



1

Insert foot through calf loop.



2

Put boots on with strap locks in front.



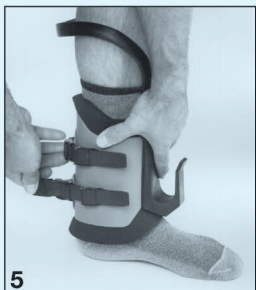
3

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 to "seat" it on your ankle.



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: After inverting, lift up on the buckle lever and push down on the strap lock tab to release the straps.

Boot Care: No regular maintenance is required, however, we do recommend the following for continued smooth easy use.

- > Keep buckles latched when not in use.



Easy to mount
"EZ-Up™"

CAUTION: Do not use inversion products without your physician's approval if you have

any of the following contraindications for inversion therapy! (This is not an exhaustive list, it is intended only for your 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 are 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; Extreme Obesity. If you have on or more of these contraindications, you may still be able to invert. However, you must first obtain approval from your licensed physician.

PHYSICAL FITNESS HAS BECOME A WAY OF LIFE FOR MORE PEOPLE THAN EVER BEFORE.

Activities such as aerobics, body building, jogging, skating, bicycling, snow and water skiing put extra downward loads on muscles, joints and the lower back. Together with the relentless pull of gravity, these activities produce a tiredness that we have termed **COMPRESSION FATIGUE**.

COMPRESSION FATIGUE affects every part of our body but is most evident in the spine. The average adult loses 0.5" to 0.75" (1.3 to 1.9 cm) in height during each day primarily due to fluid being squeezed out of the spinal discs (this reverses during sleep). Have you ever felt compressed after a long day on your feet or after a hard work out? Full or partial inversion offers relief from most of the effects of compression fatigue.

FIGHT COMPRESSION FATIGUE

with the most comfortable boot on the market

SL Spyder™
Gravity Boots
by TEETER
Hang ups®

WARNING!

SL SPYDER™ GRAVITY BOOTS SHOULD ONLY BE USED WITH PROPERLY INSTALLED AND TESTED TEETER HANG UPS® RACKS, BARS OR CONVERTED F-SERIES INVERSION TABLES.

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.

Note: One reason for limiting the use of SL Spyder™ Gravity Boots for use with Teeter Hang Ups® inversion products is that the suspension bar must not exceed 1-1/4" (3.2 cm) in diameter. Use of an oversize bar that does not fit loosely to the bottom of the hook could cause hook failure.



“The SL Spyder™ is more comfortable than any boot on the market.”

The comfort of any boot is a function of three features:

1. Fit

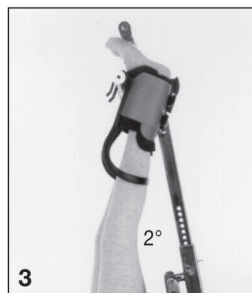
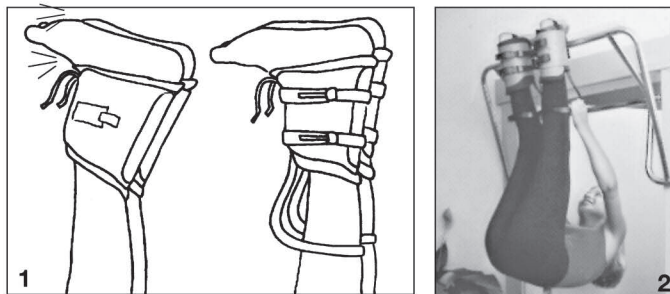
SL Spyder™ Gravity Boots provide an ankle-conforming fit through two “fine-tuning” buckles with micro-adjusting ratchets which fit the exact size and taper of your ankle. You can custom fit each boot quickly: a custom fit typically takes less than 20 seconds per boot (see photo sequence for fitting procedure). SL Spyder™ Gravity Boots are offered in a left and right boot to provide a custom shape for each leg. This insures that maximum padding is positioned where it is most needed on each leg.

2. Padding

The SL Spyder™ boot liner is a special blend of 5/8” (16mm) foam designed to give maximum comfort with minimum compression. The unique feature of our padding system is the boot shell behind it. Manufactured of a tough yet pliable blend of Du Pont HytreI®, the flexible shell minimizes any pressure points.

3. Design

CALF LOOP DESIGN: The unique SL Spyder™ calf loops offer four advantages:



1. *Reduces loads on the ankle and prevents the front edge of the boot from putting painful pressure on the top of your foot.*
2. *Offers a hand hold to help you get back up to the bar.*
3. *Puts a 2° bend in the knees, which for most people is more comfortable than inverting with straight legs.*
4. *Calf loops are detachable, so the Gravity Boots can be used by shorter adults and children.*

UNIQUE DESIGN:

Additional unique features of the SL Spyder™ include:

1. **Light weight Materials:** The SL (super light) Spyder™ including loops is only 1 lb. 13 oz. per boot, more than 25% lighter than typical metal boots.
2. **Hinge Free Design:** With no moving pieces, the design insures a long, trouble-free boot life.
3. **Strength:** The bar hook is pressure molded of a tough nylon-glass alloy.
4. **Self-locking buckle:** For added safety, SL Spyder™ buckles will not release even when the lever arm is in the open position. A release tab must first be depressed to release the buckle strap.

WARNING:

Before using SL Spyder™ Gravity Boots with with your F-series Inversion Table, be sure you read the instructions on how to convert the table for use with gravity boots. Failure to modify your F-series Inversion Table may result in serious injury or even death.

5 Year Warranty

Limited to a **250 lbs.** user weight when used with the EZ-Up Inversion Rack or Bar, a **300 lbs.** user weight with an F-series Inversion Table.

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