

NuStep® T4

Recumbent Cross Trainer

Specifications

Arms Anodized

aluminum arms
with foam
handgrips made
of non-latex PVC
Ergonomic hand
position
15" of arm
adjustment with
numerical
indicator



Display

Easy-to-use one button quick start & reset
Large readouts of TIME, STEPS PER MINUTE,
WORKLOAD, and HEART RATE, plus user choice
of METS, WATTS, STEPS, and CALORIES
Automatic power on, plus doesn't turn off for 4 min
Polar® telemetry heart rate monitoring
Average button gives workout average from start
Stepping speed of 5 to 210 steps per minute
Cordless design uses 4 AA alkaline batteries or
optional 110V or 220V AC adapters
Weight readout in U.S. or metric measurements
Reading rack also holds CD/MP3 players
Convenient to reach water bottle holder
123GO! Instruction panel for simple setup

Frame & Covers

Heavy-duty 14 gauge welded steel
Powder coated, zinc-plated components resist rust
Stable, 4-point contact, with two leveling feet Front
lifting handle and rear wheels for portability Strong,
high-impact polystyrene easy clean covers

Footpedals

Four-bar linkage keeps feet secure, assisting in
stabilizing the user's feet on the pedals
Aluminum pedals with non-slip powder coating
Optional footstraps secure feet to pedals

Resistance System

Smooth, eddy current resistance (samarium cobalt
magnetic braking) with 10 workload levels
Power output range of 5-800 watts
Quiet belt drive - HTD® timing and poly-v belts
Maintenance-free design includes long life
bearings, belts, plus automatic tensioning systems

Seat

Ball bearing swivel seat rotates and locks 90° to
either side for easy access
Armrests support, or fold out of the way
Convenient to use seat and swivel release levers
operate from center or sides and are foam padded
10 wheels for smooth seat sliding and adjustment
Seat offers 15" of travel to fit users approximately
4'6" to 6'4" in height, plus 400 lb weight capacity
Ergonomically designed seat with contoured back
support, and heavy-duty vinyl covering
Seat height automatically adjusts 20-22" from floor
depending whether seat is positioned all the way
forward or backward

Stepping Motion

Freewheeling (coasting) action lets users safely
stop movement immediately if necessary
Infinitely variable step length lets user choose small
or large stepping motion up to 8-1/2" (+/-3/8")

Unit Dimensions and Shipping

Length	60"	(152cm)
Width	28"	(71cm)
Height	43"	(109cm)
Weight	205 lbs.	(93kg)
User weight limit	400 lbs.	(182kg)

Shipped factory-direct, fully assembled
Shipping charges extra plus available inside
delivery for extra charge

Warranty and Quality

Limited 10-year frame, 5-year parts and 1-year
labor warranty (US and Canada)
Proudly made in USA
Quality system registered to ISO 9001:2008
Patents 5,356,356; D359,777; 6,042,518;
D421,075; 6,361,479; 6,666,799

Directives and Standards

Medical Device Directive 93/42/EEC;
EN60601-1/A2:1995; EN60601-1-2:2001
Low Voltage Directive 73/23/EEC-
93/68/EEC; EN60335-1:2002
Safety EN957-8:1998; EN957-1/A1:1998



Visit www.nustep.com



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Transforming Lives™

NuStep[®] T4 Recumbent Cross Trainer

Predicted Metabolic Equivalentents

Predicted METs equation as a function of power and weight

Weight in kilograms → T4 METs(<115W) = $(-171.8 + (6.61 * wt) + (6.725 * Watts)) / (wt * 3.5)$, T4 METs(≥115W) = $(-8.67 + (7.76 * wt) + (0.0384 * Watts^2)) / (wt * 3.5)$

Weight in pounds → T4 METs(<115W) = $(-171.8 + (6.61 * (wt / 2.204)) + (6.725 * Watts)) / (wt * 3.5)$, T4 METs(≥115W) = $(-8.67 + (7.76 * wt) + (0.0384 * Watts^2)) / ((wt / 2.204) * 3.5)$

		User Weight												
		100	125	150	175	200	225	250	275	300	325	350	375	400
Power [Watts]	lb	45	57	68	79	91	102	113	125	136	147	159	170	181
	kg	45	57	68	79	91	102	113	125	136	147	159	170	181
25		1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9	1.9
50		2.9	2.7	2.6	2.5	2.4	2.3	2.3	2.3	2.2	2.2	2.2	2.2	2.1
75		4.0	3.6	3.3	3.1	2.9	2.8	2.7	2.6	2.6	2.5	2.5	2.4	2.4
100		5.1	4.4	4.0	3.7	3.5	3.3	3.2	3.0	2.9	2.9	2.8	2.7	2.7
115		5.4	4.7	4.3	4.0	3.8	3.6	3.5	3.4	3.3	3.2	3.1	3.1	3.0
125		6.0	5.2	4.7	4.4	4.1	3.9	3.7	3.6	3.5	3.4	3.3	3.2	3.2
150		7.6	6.5	5.8	5.3	4.9	4.6	4.4	4.2	4.0	3.9	3.8	3.7	3.6
175		9.6	8.1	7.1	6.4	5.9	5.5	5.2	4.9	4.7	4.5	4.3	4.2	4.1
200		11.9	9.9	8.6	7.7	7.0	6.5	6.1	5.7	5.4	5.2	5.0	4.8	4.6
225		14.5	11.9	10.3	9.2	8.3	7.6	7.1	6.6	6.3	6.0	5.7	5.5	5.3
250		17.4	14.2	12.3	10.9	9.7	8.9	8.3	7.7	7.2	6.9	6.5	6.2	6.0
275			16.7	14.4	12.7	11.3	10.3	9.5	8.8	8.3	7.8	7.4	7.1	6.8
300				16.7	14.7	13.0	11.9	10.9	10.1	9.5	8.9	8.4	8.0	7.7
325					16.9	14.9	13.6	12.5	11.5	10.7	10.1	9.5	9.0	8.6
350						17.0	15.4	14.1	12.9	12.1	11.3	10.7	10.1	9.6
375							17.3	15.8	14.5	13.5	12.7	11.9	11.3	10.7
400								17.7	16.2	15.1	14.1	13.2	12.5	11.9

Note:

All values derived from regression analysis performed by Dr. John Porcari, University of Wisconsin - La Crosse, La Crosse WI 54601, 1999.

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NuStep® T4 Recumbent Cross Trainer

Predicted Caloric Expenditure per Minute

Predicted caloric expenditure equation as a function of power and weight

Weight in kilograms → T4 Kcal/min = (METS*(wt*3.5)/1000)*5

Weight in pounds → T4 Kcal/min = (METS*((wt/2.204)*3.5)/1000)*5

		User Weight												
		100	125	150	175	200	225	250	275	300	325	350	375	400
lb														
kg		45	57	68	79	91	102	113	125	136	147	159	170	181
Metabolic Equivalents (METs)	1	0.8	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2
	2	1.6	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.1	5.6	6.0	6.3
	3	2.4	3.0	3.6	4.1	4.8	5.4	5.9	6.6	7.1	7.7	8.3	8.9	9.5
	4	3.2	4.0	4.8	5.5	6.4	7.1	7.9	8.8	9.5	10.3	11.1	11.9	12.7
	5	3.9	5.0	6.0	6.9	8.0	8.9	9.9	10.9	11.9	12.9	13.9	14.9	15.8
	6	4.7	6.0	7.1	8.3	9.6	10.7	11.9	13.1	14.3	15.4	16.7	17.9	19.0
	7	5.5	7.0	8.3	9.7	11.1	12.5	13.8	15.3	16.7	18.0	19.5	20.8	22.2
	8	6.3	8.0	9.5	11.1	12.7	14.3	15.8	17.5	19.0	20.6	22.3	23.8	25.3
	9	7.1	9.0	10.7	12.4	14.3	16.1	17.8	19.7	21.4	23.2	25.0	26.8	28.5
	10	7.9	10.0	11.9	13.8	15.9	17.9	19.8	21.9	23.8	25.7	27.8	29.8	31.7
	11	8.7	11.0	13.1	15.2	17.5	19.6	21.8	24.1	26.2	28.3	30.6	32.7	34.8
	12	9.5	12.0	14.3	16.6	19.1	21.4	23.7	26.3	28.6	30.9	33.4	35.7	38.0
	13	10.2	13.0	15.5	18.0	20.7	23.2	25.7	28.4	30.9	33.4	36.2	38.7	41.2
	14	11.0	14.0	16.7	19.4	22.3	25.0	27.7	30.6	33.3	36.0	39.0	41.7	44.3
	15	11.8	15.0	17.9	20.7	23.9	26.8	29.7	32.8	35.7	38.6	41.7	44.6	47.5
	16	12.6	16.0	19.0	22.1	25.5	28.6	31.6	35.0	38.1	41.2	44.5	47.6	50.7
	17	13.4	17.0	20.2	23.5	27.1	30.3	33.6	37.2	40.5	43.7	47.3	50.6	53.8
	18	14.2	18.0	21.4	24.9	28.7	32.1	35.6	39.4	42.8	46.3	50.1	53.6	57.0

Note:

All values derived from regression analysis performed by Dr. John Porcari, University of Wisconsin - La Crosse, La Crosse WI 54601, 1999.

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NuStep® T4 Recumbent Cross Trainer
 Estimated Power (Watts) at Various Step Rates

		T4 Load Level									
		1	2	3	4	5	6	7	8	9	10
Steps Per Minute (SPM)	15	8.0	8.0	8.0	8.0	8.0	9.0	11.0	12.0	14.0	16.0
	30	18.0	19.0	19.0	19.0	21.0	25.0	30.0	33.0	41.0	45.0
	40	25.0	27.0	27.0	28.0	31.0	37.0	45.0	52.0	63.0	71.0
	50	33.0	35.0	35.0	37.0	42.0	51.0	63.0	73.0	88.0	100.0
	60	41.0	43.0	44.0	47.0	53.0	66.0	82.0	96.0	116.0	133.0
	70	49.0	52.0	54.0	58.0	66.0	82.0	103.0	121.0	147.0	168.0
	80	57.0	61.0	64.0	69.0	79.0	100.0	126.0	148.0	180.0	207.0
	90	65.0	70.0	74.0	81.0	93.0	118.0	149.0	178.0	215.0	249.0
	100	74.0	80.0	84.0	93.0	108.0	137.0	175.0	209.0	252.0	293.0
	110	83.0	89.0	95.0	105.0	123.0	157.0	201.0	241.0	291.0	339.0
	120	91.0	99.0	106.0	118.0	139.0	178.0	229.0	275.0	332.0	388.0
	130	100.0	109.0	117.0	131.0	155.0	199.0	257.0	311.0	374.0	439.0
	140	110.0	119.0	128.0	144.0	171.0	221.0	287.0	387.0	465.0	548.0
	150	119.0	130.0	139.0	158.0	189.0	244.0	318.0	387.0	465.0	548.0
	160	128.0	140.0	151.0	172.0	206.0	268.0	349.0	427.0	512.0	605.0
	170	138.0	150.0	163.0	187.0	224.0	292.0	382.0	468.0	562.0	665.0
	180	147.0	161.0	175.0	201.0	242.0	316.0	416.0	511.0	612.0	726.0
	190	157.0	172.0	187.0	216.0	261.0	342.0	450.0	554.0	664.0	790.0
	200	166.0	183.0	200.0	231.0	280.0	368.0	486.0	599.0	718.0	855.0
	210	176.0	194.0	212.0	247.0	300.0	394.0	522.0	646.0	773.0	922.0

Note:

All values were computer from watts testing on the TRS4000 using a controlled step length And EC disk RPM and are for reference only. Since a user inadvertently varies step length and RPM While using the NuStep, the display automatically updates all values based on this data, and will provide Slightly different and more accurate values than those above at the same SPM

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