

GET STARTED

**Assemble Your
DEX™ I Inversion & Core Training System**

For gravity-assisted stretching and decompression

Follow along with these instructions

OR

Scan to download the free BILT app
and search 'Teeter' in app.

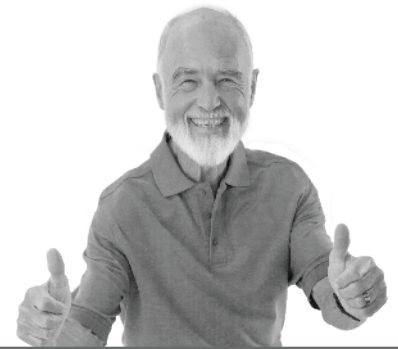


BILT.

WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of a Teeter DEX® !! For the best experience, it is critical that you follow the assembly instructions, and read and fully understand the User Instructions and How To Invert before inverting. Teeter Decompression Devices are multiple user, reusable medical devices intended to provide traction to the spine while stretching the para-spinal muscle and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Teeter inversion products are FDA-Registered as 510(k) medical devices. Indicated for:



“I created Teeter so people could live healthier and more active lives.”
-Roger Teeter



FDA
REGISTERED

- Back pain
- Muscle tension
- Degenerative disc disease
- Spinal degenerative joint disease
- Spinal stenosis
- Herniated disc
- Spinal curvature due to tight muscles
- Sciatica
- Muscle spasm
- Facet syndrome



CONTACT
CUSTOMER SERVICE

If you have any questions concerning assembly or if any parts are missing, **DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER.** Our dedicated product service experts can help! Contact Teeter Customer Service at **800-847-0143**, or via online forms or Live Chat at **teeter.com**.



5-YEAR
WARRANTY

Trust Teeter for unmatched quality and performance, backed by our industry-leading warranty coverage. To register your product warranty, go to **teeter.com/warranty**

TABLE OF CONTENTS

Important Safety Instructions	1	User Settings	8-9
Safety Warning Label & Product Specifications	2	How to Invert	10-11
A Guide to Your DEX I.....	3	Stretching & Exercise	11-12
Items for Assembly	4	Storage	12
Assembly Steps.....	5-7	Maintenance	12
		Warranty Terms & Registration	15

BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the DEX I. Carefully adhere to the Assembly Instructions & Use Instructions to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS READ ALL INSTRUCTIONS BEFORE USING THE DEX I

⚠ WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before using the DEX® I. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of inversion if these instructions are not followed, such as falling on your head or neck, pinching, entrapment, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.
- **DO NOT** use until approved by a licensed physician. Inversion is contraindicated in any medical or health condition that may be made more severe by an elevation of blood pressure, intracranial pressure or mechanical stress of the inverted position, or that may impact your ability to operate the equipment. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter). Specific conditions may include, but not be limited to:
 - Any condition, neurological or otherwise, which results in unexplained tingling, weakness or neuropathy, seizure, sleep disorder, lightheadedness, dizziness, disorientation, or fatigue, or impacts strength, mobility, alertness, or cognitive ability;
 - Any brain condition, such as trauma, history of intracranial bleed, history or risk of TIA or stroke, or severe headaches;
 - Any condition of the heart or circulatory system, such as high blood pressure, hypertension, increased risk of stroke, or use of anticoagulants (including high doses of aspirin);
 - Any bone, skeletal or spinal cord condition or injury, such as significant spinal curvature, acutely swollen joints, osteoporosis, fractures, dislocations, medullary pins or surgically implanted orthopedic supports;
 - Any eye, ear, nasal or balance condition, such as trauma, history of retinal detachment, glaucoma, optic hypertension, chronic sinusitis, middle or inner ear disease, motion sickness, or vertigo;
 - Any digestive or internal condition, such as severe acid reflux, hiatal or other hernia, gallbladder or kidney disease;
 - Any condition for which exercise is specifically directed, limited or prohibited by a physician, such as pregnancy, obesity, or recent surgery.
- **ALWAYS** be certain the equipment is properly adjusted before using. HEAR, FEEL, and SEE that the Locking Pin and Leg Support Adjustment Knob are fully engaged and tightened prior to use.
- **DO NOT** use the equipment until it is adjusted properly for your height and leg size. **ALWAYS** ensure that your hips are aligned with the top edge of the Lap Pad and that your thighs fit snugly, yet comfortably between the rollers and the Lap Pad, with no room between the back of your thighs and the leg rollers.
- New users will require the assistance of a spotter possessing the physical strength to lift and return the user to the upright position.
- **ALWAYS** ensure that your knees are slightly bent during inversion to avoid hyperextension and possible injury. **ALWAYS** ensure you have your balance before completing your dismount.
- **DO NOT** continue using the equipment if you feel pain or become light-headed or dizzy while inverting. Immediately return to the upright position for recovery and eventual dismount.
- **DO NOT** use if you are over 6 ft 6 in (198 cm) or over 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- **DO NOT** allow children to use this machine. Keep children, bystanders, and pets away from machine while in use. The equipment is not intended for use by persons with reduced physical, sensory or mental capabilities.
- **DO NOT** store or use outdoors.
- **DO NOT** use aggressive movements, or use weights, elastic bands, any other exercise or stretching device or non-Teeter® attachments while inverted on the equipment. Use the equipment only for its intended use as described in this manual.
- **DO NOT** drop or insert any object into any opening. Keep body parts, hair, loose clothing and jewelry clear of all moving parts in order to avoid pinching hazard.
- **DO NOT** operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.
- **ALWAYS** inspect the equipment prior to use. Make sure all fasteners are secure and the Lap Pad rotates smoothly.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repair.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- Refer to additional warning notices posted on the equipment. If a product label or manual should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS

SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

Important: Please review all labels and supporting materials before using your DEX I.

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.



⚠ WARNING

SERIOUS INJURY OR DEATH MAY OCCUR IF PRECAUTION IS NOT TAKEN DURING USE OR IF IMPROPERLY ASSEMBLED AND INSTALLED. To reduce this risk:

- **Read and understand** all the instructions before using the DEX® I. 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.
- **DO NOT** allow children to use the machine. **Keep** children, bystanders, and pets **away** while in use. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **ALWAYS** ensure Locking Pin and Leg Support Adjustment Knob are fully engaged prior to use. **DO NOT** use until adjusted properly for your height and leg size. **ALWAYS** ensure knees are slightly bent during inversion to avoid hyperextension and possible injury.
- **Height/Weight Capacity:** 4 ft 8 in - 6 ft 6 in (142 - 198 cm); 300 lb (136 kg). **For consumer, indoor household use only.**

Replace Labels & Owner's Manual if Damaged, Illegible, or Removed.

Assembled Non-Use Dimensions:
49.8 (L) x 27.3 (W) x 11.7 in (H) (126.4 x 69.3 x 29.3 cm)

Storage Dimensions:
51.4 (L) x 27.3 (W) x 12.7 in (H) (130.6 x 69.3 x 32.3 cm)

Weight (approx.):
49.5 lb (22.5 kg)

A GUIDE TO YOUR DEX I

Before reading further, study the drawing below to familiarize yourself with the important components of your DEX I.



Parts & Components

- | | | | |
|---|-----------------------------|----|---------------------|
| 1 | Leg Supports | 6 | Traction Handle |
| 2 | Leg Support Adjustment Knob | 7 | Leg Support Shaft |
| 3 | Lap Pad | 8 | Locking Pedal |
| 4 | Main Shaft | 9 | Base Leg |
| 5 | Boarding Platform | 10 | Cane Handle |
| | | 11 | Storage Locking Pin |

ITEMS FOR ASSEMBLY

Parts are not shown to scale.

ITEM NO. ITEM NAME

Parts

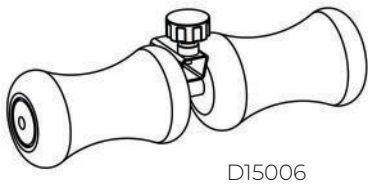
D15006 Leg Support Assembly
D15005 Lap Pad Assembly
D15010L Cane Handles (2)
D15001 Base Assembly

ITEM NO. ITEM NAME

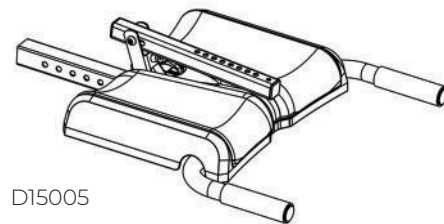
Tools

IA1149 Allen Wrench

Leg Support Assembly

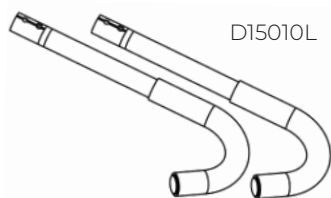


Lap Pad Assembly



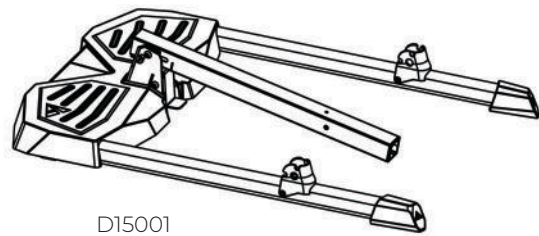
Cane Handles (2)

Use With Cane Handle Hardware Kit
(HK2051)



Base Assembly

Use With Shaft Adjustment Hardware Kit
(HK2054)



Allen Wrench



LET'S GET STARTED

Unpack and Prepare Your Workspace

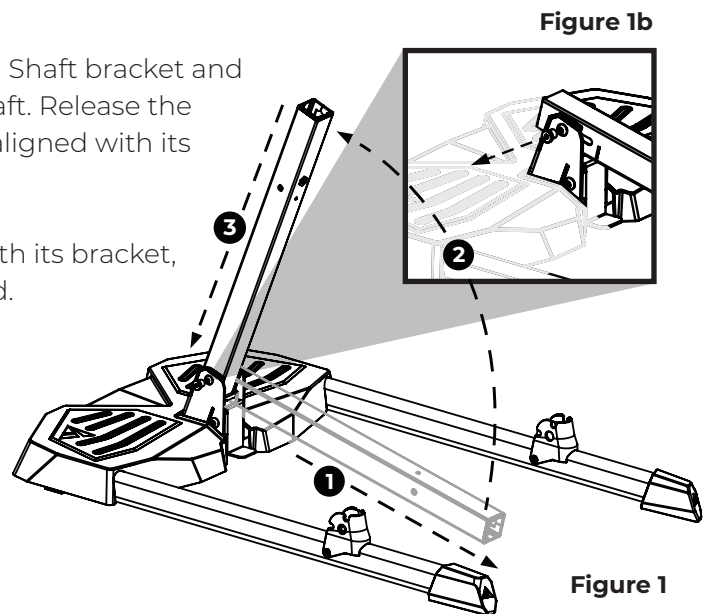
- If possible, assemble the equipment at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the manuals. They are labeled to correspond with the assembly process.

STEP 1 PREPARE BASE ASSEMBLY

Figure 1-1b: Pull out the locking pin on the Main Shaft bracket and with the other hand, pull to extend the Main Shaft. Release the pin and rotate the Main Shaft upward until it is aligned with its bracket at the base of the shaft.

NOTE: If the Main Shaft stops before aligning with its bracket, it is because the shaft hasn't been fully extended.

Allow the Main Shaft to slide into its bracket. The locking pin will automatically engage once the shaft is in place. Ensure the Main Shaft is securely held in the upright position.

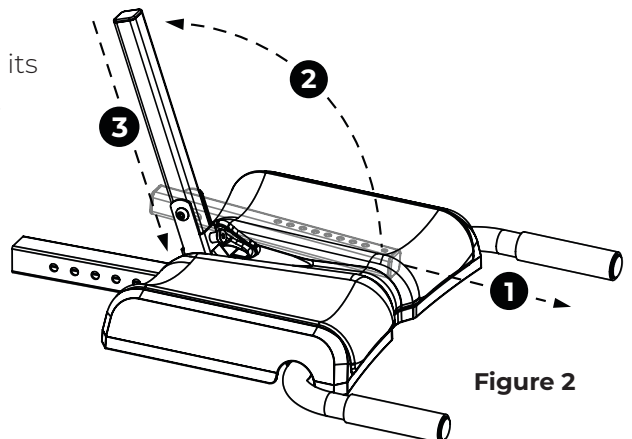


STEP 2 PREPARE LEG SUPPORT SHAFT

Figure: Pull out to extend and rotate the Leg Support Shaft upward until it is aligned with its bracket at the base of the shaft.

NOTE: If the Leg Support Shaft stops before aligning with its bracket, it is because the shaft hasn't been fully extended.

Pull the locking pin on the side of the Leg Support Shaft Support Frame and push the Leg Support Shaft into its bracket. Release the pin and ensure the shaft is locked into place.



STEP 3

ATTACH LAP PAD ASSEMBLY

Locate the Shaft Adjustment Hardware Kit (HK2054) and Set Screw Hardware Kit (HK2055).

Figure 3: With the Lap Pad on the same side as the Boarding Platform and the Traction Handles pointing up, insert the Lap Pad Assembly into the Main Shaft.

Figure 3b: Align the holes at your desired height setting and secure with the Height Adjustment Bolt. Screw the Adjustment Knob onto the bolt.

NOTE: Refer to the User Settings for more information on adjusting the height of the Lap Pad.

Figure 3c: Insert one Set Screw into the remaining center hole and tighten with the Allen Wrench provided.

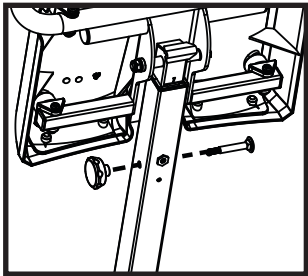


Figure 3b

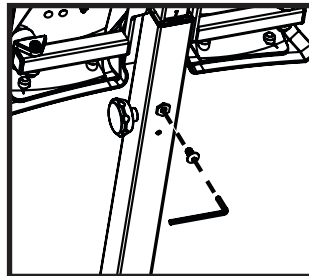


Figure 3c

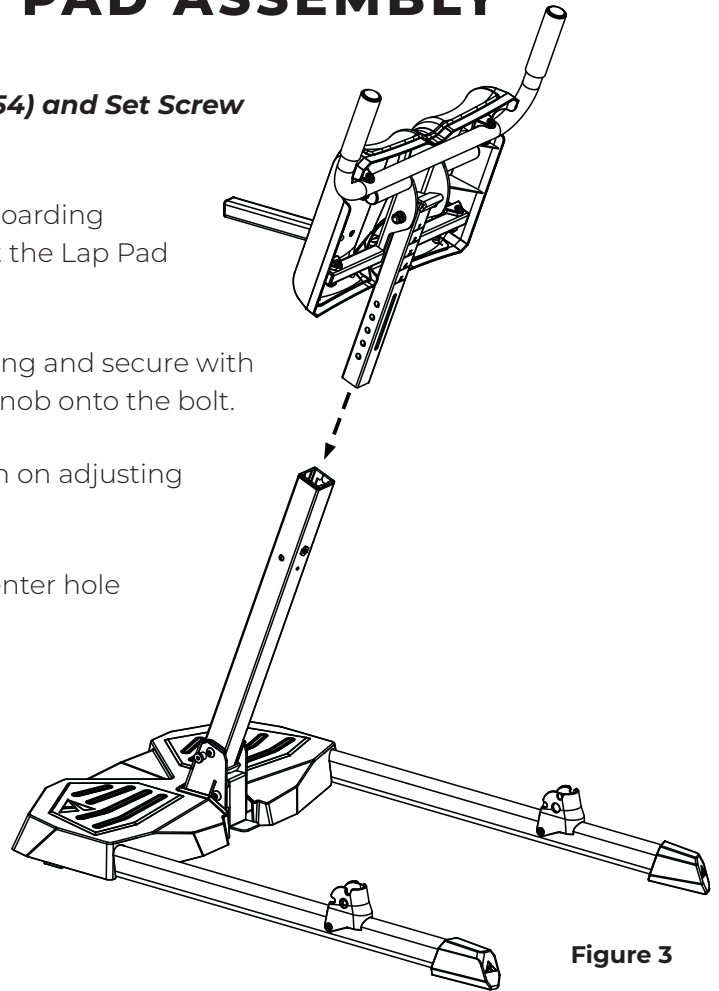


Figure 3

STEP 4

INSTALL LEG SUPPORT ASSEMBLY

Locate the Set Screw Hardware Kit (HK2055).

Figure 4: With the Leg Support Assembly Adjustment Knob facing down, loosen the Knob by rotating it several turns counterclockwise. Pull down to disengage the Knob from the hole setting while sliding the Leg Support Assembly onto the Leg Support Shaft.

Figure 4b: Release the Leg Support Adjustment Knob so that it engages fully into one of the hole settings. Tighten the Knob by rotating clockwise.

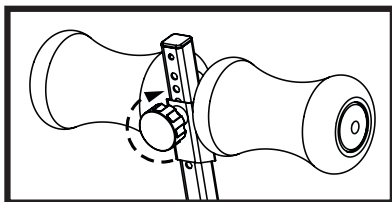


Figure 4b

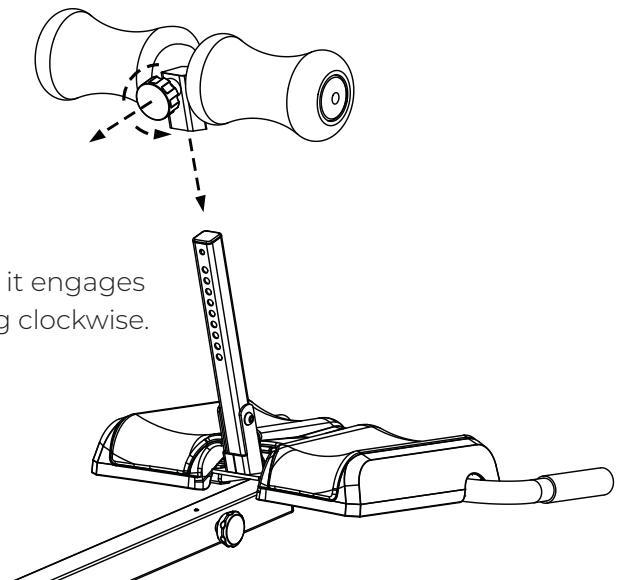


Figure 4

NOTE: Refer to the User Settings for more information on adjusting the depth of the Leg Supports.

Figure 4c: Insert the remaining Set Screw into the top hole of the Leg Support Shaft and tighten with the Allen Wrench provided.

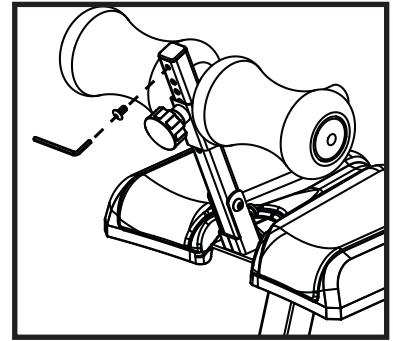


Figure 4c

STEP 5 ATTACH CANE HANDLES

Locate the Cane Handle Hardware Kit (HK2051).

Figure 5: Align the holes at the base of a Cane Handle with the holes in a Base Frame Leg bracket.

Insert the Cane Bolt from the outside in. Screw the Adjustment Knob onto the bolt.

Repeat to attach the other Cane Handle on the opposite side.

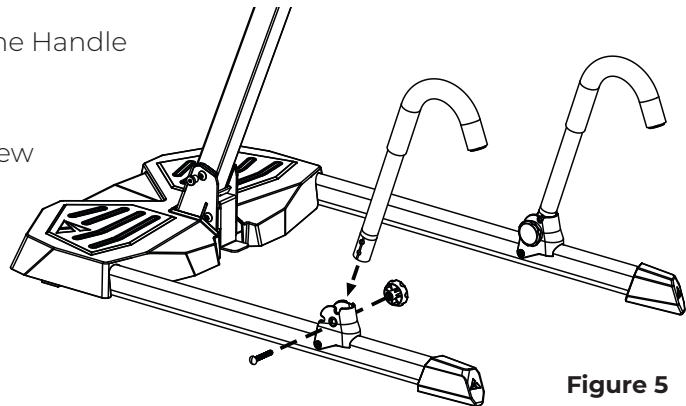


Figure 5

Test Assembly

Figure 6: Test the Lap Pad to ensure smooth and steady rotation and that all fasteners are secure.

Stand between the Cane Handles facing the machine. Grasp the Traction Handles and rotate the Lap Pad toward you. Apply your full weight to the Traction Handles by lifting your legs off the floor and lightly bouncing.



Figure 6

USER SETTINGS

⚠️ WARNING

ALWAYS ensure that all parts are assembled correctly and read the User Settings/How to Invert thoroughly before using your Teeter DEX I. Improper assembly or settings could result in serious injury or death!

Adjust the Height of the Lap Pad

Figure 7: While standing on the Boarding Platform, the top edge of the Lap Pad should be aligned with your hips.

Figure 8: To adjust the Lap Pad height, remove the Adjustment Knob on the Main Shaft. Holding the Lap Pad steady, remove the Height Adjustment Bolt.

Figure 9: Raise or lower the Lap Pad to your desired height. Re-insert the Height Adjustment Bolt to hold the Lap Pad in place. Stand on the Boarding Platform to verify alignment with your hips. Adjust as necessary. Once you have found your ideal height setting, secure the Bolt with the Adjustment Knob.



Figure 7a

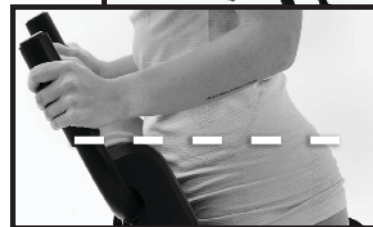


Figure 7b

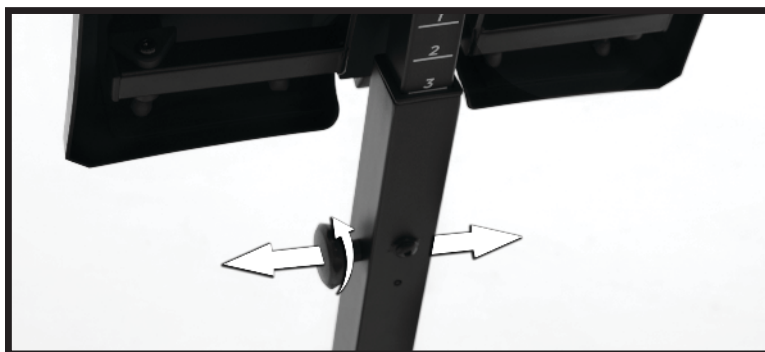


Figure 8

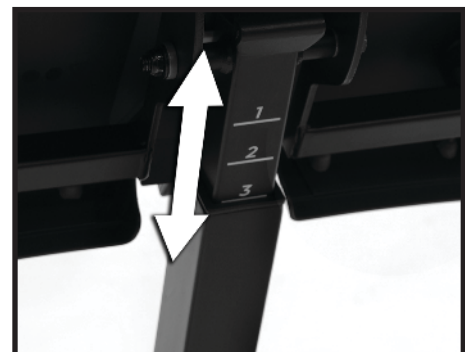


Figure 9

Adjust the Depth of the Leg Supports

Figure 10: While standing on the Boarding Platform, your thighs should fit comfortably yet snugly between the Leg Supports and the Lap Pad. Ensure there is no room between the back of your thighs and the Leg Supports.

Figure 11: To adjust the depth of the Leg Supports, loosen the Leg Support Adjustment Knob by rotating several turns counterclockwise. Pull down to disengage the Knob from the hole setting.

Slide the Leg Supports to your desired depth. Release the Leg Support Adjustment Knob so that it fully engages into one of the hole settings.

Tighten the Knob by rotating clockwise.

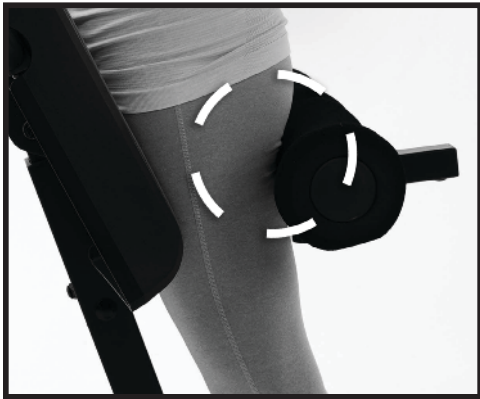


Figure 10

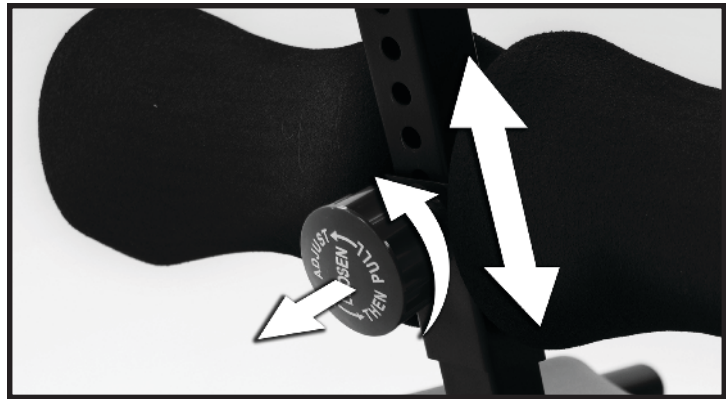


Figure 11

⚠ WARNING

DO NOT use the equipment until it is adjusted properly for your height and leg size.
ALWAYS ensure that your hips are aligned with the top edge of the Lap Pad and that your thighs fit snugly, yet comfortably between the supports and the Lap Pad, with no room between the back of your thighs and the leg supports.
Improper settings could result in serious injury or death!

HOW TO INVERT



Figure 12

Prior to Inverting

Figure 12: Step onto the platform of the Base Frame with thighs between the Leg Supports and Lap Pad.

Employ the method of “HEAR, FEEL, & SEE” every time prior to inverting:

HEAR the Height Adjustment Locking Pin and Leg Support Adjustment Knob click into place;

FEEL to make sure they are fully engaged and locked in a hole setting, and FEEL that they are fully tightened.

SEE that the top of the Lap Pad is aligned with the top of your hips and SEE that there is NO space between the back of your thighs and the Leg Supports.

⚠ WARNING

ALWAYS ensure the Height Adjustment Locking Pin and Leg Support Adjustment Knob are fully engaged prior to use.



Figure 13

Rotating into Inversion

Figure 13: Bend one knee and slowly lean forward to grab hold of the Cane Handles.

While supporting your weight with the Cane Handles, continue to slowly lean forward and rotate the Lap Pad while lifting and bending the other leg.



Figure 14

Figure 14: Continue rotation until the Lap Pad reaches the stop position. Your body weight will now be supported by the Lap Pad. Keep both knees bent around the Leg Supports. Allow your arms to rest overhead on the floor or place them folded behind your head.

⚠ WARNING

ALWAYS ensure your knees are bent during inversion. Failure to do so could result in hyperextension and possible injury!

Returning Upright

Figure 15: Push on the Cane Handles to gradually return upright, rotating the Lap Pad and straightening your legs until standing at the start position. Carefully disengage your thighs from between the Leg Supports and Lap Pad. Ensure you have your balance before completing your dismount.



Figure 15

STRETCHING & EXERCISE

The following are a few stretches and exercises you can perform on the DEX I. This is only a guide - do not advance past your comfort level. If any movement causes pain, immediately discontinue and eliminate it from your routine.

Traction Stretch

Figure 16: While inverted, push against the Traction Handles located on the sides of the Lap Pad to add manual decompression and attain a deeper stretch. Release and repeat.



Figure 16

Back Extensions

Figure 17a: Hang fully inverted with hands crossed on your chest or folded behind your head. Tighten your glutes and back, and lift your torso up slowly into extension. Make sure to keep abdominal muscles engaged to support the spine while extended.

IMPORTANT: DO NOT use body momentum for the extension or extend past parallel with the floor.

Slowly return to the inverted position and repeat.

Figure 17b: To work the back extensors and external oblique abdominal muscles, slightly rotate your torso when extending.

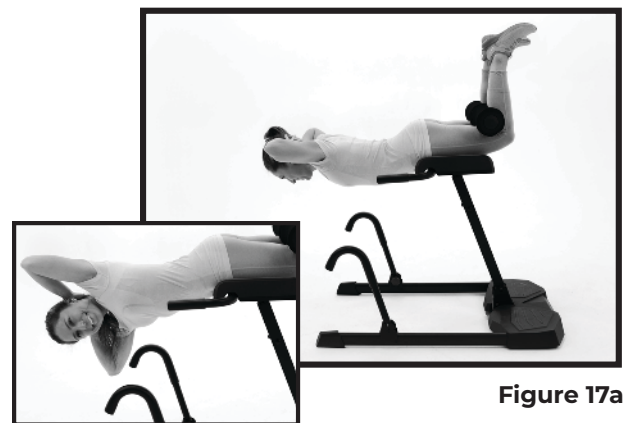


Figure 17a

Figure 17b



Figure 18

Abdominal Crunches

Figure 18: Hang fully inverted with hands crossed on your chest or folded behind your head. Contract your abdominal muscles, crunching inward toward the base frame. Release and repeat.

STORAGE

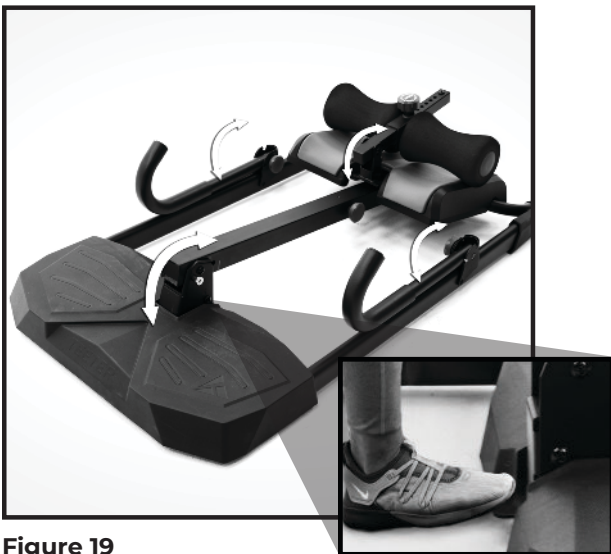


Figure 19

Figure 19b

Figure 19-19b: Press down on the Locking Pedal with your foot and pull up on the Traction Handles to lift the Main Shaft 1-2". Gently lower the Main Shaft to the ground. The Storage Locking Pin should engage to secure the Main Shaft in the down position.

Pull the Leg Support Shaft locking pin and pull up on the Leg Supports 1-2". Rotate the Leg Supports to rest against the Lap Pad.

Push the pin lock at the base of the Cane Handle to release and rotate the handle against the Base Leg. Repeat on the other side.

TEETER MOVE®

Inspire Your Workouts

The free Teeter Move App offers guided workout classes from professional trainers to maximize your sessions on the DEX I and help you reach your goals.

Scan or Find
Teeter Move™ in
your App Store



DOWNLOAD
TEETER MOVE™

The Teeter warranty set forth below and on Teeter’s website applies to US and Canadian customers only. For international customers, please consult your local distributor for warranty information which will vary depending on country.



5-YEAR
WARRANTY

During the period starting with the day of retail purchase and continuing for five (5) years, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials, workmanship, fabrics and padding. Teeter will repair or replace any such defect and will pay the costs of all parts, labor and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser’s option, replace with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. This warranty shall be governed by the laws of the State of Washington, USA. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. This warranty and any controversy or claim arising out of this warranty or its interpretation shall be governed by the laws of the State of Washington, USA. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter’s principal place of business.

Some states do not allow the exclusion of incidental or consequential damage from a warranty, so the above limitation or exclusion may not apply to you. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which may vary from state to state.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1

Fill out this information for your own records.

_____ Date of Purchase

_____ Product & Model

Step 2

Go online to teeter.com to register your warranty.

_____ Dealer Name

_____ Serial No. (located on the back of the Table Bed)

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please **DO NOT** mail this to Teeter.



Find these great products and more at teeter.com!

Power10™ Elliptical Rower

Torch more calories and enhance muscle definition with one revolutionary rower. The patented elliptical path offers bi-directional resistance so you can engage more muscles with every workout.



FreeStep® Recumbent Cross Trainer

Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.



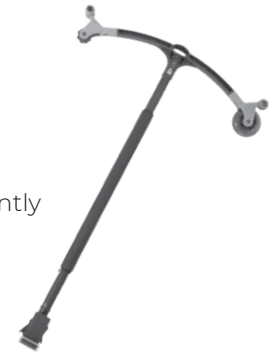
FitForm™ Cable Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



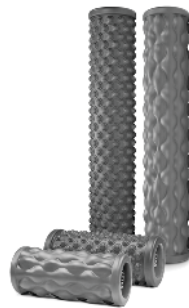
T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



 **TEETER**®

If you have any trouble assembling the equipment, or questions about its use, please contact customer service at

800-847-0143

info@teeter.com

Teeter Decompression Devices are multiple user, reusable devices for home use, intended to provide traction to the spine while stretching the para-spinal muscles and soft tissues. The devices provide non-powered traction and are meant for use by adults.

Use of the Teeter Decompression Devices is indicated for the following conditions: back pain, muscle tension, degenerative disc disease, spinal degenerative joint disease, spinal stenosis, herniated disc, spinal curvature due to tight muscles, sciatica, muscle spasm, and facet syndrome.



U.S. and Foreign Patents Apply. Teeter and Teeter logo are registered trademarks of Teeter. Specifications subject to change without notice.

© COPYRIGHT 2022 Teeter. International Law Prohibits Any Copying. D15040 1122-0