

SHIPPING CHART

- * **All Fitness Equipment** is shipped via UPS with a 2 to 7 business day delivery time.
- * If you purchase the **Step Pump DVD** or **In the Interim CD** separately from any fitness equipment, they ship via US Postal Service and you have the option of choosing either Standard or Priority Shipping.

Prices vary based on 3 different Shipping Regions. To find your shipping price, locate your state and the weight of the item(s) you are shipping to determine the cost.

REGION 1:

Maryland, Massachusetts, Vermont, Connecticut, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Delaware, Kentucky, Rhode Island, District Of Columbia, New Hampshire, Virginia, West Virginia, Illinois, Indiana, Michigan, New Jersey, Tennessee

From(Lbs)	To(Lbs)	Rate(USD)
0.01	1.00	2.99
1.01	6.00	7.50
6.01	15.00	8.75
15.01	30.00	11.99
30.01	and up	15.90

REGION 2:

Iowa, Missouri, Alabama, Maine, Georgia, Armed Forces - AA, Wisconsin, Minnesota, Florida, Arkansas, Mississippi, Armed Forces - AE, Armed Forces - AP

From(Lbs)	To(Lbs)	Rate(USD)
0.01	1.00	2.99
1.01	15.00	8.00
15.01	25.00	12.00
25.01	30.00	14.90
30.01	and up	19.99

REGION 3:

Utah, North Dakota, Nebraska, Texas, Colorado, Idaho, Arizona, Oklahoma, Kansas, Montana, New Mexico, Wyoming, South Dakota

From(Lbs)	To(Lbs)	Rate(USD)
0.01	1.00	2.99
1.01	10.00	9.99
10.01	20.00	15.00
20.01	30.00	21.95
30.01	and up	29.99

REGION 4:

California, Nevada, Oregon, Washington

From(Lbs)	To(Lbs)	Rate(USD)
0.01	1.00	2.99
1.01	10.00	10.50
10.01	20.00	18.70
20.01	30.00	24.25
30.01	and up	33.25

PRIORITY SHIPPING FOR TONYA'S DVD OR CD:

All States and Territories

Delivery: 3-5 business days

Shipping Rates Based on Amount of Order:

From(USD)	To(USD)	Rate(USD)
0.01	22.00	6.60
22.01	54.00	10.60
54.01	79.00	19.99
79.01	and up	29.99