

BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before use. Carefully adhere to the Assembly and User Instructions to help ensure safety and product integrity. The below warnings and subsequent instructions assume use of the Inversion Rack with Teeter EZ-Up Gravity Boots. Be sure to also review the materials that accompany the Gravity

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE EZ-UP CHIN UP & INVERSION RACK

! 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 Rack. 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.
- **ALWAYS** read and understand the instructions and warnings associated with and accompanying any supplementary equipment, such as Teeter EZ-Up Gravity Boots.
- **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):
 - Middle ear infection
 - Extreme obesity
 - Pregnancy
 - Hiatal or ventral hernia
 - Eye conditions like glaucoma, retinal detachment or conjunctivitis
 - Chronic sinusitis
 - High blood pressure or hypertension
 - Heart or circulatory disorders
 - Use of anticoagulants (including high doses of aspirin)
 - Weakness, frailty or mobility issues
 - Dizziness, trouble with coordination or head-down disorientation
 - Vertigo, motion sickness or inner ear disorders
 - Brain injury or recent head trauma
 - Recent stroke or transient ischemic attack
 - Spinal injury or conditions impacting the spinal cord
 - Cerebral sclerosis
 - Medical conditions associated with the weight-bearing joints
 - Acutely swollen joints
 - Bone weakness (osteoporosis)
 - Recent or unhealed fractures
 - Medullary pins or surgically implanted orthopedic supports
 - Any other medical condition that may be made more severe by an elevation of blood pressure, intracranial pressure or the mechanical stress of the inverted position
- **ALWAYS** install Locking Brackets in a SOLID WOOD doorway which measures between 28 - 36 in (71 - 91.4 cm) wide and has been built according to national building codes. **DO NOT** use in faux or metal doorways.
- When using with Gravity Boots, **ALWAYS** be certain the equipment is properly adjusted and that your ankles are secure before using the equipment. Ensure that the Gravity Boots are snug, close fitting and secure EVERY TIME you use the equipment.
- When using the Gravity Boots, **ALWAYS** wear securely tied lace-up shoes, such as normal style tennis shoes. **DO NOT** wear clothing or footwear that can interfere with securing the Gravity Boots, such as high-tops or any shoes that extend above the ankle bones.
- When using the Gravity Boots, **ALWAYS** install the EZ-UP Strap to provide assistance with dismount.
- When using the Gravity Boots, **ALWAYS** ensure that the Boots are put on the correct leg so that the buckle levers are on the outside of the leg, versus on the inside where they can rub against each other and sustain potential damage.
- New users, and users who are physically or mentally compromised, will require the assistance of a spotter.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy. If this occurs while inverting, immediately return to the upright position for recovery and eventual dismount by following the dismounting instructions.
- **DO NOT** use if you are over 250 lbs (113.6 kg) or use by more than one person at a time, otherwise structural failure could occur. Maximum height allowance depends on the height of the doorway and placement of the locking brackets. **DO NOT** invert on the Inversion Rack if your height exceeds the maximum allowable height between the upper bar of the installed Inversion Rack and the floor.
- **DO NOT** use until the Inversion Rack is tested to exceed your body weight by following the weight test instructions. If the doorframe becomes unstable or weakened at any time, **DO NOT** continue use of the Inversion Rack in that doorframe.
- **DO NOT** allow children to use the equipment. Keep children, bystanders, and pets away from the equipment while in use. The Inversion Rack 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 equipment by a person responsible for their safety.
- **DO NOT** store outdoors.
- **DO NOT** use aggressive movements, bounce or swing excessively, or use weights, elastic bands, any other exercise or stretching device or non-Teeter attachments while on the Inversion Rack. Use the Inversion Rack only for its intended use as described in these instructions.
- **DO NOT** over-exert yourself while inverted, otherwise returning upright or dismounting may be difficult.
- **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 and the doorframe prior to use. Make sure all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- Refer to additional warning notices posted on the equipment. If a product label should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS