

**NuStep®** / **T4r** *RECUMBENT CROSS TRAINER*

*STEP INTO WELLNESS WITH CONFIDENCE*



**MOVEMENT  
FOR  
EVERY  
BODY®**

# NuStep® / T4r **SUPPORTING FITNESS PROGRESS ONE STEP AT A TIME**

The NuStep T4r Recumbent Cross Trainer combines inclusive design with user-friendly features, making it an ideal solution for people of nearly all ages, fitness levels, and functional abilities. Accessible and easy to use, the T4r provides safe and effective total-body cardio exercise for rehabilitation, senior fitness, and general wellness — earning it a trusted place in healthcare, senior community, fitness centers, and home settings around the world.



**Console Programs:**  
Quick Start  
Pace Partner



## T4r FEATURES & BENEFITS

- **Smooth-stepping motion and low-inertia start up deliver low-impact exercise with minimal joint stress.**
- **Ergonomic seat and arm/leg adjustments support proper positioning during exercise.**
- **StrideLock mechanism enhances stability for safer, more confident on-and-off access.**
- **Adaptable workload adjustment empowers performance progression.**
- **Compatible with accessories such as WellGrips, Leg Stabilizers, and more!**

## SPECS

### Machine Footprint:

- 60" L x 27" W x 45" H
- 152cm L X 69cm W X 115cm

### Unit Weight:

- 210 lbs. 95 kg.

### Seat Width:

- Standard Seat Width: 17"/43cm

### User Weight:

- Accommodates users up to 400 lbs. / 181 kg.

### Warranty

The T4r is covered under a limited 10-year frame, 3-year parts and 1-year labor warranty (US).

Product specifications are subject to change.

### Fits Users:

From 4'6" to 6'4"/137cm to 193cm in height.

### Power:

Four AA batteries required (included with purchase).



**MOVEMENT FOR EVERY BODY®** (800)322.2209 | (734) 769.3939 | [nustep.com](http://nustep.com)

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