

POWER V™ *Inversion Table*

Patent applies.

Height / Weight Capacity:
Max 6'6" / 300 lbs. (198 cm, 136 kg)

IMPORTANT SAFETY INFORMATION

⚠ DANGER - Electrical Hazards

To reduce the risk of burns, fire, electric shock, or injury to persons:

- **ONLY** connect this appliance to a properly grounded outlet. See "REQUIRED GROUNDING PROCEDURES" below.
- **ALWAYS** unplug before cleaning, putting on or taking off parts.
- **NEVER** operate this appliance if it has been dropped or damaged, or it has a damaged cord or plug.
- **DO NOT** attempt to fix this appliance if damaged or malfunctioning. Contact the manufacturer for troubleshooting and evaluation. USA & Canada: (800) 847-0143/(253) 840-5252, International +1 (242) 362-1001 and Europe +44-(0)20-8667-0060.
- **NEVER** operate the appliance with the air opening blocked.
- **DO NOT** operate where aerosol (spray) products are being used or where oxygen is administered. Normal internal motor sparking could ignite these gases.
- **DO NOT** use outdoors.
- **DO NOT** leave unattended when plugged in.

REQUIRED GROUNDING PROCEDURES:

Connect this product to a properly grounded outlet only. Grounding protects you if certain components fail.

- The 3-prong grounding plug provided with this product must be plugged into an outlet that is properly grounded in accordance with all local codes and ordinances. A qualified electrician can verify the outlet is properly grounded.
- If the 3-prong plug will not fit in the outlet, **DO NOT** modify the plug or use an adapter. Have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 120-volt circuit. *(Unless otherwise specified due to special order)*

⚠ WARNING

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. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

Restrictions on Use

- **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	• Conjunctivitis	• Recent stroke or transient ischemic attack
• Extreme obesity	• High blood pressure	• Bone weakness (osteoporosis)
• Pregnancy	• Hypertension	• Recent or unhealed fractures
• Hiatal hernia	• Heart or circulatory disorders	• Medullary pins
• Ventral hernia	• Spinal injury	• Surgically implanted orthopedic supports
• Glaucoma	• Cerebral sclerosis	• Use of anticoagulants (includes high aspirin use)
• Retinal detachment	• Acutely swollen joints	
- **DO NOT** use if you are over 6ft 6in (198 cm) or 300 lbs (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- This product is not intended for use in public facilities.

Precautions Before Using

- **DO NOT** use the inversion table until you have thoroughly and carefully read the Owner's Manual, reviewed all other accompanying documents, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **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 that all fasteners are secure and that the equipment is located on a level surface.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe. **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- In the event of a power outage during use, this table requires the use of a hand crank to return to an upright position. When fully upright, rotate the knob at the right end of the Foot Ankle Clamps. All first time users should practice manual cranking to an upright position and manual release of the ankle clamps with a spotter until comfortable with the procedures. Users who are not able to successfully utilize the power outage releases should **NEVER** use the unit without a spotter.
- Refer to additional warning notices posted on the equipment. If labels become unreadable or fall off, call customer service for replacement labels.

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.
- **ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.
- First time users should use a spotter to ensure they are comfortable with the operation of the table.

DO NOT REMOVE FROM TABLE

INTRODUCTION TO INVERSION

Inversion reverses the natural pull of gravity on the body, using your own body weight to apply a decompressive stretch for your joints and muscles. Inversion is a passive activity that you can do easily at any time of the day to give you the benefits of decompression, stretching, relaxation and improved flexibility and posture.

For a more active workout, the Power V will rotate to full inversion*. Controlled stretching and exercise in full inversion can help build muscle strength and flexibility.

*Definition of full inversion: Hanging completely by your ankles with your back free from the table. **DO NOT** attempt full inversion until you are comfortable with partial inversion.

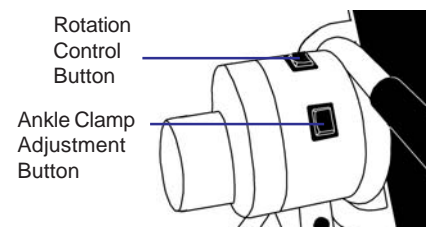


⚠ WARNING: Tip-Over Hazard

The equipment is structurally rated at a capacity of 6'6" (198 cm) or 300 lbs (136 kg). However, please confine all inverted activities to smooth movements. Aggressive exercises, which involve a lot of body movement, can cause the table to tip over resulting in serious injury or death!

PRIOR TO USE

Press the Rotation Control Button (the rear button on the Motor Housing) to make sure the table rotates smoothly to the fully inverted position and back. Press the Ankle Clamp Adjustment Button (the front button on the Motor Housing) to make sure the front ankle clamps rotate smoothly towards the rear ankle clamps and back.



MOUNTING AND SECURING YOUR ANKLES



Figure 1

1. Preparing to Mount:

- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis style shoe.
- **DO NOT** wear shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone. This type of footwear could interfere with properly securing your ankles.
- Rotate the ankle clamps to the open position by pressing the Ankle Clamp Adjustment Button, the front button on the Motor Housing (See Figure 1).

2. Mounting:

- Stand on the Foot Platform, sliding your ankles between the Foam Ankle Clamps.
- Press your ankles back firmly against the rear Ankle Clamps.
- BEFORE INVERTING, push the Ankle Clamp Adjustment Button to rotate the clamps to a snug and comfortable fit against the ankles (See Figure 2). Make sure your pant legs do not interfere with obtaining a secure closure.
- **ALWAYS** carefully check to make sure that both the front and rear Ankle Clamps are snug against your ankles, or you could fall when the table inverts. Do this before every use of the inversion table.

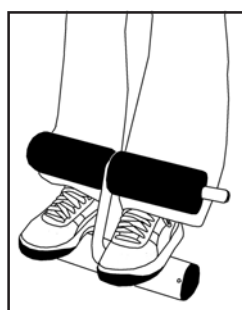


Figure 2

⚠ WARNING

Failure to fully secure ankles could result in serious injury or death!
DO NOT deviate from these instructions!

INVERTING

Precautions:

- When first using the inversion table, do not go to full inversion. To start, invert to only 15-20 degrees (See Figure 3) until you feel comfortable enough to progress to a greater angle. Refer to "Important Details Regarding Inverting" on the next page.
- Use a spotter for your first few inversion sessions until you are comfortable with the operation of the table.

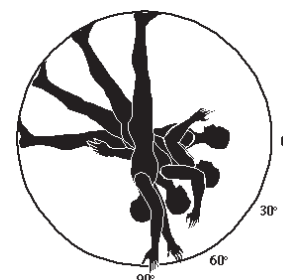


Figure 3

INVERTING (cont.)

How to Use:

- ENSURE there is clearance for the table to rotate without contacting other objects or people.
- TO INVERT, push the Rotation Control Button, the back button on the Motor Housing, in the direction of your head. Release the button to stop the rotation at any angle (See Figure 4). Benefits of inversion begin at approximately 20 degrees. Do not attempt full inversion if you are not comfortable.
- TO RETURN UPRIGHT, press the Rotation Control Button in direction of your feet. Keep elbows clear of the A-frame when returning from the fully-inverted position in order to avoid catching your arm between the A-frame and the table while the table rotates (See Figure 5). Rest at the horizontal position for a moment prior to returning to starting position.
- Push the Ankle Clamp Adjustment Button to rotate the clamps open. **NOTE:** This button will NOT function when the table is inverted to any angle beyond the horizontal position.

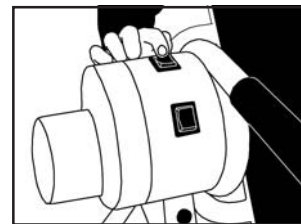


Figure 4

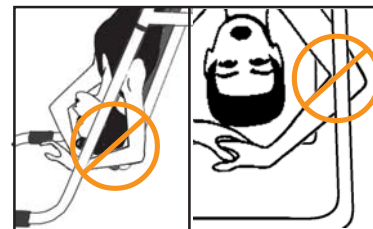


Figure 5

Emergency Power Outage Directions:

- If a power failure occurs, please remain calm. Reach for the Manual Crank attached to the Motor Housing (See Figure 6).
- Insert the Manual Crank into the hole on the Motor Housing and turn the crank clockwise to rotate the table upright.
- As a secondary option, the ankle clamps may be released by locating the knob at the right end of the Foot Ankle Clamps (See Figure 7). Turn the knob counterclockwise to open clamps. **Note: The Power V comes with the Gravity Lock, a secondary locking mechanism to secure the ankles by not allowing the foot clamps to open after you rotate into a horizontal or inverted position.**

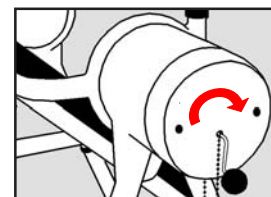


Figure 6

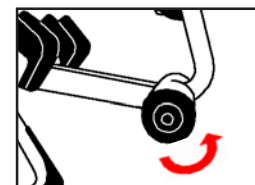


Figure 7

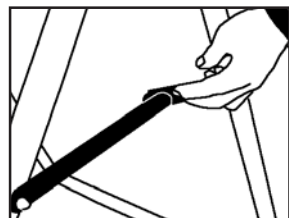


Figure 8

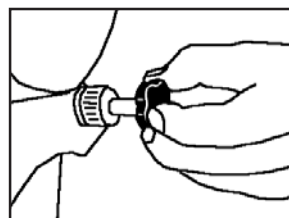


Figure 9

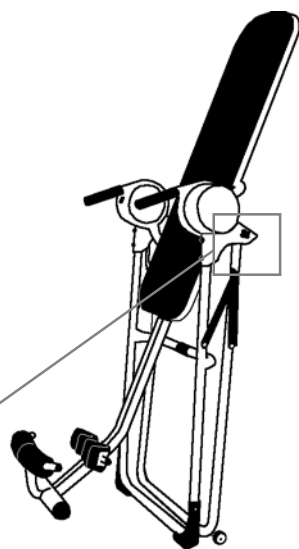


Figure 10

Storage

Storage Directions:

⚠ WARNING

Prior to folding the table into storage position, make sure that someone is in place to help support the weight of the table and prevent it from falling.

- Pull upward on both of the ridged A-frame spreader arms (See Figure 8). **NOTE: Be careful. This operation may pinch fingers if not done slowly.**
- Pull the A-frame Locking Pin located under the Left Gear Housing (See Figure 9) while squeezing the legs of the A-frame together.
- From the standing position, prop the table onto the wheels at the rear of the A-frame and push or pull the table to a storage location. (See Figure 10)



Patent applies.

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For information about the Teeter Hang Ups® 2-year warranty, to order replacement labels or manuals, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

USA & Canada:

STL International, Inc.
9902 162nd St. Ct. E.
Puyallup, WA 98375
(Phone) 800-847-0143
(Fax) 800-847-0188
(email) Info@STLIntl.com
(web) www.STLIntl.com

International:

Inversion International, Ltd.
PO Box: AP 59245
New Providence Island, Bahamas
(Phone) +1-242-362-1001
(Fax) +1-242-362-1002
(email) Info@InversionInternational.com
(web) www.InversionInternational.com

Europe:

Teeter Ltd.
Cygnet House, Sydenham Road
Croydon, Surrey CR0 2EE, UK
(Phone) +44-(0)20-8667-0060
(Fax) +44-(0)20-8680-3999
(email) mail@TeeterLtd.com
(web) www.TeeterLtd.com

IMPORTANT DETAILS REGARDING INVERTING

Begin Slowly:

- To start, invert only 15 - 20 degrees for a week or more until you get used to it.
- Stay down as long as you are comfortable, even if only a few seconds at first.

Make Changes Gradually:

- Increase the angle in small increments only if it is comfortable to you. You can gain all the benefits of inversion without ever inverting beyond 60 degrees. Muscle stretching and relaxation can be realized at as little as 20 degrees.
- You may want to increase your routine from 1-2 minutes to 5 or more over time - just listen to your body. Remember, this is not a no pain, no gain situation!

Pay Attention to What Your Body Tells You:

- Remind yourself that your body is unique and it will tell you what is good for it.
- Pause at horizontal when returning upright - dizziness after a session is a sign that you should take more time to let your body readjust.
- Wait for a while after you've eaten before you invert.
- If inversion makes you nauseous, don't fight it. Come up as soon as you feel queasy, even if after only a few seconds. Give it time--it may take weeks or months before your inner ear gets used to inverting.

Moving While Inverted is Helpful:

- Add gentle stretching and light exercises only after you are comfortable with inversion. Movement while inverted may help make inversion a more comfortable experience and may help joints to realign and muscles to stretch and relax.
- Movement may be accomplished either by intermittent or rhythmic traction or by stretching and exercise:

Intermittent traction consists of 1-2 minutes inverted and a half minute up, to be repeated as long as is comfortable at angles that are comfortable for you.

Rhythmic traction is a more evenly spaced moving down and up.

Stretching can be done at partial inversion (torso rotation) or at full inversion (torso rotation, back extension and flexion).

Exercise should only be performed from the fully inverted position. Crunches, full-range sit-ups and squats provide a great way to strengthen muscles with virtually no loads to your joints.

Keep elbows close to the body while exercising to avoid impact with the A-Frame. DO NOT use weights, elastic bands or any other exercise or stretching device while on the inversion table. Confine all inverted activities to smooth movements. Aggressive exercises, which involve a lot of body movement, can cause equipment to tip over resulting in serious injury or death.

Do It Regularly:

- Make inversion a regular routine and integral part of your life... that is how you will experience the most benefits!

