

# What Can Inversion Do For You?

The experience of thousands of people who invert regularly is that it gives them the relief from back pain they've been looking for. Just as important, they gain the rejuvenating effects of inversion on the entire body, providing health benefits far beyond the relief of back pain. Inversion may help to:

**Relieve back pain**

**Relieve stress**

**Stimulate circulation and lymph flow**

**Improve posture**

**Reduce muscle tension and stress**

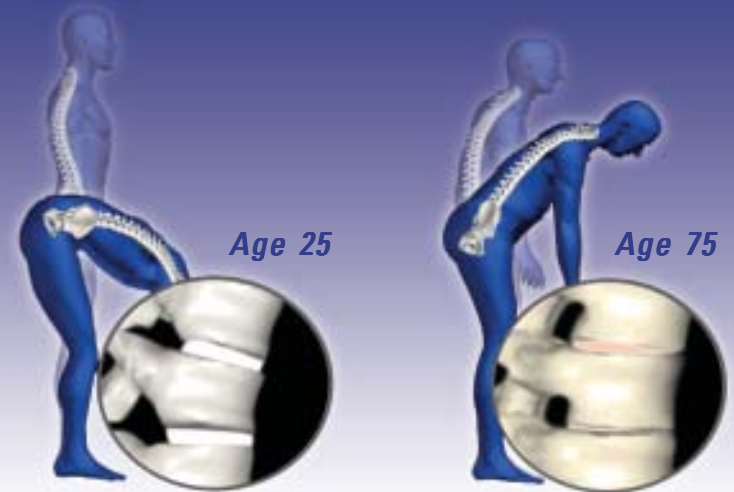
**Strengthen ligaments**

**Increase flexibility and range of movement**

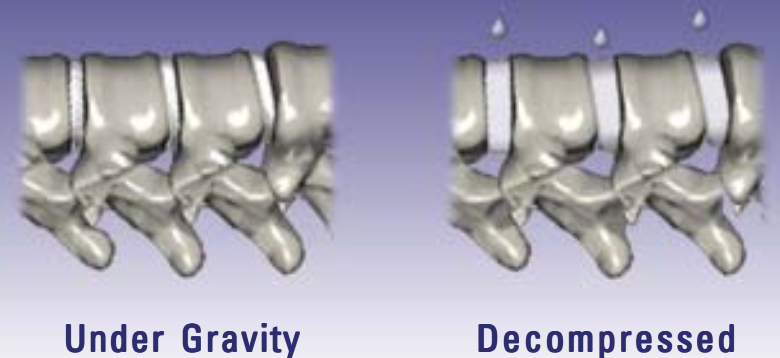
**Reduce the effects of aging caused by gravity.**

*The gentle reverse loading of joints can help to realign the body and improve posture.*

**The Aging Spine. Lost moisture in the discs translates to lost height and flexibility.**



**Your own body weight in combination with the reversed pull of gravity gives your spine and weight-bearing joints much-needed decompression and helps discs to rehydrate.**



To learn more about inversion, ask a retailer for information on Teeter Hang Ups products or visit [www.InversionInternational.com](http://www.InversionInternational.com)



# Teeter Hang Ups® Outperforms Competition

Currently, there are no government regulations that effectively control the structural integrity or reliable function of inversion equipment. Therefore, the market is at risk of inconsistent or inferior product quality.

With no way to quantify claims of safety, the word “safe” is commonly used without support, prompting the question, “What is safe?” In an effort to answer this question, the manufacturer of the Teeter Hang Ups brand hired two independent testing facilities:

**Meets standard for medical equipment.** Underwriters Laboratories (UL) was hired to test the F-series Teeter Hang Ups Inversion Tables, classifying them in accordance with UL 2601-1, medical equipment in a clinical setting. This rigid specification tests the structural integrity of the equipment and requires a 400% safety factor, which means a table must bear four-times its rated capacity without structural failure. The F-series tables, with a maximum user weight capacity of 136 kgs., successfully withstood a test to 544 kgs. To ensure consistency of product quality and adherence to standards, UL performs random inspections.

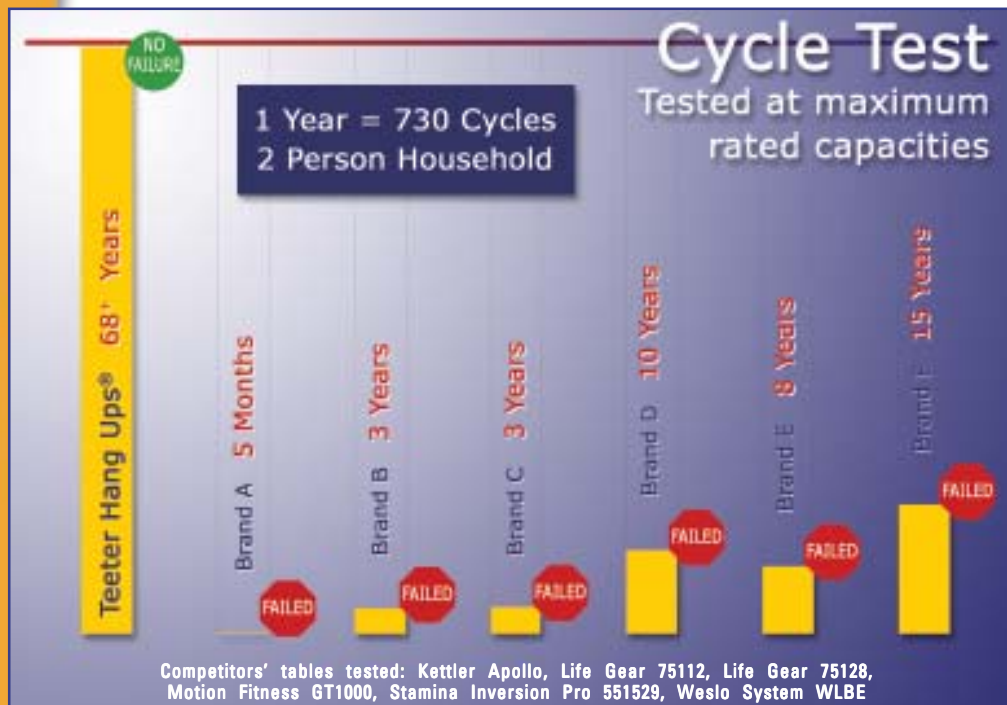
**Rated #1 in comparison with competitors.** Although UL 2601-1 requires rigorous testing for structural integrity, it does not test for the unique loads placed on an inversion table. To more thoroughly test and assess the level of product quality in the inversion market, a state-licensed, non-biased engineering firm, Dynamark Engineering, was commissioned to compare the seven most widely distributed inversion tables.

The most alarming evaluation was the Cycle Test (see chart), which assessed the durability of the products by simulating actual use. With each table weighted to the manufacturer-specified limit, ranging from 113 to 159 kgs, a continuous cycling device rotated the tables until failure. Based on the assumption that most inversion tables are used twice a day, the Cycle Test Chart shows at what point each table sustained catastrophic failure.

The testing revealed deficiencies on the part of *every* table except Teeter Hang Ups, one table actually experiencing catastrophic structural failure after only 288 cycles (approximately 5-months of use)\*. The Teeter Hang Ups brand was the only table that continued to cycle without failure, outperforming the next best table by 38,851 cycles, the equivalent of over 50 years of use.

Another test evaluating static loads similar to UL2601-1 confirmed that the Teeter table was the only one able to meet the 400% safety factor required by the standard for medical equipment.

If you will be hanging upside down, clamped only by the ankles, product quality should be the top priority when comparing equipment! With 24 years of production experience, the Teeter Hang Ups brand met or exceeded the competitors in strength, durability, quality and function. Teeter Hang Ups tables are the most user-friendly, arriving 85% pre-assembled with ¼ the number of parts for assembly as competing tables.



\* Assuming that most people use their table twice or more times per day, and the table is commonly used by multiple family members, the longevity may be significantly reduced.

Report published by Dynamark Engineering in July 2004.  
Contact the manufacturer for a copy of the complete report:  
**242-362-1001** [www.InversionInternational.com](http://www.InversionInternational.com)

