

T5^{XR}

RECUMBENT CROSS TRAINER

Transform your life.



The NuStep T5^{XR} Recumbent Cross Trainer represents the pinnacle of innovation, inclusiveness and accessibility with an extended range of features, adjustments and versatility – all developed through extensive field research and testing.

Designed to offer the life transforming benefits of exercise to users of virtually any age, size, fitness level, or health condition, the T5^{XR} is the ultimate machine for safe, effective and adaptive exercise.

Overall Features

With its easy on and off design and low impact, total body workout, the T5^{XR} makes exercise possible for a wide variety of users.

NEW StrideLock™ feature (see over)

Low step-through design

Ergonomic body position

Smooth stepping motion

Fits users from 4'6"-6'7" (137-200 cm)

Accommodates users up to 600 lbs. (272 kg)

Drive Train

The self-powered T5^{XR} starts easily, operates quietly, and can be used in most locations.

User controlled step length

Low inertia startup

Instant free coasting start and stop action for safety

Generator resistance range of 0-1400 watts

Arms

Adjustable arm length and hand grip rotation keep hands and arms in correct position during a workout.

Ergonomically shaped hand grips

40° of hand grip rotation

18" (46 cm) of arm adjustment

Easy adjustment clamshell release

Seat

With a swivel seat and reclining back, the T5^{XR} offers secure and comfortable seating.

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

Wide Seat option

The 22" wide seat offers extra room, support and comfort for larger users.

The arm rests and contact heart rate grips are also positioned wider to further ensure comfort and accessibility.

Must be ordered at time of NuStep purchase



Order Today

Monday-Friday 8am-5pm EST
(+1) 734-769-3939

www.nustep.com

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The 360° swivel seat locks at 45° intervals to offer greater accessibility for users of virtually all ability levels.



The new StrideLock™ feature locks handles and pedals for added stability and easier transfers.



The oversized foot pedals and Foot Secure System keep feet stable and securely in place while exercising.

Console

Monitor and track user progress, workout programs and machine diagnostics on the large, easy-to-read LCD display console.

- Easy Startup with no need to press button
- Push button workload control
- Comprehensive data readouts
- Goal setting in time, distance and calories
- 15 levels of resistance
- 13 workout programs including 5 profiles
- Motivational aides
- On-the-fly programming
- Seat position displayed on screen
- Manager Mode to customize console
- Info button with context sensitive help
- Multiple display languages
- Polar® Heart Rate monitoring
- Target Heart Rate Control program
- Constant Speed Program (Isokinetic)
- Constant Power Program
- Two exercise testing protocol programs
- 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

The foot pedals on the T5^{XR} flex to provide a natural and comfortable foot motion.

- Oversized, cushioned foot surface
- Flex Foot System for dorsi/plantar flexion
- Three lockable foot angle positions
- Soft heel cups to secure feet
- Dirt slot for cleanliness

Specs

The T5^{XR} is easy to maintain and designed to sustain millions of steps.

- T5^{XR} weight: 295 lbs. (134 kg)
- T5^{XR} size: 73" L x 29" W x 46" H (185x74x117 cm)
- Made in America
- U.S. Patents: 6,042,518; 6,361,479; 7,775,942; D610,635



Transforming Lives®

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