

TIPS FOR INVERSION

Degree of Rotation

Start at a modest angle (20°-30°) for the first few weeks or until you become comfortable with the sensation and operation of the equipment. Once you are able to fully relax, advance to greater angles of inversion to increase decompression benefits. Work up to 60° (parallel with the A-frame rear legs) or beyond for best results, but be sure to advance slowly and listen to your body – relaxation is key. Many users never do more than 60°, and that's just fine! That said, some advanced users enjoy the added freedom of movement for stretches and exercises at full inversion (90°).

Duration

Begin with short 1-2 minute sessions to allow your body to adapt to inversion. Frequency is more important than duration. Over time, as you feel comfortable, gradually work up to a duration that allows your muscles to fully relax and release so your back can decompress. This should typically take about 3-5 minutes.

Frequency

Most users will find better results with shorter, more frequent sessions than longer sessions done infrequently. Ideally, work it into your routine so that you are able to invert with your Teeter several times a day. The Teeter is an effective tool to supplement your daily activities - use it as a part of your fitness routine to recover from high impact, compressive or rotational activities, or simply as your go-to solution for the occasional relief from back pain.

Train your Body

As with any exercise program, you may experience mild soreness when you first start the Complete Back & Core program. If needed, simply reduce your angle or duration of inversion and move at a more gradual training pace. Always be sure to ascend from inversion slowly, pausing just past horizontal (0°) for 15-30 seconds or more to allow your body to readjust and your back to gradually re-compress before dismounting the equipment. This will reduce the chance of dizziness and allow for the gradual re-introduction of compression on your back.



⚠ WARNING

- **DO NOT** use the equipment or begin any exercise program without a licensed physician's approval.
- **DO NOT** use until you have thoroughly read the Owner's Manual, viewed the Getting Started DVD, reviewed all other accompanying documents, and inspected the equipment.
- It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter attachments while on the inversion table. Use the inversion table only for its intended use as described in the Owner's Manual.
- **DO NOT** advance beyond your comfort level.
- If an exercise or stretch causes pain, immediately discontinue and eliminate it from your routine.

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.



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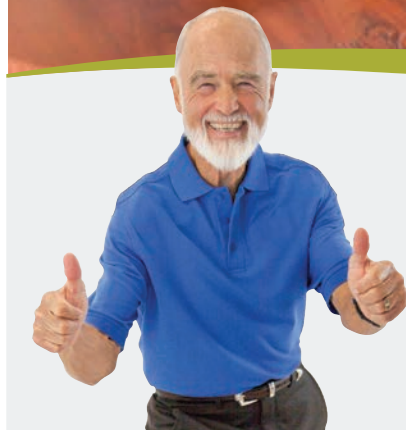
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Also Available on a Floor Mat!

Teeter's Better Back™ Inversion Program Mat provides a quick reference to all of the movements in this guide, fits beneath any table and protects your floors.



complete
BACK & CORE
guide



"I created the Teeter Inversion Table so people could live healthier, more active lives."

-Roger Teeter
founder & innovator



BEGINNER

30-45° 3-5 minutes
2 times/day

Intermittent Inversion

Alternate between 0 degrees (horizontal) to 30-45 degrees for equal periods of time to help acclimate yourself to inversion and become accustomed to the operation of the equipment.



▲ Add heat and relaxing pulsation with the Better Back™ Vibration Cushion



Overhead Stretch

Reach with one arm straight overhead and stretch. Repeat with the other side.

Neck Stretch

Place your left hand on the right side of your head and GENTLY pull your head toward your left shoulder. Repeat on the other side.



Side Arches

With arms overhead, curve into a "C" shape at the waist, bringing the hip and shoulder toward each other. Repeat on the other side.

Rotation - Light

With your left arm overhead, reach your right arm across your body and hold onto the top of the left handle. Pull and rotate your hips and torso gently to the left. Repeat on the other side.



INTERMEDIATE

45-60° 3-5 minutes
1-2 times/day

Oscillation

Set the roller hinges to the C setting. Slowly shift the weight of your arms up and down in rhythm to create a rocking motion with the inversion table.

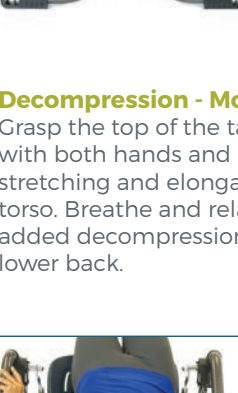


▲ Add pressure on muscle trigger points with the Better Back™ Acupressure Nodes



Rotation - Moderate

Reach one arm across your torso and hold onto the table bed. Rotate your hips and torso to the side, keeping your center of weight aligned with the center of the table bed. Pull to elongate and relax the muscles along your torso.



Decompression - Moderate

Grasp the top of the table bed with both hands and pull gently, stretching and elongating your torso. Breathe and relax to gain added decompression for your lower back.



Low Back Stretch

With your right arm overhead, place your left hand on the inside left handle. Push away while rotating your hips toward the right, creating a stretch for the lower left back muscles - be sure to keep your back muscles relaxed. Repeat on the other side.



Shoulder Lift

With both arms overhead, lift your head and arms slightly and roll your shoulders up off the table bed, using your abdominal muscles to hold this position for several seconds. Release and repeat.



NOTE: SOME RISK OF ROTATING THE INVERSION TABLE UPRIGHT.

60-90° 3-5 minutes
1-2 times/day

Rotation - Advanced

Reach one arm across your torso and hold onto the A-frame leg. Rotate your hips and torso to the side, keeping your center of weight aligned with the center of the table bed. Pull to elongate and relax the muscles along your torso.



Decompression - Advanced

Slowly reach up and place the heels of both hands on the handles. Push away gently, stretching and elongating your torso. Breathe and relax to gain added decompression to your lower back.

▲ You can also do this with the EZ-Stretch™ Traction Handles!

Side Crunches

Reach your right arm over your head and reach your left hand toward your feet. Tightening your abdominals, slide your shoulders to the left, holding the crunch for several seconds. Release and repeat, then switch sides.



1-Leg Squat

With both arms overhead, bend one knee and shift your hip slightly up toward your feet. Hold for several seconds then release. Alternate sides.

Full Inversion - Introduction
Remove the tether strap and set the roller hinges to the A or B setting (Refer to the Owner's Manual for instructions on adjusting your roller hinge settings). Rotate into the fully inverted position and allow your body to hang freely. Breathe and relax. Return to the horizontal position to rest, and try again if you desire!



NOTE: ATTEMPT ONLY WHEN YOU ARE FULLY COMFORTABLE WITH INVERSION AND THE OPERATION OF THE EQUIPMENT.

ADVANCED

90° Stretches 3-5 minutes
1-2 times/day

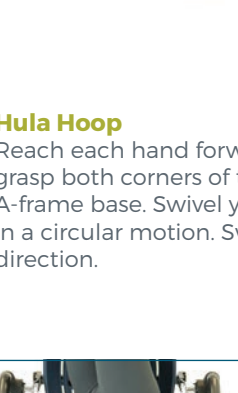
Corners Stretch

Reach forward with both hands and grasp the right corner of the A-frame base. Pull toward the corner to elongate and stretch your torso. Repeat on the opposite side.



Head Circles

Bend your elbows to create space on either side of your head. Slowly rotate your head in a full circle several times, reaching full extension of your neck to each side and front. Be careful not to hyper-extend to the back. Switch direction.



Hula Hoop

Reach each hand forward to grasp both corners of the A-frame base. Swivel your hips in a circular motion. Switch direction.



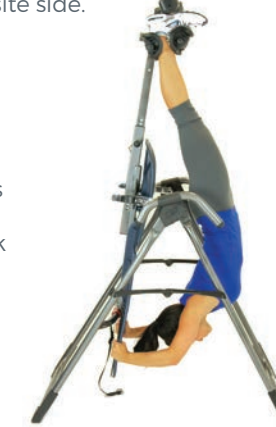
Full Rotation

Rotate your body and grasp the table bed with both hands, using it as leverage to rotate your hips and torso for a full body stretch. If you are unable to grasp the bed with both hands, reach to the front corner of the A-frame with one hand and the bed with the other. Repeat on the opposite side.



Bridge - Full Inversion

Place both hands over your shoulders and grip the edges of the table bed behind you. Push away, arching your back to create a bridge away from the table bed. Hold this position for several seconds, then release and repeat.



90° Exercises 3-5 minutes
1-2 times/day

Crunches - Front, Side

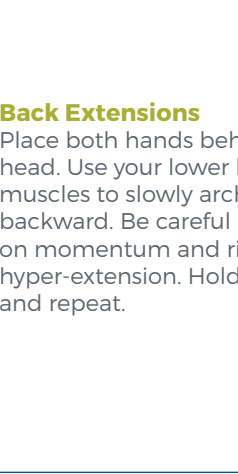
Cross your arms on your chest or loosely place your hands behind your head. Use your abdominals to crunch forward. Hold, release and repeat. Crunch to each side as well.

▲ Add support for your ankles in full inversion with the EZ-Up™ Gravity Boots



Sit-Ups

Bend your knees slightly and contract your abdominals, reaching your arms toward your knees and lifting your entire torso upward. Place your hands behind your knees to help finish the motion.



Back Extensions

Place both hands behind your head. Use your lower back muscles to slowly arch backward. Be careful not to rely on momentum and risk hyper-extension. Hold, release and repeat.



Squats

Hold onto the A-frame legs to stabilize your body. Bend your knees to move into an inverted squat. Hold, release and repeat.

BEGIN EACH SESSION WITH INVERSION TO A MODERATE ANGLE. CONCENTRATE ON BREATHING DEEPLY AND RELAXING YOUR MUSCLES.

The Complete Back & Core System is only a guide; do not advance past your comfort level. If an exercise or stretch causes pain, immediately discontinue and eliminate it from your routine. Refer to the Owner's Manual for instruction on how to adjust the inversion table for your unique needs and body type.

