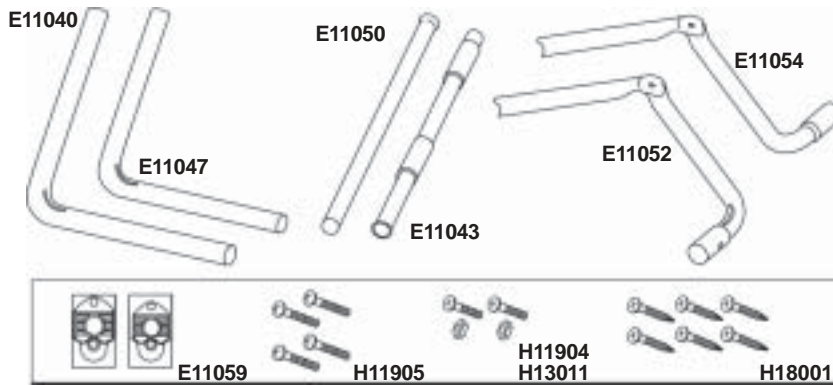




EZ-Up™ Inversion Rack

Assembly Instructions

Before beginning to assemble the EZ-Up™ Inversion Rack, remove all of the individual parts from the carton. You will have the following eleven (11) items:



Items for Assembly:	Item #
Large diameter 'L' Bar	E11040
Small diameter 'L' Bar	E11047
Small Straight Bar w/ Warning Label	E11050
Large Straight Bar w/ Blue Foam	E11043
Large diameter 'Elbow' Bar	E11052
Small diameter 'Elbow' Bar	E11054
Two (2) Locking Brackets	E11059
Four (4) 2" (5 cm) Bolts	H11905
Two (2) 1¾" Bolts (4.4 cm) w/Lock Nuts	H11904 H13011
Six (6) 2" (5 cm) Wood Screws	H18001

Not included: Medium Phillips Head screwdriver, Adjustable Wrench, Drill motor w/ 5/32" drill bit.

Figure 1
(larger diameter tubes)

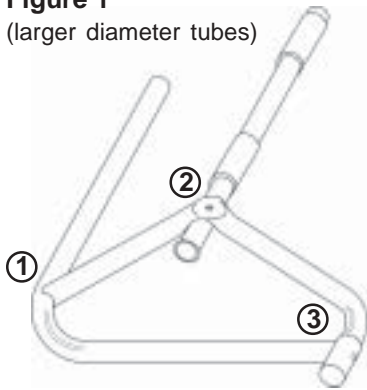


Figure 2

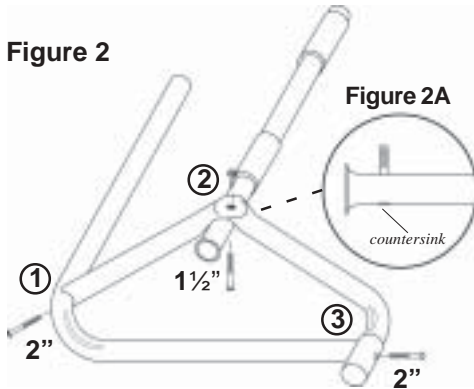
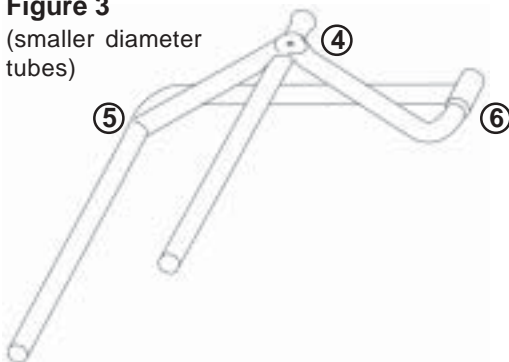


Figure 3
(smaller diameter tubes)



CAUTION!

DO NOT USE THE EZ-Up™ INVERSION RACK IN DOORWAYS WIDER THAN 36 inches (91 cm).

- Your EZ-Up™ Inversion Rack is made of two halves which slide together to fit in doorways from **28 to 36 inches (71 cm to 91 cm)** wide.
- USE ONLY in solid **wood** doorways built according to national building codes. *Do not* use in faux or metal doorways.

STEP 1.

Assemble the three larger diameter tubes (E11040, E11043, E11052) which are marked by a 1, 2 and 3 at each joint:

- Separate the three larger diameter tubes from the three smaller diameter tubes. The larger diameter tubes use joint numbers **1, 2, and 3**.
- Lay out the three larger tubes in relationship to each other. See *Figure 1*. Be sure that the parts are assembled so that **1 mates to 1, 2 mates to 2, and 3 mates to 3**.
- Loosely assemble joints **1** and joints **3** using the 2" (5 cm) bolts (H11905). See *Figure 2*. **DO NOT TIGHTEN THE BOLTS YET.**
- Loosely assemble joint **2** with a 1¾" (4.4 cm) bolt (H11904) and lock nut (H13011). Insert the bolt so that its head fits in the countersink. See *Figure 2A*.

STEP 2.

Assemble the three smaller diameter tubes (E11047, E11050, E11054) which are marked by a 4, 5 and 6 at each joint:

- Lay out the three smaller diameter tubes in relationship to each other. See *Figure 3*. Be sure that the parts are assembled so that **4 mates to 4, 5 mates to 5, and 6 mates to 6**.
- Loosely assemble joints **5** and joints **6** using the 2" (5 cm) bolts (H11905). **DO NOT TIGHTEN THE BOLTS YET.**
- Loosely assemble joint **4** with a 1¾" (4.4 cm) bolt (H11904) and lock nut (H13011). Insert the bolt so that its head fits in the countersink. See *Figure 2A*.

Figure 4

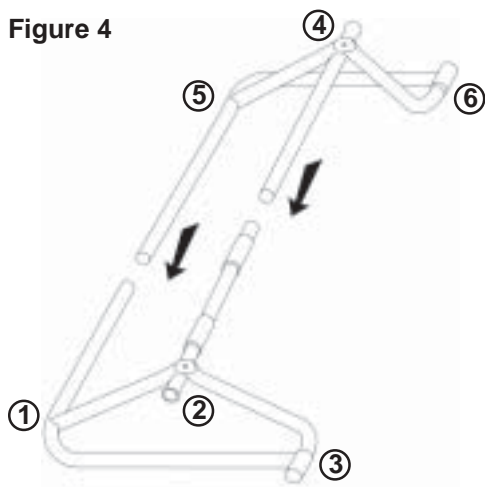


Figure 5

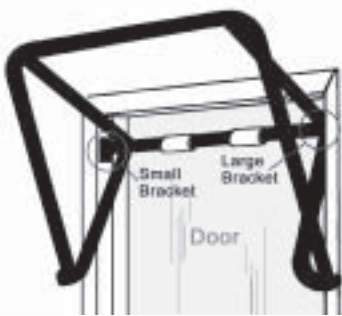


Figure 6

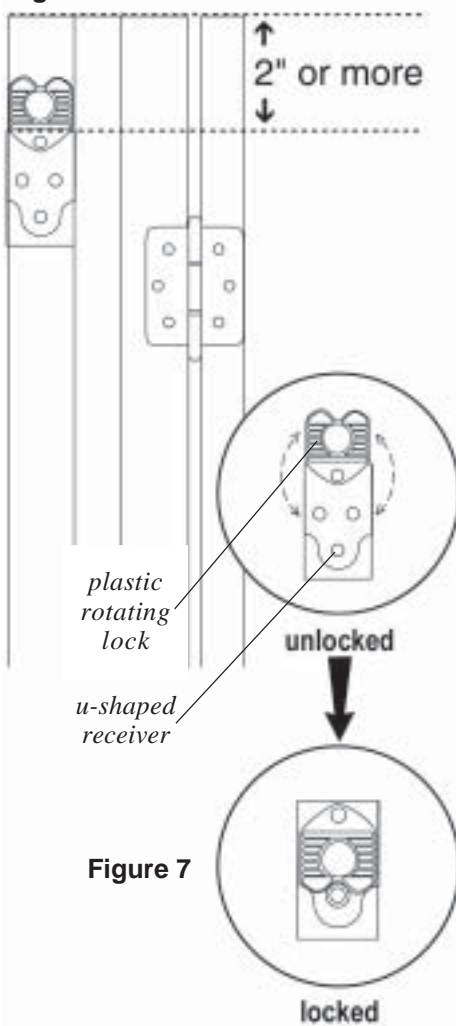
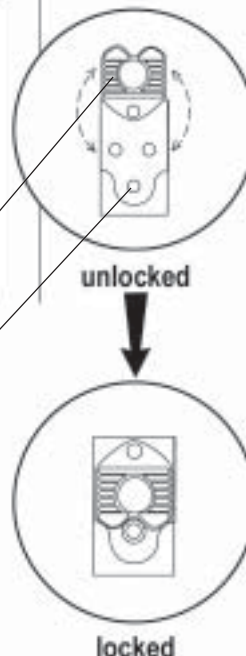


Figure 7



STEP 3.

Final Assembly:

- Slide the smaller half into the larger half. *See Figure 4.* **TIGHTEN ALL BOLTS** using a screwdriver and wrench. The width of the EZ-Up™ Inversion Rack may be adjusted by sliding the smaller half in or out, depending upon the size of your door frame.

STEP 4.

Installation of Locking Brackets:

- **Important:** There are two sizes of Locking Brackets, one to fit the Large Straight Bar (with blue hand grips) and one to fit the Small Straight Bar (with red warning label). The Locking Brackets should mount on the door frame opposite from the hinged door, to allow use of the equipment without interfering with operation of the door. *See Figure 5.* With your back to the door, the large Locking Bracket will mount on your **left** and the small Locking Bracket on your **right**.
- Install the first Locking Bracket as shown in *Figure 6.* Place the Locking Bracket against the doorstop edge, and 2" (5 cm) or more down from the top of the door frame. **CAUTION: Make sure the plastic rotating lock is on top.**
- Mark and then drill three 5/32" (3.9 mm) diameter holes and drill at least 2" (5cm) deep into the door frame.
- Mount the Locking Bracket using the three wood screws provided (H18001). **YOU MUST USE THE SCREWS PROVIDED—DO NOT SUBSTITUTE WITH OTHER LENGTH SCREWS.** Screws must fully engage the door frame. (To make the installation easier, rub bar soap on the screw threads.)
- Install the second Locking Bracket on the opposite side of the door frame at the same height as the first Locking Bracket. After both Locking Brackets are installed, extend your EZ-Up™ Inversion Rack out to the width of the door frame and hook the flared tube ends into the u-shaped receiver in each Locking Bracket.
- Lock the EZ-Up™ Inversion Rack into the Locking Brackets by snapping the plastic, rotating lock over the top of the bar. *See Figure 7.* **IMPORTANT:** Always check to make sure the tubes are securely locked in place before hanging on the rack. *Failure to do so could result in serious injury or death!*

WARNING!

FAILURE TO PROPERLY INSTALL THE EZ-Up™ INVERSION RACK COULD RESULT IN SERIOUS INJURY OR DEATH.

TO TEST THE RACK INSTALLATION:

After installing the Locking Brackets and securing the EZ-Up™ Inversion Rack in place, two people should hang by their hands from one end of the rack (one person on the upper bar and one on the lower bar). While hanging, bounce up and down several times. Next, both people should hang from the other end and repeat the test. **IF THE DOOR FRAME IS UNSTABLE OR WEAK, DO NOT CONTINUE USE OF THE RACK IN THAT DOOR FRAME.**

CAUTION: ONLY ONE PERSON AT A TIME SHOULD USE THE EZ-Up™ INVERSION RACK FOR INVERSION. DO NOT ALLOW CHILDREN TO USE UNSUPERVISED.

ATTENTION!

Teeter Hang Ups® EZ-Up™ Inversion Rack to be used only with SL Spyder™ Gravity Boots, which have been designed specifically for use with the Inversion Rack.

Weight Capacity: Max 250 lbs. / 113.6 kg

Figure 8



Figure 9

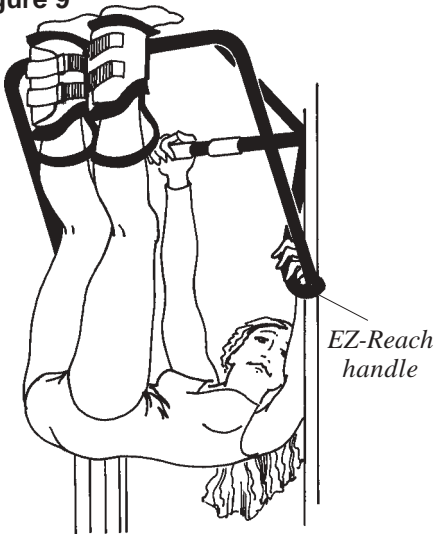
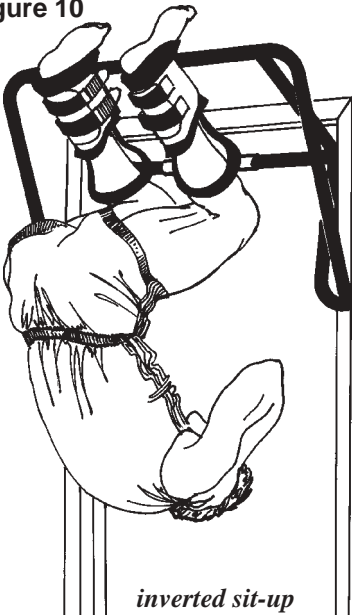


Figure 10



You have most likely purchased your EZ-Up™ Inversion Rack in the hope that it will increase your intervertebral dimensions, decrease pressure on intervertebral discs, stretch and relax your muscles, and temporarily relieve back pain. You will probably experience all of these benefits and much more. However, Inversion is not for everyone. Please review the list of contraindications:

CAUTION!

Do not use your EZ-Up™ Inversion Rack without a licensed physician's approval. A list of contraindications for Inversion is as follows:

(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 for which you're being treated
- Spinal injury, Cerebral Sclerosis, and acutely swollen joints
- Bone weakness (osteoporosis), recent unhealed fractures, medullary pins, and surgically implanted orthopedic supports.
- The use of anticoagulants, including high doses of Aspirin
- Middle ear infection, and extreme obesity

If you have one or more of the above contraindications, you may still be able to invert. However, you must first obtain approval from your licensed physician.

USING THE EZ-Up™ INVERSION RACK

Make sure to test the installation. See pg. 2 of Assembly Instructions.

Mounting (See Figure 8):

- Grasp the lower bar. Swing one leg up and place your foot against the bottom of the upper bar.
- Raise your other foot up and hook the boot on the upper bar.
- Shift your weight to the hooked boot and hook the second boot.
- Grasp the EZ-Reach handles to lower your body. See Figure 9.

Dismounting (See Figure 9):

- Grasp the EZ-Reach handles (as shown) to raise your body.
- Bring hands up and grasp the blue foam grips on the lower horizontal bar. To reduce the chance of dizziness while getting down, pause for 30 seconds with both hands on the lower bar while the boots are still hooked up. Relax in this position to stretch the upper back.
- Unhook one boot and place that foot against the bottom of the upper bar. See Figure 8. Shift your weight to the unhooked foot and unhook the second boot.

CAUTION! Until you are fully confident in your ability to get down from an inverted position always work with a spotting partner.

*TRY THE ULTIMATE ABDOMINAL EXERCISE—
 THE INVERTED SIT-UP! (See Figure 10)*

Other EZ-Up™ Rack exercises include: Crunches, Reverse Squats, Twisting and Stretching, Relaxation Breathing, and Chin-ups.

HELPFUL SUGGESTIONS FOR INVERTING WITH EZ-Up™ INVERSION RACK AND SL SPYDER™ GRAVITY BOOTS

1. Begin Slowly:

- At full 90° inversion, begin with only 1-2 minutes per session.
- Stay inverted only as long as you are comfortable, even if only for a few seconds at first.
- We suggest you always have someone with you when you invert.
- Come up slowly to allow your body to readjust. Bring hands up and grasp the blue foam grips on the lower horizontal bar. To reduce the chance of dizziness while getting down, pause for 30 seconds with both hands on the lower bar while the boots are still hooked up. Dizziness after a session is a sign that you have come up too fast.

2. Make Changes Gradually:

- Increase the time only if it is comfortable; stay at 1-2 minutes for a week or more.
- 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!
- Add stretching and light exercises only after you are comfortable with inversion.

3. 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.
- If other people invert longer, it has nothing to do with your body.
- Wait for a while after you have 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.

4. Keep Moving While Inverted:

- Movement while inverted may help make inversion a more comfortable experience and may help joints to realign and muscles to stretch and relax.

5. Do It Regularly:

- We suggest two or three short sessions of inversion each day.

Do not use if you are over 250 lbs. / 113.6 kg.

⚠ Never let children use the EZ-Up™ Inversion Rack / SL Spyder™ Gravity Boots unsupervised. ⚠

Also available from Teeter Hang Ups®:

SL Cobra™ Gravity Boots

• Designed for Larger Ankles

The boot diameter is 1" larger than the SL Spyder™ Gravity Boots; the height is 1½" taller. This provides greater support and comfort for a wider range of users, and negates the need for calf loops.



• Durable, Lightweight Construction

Teeter Hang Ups® makes the lightest boots on the market, without compromising durability. DuPont Hytrel plastic liners, nylon-glass alloy hooks and supersoft foam liners ensure strength *and* comfort.

• Self-locking Ratchet Buckles

Double-lock system ensures a secure fit.

• Adaptable for Multiple Users

Boot straps adjust to ankles varying several inches in diameter.

This document is intended for use in the U.S. and Canada only.

For additional languages in Spanish, French, Dutch, German, or Italian, please contact Teeter Hang Ups® customer service.

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