

NuStep Recumbent Cross Trainer Comparison Matrix

	T4	T5	T5XR
Overall Features	Step-through height	9-12" (23-30 cm)	3-4" (8-10 cm)
	Ergonomic body position	✓	✓
	Total body workout	✓	✓
	Smooth stepping motion	✓	✓
	Enhanced smooth stepping motion	✓	✓
	User height capacity	4'6"-6'4" (137-193 cm)	4'6"-6'7" (137-200 cm)
	Maximum weight capacity	400 lbs.	500 lbs. (227 kg)
	Contemporary, narrow profile design	✓	✓
Drive Train	Adaptable with NuStep supportive accessories	✓	✓
	User controlled step length	✓	✓
	Instantaneous freewheeling action	✓	✓
	Low inertia startup	✓	✓
	Self-powered with battery or batteries	✓	✓
	Resistance range	5-800 watts	5-1400 watts
	Accuracy to EN 957-8 standard	✓	✓
	Quiet belt drive	✓	✓
Seat	Seat dimensions	17"Wx14"D (43x36 cm)	18"Wx14"D (46x36 cm)
	Back height	17" (43 cm)	22" (56 cm)
	Ergonomic seat with contoured back	✓	✓
	Larger seat with added lumbar support	✓	✓
	Option to add oversized seat with 22" (56 cm) width	✓	✓
	Seat swivel	180°	360°
	45° seat swivel locking intervals	✓	✓
	Maximum seat position adjustment	15" (38 cm)	18" (46 cm)
	Contact heart rate grips	✓	✓
	Flip-up arm rests	✓	✓
	Patented seat movement lockout	✓	✓
	Water bottle holder	✓	✓
	Wheelchair height seating	✓	✓
	Adjustable reclining seat back	✓	✓
Arms	Ergonomically shaped hand grips	✓	✓
	Variable distance between hand grips	✓	✓
	40° hand grip rotation	✓	✓
	Maximum arm length adjustment	15" (38 cm)	18" (46 cm)
	Easy adjustment flip-up arm locks	✓	✓
	Easy to sanitize hand grips and arm locks	✓	✓
Foot Pedals	Oversized, cushioned pedal surface	✓	✓
	Cast aluminum pedals with non-slip texture	✓	✓
	Flex foot system for dorsi/plantar flexion	✓	✓
	Foot secure system	Optional accessory	Optional accessory
	Three lockable foot angle positions	✓	✓
	Heel cups to secure feet	✓	✓
Console	Dirt slot for cleanliness	✓	✓
	Easy to use	✓	✓
	Compact console dimensions	11"x9" (28x23 cm)	9"x12" (23x30 cm)
	Large, easy to read LCD display	Monochrome	Color
	Resistance levels	10	15
	Easy startup with no button press required	✓	✓
	Push button workload control	✓	✓
	Data readouts	✓	✓
	Goal setting in time, distance, calories	✓	✓
	Motivational aides	✓	✓
	Eight workout programs including five profiles	✓	✓
	Target heart rate program	✓	✓
	Constant power and constant speed programs	✓	✓
	Exercise testing protocol programs	✓	✓
	On the fly programming	✓	✓
	Seat position displayed on screen	✓	✓
	Manager mode to customize display	✓	✓
	Info button with context sensitive help	✓	✓
	Interactive setup and usage guide	✓	✓
	1-2-3 Go! Instruction panel	✓	✓
	Audible feedback with volume control	✓	✓
	Auto on/off feature	✓	✓
	Multiple display languages	✓	✓
Polar® heart rate monitoring with strap accessory	✓	✓	
Contact heart rate monitoring	✓	✓	
User workout data tracking for up to 200 users	✓	✓	
USB export of user data and machine usage	✓	✓	
Last workout mode to recall previous settings	✓	✓	
Reading rack	✓	✓	
Specs	Unit weight	205 lbs. (92 kg)	285 lbs. (129 kg)
	Unit size	60x28x46" (152x72x109 cm)	73x29x46" (185x74x117 cm)
	Warranty	5 yrs. parts, 1 yr. labor, 10 yrs. frame	5 yrs. parts, 1 yr. labor, 10 yrs. frame
	Maintenance	Maintenance free	Maintenance free
	Manufacturing	Made in the USA	Made in the USA