

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

The Power II™ Inversion Table helps you discover the benefits of inversion therapy on a quality, time-tested piece of equipment. The Power II is an easy, relaxing way to turn your body upside down for relief from back pain, stress, and the damaging effects of gravity.

How does It Work?

Teeter Hang Ups® brand Power II™ Inversion Table was designed with ease-of-use in mind. Unlike other inversion products that require individualized adjustments, this motorized unit is operated at the push of a button. The table slowly and easily rotates to any desired angle, allowing for a relaxed inversion experience every time. Users will appreciate the quality of workmanship and smooth, quiet motor.

The Power II provides an easy way to perform inverted stretching or strengthening exercises. When the table rotation is stopped at any angle, the bed is sufficiently fixed at that angle to allow stretching and light exercise without bed movement.

What is Inversion?

Inversion reverses the natural pull of gravity on the body. Using your own body weight, the Power II™ Inversion Table can help your body recover from high impact activities like aerobics and weight lifting.

By decreasing the pressure on the discs between your vertebrae, the Power II may help to temporarily relieve back pain. The Power II will also help stretch and relax muscles so that you can recover from your workouts, maintain flexibility and encourage good posture.

Try these inverted exercises:

- Inverted sit-ups or crunches
- Inverted squats
- Rotational stretching & extensions

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.



Max. 6'6", 300 lbs. capacity
(198 cm, 136 kg)

UL Listed
2-Year Warranty



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POWER II™ *Inversion Table*

May help to...

Relieve Back Pain

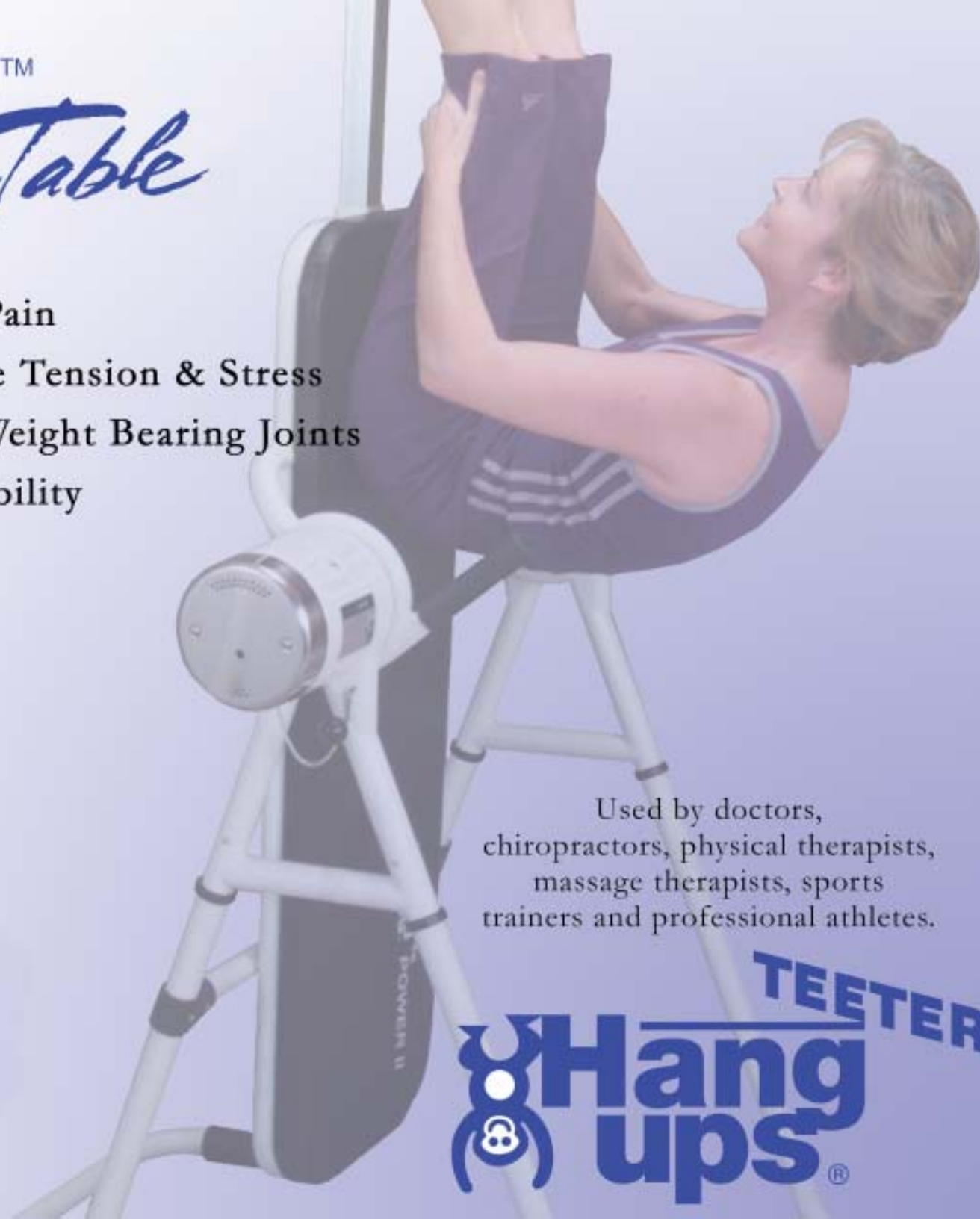
Reduce Muscle Tension & Stress

Decompress Weight Bearing Joints

Increase Flexibility



Patent applies.



Used by doctors,
chiropractors, physical therapists,
massage therapists, sports
trainers and professional athletes.

TEETER
Hang
ups®