

TEETER FitSpine X1

Teeter FitSpine X1 Inversion Table Instruction Manual

Model: FitSpine X1 | Brand: TEETER

IMPORTANT SAFETY INFORMATION

Before using the Teeter FitSpine X1 Inversion Table, it is crucial to read and understand all instructions and warnings. Failure to do so may result in serious injury or death. Always consult with a qualified medical professional before beginning any inversion therapy, especially if you have pre-existing medical conditions.

- **UL Safety Certified:** This product has been independently tested and certified to meet stringent safety standards.
- **FDA Registered:** The Teeter FitSpine X1 is registered with the FDA as a 510(k) medical device, indicated for back pain, muscle tension & spasm, herniated disc, sciatica, degenerative disc disease, spinal stenosis, spinal curvature due to tight muscles, and facet syndrome.
- **Heavy-Duty Construction:** Built with heat-treated steel for unmatched strength and durability, tested to last 10x longer than competitors.
- **User Capacity:** Supports users from 4 ft 8 in to 6 ft 6 in, with a maximum weight recommendation of 300 lbs.

PRODUCT OVERVIEW

The Teeter FitSpine X1 Inversion Table is designed to provide decompression and stretch for your spine, promoting relaxation and relief from back pain. Its innovative features ensure comfort, security, and effective results.

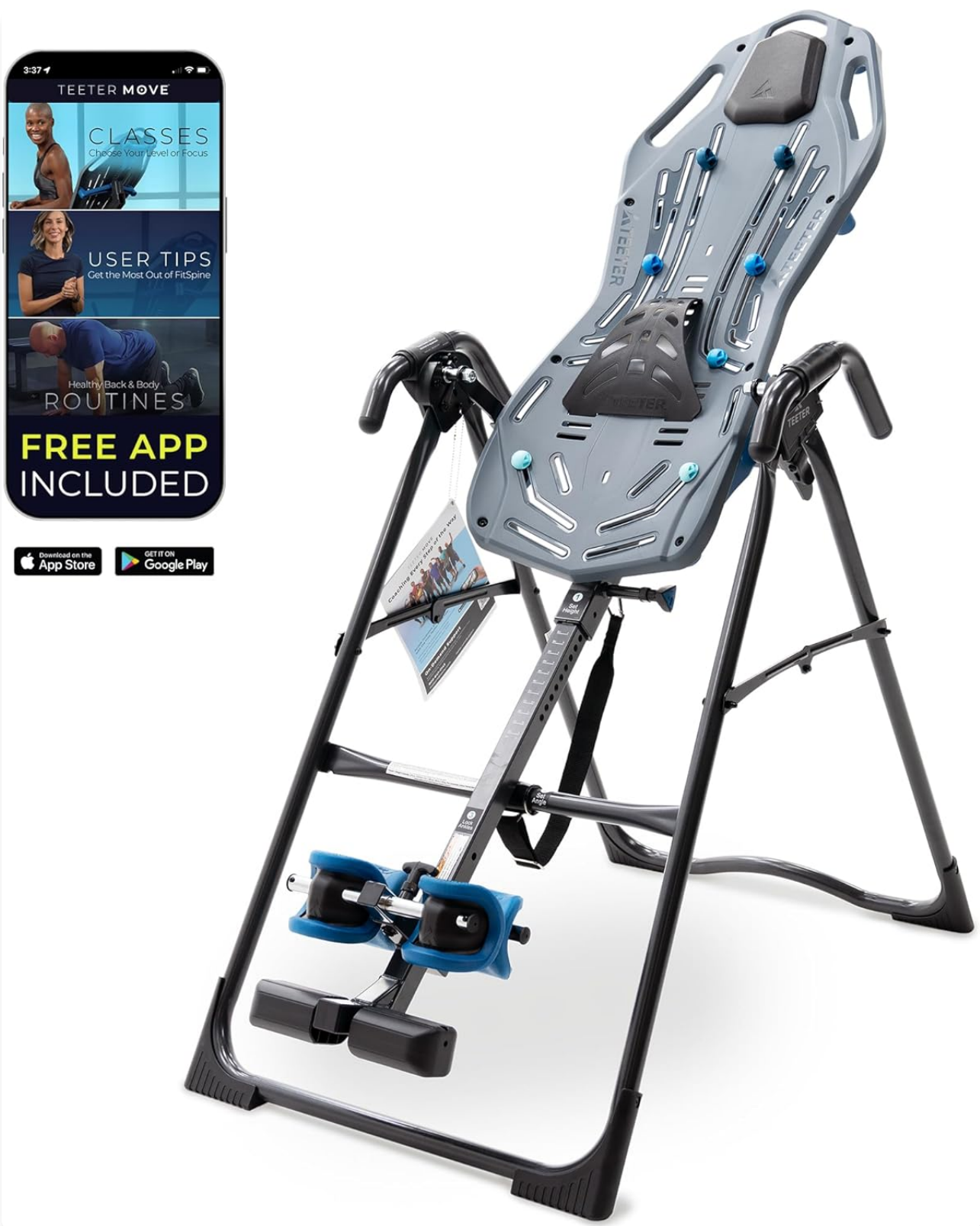


Figure 1: Teeter FitSpine X1 Inversion Table with mobile app display showing available classes and routines.

Key Features:

- **FitSpine Backrest:** Allows maximum body slide for better decompression, featuring patented FlexTechnology with an 8-point floating suspension system for greater range of motion and comfort.
- **Integrated Accessories:** Includes 8 Acupressure Nodes in varied heights for trigger-point release and focused relief, and an Adjustable Lumbar Bridge for targeted lower back traction.
- **Ergo Embrace Ankle Supports:** Patented wrap-around ankle cups and an easy-dial, 2-position foot platform provide a customized, ergonomic, and secure fit.
- **Precision Balancing:** Engineered for smooth, responsive rotation control, allowing effortless inversion and return to upright with simple arm movements.

- **Grip-and-Stretch Handholds:** Integrated into the backrest and frame to boost muscle relaxation and joint mobilization at every angle of inversion.

SETUP AND ASSEMBLY

The Teeter FitSpine X1 is designed for frustration-free assembly. Most major components come pre-assembled. For detailed, step-by-step 3D interactive instructions, download the FREE BILT App on your iOS or Android device. Assembly typically takes under 20 minutes.

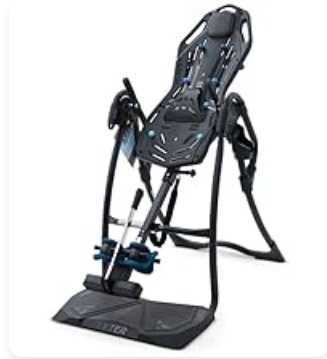


Figure 2: The BILT App provides interactive 3D instructions for easy assembly.

Initial Setup:

1. **Unpack:** Carefully remove all components from the packaging. Locate the green circle packet containing the owner's manual and instructions.
2. **Set Height:** Adjust the main shaft to your height using the clearly marked settings. Ensure the pin is securely engaged.
3. **Lock Ankles:** Secure your ankles in the Ergo Embrace Ankle Supports. The easy-dial foot platform allows for precise adjustment to ensure a snug and comfortable fit.
4. **Set Angle:** Use the adjustable angle tether to preset your maximum inversion angle (e.g., 20, 40, or 60 degrees) or remove it for optional full 90-degree lock-out.

OPERATING INSTRUCTIONS

Once assembled and adjusted, using your Teeter FitSpine X1 is intuitive. The precision balancing system allows for smooth control with minimal effort.

Basic Inversion:

- Step onto the foot platform and secure your ankles.
- Lean back slowly, allowing your body weight to shift and the table to rotate. Control your inversion speed by adjusting your arm position.
- To return upright, simply bring your arms back down to your sides.

Enhancing Your Experience:

- **Stretching:** Utilize the integrated Grip-and-Stretch Handholds to deepen your stretch at various inversion angles.
- **Acupressure:** Position the Acupressure Nodes and Lumbar Bridge to target specific areas of your back for enhanced relief.
- **Teeter Move App:** Download the free Teeter Move app for visual and audio-guided programs, including inverted stretches, core exercises, and user tips.

Your browser does not support the video tag.

Video 1: Compare Teeter Inversion Tables - Official Teeter video explaining differences between models and key features.

Your browser does not support the video tag.

Video 2: Feature-Focus: Teeter FitSpine X1 Inversion Table - Official Teeter video highlighting specific features of the X1 model.

MAINTENANCE

To ensure the longevity and safe operation of your Teeter FitSpine X1, regular maintenance is recommended.

- **Regular Cleaning:** Wipe down the frame and bed with a damp cloth after each use to remove sweat and dust.
- **Inspect Components:** Periodically check all bolts, pins, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to the pivot points if you notice any friction or squeaking.

SPECIFICATIONS






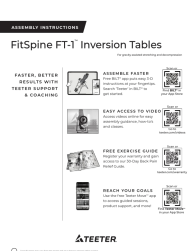
Attribute	Detail
Brand	TEETER
Model Name	FitSpine X1
Material	Heat Treated Steel
Maximum Weight Recommendation	300 Pounds
Item Weight	27.2 Kilograms
Item Dimensions LxWxH	81 x 29 x 86.5 inches
Operation Mode	Manual
Included Components	(8) Acupressure Nodes, Teeter FitSpine X1 Inversion Table, Adjustable Lumbar Bridge Support Accessory

WARRANTY & SUPPORT

Teeter stands behind its products with over 40 years of experience as a premiere brand in inversion and joint-friendly fitness equipment.

- **5-Year Full Warranty:** Your FitSpine X1 is covered by a comprehensive 5-year warranty.
- **US-Based Support:** Access dedicated customer support for any questions or assistance.
- **BILT App:** Utilize the BILT App for ongoing support, including usage tips and guided programs to enhance your inversion experience.

Related Documents - FitSpine X1

	<p>Teeter FitSpine XC5 Inversion Table User Guide</p> <p>Comprehensive user guide for the Teeter FitSpine XC5 Inversion Table, covering setup, safe usage, inversion techniques, troubleshooting, and maintenance for gravity-assisted stretching and spinal decompression.</p>
	<p>FitSpine LX9 Inversion Table User Guide: Setup, Safety, and Usage</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>Teeter FitSpine FX-3 Premium Inversion Table Assembly Instructions</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>Teeter FitSpine XT1 Owner's Manual: Safety, Setup, and Usage Guide</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>Teeter FitSpine X1 Inversion Table User Guide: Setup, Safety, and Use</p> <p>Comprehensive user guide for the Teeter FitSpine X1 Inversion Table. Learn how to set up, safely use, troubleshoot, and maintain your inversion table for gravity-assisted stretching and spinal decompression.</p>
	<p>Teeter FitSpine FT-1 Inversion Table Assembly Instructions and User Guide</p> <p>This document provides comprehensive assembly instructions, safety warnings, and usage guidelines for the Teeter FitSpine FT-1 Inversion Table, a device for gravity-assisted stretching and decompression. It includes parts lists, step-by-step assembly, and warranty information.</p>