



GET STARTED

Assembly & User Guide
Power10[®] Elliptical Rower

Follow along with these instructions

OR

Scan to download the free BILT app
and search 'Teeter' in app.



BILT.

3D Interactive Instructions



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

WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of the Teeter Power10®!

For the best experience, it is critical that you follow, read, and fully understand the Assembly & Use Instructions. The Power10 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



CONTACT

CUSTOMER SERVICE

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**.



FULL PRODUCT

WARRANTY

Trust Teeter for unmatched quality and performance, backed by our industry-leading warranty coverage. 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 Power10®. 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 TEETER POWER10®

⚠ 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, 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** continue using the equipment 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.
- **DO NOT** use if you are over 300 lb (136 kg). Structural failure and physical injury could occur.
- **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** secure both feet to the Foot Platform with the Foot Straps when in use. **ALWAYS** hold the Handles when mounting or dismounting.
- **DO NOT** place hands or feet near linkages while in use. The linkages are flywheel driven and can cause serious injury, entrapment, or death. **DO NOT** allow pets or children to approach the linkage while it is moving.
- **DO NOT** place any objects within a 24" (61 cm) radius of the machine. Do not place any objects or body parts behind the pivot area Rear Linkage Assembly or Handles.
- **ALWAYS** reduce rowing speed in a controlled manner. Handles and Seat continue to move when you stop rowing.
- **ALWAYS** set the resistance level to the maximum while not in use to prevent unintentional movement of the equipment.
- **DO NOT** allow children to use this machine. Keep children, bystanders, and pets away from machine at all times and **DO NOT** allow children to be left unattended in the same room as the equipment. The equipment 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.
- **ALWAYS** wear appropriate clothing while exercising with the machine. **DO NOT** wear loose clothing that could get entangled in the equipment. **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.
- **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 manufacturer.
- **DO NOT** drop or insert any object into any opening or place any sharp objects near the equipment. Keep body parts, hair, loose clothing and jewelry clear of all moving parts.
- **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 fasteners are secure and adjustable settings are secure.
- **ALWAYS** replace defective components immediately and/or keep the equipment out of use until repaired.
- **ALWAYS** position equipment on a level surface and away from water or ledges that could lead to accidental immersion or falls.
- **ALWAYS** use a damp cloth when cleaning. **DO NOT** use abrasive soaps or solvents 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 at 800-847-0143 for a replacement.

SAVE THESE INSTRUCTIONS

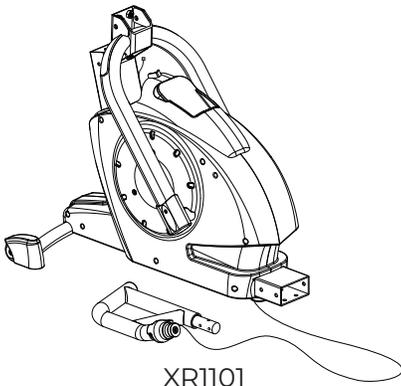
ITEMS FOR ASSEMBLY

ITEM NO.	ITEM NAME
Base Assembly	
XR1101	Base with Upper Left Handle
XR2102	Rear Linkage
XR1101A	Fork Joint Cover
HK1056	Step 1 Hardware Kit
HK1057	Step 2 Hardware Kit
HK1058	Step 3 Hardware Kit
HK1061	Step 6 Hardware Kit
HK1065	Step 10 Hardware Kit
Foot Platform Assembly	
XR1106	Foot Platform
XR1106A	Foot Platform Joint Cover
HK1059	Step 4 Hardware Kit
HK1060	Step 5 Hardware Kit
Seat Assembly	
XR2105	Seat
XR2105A	Seat Support
HK1064A, HK1064B	Step 9 Hardware Kits A/B

ITEM NO.	ITEM NAME
Handle Assembly	
XR1104L	Lower Left Handle
XR1104R	Lower Right Handle
XR1103R	Upper Right Handle
HK1062	Step 7 Hardware Kit
HK1063	Step 8 Hardware Kit
HK1066	Step 11 Hardware Kit
HK1067	Step 12 Hardware Kit
Console Assembly	
XR1107	Console
HK1068	Step 13 Hardware Kit
Tools	
XR1129	4mm Allen Wrench
EP1128A	6mm Allen Wrench
XR1130	8mm Allen Wrench
XR1131	Phillips Head Screwdriver

Base with Upper Left Handle

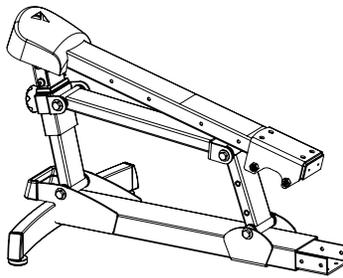
Use with Step 1, 6 & 10 Hardware Kits
(HK1056 / HK1061 / HK1065)



XR1101

Rear Linkage

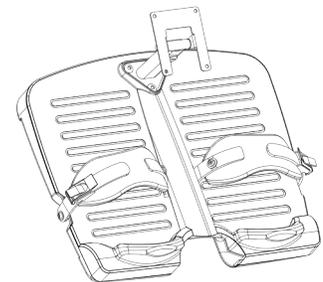
Use with Step 2 Hardware Kit
(HK1057)



XR2102

Foot Platform

Use with Step 4 Hardware Kit
(HK1059)



XR1106

Fork Joint Cover

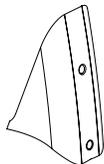
Use with Step 3 Hardware Kit
(HK1058)



XR1101A

Foot Platform Joint Cover

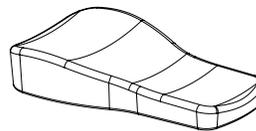
Use with Step 5 Hardware Kit
(HK1060)



XR1106A

Seat

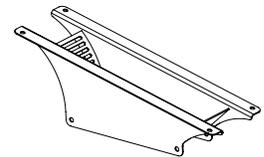
Use with Step 9 Hardware Kit
(HK1064)



XR2105

Seat Support

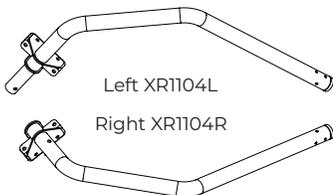
Use with Step 9 Hardware Kit
(HK1064)



XR2105A

Lower Handles

Use with Step 7, 8 & 11 Hardware Kit
(HK1062 / HK1063 / HK1066)



Left XR1104L

Right XR1104R

Upper Right Handle

Use with Step 12
Hardware Kit (HK1067)



XR1103R

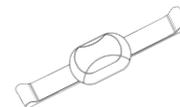
Console

Use with Step 13
Hardware Kit (HK1068)
and Batteries



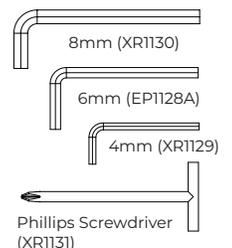
XR1107

Heart Rate Monitor



XR1800

Tools



8mm (XR1130)

6mm (EP1128A)

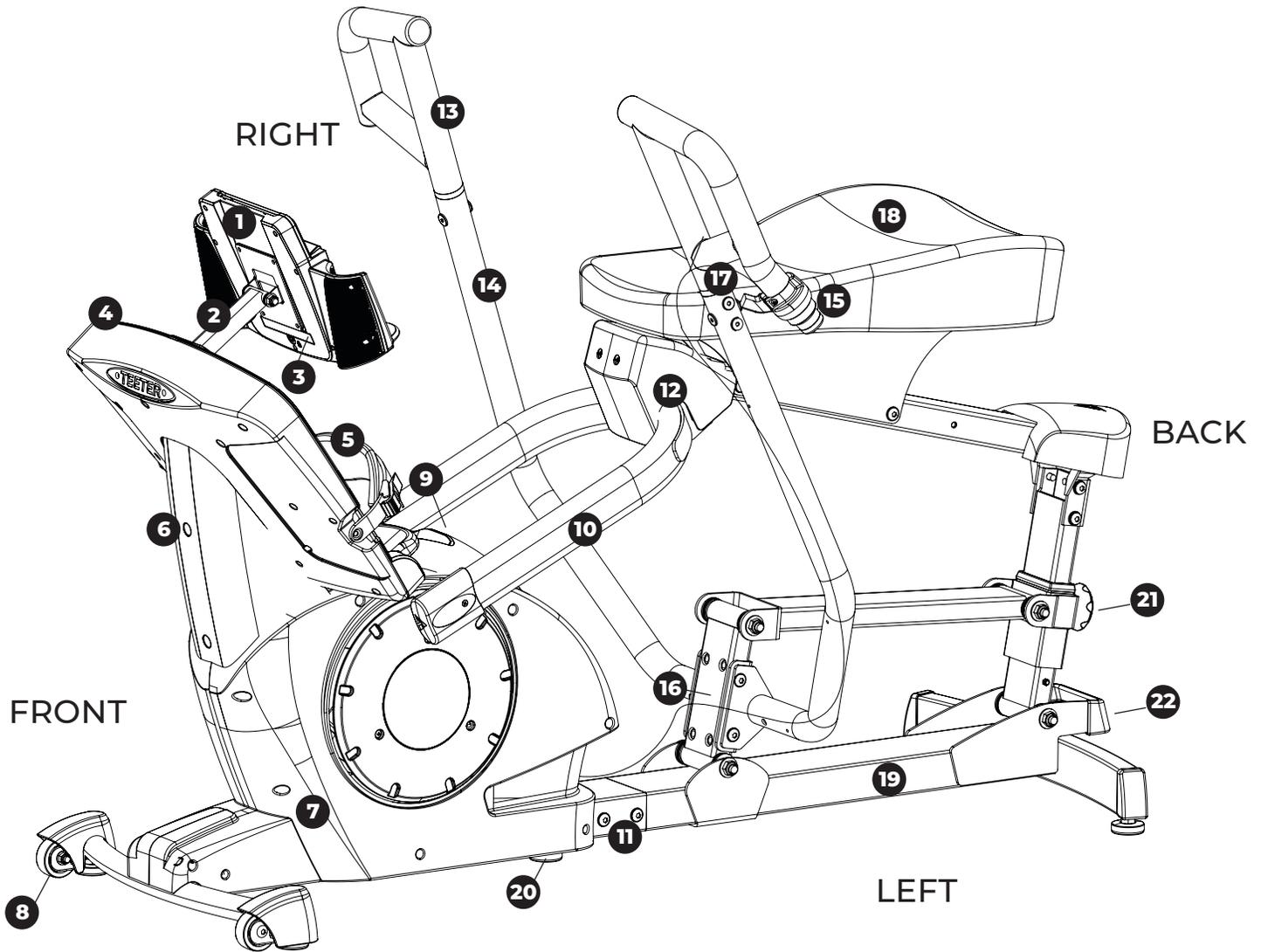
4mm (XR1129)

Phillips Screwdriver
(XR1131)

XR1132

UNDERSTANDING YOUR POWER10

Before reading further, study the drawing below to familiarize yourself with the important components of your Teeter Power10.



Identifying Parts and Components

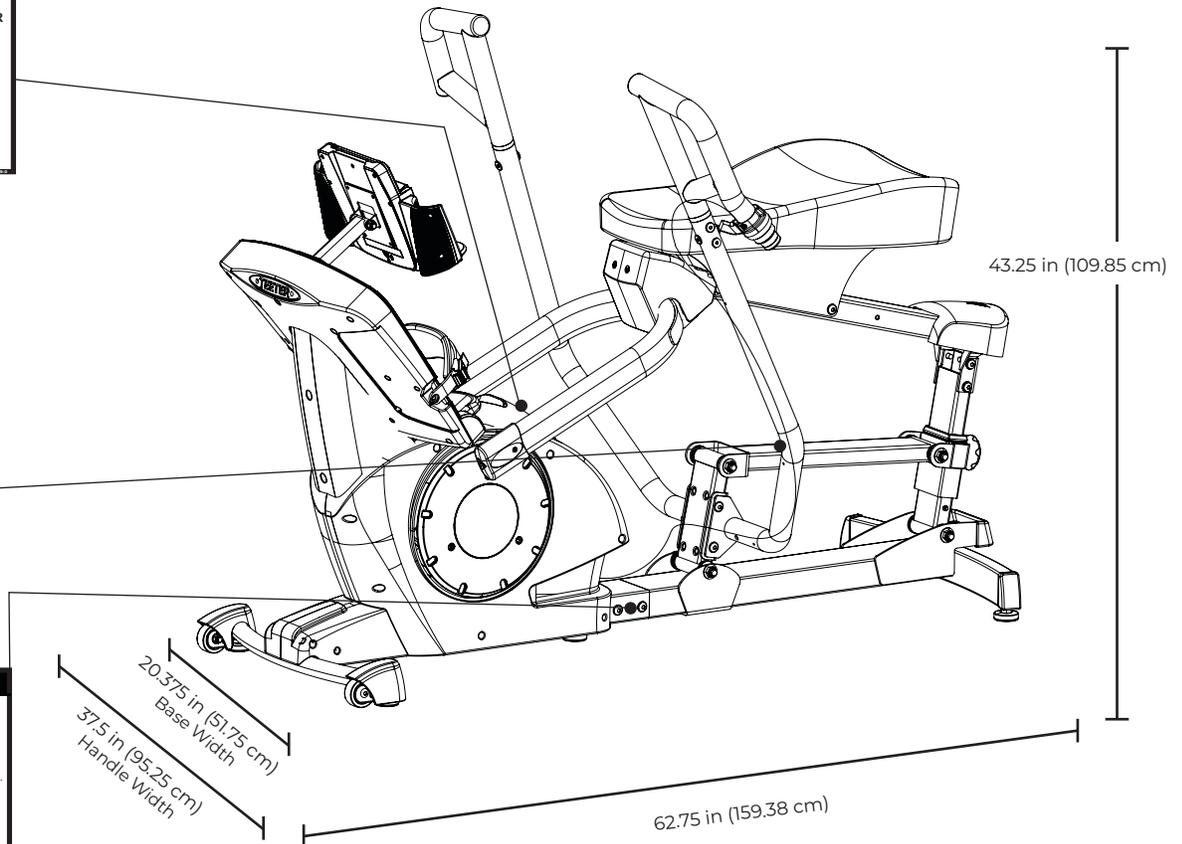
- | | | | | | |
|---|---------------------------|----|--------------------|----|------------------------|
| 1 | Console | 9 | Media Holder | 17 | Cable |
| 2 | Console Support | 10 | Base Fork | 18 | Seat |
| 3 | Battery Compartment | 11 | Base Joint | 19 | Rear Linkage |
| 4 | Foot Platform | 12 | Fork Joint Cover | 20 | Leveling Foot |
| 5 | Ratchet Strap | 13 | Upper Handle | 21 | Handle Adjustment Knob |
| 6 | Foot Platform Joint Cover | 14 | Lower Handle | 22 | Rear Handle |
| 7 | Base | 15 | Resistance Dial | | |
| 8 | Transport Wheel | 16 | Handle Support Bar | | |

SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

IMPORTANT: Please review all labels and supporting materials before using your Power10.

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.



Assembled Non-Use Dimensions:

Base Width: 62.75 x 43.25 x 20.375 in (159.38 x 109.85 x 51.75 cm)

Handle Width: 62.75 x 43.25 x 37.5 in (159.38 x 109.85 x 95.25 cm)

Weight (approx.): 185.0 lb (83.65 kg)

FCC Compliance

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

Unpack and Prepare Your Workspace

- Follow the instructions on the outside of the box for the easiest unpacking process.
- Ideally, 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 inside the box. They are labeled to correspond with the assembly process.

BASE 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 3. The Left Upper Handle is attached to the Base with a Cable. **DO NOT** pinch or pull on the Cable to avoid damage during assembly. **USE CAUTION:** The Rear Linkage has multiple pivot points so be careful to avoid pinching.

Figure 1a: Turn the Center Leveling Foot at the bottom of the Base counterclockwise to support the Base Joint off the ground.

Figure 1b: Hold the Rear Linkage with one hand on the Rear Handle and the other hand holding the bottom support bar. Align the Rear Linkage to the Base and insert at the Base Joint.

IMPORTANT: Adjust the (1) Center and (2) Rear Leveling Feet to be as level as possible before proceeding.

Before installing any bolts, check the gap between the Base rectangular tube and the Rear Linkage rectangular tube. **Re-adjust the leveling feet to ensure this gap is even around the entire joint.**

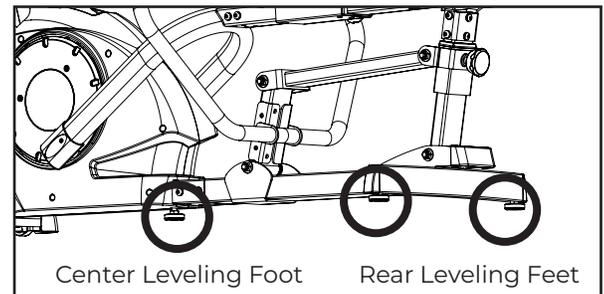


Figure 1a

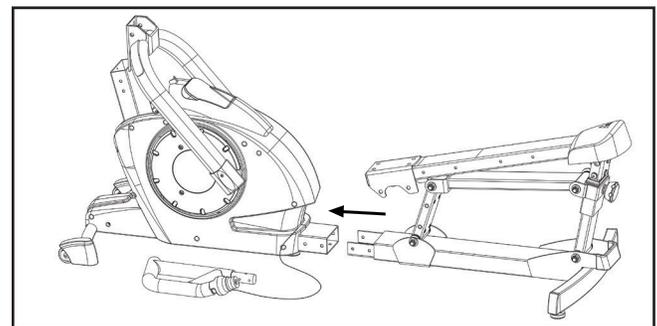


Figure 1b

Figure 2: Use the **Step 1 Hardware Kit** to attach the Base to the Rear Linkage.

Hand tighten 4 × Bolts with 4 × Washers on the Base Joint.

DO NOT fully tighten the bolts with the wrench at this time. This will be done later in the assembly process.

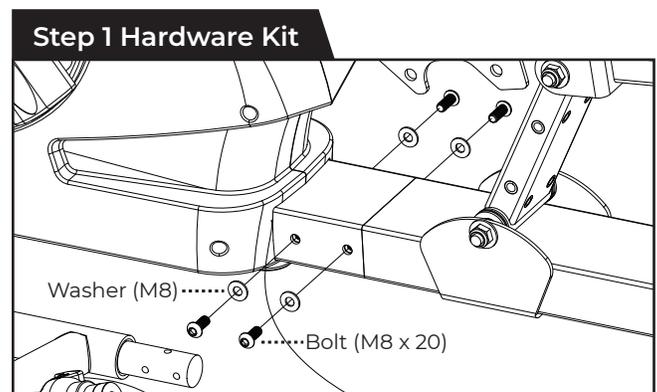


Figure 2

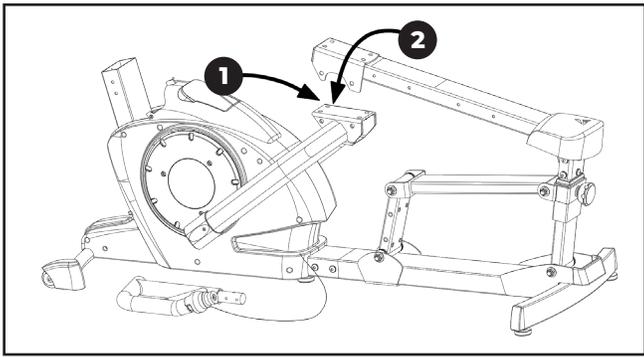


Figure 3: Align the Base Fork with the Rear Linkage Arm by first rotating the Base Fork and then rotating the Rear Linkage Arm on top so they connect at the Fork Joint.

Figure 3

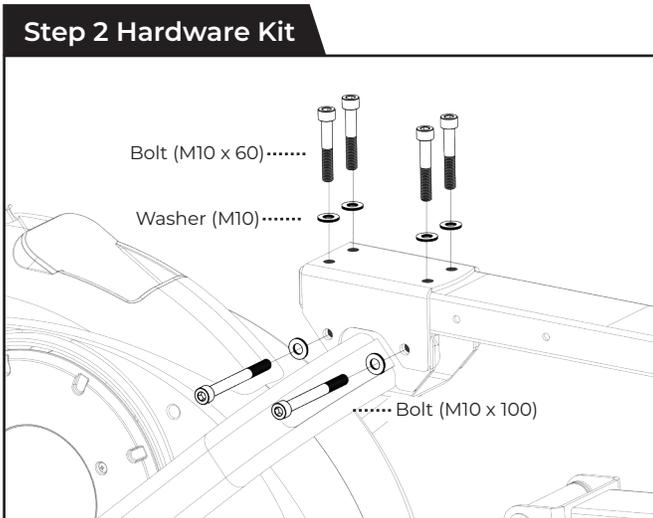


Figure 4: Use the **Step 2 Hardware Kit** to attach the Base Fork to the Rear Linkage Arm at the Fork Joint.

Hand tighten 6 × Bolts with 6 × Washers on the Fork Joint.

Proceed to fully tighten all 6 bolts with the 8mm Allen Wrench

Figure 4

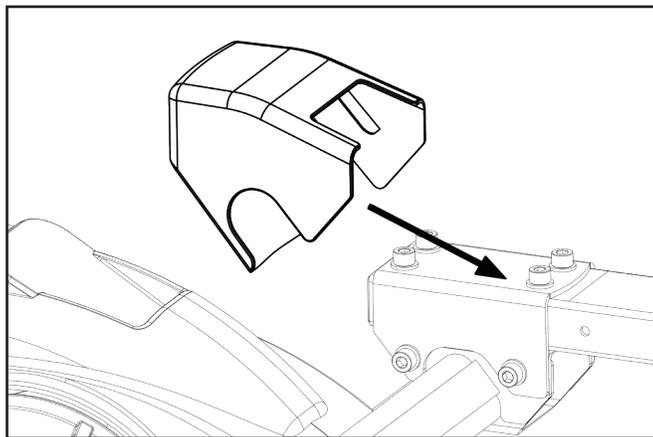


Figure 5: Align the Fork Joint Cover over the Fork Joint.

Figure 5

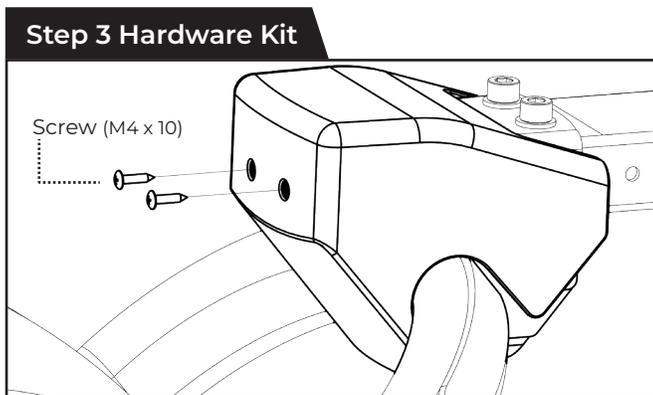


Figure 6: Use the **Step 3 Hardware Kit** to attach the Fork Joint Cover over the Fork Joint and fully tighten the 2 × Screws with the Screwdriver provided.

Figure 6

FOOT PLATFORM ASSEMBLY

IMPORTANT: Use caution to ensure the Cables on the Foot Platform and Foot Platform Joint do not get pinched or pulled while attaching the Platform Assembly.

Figure 7: Align the Foot Platform with the Base and insert it over the Foot Platform Joint.

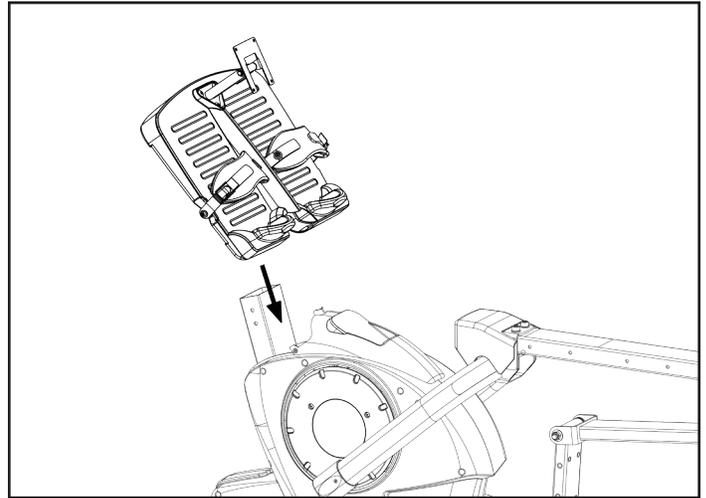


Figure 7

Figure 8: Use the **Step 4 Hardware Kit** to attach the Foot Platform to the Foot Platform Joint.

Hand tighten 6 × Bolts with 6 × Washers on the Platform Joint.

Proceed to fully tighten the bolts with the 6mm Allen Wrench.

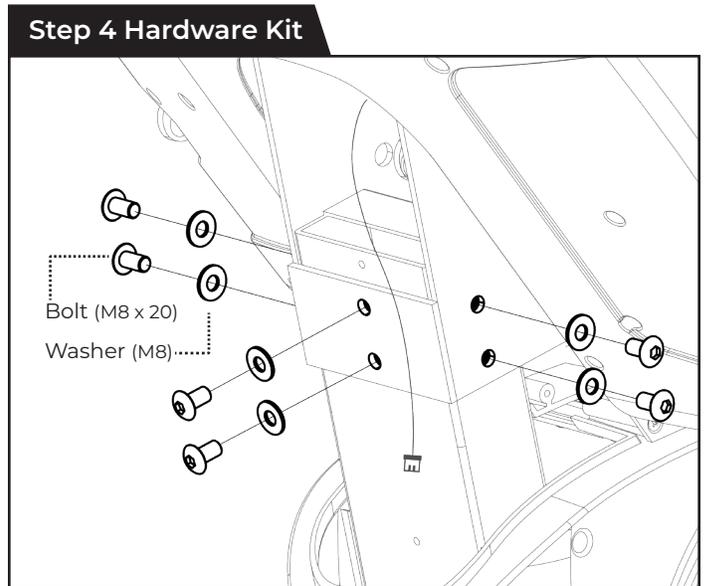


Figure 8

Figure 9: Connect the Cables at the Foot Platform Joint by snapping the two ends of the Cables together.

NOTE: DO NOT push excess or loose wire down into other parts of the machine. This can cause tangling and damage the wire.

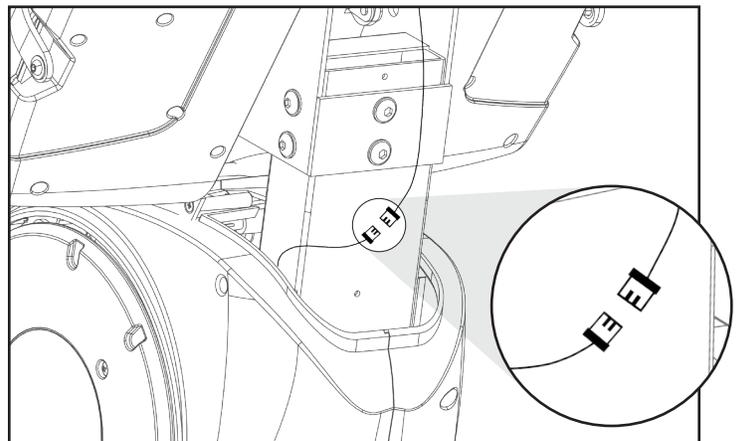


Figure 9

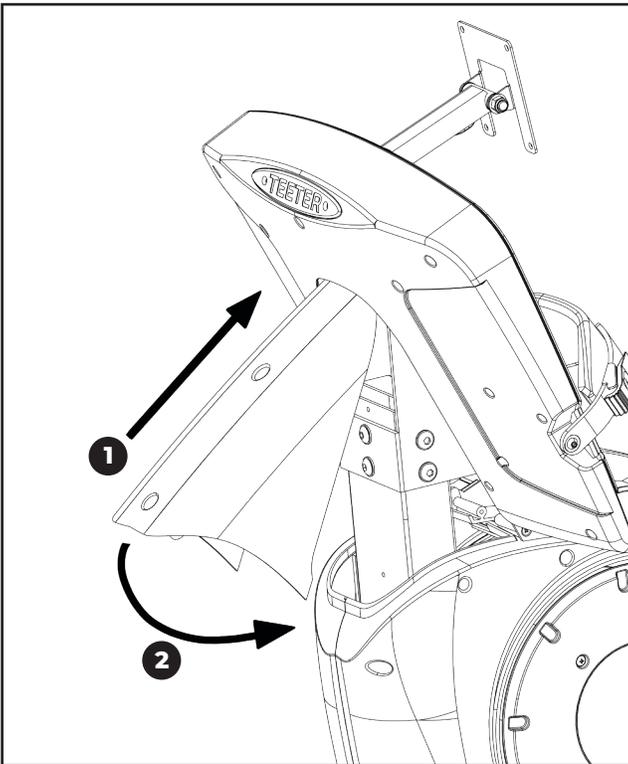


Figure 10

IMPORTANT: Use caution to ensure the Cable does not get pinched or pulled while attaching the Foot Platform Joint Cover.

Figure 10: Slide the top of Foot Platform Joint Cover so that it fits inside the front of the Foot Platform and then rotate the bottom of the Foot Platform Joint Cover into place so that it rests on top of the Base, enclosing the Foot Platform Joint.

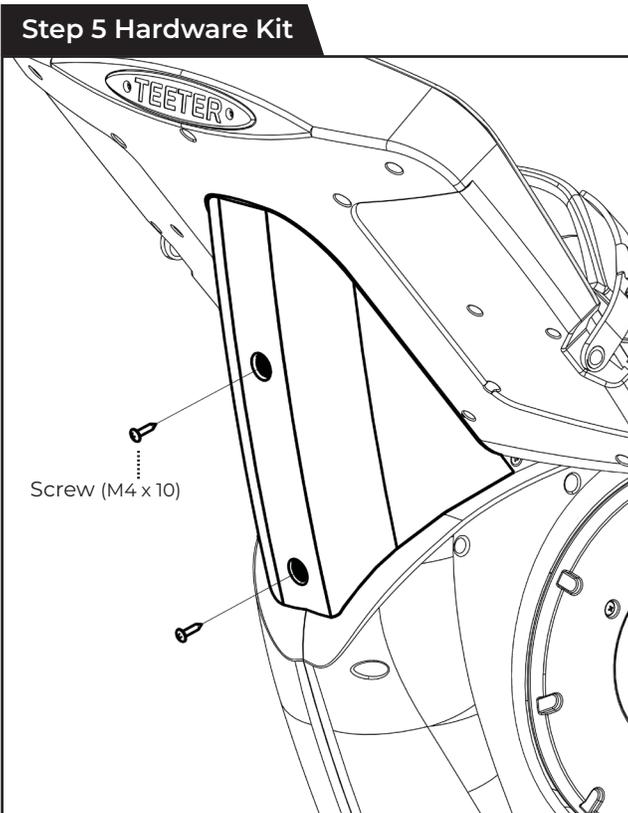


Figure 11

Figure 11: Use the **Step 5 Hardware Kit** to attach the Foot Platform Joint Cover over the Foot Platform Joint and fully tighten 2 × Screws with the Screwdriver provided.

FINISH BASE ASSEMBLY

⚠ CAUTION

Use caution to avoid injury or tipping when lifting heavy objects.

Figure 12: To have better access for the next assembly steps, position the Power10 to rest on its front side by lifting up on the Rear Handle and rotating on the Transport Wheels until the Foot Platform is resting on the ground.

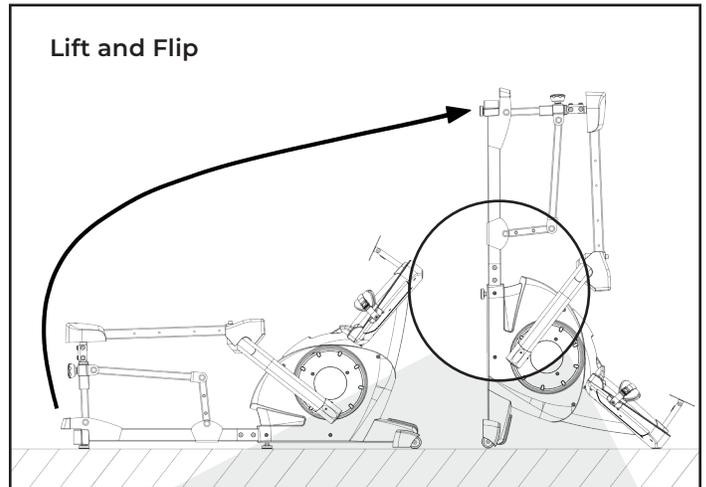


Figure 12

Figure 13: Use the **Step 6 Hardware Kit** to finish assembling the Base Joint.

Hand tighten 4 × Bolts with 4 × Washers on the Platform Joint.

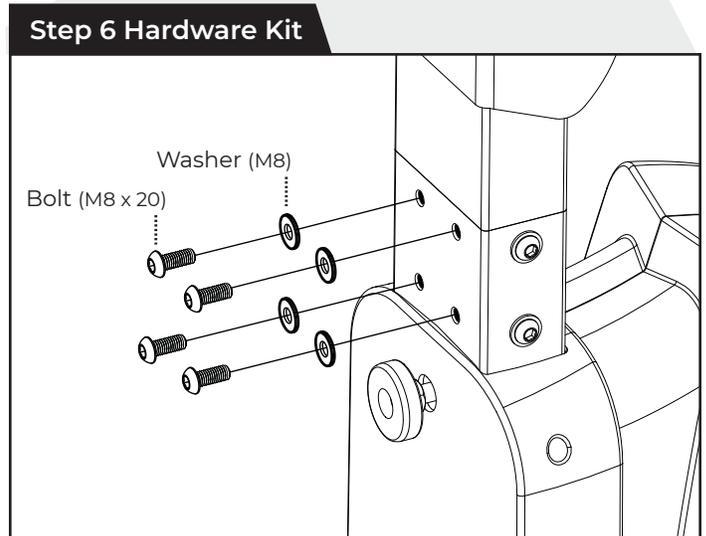


Figure 13

Figure 14: Proceed to fully tighten all 8 × Bolts on the Base Joint with the 6mm Allen Wrench.

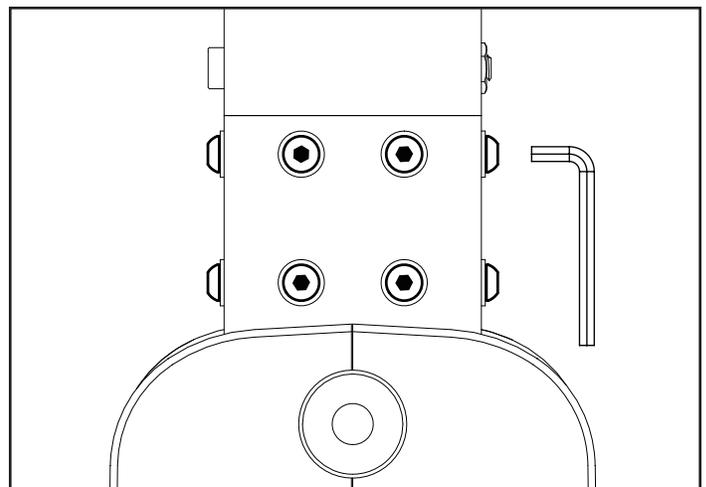


Figure 14

LOWER HANDLE ASSEMBLY

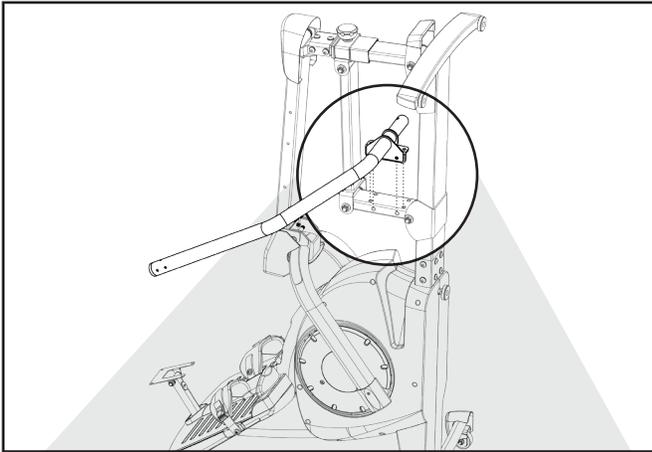


Figure 15a

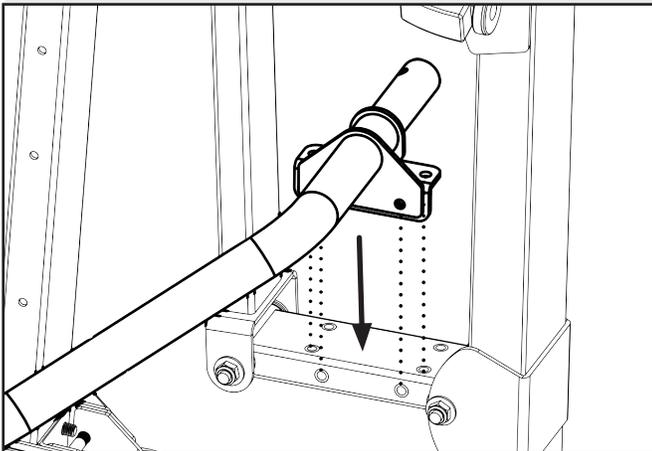


Figure 15b

Step 7 Hardware Kit

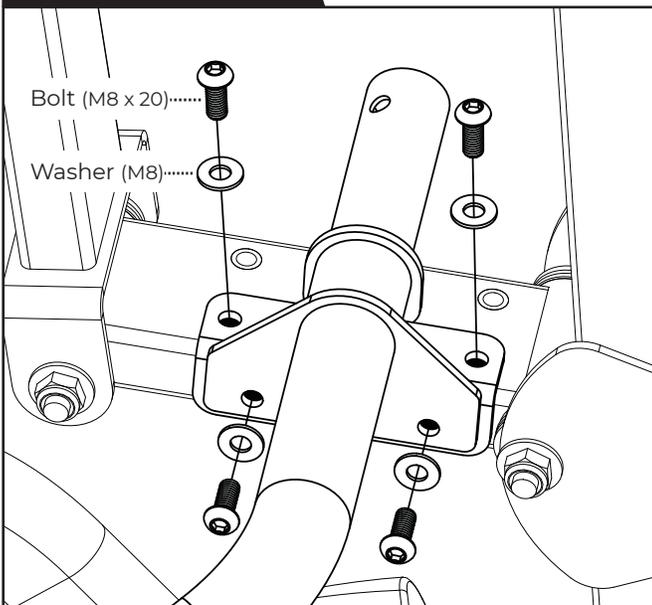


Figure 16

Figure 15a & 15b: While the Power10 remains tipped upward, align the Lower Left Handle with the Handle Support Bar on the Rear Linkage.

Figure 16: Use the **Step 7 Hardware Kit** to attach the Lower Left Handle to the Handle Support Bar.

Hand tighten 4 × Bolts with 4 × Washers through the Lower Left Handle and into the Handle Support bar.

DO NOT fully tighten the bolts with the wrench at this time. This will be done later in the assembly process.

Figure 17a & 17b: Slide the base of the Lower Right Handle over the base of the Lower Left Handle until it aligns with the Handle Support Bar.

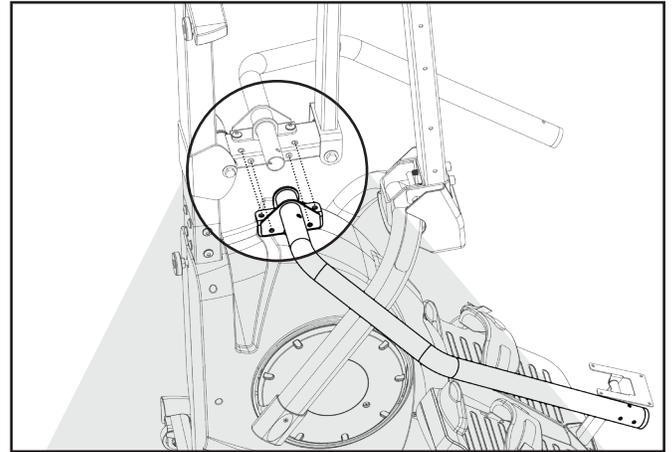


Figure 17a

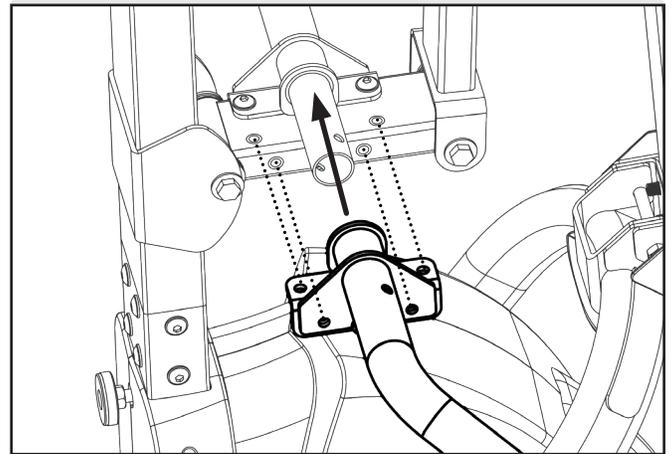


Figure 17b

Figure 18: Use the **Step 8 Hardware Kit** to attach the Lower Right Handle to the Handle Support Bar and Lower Left Handle.

Hand tighten 5 × Bolts with 5 × Washers through the Lower Right Handle and into the Handle Support Bar and Lower Left Handle.

Proceed to fully tighten all 9 × Bolts that attach the Lower Handles to the Handle Support Bar with the 6mm Allen Wrench.

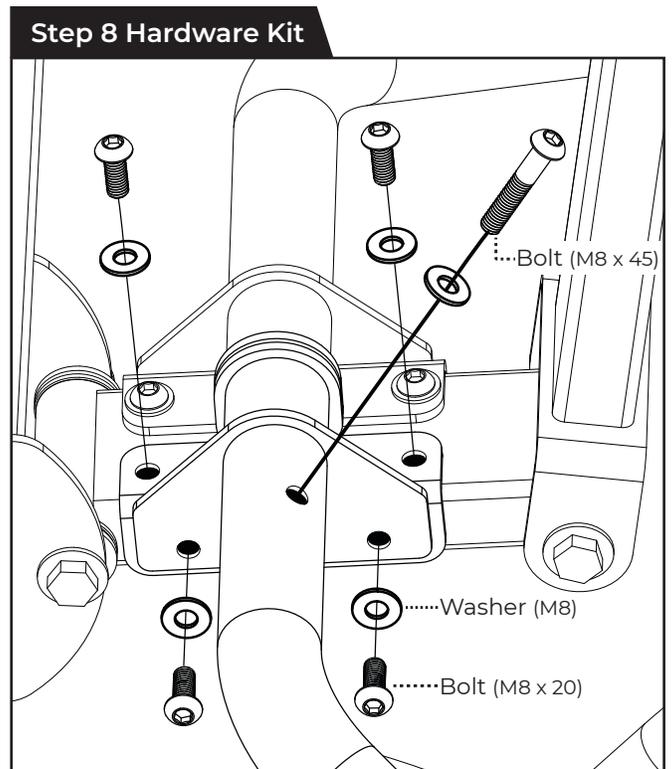


Figure 18

SEAT ASSEMBLY

Step 9A Hardware Kit

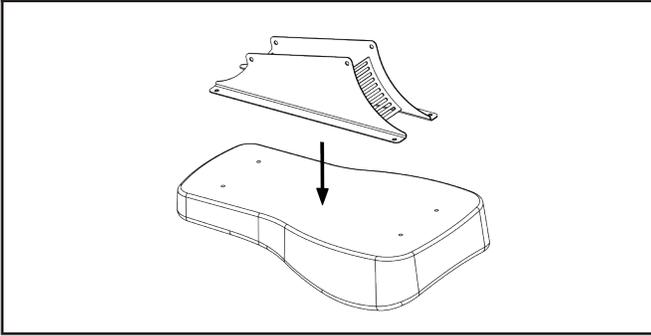


Figure 19a

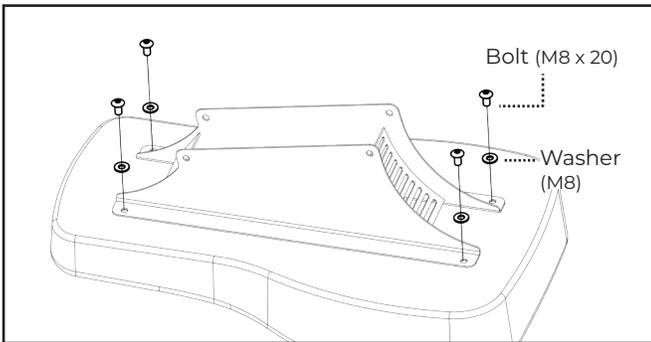


Figure 19b

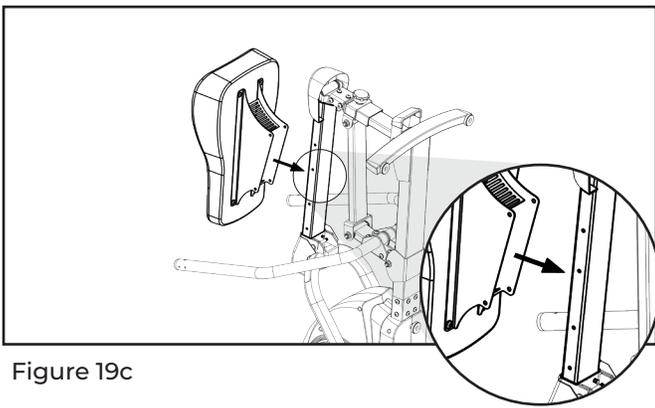


Figure 19c

Step 9B Hardware Kit

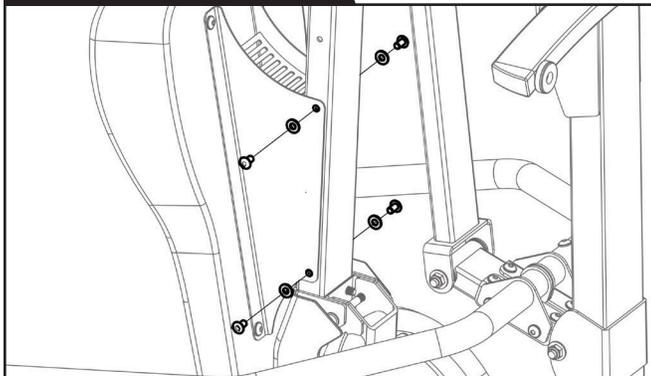


Figure 20

Figure 19a & 19b: Align holes on the flat end of the Seat Support with the holes on the base of the Seat cushion.

Use the **Step 9A Hardware Kit** to attach the Seat Support to the Seat cushion. Hand tighten 4 x Bolts with 4 x Washers through the base of the Seat Support and into the Seat cushion.

Proceed to fully tighten all 4 x Bolts with the 6mm Allen Wrench.

Figure 19c: While the Power10 remains tipped upward, align the Seat Support on the Rear Linkage.

NOTE: The Seat can be aligned toward either the front or the back of the Rear Linkage to accommodate different user heights. Align the Seat Support with either the front grooves (first and third) or back grooves (second and fourth) before proceeding. See page 18 for more details.

Figure 20: Use the **Step 9B Hardware Kit** to attach the Seat Support to the upper bar of the Rear Linkage.

Hand tighten 4 x Bolts with 4 x Washers through the Seat Support and into the Rear Linkage.

Proceed to fully tighten all 4 x Bolts with the 6mm Allen Wrench.

UPPER HANDLE ASSEMBLY

Figure 21: Return the Power10 to the in-use position by pulling down on the Rear Handle and rotating on the Transport Wheels until the Rear Linkage is resting on the ground.

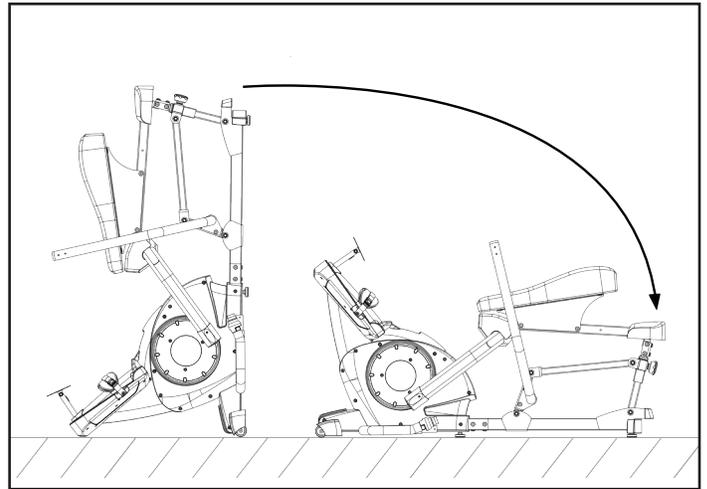


Figure 21

IMPORTANT: Use caution to ensure the Cable that attaches the Upper Left Handle to the Base does not get pinched or pulled during assembly.

Figure 22: Slide the Upper Left Handle into the top of the Lower Left Handle and align the screw holes.

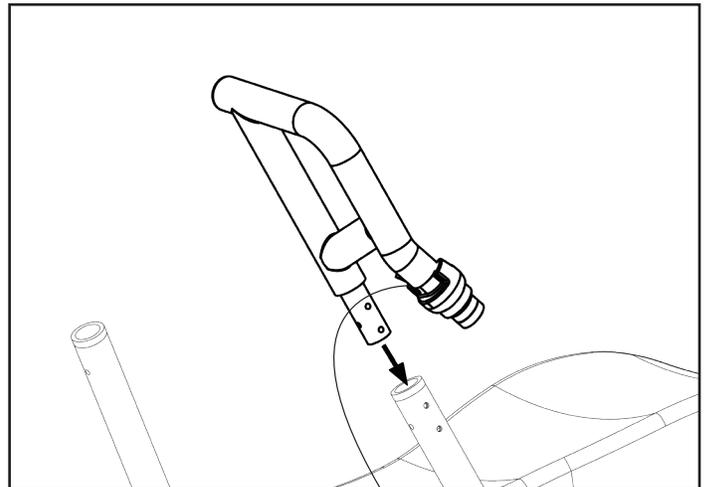


Figure 22

Figure 23: Use the **Step 10 Hardware Kit** to attach the Upper Left Handle.

Hand tighten 4 × Bolts through the Upper Left Handle and into the Lower Left Handle.

Proceed to fully tighten all 4 × Bolts with the 4mm Allen Wrench.

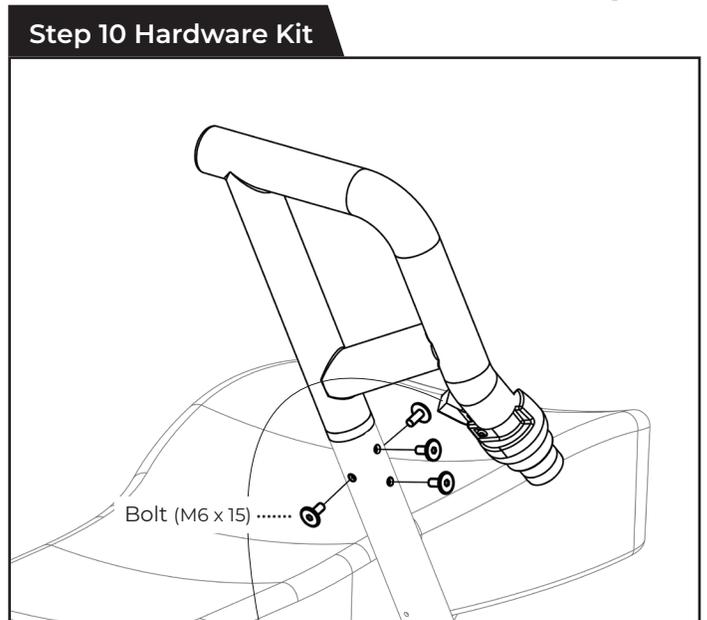


Figure 23

Step 11 Hardware Kit

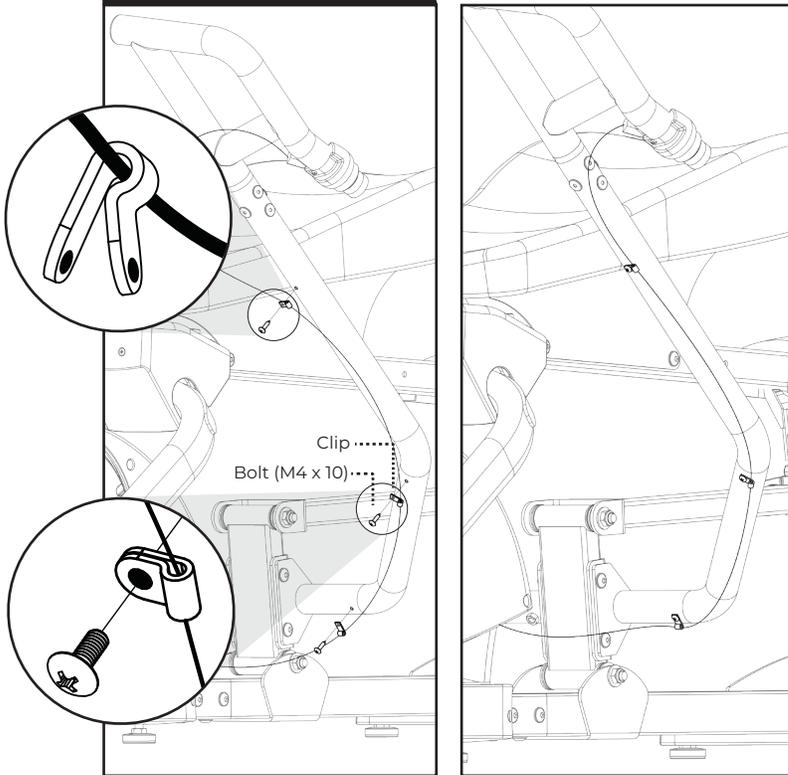


Figure 24a

Figure 24b

Figure 24a & 24b: Use the **Step 11 Hardware Kit** to attach the Cable to the Lower Left Handle.

First, open each of the 3 × Clips and insert the Cable into the rounded end of the Clips.

Position each Clip over a hole in the Lower Left Handle and hand tighten 3 × Bolts through the Clips and into the Lower Left Handle.

Proceed to fully tighten all 3 × Bolts with the Phillips Screwdriver.

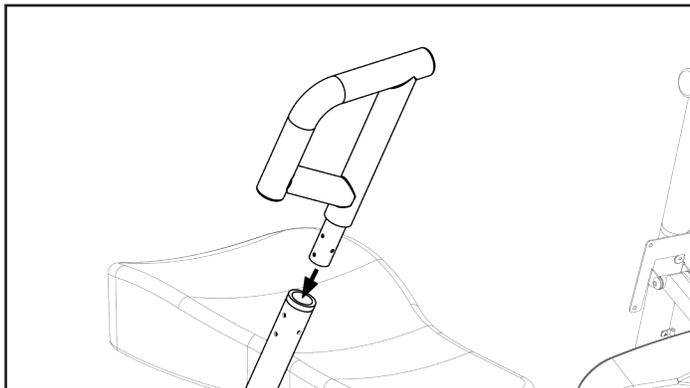


Figure 25

Figure 25: Slide the Upper Right Handle into the top of the Lower Right Handle and align the screw holes.

Step 12 Hardware Kit

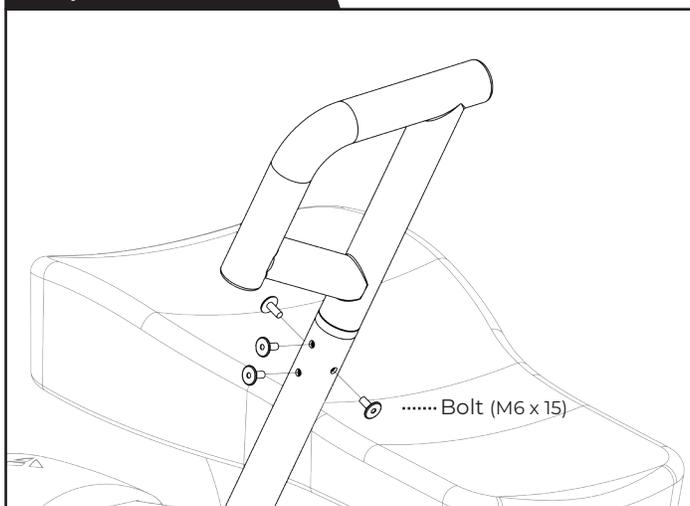


Figure 26

Figure 26: Use the **Step 12 Hardware Kit** to attach the Upper Right Handle.

Hand tighten 4 × Bolts through the Upper Right Handle and into the Lower Right Handle.

Proceed to fully tighten all 4 × Bolts with the 4mm Allen Wrench.

CONSOLE ASSEMBLY

IMPORTANT: The batteries can be installed and replaced without removing the console. However, for easier access, we recommend inserting the batteries before installing the console. Open the Battery Compartment located on the back of the console. Ensure that the battery contacts and compartment are clean. Locate the 2 × included batteries (AA 1.5 V Alkaline) and install them in the back of the Console in the Battery Compartment, noting (+) and (-) symbols.

IMPORTANT: Use caution to ensure the Sensor Wire on the Console does not get pinched or pulled during assembly.

Figure 27: Guide the Sensor Wire through the opening in the Console Support while aligning the Console.

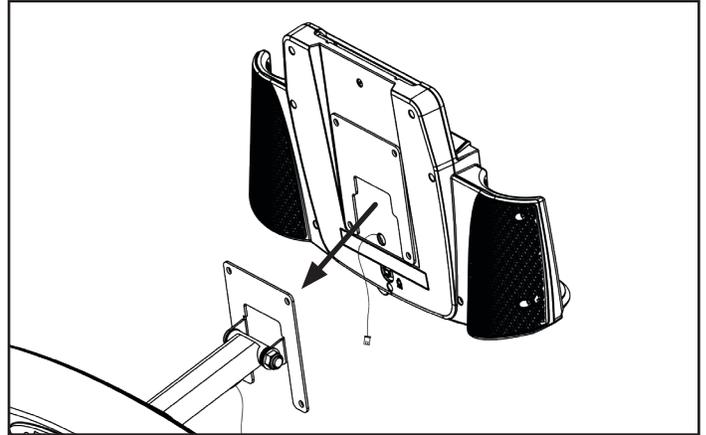


Figure 27

Figure 28: Use the **Step 13 Hardware Kit** to attach the Console.

Hand tighten 4 × Bolts through the Console and into the Console Support.

Proceed to fully tighten all 4 × Bolts with the Phillips Screwdriver.

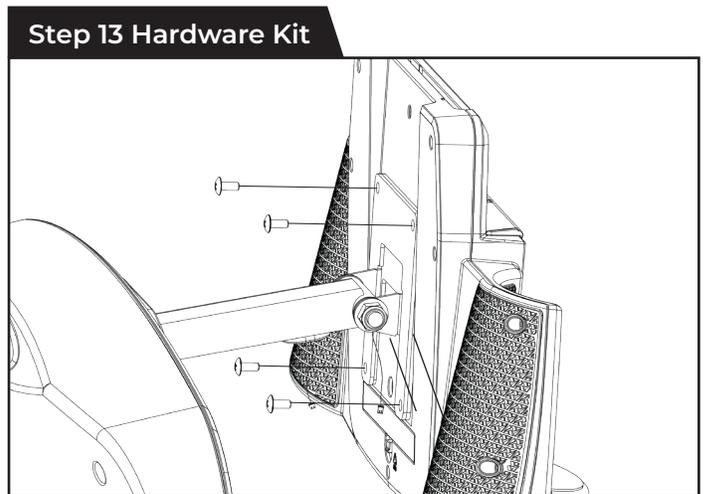


Figure 28

Figure 29: Connect the Console Cables by snapping together the two ends of the Cables.

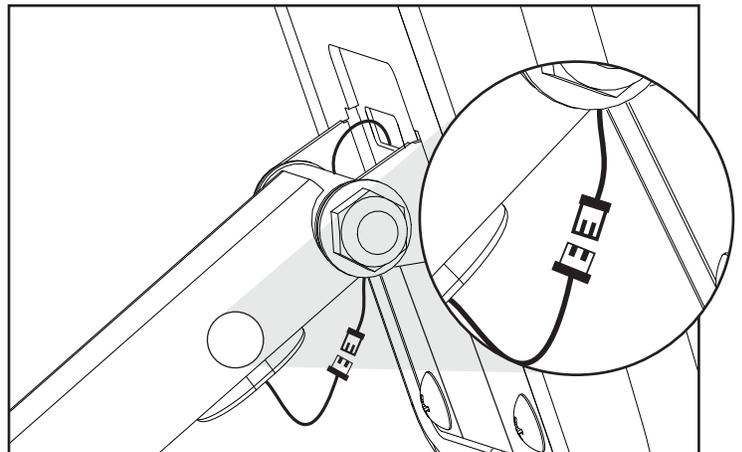
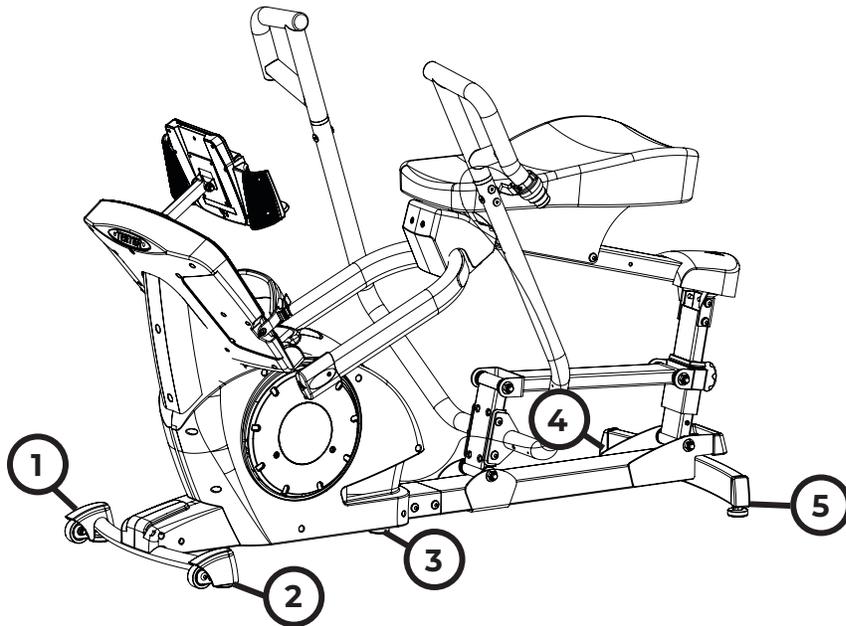


Figure 29

ADJUST LEVELING FEET

After you have fully assembled the Power10, it is critical to level all five feet before use.

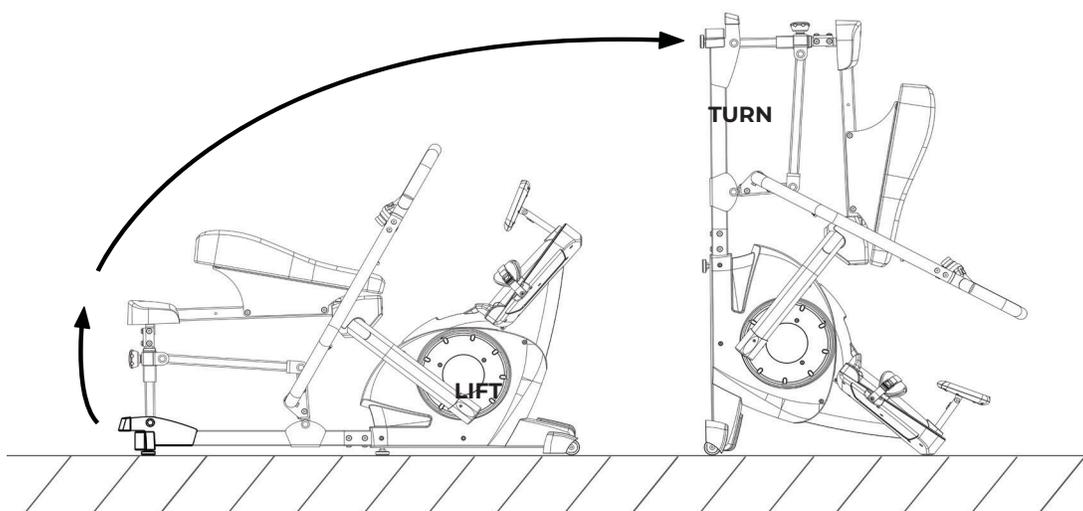
If the workout area you plan to use is carpeted, we recommend leveling the feet on a hard surface such as a concrete or wood floor and then moving the Power10 to the intended workout area. If you have trouble moving the assembled Power10 through doorways, the handles can be removed or rotated in order to clear the doorway.



STORAGE

Lift up on the Rear Handle to tip the Power10 onto the Transport Wheels to move to the storage location.

To store, continue lifting up on the Rear Handle and rotate on the Transport Wheels until the Foot Platform is resting on the ground. Ensure the Power10 is stored on a flat, stable surface near a wall, if possible.



CONSOLE USE



Familiarize yourself with the console display.

A) Start/Reset Button

- Start workout: Press once. Or begin using and the console will automatically turn on after 5 seconds.
- Pause workout: Press once. Start rowing to resume workout. If the console is paused for longer than 15 minutes, the screen will automatically turn off and clear the workout data.
- Reset data: Press and hold for 5 seconds.
- Change m/mi units: Hold for 5 seconds until console resets, then immediately release and hold for 5 seconds again.

B) Time (min): During a workout, the time counts up from 00:00 to 99:59.

C) Distance (m/mi): Track total distance traveled during a workout in either meters (m) or miles (mi).

D) Calories (kcal): Estimates calories burned during a workout from 0 up to 9999 calories. For greater accuracy, connect to a heart rate monitor (E).

E) Stroke Rate (spm): Displays the average number of strokes per minute from 0 up to 99.

F) Heart rate (bpm): Displays your heart rate if using a compatible¹ heart rate monitor.

¹ The Power10 console is equipped with a non-coded wireless heart rate receiver compatible with HRMs that operate on the non-coded 5khz frequency. For optimal performance, we recommend using the included wireless heart rate monitor chest strap which will automatically pair with the Power10 console and can also pair via Bluetooth to 3rd party apps and other Bluetooth equipped devices. (Note the Power10 console is not Bluetooth compatible).

Please refer to instructions included with the chest strap or the 3rd party app for more information on Bluetooth pairing and usage.

**Included
Heart Rate
Monitor
Chest Strap**

USER ADJUSTMENTS



Figure 30



Figure 31

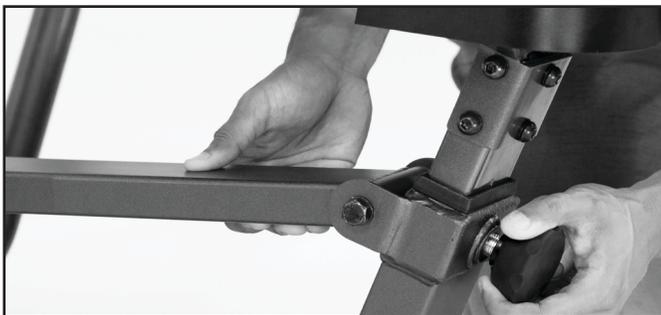


Figure 32



Figure 33

Seat Placement & Adjustment

Figure 30: To ensure a safe and comfortable experience, sit slightly forward on the seat, adjusting placement to allow for a slight bend in your knees at full extension. Practice proper posture by sitting straight and engaging your core. Your legs should not be locked out at full extension to avoid injury.

The seat can be set to either a forward or backward position to accommodate users with shorter or longer legs (see Seat Assembly section, page 12).

Handle Adjustment

Figure 31: The handles can be adjusted into three (3) settings to control their depth of movement at the finish of the stroke. Once you find your seat setting, you'll want to test the handle setting to fit your body type and amount of layback (lean of the upper body) you desire. The A setting offers the greatest movement; the C setting offers the least.

Figure 32: Turn the Handle Adjustment Knob counterclockwise to loosen. Pull out on the Handle Adjustment Knob with one hand as you assist the movement of the Handle Adjustment Bar with your other hand. Release the knob and ensure it is fully engaged into a hole setting before turning it clockwise to tighten. **Note:** It is easier to slide up and down when the handles are pushed forward all the way so the rear post is straight up and down.

Resistance Adjustment

Figure 33: The Resistance Adjustment Dial can be adjusted from setting 1 (least resistance) to setting 7 (greatest resistance). Turn the dial until your desired resistance level is visible in the window. You can easily adjust your resistance during your workout at any time.

ROWING DIRECTION

The bi-directional resistance with unique elliptical motion allows you to work both sides of your body, targeting specific muscle groups in one direction while you rest and recover others. This gives you the ultimate full body workout while allowing you to maintain high intensity without muscle burnout.

Determine your direction by focusing your attention on the movement of the fork arms around the base wheel. We refer to the top of the wheel as the top of the “hill.”

PULL

Fork arms are moving from FRONT to REAR over the top of the hill.



Action: Similar to a traditional rowing motion. Focus on pulling with your upper body over the hill; rest on the downward momentum.

Targets: Back, biceps, rear deltoids, forearms, quads, calves.

Getting Started: Begin in the layback position, with the handles at your chest. Push and ride the momentum down the hill, then pull over the hill.

Changing Direction: As you ride the momentum down the hill, begin to slow your speed. When the fork nears the top of the wheel at the front, gently push forward to reverse direction. Ride the momentum down the hill to the rear of the wheel, then push over the hill.

PUSH

Fork arms are moving from REAR to FRONT over the top of the hill.



Action: Similar to a chest press. Focus on pushing with your upper body over the hill; rest on the downward momentum.

Targets: Chest, triceps, front deltoids, hamstrings, glutes, abs.

Getting Started: Begin leaning forward, with the handles at your feet. Pull and ride the momentum down the hill, then push over the hill.

Changing Direction: As you ride the momentum down the hill, begin to slow your speed. When the fork nears the top of the wheel at the rear, gently push forward to reverse direction. Ride the momentum down the hill to the front of the wheel, then pull over the hill.

MUSCLE TARGETING

CHANGE YOUR FOCUS

Vary your workouts to rest some muscle groups while focusing on others. Simply power more with your arms, power more with your legs or focus on engaging your core more. This ability to change focus on the fly helps maintain your intensity while avoiding muscle fatigue.

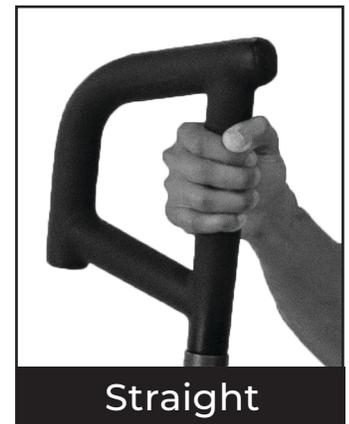
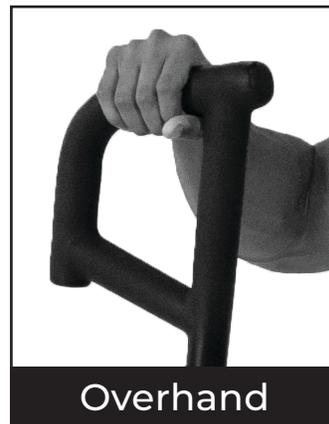


LEGS ONLY

Amp up your lower body workout - place your hands at your sides to use only your legs to power the motion. Be sure to keep your arms close to your body to avoid impact with the moving handles.

CHANGE YOUR GRIP

Vary your upper body workout on the fly by changing your grip to target different muscle groups. Switch between an overhand, straight, wide or underhand grip.



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Step 1

Fill out this information for your own records.

 Date of Purchase

 Product & Model

 Dealer Name

 Serial No.

Step 2

Go online to teeter.com to register your warranty.

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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Coaching Every Step of the Way



TEETER MOVE®

Access workouts and instructions anytime, anywhere. Our guided personal training is available to you with the free Teeter Move app.

Designed to help you stay motivated and moving forward in your strength, endurance, and mobility training.



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- Item(s) in original condition past the return window (91-120 days. No returns are accepted past 120 days)
- Items that are returned damaged, missing parts, not in the original condition, or have obvious signs of use (reasons not due to a Teeter error)

You'll Receive:

- 100% of the item's price[^] (less shipping & handling, financing interest paid is non-refundable)
- 80% of the item's price[^] (financing will be refunded and separately charged a restocking fee equal to 20% of the purchase price)
- Up to 50% of the item's price (financing will be refunded and separately charged a restocking fee equal to 50% of the purchase price)

[^] Refunds are for product only and do not include any processing, interest, shipping or handling fees. Freight on refused deliveries will be deducted from the credit or charged to account number on file.

Returns must have a valid Return Merchandise Authorization (RMA) number issued by Teeter. If merchandise delivery is refused without inspection, the refund will be for the purchase price, less all shipping charges (original and return) and trial fees. The product must be returned in original condition undamaged with all parts and support materials in its original carton. Refunds are for product only and do not include any processing fees, trial fees, shipping or handling fees. Freight on refused deliveries will be deducted from the credit. All return shipping charges must be prepaid; C.O.D. deliveries are not accepted. It is recommended that you acquire shipment tracking and insurance for the entire value of your product. We do not assume responsibility for merchandise damaged or lost during transit. Refunds are issued after a product is received and inspected; processing can take up to ten (10) days. For products on a multi-payment plan, payments will continue to charge to the credit card on file until the product is received and processed at our warehouse. Refunds, including gift returns, are made in the same form as the original payment for purchase. Please allow up to eight (8) weeks for your bank or credit card company to post this refund on your statement. Merchandise returned without a valid RMA number or in violation of this policy will not qualify for a refund. Teeter will discard the product and the customer will be responsible for any remaining payment due.

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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.



FitForm™ Cable Trainer

Total body strengthening in one small package! Work your arms, legs and core with micro-adjusting resistance up to 65 lb.



T3™ Massager

Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.



Better Back™ Foam Rollers

Prepare the body for movement, accelerate recovery, minimize muscular imbalances, and improve overall flexibility with the Teeter collection of textured Foam Rollers.



Neck Relax & Restore Duo™

Provides support of the upper neck/cervical spine for self-administered suboccipital release, a technique to reduce tension in the supporting muscles.



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