

DEX • decompression & extension™



JOINT DECOMPRESSION



STRETCHING & EXERCISE



FUNCTIONAL FITNESS



total fitness • form & function™

Inversion can help people attain a well-balanced workout, one that keeps them toned, fit *and* flexible. By regularly utilizing the DEX • decompression and extension™, users may:

- Increase flexibility and range of movement
- Enhance alignment and balance
- Reduce stress on the body after a workout
- Encourage muscle development
- Build core muscle groups
- Achieve functional fitness - a state of flexibility, strength and balance that supports youthful movement and activity.

Effective results

The DEX provides all of the benefits of inversion while holding the user in the 90/90 position, which is the optimum position for decompression. From this position, the user is in a body position relevant to gravity that maximizes muscle performance during back extensions while helping to prevent hyperextension.

Superior design

Improving upon the traditional roman chair, the DEX's ergonomic 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.

Practical interface

Similar to the benefits gained from practicing Yoga or Pilates, inversion benefits include improved flexibility, stronger core muscles, and reduced stress. However, accessibility and ease of use makes the DEX more appealing to a larger audience.

Superior Quality, Design and Craftsmanship. Guaranteed.

Reinforced steel frame construction
Scratch-resistant, powder-coated finish
Triple-plated chrome parts
Padded, washable leg and hip supports

Warranty	2-years on all components
Max. User Weight/Height	300 lbs. (136 kg) / 6'6" (198 cm)
Boxed Weight	149 lbs. (67.7 kg)
Box Dimensions	Approx 10" x 32.5" x 50.5" (25 cm x 83 cm x 128 cm)
Length	48" (122 cm)
Width	30" (76 cm)
Height (Max.)	Max: 48.5" (123 cm) In-use (rotated): 50" (127 cm)



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Self-operated forward rotation using the lower handles for support

Adjusts easily to accommodate varying user heights and sizes (max 6'6", 300 lbs.)

90/90 inverted position for an optimum stretch to the lower back

Traction handles offer a unique solution for increased decompression of the lower back (see left)

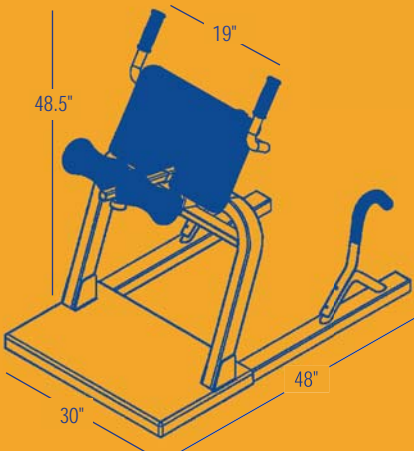
Four-color training poster and Instructional Training Manual included

PRO PACKAGE

Power VI Inversion Table™

To achieve the ultimate in functional fitness training, combine the DEX • decompression & extension with the Power VI Inversion Table, Teeter's UL Listed motorized inversion table ideal for commercial use.

The Power VI offers users a full body stretch to decompress and mobilize joints. Offering a multiple options for inversion equipment helps to make a statement that inverted decompression and exercise is an important element of a well-rounded fitness program.



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