

# Repacking Guide



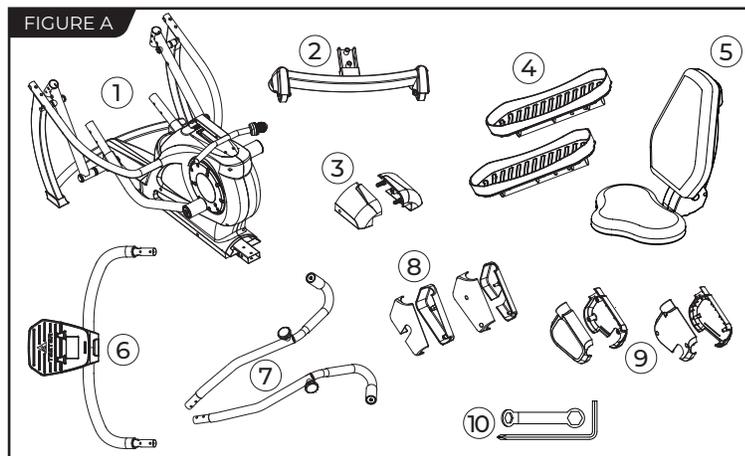
## For the FreeStep™ Elliptical Recumbent Cross Trainer

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.

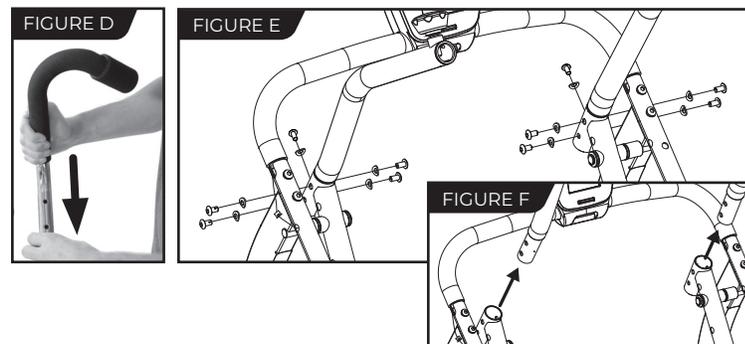
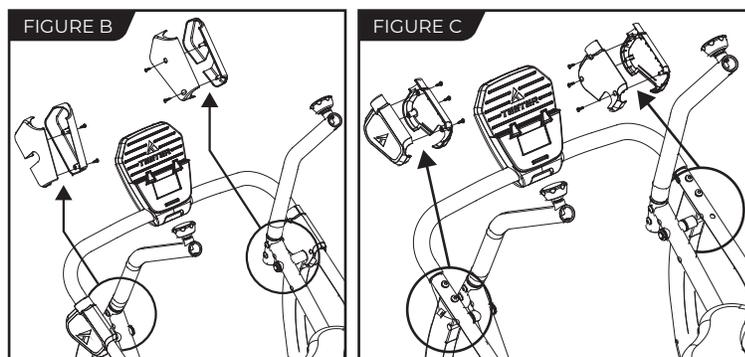
DO NOT disassemble the product into more components than the parts listed below (Figure A).

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



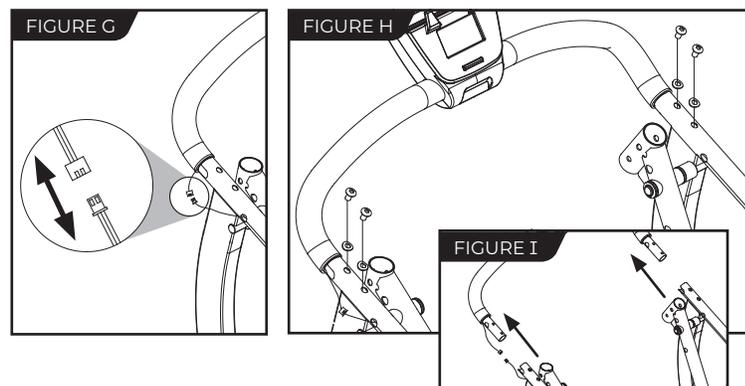
### Removing the Handle Support Tubes

- 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.



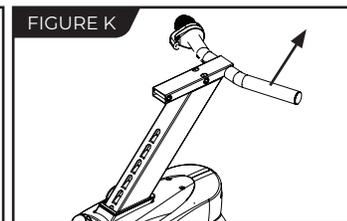
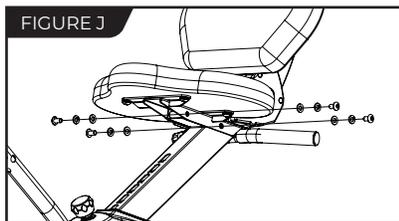
### Removing the Console Front Support Bar

- 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).



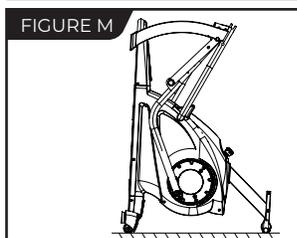
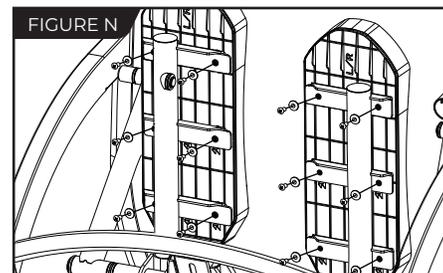
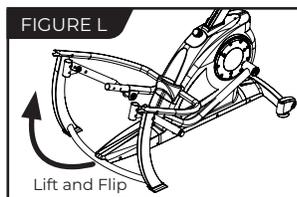
### Removing the Seat Assembly

- 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).



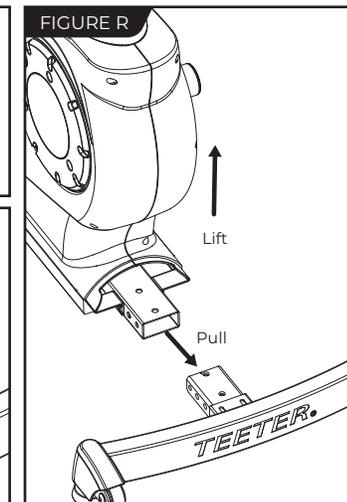
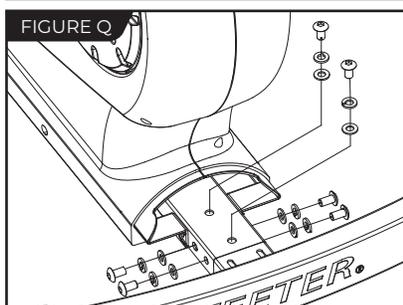
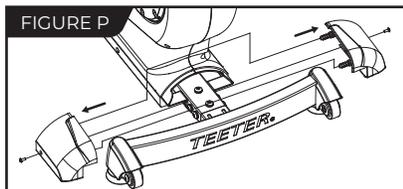
### Removing the Pedals

- 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™

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

- 17 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.
- 18 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](mailto:info@teeter.com) for assistance.



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

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