



NuStep Recumbent Cross Trainer Comparison Matrix

Transforming Lives™

		T4	T5	T5XR
Overall Features	Step-through height	9-12" (23-30 cm)	3-4" (8-10 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)	4'6"-6'7" (137-200 cm)
	Maximum weight capacity	400 lbs.	500 lbs. (227 kg)	600 lbs. (272 kg)
	Contemporary, narrow profile design		✓	✓
	Adaptable with NuStep supportive accessories	✓	✓	✓
Drive Train	User controlled step length	✓	✓	✓
	Instantaneous freewheeling action	✓	✓	✓
	Low inertia startup	✓	✓	✓
	Self-powered with battery or batteries	✓	✓	✓
	Resistance range	5-800 watts	5-1400 watts	5-1400 watts
	Accuracy to EN 957-8:1998 standard		✓	✓
Quiet belt drive	✓	✓	✓	
Seat	Seat dimensions	17"Wx14"D (43x36 cm)	18"Wx14"D (46x36 cm)	18"W x14"D (46 x 36cm)
	Back height	17" (43 cm)	22" (56 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°	360°
	45° seat swivel locking intervals		✓	✓
	Maximum seat position adjustment	15" (38 cm)	18" (46 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)	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 dors/plantar flexion			✓
	Foot secure system	Optional accessory	Optional accessory	✓
	Three lockable foot angle positions			✓
	Heel cups to secure feet	✓	✓	✓
Dirt slot for cleanliness		✓	✓	
Console	Easy to use	✓	✓	✓
	Compact console dimensions	11"x9" (28x23 cm)	9"x12" (23x30 cm)	9"x12" (23x30 cm)
	Large, easy to read LCD display	Monochrome	Color	Color
	Resistance levels	10	15	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)	286 lbs. (130 kg)
	Unit size	60x28x46" (152x72x109 cm)	73x29x46" (185x74x117 cm)	73x29x46" (185x74x117cm)
	Maintenance	Maintenance free	Maintenance free	Maintenance free
	Manufacturing	Made in the USA	Made in the USA	Made in the USA