

TEETER EX1100B FitSpine LXTM Inversion Table Installation Guide

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EX1100B FitSpine LXTM Inversion Table

Product Information: FitSpine LXTM Inversion Table

The FitSpine LXTM Inversion Table is a gravity-assisted stretching and decompression device that helps you relieve back pain and improve your posture. It is an FDA-Registered 510(k) medical device that is indicated for the treatment of back pain, muscle tension, degenerative disc disease, spinal stenosis, sciatica, and more. The FitSpine LXTM Inversion Table is backed by an industry-leading warranty coverage and is made with unmatched quality and performance.

Specifications:

- Assembly required
- Tools provided for assembly: 5mm Allen Wrench (2)
- Optional Accessories: Storage Caddy (LX9 only), Head Pillow (LX4, LX5, LX6, LX8, LX9), Lumbar Bridge, Acupressure Nodes

Items for Assembly:

- A-Frame Base Assembly with pre-assembled Angle Tether
- FitSpine™ Table Bed Assembly
- Handle Assembly: Use with Handle Assembly Hardware Kit (HK1015)
- Stretch Max™ LX Handles
- Handle Bracket Sets: EX1201 (Left Set) and EX1202 (Right Set)

- Boarding Platform Assembly

Important Safety Instructions:

- Review all steps before beginning assembly and read all precautions before using the inversion table.
 - Read all instructions before using the inversion table.
 - Consult a physician before using the inversion table if you have high blood pressure, heart disease, eye problems, or recent surgery.
 - Do not use the inversion table if you are pregnant, have a hernia, or have any medical condition that may be affected by inversion therapy.
 - Do not use the inversion table if any parts are missing or illegible. Contact Customer Service for replacement.
-

Product Usage Instructions:

1. Review all assembly instructions and safety precautions before using the FitSpine LXTM Inversion Table.
2. Assemble the A-Frame Base Assembly with pre-assembled Angle Tether and FitSpineTM Table Bed Assembly according to the Assembly Instructions provided.
3. Assemble the Handle Assembly using the Handle Assembly Hardware Kit (HK1015), Stretch MaxTM LX Handles, and Handle Bracket Sets (EX1201 and EX1202) according to the Assembly Instructions provided.
4. Assemble the Boarding Platform Assembly according to the Assembly Instructions provided.
5. Place the FitSpine LXTM Inversion Table on a flat and level surface.
6. Adjust the height of the inversion table to your height using the Height Selector Bar located on the A-Frame Base Assembly.
7. Place your feet on the Boarding Platform and secure them using the T-Pin LX Ankle Lock System or EZ-ReachTM Ankle Lock System.
8. Adjust the angle of inversion using the Stretch MaxTM LX Handles and Angle Tether.
9. Invert slowly and smoothly to the desired angle of inversion, keeping your arms crossed over your chest or extended above your head.
10. To return to an upright position, use the Stretch MaxTM LX Handles to pull yourself back up slowly and smoothly.

11. Do not exceed the recommended angle of inversion or the time limit for your experience level.
12. Consult a physician before using the FitSpine LXTM Inversion Table if you have any medical condition that may be affected by inversion therapy.

[View Fullscreen](#)



Assembly Instructions

GET STARTED

Assemble Your FitSpine LXTM 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.

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

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 nonpowered 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.

· 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

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.

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

1

ITEMS FOR ASSEMBLY

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

ITEM NO. ITEM NAME ITEMS FOR ASSEMBLY ITEM NO. ITEM NAME

A-Frame BaPsaretsAarsesneomt shbolwyn to scale. Hardware drawings located oMn tahieninSsherat ifntsiAdesseaeacmh Hbalrydware Kit.

EX1100B

A-Frame

EX1610

T-Pin LX Ankle Lock System (LX4)

F51007

Angle Tether (LX4) pre-assembled to A-Frame

EX1630

EZ-Reach™ Ankle Lock System (LX5)

F51114

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

EX1620B

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

Boarding Platform Assembly

EX1700B Boarding Platform

HK1016

Boarding Platform Hardware Kit

Handle Assembly

EX1500B

Stretch Max™ LX Handles (2)

EX1201

Handle Bracket Set (Left Set)

Roller Hinge Assembly

F51064

3-Hole Roller Hinges (2) (LX4, LX5, LX6, LX8)

EX1202 HK1015

Handle Bracket Set (Right Set) Handle Assembly Hardware Kit

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

Tools Provided for Assembly

IA1149

5mm Allen Wrench (2)

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

EX1100B

F51007 (LX4)

F51114 (LX5, LX6, LX7,

LX8, LX9)

FitSpine™ Table Bed Assembly

EX1300B

Handle Assembly

Use with Handle Assembly Hardware Kit (HK1015)

Stretch Max™ LX Handles

EX1500B

Handle Bracket Sets

EX1201 (Left Set)

EX1202 (Right Set)

2

Boarding Platform Assembly

Use with Boarding Platform Assembly Hardware Kit (HK1016)

Roller Hinge Assembly

F51064 (LX4, LX5, LX6, LX8)

Product Support

EX1700B

T-Pin LX Ankle Lock System

(LX4 Model Only)

TR1003B (LX7, LX9)

Main Shaft Assembly

User Guide

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

EZ-Reach™

Ankle Lock System

(LX5 Model Only)

Deluxe EZ-Reach™

Ankle Lock System

(LX6, LX7, LX8, LX9 Models Only)

EX1610

EX1630

EX1620B

Tools Provided for Assembly

5mm Allen Wrench (2)

IA1149

ENGR NMS

8
DATE 10/18/2017

7

REVISIONS

REV A

SHT 1

ZONE 8D

A1:

RELEASE

FOR

DESCRIPTION PATENT

D

C

6

5

4

3

2

1

Included Accessories (Optional) ITEM QTY

PARTS LIST NET DIMENSIONS/DESCRIPTION

NOTE

MATERIAL

SHT

D

8

7

6

5

4

3

2

1

ENGR NMS

DATE 10/18/2017

REVISIONS

REV SHT ZONE

DESCRIPTION

A 1 8D A1: RELEASE FOR PATENT

ITEM QTY

PARTS LIST NET DIMENSIONS/DESCRIPTION

NOTE

MATERIAL

SHT

D

D

C

C

C

B

B

B

A

A

REVISION STATUS

SHT

1

REV

A

EXPECTATIONS PROPRIETARY

THE INFORMATION CONTAINED HEREIN IS PROPRIETARY TO EXPECTATIONS AND SHALL NOT BE
REPRODUCED IN WHOLE OR IN PART OR USED FOR ANY PURPOSE

EXCEPT WHEN SUCH USER POSSESSES

B DIRECT WRITTEN AUTHORIZATION FROM EXPECTATIONS LLC

UNLESS OTHERWISE NOTED SURFACE ROUGHNESS PER ANSI B46.1 DIMENSIONING PER ASME Y14.5-
2009

WELD SYMBOLS PER AWS A2.4

FINISH: UOS 63RMS ON MACHINED SURFACES OR AS PROCURED

TOLERANCES .X = .1

.XX = .03 .XXX = .005 ANGLE = 1 UNLESS NOTED

EXPECTATIONS LLC PUYALLUP, WA 98391

FILLET RADII: .005-.010 CORNER BREAK: .005-.010 ALL DIMENSIONS IN INCHES

PROJECT: PROJECT NAME HERE

DRAWN NICK SOLLER

DRAWING lumbar bridge

D SCALE: FULL SIZE:

REV A SHEET 1 OF 1

8

7

6

5

4

3

2

1

Storage Caddy

A

EX1900 (LX9)

REVISION STATUS

SHT

1

REV

A

8

7

Head Pillow
EX1810

6

5

4

Lumbar Bridge

EX1350

EXPECTATIONS PROPRIETARY THE INFORMATION CONTAINED HEREIN IS PROPRIETARY TO
EXPECTATIONS AND SHALL NOT BE REPRODUCED IN WHOLE OR IN PART OR USED FOR ANY PURPOSE
EXCEPT WHEN SUCH USER POSSESSES
DIRECT WRITTEN AUTHORIZATION FROM EXPECTATIONS LLC

FINISH:
UOS 63RMS ON MACHINED SURFACES OR AS PROCURED

TOLERANCES
.X = .1
.XX = .03 .XXX = .005 ANGLE = 1 UNLESS NOTED

EXPECTATIONS LLC PUYALLUP, WA 98391

FILLET RADII: .005-.010 CORNER BREAK: .005-.010 ALL DIMENSIONS IN INCHES

PROJECT: PROJECT NAME HERE

A

UNLESS OTHERWISE NOTED SDUIMRFEANCSIEORNOINUGGHPENRESASSPMEERYA1N4S.5I -B24060.91
WELD SYMBOLS PER AWS A2.4

DRAWN

DRAWING parts list_head pillow

REV A

3

NICK SOLLER

D SCALE: FULL SIZE:

SHEET 1 OF 1

2

1

Acupressure Nodes
EX1370

A GUIDE TO YOUR INVERSION TABLE

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

2

33
6 4

5

7

Located on back of table bed.

88

1133

14

18

9

111

12 15

16

10

177

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

Parts & Components

1 Head Pillow 2 Upper Support Arms 3 FitSpine™ Table Bed 4 Pivot Pins 5 Hinge Plates 6 Self-Locking Hooks

7 3-Hole Roller Hinges w/ Traction Handles

8 Handles 9 Height-Selector Locking Pin 10 Boarding Platform 11 EZ Angle Tether 12 Crossbar

13 A-Frame 14 Main Shaft 15 Ankle Lock System 16 Ankle Comfort Dial™ 17 Non-Skid Stability Feet 18 Storage Caddy

3

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. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.

! 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.

LX1053 0722-1

! WARNING

To RELEASE FROM FULL INVERSION LOCK-OUT, reach one hand behind your head and pull the table bed toward your back. To RETURN UPRIGHT, place arms to 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 User Guide before next use.

Replace label if damaged, illegible or removed. AL1201 0722-1

57.0 in (144.8 cm)

27.5 in (69.9 cm)

60.8 in (154.4 cm)

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

Assembled Non-Use Dimensions: Maximum In-Use Dimensions: Storage Dimensions:

60.8 (L) x 27.5 (W) x 57.0 in (H) (154.4 x 69.9 x 144.8 cm) 81.5 (L) x 27.5 (W) x 87.0 in (H) (207.0 x 69.6 x 221.0 cm) 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)

4

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 small parts bag. They are labeled to correspond with the assembly process.

S T E P 1 FIGURE 4

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.

INSIDE OUTSIDE

Figure 2 5

Figure 3 Figure 4

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

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.

6

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

Figure 5

Figure 6 7

STEP 2 FIGURE 4 ASSEMBLE HANDLES & BRACKETS

Figure 7

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 8 Figure 9

Figure 10 8

Figure 9a Figure 11

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 FIGURE 4

ASSEMBLE ROLLER HINGES TO TABLE BED

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

! 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.

UNLOCKED

Figure 12

LOCKED

Pivot Pin

Bracket Pin

Bracket

Cam Lock

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

A

B

C

More Responsive

Less Responsive

Recommended Hole Selection

Your Body Weight

80-120 lb (36-54 kg)

120-220 lb (54-100 kg)

Preferred Maximum Inversion Angle

Partial Inversion (0-60°)

Full Inversion (0-90°)

B

A

C

A

220-300 lb

(100-136 kg)

C

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).

9

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.

CLOSED / LOCKED

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

10

STEP 4 FIGURE 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 18: Lower each Roller Hinge Pivot Pin into the A-frame hinge plates, one side at a time. The SelfLocking 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.

! 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 17

TOP VIEW

Figure 19a

INSIDE VIEW

Figure 18

Figure 19b

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

Figure 20 11

STEP 5 FIGURE 4 ASSEMBLE MAIN SHAFT TO TABLE BED

Figure 21 Figure 22

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

6

5

4

3

Figure 23

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

12

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.

13

STEP 6 FIGURE 4

ATTACH ANGLE TETHER & HEAD PILLOW

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.

SHORTEN

LENGTHEN

7

TEDNETSCRIPTION

Figure 25

6

5

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.

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STEP 7 FIGURE 4 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 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.

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 26 Figure 27 Figure 28

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STEP 8 FIGURE 4 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: 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 29

Figure 30 Figure 31 16

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.

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!

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

Figure 32

Figure 32a 17

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Purchase an additional 5 years of repair and replacement warranty against manufacturing defects in materials and workmanship. Visit teeter.com to purchase and view full terms and conditions.

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 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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We reserve the right to refuse or discontinue the supply of the Product to any user at any time at our sole discretion.

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

Returns must have a valid Return Merchandise Authorization (RMA) number issued by Teeter. If merchandise delivery is refused without inspection, the refund will be for the purchase price, less all shipping charges (original and return) and trial fees. The product must be returned in original condition undamaged with all parts and support materials in its original carton. Refunds are for product only and do not include any processing fees, trial fees, shipping or handling fees. Freight on refused deliveries will be deducted from the credit. All return shipping charges must be prepaid; C.O.D. deliveries are not accepted. It is recommended that you acquire shipment tracking and insurance for the entire value of your product. We do not assume responsibility for merchandise

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EC REP


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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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Documents / Resources

 The image shows the cover of a booklet titled "Assembly Instructions" for the "FitSpine LX Inversion Table". It features a "GET STARTED" button and a QR code with the text "Scan to download the free BLT app and search 'Teeter' in app."	<p>TEETER EX1100B FitSpine LXTM Inversion Table [pdf] Installation Guide EX1100B, EX1610, F51007, EX1630, F51114, EX1620B, EX1700B, HK1016, EX1500B, EX1201, F51064, EX1202, HK1015</p>
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References

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