

# Repacking Guide



## FreeStep® LT7™ Recumbent Cross Trainer

### Dissassemble the FreeStep

Begin by taking apart the SPECIFIED components of the FreeStep® per the following instructions. DO NOT disassemble the product into more components than the parts listed on page 4 & 5 of this guide. Please ensure that all hardware is placed in a resealable plastic bag.

**USE CAUTION:** Always lift the Base with the help of a partner.

### Preparing the FreeStep for Disassembly

- 1 Ensure the left Crank Arm is positioned at the top of the Flywheel (Figure B).
- 2 Engage the Step Lock by pressing and holding the Lock button on the Console for 5 seconds (Figure C).
- 3 Unplug the Power Adapter from its power source.

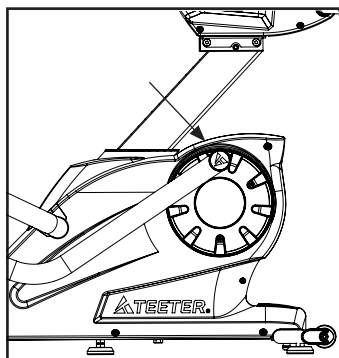


Figure B



Figure C

### Removing the Forward Pivot Cover Sets

- 4 Remove the Forward Pivot Cover Sets by unscrewing the 4 × Screws on each side with the Phillips Screwdriver (Figure D).

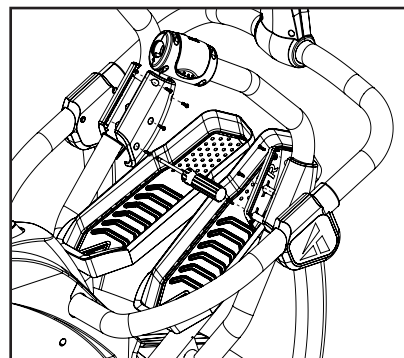


Figure D

### Removing the Seat Back Assembly

- 5 Remove the Seat Pivot Cover Set by unscrewing the 2 × Phillips Screws and 2 × Phillips Bolts using the Phillips Screwdriver (Figure E).
- 6 Remove the Seat Back by unscrewing the 4 × Bolts and 4 × Washers using the 6 mm Allen Wrench (Figure F).

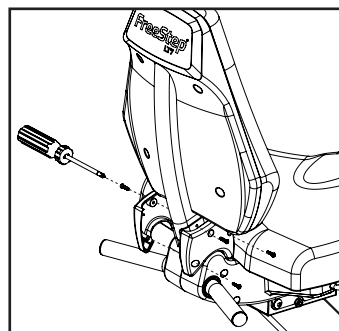


Figure E

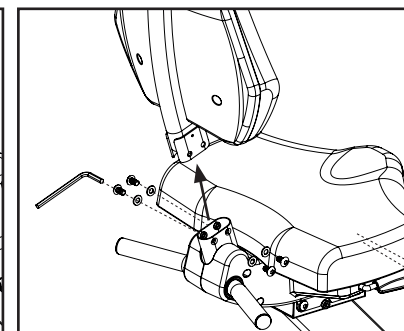


Figure F

## Removing the Pedals

- 7 Position the FreeStep to rest on its back by lifting on the Console Support Bar until the Seat Handles are resting on the ground (Figure G & H).
- 8 Remove the Pedals by first unscrewing the 8 × Screws and 8 × Washers using the Phillips Screwdriver. Then remove 4 × Bolts and 4 × Washers using the 6 mm Allen Wrench (Figure I & J).
- 9 Remove the Pedals from their respective Linkage Arms (Figure K). Return the FreeStep to the upright position.

### CAUTION

Use caution to avoid tipping and when lifting heavy objects.

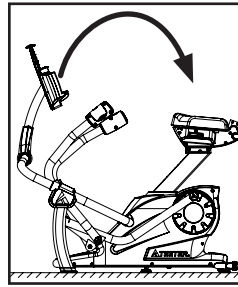


Figure G

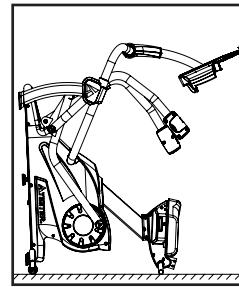


Figure H

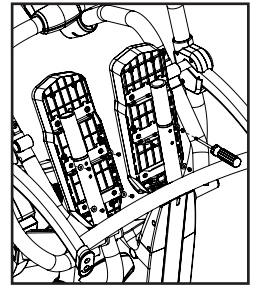


Figure I

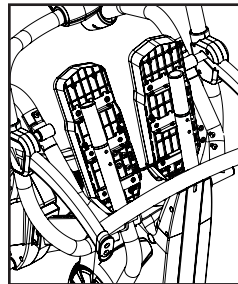


Figure J

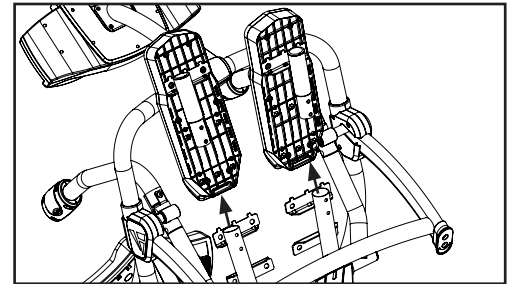


Figure K

## Removing the Lower Seat

- 10 For ease of disassembly, start by adjusting the Seat to the max height (Figure L).
- 11 Remove the 4 × Bolts and 4 × Washers using the 6 mm Allen Wrench (Figure M).
- 12 Return the Seat to the lowest setting and remove Seat from Seat Post.

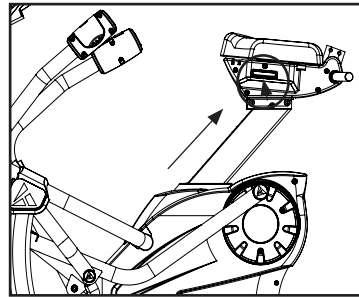


Figure L

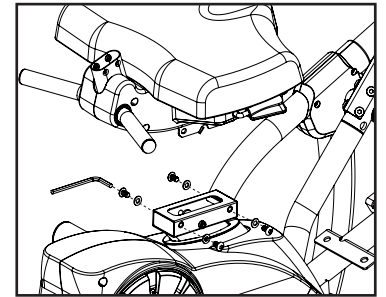


Figure M

## Removing the Handle Support Tubes

- 13 Remove the Handles from the Handle Support Tubes (Figure N).
- 14 Remove the Handle Support Tubes by unscrewing 5 × Bolts on each side using the 6 mm Allen Wrench (Figure O).

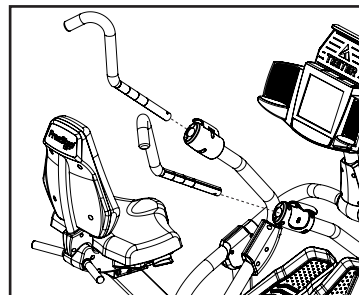


Figure N

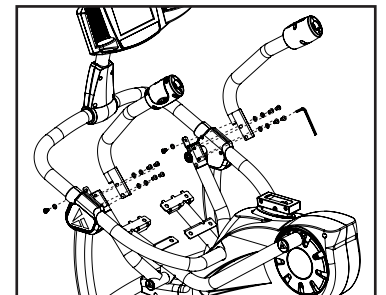


Figure O

## Removing the Leg Cover Sets

- 15 Remove the Leg Cover Sets by unscrewing the 3 × Screws on each side with the Phillips Screwdriver (Figure P).

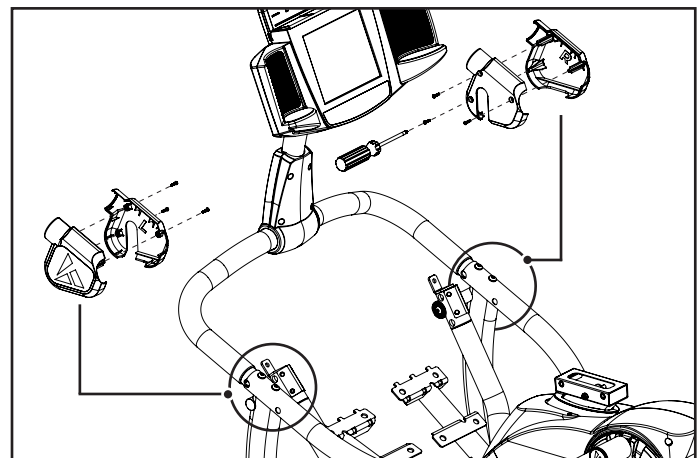


Figure P

## Removing the Console Support Cover and Wire

- 16 Remove the Console Support Cover Set by unscrewing the 5 × Screws with the Phillips Screwdriver (Figure Q).
- 17 Disconnect the Console Wire between the Console Post and Console Support Bar (Figure R).

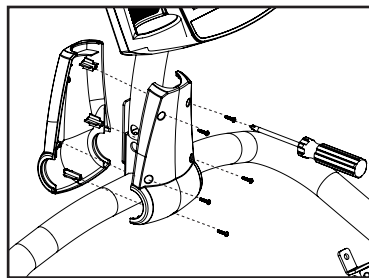


Figure Q

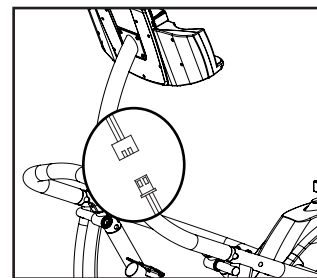


Figure R

## Removing the Console Assembly

- 18 Remove the Console Post from the Console Support Bar by unscrewing the 4 × Bolts and 4 × Washers using the 6 mm Allen Wrench (Figure S).
- 19 Remove the Console from the Console Post by unscrewing the 4 × Screws using the Phillips Screwdriver (Figure T).
- 20 Disconnect the Console Wire between the Console Post and the Console.

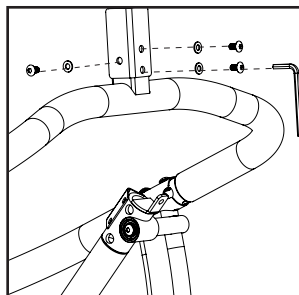


Figure S

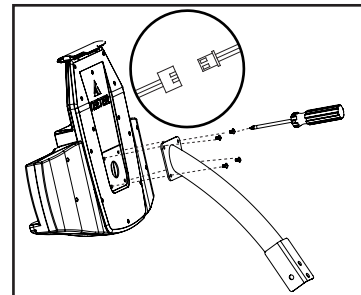


Figure T

## Removing the Rear Stabilizer

- 21 Lift the rear Base and tilt the FreeStep forward so that the Console Support Bar is resting on the ground. (Figure U & V).
- 22 Remove the Rear Stabilizer by unscrewing the 2 × Bolts and 2 × Washers using the 6 mm Allen Wrench (Figure W). Return the FreeStep to the upright position.

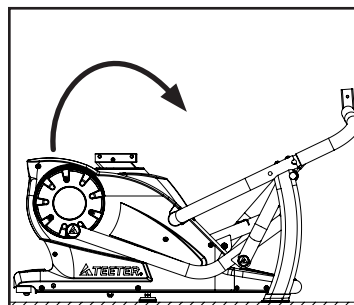


Figure U

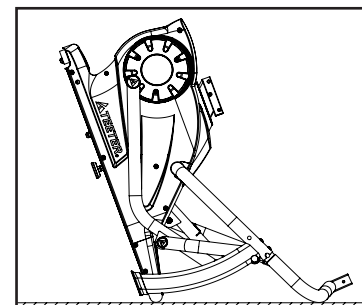


Figure V

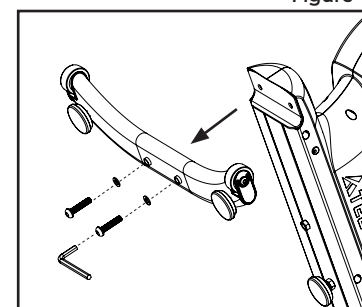


Figure W

### ⚠ CAUTION

Use caution to avoid tipping and when lifting heavy objects.

## Removing the Console Support Bar

- 23 Disconnect the Console Wire (Figure X).
- 24 Remove the Console Support Bar by unscrewing the 4 × Bolts and 4 × Washers using the 6 mm Allen Wrench (Figure Y). Pull the Console Support Bar away from the Base.

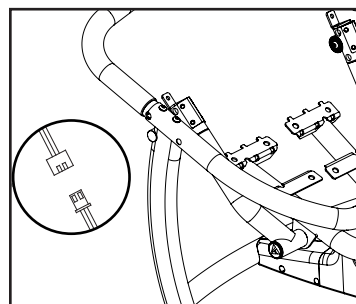


Figure X

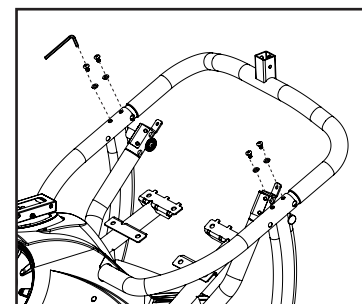


Figure Y

Disassembly is complete. DO NOT break down the components any further. Proceed to repacking instructions.

## Repacking the FreeStep

**IMPORTANT:** Each part MUST be packed into its specified box (**Box 1** or **Box 2**) as indicated. This is vital to ensure the correct shipping weight of each box and to remain eligible for a refund. If you do not have the original boxes, contact Teeter Customer Service at 800-847-0143.

**USE CAUTION:** Always lift the Base with the help of a partner. Ensure each box is securely taped for transport.

### BOX 1: Large Box Contents

- |                       |                             |
|-----------------------|-----------------------------|
| ① Base                | ⑧ Console Support Cover Set |
| ② Console Support Bar | ⑨ Seat Pivot Cover Set      |
| ③ Pedals              | ⑩ Leg Cover Sets            |
| ④ Console Post        | ⑪ Forward Pivot Cover Sets  |
| ⑤ Console             | ⑫ Power Adapter             |
| ⑥ Seat Back Assembly  | ⑬ Tools Provided            |
| ⑦ Handles             | ⑭ Hardware                  |

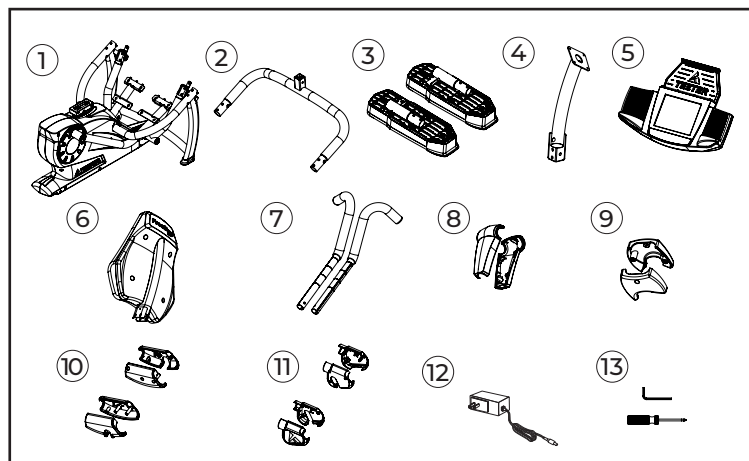
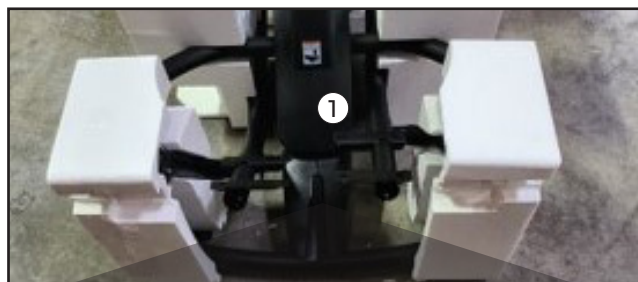


Figure 1

Parts are shown repacked in original foam packing materials. If not available, please ensure parts are protected and packed securely in specified boxes to prevent shipping damage.

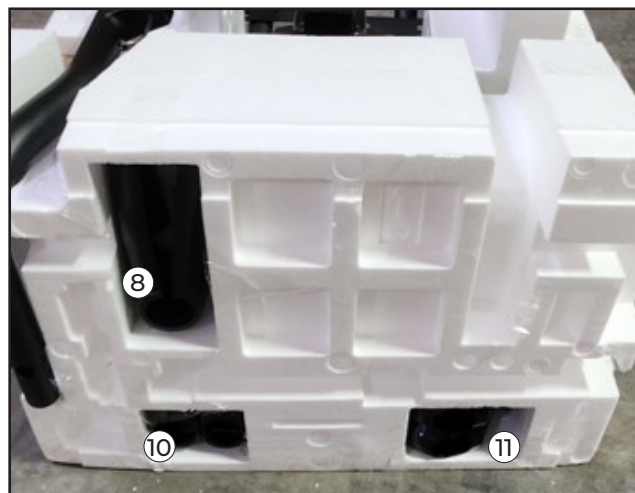
FRONT



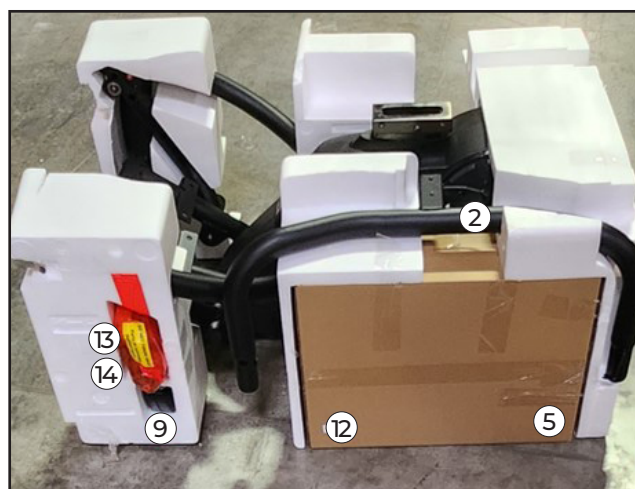
RIGHT



BACK



LEFT





## Repacking (continued)

### BOX 2: Small Box Contents

- ⑮ Rear Stabilizer
- ⑯ Lower Seat
- ⑰ Handle Support Tubes

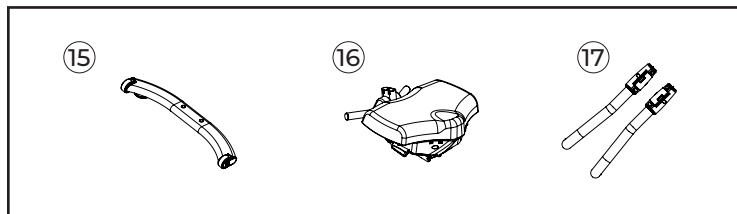


Figure 2

TOP



BOTTOM



### Sealing & Labeling

Seal both boxes securely with packing tape. Make sure to affix the correct return label to the corresponding box. Mark your Return Authorization Number (RA #) on the outside of each 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 questions or need assistance, please contact customer service.

**800-847-0143 | [info@teeter.com](mailto:info@teeter.com)**

