

## GL9500™ *Inversion Table*

U.S. and foreign patents apply. Other foreign patents pending.

### PRE-ASSEMBLY

**Before you begin:** These instructions will guide you in properly assembling the unit. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure user safety and product integrity.

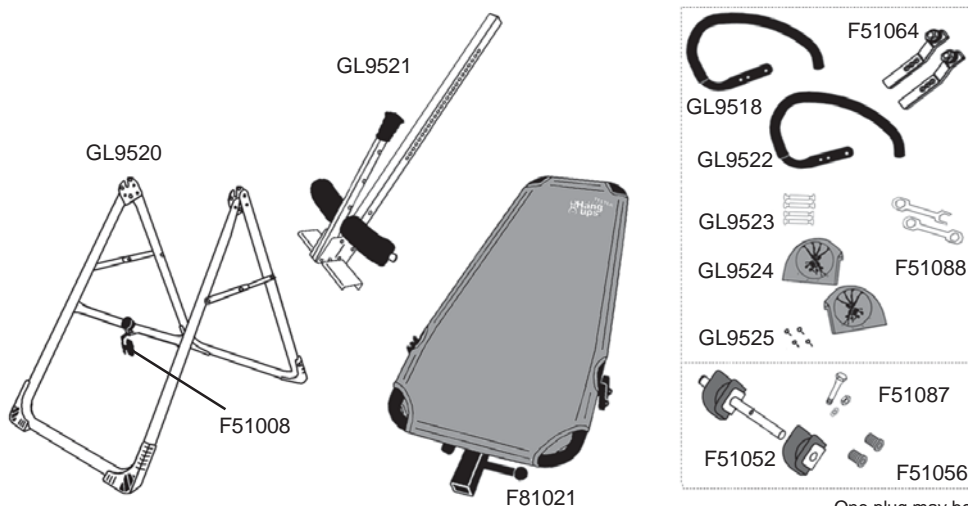
### ⚠ WARNING

1. 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.
2. This product is not designed for persons over 6ft 6in (198 cm) or 300 lbs (136 kg). Structural failure could occur or head/neck may impact floor during inversion. Serious injury or death could result.
3. 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.
4. 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.
5. DO NOT use the inversion table until you have thoroughly and carefully read the Owner's Manual, viewed the Instructional DVD, reviewed all other accompanying documents, and inspected the equipment.
6. The steps in the DVD directly coincide with the steps detailed in these Assembly Instructions.
7. Choose a level surface for assembling and operating the table.
8. Follow each step in sequence. Do not skip ahead.
9. Make sure that all fasteners are secure.
10. PRIOR TO USE, test and inspect the table. Make sure the table rotates smoothly to inverted position and back.
11. Replace defective components immediately and/or keep the equipment out of use until repair.

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or customer service directly (See Pg. 4).

ITEMS FOR ASSEMBLY	ITEM #'s
A-frame base	GL9520
EZ Angle Tether Strap	F51008
Main shaft	GL9521
Table frame with mat	F81021
Left Handle	GL9518
Right Handle	GL9522
Double Threaded Bolts (4)	GL9523
Shrouds	GL9524
1/4" Bolts (4)	GL9525
Two (2) roller hinges	F51064
Two (2) wrenches	F51088
Rear bar with ankle clamps	F51052
2" (51mm) Hex Bolt / Nut / Washer	F51087
Black Rubber Plugs	F51056
Instructional DVD*	LD9500

\*not included in drawings



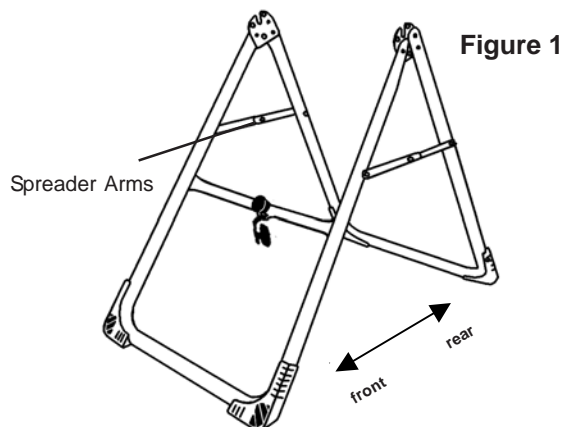
One plug may be preassembled into rear bar

### ASSEMBLY

#### STEP ONE

##### Assemble the A-frame Base (GL9520)

- Open the A-frame and make sure that the Spreader Arms are locked flat. (See Figure 1)



# ASSEMBLY

NOTE: Nuts and bolts may be packaged separately or assembled in handles and shrouds.

Figure 2

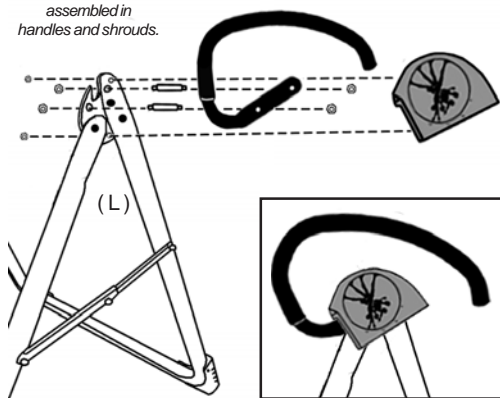


Figure 2A

## STEP TWO

### Install Handles (GL9518, GL9522) and Shrouds (GL9524) on A-frame Base (GL9520)

- Insert two double threaded bolts (GL9523) through the base of the Left Handle (marked with an "L") and hand tighten on the outside with the nuts provided. (See Figure 2) Line up and insert the opposite end of the bolts through the corresponding 1/3" holes on the outside of the hinge plate. Loosely tighten with nuts, then use the wrenches provided to tighten both sets of nuts, being careful not to over tighten. Repeat with the Right Handle.
- Place one of each shroud over the outside edge of the corresponding handle. Line up and insert shroud bolts (GL9525) through the smaller 1/4" holes in the hinge plate (See Figure 2). Use the wrenches provided to tighten the nuts, being careful not to over tighten.

## STEP THREE

### Install Roller Hinges (F51064) to Table Frame (F81021)

- For ease of assembly, rest the table frame against the crossbar at the front of the A-frame.
- Open the cam locks on each side of the table frame.
- With the grooved pivot pins facing out, insert the roller hinges into the brackets on each side of the table frame. (See Figure 3) The roller hinges will slide between the cam locks and the brackets. (See Figure 3A)
- Make sure that the roller hinges are in the same hole setting on both sides.
- Push down on the cam lock to secure the hinge. Figure 3B shows the roller hinge engaged correctly (in Setting C).

Refer to the Owner's Manual for an explanation of the hole settings.  
We suggest using Setting C to start.

Figure 3

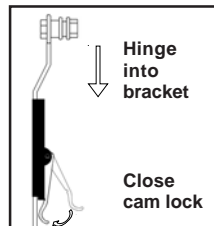
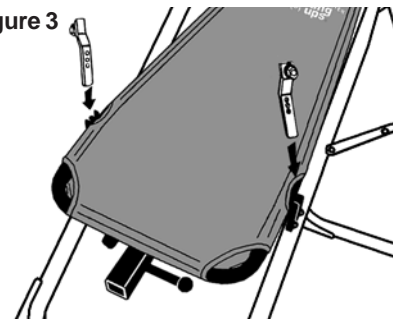


Figure 3A

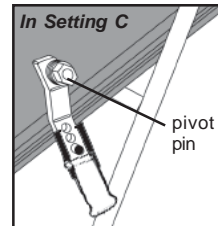


Figure 3B

Figure 4

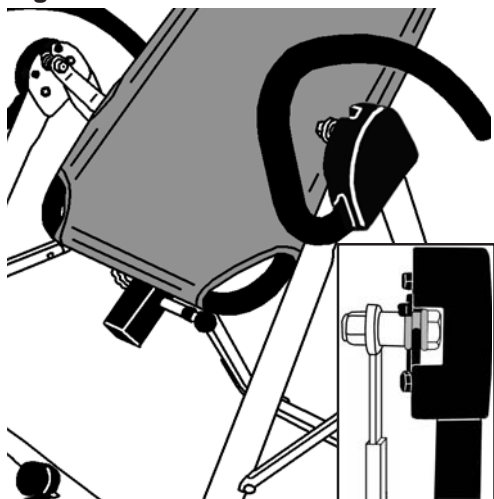


Figure 4A

## STEP FOUR

### Attach the Table Frame (F81021) to the A-frame Base (GL9520)

- Holding each side near the roller hinges, pick up the table frame and stand at the front of the A-frame. Lower each pivot pin into the A-frame hinge plates at the same time. (See Figure 4) Figure 4A shows the correct placement of the pivot pin into the hinge plate.
- Make sure that both pivot pins are seated at the base of the slot in the hinge plate.
- Check to make sure that the self-locking hooks have closed over both pivot pins and that the table rotates smoothly.

## WARNING

Failure of the self-locking hooks to close over both pivot pins is indication of improper assembly and if not corrected, could result in serious injury or death.

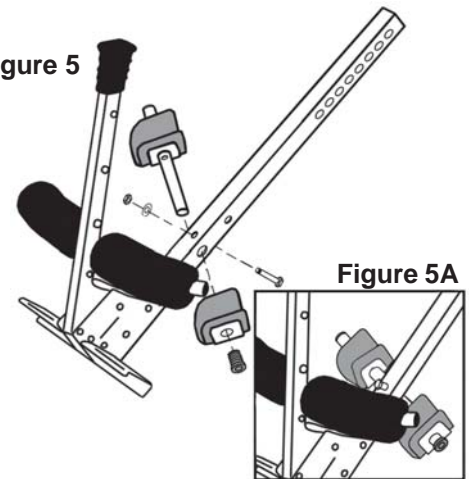
# ASSEMBLY

## STEP FIVE

### Assemble Rear Bar with Ankle Clamps (F51052)

- With the rounded corners of the rear foam ankle piece facing down, insert the rear bar with one ankle clamp into the large hole at the bottom of the main shaft (GL9521). (See Figure 5)
- Align the hole in the rear bar with the hole on the main shaft and insert the Hex bolt (F51087) into the holes from the rear. Install the washer and nut; tighten with the wrenches provided.
- Slip the other foam ankle clamp with silver backing (rounded corners down) onto the rear bar and push the black rubber plug (F51056) into the bar. See Figure 5A for correct assembly.

Figure 5



## STEP SIX

### Insert the Main Shaft (GL9521) into the Table Frame (F81021)

- Loosen the de-rattler knob on the main shaft housing.
- With the height adjustment settings on the main shaft facing up, slide the end of the main shaft into the blue bushing in the main shaft housing. (See Figure 6)
- Pull out the height selector locking pin to allow the main shaft to slide in further. For the purpose of easy assembly, slide the main shaft in all the way and release the pin in the storage setting. (Refer to the Owner's Manual for proper height adjustment before use).
- Tighten the de-rattler knob.

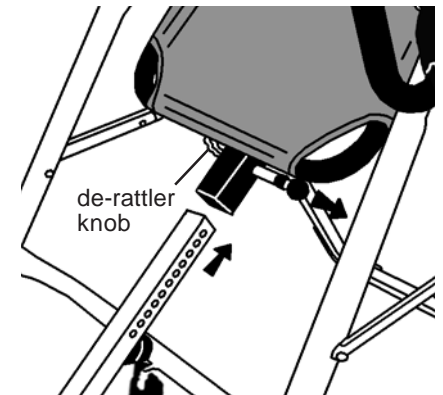


Figure 6

## WARNING

Read the Owner's Manual for information on selecting the correct user height setting. Improper settings could result in serious injury or death.

## STEP SEVEN

### Attach the EZ-Angle Tether Strap (F51008) to Limit the Degree of Rotation

- Attach the clip to the desired strap angle and hook the clip to the loop at the base of the table bed.
  - 20° - Secure the clip to the green strap for inversion to a gentle 20°.
  - 40° - Secure the clip to the blue strap for inversion to a moderate 40°.
  - 60° - Secure the clip to the black tip of the strap for inversion to a more advanced 60°. This is the angle when all the benefits of inversion are realized.
  - 90° - Remove the tether strap entirely for full inversion and exercise!

Hook tether strap here.

60°

40°

blue

20°

green

No Strap:  
90°

Figure 7

## STEP EIGHT

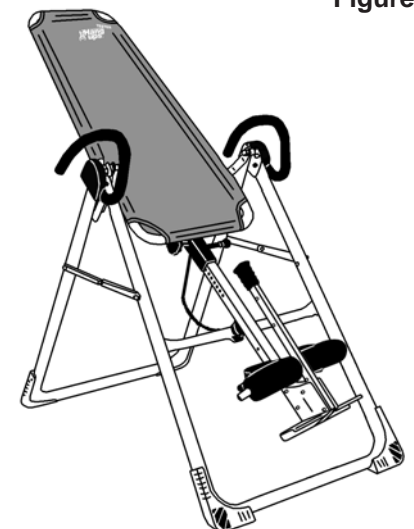
### Testing the Assembly

#### PRIOR TO USE:

- Test the table by hand for smooth and steady rotation.
- Ensure all fasteners are secure.

### You have completed the assembly of your Teeter Hang Ups® Inversion Table.

- Read your Owner's Manual thoroughly before using the inversion table. Improper settings could result in serious injury or death.
- For your reference, the table's serial number can be found at the base of the table frame on the back.
- Please complete and mail your warranty card, or submit it on-line at [www.STLIntl.com](http://www.STLIntl.com).

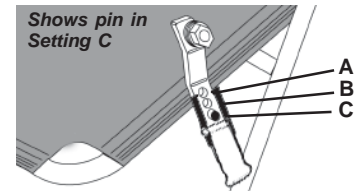


**CHANGING THE ROLLER HINGE SETTING**

- Stand with your legs on either side of the main shaft.
- Reach under each roller hinge with your index fingers. Use your thumbs to release the locks over the roller hinges. (See Figure 9)
- Lift both sides of the Table Frame out of the A-frame at the same time. You may rest the table on the crossbar of the A-frame.
- Unlock the cam locks for each roller hinge. Change the roller hinges to the desired setting (A, B, or C, from most aggressive to least aggressive). (See Figure 10)
- Relock the cam locks. Replace the roller hinges into the hinge plates of the A-frame.

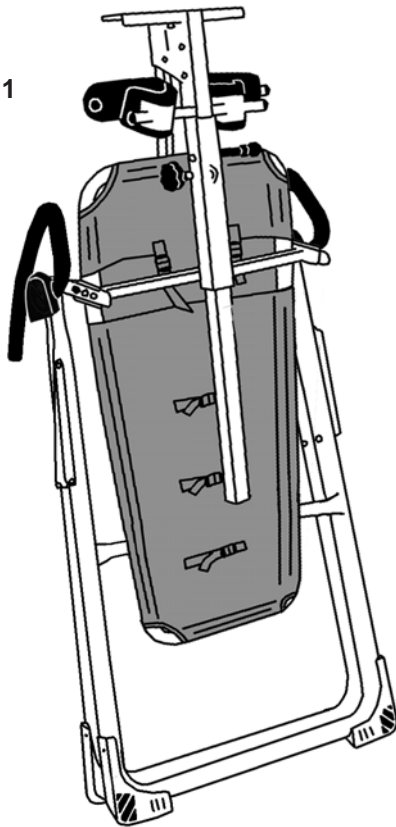


**Figure 9**



**Figure 10**

**Figure 11**



**STORING THE INVERSION TABLE**

**IMPORTANT NOTE:** The GL9500™ will not fold for storage while in Setting “C” of the roller hinge. You must have the roller hinge set in either the “A” or “B” setting to do so.

- Loosen the de-rattler knob.
- Pull the height selector locking pin and slide the main shaft in all the way to the ankle clamp assembly. Engage the pin in the storage setting.
- Rotate the table *opposite from use* until the table has turned 180 degrees and rests against the cross bar on the A-frame.
- The legs of the A-frame base may then be folded together for compact storage. (See Figure 11). **WARNING: This operation may pinch fingers if not done slowly and carefully.**

**TABLE MAT: REMOVING / CLEANING / TIGHTENING**

- You may find it easier to remove the nylon mat while the table is in its storage position.
- Pull up on the plastic tension clips to loosen the adjustment straps.
- Release one corner at a time, then slide the mat off the frame.
- The mat should be washed in cold on gentle cycle. Replace the mat on the table frame while still wet.
- If you feel the nylon mat needs to be tightened, pull the adjustment straps on the back of the mat.



Classified as Medical Equipment, part I in accordance with UL 2601-1 and CAN/CSA C22.2; General Requirements for Safety in accordance with Underwriters Laboratories, Inc.

\* any modification to this device will void the UL Classification



U.S. and foreign patents apply. Other foreign patents pending.  
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For information about the Teeter Hang Ups<sub>®</sub> 5-year warranty, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

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