

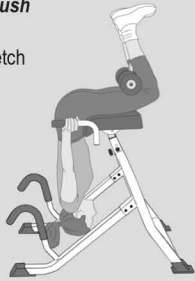
## EXERCISING ON THE DEX II™

Depending upon your current fitness level and goals, you may want to try advanced inversion exercises on the DEX II™. Proper form is key for effective stretching and strengthening, and that is why it is essential that you are familiar in mounting, dismounting and stretching in the 90/90 position before attempting the following exercises.

*Limit all activities to smooth movements. Aggressive exercises that involve a lot of body movement could cause the DEX II™ to tip over resulting in serious injury or death.*

### **Traction Stretch - Push**

Users can obtain a more aggressive stretch and greater joint decompression



### **Traction Stretch - Push**

- Hang fully inverted and relax.
- Gently push against the Traction Handles located at the side of the Lap Pad.

### **Alternative: Traction Stretch - Pull**

- Hang fully inverted and relax.
- Place your elbows under the Cane Shaped Handles and gently push against the Handles.

*Helpful Hints:* Stretch, hold 10 seconds and release, repeating several times to achieve the desired stretch. Relax and breathe deeply.

### **Back Extensions**

- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Tighten glutes and back and lift torso up slowly into extension. Make sure to keep abdominal muscles engaged to support spine while extended.
- While the DEX II™ is designed to reduce the chance of hyperextension, it is important that you perform this exercise in a slow and controlled manner. **DO NOT** use body momentum for the extension or extend past parallel with the floor.

### **Alternative: Back Extensions - Rotation**

- Slightly rotate your torso when extending to work the back extensors and external oblique abdominal muscles.

*Helpful Hints:* Extend, hold and release, repeating as desired to meet your workout goals.

### **Abdominal Crunches**

- Hang fully inverted with hands crossed on your chest or folded behind your head.
- Contract your abdominal muscles, crunching inward toward the support posts.

### **Alternative: Abdominal Crunch - Rotation**

- Slightly rotate your torso when crunching to work the rectus abdominus and external oblique muscles.

*Helpful Hints:* Contract, hold and release, repeating as desired to meet your workout goals.

### **Back Extensions**

Users can strengthen their lower back, glutes and hamstrings



### **Crunches**

Users can achieve a great workout for their abs and obliques



For information about the 5-year warranty or if you have any problems assembling the DEX II™ or questions about its use, please contact Customer Service at the appropriate location below:

Distributor in Hong Kong

**Miles Year Limited**  
802, 8/F., Park Building 476 Castle Peak Road  
Cheung Sha Wan, Kowloon, Hong Kong

TEL: (852) 3575 9332 FAX: (852) 3575 9331  
EMAIL: info@inversion.com.hk  
URL <http://www.inversion.com.hk/>

## ASSEMBLY INSTRUCTIONS USER MANUAL

## DEX II • decompression & extension™



PRE-ASSEMBLY

Before you begin: These instructions will guide you in properly assembling the DEX II™. Please review all the steps before beginning assembly. Carefully adhere to the Assembly Instructions and User Manual to help ensure user security and product integrity.

⚠ WARNING

1. 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.
2. This product is NOT designed for persons over 6ft 6in (198 cm) or 300 lbs (136 kg). Structural failure could occur or head/neck may impact floor during inversion. Serious injury or death could result.
3. DO NOT use the equipment without a licensed physician's approval and a review of the medical contraindications, as noted in the User Manual section.
4. Failure to assemble and/or use the equipment as directed may void the manufacturer's warranty on this product and could result in injury or death.
5. DO NOT use the DEX II™ until you have thoroughly and carefully read the User Manual, reviewed all other accompanying documents, and inspected the equipment.
6. Choose a level surface for assembling and operating the DEX II™.
7. Follow each step in sequence. Do not skip ahead.
8. Make sure that all fasteners are secure.
9. PRIOR TO USE, test and inspect the equipment. Make sure the Lap Pad rotates smoothly.
10. Replace defective components immediately and/or keep the equipment out of use until repair.

Carefully remove the individual parts from the carton. You should have all of the items listed below. If any items are missing or damaged, contact your retailer or customer service directly (See Pg. 4 of the User Manual section).

ITEMS FOR ASSEMBLY

- Leg Support Assembly
- Leg Width Adjustment Knob
- Two (2) Flat Washers (M8)
- Two (2) Hex Bolts (M8 x 25mm)

Lap Pad Assembly

- Lap Pad Frame
- Lap Pad
- Four (4) Screws
- Hex Bolt (3/8-16)
- Hex Nut (3/8-16)
- Two (2) Flat Washers (3/8)
- Two (2) Spacers

ITEM #'s

- H1-2000
- H1-2016
- H1-1414
- H1-1415

H1-2005

- H1-2006
- D1-1005
- H1-2007
- H1-1412
- H1-1304
- H1-1302
- H1-2017

Base Assembly

- Base Frame
- Height Adjustment Knob
- Two (2) Legs
- Two (2) Base Feet

ITEMS FOR ASSEMBLY

- Two (2) Leg Feet
- Four (4) Threaded Bolts (3/8-16)
- Four (4) Bolt Caps (3/8-16)
- Four (4) Flat Washers (3/8)
- Four (4) Lock Washers (3/8)

Hardware

- Two (2) Wrenches (13/14mm)
- Screwdriver

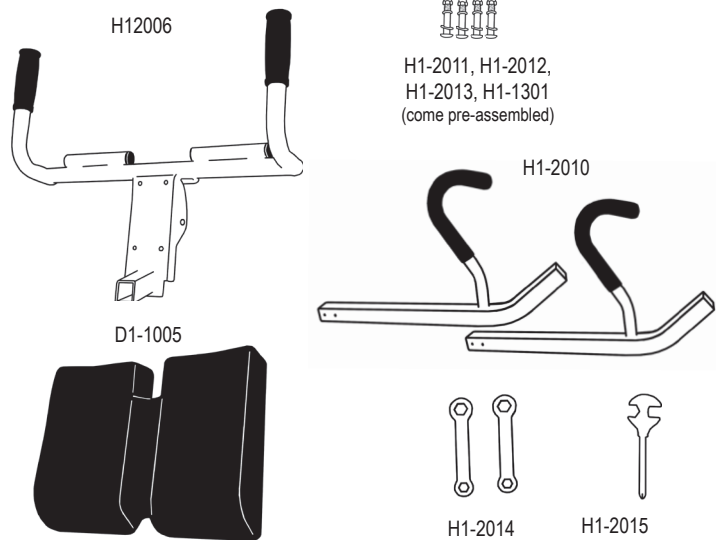
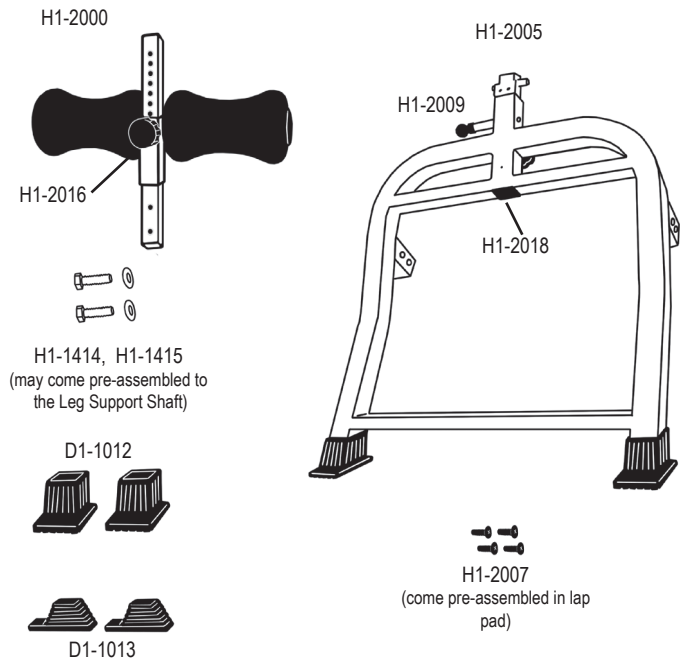
H1-3008

- H1-2009
- H1-2018
- H1-2010
- D1-1012

ITEM #'s

- D1-1013
- H1-2011
- H1-2012
- H1-2013
- H1-1301

- H1-2014
- H1-2015

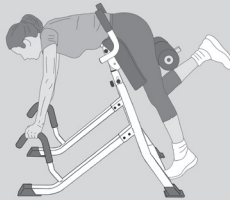


some parts shown may not be in proportion to other parts

HOW TO INVERT cont...

Step Two

User bends one knee, leans forward and reaches for the Cane Shaped Handles



Step Three

User rotates the Lap Pad, inverting in the 90/90 position



Step Two

- To begin inversion, bend one knee and slowly lean forward to grab hold of the Cane Shaped Handles.
- While holding the Cane Shaped Handles, continue to slowly lean forward and rotate the Lap Pad while lifting and bending the other leg.

Step Three

- Continue rotation until the Lap Pad reaches the stop position. Your body weight will be supported by your thighs.
- Keep both knees bent around the Leg Rollers. Allow your hands to dangle on the floor or place them folded behind your head.

*It is important to maintain bent knees to help support your body while inverted. Failure to do so could result in serious injury or death!*

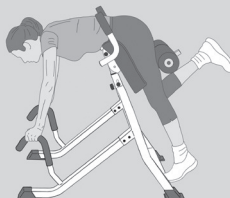
WHILE INVERTED

RELAX. BREATHE. STRETCH. DECOMPRESS. MOVE. EXERCISE. Here are some tips to achieve maximum benefits when using the DEX II™:

- For maximum decompression, breathe deeply and relax the muscles in the lower back and shoulders.
- Movement is recommended to encourage relaxation, stimulation of circulation and lymph flow.
- It is important to listen to your own body. Everyone is unique and your own body will tell you when you've had enough.
- You may want to increase your duration of use over a period of time. However, inversion is NOT a no pain, no gain activity. Always listen to your body's response to inversion and ascend if you feel anxiety, discomfort, dizziness or pain.
- For a more active workout program consisting of stretching and exercise, see page 4 of the User Manual.

Return Upright:

User pushes on the Cane Shaped Handles and straightens legs



RETURNING TO THE UPRIGHT POSITION

To return to an upright position, reverse the procedure explained above:

- Use the Cane Shaped Handles to gradually walk yourself upright, rotating the Lap Pad and straightening your legs until standing at the start position.



## PRIOR TO USE

### Step One

- Inspect the equipment before each use. Make sure that the Lap Pad rotates smoothly to the inverted position (approximately 90 degrees) and back and that all fasteners are secure.

### Step Two

- The DEX II™ features two adjustment settings that allow you to properly adjust the equipment for your body type. Make sure the equipment is properly adjusted every time you use the equipment by doing the following procedures:

#### A. Adjust the height of the Lap Pad:

- Loosen the Height Adjustment Knob by rotating it several turns counterclockwise.
- Pull the locking pin for the Chrome Shaft while lifting or lowering the Lap Pad by the Height Adjustment Handle on the back of the Lap Pad.
- Select a height setting so that your hips are at the same height as the top edge of the Lap Pad.
- Release the Locking Pin so that it engages fully into one of the height settings. Tighten the Height Adjustment Knob by rotating clockwise.
- Make sure the Locking Pin is fully engaged and the Height Adjustment Knob is tightened prior to use. Failure to do so could result in serious injury!



A. Adjust Height

#### B. Adjust the width between the Leg Rollers and Lap Pad:

- Loosen the Leg Width Adjustment Knob by rotating it several turns counterclockwise.
- Pull out on the Leg Width Adjustment Knob and slide the Leg Rollers in or out depending on your leg width and comfort.
- Release the Leg Width Adjustment Knob so that it engages fully into one of the hole settings. Tighten the Leg Width Adjustment Knob by rotating clockwise.
- Make sure the Leg Width Adjustment Knob is fully engaged and tightened prior to use. Failure to do so could result in serious injury!



B. Adjust Leg Width

## HOW TO INVERT

The DEX II™ operates strictly under user control - that is, you are able to rotate the unit as slow or as fast as you desire. You will need to use the strength of your arms to lower your body down and to return upright. *If you are unsure about your ability to operate the equipment properly, always have a spotter nearby or discontinue the use of the equipment.*

### Step One

User stands inside the Leg Rollers - hips should align with the top edge of the Lap Pad



### Step One

- Step onto the cross bar of the Base Frame with thighs between the Leg Rollers and Lap Pad.
- Determine whether the width between the Leg Rollers and Lap Pad is comfortable. Adjust if necessary.
- Determine whether the Lap Pad is at the correct height. Your hips should be the same height as the top edge of the Lap Pad. Adjust if necessary.

## ASSEMBLY

### STEP ONE

Assemble the Feet (D1-1012, D1-1013) onto the Base Frame (H1-2009) and the Legs (H1-2010)

- Slide the Base Frame Feet (D1-1012) on to the Base Frame. (See Figure 1A)
- Slide the Leg Feet onto the end of the Legs with the cane handle. (See Figure 1B)
- Push firmly on all four feet to ensure they are fully mounted.

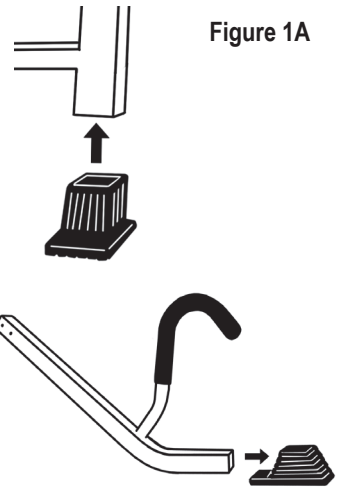
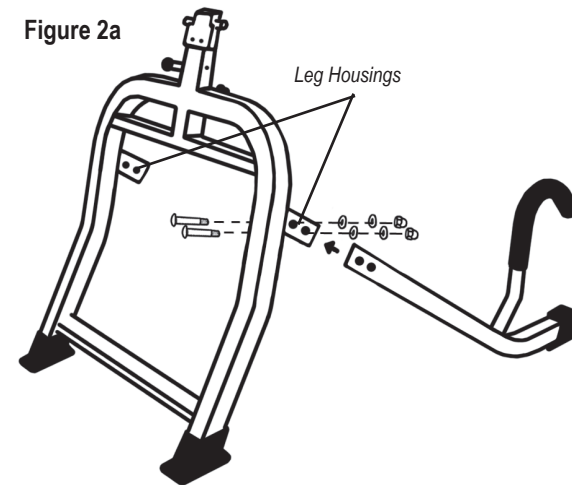


Figure 1A

Figure 1B

Figure 2a



### STEP TWO

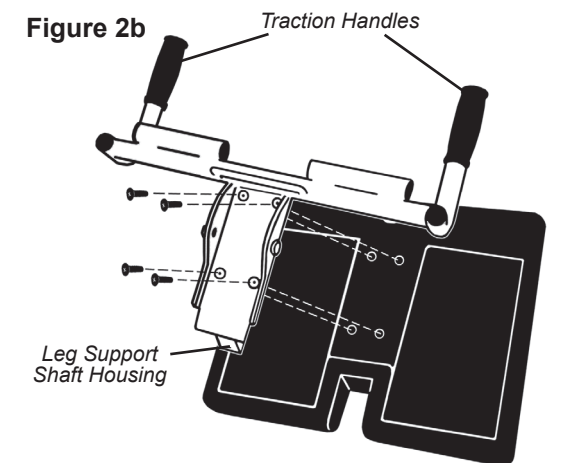
Attach the Legs (H1-2010) to the Base Frame (H1-2009)

- With the cane handles facing upward, insert the Legs into the Leg Housings of the Base Frame until the two holes in the Leg Housing align with the holes at the top of each Leg. (See Figure 2a)
- Insert a Threaded Bolt (H1-2011) from the inside of the Leg Housing through the holes on each column. Finish on the outside of the Base Frame using the Flat Washer (H1-2013), Lock Washer (H1-1301) and Bolt Cap (H1-2012) and tighten with Wrenches (H1-2014).

### STEP THREE

Assemble the Lap Pad (D1-1005) to the Lap Pad Frame (H1-2006)

- Unscrew the pre-assembled Lap Pad Screws (H1-2007) from the bottom of the Lap Pad. *Keep this hardware nearby.*
- With the Lap Pad face down, rest the Lap Pad Frame on top of the Lap Pad. Make sure the Traction Handles are pointing up and the Leg Support Shaft Housing rests inside the indented area of the Lap Pad. Align the holes of the Lap Pad Frame with the holes in the bottom of the Lap Pad. (See Figure 2b)
- Insert the Lap Pad Screws through the holes and tighten with the Screwdriver (H1-2015).
- Continue with securing the Lap Pad Assembly to the Base Frame Assembly as outlined in the original assembly instructions.



## STEP FOUR

### Secure the Lap Pad Assembly (H1-2005) to the Chrome Shaft of the Base Frame Assembly

- Remove the Hex Nut (H1-1304), Flat Washers (H1-1302) and Spacers (H1-2017) from the Hex Bolt (H1-1412). Keep this hardware nearby.
- With the Traction Handles facing the rear of the Base Frame Assembly, place the Lap Pad Assembly over the Chrome Shaft in the Base Frame and align the holes. (See Figure 3)
- Thread the Hex Bolt through a Flat Washer and Spacer. Make sure the small end of the Spacer faces away from the head end of the Hex Bolt.
- Insert the Hex Bolt with Flat Washer and Spacer through the holes, securing the Lap Pad Assembly to the Chrome Shaft. Thread the remaining Spacer with the small end facing the Chrome Shaft and tighten with the Flat Washer and Hex Nut. (See Figure 3A for close-up view)
- Make sure the fasteners are securely tightened and the Lap Pad rotates smoothly.

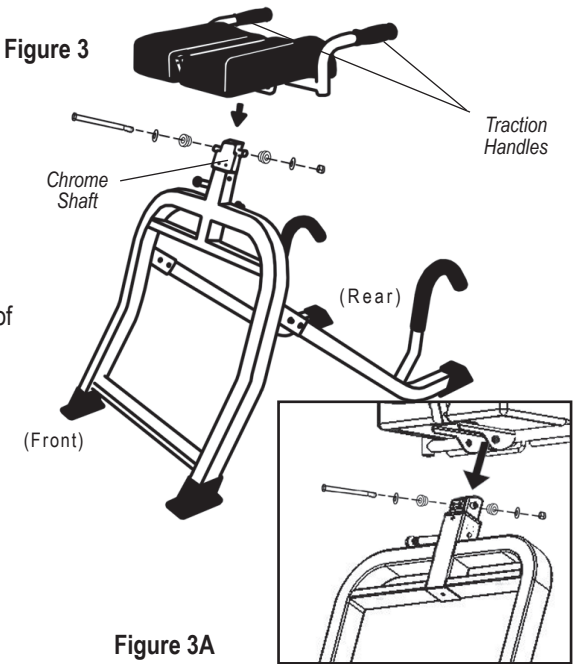


Figure 3A

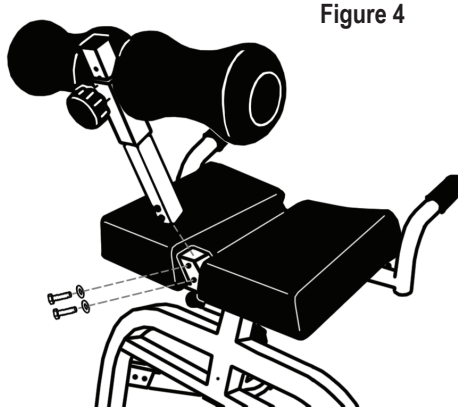


Figure 4

## STEP FIVE

### Attach the Leg Support Assembly (H1-2000) to the Lap Pad Assembly (H1-2005)

- You may need to remove the Hex Bolts (H1-1415), and Flat Washers (H1-1414) from the Leg Support Shaft (H1-2004).
- Slide the Leg Support Shaft into the receiving end of the Lap Pad Assembly. (See Figure 4) Lining up the two holes, insert the Flat Washers and Hex Bolts. Secure with wrench.



## WARNING

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.

### Restrictions on Use

- DO NOT** use the equipment without a licensed physician's approval. Carefully review the following list of medical contraindications for inversion with your licensed physician: *(This is not an exhaustive list, it is intended only for reference)*
  - Middle ear infection
  - Extreme obesity
  - Pregnancy
  - Hiatal hernia
  - Ventral hernia
  - Glaucoma
  - Retinal detachment
  - Conjunctivitis
  - High blood pressure
  - Hypertension
  - Heart or circulatory disorders
  - Spinal injury
  - Cerebral sclerosis
  - Use of anticoagulants (including high doses of aspirin)
  - Recent stroke or transient ischemic attack
  - Bone weakness (osteoporosis)
  - Recent or unhealed fractures
  - Medullary pins
  - Surgically implanted orthopedic supports
  - Acutely swollen joints
- DO NOT** use if you are over 6ft 6in (198 cm) or 300 lbs. (136 kg). Structural failure could occur or head/neck may impact the floor during inversion.
- DO NOT** modify the equipment or use accessory attachments that are not recommended by the manufacturer. Utilize the equipment for its intended purpose only.
- This product is not intended for use in public facilities.

### Precautions Before Using

- DO NOT** use the DEX II™ until you have thoroughly and carefully read the User Manual, reviewed all other accompanying documents, and inspected the equipment.
- NEVER** allow children to use the equipment unsupervised.
- 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 that all fasteners are secure and that the equipment is located on a level surface.
- ALWAYS** replace defective components immediately and do not use until repaired.
- ALWAYS** make sure the equipment is properly adjusted to the correct user settings prior to each use.
- Refer to additional warning notices posted on the equipment.

### Precautions During Use

- DO NOT** use aggressive movements, or use weights, elastic bands or any other exercise or stretching device while on the DEX II™.
- ALWAYS** keep hands and fingers away from moving parts to avoid injury. **DO NOT** drop or insert objects into any opening.
- First time users should use a spotter until comfortable with the operation of the equipment.



IMPORTANT SAFETY INSTRUCTIONS

## STEP SIX

### Testing the Assembly

#### PRIOR TO USE:

- Test the Lap Pad for smooth and steady rotation.
- Ensure that all fasteners are secure.

The assembly of the DEX II • decompression & extension™ is now complete!

#### Please remember:

- Read the User Manual and accompanying materials thoroughly before using the DEX II™. Improper use could result in serious injury or death.
- Please complete and mail the warranty card.