



TEETER Contour L3 Inversion Table Owner's Manual

[Home](#) » [Teeter](#) » TEETER Contour L3 Inversion Table Owner's Manual 



Contour™ L3

Inversion Table Owner's Manual

For gravity-assisted stretching and decompression

Contents

- [1 IMPORTANT SAFETY INSTRUCTIONS](#)
- [2 User Settings](#)
- [3 Prepare to Invert](#)
- [4 Inverting](#)
- [5 Storage & Maintenance](#)
- [6 Get the Most Out of Your Teeter](#)
- [7 Documents / Resources](#)
 - [7.1 References](#)
- [8 Related Posts](#)

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 preexisting 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.

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, high-tops 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 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. 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 Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

DO NOT REMOVE. REPLACE IF DAMAGED OR REMOVED.

 This product is Listed by Underwriters Laboratories Inc. Representative samples of this product have been evaluated by UL and meet applicable safety standards. To download and print instructions, visit the product support page at teeter.com/product-support.

User Settings


There are four (4) User Settings on your Teeter® that must be properly adjusted for your unique needs and body type. Take time to find your ideal settings. Every time prior to using the inversion table, make sure the User Settings are adjusted to your personal settings.

WARNING

Failure to set these adjustments correctly may result in too rapid inversion or difficulty returning upright.

Rotation Adjustment: Find Setting

The Rotation Adjustment Arms 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 the rotational responsiveness you desire (diagram right). For users just learning to use the inversion table, use the 'Beginner / Partial Inversion' setting.

			
		Most Responsive A near Pivot Pin Top Hole	Least Responsive C opposite Pivot Pin Bottom Hole
		B Middle Hole	
80-120 lbs	X	●	
120-220 lbs	X		●
220-300 lbs		X	●
		● Beginner / Partial Inversion X Suggested for Full Inversion	

Changing the Rotation Adjustment Setting

1. 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 Rear Ankle Cups). Release and engage the Pin (Figure 1).
2. Stand in front of the Table Bed and rotate it opposite from use (Figure 2) to rest against the Crossbar of the A-Frame.
3. Loosen the “de-rattler” function of the Inlock Knobs by rotating them counterclockwise and then pull the pins straight out (Figure 3).
4. Move the Support Housing along the Rotation Adjustment Arms to the desired setting using the line markings as a guide (Figure 4). If the Inlock knob has locked in the out position, rotate clockwise to release and allow the pin to engage a hole. You will hear a click when the pin is properly engaged. Note: Engage the Inlock Knobs in the same setting for each side.
5. Turn the Inlock Knobs clockwise again to re-engage the De-Rattler function (Figure 5). Rotate the Table Bed to its use position and extend the Main Shaft to your preferred setting (Figure 6).



Figure 1



Figure 2



Figure 3

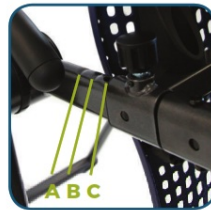


Figure 4



Figure 5



Figure 6

Main Shaft: Determine a Height Setting



Figure 7

Labeled 1 Set Height right on the equipment!

1. Loosen the De-Rattler Knob on the Main Shaft housing. Stand on the left side of the A-Frame. Pull out the Height-Selector Locking Pin with your right hand while sliding the Main Shaft out with your left (Figure 7). For ease of adjustment, lower the Main Shaft below horizontal to lengthen and raise the Main Shaft above horizontal to shorten.
2. Start by sliding the Main Shaft until the last setting you can read is one inch greater than your height (e.g. if you're 5 ft 10 in/178 cm, the last numbers visible will be 5 ft 11 in/180 cm). This helps to ensure that the rotation of the table is not too fast. You will test to see if this setting is right for you later. Your ideal height setting will depend on your weight distribution and could vary several inches on either side of your actual height.
3. Release the spring-loaded Height-Selector Locking Pin to fully engage a hole setting.
Use caution to prevent pinching fingers. Ensure the Pin passes completely through the Main Shaft. If you

choose, re-tighten the De-Rattler Knob.

Angle Tether: Pre-Set the Angle

Attach the Angle Tether to the U-Bar under the Table Bed (Figure 8) to limit the degree of rotation. Slide the buckle to lengthen or shorten the tether to pre-set your desired maximum inversion angle, or unclip the tether altogether when you are ready to rotate into full inversion.



Figure 8
Labeled right on the equipment! 2 Set Angle

Ankle Comfort Dial™ : Find Your Setting

The Ankle Comfort Dial rotates into a High (1) or Low (2) setting (Figure 9), with a one inch height variance. Set the Ankle Comfort Dial so the Front & Rear Ankle Cups secure around the smallest part of your ankles (with minimal distance between the Ankle Lock System and the top of your foot). This will reduce body slide on the Table Bed while inverted, which can cause a shift in weight distribution and interfere with the ease of which you can control your rotation.



Figure 9

Prepare to Invert

BEFORE USING THE INVERSION TABLE

Make sure the inversion table rotates smoothly to the fully inverted position and back, and that all fasteners are secure. Ensure that there is adequate clearance to rotate in front, above and behind you.

WARNING

FAILURE TO PROPERLY SECURE THE ANKLES COULD RESULT IN SERIOUS INJURY OR DEATH! ALWAYS check that the Ankle Lock

System is fully engaged in a hole setting that brings the Cups to a snug, close fit against the smallest part of the ankles. ALWAYS wear securely tied, lace-up shoes with a flat sole, such as a tennis shoe. DO NOT wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone, as this type of footwear could interfere with properly securing your ankles. NEVER use the inversion table face down. DO NOT attempt to invert or lean your upper body against the Table Bed before securing your ankles.

Secure Your Ankles

Prior to inverting, properly secure your ankles by following these steps:



Figure 10



Figure 11

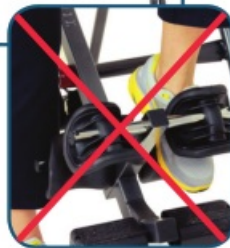


Figure 11A

1. With your back to the Table Bed, and using the handles to steady yourself, carefully step inside the A-Frame to stand next to one side of the Main Shaft (the A-Frame Crossbar will be behind your legs) (Figure 10). Lift the foot closest to the Main Shaft over the Ankle Lock System and place it on the floor on the other side, to straddle the Main Shaft.
2. If the Ankle Lock System is closed, grasp the EZ-Reach Handle and depress the blue button. Pull slightly closed, then push out to open it all the way. Release the handle in the open position.
3. To balance yourself, rest only your lower body against the lower portion of the Table Bed as you slide one ankle at a time from the side (Figure 11) between the Front & Rear Ankle Cups, placing your feet on the Ankle Comfort Dial.

Do not insert your foot into the Ankle Lock System as you would slide your foot into a shoe (Figure 11A). Your feet should always be either on the floor or on the Ankle Comfort Dial; never use any other part of the inversion table as a step.

4. Press your ankles back firmly against the Rear Ankle Cups, then slightly rotate the tops of the Cups so they are angled toward the back of your leg/Achilles tendon (Figure 12). This will allow the Cups to rotate somewhat as you invert so the cushioned part comfortably supports your ankles.
5. Pull the EZ-Reach Handle towards your legs (Figure 13) and release when the Front & Rear Ankle Cups fit snug, with a close fit against the smallest part of your ankles (Figure 14). If there is too much distance between the Cups and the top of your feet, refer to Ankle Comfort Dial: Find Your Setting. Jiggle the EZ-Reach Handle from front to back to make sure it has fully engaged and is locked securely. Verify that no part of your footwear or garments touch or interfere with the EZ-Reach Ankle Lock System in any way during inversion.



Figure 12



Figure 13



Figure 14

Labeled ③ Lock Ankles
right on the equipment!

Employ the method of “HEAR, FEEL, SEE, TEST” every time you secure your ankles in the inversion table:

HEAR the locking EZ-Reach Handle click into place;

FEEL the EZ-Reach Handle to make sure it is fully engaged and locked in its setting, and FEEL that the Front & Rear Ankle Cups are close-fitting around the smallest part of your ankles;

SEE that the EZ-Reach Handle is secure, and does not move out of position, and SEE that there is NO space between your ankles and the Ankle Cups.

TEST the EZ-Reach Ankle Lock System enclosure to ensure that it is snug, close-fitting and secure by wiggling and attempting to pull your feet through the Ankle Cups. Ensure that you CANNOT disengage from the Ankle Cups each time before attempting to invert.

Testing Your Balance and Rotation Control

When adjusted properly, you will control the rotation of the inversion table by simply shifting your body weight by moving your arms or bending your knees. Your ideal balance settings are determined by your body type and weight distribution – this is why your Main Shaft setting may differ from your actual height.

It's important to take time, test your settings, and ensure a relaxing, enjoyable experience! Failure to properly adjust your height setting may result in too rapid inversion or difficulty returning upright.

Set the Angle Tether and for your first few inversion sessions, ask a spotter to assist you until you are able to find your correct balance setting and are comfortable with the operation of the inversion table.

1. Lean back and rest your head on the Table Bed with your arms at your sides.
 - If balanced correctly, the inversion table should begin to rotate slightly, with the Main Shaft lifting a few inches off the bumper of the Crossbar (Figure 15).
 - The Main Shaft may be TOO SHORT if the inversion table rotates so that the Main Shaft lifts more than a few inches off the Crossbar, to horizontal (0°) or beyond. Carefully dismount, lengthen the height setting by one hole, secure your ankles again and re-test.
 - The Main Shaft may be TOO LONG if the inversion table does not rotate at all, and the Main Shaft remains seated firmly on the Crossbar. Carefully dismount, shorten the height setting by one hole, secure your ankles again and re-test.



Figure 15
Balanced Correctly: Main
Shaft lifts slightly off Crossbar

Your Main Shaft setting should remain the same as long as you continue to use the same Roller Hinge setting and your weight does not fluctuate substantially. If you change your Roller Hinge setting, you should test your balance and control again.

Inverting

Rotating Into Inversion

To ensure the inversion table does not rotate too far, too quickly, be sure that you have attached the Angle Tether and completed the balance testing.

1. With your head resting against the Table Bed, raise one arm at a time to begin rotation (Figure 16). For maximum control and comfort, every movement should be slow and deliberate (the faster you move, the faster the inversion table will rotate).
2. Practice controlling the speed and angle of rotation by slowly moving your arms back and forth.
3. Once you've reached the maximum angle allowed by the Angle Tether, rest both arms over your head. Relax and breathe deeply to help your muscles relax (Figure 17).



Figure 16



Figure 17

Returning Upright

1. To begin rotating back to starting position, slowly bring your arms to your sides.
2. Since your body may have lengthened or shifted on the Table Bed while inverted, arm movements may not be enough to return you completely upright. Simply bend your knees slightly while shifting your body weight toward the foot-end of the Table Bed (Figure 18). DO NOT lift your head, rely solely on the handles or try to sit up (Figure 19).
3. Stop and rest for a few minutes just past horizontal (0°) to help prevent dizziness and allow your back to re-compress without discomfort before returning completely upright.



Figure 18



Figure 19

If you still have trouble returning upright after following these suggestions, adjust your User Settings and test your balance and rotation control again.

WARNING

To release from full inversion lock-out (see pg 5), reach one hand behind your head and pull the table bed toward your back. To return upright, place arms at your sides. If this does not work, DO NOT SIT UP. Use handles and BEND YOUR KNEES to shift body weight to the foot-side of the table bed. If you have difficulty returning upright, consult the 'Testing Your Balance' section.

Full Inversion

Full inversion is defined as hanging completely upside down (90°) with your back free from the Table Bed. Many Teeter® users enjoy this option because of the added freedom of movement for stretches and exercises. However, DO NOT attempt this step until you are completely comfortable controlling the rotation of the inversion table and are able to fully relax at an angle of 60°. To fully invert:



Figure 20

1. Disconnect the Angle Tether.
2. Adjust the Roller Hinges to Setting A to enable the inversion table to “lock” firmly in full inversion.
If you are 220 lbs (100 kg) or more, set the Roller Hinges to Setting B (see User Settings, pg 2).
3. Slowly raise both hands over your head to begin rotation. You may need to assist the last few degrees of rotation by pushing on the floor or A-Frame until the Table Bed stops against the Crossbar (Figure 20).
4. Relax and allow your body to pull away from the Table Bed so you are hanging freely. If you tense up or press your back against the Table Bed, you will likely come “unlocked.”
5. In your correct balance setting, your weight will keep the Table Bed “locked” in this position until you are ready to return upright. If unable to maintain an adequate “lock” while fully inverted, contact Teeter® Customer Service for options.



Figure 21

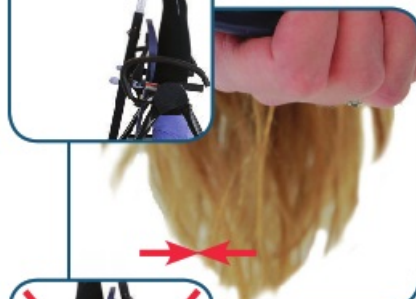


Figure 22



Figure 23

To Release from the Inverted “Locked” Position:

1. With one hand, reach behind your head and grasp the Table Bed and Bed Frame Extension (Figure 21). With the other hand, grasp the base of the A-Frame in front.
2. Pull both hands together (Figure 22). This will rotate the Table Bed out of the “locked” position. Keep elbows in to avoid pinching between the A-Frame and Table Bed (Figure 23). Follow the instructions for Returning Upright on the previous page.

Dismounting

1. Grasp the EZ-Reach Handle and depress the blue button. Pull slightly toward you, then push the handle outwards all the way (Figure 24).
2. Release the handle in the open position.
3. Keep your lower body supported against the Table Bed as you step onto the floor.
Carefully stand up and ensure you have your balance before stepping over the Main Shaft and finishing your dismount.



Figure 24

Storage & Maintenance

Folding For Storage

1. Disconnect the Angle Tether. Loosen the De-rattler Knob in the Main Shaft Housing.
2. Pull out the Height-Selector Locking Pin and slide the Main Shaft in all the way to the last hole (the storage setting near the Rear Ankle Cups). Release and engage the Pin.
3. Stand in front of the Table Bed and rotate it opposite from use until it rests against the Crossbar of the A-Frame (Figure 25).
4. Pull up on the Spreader Arms to fold the A-Frame (Figure 26), leaving the A-Frame legs open to a width of 16-20” for stability. Use caution to prevent pinching fingers.



Figure 25



Figure 26

WARNING

Tipping Hazard: Leave A-Frame open wide enough to remain stable, or secure to a wall to prevent tipping. If children are present, store flat on the floor, not upright.

If you opt to leave the inversion table open and ready for use, be sure to SECURE the equipment to deter unintentional rotation. You can either A. loop the Angle Tether around the Main Shaft and Crossbar, then attach it to itself with the clip (Figure 27), or B. secure with a Key Lock (available to order at teeter.com). Test to ensure the inversion table cannot rotate.

Maintenance

Wipe with a damp cloth to clean. Prior to every use, check for wear and tear. Replace damaged or worn parts immediately. Keep out of service until repaired. Contact Teeter for service recommendations.



Figure 27

Get the Most Out of Your Teeter



Get Started

Control Your Rotation: The angle and speed of rotation will greatly impact your inversion experience. To limit the angle of rotation, pre-set the Angle Tether (pg 2). To control speed or responsiveness of rotation, optimize the Rotation Adjustment and Main Shaft settings for your body type (pg 2). Take time to test and adjust your settings (pg 4) with the help of a spotter until you are able to fully control the rotation of the Teeter by simply shifting the weight of your arms.

Determine the Angle:

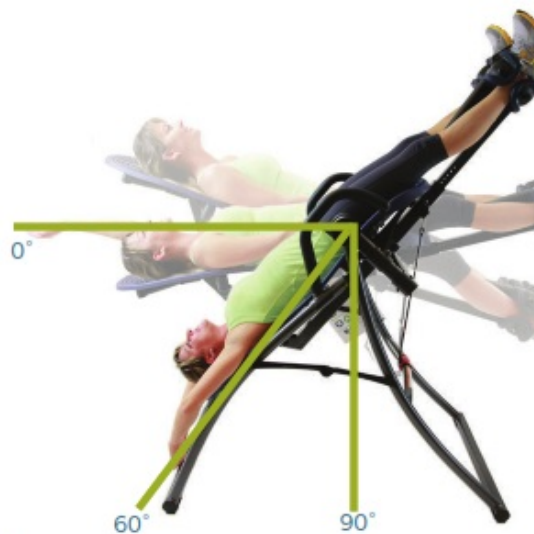
Start at a modest angle (20°-30°) for the first few weeks or until you become comfortable with the sensation and operation of the equipment. Once you are able to fully relax, advance to greater angles of inversion to increase decompression benefits. Work up to 60° (parallel with the A-frame rear legs) or beyond for best results, but be sure to advance slowly and listen to your body – relaxation is key. Many users never do more than 60°, and that's just fine! That said, some advanced users enjoy the added freedom of movement for stretches and exercises at full inversion (90°).

Determine the Duration:

Begin with short 1-2 minute sessions to allow your body to adapt to inversion. Over time, as you feel comfortable, gradually work up to a duration that allows your muscles to fully relax and release so your back can decompress. This should typically take about 3-5 minutes.

Make It a Habit:

Most users will find better results with shorter, more frequent sessions than longer sessions done infrequently. Ideally, work it into your routine so that you are able to invert with your Teeter several times a day.

**Realize Benefits****Relax & Release:**

Close your eyes, take deep breaths and elongate your body. Focus on un-tensing your muscles to allow your spine and joints to decompress. The better you are able to relax, the more benefits you will feel.

Add Stretching & Movement:

Intermittent Traction (alternating inversion with rest periods) or oscillation (rhythmic rocking) can help you get used to the feeling of inversion and encourage muscle relaxation. Add movement and stretching to help maximize the benefits for your joints and ligaments: gently stretch and twist while partially or fully inverted, or use the A-Frame, Traction or Grip-and-Stretch Handles to add decompression.

Give It Time: Like starting any new exercise program, it can take some time to see the results. Some people feel the benefits immediately and some take longer. Be patient, stick with it and invert often.

**Maximize Comfort**

Increase Ankle Comfort: Wear socks with lace-up shoes – the material will provide added cushion and support for the ankles. Adjust the Ankle Comfort Dial for minimal space between the foot and platform. Slightly rotate the top of the Rear Cups toward your ankles so they will rotate to support your heels as you invert. Secure the Ankle Lock System for a snug, close fit.

Reduce Muscle Soreness: As with any exercise program, you may experience mild soreness when you first get started.

While you're relaxed, your body is making huge changes as your skeleton and muscles adapt. Don't do too much, too soon – begin with a modest angle and shorter duration to reduce the likelihood of soreness.

Listen to Your Body: Respond to any signs of discomfort by making changes: reduce the angle and/or duration, try different times of day, take deep breaths, and add gentle movement and stretching. When you feel like you've had enough, return upright! Inversion is all about relaxation and enjoyment.

Return Upright Slowly: Be sure to rest at just past horizontal (0°) for 15-30 seconds or more to allow your body to readjust and your back to gradually re-compress before dismounting the equipment.

Understand the Equipment: Watch the Getting Started DVD for more inverted stretching and exercise tips. Read and always follow the Owner's Manual. Always check that your personalized User Settings are correct before inverting, and always lock in your ankles.

Download Teeter Link™




<http://onelink.to/75qg6f>

The FREE smartphone app for
iPhone and Android users!



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Documents / Resources

	<p>TEETER Contour L3 Inversion Table [pdf] Owner's Manual Contour L3 Inversion Table, Contour Table, Contour Inversion Table, L3 Inversion Table, Inversion Table</p>
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References

- [Teeter | Inversion, Cardio, Strength & Recovery Equipment for Home](#)
- [Product Support - Teeter.com](#)