



Press Kit



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Study Indicates Not All Inversion Tables are Created Equal

PUYALLUP, Washington (November 18, 2004) — Whether inverting to relieve the stresses, strains and pains in one’s body or to enhance a regular fitness routine, quality inversion equipment is especially important. That’s why findings from an independent engineering study of seven inversion tables should caution consumers -- unless they’re using Teeter Hang Ups.

The study, conducted by the independent, non-biased Dynamark Engineering at the request of Teeter Hang Ups manufacturer STL, International Inc., tested seven leading inversion tables to determine their overall strength and durability. Dynamark tested the following: Kettler’s Apollo table, Life Gear’s 75112 and 75128 tables, Motion Fitness’ GT1000, Stamina’s Inversion Pro 551529, Teeter Hang Ups’ F5000, and Weslo’s System WLBE.

Although all seven manufacturers labeled their products as being of good quality, the independent study showed clear differences in structural integrity and durability. Dynamark’s comprehensive findings report, published in July, points to a lack of government regulation as a reason behind the wide variation.

“The basic design of inversion tables has not changed much since 1975, exempting them from most of the regulations that help to protect consumers from substandard equipment. Because of the lack of government regulations to control the structural integrity and quality of inversion

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products, we've made it our number one priority and have committed our own resources into this independent engineering audit," says Roger Teeter, president of STL International, Inc.

The Testing

A static load test measured all the tables' maximum weight capacities in the fully inverted, locked position. Per UL 2601-1, medical equipment is considered safe when it can hold up to four-times the manufacturer's maximum rated weight for users. Teeter Hang Ups (rated at a maximum user weight of 300 lbs) sustained up to 1,440 pounds, surpassing the medical safety standard by 20 percent.

Two of the other leading brands failed under less than 500 pounds pressure, and the two second-strongest tables failed at 1,134 pounds – more than a 200-pound difference from Teeter Hang Ups.

Dynamark also conducted a second structural assessment, the cycle test, which measured long-term durability under simulated twice-a-day use by a family of two at maximum rated user weight. The Teeter Hang Ups Inversion Table was the only one that held up without catastrophic failure, outlasting the second place brand by the equivalent of more than 50 years (38,851 use cycles). In comparison, one of the competing brands broke after the equivalent of five months' use (only 288 total cycles), and two brands lasted only three years.

In every type of measurement, Teeter Hang Ups met or exceeded the competitor in durability, quality and function -- a reassuring fact for consumers who hang upside down for health.

The Teeter Hang Ups F5000

The Teeter Hang Ups F5000 inversion table has become the industry standard for excellence, offering more comfort and safety features than any other table.

The Teeter Hang Ups F5000 rotates on a pivot system. By simply shifting their arms, users easily can rotate the table to any comfortable angle, allowing oscillation and intermittent traction. Adjustable roller hinges allow users to pre-select three levels to control the aggressiveness of rotation, and a tether strap allows them to pre-select the maximum inversion angle. Comfortable ankle straps secure them during inversion. Teeter also offers the option to convert the F5000 for use with gravity boots.

Designed to accommodate users up to 6 feet, 6 inches and 300 pounds, the F5000 inversion table folds compactly for convenient storage. Every table comes 85 percent assembled (one-fourth the parts of competing tables) and includes tools for final assembly, an instructional video, a laminated owner's manual, and 90-page book about the benefits of inversion. Every table comes with a five-year warranty.

Passion for Quality

Company founder Roger Teeter discovered the benefits of inversion in 1980. At the time, Roger was suffering from debilitating back problems attributable to his job as a professional water skier. He found that, by hanging upside down, he could relieve his back pain and begin true recovery. In the process, he and his wife, Jenny, discovered the need for high-quality, easy-to-use inversion equipment and decided to fill it. Because their company was founded on personal experience and passion for inversion, the Teeters' commitment to quality and reliability hasn't waned.

The U.S. Army Physical Fitness School recently recognized this commitment by issuing Teeter Hang Ups a certificate of appreciation for "efforts to produce safe and effective equipment."

Additionally, the Teeter Hang Ups F5000 inversion table is UL classified in accordance with the specifications for equipment intended for clinical use. To achieve this high standard for a home product, the Teeter Hang Ups inversion table is structurally tested to a 400 percent safety factor. Perhaps that explains why Teeter Hang Ups is the market's most popular, as well as its most durable, choice for inversion products.

About STL International, Inc.

STL International, Inc. began manufacturing inversion products in 1981 under the Hang Ups[®] name, making it the longest continuous supplier of inversion products in the world. Recently the company has expanded its product offering to include other innovative solutions for relieving back pain and improving functional fitness. The company is recognized internationally for its dedication to making products with structural integrity, its dedication to user satisfaction and education, and diligent customer service. For more information about the company and its products visit www.stlintl.com or contact the STL at (253) 840-5252.

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Photos and product samples available upon request

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Inversion Therapy is Gaining Ground in the Mainstream Fitness Arena and In Homes Across America

PUYALLUP, Washington (May 25, 2004) – It is no secret that the way we live in the 21st century is less than optimal for the physical health of our bodies—most obviously the back. In America alone it is estimated there are 70 million back sufferers. Lifestyles that cater to less exercise and more stress result in weaker muscles, loss of flexibility, and poor circulation. But lately something old is becoming new again as millions of people are turning to inversion therapy to reduce back pain, improve circulation, increase flexibility and relax.

In recent years, sales of inversion products have been on the increase as many Americans are turning to this age-old remedy to ease their aching bodies. Yet not all inversion products are created equal. Teeter Hang Ups is the only company that has singularly devoted its manufacturing, design and engineering to producing the best inversion products in the marketplace today. The original Teeter Hang Ups inversion table premiered in 1983, and continues to be the market's most popular choice for inversion therapy.

The Teeter Hang Ups F5000

Inversion therapy is done most regularly and securely with the aid of an inversion table. The Teeter Hang Ups F5000 Inversion Table has become the industry standard for excellence offering more comfort, quality and safety features than any other inversion table. Teeter Hang Ups F5000 Inversion Table rotates on a pivot system. With simple arm movements (rotation is accomplished by shifting the weight of the arms), the table easily rotates to any comfortable angle. The smooth rotation allows for oscillation and intermittent traction. Adjustable roller hinges allow you to pre-select three levels to control the aggressiveness of rotation, and the tether strap allows you to pre-select the maximum angle of inversion. Comfortable ankle clamps hold you securely while inverting.

The F5000 Inversion Table is able to lock at full 90° inversion (this is only possible when using the more aggressive roller hinge setting). While at 90°, you can perform inverted sit-ups and squats. The table is self-controlled and can be unlocked with simple arm movements. Although most people find the standard ankle clamps on the F5000 to be comfortable, some users may

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require additional support. Teeter Hang Ups offers the option to convert the F5000 for use with gravity boots. The optional Adapter Kit comes complete with Gravity Boots and the CV Bar needed to convert the table.

Designed to accommodate users up to 6 feet 6 inches and 300 pounds, the F5000 Inversion Table folds compactly for storage in a closet or in a corner. The nylon mat can be removed for washing. Every table comes 85 percent pre-assembled, including tools for final assembly. Each unit comes with an instructional video, a laminated owner's manual, and a 90-page book about the health benefits of inversion.

Above and Beyond

Teeter Hang Ups is the only company to offer inversion products that have been classified by Underwriters Laboratories, a widely respected independent testing facility. The F5000 Table is UL Classified in accordance with the specifications for equipment intended for use in a clinical setting, a very high standard of quality and product integrity for a home-use product. To attain this classification, our inversion tables are structurally tested to a 400 percent safety factor. No other inversion manufacturer meets this rigorous standard for structural integrity.

The F5000 sells for the suggested retail price of \$389.95, and is available via the Teeter Hang Ups web site (www.teeterhangups.com), as well as through fitness and back care retailers, specialty catalogues, and other outlets. Also customer service agents are available to assist in questions and ordering from 8 am-5 pm PST Monday – Friday by calling 800-847-0143 (Toll free) or 253-840-5252.

About STL International, Inc.

STL International, Inc. began manufacturing inversion products in 1981 under the Hang Ups[®] name, making it the longest continuous supplier of inversion products in the world. Recently the company has expanded its product offering to include other innovative solutions for relieving back pain and improving functional fitness. The company is recognized internationally for its dedication to making products with structural integrity, its dedication to user satisfaction and education, and diligent customer service. For more information about the company and its products visit www.stlintl.com or contact STL at (253) 840-5252.

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* please consult a licensed physician before inverting



FACT SHEET

PROFILE

STL International, Inc. is the leading manufacturer of inversion therapy products to the United States and Canada. Founded in 1981 by Roger and Jennifer Teeter, STL manufactures the highest quality, easiest to use inversion products for the home and the commercial environment in the world. The core product line for STL is Teeter Hang Ups, long recognized as the definitive inversion table and products brand. (Teeter Hang Ups products are manufactured for distribution outside the USA and Canada by Inversion International, an independent affiliate of STL formed in 1996).

STL International, Inc. is a privately held corporation. It is the only company in the world to manufacture inversion products continuously since 1981. The U.S. and Canadian market for inversion products has seen tremendous growth in the last decade, evidenced by a 374 percent growth in STL sales since the late 1990s.

PRODUCTS

Teeter Hang Ups®— *Products for Home Use*

- *Inversion Tables*
 - F5000 Inversion Table- A Best Seller
 - F7000 and F6000 Inversion Tables (exclusive to home shopping TV channels)
 - F9000 Inversion Table
 - POWER II Inversion Table

- *Inversion Table Accessories*
 - Training Handles
 - Corner Feet
 - Conversion Kit with Gravity Boots

- *Inversion Equipment*
 - EZ-Up Inversion Rack
 - Gravity Boots
 - Inversion Bar

- *Inversion Accessories*
 - Herbal Pillow and Neck Embrace

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Lynx™ — *A product for Consumer Back Care*

- Lynx Portable Back Stretcher

StretchToner™ — *A product for Consumer Fitness*

- StretchToner

Teeter™ – *For Commercial and Club Use*

- Power VI™ Inversion Table
- DEX • decompression & extension™

PRODUCT DISTRIBUTION

STL home products are distributed through a network of local distributors who also provide customer service and support. Also products are available on the Home Shopping Network and Shop At Home at various times of the year. The commercial products are sold to fitness facilities directly by STL as well as through the same dealer network that sells our home equipment. To locate a distributor, visit the website at www.stlintl.com.

Internationally, all four labels for home and commercial products are promoted to more than 30 countries by independent affiliate Inversion International, Inc. (IIL) through a network of authorized distributors and overseas TV shopping channels.

MANUFACTURING

All STL products are manufactured in Taiwan to the highest quality standards. Over the years STL has developed solid, long-term relationships with its manufacturers. The company relies on a proven network of offshore firms to provide cost-effective and timely support to the U.S. operations.

DEDICATION TO QUALITY AND ENGINEERING

A reputable quality-assurance engineering firm inspects all our products for top quality. STL continuously maintains and improves product quality and integrity, making countless upgrades over the years to increase user friendliness, structural integrity and product value for all its products. STL is the only company to offer a line of inversion products that have been listed or classified by Underwriters Laboratories, an independent testing facility. With many UL specifications to choose from, STL voluntarily chose the toughest one: UL 2601-1 Medical Equipment, normally reserved for clinical-use products. UL verifies STL listing compliance with inspections of our two assembly companies four times per year.

AWARDS AND ACCOLADES

Recently, after six years of evaluation, the U.S. Army Physical Fitness School issued Hang Ups a Certificate of Appreciation. A letter from Lt. Colonel William R. Rieger, a commanding officer, stated, “We believe in the value of inverted decompression and mobilization and appreciate your efforts to produce safe and effective equipment. Your inversion boots and (inversion) table provides an ideal way to mitigate the stress of jumping, running and other strenuous tasks we require our soldiers to regularly perform. We intend to include inverted decompression and mobilization in future Army-wide physical training doctrine.”

CONTINUOUS UPGRADES

STL never stops trying to improve upon the products' design and function. The Teeter Hang Ups F5000 Inversion Table, for example, has benefited from more than 70 upgrades to increase quality, ease of assembly and user friendliness. All STL products are sold for the lowest price possible without sacrificing material quality and workmanship.

UNIQUE FEATURES

Most of the STL products carry one or more U.S. or International patents. The products offer many features exclusive features found only on STL products that ultimately improve quality, comfort and ease of use. These features include: self-locking hinges, Teflon® embedded epoxy-coated roller hinges, durable, injection-coated rubber hand grips, curved foam ankle clamps, hinges with three levels of responsiveness plus stabilizing cam locks, locking knobs to structurally engage the main shaft providing quieter rotation and an adjustable foot platform. These are just a few of the features that make Teeter Hang Ups synonymous with inversion tables.

BELIEF IN INVERSION

Inversion is the core of STL business. The company knows about inversion and believes in it. Every member of the staff is qualified and eager to answer any questions about inversion products.

HEADQUARTERS

STL International, Inc., is located in Puyallup, Washington, a city situated at the foot of Mount Rainier in the beautiful Puget Sound region, 10 miles east of Tacoma and approximately 35 miles south of Seattle.

CORPORATE OFFICES

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Roger C. Teeter, President and Founder
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The Portable Lynx Helps You Relax and Decompress Anywhere— At Home or on the Go

PUYALLUP, Washington (September 13, 2004) – We all know the feeling of a tight back and all the aches and pains that come with it. But finding an easy, simple way to literally stretch out your back and relieve all the compression and tightness caused by work and play is easier said than done—until now. STL International announces the Lynx Portable Back Stretcher, a light, compact “anywhere, anytime” solution for stretching, improving flexibility, and decompressing the spine, knees and ankles.

One of the most common reasons to stretch is to alleviate back pain. Today more than 70 million Americans—and millions more worldwide— suffer from it. A simple, effective remedy is “traction,” or stretching out the spine, for relief of back pain and muscle soreness and to correct minor skeletal misalignments. And although inversion tables and gravity boots offer a natural way to decompress the spine for relief of back pain, they don’t quite offer the portability and convenience factor of the Lynx Portable Back Stretcher.

Gravity is a constant force of compression on the spine that is operating even when you’re inactive. Decompressing your spine with the Lynx helps the discs rehydrate for better shock absorption and reduced back pain.

With your ankles secured in the Lynx’s contoured foot supports, you push firmly with your hands on the leverage handles—resulting in a great stretch. With the Lynx, the average skeleton lengthens one-half to one inch (1.3 to 2.5 cm), effectively increasing the space between the vertebrae. This relieves pressure on the discs, ligaments and nerve roots, and helps align the spine.

Product Features

Frame: 100 percent aluminum alloy, covered with a corrosion-resistant anodized finish

Size: Folds to less than 20 inches by 11.5 inches by 3.5 inches; fits compactly within the Nylon Travel Bag (included)

Weight: 5.5 pounds

The Lynx Portable Back Stretcher sells for the suggested retail price of \$129.99 and is available via the STL web site (www.STLIntl.com), as well as through fitness and back care retailers, specialty catalogues, and other outlets. Also customer service agents are available to assist in questions and ordering form 8 AM - 5 PM PST Monday – Friday by calling 800-847-0143 (toll free) or 253-840-5252.

About STL International, Inc.

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StretchToner™ Makes Stretching Easy, Safe and Convenient

PUYALLUP, Washington (October 2, 2004) – We have all been told by our coaches, doctors and even friends to do it regularly, but it's often the first element of fitness that is overlooked. What is this simple concept that can have an important impact on our daily lives, yet we easily dismiss it as boring, time-consuming, and unnecessary? **Stretching**. This vital activity can actually help to improve circulation, build muscle resiliency, improve coordination and power, reduce stress and prevent repetitive movement injuries. One reason many don't embrace stretching is the familiar wall and floor just don't yield themselves to making stretching easy, and effective. Now there is a product hitting the market in response to consumers desire to stretch out – it the StretchToner™.

The StretchToner boasts an innovative design unlike any other fitness product on the market today. The StretchToner is ergonomically designed for comfort and functionality. Designed to adjust to all body sizes and skill levels the sturdy, lightweight construction holds users in a stable position and allows them to easily adjust each stretch. A detailed users manual and 25-minute video provide help to users in developing a safe and effective stretching routine. In addition, the StretchToner comes with a convenient wall poster and a quick-reference guide on the equipment.

How It Works

The StretchToner's handgrips, padded crosspieces and patent-protected rocker and leverage system make stretches easy to control. Adjustments are simple—either rotate the upper crosspiece or move the whole device.

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The leverage system allows for a variety of stretches with minimal effort—making it easier to find and stay in the “stretch zone,” the user’s ideal stretch level.

The StretchToner sells for the suggested retail price of \$99.95 and is available via the STL web site (www.STLIntl.com), as well as through fitness and back care retailers, specialty catalogues, and other outlets. Also customer service agents are available to assist in questions and ordering form 8 AM-5 PM PST Monday – Friday by calling 800-847-0143 (toll free) or 253-840-5252. A 5-year warranty is offered on every component.

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