

INVERSION TABLES BUYERS GUIDE



2 TYPES OF INVERSION TABLES

There are two main types of inversion tables you can buy from any retail store specialized in fitness equipment: static and foldable.



The Static Inversion Table

You cannot fold it. This is mainly for those who have a fitness room in their houses or those with a lot of empty space, for that matter.



The Foldable Inversion Table

This could be a great buy for those who travel a lot. This way, they'll be able to carry their tables with them, since they would be easily foldable. Moreover, these are perfect for people who have too much clutter around the house.

DESIGN SPECS TO COMPARE

Due to the fact that there are so many brands on the market, it's safe to say that the specs differ a lot from model to model. Here are some of them you should pay attention to, so you don't end up with a product you don't like.



Size And Weight

Commonly, most inversion tables have a similar size, but you can find mini-tables, for instance. These usually weigh no more than 100 pounds. Even the bigger ones do not exceed this weight.

The foldable ones can be made with special materials that make them lightweight. Static ones can weigh a little more.



Weight Capacity

The weight capacity does not remain the same on any two given tables. Those with great weight capacities are called "heavy duty" and are made for corpulent people.

The heaviest capacity that an inversion table can handle is 350 pounds. Small ones can accommodate a person with a maximum of 100 pounds.



Frame Material

Inversion tables are made with either stainless or heavy-duty steel. Steel is the absolute best material. It isn't prone to corrosion, so it lasts a lifetime, and it is solid. A plastic frame have absolutely no advantages at all.



Adjustable Clamps

A good inversion table must have adjustable ankle clamps. If your feet are sitting in an uncomfortable position, then it's less likely you'll be able to relax at all. Preset, immovable foot clamps are not a good idea. Those foam clamps must move up and down.

Foldable Options

If you travel a lot and you want to keep yourself in shape, buy a foldable table. You can easily throw it in the trunk of the car and you're all set. Needless to say, that doesn't happen with a traditional static table.



Controllable Inversion Degree

With such a feature, your inversion table will rotate to any degree you designate. Most of them have three levels. There is a steel bar that you fix in the openings drilled into the feet of the table.

During the process of inversion, the table will stop in that bar that you've set to the degree you wanted to spin your body at. Others may have other "devices" used for stopping the user at whatever degree they want to stop at.

Original sources for the published content:

<https://inversiontherapyhub.com/inversion-table-guide/>

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