

T5

RECUMBENT CROSS TRAINER

Transform your life.



NuStep, Inc. is proud to present the T5 Recumbent Cross Trainer, the product of a four-year collaborative effort that drew on the expertise of exercise physiologists, ergonomic specialists, and our customers.

The T5 is a mid-level model that offers many of our latest NuStep innovations, including features and adjustments designed to offer the benefits of life transforming exercise to patients, clients, club members, and home users alike.

Virtually anyone can exercise on the T5, from deconditioned or disabled users to workout warriors and elite athletes. The T5 offers safe, effective, and adaptive exercise with a mid-level feature set and price.

Overall Features

With its easy on and off access and low impact, total body workout, the T5 enables more users to experience the machine.

- Low Step-Through Design
- Ergonomic Body Position
- Total Body Workout
- Smooth Stepping Motion
- Fits Users 4'6"-6'7" (137-200 cm)
- 500 lb. (227 kg) Weight Capacity
- Contemporary, Narrow Profile Design

Drive Train

The self-powered NuStep 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 large, comfortable seat that swivels 360°, the T5 offers accessibility to users of all function levels.

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

Arms

Arm lengths adjust to fit your body size and preferred range of motion for a great upper body workout.

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



Transforming Lives®



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
- 15 Levels of Resistance
- Easy Startup with No Button Press Required
- Push Button Workload Control
- Comprehensive Data Readouts
- Goal Setting in Time, Distance and Calories
- Motivational Aides
- 8 Workout Programs Including 5 Profiles
- 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® Telemetry Heart Rate Monitoring
- Repeat Last Workouts Feature
- Workout Tracking by User ID
- User Data Tracking Up to 200 Users
- Export Workout and Machine Data via USB
- Battery Saver Mode

Foot Pedals

Designed to accommodate different-sized feet, the T5 pedals keep feet securely in place during a workout.

- Oversized, Cushioned Foot Surface
- Soft Heel Cups to Secure Feet
- Dirt Slot for Cleanliness

Specs

The T5 is easy to maintain and designed to withstand extensive use.

- Unit Weight: 285 lb. (129 kg)
- Unit Size: 73x29x46" (185x74x117 cm)
- Warranty: 5 year Parts; 1 year Labor; 10 year Frame
- Maintenance Free Design
- Made in the USA

* All prices subject to change without notice

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

