



# F9000™ Inversion Table

The experience of thousands of people who invert regularly is that it gives them relief from back pain. As important, they gain the rejuvenating effects of inversion for their entire body, providing health benefits beyond the relief of back pain.

*Inversion helps to:*

- Reduce back pain
- Relieve stress
- Stimulate circulation and lymph flow
- Improve posture
- Reduce muscle tension
- Strengthen ligaments
- Increase flexibility and range of movement
- Reduce the effects of aging caused by gravity



Finding relief has never been easier.



## effective results

The Teeter Hang Ups® F9000™ Inversion Table is the ideal choice among inversion tables for those who suffer from back pain. The knee-high, easy-to-reach handle is a convenient way to fasten the ankle clamps for a comfortable fit, eliminating excess strain on your back. Offering an easy, secure way to invert the body, the F9000 allows gravity to work as a natural form of traction to elongate the spine and decompress weight-bearing joints, which helps to correct minor misalignments, re-hydrate the discs and reduce nerve root pressure.

Benefits start at an angle of just 20 degrees and are fully realized at 60 degrees, which is equivalent to the angle of the A-frame rear legs. For the advanced user, full inversion provides a way to mobilize the joints and perform inverted exercises.

## customized settings

The Teeter Hang Ups inversion table offers three settings that allow the user to control the angle of inversion and rate of rotation. Ideal for virtually all ages and body types, the inversion table adjusts easily to ensure a comfortable, relaxing inversion experience:

- ① **Adjustable roller hinges with patented cam locks:** Added stability; choice of three rates of rotation
- ② **EZ Angle tether strap:** Offers preset angles to 20, 40 and 60 degrees
- ③ **Triple-plated chrome main shaft:** Embossed user height markers (in/cm) allow easy adjustment

## unique & patented features

As the longest continuous supplier of inversion tables (since 1981), Teeter Hang Ups has the experience necessary to create a quality product with unique features that maximize function, durability and ease of use. These features are exclusive to the F9000 Inversion Table:

- ④ **Easy-reach handle:** Ratchet ankle clamp system is within easy reach and operates with the push of a button, eliminating the need to reach down to the ankles to secure your feet
- ⑤ **Corner Feet:** Increase the A-frame base by 20%, help to prevent sliding and protect floors
- ⑥ **Auto-locking hinges:** Secure bed to A-frame for improved security and portability
- ⑦ **Derattler knob:** Reduces shifting for smooth, quiet rotation – the only style on the market to structurally engage the main shaft
- ⑧ **Specialized pivot bearings:** For a lifetime of smooth, squeak-free rotation
- ⑨ **Heat treated, high quality carbon steel:** Added strength in key structural components

**Valued-added materials:** Includes Instructional DVD, laminated Owner's Manual and 90-page book *Better Back, Better Body*

## best quality

The F9000 Inversion Table is classified in accordance with **UL 2601-1** (medical equipment in a clinical setting), a rigid specification that tests the structural integrity of the equipment. The F-series tables, with a maximum user weight capacity of 136kg., successfully withstood a test to 654kg., exceeding the 400% safety factor requirement.

Although UL 2601-1 requires rigorous testing for structural integrity, it does not test for the unique loads placed on an inversion table. To more thoroughly test and assess the level of product quality in the inversion market, an **independent engineering study** was commissioned to compare the seven most widely distributed inversion tables with our base model inversion table. Teeter Hang Ups outperformed competitors in durability, quality, ease of assembly and function.

For a copy of the full report, contact the manufacturer.

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### Specifications

- Height capacity:** 142 - 198 cm (4'8" - 6'6" )
- Weight capacity:** 136 kg (300 lbs)
- Assembled dimensions:** 114 x 71 x 147 cm (45 x 28 x 58 in)
- Product weight:** 34.5 kg (76 lbs)
- Warranty:** 5 Years



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