

# T4r

RECUMBENT CROSS TRAINER

# Transform your life.



**The ALL NEW 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.**

- 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 5-800 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  
1.800.322.2209  
[www.nustep.com](http://www.nustep.com)



## 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

## Accessories Available for Purchase

- Leg Stabilizers
- WellGrips®
- Polar® Heart Rate Monitor
- Foot Secure System
- Seat Belt(s)
- 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
- Warranty: 5 year parts; 1 year labor; 10 year frame
- Made in America
- U.S. Patents: 5,356,356; 6,042,518; 6,361,479; 6,666,799; and patents pending

Over 60,000 Recumbent Cross Trainers are Transforming Lives® around the world today!

All prices subject to change without notice.  
Product availability may change without notice.

