

## Certified Quality. Unrivalled Performance.

### PERFORMANCE TESTING Rotation Cycling to Simulate Use



Teeter's endurance test surpassed UL's safety requirement while showing no product fatigue.



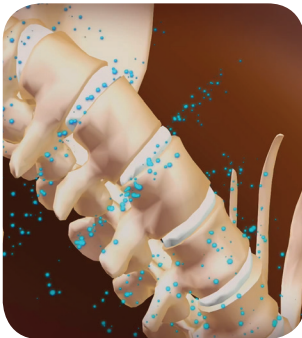
Voluntary compliance and testing to consumer products safety standards specific to inversion tables means you can put your trust in Teeter.



VIDEO

Look for the UL mark on the product, the only way to verify that a product is independently certified for quality! With over 30 years of experience and hundreds of advancements to improve control, comfort and effectiveness, Teeter Inversion Tables are built to better deliver the benefits of inversion.

## Target Back Pain at the Source with Teeter.



### Minutes a day to temporarily help

- Relieve Back Pain
- Ease Stress & Tension
- Reduce Joint Pressure
- Maintain Flexibility
- Build Core Strength

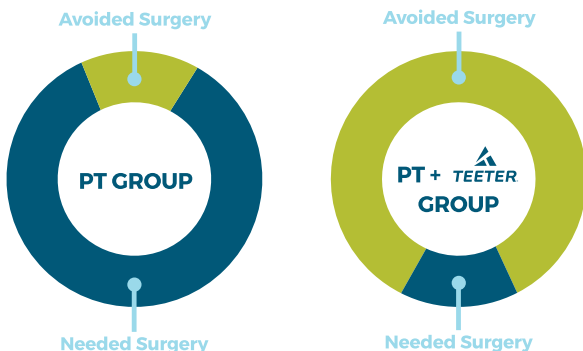
Relax tense muscles and decompress the spine to reduce loads on the discs between each vertebrae and keep painful pressure off the nerves.



VIDEO

How can just a few minutes a day on a Teeter help you temporarily relieve back pain? Just remember the "4 R's": rejuvenate discs, reduce nerve pressure, realign the spine and relax muscles. Inversion is the quiet side of fitness - simply recline and relax on the Teeter and allow gravity to do the work for you!

## Preliminary Study: Hope for Sciatic Sufferers.



Researchers at Newcastle Hospital cite inversion as "an effective, conservative treatment option with potentially significant healthcare cost savings."

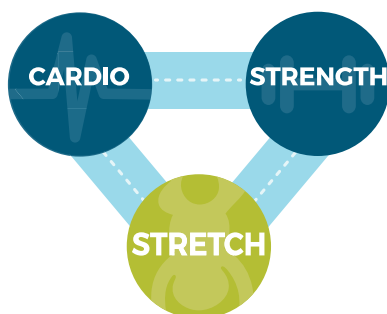


VIDEO

A published preliminary pilot study evaluated two groups totaling 24 patients: both received physical therapy and one also inverted regularly to 60° or more. Results indicated over a 70% reduction in the need for surgery for the Teeter users compared to the control.

Inversion Therapy in Patients with Pure Single Level Discogenic Disease: a pilot randomized trial. Manjunath, et al. Newcastle General Hospital, Newcastle Upon Tyne, UK.

## Fitness Triad: Cardio, Strength, INVERSION.



Achieve benefits far beyond the relief of back pain! Stretching is all-too-often overlooked as the 3<sup>rd</sup> pillar of fitness, a vital balance to your fitness routine.



VIDEO

Care for your joints and muscles to help remain flexible, active, and able to do what you love! Running is high impact and weight lifting is compressive. Both are hard on the joints. End every cardio or strength session with inverted decompression for a complete workout that cares for your muscles and joints.



/TeeterFitness

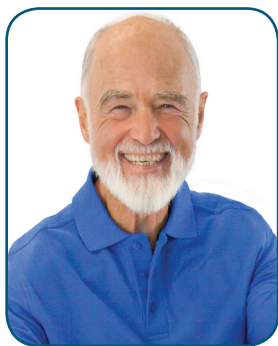


@TeeterFitness



/TeeterTV

# Feel Better. Move Better. Live Better.



Roger Teeter, Founder & Innovator

## Inversion has changed my life and I believe it will change yours.

In 1981, my wife and I started this company out of our family home with one goal: to help people who suffer from back pain find natural, sustainable relief. I understand what it is like to struggle with back pain and the limitations it places on one's lifestyle. I tried practically everything to find relief, and nothing actually targeted the source of the ache rather than deal with just the symptoms ... Until I found inversion.

**Take control of your health.** With Teeter, you can **target back pain at the source naturally**, in your own home! The solution is simple - use gravity in your favor. While inverted, your own body weight creates a natural form of traction that elongates and relaxes tense muscles while decompressing your spine and weight-bearing joints.

**Back pain relief—and beyond.** To better understand how inversion temporarily relieves back pain, remember the “4 R’s” - **rejuvenate discs, reduce nerve pressure, realign the spine and relax muscles**. In addition, a regular dose of inversion can help with relaxation, stress relief, flexibility and strength-building. In just a few minutes a day, without breaking a sweat, you can help restore your body and remain active and feeling great.

**Thank you for trusting in Teeter®.** You may have seen other inversion tables on the market, but they can't compare to Teeter's workmanship and durability. My name is my promise to you - with a Teeter, you know that you are investing in quality and a product that is truly built for the benefits.

Before you get started, be sure to review our tips for getting the most out of your inversion experience, the Owner's Manual, and Getting Started DVD. We look forward to hearing about your own success story!

## Teeter Success Stories

After suffering from **severe back pain** for nearly **10** years, I tried nearly everything to get help. Nothing worked until one day a good friend suggested inversion. I can honestly tell you [my Teeter] has given me **my life back**.

- Simon

Since I got the Teeter Inversion Table, I haven't looked back. It's helped me tremendously and I am **extremely thankful** for inversion for enabling me to continue in my career.

- Lisa Tamati, Ultramarathon Runner

I don't unconsciously plan every movement of my day around the avoidance of pain anymore. I feel like I have regained my life back; golf, swimming, and for the first time in 16 months, I ran my favorite route— with **no back pain** during or after my run.

- Paul

I'm **playing tennis again** and this is all after just one week of using the Teeter. For me, it would have been **worth three times** the money I paid.

- David



**Tell us About Your Success Story!**  
[teeter.com/reviews](http://teeter.com/reviews)



Specifications subject to change without notice. Teeter and Teeter logo are registered trademarks of Teeter.  
© 2015 Teeter. International law prohibits any copying. E62002 0315-1



### 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 the equipment without a licensed physician's approval. 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 or ventral hernia
  - Eye conditions like glaucoma, retinal detachment or conjunctivitis
  - Chronic sinusitis
  - High blood pressure or hypertension
  - Heart or circulatory disorders
  - Use of anticoagulants (including high doses of aspirin)
  - Weakness, frailty, or mobility issues
  - Dizziness, trouble with coordination or head-down disorientation
  - Vertigo, motion sickness or inner ear disorders
  - Brain injury or recent head trauma
  - Recent stroke or transient ischemic attack
  - Spinal injury or conditions impacting the spinal cord
  - Cerebral sclerosis
  - Medical conditions associated with the weight-bearing joints
  - Acutely swollen joints
  - Bone weakness (osteoporosis)
  - Recent or unhealed fractures
  - Medullary pins or surgically implanted orthopedic supports
  - Any other medical condition that may be made more severe by an elevation of blood pressure, intracranial pressure or the mechanical stress of the inverted position
- **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.



To download and print Teeter's ComforTrak™ instructions, visit the product support page at [teeter.com](http://teeter.com) or scan with your smartphone

Pour télécharger et imprimer le manuel du propriétaire ComforTrak™, visitez la page d'assistance des produits au [teeter.com](http://teeter.com) ou scannez à l'aide de votre téléphone intelligent.

Para descargar las instrucciones y de Teeter impresión ComforTrak™, visite la página de soporte de producto en [teeter.com](http://teeter.com) o escanear con su teléfono inteligente



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.

### Roller Hinges: Select a Hole Setting

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

#### Changing the Roller Hinge 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. Grasp each Roller Hinge under the Pivot Pins, using your thumbs to open the Self-Locking Hooks over the Pivot Pins (Figure 3). Lift both sides of the Table Bed out of the A-Frame and rest the head of the Table Bed on the floor.
4. Open each Cam Lock completely. Disengage the Roller Hinge from the Bracket Pin and slide it to the desired setting (Figure 4). Engage the Bracket Pin in the same Roller Hinge hole setting on each side. Secure the Cam Lock.
5. Re-attach the Table Bed into the A-Frame Hinge Plates (Figure 5). Ensure the Self-Locking Hooks snap closed over each Roller Hinge Pivot Pin. Rotate the Table Bed to the use position and adjust the Main Shaft for use (Figure 6).

	A near Pivot Pin Top Hole	B Middle Hole	C opposite Pivot Pin Bottom Hole	
80-120 lbs	X	●	●	36-54 kg
120-220 lbs	X		●	54-100 kg
220-300 lbs		X	●	100-136 kg

● Beginner / Partial Inversion    X Suggested for Full Inversion



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. 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 5'10"/178 cm, the last numbers visible will be 5'11"/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.

### 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

### 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

## 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.



Figure 10



Figure 11



Figure 11A



Figure 12

## Secure Your Ankles

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

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, push down on the EZ-Reach Handle, then push outward 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. Push down on the EZ-Reach Handle (Figure 13), pull toward your legs 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 13



Figure 14

Labeled ② 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.

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).



### 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.

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:

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.

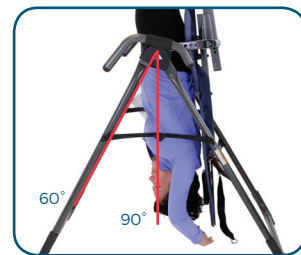


Figure 20



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. Push down on the EZ-Reach Handle to disengage the lock, then push out to open the Ankle Lock System 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.
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](http://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



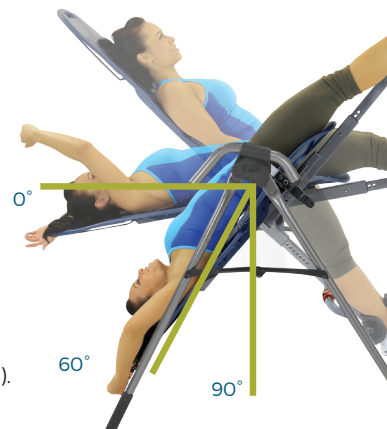
## Get Started

**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 the Roller Hinges 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.