

Additional Shipping Types can be added under Administration > Setup > Inventory > Shipping Types.

Shipping Types - Setup			_ 🗆 🗙
#	Name	Web Site	Z
1	Distributor Truck		-
2	Self Distribution		
3	UPS Ground		
4	FedEx Ground		
5			
			·*
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OK Cancel			

The default in your database was most likely the following four:

To add additional Shipping Types simply add the title of the new Shipping Type below the last one listed and click "Update".