

INVERTED Decompression

DEX™ DECOMPRESSION & EXTENSION
Inversion Machine



Evolved from the classic Roman Chair design,

the DEX™ - Decompression & Extension holds the user in the 90/90 position which relaxes the Hamstring and Iliopsoas muscles. The angle of the lap pad promotes forward rotation and distraction of the pelvis, ideal for treating conditions that affect the Lumbar and Sacral vertebrae. Additionally, the user is in the optimal position for inverted exercises and stretches that focus on core muscles.

Teeter™

DEX™

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An **improvement upon the traditional Roman Chair**, the DEX is ergonomically designed to reduce the load on the hamstrings rather than forcing less-effective, straight-legged exercises. With hips parallel to the floor, the user is in a body position relevant to gravity that maximizes muscle performance during back extensions while helping to prevent hyperextension.

The ergonomic **lap support pad** holds the user in a fixed 90/90 position, a posture that flattens the lumbar for decompression and allows for a wide range of effective treatment options.

Unique **traction handles** offer an option for adding decompression to the lower back.

Adjustable leg supports with a spring-loaded locking knob allow customized settings for maximum comfort and security.

Lower handles provide ease-of-use and are convenient **resistance tools** for stretching.

Long-lasting, **high quality finishes** include scratch-resistant powder-coating and chrome plating.



U.S. and International
patents applied for



DIMENSIONS: 30" x 48" x 48.5" (76 x 122 x 123 cm)

WEIGHT: 113 lbs. (51.4 kg)

INCLUDED: Training Manual

WARRANTY: Two Years

Teeter