

# POWER VI™ *Inversion Table*



JOINT DECOMPRESSION



STRETCHING & EXERCISE



FUNCTIONAL FITNESS



**Teeter™**  
total fitness • form & function

# total fitness • form & function™

Inversion can help people attain a well-balanced workout, one that keeps them toned, fit *and* flexible. By regularly utilizing the Power VI™ Inversion Table, users may:

- Increase flexibility and range of movement
- Enhance alignment and balance
- Reduce stress on the body after a workout
- Encourage muscle development
- Build core muscle groups
- Achieve functional fitness - a state of flexibility, strength and balance that supports youthful movement and activity.

## Effective results

Stretching with the Power VI maximizes effectiveness because it utilizes the user's body weight as well as eliminates any compression. The resulting traction loosens muscles and encourages rejuvenation in the soft tissue of the weight bearing joints, including the discs between the vertebrae. Users may also find that inversion relieves or reduces back pain.

## Range of intensity

The user can relax on the Power VI and receive passive benefits, or can follow the exercises and stretches listed on the ABS plates and wall-poster to train the core muscles for improved strength and stability.

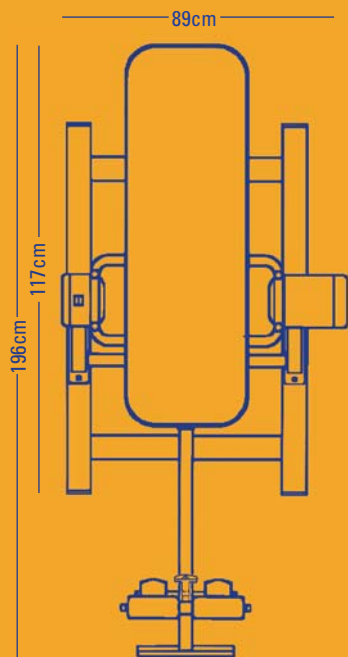
## Practical interface

Similar to the benefits of Yoga or Pilates, inversion can help improve flexibility, build core muscles, and relax and reduced stress. However, the simplicity of use makes the Power VI approachable and appealing to a larger audience.

## Superior Quality, Design and Craftsmanship. Guaranteed.

UL Listed Motor  
Reinforced steel frame construction  
Scratch-resistant, powder-coated finish  
Triple-plated chrome parts  
Padded, washable vinyl mat

Warranty	2-years on all components
Max. User Weight/Height	136 kg (300 lbs) / 198 cm (6'6")
Motor	UL Listed; Reversible (40 W)
Power	115V 1 Amp 60Hz <i>other voltage configurations available by special order</i>
Boxed Weight	66.68 kg (147 lbs.)
Box Dimensions	43cm x 91cm x 137cm (17" x 36" x 54")
Length	117 cm (46"); 0° rotation: 196 cm (77")
Width	89 cm (35")
Height (Max.)	155 cm (61"); 90° rotation: 215 cm (84.5")
Bed Length	119 cm (47")



**Motorized, push-button control** for smooth, quiet rotation

**No user-specific adjustments required**, simply secure your ankles and push the rotation control button

**Interlocking gears** stabilize the bed at any desired angle for stretching and exercise

**Fully inverts to 90 degrees**, the best angle for inverted exercises - *the only motorized inversion table on the market to offer this feature*

**Four-color training poster** and Instructional Training Manual included

**ABS plates** feature detailed instructions for inverted stretching and exercise

## PRO PACKAGE

### DEX • decompression & extension™

To achieve the ultimate in functional fitness training, combine the Power VI Inversion Table with the DEX • decompression & extension, Teeter's forward-rotating, bent-knee inversion unit with traction handles.

The DEX supports the torso to isolate lower back muscles for a superior back workout. Both pieces of equipment are valuable tools for core training, each offering complimentary and unique features and benefits.



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