

T4r

RECUMBENT CROSS TRAINER

Transform your life.



The T4r empowers users of virtually all ability levels to engage in exercise.

T4r combines lower and upper body movement for a full body workout, building strength and invigorating users such as those with disabilities, in rehabilitation or desiring health and wellness to get the most out of life.

Safe, smooth, quiet, and easy to use, T4r inspires independence among users and therapists. NuStep's recumbent cross trainers are a leading choice among healthcare and fitness professionals as well as home users.

T4r's fresh design and small footprint make it ideal for a professional setting or home use.

Overall Features

The T4r simulates a natural walking motion while eliminating undesirable joint stress and promoting functional fitness.

NEW StrideLock™ feature (see over)

Ergonomic body position for comfort

Total body workout

Smooth stepping motion

Fits users from 4'6" - 6'4" (137-193 cm)

Accommodates users up to 400 lbs. (181 kg)

Drive Train

The self-powered T4r 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

Self-powered with no plug-in required

Quiet belt drive

Power output range of 0-800 watts

Seat

The comfortable, ergonomically-designed T4r seat swivels 360° to allow for easy on and off access.

360° seat swivel with 45° locking intervals

Padded contoured back provides added support

Seat adjusts 15" (38 cm) forward and backward

Wheelchair height

Flip-up arm supports

Arms

Easy arm adjustments up to 15" (38 cm) to fit your body size and preferred range of motion.

Sturdy grab ring

Comfortable rubber hand grips

Clamshell release mechanism



Transforming Lives®

Order Today

Monday-Friday 8am-5pm EST

(+1) 734-769-3939

www.nustep.com

Transform



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



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



The NuStep arm handles are easy to adjust with user-friendly clamshell release levers.

Console

Easy to read and use display to see results.

- Simple, one-button quick start and reset
- Easy-to-read display
- 10 levels of resistance
- Quick Start, Pace Partner, and track programs
- Quantifiable workout data
- Export workout and machine data via USB
- Polar® Heart Rate monitoring as an accessory
- Auto On/Off feature
- Media shelf
- Water bottle holder
- Powered by 4 AA batteries or NiHM rechargeable batteries

Adaptive Equipment and Accessories also available

- Leg Stabilizer
- WellGrip®
- Foot Secure System
- Seat Belt(s)
- Polar® Heart Rate Sensor
- Transporter
- Floor Mat

Foot Pedals

The pedals on the T4r are designed to accommodate different sized feet and keep them securely in position.

- Supportive and stable pedals
- Deep heel cups to secure feet

Specs

The T4r is easy to maintain and designed to sustain millions of steps.

- T4r weight: 210 lbs. (95 kg)
- T4r size: 60" L x 27" W x 45" H (152x69x115 cm)
- T4r footprint: 3' W x 5.5' L
- Made in America
- U.S. Patents: 6,042,518; 6,361,479; 6,666,799; and patents pending

