



## ASSEMBLY INSTRUCTIONS INSTRUCTIONAL TRAINING MANUAL

# DEX • decompression & extension™



**⚠ WARNING**

Users must familiarize themselves with the proper use of the equipment and the inherent risks of inversion, such as falling on one's head or neck, pinching, entrapment or equipment failure. FAILURE TO FOLLOW INSTRUCTIONS OR HEED WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

**Restrictions on Use**

- **DO NOT** allow use of the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with every user: *(This is not an exhaustive list, it is intended only for reference)*
  - Middle ear infection
  - Extreme obesity
  - Pregnancy
  - Hiatal hernia
  - Ventral hernia
  - Glaucoma
  - Retinal detachment
  - Conjunctivitis
  - High blood pressure
  - Hypertension
  - Heart or circulatory disorders
  - Spinal injury
  - Cerebral sclerosis
  - Acutely swollen joints
  - Recent stroke or transient ischemic attack
  - Bone weakness (osteoporosis)
  - Recent or unhealed fractures
  - Medullary pins
  - Surgically implanted orthopedic supports
  - Use of anticoagulants (including high doses of aspirin)
- **DO NOT** allow use of the equipment by anyone over 6'6" (198 cm) or 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow modifications to the equipment or the use of accessory attachments that are not recommended by the manufacturer, as this may result in serious injury or death. Utilize the equipment for its intended purpose only.

**Precautions Before Use**

- **DO NOT** allow anyone to use the DEX until they have been instructed on the proper and safe use of the equipment by someone who has thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.
- **NEVER** allow children to use the equipment unsupervised.
- **DO NOT** allow anyone to operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- Users must **ALWAYS** inspect the equipment prior to use. Make sure that the Lap Pad rotates smoothly to the fully inverted position and back, and that all fasteners are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- Users must **ALWAYS** make sure that the height of the chrome shaft and the width of the leg rollers are correctly adjusted prior to each use.
- The user should refer to warning notices posted on the equipment.

**Precautions During Use**

- **DO NOT** allow the use of aggressive movements while on the DEX.
- Users must **ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** allow anyone to drop or insert objects into any opening.
- A trained instructor should closely supervise new users until they are sure the user is able to safely and correctly use the equipment.

**ATTENTION OWNERS, MANAGERS AND STAFF:**

The DEX™ is a high quality inversion machine intended for use in commercial facilities. It is important that all users receive training on how to adjust and utilize the equipment.

**Placement within the facility:**

- Ensure the unit is on a level surface.
- Assemble the equipment in an area with sufficient clearance on all sides of the unit. Users will require adequate space to rotate their bodies.
- Be aware that passersby may be bumped or kicked if they stand too near to the unit while in use.
- Make sure that the instructions and poster are nearby and accessible to the users.

**Maintenance of the equipment:**

- Facilities are responsible for the cleaning and maintenance of the equipment.
- Regularly wipe down the unit with mild soap and water.
- Schedule daily, weekly and monthly equipment inspections to verify that the unit is clean and in good shape, the unit functions properly, all parts rotate smoothly, and all fasteners are secure.
- For warranty service, refer to the contact information listed on pg. 4 of this manual.

**Training for staff and users:**

- Familiarize all staff members with this Instructional Training Manual so that they will be prepared to provide adequate training for the users of the equipment.
- Provide users with adequate training on proper equipment function, adjustments, precautions, risks from overexertion or improper use, and health contraindications (see above).

## HOW TO INVERT

Before users attempt to operate the equipment, they must be briefed on how the equipment works. Explain that the DEX™ operates strictly under user control - that is, the users are able to rotate the unit as slow or as fast as they desire. They will need to use the strength of their arms to lower their body down and to return upright. *If you or the user is unsure about their ability to operate the equipment properly, advise them to always have a spotter nearby or else to discontinue the use of the equipment.*

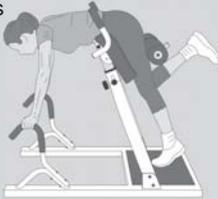
### Step One

User stands inside the Leg Rollers - hips should align with the top edge of the Lap Pad



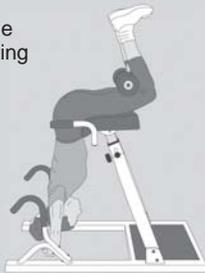
### Step Two

User leans forward, bends one knee and reaches for the Cane Shaped Handles



### Step Three

User rotates the Lap Pad, inverting in the 90/90 position



Instruct the users in the following steps to invert:

### Step One

- Stand with your feet on the Foot Platform, positioning your thighs between the Leg Rollers and Lap Pad.
- Determine whether the width of the Leg Rollers is comfortable. Adjust if necessary.
- Determine whether the Lap Pad is at the correct height. Your hips should be the same height as the top edge of the Lap Pad. Adjust if necessary.

### Step Two

- To begin inversion, move from the waist and slowly lean forward.
- Bend one knee and reach for the Cane Shaped Handles with both hands.
- While holding the Cane Shaped Handles, continue to slowly lean forward and rotate the Lap Pad while lifting and bending the other leg.

### Step Three

- Continue rotation until the Lap Pad reaches the stop position. Your body weight will be supported by your thighs.
- Keep both knees bent around the Leg Rollers. Allow your hands to dangle on the floor or place them folded behind your head.

*It is important to maintain bent knees to help support your body while inverted. Failure to do so could result in serious injury or death!*

## WHILE INVERTED

ENCOURAGE USERS TO... RELAX. BREATHE. STRETCH. DECOMPRESS. MOVE. EXERCISE. Explain how to achieve maximum benefits when using the DEX™:

- For maximum decompression, breathe deeply and relax the muscles in the lower back and shoulders.
- Movement is also helpful to encourage relaxation, stimulation of circulation and lymph flow.
- It is important to listen to your own body. Everyone is unique and your own body will tell you when you've had enough.
- You may want to increase the duration of use over a period of time. However, inversion is NOT a no pain, no gain activity. Always listen to your body's response to inversion and ascend if you feel anxiety, discomfort, dizziness or pain.
- Some people may prefer to use the equipment for decompression and relaxation. Others may prefer a more active workout consisting of stretching and exercise (see pg. 4). Spend time with each individual user to develop his or her own unique routine.

## RETURNING TO THE UPRIGHT POSITION

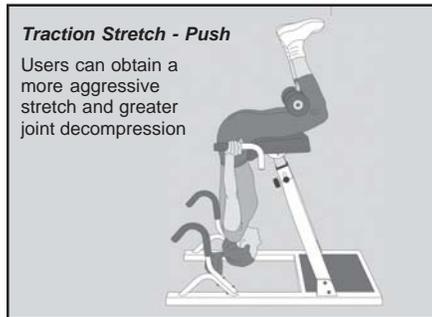
To return to an upright position, instruct the user to reverse the procedure explained above:

- Use the Cane Shaped Handles to gradually walk yourself upright, rotating the Lap Pad and straightening your legs until standing at the start position.

## EXERCISING ON THE DEX™

Depending upon the users' current fitness level and goals, you may want to introduce them to advanced inversion exercises on the DEX™. Proper form is key for effective stretching and strengthening, and that is why it is essential that users receive adequate training from staff members before attempting the following exercises.

*Instruct users to confine all activities to smooth movements. Aggressive exercises that involve a lot of body movement could cause the DEX to tip over resulting in serious injury or death.*



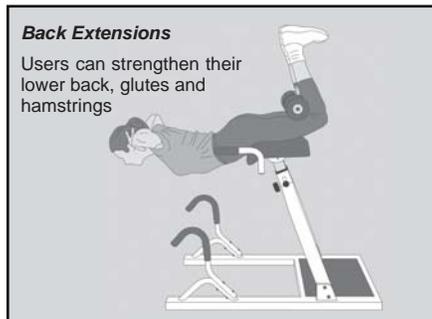
### Traction Stretch - Push

- Hang fully inverted and relax.
- Firmly push against the Traction Handles located at the side of the Lap Pad.

### Alternative: Traction Stretch - Pull

- Hang fully inverted and relax.
- Place your elbows under the Cane Shaped Handles and gently push against the Handles.

*Helpful Hints:* Stretch, hold 10 seconds and release, repeating several times to achieve the desired stretch. Relax and breathe deeply.



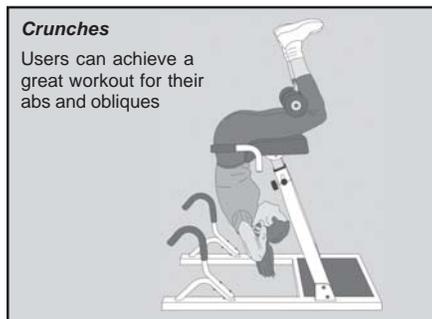
### Back Extensions

- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Tighten glutes and back and lift torso up slowly into extension. Make sure to keep abdominal muscles engaged to support spine while extended.
- While the DEX is designed to reduce the chance of hyperextension, it is important that you perform this exercise in a slow and controlled manner. *DO NOT use body momentum for the extension or extend past parallel with the floor.*

### Alternative: Back Extensions - Rotation

- Slightly rotate your torso when extending to work the back extensors and external oblique abdominal muscles.

*Helpful Hints:* Extend, hold and release, repeating as desired to meet your workout goals.



### Abdominal Crunches

- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Contract your abdominal muscles, crunching inward toward the support posts.

### Alternative: Abdominal Crunch - Rotation

- Slightly rotate your torso when crunching to work the rectus abdominus and external oblique muscles.

*Helpful Hints:* Contract, hold and release, repeating as desired to meet your workout goals.

**More Information:** For additional exercises and supplementary benefits and training information, please visit [www.STLIntl.com](http://www.STLIntl.com).



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For information about the 2-year warranty, to order replacement labels or manuals, or if you have any problems assembling the DEX™ or questions about its use, please contact Customer Service at the appropriate location below:

#### USA & Canada:

STL International, Inc.  
9902 162<sup>nd</sup> St. Ct. E.  
Puyallup, WA 98375  
(Phone) 800-847-0143  
(Fax) 800-847-0188  
(email) Sales@STLIntl.com  
(web) www.STLIntl.com

#### International:

Inversion International, Ltd.  
PO Box: AP 59245  
New Providence Island, Bahamas  
(Phone) +1-242-362-1001  
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(email) Info@InversionInternational.com  
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#### Europe:

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Croydon, Surrey CR0 2EE, UK  
(Phone) +44-20-8667-0060  
(Fax) +44-20-8680-3999  
(email) mail@TeeterLtd.com  
(web) www.TeeterLtd.com

## WHO SHOULD USE / NOT USE THE DEX™?

The DEX™ is ideal for most reasonably fit people who want to achieve functional fitness, decompress the back and weight bearing joints, effectively train core muscle groups, exercise without loading the spine, and recover from high impact workouts. **Facilities are responsible for evaluating their own clientele to determine who should and should not use the equipment. It is also the facilities' responsibility to review the health contraindications and safety instructions with all users prior to allowing them access to the equipment (see Important Safety Instructions on pg. 1).**



## PRIOR TO USE

### Step One

- Instruct the users to test and inspect the equipment before each use. They should make sure that the Lap Pad rotates smoothly to the fully inverted position and back and that all fasteners are secure.

### Step Two

- Explain to the users that the DEX™ features two adjustment settings that allow each user to properly adjust the equipment for their own body type. They must make sure the equipment is properly adjusted every time they use the equipment by A) adjusting the height of the Chrome Shaft, and B) adjusting the width of the Leg Rollers:

#### A. Instruct the users to adjust the height of the Chrome Shaft:

- Loosen the De-rattler Knob by rotating it several turns counterclockwise.
- Pull the locking pin for the Chrome Shaft while lifting or lowering the Lap Pad by the Height Adjustment Handle on the back.
- Select a height setting so that while standing on the Platform, the user's hips are at the same height as the top edge of the Lap Pad.
- Release the Locking Pin so that it engages fully into one of the height settings. Tighten the De-rattler Knob by rotating clockwise.
- Instruct the users to make sure the Locking Pin is fully engaged and the De-rattler Knob is tightened prior to use. *Failure to do so could result in serious injury!*



#### B. Instruct the users to adjust the width of the Leg Rollers:

- Loosen the Adjustment Knob by rotating it several turns counterclockwise.
- Pull out on the Adjustment Knob and slide the Leg Rollers in or out depending on the leg width and comfort of the user.
- Release the Adjustment Knob so that it engages fully into one of the hole settings. Tighten the Adjustment Knob by rotating clockwise.
- Instruct the users to make sure the Adjustment Knob is fully engaged and tightened prior to use. *Failure to do so could result in serious injury!*



## PRE-ASSEMBLY

**Before you begin:** These instructions will guide you in properly assembling the unit. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and Instructional Training Manual to help ensure user safety and product integrity.

### ⚠ WARNING

1. Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
2. It is your responsibility to familiarize yourself with the proper use of the equipment and the inherent risks of inversion, such as falling on your head or neck, pinching, entrapment or equipment failure.
3. Do not use the DEX™ until you have thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.
4. Choose a level surface for assembling and operating the DEX™.
5. Follow each step in sequence. Do not skip ahead.
6. Make sure that all fasteners are secure.
7. Replace defective components immediately and/or keep the equipment out of use until repair.
8. Schedule daily, weekly and monthly equipment inspections. Make sure that the parts rotate smoothly and that all fasteners are secure.

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or the manufacturer directly (See Pg. 4 of the Instructional Training Manual).

#### ITEMS FOR ASSEMBLY

##### Leg Roller Assembly

- Leg Roller Adjustment Frame
- Leg Roller Shaft
- Two (2) Flat Washers (M8)
- Two (2) Hex Bolts (M8 x 25mm)

##### Frame Assembly

- Support Post
- Base Frame
- Four (4) Hex Bolts (3/8-16)
- Eight (8) Flat Washers (3/8)
- Four (4) Lock Washers (3/8)
- Four (4) Capped Nuts (3/8-16)

#### ITEM #'s

##### D1-1007

- D1-1011
- D1-1010
- H1-4108
- H1-1412

##### Lap Pad Assembly

- Two (2) Flat Washers (3/8)
- One (1) Hex Bolt (3/8-16)
- One (1) Hex Nut (3/8-16)

##### Cane Shaped Handle Assembly

- Eight (8) Curved Washers (M8)
- Four (4) Hex Bolts (M8 50mm)
- Four (4) Capped Nuts (M8 nylon)

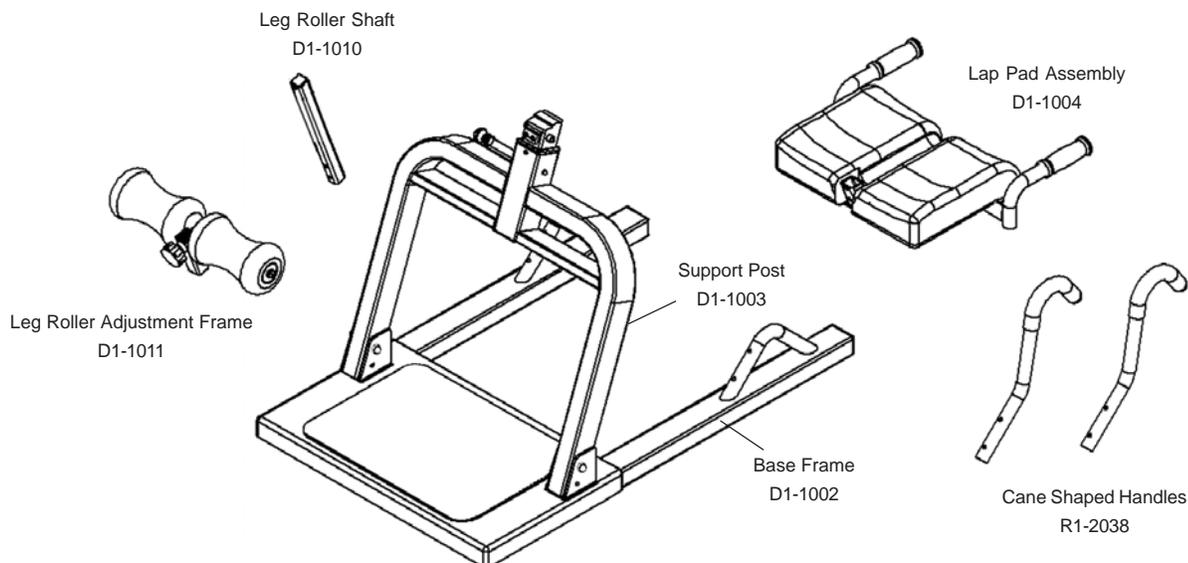
#### D1-1004

- H1-1302
- H1-1303
- H1-1304

#### R1-2038

- H1-4108
- H1-1410
- H1-3009

**Required tools:** 13 mm Box Wrench, 9/16" Box Wrench and/or adjustable wrenches  
*\* all hardware arrives pre-assembled to the corresponding parts*



## ASSEMBLY

### STEP ONE

#### Position the Support Post (D1-1003) on the Base Frame (D1-1002)

- The Base Frame and Support Post arrive pre-assembled in the storage position. Remove only the LOWER Hex Bolt from each column of the Support Post. *Keep this hardware nearby.*
- Rotate the Support Post up approximately 80 degrees until the two lower holes in the Support Post align with the lower holes in the Base Frame (See Figure 1).
- Insert the Hex Bolt with Flat Washer from the outside through the lower holes in each column. Finish with another Flat Washer and a Lock Washer and fasten with the Capped Nut using a 9/16" Wrench.

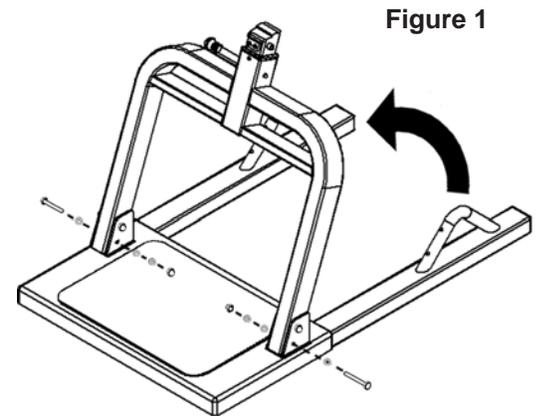


Figure 1

Figure 2

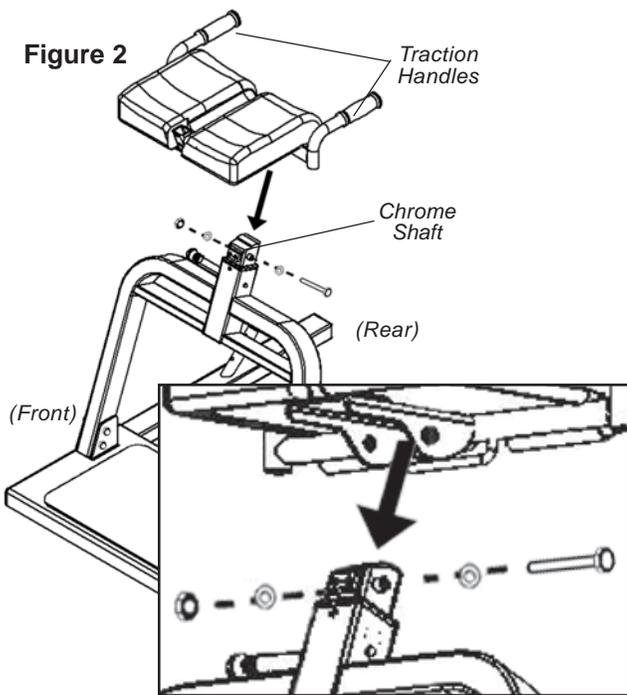


Figure 2A

### STEP TWO

#### Secure the Lap Pad Assembly (D1-1004) to the Chrome Shaft in the Support Post (D1-1003)

- Remove the Hex Nut, Flat Washers and Hex Bolt from the Lap Pad Assembly (leave the bushings in place). *Keep this hardware nearby.*
- With the Traction Handles facing the rear of the Support Post, place the Lap Pad Assembly over the Chrome Shaft and align the holes (See Figure 2).
- Thread the Hex Bolt through a Flat Washer. Insert through the holes, securing the Lap Pad Assembly to the Chrome Shaft. Finish with the remaining Flat Washer and Hex Nut. Secure using a 9/16" Wrench. (See Figure 2A for close-up view)
- Make sure the fasteners are securely tightened and the Lap Pad rotates smoothly.

### STEP THREE

#### Attach the Leg Roller Assembly (D1-1007) to the Lap Pad Assembly (D1-1004)

- You must *remove* the Hex Bolts and Flat Washers from the Leg Roller Assembly before proceeding. *Keep this hardware nearby!*
- Loosen the Adjustment Knob and slide the bottom of the Leg Roller Shaft into the Leg Roller Adjustment Frame (See Figure 3A). Align to any one of the adjustment settings and secure by hand-tightening the Adjustment Knob (See Figure 3B). Do not overtighten.
- Slide the Leg Support Shaft into the receiving end of the Lap Pad Assembly (See Figure 3C). Lining up the two holes, re-insert the Flat Washers and Hex Bolts. Secure using a 13 mm Wrench.

Figure 3A

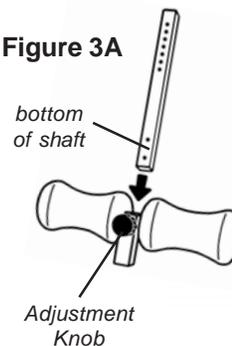


Figure 3B

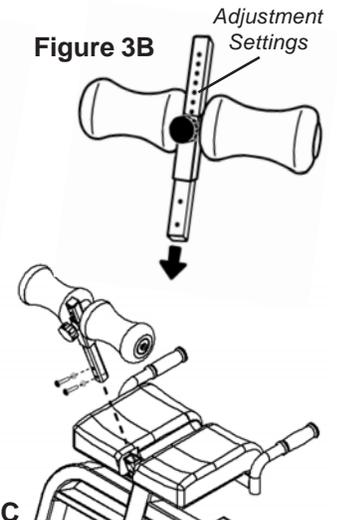
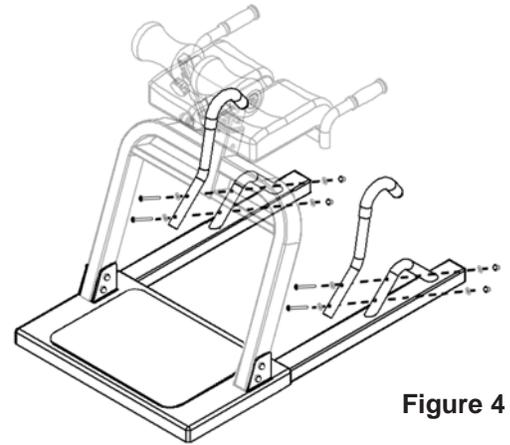


Figure 3C

**STEP FOUR****Attach the Cane Shaped Handles (R1-2038) to the Base Frame (D1-1002)**

- You must *remove* the Hex Bolts, Curved Washers and Capped Nuts from the handle supports on the Base Frame before proceeding. *Keep this hardware nearby.*
- Align the two holes in the Cane Shaped Handles to the holes in the handle supports on the Base Frame (See Figure 4).
- Insert a Hex Bolt with Curved Washer through both holes on each Cane Shaped Handle. Finish with another Curved Washer and secure with a Capped Nut using a 13 mm Wrench.

**Figure 4****STEP FIVE****Testing the Assembly***PRIOR TO USE:*

- Test the Lap Pad for smooth and steady rotation.
- Ensure that all fasteners are secure.

**The assembly of the DEX • decompression & extension™ is now complete! Please remember:**

- Read the Instructional Training Manual and accompanying materials thoroughly before using the DEX™. Improper use could result in serious injury or death.
- Please complete and mail the warranty card.
- Visit [www.STLIntl.com](http://www.STLIntl.com) for information on the **Power VI™ Inversion Table**, another valuable tool for core training offering unique and complimentary benefits.

