



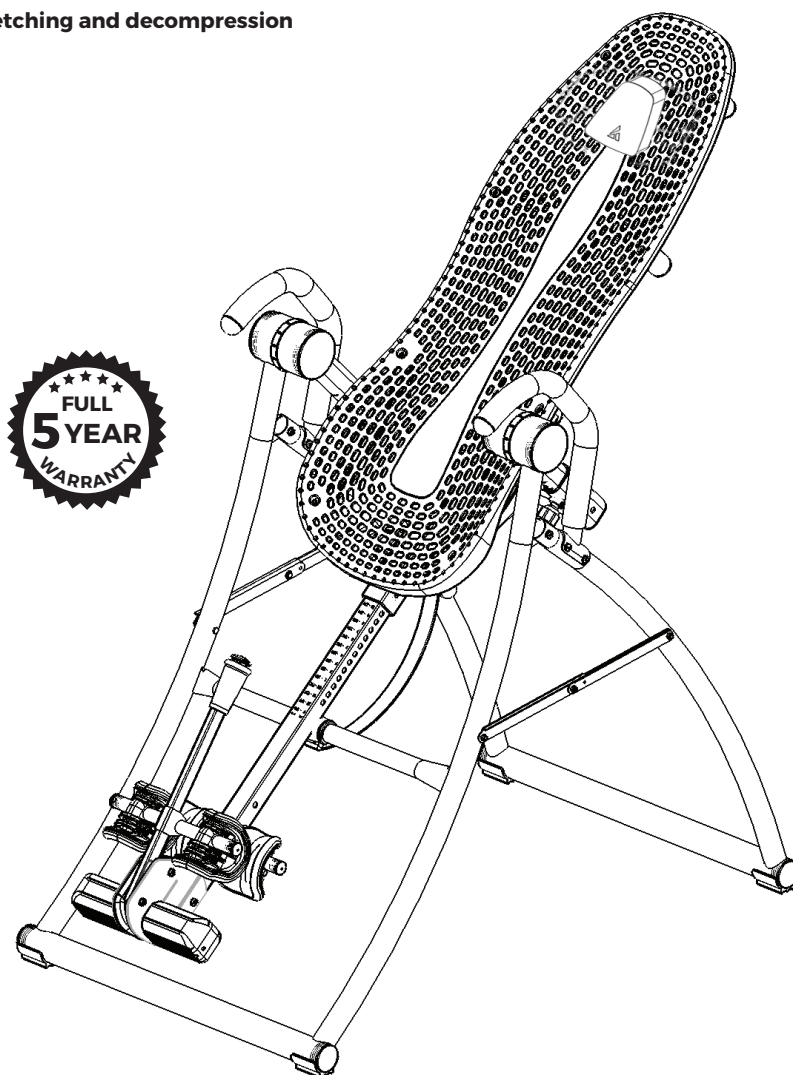
NEW!

Follow along with your smartphone to make assembly even easier!

Contour™ Series Assembly Instructions

Models L3 and L5

For gravity-assisted stretching and decompression



* Specifications may vary from this image and are subject to change without notice.

The L5 is shown here.
Your actual model may vary.



To download and print Teeter's Contour™ Series instructions, visit the product support page at teeter.com.

Pour télécharger et imprimer le manuel du propriétaire ComforTrak™, visitez la page d'assistance des produits au teeter.com


Para descargar e imprimir las instrucciones de montaje de ComforTrak™ en español, visite teeter.com





Congratulations on your purchase of a Teeter Contour™ Series Inversion Table! In order to utilize this product to its fullest extent, it is critical that you follow the assembly instructions, read and fully understand the Owner's Manual attached to the equipment, and review the Getting Started DVD prior to using your new Teeter Inversion Table.


Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of FDA-Cleared Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.

 Follow the assembly steps with your smartphone! With a QR code reader app, scan the barcodes next to each assembly step to watch the corresponding video to guide you through the instructions.

 To register your product warranty, go to **teeter.com/Support/Warranty-Registration**

 If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated customer service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at **teeter.com**.

 Get more from your inversion sessions by downloading the TeeterLink™ app to your phone to track usage and pain levels, get reminders and customized guidance, access support, and more! Scan the code or search TeeterLink in your app store to get started!



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BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the inversion table. Carefully adhere to the Assembly Instructions and Owner's Manual to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE INVERSION TABLE

⚠ WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the inversion table. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- **DO NOT** use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
 - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
 - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
 - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
 - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
 - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
 - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
 - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- **ALWAYS** be certain the Ankle Lock System is properly adjusted and fully engaged, and that your ankles are secure before using the equipment. HEAR, FEEL, SEE and TEST that the Ankle Lock System is snug, close-fitting and secure EVERY TIME you use the equipment.
- **ALWAYS** wear securely tied lace-up shoes with a flat sole, such as a normal tennis-style shoe.
- **DO NOT** wear any footwear that could interfere with securing the Ankle Lock System, such as shoes with thick soles, boots, high-tops or any shoe that extends above the anklebone.
- **DO NOT** use the inversion table until it is adjusted properly for your height and body weight. Improper settings can cause rapid inversion or make returning upright difficult. New users, and users who are physically or mentally compromised, will require the assistance of a spotter. Make sure the equipment is set to your unique user settings prior to each use.
- **DO NOT** sit up or raise head to return upright. Instead, bend knees and slide your body to the foot-end of the inversion table to change weight distribution. If locked out in full inversion, follow the instructions for releasing from the locked position before returning upright.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine. Keep children, bystanders, and pets away from machine while in use. The inversion table is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- **DO NOT** store the inversion table upright if children are present. Fold and lay the table on the floor. **DO NOT** store outdoors.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while on the inversion table. Use the inversion table only for its intended use as described in this manual.
- **DO NOT** drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for indoor, home-use only.
- **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 all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or Owner's Manual should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS

Items for Assembly

Items not shown to scale. Hardware drawings located on the insert inside each Hardware Kit.

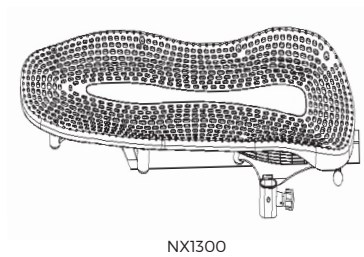
ITEM NO.	ITEM NAME
FlexTechnology™ Table Bed Assembly	
NX1300	Table Bed
HK1010	Table Bed Assembly Hardware Kit
A-Frame Base Assembly	
NX1100	A-Frame
F51008	EZ-Angle Tether (Pre-assembled to A-Frame)
Handle Assembly	
NX1500	Contour Stretch™ Handles (2)
HK1012	Handle Assembly Hardware Kit
Crossbrace Assembly	
NX1400	Crossbrace
HK1011	Crossbrace Assembly Hardware Kit

ITEM NO.	ITEM NAME
Main Shaft Assembly	
NX1630	with EZ-Reach™ Ankle Lock System (Contour L3)
NX1620	with Deluxe EZ-Reach™ Ankle Lock System (Contour L5)
Optional Accessories	
IA8105	Head Pillow
Tools Provided for Assembly	
F51088	10/13mm Open-Ended Wrenches (2)
IA1149	5mm Allen Wrenches (2)
EP1128A	6mm Allen Wrench (1)
Product Support	
CN1710	Getting Started DVD
CN1730	Owner's Manual (Contour L3)
CN1530	Owner's Manual (Contour L5)

Pre-assembled
to A-frame

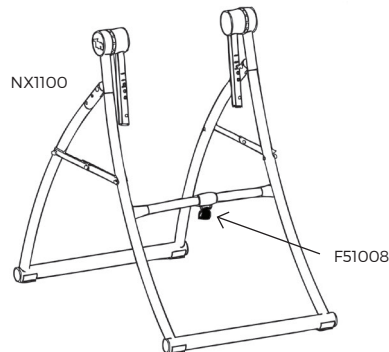
FlexTechnology™ Table Bed Assembly

Use with Table Bed Assembly Hardware Kit (HK1010)

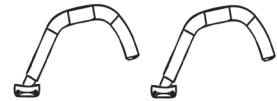


NX1300

A-Frame Base Assembly with pre-assembled EZ-Angle Tether



Handle Assembly Use with Handle Assembly Hardware Kit (HK1012)



NX1500

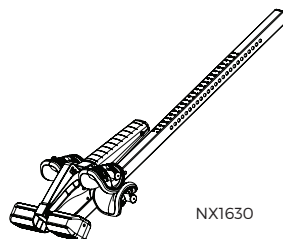
Crossbrace Assembly

Use with Crossbrace Assembly Hardware Kit (HK1011)



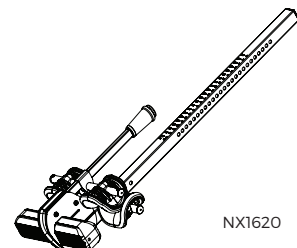
NX1400

Main Shaft with EZ-Reach™ Ankle Lock System (Contour L3 Model Only)



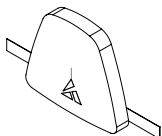
NX1630

Main Shaft with Deluxe EZ-Reach™ Ankle Lock System (Contour L5 Model Only)



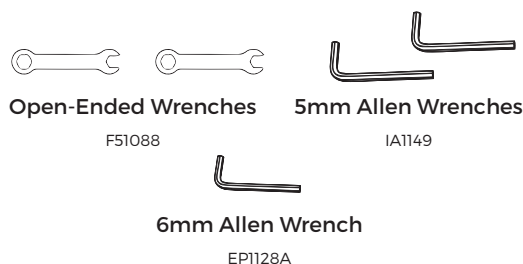
NX1620

Optional Head Pillow

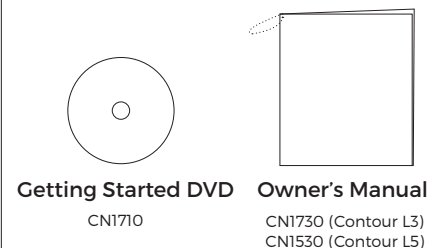


IA8105

Tools Provided for Assembly

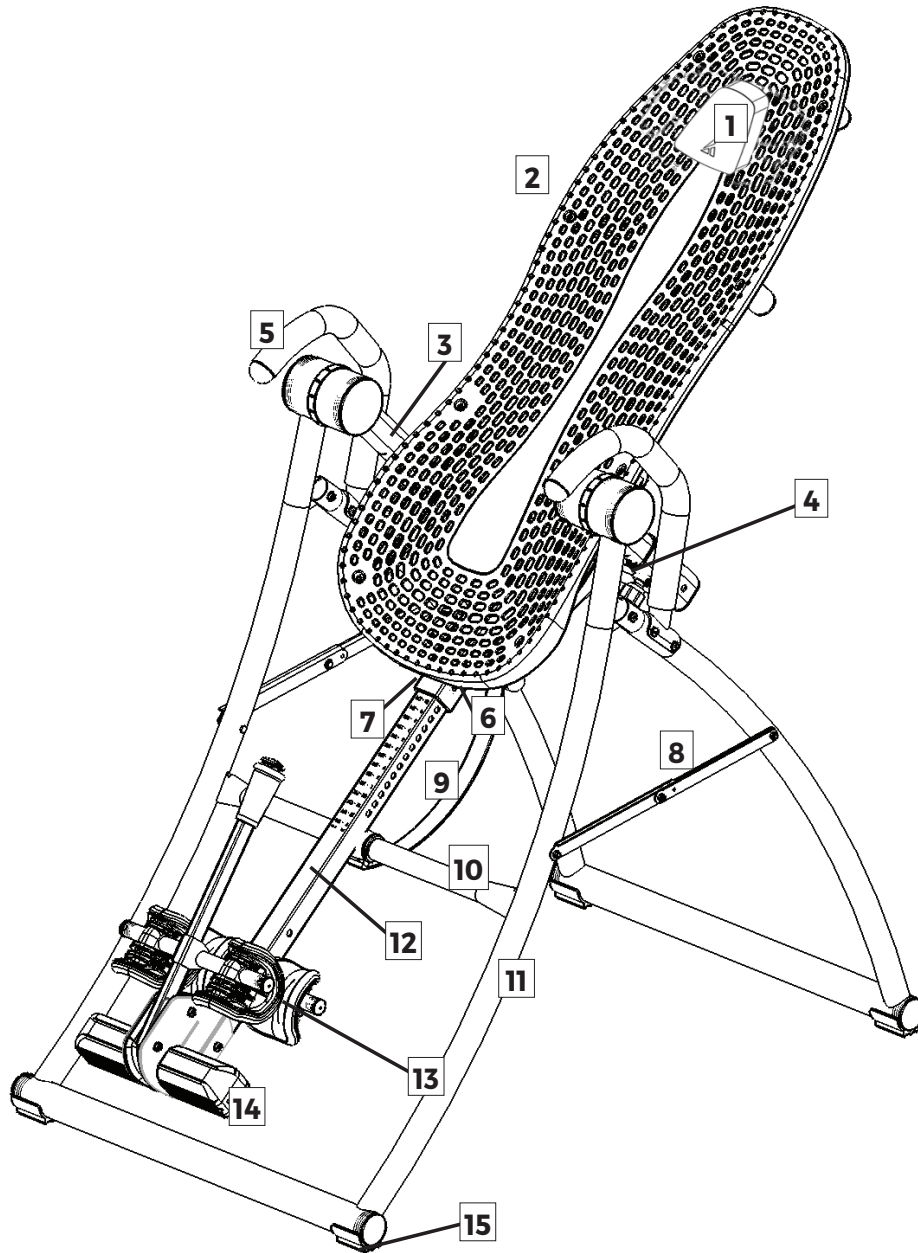


Product Support



Understanding Your Inversion Table

Before reading further, study the drawing below to familiarize yourself with the important components of your Teeter Inversion Table.



The Contour L5 is shown here.
Your actual model may vary.

Identifying Parts and Components

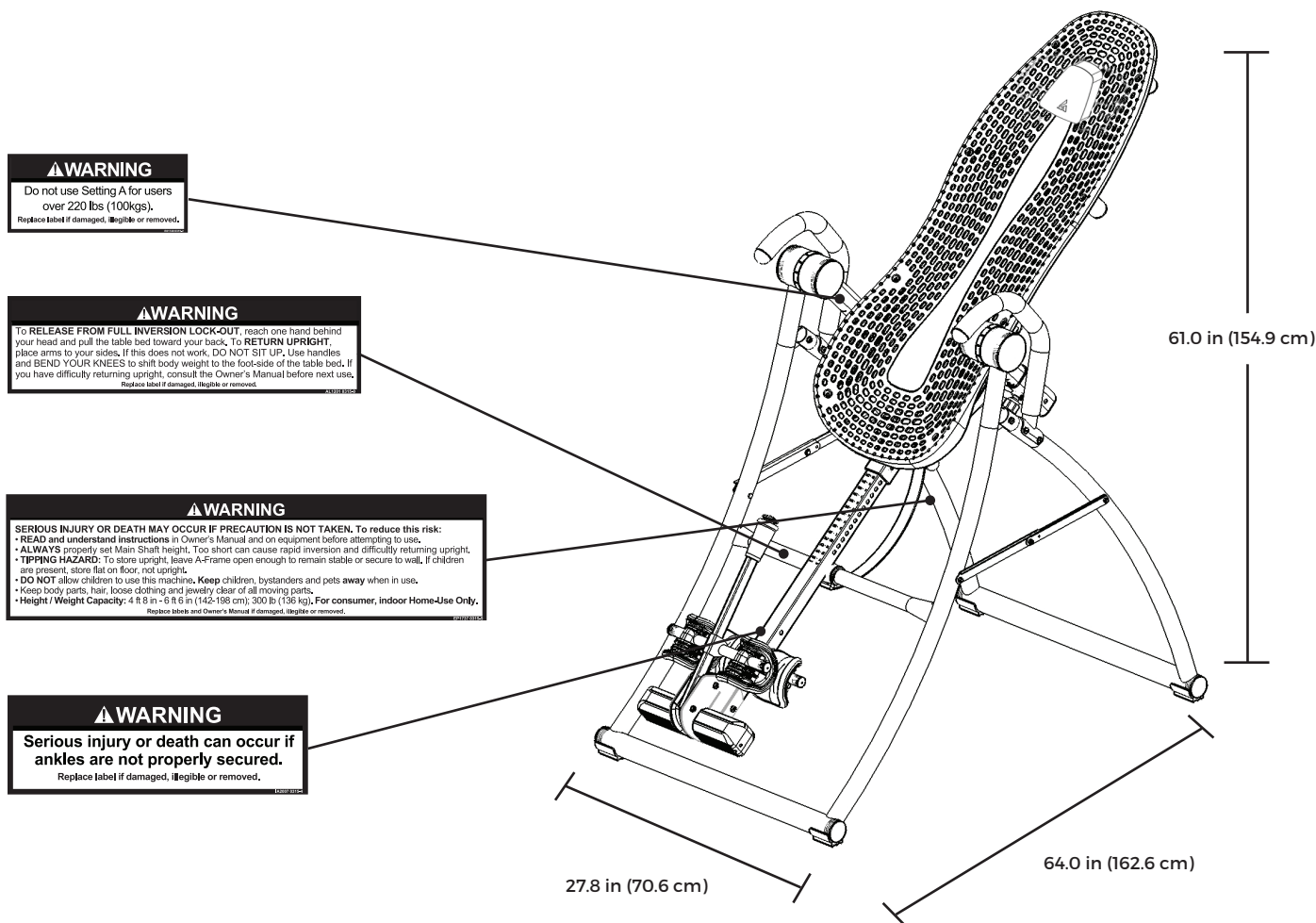
1	Head Pillow	7	De-Rattler Knob	13	Ankle Lock System
2	FlexTechnology™ Table Bed	8	Spreader Arms	14	Ankle Comfort Dial™
3	Rotation Adjustment Arm	9	EZ-Angle™ Tether	15	Stability Feet
4	Crossbrace	10	Crossbar		
5	Contour Stretch™ Handles	11	A-Frame		
6	Height-Selector Locking Pin	12	Main Shaft		

Safety Warning Labels & Product Specifications

Important: Please review all labels and supporting materials before using your inversion table.

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



The Contour L5 is shown here.
Your actual model may vary.

Assembled Non-Use Dimensions: 64.0 (L) x 27.8 (W) x 61.0 in (H) (162.6 x 70.6 x 154.9 cm)
Maximum In-Use Dimensions: 83.0 (L) x 27.8 (W) x 88.0 in (H) (210.8 x 70.6 x 223.5 cm)
Storage Dimensions: 25.0 (L) x 27.8 (W) x 68.0 in (H) (63.5 x 70.6 x 172.7 cm)

Weight (approx.): L3: 82.0 lbs (37.2 kg)
L5: 80.5 lbs (36.5 kg)

Before Beginning Assembly

Unpack and Prepare Your Workspace

- If possible, set up the product at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits, packaged with the manuals. They are labeled to correspond with the assembly process.
- The **Getting Started DVD** provides step-by-step instruction on how to assemble your product. You may find it helpful to follow along with the DVD by watching it on either your TV or computer. The DVD is divided into the following sections:
 - **Assembly** - Follow step-by-step instruction on how to assemble your inversion table.
 - **User Settings** - Personalize your inversion experience by adjusting four customizable settings.
 - **Use Instructions** - Learn how to test your balance and rotation control, and how to properly invert and return upright.
 - **Advanced Stretching & Exercises** - Use your Teeter for rotational stretches, sit ups, squats and more!
 - **BONUS Healthy Back Classes***
Get guided instruction on stretches and exercises you can do on your own to help strengthen your back and gain flexibility.
*Not available in French or Spanish.

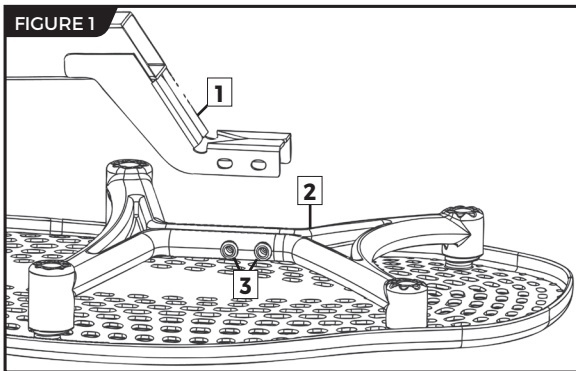
Follow the Assembly Steps with Your Smartphone!



With a QR code reader app, scan the barcodes next to each assembly step to watch the corresponding video to guide you through the instructions.

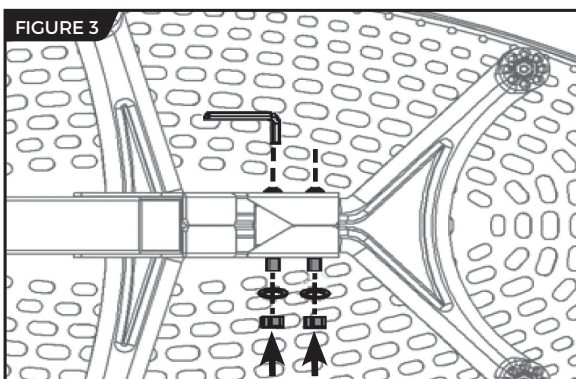
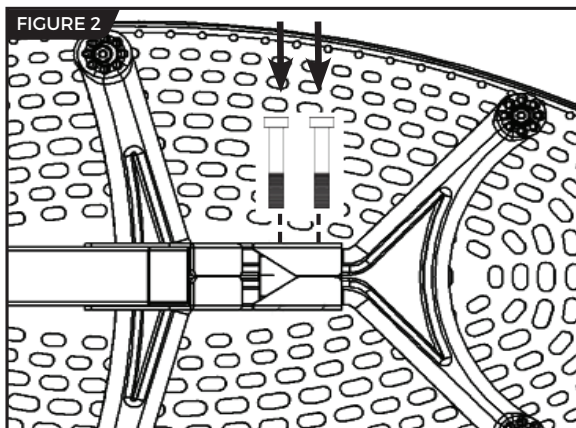
STEP ①

Attach Support Beam to Table Bed



1 - Support Beam 2 - Upper Support Arms 3 - Rubber Spacers

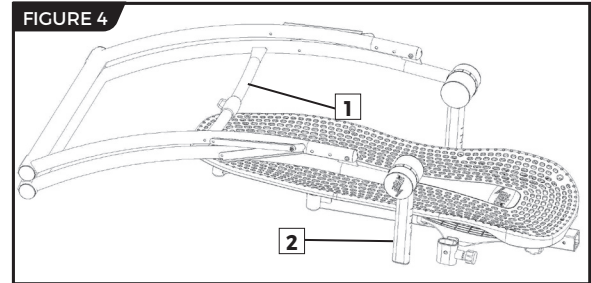
- Locate the Table Bed Assembly Hardware Kit (HK1010)
- Place the FlexTechnology™ Table Bed face down on the floor.
- Push down on the Support Beam so that the two holes align evenly with the holes at the base of the Upper Support Arms (Figure 1).
- Insert the two bolts into the open holes (Figure 2).
- Hand tighten each bolt with a washer and nut (Figure 3). Use the 6 mm Allen Wrench to steady each bolt and tighten the nuts using the 10/13 mm Open-Ended Wrench provided.



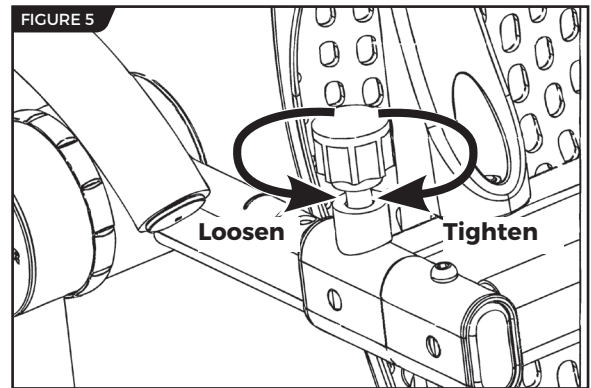
STEP ②

Assemble Table Bed to A-Frame

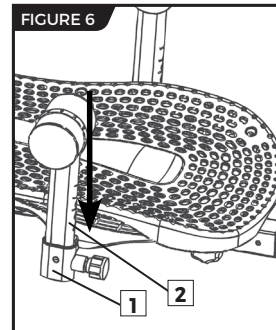
- Position the A-Frame on the floor with the crossbar pointing down, so that the frame is resting on the Rotation Adjustment Arms (Figure 4).
 - With the Table Bed face up and the top of the bed pointing to the A-Frame feet, slide it on the floor between the legs of the A-Frame.
 - Loosen the “de-rattler” function of the Pinlock Knobs on each Support Housing by turning each counterclockwise (Figure 5).
 - Align and insert the Rotation Adjustment Arms into the Support Housings (Figure 6).
 - Pull out both spring-loaded Pinlock Knobs at the same time then lift up to align the Support Housings with one of the marked settings on the Rotation Adjustment Arms (Figure 7).
- NOTE: Refer to the Owner’s Manual for an explanation of the hole settings. If you are unsure, use Setting C to start.
- Release the knobs so that they engage the same hole setting on each side (Figure 7). Should the knobs remain locked in the “out” position, simply rotate slightly clockwise to release (Figure 8).
 - Leave the inversion table in this position for the next step.



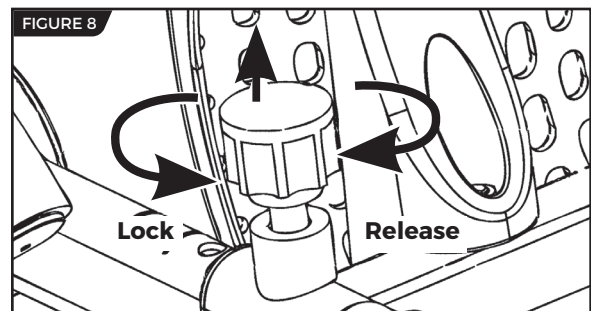
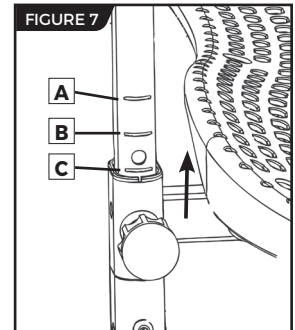
1 - Crossbar 2 - Rotation Adjustment Arm



Derattler Function: Counterclockwise to loosen, clockwise to tighten



1 - Support Housing
2 - Rotation Adjustment Arms



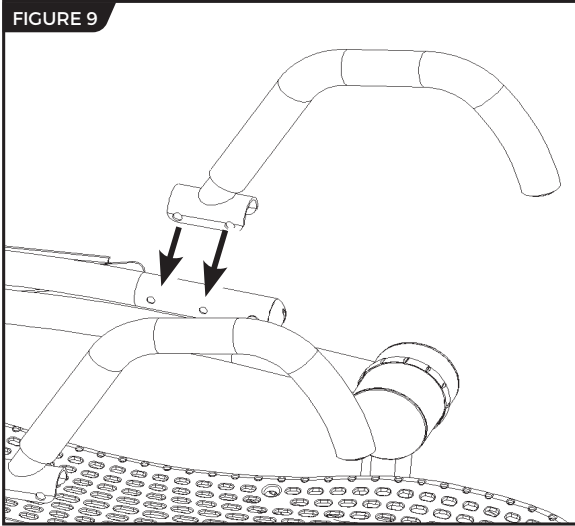
Pinlock Function - Pull out, turn counterclockwise to lock, clockwise to release



STEP ③

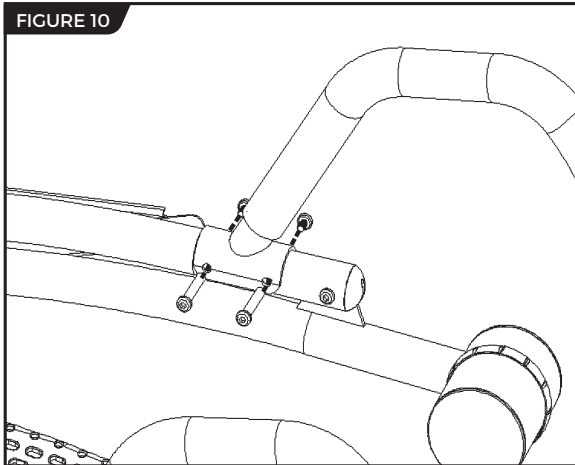
Attach Handles to A-Frame

FIGURE 9



- Locate the Contour Stretch™ Assembly Hardware Kit (HK1012).
- With the open end of each handle pointing away from the A-Frame feet, place each Handle fitting over the A-Frame legs, aligning with the pre-drilled holes (Figure 9).
- Insert the bolts from the inside and secure with the nuts on the outside, tightening with the Allen Wrenches provided (Figure 10).

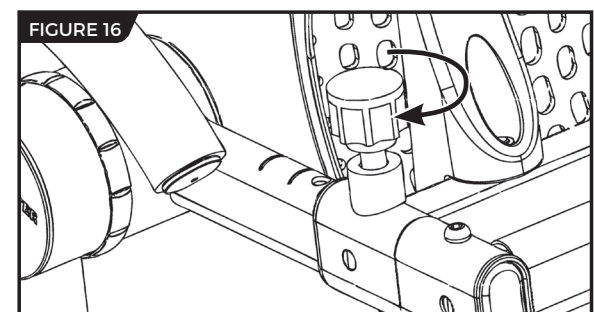
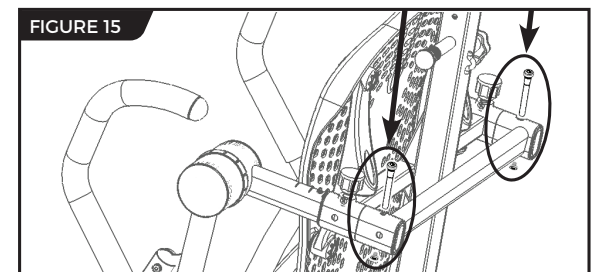
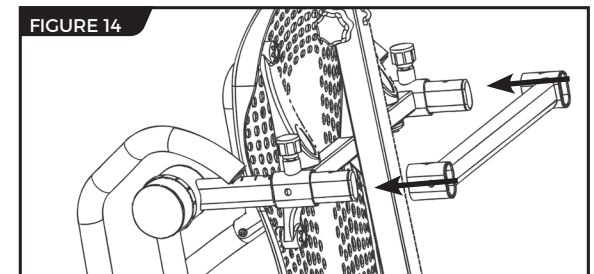
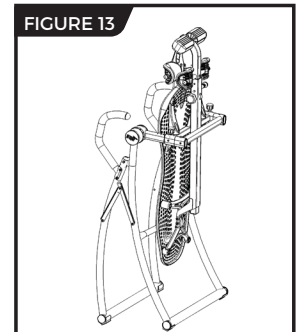
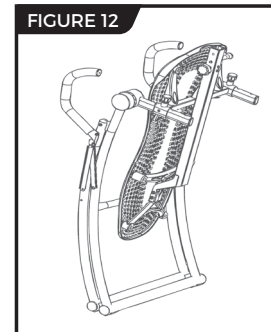
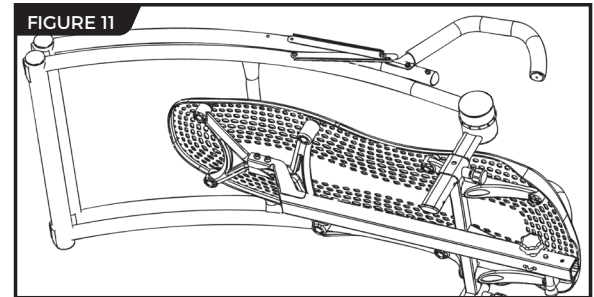
FIGURE 10



STEP ④

Attach Crossbrace to Rotation Adjustment Arms

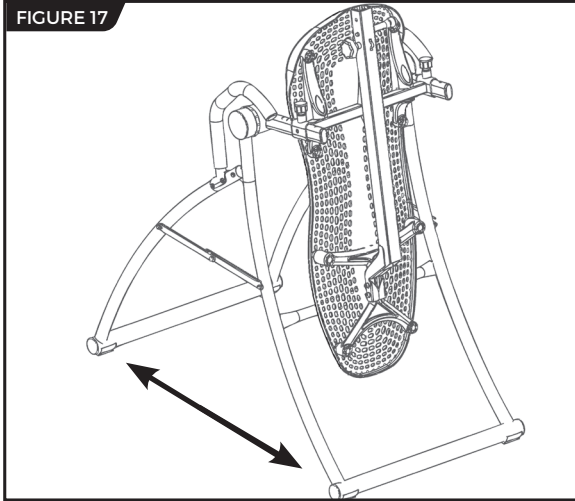
- Locate the Crossbrace Hardware Kit (HK1011)
 - To stand the inversion table upright, first move the A-Frame onto its side (Figure 11), and then carefully lift it up onto its feet (Figure 12).
 - Use the handles to open the A-Frame wide enough so that it is stable and can stand upright on its own (Figure 13).
 - Align the holes in the Crossbrace with the last hole on the Rotation Adjustment Arms (Figure 14).
 - Insert the Chicago Posts and secure with the Chicago Screws, tightening with the Allen Wrenches provided (Figure 15).
- NOTE:** Due to the tapered style of the Chicago Post, it may not sit flush against the Crossbrace.
- Turn the Pinlock Knobs clockwise to re-engage the “de-rattler” function (Figure 16).



STEP ⑤

Assemble Main Shaft to Table Bed

FIGURE 17



- Ensure that the A-Frame is fully open and locked at the Spreader Arms (Figure 17).

- Rotate the Table Bed into its use position (Figure 18).

- Loosen the Main Shaft De-Rattler Knob at the base of the Main Shaft Housing.

NOTE: The De-Rattler Knob is an optional feature that prevents a slight shift when you invert. Product security is not compromised if you choose not to tighten the knob.

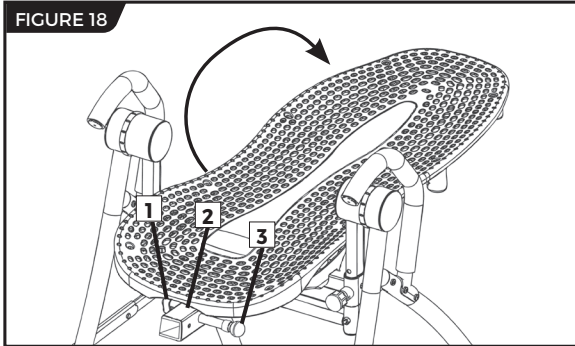
- With the Height Adjustment Settings on the Main Shaft facing up, slide the end of the Main Shaft into the Main Shaft Housing at the base of the Table Bed.

- Pull out the Height-Selector Locking Pin to allow the Main Shaft to slide in further and release in the desired height setting. Refer to the Owner's Manual for more information on selecting your height setting.

- The Main Shaft **MUST REST** against the Crossbar of the A-Frame (Figure 19).

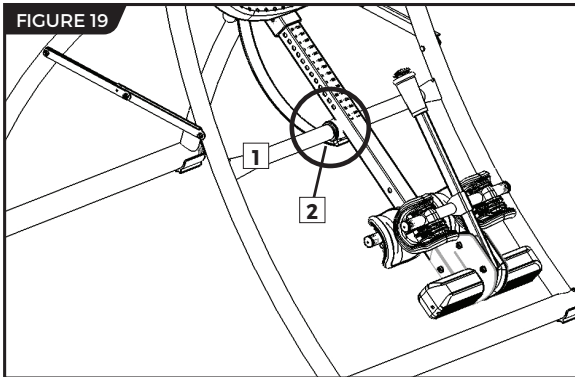
NOTE: The Crossbar prevents the Table Bed from rotating forward when the user steps on the Ankle Comfort Dial. If the Main Shaft does not rest on the Crossbar as shown in Figure 19, then the Table Bed has been assembled backwards onto the A-Frame. This must be corrected before use.

FIGURE 18



1 - De-Rattler Knob 2 - Main Shaft Housing
3 - Height-Selector Locking Pin

FIGURE 19



1 - Crossbar 2 - Proper Resting Position

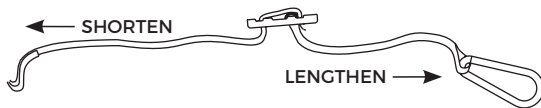


STEP ⑥

Attach Angle Tether & Head Pillow

Attach Angle Tether

- The tether will come pre-assembled to the A-Frame.
- Unfold the adjustable tether and clip it to the U-Bar on the underside of the Table Bed (Figure 20).
- Slide the buckle to lengthen or shorten the strap depending on your desired maximum angle of inversion.



EZ-Angle Tether Accessory

Some models may come with the EZ-Angle Tether, embroidered with color-coded angle markers at 20° (GREEN), 40° (ORANGE), or 60° (RED). Simply slide the buckle so its center aligns with your desired color setting.

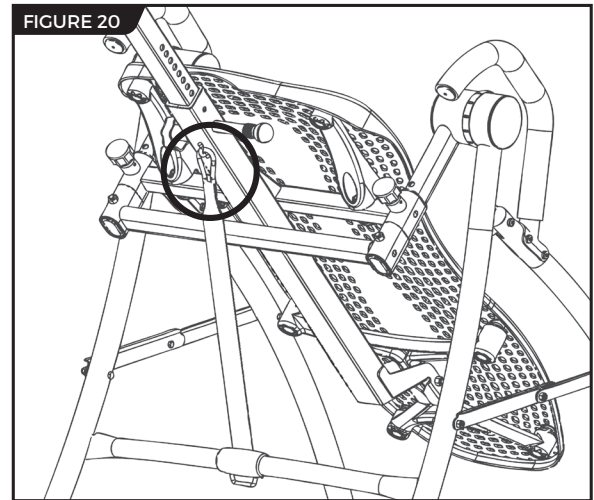


FIGURE 21

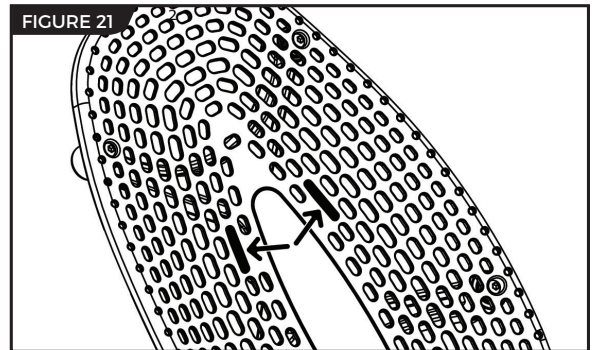
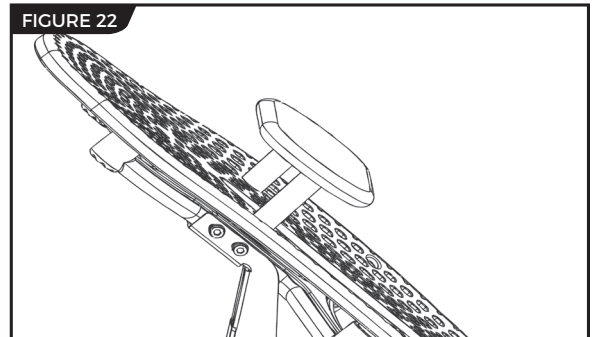
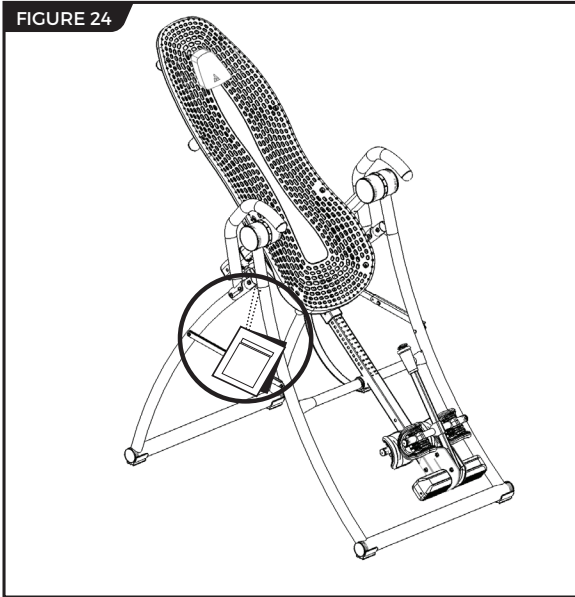


FIGURE 22



Before Inverting

FIGURE 24



Ensure Owner's Manual is Attached

The Owner's Manual contains important information on how to use your Teeter Inversion Table, including how to personalize the user settings, properly secure and release the Ankle Lock System, and test and adjust the rotation control.

- If not already attached, thread the provided metal chain through the pre-punched hole in the upper corner of the Owner's Manual.
- Secure the chain to the A-Frame through the designated hole in the Hinge Plate (Figure 24). Allow the Owner's Manual to hang freely on the outside of the A-Frame Spreader Arms so it doesn't interfere with the rotation of the Table Bed.

IMPORTANT: Once attached to the A-Frame, **DO NOT** remove the Owner's Manual. It should remain permanently attached to your inversion table to serve as a reference for all users in regards to proper adjustment and use of the equipment.

WARNING

Read the Owner's Manual thoroughly before using your Teeter Inversion Table. Improper settings could result in serious injury or death!

View the Remainder of the DVD

The Getting Started DVD is a helpful supplement to the Owner's Manual, with easy-to-follow instructions on user settings, how to invert, storage and maintenance, and even stretching and exercises you can do with your Teeter.

The Teeter warranty set forth below and on Teeter's website applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information which will vary depending on country.



During the period starting with the day of retail purchase and continuing for five (5) years, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials, workmanship, fabrics and padding. Teeter will repair or replace any such defect and will pay the costs of all parts, labor and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. This warranty shall be governed by the laws of the State of Washington, USA. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. This warranty and any controversy or claim arising out of this warranty or its interpretation shall be governed by the laws of the State of Washington, USA. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter's principal place of business.

Some states do not allow the exclusion of incidental or consequential damage from a warranty, so the above limitation or exclusion may not apply to you. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

Date of Purchase

Product & Model

Step 2

Go online to teeter.com to register your warranty.

Dealer Name

Serial No.

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143. Please DO NOT mail this to Teeter.



PLEASE RETAIN THIS FOR YOUR RECORDS



Roger Teeter
Founder & Innovator



If you have any trouble assembling the equipment, or questions about its use, please contact customer service.

USA: 800-847-0143 or info@teeter.com

International: info@teeterintl.com

Check out the selection of products and accessories available at teeter.com!

USA: Teeter
9902 162nd St. Ct. E.
Puyallup, WA 98375
Toll Free: 800-847-0143
Fax: 800-847-0188
teeter.com | info@teeter.com

International: Teeter International, Ltd.
Gor-Ray House
758 Great Cambridge Rd
Enfield
Middlesex EN1 3GN
United Kingdom
teeterintl.com | info@teeterintl.com



Any modification to this device will void the UL Listing.



Medical Device Safety Service
GmbH
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Tel. +49 511 62628630



Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of FDA-Cleared Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.