



GET STARTED

Assembly & User Guide

FreeStep® Recumbent Cross Trainer

Follow along with these instructions

OR

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

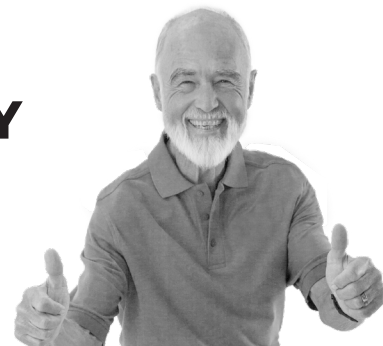


BILT.

3D Interactive Instructions

WELCOME TO THE TEETER FAMILY

Congratulations on your purchase of the Teeter FreeStep! In order to utilize this product to its fullest extent, it is critical that you follow, read, and fully understand the Assembly Instructions & User Guide. The FreeStep is a multiple user, reusable device for home use, intended to provide a comfortable, zero-impact 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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User Guide

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BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the Teeter FreeStep. 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 FREESTEP

 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** hold the Handles or Seat Handles when mounting, dismounting, or using equipment.
- **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 of the pedals.
- **ALWAYS** reduce pedal speed in a controlled manner. Pedals continue to spin when you stop pedaling.
- **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 FreeStep 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

Parts are not shown to scale. Parts may vary slightly from images depending on model.

ITEM NO. ITEM NAME

Base / Resistance Grip

- SE2101 Base (LT1)
- SE2332 Base (LT3)
- SE2205J Resistance Grip

Rear Stabilizer

- SE1102 Rear Stabilizer
- HK1042 Step 1a Hardware Kit

Rear Stabilizer Cover Set

- SE1103 Rear Stabilizer Cover (2)
- HK1043 Step 1b Hardware Kit

Pedals

- SE2104 Pedal (2) (LT1)
- SE2304 Pedal (2) (LT3)
- HK2044 Step 2 Hardware Kit

Console Front Support Bar

- SE1107 Console Front Support Bar
- HK1047 Step 4a Hardware Kit

Handles

- SE1111 Handle (2) (LT1)
- SE2311 Handle (2) (LT3)

ITEM NO. ITEM NAME

Handle Support Tubes

- SE2108 Handle Support Tube (2)
- HK1048 Step 4b Hardware Kit

Seat Back Assembly

- SE1105 Seat Back Assembly
- HK1045 Step 3a Hardware Kit

Lower Seat

- SE1106 Lower Seat (LT1)
- SE2306 Lower Seat (LT3)
- HK1046 Step 3b Hardware Kit

Pedal Arm Joint Cover Sets

- SE1109 Pedal Arm Joint Cover (4)
- HK1049 Step 5 Hardware Kit

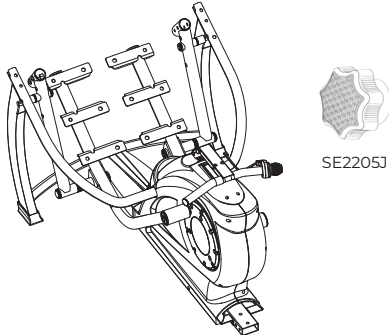
Upper Front Leg Cover Set

- SE1110 Upper Front Leg Cover (4)
- HK1049 Step 5 Hardware Kit

Tools

- SE1112 Allen Wrench / Screwdriver

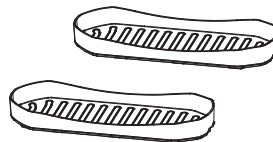
Base w/ Resistance Grip



SE2101 (LT1) / SE2332 (LT3)

Pedals

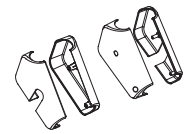
Use with Step 2 Hardware Kit (HK2044)



SE2104 (LT1) / SE2304 (LT3)

Pedal Arm Joint Cover Sets

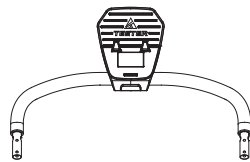
Use with Step 5 Hardware Kit (HK1049)



SE1109

Console Front Support Bar

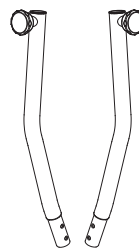
Use with Step 4a Hardware Kit (HK1047)



SE1107

Handle Support Tubes

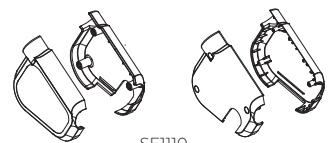
Use with Step 4b Hardware Kit (HK1048)



SE2108

Upper Front Leg Cover Sets

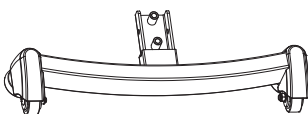
Use with Step 5 Hardware Kit (HK1049)



SE1110

Rear Stabilizer

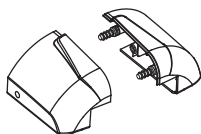
Use with Step 1a Hardware Kit (HK1042)



SE1102

Rear Stabilizer Cover Set

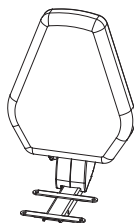
Use with Step 1b Hardware Kit (HK1043)



SE1103

Seat Back Assembly

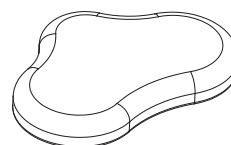
Use with Step 3a Hardware Kit (HK1045)



SE1105

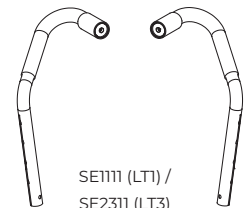
Lower Seat

Use with Step 3b Hardware Kit (HK1046)



SE1106 (LT1) / SE2306 (LT3)

Handles



SE1111 (LT1) / SE2311 (LT3)

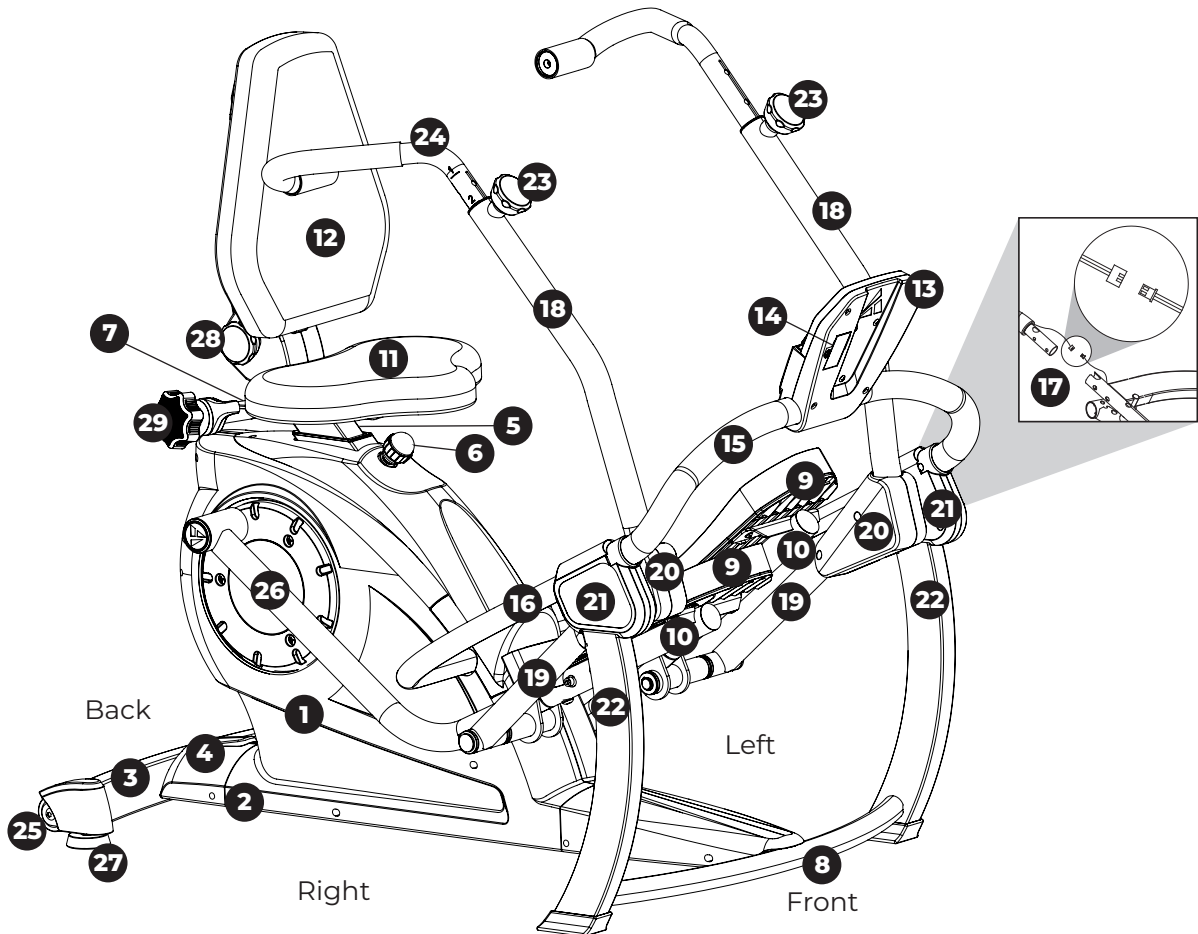
Tools Provided for Assembly



Allen Wrench /
Screwdriver
SE1112

A GUIDE TO YOUR FREESTEP

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



Your actual model may vary from the model shown.

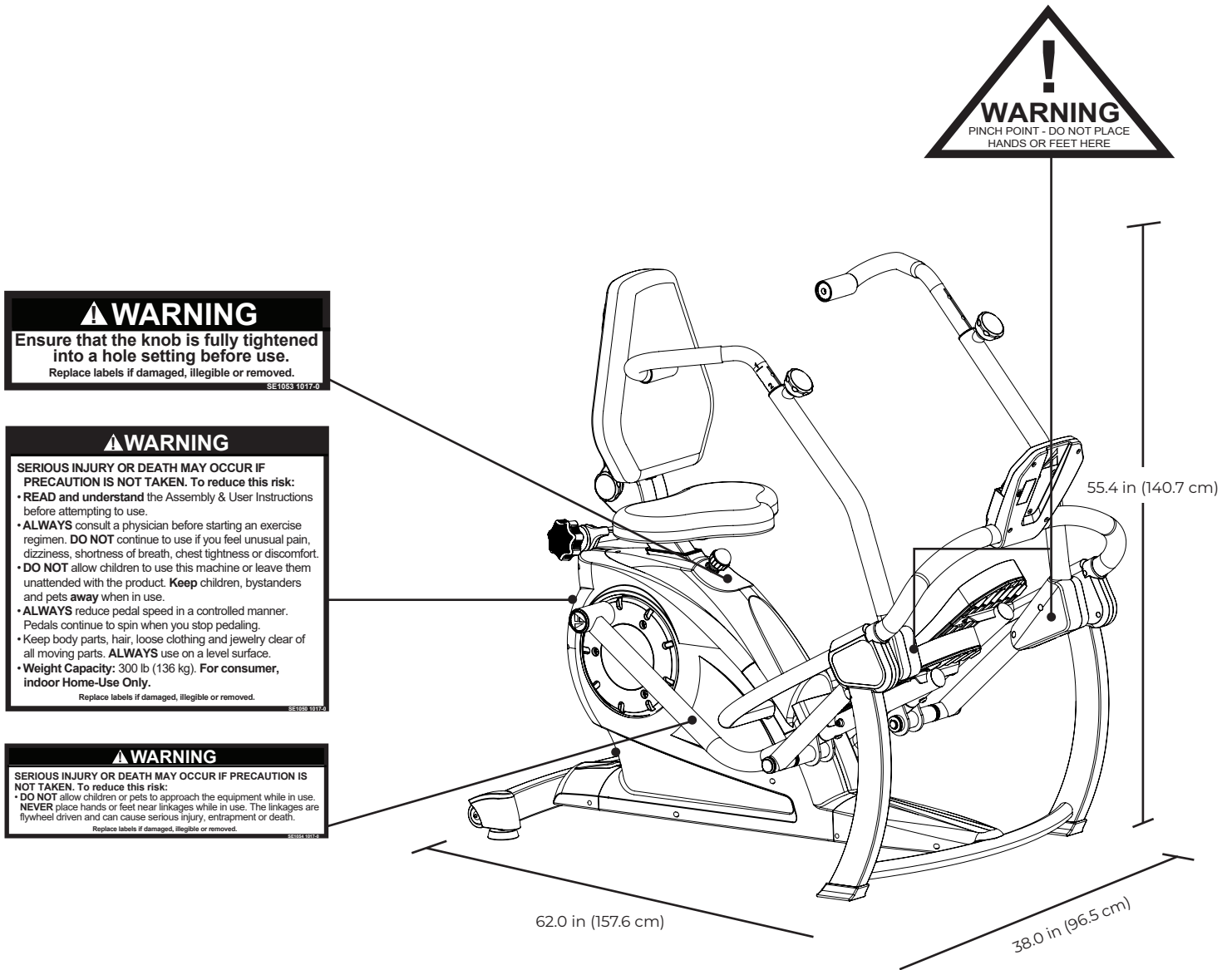
- | | | | | | |
|-----------|---------------------------|-----------|----------------------------|-----------|----------------------------|
| 1 | Base | 11 | Lower Seat | 21 | Upper Front Leg Cover Sets |
| 2 | Main Support Tube | 12 | Seat Back Assembly | 22 | Upper Front Leg |
| 3 | Rear Stabilizer | 13 | Console | 23 | Handle Adjustment Knobs |
| 4 | Rear Stabilizer Cover Set | 14 | Battery Compartment | 24 | Handles |
| 5 | Seat Post | 15 | Console Front Support Bar | 25 | Transport Wheels |
| 6 | Height Adjustment Knob | 16 | Lower Console Support Tube | 26 | Linkage |
| 7 | Seat Handle | 17 | Speed Sensor Wire | 27 | Leveling Feet |
| 8 | Front Crossbar | 18 | Handle Support Tubes | 28 | Seat Back Adjustment Knob |
| 9 | Pedals | 19 | Upper Pedal Arm | 29 | Resistance Grip |
| 10 | Base Pedal Arms | 20 | Pedal Arm Joint Cover Sets | | |

SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

IMPORTANT:

Please review all labels and supporting materials before using your FreeStep.

This drawing indicates the locations of the warning labels found on your product (image and labels below not shown at actual size). If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.



Dimensions:

62.0 x 32.7 x 55.4 in (157.6 x 96.5 x 140.7 cm)

Weight:

LT1: 106.9 lb (48.5 kg) / LT3: 110.2 lb (50.0 kg)

LET'S GET STARTED



Unpack and Prepare Your Workspace

Follow the instructions on the outside of the box for the easiest unpacking process.

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** inside the box.
They are labeled to correspond with the assembly process.

STEP 1 ASSEMBLE REAR STABILIZER

NOTE: Always hand tighten all the bolts or screws in each step before fully tightening with the wrench or screwdriver. For reference, the Front, Back, Right and Left of the equipment is labeled on Page 3.

Attach Rear Stabilizer

Figure 1: Remove the Base from the packaging and position it on a level surface on the floor.

Remove the wooden plug from the Main Support Tube in the back of the Base and set aside.

Lift the Base slightly from the back and insert the Rear Stabilizer into the Main Support Tube at the back of the Base.

TIP: The wooden plug can be used to prop up the base to make inserting the screws into the Rear Stabilizer easier.

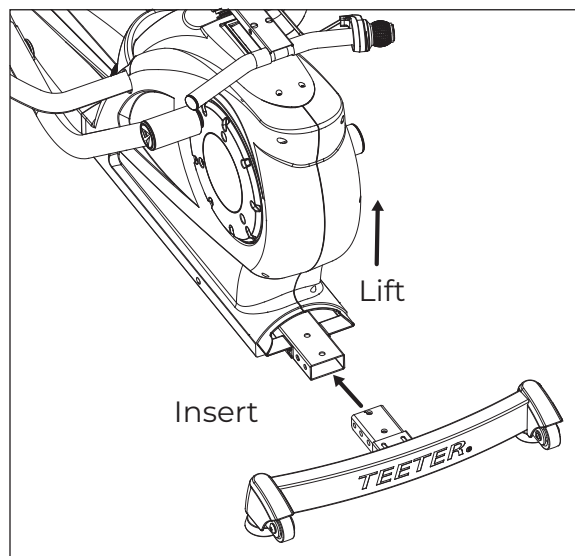


Figure 1

Figure 2: Use the **Step 1a Hardware Kit** to attach the Rear Stabilizer.

First hand tighten 6 × Bolts with 6 × Spring washers and 6 × Washers on the Rear Stabilizer Joint. The Spring Washers should always be between the Bolt Head and the Washer.

Use the Allen wrench to fully tighten each bolt.

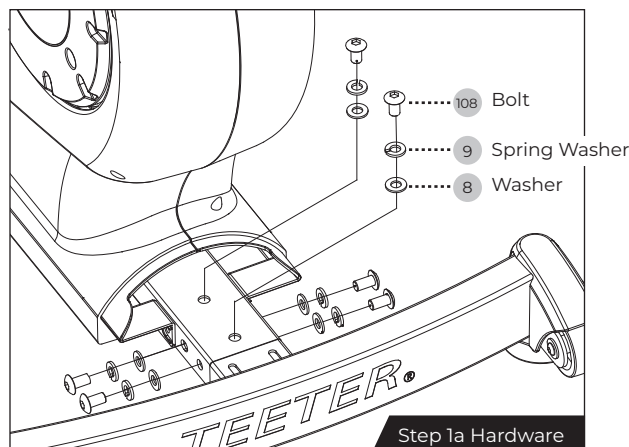


Figure 2

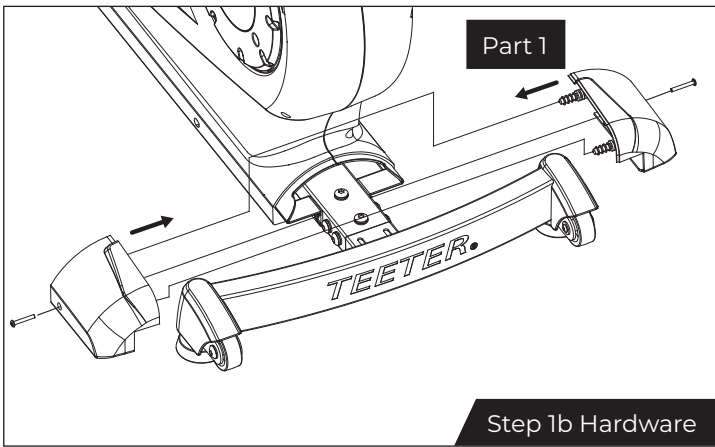


Figure 3

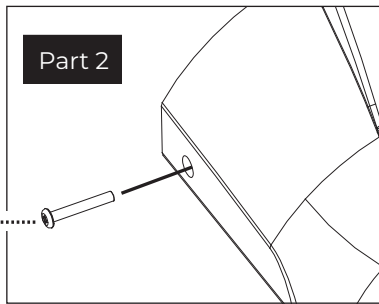


Figure 3a

Attach Rear Stabilizer Cover Set

Figure 3: Locate the Rear Stabilizer Cover Set, noting the Right and Left markings, and the **Step 1b Hardware Kit**.

Part 1 Complete this first before Part 2.

Attach the Right Rear Stabilizer Cover by loosely tightening the 1 x Machine Screw.

Part 2

Figure 3a: Attach the Left Rear Stabilizer

Cover to the Right by joining the alignment pegs and pushing together for a snug fit.

Insert 1 x Machine Screw to secure the Left Rear Stabilizer, then finish tightening both Machine Screws with the Screwdriver.

STEP 2 ASSEMBLE PEDALS

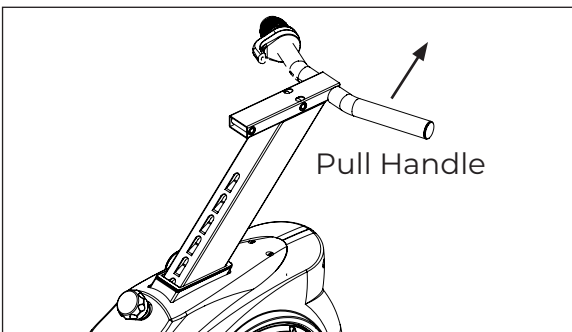


Figure 4

Figure 4: Locate the Seat Post and raise it to the highest position by loosening the Height Adjustment Knob and pulling up on the Seat Handle.

CAUTION

Use caution to avoid tipping and when lifting heavy objects.

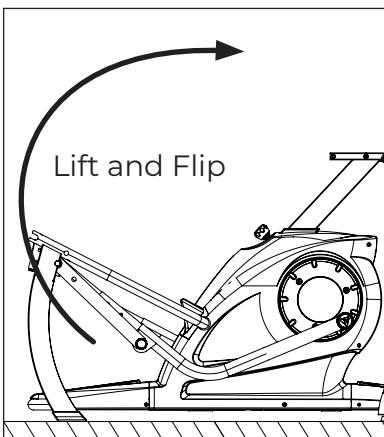


Figure 5

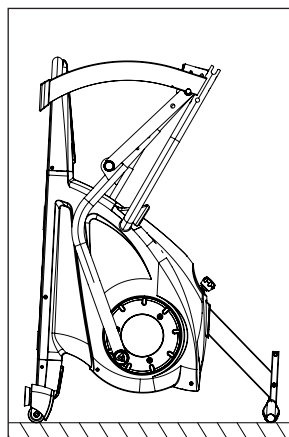


Figure 6

Figure 5-6: To have better access while installing the pedals, position the FreeStep to rest on its back side by lifting up on the Front Crossbar and rotating on the Rear Stabilizer until the Seat Post is resting on the ground.

Figure 7: Locate the Pedals, noting that both pedals are marked with both Left and Right markings. This means it does not matter which side the Pedals are installed on. When installing the Pedals, be sure that the L/R markings are pointing toward the Front of the FreeStep. Align each Pedal to the corresponding Base Pedal Arm.

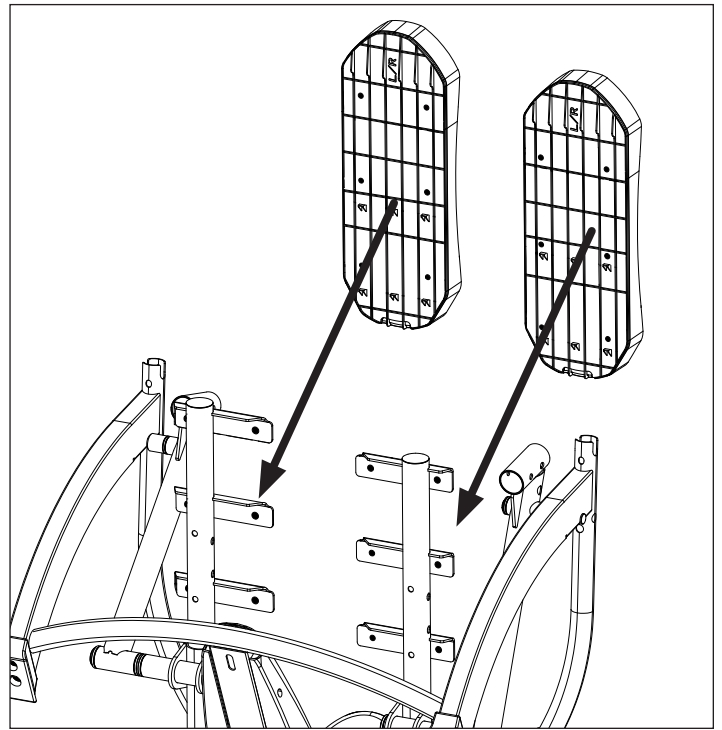


Figure 7

Figure 8: Use the **Step 2 Hardware Kit** to attach the Pedals. Hand tighten 12 × Phillips Head Screws with 12 × Washers as shown.

Proceed to fully tighten all the Phillips Head Screws with the Phillips Head Screwdriver.

Once the Pedals are installed, return the FreeStep to the upright position by lowering the Front Crossbar and rotating on the Rear Stabilizer.

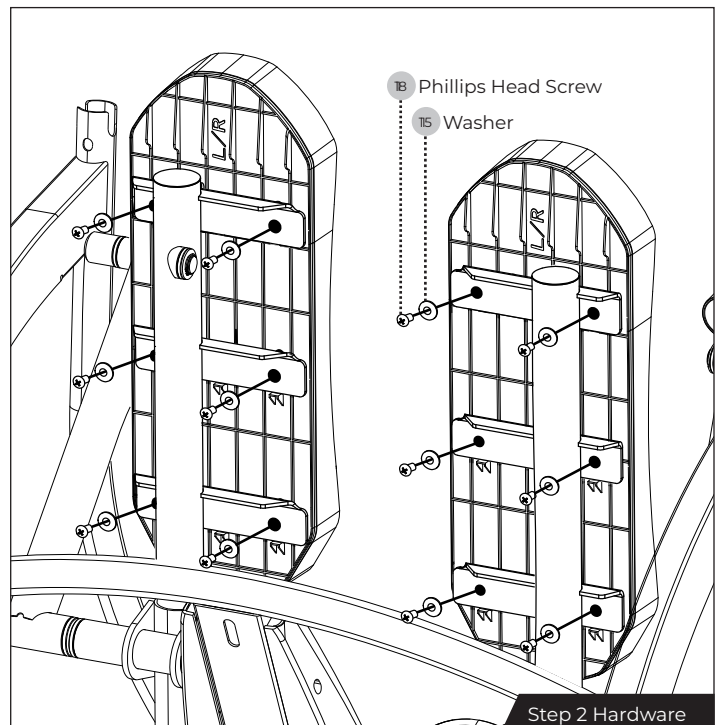


Figure 8

STEP 3

ASSEMBLE SEAT

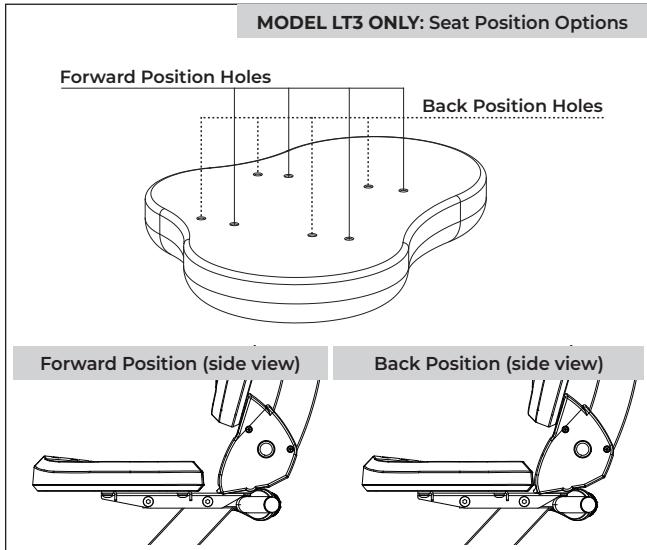


Figure 9

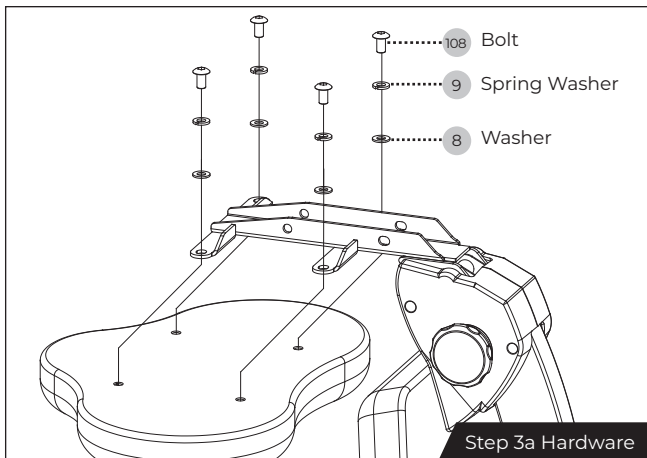


Figure 10

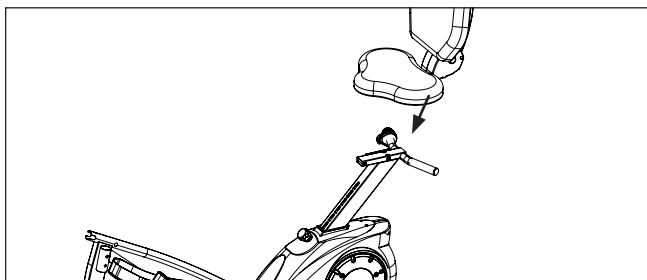


Figure 11

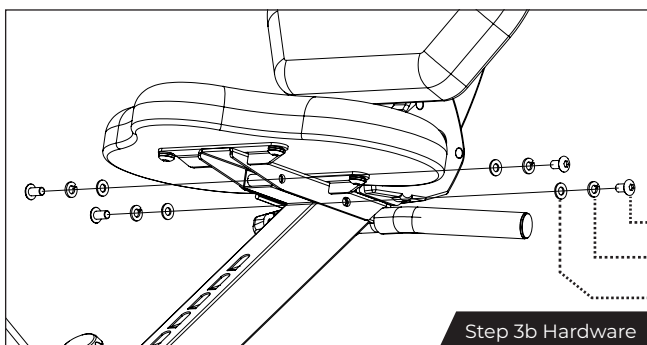


Figure 12

Seat Installation - Model LT3 only

Skip this step for Model LT1.

Figure 9: The Model LT3 has two Lower Seat assembly options. Before installing the seat, use this figure to determine the Position Holes that will be used during installation. The Forward Position provides the largest surface area of support during use. The seat can be adjusted after assembly if needed.

All Models

Locate the Lower Seat and place it upside-down on a flat surface, such as the edge of a table. Locate the Seat Back Assembly and line it up with the Lower Seat.

Figure 10: Use the **Step 3a Hardware Kit** to assemble the seat parts. Hand tighten 4 × Bolts with 4 × Spring Washers and 4 × Washers as shown. Proceed to fully tighten the Bolts with the Allen Wrench.

Figure 11: Before attaching the assembled Seat to the Seat Post, make sure the Seat Post is fully raised for better access, then line the Seat up with the Seat Post.

Figure 12: Use the **Step 3b Hardware Kit** to attach the Seat. Hand tighten 4 × Bolts with 4 × Spring Washers and 4 × Washers as shown. Proceed to fully tighten the Bolts with the Allen Wrench.

STEP 4

ASSEMBLE SUPPORTS

Console Front Support Bar Installation

IMPORTANT: Do not pull or pinch the Speed Sensor Wire during the Console Front Support Bar Installation.

Figure 13: 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.

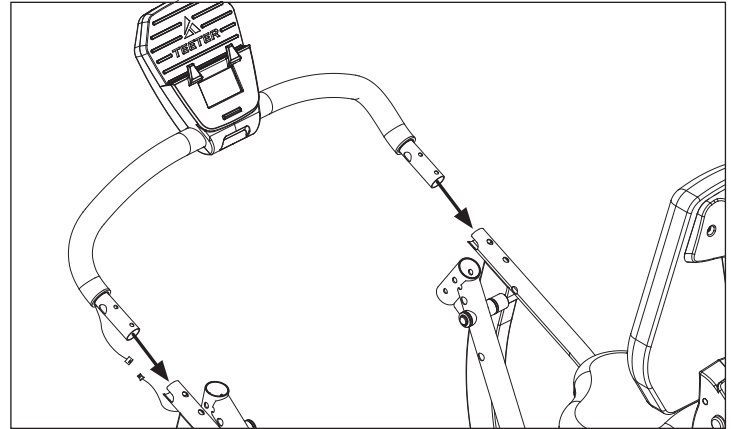


Figure 13

Ensure that the Speed Sensor Wires remain on the outside. Align both ends of the Console Front Support Bar with the Lower Console Support Tube and insert.

Figure 14: Carefully connect the Speed Sensor Wires.

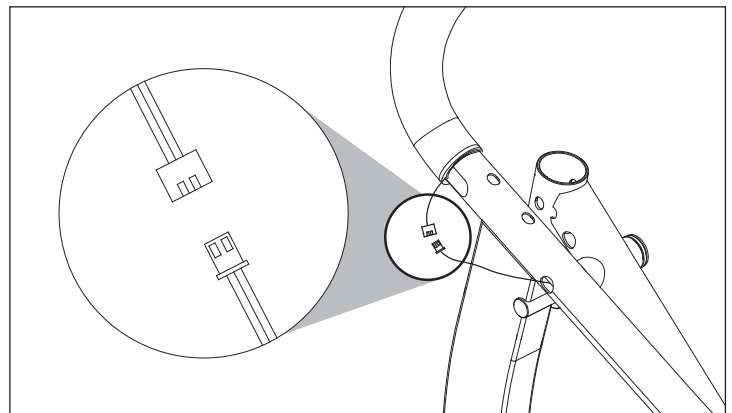


Figure 14

Figure 15: Use the **Step 4a Hardware Kit** to attach the Console Front Support Bar. Hand tighten 4 × Bolts with 4 × Curved Washers as shown. The Curved Washers should wrap around the shape of the Lower Console Support Tube.

Proceed to fully tighten the Bolts with the Allen Wrench.

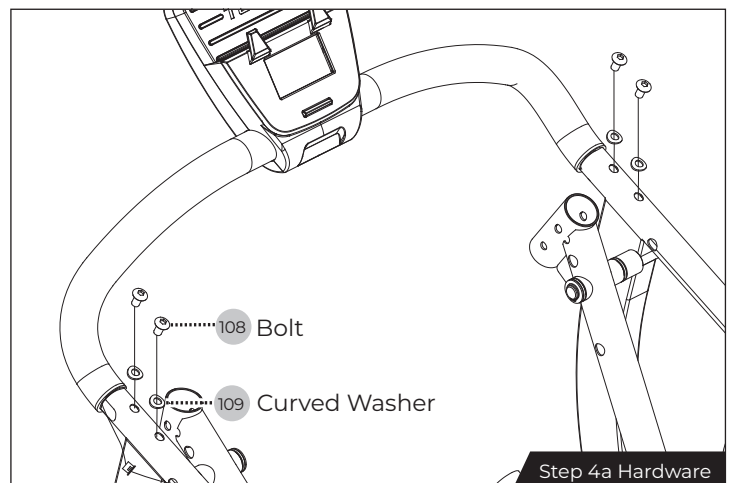


Figure 15

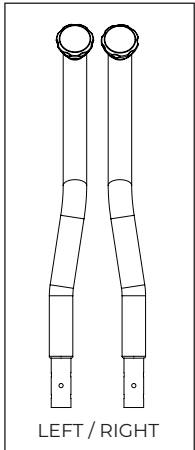


Figure 16a

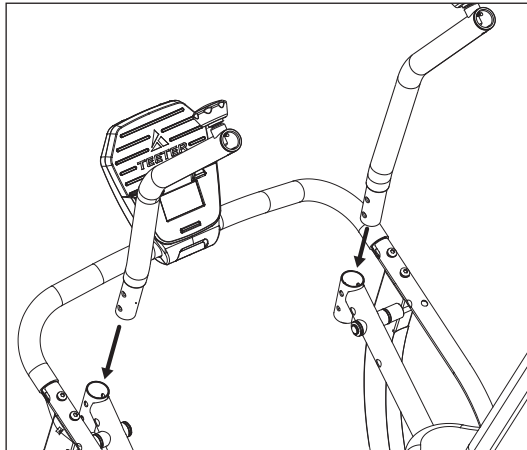


Figure 16b

Handle Support Tube Installation

Figure 16a-16b: Locate the Handle Support Tubes, noting Right and Left markings. Insert the bottom of each Handle Support Tube into the top of the Upper Pedal Arm.

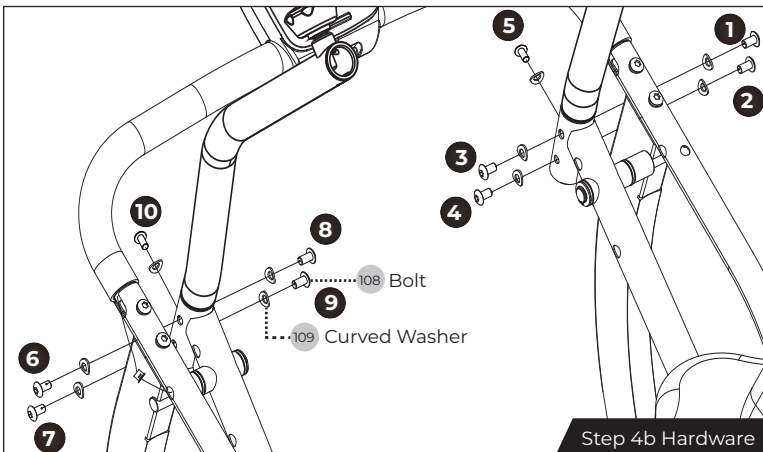


Figure 17

Figure 17: Use the **Step 4b Hardware Kit** to attach the Handle Support Tubes.

IMPORTANT: Very loosely install 10 x Bolts with 10 x Curved Washers 2-3 turns. The Curved Washers should wrap around the shape of the Upper Pedal Arms. After all hardware has been installed 2-3 turns, there should still be 1-2 washer thicknesses of space between the washer and the base metal. This is important for the next step so that the Handle Support Tubes properly move into place as the hardware is fully tightened. Proceed to tighten all 10 Bolts in the **EXACT** order as shown with the numbers in Figure 17 with the Allen Wrench.

STEP 5

ASSEMBLE COVER SETS

Upper Front Leg Cover Sets Installation

IMPORTANT: Make sure the Speed Sensor Wire sits under the Left Upper Front Leg Cover Set and is not pinched during installation.

TIP: In order to gain better access to the screw holes while assembling the Upper Front Leg Cover Sets, adjust the position of the Pedal Arm Joints by pushing forward or pulling backward on the Handle Support Tubes.

Figure 18: Locate the Upper Front Leg Cover Sets, noting Right and Left markings. Pair each set over the corresponding Right and Left Upper Front Leg.

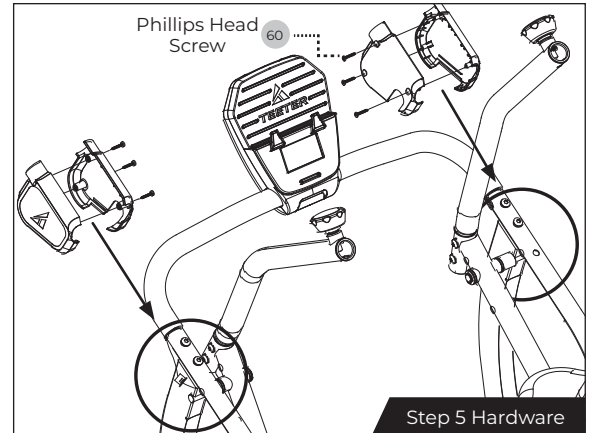


Figure 18

Figure 18-19: Use the **Step 5 Hardware Kit** to install the Upper Front Leg Cover Sets. Partially tighten 3 × Phillips Head Screws using the Screwdriver provided on each set as shown. Ensure they are properly aligned and proceed to fully tighten the Phillips Head Screws with the Screwdriver.

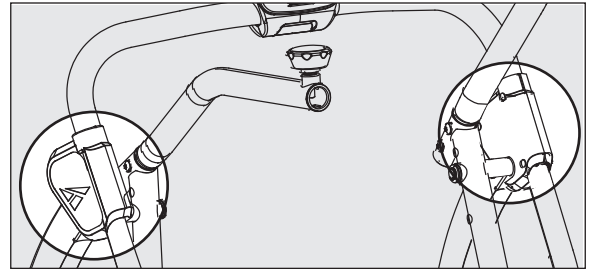


Figure 19

Pedal Arm Joint Cover Sets Installation

Figure 20: Locate the Pedal Arm Joint Cover Sets, noting Right and Left markings.

Pair each set over the corresponding Right and Left Pedal Arm Joints.

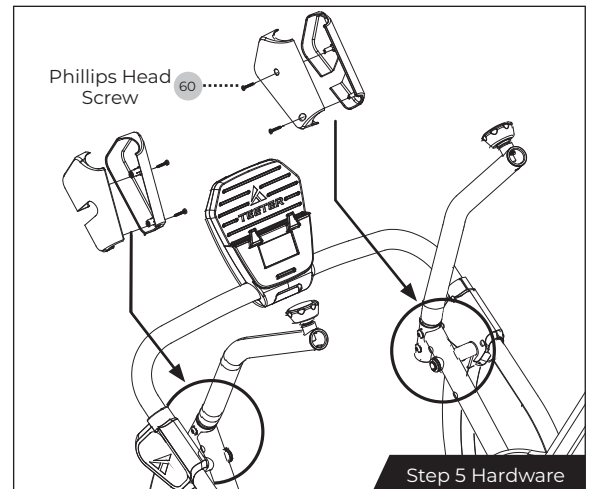


Figure 20

Figure 20-21: Use the **Step 5 Hardware Kit** to install the Pedal Arm Joint Cover Sets. Partially tighten 2 × Phillips Head Screws on each set as shown. Ensure they are properly aligned and proceed to fully tighten the Phillips Head Screws with the Screwdriver.

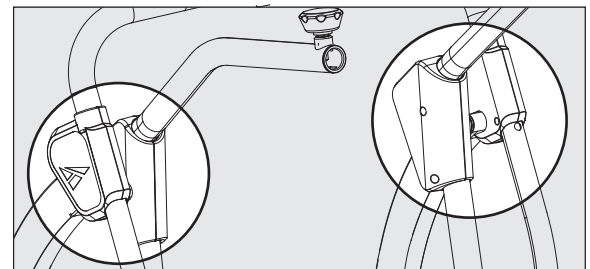


Figure 21

STEP 6

ASSEMBLE HANDLES

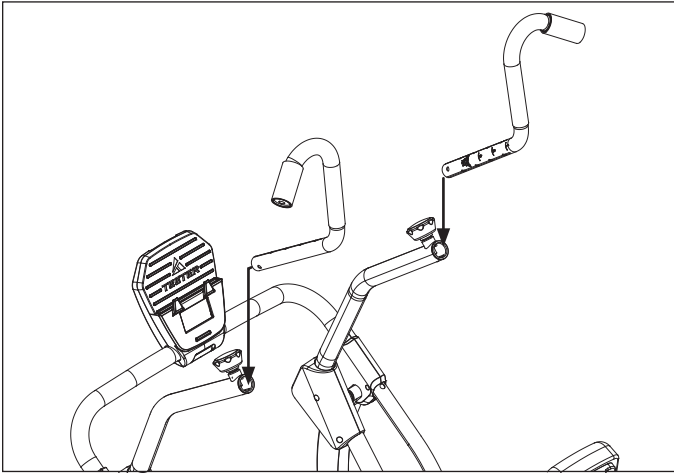


Figure 22

Handle Installation

Figure 22: Loosen the Handle Adjustment Knobs on the right and left Handle Support Tubes by turning the knobs counter-clockwise, then pulling outward.

Locate the Handles, noting Right and Left markings. With the top of the handles pointing outward, insert both Handles into the corresponding Handle Support Tube. Adjust Handles as desired and tighten Handle Adjustment Knobs by releasing into a hole setting and then rotating clockwise.

CORRECT

Handles are assembled correctly.

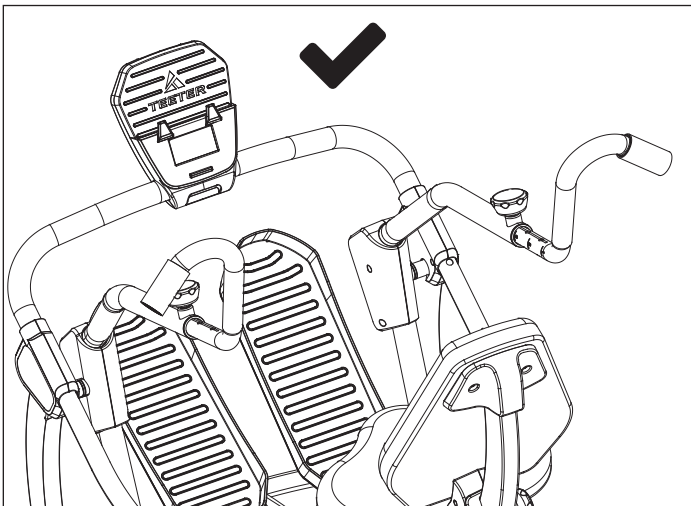


Figure 23

INCORRECT

Handles are switched / need to be corrected.

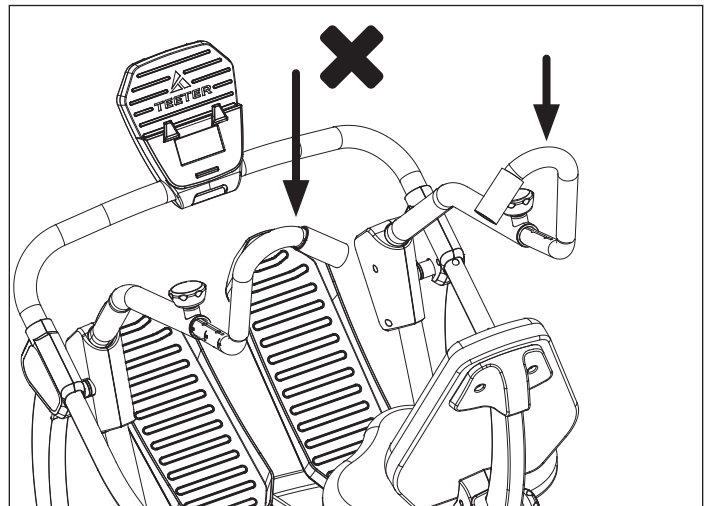


Figure 24

STEP 7

ASSEMBLE RESISTANCE GRIP

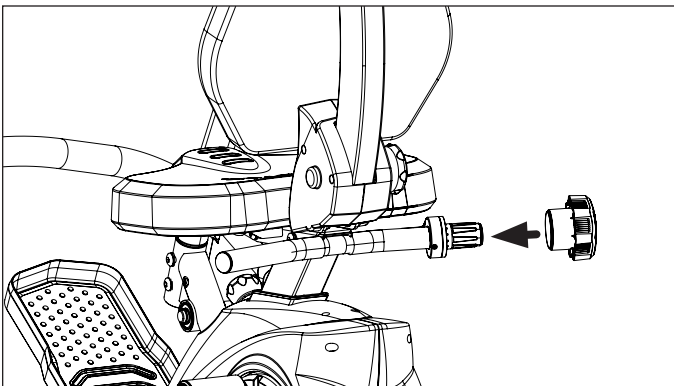


Figure 25

Resistance Grip Installation

Figure 25: Locate the Resistance Grip. Align the recessed notch on the Resistance Grip with the number 13 on the Resistance Base Assembly. Slide the open end of the grip over the Resistance Base Assembly so that the grooves on the grip and base align. Push to snap into place.

USER GUIDE

Leveling

Figure 26: Make sure your FreeStep is on a flat, stable surface. Locate the 2 × Leveling Feet as shown. If any of the feet are not resting flat on the ground, rotate them clockwise to lower them until they reach the ground.

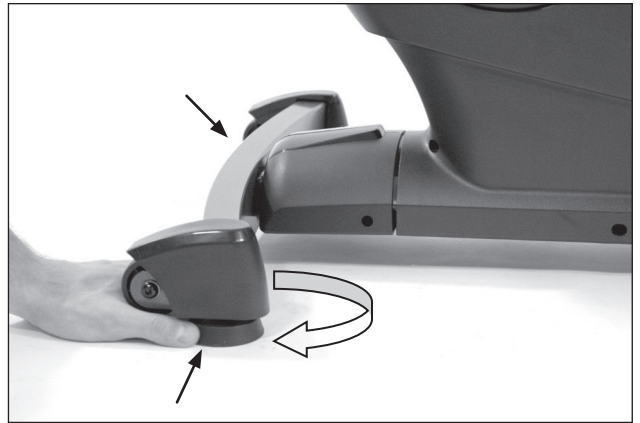


Figure 26

Transporting

⚠ CAUTION

The FreeStep weighs over 100.0 lb (45.4 kg). Use caution when lifting to avoid injury and when rolling on floors to avoid damage to delicate surfaces like wood flooring.

Figure 27: The Transport Wheels are located on the back of the Rear Stabilizer. To transport, first lift from the Console Front Support Bar and then from the Front Crossbar. Move the FreeStep by rolling on the Transport Wheels as shown.



Figure 27

Water Bottle Holder

Figure 28-29: Enjoy the convenience of easy access to your water bottle and smart device during your workout.



Figure 28

Device Holder



Figure 29

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⚠ CAUTION

ALWAYS adjust Seat height first before use to avoid injury to the knees. Proper feet placement and seat height will ensure that your knees never travel over your toes when bent, and that your leg does not lock out in full extension.



Figure 30



Figure 31



Figure 32



Figure 33

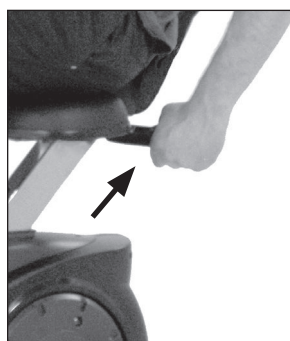


Figure 34



Figure 35

Set Seat Height

Figure 30: To properly set the Seat height, start with the seat in the lowest position. To lower the Seat height, first loosen the Height Adjustment Knob by turning it counter-clockwise.

Figure 31: Pull outward on the spring-loaded Height Adjustment Knob while pushing the Seat Handle downward. Release the Height Adjustment Knob into the lowest hole setting.

Figure 32: Sit down on the Seat and place your toes toward the top of the pedals, which for most people is where you should position your feet during use. Extend to **FULL STRIDE** with one leg.

Figure 33: If the knee on your extended leg is just slightly bent, then you have found your ideal Seat height setting.

If the knee is locked out, then you have found your Height setting but will need to shift your foot position on the pedal to allow for a slight bend in the knee during use.

If the knee is bent too much (beyond a few degrees), then you will need to raise the Seat height.

Figure 34: To raise the Seat height, first be sure the Seat Height Adjustment Knob is loose by turning it counter-clockwise. Now simply hold the Seat Handles and gently push with your legs until the Height Adjustment Knob locks into the next setting. Try each height setting until you have found a position that allows for a slight bend in the knee while your leg is fully extended and your toes are toward the top of the Pedals.

Figure 35: **ALWAYS** secure the Seat setting before using the FreeStep by turning the Height Adjustment Knob clockwise while in a hole setting.

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Set Seat Back Position

The Seat Back can recline to offer support for the lower back while targeting different muscle groups during your workout. To properly set the Seat Back position, start with the seat in the fully upright position.

Figure 36: To adjust the Seat Back position, first push in on the Seat Back Adjustment Knob.



Figure 36



Figure 37

Figure 37-38: Slowly pull back on the Seat Back and let go of the Seat Back Adjustment Knob until the Knob snaps into a hole setting.

You may need to adjust the Seat Height to accommodate a reclined position.



Figure 38

MODEL LT3 ONLY

Modify Lower Seat Position (requires Allen Wrench to adjust)

Figure 39: The Lower Seat can be adjusted to a Forward or Back Position. The Forward Position will provide the largest surface area of support while seated.

The Lower Seat is bolted to the to the Seat Back Assembly with 4 × Bolts and is attached during the assembly process.

To adjust the Lower Seat, set the Seat Post Height to the tallest position for better access to the Bolts under the Lower Seat, and remove the 4 × Bolts with the Allen Wrench provided. Set the Bolts and Washers aside.

Adjust the Seat to the desired position and reassemble the Bolts and Washers. Refer to Figure 9 and 10 on Page 8 of the Assembly Instructions for more details on Bolt and Washer reassembly.



Figure 39

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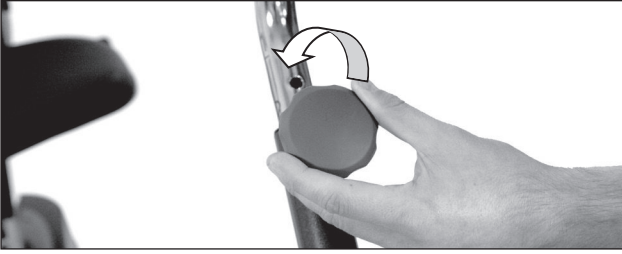


Figure 40

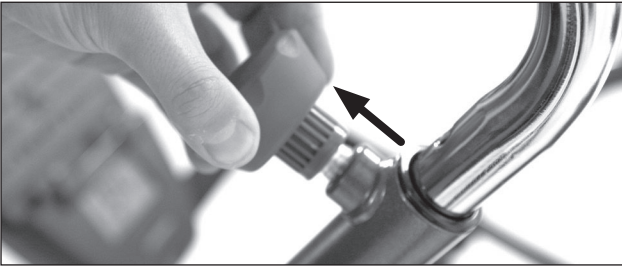


Figure 41



Figure 42



Figure 43



Figure 44

Figure 43-44: The Handle length should be set so that when your arms are fully extended, your back and shoulders remain in good posture and stabilized by the Seat Back.

Release the Handle Adjustment Knob into the desired hole setting. Secure the Handle by rotating the Handle Adjustment Knob clockwise.

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Grip Position

The handles can be rotated to an **Upright Grip** or **Lower Grip** to target different muscle groups.

Figure 45: To change grip position, loosen the Handle Adjustment Knob by turning it counter-clockwise. Release the auto-locking mechanism by pulling outward on the Handle Adjustment Knob, then rotate the handles as desired.

Secure the Handle by rotating the Handle Adjustment Knob clockwise.

Figure 46: Adjust the Handles to the **Upright Grip** to target biceps, shoulders, and chest muscles with a forward pushing/pulling motion.

In this position, you have two options for hand placement: Overhand (shown) and Vertical.

Figure 47: Adjust the Handles to the **Lower Grip** to target triceps, forearms, and shoulder muscles with a downward pushing/pulling motion.

In this position, you have two options for hand placement: Overhand (shown) or Underhand.

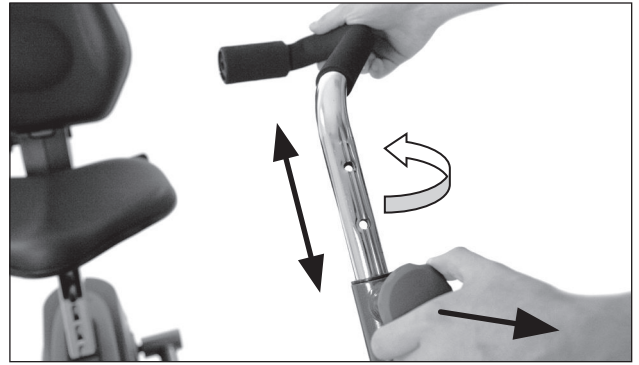


Figure 45



Upright Grip

Figure 46



Lower Grip

Figure 47

USER GUIDE



Figure 48

Standard Use

Figure 48: For a balanced, full-body workout, use both your arms and legs.

To avoid muscle fatigue, try shifting your exertion between muscle groups.

Seat: Adjust the Seat Height so your knees have a slight bend at full extension.

Align the Seat Back to support a straight, upright posture.

To vary the muscle focus for your core, glutes and legs, try reclining the Seat Back. See pg 14-15 for Seat Adjustment.

Handles: Adjust the handles to the Upright Grip.

To vary the muscle focus for your chest, back and arms, change your grip. See pg 16-17 for Handle Adjustment.



Figure 49

Legs Only

Figure 49: Target your lower body by only using your legs.

Seat: Adjust the Seat Height so your knees have a slight bend at full extension.

Align the Seat Back to a reclined position to engage the glutes and quadriceps more.

Handles: Set the handles to the lowest outward position to keep them out of the way. Hold onto the Seat Handle behind the Seat.

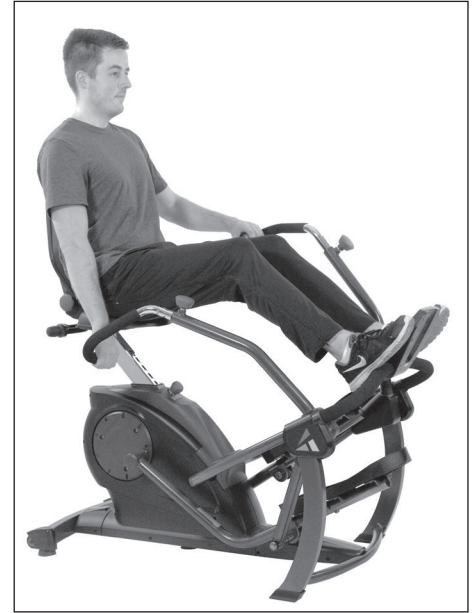


Figure 50

Arms Only

Figure 50: Target your upper body by only using your arms.

Seat: Adjust the Seat Height so you can comfortably rest your feet on the Console Front Support Bar with a slight knee bend.

Align the Seat Back to support a straight, upright posture.

Handles: Adjust the handles to the Lower Grip. Use the overhand hold to engage the triceps. Use the underhand grip to engage the biceps.

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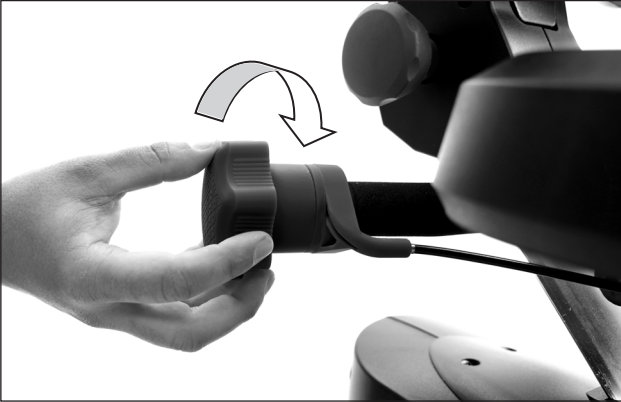


Figure 51

Adjust Resistance

NOTE: The FreeStep ships to you preset in the highest resistance setting. Dial the Resistance Grip to the lowest resistance setting to start out.

Figure 51: To decrease resistance, dial the Resistance Grip counter-clockwise (or backward as you are using the equipment).

To increase resistance, rotate the Resistance Grip clockwise (or forward as you are using the equipment).



Figure 52

Using the Console

Figure 52: When you begin to pedal, the Console will display readings based on your performance, showing the time (TMR), calories burned (CAL), distance (DST), and speed (SPD).

NOTE: The console arrives with the Units Toggle set to miles (MI), but it can be changed to kilometers (KM) if desired. To switch the units from MI to KM, follow the steps below:

Remove one or both of the batteries from the console so that the console no longer has power. Switch the Units Toggle located on the back of the console near the battery compartment to the desired unit of MI or KM. Reinstall the battery/batteries and the units will change on the console. If power is not off when switching the Units Toggle, the change will not take effect. When in the SPD or DST modes, a M or K will display on the console screen to the right of the digits informing you if you are in miles or kilometers, respectively.

SCAN: While pedaling, the Console will automatically scan through all the settings. To stop scanning automatically and to cycle through to the setting you want to see, press the Console Button.

RESET: To start at zero, holding down the Console button will reset your settings.

STOP: When you stop pedaling, the STOP will flash until you begin pedaling again. If you are done with your workout, the Console will automatically shut off.

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Fill out this information for your own records.

Step 2

Go online to teeter.com to register your warranty.

Date of Purchase

Product & Model

Dealer Name

Serial No.

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.

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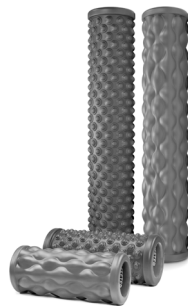
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Neck Relax & Restore Duo™

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



If you have any trouble assembling the equipment, or questions about its use, please contact customer service at

800-847-0143

info@teeter.com

