Repacking Guide

For the FreeStep™ Elliptical Recumbent Cross Trainer

Please be sure to include all components of the FreeStep™ in your returned order, otherwise you may not be eligible for a complete refund. Begin by using the repackaging boxes provided by Teeter. If you do not have the repackaging boxes, contact Teeter Customer Service at 800-847-0143. Product returned in an unauthorized packing container may not be eligible for a complete refund.

DO NOT disassemble the product into more components than the parts listed below (Figure A).

1. Base
2. Rear Stabilizer
3. Rear Stabilizer Cover Set
4. Pedals
5. Seat Assembly
6. Console Front Support Bar
7. Handle Support Tubes with Handles
8. Pedal Arm Joint Cover Sets
9. Upper Front Leg Cover Sets
10. Tools Provided

Removing the Handle Support Tubes

1. Start by removing the Pedal Arm Joint Cover Sets by unscrewing the 2 × Phillips Head Screws on each set with the screwdriver (Figure B).
2. Remove the Upper Front Leg Cover Sets by unscrewing the 3 × Phillips Head Screws on each set with the screwdriver (Figure C).
3. Adjust the Handles so they are in the lowest position, and lock them into place with the Handle Adjustment Knob (Figure D).
4. Remove the Handle Support Tubes by unscrewing the 4 × Bolts with the Allen Wrench and removing the 4 × Curved Washers on each Support Tube (Figure E).
5. Pull the Handle Support Tubes away from the Base (Figure F) and leave the Handles in the lowest position inside the Handle Support Tubes.

Removing the Console Front Support Bar

6. Unplug the Speed Sensor Wire by carefully pushing in the locking tab on the terminal and pulling the terminal ends away from each other (Figure G).
7. Remove the Console Support Bar by unscrewing the 4 × Bolts with the Allen Wrench and removing the 4 × Curved Washers (Figure H).
8. Pull the Console Support Bar away from the Base (Figure I).

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Removing the Seat Assembly

9. Remove the Seat Assembly by unscrewing the 4 × Bolts with the Allen Wrench and removing the 4 × Spring Washers and 4 × Washers (Figure J).

10. Set the Seat Post in the highest position, and lock it into place with the Height Adjustment Knob (Figure K).

Removing the Pedals

11. 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 L & M).

12. Remove the Pedals by unscrewing the 6 × Large Bolts and 6 × Bolts with the Allen and Box-Ended wrenches, and then remove all the corresponding washers (Figure N). Pull the pedals away from the Base.

13. Set the Seat Post in the lowest position, and lock it into place with the Height Adjustment Knob (Figure O).

Removing the Rear Stabilizer

14. Remove the Rear Stabilizer Cover Set by unscrewing the 2 × Machine Screws with the screwdriver and pulling the right and left pieces apart (Figure P).

15. Remove the Rear Stabilizer by unscrewing the 6 × Bolts with the Allen Wrench, and then remove all the corresponding washers (Figure Q).

16. Lift up slightly on the Base so that you can pull the Rear Stabilizer away from the Base (Figure R).

Repackaging the FreeStep™

17. WARNING: Always lift the Base with the help of a partner, and ensure the box is securely taped to withstand shipping heavy weight.

18. Open the provided repackaging box and securely tape the bottom. Leave the top of the box open and, with the help of a partner, lift the Base and place it into the box.

A large, medium, and small parts bag is provided with the repackaging box. Place all parts as designated below and then pack the large, medium, and small bags respectively into the box.

Large Bag Contents:
- Pedals, Rear Stabilizer, Seat Assembly, Console Front Support Bar, Handle Support Tubes with Handles

Medium Bag Contents:
- Pedal Arm Joint Cover Sets, Upper Front Leg Cover Sets, Rear Stabilizer Cover Set

Small Bag Contents:
- Tools, Hardware Kits, Assembly Instructions

Sealing the Box & Attaching the Label

19. Seal the large box securely with packing tape, affix the return label to the top of the box and mark your Return Authorization Number (RA #) on the outside of the box.

IMPORTANT: Teeter products cannot be returned without a Return Authorization Number. Please contact Teeter Customer Service at (800) 847-014 or email info@teeter.com for assistance.