



## ASSEMBLY INSTRUCTIONS INSTRUCTIONAL TRAINING MANUAL

**DEX** • decompression & extension™



**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.

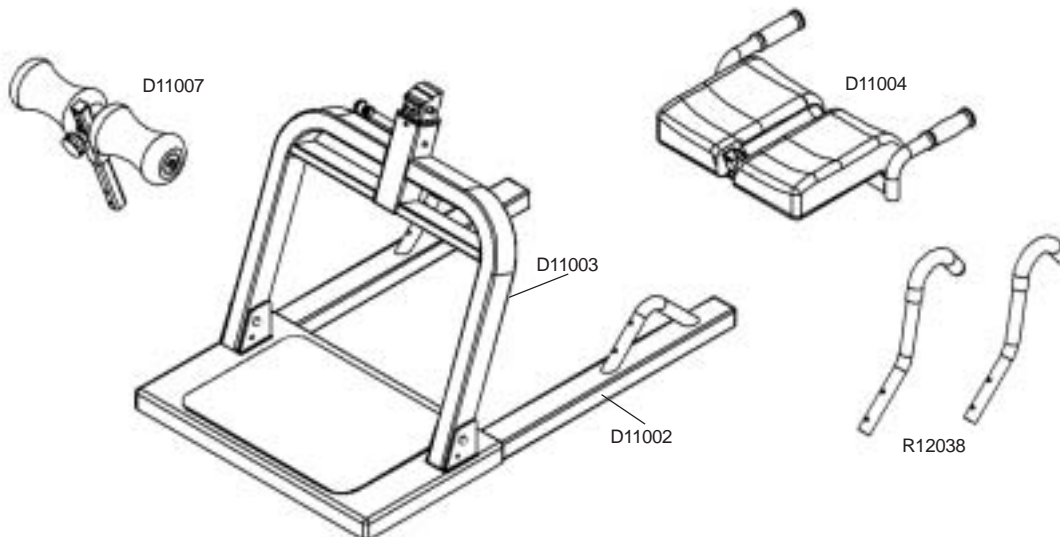
## ⚠ WARNING

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. 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	ITEM #'s
Leg Roller Assembly	D11007
Two (2) flat washers (M8)	H14108
Two (2) hex bolts (M8 x 25mm)	H11412
Support Post Assembly	D11003
Four (4) hex bolts (3/8-16)	H11502
Eight (8) flat washers (3/8)	H11302
Four (4) lock washers(3/8)	H11301
Four (4) capped nuts (3/8-16)	H13504
Frame Assembly	D11002
Lap Pad Assembly	D11004
Two (2) flat washers (3/8)	H11302
One (1) hex bolt (3/8-16)	H11303
One (1) hex nut (3/8-16)	H11304
Cane Shaped Handle Assembly	R12038
Eight (8) flat washers (M8)	H14108
Four (4) hex bolts (M8*50mm)	H11410
Four (4) capped nuts (M8 nylon)	H13009

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



**STEP ONE****Fasten the Support Post Assembly (D11003) to the Frame Assembly (D11002)**

- The Frame Assembly and Support Post Assembly arrive pre-assembled in the storage position. Remove only the LOWER hex bolt from each column of the Support Post Assembly.
- Rotate the Support Post Assembly up approximately 80 degrees until the two lower holes in the Support Post Assembly align with the lower holes in the Frame Assembly. (See Figure 1)
- Insert the hex bolt with flat washer through the lower holes on each column. Finish with another flat washer and a lock washer and fasten with the capped nut using a 9/16" wrench.

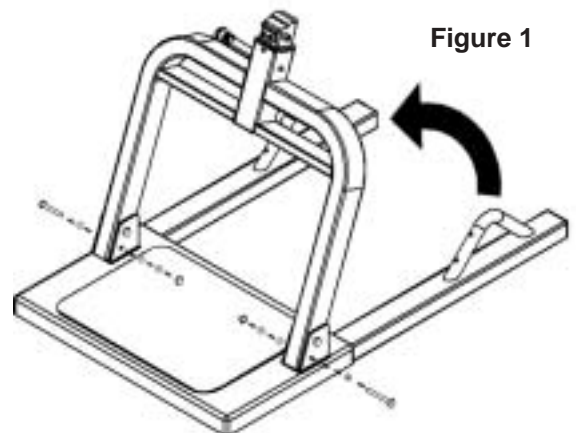


Figure 1

**STEP TWO****Secure the Lap Pad Assembly (D11004) to the chrome shaft in the Support Post Assembly (D11003)**

- You must *remove* the hex bolt, nut and washer from the Lap Pad Assembly before proceeding (leave the bushings in place).
- Place the Lap Pad Assembly over the chrome shaft in the Support Post Assembly and align the hole in the Lap Pad Assembly with the hole in the chrome shaft. (See Figure 2)
- Insert the hex bolt with washer through the bushing in the hole, securing the Lap Pad Assembly to the chrome shaft. Finish with another washer and fasten with the nut using a 9/16" wrench. (See Figure 2A for close-up view)
- Make sure the fasteners are tightened securely and the Lap Pad rotates smoothly.

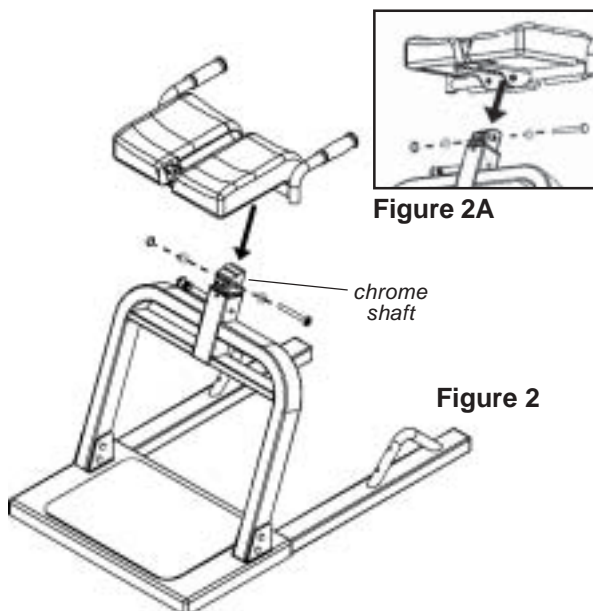


Figure 2A

Figure 2

**STEP THREE****Attach the Leg Roller Assembly (D11007) to the Lap Pad Assembly (D11004)**

- You must *remove* the hex bolts and washers from the Leg Roller Assembly before proceeding.
- Slide the chrome part of the Leg Roller Assembly into the receiving end of the Lap Pad Assembly. (See Figure 3) Lining up the two holes, secure with the washers and hex bolts using a 13 mm wrench.
- Loosen and pull out the adjustment knob on the Leg Roller Assembly to adjust to your preferred setting (refer to the Instructional Training Manual for adjustment settings). *Make sure the adjustment knob is fully engaged in one of the hole settings prior to use. Make sure that the Instructional Training Manual has been read and understood prior to use.*

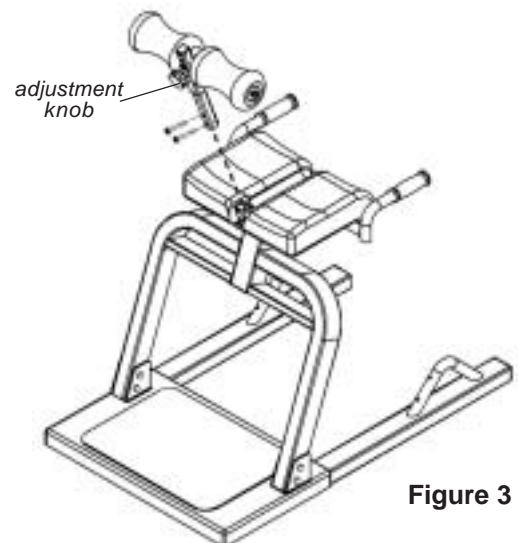
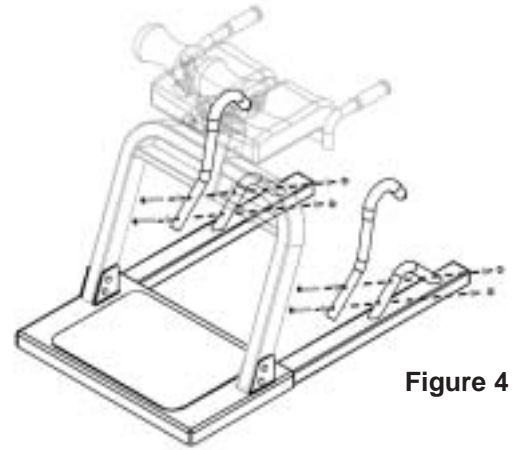


Figure 3

**STEP FOUR****Attach the Cane Shaped Handles (R12038) to the Frame Assembly (D11002)**

- You must *remove* the hex bolts, curved washers and capped nuts from the handle supports on the Frame Assembly before proceeding.
- Align the two holes in the Cane Shaped Handles to the holes in the handle supports on the Frame Assembly. (See Figure 4)
- Insert a hex bolt with curved washer through both holes on each Cane Shaped Handle. Finish with another curved washer and fasten with a capped nut using a 13 mm wrench.

**Figure 4**

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

- Read the Instructional Training Manual, including the Important Safety Instructions, and accompanying materials thoroughly before using the DEX™. Improper use could result in serious injury or death.
- Prior to using, test that the parts rotate smoothly and that all fasteners are secure.
- Please complete and mail the warranty card, or register on-line at [www.ProInversion.net](http://www.ProInversion.net).
- Visit [www.ProInversion.net](http://www.ProInversion.net) for information on the **Power VI™ Inversion Table**, another valuable tool for core training offering unique and complimentary benefits.

**⚠ WARNING****IMPORTANT SAFETY INSTRUCTIONS****Important Safety Instructions:**

It is the users' responsibility to familiarize themselves with the proper use of the equipment and the inherent risks of inversion, such as falling on their head or neck, pinching, entrapment or equipment failure. Do not allow anyone to use the equipment until they have thoroughly and carefully read the Instructional Training Manual, reviewed all other accompanying documents, and inspected the equipment.

1. **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.*)  
Pregnancy; Hiatal Hernia, Ventral Hernia;  
Glaucoma, retinal detachment or conjunctivitis;  
High blood pressure, hypertension, recent stroke or transient ischemic attack;  
Heart or circulatory disorders;  
Spinal injury, Cerebral Sclerosis, and acutely swollen joints;  
Bone weakness (osteoporosis), recent and/or unhealed fractures, medullary pins, and surgically implanted orthopedic supports;  
The use of anticoagulants, including high doses of Aspirin;  
Middle ear infection; Extreme obesity
2. **DO NOT** allow anyone to use the equipment if over 6'6" (198 cm) or 300 lbs. (136 kg.)
3. **DO NOT** allow anyone to operate the equipment while under the influence of drugs, alcohol or medication that may cause drowsiness or disorientation.
4. **NEVER** allow children to use the equipment unsupervised.
5. **DO NOT** drop or insert objects into any opening. Caution users to keep hands and fingers away from moving parts to avoid injury.
6. **ALWAYS** inspect the equipment prior to use. Make sure that all fasteners are secure.
7. **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 to the user. Utilize the equipment for its intended purpose only.

**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. Please 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.

**Placement within the facility:**

Assemble the equipment in an area with sufficient clearance on all sides of the unit. Users will require adequate space to rotate their bodies on the equipment - 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, poster and/or floor mat are all 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:**

As with any piece of exercise equipment, it is important to provide users with adequate training on proper equipment function, adjustments, precautions, risks from overexertion or improper use, and health contraindications (see above).

## 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**).



## PRIOR TO USE

Only use the unit on a level surface.

- Instruct the users to make sure that the Lap Pad rotates smoothly to the fully inverted position and back.
- 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 1) adjusting the height of the chrome shaft, and 2) adjusting the width of the leg rollers:

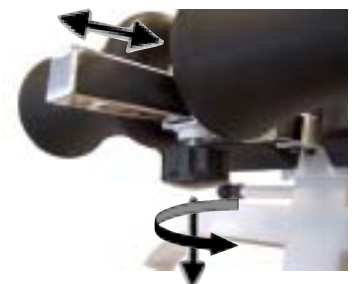
### 1. Instruct the users to adjust the height of the chrome shaft:

- 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!*

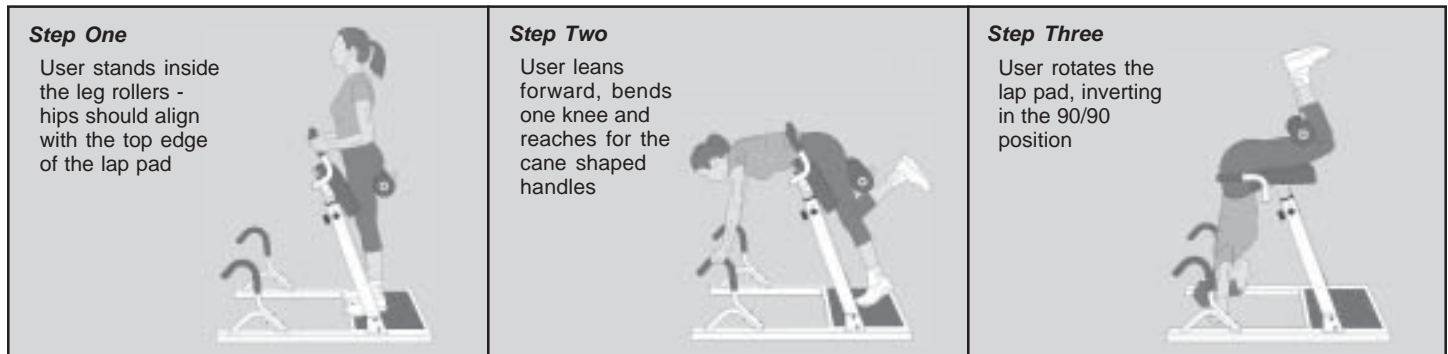


### 2. Instruct the users to adjust the width of the Leg Rollers:

- 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!*



## 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 any users are 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

- Instruct the users to stand with their feet on the foot platform, positioning their thighs between the Leg Rollers and Lap Pad.
- Ask them if the width of the Leg Rollers is comfortable - they may want to readjust if necessary.
- The users' hips should be at the same height as the top edge of the Lap Pad. If not, instruct them to readjust the chrome shaft by lowering or raising the height setting.

### Step Two

- To begin inversion, instruct the users to move from the waist and slowly lean forward.
- The users should bend one knee and reach for the cane shaped handles with both hands.
- After reaching the cane shaped handles, direct the users to continue to slowly lean forward and rotate the lap pad while lifting and bending the other leg.

### Step Three

- The users must continue rotation until the lap pad reaches stop position. Their body weight will be supported by their thighs.
- Ask the users to bend both knees, allowing their hands to dangle on the floor or placing them folded behind their head. *Emphasize the importance of maintaining bent knees around the foam rollers to help support their body while inverted.*

## WHILE INVERTED

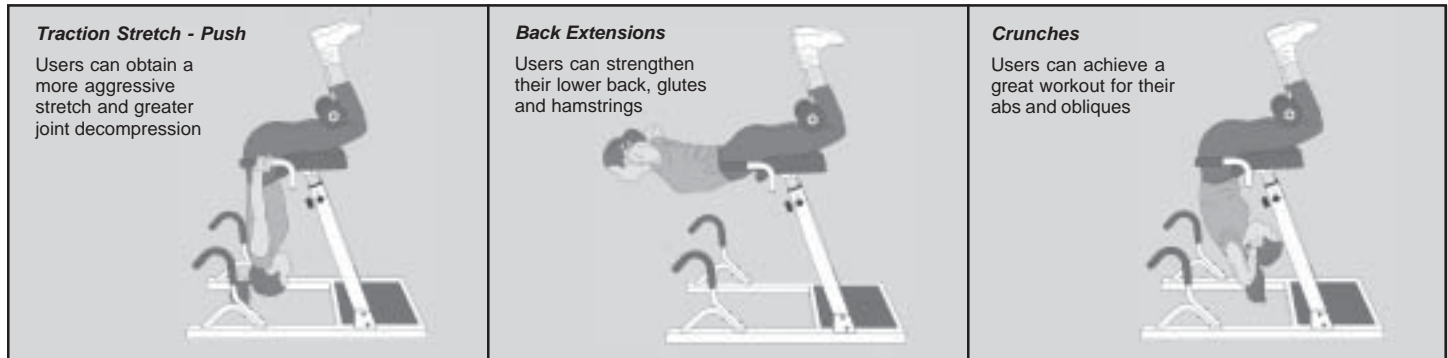
ENCOURAGE USERS TO... RELAX. BREATHE. STRETCH. DECOMPRESS. MOVE. EXERCISE. Explain to the users how to achieve maximum benefits when using the DEX™:

- For maximum decompression, ask the users to breathe and relax the muscles in their lower back and shoulders.
- Movement is also helpful to encourage relaxation, stimulation of circulation and lymph flow.
- Emphasize the importance of listening to their own bodies. Everyone is unique and their own bodies will tell them when they've had enough.
- Increase their duration of use over a period of time if necessary. However, point out that there is no need to force it! Inversion is NOT a no pain, no gain activity.
- 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 some time with each individual user to develop his or her own unique routine.

## HOW TO END INVERSION

- To end inversion, instruct the user to reverse the procedure explained above. Using the cane shaped handles to gradually walk themselves upright, the users must rotate the lap pad and straighten their legs until standing at 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:

### Traction Stretch - Push

- Instruct the users to hang fully inverted and relax.
- Using the traction handles located at the side of the lap pad for leverage, ask them to firmly push against the handles.
- *Alternative:* Traction Stretch - Pull. Ask the users to place their elbows under the cane shaped handles and gently push against the handles.
- *Helpful Hints:* Stretch, hold and release, repeating as many times as necessary to achieve their desired stretch. Ask the users to relax and breathe deeply.

### Back Extensions

- The users should hang fully inverted with their hands crossed on their chest or folded behind their head.
- Instruct the users to use a slow, controlled movement to extend their torso to a position parallel with the ground. *Warn the user against using body momentum for the extension, risking hyperextension and possible back injury.*
- *Alternative:* Back Extension - Rotation. To work their lower lateral and oblique muscles, instruct them to slightly rotate their torso when extending.
- *Helpful Hints:* Extend, hold and release, repeating as desired to meet their workout goals. Ask the users to breathe in during the extension and out on the release.

### Abdominal Crunches

- The users should hang fully inverted with their hands crossed on their chest or folded behind their head.
- Instruct the users to contract their abdominal muscles, crunching inward toward the support posts.
- *Alternative:* Abdominal Crunch - Rotation. To work their abdominal and oblique muscles, instruct them to slightly rotate their torso when crunching.
- *Helpful Hints:* Contract, hold and release, repeating as desired to meet their workout goals.

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



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For information about the 2-year warranty, 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  
Toll Free (Phone) 800-847-0143 (Fax) 800-847-0188  
Local (Phone) 253-840-5252 (Fax) 253-840-5757  
(email) [Sales@ProInversion.net](mailto:Sales@ProInversion.net)  
(web) [www.ProInversion.net](http://www.ProInversion.net)

#### International:

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