

EZ-Up™ Inversion Rack & Gravity Boots

May help to...

Relieve Back Pain

Reduce Muscle Tension & Stress

Decompress Weight Bearing Joints

Stretch & Exercise



Offers a great workout!
Used by physical therapists,
massage therapists, sports trainers
and professional athletes.

TEETER
gHang
ups®

Teeter Hang Ups®. Your journey to a better back and a better body.™

Teeter Hang Ups® EZ-Up™ Inversion System* helps you to discover the benefits of inversion therapy on quality, time-tested equipment.

Since 1981, Teeter Hang Ups® has been committed to producing the best performing inversion products in the world. Used for years as a training device for athletes, including gymnasts and sky divers, we are proud to note that the U.S. Army Fitness School intends to incorporate inversion into their nationwide physical training doctrine. Instructors know that inverted decompression and mobilization with gravity boots is an ideal way to mitigate the stress of jumping, running and other strenuous tasks required of their soldiers.

* System: EZ-Up™ Inversion Rack and Gravity Boots.



What is Inversion?

Inversion therapy (or hanging upside down) has been used for hundreds of years to help relieve back pain, reduce stress, stimulate circulation, promote flexibility and proper alignment, and reduce the effects of aging caused by gravity.

The EZ-Up™ Inversion Rack is mounted in a standard wood door frame (but does not interfere with normal use of the door). The Gravity Boots wrap comfortably around each ankle, securing with adjustable, self-locking ratchet buckles. Users must be able to hold onto the lower bar of the EZ-Up™ Inversion Rack, kick up to the upper bar, and rest each boot hook over the bar. Just hang out and relax to begin your journey to a *better back* and a *better body!*

Consult a licensed physician before inverting. A list of contraindications for Inversion follows:

(this is not an exhaustive list, it is intended only for reference)

Pregnancy, hiatal hernia, ventral hernia, glaucoma, retinal detachment, conjunctivitis, high blood pressure, hypertension, recent stroke or transient ischemic attack, heart or circulatory disorders, spinal injury, cerebral sclerosis, acutely swollen joints, bone weakness (osteoporosis), recent unhealed fractures, medullary pins, surgically implanted orthopedic supports, use of anticoagulants (incl. high doses of aspirin), middle ear infection, and extreme obesity.

Key Features



double-bar system for easy mounting and dismounting

EZ-Up™ Inversion Rack

adjustable width for doorways 28" - 36" (71 cm - 91 cm)

scratch-resistant powder-coated finish

easy-reach handles

hang freely out and up from the door frame



exclusive locking brackets

durable door savers

comfortable foam hand grips

250 lbs. capacity (113 kg)



Perform stretching, squats, and the world's toughest sit-ups!

Gravity Boots

durable, lightweight construction

removable calf loops add comfort and two-degree bend in the knee

self-locking ratchet buckles

super soft foam liners

flexible shell for comfortable fit

Also available:
Gravity Boots XL for larger calves and ankles

one size fits most

Value Added

Teeter Hang Ups®
EZ-Up™ Inversion System*

- includes:
- *Better Back, Better Body* book
 - Instructional Video
 - 5 Year Warranty

*Book not included when items purchased separately. Boots do not include a video.

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