEMBLY

## ***Unpack and Prepare Your Workspace***

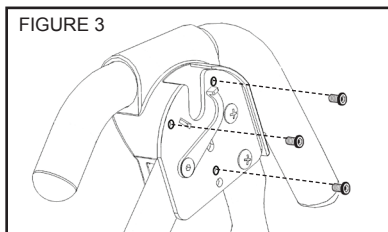
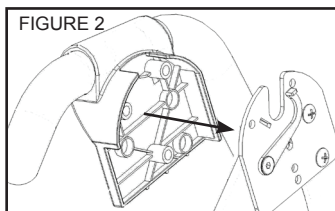
- If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
  - Unpack all parts and support materials. Set aside packing materials and clear your work area.
  - Locate the Hardware Kits, packaged with the manuals. They are labeled to correspond with 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. The DVD is divided into the following sections:
    - Assembly - *Follow step-by-step instruction on how to assemble your inversion table.*
    - User Settings - *Personalize your inversion experience by adjusting these four settings.*
    - Use Instructions - *Learn how to properly invert and return upright.*
    - Advanced Stretching & Exercises - *Rotational stretches, sit ups, squats and more!*
    - BONUS Healthy Back Routines\* - *Dr. Shawn leads you through 5 original "Healthy Back Routines," including one designed specifically for use with your inversion table!*
- \*Not available in French or Spanish.*



# STEP 1 Stretch-and-Grip Base & Stretch Assist Handle Assembly



1 Spreader Arms 2 Crossbar



## Open the Stretch-and-Grip Base (“A-Frame”)

- On a level surface, 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).
- Look for these temporary labels on your A-Frame, designed to assist you with the remainder of the assembly process. You may choose to remove them after you assemble your inversion table.

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.

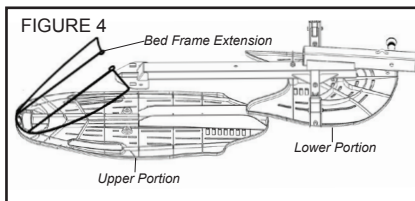
BACK Indicates the back of the A-Frame / fully assembled inversion table.

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

## Assemble the Stretch Assist Handles

- Locate the *Stretch Assist Handle Assembly Hardware Kit* (HK1008).
- 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 Screws through the Hinge Plate into the handle (Figure 3).
- Repeat with other handle. Tighten all fasteners with the Allen Wrench provided, being careful not to over-tighten.

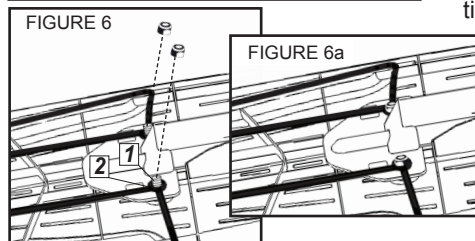
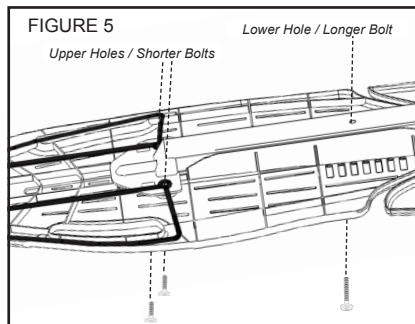
## STEP 2 Table Bed Assembly



### Assemble the Upper and Lower Portions of the Table Bed

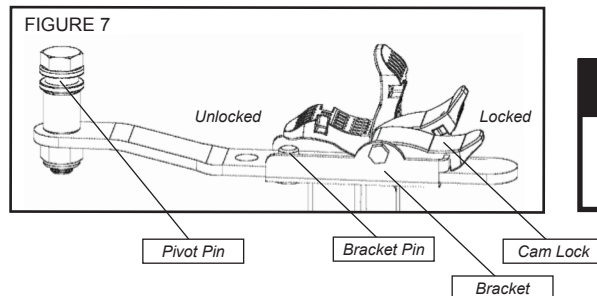
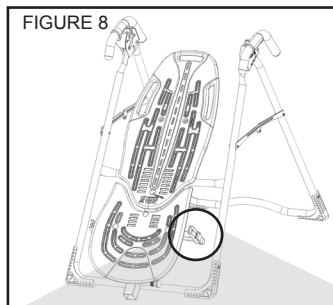
**NOTE: Do not detach the Bed Frame Extension from the clips.**

- Locate the Table Bed Assembly Hardware Kit (HK1006)
- Lay the Upper and Lower Portions face down on the floor (Figure 4).
- Gently lift the base of the pre-assembled Bed Frame Extension to slide the Lower Portion and Frame onto the Upper Portion. Align the shaft of the frame into the plastic track of the Upper Portion (Figure 5).
- Align the bolt holes of the upper part of the frame (triangle-shaped area) to the bolt holes on the Upper Portion. Release the Bed Frame Extension so that it rests on top of the bolt holes (Figure 5).
- Reaching underneath, insert one of the shorter bolts through one of the holes in the Upper Portion and hold in place. Slide one of the Bed Frame Extension loops over the bolt and hand-tighten with a nut (Figures 6 & 6a). Repeat with the other shorter bolt.
- Reaching underneath, insert the longest bolt into the lower hole and hand-tighten with a nut.
- To fully tighten all three nuts to the bolts, insert the Allen Wrench into the bolt heads and tighten the nuts using a 10/13mm Open-Ended Wrench.



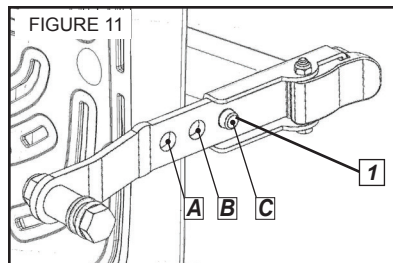
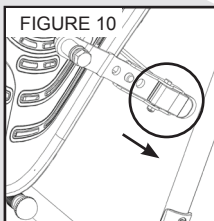
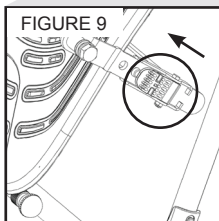
1 Shorter Bolt 2 Bed Frame Extension Loop

## STEP 3 Roller Hinge Assembly



### ⚠ WARNING

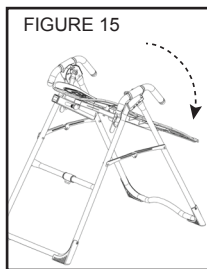
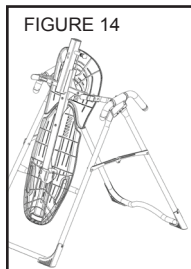
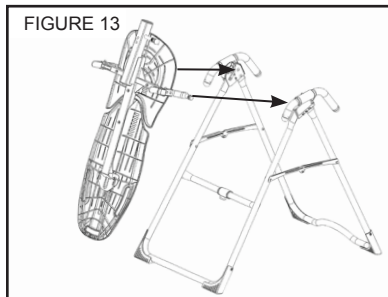
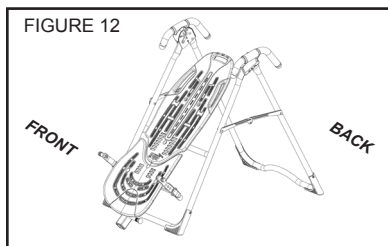
NEVER disassemble the Roller Hinge Pivot Pin.



1 Bracket Pin

- Familiarize yourself with the Roller Hinge and Cam Lock terms detailed below in Figure 7.
  - 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 and hold 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.
- Engage one of the holes in the Roller Hinge over the Bracket Pin. Figure 11 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 (Figure 10) 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.

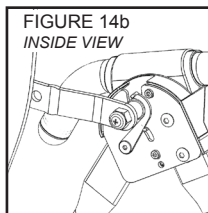
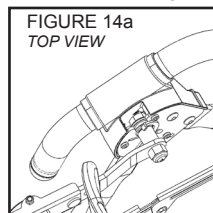
## STEP 4 Attach the Table Bed to the A-Frame



- Face the front of the A-Frame where the Crossbar is located (refer to Figure 12 to determine A-Frame Front).
- Grasp both the Roller Hinges, right above the Cam Lock, and lift the Table Bed. Allow the top of the Table Bed to rotate toward the floor, so that the back of the Table Bed is now facing you and the top of the Table Bed is in front of the Crossbar (Figure 13).
- Lower each Roller Hinge Pivot Pin into the A-Frame hinge plates, one side at a time (Figure 14). The Self-Locking Hooks will open to allow the Pivot Pin into the Hinge Plate slot, then automatically snap closed over the Pivot Pin.

**TIP:** You may need to push outward on the Hinge Plate in order for the second Pivot Pin to lock in place.

- Make sure that each Pivot Pin is seated at the base of the slot in the Hinge Plates, and that the Self-Locking Hooks have closed over both Pivot Pins (Figures 14a & 14b).



- Rotate the Table Bed into the use position (Figure 15). Ensure that it 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 5 Ankle Comfort Dial Assembly

FIGURE 16

FIGURE 16a

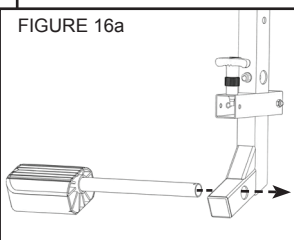


FIGURE 16b

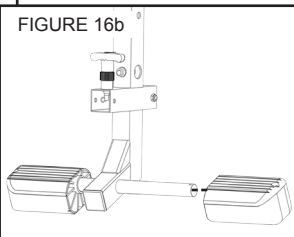
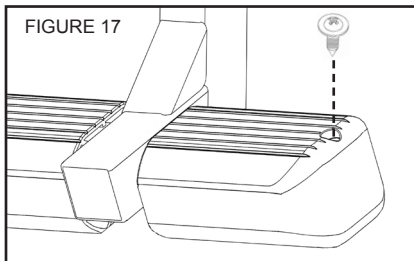


FIGURE 17



*Depending on the model you have purchased, the items in this step will vary.*

**EP-560:** Complete Steps 5-7.

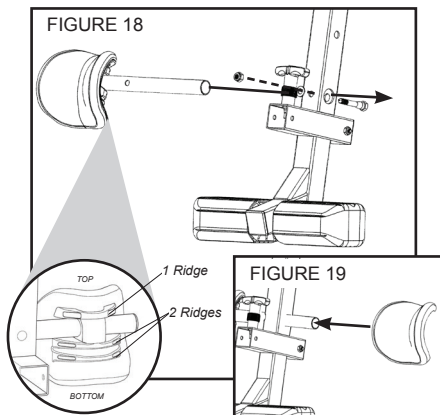
**EP-560 Sport:** Complete these steps to use the T-Pin Ankle Lock System, or if using with the EZ-Up Gravity Boots, skip to Step 8. To assemble the Conversion Bar, refer to the additional instructions enclosed.

### Assemble the Ankle Comfort Dial onto the Main Shaft

- Locate the *Ankle Comfort Dial Assembly Hardware Kit (HK1005)*.
- Slide the Ankle Comfort Dial Bar with pre-assembled Ankle Comfort Dial into the hole at the front base of the Main Shaft (Figure 16a).
- The Ankle Comfort Dial is designed with a High and Low setting. Position the pre-assembled Dial in the Low Setting (screw holes facing up) for ease of assembly.
- Slide the separate Ankle Comfort Dial onto the Ankle Comfort Dial Bar (Figure 16b) and align the screw holes.
- Secure with the screw and tighten with the screwdriver provided (Figure 17).

**NOTE:** Refer to the Owner's Manual for a complete description of the Ankle Comfort Dial settings.

## STEP 6 Rear Ankle Bar Assembly



### Assemble the Rear Ankle Bar onto the Main Shaft

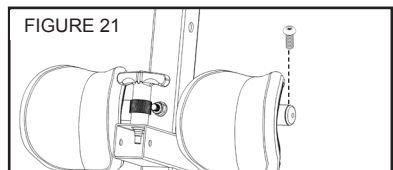
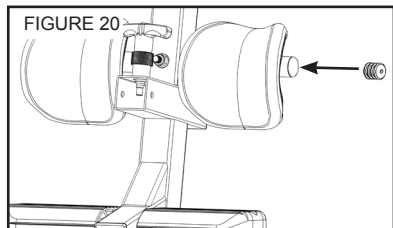
- Locate the *Rear Ankle Bar Assembly Hardware Kit* (HK1003).
- With the two ridges of the pre-assembled Heel Cup on the bottom, insert the Rear Ankle Bar into the large hole at the back of the Main Shaft (Figure 18).
- Insert the bolt from the rear of the Main Shaft to secure the Rear Ankle Bar (Figure 18), and fasten with the washer and nut using the wrenches provided.
- Slide the separate heel cup, with the two ridges on the bottom, onto the open end of the Rear Ankle Bar (Figure 19).

**TIP:** To assist with assembly, repeatedly rotate the Heel Cup while pushing it onto the Rear Ankle Bar.

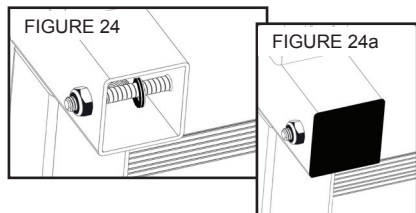
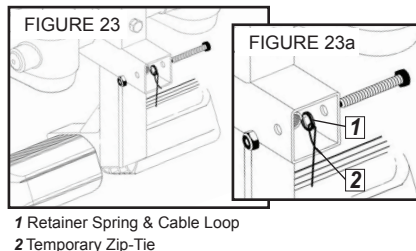
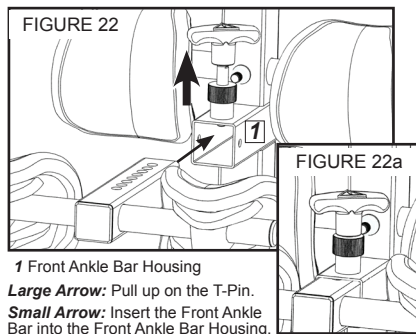
- Align the pre-drilled screw hole in the Rubber Plug with the screw hole in the Rear Ankle Bar. Insert the Rubber Plug into the open end of the Rear Ankle Bar (Figure 20).

**TIP:** You may want to use a rubber mallet to assist with assembly.

- Secure the Rubber Plug with the screw using the screwdriver provided (Figure 21). If the screw does not tighten easily, you may need to reposition the alignment of the Rubber Plug.



## STEP 7 Front Ankle Bar Assembly



### Assemble the Front Ankle Bar onto the Main Shaft

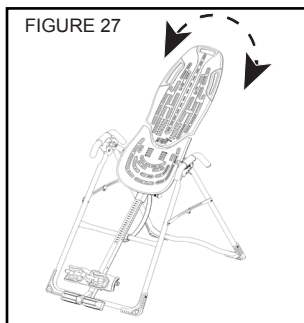
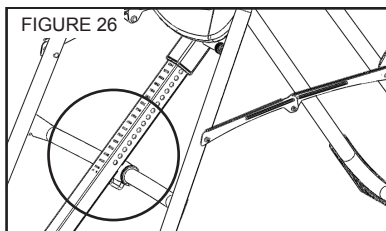
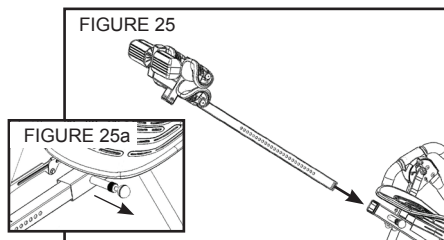
**NOTE:** Extending out from the Front Ankle Bar, you will see a temporary plastic zip-tie fastened to the loops of the Retainer Spring with Cable. This is provided to assist with the assembly process, detailed below.

- Locate the *Front Ankle Bar Assembly Hardware Kit* (HK1004).
  - With hole settings of the Front Ankle Bar facing up, insert the temporary plastic zip-tie and Front Ankle Bar into the Front Ankle Bar housing (Figure 22) of the Main Shaft.
  - Pull up on the T-Pin Lock to allow the Front Ankle Bar to insert all the way into the housing. Release the T-Pin to engage in the hole setting closest to the Front Ankle Cups (Figure 22a).
  - Turn over the Main Shaft (Figure 23). From the back side of the Front Ankle Bar housing, pull the plastic zip-tie to stretch the Retainer Spring and Cable Loops so that they align with the bolt holes in the back of the Front Ankle Bar housing.
  - Insert the Bolt through the hole in the outer side of the housing, through both the Retainer Spring and Cable Loops, and through the hole in the other side of the housing (Figure 23a).
  - Release your hold on the plastic zip-tie. Secure the Bolt with the Nut (Figure 24) using the 10/13mm Open-Ended Wrench provided.
- IMPORTANT:** Cut the long segment of zip-tie off so that it will not interfere with the function of the Retainer Spring. Be careful not to damage the Retainer Spring with the Cable.
- Cover the open end of the Front Ankle Bar Housing with the End Cap (Figure 24a).

## ⚠ WARNING

Failure to assemble the T-Pin Ankle Lock System properly could result in serious injury or death!

## STEP 8 Assemble the Main Shaft to the Table Bed



- 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 25), located at the base of the Table Bed.
- With your right hand, pull out the Height-Selector Locking Pin (Figure 25a) 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 26).  
***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 26, 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 27) and ensure that all fasteners are secure.



# 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 3 for instruction***

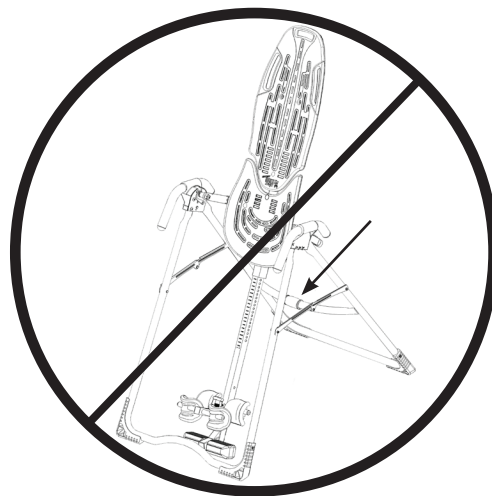
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



### Image B

***Go back to Step 4 for instruction.***

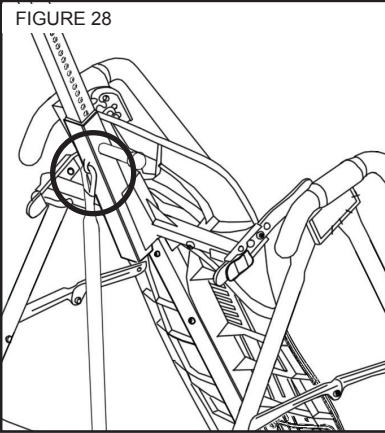
Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.



\* Inversion Table images may vary slightly from your model.  
The EP-560 is shown here.

## STEP 9 Attach the Accessories

FIGURE 28



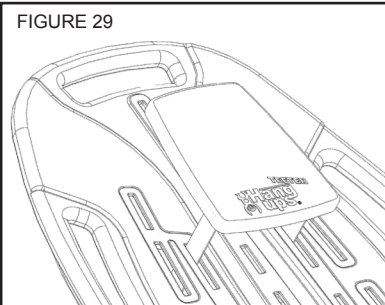
### Attach the Angle Tether (*OPTIONAL*)

- 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 28).
- 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 29). The position of the pillow can be adjusted depending on the user.

FIGURE 29



# BEFORE INVERTING

FIGURE 30

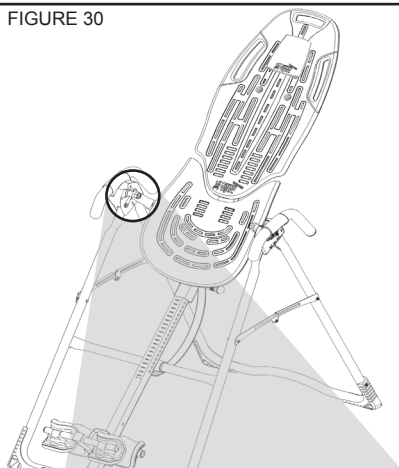
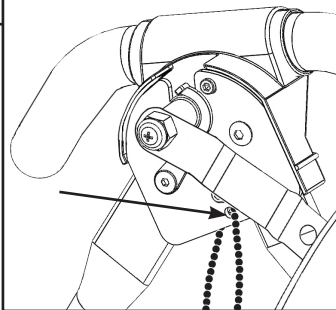


FIGURE 30a



## 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 30 & 30a). 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.

## Register Your Product

- Please complete the warranty registration online at ***teeter-inversion.com***.



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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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