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## Teeter hang up f5000 manual user list file download

F51069 F51088 F51064 F51052 F51087 F51060 F51063 Figure 1 © 1996-2014, Amazon.com, Inc. 4. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity. • This product is not intended for use in public facilities. ITEMS FOR ASSEMBLY A-frame base Main shaft w/ front ankle clamp Table frame with mat Hand grips (2) and 1/2" hex bolts (6) (13mm) Two (2) roller hinges Two (2) wrenches Rear bar with ankle clamps 2" Hex Bolt / Nut / Washer F51087 (51mm) Black Rubber Plug Triangle-head knob Foot platform ASSEMBLY STEP ONE Assemble the A-frame Base (F51002) • Open the A-frame and make sure that the spreader arms are locked flat. Do not skip ahead. • ALWAYS make sure the equipment is properly adjusted to the correct user settings prior to each use. Restrictions on Use • DO NOT use the equipment without a licensed physician's approval. Structural failure could occur or head/neck may impact the floor during inversion. DO NOT use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the Owner's Manual. Use the wrenches provided to tighten the bolts, being careful not to over tighten. 10. 8. (198 cm, 136 kg) wear shoes with thick A B C Figure 1 ASSEMBLY INSTRUCTIONS PRE-ASSEMBLY Before you begin: These instructions will guide you in properly assembling the unit. 3. Carefully remove the individual parts from the carton. soles, boots, high-tops or any shoe that extends above the anklebone. The steps in the video directly coincide with the steps detailed in these Assembly Instructions. Precautions Before Using • DO NOT use the inversion table until you have thoroughly and carefully read the Owner's Manual, viewed the Instructional Video, reviewed all other accompanying documents, and inspected the equipment. WARNING F51002 F51021 (F5000) F61021 (F6000) F51039 F51056 Spreader Arms H11202 Bolts may be p a c k a g e d separately or a s s e m b l e d i n hand grips. • Refer to additional warning notices posted on the equipment. 1. Take your time finding your proper settings and REMEMBER THEM. 7. Make sure the user settings described below are properly adjusted for your unique needs and body type. For users just learning to use the inversion table, we recommend starting with Setting C. • DO NOT modify the equipment or use accessory attachments that are not recommended by the manufacturer. Structural failure could occur or head/neck may impact floor during inversion. 5. Precautions During Use • DO NOT use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the inversion table. This product is not designed for persons over 6'6" (198 cm) or 300 lbs (136 kg). • First time users should use a spotter to ensure they are able to find the correct balance setting and are comfortable with the operation of the table. (See Figure 2) (L) • Insert three 1/2" (13 mm) hex bolts (H11202) through the hinge plate into each hand grip, or its affiliates Product ManualsTeeter2022-05-04T09:14:25-07:00 If any items are missing or damaged, contact your retailer or customer service directly (See Pg. 4). Make sure that the table rotates smoothly to the fully inverted position and back, and that all fasteners are secure. • ALWAYS keep hands and fingers away from moving parts to avoid injury. Serious injury or death could result. U.S. and foreign patents apply. Check these settings every time prior to using the equipment. DO NOT use the inversion table until you have thoroughly and carefully read the Owner's Manual, viewed the Instructional Video, reviewed all other accompanying documents, and inspected the equipment. TM F5000 & TM F6000 It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. Height / Weight Capacity: Max 6'6" / 300 lbs. Make sure that all fasteners are secure and that the equipment is located on a level surface. The roller hinge setting controls the responsiveness or rate of rotation. Utilize the equipment for its intended purpose only. • NEVER allow children to use the equipment unsupervised. There are three holes; hole selection depends both on your body weight and the rotational responsiveness you desire. PRIOR TO USE, test and inspect the table. You should have all of the items listed below. 2. IMPORTANT: Place the roller hinges in the same hole setting on each side. STEP TWO Install Hand Grips (F51069) on A-frame Base (F51002) • Place one of each hand grip (left / right) over the outside edge of the corresponding hinge plate. Other foreign patents pending. Make sure the table rotates smoothly to inverted position and back. D O N O T R E M O V E F R O M T A B L E OWNER'S MANUAL U.S. and foreign patents apply. Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death. 9. • ALWAYS inspect the equipment prior to use. Make sure that all fasteners are secure. 6. Follow each step in sequence. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH. • DO NOT operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. Choose a level surface for assembling and operating the table. WARNING ! · Conjunctivitis · High blood pressure · Hypertension · Heart or circulatory disorders · Spinal injury · Cerebral sclerosis · Acutely swollen joints (See Figure 1) · Recent stroke or transient ischemic attack · Bone weakness (osteoporosis) · Recent or unhealed fractures · Medullary pins · Surgically implanted orthopedic supports · Use of anticoagulants (including high doses of aspirin) DO NOT drop or insert objects into any opening. • ALWAYS wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. (136 kg). Please review all the steps before beginning assembly. (See Figure 1) Figure 2 (R) TM F5000 & TM F6000 ! ITEM #'s F51002 F51021 (F5000) F61021 (F6000) F51064 F51069 H11202 F51064 F51088 F51052 F51056 F51063 F51060 NOTE: Bolts may be packaged separately or assembled in hand grips. DO NOT DISCARD - KEEP FOR FUTURE REFERENCE. Carefully review the following list of medical contraindications for inversion with your licensed physician: (This is not an exhaustive list, it is intended only for reference) · Middle ear infection · Extreme obesity · Pregnancy · Hiatal hernia · Ventral hernia · Glaucoma · Retinal detachment • DO NOT use if you are over 6'6" (198 cm) or 300 lbs.



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