



A Guide to Inverted Stretching & Exercise

30 Days to a better back™



TEETER
Hang ups®

**Begin each session with inversion to a moderate angle.
Concentrate on breathing deeply and relaxing your muscles.**

Week 1

Time: 1-3 minutes, 1-2 times/day
Angle: 30-45 degrees

Intermittent Inversion

Alternate between 0 degrees (horizontal) to 30-45 degrees for equal periods of time to help acclimate yourself to inversion and become accustomed to the operation of the equipment.



Overhead Stretch

Reach with one arm straight overhead and STRETCH. Repeat with the other side.



Neck Stretch

Place your left hand on the right side of your head and GENTLY pull your head toward your left shoulder. Repeat on the other side.



Side Arches

With arms overhead, curve into a "C" shape at the waist, bringing the hip and shoulder toward each other. Repeat on the other side.



Rotation - Light

With your left arm overhead, reach your right arm across your body and hold onto the top of the left handle. Pull and rotate your hips and torso gently to the left. Repeat on the other side.



Week 2

Time: 3-5 minutes, 1-2 times/day
Angle: 45-60 degrees

Oscillation

Lengthen the tether strap to 60 degrees and set the roller hinges to the B or C setting. Slowly shift the weight of your arms up and down in rhythm to create a rocking motion with the inversion table. Oscillation can be very relaxing and create a pumping action to help relieve tension, stimulate circulation and rehydrate the discs in the spine.



Rotation - Moderate

Reach one arm across your torso and hold onto the table bed. Rotate your hips and torso to the side, keeping your center of weight aligned with the center of the table bed. Pull to elongate and relax the muscles along your torso.



Decompression - Moderate

Grasp the top of the table bed with both hands and pull gently, stretching and elongating your torso. Breathe and relax to gain added decompression to your lower back.



Low Back Stretch

With your right arm overhead, place your left hand on the inside left handle. Push away while rotating your hips toward the right, creating a stretch for the lower left back muscles - be sure to keep your back muscles relaxed. Repeat on the other side.



Shoulder Lift

With both arms overhead, lift your head and arms slightly and roll your shoulders up off the table bed, using your abdominal muscles to hold this position for several seconds. Release and repeat.



NOTE: SOME RISK OF ROTATING THE INVERSION TABLE UPRIGHT.

This program is only a guide; do not advance past your comfort level. If an exercise or stretch causes pain, immediately discontinue and eliminate it from your routine.

Week 3

Time: 5-7 minutes, 2 times/day

Angle: 60-90 degrees

Rotation - Advanced

Reach one arm across your torso and hold onto the table A-frame leg. Rotate your hips and torso to the side, keeping your center of weight aligned with the center of the table bed. Pull to elongate and relax the muscles along your torso.



Decompression - Advanced

Slowly reach up and place the heels of both hands on the handles*. Push away gently, stretching and elongating your torso. Breathe and relax to gain added decompression to your lower back.

* THIS CAN BE DONE MORE COMFORTABLY WITH THE TEETER TRACTION HANDLE ACCESSORY.



Side Crunches - Partial Inversion

Reach your right arm over your head and reach your left hand toward your feet. Tightening your abdominals, slide your shoulders to the left, holding the crunch for several seconds. Release and repeat, then switch sides.



1-Leg Squat - Partial Inversion

With both arms overhead, bend one knee and shift your hip slightly up toward your feet. Hold for several seconds then release. Alternate sides.



Full Inversion - Introduction

Remove the tether strap and set the roller hinges to the A or B setting. Rotate into the fully inverted position and allow your body to hang freely. Breathe and relax. Return to the horizontal position to rest, and try again if you desire!

NOTE: ATTEMPT ONLY WHEN YOU ARE FULLY COMFORTABLE WITH INVERSION AND THE OPERATION OF THE EQUIPMENT.



Week 4

Time: 5-10 minutes, 2 times/day

Angle: 60-90 degrees

Corners Stretch - Full Inversion

Reach forward with both hands and grasp the right corner of the A-frame base. Pull toward the corner to elongate and stretch your torso. Repeat on the opposite side.



Head Circles - Full Inversion

Bend your elbows to create space on either side of your head. Slowly rotate your head in a full circle several times, reaching full extension of your neck to each side and front. Be careful not to hyper-extend to the back. Switch direction.



Hula Hoop - Full Inversion

Reach each hand forward to grasp both corners of the A-frame base. Swivel your hips in a circular motion. Switch direction.



Rotation - Full Inversion

Rotate your body and grasp the table bed with both hands, using it as leverage to rotate your hips and torso for a full body stretch. If you are unable to grasp the bed with both hands, reach to the front corner of the A-frame with one hand and the bed with the other. Repeat on the opposite side.



Bridge - Full Inversion

Place both hands over your shoulders and grip the edges of the table bed behind you. Push away, arching your back to create a bridge away from the table bed. Hold this position for several seconds, then release and repeat.



Advanced

Tips

Angle: 90 degrees

Crunches - Front, Side

Cross both arms on your chest. Use your abdominals to crunch forward. Hold, release and repeat.



Sit-Ups

Bend your knees slightly and contract your abdominals, reaching your arms toward your knees and lifting your entire torso upward. For assistance, place your hands behind your knees to finish the motion. This is the only form of full-range sit-up that does not place loads on your back!



Back Extensions

Place both hands behind your head. Use your lower back muscles to slowly arch backward. Be careful not to rely on momentum and risk hyper-extension. Hold, release and repeat.



Squats

Hold onto the A-frame legs to stabilize your body. Bend your knees to move into an inverted squat. Hold, release and repeat.



Degree of Rotation:

Benefits start at the gentle angle of 20°. You should be able to completely relax your body at this angle before you invert to greater angles. Over time and only as you feel comfortable, work up to 60°, where the pressure in the spine is reduced to zero and decompression is fully realized. For your reference, the hand grips feature engravings that illustrate the body position at 0°, 30°, 60°, & 90°.

Duration:

Beginners should ease into their inversion routine. It takes approximately 3-5 minutes to decompress the weight-bearing joints, though this somewhat depends on the ability of your muscles to fully relax. While you are not restricted to a designated time limit, remember to always listen and respond to your body. Inversion is about relaxation and enjoyment.

Frequency:

To achieve maximum results, use the Teeter several times a day. The Teeter is an effective tool to supplement your daily activities - use it as a part of your fitness routine to recover from high impact, compressive or rotational activities, or simply as your go-to solution for the occasional relief from back pain.

Train your body:

Remember that you are stretching and realigning your body, so just like other exercise programs, you could feel soreness at the start of your program. Simply reduce your angle or duration of inversion and move at a more gradual training pace.

Be sure to ascend slowly, pausing at slightly above horizontal so your head is just above your feet for about 30 seconds before returning to the upright position. This will reduce the chance of dizziness and allow for the gradual re-introduction of compression on discs and nerve roots. Repeated use of the Teeter Hang Ups will help train the inner ear so that future dizziness may be reduced or eliminated.

This program is only a guide - do not advance past your comfort level. If an exercise or stretch causes pain, immediately discontinue and eliminate it from your routine.

WARNING

Confine all inverted activities to smooth movements. Aggressive exercises, which involve a lot of body movement, can cause equipment to tip over resulting in serious injury or death.

Keep elbows close to the body while exercising to avoid impact with the A-frame.

DO NOT use weights, elastic bands or any other exercise or stretching device while on the inversion table.

DO NOT use until you have thoroughly read the Owner's Manual, viewed the instructional DVD, reviewed all other accompanying documents, and inspected the equipment.

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.

Failure to follow instructions or heed warnings could result in serious injury or death!