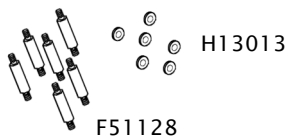


Over EZ™ Training Handles ASSEMBLY INSTRUCTIONS

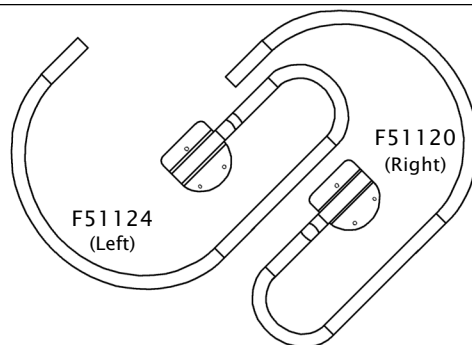
The Over EZ™ Training Handles are an optional accessory to be used with Teeter Hang Ups F-series Inversion Tables and are designed to assist novice inverters much like training wheels for a bicycle! Once you are comfortable using the inversion table (*for proper balancing instructions, please refer to the Owner's Manual attached to your inversion table*), you can choose to use either the Over EZ™ Training Handles or convert back to the standard handles that come with the F-series Inversion Tables.

BEFORE STARTING to assemble your Over EZ™ Training Handles, remove all of the individual parts from the carton. You should have the following items:

ITEMS FOR ASSEMBLY	ITEM #'s
Right Handle	F51120
Left Handle	F51124
Double-ended Threaded Bolts (6)	F51128
Locking Nuts (6)	H13013

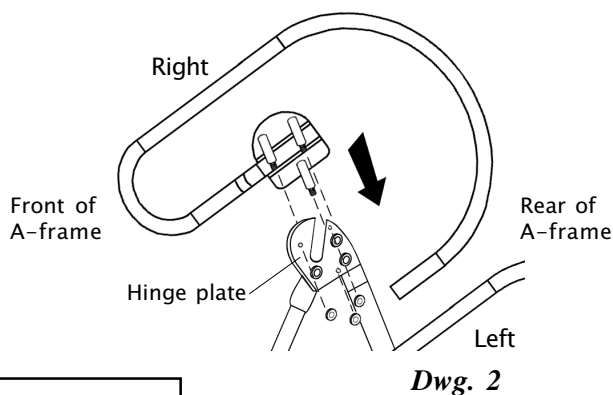
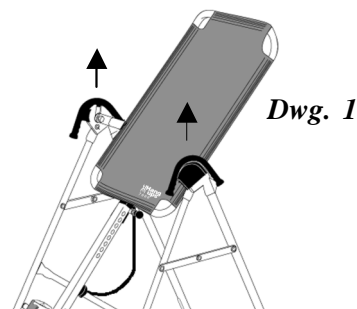


Note: The Double-ended Threaded Bolts and Locking Nuts arrive pre-assembled on the handles.

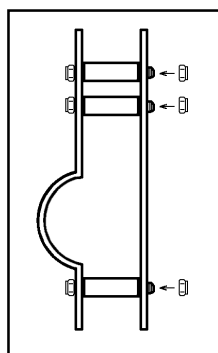


To assemble the Over EZ™ Training Handles:

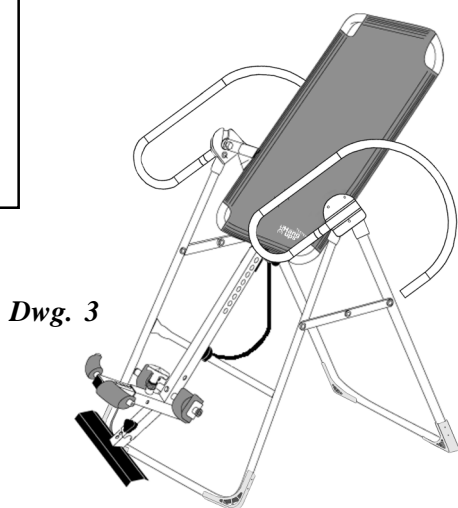
- 1) First remove the standard hand grips from the A-frame (if they are already assembled). *See Dwg. 1.*



- 2) Remove the three inside Locking Nuts (H13013) from the Double-ended Threaded Bolts (F51128) on the Right Handle (F51120).
- 3) Line up the Right Handle with the hinge plate on the right side of the A-frame, inserting the Double-ended Threaded Bolts into the corresponding holes in the hinge plate. *See Dwg. 2.*
- 4) Secure the handle with the three Locking Nuts, tightening the Locking Nuts with a 10 mm wrench or pliers. *See Dwg. 2A for proper assembly.*
- 5) Repeat Steps 2-4 with the Left Handle.
- 6) *Dwg. 3* shows the finished assembly.



Dwg. 2A



Dwg. 3

If you have questions, call
Teeter Hang Ups® customer service:
253-840-5252 or (toll free) 800-847-0143
Monday - Friday, 8 A.M. - 5 P.M. PST
www.teeterhangups.com