



Rangers Inverting

Some of the top athletes in our country are found at Fort Benning, Georgia, home of the US Army Physical Fitness School. USAPFS is responsible for defining the worldwide fitness program for our soldiers.

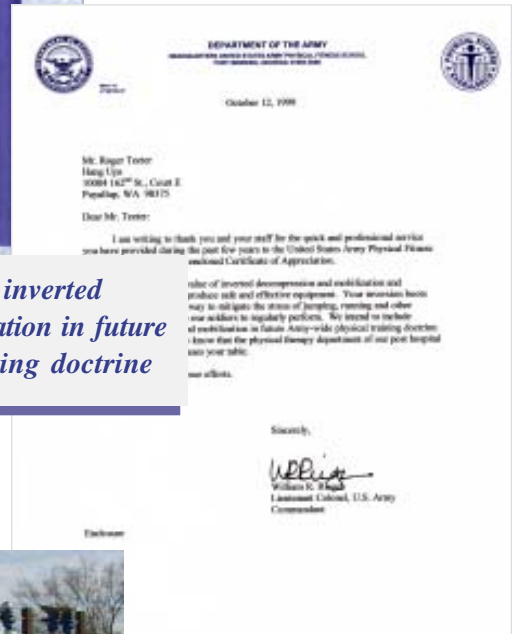
The photos here show the students engaged in inverted decompression and mobilization exercises after a hard day of compressive training like running and jumping. The students are using Teeter Hang Ups Gravity Boots to practice a series of inverted maneuvers like assisted back extensions, flexion, full-range sit-ups, rotational stretching and medicine ball training.

After 6 years of evaluation by the school, Teeter Hang Ups was awarded a certificate of appreciation along with a letter from the commanding officer, Lt. Colonel William R. Rieger:

*"We believe in the value of inverted decompression and mobilization and appreciate your efforts to produce safe and effective equipment. Your inversion boots and inversion table provide an ideal way to mitigate the stress of jumping, running and other strenuous tasks that we require our soldiers to regularly perform. We intend to include inverted decompression and mobilization in future army-wide physical training doctrine."*



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Inverted Stretching