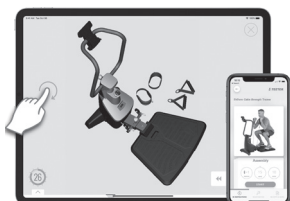


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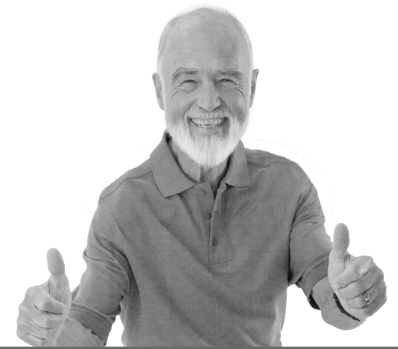
✉ Email: info@teeter.com

💬 Live Chat: teeter.com



WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of the Teeter FitForm™!
For the best experience, it is critical that you follow, read, and fully understand the Assembly & Use Instructions. The FitForm is a multiple user, reusable device for home use, intended to provide a comfortable, free-motion strength training workout for adults.



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

We've Got Your Back!



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**.



Trust Teeter for unmatched quality and performance. To register your product warranty, go to **teeter.com/Support/Warranty-Registration**

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BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the Teeter FitForm. Carefully adhere to the Assembly Instructions and User Guide to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS

READ ALL INSTRUCTIONS BEFORE USING THE FITFORM

⚠ 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 use. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of exercise equipment if these instructions are not followed, such as pinching, entrapment, strangulation, 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.
- **ALWAYS** consult with your doctor before beginning any exercise or weight-loss program, especially if you are over the age of 35 or have any known pre-existing medical problems. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter).
- The instructions and advice presented in this User Guide are in no way intended as a substitute for medical advice or counseling.
- **DO NOT** allow children to use this machine. **ALWAYS** keep children, bystanders, and pets away from machine and **DO NOT** allow children to be left unattended in the same room as the equipment to avoid risk of injury or death. This machine is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.
- **DO NOT** use if you are over 300 lb (136 kg). Structural failure and physical injury could occur.
- **DO NOT** overexert yourself while exercising with the machine. Discontinue use if you feel pain, discomfort, shortness of breath, chest tightness, or become light-headed or dizzy while exercising. STOP and seek medical advice. Call 911 if you are having an emergency health condition.
- **ALWAYS** test the resistance level at the lowest setting first. Slowly increase resistance as you feel safe and comfortable to do so without pain. Coordination and balance are required to operate the machine safely. Be mindful of footing and resistance level to avoid loss of balance.
- **ALWAYS** ensure that all adjustable features are accurately adjusted to the users' body proportions and all parts are fully tightened and secured before use.
- **ALWAYS** use this machine with at least one foot or body part on the platform. **DO NOT** use when standing out to the sides or behind the machine to prevent instability of the machine or physical injury.
- **DO NOT** place any objects or body parts near the pulleys while in use. **DO NOT** wrap the cable around the neck or any body part. Improper use can result in serious injury, entrapment, strangulation, or death.
- **ALWAYS** ensure cable attachments are fully engaged in the Handle Holder Slots while in the Ready Position to avoid unintentional cable retraction which can cause damage to the machine or cause injury to the user or bystanders.
- **ALWAYS** stay clear of the cable movement path while in use. **DO NOT** place any objects within a 36" (91 cm) radius of the machine. **ALWAYS** keep bystanders away from the exercise area while in use to avoid risk of injury.
- **ALWAYS** keep the equipment in the Storage Position to prevent tripping or entanglement while not in use.
- **ALWAYS** wear appropriate clothing while exercising with the machine. **DO NOT** wear loose clothing that could get entangled in the equipment, and **ALWAYS** keep body parts, hair, jewelry clear of all moving parts. **ALWAYS** wear athletic shoes to protect feet while exercising with the machine.
- **ALWAYS** store indoors and on a level surface. This equipment is not intended for outdoor use. **ALWAYS** position away from water or ledges that could lead to accidental immersion or falls.
- **DO NOT** use in any commercial, rental or institutional setting. This product is intended for home-use only.
- **ALWAYS** use this equipment only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- **DO NOT** drop or insert any object into any opening or place any sharp objects near the equipment.
- **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 cables, pulleys, attachments, fasteners, and adjustable settings are secure and do not show signs of visible damage or wear.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repaired.
- **ALWAYS** use a damp cloth when cleaning. **DO NOT** use abrasive soaps, solvents, or petroleum based products to clean as this could cause damage to the machine.
- Refer to additional warning notices posted on the equipment. If a product label or User Guide should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS

ITEMS FOR ASSEMBLY

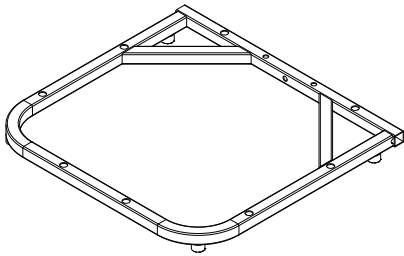
Items not shown to scale. Hardware drawings located on the Hardware Kit insert.

ITEM NO.	ITEM NAME
Foot Platform Assembly	
FB1003	Platform Support Frame
FB1003B	Platform Adjustment Bar
FB1003A2	Platform, Left
FB1003A1	Platform, Right
HK1051	Step 1 Hardware Kit
HK1052	Step 2 Hardware Kit

ITEM NO.	ITEM NAME
Main Body Assembly	
FB1002	Main Body
HK1053	Step 3 Hardware Kit
SE1105C	Platform Adjustment Knob
Accessory Attachments	
FB1004	Handle Attachments (2)
FB1005	Ankle Attachments (2)
Tools	
SE1112	Allen Wrench/ Screwdriver

Platform Support Frame

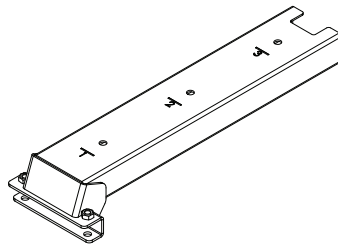
Use with Step 1 Hardware Kit
(HK1051)



FB1003

Platform Adjustment Bar

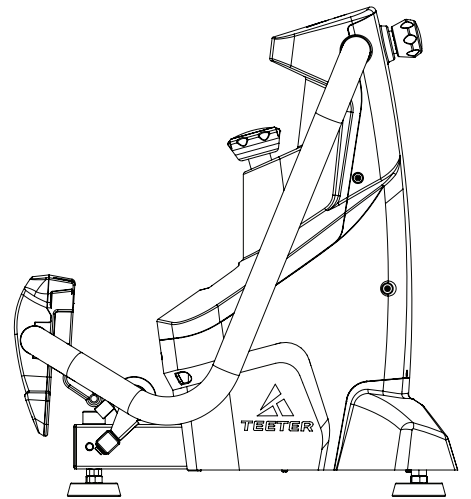
Use with Step 1 Hardware Kit
(HK1051)



FB1003B

Main Body

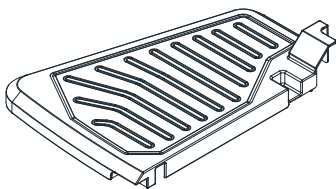
Use with Step 3 Hardware Kit
(HK1053)



FB1002

Platform, Left

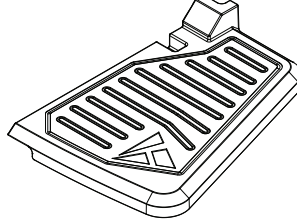
Use with Step 2 Hardware Kit
(HK1052)



FB1003A2

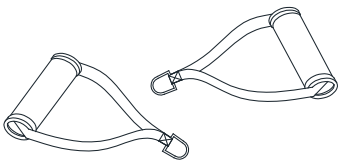
Platform, Right

Use with Step 2 Hardware Kit
(HK1052)



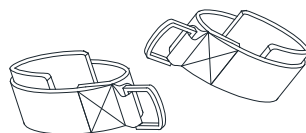
FB1003A1

Handle Attachments



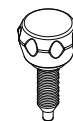
FB1004

Ankle Attachments



FB1005

Platform Adjustment Knob



SE1105C

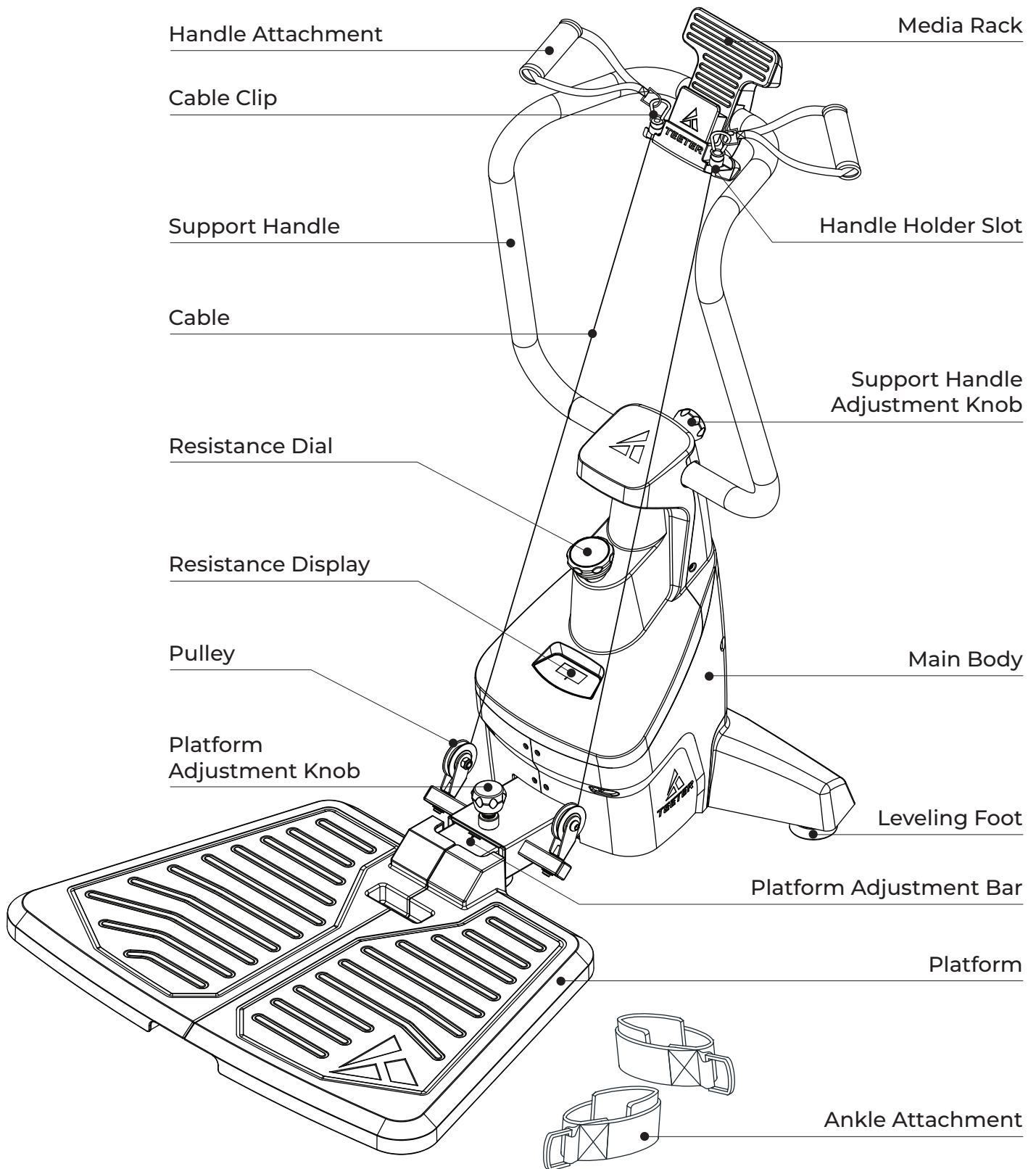
Tool Allen Wrench/ Screwdriver



SE1112

UNDERSTANDING YOUR FITFORM

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



* Specifications may vary from this image and are subject to change without notice.


SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

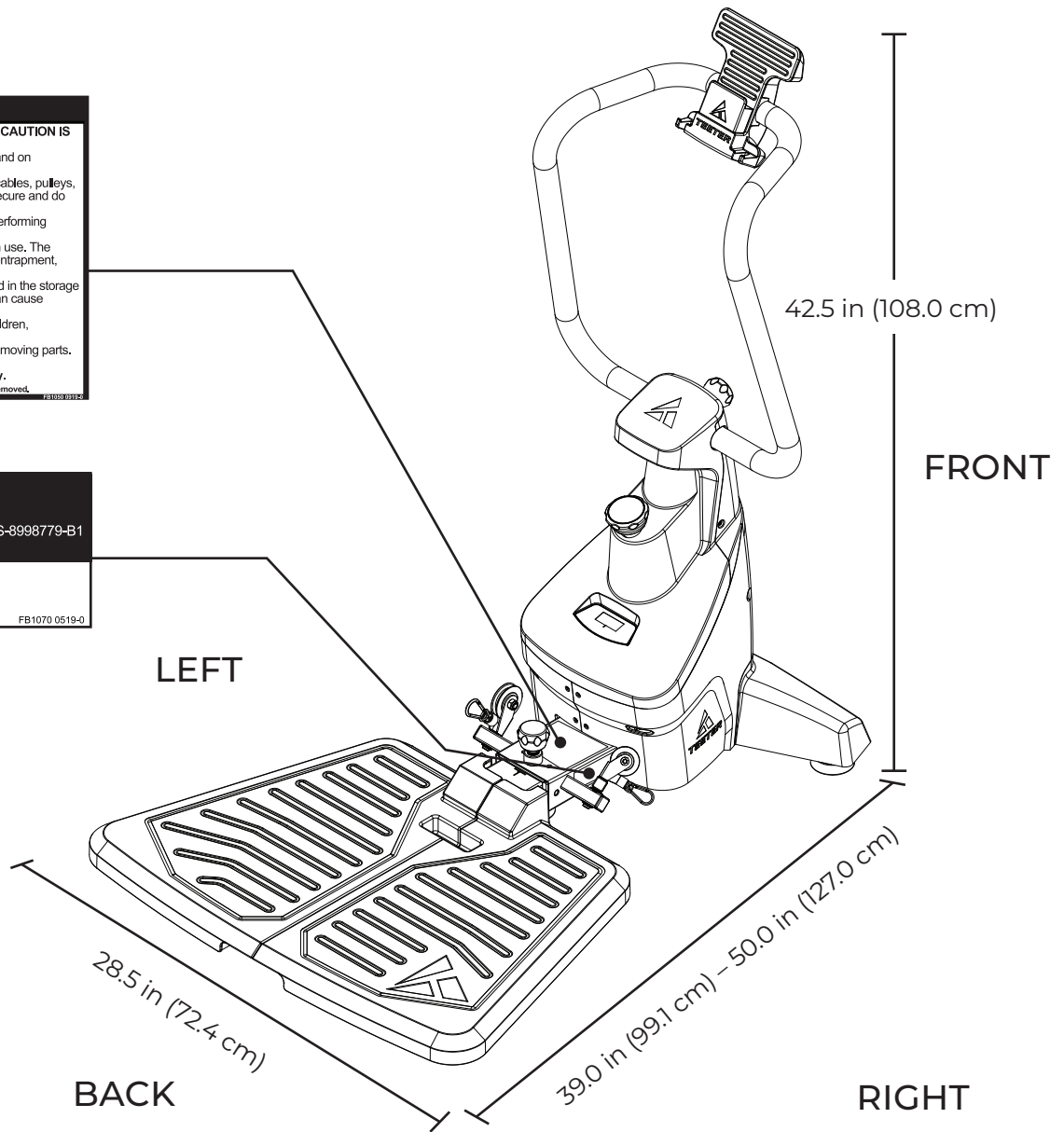
Important: Please review all labels and supporting materials before using your FitForm.

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. To reduce this risk:
• READ and understand instructions in User Guide and on equipment before attempting to use.
• ALWAYS inspect equipment prior to use. Ensure all cables, pulleys, attachments, fasteners, and adjustable settings are secure and do not show signs of visible damage or wear.
• ALWAYS place feet firmly on the foot platform when performing exercises to maintain stability.
• DO NOT place any body part near the pulleys while in use. The pulley systems and cables can cause serious injury, entrapment, strangulation, or death.
• ALWAYS ensure cable attachments are fully engaged in the storage setting to avoid unintentional cable retraction which can cause damage to the machine or injury to the user.
• DO NOT allow children to use this machine. Keep children, bystanders and pets away when in use.
• Keep body parts, hair, loose clothing / jewelry clear of moving parts.
• Weight Capacity: 136 kg / 300 lb.
For consumer, indoor Home-Use Only.
<small>Replace labels and Owner's Manual if damaged, illegible or removed. FB1070 0519-0</small>

 9713 233rd Avenue East Bonney Lake, WA 98391 800.847.0143 teeter.com	FitForm™ US-8556783-B1, US-8998779-B1 Patent Pending
	SERIAL # FFBM-
<small>FB1070 0519-0</small>	



Assembled Non-Use Dimensions:

Minimum: 39.0 x 28.5 x 42.5 in (99.1 x 72.4 x 108.0 cm)

Maximum (Platform fully extended): 50.0 x 28.5 x 42.5 in (127.0 x 72.4 x 108.0 cm)

Maximum Cable Length: 108.0 in (274.3 cm)

Maximum Ankle Attachment Circumference: 15.0 in (38.1 cm)

Weight (approx.): 38.9 lb (17.6 kg)

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 PLATFORM SUPPORT ASSEMBLY

NOTE: Always hand tighten all hardware in each step before fully tightening with the wrench or screwdriver. The Front, Back, Right and Left of the equipment is labeled in the drawing on Page 4.

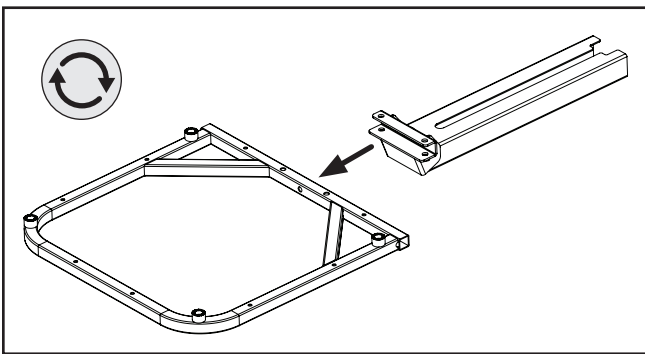


Figure 1

Figure 1: For easier access to the screw holes, flip the Platform Adjustment Bar so the numbers are facing down and Platform Support Frame so the rubber feet are facing up.

Proceed to align the Platform Adjustment Bar to the Platform Support Frame.

Step 1 Hardware Kit

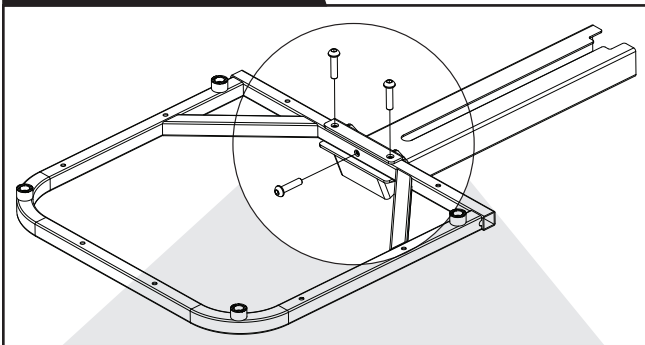


Figure 2a

Figure 2a & 2b: Use the **Step 1 Hardware Kit** to attach the Platform Adjustment Bar to the Platform Support Frame.

Hand tighten 3 × Bolts on the Platform Joint. Proceed to fully tighten the bolts with the Allen Wrench provided.

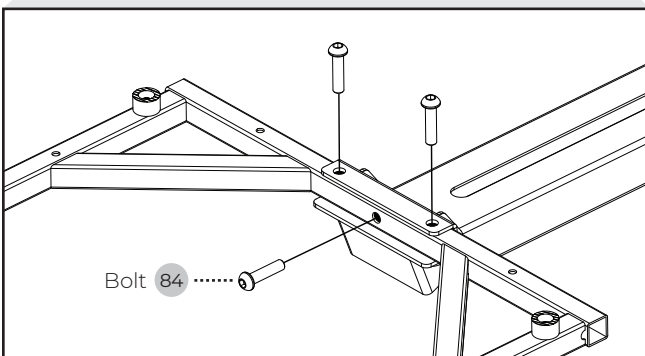


Figure 2b

STEP 2 PLATFORM ASSEMBLY

Figure 3: Locate the Right and Left Platforms. Proceed to align one side of the Platform to the Platform Support Frame as shown.

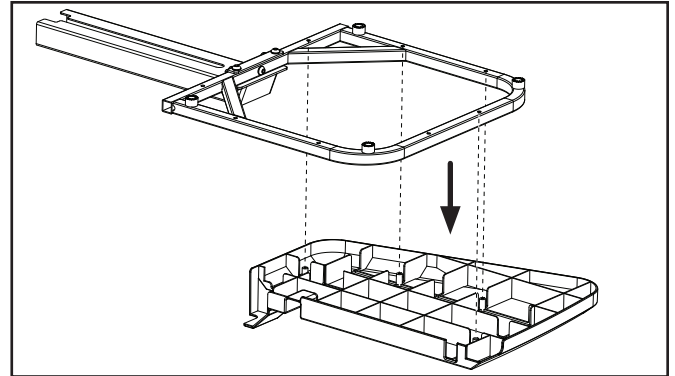


Figure 3

Figure 4: Use the **Step 2 Hardware Kit** to attach one side of the Platform to the Platform Support Frame. Hand tighten 4 × Screws through the Platform and into the Platform Support Frame.

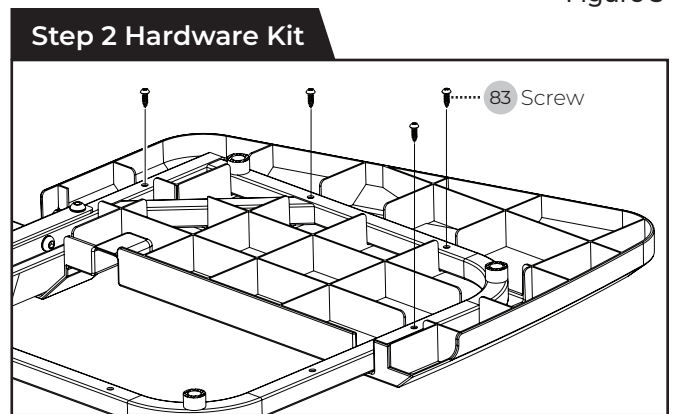


Figure 4

Figure 5: Proceed to align the other side of the Platform to the Platform Support Frame.

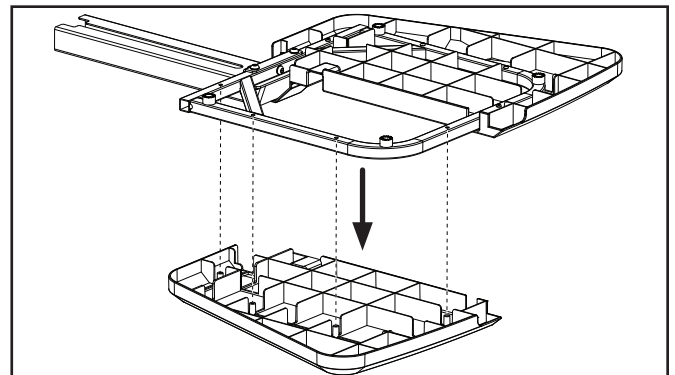


Figure 5

Figure 6: Attach the other side of the Platform to the Platform Support Frame by hand tightening the remaining 4 × Screws from the **Step 2 Hardware Kit**.

Proceed to fully tighten all 8 × Screws with the screwdriver provided.

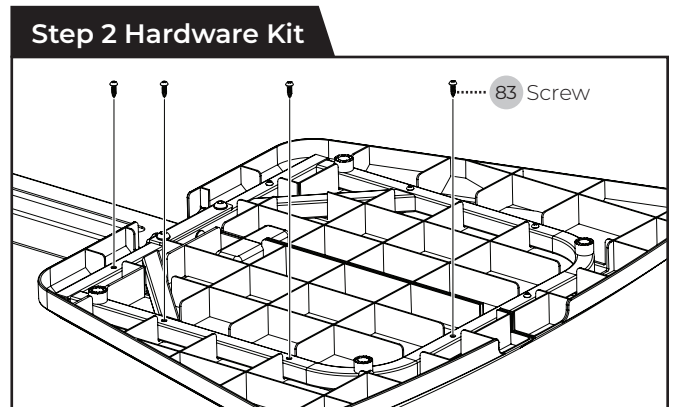


Figure 6

STEP 3

SUPPORT HANDLE & MEDIA RACK ASSEMBLY

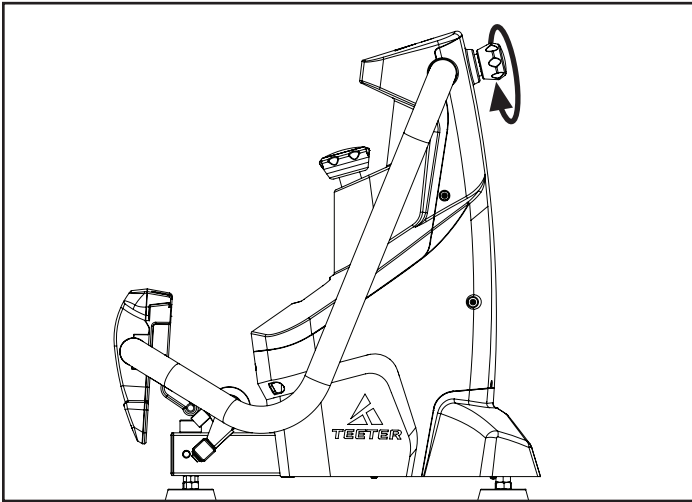


Figure 7

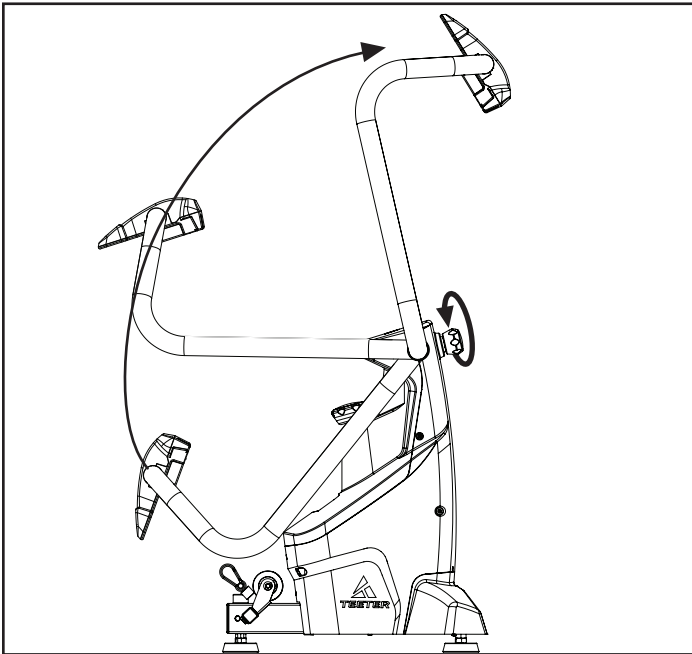


Figure 8

Figure 7: Turn the Support Handle Adjustment Knob counter-clockwise to loosen the Support Handle.

Figure 8: Raise the Support Handle until it reaches the upright position at a slight angle as shown (in proper position, the Support Handle is not fully perpendicular to the FitForm Platform).

To secure the Support Handle, turn the Support Handle Adjustment Knob clockwise until the knob feels tight. Attempt to rock the Support Handle back and forth while turning the Support Handle Knob clockwise until the knob is fully tightened into a hole setting and the Support Handle no longer can be moved.

IMPORTANT: Always ensure the Support Handle is fully secured with the Handle Support Knob before you begin each exercise. The Handle Support should not move when the Handle Support Knob is properly secured into a hole setting.

Step 3 Hardware Kit

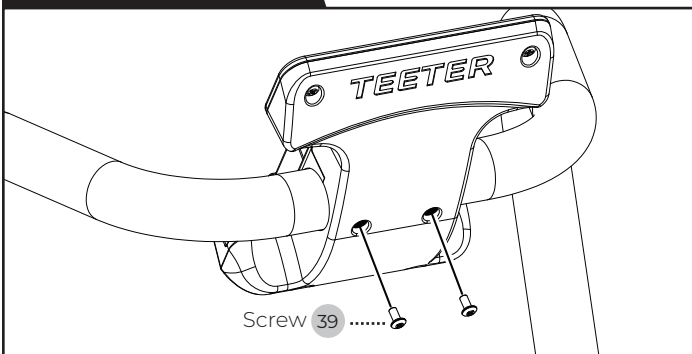


Figure 9

Figure 9: Position the Media Rack so that the Teeter logo is facing up and the screw holes in the Media Rack align with the holes in the Support Handle.

Use the **Step 3 Hardware Kit** to secure the Media Rack with 2 × Screws and fully tighten with the screwdriver provided.

STEP 4

ATTACH PLATFORM ASSEMBLY

Figure 10: Insert the Platform Adjustment Knob into the hole in the Main Body, and partially tighten it by turning it clockwise.

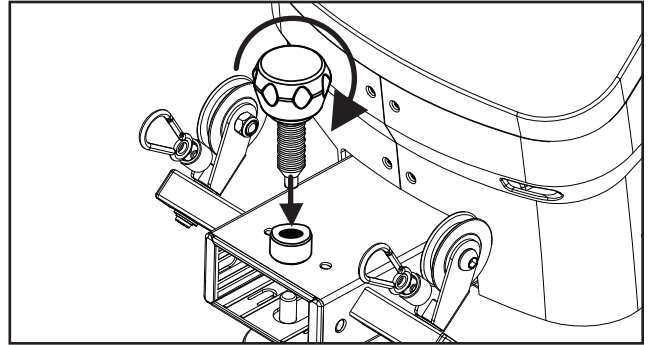


Figure 10

Figure 11: Pull up on the Platform Adjustment Knob and continue to hold it with one hand while sliding the Platform Adjustment Bar into the Main Body.

Release the Platform Adjustment Knob into Setting 1 and ensure that it is engaged into the hole setting. Refer to page 10 for more Platform Length setting information in the User Guide.

ALTERNATIVE ASSEMBLY METHOD:

Avoid floor friction – follow the method above but first lay the Main Body on its front so the Support Handle/Media Rack are resting on the ground, then lower the Platform Adjustment Bar into the Main Body.

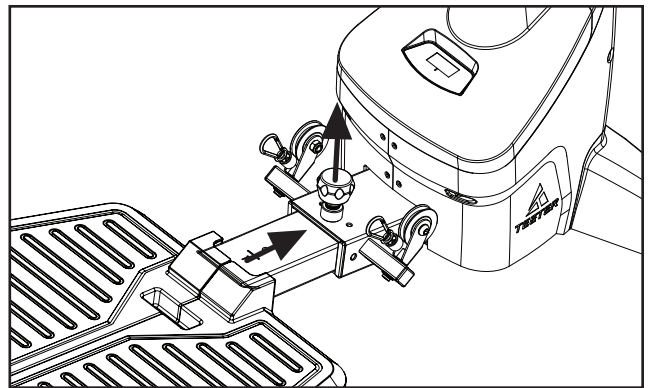


Figure 11

Figure 12: Tighten the Platform Adjustment Knob by turning it clockwise.

NOTE: This knob features a spring-loaded pin lock to engage in the hole setting AND threads to tighten the connection, reducing any movement between parts. To adjust, loosen by turning the knob first, then pull and release the pin on your setting, then tighten again.

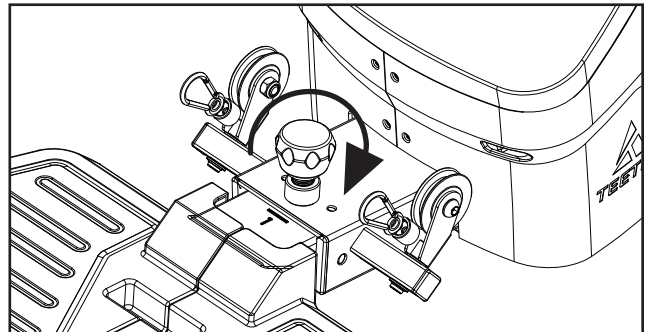


Figure 12

Figure 13: Make sure your FitForm is on a flat, stable surface. Locate the 3 × Leveling Feet. If any of the feet are not resting flat on the ground, rotate them counter-clockwise to lower them until they reach the ground.

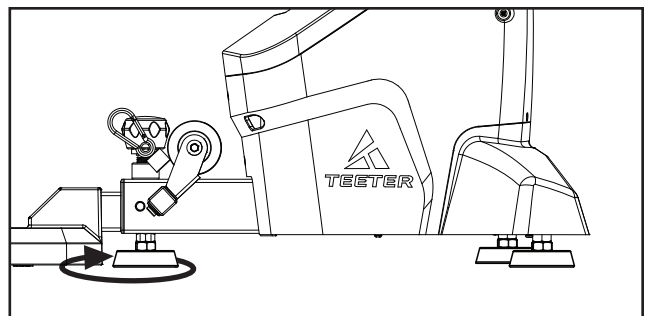


Figure 13

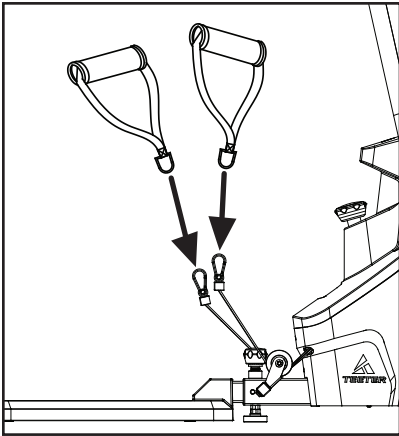


Figure 14a

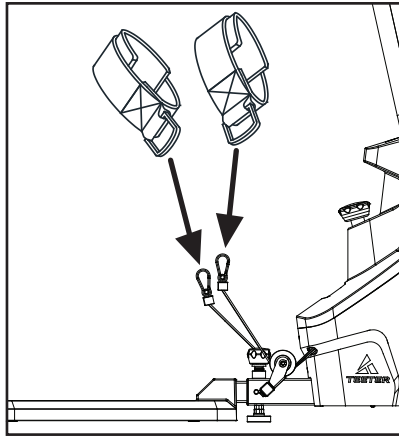


Figure 14b

ATTACHMENT

Figure 14a and 14b: Depending on the exercise, connect either the Handle or Ankle Attachments to the Cable Clips. The Ankle Attachments easily wrap and secure around the ankles with hook and loop straps.

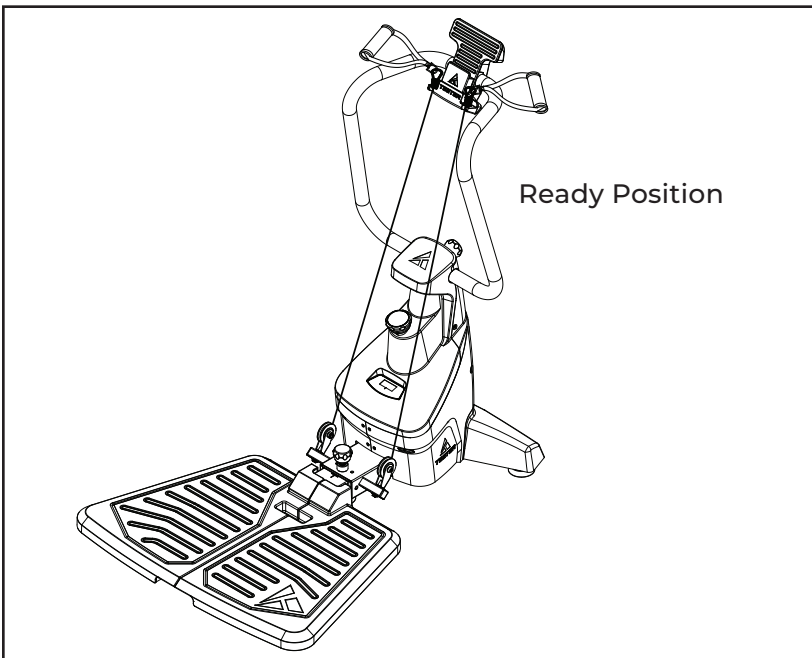


Figure 15

Figure 15: Rest the Cables in the Handle Holder Slots in the Media Rack in 'Ready Position.' Ensure the Cables are fully engaged in the Handle Holder Slots before releasing the Handles.

⚠ WARNING

- **DO NOT** leave the Handles in the Ready Position while not in use to avoid unintentional cable retraction which can cause damage to the machine or injury to the user or bystanders.
- **ALWAYS** use caution when placing and removing the Handles from the Ready Position while using a device on the Media Rack to avoid damage to the device.
- **ALWAYS** keep children, bystanders, and pets away from machine.

STORAGE

Figure 16a: When not in use, hang the metal clips of the Handle Attachments onto the hooks of the Media Rack.

Figure 16b: When not in use, loop the Ankle Attachments around the lower base of the Support Handle.

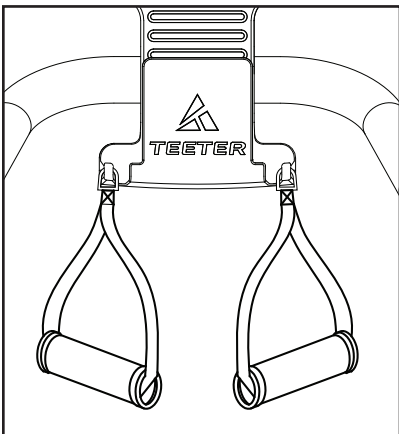


Figure 16a

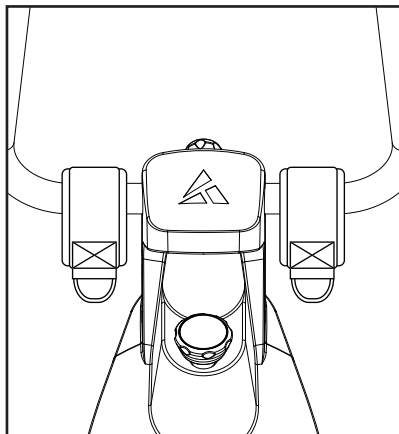


Figure 16b

RESISTANCE

Figure 17: Turn the Resistance Dial clockwise to increase resistance and counter-clockwise to reduce resistance.

The numbers on the Resistance Display do not correlate to weight in pounds. The dial displays resistance levels ranging from 1-24. The higher the number, the more resistance is applied to the cable. The maximum resistance is approximately 65 lb.

NOTE: Due to the nature of the resistance mechanism, each turn of the Resistance Dial creates a non linear increase in the resistance felt by the user. This means that one turn of the Resistance Dial at Level 1 will increase the resistance less than one turn of the Resistance Dial at Level 24. This also means that the dial will require more force to turn as the settings increase.

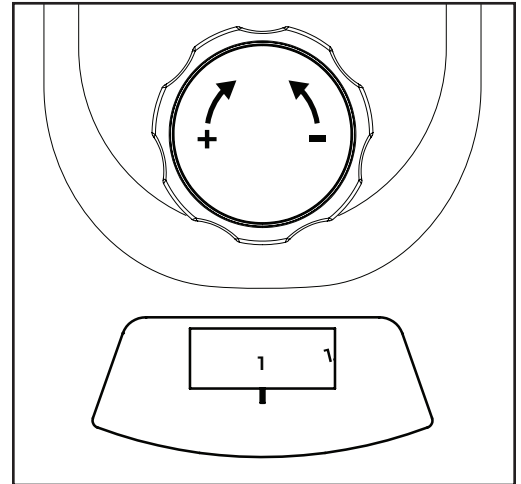


Figure 17

⚠ WARNING

- **ALWAYS** test the resistance level at the lowest setting first. Slowly increase resistance as you feel safe and comfortable to do so without pain.

PLATFORM LENGTH

Figure 18: The Platform can be adjusted to three positions. Setting 1 is the standard setting for most exercises and users.

Increase the length of the platform to center your weight on the platform for taller users, or when performing exercises that require more distance from the Support Handle.

Refer to the Assembly Instructions on page 8 for details on how to adjust the Platform length.

⚠ WARNING

- **ALWAYS** test your balance before performing an exercise after adjusting the Platform length.
- **ALWAYS** use this machine with at least one foot or body part on the platform to prevent instability of the machine or physical injury.

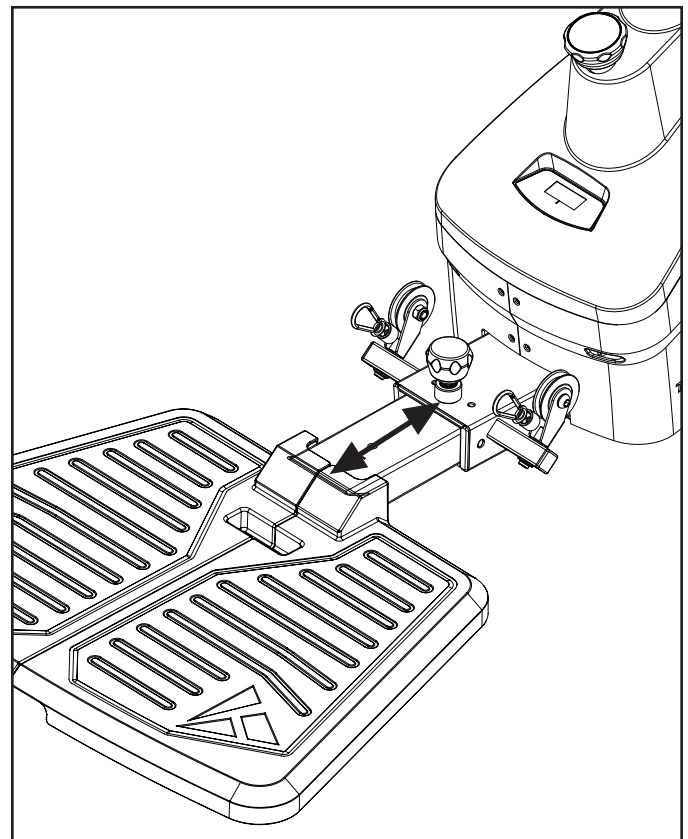


Figure 18

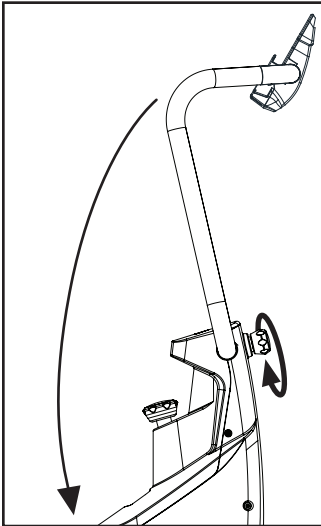


Figure 19a

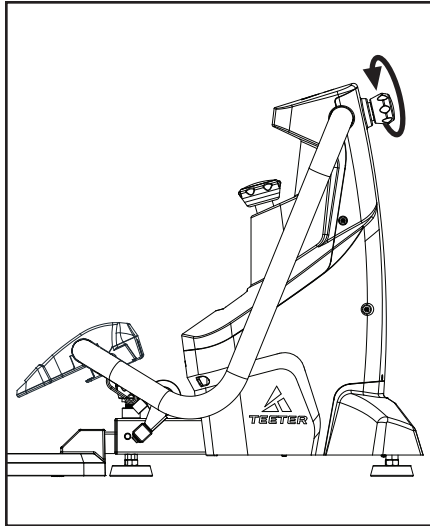


Figure 19b

STORAGE POSITION

Figure 19a: Ensure the Cables are disengaged from the Ready Position. Turn the Support Handle Adjustment Knob counter-clockwise to release the Support Handle.

Lower the Support Handle until it reaches the downward position.

Figure 19b: Turn the Support Handle Adjustment Knob clockwise until the knob is fully engaged and the Support Handle is secure.

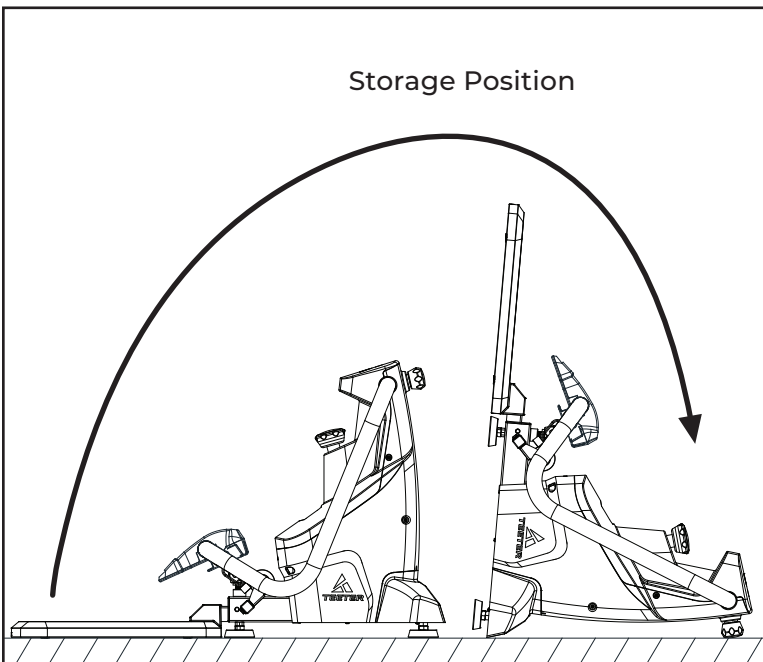


Figure 19c

Figure 19c: Rotate the FitForm to the Storage Position by pulling up on the Platform until the front of the Main Body is resting flat on the ground.

The Storage Position provides a smaller footprint and prevents tripping or entanglement while not in use.

HOW THE CABLE RESISTANCE WORKS

Figure 20: Both Cables are controlled by the Resistance Dial, therefore the weight is distributed between both cables.

When pulling one Cable at a time, all the weight will be applied to one cable, but when both Cables are pulled at the same time, the weight will be divided between both Cables.



Figure 20

HOW TO ENSURE AN EVEN LOAD

Figure 21: To ensure an even load on both Cables, start each exercise with both hands at the same position and start the pull at the same time.

Because the weight is divided between both Cables, if more force is applied to one Cable than the other while pulling both Cables at the same time, the load will be uneven.



Figure 21

STRENGTHENING A MUSCULAR IMBALANCE

Figure 22: If you are aware of a noticeable difference in strength between one side of the body, sometimes caused by a prior injury or overuse, it is best to alternate using only one Cable at a time until you build up strength evenly.



Figure 22

The following exercises are just a few examples of how you can use your FitForm. For access to more trainer-led programs, download the Teeter Move app, or visit the Video Portal at teeter.com/videos.

IMPORTANT: For exercises pulling both cables at the same time, be sure to start both hands at the same position and pull at the same time to ensure an even load.



Figure 23a



Figure 23b

BICEP CURL

Figure 23a: Stand with one or both feet on the center of the platform and grip the Handle Attachments in each hand at your sides with an underhand grip.

Figure 23b: Pull the handles toward your shoulders and squeeze your biceps. Release and repeat the motion.



Figure 24a



Figure 24b

SHOULDER PRESS

Figure 24a: Stand with both feet on the center of the platform. Grip the Handle Attachments in each hand in an overhand grip just above shoulder-level.

Figure 24b: Press up with the handles to straighten your arms over head. Release and repeat the motion.



Figure 25a



Figure 25b

STRAIGHT LEG KICKBACK

Figure 25a: With the Ankle Attachments on each ankle, stand with one foot in the center of the platform and float one foot forward while holding onto the Support Handle with both hands.

Figure 25b: Keeping your leg straight, lift the heel of your floating foot back as high as comfortable and squeeze your glute. Keep your spine neutral and your hips parallel to the ground. Release and repeat the motion. Repeat on the other leg.

Teeter offers digital classes and training to help you get the most out of your FitForm workouts. There are a few ways you can access this material.

TEETER MOVE™

Choose How You Want to Train with the Teeter Move App

The Teeter Move App offers the most variety and accessibility with three different ways to access workouts.

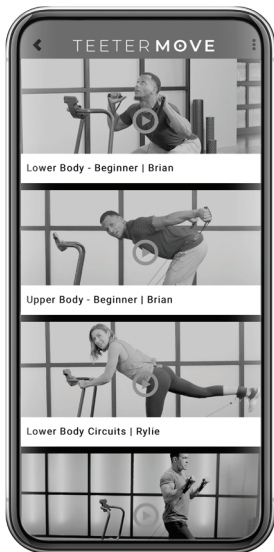


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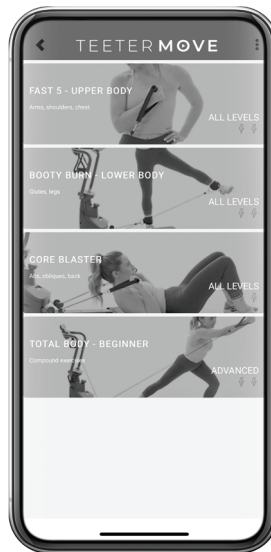
Trainer-Led Workout Videos

Explore a wide range of guided workout classes from your Teeter Move Trainers to help you reach your unique fitness goals: strength, circuit, active aging, recovery, & more.



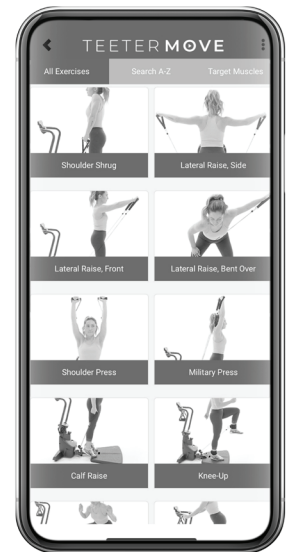
Custom Workout Routines

Choose from a variety of step-by-step routines that provide visual guides, written instructions, and rep & set counts.



Individual Exercise Library

Find your favorite movements in the exercise library or browse by specific muscle groups to help inspire your own workouts. Includes short videos to learn each move.



Watch Workout Videos from Teeter Move on your Smart TV

You can also stream workouts from your phone app to a smart TV. For more information on how to do this, check out our blog post: bit.ly/teeter-move-tv

VIDEO PORTAL

Watch Workout Videos Through the Video Portal

Trainer-led workout videos are available via the video portal on the Teeter website. You can access the video portal from your phone or computer.

Go to teeter.com/videos and choose FitForm Strength Trainer from the video categories to browse workouts.



Scan or Go To
teeter.com/videos

GO TO
VIDEO PORTAL

YOUTUBE PLAYLIST

Watch Workout Videos on YouTube

You can view trainer-led workout classes on the TeeterTV YouTube Channel.

If you have a smart TV, you should have the YouTube app pre-loaded onto your home screen. If not, visit your app store to download the YouTube App.



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TO TOTAL BODY FITNESS

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.



Teeter warrants this product to be free from defects in workmanship and material, under normal use and service conditions, during the period starting with the day of retail purchase and continuing for: ninety (90) days for the Main Body of the product (including the pulley mechanism and all moving parts therein) and one (1) year for the rest of the product (excluding the Main Body), including any defects in materials, workmanship, fabrics and padding. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace the product or the applicable portion of the product 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.

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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. This warranty is completely transferable to any and all future owners of this product, provided no alterations have been made to the product.

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. (see page 4 for locating serial label)

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.



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The premier Teeter Inversion Table featuring the FlexTech™ 8-Pt Floating Suspension Bed that flexes as you move, Deluxe EZ-Reach™ Handle to reduce the need for bending, and so much more!



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.



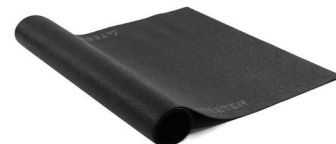
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