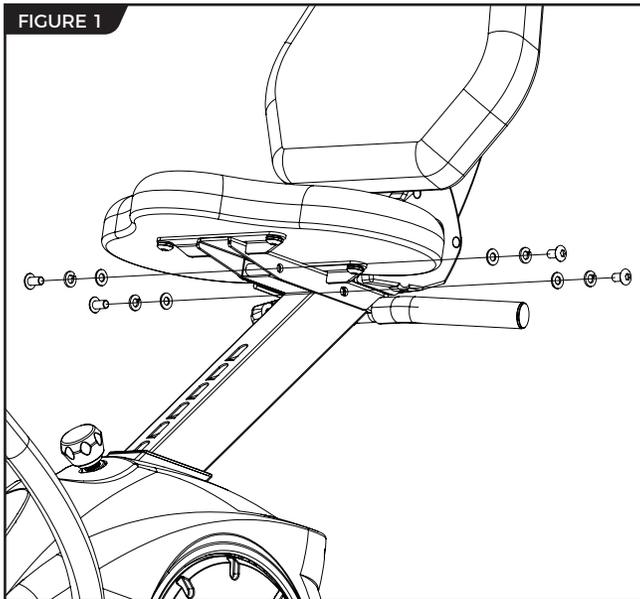


# Seat Disassembly Guide



## For the FreeStep™ Recumbent Cross Trainer

Please include all components of the FreeStep™ Seat in your returned order. Contact Teeter Customer Service at 800-847-0143 with questions.



### Seat Removal

- Fully raise the Seat Post for better access to the 4 × Bolts that hold the Seat in place.
- Use the Allen Wrench that came with the FreeStep™ to unscrew and remove the 4 × Bolts, 4 × Spring Washers and 4 × Washers that attach the Seat (Figure 1).
- Pull the Seat away from the Seat Post and set aside.
- Reverse and repeat these steps to assemble the new replacement Seat if applicable.

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

USA: 800-847-0143 or [info@teeter.com](mailto:info@teeter.com)

International: [info@teeterintl.com](mailto:info@teeterintl.com)

