

## Try Teeter Freestep Recumbent Cross Trainer

The Teeter Freestep Recumbent Cross Trainer is an alternative home workout bike designed to be low impact but delivering both cardio and strength training exercises. The Freestep is a full body workout workstation designed for individuals that may be experiencing joint pains or arthritis.



## Try Teeter Freestep

Normal gym exercises for individuals dealing with joint pains can limit what you can do or how much you can exercise but with the Try Teeter Freestep the low impact design allows you to workout without the pain and discomfort.

At their website [www.tryfreestep.com](http://www.tryfreestep.com) the Freestep has over 93% ratings from participants that used the equipment twice for 7-10 minutes in a session for being low impact on your knees, back, hips, and compared to other cardio equipment options.

**Visit Amazon.com to read over 80 customer reviews where the Teeter Freestep has a customer rating of 4.4 out of 5 stars. 70% of customers gave the bike a 5 star rating.**

**[Click to read reviews!](#)**

When using the Teeter Freestep Recumbent Cross Trainer you can have an effective stress free exercise without compression to your back, hips, or knees. You are combining cardio with strength training working out your legs and arms together or individually.

## Stepping Action

The patented stride technology follows a smooth linear path to mimic a natural stepping motion. Instead of having the normal cyclical motion which increase joint strain which influences joint pain this technology prevents pain.

Your knees are prohibited from traveling over your toes while your back and hips are stabilized for a stress free workout. Resembles a leg press and exercises your thighs, glutes, quadriceps, and hamstrings.

## Handle Adjustments

Adjusting the handlebars on [Try Teeter Freestep](#) creates an upper body workout targeting your biceps, triceps, chest, and upper back. Push-pull mechanics come into play with the handlebar adjustments as you can pull them forward or push them down isolating different body parts.

You can manually adjust them anyway you see fit depending on your workout choice. While you are stepping to exercise your lower body simultaneously you can be working on your upper body as well.

## Variable Magnetic Resistance

This feature allows you to adjust the intensity of your workout from low to high. All you do is turn the dial which is located beside your seat and you will go from a light workout to a maximum burn. The adjustment setting will accommodate various workout levels so the more you turn the knob the greater your workout intensity.

## Other Teeter Freestep Cross Trainer Features

Whisper Quiet technology

Cushion seat reclines and adjust for the perfect height and comfort

Track progress with digital tracking console monitor - shows time, distance, speed, and calories burned

Dimensions - 38" wide and 54" length

Roll away for easy storage

Built of high quality steel

## Smart Design

To make your exercising more enjoyable the bike has a few convenient features you will enjoy including a digital console with Smart Device stand and water bottle holder. You can place your tablet onto the device stand and watch or read any of your favorite content. The water bottle holder is great for keeping you hydrated while exercising.

## Teeter Freestep As Seen On TV Offer

There is a [Try Teeter Freestep](#) as seen on TV offer for customers that are interested in purchasing the exercise equipment online. There details of the offer are listed below:

Visit [www.tryfreestep.com](http://www.tryfreestep.com)  
Freestep Cost - Over \$700  
Free shipping  
Flex pay option  
Money back guarantee

OR

**Visit [Amazon.com](http://Amazon.com) to read over 80 customer reviews where the product has a customer rating of 4.4 out of 5 stars. 70% of customers gave the bike a 5 star rating. [Click to read reviews!](#)**

Reference

<https://websnips.net/www-tryfreestep-com/>