

## TEETER TT1001

# Teeter T3 Massager Instruction Manual

Model: TT1001 | Brand: TEETER

## 1. PRODUCT OVERVIEW

The Teeter T3 Massager is a versatile tool designed for targeted massage, rolling, stretching, and scratching across various body areas including the upper and lower back, neck, legs, and feet. Its T-shaped design with built-in hand grips allows for easy targeting of hard-to-reach areas and precise control over pressure and intensity. The T3 Massager supports myofascial release, pre- and post-workout muscle recovery, and general relief from knots, tension, and soreness.



**Figure 1.1:** The Teeter T3 Messenger in various configurations, demonstrating its versatility for massaging the back, neck, and legs, as well as its use as a stretching aid.

## 2. SETUP AND ASSEMBLY

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The Teeter T3 Messenger is designed for quick and easy assembly and transformation. It features one-click attachments for interchangeable components.

### 2.1 Attaching Components

- To attach the roller wheels or pressure point knobs, align the component with the main handle and push until it clicks securely into place.
- To switch between smooth or textured roller wheels and single or dual pressure point knobs, simply press the release button (if applicable) and swap the attachments.



**Figure 2.1:** Detail of the one-click attachment system, allowing for easy interchangeability of massage heads.

## 2.2 Disassembly for Storage/Travel

The T3 Massager disassembles into smaller components for convenient storage or travel. To disassemble, press the release buttons located at the joints and pull the sections apart. Ensure all components are clean and dry before storing.

## 3. OPERATING INSTRUCTIONS

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The Teeter T3 Massager offers multiple ways to target muscle groups and provide relief.

### 3.1 Targeted Massage with T-Shape

- **Back and Neck:** Hold the T-shaped massager by the hand grips. Position the desired roller or knob (smooth, textured, or trigger point) on the area of your back or neck that requires attention. Apply gentle pressure and move the massager in small, controlled motions to work out knots and tension.



**Figure 3.1:** Using the Teeter T3 Massager to target the neck and upper back for muscle relief.





**Figure 3.2:** The T3 Massager positioned for use on the lower back, providing targeted pressure.

### **3.2 Dual-Function Muscle Roller Stick**

- Detach the top hand grips to convert the T3 into a stand-alone muscle roller stick. This is ideal for myofascial release and soothing sore areas like quads, calves, and hamstrings.
- Roll the stick over the desired muscle group, applying comfortable pressure.



**Figure 3.3:** The T3 Massager converted into a muscle roller stick for use on the legs.

### **3.3 Back Scratcher Function**

- The end of the handle features a built-in back scratcher. Use this to reach itchy or tense spots on your back that are otherwise inaccessible.



Figure 3.4: Utilizing the integrated back scratcher feature of the T3 Messenger.

### 3.4 Stretching with Leverage/Yoga Strap

- Attach the optional strap to the massager. This strap can be used to increase leverage and intensity during massage or to assist with stretching routines, improving flexibility and adding targeted pressure to muscle tension.



Figure 3.5: The T3 Messenger with the leverage/yoga strap, aiding in deeper stretches.

## 4. MAINTENANCE

To ensure the longevity and hygiene of your Teeter T3 Massager, follow these simple maintenance guidelines:

- **Cleaning:** Wipe down all components with a damp cloth after each use. For deeper cleaning, use a mild soap solution and rinse thoroughly.
- **Drying:** Ensure all parts are completely dry before reassembling or storing to prevent mildew or damage.
- **Storage:** Store the massager in a cool, dry place away from direct sunlight and extreme temperatures. Disassembling the unit can save space.

## 5. TROUBLESHOOTING

If you encounter any issues with your Teeter T3 Massager, please refer to the following common solutions:

- **Attachments not securing:** Ensure the components are aligned correctly and push firmly until you hear a click. Check for any debris obstructing the connection points.
- **Difficulty reaching areas:** Experiment with different grip positions and body angles. The T-shape is designed for reach, but personal flexibility varies. Utilize the included guide for suggested techniques.
- **Insufficient pressure:** Adjust your grip and body weight to apply more pressure. The massager is manually operated, allowing for customized intensity.

## 6. SPECIFICATIONS

Model Number	TT1001
Product Dimensions	30 x 7 x 2 inches
Item Weight	2 Pounds
Manufacturer	Teeter Hang Ups
Date First Available	December 5, 2016

## 7. WARRANTY AND SUPPORT

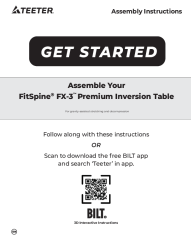





### 7.1 Warranty Information

The Teeter T3 Massager includes a 5-year warranty. Please retain your proof of purchase for warranty claims.

### 7.2 Customer Support

For additional information, detailed usage techniques, or support, please refer to the free 10-page guide included with your product. You may also visit the official TEETER website or contact their customer service for further assistance.



	<p><a href="#">Teeter FitSpine FX-3 Premium Inversion Table Assembly Instructions</a></p> <p>Comprehensive assembly instructions for the Teeter FitSpine FX-3 Premium Inversion Table, including safety guidelines, parts list, and warranty information. Designed for gravity-assisted stretching and decompression.</p>
	<p><a href="#">Teeter Inversion Table: Complete Back &amp; Core Guide</a></p> <p>A comprehensive guide to using the Teeter inversion table for back and core health, including beginner, intermediate, and advanced exercises and tips for safe and effective inversion.</p>
	<p><a href="#">Teeter FreeStep SE2001 Assembly Instructions and User Guide</a></p> <p>This document provides comprehensive assembly instructions and user guidance for the Teeter FreeStep SE2001 Elliptical Recumbent Cross Trainer. It details safety precautions, step-by-step assembly, usage instructions, and warranty information for this zero-impact cardio and muscle-toning fitness equipment.</p>
	<p><a href="#">FitSpine LX9 Inversion Table User Guide: Setup, Safety, and Usage</a></p> <p>Comprehensive user guide for the Teeter FitSpine LX9 Inversion Table. Learn how to safely set up, use, and maintain your inversion table for gravity-assisted stretching and spinal decompression.</p>
	<p><a href="#">Teeter FitSpine XT1 Owner's Manual: Safety, Setup, and Usage Guide</a></p> <p>Comprehensive owner's manual for the Teeter FitSpine XT1 inversion table. Learn about safety instructions, user settings, proper usage, and maintenance for effective gravity-assisted stretching and decompression.</p>
	<p><a href="#">Teeter Power10 Elliptical Rower: Assembly &amp; Use Instructions</a></p> <p>Comprehensive assembly and user guide for the Teeter Power10 Elliptical Rower. Learn how to assemble, use, and maintain your fitness equipment for optimal results. Features include BILT app integration and Teeter Move app for guided workouts.</p>