

TAKE THAT STEP



**NUSTEP
T5**

***AT NUSTEP,** we believe exercise has the power to transform lives. And, we believe people of all ages, fitness levels and functional abilities can transform their lives with exercise.*

That's why we developed the NuStep recumbent cross trainer.

Designed by exercise physiologists and ergonomic specialists, the NuStep was the first exercise equipment of its kind when it was introduced in 1995.



Nearly 25 years later, NuStep's cross trainer models represent the gold standard for high-quality, inclusive exercise equipment.

Easy to access and easy to use, NuStep recumbent cross trainers deliver a low impact, total-body cardio and strength workout that can benefit a wide range of users.

TAKE THAT STEP and transform lives with NuStep today.

CALL 800.322.2209 or VISIT NUSTEP.COM



NUSTEP T5 RECUMBENT CROSS TRAINERS

ACCESSIBLE - ADAPTIVE - EFFECTIVE

The NuStep T5 recumbent cross trainer's accessible design and adjustable, ergonomic features empower users of virtually any fitness level or functional ability to achieve an effective total-body workout while in a secure seated position. With a low inertia start-up, user controlled step length and 15 resistance levels, the T5 allows users to control their workout and adapt it as they improve and progress.

Comfortable seat swivels 360° and supports users up to 500 lbs (227 kg)

Large color LCD display with 8 workout programs

Sturdy grab ring for support and stability

Easy arm adjustments

Contact heart rate handles

Low step-through design



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