

TAKE THAT STEP

AT NUSTEP, we believe exercise has the power to transform lives. And, we believe people of all ages, fitness levels and functional abilities can transform their lives with exercise.

That's why we developed the NuStep recumbent cross trainer.

Designed by exercise physiologists and ergonomic specialists, the NuStep was the first exercise equipment of its kind when it was introduced in 1995.



Nearly 25 years later, NuStep's cross trainer models represent the gold standard for high-quality, inclusive exercise equipment.

Easy to access and easy to use, NuStep recumbent cross trainers deliver a low impact, total-body cardio and strength workout that can help improve your health and wellness.

TAKE THAT STEP. Transform your life with NuStep today.



NUSTEP CROSS TRAINERS

A Great Fit for Every Body

T4r



The T4r cross trainer accommodates users of virtually all fitness levels and functional abilities. Features include:

- 360° swivel seat allows access from any angle
- Grab ring offers extra support during on-and-off access
- StrideLock® locks handles/pedals for added stability
- Clamshell release levers for easy arm adjustments
- Large, durable foot pedals
- 10 resistance levels and multiple workout programs
- Weight capacity: 400 lbs

T5 Series



The T5 cross trainer series — T5^{XRW}, T5^{XR} and T5 — offers the same functionality and features of the T4r, plus:

- Low step-through design
- Contact heart rate handles
- 15 resistance levels and multiple workout programs

The T5^{XR} and T5^{XRW} models also include:

- Foot Secure System
- Seat reclines 10°
- 40° hand-grip rotation
- Extra wide seat (22") on T5^{XRW}
- Weight capacity: T5^{XR} and T5^{XRW} = 600 lbs / T5 = 500 lbs

T6 Series



The T6 cross trainer series — T6^{MAX} and T6^{PRO} — offer the same features of the T5 Series, plus:

- Dual touch-screen color display
- Simplified workout apps and metrics
- Bluetooth heart rate monitoring
- Seat reclines 12°
- Extra wide seat (22") on T6^{MAX}
- Option to add hip and torso belts
- Weight capacity: T6^{MAX} = 600 lbs / T6^{PRO} = 500 lbs

