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## Teeter hang ups f8000 manual

Product ManualsTeeter2020-09-11T14:09:25-07:00 Enhance your stretching experience with Teeter Hang Ups® F7000 Inversion Table. With all the patented and unique features of our core model, the F7000 is designed to include features that enhance user friendship and efficiency. The highlight of the F7000 are EZ-Stretch Traction handles, which provide an added benefit to reverse stretching and decompression. The handles make it possible to achieve the equivalent of a completely reverse stretch even at smaller angles. In addition, they can be used as a tool for intermittent traction and oscillation. The advantages of inversion begin at an angle of only 20 degrees and are fully realized at 60 degrees, the equivalent of the corner of the hind legs of the A-frame. For an advanced user, a complete inversion provides an ideal way to mobilize joints and perform reverse abs or squats. Most people can get all the benefits of inverse therapy without going into full inversion. While most people find the standard ankle clamps on the F7000 comfortable, some users may require additional support. Teeter Hang Ups offers the ability to convert F7000 for use with gravity boots. The optional Adapter Kit comes complete with gravity boots and a CV bar needed to convert the table. The F7000 Inversion Table folds compactly for storage in the closet or corner. Nylon mat can be removed for washing. The table comes with an instructional DVD, a laminated owner's manual and an 88-page medical research book on inversion written for non-medical people. It takes a set. The table comes about 85% pre-assembled and the DVD guides you through a simple assembly process and how to use the table. Make compiling even easier step by step, 3D interactive instructions, download BILT (FREE mobile app) to your smartphone. Simply download the BILT app by scanning the QR code to the right, then search for your model (or Teeter EP-560) within the BILT app to get started!

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