

NuStep T5 Recumbent Cross Trainer **QUICK START GUIDE**

Operate 360° swivel seat

To support easy transfers on and off the T5:

- · Lift rear release lever to unlock.
- · Rotate seat in either direction.
- Release lever to lock seat in position.



Unlock machine*

- Press down on StrideLock® device. It is DOWN when unlocked.
- Handles and pedals move when unlocked.
- * To lock: press and release device. It is UP when locked.



Adjust seat distance

- · Lift front release lever to unlock.
- · Slide seat forward or backward to adjust distance.
- Release lever to lock seat in position.

NOTE: Knee should have a slight bend when leg is extended forward.



Adjust handle length

- Pull lever up to unlock.
- · Slide handle in or out to adjust length.
- Push lever down to lock handle in position.

NOTE: Elbow should have a slight bend when arm is extended forward.



Adjust workload (resistance)

Use up arrow ▲ or down arrow ▼ to adjust. The workload setting is displayed on the console.

- Tap ▲ to increase workoad.
- Tap ▼ to decrease workload.





For technical support, please contact: support@nustep.com 800.322.4434 (US) +1 734.769.3939 (International)