

# 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 benefit a wide range of users.

TAKE THAT STEP and add a NuStep T4r recumbent cross trainer to your location today.

CALL 800.322.2209 or VISIT [NUSTEP.COM](http://NUSTEP.COM)



# **NUSTEP T4r RECUMBENT CROSS TRAINERS**

## **EXTREMELY INCLUSIVE - EXTREMELY POPULAR**

*The NuStep T4r recumbent cross trainer's inclusive design and user-friendly features make it a popular choice in healthcare, senior living and fitness settings. With a low inertia start-up, user controlled step length and 10 resistance levels, the T4r empowers users to exercise independently and adjust their workout as they progress.*



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