

# FreeStep™ Recumbent Cross Trainer



The Teeter FreeStep™ Recumbent Cross Trainer brings a new level of ease to exercising in your own home with a stress-free, zero-impact cardio and strength workout.

The unique striding motion follows a smooth linear path to eliminate the stress on your knees, hips, and back while still engaging the legs and glutes for maximum comfort and calorie burn. The synchronized multi-grip handles provide an effective full body workout by combining the upper and lower body into one impact-free motion that is easier on your joints than typical cardio machines, with the ability to target various muscle groups for strength and conditioning. Similar to commercial-grade equipment used in physical therapy clinics, the FreeStep™ delivers a comfortable, effective "Back-Wise and Body-Healthy" workout for any level of fitness.

## Customized Fit & Function



### Fluid Stride Ergonomics

The unique linear path of the pedals allows you to drive with your legs in a smooth downward striding motion similar to a seated leg press to eliminate knee shear and hip rotation while maximizing the use of your largest leg muscles.



### Dual Power Motion

Strengthen the upper and lower body simultaneously engaging all major muscle groups to build strength and burn more calories.



### Digital Tracking

Track your time, distance, speed and calorie burn with the easy-to-read, battery powered console.



### Smart Device Stand & Water Bottle Holder

Enjoy the convenience of easy access to your tablet and water bottle during your workout.

## Built for the Benefits

### Muscle Targeting

Modify the workout by isolating your legs or arms to add intensity or repositioning the handles to target biceps, triceps and back muscles.

### Variable Magnetic Resistance

The whisper-quiet system adjusts from lower to higher intensity with one simple dial, accommodating a range of ability levels.

### Adjustable Seat & Handles

Achieve maximum comfort with the wide 3-position reclining seat back, variable height settings and multi-purpose 8-position adjustable handles.

### Commercial Grade Engineering

A virtually friction-free linkage system and high quality metal frame means long-lasting performance in your own home.

### Small Footprint

At just 54 in x 52.5 in, the FreeStep™ is a low-profile addition to your home, complete with wheels for convenient transport.



Packaged Dims	43.9 x 29.9 x 25.4 in
Packaged Weight	131.4 lb
In-use Dims	52.5 x 54.0 x 38.0 in
Item / UPC	SE1001 / 759265400352
Warranty	1-Year / 90-Day Ninety (90) days for the base of the product (including the drive mechanism and all moving parts therein) and one (1) year for the rest of the product (excluding the base).

The FreeStep™  
is the only  
exercise machine  
that is both  
***Back-Wise &  
Body-Healthy.***

