

# NuStep<sup>®</sup> UE8

*Upper Body Ergometer*

**user manual**





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# Introduction




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Thank you for purchasing the NuStep UE8 upper body ergometer. We appreciate your business and your confidence in our products.

The new upper body ergometer line, which includes the UE8<sub>PRO</sub> and the UE8<sub>MAX</sub>, continues NuStep's tradition of innovation and its mission to develop inclusive exercise equipment that can benefit users of virtually all fitness levels and functional abilities.

Please be sure to review this guide, including all safety information, before using the UE8 upper body ergometer.

# Safety Instructions

	 <b>CAUTION</b>	 <b>WARNING</b>
<p>This is the safety alert symbol. It is used to call attention to instructions concerning personal safety. Read and obey all safety messages that follow this symbol to avoid possible injury or death resulting from misuse.</p>	<p>CAUTION indicates a potentially hazardous situation, which if not avoided, may result in minor or moderate injury. It may also be used to alert against unsafe practices.</p>	<p>WARNING indicates a potentially hazardous situation, which, if not avoided, could result in death or serious injury.</p>

 <b>WARNING</b>
<p>Do not modify this equipment without authorization of the manufacturer.</p> <p>Use this equipment only for its intended use as described in this manual.</p> <p>Do not use attachments not recommended by the manufacturer.</p> <p>Never operate this equipment if it has a damaged cord or plug.</p> <p>Keep the cord away from heated surfaces.</p> <p>Never drop or insert any object into any opening.</p> <p>Do not use outdoors.</p> <p>Injuries to health may result from incorrect or excessive training.</p> <p>Heart rate monitoring systems may be inaccurate.</p> <p>Over exercising may result in serious injury or death.</p> <p>If you feel faint stop exercising immediately.</p>

# Safety Instructions

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## CAUTION

See your physician before beginning any exercise program.

Supervision is required if you have a disability or medical condition.

Stop exercising if you feel faint or dizzy while using this product, and seek medical help or advice.

Use this product only as directed by your physician if you have any type of heart disease, hypertension, diabetes, respiratory disease, or any other medical problem, or if you are pregnant.

This product may be used by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge if they are supervised by a person responsible for their safety or they are provided instructions concerning safe use of the product and understand the hazards involved in the use of the product.

Read this manual before using this product and save it for future reference.

Always wear shoes and proper clothing when exercising.

Do not operate this product if it appears damaged or inoperable. Examine product regularly for damage and wear. Ensure defective components are replaced immediately.

Do not perform maintenance or repairs on this product while it is in use.

Make sure the seat position and upper arm position are correctly setup for you. Do not over-extend your arm reach.

Do not let children use this product.



## CAUTION

Do not use this product in the presence of children and/or pets.

Keep children under the age of 13 away from this machine.

The heart rate, watts, METs and calories displays are not suitable for use in applications where the health and safety of the patient may be dependent on the accuracy of those parameters.

The maximum user weight capacity:  
UE8<sub>PRO</sub> model = 500 lbs (227 kg)  
UE8<sub>MAX</sub> model = 600 lbs (272 kg)

Do not lift this product by yourself. The UE8 is very heavy. It weighs 320 lbs. (145 kg).

To avoid injury, or damage to the product, always obtain assistance to move this product. Use proper lifting techniques.

To avoid injury, do not insert hands in any cover openings.

To ensure safe operation of this product, place on a flat, stable surface. Adjust leveler feet as required.

This product is intended to be connected to AC mains power through the furnished AC adapter only.

**SAVE THESE  
INSTRUCTIONS.**

# Installation and Placement

## Unpacking and Installation


Carefully unpack the UE8 from the shipping container and transport the product to the installation location. The UE8 is designed for indoor use only.

Place an equipment mat under the UE8 to protect floor and reduce vibration.

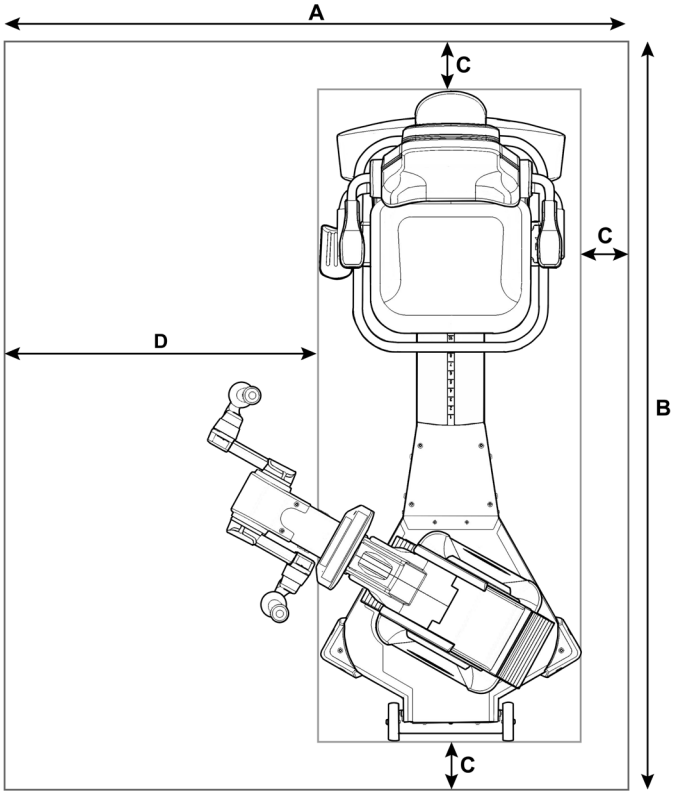
To ensure safe and effective operation of your UE8, place on a flat, stable surface. Adjust leveler feet as required.

The UE8's swivel drivetrain allows exercising from three positions: seated, standing or wheelchair. As such, the minimum amount of required free space around the equipment will vary depending on use.

The diagram below shows the required free space for standing or wheelchair use from one side.

	<b>CAUTION</b>
<p>The UE8 is very heavy. It weighs 320 lbs. (145 kg).</p> <p>To avoid injury, or damage to the product, always obtain assistance to move this product.</p> <p>Use proper lifting technique.</p>	

A	Overall width = 100 inches includes unit width (32") <i>plus</i> required free space (56" + 12")
B	Overall length = 98 inches includes unit length (74") <i>plus</i> required free space (12" + 12")
C	12 inches required free space
D	56 inches required free space



# AC Adapter Use

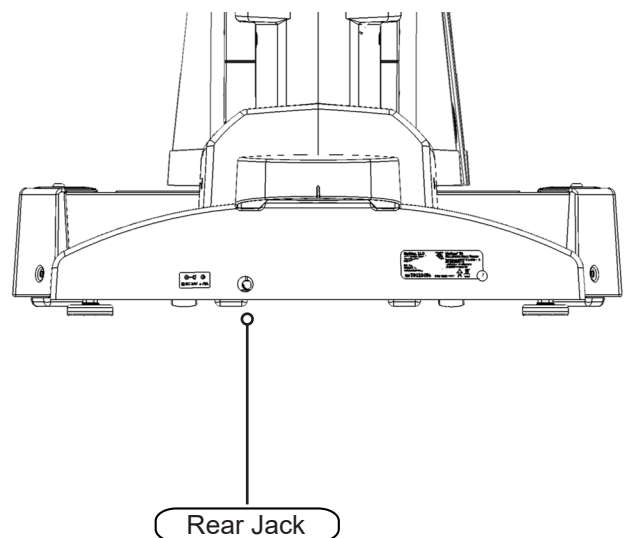
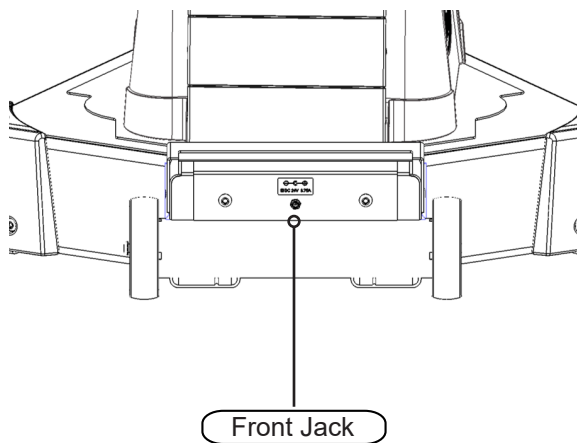
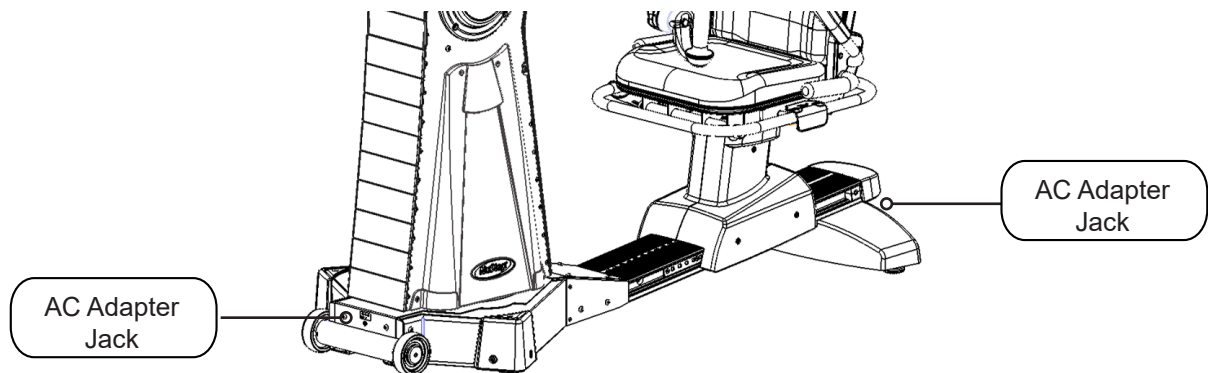
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The UE8 is powered by an AC adapter which is included with the equipment. The AC adapter may be plugged into either the front or the rear jack.\* Plug the adapter into an appropriate power outlet.

Route the AC adapter power cable in a manner that prevents tripping hazards and prevents damage to the adapter. Avoid placing any pressure or strain on adapter cables, jacks or plugs.

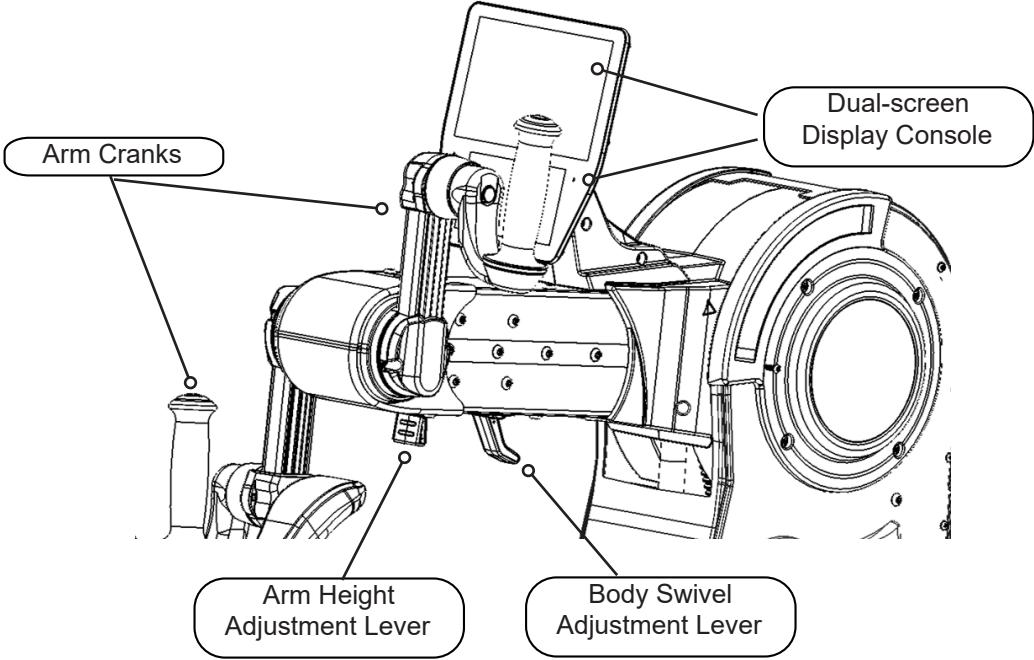
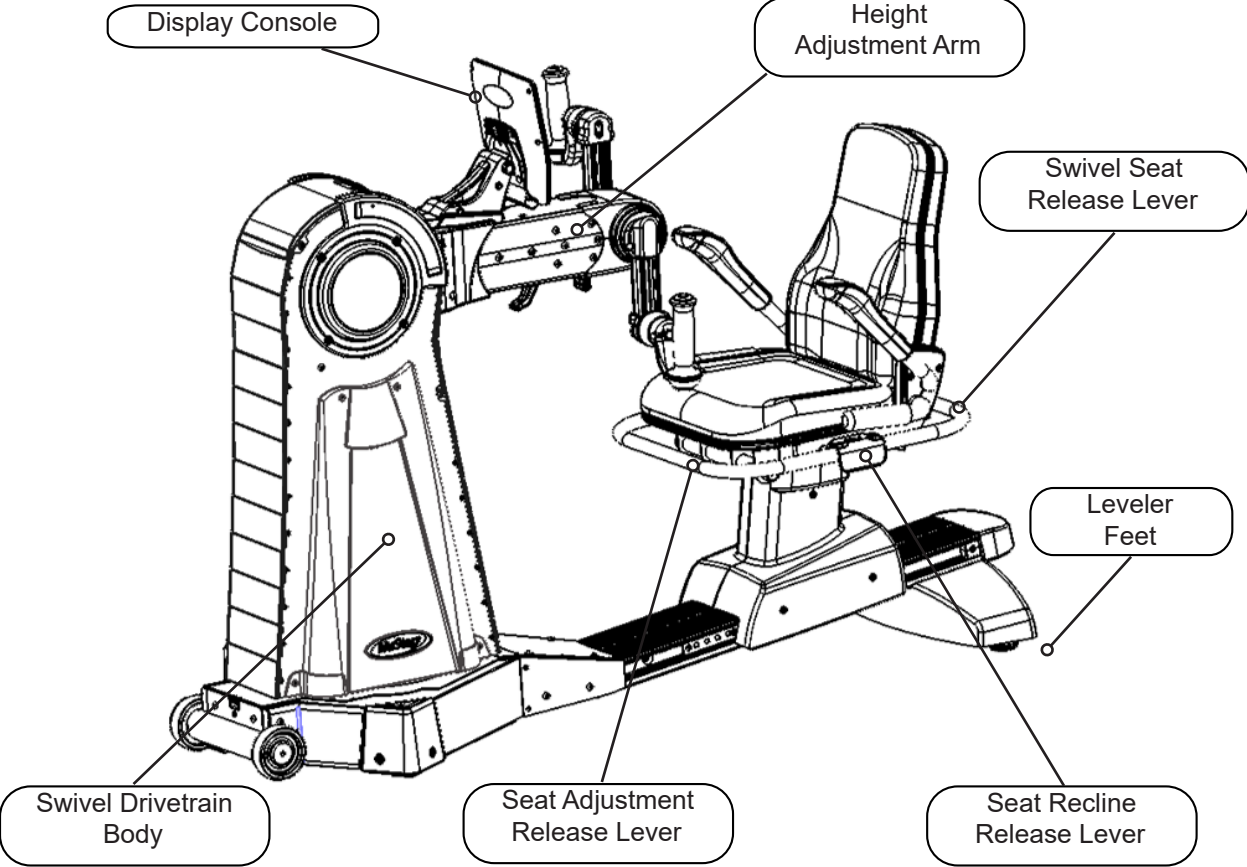
For adapter specifications, please refer to the Technical Data section of this manual.

*\*Do not connect the UE8 to two AC adapters simultaneously.*





# UE8 Feature Overview



# Making Adjustments

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## Swivel Seat Operation

1. Place feet firmly on the rail or floor.
2. Lift the rear release lever to unlock seat.
3. Swivel the seat in either direction (seat swivels 360° and locks every 45°).
4. Release the lever to lock seat in position.

*NOTE: The seat can be rotated with or without a user on the machine. For safety, the seat distance cannot be adjusted unless it is facing forward.*



Lift rear lever to unlock seat.



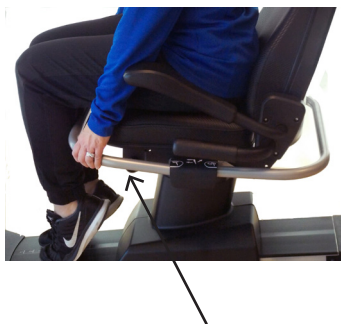
Seat swivels 360° in either direction and locks in place every 45°.

## Adjust Seat Distance

1. Place feet firmly on the rail or floor.
2. Lift the front lever to unlock.
3. Using feet, slide seat forward or backward to adjust distance to the arm cranks.

*NOTE: The seat should be positioned so that the elbow has a slight bend when the arm is at the furthest point of the rotation.*

4. Release lever to lock seat in place.



Lift front lever to adjust seat distance.



Elbow has a slight bend when arm is nearly fully extended.

# Making Adjustments

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## Adjust Seat Recline

1. Place feet firmly on the rail or floor.
2. Lift the black lever on left side of seat to unlock.
3. Push on seat back to increase recline (up to 12° recline possible).
4. Release lever to lock seat in place.



Lift black lever on left side.



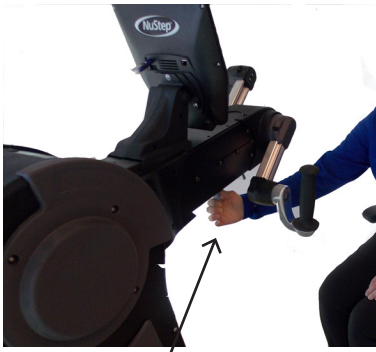
Push on seat back to adjust recline angle.

## Adjust Swivel Drivetrain Body

1. Locate the elongated lever on the underside of the *Height Adjustment Arm*.
2. Pull lever toward you to unlock.
3. Swivel the drivetrain body to the left or right.

*NOTE: The body can swivel 60° to the left or to the right and has intermediate stops at 40° in both directions.*

4. Release the lever to lock the body in position.



Pull elongated lever toward you.



Swivel drivetrain body to the right or left.

# Making Adjustments

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## Adjust Arm Height

1. Locate the square silver lever on the underside of the *Height Adjustment Arm*.
2. Pull the lever toward you to unlock.
3. Move the arm up or down.
4. Release the lever to lock in position.



Pull square lever toward you to unlock adjustment arm.



Adjust the arm height up or down.

## Adjust Console Position

1. Grasp the edges of the display console.
2. Tilt the console forward or backward.
3. Position so that the upper and lower screens can be viewed comfortably.



# Correct Exercise Positions

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Exercisers can access and use the UE8 from three positions: seated, standing or a wheelchair.


The exerciser's body position and the physical configuration of the machine will vary depending on the needs and goals of the exerciser.

Use the information here as a general guide or starting point for setup and positioning. Correct positioning of the seat distance, crank arm height and display console angle will help users maintain proper body posture while exercising.

Seated, standing and wheelchair exercisers should be able to:

- Grip both crank arm handles comfortably
- View the upper and lower console screens easily
- Keep a slight bend in the elbows while cycling their arms

Note: Standing exercisers should position themselves so that their shoulders are square to the arm crank axle and their knees are slightly bent.

	<b>CAUTION</b>
<p>Injuries to health may result from incorrect or excessive use.</p> <p>Ensure the seat and arms are set up in biomechanically correct positions.</p> <p>Do not over-extend your arm-reach distance.</p>	

# Display Screens

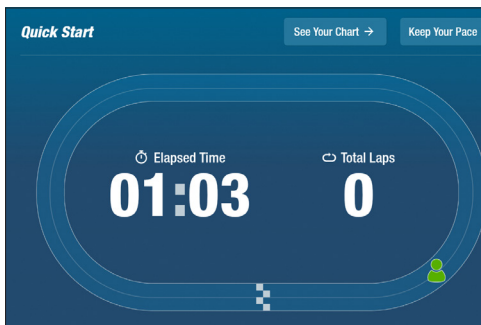
The UE8 has a *Home* screen and *Metric* screen with touchscreen navigation:

**Home screen:** Displays workout apps *NuStep Charts*, *Pace Partner*, *Balanced Power*, *Trail Runner* and *Quick Start* (not shown). Tap an app icon to launch.

**Metric screen:** Displays all workout metrics including *Elapsed Time*, *Level* (resistance), *Heart Rate*, *Calories*, *RPM* (revolutions per minute), *METs*, *Revolutions*, *Miles* and *Watts*.



## App Screens



### Quick Start

Allows users to work out without setting pace goals or selecting metric values. Users can switch to other apps from the *Quick Start* screen. To switch:

- Tap **See Your Chart ->** to open the *Performance Charts* app
- Tap **Keep Your Pace ->** to open the *Pace Partner* app



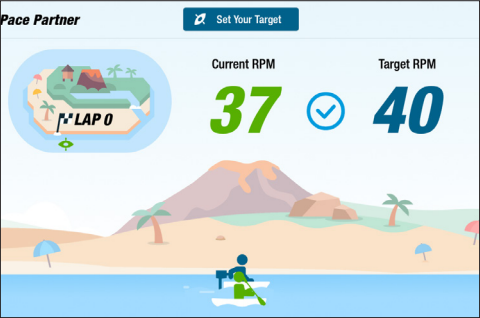
### NuStep Charts

Displays performance metrics – *Pace* (SPM), *Watts*, *Load*, *Mets* or *Balance* – over the course of a workout.

To toggle between charts:

- Tap on the desired metric tab to select

# Display Screens

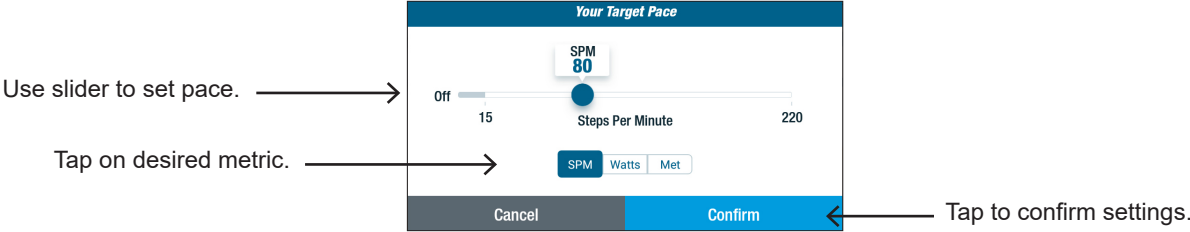


## Pace Partner

Users set a target pace and a workout metric (SPM, Watts or METs). Goal is to keep *current* pace at the *target* pace.

To set goals:

- Tap **Set Your Target** to open *Your Target Pace* screen



## Balanced Power

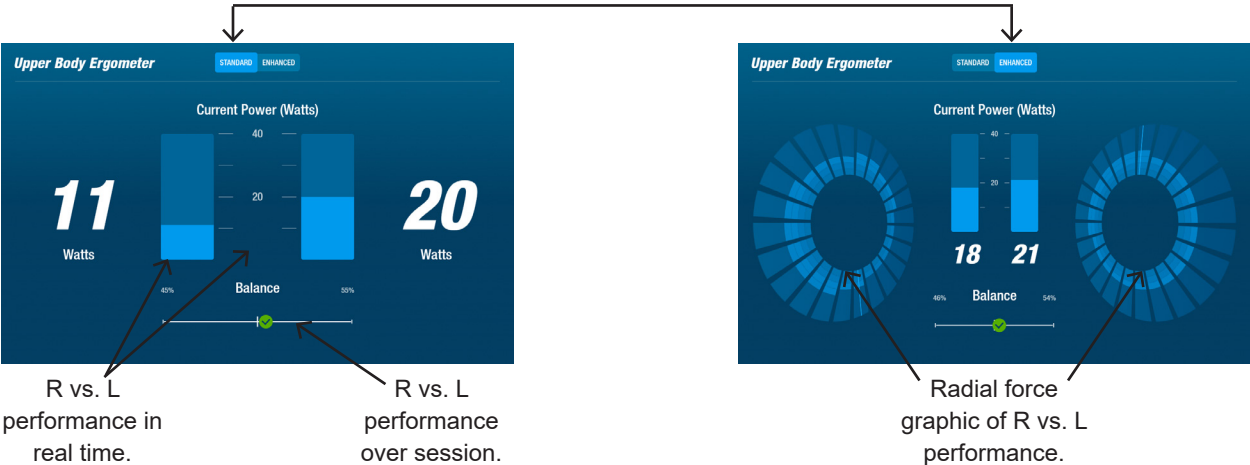
Measures the individual power output (Watts) of the right arm and the left arm and identifies their relative balance both in real-time and over the entire exercise session.

Once selected, Balanced Power continues to run in the background, collecting data while the user works out in other apps.

Performance data is displayed two ways, *Standard* and *Enhanced*:

- *Standard* – uses bar graphs to display the power output of right arm vs. left arm
- *Enhanced* – adds radial force graphics to display more comprehensive information

Tap to toggle between *Standard* and *Enhanced*.



# Display Screens

## Trail Runner

Plays videos of scenic waterways to engage users as they work out. To start:

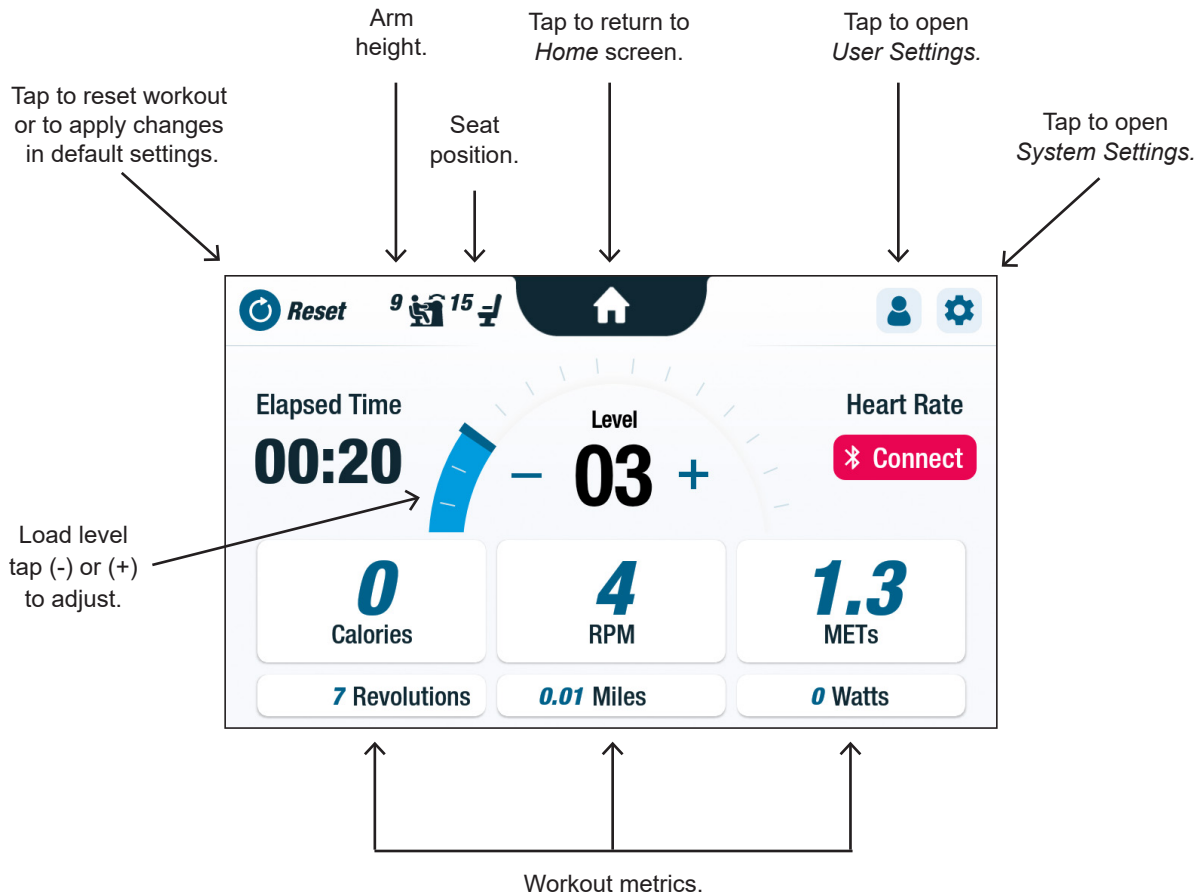
- Tap to select desired video
- Cycle the arms to play video



To return to the *Trail Runner* menu:

- Tap screen - the title bar drops down
- Tap on the *back* button

## Metric screen



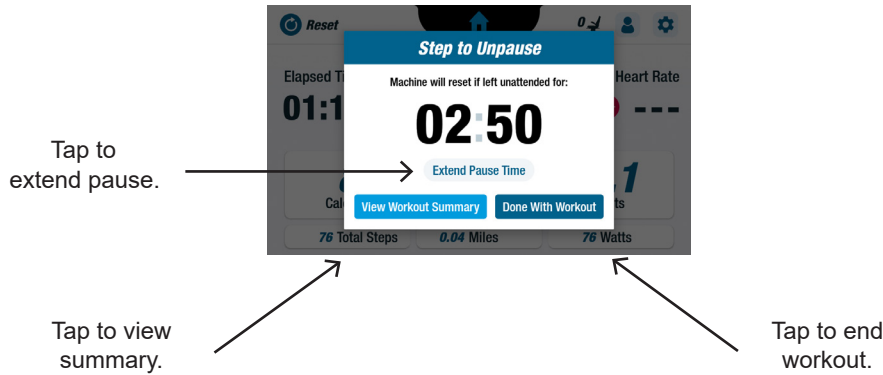


# Pause Function

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The UE8 has a 3-minute console shutdown. If a user stops the arm rotations and does not resume within three minutes, the console will reset.

Before the console shuts down, the user has the option to extend the pause (e.g., for interval training) for an additional 15 minutes. At this point, the user also has the option to view a summary of their workout performance or end their workout session.



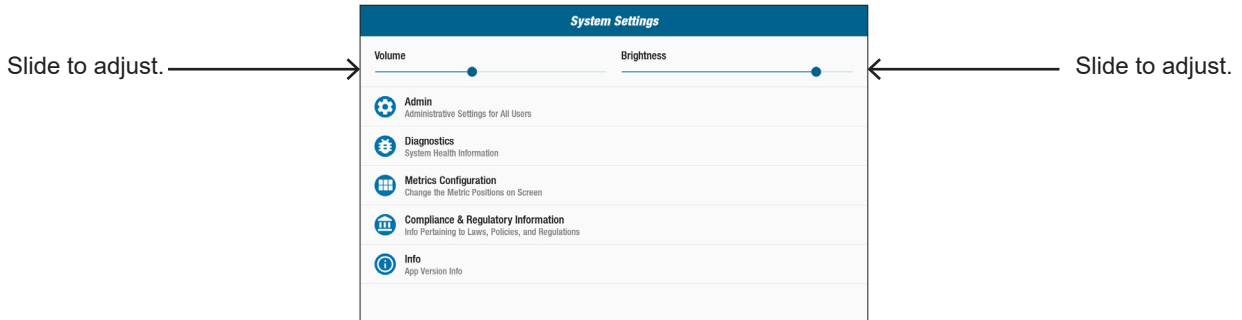
After reviewing the summary, users can return to their workout, end their workout or export their workout summary to a USB drive (see page 22 for instructions).



# System Settings


## System Settings

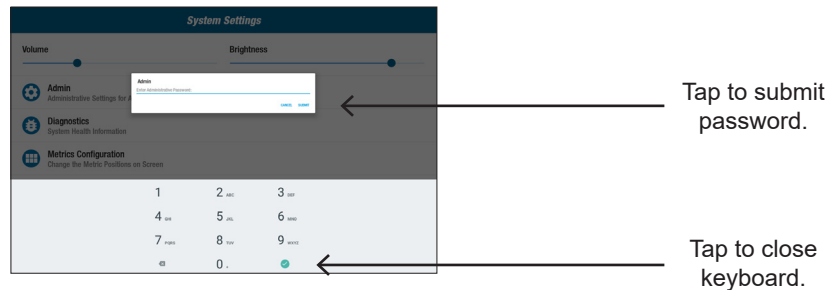
Use to adjust volume and screen brightness, change default settings, view diagnostics, change metric configuration, view regulatory and software information.



## Admin

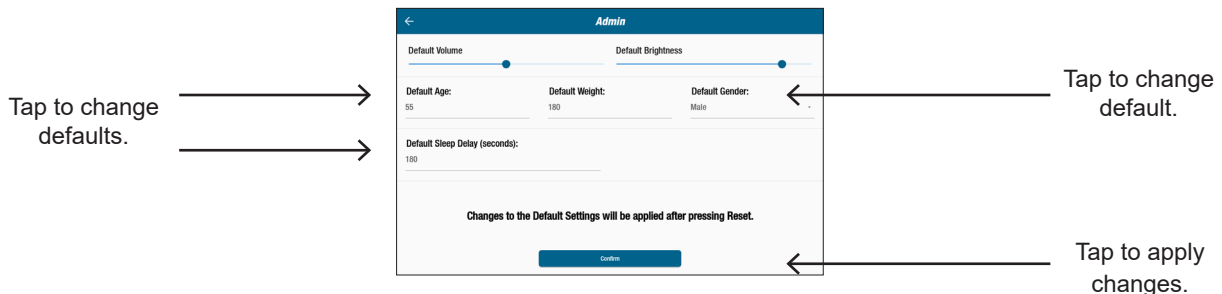
Use to change default settings (age, weight, gender). Changes made to the default settings are global. Once the Admin screen opens, a password is required to change default settings. To enter password:

1. Tap screen to open numeric keyboard.
2. Enter password, tap *Submit*.
3. Tap  icon to close keyboard.




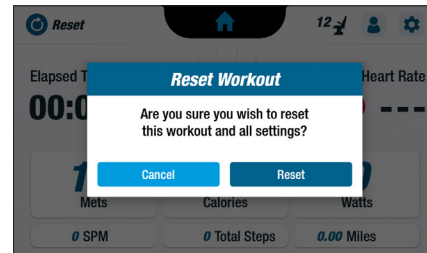
In the Admin screen:

1. Tap into default fields and enter new default settings.
2. Tap *Submit* to apply changes.



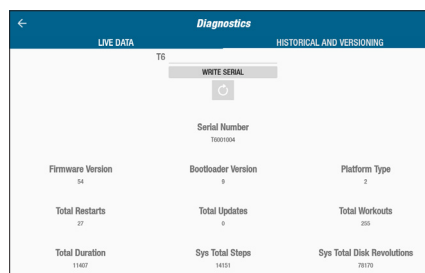
# System Settings

3. Go to the *Metric* screen.
4. Tap  *Reset* to open the *Reset Workout* screen.
5. Tap *Reset* to apply changes.



## Diagnostics

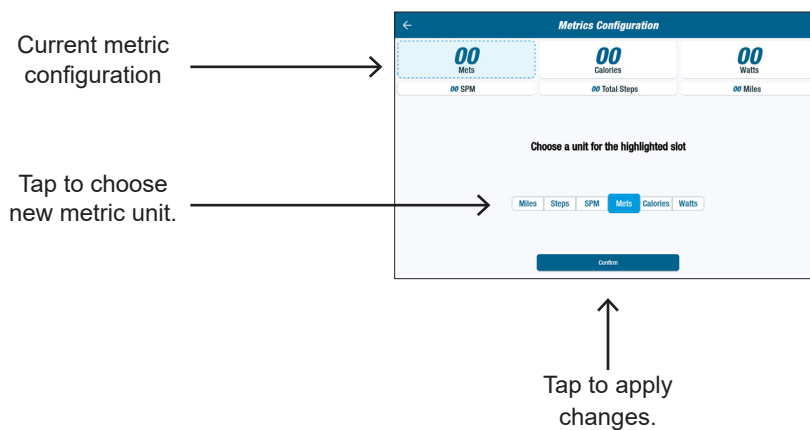
The diagnostics screens display live and historical data for service technicians or those responsible for equipment maintenance. The *Historical and Versioning* screen requires a password to access.



## Metrics Configuration

Users may change which metric units are displayed on the metric screen. The top row displays the current metric configuration. To change:

1. Tap on a current metric unit to highlight.
2. Tap on a metric unit for the highlighted slot.
3. Tap *Confirm* to apply change.



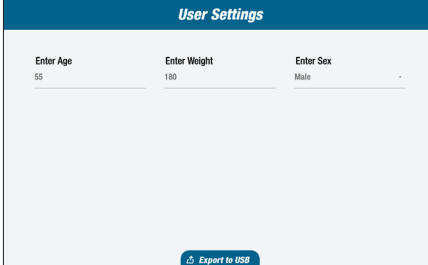
# User Settings

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## User Configuration

Users can create and save a profile with their own settings. To create:

1. Tap screen to open numeric keyboard.
2. Enter age, weight and select sex.




The screenshot shows a mobile application interface for 'User Settings'. At the top, there is a blue header with the text 'User Settings'. Below the header, there are three input fields: 'Enter Age' with the value '55', 'Enter Weight' with the value '180', and 'Enter Sex' with the value 'Male'. At the bottom of the form, there is a blue button labeled 'Export to USB'.

# Exporting User Profile Data

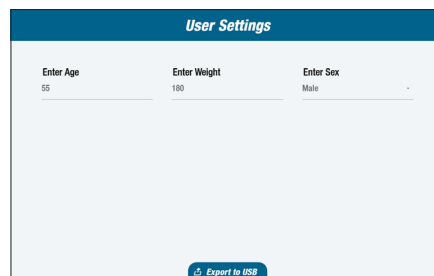
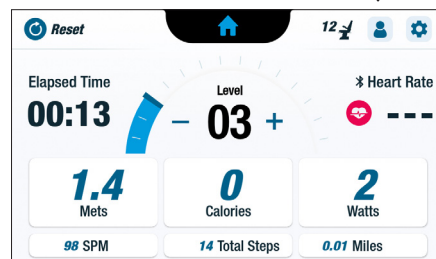
Users can export their profile data to a USB drive at any time.

To export:

1. Insert USB drive into the USB port on the back of the display console.
2. Tap  on the *Metric* screen to open the *User Settings* screen. *NOTE: Skip this step if the profile screen launches automatically.*
3. Tap *Export to USB* tab at the bottom of the screen.



Tap to open  
*User Settings*.



Tap to export  
profile data.

# Exporting Workout Summary

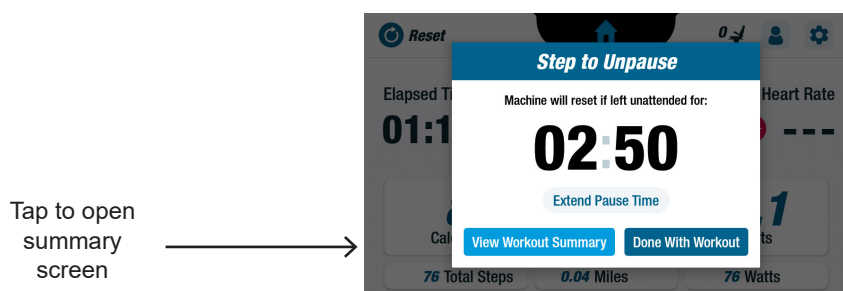
Users can export their workout summary to a USB drive. The summary is saved in a PDF format.

*NOTE: If the user intends to export their summary, insert USB drive into the USB port on the back of the console before they begin.*

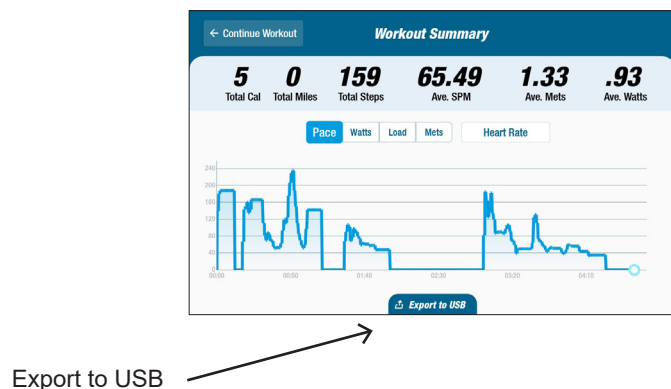
At the end of a workout (when the user has stopped cycling the arms) the *Step to Unpause* screen will open.

1. Tap *View Workout Summary*.

*NOTE: Do not tap Done With Workout as this ends the exercise session and resets the machine. It does not allow the user to export their workout summary.*



2. From the *Workout Summary* screen, tap *Export to USB*



# Preventive Maintenance

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## Preventive Maintenance Intervals

The UE8 is a high quality, durable piece of equipment designed for commercial use. A few tasks are recommended to ensure safe operation and increase the useful life of the product. Please follow the recommended preventive maintenance intervals according to the amount of usage that the product receives. These are estimated intervals and you may need to increase or decrease the time period between preventive maintenance depending on your actual use.

ITEM	TASK	FREQUENCY
Arms, Handles and Grips	* Clean	Weekly
Console	* Clean	Weekly
Covers and Frame	* Clean	Weekly
Seat	* Clean	Weekly
AC adapter	Inspect for signs of wear or damage	Weekly

\*Use a non-abrasive spray cleaner and a soft cloth to clean the UE8. Unplug the equipment before cleaning.

# UE8 Warranty

To view or print your warranty, go to: [www.nustep.com](http://www.nustep.com)

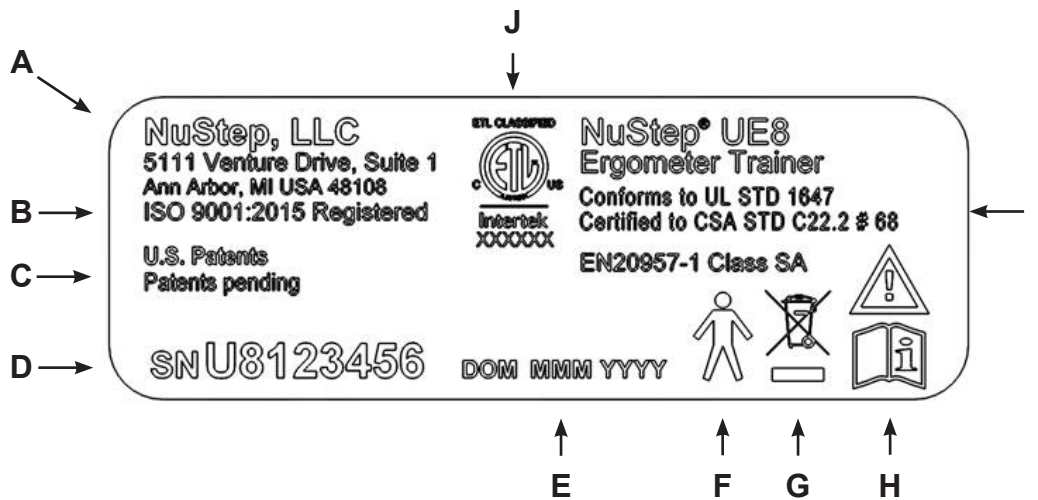
If you have any questions about your warranty, please contact Customer Service at: 800-322-4434 or [support@nustep.com](mailto:support@nustep.com).

Customers outside the United States and Canada may obtain warranty information from the local distributor in the country where the product was sold.

## UE8 Serial Number Information

### Location on the product:

The serial number is located on the right side of the rear support cover.



A	Manufacturer's name and address
B	Quality management system registered to ISO standard
C	Patent protection for the product
D	Model and Serial number
E	Date of Manufacture
F	Type B applied part for electrical safety
G	WEEE Directive Mark
H	Read the user manual before use
I	Compliance with standards
J	Nationally Recognized Test Lab Mark



## Customer Service

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For assistance with your UE8 unit, please contact NuStep Customer Service.

Please have the serial number of the unit (located on the right side of the rear support cover) and a complete description of the problem so our product specialists can better assist you.

NuStep product specialists can be reached via e-mail or phone at:

Email: [support@nustep.com](mailto:support@nustep.com)

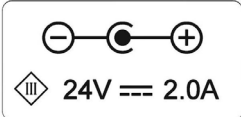
Phone: 800-322-4434 (US)  
734-769-4400

Address: NuStep, LLC  
5111 Venture Drive  
Suite 1  
Ann Arbor, MI 48108 USA

Web: [NUSTEP.COM](http://NUSTEP.COM)

For customers outside of the US and Canada that require customer service, please contact your local NuStep distributor.

# Technical Data

Maximum user weight	UE8PRO Model: 500 lbs. (227 kg) UE8MAX Model: 600 lbs. (272 kg)
User height range	4'6"– 6'7" (137 cm – 200 cm)
Weight of equipment	320 lbs. (145 kg)
Dimensions (length/height/width)	74" (188 cm) long ; 32" (82 cm) wide
USB A Port	USB port is for flash drive use only. Some flash drives may not be compatible with the UE8 USB port. Do not connect external devices to this port with USB cables.
USB C Port	Connection for service only.
Ethernet Port	Connection for local network only. Do not connect the UE8 to internet.
Standards	UL 1647, CSA C22.2#68
Braking system and cycling action	The UE8 features a speed-independent braking resistance system.
Marks	ETL
AC Adapter	<p>The UE8 is only to be used with the power supply provided with the unit. Model GlobTek TR9K13750CCP-IM(R6B) Class 2 Output Rating: 24 Vdc 3.75A, 90W Input Rating: 100 – 240 VAC ~ 50 – 60 Hz 1.5A</p>  <p>The UE8 must only be supplied at safety extra low voltage corresponding to the marking on the product.</p>
Specifications of environmental conditions of transport, storage and operation	<p>Transport and Storage: -10 to 50 degrees celsius &lt; 95% non-condensing humidity 20 to 107 kPa</p> <p>Operation: 5 to 35 degrees celsius &lt; 85% non-condensing humidity 60 to 107 kPa</p>

# US FCC Compliance

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## **US FCC Compliance Statement:**

Note: This equipment has been tested and found to comply with the limits for a Class B Digital Device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can generate radio frequency energy and, if not installed and used in accordance with the installation instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference may not occur in a particular installation. If the equipment causes harmful interference to radio or television reception, which can be determined by turning this equipment off and on, the user is encouraged to try and correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and the receiver
- Connect the equipment into an outlet on a circuit that is different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help







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Manual PN 20099 UE8 User Manual, Rev A