

Teeter Hang Ups® Gravity Boots are designed to be used with the following Teeter Hang Ups products:



EZ-Up Inversion & Chin-Up Rack

Teeter Hang Ups EZ-Up™ Inversion & Chin-Up Rack:

Gravity Boots can be used with the EZ-Up™ Inversion & Chin-Up Rack, a double-bar system that secures to a standard wood door frame. Quick-disconnect locking brackets allow the rack to be installed or removed in less than 5-seconds and do not interfere with normal use of the door.

Teeter Hang Ups Inversion Table:

Gravity Boots are an optional upgrade for use with Teeter Inversion Tables equipped with the T-Pin Ankle Lock System. These tables can be converted with a Conversion Bar* for use with Gravity Boots, providing maximum comfort and support for the ankle.

*Purchased separately. Go to teeter-inversion.com and select "Conversion Bar" to learn which inversion tables can be converted.



Inversion Table

Larger style Gravity Boots XL are also available from Teeter Hang Ups.

For information about the Teeter Hang Ups® 5-year warranty, or if you have any problems assembling the equipment or questions about its use, please contact Customer Service at the appropriate location below:

USA & Canada: Teeter
Toll Free (Phone) 800-847-0143
(Fax) 800-847-0188
info@teeter-inversion.com
www.teeter-inversion.com

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(Phone) +1-242-362-1001
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info@inversioninternational.com
www.inversioninternational.com

⚠ WARNING

It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure. **FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.**

Restrictions on Use

- **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) Pregnancy; Hiatal Hernia, Ventral Hernia; Glaucoma, retinal detachment or conjunctivitis; High blood pressure, hypertension, recent stroke or transient ischemic attack; Heart or circulatory disorders; Spinal injury, Cerebral Sclerosis, and acutely swollen joints; Bone weakness (osteoporosis), recent and/or unhealed fractures, medullary pins, and surgically implanted orthopedic supports; The use of anticoagulants, including high doses of Aspirin; Middle ear infection; Extreme obesity.
- **DO NOT** use with the EZ-Up Inversion & Chin-Up Rack if you are over 250 lbs (113.6 kg). **DO NOT** use with converted Teeter Hang Ups Inversion Tables if you are over 300 lbs. (136 kg) or 6ft 6in (198 cm). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- We recommend only using the Gravity Boots with properly installed and tested Teeter Hang Ups products, which are designed specifically for inversion and for use with Gravity Boots.
- **DO NOT** use Gravity Boots with the specific models of Teeter Hang Ups Inversion Tables until you have replaced the ankle clamps with the Conversion Bar.
- **DO NOT** use Gravity Boots with a bar that is not secure to at least four times your body weight. Test this by having two persons hang from the bar by the hands at the same time then pull down vigorously.
- **DO NOT** use Gravity Boots with a bar that exceeds 1.25" (3.2 cm) in diameter. The bar must sit loosely at the base of the hook. Bars that are too large will stress the hook and could result in equipment failure.
- Not for unsupervised commercial use.

Precautions Before Using

- **DO NOT** use until you have thoroughly and carefully read this booklet, reviewed product labeling, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **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 that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.

Precautions During Use

- **ALWAYS** use a spotter.
- **DO NOT** use aggressive movements, bounce or swing excessively, which may cause the hook to disengage from the bar.
- **DO NOT** use weights, elastic bands or any other stretching device.
- **DO NOT** over-exert your muscles while inverted so you have strength to dismount.

TEETER
Hang
ups®

EZ-Up™ Gravity Boots

STRENGTHEN • STRETCH • ALIGN

The most comfortable boots on the market!



Inversion may help you to:

- Relieve back pain • Reduce stress • Decompress spine and joints
 - Improve circulation • Increase flexibility • Improve posture
- Stretch and relax muscles • Recover from high-impact workouts

SAVE THESE INSTRUCTIONS

Teeter Hang Ups is a registered trademark of Teeter and Inversion International, Ltd.

Calf Loops: Why use them?

Calf loops are an optional feature that easily detach, so shorter adults can easily invert. Calf loops provide the following benefits:

1. Reduce loads on the ankles and prevent the front edge of the boot from placing uncomfortable pressure on the top of your feet.
2. Offer a hand hold to help you get back up to the bar.
3. Place a 2° bend in the knees, which for most people is more comfortable than inverting with straight legs.



A.



To Attach Calf Loops:

Insert the base of the Calf Loop into the open end of the Boot Hook (Figure A). Make sure you hear the Calf Loop snap into place for secure attachment. Repeat on other boot.

B.



To Detach Calf Loops:

Press your finger onto the Calf Loop Release Tab (Figure B) and pull loop out of the Boot Hook slot.

**Calf Loops must be attached/detached while boots are NOT secured around ankles.*

Boot Care:

No regular maintenance is required, however, for continued smooth use, we recommend keeping buckles latched when not in use.

User Instructions:

Before putting on the boots, first time users should practice and fully understand how to insert the straps and how to snap-lock the buckles. When you are ready to use the boots, determine the correct boot for each leg. The hook of the Right Boot will be marked "Right Boot." Always put Boots on the correct ankles. Failure to do so may cause discomfort or equipment failure.

1.



Insert the foot through the calf loop.

2.



Wrap the Boots around the ankle with the strap locks toward the front inside of the foot.

3.



Insert the strap ends into the strap locks for two clicks. At least one full "v-notch" must be visible; DO NOT tighten yet.

4.



Rotate the Boot so the hook is positioned at the front of the leg, with the buckle levers on the backside of the leg. Push down on the Boot so it sits on the top of the foot.

5.



Adjust the straps to fit the ankle. A snug but not tight fit will be most comfortable. Close the buckle levers, making sure they snap shut completely.

6.



TO RELEASE: Lift up on the buckle lever and push down on the strap lock tab to release the strap.

For proper mounting, inverting, and dismounting, **ALWAYS** follow the listed **WARNINGS & SAFETY INSTRUCTIONS** included in this booklet, as well as the instructions for the Rack or Inversion Table with Conversion Bar.

Inverting

You will use the hooks on the front of the Gravity Boots to suspend yourself with both legs in an inverted position from a securely supported bar.

We recommend these Gravity Boots be used only with properly installed and tested Teeter Hang Ups products, which are designed specifically for inversion with Gravity Boots. Follow the specific directions for mounting, inverting, and dismounting that are included with your Teeter Hang Ups EZ-Up™ Inversion & Chin-Up Rack or Inversion Table with Conversion Bar.

Note: If you are not using a Teeter Hang Ups product in conjunction with the Teeter Hang Ups Gravity Boots, you will need to determine the proper procedures specific to that particular bar/apparatus for safe mounting, inverting, and dismounting.

Having a spotter to assist you for the first few uses of the Gravity Boots is mandatory, and recommended for each time you use the equipment.

Stretching

Gravity Boots provide a comfortable way to invert and decompress your spine and weight bearing joints. Moving your joints through their range of motion while your muscles are relaxed helps to improve flexibility and promote healthy joints.

Crunches & Sit-Ups

Inversion offers a method of strengthening abdominal muscles without the addition of compressive loads to your back.

Squats

Reverse squats utilize your own body weight to resist gravity and are an amazing workout for glutes, hamstrings, and calves.

Note: Invert only as long as you are comfortable. First time users should be careful not to overdo it—this is NOT a no pain, no gain situation!

WARNING

- **DO NOT** use Gravity Boots with a Bar that is not secure to at least four times your body weight. Test this by having two people hang from the bar at the same time by the hands then pull down vigorously. Repeat this test on the other end of the Bar.
- **DO NOT** use Gravity Boots with a Bar that exceeds 1.25" (3.2 cm) in diameter. The Bar must sit loosely at the base of the hook. Bars that are too large will stress the hook and could result in equipment failure.
- **ALWAYS** use a spotter.
- **DO NOT** engage in excessive bouncing or swinging which could disengage the Boot hooks from the bar.
- **ALWAYS** use slow, controlled movements while inverting.
- **DO NOT** over-exert your muscles while inverted so you have strength to dismount.