ASSEMBLY & USE INSTRUCTIONS

FitForm™ Strength Trainer

FASTER, BETTER RESULTS WITH TEETER SUPPORT & COACHING

ASSEMBLE FASTER
Follow easy 3-D instructions with the FREE BILT® app. Search ‘Teeter FitForm’ in BILT® to get started.

REACH YOUR GOALS
Access on-demand, trainer-led programs with the free Teeter Move™ app for fun, challenging and effective workouts.

WATCH VIDEOS
Easily access videos online through the Video Portal to get the most from your FitForm.

NEED HELP? CONTACT US.

Phone: 800-847-0143
Email: info@teeter.com
Live Chat: teeter.com
WELCOME TO THE TEETER FAMILY

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

If you have any questions concerning assembly or if any parts are missing, DO NOT RETURN THE ITEM TO THE STORE OR CONTACT THE RETAILER. Our dedicated product service experts can help! Contact Teeter Customer Service at 800-847-0143, or via online forms or Live Chat at teeter.com.

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

We’ve Got Your Back!

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I created Teeter so people could live healthier and more active lives.
—Roger Teeter
BEFORE YOU BEGIN: Review all steps before beginning assembly and read all precautions before using the Teeter FitForm. Carefully adhere to the Assembly Instructions and User Guide to help ensure safety and product integrity.

IMPORTANT SAFETY INSTRUCTIONS
READ ALL INSTRUCTIONS BEFORE USING THE FITFORM

WARNING

FAILURE TO FOLLOW INSTRUCTIONS AND WARNINGS COULD RESULT IN SERIOUS INJURY OR DEATH.

To reduce the risk of injury:

- Read and understand all the instructions, review all other accompanying documents, and inspect the equipment before use. It is your responsibility to familiarize yourself with the proper use of this equipment and the inherent risks of exercise equipment if these instructions are not followed, such as pinching, entrapment, strangulation, equipment failure, or aggravating a pre-existing medical condition. It is the responsibility of the owner to ensure that all users of the product are fully informed about the proper use of the equipment and all safety precautions.

- ALWAYS consult with your doctor before beginning any exercise or weight-loss program, especially if you are over the age of 35 or have any known pre-existing medical problems. This may include injury or illness, but also the side effects of any drug or supplement (prescribed or over-the-counter).

- The instructions and advice presented in this User Guide are in no way intended as a substitute for medical advice or counseling.

- DO NOT allow children to use this machine. ALWAYS keep children, bystanders, and pets away from machine and DO NOT allow children to be left unattended in the same room as the equipment to avoid risk of injury or death. This machine is not intended for use by persons with reduced physical, sensory or mental capabilities, unless they are given supervision and instruction concerning use of the machine by a person responsible for their safety.

- DO NOT use if you are over 300 lb (136 kg). Structural failure and physical injury could occur.

- DO NOT overexert yourself while exercising with the machine. Discontinue use if you feel pain, discomfort, shortness of breath, chest tightness, or become light-headed or dizzy while exercising. STOP and seek medical advice. Call 911 if you are having an emergency health condition.

- ALWAYS test the resistance level at the lowest setting first. Slowly increase resistance as you feel safe and comfortable to do so without pain. Coordination and balance are required to operate the machine safely. Be mindful of footing and resistance level to avoid loss of balance.

- ALWAYS ensure that all adjustable features are accurately adjusted to the users’ body proportions and all parts are fully tightened and secured before use.

- ALWAYS use this machine with at least one foot or body part on the platform. DO NOT use when standing out to the sides or behind the machine to prevent instability of the machine or physical injury.

- DO NOT place any objects or body parts near the pulleys while in use. DO NOT wrap the cable around the neck or any body part. Improper use can result in serious injury, entrapment, strangulation, or death.

- ALWAYS ensure cable attachments are fully engaged in the Handle Holder Slots while in the Ready Position to avoid unintentional cable retraction which can cause damage to the machine or cause injury to the user or bystanders.

- ALWAYS stay clear of the cable movement path while in use. DO NOT place any objects within a 36” (91 cm) radius of the machine. ALWAYS keep bystanders away from the exercise area while in use to avoid risk of injury.

- ALWAYS keep the equipment in the Storage Position to prevent tripping or entanglement while not in use.

- ALWAYS wear appropriate clothing while exercising with the machine. DO NOT wear loose clothing that could get entangled in the equipment, and ALWAYS keep body parts, hair, jewelry clear of all moving parts. ALWAYS wear athletic shoes to protect feet while exercising with the machine.

- ALWAYS store indoors and on a level surface. This equipment is not intended for outdoor use. ALWAYS position away from water or ledges that could lead to accidental immersion or falls.

- DO NOT use in any commercial, rental or institutional setting. This product is intended for home-use only.

- ALWAYS use this equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.

- DO NOT drop or insert any object into any opening or place any sharp objects near the equipment.

- DO NOT operate equipment while under the influence of drugs, alcohol, or medication that may cause drowsiness or disorientation.

- ALWAYS inspect the equipment prior to use. Make sure all cables, pulleys, attachments, fasteners, and adjustable settings are secure and do not show signs of visible damage or wear.

- ALWAYS replace defective components immediately and/or keep the equipment out of use until repaired.

- ALWAYS use a damp cloth when cleaning. DO NOT use abrasive soaps, solvents, or petroleum based products to clean as this could cause damage to the machine.

- Refer to additional warning notices posted on the equipment. If a product label or User Guide should become lost, damaged or illegible, contact Customer Service for replacement.

SAVE THESE INSTRUCTIONS
ITEMS FOR ASSEMBLY

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

<table>
<thead>
<tr>
<th>ITEM NO.</th>
<th>ITEM NAME</th>
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</thead>
<tbody>
<tr>
<td>FB1003</td>
<td>Platform Support Frame</td>
</tr>
<tr>
<td>FB1003B</td>
<td>Platform Adjustment Bar</td>
</tr>
<tr>
<td>FB1003A2</td>
<td>Platform, Left</td>
</tr>
<tr>
<td>FB1003A1</td>
<td>Platform, Right</td>
</tr>
<tr>
<td>HK1051</td>
<td>Step 1 Hardware Kit</td>
</tr>
<tr>
<td>HK1052</td>
<td>Step 2 Hardware Kit</td>
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<table>
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<tr>
<th>ITEM NO.</th>
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<tr>
<td>FB1004</td>
<td>Handle Attachments (2)</td>
</tr>
<tr>
<td>FB1005</td>
<td>Ankle Attachments (2)</td>
</tr>
<tr>
<td>SE1105C</td>
<td>Allen Wrench/Screwdriver</td>
</tr>
</tbody>
</table>

Platform Support Frame
Use with Step 1 Hardware Kit (HK1051)

Platform Adjustment Bar
Use with Step 1 Hardware Kit (HK1051)

Main Body
Use with Step 3 Hardware Kit (HK1053)

Platform, Left
Use with Step 2 Hardware Kit (HK1052)

Platform, Right
Use with Step 2 Hardware Kit (HK1052)

Handle Attachments

Ankle Attachments

Platform Adjustment Knob

Tool

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

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

Handle Attachment
Cable Clip
Support Handle
Cable
Resistance Dial
Resistance Display
Pulley
Platform Adjustment Knob
Main Body
Leveling Foot
Platform Adjustment Bar
Platform
Ankle Attachment
Media Rack
Handle Holder Slot
Support Handle Adjustment Knob

* Specifications may vary from this image and are subject to change without notice.
SAFETY WARNING LABELS & PRODUCT SPECIFICATIONS

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

This drawing indicates the locations of the warning labels found on your product. If a label is missing, illegible or is removed, contact Teeter Customer Service to request a complimentary replacement label.

Note: Image and labels below not shown at actual size.

Assembled Non-Use Dimensions:
Minimum: 39.0 x 28.5 x 42.5 in (99.1 x 72.4 x 108.0 cm)
Maximum (Platform fully extended): 50.0 x 28.5 x 42.5 in (127.0 x 72.4 x 108.0 cm)

Maximum Cable Length: 108.0 in (274.3 cm)

Maximum Ankle Attachment Circumference: 15.0 in (38.1 cm)

Weight (approx.): 38.9 lb (17.6 kg)
Unpack and Prepare Your Workspace

- If possible, assemble the equipment at or near the space in which you intend to use it to avoid moving it later.
- Unpack all parts and support materials. Set aside packing materials and clear your work area.
- Locate the Hardware Kits packaged with the manuals. They are labeled to correspond with the assembly process.

STEP 1  PLATFORM SUPPORT ASSEMBLY

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

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

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

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

Hand tighten 3 × Bolts on the Platform Joint. Proceed to fully tighten the bolts with the Allen Wrench provided.
**STEP 2  PLATFORM ASSEMBLY**

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

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

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

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

Proceed to fully tighten all 8 × Screws with the screwdriver provided.
STEP 3  SUPPORT HANDLE & MEDIA RACK ASSEMBLY

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

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

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

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

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

Use the Step 3 Hardware Kit to secure the Media Rack with 2 × Screws and fully tighten with the screwdriver provided.
STEP 4 ATTACH PLATFORM ASSEMBLY

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

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

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

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

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

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

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

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

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

WARNING

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

STORAGE

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

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

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

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

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

WARNING

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

PLATFORM LENGTH

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

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

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

WARNING

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

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

Lower the Support Handle until it reaches the downward position.

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

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

The Storage Position provides a smaller footprint and prevents tripping or entanglement while not in use.
HOW THE CABLE RESISTANCE WORKS

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

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

HOW TO ENSURE AN EVEN LOAD

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

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

STRENGTHENING A MUSCULAR IMBALANCE

Figure 22: If you are aware of a noticeable difference in strength between one side of the body, sometimes caused by a prior injury or overuse, it is best to alternate using only one Cable at a time until you build up strength evenly.
The following exercises are just a few examples of how you can use your FitForm. For access to more trainer-led programs, download the Teeter Move app, or visit the Video Portal at teeter.com/videos.

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

### BICEP CURL

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

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

### SHOULDER PRESS

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

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

### STRAIGHT LEG KICKBACK

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

**Figure 25b:** Keeping your leg straight, lift the heel of your floating foot back as high as comfortable and squeeze your glute. Keep your spine neutral and your hips parallel to the ground. Release and repeat the motion. Repeat on the other leg.
Choose How You Want to Train with the Teeter Move App

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

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

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

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

Watch Workout Videos from Teeter Move on your Smart TV
You can also stream workouts from your phone app to a smart TV. For more information on how to do this, check out our blog post: bit.ly/teeter-move-tv
Watch Workout Videos Through the Video Portal

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

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

Watch Workout Videos on YouTube

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

If you have a smart TV, you should have the YouTube app pre-loaded onto your home screen. If not, visit your app store to download the YouTube App.
Teeter warrants this product to be free from defects in workmanship and material, under normal use and service conditions, during the period starting with the day of retail purchase and continuing for: ninety (90) days for the Main Body of the product (including the pulley mechanism and all moving parts therein) and one (1) year for the rest of the product (excluding the Main Body), including any defects in materials, workmanship, fabrics and padding. If a repair or replacement is not commercially practical or cannot timely be made, then Teeter will, at the original Purchaser’s option, replace the product or the applicable portion of the product with a comparable product or refund the purchase price.

Handling and transportation costs related to product warranty service only are covered by this warranty. This warranty does not cover damage resulting from improper handling, assembly, or installation, repairs made by others, accident, misuse, or abuse. Under no circumstances shall Teeter, or any other party involved in the sale of this product, have any liability for incidental or consequential damage arising from breach of an express or implied warranty on any Teeter product.

EXCEPT AS SET FORTH ABOVE, NO WARRANTY IS GIVEN WITH RESPECT TO ANY TEETER PRODUCT, AND ALL EXPRESS WARRANTIES ARE DISCLAIMED. To the extent this warranty is found not to be enforceable, it shall be deemed revised to the extent necessary to make it enforceable. This warranty and any controversy or claim arising out of this warranty or its interpretation shall be governed by the laws of the State of Washington, USA. 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 to state. This warranty is completely transferable to any and all future owners of this product, provided no alterations have been made to the product.

HOW TO SUBMIT YOUR REGISTRATION:

Step 1
Fill out this information for your own records.

Step 2
Go online to teeter.com to register your warranty.

If you are unable to go online, you can request a warranty card to be mailed to you by calling Customer Service at 800-847-0143.

Please DO NOT mail this to Teeter.
FIND THESE GREAT PRODUCTS & MORE AT TEETER.COM!

**LX9™ Inversion Table**
The premier Teeter Inversion Table featuring the FlexTech™ 8-Pt Floating Suspension Bed that flexes as you move, Deluxe EZ-Reach™ Handle to reduce the need for bending, and so much more!

**Power10™ Elliptical Rower**
Torch more calories and enhance muscle definition with one revolutionary rower. The patented elliptical path offers bi-directional resistance so you can engage more muscles with every workout.

**FreeStep® Recumbent Cross Trainer**
Zero-impact cardio and strength! The ONLY home-use machine with patented smooth-stride technology found in high-end seated physiotherapy steppers.

**Heavy-Duty Equipment Mat**
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.

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

**T3™ Massager**
Countless options for self-massage, trigger point therapy, and myofascial release to resolve tension and pain gently and naturally.

Check out the selection of products and accessories available at teeter.com!

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

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