

SHIPPING CHART

- * Most orders are processed the same business day they are received.
- * **All Fitness Equipment** ships via UPS with a 2 to 7 business day delivery time, but usually arrives within 5 business days. We email the UPS tracking number to our customers once their order has shipped.
- * The **Step Pump DVD** and **In the Interim CD** ship separately from fitness equipment via the US Postal Service with a 2 to 5 business day delivery time. Standard shipping for the STEP PUMP DVD is free to the contiguous U.S. States and the In the Interim CD is included free in every DVD order. If you purchase the CD only, shipping is \$2.99 within the contiguous U.S. States. If you would like to receive your **STEP PUMP DVD** quicker, you have the option to pay for Priority Shipping.

Prices vary based on **4 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. If you are shipping Priority Mail for the DVD or CD, cost is based on the total amount of your order.

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