



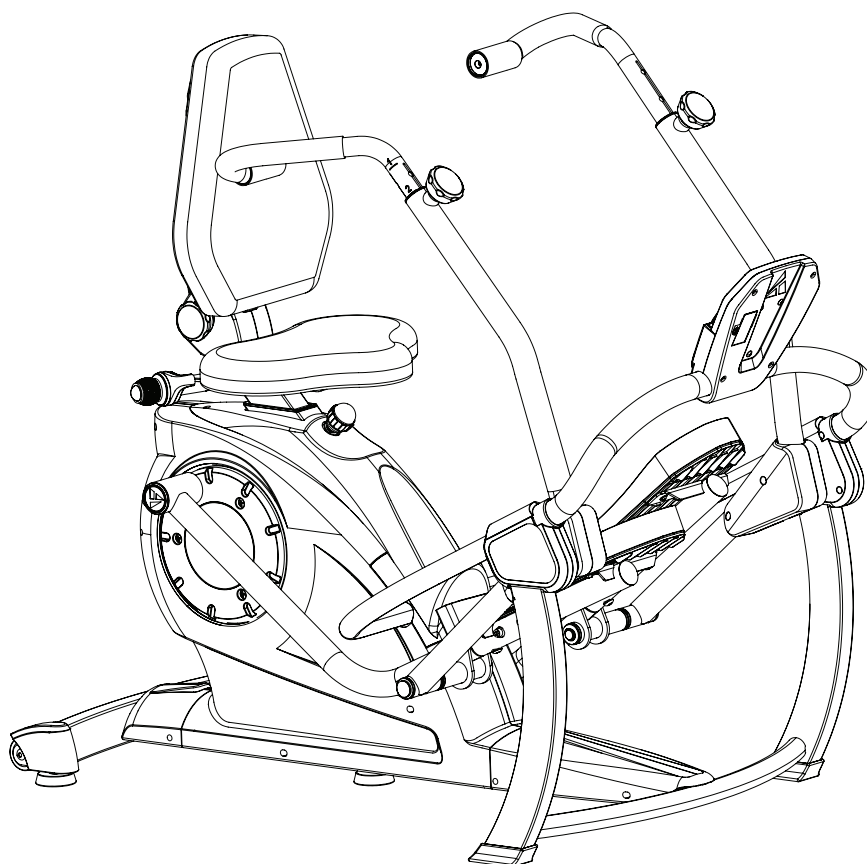
NEW!
Follow along with
your smartphone
to make assembly
even easier!

FreeStep™

Elliptical Recumbent Cross Trainer

Assembly Instructions & User Guide

For Zero-Impact Cardio and Muscle Toning Workouts



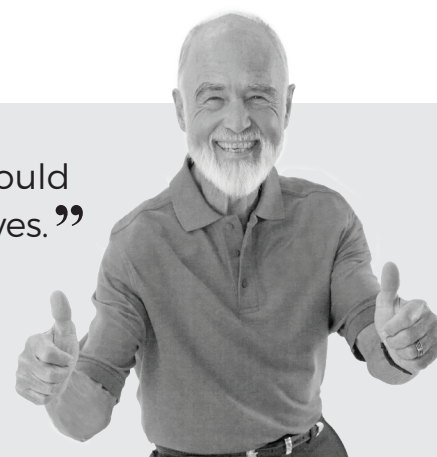
To download and print the Teeter FreeStep™ instructions, visit the product support page at teeter.com.



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

“I created Teeter so people could live healthier, more active lives.”

-Roger Teeter founder & innovator



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.



For step-by-step, 3D interactive instructions, download BILT (a FREE mobile app) to your smartphone to follow along. See Page 5 for instructions on how to download BILT.



To register your product warranty, go to **teeter.com/Support/Warranty-Registration**



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 customer service experts can help! Contact Teeter Customer Service at **800.847.0143**, or via online forms or Live Chat at **teeter.com**.

Assembly Instructions

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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 lbs. (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 for replacement.

SAVE THESE INSTRUCTIONS

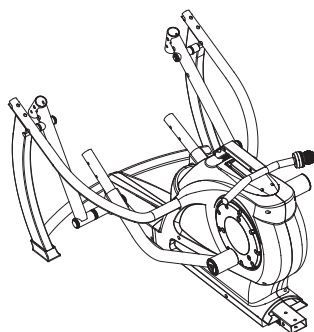
Items for Assembly

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

ITEM NO.	ITEM NAME
Base	
SE1101	Base
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	
SE1104	Pedal (2)
HK1044	Step 2 Hardware Kit
Seat Back Assembly	
SE1105	Seat Back Assembly
HK1045	Step 3a Hardware Kit
Lower Seat	
SE1106	Lower Seat
HK1046	Step 3b Hardware Kit

ITEM NO.	ITEM NAME
Console Front Support Bar	
SE1107	Console Front Support Bar
HK1047	Step 4a Hardware Kit
Handle Support Tubes	
SE1108	Handle Support Tube (2)
HK1048	Step 4b 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
Handles	
SE1111	Handle (2)
Tools	
SE1112	Allen Wrench / Screwdriver
SE1113	Box-Ended Wrench

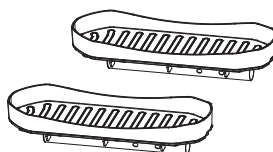
Base



SE1101

Pedals

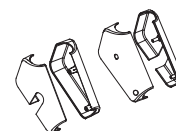
Use with Step 2 Hardware Kit (HK1044)



SE1104

Pedal Arm Joint Cover Sets

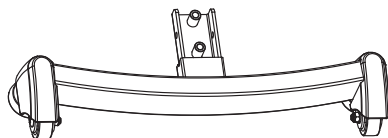
Use with Step 5 Hardware Kit (HK1049)



SE1109

Rear Stabilizer

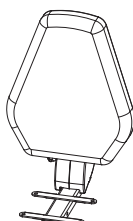
Use with Step 1a Hardware Kit (HK1042)



SE1102

Seat Back Assembly

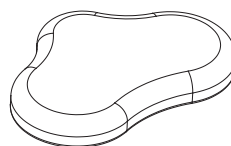
Use with Step 3a Hardware Kit (HK1045)



SE1105

Lower Seat

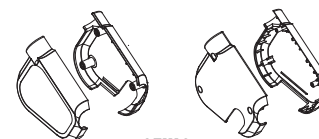
Use with Step 3b Hardware Kit (HK1046)



SE1106

Upper Front Leg Cover Sets

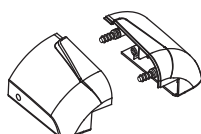
Use with Step 5 Hardware Kit (HK1049)



SE1110

Rear Stabilizer Cover Set

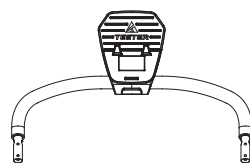
Use with Step 1b Hardware Kit (HK1043)



SE1103

Console Front Support Bar

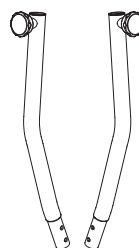
Use with Step 4a Hardware Kit (HK1047)



SE1107

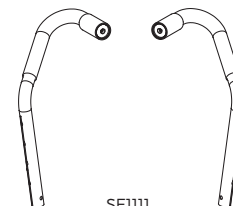
Handle Support Tubes

Use with Step 4b Hardware Kit (HK1048)



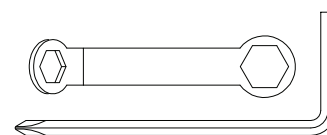
SE1108

Handles



SE1111

Tools Provided for Assembly

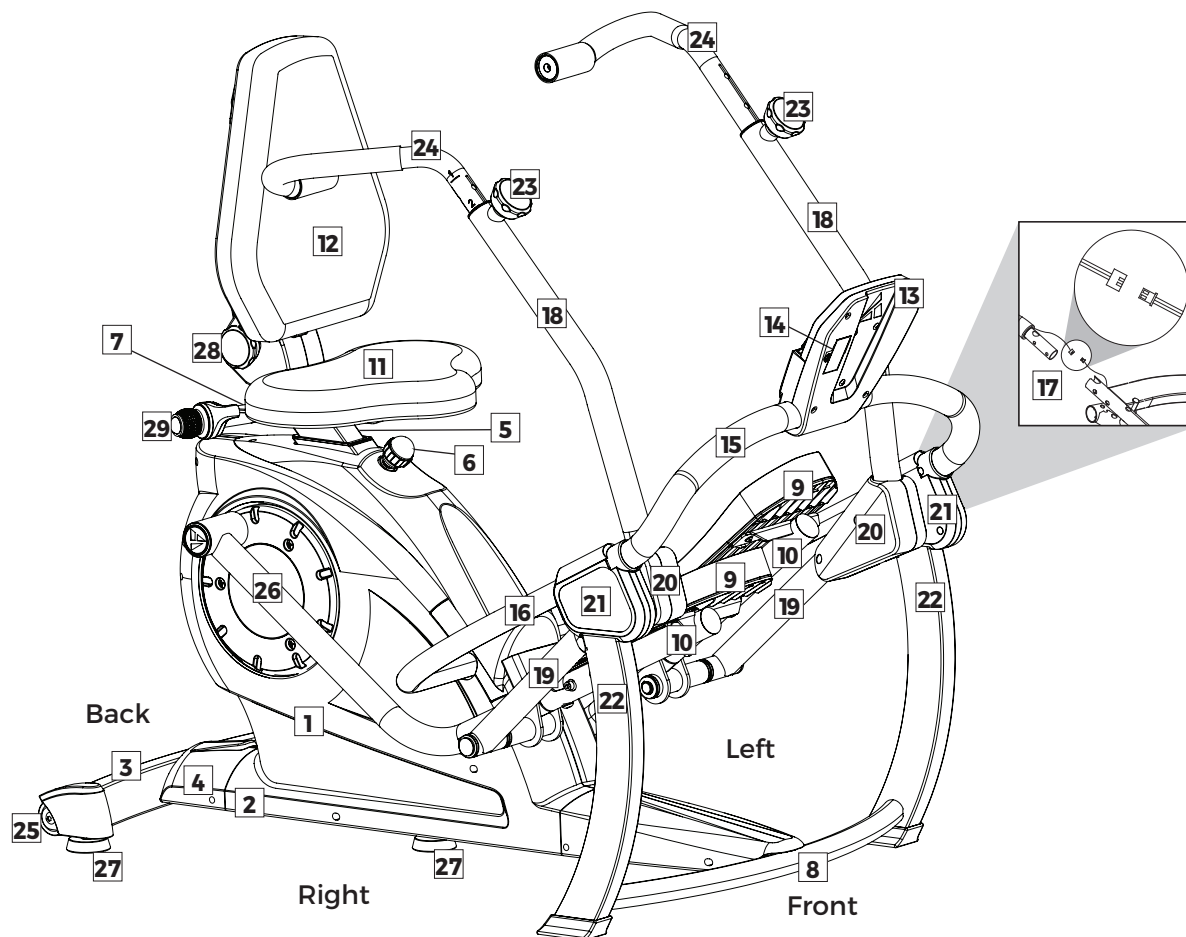


Allen Wrench /
Screwdriver
SE1112

Box-Ended
Wrench
SE1113

Understanding Your Teeter FreeStep™

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



Identifying Parts and Components

1	Base
2	Main Support Tube
3	Rear Stabilizer
4	Rear Stabilizer Cover Set
5	Seat Post
6	Height Adjustment Knob
7	Seat Handle
8	Front Crossbar
9	Pedals

10	Base Pedal Arms
11	Lower Seat
12	Seat Back Assembly
13	Console
14	Battery Compartment
15	Console Front Support Bar
16	Lower Console Support Tube
17	Speed Sensor Wire
18	Handle Support Tubes

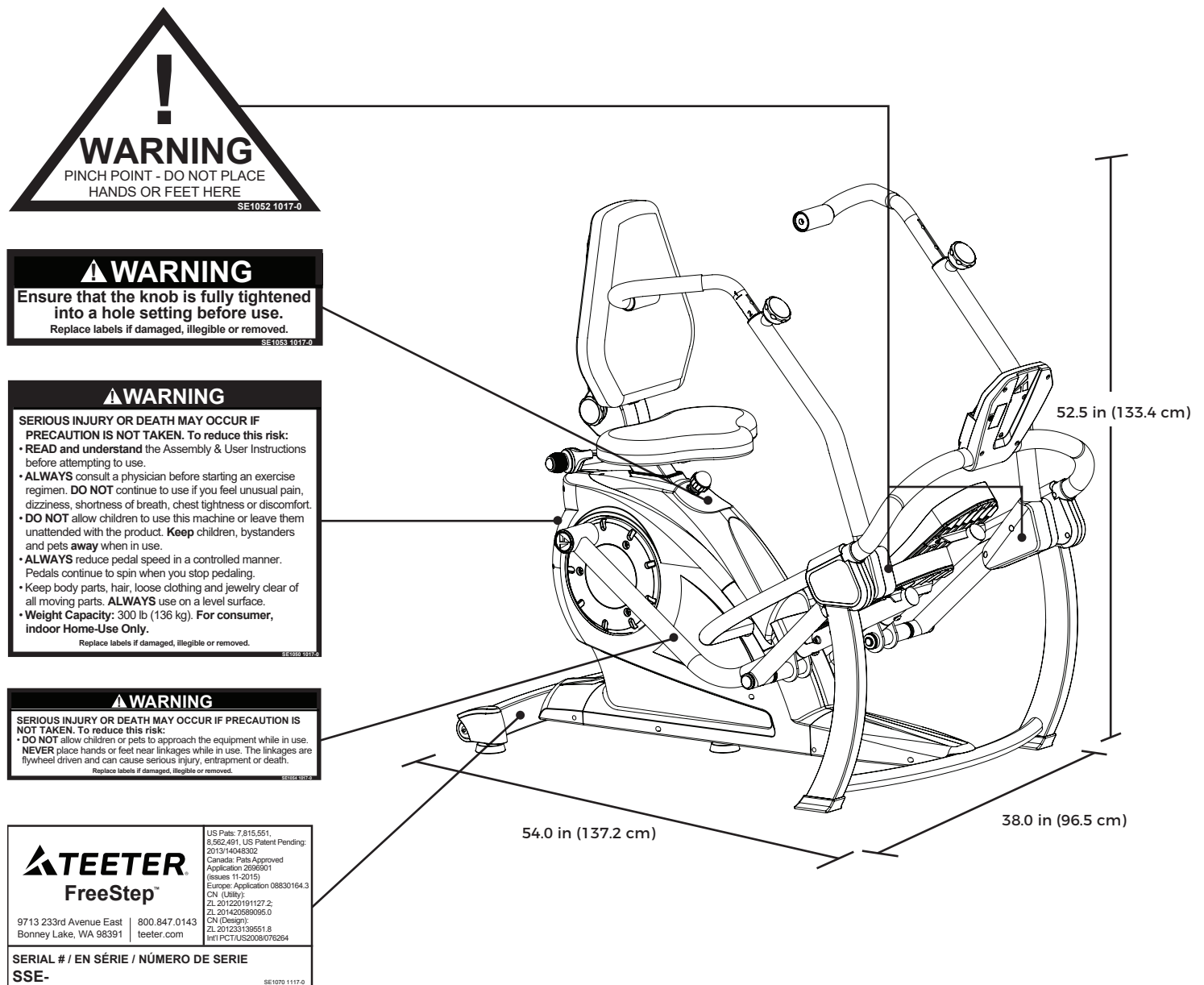
19	Upper Pedal Arm
20	Pedal Arm Joint Cover Sets
21	Upper Front Leg Cover Sets
22	Upper Front Leg
23	Handle Adjustment Knobs
24	Handles
25	Transport Wheels
26	Linkage
27	Leveling Feet
28	Seat Back Adjustment Knob
29	Resistance Adjustment Knob

Safety Warning Labels and 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. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below are not shown in actual size.



Dimensions: 54.0 x 38.0 x 52.5 in (137.2 x 96.5 x 133.4 cm)

Weight (approx.): 110.0 lb (50.0 kg)

Before Beginning Assembly

Unpack and Prepare Your Workspace

- Follow the instructions on the outside of the box for the easiest unpacking process.
- If possible, set up the product 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 Kit inside the box. It is labeled to correspond with the assembly process.

Plan for:



Making Assembly Even Easier with BILT.



For step-by-step, 3D interactive instructions, download BILT (a FREE mobile app) to your smartphone to follow along. Simply download the BILT app by scanning the QR code below and then search for your product within the BILT app to get started!



Download on the
App Store



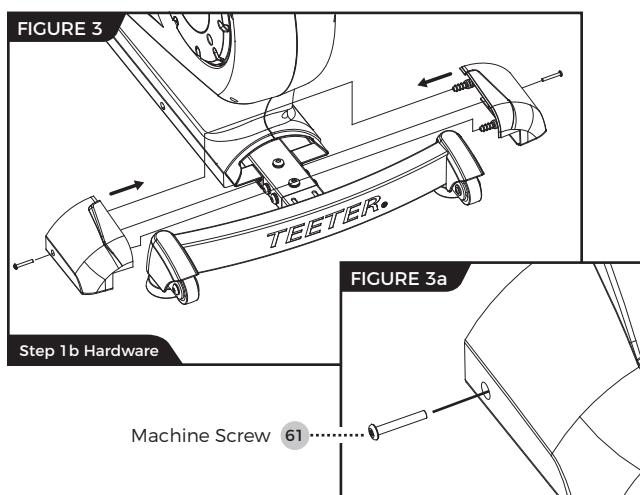
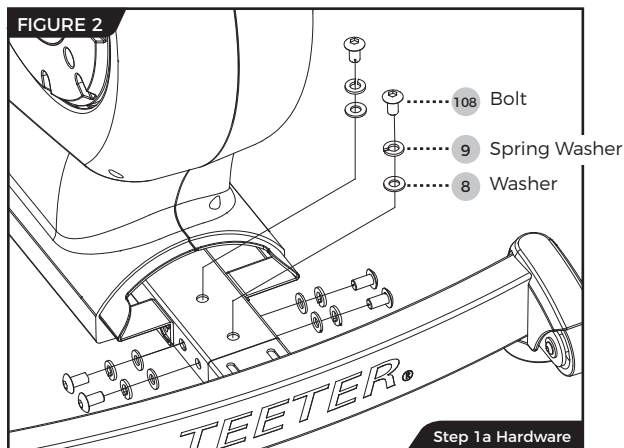
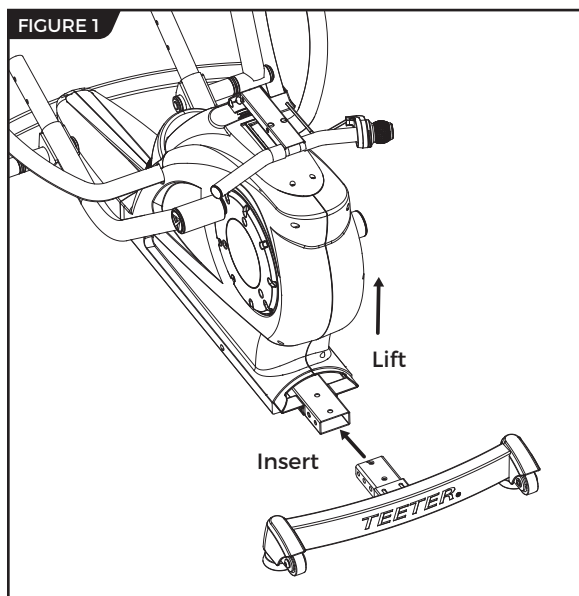
ANDROID APP ON

Google™ play



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, **Understanding Your FreeStep™**.

Attach Rear Stabilizer

- 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 discard it.
- Lift the Base slightly from the back and insert the Rear Stabilizer into the Main Support Tube at the back of the Base (Figure 1).
- 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 on the outside and closer to the bolt than the Washers. Use the Allen wrench to fully tighten each bolt (Figure 2).

Attach Rear Stabilizer Cover Set

- Locate the Rear Stabilizer Cover Set, noting the Right and Left markings, and the **Step 1b Hardware Kit**.
- Attach the Right Rear Stabilizer Cover by loosely tightening the 1 x Machine Screw (Figure 3).
- 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

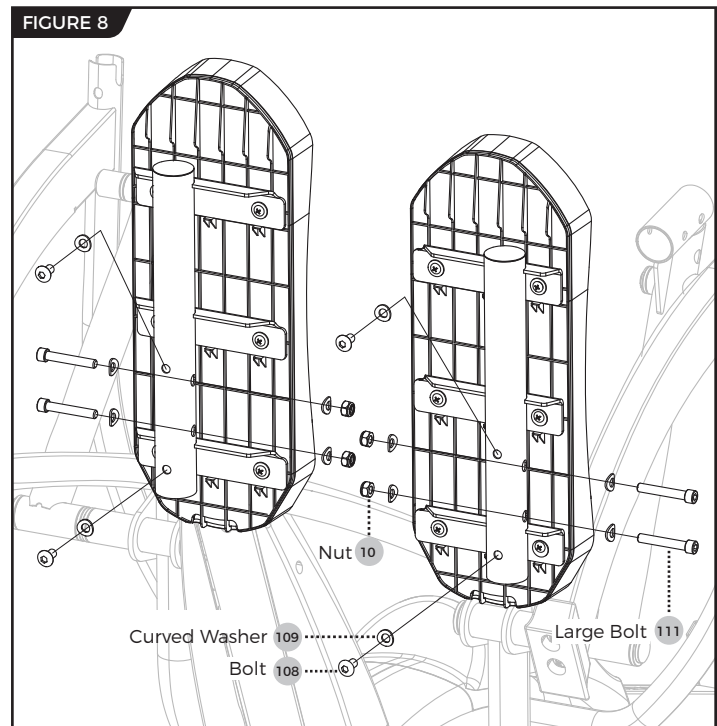
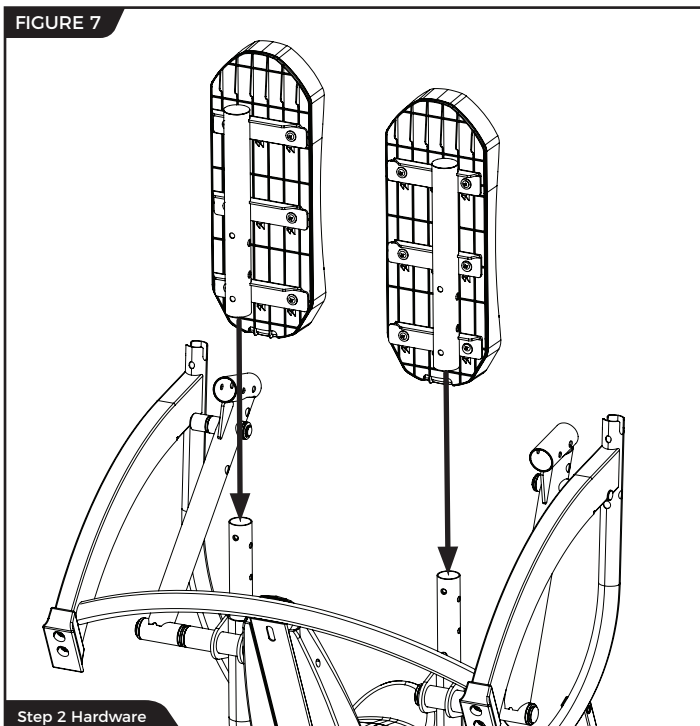
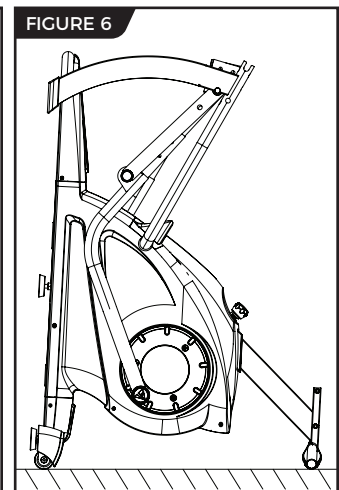
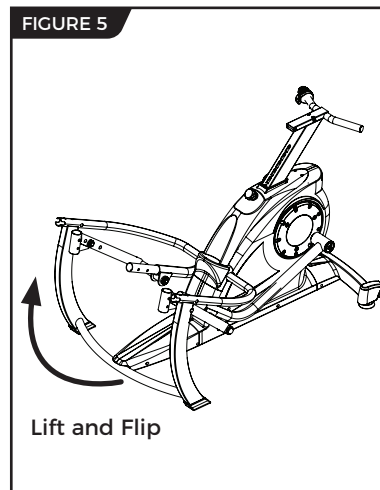
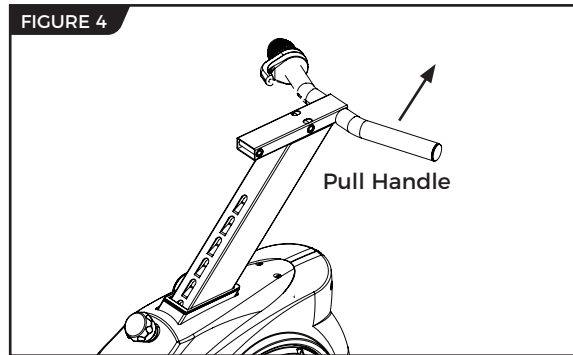
Pedal Installation

- Locate the Seat Post and raise it to the highest position by pulling up on the Seat Handle (Figure 4).

⚠ CAUTION

Use caution to avoid tipping and when lifting heavy objects.

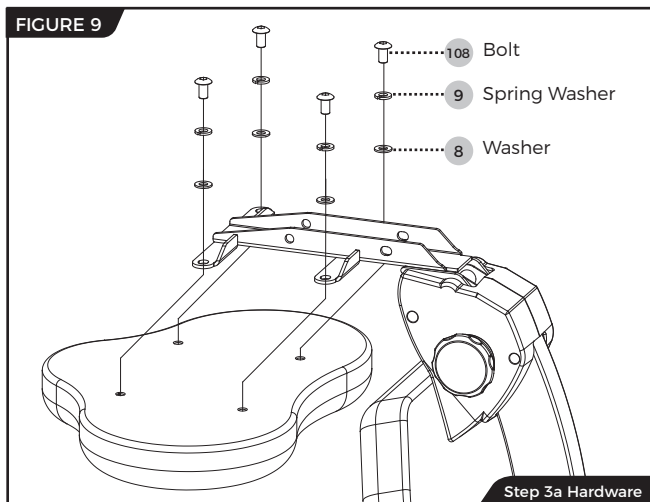
- To have better access while installing the pedals, position the FreeStep™ to rest on its back side by lifting up on the Front Crossbar and rotating on the Rear Stabilizer until the Seat Post is resting on the ground (Figure 5 and Figure 6).
- Locate the Pedals, noting Right and Left markings. Insert both Pedals onto the corresponding Base Pedal Arm (Figure 7).
- Use the **Step 2 Hardware Kit** to attach the Pedals. Hand tighten 4 × Large Bolts with 4 × Curved Washers and 4 × Nuts with 4 × Curved Washers as shown (Figure 8). The Curved Washers should wrap around the shape of the Base Pedal Arm and Pedal Mount Tube.
- Proceed to hand tighten 4 × Bolts with 4 × Washers as shown (Figure 8). Proceed to fully tighten all the nuts and bolts with Allen and Box-Ended wrenches (Figure 8).
- Once the Pedals are installed, return the FreeStep™ to the upright position by lowering the Front Crossbar and rotating on the Rear Stabilizer.



STEP ③

Assemble Seat

FIGURE 9



Seat Installation

- 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.
- 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 9).
- 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 10).
- 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 (Figure 11).

FIGURE 10

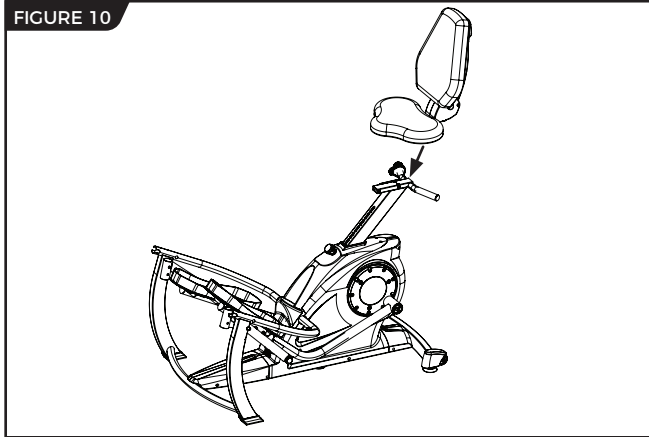
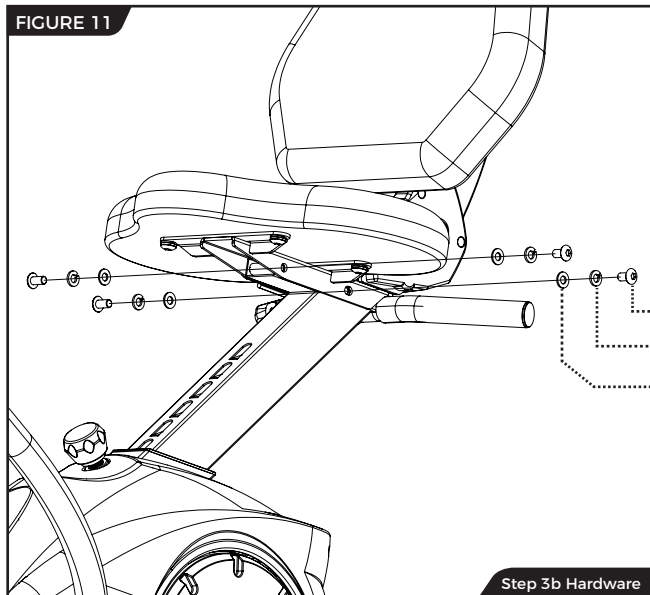


FIGURE 11



- 108 Bolt
- 9 Spring Washer
- 8 Washer

STEP ④

Assemble Supports

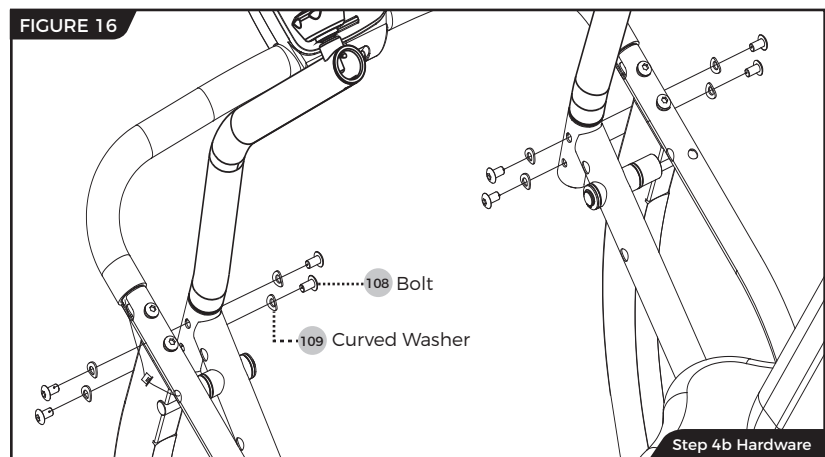
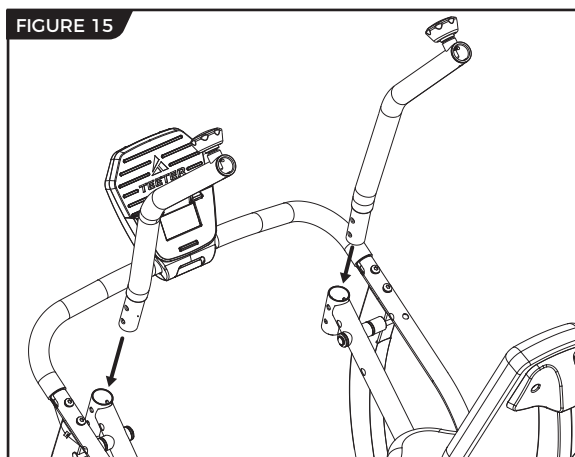
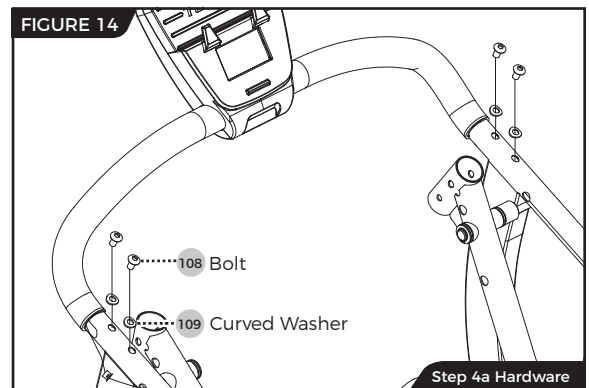
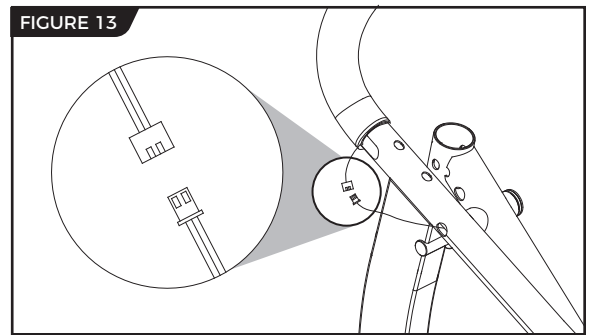
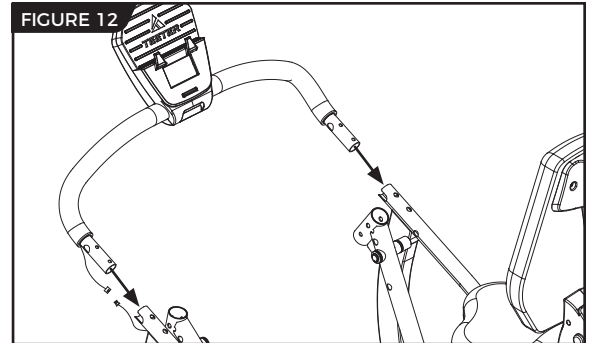
Console Front Support Bar Installation

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

- Locate the Batteries (AA 1.5 V Alkaline) and install them in the back of the Console in the Battery Compartment, noting (+) and (-) symbols.
- 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 12).
- Carefully connect the Speed Sensor Wires (Figure 13).
- 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 14).

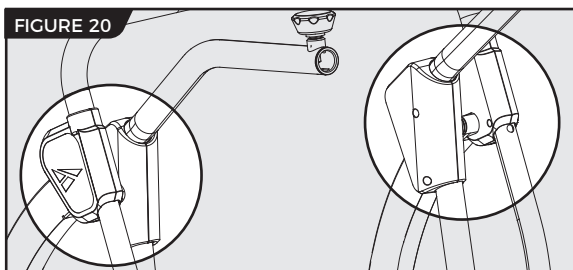
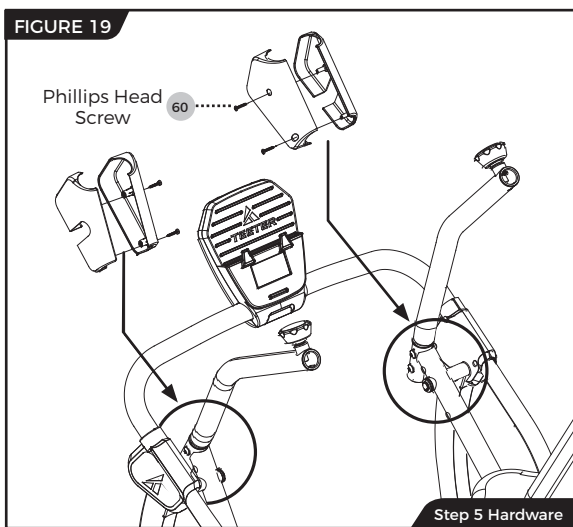
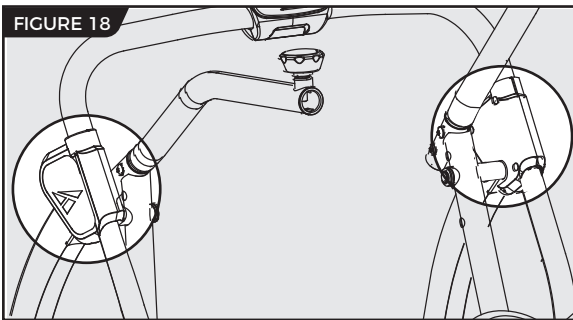
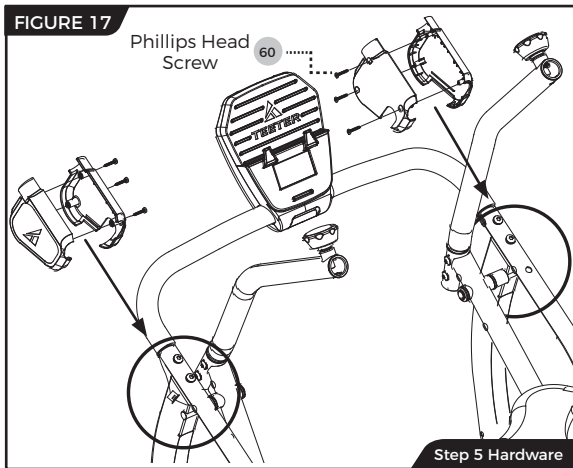
Handle Support Tube Installation

- 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 15).
- Use the **Step 4b Hardware Kit** to attach the Handle Support Tubes. Hand tighten 8 × Bolts with 8 × Curved Washers as shown. The Curved Washers should wrap around the shape of the Upper Pedal Arms. Proceed to fully tighten the Bolts with the Allen Wrench (Figure 16).



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.

- 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 17).
- 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 17 and Figure 18).

Pedal Arm Joint Cover Sets Installation

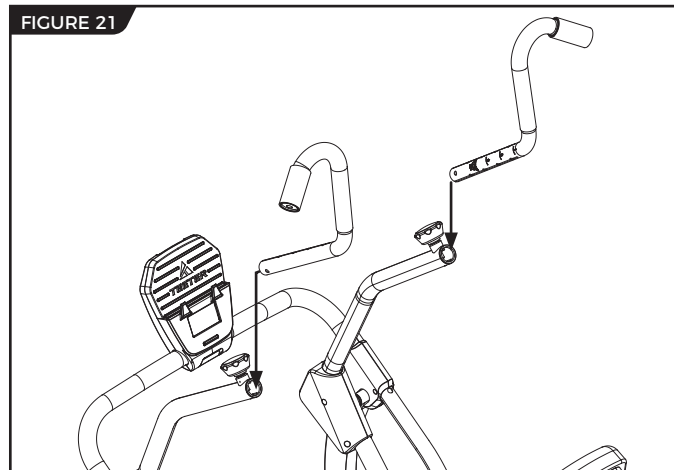
- Locate the Pedal Arm Joint Cover Sets, noting Right and Left markings. Pair each set over the corresponding Right and Left Pedal Arm Joints (Figure 19).
- Use the **Step 5 Hardware Kit** to install the Pedal Arm Joint Cover Sets. Partially tighten 2 × Phillips Head Screws on each set as shown. Ensure they are properly aligned and proceed to fully tighten the Phillips Head Screws with the Screwdriver (Figure 19 and Figure 20).

STEP ⑥

Assemble Handles

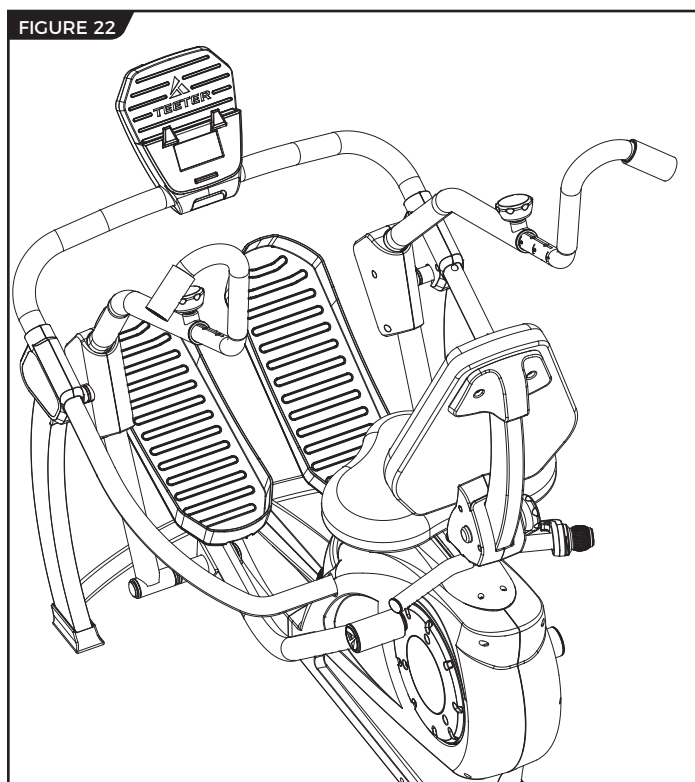
Handle Installation

- Loosen the Handle Adjustment Knobs on the right and left Handle Support Tubes by turning the knobs counter-clockwise, then pulling outward (Figure 21).
- 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 (Figure 21).



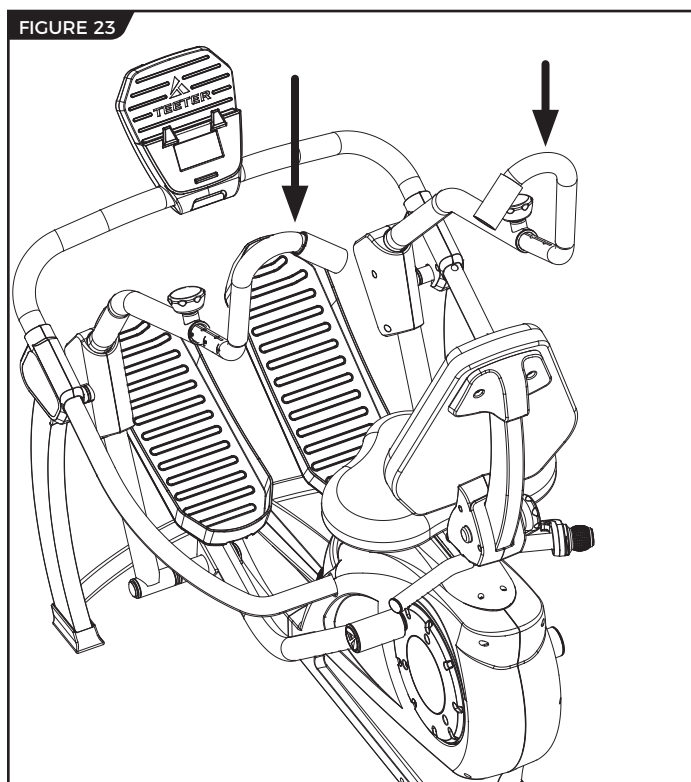
CORRECT

The Right and Left Handles are assembled correctly (Figure 22).



INCORRECT

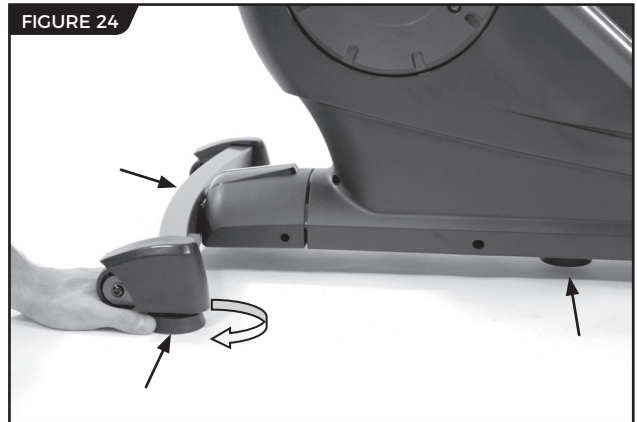
The Right and Left Handles are switched and need to be corrected (Figure 23).



USER GUIDE

Leveling

- Make sure your FreeStep™ is on a flat, stable surface. Locate the 3 × 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 24).

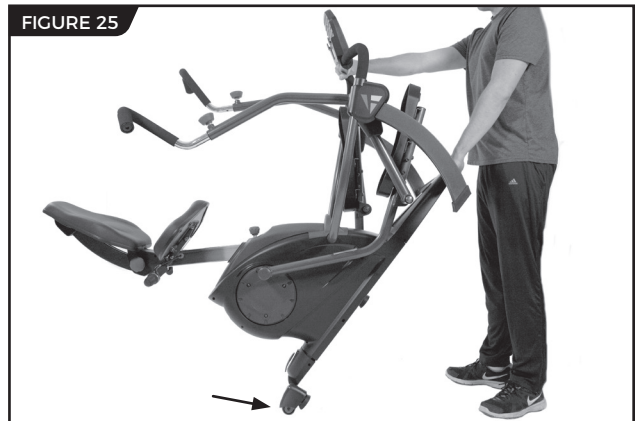


Transporting

⚠ CAUTION

The FreeStep™ weighs 110.0 lb (50.0 kg) and should be lifted with caution. Lifting heavy objects can cause injury.

- 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 25).



Water Bottle Holder

Enjoy the convenience of easy access to your water bottle and smart device during your workout (Figure 26 and Figure 27).



USER GUIDE

FIGURE 28

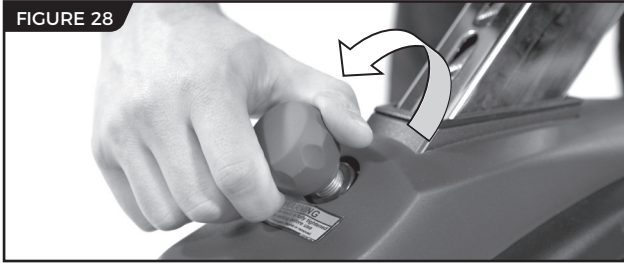


FIGURE 29



FIGURE 30

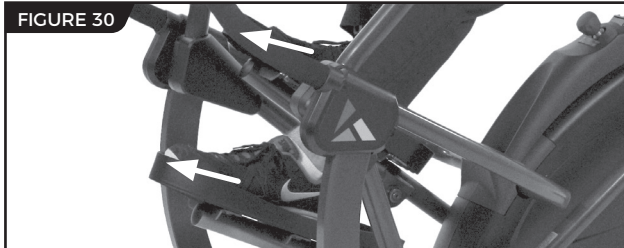


FIGURE 31



FIGURE 32

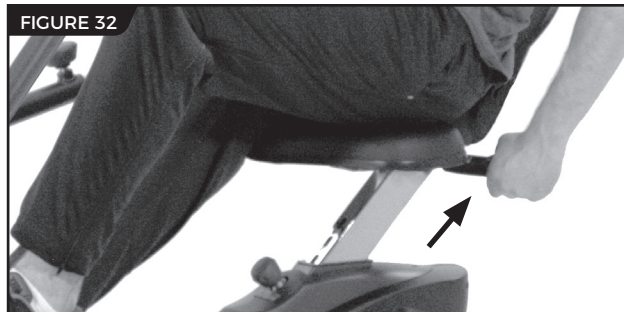


FIGURE 33



Set Seat Height

⚠ 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.

- 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 28).
- Pull outward on the spring-loaded Height Adjustment Knob while pushing the Seat Handle downward (Figure 29). Release the Height Adjustment Knob into the lowest hole setting.
- 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 (Figure 30). Extend to **FULL STRIDE** with one leg.
 - If the knee on your extended leg is just slightly bent, then you have found your ideal Seat height setting (Figure 31).
 - 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.
- To raise the Seat height, simply hold the Seat Handles and gently push with your legs until the Height Adjustment Knob locks into the next setting (Figure 32). 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.
- **ALWAYS** secure the Seat setting before using the FreeStep™ by turning the Height Adjustment Knob clockwise while in a hole setting (Figure 33).

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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.
- To adjust the Seat Back position, first push in on the Seat Back Adjustment Knob (Figure 34).
- Slowly pull back on the Seat Back and let go of the Seat Back Adjustment Knob until the Knob snaps into a hole setting. (Figure 35 and Figure 36).
- You may need to adjust the Seat Height to accommodate a reclined position.



USER GUIDE

FIGURE 37

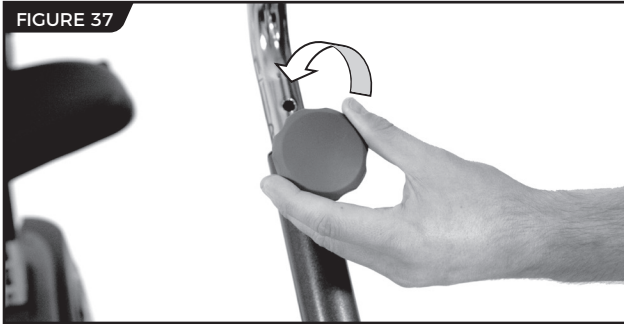


FIGURE 38

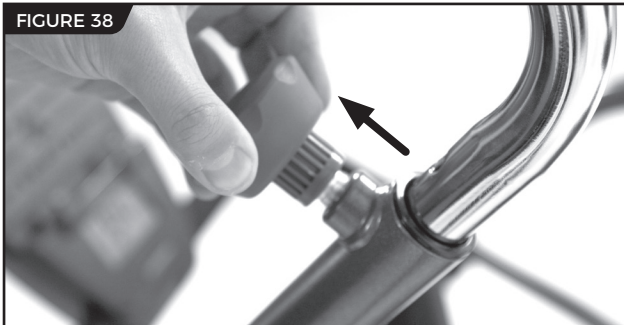


FIGURE 39



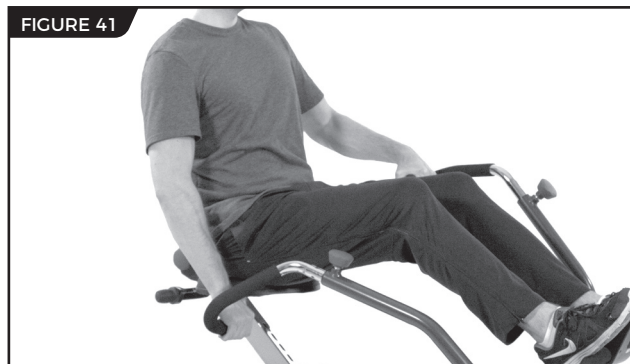
FIGURE 40



Set Handle Height

- Loosen the Handle Adjustment Knob by turning it counter-clockwise (Figure 37).
- Release the auto-locking mechanism by pulling outward on the spring-loaded Handle Adjustment Knob (Figure 38).
- Continue holding the Handle Adjustment Knob outward while pulling or pushing on the handle to adjust the height (Figure 39).
- The handle height should be set so that your back and hips stay straight and are stabilized by the Seat Back during full extension of the arms (Figure 40 and Figure 41).
- Continue to the next page to adjust the rotation of the handles before securing the handle adjustment knob.

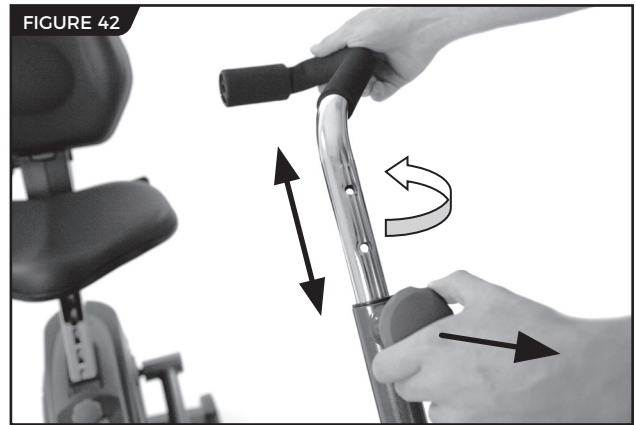
FIGURE 41



USER GUIDE

Set Handle Rotation

- The handles can be rotated to an **Outward Setting** or an **Inward Setting** to target different muscle groups.
- To rotate the Handles, 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. Release the Handle Adjustment knob into the desired hole setting. Secure the Handle by rotating the Handle Adjustment Knob clockwise (Figure 42).
- Adjust the Handles to the **Outward Setting** to target biceps, shoulders, and chest muscles with a forward pushing/pulling motion (Figure 43).
- Adjust the Handles to the **Inward Setting** to target triceps, forearms, and shoulder muscles with a downward pushing/pulling motion (Figure 44).
- The Handles can be locked into outward and inward settings with 4 height adjustments each, allowing up to 8 positions (Figure 45a and Figure 45b).
- **ALWAYS** secure both Handle settings before using the FreeStep™ by turning the Handle Adjustment Knobs clockwise while in a hole setting.



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Adjust Resistance

- To increase resistance, rotate the Resistance Adjustment Knob clockwise, and to decrease resistance, rotate it counter-clockwise (Figure 46).



Using the Console

- When you begin to pedal, the Console will display readings based on your performance, showing the time in seconds (TMR), calories burned (CAL), distance in miles (DST), and speed in miles per hour (SPD) (Figure 47).
- 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. (Figure 47).
- 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.

USER GUIDE

Suggested Use

⚠ CAUTION

- The following **Suggested Use** is intended to offer possible uses of the FreeStep™ and is not medical advice.
- **ALWAYS** ensure knees are slightly bent and are not locked at maximum stride when using the FreeStep™ to prevent knee injury.
- **ALWAYS** ensure **ALL** adjustable settings are properly set according to the following **User Guide** before using the FreeStep™.

Standard Use

- For a balanced, full-body workout, use both your arms and legs to power the FreeStep™ (Figure 24).
- **Seat:** Adjust the Seat Height so your knees are at a slight angle during the maximum downward pedal position. Align the Seat Back to support a straight, upright posture. (See pages 14–15 for more information on how to set the Seat properly.)
- **Handles:** Adjust the handles to the outward position. (See pages 16–17 for more information on how to set the Handles properly.)

Legs Only

- Target your lower body by powering the FreeStep™ with only your legs (Figure 25).
- **Seat:** Adjust the Seat Height so your knees are at a slight angle during the maximum downward pedal position. Align the Seat Back to a reclined position to target the glutes and quadriceps. (See pages 14–15 for more information on how to set the Seat properly.)
- **Handles:** Set the handles to the lowest outward position to keep them out of the way. Hold onto the Seat Handle behind the Seat. (See pages 16–17 for more information on how to set the Handles.)

Arms Only

- Target your upper body by powering the FreeStep™ with only your arms (Figure 26).
- **Seat:** Adjust the Seat Height so your knees are at a slight angle while your feet are resting on the Console Front Support Bar. Align the Seat Back to support a straight, upright posture. (See pages 14–15 for more information on how to set the Seat properly.)
- **Handles:** Adjust the handles to the inward or outward setting to target different muscle groups. (See pages 16–17 for more information on how to set the Handles properly.)

FIGURE 48



FIGURE 49



FIGURE 50



For more information about specific FreeStep™ exercises, visit the Discover Teeter Blog at teeter.com/blog

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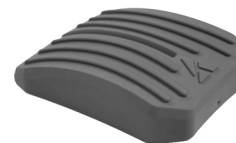
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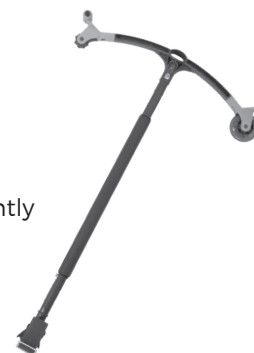
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