

The Best Fitness BFINVER10 Inversion Table is designed to take advantage of the downward force of gravity to relieve pressure in your back. In one smooth, fluid move, you can safely go from an upright position to completely inverted. Just adjust the unit to accommodate your height and strap the ankle cuffs to secure a safe, comfortable fit. Then, lean back and enjoy the many benefits of inversion therapy, including less back and neck pain, fewer headaches, better posture, improved blood flow and less stress.

Explore a new perspective on back pain and spinal decompression with the Best Fitness BFINVER10 Inversion Table. Features include:

- Padded nylon backboard designed for comfort and breathability.
- Spring-loaded safety strap that controls stability and allows you to glide quickly and safely from the upright position to full inversion.
- Adjustable ankle cuffs that offer a comfortable, customizable fit for each individual user.
- Simple, 2-pin collapse-and-fold design that allows for fast storage in any closet.
- 000 lb. user capacity.