

Teeter Hang Ups Gravity Boots are designed to be used with the following Teeter Hang Ups products:



Inversion Rack

Teeter Hang Ups EZ-Up™ Inversion Rack:

Gravity Boots can be used with our EZ-Up Inversion Rack, a double-bar system that secures to a standard wood door frame. Quick-disconnect locking brackets allow the rack to be installed or removed in less than 5-seconds and do not interfere with normal use of the door.



Inversion Table

Teeter Hang Ups Inversion Table:

Gravity Boots are an optional upgrade for use with our F5000, F6000 and F7000 Inversion Tables. The inversion tables are equipped with standard ankle clamps, however, the tables can be converted with a CV Bar* for use with Gravity Boots, providing maximum comfort and support for the ankle.

***CV Bar not included. Contact manufacturer for more information.**

Teeter Hang Ups Inversion Bar:

Gravity Boots can be used with our Inversion Bar, a single bar system that secures to a standard wood door frame. Quick-disconnect locking brackets do not interfere with normal use of the door.

Inversion Bar

Larger style Gravity Boots XL are also available from Teeter Hang Ups.

⚠ 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) Pregnancy; Hiatal Hernia, Ventral Hernia; Glaucoma, retinal detachment or conjunctivitis; High blood pressure, hypertension, recent stroke or transient ischemic attack; Heart or circulatory disorders; Spinal injury, Cerebral Sclerosis, and acutely swollen joints; Bone weakness (osteoporosis), recent and/or unhealed fractures, medullary pins, and surgically implanted orthopedic supports; The use of anticoagulants, including high doses of Aspirin; Middle ear infection; Extreme obesity.
- **DO NOT** use with the EZ-Up Inversion Rack or Inversion Bar if you are over 250 lbs (113.6 kg). **DO NOT** use with converted F-series Inversion Tables if you are over 300 lbs. (136kg) or 6'6" (198 cm). 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.
- We recommend only using the Gravity Boots with properly installed and tested Teeter Hang Ups products, which are designed specifically for inversion and for use with Gravity Boots.
- **DO NOT** use Gravity Boots with a Teeter Hang Ups Inversion Table until you have replaced the ankle clamps with the CV Bar
- **DO NOT** use Gravity Boots with a Bar that is not secure to at least four times your body weight. Test this by having two persons hang on the bar at the same time then bounce up and down.
- **DO NOT** use Gravity Boots with a Bar that exceeds 1.25" (3.2 cm), the Bar must sit loosely at the base of the hook. Bars that are too large will stress the hook and could result in equipment failure. Failure to heed this warning could result in serious injury or death.
- Not for unsupervised commercial use.

Precautions Before Using

- **DO NOT** use until you have thoroughly and carefully read this booklet, reviewed product labeling, 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.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

Precautions During Use

- **ALWAYS** use a spotter until comfortable with the use of the equipment.
- **DO NOT** use aggressive movements, or use weights, elastic bands or any other stretching device while inverting.

Gravity Boots



The most comfortable boots on the market are from Teeter Hang Ups!

Inversion may help you to:

- Relieve back pain • Reduce stress
- Decompress spine and joints • Improve circulation
- Increase flexibility • Improve posture
- Maintain original body shape • Stretch and relax muscles • Recover from high impact workouts
- Exercise without compressive loads

KEEP THIS BOOKLET FOR FUTURE REFERENCE.

Teeter Hang Ups is a trademark of STL International, Inc. and Inversion International, Ltd.

Calf Loops: Why use them?

Calf loops are an optional feature that are easily detachable, so Gravity Boots can be used by shorter adults and children. Calf loops provide the following benefits:

1. Reduce loads on the ankles and prevent the front edge of the boot from placing uncomfortable pressure on the top of your feet.
2. Offer a hand hold to help you get back up to the bar.
3. Place a 2° bend in the knees, which for most people is more comfortable than inverting with straight legs.



A.



TO ATTACH CALF LOOPS:

Insert the base of the Calf Loop into the open end of the Boot Hook (Figure A). Make sure you hear the Calf Loop snap into place for secure attachment. Repeat on other boot.

TO DETACH CALF LOOPS:

Press your finger onto the Calf Loop Release Tab (Figure B) and pull loop away from the Boot Hook.

**Calf Loops must be attached/detached while boots are NOT secured around ankles.*

Boot Care:

No regular maintenance is required, however, for continued smooth use, we recommend keeping buckles latched when not in use.

B.



User Instructions:

Determine the Right and Left boot. The hook of the Right Boot is marked as "Right Boot", the hook with the warning sticker is the Left Boot. Always make sure to put each boot on the corresponding ankle. Failure to do so may cause discomfort or equipment failure.



1 - Insert foot through calf loop. 2 - Put boots on with strap locks in front.



3 - Insert end of straps into strap locks; DO NOT tighten yet.
4 - With the buckle levers still open, rotate the hook to the front of your leg. Push down on the boot so it sits on top of your foot.



5 - Close the buckle levers, adjusting the straps to fit your ankle. A snug but not tight fit will be most comfortable. 6 - TO RELEASE: Lift up on the buckle lever and push down on the strap lock tab to release the strap.

Before inverting on any doorway-installed Teeter Hang Ups products, you must weight test the bar to at least twice your body weight. With a partner of equal or heavier weight, hang on one end of the bar and bounce. Repeat this test on the other end of the bar.

Inverted Stretching and Exercise: **Stretching**

Gravity Boots provide a comfortable way to invert, for a decompressing stretch to your spine and weight-bearing joints. Moving your joints through their range of motion while your muscles are relaxed helps to improve flexibility and promote healthy joints.



Crunches & Sit-ups

Inversion offers a method of strengthening abdominal muscles without the addition of compressive loads to your back.

Squats

Reverse squats utilize your own body weight to resist gravity; an amazing workout for glutes and hamstrings.

Note:

Invert only as long as you are comfortable. First time users should be careful not to overdo it - this is not a no pain, no gain situation!



For information about the Teeter Hang Ups® 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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