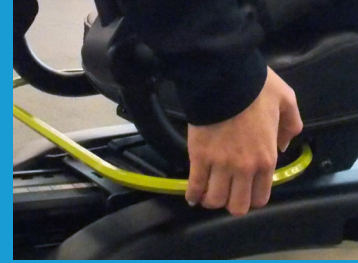




# T4r Recumbent Cross Trainer QUICK START GUIDE

## 1 Operate 360° swivel seat

- To support easy transfers on and off the T4r:
  - lift rear lever to unlock
  - swivel seat in either direction
  - release lever to lock seat in place



## 2 Unlock machine

- Press down on StrideLock® lever\*. It is **DOWN** when unlocked.
- Handles and pedals move when unlocked.
- To lock: press and release lever. It is **UP** when locked.

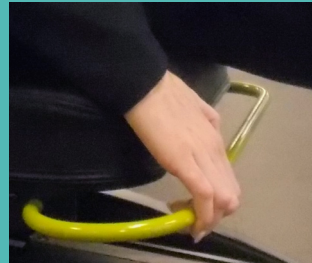
\*StrideLock not available on all T4r models



## 3 Adjust seat distance

- Lift front lever to unlock.
- Slide seat forward or backward.
- Release lever to lock seat in place.
- Seat distance is shown on back rail.

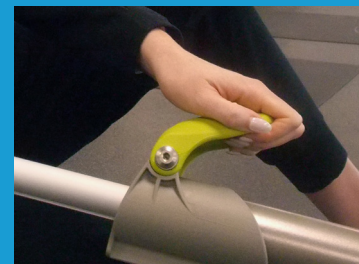
NOTE: Knee should have a slight bend when leg is extended forward.



## 4 Adjust handle length

- Pull lever up to unlock.
- Slide handle in or out to adjust length.
- Push lever down to lock handle in position.

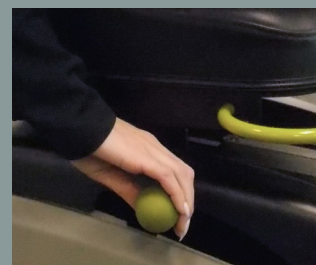
NOTE: Elbow should have a slight bend when arm is extended forward.



## 5 Set load level (resistance)

- Move lever (on right side under seat):
  - forward to increase load
  - backward to decrease load

NOTE: Load level is shown on display console.



For more details on how to set up and use the T4r, please refer to the T4r User Manual.

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