

**GET STARTED**

# **Assemble Your FitSpine® LX™ Inversion Table**

For gravity-assisted stretching and decompression

Follow along with these instructions

*OR*

Scan to download the free BILT app  
and search 'Teeter' in app.



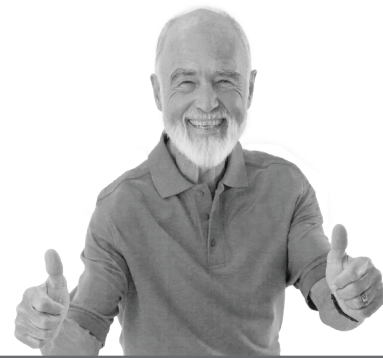
**BILT.**

3D Interactive Instructions

# WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of a Teeter FitSpine® Inversion Table!  
For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the User Guide attached to the equipment before inverting. Teeter Decompression Devices are multiple user, reusable medical devices for home use, intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Teeter inversion tables are FDA-Registered as 510(k) medical devices. Indicated for:



“ I created Teeter so people could live healthier and more active lives. ”

-Roger Teeter



**FDA**  
**REGISTERED**

- Back pain
- Muscle tension
- Degenerative disc disease
- Spinal degenerative joint disease
- Spinal stenosis
- Herniated disc
- Spinal curvature due to tight muscles
- Sciatica
- Muscle spasm
- Facet syndrome



**CONTACT**  
CUSTOMER SERVICE

If you have any questions concerning assembly or if any parts are missing, DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated product service experts can help! Contact Teeter Customer Service at **800-847-0143**, or via online forms or Live Chat at **teeter.com**.



**5-YEAR**  
WARRANTY

Trust Teeter for unmatched quality and performance, backed by our industry-leading warranty coverage. To register your product warranty, go to **teeter.com/Support/Warranty-Registration**.

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**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 User Guide to help ensure safety and product integrity.

## IMPORTANT SAFETY INSTRUCTIONS

### READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE

# ⚠ WARNING

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

To reduce the risk of injury:

- Read and understand all the instructions, 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 if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. 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.
- **DO NOT** use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
  - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
  - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
  - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
  - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
  - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
  - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
  - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- **ALWAYS** be certain the Ankle Lock System is properly adjusted and fully engaged, and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock System is snug, close-fitting and secure EVERY TIME you use the equipment.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis-style shoe.
- **DO NOT** wear any footwear that could interfere with securing the Ankle Lock System, such as shoes with thick soles, boots, or any shoe that extends above the anklebone.
- **DO NOT** use the inversion table until it is adjusted properly for your height and body weight. Improper settings can cause rapid inversion or make returning upright difficult. New users, and users who are physically or mentally compromised, will require the assistance of a spotter. Make sure the equipment is set to your unique user settings prior to each use.
- **DO NOT** sit up or raise head to return upright. Instead, bend knees and slide your body to the foot-end of the inversion table to change weight distribution. If locked out in full inversion, follow the instructions for releasing from the locked position before returning upright.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use if you are over 198 cm / 6 ft 6 in or over 136 kg (300 lb). 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. The inversion table is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- **DO NOT** store the inversion table upright if children are present. Fold and lay the table on the floor. **DO NOT** store outdoors.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while on the inversion table. Use the inversion table only for its intended use as described in this manual.
- **DO NOT** drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and / or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or User Guide should become lost, damaged or illegible, contact Customer Service at 800-847-0143 for replacement.

**SAVE THESE INSTRUCTIONS**

# ITEMS FOR ASSEMBLY

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

ITEM NO. ITEM NAME

## A-Frame Base Assembly

EX1100B	A-Frame
F51007	Angle Tether (LX4) pre-assembled to A-Frame
F51114	EZ Angle Tether (LX5, LX6, LX7, LX8, LX9) pre-assembled to A-Frame

## Boarding Platform Assembly

EX1700B	Boarding Platform
HK1016	Boarding Platform Hardware Kit

## Roller Hinge Assembly

F51064B	3-Hole Roller Hinges (2) (LX4, LX5, LX6, LX8)
TR1003B	3-Hole Roller Hinges w/ Traction Handles (2) (LX7, LX9)

## Product Support pre-assembled to A-Frame

LX1430	User Guide (LX4)
LX1530	User Guide (LX5)
LX1030	User Guide (LX6, LX7, LX8, LX9)

## FitSpine® Table Bed Assembly

EX1300B	FitSpine® FlexTech™ Table Bed
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ITEM NO. ITEM NAME

## Main Shaft Assembly

EX1610	T-Pin LX Ankle Lock System (LX4)
EX1630	EZ-Reach™ Ankle Lock System (LX5)
EX1620B	Deluxe EZ-Reach™ Ankle Lock System (LX6, LX7, LX8, LX9)

## Handle Assembly

EX1500B	Stretch Max™ LX Handles (2)
EX1201	Handle Bracket Set (Left Set)
EX1202	Handle Bracket Set (Right Set)
HK1015	Handle Assembly Hardware Kit

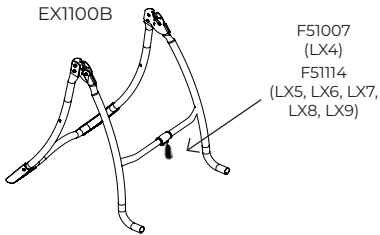
## Tools Provided for Assembly

IA1149	5mm Allen Wrench (2)
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## Optional Accessories

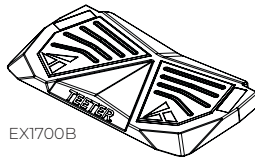
EX1900	Storage Caddy (LX9 only)
EX1810	Head Pillow (LX4, LX5, LX6, LX8, LX9)
EX1350	Lumbar Bridge
EX1370	Acupressure Nodes

### A-Frame Base Assembly with pre-assembled Angle Tether

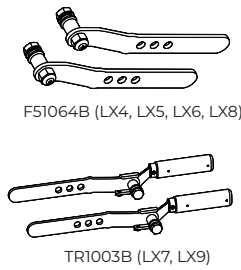


### Boarding Platform Assembly

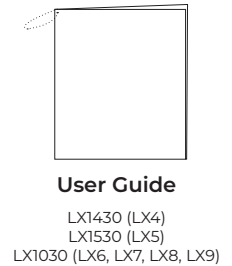
Use with Boarding Platform Assembly Hardware Kit (HK1016)



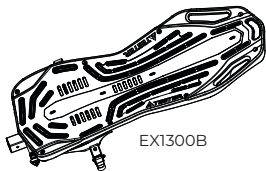
### Roller Hinge Assembly



### Product Support

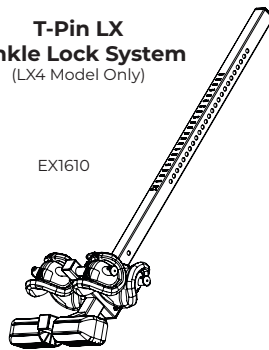


### FitSpine™ Table Bed Assembly



### Main Shaft Assembly

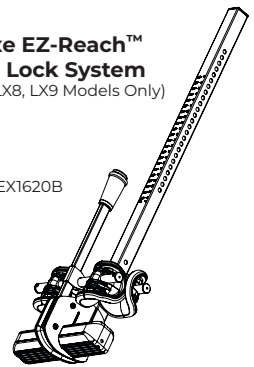
#### T-Pin LX Ankle Lock System (LX4 Model Only)



#### EZ-Reach™ Ankle Lock System (LX5 Model Only)



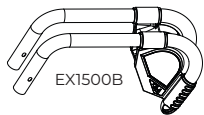
#### Deluxe EZ-Reach™ Ankle Lock System (LX6, LX7, LX8, LX9 Models Only)



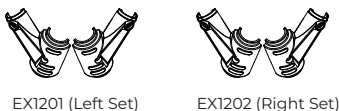
### Handle Assembly

Use with Handle Assembly Hardware Kit (HK1015)

Stretch Max™ LX Handles



Handle Bracket Sets



### Tools Provided for Assembly



5mm Allen Wrench (2)

IA1149

### Included Accessories (Optional)



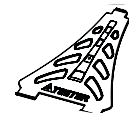
Storage Caddy

EX1900 (LX9)



Head Pillow

EX1810



Lumbar Bridge

EX1350

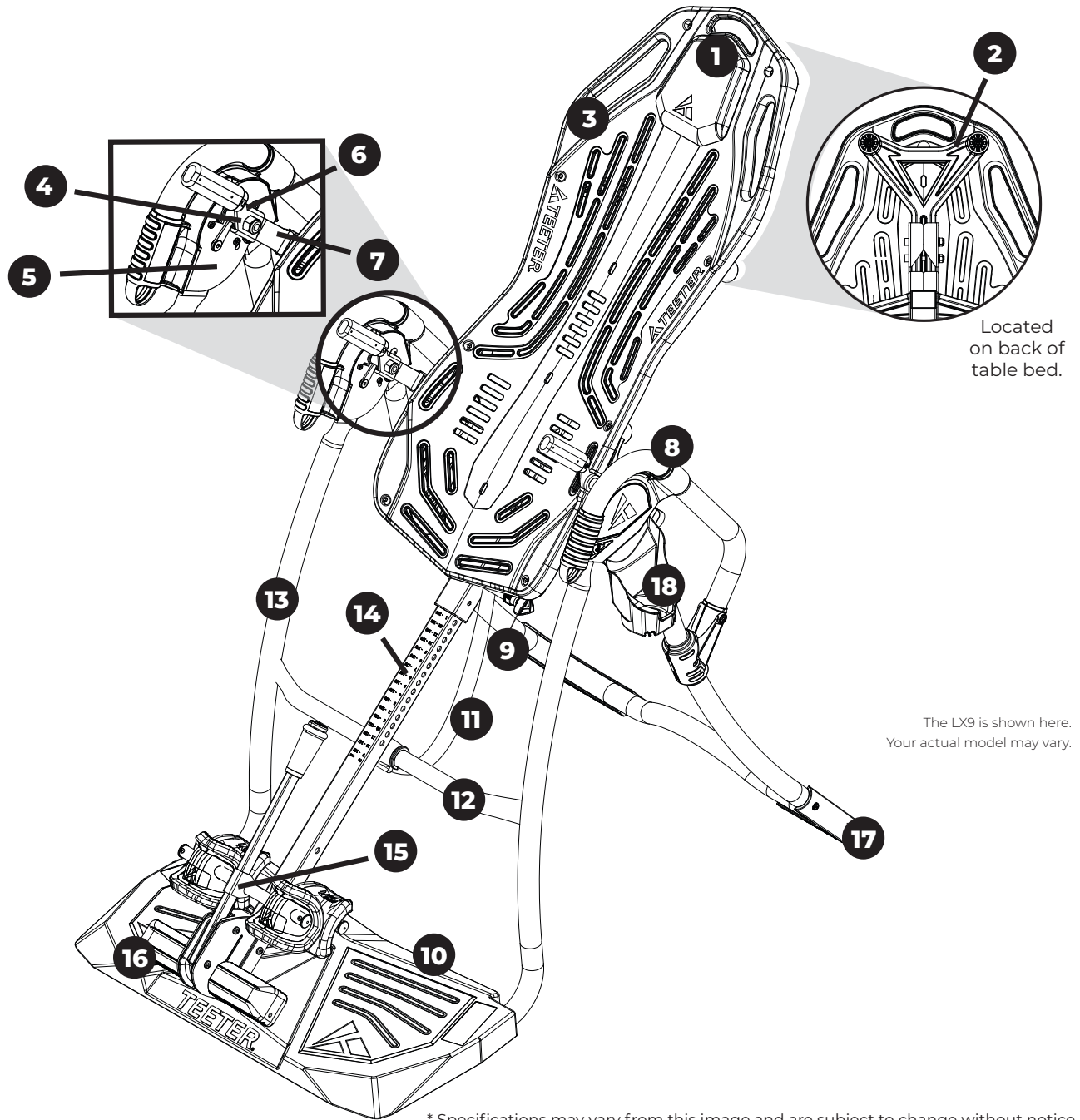


Acupressure Nodes

EX1370

# A GUIDE TO YOUR INVERSION TABLE

Before reading further, review the drawing below to familiarize yourself with the important components of your Teeter Inversion Table.



Located on back of table bed.

The LX9 is shown here. Your actual model may vary.

\* Specifications may vary from this image and are subject to change without notice.

## Parts & Components

- |   |                     |    |   |    |                         |
|---|---------------------|----|---|----|-------------------------|
| 1 | Head Pillow         | 7  | 3-Hole Roller Hinges w/<br>Traction Handles | 13 | A-Frame                 |
| 2 | Upper Support Arms  | 8  | Handles                                     | 14 | Main Shaft              |
| 3 | FitSpine™ Table Bed | 9  | Height-Selector Locking Pin                 | 15 | Ankle Lock System       |
| 4 | Pivot Pins          | 10 | Boarding Platform                           | 16 | Ankle Comfort Dial™     |
| 5 | Hinge Plates        | 11 | EZ Angle Tether                             | 17 | Non-Skid Stability Feet |
| 6 | Self-Locking Hooks  | 12 | Crossbar                                    | 18 | Storage Caddy           |

# SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

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 (image and labels below not shown at actual size). If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

**WARNING**  
Do not use Setting A for users over 220 lb (100 kg).  
Replace label if damaged, illegible or removed.  
EX1518 0204

LOOK and TEST that settings are adjusted for the user.  
**1 Set Height** **2 Set Angle**  
**3 Lock Ankles**  
EX1515 0204

**WARNING**  
Review User Guide OR Video BEFORE each use. DO NOT remove User Guide from the table. Use a spotter and get physician approval if new to inversion or if physically or mentally challenged.  
USER GUIDE VIDEO  
EX1515B 0204

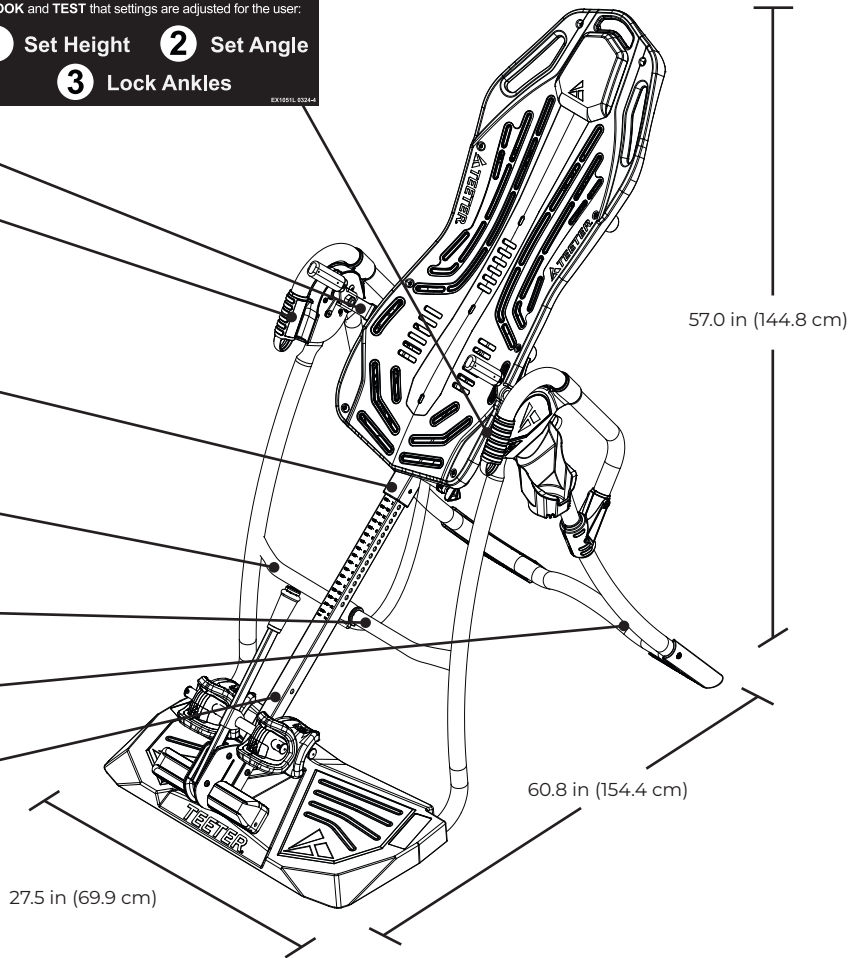
**1 Set Height**  
**WARNING**  
SAFE OPERATION requires correct setting. Failure to set properly can result in rapid inversion and extreme difficulty returning upright from inversion.  
AL1201 0204

**WARNING**  
SERIOUS INJURY OR DEATH MAY OCCUR IF PRECAUTION IS NOT TAKEN. To reduce this risk:  
• READ and understand instructions in User Guide and on equipment before attempting to use.  
• ALWAYS properly set Main Shaft height. Too short can cause rapid inversion and difficulty returning upright.  
• TIPPING HAZARD: To store upright, leave A-Frame open enough to remain stable or secure to wall. If children are present, store flat on floor, not upright.  
• DO NOT allow children to use this machine. Keep children, bystanders and pets away when in use.  
• Keep body parts, hair, loose clothing and jewelry clear of all moving parts.  
• Height / Weight Capacity: 4 ft 8 in - 6 ft 6 in / 142 - 198 cm; 300 lb / 136 kg. For consumer, indoor Home-Use Only.  
Replace labels and User Guide if damaged, illegible or removed.  
EX1515 0204

**2 Set Angle** ALWAYS use Angle Tether and a spotter until comfortable controlling rotation and returning from full inversion.  
AL1202 0204

To RELEASE FROM FULL INVERSION LOCK-OUT:  
• Reach one hand behind your head.  
• Pull the table bed toward your back.  
To RETURN UPRIGHT:  
• Shift weight toward your feet.  
• Place arms to your sides.  
• Bend your knees if needed.  
• DO NOT LIFT HEAD UP.  
AL1203 0204

**3 Lock Ankles**  
**WARNING**  
SERIOUS INJURY OR DEATH MAY OCCUR. FEEL AND SEE that clothing/shoes are not interfering with the fit, and ankles are secure before EVERY use.  
AL1204 0204



The LX9 is shown here. Your actual model may vary.

Assembled Non-Use Dimensions: 60.8 (L) x 27.5 (W) x 57.0 in (H) (154.4 x 69.9 x 144.8 cm)

Maximum In-Use Dimensions: 81.5 (L) x 27.5 (W) x 87.0 in (H) (207.0 x 69.6 x 221.0 cm)

Storage Dimensions: 27.5 (L) x 27.5 (W) x 68 in (H) (69.9 x 69.9 x 172.7 cm)

Weight (approx.): 73.6 lb (33.4 kg)

# LET'S GET STARTED

## Unpack and Prepare Your Workspace

If possible, assemble the equipment 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.

## STEP 1

FOR ALL MODELS:

## ASSEMBLE BOARDING PLATFORM

Figure 1

**IMPORTANT:** Do not fully tighten the bolts until all the bolts have been screwed in and the platform is properly aligned.

Remove the A-frame from the box and place it on its back side so that the open ends of the A-frame are pointing up.

Locate the Boarding Platform and the Boarding Platform Hardware Kit, including (2) Rubber Feet and (4) Boarding Platform Bolts.

Insert both open ends of the Boarding Platform into the open ends of the A-frame.

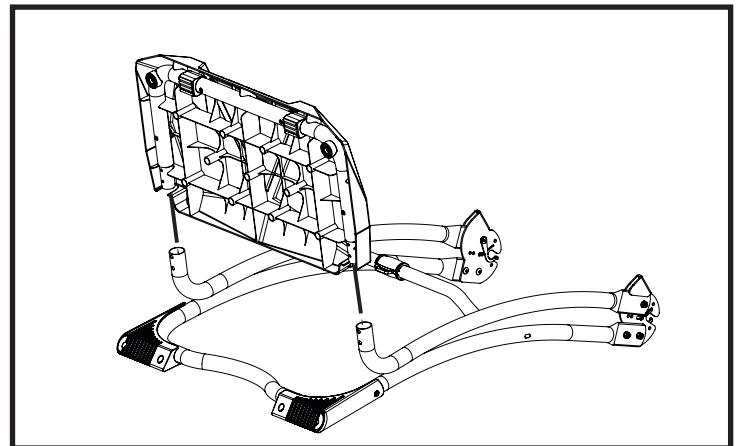


Figure 1

Figure 2

**NOTE:** Each side of the Boarding Platform is secured to the A-frame through two holes, 'inside' and 'outside'. The 'inside' holes are also used to secure the Boarding Platform Rubber Feet.

Facing the underside of the Boarding Platform, position a Rubber Foot over one inside hole and hand-tighten with a Boarding Platform Bolt. Repeat on the other side.

Hand-tighten a Boarding Platform Bolt into one outside hole. Repeat on the other side.

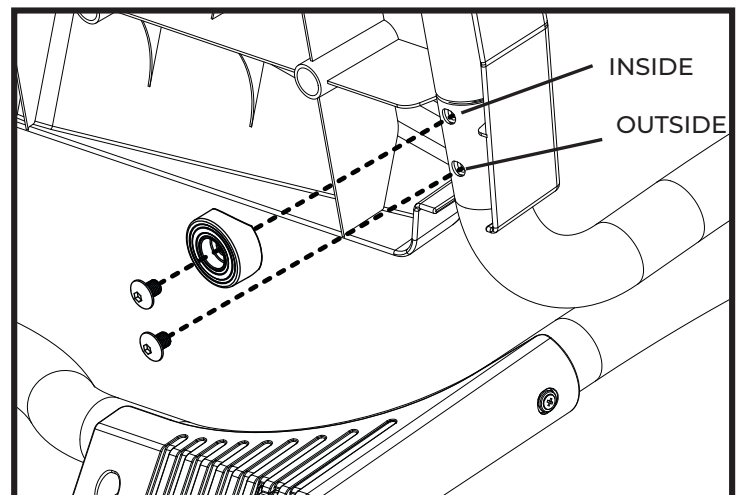
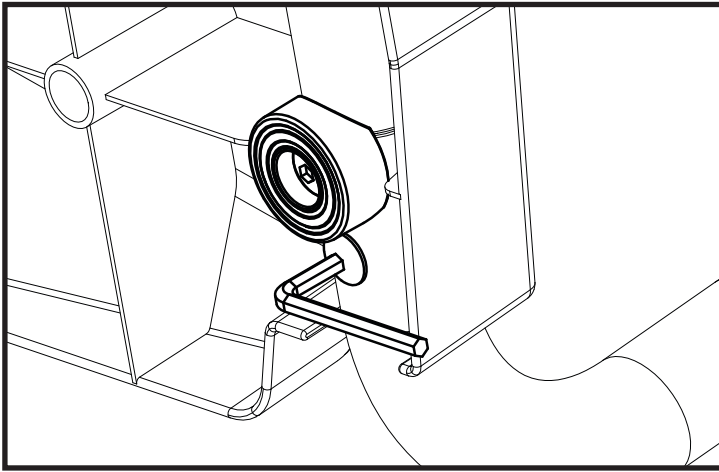
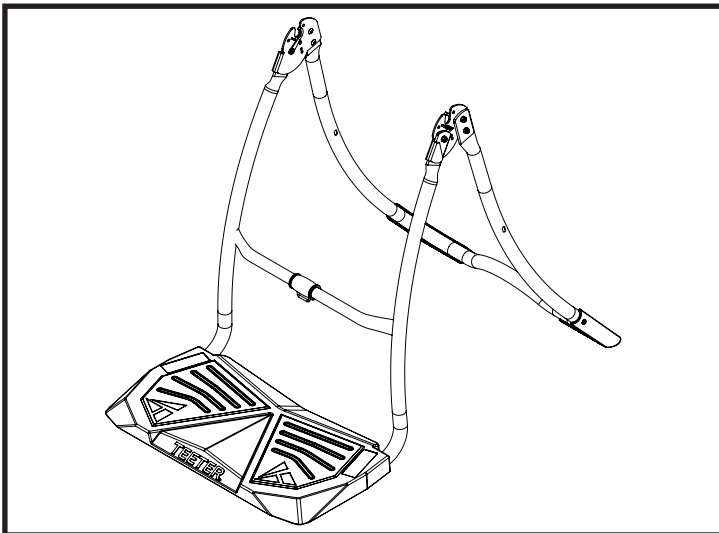


Figure 2



**Figure 3:** Fully tighten all Boarding Platform Bolts using the 5mm Allen Wrench.

**Figure 3**



**Figure 4:** Position the assembled A-frame upright and open it on a level surface, ensuring the Boarding Platform and Rubber Feet are secure and rest evenly on the ground.

**Figure 4**



## FOR LX9 MODELS: **ASSEMBLE STORAGE CADDY**

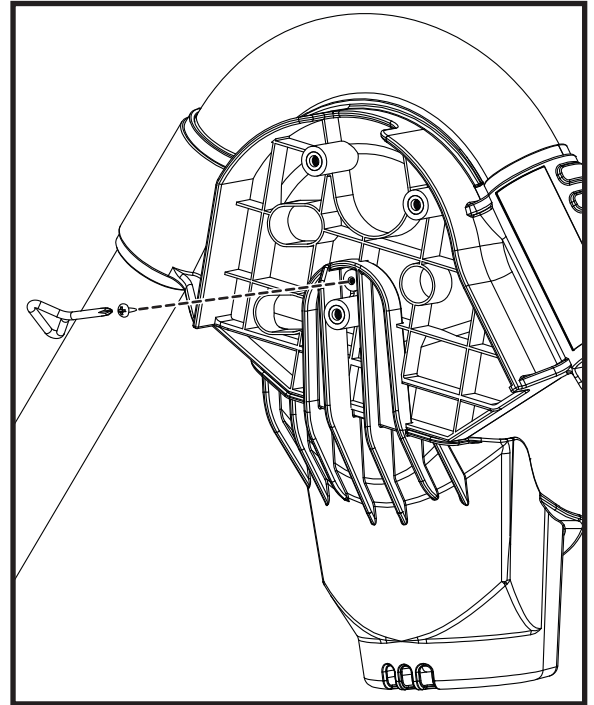
**Figure 5**

**NOTE:** The Storage Caddy is included with LX9 Models and must be attached BEFORE the Handles. If your inversion table does not include a Storage Caddy, proceed to the next step.

Locate the Storage Caddy with the included Phillips Head Screwdriver and (1) Screw.

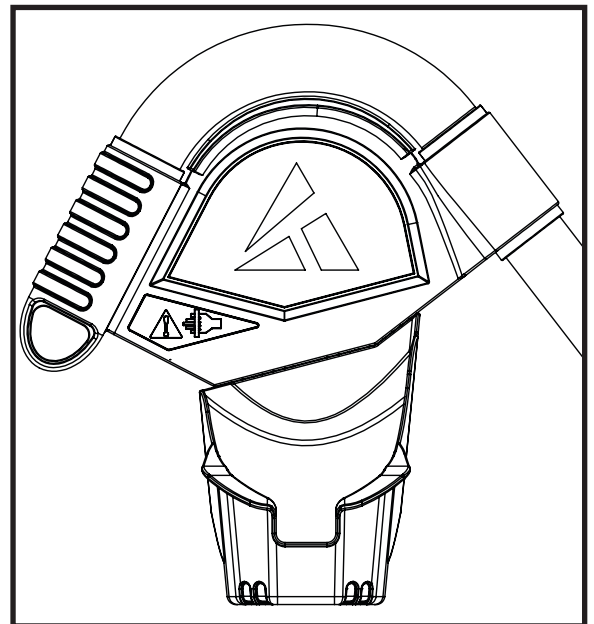
Locate the Left Handle. Markings on the Handles differentiate the Left and Right Handles.

Align the Storage Caddy under the Hinge Cover of the Left Handle, so that it fits over the bottom Bolt hole. Screw in (1) Screw with the Phillips Head Screwdriver provided until securely fastened.



**Figure 5**

**Figure 6:** Ensure the Storage Caddy is securely attached to the handle.



**Figure 6**

## STEP 2

# ASSEMBLE HANDLES & BRACKETS

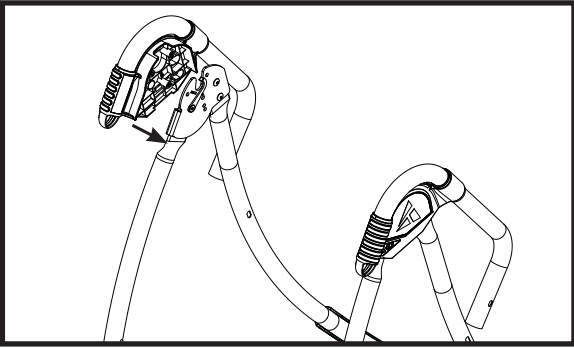


Figure 7

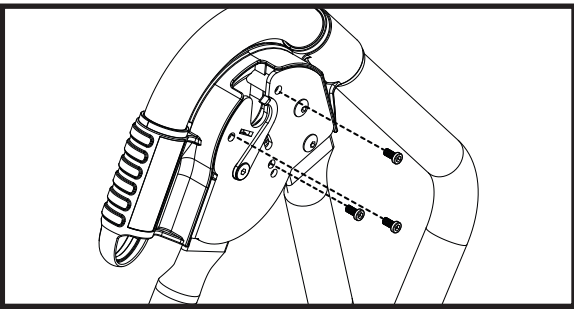


Figure 8

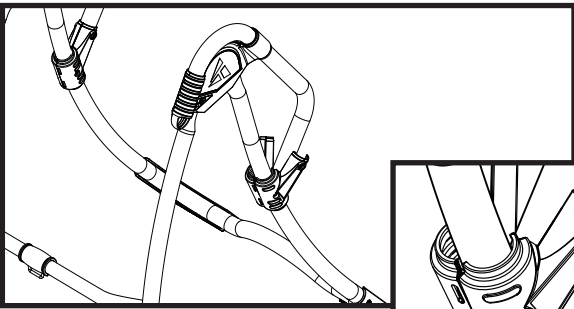


Figure 9

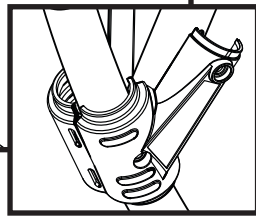


Figure 9a

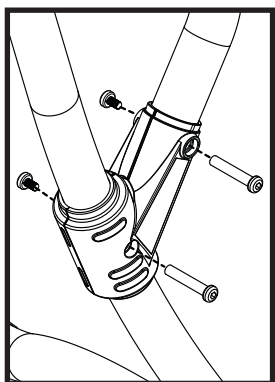


Figure 10

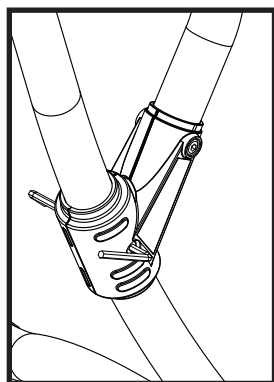


Figure 11

Figure 7-9

**IMPORTANT:** Do not fully tighten the bolts until all the bolts have been screwed into the Handles AND the Handle Brackets.

Locate the Right and Left Handles and the Handle Hardware Kit including (6) Handle Bolts.

Noting Left and Right markings, align the Right Handle with the Right side of the A-frame and hand tighten (3) Handle Bolts.

Repeat these steps on the Left side of the A-frame to assemble the Left Handle.

**Figure 9 - 9a:** Locate the Handle Bracket Set, (4) Handle Bracket Bolts and (4) Handle Bracket Screws included in the Handle Assembly Hardware Kit.

Noting Left In/Out and Right In/Out markings, sandwich the Left Handle Bracket Set over the area where the Left Handle meets the A-frame by clamping both sides of the Handle Bracket Set together.

**Figure 10:** Align (2) Handle Bracket Bolts through the Bolt holes in the Handle Bracket Set and loosely secure the (2) Handle Bracket Screws into the Bolts using (2) 5mm Allen Wrenches.

Repeat these steps on the Right side to assemble the Right Handle Bracket Set.

Fully tighten all the Handle Bolts with the 5mm Allen wrench.

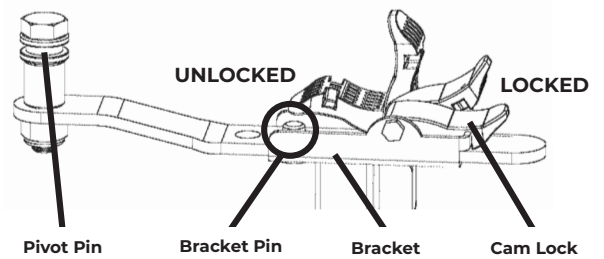
**Figure 11:** Fully tighten all the Handle Bracket Bolts and Screws using (2) 5mm Allen wrenches.

# STEP 3

# ASSEMBLE ROLLER HINGES TO TABLE BED

**Figure 12:** Familiarize yourself with the 3-Hole Roller Hinge and Cam Lock terms.

**Figure 12**

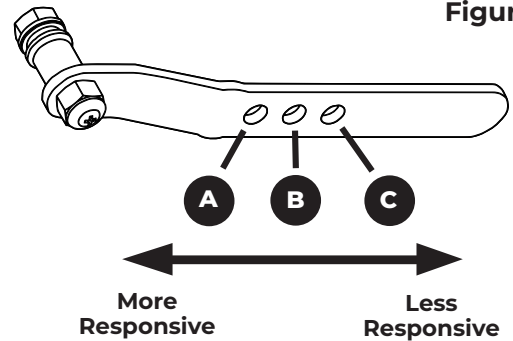


## ⚠ WARNING

NEVER disassemble the Roller Hinge Pivot Pin. ALWAYS insert the 3-Hole Roller Hinge (with the Pivot Pin on top and facing out) in the same direction as the arrow label located inside of the Cam Lock for proper assembly.

**Figure 13:** The Roller Hinges control the responsiveness or rate of rotation of the inversion table. There are three holes; the hole selection depends both on your body weight and your preferred angle of inversion. The “A” setting is the top hole closest to the pivot pin, “B” is the middle hole, and “C” is the bottom hole. Determine your recommended hole selection using the chart below.

**Figure 13**



## Recommended Hole Selection

## Preferred Maximum Inversion Angle

Your Body Weight	Partial Inversion (0-60°)	Full Inversion (0-90°)
	80-120 lb (36-54 kg)	<b>B</b>
120-220 lb (54-100 kg)	<b>C</b>	<b>A</b>
220-300 lb (100-136 kg)	<b>C</b>	<b>B</b>

*Recommended for beginners*  
**Partial (0-60°):** A less responsive setting for users who prefer partial inversion without the option of full inversion.

**Full (0-90°):** A more responsive setting that will allow users to rotate to any angle and lock out in full inversion.

Your Roller Hinge setting and balance may vary depending on your bodyweight distribution. Refer to User Guide for troubleshooting.

## ⚠ WARNING

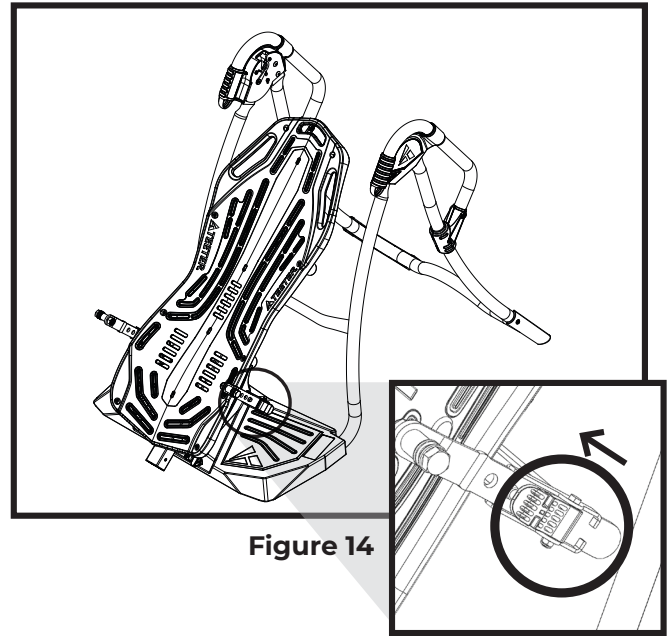
Do not use Setting A for users over 220 lb (100 kg).

**Figure 14:** For ease of assembly, rest the Table Bed against the Crossbar at the front of the A-frame.

**Figure 14a:** On one side of the Table Bed, lift and hold the Cam Lock up all the way to unlock.

In your other hand, hold one Roller Hinge near 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 in the same direction as the arrow label located inside of the Cam Lock.

**TIP:** Make sure that the Cam Lock is completely open when inserting the Roller Hinge, otherwise assembly will be more difficult.

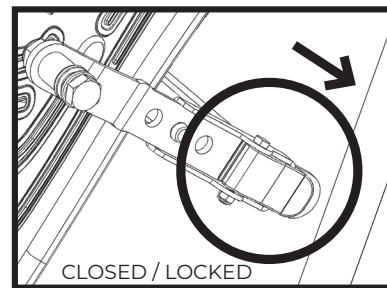


**Figure 14**

**Figure 14a**

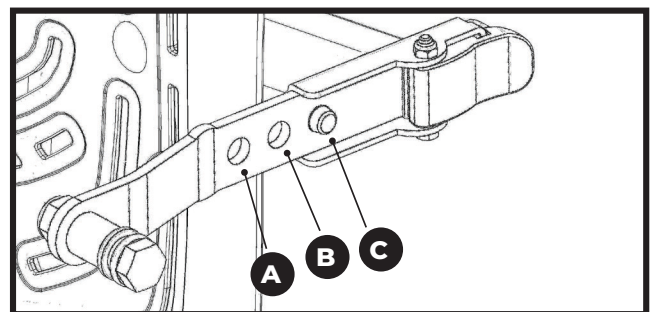
**Figure 15:** Engage one of the holes in the Roller Hinge over the Bracket Pin. Push down on the Cam Lock to lock it and secure the Roller Hinge.

Repeat on other side. Make sure the Roller Hinges are in the same hole setting on both sides.



**Figure 15**

**Figure 16:** This figure shows the Roller Hinge installed correctly, with the Bracket Pin engaged in Setting C. Use your recommended hole selection based on the chart from page 9.



**Figure 16**

## STEP 4

# ASSEMBLE TABLE BED TO A-FRAME

**Figure 17:** Face the front of the A-frame where the Crossbar is located. Grasp both 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.

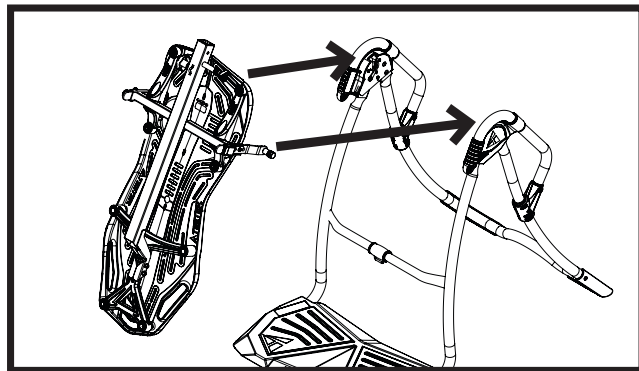


Figure 17

**Figure 18:** Lower each Roller Hinge Pivot Pin into the A-frame hinge plates, one side at a time. 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.

**Figure 19a & 19b:** 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.

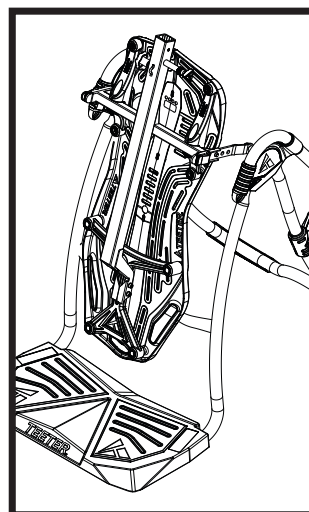


Figure 18

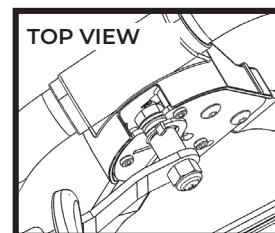


Figure 19a

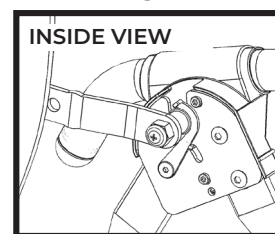


Figure 19b

## ⚠️ 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!

**Figure 20:** Rotate the Table Bed so that it is facing up. Ensure that it rotates smoothly. See also Image A on Page 13 to ensure misassembly has not occurred.

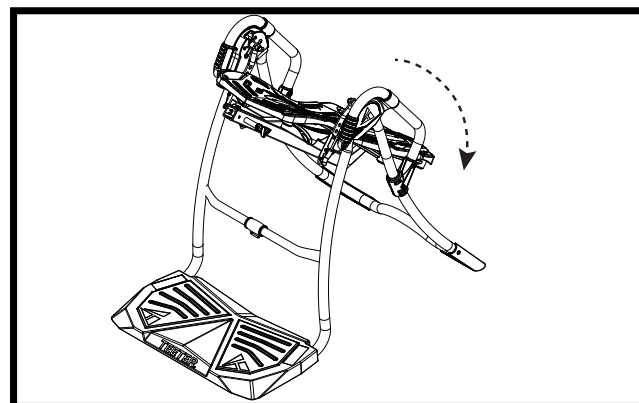


Figure 20

## STEP 5

## ASSEMBLE MAIN SHAFT TO TABLE BED

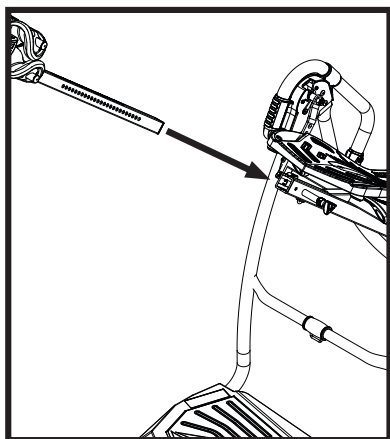


Figure 21

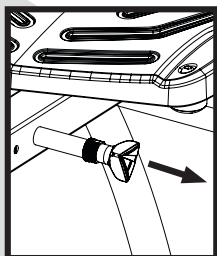


Figure 21a

**Figure 21:** Stand on the LEFT side of the A-frame, holding the Main Shaft with the height markings facing up. Begin to slide the end of the Main Shaft into the Main Shaft Housing at the base of the Table Bed.

**Figure 21a:** With your right hand, pull out the Height-Selector Locking Pin and slide the Main Shaft in further. Release in the desired height setting. Refer to the User Guide for more information on selecting your height setting.

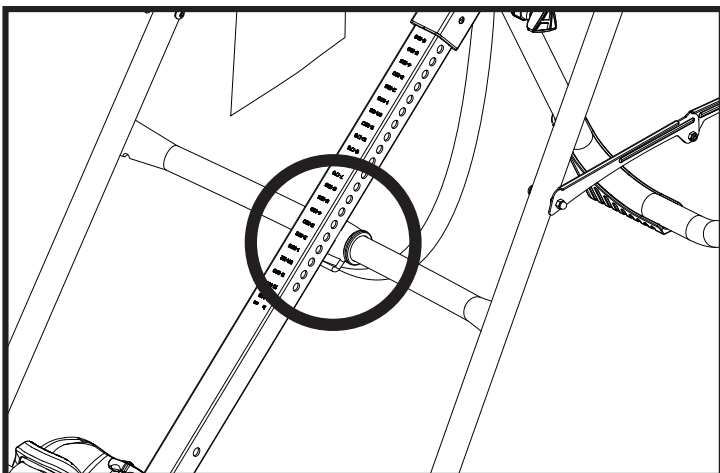


Figure 22

**Figure 22:** The Main Shaft MUST REST against the Crossbar of the A-frame.

**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 here, then the Table Bed has been assembled backwards onto the A-frame. This must be corrected before use.

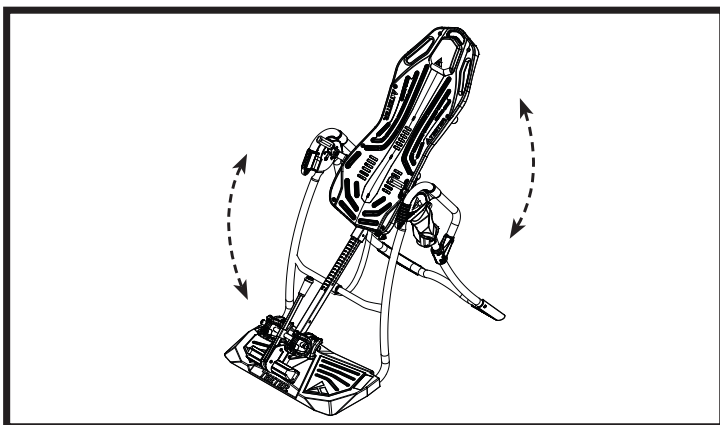


Figure 23

**Figure 23:** Test the inversion table by hand for smooth and steady rotation and ensure that all fasteners are secure.

# MISASSEMBLY CHECK

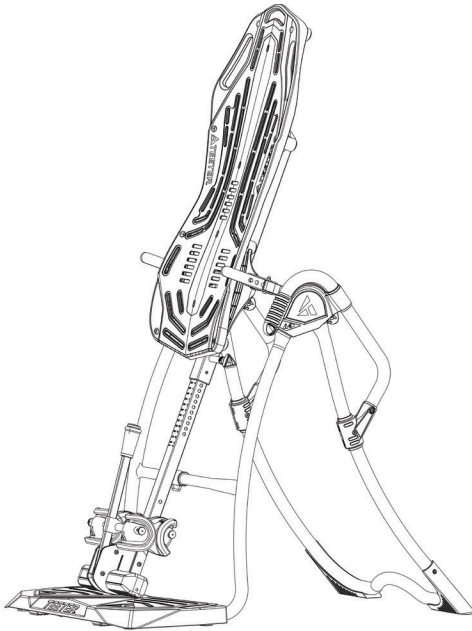
## ⚠ WARNING

If your Teeter Inversion Table looks like Image A or B, 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.

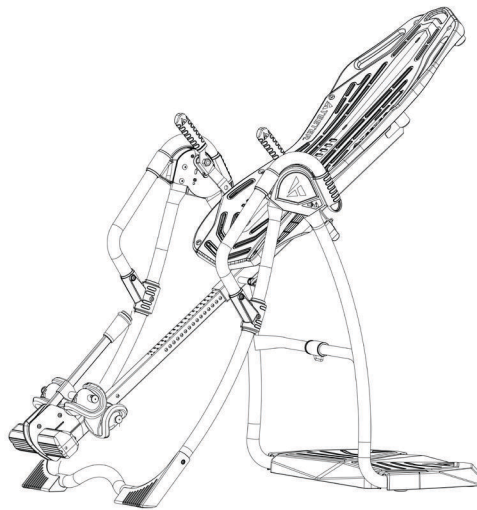
Demonstrates that the Roller Hinges have been assembled upside down into the Table Bed and must be corrected.



### Image B

Go back to Step 4 for instruction.

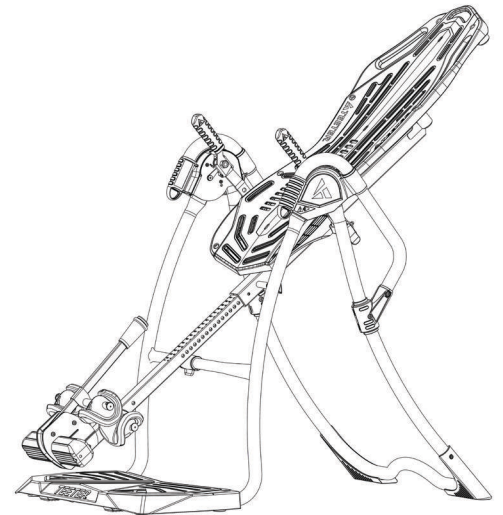
Demonstrates that the Table Bed has been assembled into the A-Frame backwards so the Main Shaft is not resting on the Crossbar and must be corrected.



### Image C

Proceed to Step 6.

Shows correct assembly.



## STEP 6

# ATTACH ANGLE TETHER & HEAD PILLOW

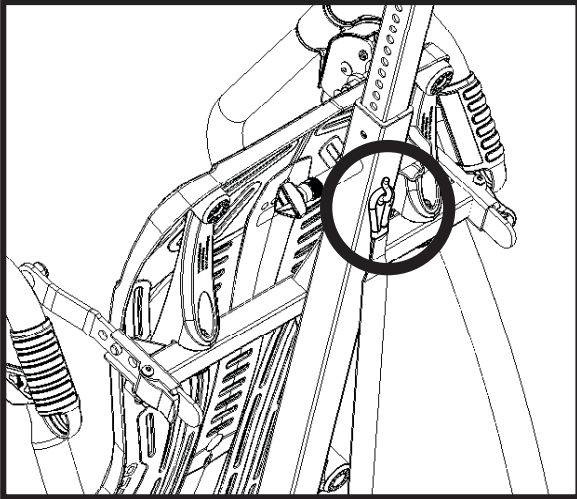


Figure 24

### Attach Angle Tether

The tether will come pre-assembled to the A-frame.

**Figure 24:** Unfold the adjustable tether and clip it to the U-Bar on the underside of the Table Bed.

Slide the buckle to lengthen or shorten the strap depending on your desired maximum angle of inversion.

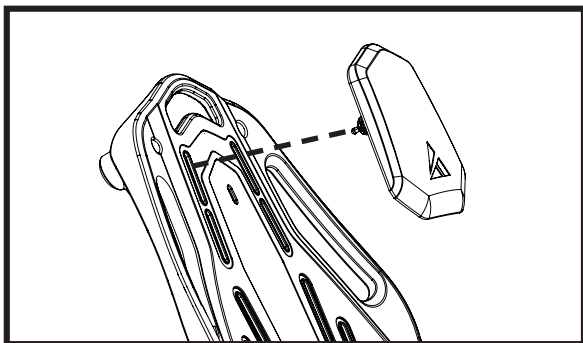
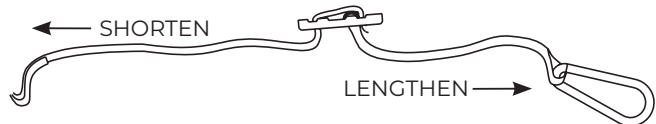


Figure 25

### Attach Head Pillow

**Figure 25:** Locate the slots at the top of the Table Bed just beneath the Handhold as shown.

Insert the two pointed ends on the back of the Head Pillow into the slot of the Table Bed and pull through from the back of the Table Bed to secure the pillow into position.



## STEP 7

# ATTACH LUMBAR BRIDGE (OPTIONAL)

The Lumbar Bridge provides even deeper decompression and improved alignment benefits. Personalize the intensity and target zone of the Lumbar Bridge by adjusting the height and position of the arch within the slots on the Table Bed so it fits comfortably at the small of your back.

Stabilize the inversion table to prevent rotation during assembly.

Position the Lumbar Bridge with the Teeter logo at the base and facing towards you.

**Figure 26:** Insert the bottom two notches of the bridge into the desired horizontal slots on the lower portion of the Table Bed.



Figure 26

**Figure 27:** Bend the bridge to the arch height you desire and insert the one top notch into the corresponding slot on the upper portion of the Table Bed.

Modify the positioning and arch height as needed.

**NOTE:** Long-term storage of the Lumbar Bridge in a high arch setting may result in distortion of the shape and ability of the bridge to move to lower arch settings. Store in its flat position when not in use.



Figure 27

## Use Instructions

Use of the Lumbar Bridge may impact the rotation of the table. 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.

Start in a lower level arch setting and work your way up. If you feel any discomfort, lower the setting until you are comfortable or discontinue use.

**Figure 28:** The Lumbar Bridge works between intermediate to moderate inversion. Full inversion moves the body away from the table bed and will reduce the effectiveness of the bridge.



Figure 28

## STEP 8

# ATTACH ACUPRESSURE NODES (OPTIONAL)

Personalize the intensity and target zone of the Acupressure Nodes by positioning the varying sizes along the FitSpine bed tracks as desired.



Figure 29

**Figure 29:** Determine your desired Acupressure Node position along the table bed. Unscrew the black backing from the node and insert the backing into the slot from the rear of the bed so the threads are visible from the front.



Figure 30

**Figure 30:** Twist the node clockwise into the backing to secure. Do not overtighten to avoid damaging the node.

Repeat, as desired, with additional nodes.

To shift node placement within a track, simply loosen the backing and slide the node in the slot.



Figure 31

## Use Instructions

Start with the smaller nodes and work your way up to the larger ones. The ideal placement of the nodes depends on where your muscle tension points align with the slots in the table bed.

The pressure of the nodes will vary as the table rotates up or down. The nodes work best between intermediate to moderate inversion (20-45 degrees). Full inversion moves the body away from the table bed and will reduce the effectiveness of the nodes. While inverted, stay at a static incline to maintain a steady pressure, or oscillate (move between different angles of inversion) for a massaging action.

Use of the nodes may cause muscle soreness. If you feel any discomfort, decrease or discontinue use.

# NEXT STEP

## Locate User Guide and Get Started with Inversion

Refer to the User Guide attached to your FitSpine LX Inversion Table. This is your step-by-step guide to customizing your user settings for a smooth and effortless inversion experience.

### Ensure User Guide Remains on Product

**Figure 32 & 32a:** If the User Guide is not already attached, secure the chain to the A-frame through the designated hole in the Hinge Plate. Allow the User Guide 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 User Guide. It should remain permanently attached to your inversion table to serve as a reference for all users in regard to proper adjustment and use of the equipment.

### WARNING

Read the User Guide thoroughly before using your Teeter Inversion Table. Improper settings could result in serious injury or death!

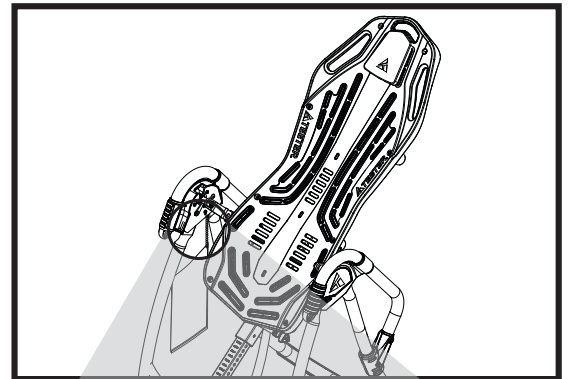


Figure 32

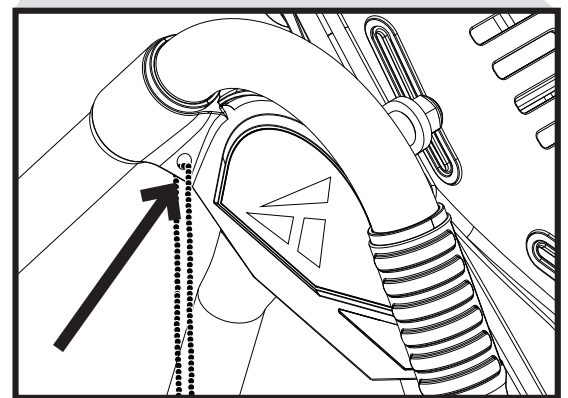


Figure 32a

The LX4 is shown here. Your actual model may vary.

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**5-YEAR  
WARRANTY**

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**HOW TO SUBMIT YOUR REGISTRATION:**

**Step 1**

Fill out this information for your own records.

\_\_\_\_\_   
Date of Purchase

\_\_\_\_\_   
Product & Model

**Step 2**

Go online to [teeter.com](http://teeter.com) to register your warranty.

\_\_\_\_\_   
Dealer Name

\_\_\_\_\_   
Serial No. (located on the back of the Table Bed)

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please **DO NOT** mail this to Teeter.



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<u>Item(s) in original condition past the return window (91-120 days. No returns are accepted past 120 days)</u>	<u>80% of the item's price<sup>^</sup> (financing will be refunded and separately charged a restocking fee equal to 20% of the purchase price)</u>
<u>Items that are returned damaged, missing parts, not in the original condition, or have obvious signs of use (reasons not due to a Teeter error)</u>	<u>Up to 50% of the item's price (financing will be refunded and separately charged a restocking fee equal to 50% of the purchase price)</u>

<sup>^</sup> Refunds are for product only and do not include any processing, interest, shipping or handling fees. Freight on refused deliveries will be deducted from the credit or charged to account number on file.

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## Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



## Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



## Comfort Cushion

The soft, padded surface takes Teeter comfort to the next level, providing a plush surface that minimizes pressure points for superior comfort.



## Posture Restore

Promotes additional posture correction by stretching the muscles that have shortened and adapted to a hunched posture, helping to open the chest, shoulders, and hips while gently decompressing and elongating the spine.



## Inversion Program Mat

Enhance your inversion experience with 24 illustrated stretches and exercises right at your fingertips. Provides non-skid protection for hard floors. 36" x 60".



## FreeStep® Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



## Power10™ Elliptical Rower

Torch more calories and enhance muscle definition with one revolutionary rower. The patented elliptical path offers bi-directional resistance so you can engage more muscles with every workout.



## FitForm™ Cable Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



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

**800-847-0143** | [info@teeter.com](mailto:info@teeter.com)



Any modification to this device will void the UL Listing.



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Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of the Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.

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