

## TEETER LT1

# Teeter FreeStep Recumbent Cross Trainer Stepper LT1 User Manual

Model: LT1 | Brand: TEETER

## 1. INTRODUCTION

Welcome to the Teeter FreeStep Recumbent Cross Trainer Stepper LT1. This innovative fitness machine is designed to provide a zero-impact, full-body workout, making it an ideal exercise alternative for individuals seeking to minimize stress on joints and the back. Its patented physical therapy stride ensures a natural and comfortable motion, engaging both upper and lower body muscles efficiently.



Image 1: The Teeter FreeStep Recumbent Cross Trainer Stepper LT1, showcasing its compact design and comfortable seating position.

## 2. SETUP AND ASSEMBLY

The Teeter FreeStep LT1 is designed for frustration-free assembly. For detailed, step-by-step instructions, it is highly recommended to utilize the BILT App. This application provides interactive 3D instructions to guide you through the assembly process efficiently.

- Unpack all components and verify against the packing list.
- Follow the instructions provided in the BILT App or the included manual for proper assembly.
- Ensure all bolts and connections are securely tightened before initial use.

## 3. KEY FEATURES

### 3.1 Zero-Impact Exercise with Physical Therapy Technology

The FreeStep features patented physical therapy technology, offering a natural stepping motion that is gentle on your joints. This design significantly reduces stress on the knees, hips, and back compared to traditional cardio options, making it suitable for all fitness levels, including those with joint sensitivities.



Image 2: Illustration of the FreeStep's natural stride compared to typical cycle motion, highlighting reduced joint stress.

### 3.2 Total Body Workout

Engage both your upper and lower body simultaneously with the dual power motion. This distributes muscle exertion, making your workout feel easier while effectively building strength and burning calories across major muscle groups. You can also isolate leg or arm movements to target specific areas.



# Total Body Workout



## Dual Power Motion



**Burns More  
Calories**



**Builds More  
Lean Muscle**



**Feel-Easier  
Exercise**

Image 3: A user demonstrating the dual power motion for a comprehensive total body workout.

### 3.3 Adjustable Resistance & Multi-Grip Handles

The LT1 model offers 13 levels of whisper-quiet magnetic resistance, easily adjustable with an easy-grip dial. This allows you to customize your workout intensity from light recovery to challenging sessions. The multi-grip handles provide four different positions, enabling you to target various muscle groups including the back, chest, biceps, and triceps.

**13 LEVELS**

# Magnetic Resistance

Smooth & Whisper-Quiet



Image 4: Visual representation of the LT1's adjustable features, including the resistance dial and various handle positions.

## 3.4 Digital Console & Teeter Move App

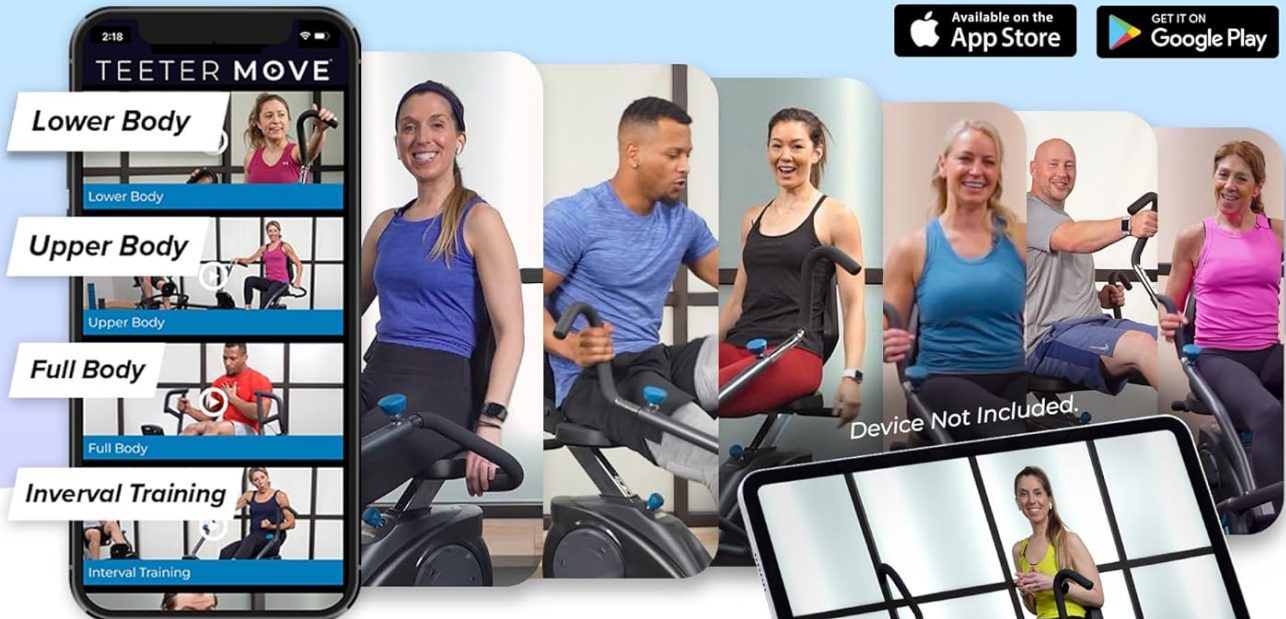
Track your progress with the easy-to-read digital console, which displays time, distance, speed, and estimated calorie burn. The integrated media rack allows you to comfortably use your tablet or smartphone. Enhance your fitness journey with the FREE Teeter Move app, offering a vast library of trainer-led workouts for all fitness levels, with no subscription required.



TEETER MOVE®

# FREE On-Demand Training

Featuring Week-Long Tailored Programs



## Track Your Progress



Calories



Distance



Speed



Time



Image 5: The Teeter Move app displayed on a tablet, alongside the digital console tracking workout metrics.

### 3.5 Comfort and Convenience

The FreeStep LT1 features a comfortable seat with 3-position recline and variable height adjustment to ensure optimal posture for users between 4 ft 11 in and 6 ft 6 in. Convenient transport wheels allow for easy relocation, and an easy-reach water bottle holder keeps hydration within reach during your workout.



Image 6: Close-up of the multi-grip handles, illustrating their ergonomic design for varied workouts.

## 4. OPERATING INSTRUCTIONS

### 4.1 Adjusting Resistance

Locate the easy-grip resistance dial, typically found near the main frame. Turn the dial clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for a lighter session or recovery. There are 13 distinct levels of magnetic resistance.

### 4.2 Using the Digital Display

The digital console automatically activates when you begin exercising. Use the button below the display to cycle through various metrics: Time, Distance, Speed, and Calories Burned. To reset the display, press and hold the button for a few seconds.

### 4.3 Seating and Handle Adjustment

Adjust the seat height and recline position to find your most comfortable and effective workout posture. The seat can be

adjusted to 3 positions. Experiment with the four multi-grip handle positions to engage different upper body muscles and vary your workout routine.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Teeter FreeStep. Keep the machine clean by wiping it down with a damp cloth after each use. Periodically check all bolts and connections to ensure they remain tight. The magnetic resistance system is designed for long-lasting, friction-free performance and typically requires minimal maintenance.

## 6. TROUBLESHOOTING

If you encounter any issues with your Teeter FreeStep, please refer to the following general troubleshooting tips:

- **No Display/Power:** Check the batteries in the digital console. Ensure they are correctly inserted and not depleted.
- **Unusual Noises:** Verify that all assembly bolts are tightened. Ensure the machine is on a flat, stable surface.
- **Resistance Issues:** Confirm the resistance dial is functioning correctly and not stuck.
- For persistent issues, please contact Teeter Customer Support.

## 7. SPECIFICATIONS

Attribute	Detail
Model Name	Teeter FreeStep Recumbent Cross Trainer Stepper LT1
Brand	TEETER
Color	Black
Product Dimensions (LxWxH)	55.25"D x 38"W x 52.5"H
Material	Aluminum
Resistance Mechanism	Magnetic
Number of Resistance Levels	13
Maximum Weight Recommendation	300 Pounds
Item Weight	106.9 Pounds
Screen Size	3.5 Inches
Suggested Users	Unisex-Adult (4 ft 11 in - 6 ft 6 in)
Part Number	SE2001
UPC	759265400352
Date First Available	March 2, 2018

## 8. WARRANTY AND SUPPORT

The Teeter FreeStep Recumbent Cross Trainer Stepper LT1 comes with a comprehensive warranty to ensure your peace of mind:

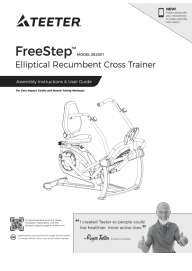
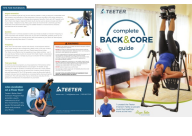

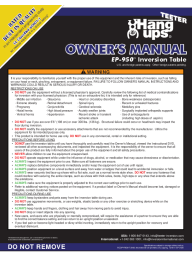


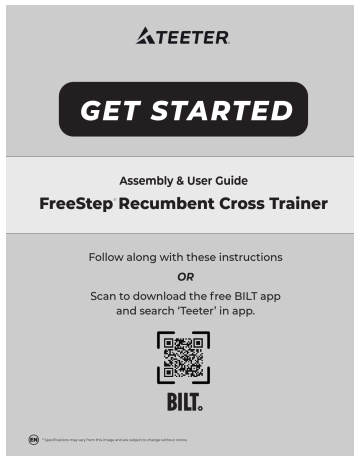
- **Frame Warranty:** 2 Years
- **Mechanical Warranty:** 1 Year

For any questions, technical assistance, or warranty claims, please contact Teeter's US-based customer support. Refer to your product packaging or the official Teeter website for the most current contact information.

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## Related Documents

	<p><a href="#">Teeter FreeStep SE2001 Assembly Instructions and User Guide</a></p> <p>This document provides comprehensive assembly instructions and user guidance for the Teeter FreeStep SE2001 Elliptical Recumbent Cross Trainer. It details safety precautions, step-by-step assembly, usage instructions, and warranty information for this zero-impact cardio and muscle-toning fitness equipment.</p>
	<p><a href="#">Teeter Inversion Table: Complete Back &amp; Core Guide</a></p> <p>A comprehensive guide to using the Teeter inversion table for back and core health, including beginner, intermediate, and advanced exercises and tips for safe and effective inversion.</p>
	<p><a href="#">Teeter Power10 Elliptical Rower: Assembly &amp; Use Instructions</a></p> <p>Comprehensive assembly and user guide for the Teeter Power10 Elliptical Rower. Learn how to assemble, use, and maintain your fitness equipment for optimal results. Features include BILT app integration and Teeter Move app for guided workouts.</p>
	<p><a href="#">Teeter EP-950 Inversion Table Owner's Manual - Setup and Safety Guide</a></p> <p>Your essential guide to the Teeter EP-950 Inversion Table. Learn how to safely adjust, mount, and use your inversion table for optimal results, including detailed instructions and important safety warnings.</p>

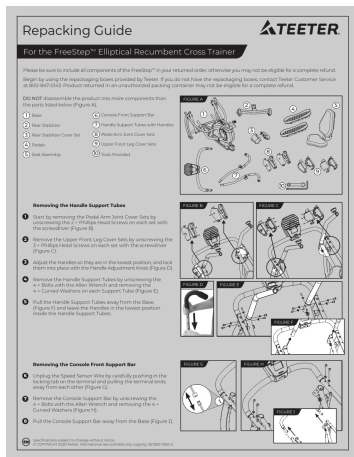


## [\[pdf\]](#) Instructions Specifications Guide Warranty

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GET STARTED Assembly User Guide FreeStep Recumbent Cross Trainer Follow along with these instructi ... lightly from images depending on model. ITEM NO. ITEM NAME Base w/ Resistance Grip SE2101 Base **LT1** SE2332 Base LT3 SE2205J Resistance Grip Rear Stabilizer SE1102 Rear Stabilizer HK1042...

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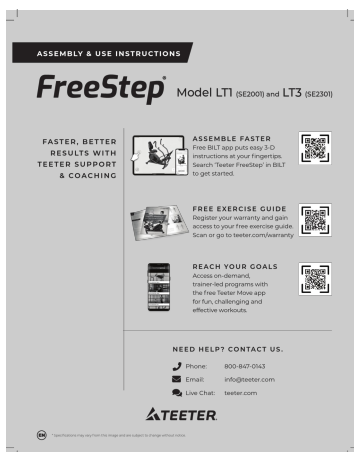


## [\[pdf\]](#) Parts List Guide

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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 repackag...

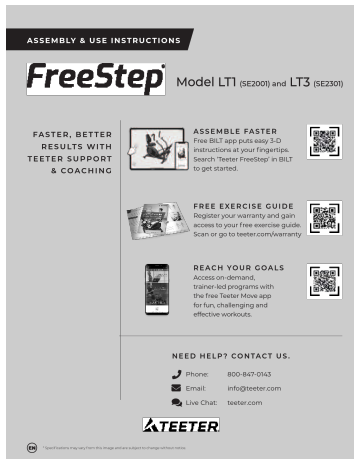
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ASSEMBLY USE INSTRUCTIONS Model LT1 SE2001 and LT3 SE2301 FASTER BETTER RESULTS WITH TEETER SUPPORT COACHING Teeter teeter Assembly Use Instructions Congratulations on your purchase of the FreeStep! In order to utilize this product its fullest extent it is critical that you follow read EN \* Specifications may vary from image are subject change without notice ASSEMBLE Free BILT app puts easy 3 D Product Manuals Support FreeStep V2 AI SE2342 1021 1 2022 01 |||

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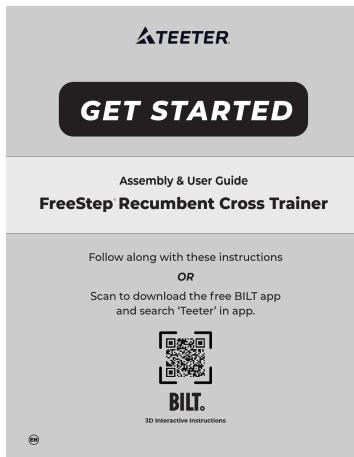


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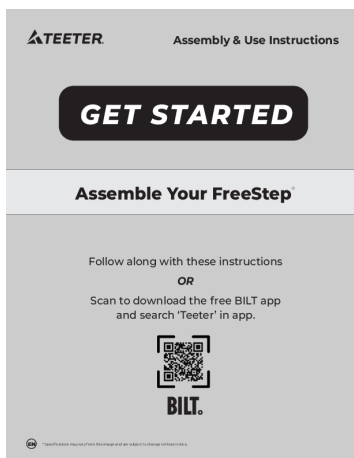


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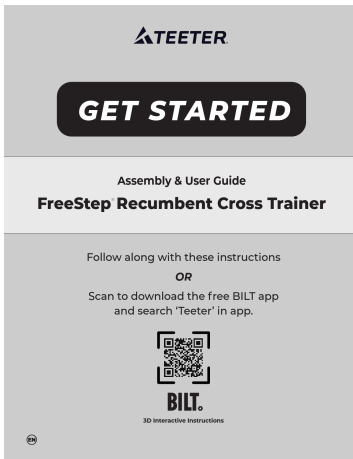
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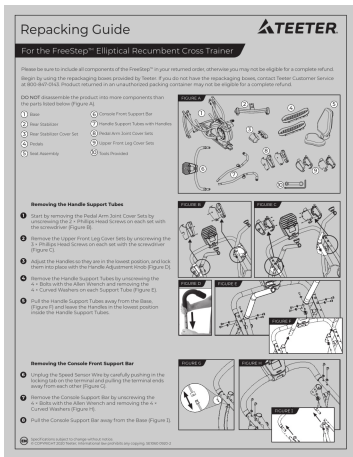




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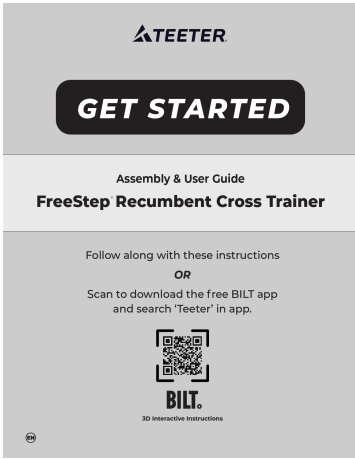
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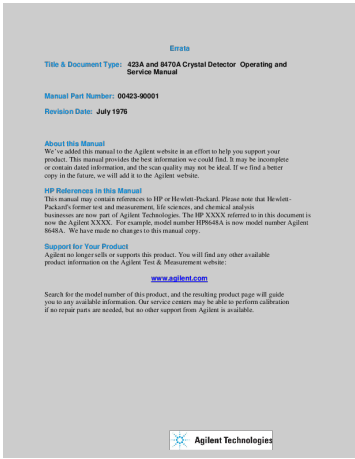
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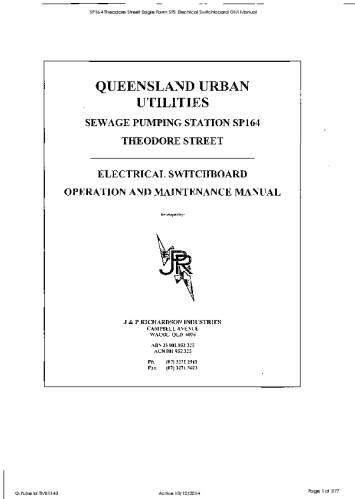
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