

# T5<sup>XR</sup>

## RECUMBENT CROSS TRAINER

# Transform your life.



After a four-year collaborative effort that drew on the expertise of exercise physiologists, ergonomic specialists, and especially our customers, NuStep, Inc. is proud to present the T5<sup>XR</sup> Recumbent Cross Trainer.

The T5<sup>XR</sup> represents the full power of NuStep innovation with an extended range of features, adjustments, and versatility, all designed to offer the benefits of life transforming exercise to more users.

Whatever your level of function - from deconditioned or disabled users to workout warriors or elite athletes - the T5<sup>XR</sup> offers safe, effective, and adaptive exercise. No other exercise machine is as accessible, supportive, and versatile.

### Overall Features

With its easy on and off design and low impact, total body workout, the T5<sup>XR</sup> makes exercise possible for a wide variety of users.

- Low Step-Through Design
- Ergonomic Body Position
- Total Body Workout
- Smooth Stepping Motion
- Fits Users 4'6"-6'7" (137-200 cm)
- 600 lb. (272 kg) Weight Capacity
- Contemporary, Narrow Profile Design

### Drive Train

The self-powered T5<sup>XR</sup> starts easily, operates quietly, and can be used in most locations.

- User Controlled Step Length
- Instantaneous Freewheeling Action
- Low Inertia Startup
- Self-Powered with Battery
- Accuracy to EN 957-8:1998 Standard
- Quiet Belt Drive
- Generator Resistance Range of 5-1400 Watts

### Seat

With a 360° swivel seat and reclining back, the T5<sup>XR</sup> offers secure and comfortable seating.

- Ergonomically Designed, Large Seat
- 360° Seat Swivel with 45° Locking Intervals
- 18" (46 cm) of Seat Adjustment
- Contact Heart Rate Grips
- Adjustable Reclining Seat Back
- Flip-Up Arm Rests
- Wheelchair Height Seating
- Patented Seat Movement Lockout
- Water Bottle Holder
- Option to Add Oversized Seat

### Arms

Adjustable arm length and hand grip rotation keep hands and arms in correct position during a workout.

- Ergonomically Shaped Hand Grips
- 40° of Hand Grip Rotation
- 18" (46 cm) of Arm Adjustment
- Easy Adjustment Arm Locks
- Easy to Clean Hand Grips and Arm Locks



Transforming Lives<sup>®</sup>

### Order Today

Monday-Friday 8am-5pm EST  
(800) 322-2209  
(734) 769-3939

[www.nustep.com](http://www.nustep.com)

# Transform



## Console

User progress, workout programs and machine diagnostics are easy to monitor and track on the large LCD display console.

- Easy to Use
- Large, Color LCD Display
- Easy Startup with No Button Press Required
- Push Button Workload Control
- Comprehensive Data Readouts
- Goal Setting in Time, Distance and Calories
- 15 Levels of Resistance
- 13 Workout Programs Including 5 Profiles
- Motivational Aides
- On The Fly Programming
- Seat Position Displayed On Screen
- Manager Mode to Customize Console
- Info Button with Context Sensitive Help
- Audible Feedback with Volume Control
- Multiple Display Languages
- Polar® Heart Rate Monitoring (belt available)
- Target Heart Rate Control Program
- Constant Speed Program (Isokinetic)
- Constant Power Program
- Two Exercise Testing Protocol Programs
- Repeat Last Workouts Feature
- Workout Tracking by User ID
- User Data Tracking Up to 200 Users
- Export Workout and Machine Data via USB
- Console Requires No Electricity Under Normal Use
- Battery Saver Mode

## Foot Pedals

The foot pedals on the T5<sup>XR</sup> flex to provide a natural and comfortable foot motion.

- Oversized, Cushioned Foot Surface
- Flex Foot System for Dorsi/Plantar Flexion
- Three Lockable Foot Angle Positions
- Soft Heel Cups to Secure Feet
- Dirt Slot for Cleanliness
- Foot Secure System

## Specs

The T5<sup>XR</sup> is easy to maintain and designed to sustain millions of steps.

- Unit Weight 286 lb. (130 kg)
- Unit Size 73x29x46" (185x74x117 cm)
- Maintenance Free Design
- Made in the USA

A number of accessories are available to enhance the user's experience with the NuStep.



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