



DEX II • decompression & extension™

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 on 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
- Achieve a state of functional fitness



Invert.
Stretch.
Relax.

The Teeter Hang Ups® DEX II • decompression & extension™ offers a convenient in-home inversion option with forward rotation. Unlike inversion tables, which suspend the user in a full body stretch, the DEX II supports the user from the hips so the stretch is focused on the torso. The easy-to-use design invites the user to simply step into the leg supports, lean forward and invert with user-controlled operation.

Developed to emulate the popular Teeter DEX found in fitness facilities around the world, the DEX II brings the benefits of inversion into the home. The gentle, inverted stretch elongates and decompresses the spine, which helps to rehydrate the discs, reduce pressure on nerve roots and naturally correct minor misalignments. The DEX II is also ideal for back and core strengthening exercises.

customized settings

The DEX II holds the body in a 90/90 position (bent hips, bent knees), which is the optimum position for lumbar decompression, helping to flatten the lumbar curve and decompress the spine without requiring support by the ankles or feet.

- ① **Adjustable leg supports:** Locking knob allows adjustment for maximum comfort and security
- ② **Height adjustment:** Allows for a wide range of users

unique & patented features

The DEX II stands out in comparison to other similar equipment because the ergonomic design helps to prevent hyperextension of the back while performing back extensions.

- ③ **Sturdy lap support:** Holds the user in a fixed 90/90 position, which is the optimal position for lumbar decompression
- ④ **Traction handles:** Handles offer increased manual decompression of the spine to maximize the stretch
- ⑤ **Convenient features:** Lower handles provide support for user-controlled rotation, and serve as useful resistance tools for stretching
- ⑥ **Quality construction:** Sturdy square steel tube design
- ⑦ **Washable padded vinyl mat:** Quality materials are durable and easy to clean
- ⑧ **Quality finish:** Durable powder coating for scratch resistance
- ⑨ **Corner feet:** Provide stability, prevent sliding and protect floors

a smart choice

From the longest continuous supplier of inversion products (since 1981), the DEX II was **designed to exacting standards** and is backed by the experience of a company that knows what it takes to build quality, secure equipment. Compared to similar equipment, the DEX II boasts better user support.

- The user is placed in a body position relevant to gravity that **maximizes muscle performance** during back extensions while helping to prevent hyperextension.
- Improving upon the traditional roman chair, the unique design actually **reduces the load on the hamstrings** by placing the knees in the relaxed 90° position, rather than forcing less effective, straight-legged exercises.
- Decompress with a DEX II using forward rotation to **lengthen the spaces between the vertebrae** and allow nutrients to nourish the discs.

Specifications	
User height capacity:	4'8" - 6'6" (142 - 198 cm)
User weight capacity:	300 lbs (136 kg)
Assembled dimensions:	41 x 29 x 45 in (104 x 74 x 114 cm)
Product weight:	66 lbs (30 kg)
Warranty:	5 Years

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