



GET STARTED

Assembly & User Guide

FreeStep® LT7™ Recumbent Cross Trainer

Follow along with these instructions

OR

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

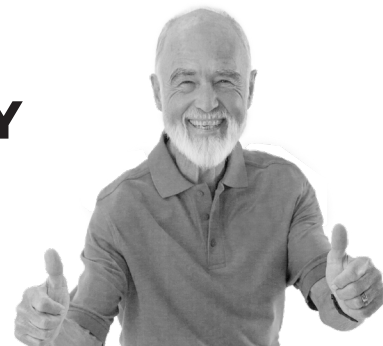


BILT.

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**.



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 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 350 lb (159 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. Hardware drawings located on the insert inside each Hardware Kit.

ITEM NO. ITEM NAME

Base

- SE2731 Base
- SE2712 Power Adapter

Pedals

- SE2704 Pedals (2)
- HK2061 Step 9a Hardware Kit
- HK2062 Step 9b Hardware Kit

Console Support Cover Set

- SE2707B Seat Pivot Cover Set
- HK2067 Step 5 Hardware Kit

Forward Pivot Cover Sets

- SE2709 Forward Pivot Cover Sets
- HK2069 Step 12 Hardware Kit

Console Support Bar

- SE2707C Console Support Bar
- HK2063 Step 1 Hardware Kit

Console

- SE2707 Console
- SE2707A Console Post
- HK2064 Step 3 Hardware Kit
- HK2065 Step 4 Hardware Kit

ITEM NO. ITEM NAME

Leg Cover Sets

- SE2710 Leg Cover Sets
- HK2066 Step 6 Hardware Kit

Rear Stabilizer

- SE2702 Rear Stabilizer
- HK2060 Step 2 Hardware Kit

Seat Back Assembly

- SE2705 Seat Back Assembly
- HK2071 Step 10 Hardware Kit

Lower Seat

- SE2706 Lower Seat
- HK2070 Step 8 Hardware Kit

Handle Support Tubes

- SE2708 Handle Support Tubes (2)
- HK2068 Step 7 Hardware Kit

Handles

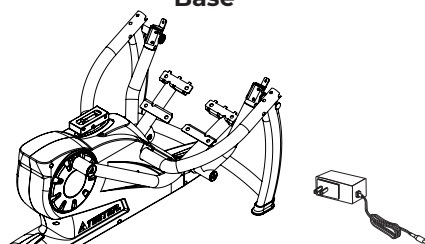
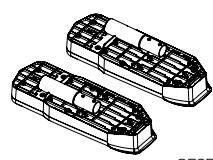

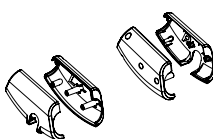
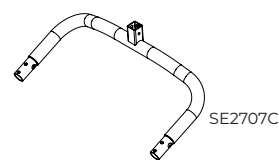
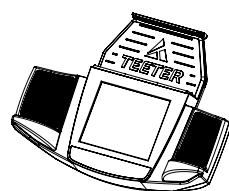

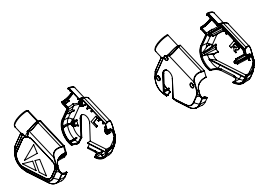
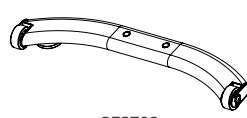
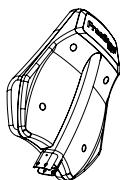
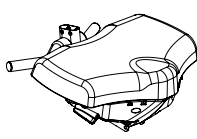
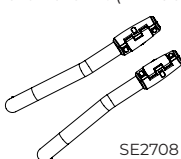
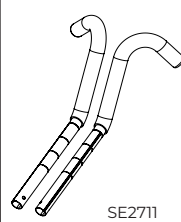

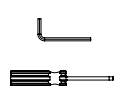
- SE2711 Handles (2)

Seat Pivot Cover Set

- SE2705A Seat Pivot Cover Set
- HK2072 Step 11 Hardware Kit

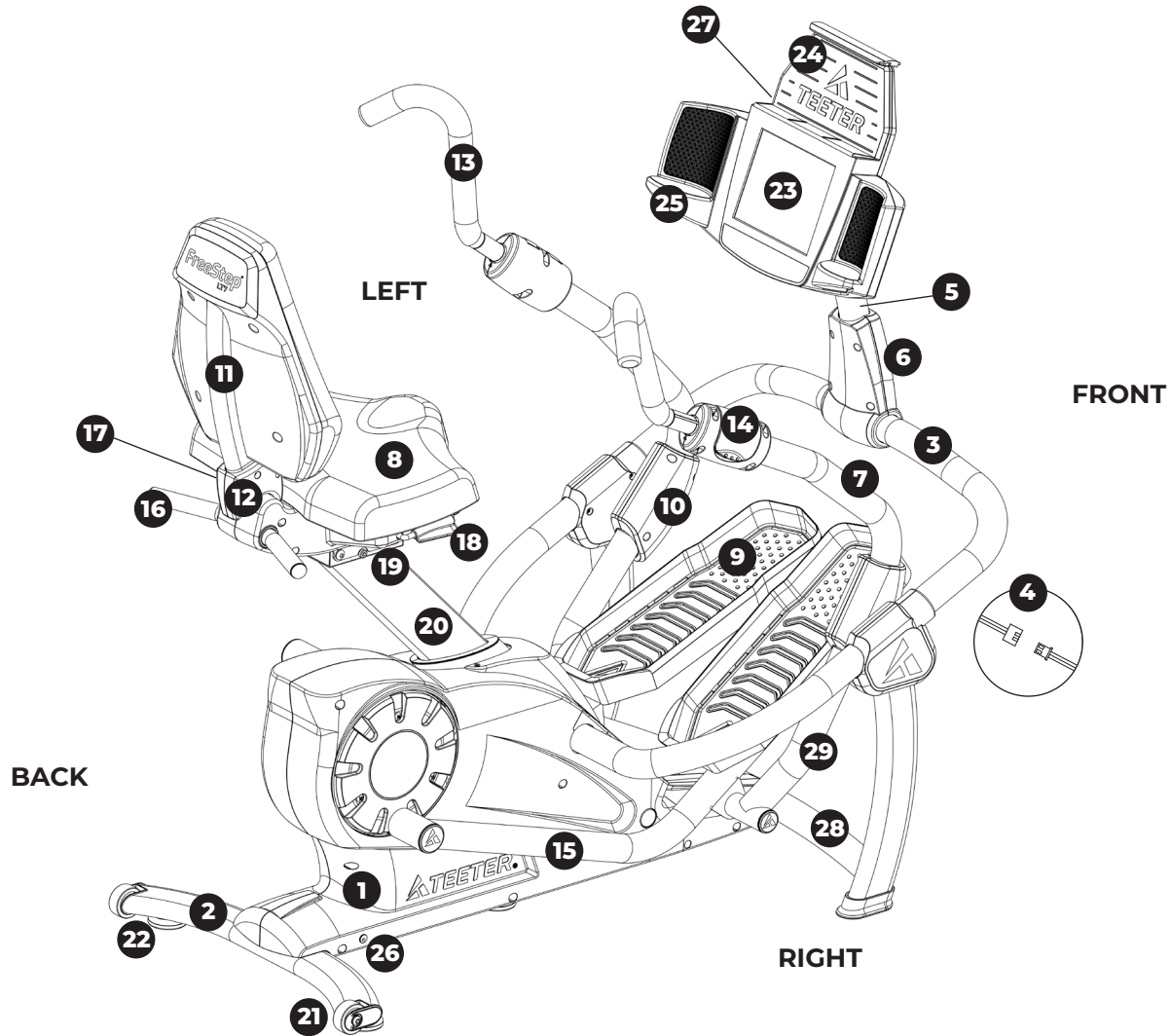
Tool Kit

- SE1178 Allen Wrench / Phillips Screwdriver

<p>Base</p>  <p>SE2731 SE2712</p>	<p>Pedals Use with Step 9 Hardware Kit (HK2061/2062)</p>  <p>SE2704</p>	<p>Console Support Cover Set Use with Step 5 Hardware Kit (HK2067)</p>  <p>SE2707B</p>	<p>Forward Pivot Cover Sets Use with Step 12 Hardware Kit (HK2069)</p>  <p>SE2709</p>	
<p>Console Support Bar Use with Step 1 Hardware Kit (HK2063)</p>  <p>SE2707C</p>	<p>Console Use with Step 3 Hardware Kit (HK2064)</p>  <p>SE2707</p>	<p>Console Post Use with Step 4 Hardware Kit (HK2065)</p>  <p>SE2707A</p>	<p>Leg Cover Sets Use with Step 6 Hardware Kit (HK2066)</p>  <p>SE2710</p>	
<p>Rear Stabilizer Use with Step 2 Hardware Kit (HK2060)</p>  <p>SE2702</p>	<p>Seat Back Assembly Use with Step 10 Hardware Kit (HK2071)</p>  <p>SE2705</p>	<p>Lower Seat Use with Step 8 Hardware Kit (HK2070)</p>  <p>SE2706</p>	<p>Handle Support Tubes Use with Step 7 Hardware Kit (HK2068)</p>  <p>SE2708</p>	<p>Handles</p>  <p>SE2711</p>
<p>Seat Pivot Cover Set Use with Step 11 Hardware Kit (HK2072)</p>  <p>SE2705A</p>	<p>Tool Kit</p>  <p>SE1178</p>			

A GUIDE TO YOUR FREESTEP

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



- | | | |
|------------------------------------|---------------------------------------|-----------------------------------|
| 1 Base | 11 Seat Back Assembly | 21 Transport Wheels (2) |
| 2 Rear Stabilizer | 12 Seat Pivot Cover Set | 22 Leveling Feet (3) |
| 3 Console Support Bar | 13 Handles (2) | 23 Console |
| 4 Console Wire | 14 Handle Cam Lock | 24 Media Rack |
| 5 Console Post | 15 Linkage | 25 Water Bottle Holder (2) |
| 6 Console Support Cover Set | 16 Seat Handle | 26 Power Input |
| 7 Handle Support Tubes (2) | 17 Height Adjustment Lever | 27 USB Charging Port |
| 8 Lower Seat | 18 Seat Back Adjustment Lever | 28 Front Crossbar |
| 9 Pedals (2) | 19 Lower Seat Adjustment Lever | 29 Forward Pivot Arm |
| 10 Forward Pivot Cover Sets | 20 Seat Post | |

* 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 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.

⚠ WARNING

SERIOUS INJURY OR DEATH MAY OCCUR IF PRECAUTION IS NOT TAKEN. To reduce this risk:

- **READ and understand** the Assembly & User Instructions before attempting to use.
- **ALWAYS** consult a physician before starting an exercise regimen. **DO NOT** continue to use if you feel unusual pain, dizziness, shortness of breath, chest tightness or discomfort.
- **DO NOT** allow children to use this machine or leave them unattended with the product. **Keep** children, bystanders and pets **away** when in use.
- **ALWAYS** reduce pedal speed in a controlled manner. Pedals continue to spin when you stop pedaling.
- Keep body parts, hair, loose clothing and jewelry clear of all moving parts. **ALWAYS** use on a level surface.
- **Weight Capacity: 350 lb (159 kg). For consumer, indoor Home-Use Only.**

Replace labels if damaged, illegible or removed.

SE1058 1123-0

⚠ WARNING

SERIOUS INJURY OR DEATH MAY OCCUR IF PRECAUTION IS NOT TAKEN. To reduce this risk:

- **DO NOT** allow children or pets to approach the equipment while in use. **NEVER** place hands or feet near linkages while in use. The linkages are flywheel driven and can cause serious injury, entrapment or death.

Replace labels if damaged, illegible or removed.

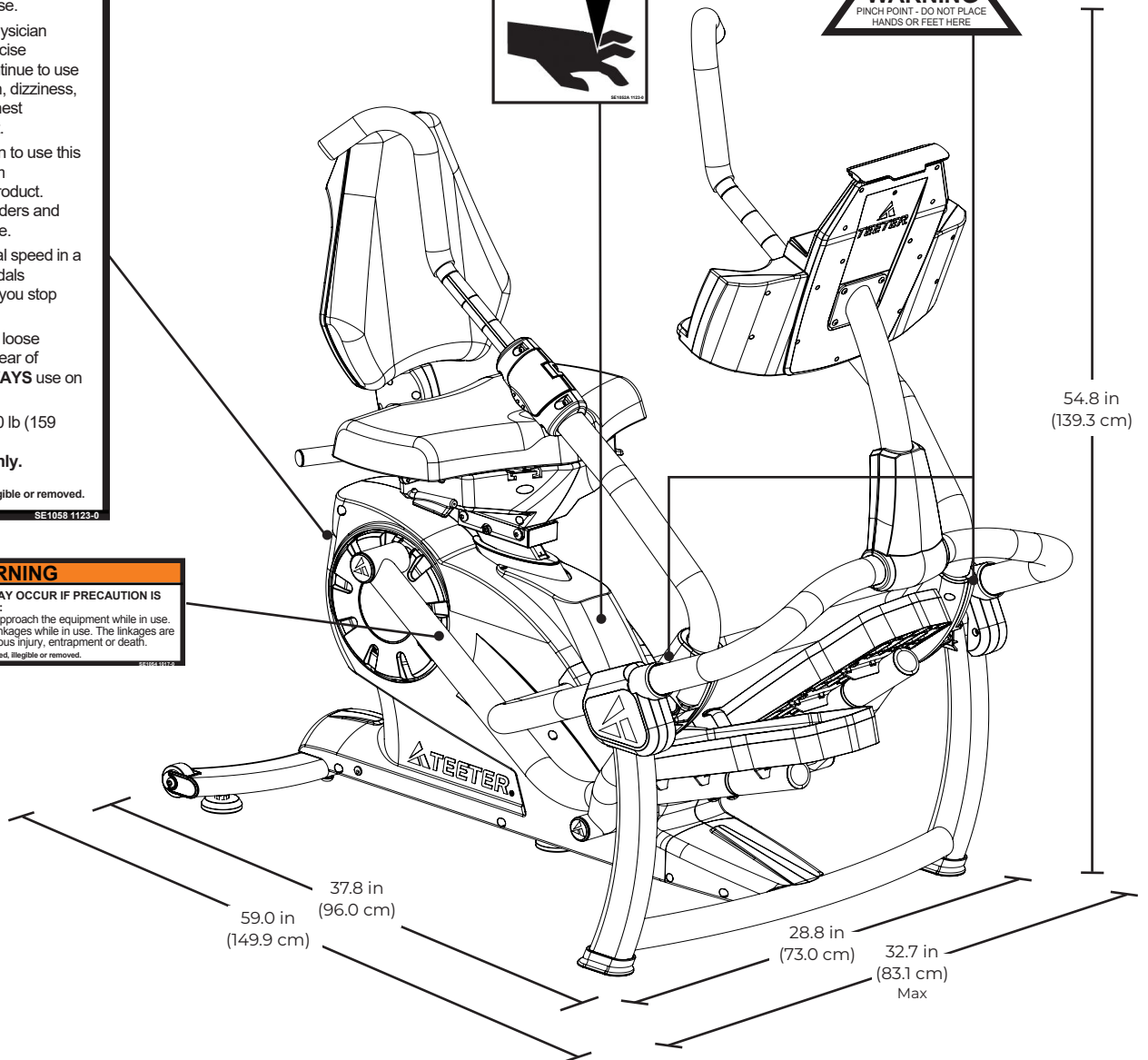
FE1018 1122-0

⚠ WARNING

PINCH POINT.
Keep hands and feet clear during operation.

SE1058 1124-0

WARNING
PINCH POINT - DO NOT PLACE HANDS OR FEET HERE



Dimensions (Base):	37.8 x 28.8 x 54.8 in (96.0 x 73.0 x 139.3 cm)
Dimensions (Max):	59.0 x 32.7 x 54.8 in (149.9 x 83.1 x 139.3 cm)
Weight:	150.4 lb (68.2 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. Ensure you are near a power source.

Unpack all parts and support materials. Set aside packing materials and clear your work area.

Locate the **Hardware Kits** inside the box, labeled to correspond with each assembly step.

PLEASE NOTE: The Front, Back, Right and Left of the equipment is labeled on Page 3. Always hand tighten all fasteners before fully tightening with the wrench or screwdriver. This icon  denotes each of the three (3) Console Wire Connections in this assembly process.

STEP 1

Assemble Console Support Bar

IMPORTANT: Do not pull or pinch the Console Wire during the Console Support Bar installation.

Figure 1: Insert Console Support Bar into the Base.

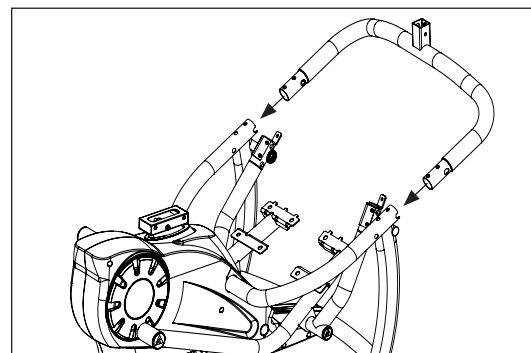


Figure 1

Figure 2: Use the **Step 1 Hardware Kit** to attach the Console Support Bar. Insert 4 × Bolts with 4 × Washers and hand tighten.

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

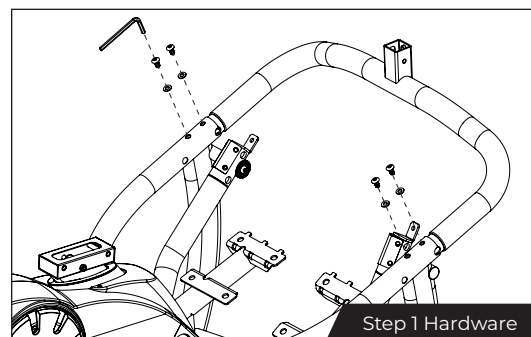


Figure 2

Figure 3: Carefully connect the Console Wires. 

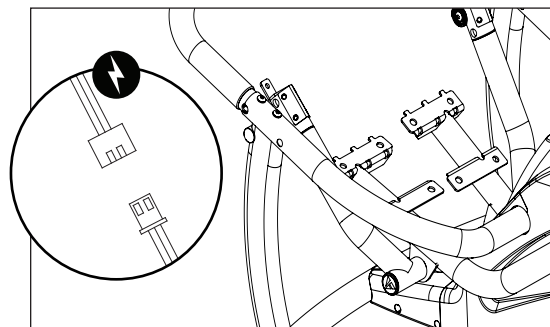


Figure 3

STEP 2

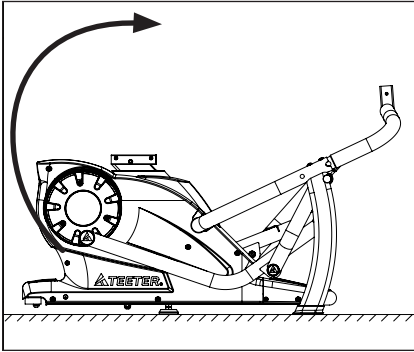


Figure 4

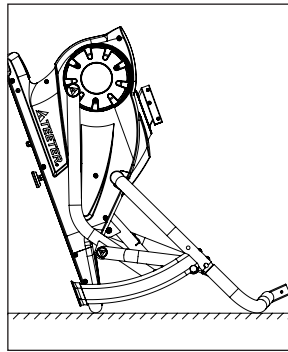


Figure 5

Figures 4-5: Lift the rear Base and tilt the FreeStep forward so the Console Support Bar is resting on the ground.

⚠ CAUTION

Use caution to avoid tipping and when lifting heavy objects.

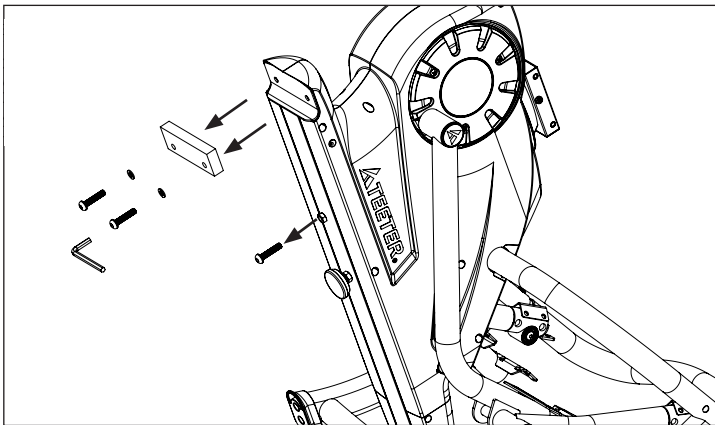


Figure 6

Figure 6: Use the 6 mm Allen Wrench to remove the 3 × Bolts, 2 × Washers and 1 × Wood Block from the Base. Discard the hardware and wood block as they are for shipping purposes only.

IMPORTANT: All three Bolts shown must be removed for the Flywheel to move freely during use.

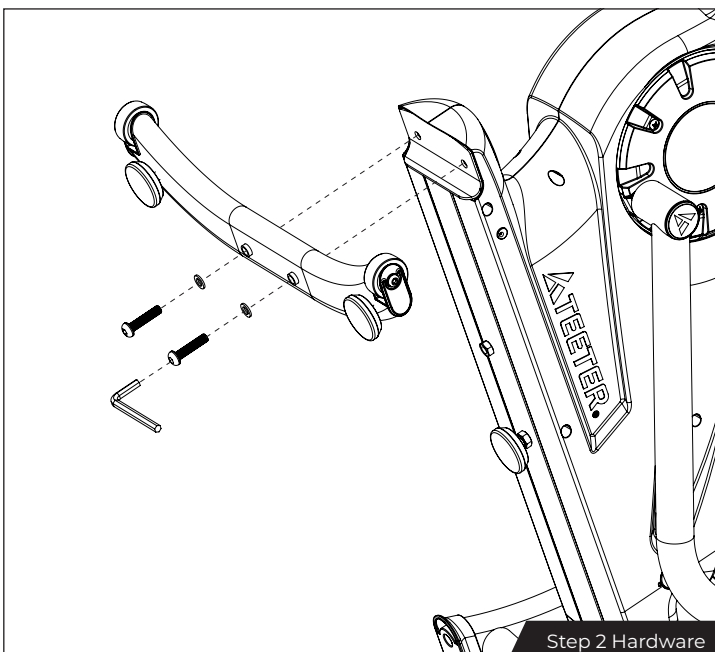


Figure 7

Assemble Rear Stabilizer

Figure 7: Use the **Step 2 Hardware Kit** to attach the Rear Stabilizer.

Align the Rear Stabilizer with the rear of the Base and hand tighten 2 × Bolts and 2 × Washers.

Proceed to fully tighten each Bolt with the 6 mm Allen Wrench.

Once the Rear Stabilizer is assembled, return the FreeStep to the upright position by lifting up on the Console Support Bar until the Rear Stabilizer is resting on the ground.

STEP 3

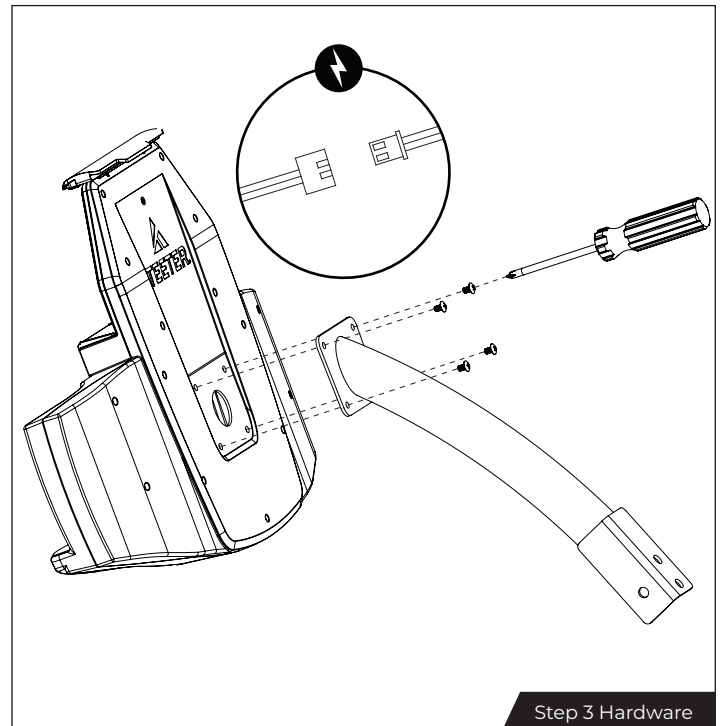
Assemble Console to Console Post

IMPORTANT: Do not pull or pinch the Console Wire during installation.

Figure 8: Connect the Console Wires ⚡ between the Console Post and the Console.

Use the **Step 3 Hardware Kit** to attach the Console to the Console Post using the 4 × Screws and hand tighten.

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



Step 3 Hardware

Figure 8

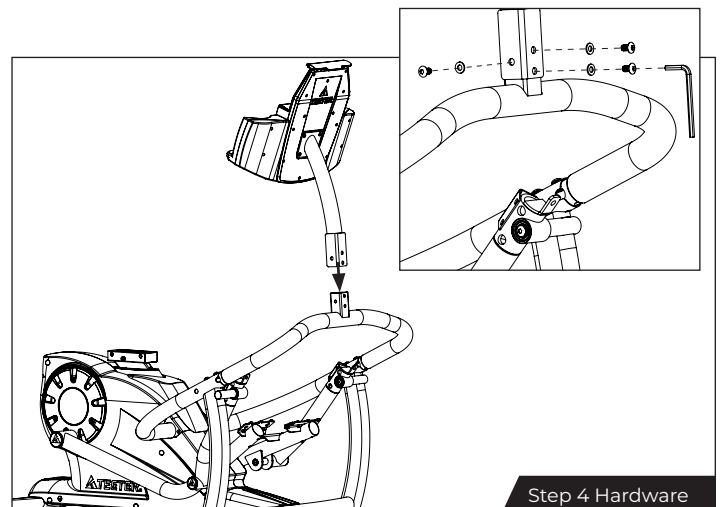
STEP 4

Finish Console Assembly

Figure 9: Use the **Step 4 Hardware Kit** to attach the Console Post to the Console Support Bar and hand tighten 3 × Bolts and 3 × Washers.

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

IMPORTANT: Do not pull or pinch the Console Wire.



Step 4 Hardware

Figure 9

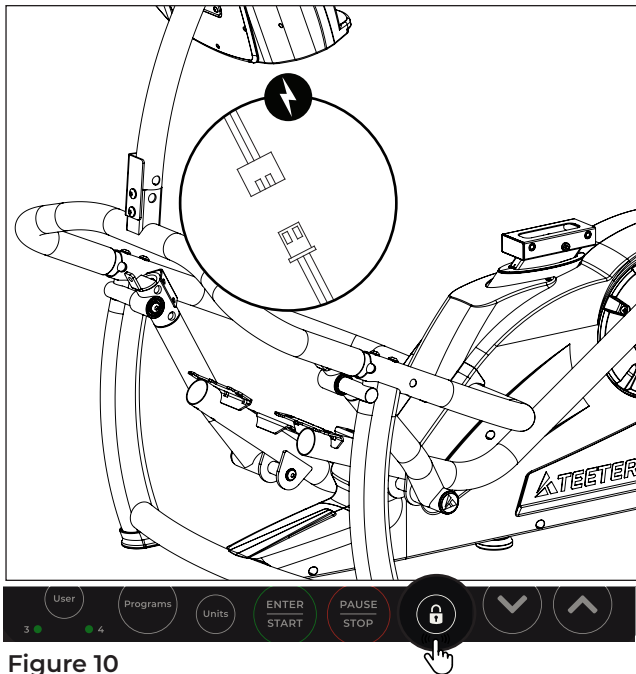


Figure 10

Connect the Console Wire

Figure 10: Connect the Console Wires ⚡ between the Console Post and the Console Support Bar.

Connect the Power Adapter to the Base (refer to Page 14). Temporarily plug into a power source.

To enable you to move the Linkage as needed in the remaining steps, you will need to disengage the Step Lock. Press and hold the Lock button on the Console for 5 seconds.

Once the Console shows UNLOCKED and the Linkage moves freely, unplug the Power Adapter from the wall until assembly is complete.

FCC COMPLIANCE NOTICE

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.

STEP 5

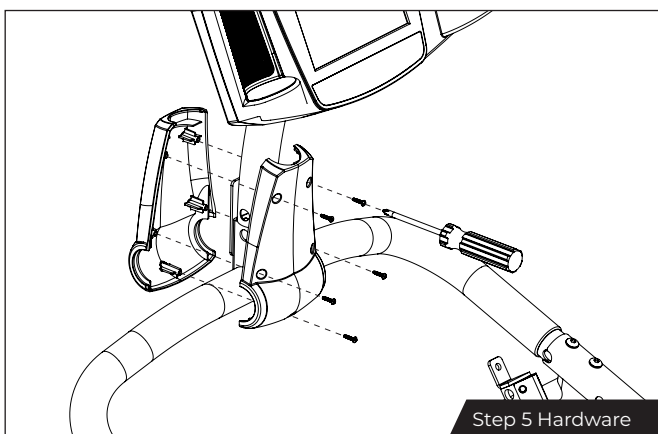


Figure 11

Assemble Console Support Cover Set

Figure 11: Attach the Console Support Cover Set using 5 × Screws from the **Step 5 Hardware Kit**, taking care not to pinch the Console Wire. Fully tighten with the Phillips Screwdriver.

STEP 6

Assemble Leg Cover Sets

Figures 12a & b: Locate the Front Leg Cover Sets, noting Right and Left markings. Pair each set over the corresponding Right and Left Upper Front Leg.

TIP: To gain better access to the screw holes during assembly, carefully adjust the position of the Linkage by pushing forward or pulling backward.

Use the **Step 6 Hardware Kit** to attach the Leg Cover Sets with 3 × Screws on each side and fully tighten with the Phillips Screwdriver.

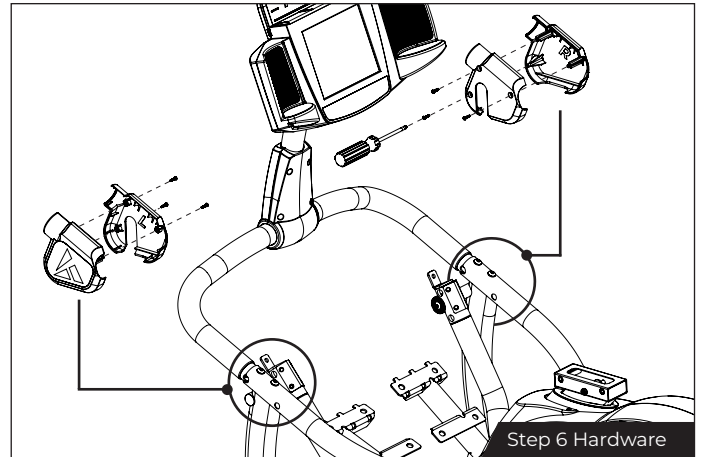


Figure 12a

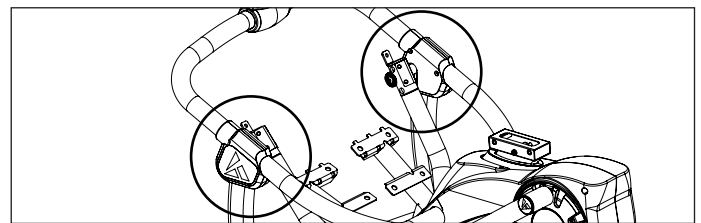


Figure 12b

STEP 7

Assemble Handle Support Tubes

Figure 13a & b: Locate the Handle Support Tubes, noting Right and Left markings. Align the Handle Support Tubes onto the top of the Forward Pivot Arm.

Use the **Step 7 Hardware Kit** to attach the Handle Support Tubes using 5 × Bolts on each side and hand tighten.

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

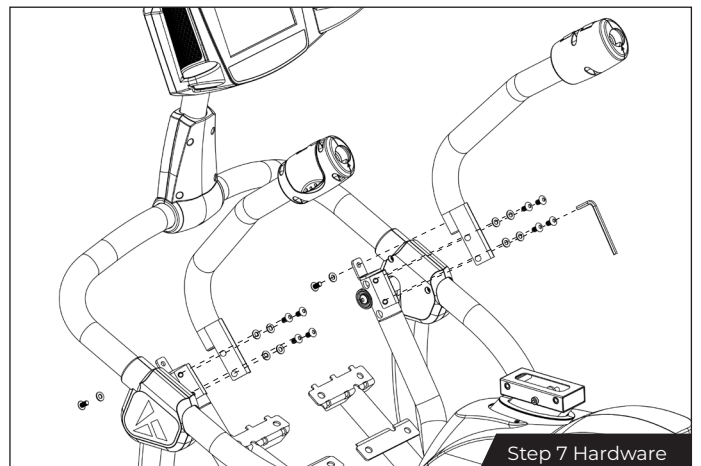


Figure 13a

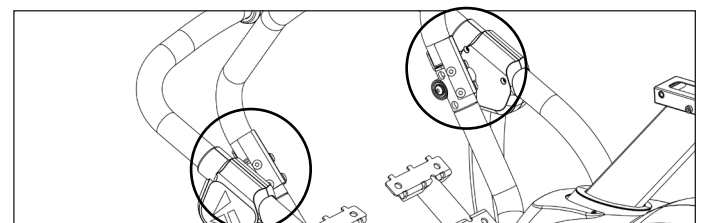


Figure 13b

STEP 8

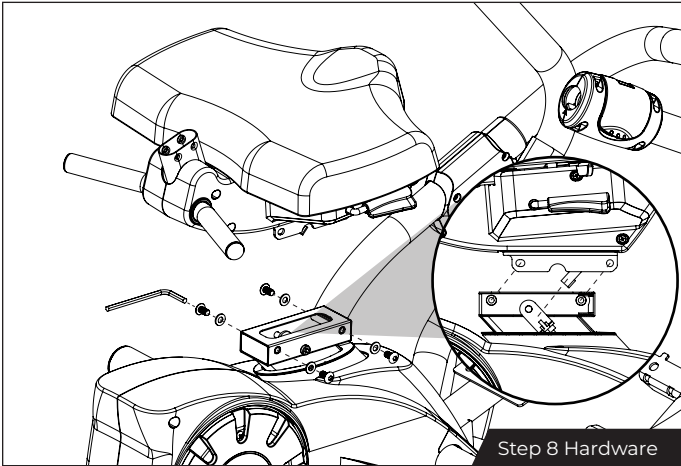


Figure 14

Assemble Lower Seat

Figure 14: Locate the **Step 8 Hardware Kit**.

Position the Lower Seat into the slot in the Seat Post on the Base.

TIP: Hold the seat slightly forward, then guide it down in a backward diagonal direction. When properly aligned, the round rod (Actuator) that protrudes out of the Lower Seat will need to rest inside of the mechanism in the Seat Post slot.

Install 4 × Bolts and 4 × Washers and hand tighten.

Figure 15: For ease of assembly, raise the Seat to the max height by lifting on the Seat Height Adjustment Lever and pulling up on the Seat.

Proceed to fully tighten all Bolts and Washers with the 6 mm Allen Wrench.

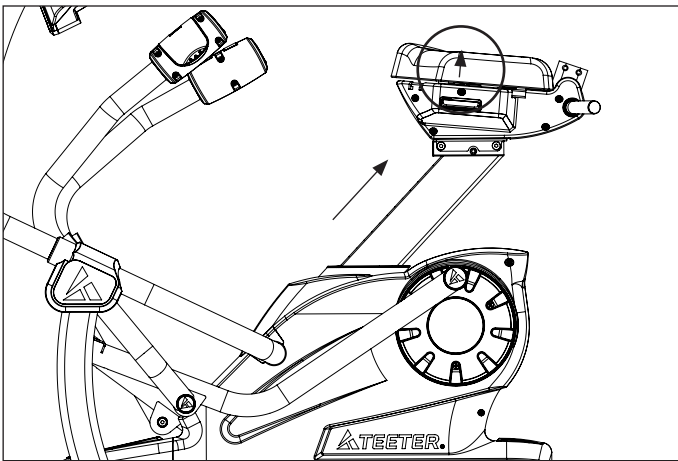


Figure 15

Figure 16-17: Position the FreeStep to rest on its back by lifting on the Console Support Bar until the Seat Handles are resting on the ground.

NOTE: Transport wheels will engage when lifting the Console Support Bar. Use Caution to avoid unintentional movement.

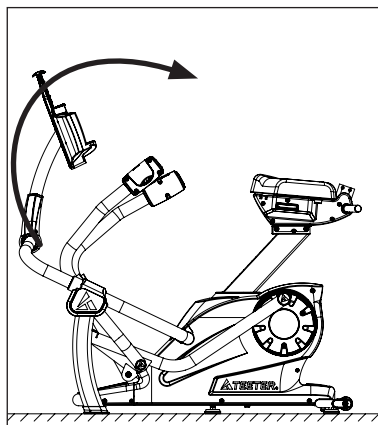


Figure 16

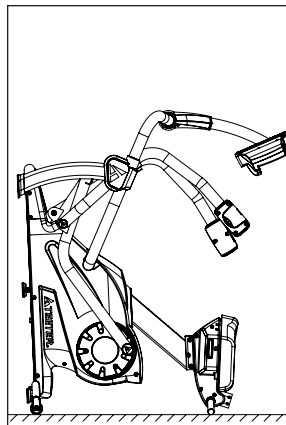


Figure 17

⚠ CAUTION

Use caution to avoid tipping and when lifting heavy objects.

STEP 9

Assemble Pedals

Figure 18: Locate the Pedals, noting Right and Left assembly stickers. Insert the Pedals into their respective Linkage Arms.

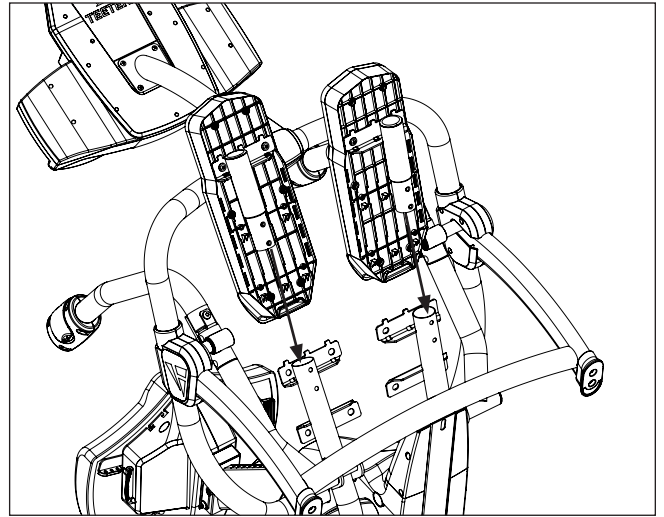


Figure 18

Figure 19a: Hand tighten 4 × Bolts and 4 × Washers from the **Step 9a Hardware Kit**.

Figure 19b: Hand tighten 8 × Screws and 8 × Washers from the **Step 9b Hardware Kit**.

Proceed to fully tighten the Bolts with the 6 mm Allen Wrench and the Screws with the Phillips Screwdriver.

Once the Pedals are assembled, return the FreeStep to the upright position.

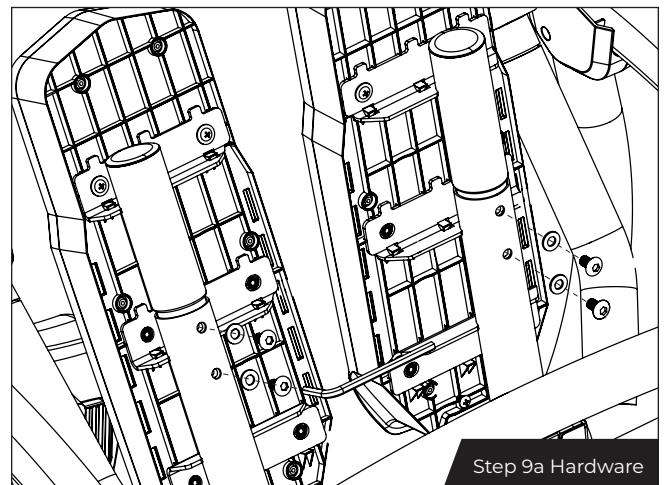


Figure 19a

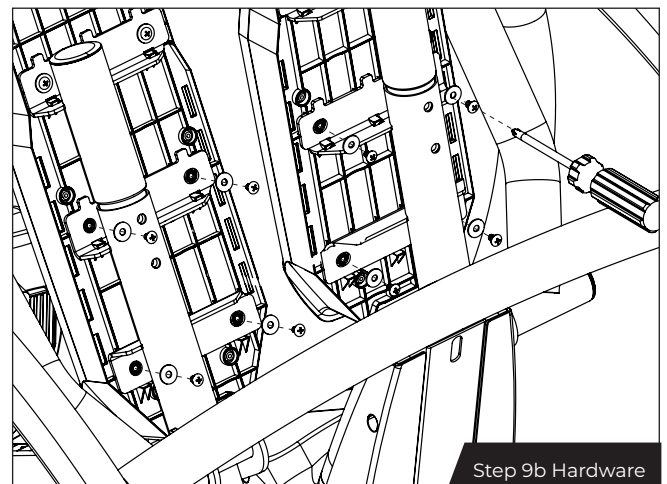


Figure 19b

STEP 10

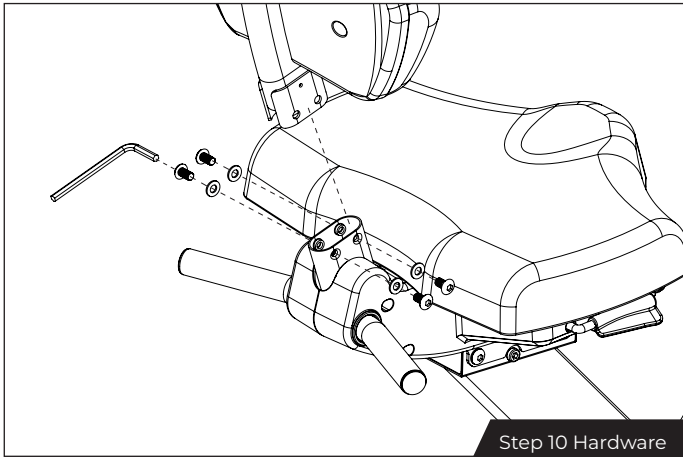


Figure 20

Assemble Seat Back

Figure 20: Locate the **Step 10 Hardware Kit**.

Insert the Seat Back Assembly onto the housing behind the Lower Seat and hand tighten 4 × Bolts and 4 × Washers.

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

STEP 11

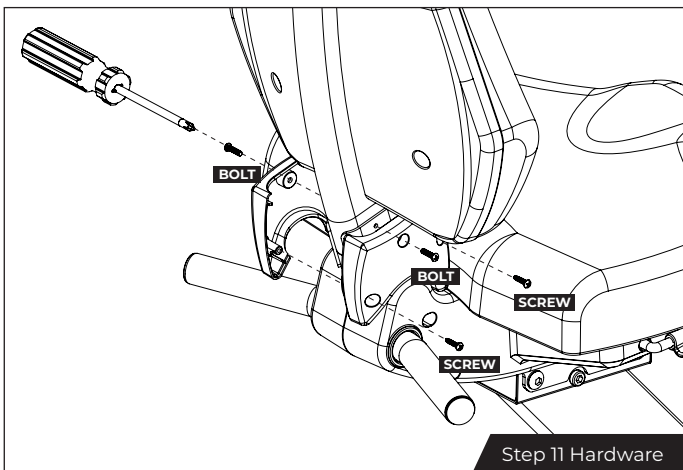


Figure 21

Assemble Seat Pivot Cover Set

Figure 21: Locate the Seat Pivot Cover Set, noting Right and Left Markings.

Use the **Step 11 Hardware Kit** to attach the Seat Pivot Cover Set behind the Lower Seat.

With the Phillips Screwdriver fully tighten 2 × Phillips Screws and 2 × Phillips Bolts.

STEP 12

Assemble Forward Pivot Cover Sets

Figure 22: Locate the Forward Pivot Cover Sets, noting Right and Left markings.

Using the **Step 12 Hardware Kit** fully tighten 4 × Phillips Screws on each side using the Phillips Screwdriver.

TIP: To gain better access to the screw holes during assembly, carefully adjust the position of the Linkage by pushing forward or pulling backward on the Handle Support Tubes.

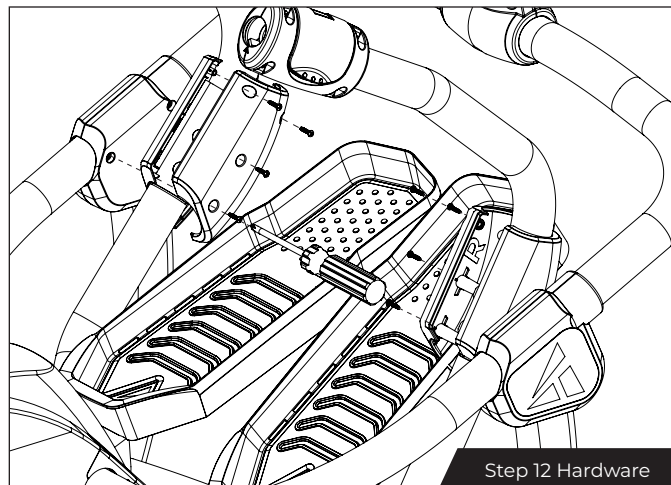


Figure 22

STEP 13

Figure 23: Locate the Handles, noting Right and Left markings.

Open the Handle Cam Locks and insert the Handles while aligning the groove with the arrow on the bottom of the opening.

Once in the desired position, close the Handle Cam Locks.

NOTE: Refer to the User Guide for more information on Handle positions and other user-specific adjustments, connecting to power and console operating instructions.

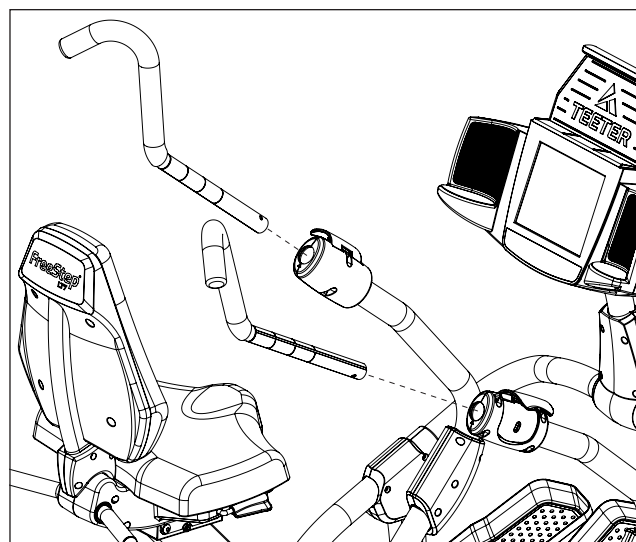


Figure 23

USER GUIDE

Leveling

Figure 24: Make sure the FreeStep is on a flat, stable surface. If any of the 3 × Leveling Feet are not resting flat on the ground, rotate them clockwise to lower until they reach the ground.

Powering On

NOTE: Be sure that the 90-degree Adapter is attached to the standard Power Cord tip, which will help to prevent damage to the Power Input if the cord is accidentally pulled.

Figure 25: Connect the Power Adapter to the Power Input in the Base and plug into a power source. The Console will automatically turn on. Refer to the Console Display section of this User Guide for more detailed information on using the Console.

Transporting

Ensure the Power Cord is unplugged from the FreeStep before transporting.

⚠ CAUTION

The FreeStep weighs over 150.0 lb (68.0 kg). Use caution when lifting to avoid injury and when rolling on floors to avoid damage to delicate surfaces like wood flooring.

Figure 26: The Transport Wheels are located on the back of the Rear Stabilizer. To transport, first lift from the Console Support Bar and then from the Front Crossbar. Move the FreeStep by rolling on the Transport Wheels as shown.

Media Rack & Water Bottle Holder

Figure 27-28: Enjoy the convenience of easy access to your smart device and water bottle during your workout.

Rest your device on the Media Rack and adjust the spring-loaded tab to secure it in place. Use the USB charging port on the Media Rack to charge your device while you workout.



Figure 24



Figure 25



Figure 26



Figure 27



Figure 28

USER GUIDE

⚠ CAUTION

ALWAYS adjust Seat height 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 29

Seat Height Adjustment

Figure 29: To find your ideal Seat height, start with the seat in the lowest position.

To lower, pull up on the Seat Height Adjustment Lever under the Lower Seat (left) and push down on the Seat (you may find this easiest if you are sitting on the Seat). Release in the lowest setting.



Figure 30

Figure 30: Sit 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 31

Figure 31: 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, you have found your Height setting but need to shift your foot down 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 32

Figure 32: To raise the Seat height, stand behind the FreeStep, lift the Seat Height Adjustment Lever and pull up on the seat.

Your ideal height setting allows for a slight bend in the knee while your leg is fully extended and your toes are toward the top of the Pedals.

USER GUIDE

Seat Back Position

Figure 33: The Seat Back adjusts to three (3) positions for customized support of the lower back while targeting different muscle groups during your workout.



Figure 33

Figure 34-35: To adjust the Seat Back, pull up on the Seat Back Adjustment Lever under the Lower Seat (right), pull back on the Seat Back, and release the Lever once you have reached your desired position.

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



Figure 34



Figure 35

Lower Seat Position

Figure 36: The Lower Seat adjusts inward and outward for customized depth and comfort.



Figure 36

Figure 37: To adjust the Lower Seat, pull back on the Seat Position Adjustment Lever under the Lower Seat (right), slide the seat, and release the Lever once you have reached your desired position.



Figure 37

USER GUIDE

Handle Length Adjustment

Figure 38: Release the locking mechanism by opening the Handle Cam Lock.



Figure 38

Figure 39: Adjust the length in or out until you reach your desired setting. Close the Handle Cam Lock to secure the Handle in place.

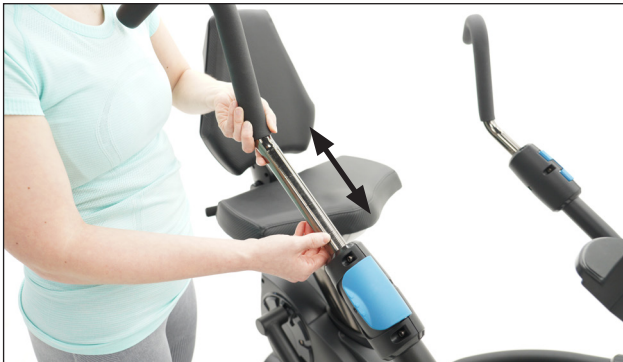


Figure 39

Figures 40-41: 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.



Figure 40



Figure 41

USER GUIDE

Grip Position

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

Figure 42: To change grip position, open the Handle Cam Lock. Rotate the Handle into the desired position until you feel the Cam Lock housing engage into the 'groove' in the handle tube. Close the Handle Cam Lock.



Figure 42

Figure 43: 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 43

Figure 44: Adjust the Handles to the **Lower Grip** to target triceps, biceps, 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 44

USER GUIDE



Figure 45

Total Body

Figure 45: 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 15-16 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 17-18 for Handle Adjustment.



Figure 46

Legs Only

Figure 46: 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 47

Arms Only

Figure 47: Target your upper body by only using your arms.

Seat: Adjust the Seat Height so you can comfortably rest your feet on the Console 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.

USER GUIDE: CONSOLE

Metrics & Display Information

A. **TIME:** Displays in minutes and seconds. Depending on the Program selected for your workout, the time will either count up from 0 or count down from a pre-selected workout time.

B. **BURN RATE:** Displays the estimated calories per minute burned during your workout. Your Burn Rate will be the most accurate if you set up a User Profile and use a Heart Rate Monitor during your workout.

C. **BURN RATE DIAL:** Consists of two dials: a colorful outer dial and a white inner dial. The colorful outer dial is the **Actual Burn Rate Dial** which

represents a visual display of calories burned per minute. The white inner dial is the **Goal Burn Rate Dial**, which can be used in Preset programs as a motivator during your workout.

D. **HEART RATE:** The console is enabled to detect a signal from a compatible Bluetooth® Heart Rate Monitor, showing a Bluetooth® icon on the upper right of the screen when connected. During your workout, your heart rate will be displayed and the Heart Icon will blink to your heart beat. For optimal performance, we recommend using the Teeter Wireless Heart Rate Monitor Chest Strap (available at teeter.com), which will automatically pair with the FreeStep Console. *Heart Rate displayed may be inaccurate and should be used for reference only.*

E. **HEART RATE DIAL:** Consists of two dials: a colorful outer dial and a white inner dial. The colorful outer dial is the **Actual Heart Rate Dial** which represents a visual display of your heart rate during your workout. The white inner dial is the **Goal Heart Rate Dial**, which can be used in the Heart Rate Goal program as a motivator during your workout. Note that this feature can only be used when a Heart Rate Monitor is connected to the Console.

F. **SPEED:** Displays in mph by default. To change the Speed Unit, press the Unit button.

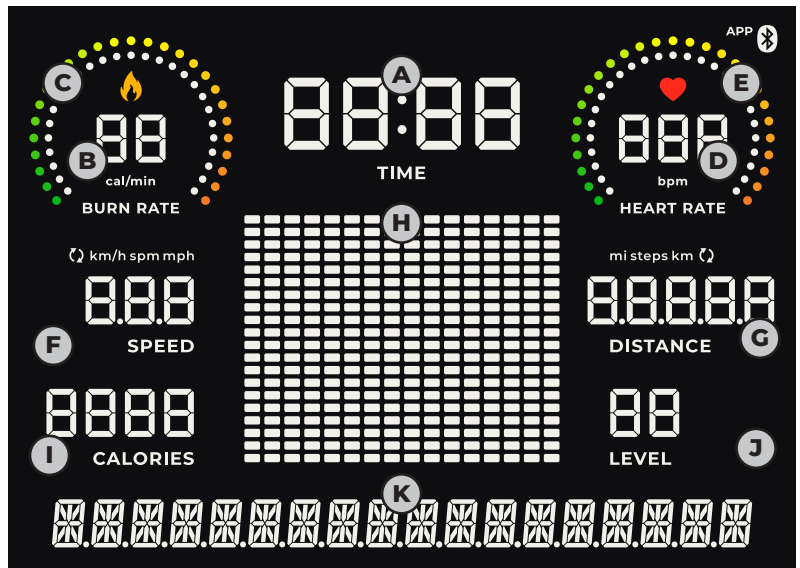
G. **DISTANCE:** Displays in miles by default. To change the Distance Unit, press the Unit button.

H. **PROGRAM GRID DISPLAY:** Displays a visual representation of your selected workout Program.

I. **CALORIES:** Displays estimated calories burned. This will be the most accurate if you set up a User Profile and use a Heart Rate Monitor during your workout.

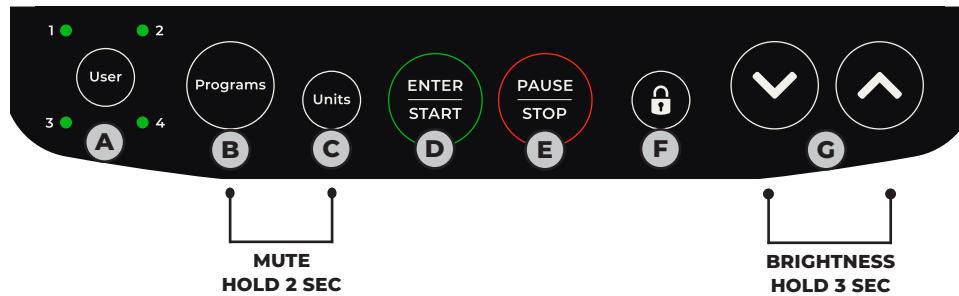
J. **LEVEL:** Displays your workout Resistance Level and can be increased or decreased by pressing the Up or Down Arrow buttons. There are 20 levels of resistance.

K. **PROGRAM:** The Program Text displays all menu items before, during, and after your workout.



USER GUIDE: CONSOLE DISPLAY

Button Controls



A. **USER:** Press to select a User Profile (1-4). To set up a new User Profile, press and hold.

B. **PROGRAMS:** Press to enter the Programs list. To cycle through program options, use the Programs button or Up and Down Arrows. Press Enter/Start to select your desired program.

C. **UNITS:** Press to select your desired Speed and Distance units (miles, steps, or kilometers) or select cycle to alternately display all units while you work out. Units can be changed before or during your workout.

D. **ENTER/START:** Press the Enter/Start button to select values or to start your workout.

E. **PAUSE/STOP:** During your workout, press the Pause/Stop button once to pause your workout and press it twice to end your workout. Pressing the Pause/Stop button while setting up a program will cancel the workout settings.

F. **STEP LOCK:** The Step Lock button allows you to lock the pedals and handles in place, making it easier to get on and off the machine. To lock or unlock the machine, hold down the Step Lock button for 5 seconds. You cannot lock the machine while it is in motion or during a workout. The machine will stay locked even when powered off and must be powered on to unlock. If the machine is locked, you will need to unlock it before starting a workout.

G. **UP/DOWN ARROWS** Press to change the resistance during your workout (1-20 levels). The Arrow buttons can also be used to change values and navigate through settings while setting up your workout.

MUTE/UNMUTE: Press and hold the Units and Programs buttons at the same time for 2 seconds. This will mute the audible key tone haptic feedback and all other screen indication tones. The screen will read “Mute” in the Program Text Line. Press and hold both buttons at the same time for 2 seconds again to unmute. The screen will read “Unmute” in the Program Text Line.

SCREEN BRIGHTNESS: Press and hold the Up Arrow and Down Arrow buttons at the same time for 3 seconds, then press the Up or Down Arrow to increase or decrease the brightness. Once you reach your desired brightness, press the Start button to save your setting.

USER GUIDE: CONSOLE DISPLAY

Operation

Start-Up Mode: The Console will enter the Start-Up mode if it is plugged into a power source, if any button is pressed, or if you start pedaling.

- The Program Text will read “Select Program or Press Start.”
- The Bluetooth® logo will blink on and off while in pairing mode until a Heart Rate Monitor is connected.

User Setup: Press the User button to select a User Profile (1-4).

- To set up or edit a User Profile, press and hold the User button.
- Press the Up or Down Arrow buttons to adjust the values and press Enter/Start to select Weight Unit (lb or kg), Weight, Age, and Burn Rate range (10 cal/min, 20 cal/min, or 40/cal min). We recommend starting at the lowest Burn Rate range when starting out. If you find that you are regularly maxing out your Burn Rate Dial, then adjust the range up.
- Your User Profile will be saved to that User number (1-4).
- Note: You cannot change your User Profile during a workout

Units Setup: Press the Units button to select your desired Speed and Distance units to be displayed during your workout.

- Continue to press the Units button until you see the unit you would like to choose.
- Unit Options: **Miles** (displays mph for Speed), **Steps** (displays steps per minute or “spm” for Speed), **Kilometers** (displays km/h for Speed) and **Cycle** (cycles through all unit options).
- Wait 2 seconds and your desired unit will be saved.
- You can change your Units at any time during or before your workout.

Quick Start: If you want to quickly start your workout instead of selecting a Program, press the Enter/Start button from Start-Up Mode to go directly into a Manual workout.

MANUAL WORKOUT: The Manual workout allows you to exercise without a Preset workout or Time.

- The Time will count up from 0. The Level will start at 1.
- Each Column of the Program Grid Display represents 1 minute and each Row represents 1 Level of resistance.
- Each Column will blink for 1 minute and show the history of the Level you were at in the previous minute until you reach Column 10. For example:
 - In minute 1, if you have selected Level 3, all Columns will be lit with 3 Rows and Column 1 will be blinking.
 - In minute 2, if you increase to Level 4, Columns 2-16 have 4 Rows lit and Column 2 is blinking, but Column 1 still shows only 3 Rows lit.
- Once you reach minute 10, the blinking column will remain on Column 10. Columns 10-16 will show the current Level of resistance and Columns 1-9 will show the history of resistance.

Choose a Program: Press the Programs button to cycle through all the program options.

- You can also press the Up or Down Arrow buttons to navigate through the Programs.
- Press Enter/Start to select your desired Program.

USER GUIDE: CONSOLE DISPLAY

Programs

PRESET WORKOUTS: Cardio, Easy Trail, Stairs, Unwind, Keep Stepping, Mountain, Cruising, Rolling Hills, Uphill Climb, Fat Burn, Random, High Low, Interval, Valley, Pyramids, Downhill.

To start a preset workout: Set Workout Time; set Workout Mode (select Resistance Mode or Burn Rate Mode); press Start.

Workout Time: The default is 10 minutes and can be set in increments of 1 minute. For Preset Workouts, the Time will count down from the set amount of time and the Columns of the Program Grid Display will be divided by the total time. E.g., if you choose a 16-minute workout, each Column will represent 1 minute since there are a total of 16 Columns.

Workout Mode - Resistance:

- Resistance will automatically adjust throughout your workout to match the Rows of the Program Grid Display. E.g., if you are in the first minute of a 16-minute workout, and 3 Rows are lit in Column 1 in the Preset workout, your resistance will automatically adjust to Level 3 in the first minute.
- Set the Max Resistance Level (1-20) which refers to the highest level of resistance during the workout. The default Max Resistance Level for each Preset workout will be the highest level of resistance shown in the Program Grid Display. E.g. the Cardio Preset shows the highest Level at 8 so the default setting is Level 8, but the Keep Stepping Preset has a Max Resistance of Level 3, so the default setting starts at Level 3.
- You can choose to adjust your resistance during your workout; however, it will adjust the entire workout proportionally.

Workout Mode - Burn Rate:

- The Rows of the Program Grid Display correspond to the Goal Burn Rate Dial.
- The Resistance does not automatically adjust in Burn Rate Mode. The goal is for you to either pedal faster and/or increase the resistance manually to match your Actual Burn Rate Dial to the Goal Burn Rate Dial on the Console.
- Set the Max Burn Rate (10, 20, or 40 cal/min) which refers to the highest level of your Burn Rate during the workout. The default Max Burn Rate for each Preset workout will be the highest level of Burn Rate shown in the Program Grid Display.
- You cannot adjust the Burn Rate Goal during your workout once it has been started.
- For optimal results, Burn Rate Mode is best used without the Heart Rate Monitor.

GOAL WORKOUTS: Time Goal, Calorie Goal, Distance Goal, and Heart Rate Goal.

Time Goal: Set a desired workout time. The default is 10 minutes in increments of 1 minute.

- The Rows of the Program Grid Display represent resistance Levels.
- The Columns of the Program Grid Display will be divided by the total time.

Calorie Goal: Operates like the Manual workout, except:

- Set up a Calorie Goal by selecting Calories in increments of 10. The default is 100 Calories.
- The Program Text will alternate between "Calorie Goal" and the chosen goal, for example, "100 Calories."

USER GUIDE: CONSOLE DISPLAY

Distance Goal: Operates like the Manual workout, except:

- Choose the Distance Units you want your goal to be based on (Miles, Steps, Kilometers).
- Set the Distance Goal:
 - Miles: Default is 1 mile. Select in increments of 0.5 miles.
 - Steps: Default is 1000. Select in increments of 100.
 - Kilometers: Default is 1 km. Select in increments of 0.5 km.
- The Program Text will alternate between “Distance Goal” and the chosen goal, for example, “1 Mile.”

Heart Rate Goal: Based on trying to hit a constant heart rate goal for a set amount of time. The goal is for you to match your Actual Heart Rate Dial to the Goal Heart Rate Dial on the Console by increasing your speed and/or manually increasing the resistance.

- Connect a Heart Rate Monitor. The console will prompt this connection. If no Heart Rate Monitor is connected, you cannot proceed.
- Set the BPM Goal for your workout. The default BPM is set to 120 and the allowable minimum to maximum BPM Goal setting is 60-180.
- Set your Time (the default is 10 minutes).
- The Rows of the Program Grid Display represent resistance Levels.
- The Columns of the Program Grid Display will be divided by the total time.
- The Program Text will alternate between “Heart Rate Goal” and the chosen goal, for example, “120 BPM.”

Heart Rate displayed may be inaccurate and should be used for reference only.

PAUSE / STOP:

- Pause your workout by:
 - Pressing the Pause / Stop Button to enter Pause Mode. You can either start pedaling again or press Enter / Start to resume your workout.
 - Pausing activity for 5 seconds will automatically enter Pause Mode.
- End your workout by:
 - Pressing the Pause / Stop button again while in Pause Mode.
 - Completing your workout.

When your workout is complete, the console screen will show a congratulations display followed by a Workout Summary (Total Time, Total Calories, Total Distance).

- Automatic Power Off:
 - After 30 minutes of inactivity following a paused workout.
 - After 15 minutes of inactivity on all other screens.

Console Software Updates: An app is available for Apple and Android devices to check for and perform updates on the Console. To download the app, search for “Teeter Console Update” in the App Store or Google Play. The app will automatically sync to the Bluetooth® on the FreeStep, allowing you to check for updates. For optimal performance, perform this check annually.



This warranty applies to U.S. and Canada customers only. International customers should consult the local distributor for warranty information which will vary depending on the country.

Teeter warrants that this product is free from defects in materials and workmanship when used for the intended purpose under normal conditions and does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Warranty terms for products purchased in the U.S. or Canada are as stated below:

Structural Frame 3 years

Mechanical/Electrical Parts 2 years

Throughout the terms of the warranty coverage, Teeter extends to the owner a repair and replacement warranty against manufacturing defects in materials and workmanship. Teeter will repair or replace any such defect and will pay the costs of all parts and transportation. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser's option, replace with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. Any replacement of the product under the terms of the Warranty in no way extends the original Warranty period. 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.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED.

This warranty shall be governed by the laws of the State of Washington, USA. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. Any controversy or claim arising out of or relating to this warranty, its interpretation, or any alleged breach thereof, which cannot be amicably settled between Teeter and the owner within sixty (60) days of written notice by the aggrieved party to the other, shall be finally settled by arbitration submitted to three (3) arbitrators selected from the panels of the arbitrators of the American Arbitration Association located closest to Teeter's principal place of business.

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 / province to state / province. 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.

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.

Please DO NOT mail this to Teeter.



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Teeter also offers a 30-Day Price Match Guarantee. If at any time within 30 days of placing your order, you find the same, new-condition model advertised in print or online by a Teeter authorized dealer for a lower price, send Teeter customer service a copy of the ad (dated and published within 30 days of placing your order) and they will either adjust your future payments for the new price or refund you the difference.

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The new term will be for the same duration as the expired term unless otherwise specified at time of renewal. This renewal will be processed (and your card charged) within 30 days prior to the expiration of the term and each period thereafter. IF YOU DO NOT DESIRE TO HAVE YOUR SUBSCRIPTION AUTOMATICALLY RENEWED, YOU MUST, PRIOR TO THE EXPIRATION OF YOUR SUBSCRIPTION TERM, INFORM US OF YOUR INTENTION NOT TO RENEW YOUR SUBSCRIPTION TO THE PRODUCT BY CALLING OUR CUSTOMER SERVICE.

You must provide current, complete, and accurate information for your billing account. You are responsible for ensuring this information is correct and must promptly update all information to keep your billing account current, complete, and accurate (such as a change in billing address, credit card number, or credit card expiration date). You must promptly notify us if your credit card is canceled (for example, for loss or theft). Changes to such information can be made by contacting Customer Service.

We reserve the right to refuse or discontinue the supply of the Product to any user at any time at our sole discretion.

RETURNS*: If you wish to return your purchase, contact Teeter Customer Service and request a Return Authorization within 90 days (or within 30 days to avoid your first payment if financed), then follow the proceeding return instructions. When an item is returned, the refund and how the refund is issued may differ based on the condition of the item, the timeframe, and how the item was purchased. Teeter offers a 90-day return window (from the date item is received) to return the product for a full refund (less return shipping and interest). Returns are allowed past the return window up to 120 days after receipt for partial credit of the original purchase price (see below). The customer is responsible for the cost of shipping the product back to Teeter unless the product is defective, in which case Teeter must be given the opportunity to offer warranty service or replace the product.

If You Return:	You'll Receive:
Item(s) in original condition within the return window (90-days from receipt after delivery)	100% of the item's price [^] (less shipping & handling, financing interest paid is non-refundable)
Item(s) in original condition past the return window (91-120 days. No returns are accepted past 120 days)	80% of the item's price [^] (financing will be refunded and separately charged a restocking fee equal to 20% of the purchase price)
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)	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.

All shipments leave the Teeter warehouse in good condition. Any damage, shortages, or product lost in transit should be reported to Teeter within fourteen (14) days.

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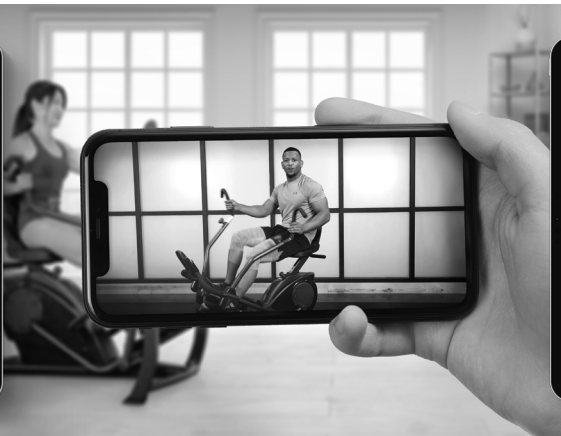
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Track your heart rate for a more effective cardio workout with your FreeStep LT7, Power10 or any Bluetooth or ANT+ device.



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Protect your floors from wear and tear, and extend the life of your equipment by preventing floor dust and debris from getting into moving parts.



FitForm™ Cable Trainer

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



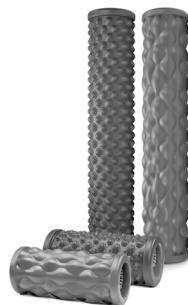
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